

Section H, Class 76:
Honey fruit cake

225g/8oz self raising flour
110g/4oz butter or margarine
225g/8oz clear honey
Pinch of salt
275g/10oz mixed dried fruit
Small pinch of lemon zest
2 eggs

Grease and line a 20cm/8" round cake tin.
Preheat oven to 160°C/320°F/gas mark 4/5.
Cream butter/margarine and honey. Beat eggs in a bowl and lightly warm the eggs by standing the bowl in a large container of warm water for a few minutes.
Gradually add the eggs to the fat mixture, creaming well. Lightly fold in the fruit, flour, lemon zest and salt. Pour the mixture into a the cake tin and bake for about 1½ hours.

Section I, Class 78:
Gingerbread cake

220g/8oz self-raising flour
2½ tsp ground ginger
2 tsp baking powder
½ tsp bicarbonate of soda
½ tsp salt
110g/4oz brown sugar
75g/3oz margarine
175g/6oz golden syrup (approx. 4 tbsp.)
⅛ – ¼ pt milk
1 egg, beaten

Grease and line a 900g/2lb loaf tin
Preheat the oven to 180°C/350°F, gas mark 4.
Sieve together flour, ginger, bi-carb, baking powder and salt. Warm sugar, margarine and syrup.
Make a well in the centre of the flour and add syrup mixture, which should be just warm. Beat well and add warmed milk and beaten egg. Pour into tin, bake in centre of oven for approx. ¾ - 1 hour

Section I, Class 80:
Almond torte with lemon syrup

2 x 150g packs whole shelled almonds (skin on, this adds colour to the torte. If you prefer, use ground almonds.)
4 medium eggs, separated
250g/9oz caster sugar
Grated zest of 1 unwaxed lemon
1 tablespoon lemon juice
1 teaspoon ground cinnamon

Lemon syrup

Pared and thinly sliced zest and juice of 1 unwaxed lemon
25g/1oz caster sugar
Icing sugar, to dust

Grease and base line a 20cm/8" round loose-bottomed cake tin.
Preheat the oven to 160°C/310°F, gas mark 3.
If using shelled almonds, place in a food processor and whiz until finely ground.
Place the egg yolks, sugar, lemon zest and juice in a large bowl and whisk until the mixture becomes thick, creamy and pale. Mix in the almonds and cinnamon.
Place the egg whites in a clean, dry bowl and whisk until they form stiff peaks. Lightly fold two tablespoons of the egg white into the almond mixture to loosen it slightly, then gently fold in the remaining egg white until the mixture is thoroughly combined. Pour into the tin and bake for 45 minutes, or until a skewer comes out clean. Leave to cool in the tin.

While the torte is cooking, make the syrup. Reserve a few pieces of lemon zest for decoration. Place the rest with the juice, sugar and one tablespoon of cold water in a small saucepan and heat gently until the sugar has dissolved. Spoon the warm syrup over the torte. When cool, dust with icing sugar and decorate with the reserved lemon zest.

Section I, Class 81:
Banana and walnut slices

175g/6oz soft butter or margarine
175g/6oz soft brown sugar
3 eggs, beaten
175g/6oz wholemeal flour
3 level teaspoons baking powder
3 bananas, mashed
100g/4oz chopped walnuts

Line a deep baking tin, approx. 18cm x 28cm/7" x 11".
Preheat the oven to 180°C/350°F, gas mark 4.
Place butter, sugar, eggs, flour and baking powder in a bowl and beat together. Stir in the mashed bananas. Spread the mixture in the prepared tin and scatter over chopped nuts. Bake in the centre of the oven for about 25 minutes. Cool on a wire rack then cut up into slices.
Enter 5 slices for the Show

**Section I, Class 82:
Chocolate Brazil biscuits**

75g/3oz unsalted butter
60g/2½oz caster sugar
1 large egg, beaten
175g/6oz wholemeal self-raising flour
½ teaspoon vanilla extract
1-2 tablespoons milk
75g/3oz dark chocolate, roughly chopped
75g/3oz milk chocolate, roughly chopped
50g/2oz Brazil nuts, chopped
Pinch of salt

