

A technical challenge requires enough technical knowledge and experience to produce a certain finished product when given only limited or even minimal instructions. The following recipes will give the contestants a chance to be judged against their skill and knowledge of a particular baked product. Each contest will use and follow these recipes' ingredients AND directions. These are homemade baked goods. No store bought items please.

Blueberry Muffins-Grades 3th through 5th

Ingredients:

½ cup low fat milk
¼ cup oil
1 egg, slightly beaten
1 ½ cups all-purpose flour
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
¾ to 1 cup fresh or frozen blueberries

Directions:

Preheat oven to 400 degrees. Mix milk and oil with the slightly beaten egg. Lightly stir dry ingredients together. Add dry ingredients to the egg and milk mixture. Blend only until flour is moistened. Add blueberries. If using frozen blueberries do not thaw before adding to the batter. Stir just until combined. Grease muffin tins or use muffin liners. Fill with batter. This recipe makes 12 muffins. Bake at 400 degrees for 20-25 minutes or until muffin springs back if lightly touched. Cool on a wire rack.

Shortbread Thumb Print Cookies-Grades 6th through 8th

Ingredients:

1 large egg yolk
1 tablespoon heavy cream
1 teaspoon vanilla
1 cup unsalted butter, softened
2/3 cup granulated sugar
½ teaspoon salt
2 cups all-purpose flour
½ cup strawberry jam or jelly

Directions:

1. Preheat oven to 350 degrees
2. In a small bowl add egg yolk, heavy cream, and vanilla. Beat lightly with fork
3. In a large bowl, add butter and sugar and cream until light and fluffy.
4. Add yolk mixture to the large bowl followed by the flour and salt. Mix until dough comes together.
5. Using a tablespoon, scoop out dough and roll in your hand. Place on a parchment lined cookie sheet. With your thumb or the back of a tablespoon press into center of the cookie. Cookies should be about 1 ½ inch apart on the sheet.
6. Add ¼ to ½ teaspoon of jam or jelly in each dent of the cookie. Put the cookie sheets into the fridge to chill for 15-20 minutes.
7. Bake the cookies for 10-12 minutes until the bottom edges start to brown. Remove from the oven and allow to cool on the pan for 10 minutes. Remove cookies and let them finish cooling on the wire rack. Makes 3 dozen.

Angel Food Cake-Grades 9th through 12th

Ingredients:

- 1 ½ cups egg whites (10-12 large)
- 1 ½ cups sifted powdered sugar
- 1 cup sifted cake flour or sifted all-purpose flour
- 1 ½ teaspoons cream of tartar
- 1 teaspoon vanilla
- 1 cup granulated sugar

Directions:

1. Preheat oven to 350 degrees
2. In a very large bowl allow egg whites to stand at room temperature
3. Sift powdered sugar and flour together 3 times; set aside
4. Add cream of tartar and vanilla to egg whites. Beat with an electric mixer on medium speed until soft peaks form (tips stand straight)
5. Sift about ¼ of the flour mixture over beaten egg whites; fold gently. Repeat, folding in remaining flour mixture by fourths. Pour into an ungreased 10 inch tube pan. Gently cut through batter to remove any large air pockets.
6. Bake on the lowest rack at 350 degrees for 40-45 minutes or until springs back. Immediately invert cake on a cooling rack, cool thoroughly. Loosen sides of cake from pan; remove cake.

Master Challenge-Pie Crust-Grades 3rd through 12th

Ingredients:

- 1 ¼ cups all-purpose flour
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ cup unsalted butter, cold, cut into pieces (1 stick)
- 2-4 Tablespoons ice water

Directions:

1. In a large bowl, using a pastry blender, combine flour, salt and sugar. Add butter and cut in until mixture resembles the size of peas.
2. Sprinkle with 2 tablespoons ice water and continue to work dough gently until holds together. The remainder of the water can be used if the dough is still dry and not forming a ball.
3. Turn dough out onto a lightly floured work surface: form into a ¾ inch thick disc. Wrap tightly with plastic wrap and refrigerate until firm, at least one hour.
4. Roll out on a floured work surface to fit an 8 inch pie pan. Line pan with dough. Trim edges and flute to decorate.
5. Using a fork, pierce the dough around the inside and bottom of the pan to prevent air pockets.
6. Cover dough lightly with plastic wrap and put back into the refrigerator for 15 minutes before putting into a 400 degree preheated oven. Bake in the oven for 15-20 minutes. Note: This is called blind baking a crust. This means that the filling you are choosing to use doesn't need to be baked.