

Recipes for Section I – W.I. – Open to all ages

Class 76: A Carrot Cake

225g/8oz butter or margarine
225g/8oz soft brown sugar
4 medium eggs – separated
finely grated rind of 1 small orange
15ml/1 teaspoon lemon juice
175g/6oz self raising flour
5g/1 teaspoon baking powder
50g/2oz ground almonds
50g/2oz raisins
100g/4oz walnut pieces, chopped
275g/10oz carrots, peeled and grated

Topping

225g/8oz cream cheese
10ml/2 teaspoons clear honey
5ml/1 teaspoon lemon juice

Preheat oven to gas mark 4, electricity
180°C/350°F/160° fan

Lightly grease deep 8" round cake tin
Cream butter and sugar, then gradually
beat in egg yolks. Stir in orange rind and
lemon juice.

Fold in sifted flour and baking powder, then
fold in ground almonds, walnuts and
raisins.

Whisk egg whites until stiff and fold into
mixture with carrots.

Pour into tin. Bake in centre of oven for
1¼-1½ hours, cover with foil after 1 hour if
cake looks too brown. Turn out and leave
to cool.

For topping: beat together cheese, honey
and lemon juice and spread on cake.

Class 77: A Wheat-free Sponge

6oz/175g gluten and wheat free plain white
flour
6oz/175g margarine
6oz/175g caster sugar
1 teaspoon vanilla extract
3 large eggs
2 rounded teaspoons baking powder
1 tablespoon milk

Filling:

Butter cream and jam

Preheat oven to gas mark 4, electricity
180°C/170°fan/350°F.
Line 2x20cm/8" sponge tins.
Using all-in-one method, put all the cake
ingredients into a bowl and mix with an
electric mixer until well combined and of a
soft dropping consistency.

Divide mixture between the prepared cake
tins. Bake in pre-heated oven for 20-25
minutes or until golden on top, gently
coming away from the sides and springing
back when lightly pressed on top. Remove
cakes from oven, stand on a wire rack for 1
minute, then turn out and cool on rack.
When cakes are cool, sandwich together
with butter cream and jam, and dust the top
with icing sugar.

Class 78: Gingerbread Couple

100g butter/margarine
2 tablespoons golden syrup
2 teaspoons ground ginger
100g dark soft brown sugar
225g plain flour (sifted)
currants/raisins (or similar) for eyes, mouth
etc.

Preheat oven to gas mark 5, electricity
190°C/375°F.

Cream butter and sugar until light and
fluffy.

Beat in syrup then stir in flour and sugar
and mix thoroughly.

Lightly knead on a floured surface then roll
out to approximately 5mm thick.

Cut out shapes using either a special cutter
or a cardboard pattern, and decorate with
raisins/currants.

Bake in preheated oven for about 10
minutes or until firm and golden.

Allow to cool slightly before lifting on to a
wire tray. When cold, decorate as required
with icing.

Enter 2 for the Show

Class 88: Chocolate Muffins

8 oz/225g self-raising flour
4 oz/100g plain chocolate drops
1 teaspoon baking powder
1 egg
1 oz/25g cocoa powder
6 fl oz/175ml milk
4 oz/100g light muscovado sugar
2½ fl oz/75ml sunflower oil

Preheat oven to Gas mark 6,
electricity 200°C/400°F
You will need a 12-hole muffin tin, lined
with 12 paper muffin cases.

Measure all the ingredients into a bowl and
beat well.

Distribute evenly among the paper cases.
Bake for 20-25 minutes until well risen and
cooked through.

Class 80: Mushroom & Onion Tart

Preheat oven to gas mark 4, electricity
170°C/350°F.
Line an 8"/20cm quiche or flan tin with
shortcrust pastry.

Filling:

8oz/220g mushrooms, chopped finely
1 medium onion, chopped finely
2 large eggs
½pt/400ml double cream
1oz/25g butter
freshly grated nutmeg
salt and pepper

Heat butter in saucepan and soften the
onion for about 5 minutes. Stir in chopped
mushrooms and cook gently, uncovered,
for about 30 minutes or until most of the
juice has evaporated, stirring quite often.
Using a draining spoon, transfer filling to
the pastry case.

