

Section 'Q' – Cooking 2023 – Recipes to be used

Open Section 1. - Ag Show NSW Rich Fruit Cake

The following recipe is compulsory for all entrants and must be printed in all schedules.

Ingredients

250g sultanas	1/4 teaspoon grated nutmeg
250 g chopped raisins	1/2 teaspoon ground ginger
250 g currants	1/2 teaspoon ground cloves
125 g chopped mixed peel	250g butter
90 g chopped red glace cherries	250g soft brown sugar
90 g chopped blanched almonds	½ teaspoon lemon essence OR finely grated
1/3 cup sherry or brandy	lemon rind
250 g plain flour	½ teaspoon almond essence
60 g self-raising flour	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.

Judge Note – The height of the cake should not exceed 5.7cm (57mm)

Open Section – 4. Jaffa Marble Loaf

Ingredients

Cake

225g butter, at room temp
225g caster sugar
225g self-raising flour, sifted
4 large eggs
2 Tbsp milk
3 Tbsp cocoa powder, sifted
zest 1 large orange
1 Tbsp orange juice

Icing

Must be iced simply with chocolate glacé icing
(on the top only)

Method

1. Preheat oven to 180°C Traditional Oven or 160°C Fan forced. Grease and line sides and the base of a 5 x 9-inch loaf tin with baking paper.
2. Beat the butter, sugar, eggs and flour together in a large bowl with an electric mixer until mixture is smooth.
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3. Split the mixture into two bowls, beat the milk, followed by the sifted cocoa powder into one bowl. Beat the orange juice, zest into the other.
4. Spoon alternate dollops of the mixture into the loaf tin, then use a skewer to create a marble pattern by dragging it through the mixture in swirls. Make sure you don't over mix, or you won't see the pattern.
5. Bake the loaf for approximately 45 - 55 mins or until golden and risen.
6. When completely cool, ice with chocolate glacé icing (on the top only)

Open Section - 5 - Petticoat Tails Shortbread

Ingredients

115g unsalted butter, chopped into cubes	$\frac{3}{4}$ tablespoon cornflour
30g castor sugar	1 cup (150g) plain flour
30g pure icing sugar	$\frac{1}{4}$ tsp salt

Method

Preheat oven to moderately slow (170°C). Line a baking tray with baking paper. Cut a 16cm circle of extra baking paper and fold into 8, cut a small snip in the corners of each fold—open up again and set aside.

In a medium size mixing bowl combine the butter, sugars and cornflour, and work together with your hand, until the ingredients are mixed.

Add the sifted flour and salt, and mix until it leaves the sides of the bowl and clump together. Place the dough on a lightly floured surface and gently form into a smooth ball. Flatten and then roll out into a circle, approximately 10mm thick. Carefully lift onto the tray and place the circle of paper over the shortbread and gently roll over the top and you will have some fold marks imprinted onto the shortbread which you can now cut in segments with a sharp knife.

Cut all the way through the dough, but leave the wedges close together.

Make indents around the outer edge of the circle, and then pinch it, creating three or four even pinches in each segment. Prick the shortbread with a fork for a decorative pattern.

Bake in the oven for 20 to 25 minutes until crisp and a tint of colour is showing.

Leave the shortbread to cool on the tray and when still slightly warm, use a sharp knife to cut through the segments and create petticoat tails.