

# slice

Issue 8



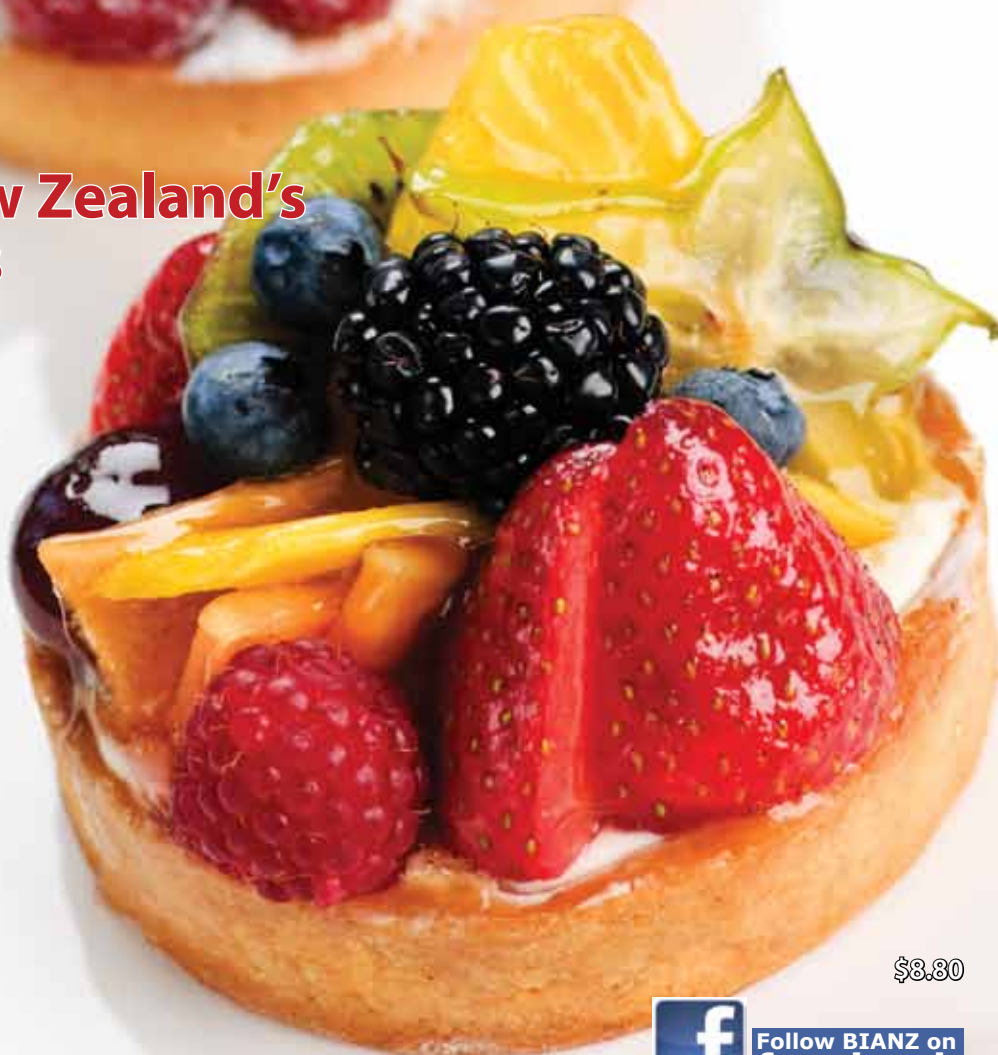
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## From the Office

### BIANZ EXECUTIVE OFFICER BELINDA JEURSEN REPORTS

#### Shocking time

By the time you read this it will be almost two months since the Canterbury earthquake knocked everyone down here sideways.

BIANZ members received my e-newsletters at the time with links to relevant websites and updates on the status of local suppliers and local members' bakeries and cafés. I got great feedback on these, and a really positive response from all our members in the region when I called and spoke to them in the days after the quake.

Amazingly, very few bakeries were seriously affected. Some experienced no damage whatsoever and were able to open for trade as usual very soon after the event.

A few had issues with potential water contamination or were in a cordoned off area, but generally the attitude was that life and business must go on, and business owners showed great resilience and determination.

#### Are you covered?

One thing the earthquake highlighted was the need for good business insurance. Some business owners were under-insured or wrongly insured and suffered the consequences of this. So wherever you are in the country, now is a good time to look over your insurance and make sure you are covered as far as possible for any event that may interrupt trading.

#### Berry merry

On a happier note, summer will be with us shortly and so will a mountain of fresh berries. See my article ("Ripe for the picking" on page 14) and recipes in this issue on using fresh berries for baking. It's so easy to make your product look colourful and appealing. Christmas is also coming up quickly and no doubt you will be gearing up for that.

I wish you all a happy and successful festive season.

I hope you have some time to relax in the New Year once the madness of Christmas is over.

If you are a BIANZ member, please don't hesitate to call me at the office for assistance as usual during this time. Look out for my e-newsletters. I'll be sending out information on upcoming public holidays and related employee entitlements. There seems to be some confusion about this every year.



## A "gentle" reminder

The BIANZ Food Safety Programme is available for purchase and use by current BIANZ members only.

If you are not a member of BIANZ or your membership lapses you are not entitled to use the programme and will not receive any updates or notifications regarding the programme.

Food safety consultants and auditors will require proof of your current membership status before working with you in your business on food safety compliance using the BIANZ Food Safety Programme.



## NEW MEMBERS

Ancient Grains.....	Upper Hutt
Batemans Bakery.....	New Plymouth
Café Karma.....	Auckland
Fresh n Wild.....	Havelock North
Abe's Real Bagels.....	Auckland
Mountainview Bakery.....	Te Awamutu
Paneton French Bakery.....	Auckland
Paris-Berlin.....	Auckland
Phoenix Gluten Free Products Ltd.....	Auckland
Rolling Pin Bakery 2010 Ltd.....	Motueka
Sherratt Ingredients.....	Christchurch
Top Up Bakeries.....	Havelock North
Victoria Park New World.....	Auckland
Yummy Mummy's Cheesecakes.....	Woodville
Zest Bakery.....	Tauranga



# From the President

## BRENDAN WILLIAMS KEEPS IN TOUCH

To speak about anything other than the devastating earthquake that hit Christchurch and surrounds in September would seem trivial. I was rocked out of my bed in Dunedin when the initial tremor hit and can only imagine what it felt like on top of it!

Having a business myself, I looked on with a heavy heart at the businesses unable to open their doors through no fault of their own. It was with some relief as events unfolded, however, that the BIANZ executive learned none of our Canterbury members were seriously affected.

### Could your business survive?

These events made it all too evident that this kind of disaster can strike at any time. We must not only be prepared at home with an emergency survival kit, but must also ensure our businesses are protected from the devastation these events can bring. As a business owner, I understand how just a few days' missed trading over Christmas, for example, can affect the bottom line with staff wages and overheads still ticking over while the doors are closed. How long could your business survive?

If you haven't already, it's now time to call your insurance broker and review your current business continuance cover, or if you have none in place – get some!

### Back it up

A point to note was that a lot of businesses didn't have their accounting and administration systems backed-up off site.

If you managed to find new premises to operate from after a disaster, how would you operate with no customer, product or supplier details, no idea of who owed you money or who you owed, no label formats for your products etc.? This is something we discussed in an earlier edition of *Slice* so dig it out or call our office if you need some help in this area.

### Thinking lean

In this issue of *Slice*, we have a great piece on Lean Manufacturing and after attending a course on it and beginning to think 'Lean', my business is starting to change for the better. The first thing was a noticeable decrease in clutter leading to staff feeling better about their workplace. Happy staff are productive staff and the KPIs (key performance indicators) introduced ensure we are keeping our eye on the most important measures in our business.

### A raised profile

2010 has been a big year for the BIANZ and me personally. We featured strongly at the inaugural Fine Food New Zealand trade show in Auckland with a very ginger stand, an amazing static baking competition and display, and of course the Weston Milling sponsored Trainee of the Year competition.



We received high praise from the organisers and massive publicity from our presence. This all led to a greater interest in the baking industry, new members and partners to our association.

We need to continue the momentum created by our event this year and have teamed up with CPIT School of Hospitality to host the 2011 event in Christchurch. We are carefully planning changes to the way we run the Bakery of the Year competition in response to members' suggestions and have also renewed our partnership with Weston Milling on the Trainee of the Year competition.



Very ginger

Happy baking!

Brendan



## FREE RECIPE COLLECTION\*

Download a collection of 13 professional Foodservice recipes for **FREE**. Each delicious recipe includes cost per serve, variations and serving tips.

[www.chelsea.co.nz/foodservice](http://www.chelsea.co.nz/foodservice)

See our website for full details of our product range.



\*When you register on our website: [www.chelsea.co.nz/foodservice](http://www.chelsea.co.nz/foodservice)

# From the Vice President

## MICHAEL GRAY REPORTS

Trading has been not too bad. Even though we have seen the rise of GST and some fairly hefty powerball draws, things have remained positive. But as bakers we have more than this going on in business.

The government is still talking about mandatory fortification of bread with folic acid and we had a forum meeting about this in September.

The larger manufacturers' at the forum presented a list of all the fortified makes of bread which they are currently supplying to the market. The list has been published on the internet so the public can make a choice.

You can see the list on the BIANZ website <[www.bianz.co.nz](http://www.bianz.co.nz)>.

The number of big brand packaged breads being fortified does not mean however that all other bakers are out of the woods. The voluntary system may yet be abandoned: a review is set to be carried out after the elections in 2011.

In preparation for the fortification review, several surveys are being conducted on the eating habits of women of childbearing age. Blood samples are also being taken and tested to see what differences appear because of fortification.

I believe that as an industry we must offer a choice of fortified breads to the consumer. If we as an industry do provide sufficient choice then hopefully the system will remain voluntary and it is clearly in our interests to keep it that way.

On the brighter side and in my private capacity, I will have an article in the next Slice about the new factory and café we – Nada Bakery – are opening in Tawa. If you ever hope to build a new bakery yourself, I have quite a list of ideas to think about and hurdles to overcome and I'm sure there will be more to offer before the new place opens.

Happy baking,  
Michael.

PS: I do hope you like the new BIANZ Facebook page..

# Employment Law Changes coming

by Amanda Munting-Kilworth

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The government has announced a number of changes they intend making to the Employment Relations Act 2000 and the Holidays Act 2003.

The key features are:

- Extending the 90 day trial period to all employees;
- Promoting mediation and allowing mediators to make recommendations;
- Clarifying the meaning of allowances in the principal Act;
- Amending the rules on union access to workplaces;
- Removing reinstatement as the primary remedy for unfair dismissal;
- Simplifying the calculation of holiday pay for employees who work 'irregular hours' eg casual employees;
- Amending the calculation and application of public holidays, alternative holidays, sick leave, and bereavement leave;
- Clarifying employees' entitlements during a closedown period;
- Allowing employers the right to request proof of sickness or injury under less stringent conditions than apply at present, in particular without first having "reasonable grounds" to suspect that the leave is not genuine.
- Preparing a code of employment practice around disciplinary and dismissal procedures;
- Empowering the Employment Relations Authority to dismiss vexatious claims;
- It is likely the changes to the Employment Relations Act 2000 and the Holidays Act 2003 will come into force next year.
- Allowing employees to 'cash up' one weeks annual holiday;
- Increasing the maximum penalties for non-compliance to \$10,000 for individuals and \$20,000 for companies;

**Amanda Munting-Kilworth is an Employers' Advocate with MGZ Ltd.**

McPhail Gibson & Zwart Ltd specialise in providing employment law advice to employers. BIANZ members are entitled to a free telephone advisory service for an initial consultation (after which the standard charge-out rates apply). If you wish to discuss any employment law-related issue, please call Amanda Munting-Kilworth at McPhail Gibson & Zwart Ltd on 03 365 2345.



# Gary Cameron considers the pleasures and perils of *Retirement*



"I consider roses to be noxious weeds"

Some hate the thought, others welcome it. But it comes to us all, just like death and taxes.

So for Jean and myself the choice was made: we would retire while we were able to live and enjoy a few years doing what we wanted to do before getting old and infirm, and viewing things from a wheelchair, wishing we had done this or that earlier.

So Jean (the frustrated florist) belongs to a Garden Club, a Floral Art Club, The Orchid Society, and works at Palmerston North Hospital on a Sunday as a FED (Friend of the Emergency Department), as well as planting anything that grows in our garden.

My involvement with said garden is

minimal, as I consider roses to be noxious weeds, and a lot of other stuff has no value to me. (If you can't eat it, why bother?) However I clear away weeds, cut trees, build things under supervision, and assist with props for flower shows etc.

I also wash dishes at our daughter's café, do the recycling, run errands, keep up the firewood and any odd jobs.

My shed looks much like my office used to look: everything in its place (yeah right). I do a bit of shooting, a lot of fishing and am enjoying life to the full.

There are downsides though. A 40 kg bag of cement now weighs 60 and four bricks now weigh as much as eight used to, and the chainsaw and shotgun both weigh more than they used to.

But I would urge all of you who are approaching the Golden Years, to think it through carefully. It happens quicker than you want, and it is much better if you are in control, rather than have it forced on you because of failing health or some other reason.

It's not that bad. Sure you will miss a lot of things but there is life outside the bakery. Believe me.

Cheers

Gary

P S. Read Belinda's write-ups on succession planning in the August 09 issue of *Slice*. Some good info in this.



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# news and views

## Food hygiene shocks

A *ONE News* investigation in September uncovered shocking figures that show, on average, one food establishment being shut down each week in Auckland City this year because it was unsafe or too filthy.

It comes as the outdated Food Bill, which will make all food grading standards the same nationwide and toughen hygiene standards, is before a select committee.

The investigation also found that more than a 100 cafés and restaurants were still operating, despite poor hygiene ratings. *ONE News* showed pictures of extremely filthy kitchens, open food kept next to cleaning mops, open food containers, dirty stoves and roach infestations. In one picture, raw chicken juice was seen dripping into an open bag of carrots.

