



Gower Show 2011

Penrice Castle Park, Reynoldston, Gower

Sunday 7th August



**COOKERY, HANDICRAFTS
& CHILDREN'S CLASSES**

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Printing kindly sponsored by The Gower Society



CARIBBEAN CARNIVAL

Cookery, Handicrafts & Children's Classes

TO BE HELD AT

PENRICE CASTLE PARK, REYNOLDSTON, GOWER

ON

ON SUNDAY 7th AUGUST 2011

STAGING OF ALL CLASSES:

SATURDAY 6TH AUGUST 2011

BETWEEN 12noon & 2pm

FOR JUDGING AT 2.15pm

Entries & Fees By **9th July 2011** to:

Mrs Daphne Furneaux,

Thurba Cottage, Pitton, Rhossili, Swansea SA3 1PH

Tel: 01792 390754

STRICTLY NO LATE ENTRIES ON DAY OF JUDGING

W.I. CO-OPERATIVE

Open to all Womens' Institutes

Theme

GARIBBEAN CARNIVAL

Sponsored by the family of
The late Mrs E Beynon, Reynoldston

EXHIBITS TO INCLUDE EACH OF THE FOLLOWING

Four Cookery Items
Two Items of Craft
One Floral Arrangement

To be judged in accordance with "On with the Show."

Staging & Interpretation to be judged.

No background staging allowed.

No Cutlery.

Table size 3ft wide & 2ft 3ins deep.

N.B. **ALL** Exhibits to be the work of a member of the W.I.

Three members max. to stage Co-operative
Perpetual Challenge Shield to be awarded to the winning Institute.

(To be held for one year only.)

Prizes: ★ 1st £10 ★ 2nd £6 ★ 3rd £4

2010 Winner - Llangennith

OPEN COOKERY SECTION

(ALL Preserves not less than ½lb (225gm) in size)

Class

1. Jar of favourite Jam
 2. Jar of Chutney
 3. Jar of Fruit Curd
 4. Jar of Marmalade
 5. A Jar of Fruit Butter (see recipe enclosed)
 6. A Jar of Sweet Pickle
 7. Cherry Cake (see recipe enclosed)
 8. A plate of 4 savoury tartlets
 9. 4 Welsh cakes
 10. A chocolate sponge with butter cream filling
 11. Tropicana Cake (see recipe enclosed)
 12. A Fruit Tart
 13. A savoury yeast item (recipe to be displayed)
 14. Vegetarian Pate
 15. Coconut Ice - up to 8oz (225gm) in weight
 16. 4 Decorated Cup Cakes
 17. Nutty Banana Bread (see recipe enclosed)
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ONLY MEN ALLOWED

18. Victoria Sandwich with Raspberry Jam Filling



Handicraft

19. 3 items of craft, **to be staged in a space 2ft x 2ft, background permitted**
 20. An appliqué bag
 21. A length of bunting (**max. 1 metre**)
 22. An item made from felt
 23. An item in cross stitch
 24. A photograph 'ALL WASHED UP'
 25. An item made from driftwood.
 26. A collage (**no larger than 2ft sq/61 cm**)
 27. A Painting, any medium
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CHILDREN'S

UNDER 4yrs

28. A Painting, A4 size, **using hands and feet only**

UNAIDED WORK - Age Groups: 7 or under, 8 - 11, 12-16

29. A computer generated poster advertising 'Caribbean Carnival.'
30. A decorated jam jar
31. A carnival face mask
32. A photograph 'My Holiday.'
33. A Pineapple upside-down cake (see recipe enclosed.)
34. An item made from driftwood
35. A decorated cake (decoration only to be judged.)

ENTRY FEES ALL CLASSES 50p PER ENTRY,
WI Co-op £1.00
CHILDREN'S CLASSES FREE

Prizes: ★ 1st £3 ★ 2nd £2 ★ 3rd £1

Only one entry per person per Class.

Class numbers to be collected from the Secretary's table inside Open Classes Marquee.

Trophies and Prize Money will be paid out after 4pm, Sunday 7th August 2011 at Secretary's table.

