



2021 IDAHO STATE BAKING AND PASTRY STAR EVENTS MENU

Please note, National qualifiers will have an additional portion to the event that demonstrates cake decorating skills. Please review the Competitive Events Guide for more information. Carefully read the FCCLA Baking and Pastry Event Guidelines for qualifications and specifications.

Quick Bread – Cabot Cheddar Soda Bread
Choux Pastry – Butter-Pecan Kringle
Shaped Yeast Bread – Pretzel Sandwich Buns

Recipes from King Arthur Flour

Cheddar Soda Bread

Yield one loaf, about 12 servings

| Ingredient | Amount |
|---|---------------------|
| Unbleached All-Purpose Flour | 2 ½ Cups (298g) |
| Baking Powder | 2 Teaspoons |
| Baking Soda | 1 Teaspoon |
| Salt | ½ Teaspoon |
| Unsalted Butter, Cold; cut into pats | 4 Tablespoons (57g) |
| Sharp or Extra-Sharp Cheddar, Grated; about 2 | 8 Ounces (227g) |
| Buttermilk | 1 ¼ Cups (283g) |
| Large Egg | 1 Each |
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Procedure:

1. Preheat the oven to 375°F. Lightly grease an 8" square or 9" round pan.
2. In a large bowl, whisk together the flour, baking powder, baking soda, and salt.
3. Add the butter, working it into the flour until the mixture is crumbly. Toss in the grated cheese.
4. Mix the buttermilk and egg, and add to the dry ingredients, stirring just until everything is moistened.
5. Scoop the sticky dough into the pan, using your wet fingers to spread it to the edges of the pan.
6. Bake the bread for 40 to 45 minutes, until a cake tester inserted into the center comes out clean. Its internal temperature at the center will be close to 200°F.
7. Remove the bread from the oven, and loosen the edges with a table knife. Wait 5 minutes, then gently turn it out onto a rack to cool. Wait about 20 minutes before cutting the bread, if you can; it's a bit crumbly when hot.

Butter-Pecan Kringle

One 13" kringle

| Ingredient | Amount |
|---|----------------------|
| PASTRY: | |
| Water | 1 Cup (227g) |
| Unsalted Butter | 8 Tablespoons (113g) |
| Salt | ½ Teaspoon |
| Unbleached All-Purpose Flour | 1 Cup |
| Large Eggs; At room temperature | 3 Each |
| Butternut Rum Flavor, Eggnog, or Vanilla Butternut Flavor | ½ Teaspoon |
| BASE: | |
| Unsalted butter, cut into pats | 8 Tablespoons (113g) |
| Unbleached All-Purpose Flour | 1 Cup (120g) |
| Salt | ½ Teaspoon |
| Cold Water | ¼ Cup (57g) |
| TOPPING: | |
| Caramel; cut from a block OR About 3 dozen individual caramel candies | 12 Ounces |
| Toasted Pecan Halves | 2 Cups (227g) |
| GLAZE: | |
| Confectioners' or Glazing Sugar | 1 Cup (113g) |
| Heavy Cream, Half & Half, or Milk (enough to make a thick but pourable glaze) | 2 Tablespoons (28g) |
| Butter-Rum Flavor, Eggnog Flavor, or Vanilla-Butternut Flavor | 1/8 Teaspoon |
| Salt | 1 Pinch |

Butter-Pecan Kringle

Procedure:

1. Preheat the oven to 350°F. Lightly grease (or line with parchment) a baking sheet that's at least 18" x 13"; or a 14" round pizza pan.
2. **For the base:** Mix together the butter, flour, and salt in a medium bowl until crumbly. Add the water, a tablespoon at a time, mixing in between until you've made a soft, sticky dough.
3. Wet your hands, pick up the dough, and shape it into a 12" x 8" oval ring on the sheet pan; or a 10" ring in the pizza pan. This will be messy going, but just keep wetting your fingers and pushing it into a ring. An easy way to approach this is to first divide the dough into four pieces; roll each piece into a 9" rope, then connect the ropes and shape them into a ring.
4. **For the pastry:** Place the water, butter, and salt in a medium saucepan over medium heat and bring to a boil. Add the flour all at once and stir vigorously until the mixture is cohesive and forms a ball. Transfer the batter to a mixing bowl and beat in the eggs, one at a time, beating until each egg is absorbed before adding the next. Add your choice of flavoring at the end.
5. Spread or pipe the pastry over the ring, to make an oval of pastry that completely covers the oval of dough. Bake for 50 to 60 minutes, until deep golden brown. Remove from the oven and let cool completely.
6. **For the topping:** Melt the caramel. Pour the caramel over the pastry and immediately top with the toasted pecans. Let cool.
(Melting the caramel can be done multiple ways; melt the caramel in a saucepan, melt using the double boil method, or in a heatproof measuring cup at half power in the microwave in 30-second bursts, stirring after each round, until the caramel is smooth).
7. **For the glaze:** Whisk together the confectioners' sugar, salt, flavoring, and enough cream (or milk) to make a pourable glaze. Drizzle over the kringle before serving.
8. Add the caramel, nuts, and glaze just before serving.

