

COMPETITION RECIPES/FORMULAS

COMPETITION FORMAT	
Competition Recipes/Formulas	Recipes/Formulas for the National Leadership Conference will be released annually in the spring and will be available by clicking on the red folder on the next page. Check with your state adviser for district/regional/state recipes.

PRELIMINARY & FINALIST COMPETITIONS

COMPETITION FORMAT	
Preliminary Competition (If Required)	A preliminary competition will occur if the national competition facility limits the number of possible competitors during the set time. The preliminary competition will consist of a written test taken by all national participants online or onsite at the National Leadership Conference (NLC). Facility and time limitations will determine the number of finalists proceeding to the food production portion of the competition. Unless indicated otherwise by National FCCLA, the written test will be the American Culinary Federation’s Certified Fundamentals Pastry Cook written exam.
Finalists Competition	Participants will report to the designated room at the specified time with all required equipment and wearing appropriate, clean attire. Participants will be given the officially published recipe, menu, and ingredients at check-in. Only the official recipes are permitted.

COMPETITION PROCEDURES & TIME REQUIREMENTS

TIME	
10 minutes	Uniform and equipment inventory 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 unless otherwise stated. Participants will have 15 minutes to organize the work area and obtain supplies if required. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and cleaning/washing 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.
20 minutes	Participants will have 20 minutes to clean up their workstations.
Total Time: 3 Hours 30 Minutes	

SPECIFICATIONS

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State Leadership Conference (SLC) Testing	States may administer a 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: Wear clean and appropriate professional chef attire. This attire consists of any color chef coat or jacket, industry pants or commercial uniform pants, an apron, a hair covering or chef hat, and closed-toe kitchen shoes with non-slip soles and sealed, non-melting uppers (canvas shoes are not suitable). For accessories, limit them to a watch; no other jewelry or accessories are allowed. Facial hair is permitted if adequately covered. If your hair extends beyond the neckline, it must be properly restrained with a hairnet. Keep makeup minimal, and avoid using cologne. In cases where nail polish or artificial nails are worn, gloves are required. Chef attire may feature acceptable graphics such as the FCCLA logo, school, chapter, or state name or logo, and individual name. Additional logos are not permitted and must be covered with cloth tape.
Safety and Sanitation	Participants and their work areas are kept sanitary and organized, meeting the following standards: The 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 the event within the designated time—the internal temperature of baked goods taken at the center to reach the required/desired food temperature.

SPECIFICATIONS (CONTINUED)

SPECIFICATIONS	
Clean-up	Participants must complete clean-up within the allotted 20-minute time frame.
Product Production	Participants will have 2 hours and 45 minutes to prepare food products. Participants must 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-hour and 45-minute period. There will be no extra time allowed to complete the preparation or presentation. All work must stop at the 2 hours and 45-minute time limit.
Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of required items, including accurate measuring of ingredients and equal division of dough and batter.
Mise en Place	Work efficiently 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. The 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.
Cake Decorating	Cake dummy is decorated according to the theme provided. Borders, decorations and cursive writing meet industry expectations.

BAKING AND PASTRY

STAR EVENTS POINT SUMMARY FORM

Participant Name: _____

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

1. Make sure all information at the top is correct. If a student named is not participating, cross their name(s) off. If a *team* does not show, write "No Show" across the top and return with other forms. Do NOT change *team* or station numbers.
2. Confirm STAR Competition(s) is mandatory solely for participation at the National Leadership Conference. States have the authority to decide whether this requirement applies to picking up the registration packet and confirming the event/schedule accuracy OR attending a state-specific orientation.
3. At the conclusion of the evaluation, verify the evaluator scores and fill in the information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and staple all items related to the presentation together.
4. At the end of the competition, double-check all scores, names, and *team* numbers to ensure accuracy. Sort results by *team* order and turn them into the Lead Consultant.
5. Check with the Lead Consultant if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			POINTS
Confirm STAR Competition 0 or 1 point	Confirmed STAR Competition schedule in the FCCLA Adviser Portal by deadline (National Leadership Conference Only)		
	0 No	1 Yes	
Event Online Orientation Form 0 or 1 point	Online Orientation Form not completed in the Student Portal by deadline	Online Orientation Form completed in the Student Portal by deadline	
	0	1	
Proof of Project Summary Form Submission 0 or 1 point	Not presented to Room Consultant at participation time	Presented to Room Consultant at participation time	
	0	1 2	3
Uniform & Appearance 0-3 points	Unprofessional uniform/attire or includes uncovered graphics/logo not permitted in the event.	Unprofessional appearance or attire as marked below: ___ Hair/beard restraints missing ___ Kitchen shoes not worn ___ Jewelry uncovered ___ Personal grooming does not meet guidelines	Professional attire is worn: ___ Hair/beard restraints ___ Kitchen shoes ___ No visible jewelry ___ Personal grooming meets guidelines
EVALUATORS' SCORES			ROOM CONSULTANT TOTAL (6 points possible)
Evaluator 1: _____	Initials: _____		AVERAGE EVALUATOR SCORE
Evaluator 2: _____	Initials: _____		(94 points possible)
Evaluator 3: _____	Initials: _____		FINAL SCORE
Total Score: _____	<i>Divided by # of Evaluators</i> = AVERAGE EVALUATOR SCORE		(Average Evaluator Score plus Room Consultant Score)
	<i>Rounded only to the nearest hundredth (i.e., 79.99, not 80.00)</i>		

