

4.1. GEBAK | BAKING

KOÖRDINEERDER | COORDINATOR: Estelle Alberts | 068 388 1705 | 074 839 0000

SLUITINGSDATUM VIR INSKRYWINGS | WOENSDAG | 18 MAART 2026
CLOSING DATE FOR ENTRIES | WEDNESDAY | 18 MARCH 2026

- ** Artikels in die ope gebak-afdeling sal vanaf 07:30 tot 08:30 op Dinsdag, 21 April 2026 in die Kreatiewe Handwerksaal ontvang word, behalwe die van die VLU wat saam met hulle ander inskrywings ingehandig moet word. Slegs 'n gedeelte van die inskrywings vir koeke en brode sal uitgestal word. Die res kan vir eie gebruik vanaf 16:00 tot 17:00 die middag na die beoordeling afgehaal word.**
- ** Exhibits in the open baking section must be delivered at the Creative Crafts Hall between 07:30 and 08:30 on Tuesday, 21 April 2026, except those entries of the WAU which must accompany their other entries. Only part of the entries for cakes and breads will be displayed. The rest can be collected for own use from 16:00 to 17:00 on the day of judging.**

Toegang vanaf hek 1 en uitgang vanaf hek 5.

Access from gate 1 and exit from gate 5.

Verwydering van artikels, Dinsdag, 5 Mei 2026 vanaf 16:30 tot 17:30.

Removal of articles, Tuesday, 5 May 2026 from 16:30 to 17:30.

Inskrywingsfooi | R15 per inskrywing

Entry Fee | R15 per entry

Pryse | 1ste plek - R50.00 en 2de plek - R25.00

Kontant pryse

Trofees

Prizes | 1st place - R50.00 and 2nd place - R25.00

Cash prizes

Trophies

*Baking is the poetry
of the kitchen.*

J.A. BRILLAT-SAVARIN



ALGEMENE INLIGTING | GENERAL INFORMATION

- Slegs een inskrywing per persoon per klas word toegelaat. **Only one entry per person allowed in each class.**
- Bedek alle gebak met plastieksakkies en gebruik papierbordjies waar moontlik. **Cover all entries with plastic bags and make use of paper plates where possible.**
- Slegs 'n deel van u inskrywing word vertoon, behalwe waar 5 elk gevra word. Kom haal die ander deel vir u eie gebruik af op 21 April 2026, 2026 tussen 16:00 en 17:00. Die uitstal deel word afgehaal op Dinsdag, 5 Mei 2025 16:00 tot 18:00. **Only a portion of each entry will be exhibited, except where asked to present 5. Please fetch the remaining portion for your own use on 21 April 2026 between 16:00 and 17:00. Exhibited part of entry can be fetched on Tuesday, 5 May 2025 from 16:00 to 18:00.**
- 5 Vinnige meelmengsel – 303, 304, 305. **5 Quick flour mix – 303, 304, 305.**
- 5 Kleingebak – 312, 313, 314. **5 Small baked – 312, 313, 314.**
- 5 Kolwyntjie afdeling – 318, 319, 320. **5 Cupcake section – 318, 319, 320.**
- Opsionele basiese resepte word gegee, kyk asb waar word opsies gegee om ekstra bestandele te gebruik – 303, 310, 313. **Optional basic recipes are given, please see where options to add ingredients apply – 303, 310, 313.**
- Sommige inskrywing verlang dat u 'n tema volg – 302, 318, 319, 320. **Some of the entries you need to follow a theme – 302, 318, 319, 320.**
- Item 305, moet die gegewe resep gevolg word. Asook bewys lewer dat u die Vergezocht-olie gebruik het. (deur middel van 'n -selfoon kiekie) op die dag van beskuit aflewering. **Item 305, you will have to use the recipe given, and give proof of using the Vergezocht oil (show phone-photo to Estelle on day of delivering rusks).**
- Beoordeling geskied volgens 'Handleiding vir Tentoonstellers en Beoordelaars'. **Judging will be done according to the 'Textbook for Exhibitors and Judges'.**
- Stuur asb 'n WhatsApp aan Estelle, by 068 388 1705 vir resepte wat beskikbaar gestel is. **Please send a WhatsApp to Estelle at 068 388 1705 for recipes.**
- * THEO HELLAWELL WISSELTROFEE aan vertoner met die meeste punte in die Gebakafdeling. **THEO HELLAWELL Floating Trophy to exhibitor scoring most points in the Baking Section.**

