

# BALMORAL SHOW 2026 – OFFICIAL RECIPES TO FOLLOW

This year, we are required to comply with new food allergen regulations. To meet these requirements, we have developed a set of approved recipes which must be used for all baking intended for the WI Tearoom and market stall. We kindly ask that only these recipes are followed, as it is essential that we maintain accurate records for all products sold. The event will be inspected by the Council, and full compliance is required.

*Thank you for your co-operation and baking expertise.*



## Victoria Sandwich

### Set Ingredients

8oz (225g) margarine  
8oz (225g) caster sugar  
4 eggs  
8oz (225g) self-raising flour  
2 teaspoons baking powder

Pre-heat oven to 180°C / 350°F / Gas Mark 4.

Grease 2 x 8in sandwich tins and line with greaseproof paper.

Beat margarine until soft, then add the sugar and beat until light and fluffy.

Beat egg and add to mixture and beat again.

Mix together the flour and baking powder and add to the mixture and beat until thoroughly blended.

Divide the mixture between tins.

Bake in the preheated oven for 25 minutes.

## Coffee Sandwich

### Set Ingredients

8oz (225g) margarine  
8oz (225g) caster sugar  
4 eggs  
8oz (225g) self-raising flour  
2 teaspoons baking powder

### Method

2 heaped teaspoons of instant coffee dissolved in 1 tablespoonful water

Pre-heat oven to 180°C / 350°F / Gas Mark 4.

Grease 2 x 8in sandwich tins and line with greaseproof paper.

Beat margarine until soft, then add the sugar and beat until light and fluffy.

Beat egg and add coffee, then add to mixture and beat.

Mix together the flour and baking powder and add to the mixture and beat until thoroughly blended.

Divide the mixture between the tins.

Bake in the preheated oven for 25 minutes.

## Chocolate Sandwich

### Set Ingredients

8oz (225g) margarine  
8oz (225g) caster sugar  
4 eggs  
8oz (225g) self-raising flour  
2 teaspoons baking powder  
2 tablespoons of cocoa powder *dissolved in cold water to make a paste.*

### Method

Pre-heat oven to 180°C / 350°F / Gas Mark 4.

Grease 2 x 8in sandwich tins and line with greaseproof paper.

Beat margarine until soft, then add the sugar and beat until light

and fluffy.

Beat egg. Then add the egg and cocoa to mixture.

Mix together the flour and baking powder and add to the mixture and beat until thoroughly blended.

Divide the mixture between the tins.

Bake in the preheated oven for 25 minutes.

## Lemon Drizzle Cake

### Set Ingredients

4oz (100g) softened butter or margarine  
6oz (175g) caster sugar  
6oz (175g) self-raising flour  
1 teaspoonful baking powder  
2 eggs  
4 tablespoons milk  
Finely grated rind of 1 lemon

### Method

Pre-heat oven to 180°C / 350°F / Gas Mark 4.

Line a 1lb or 2 half pound tins with greaseproof paper or liner.

Beat margarine/butter with the sugar and lemon rind until soft, then add the milk. Beat in the eggs one at a time with a spoonful of flour. Fold in the remaining flour.

Divide the mixture between the tins.

Bake in the preheated oven for 40-45 minutes for 1lb tin or 30-35 minutes for half pound tins.

Whilst cake is baking, put the juice of 1 lemon and 4oz(100g) sugar into a bowl and stir until blended.

When the cake comes out of the oven, prick the top all over with a skewer and pour over the lemon topping. Leave cake in the tin until cooled.

## German Biscuits

### Set Ingredients

10oz (275g) self-raising flour  
2oz (50g) cornflour  
4oz (100g) icing sugar  
8oz (225g) butter

### Method

Cream icing sugar and butter. Add flour, knead and roll out to quarter inch thick. Cut into rounds and place on a baking tray. Bake in oven at 160°C / 325°F / Gas Mark 3.

When cool, sandwich together with jam and ice with water icing and decorate with a small piece of cherry.

## Caramel Squares

### Set Ingredients

**Shortbread**  
12oz (350g) plain flour  
8oz (225g) margarine  
4oz (100g) caster sugar

*To make the shortbread*, cream margarine and sugar, add flour

and knead together.  
Spread on a greased Swiss roll baking tin.  
Bake at 160°C or Gas Mark 4 for 15-20 minutes, or until golden brown.

