



164th MAITLAND SHOW 2026

"My Show – Making Memories"

13 - 14 - 15 February 2026



RECIPE BOOKLET

SECTION 1

RECIPE 1: AgShows NSW Rich Fruit Cake Competition Rules and Regulations

This is sponsored by the Agricultural Societies Council of NSW.

Note in any year an individual competitor may participate in only one Group Final representing a Show Society and, consequently, may represent only one Group in the subsequent State Final.

The Competition Process

Local competition – The winner receives their specified prize and is eligible to enter the second stage of the competition.

Group Finals – are conducted in each of the 14 regional groups. Eligible entrants are required to bake a second Rich Fruit Cake to compete in the Group Final. The Winner will be required to bake a second 'Rich Fruit Cake' in order to compete in a Group Final to be conducted by each of the fourteen Groups of the Agricultural Societies Council of NSW.

NSW State Final is to be held at the Sydney Royal Easter Show annually. Entry is open only to the Group finalists from regional competitions. Eligible entrants will be required to bake a third Rich Fruit Cake to compete in the NSW State Final. The fourteen winners at Group Level will each receive a cash prize of \$30.00 and are required to bake a third 'Rich Fruit Cake' for the final judging at the Royal Easter Show where the winner will receive a cash prize of \$100.00.

The following recipe is compulsory for all entrants and must be printed in all schedules.



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Ag Shows NSW Rich Fruit Cake

Ingredients:

250g sultanas
250 g chopped raisins
250 g currants
125 g chopped mixed peel.
90 g chopped red glacé cherries.
90 g chopped blanched almonds.
 $\frac{1}{3}$ cup sherry or brandy
250 g plain flour
60 g SR flour
 $\frac{1}{4}$ teaspoon grated nutmeg
 $\frac{1}{2}$ teaspoon ground ginger
 $\frac{1}{2}$ teaspoon ground cloves
250g butter
250g soft brown sugar
 $\frac{1}{2}$ teaspoon lemon essence OR finely grated lemon rind
 $\frac{1}{2}$ teaspoon almond essence
 $\frac{1}{2}$ teaspoon vanilla essence
4 large eggs.

Recommended Method:

1. Mix all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least 1 hour, but preferably overnight.
2. Sift together the flours and spices.
3. Cream together the butter and sugar with the essences.
4. Add the eggs one at a time, beating well after each addition.
5. Then alternately add the fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon.
6. Place the mixture into a prepared square 20cm x 20cm (8" x 8") tin and bake in a slow oven for approximately 3 $\frac{1}{2}$ - 4 hours.
7. Allow the cake to cool in the tin.

Note: To ensure uniformity, depending on the size, it is suggested that raisins be snipped into 2 or 3 pieces, cherries into 4-6 pieces, and almonds be cut crosswise into 3-4 pieces.



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SECTION 2:

RECIPE 2

Maitland Country Women's Association

Chewie Slice

Ingredients

- 1 cup rolled oats
- 1 cup sultanas
- 1 cup sugar
- 1 cup coconut 1 cup SR Flour
- 1 egg, lightly beaten
- 125g butter
- 1 Tablespoon golden syrup

Method

1. Pre-heat oven 180°C – 160°C fan forced.
2. Lightly grease a slice tin by greasing the sides and base and lining the base with baking paper.
3. Mix dry ingredients in a bowl.
4. Melt butter and golden syrup.
5. Pour over dry ingredients and mix well.
6. Place into a prepared slice tin, press and smooth on top.
7. Bake for 30 minutes or until golden brown. (The top will feel soft but firm as it cooks)
8. Remove from oven, cool in tin, when cold, cut into 6cm x 4cm pieces for judging. 3 pieces required for Judging.



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RECIPE 3 Maitland Country Women's Association

Raspberry and Coconut Slice

Ingredients

- 1 ½ cups of SR flour (225g)
- ½ cup desiccated coconut (40g)
- ½ cup caster sugar (110g)
- 125g butter, melted
- 1 egg
- ½ to 1 cup Raspberry Jam

Topping

- 1 cup desiccated coconut
- 1 cup shredded coconut
- 2 egg whites
- 2 Tablespoons caster sugar

Method

1. Preheat the oven to 180 °C. Lightly grease a 20x30cm slice tin with non-stick baking paper.
2. Place the flour, desiccated coconut, sugar, butter and egg in a large bowl and mix until combined. Using the back of a spoon, press into the slice tin.
3. Bake for 15 minutes or until golden brown. Spread the jam over the cooked base.
4. To make the topping, place the desiccated and shredded coconut, egg whites and sugar in a medium bowl and mix until combined. Sprinkle over the jam and cook for 12-15 minutes or until golden brown.
5. Set aside the tin to cool completely before slicing to serve.
6. For judging three pieces 4 x 6cm is required.



