

## SECTION M - OPEN COOKING

<b>Steward:</b>	Pauline Nixon – Telephone (02) 6033 1991	
<b>Entry Fees:</b>	.50 cents	
<b>Prizes:</b>	First	Certificate and \$2.50
	Second	Certificate and \$1.50

**Entries Open from Monday 2nd October to Friday 6<sup>th</sup> October 2017 – 11.00 am – 4.30 pm**  
**Delivery to Main Pavilion – On Saturday 7<sup>th</sup> October – 8.00 am – 9.30 am**  
**No late entries accepted**  
**All prize money paid by Treasurer on Show Day only**

### REGULATIONS:

- All exhibits must be home made and home baked and must be the work of the exhibitor
- Exhibit entries must be delivered in oven bags with twist ties to retain freshness
- Attach entry number to plate with cello tape
- “Plain” – no additives – eg icing, fruit, nuts, etc
- Decorated classes judged for decoration only – will not be cut

### M1 The ASC of NSW Rich Fruit Cake Competition - \$2.00 entry fee

Winner to compete at Group Final, and if placed will compete at the Royal Easter Show

**Prizes: 1<sup>st</sup> Prize - \$10.00 2<sup>nd</sup> Prize - \$5.00**

### Ingredients:

250 gm (8 oz) sultanas  
¼ teaspoon grated nutmeg  
250 gm (8 oz) chopped raisins  
½ teaspoon ground ginger  
250 gm (8 oz) currants  
½ teaspoon ground cloves  
125 gm (4 oz) chopped mixed peel  
250 gm (8 oz) butter  
90 gm (3 oz) chopped red glaze cherries  
250 gm (8 oz) soft brown sugar  
90 gm (3 oz) chopped blanched almonds  
½ teaspoon almond essence  
1/3<sup>rd</sup> cup sherry or brandy  
½ teaspoon vanilla essence  
250 gm (8 oz) plain flour  
4 large eggs  
60 gm (2 oz) self-raising flour  
½ teaspoon lemon essence or finely grated lemon rind

### Method:

1. Mix together all the fruits and nuts and sprinkle with the sherry or brandy
2. Cover mixture and leave for at least one hour but preferably overnight
3. Sift together the flours and spices. Cream together butter and sugar with essences
4. Add the eggs one at a time, beating well after each addition, then alternately add the fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon
5. Place the mixture into a prepared tin no larger than 20 cm (8 inches) and bake in a slow oven for approximately 3½ to 4 hours. Allow the cake to cool in the tin.

**Note:** To ensure uniformity and depending upon the size it is suggested the raisins be snipped into 2 or 3 pieces, cherries into 4 – 6 pieces and almonds crosswise into 3 – 4 pieces

SECTION M - OPEN COOKING  
Continued

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**SHOW COOKING HINTS**

- **Orange Cake:** - Fine even texture, golden brown, well flavoured with orange
- **Cup Cakes:** Moist, fine texture, peak to rise above paper
- **Fruit and Nut Loaf:** Cut fruit finely, cook in nut loaf tin, flat both ends
- **Scones:** Dainty 4 to 5 cm round, uniform shape, size and colouring. No flour on base. Glaze with butter after cooking
- **Fruit Cake:** Too hot oven causes cracking. Best-made three weeks before Show to mature. No almonds on top
- **Jam Tarts:** Should be even colour in pastry, no browning

**M2 – Special Plain Cake**

**Ingredients:**

250 gm butter	Pinch of salt
250 gm sugar	½ teaspoon bicarbonate of soda
375 gm flour	1-teaspoon cream of tartar
125 ml milk	4 eggs

**Method:**

1. Cream butter and sugar until creamy
2. Add eggs one at a time, beating each egg before adding the next
3. Sift dry ingredients 2 or 3 times and stir into mixture, add milk slowly. Stirring all the time
4. Bake in moderate oven for 1 hour

