

Cooking and Preserves

Chief Stewards: Sharon Spolding and Gayle Newton

Stewards: Faye Amos, Nicole Smith, Louanne Wright, Rosalind Thompson

Entry Fee: Adult \$2.00
Children's Section - Free

Prize money:

Class 1 - First \$25

Class 2A - First Trophy - Second \$3.00

Class 2B - First Trophy - Second \$3.00

Class 3 to 5 - First \$10.00 - Second \$3.00

Class 6 to 8 - First \$5.00 - Second \$2.00

Class 9 to 11 - First Trophy - Second \$2.00

Class 12 - First Trophy - Second \$2.00

Class 13 to 16 - First \$5.00 - Second \$2.00

Class 17 - First Trophy - Second \$2.00

Class 18 to 46 - First \$5.00 - Second \$2.00

Ribbon - Champion Cooking Of Show

Entry Requirements

- Exhibits to be at the Show Pavilion by 10.30am on Friday 16th October 2026
- Late entries will not be accepted.
- Entries can be collected on Sunday 18th October 2026 from 10.00am to 12.00pm or Monday 9am to 11am

REGULATIONS

Cooking

- ONLY ONE ENTRY PER CLASS
- All cooking must be cold
- All exhibits (except Class 2A & 2B) to be on white paper plate or on a foil covered tray
- No ring tins allowed
- Sponges - round tins only
- All cooking (except those judged on decoration) may be placed in clear oven bags (this is optional)- Please do not use any cling wrap.
- Exhibits not to be packet mixes (exception for Decorated Cakes)
- Exhibits (except Class 2A & 2B) should be iced on top only, where applicable (i.e. no decoration unless specified)
- Class 2A and 2B Decorated cake need not be decorated on actual cake- tins, blocks or similar permitted.
- JUDGES RECOMMENDED ICING- Mix together required quantities of icing sugar, a little butter and milk to form spreadable icing.

PRESERVES

- One entry per class unless different variety
- Suggested that Jars to be approx. 250ml to 500ml size with screw/twist top lid
- Lids should be clean and free from rust, markings or advertising
- Small plain label stating variety should be adhered to the jar/bottle.
- ENTRIES SHOULD BE MADE WITHIN THE PREVIOUS 12 MONTHS

Trophy Donors

- Mrs Dorothy Noble Memorial Trophy Most Successful Exhibitor Open Cooking and Class 12 (Donated by Pam Noble)
- Emily Bugg Perpetual Trophy Most Successful Exhibitor Junior Section
- Faye Amos Most Successful Exhibitor-Preserves
- CWCU Class 2A and Class 2B
- Gayle Newton Class 17

Sponsors

- Woolworths
- Commonwealth Bank Staff Cowra
- Coles

CLASSES

COOKING - OPEN SECTION

1. Rich Fruit Cake - The Agricultural Societies Council of NSW Competition
(Recipe and Regulations to be followed-see over the page)**. Free Entry
2. (A) Decorated Cake – Using Fondant/Royal Icing- Any occasion (judged on decoration only)
(B) Decorated Cake - Using any type of Buttercream Icing- Any occasion (judged on decoration)
3. Boiled Fruit Cake
4. Sultana Cake
5. Steamed Plum Pudding

6. Banana Cake - (iced)
7. Orange Cake - (iced)
8. Chocolate Cake - (butter mixture, iced)
9. Carrot Cake - (Recipe to be followed- see over the page)**
10. Date Loaf – (not roll)
11. Muffins – Blueberry (Six)
12. Sponge Sandwich – (jam filling, no icing)
13. Scones - (plain, six)
14. Loaf of Sourdough
15. Cup Cakes - (six, iced and decorated on top – judged on decoration)
16. Anzac Biscuits - (six)
17. “Manmade” Chocolate Cake - (male entrants only – iced)
(To be butter mixture not mud cake)

