

19. FROM THE KITCHEN

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

IMPORTANT DATES:

- > Register online or in person **July 17 to Sept. 6.**
- > Deliver From the Kitchen entries to Mellor Hall on **Thursday, Sept. 14** between 10am and 6pm.
- > Pick up entries on **Sunday, Sept. 17** between 4:30 - 6:30pm. All food must be collected that day. Any food entries left after that date will be disposed of.
- > Pick up prize money and special awards the week of **Sept. 25 to 29.** Please bring entry tags with ribbons to verify placings.

GENERAL INFORMATION & HALL RULES:

- See pages 12 and 14.

DIV. 19 RULES:

- > Entry fee is \$1 per entry.
- > One (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. 3 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. Please choose something (plastic wrap, a clear bag or clear container) that is easy to reclose as the entry will be unwrapped during judging.
- > Exhibitor's Pass: exhibitors may purchase a 3-day pass for \$20. Limit: 1 per exhibitor.

STANDARDS FOR BAKING:

YEAST BREADS. Well shaped, tender yet crisp, free from cracks, no large holes inside, no yeasty smell, sweet, nutty flavor.

QUICK BREADS. Even golden brown, level top, light and tender, no strong flavor of salt or baking powder.

MUFFINS. Rounded tops, moist, tender, no large holes inside, no strong flavor 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 flavor, 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

Section 1: Baking

CLASS

1. Bread, White – 1 loaf
PRIZE: 1st - \$25 | by Frances McDonnell
2. Bread, Whole Wheat – 1 loaf
PRIZE: 1st - \$25 | by Frances McDonnell
3. Bread, any other variety – 1 loaf
4. Baking Powder Biscuits – 3
5. Cinnamon Buns (Yeast) – 3
6. Muffins, any variety – 3
7. Loaf, Zucchini – 1
8. Loaf, Banana – 1
9. Loaf, any other variety – 1
10. My Favorite Poppy Seed recipe – entry to be appropriate number (i.e. cake or loaf - 1, muffins or squares - 3, cookies - 3)
11. Anything Pumpkin but Pie!
12. Biscotti, any variety – 3
13. Cookies, Shortbread, traditional – 3
14. Cookies, Shortbread, another variety, i.e. lavender, lemon – 3
15. Cookies, Chocolate Chip – 3
16. Cookies, Peanut Butter – 3
17. Cookies, Rolled and Decorated – 3. To be judged on appearance and creativity only.
18. Cookies, any other variety – 3
19. Cake, Family Favourite
20. Cake, Carrot
21. Cake, White, iced
22. Cake, Chocolate, iced
23. Cake, Decorated. To be judged on appearance only, an artificial form may be used.
24. Cupcakes, iced, not decorated – 3
25. Cupcakes, Decorated (caterpillar theme) – 3.
To be judged on appearance only, artificial forms may be used.
PRIZE: 1st - \$10 Gift Card | Thrifty Foods
26. Favourite Holiday Treat, Christmas
27. Favourite Holiday Treat, Halloween
28. Favourite Holiday Treat, any other holiday. Please identify the holiday, the treat should clearly represent this event.
29. Nanaimo Bars – 3
30. 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. **NEW FOR 2023!** “Royal Tea” – celebrate this spring’s Coronation with a tea tray fit for a regal guest! Include at least 3 different treats, a teapot and teacup.

PRIZE: 1st - \$10 Gift Card | Thrifty Foods

35. Pie – Pumpkin
36. Pie – Apple, any type top
PRIZE: 1st - \$15 | by Lois MacMillan
37. Pie – Fruit, any other variety
38. Tarts, Butter – 3
39. Tarts, any other variety – 3
40. “Death By Chocolate” – a decadent dessert made primarily of chocolate
41. Fudge – 3 pieces
42. Candy, any other variety (e.g. chocolate, brittle) – 3
43. **NEW!** 2023 Theme: “The Very Hungry Caterpillar”. Any edible baked item that represents the theme.
PRIZE: 1st - \$10 Gift Card | Thrifty Foods
44. Baked Imposters! A sweet baked item that resembles a savory dish (i.e. pizza, hamburger, tacos). Include a brief description about your entry.
PRIZE: 1st - \$10 Gift Card | Thrifty Foods
45. Cake made by a man
46. **NEW!** Donuts, baked or fried – 3
47. **NEW!** Dessert Charcuterie – at least 3 baked treats displayed on a board or platter, store-bought sweets may be used as decoration. **PRIZE: 1st - \$10 Gift Card | Thrifty Foods**

Section 2: Jams & Jellies made with Pectin

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

CLASS

48. Jam – Strawberry, 1 jar
PRIZE: 1st - \$10 Gift Card | Thrifty Foods
49. Jam – Raspberry, 1 jar
50. Jam – Blackberry, 1 jar
51. Jam – Mixed Fruits, 1 jar
52. Marmalade (citrus fruits), 1 jar
PRIZE: 1st - \$25 | by Frances McDonnell
53. Jam – any other variety (non-freezer), 1 jar
54. Jam – Freezer, any variety
55. Jelly – Blackberry, 1 jar
56. Jelly – Raspberry, 1 jar
57. Jelly – Plum, 1 jar
58. Jelly – Pepper, 1 jar
59. Jelly – Concord Grape, 1 jar
60. Jelly – Currant (red and/or black), 1 jar
61. Jelly – any other variety, 1 jar

Section 3: Jams & Jellies made without Pectin

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

CLASS

62. Jam – any variety, 1 jar
63. Jelly – any variety, 1 jar
64. Blackberry – 1 jar
65. Pepper – 1 jar
66. Grape – 1 jar
67. Crabapple – 1 jar
68. Marmalade (citrus fruits), 1 jar
69. Any other variety – 1 jar

Section 4: Fruits, Juices, Vegetables, Pickles

All bottles must be labeled.

CLASS

70. Fruit Juices, any kind (apple, plum, etc.) – 1 bottle
71. Bottled Fruits – 1 pint
72. Bottled Vegetables – 1 pint. Present in a basket, use the Exhibition’s 2023 Theme: “The Very Hungry Caterpillar” as inspiration. **PRIZE: 1st - \$10 Gift Card | Thrifty Foods**
73. Herbal Vinegar (tarragon, rosemary, etc.)
74. Plain Vinegar
75. Relish, sweet – 1 jar
76. Relish, spicy – 1 jar
77. Fruit Chutney – 1 jar
78. Fruit Chutney, Hot – 1 jar
79. Dill Pickles (must be cured) – 1 jar
80. Pickled Onions – 1 jar
81. Mincemeat – 1 jar
82. Mustard Pickles – 1 jar
83. Pesto – 1 jar
84. Pickled Beets – 1 jar
85. Bread & Butter Pickles – 1 jar. **PRIZE: 1st - \$10 | by Abbeyfield House of Duncan, Home for Seniors**
86. Pickles, any other variety (e.g. eggs, veggies) – 1 jar
87. Antipasto – 1 jar
88. Chili Sauce – 1 jar
89. Salsa Sauce – 1 jar
90. Tomato Sauce – 1 jar
91. Syrup (e.g. maple, blackberry) – 1 bottle

Section 5: Fish

Jars to be at least 125 ml [4 oz.] properly sealed and labeled.

CLASS

92. Canned Salmon
93. Canned Fish, any other variety
94. Smoked Fish



**We have classes for kids who enjoy baking!
Look in Div. 30, sections 9 to 12.**