

VAS Cooking Competitions – Class D

Winners of the Four VAS Cooking Competitions must consent to bake a cake/muffins for competition in the Group Final in April 2019 (venue to be announced). The winners of the Group Finals in Classes D3 and D4 will compete at the VASL Convention in July 2019 (venue to be announced) and winners in Classes D1 and D2 will compete at the Royal Melbourne Show in 2019.

CLASS D1. VAS RICH FRUIT CAKE COMPETITION

| | |
|--------------------------------|-----------------------------|
| 250g sultanas | ¼ teaspoon grated nutmeg |
| 250g chopped raisins | ½ teaspoon ground ginger |
| 250g currants | ½ teaspoon ground cloves |
| 125g chopped mixed peel | 250g butter |
| 90g chopped red glace cherries | 250g soft brown sugar |
| 90g chopped blanched almonds | ½ teaspoon lemon essence |
| 1/3 cup sherry or brandy | or finely grated lemon rind |
| 250g plain flour | ½ teaspoon almond essence |
| 60g self-raising flour | ½ teaspoon vanilla essence |
| 4 large eggs | |

METHOD:

Mix together all fruits and nuts and sprinkle with sherry or brandy. Cover and leave at least 1 hour, but preferably overnight. Sift together flours and spices. Cream together the butter and sugar with the essences. Add eggs one at a time, beating well after each addition, and then alternately add fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon.

Place mixture into prepared 20cm square, straight sided, square cornered tin and bake in slow oven for approx. 3½ to 4 hours. Allow the cake to cool in the tin.

Hot Tip:

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 or 4 pieces.

PRIZES:

Show Society Level - 1st \$10. 2nd \$5.

Group Level - \$25.

State Final – 1st \$200 and Trophy 2nd \$100 3rd \$50.

CLASS D2 - VAS JUNIOR BOILED FRUIT CAKE

| | |
|-------------------------|--------------------------|
| 375g mixed fruit | ½ cup sherry |
| ¾ cup brown sugar | 2 eggs, lightly beaten |
| 1 teaspoon mixed spice | 2 tablespoons marmalade |
| ½ cup water | 1 cup self-raising flour |
| 125g butter | 1 cup plain flour |
| ½ teaspoon bi-carb soda | ¼ teaspoon salt |

METHOD:

Place mixed fruits, sugar, spice, water & butter in a large saucepan and bring to the boil. Simmer gently for 3 minutes, then remove from stove, add bi-carb soda and allow to cool. Add the sherry, eggs and marmalade, mixing well. Fold in sifted dry ingredients then place in greased & lined 20cm round cake tin. Bake in a moderately slow oven for 1.5 hours or until cooked when tested.

PRIZES: Show Society Level 1st \$10. 2nd \$5.
Group Level - \$15
State Final - 1st \$100. 2nd \$70. 3rd \$30.

CLASS D3 - VAS CARROT CAKE COMPETITION

| | |
|----------------------|-------------------------------------|
| 375g plain flour | 345g castor sugar |
| 2tsp baking powder | 375ml vegetable oil |
| 1½ tsp bicarb soda | 4 eggs |
| 2tsp ground cinnamon | 3 medium carrots, grated (350 g) |
| ½ tsp ground nutmeg | 220g tin crushed pineapple, drained |
| ½ tsp allspice | 180g pecans, crushed |
| 2 tsp salt | |

STEPS:

1. Preheat the oven to 180C (160C fan), Grease a 20cm (8") round cake tin and line with baking paper.
2. Sift the dry ingredients together into a bowl. In a separate bowl, beat the eggs and oil, then add to the dry ingredients. Mix well then add the carrots, crushed pineapple and pecans. Mix to form a smooth batter and pour into the cake tin.
3. Bake for approximately 90 - 100 minutes.
4. Remove from the oven and allow to cool for 10 minutes In the tin on a wire rack. Upend and allow to cool on the wire rack.

VAS Prizes: Local Show- 1st \$10, 2nd \$5.
Group Level- 1st \$25.
State Level- 1st \$250 + trophy 2nd \$100. 3rd \$50.

CLASS D4 VAS CARROT & DATE MUFFINS

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

| | |
|-----------------------------------|-------------------------------|
| 2 ½ cups self-raising flour | 1 tablespoon orange marmalade |
| 1 teaspoon ground cinnamon | 1 cup canola oil |
| ¼ teaspoon ground nutmeg | 2 eggs, lightly beaten |
| 1 cup brown sugar (firmly packed) | ¾ cup orange juice |
| 1/3 cup pitted dates chopped | 1 cup reduced fat milk |
| 1 cup coarsely grated carrot | |

METHOD: Preheat oven to 190C degrees (moderately hot). Line a 12 hole muffin pan with larger classic white muffin cases (35mm high, 90mm wide, 50mm base). Sift dry ingredients into a large bowl; stir in dates and carrots. Then add the combined marmalade, oil, eggs, juice and milk. Mix until just combined. Spoon mixture evenly into

muffin paper cases in muffin 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, then turn out onto a wire rack to cool.

PRESENTATION: 4 muffins on a plate

PRIZES: Show Society Level – 1st \$10. 2nd \$5.
Group Level - \$15
State Final – 1st \$250. 2nd \$100. 3rd \$50.

The 'CWA' Yarrawonga & Border Branch has been active for the last 86 years, providing support to country women and donating money and time to a variety of charities locally, throughout Australia and Overseas.

Meetings are held on the 2nd Thursday of the month, at 1pm in the CWA Hall in Hovell Street, Yarrawonga.

President: Jennie Hammon

Enquiries please phone

Sue Jackson (Secretary) 0407 094 124

General Meetings are the 2nd Thursday of the month 10.30am at CWA Hall

Craft Group on the 1st and 3rd Fridays of the month at 10.00am at CWA Hall