

slice

from the Baking Industry Association
for cafés, caterers and bakeries



Nuts and Seeds

Kernels of truth

The Big Earthquake

A first-hand account

Boosting baking in Timor

The Three Bakery Musketeers return

Bakery of the Year

New rules, new awards

Peter Reinhart looks ahead

Exclusive interview

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The big Little Cake Kitchen

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From the Office

BIANZ EXECUTIVE OFFICER
BELINDA JEURSEN REPORTS

I thought a major earthquake was a once in a lifetime experience. How wrong I was. As I write this, the city I have called home for the past 12 years lies in partial ruin and we are all still reeling from the events of 22 February. In true New Zealand fashion, everyone here knows someone who has been lost or injured. Tragically, some of our BIANZ members have been directly affected by this and our deepest sympathy goes out to them.

When I first settled in Christchurch I thought I would never feel like it was "my place". Now I am heartbroken at the destruction of a city I have grown to love and the loss of life that has resulted. Part of my short history here has been obliterated, places I have worked and spent time in, people I have known. But I am also immensely proud of the way in which New Zealanders have responded. There is a renewed sense of community and a tremendous spirit of giving and resilience that confirms I made the right choice coming here. Despite ongoing aftershocks and an uncertain future I am totally committed to remaining here. There is always opportunity in adversity and Christchurch has the potential to become a wonderful place again.

On a happier note, we have been getting really positive feedback from readers about *Slice*. We've worked hard to get it to its current level and will keep making adjustments and improvements to both the content and the design to make sure that you are getting a publication that is interesting, relevant, useful and entertaining.

Slice serves not only our Association but the baking industry as a whole. Although we all work with bakery products, the way we do this and where we do it varies enormously and can sometimes make our industry feel fragmented. Most of you are working so hard in your businesses that time out to see other setups is not often possible. But we do all share many of the same concerns and challenges. *Slice* is one way of letting you know what other people in your industry are striving for and achieving, and what BIANZ is doing for you. The magazine aims to show the common ground between all its readers: bakeries, cafés, caterers, manufacturers, training organisations, suppliers and other associations.

At BIANZ we have been working towards BakeNZ 2011 and the competitions that take place during this event. We were very pleased to be teaming up with Salon Culinaire at the Christchurch Polytechnic this year but circumstances have obviously changed. We will now be hosting BakeNZ in Napier in August. Please keep an eye on our website for updates.

Remember that help for BIANZ members is only a phone call away. I will keep you posted about public holidays, the minimum wage and any other business related information you may find useful via my e-newsletter. I wish you all good trading over the Easter period.

Please consider taking up the Red Cross Buns idea. It is a very worthy cause and has benefits for your business as well.

Belinda

Red Cross buns for Earthquake Appeal

Here's an opportunity for bakeries around New Zealand to contribute to an excellent and very current cause and promote something a little different this Easter.

BIANZ is endorsing an effort to raise funds for the Red Cross's Earthquake Relief Appeal by asking bakeries to make hot cross buns with a red cross on them and donating part of the sale to the Red Cross.



Rangiora Bakery contacted us to tell us they are making the unusual "Red Cross Buns". BIANZ would love to see other bakeries around New Zealand take up this cause.

If you decide to make and sell the buns it would be a good idea to contact your local media and get some coverage to give your effort momentum. We suggest you donate approximately 6-8% of the sale proceeds to the Red Cross. This can be done once the Easter trading period is over.

Please visit their website to make your donation: www.redcross.org.nz/donate



New Members

The association welcomes these new members

Burwood Bakery Christchurch
Cuba Street Bakehouse Palmerston North
HBS Café Opotiki
Patisserie Royale Motueka
Queenstown Bakery. Queenstown
Regency Pies Whangarei
Urban Jungle Café Auckland
Whoopie Auckland

From the President

BRENDAN WILLIAMS KEEPS IN TOUCH



It seems like only yesterday I was sending best wishes to the people of Christchurch after the September quake. The “after-shock” that hit the same people at 12:51pm on 22 February was on another scale altogether and we continue to send our best wishes to the people of the Garden City, especially our BIANZ members, in the months ahead.

I thought it might be interesting to you to outline some of the changes that have been implemented over the course of my first term. One of the first things our executive established was that 2010/11 was going to be a year of consolidation, with innovation being the key to achieving our mission of supporting, assisting and informing our members to enable them to grow and sustain profitable businesses.

Organisational change

We have made a conscious decision in the last couple of years to bring the organisation of our annual event in-house. Previously a separate organising committee was set up but we now have all tasks split between members of the standing executive.

A steering committee of event stakeholders meets with us at our normal quarterly executive meetings. This cuts down on the travel and expenses associated with a separate committee and ensures cohesive planning.

We appreciate the input of our stakeholders. It is based on daily contact with different facets of our industry and is invaluable.

BakeNZ change

Due to the sad circumstances in Christchurch, we have had to reconsider BakeNZ 2011, which was to have been held in Christchurch alongside Salon Culinaire.

We are now organising an event in the Hawkes Bay in August. We aim to make sure BakeNZ 2011 remains a worthwhile, enjoyable event. We would like to see everyone who attends go away with something to implement in their business immediately.

We don't want to lose sight of the social and networking aspect however, and we have some exciting evening events planned.

Wider focus

Slice goes from strength to strength. We are getting very good feedback on the content and design and I believe that broadening our focus to include cafés and caterers has been a constructive development.

We have also been re-establishing contact with our Australian counterparts and enjoyed meeting representatives of their baking associations last year at Fine Foods. We have since been in contact with them regarding baking competitions and the possibility of a joint event in 2013.

As a country we must stand strong and support each other now as there is a huge burden on our economy that will further decrease the speed at which we recover from the global financial crisis. Our government will need to be some tough and unpopular decisions to ensure that we are able to meet our obligations and not end up the way of some larger European nations have of late: bankrupt.

Let's look to the future and as always keep the comfort food rolling out the door to keep everyone smiling!

Yours in baking,

Brendan

15 prizes online for any answers

Take part in a short survey from the Pie Group and win one of 15 prizes. There are no right or wrong answers. The survey closes 31 March 2011.

In August 2010, the Pie Group, made up of a national group of pie manufacturers, the baking industry and health organisations introduced a set of guidelines titled 'How to Make Better Pies'. These guidelines aim to improve the quality and nutritional profile of pies manufactured and marketed in New Zealand. We hope you have already received a hard copy sent by post.

Six months down the track we are keen to find out your views about the guidelines, and in particular, gather information about the uptake of the guidelines, how easy the guidelines have been for you to follow, any difficulties you may have encountered, and any suggestions you may have to make the guidelines more user friendly.

As such, we invite you to partake in the survey that will take you no more than 10–15 minutes to complete.

See the BIANZ website for your link to the survey.

From the Vice President

MICHAEL GRAY reflects

2010 was a busy year. It began with a lot of hard work with the build up to Fine Food in Auckland, which provided an excellent spectacle of food and business ideas.

