

Culinary Arts

Director: Jo- Anne Girard

Committee: Dominique Deschamps, Janet Tremblay, Kristyn Girard

Rules and Regulations:

- Exhibits must be the work of the exhibitor.
- Exhibitors can enter one article only in each Section.
- Exhibitors must be a member of the Cumberland Township Agricultural Society (you must give your membership number when entering).
- Exhibitors are to use their favourite recipe unless otherwise specified.
- List of entries will be accepted in any of the following ways:

Email: NavanFair-Cooks@hotmail.com

Phone: Kristyn or Jo-Anne Girard at 613-835-2544

Dropped of at the Fair Board Office: 1279 Colonial Road, Navan

- All entries must be in no later than Tuesday, August 5.
- Please indicate if you are a junior, teen, senior or new exhibitor.
- Exhibits must be brought to the blue Exhibit Building on Wednesday, August 6 between 6:00 pm and 8:00 pm.
- Judging will take place on Thursday, August 7. The Exhibit building will be closed until approximately 5:00 pm or until judging has been completed.
- In case of no competition, the judge will only give a prize if work is worthy.
- Exhibits must not be removed until 4:15pm – 6:00pm, Sunday, August 10.
- Prize money may be picked up at the fair office any time after noon on Friday or the weekend. All prizes other than money can be picked up on Sunday with entries.

Prize Money (Unless otherwise specified)

Standard for Adults are:

1st-\$4.50 | 2nd-\$4.00 | 3rd-\$3.50 | 4th-\$3.00

Children 12 and under:

1st-\$3.0 | 2nd-\$2.50 | 3rd-\$2.00 | 4th-\$1.50 | 5th-\$1.00

Teens;

1st-\$4.50 | 2nd-\$4.00 | 3rd-\$3.50 | 4th-\$3.00

Specials:

1st-\$6.00 | 2nd-\$5.00 | 3rd-\$4.00

Group Organizations:

1st-\$5.00 2nd-\$4.50 3rd-\$4.00 4th-\$3.50 5th-\$3.00

HIGHEST OVERALL POINTS PRIZES:

Highest Overall Points (excluding specials)

Gift/Gift Certificate Prize

Second Highest Overall Points (excluding specials)

Gift/Gift Certificate Prize

New Exhibitor with Highest Points (excluding specials)

Gift/Gift Certificate Prize

New Exhibitor with Second Highest Points (excluding specials)

Gift/Gift Certificate Prize

Junior Cooks (under 8 years) Exhibitor Highest Points (excluding specials)

Gift/Gift Certificate Prize

Junior Cooks (under 8 years) Exhibitor 2nd Highest Points (excluding specials)

Gift/Gift Certificate Prize

- Junior Cooks (8 to 12 years) Exhibitor Highest Points (excluding specials)
Gift/Gift Certificate Prize
- Junior Cooks (8 to 12 years) Exhibitor 2nd Highest Points (excluding specials)
Gift/Gift Certificate Prize
- Teen Cooks (13 to 16 years) Exhibitor Highest Points (excluding specials)
Gift/Gift Certificate Prize
- Teen Cooks (13 to 16 years) Exhibitor 2nd Highest Points (excluding specials)
Gift/Gift Certificate Prize
- Senior Cooks (65 years of age or older) Golden Years Highest Points (excluding specials)
Gift/Gift Certificate Prize

SPECIAL AWARDS:

Baking Queen/King

To be eligible for the title, exhibitor must show at least one item for each category: Yeast Breads, Biscuits and Muffins, Quick Breads, Cookies and Squares, Cakes, Pies and Jams/Pickles and Relishes. Winner will be the person having the most 1st places. In case of a tie, 2nd places will be used and if necessary 3rd and 4th place.

Baking Princess/Prince

To be eligible for the title, exhibitor must show at least one item for each category: Yeast Breads, Biscuits and Muffins, Quick Breads, Cookies and Squares, Cakes, Pies and Jams/Pickles and Relishes. Winner will be the person having the second highest number of 1st places. In case of a tie, 2nd places will be used and if necessary 3rd and 4th place.

Past President's Plaque

To the new exhibitor with the highest number of points in Culinary Arts. This plaque will be engraved with the winner's name and will be displayed in the office.

