

The Land Cookery Recipes 19/20

Please read The Land Cookery Schedule before commencing your entry.

Lime and Buttermilk Cake—Section 2, Class A

Recipe supplied here must be used

Ingredients

250g butter, softened
220g (1 cup) caster sugar
1 tablespoon finely grated lime zest
3 eggs, separated
300g (2 cups) self-raising flour
250ml (1 cup) buttermilk
1-2 tablespoons lime juice

Method

Preheat oven to moderate (180°C). Grease a 20cm (8in) round cake tin and line base with baking paper.

Cream butter, sugar and lime zest in a small mixing bowl until pale and creamy. Add and beat in egg yolks one at a time until combined. Transfer to a large mixing bowl.

Stir in half of the sifted flour, half of the buttermilk and half of the lime juice, then stir in the balance of the sifted flour, buttermilk and lime juice.

Whisk egg whites until soft peaks form. Fold in about half of the whites into mixture then fold in remainder—it will mix in better. Spread into the prepared tin.

Bake for about one hour or until cooked. Stand for 10 minutes before turning out.

Cover the top only with a thin layer of white glaze icing flavoured with lime juice.

Peach Blossom Cake—Section 2, Class B

Recipe supplied here must be used

Ingredients

190g butter at room temperature, chopped
1¼ cups white sugar
¾ cup milk
1 teaspoon vanilla essence
1½ cups plain flour
¾ cup corn flour
1½ level teaspoon baking powder
pinch of salt
6 egg whites—at room temperature

1-2 drops rose-pink food coloring

Icing

1½ cups icing sugar
10g butter
2 tablespoons boiling water
few drops of rose-pink food coloring

Method

Pre-heat the oven to slow (150°C). Grease a 20cm round, deep cake tin. Line the base of the tin with baking paper.

Cream the butter and sugar in the small bowl of an electric mixer until white and fluffy. Gradually add half the milk to help dissolve the sugar and beat well. Beat in the vanilla. Transfer to a larger bowl.

Sift the flour, corn flour, baking powder and salt together three times. Fold into the butter mixture, then add the remaining milk. In another bowl, use clean beaters to beat the egg whites to stiff peaks. Fold half the egg whites into the cake batter, then fold in the remaining egg whites.

Transfer 1 cup of the mixture to a smaller bowl and stir in the drops of food coloring. Take about ¾ cup of the white mixture and spread over the base of the tin. Take half the pink batter and spoon it in a ring about 1 cm in from the edge of the tin—it should be about 1-1.5cm wide.

Very carefully spread half the remaining white batter over, taking care not to disturb the pink ring. Spoon the remaining pink batter into the center of the tin, making a round of about 8 cm. Spoon the rest of the white batter over the whole top, again taking care not to disturb the pink round.

Bake for about 70 minutes, until the cake is springy to a gentle touch in the center and comes away from the sides of the tin. It may appear slightly cracked in the center but should settle flat on cooling. Turn out onto a clean tea towel lined with a sheet of baking paper. Leave to cool.

To make the icing, combine the ingredients until smooth. Spread over the top of the cooled cake and leave to set.

Date Loaf—Section 3

Recipe supplied here must be used

1 ½ cup chopped dates
¾ cup sugar
115g butter, room temperature
½ tsp bicarbonate of soda
1 cup boiling water
1 egg
1 ¾ cup self-raising flour
1 tsp ground nutmeg

Method

Heat oven 160°C. Prepare a 14 x 24cm (5 x 9 inch) loaf tin—grease and line base with strip of baking paper.

Place dates, sugar, butter and bicarbonate in a bowl and add the cup of boiling water. Set aside to cool to just warm.

Add the egg, lightly beaten, sifted flour and nutmeg, and stir into the wet ingredients until mixed.

Bake for 50 to 60 minutes or until cooked.

Cool 10 minutes in tin before turning out onto a tea towel covered cake rack.

Petticoat Tails Shortbread—Section 4

Recipe supplied here must be used

Ingredients

115g unsalted butter, chopped into cubes
30g castor sugar
30g pure icing sugar
¾ tablespoon cornflour
1 cup (150g) plain flour
¼ tsp salt

Method

Preheat oven to moderately slow (170°C). Line a baking tray with baking paper.

Cut a 16cm circle of extra baking paper and fold into 8, cut a small snip in the corners of each fold—open up again and set aside.

In a medium size mixing bowl combine the butter, sugars and cornflour, and work together with your hand, until the ingredients are mixed.

Add the sifted flour and salt, and mix until it leaves the sides of the bowl and clump together

Place the dough on a lightly floured surface and gently form into a smooth ball. Flatten and then roll out into a circle, approximately 10mm thick. Carefully lift onto the tray and place the circle of paper over the shortbread and gently roll over the

top and you will have some fold marks imprinted onto the shortbread which you can now cut in segments with a sharp knife.

Cut all the way through the dough, but leave the wedges close together.

Make indents around the outer edge of the circle, and then pinch it, creating three or four even pinches in each segment. Prick the shortbread with a fork for a decorative pattern.

Bake in the oven for 20 to 25 minutes until crisp and a tint of colour is showing.

Leave the shortbread to cool on the tray and when still slightly warm, use a sharp knife to cut through the segments and create petticoat tails.

Iced Honey Jumbles—Section 5

Recipe supplied here must be used

Ingredients

75g butter, chopped
½ cup honey
1½ cups plain flour
1 tsp ground ginger
1 tsp mixed spice
½ tsp bicarb soda
1½ tbsp milk

Icing

1 egg white
1½ cups icing sugar
Pink food colouring

Method

Preheat the oven to moderate (180°C), and line 2 baking trays with baking paper.