Over the past year I have continued to grow the number of BIANZ partners while securing existing partners into continuing support of our association. I believe several new relationships will continue to bear fruit for some time.

I must thank all of our partners, especially Bakels, not only for their financial support but also for the time and effort they have put in. It all helps to ensure the upward trend that our association is experiencing.

What will 2011 bring? The fact that the first quarter has all ready

been and gone makes me realise the importance of planning. Our team at Nada has successfully relocated to a new production facility and café. It's taken a lot of careful planning, the same as we are always faced with in the association.

When re-assessing our current situation and where we want to be, I have tended to play devil's advocate, asking whether what we are doing is right. Upon reflection I notice that we have made great leaps and bounds in recent years. We can't stop the momentum. We need to rise to new heights and think further out the box, as we all need to in business to stay ahead. After all, none of us can ever afford to be satisfied with the status quo.

So I ask what do you want? Where do you want your association to be heading? Please speak up and be involved.

Letter to the editor – the folic acid issue

To the editor,

I have been a baker for many years and have seen many changes in our industry, but to my mind the folic acid debate is probably the biggest issue we have faced as an industry.

I really hoped that when companies voluntarily started putting folic acid in some of their bread lines the problem would be solved but it seems that some people are still determined to make bakers responsible for the health of all New Zealanders.

No-one wants to see children born with Neural Tube Defects but as a baker who is proud of what I do, I don't want to be blamed for the possible long term ill effects of adding folic acid to all baked products. If we don't say no to this now, that is the situation we will probably end up in. What are we going to do about this as an industry? We can't give up the fight now.

Yours,

Unhappy Baker

(Name and address supplied)

BIANZ executive member David Plunkett replies:

It appears the debate over mass fortification of breads has started to ramp up again and this is probably because while the original date for compulsory fortification was deferred until May 31 2012, both sides are starting to gather momentum for their argument as this date looms.

As you are aware, the arguments for and against are emotive, with proponents on both sides believing passionately that their views are correct. As with all emotive arguments, both sides are using very strong words, with those against linking folic acid to cancers, and those in favour pulling on the heart strings talking about new born babies with Neural Tube Defects (NTD).

As a baker I too do not want to feel responsible for serving something up to the public which still can't be deemed 100% safe, and I note, in support of our argument, the recent notification to reduce fluoride in drinking water by the US Department of Health and Human Services and the US Environmental Protection Agency. This has become necessary after 50 years of dosing, as children are starting to show signs of a condition called fluorosis. This is when the body is exposed to too much fluoride. This has taken 50 years to show and should make us all aware of any possible consequences in generations to come.

As an industry then our key focus must be to support the voluntary fortification of breads and ensure that we lobby

hard for this approach in the next few months as information flowing from the various studies underway comes to hand.

To this end we are working with the New Zealand Association of Bakers to ensure we have a consistent and coordinated response prepared.

In the meantime, what can you do?

It is often said that actions speak louder than words so we urge you to become informed on what is being proposed for us as an industry and how the industry is responding so you will be in a better position to respond when the situation demands it.

If you are against mass fortification then consider offering your own range of fortified breads that are directed towards the target audience and let us know what you are doing so we can add this to the list of fortified breads the larger companies are offering.

It is my view that the voluntary addition of folic acid can work and gives all of us, as consumers, a choice in taking folic acid or not.

Voluntary fortification though will only work if there is real choice for people so if you are really serious about avoiding mandatory fortification I would encourage you to do your bit.

Please see the BIANZ website for a list of fortified breads.

Gary Cameron writes

Of flying pigs and chickens with trotters



Jean, in a weak moment, purchased a packet of pork and apple schnitzel which, when cooked, tasted mainly of bread-crumbs, apple, and the oil they were cooked in. Edible but not exciting.

However when I was disposing of the packaging I spotted the ingredient list. That was a shock.

In my world, schnitzel is a thin slice of meat coated with flour then dipped in egg and breadcrumbs and quickly fried ... yum. But this product was constructed or assembled from 23 named ingredients and 19 additives, making a total of 42.

But wait, there's more.

First on the list was MFAT 37.4% pork and chicken ground. Question: where did the chicken come from? Remember

the packet said pork and apple schnitzel. Considering all the other info on the label, and no doubt it meets all the labelling requirements, a little bit of truth is also needed. Like how much pork is included in the 37.4%?

Could be a slice of pig's ear for all we know, and was it a happy pig?

Was the chicken a free range one or an old boiler? And the apples: were they picked here or canned in China?

We wonder why half the population suffers from food allergies these days.

As mentioned, this product and lots of others like it meet label and dietary requirements. But is it a fair go to con people into believing that what they're eating is true to label? Clearly it is not.

Imagine the uproar if you (the baker) sold a slickly packaged loaf saying it was stoneground wholemeal but containing a plain white loaf. It's still bread but it is not what the package says it is.

So to me a pork and apple schnitzel should contain pork and apple, not an unknown amount of chicken ground, and preferably not 40-odd other bits and bobs.

Fortunately the Pointy Heads have yet to create artificial flour, so keep on baking people, using real ingredients as well as your flair, passion and skill.

You may help reduce the horrifying increase in people with allergies.

Cheers,
Gary



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news and views

Fermented flour option for coeliac sufferers

New research by a group of Italian scientists indicates that fermented wheat flour may be a viable option for those suffering from coeliac disease.

The study, which appeared in *Clinical Gastroenterology and Hepatology*, the official journal of the American Gastroenterology Association, examined the effects of baked products made with a hydrolysed form of wheat flour on a group of 16 coeliac sufferers.

The researchers created the fermented wheat flour using sourdough lactobacilli and fungal proteases, which decreased the concentration of gluten in the baked products.

The participants in the study ranged in age from 12 to 23, were healthy and had been on a gluten-free diet for at least five years. Each received 200 grams of baked products every day for 60 days.

Six were randomly selected to receive baked products made with natural flour, five were selected to receive products with extensively hydrolysed flour, and five were selected to receive products with fully hydrolysed flour.

Two of the six participants who ate the natural flour products dropped out of the study due to pain and diarrhoea, the usual symptoms of coeliac disease.

Participants on the extensively hydrolysed and the fully hydrolysed flour diets reported no medical complaints.

"This is the first time that a wheat flour-derived product is shown to not be toxic after being given to coeliac patients for 60 days," said Luigi Greco, MD, PhD, the lead author of the study.

The researchers added that additional and lengthier trials are necessary to determine if fermented wheat flour is safe for all coeliac sufferers over longer periods.

Smart wrapping

A new generation of smart packaging – which flags up when food is going off – is being developed in Scotland.

Researchers from Strathclyde University are working on indicators made from "intelligent plastics" which change colour when food loses its freshness.

They hope to have a commercially viable product available soon which will improve food safety and cut waste.

