

Proudly Sponsored by Rocky Lamattina & Sons

Open to junior cake bakers under 18 years on the day of their local Show



Rules and Regulations

1. The entrant must follow the recipe and specifications provided.
2. The entrant must be under 18 years on the day of their local Show.
3. Each cake entered must be the bona fide work of the exhibitor.
4. The Junior Carrot & Date Muffins competition follows the three levels of competition: Show Level, Group Level and State Final.
5. An exhibitor having won at their local Show will bake another cake for the Group Final level and then the winner of the Group Final will bake another cake for the State Final at Annual VAS Ltd Convention
6. An exhibitor having won at Show Level is not eligible to enter any other Show until after the Group Final judging.
7. An exhibitor is only eligible to represent one Group in the State Final.
8. If for any reason a winner is unable to compete at Group or State Final level, then the second placegetter is eligible to compete.
9. The State Final prizes are:

First: \$250.00 prizemoney & VAS State Final Trophy

Second: \$100.00 prizemoney

Third: \$50.00 prizemoney

Recipe

Ingredients

- 2 ½ cups self-raising flour
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 cup brown sugar (firmly packed)
- 1/3 cup chopped pitted dates
- 1 cup coarsely grated carrot
- 1 tbsp 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 190C (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 and 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.
7. Show Entries: Four (4) muffins per plate

