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SECTION 10 - COOKING

Stewards

- A. Hibbard, D. Knight

How to enter

- See PAVILION INFORMATION, page 40.
- Entries close 8pm Thurs 15 Feb, hence no entries will be accepted Fri 16 Feb.
- Entries can be made online at www.kangaroovalleyshow.org.au or in person at the Show Office during Show Office hours.
- Exhibits may be delivered to Stewards at the Pavilion on Thurs 15 Feb 8am-8pm and Fri 16 Feb 7-9am.
- Please note that access to the Showgrounds by car will be available on Thurs 15 Feb but there is NO CAR ENTRY on Fri 16 Feb. There are dedicated parking spots on the street and volunteers available to assist with cartage as needed.
- Judging takes place Fri 16 Feb in the morning; hence the Pavilion is closed until 1pm.

Collection of exhibits

- Exhibitors must collect exhibits from the Pavilion on Sat 17 Feb, 5-6.30pm and Sun 18 Feb, 9-11am.

Prizes

- 1st \$5, 2nd \$3 donated by **THE FITZSIMONS FAMILY** unless otherwise stated.
- Prize money can be collected from the Show Office on Sat 17 Feb between 9am-6pm and Sun 18 Feb between 9-11am.

Hints on Exhibition Cooking

- It is important you read the schedule carefully and check closing times for entries.
- Read your recipe - it could mean the difference between success or failure.
- Always weigh your ingredients.
- Never turn your cake onto a cake cooler. The marks are regarded as a decoration. Place on a board covered with tea towels.
- Do not use package cake - unless stated.
- Use castor sugar for finer cakes.
- Nuts must be chopped.
- Most important to use fresh ingredients, especially shortening.
- Do not use cornflour in sponge unless stated on schedule.
- Do not use ring tin unless stated on schedule.
- Do not put your cakes in plastic containers or bags before judging as this can draw moisture - use cellophane for best results.
- Biscuits and pikelets should be dainty.
- Lamingtons should be butter mixture, approximately 4cm.
- Ice cake on top only unless otherwise stated in schedule - no decorations.
- Use icing not frosting.
- Weigh sponge mixture for even heights.
- Do not over-flavour, especially soda.
- Do not trim cake.
- Flour to be brushed off scones and bread.
- Remove baking paper before presentation.
- Thick cardboard covered with foil is good to display your cakes on, alternatively boards or plain white plates can be used, paper and disposables are also OK.

CAKES AND BREAD

- Prizes: 1st \$5, 2nd \$3 unless otherwise stated

Class 10001 Currant Cake

Prizes: 1st \$10, 2nd \$5 donated by **KANGAROO VALLEY POST OFFICE**

Class 10002 Sultana Cake

Prizes: 1st \$10, 2nd \$5 donated by **KANGAROO VALLEY POST OFFICE**

Class 10003 Fruit Cake, no nuts on top

Prizes: 1st \$10, 2nd \$5 donated by **KANGAROO VALLEY POST OFFICE**

Class 10004 Rich Fruit Cake

Prizes: 1st \$25, 2nd \$10

Sponsored by **ANDREW HORNE & THE AGRICULTURAL SOCIETIES COUNCIL OF NSW**

RICH FRUIT CAKE NSW COMPETITION (Compulsory Recipe)

- Winners at each country show will each receive a prize of \$25.00 and will be required to bake a second Rich Fruit Cake in order to compete in a semi-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
- The winner at Kangaroo Valley Show goes on to the Group 5 Final. Judging will take place at the Group 5 zone meeting at 10am on 4th November 2023 at Albion Park and 2nd November 2024. Exhibitors are able to bring their cakes and wait to take them home, or delegates can bring the cake.
- **MUST BE AN UNCUT CAKE**
- The following recipe is compulsory for all entrants.

RICH FRUIT CAKE

Here's what you need:

- 250g (8oz) sultanas
- 250g (8oz) chopped raisins
- 250g (8oz) currants
- 125g (4oz) chopped mixed peel
- 90g (3oz) chopped red glace cherries
- 90g (3oz) chopped blanched almonds
- 1/3 cup sherry or brandy
- 250g (8oz) plain flour
- 60g (2oz) self-raising flour
- 1/4 teaspoon grated nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 250g (8oz) butter
- 250g (8oz) 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 the fruits and nuts and sprinkle with the sherry or brandy.
- Cover and leave for at least one 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, and 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 inches) tin and bake in a slow oven for approximately 3½-4 hours.
- Allow the cake to cool in the tin.
- To ensure uniformity and depending upon the size, it is suggested the raisins be snipped into 2 or 3 pieces, cherries into 4 to 6 pieces and almonds crosswise into 3 to 4 pieces.
- The height of the cake should not exceed 5.7cm (57mm).

