



# **FCCLA STUDENTS TAKING ACTION WITH RECOGNITION (STAR) COMPETITION EVENT**

## **Baking and Pastry Recipes**

**Soft Pretzels**

**Buttermilk Chocolate Muffins**

**Lemon Bars**

## Soft Pretzels

### Boiling Liquid Ingredients:

4 cups boiling water  
1 tablespoon baking soda  
1 tablespoon corn syrup

### Pretzel Ingredients:

$\frac{3}{4}$  cup warm water (110-115°F)  
1  $\frac{1}{2}$  teaspoons dry active yeast  
2  $\frac{1}{2}$  tablespoons brown sugar  
2-3 cups flour  
Extra flour  
Coarse Kosher salt

### Directions:

1. Heat oven to 475°F.
2. Fill large pot with water, baking soda, and corn syrup. Bring water to a gentle boil.
3. In the bowl of a mixer, mix the warm water and yeast until dissolved. Stir in the brown sugar.
4. Slowly add the 2-3 cups of flour to the yeast mixture, mixing constantly. Continue stirring till the mixture is smooth and does not stick to the sides of the mixer bowl.
5. Place dough on a lightly floured surface. Dip your hands in the extra flour and knead dough until it is stretchy and smooth.
6. Divide dough into 4 equal parts. Roll into a rope about 14 inches long. Shape into a pretzel.
7. Use a spatula to lower each pretzel into the large pot of water. Leave in for 30 seconds, then lift the pretzel onto a greased and salted baking sheet. Repeat till all the dough is used.
8. Bake for 8 minutes or until pretzels are golden brown.

## Buttermilk Chocolate Muffins

### Ingredients:

½ cup sugar  
¼ cup butter, softened  
1 egg  
½ cup buttermilk  
¾ cup plus 2 tablespoons all-purpose or unbleached flour  
¼ cup unsweetened cocoa  
¼ teaspoon baking powder  
¼ teaspoon baking soda  
¼ teaspoon salt  
3 tablespoons chocolate chips

### Directions:

1. Heat oven to 350°F. Grease bottom only of muffin pan.
2. In large bowl, combine sugar and butter, blend well. Add egg; beat well. Stir in buttermilk.
3. Combine flour, cocoa, baking powder, baking soda and salt in a medium bowl.
4. Add to sugar mixture and stir just until dry ingredients are moistened. Stir in chocolate chips. Scoop into greased muffin pan.
5. Bake at 350°F. for 20-25 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Remove muffins from pan. Cool 1 hour or until completely cooled. Wrap tightly and store in refrigerator.

## Lemon Bars

### Ingredients:

$\frac{3}{4}$  cup flour  
1/3 cup confectioners' sugar  
6 tablespoons butter, softened  
1 egg  
 $\frac{3}{4}$  cup sugar  
1  $\frac{1}{2}$  tablespoons flour  
2 tablespoons lemon juice  
3 tablespoons confectioners' sugar for dusting

### Directions:

1. Preheat oven to 375°F. Grease a straight-sided 8x8 pan.
2. Combine flour, 1/3 cup confectioners' sugar, and butter. Pat dough into prepared pan.
3. Bake for 15 minutes or until golden. While crust is baking, whisk egg, sugar, flour, and lemon juice until frothy.
4. Remove crust from oven and pour lemon mixture over the hot crust.
5. Return to the oven and bake for an additional 10-15 minutes, or until light golden brown. Cool on wire rack.
6. Once cooled, dust with confectioners' sugar and cut into squares.