

## Recipes

**Please take care to  
read the Recipes  
carefully**

**Only exhibit the  
number and/or size(s)  
given in the Schedule**

**Some cookery classes  
give maximum  
measurements,  
but you can enter a  
smaller size**

### **Class 78 Honey cake**

110g/4oz butter/margarine  
225g/8oz honey  
2 eggs  
275g/10oz mixed fruit  
225g/8oz self-raising flour  
small pinch of lemon zest  
pinch of salt

Preheat oven to 160°C/320°F/gas 3.  
Grease and line an 20cm/8" round cake tin.

Cream together the butter/margarine and honey. Break the eggs into a bowl and beat together. Lightly warm the eggs by standing the bowl in a large container of warm water for a few minutes. Gradually add the warmed beaten eggs to the creamed butter/margarine and honey mixture. Lightly fold in the mixed fruit, flour, zest and salt.

Pour the mixture into the prepared cake tin and bake for 1 hour or until risen and firm to the touch.

### **Class 80 Sticky toffee upside down apple cake**

*You can make a 25cm/10" cake or a 23cm/ 8" cake but use a round tin with a solid base (not a loose based tin as the caramel would leak out).*

*This is often served in Alfrick Cafe.*

### **For the 25cm/10" cake:**

#### **Topping:**

3 eating apples (they keep their shape better) peeled, cored and each cut into 12 wedges

100g/4oz butter  
190g/6½oz muscovado sugar  
½ teaspoon vanilla extract

#### **Cake:**

375g/13oz caster sugar  
150g/5oz butter  
4 eggs  
300g/11oz self raising flour  
2 teaspoons cinnamon  
1 heaped teaspoon ginger  
1 teaspoon vanilla extract  
190g/6½oz sour cream or natural yogurt  
Splash of milk if needed

### **For the 23cm/8" cake:**

#### **Topping:**

2 eating apples peeled, cored and each cut into 12 wedges

80g/3oz butter  
150g/5oz muscovado sugar  
½ teaspoon vanilla extract

#### **Cake:**

300g/11oz caster sugar  
120g/4½oz butter  
3 eggs  
240g/9oz self raising flour  
2 teaspoons cinnamon  
1 heaped teaspoon ginger  
1 teaspoon vanilla extract  
150g/5oz sour cream or natural yogurt  
Splash of milk if needed

Preheat the oven to 160°C/325°F/gas 3.  
Grease and line your chosen cake tin.

### **Topping:**

Arrange the apple slices in circles in the base of the tin. Gently melt the butter and sugar, add the vanilla extract and pour over the apple.

### **Cake:**

Beat together the sugar and butter until light and fluffy, then add the eggs one at a time, beating well in, then add the vanilla extract.

Fold in the flour, cinnamon and ginger and vanilla, then stir in the sour cream or yogurt and mix well. Add a splash of milk if needed to make a pouring consistency. Pour mixture over the apple slices in the cake tin and put in the oven.

Check after about 50 minutes, the cake surface will be "hard" not like a Victoria sponge. Test it from 1 hour until the centre springs back like a sponge cake. The large cake may take 10 minutes longer. Cover the top if the cake is getting too brown.

After removing from the oven leave for a few minutes in the tin, then turn out on a wire rack. If you leave it longer, the toffee sets and it is difficult to get out of the tin. Peel off the greaseproof paper while the cake is still hot.

*Not needed for the show but you may enjoy the following cream with the cake.*

### **Cinnamon Cream**

200ml double cream  
250g mascarpone  
30g icing sugar  
cinnamon to taste

Whisk the double cream until it forms peaks then fold in mascarpone and icing sugar...it can be rewhipped if it goes too runny. Add the cinnamon to taste.

## **Class 82**

### **Chocolate fudge cake**

110g/4oz plain chocolate  
½ pint milk  
110g/4oz Demerara sugar  
1 teaspoon of bicarbonate of soda

110g/4oz butter/margarine  
110g/4oz caster sugar  
2 eggs, separated  
225g/8oz plain flour, sifted

#### **Icing**

75g/3oz butter/margarine  
50g/2oz cocoa powder, sifted  
225g/8oz icing sugar, sifted  
scant ¼ pint milk

Preheat the oven to 180°C/350°F/gas 4.  
Grease and line 2 x 20cm/8" sandwich tins with greaseproof paper.

Melt the chocolate in a saucepan with the milk and Demerara sugar until dissolved, but do not allow it to boil. Remove from the heat, add the bicarbonate of soda and leave to cool.

In a separate bowl, cream together the butter and caster sugar, then beat in the egg yolks. In a separate bowl, whisk the egg whites until stiff. Add by degrees the chocolate mixture and flour to the creamed mixture, and lastly fold in the egg whites. Turn into the tins and bake for about 45 minutes, turn out and leave to cool.

#### **To make the icing:**

Melt the butter in a small pan, stir in the cocoa and cook gently for 1 minute. Remove the pan from the heat, stir in the icing sugar and sufficient milk to give a smooth, thick pouring consistency. Mix well and use to sandwich the cake together, pouring the remaining icing over the top of the cake. Leave to set.

## **Class 83**

### **Microwave butterscotch slices**

50g/2oz butter  
175g/6oz brown sugar  
75g/3oz plain flour  
1 teaspoon baking powder  
1 egg, beaten  
½ teaspoon vanilla extract  
25g/1oz chopped nuts

Grease a 20cm/8" square dish (or equivalent size) suitable to go in a microwave.

Put the butter in a large bowl and microwave on high for 1 minute until melted.

Stir in the sugar and microwave on high for 2 minutes. Leave to cool.

Sift the flour and baking powder onto the mixture, then add the egg, vanilla extract and nuts. Beat until the mixture is smooth.

Turn into the prepared dish and spread the mixture over the base. Microwave on high for 2½ to 3½ minutes until the cake is just dry on top.

Leave to set then cut into 12-16 slices.

*Enter 5 slices for the Show.*

## **Class 85**

### **Pear frangipane tart**

Line a 20cm/8" round flan tin with shortcrust pastry.

110g/4oz margarine  
110g/4oz caster sugar  
50g/2oz ground rice  
50g/2oz ground almonds  
½ teaspoon almond essence

1 large egg  
1½ tablespoons jam (any)  
3 fresh, ripe Williams pears, peeled, cored and quartered OR tinned pears cut into quarters

Preheat the oven to 200°C/400°F/gas 6.

Gently heat the margarine until melted, then stir in the sugar and cook for 1 minute, then remove from the heat.

Stir in the egg, ground rice, ground almonds and almond essence and mix until smooth.

Spread the jam over the pastry base and pour the mixture over.

Arrange the pear quarters, cut side down, on the filling, allowing enough room between them to allow the frangipane mixture to rise.

Bake for about 30 minutes until well risen and golden brown.