

19. From The Kitchen

CHAIRPERSON: Melinda Hull (250) 597-4340, melindap@shaw.ca

2022 EXHIBITION THEME: "Jack & the Beanstalk"

2022 COLOURS: Green, Gold and Pantone's Very Peri

ENTRY FEE: \$1 per entry

REGISTER BETWEEN JULY 18th AND SEPT. 2nd. Last day to register: September 2nd, by 5 pm. Register online at www.cowex.ca, click on FAIR 2022 and follow the links. Or register in person in the Office on any week day (9:30 to 4:00).
DELIVERY OF ENTRIES: Please bring all From the Kitchen entries to Mellor Hall on Thursday, Sept. 15th between 10 am and 5:30 pm. They must be in place by 6 pm for judging.

PICK UP OF ENTRIES: Sunday, Sept. 18th – after 4:15 pm. All food must be picked up that day. Any food entries left after that date will be disposed of.

PRIZE MONEY: 1st - \$5, 2nd - \$3, 3rd - ribbon only.

Pick up prize money and special awards from the Exhibition Office the week of Sept. 26th to 30th – 9:30 am to 4 pm.

RULES:

- Only 1 entry per exhibitor per class.
- This Division is open to amateurs and professionals.
- Please check that you are entering the correct number in each class, i.e. 2 muffins, 3 cookies, etc.
- Judges reserve the right to open and/or taste an entry.
- All entries must be made from scratch, no mixes.
- All baking entries should be covered for maximum freshness and visibility. Use plastic wrap, a clear bag or clear container; please choose something that is easy to reclose as the entry will be unwrapped during judging.
- Exhibitor's Pass: exhibitors may purchase a 3-day pass for \$17. The regular gate fee for adults is \$10-\$12/day.

Standards for Baking:

Yeast breads. Well shaped, tender yet crisp, free from cracks, no large holes inside, no yeasty smell, sweet, nutty flavour.

Quick breads. Even golden brown, level top, light and tender, no strong flavour of salt or baking powder.

Muffins. Rounded tops, moist, tender, no large holes inside, no strong flavour of salt or baking powder.

Pies. Pastry golden brown, flaky and tender, filling should be of a consistency to hold its shape when served.

Cakes. Evenly risen, fine even grain, light and springy, icing should not be too thick, should be creamy and not granular.

Cookies. Uniform size, tender, moist, rolled cookies should be crisp but not tough, even colour top and bottom.

Standards for Preserves:

Canning. Product should be uniform in size and colour, half inch head space, no cloudiness or sediment, metal band should be free from rust and easy to remove. Note: paraffin is no longer recommended as a reliable seal.

Jams and jellies: Quarter-inch head space, natural fruit flavour, not too sweet, nice consistency, not too runny or too thick, no sign of mould, jellies should be clear and sparkling with no fruit, pulp or seeds.

Are there classes for kids who enjoy baking?
Yes, look in Div. 30, sec. 9 to 12.

Section 1: Baking

Class #

- Bread, White – 1 loaf.
- Bread, Whole Wheat – 1 loaf
- Bread, any other variety – 1 loaf. **1st - \$10 Thrifty Foods gift card.**
- Baking Powder Biscuits – 3
- Cinnamon Buns (Yeast) – 3
- Muffins, any variety – 3
- Loaf, Zucchini – 1
- Loaf, Banana – 1
- Loaf, any other variety – 1
- My Favorite Poppy Seed recipe – entry must include appropriate number (i.e. cake or loaf - 1, muffins or squares - 3, cookies - 3)
- Anything Pumpkin but Pie!
- Biscotti, any variety – 3
- Cookies, Shortbread, traditional – 3.
- Cookies, Shortbread, any other variety (lavender, lemon, with nuts, etc.) – 3

- Cookies, Chocolate Chip – 3
- Cookies, Peanut Butter – 3
- Cookies, Rolled and Decorated – 3. To be judged on appearance and creativity only.
- Cookies, any other variety – 3
- Cake, Family Favourite.
- Cake, Carrot
- Cake, White, iced
- Cake, Chocolate, iced
- Cake, Decorated. To be judged on appearance only, an artificial form may be used. **1st - \$10 Thrifty Foods gift card.**
- Cake, Fruit
- Cupcakes, iced, not decorated – 3
- Cupcakes, Decorated (3). To be judged on appearance only, artificial forms may be used. **1st - \$10 Thrifty Foods gift card.**
- Cake Pops – 3
- French Macarons (meringue and ground almonds) - 3
- Nanaimo Bars – 3
- Squares, fruit and/or nuts – 3

