

The Land Cookery Recipes 17/18

Please read The Land Cookery Schedule before commencing your entry.

Coconut cake—Section 2, Class A

Suggested recipe only

125 g butter
½ teaspoon coconut essence
1 cup castor sugar
2 eggs
½ cup desiccated coconut
1 ½ cups self raising flour
⅓ cup milk mixed with 300ml carton sour cream

Method

Grease a 20cm round cake tin, line base with baking paper.

Cream butter, essence and sugar in bowl until light and fluffy. Beat in the eggs, one at a time. Stir in half the coconut and sifted flour with half the mixed sour cream and milk, then stir in remaining ingredients until smooth. Pour mixture into prepared tin. Bake in moderate 180°C oven (or 160°C fan forced) for about 1 hour. Stand for 5 minutes before turning out to cool.

Ice with a white glacé icing, no decorations.

Rainbow Cake—Section 2, Class B

Recipe supplied here must be used

225g butter, softened
440g (2 cups) caster sugar
6 eggs
450g (3 cups) plain flour
2 tsp cream of tartar
1 tsp bicarbonate of soda
Pinch of salt
185 ml (¾ cup) milk
½ tsp lemon essence
Few drops red food colouring
½ tsp vanilla essence
2 ½ tablespoons cocoa dissolved in 2 tablespoons boiling water

Buttercream Filling:

125g butter, softened
185g (1 ½ cups) icing sugar
½ tsp vanilla essence
Milk to get a fluffy consistency

Plain Pink Glacé Icing—for top only

Preheat oven to moderate—180°C. Grease three round 20cm cake tins and line base of each.

Cream butter and sugar together, add eggs one at a time. Sift dry ingredients and gradually add to the butter mixture alternately with the milk. Mix well.

Divide the cake mixture into three similar sized bowls. To the first add the lemon essence. To the second add a few drops red food colouring. To the final third add the vanilla essence and the cocoa & water.

Bake the three cakes for about 30–35 minutes or until done. Cool 5 minutes and turn out onto tea towel covered wire racks.

To make the buttercream filling, beat butter until fluffy and white. Add the icing sugar and vanilla and beat to a spreadable consistency with the milk.

To assemble, place chocolate layer on the bottom, then pink and then white—with buttercream between each layer. Ice the top only with a pink glacé icing, making sure you don't go over the edge.

Rhubarb Cake—Section 3

Recipe MUST be used.

60g butter (unsalted)
1 ½ cups (firmly packed) brown sugar
1 teaspoon grated lemon rind
2 eggs lightly beaten
1 teaspoon vanilla
1 cup self raising flour
1 cup plain flour
1 teaspoon cinnamon
1 cup sour cream
4 cups Rhubarb (sliced 1cm pieces)
⅓ cup brown sugar extra
1 teaspoon cinnamon extra

Method

Grease and line a 20cm round tin

Cream butter, sugar and lemon rind until fluffy (about 3-4 minutes). Beat in eggs and vanilla, fold in flours, spices alternately with sour cream and rhubarb.

Pour mixture into tin. Combine extra brown sugar and cinnamon and sprinkle over mixture. Bake in 180°C oven for about 40 minutes (conventional oven) or bake in 160°C oven for 50 minutes (fan forced oven) or until cooked.

Monte Carlos—Section 4

Use your own recipe.

Coffee Cake—Section 5

Recipe supplied here must be used

125g butter
½ cup brown sugar (firmly packed)
1 tablespoon golden syrup
1 teaspoon vanilla
2 eggs, lightly beaten
250g self raising flour
¼ teaspoon nutmeg
¼ teaspoon cinnamon
¼ cup milk +2 tablespoons coffee essence

Method

Cream butter, sugar and golden syrup until light and fluffy.

Add vanilla then gradually beat in the eggs.

Fold in sifted dry ingredients alternately with milk and coffee essence.

Place mixture in a well greased 20cm tin, bake in 190°C oven for about 50 minutes or until cooked.