SUURDEEGGEBAK | YEAST LEAVENED

- * Anchor Gis Wisseltroufee aan vertoner met die meeste punte in Suurdeeg Gebak. **Anchor Yeast Floating Trophy to the exhibitor with the highest points in Yeast Leavened.**
- Addisionele ANCHOR GIS geskenke vir meeste punte in die volgende 3 klasse. U kwalifiseer vir die prys as u vir al 3 die klasse inskryf en die meeste punte behaal. **Additional gifts by ANCHOR YEAST to the exhibitor gaining most points in this section if you enter in all 3 classes.**

- 300 Portugese bood
- 1 kg koekmeelblom
 - 450 g gekookte patat, fyngedruk
 - 7 ml sout
 - 10 g Achor kits droëgis
 - 500 ml lou water, geklitse eier, om te bestryk

Meng: meel, fyn patat, sout en Achor. Voeg lou water geleidelik om sagte deeg te vorm. Knieg deeg (10 min) tot glad en elasties. Plaas deeg op liggies meelgestrooide oppervlak, bedek met gesmeerde plastiek, los 15min. Knieg, verdeel in 4, vorm brode, plaas op gesmeerde bakplaat. Bedek met gesmeerde plastiek, op warm plek (40 min). Bestryk met geklitse eier, bak 20–25min (200°C).

- 300 Portugese bread
- 1 kg cake flour
 - 450 g cooked sweet potatoes, mashed
 - 7 ml salt
 - 10 g Achor instant dry yeast
 - 500 ml lukewarm water, beaten egg, for brushing

Mix: flour, fine sweet potato, salt and Achor. Add lukewarm water gradually to form soft dough. Knead dough (10 min) until smooth and elastic. Place dough on lightly floured surface, cover with greased plastic, leave for 15min. Knead, divide into 4, form loaves, place on greased baking sheet. Cover with greased plastic, in a warm place (40 min). Brush with beaten egg, bake 20–25min (200°C).

- 301 Volkoring brood
- 280 g gerolde koring (500 ml)
 - 500 ml water
 - 720 g bruinbroodmeel (6 x 250 ml)
 - 20 ml sout
 - 10 ml suiker
 - 10 g Achor kits droëgis
 - 25 g margarine (25 ml)
 - 185 ml loutwarm water

Week gerolde koring in 500 ml water vir 1 uur. Meng bruinbroodmeel, sout, suiker en Anchor. Vryf margarien (met vingerpunte) in die meel. Voeg geweekte koring, oorblywende water by, tesame genoeg loutwarm water om n sagte deeg te vorm. Knie 10 min (glad en elasties). Plaas deeg op liggies meelbestrooide oppervlak, bedek met gesmeerde plastiek, los 15 min. Knie, verdeel in 2, vorm brode, plaas in 2 gesmeerde 1,5-liter-broodpanne. Bedek met gesmeerde plastiek, op warm plek (30 min). Bestryk met water, bak 30–35 min (200°C).

- 301 Whole wheat bread
- 280 g rolled wheat (500 ml)
 - 500 ml water
 - 720 g brown bread flour (6 x 250 ml)
 - 20 ml salt
 - 10 ml sugar
 - 10 g Anchor instant dry yeast
 - 25 g margarine (25 ml)
 - 185 ml lukewarm water

Soak rolled wheat in 500 ml water for 1 hour. Mix brown bread flour, salt, sugar and Anchor. Rub margarine (with fingertips) into the flour. Add soaked wheat, remaining water, together with enough lukewarm water to form a soft dough. Knead 10 min (smooth and elastic). Place dough on lightly floured surface, cover with greased plastic, leave for 15 min. Knead, divide into 2, form loaves, place in 2 greased 1.5-litre loaf pans. Cover with greased plastic, in a warm place (30 min). Brush with water, bake 30–35 min (200°C).

