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**Saturday 22nd & Sunday 23rd April 2023**

**GOSFORD SHOWGROUND** Logo

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2023

CENTRAL COAST COOKING COMPETITION

**GENERAL BAKE OFF**

**SCHEDULE AND ENTRY FORM**

**Key Dates:**

Entries Close: Exhibit Delivery: Exhibit Judging:

Exhibit Collection:

10am Saturday, 22nd April 2023

8.30am. to 10.00 am**.** Saturday, 22nd April 2023

From 10.30 am**.** Saturday, 22nd April 2023

Prize winning entries –Sunday 23rd April- 2.30pm. to 4pm

**No winning entries to be collected by 4pm Saturday 22nd**

Queries: **Enquiries**: Joy Noble & Bev Britton, Volunteer Cookery Stewards

CWA of NSW Northumberland Group. Email [cwanorthumberland@gmail.com](mailto:cwanorthumberland@gmail.com)

### IMPORTANT:

It is the responsibility of the exhibitor

to read the schedule correctly and abide by the rules as detailed.

**Welcome** to Central Coast Bake Off, Perishable Cooking section of the Central Coast Regional Show.

We look forward to your participation and wish you well with your exhibits/entries. Entry Fee: All Classes $1.00

Prize Cards: Will be issued only in accordance with Judges Awards

Ribbons: 1st & 2nd place ribbons will be awarded for all Classes. Judges may award additional Highly Commended ribbons. Judges reserve the right not to award a prize where exhibits are not deemed worthy.

Major Prize: Most Successful Exhibitor in each division will take home a prize NB: In the event of a tie judges will choose best overall exhibit and award the prize accordingly.

**All prizes and awards must be collected by**

**close of the show on Sunday, 23rd April 2023**

**between 2.30pm & 4pm**

**How to Enter:**

* Complete your entry form (see pages 8-11) and bring along with your entries on Saturday 22nd April 2023. Between 8.30am & 10am to the Greyhound Club Rooms, Gosford Showground.
* An entry fee to enter the grounds will be incurred after 9am.
* Entries must be set out on the appropriate forms (see pages 8-11).
* **No late entries will be accepted.**
* No refund of entry fees will be made.
* All exhibits must be delivered ready for judging.
* All bakery exhibits are to be presented on a white paper plate.
* Exhibit Ticket will be attached on delivery.

**Judging:**

* All decisions of the judge/s will be final and no correspondence will be entered into.
* Judging will take place from 10.30 am on Saturday 22nd April 2023 in the Greyhound Club Rooms. You are welcome to come and watch the judging.
* Judge/s shall have the right to sample all foods.
* Exhibits will be cut by the Judge/s
* Ribbons: 1st, & 2nd place ribbons and Highly Commended ribbons will be awarded for all Classes *where appropriate.*
* Of all exhibits that place 1st, & 2nd will go on display for the remainder of the show and will be disposed of at the end of show if unclaimed.
* All exhibitors agree to surrender all goods for display.
* All exhibits not receiving an award must be collected by 4pm on Saturday 22nd April 2023.
* Central Coast Regional Show reserves the right to destroy/dispose of any cooking exhibit that ferments or shows signs of spoiling.

**Entry to the Showground**

Exhibitors wishing to enter the show ground during the running of the show and/or to watch the judging will pay normal gate prices.

**Vehicle Access:**

Parking is available in the general car park area of the Central Coast Regional Show Grounds, Showground Rd , Gosford. 2250.

**Exhibit Collection:**

* Prizes, Awards and Exhibits are to be collected on Sunday23rd April 2023 between 2.30pm and 4pm. All exhibits not collected by this time will be disposed of.

**CALCULATION OF AGE**

**The age of an Exhibitor is to be calculated as at: 22nd April 2023.**

\*\* Please Note \*\*

**Juniors (12 & Under**) are eligible to enter all divisions ie Youth and open

**Youth ( 13 – 17 yrs)** are eligible to enter youth and open divisions

**18 plus** are only eligible to enter Open Divisions

**Conditions and Rules Cookery Section**

* Entry is only open to **AMATEUR** cooks of any age, unless otherwise stated.
* Each exhibitor may enter only one entry in each class.
* It is important **NOT** to have flour on cakes from tins.
* Rack marks on cakes will lose you points.
* Patty/Cakes/Muffins should not be cooked or. presented in paper cases.
* **NO** ring tins allowed.
* **NO** packet cake mixes permitted, except where stated in schedule.
* **NO** icing on cakes except where stated in .schedule.
* **NO** decoration permitted ie coconut, cherries, peel. etc
* **NO** artificial cherries in cakes, only glazed
* **EACH** entry **MUST** have an ingredient list as per .NSW CWA policy. See attachment.
* Measurements on the ingredient list are not important, just a basic list of each ingredient eg Flour, butter, eggs etc.
* **All care will be taken with entries, but no responsibility will be assumed for loss or damage to exhibits prior to or after judging.**

**PRIVACY ACT STATEMENT**

The information provided by Exhibitors is used by the Central Coast Regional Show to organise, process and conduct Competitions. By entering such Competitions, Exhibitors consent to their personal information being used for this purpose including this information being made available to Gosford Show Sponsors, the media, the public, promotional purposes, archival purposes, published by Central Coast Regional Show publications and could be made available to their third parties for the purpose of promoting the Central Coast Regional Show. Or as otherwise required by law.

