

Proudly Sponsored by Rocky Lamattina & Sons
***Open to junior bakers under 18 years on the day
of their Local Show***



Rules and Regulations

1. The entrant must follow the recipe and specifications provided below.
2. The entrant must be under 18 years on the day of their Local Show.
3. Each cake entered must be the bona fide work of the exhibitor.
4. **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.
5. The Junior Carrot & Date Muffins competition follows the three levels of competition: Show Level, Group Level and State Level.
6. An exhibitor having won at their Local Show will bake another set of muffins for the 2024 Group Final and then the winner of the Group Final will bake another set of muffins for the 2024 State Final at Annual VAS Ltd Convention.
7. An exhibitor having won at Show Level is not eligible to enter the VAS Junior Carrot & Date Muffins Competition at any other show until after the Group Final judging.
8. An exhibitor is only eligible to represent one Group in the State Final.
9. If for any reason a winner is unable to compete at Group or State Final Level, then the second placegetter is eligible to compete.
10. The State Final prizes are:

First: \$250.00 Prizemoney & VAS State Final Trophy

Second: \$100.00 Prizemoney

Third: \$50.00 Prizemoney

Recipe

Ingredients

- 2 ½ cups self-raising flour
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 cup brown sugar (firmly packed)
- 1/3 cup chopped pitted dates
- 1 cup coarsely grated carrot
- 1 tbsp 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 190C (moderately hot).
2. Line a 12-hole muffin pan with round paper muffin cases - Classic white muffin cases size (35mm Height x 90mm Wide x 50mm Base).
3. Sift dry ingredients into a large bowl, stir in dates 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.
7. Show Entries: Four (4) muffins per paper plate.