



East, 2026

Girlguiding Essex North



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Rules

1. It is not expected that items should be made during meetings, unless it is practical to do so.
2. Items could be made at home and either brought into the meeting for judging or a photograph may suffice.
3. Winners from each heat are expected to be available and willing to take part in the next heat.
4. The entry fee for each entrant will be £1 (this will cover the cost of a badge).
Units will need to send numbers of entrants to County Office so badges can be ordered.
5. Recipes are provided as a suggestion, but own recipes are acceptable. Please **DO NOT use packet mixes!**
6. Rainbows will only enter at **unit level** due to their young age. A photograph of each entry will be required by the events team to judge and award a Rainbow county winner.
7. Entrants reaching the County Final will be expected to **bring a cake that is made and baked by the finalist**, along with decorations, icing/buttercream, utensils, cake stand and anything else that is required to complete the task of creating a 'Show Stopper'.
8. Items made will be judged on
 - Appearance
 - Texture
 - Flavour
 - Evenness of sizes
 - Colour
 - Originality of recipe and design.
9. Participants may choose to use gluten free flour or dairy free butter (allergies etc), so when judging please be mindful that the texture etc may be quite different to that of baking with self raising flour and butter/margarine.
10. Please note this is a **NUT FREE** competition.
11. Enjoy the challenge and have lots of fun experimenting with different types of bakes and flavours.





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12. The challenge may be adapted to fit with the following interest badges, Rainbow-Tasty Treats, Brownie-Kitchen Creations, Guides-Confectionery, Rangers-Chef.

Schedule, 2026

SECTION	Rainbows (Only at unit level)	Brownies	Guides	Rangers and Young Leaders	Adults
UNIT HEATS To be completed by end of May <i>Winner from unit goes on to District Heat (except Rainbows)</i>	1 decorated Gingerbread person (photo to be sent to County Office for events team)	6 Pieces of Chocolate Tiffin	6 Fairy Cakes	1 Victoria Sponge	1 Traybake
DISTRICT HEATS To be completed by 30th June <i>Winner from each District goes on to Division heat</i>		6 Rock Cakes	6 Scones plain or fruit	6 Savoury Scones	1 Fruit Pie (shortcrust pastry)
DIVISION HEATS To be completed by 17 th July <i>Winner from each Division goes on to County Final</i>		6 Flapjacks	6 Chocolate Brownies	Lemon Bakewell Tart	1 large savoury loaf



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<p>COUNTY FINAL</p> <p>19th July (Venue Feering Community Centre)</p>		<p>Decorated Cake (any shape) with 'Guiding Theme'</p>	<p>Decorated Cake (any shape) with 'Guiding Theme'</p>	<p>Decorated Cake (any shape) with Guiding Theme</p>	<p>Decorated cake (any shape) with Guiding theme</p>
<p>All finalists will be sent further detailed instructions to enable them to prepare their 'Show Stopper'.</p>					

SUGGESTED RECIPES- feel free to adapt any of the recipes or use your own!

Rock Cakes

225g self-raising flour

100g butter

75g caster sugar

100g dried fruit

1 egg

2-4 tsp milk





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1. Sift flour into bowl
2. Rub in butter until looks like breadcrumbs
3. Stir in sugar and fruit
4. Beat egg and milk together and stir into dry ingredients.
5. Place spoonfuls of mixture onto greased baking tray.
6. Bake for 15-20 mins 200c Gas 6.

Chocolate Tiffin

200g crushed digestive biscuits

100g margarine

2 dessertspoons golden syrup

3 dessertspoons cocoa powder

3 dessertspoons caster sugar

4 dessertspoons Rice Krispies





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Melted chocolate to coat.

1. Gently melt margarine, sugar and golden syrup in pan
2. Stir in biscuits and rice Krispies
3. Spread into shallow tin-dish and press down to approx. $\frac{1}{2}$ inch thick.
4. Refrigerate until firm.
5. Melt chocolate and coat tiffin. Allow to cool and cut into squares.

Flapjacks

100g butter or margarine

75g golden syrup

75g soft brown sugar

225g rolled oats



1. Melt butter, sugar and golden syrup in pan gently
2. Stir in rolled oats.
3. Press mixture into greased and lined tin (8x12 inches)



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4. Bake for 30 mins at 180c Gas 4.
5. Leave in tin for 5 mins then cut into squares or fingers.

Fairy Cakes

100g self-raising flour

100g caster sugar

100g soft margarine

2 large eggs

Flavouring of your choice





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Cake cases

1. Beat all ingredients together with electric hand whisk until light and fluffy
2. Add in flavouring if needed.
3. Divide mixture equally between 12 paper cakes cases (in bun tin)
4. Bake for 20 mins 190c Gas 5 until risen and springy to touch.
5. Choose best 6 to enter competition!



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Scones

200g self-raising flour

$\frac{1}{2}$ tsp baking powder

50g margarine

25g caster sugar

50g dried fruit (if required)

1 egg

3-4 tbsp milk



For savoury scones leave out sugar and add in grated cheese/herbs etc

1. Sift flour and baking powder together
2. Rub in margarine
3. Stir in sugar and dried fruit
4. Beat egg and milk together and start to add gradually to dry ingredients until mixture starts to come together.
5. Knead dough lightly on floured surface.
6. Press out using palm of hand to at least 1inch thick



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7. Cut out circles and place on lightly greased baking tray. (should make 6)
8. Brush tops with any leftover beaten egg.
9. Bake for 20 mins at 200c Gas 6 until golden brown.

Chocolate Brownies

100g Plain chocolate

75g butter

175g dark brown sugar

3 eggs

150g self-raising flour

25g cocoa



1. Grease and line 11x9 inch baking tray
2. Melt chocolate in bowl with butter
3. Stir in sugar and gradually beat in eggs



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4. Sift flour and cocoa together and fold into mixture
5. Spoon into prepared tin
6. Bake at 180c Gas 4 for 30 mins.
7. Cool in tin, cut into squares.

Victoria Sponge

150g margarine

150 caster sugar

150g self-raising flour

3 eggs



1. Beat all ingredients together with electric mixer or by hand until light and fluffy.
2. Grease and line two 20cm sandwich tins
3. Divide mixture between cake tins and smooth out.
4. Bake for 20-25 mins until golden brown and springy to touch.
5. Allow to cool in tin slightly then turn out onto cooling tray.



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6. When cool sandwich together with desired filling. (traditionally jam and buttercream)

Bakewell Tart

For pastry-

100g plain flour, 50g margarine, Water to mix

Sponge filling-

50g self-raising flour

50g margarine

50g caster sugar

1 egg

Flavouring of your choice for the sponge





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Jam of your choice

1. Pastry- sift flour and rub in margarine. Add enough water to bring together to form firm dough. Roll out to circle to line 20cm flan dish. Trim edges.
2. Filling- Beat SR flour, sugar, egg and margarine together.
3. Spread 2-3 tablespoons of your choice of jam in the pastry case and spread cake mixture over top.
4. Bake for 30-40 mins at 190c Gas 5 until light brown and springy to touch.

Fruit Pie

300-400g shortcrust Pastry depending on size of dish

Fruit filling of your choice

Decorate your pastry lid with pastry decorations. (The choice is yours)



Savoury Loaf



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Bread mixture can be white/wholemeal/soda bread and flavoured in any way you choose.

(Think about flavour, shape, size, topping etc)

