

# Cooking Competition Recipe

## Honey Maca Carrot Cake

### Ingredients

2 cups SR wholemeal flour  
2 tsp cinnamon  
½ cup honey  
½ cup macadamia oil  
3 eggs  
2 cups grated raw carrot  
¾ cup coconut  
1½ cups tinned or fresh ripe pineapple,  
crushed  
½ cup macadamia nuts, chopped

### Method

Preheat oven to 180°C.  
Combine flour, cinnamon and honey.  
Beat in oil and eggs. Stir in carrots,  
coconut, pineapple and macadamia nuts.  
Cook in a greased bar tin for 45 minutes, or  
until cooked.

Cake is to be presented with no decorations  
on a white plate. Doily is acceptable



*Note: this is not the  
actual cake*

## 2017 QBA AGM/Annual Conference Honey Competition

Entry forms will be available at the Conference from the Chief Steward

Prizes will be paid for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each class.

**One jar only per class per exhibitor**

**Please note: All entries close at 9.15am Thursday 29<sup>th</sup> June 2017**

### Extracted Honey

Honey exhibited in Classes 1 to 4 must be shown in Standard Trade Jar approved by the Queensland Beekeepers' Association. The jar is round (not paralleled) and clear glass with a white cap. It measures approximately: Height 120mm with cap diameter 62mm and contains 500g reputed net weight of honey. To expedite judging, jars should be filled to capacity. An air space of 6mm is to be left at the top of the jar.

Class 1 – Liquid Honey Standard colour White (PF0-34)	1 jar
Class 2 – Liquid Honey Standard colour Light Amber (PF35-65)	1 jar
Class 3 – Liquid Honey Standard colour Golden (PF66-90)	1 jar
Class 4 - Liquid Honey Standard colour Dark (PF91-120)	1 jar
Class 5 – Liquid Honey any colour. Recreational beekeepers owing up to 50 hives <i>Recreational beekeepers can also exhibit in any of the other classes if they so desire.</i>	1 jar
Class 6 – Granulated Honey	1 jar
Class 7 - Creamed Honey	1 jar
Class 8 - Comb in Liquid Honey	1 jar

Please do not forget to register for the conference! Late registrations apply after 9th June!