

Division 19 – FROM THE KITCHEN

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2019 Exhibition Theme: "Milk & Cookies"

2019 Colour Challenge: Black & White

Entry Fee: \$1 per entry

Register between July 15th and August 24th. Last day to register: August 24th, by 5 pm.

Delivery of Exhibits: Please bring all From the Kitchen exhibits to Mellor Hall on Thursday, Sept. 5th between 10 am and 5:30 pm. They must be in place by 6 pm for judging.

Pick Up of Exhibits: Sunday, Sept. 8th – after 4 pm.

Note: all food must be picked up on Sunday, Sept. 8th.

Any food entries left after that date will be disposed of.

Prize Money: 1st - \$5, 2nd - \$3, 3rd - ribbon only.

Pick up prize money from the Exhibition Office during the week of Sept. 23rd to 27th – 9 am to 5 pm.

Rules:

- a. Only 1 entry per exhibitor per class.
- b. This Division is open to amateurs and professionals.
- c. Please check that you are entering the correct number in each class, i.e. 4 muffins, 6 cookies, etc.
- d. Judges reserve the right to open and/or taste an exhibit.
- e. All entries must be made from scratch, no mixes.
- f. All baking exhibits should be covered with plastic wrap, a clear bag or clear container for maximum freshness and visibility. When packaging your exhibit, please choose something that is easy to reclose as the exhibit will be unwrapped during judging.
- d. Exhibitors may purchase a 3-day pass for \$17. The regular gate fee for adults is \$10 - \$12 per day.

Section 1: Baking

Class

1. Bread, White – 1 loaf.
2. Bread, Whole Wheat – 1 loaf
3. Bread, any other variety – 1 loaf. **1st – \$10 . . . donated by Thrifty's.**
4. Baking Powder Biscuits – 4
5. Cinnamon Buns (Yeast) – 4
6. Muffins, any variety – 4
7. Loaf, Zucchini – 1
8. Loaf, Banana – 1
9. Loaf, any other variety – 1
10. My Favorite Poppy Seed recipe – entry must include appropriate number (i.e. cake or loaf - 1, muffins or squares - 4, cookies - 6)
11. Anything Pumpkin but Pie!
12. NEW! Biscotti, any variety – 4
13. Cookies, Shortbread, traditional – 6. **1st – \$10 . . . donated by Thrifty's.**

Standards for Baking:

Yeast breads. Well shaped, tender yet crisp, free from cracks, no large holes inside, no yeasty smell, sweet, nutty flavour.

Quick breads. Even golden brown, level top, light and tender, no strong flavour of salt or baking powder.

Muffins. Rounded tops, moist, tender, no large holes inside, no strong flavour of salt or baking powder.

Pies. Pastry golden brown, flaky and tender, filling should be of a consistency to hold its shape when served.

Cakes. Evenly risen, fine even grain, light and springy, icing should not be too thick, should be creamy and not granular.

Cookies. Uniform size, tender, moist, rolled cookies should be crisp but not tough, even colour top and bottom.

Standards for Preserves:

Canning:

Product should be uniform in size and colour, half-inch head space, no cloudiness or sediment, metal band should be free from rust and easy to remove. Note: paraffin is no longer recommended as a reliable seal.

Jams and jellies:

Quarter-inch head space, natural fruit flavour, not too sweet, nice consistency, not too runny or too thick, no sign of mould, jellies should be clear and sparkling with no fruit, pulp or seeds.

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14. Cookies, Shortbread, any other variety (lavender, lemon, with nuts, etc.) – 6
 15. Cookies, Chocolate Chip – 6
 16. Cookies, Peanut Butter – 6
 17. Cookies, Rolled and Decorated – 6. To be judged on appearance and creativity only. **1st – \$10 . . . donated by Thrifty's.**
 18. Cookies, any other variety – 6
 19. ** Cake, Family Favourite. **1st - \$25 product certificate from Robin Hood Flour; 2nd - \$10 product certificate from Robin Hood Flour.** Winning entries must be accompanied by the sponsor's package or UPC as proof of purchase.
 20. Cake, Carrot
 21. Cake, White, iced
 22. Cake, Chocolate, iced
 23. Cake, Decorated. To be judged on appearance only, an artificial cake form may be used. **1st – \$20 . . . donated by Bob's Ice Cream Plus.**
 24. Cake, Fruit

