



BRINGING COMMUNITIES
TOGETHER – SA'S LARGEST
REGIONAL SHOW

Gawler Agricultural, Horticultural & Floriculture Society Inc

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Gawler SA 5118
(08) 8523 1477
info@gawlershow.org.au
www.gawlershow.org.au
ABN 31 588 023 239

COOKERY & PRESERVES

Proudly supported by



SATURDAY 24 & SUNDAY 25 AUGUST 2024

CONVENER: Robyn Hughes

JUDGES:

STEWARDS:

Entry fee

Open: \$1.00

Junior: \$0.50

School Groups: Free

Closing Date

MANUAL ENTRY (paper) - FRIDAY 2 August 2024

ONLINE ENTRY - FRIDAY 16 August 2024

PRIZE RIBBONS AWARDED FOR 1st 2nd & 3rd PLACE

Sponsored by:



VOUCHERS & PRIZE MONEY

Donated by:

Bakers Delight Gawler
Cake Decorators Association SA, inc
CDASA Lower Northern Branch (Gawler)
CWA Gawler
Gawler Arms Hotel
Gawler Caravan Centre
Gawler Club

Gawler South Bakery
Gizelle Forgie
Josie Ireland
K Brereton Showcase Jewellers
Kingsford Hotel
Olive Oil Packaging Services-Kent Hallet
Prince Albert Hotel

SACWA Bottlebrush Ladies, Gawler
Sharones Cakes & Things
Skysies Cakes Gawler
The Coeliac Society of SA Inc
Those Barossa Girls
Trevalle Orchards

School Teachers - Please reach out to us for an entry form



gawler_show



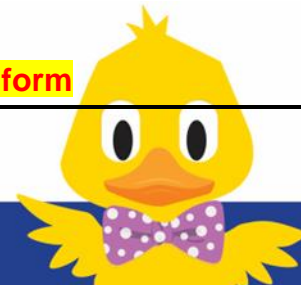
Gawler Show



@gawlershow



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CONDITIONS OF ENTRY:

1. Each Exhibit to be entered in one class only.
2. MAXIMUM 3 entries per person per class.
3. No late entries will be accepted.
4. Exhibits may be rejected if they do not meet the criteria (Junior classes not included)
5. Exhibits incorrectly entered may be transferred by Convener/Steward to a suitable class before judging.
6. With the exception of Decorated Cakes, Judges will cut and taste every entry.
7. All entries to be exhibited on appropriate size white paper plate or covered board where required, in CLEAR plastic bag (Oven Bag or clear zip lock bags). NO Glad wrap or supermarket vegetable bags.
8. Every entry to have exhibit number attached. Entry Label is to be attached to the top front edge of the plate (not on clear plastic as this is removed for judging)
9. **SALE OF CAKE PROHIBITED IN HALL**
10. Please do not put names or any identifying information on the exhibits.
11. All reasonable care of Exhibits will be taken however no responsibility will be accepted for loss or damage.

EXHIBIT DELIVERY

All exhibits MUST be delivered to the exhibition hall as follows:

- Thursday 22 between 3-6pm
- Friday 23 between 8-10am
- Entry Confirmation Form MUST be produced.

EXHIBIT COLLECTION

- Exhibitors MUST produce their copy of the Entry Confirmation Form to the Convenor/Steward on arrival at the exhibition hall for the collection of exhibits and prizes on Monday DIRECTLY after the show between 8am – 11am and 3.30pm – 6.30pm.
- Exhibits and prizes will not be released for collection without the Entry Confirmation Form being produced.
- Entries not collected within 14 days of the show will be disposed of unless alternative arrangements have been made.

HIGHEST AGGREGATE – OPEN & JUNIORS

Points are allocated as follows:

- First – 5 points | Second – 3 points | Third – 1 point
- Champion prizes do not count.
- In the event of a tie for highest points, the Exhibitor who gains the most first prizes will be declared the winner.

NORTHERN AGRICULTURAL SOCIETIES ASSOC (NASA) AGGREGATE

The NASA awards a trophy to the Exhibitor whose exhibits gain the highest number of points. Exhibitors who submit entries in at least two different NASA shows will automatically be eligible for this aggregate.

Points are allocated as follows:

- First – 5 points | Second – 3 points | Third – 1 point
- Champion prizes do not count.
- In the event of a tie for highest points, the Exhibitor who gains the most first prizes will be declared the winner.