Auckland City Council Environmental Health team leader Carole Simpson said the spike in closures city-wide was down to food inspectors getting tougher, and the recession.

"Margins are tight for food business and cutting corners means people are reusing food that in the past they would have thrown out," Simpson said.

Half of all food poisoning happened while people were eating out, so the focus had turned to cross contamination.

"Occasionally food inspectors come across resistance with food operators claiming that they're never poisoned anyone and there's nothing wrong with what they're doing," Simpson said.

Minister of Food Safety Kate Wilkinson said that if restaurants were found operating in a high degree of unsanitary conditions, they should be closed down immediately. "Our food reputation is vital and I don't think it is acceptable," Wilkinson said.

Food poisoning rates in New Zealand are three times higher than in Australia and twice as high as in Britain. Councils advise customers to look for a food grade when dining out.

All councils have different grading systems but in Auckland City a gold-coloured A is handed out for a repeatedly high level of food hygiene, an A grade is high, B is moderate, there is no C, a D is not satisfactory and an E is for serious deficiencies.

In the wider Auckland region, there are currently 120 D or E cafés, restaurants or butchers. If the grade is not displayed, customers can ask to see it. Eateries failing to show the grade can be prosecuted and fined.

## Oslers open to offers

Advertising a "fantastic chance to make some dough," Jim Osler has Oslers Bakery in Wairoa on the market to own or operate under licence.

The bakery, established over 100 years ago, has an enviable reputation, enhanced over the past 14 years by the Atwill family who have operated it under licence.

The Atwills are moving to the Waikato.

For more information and in the strictest of confidence please contact, in the first instance, Jim Osler on 027 443 8823 or [josler@xtra.co.nz](mailto:josler@xtra.co.nz).

## Fortified breads listed

Goodman Fielder, George Weston Foods, Yarrows and Couplands have all responded

to the call for the voluntary fortification of bread by introducing specific lines that include folic acid. A list of 24 of these breads has been made available by the manufacturers and can be seen on the BIANZ website.



## Nestlé Crème Pâtissière returns

Back by popular demand, **Nestlé Crème Pâtissière** Vanilla flavour filling mix offers the perfect solution for a multitude of occasions.

Promoted as a no-fuss, cost effective filling mix, Nestlé Crème Pâtissière takes just minutes to prepare – simply add water and whisk for a smooth and creamy vanilla filling.

Nestlé Crème Pâtissière Vanilla flavour filling mix can be used in pastries or as a base ingredient for a wide range of creative desserts.

It comes in a reusable, stackable and dishwasher proof 2kg tub pack and is available from leading foodservice distributors nationwide.

For more information, contact Nestlé Professional on 0800 830 840

## Inventor can do

Mark Kirkland of Salt Lake City, Utah, has invented what he calls the Candwich: a sandwich in a can. It is designed to be sold from vending machines.

The invention uses long-life bread and is coming onto the market in Texas and California soon. Some Candwiches, such as the peanut butter and jelly (what we call jam), have the fixings packed separately, to be assembled by the customer. In others, such as the pepperoni pocket, the filling is baked into the bread.

The Candwich can be eaten as is but the inventor reckons people will take the BBQ chicken can, put it on their car dashboard and let the sun heat it up.

"Nearly 15 percent of Americans are too busy to eat during lunch," Kirkland says. "Also, I figure this product will be in demand for disaster relief. I wish I had 100 million cans after the earthquake in Haiti."



## Cadbury into cafés

Chocolate maker Cadbury is planning to open a chain of branded cafés in the UK. The company has secured the backing of new owner Kraft for a series of branded outlets serving afternoon tea and a range of Cadbury-themed goods as well as an on-site chocolatier service.

The cafés, which are likely to be called Cadbury Cocoa House, have been in planning for some time. Cadbury signed a deal before Kraft completed its £11.5bn takeover in January.

While Cadbury said that it was “very early days”, negotiations are reportedly already underway, with the first outlet potentially launching in London before the end of the year.

## Cocoa prices manipulated?

British anti-poverty campaigners said in July that hedge funds and banks were behind the cocoa price surge earlier this year which caused prices to rise by more than 150 per cent over 18 months to a 33-year high.

Although poor harvests acted as the initial trigger for price rises in cocoa, the finger was being pointed at hedge funds and big investment banks like Goldman Sachs (GS) for making the situation worse. The report added that Goldman made significant profits by speculating on food. Goldman denied unethical manipulation.

In October, London based hedge fund Armajaro Holdings was paid £650 million for the 240,000 tonnes of beans, all the cocoa in Europe. They took physical delivery. No one seems to know what they plan to do with it – other than reap a huge profit.

Critics say that such driven higher prices are not good for either the producers, who will face reduced demand in future, or consumers. The European Community has announced it is to submit legislative proposals over the coming months to deal with the speculative financial markets.

## Chewing gum into pies

Wrigley, Chicago, the maker of such popular chewing gum flavours as Big Red and Juicy Fruit, has set its sights on the United States bakery market by introducing three dessert-flavored gums. The Extra Dessert Delights line includes strawberry shortcake, key lime pie and mint chocolate chip. Each stick contains five calories.

While five calories per serving may be tough to beat, commentators say bakers probably don't have much to fear.

## Baker meets crowbar

A Taupo baker was confronted by a crowbar-wielding burglar when he arrived at work early one Monday morning in August.

Jay Ruon, manager of Beaut Bakery on Spa Rd, told reporters that he arrived at work about 3.40am and found the lock on the front door was not working properly, but did not think anything of it. On entering the shop however he was confronted by a tall man in a hoodie carrying a crowbar.

“He just appeared from the office and tried to use the metal that he held to hit me.” Ruon said he used a trolley between himself and the robber to stop any of the blows from the crowbar connecting.

The offender eventually ran off carrying about \$200 in coins.

## Strange bagel tax

New York State in the United States is facing a budget crunch, and many of its municipalities are beginning to enforce long-forgotten tax statutes, but the taxes facing some bakers in the city of Albany may take the cake—or the bagel, as it were.

Tax officials in the city have begun to enforce a very obscure law, according to the Wall Street Journal. Whole bagels are not taxed but bagels that have been sliced or prepared with toppings, such as cream cheese, are. And, if a customer wants to eat a bagel, sliced or unsliced, in your bakery, it's taxed as well. The tax does not apply to bread. And the law does not address how to deal with a customer who decides to eat a bagel in the bakery after buying it and not paying the tax.

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# more news and views

## For some, disloyalty pays

The concept of a loyalty card in the retail world isn't new; customers patronise a store, the store rewards them, and the customers want to return. But Gwilym Davies discovered that doing the opposite — encouraging his customers to visit his competitors — might be even more rewarding.

Davies, the 2009 World Barista Champion and owner of London-based Prufrock Coffee, caused a flurry of excitement in the coffee-shop world with his disloyalty card. The card lists eight of Davies's favourite coffee haunts, and when a customer racks up stamps from all eight, Davies treats the cardholder to a free coffee from his own coffeehouse.

The scheme has been remarkably successful. The card promotes business within the local area and fosters a spirit of goodwill toward Davies and his business. It also helps keep standards high; when businesses know they will be directly compared to their competitors, they are motivated to maintain or raise their game. And the customer also wins, not just by receiving a freebie, but by discovering new businesses they otherwise may not have visited or even known about.

In the US, Seattle barista Sarah Dooley created her own disloyalty card after hearing about Davies' scheme.

Similar cards have popped up in Canada to positive reviews.

## Russia bans grain exports

Russian Prime Minister Vladimir Putin shocked industry watchers in September when he announced he was extending Russia's ban on grain exports into 2011.

The ban was originally set to expire at the end of this year.

"We will be able to end the export ban only after next year's harvest is gathered and the picture regarding grain balances becomes clearer," he said.

A combination of drought and wildfires rendered nearly one-third of Russia's cultivable land unusable this summer, sparking fears of a global grain shortage and sending wheat prices to a two-year high. Russia is typically the world's fourth-largest exporter of wheat, and it is expected to harvest only 60 million to 65 million tonnes of grain this year, a decrease of more than 30 million tonnes from last year.

The recent floods in Pakistan and China have added to the volatility of grain prices and have some concerned that the situation could lead to a repeat of the food shortages and riots of 2007-08.

## NZ coffee concept sold to Saudis

Kiwi coffee chain Esquires has struck a "dream" deal with a Saudi Arabian sheikh in which its concept will be exported to the Middle East, according to the New Zealand Herald.

The Auckland-based Deeks family owns the Canadian-developed Esquires franchise rights outside Europe and North America.

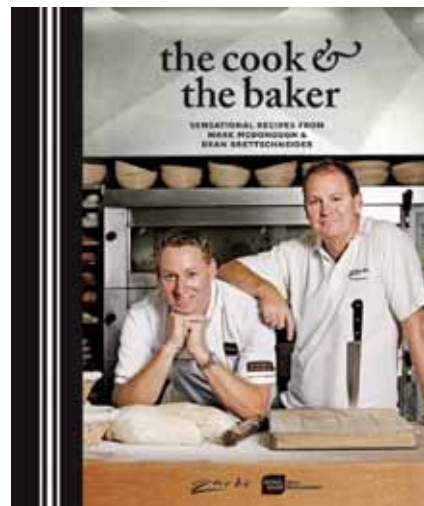
It is behind 61 stores in New Zealand, Fiji, China, and the United Arab Emirates and has just signed an agreement in Saudi Arabia with Sheikh Anas Abu Dawood.

The sheikh's family owns one of the largest consumer goods trading and exporting companies in the Middle East.

"You can't find a house without his products throughout most of the Middle East. So these guys are dream partners," Stuart Deeks said.

The first of a planned 35 stores has already opened in the Red Sea Mall in Jeddah with another opening in Jeddah within the next three months. From there they intend to open four stores annually across the country.

## Dean teams up for new book



Global Baker **Dean Brettschneider**, well known to many BIANZ members, has teamed up with Auckland cook and entrepreneur **Mark McDonough** to write **The Cook & The Baker**, released recently by Random House.

Mark McDonough owns Zarbo Deli and Café in Auckland, and together with Dean developed the Global Baker micro bakery concept, a first for New Zealand, which opened inside Zarbo in 2009.

Brettschneider and McDonough have been featuring in a television series on Food TV, also titled *The Cook & The Baker*, taking viewers behind the scenes of the making of the cookbook.

## World's longest cake

Bakers in Whakatane are waiting for confirmation that they have produced the world's longest cake.

Before slices of the the jam sponge roll were sold to raise money for the Fresh Future Children's Hospital Appeal, it measured 62.34 metres long. It was shown at Whakatane's Countdown supermarket on August 16.

The standing record is 35 metres. Guinness World Records must now validate the attempt.



# NEW products

## New Web resource for business owners

A productive workplace is one where people are safe, healthy, and treated fairly. Creating this sort of environment helps organisations recruit and retain skilled staff, minimise employment relationship problems, and avoid tragic and costly accidents.

The Department of Labour has launched a new web resource called **Infozone: Business Essentials**. This is an online resource that provides simple, straight forward employment relations, and health and safety information for business owners.

The resource tells you what you need to know, what steps to put in place and then provides templates, documents and spreadsheets to apply to your business. The website is divided into four sections: *Employ People*, *Get the Basics Right*, *Make a Safe Workplace* and *Manage Staff*. Each of these has useful subsections and guidelines. The website is well laid out and easy to navigate.

To find out more about the Infozone: Business Essentials website visit [www.dol.govt.nz/infozone/businessessentials](http://www.dol.govt.nz/infozone/businessessentials).

## Champion truffle promises fabulous finish

Champion Chocolate and White Chocolate Flavoured Truffle are two new products from the Champion brand, ideal for a wide variety of bakery and patisserie applications, and priced to ensure great value for money.

Used individually or in combination, they're perfect for coating, piping, dipping and drizzling over products, as a finish for cakes and treats, or even a dessert sauce.



Champion Truffle is faster-setting than similar products on the market, and this superior functionality means you can minimise labour and preparation time with no compromise on quality. Even untrained staff can use it to give your bakery and patisserie products a fantastic finish. Just warm to melted, stir to the required consistency and it's ready – and it sets in minutes.

The chocolate and white chocolate truffle are available in convenient 5 kg pails so you need never run out of stock.

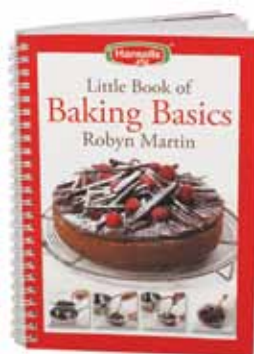
As a quality Champion product, you can be assured that the flavour, presentation and consistency will be all that your customers expect.

## Hansells – back to basics

Iconic Kiwi brand Hansells has just launched a new book that covers the basics in baking and given its range of baking ingredients a make-over at the same time.

*The Hansells Little Book of Baking Basics* written by Robyn Martin – one of New Zealand's most successful food writers – is a 'must have' for the novice through to the expert baker. It covers the how, when, where, what and why of baking with easy-to-follow instructions and photographs. *The Hansells Little Book of Baking Basics* is available from all good bookstores with an RRP of just \$19.99.

For more information go to [www.hansells.com](http://www.hansells.com).



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# more **NEW** products

## New Kiwi product set to revolutionise baking

Nekta Nutrition Ltd, an Auckland based functional food research company, beverage manufacturer and exporter, has launched a new product with the potential, they claim, to dramatically improve the New Zealand and Australian baking industries.

This new product is called **Nektabake**, a natural carbohydrate extracted from Kiwifruit and described as a multi-functional baking ingredient.

### Alternative to traditional fats

Nektabake can be used as a replacement for butter, animal fats, oils and casein-derived products, making it a healthier, fat free/low fat alternative to traditional baking fats. It has the potential, say Nekta Nutrition, to improve nutritional value and add other functional benefits across a broad range of products including bread, muffins, cakes, pastry, pies and cookies.