- 302 Anchor sjokolade koek
- *Koeke mag net bo-op versier wees.
Tema: Strand 'sand' kasteel*
- 360 g koekmeelblom (750 ml)
 - 3 ml sout
 - 5 ml koeksoda
 - 40 g kakao (100 ml)
 - 10 g Achor kits droëgis
 - 250 g botter (270 ml)
 - 400 g suiker (500 ml)
 - 3 groot eiers
 - 3 ml amandelgeursel
 - 500 ml loutwarm water

Meng meel, sout, koeksoda, kakao en Anchor gis. Room botter en suiker tot lig en romerig. Voeg eiers een-vir-een by en klits elke keer. Voeg amandergeursel by. Voeg droë bestandele en melk stadig by bottermengsel. Plaas beslag in 2, 23 cm-koekpanne. Bedek met gesmeerde plastiek, op warm plek (30 min). Bak in oond 35–40 min op 190°C. Koel effens en versier met sjokolade-botterversiersel.

- 302 Anchor chocolate cake
- *Cakes may only be decorated on top.
Theme: Beach 'sand' castle.*
- 360 g cake flour (750 ml)
 - 3 ml salt
 - 5 ml baking soda
 - 40 g cocoa (100 ml)
 - 10 g Anchor instant dry yeast
 - 250 g butter (270 ml)
 - 400 g sugar (500 ml)
 - 3 large eggs
 - 3 ml almond flavouring
 - 500 ml lukewarm water

Mix flour, salt, baking soda, cocoa and Anchor yeast. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating after each addition. Add almond flavouring. Slowly add dry ingredients and milk to butter mixture. Place batter in 2, 23 cm cake pans. Cover with greased plastic, in a warm place (30 min). Bake in oven for 35–40 min at 190°C. Cool slightly and decorate with chocolate butter icing.

VINNIGE MEELMENGSELS | QUICK FLOUR MIXTURES

- * BOKOMO/SASKO Wisseltrofee vir die meeste punte in die Vinnige Meelmengsel Afdeling.
BOKOMO/SASKO Floating Trophy for the most points in the Quick Flour Mixture Section.
- Geskenke, geskenk deur Vergezocht-olie aan die persoon wie die meeste punte behaal in hierdie afdeling. U kwalifiseer vir die prys as u vir al drie die klasse inskryf en die meeste punte behaal.
Gifts sponsored by Vergezocht oil to the exhibitor gaining most points in this section. You qualify for the prize if you enter in all the classes and obtain the most points.

- 303 5 Kaas muffins
- *Keuse van een groente mag bygevoeg word.*
- 500 ml Sasko-koekmeel (300 g)
 - 15 ml Moirs-bakpoeier
 - 5 ml droë mosterdpoëier
 - 5 ml sout
 - 500 ml gerasperde Cheddarkaas (200 g)
 - 250 ml melk
 - 80 ml olie
 - 2 eiers

Sif meel, bakpoeier, mosterd en sout in 'n bak. Voeg gerasperde kaas by. Meng melk, olie en eiers in 'n beker en meng goed. Voeg by die droë bestanddele en meng liggies (moenie te veel meng nie). Skep in gesmeerde muffinpanne en bak vir 20 minute (200°C).

- 303 5 Cheese muffins
- *Add one vegetable of choosing.**
- 500 ml Sasko cake flour (300g)
 - 15 ml Moirs baking powder
 - 5 ml dry mustard powder
 - 5 ml salt
 - 500 ml grated Cheddar cheese (200g)
 - 250 ml milk
 - 80 ml oil
 - 2 eggs

Sift flour, baking powder, mustard and salt in bowl. Add grated cheese. In a jug combine milk, oil and eggs, mix well. Add to dry ingredients and mix gently (do not over mix). Spoon into greased muffin tins & bake for 20min (200°C).