UK households are estimated to throw out about 8.3 million tonnes of food each year – most of which could be eaten.

It is also thought that there are about one million cases of food poisoning annually in Britain.

For low-fat chocolate cake – add water

In a bakery, water is often seen as the enemy of chocolate. When tempering chocolate, just one drop of water can make the smooth-flowing chocolate seize up into a lumpy mess.

But Janice Wong, pastry chef of 2am Dessert Bar in Singapore, has created a dish to reconcile these old foes. In her Chocolate H2O, which she conceived a year ago for the Madrid Fusion pastry competition, she uses Evian water to make a low-guilt (that is, low-calorie and low-fat) chocolate cake.

Mousse cake: Ms Wong makes a batter made from sweetened chocolate, Evian water and egg whites, and freezes the entire mixture until it is semi-solid (scoopable, like ice cream).

The batter is put in a syphon then pumped out — much like instant whipped cream — into the shape of a palm-size cake. "I had the ladies watching their figure in mind," says Ms. Wong. The final product is flourless and doesn't contain any cream or butter.

Truffle: The surprise centre in every cake is a thinly coated truffle made from two textures of caramel: a sticky-salted caramel and a caramel bavarois mousse.

Caramel paper: Using the same base as the caramel bavarois, Ms Wong spreads the batter into a thin sheet and dehydrates it in a low-heat oven for four hours to achieve a crisp, tuile-like texture.

Caramel sand: Ms. Wong won't disclose her technique for turning maltodextrin into caramel sand but the added crunch brings another layer of texture to the airy cake.

Oxford Dictionary backs NZ's claim to the pavlova

New Zealand has trumped Australia in the long-running argument over who invented the pavlova. According to the latest edition of the *Oxford English Dictionary*, the first recorded pavlova recipe appeared in 1927 in *Davis Dainty Dishes*, a recipe book published by Davis Gelatine (NZ). The dessert was named after famed Russian ballerina Anna Pavlova, who toured Australia and New Zealand in 1926.

The Australian story is based on a cake that chef Bert Sachse baked at Perth's Esplanade Hotel in 1935. However several New Zealand references to the pavlova pre-date this.

The Davis recipe is the earliest, although there has been debate about its relevance as some people have described it as being more like a trifle.

In 2005, research by Professor Helen Leach, of the University of Otago's anthropology department, uncovered a 1929 pavlova recipe in a New Zealand rural magazine. A 1933 recipe with correct ingredients and method turned up in the Rangiora Mothers' Union cookery book submitted by Laurina Stevens as Mrs W H Stevens, of Rangiora. The finds were part of a three-year project to study the development of New Zealand's culinary history.

Dr Leach, who went on to write the book *The Pavlova Story*, said the Australian recipes appeared more than 10 years later.

"I can find at least 21 pavlova recipes in New Zealand cookbooks by 1940, which was the year the first Australian ones appeared," she said recently.

Australian food historian Michael Symons was also involved in the research, which confirmed Australia's claim to the lamington, but (appropriately) found that the ANZAC biscuit can be held in joint custody, having appeared in both countries at about the same time.

'Local' food labelling misleads

Local food labels are often incorrect, a British government watchdog's survey has found. *The Guardian* reports that consumers are being misled by "local" foods, with almost a fifth of products bearing the label making the claim falsely.

Items that were found to be misleading include "Welsh lamb" from New Zealand, "Somerset butter" from Scotland, "Devon ham" from Denmark and "West Country fish fillets", where the fish had been caught in the West Country but filleted in China. A "fresh local cream" was found to be a cream substitute with vegetable fat.

"Automatic bakers" headed for court in Germany

New hot bread vending machines are raising the ire of craft bakers in Germany. The supermarkets where these machines are installed claim that the machines dispense their rolls and loafs "fresh out of the oven – direct into the bag."

With a pause of just two seconds between a purchaser pressing the button and a wheat roll plunking out, one baker interviewed by the *Wall Street Journal* suggested that "whatever goes on in there, it's certainly not baking."



What exactly does happen inside the automats has become a matter of dispute between Aldi Süd, a discount supermarket chain, and most of Germany's 15,000 traditional bakeries.

The company began installing the machines, emblazoned with the word Backofen, or "baking oven" in hundreds of stores last year.

The German Bakers' Confederation is taking Aldi Süd to court on claims of deceptive advertising.

The bakers suppose that the bread is not baked, just warmed up, perhaps by some sort of microwave. Aldi Süd has said that the automats represent a "technological innovation." A large industrial baker supplies the already shaped dough, they say, which is partially baked outside the machines, the company wrote. Once inside, a "lengthy build-up of heat allows the flour to gelatinise ... therefore a baking process is taking place. The goods are not merely being 'browned,'" Aldi Süd added.

German craft bakers are already in decline, competing against 'ever more packaged bread, instore bakeries and corporate

chains. Despite introducing innovations such as new recipes, loyalty cards and barista-made espresso, the number of traditional bakeries in Germany has fallen by 40 percent since 1990. They are used to competition but for many bakers the Aldi machines cross a new competitive line. The bakers' confederation says it will supply experts to testify in court on what constitutes a bona fide baking process.

"We are not against Aldi selling bread," Peter Becker, the confederation's president told the *Wall Street Journal*. "But it's unfair for them to say that it's somehow better or different than the packaged stuff they sell on their shelves."

Adding insult, the automat goods cost about half the price of most bakeries' fresh bread.

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Yarrow gives \$1m to council

Iconic Taranaki businessman and philanthropist Noel Yarrow donated \$1 million to the New Plymouth District Council, a gift announced in January. Mr Yarrow was owner of Yarrow the Bakers. He died aged 83 in 2008.

The money is for investment in the Noel Yarrow Puke Ariki Trust, which will hold the donation. The council is a corporate trustee. Income from the investment could be used to fund shows, displays and items at Puke Ariki.

Mayor Harry Duynhoven said councils throughout New Zealand were very envious of the donation. "It's an extremely generous gift," Mr Duynhoven said.

It is not yet known where the money would be invested. Lawyers acting for Mr Yarrow's estate informed the council of the donation last June.

The council was one of several organisations in the region to receive an investment donation from Mr Yarrow's estate.

The estate which made the donation is separate from the Yarrows the Bakers business operations. The donation unfortunately came at a time when the South Taranaki enterprise was facing a major review of its operation, which could result in the loss of up to 40 jobs.

Pasty must be Cornish

A European Union ruling has given the humble Cornish pasty a Protected Geographical Indication (PGI) status. It joins the likes of Parma Ham and Champagne as delicacies that must be prepared in the region within its name.

The official ruling states the pasty must be D-shaped and have a crimped edge but most importantly must be prepared in the south western English county of Cornwall. The rules also state the Cornish delicacy should have no less than 12.5% chunky beef cuts, swede, potato, onion and light seasoning (usually black pepper). It must have no preservatives or additives.

