

ALMOND HONEY CAKE

The recipe requires a 23cm (approx) round tin, preferably springform, lightly greased and lined.

The cake is best kept for a day before eating. It keeps well for a week, stored in an airtight tin.

300g unsalted butter, softened 250g caster sugar 4 eggs
150g self-raising wholemeal flour
1 tsp baking powder 150g ground almonds
50g flaked almonds
4 tbsp runny honey

Preheat the oven to 170°C/Gas Mark 3. In a large mixing bowl, beat the butter to a cream. Add the sugar and beat thoroughly until very light and fluffy.

Beat in the eggs, one at a time, adding a spoonful of flour with each one. Combine the remaining flour with the baking powder and sift into the bowl. Using a large metal spoon, fold into the mixture. Stir in the ground almonds until evenly mixed.

Spoon the mixture into the prepared tin, spreading it evenly. Scatter over the flaked almonds. Stand the tin on a baking sheet and bake in the oven for about 45 minutes, until springy to the touch and a skewer inserted into the centre comes out clean.

Remove from the oven, and trickle the honey over the hot cake. Leave in the tin for half an hour or so before turning out and placing on a wire rack to cool completely.

WALNUT, DATE & BANANA HONEY LOAF

225g self-raising flour 1/2 tsp cinnamon
175g butter 100g light muscavado sugar
3 tbsp runny honey 2 eggs, beaten
2 medium bananas, mashed 100g dates, stoned & chopped
50g walnut pieces

Preheat oven to 160°C. Grease and line a 2lb loaf tin.

Beat together flour, cinnamon, butter, sugar, 2tbsp honey, bananas, eggs, dates.

Pour mixture into the loaf tin. Press walnuts over the top.

Bake for 60 – 70 minutes.

Remove from oven, drizzle over the remaining honey. Cool for 10 minutes then turn out on to a wire rack to cool completely.



Essex Beekeepers' Association

Romford Division

Romford Honey Show: Saturday 14th October 2017

Judge: Paul Abbott

Venue: The Ascension Church, Collier Row Road, Collier Row, RM5 2BA

Schedule of Classes

- 1 **Light** clear honey two 1lb jars
- 2 **Medium** clear honey two 1lb jars
- 3 **Dark** clear honey two 1lb jars
- 4 **Crystallised or Soft Set** honey two 1lb jars
- 5 **Clear** honey, any colour, **as for sale** four 1lb jars
(all jars to be labelled with exhibitor's own labels)
- 6 **Crystallised or Soft Set** honey **as for sale** four 1lb jars
(all jars to be labelled with exhibitor's own labels)
- 7 **Three different** honeys three 1lb jars
(any combination of colours, set or clear)
- 8 **Gift** honey, any colour one 1lb jar
(to be donated to St Francis Hospice)
- 9 **NOVICE: Clear** honey, any colour two 1lb jars
- 10 **BEEKEEPER max 5 years : Clear** honey, any colour two 1lb jars
- 11 **BEEKEEPER max 5 years : Set** honey, any colour two 1lb jars
- 12 **Cut Comb** honey one piece
(plastic container, 7–9oz gross weight)
- 13 **Frame for Extraction** any size
- 14 **Dry** mead one bottle
- 15 **Sweet** mead one bottle
- 16 **Beeswax** one cake, any size
- 17 **Beeswax Candles**, produced by any method matching pair
(one candle to be lit by judge)
- 18 Honey **Fudge**, to given recipe six pieces
- 19 Honey **Cake**, to given recipe 23cm approx, round
- 20 Honey **Loaf**, to given recipe 2lb approx, loaf
- 21 **Honey Bakery: baked item containing honey** ...to own recipe
(can be Bread, Cake, Biscuits, etc – you choose) (must supply recipe)
- 22 **Photograph** related to bees/beekeeping one entry per exhibitor