**M3 – Special Sultana Cake**

**Ingredients:**

300 gm flour	4 eggs
250 gm butter	½ teaspoon baking powder
250 gm sugar	40 ml milk
250 gm sultanas	

**Method:**

1. Cream together butter and sugar until creamy
2. Add eggs one at a time, beating each before the adding of the next
3. Sift dry ingredients 2 or 3 times and stir into mixture
4. Bake at 180°C for 1 hour and then 150°C for ½ hour, 1½ hours in total

**M4 – Sponge Sandwich**

**Ingredients:**

4 Eggs (60 gm)	1/3 <sup>rd</sup> cup of corn flour
¾ cup caster sugar	1-teaspoon baking powder
2/3 <sup>rd</sup> cup plain flour	

**Method:**

1. Put eggs into small bowl of electric mixer, beat on medium to high speed until mixture is thick and creamy. Mixture will rise almost to the top of the bowl; beating time is 5 to 8 minutes. Gradually beat in sugar until dissolved
2. Sift dry ingredients several times so that all ingredients are thoroughly combined. With a metal spoon gently fold in dry ingredients into egg mixture making sure that all flour is mixed in. Pour mixture equally into two well greased deep 20 cm (8 inches) round cake tins
3. Bake in moderate oven 20 to 25 minutes. Turn cakes out immediately they are cooked. Carefully invert so that tops of cakes are uppermost.

**SECTION M - OPEN COOKING**  
Continued

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**Classes 5 - 22 - Other Baked Goods**

M5	Orange cake – loaf tin – Iced top only
M6	Chocolate cake – not iced
M7	Boiled fruitcake – no pineapple
M8	6 Queen cakes – Currant
M9	6 lamingtons
M10	Fruit and nut Loaf – in nut loaf tin
M11	6 plain scones
M12	6 fruit scones – no mixed fruit
M13	6 plain biscuits – 3 varieties, two of each
M14	Apple slice – 6 pieces – biscuit crust
M15	6 jam tarts
M16	6 meringues
M17	Shortbread – 6 separate pieces
M18	Carrot cake – not iced
M19	Decorated cup cakes – plate of 6 (patty pans)
M20	4 sweet muffins
M21	Fruit cake – own recipe
M22	Decorated cake

**M23 – Pumpkin Scones**

**Ingredients:**

2½ cups self raising flour	45 gm butter
½ cup instant full cream milk powder	¼ cup sultanas
1 cup cooked (mashed) pumpkin approx 350 gm	1/3 <sup>rd</sup> cup water

**Method:**

1. Sift flour into large bowl, add milk powder, rub in butter lightly with finger tips add all pumpkin, sultanas and water and mix to a soft dough
2. Turn out onto a floured surface, knead lightly, pat dough to 2 cm thickness, cut into rounds using 35 cm cutter
3. Place close together on greased baking tray, brush with milk, bake in 200° C oven 12 to 15 minutes until cooked

**M24 – Tasty Bacon & Tomato Slice**

**Ingredients:**

2 cups self raising flour	30 gm butter
¾ cup instant full cream milk powder	1-cup water
1 teaspoon of salt	¼ cup tomato paste
¼ cup grated Parmesan cheese	4 rashers of bacon, chopped
2 tablespoons chopped parsley	
¼ cup grated Parmesan cheese (extra)	

**Method:**

1. Sift flour into bowl, add cheese and parsley, and rub in butter. Add water mix to firm dough
2. Turn dough out onto floured surface; knead until smooth, press dough into greased 25 cm x 30 cm slab pan. Spread tomato over dough, top with bacon and extra cheese. Bake in 200°C oven for 15 minutes until cooked. Cut into squares. Serves 6 to 8.

Preparation time 20 minutes. Baking time 15 minutes

**M25 – Home Made Bread**

Bread Maker. Own recipe with 3 cups of flour

**Most Successful Exhibitor – Cooking - Sash**