Combine the butter and honey in a small saucepan and stir over medium-low heat until melted and smooth. Set aside to cool slightly.

Sift the dry ingredients into a large bowl and make a well in the centre. Add the honey mixture and milk, and stir with a wooden spoon until smooth. Cover with plastic wrap and put in fridge for 30 minutes, until firm.

Divide the dough into two equal portions. Divide one portion into 10 even-sized pieces, and roll into little log shapes 7cm long. Place onto prepared trays and pat slightly to flatten. Repeat with the remaining dough.

Bake for 12 minutes, until lightly browned around the edges and slightly cracked on top. Cool on trays for 5 minutes, then move to a wire rack to

cool completely before icing.

To make the icing, whisk the egg white in a medium bowl until frothy. Sift the icing sugar over the egg white and stir until smooth. Divide the icing in half and tint one portion with pink food colouring. Spread icing over the cooled biscuits. Leave to set.

Strawberry Jam—Section 8, Class A

Recipe supplied here must be used

Determine the mass of the fruit after removing the stalks.

Use 750g of sugar to every kilogram of fruit. Add 30ml of lemon juice to every 1.5kg of fruit.

Pack the fruit and sugar in alternate layers in a stainless steel or enamel saucepan. Leave for two hours or overnight.

Put the saucepan on a cool part of the stove. Heat slowly, while stirring occasionally until the sugar has dissolved.

Boil fairly rapidly until the jam is ready. Stir occasionally to prevent burning.

Test a tablespoon or so on a chilled saucer, drawing a finger through the cooled strawberry jam and check whether the line stays clean and the juices don't come back together. If they do, continue cooking.

Skim off any foam and pour into hot, sterilised jars, seal immediately while still hot.

Quick and Easy Pomegranate Jelly— Section 8, Class B

Recipe supplied here must be used

Ingredients

4 cups pomegranate juice
6 cups white sugar
2 lemons juiced
44 gm Jamsetta

Method

Sterilize jars and keep warm ready for the jelly.

Combine pomegranate and lemon juice with Jamsetta and bring to boil over heat, stirring often.

Add sugar and bring back to boil for 1-2 minutes, stirring often. Turn heat off and fill the jars.

Skim off any foam either before bottling or let it settle to the top in the jar and remove before sealing.

Pickled Pears— Section 8, Class C

Recipe supplied here must be used (new recipe 2019)

Ingredients

10 medium/large beurre bosc pears
1 tsp allspice berries
12 whole cloves
2 cups vinegar (use half white and half malt or apple)
1 stick of cinnamon—broken
2½ cm chopped fresh ginger
2 cups white sugar

Method

Peel core and slice into 8 wedges the pears.

Slowly bring the rest of the ingredients to a boil stirring till sugar dissolves.

Add pears and simmer till tender.

Drain with slotted spoon and add pears to sterilized hot jars.

Boil remaining syrup till thickened and top the pears in the jars with this syrup.

Seal immediately and store in fridge when opened.

Gluten Free Orange Ricotta Pound Cake—Section 9

Recipe supplied here must be used

Ingredients

160gm butter
1 ½ cups sugar
375gm fresh or packaged ricotta cheese
3 large eggs
Grated zest of 1 orange
2 tablespoons orange juice
1 teaspoon vanilla essence
½ teaspoon almond essence
1½ cups plain gluten free flour
2½ level teaspoons gluten free baking powder

Method

Preheat Oven to 160°C. Prepare a loaf tin (not a bar tin).

Sift together the dry ingredients, set aside.

Cream together butter, sugar and ricotta cheese until light and creamy. Add eggs, one at a time. Add orange zest, orange juice and essences. Beat until combined.

Add dry ingredients a little at a time beating until

just incorporated. Spoon mixture into prepared tin, smooth top.

Bake for 50-60 minutes or until cooked. Depending on the density of the ricotta used, this may take 1¼ hours to fully cook.

Cool in tin for ten minutes, before turning out to finish cooling on a covered rack.

Plain Traditional Sponge—Section 10

Your own recipe to be used.

A 20cm sponge sandwich filled with a red jam. The use of cornflour is permitted.

Layers to be evenly risen, identical in thickness and baking. Top should be smooth and without sugar spots. Texture should be fine, delicate and spongy when lightly pressed with fingertips. No icing sugar or dusting allowed on top.

Cinnamon Teacake—Section 11, Class A (18 years and under as of 31 March 2020)

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 center 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.

Decorated Butter Biscuits—Section 11, Class B (12 years and under as of 31 March 2020)

Recipe supplied here must be used

250g butter, at room temperature
125g (¾ cup) icing sugar mixture
1 teaspoon vanilla essence
300g (2 cups) plain flour
70g (½ cup) custard powder
2 tablespoons milk
100's & 1000's to decorate

Method

Heat oven to 180°C.

Beat butter and sugar in a bowl until pale and creamy. Beat in vanilla. Add the sifted flour, custard powder and then the milk. Stir until a soft dough forms. Turn out onto a well-floured surface and bring together and shape into a disc.

Cover with plastic wrap and rest in fridge for ½ to 1 hour.

Roll out dough approximately 5mm thick and cut into rounds using a serrated 5cm scone cutter. Place on a greased tray and decorate with about ¼ tsp of 100's & 1000's sprinkles. Press in slightly with the back of a teaspoon so that they don't roll off.

Bake for approximately 12-14 minutes in oven until golden.