JUNIOR SECTION - 16 YEARS AND UNDER

18. Scones (plain,six)
19. Cup cakes – (six iced and decorated – judged on decoration)
20. Chocolate cake - (butter mixture, iced on top)
21. Anzac Biscuits - (six)

JUNIOR SECTION - 12 YEARS AND UNDER

22. Scones (plain,six)
23. Cup Cakes - (six, iced and decorated - judged on decoration)
24. Chocolate chip biscuits (six)
25. Anzac Biscuits (six)

JUNIOR SECTION - 8 YEARS AND UNDER

26. Anzac Biscuits - (six)
27. Edible Necklace - anything edible on cotton, string or fishing line.
28. Cup Cakes - (six, iced and decorated- judged on decoration)

JUNIOR SECTION- PRESCHOOL- 6 YEARS AND UNDER

- 29. Edible necklace- anything edible on cotton, string or fishing line.
- 30. Decorated gingerbread people (four - judged on decoration)
- 31. Arrowroot Biscuits (four iced and decorated - judged on decoration)

CHILDREN WITH SPECIAL NEEDS

- 32. Cupcakes - (six, iced and decorated - judged on decoration)
- 33. Arrowroot biscuits - (six, iced and decorated - judged on decoration)

ADULT WITH SPECIAL NEEDS

- 34. Cupcakes - (six, iced and decorated - judged on decoration)
- 35. Edible necklace - anything edible on cotton, string or fishing line

JAMS AND PRESERVES

- 36. Berry Jam - (any variety)
- 37. Fig Jam
- 38. Apricot Jam
- 39. Marmalade - (any variety)
- 40. Collection of three varieties of Jam (not marmalade)
- 41. Lemon butter
- 42. Jam - (any variety not included in schedule)
- 43. Jelly - (any variety)
- 44. Sauce - (any variety)
- 45. Pickles – (any variety)
- 46. Relish - (any variety)
- 47. Chutney - (any variety)
- 48. Preserves - fruit or vegetables (1 bottle)

THE AGRICULTURAL SOCIETIES COUNCIL OF NSW RICH FRUIT CAKE COMPETITION

The following recipe is compulsory for all entrants.

Here's what you need:

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

Here's what you do:

Mix together all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave 1 hr but preferably overnight.

Sift together the flours and spices. Cream together the butter and sugar with the essences.

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.

Place the mixture into a prepared square 20 X 20 cm tin and bake in a slow oven for approximately 3 ½ - 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.

Prize money is sponsored by the Agricultural Societies Council of NSW Ltd.

Winners at country shows will each receive a cash prize of \$25 and will be required to bake a second “Rich Fruit Cake” in order to compete in a Group Final to be conducted by each of the fourteen Groups of the Agricultural Societies Council of NSW.

The fourteen winners at Group level will each receive a cash prize of \$50, and are required to bake a third “Rich Fruit Cake” for the Final judging at the Royal Easter Show where the winner will receive a cash prize of \$100

Note: Competitors may only represent one Show Society in a Group Final and only one group in a state final.

CARROT CAKE

(RECIPE TO BE FOLLOWED for CLASS 9)

INGREDIENTS

3 Eggs
1 Cup Sugar
 $\frac{3}{4}$ Cup Canola Oil
1 $\frac{1}{2}$ Cups Plain Flour
1 tsp Baking Soda
1 $\frac{1}{2}$ tsp Baking Powder
1 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{2}$ Cup chopped Walnuts
2 Cups grated Carrot

METHOD

1. Preheat oven to 180 degrees.
2. Grease and line a 21 x 11cm loaf tin (or 18 – 20cm round or square tin).
3. Using electric mixer, beat eggs. Add sugar, then oil and continue beating until thick and creamy.
4. Add sifted dry ingredients and mix well.
5. Fold in walnuts and carrot.
6. Spoon mixture into prepared tin and smooth surface.
7. Cook for 45 minutes or until skewer comes out clean.
8. Turn onto a cooling rack to cool completely.
9. When cooled spread with any vanilla icing.