Nektabake contains carbohydrates, pectin, dietary fibre, vitamin C, vitamin E, potassium and malic acid.

### 95 per cent fat free pie

Nektabake acts as a stabiliser, flavour enhancer and texturiser, mimicking the mouth feel of fats. Used on a traditional meat pie, say Nekta Nutrition, the pastry tastes the same and has the same texture on the palate as a fat-based pastry, yet can be up to ninety-five percent fat free. Other applications include low fat cakes, muffins, biscuits and energy bars.

The benefits include additional softness in breads, and increased yield due to its volume enhancing properties. Plus, say the makers, it can satisfy the all important consumer “squeeze test”.

Nekta Nutrition Ltd says that, for sales and marketing purposes, Nektabake provides products with a healthy clean label with no controversial E numbers. Additional benefits announced include colour enhancement with rich, even browning and a depth of flavour that emulates the taste and texture of expensive artisan products. Nektabake also prevents “freezer burn”, makes most products microwavable, and provides a fresh-from-the-oven experience without burning or scorching.

Phil Pollett from Goodtime Foods in Hawkes Bay says “Nektabake has replaced seven different ingredients, three imported from the US. It has made our pastry process much easier. The average New Zealand meat pie has sixteen percent fat; using Nektabake our Metro pie range is a very low five percent and has the Heart Foundation tick. We are working towards three percent fat content. Nektabake is at the forefront of our new product development.”

Another benefit claimed is the extended shelf life and the moisture-binding ability which increases production yields.

After eight years of research and a development cost of several million dollars, Nektabake is now available to the New Zealand and Australian baking industries. Local markets are first to have Nektabake, but with the support and expertise of New Zealand Trade and Enterprise offices around the world, Nektabake is very likely to be exported.

For more information visit **[www.nekta.com](http://www.nekta.com)**. For sales, distribution or technical information please call 09 250 2789 or contact bakery consultant Dean Campbell on 021 021 83368, email [dean@nekta.com](mailto:dean@nekta.com).

## Productivity help

The Department of Labour’s Productivity website **<http://www.dol.govt.nz/workplaceproductivity>** provides a comprehensive range of practical information to help businesses improve workplace productivity.

This site also provides a **Snapshot Tool** to help identify potential areas for productivity improvement in workplaces. The framework used here to identify potential improvements is based around the **7 Productivity Drivers** which divide business operations into focus areas to improve productivity.

The website contains **Case Studies** outlining lessons from New Zealand organisations that have found better ways of working.



# Events calendar

What	When	Where
Gluten Free Food & Allergy Show	20-21 November 21-22 May 2011 9-10 July 2011	Christchurch Auckland Wellington
Sydney Royal Summer Fine Food Show	20 February-2 March	Sydney Convention and Exhibition Centre
FOODEX JAPAN 2011	1-4 March	Chiba, Japan
Melbourne Food and Wine Festival	4-14 March	Melbourne
Wildfoods Festival	12 March	Hokitika
Gulfood Exhibition	20-23 February	Dubai, UAE
BakingTech 2011	27 February-2 March	Downtown Chicago Marriott
 <b>BAKENZ 2011</b>  Bakery of the Year Competition judging  Weston Milling Trainee of the Year Competition BIANZ Annual General Meeting	12-14 July	Christchurch
All Things Baking Supported by Retail Bakers of America	2-4 October	Chicago
Anuga 2011 10 Specialised trade shows under one roof	8-12 October	Cologne
36th Winter Fancy Food Show North America's largest specialty food and beverage marketplace.	16-18 January 2012	San Francisco, USA
Gulfood Exhibition	20-23 February 2012	Dubai, UAE
IBA International Baking Trade Fair	16-21 September 2012	Munich

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# An offaly good meal

## A marrow escape for Michael Gray



It was a birthday present, a meal of rare (and well cooked) delights courtesy of my mother and Wellington on a Plate.

Wellington on a Plate is a food festival that runs through August each year, giving restaurants a chance to showcase how gourmet they can be. Positively Wellington Tourism (the regional tourism organisation) and Grow Wellington (the regional economic development agency) established the Visa Wellington On a Plate festival in 2009 to showcase the city's food and beverage sector, and to develop culinary tourism in the region. The two organisations plan and market the event along with the food sector and hospitality industry.

It was my treat to attend one of the events hosted at St John. This gastropub is in what was the old St John's Free Ambulance station in central Wellington. One of the city's finest art-deco buildings, it was converted into one of Wellington's hottest bar-restaurants about five years ago.

### A flavour bonus

The meal, as suggested by the title, was centred around offal. Many butchers have been criticised over the years for adding offal to their mince. Apart from making their product cheaper to manufacture the added bonus is flavour, as I was reminded at this meal. I have always been partial to trying new foods, especially overseas, and often eaten offal at home. But to have it cooked in a gourmet five course meal was rather indulgent.

### Starter: roasted bone marrow

A truly rich starter. You had to scoop the marrow out of the bone and spread it onto toasted Vogel's. The texture is smooth, gelatinous and easily spread, and with a little rock salt the marrow is very tasty. You had to be meticulous about removing all of the marrow and that proved harder than you might think.

I did some research later and found out that the Dutch actually have a special U-shaped spoon about the same diameter as a small asparagus for this job.

### Entree: crumbed brains on toast with a fresh mini salad

Decadent. I have had these before and knew what to expect. They were delivered with a crisp crumb, shallow fried, retaining the smooth texture inside. I was disappointed that there were only five little pieces at first but as the next course arrived I was glad because I could see it was rich.

### First Main – head to toe: Roasted pigs head and pork's trotter stuffed with sweetbreads

Rich. Now the pigs head was not as you would imagine a whole head but rather the flesh was removed from the head and made into a flat crumbed patty served with a rich garlic aioli. The pork's trotter would have been better I thought if it was crispy but it was rubbery,

however I'm guessing this was the desired result as it was nice and gluey, giving you a chance to chew the bone. The sweetbreads were tasty but extremely rich.

### Second Main – the barnyard: calf liver, sheep kidneys and lamb neck

I like liver and this was cooked to perfection. Soft, moussey, and full of flavour. The sheep kidney was very ureaish tasting, which I guess is what kidneys are about, but a little too strong for me even though I am partial to a good kidney pie.

The lamb neck however made up for it. This was a very small cut, tender, juicy with a slight vanilla flavour (it was vanilla poached). I often cook neck chops with apricot and prunes in a Dutch oven at home, which is fantastic, but here the vanilla really complemented the flavour.

### Dessert: panna cotta

As with all courses, the maitre d' came and announced the last dish. This was a panna cotta in which the gelatine had been derived from pig trotters, creating one of the best panna cottas I have ever had – very lightly feijoa flavoured with a strawberry jelly on top and a fresh berry. It really acted as a palate cleanser and topped off the very filling meal.

### Pie ideas

The meal was a great treat, not something that you could eat daily, but reminding me that offal is tasty and can be used in all our cooking. Perhaps I will consider using some of these for the pie competitions in the future, as people's tastebuds are ever-changing. I recall as I am writing this that lamb shanks, now a delicacy in most restaurants, were considered offal by many people not that long ago.





# A terrifically BIG pavlova



photography by John McCombe

A Christchurch chef got cracking in a big way for his favourite charity by creating what's thought to be the world's largest pavlova – a 50 square metre job capable of feeding 10,000 people.

The giant pavlova – containing 10,000 egg whites and more than 600kg of sugar – was made in the shape of a rugby field and timed to coincide with the Bledisloe Cup rugby match in Christchurch in August.

Chef Aaron Campbell of Kaiapoi created the dessert as part of a Kiwiana event. It was unveiled inside Christchurch Cathedral.

## All Blacks charity

Chef Campbell said he wasn't after a world record, but just wanted to raise money for KidsCan Stand Tall Charitable Trust – the official charity of the All Blacks.

With the Bledisloe Cup match played between the All Blacks and the Australian Wallabies in Christchurch on that day, Campbell said he felt it was timely "to whip up a pav and raise money for charity".

His effort was part of Kiwiana on the Square – an event supporting Christchurch's 'Paint it All Black' campaign in the build up to the Bledisloe Cup.

Rather than the traditional pavlova toppings of kiwifruit and strawberries, the giant pavlova was decorated with silver ferns and rugby symbols.

The decorations could also be bought and eaten, and was cut into about 10,000 ordinary-sized servings.

"I'm hoping Christchurch people will treat themselves to pavlova for breakfast or call in on their way to work to buy a slab of it for workmates for morning tea. It would be a fun thing to do, not just for themselves but also to support the All Blacks and KidsCan Stand Tall."

Talking about KidsCan Stand Tall. Campbell says: "The charity does a great job of helping disadvantaged children. Its food programme makes sure those children's tummies stop rumbling, so they can concentrate at school. Thousands of New Zealand children rely on KidsCan Stand Tall every day."

## Tall order

The pavlova offered some impressive statistics. For example, it would take one hen at least 28 years to lay all the eggs required.

The world's largest pavlova previously was 19 square metres. It was made in February 1999 to celebrate the first birthday of Te Papa, the national museum, in Wellington. The dessert was named 'Pavzilla', and cut by the then Prime Minister Jenny Shipley.

Every cent raised from the sale of Campbell's giant pavlova (at \$2 a slice) went to KidsCan Stand Tall.

Following the event he called the Christchurch City Mission and offered to supply them with the 1000 portions of pav they need for their Christmas lunch this year. They gladly accepted.

He is also giving pavlova to the Kaiapoi Combined Churches Christmas lunch. 🇳🇿



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# Ripe for the picking

**Belinda Jeursen waxes lyrical about the possibilities for baking with fresh berries**

**B**lueberries, raspberries, blackcurrants, strawberries, boysenberries – what an absolute treat every summer and how wonderful their coincidence with Christmas. There are so many ways that bakeries, cafés and caterers can incorporate these little gems into their product range.

Seasonal cooking/eating/shopping has become an overworked phrase, but take it to heart and you can literally refresh your menu and change your look for summer with minimal effort. When berries are abundant and reasonably priced, add them to everything from cakes to muffins, slices, biscuits, cheesecakes, mousses, crumbles, pastries and breads.

Growing up in the sub-tropics, I was spoiled with tropical fruit. Berries, however, were scarce, expensive and regarded as something of a luxury. We occasionally had strawberries with meringue and ice cream for a special treat, or we picked and ate wild mulberries. Now I'm lucky enough to live to live semi-rurally in the South Island and there are a number of berry farms in my area.

Berry picking is one of the highlights of summer for me and leads to a frenzy of preserving in my kitchen every January to see me through the long dreary winter months. Those glowing jars on the pantry shelf are a lovely little reminder of what has been and what will come again.

Blueberry picking is the most fun because there are so many varieties to choose from. I love going up and down the rows tasting berries until I find one that I really like, then snacking while I pick.

I make a very special blueberry pie once a year, and I really mean only once; why spoil the magic? The pie never lasts more than a day and is eagerly anticipated the following year. The recipe I use comes from a Ruth Reichel autobiography I happened to read when blueberries were at their peak. Shortcrust pastry, frangipane made with freshly ground almonds and perfectly ripe, and freshly

picked blueberries make an irresistible combination.

I've searched through my collection of baking books and magazines to find recipes that use berries and there are some classics worth mentioning. A blueberry tart with a frangipane filling as mentioned above can also be made with other berries, and the frangipane can be substituted with crème pâtissière for a different flavour. Or make a mixed summer berry tart using custard as the filling. Adding cherries to the mix makes these tarts look even better.

You can glaze the fruit for a lovely glossy look or give it a generous sprinkling of icing sugar to decorate.

Berry pies are also very attractive – flaky pastry filled with raspberries soaked in liqueur and lemon juice will never go astray.

**“Those glowing jars on the pantry shelf are a lovely little reminder of what has been and what will come again.”**

Strawberry millefeuille is another popular berry filled treat. Try using raspberries or boysenberries instead.

Sponge cake can be decorated with fresh berries in the middle and on top using hot jelly or glaze to keep them in place.

Strawberry shortcake, sometimes called strawberry and shortcake sandwiches, seems to be an ongoing favourite. Here strawberries and fresh cream are sandwiched between shortbread and dusted with icing sugar to make a beautiful

treat for afternoon tea. A variation of this is brioche scooped out and filled with vanilla cream and raspberries. The lid is put back on and dusted with icing sugar.

Danish pastries are the perfect receptacles for a colourful mix of berries, or make a galette – a pizza-like tart topped with crème fraîche and berries and then baked.

## Tips for buying, using and storing berries

- Whenever possible, buy locally grown berries. They will be fresher, sweeter, juicier and have more flavor than berries picked elsewhere and transported. Pick your own at a local berry farm because it's cheaper and you can be sure of their freshness, or find a good local supplier.

- Buy berries in larger amounts when they are cheaper and freeze them.

While using fresh berries is the ideal, most berries freeze very well, (strawberries being the exception as they tend to go mushy unless you are able to blast freeze them.)

You can freeze berries whole or lightly cook, sieve and sweeten them and freeze them as a puree.

- Berries go mouldy very easily. Rinse them very briefly just before using them and only remove the hulls after rinsing.

Dry them off with paper towel as they absorb moisture if left wet. Refrigerate them with a sheet of paper towel to absorb any moisture.

Flaky, buttery puff pastry topped with a bit of frangipane and some fresh berries is another simple but impressive treat. There are numerous recipes for cakes, muffins and breads that incorporate berries. You'll just need to experiment a bit to find out what looks and tastes best.

Fresh or poached berries are delicious served alongside cakes and tarts.

Berries also make fantastic and easy decorations on all kinds of cakes and slices, fresh or glazed.


If you have the time, making your own preserves to use in or alongside your baked products is rewarding for you and your customers.

I recently visited a café and was able to buy a bottle of the same lovely raspberry jam I had just enjoyed with a scone.

Jams and preserves can be served with so many breakfast and lunch items and can also be used for glazes, fillings and toppings, adding flavour, colour and texture.