Grease a baking sheet with melted butter.
Preheat the oven to 180°C/350°F, gas mark 4.
Cream together the butter and sugar in a bowl until light and fluffy. Beat in the egg. Sift the flour once, return the separated bran to the sifted flour, then fold into the mixture. The bran gives a distinctive flavour and texture to the biscuits. Beat well, adding the vanilla extract and sufficient milk to make a pliable dough.
Mix it with your hands, adding the milk in stages until the dough is fairly soft, but not sticky. Add the chopped chocolate, nuts and salt and distribute evenly through the dough. Roll out on to a lightly floured board to a thickness of about 5mm/¼". Stamp into rounds and place the biscuits, spaced well apart, on the greased baking sheet.
Bake in the centre of the oven for about 20 minutes. Watch them carefully so they don't overcook. Remove from the oven and leave to cool on the baking tray for a few minutes before transferring to a wire rack to cool completely.
Enter 5 biscuits for the Show

**Section I, Class 83:
Mushroom and onion quiche**

Line a 23cm/9" quiche or flan tin with shortcrust pastry

Filling
220g/8oz flat mushrooms, chopped finely
1 medium onion, chopped
2 large eggs
275ml/½ pint double cream
25g/1oz butter
Freshly grated nutmeg
Salt and freshly milled black pepper

Preheat the oven to 180°C/350°F, gas mark 4.
Heat the butter in a saucepan, add the onion and soften for about 5 minutes. Stir in the chopped mushrooms and cook gently, uncovered, for about 30 minutes or until most of the juice has evaporated, stirring from time to time. Transfer the filling to the pastry case with a draining spoon, spreading it evenly over the base. Whisk the eggs thoroughly, then whisk in the cream with the salt, pepper and a small grating of nutmeg. Pour this mixture over the mushroom filling and bake for 35-40 minutes or until the centre is set and the filling is golden and puffy.

**Section I, Class 84
Plaited cheese slice**

2 medium-sized tomatoes
110g/4oz leeks
25g/1oz butter or margarine
220g/8oz flaky pastry (or thawed bought puff pastry)
220g/8oz Cheddar cheese
Salt and pepper
Beaten egg to glaze

Grease a baking sheet.
Preheat oven to 220°C/425°F, gas mark 7.
Skin and slice tomatoes. Wash and chop the leeks.
Melt the butter in a small saucepan, fry leeks for 1 minute, then drain. Roll out the pastry on a floured board and trim to an oblong, 30cm x 23cm/12" x 9". Grate the cheese and mix with tomatoes, leeks and seasonings. Spread the filling down the centre of the pastry, leaving an equal amount of pastry on each side. Make diagonal cuts at 1 cm/½ inch intervals to within 1 cm/½ inch of the filling. Brush the pastry well with the beaten egg. Bring up strips of pastry from each side alternately to form a plait over the cheese filling. Place on the greased baking sheet, brush again with the beaten egg and bake for 25-30 minutes until golden brown.

Section I, Class 85 Irish soda bread

2 cups self-raising wholemeal flour
2 cups self-raising white flour
1 tsp. bicarbonate of soda
2-3 cups buttermilk (or alternatively use warm milk plus
1 tbsp. lemon juice)

Grease a baking tray.
Preheat oven to 180°C/350°F, gas mark 4.
Sift flours and bicarbonate of soda into a large mixing bowl. Use sufficient buttermilk to moisten the ingredients and form a soft dough – the amount of buttermilk required will depend on the strength of the flour. Turn the dough onto a floured surface and knead lightly until smooth. Press into a 20cm/8" round. Place on the greased baking tray and with a floured knife score a deep cross, one third of the depth of the dough. Brush with water and sprinkle with a little flour. Bake for 20-30 minutes, or until the bread sounds hollow when tapped.

Section I, Class 86: Gooseberry jam

650g/1½ lbs green gooseberries
650g/1½ lbs sugar
25ml/½ pint water

Heat the prepared fruit and the water in a pan and simmer gently until the gooseberries have pulped and the contents of the pan are reduced by about one-third. Add the sugar, stir until it has dissolved, and boil gently for about 10 minutes or until the jam sets when tested. Pot in clean, sterilised jars.