Rosettes

- Grand Champion Bread
- Grand Champion Cake
- Grand Champion Pie

YEAST BREADS – NO BREAD MACHINE

1. Bread, white, baked in a rectangle pan
1st Prize - \$10.00 Edith Deavy Memorial
2. Bread, 60% Whole Wheat
1st place exhibitor will qualify to compete at the District Annual Meeting competition
3. White rolls, entire crust, in basket (4)
1st Prize - \$10.00 Edith Deavy Memorial
4. Cloverleaf Rolls (3)

YEAST BREADS – BREAD MACHINE

5. Raisin Bread 1½ lbs
6. Cheddar and Onion Bread 1½ lbs
7. Pumpernickel Bread, 1½ lbs
8. Whole Wheat, 1 ½ lbs

BISCUITS AND MUFFINS

9. Raisin Tea Biscuits (4)
10. Cheese Tea Biscuits (4)
11. Cheese & Bacon Biscuit Sticks (4) (Must use recipe from Recipe Section)
12. Carrot Muffins (4)
13. Blueberry Muffins (4)
14. Muffins that taste like Doughnuts (4)

QUICK BREADS

15. Orange Bread, with nuts
1st Prize - \$10.00 Verna Magladry Memorial
16. Banana Bread, no nuts
17. Cherry Loaf, with nuts
18. Pina Colada Bread (Must use recipe from Recipe Section)

COOKIES AND SQUARES

19. Chunky Hazelnut Cookies (4) (Must use recipe from Recipe Section)
20. Peanut Butter Cookies (4)
21. Sugar Cookies (4)
22. Oatmeal Cookies, dropped, with raisins (4)
23. Brownie squares, with nuts, iced (4)
24. Date squares (4)

CAKES

- All cakes must be removed from pan.
- "Fully iced" means top and sides.
- No cake mixes.
 25. Chocolate Beet Cake, one layer, fully iced, 8"x8"
 26. Carrot Cake, cream cheese icing, 8"x8"
 27. Zucchini Cake, not iced, 8"x8"
 28. Tomato Soup Cake, iced
 29. Banana Cake, iced, 8"x8"

PIES

- No canned fillings.
- Only one slice will be left on display.
- Pies not collected by 6:00 pm Thursday will be considered donations to our Tea Room.
- Cooking Tip: in order to ensure even baking, aluminium pie plates should be tempered before use. Place pie plates in 400°F oven for 20 minutes. Cool before using.
 30. Apple Pie, approx. 9", crumble top
 31. Blueberry Pie, approx. 9", double crust
 32. Peach Pie, approx. 9", double crust
 33. Raspberry Pie, approx. 9", double crust
 34. Raisin Pie, approx. 9", double crust

TARTS AND CANDY

35. Strawberry Tarts (4)
36. Butter Tarts with raisins (4)
37. Chocolate Fudge with nuts (4)
38. Maple Walnut Fudge (4)

JAMS

- No paraffin.
- All jars must be labelled to identify type of jam
- All jars must be sealed except for freezer jams
 39. Strawberry freezer jam
 40. Raspberry freezer jam
 41. Strawberry cooked jam
 42. Any single fruit jam, other than listed

PICKLES AND RELISHES

- No paraffin.
 - All pickle jars must be labelled to identify the type of pickle.
43. Beet pickles
 44. Any type of cucumber pickles
 45. Any type of vegetable pickled other than beet or cucumber
 46. Salsa sauce
 47. Chili sauce

GOLDEN YEAR COOKS - 65 YEARS OF AGE OR OLDER

48. Peanut Butter Cookies (4)
49. Banana Muffins (4)
50. Lemon Loaf, no nuts, glazed
51. Cherry Pie, approx. 9", double crust
52. Gumdrop Cake, no icing

MENS SPECIALS

71. Chocolate brownies (4)
72. Favourite cookies (4)

BAKING QUEEN & PRINCESS SPECIALS

73. 2007 Baking Queen, Dominique Deschamps, Special
Banana Chiffon Cake (Must use recipe from Recipe Section)
74. 2007 Baking Princess, Brenda Presley, Special
Chocolate Banana Coffee Cake (Must use recipe from Recipe Section)

OPEN SPECIALS (Open to all ages – must be work of exhibitor)

