

# JUNIOR COOKERY

---

Enquiries: Sally Armstrong Ph: 0434 435 339

Entry Fee: Members: 40c Non Members 60c Prizes: 1st \$2 2nd \$1

- All exhibits to be made by exhibitor
- Entered on a paper plate and in a clear plastic bag
- Exhibits cards must be secured to each exhibit by exhibitor - no pins
- Prize money must be collected at the Secretary's office on show day

## PRIMARY SCHOOL STUDENTS – FOUNDATION TO GRADE 3

1. Plain Scones (3)
2. Drop Scones (3)
3. Decorated Marie Biscuits (3)
4. Hedgehog (3) Size 4cm x 7cm
5. Packet Cake (attach the label to plate)
6. Chocolate Cake iced (not mud cake)
7. Sweet Muffins (3)
8. Decorated Cake (1)
9. Edible Necklace (no pasta)
10. Healthy Lunch Box (no larger than 20cmx15cm)

## PRIMARY SCHOOL STUDENTS – GRADE 4 TO GRADE 6

11. Plain Scones (3)
12. Drop Scones (3)
13. Decorated Marie Biscuits (3)
14. Hedgehog (3) Size 4cm x 7cm
15. Packet Cake (attach the label to plate)
16. Chocolate Cake iced (not mud cake)
17. Sweet Muffins (3)
18. Decorated Cake (1)
19. Edible Necklace (no pasta)
20. Healthy Lunch Box (no larger than 20cmx15cm)

## SECONDARY SCHOOL STUDENTS – CLASSES 21 TO 31

21. Plain Scones (3)
22. Drop Scones (3)
23. Hedgehog (3) 4cm x 7cm
24. Uncooked Slice (3) 4cm x7cm
25. Cooked Slice (3) 4cm x 7cm
26. Packet Cake (attach the label to plate)
27. Chocolate Cake Iced (not mud cake)
28. Unfilled Sponge (plain and uniced)
29. Yo-Yo's (3)
30. Anzac Biscuits (3)
31. Decorated Cake (1)
32. Healthy Lunch Box 20cm x 15cm

# VAS BOILED FRUIT CAKE (JUNIOR) COMPETITION

## Rules and Regulations

1. The entrant must follow the recipe and specifications provided below.
2. The entrant must be under 18 years on the day of their local Show.
3. Each cake entered must be the bona fide work of the exhibitor.
4. Professionals are not eligible, which is defined as someone that works professionally or derives the greater percentage of their income in that craft, art form or technique.
5. The Junior Boiled Fruit Cake competition follows the three levels of competition: Show Level, Group Level and State Level.
6. An exhibitor having won at their Local Show will bake another cake for the 2023 Group Final and then the winner of the Group Final will bake another cake for the State Final at the 2023 Royal Melbourne Show.
7. An exhibitor having won at Show Level is not eligible to enter any other Show until after the Group Final judging.
8. An exhibitor is only eligible to represent one Group in the State Final.
9. If for any reason a winner is unable to compete at Group or State Final Level, then the second placegetter is eligible to compete

Local Show Level: First Prize \$10.00

State Final Prizes First Prize \$200.00 & VAS State Final Trophy  
Second Prize \$100.00  
Third Prize \$50

## Recipe

### Ingredients:

375 g Mixed Fruit

1 cup Plain Flour

1 cup Self-Raising Flour

125g Butter

$\frac{3}{4}$  cup Brown Sugar

2 Eggs lightly beaten

$\frac{1}{2}$  cup Sherry

$\frac{1}{2}$  cup Water

2 tablespoons Marmalade

1 teaspoon Mixed Spice

$\frac{1}{2}$  teaspoon Bicarbonate of Soda

$\frac{1}{4}$  teaspoon Salt

### Method:

Place the mixed fruit, sugar, spice, water and butter in a large saucepan and bring to the boil. Simmer gently for 3 minutes, then remove from stove add bicarbonate soda and allow to cool. Add the sherry, eggs and marmalade, mixing well. Fold in the sifted dry ingredients then place in a greased and lined 20cm round cake tin. Bake in a moderately slow oven for 1.5 hours, or until cooked when tested.

# VAS CARROT AND DATE MUFFINS COMPETITION (JUNIOR)

## Recipe

### Ingredients:

- 2 1/2 Cups Self-Rising Flour
- 1 Cup Brown Sugar (firmly packed)
- 1 Cup Coarsely Grated Carrot
- 1 Cup Reduced Fat Milk
- 1 Cup Canola Oil
- 3/4 Cup Orange Juice
- 1/3 Cup Pitted Dates
- 2 Eggs, lightly beaten
- 1 tablespoon Orange Marmalade
- 1 teaspoon Ground Cinnamon
- 1/4 teaspoon Ground Nutmeg
- Icing Sugar for dusting

### Method:

1. Heat oven to 190oC (moderately hot).
2. Line and spray 12 hole muffin pan with large paper cases.  
Classic White Muffin Cases Size (35mm height x 90mm wide x 50mm base).
3. Sift dry ingredients into a large bowl; stir in dates and carrots. Then add the combined marmalade, oil, eggs, juice and milk. Mix until just combined.
4. Spoon mixture evenly into prepared pan holes.
5. Cook for 20 minutes, (to test muffins are cooked inserted cake skewer. If it comes out clean the muffins are ready).
6. Stand muffins in pan for 5 minutes then turn out onto a wire rack to cool.
7. Show entries: 4 muffins per plate.