

2020 KING ARTHUR FLOUR BAKING CONTEST

RULES:

- Contestant **MUST** use King Arthur Flour. Contestant must bring the opened bag of King Arthur Flour or the UPC label from it when he/she submits the entry.
- Contestant must substantially follow the designated recipe given below. Failure to follow the rules may result in disqualification. An entry form must accompany the entry (available to fill out upon arrival).
- All entries must be submitted in/on a disposable container for judging.

Criteria:

Taste	50 points
Appearance + Creativity	25 points
Texture	<u>25 points</u>
TOTAL 100 points	



PRIZES for each category:

1st place: \$40 gift certificate to the Baker's Catalogue/kingarthurfLOUR.com

2nd place: \$25 gift certificate to the Baker's Catalogue/kingarthurfLOUR.com

3rd place: King Arthur Flour Tote

For helpful tips or pictures, go to the King Arthur Flour website at www.kingarthurfLOUR.com/Recipes

ADULT recipe = Orange Sunshine Coffee Cake

Ingredients:

Dough

- 1/2 cup (113g) milk
- 2 tablespoons (28g) butter
- 1/4 cup (57g) orange juice
- 2 teaspoons instant yeast or active dry yeast
- 2 3/4 cups (326g) King Arthur Unbleached All-Purpose Flour
- 1 teaspoon salt
- 1/4 cup (50g) granulated sugar
- 1 large egg

Filling

- 3/4 cup (149g) granulated sugar
- 1 tablespoon Instant ClearJel
- 1/2 teaspoon cinnamon
- 2 tablespoons grated orange peel (zest)
- 3 tablespoons (43g) orange juice

Icing

- 1 cup (113g) confectioners' sugar
- 1 to 2 tablespoons (14g to 28g) orange juice

1. To make the dough: Place the milk in a small saucepan and bring it to a simmer. Remove it from the heat and add the butter. When the butter has melted, add the orange juice. When the mixture is barely warm to the touch, mix in the yeast, 1 cup of the flour, and the sugar. Cover the bowl, and let the mixture rest for 10 minutes, to give the yeast a chance to get going.

2. After 10 minutes, the mixture should be showing some bubbles. Mix in the egg and salt. Add another 1 1/2 cups of flour and mix until cohesive. Turn the dough out onto a lightly floured surface; use the remaining 1/4 cup flour for your hands as you knead the dough for 6 to 8 minutes. It should be soft, smooth, and supple.

3. Place the dough in a greased bowl, cover it, and let it rise until doubled in volume, 1 to 1 1/2 hours.

4. To make the filling: Combine the sugar, Clearjel, cinnamon, orange zest, and juice to form a spreadable paste.

5. To assemble the coffeecake: Deflate the risen dough and pat it into a rectangle. Cover it with greased plastic and let it rest for 5 minutes. After this rest, roll it into a 12" x 18" rectangle. Spread the filling over the rectangle, leaving 1/2" along one long edge uncovered. Roll the dough up (starting at a long edge) toward the opposite uncovered edge. Pinch the seam to seal, then transfer the log to a parchment-lined baking sheet. Pull the ends around to form a circle; pinch the ends together.

6. Cut slits about 1 1/2" apart, three-fourths of the way toward the center of the ring. Lay the rings on their sides to overlap, or twist alternating slices to the inside and outside of the ring, as shown in the recipe's photo. Cover with greased plastic wrap and let rise for 30 to 45 minutes, until quite puffy-looking. After 20 minutes of rising time, preheat the oven to 375°F.

7. When the coffeecake is almost doubled, remove the plastic. Put the cake into the preheated oven, and bake it for 20 to 25 minutes, until it's golden brown. Remove it from the oven, and cool it on a rack.

8. When the cake is lukewarm, combine the confectioners' sugar and orange juice and drizzle over the top before serving.

YOUTH recipe = Famous Department Store Blueberry Muffins

Ingredients:

- 8 tablespoons (113g) butter, at room temperature
- 1 cup (198g) sugar
- 2 large eggs
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups (241g) King Arthur Unbleached All-Purpose Flour
- 1/2 cup (113g) milk
- 2 1/2 cups (354g) blueberries, fresh preferred
- 1/4 cup (50g) sugar, for topping

1. Preheat the oven to 375°F. Lightly grease a standard 12-cup muffin tin; or line the tin with papers, and grease the papers.
2. In a medium-sized bowl, beat together the butter and sugar until well combined.
3. Add the eggs one at a time, scraping the sides and bottom of the bowl and beating well after each addition.
4. Beat in the baking powder, salt, and vanilla.
5. Add the flour alternately with the milk, beating gently just to combine. Scrape the bottom and sides of the bowl.
6. Mash 1/2 cup of the blueberries. Add the mashed and whole berries to the batter, stirring just to combine and distribute.
7. Scoop the batter by the heaping 1/4-cupful into the prepared muffin pan; a muffin scoop works well here.
8. Sprinkle about 1 teaspoon granulated sugar atop each muffin, if desired. It's traditional — go for it!
9. Bake the muffins for about 30 minutes, until they're light golden brown on top, and a toothpick inserted into the middle of one of the center muffins comes out clean.
10. Remove the muffins from the oven, loosen their edges from the pan, and after about 5 minutes transfer them to a rack to cool.
11. Submit 4 standard size muffins on a paper plate.