| Pretzel Sandwich Buns | |
|---------------------------------|---------------------|
| Yield: 10 Buns | |
| Ingredient | Amount |
| DOUGH: | |
| Warm Water | 1 ¾ Cups (397g) |
| Unsalted Butter | 2 Tablespoons (28g) |
| Salt | ¾ Teaspoon |
| Unbleached Bread Flour | 4 ½ Cups (539g) |
| Dry Milk or Nonfat Dry Milk | ¼ Cup (28g) |
| Instant Yeast | 2 Teaspoons |
| TOPPING: | |
| Pretzel Salt or Coarse Sea Salt | |
| WATER BATH: | |
| Water | 2 Quarts (1814g) |
| Salt | 1 Tablespoon (14g) |
| Baking Soda | ¼ Cup (57g) |

Procedure:

1. Mix and knead the dough ingredients — by hand or using a mixer — to make a smooth, slightly sticky dough.
2. Allow the dough to rise in a lightly greased bowl, covered, for about 1 hour, until doubled.
3. Gently deflate the dough, and transfer it to a lightly greased work surface.
4. Divide the dough into 10 pieces and shape each piece into a smooth ball. Alternatively, for instructions on how to shape long sub-style sandwich buns, see the tip below.
5. Place the balls on a lightly greased baking sheet, cover, and let rest for 15 minutes.
6. Preheat the oven to 400°F.
7. Prepare the water bath: Bring the water, salt, and baking soda to a boil in a large pot.
8. Drop 5 dough balls at a time into the water bath.
9. Cook for 30 seconds, flip over, and cook for 30 seconds longer. Using a slotted spoon, return the buns to the baking sheet.
10. Using scissors or a sharp knife, cut 1/2"-deep crosses into the center of each bun. Sprinkle with coarse sea salt.
11. Bake the buns for 20 to 24 minutes, or until they're a deep-dark brown. Remove them from the oven, and transfer to a rack to cool.



2021 State STAR Event Baking and Pastry Suggested Equipment List

Per Team

- 2 NSF approved cutting boards (no larger than 15x20 inches)
- 2 timers
- 2 wire whisks (can be silicone coated)
- Small cheese grater
- 2 heat resistant (silicone spatula)
- 1 rubber spatula
- 1 wooden spoon
- 1 slotted spoon
- 1 set of dry measuring cups (up to 1 cup)
- 2 2-cup plastic liquid measuring cups
- 1 heat resistant (glass) measuring cup
- 1 set measuring spoons
- 3 mixing bowls (8 to 15-inch diameter)
- 1 heat resistant bowl (glass or stainless steel)
- 1 pair of scissors
- Piping tips and bags of choice
- 1 pastry brush
- 1 metal bench scraper
- 1 plastic bowl scraper
- 1 portion scoop for cookies/spoons
- 4 cooling racks
- 4 half sheet pans or cookie sheets
- 1 round pizza pan (14 inch diameter)
- 1 loaf pan
- 1 square baking pan (8 inch)
- 1 large pot (8 to 12 qt)
- 1 round baking pan (9 inch diameter)
- 1 roll or 6 half sheets of parchment paper
- 1 silicone baking mat
- 1 small sauté pan (6 to 8-inch diameter)
- 2 sauce pan (1 to 2 qt)
- 1 chef's knife
- 1 serrated knife
- 1 paring knife
- 1 table knife
- 1 roll plastic wrap
- 1 roll of foil
- 1 roll paper towels
- 1 small sanitizing bucket/pail (max 6 qt.)
- 6 side towels
- 1 can of non-stick cooking spray
- 1 thermometer
- 1 pair of oven mitts
- 5 regular plastic spoons
- 10 toothpicks
- Latex free disposable food handler gloves
- 1 Stand mixer
- 1 Handheld mixer
- 1 Food processor

General Information

- The items listed above are suggested for implementation of the selected menu. All necessary large equipment and plates for presentation will be provided by the district or chapter.