31. Cereal Squares – 3, must contain breakfast cereal
32. Lunchbox Snack – 3 squares, 3 cookies, etc. that are suitable for a child's lunchbox (no lunchbox required with entry).
33. Chocolate Squares – 3, must include chocolate in or on them. No Nanaimo Bars.
34. "Dainties on a Doily" – 3 different dainties on a plate, to be judged on appearance, taste and presentation.
35. Cheesecake – small cake or 1 piece on a plate
36. Pie – Pumpkin
37. Pie – Apple, any type top.
38. Pie – Fruit, any other variety.
39. Tarts, Butter – 3
40. Tarts, any other variety – 3
41. "Death By Chocolate" – decadent dessert made primarily of chocolate
42. Fudge – 3 pieces
43. Candy, any other variety (e.g. chocolate, brittle) – 3
44. 2022 Theme: "Jack & the Beanstalk". Any edible baked item that represents the theme. **1st - \$10 Thrifty Foods gift card.**
45. Baked Imposters! A sweet baked item that resembles a savoury dish (i.e. pizza, hamburger, tacos). Include a brief description about your entry.
46. NEW! Baked treat made with beans, i.e. Black Bean Brownies. **1st - \$10 . . . donated by Black Moon Valley Band.**



'BERNARDIN' BEST OF SHOW AWARD

\$30 worth of coupons plus Rosette Prize Ribbon
for Best Home Canning Entry submitted in
a Bernardin Mason jar with SNAP Lid®.

BEST JAM OR JELLY USING 'BERNARDIN' PECTIN

\$20 worth of coupons plus Rosette Prize Ribbon
Winning entry, in a Bernardin Mason jar with SNAP Lid®,
must be accompanied by a Bernardin Pectin package
or UPC as proof of purchase.

'BERNARDIN' GIFT PACK COMPETITION

\$20 worth of coupons plus Rosette Prize Ribbon
for Best Theme Gift Pack (class #19.4.93) using
Bernardin Mason jars with SNAP Lids®.

For recipes and helpful hints on Home Canning,
visit www.bernardin.ca

Section 2: Jams & Jellies made with Pectin

Jars to be at least 4 oz (125 ml), properly sealed and labeled
with the type of jam or jelly. If a non-commercial pectin has
been used, please identify its source.

Class #

47. Jam – Strawberry, 1 jar. **1st - \$10 Thrifty Foods gift card.**
48. Jam – Raspberry, 1 jar
49. Jam – Blackberry, 1 jar
50. Jam – Mixed Fruits, 1 jar.
51. Marmalade (citrus fruits), 1 jar
52. Jam – any other variety (non-freezer), 1 jar
53. Jam – Freezer, any variety
54. Collection of Jams, 3 jars
55. Jelly – Blackberry, 1 jar
56. Jelly – Raspberry, 1 jar
57. Jelly – Plum, 1 jar
58. Jelly – Pepper, 1 jar. **1st - \$10 Thrifty Foods gift card.**
59. Jelly – Concord Grape, 1 jar
60. Jelly – Currant (red and/or black), 1 jar
61. Jelly – any other variety, 1 jar
62. Collection of Jellies – 3 jars

Section 3: Jams & Jellies made without Pectin

Jars to be at least 4 oz (125 ml), properly sealed and labeled
with the type of jam or jelly.

Class #

63. Jam – any variety, 1 jar
64. Jelly – any variety, 1 jar
65. Blackberry – 1 jar
66. Pepper – 1 jar
67. Grape – 1 jar

MEET & GREET YUKON DAN TO LEARN ALL ABOUT RIVER GOLD PANNING

STRIKE IT RICH AT THE COWICHAN EXHIBITION!



Pan for gold with Yukon Dan! Dan has great knowledge about the Canadian Gold Rushes, specifically The Fraser River, Bonanza Creek and Williams Creek, where Billy Barker found his wealth in gold. He will be at the Cowichan Exhibition during the weekend teaching how to gold pan and invites you to join him! He has a wealth of information about the different styles of gold panning and will be on site demonstrating the correct ways to use a gold pan.

GOLD PANNING AT THE KIDS CORRAL

FRIDAY & SATURDAY, 10 AM - 6 PM. SUNDAY, 10 AM - 3PM.

- 68. Crabapple – 1 jar
- 69. Marmalade (citrus fruits), 1 jar
- 70. Any other variety – 1 jar

Section 4: Fruits, Juices, Vegetables, Pickles.