- 304 5 Dekadente sjokolade brownies
- 250 g donker sjokolade, grof gekap
 - 175 g botter
 - 5 ml Moirs-vanilje-essens
 - 15 ml kitskoffie korrels
 - 2 ekstra groot eiers
 - 250 ml suiker (200 g)
 - 300 ml Sasko-koekmeel (180 g)
 - 100 g pekanneute, gekap

Meng die sjokolade, botter, vanilje-essens en koffiekorrels in 'n kastrol en smelt stadig oor lae hitte. Verwyder en laat afkoel. Klits eiers en suiker tot dik en skuimerig. Klits by die afgekoelde sjokolademengsel in. Vou die gesifte meel en neute by. Gooi in 'n gesmeerde en gevoerde 27 x 17 cm-pan. Bak teen 180°C vir 25-30 minute (ferm rande, sag binne).

- 304 5 Decadent chocolate brownies
- 250 g dark chocolate, roughly chopped
 - 175 g butter
 - 5 ml Moirs vanilla essence
 - 15 ml instant coffee granules
 - 2 extra large eggs
 - 250 ml sugar (200g)
 - 300 ml Sasko cake flour (180g)
 - 100 g pecan nuts, chopped

Combine chocolate, butter, vanilla essence and coffee granules in saucepan and melt slowly over low heat. Remove and set aside to cool. Whisk eggs and sugar until thick and foamy. Beat into cooled chocolate mixture. Fold in sifted flour and nuts. Pour into greased and based lined 27 x 17 cm pan. Bake at 180°C 25-30min (firm edges, soft inside).

Hierdie resep moet gebruik word. *This recipe must be used.***

- 305 5 Gesondheidsbeskuite met Vergezocht-olie
- *Moet resep volg. Toon bewys van olie gebruik.*
- Mengsel 1:
 - 500 g volgraanmeel
 - 1 kg koekmeel
 - 150 g koringsemels (Digestive Bran)
 - 150 g hawermoutsemels (Jungle Oatbran)
 - 90 ml bakpoeier
 - 15 ml sout
 - Mengsel 2:
 - 500 g bruinsuiker
 - 500 ml Vergezocht Olie
 - 60 ml suurlemoensap
 - 500 ml laevetmelk (meer melk soos nodig)
 - 4 eiers
 - 250g rosyne en sultanas gemeng

Meng mengsel 1 saam. Maak dan mengsel 2 aan. Meng mengsel 1 en 2 saam. Die mengsel vorm 'n stywerige deeg wat gesny kan word voordat dit gebak word. Skep in beskuitpan, bak vir 40 – 60 min by 180°C. Laat afkoel, sny en droog uit.

- 305 5 Health rusks with Vergezocht oil
- *Must follow recipe. Show proof of oil used.**
- Mixture 1:
 - 500 g wholemeal flour
 - 1 kg cake flour
 - 150 g wheat bran (Digestive Bran)
 - 150 g oat bran (Jungle Oatbran)
 - 90 ml baking powder
 - 15 ml salt
 - Mixture 2:
 - 500 g brown sugar
 - 500 ml Vergezocht Oil
 - 60 ml lemon juice
 - 500 ml low-fat milk (more milk if needed)
 - 4 eggs
 - 250 g mixed raisins and sultanas

Mix mixture 1 together. Then combine mixture 2. Mix mixture 1 and 2 together. The mixture forms a stiff dough that can be cut before baking. Spoon into a rusk pan, bake for 40 – 60 minutes at 180°C. Let cool, cut and dry out.

* ROYAL BAKPOEIER Wisseltrofee geskenk deur Mev E Kirtley vir die meeste punte in die Koek Afdeling.
ROYAL BAKING POWDER Floating Trophy donated by Mrs E Kirtley for most points in the Cake Section.