One recipe I came across was for raspberry curd tarts. Curd is easy to make and lasts in the fridge for up to a week. The tart shells can be made in advance and frozen, then taken out for defrosting a few hours before they are needed.

Raspberry curd is a lovely deep colour and the tarts look unusual and very appealing.

You can also make syrups and coulis for use in plating up cakes and slices. 

# Commodity Report

from Brooke Holdings

## Apricots

The Turkish apricot market is firm with stable demand and with growers holding onto stocks in the expectation that the market will go higher – which could happen. However the quality of the 2010 crop is very low so buyers should practice caution and treat any fruit offered at below market levels with scepticism.

Turkish apricots are usually cheaper than South African but that has now reversed so manufacturers using Turkish apricots as an ingredient could well investigate switching. South African apricots offer by far the best value. (The Turkish apricot has a delicate flavour and the South African is stronger. That means that less product at the lower price could gain the same result.)

## Vine fruits

New season's Turkish **sultana** prices skyrocketed when a revised crop estimate of just 248,000 tonnes was released. A normal crop is at least 300,000 tonnes. This indicates a firm market through to September 2011.

Currently the price for grade type 9 sultanas is well over US\$2000 per tonne and if the United States dollar weakens further the Turks will adjust pricing upwards to compensate, so now would be a good time for bigger buyers to secure future supplies. There is more upside to the Turkish sultana market than downside!

Turkish **raisins** are similarly higher in price, currently around US\$250 per tonne more than Turkish sultanas.

The United States raisin market firmed dramatically recently, a result of the export subsidy not being reinstated and a bidding war between processors. The crop is of normal size but demand and supply are balanced so pricing is likely to remain firm.

Currently Turkish TS raisins and Californian TS raisins are about the same price. South Africa has sold out of TS raisins until the new crop around April 2011. However there are still some contracted balances (unshipped) from South Africa and choice grade TS raisins are by far the best value for money.

Although they are processed in the same way, the South African product still looks fresh and shiny after 12 months whereas

Californian raisins start to look tired and Turkish raisins look dry and sugary.

South Africa has sold out of **currants** and there will be no more for sale until the new crop in March/April 2011. New season's Greek currant prices are stable.



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# Lean Manufacturing

by Glenn Manahi , GO Solutions

Based in Hawkes Bay, with a history in education and food manufacturing, Glenn Manahi designs and delivers tailored Kiwi Made training programmes, coaching and mentoring services for large, medium and small companies from Northland to Otago.

## Questions and answers

He works with owners, managers, supervisors and shop floor staff alike in areas such as productivity improvement (Lean Thinking), KPI development and implementation, leadership, management and team building.

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### NZ is talking 'Lean Manufacturing' but what does it mean?

So, you spend most of your working day ...

- fighting fires ...
- looking for stuff ...
- pleading with staff to treat the business as their own; to work faster; to concentrate on quality; to stop wasting ingredients; to get back from smoko on time ...
- dealing with customer complaints ...
- trying to get office systems and staff working ...
- beating off competitors ...
- dealing with breakdowns, suppliers ...
- keeping control of cash-flow ...
- answering phones ...
- having meetings ...
- balancing the family life ...

You must be tired and frustrated.

Thinking Lean can change this madness!

New Zealand companies are waking up to Lean Thinking as a means to stop these daily wasteful and frustrating activities occurring. Companies are beginning to learn about and, in many cases, have already begun to implement Lean Manufacturing with significant success.

The basic idea of Lean is fundamentally simple, an absolute focus on producing **VALUE** for the customer. The approach, challenging existing operating norms by applying the Lean principles: educating staff to understand, identify then eliminate **WASTE** (in its many and varied forms), making the value stream **FLOW**, establishing a demand or customer **PULL**, while striving for **PERFECTION** (pure customer value with '0' waste).

Fantastic words, but what do they mean?

What do customers **VALUE?** – Value is all about what the customer wants and when they want it! This requires a clear

understanding of the specific needs of the customer.

A Value Stream Map of the current state visually pinpoints poor performing systems, processes and/or activities that produce non-standard product (eg mistakes or inefficient processes) that the customer will not value and should not pay for.

**WASTE** – Any process or activity that is identified as unnecessary or is wasteful can therefore be minimised or eliminated from the workflow. Improving the work **FLOW** – Work should flow steadily and without interruption from one step to the next. Eliminating waste, obstacles and bottlenecks that restrict efficient flow allows the process to speed up significantly. (Remaining processes or activities that do add customer value can also be streamlined or improved)

**PULL** – Lean systems react to customer demand, in other words, the aim is for the customer to pull the work through the system rather than work being pushed through the system. Therefore the goal is to make only what the customer wants, to the volume they want, and to deliver it when they want it.

**PERFECTION** – through commitment and focus on the first four elements, staff begin to understand each process and activity even better and can therefore generate targeted focused improvement ideas. The system therefore becomes leaner and faster, waste is easier to identify and eliminate, workflow further improves and a perfect process begins to deliver the perfect amount of value to the customer.

### Put down the magazine NOW!

Go and take a look around your business. Look at particular activities going on around you ... can you see waste?

- Why is that stuff sitting in the middle of the aisle?
- Why is that person walking all over the place looking for equipment or ingredients?
- Why is that equipment not available when people need it?
- Why are those ingredients hidden from view behind everything else and difficult to get at?
- Why is there so much stuff not being used?
- What are they waiting for now?
- Why did we dump that batch?
- Why wasn't that ingredient ordered?
- Why is the storeroom in such a mess?
- How did we fail the food safety audit?
- Why can't we get our paperwork in on time?

It's amazing how much WASTE you can see by just observing!

**Hold on ... before you rush off and rally the troops, get them all inspired and motivated to eliminate waste and make processes flow ... the bad news!**

### Many attempts to implement Lean **FAIL!**

The primary reason most companies fail in their Lean implementation is because they fail to successfully change the culture of the company.

Lean methods are sometimes met with resistance when introduced and despite your best implementation efforts there will always be some resistance to the changes that are being promoted. If done right, Lean should change the way everybody thinks, talks, sees, acts, and reacts. Therefore preparing the leadership team and the staff is the first critical step toward successful implementation.

In the next issue of *Slice*

*Preparing yourself and your team for Lean.*



# Heritage building now a bustling café



By Sue Hoseit



What started out as a Chinese takeaway in the heritage area of Newtown, Wellington, is now a bakery with an apartment above.

Owner Nared Huy has a Mr Bun bakery in the eastern suburb of Miramar, where he has been baking for 10 years. The challenge with this new opportunity was to turn the two adjoining buildings into a fresh, contemporary bakery and café: a major refurbishment.

Previously a restaurant on the ground and first floor, the building had been neglected for many years. The renovation involved the whole building, opening the ground floor area into one space to form the bakery/café area and creating the accommodation area on the first floor. The project has sympathetically restored the building and created a great local business.

The kitchen was doubled in size to accommodate suitable bakery/café kitchen equipment including Moffat Paramount mixers, a floor standing pastry sheeter, bread slicers, French stick moulder, Blue Seal Evolution hobs, a salamander and griddles.

Nared is baking all his bread in E35 Turbofan ovens stacked on provers. Nared is also now servicing the bakery requirements of his Miramar operation out of this kitchen as well as the daily product for the café.

Patisserie Delight Café serves a delicious range of pies, sausage rolls, filled rolls, donuts and slices in addition to café meals, including all day breakfasts and burgers.

The interior is now fresh and clean. What used to be enclosed in wooden panels is now fully glazed, light and inviting.

Whether picking up lunch or relaxing with a coffee, this is becoming the place to go in Newtown, offering lounging banquet seating from which to watch the bustle of Newtown pass by.



## Take cover!

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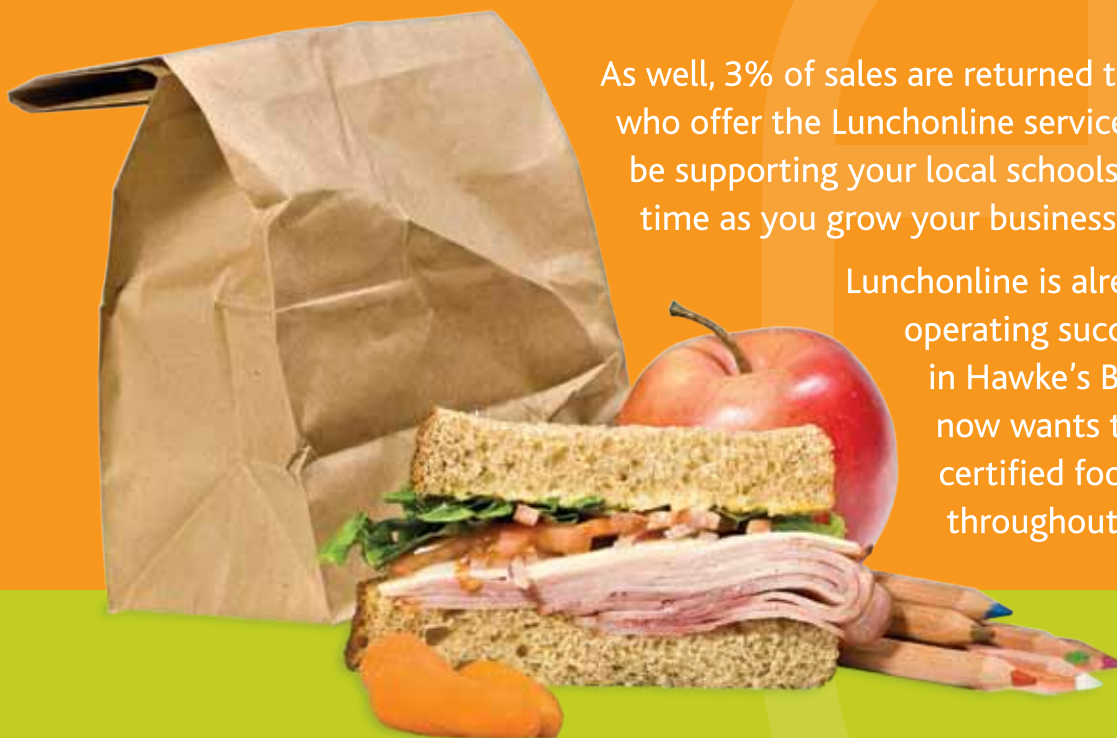
# Are you a quality supplier of food suitable for school lunches?

Lunchonline is a major new business opportunity for school lunch providers throughout New Zealand that offers:

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- 📱 no individual order taking
- 📱 no money handling
- 📱 no bank transaction fees
- 📱 no food wastage

As well, 3% of sales are returned to schools who offer the Lunchonline service, so you will be supporting your local schools at the same time as you grow your business.

Lunchonline is already operating successfully in Hawke's Bay and now wants to sign up certified food providers throughout the country.



For more information and to apply to register as a Lunchonline food provider, phone 0800 565 565 or email [info@lunchonline.co.nz](mailto:info@lunchonline.co.nz)

 lunchonline

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## Lunchonline provides fantastic opportunities for food providers

**A new on-line school lunch service will provide major new business opportunities for food providers around the country, while making the provision of a daily school lunch a breeze for families and schools.**

Already running successfully in Hawke's Bay, Lunchonline is now looking to sign up more food providers throughout New Zealand.

The brainchild of innovative Hawke's Bay software company, ABC Software Ltd, award winning Heaven's Bakery and accountant/business mentor, David Chapman, Lunchonline is the first truly on-line school lunch ordering service in the country.

**"Lunchonline couldn't be easier for food providers"**  
says David




"They are paid weekly for the orders they've dispatched, which means great cash flow. There's no individual order taking, no money handling, no bank transaction fees and no food wastage."

### Lunchonline works like this:

A certified food supplier applies to register as a provider to the Lunchonline service, and then a school nominates one or more registered providers to supply their lunches and approves the menu.

A family wishing to order lunches registers an account with Lunchonline, with details of all the family members, their schools and room numbers, and pays money into their Lunchonline account via credit card or internet banking. They can then login and place an order.

Each day, the food provider logs in to Lunchonline and receives the orders for that day in the form of:

-  a production tally that collates the total quantity of each product across all schools
-  a delivery report for each school detailing each student's name, room number and what they've ordered
-  an A4 page of 8 labels for each student with their location details and what they have ordered.

The provider then assembles the orders for that day and delivers the labelled orders to each school for the school to hand out.

David says any certified food supplier can apply to register as a provider to the Lunchonline service. Schools and providers liaise directly and agree to the products and service to be provided. For instance, schools may only make pizza available to students on a Friday.

The food provider determines how far in advance orders can be made, and nominates a cut-off time for orders and cancellations – usually early on delivery day – and Lunchonline takes care of the rest.

Schools also benefit financially, with 3 percent of sales going back to the school, with opportunity to earn even more funds through special promotions that see 12 percent of sales returned to the school.

"So this is a great opportunity for a food provider to support their local schools at the same time as growing their own business, with no additional outlay," says David.

He says families have wanted lunches to be available at school for a long time, but it's just too big a job for staff and volunteers.

"It's meant that most schools, particularly primary and intermediate schools, end up only offering a very limited service or none at all, and that means local food providers also miss out. But that's all changing with Lunchonline because it's just so automated and straight forward, with no risks to food providers."

"Of course, teachers can order their lunch as well, and we see Lunchonline appealing to other organisations that don't want to run their own cafeterias, but want to be able to provide their employees with a quality, hassle free lunch ordering service."

"This means that the opportunities for motivated local food providers are limitless" says David

**"This a great tool to increase cash sales without the need to employ more staff. Our team doesn't have to worry about handling or chasing money all they need to focus on is making quality products that suit our customers."**

**Heaven's Bakery has integrated this concept with ease and would recommend it to any food provider that will suit student lunches."**

Jason Heaven - Managing Director  
Heavens Bakery

For more information and to apply to register as a Lunchonline food provider, **phone 0800 565 565, or email [info@lunchonline.co.nz](mailto:info@lunchonline.co.nz)**

**[www.lunchonline.co.nz](http://www.lunchonline.co.nz)**



# The Yeast in the West

Dunedin baker **Kevin Gilbert** continues exploring San Francisco and meeting the bakers who have made it a world capital of sourdough.

