

Keyworth Horticultural, Arts and Crafts Show 2011

Recipes for Cookery Classes

All Exhibits (including young people's classes) must be displayed on a white paper plate. Plain white doilies may be used.

General Tips

Check you have the correct size cutter and tins.
For jams – fill to the bottom of the neck.
Remove class 38 & 42 from the tins.
Fan assisted ovens take less cooking time.
Butter or margarine may be used.

All the following classes excluding 78,81,84 are open to all including teenagers.

Class 36: Chocolate Whisky Cake

50g dark plain chocolate
110g unsalted butter (softened)
175g light brown sugar
75g cold finely mashed potato
2 eggs beaten
175g self-raising flour
½ teaspoon salt
2 tablespoons milk
1 tablespoon whisky

Method

Preheat the oven to 190C/Gas mark 5.
In a heatproof bowl, melt chocolate over a pan of gently simmering water. In another bowl, beat together the butter and brown sugar until pale. Beat in the melted chocolate and mashed potato. Gradually beat in the eggs, adding a little of the flour with each. Sift the remaining flour and salt into the mixture and add the milk and whisky. Gently fold together until well combined. Divide the mixture between 2 greased and lined 20cm cake tins, smooth the top. Bake for approx 25 minutes until well risen and springy-firm to the touch.

Filling

30g butter, 1 desert spoon cocoa powder, 125g sieved icing sugar, 2 tablespoons hot milk and 1 tablespoon whisky

Method

Melt the butter, blend in the cocoa, then stir in the icing sugar, milk and whisky. Beat until smooth. Spread over one half of the cake. Sandwich together with the other half. Leave the top plain.

Class 37: Spiced Banana Tea Loaf

75g butter
100g caster sugar
125g self-raising flour
½ teaspoon bicarbonate soda
½ teaspoon salt
½ teaspoon ground ginger
½ teaspoon mixed spices
1 egg beaten
2 ripe bananas chopped
100g mixed dried fruit

Method

Preheat oven to 170C/Gas mark 3.
Cream the butter and sugar until light and fluffy. Sieve the flour salt and spices and add the bicarb. Beat in the egg and bananas till smooth. Add the dried fruit and stir well. Turn into a greased and lined 900g loaf tin and bake for approx 1 hour or until a skewer comes out clean.

Class 38: Lemon Bakewell

Preheat oven to 200C/Gas mark 6

Pastry

225g plain flour
50g lard or white shortening
50g butter

Make the pastry and line a 23-25cm loose bottomed tart tin. Prick the pastry base with a fork, then line with baking parchment and baking beans and cook for 15 minutes. Reduce the oven temperature to 180C/Gas mark 4. Remove the paper and beans and cook for a further 5 minutes. Remove from the oven and spread the base with approx 6 tablespoons lemon curd.

Filling

100g sunflower spread
100g caster sugar
2 eggs separated
finely grated zest of 1 lemon
50g ground almonds
50g self raising flour (sieved)
30g flaked almonds
Cream together the sunflower spread and sugar until pale and fluffy. Add the egg yolks, lemon zest, ground almonds and flour. Fold in well. Whisk egg whites until they form soft peaks and fold into the mixture.

Spoon into the pastry lined tin and level with the back of a spoon. Sprinkle with flaked almonds and return to the oven for approx 30 minutes until the filling is well risen and golden.

When cool, remove from the tin.

Class 39: 4 Fruit Scones

225g self raising flour
1 teaspoon baking powder
Pinch of salt, 40g butter
150ml milk (approx)
50g sultanas or raisins

Method

Preheat the oven to 220C/Gas mark 7. Sift the flour, baking powder and salt in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Add the dried fruit. Stir in enough milk to give a soft light dough. Place on a floured surface, roll out to 2cm thick. Cut into rounds with a 6cm cutter. Place on a greased baking tray. Brush the tops with a little milk. Bake for approx 10 minutes, till golden brown and well risen.

Class 40: Poppy Seed Cake

175g softened butter
175g caster sugar
3 eggs beaten
250g self-raising flour
50g poppy seeds
Grated rind of 2 oranges and 2 lemons
4 rounded tablespoons natural yoghurt

Method

Preheat oven to 150C/Gas mark 2
Using a wooden spoon, beat together the butter, sugar, eggs, flour, poppy seeds, citrus rinds and yoghurt until smooth. Spread the mixture into a greased lined 20cm round cake tin. Bake for approx 45-50 minutes until just firm. Cool in the tin for 10 minutes, before turning out.

Class 41: 4 Oat Raisin Cookies

135g unsalted butter (room temperature)
80g caster sugar
80g soft dark brown sugar
1 egg, a little vanilla extract
½ teaspoon salt, bicarbonate soda & cinnamon
55g rolled oats, 190g plain flour
110g raisins

Method

Preheat oven to 170C/Gas mark 3
Beat the butter and sugars together until light and fluffy. Add the egg slowly then beat in the vanilla. Sift together flour, salt, bicarb and cinnamon in a separate bowl, add the oats and mix well. Add to butter mixture and beat until well mixed. Stir in raisins. Arrange equal amounts of dough on a greased baking tray, allow room for spreading. Bake for approx 12 minutes, until golden brown. Will make approx 10 cookies.

Class 42: Pea Mint and Goats Cheese Quiche

Pastry Same quantity as class 38

Filling

300g frozen or fresh peas, cook for 3 minutes, drain and refresh under cold water.