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RECIPE 4 Maitland Country Women's Association Marble Cake

Preheat oven to moderate (180°C/ fan forced oven: 160°C / Gas 4)

Grease a deep 20cm (8-inch) round tin and line the base with baking paper.

Ingredients

185ml milk at room temperature (3/4 cup)

220g butter, softened

Pink food colouring

220g caster sugar (1 cup)

1 tablespoon cocoa

1 teaspoon vanilla essence

Pale pink icing to serve

3 eggs

150g Plain Flour – well sifted (1cup)

150g Self-raising flour, well sifted (1cup)

METHOD

1. Cream butter and sugar very well, and add vanilla.
2. Add eggs one at a time, beating well after each addition.
3. Fold in the well-sifted flours alternatively with the milk. 4. Divide the mixture into three (3) equal parts. Leave one part natural, colour one pink and use cocoa mixed with a bit of hot water to colour the chocolate portion.
6. Place alternate spoonfuls of each mixture into the prepared tin.
7. Lightly tap the tin on the bench and run the knife through the mixture four times to give a marble effect.
8. Bake for about 50 minutes. To test if it's ready, use a fine skewer in the middle.
9. When cool, ice with pale pink icing. (HINT: icing should match the pink colour of the cake mixture.)



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RECIPE 5 Maitland Country Women's Association

Apple and Cranberry Chutney

Ingredients

600g green skinned apples, peeled, cored and chopped

300g brown onions, chopped

1 cup dried cranberries

2 teaspoons mixed spice

2 teaspoons cracked black pepper

2 cups cider vinegar

1 ½ cups firmly packed light brown sugar (300g)

Method

1. Stir ingredients in a large saucepan over high heat, without boiling, until sugar dissolves.
2. Bring to the boil. Reduce heat, simmer, uncovered, stirring occasionally, about 1 hour or until chutney is thick.
3. Spoon hot chutney into hot sterilised jars and seal.



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SECTION 4 Baked Products

RECIPE 6

Butter cake with lemon Glace icing only, no decoration

Ingredients

250g butter
1½ cups sugar
4 eggs
2 cups Self-Raising Flour
¼ teaspoon baking powder
¼ cup of milk
4 Tablespoons cornflour

Method

1. Preheat oven to 180 °C.
2. Grease a 20cm tin and line the base.
3. Cream butter and sugar in a bowl and beat with an electric mixer until smooth and well combined.
4. Add eggs one at a time, beating well.
5. Add sifted flour and baking powder, then gradually add milk.
6. Beat well until combined, add cornflour and mix, beat for 5 minutes.
7. Place the mixture into the cake tin and bake for approximately 45 minutes. Rest the tin in a cool place for 10 minutes before turning it onto a covered rack to cool.

Lemon Glace Icing

Ingredients

2 cups (320g) sifted icing sugar
2 Tablespoons softened butter
2 teaspoons lemon juice

Method

1. Place icing sugar into a bowl, stir in butter, and then lemon juice.
2. Cream thoroughly until smooth.
3. If icing is too runny you may add extra icing sugar.
4. Place a knife in warm water to help spread the icing.



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RECIPE 7

Ginger Slice

Ingredients

160g chopped dates.

125g butter

70g glace ginger - chopped.

$\frac{1}{3}$ cup sugar

3 cups slightly crushed cornflakes

Method

1. In a large saucepan, stir dates, butter, sugar, and ginger until the sugar is dissolved and the dates and ginger are soft.
2. Add cornflakes, mix well, and put into a slice tin.
3. When the cool drizzle melted the dark chocolate over.
4. Cut when the chocolate is set.



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RECIPE 8

4 Ingredient Fruit Cake

Ingredients

- 1 kg dried mixed fruit
- 600ml milk
- 35g Milo (1/3) cup
- 300g Self-Raising flour (2 cups)

Method

1. Place the dried fruit in a large bowl.
2. Whisk the milk and milo in a bowl or large jug until the milo is dissolved.
3. Pour the Milo mix over the fruit. Stir to combine. Cover and refrigerate overnight to soak.
4. Remove bowl from fridge and set aside for 30 minutes to come to room temperature.
5. Preheat oven to 180 °C. Grease a 22 cm round cake tin and line the base and sides with baking paper.
6. Stir the flour into the fruit mixture and stir until just combined.
7. Spoon batter into the prepared tin, and smooth the surface.
8. Bake for 1 hour and 30 minutes or until a skewer, when inserted in the centre, comes out clean.
9. Set aside in the tin for 1 hour to cool until just warm, before transferring to a wire rack to cool completely.



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RECIPE 9 – using Thermomix

Lolly Gobble Bliss Bombs – Thermomix recipe.