CONDITIONS

1. All exhibits to be staged on Saturday 6th August - 12 noon - 2 pm, and **not removed before 5.30 pm** on Sunday 7th August
2. The Society and the show committee do not hold themselves responsible for any loss, damage or mis-delivery of exhibits consigned to or from the show or whilst on the show ground, although utmost care and security will be taken.
3. An Exhibitor pass will only be given with entry fees exceeding £5.
4. **THE JUDGES DECISION IS FINAL AND BINDING**
5. **STRICTLY NO LATE ENTRIES TAKEN DAY OF JUDGING**

The Marquee will be open to the public on Sunday 7th August at 9.30 am until 5.30 pm after which exhibits may be removed.

CHERRY CAKE

INGREDIENTS:

7oz (200gm) glace cherries
7oz (200gm) self-raising flour
Pinch of salt
6oz (175gm) unsalted butter, soft but not runny
6oz (175gm) caster sugar
3 medium free range eggs (at room temp) beaten
2oz (50gm) ground almonds

A 20cm/8inch round deep cake tin, greased with butter & lined with greaseproof paper

METHOD:

Preheat oven to 170/325/gas 3. Halve the cherries & rinse under hot tap to remove sticky coating. Drain well, leave to dry between several sheets of kitchen paper.

Sift the flour & salt onto a sheet of greaseproof paper and set aside until needed. Put the soft butter into a mixing bowl & beat until creamy. Add sugar and beat well until light & fluffy. Gradually add the eggs, beating well after each addition. Using a large metal spoon, fold in the ground almonds.

Tip the cherries into a bowl and toss with a tablespoon of the sifted flour. Sift the rest of the flour into the bowl and carefully fold into the mixture.

Finally, tip in the cherries, plus any remaining flour in the bowl, and carefully fold together all the ingredients. When thoroughly combined, spoon the mixture into the prepared tin and spread evenly.

Make a slight hollow in the centre so the cake will rise evenly & bake in preheated oven for 1-1¼ hrs, until firm to the touch. Remove the tin from the oven and stand on a wire rack. When the cake is completely cold, carefully remove it from the tin and peel off lining paper.

TROPICANA CAKE

INGREDIENTS:

4½ oz (125gm) margarine
4½ oz (125gm) caster sugar
2 large eggs
4½ oz (125gm) self raising flour, sieved
1oz (25gm) dessicated coconut
Juice & rind of 2 lemons
3½ oz (90gm) diced dried pineapple
1oz (25gm) flaked coconut for top of cake

METHOD:

Pre-heat oven 180c/350F/Gas 4. Grease & line a 6" (15cm) round cake tin. Cream margarine and sugar until white. Gradually beat in lightly whisked eggs and flour then the coconut.

Fold in lemon rind and pineapple, reserving some for decoration.

Place mixture in tin smoothing the surface. Sprinkle some pineapple and flaked coconut over the top of the cake before baking.

Bake in centre oven for 50-55 mins until firm.

Allow to cool in tin for 5 minutes then turn out onto a wire rack.

NUTTY BANANA BREAD (2lb Loaf)

INGREDIENTS:

3ozs (75gms) butter
6ozs (175gm) caster sugar
2 standard eggs
10ozs (275gms) bananas (skins removed)
8ozs (225gms) plain flour
3 level tsps baking powder
½ level tsp salt
2 ozs (50gms) walnuts (roughly chopped)

METHOD:

Pre-heat oven 180C/ 350F/Gas 4. Cream butter until soft and work in sugar.

Add eggs one at a time & beat to a smooth mixture. Well mash bananas, add to egg mixture & beat until blended.

Sieve together flour, salt & baking powder; & stir one tblsp into nuts. Add remaining flour to egg mixture & stir until mixed, add nuts & stir again.

Turn mix into a well greased loaf tin & bake for 1-1 ¼ hrs, until cooked.

APPLE BUTTER (makes approx 3lb)

INGREDIENTS:

3lb (1.5 kg) cooking apples
Sugar
1pt (570 ml) water
1pt (570 ml) cider
½ tsp ground cinnamon
½ tsp ground cloves

METHOD:

Wash the apples and chop roughly, removing any damaged parts. Place in a pan with the water and cider. Cook gently until soft. Sieve.

Return the sieved pulp to the pan and simmer to obtain a thick consistency. To each 500gm (1lb) pulp add 350gm (12oz) sugar.

