

SECTION M – OPEN COOKING

Stewards:	Pauline Nixon - 0418 121 922 Kath Wilson -
Entry Fees:	.60 cents
Prizes:	First Certificate and \$2.50 Second Certificate and \$1.50

Entries open from Monday 2nd October to Friday 6th October 2023 – 11.00 am – 4.30 pm
Delivery to Main Pavilion – On Saturday 7th 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: 1st Prize - \$25.00

Ingredients:

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

Method:

1. Mix together all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least one hour but preferably overnight
2. Sift together the flours and spices. Cream together the butter and sugar with the essences
3. Add the eggs one at a time, beating well after each addition, and then alternately add the fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support with a wooden spoon
4. Place the mixture into a prepared **20 cm (8” x 8”) square tin** and bake in a slow oven for approximately 3^{1/2}/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

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)	1/2nd cup of corn flour
¾ cup caster sugar	1-teaspoon baking powder
2/2nd 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

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 | 1/2nd 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

Most Successful Exhibitor – Cooking - Sash