



SOUTH AUSTRALIA
**COOKERY
CHAMPIONSHIPS**

HANDBOOK



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State Sponsors

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SOUTH AUSTRALIA
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SPONSORS

SA Country Shows thank the following sponsors for their valued support of the championships



Rich Fruit Cake and Genoa Cake Championship



Creative Native

Native Food Championship



Laucke/CWA Scone Championship

RICH FRUIT CAKE CHAMPIONSHIP

- **Set recipe to be used.**
- Cake to remain uniced.
- Cake to remain undecorated (i.e. no almonds as decorations).
- Competitors must ensure that their entries are delivered to the Show hosting the semi-final for the relevant Association either in person or by a representative at the time and place as specified by the hosting Show. **No postal entries to be accepted at semi-final or state final level.**

RECIPE

Ingredients

250g butter	60g chopped red glace cherries
250g dark brown sugar	60g mixed peel
6 eggs	60g chopped almonds
250g sultanas	375g plain flour
250g raisins	1 tsp baking powder
200g currants	1 tsp mixed spice
100g dates	200ml sherry or brandy

Method

Chop fruits, mix together and soak in the sherry or brandy overnight. Sift together flour, baking powder and spice. Cream butter and sugar. Add eggs one at a time, beating well after each addition, then alternately add fruit and flour and lastly chopped nuts. Mix thoroughly. Place mixture in a well prepared tin (square) 19-22cm, and bake in a slow oven for approximately three to three and a half hours.

Hint: Fruit should be cut to the size of currants.

GENOA CAKE COMPETITION

Exhibitor's own recipe is used

- It should contain sultanas, currants, cherries and almonds.
- There is to be no restriction on the ingredients used.
- **To be baked in a square tin 19-22cm.**
- Competitors must ensure that their entries are delivered to the Show hosting the semi-final for the relevant Association either in person or by a representative at the time and place as specified by the hosting Show.
- **No postal entries to be accepted at semi-final or state final level.**

NATIVE FOOD COMPETITION

- Exhibitor's own recipe is to be used.
- 5 small identical items featuring a Native Food, can be either sweet or savoury.
- Native Food item labelled on the entry.
- Only one entry per person, no entry fee.
- Entrants are only eligible to win one local final.
- Winners from each local show to be eligible to enter and be judged at the nominated Association event.
- The 10 Association winners will compete in the State Final judged at the Royal Adelaide Show.

Judging Guidelines

- Baked item(s) to be considered on the creative use of Native Foods, flavour, evenness of baking and merits of its type.

LAUCKE/CWA SCONE COMPETITION

- Best variation of the nominated scone recipe using Laucke Country Women's Association Scone Mix.
- Savoury and Sweet scones are alternated for competitions. Please check the SA Country Show's website for this year's flavour.
- Only one entry per person, no entry fee
- Entrants are only eligible to win one local final
- Winners from each local show to be eligible to enter and be judged at the nominated association show.
- The 10 association winners will compete in the State Final judged at the Royal Adelaide Show.

Judging Guidelines

- 5 scones to be presented for judging
- Scones should be approximately 5cms in diameter
- Well risen, straight sides, thin golden crust top and bottom, no flour base.
- Fine, moist texture, good crumb, good flavour and according to type.

WHAT THE JUDGES ARE LOOKING FOR IN RICH FRUIT CAKE AND GENOA CAKE:

To judge, cut cake straight across. Tasting wedge o be cut from the centre of the cake.

Appearance

Smooth appearance on top, bottom and sides. No sign of shiny, dark, overheated fruit protruding from the surface. The cake should be firm, smooth, fresh and not too moist to touch but not too dry either, preferably with a well ripened patina on the top surface. Straight sides, and a smooth flat top showing even distribution of fruit.

Finish in baking

No bumps, hollows or sunken centres, nor large cracks (a small crack is not a major fault). The cake should cut cleanly, without any crumbs, and without catching and dragging of fruit. There should be no burning or crusty top or sides (caused by too hot an oven or insufficient papering). After the cake is cut, the fruit closest to the outside should not appear to be dark and shiny (caused by overcooking in too hot an oven). This fault causes a bitter flavour. No air bubbles in finished cake.

Colour

Cake should be cooked evenly all over- top, bottom and sides should be an even colour. Attractive, even, golden-brown on the top, bottom and sides of a Genoa Cake. A darker colour for the Rich Fruit Cake.

Texture

Firm and fine; it should be moist, not soggy nor dry. The texture should be smooth and even, and the same right through the cake. A well ripened cake cuts cleanly and evenly.

Flavour and aroma

Delicious, and should be a perfect blend of fresh eggs and dairy ingredients, sugar, essences, flour and spices, sherry or brandy and quality dried fruit. Beware of an overpowering flavour or aroma of essences or spices, or the acrid smell of overheated fruit.

Decoration

Do not decorate Rich Fruit Cake with almonds. Genoa Cake may be decorated with almonds.

Presentation

Remove all paper from the cake before exhibiting. No cake cooler marks.

JUDGING SCORES:

Judging scores are based on the following:

50%	Appearance
25%	Texture
25%	Taste/Flavour

“A fruit cake, like maturing wine, is greatly improved with age. Many a prize has been won by a cake almost fresh from the oven, but if allowed to keep, a change will develop about the end of the first week. The surface of the cake will start to develop a patina, and the aroma becomes richer.”

FAULTS TO LOOK FOR:

- Carelessly prepared tin – wrinkled lining.
- Careless measurement of ingredients – sugar becomes liquid when heated, so care must be taken not to exceed the recipe quantity.
- Carelessly prepared fruit – not correctly cut and separated.
- Insufficient creaming of butter and sugar.
- Eggs not beaten in well after each addition.
- Overpowering aroma of essences and/or spices
- Flour and fruit not sufficiently mixed in – leaves streaks and unmixed dry ingredients.
- Carelessly filled tin – work cake well down (Never leave the scrapings from the bottom of the bowl sitting on top of the cake. This will show a pale patch when cut).
- Oven too hot
- Oven too cold
- Insufficient cooking time – the cake will sink in the middle and be very soggy