

Recipes for Section I – W.I. – Open to all ages, male and female

Class 89:

Blackberry jelly

1kg blackberries
1kg preserving sugar
Juice of 3 large lemons
400ml cold water

Wash the blackberries and tip fruit into a large, heavy-based pan. Add 400ml of cold water and bring to the boil. Reduce heat, cover and simmer gently for about 20 minutes, until the fruit is soft and pulpy. Add the preserving sugar and lemon juice. Heat gently, stirring frequently, until the sugar has dissolved. Meanwhile place 2 or 3 small saucers in the fridge to chill.

Remove the lid from the pan and bring mixture to the boil and cook rapidly for 8 minutes. Remove the pan from the heat and test for setting by spooning a little onto one of the chilled saucers. Cool for a few seconds then push the syrup with your finger-tip. If the surface wrinkles slightly it has reached setting point, if not, boil for a further 2 minutes and test again.

When the setting point has been reached, place large metal sieve over a large mixing bowl. Carefully pour the blackberry mixture into the sieve and push the pulp through into the bowl, extracting as much syrup as possible. Discard seedy pulp. Ladle the strained syrup into clean, sterilised jars.

Class 91:

Green bean pickle

2lbs/900g runner beans, sliced
2lbs/900g muscovado sugar
1½lbs/675g onions, peeled and chopped
1½pints/825ml vinegar, either malt, white or cider
1½tablespoons cornflour
½teaspoon salt
1 teaspoon turmeric
1 teaspoon mustard powder

Cook the sliced beans in salted water until just soft, then drain. Cook the chopped onions in ½ pint of vinegar until soft and transparent. Place beans, onions and sugar in a pan with the rest of the vinegar and boil for 15 minutes. Mix the mustard, turmeric, salt and cornflour with a little cold water and add to the pan. Bring to the boil and cook for a further 15 minutes until thick, stirring if necessary to prevent scorching. Pot into warmed jars but do not put the lids on until completely cold.

Class 81:

Marbled cherry and almond cake

150g/5oz self-raising flour
100g/4oz ground almonds
175g/6oz butter, softened
150g/5oz caster sugar
2 Medium eggs, beaten
Few drops almond essence
4 tablespoons milk
150g/5oz Morello cherry jam
25g/1oz flaked almonds

Preheat oven to 160°C, gas mark 3. Grease and line the base and sides of a 900g (2lb) loaf tin with baking parchment. Tip flour and almonds into bowl, add butter, sugar, eggs, almond essence and milk. Beat together with an electric whisk for 2-3 minutes until the mixture is light and fluffy. Spoon half the cake mixture into the tin, then spoon the jam fairly evenly over the top. Cover with remaining cake mixture, then swirl the jam lightly through the mixture using a skewer. Smooth the top, then scatter the almonds over and bake for 1-1¼ hours until firm to the touch. Leave to stand in the tin for 10 minutes, then remove and cool completely on a wire rack.

Class 82:

Mincemeat fruit cake

8oz/225g self-raising flour
5oz/150g margarine
5oz/150g caster sugar
3 eggs
3oz/75g sultanas
1lb/450g jar mincemeat

Preheat oven to gas mark 2, electricity 150°C. Line a 20cm/8" baking tin. Cream the margarine and sugar. Add the eggs, one at a time. Fold in the flour. Beat well then add the sultanas followed by the mincemeat. Pour the mixture into the baking tin and cook in the centre of the oven for 1½ - 2 hours.

Class 83:

Meringue nests

4 egg whites
8oz/225g caster sugar
2 teaspoons cornflour
2 teaspoons white vinegar

Preheat oven to very cool, 130°C, gas mark ½.

Beat the egg whites with 1 teaspoon of sugar until very stiff. Beat in half the sugar. Fold in the remaining sugar, cornflour and vinegar. Either spoon on to baking parchment and shape into nests or put in a piping bag and pipe nests – approx 2" in diameter.

Bake for about 1 hour, reduce heat and bake for a further 30 minutes.

