

# JUNIOR COOKERY *(Under 18) CLASS 1*



VAS Carrot Cake Competitions  
*proudly sponsored by Rocky Lamattina & Sons*



## VAS Carrot and Date Muffins Competition

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

### INGREDIENTS:

- 2 ¼ cups Self-raising flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup brown sugar (firmly packed)
- 1/3 cup 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

**\*\*PLEASE NOTE:**  
*The VAS recipe is compulsory for all entrants to be eligible for this section*

### METHOD:

1. Pre-heat oven to 190°C (moderately hot)
2. Line a 12-hole muffin pan with, Round White 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 prepared pan holes
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:

4 muffins per plate

**Edenhope Show Prize: \$15**

### State final prizes:

**First** - \$250 prize money & trophy

**Second** - \$100 prize money and trophy

**Third** - \$50 prize money and trophy