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25. Cupcakes, iced, not decorated – 4
26. Cupcakes, decorated – 4. To be judged on appearance only, artificial forms may be used.
1st – \$10 . . . donated by Thrifty's.
27. Cake Pops – 4
28. French Macarons (meringue & ground almonds) - 6
29. Nanaimo Bars – 4
30. Squares, fruit and/or nuts – 4
31. Cereal Squares – 4, must contain breakfast cereal
32. ** Lunchbox Snack – 4 squares, 6 cookies, etc. that are suitable for a child's lunchbox (no lunchbox required with exhibit). **1st - \$25 product certificate from Robin Hood Flour; 2nd - \$10 product certificate from Robin Hood Flour.** *Winning entries must be accompanied by the sponsor's package or UPC as proof of purchase.*
33. Chocolate Squares – 4, must include chocolate in or on them. No Nanaimo Bars.
34. "Dainties on a Doily" – at least 3 different dainties on a plate, to be judged on appearance, taste and presentation. **1st – \$10 . . . donated by Thrifty's.**
35. Cheesecake – small cake or 1 piece on a plate
36. Pie – Pumpkin
37. Pie – Apple, any type top. **1st – \$20 . . . donated by Bob's Ice Cream Plus.**
38. Pie – Fruit, any other variety.
39. Tarts, Butter – 4
40. ** Tarts, any other variety – 4. **1st - \$25 product certificate from Crisco; 2nd - \$10 product certificate from Crisco.** *Winning entry must be accompanied by the sponsor's package or UPC as proof of purchase.*
41. "Death By Chocolate" – decadent dessert made primarily of chocolate
42. Fudge – 6 pieces
43. Candy, any other variety (e.g. chocolate, brittle) – 6
44. 2019 Exhibition Theme: "Milk & Cookies". Any edible baked item inspired by this year's theme. **1st - \$20 . . . donated by Bob's Ice Cream Plus.**
45. Baked Imposters! A sweet baked item that resembles a savoury dish (i.e. pizza, hamburger, tacos). Include a brief description about your entry.
1st – \$10 . . . donated by Thrifty's.

Section 2: For Men Only

Class

46. Cake, any variety. **1st - \$20 . . . donated by Bob's Ice Cream Plus.**
47. Cookies, any variety – 6
48. Muffins, any variety – 4
49. Jam or Jelly, any variety – 1 jar
50. Pickles, any variety – 1 jar



Your baking entry could win \$200 if it's the best in Canada!

The 1st prize winners in these three classes are eligible to enter the National Contests:

** Class # 19 - Cake, Family Favourite

** Class # 32 - Lunchbox Snack

** Class # 40 - Tarts, any other variety

Congratulations, Shirley Parrott, who won in 2018 with her recipe for "Cake, Family Favourite".

SPECIAL BERNARDIN PRIZES

'BERNARDIN' BEST OF SHOW AWARD

\$30 Gift Certificate plus Rosette Prize Ribbon for Best Home Canning Entry submitted in a Bernardin Mason jar with SNAP Lid®.

BEST JAM OR JELLY USING 'BERNARDIN' PECTIN

\$20 Gift Certificate plus Rosette Prize Ribbon. *Winning entry, in a Bernardin Mason jar with SNAP Lid®, must be accompanied by a Bernardin Pectin package or UPC as proof of purchase.*

'BERNARDIN' GIFT PACK COMPETITION

\$20 Gift Certificate plus Rosette Prize Ribbon for Best Theme Gift Pack (class #19.5.97) using Bernardin Mason jars with SNAP Lids®.

Section 3: Jams & Jellies made with Pectin

Jars to be at least 8 oz (250 ml), properly sealed and labeled with the type of jam or jelly. If a non-commercial pectin has been used, please identify its source.

Class

51. Jam – Strawberry, 1 jar. **1st – \$10 . . . donated by Thrifty's.**
52. Jam – Raspberry, 1 jar
53. Jam – Blackberry, 1 jar
54. Jam – Mixed Fruits, 1 jar. **1st – \$20 . . . donated by Bob's Ice Cream Plus.**
55. Marmalade (citrus fruits), 1 jar
56. Jam – any other variety, 1 jar
57. Jam – Freezer, any variety
58. Collection of Jams, 3 jars
59. Jelly – Blackberry, 1 jar
60. Jelly – Raspberry, 1 jar
61. Jelly – Plum, 1 jar
62. Jelly – Pepper, 1 jar. **1st – \$10 . . . donated by Thrifty's.**
63. Jelly – Concord Grape, 1 jar
64. Jelly – Currant (red and/or black), 1 jar
65. Jelly – any other variety, 1 jar
66. Collection of Jellies – 3 jars. **1st – \$10 . . . donated by Thrifty's.**

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Section 4: Jams & Jellies made without Pectin

Jars to be at least 8 oz (250 ml), properly sealed and labeled with the type of jam or jelly.

