

# Wheat League to sponsor baking contests

The Oregon Wheat Growers League will be sponsoring two contests. A chocolate banana Bundt cake, from the Oregon Wheat Growers League, is for ages 14 and up and the Junior Wheat League blueberry muffin contest is for ages 7-13 years. First prize will be \$35, second is \$25 and third will be \$15.

## Oregon Wheat Growers League Bundt cake contest

Rules are as follows for the Bundt cake contest:

1. The cake baking contest will be held at county fair and cakes will be exhibited and judged at fair.

2. Contestant must be a resident of Morrow County.

3. Each contestant must use the same recipe.

4. Entries will be taken on Monday, August 14 from 1 to 8 p.m.

5. Open to 18 and over; however professional bakers are excluded.

6. After cakes are judged on Tuesday, August 15, the contestant may take at least half of their cake home leaving the remainder for display. If you choose to not pick up your remainder it will go to staff and volunteers to enjoy.

7. All cakes must be brought to fair on a covered board or covered cardboard.

8. No substitutions, additions or deletions to the official recipe.

Chocolate Banana Bundt Cake, source: Oregon Wheat Growers League

Ingredients:

½ cup butter or margarine

1½ cups sugar, divided

2 cups all-purpose flour

1 cup mashed, very ripe bananas

¾ tsp. baking soda

**Not a baker?  
Is photography  
your thing?**

Oregon Wheat Growers League is also sponsoring a Harvest Picture Contest. You may enter two photos but only one will be judged.

½ cup sour cream  
¼ tsp. baking powder  
tsp. vanilla extract  
1½ cups semisweet chocolate chips  
eggs, separated  
1½ cups melted confectioners' sugar

Preheat oven to 350 degrees F. Lightly grease a 10-inch tube pan. Beat butter and 1 cup sugar in a large bowl until smooth. Stir in bananas, sour cream, vanilla and egg yolks.

Combine flour, baking soda and baking powder in a medium bowl. Stir into banana mixture.

Beat egg whites to stiff peaks in a small bowl. Gradually beat in remaining sugar. Fold into batter.

Pour 1/3 of batter into prepared pan.

Cut a small hole in a plastic bag; spoon in melted chocolate. Swirl chocolate on top of batter. Top with remaining batter.

Bake for 50 minutes or until a toothpick inserted in center comes out clean. Cool cake in pan on a wire rack. Sprinkle cooled cake with confectioners' sugar.

## Junior Wheat League muffin contest

Rules are as follows for the muffin contest:

1. The Junior Wheat League muffin baking contest will be held at county fair and muffins will be exhibited and judged at fair.

2. Contestant must be a resident of Morrow County.

3. Each contestant must use the same recipe.

4. Entries will be taken on Monday, August 14 from 1 to 8 p.m.

5. Open to 7-13 years old.

6. Please bring three muffins, one for tasting and two for display.

7. All muffins must be brought to fair on a paper plate.

8. No substitutions, additions or deletions to the official recipe.

Best Blueberry Muffin

Ingredients:

1 large egg

1/2 cup sugar

1/4 cup oil

2 teaspoons baking powder

der

1/2 cup milk, 2 percent

1/2 teaspoon salt

1 1/2 cups all-purpose flour

1 cup blueberries; fresh,

frozen or canned (drained)

Directions:

Preheat oven to 400°F. Spray bottoms of two 1/2-inch muffin pans with non-stick cooking spray.

Beat egg until foamy in a small mixing bowl. Beat in oil and milk. In a separate bowl, sift together all dry ingredients. Stir in blueberries. Make a well in the center and pour in liquid ingredients. Mix together with a fork until dry ingredients are moistened; no more than 25 to 30 strokes. Batter will be lumpy.

Using an ice-cream scoop, fill the cups in the muffin pan. This will measure your batter

equally for each muffin. Fill each muffin cup slightly more than half full. (Try to scoop only once for each cup; muffins will be lighter.)

Bake 18 to 20 minutes or until golden brown and muffins test done with a toothpick. Loosen with spatula and turn out. Best served warm.

TIP: For high altitudes, reduce baking powder or soda in the recipe by 1/4 teaspoon.

TIP: To keep muffins from burning around the edges, leave one muffin cup empty; fill with 2/3 cold water before baking.

Servings: 12. Calories/Serving: 148.

Nutrition: One muffin provides approximately: 148 calories, 3 g protein, 23 g carbohydrates, 1 g fiber, 5 g fat (1 g mg cholesterol, 27 mcg folate, 1 g iron, 190 mg sodium.

source: Wheat Foods Council.



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