**Michel Suas** is high on the list.



Is your baguette a bit flaccid? Your sour rye needs a bit more zing? Maybe your Miche isn't reaching its full potential. Well in any case Michel Suas can point out where the corrections need to be made.

Sitting across from this polite and gentle man it is easy to forget that his career started when he was 'encouraged' to leave school for "goofing off". There are still signs of the mischievous if you look harder – the mop of floppy grey hair, the sense of humour and the impish grin as he makes a joke. When you start talking about baking and food in general, the demeanour changes and Michel Suas opens up, showing why he is referred to as the 'go-to-guy' for bakers.

Originally from Brittany, France, Michel started baking when he was 14 – on his 14th birthday to be exact. After a three year apprenticeship in the kitchen Michel turned his attention to pastry. He's never looked back.

When he moved to the United States he found he was something of an oddity. Here was a chef and patissier, fresh from France. In a country in the throes of what is now seen to be a bread revolution, someone like this could have their choice of jobs. He did. America was, for him at least, truly the land of opportunity.

Since then he has helped bakeries across the United States and around the world. His advice has aided and influenced bakers and pastry chefs from New York to Seattle, from Canada to Korea.

My point – and I do have one – is that this floppy-haired former larrikin is a person with incredible knowledge which he happily shares.

## Sourdough

San Francisco is seen as the home of sourdough and while they by no means invented the method – that was probably the Egyptians – they certainly seem to have claimed it as their own. To some, a sourdough is simply a white loaf with acid added. But this is a soured dough. A sour dough is altogether different. Whether you use wild yeasts or commercial, a sour starter is added to a dough either as the only form of leavening or in conjunction with added

yeast. Sounds simple. When you start talking to Michel about sourdough the complexity starts rolling in.

The things that have an effect on sourdough seem endless, from the flour's ash content (be honest – when was the last time you took note of your flour's ash content?), temperature of storage to the timing of 'feeding' the starter in relation to mixing the dough. The liquidity or stiffness of the starter plays a big role in its acidity, as does the size and shape of the fermentation container. The reasons for both, Michel assures me, are bubbles.

The flavour and acidity caused by the fermentation are distributed throughout by the gas bubbles as they try to escape. Therefore the further they have to go (height of container) and the longer it takes them to get there (starter's consistency) the more 'flavour' they impart. So if your sourdough is too tart, try loosening your starter or using a wider container.

## Bread-volution

One of the things that is clearly evident when you travel overseas is the wide array of breads available. While we have no shortage of bakers and bakeries in New Zealand providing impressive international breads, the demand seems to be a bit limited.

I asked Michel how it is that San Francisco has managed to entice its population into incorporating such breads into their lives so entirely. His answer is comparatively simple when broken down – directed evolution.

With more people either immigrating from overseas or Kiwis spending time overseas comes the kernel of the change. The imports bring with them their tastes, desires and products from their homeland while the returning Kiwis bring with them

the knowledge and likes they have picked up on their intrepid journeys. This is the match to light the flame. In terms of the bread evolution, think of this as pond scum.

Now we have signs of life we need to evolve out of the water. For this Michel recommends going out for dinner.

"this floppy-haired former larrikin is a person with incredible knowledge"

"if your sourdough is too tart, try loosening your starter or using a wider container."

A native of France, Michel Suas started baking when he was 14 years old and trained under several renowned chefs before moving to the United States in 1986.

Michel Suas arrived in the Bay Area in time to help shape its artisan bread movement, lending his expertise to companies such as Acme and La Brea. Michel himself has evolved two bakery related businesses: The San Francisco Baking Institute and TMB Baking.

He opened the Baking Institute in 1996.



Restaurants, he explains, are the perfect ground for testing the waters with new products as well as population education. An easy way to get people to accept a new product and take it to the hearts and stomachs is to get the restaurants onside. If the restaurant scene adopts a product and puts it on the menu, it gets introduced to hundreds of people every night. These people, in turn, get to try a new product in a trusted, safe and familiar environment. They enjoy it and pretty soon are asking for this new product from the bakers.

Now that the restaurants are onside, the idea is to feed them breads in a progression. Going from a plain white loaf with a wimpy crust to a robust sour rye for example may be too much of a stretch. If, however they are led through ciabatta to pain de champagne, to a rye meteil then a pain au levain and finally, once these flavours and textures have settled with them, you introduce a sour rye.

Now we have not only left the pond but have grown legs and arms, invented the wheel, the combustion engine, and are well on the way to speeding off on a Harley forty-eight.

### Fear and loafing

For those of us not ready or patient enough to wait for the restaurants to catch up with us, we could always try direct 'education' with the public. Bringing a new line to the public isn't without its risks and frustrations. We all know the irritation of launching a new line that we know is the best thing since our last great idea (sliced bread?) and having it sit on the shelves. Michel reckons it's all down to how big it is.

Size, it would seem, really does matter.

The problem is that, while people may be curious enough to want to try a new line, they may be afraid of spending \$5 on a loaf only to find that they really don't enjoy it, throwing it out and vowing not to try anything new again. If, however, there was a half-size loaf, or buns that they could try that may be different. Even if the loaf costs \$3 and the buns \$1.50 or \$2 where is the harm? That isn't even a coffee. It's just the change rattling around in a pocket threatening to drag their trousers down if they walk too fast. For \$3 they now get to try something new and help to ensure their trousers remain up for the remainder of the day.

### A caring society

Why, I asked Michel, does he think people are caring more about the breads they eat? His theory is that it stems out of a 'family first' mentality: a generation of people who have decided that the health of their family comes before anything else therefore watch what goes into the foods they're eating. Mix this with the plethora of food and cooking shows on television that promote food sourcing and expose the ingredients in, well, everything, and you have a well-informed society with a form of neurosis.

When Jamie Oliver comes on and says that everyone should know where everything that enters their mouth has come from people listen. When Hugh Fearnley-Whittingstall declares that everyone can make bread from flour made by crushing wheat with the car, people start driving over their breakfast cereal in an attempt to have fresh bread for tea. The point is that, be it by watching the Jamie Olivers of this world or not, people are becoming increasingly aware and wary about what goes into their food.

As I walk away from my conversation with the mop-headed guru, I understand more about a few things. I realise that it isn't enough to know the procedure – you need to understand the process before you can truly master a product. I believe that people can learn to appreciate the finer things in baking, we just have to guide them on the way and be prepared to be patient. Good things can come in small packages; by doing more varieties of buns and smaller loaves we stand a better chance of introducing people to new products.

Back at the hotel packing for the flight the next day I continue going over what I learned from my discussion with Michel and a thought hits me. What can I learn from other bakers like Michel? Bakers who have spent many years learning their craft. I make a list of people to talk to. It starts small but doesn't take long to grow. Where to start though? Obvious really when you think about it.

Where else would a 'Bread Baker's Apprentice' start? Peter Reinhart.

**Kevin Gilbert's interview with Peter Reinhart will be your next issue of *Slice*.**



# SMOOTHIES & FRAPPÉS

A TASTE SENSATION!



Making a smoothie couldn't be easier – and Barker's have simplified this process even further with their four ready-to-use fruit smoothie bases (Banana, Mango, Mixed Berry and Strawberry). Conveniently packed in 2.4kg bottles, with dispensers available for 30ml portion sizes. Simply dispense the required amount (ie 30ml, 60ml or 90ml) of fruit smoothie base into the blender, add the remaining ingredients, place on the lid and press the "on" button, pulse for a few seconds until all ingredients are mixed adequately, pour into a glass, garnish and serve – it's that easy!

Even if you don't have all the fruit variants needed for a particular recipe, or the exact amount give it a try anyway and have fun making your own blends.

We have two recipe ranges – Signature range and Exotic range. The Signature Range are generic recipes offering a delicious range of smoothie and frappé style drinks. The Exotic Range include specific fruit and fruit juice recommendations.

The team at Barker's are delighted to bring you these delicious tasting drinks so prepare and enjoy!

## TOP TIPS

- The essential piece of a frappé or smoothie kit is a blender. When making our drinks we have used a Blendtec Space Saver.
- We standardised our recipes, measured by weight to make the specified serve. Serve in a 350ml brim full glass.
- Add more or less milk, juice, water, ice or yoghurt to your smoothie or frappé, according to your own taste and preference.
- Any of the drinks can be frozen to be eaten as a delicious frozen ice.
- Try adding some of the extra ingredients below to give your smoothie an even greater health boost:
  - spirulina, barley grass, wheat grass – excellent source of chlorophyll
  - wheatgerm – fantastic source of vitamins B and E
  - brewer's yeast – great source of B vitamins
  - vitamin and mineral drops/powder
  - flaxseed oil – great source of Omega 3
- Our Fruit Smoothie Base range has been developed using only natural colours and flavours and it is these flavours that help carry the real fruit flavour once dispensed into the milk or ice.

Flavours include: Banana  
Mango  
Mixed Berry  
Strawberry

**For more information please contact your local Barker's representative or phone customer services on:  
0800 227 537 (NZ) or 1800 145 745 (AUST)  
[www.barkersfruit.biz](http://www.barkersfruit.biz)**





## SIGNATURE RANGE

## EXOTIC RANGE

## FRUIT FRAPPÉ (NON DAIRY)

FRUIT	Grams	Millilitres
Barker's Fruit Smoothie Base	60g	(50ml)
Water	100g	(100ml)
Ice	100g	(100ml)
<b>Total</b>	<b>260g</b>	<b>(250ml)</b>

## FRUIT FRAPPÉ (DAIRY)

FRUIT	Grams	Millilitres
Barker's Fruit Smoothie Base	60g	(50ml)
Milk	100g	(100ml)
Ice	80g	(80ml)
<b>Total</b>	<b>240g</b>	<b>(230ml)</b>

## SMOOTHIES

## MILK

Barker's Fruit Smoothie Base	60g	(50ml)
Milk	180g	(180ml)
<b>Total</b>	<b>240g</b>	<b>(230ml)</b>

## YOGHURT

Barker's Fruit Smoothie Base	60g	(50ml)
Natural Yoghurt	80g	(75ml)
Milk	100g	(100ml)
<b>Total</b>	<b>240g</b>	<b>(225ml)</b>

## SOY MILK (NON DAIRY)

Barker's Fruit Smoothie Base	60g	(50ml)
Soy Milk	180g	(180ml)
<b>Total</b>	<b>240g</b>	<b>(230ml)</b>

## ICE CREAM SMOOTHIE

## FRUIT

Barker's Fruit Smoothie Base	60g	(50ml)
Milk	160g	(160ml)
Ice Cream	20g	(35ml)
<b>Total</b>	<b>240g</b>	<b>(245ml)</b>



## FRUIT FRAPPÉ

TROPICAL DELUXE	Grams	Millilitres
Barker's Banana Fruit Smoothie Base	60g	(50ml)
Barker's Mango Fruit Smoothie Base	60g	(50ml)
Pineapple Juice	50g	(50ml)
Water	50g	(50ml)
Ice	100g	(100ml)
<b>Total</b>	<b>320g</b>	<b>(300ml)</b>

## STRAWBERRY &amp; BANANA CRUSH

Barker's Strawberry Fruit Smoothie Base	60g	(50ml)
Barker's Banana Fruit Smoothie Base	60g	(50ml)
Cranberry Juice	100g	(100ml)
Ice	100g	(100ml)
<b>Total</b>	<b>320g</b>	<b>(300ml)</b>

## YOGHURT SMOOTHIE (DELUXE)

## CREAMY BERRY – WITH NATURAL YOGHURT

Barker's Strawberry Fruit Smoothie Base	60g	(50ml)
Barker's Mixed Berry Fruit Smoothie Base	60g	(50ml)
Natural Yoghurt	120g	(115ml)
Cranberry Juice	60g	(60ml)
<b>Total</b>	<b>300g</b>	<b>(275ml)</b>

## SOY SMOOTHIE (COMBO)

## BANANA BERRY SOY

Barker's Banana Fruit Smoothie Base	60g	(50ml)
Barker's Mixed Berry Fruit Smoothie Base	60g	(50ml)
Soy Milk	180g	(180ml)
<b>Total</b>	<b>300g</b>	<b>(280ml)</b>

## SPIRULINA SMOOTHIE

## GREEN SENSATION

Barker's Banana Fruit Smoothie Base	60g	(50ml)
Spirulina*	5g	(10ml)
Apricot Nectar	60g	(55ml)
Soy Milk	120g	(120ml)
<b>Total</b>	<b>245g</b>	<b>(235ml)</b>

NB: \*mix with a small amount of water first to aid blending.

# Keeping it real

## *CPIT Shop Production Day*



Yukiko Katashima and Linda Roper



Elizabeth Bracken and Anna Chudley



Steven Li

**CPIT Baking students did a roaring trade at Visions Pantry recently when they had the opportunity to simulate “real life” in a bakery-café by making and selling product over two days.**

**Belinda Jeursen visited at morning tea time.**

Shop Production Day is a project set in motion by Enterprise Manager Mike Meaclem as a way of giving his students a taste of what it's like to work in a real bakery or bakery café.

Mike, a bakery owner himself, showed his students how it's done by running two production days himself and setting the standard. Students then competed in teams with the aim of beating Mike's takings.

Each team was made up of four team leaders responsible for coming up with a product list, pricing their product, making the goods and then selling them to the public.

Team leaders were assisted by the rest of the baking students in various roles, including runners who brought freshly made product down from the bakery for sale, shop staff serving customers, and a production team who continued baking products for the following day.

On the day I visited, **Anna Chudley, Elizabeth Bracken** and **Anna Phillips** were run off their feet getting product out, serving customers, making coffee

and taking payments. (A fourth team member, **Casey Pond**, was unfortunately not able to be with the team on the day.)

The team had been baking since six o'clock that morning and the range of sweet, savoury, hot and cold goods that made their way into the cabinets in the café was really impressive.