306 Sponskoek. **Sponge cake.**

307 Lemon Chiffon ringkoek met grenadella versiersel bo-op

- 500 ml koekmeel (300 g)
- 15 ml Royal-bakpoeier
- 250 ml strooisuiker (200 g)
- 125 ml olie
- 8 ekstra groot eiers geskei
- 100 ml water
- 5 ml vanielje-essens
- gerasperde suurlemoen skil
- Granadilla-versiersel:
- 375 ml versiersuiker, gesif (200 g)
- 1 blikkie granadilla-pulp

Sif meel, bakpoeier en strooisuiker in 'n groot bak. Maak 'n holte in die middel, voeg olie, eiergeelwater, vanielje en skil by en meng. Klits eierwitte tot styf en klits ekstra strooisuiker by. Vou dit by die eiergeelmengsel in. Gooi die mengsel in 'n ongesmeerde chiffonkoekpan (laat die koek rys deur dit aan die kante van die pan vas te klou). Bak 30–40 min teen 180°C. Verwyder uit die oond, keer die pan om en laat afkoel.

Meng versiersuiker met grenadellapulp (voeg 'n bietjie water by indien nodig) vir 'n gietbare konsistensie.

307 **Lemon chiffon cake with granadilla (passion fruit) icing on top**

- 500 ml cake flour (300 g)
- 15 ml Royal baking powder
- 250 ml castor sugar (200 g)
- 125 ml oil
- 8 extra large eggs separated
- 100 ml water
- 5 ml vanilla essence
- lemon grated rind
- Granadilla icing:
- 375 ml icing sugar, sifted (200 g)
- 1 can granadilla pulp

Sift flour, baking powder and castor in large bowl. Make a well in the centre, add oil, egg yolk water, vanilla, and rind and mix. Beat egg whites until stiff and beat in extra castor sugar. Fold into egg yolk mixture. Pour mixture into an ungreased chiffon cake pan (cause cake to rise by clinging to sides of pan). Bake 30–40 min at 180°C. Remove from oven, invert pan, leave to cool down.

Combine icing sugar with granadilla pulp (add a little water if necessary) for a pouring consistency.

308 Vrugtekoek. **Fruitcake.**

SASKO GEBAKAFDELING | SASKO BAKED SECTION

* SASKO SAM Wissel trofee vir die meeste punte behaal in die Sasko-afdeling.
SASKO SAM Floating Trophy for the most points in the Sasko Section.

309 Vinninge bierbrood

- 750 ml Sasko bran selfrysende meel (450 g)
- 5 ml gemengde gedroogde kruie
- 45 ml suiker (40 g)
- 400 g blikkie heelpitmielies, gedreineer
- 340 ml blikkie bier

Sif meel en voeg kruie, suiker en mielies by. Voeg die bier geleidelik by en meng goed. Gooi in 'n gesmeerde 23 cm x 13 cm broodpan en bak vir 60 min. teen 180 °C. Verwyder uit die oond, keer die pan om en laat dit vir 5 min. afkoel. Sit vars voor.

309 **Quick beer bread**

- 750 ml Sasko bran self-raising flour (450 g)
- 5 ml mixed dried herbs
- 45 ml sugar (40 g)
- 400g can whole kernel corn, drained
- 340 ml can beer

Sift flour and add herbs, sugar and corn. Gradually add the beer, mix well. Pour into greased 23 cm x 13 cm loaf pan and bake for 60 min at 180°C. Remove from oven, invert pan, leave to cool down for 5 min. Best served freshly baked.

310 Quiche met 'n kortgesnyde kors (eie vulsel, verrassing) van 20–25 cm.

Quiche with a short cut pastry (use your own filling, surprise) of 20–25 cm.

- 311 Portugese amandeltert
- 100 g botter
 - 125 ml suiker (100 g)
 - 1 ekstra groot eier
 - 75 ml melk
 - 500 ml Sasko-koekmeel (300 g)
 - 5 ml bakpoeier
 - Vulsel:
 - 100 g botter
 - 125 ml suiker (100 g)
 - 30 ml melk
 - 125 ml amandelsnippers (50 g)
 - 10 ml vanielje-essens

Klits botter en suiker (elektriese klitser) tot lig en romerig. Voeg eier en melk by en meng. Voeg gesifte meel en bakpoeier by en meng goed om deeg te vorm. Druk deeg in 'n gesmeerde tertbak van 23 cm. Vir die vulsel, smelt botter en suiker in 'n klein pannetjie en meng met 'n houtlepel. Laat kook tot karamelkleurig. Verwyder van die hitte en voeg melk, amandels en vanielje-ekstrak by. Meng deeglik. Gooi vulsel eweredig oor die deeg. Bak by 180°C vir 30 min.

