**Section 13 COOKING**

Steward: Phoebe Watts 0418 657 648

**Special Conditions:** Entry fee: $1

\* All exhibits to be presented on disposable paper plates.

\* Exhibits made with an all-in-one thermo cooker, food processor, plus blender and mixer

(eg Thermomix; ALDI Mistral Thermo Cooker; Ninja Food 8-in-1 etc.) may be entered in any class.

\* Cake mixes are not permitted.

**\* DO NOT use ring tins.**

\* Cakes should be iced **ON TOP ONLY** with no decoration in centre.

\* Exhibits can be donated to the Moree Show Society for sale at the BBQ over the Show time.

\* Any exhibit not collected by 10.30 am on Sunday 28th April, 2023 will be disposed of at the

discretion of the Steward.

**Hints for show cooking**: *not ‘rules’, as each judge has different ideas*

* Cakes should not have cooking rack marks.
* Texture should be fine with no holes.
* Appearance should be fresh.
* Scones should be spongy and cut with a sharp knife or cutter.

Class 1 Chocolate Cake - iced on top only

Class 2 Orange Cake – iced on top only

Class 3 Carrot Cake – all recipes accepted - iced on top only

Class 4 Plate of 6 biscuits - 2 varieties

Class 5 Plate of 6 lamingtons – no filling

Class 6 Plate of 6 plain scones

Class 7 Plate of 6 pieces slice - 2 varieties - 3 pieces of each

Class 8 **FRUIT CAKE - ASC Competition entries only** – set recipe, see following pages

Class 9 Plate of three (3) decorated cupcakes, any type, any theme

Class 10 Plate of four (4) muffins - any type - un-iced – sweet or savoury

Class 11 Any type of sweet or savoury baked item made using local produce

Class 12 White Bread – any shape, any style

*PRIZES: First $5.00 Second: $3.00*

*Prize for Classes 3 & 12 donated by*

***Melinda Atherton*** [TMix Mastery Thermomix Consultant]

*Ribbon for* ***Most Successful Exhibitor***

*& prize* ***$50.00*** *donated by* ***Tulloona Ladies***

***Champion Exhibit - Ribbon & $100 Prize***

***Most Outstanding Men’s Exhibit*** *-* ***$100.00 Prize***

*both donated by*





Agricultural Societies Council of NSW

**RICH FRUIT CAKE COMPETITION**

**REGULATIONS**

**Competition Objective:** The NSW Rich Fruit Cake Competition is conducted to seek excellence in the preparation, cooking and presentation of a rich fruit cake and to promote Australian produce.

**Competition Process:** The NSW Rich Fruit Cake Competition is conducted in three stages:

**i. Local competitions** conducted under these regulations, held at Agricultural Shows affiliated with the Agricultural Societies Council of NSW. FREE ENTRY. Winners receive $25 and are eligible to enter the second stage of the competition.

**ii. Group Finals** are conducted in each of the 14 regional groups of the ASC of NSW where at least two eligible entrants have won a local competition in the current year. Entry is only open to eligible winners of local competitions. FREE ENTRY. Eligible entrants are required to bake a second Rich Fruit Cake to compete in the Group Final. Winners receive $50 and are eligible to enter the third or final stage of the competition. If there is only one eligible entrant in a group, they will be automatically appointed Group finalist without having to present a second cake and will proceed to the State Final.

**iii. NSW State Final** is held at the Sydney Royal Easter Show annually. Entry is open only to the Group finalists from regional competitions FREE ENTRY. Group Finalists are required to bake a third *Rich Fruit Cake* to compete in the NSW State Final. Winners receive $100 and are presented the ASC Plaque.

**Rules:**

\* Entry to the competition is free.

\* At all stages of the competition Entrants must use the recipe provided.

\* In any year an individual competitor may participate in only one Group Final

representing one Agricultural Show and, consequently, may represent only one Group

in the subsequent State Final.

\* Shows conducting local competitions &/or Group Finals agree to follow these rules.

**Presentation** of exhibits is a major aspect of all show cooking from exhibitors through local competitions, group and state finals. It is imperative to achieve the objectives of the competition that exhibits are displayed at their best during judging and on display.

**i. Exhibitors** should follow the instructions of these rules and the show schedules.

**ii.Local Competitions & Group Finals**

1. All exhibits should be displayed in a closed glass or similar cabinet clearly identified as being part of the “ASC of NSW Rich Fruit Cake Competition”.

2. Unless absolutely necessary, exhibits should not be enclosed in plastic bags or any other material.

**JUDGING**

i. Judging of local competitions and Group Finals must follow the ASC Judges Conduct guidelines.

ii. A judge cannot judge and exhibit at the local competition and/or Group Final

iii. A judge cannot judge an exhibit, which the judge or his/her immediate family has baked

iv. It is desirable for the names of judges at local and group level to be provided to the ASC of NSW along with results.

v. **Exhibits are to be cut in half straight across when being judged.**

**Judging should be based on:**

**1. Appearance** - Smooth appearance on the top bottom and sides. No sign of shiny, dark, overheated fruit protruding from the surface. The cake should be firm, smooth, fresh and moist to the touch, preferably with a well ripened patina on the top surface. Straight sides, and a smooth flat top showing even distribution of fruit.

**2. Finish in baking** - No bumps, hollows, or sunken centres, nor large cracks (a small crack is not considered a major fault). The cake should cut cleanly, without any crumbs, and without catching or dragging of fruit. There should be no burning or crusty top or sides (caused by too hot an oven or insufficient papering). After the cake is cut, the fruit closest to the outside should not appear to be dark and shiny (caused by overcooking in too hot an oven). This fault causes a bitter flavour.

**3. Colour** - Attractive, even, golden=brown on the top, bottom and sides.

**4. Texture** - Firm and fine; it should be moist, not soggy, nor dry. The texture should be smooth and even, and the same right through the cake. A well ripened cake cuts cleanly and evenly.

**5. Flavour & Aroma** - Delicious, and should be a perfect blend of fresh eggs and dairy ingredients, sugar, essences, flour, and spices, spirits, and quality dried fruit. Beware of an overpowering flavour or aroma of essences or spices, or the acrid smell of overheated fruit.

**6. Decoration** – **no decoration allowed.**

**7. Presentation** – all paper to be removed prior to exhibiting.

**8. Height** of the cake should not exceed 5.7cm (57mm)

**RECIPE**

**INGREDIENTS:**

250g (8 oz) sultanas 250 g (8 oz) plain flour

250 g (8 oz) chopped raisins 60 g (2 oz) self-raising flour

250 g (8 oz) currants 1/2 teaspoon ground ginger

125 g (4 oz) chopped mixed peel 1/4 teaspoon grated nutmeg

90 g (3oz) chopped red glace cherries 1/2 teaspoon ground cloves

90 g (3 oz) chopped blanched almonds 250g (8 oz) soft brown sugar

1/3 cup sherry or brandy 250g (8 oz) butter

½ teaspoon lemon essence OR finely grated lemon rind ½ teaspoon almond essence

½ teaspoon vanilla essence

4 large eggs

**RECOMMENDED METHOD:**

Mix together all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least 1 hour, 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 20cm x 20cm (8” x 8”) 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.*