



2018 AUTUMN SHOW RECIPES

Version 1 (May).

NOTE – YOU ARE REQUIRED TO USE THE STATED
BAKING TIN SIZE FOR JUDGING.

BAKEWELL TART

Class 246

Ingredients:

Sugar Pastry:

Plain flour	200g.
Butter or (hard margarine)*	125g
Icing sugar	50g.
Eggs	1

Filling:

Raspberry Jam	2-3 tablespoons
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Frangipane:

Plain flour	50g.
Ground almonds	75g.
Butter	125g.
Caster sugar	125g.
Eggs	2.
Almond essence (optional)	½ teaspoon
23cm (9") flan tin	

*If using hard margarine the flavour can be improved by adding a few drops of vanilla essence.

Method:

1. Preheat oven gas 5 / 190 C.
2. Grease and line tin.
3. Rub fat into flour until mixture resembles breadcrumbs.
4. Beat egg and sugar together then add and form light dough.
5. Wrap dough in cling film and rest in a cool place for 5 mins, then use to line the flan tin. Reserve pastry scraps.
6. Spread the raspberry jam evenly on the pastry base.
7. For the frangipane, cream the butter and sugar until very light and fluffy.
8. Beat eggs and beat them in gradually, adding the essence if using.
9. Fold in the flour and ground almonds
10. Spread or pipe this mixture evenly over the jam.
11. Roll out pastry trimmings and cut out strips and place these over the frangipane in a lattice fashion.
12. Bake for 40-45 minutes or until a skewer inserted into the centre comes out clean.

Ingredients:

Butter or margarine	240g.
Dark muscovado sugar	240g.
Black treacle	240g.
Plain flour	360g.
Eggs medium, beaten	2.
Ground ginger	1 tablespoon/15ml.
Ground cinnamon	2 teaspoons/ 10ml.
Salt	a pinch.
Bicarbonate of soda	1 teaspoon/5ml.
Warm milk	½ pint/285 ml.
20.5cm (8") square tin	

Method:

1. Preheat over gas 1 / 140 C.
2. Grease and line baking tin.
3. Melt together slowly the treacle, sugar, and butter, stirring all the time.
4. Remove from heat and stir in beaten eggs.
5. Sieve flour, salt, cinnamon, and ginger. Stir in melted mixture.
6. Sieve bicarbonate of soda into a bowl. Add warm milk.
7. Add treacle mixture. Stir into mixture and mix well and pour in the tin.
8. Bake for 1-1½ hours.

After one hour, it may be necessary to cover the surface of the cake with greaseproof paper, to prevent over-baking.

9. Allow gingerbread to cool before removing from the tin and greaseproof paper.
10. Store in airtight tin or wrapped in foil. This cake keeps well.

Ingredients:

Short crust pastry, flour quantity	240g
Minced raw beef	180g.
Potato cut into fine slices	180g
Small onion chopped	1
Water	2 tablespoons/30ml.
Salt and pepper.	
Beaten egg, to glaze.	
Baking sheet	

Method:

1. Preheat oven gas 6 / 200 C.
 2. Make pastry by short crust pastry method.
 3. Mix all filling ingredients and seasoning together.
 4. Roll out pastry, and divide into 4 round shapes.
 5. Spoon filling into centre of each circle, dampen edges and bring sides up and over filling.
 6. Seal edges well and crimp decoratively.
 7. Egg wash and chill for 5-10 mins.
 8. Egg wash again and bake Gas mark 6/200°C for 10 mins.
 9. Reduce temperature to Gas mark 4/160°C and bake for a further 45-60 mins.
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Ingredients

180g	Self Raising Flour*
Pinch of salt	
120g	butter
120g	soft brown light sugar
1	level teaspoon of mixed spice
2	eggs
180g	mixed dried fruit
30g	chopped candied peel
3	tablespoons of milk
18cm (7")	round cake tin

* Please use a good quality self raising flour such as "McDougalls"

Method

1. Preheat oven gas 4 / 180 C.
 2. Put oven on to heat.
 3. Grease and line cake tin with greaseproof paper
 4. Sieve flour, salt and mixed spice and put aside on a plate
 5. Cream butter and sugar
 6. Add eggs one at a time, beating well, adding a little of the flour if necessary to stop curdling.
 7. Add everything else and stir in gently
 8. Put into tin, hollowing the centre of the mixture.
 9. Put in oven for 45 minutes on 180C/gas 4, and then lower to 160C/gas 3 for a further 30 minutes. Check if cooked before removing, should take no longer than 1 ½ hours.
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How to bake a First World War trench cake

The official recipe released by the government so the public can bake the traditional cake sent to soldiers in the trenches during the First World War



Trench cake includes no eggs and has more familiar cake ingredients replaced with vinegar, milk and margarine Photo: Department for Culture, Media and Sport

During the First World War people in Britain would bake and post a fruit cake to loved ones on the front line. Some traditional cake ingredients were hard to come by.