It can still be baked in regions outside Cornwall but preparation must take place there. In order to protect the quality and reputation of the product, the Cornish Pasty Association submitted its request to the EU in 2002 and are finally celebrated its newfound status in February.

Not everybody is pleased with the ruling however. In the neighbouring county of Devon retailer Simon Bryon-Edmond, of Chunk of Devon, told *The Independent* newspaper: "I see this as protectionism for some big pasty companies to churn out a pastiche of the real iconic product."

Even in Cornwall there is some disagreement. Ann Muller has been making pasties in her Lizard bakery for 25 years, and will continue to make them with the crimp on the top rather than on the side, as the new rules dictate. Henceforth, she can no longer legally describe her pasties as Cornish. "If I am fined for an over-the-top crimp I won't pay. I will go to prison," she told *The Independent*.

Other foods which already enjoy PGI in Britain include Melton Mowbray Pies, Jersey royal potatoes and Newcastle Brown Ale.

Yet another weight loss recipe

A decade after "carb" became a four-letter word, scientists in the US have unveiled what some claim is a Catch-22 breakthrough for dieters: Carbs may actually help you lose weight.

"The Skinny Carbs Diet" is the result of a University of Colorado study in which a link between specific types of carbs (known as "resistant starch carbs") and their potential to boost weight loss were put to the test.

According to the study, "Starch can fall into one of three classifications: readily digestible, slowly digestible and resistant. The latter does not get absorbed in the small intestine and are only minimally digested." Any digestion that does take place, they say, is slow, which in turn results in a slow but steady release of glucose into the bloodstream.

In short: If you stick to the resistant form of starch, they claim, you may feel full much longer and be less inclined to eat between meals. Recommended sources of resistant starch carbs include sweet potatoes, beans, whole grain pasta, artichokes, yams, and quinoa.

Stand by for Pi Day

We've missed it this year but it will keep. March 14 has been officially designated Pi Day by the US House of Representatives and there is no reason it could not be celebrated here.

It was created by an American scientist, Larry Shaw, to commemorate the mathematical constant π (pi), the ratio of the circumference of a circle to the diameter, approximately 3.1415926535897932384...



The date was chosen because 3/14 are the three most significant digits in the decimal form of the constant.

Round pies should be consumed.

Spain wins World Pastry Cup

Spain won the 2011 World Pastry Cup, the prestigious biennial competition known as La Coupe du Monde de la Pâtisserie.

Taking place for the 12th time, the contest took place in Lyon on 23 and 24 January and saw 19 countries from around the world compete for the title, each comprising a pastry chef, a chocolate specialist and an ice cream maker.

As the winner of the gold medal, the Spanish team has won EUR12,000, with Italy and Belgium picking up the silver and bronze medals respectively.

NEW products

Power prices going up – time to negotiate

Further increases in power rates are on the way but negotiating with suppliers through an independent broker can reverse this, according to David Parkinson of **Powerswap.co.nz**.

Mercury says prices will rise for about 200,000 Auckland customers by an average of 3.5% on April 1 following an annual review. And about 246,000 Contact Energy customers nationwide will be paying between 6% and 8% more on average. The power companies say they are passing on the costs from what they are spending on generation so that New Zealand can have enough power in coming years. (Source: *NZ Herald*, 1 February)

David Parkinson is a power broker and has seen an increase in the number of customers switching suppliers as rates rise. "For the three months to January 2011, 110,000 customers switched power companies," he says. "Over the past few months we have negotiated over nine million dollars with power suppliers and provided savings of around \$1.3 million." He adds "Competition in power rates is still there if you are willing to negotiate. We have achieved an average of 14% reduction in power rates when tariffs are increasing. This is welcome news to the baking industry when raw material prices are on the rise".

The 2009 Ministerial Review into Electricity Market Performance indicated savings of about \$150 million a year can be achieved through switching. (Source: Electricity Authority)

Further information email: business@powerswap.co.nz.

New Boosters

Give your dishes a flavour boost with new **Nestlé Professional MAGGI Gluten Free Beef and Chicken Boosters**.

The Boosters are gluten free and contain no added MSG, and are designed for a wide range of uses including gravies, sauces, casseroles, marinades, rice dishes and pies. They are quick and easy to prepare: simply mix with boiling water to make a stock or sprinkle on dry.



MAGGI Gluten Free Beef and Chicken Boosters now replace the MAGGI Beef and Chicken Bouillon range and are available from leading foodservice distributors nationwide. **For more information, contact Nestlé Professional on 0800 830 840.**

World Cup business opportunities

Among the thousands coming to New Zealand for Rugby World Cup 2011 will be many business people wanting to explore opportunities while they're here.

You can become a business host, network with business people, find opportunities for New Zealand products and services, help showcase local food and wine, or perhaps organise business networking events.

Sorting out and advising on ways to become involved is easy. Check into the Real New Zealand Festival website: **www.nz2011.govt.nz**.

You will find regional hosting contacts throughout the country who can help set up your opportunities.

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more **NEW** products

A machine that sucks – for good

Aston Foods, a Swiss company (www.astonfoods.com), has developed what they say is a revolutionary new vacuum cooling system for bakery goods. There is nothing new about the process in itself, known correctly as vacuum enthalpy cooling, but Aston say it has seen further development and improvement over the years.

Aston have sold several of their systems in Australia and at the end of last year opened an office in Brisbane.



They claim that their technology will change part of the baking process in the future, improving product quality while cutting costs.

The essential feature

The essential feature of vacuum cooling is that it extracts the moisture from the crust of the product. Partially baked products have a stable, dry crust after the process and can be packaged and transported without any problems. Since the crust is the hottest part when the products are loaded into the chamber, it is in this area that the evaporation of water is most pronounced.

This results in a moist crumb being surrounded by a virtually water-free crust.

For optimum results it is important that the baked products are loaded into the vacuum cooling chamber while still oven-hot. Vacuum times vary according to the baked product.

Some Danish pastries require no more than about 30 seconds in the vacuum, whereas bread requires up to 140 seconds.

In the early days of vacuum technology, engineers were faced with the challenge of how to prevent baked products coming out too dry and lacking in aroma. The vacuum is now so precisely regulated, say Aston, that these problems are no longer an issue for modern-day units.

Enormous reductions in baking times are made possible by vacuum cooling. With some products, such as muffins and confectionary products, the time in the oven is reduced by about 40%.

For bread and small bakeware the average time reduction is about 20% to 25%. For the same shift time it is theoretically possible for the oven to handle 25% more baked products.

Baked products cooled by conventional means can suffer from the much feared capillary effect caused by the residual moisture in the crust. Moisture evaporating from the crust draws out water from the crumb and, the longer it is kept, the more the product develops a soft, tough crust.

Since vacuum cooled products contain practically no crust moisture, they do not experience this effect. The result is bread that maintains a crispy, stable crust far longer than otherwise.