CONDITIONS OF ENTRY cont:

JUDGING TIPS

1. Definitely no cake cooler marks on any cakes. No testing marks in centre. (Skewer to be placed diagonally through side of cake to check if the cake is cooked through.)
2. All sponges to be exhibited on paper plate or suitable board covered with greaseproof paper.
3. NO alfoil or plastic (cling wrap).
4. Biscuits must all be evenly baked top and bottom.
5. Scones to be evenly coloured, not to be leaning over, no floury bottoms.
6. Take special note of the instructions re the number of small cakes and biscuits required.
7. All exhibits to be made by the exhibitor.
8. Round cake tin 20cm unless otherwise specified.
9. NOTE: All exhibits in this section must be homemade (no packet cake).
10. The judge will look at whether the exhibit meets the class requirements, appearance, texture as well as taste.

Heritage Challenge – Coconut Macaroons

- Coconut Macaroons have graced many afternoon tea tables over the years.
- The recipe has been in the Green and Gold Cookery Book and more recently in the Women's Weekly, Sweet Old Fashioned Favourites.
- The Gawler Show, Cookery Section, are pleased to have this recipe in 2024's programme.



Judging Commences Saturday 24 August 10.00am

Judges: Mayor Karen Redman
Those Barossa Girls

Class	Description	Prize
4080	Coconut Macaroons, 3 even size and shape	1 st : \$30.00 Voucher Donated by Kingsford Hotel 2 nd : \$10.00 Voucher Donated by Skysies Cakes

See Recipe Appendix

Open Cookery

Class	Description	Prize
4000	Scones Plain, 5	\$10 voucher - Bakers Delight, Gawler
4001	Scones Savoury, 5	\$10 voucher - Prince Albert, Gawler
4002	Scones Sweet, 5	\$10 voucher - Gawler Arms
BEST EXHIBIT Scones (Plain, Savoury, Sweet)		
1x 10kg Bag of Flour donated by Gawler South Bakery		
MERIT AWARD Scones		
\$5 Kindly donated by CWA Gawler		
4003	Bread, Any Variety, (handmade), 1 Loaf Any Shape	\$10 voucher - Bakers Delight, Gawler
4004	Sourdough Bread, 1 Loaf Any Shape	1 x 10kg Flour - Gawler South Bakery
4005	Sausage Rolls, 3 Even Size Approx 6cm long	\$10 voucher - Bakers Delight, Gawler
4006	Jubilee Log, Iced	\$10 voucher - Bakers Delight, Gawler
4007	Cup Cakes, 3, Small, Iced not for decoration	\$10 voucher - Skysies Cakes, Gawler
4008	Butterfly Cakes, 3, Vanilla, Small, in patty Pan	\$10 voucher - Bakers Delight, Gawler
4009	Chocolate Brownies, 3, 5cm's square not iced	Voucher - K Brereton Showcase Jewellers
4010	Slices - 2 different varieties, 3 pieces of each, Baked	\$10 voucher - Bakers Delight, Gawler
4011	Cockles, 3 iced	\$10 voucher - Bakers Delight, Gawler
4012	Native Biscuit, 3, using 2 native foods, list native foods used	\$10 voucher - Bakers Delight, Gawler
4013	Collection of Biscuits, not iced, 3 varieties, 2 ea	\$10 voucher - Bakers Delight Gawler
4014	ANZAC Biscuits, 3	\$10 voucher - Gawler Arms Hotel
4015	Rock Buns, 3, No Sugar on top	\$10 voucher - Bakers Delight, Gawler
4016	Carrot Cake, round	\$10 voucher - Prince Albert Hotel
4017	Apple Cake, round, no icing	\$30 Voucher - Kingsford Hotel
4018	Orange & Poppy Seed Cake, round, no icing	\$30 voucher - Kingsford Hotel
4019	Cup cakes, 3, any flavour, iced for decoration	\$10 voucher - Skysies Cakes
4020	Banana Bread Loaf	\$30 voucher - Kingsford Hotel.
4021	Orange and Olive Oil Cake - <i>Use Recipe Supplied by Olives SA in Appendix</i>	Donated by Kent Hallet, Olive Oil Packaging Services
4022	Round Date Loaf with Walnuts	\$10 voucher - Gawler Arms Hotel
4023	Ginger Fluff, cream filled	\$10 voucher - Gawler Arms Hotel

