

Proudly Sponsored by Rocky Lamattina & Sons

Open to all carrot cake enthusiasts



Rules and Regulations

1. The entrant must follow the recipe and specifications provided below.
2. Each cake entered must be the bona fide work of the exhibitor.
3. **Professionals are not eligible**, which is defined as someone that works professionally or derives the greater percentage of their income in that craft, art form or technique.
4. The carrot cake competition follows the three levels of competition: Show Level, Group Level and State Level.
5. An exhibitor having won at their Local Show will bake another cake for the 2024 Group Final and then the winner of the Group Final will bake another cake for the 2024 State Final at the Annual VAS Ltd Convention.
6. An exhibitor having won at Show Level is not eligible to enter the VAS Carrot Cake Competition at any other show until after the Group Final judging.
7. An exhibitor is only eligible to represent one Group in the State Final.
8. If for any reason a winner is unable to compete at Group or State Final Level, then the second placegetter is eligible to compete.
9. The State Final prizes are:
 - First:** \$250.00 Prizemoney & VAS State Final Trophy
 - Second:** \$100.00 Prizemoney
 - Third:** \$50.00 Prizemoney

Recipe

Ingredients

- 375g plain flour
- 2tsp baking powder
- 1 ½ tsp bicarb soda
- 2tsp ground cinnamor
- ½ tsp ground nutmeg
- ½ tsp allspice
- 2tsp salt
- 345g castor sugar
- 375ml vegetable oil
- 4 eggs
- 3 medium carrots, grated (350 grams)
- 220g tin crushed pineapple, drained
- 180g pecan nuts coarsely crushed



Method

1. Preheat the oven to 180C (160C fan), Grease a 23cm (9 inch) round cake tin and line with baking paper.
2. Sift the dry ingredients together into a bowl. In a separate bowl, beat the eggs and oil, then add to the dry ingredients. Mix well then add the carrots, crushed pineapple and pecans. Mix to form a smooth batter and pour into the cake tin.
3. Bake for approximately 90 - 100 minutes.
4. Remove from the oven and allow to cool for 10 minutes in the tin on a wire rack. Upend and allow to cool on the wire rack.