

## KING ARTHUR FLOUR BAKING CONTEST



Friday, September 3, 2010

Open to both Youth and Adult Exhibitors

Premiums: For both Adults and Youth: 1<sup>st</sup> - \$20 2<sup>nd</sup> - \$15 3<sup>rd</sup> - \$10

### General Rules:

1. Send in entry forms to the Exhibit Hall Superintendent by Monday, August 23, 2010. If you have any questions call Cecelia Hauschild at 413-467-3777.
2. Exhibitors must bring in entries to the Three County Fair Exhibit Hall on Friday, September 3, from 9 A.M. to 11 A.M.
3. Exhibitor must bring the open bag of King Arthur Flour or submit a UPC label from the flour bag when he/she submits the baked good.
4. Entry must follow the designated recipe.
5. All entries must be submitted on a disposable plate or non-returnable covered with clear plastic for judging.
6. Judging will be based on the following criteria:
  - a. Flavor 50 points
  - b. Overall Appearance 25 points
  - c. Texture 25 points = 100
7. Failure to follow the rules may result in disqualification.
8. There is a recipe for the Adults and there is a recipe for the Youth. Please be sure to select the appropriate recipe.

### Adult Recipe:

### **CARAMEL APPLE WALNUT CAKE**

#### Topping:

½ cup walnuts salt  
1/3 cup caramel cut from a block, or about 12 to 15 unwrapped candies  
3 tablespoon heavy cream or whole milk

#### Cake:

1 cup sugar ½ teaspoon salt  
½ cup butter 1 teaspoon vanilla extract  
½ teaspoon ground cinnamon 2 large eggs  
1 ¾ teaspoons baking powder ½ cup sour cream or yogurt  
2 cups King Arthur Unbleached All-Purpose Flour

#### Filling:

2 large apples, peeled, cored, cut into 8 wedges each  
2 tablespoons sugar 1 teaspoon vanilla extract

Directions:

Preheat oven to 350 F, Lightly grease a 9” round cake pan at least 2” deep or a 9” spring form pan.

Spread the walnuts in a single layer in an ungreased pan and bake them for 8 to 10 minutes, until they’re a light golden brown. Remove them from the oven, and sprinkle very lightly with salt. Set them aside.

Beat together the sugar, butter, cinnamon, baking powder, salt and vanilla till smooth. Add the eggs. Beat till thoroughly combined.

Stir in the sour cream or yogurt alternately with the flour, using the low speed of your mixer. The batter will be stiff.

Spoon the batter into the prepared pan, smoothing the top with a spatula as best you can.

Toss the apple wedges with the sugar and vanilla till apples are thoroughly coated. Arrange the apples atop the cake, pushing them into the stiff batter gently so they’re partially submerged.

Bake the cake for 65 minutes, till it’s golden brown on top and a toothpick or cake tester inserted into the center comes out clean.

Remove the cake from the oven, and turn it out onto a rack, apple–side up.

Place the caramel and cream in microwave-safe bowl, and heat until the cream is showing bubbles, and the caramel is soft. Stir the caramel and cream till smooth. Spoon the caramel over the cake, dripping it down into the crevices around the apples.

Scatter the walnuts on top. Serve warm, or at room temperature.

Please display on a disposable plate or a non-returnable plate. Please use Ziplock or clear plastic covering.

**ADULT BAKING CONTEST PRIZES FROM KING ARTHUR FLOUR**

- 1<sup>st</sup> Place: \$75 gift certificate to the Baker’s Catalogue
  - 2<sup>nd</sup> Place: \$50 gift certificate to the Baker’s Catalogue
  - 3<sup>rd</sup> Place: King Arthur Flour Baker’s Companion Cookbook
- All winners will also receive a gorgeous ribbon**

### **Youth Recipe:**

### **HARVEST SPICE COOKIES**

Cookies:

1 cup (2 sticks) butter

$\frac{3}{4}$  cup sugar

$\frac{1}{2}$  cup cream cheese

$\frac{3}{4}$  teaspoon salt

2 teaspoon vanilla extract

1  $\frac{1}{2}$  teaspoons cinnamon

1 teaspoon ground cardamom

$\frac{1}{4}$  teaspoon nutmeg

$\frac{1}{8}$  teaspoon allspice or ground cloves

1 large egg yolk

2  $\frac{1}{2}$  cups King Arthur Unbleached

All-Purpose Flour

Colored sugar for decorations (optional)

Preheat the oven to 375 F. Get out two cookie sheets; they don't need to be greased. If you're making shaped cookies using a cookie press, (e.g., spritz cookies), chill the cookie sheets as you make the dough.

Cream together the butter, sugar, cream cheese, salt, vanilla, and spices. Beat in the egg yolk, and then stir in the flour.

If you're using a cookie press, follow the directions that come with the press to pipe cookies onto the baking sheets. Or drop the dough by the teaspoonful on to the baking sheets and flatten slightly; a teaspoon cookie scoop works well here. Topped with colored sugar, if desired.

Bake the cookies for 8 – 10 minutes, until they're brown around the edges. Remove from the oven, and let them rest on the baking sheet for 5 minutes before transferring to racks to cool Yield: 7 to 8 dozen cookies

Please submit 6 cookies on a disposable plate or non-returnable plate. Please use Ziploc plastic bag or clear plastic wrap.

### **YOUTH BAKING CONTEST PRIZES FROM KING ARTHUR FLOUR**

1<sup>st</sup> Place: \$50 gift certificate to the Baker's Catalogue

2<sup>nd</sup> Place: A King Arthur Flour Cookie Companion Cookbook

3<sup>rd</sup> Place: A King Arthur Flour Apron

**All winners will also receive a gorgeous ribbon**

