

Section G Junior Cookery

STEWARD: Mrs Leah Meyer 0400 801 359

Entry Fee: None

Requirements on delivery: Completed entry form and exhibit

Exhibit Delivery Location and Time: TBA

Exhibit and Prize Collection and Time: Sunday 1pm – 3pm

Conditions of entry:

- No rack marks permitted
- No ring tins allowed
- All entries in plastic bag on paper plate when delivered
- Cakes that have been frozen are acceptable
- All care taken but no responsibility
- All exhibits should be the bona fide work of the exhibitor. Packet mixes may not be used except where specified.

**Free
Entry**

PRIZES: 1st \$5, 2nd \$3 unless otherwise stated

Age 13 years to 16 years

1. 4 Brownies – 1st \$10
2. 4 pcs Sunflower Seed Brittle – 1st \$10 (recipe at end of section)
3. 4 Patty Cakes – Iced and Decorated Any Theme – 1st \$10
4. Best Themed/Decorated Cake: SUNFLOWER – 1st \$20

CHAMPION EXHIBIT – 13yrs to 16yrs - Ribbon plus \$15.00

MOST SUCCESSFUL EXHIBITOR – 13yrs – 16yrs - Ribbon plus \$15.00



Age 9 years to 12 years

5. 4 Scones – Not joined
6. 4 Slice – 1 variety
7. 4 Sunflower Seed Cookies – (Recipe at end of section)
8. 4 Patty Cakes – Iced and decorated any theme
9. Best Themed/Decorated Cake: SUNFLOWER – 1st \$20
(This may be a packet mix cake)

CHAMPION EXHIBIT – 9yrs to 12yrs - Ribbon plus \$15.00

MOST SUCCESSFUL EXHIBITOR – 9yrs to 12yrs – Ribbon plus \$15.00

Age 6 years to 8 years

10. 4 Pikelets
11. 4 South Dakota Sunflower Seed Cookies – (Recipe at end of section)
12. 4 Decorated Arrowroot Biscuits – any theme
13. Best Themed/Decorated Cake: SUNFLOWER (6yrs – 8yrs) – 1st \$20 (This may be a packet mix cake)

CHAMPION EXHIBIT – 6yrs to 8yrs. Ribbon plus \$15.00

MOST SUCCESSFUL EXHIBITOR – 6yrs to 8yrs. Ribbon plus \$15.00

Age 5 years & Under

- 14. 4 Pikelets
- 15. 4 Decorated Arrowroot Biscuits – Any theme – Please incorporate sunflower seeds
- 16. Best Themed/Decorated Bread Slice – SUNFLOWER - \$10

CHAMPION EXHIBIT – 5yrs & Under. Ribbon plus \$10.00

JUDGES CHOICE AWARD all age groups – Ribbon, \$30 and Cookbook

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Junior Cookery Recipes

Sunflower Seed Brittle 13 – 16 years

Ingredients

- 3 tablespoons unsalted butter
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 2 cups salted dry roasted shelled sunflower seeds
- 2 cups sugar



Directions

1. Generously spray or butter a large baking sheet and set aside.
2. In 1.5 or 2 quart saucepan, melt butter on low heat; add salt, cinnamon, vanilla and sunflower seeds and stir to evenly coat seeds with butter mixture. Keep stove at lowest setting, stirring occasionally so that all of the seeds remain warm but don't scorch on bottom of pan.
3. Add sugar to large (12 inch) heavy skillet over medium heat. Stir the sugar constantly. As you stir, you will see the sugar begin to melt and form clumps. Gradually, the clumps will start to melt and stir into a smooth, amber brown syrup.
4. As soon as the last lumps melt into the syrup (this takes approx. 10-15 min.), add the warm nut mixture and stir to combine. Work quickly so the mixture doesn't burn. Immediately, pour onto prepared baking sheet. Use a silicone or wooden spatula to quickly spread the mixture into a thin, even layer.
5. Let cool completely and break into pieces. Store in airtight container.



Sunflower Seed Cookies 9 – 12 years

Ingredients

- 1 cup butter, softened
- 1 cup sugar
- 1 cup light brown sugar, packed
- 2 eggs
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 cups old fashioned rolled oats
- 1 cup flaked coconut
- 1 cup sunflower kernels, roasted



Instructions

1. In a mixing bowl combine butter and sugars until light and fluffy; add eggs and vanilla and combine.
2. In a separate bowl, combine the flour, baking soda, baking powder, and salt.
3. Add flour mixture to the butter mixture and mix until well combined.
4. Stir in oats, coconut, and sunflower kernels.
5. Drop by rounded tablespoons onto ungreased baking sheet.
6. Bake at 350°F for 8 - 11 minutes or until cookies are lightly browned around the edges.
7. Allow cookies to cool for about 1 minute on the cookie sheet, then move cookies to a cooling rack and allow to cool completely.

South Dakota Sunflower Cookies 6 – 8 years

- 1 1/2 cups butter or margarine, softened
- 3 cups flour
- 1 1/2 cups sugar
- 1 tablespoon baking soda
- 1 tablespoon baking powder
- 1 cup shredded coconut
- 1 cup sunflower seeds

1. Cream sugar and butter or margarine.
2. Add flour, baking soda and baking powder and combine.
3. Then add coconut and sunflower seeds. Mix well.
4. Shape into balls and place on ungreased cookie sheet.
5. Bake at 350 degrees for 15 minutes or until delicately browned.