75. Honey, Nut and Oatmeal Cookies (4) (Must use recipe from Recipe Section)
76. Zucchini Cookies (4)
77. Queen Elizabeth Cake
78. Any type Cake, decorated to celebrate a family birthday. Size 9"x13"
79. Dry Soup Ingredients in bottle, decorated for gift giving

UNIVERSITY OF GUELPH, KEMPTVILLE CAMPUS (Open to all ages)

80. Maple Syrup Cake with icing, 8"x8" displayed on a plate.
Class sponsored by: Food, Nutrition & Risk Management Diploma Program.
Prizes: 1st-\$10.00 & 250ml Maple Syrup, 2nd-\$6.00, 3rd-\$4.00

COUNTRY FAIR BAKING COMPETITION

- Open to anyone - Any age unless otherwise specified.
 - Special Rules and Regulations must be followed.
 - Prizes are as listed
 - Entrants must use sponsoring product as indicated in each recipe.
 - Navan Fair must submit a signed release form, photo of first place winner with his/her entry, recipe and proof of purchase.
 - All winners agree to sign a release form giving permission to the sponsor to use the winner's name and/or photograph in any other advertising or publicity without payment.
81. Fleischmann's Bread Machine Special – loaf of white bread made in a bread machine.
- Made using Fleischmann's Bread Yeast
 - A Fleischmann's yeast label must accompany each entry
- 1st-\$12.00 & Gift Prize | 2nd-\$8.00 & Gift Prize |

82. Tenderflake Special. Pie of your choice
- Make with Tenderflake Lard (homemade crust only) on foil plate.
 - A Tenderflake Lard logo cut from the package must accompany each entry
- 1st-Gift Prize | 2nd- Gift Prize | 3rd-Gift Prize

83. DR Oetker Special. Any type of cookie. (4)
- Made with DR Oetker Vanilla Sugar or Baking Powder
 - A DR Oetker vanilla sugar packet or baking powder logo must accompany each entry
- 1st-\$12.00 & Gift Prize | 2nd-\$8.00 & Gift Prize |

84. Mazola and BeeHive Special. Cranberry Orange Nut Muffins
- Must use recipe from Recipe Section
 - Made with Mazola Oil & BeeHive Corn Syrup
 - Mazola & BeeHive logos from the product packages must accompany the entry
- 1st-\$12.00 & Gift Prize | 2nd-\$8.00 & Gift Prize |

85. Robin Hood Special. Any 8"x8" cake not iced.
- 1st-\$20.00 product coupon | 2nd-\$10.00 product coupon

86. Certo Special. Any jam made using Certo
- Certo logo cut from the package must accompany the entry
- 1st-\$15.00 product coupon | 2nd-\$10.00 product coupon

87. Crisco Special. Tarts of your choice (4)
- Made with Crisco product (Crisco frozen tart shells may be used)
 - Crisco logo from the product package must accompany the entry
- 1st-\$20.00 product coupon | 2nd-\$10.00 product coupon

88. Eagle Brand Special. Magic Cookie Bars
- Must use recipe from Recipe Section
 - Made with Eagle Brand Sweetened Condensed Milk
 - Eagle Brand logo from product must accompany the entry
- 1st-\$20.00 gift certificate | 2nd-\$10.00 gift certificate

89. Fleischmann's Youth Special – loaf of white bread. Bread Machine may be used.
- Exhibitor must be under age of 16
 - Made using Fleischmann's Bread Machine Yeast
 - A Fleischmann's yeast label must accompany each entry
- 1st-\$10.00 prize |

90. Robin Hood Beginners Best Cookie Contest – any type of cookie (4)
- Exhibitor must be 12 years of age or younger
 - Made with Robin Hood Flour
 - A Robin Hood logo cut from the package must accompany the entry
- 1st-\$10.00 gift certificate |

GROUP ORGANIZATIONS

- Entry Fee: \$5.00
- An identification card must be displayed after judging.
- All 6 items must be shown

Theme: "A Family Picnic"

1. White rolls (4)
2. Chocolate Fudge with nuts (4)
3. Oatmeal cookies, no raisins (4)

4. Brownies, no nuts (4)
 5. Cheese Tea Biscuits (4)
 6. Strawberry Jam, cooked
- Best display will receive \$10.00

CULINARY ARTS - RECIPE SECTION

CHEESE & BACON BISCUIT STICKS

2 cups flour	1/3 cup butter
2 ½ teaspoons baking powder	1 ½ cups cheddar cheese, grated
½ teaspoon baking soda	6 slices bacon, cooked crisp and diced
½ teaspoon salt	1 cup non fat plain yogurt

