



2016 AUTUMN SHOW RECIPES

Version 06/2016

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
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 a 9" 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	8oz./240g.
Dark muscovado sugar	8oz./ 240g.
Black treacle	8oz./240g.
Plain flour	12oz./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.
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	8oz./240g
Minced raw beef	6oz./180g.
Potato cut into fine slices	6oz/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

6oz	Self Raising Flour*
Pinch of salt	
4oz	butter
4oz	soft brown light sugar
1	level teaspoon of mixed spice
2	eggs
6oz	mixed dried fruit
1oz	chopped candied peel
3	tablespoons of milk
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.

Ingredients

Butter	180g (6oz)
Caster sugar	180g (6oz)
Eggs beaten	3
Self raising flour*	180g (6oz)
Raspberry jam	
Icing sugar for dredging	
Vanilla essence	1 teaspoon/5ml
2 x 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 two 20.5cm (8") 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 251

Ingredients:

Self raising flour*	8oz/240g
Salt	½ teaspoon
Ginger or mixed spice	Pinch
Egg	1
Butter	3oz/90g
Caster Sugar	3oz/90g
Currants	4oz/120g
Candied Peel	1oz/30g
Milk	2-3 teaspoons
Baking sheet	

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

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,

SIX CHEESE SCONES**Class 252**Ingredients

250g/8oz Self Raising Flour*
2.5ml/1/2 teaspoon salt
125gm/ 4oz grated strong tasting cheese
1/2 teaspoon mustard powder
2 teaspoon baking powder
60g/2oz margarine cut into small pieces
1 egg
150ml/1/4pt 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/3/4" 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.

HONEY CAKE**Class 253**Ingredients

140g Butter
100g soft brown sugar
175g Clear honey
200g Self raising flour*
2 Eggs
1 tablespoon milk or water
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 7" round tin
 6. Bake for about 1 hour
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APPLE LEATHER

CLASS 255

Cooking apples are ideal for the cooked method 2 of this or use eating apples or a mixture of the two for the non-cooking method 1.

Method 1:

1. Preheat the oven to 70°C/140°F.
2. Line a baking tray with cling film, baking parchment or a silicone mat.
3. Select ripe and unbruised fruit and remove the cores and pips.
4. Do not peel. Cut it into chunks and put into a food processor or blender.
5. Add the juice of half a lemon and whizz to blend.
6. Add a little water to loosen the pulp to a "just liquid" consistency. You need to be able to tip the puree from side to side in the tray to spread it out so the "medium thick soup stage" is what you are looking for. If it isn't sweet enough for your taste add honey as necessary.
7. Pour the pureed apple onto the prepared trays and tip this way and that until the surface is covered and the puree is around half a centimeter thick.
8. Bake in the oven for around four to five hours or until the consistency of leather and no longer sticky to the touch.
9. Roll up while still just warm in the cling film or parchment. Depending on the humidity the leather will last well in a dried out state.

Method 2:

If you prefer the taste of cooked apple,

1. Peel, core and chop them and cook with honey and lemon juice to taste for a few minutes adding enough water to achieve the soup consistency.
2. Follow instructions above for baking.

For judging purposes please state which method you have used on your exhibit.