RATING ACHIEVED (circle one) **Gold:** 90-100 **Silver:** 70-89.99 **Bronze:** 1-69.99

VERIFICATION OF FINAL SCORE & RATING (please initial)

Evaluator 1: _____ Evaluator 2: _____ Evaluator 3: _____ Adult Room Consultant: _____ Event Lead Consultant: _____

BAKING AND PASTRY

LEVEL 3 & 4 RUBRIC

Participant Name: _____

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

SAFETY & SANITATION						POINTS
Safety 0–5 points	0 Station is disorganized, safety is disregarded	1 2 Station is lacking neatness and organization, questionable knife and small equipment safety	3 4 Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	5 Station is very neat and organized, all knives and small equipment are handled safely and properly		
Sanitation 0–5 points	0 Disregards safety and created unsafe and unsanitary conditions	1 2 Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	3 4 Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	5 Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing		
Clean-up 0–5 points	0 Participant did not complete station clean-up with-in allotted 20 minutes	5 Participant completed station clean-up with-in allotted 20 minutes				
PRODUCT PRODUCTION						POINTS
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 accurate measuring of ingredients				
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						POINTS
Appearance 0–5 points	0 Items are visually unappealing. Appear to be either under-baked or burnt	1 2 Items are slightly too light or too dark in color. Crust appears to be too soft	3 4 Slight color variance, good crust and shape is visually appealing	5 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 Size, shape and/or color is consistent. Correct yield	5 Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield		
Principles & Techniques 0–5 points	0 Incorrect technique used throughout preparation	1 2 Product over or under-mixed, incorrect proportions of ingredients	3 4 Product overmixed, tough or with tunnels	5 Correct techniques meeting industry standards for quick bread preparation		
Taste & 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 Well-balanced flavor with pleasing exterior and interior texture, with good crumb	5 Flavor and texture meets or exceeds industry expectations		
CHOUX PASTRY						POINTS
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 Slight color variance, shape is good and visually appealing	5 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 Size, shape and/or color is consistent. Correct yield	5 Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield		

Principles & Techniques 0–5 points	0 Incorrect technique used throughout preparation	1 2 Product over or under-mixed, incorrect proportions of ingredients	3 4 Product overmixed, tough or with tunnels	5 Correct techniques meeting industry standards for choux pastry		
Taste & 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 Well balanced flavor and texture	5 Flavor and texture meet or exceeds industry expectations		
COOKIE						POINTS
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	3 4 Slight color variance, good crust, shape is visually appealing, but is too rounded or flat	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 is inconsistent. Correct yield	3 4 Size, shape and/or color is consistent. Correct yield	5 Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield		
Principles & Techniques 0–5 points	0 Incorrect technique used throughout preparation	1 2 Product over or under-mixed, incorrect proportions of ingredients	3 4 Product overmixed, tough or with tunnels	5 Correct techniques meeting industry standards for cookie preparation		
Taste & Texture 0–5 points	0 Taste is bland, flavorless or bitter. Crumble, dry, coarse or wet interior texture	1 2 Items are lacking taste, cookies spread too much, are stiff or too crumbly	3 4 Well balanced flavor with pleasing exterior and interior texture	5 Flavor and texture meet or exceeds industry expectations		
CAKE DECORATING						POINTS
Borders & Decoration 0–5 points	0 Not all required elements were attempted	1 2 Size, shape and/or color is inconsistent	3 4 Demonstration of skill meets acceptable industry expectations	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. Cursive writing was not used	3 4 Demonstration of skill meets acceptable industry expectations, including writing in cursive	5 Demonstration of skill meets or exceeds industry expectations, including writing in cursive		
Principles & Techniques 0–5 points	0 Incorrect technique used throughout preparation	1 2 Product assembled with incorrect techniques; does not meet retail expectation	3 4 Product is assembled correctly but some incorrect techniques used; generally, meets retail expectation	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 (94 Points Possible)	
					Evaluator #: _____	
					Evaluator Initials: _____	
					RC Initials: _____	

