

Class 102:**Apple, cinnamon and oat bars**

225g/8oz rolled porridge oats
 2 teaspoon ground cinnamon
 50g/2oz dessert apples, chopped roughly
 75g/3oz dark brown sugar
 75g/3oz unsalted butter
 175g/6oz golden syrup

Topping:

100g/4oz white chocolate, melted

Preheat the oven to 180°C/350°F/gas mark

4. Grease and line a 30cm x 20cm/12" x 8" brownie tin.

In a bowl, mix together the cinnamon and chopped apple. Add the oats. Place the brown sugar, butter and syrup in a small saucepan and melt slowly at medium heat, mixing, until the mixture is runny and the sugar has dissolved. Pour into the oat mixture and mix until no dry oats are visible. Spoon the mixture in to the prepared tin and press down with a spatula or back of a spoon, making sure the mixture is tightly packed. Bake for 20 minutes. Remove from the oven and with the spatula or back of the spoon, push in any bits of apple that have popped up, and pack the surface tight again. After cooling for a few minutes, cut 12 portions. Leave to cool completely in the tin.

Topping: drizzle the melted chocolate on top in swirly patterns. Leave to set and cut along the original lines.

Enter 3 squares for the Show

Recipes**Class 78:****Honey cake**

175g/6oz clear honey
 140g/5oz butter
 85g/3oz light muscovado sugar
 2 eggs, beaten
 200g/7oz self raising flour, sieved
 Water

Icing:

50g/2oz icing sugar
 1 tablespoon clear honey
 Hot water

Preheat the oven to 180°C/350°F/gas mark

3. Grease and base-line an 18cm/7" cake tin.

Measure the honey, butter and sugar into a large pan. Add a tablespoon of water and heat the mixture gently until melted.

Remove from the heat, mix in the eggs and flour and spoon the mixture into the cake tin. Bake for 40-45 minutes until the cake is springy to the touch and shrinking slightly from the sides of the tin.

Cool briefly in the tin before turning out on to a wire rack.

While the cake is still warm, make the icing by mixing the sugar and honey together with 2-3 teaspoons of hot water. Trickle over the cake in whatever design takes your fancy.

Class 80:**Chocolate sandwich cake**

175g/6oz margarine
 175g/6oz caster sugar
 3 large eggs
 175g/6oz self-raising flour
 1½ level teaspoons baking powder
 2 level tablespoons drinking chocolate
 1 tablespoon warm water

Filling:

125g/4oz icing sugar, sieved
 1½ oz margarine
 1 tablespoon milk

Topping:

125g/4oz plain chocolate
 ½ oz margarine
 Almonds/glacé cherries or similar to decorate (optional)

Preheat the oven to 170°C/325°F/gas mark

3. Grease and base-line two 20cm/8" round sandwich tins.

Sift the flour and baking powder into a large mixing bowl. Blend together the drinking chocolate and warm water and add to the flour and baking powder, together with the margarine, caster sugar and eggs. Using an electric whisk, mix to a smooth, creamy consistency for about 1-2 minutes, then divide the mixture between the two prepared tins. Level and bake in the middle of the oven for about 30 to 40 minutes. Turn out and cool on a wire rack.

Filling: in a small bowl beat together all the ingredients until smooth.

Topping: melt together the chocolate and margarine in a basin over hot water.

When the cakes are cool, sandwich together with the filling, and spread the chocolate topping over the top with a palette knife. Decorate as desired.

Class 81:
Boiled fruit cake

125g/4oz margarine
175g/6oz dark brown sugar
175g/6oz currants
175g/6oz sultanas or raisins
50g/2oz chopped peel (optional)
25g/1oz chopped glacé cherries
8 fl oz water or milk
1 level teaspoon bicarbonate of soda
1 level teaspoon mixed spice
2 eggs (beaten)
125g/4oz plain wholemeal flour
125g/4oz self-raising flour
Pinch of salt

Preheat the oven to 180°C/350°F/gas mark 4. Grease and base-line a 900g/2lb loaf tin.

Place margarine, sugar, currants, sultanas, peel and cherries, water, bicarbonate of soda and mixed spice in a saucepan, bring to the boil and simmer for just one minute. Allow to cool slightly before adding the eggs, flour and salt. Beat well and pour into the prepared tin.

Bake in the centre of the oven for 1¼ - 1½ hours.

Class 85:
Citrus meringue flan

Short-crust pastry
Filling:
2 medium-sized oranges 1 lemon
4 rounded tablespoons caster sugar
6 level tablespoons cornflour
4 standard egg yolks

Meringue:
4 standard egg whites
250g/8oz caster sugar
Granulated sugar

Preheat the oven to 160°C/300°F/gas mark 2. Line a quiche or flan tin with the short-crust pastry and pre-cook blind (approx. 20 minutes). NB: The filling is sufficient for a 25cm/10" flan tin so if a smaller-sized tin is used, there will be some filling left over.

Filling: scrub the oranges and lemon, grate the rinds and squeeze juice from each. Make the juice up to 1 pint with water. Place the caster sugar and cornflour in a small saucepan. Gradually blend in a little of the fruit juice and water, and mix until smooth. Stir in the remainder of the liquid, and add the grated orange and lemon rinds. Stir over a moderate heat until the sauce thickens and boils. Cook gently, stirring, for 2 minutes. Remove from the heat and beat in the egg yolks one at a time, then pour into the prepared flan case.

Meringue: whisk the egg whites in a clean, grease-free bowl, until stiff but not dry. Whisk in half the caster sugar and continue whisking again until stiff. Fold in the remaining caster sugar, cutting through the mixture with a metal spoon until all the sugar has been incorporated. Pile the meringue on to the filling in the flan case, spreading to the edges to seal completely, then sprinkle with granulated sugar. Cook in the centre of the oven for 20 to 25 minutes until the meringue is golden.

Class 86:
Leek and Stilton quiche

Short-crust pastry
Filling:
1 tablespoon olive oil
2 leeks, thinly sliced
2 celery sticks, thinly sliced
4 large eggs
450ml/15 fl oz double cream
150g/5oz Stilton cheese, coarsely grated
2 tablespoons chopped parsley
Salt and freshly ground black pepper

Preheat the oven to 180°C/350°F/gas mark 4. Line a quiche or flan tin with short-crust pastry and pre-cook blind (approx. 20 minutes). NB: The filling is sufficient for a 25cm/10" flan tin so if a smaller-sized tin is used, there will be some filling left over.

Filling: heat the oil in a wide-based frying pan, add the leeks and celery, and fry over a high heat for 2-3 minutes. Reduce the heat to low, cover and simmer for 20-25 minutes or until the vegetables are tender. Remove the lid, increase the heat and fry for another minute to drive off any excess liquid. Remove the pan from the heat. Beat the eggs and cream together in a jug and season with salt and pepper. Spoon the cooked leeks and celery into the pastry case, scatter with the cheese and parsley, and season with salt and pepper. Pour over the egg and cream mixture. Bake in the oven for about 35-40 minutes or until golden brown and just set on top.

Class 90:
Marrow chutney

450g/1 lb marrow (or overgrown courgette) chopped
450g/1 lb apples, peeled, cored and chopped
450g/1 lb onions, chopped
250g/8oz brown sugar
175g/6oz sultanas
½ pint wine vinegar (may need a little more)
½ oz turmeric

Place the chopped marrow, apples and onions in large pan with the sugar, sultanas and vinegar. Stir well and cook until soft. If the mixture becomes too dry add a little more vinegar. When everything is well-cooked and soft, add the turmeric and cook for a further 5 minutes.

Transfer to sterilised jars, cover and label.