- 311 Portuguese almond tart
- 100g butter
 - 125 ml sugar (100 g)
 - 1 extra large egg
 - 75 ml milk
 - 500 ml Sasko cake flour (300 g)
 - 5 ml baking powder
 - Filling:
 - 100 g butter
 - 125 ml sugar (100 g)
 - 30 ml milk
 - 125 ml slivered almonds (50 g)
 - 10 ml vanilla essence

Beat butter and sugar (electric beater) until light and creamy. Add egg and milk, and mix. Add sifted flour and baking powder, mix well to form dough. Press dough into 23 cm greased tart dish. For the filling, melt butter and sugar in a small pan and mix with wooden spoon. Allow to cook until caramel in colour. Remove from heat and add milk, almonds and vanilla essence. Mix thoroughly. Pour filling over dough, evenly. Bake 180°C for 30min.

KLEINGEBAK | SMALL BAKED PRODUCTS

- * SASKO SALLY Wisseltrofee vir die meeste punte in die Kleingebak-afdeling.
SASKO SALLY Floating Trophy for most points in the Small Baked Product Section.

- 312 5 Hawermoutknappkoekies in blokkies gesny. **5 Oats crunchies cut into squares.**
- 313 5 Mielieblom koekies met 'n verrassing vulsel. **5 Maizena biscuits with a surprise filling.**

- 314 5 Veerligte skons
- 500 ml Sasko Selfrysende Meel (300 g)
 - 50 ml suiker (40 g)
 - 100 g botter
 - 125 ml karringmelk
 - 1 eier
 - 60 – 80 ml melk
 - 1 geklitste eier (vir glans)

Sif meelblom en voeg suiker by in 'n mengbak. Vryf botter in totdat dit soos broodkruummels lyk. Meng karringmelk, eier en droë bestanddele met melk om 'n deeg te maak (sag, nie klewerig nie). Moenie die deeg te veel meng nie. Keer dit uit op 'n liggies meelbestrooide oppervlak en knie dit. Rol dit 2 cm dik uit en sny scones uit met 'n ronde uitsteker van 6 cm deursnee. Plaas dit op 'n gesmeerde bakplaat en verf met eierglans. Bak teen 200°C vir 15–20 min.

- 314 5 Featherlight scones
- 500 ml Sasko Self-raising Flour (300 g)
 - 50 ml sugar (40 g)
 - 100 g butter
 - 125 ml buttermilk
 - 1 egg
 - 60 – 80 ml milk
 - 1 beaten egg (for glazing)

Sif flour, add sugar into a mixing bowl. Rub in butter until it resembles breadcrumbs. Combine buttermilk, egg and dry ingredients, with milk to make dough (soft not sticky). Don't over mix dough. Turn onto a lightly floured surface and knead. Roll out 2 cm thick and cut out scones with 6 cm diameter round cutter. Place onto a greased baking tray and brush with egg glaze. Bake at 200°C for 15–20min.

MIKROGOLFAFDELING | MICROWAVE SECTION

- * Estelle Alberts Wisseltrofee aan vertoner met meeste punte in hierdie afdeling.
Estelle Alberts Floating Trophy to the exhibitor with most points in this section.
- * Estelle du Toit Beste Bakker Trofee 2026. **Estelle du Toit Best Baker Trophy 2026.**

- 315 Sjokolade koek
- 100 ml gouestroop
 - 75 ml olie
 - 100 ml kakao
 - 150 ml room
 - 90 ml bruinsuiker
 - 350 ml bruismeel
 - 1 groot eier

Spuut 'n 23 cm broodpan. Plaas stroop, bruinsuiker en olie in bak en mikrogolf vir 2 min. Sif meel en kakao, voeg by en meng. Klop eier by en roer room in. Plaas in pan en sit op omgekeerde piering in mikrogolf 5 min. Laat staan vir 5 min. en keer uit.

