

VAS Rich Fruit Cake

Open to fruit cake enthusiasts everywhere

Recipe

Ingredients

- 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

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

Hot Tip

To ensure uniformity and depending upon the size, it is suggested the raisins be snipped into 2 or 3 pieces, cherries into 4 or 6 pieces and almonds crosswise into 3 or 4 pieces

VAS Carrot Cake Competition

Open to carrot cake enthusiasts everywhere

Competitors to provide their own recipe. The criteria to entering this Competition is that the recipe **MUST** include no less than 350 grams of carrots. The cake is to be baked in a 20cm round tin and to be uniced.

Entries must be submitted with the recipe attached.



VAS Carrot and Date Muffins Competition

A competition for junior cake bakers under 18 on the day of their local show/ field day

INGREDIENTS:

- 2 ½ cups Self-raising flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup brown sugar (firmly packed)
- 1/3 cup chopped pitted dates
- 1 cup coarsely grated carrot
- 1 tablespoon orange marmalade
- 1 cup canola oil
- 2 eggs, lightly beaten
- ¾ cup orange juice
- 1 cup reduced fat milk



METHOD:

1. Pre heat oven to 190°C (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, 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.

Show entries: Four (4) muffins per plate

VAS Junior Boiled Fruit Cake

A competition for junior cake bakers aged under 18 on the day of their local show/ field day

Recipe

Ingredients

- 375g Mixed Fruit
- $\frac{3}{4}$ cup brown sugar
- 1 teaspoon mixed spice
- $\frac{1}{2}$ cup water
- 125g butter
- $\frac{1}{2}$ teaspoon bicarbonate soda
- $\frac{1}{2}$ cup sherry
- 2 eggs, lightly beaten
- 2 tablespoons marmalade
- 1 cup self-raising flour
- 1 cup plain flour
- $\frac{1}{4}$ 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