PLEASE READ RULES AND REGULATIONS CAREFULLY

Regulations

- 1 **All honey and wax** (except for Classes 18, 19, 20, 21) must be the produce of the exhibitor's own bees and have been bottled/prepared by the exhibitor.
- 2 **Honey for Classes 18, 19, 20, 21** must be produced by a Romford Division member, not necessarily by the exhibitor, but Regulation 11 applies. The purpose of this regulation is to enable Members and Associates not producing their own honey to participate in the Show by acquiring honey from another member.
- 3 **Extracted honey** must be exhibited in plain clear 454g (1lb) squat glass jars with either standard gold lacquered or plastic matching lids.
- 4 **Honey colour** shall be determined using standard grading glasses.
- 5 **Novice** is an entrant who has not won a first prize at any honey show for extracted honey.
- 6 **Cut Comb** must be shown in standard 227g (8oz) white or clear containers with transparent snap-on tops and must have a gross weight of between 200g and 255g (7oz–9oz).
- 7 **Uniformity.** When a class requires the staging of more than one exhibit of the same type, the containers and exhibits shall be matching in all respects. Pattern/mould marks (letters or numbers) on class containers are not relevant.
- 8 **Labels.** Exhibitors must affix a label, supplied by the Show Secretary, to every exhibit except for Classes 5 & 6. The label must not be altered.
 - For jars and bottles the label should be fixed so that the bottom of the label is between 10 and 15mm up from the bottom of the vessel.
 - Labels on Cut Comb containers should be fixed, one on the lid and one on the long side of the container.
 - On Frames for Extraction, one label should be located at the top right corner of the vertical transparent face of the display case, and one on the top of the horizontal top bar of the frame.
 - Wax: One label must be fixed on the glass/perspex top of the display case (if used), and one on the uppermost surface of the wax.
 - Candles: One label must be affixed to each candle near the base.
 - Cookery classes 18, 19, 20, 21: The label should be fixed to the display plate.
 - Photograph: The label should be fixed to the back of the photograph.
- 9 **Mead** must be shown in clear, colourless glass punted bottles of approximately 25 fluid ounces capacity, with rounded (not sloping) shoulders and without lettering of any kind. Flanged stoppers must be used, either with cork flanges, white plastic flanges, or all plastic. Bottles should be filled to within 12mm (half inch) of the bottom of the stopper.
- 10 **Candles** must be exhibited vertically, either free-standing, in candle holders, or on spikes supplied by the entrant. One candle will be lit by the judge.
- 11 **Fudge, cake, loaf, and honey bakery exhibits** must have been prepared and cooked by the exhibitor.
- 12 **Honey Bakery exhibit recipe** must be displayed alongside the entry.
- 13 **Photography exhibit** must have been taken by the exhibitor. Entries will be judged on bees and beekeeping interest rather than on photographic excellence.

Honey Show Rules

- 1 Show Venue: The Ascension Church, Collier Row Road, Collier Row, RM5 2BA.
- 2 Show Judge: Paul Abbott, Southend.
- 3 Romford Division Members and Associates ONLY are invited to exhibit at this honey show.
- 4 Only ONE entry per class per exhibitor will be accepted.
- 5 Entry forms: completed entry forms must reach the Show Secretary **at the very latest by Thursday 12th October.**
 - You may get your completed entry forms to the Show Secretary:
 - either, by hand at the Division's meeting on Thursday 5th October
 - or, by email
 - or, by post
- 6 Exhibit labels: You may collect your labels at the Division's meeting on Thursday 5th October, **provided** the Show Secretary has either your form or the details (by email) of your entry **before** that meeting.
 - Otherwise labels will be issued at The Ascension Church prior to staging on the day of the show. Labels will not be posted.
- 7 All entries MUST be delivered to The Ascension Church between 12.30pm and 2.00pm on Saturday 14th October 2017.
- 8 Results and presentation of cups will be made at the Romford Show Supper held on the evening of the show at the same venue. Booking for the Show Supper should be made with Liz McNeill (01708 765898).
- 9 Entries can only be, and must be, collected at the end of the Show Supper.

Show Secretary:

Angela Mander
67 Woodman Road
Brentwood
Essex CM14 5AU

01277 262990
angelam59@hotmail.co.uk

Recipes

HONEY FUDGE

1lb (450g) sugar	2 dessertspoons English honey
1 small tin (170g) evaporated milk	1 tspn (5ml) vanilla essence
2oz (50g) butter or margarine	

Mix ingredients well. Bring to the boil, then raise the temperature very slowly to 240°F (115°C), stirring carefully all the time. Remove from the heat and stir until it begins to thicken, then beat well and pour quickly into a buttered tin.

Cut when firm.