

Section 4

Agricultural Societies Council of NSW Rich Fruit Cake Competition

Delivery of Exhibits - 7.30am - 10.30am Friday 20th October Free Entry
Entry forms can be found on our website or you can enter online via
<https://showday.online>

1st prize of \$25 and a ribbon donated by Agricultural Societies Council of NSW
All entries MUST use the compulsory recipe below. The entry gaining 1st place is eligible to enter the group final. If successful at the group final, then invited to compete at RAS Sydney Royal Easter Show 2025.

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

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Class 401

Ingredients:

250g sultanas
250 g chopped raisins
250 g currants
125 g chopped mixed peel
90 g chopped red glace cherries
90 g chopped blanched almonds
1/3 cup sherry or brandy
250 g plain flour
60 g self-raising flour
1/4 teaspoon grated nutmeg
1/2 teaspoon ground ginger 1/2
teaspoon ground cloves
250g butter
250g soft brown sugar
1/2 teaspoon lemon essence OR finely
grated lemon rind
1/2 teaspoon almond essence 1/2 teaspoon
vanilla essence 4 large eggs.

Method:

- Mix together all the fruits and nuts and sprinkle with brandy or sherry.
- Cover and leave for at least one (1) hour or preferably overnight.
- Sift together the flour and spices.
- Cream together the butter and sugar with the essences and add the eggs one at a time, beating well after each addition.
- Now Alternating add 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 20 cm (8in) tin and bake in a slow oven for approximately 3 1/2 - 4

hours.

- Allow the cake to cool in the tin.

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