- 315 Chocolate cake
- 100 ml golden syrup
 - 75 ml oil
 - 100 ml cocoa
 - 150 ml cream
 - 90 ml brown sugar
 - 350 ml baking powder
 - 1 large egg

Spray a 23 cm loaf pan. Place syrup, brown sugar and oil in bowl and microwave for 2 min. Sift flour and cocoa, add and mix. Beat egg and stir in cream. Place in pan and on an inverted saucer in microwave for 5 min. Leave to stand for 5 min. and turn out.

- 316 Appeltart
- Kors:
 - 1 pakkie Tennis-beskuitjies
 - 75 ml botter
 - Vulsel:
 - ½ blik kondensmelk
 - 385 g blikkie tertappels
 - 30 ml suiker
 - 2 eiers, geskei
 - 10 ml kaneel
 - 125 ml bruinsuiker
 - Sap en skil van gerasperde suurlemoen

Maak beskuitjies fyn en smelt botter op hoog in die mikrogolf vir 1 min. Meng en druk vas in tertbord. Vir die vulsel, meng melk, appels, suiker, suurlemoen en eiergele. Klits eierwitte styf en vou in. Gooi oor kors. Meng pypkaneel en bruinsuiker saam. Sprinkel oor tert. Mikrogolf op 50% vir 15 – 18 min. Laat die tert afkoel.

- 316 Apple tart
- Crust:
 - 1 packet Tennis biscuits
 - 75 ml butter
 - Filling:
 - ½ tin condensed milk
 - 385 g tin tart apples
 - 30 ml sugar
 - 2 eggs, separated
 - 10 ml cinnamon
 - 125 ml brown sugar
 - Juice and zest of grated lemon

Crush biscuits and melt butter on high in the microwave for 1 min. Mix and press into tart plate. For the filling, mix milk, apples, sugar, lemon and egg yolks. Beat egg whites until stiff and fold in. Pour over crust. Mix cinnamon and brown sugar together. Sprinkle over tart. Microwave on 50% for 15 – 18 min. Leave to cool down.

- 317 Jogurtbrood
- 1 kg "Nutty Wheat"
 - 5 ml sout
 - 500 ml gewone jogurt
 - 7 ml koeksoda
 - 10 ml bruinsuiker

Plaas droë bestanddele in mengbak. Voeg jogurt by en meng goed. Plaas in groot mikrogolf broodpan en maak gelyk. Bak in mikrogolf vir 9 tot 10 min. Laat die brood afkoel.

- 317 Yogurt bread
- 1 kg Nutty Wheat
 - 5 ml salt
 - 500 ml plain yogurt
 - 7 ml baking soda
 - 10 ml brown sugar

Place dry ingredients in mixing bowl. Add yogurt and mix well. Place in large microwaveable loaf pan and level. Microwave for 9 to 10 min. Leave to cool down.

KOLWYNTJIE AFDELING | CUPCAKE SECTION

- * KOLWYNTJIE Wisseltrofee vir die meeste punte in die afdeling.
CUPCAKE Floating Trophy for most points in the section.
- Geen fondant of gekoöpte versierings mag gebruik word nie.
No fondant or any bought decoration may be used.
- 318 5 Vanielje kolwyntjies – 3 versier en 2 nie versier. Tema: strand-sambreel.
5 Vanilla cupcakes – 3 decorated and 2 not decorated. Theme: beach umbrella.
- 319 5 Blou-bessie kolwyntjies – 3 versier en 2 nie versier. Tema: skulp.
5 Blueberry cupcakes – 3 decorated and 2 not decorated. Theme: shell.
- 320 5 Rooi fluweel kolwyntjies – 3 versier en 2 nie versier. Tema: see-diértjie.
5 Red velvet cupcakes – 3 decorated and 2 not decorated. Theme: see animal.