There are no eggs in this recipe and vinegar was used to react with the baking soda to help the cake rise.

Ingredients

½ lb flour
4 oz margarine
1 teaspoon vinegar
¼ pint of milk
3 oz brown sugar
3 oz cleaned currants
2 teaspoons cocoa
½ teaspoon baking soda
½ teaspoon nutmeg
½ teaspoon ground ginger
1 tablespoon grated lemon rind

Method

Grease a cake tin. Rub margarine into the flour in a basin. Add the dry ingredients. Mix well. Add the soda dissolved in vinegar and milk. Beat well. Turn into the tin. Bake in a moderate oven (gas mark 4, or 180 °C) for about two hours

VICTORIA SANDWICH CAKE**Class 251**Ingredients

Butter	180g
Caster sugar	180g
Eggs beaten	3
Self raising flour*	180g
Raspberry jam	
Icing sugar for dredging	
Vanilla essence	1 teaspoon/5ml
2 x 20.5cm (8") sandwich tins	

* Please use a good quality self raising flour such as "McDougalls"

Method

1. Preheat the oven to 190°C/Gas Mark 5.
 2. Grease the two sandwich tins and line bases with greaseproof paper.
 3. Beating by hand with a wooden spoon or an electric mixer, cream together the butter and the caster sugar until the mixture is light and fluffy.
 4. Add the eggs a little at a time, beating well after each addition, and add the Vanilla essence.
 5. Sift and lightly fold in half the flour with a metal spoon or spatula, then lightly fold in the rest of the flour.
 6. Divide the mixture between the prepared tins and level the tops with a knife. Bake both on the same shelf for 20-30 minutes.
 7. When the cakes are well risen and firm to the touch, turn them out onto a wire rack to cool.
 8. Sandwich the layers together with raspberry jam and dredge the top with icing-sugar.
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SIX ROCK CAKES**Class 252**Ingredients:

Self raising flour*	240g
Salt	½ teaspoon
Ginger or mixed spice	Pinch
Egg	1
Butter	90g
Caster Sugar	90g
Currants	120g
Candied Peel	30g
Milk	2-3 teaspoons
Baking sheet	

* Please use a good quality self raising flour such as "McDougalls" (PTO)

Method:

1. Preheat oven gas 8 / 230 C.
 2. Sieve the flour with salt and spice.
 3. Rub the fat into the flour until like fine crumbs.
 4. Add all the other ingredients and mix very thoroughly.
 5. Pile in rough heaps on a greased baking tray.
 6. Bake in a hot oven for about 20 minutes,
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SIX CHEESE SCONES	Class 253
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Ingredients

250g	Self Raising Flour*
2.5ml (½ teaspoon)	salt
125gm	grated strong tasting cheese
½ teaspoon	mustard powder
2 teaspoon	baking powder
60g	margarine cut into small pieces
1	egg
150ml (¼pt)	milk

Milk to glaze and grated cheese
6mm/3" pastry cutter
Square baking tray

* Please use a good quality self raising flour such as "McDougalls"

Method

1. Preheat oven gas 8 / 230C with empty baking tray to heat.
 2. Sift dry ingredients and add cheese into a bowl.
 3. Add margarine and rub in with fingertips until mixture resembles fine bread crumbs.
 4. Add egg to milk and beat together. Add to bowl to make into a soft dough. Do not overwork.
 5. Turn out onto a floured board
 6. Roll out to 2cm thick.
 7. Cut scones out and place on hot baking tray. Brush tops with some milk and sprinkle with grated cheese.
 8. Bake for 8-10 minutes. Put on tray to cool.
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Ingredients

140g	Butter
100g	soft brown sugar
175g	Clear honey
200g	Self raising flour*
2	Eggs
1 tablespoon	milk or water
18cm (7") round tin	
saucepan	

* Please use a good quality self raising flour such as "McDougalls"

Method

1. Reheat oven 180 c / gas 4
 2. Grease and line tin.
 3. Stirring all the time, heat butter, sugar, honey and water until fat is melted in a saucepan, then remove from heat and leave to cool
 4. Beat in the eggs, add sieved flour and mix gently until smooth but don't over mix.
 5. Pour into greased and lined round tin
 6. Bake for about 1 hour
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