

SECTION K

CARTER'S NARACOORTE FOODLAND COOKERY

Convenor: Mrs Sandra Tierney 0407 623 734

Entry is FREE

Entries close: Monday 9th October on 2017 entry form & VAS Ltd entry form (if applicable)

REGULATIONS

Exhibits to be staged either: Thursday 12th October: 5:30pm–7pm or Friday 13th October: 8am – 10am

No cooking to be done Friday morning (except feature

cake). No packet mixes to be used unless specified.

Exhibits must be collected between 4pm and 5pm on Saturday October 14th

Feature cake - judging - please bring your cake in at the staging times listed above or on Saturday by 10am to the secretary's office. Judging will commence in Cartwright Corner (in the Cartwright pavilion) at 2pm Saturday.

SUNBEAM CAKE CHAMPIONSHIP (SA)

Rich Fruit Cake & Genoa Cake Semi Final

The Rich Fruit Cake and Genoa Cake Competition is a state-wide event organised by the Agricultural Societies Council of SA and sponsored by Sunbeam Foods Pty Ltd.

Semi-finals are held around various South Australian Country Shows on a rotational basis, with the semi-final winners competing at the State Championship held during the Royal Adelaide Show.

2017/18 Semi-Finals for the SE & Border Shows Society Association to be held at **Kingston & Mil-Lel Shows.**

Entrants are only eligible to win one local semi-final.

COUNTRY WOMEN'S ASSOCIATION SCONE MIX

*Sponsored by Laucke Mills and
the SA Country Women's Association*

Five Sweet Scones approximately 5cms in diameter to be presented on a paper plate.

They should be well risen, have straight sides, a thin golden crust top and bottom, no flour on the base, of fine, moist texture, have good crumb, good flavour and according to type.

Laucke CWA Scone Mix must be used as the base - available at Foodland or Woolworths.

Entrants please note that you MUST use the basic recipe on the box and add only the savoury ingredient/s. Do not alter the base scone mix recipe. Add your own sweet ingredients eg. Berries, chocolate chips etc.

Revenue to the CWA from sales of the scone mix is used to assist drought affected families in South Australia and interstate.

Only one entry per exhibitor.

Entrants are only eligible to win one competition in the SE and Border Show Societies Association.

Association finals for 2017/18 will be held at the SE and Border Show Societies AGM.

Only association final winners will be eligible for the final to be held at the Royal Adelaide Show.

**Prizes: (Open Section) First - Laucke Goods Hamper
Second - Country Women's Scone Mix
Third - Country Women's Scone Mix**



VAS CARROT CAKE COMPETITION

State final proudly sponsored by Rocky Lamattina & Sons
Open to carrot cake enthusiasts everywhere

Ingredients: Olive oil to grease, 3 (about 350g) carrots, 1 cup (150g) self-raising flour, 1/2 cup (75g) plain flour, 1 tsp bicarbonate of soda, 1/2 tsp ground cinnamon, 1/2 cup (80g) brown sugar, 3/4 cup (185ml) oil, 1/2 cup (125ml) golden syrup, 3 eggs, 1 tsp vanilla essence, 1/2 cup walnuts.

Method: Preheat oven to 170°C. Grease a 20cm (base) round cake pan lightly with oil, and line with non-stick baking paper. Peel and grate the carrots, and set aside. Sift the flours, bicarbonate of soda and cinnamon into a large bowl. Put the brown sugar, oil, golden syrup, eggs and vanilla in a separate bowl. Use a balloon whisk to mix until combined. Pour the oil mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined. Stir in the grated carrot and walnuts. Pour the mixture into the pan and bake for 1 hour. Set aside for 5 minutes, before turning out onto a wire rack to cool completely.

REGULATIONS FOR VAS COMPETITIONS

An exhibitor having won at a Show will bake another cake for entry in the Group Final; the winner will then be required to bake a further cake for the State Final at the next Royal Melbourne Show.

An exhibitor having won at Show Level is not eligible to enter any other Show until after the Group judging, when, if not the winning entry, can compete further.

An exhibitor is only eligible to represent one Group in the State Final.

An exhibitor having won at Group Level cannot compete further until after the Royal Melbourne Show. Each cake entered must be the bona fide work of the exhibitor.

If for any reason a winner is unable to compete at Group or State Final level then the second placegetter is eligible to compete.

Hints on exhibition cooking

It is important to read the schedule carefully. Entries to be presented on paper plates or stiff card covered in alfoil that fits the size of the entry. No cake rack marks. No flour to be left on scones. Cakes to only be iced on the top – not the sides. Where there are several items in a class (eg scones) look for uniformity both as to size and degree of cooking.

