

# **Illinois FCCLA 2020 Baking & Pastry STAR Event Recipes**



## **Shaped Dinner Rolls**

## **Ginger Cookies**

## **Chocolate Breakfast Muffins**

## **Cream Puffs**

*The first two recipes are in traditional format with the ingredients and instructions. The last two recipes are ingredients only, students are expected to know the process and techniques for these products.*

# Shaped Dinner Rolls

Oven temp: 375 degrees F

Yield: 24 rolls

All-purpose flour	4 ¼ - 4 ¾ cups
Active Dry Yeast	¼ ounce
Milk, whole	1 cup
Sugar	1/3 cup
Butter	1/3 cup
Salt	¾ teaspoon
Eggs	2, beaten

Procedure:

1. In a large mixing bowl stir together 2 cups of the flour and the yeast. In a medium saucepan heat and stir milk, sugar, butter, and salt just until warm (120 degree F to 130 degree F) and butter almost melts. Add milk mixture to dry mixture along with eggs. Beat with an electric mixer on low to medium speed for 30 seconds, scraping sides of bowl constantly. Beat on high speed 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.
2. Turn dough out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a lightly greased bowl; turn once. Cover; let rest for 10 minutes.
3. Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover; let rest for 10 minutes.
4. Shape the dough into desired rolls and place on prepared baking sheets or in muffin cups. Cover and let rise in a warm place until nearly doubled in size (about 30 minutes).
5. Bake in a 375 degree F oven for 12 to 15 minutes or until golden. Immediately remove the rolls from pans. Cool on wire racks.

# Ginger Cookies

Oven temp: 350 degrees F

Yield: 2 dozen

Unsalted butter, room temperature	½ cup
Dark brown sugar	¾ cup, packed
Molasses	1/3 cup
Large Egg, room temperature	1
All-purpose flour	2 cups plus 3 Tablespoons
Baking Soda	1 teaspoon
Ground cinnamon	1 teaspoon
Ground ginger	1 teaspoon
Ground cloves	¼ teaspoon
Chopped crystallized ginger	½ cup
Demerara sugar for sprinkling tops	

Procedure:

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, cream the butter, brown sugar, and molasses until well blended, by hand or with paddle in stand mixer on medium speed. Add egg and mix until mixture is light and creamy.
3. In a separate bowl, combine the flour, baking soda, cinnamon, ground ginger, and cloves; stir until combined. Add dry ingredients and crystallized ginger to the creamed mixture and mix completely by hand or on low speed.
4. Portion dough or shape into balls, using a ¾ ounce portioner or about 1 ½ Tbsp. dough each. Place onto a sheet tray lined with parchment paper, leaving space for the cookies to spread. Press each cookie down to a thick disk and top each cookie generously with Demerara sugar.
5. Bake for 12-14 minutes. Overbaking will make the cookies too firm. You want them to be fairly soft.

# Chocolate Breakfast Muffins

Oven temp: 350 degrees F

Yield: 12 muffins

Cocoa, Dutch-process	2/3 cup
All-purpose flour	2 cups
Light brown sugar	1 ¼ cup
Baking powder	1 teaspoon
Espresso powder (optional)	¾ teaspoon
Baking soda	1 teaspoon
Salt	¾ teaspoon
Chocolate chips	1 cup
Eggs, large	2
Milk, whole	¾ cup
Vanilla extract	2 teaspoons
Vinegar	2 teaspoons
Butter, melted or Vegetable oil	½ cup melted; or 1/3 cup oil
Sparkling white or pearl sugar	

Procedure:

Students are expected to know the procedure.

# Cream Puffs

Oven temp: 400 degrees F  
Yield: Approximately 3 dozen

Water	1 ½ cups
Unsalted butter, cubed	1 stick plus 1 Tablespoon
Sugar	1 teaspoon
Salt	½ teaspoon
All purpose flour	1 ½ cups
Eggs	8 large

Sweetened whipped cream and Confectioner's sugar for dusting

Procedure:

Students are expected to know the procedure.