



AGRICULTURAL SHOWS RICH FRUIT CAKE HANDBOOK



AGRICULTURAL SOCIETIES COUNCIL OF NSW LTD

FOR THE USE OF
AGRICULTURAL SOCIETIES IN NSW

www.agshowsnsw.org.au

INTRODUCTION

This handbook has been put together to assist Show Societies and Groups on the process and procedures in running an ASC Rich Fruit Cake Competition.

Outlined within the handbook are thorough regulations across all levels of the competition and specific actions required at each level to ensure the exhibitor is able to progress onto the next stage of the competition.

ASC RICH FRUIT CAKE – REGULATIONS

1. Competition Objective:

- a. The NSW Rich Fruit Cake Competition is conducted to seek excellence in the preparation, cooking and presentation of a rich fruit cake and to promote Australian produce.

2. Competition Process:

- a. The NSW Rich Fruit Cake Competition is conducted in three stages:
 - i. **Local competitions** conducted under these regulations, held at Agricultural Shows affiliated with the Agricultural Societies Council of NSW. **Recommend Entry be free**
 1. Winners receive the specified prize and are eligible to enter the second stage of the competition.
 - ii. **Group Finals** are conducted in each of the 14 regional groups of the ASC of NSW where at least two eligible entrants have won a local competition in the current year. Entry is only open to eligible winners of local competitions. **Entry is free.**
 1. Eligible entrants are required to bake a second Rich Fruit Cake to compete in the Group Final.
 2. Winners receive the specified prize and are eligible to enter the third or final stage of the competition.
 3. If there is only one eligible entrant in a group, they will be automatically appointed Group finalist without having to present a second cake and will proceed to the State Final.
 - iii. **NSW State Final** is to be held at the Sydney Royal Easter Show annually. Entry is open only to the Group finalists from regional competitions. **Entry is free.**
 1. Group Finalists are required to bake a third *Rich Fruit Cake* to compete in the NSW State Final.
 2. Winners receive the specified prize and are presented the ASC Plaque.

3. Rules

- a. Entry to the competition is free.
- b. At all stages of the competition Entrants must use the recipe provided.
- c. In any year an individual competitor may participate in only one Group Final representing one Agricultural Show and, consequently, may represent only one Group in the subsequent State Final.
- d. Agricultural Shows & ASC Groups of Shows conducting local competitions &/or Group Finals agree to follow these rules and guidelines.

- e. **Presentation** of exhibits is a major aspect of all show cooking from exhibitors through local competitions, group and state finals. It is imperative to achieve the objectives of the competition that exhibits are displayed at their best during judging and on display.
- i. Exhibitors should follow the instructions of these rules and the show schedules.
 - ii. Local Competitions & Group Finals
 1. All exhibits should be displayed in a closed glass or similar cabinet clearly identified as being part of the “ASC of NSW Rich Fruit Cake Competition”.
 2. Unless absolutely necessary, exhibits should not be enclosed in plastic bags or any other material.
- f. **Judging**
- i. Judging of local competitions and Group Finals must follow the ASC Judges Conduct guidelines.
 - ii. A judge cannot judge and exhibit at the local competition and/or Group Final
 - iii. A judge cannot judge an exhibit, which the judge or his/her immediate family has baked
 - iv. It is desirable for Judges at all stages to be current relevantly accredited cookery judges e.g. CWA Land Cookery Accredited.
 - v. It is desirable for the names of judges at local and group level to be provided to the ASC of NSW along with results when sending the prizemoney invoice to ASC.
 - vi. Exhibits are to be cut in half straight across when being judged.
 - vii. Judging should be based on:
 1. Appearance - Smooth appearance on the top bottom and sides. No sign of shiny, dark, overheated fruit protruding from the surface. The cake should be firm, smooth, fresh and moist to the touch, preferably with a well ripened patina on the top surface. Straight sides, and a smooth flat top showing even distribution of fruit.
 2. Finish in baking - No bumps, hollows, or sunken centres, nor large cracks (a small crack is not considered a major fault). The cake should cut cleanly, without any crumbs, and without catching or dragging of fruit. There should be no burning or crusty top or sides (caused by too hot an oven or insufficient papering). After the cake is cut, the fruit closest to the outside should not appear to be dark and shiny (caused by overcooking in too hot an oven). This fault causes a bitter flavour.
 3. Colour - Attractive, even, golden=brown on the top, bottom and sides.
 4. Texture - Firm and fine; it should be moist, not soggy, nor dry. The texture should be smooth and even, and the same right through the cake. A well ripened cake cuts cleanly and evenly.
 5. Flavour & Aroma - Delicious, and should be a perfect blend of fresh eggs and dairy ingredients, sugar, essences, flour, and spices, spirits, and quality dried fruit. Beware of an overpowering flavour or aroma of essences or spices, or the acrid smell of overheated fruit.
 6. Decoration – no decoration allowed.
 7. Presentation – all paper to be removed prior to exhibiting.
 8. **The height of the cake should not exceed 5.7cm (57mm)**
- g. **Prize money & Awards** are sponsored by the ASC.
- i. Shows and Groups should pay the prize money in cash or similar method directly to their winners and apply to the ASC for reimbursement.
 - ii. Winners at local competitions are to each receive a prize of \$25.
 - iii. The fourteen winners at Group level are to receive a cash prize of \$50.
 - iv. NSW State Finalists are to receive a prize of \$100 and be awarded the ASC Plaque.

The following recipe is compulsory for all entrants and must be printed in all schedules.

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 teaspoon lemon essence OR finely grated lemon rind
½ teaspoon almond essence
½ teaspoon vanilla essence
4 large eggs.

RECOMMENDED 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 **square 20cm x 20cm (8" x 8") tin** and bake in a slow oven for approximately 3 ½ - 4 hours. Allow the cake to cool in the tin.

Note: To ensure uniformity and depending upon the size it is suggested the raisins be snipped into 2 or 3 pieces, cherries into 4-6 pieces and almonds crosswise into 3-4 pieces.

Judge Note: The height of the cake should not exceed 5.7cm (57mm)

ASC RICH FRUIT CAKE – LOCAL COMPETITION CHECKLIST

- Ensure the recipe, instructions and \$25 prizemoney are included in the show schedule
- Pay via cash or cheque, \$25 prizemoney to the winner at the conclusion of the competition
- Invoice ASC of NSW to asc.admin@ascofnsw.org.au for the \$25 so a reimbursement can be processed.
- Send the winner's name, email and phone number to your Group Secretary so contact can be made when the date, location and time is set for the Group Final

ASC RICH FRUIT CAKE – GROUP FINAL COMPETITION CHECKLIST

- Group secretary** needs to contact the exhibitors at least 1 month in advance giving details of where and when the Group Final competition will take place.
- Pay via cash or cheque, \$50 prizemoney to the winner at the conclusion of the competition
- Invoice ASC of NSW to asc.admin@ascofnsw.org.au for the \$50 so a reimbursement can be processed
- Send the winner's name, email and phone number to asc.admin@ascofnsw.org.au to ensure a Sydney Royal Easter Show entry form can be sent onto the winner to complete.

ASC RICH FRUIT CAKE – STATE FINAL COMPETITION CHECKLIST

- A Sydney Royal entry form needs to be completed approximately 5 weeks prior to Sydney Royal
- Sydney Royal will then send each exhibitor an information pack outlining instructions for cake delivery.
- Post Sydney Royal, the winner will be sent, \$100 ASC cheque and plaque on behalf of ASC of NSW.