



Saturday 3rd May and Sunday 4th May 2025
GOSFORD SHOWGROUND
CENTRAL COAST
COOKING COMPETITION
GENERAL BAKE OFF



Proudly Supported by



Better food today
A better world
tomorrow

SCHEDULE AND ENTRY

Key Dates:

- Entries Close: 10am Saturday, 3rd May 2025
- Exhibit Delivery: 8.30am. to 10.00 am. Saturday, 3rd May 2025
- Exhibit Judging: From 10.30 am. Saturday, 3rd May 2025
- Exhibit Collection: Prize winning entries -Sunday 4th May 2025- 2.30pm. to 3.30pm

Non-winning entries to be collected on Saturday 3rd May 2025
before 3pm.

Queries: **Enquiries:** Joy Noble and Bev Britton, Volunteer Cookery Stewards

IMPORTANT:

It is the responsibility of the exhibitor.
to read the schedule correctly and abide by the rules as detailed.

Welcome to Central Coast Bake Off, General Cooking section of the Central Coast Regional Show.

We look forward to your participation and wish you well with your exhibits/entries.

Entry Fee: All Classes \$1.00

Prize Cards: Will be issued only in accordance with Judges Awards

Ribbons: 1st & 2nd place ribbons will be awarded for all Classes. Judges may award additional Highly Commended ribbons. Judges reserve the right not to award a prize where exhibits are not deemed worthy.

Major Prize: Most Successful Exhibitor only will take home a prize NB: In the event of a tie judges will choose best overall exhibit and award the prize accordingly.

**All prizes and awards must be collected by
close of the show on Sunday, 4th May 2025
between 2.30pm & 3.30pm**

How to Enter:

- Complete your entry forms (see pages 9-11) and bring along with your entries on Saturday 3rd May 2025 between 8.30am & 10am to the Greyhound Club Rooms, Gosford Showground.
- An entry fee to enter the grounds will be incurred after 9am.
- Entries must be set out on the appropriate forms(see pages 6-9).
- **No late entries will be accepted.**
- No refund of entry fees will be made.
- All exhibits must be delivered ready for judging, clear of wrapping and served on a paper plate.
- Exhibit Ticket will be attached by stewards on delivery of entry item.

. A List of ingredients must accompany each Refer Page 8.

The Country Women's Association (CWA) of NSW Northumberland Group extends gratitude for the support shown by Mars Foods with the donation of Prizes and Product Samples.



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Judging:

- All decisions of the judge/s will be final, and no correspondence will be entered into.
- Judging will take place from 10.30 am on Saturday 3rd May 2025 in the Greyhound Club Rooms. You are welcome to come and watch the judging.
- Judge/s shall have the right to sample all foods.
- Exhibits will be cut by the judges.
- Ribbons: 1st, & 2nd place ribbons and Highly Commended ribbons will be awarded for all classes *where appropriate*.
- All exhibits that place 1st & 2nd will go on display for the remainder of the show and will be disposed of at the end of show if unclaimed.
- All exhibitors agree to surrender all goods for display.
- All exhibits not receiving an award must be collected by 4pm on Saturday 3rd May 2025. Uncollected items left after this time will be disposed of.
- Central Coast Regional Show reserves the right to destroy/dispose of any cooking exhibit that ferments or shows signs of spoiling.

Entry to the Showground

Exhibitors wishing to enter the showground during the running of the show and/or watch the judging, will pay normal gate prices.

Vehicle Access:

Parking is available in the general car park area of the Central Coast Regional Show Grounds, Showground Rd, Gosford. 2250.

Exhibit Collection:

Prizes, Awards and Exhibits are to be collected on Sunday 5th May 2025 between 2.30pm and 3.30pm.

- All exhibits not collected by this time will be disposed of.

CALCULATION OF AGE

The age of the exhibitor is to be calculated as at 3rd May 2025

*** Please Note ***

Juniors (12 & Under) are eligible to enter all divisions, Junior, Youth and Open

Youth (13 - 17yrs) are eligible to enter Youth and Open divisions

18 yrs Plus are only eligible to enter Open Division



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Conditions and Rules Cookery Section

- Entry is only open to **AMATEUR** cooks of any age, unless otherwise stated.
- Each exhibitor may enter only one entry in each class.
- It is important **NOT** to have flour on cakes from tins.
- Rack marks on cakes will lose you points.
- Patty / Cakes / Muffins should not be presented or cooked in paper cases.
- **No** ring tins allowed.
- **No packet cake mixes permitted**, except where stated in the schedule.
- No icing on cakes except where stated in the schedule.
- No decoration permitted ie coconut, cherries, peel etc.
- No artificial cherries in cakes, only glazed cherries.
- **EACH entry MUST have an ingredient list. See attachment.**
- Measurements on the ingredient list are not important, just a basic list of each ingredient eg Flour, butter, eggs etc.

