



Baking and Pastry



Baking and Pastry, an individual event, recognizes participants enrolled in a Family and Consumer Sciences culinary arts industry training program for their ability to demonstrate their baking and pastry skills through the preparation of a quick bread, choux pastry, shaped yeast bread, and demonstration of cake decorating skills. Participants must **develop a plan** for the time allotted, **prepare menu items** given to them at the time of the event, and **present prepared items** to evaluators.

EVENT LEVELS

Level 3: grades 11–12

Level 4: Postsecondary

See page 10 for more information on event levels.

ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for All Levels of Competition” on page 11 prior to event planning and preparation.
2. Eligible participants are members who are currently or have been enrolled in a Family and Consumer Sciences culinary arts industry training program, as determined by their state department of education. Students enrolled



in general food and nutrition courses not preparing them for a career or employment in culinary arts are not eligible.

3. Each participant must complete the online project summary form located on the “Surveys” tab of the FCCLA Student Portal and provide signed proof of submission at the assigned participation time.
4. The competition recipes and equipment list for National Leadership Conference will be posted in the FCCLA Adviser Portal on April 1. Any necessary large equipment will be provided for national competition. Only items on the list may be brought to the event. Any items not on the equipment list will be removed and returned to the participant after clean up. For regional/state competitions, recipes and equipment lists will be provided by the host facility and/or state association.
5. National Leadership Conference participants will view the online orientation video found on the official FCCLA YouTube channel, available in early June. Each entry must complete and submit the required form to the event room consultant at the time of competition. Only one form per entry is required. Contact State Advisers for orientation procedures for competitions held prior to National Leadership Conference.

GENERAL INFORMATION								
Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided for Competition	Competition Dress Code	Participant Set Up / Prep Time	Room Consultant & Evaluator Review Time	Maximum Oral Presentation Time	Evaluation Interview Time	Total Event Time
1	Equipment	Large equipment, food	Chef’s uniform as described	15 minutes prep time	15 minutes uniform and equipment check	2 hours 45 minutes food production	15 minutes cleanup	3 hours and 30 minutes

PRESENTATION ELEMENTS ALLOWED									
Audio	Costumes	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/ Pointers	Skits	Presentation Equipment	Visuals
	Chef Attire Required								

BAKING AND PASTRY

Procedures and Time Requirements for National Competition

PRELIMINARY COMPETITION (IF REQUIRED): Should the national competition facility limit the number of possible participants possible to compete during the set time, a preliminary competition will take place. This preliminary competition will consist of a written test taken by all national participants onsite at the National Leadership Conference. The number of finalists to proceed with competition (food production) will be determined by facility and time limitations. The written test will be the American Culinary Federation's Certified Fundamentals Pastry Cook written exam, unless otherwise indicated by the national association prior to the competition.	
FINALISTS COMPETITION: Participant will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participant will turn in a prepared time management plan prepared on the published recipes, and will be given a menu and all required recipes and ingredients.	
15 minutes	Uniform and equipment inventory check. Time management plan returned at the end of equipment check.
15 minutes	Identical food items will be available to each participant. No other food products, garnishes, or condiments may be brought to the event. Participants will have 15 minutes to organize work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and clean/wash products. No products may be cut, peeled, sliced, etc. during this time.
2 hours 45 minutes	Participants will be given 2 hours and 45 minutes to prepare the required products according to recipe specifications.
15 minutes	Participants will have 15 minutes to clean up their workstations.

Specifications for State Competitions

Testing

States may administer a general baking and pastry knowledge test at regional/district and state competitions if required to determine finalists. A test is not required if it is not needed.

Uniform and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry and Personal Hygiene	Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket; industry pants or commercial <i>uniform</i> pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish. Acceptable graphics on the Culinary Arts uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
---------------------------------------	--

Safety and Sanitation

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper demonstration of equipment use and safety according to industry standards. Complete final cleanup and return supplies after event within designated time period. Baked goods internal temperature is taken at center to reach required/desired food temperature.
-----------------------	---

Baking and Pastry Specifications (continued)

Product Production

Participants will have 2 hours and 45 minutes to prepare food products. Participants should be proficient in the preparation of all required food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste. The participant will present all items for evaluation at the end of the 2 hours and 45 minutes period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 2 hours and 45 minutes time limit.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of required items, including the use of scales for measuring ingredients and equal division of dough and batter.
Timeline	Timeline is used and is accurate.
Mise en Place	Work effectively and display organizational skills. Mise en place is well executed.
Product Appearance	Products have appropriate color and doneness, are properly shaped and have visual appeal.
Product Consistency	Size, shape, and/or color of products meet or exceed industry expectations. Correct amount (yield) of items has been produced.
Baking Principles and Techniques	Follow directions of recipes in proper sequence to demonstrate correct baking principles.
Product Taste and Texture	Flavors and textures meet or exceed industry expectations.