Aston Foods Australia
Heinz Frunz
PO Box 652, Samford QLD 4520
+61 7 417 756611
heinz.frunz@astonfoods.com
www.astonfoods.com

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.

Events calendar

What	When	Where
Gluten Free Food & Allergy Show	21–22 May 9–10 July 20–21 November	Auckland Wellington Christchurch
Interbake China 2011	15 May	Shanghai Exhibition Center
Wildfoods Festival	12 March	Hokitika
Gulfood Exhibition	20–23 February	Dubai, UAE
BakingTech 2011	27 February–2 March	Downtown Chicago Marriott
Foodpro 2011	10–13 July	Sydney Convention Centre
South Island Hospitality Show	17–18 August	CBS Canterbury Arena, Christchurch
 BAKENZ 2011  Bakery of the Year and Trainee of the Year Competition judging BIANZ Annual General Meeting	19–20 August	Napier
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



Burns & Ferrall CEO Chris George with Bakels CEO Duncan Loney

NZ Bakels have installed 4 sets of New Bongard Stone Bake Ovens.

We installed the first Bongard Soleo M3 Deck oven into the NZ Bakels Training School in Auckland in September last year:

This was installed to ensure that Bakels had an oven with the excellent steaming properties required for the Bakels Richemont Advanced Bread Course run by NZ Bakels with material and support from the prestigious Richemont Baking School of Switzerland. The Oven was a success and endorsed by the Richemont Tutors Thomas Doettke and Urs Rothlin.

NZ Bakels CEO Duncan Loney called shortly after to enquire about replacement ovens from Bongard for the rebuilt QC and R & D Departments as well as the Sales Department.

The relationship between Burns & Ferrall and Bakels goes back far before my time, it doesn't matter which Bakels Company you enter; you will see plenty of equipment supplied by Burns & Ferrall including at last count 13 x 20 Qt Hobart mixes, 3 x Rondo benchtop pastry sheeters and various tins and baking trays. Burns & Ferrall have also supplied to Bakels Fiji a Bongard Blast Freezer and also a Rondo Pastry Sheeter and Bakels Fiji have just ordered and are awaiting delivery of their second Bongard Blast freezer and also the latest of technology from Rondo, the Rondostar4000 Automatic Pastry Sheeter.

With Burns & Ferrall having its own Service Division it meant that Bakels dealt with one company through the entire process from the very first enquiry right up until final sign off after the installation and Commissioning of the equipment. Burns & Ferrall service division also provide a full Service and any Preventative Maintenance work required on the equipment.

Mark Hodgson

Burns & Ferrall Commercial Bakery Manager



For any information or technical specifications on the Bongard Deck ovens or any Bongard, Rondo or Hobart Bakery equipment Please contact Mark Hodgson at mark.hodgson@burnsferrall.co.nz or on +64 21 380 034

Better Bake Info from BIRT

The Baking Industry Research Trust (BIRT) is pleased to announce the relaunch of their website, www.bakeinfo.co.nz.

Through the website, BIRT aims to offer access to baking information, research and events happening within the New Zealand baking industry and an interactive service where your bakery questions are answered.

The new website has been reorganised into six sections to make it more user friendly and provide more services to the user.

“Questions can be on any bakery topic”

The *About Us* section outlines the roles of BIRT and its committee. Previous newsletters from BIRT are easily accessed here and you can choose to subscribe to future issues of the BIRT newsletter. The newsletters focus on events, news items and activities of interest to bakers.

In *Ask Us* you can email bakery queries to our expert through the website. Questions can be on any bakery topic and we receive a range of questions, including processing issues and functionality of ingredients. There is an online library, which includes information sheets that list relevant and specific information on bakery topics, including bread making and bakery products.

The largest section of the website is *Facts*, which contains detailed information on topics including wheat, milling and flour through to bread making and bakery products. Additional sections are *Nutrition*, *Gluten* and *Food Regulations*.

For bakery news access the *Hot Topics* section which is regularly



updated with articles from food news websites around the world. The articles cover bakery and food related topics including new ingredients, processing techniques, conference reviews and industry news. There is also an *Events Calendar*, which lists bakery and food events which will take place in New Zealand and overseas.

If you have an event in 2011 that you would like promoted please email us the details.

Please take the time to access the bakeinfo website, www.bakeinfo.co.nz or email info@bakeinfo.co.nz.

Roll of Honour for baking industry graduates

Competenz, the industry training organisation, has announced that a 'Roll of Honour' graduate booklet has been established in recognition of the time, effort, and dedication learners put into completing their industry-based training and recognising their employers for their support.

A Competenz spokesperson said that industry-based training achievements are often overlooked when stacked next to their university graduate peers, despite the comparable commitment learners must make to complete their studies.

"Gaining an industry-based qualification requires dedication and focus which deserves recognition," says Competenz chief executive, John Blakey. "A qualification represents a lot of determination on the part of the learner; and support, encouragement and skills-sharing on the part of the employer."

Among the 885 Competenz graduates for 2010 are 84 baking apprentices who completed their specialist qualifications in craft, instore-franchise or plant baking.

These qualified industry professionals

all studied while working within their chosen field. Most of the baking graduates are employed within supermarket chains, large baking plants or well-known franchises, however a number also work within smaller bakeries.

"We congratulate all our graduates and their employers – they can be proud of their achievements," says John Blakey.

The Roll of Honour will now continue to be published within the first quarter every year to celebrate the previous year's graduates.

Changes in Training

Thomas Thomas reports on recent developments.

With a changing economy and government restructuring of funding to training organisations, baking apprenticeships are undergoing some changes.

The basic principle is to achieve measurable results, therefore making people more accountable for their training. We should not see people taking six to ten years to complete their apprenticeship anymore. Under the new system, if a trainee takes longer than the determined time, they will have to cover the full cost of their training.

The prerequisite for the National Certificate in Baking (Craft Baking) Level 4 with strands in Biscuit, Bread, Cake, and Pastry, and with an optional strand in Team Leading, is a National

Certificate in Baking Level 3. The strands allow candidates to specialise in their chosen discipline within the Craft Baking: biscuit, bread, cake, or pastry.

Leadership

In addition, candidates may choose to complete an optional strand in Team Leading for those who have responsibility for leading a team in their bakery. This recognises the application of coaching, leadership, mentoring, planning, and team building skills to the craft baking industry.

As we get more information we will publish it on the website and in *Slice*.

Reviewed qualification is 'by bakers, for bakers'

Competenz, the industry training organisation for the baking industry, has registered the recently reviewed National Certificate in Baking (Craft Baking) (Level 4) with NZQA. The review was driven by industry feedback that the current qualification was no longer 'fit for purpose'.

The reviewed qualification will be offered in with 'strands', allowing more flexibility to specialise in either Biscuit, Bread, Cake, or Pastry craft baking, or a new optional strand in Team Leading.