Presentation is important.

All care will be taken with entries, but no responsibility will be assumed for loss or damage to exhibits prior to or after judging

PRIVACY ACT STATEMENT

The information provided by Exhibitors is used by the Central Coast Regional Show to organise, process and conduct competitions. By entering such competitions, exhibitors consent to their personal information being used for this purpose including this information being made available to Gosford Show Sponsors, the media, the public, promotional purposes, archival purposes, published by Central Coast Regional Show publications and could be made available to their third parties for the purpose of promoting the Central Coast Regional Show. Or as otherwise required by law.

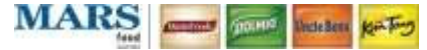
Exhibitors have the right to access, and alteration of, personal information concerning themselves in terms of the Privacy Act. This may be done in writing by contacting the Cookery Steward of the competition at CWA.showcomp@gmail.com Central Coast Regional Show may publish the results of any disciplinary proceeding against Exhibitors in accordance with the Central Coast Regional Show General Regulations.

DISCLAIMER

The information contained in this schedule is gathered for the purpose of providing information to our Exhibitors and show patrons. The information is a compilation of information provided by third parties and the Central Coast Regional Show does not warrant its accuracy and advises that any such information may be subject to change or amendment occurring at any time and thereby making the information incorrect.



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OPEN DIVISION GENERAL BAKING

Class Description:

G1 Marble Cake Traditional style of 3 colours – White/Vanilla, Brown/Chocolate, Pink (Vanilla Flavors)

Iced on top only. 20cm round

G2 Fancy Biscuits – 2 different biscuits / flavours. 2 pieces each.

Any shape no larger than 6cm each.

G3 Banana Bread – No icing or decoration.

Baked in a loaf tin

G4 Masterfoods Cinnamon Tea Cake – CWA recipe as attached must be used .

20cm round tin

OPEN DIVISION FRUIT CAKES

F1 ASC Rich Fruit Cake – Not Iced, no decoration. 20cm square tin only to be used.

Winner will be required to cook a 2nd cake for the zone final. The winner of the zone final will be required to bake a 3rd cake for entry into the 2026 Royal Easter Show

ALL PARTICIPANTS MUST USE THE RECIPE PROVIDED ON PAGE 7

#F2 Steamed Fruit Pudding – cooked in a pudding basin.

#F3 Sultana Cake No spices to be used.

20cm round or square

JUNIOR DIVISION 12 YEARS AND UNDER

Class Description:

J1 Masterfoods Decorated Gingerbread People x 2. Gingerbread people can be a boy & girl / two girls / or two boys. Judged on the decoration **only. No lollies or confectionery permitted.** Decorations must be made from coloured royal icing, icing gel, or fondant only. Suggested recipe provided on page 8.

J2 Anzac Biscuits x 2. Biscuits no larger than 7cm in diameter. Suggested recipe on page 7.

******* ALL COMPETITORS PLEASE NOTE *******

Entry Ingredients Label should show;

- **Entry number as attached to your entry on registration.**
- **Full list of ingredients. Quantity not required.**
- **Category entered ie General (example)**
- **Item name ie Marble Cake (example)**

Please do not write your name on the ingredient list.

YOUTH DIVISION 13 - 17

Class Description:

#Y1 4x Shortbread Fingers 7cm x 2.5cm

#Y2 2 x Apple Cinnamon Muffins –

CWA recipe below must be used.

Apple Cinnamon Muffin Recipe

330g plain flour

3 teaspoons baking powder

3 teaspoons Masterfoods cinnamon

½ teaspoon salt

60g butter, softened.

110g caster sugar

250ml low -fat milk

1 apple, peeled, cored and chopped.

1. Preheat oven to 200c. Lightly grease a 12 hole (125ml) cup muffin tin, or line with paper muffin cases.
2. In a bowl, sift together the flour, baking powder, Masterfoods cinnamon and salt.
3. In a separate bowl, beat together the butter and sugar until pale and creamy.
4. Stir the flour mixture into the butter mixture alternatively with the milk. Fold in the apple
5. Spoon batter into the prepared muffin tin holes. Bake for 20-25 minutes or until a toothpick inserted into the centre of a muffin comes out clean. Cool on a wire rack covered with a cloth to avoid rack marks.