I sat down to a very tasty sausage roll with fantastic flaky pastry, and an excellent cup of coffee made by team leader Anna Chudley. Pies, mini pizza, scones, muffins, friands, biscuits, slices, banana cake, filled rolls, bread, it kept coming and so did the customers. CPIT staff and students who flocked to Visions in a steady stream were spoilt for choice and got friendly, professional service.

I spoke to Anna just before the morning tea rush. She told me her team based their product range on what Mike had done the week before but made some changes.

“We looked at what sold well last week and what didn't, and then we changed some of the cake flavours, made

different muffins and biscuits, and more savoury products.”

Anna thought the main challenge was going to be keeping the cabinets stocked, and getting the timing of product coming down from the bakery right so that it was hot and fresh. “You want to have that fresh baked aroma in the café.”

I also asked Anna about their pricing as winning would be based on takings for the two days.

“We based it on Mike's from last week but we have made some things cheaper and others more expensive depending on how well they sold,” said Anna.

Visions Restaurant manager Jason Newton was there helping on the day too, teaching the team how to use the till, ensuring good communication with downstairs kitchen staff and occasionally making coffee when the team was kept busy serving and replenishing the cabinets.

Scones and friands seemed to be the most popular items and those sausage rolls kept moving too.



# Customer turns seller



## Graham Ritson is nicely surprised

In a variant on the old poacher turns gamekeeper story, Steve Illenberger of Christchurch has turned his interests to selling Milly, the food business management system he previously used as a bakery owner.

Graham Ritson, Milly's founder and managing director, tells the story, "I saw Steve in Sydney airport and he said to me 'Maybe I should be selling your system.'"

Graham Ritson didn't suggest or ask for the offer. He was surprised but clearly sees it as a very valuable endorsement as well as a means to grow sales.

### Qualified

With two successful bakery businesses to his credit, both started from scratch, Steve Illenberger is certainly qualified to judge matters of bakery management.

Steve began Divine Cakes in 2006 with a commitment to using real eggs, real butter and fresh cream. The business soon built a large and loyal following devoted to its moist and delicious products. But while sales grew, good profits didn't come as easily. Steve soon began seeking a way to control waste and improve margins, and he found it with a Milly costing and labelling system.

What Steven liked about the system, he says, was its ability to accurately cost all his products and the way he could make sure that everything the business made carried sufficient profit. It also played a large part in helping him eliminate waste.

Waste, as Graham Ritson is keen to point out, is a huge problem for all businesses. It can easily cripple a business without the owners being aware of it.

### A sound base

"Milly provided a sound base to work from and made a significant contribution to the success of my business" says Steve. Divine Cakes now has five outlets in Christchurch including a café.

In 2008 Steve started Breads of Europe. Again he applied his philosophy of using only natural ingredients: no pre-mixes, emulsifiers, preservatives or additives. Breads of Europe makes fresh artisan bread baked daily, along with extras such as Danish pastries, pretzels, cheese sticks and other "yummy morsels".

### A big factor

Breads of Europe is primarily a wholesale bakery and for this business Steve Illenberger bought the full Milly system, including costing, food labelling, production and the customer service modules. Milly quickly became an integral part of the business and was a big factor, he says, in the success of Breads of Europe.

Steve recently sold Breads of Europe

"I have used the Milly system in two of my businesses now," he says.

"It has lived up to all its claims. It really works and has made a huge difference in a number of really important areas, such as waste, profitability and staff training.

"It's so good that now I would like to show the system to other bakeries and help them achieve the best results possible."



Steve Illenberger : "It really works."

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# Wellington café owner

In September, Pascal Chivot, owner of the Wellington café/bakery/pâtisserie Simply Paris, was made a Knight of the French National Order of Agricultural Merit.

The French Ambassador to New Zealand, His Excellency Mr Michel Legras, awarded Mr Chivot his medal at a reception in the drawing room of the French Residence in Wellington. Mr Chivot was clearly moved by the ceremony. This however was not the first time he had been to the French residence. On the contrary, from March 2005 to December 2007, Mr Chivot was the chef at the residence.

Pascal Chivot's friends and family, members of the Wellington diplomatic community and employees of the French Embassy were guests at the ceremony. The ambassador shared with them his fond memory of his and his wife's arrival in Wellington at the beginning of his term. Pascal was waiting for Mr and Mrs Legras in front of the main entrance to the French Residence and had prepared a delicious meal for them. "It is difficult to imagine a warmer welcome upon arriving in a new country," said Mr Legras.

Pascal Chivot finished working at the French Residence in 2007 to launch his own business.

Following the success of the café/restaurant in raffishly trendy Cuba Street, Pascal opened a branch in even more raffish Riddiford Street Newtown. Pascal Chivot clearly is not one to rest on his laurels, no matter how distinguished.

Early next year Pascal will be moving from Cuba Street to much larger premises – 120 square metres – around the corner in Dixon Street. The new Simply Paris will offer a complete day and night food experience, with a bakery shop at the front, a café within, and a sizeable banquet-furnished restaurant at the back.

Like the current places, the new business will of course have a distinctly Parisian look: large oval mirrors adding a spacious feel, small vases of flowers and dark furnishing.

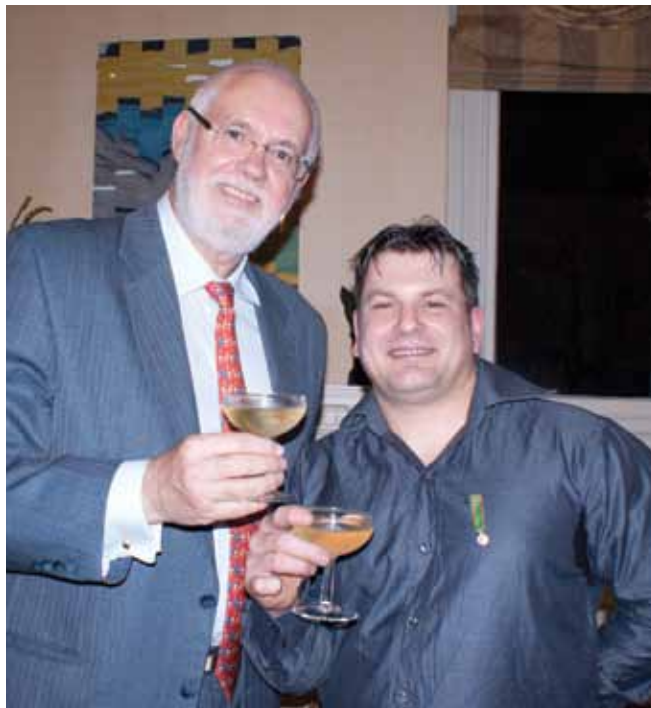
Pascal says the new restaurant won't be an exclusively fine dining establishment. He is looking to attract more of a varied family clientele "like a luxury brasserie," he says.

## Versatility

Pascal trained as a chef in the hotel industry, a great background, he says, because of the variety: he was able to learn in different sections: boulangerie, viennoiserie and pâtisserie as well as in "main course" haute cuisine.

His two cafés in Wellington reflect that versatility with some beautiful loaves of fresh bread on display in addition to a range of French savoury and sweet snacks and meals. He has a special love of baking, he says, because of its directness.

The culinary heroes he mentions, Pierre Hermé and Eric Kayser, are both devoted to the traditions of French baking and pâtisserie but combine that with a high level of innovation and keen business instincts. Pierre Hermé, a pâtissier, has been



His Excellency Mr Michel Legras and Mr Chivot with his medal. The French National Order of Agricultural Merit was created in 1883 to reward services in the agricultural industry, including cuisine.



His Excellency Mr Michel Legras, Agnès and Pascal Chivot with their daughter Leonie.

dubbed by Vogue "the Picasso of pastry." Add to that "pastry provocateur" (Food & Wine) and "an avant-garde pastry chef and a magician with tastes" (Paris-Match). He has two gourmet boutiques in Paris and two in Tokyo.

Eric Kayser is an adventurous and enterprising baker, with boulangeries in Paris, Tokyo, Taipei, Moscow, Kiev, Beirut, Dubai, Athens, Tangier ...

With role models like that, Pascal Chivot was never going to confine himself to the kitchen for long. But why and how did he come to settle in New Zealand?

# honoured

It was not a difficult decision. After a four year stint as chef at the French embassy in The Netherlands, the diplomatic service rules dictated that he had to move on. He could choose an African republic, Afghanistan, or New Zealand.

"New Zealand chose itself," he says.

His ambition had been sharpened by a colleague in Holland who said to him "Pascal, you're very complete." His training in every aspect of the culinary arts had impressed many people.

Pascal is enthusiastic in his praise for New Zealand, quite unlike the image one has of the French as invariably superior in their attitudes to other cultures. (What's more, the lunchtime winelist at Simply Paris features Arrogant Frog "Ribet Red" Cabernet Merlot. Who says the French don't have a sense of humour?)

He likes the New Zealand lifestyle. It's "like a holiday," he says, compared to the aggressive bustle of metropolitan France. The relatively high level of crime and the general feeling of insecurity in France have made New Zealand a much more attractive place.

He likes also the openness of New Zealanders to new influences and experiences. "New Zealand people are open minded; French

people are more traditional. New Zealanders want to try new things, new cultures. It's more interesting for people like us because everything is going faster. Sometimes it's hard to push French people. They want to keep the same."

The coffee here too comes in for praise from Pascal as it is far superior to the usual plunger coffee in France and the attention to training in barista skills here impressed him from the start.

It is easy to become discouraged by the diet of bad news we get: the violent crime, the social unrest, the louts and hoons we seem to breed here, so it's great to meet someone who sees the positive. With his skills, enthusiasm and energy, Pascal Chivot might even be on the way to being honoured by New Zealanders.



*Having a Drink Outside Vincent's Café, Arles by Wellington artist Kay McCormick, on the wall at Simply Paris.*



Above and below: Simply Paris in Cuba Street, Wellington.



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**DEALS MONEY CAN'T BUY**





Photos by Mike Meaclem

# Joyful Bakery

**Mike Meaclem visits a new Asian bakery in Christchurch and is pleasantly surprised on all fronts.**

Joyful Bakery is a new bakery in town owned by Min Trihn. Min completed a full time course in Baking at CPIT in 2007, with her goal being to open an Asian style bakery. After completing the course Min visited China to observe the different techniques and styles that she could use back home.

I visited Min the other day with camera in hand, keen to learn more about the Asian style of baking. The bakery looked wonderfully fresh and clean with a huge variety of small cakes and buns.

The products are quite different to what I am used to. The Asian culture tends to mix savoury flavours with sweet. Buns tend to be very sweet and soft.


I really like their use of packaging for both baking in and serving. I was very impressed with the high standard of work methods, including hygiene, with the production staff using face masks.

## The difficult part

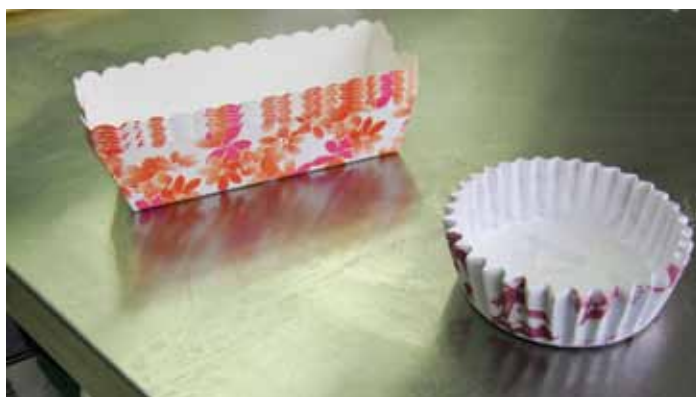
Min spent several hundred thousand dollars renovating this shop to what I would call an extremely high standard bakery.

I asked Min what the most difficult part of this project was. She answered, "The Council!". Any Association member who has ever built a bakery will understand.

What got me was the fact that Min had to put in a disability toilet for the staff. (She does not have seating for customers.) This meant Min had to lose her flour room to expand the toilet size!

I think this bakery is going to be a very popular and a good asset to Christchurch consumers. 

**592 Colombo Street, Christchurch. Open daily.**





# FOR SALE

## Iconic Aussie bakery-café

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## International Baking Competition

### Call for Entries

The Baking Associations of Australia in conjunction with the BIANZ are proud to announce an international competition for trade qualified bakers and pastry-cooks.

For the first time under one roof the national bodies will set a three day challenge in bread, pastry, chocolate and sugar work.

This is a call for entries from trade-qualified competitors, managers and industry sponsors from New Zealand to support the day competition, to be held at the 2011 Fine Foods Show in Sydney.

All travel and accommodation will be taken care of for the successful applicants and of course every effort will be made to ensure the silverware is brought back to New Zealand where it will be competed for again at Fine Food NZ in Auckland in 2012.

The show will held from 5 to 8 September 2011 in Sydney Australia.

To apply, seek further information or submit team entries, call Belinda at our office on 0800 69 22 53.

Once more information becomes available from the Australian organisers it will be forwarded to interested parties.



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# The Value of Fruit

## Ideas for using fruits on your bakery or café menu

From Pip Duncan, Advisor – Foodservice and Hospitality, Heart Foundation.  
Email pipd@heartfoundation.co.nz

Fruits have always been an essential part of our daily diet and can be easily be incorporated into many items in the bakery and café.

Fruit contains vitamins, minerals and dietary fibre. All types of fruit contain vitamin C, with citrus fruit and berries containing the highest amounts. As fruit ripens the amount of fruit sugar intensifies. The average sugar content of ripe fruit is 10–15% by weight.

Depending on the fruit, cooking can either destroy some of the nutritional value or it makes nutrients easier to absorb.