Stir until the sugar is dissolved. Boil, stirring frequently until a thick creamy consistency is obtained.

Pour into warmed jars, seal and process.

PINEAPPLE UPSIDE DOWN CAKE

INGREDIENTS:

4oz (125gm) butter
4oz (125gm) caster sugar
4oz (125gm) self raising flour
2 eggs, beaten
1tsp baking powder
1 tsp vanilla essence

Use Pineapple, glaze cherries, raisins, with (optionally) - tinned mandarin oranges/peaches, apricots & angelica etc. to show pretty design

METHOD:

Pre-heat the oven to 190C/375F/Gas 5.

Grease an 8" (20cm) diameter cake tin with loose base and arrange the fruit face side down, so that the pudding looks better at the end.

Put all the cake ingredients into a bowl and whisk until it is creamy and falls off the spoon easily. Spoon the mixture onto the fruit and smooth out.

Bake in the oven for 20 mins until golden brown and firm to the touch.

Cover with a plate & flip it over, removing cake tin.



COOKERY, HANDICRAFTS & CHILDREN'S CLASSES

ENTRY FORM

This entry form to be completed and returned to **Mrs Daphne Furneaux, Thurba Cottage, Pitton, Rhossili, Swansea SA3 1PH**, accompanied by entrance fee on or before **Saturday 9th July 2011**.

Cheques to be made payable to **GOWER AGRICULTURAL SOCIETY**.

Entries after this date will be accepted but will not appear in the catalogue.

No entries accepted after **Thursday 4 August 2011**.

PLEASE NOTE: Staging times Saturday 6 August 2011 between 12 noon and 2 pm.

CLASS NO. _____

EXHIBITORS NAME _____

NAME OF W.I. _____

CHILDREN/S AGE/S _____

FULL ADDRESS: _____

Tel No. _____

Entrance Fee enclosed _____

Are you interested in:

1. Stewarding for an hour on Sunday? YES / NO

If Yes, please state time:.....

HINTS & TIPS

PRESERVING

Preservation is a method of 'keeping' fruits & vegetables at their best for use until the next season of production. Containers are sealed to preserve items for this length of time or longer.

Fruit curds, mincemeat & uncooked chutneys and relishes **are not accepted as true preserves** as they do not have this lengthy keeping ability but are marked using the same recommended marking scheme.

The first thing a judge will look for is a 'seal' which shows that the item is actually worthy of the term **preserved**.

Lids should always be put on freshly potted sugar preserves immediately each jar is filled, when hot.

A twist top or plastic cover will 'pop' when opened, if there is a true seal.

Avoid honey jars with screw tops, as the thread does not produce a good seal. The new twist tops, however, do give a seal.

A seal can only be achieved by:

- A new twist top, or
- A new pliable press-on cover, with a traditional jam jar

NOTE: A wax disc, placed smooth side down, when carefully trimmed to fit the rim of the jar and the surface of the preserve, will cause an air tight seal when cooled and only needs a cellophane cover to protect from dust. This should never be put on a tepid preserve as the moist air trapped may cause spoilage. Always put a cellophane cover on when completely cold.

RE-CYCLED JARS & LIDS

Plain jars must be used for showing preserves. Jars & lids bearing trademarks should not be used for shows as this contravenes the Trades Description Act. If twist top lids are used for showing, they must be new and plain, as old lids do not always give a good seal. If a top from a vinegar jar is used, this will often impart its flavour through a jam preserve totally ruining the smell and flavour.

If no seal of preservation is present, the item is not acceptable (NA) and is not marked further (often an exhibitor will be tempted to test the seal before exhibiting, and thus destroying it!).

The container should be clean and unblemished.

Labels should be plain, clear and straight, and of suitable size for the container. Place label between the seams of the jar. Label should state contents, and, day month & year of making.

FRUIT BUTTER

Fruit butter does not contain butter but has a spreadable consistency

- Must have an airtight seal as this is a low sugar preserve
- Colour attractive and even, not 'muddy', although it may be dark, due to spices
- Even and spreadable like butter
- Well blended and pleasant without losing basic fruit flavour

OTHER SECTION SCHEDULES

Schedules for Horticulture are available from Liz Gordon (01792 371222).

Schedules and entry forms for all sections can be viewed and downloaded at www.gowershow.co.uk



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