

Shropshire Honey Show - Recipes

Classes 15, 16, 17 & 18

Class 15 – Honey fruit-cake recipe

Note: Exhibits must be made from this recipe.

Ingredients

175g Honey
110g Butter/margarine
2 Medium eggs
200g Self-raising flour
175g Sultanas
110g Glacé cherries (halved)
Some milk if needed

Method

Preheat oven to 180°C/350°F/Gas Mark 4.

Cream butter/margarine and honey together. Beat eggs well and add them alternately with sifted flour.

Fold in sultanas and cherries and some milk if necessary. Bake in a buttered circular tin, 7-7½ inches in diameter, for approximately 1-1½ hours (appliances vary). *A plate and polythene bag will be provided for showing.*

Class 16 - Honey Fudge

Note: Exhibits must be made from this recipe.

Ingredients

500g Sugar
50g Honey
50g Butter
150ml Milk

Method

Prepare a greased/oiled tin approx. 18cm square. Put all the ingredients into a heavy based pan. Bring slowly to the boil, stirring all the time. Cover and boil for 2 minutes. Uncover and boil gently for approx. 10-15 mins until a soft ball stage is reached. (A little dropped in cold water will form a soft ball - 112°C/234°F). Stand pan on a cold surface for 5 mins. Beat mixture until it starts to thicken and then pour quickly into tin. Mark into squares as it cools and cut when cold. Exhibit approx. 250g cut into squares. *A plate and polythene bag will be provided for showing.*

Class 17 - Honey Cinder Toffee

Note: Exhibits must be made from this recipe.

Ingredients

150g Granulated sugar
50g Honey
1 tbsp water
1½ teaspoons Bicarbonate of Soda

Method

Spread sugar over base of saucepan then add honey and one tbsp water. Bring to the boil whilst stirring gently to allow sugar to dissolve. Once temperature reaches 150°C (300° F) (hard crack), quickly add Bicarbonate of Soda and stir vigorously until just mixed in. THIS MIXTURE WILL BE VERY HOT AND WILL BURN IF IN CONTACT WITH SKIN. Pour the foaming mixture into a silicon mould about 18cm x 18cm. Let it stand, without disturbing, until cold (a few minutes). Break into pieces and keep in an airtight container. Please show the whole recipe *for which a plate and polythene bag will be provided for showing.*

Class 18 - Honey Shortbread Recipe

Note: Exhibits must be made from this recipe

Ingredients

90g Unsalted butter (cubed)
40g Golden caster sugar
85g Honey
110g Plain white flour
60g Cornflour
pinch of salt.
10g Caster sugar for sprinkling

Method

Place all the ingredients into a food processor and whizz until a soft ball forms. Wrap the dough in cling film and chill in the fridge for 30 mins. Roll out the dough on a lightly floured surface to 5-8mm thick and cut into rounds. Place on a lined baking tray and chill again for 10 mins. Preheat the oven to 160C and bake for 10-12 mins or until pale gold at the edges. Place on a cooling tray, sprinkle the caster sugar over and leave to cool. Please show six 7cm biscuits *for which a plate and polythene bag will be provided for showing.*