All bottles must be labeled.

Class #

- 71. Fruit Juices, any kind (apple, plum, etc.) – 1 bottle
- 72. Bottled Fruits – 1 pint
- 73. Bottled Vegetables – 1 pint. Present in a basket, use the Exhibition's 2022 Theme: "Jack & the Beanstalk" as inspiration. **1st - \$10 Thrifty Foods gift card.**
- 74. Herbal Vinegar (tarragon, rosemary, etc.)
- 75. Plain Vinegar
- 76. Relish, sweet – 1 jar.
- 77. Relish, spicy – 1 jar
- 78. Fruit Chutney – 1 jar
- 79. Fruit Chutney, Hot – 1 jar
- 80. Dill Pickles (must be cured) – 1 jar
- 81. Pickled Onions – 1 jar
- 82. Mincemeat – 1 jar
- 83. Mustard Pickles – 1 jar
- 84. Pesto – 1 jar

- 85. Pickled Beets – 1 jar
- 86. Bread & Butter Pickles – 1 jar. **1st - \$20 . . . donated by Abbeyfield House of Duncan, Home for Seniors.**
- 87. Pickles, any other variety (e.g. eggs, veggies) – 1 jar
- 88. Antipasto – 1 jar
- 89. Chili Sauce – 1 jar
- 90. Salsa Sauce – 1 jar
- 91. Tomato Sauce – 1 jar
- 92. Syrup (e.g. maple, blackberry) – 1 bottle
- 93. 'Bernardin' Theme Gift Pack Competition: Any canned product(s) in Bernardin Mason jars with SNAP Lids®, 3 jars. Use the Exhibition's 2022 Theme: "Jack & the Beanstalk" as inspiration for your gift pack! The entry will be judged on creativity, quality of home canned product, perceived value and appropriateness of presentation. **1st - \$20 Bernardin Gift Certificate plus Rosette Prize Ribbon.**

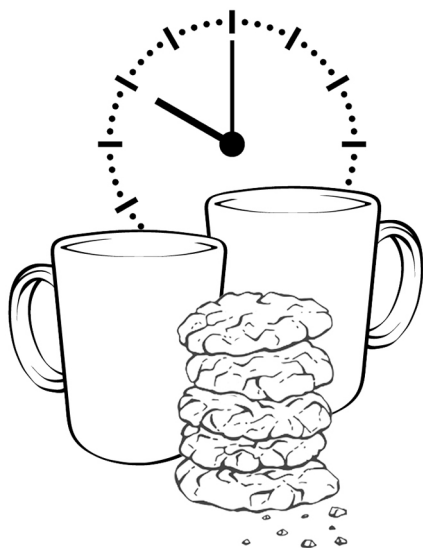
Section 5: Fish

Class #

- 94. Canned Salmon
- 95. Canned Fish, any other variety
- 96. Smoked Fish

Are these CRACKERJACK COOKIES* Jack's favourite snack?

You bet! . . . And they don't last long either when they show up on Monday mornings as a coffee break treat for the Exhibition's Grounds Crew.



CRACKERJACK

Definition: exceptionally good (*adj.*)

*** RECIPE SOURCE:**

<https://redcookbook.com/old-fashioned-cracker-jack-cookies/>

INGREDIENTS:

- | | |
|--------------------------------|---|
| 1 c. unsalted butter, softened | 1 tsp. baking powder |
| 1 c. light brown sugar, packed | 1 1/2 c. all-purpose flour |
| 1 c. granulated sugar | 2 c. quick oats |
| 2 eggs, room temperature | 1 c. unsweetened shredded coconut |
| 2 tsp. vanilla extract | 2 c. Rice Krispies, or other puff rice cereal |
| 1/2 tsp. baking soda | |

INSTRUCTIONS:

- Preheat the oven to 350°F.
- Line cookie sheets with parchment paper.
- Beat the butter until smooth and beat in the granulated and brown sugars until combined well.
- Mix in the eggs and vanilla extract.
- Combine the all-purpose flour together with the baking powder and baking soda. Stir in the quick oats.
- Add the flour mixture together with the wet mixture and stir in the coconut.
- Slowly stir in the Rice Krispies or puff rice cereal last.
- Scoop by 2 tablespoonful onto parchment paper-lined cookie sheets.
- Bake for 11 to 13 minutes.
- Cool on cookie sheets for 10 minutes before transferring to a rack.