

Recipes

Class 78 Honey cake

142g/5oz butter,
114g/4oz soft brown sugar
170g/6oz clear honey
2 eggs
200g/7oz self-raising flour
1 tablespoon water

Preheat oven to 180°C/350°F/ gas 4.
Grease and line an 18-20cm/7-8" round cake tin.

Place the butter, sugar, honey and water in a saucepan and heat until the butter has melted, stirring all the time.

When the butter has melted remove the pan from the heat and allow the contents to cool to blood temperature.

Gradually beat in the eggs. Add the sieved flour and mix until smooth (do not over mix).

Pour the mixture into the prepared cake tin and bake for 1 hour or until risen and firm to the touch.

Class 81 Orange and olive oil loaf cake

2 medium eggs at room temperature
125ml/4 fl oz mild, fruity, extra-virgin olive oil
Finely grated zest of 1 large orange
175ml/6 fl oz semi-skimmed or full-fat milk
200g/7oz caster sugar
200g/7oz plain or spelt flour
½ level teaspoon baking powder
½ level teaspoon bicarbonate of soda
1 tablespoon marmalade, warmed, to finish

Preheat the oven to 160°C/325°F/gas 3.
Grease and line the base and 2 short sides of a 900g/2lb loaf tin (about 26cm x 12.5cm x 7.5cm).

Break the eggs into a large mixing bowl, add oil, orange zest and milk and whisk until thoroughly combined. Whisk in the sugar. Sift flour, baking powder, bicarbonate of soda and a good pinch of salt into the bowl and mix well to make a smooth but runny batter-like mixture. Transfer the mixture to the prepared tin and spread evenly.

Bake in the centre of the oven for 55-60 minutes until risen and golden brown and a skewer inserted into the centre of the cake comes out clean.

Set the tin on a wire tray. Immediately brush the top of the cake with warmed marmalade. Run a knife around the cake to loosen it, then leave to cool completely before removing it from the tin.

Class 84 Viennese whirls

250g/9oz unsalted butter, really soft
60g/2½oz icing sugar, sifted
1 teaspoon vanilla paste or extract
225g/8oz plain flour, sifted
75g/3oz cornflour, sifted
A pinch of salt

Buttercream

125g/4½oz unsalted butter, really soft
½ teaspoon vanilla paste or extract
200g/7oz icing sugar, sifted
1 tablespoon milk

3-4 tablespoons jam

Preheat the oven to 190°C/375°F/gas 5.
Line 2 baking trays with baking parchment.

You will need a piping bag with a large star nozzle to pipe the mixture. It makes about 14 sandwiched whirls.

Cream together the butter, icing sugar and vanilla until very light and fluffy. Mix in the flour, cornflour and salt until combined. Spoon into the piping bag and pipe about 28 whirls onto the trays, then chill for 20 minutes. Remove the trays from the fridge and bake for 12-15 minutes until golden. Leave to cool on the trays then turn upside down.

To make the buttercream:

Cream the butter, vanilla and icing sugar until pale and fluffy, then mix in the milk. Spread half of the whirls with buttercream and half with jam, then sandwich together. Finish with a dusting of icing sugar.

Enter 5 for the Show.

Class 85 Canterbury tart

Line a 28cm x 4cm/11" x 1½" round flan tin with shortcrust pastry.
If you use a smaller tin you will have some filling left over (which you could use to make another smaller tart) it freezes well.

Filling

4 eggs
225g/8oz caster sugar
grated rind and juice of 2 lemons
100g/4oz butter, melted
2 large cooking apples, peeled, cored and quartered (about 350g/12oz prepared weight)
2 dessert apples, peeled, cored, quartered and thinly sliced
about 25g/1oz Demerara sugar

Preheat the oven to 200°C/400°F/gas 6.
Put a heavy baking tray into the oven to preheat.

In a large mixing bowl, beat the eggs, caster sugar, lemon rind and juice together. Stir in the warm melted butter then coarsely grate the cooking apples directly into the mixture and mix well. Have ready the thinly sliced dessert apples.

Remove the preheated baking tray from the oven and put the prepared flan tin on the tray. Transfer the runny lemon and apple mixture into the flan tin, level the surface, then arrange the dessert apple slices around the outside edge, neatly overlapping. Sprinkle with Demerara sugar.

Bake the tart for about 40-45 minutes or until the centre feels firm and the apple slices are golden brown.

Class 86
Coronation quiche

Line a 20cm/8" round flan tin with shortcrust pastry.

Filling

125ml/4 fl oz milk
175ml/6 fl oz double cream
2 medium eggs
1 tablespoon chopped fresh tarragon
Salt and pepper
100g/4oz grated cheddar cheese
180g/6oz cooked spinach, lightly chopped
60g/2oz cooked broad beans or soya beans

Preheat the oven to 190°C/375°F/gas 5.

Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes. Take out of the oven and remove the greaseproof paper and baking beans.

Reduce the oven to 160°C/325°F/gas 3.

Beat together the milk, cream, eggs, chopped tarragon and seasoning.

Scatter half the grated cheese over the blind-baked base, evenly spread the spinach and beans, then pour over the egg and tarragon mixture.

Sprinkle over the remaining cheese and bake for 20-25 minutes until set and golden.

Class 87
Mediterranean vegetable and cheese puffs

½ x 375g block of pre-rolled puff pastry
½ red pepper, deseeded and finely chopped
½ yellow pepper, deseeded and finely chopped
½ red onion, peeled and finely chopped
½ courgette, finely chopped
150g tube cheese spread

Preheat the oven to 220°C/425°F/gas 7.
Grease a baking tray.

Place the pastry onto a large chopping board and, using a sharp knife, divide the sheet into rectangular portions, roughly 6cm x 4cm/2½" x 1½".

Arrange the pastry portions on the baking tray leaving a 3cm gap between each to allow expansion.

Mix the chopped vegetables together. Spoon about 1 teaspoon of the mixture into the middle of each rectangle. Squeeze a line of cheese over the top.

Bake towards the top of the oven for 10-12 minutes or until the tarts are puffed up.

Enter 5 for the Show.

Class 106
Scrummy chocolate swirl shortbread biscuits

Shortbread 1

150g/5oz plain flour
½ teaspoon salt
50g/2oz caster sugar
125g/4½ oz butter

Shortbread 2

125g/4½ oz plain flour
25g/1oz cocoa powder
½ teaspoon salt
50g/2oz caster sugar
125g/4½ oz butter

Preheat oven to 150°C/300°F/ gas 2.
Line a large baking tray with baking parchment.

Enter 3 for the Show

Shortbread 1: sift together the flour, salt and sugar. Rub in the butter until the mixture combines. Knead lightly, then place the dough in the fridge for 30 minutes before rolling out

Shortbread 2: Repeat Shortbread 1, but add the cocoa with the flour.

To roll out, have the shortbreads a bit soft or they break up. On a lightly floured surface, roll both doughs to rectangles approx. 22cm wide, the white slightly larger than the brown. Place the plain shortbread on a sheet of greaseproof paper, place the chocolate shortbread on top of the plain. Carefully roll from the 22cm edge as tightly as possible to make a long sausage, using the greaseproof paper to support it.

Using a sharp knife slice the roll into 1cm slices and lay, well spaced, on the baking tray. Bake for 25 minutes or until the plain shortbread has darkened slightly

Please take care to read the Schedule carefully and only exhibit the number and/or size(s) given

Some cookery, and floral art, classes give maximum measurements, but you can enter a smaller size.