



KANSAS

2026 Kansas FCCLA Baking & Pastry STAR Event



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Kansas FCCLA has adopted its own recipes that will be used to qualify for the Baking & Pastry STAR Event, at the National Leadership Conference (NLC). This menu will be used for the 2026 State Leadership Conference. The rubric found in the 2025-2026 National Competitive Events Guide for the Baking & Pastry STAR Event will be used for evaluation

The Baking & Pastry STAR Event is an individual event and not a team event. Chapters will be able to submit **up to three (3) individuals** to compete in this event during the 2026 State Leadership Conference. As a reminder, members must be Level 3 – see the National Competitive Events Guide for a full list of qualifications for this event.

NATIONAL QUALIFIERS

The top three (3) participants at the 2026 State Leadership Conference will qualify for the National Leadership Conference if they receive a score of 85 or higher.

DATES AND DEADLINES

All competitors must be registered by **February 22, 2026, on the Kansas registration system**.

Baking & Pastry Competition – Cake Decorating is scheduled for **Sunday, April 12** at the Wichita Marriott beginning at 2 PM.

- All participants will participate in this portion of the competition.
- Participants will have 45 minutes for this portion of the competition.
Time allows for Round 1 at 2 PM and Round 2 at 3 PM; dependent upon number of entries.
- If entry numbers exceed the time slots available for Monday, April 13, Cake Decorating will become the qualification round to move on and participate in the Competition scheduled for Monday, April 13.

Baking & Pastry Competition - Part 2 (3 recipes listed below) is scheduled for **Monday, April 13**, Campus High School.

- Competition time will be from 7:30 am – 5:00 pm
- Participants will be assigned to a round once the final entry deadline has been met.
Rounds will begin approximately every two hours.
- Rounds will consist of 10 minutes mice en place and 90 minutes for preparation.

REQUIRED BAKING & PASTRY FORMS

Parental consent form due via email to State Adviser, Shandi Andres sdandres@ksu.edu, by **March 1**.

2026 Baking & Pastry Recipes
Decorated Cake (on Sunday, April 12)
Blueberry Muffins
Chocolate Glazed Eclairs
Sugar Cookies



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PARENTAL CONSENT FORM Kansas Family, Career and Community Leaders of America 1324 Lovers Lane Manhattan, KS 66506

All Baking & Pastry STAR participants must email this completed parental consent form to the State Adviser (sdandres@ksu.edu) by March 1. All medical information must be complete and accurate. Failure to do so may result in disqualification.

_____ has my permission to receive medical treatment by a physician should an illness or minor accident occur while participating in the Baking & Pastry STAR event on April 8, 2024 with Kansas FCCLA. The following information may be helpful if such a situation arises:

Family Physician: _____ Phone: _____

Physician's Address: _____

Known Allergies: _____

Special medical medications or conditions that should be noted:

Contact in case of an emergency:

Parent Name: _____ Cell Phone: _____

Adviser Name: _____ Cell Phone: _____

Comments: _____

Insurance Company: _____

ID #: _____

Group #: _____

Insurance Company Phone: _____

I have read and consent to the above.

Signature of Parent

(Date)

Signature of Participant

(Date)



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Specifications for the Decorated Cake

To compensate for the reduced production period, modifications and additional preparation of the decorated cake will be allowed prior to the competition. The following are the specifications for the decorated cake and icing prior to and during the competition:

Cake Form Dimensions

- 1 foam round cake form
- 4" high by 9.9" diameter ([\\$5.99 @ Hobby Lobby, order here](#))

Cake Preparation Prior to Competition Day

- Competitors should select their own theme and color scheme for their cake and prepare their form accordingly. Specific requirements for decoration are below.
- The cake form may be "crumb coated" and/or frosted with buttercream by the competitor
- The frosting should be a **single solid color, smooth, and free of any decorative designs, indentations, or garnish**
- The frosted cake form may be frozen or chilled and stored in an airtight container or wrap/foil
- The cake form may be affixed to a cake board and/or rotating cake decorating base with frosting. The cake will be presented to the evaluators on the same cake board and/or cake decorating base. An additional cake stand/pedestal is not required.
- Competitors may premix coloring agents into buttercream frosting for writing/decorating and store them in airtight containers (storing in decorating/piping bags is not allowed)

Cake Preparation on Competition Day

- Competitors are evaluated on three items for the decorated cake portion of this event - Writing, Borders, and Decoration.
 - Writing
 - The message "Congratulations Class of 2026" should be written on the top of the cake
 - The word "Congratulations" should be in a script-style font
 - The words "Class of 2026" should be in block-style font
 - Borders and Decoration
 - Competitors can select whichever bordering and decoration techniques best suit their theme/color scheme. Be sure that enough techniques for bordering and decoration are utilized to demonstrate skill proficiency to evaluators.

