



## 2017 Commercial Baking Menu

## **Menu**

Cake Decoration

Chocolate Buttermilk Muffins

Apple Cinnamon Twists

Lemon Blueberry Vol-au-Vants

Chocolate Oatmeal Raisin Cookies

## **Cake Requirements**

- An 8” layer cake and icing will be supplied.
- Cut the cake into three layers
- Fill the layers with butter cream provided
- Ice the cake with an appropriate amount of icing.
- The contestant may decorate as he/she wishes as follows
  - The cake must be flat iced, no comb to be used on the top
  - An icing comb may be used for the sides
  - There must be at least one piped border style (i.e. shells) used in the decoration.
  - The cake must be “scored” for ten portions
  - One rosette needs to be piped on each portion
- The cake must be presented on a cardboard cake circle (provided by the committee)
- Cut a slice of cake from the markings previously scored on top
- Put the slice of cake on a plate supplied by the committee
- Display the rest of the cake with one slice removed as for a case in a commercial bakery.

*A cake turntable may be used. (Supplied by the contestant)*

# Chocolate Buttermilk Muffins

1/3 cup Vegetable Oil  
1 cup Buttermilk  
2 Eggs  
1 t Vanilla  
½ c Granulated Sugar  
¼ c Brown Sugar  
½ t Salt  
1 t Baking Soda  
2 t Baking Powder  
½ c Cocoa Powder  
2 c All Purpose Flour  
1 c Chocolate Chips

## Method:

- Preheat oven to 350°
- Whisk together oil, buttermilk, eggs and vanilla. Add sugars.
- Sift flour, baking soda, baking powder, cocoa powder, and salt into another large bowl.
- Slowly add the flour mixture to the wet mixture.
- Then add the chocolate chips. Be careful not to over mix.
- Fill the muffin cups 2/3 full.
- Bake until a toothpick inserted comes out clean, about 18-20 minutes. Allow to cool at least 10 minutes before serving and slicing.

# Cinnamon Apple Twists

## Sweet Dough

### Ingredients:

- 3 ¼ teaspoon yeast
- ¼ cup warm water
- 3 eggs
- ½ cup butter, melted and cooled
- ½ cup sour cream
- ½ cup sugar
- 1 ½ teaspoon salt
- 1 teaspoon vanilla
- 4 ½ -5 cups bread flour

### Method:

- In a small bowl dissolve yeast in warm water.
- Whisk eggs in a large bowl, add butter, sour cream, sugar, salt and vanilla.
- Stir in yeast.
- Add 1 ½ cup flour and beat until smooth.
- Gradually stir in as much of remaining flour as needed to make a soft dough. Turn dough out onto a lightly floured surface. Knead the dough until smooth and elastic, 8-10 minutes.
- Shape into a ball and place in a greased bowl. Cover and let rise in a warm place until doubled, about 1 ½ hours.

## Cinnamon Apple Twists (con't)

### Ingredients:

Sweet Dough

1 cup sugar

1 ½ tablespoons cinnamon

1 cup finely chopped apple

¼ cup butter, melted

### Method:

- Roll sweet dough out into a rectangle
- Brush the dough with all of the butter.
- Mix together sugar and cinnamon in a small bowl and sprinkle the dough.
- Spread out diced apples down the center, 1/3 of the dough
- Fold the dough into thirds and cut into 1 ½ inch strips
- Twist the strips and place on a parchment lined half sheet pan
- Let rise until doubled, about 30 minutes
- Bake at 375° until done, 25-30 minutes
- Brush immediately with glaze.

### Glaze:

Mix 1 cup powdered sugar with 1-2 tablespoons of milk.

# Lemon Blueberry Vol-au-Vent

## Blueberry Sauce

- 1 cup blueberries
- 2 tablespoons sugar
- 1 tablespoon fresh lemon juice
- 2 teaspoons cornstarch

### Method:

- Stir the blueberries, sugar, lemon juice and cornstarch together in a saucepan.
- Cook and stir over medium heat until the mixture boils and thickens. Remove the saucepan from the heat. Chill until serving time.

## Lemon Curd

- 4 eggs
- 1 cup sugar
- 1/3 cup lemon juice
- 1 tablespoon lemon zest

### Method:

- In a stainless steel bowl placed over a saucepan of simmering water, whisk together the eggs, sugar, lemon juice, and zest until blended.
- Cook, stirring constantly, until the mixture becomes thickens or is light yellow and coats the back of a spoon.
- Remove promptly from heat and stir in butter a piece at a time, allowing each addition to melt before adding the next.
- Cover immediately and refrigerate until needed.

