

# COOKING AND PRESERVES

## **Chief Steward Stewards**

Sharon Spolding  
Gayle Newton, Faye Amos, Nicole Smith,  
Louanne Wright, Rosalind Thompson

**Entry Fee** \$2.00

All Children's Section Entries are 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
Classes 13 to 16	First: \$5.00	Second: \$2.00
Class 17	First: Trophy	Second: \$2.00
Classes 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 13th October 2023

Late entries will not be accepted.

Entries can be collected on Sunday 15th October 2023 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 clingwrap.

Exhibits should be iced on top only, where applicable (ie no decoration unless specified)

Exhibits will not be judged on decoration unless stated

Exhibits not to be packet mixes (exception for Decorated Cakes)

Class 2A and 2B Decorated cake need not be decorated on actual cake - tins, blocks or similar permitted.

### **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.

## **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  
STALK TO FORK - CLASS 2A AND CLASS 2B  
MSM MILLING - AUZURE BRAND - CLASS 9 TO 11  
GAYLE NEWTON - CLASS 17

## **SPONSORS**

WOOLWORTHS  
COMMONWEALTH BANK STAFF COWRA  
COLES  
MSM MILLING  
STALK TO FORK  
CAFE RUZE  
SHARON SPOLDING

## **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. PATTY CAKES - (SIX, ICED, NO PAPER CASES)
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 BISCUIT- (FOUR, ICED AND DECORATED- JUDGED ON DECORATION)

**CHILDREN WITH SPECIAL NEEDS**

- 32. CUP CAKES - (SIX, ICED AND DECORATED - JUDGED ON DECORATION)
- 33. ARROWROOT BISCUITS (SIX. ICED AND DECORATED - JUDGED ON DECORATION)

**JAMS AND PRESERVES**

- 34. BERRY JAM - (ANY VARIETY)
- 35. FIG JAM
- 36. APRICOT JAM
- 37. MARMALADE - (ANY VARIETY)
- 38. COLLECTION OF THREE VARIETIES OF JAM (NOT MARMALADE)
- 39. LEMON BUTTER
- 40. JAM - (ANY VARIETY NOT INCLUDED IN SCHEDULE)
- 41. JELLY - (ANY VARIETY)
- 42. SAUCE (ANY VARIETY)
- 43. PICKLES – (ANY VARIETY)
- 44. RELISH (ANY VARIETY)
- 45. CHUTNEY - (ANY VARIETY)
- 46. PRESERVES - FRUIT OR VEGETABLES (1 BOTTLE)

**THE AGRICULTURAL SOCIETIES COUNCIL OF NSW  
RICH FRUIT CAKE COMPETITION**

THE FOLLOWING RECIPE IS COMPULSORY FOR ALL ENTRANTS FOR CLASS 1.

**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  
½ TEASPOON LEMON ESSENCE **OR**  
FINELY GRATED LEMON RIND  
½ TEASPOON ALMOND ESSENCE  
½ 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.**

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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 AUZURE CANOLA OIL  
1  $\frac{1}{2}$  CUPS THE HEALTHY BAKER 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.