

# Section J: COOKERY

Stewards: Mrs J. Wandel ([ajh0429098526](mailto:ajh0429098526)), Mrs E. Broeckelmann, Mrs G. Goodall  
and Mr A Wandel.

Entries close on Wednesday, October 18th, 2023, at 6 pm

ALL EXHIBITS TO BE HANDED TO STEWARDS BY 9.15 am SHARP ON SHOW DAY  
WITH EXHIBIT TICKETS FIRMLY ATTACHED TO BOARD OR PLATE AND NOT  
REMOVED BEFORE 4PM.

Points awarded to 1st and 2nd prize winners;  
a third prize ticket will be awarded if more than 6 entries.

Rules for Sections J and J-1: No cooking on Show day. No bought mixes to be used. Avoid wire cooler marks on cakes. If exhibiting two or more entries in one class they must be from separate bakings. Clear plastic bags must be used and of suitable size for each exhibit (no gladwrap or freezer bags). All exhibits to be on suitable board or plate. No paper plates allowed. The Open Cookery sections are for non-professional and non-income earning cooks. Any exhibit remaining at 6pm will be disposed of by the convenor unless other arrangements have been made

*Class 6 will be publicly judged at approximately 12:30pm and Class 25 will be publicly judged at 2 pm.*

**"Waiver - MUST BE SIGNED BY ALL EXHIBITORS FOR COOKERY SECTIONS**

**By placing an entry in the Cookery Section, the exhibitor agrees to assume any risk associated with participating in the event and releases The Coonalpyn Show and its volunteers from any and all claims of damage, contamination or degradation of the exhibit that may arise during the Show. The exhibitor agrees that though care will be taken with the exhibits, as no refrigeration or commercial food preparation facilities are available, no guarantee will be made on the suitability of the exhibit being consumed after the Show and that the exhibits should be disposed of by whatever means the exhibitor sees fit. "**

1. Loaf of white bread made in a breadmaker
2. Loaf of bread made in a breadmaker AOV
3. Foccacia, any type, maximum size 30 cm – sponsored by Foodworks Tintinara
4. Genoa cake (no icing, maximum size 22cm)
5. Dark Fruit Cake (maximum size 22cm) – sponsored by Michael Camac
6. Sultana Cake (topped with almonds, maximum size 22cm) – sponsored by Michael Rabbitt
7. Boiled Fruit Cake
8. Fruit/Nut Loaf (baked in a roll tin NOT loaf tin)
9. Pumpkin Fruit Cake
10. Jubilee Cake
11. Cake cooked in a Bundt tin, any variety- sponsored by A & J Wandel
12. Carrot Cake, iced (not decorated)
13. Banana cake, iced – sponsored by W & E Broeckelmann
14. Mint and Lemon Drizzle Cake (Woman's Weekly set recipe) Recipe next page.  
Sponsored by J Vandeleur

15. Cake or baked item featuring Native Food, can be iced (state Native Food ingredient)- sponsored by Creative Native
16. Cake or baked item featuring an ancient grain, can be iced (state ancient grain ingredient)- sponsored by Michael Camac
17. Tea Cake, cinnamon top
18. Chocolate Cake, iced- sponsored by Foodworks Tintinara
19. Orange and Olive Oil Cake, recipe next page. Sponsored by Longridge Olives
20. Gluten Free Cake, can be iced
21. Cake suitable for a diabetic (include list of ingredients)
22. Sponge, jam filled
23. Ribbon Cake, iced- sponsored by J & M Webb
24. South Australian Politician's Challenge 1– Carrot Cake (set recipe)- open to all State or Federal Members of Parliament and Coorong District Councillors- novelty trophy with guest judges.
25. South Australian Politician's Challenge 2– Vanilla Butter Cake (own recipe)- open to all State or Federal Members of Parliament and Coorong District Councillors- novelty trophy with guest judges.

Trophy/Prize money donations gratefully acknowledged: Tintinara Foodworks class 3 & 18; Michael Camac class 5 & 16; M Rabbitt class 6; A. & J. Wandel, classes 11,24 and 25; W. & E. Broeckelmann, class 13; J. Vandeleur, class 14; Creative Native class 15; Longridge Olives class 19; J & M Webb, class 23; Mrs H. Keller most points in J & J-1; Webb Haulage, most exhibits in J & J-1 and Best Cut Cake. C Johnson, encouragement award in J & J-1.

SCSA - a trophy will be awarded to the exhibitor who gains the most aggregate points by exhibiting in at least two of the Shows affiliated with this Association.

#### **Mint and Lemon Drizzle Cake**

Cake: 200g butter, 250g caster sugar, 10g fresh mint leaves, finely grated zest of 2 lemons, 3 eggs, 270g plain flour, 1 ½ tsp baking powder, 2 tbl milk. Syrup: 50g caster sugar, juice of 2 lemons, 3 fresh mint leaves.

Preheat oven to 180° and line a 13x23cm loaf tin. Place sugar and mint into a food processor and blitz until mint is finely chopped. Cream butter, minty sugar and lemon zest until light and fluffy. Add eggs and beat well. Add the sifted flour and baking powder. Stir in the milk. Pour into prepared tin and smooth the top. Bake for 50-60 minutes.

Meanwhile make the syrup. Combine sugar and lemon juice in a small pan with the mint. Heat until the sugar dissolves. Simmer for 1 minute. Slowly spoon the syrup over the top of the cake when out of the oven allowing it to soak in.

When cold ice with a frosting made of 70g icing sugar and 2-3 tbl lemon juice.

#### **Orange and Olive Oil Cake**

3 eggs, 165g caster sugar, grated zest of 1 orange, 125ml extra virgin olive oil, 190g SR flour, 125ml orange juice.

Preheat oven to 180° and line a 20cm round tin. Place eggs and sugar in a bowl and beat until thick and pale. Stir in orange zest and olive oil, then fold in the SR flour with a spoon. Stir in the orange juice. Bake 40 minutes and cool 5 minutes before turning out of the tin. Dust with icing sugar

