**\* No cake mixes permitted.**

**SECTION I - COOKERY**

**MAJOR SPONSOR: Nathalia Nightwatch CWA**

**SPONSORS: Brereton’s Bakery, Nathalia;**

**HEAD STEWARDESS:** Kerry-Anne Rappell

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

**OPEN CLASSES**

**Ribbon and Trophy to most successful exhibitor classes 1– 18 (donated by Suzanne Hayes)**

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. Rich fruit cake - to recipe page 13

15. Boiled fruit cake

GLUTEN FREE

16. GF Shortbread – in a round, 8 scores

17. GF Chocolate Cake (uniced, 20cm round tin)

18. GF Anzac biscuits (4)

**SPECIAL SECTION**

19. **Judges challenge (**to recipe page this page ):- “Betty Lucas Memorial’ Sponge” 1st $10, 2nd $5- Donated by the Hutchins Family

20. Breakfast tray for two: 1st $5, 2nd Voucher

21. Apple pie (not in pie dish): 1st $5, 2nd Voucher

22. Loaf of bread (bread maker): 1st $5, 2nd Voucher

23. Decorated Cake (fruit or mud): 1st $20, 2nd $10 - sponsored by Nathalia Nightwatch CWA

24. Ladies and Men's Guilds and Clubs:

1 x sponge (unfilled), 6 x Yo-Yo’s, 1x boiled fruit cake: 1st $10, 2nd $5 Voucher

25. Men’s only scones—show us your man sized scones!

***\* 7 ITEMS FROM LEMONS IS IN THE FARM AND GARDEN SECTION PAGE 14***

**Auntie Bett’s Sponge :**

Ingredients: 4 eggs, separated, ¾ cup caster sugar, ¾ cup cornflour,1 heaped Tblsp custard power,1 tsp cream of tartar, ½ 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 copha.

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 to cool (wire rack can be used if it is being iced otherwise it will leave marks). After a few minutes turn over.

**SECTION I**

**COOKERY**

**JUNIOR CLASSES**

**13 YEARS AND UNDER 17 YEARS**

**Trophy and ribbon to the most successful exhibitor in classes 25 - 32 (donated by the Family of the late Mrs V Lucas)**

26. Chocolate Cake (uniced, 20 cm round tin)

27. Anzac Biscuits (4)

28. Brownies (4)

29. Patty cakes (6)

30. Plain scones (6)

GLUTEN FREE

31. GF Shortbread - in a round, 8 scores

32. GF Anzac Biscuits (4)

33. GF Chocolate Cake (uniced, 20 cm round tin)

**SPECIAL**

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

**UNDER 13 YEARS:**

**Trophy and Ribbon for most successful exhibitor classes 34 - 42 (donated by Mrs Jenny Hayes)**

35. Honey Joys (4)

36. Patty Cakes (6)

37. Rum balls (6, no rum)

38. Plain Scones (6)

39. Chocolate Cake (uniced, 20 cm round tin)

40. Brownies (4)

GLUTEN FREE

41. GF Shortbread - in a round, 8 scores

42. GF Chocolate Cake (uniced, 20 cm round tin)

43. GF Anzac Biscuits (4)

**SPECIAL**

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

**UNDER 5 YEARS:**

**Every entrant will receive a Ribbon**

45. Decorated biscuits (4)

46. Rum balls – (6, no rum)

**VAS LTD COOKERY SECTION**

SENIORS

47. VASltd Rich Fruit Cake – as per recipe on page 9 – all winners to onto Regional finals and if successful, Royal Melbourne in Sept 2023

48. VASltd Carrot Cake – as per recipe on page 9 -– all winners to onto Regional finals and if successful Annual Convention in 2023

JUNIORS

49. VAS ltd Junior Boiled Fruit Cake - all winners to onto Regional finals and if successful, Royal Melbourne in Sept 2023

50. VAS ltd Carrot & Date Muffins - all winners to onto Regional finals and if successful, Annual Convention in 2023



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

Australia.”

**VAS LTD**

**Rich Fruit Cake - Open to all fruit cake enthusiasts**

Rules and Regulations

1. The entrant must follow the recipe and specifications provided below.

2. Each cake entered must be the bona fide work of the exhibitor.

3. 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.

