



ROYAL THREE COUNTIES SHOW

Bees & Honey Junior Competition

RECIPES FOR CLASSES B35, B36, B40 & B41

Flapjacks – 6 to be displayed on the Competitors own plate.

Ingredients

- 125g (4oz) butter
- 90g (3oz) honey
- 250g (8oz) rolled oats
- 90g (3oz) light brown sugar
- 60g (2oz) sultanas

Method

1. Heat oven to 180C/350F/gas 4.
2. Grease the tin which should be approximately 15 x 25.5 cm (6 x 10").
3. Put margarine and honey in a saucepan (ask for adult help with this).
4. Heat gently until margarine has melted, remove from heat, stir in sugar, oats and sultanas.
5. Mix well then spread mixture evenly over the base of the tin.
6. Bake in centre of oven for 20 minutes.
7. Leave to cool for 5 minutes then cut into strips, leave in tin until cold.

Gingerbread Men – 2 to be displayed on the Competitors own plate.

Ingredients

- 340g (12oz) plain flour
- 1½ tsp ground ginger
- 1 tsp bicarbonate of soda
- 115g (4oz) margarine
- 170g (6oz) light brown sugar
- 4 tbsp honey
- 1 egg

Method

1. Heat the oven to 190°/374F/gas mark 5.
2. Grease baking sheets.
3. Warm the honey so it pours.
4. Sift together flour, bicarb and ginger and then rub in the margarine.
5. Add the sugar, honey and beaten egg in and then mix well.
6. Knead until smooth.
7. Allow mixture to rest to ease rolling.
8. Roll out, cut and bake for 10-15 minutes.
9. Cool on a wire rack.
10. 'Bee' creative with how you decorate your gingerbread men....