Enter 3 for the Show

Class 84:**Chocolate truffles**

2½oz/75g plain dessert chocolate
 2½fl oz/75ml thick double cream
 ½oz/12g unsalted butter
 1 tablespoons rum or brandy
 ½ tablespoon Greek yoghurt
 ½ dessertspoon cocoa powder

Break chocolate into squares and place in bowl of food processor. Switch on and grind the chocolate until it looks like granulated sugar. Place the cream, butter and rum or brandy in a small saucepan and bring to simmering point. Transfer through the feeding tube into a food processor and blend with the chocolate until it becomes a smooth blended mixture. Add the yoghurt and blend again.

Transfer the mixture (which will be very liquid) into a bowl, allow to get quite cold then cover with cling film and refrigerate overnight. It WILL thicken up after several hours.

Next day: sift coca powder on to flat plate then take heaped half teaspoons of truffle mixture, roll into balls and roll each ball in coca powder. Place in paper cases.

Enter 7 for the Show

Class 85:**Peanut butter biscuits**

4oz/110g crunchy peanut butter
 3oz/75g butter at room temperature
 4oz/110g light brown soft sugar
 6oz/175g plain flour
 1 egg
 ¾ teaspoon bicarbonate of soda
 A little demerara sugar

Preheat oven to gas mark 4, electricity 180°C/350°F. Lightly grease a large baking sheet. Measure all the ingredients (except demerara sugar) into a bowl and mix to form a stiffish dough. Now shape lumps of the mixture with your hands to form walnut-sized balls. Next tip a small heap of demerara sugar on to a work surface and place a ball of mixture in the sugar. Flatten it slightly, flip it over and place it sugared side up on the baking sheets. The biscuits will end up to be about 2"/5cm in diameter, so allow room for expansion.

Bake in the centre of the oven for 15-20 minutes, then leave to cool and harden slightly on the baking sheet before transferring with a palette knife to a wire rack.

Class 86:**Spinach and cream cheese quiche**

2lbs/900g fresh spinach, washed and drained, or 1lb/450g frozen spinach, well drained
 1oz/25g butter
 8oz/225g cream cheese
 3 eggs, beaten
 ¼ pint/150ml milk
 Freshly grated nutmeg
 2 tablespoons grated Parmesan
 1 tablespoon lemon juice
 Salt and pepper
 Shortcrust pastry (own recipe)

Preheat oven to gas mark 4, electricity 180°C/350°F.

Line a 9"/23cm quiche or flan tin with shortcrust pastry and bake for 15 minutes. Remove from oven and brush pastry all over with some of the beaten egg from the filling ingredients. Return the flan tin to the oven for a further 5 minutes to allow egg to set. Increase heat to gas mark 5, electricity 190°C/375°F. If using fresh spinach discard any coarse stalks or damaged leaves. Place the spinach in a heavy based saucepan, along with butter, salt and pepper. Cover and cook for about 7 minutes, shaking pan occasionally, until the spinach collapses down into the butter. Drain thoroughly. Place the cream cheese in a bowl and beat, gradually adding the milk and remaining beaten eggs, Parmesan cheese, seasoning and nutmeg. Chop the drained spinach, add lemon juice, and stir into mixture. Pour into the flan case and place in the upper part of the oven. Bake for 40 minutes until the filling is puffy and golden on top.

Class 87:**Cheese, onion and olive scones**

175g/6oz self-raising flour
 1 medium onion, diced
 1 tablespoon olive oil
 ½ teaspoon salt
 ½ teaspoon mustard powder
 ½ teaspoon cayenne pepper
 freshly milled black pepper
 1oz/25g butter
 1½oz/40g Parmesan cheese, grated
 1½oz/40g Cheddar cheese, grated
 2-3 tablespoons milk
 1 egg
 6 black olives, stoned and chopped

Preheat oven to gas mark 6, electricity 200°C/400°F.

Fry the onion in the oil over a highish heat for 5-6 minutes until a nice brown caramel colour. Don't let it burn. Transfer to a plate to cool.

Sift the flour, salt, mustard powder and cayenne into a large mixing bowl and add a good grinding of black pepper. Rub in the butter and add the cooled onion, olives and two-thirds of the grated cheeses, forking them in evenly. Beat the egg and pour this in, mixing first with a knife and finally with your hands. Add only enough milk to make a soft dough. Turn on to a lightly floured surface, knead gently until smooth then roll out to about ¾ inch (2cm) thick. Cut into rounds, brush with milk and top with the remaining grated cheese. Bake near the top of the oven for 10-12 minutes. Remove to cool on a wire rack.

Enter 5 for the Show