

Class 16 Honey Cake. (sweetened and flavoured with honey only)

Recipe:

- 8oz (228g) Self Raising flour
- 6oz (170g) mixed dried fruit
- 6oz (170g) honey
- 2 large eggs,
- 4oz (110g) butter or margarine,
- milk,
- pinch of salt.

Pre-heat the oven to 300°F/150°C and grease and line a 7inch (18cm) round tin or similar. Beat the eggs, then cream the butter and honey together. Add eggs alternately with the sifted flour/salt to the creamed mixture. Stir fruit in until evenly distributed, then add enough milk (if necessary) to give a dropping consistency. Turn into the prepared tin and bake on middle shelf for 1¼ - 1½ hours (if the cake is becoming too dark then cover with baking parchment). Whilst still hot drizzle over three tablespoons of runny honey. Allow to cool a little, then turn out. To be displayed on a plain white paper plate.

Class 17 Plain Honey Cake

- 150g butter or margarine;
- 100g light soft brown sugar;
- 175g clear honey;
- 15ml water;
- 200g self raising flour;
- 2 large eggs.

Grease and line a round cake tin 15-20cm diameter (6-8 inch). Place sugar, butter, honey and water in a pan and heat gently stirring until the sugar has dissolved. Sift the flour over the surface and stir in. Beat well with a wooden spoon to remove lumps. Beat the eggs lightly then add to mixture distributing evenly. Turn the mixture into the prepared tin. Bake for 40 minutes at 180°C (350°F, Gas Mark 4). Leave to cool in the tin for 5 minutes and then turn out onto a wire rack until cool.

Cooking time and temperatures may vary to suit the type of oven used so have a trial run before competition day. To be displayed on a plain white paper plate.