

## **SPECIAL SECTION Z(b)**

### **VAS LTD JUNIOR CARROT AND SULTANA MUFFINS**

#### **PLEASE NOTE:**

**EXHIBITOR MUST BE UNDER 18 ON DAY OF SHOW.**

The winner is to compete in the Group Final with the ultimate final at the Royal Melbourne Show.

Rules below apply for Group Final and State Final.



**FIRST Prize \$10.00** donated by **Syd Whyte**

**SECOND Prize \$5.00** donated by **Syd Whyte**

#### **COMPETITORS MUST USE THE FOLLOWING RECIPIE & METHOD**

#### **FOUR MUFFINS PER ENTRY**

##### **INGREDIENTS:**

- 2 ½ cups SR flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup brown sugar (firmly packed)
- 1/3 cup chopped in ½ Sultanas
- 1 cup coarsely grated carrot
- 1 tablespoon orange marmalade
- 1 cup canola oil
- 2 eggs, lightly beaten
- ¾ cup orange juice
- 1 cup reduced fat milk

##### **METHOD:**

1. Pre-heat oven to 190°C (moderately hot).
2. Line a 12-hole muffin pan with round paper muffin cases.  
Classic white muffin cases  
Size (35mm H x 80mm W x 50mm Base).
3. Sift dry ingredients into a large bowl; stir in sultanas and carrots.  
Then add the combined marmalade, oil, eggs, juice and milk.  
Mix until just combined.
4. Spoon mixture evenly into muffin paper cases in muffin pan.
5. Cook for 20 minutes. To test if muffins are cooked insert cake  
Skewer. If it comes out clean the muffins are ready.
6. Stand muffins in pan for 5 minutes before removing to cool.

##### **VAS LTD REGULATIONS:**

**Refer to back of schedule under SHOW RULES.**