Ingredients

5 cups of old-fashioned popcorn (plain popped)

70g brown sugar

70g unsalted butter

20g golden syrup

Method

1. Make popcorn

2. Add the following ingredients to the TM bowl

70g brown sugar

70g unsalted butter

20g golden syrup

3. Set for 4 minutes / 70degrees / speed 2.

4. Scrape down the sides of the bowl, then set for 8 minutes / varoma / speed 2.

5. Place all the popped popcorn into the TM bowl and mix on reverse, adjusting the speed to ensure all popcorn is coated with the brown sugar mix.



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RECIPE 10

Jam Drops

Ingredients

125g salted butter, softened
100g caster sugar (1/2 cup)
1 teaspoon vanilla essence
1 egg
190g Self Raising Flour (1 ¼ cups)
Plain flour to dust
115g strawberry jam (1/3 cup)

Method

1. Pre-heat oven to 180 °C.
2. Line 2 baking trays with non-stick baking paper.
3. Using an electric beater, cream butter, sugar and vanilla essence until pale and creamy. Add the egg and beat until combined.
5. Sift flour over the butter mixture and stir until combined.
6. Use lightly floured hands to roll teaspoonfuls of mixture into balls.
7. Place onto prepared trays, about 5cm apart.
8. Use a lightly floured finger to make the indentation in the centre of each ball.
9. Spoon ½ teaspoon of jam into the centre of each biscuit.
10. Bake for 15 minutes, swapping trays halfway through cooking or until the biscuits are cooked through and light golden brown.
11. Remove biscuits from the oven. Set aside on trays for 30 minutes to cool completely.



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RECIPE 11

Easy Coconut Ice

Ingredients

1 tin Sweetened Condensed Milk
2 cups of sifted icing sugar mixture
3 ½ cups coconut
Pink food colouring

Method

1. Place condensed milk, icing sugar and coconut into a bowl.
2. Mix with a spoon till stiff. You may need to use your hands as it gets stiffer.
3. Divide in half, press one half into a lined tin and spread with a spoon until smooth.
4. Add the food colouring to the other half of the mixture and mix until combined and evenly coloured. Remember the colour should be pastel.
5. Spread on top of the white layer and press firmly with a spoon until evenly spread, and sprinkle with extra coconut.
6. Cover with a linen tea towel and leave to dry out for at least 3 hours.



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RECIPE 12

Spiced Pineapple Jam (Recipe per Woolworths Fresh Food Ideas Magazine – September 2025)

Ingredients

2 x 227g tins of pineapple pieces

1/3 cup raw sugar

1 cinnamon stick

1 star anise

4 cloves

1 orange, zested, juiced

Method

1. Drain pineapple.
2. Add pineapple, sugar, cinnamon stick, star anise, cloves and orange zest to a saucepan.
3. Bring to the boil on high heat, stirring occasionally.
4. Reduce the heat to low, cover and cook for 20 minutes or until the liquid has evaporated, and the pineapple has caramelised. Check occasionally to ensure it isn't browning too quickly.
5. Add orange juice and simmer uncovered for 15 minutes on low heat until the pineapple is tender.
6. Mash the pineapple and mix gently.
7. Remove and discard whole spices.
8. Spoon jam into sterilised glass jars and store in the fridge.

Delicious on roast meat for dinner or dolloped over ice cream for dessert.



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RECIPE 13

Caramelised Garlic and Onion Jam (Recipe per Woolworths Fresh Food Ideas Magazine – Sept 2025)

Ingredients

- 3 garlic bulbs
- 3 Tablespoons extra virgin olive oil
- 2 red onions, halved, thinly sliced
- 1 bay leaf
- ¼ punnet rosemary
- 2 teaspoons Balsamic vinegar
- 1 teaspoon sugar

Method

1. Pre-heat oven to 200 °C.
2. Peel the outer papery layers of garlic bulbs, leaving the skin of the cloves intact. 3. Slice ¼ inch off the top of the bulbs.
4. Place garlic cut side up in a loaf tin.
5. Drizzle each bulb with 2 teaspoons of oil.
6. Cover the tin with foil and bake for 35 minutes or until golden and tender. Remove and set aside to cool.
7. Heat 2 Tablespoons of oil in a small frying pan over medium heat. Add onion, bay leaf and rosemary. Cook for 2-3 minutes, then reduce the heat to low.
8. Cook for 30-35 minutes, tossing constantly until caramelised and tender.



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9. Add balsamic vinegar, sugar and freshly ground black pepper.

10 Mix well, remove from heat and cool completely.

12. Squeeze garlic out of the skin and add to the pan.

13. Mix gently until just combined.

14 Spoon jam into sterilised glass jars and cover with a lid. Store in the refrigerator.



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