Previously, unit standards to show a learner's competence in biscuit, bread, cake, and pastry craft baking skills and knowledge were compulsory to complete the Level 4 qualification. The industry said this was not practical as many craft baking apprentices are employed in smaller enterprises, producing some but not all of the required product range outlined in the qualification.

"The registration of the reviewed qualification provides an improved pathway to increase craft baking apprenticeship completions rates," says Competenz industry leadership manager, Andrew Brownlee. "The stranded structure meets industry's need for a more 'fit for purpose' and achievable qualification, and will ensure we lift the levels of achievement and industry skills to benefit all stakeholders."

Consultation and feedback were sought from a specially formed Craft Baking Advisory Group, comprised of key industry representatives and employers from around New Zealand, including Baking Industry Association of New Zealand members.

The advisory group work helped map out the ideal skills and knowledge pathway for apprentices so they will achieve their Level 2 and Level 3 national certificates in baking, too, at the first-year and second-year stages of their apprenticeship.

Case studies were conducted to learn more about successful competency-based training systems for craft bakers from around the world, including from Australia, United Kingdom, South Africa, and Canada.

"Working in concert with the advisory group and other industry groups, our team were able to develop a qualification that's

essentially 'by bakers, for bakers'," says Andrew.

"The qualification has been fast-tracked onto the national qualifications framework and will be available to industry for sign-ups shortly."

To enquire about the reviewed Level 4 National Certificate in Baking (Craft Baking) for your employees, call the Competenz customer support team on 0800 526 1800.

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Return to Dili

Ralph Plarre of the big Melbourne bakery firm Ferguson Plarre, Tom O'Toole, the famous Australian baker and motivational speaker, and Graham Heaven, well known to many New Zealand bakers as a bakery instructor and apprenticeship moderator, visited Timor in 2009 to help establish a bakery school in that war-ravaged land, the poorest country in South East Asia.

In 2010 the Silesian Sisters wrote asking them to return. They wanted help further developing their bakery school and expanding the variety of bread they could produce. Most importantly, they needed help creating jobs for the people.

Ralph Plarre tells the story of their return.

Graham Heaven was the contact point, and got in touch with Tom and me to see if the Three Bakery Musketeers could go back to Dili and help them.

All three of us quickly agreed to go, with the proviso that our travel and accommodation be provided. This was agreed to by Sister Louz of the Silesian Sisters, who was our contact. Air travel was naturally by Qantas and Air North, but surprise – our accommodation was to be with the nuns at the convent and we were to leave on the second of January 2011.

Graham arranged for about 300 kilograms of ingredients (through the generous support of Weston Milling) to be shipped to Dili before our arrival, as we had no idea of what ingredients and what quality was there already. We had a good idea of the equipment at the convent, having seen it in packing cases in 2009.

It was a good plan but Graham learnt about four weeks before we were due to leave that the ship had been diverted to Singapore and would arrive in Dili about three weeks after we were to return home!

So – plan B – Graham, with the extremely generous support (again) of Weston Milling, arranged for a smaller amount of the most critical ingredients such as bread improver to be flown to Dili in time for our arrival.

Well, getting a simple package of baking ingredients through customs was impossible! Three days after our arrival, a very helpful gentleman who knew his way around discovered that the ingredients were at the Dili Airport, which was about 10 minutes from the convent, but that something was wrong with the documentation.

Thankfully the resourceful Mr Graham Heaven had, just in case, packed a large

crate of gear that we had to lug through airports, customs and security to make sure we had some stuff we knew would work, together with manuals and recipes. It's a good thing it's hot in Dili as none of us had room for much clothing!

To this day we don't know what happened to the flown-in ingredients. Customs refused to clear them before we were to leave, but the good news was that the bakery already had in stock most of the ingredients we needed and the quality was good enough. It was all a "goer" as they say.

We arrived in Dili very early and went immediately to the convent, were shown our digs, which were basic, and at the earliest opportunity got to the bakery to see what they were making – if anything.

It turned out they were making small quantities of bread and rolls with a recipe rich in eggs, fat and sugar, and overproved to the point of being dry, crumbly, and unappealing.

We met three young East Timorese busily hand weighing and hand moulding bread rolls. This, as you can imagine, was taking forever.

Then at the back of the bakery we spotted a new bun divider and moulder, not being used. None of the bakery students spoke more than three words of English so with sign language we asked why they weren't using it. They told us it didn't work. We then enquired as to the whereabouts of the ring that held the dough in and made it work. They didn't know what we were talking about, so while Graham and Tom set about making a simple dough to test the flour, I set off looking for the bun moulder ring. Eventually I found it, covered in surface rust, on the floor of an old shed.



We cleaned it up, installed it and – hey presto – a ten-fold increase in productivity!

In the meantime Graham and Tom's dough was coming along nicely and by the end of the day we presented the nuns with some good bread rolls and loaves and fancy breads.

They were delighted with the first day's results and the line up of locals at the bakery door at 6am the next morning saw it all sold.

We soon realised that the Timorese palate is more orientated towards sweet than salt so we reduced the amount of salt used by a small amount.

The next day Graham made a great batch of ciabatta which the nuns thought was fantastic. Many of the nuns came originally from Europe, and of course East Timor was a Portuguese colony until 1975, so the European influence is still strong.

The tiny country has seen massive trauma since 1975, with nearly a third of the population lost through war. This has resulted in a large young population in desperate need of work. The immediate result of high youth unemployment is idle time and gangs.

The sisters hosted a convention of Silesian nuns from all over world when we were there and they loved the ciabatta.

Incidentally, living in the convent for the ten days we were in Dili turned out to be a marvellous experience. You have never seen a cleaner place, with the glazed tiled floor mopped and polished twice daily.

The food was simple, nutritious and delicious, with prayers before and after every meal

The nuns loved Graham Heaven's surname.

They were jovial and wonderful hosts as we joked and told stories in what limited language we had.

Although the students had little English, they picked up skills very quickly. Graham and Tom were the enthusiastic hands-on bakers while I did my best to interpret their mad actions to Sister Evangelina, who was in charge of the bakery. She noted down every detail. Good humour overcame any language difficulties.

Part of the adventure was to go into downtown Dili to find local ingredients that we could turn in to products such as Tom's famous savoury rolls.

Over the weekend there we hired a vehicle and drove into the mountains to a place called Maubisse where we stayed in an old Portuguese posada – an inn – and saw the local market on Sunday.

Apart from the occasional truckload of locals on their way to church (92% of the population is staunchly Catholic) you could have been in a world of hundreds of years ago. The main transport is small horses. The terrain is very mountainous and the roads treacherous.

Most of the locals in Maubisse live a subsistence life, trading their wares and produce for necessities at the Sunday market. They were completely oblivious to us (the only westerners there). The scenery on the trip back to Dili was breathtaking with the temperature rising from a cool mountain 19 degrees to a stifling 32 back in Dili.

By the time we had to leave I think we did our job in helping the very needy and deserving people of Dili.