Competitors are encouraged to complete a Time Management Plan for the Cake Decorating portion of the Competition, but it is not required or scored. Can be found here:

<https://www.hhs.k-state.edu/human-sciences/outreach/fccla/attend/slc.html>



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Blueberry Muffins

Yield: 12 muffins

400 degrees

INGREDIENTS

2 cups all-purpose flour 2 tbsp all-purpose flour 1½ tsp baking powder ½ tsp kosher salt ¾ cup milk 1 large egg ½ tsp vanilla extract ½ cup unsalted butter, at room temperature 1 cup sugar 1½ cups fresh blueberries, washed and patted dry, or unthawed frozen blueberries

METHOD

1. Prepare muffin baking pans with paper liners.
2. Sift the 2 cups flour, baking powder, and salt, into a bowl and set aside.
3. In a separate bowl, blend the milk, egg, and vanilla extract.
4. In a stand mixer with the paddle attachment, cream together the butter and sugar until light and smooth.
5. Add the flour mixture in 2 additions, alternating with the wet ingredients, mixing at low speed, and scraping to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth.
6. In the empty flour mixture bowl, scatter the 2 tbsp flour over the berries and toss to coat them evenly. Fold the blueberries into the batter to distribute.
7. Divide the batter evenly among 12 muffin cups. Bake in the oven for 18–20 minutes.



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Chocolate Glazed Eclairs

TEMPERATURE 400F and then reduce to 350F

PASTRY CREAM

cornstarch	50 grams
milk	530 grams
sugar	125 grams
eggs	55 grams
yolks	75 grams
butter	60 grams
vanilla	6 grams

1. Dissolve cornstarch in some of the milk. Add approximately $\frac{1}{2}$ of the sugar, all of the eggs and yolks, and whisk to combine.
2. Combine the remaining milk with the other half of the sugar in saucepan; bring to a boil.
3. Temper the corn starch mixture with some of the boiling milk.
4. Return the remaining milk mixture to a boil. Whisk the corn starch mixture into the boiling milk, whisking until the pastry cream thickens and returns to a boil.
5. Boil the pastry cream and continue whisking for 1 minute or as instructed. Remove from heat and whisk in the butter and vanilla. Transfer to a bowl and cool over ice. Or spread thinly on a plastic lined sheet pan. Press plastic wrap directly on the surface. Chill immediately.

CHOCOLATE GLAZE FOR ECLAIRS

water	112 grams
light corn syrup	85 grams
semisweet chocolate (finely cut)	285 grams

1. Bring water and corn syrup to a boil
2. Pour over chopped chocolate. Whisk until smooth being careful not to incorporate too many air bubbles. Strain if necessary.



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PATE A CHOUX (Cream Puff Pastry)

Recipe Yield: 18 - 22

milk or water	365 grams
butter (cut in pieces)	155 grams
salt	2 grams
sugar	4 grams
all-purpose flour	232 grams
eggs	365 grams

1. Combine milk, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally.
2. At a full boil, remove the pan from the heat; add the flour all at once. Stir vigorously removing any lumps of flour to a smooth consistency.
3. Return to the heat and cook, stirring constantly, until the paste forms a ball and a skin forms on the bottom of the pot.
4. Transfer the paste to the bowl of an electric mixer; beat on lowest speed with the paddle to cool the paste slightly, about 20 seconds. Add eggs gradually making sure to scrape down the bowl often.

ÉCLAIRS

Piping: Using a French tube with a 1/2-inch opening, pipe out 4-inch lengths on paper-lined baking sheets.

Finishing: Pierce the bottom of each éclair at both ends with the tip of a plain tube with 1/4-inch opening. Using the same tube, fill the éclairs with flavored, lightened pastry cream. Glaze the tops with chocolate glaze.

Presentation: Participants will prepare, fill, and glaze according to the recipe. Present the best 12 of the batch.



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Sugar Cookies

Culinary Skill Component: Demonstrate proper execution of cookies utilizing the roll method, to include scaling ingredients.

Yield: 12 Cookies

Amount

½ cup (125 g)
¾ cup (160 g)
¼ tsp (2.5 g)
3 ½ tbsp.
2 tbsp.
1 tsp (4 g)
2 ¼ cups (312 g)
2 tsp (9 g)
For topping
For topping

Ingredient

Unsalted Butter, softened
Granulated Sugar
Salt
Egg
Milk
Vanilla Extract
All-Purpose Flour
Baking Powder
Milk
Granulated Sugar

METHOD:

1. In a large bowl, cream together butter and sugar until smooth. Add the egg, milk, salt, and vanilla and blend at a low speed.
1. Whisk together flour and baking powder. Add flour mixture to cream mixture and beat together until combined.
2. Wrap the dough in plastic and refrigerate for 30 minutes.
3. Using the "rolled method" and minimal flour, roll dough to ¼ inch thick.
4. Using two different cookie-cutter shapes, each approximately 3 inches in size, cut out 12 cookies, 6 in each shape. **Bring your own cookie cutters.**
5. Before baking the rolled-out dough, cut it out, brush with milk, and sprinkle with granulated sugar.
6. Use parchment-lined sheets.
7. Bake in oven: **Conventional** – 375°F for 15 minutes.
Convection – 350°F for 10 minutes.
8. Discard unused dough.
9. Display all cookies.