COMBINE flour, baking powder, baking soda and salt in mixing bowl. Cut in butter until mixture resembles coarse meal. Stir in cheese and bacon. Mix well. Add yogurt all at once to dry ingredients, stirring to moisten. Knead on lightly floured surface about 10/15 times to form a smooth dough; mixture will be crumbly at first and comes together when kneaded. Roll out or pat to an 8" square. Cut in half lengthwise, then cut each half into 6 rectangles. Place on ungreased baking sheet. Bake at 450F (230C) for 10-15 minutes, or until golden. Serve warm.

PINA COLADA BREAD

2 ½ cups flour	2 eggs
½ cup sugar	½ cup light corn syrup
2 teaspoons baking powder	1/3 cup vegetable oil
½ teaspoon baking soda	¼ cup rum
½ teaspoon salt	1 can crushed pineapple, drained
	1 cup flaked coconut

Combine flour, sugar, baking powder, baking soda and salt in a medium bowl. In a large bowl, beat eggs, corn syrup, oil and rum until well blended. Gradually stir into flour mixture just until moistened. Stir in pineapple and coconut. Pour into a greased and floured loaf pan 9"x5"x3". Bake 60 to 65 minutes at 350F.

CHUNKY HAZELNUT COOKIES

¾ cup shortening	1 ½ cups flour
1 ¼ cups brown sugar	¾ teaspoon baking soda
1 egg	¾ teaspoon salt
2 tablespoons milk	¾ teaspoon cinnamon
1 tablespoon vanilla	2 cups chopped hazelnuts

In a large mixing bowl, cream shortening and brown sugar. Add egg, milk and vanilla, beating until light and creamy. Combine flour, baking soda, salt and cinnamon. Add to creamed mixture gradually. Stir in hazelnuts. Drop dough by heaping spoonfuls onto greased baking sheet. Bake at 375F for 8-9 minutes.

CHERRY CHOCOLATE BROWNIES

Can of cherry pie filling	1 egg
Box of fudge brownie mix	2 tablespoons water
	2 tablespoons vegetable oil

In a medium bowl, combine contents of brownie package, egg, water and vegetable oil. Add 1 cup cherry pie filling and stir until just combines. Pour batter into an 8" square baking pan. Bake at 325F for 30-35 minutes.

BLUEBERRY BRAN MUFFINS

2 cups Raisin Bran cereal	¼ cup vegetable oil
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¾ cup sugar	1 large egg
1 ¼ cups all purpose flour	1 cup buttermilk
1 ¼ teaspoons baking soda	1 cup fresh blueberries
½ teaspoon salt	

Preheat oven to 375F and grease a 12-cup muffin tin. Toss cereal with sugar, flour, baking soda and salt. In a separate bowl, whisk oil, egg and buttermilk. Add buttermilk mixture to cereal mixture and stir just until blended. Stir in blueberries and spoon into prepared muffin tin. Bake for 20 to 25 minutes.

PECAN SQUARES

CRUST

1 cup all purpose flour
 ½ teaspoon baking powder
 4 tablespoons unsalted butter
 1/3 cup brown sugar
 ¼ cup finely chopped pecans

FILLING

2 large eggs
 ¼ cup brown sugar
 ¾ cup dark corn syrup
 2 tablespoons all purpose flour
 ¼ teaspoon salt
 1 teaspoon vanilla extract
 ¾ cup chopped pecans

CRUST: In a small bowl, sift the flour and baking powder. In another bowl, beat the butter and brown sugar until soft and creamy. Combine flour mixture and butter mixture. Once combined, add pecans. Press into a greased 9"x9" baking pan. Bake for 9-10 minutes at 350F. Set aside to cool.

FILLING: In a large bowl, beat eggs until foamy. Add brown sugar, corn syrup, flour, salt and vanilla extract. Once combined, pour over baked crust. Sprinkle with pecans. Bake for 25-30 minutes at 350F.

