
SECTION I - COOKERY

MAJOR SPONSOR: Nathalia Nightwatch CWA

HEAD STEWARDESS: Kerry-Anne Rappell **STEWARDESS:** Andrea Main & Carolyn Dernen

ENTRY: \$1.00 **PRIZES:** 1st \$2.00 and 2nd \$1.00 (unless otherwise stated)

-No cake mixes permitted.

-Ribbon and prize to most successful exhibitors in Senior and Junior classes (donated by **Nathalia Nightwatch CWA branch**)

OPEN CLASSES

1. Orange cake (iced, loaf tin)
2. Banana bread (uniced, loaf tin)
3. Marble cake – three colours (uniced, 20cm round tin)
4. Plain cake (uniced, 20cm round tin)
5. Chocolate cake (uniced, 20cm round tin)
6. Plain Scones (6)
7. Fruit Scones (6) - flavour on back of card
8. Savoury Scones (6) - flavour on back of card
9. Brownies (4)
10. Yo-Yo's (4)
11. Lamingtons – (4) 5 cm squares
12. Cooked slices – (2) 3 varieties - 3cm x 5cm
13. Uncooked slices – (2) 3 varieties - 3cm x 5cm
14. Boiled fruit cake
15. GF Chocolate cake (iced, 20cm round tin)

SPECIAL SECTIONS:

16. Judge's challenge - "Betty Lucas Memorial Sponge". To recipe provided below. 1st \$10, 2nd \$5- Donated by the **Hutchins Family**
17. Breakfast tray for two: 1st \$5, 2nd Voucher
18. Apple pie (family size): 1st \$5, 2nd Voucher
19. Loaf of bread (variety on back of card): 1st \$5, 2nd Voucher
20. Decorated cake (fruit or mud): 1st \$20, 2nd \$10 - sponsored by Nathalia Nightwatch CWA
21. Ladies and Men's Guilds and Clubs: 6 x plain scones, 1x boiled fruit cake, 6 pieces of shortbread: 1st \$10, 2nd \$5
22. Men's only scones—show us your man-sized scones! 1st \$5, 2nd voucher.

*** 7 ITEMS FROM APPLES IS IN THE FARM AND GARDEN SECTION**

Betty Lucas Memorial Sponge recipe (for class 16)

Ingredients: 4 eggs, separated, 3/4 cup caster sugar, 3/4 cup cornflour, 1 heaped Tblsp custard power, 1 tsp cream of tartar, 1/2 teaspoon bicarbonate of soda, Copha for greasing.

Method: Preheat oven to 200°F/180°F fan forced. Grease two sponge tins.

NB: The Judges at the Nathalia Show told Betty to never use butter to grease your tins because of the salt, so she makes sure to always grease her sponge tins thoroughly with melted copho. Using mix master or electric mixer beat egg white until stiff peaks form. Add sugar in two stages and beat for further 3-4 minutes. Add egg yolks and beat until combined. In a separate bowl sift dry ingredients several times. Gently fold dry ingredients into mixture until combined. Divide mixture into two sponge tins and bake for 20mins. Remove sponges immediately from their tins, to prevent sticking. Place on tea towels (on wire racks) to cool, then turn over.

SECTION I COOKERY cont.

JUNIOR CLASSES

13 YEARS AND UNDER 17 YEARS

23. Chocolate cake (uniced, 20 cm round tin)
24. Brownies (4)
25. Patty cakes (6)
26. Plain scones (6)
27. GF ANZAC Biscuits (4)

SPECIAL:

28. Decorated cake - open to all Nathalia and District school age children. 1st \$10, 2nd \$5

UNDER 13 YEARS:

29. Honey Joys (4)
30. Patty Cakes (6)
31. Plain Scones (6)
32. GF ANZAC biscuits (4)

SPECIAL

33. Decorated cupcakes– (4) Ribbon to 1st & 2nd

UNDER 5 YEARS: Every entrant will receive a ribbon.

34. Decorated biscuits (4)
35. Rum balls – (6, no rum)

VAS LTD COOKERY SECTIONS

Additional rules: All VAS LTD sections are to be made to the recipe & additional regulations provided.

Winners go onto the regional finals in early 2024, and if successful, Royal Melbourne in Sept 2024. Regional secretary will post invitations to winners. If you have not received your invitation by mid March, please contact Nathalia secretary.

