



2019 AUTUMN SHOW RECIPES

NOTE – YOU MUST USE THE STATED BAKING TIN SIZE FOR JUDGING.

BAKEWELL TART

Class 247

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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Ingredients:

Short crust pastry

6oz/150g plain flour
Pinch of salt
4oz/100g fat (half lard, half butter)
5ml spoon of sugar
Cold water to mix

Make pastry by rubbing together all ingredients to a fine crumb mix. Add water to mix gradually to form pastry. Roll out into a round shape on a floured surface and place in baking tin, trimming where necessary. Prick base with a fork and bake blind. Reg. 6/200C. (400F).

2oz/40g Cornflour
4oz/100g Sugar
¼ teasp/5ml Salt
12fl oz/350ml boiling water
3 egg yolks
2oz/40g lemon juice
Rind of 1 lemon
1oz/25g butter

3 egg whites (for meringue)
4oz/100g caster sugar (for meringue)
9in/23cm baked flan dish

Method:

1. Mix the cornflour, sugar and salt in a saucepan, add the boiling water and blend.
2. Cook over a gentle heat for about 3 minutes until the mixture is thick.
3. Beat the egg yolks in a bowl, add a little of the hot mixture to them and mix.
4. Pour into the saucepan and stir to blend. Cook for a further 2 minutes, stirring continually.
5. Remove from the heat, add the lemon juice and rind and mix well.
6. Finally stir in the fat.
7. Pour into the cooked flan case.
8. Meringue – Whisk the egg whites stiffly and make a meringue with the sugar (leaving 10 ml).
9. Pile onto the top of filling. Sprinkle dessertspoon/10ml of the remaining sugar over the meringue and bake for 20 minutes at 160C (325F) Reg. 3. Cook on a shelf about the centre of the oven.

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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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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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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Ingredients

- 397g can Carnation Condensed Milk
- 150ml milk
- 450g Demerara sugar
- 115g butter
- 20cm square tin lined with baking parchment

Method

1. Place the ingredients into a large non-stick saucepan and melt over a low heat, stirring until the sugar dissolves
 2. Bring to the boil then simmer for 10-15 minutes, stirring continuously and scraping the base of the pan. Take care while the mixture boils and during stirring as the fudge will be VERY hot! To see if it's ready, drop a little of the mixture into a jug of ice-cold water. A soft ball of fudge should form. Alternatively, check with a sugar thermometer if you have one (the fudge should be approximately 118°C).
 3. Remove the fudge from the heat and beat until it's very thick and starting to set (this should take about 10 minutes).
 4. Pour into the prepared tin and leave to cool before cutting into squares.
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Ingredients

Dark Chocolate: 100mg
Milk 50ml
Double Cream 200ml
Seasonal berry fruits for decoration

Method

1. Melt chocolate in a bowl over simmering water.
 2. Heat milk until boiling then whisk into melted chocolate. Leave to cool.
 3. Whip 150ml. cream to soft peaks then fold gently into cooled (but not cold) chocolate.
 4. Evenly spoon into individual serving vessels.
 5. Whip remaining cream and use to decorate the top of the desert.
 6. Decorate with berries of choice.
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Ingredients

For the shortcrust pastry

- 200g/7oz plain flour, sifted
- 100g/3½oz butter, chilled and cubed
- 1 pinch salt
- 1 medium free-range egg, beaten

For the filling

- 1 tbsp olive oil
- 175g/6oz streaky bacon, cut into 1cm/½in lardons
- 100g/3½oz onions, peeled and chopped
- 4 free-range eggs, 2 whole, 2 yolks
- 250ml/9fl oz double cream
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh chives
- 50g/1¾oz cheddar cheese, grated
- 50g/1¾oz gruyère cheese, grated
- salt and freshly ground black pepper

Method

1. For the shortcrust pastry, put the flour, butter and a pinch of salt in a food processor and process briefly.
2. Add half of the beaten egg and continue to process. (You might add a little more egg, but not too much as the mixture should be just moist enough to come together.) If making the pastry by hand, rub the butter into the flour until it resembles coarse breadcrumbs then, using your hands, add just enough egg to bring it together.
3. With your hands, flatten out the ball of dough until it is about 2cm/¾in thick, then wrap it in cling film or place it in a plastic bag and leave in the fridge for at least 30 minutes or, if you are pushed for time, in the freezer for 10–15 minutes, before using.
4. Preheat the oven to 180C/160C Fan/Gas 4.
5. Line a 19cm/7½in high-sided tart tin with the shortcrust pastry and cover the base with baking parchment. Fill the tin with baking beans and bake blind for 10-15 minutes. Remove the beans and parchment for the last five minutes of baking for a golden-brown crust.
6. For the filling, heat the oil in a frying pan and cook the bacon for 5-6 minutes, or until crisp. Remove and drain on kitchen paper. Fry the onions gently in the same oil for a further ten minutes, or until softened.
7. Meanwhile, whisk the two whole eggs and two egg yolks in a medium-sized bowl. Add the cream, herbs, cheeses and bacon and onions. Mix well and season with salt and freshly ground black pepper.
8. Pour the filling into the pastry base and return to the oven to bake for 30–40 minutes, or until the centre has set.