



A Taste of Wales!



St David's Day Baking Contest Cystadleuaeth Pobi Dydd Gŵyl Dewi

in

The Harris Library, Market Square, Preston on 1st March 2016

Try Your Hand at Traditional Welsh Recipes!

Entrance is free and open to all over 18

ENTRY CATEGORIES

- 1. **Welsh-cakes** (Picau ar y maen/Teisennau cri) •2. **Bara Brith** •3. **Teisen Lap** (Moist cake)

TO ENTER THE CONTEST

This contest has no preregistration, but **you must register your entry when you bring it to the library.** Please bring your entry to the **Preston Harris Library**, Market Square, between **10.30 and 11.00** on **Tuesday March 1st**. No entries will be accepted after that time.

ABOUT YOUR ENTRY

Your entry must be made from scratch—no mixes or shop-bought entries, please.

You may use your own recipe or follow one of the traditional Welsh recipes given overleaf.

You may make only one entry per category.

You may enter as many categories as you like, but each entry must be on a separate plate.

Your entry will be judged on appearance, texture, and taste.

Judges may enter the contest, but will not judge the category(ies) they have entered.

PRESENTATION & CONTEST ENTRY: 10.30-11.00

All entries are to be presented on plain white 22cm diameter paper plates (these will be supplied, if required, at registration.)

All entrants must write their name and contact phone number on the underside of the plate.

For Welsh-cakes, display 3 per plate. For Bara Brith, 1 loaf or part loaf per plate. For Teisen Lap, 1 whole or part cake per plate. **All entries must be otherwise uncut.** Judges will view, cut and taste your entry as they require.

JUDGING: 11.00–12.00 pm

Judging will take place between 11.00 and 12:00 pm. Judging is not open to the public. A Presiding Judge will monitor the judging and collect the votes.

Judges will have been chosen by Welsh Club Preston, organisers of the competition.

Once judging is complete all exhibits will be open to view.

WINNERS and PRIZES

There will be a winner in each category.

The prizes will all be collections of traditional Welsh recipes published by Y Lolfa.

Winners are asked to remain after the ceremonies for a group photo to be taken.

Competitors will be allowed to take their exhibits home, if they wish, from 1.00 onwards.

Any exhibits left in the library after 2.00 pm will be disposed of

/over

RECIPES

These recipes are only offered as suggestions. Contestants are welcome to use their own instead.

1. **Welsh Cakes (pice ar a maen, teisenni cri ac ati)** Note, there are many variant names and recipes **Bobby Freeman** notes that these may be made on a bakestone (maen) or griddle, or in a Dutch oven or even under a medium hot grill.

8oz (200g) plain flour	1/2 teaspoon baking powder
3oz (50g) butter	1/4 teaspoon mixed spice
3oz (75g) sugar	1 egg
2oz (50g) currants	pinch salt

milk to mix, if required

Sift flour, baking powder, salt and spice together, rub in butter, add sugar, currants and bind with a beaten egg to a paste (similar to shortcrust, but slightly more moist).

Roll out to about 1/4inch (7mm) thick, cut into rounds (approx 3"(7.5cm) across) and bake on a greased griddle about 3 minutes each side until golden brown.

2. **Bara Brith** (literally, **speckled bread**, because of the fruit markings and the use originally of yeast as the raising agent.) Note, there are many variant recipes. Contestants may use yeast or baking powder as they wish.

1lb (400g) selfraising flour	1 teaspoon caraway seeds
1/2 lb (200g) brown sugar	salt and spice to taste
3oz (75g) butter	1 teaspoon bicarbonate of soda
1/2 lb (200g) currants or sultanas	1 large tablespoonful of treacle
1 egg	1/2 pint (250ml) milk/buttermilk

1 lemon

Mix fat well into flour, add sugar, egg, grated rind of lemon, fruit, salt, spice and, last of all, the juice of the lemon and the treacle. Having mixed the bicarbonate of soda into the milk/buttermilk, now mix all the ingredients well together. Put in a bread-tin and bake in a moderate oven for 1 1/2 to 2 hours.

3. **Teisen Lap (Moist cake).** This is a South Welsh speciality, said to be popular for packed lunches because it does not dry out and crumble. This particular recipe, collected by Mrs Sara Minwel Tibbott for the Welsh Folk Museum at Saint Fagan's and published in *Welsh Fare*, comes from Dowlais.

1lb (400g) plain flour	a little baking powder
1/2 lb (200g) butter	a little lard
3/4 lb (300g) currants	a little salt
large cupful of sugar	4 eggs

a little milk

"Rub the fat in the flour and work in the other dry ingredients. Separate the yolks from the whites of the eggs and beat separately, pour together and beat again. Make a well in the centre of the dry ingredients, pour in the beaten eggs and gradually add a little milk to make a fairly soft, moist mixture. The consistency should be sufficiently moist for the mixture to drop easily from the spoon.

Grease a shallow tin, pour in the mixture and bake in a hot oven. The cake will be light if baked fairly sharply."

For more information, visit our website

www.welshclubpreston.org

or e-mail clwbsiarad.@gmail.com