SENIOR

36. VAS Ltd Rich Fruit cake
37. VAS Ltd Carrot cake

JUNIOR (Open to junior bakers aged under 18 on day of local show)

38. VAS Ltd Junior Boiled Fruit cake
39. VAS Ltd Carrot & Date muffins

VAS LTD Recipes and regulations for ALL VAS cooking sections:

1. The entrant must follow the recipe and specifications provided below.
2. For junior sections, 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 Rich Fruit cake, Junior boiled fruit cake, carrot cake and junior carrot and date muffins competitions 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 entry for the 2024 Group Final and then the winner of the Group Final will bake another entry for the State Final at the 2024 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.
10. The State Final prizes are:
 - First: \$200.00 Prize money & VAS State Final Trophy
 - Second: \$100.00 Prize money
 - Third: \$50.00 Prize money

VAS Ltd Rich Fruit Cake - Open to all fruit cake enthusiasts

Ingredients – Preferred 100% Australian Grown Produce

250g sultanas	1/2 teaspoon ground ginger
250g chopped raisins	1/2 teaspoon ground cloves
250g currants	250g butter
125g chopped mixed peel	250g soft brown sugar
90g chopped red glace cherries	1/2 teaspoon lemon essence OR
90g chopped blanched almonds	finely grated lemon rind
1/3 cup sherry or brandy	1/2 teaspoon almond essence
250g plain flour	1/2 teaspoon vanilla essence
60g self-raising flour	4 large eggs
1/4 teaspoon grated nutmeg	

Method

-Cut the fruit & almonds into 3-4 pieces and mix together all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least 1 hour, but preferably overnight.

-Sift together the flours and spices. Cream together the butter and sugar with the essences. Add the eggs one at a time, beating well after each addition, and then alternately add the fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon.

-Place the mixture into a prepared tin 20 cm square, straight sided, square cornered tin and bake in a slow oven for approximately 3½ - 4 hours. Allow the cake to cool in the tin.

VAS Ltd Junior Boiled Fruit Cake

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.

Ingredients - Preferred 100% Australian Grown Produce

375g mixed fruit	1/2 cup sherry
3/4 cup brown sugar	2 eggs, lightly beaten
1 teaspoon mixed spice	2 tablespoons marmalade
1/2 cup water	1 cup self-raising flour
125g butter	1 cup plain flour
1/2 teaspoon bicarbonate soda	1/4 teaspoon salt

**NATHALIA & DISTRICT
LIONS CLUB
Proudly supports the
127th NATHALIA SPRING SHOW**

VAS LTD CARROT CAKE

Proudly Sponsored by Rocky Lamattina & Sons

Ingredients

375g plain flour	345g castor sugar
2tsp baking powder	375ml vegetable oil
1 1/2 tsp bicarb soda	4 eggs
2tsp ground cinnamon	3 medium carrots, grated (350 grams)
1/2 tsp ground nutmeg	220g tin crushed pineapple, drained
1/2 tsp allspice	180g pecan nuts coarsely crushed
2tsp salt	

Method

1. Preheat the oven to 180C (160C fan), Grease a 23cm (9 inch) round cake tin and line with baking paper.
2. Sift the dry ingredients together into a bowl. In a separate bowl, beat the eggs and oil, then add to the dry ingredients. Mix well then add the carrots, crushed pineapple and pecans. Mix to form a smooth batter and pour into the cake tin.
3. Bake for approximately 90 - 100 minutes.
4. Remove from the oven and allow to cool for 10 minutes in the tin on a wire rack. Upend and allow to cool on the wire rack.

VAS LTD Junior Carrot and Date Muffins

Proudly Sponsored by Rocky Lamattina & Sons

Method

1. Pre-heat oven to 190C (moderately hot).
2. Line a 12-hole muffin pan with round paper muffin 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 muffin paper cases in muffin pan.
5. Cook for 20 minutes. To test if muffins are cooked insert cake skewer, if it comes out clean the muffins are ready.
6. Stand muffins in pan for 5 minutes before removing to cool.
7. Show Entries: Four (4) muffins per paper plate.

Ingredients

- 2 1/2 cups self-raising flour
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 cup brown sugar (firmly packed)
- 1/3 cup chopped pitted dates
- 1 cup coarsely grated carrot
- 1 tbsp orange marmalade
- 1 cup canola oil
- 2 eggs, lightly beaten
- 3/4 cup orange juice
- 1 cup reduced fat milk



**Nathalia Nightwatch CWA meets the 2nd
Wednesday of the month.**

Contact nathalianwcwa@outlook.com for
more information.

**“We aim to improve the conditions for
women and children and make life better
for families, especially those living in rural
and remote
Australia.”**