Exhibitors have the right of access to, and alteration of, personal information concerning themselves in terms of the Privacy Act. This may be done in writing by contacting the Cookery Steward of the competition at [ccrsbakingcomp@outlook.com](mailto:ccrsbakingcomp@outlook.com). Central Coast Regional Show may publish the results of any disciplinary proceeding against Exhibitors in accordance with the Central Coast Regional Show General Regulations.

**DISCLAIMER**

The information contained in this schedule is gathered for the purpose of providing information to our Exhibitors and show patrons. The information is a compilation of information provided by third parties and the Central Coast Regional Show does not warrant its accuracy and advises that any such information may be subject to change or amendment occurring at any time and thereby making the information incorrect.

**OPEN DIVISION GENERAL BAKING**

**OPEN DIVISION FRUIT CAKES**

### Class Description:

**# G1 Marble Cake Traditional**

**style of 3 colours** – White/Vanilla, Brown/Chocolate, Pink (Vanilla Flavour). Iced on top only, 20 cm round

**# G2 Fancy Biscuits 2 different biscuits/flavors**. 2 pieces each. Any shape no larger than 6 cm each.

# # G3 Banana Bread – No icing or decoration. Baked in a loaf tin.

# # G4 MasterFoods Cinnamon Tea Cake – CWA recipe as attached must be used - 20 cm round.

### Class Description:

**# F1 ASC Rich Fruit Cake Not Iced**, no decoration. 20cm round or square.

Winner will be required to cook a second cake for the zone final. The winner of the zone final will be required to bake a 3rd cake for entry into the 2024 Royal Easter Show.

Must use recipe provided on page 7.

**# F2 Steamed Fruit Pudding – cooked in a pudding basin.**

**# F3 Sultana Cake** No spices to be used. 20 cm round or square

**DIVISION: JUNIOR - 12 YEARS AND UNDER**

**DIVISION: YOUTH 13 – 17 YEARS**

### Class Description:

**# J1 MasterFoods Decorated Gingerbread People 2** gingerbread people – can be a boy and a girl, two girls or two boys. Judged on decorations only- No Lollies or confectionery permitted.

## *Decorations must be made from coloured royal icing, icing gel or fondant only. Suggested recipe provided on page 8.*

***#J2 ANZAC Biscuits.*** *2 x Biscuits no larger than 7cm in diameter. Suggested recipe in page 7.*

### 

***Suggested Entry Ingredients Label should show;***

* ***Entry Number as attached on registration***
* ***Full list of ingredients. Quantity not required***
* ***Category entered ie General Baking (example)***
* ***Item Name ie Marble Cake (example)***

***Please do not write your name on the ingredient list.***

### *Class Description:*

***# Y1 4 x Shortbread Fingers 7cm x 2.5cm***

***#Y2 2 x Apple Cinnamon Muffins – CWA Recipe below must be used.***

***Apple Cinnamon Muffin Recipe***

300g (2 cups) plain flour

1 tsp baking soda (bi carb) (Not Baking Powder)

1 tsp MasterFoods cinnamon powder

1/2 teaspoon salt

115g unsalted butter, melted

200g (1 cup) brown sugar

165ml (2/3 cup) milk

1 60g egg

1 tsp white vinegar

2 apple, peeled, cored & chopped

1. Preheat oven to 200C/390F. Lightly grease a 12-hole(125ml) cup) muffin tin, or line with paper muffin cup cases.
2. Place butter and brown sugar in a bowl, whisk to combine.
3. Add milk, then egg and vinegar. Whisk to combine.
4. Scatter flour across batter surface, - followed by baking soda, cinnamon and salt. Whisk until flour is incorporated.
5. Fold in the apple – minimum stirs just to disperse.
6. Spoon batter into the prepared muffin tin.
7. Immediately turn oven down to 180C/ 350F. Bake for 20-25 minutes or until a toothpick inserted into the centre of a muffin comes out clean.  Cool on a wire rack.