Class 10005 Boiled Fruit Cake, no nuts on top

Prizes: 1st \$10, 2nd \$5 donated by **KANGAROO VALLEY POST OFFICE**

Class 10006 Date Loaf or Roll

CHRIS WILLSON MEMORIAL BEST DATE ROLL

Prize: Ribbon and \$50 donated by **ALLAN LOCKYER**

Class 10007 Orange Cake, iced on top not on sides

Class 10008 Banana Cake, iced on top not on sides

Prizes: 1st \$10, 2nd \$5 donated by **KANGAROO VALLEY POST OFFICE**

Class 10009 Carrot Cake, iced on top not on sides

Class 10010 Marble Cake, iced on top not on sides

Class 10011 Peach Blossom Cake, iced on top not on sides

Class 10012 Your Family's Favourite Cake

Prizes: 1st \$20, 2nd \$10 donated by **JING JO CAFÉ RESTAURANT**

Class 10013 Chocolate Cake, iced on top.

Prizes: 1st \$10+ ribbon, 2nd \$5

COX FAMILY MEMORIAL CHOCOLATE CAKE

Prize: Ribbon donated by **E. McGUINESS & V. McGUIRE**

Class 10014 Sponge Sandwich, Uniced

Class 10015 Six Muffins - any flavour

Class 10016 Six Iced Small Cakes. Not to be cooked in paper cups

Class 10017 Health Food - Slice or Bar (provide list of ingredients)

Class 10018 Six Lamingtons

Class 10019 Collection of Biscuits at least 3 distinct varieties. (2 of each)

Class 10020 Cake not previously mentioned

Class 10021 Round of Shortbread

Prizes: 1st \$20, 2nd \$10 donated by **JING JO CAFÉ RESTAURANT**

Class 10022 Plate of Plain Scones

Prizes: 1st \$10, 2nd \$5 donated by **KANGAROO VALLEY POST OFFICE**

Class 10023 Plate of Six Scones, any variety

Class 10024 Collection of Scones - 3 varieties, 2 of each

Class 10025 Apple Pie, Shortcrust Pastry Top and Bottom

Class 10026 White, Wholemeal or Wholegrain Loaf

Prizes: 1st \$20, 2nd \$15 donated by **JING JO CAFE RESTAURANT**

Class 10027 Six Bread Rolls

Class 10028 Sweet Yeast Bread/Cake

Class 10029 Fancy Bread any style

Class 10030 Naturally Leavened Bread/Sour Dough Bread

THE CHRIS McGUIRE CHAMPION BREAD EXHIBIT

Prizes: Ribbon and \$50 donated by **IDLEWILD PATISSERIE**

Class 10031 Apple Crumble

Prizes: 1st \$20, 2nd \$10 donated by **JING JO CAFÉ RESTAURANT**

CHAMPION APPLE CRUMBLE

Prize: Ribbon and \$20 donated by **JING JO CAFE RESTAURANT**

Class 10032 Brownies

Prizes: 1st \$20, 2nd \$10 donated by **JING JO CAFE RESTAURANT**

DECORATED CAKES

Class 10033 Best Decorated Cake

(Special Occasion Cake, eg. Birthday, Wedding, Christening etc., one tier).

Prizes: 1st \$20, 2nd \$10 donated by **KANGAROO VALLEY POST OFFICE**

Class 10034 Best Six Novelty Cup Cakes

Prizes: 1st \$10, 2nd \$5 donated by **KANGAROO VALLEY ESCAPES**

Class 10035 Best Novelty or Most Decorative Cake

Prizes: 1st \$20 2nd \$10 donated by **KANGAROO VALLEY POST OFFICE**

Class 10036 Sugar Art - Floral Spray or Arrangement of hand moulded flowers

Prizes: 1st \$10, 2nd \$5 donated by **KANGAROO VALLEY ESCAPES**

CHAMPION COOKING EXHIBIT

Prize: \$100 and Ribbon donated by **THE HIVE**

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