Section I, Class 88 Beetroot and ginger chutney

650g/1½ lbs beetroot, cooked and peeled
225g/½ lb onions, chopped
55ml/1pt vinegar
225g/½ lb cooking apples, peeled and chopped
225g/½ lb seedless raisins or dates, chopped
1½ tablespoons ground ginger
½ teaspoon salt
450g/1lb granulated sugar

Cut the beetroot into cubes or mash well if a smoother chutney is preferred. Place the onion in a large preserving pan, with a little of the vinegar, and cook for a few minutes, to soften. Add the apples, raisins or dates and continue cooking until pulpy. Add the beetroot, ginger, salt and half the remaining vinegar. Simmer gently until thick. Stir in the sugar and remaining vinegar and continue cooking until thick again. Pot into cooled, sterilised jars using vinegar proof lids. Store for 6-8 weeks before eating.

Section I, Class 91: Knitted teddy

Double knitting wool:
different colours for

- head and paws
- trousers
- jumper
- scarf

Size 10 needles.

Polyester or acrylic filling. **Foam rubber is not recommended as this can be dangerous to children.**

Knit in plain stitch apart from the head which is in stocking stitch (one row plain and one row purl).

Cast on 10 stitches in paw colour, knit 10 rows.
Change to trouser colour and knit 30 rows.
Make another leg to match.
Knit across the two legs, now 20 stitches, for 16 rows.
Change to jumper colour and knit 24 rows.
Change to head colour, and **also change to stocking stitch**. Work for 14cm/5½".

Change to jumper colour, knit 24 rows.

Change to trouser colour, knit 16 rows.

Knit 10 stitches and turn, knit 30 rows.

Change to paw colour, knit 10 rows.

Cast off. Join in wool and complete other leg to match.

Stitch down sides of the head.

Arms: with jumper colour pick up 8 stitches at either side of neck seam (16 stitches) and knit 20 rows. Change to paw colour and knit 10 rows. Cast off.

Complete other arm to match.

Scarf: cast on 75 stitches and knit 5 rows. Cast off.

Stitch across the corners of the head with a running stitch to make ears.

Sew paws, arms and sides, also inner legs, leaving an opening for stuffing, and fill using polyester or acrylic filling.

Sew running stitches (rather than just winding wool) round the head base and draw up to make a neck.

Attach the scarf at the back with 2-3 stitches. Do not stitch down at the front.

Stitch a smiling mouth using small stitches, a nose and eyes.

*The teddies
will be donated
to needy children*

**Section K, Class 99:
Prince William's groom's cake
(Chocolate biscuit cake)**

A 300g/11oz packet of Rich Tea biscuits
170g/6oz golden syrup
400g/14oz plain chocolate
85g/3oz butter
140g/5oz raisins

Line a 30cm x 21cm/12" x 8" shallow tin with cling film.
Put the biscuits in a plastic bag and bash them until they are a mixture of crumbs and postage stamp-sized pieces. Put the syrup, chocolate and butter in a pan and heat gently until melted. Stir in the broken biscuits and the raisins. Transfer the mixture into the tin, refrigerate until set, then cut into 12 squares.

Enter 5 for the Show

**Section L, Class 101:
Naan bread**

Dough:

250g/9oz plain white flour
110-130ml/3½-4½ fl oz milk
2 tsp sugar
2 tbsp vegetable oil, plus extra for greasing
½ tsp salt
½ tsp baking powder

Topping: choose from, nigella seeds, poppy seeds, sesame seeds, chopped garlic, chopped fresh coriander.

To make the dough, sift the flour, sugar, salt and baking powder into a bowl. In another bowl mix together the milk and oil. Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the centre and incorporating the flour from the edges to make a smooth, soft dough. Add more milk if too dry. Knead well for 5 minutes, adding a little flour if the dough is too sticky.

Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10-15 minutes. Form the dough into 8 balls.

Preheat the grill to medium and place a heavy baking sheet on the upper shelf to heat.

Roll the dough balls out thinly, sprinkle over your chosen topping and press into the surface of the dough. Place the naans on the hot baking sheet and grill for 3-4 minutes or until lightly browned. Before eating, brush with butter and serve hot.

Enter 2 for the Show