



Combines to Computers, Technology in Agriculture at the 2009 Shenandoah County

Fair

August 28th – September 5th
Woodstock, Virginia

FOR IMMEDIATE RELEASE:

July 28, 2009

Search for the Best Angel Food Cake Dessert Contest sponsored by the Virginia Egg Council

The Shenandoah County Fair invites you to let the flour fly in your kitchen this summer! Enter the Angel Food Cake Dessert Contest to test your skills against other County residents on August 22nd. Just what is an Angel Food Cake? Mary Rapoport of the Virginia Egg Council says “Contestants in this contest can submit their very best angel food cake, as is, or take that basic recipe and turn it into any kind of dessert. It can be baked in a pan of your choice (round, tube, flat) and frosted, iced, layered, tunneled, trifled, stacked into a Tiramisu, made into cupcakes, rolled into a Yule Log, or filled with fruit, etc. Adding fruit, cocoa, custard, or coconut can change the flavor, texture and certainly the presentation. We’re looking for fabulous desserts of all kinds, but the recipe must begin by **cracking at least 10 eggs** to make the basic angel food cake, to be served plain or turned into a spectacular dessert.”

“We’re in search of the best angel food cake dessert recipe we can find in Virginia.” stated Rapoport.

“Winners from each county fair have a chance to compete for top state honors at the State Fair of Virginia this fall, held in Richmond.” she added.

FOOD OF THE ANGELS?

If you ever experience angel food cake made ‘from scratch’ you’ll never forget it. The store bought variety and cake mix versions are as far from the real deal as can be. Because of its color and airy lightness, it’s said to be *the food of the angels*. It became popular following the invention of the hand-crank egg-beater in the 19th century. Angel food cake is made with NO FAT. Protein-rich egg whites only, are used to leaven this light and luscious cake. After being whipped to a stiff froth, sugar is gradually added until it stands in stiff peaks; then flour and flavoring are folded in. It’s important not to grease the pan it bakes in so it will rise to its fullest height and it needs to be cooled upside down so it doesn’t flop over on itself. The low calorie confection is on many diabetic and other diets and is perfectly paired with sauces, fruits, custards and ice cream.

Carolyn Kipps, Supervisor of the Adult Breads, Cakes, Candy, Cookies & Pies division of our local fair said “We are excited about offering the local residents the opportunity to participate in two baking contests this year. The Red Star Yeast company and the Virginia Egg Council have added an interesting element to the baking competition. Prizes are awarded in both contests but The Angel Food Cake Dessert winners have a chance to compete on the State level.”

Recipe Requirements

- The dessert must have a ‘from scratch’ angel food cake as its base, cracking a minimum of 10 large eggs (egg whites only are used in A.F. cake).
- Ingredients must be listed in the order of use.
- Directions, cooking time, temperature and pan type and size must be included.
- Icing, topping and frosting recipes should be listed separately, but on the same sheet.
- Recipes will become the property of the Virginia Egg Council.
- Desserts will be prepared and presented for judging at local county fairs.

Superintendent of Arts and Crafts, Virginia Stultz said “The prizes offered at the Shenandoah County Fair will be a gift basket of prizes from the Virginia Egg Council for 1st place. 1st, 2nd and 3rd place cakes are eligible to compete at the State level contest, held at the State Fair of VA, in September. Prizes at State

level are 1st - \$400 ~ 2nd - \$250 ~ 3rd - \$100, all presented by the Virginia Egg Council. We feel certain one of our Shenandoah County competitors will win that \$400 prize!”

We hope the entrants will also try our newest competition by submitting a three minute video of their desert making process. Information about that contest is available at ShenCoFair.com.

Entry forms must be turned in by August 14th and entry tags picked up by 5 PM on August 21st. TO BE HELD AUGUST 22, 2009 AT THE SHENANDOAH COUNTY EXTENSION OFFICE, 600 N. MAIN ST., WOODSTOCK.

- 9:30-10:30 Contest Arrival
- 10:45 Judging begins
- 12:00 Noon Pick up Entry

Pictures from Contest will be displayed at the fair.

Contact Carolyn Kipps at 740-8141 or visit ShenCoFair.com for more information.

Not for publication:

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