### The ideas

- Fresh raw or containers of fresh fruit salad
- Fruit juice or smoothies

- Blueberry, apple bran or pineapple muffins
- Date and cinnamon scones
- Fruit added to sandwich fillings; apricot and smoked chicken
- Fruit added to panini fillings; cranberry and turkey
- Salads containing fruit; chopped red or green apple or orange added to red or green coleslaw, kumara and orange, strawberry and asparagus, kiwifruit in a green salad, strawberries and salad leaves, pear and rocket, nashi and watercress, crisp persimmons and wild rocket, mango, date and orange rice salad
- Pizza with fruit toppings; tamarillo, rocket and mozzarella, spicy apricot, turkey and cream cheese
- Cakes; banana, orange and almond, glazed banana and mango
- Savoury dishes; beef and tamarillo, pork and apricot, chicken and pineapple,

See the glazed banana and mango cake recipe on page 40

duck and orange, fish and lemon/lime, venison and plum; Israeli couscous, cumin and dates, red lentils, chilli and pears

- Deserts; platters, crumbles, cobblers, baked and stewed fruit with sauces/ custard and cereal puddings., steamed fruit puddings, upside down cakes, sorbets, ices, sherberts

### References and further info:

[www.5+a.day.co.nz](http://www.5+a.day.co.nz)

The New Zealand Chef, L. Christianson Yule & H.

MacRae. Pearson Education 2008

Hot Potatoes & Cool Bananas, Anne Perera, Carolyn Lister & Lesley Hedges. SNP International 2007

A Portrait of Health, Ministry of Health. New Zealand 2008



## The colours of health

Phytochemicals are found naturally in plants and provide the bright colours in fruits and vegetables. They are believed to help protect against chronic diseases including heart disease and cancer and problems associated with ageing. This protection is

largely associated with their antioxidant activity. Eating a wide variety of different coloured fruits and vegetables every day provides the vitamins, minerals and phytochemicals needed to stay healthy and fit.

### Red

Specific phytochemicals in the red group include lycopene and anthocyanins.

### Orange/yellow

This group contains varying amounts of antioxidants such as vitamin C and carotenoids.

### Brown /White

Phytochemicals including allicin are found in varying amounts in the brown and white group.

### Green

This group contains varying amounts of phytochemicals such as lutein and indoles.

### Blue/Purple

Varying amounts of the health promoting phytochemicals anthocyanins and phenolics are found in this group.

<p>Include red fruits and vegetables to help maintain:</p> <ul style="list-style-type: none"> <li>• a healthy heart</li> <li>• memory function</li> <li>• urinary tract health</li> </ul> <p><b>Found in</b></p> <p>Blood orange Cherries Pink grapefruit Pomegranate Raspberries Red apples Red grapes Red pear Rhubarb Strawberries Watermelon</p>	<p>Include orange and yellow fruits and vegetables for:</p> <ul style="list-style-type: none"> <li>• a healthy heart</li> <li>• vision health</li> <li>• healthy immune system</li> </ul> <p><b>Found in</b></p> <p>Apricots Cantaloupe Cape gooseberries Golden Kiwifruit Grapefruit Lemon Mandarins Mango Nectarines Oranges Papaya Peaches Persimmon Pineapple Rock melon Tangelos Yellow apple</p>	<p>Include brown and white fruits and vegetables to help maintain:</p> <ul style="list-style-type: none"> <li>• a healthy heart</li> </ul> <p><b>Found in</b></p> <p>Banana Brown pear Dates Ginger Nashi White melon White nectarine White peaches</p>	<p>Include green fruits and vegetables to maintain:</p> <ul style="list-style-type: none"> <li>• vision health</li> <li>• strong bones and teeth</li> </ul> <p><b>Found in</b></p> <p>Green apple Green grapes Green melon Green pear Kiwifruit Limes</p>	<p>Include blue and purple fruits and vegetables to help maintain:</p> <ul style="list-style-type: none"> <li>• urinary tract health</li> <li>• memory function</li> <li>• healthy ageing</li> </ul> <p><b>Found in</b></p> <p>Blackberries Blackcurrants Blueberries Boysenberries Cranberries Plums Prunes Purple figs Purple grapes Raisins</p>
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# Bakers began work early

10,000 years early

Starch grains found on 30,000-year-old grinding stones suggest that prehistoric humans may have dined on an early form of flatbread, contrary to their popular image as primarily meat eaters.

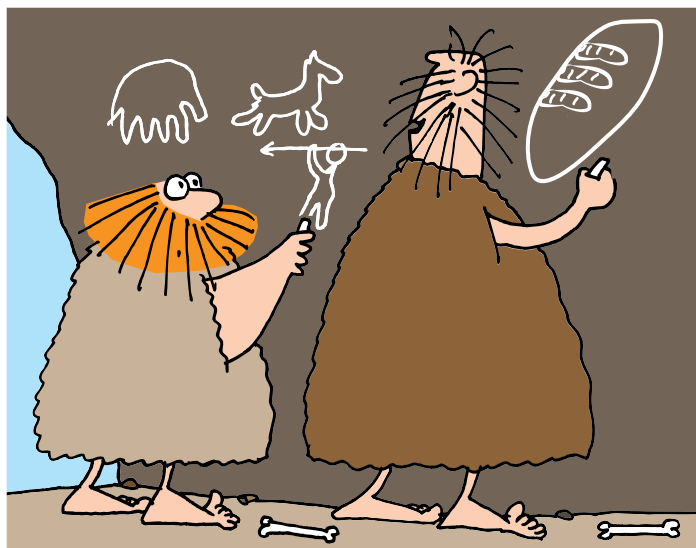
The findings, published in The Proceedings of the National Academy of Sciences journal, indicate that Paleolithic Europeans ground down plant roots similar to potatoes to make flour, which was later whisked into dough.

"It's like a flatbread, like a pancake with just water and flour," said Laura Longo, a researcher on the team, from the Italian Institute of Prehistory and Early History, speaking to Reuters in October.

"You make a kind of pita and cook it on the hot stone," she said, describing how the team replicated the cooking process. The end product was "crispy like a cracker but not very tasty," she added.

The grinding stones, each of which fits comfortably into an adult's palm, were discovered at archaeological sites in Italy, Russia and the Czech Republic.

The researchers said their findings throw humankind's first known use of flour back some 10,000 years, the previously oldest evidence having been found in Israel on 20,000-year-old grinding stones.



The findings may upset fans of the so-called Paleolithic diet, which follows earlier research that assumes early humans ate a meat-centered diet.

Also known as the "cave man diet," the regime frowns on carbohydrate-laden foods like bread and cereal, and modern-day adherents eat only lean meat, vegetables and fruit.

It was first popularised by the gastroenterologist Walter L. Voegtlin, whose 1975 book lauded the benefits of the hunter-gatherer diet.

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# Whip it good

**Belinda Jeursen discovers the joy of the perfect Pavlova.**



I recently did a short stint as a solo parent. One night while the children were eating dinner I made pavlova for the first time. I had heard about numerous pav disasters, and it may be that I attempted it during feeding time at the zoo so I would have an excuse if it didn't turn out well.

I felt like the Queen of Pav when I had complete success on my first attempt.

All thanks should probably go to celebrity chef Ray McVinnie as I used his recipe, found in an old copy of Cuisine (Issue 93).

I found a lot of Pav recipes when I went looking and they are all very similar, but Ray's was the simplest so I ditched the rest of them and went full steam ahead with five large eggs laid by my chook friends in the back garden, castor sugar, vanilla essence, corn flour and white vinegar.

After giving the mixture a good whipping it was thick and lustrous and perfectly white.

Instead of making one large Pav I made eight single serve Pavs, using a large cookie cutter to mould them into perfect circles. A palette knife run around the inside of the cutter releases the mixture easily. You could use the ring from a spring form cake tin for a large pav.

I baked them for 40 minutes at 130°C and

after whooping with joy when I saw the finished product, switched the oven off and left them to cool in there overnight.

I have lived in New Zealand for 12 years and to be honest had never understood why such a fuss is made of this Kiwi speciality. I am now a dedicated convert.

I had to decorate a few to take the photographs for this article. Loathe to waste, I ate them all afterwards.

What a delicious pink and white mess they turn into once you tuck in. Crispy and firm on the outside, with the softest, most delicate marshmallow on the inside, the sweet contrast of meringue with the coldness of cream and the tartness of the berries is exquisite. (I soaked the strawberries, boysenberries and raspberries in

lemon juice and castor sugar for half an hour before using them to add taste and make the berries glossy.)


Do go easy on the cream and berries. Restraint pays here if you want to create something sophisticated and elegant,

which is not how I looked when I was eating these in my kitchen.

Meringue with cream and fruit has been around since the 1920's if not before, with variations made over the years, until we now have a fairly definitive idea of what a great pav should be like. But there's still a lot you can do to make the Pav your own – add coconut to the meringue, drizzle a sweet sauce or syrup on top or flavour

the cream. Make a rolled Pavlova or deconstructed Pavlova in a glass (sounds like what you would do if your Pav didn't work out too well).

Pavlova is easy to add to your bakery or café repertoire at Christmas time. You can make the bases in advance and store them in an airtight container for up to a week, bringing them out as you need them, simply adding your fruit and cream at the last minute. A cream stabilizer will be available from your ingredients supplier if you want the pav to be more shelf stable, and the fruit can be glazed too.

Pavlova is a great gluten free option but make sure the cornflour you use is gluten free first. 

## Top Tips

- 🥚 Eggs should not be too fresh, and should be at room temperature when you use them.
- 🥚 Be careful when separating the eggs and make sure your bowl is spotlessly clean.
- 🥚 Whip the mixture well on full speed for at least eight minutes to ensure it is really thick before trying to create the pav.
- 🥚 After baking leave the pav to cool in the oven.
- 🥚 Remove the baking paper carefully so that you don't rip the bottom off the pav.

**“I felt like the Queen of Pav when I had complete success on my first attempt.”**

## Recipes

# Cheeseca



Mango serve



Cherry serve



Blueberry serve

For hundreds of year, bakers, chefs and home cooks have been striving to make the perfect cheesecake. Today there are thousands of cheesecake recipes. Everyone has his or her favourite. But when did this craze really begin?

Cheesecake is believed to have originated in ancient Greece. Historians advise that cheesecake was served to the athletes, including the feared Kiwi team, during the first Olympic Games held in 776 BC.

One very early recipe for cheesecake was published in 230 AD. The cheesecake maker had to open a bag of Pettina Cheesecake mix and ... no seriously, he had to pound cheese until smooth. The cheese was put through a sieve to remove lumps. Then the cook added some honey, eggs and flour. The confection was then cooked under a brick in a hot fire, cooled, cut into slices and enjoyed with a nice Hawkes Bay Sauvignon Blanc.

The Romans conquered Greece and further "perfected" the cheesecake by baking the cheese mixture in a pastry shell. This treasured delicacy was sometimes offered to the gods in Roman temples. We can also thank the Romans for spreading the divine taste of cheesecake throughout Europe.

Many centuries later, European immigrants brought the cheesecake and their special recipes to New Zealand, Australia and the United States.

In 1872, an American dairy man, who was trying to copy Neufchatel, the cheese commonly used in French cheesecakes, accidentally invented a very soft cheese. His "mistake" led to the development of the now well-known cream cheese.

It seems that every region of the globe has embraced cheesecake in one form or another, adapting recipes to local tastes and ingredients. Italian cheesecakes generally use ricotta cheese, which makes them drier than when softer cheeses are used. The French still prefer Neufchatel cheese and often add gelatine for a light consistency. The modern Greeks use feta, while the Germans and Dutch typically rely on cottage cheese and quark. In America, cheesecakes are generally made with cream cheese and egg yolks, but even there the recipe varies by region.

In New Zealand and Australia, where of course the best cheesecakes in the world are made, cheesecake are typically made with a base of crushed biscuits and melted butter and topped with fruit or jelly. The most common cheesecake filling is a mixture of cream cheese, sugar, cream and gelatine. This cheesecake is not baked so requires refrigeration.

As every Kiwi knows, New Zealand cheesecakes are great as a dessert cake and as a snack with a cup of tea.

The down-under cheesecakes are ideal for freezing, so you can make a batch of cheesecakes and thaw them when required.



# kes

Recipe courtesy of NZ Bakels

by Everard Wijdeveld

## Recipe

### Refrigerated cheesecake

Pettina Cheesecake mix	0.800 kg
Water	0.600 kg

### Method

1. Whisk cheesecake mix and water on top speed for 1 minute.
2. Scrape down.
3. Whisk on top speed until a light fluffy consistency, approximately 4 minutes.
4. Fill into prepared short paste shells or gateaux rings/foil dishes lined with biscuit crumb base.
5. You can either make up your own crumb base using ground dry biscuits or for convenience use Pettina Crumb Base. Both require the addition of melted butter or margarine.
6. Chill in refrigerator.

## Cheesecake variations

Top the cheesecake with fresh or canned fruits or use one of the quality fruit fillings from the Bakels range. When using fresh or canned fruits, we suggest that you glaze the fruits to enhance the appearance and shelf life. Pipe rosettes around the outside using the cheesecake mixture, Fresh cream or Whip 'n' Ice Topping.

For an attractive simple version, use a flavoured jelly or Hadeja Flan Jel. For a fancier cheesecake with a nice fruity flavour, gently stir an amount of Bakels fruit filling through the cheesecake mix prior to depositing. Decorate as desired.

For individual cheesecake servings, line a tray with biscuit crumb base and add a layer of cheesecake mix. Decorate as desired. After setting, cut into desired shapes and sizes. For cheesecake Petit Fours, cut into small (one bite) squares.



Preparing the base



Filling



Smoothing



Rosettes



Finished

## Pettina Cheesecake Mix

### Product information

Thousands of home cooks, chefs and bakers are convinced that their own cheesecake is the best in world. We at Bakels are no different. We feel that our cheesecake recipe using our Pettina Cheesecake is really the best in the world.

Pettina Cheesecake mix is a premix in powder form for the convenient preparation of refrigerated and baked cheesecakes.

This is a versatile, easy-to-use product requiring only the addition of water. Although Pettina Cheesecake mix has a hint of lemon, the flavour can be changed by adding Bakels Fruit fillings or Truffle mixes to make a wide variety of cheesecakes.

The finished product cuts cleanly and is freeze/thaw stable.