*No icing or decoration on Apple Muffins*

### SPECIAL RECIPES



*#makedinnertimematter by checking out a range of Masterfoods recipes at* [*www.masterfoods.com.au/recipes*](http://www.masterfoods.com.au/recipes)

**MasterFoods ANZAC Biscuits Classes # J2**

### Suggested Recipe Ingredients

1. cup Rolled Oats 1 cup Plain Flour 3/4 cup Coconut 1 cup Sugar
2. tsp MasterFoods Cinnamon Ground 1 tsp MasterFoods Nutmeg Ground 115gms Butter

2tbsp Water

1tbsp Golden Syrup

11/2 tsp Bicarbonate of Soda

Method

* Preheat the oven to moderately slow 150°. Line baking trays with baking paper.
* Combine the oats, flour, coconut, sugar, cinnamon and nutmeg in a mixing bowl.
* Place the butter, water and golden syrup in a saucepan. Stir over low heat until the butter mixture melts. Remove from the heat and stir in the bicarbonate of soda. Pour the mixture into the flour and stir until well combined.
* Roll the mixture into small balls and place on the baking tray. Flatten the balls, making sure there is room for the biscuits to spread. Bake in the oven for

15 minutes or until golden. Cool on a wire rack.

**ASC RICH FRUIT CAKE STATEWIDE COMPETITION**

**Class# F12**

**This recipe must be used**

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

½ tsp lemon essence OR finely grated lemon rind

½ teaspoon almond essence

½ teaspoon vanilla essence 4 large eggs

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 tin no larger than 20cm (8”) and bake in a slow oven for approx 3

½ - 4 hours. Allow the cake to cool in the tin. NB: To ensure uniformity and depending upon the size it is suggested the raisins be snipped into 2-3 pieces, cherries into 4–6 pieces and

almonds crosswise into 3–4 pieces.

**Class# G4 MASTERFOODS Cinnamon Tea Cake – CWA Recipe**

### Recipe supplied here must be used

Melted butter to grease 100g butter, at room temperature, cubed

110g (½ cup) caster sugar 1 teaspoon vanilla essence 1 egg, at room temperature

150g (1 cup) self-raising flour

80ml (⅓ cup) milk, at room temperature

Cinnamon topping

1. tablespoon caster sugar

½ teaspoon ground cinnamon 20g butter, melted

Method

* + Preheat oven to 180°C or 160°C fan- forced.
  + Grease a shallow 20cm round cake tin with melted butter and line the base with baking paper.
  + Beat butter, sugar and vanilla until pale and creamy. Add the egg and beat until well-combined.
  + On low speed, beat in half the flour, then the milk, and then the remaining flour until just combined.
  + Spoon into the prepared tin and use the back of a spoon to smooth the surface.
  + Bake in the preheated oven for 30 minutes or until golden and a skewer inserted in the centre comes out clean. Stand in the tin for 5 minutes before transferring to tea towel covered cake rack.
  + To make the cinnamon topping, combine the sugar and cinnamon.
  + Brush the top of the warm cake with the melted butter and sprinkle the cinnamon sugar mixture evenly over the top of the cake.

**Class# J1 MASTERFOOD Featured Recipe – Gingerbread People**

### Suggested recipe

125g butter

½ cup firmly packed brown sugar 1 egg yolk

1. ½ cups plain flour

1 teaspoon Bicarbonate Soda

3 teaspoons MasterFoods ground ginger

½ cup Golden syrup

Method

* Beat butter, sugar and yolk until smooth
* Mix to a soft dough
* Knead gently on floured surface until smooth
* Roll dough between 2 sheets of baking paper until dough in 3mm thick
* Cut out shapes and place on oven tray allow room for spreading
* Bake in moderate oven for 10 mins or until lightly brown
* Cool on trays
* Decorate with either coloured royal icing or store bought piping icing or gel

CENTRAL COAST BAKE OFF ENTRY FORM

* + All exhibitors must complete two (2) Entry Forms and appropriate indemnity form.
  + Please use a new line for each exhibit.
  + Entry fee to be paid in cash on the day of delivery
  + Exhibit tickets will be attached to exhibitors on delivery
  + Exhibitors are asked to read and agree to the Schedule for Rules & Conditions.
  + If any more than 10 Entries required photocopies are accepted.

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I agree that the above shall be subject to the Rules & Regulations of the Central Coast Regional Show and I shall abide by any decision of the Committee thereto and shall not hold the Central Coast Regional Show or any people working for the competition responsible for any loss, damage or wrongful delivery of the same.

Signature of EXHIBITOR OR AUTHORISED PERSON: ……………………………………..

Name of Exhibitor ………..…………………...………………………………………...

Postal Address: …………………….………………………………………………………………..

……………………………………………………………………..………… Post Code:………………

Telephone No:…………………….. D.O.B. (Junior Classes Only):………………………………..

School:……………………………………………………………..... Date:……………………………

Email address: .............................................................................................................................

