

# King Arthur Flour Baking Contest!

Juniors- Ages 4 - 15  
Adults- Ages 16 and up



## □ County Fair Prizes:

- Adult: First Place = \$50 Gift certificate to the Baker's Catalogue  
Second Place = Baker's Companion Cookbook  
Third Place = A King Arthur Flour Tote bag
- Junior: First Place = \$40 Gift certificate to the Baker's Catalogue  
Second Place = A King Arthur Flour Cookie Campion Cookbook  
Third Place = A King Arthur Flour Apron

## □ Rules:

1. Contestants must be a resident of Hartford county; one entry per person.
2. **Exhibitor must bring the opened bag of King Arthur Flour or submit a UPC label from the flour bag when he/she submits the entry.**
3. Entry must follow the designated recipe.
  - a. For the Junior entry the recipe for Banana Chocolate Chip Muffins must be used exactly as it appears in the premium book (page 47)
  - b. For the Adult entry the recipe for Carrot Cake must be used exactly as it appears in the premium book (page 48)
4. All entries must be submitted on a disposable container for judging. (please submit 1/2 dozen muffins)
5. Judging will be based on the following criteria:

a. Flavor	50 points
b. Overall Appearance	25 points
c. Texture	<u>25 points</u>
TOTAL	
	100 points
6. Failure to follow the rules may result in disqualification.

## **Adult Recipe** **CARROT CAKE**

One 9 x 13-inch cake, or one three-layered 8-inch cake

Carrot cake is a touchstone dessert. We know lots of folks for whom nothing else will do on their birthdays. But if someone asks you for carrot cake, make sure to ask which kind they're thinking about, since there are really two distinct styles. One camp garnishes with raisins and nuts, while the other heads for crushed pineapple and/or coconut; the recipe below will work perfectly well either way.

This is a good-sized recipe; it will generously fill a 9 x 13-inch pan or three 8-inch round pans, if you want to make it as a layer cake. It's moist and flavorful enough to stand on its own with just a dusting of confectioners' sugar, but we know of no better way to enjoy cream cheese frosting than with carrot cake!

- 4 large eggs
- 1 1/2 cups (10 1/2 ounces) vegetable oil
- 2 teaspoons vanilla extract
- 1 3/4 cups (12 1/4 ounces) sugar
- 2 cups (8 1/2 ounces) unbleached King Arthur all-purpose flour
- 1 1/2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- 2 1/2 cups (8 3/4 ounces) finely grated carrots
- 1 cup (3 ounces) shredded or flaked coconut
- 1 can (8 ounces) crushed pineapple, drained

Preheat the oven to 350°F.

**For the fair contest**

In large mixing bowl, beat the eggs and add oil while mixer is running. Add vanilla, then gradually add the sugar. You'll have a thick, foamy, lemon-colored mixture. In a separate medium-sized bowl, whisk together the flour, baking powder, baking soda, salt, and spices. Add these dry ingredients to the wet mixture, stirring to make a smooth batter. Add the carrots then additional garnishes (coconut, pineapple). Pour the batter into a three greased 8-inch round cake pans and bake for 35 minutes. Cake is done when tester inserted in the center comes out clean. Cool in the pan 10 minutes, then turn out to cool completely. Stack two of the rounds together with cream cheese frosting between (third round is extra). Ice remainder of the cake.

Alternatives to try on your own for another time

\*Substitute 2 cups (12 ounces) raisins for the coconut and pineapple

\*You can also include 1 cup (4 ounces) chopped pecans or walnuts

\*If you want to do it in a 9x13 inch sheet pan bake for 45-50 minutes