# Lemon Tart

Serves 8

## Ingredients

	Approx Unit Price	Approx Ingredient Cost
<b>Pastry:</b>		
225 g plain flour	\$0.00160	\$0.36
pinch of salt	n/a	n/a
150 g butter, cut into small cubes	0.00840	1.26
75 g <b>Chelsea Icing Sugar</b>	0.00261	0.20
1 egg	0.20000	0.20
1 egg yolk	0.20000	0.20
<b>Filling and topping:</b>		
8 eggs	0.20000	1.60
350 g <b>Chelsea Caster Sugar</b>	0.00262	0.92
400 g lemons, juice and grated zest (approx. 4 lemons with 300 ml lemon juice)	0.00900	3.60
300 ml cream	0.00400	1.20
<b>Chelsea Icing Sugar</b> to serve	n/a	n/a

## Method

### Pastry

- Put pastry ingredients into food processor and pulse until combined and forms a firm dough.
- Turn out and knead lightly until well combined – do not overwork. Wrap in cling film and rest in chiller for 30 minutes.
- Carefully pour the lemon tart mixture into the baked pastry case and bake 30-40 minutes until just set in centre (there should be a very slight wobble in the centre when lightly shaken).
- Remove and allow to cool completely before turning out. To serve, cut into portions and dust liberally with icing sugar.

### Filling

- Whisk together eggs and sugar until combined. Whisk in lemon juice and zest, then whisk in cream until just combined. Pour mixture into a jug.
- Blind bake pastry: Preheat oven to 180° C. Roll out pastry thinly and line a 24 cm flan tin with it. Prick base lightly with a fork to prevent rising. Line pastry with baking paper and fill with baking beans. Bake for 15–20 minutes until light golden brown, then remove beans and paper and continue to blind bake a few more minutes to dry out pastry.
- Bake: Reduce oven temperature to 150° C.

## Recipe variations

- **Lemon Brûlée Tart** – make tart as usual. Caramelize top to order, dust generously with icing sugar and caramelize with a blow torch.
- **Citrus Tart** – replace half the lemon juice with a mixture of citrus juices (orange, lime, grapefruit etc.). Note: reduce sugar level to compensate for extra sweetness.
- **Passion Fruit Tart** – replace the lemon juice with strained passion fruit pulp. Add juice of 1 lemon as well.



Total cost	\$9.54
Cost per portion	\$1.19
Gross profit %	70%
GST	15%

Min. Selling price (per portion)	\$4.57
-------------------------------------	--------

Costs based on average wholesale prices at July 2010 + current GST.

### Some Key Points To Remember:

- There must be no holes in the pastry, otherwise the lemon mixture will leak out.
- Let the pastry overhang the edges until cooked. Trim carefully after tart is cooked by running a mated knife along the top.
- Do not overcook the tart – it should have a very slight wobble in the centre when done.
- Allow to cool slowly and do not unmould too soon to avoid the tart cracking.

### Profit

- Very low cost: approx. \$51.19+GST per portion, suggest a selling price of over \$4.60 (inc.. GST) to yield more than 70% gross profit.

### Nutrition

- Lemon juice is a good source of vitamin C.
- Contains gluten, dairy and eggs.

### Service

- Will grace any dessert menu —accompany with a quenelle of crème fraîche and same fresh berries – keep garnish very simple
- Portion and display in café food cabinet.

Recipe courtesy of Chelsea Food Service

[www.chelsea.co.nz/foodservice](http://www.chelsea.co.nz/foodservice)

Register online now to download delicious recipes that include individual serve costings plus additional ideas, servicing tips and ingredient substitutions. You also have access the Chelsea Foodservice Product List and some information on Industry trends.



FOOD  
SERVICE

# Raspberry Chocolate Brownie



Recipe by Hayden Campbell courtesy of Weston Milling



## Ingredients

Group 1	kg
Water	0.800
Canola oil	0.520
Chocolate paste	0.060
Raspberry paste	0.020
XL Mudcake Mix	2.920
Barker's Raspberry Filling	0.200
Group 2	
Chocolate chips	0.560
Whole fresh raspberries	0.440

## Method

1. Place group 1 into mixing bowl fitted with paddle attachment.
2. Mix for 1 minute on slow speed followed by 2 minutes on speed 2.
3. Add group 2 and fold through. Spread mix evenly onto a lined baking tray.
4. Bake at 170°C for approximately 60 minutes or until baked through.
5. Allow to cool before cutting. Serve with fresh berries and whipped cream.





# Glazed banana and mango cake

## Ingredients

Makes 12 slices

Canned, sliced mango in natural juice, drained, juice reserved	425 g
White self raising flour	1½ cups
Wholemeal self-raising flour	½ cup
Bicarbonate of soda	1 tsp
Mixed spice	1 tsp
Brown sugar	½ cup
Mono/polyunsaturated margarine	60 g
Egg	1
Buttermilk	1½ cups
Ripe bananas, mashed	3
Vanilla essence	1 tsp
Flaked almonds	2 tbsps

Mango Glaze	
Icing sugar	<sup>2</sup> / <sub>3</sub> cup
Low-fat natural yoghurt	1 tbsp
Lemon juice	½ tsp

## Method

1. Preheat oven to 180°C. Grease and flour a 20 cm spring form cake tin. Slice the mangoes thickly and set aside 30 g of the mango flesh for glaze.
2. Sift flours, bicarb. of soda and mixed spice into a bowl. In a separate bowl, beat sugar and margarine until light and creamy. Gradually beat in egg and buttermilk. Add bananas, vanilla and 1 teaspoon of the reserved mango juice and beat until just combined.
3. Fold in the flour mixture. Do not over mix. Spread 1/3 of the batter into the prepared tin.
4. Top with half the mangoes, leaving a 1-2 cm border. Spread with another 1/3 of the batter.
5. Cover with remaining mangoes and top with the last 1/3 of the batter. Scatter with the almonds.
6. Bake for 50–60 minutes or until a skewer comes out clean. Stand 10 minutes, then turn onto a wire rack to cool.
7. Brush with the mango glaze.

To make mango glaze; combine all ingredients in a processor and puree. Pass through a sieve.

## Nutrients per serve

Energy	1013
Total fat	6.00 g
Saturated Fat	1.10 g
Protein	4.60 g
Carbohydrates	41.60 g
Sodium	0.34 g

Source; The New Classic Cookbook, Loukie Werle, National Heart Foundation of Australia 2008



# Berry Fruit Mince Slice



## Base

200 g chilled butter

350 g (2 cups) standard plain flour

200 g (1 cup) packed brown sugar

## Topping

400 g (2 cups) packed brown sugar 90 g (½ cup) plain flour

1 tsp baking powder 1 tsp salt

250 g (2 cups) desiccated coconut 4 large eggs

2 tsp vanilla essence 600 g (2 cups) Barker's Berry Fruit Mince

## Method

### Base:

1. Cut the cold butter into pieces. Place into a mixer or food processor with the brown sugar and flour. Mix until the mixture is crumbly in texture.
2. Press down evenly in a greased baking tin.
3. Bake for 10 minutes at 160°C.

### Topping:

1. Place all dried ingredients into a mixer or food processor and mix well.
2. Add the eggs, vanilla and Barker's Berry Fruit Mince and blend together until all combined. Do not overmix.
3. Pour the mixture on top of the base and spread out evenly.
4. Bake at 160°C for about 40 minutes or until the centre of the topping feels firm and evenly coloured.
5. Cool thoroughly before cutting.

# Brighter baking



Hints and tips from Holger Schinz  
of Sunbeam Cakes in Melbourne, Victoria

## *A couple of summer specials*

### Queensland Banana Bendies

Get a handy sort of mate to bend metal strips into a banana shape to make the cutter.

Cut out 4 mm thick shortbread pieces using the cutter and bake.

Cool and spread with a thin layer of apricot jam.

Cut out a thin layer of vanilla sponge (use off-cuts). Place them onto the apricot jam.

Pipe a thin strip of butter cream onto the sponge.

Peel banana then cut it in half (length wise!).

Place the banana onto the butter cream and cover with melted milk chocolate.

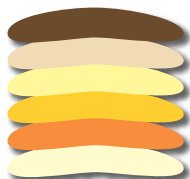
Finish off with white chocolate

Bendies will last when refrigerated for up to five days and are best eaten at room temperature.

PS My cutter is smaller than a banana.

PPS I use offcuts from all these used ingredients above to make truffle in a glass.

Layers : chocolate  
banana  
cream  
sponge  
apricot jam  
shortbread



### Arctic Choc Happies

Grandma used to make them ...

Confectionery fat	0.250 kg
Cocoa powder	0.060
Pure icing sugar	0.340
Vanilla sugar	0.040
Rum (80%)	0.020

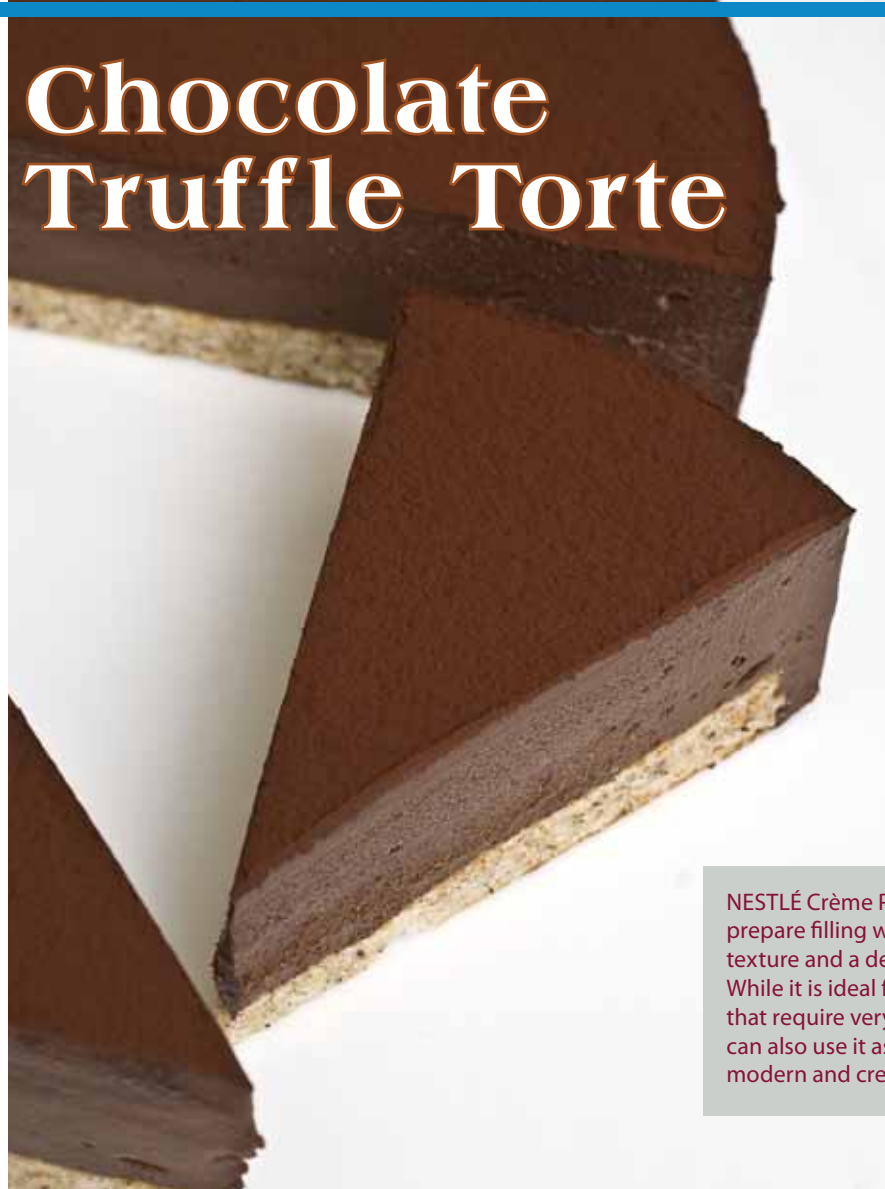
Melt confectionery fat in microwave, stir in the rest and fill petite aluminium petipans. (Must be the very small pans.)

Decorate with white chocolate or piece of glacé cherry

Best eaten out of the cooling cabinet.



# Chocolate Truffle Torte



Recipe by Marcus Braun courtesy of Nestlé Professional

NESTLÉ Crème Pâtissière is an easy-to-prepare filling with a smooth creamy texture and a delicious vanilla flavour. While it is ideal for tempting fillings that require very little preparation, you can also use it as a base for traditional, modern and creative dessert ideas.



## Truffle

**Yield:** 1 × 18 cm × 4 cm ring.

### Ingredients

300 g **NESTLÉ Chocolate Couverture Dark**  
50 g Cream  
130 g **NESTLÉ Crème Pâtissière filling mix**  
380 g Trim milk  
85 g Unsalted butter  
50 g Icing sugar  
18 g Cocoa powder, premium Dutch

### Method

1. Melt the chocolate and stir in the hot cream, stir together until smooth.
2. Whisk the NESTLÉ Crème Pâtissière filling mix and the milk together for 30 seconds on low speed.
3. Add the softened butter, icing sugar and cocoa together and whisk on high speed for 1 minute more.
4. Add the chocolate and cream mixture and whisk for a further 1 minute on high speed.
5. Pipe the mixture onto the baked hazelnut dacquoise disc and smooth off the top. Dust the top with Dutch cocoa and put into fridge to set for at least 2 hours.

## Dacquoise (hazelnut)

**Yield:** 1 × 18 cm × 4 cm ring.

### Ingredients

65 g Egg whites  
30 g Castor sugar  
30 g Hazelnuts – toasted and ground  
30 g Ground almonds  
25 g Icing sugar  
10 g Plain flour

### Method

1. Whisk the whites until stiff and add the castor sugar gradually until combined and smooth.
2. Gently fold in the sieved dry ingredients.
3. Pipe the mixture in a spiral inside the ring onto silicon paper and bake at 180°C for 15 minutes.







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