4024	Chocolate cake, round, iced	\$10 voucher - Gawler Arms Hotel
4025	Blowaway Sponge Sandwich, jam filled (cornflour)	\$10 voucher - Gawler Arms Hotel
4026	Sultana cake, loaf, no citrus peel	\$10 voucher - Gawler Arms Hotel
4027	Fruit Cake, baked 3 weeks before the Show	Prize Donated by Gizelle Forgie
4028	Boiled fruit cake, round	Prize Donated by Gizelle Forgie
4029	Genoa Cake	\$10 voucher - Gawler Arms Hotel
4030	Gluten free cake - New Recipe - <i>Use Recipe Supplied by The Coeliac Society of SA Inc in Appendix</i>	Donated by The Coeliac Society of SA Inc

HIGHEST AGGREGATE

OPEN COOKERY AGGREGATE

\$50 Voucher donated by Those Barossa Girls

Junior Cookery

Challenges can be entered as an individual, pair or small group.
Challenges will also be judged on presentation.
Please provide a description of all Challenge entries.

8 Years & Under

Class	Description	
4031	Decorated bought or homemade biscuit, 3	
4032	Muesli slice, 3 pieces	
BEST EXHIBIT 8&U \$5.00 Voucher donated by Sharone's Cakes & Things		
4033	Challenge Children's party plate, 2 unbaked, 2 of each	\$10 First prize - Josie Ireland

12 Years & Under

Class	Description	
4034	Sausage roll, 3 even size, approx. 6cm long	
4035	Ginger Bread People, 3 (piping icing optional)	
BEST EXHIBIT 12&U \$5.00 Voucher donated By Sharone's Cakes & Things		
4036	Challenge Children's party plate, 2 baked items, 2 of each either sweet/savoury or a combination.	\$10 First prize - Josie Ireland

Under 18

Class	Description	
4037	Homemade Pizza, 3 slices	
4038	Cupcake, 3 small decorated iced, any flavour	
Best Exhibit U18 \$5.00 Voucher donated By Sharone's Cakes & Things		
4039	Challenge Picnic for two, 3 baked items, 3 of each either sweet, savoury or a combination, jam, spread or preserve	\$10 First prize - Josie Ireland

HIGHEST AGGREGATE

JUNIOR COOKING AGGREGATE Perpetual Trophy donated by Gawler A H & F Society Inc
\$20 Voucher donated by Drakes

Decorated Cakes

REQUIREMENTS FOR DECORATED CAKES AND SUGARCRAFT

- Foam Dummy cakes permitted. Cakes will not be cut or tasted.
 - Should be fondant /sugar paste. NO BUTTERCREAM unless specified and covering should be smooth and free of cracks or other marks.
 - The following is NOT permitted to penetrate the icing or buttercream — pins, wire, plastic, toothpicks etc
 - The following is NOT permitted — non-Sugar ornaments and decorations, dried plant materials.
 - PERMITTED - Ribbon and braid allowed.
 - Cake boards to have cleats (feet) attached for easy handling.
 - Size of exhibit (including board with cleats attached) limited to 40cm x 40cm, unless otherwise stated.
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Open

- 1st \$10.00** Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.
- 2nd \$8.00** Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.
- 3rd \$5.00** Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.

Class	Description
4040	Celebration Cake, theme – Spring Time One or more tiers on a common baseboard including cleats. Modern or Traditional style.
4041	Floral Art – Vase of sugar daisies A commercial vase to be used, daisies and leaves to be in sugar paste and to be exhibited in vase.
4042	Celebration Cake, theme – Competitors Choice 20cm cake, your design on a common baseboard including cleats.
4043	Edible Cake Topper 3D, Theme – Animated Topper to fit with a 20cm square or round.

Novice

- 1st \$10.00** Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.
2nd \$8.00 Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.
3rd \$5.00 Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.

Class	Description
4044	Celebration Cake, theme – Competitors Choice 20cm or 25cm cake, your design on a common baseboard including cleats.
4045	6 Cupcakes, Theme – Competitors Choice Using Butter cream decorate 6 cup cakes. To be presented fixed on a board with cleats attached.
4046	6 Decorated Biscuits, Theme – Competitors Choice Using Sugar Paste and Home Made or purchased biscuits, decorate 6 biscuits. To be presented fixed on a board with cleats attached.

