

## SECTION Q – COOKING

Steward: Gloria Buck

SE of SA Border Show Societies - RA & HS Medallion - Cookery (2 shows)

- Cakes not to be iced unless specified.
- Cakes not necessarily to be made on day of show.

LIMIT: 2 entries per person per class

1. (a) **Blokes Iced 8" round chocolate cake.**  
**Must use the following recipe:**  
**125gm melted butter, 1 cup caster sugar, 2 eggs, 1 cup SR Flour, 1/4 cup coca, 1/2 cup milk.**  
**Preheat oven to 180 degrees C.**  
**Lightly grease 20cm round cake tin.**  
**Mix all ingredients in a bowl, beat until well combined. Bake 30-40 minutes until cake springs back when pressed. Ice with choc icing - (Top of cake only).**  
**1st - \$200 & Sash donated by Millicent Rotary, 2nd \$50.**
1. (b) **Junior Blokes Iced 8" round chocolate cake. Use the same recipe as above.**  
**1st \$20 & Sash.**
2. Scones (3)
3. Fruit scones (3)
4. Pumpkin Scones (3)
5. Rock cakes (3)
6. Cockles, jam filled, top iced (3)
7. Lamington (3)
8. Jelly cakes (3) x 1 Filled
9. Pavlova marshmellow unfilled, medium approx 24cm wide
10. Sponge Sandwich jam filled only
11. Banana cake, iced
12. Nutloaf, fruit may be added
13. Coffee cake with sugar & cinnamon topping
14. Sultana cake
15. Boiled fruit cake
16. Jubilee cake iced.
17. Homemade pizza in 8" tray
18. Local savory scones
  - Best savory variation of the nominated scone recipe using Laucke Country Women's Scone Mix.
19. Sausage rolls (3)
20. Carrot cake - Iced
21. Ginger fluff
22. Jam roll
23. Cream puffs (3) - x 1 Filled
24. Chocolate cake - Iced not decorated
  - No Entry fee

### Judging Guidelines:

1. Five scones presented for judging
2. Scones should be approx 5cm in diameter
3. Well risen, straight sides, thin golden crust top and bottom, no flour base
4. Fine, moist texture, good crumb, good flavour and according to type.

Prize allocation for Country Women's Scone Mix Competition: Local: 1st Laucke Goods Hamper – Value \$17, 2nd Laucke Country Women's Scone Mix – 1 x 1.2kg -value \$5.50 3rd Laucke Country Women's Scone Mix 1 x 1.2kg – value \$5.50

- Best Exhibit Sash

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## **A FEW HINTS FOR COOKING.**

1. Read all instructions carefully
2. Display is important. Use medium size paper plates where there are several articles in a class
3. For larger cakes – cardboard cut slightly larger than the cake and covered with foil is quite satisfactory
4. Where there are several items in a class, look for uniformity both as to size and degree of cooking
5. A slice should be a slice (not a square) approx 2 – 2.5 x 7 – 6.5cm is a good size
6. In classes such as slices and sweets each pair should be identical
7. Avoid cake rack markings. Only use paper on base for fruit cakes, lighter cakes use melted butter and flour methods. NO cooking sprays
8. Iced cakes to be undecorated unless otherwise stated
9. These tips would apply in both open and junior classes

## **SUNBEAM CAKE CHAMPIONSHIPS RICH FRUIT CAKE AND GENOA CAKE**

**Agricultural Societies Council of SA - Sponsored by Sunbeam Foods - No Entry Fee**

Cake and Scone entries must be from an individual and must include the entrants name and full contact details.

### **RICH FRUIT CAKE**

Recipe to be used, cake not to be iced Sunbeam Foods product to be used where possible.

**INGREDIENTS:** 250gm butter, 250gm dark brown sugar, 6 eggs, 250gm sultanas, 250gm raisins, 200gm currants, 100gm dates, 60gm chopped red glace cherries, 60gm mixed peel, 60gm chopped almonds, 375gm plain flour, 1teaspoon baking powder, 1 teaspoon mixed spice, 200ml sherry or brandy

**METHOD:** Mix together all fruits and soak in the sherry or brandy overnight. Sift together flour, baking powder and spice. Cream together butter and sugar, add the eggs one at a time, beating well after each addition. Then alternatively add the fruit and flour and lastly the chopped nuts. Mix thoroughly. Place mixture into a prepared square tin (approx 19 – 22cm in size). Bake in slow oven approx 3 – 3 hours.

Winner eligible to compete in State Final to be held at the next Royal Adelaide Show.

One entry per exhibitor. **PRIZES:** First \$60, Second \$25, Third \$10

### **GENOA CAKE**

Genoa Cake made to exhibitor's own recipe, size and shape optional.

Winner eligible to compete in the State Final to be held at the next Royal Adelaide Show.

One entry per exhibitor. **PRIZES:** First \$50, Second \$20, Third \$10

Sunbeam Fruit Cake and Genoa Cake competitions semi-final 2023 will be held at Kingston 1st October 2023 and Mil-Lel 7th & 8th October 2023.

Lauke CWA Savory Scone Competition will be run at all local shows this year. The Regional final will be held in conjunction with the AGM & Annual presentation dinner at Millicent next April. Future notification of any changes to these shows involved in the semi-finals may apply.

Winners will be eligible to compete at the State Final at the Royal Adelaide Show 2024.