3 tablespoons olive oil

Handful mint leaves chopped

2 eggs, 284ml double cream

4 spring onions, finely chopped

200g mild goat's cheese (crumbled)

Method

Preheat oven to 200C/Gas mark 6.

Roll out the pastry, larger than the tin so there is enough pastry to push into the corners of the flan tin. Chill for 20 minutes.

Lightly prick the base with a fork, line with greaseproof paper, then fill with baking beans.

Bake for approx 20 minutes, remove the paper and beans, then continue to cook for 5-10 minutes until biscuit brown.

Lightly blitz the peas with the oil, then stir in the mint and season. Spread on the pastry case.

Beat the eggs, gradually add the cream and stir in the onions. Season. Pour over the pea mixture, then scatter over the goat's cheese. Bake for 20-25 minutes, until set and golden brown. Leave to cool in the tin. **Remove from flan tin**

Class 43: 3 Sun Dried Tomato Bread Rolls

525g strong plain bread flour

1½ teaspoons salt

2 teaspoons sugar

1 teaspoon easy blend dried yeast

190ml water, 115ml milk

2 tablespoons olive oil

½ tablespoon tomato puree

1 medium onion, finely chopped

50g sun dried tomatoes, chopped

50g parmesan cheese – grated

Method

Preheat oven to 190C/Gas mark 5

Sift flour, salt and sugar into a bowl then add the yeast. Mix together the water, milk and olive oil with the tomato puree. Add to the flour mix and bring together to make a dough.

Turn out on to a floured surface and knead for approx 10 minutes until smooth and elastic.

Return to clean bowl, cover and leave to prove for about 2 hours. Knock back the dough then add the onion, tomatoes and cheese. Knead until evenly distributed through the dough. Shape into 6 rolls and place on 2 greased baking sheets. Cover and leave to double in size, approx 45 minutes. Bake for approx 30 minutes.

Class 49: 1 Jar Beetroot Ginger Chutney

500g fresh beetroot, peeled, finely chopped

1kg cooking apples, peeled, quartered, cored, roughly chopped

275g red onion, finely chopped

2.5cm piece fresh ginger, peeled, grated

75g crystallised stem ginger, finely chopped

350g soft light brown sugar

1 teaspoon salt, 1 teaspoon allspice

750ml red wine vinegar

Method

Place the beetroot, apple and red onion into a large pan.

Add the fresh ginger, crystallised ginger, brown sugar, salt and ground allspice.

Add the vinegar and stir to mix well.

Bring to the boil, then turn down the heat and simmer for approx one hour, stirring every now and again, until the beetroot pieces are tender.

Spoon into sealable sterilised jars with vinegar-proof lids, such as Kilner jars or re-usable pickle jars.

Makes approx 6 x 250ml jars.

Store in a cool place out of direct sunlight.

Young peoples classes

You will need the help of an adult for putting things in the oven.

Class 78: 3 Painted Cookies (Under 6 years)

100g butter (softened)

100g caster sugar

1 egg beaten (plus 1 or 2 extra egg yolks)

1 teaspoon vanilla essence

225g plain flour

Food colourings

Preheat the oven to 200C/Gas mark 6

Method

Cream butter and sugar until light and fluffy.

Beat in the whole egg and vanilla essence.

Fold in the flour and mix until you have a smooth dough. Chill the dough for an hour in the fridge, before rolling out on a floured surface. Using a 6cm cookie cutter, cut out the biscuits.

Beat the extra egg yolks and put a little yolk into 3 or 4 small bowls. Add a few drops of food colouring to each bowl. Paint each biscuit with a little of the egg mixture (using a clean paint brush). Place onto a greased baking tray and cook for approx 10 minutes. The mixture will make plenty so enter the best 3

Class 81: 6-8years 3 Smarties Cookies

Makes approx 10 pick out the best 3

175g plain flour

½ a teaspoon bicarbonate of soda

½ a teaspoon baking powder

125g butter softened

150g caster sugar

Half an egg beaten

½ a teaspoon vanilla essence

80g Smarties

Preheat oven to 180C/Gas mark 4

Method

Sift the flour, bicarb, baking powder and a pinch of salt together in a mixing bowl. Cream together the butter and sugar until pale and fluffy, then beat in the egg and vanilla. Slowly beat in the dry ingredients to form a stiff dough. Roll the dough into 10 balls then place on greased baking trays (they will spread a lot). Press 5-6 smarties into each ball, flattening the ball slightly. Bake for approx 15 minutes until pale and golden brown.

Class 84: (Age 9-12) 3 Apple rolls

100g self raising flour

30g butter

1 tablespoon caster sugar

4 tablespoons single cream

1 dessert apple peeled and cored

Pinch ground cinnamon

2 teaspoons demerara sugar

Preheat oven to 200C/Gas mark 6

Method

Put the flour and butter into a bowl and rub them together with your finger tips. Stir in the caster sugar using a fork, slowly add the cream to make a soft dough. Carefully grate the apple, add the cinnamon and 1 teaspoon of demerara sugar. Mix well.

Sprinkle a little flour on a work surface, roll out the dough like pastry to about ½ cm thick.

Try and keep to a rectangular shape. Spread the apple mix on top, (leave the juice in the bowl) then roll up like a sausage along the long side. Cut into 7 thick rings. Place one in the centre of a greased baking tray making sure you can see the spiral.

Then add the 6 remaining round the circle, almost touching each other. Sprinkle the top with the rest of the Demerara sugar. Bake for approx 25 minutes.

Good luck with all the recipes.