

2026 WALGETT SHOW SECTION M: COOKERY



CHIEF STEWARD: Mrs Meredith Logan 0407 261 200

Assistant Stewards: Mrs Camilla Rowntree, Mrs Lara Hawke, Mrs Cathie Colless

All exhibits to be prepared by the exhibitor.

All exhibits to be delivered to the Pavilion by 10 AM on Friday of the Show (8th May). Jams and Preserves may also be left at the Show Office in the two weeks prior to the Show. Society Ribbon 1st and 2nd places.

HINTS FOR SHOW COOKING (but not necessarily the rules):

Different judges have different ideas. First, read carefully the general instructions in Section M, then read the particular instructions in the class entered and do as DIRECTED. Read the helpful hints in your recipe book.

For Jams & Preserves, make sure your jars are clean and check under lids for mould. Cakes should have a fresh appearance with no holes. Fruit cake 250 gm mixture will measure approx. 22 cm round tin or 19 cm square tin. Patty cakes, no paper cases. Scones should be light and cut with sharp knife or cutter. Pikelets, when included in classes, should be evenly browned and measure about 5 cm across. Line or grease cooking tins carefully. It is better NOT to scrape the last bit of mixture from the mixing bowl when cooking for exhibition. **PRIZE MONEY: \$5.00 FIRST PLACE IN EACH CLASS (FOR CLASSES 1-24)**

JAMS & PRESERVES

Please label jams with type and content

1. Jar of Lemon Cheese / Butter
2. Jar of Fruit Jelly - any fruit other than berries
3. Jar of Berry Jam
4. Jar of Chutney
5. Jar of Pickles
6. Jar of Relish
7. Bottle of Tomato Sauce
8. Jar of Preserved Fruit or Vegetables

Champion Exhibit - Jams & Preserves.

Prize Money donated by National Australian Bank and Society ribbon.

COOKERY

All exhibits on a plate, please. No packet cakes unless specified. No ring tins to be used. Chocolate cake must be made with butter. Cakes to be iced on top only unless otherwise specified.

9. Chocolate Cake
10. My Favourite Cake - please tell us what it is
11. Carrot Cake
12. Banana Cake



COOKERY (*continued*)

13. Sponge Sandwich with jam filling, not iced
14. Fruit Cake, 250 gm or 1/2 lb mixture, not iced
15. Date and Nut Loaf or Roll - not iced
16. Plate of Homemade Sweets
17. Plate of Iced & Decorated Patty Cakes
18. Plate of Six Plain Scones
19. Plate of Pikelets
20. Iced & Decorated Cake (will not be cut). Iced all over
21. Loaf of Bread (can be made in a Bread Maker)
22. Damper
23. Gluten Free Cooking - any item of Gluten Free Cooking
24. Men Only Chocolate Cake. Can be iced and decorated, packet cake accepted.
25. AgShows NSW Rich Fruit Cake Competition class (recipe & instructions below). \$25 prizemoney

Most Number of Points in Cookery Classes 1 - 24 - Betty Hawkins Memorial Trophy.

Trophy donated by the family of the late Mrs K Hawkins and Society Ribbon.

Most Number of Entries in Cookery Classes 1 - 24.

Trophy donated by Mrs RK Colless and Society Ribbon.

Champion Exhibit in Cookery.

Trophy donated by Mrs DJ Keir and Society Ribbon.

AgShows NSW Rich Fruitcake Competition

The NSW Rich Fruit Cake Competition is conducted to seek excellence in the preparation, cooking and presentation of a rich fruit cake and to promote Australian produce. ‘

The NSW Rich Fruit Cake Competition is conducted in three stages.

- i. Local competitions conducted under these regulations, held at Agricultural Shows affiliated with the AgShows NSW (Agricultural Societies Council of NSW). Free entry, \$25 first prize and winner eligible to enter the competition second stage.
- ii. Group 14 Final conducted if at least two eligible entrants have won a local competition in the current year (if there is only one eligible entrant in the Group, they will be automatically appointed Group finalist). Eligible entrants are required to bake a second Rich Fruit Cake to compete in the Group Final (unless there is only one eligible Group finalist). Group Finals prize money \$50 and winners eligible to enter the third or final stage of the competition.
- iii. NSW State Final is to be held at the Sydney Royal Easter Show annually. Entry is open only to the Group finalists from regional competitions. Entry is free. Group Finalists are required to bake a third Rich Fruit Cake to compete in the NSW State Final. Winners receive the specified prize (\$100) and are presented the ASC Plaque.