Class #

- 67. Jam – any variety, 1 jar
- 68. Jelly – any variety, 1 jar
- 69. Blackberry – 1 jar. **1st – \$10 . . . donated by Thrifty's.**
- 70. Pepper jelly – 1 jar
- 71. Grape – 1 jar
- 72. Crabapple – 1 jar
- 73. Marmalade (citrus fruits), 1 jar
- 74. Any other variety – 1 jar

Section 5: Fruits, Juices, Vegetables, Pickles.

All bottles must be labeled.

Class #

- 75. Fruit Juices, any kind (apple, plum, etc.) – 1 bottle
- 76. Bottled Fruits – 1 pint
- 77. Bottled Vegetables – 1 pint
- 78. Herbal Vinegar (tarragon, rosemary, etc.)
- 79. Plain Vinegar
- 80. Relish, sweet – 1 jar. **1st - \$20 . . . donated by Abbeyfield House of Duncan, Home for Seniors.**
- 81. Relish, spicy – 1 jar
- 82. Fruit Chutney – 1 jar
- 83. Fruit Chutney, Hot – 1 jar
- 84. Dill Pickles (must be cured) – 1 jar. **1st – \$10 . . . donated by Thrifty's.**
- 85. Pickled Onions – 1 jar
- 86. Mincemeat – 1 jar
- 87. Mustard Pickles – 1 jar
- 88. Pesto – 1 jar
- 89. Pickled Beets – 1 jar
- 90. Bread & Butter Pickles – 1 jar. **1st – \$10 . . . donated by Thrifty's.**

- 91. Pickles, any other variety (e.g. eggs, veggies) – 1 jar
- 92. Antipasto – 1 jar
- 93. Chili Sauce – 1 jar
- 94. Salsa Sauce – 1 jar. **1st – \$10 . . . donated by Thrifty's.**
- 95. Tomato Sauce – 1 jar
- 96. Syrup (e.g. maple, blackberry) – 1 bottle. **1st – \$10 . . . donated by Thrifty's.**
- 97. 'Bernardin' Theme Gift Pack Competition: Any canned product(s) in Bernardin Mason jars with SNAP Lids®, 3 jars. Use the Exhibition's 2019 Theme: "Milk & Cookies" as inspiration for your gift pack! The exhibit will be judged on creativity, quality of home canned product, perceived value and appropriateness of presentation. **1st - \$20 Bernardin Gift Certificate plus Rosette Prize Ribbon.**
NOTE: Winner is eligible to enter the National Gift Pack Competition for these prizes: 1st prize - \$100, 2nd - \$25, and 3rd - \$25.

Section 6: Fish

Class #

- 98. Canned Salmon
- 99. Canned Fish, any other variety
- 100. Smoked Fish

Looking for recipes?

You'll find them plus helpful baking & home canning hints on these websites:

CRISCO - www.crisco.ca
ROBIN HOOD FLOUR - www.robinhood.ca
BERNARDIN - www.bernardin.ca

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HOT MILK CAKE

CAKE INGREDIENTS:

3/4 c. all purpose flour
1/4 c. wheat germ
1/2 c. shredded coconut
1/4 tsp. salt
1 tsp. baking powder
1/2 c. milk
1 tbsp. unsalted butter
2 eggs
1 c. sugar
1 tsp. vanilla

TOPPING:

3 tbsp. unsalted butter
1/4 c. brown sugar
1 tbsp. milk
1/4 c. shredded coconut
1/4 c. flaked almonds

DIRECTIONS: Turn on over to 350°F

1. Butter and flour a 8"x8" glass baking dish. Set aside.
2. Mix together the first five ingredients. Set aside.
3. In a 1-cup measuring cup, heat the milk in the microwave until hot. Add the butter and stir.
4. In a mixing bowl, beat together the eggs, sugar and vanilla.
5. Fold 1/3 of the dry mixture into the egg mixture, and stir in half of the milk/butter. Repeat. Fold in the remaining dry mixture.
6. Spoon the batter into the prepared baking dish.
7. Bake for 15 minutes, turn and bake for another 5 minutes.
8. During those 5 minutes, prepare the topping: melt the butter, stir in the brown sugar, milk, coconut and almonds.
9. When the cake comes out of the oven, carefully spread the topping on the hot cake. Place under a hot broiler until bubbly.
10. Serve warm or at room temperature.