

JUNIOR COOKERY *(Under 18) CLASS 1*



VAS Ltd Junior Carrot & Date Muffins

Proudly Sponsored by Rocky Lamattina & Sons

*Open to junior bakers under 18 years on the day
of their Local Show*



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

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
- ¼ 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 paper plate.

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