#### **Caramel:**

8oz (225g) margarine  
8oz (225g) granulated sugar  
4 tablespoons syrup  
1 x 14oz tin of condensed milk

**To make the caramel,** melt the above ingredients together in a heavy based saucepan, cook stirring continuously.

Bring to the boil. Reduce the heat and cook until it turns toffee brown in colour.

Pour over the shortbread base and let cool. When cooled, cover in melted chocolate. Cut into squares.

## *Fifteens*

### **Set Ingredients**

15 digestive biscuits (approx. 225g)  
15 pink & white large marshmallows  
15 chopped cherries  
Small tin of condensed milk  
2oz (50g) butter melted  
Coconut

### **Method**

Crush biscuits and cut mallows into small pieces. Cut cherries in half.

Mix together and add in condensed milk and melted butter.

Sprinkle some coconut on a sheet of greaseproof paper.

Form a roll with the mix and roll in the coconut. Or sprinkle coconut on the bottom of a baking tin and press mixture into tin. Place in fridge to set and then cut into slices.

## *Currant Squares*

### **Set Ingredients**

Pastry  
10oz (300g) plain flour  
5oz (150g) chilled & diced butter  
2oz (50g) caster sugar  
1 egg yolk  
2-3 tablespoons of cold water

### **Method**

Rub butter into flour until it resembles breadcrumbs. Stir in sugar, then add egg yolk and water to form a soft dough. Chill for 20 minutes.

Roll our half the pastry to line a 20x30cm baking tin. Spread a jar of sweet mincemeat over the pastry. Cover with remaining pastry and prick with a fork.

Bake at 180°C for 20-25 minutes, until golden brown. Dust with caster sugar.

## *Wheaten Bread*

### **Set Ingredients**

9oz (250g) course wholemeal flour  
5oz (150g) plain flour  
2oz (50g) porridge oats  
1 egg yoke  
1 teaspoon bicarb of soda  
A pinch of salt  
2 teaspoons brown sugar  
30g melted butter  
300-350ml buttermilk

### **Method**

Preheat oven to 200°C or 180°C Fan.

In a large bowl mix the wholemeal flour, plain flour, oats, bicarb, salt and sugar.

Mix the buttermilk, melted butter and egg yolk together.

Pour the wet ingredients into the dry. Mix with a spoon until combined into a thick dough.

Pour into a loaf tin, smooth the top and sprinkle with extra oats. Bake for 40-50 minutes and loaf sound hollow when tapped on the bottom.

## *Boiled Cake*

### **Set Ingredients**

4oz (100g) butter or margarine  
1lb of mixed fruit  
4oz (100g) brown sugar  
8oz (225g) plain flour  
1 teaspoon of mixed spice  
1 teaspoon of baking soda  
2 eggs  
200ml of water  
A pinch of salt

### **Method**

In a saucepan, put margarine or butter, water, fruit, sugar, spice and boil for 5-10 minutes. Leave the mix to cool completely then stir in flour, baking soda and eggs. Mix thoroughly.

Pour mixture into 2 x 1lb tins. Bake at 160°C for 1-1½ hours.

## *Ginger Cake*

**(Makes 2 x 1lb loaf tins)**

Bake at 150°C for 1 hour approx.

### **Set Ingredients**

4oz (100g) butter  
1 teaspoon baking soda  
8ozs (225g) caster sugar  
1 teaspoon ginger  
9oz (250g) plain flour  
1 teaspoon mixed spice  
2 eggs  
A pinch of salt

### **Method**

Mix together ½ tbsp treacle and 7 fluid oz of boiling water and let cool for 15 minutes.

Cream butter and sugar.

Mix together flour, spices, baking soda and salt, then add to creamed butter and mix well.

Add eggs and again mix well. Add water and treacle mix and stir well as this is a wet mix.

Put in lined tins and place in centre of the oven.

When baked cool in their tins.

## *Shortbread*

### **Set Ingredients**

8oz (225g) butter  
4oz (100g) caster sugar  
8oz (225g) plain flour  
4oz (100g) cornflour

Cream butter and sugar until soft and light. Add all other ingredients. Roll out and cut into rounds.

Bake in a moderate oven for 12-15 minutes.

## *Flakemeal Biscuits*

### **Set Ingredients**

8oz (225g) butter  
4oz (100g) caster sugar  
8oz (225g) flakemeal (porridge oats)  
4oz (100g) plain flour  
A pinch of salt  
4oz (100g) desiccated coconut

Cream butter and sugar until light.

Add rest of ingredients and combine.

Roll out and cut into shapes.

Bake in a moderate oven for 20-30 minutes, until golden.