When cold, ice with a coffee glacé icing. Use your own recipe for icing.

Rhubarb and Ginger Jam— Section 8, Class A

Recipe supplied here must be used

60g fresh green ginger, bruised
1.5 kg sugar
1.5 kg rhubarb, chopped.
250g crystallised ginger, chopped

Place ginger in a piece of muslin and tie with a piece of string to enclose.

Combine sugar and rhubarb in a large bowl, mix well. Add muslin bag of ginger and leave to stand overnight.

Next day, transfer mixture to a large saucepan and bring to the boil, stirring.

Continue to cook until setting point is reached. Remove from heat, take out the muslin bag of

ginger and add crystallised ginger. Mix well, bring back to the boil for 1 minute.

Pour into warm sterilised jars and seal immediately. This jam can be eaten at once, but the flavour improves after 2 weeks.

Makes approximately 2kg.

Orange Marmalade—Section 8, Class B

Suggested recipe only; your own recipe may be used

Taken from CWA Cook book 1

Each fruit must be quartered and finely shredded with a very sharp knife. To each measure of shredded fruit allow 3 measures of water. (for example to 100g of finely cut fruit use 300ml of water.)

Place in preserving pan and set aside to soak for 24 hours.

Set the preserving pan on the stove and let come to the boil, boil for 10 minutes. Again, set in a cool place for 24 hours. Measure the mixture and to every 1 cup of pulp allow 220grams (1 cup) sugar and at the last add 1 cup more of sugar. Put on the stove and cook until it jells.

Piccalilli Pickles in mustard brine— Section 8, Class C

Suggested recipe only; your own recipe may be used

Vegetables ingredients

2 litres water
100g plain salt
300g small zucchini, halved lengthwise
1 fennel bulb, sliced ½ cm thick
½ small cauliflower, broken into small florets
1 red capsicum, seeds removed, sliced ½ cm thick
300g green beans, sliced in half

Mustard Sauce ingredients

300ml white wine vinegar
300 ml malt vinegar
100g castor sugar
2 teaspoons yellow mustard seeds
1 teaspoon ground turmeric
2 teaspoons dry mustard powder
1 teaspoon ground ginger
20g corn flour
3 tablespoons cold water

Vegetables method

Put water and salt in a large bowl and stir to dissolve. Add vegetables and cover with a plate to keep them under the brine. Leave for about 8 hours. Drain and rinse the vegetables to remove the salt. Drain again

Mustard sauce method

Put the two vinegars, caster sugar and the mustard seeds in a large saucepan. Bring to the boil then add the vegetables. Cook for 4-5 minutes until only just cooked with a little crunch left in them. Lift out with slotted spoon and set aside.

Combine turmeric, mustard powder, ginger and corn flour in a bowl. Add cold water and stir to make smooth paste. Stir in $\frac{1}{4}$ cup of the hot cooking liquid. Pour into saucepan whisking constantly. Bring to the boil and simmer 3-4 minutes to thicken and cook out the corn flour. Add the vegetables to the hot sauce and stir to combine well.

Spoon the pickle into warm sterilized jars and seal. Store in cool place and refrigerate once opened.

Gluten Free Lamington Fingers— Section 9

Recipe supplied here must be used

Cake Mixture:

175g (1 $\frac{1}{4}$ cups) gluten-free plain flour
2 $\frac{1}{2}$ teaspoons gluten-free baking powder
165g ($\frac{3}{4}$ cup) caster sugar
125g butter at room temperature, cubed
2 eggs, room temperature
80ml ($\frac{1}{3}$ cup) milk
2 teaspoons vanilla essence

Chocolate Icing & Coconut Coating:

500g (4 cups) pure icing sugar
55g ($\frac{1}{2}$ cup) cocoa
150ml water
 $\frac{1}{2}$ teaspoon vanilla essence
180g (2 cups) desiccated coconut, to coat

1. Preheat oven to 180°C (160°C fan forced). Grease 20cm x 30cm shallow cake tin, line base and two long sides with one piece of baking paper.

