



VAS Carrot and Date Muffins

A competition for junior cake bakers under 18 on the day of their local show/ field day

Rules and Regulations

1. The carrot cake competitions follow the show-group-state level of competition
2. An exhibitor having won at a Show, will bake another cake for entry in the Group Final; the winner will then be required to bake a further cake for the State Final
3. Exhibitors are to follow the recipe and specifications (listed over)
4. An exhibitor having won at show/field day level is not eligible to enter any other show/field day until after the Group judging, when, if not the winning entry, can compete further
5. An exhibitor is only eligible to represent one Group in the State Final
6. Each cake entered must be the bona fide work of the exhibitor
7. If for any reason a winner is unable to compete at Group or State Final level, then the second placegetter is eligible to compete

State Final Prizes

First - \$250 plus Trophy

Second - \$100

Third - \$50

Hot Tips for exhibitors

A well-kept competition cake making secret: lay a tea towel over the cake rack before turning the cake out to prevent the imprint of the cake rack appearing on your competition cake

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INGREDIENTS:

- 2 ½ cups Self-raising flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup brown sugar (firmly packed)
- 1/3 cup chopped pitted dates
- 1 cup coarsely grated carrot
- 1 tablespoon orange marmalade
- 1 cup canola oil
- 2 eggs, lightly beaten
- ¾ cup orange juice
- 1 cup reduced fat milk

METHOD:

1. Pre-heat oven to 190°C (moderately hot)
2. **Line a 12-hole muffin pan with, Round Paper Muffin Cases**
Classic White Muffin Cases Size (35mm Height x 90mm Wide x 50mm Base)
3. Sift dry ingredients into a large bowl; stir in dates, carrots. Then add the combined marmalade, oil, eggs, juice and milk. Mix until just combined
4. Spoon mixture evenly into Muffin paper cases in muffin pan.
5. Cook for 20 minutes. To test if muffins are cooked insert cake skewer; if it comes out clean the muffins are ready
6. Stand muffins in pan for 5 minutes before removing to cool.
Show entries: Four (4) muffins per plate