Contest Rules

Read all contest material before you begin. You have four hours in which to complete this contest (7:00 a.m. - 11:00 a.m.). This contest is intended for you to demonstrate the skills that have been taught in your culinary program. While you may have not prepared the specific recipes listed in the contest, you should have however, learned the techniques involved.

The four hour time limit is for preparation only. Final product judging will begin at 11:00. You will place your finished product in the designated area before 11:00 a.m. between 11:00 a.m. and 11:45 you are to clean up the kitchen. An EMCC staff member will supervise cleanup.

You will be evaluated on the standards listed in the national contest guidelines. You will be provided a set amount of ingredients to work with. You will not be able to replace ingredients in case of mistakes. If you have any questions, please direct them to a judge and not another competitor.

Good Luck and Have Fun!

MENU
Dutch Apple Pie
Dinner Rolls
Decorated Cake
Cream Puffs
Whoopie Pies
Cranberry Lemon Scones
Dutch Apple Pie

INGREDIENTS

Pie Crust
1 1/2 Cup All-purpose Flour
1/2 tsp. Salt
1/2 Cup Shortening
1 1/2 fl oz Cold Water
Yield 1-9” Crust

1. Sift flour into mixing bowl.
2. Add shortening, cut into flour until the size of walnuts pieces.
3. Dissolve salt into water, and add the water into the flour.
4. Mix until liquid is absorbed.
5. Do not over work the dough.

Filling:
6 Cups Fresh wedges of apples
2 Tbsp. Corn Starch
1/2 Cup Granulated Sugar
1/2 tsp. Nutmeg
1/2 tsp. Cinnamon
1 Tbsp Fresh lemon juice
2 Tbsp. Butter

1. Roll out bottom crust.
2. Combine first six ingredients for filling.
   Place into bottom crust.
3. Dot the butter on top of the filling.

Dutch Streusel Topping:
1/2 Cup All-Purpose Flour
1/2 Cup Granulated Sugar
1/2 tsp Cinnamon
1/4 Cup Butter

1. Combine Flour, sugar and cinnamon.
2. Cut butter in small pieces and incorporate by hand until the mixture is crumbly.
3. Place topping on top of filling and bake at 400 for 35-40 minutes or until golden brown.
Dinner Rolls

INGREDIENTS

3 ½ Cups All Purpose Flour
¼ oz Dry Yeast
1 ¼ Cup Milk
¼ Cup Granulated Sugar
¼ Cup Shortening
1 tsp. Salt
1 Egg

Preparation Steps
1. In a bowl, combine 1 ½ cups of flour and yeast.
2. Heat milk and sugar, shortening and salt until 110 degrees.
3. Add to flour mixture and add egg.
4. Mix until smooth. Add remaining flour if Needed to make soft dough.
5. Make into a ball, place in greased bowl.
6. Let rise until double in bulk.
7. Punch down. Scale.
8. Shape into an assortment of shapes.
9. Proof, until double, egg wash.
10. Bake in a 375 degree oven until golden brown.

Display 6 assorted rolls

Cake Decorating

Each contestant is provided two 8” cake rounds and prepared white icing.
1. Scale no more than 2 lbs 8 oz of icing.
2. Prepare colors and bags
3. Ice and decorate cake with:
   - A border of your choosing
   - Spray of roses (3 to 5 flowers)
   - Script lettering with the message “Happy Birthday”
   - Combs may be used

American Culinary Federation
Down East Chapter Inc
**Cream Puffs**

- 8 fl oz Water
- 4 oz Butter
- 1/2 tsp Salt
- 6 oz All purpose Flour
- 10 fl oz Whole eggs

1. Combine water, butter and salt, in heavy saucepan. Bring to a full rolling boil.
2. Remove the pan from the heat, add the flour all at once and stir quickly.
3. Return the pan to moderate heat and stir vigorously until the dough forms a ball, and pulls away from the sides of the pan.
4. Transfer the dough to the bowl of a mixer.
5. With the paddle attachment, mix at low speed until the dough has cooled slightly. It should be around 140 degrees.
6. At medium speed, beat in the eggs a little at a time and wait until they are completely absorbed before adding more.
7. Using a # 20 scoop drop on parchment lined sheet pan.
8. You will have enough batter to make quite a few puffs.
9. Bake at 400 degrees until well browned and slightly crisp. Cool.
10. Pipe cooled pastry cream into the shell using a pastry bag and plain tip.
11. Dust with powdered sugar.
12. Display 6 cream puffs

**Pastry Cream**

- 2 oz Granulated Sugar
- 2 ea Egg Yolks
- 1 ea Whole egg
- 1 1/4 oz Corn Starch
- 2 oz Granulated Sugar
- 1 oz Butter
- 1/4 oz Vanilla

1. In a heavy saucepan, dissolve the first amount of sugar in the milk and bring just to a boil.
2. With a wire whip, beat the egg yolks and whole eggs in a stainless steel bowl.
3. Sift the starch and sugar into the eggs. Beat with the whip until perfectly smooth.
4. Temper the egg mixture with the hot milk mixture.
5. Return the mixture to the heat and bring to a boil, stirring constantly.
6. When the mixture comes to a boil and thickens, remove from the heat.
7. Stir in the butter. Mix until the butter is melted and blended in.
8. Pour out into a clean, sanitized hotel pan or other shallow pan. Cool and chill.

**Cranberry Lemon Scones**

- 2 Cups All-purpose flour
Preparation Steps

1. Combine flour, ¼ cup granulated sugar, baking powder and salt.
2. Cut in the butter until crumbly.
3. Stir in the dried cranberries and lemon zest.
4. Add the buttermilk and stir with a fork until the mixture holds together.
5. Gather the dough into a ball and gently knead a few times on a floured surface.
6. Pat out dough into an 8 inch circle and cut into 8 equal wedges.
7. Place 2 inches apart on a parchment lined sheet pan.
8. Brush with milk and sprinkle with granulated sugar.
9. Bake @ 400 degrees until lightly golden brown.
10. Display 6 scones

Whoopie Pies

2 ¼ Cup All-purpose flour
1 Cup Granulated Sugar
1/2 Cup Cocoa
3/4 tsp Baking soda
1/4 oz Salt
1 cup Milk
3 fl oz Vegetable Oil
1 Egg
1 tsp Vanilla
18 oz Whoopie pie filling

1. Preheat oven to 350 degrees
2. Place all ingredients in mixing bowl EXCEPT WHOOPIE FILLING.
3. Mix until thoroughly blended.
4. Using a #30 scoop, place on parchment lined sheet pan.
5. Bake until cookie springs back like a cake.
6. Cool the cookies
7. Place a scoop of whoopie pie filling using a # 20 scoop on the flat side of half of the cookies.
8. Place the second cookie on top of the filling, rounded side up.
9. Display 6 whoopie pies