

SECTION D

Home produce

Please use the recipes where specified.

Cookery

Dishes containing uncooked egg may not be used. All exhibits must be covered in clingfilm or a clear lid. Novice classes are *not* open to previous winners.

The Midland Bank Trophy

CLASS MB First prize: £25 Second prize: £15 Third prize: £10. A decorated cake, titled "Flowers". Judged on external appearance and presentation only. All decorations must be natural or hand made. No cake dummies to be used.
Winner in 2024: Alex Elliott

The Ursula Goldney Trophy

Awarded to the best entry from Classes 55–56.

CLASS 55 Lemon, thyme & honey polenta cake. (see recipe)

CLASS 56 Walnut and banana loaf with a glazed top.

Winner in 2024: Michelle Guppy

CLASS 57 Passion fruit and mascarpone roulade.

CLASS 58 Five Scones. Novice.

CLASS 59 Five pieces of shortbread with imaginative flavouring, e.g. lavender.

CLASS 60 Five macarons, assorted colours.

CLASS 61 Five Welsh cakes. (see recipe).

CLASS 62 Two pasties with a vegetarian filling.

CLASS 63 A ciabatta bread.

CLASS 64 Five apple & cinnamon muffins. (see recipe). Novice.

CLASS 65 Two scotch eggs.

The Griffith Family Trophy

CLASS GF May be awarded to an exhibit of outstanding merit in Classes 55–65.

Winner in 2024: Irena Georgiveska

CLASS 66 A bottle of homemade wine (fruit).

CLASS 67 A bottle of homemade cordial.

Recipes

Lemon, thyme & honey polenta cake

Ingredients: 150g unsalted butter. 150g honey. 3 eggs, separated. 1 lemon, zest. 200g ground almonds. 100g polenta. 1.5 tsp baking powder. 0.5 tsp salt. 3 tbsp lemon thyme leaves, plus extra for decorating.
For the Honey Lemon Syrup: 75g honey. 1 lemon, juice.

Method: Pre-heat the oven to fan 170°C / gas mark 3. Line the base and sides of a 20cm cake tin. Cream the butter and honey together. Beat in the egg yolks and lemon zest, then the almonds, polenta, baking powder, salt and thyme leaves. In a separate bowl whisk the egg whites to stiff peaks. Gently fold into the polenta mixture. Pour into the cake tin and bake for 40/50 mins until golden and cooked through. (Cover loosely with foil after 30 mins if it browns too quickly). Cool the cake for 15 mins in the tin. Then remove and leave to cool completely. Heat the syrup ingredients in a small pan until bubbling. Pour over the cake. Top with extra thyme leaves.

Apple & cinnamon muffins

Ingredients: 175g self-raising flour. 75g wholemeal flour. 50g butter. 1.5 tsp baking powder. 75g soft brown sugar. 2 tsp cinnamon. 1 large apple, peeled, cored and chopped. 2 eggs. 250ml milk.

Method: Mix the flours with the butter and rub in until it resembles breadcrumbs. Add the baking powder, cinnamon and sugar, stir together. Coat the apples into the mixture. Whisk the eggs and milk together. Stir into the other ingredients. Divide the batter into muffin cases three quarters of the way up. Sprinkle with demerara sugar. Bake fan 180°C / gas mark 6 for 20–25 mins.

Welsh cakes

Ingredients: 250g self-raising flour. 35g caster sugar. 1 tsp mixed spice. 125g unsalted butter. 75g mixed raisins and sultanas. 1 small egg. A splash milk. Pinch salt.

Method: Add the sugar and spice to the flour in a large bowl. Stir in the salt. Rub together until it resembles breadcrumbs. Toss in the fruit. Make a well in the centre and add the eggs and milk. Mix with a fork until it comes together and then using your hands bring the dough together into a ball. Roll it out to 1cm deep x 5cm wide circles. Heat a heavy based non-stick pan to a medium heat. Cook each cake 4mins on either side until golden in colour. Heat must not be too hot or it will burn.

SECTION D (cont'd)

Home produce

Preserves*

All jars must be filled to the rim, labelled with the contents and dated with the day / month / year.

CLASS 68 A bottle of salad dressing.

CLASS 69 A jar of horseradish sauce.

CLASS 70 A jar of marmalade.

CLASS 71 A jar of honey.

CLASS 72 Four freshly laid free range hens' eggs.

The Wallis Trophy

CLASS WT May be awarded to an exhibit of outstanding merit in Classes 68–72.

Winner in 2024: Karen Chignell

*Preserves must be sealed with either a twist-off lid or a cellophane or wax disc trimmed to fit the surface of the preserve. Jars and lids must be free of manufacturers trademarks or names.