

# SECTION I – SENIOR COOKERY

CONVENER: Natalie Couzner

## **SPONSORED BY: Richards Quality Meats & In 2 Health**

*Entries to be delivered to Football changerooms on Friday 14th by 5.00pm and no later than Saturday, 15th Nov 2025 by 8.30am.*

*Cooking exhibits not collected by Saturday, 15<sup>th</sup> of November 2025 at 5.15pm will be discarded by the society.*

*Cookery items should not be consumed as they are not exhibited in a food safe environment. Items may be taken home at the owner's risk.*

*Cakes must be presented on a firm base with entry ticket firmly attached, covered in an oven bag large enough for display. All cakes to be home-made, no packet cake mixes allowed. Definitely NO cake cooler marks. Paper or foil must be removed properly from cake.*

*Entry ticket needs to be attached to the front of the exhibit showing section, class & exhibit number.*

Rosette awarded for Most Points Overall in Section I.

Rosette awarded for Most Outstanding Exhibit.

### **Class 170: Genoa Cake**

#### **Genoa Cake Details**

Exhibitor's own recipe is to be used.

It should contain Sultanas, Currants, Cherries and Almonds.

There is to be no restriction on the ingredients used.

#### **Association Finals at Naracoorte October 2025 and Lucindale March 2026.**

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.**

### **Class 171: Rich Fruit Cake (no icing)**

**SPONSORED BY: Sunbeam & St Agnes**

#### **Rich Fruit Cake Rules**

Set recipe to be used Cake to remain un-iced

Cake to remain undecorated (i.e. no almonds)

#### **Recipe - Ingredients**

250g Butter, 250g Dark Brown Sugar, 6 Eggs, 250g Sultanas, 250g Raisins, 200g Currants, 100g Dates, 60g Chopped Red Glace Cherries, 60g Mixed Peel, 60g Chopped Almonds, 375g Plain Flour, 1 tsp Baking Powder, 1 tsp Mixed Spice, 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.

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### **Class 172: Carrot Cake (no icing)**

### **Class 173: Banana Cake (log, iced top only)**

### **Class 174: Orange Cake (square or round, iced top only)**

### **Class 175: Chocolate Cake (square or round, iced top only)**

### **Class 176: Gluten Free Cake (own recipe, un-iced)**

### **Most Point Prize in Senior Cookery 172-176**

### **Class 177: Unbaked Slices (2 each of 2 distinct varieties)**

*Hint: Ensure slices are cut evenly approx. 2.5 cm X 5 cm*

### **Class 178: Six Sausage Rolls**

### **Class 179: Four Slices of Savoury Toast**

Most Points Prize in Senior Cookery 177-179

**Class 180:** Decorated Celebration Cake  
(dummy cake may be used)

**Class 181:** Decorated Cupcake (muffin size)

Most Points Prize in Senior Cookery 180-181

**Class 182:** Six Anzac Biscuits

**SPONSORED BY: Blue Lake Milling**

Only One Entry Per Person

**1st Prize:** Blue Lake Milling Hamper

**2nd Prize:** Blue Lake Milling Goods

**Class 183:** Five Laucke/CWA Scone  
Competition (Savoury 2025)

**SPONSORED BY: Laucke Flour Mills and the SA  
Country Women's Association**

**Laucke/CWA Scone Competition** (Savoury 2025)

#### **Competition Outline**

Best SAVOURY variation of the nominated scone recipe using Laucke Country Women's Scone Mix. Savoury and Sweet scones are alternated yearly for competitions.

2025 Spring/2026 Autumn: Savoury (State Final at the 2026 Royal Adelaide Show)

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 semi-finals at the SE of SA & Border Show Societies Association Inc AGM held at Lucindale April 2026.

The 10 association winners will then compete in the State Final judged at the Royal Adelaide Show on Friday, before the show opens.

Revenue to the CWA from Sales of the Scone Mix is used to provide much needed help to Women and Families in need through the Emergency Fund.

#### **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.

**1st Prize:** Laucke Goods Hamper

**2nd Prize:** Laucke CWA Scone Mix

**3rd Prize:** Laucke CWA Scone Mix

**Class 184:** West End Beer Cake

**SPONSORED BY: Woolshed Inn**

#### **Recipe - Ingredients**

62g Butter, 2 Cups SR Flour, 1/2 Cup Sugar, 1/2 tsp Mixed Spice, 1/2 Cup Mixed Fruit (Cut Raisins, Sultanas and Peel, 1 Beaten Egg, 1 Cup Beer.

#### **Method**

Rub butter into flour, mix sugar & spice into flour, then add fruit and egg. Add Beer and mix all well. Topping: 1/2 cup Plain Flour, 1/2 cup Sugar, 62g Butter. Rub all together until crumbly. Sprinkle over cake mixture. Bake in Hot Oven for approx. 1/2 hour

**1st Prize:** 1 Carton West End Beer

## **DIABETIC COOKING CLASSES**

**SPONSORED BY: Richards Quality Meats**

**Class 185:** Sultana Loaf

#### **Recipe – Ingredients**

1 Cup Water, 60gms Margarine, 240gms SR Flour, 1 Egg, 1 Cup Sultanas, 1 tsp Carb Soda, 1 tsp Mixed Spice, 1 Tbsp Granulated Sweetener.

#### **Method**

Place sultanas, water, sweetener, margarine and carb soda in a saucepan, bring to the boil and simmer for 3 minutes. Allow to cool. Stir in beaten egg, sifted SR Flour and spice, pour into greased loaf tin and bake in moderate oven for approx. 35 – 40 minutes.

**Class 186:** Six Oat and Sultana Biscuits

#### **Recipe- Ingredients**

½ Cup Margarine, 1 Heaped Tbsp Granulated Sweetener, 1 Egg, Few Drops of Vanilla Essence, 2/3 Cup Sultanas, 1 Cup SR Flour, Rolled Oats for Rolling.

#### **Method**

Cream margarine, sweetener and vanilla together, add egg, flour and sultanas. Divide into 8 pieces, roll between hands and drop into rolled oats to be coated lightly all over. Place on greased tray and press lightly with fingers to about half height, cook in moderate oven approximately 15 – 20 minutes.

Most Points Diabetic Cooking