



**Skills Canada – Ontario**  
**17<sup>th</sup> Ontario Technological Skills Competition**  
**Baking Recipes**

**Sponge Cake (both)**

Eggs	375 ml
Granulated sugar	225 grams
Pastry flour	225 grams
Salt	5 grams

**Egg Bread and Roll (secondary only)**

Water	340 ml (variable)
Instant yeast	10 grams
Bread flour	690 grams
Granulated sugar	45 grams
Salt	10 grams
Milk powder	45 grams
Shortening	45 grams
Eggs	120 ml (2 large eggs)

**Choux Paste (both)**

Water	500 ml
Shortening	250 grams
Salt	½ pinch
Bread flour	300 grams
Eggs	8 large (variable)

**Pie Paste (secondary only)**

Shortening or lard	200 grams
Pastry flour	300 grams
Granulated sugar	10 grams
Salt	5 grams
Cold water	75 grams

**Meringue (secondary only)**

Egg whites	3 (from large eggs)
Granulated sugar	6 tablespoons
Cream of tartar	¼ teaspoon
Vanilla extract	½ teaspoon