4. The Rich Fruit Cake competition follows the three levels of competition: Show Level, Group

Level and State Level.

5. 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.

6. An exhibitor having won at Show Level is not eligible to enter any other Show until after the

Group Final judging.

7. An exhibitor is only eligible to represent one Group in the State Final.

8. If for any reason a winner is unable to compete at Group or State Final Level, then the second

placegetter is eligible to compete.

9. The State Final prizes are:

First: $200.00 Prizemoney & VAS State Final Trophy

Second: $100.00 Prizemoney

Third: $50.00 Prizemoney

Recipe & Method

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.

Ingredients – Preferred 100% Australian Grown Produce

 250g sultanas

 250g chopped raisins

 250g currants

 125g chopped mixed peel

 90g chopped red glace cherries

 90g chopped blanched almonds

 1/3 cup sherry or brandy

 250g plain flour

 60g self-raising flour

 1/4 teaspoon grated nutmeg

 1/2 teaspoon ground ginger

 1/2 teaspoon ground cloves

 250g butter

 250g soft brown sugar

 1/2 teaspoon lemon essence OR

finely grated lemon rind

 1/2 teaspoon almond essence

 1/2 teaspoon vanilla essence

 4 large eggs

**VAS Ltd Junior Boiled Fruit Cake**

Open to junior cake bakers under 18 years on the day of their Local

Show

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.

10. The State Final prizes are:

First: $200.00 Prizemoney & VAS State Final Trophy

Second: $100.00 Prizemoney

Third: $50.00

Recipe & Method

Ingredients - Preferred 100% Australian Grown Produce

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

 ¾ cup brown sugar

 1 teaspoon mixed spice

 ½ cup water

 125g butter

 ½ teaspoon bicarbonate soda

 ½ cup sherry

 2 eggs, lightly beaten

 2 tablespoons marmalade

 1 cup self-raising flour

 1 cup plain flour

 ¼ teaspoon salt

First: $200.00 Prizemoney & VAS State Final Trophy

Second: $100.00 Prizemoney

Third: $50.00 Prizemoney

NATHALIA & DISTRICT

LIONS CLUB

Proudly supports the

126th NATHALIA SPRING SHOW

**VAS LTD CARROT CAKE**

Proudly Sponsored by Rocky Lamattina & Sons

Open to all carrot cake enthusiasts

Rules and Regulations

1. The entrant must follow the recipe and specifications provided below.

2. Each cake entered must be the bona fide work of the exhibitor.

3. 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.

4. The carrot cake competition follows the three levels of competition: Show Level, Group Level

and State Level.

5. 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 2023 State Final at the

Annual VAS Ltd Convention.

6. An exhibitor having won at Show Level is not eligible to enter any other Show until after the

Group Final judging.

7. An exhibitor is only eligible to represent one Group in the State Final.

8. If for any reason a winner is unable to compete at Group or State Final Level, then the second

placegetter is eligible to compete.

9. The State Final prizes are:

First: $250.00 Prizemoney & VAS State Final Trophy

Second: $100.00 Prizemoney

Third: $50.00 Prizemoney

Recipe & 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.

Ingredients

 375g plain flour

 2tsp baking powder

 1 ½ tsp bicarb soda

 2tsp ground cinnamon

 ½ tsp ground nutmeg

 ½ tsp allspice

 2tsp salt

 345g castor sugar

 375ml vegetable oil

 4 eggs

 3 medium carrots, grated (350 grams)

 220g tin crushed pineapple, drained

 180g pecan nuts coarsely crushed

First: $250.00 Prizemoney & VAS State Final Trophy

Second: $100.00 Prizemoney

**VAS LTD Junior Carrot and Date Muffins**

Proudly Sponsored by Rocky Lamattina & Sons

Open to junior cake bakers under 18 years on the

day of their Local Show

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 Carrot & Date Muffins 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 set of muffins for the 2023

Group Final and then the winner of the Group Final will bake another set of muffins for the

2023 State Final at Annual VAS Ltd Convention.

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: $250.00 Prizemoney & VAS State Final Trophy

Second: $100.00 Prizemoney

Third: $50.00 Prizemoney

Recipe & 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 ½ cups self-raising flour

 1 tsp ground cinnamon

 ¼ 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

 ¾ cup orange juice

 1 cup reduced fat milk