



STATE 2021-2022
STAR EVENTS GUIDE
for
**BAKING & PASTRY
CULINARY ARTS**

ARKANSAS

FCCLA.

Arkansas Culinary Arts and Baking & Pastry STAR Event

Arkansas FCCLA has adopted its own menu that will be used for the Culinary Arts and Baking and Pastry STAR Event, a National Leadership Conference (NLC) qualifying event. This menu will be used for the 2022 State Leadership Conference and State STAR Events competition. The rubric found in the 2021-2022 National STAR Events Guide for the Culinary Arts and Baking and Pastry Events will be used for evaluating the preparation of the provided recipes.

Event Capacity and Eligibility

The Culinary Arts and Baking and Pastry STAR Events are both individual events. Chapters will be able to submit up to three (3) individuals to compete in each event during the 2022 State Leadership Conference. Members must be Level 3 (11th -12th grade) to compete – see the STAR Events Guidelines for a full list of qualifications for this event.

National Qualifiers

The top three (3) participants during the State Leadership Conference will qualify for the National Leadership Conference and STAR Events.

*Culinary Arts Specifics

For the Culinary Arts STAR Event, students will be required to complete three meals, from one menu, they typically follow the flow of salad, entrée, and side(s). *Be sure to check the 2021-2022 STAR Events Guidelines pages 69-80 for exact instructions, forms, and rubrics for this event.*

Note: Event guidelines may change year to year, so double check your rubrics for any changes.

*Baking and Pastry Specifics

Students participating in Baking and Pastry will be required to make four different items: a quick bread, a shaped yeast bread, choux pastry, and a decorated cake. The items for Baking and Pastry to practice have been designated with [brackets] and serves as dessert or a side on the menu. *Be sure to check the 2021-2022 STAR Events Guidelines pages 25-32 for exact instructions, forms, and rubrics for this event.*

Note: Event guidelines may change year to year, so double check your rubrics for any changes.



Seared Chicken Breast with Lemon Pan Sauce

Ingredients:

Chicken

2 Skin on airline breasts (frenched)
 canola oil
 salt
 pepper

Sauce

1 small shallot, finely minced
 1 clove garlic, finely minced
 1 tsp. chopped fresh thyme
 1 tsp. chopped fresh tarragon
 2 tsp. chopped parsley
 2 tbs. fresh lemon juice
 6 oz. double strength chicken stock, plus extra as needed
 4 tbs. (or 2 oz.) glace de volaille (chicken glace)
 2 tablespoons unsalted butter, chilled and cut into small cubes
 Salt and black pepper to taste

Procedure:

Chicken

1. French both wing bones and season both sides of both breasts with salt and pepper.
2. Preheat sauté pan, add oil and sear both breasts skin side down.
3. Turn chicken over and finish in the oven.
4. Allow chicken to rest while sauce is prepared.

Sauce

1. In the sauté pan used for the chicken sweat the shallot and garlic until aromatic.
2. Deglaze the pan with lemon juice and half of the double stock then reduce to au sec.
3. Add any accumulated juices from the resting chicken as well as the glace, reduce by half and season with salt and pepper.
4. Finish with fresh herbs and butter.



Confetti Rice Pilaf

Ingredients:

2 Tbs. unsalted butter
¼ cup onion, small dice
¼ cup carrot, small dice
¼ cup red bell pepper, small dice
1 bay leaf
1 cup long grain white rice
1 ½ - 2 cups chicken stock
salt
pepper

Procedure:

1. In a medium saucepan, melt 2 Tbsp. of unsalted butter and begin cooking the onion, carrot and bell pepper over medium-high heat until soft and onion is translucent.
2. Season with salt and pepper.
3. Add 1 cup long-grain white rice, cook, stirring, until the grains are well-coated and some look translucent and the whole mixture smells toasty, about 3 minutes.
4. Add 1½ cups chicken stock, bay leaf and season with salt and pepper.
5. Bring to a boil, and reduce to a bare simmer.
6. Cover and cook until liquid has been absorbed, 12–15 minutes.
7. Let it rest, remove from heat and fluff the rice with a fork.
8. Keep warm until ready to plate.



Garlic Green Beans

Ingredients:

½ pound green beans, trimmed
2 small garlic cloves
2 Tbs. unsalted butter
salt
pepper

Procedure:

1. Cook beans in a 6-quart pot of boiling well-salted water, uncovered, until just tender, 6 to 7 minutes.
2. Drain in a colander, then shock in an ice bath.
3. Drain beans and pat dry.
4. While beans cook, mince and mash garlic to a paste with a pinch of salt.
5. Just before plating, melt butter in a sauté pan, add garlic paste and green beans, sauté until warm.
6. Season with salt and pepper



Poached Salmon

Ingredients:

Fresh salmon filet, skin off, 10 oz.

Salt and pepper TT

Water 16 oz.