## Assembly

Fill each puff pastry vol-au-vent with lemon curd and top with blueberry sauce.

## Lemon Blueberry Vol-Au-Vent

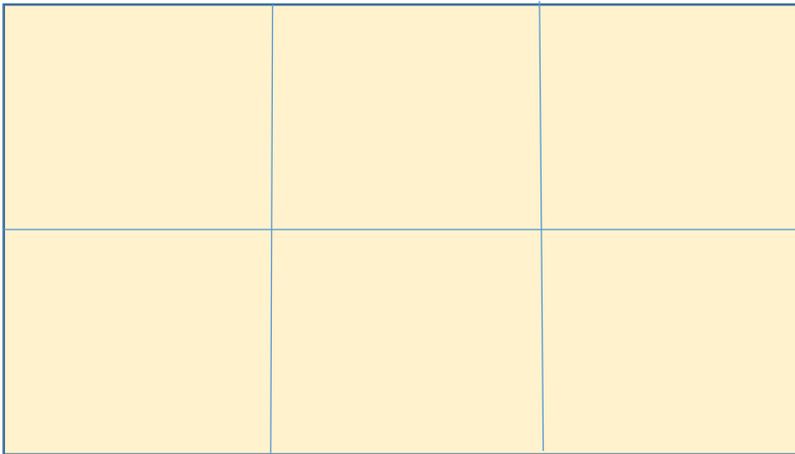
Eggwash:

Whisk together 1 whole egg with 1 tablespoon milk

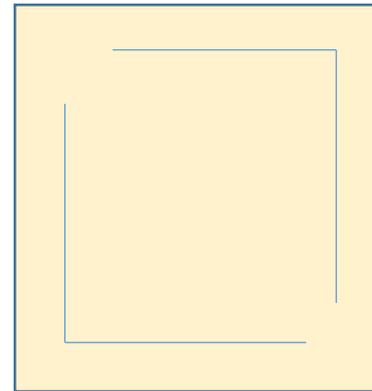
Puff pastry:

1. Cut a 10x15 sheet of puff pastry into 6 equal pieces.
2. For each square cut an "L" shaped slit across from each other (About 2 ½ inches long).
3. Egg wash each square.
4. Fold the outside border (where the corner is completely cut from) to the inside corner of the opposite side.
5. Do the same corner to corner fold on the opposite side.
6. Brush with egg wash again and let dry for 20 minutes in the cooler.
7. Bake at 400 degree until golden brown.

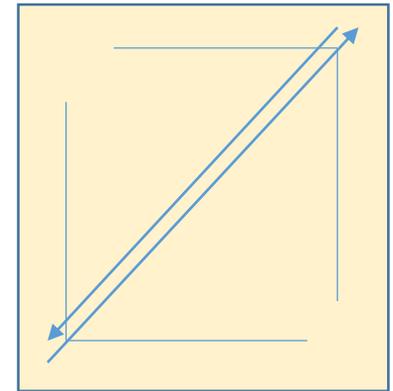
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# Chocolate Oatmeal Raisin Cookies

## Ingredients:

- 1  $\frac{1}{4}$  c All-Purpose Flour
- 1 t Baking Soda
- 1 t Baking Powder
- $\frac{1}{2}$  c Softened Butter
- $\frac{1}{2}$  c Sugar
- $\frac{1}{2}$  c Brown Sugar
- 1 Egg, Beaten
- 1 t Vanilla
- 1 c Oatmeal
- $\frac{1}{2}$  c Chocolate Chips
- $\frac{1}{2}$  c Raisins

## Method:

- Sift together the flour, baking soda and baking powder together in a bowl.
- In a mixing bowl beat the softened butter, sugar and brown sugar together.
- Add the egg and vanilla and beat thoroughly.
- Add the flour mixture and mix well.
- Add the oatmeal, chocolate chips and raisins and stir until combined.
- Chill the dough for 1 hour.
- Preheat oven to 350°
- Scoop dough into 1 ounce portions onto a parchment-lined half sheet pan.
- Bake for 10-12 minutes.
- They should be soft when you touch them lightly
- Remove cookies from pan and cool on a wire rack.