BAKING AND PASTRY

STAR EVENTS POINT SUMMARY FORM – 3 PRODUCTION AND 2 TASTING EVALUATORS

Participant Name: _____

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

1. Make sure all information at top is correct. If a student named is not participating, cross their name(s) off. If a student does not show, write "No Show" across the top and return with other forms. Do NOT change student or station numbers.
2. Confirm STAR Competition(s) is mandatory solely for participation at the National Leadership Conference. States have the authority to decide whether this requirement applies to picking up the registration packet and confirming the event/schedule accuracy OR attending a state-specific orientation.
3. At the conclusion of evaluation, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and staple all items related to the presentation together.
4. At the end of competition, double-check all scores, names and student numbers to ensure accuracy. Sort results by *team* order and turn in to the Lead Consultant.
5. Check with the Lead Consultant if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			POINTS
Confirm STAR Competition(s) 0 or 1 point	Confirmed STAR Competition(s) schedule in the FCCLA Adviser Portal by deadline (National Leadership Conference Only)		
	0 No	1 Yes	
Event Online Orientation Form 0 or 1 point	0 Online Orientation Form not completed in the Student Portal by deadline	1 Online Orientation Form completed in the Student Portal by deadline	
Proof of Project Summary Form Submission 0 or 1 point	0 Not presented to Room Consultant at participation time	1 Presented to Room Consultant at participation time	
Uniform & Appearance 0–3 points	0 Unprofessional uniform/attire or includes uncovered graphics/logo not permitted in event	1 2 Unprofessional appearance or attire as marked below: ___ Hair/beard restraints missing ___ Kitchen shoes not worn ___ Jewelry uncovered ___ Personal grooming does not meet guidelines	3 Professional attire worn: ___ Hair/beard restraints ___ Kitchen shoes ___ No visible jewelry ___ Personal grooming meets guidelines

EVALUATORS' SCORES

Evaluator 1: _____ Initials: _____
 Evaluator 2: _____ Initials: _____
 Evaluator 3: _____ Initials: _____
 Total Score: _____

Divided by # of Evaluators
= AVERAGE PRODUCTION SCORE

PRESENTATION & TASTING SCORES

Evaluator 4: _____ Initials: _____
 Evaluator 5: _____ Initials: _____
 Total Score: _____

Divided by # of Evaluators
= AVERAGE PLATING SCORE

ROOM CONSULTANT TOTAL
(6 points possible)

AVERAGE PRODUCTION SCORE
(39 points possible)

AVERAGE TASTING SCORE
(55 points possible)

FINAL SCORE
(Average Evaluator Score plus Room Consultant Total)

Scores rounded only to the nearest hundredth (i.e., 79.99 not 80.00)

RATING ACHIEVED (circle one) **Gold:** 90–100 **Silver:** 70–89.99 **Bronze:** 1–69.99

VERIFICATION OF FINAL SCORE & RATING (please initial)

Evaluator 1: _____ Evaluator 2: _____ Evaluator 3: _____ Evaluator 4: _____ Evaluator 5: _____ ARC: _____ ELC: _____

BAKING AND PASTRY LEVEL 3 & 4 RUBRIC - PRODUCTION

Participant Name: _____
 Chapter: _____ State: _____ Team #: _____ Station #: _____ Level: _____

SAFETY & SANITATION						POINTS
Safety 0–5 points	0 Station is disorganized, safety is disregarded	1 2 Station is lacking neatness and organization, questionable knife and small equipment safety	3 4 Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	5 Station is very neat and organized, all knives and small equipment are handled safely and properly		
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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 accurate measuring of ingredients				
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Principles & Techniques 0–5 points	0 Incorrect technique used throughout preparation	1 2 Product over or under-mixed, incorrect proportions of ingredients	3 4 Product overmixed, tough or with tunnels	5 Correct techniques meeting industry standards for quick bread preparation		
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Evaluator's Comments—Include two things done well and two opportunities for improvement:					TOTAL (39 Points Possible)	
					Evaluator #: _____ Evaluator Initials: _____ RC Initials: _____	

BAKING AND PASTRY LEVEL 3 & 4 RUBRIC - PRODUCTION

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Evaluator's Comments—Include two things done well and two opportunities for improvement:					TOTAL (55 Points Possible)	
					Evaluator #: _____ Evaluator Initials: _____ RC Initials: _____	