

FDHS Show 2017

Recipe for Beetroot Brownies

These fudgy brownies have a subtle earthiness from the beetroot, and adding vegetables means you don't need as much butter.

Makes 12,

Preparation 25mins plus cooling Cook 1 hour (beetroot) 45 mins (brownies) 180⁰ C, gas mark 4

Ingredients

75g unsalted butter at room temp

350g raw beetroot, cook until tender, rub off the skin, whiz in a food processor to a coarse puree.

300g dark chocolate (70% cocoa solids), chopped into small chunks

2 eggs

200g granulated sugar

2tsp vanilla extract or bean paste

1 tsp salt

4 tbsp plain flour

4 tbsp cocoa powder

75 g icing sugar.

Method

1. Make the beetroot puree. Reserve 1 tbsp for the icing.
2. Heat oven, grease and line a 20cm x 30cm baking tin with baking parchment.
3. Melt 200g chocolate with the butter in a large heatproof bowl set over hot water, set aside.
4. Whisk eggs, sugar, vanilla and salt then beat in the chocolate mixture and stir in the beetroot puree. Sift in the flour and cocoa and add the remaining 100g chocolate chunks and fold everything in until just combined.
5. Pour into the tin and bake for 35-40 mins, until a crust has formed; cool completely in the tin.
6. Beat the reserved puree with the icing sugar (loosen with a few drops of water if necessary and drizzle over the top.

TIPS FOR EXHIBITORS

We set out below some advice for our less experienced exhibitors and visitors, so they understand what the judges will be looking for and how exhibits can be displayed to best advantage. Judges will eliminate entries that do not meet the specifications in classes of this schedule, however good they are.

Vegetables

A uniform shape and size is key with all vegetables, so is their presentation.

Vegetables should be displayed as attractively as possible on plates provided, or directly on the display bench. Water thoroughly before harvesting for the show. Root vegetables should be washed carefully with a soft cloth and plenty of water.

Beetroot – Select roots about the size of a tennis ball, or true to the cultivar. Avoid specimens that are misshapen, blemished, with poor skin colour, or which don't have a single small tap root. Small side roots should be removed.

Potatoes – choose ones which are medium sized for the variety, with shallow eyes and no blemishes. They should not be greening. Display on a plate and cover with cloth to exclude light until judging commences.

Carrots – fresh, firm, smooth roots of good shape and colour maintained for the full length of the root. No evidence of side shoots. Foliage trimmed to approx 75mm. Avoid specimens that have turned green at the top.

Kohlrabi – fresh, tender bulbs retaining natural bloom and

small leaf bases, free from damage. Side foliage trimmed to approx 50mm, terminal foliage retained.

Leeks – choose firm, solid, parallel-sided specimens with no sign of softness or splits. Should be between 150mm – 350mm from root plate to button. Wash roots carefully to present clean, unbroken roots.

Courgettes – select young, tender, shapely and uniform fruits, approx 150mm in length and 35mm in diameter. To be shown without flower attached. Display flat.

Lettuce – lift with the roots intact in the evening or early morning. Wash roots and wrap in moist tissue and plastic bag. Wash upside down, remove only markedly damaged outside leaves and lay on the show bench with firm hearts facing the front.

Tomatoes – well shaped, clear skinned fruits that are ripe but firm. Keep calyces attached and the natural bloom.

Cucumbers – avoid aging, yellowing, crooked, soft fruits and those of irregular thickness. Should have short handle. May or may not be shown with flowers attached.

Onions – avoid soft, stained specimens with thick, immature necks. Avoid over skinning. Tops should be cut and then tied or whipped using raffia or similar material and the roots neatly trimmed back to the basal plate. Can be displayed on rings or soft collars.

Shallots – bulbs should be thoroughly dried, be free from staining and loose skin. Prepare as onions. Display on sand or similar material to keep upright on plate.

Peas – select large, long pods of good colour and pest/disease free. When cutting from vine, try to keep the waxy bloom intact without finger marks and leave approx

20mm of stalk. Hold up to strong light by stalk to check for internal damage. Display on a plate.

Broad Beans – select long, well filled pods of even green colour. Display lengthwise across a plate, with all stalks at one end.

Rhubarb – stalks should be fresh, straight and long. Foliage should be trimmed back to approx 75mm. Wipe clean and trim off any bud scales at the bottom.

Fruit

Pick as close to the show as possible and pick more than called for in the schedule, so that reserves are available when setting out. Select fruit that is fresh, free from blemish, uniform in size, shape and colour. Cut from the plant and handle by the stalks and as little as possible.

Raspberries – should be clipped from the vine to leave the stalk on. If wet weather, cut pieces of fruit bearing canes and bring under cover and place ends in water until dry enough to cut. Berries look best staged in a line with stalks all one way.

Strawberries – choose large, ripe fruits that are bright, fresh and free from blemish. Should have fresh calyces and stalks.