BAKING AND PASTRY

Rubric

Name(s) of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Level _____

SAFETY AND SANITATION					Points		
Safety 0-3 points	0	Station is disorganized, safety is disregarded	1	Station is lacking neatness and organization, questionable equipment safety	2 3		
				Station is very neat and organized; all equipment is handled safely and properly. Internal temperature correct and taken at center			
Sanitation 0-3 points	0	Disregards safety and created unsafe and unsanitary conditions	1	Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	2 3		
				Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing			
FOOD PRODUCTION							
Equipment, Tools & Techniques 0-2 points	0	Selection and usage of tools/equipment lacks understanding and demonstration of skills	1 2	Selects and uses all tools/equipment correctly and safely following industry techniques, including use of scales for measuring			
Mise en Place 0-2 points	0	Mise en place is poorly executed and displays unacceptable organizational skills	1 2	Mise en place is well executed and displays excellent organizational skills			
QUICK BREAD							
Appearance 0-5 points	0	Items are visually unappealing. Appear to be either under baked or burnt	1-2	Items are a slightly too light or too dark in color. Crust appears to be too soft	3	4 5	
				Slight color variance, good crust, shape is visually appealing	Exceptional color and doneness, with proper crust and crumb, visually appealing		
Consistency 0-5 points	0	Size, shape and/or color is inconsistent. Incorrect yield	1-2	Size, shape and/or color is inconsistent. Correct yield	3	4 5	
				Size, shape and/or color is consistent. Correct yield	Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield		
Principles and Techniques 0-5 points	0	Incorrect technique used throughout preparation	1-2	Product over or under mixed, incorrect proportions of ingredients	3	4 5	
				Product overmixed, tough or with tunnels	Correct techniques meeting industry standards for quick bread preparation		
Taste and Texture 0-5 points	0	Taste is bland, flavorless or bitter. Batter stood too long before baking. Coarse texture and unappealing	1-2	Items are lacking taste, crust is soft, product is dense and heavy. Little to no crumb	3	4 5	
				Well balanced flavor with pleasing exterior and interior texture, with good crumb	Flavor and texture meet or exceeds industry expectations		
CHOUX PASTRY							
Appearance 0-5 points	0	Items are visually unappealing. Appear to be either under baked or burnt	1-2	Items are a slightly too light or too dark in color. Lacks visual appeal.	3	4 5	
				Slight color variance, shape is good and visually appealing	Exceptional color and doneness, with excellent shape and is visually appealing		
Consistency 0-5 points	0	Size, shape and/or color is inconsistent. Incorrect yield	1-2	Size, shape and/or color is inconsistent. Correct yield	3	4 5	
				Size, shape and/or color is consistent. Correct yield	Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield		
Principles and Techniques 0-5 points	0	Incorrect technique used throughout preparation	1-2	Product under or overmixed, incorrect proportions of ingredients	3	4 5	
				Product mixed correctly, but ingredient proportions not correct	Correct techniques meeting industry standards for choux pastry		
Taste and Texture 0-5 points	0	Taste is bland, flavorless or bitter. Soggy interior.	1-2	Items are lacking taste, failed to rise and/or collapsed	3	4 5	
				Well balanced flavor and texture	Flavor and texture meets or exceeds industry expectations		

Baking and Pastry Rubrics (continued)

SHAPED YEAST BREAD					
Appearance 0-5 points	0 Items are visually unappealing. Appear to be either under baked or burnt	1-2 Items are a slightly too light or too dark in color. Crust appears to be too soft or tough	3 Slight color variance, good crust, shape is visually appealing, but cracks or blisters	4 5 Exceptional color and doneness, properly shaped, visually appealing	
Consistency 0-5 points	0 Size, shape and/or color is inconsistent. Incorrect yield	1-2 Size, shape and/or color shows few inconsistencies. Correct yield	3 Size, shape and/or color is consistent. Correct yield	4 5 Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield	
Principles and Techniques 0-5 points	0 Incorrect technique used throughout preparation	1-2 Product over or under mixed, incorrect proportions of ingredients, incorrect rising time	3 Product mixed correctly with adequate rising time	4 5 Correct techniques meeting industry standards for shaped yeast bread preparation	
Taste and Texture 0-5 points	0 Taste is bland, flavorless or bitter. Crumble, dry, coarse or wet interior texture	1-2 Items are lacking taste, crust is too soft or too tough, interior holes	3 Well balanced flavor with pleasing exterior and interior texture	4 5 Flavor and texture meets or exceeds industry expectations	
CAKE DECORATING					
Preparation for Decorating 0-5 points	0 Cake layers or crumb coat are not executed according to specifications	1-2 Cake layers and crumb coat are unevenly executed	3 Cake layers are mostly evenly cut and crumb coat applied correctly	4 5 Cake layers are evenly cut and crumb coat is applied correctly	
Borders and Decoration 0-5 points	0 Not all required elements were attempted	1-2 Size, shape and/or color is inconsistent	3 Demonstration of skill meets acceptable industry expectations	4 5 Demonstration of skill meets or exceeds industry expectations	
Writing 0-5 points	0 Did not attempt	1-2 Size, shape and/or placement of writing does not meet acceptable industry expectations	3 Demonstration of skill meets acceptable industry expectations	4 5 Demonstration of skill meets or exceeds industry expectations	
Principles, Techniques, Expectations 0-5 points	0 Incorrect technique used throughout preparation	1-2 Product assembled with incorrect techniques; does not meet retail expectation	3 Product is assembled correctly but some incorrect techniques used; generally meets retail expectation	4 5 Product is assembled correctly and meets industry and retail expectation	

Evaluator's Comments – include two things done well and two opportunities for improvement:

TOTAL
(90 points possible)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____

BAKING AND PASTRY

Time Management Plan

Name of Member _____ State _____

Time	Activity	Food Item/Equipment Needed