Champagne vinegar 1 Tbsp.

Lemon juice ½ tsp.

Salt 1 tsp.

Parsley stems 2 ea.

Onion, small diced 1 Tbsp.

Carrots, small diced 1 Tbsp.

Procedure:

1. Portion the salmon into 2 evenly size pieces. Season and refrigerate until ready to poach, or 30 minutes.
2. Combine all of the other ingredients in a medium size sautoir and simmer for 15 minutes.
3. Reduce heat, and maintain a 170 d. temperature. Add the salmon to the liquid and increase the heat slightly. Do not allow the liquid temperature to rise above 180 d. or cool beyond 165d.
4. Poach salmon until firm, approximately 5-8 minutes.
5. Remove salmon carefully with a slotted spatula and blot excess liquid with a towel. Plate accordingly and serve with the appropriate sauce and accompaniments



Beurre Blanc

Ingredients:

Shallots, minced 1 Tbsp.

White Wine, or water 2 oz.

Champagne or white wine vinegar 2 oz.

Peppercorns, black ½ tsp.

Bay leaf 1 ea.

Parsley stems 1 ea.

Heavy cream 2 oz.

Unsalted butter, diced and chilled 4 oz.

Lemon Juice ½ tsp.

Salt TT

Procedure:

- 1- Reduce, shallots, wine, vinegar, peppercorns, bay leaf and parsley stems until only a tablespoon remains.
- 2- Add cream and reduce slightly
- 3- Put on low heat and whip in butter slowly. Season with lemon juice, salt and strain. Keep warm until needed



Roasted Potatoes

Ingredients:

Yellow, red or fingerling potatoes 8 oz.

Olive oil 1 oz.

Parsley, chopped 1 tsp.

Rosemary, chopped 1 tsp.

Salt and pepper as needed

Procedure:

1. Pre-heat oven to 425 d.
2. Cut the potatoes into an appropriate size based on the size and shape.
3. Place in a small mixing bowl and toss with the oil, rosemary salt and pepper.
4. Place a small roasting pan into the oven and heat for 5-8 minute.
5. Place potatoes in the pan and return to the oven quickly as to not cool the pan too much.
6. Roast for approximately 12-15 minutes and then carefully turn over with a spatula to brown evenly. Cook for approximately 8-10 additional minutes or until tender.
7. Toss with the parsley and serve immediately



Ratatouille

Ingredients:

Olive oil 1 Tbsp.

Onions, med. diced ¼ ea. (Medium size)

Garlic, chopped ½ clove

Red Peppers, medium dice ½ ea

Yellow peppers, medium dice ½ ea.

Eggplant, medium dice ½ cup

Zucchini, washed, medium dice ½ cup

Tomatoes, fresh, deseeded and chopped 1 ea.

Thyme, fresh ½ tsp.

Basil, fresh ½ tsp.

Oregano, fresh ½ tsp.

Salt and fresh black pepper To taste

Procedure:

1. Sweat the onions, garlic, and peppers in the olive oil using a medium sized deep sauté pan for 4-7 minutes or until fairly soft.
2. Add eggplant and zucchini and continue to cook until those vegetables are tender as well; approximately 8-10 minutes
3. Add tomatoes and bring to a simmer. Cook for an additional 5-10 minutes to marry all the flavors.
4. Add herbs and seasoning and serve or cool for later use.



Creole/Cajun Chicken Breast

Ingredients:

2 each Skin on boneless chicken breast	2 teaspoons White wine vinegar
2 teaspoon Creole seasoning	1 Tablespoons All-purpose flour
2 Tablespoons Flour seasoned with salt and pepper	1 cup + ¼ cup reserved Chicken stock
3 Tablespoons Clarified butter or vegetable oil	1 Tablespoon Cold whole butter
1 Tablespoon Onions, ¼ inch slices	1 teaspoon Fresh parsley, chopped
1 Tablespoon Celery, julienne	½ teaspoon Fresh garlic, chopped
1 Tablespoon Bell pepper, julienne	½ teaspoon Fresh thyme, chopped
1 Tablespoon Tomato concasse	To taste Salt and pepper

Procedure:

1. Season chicken with Creole seasoning, dredge with flour.
2. Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken breast in oil skin side down. Shake pan to insure chicken does not stick, turn down heat if the chicken starts to brown too quickly.
3. Once skin side is golden brown turn the breasts over and brown other side.
4. Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built
5. Add onions, celery, and peppers, sauté until the vegetables just begin to soften (1-2 minutes).
6. Add garlic and cook briefly without browning, deglaze with white wine vinegar and cook until vinegar is completely reduced.
7. Ensure that there is 1 tablespoon of oil of clarified butter left in pan(add more to achieve this volume if necessary), sprinkle remaining flour in pan and cook on moderate heat to achieve a blond roux.
8. Whisk in 1 cup of chicken stock to make the pan gravy, turn heat down and simmer gently
9. Return the chicken breast to the pan, skin side up, do not let the golden brown skin side of the breast touch the sauce, simmer gently until the breasts reach an internal temperature of 165 degrees.
10. Add the tomato concasse to the pan, being careful to not get any of the tomatoes on the skin side of the chicken and heat very gently maintaining the chicken at 165 degrees internal temp for at least 3 minutes for food safety.
11. Carefully push the breasts to one side of the pan and stir in the parsley and thyme without getting any sauce on the breasts. Turn off the heat and stir in cold whole butter. Taste and adjust seasoning with salt & pepper. Use reserved ¼ cup of stock to adjust consistency if needed.
12. Serve with sautéed kale, fried sweet potato and sauce.