Productivity was massively (and easily) increased. We had halved their ingredient costs and produced a much better product with better keeping qualities. New products like ciabatta and savoury rolls were introduced. They now have the basis of a bakery that can earn its keep and provide gainful employment, and that can be expanded to provide even more jobs.

The nuns said they wanted us to come back when they gear up and need advice as to how to set up a retail shop in downtown Dili.

So the "Three Bakery Musketeers" may return to Dili again, a challenge that I'm sure we would accept, to try to help our northern neighbours in their efforts.

Article by Ralph Plarre, email ralph.plarre@fergusonplarre.com.au



Above: Tom O'Toole and Graham Heaven, both briefly confused perhaps, while a local baker gets on with business. **Below:** Graham Heaven knot confused. **Bottom:** Graham Heaven (left), with Ralph Plarre and Tom O'Toole (right) and unidentified bakery worker and nun.



Lean Manufacturing

Preparing yourself and your team for Lean

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.

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.

Email: gosolutions@extra.co.nz

Phone: 027 444 5593

It is often said that people are our greatest asset. Check out your next wage bill.

Then add this cost to the cost associated with human error causing defective product, the cost of rework or waste because procedures were not being adhered to or followed, slow running due to absenteeism; excessive downtime caused by breakdowns because maintenance was not completed or staff were poorly trained, unproductive work practices because of history and inherited legacy systems – “that’s the way it has always been done around here!”.

People are our greatest asset and our greatest liability. In Lean terms all of these factors equal waste and waste equals cost. But it’s not the fault of our staff. In most instances people are more than willing, in fact keen, to adopt Lean principles

People see Lean as a way to reduce their frustration. Lean allows them to work smarter and most of all, through Lean, staff can enjoy coming to work.

It’s our own fault. Owners, managers, team leaders, supervisors are some of the greatest roadblocks to implementing Lean. Excuses like there isn’t enough time; we’ve been doing this for 20 years, why change; I can’t trust anybody else to do anything... we have for years justified why we ‘can’t do’ rather than build a better foundation.

Imagine a world where we have the ‘right’ people, doing the ‘right’ activity, at the ‘right’ time, to the ‘right’ quality, with ‘zero’ waste. WOW, wouldn’t that be great?

Sounds unreal but some organisations have a workplace that is this close to perfection. They just successfully applied the 80/20 rule to the problem. (For those who are not familiar with the 80/20 or Pareto principle, I will cover this in a future Problem Solving article.)

When implementing Lean only 20% involves the typical “what you see is what you get” physical change stuff like new layouts, decreased lead times between processes, inventory accuracy, kanban etc.

Eighty percent of the required time and effort is made up of tasks that are less obvious but much more demanding.

1 Get your strategy right!

When starting out on your Lean pathway, apply this simple formula.

The Formula: $S + C + R + S + P + C = \text{Successful Change}$

Strategy – A well-defined strategy provides ALL staff with a clear and common future direction

Commitment – All management and key staff MUST be FULLY committed to the change

Resources – Must be made available while the transformation is taking place (much of this can be low or no cost)

Skills – The right mix of skills accelerates the change process (well organised training and learning systems are crucial)

Planning – Forward planning and organisation promotes the change process (fail to plan ... plan to fail!)

Communication – Keeping everybody informed and updated (on performance, cost, quality)

2 Get your business systems tight!

The key to a successful implementation of Lean is having robust and standardised business systems that have been tested and are consistently applied throughout the business.

The Formula:

S + C + R + S + P + C
= Successful Change

In most cases business systems exist but staff don’t always adhere to them. Alternatively, business systems go unreviewed so technology and people change and the systems become out of date and useless.

Some of the key systems for implementing Lean are:

Staff induction – As well as an H&S focus, inductions introduce new staff to Lean and more importantly provide an opportunity to overview the standards and expectations of the business.

Standard Operating Procedures or SOP’s – These can be used both as a training tool as well as an opportunity to reinforce operating standards and expectations. (Keep them visual and simple.)



Training/Skill application – Usually in the form of a skills matrix, this system is used to identify the optimum skill mix as well as identify and fill skill gaps.

Measurement, KPI's and reporting – These provide the opportunity to promote the performance conversation throughout the business. Measurement is the glue that holds Lean together. I will discuss measurement and KPI's in the next article.

Values – Attitudes – Behaviours (VAB's) – These clearly communicate how staff are expected to conduct themselves in the business and can be used in conjunction with KPI's to build individual performance appraisals.

Opportunity for Improvement (OFI) process – a system that captures staff ideas, implements these and recognises their contribution.

3 Ensure your leaders are bright!

Leaders are the final key to success. Their job is simple – “Be ruthless with standards and gracious with people.”

With good tight business systems and staff operating in a standardised fashion it becomes a leader's job to monitor the standards, manage performance and motivate the staff to problem solve and generate new ideas to improve performance.

How? Train your leaders and key people first! Ensure they know what Lean is, how Lean works and how Lean will change the way they currently operate.

Ensure the 'formula' is shared so the forward direction is clearly understood. Clarify their roles and responsibilities, backed up with performance expectations. Last of all make sure they are 'On (not Off) the Bus!'

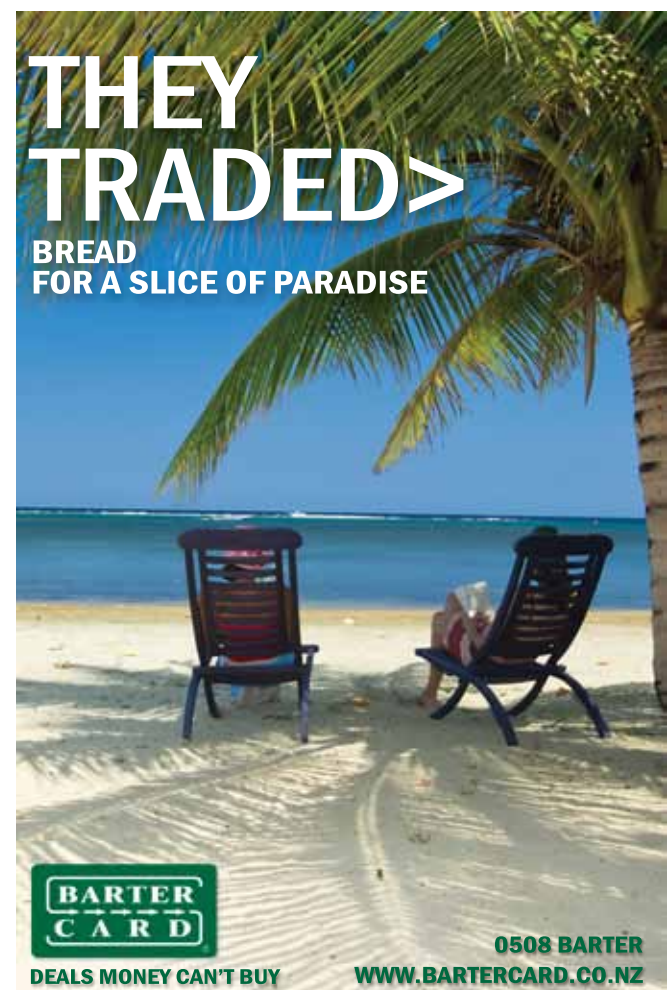
Once all these activities have been ticked off, you are ready to roll Lean out to the staff...