* Please add me to the e-newsletter database

CENTRAL COAST BAKE OFF ENTRY FORM

* + All exhibitors must complete two (2) Entry Forms and appropriate indemnity form.
  + Please use a new line for each exhibit
  + ENTRY FEE to be paid in cash on day of exhibit delivery
  + Exhibit tickets will be attached to exhibits on delivery
  + Exhibitors are asked to read and agree to the Schedule for Rules & Conditions.
  + If any more than 10 Entries required photocopies are accepted.

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Name of Exhibitor…………………...………………………………………...

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……………………………………………………………………..………… Post Code:………………

Telephone No:…………………….. D.O.B. (Junior Classes Only):………………………………..

School:……………………………………………………………..... Date:……………………………

Email address: .............................................................................................................................

* Please add me to the e-newsletter database

**AGRICULTURAL SOCIETIES COUNCIL OF NSW INC PARENTAL INDEMNITY AND WAIVER**

**RISK WARNING**

The Agricultural Societies Council of New South Wales advises that the participation, including passive participation, in events or activities at an agricultural show contains elements of risk, both obvious and inherent. The risks involved may result in property damage and/or personal injury including death.

1. I, the undersigned acknowledge, agree, and understand that participation, including passive participation, in events and activities at this, or at any show contains an element of risk of injury.
2. I. the undersigned acknowledge, agree, and understand that the risk warning at the top of this form constitutes a ‘risk warning’ for the purpose of Division 5 of the Civil Liability Act 2002 (NSW).
3. I understand that by participating in this show, (name of minor)

may become exposed to the risk of injury, and I consent to the participation.

1. I, the undersigned assert that the above named minor voluntarily consents to participation in this show.
2. I, the undersigned acknowledge the risk referred to above and agree to waive any and all rights that I, the above named minor, or any other person, may have against the Central Coast Regional Show in relation to any loss or injury (including death) that is suffered by the above named minor as a result of participation in this show.
3. The undersigned must continually indemnify the Central Coast Regional Show on a full indemnity basis against any claim or proceeding that is made, threatened or commenced, and any liability, loss, including consequential loss, and loss of profits, damage or expense (including legal costs on a full indemnity basis) that the Central Coast Regional Show incurs or suffers, as a direct or indirect result of the above named minor’s participation in any event held by the Central Coast Regional Show.

I have read this form and acknowledge and agree with its contents, I have made any further enquiries which I feel are necessary or desirable and fully understand the risks involved in this activity

I, ……………………………………………… of ………..……………………..…………………………

……………………………………… am the parent/guardian of …………….……..…………………..

Name: .............................................................................................................................................

Address: .........................................................................................................................................

Suburb: ……………………………………………………….Postcode: ……………..................

Signature: ......................................................................Date: ...........................................

Signed for and on behalf of The Central Coast Regional Show.

Name: ................................................... Signature: ..................................................................

Date: .................................................................................................................................. ...........................

**AGRICULTURAL SOCIETIES COUNCIL OF NSW INC. ADULT INDEMNITY AND WAIVER**

**RISK WARNING**

The Agricultural Societies Council of New South Wales advises that the participation, including passive

participation in events or activities at an agricultural show contains elements of risk, both obvious and inherent. The risks involved may result in property damage and/or personal injury including death.

1. I, the undersigned acknowledge, agree, and understand that participation, including passive participation, in events and activities at this, or at any show contains an element of risk of injury and I agree that I undertake any such risk voluntarily of my own free will and at my own risk.
2. I. the undersigned acknowledge, agree, and understand that the risk warning at the top of this form constitutes a ‘risk warning’ for the purpose of Division 5 of the Civil Liability Act 2002 (NSW).
3. I the undersigned acknowledge the risk referred to above and agree to waive any and all rights that I, or any other person claiming through me, may have against the Central Coast Regional Show in relation to any loss or injury (including death) that is suffered by me as a result of my participation in this show.
4. The undersigned must continually indemnify the Central Coast Regional Show on a full indemnity basis against any claim or proceeding that is made, threatened or commenced, and any liability, loss, (including consequential loss, and loss of profits), damage or expense (including legal costs on a full indemnity basis) that the Central Coast Regional Show incurs or suffers, as a direct or indirect result of the undersigned’s participation in any event held by the Central Coast Regional Show.

I have read this form and acknowledge and agree with its contents, I have made any further enquiries which I feel are necessary or desirable and fully understand the risks involved in this activity

Name:

......................................................................................................................................................................

Address: ........................................................................................................ Postcode: ............................

Signature: .....................................................................................................................................................

Date: ............................................................................................................................................................

Signed for and on behalf of The Central Coast Regional Show.

Name: ........................................................................Signature: .............................................................

Date: ............................................................................................................................................................