No icing or decoration on Apple Muffins



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SPECIAL RECIPES

Class # J2 Masterfoods ANZAC Biscuits

Suggested Recipe

Ingredients

- 1 cup Rolled Oats
- 1 cup Plain Flour
- $\frac{3}{4}$ cup Coconut
- 1 cup Sugar
- 2 tsp Masterfoods Cinnamon Ground
- 1 tsp Masterfoods Nutmeg Ground
- 115 gms Butter
- 2 tbsp Water
- 1tbsp Golden Syrup
- 1 $\frac{1}{2}$ tsp Bicarbonate of Soda

Method

- Preheat the oven to moderately slow 150 degrees. Line baking trays with baking paper.
- Combine the oats, flour, coconut, sugar, cinnamon and nutmeg in a mixing bowl.
- Place the butter, water, and golden syrup in a saucepan. Stir over low heat until the butter melts. Remove from the heat and stir in the bicarbonate of soda. Pour the mixture into the flour and stir until well combined.
- Roll the mixture into small balls and place on the baking tray. Flatten the balls, making sure there is room for the biscuits to spread. Bake for 15 minutes or until golden. Cool on a wire rack

ASC RICH FRUIT CAKE STATEWIDE COMPETITION Class # F1

This recipe **MUST** be used

Ingredients

- 250g (8oz) Sultanas
- 250g (8oz) chopped Raisins
- 250g (8oz) Currants
- 125g (4oz) chopped Mixed Peel
- 90g (3oz) chopped red Glace Cherries
- 90g (3oz) chopped Blanched Almonds
- $\frac{1}{3}$ cup Sherry or Brandy
- 250g (8oz) Plain Flour
- 60g (2oz) SR Flour
- $\frac{1}{4}$ tsp grated Nutmeg
- $\frac{1}{2}$ tsp ground Ginger
- $\frac{1}{2}$ tsp ground Cloves
- 250g (8oz) Butter
- 250g (8oz) soft Brown Sugar
- $\frac{1}{2}$ tsp Lemon Essence OR finely grated Lemon Rind
- $\frac{1}{2}$ tsp Almond Essence
- $\frac{1}{2}$ tsp Vanilla Essence
- 4 large Eggs

Method

Mix together all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least 1 hour, but preferably overnight. Sift together the flour and spices. Cream together the butter and sugar with the essences. Add the eggs one at a time, beating well after each addition, then alternately add the flour and fruit mixtures. The mixture should be stiff enough to support a wooden spoon. Place the mixture into a prepared **SQUARE** tin no larger than 20cm (8"). Bake in a slow oven for approx. 3 $\frac{1}{2}$ - 4 hours. Allow the cake to cool in the tin.
NB; To ensure uniformity it is suggested the raisins be snipped into 2-3 pieces, cherries into 4-6 pieces and almonds crosswise into 3-4 pieces.

Class# G4 MASTERFOODS Cinnamon Tea Cake – CWA Recipe

Recipe supplied here must be used

Melted butter to grease 100g butter, at room temperature, cubed
110g (½ cup) caster sugar
1 teaspoon vanilla essence
1 egg, at room temperature
150g (1 cup) self-raising flour
80ml (⅓ cup) milk, at room temperature

Cinnamon topping

1 tablespoon caster sugar
½ teaspoon ground cinnamon
20g butter, melted

Method

- Preheat oven to 180°C or 160°C fan-forced.
- Grease a shallow 20cm round cake tin with melted butter and line the base with baking paper.
- Beat butter, sugar and vanilla until pale and creamy. Add the egg and beat until well-combined.
- On low speed, beat in half the flour, then the milk, and then the remaining flour until just combined.
- Spoon into the prepared tin and use the back of a spoon to smooth the surface.
- Bake in the preheated oven for 30 minutes or until golden and a skewer inserted in the centre comes out clean. Stand in the tin for 5 minutes before transferring to tea towel covered cake rack.
- To make the cinnamon topping, combine the sugar and cinnamon.

- Brush the top of the warm cake with the melted butter and sprinkle the cinnamon sugar mixture evenly over the top of the cake.

Class # J1 MASTERFOOD Featured Recipe - Gingerbread People

Suggested recipe

Ingredients

125g butter
½ cup firmly packed brown sugar
1 egg yolk
2 ½ cups plain flour
1 teaspoon Bicarbonate Soda
3 teaspoons Masterfoods ground ginger
½ cup Golden syrup

Method

- Beat butter, sugar and egg yolk until smooth
- Mix to a soft dough
- Knead gently on floured surface until smooth
- Roll dough between 2 sheets of baking paper until dough is 3mm thick
- Cut out shapes and place on oven tray. Allow room for spreading
- Bake in moderate oven for 10 minutes or until lightly brown
- Cool on trays
- Decorate with either coloured royal icing or store bought piping icing or gel

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CENTRAL COAST BAKE OFF ENTRY FORM

- All exhibitors must complete two (2) Entry Forms and an appropriate indemnity form.
- Please use a new line for each exhibit.
- Entry fee to be paid in cash on the day of delivery
- Exhibit tickets will be attached to exhibitors on delivery
- Exhibitors are asked to read and agree to the Schedule for Rules & Conditions.
- If any more than 10 Entries are required photocopies are accepted.

