



NEBRASKA
STATE ASSOCIATION

2025 State Competition
Baking and Pastry

Study Guide Summary

Safety and Sanitation

- Preventing kitchen accidents
- Safe and sanitary use of tools and equipment
- Safe food handling and contamination prevention
- Microorganisms and foodborne illness

Ingredients and Properties

- Ingredient sources and functions
- Ingredient selection and substitutions
- Types of leavening agents

Baking Preparation (Mise en Place)

- Planning and organizing ingredients, tools, and tasks
- Cooking methods
- Bakery production and planning

Basic Baking

- Reading and preparing standard recipes
- Accurate weighing and measuring
- Baking terms, methods, and techniques
 - Types of dough
 - Mixing methods
- Cooking times, temperatures, and ingredient order

All competitors are required to take a qualifying quiz, in the event there are more competitors than can be accommodated in the competition space.

The quiz will be offered virtually (via AnswerWrite) January 20-31, 2025. It must be proctored by the chapter adviser or another adult in the school building. The eight (8) competitors with the highest score will be eligible to participate in the Baking & Pastry STAR Event competition on Monday, April 7 at SLC.

Competitors who do not place in the top eight (8) will be invited to participate in the Pastry Arts Technical Decorating Skills Skill Demonstration Event on Tuesday, April 8 at SLC. This Skill Demonstration Event will only be available to Baking & Pastry competitors who don't qualify for the in-person competition.

Baking and Pastry Equipment List

Some equipment will be provided at the host kitchen.
Competitors may choose to bring all their own equipment if preferred.

All Competitors Must Provide:

- **Required Items:**
 - 3–4 pounds of prepared buttercream icing (homemade or store-bought)
 - Gel or paste icing colors (participant's choice)
 - Pastry bags and couplers (any size or type)
 - Grease-proof cake board
 - Pastry tips (participant's choice)
 - Bowls or containers for color mixing
 - Biscuit cutters
- **Optional Items to Bring:** (*limited availability)
 - Portion Scoops
 - Thermometer*
 - Cake turntable
 - Icing spatulas
 - Plastic spatulas
 - Rose Nail
 - Deli containers
 - Timer

Available at the Food Innovation Center:

- Electricity
- Sink for dishwashing during the competition
- Ovens
 - Ovens will be pre-set to specific temperatures according to the provided recipes and labeled accordingly.
- Gas Range
 - Participants may bring their own burner if preferred.
- Access to ice
- [Station Inventory](#), including:
 - Spatula
 - Sheet pans
 - Stainless Bowls
 - Measuring Tools
 - Towels
 - Stand Mixer
 - Scale
 - Kitchen shears (Scissors)
 - Bench scraper
 - Towels

Nebraska FCCLA will Provide: (*limited availability)

- Ingredients
- Non-latex gloves
- Plastic wrap, parchment paper, and tin foil
- Sanitizer and sanitizer bucket
- Thermometer*

Chocolate Chip Cookies

375°F conventional / 350°F convection

Yield: 12 cookies (3-inch)

147 grams butter, room temperature

113 grams sugar

113 grams brown sugar

½ teaspoon salt

91 grams eggs, room temperature

1 teaspoon vanilla

285 grams all-purpose flour

4 grams baking soda

357 grams chocolate chips

Use the creaming method.

Cream Puffs

400°F conventional

Yield: 6-8 puffs

225 grams water

110 grams butter

120 grams flour

250 grams eggs

Use the pâte à choux method.

Chantilly Cream Filling

480 grams heavy cream

28 grams granulated sugar

1 teaspoon vanilla extract

Use the whipped cream method.

Buttermilk Biscuits

400°F conventional

Yield: 9 biscuits (3-inch)

277 grams bread flour

277 grams pastry flour

1 teaspoon salt

18 grams baking powder

¾ teaspoon baking soda

27 grams sugar

194 grams butter, cold

375 grams buttermilk

Use the biscuit mixing method.

Decorated Cake

Items Provided:

- 9" Styrofoam cake round

Items Not Provided (to be brought by competitor):

- 3–4 pounds of prepared buttercream icing (homemade or store-bought)
- Gel or paste icing colors (participant's choice)
- Pastry bags and couplers (any size or type)
- Grease-proof cake board
- Pastry tips (participant's choice)
- Bowls or containers for color mixing
- Cake turntable
- Icing spatulas
- Plastic spatulas
- Rose Nail

Decorate the 9-inch round cake for a birthday theme.

- Cake must be smooth iced with buttercream (made or purchased).
- The bottom border of the cake must be a shell border.
- The top border of the cake must be no larger than a 2-inch rosette border.
- Three (3) buttercream roses and leaves
- Scripting – participants will be given a message to write at the time of the competition, in cursive (script), on the cake (spelling counts)
- Participants may choose their color palette. Precoloring of buttercream is acceptable with the understanding that colors should relate to the assigned scripting to be given on-site.
- Do not comb or pattern the sides of the cake beyond the piped borders.
- Do not use ingredients not listed (e.g., fondant, edible spray, or sprinkles).