2. Put the flour, baking powder, sugar, butter, eggs, milk and vanilla in a large bowl. Use electric mixer to beat on low speed until combined.

3. Increase speed to medium and beat for three minutes or until the mixture is well combined and very pale in colour. Spoon the mixture into the lined tin and spread evenly. Lightly tap the tin on the bench top to get rid of air bubbles.

4. Bake for 20 minutes or until cooked when tested with a skewer. Leave to cool in the tin for about 5 minutes then turn out onto a tea towel covered wire rack to cool completely.

5. Prepare Chocolate Icing: Sift icing sugar and cocoa into a medium bowl and add boiling water and vanilla, and stir until smooth. Consistency should be of pouring cream.

6. Trim the edges of the cooled cake with a sharp serrated knife then cut cake into fingers approximately 3 cm x 7 cm each.

7. Spread coconut on to a tray. Rest cake portion on a fork and dip into the chocolate icing and then spoon the coconut over the top and sides to completely coat (if icing becomes too thick to handle, add a little boiling water). Place on a wire rack and repeat.

Chocolate Sponge—Section 10

Recipe supplied here must be used

Raspberry jam filled for branch and group only. Comes to state unfilled. No icing sugar or dusting allowed on top.

Ingredients:

1 tablespoon butter
2 tablespoons cocoa powder
2 tablespoons boiling water
4 eggs
 $\frac{3}{4}$ cup (165g) sugar
1 cup (150g) self-raising flour

Preheat oven to moderate—180°C. Grease two 20cm round cake tins and line bases with baking paper.

Melt the butter, add cocoa and mix. Stir in boiling water and put aside to cool.

Whisk the eggs and sugar together in a bowl until pale and creamy, about 10 minutes. Gently fold in sifted flour and lastly fold in the cocoa mixture.

Divide mixture equally between the prepared tins. Bake for 20 minutes or until firm to the touch. Cool on a wire rack on top of a tea towel so as not to get rack marks.

Chocolate Hazelnut Friands—Section 11, Class A

Recipe supplied here must be used

100g butter
100g packet ground hazelnut meal
1 ½ cups icing sugar, sifted
½ cup plain flour, sifted
5 egg whites
¼ cup chocolate hazelnut spread

Method

Preheat oven to 180°C. Lightly grease a friand tray (approx 7cm x 3-4cm high)

Melt butter in a medium saucepan over low heat, cook gently for 10 minutes until golden. Cool.

Place ground hazelnut meal, sugar and flour in a mixing bowl; stir well to combine. Add egg whites, hazelnut spread and browned butter, mix well to combine.

Divide mixture equally between holes in the prepared pan.

Bake for 20-25 minutes until friands are cooked.

Cool on a towel covered wire rack.

Giant Anzac Chewy Biscuits—Section 11, Class B

Recipe supplied here must be used

1 cup plain flour
1 ½ teaspoon ground cinnamon
1 ⅓ cups plain rolled oats
1 cup desiccated coconut
½ cup caster sugar
¼ cup (firmly packed) brown sugar
125g butter, cubed
¼ cup golden syrup
2 tablespoons water
1 teaspoon bicarbonate of soda

Method

Preheat oven to 150°C. Line a baking tray with non stick baking paper.

In a medium sized bowl, sift together the flour and cinnamon. Add rolled oats, caster sugar, brown sugar and coconut; mix well.

Combine butter, golden syrup and water in a small saucepan and stir over low-medium heat until the butter melts and the mixture is well combined. Remove from the heat and stir in bicarbonate of soda.

Add immediately to the dry ingredients and use a wooden spoon to stir until well combined.

Roll 2 tablespoons portions of mixture into balls and place on the lined tray about 5cm apart. Use your fingers to flatten each slightly (until they are about 1cm thick) and bake in the preheated oven for 16 minutes.

Remove from the oven and set aside for 5 minutes to cool slightly before transferring to a wire rack to cool completely.