

Baking and Pastry Arts

Level: HS
2025

Clothing Classification

Participants should follow the national clothing classifications for this event.

Spectators

The competition is not open to spectators.

Procedures and Time Requirements

This event will span 2 hours and 30 minutes. Participants will be notified of their competition heat times prior to the event.

Students will sign in and receive a participant number and will be assigned a workstation.

Participants will be given the following time for this event: 30 minutes to set up their station and organize mise en place, 1 hours and 15 minutes for food production and presentation, and 15 minutes for cleanup.

Products To Be Made

Participants will produce the following items in the time allotted.

- Quick Bread
 - 6 – 3” diameter Buttermilk Biscuits
- Fruit Tart
 - Decorated - 4 each - 3" fruit tart - specifications given below.

Equipment and Materials

All participants must bring their own equipment that will be appropriate for basic baking production. This includes a tabletop mixer. No equipment will be provided except for ovens in the host kitchen. An equipment list is included below.

Supplied by the technical committee:

- Competition problem (formulas, recipes, instructions)
- All necessary ingredients to produce the required elements for competition and sufficient equipment for presenting their final products.
- All ovens and stoves necessary for food preparation

Supplied by the competitor (at least one of each, but more per item than specified is acceptable). Please note you do not need to bring everything on this list, please modify to fit your needs and competition menus:

- Bowl Stainless (1, 2, 3, and 4- quart)
- Brush, Bench
- Brush, Pastry
- Card Scraper/Bowl Scraper
- Container for Cooling
- Cooling racks
- Couche/Cloth
- Cutting Board or Mat
- Dough Container (for Fermentation)
- Dough Cutter/Bench Knife
- Dough Cutter/Knife/Pastry Blender
- Flower Nails
- Gloves, Food Service
- Ingredient Container for Scaling
- Knife, Chef (8-10")
- Knife, Paring
- Knife, Serrated (10")
- Marker (ex: Sharpie) or pencil to mark all items (ballpoint pen does not work)
- Measuring utensils (liquid / dry / spoons)
- Microplane/Zester/Grater
- Oven Mitts/Pads
- Pan, Sauté (10-12")
- Pastry Bags and couplers, any size/type
- Pastry blender
- Pastry Tip – Ateco 807 .56" opening or similar size (Round)
- Pastry Tips (Assorted Decorating)
- Pastry Wheel
- Rolling Pin/French Pin/Dowell
- Ruler
- Sanitation bucket/spray bottle
- Sauce Pan/Pot (2 qt)
- Scale, Digital (5k or 10 lb., Battery Powered)
- Scissors
- Scoop, Portion #16
- Sifter – Small
- Silpat (Full Sheet)
- Spatula, Assorted
- Spatula, icing
- Spatula, Offset
- Spatula, Rubber
- Spatula, Rubber Heat Proof
- Spoon, Chef
- Thermometer (digital preferred)
- Timer(s)
- Towels, Cleaning
- Towels, Side
- Various deli prep containers
- Vegetable Peeler
- Wire Whip/Whisk

Fruit Tart

All Items to be Supplied by Competition Admin:

- 4 each pre-made pastry shells
- 4 each strawberries
- 4 oz. Blackberries
- 4 oz. Blueberries
- 1 each Orange
- 1 each Kiw

Competitors will need to:

- Make 1 pt of pastry cream
- Cut fruit for tart decoration
- Glaze tarts with apricot glaze

APRICOT GLAZE II

All Items To Be Brought By Competitor:

Ingredients	U.S.	Metric	%
Apricot Preserves	4 oz	120 g	100
Water	1 oz	30 g	25

PROCEDURE

1. Combine the preserves and water in a heavy saucepan.
2. Bring to a simmer. Stir and cook until the preserves are melted and well mixed with the water.
3. Simmer until reduced and thickened slightly.
4. Pass the mixture through a fine sieve.
5. Test the mixture by placing a small spoonful on a plate and refrigerating for a few minutes to see if it gels. If necessary, cook down for a few more minutes to make it thicker. Or, if it is too thick, add more water.

PASTRY CREAM (CRÈME PÂTISSIÈRE)

Yield: about 1 pint or 1 lb. 2 oz (510 g)

Ingredients	U.S.	Metric	%
Milk	16 oz	450 g	100
Sugar	2 oz	57 g	12.5
Egg yolks	1.5 oz	41 g	9
Whole eggs	2 oz	57 g	12.5
Cornstarch	1.25 oz	36 g	8
Sugar	2 oz	57 g	12.5
Butter	1 oz	27 g	6
Vanilla extract	.25 oz	7 g	1.5

PROCEDURE

1. In a heavy saucepan, dissolve the sugar in the milk and bring just to a boil.
2. With a whip, beat the egg yolks and whole eggs in a stainless steel bowl.
3. Sift the cornstarch and sugar into the eggs. Beat with the whip until perfectly smooth.
4. Temper the egg mixture by slowly beating in the hot milk in a thin stream.
5. Return the mixture to the heat and bring to a boil, stirring constantly.
6. When the mixture comes to a boil, continue to stir constantly and boil for up to 2 minutes, until the cream has no raw, starchy taste.
7. Remove from the heat. Stir in the butter and vanilla. Mix until the butter is melted and completely blended in.
8. Pour out into a clean, sanitized hotel pan or other shallow pan. Cover with plastic film placed directly in contact with the surface of the cream to prevent a crust from forming. Cool and chill as quickly as possible.

Buttermilk Biscuits

400 degrees

Yield: 9 3" biscuits

277 g	Bread flour
277 g	Pastry flour
6 g	Salt
18 g	Baking powder
4 g	Baking soda
27 g	Sugar
175 g	Butter, cold
375 g	Buttermilk

USE BISCUIT MIXING METHOD

1. Heat the oven to 450 degrees.
2. Place the flours, baking powder, baking soda, sugar, and salt in a large bowl. Whisk together.
3. Using two knives or a pastry blender, cut in the butter until the mixture resembles coarse meal with a few slightly larger lumps.
4. Stir in the buttermilk with a rubber spatula or fork until the mixture forms a soft, slightly sticky ball.
5. Transfer the dough to a lightly floured surface and quickly form into a rough ball. Using a knife or dough cutter, divide the dough into quarters and then cut each quarter into thirds. Quickly and gently shape each piece into a rough ball and place on an ungreased cookie sheet.
6. Bake until the biscuit tops are lightly brown, 10 to 12 minutes. Serve immediately.