***No store purchased lollies/decorations allowed, except cachous**

Junior 14 & Under

TROPHY FOR 1ST PRIZE IN THIS SECTION DONATED BY LOWER NORTHERN (GAWLER) BRANCH OF CAKE DECORATORS ASSOC. SA.

- 1st \$10.00** Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.
2nd \$8.00 Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.
3rd \$5.00 Donated by Lower Northern (Gawler) Branch of Cake Decorators Assoc. SA.

Class	Description
4047	6 Decorated Biscuits, Theme – Competitors Choice Using Sugar Paste and Home Made or purchased biscuits, decorate 6 biscuits. To be presented fixed on a board with cleats attached.
4048	6 Cupcakes, Theme – Competitors Choice Using Butter cream decorate 6 cup cakes. To be presented fixed on a board with cleats attached.
4049	Celebration Cake, theme – Under the Sea Design one or more tiers to suit theme. If tiered, can incorporate the use of food safe internal supports but must be noted on the entry card for the Judges. Entry board to have feet attached.

***No store purchased lollies/decorations allowed, except cachous**

State Cookery Competitions

Please note that this page is for information only

Rich Fruit Cake & Genoa Cake

Competitions are held statewide and organised by the Agricultural Societies Council of SA
Sponsored by

SUNBEAM FOODS PTY LTD and ANGOVES WINES

The Rich Fruit Cake and Genoa Cake Competition is a state-wide event organised by the Agricultural Societies Council of SA Inc. and sponsored by SUNBEAM FOODS PTY LTD. Semi- finals are held at various South Australian Country Shows on a rotational basis, with the semi- final winners competing at the State Championship held during the Royal Adelaide Show.

PRIZE MONEY: SEMI FINALS

Fruit Cake 1ST \$60.00 - 2ND \$25.00 - 3RD \$10.00

Genoa Cake 1ST \$50.00 - 2ND \$20.00 - 3RD \$10.00

PRIZE MONEY: STATE FINAL

Fruit Cake 1ST \$300.00 - 2ND \$100.00 - 3RD \$50.00

Genoa Cake 1ST \$300.00 - 2ND \$75.00 - 3RD \$40.00



The **FRUIT CAKE** is to be made to the following Recipe. (Use Sunbeam Food products where possible)

RECIPE MUST BE USED & CAKE IS NOT TO BE ICED

INGREDIENTS: 250g butter, 250g dark brown sugar, 6 eggs, 250g sultanas, 250g raisins, 200g currants, 100g dates, 60g chopped red glace cherries, 60g mixed peel, 60g chopped almonds, 375g plain flour, 1 tsp baking powder, 1 tsp mixed spice, 200ml sherry or brandy.

METHOD: Chop fruits, mix together and soak in the sherry or brandy overnight. Sift together flour, baking powder and spice. Cream together butter and sugar. Add eggs one at a time, beating well after each addition, then alternately add fruit and flour and lastly chopped nuts. Mix thoroughly. Place mixture in a well prepared tin (square) 19-22cm, and bake in a slow oven for approximately three to three and a half hours.

Note: Fruit should be cut to the size of currants.

The **GENOA CAKE** is Exhibitor's own recipe. It should contain sultanas, cherries & almonds. There is to be NO restriction on the ingredients used.

HINTS FOR ABOVE COMPETITIONS:

1. Cakes should be cooked evenly all over – top, bottom and sides should be of even colour. Points will be deducted for uneven cooking.
2. Cakes must be well cooked right through – no damp or soggy patches.
3. Fruit should be evenly distributed throughout cake.
4. Fruit should be moist and clean.
5. Cake should be of a good even shape.
6. Points to be deducted for – cake rack marks, burnt edges, pieces of paper or foil which were not removed properly from cake, marks on cake from careless removal of paper.
7. All cakes will be cut by the judge.
8. Points to be allocated as follows:

Appearance	20 points
Cooking	10 points
Texture	10 points
Flavour	10 points

SEMI FINALS:

RICH FRUIT CAKE
2024 Show Season

Gawler
Burra

GENOA CAKE
2024 Show Season

Eudunda
Melrose

THERE IS NO ENTRY FEE FOR THIS SECTION.