RULES

1. Entry to the competition is free at all stages of the competition
2. Entrants must use the recipe provided.
3. In any year an individual competitor may participate in only one Group Final representing one Agricultural Show and, consequently, may represent only one Group in the subsequent State Final.
4. Agricultural Shows & AgShows NSW (ASC) Groups of Shows conducting local competitions &/or Group Finals agree to follow these rules and guidelines.

PRESENTATION

Presentation of exhibits is a major aspect of all show cooking from exhibitors through local competitions, group and state finals. It is imperative to achieve the objectives of the competition that exhibits are displayed at their best during judging and on display. Exhibitors should follow the instructions of these rules and the show schedules. All exhibits should be displayed in a closed glass or similar cabinet clearly identified as being part of the “ASC of NSW Rich Fruit Cake Competition”. Unless absolutely necessary, exhibits should not be enclosed in plastic bags or any other material.

JUDGING

Judging of local competitions and Group Finals must follow the ASC Judges Conduct guidelines. A judge cannot judge and exhibit at the local competition and/or Group Final A judge cannot judge an exhibit, which the judge or his/her immediate family has baked. It is desirable for Judges at all stages to be current relevantly accredited cookery judges e.g. CWA Land Cookery Accredited. It is desirable for the names of judges at local and group level to be provided to the ASC of NSW along with results when sending the prizemoney invoice to ASC. Exhibits to be cut in half straight across when being judged.

Judging should be based on:

1. Appearance - Smooth appearance on the top bottom and sides. No sign of shiny, dark, overheated fruit protruding from the surface. The cake should be firm, smooth, fresh and moist to the touch, preferably with a well ripened patina on the top surface. Straight sides, and a smooth flat top showing even distribution of fruit.
2. Finish in baking - No bumps, hollows, or sunken centres, nor large cracks (a small crack is not considered a major fault). The cake should cut cleanly, without any crumbs, and without catching or 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.
3. Colour - Attractive, even, golden brown on the top, bottom and sides.
4. 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.
5. Flavour & Aroma - Delicious, and should be a perfect blend of fresh eggs and dairy ingredients, sugar, essences, flour, and spices, spirits or orange juice, and quality dried fruit. Beware of an overpowering flavour or aroma of essences or spices, or the acrid smell of overheated fruit.
6. Decoration – no decoration allowed.
7. Presentation – all paper to be removed prior to exhibiting.

INGREDIENTS:

250g (8 oz) sultanas
250 g (8 oz) chopped raisins
250 g (8 oz) currants
125 g (4 oz) chopped mixed peel
90 g (3oz) chopped red glace cherries
90 g (3 oz) chopped blanched almonds
1/3 cup sherry or brandy
250 g (8 oz) plain flour
60 g (2 oz) self-raising flour
1/4 teaspoon grated nutmeg
1/2 teaspoon ground ginger
1/2 teaspoon ground cloves
250g (8 oz) butter
250g (8 oz) soft brown sugar
1/2 teaspoon lemon essence OR finely grated lemon rind
1/2 teaspoon almond essence
1/2 teaspoon vanilla essence
4 large eggs.

RECOMMENDED METHOD:

Mix together all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least 1 hour, but preferably overnight. Sift together the flours and spices. Cream together the butter and sugar with the essences. Add the eggs one at a time, beating well after, each addition, then alternately add the fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon. Place the mixture into a prepared square 20cm x 20cm (8" x 8") tin and bake in a slow oven for approximately 3 1/2 - 4 hours. Allow the cake to cool in the tin. Note: To ensure uniformity and depending upon the size it is suggested the raisins be snipped into 2 or 3 pieces, cherries into 4-6 pieces and almonds crosswise into 3-4 pieces.