

The Land Cookery Recipes 18/19

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.

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 ($\frac{3}{4}$ cup) milk
 $\frac{1}{2}$ tsp lemon essence
Few drops red food colouring
 $\frac{1}{2}$ tsp vanilla essence
2 $\frac{1}{2}$ tablespoons cocoa dissolved in 2

tablespoons boiling water

Buttercream Filling:

125g butter, softened
185g (1 $\frac{1}{2}$ cups) icing sugar
 $\frac{1}{2}$ 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.

Date Loaf—Section 3

Recipe supplied here must be used

1 $\frac{1}{2}$ cup chopped dates
 $\frac{3}{4}$ cup sugar
115g butter, room temperature
 $\frac{1}{2}$ tsp bicarbonate of soda
1 cup boiling water
1 egg
1 $\frac{3}{4}$ 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

$\frac{3}{4}$ tablespoon cornflour

1 cup (150g) plain flour

$\frac{1}{4}$ 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

$\frac{1}{2}$ cup honey

1 $\frac{1}{2}$ cups plain flour

1 tsp ground ginger

1 tsp mixed spice

$\frac{1}{2}$ tsp bicarb soda

1 $\frac{1}{2}$ tbs milk

Icing

1 egg white

1 $\frac{1}{2}$ 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

Ingredients

10 medium/large beurre bosc pears
1 tsp allspice berries
12 whole cloves
2 cups vinegar (use ½ white and ½ malt or apple)
1 stick of cinnamon—broken
2½ cm chopped fresh ginger
2 cups white sugar

Method

Peel core and slice into 16 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 Lamington Fingers— Section 9

Recipe supplied here must be used

Cake Mixture:

175g (1 ¼ cups) gluten-free plain flour
2 ½ teaspoons gluten-free baking powder
165g (¾ cup) caster sugar
125g butter at room temperature, cubed
2 eggs, room temperature
80ml (⅓ cup) milk
2 teaspoons vanilla essence

Chocolate Icing & Coconut Coating:

500g (4 cups) pure icing sugar
55g (½ cup) cocoa
150ml water
½ 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
¾ 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.

Cinnamon Teacake—Section 11, Class A (18 years and under as of 31 March 2019)

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 2019)

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.