Gooseberries – leave the stalk on. May be ripe, or unripe as appropriate for the season.

Currants – must be ripe, but not over ripe and be left on the bunch. Choose the ones with the longest strigs and largest fruit.

Master Tray

Each type of vegetable will be judged for size, shape and colour; for condition and uniformity. The vegetables are to be displayed for effect on tray provided, without bending any part of them and no part of the exhibit may exceed the size of the tray. To enhance the exhibit a black cloth is permitted, parsley is allowed for garnishing but no other foliage or accessories such as plates, sand, rings etc will be allowed and the tops of the onions are to be tied or whipped using raffia.

Master Vase

The Vase is provided. The display will be judged for colour, form, quality and freshness of the flowers on display and also for the overall presentation and effect of the flowers in the vase. The vase will be viewed from the front. Judging of the flowers should be to the normal rules used in all other classes. Stems used in the display must be showing flowers only; no seed heads or berries will be allowed. No accessories whatsoever – such as bows and additional foliage – will be allowed. Foliage which grows naturally from the flowering stem and still attached to that stem will be allowed.

Flower Pouches

Soilless potting mix is often recommended as it is lighter. Part-fill your pouch with potting mix and shake it to remove air pockets. Water well. Continue to fill pouch, again shake and water. Starting from the bottom and with pouch laying flat, make slits where you want your first plantings. Insert

plant root ball completely. Continue with plantings up pouch as your display requires. Ensure you keep watered and feed once a week once established. Water slowly, or drip irrigate. Should be colourful and lush in 3-4 weeks. Remove spent blooms from your plants two to three times a week to encourage plants to produce a succession of flowers.

Hanging Baskets

1. Prepare your compost by mixing a handful of controlled-release fertiliser granules and some water-retaining gel into peat-free multi-purpose compost.
2. Next, remove one of the hanging chains from a 35cm (14in) wire hanging basket and stand the basket on a pot to keep it steady.
3. Cover the inside of the basket with a coconut fibre liner. Garden centres stock a variety of liner material. Avoid sphagnum moss that has been gathered from the wild as it's not a sustainable crop.
4. To prevent too much water from escaping, lay a plastic bin liner on top of the fibre and cut around the edges where it overlaps the basket, making sure none of the black plastic is visible.
5. Put a 2.5cm (1in) layer of compost in the base of the basket. At soil level, make three cuts, 2cm (0.75in) across, through the bin liner and the fibre at the sides of the basket.
6. Select plants for the sides of the basket and to prevent damage to roots and stems, individually wrap each in a

tube of paper. From the inside of the basket, push the tube through one of the holes until the root ball is snug against the liner. Unwrap the paper and add the other plants. Firm soil around the root balls.

7. Fill two thirds of the basket with soil and add another layer of plants. Continue to fill with compost, leave a 3cm (0.75in) gap between the top of the compost and the lip of the basket, and finish by planting the top. Water well.

Aftercare

1. Hang outside when all risk of frost has passed. Water daily, especially during warm weather.
2. Remove spent blooms from your plants two to three times a week to encourage plants to produce a succession of flowers.
3. Boost plants with a weekly liquid feed.

Cut Flowers

Preparation before cutting is key. Starting two or three weeks before a show, keep the soil moist by giving generous quantities of water at each application especially if the weather is hot and dry. Cut flowers in the evening or early morning when flowers and foliage are cool and not affected by heat. Cut flower stems as long as possible, making a slanting cut which will assist with the uptake of water.

Soak well before arranging. Use well soaked Oasis in the flower vase and keep at least 20mm below vase rim. Ensure you arrange to best advantage removing any damaged petals or foliage.

Stems – supporting multiple flower blooms. Blooms – single flower blooms.

Flower Arranging

Where maximum sizes are specified, you are expected to use most of the space, not just one corner.

Where accessories are allowed, these should not dominate the exhibit, merely enhance the natural materials.

Give flowers a long drink before arranging, preferably overnight.

Preserves

All bottles and jars must be clear glass, having white labels 50mm x 25mm positioned 15mm from bottom and should bear the name of the principal ingredient and date contents were made. Jars should be 150mm high maximum and filled to the top. If metal screw top lids are used, do not use the waxed disc. Metal lid will act as seal, seal whilst hot.

Pickle and chutney must have lids with white coating inside.

Ensure all metal lids are of single colour, with no manufacturers markings.

Equivalent of 1 lb is 454 gm.

Home Baking

Where a recipe is provided it must be followed closely.

Cakes – should display an even texture, colour and level top. Judges may feel that an excessive coating of sugar is hiding something.

All baking should be presented on paper plates, with doilies and within clear plastic bags (all provided), to ensure best effect and freshness for judging.

Handicraft

Embroidery – judges like to be able to see the back of the work.

Photography – should be mounted as specified in the schedule.