JUDGING GUIDELINES

Scones are to be made using the Laucke Country Women's

Scone Mix.

Scones will alternate each year between Sweet and Savoury. **2024 – Sweet**
5 sweet scones to be presented for judging. The scones should be approximately 5cms in diameter, well risen, straight sides, no flour on the base, thin golden crust top and bottom. They should be fine, moist texture, good crumb, good flavour and according to type.

ENTRANTS PLEASE NOTE: You do not have to follow the recipe on the back of the box. You use the mix as a base only.

GENERAL OUTLINE

Entrants are eligible to win one local final. Winners of local shows are eligible to enter the semi-final at the appropriate Association Show. The semi-final **MUST** be separate to the host show local competition. Semi Final winners are eligible to enter the State Final to be held at the 2024 Royal Adelaide Show.

Revenue from sales of Laucke CWA Scone Mix is used to assist drought affected families.

PRIZE ALLOCATION

LOCAL	1 st	Laucke Goods Hamper (value approx. \$17)
	2 nd	Laucke Country Women's Scone Mix (1 x 1.2kg) (value approx. \$5.50)
	3 rd	Laucke Country Women's Scone Mix (1 x 1.2kg) (value approx. \$5.50)
ASSOCIATION	1 st	\$40.00
	2 nd	\$20.00
	3 rd	\$10.00
STATE	1 st	\$200.00
	2 nd	\$75.00
	3 rd	\$40.00



There is no entry fee for this section

Class	Description	Prize
4077	Laucke / CWA Scone Competition (Sweet)	See Above
4078	Sunbeam Foods Rich Fruit Cake	See Previous Page
4079	Creative Native - Native Food Competition	See Next Page



Native Food Competition

Sponsored by Creative Native



Pilot Year Competition Outline

- Best baked item featuring a Native Food item, can be either sweet or savoury.
- Can be 1 large item such as a cake or 5 small, identical items such as biscuits
- Native Food item labelled on the entry
- Only one entry per person, no entry fee
- Entrants are only eligible to win one local final
- Winners from each local show to be eligible to enter and be judged at the nominated association show.
- The 10 association winners will compete in the State Final judged at the Royal Adelaide Show.

Judging Guidelines

- Baked item to be considered on the merits of its type and then the best overall chosen as the winner.

State Final

- The 10 associations winners will be eligible to compete in the State Final held at the Royal Adelaide Show. Please check the SA Country Show's website for the date.
- State finalists will be required to cook their best Native Food variation.
- The event will coincide with the judging of the Rich Fruit and Genoa Cake Competition state final.

Prize Allocation

LOCAL

1st – Creative Native \$30 voucher

ASSOCIATION

1st - Creative Native \$30 voucher

STATE

1st – Creative Native \$60 voucher

2nd - Creative Native \$40 voucher

3rd - Creative Native \$20 voucher

Jams, Spreads & Preserves

All jams and jellies to be in tumblers or glass jars no less than 250ml/grams

Screw, twist or cellophane tops only. Please loosen jar lids. All jars will be opened and tasted. Please label jars.

If using Fowlers jars for preserves, please note these will not be opened.

A.O.V (Any other Variety)

Jams & Spreads

Class	Description	Prize
4050	Jar Marmalade, Sweet Orange	\$5.00 - SACWA Bottlebrush Ladies
4051	Jar Marmalade, Grapefruit	\$5.00 - Gawler Caravan Centre
4052	Cube pear/quince paste 6cm variety on label	\$5.00 - SACWA Bottlebrush Ladies
4053	Jar Marmalade, A.O.V. – <i>Variety on Label</i>	\$5.00 - Gawler Club (Pool Billard)
4054	Jar Apricot Jam, fresh	\$5.00 - SACWA Bottlebrush Ladies
4055	Jar Fig Jam	\$5.00 - Gawler Caravan Centre
4056	Jar Plum Jam	\$5.00 - Gawler Club
4057	Jar Jam, A.O.V. – <i>Variety on Label</i>	\$5.00 - Gawler Club
4058	Jar Blueberry Jam	\$5.00 - Gawler Club
4059	Jar Raspberry Jam	\$5.00 - Gawler Club
4060	Jar Strawberry Jam	\$5.00 - SACWA Bottlebrush Ladies
4061	Jar A.O.V. of Berry Jam – <i>Variety on Label</i>	\$5.00 - Gawler Club
4062	Jar Apple Jelly	\$5.00 - Gawler Club
4063	Jar Quince Jelly	\$5.00 - Gawler Club
4064	Jar Jelly, A.O.V. – <i>Variety on Label</i>	\$5.00 - Gawler Club
4065	Jar Lemon Cheese	\$5.00 - SACWA Bottlebrush Ladies
Best Exhibit Jams & Spreads Voucher donated by Trevallie Orchards		