Whisk eggs thoroughly, then whisk in
cream and season with salt, pepper and a
small grating of nutmeg.

Pour this mixture over the filling, transfer to
oven and bake for 35-40 minutes, or until
the centre is set and the filling golden and
puffy.

Class 81: Cheesy Corn Cakes

175g/6oz self-raising flour
1 tsp baking powder
2 eggs
125ml/4 fl oz milk
198g can sweetcorn, drained
100g/4oz mature cheddar, grated
2 tbsp chopped chives
2 tsp sunflower oil

Whisk flour, baking powder, eggs and milk
until smooth. Stir in the sweetcorn, cheese
and chives and season well.

Heat half the oil in a non-stick frying pan.
Add 6 spoonfuls of the mixture to the pan
and flatten out slightly with the back of the
spoon, keeping them separate.

Cook for about 1½ minutes over a medium
heat until golden. Turn and cook the other
side, then remove from the pan.

Class 82: Microwave Lemon Curd

4 lemons, rind and juice
175g/6oz castor sugar
4 medium eggs, beaten
110g/4oz unsalted butter, melted

*Start on full power but watch closely and
reduce to medium power if the mixture gets
too hot, as the eggs will scramble.*

Place all ingredients into a large bowl or
wide jug. Heat for 1 minute then whisk with
a balloon whisk.

Continue to heat in 1 minute bursts until the
mixture thickens, whisking well in between.
Reduce the heating to 30 seconds and
continue as before until the required
consistency is achieved.

*NB: Hot curd looks thinner than when cold
and chilled. This will keep in a refrigerator
for 3 weeks, and also freezes well.*

Recipe for Section H, Class 75: Honey Cider Cake

8oz mixed dried fruit	6oz butter or margarine
3oz soft brown sugar	8oz self-raising flour
3 eggs	2 full tablespoons of clear honey

4 tablespoons sweet cider

Grease and line a 20cm/8inch diameter round cake tin.

Soak the fruit in the cider for a few hours or overnight. Cream together the margarine and sugar, add the honey, beat again and then add the eggs, beating in a little flour with each one. Fold in the rest of the flour and add the fruit and cider. Put the mixture into the tin and bake in a moderate oven gas mark 4, 350°F/180°C for approx 1hour 10mins.

Recipe for Section K, Class 94: Flapjacks

200g/8oz porridge oats	75g/3oz golden syrup
100g/4oz margarine	75g/3oz granulated sugar

Grease a baking tin, approx. 28cm x 18cm

Melt the margarine, syrup and sugar gently in a large saucepan (do not let it boil). Mix well then stir in porridge oats.

Spread evenly in the greased tin and press down to give a flat surface.

Bake in moderate oven (Gas 4, Electricity 350°F/180°C/Fan 150°C) for 20-30 minutes, or in a fan oven for 15-20 minutes, until lightly golden. Mark into squares while still warm, then cut through and lift out when completely cold.

Recipe for Section L, Class 98: Chocolate Fudge

225g/8oz granulated sugar	100g/3½oz plain chocolate, grated
50g/2oz unsalted butter	395g/14oz can sweetened condensed milk
5ml/1tsp vanilla essence	

Grease a 20cm/8" square cake tin and line base and 2.5cm/1" up the sides with non-stick baking parchment

Put the sugar, condensed milk, butter and vanilla essence in a medium, heavy-based saucepan and heat gently until the sugar dissolves. Bring to the boil, stirring frequently, and boil for 6-8 minutes or until the mixture temperature registers 115°C/240°F on a sugar thermometer (i.e. the soft ball stage, when a teaspoonful of the mixture dropped into cold water can be rolled between the fingers into a soft ball). **Take care, this is a very hot mixture.**

Remove the pan from the heat, add the grated chocolate and beat until the mixture is smooth and glossy. Pour the fudge into the prepared tin, spreading it evenly, and leave for about 2 hours, or until completely set. Remove fudge from the tin, peel away the lining paper and cut into squares.

Fudge is prone to sticking to the pan during boiling. Stir frequently and lower the heat if necessary to prevent this.