Sautéed Kale

Ingredients:

4 each Leaves of kale

1/4 cup Onion, battonet

2 Tablespoons Clarified butter or oil

To taste Salt and white pepper

Procedure:

1. Blanch kale leaves for 30-45 seconds in a generous amount of rapidly boiling well salted water, shock in ice bath.
2. Remove stems from leaves and chiffonade.
3. Heat sauté pan. Add oil or clarified butter, and add onions and shake pan to prevent from sticking. Season sparingly with salt and white pepper.
4. Add kale and shake pan while on heat to cook until softened gently and hot, sprinkle a small amount of salt and white pepper being careful not to over-season.



Sweet Potato Rosti

Ingredients:

- 1 ½ cup Sweet potato, coarse grated
- ¼ cup Onion, coarse grated
- 1 each Garlic clove, minced
- 1 each Egg
- ½ tsp Salt
- Pinch Black pepper
- 2 Tablespoons Vegetable oil

Procedure:

1. Mix together grated sweet potato, onion, garlic, egg, salt & pepper.
2. Heat oil in a pan over medium heat.
3. Divide sweet potato mix in half and spoon onto pan, flattening slightly similar to a pancake.
4. Cook until golden brown then flip and heat until golden brown on other side.
5. Test doneness by inserting a fork or knife in center and if it feels soft with little to no resistance, it is finished. If still firm, lower heat and cook until soft.
6. Drain any excess oil on paper towel if necessary.

THE FOLLOWING RECIPES ARE FOR:



Baking and Pastry

Lemon Thyme Scones with Lemon Icing

400 / 375

Yield: 8

31.5 grams granulated sugar.
 8 grams baking powder.
 2 grams baking soda
 2 grams kosher salt
 8 grams finely grated lemon zest
 8 grams finely chopped fresh thyme
 375.5 grams all-purpose flour, plus more for surface.
 62.5 grams chilled unsalted butter, cut into pieces.
 1 large egg, beaten to blend
 156.5 grams heavy cream, plus more for brushing.
 raw sugar (for sprinkling)



Baking and Pastry

Garlic Rolls

400 / 375

Yield: 12 x 2 oz

56 g	Sugar
13 g	Instant yeast
266 g	Warm water
1	Egg
69 g	Oil
7.5 g	Salt
440-497 g	All-purpose flour
Egg	for egg wash
As needed	Garlic salt



Baking and Pastry

Vanilla Filled Cream Puffs with Chocolate Drizzle

400/357

Yield: 36 puffs

Choux Dough

250g	water
113.5g	unsalted butter
141.75g	all purpose flour
Pinch	salt
5	large eggs

Vanilla Cream Filling

488g	whole milk
100g +2 tbsp	sugar
5	egg yolks
32g	cornstarch
2tsp	vanilla
Pinch	salt
119g	heavy whipping cream

Chocolate Glaze

112g	water
85g	light corn syrup
285g	semi-sweet chocolate

Procedure for Glaze:

1. Bring water and corn syrup to boil.
2. Pour over chopped chocolate. Whisk until smooth.



Baking and Pastry

Decorated Cake

(1) 8" cake round (prebaked)

3# Prepared white icing

Gel or Paste Icing colors (participant's choice)

Pastry bags and couplers, any size/type

Grease-proof cake board

Pastry tips of participants' choice

Cake turntable

Icing spatulas

Plastic spatulas

Rose Nail

Serrated knife

Scissors

Bowls or containers for mixing colors

Using no more than 3 lbs. of scaled icing

1. (1) 8-inch round cake, cut into 2 layers with white icing as filling
2. Cake must be smooth iced with buttercream
3. The bottom border of the cake must be a scallop border
4. The top border of the cake must be a rosette border
5. Three (3) buttercream roses and their leaves
6. Scripting – participants will be given a message to write, in cursive (script), on the cake (spelling counts)
7. Participants may choose their color palette. Precoloring of buttercream is acceptable with the understanding that colors should relate to the assigned theme.
8. Do not comb sides or pattern sides of cake, besides piped border.

ARKANSAS FAMILY, CAREER AND COMMUNITY LEADERS OF AMERICA

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