Preserves

Class	Description	Prize
4066	Jar Preserved Fruit, one jar any variety – <i>Variety on Label</i>	\$5.00 - Gawler Caravan Centre
4067	Jar Pickled Sliced Cucumbers	\$5.00 - SACWA Bottlebrush Ladies
4068	Jar Pickled Onions, sweet	\$5.00 - Gawler Club
4069	Jar Pickles, Zucchini	\$5.00 - SACWA Bottlebrush Ladies
4070	Jar Pickles, Mustard, mixed	\$5.00 - SACWA Bottlebrush Ladies
4071	Bottle of Worcestershire sauce	\$5.00 - CWA Gawler
4072	Jar Relish, A.O.V. – <i>Variety on Label</i>	\$5.00 - CWA Gawler
4073	Jar Chutney, Tomato, ripe	\$5.00 - SACWA Bottlebrush Ladies
4074	Jar Chutney, A.O.V. – <i>Variety on Label</i>	\$5.00 - CWA Gawler
4075	Bottle Tomato Sauce	\$5.00 - SACWA Bottlebrush Ladies
4076	Bottle Hot and Spicy Sauce	\$5.00 - Gawler Caravan Centre
Best Exhibit - Preserves Voucher donated by Trevallie Orchards		

Recipes Appendix

HERITAGE CHALLENGE – COCONUT MACAROONS

Ingredients

- 2 egg whites
- 1 teaspoon vanilla extract
- 1 & 1/2 cups (200g) desiccated coconut
- 1/2 cup (110g) caster sugar
- 2 tablespoons plain flour
- 6 red glace cherries, quartered

Method

1. Preheat oven to 140°C/120°C fan forced. Grease oven trays, line with baking paper.
2. Beat egg whites in a small bowl with an electric mixer until soft peaks form. Gradually add sugar, beating until dissolved after each addition. Stir in extract, sifted flour, and coconut in 2 batches.
3. Drop level tablespoons of mixture onto oven trays about 5cm apart. Top each macaroon with a cherry quarter.
4. Bake for about 40 minutes or until macaroons are browned lightly, cool on the trays.

ORANGE & OLIVE OIL CAKE

(Recipe supplied by Kent Hallet – Olive Oil Packaging Services)

Ingredients

- 3 eggs
- 165gm caster sugar
- Grated zest of one orange
- 125ml extra virgin olive oil
- 190gm SR Flour
- 125ml orange juice
- Icing sugar to dust

Method

1. Pre heat oven to 180°C. Grease and line a 20cm spring form tin.
2. Place eggs and sugar in a bowl of an electric mixer and mix until thick and pale.
3. Stir in orange zest and olive oil then fold in the SR flour with a wooden spoon.
4. Stir in the orange juice.
5. Place in the prepared cake tin and bake in a pre-heated oven for 40 minutes. Cool slightly in the pan then turn out onto a wire rack.
6. Dust with icing sugar.

GLUTEN FREE BABY SULTANA CAKES

(Makes 12)

Ingredients

- 200g butter
- $\frac{3}{4}$ cup sugar
- 4 large eggs
- 1 $\frac{1}{4}$ cups gluten free flour mix
- 2 tsp baking powder gluten free
- 1 cup sultanas
- Finely grated zest of 1 lemon

Method

1. Pre heat oven to 170°C
2. Cream butter and sugar until light and fluffy
3. Add eggs one at a time, beating well after each addition
4. Gently mix in the sifted flour mix and the baking power
5. Finally, mix in the sultanas and lemon zest
6. Spoon out in to a 12-hole muffin tray either lined with paper cases or well-greased with oil or butter
7. Bake for about 20 to 25 minutes until the cakes are golden, and the tops spring back when pressed with a finger. Cool on a wire rack.

