

## Recipes

### Class 78

#### Honey muffins

125g/4oz self-raising flour  
1 teaspoon ground ginger  
½ teaspoon baking powder  
75g/3oz margarine  
6 tablespoons clear honey  
50g/2oz soft brown sugar  
1 egg, beaten  
2 tablespoons milk  
15g/½oz flaked almonds

Preheat the oven to 200°C/400°F, Gas 6. You will need a 12-hole muffin tin, lined with 9 paper muffin cases.

Sift the flour, ginger and baking powder into a bowl and rub in the margarine until the mixture resembles breadcrumbs. Add the honey, sugar, egg and milk, and beat well for about 2 minutes until the mixture is smooth and creamy. Distribute the mixture evenly among the muffin cases, sprinkle the almonds over the top, and bake for 20-25 minutes until the muffins are well risen and cooked through. Cool on a wire rack.

*Enter 5 for the Show*

### Class 80

#### Marmalade sandwich cake

250g/8oz self-raising flour  
1 teaspoon ground mixed spice  
175g/6oz butter or margarine  
175g/6oz soft brown sugar  
grated rind and juice of 1 orange  
3 eggs  
2 tablespoons thick marmalade  
75g/3oz mixed dried fruit  
2 tablespoons milk

#### Filling

75g/3oz butter or margarine  
175g/6oz sieved icing sugar  
grated rind of 1 orange  
3 dessertspoons milk

#### Topping

100g/4oz sieved icing sugar  
juice of the orange used for the filling (or scant 2 tablespoons orange juice)

Preheat the oven to 180°C/350°F/Gas 4. Line and grease 2 x 7"/18cm round sandwich tins.

Sift the flour and spice together and set aside. Cream the butter or margarine, sugar and orange rind together until light and fluffy. Beat in the eggs one at a time, adding a tablespoon of flour with the last two. Fold in the marmalade then fold in the remaining flour with the mixed fruit, orange juice and milk.

Turn into the prepared tins, and bake for 30 minutes until the cakes are golden brown and spring back when pressed with the fingers. Turn out the cakes on to a wire cooling rack, carefully removing the paper, and leave until completely cold.

**Filling:** Cream the butter or margarine, carefully adding the icing sugar, orange rind and milk, and mix until smooth. Use to sandwich the cakes together.

**Topping:** Mix the icing sugar with the orange juice and spread over the top of the cake.

### Class 82

#### Ginger and treacle spiced traybake

225g/8oz margarine, softened  
175g/6oz light muscovado sugar  
200g/7oz black treacle  
300g/10oz self-raising flour  
2 tsp baking powder  
1 tsp ground mixed spice  
1 tsp ground allspice  
4 free-range eggs  
4 tbsp milk  
3 pieces stem ginger from a jar, finely chopped

#### Topping

75g/2½oz icing sugar, sieved  
3 tbsp stem ginger syrup from the jar  
3 pieces stem ginger from a jar, chopped coarsely

Preheat the oven to 160°C/325°F/Gas 3. Cut a rectangle of non stick baking parchment to fit the base and sides of a 12 x 9 x 1½"/30 x 23 x 4cm/traybake tin or roasting tin. Grease the tin and then line with the paper, pushing it neatly into the corners of the tin.

Measure all the ingredients for the traybake into a large bowl and beat well for about two minutes until well blended. (Treacle can be difficult to weigh accurately as it tends to stick to the scale pan. Weighing the treacle on top of the sugar overcomes this problem.) Turn the mixture into the prepared tin, scraping the sides of the bowl with a plastic spatula to remove all the mixture. Level the top gently with the back of the spatula. Bake in the preheated oven for about 35-40 minutes, or until the traybake springs back when pressed lightly with a finger in the centre and is beginning to shrink away from the sides of the tin.

Allow the traybake to cool a little, then remove the cake from the tin by easing the paper away from the sides of the tin. Turn onto a cooling rack, remove the lining paper and leave to cool completely.

**Topping:** To make the icing, mix the icing sugar and syrup together in a small bowl until smooth and a spreading consistency. Pour the icing over the cake, spread gently to the edges with a small palette knife and sprinkle with the chopped stem ginger to decorate. Allow the icing to set before slicing the traybake into 15-20 portions.

*Enter 5 portions for the Show*

**Class 84**  
**Blueberry frangipane tart**

Approx. 400g/14oz shortcrust pastry

**Filling**

100g/4oz butter, at room temperature

100g/4oz caster sugar

2 eggs, lightly beaten

100g/4oz ground almonds

few drops of almond essence

Approx. 150g/5oz blueberries

2 tbsp flaked almonds

Sifted icing sugar, to decorate (optional)

Preheat the oven to 190°C/375°F/Gas 5

Line a 9"/23cm flan tin with the pastry, prick the base and chill for 15 minutes.

Line the tart case with greaseproof or non-stick baking paper and fill with

baking beans, or use dried macaroni.

Bake for 10 minutes. Carefully remove the paper and beans and cook the empty tart for 5-6 minutes until just beginning to brown around the edges.

Reduce the oven temperature to 180°C/350°F/Gas 4.

To make the filling, beat together the butter and sugar until light and fluffy, gradually beat in the eggs then stir in the ground almonds and almond essence. Pour mixture into the pastry case, spread evenly, then sprinkle with the blueberries and flaked almonds.

Bake for 20-25 minutes until golden, then leave to cool.

**Class 86**  
**Caramelised red onion and cheddar quiche**

Approx. 400g/14oz shortcrust pastry

**Filling**

2 tsp olive oil

1 large red onion, finely sliced

1 tbsp balsamic vinegar

2 tsp caster sugar

4 eggs

200ml crème fraîche

125g/4½oz mature cheddar cheese, grated

2 tsp mustard powder

Preheat the oven to 220°C/425°F/Gas 7.

Line a 9"/23cm flan tin with the pastry.

Chill for 15 minutes. Line the tin with greaseproof or non-stick baking paper and fill with baking beans, or use dried macaroni. Bake on a baking tray for 10-15 minutes. Remove the baking beans and paper and cook for a further 5-10 minutes until golden and dry.

Reduce the oven to 200°C/400°F/Gas 6.

Meanwhile heat the oil in a pan over a low heat, add the onion and a pinch of salt. Cover and cook gently for 20-25 minutes until soft, add the balsamic vinegar and sugar then cook for another 3-4 minutes until sticky; set aside.

In a large bowl beat the eggs then add the crème fraîche. Stir in the cheddar and mustard powder. Pour the mixture into the pastry case then scatter over the caramelised onion.

Bake for 30-35 minutes until set and browned on top. Cover the top with foil after 20 minutes if it is getting too dark.

**Class 87**  
**Cheesy corn cakes**

175g/6oz self-raising flour

1 teaspoon baking powder

2 eggs

125ml/4 fl oz milk

198g can sweetcorn, drained

100g/4oz mature cheddar, grated

2 tablespoons chopped chives

2 teaspoons sunflower oil

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

Heat half of the oil in a non-stick frying pan. Add six spoonfuls of the mixture to the pan and flatten each out slightly with the back of the spoon, keeping them separate. Fry for about 1½ minutes over a medium heat until golden. Turn and fry the other side, then remove from the pan.

*Enter 5 for the Show*

**Please take care to read the Schedule carefully**

**and only exhibit the number and/or size(s) given**

NB: some cookery items give a maximum diameter tin size, but you can enter a smaller size