SHOW COPY		
Class #	Description of Exhibit as per Schedule	Entry Fee
TOTAL		

I agree that the above shall be subject to the Rules & Regulations of the Central Coast Regional Show and I shall abide by any decision of the Committee thereto and shall not hold the Central Coast Regional Show or any people working for the competition responsible for any loss, damage or wrongful delivery of the same.

Signature of EXHIBITOR OR AUTHORISED PERSON:

Name of Exhibitor

Postal Address:

..... Post Code:.....

Telephone No:..... D.O.B. (Junior Classes Only):.....

School:..... Date:.....

Email address:

Please add me to the e-newsletter database



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**AGRICULTURAL SOCIETIES COUNCIL OF NSW INC
PARENTAL INDEMNITY AND WAIVER
RISK WARNING**

The Agricultural Societies Council of New South Wales advises that the participation, including passive participation, in events or activities at an agricultural show contains elements of risk, both obvious and inherent. The risks involved may result in property damage and/or personal injury including death.

1. I, the undersigned acknowledge, agree, and understand that participation, including passive participation, in events and activities at this, or at any show contains an element of risk of injury.
2. I, the undersigned acknowledge, agree, and understand that the risk warning at the top of this form constitutes a 'risk warning' for the purpose of Division 5 of the Civil Liability Act 2002 (NSW).
3. I understand that by participating in this show, (name of minor) may become exposed to the risk of injury, and I consent to the participation.
4. I, the undersigned, assert that the above named minor voluntarily consents to participation in this show.
5. I, the undersigned acknowledge the risk referred to above and agree to waive any and all rights that I, the above-named minor, or any other person, may have against the Central Coast Regional Show in relation to any loss or injury (including death) that is suffered by the above named minor as a result of participation in this show.
6. The undersigned must continually indemnify the Central Coast Regional Show on a full indemnity basis against any claim or proceeding that is made, threatened or commenced, and any liability, loss, including consequential loss, and loss of profits, damage or expense (including legal costs on a full indemnity basis) that the Central Coast Regional Show incurs or suffers, as a direct or indirect result of the above named minor's participation in any event held by the Central Coast Regional Show.

I have read this form and acknowledge and agree with its contents, I have made any further enquiries which I feel are necessary or desirable and fully understand the risks involved in this activity

I, of

..... am the parent/guardian of

Name:

Address:

Suburb: Postcode:

Signature: Date:

Signed for and on behalf of The Central Coast Regional Show.

Name: Signature:

Date:



**AGRICULTURAL SOCIETIES COUNCIL OF NSW INC.
ADULT INDEMNITY AND WAIVER
RISK WARNING**

The Agricultural Societies Council of New South Wales advises that the participation, including passive participation in events or activities at an agricultural show contains elements of risk, both obvious and inherent. The risks involved may result in property damage and/or personal injury including death.

1. I, the undersigned acknowledge, agree, and understand that participation, including passive participation, in events and activities at this, or at any show, contains an element of risk of injury and I agree that I undertake any such risk voluntarily of my own free will and at my own risk.
2. I, the undersigned acknowledge, agree, and understand that the risk warning at the top of this form constitutes a 'risk warning' for the purpose of Division 5 of the Civil Liability Act 2002 (NSW).
3. I the undersigned acknowledge the risk referred to above and agree to waive any and all rights that I, or any other person claiming through me, may have against the Central Coast Regional Show in relation to any loss or injury (including death) that is suffered by me as a result of my participation in this show.
4. The undersigned must continually indemnify the Central Coast Regional Show on a full indemnity basis against any claim or proceeding that is made, threatened or commenced, and any liability, loss, (including consequential loss, and loss of profits), damage or expense (including legal costs on a full indemnity basis) that the Central Coast Regional Show incurs or suffers, as a direct or indirect result of the undersigned's participation in any event held by the Central Coast Regional Show.

I have read this form and acknowledge and agree with its contents, I have made any further enquiries which I feel are necessary or desirable and fully understand the risks involved in this activity

Name:

Address: Postcode:

Signature:

Date:

Signed for and on behalf of The Central Coast Regional Show.

Name:Signature:

Date:

Proudly supported by:



**Central Coast Regional Show 2025.
Baking Competition Entry
Ingredient List**

Each entry must have an ingredient list attached showing the full ingredients added to the recipe. Quantity is not required.

This must be completed prior to the arrival at the show and presented with the entry on a paper plate and clear of wrapping.

Your name should **NOT** be shown on this form

Central Coast Regional Show 2025

Entry No.:

Ingredients:

.....
.....
.....
.....

Class #.....Product.....