Carter's

FOODLAND



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2017 Naracoorte Show*

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63 Ormerod Street, Naracoorte
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SECTION K

CARTER'S NARACOORTE FOODLAND COOKERY ctd

Open Cookery Section

1. **Feature cake** - Iced round banana cake - iced on top only - open judging on Saturday at 'Cartwright Corner'
2. Jam Roll - jam filled, un-cut ends
3. Rich fruit cake
4. Genoa cake
5. Iced round chocolate cake - iced on top only
6. CWA five sweet scones - as above
7. Five scones - any recipe
8. VAS Carrot cake competition, see recipe p30
- entry to be on official VAS Ltd entry form
9. Four cream puffs - not filled
10. Four sausage rolls - 6cm in length
11. Plum pudding - steamed in basin
12. Boiled Fruit Cake – round, no icing or decoration
13. Plate of 3 (distinct) varieties of slices uncooked
- 2 of each (3cm x 5cm)
14. Plate of 3 biscuits - 1 variety
15. Marble cake - 3 colours, iced
16. Carrot cake - round - iced on top only
17. Ginger fluff
18. Plain sponge sandwich (any filling)
19. Six Queen cakes (currants on top)
20. Sultana cake - square
21. Four lamingtons
22. Fruit and nut roll

Secondary School Cookery Section

23. **Feature cake** - Iced round banana cake - iced on top only - open judging on Saturday at 'Cartwright Corner'
24. CWA five sweet scones
25. Five plain scones
26. Five sweet muffins - muffin tin to have 5cm base, remove paper
27. Four decorated patty cakes - paper to be left on
28. Decorated cake - any kind
(must be decorated on the sides and top)

Best Secondary School Student Exhibit

Sponsored by Carter's Naracoorte Foodland (Classes 23-28)

29. Junior Boiled Fruit Cake - entry to be on official VAS Ltd entry form, recipe above
30. Junior Carrot & Date Muffins - plate of 6 - entry to be on official VAS Ltd entry form, see recipe right

Primary School Cookery Section

31. **Feature cake** - Iced round banana cake - iced on top only - open judging on Saturday at 'Cartwright Corner'
32. Five plain scones
33. Four chocolate chip biscuits
34. Four decorated arrowroot biscuits
- all decorations to be small and edible

Best Primary School Student Exhibit

Sponsored by Carter's Naracoorte Foodland (Classes 31-34)

Champion Cookery Exhibit

Sponsored by Carter's Naracoorte Foodland

Reserve Champion Cookery Exhibit

Sponsored by Tender Cuts Butcher (Classes 1-34)

2017 Feature Cake

Open judging Saturday in Cartwright Corner

1st \$25, 2nd \$15, 3rd \$10

Open class - sponsored by P & J Biggins

Secondary class - sponsored by Lochaber WAB

Primary class - sponsored by Carter's Naracoorte Foodland



JUNIOR BOILED FRUIT CAKE COMPETITION (VAS Ltd)

This Competition is open to those **under 18 years** of age on the day of this VAS Ltd show.

Ingredients: 375g Sunbeam Mixed Fruit, ¼ cup brown sugar, 1 teaspoon mixed spice, ½ cup water, 125g butter, ½ teaspoon bicarbonate soda, ½ cup sherry, 2 eggs, lightly beaten, 2 tablespoons marmalade, 1 cup self-raising flour, 1 cup plain flour, ¼ teaspoon salt.

Method: Place the Sunbeam mixed fruit, sugar, spice, water and butter in a large saucepan and bring to the boil. Simmer gently for 3 minutes, then remove from stove, add bicarb soda and allow to cool. Add the sherry, eggs and marmalade, mixing well. Fold in the sifted dry ingredients then place in a greased and lined 20cm round cake tin. Bake in a moderately slow oven for 1½ hours or until cooked when tested.



VAS CARROT & DATE MUFFIN JUNIOR COMPETITION

State final proudly sponsored by Rocky Lamattina & Sons

A competition for junior cake bakers **under 18** on the day of their local show

Ingredients: 2 1/2 cups self-raising flour, 1 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1 cup brown sugar (firmly packed), 1/3 cup pitted dates, 1 cup coarsely grated carrot, 1 tablespoon orange marmalade, 1 cup canola oil, 2 eggs lightly beaten, 3/4 cup orange juice, 1 cup reduced fat milk, icing sugar for dusting.

Method: Heat oven to 190°C (moderately hot). Line and spray a 12 hole muffin pan with large paper cases. Sift dry ingredients into a large bowl; stir in dates, carrots. Then add the combined marmalade, oil, eggs, juice and milk. Mix until just combined. Spoon mixture evenly into muffin paper cases in pan. Cook for 20 minutes. (to test muffins are cooked insert a cake skewer. If it comes out clean the muffins are ready) Stand muffins in pan for 5 minutes before removing to cool. Show entries Four (4) muffins per plate. Muffin cases must be classic white sizes (35mm high x 90mm wide x 50mm base).