TURTLE BROWNIES

50g bag of caramels	¾ cup margarine, melted
1/3 cup evaporated milk	1/3 cup evaporated milk
Chocolate cake mix, 2 layer size	1 cup chopped walnuts
1 cup Semisweet chocolate chips	

Melt caramels in first amount of milk in a double boiler or heavy saucepan. Combine chocolate cake mix, melted margarine, second amount of milk and chopped walnuts in a bowl. Press ½ mixture into ungreased 9-"x13" pan. Bake at 350F for 6 minutes. Sprinkle chocolate chips evenly over top. Pour caramel mixture over chips. Sprinkle remaining cake mixture over all. Return to oven and bake for 15-18 minutes.

BANANA CHIFFON CAKE

Beat until smooth:

2 cups flour	1 ½ cup sugar
1 tablespoon baking powder	1 teaspoon salt
½ cup vegetable oil	5 egg yolks, not beaten
½ cup water	1 cup mashed bananas
1 teaspoon vanilla	

In a separate bowl, beat until fluffy: 5 egg whites and 1 teaspoon cream of tartar. Fold the second mixture into the first mixture. Pour into an ungreased bundt pan. Bake on second rack at 325F for 65-70 minutes.

CHOCOLATE BANANA COFFEE CAKE

1 cup butter softened	2 teaspoons baking powder
2 cups sugar	2 teaspoons baking soda

2 eggs, beaten	1 cup sour cream
1 teaspoon vanilla	½ cup brown sugar
2 ½ cups mashed ripe bananas	1 teaspoon cinnamon
3 cups all purpose flour	300g semisweet chocolate chips

Cream together butter and sugar. Add eggs and beat until smooth. Add vanilla and mashed bananas; mix until smooth. Sift together flour, baking powder and baking soda. Add to banana mixture alternating with sour cream. Pour half the batter into a greased 13"x9" cake pan. Combine brown sugar and cinnamon. Sprinkle ½ the sugar mixture over the batter in the pan. Top with ½ the chocolate chips. Repeat layers. Bake at 350F for 45-50 minutes.

HONEY, NUT & OATMEAL COOKIES

¾ cup margarine	½ teaspoon baking powder
¾ cup brown sugar	¼ teaspoon salt
1 egg	2 cups rolled oats
¼ cup honey	1 cup flaked coconut
1 teaspoon vanilla	1 cup raisins
¾ cup whole wheat flour	¾ cup chopped walnuts
¾ cup all purpose flour	

In a large bowl, cream margarine and brown sugar until creamy. Beat in egg, honey and vanilla. In separate bowl mix together flours, baking powder and salt; stir into creamed mixture. Stir in oats, coconut, raisins and walnuts. Chill dough for 30 minutes. Drop by tablespoonfuls onto baking sheets. Bake at 375F for 10-12 minutes.

CRANBERRY ORANGE NUT MUFFINS

1 ½ cups flour	½ cup orange juice
½ cup sugar	¼ cup Mazola oil
2 teaspoons baking powder	1 teaspoon grated orange peel
½ teaspoon salt	1 cup frozen cranberries
2 eggs, slightly beaten	½ cup chopped walnuts
½ cup BeeHive Light Corn Syrup	

Preheat oven to 400F. Combine flour, sugar, baking powder and salt in a medium bowl. Blend eggs, corn syrup, orange juice, oil and orange peel in a large bowl; stir in flour mixture. Fold in cranberries and walnuts. Spoon into prepared muffin cups. Bake for 18-22 minutes.

MAGIC COOKIE BARS

1 ½ cups graham cracker crumbs	2 cups semi-sweet chocolate chips
½ cup margarine, melted	1 ½ cups flaked coconut
1 can Eagle Brand Sweetened Condensed Milk	1 cup chopped walnuts

Preheat oven to 350F. In small bowl combine graham cracker crumbs and margarine; mix well. Press crumb mixture firmly on bottom of 13"x9" baking pan. Pour Eagle Brand evenly over the crumb mixture. Combine chocolate chips, coconut and walnuts. Spread them evenly over the Eagle Brand. Bake 25 minutes or until lightly browned. Cool and then cut into bars.

SPECIAL THANK-YOU TO 2007 SPONSORS

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The Culinary Arts Division Committee would like to thank all of this year's sponsors, volunteers and exhibitors, without you we wouldn't exist. If you would like to volunteer or sponsor in this Division please contact one of the committee members listed. We hope you enjoy the new recipes that have been added.

"Happy Cooking"