Next time: Measurement – The GLUE that holds Lean together.



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BakeNZ 2011 moves to Napier

Due to the recent earthquake in Christchurch, BIANZ's annual event, BakeNZ, will now be held in Napier on Friday the 19th and Saturday the 20th of August this year. Heaven's Bakery has opened its doors to the Bakery of the Year and Trainee of the Year competitions and will also be hosting the planned demonstrations and master classes. The Annual Awards Dinner, AGM and other social events will take place at Te Pania Hotel

and the Napier War Memorial nearby. We are looking forward to an enjoyable event that has both business and social value for those attending. The Hawkes Bay is a beautiful part of the country and has numerous bakeries, cafes, wineries and other attractions. We will provide information on where to stay and things to do and see in the area, so bring family and staff and make a weekend of it.

New Zealand Bakery of the Year™

New Products, New Judging

Mike Meaclem, Competition Manager, fills us in on this year's competition



I have always believed in competition and what it inspires in you and your team.

I have competed several times over the years but only started after I was brave enough to lose. Yes, I will always think my product was better than the others, my Danish with the perfect layers, the crust of my bread and the tenderness of my short pastry. But as we know, it's the industry experts, the judges, who decide our fate.

Getting to the end of this journey – the challenges, the long hours, and the joy of winning when it happens – is how we learn in our trade.

In the past our competition was about reaching the end goal – to be "New Zealand Bakery of the Year".

This goal has been modified over the years to reward bakeries in their specialist field. These include the Peter Gray memorial trophies for Best Cake, Best Pastry and Best Bread. This was a wonderful initiative giving small or specialist bakeries a chance at a major title.

Last year for the first time the judging was carried out live in public at the Fine Food Show in Auckland. This was well received by all competitors who eagerly watched the judges examining their products.

This year's competition will retain all these elements. However, there will be one major change. In the past the judges

had to select the best three entries in each section and award them gold, silver or bronze whether the products deserved to win or not – whether there should

have been multiple winners or even if there were really no deserving winner.

This year, those who enter will go up against a points schedule so that all

products that achieve high enough points will be recognised and given a gold, silver or bronze award.

The points system will be structured as follows:

Gold with distinction	95 to 100 points
Gold	90 to 94 points
Silver	80 to 89 points
Bronze	70 to 79 points

A very good example of why we are making this change was the wonderful effort competitors put into their gingerbread houses for our 2010 competition. We all felt there should have been multiple gold awards as the standard was so high.

This year you will have a chance to achieve points for your team's hard work and be rewarded based on these points, but remember you are competing against a points system and the benchmark has been lifted, so you will need to gain the minimum points or no prize.

Once your points have been received we will be able calculate who has enough for the overall Bread, Cake and Pastry winners and most importantly, who will be the New Zealand Bakery of the Year™.

The competition products categories are listed for your interest. The judging criteria will be available in May.

Please visit our website for updates:
www.bianz.co.nz.

This year there are four categories, with a total of 15 sections.

Cake Category

6 Cupcakes
Opera Gateaux
Bar Cake
Christmas Cake (glazed with fruit and nuts)

Bread Category

Ciabatta
Stollen
Artisan Nut Vienna (free form oven bottom style)
Sweet Bun Selection (fruit based, spiced & custard)

Pastry Category

Christmas Mince Tarts
Choux Paste Selection
Danish, Kringle
Pithivier Gateau

Creative Category

Gingerbread Sculpture (Christmas Theme)
Decorated Cake (Rugby Theme)
Bread Display (Grain, Rye, Sourdough, Wheatmeal/Wholemeal)

Good luck and happy baking.

have an **XTRA** special **EASTER**

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For some great Easter recipe ideas, visit www.westonmilling.co.nz

Xtra soft hot cross bun mix (10kg) **\$30** per bag

Code: 75051 - Just add yeast, water and fruit

White Crossing Mix (5kg) **\$14** per bag

Code: 61349

Spice Blend Mix (2kg) **\$15** per bag

Code: 54579

To place your order, simply ring your Account Manager or our customer services team on **0800 WESTON (937 866)**.

Please be aware that lead times for these product will need to be taken into consideration.

Xtra Soft Hot Cross Bun Premix RECIPE

A 10kg bag of Xtra soft hot cross bun mix, will make approximately 266 buns! At a scaled weight of 80 grams per bun, and 30% fruit on dough weigh.

Group	Ingredient	Weight
1	Xtra Soft hot cross bun mix	10.000kg
1	Water	6.200kg
1	WM Prime Instant Yeast	0.150kg
2	Currents	1.635kg
2	Sultanas	3.270kg

Method:

Weigh all group 1 ingredients into a mixer. Mix for 2 minutes on slow speed followed by 7 minutes on speed 2. Add group 2 mix on slow to combine fruit through the dough. Remove from mixer and place on bench and allow a short rest period of 5 minutes. Scale dough into 80gram portions. Rounds up and tray up buns 6 across, and 10 down. Proof for 25 minutes. Apply Weston Milling white crossing mix. Bake at 190°C for 20 minutes or until baked through. Remove from oven and glaze immediately.



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WESTON MILLING 2011 TRAINEE OF THE YEAR



"The Weston Milling trainee of the Year competition has given me the opportunity to see baking from a different perspective"

Dion Ram, 2010 Winner of the Weston Milling trainee of the Year competition.

The Weston Milling Trainee of the Year competition is here for 2011, and as always it will be a show to demonstrate the untapped talent we have in our industry. Weston Milling has given their best efforts over the past 3 years to encourage young and upcoming bakers and patisserie chef apprentices to pursue their career and continue learning. The competition is an icon in the trade now, and for the 4th year running, Weston Milling have introduced a new "taste" to this already flavoursome prize package, by adding two more great prizes for 2nd and 3rd place winner. PLUS, if you enter and submit your product into the first stage competition, you also go into the draw to win a **32inch LG LCD television!**

It's so easy to enter, it's free!!! All you have to do is fill out the form and send it to us. We will then send you a pack with the information on the products you need to bake and return postage, and all you need to do is send this back to us for judging. We will pick our top 10, and take you to the final competition in Napier on 19th–20th of August at the Baking Industry Association of New Zealand annual conference for our **LIVE BAKE OFF!**

What do you have to lose!? Your future is our main objective!

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(NZ only)

(prizes not redeemable for cash)

Send your entry form
NO LATER than
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Otahuhu 1640,
Auckland
c/o Stacey Moss

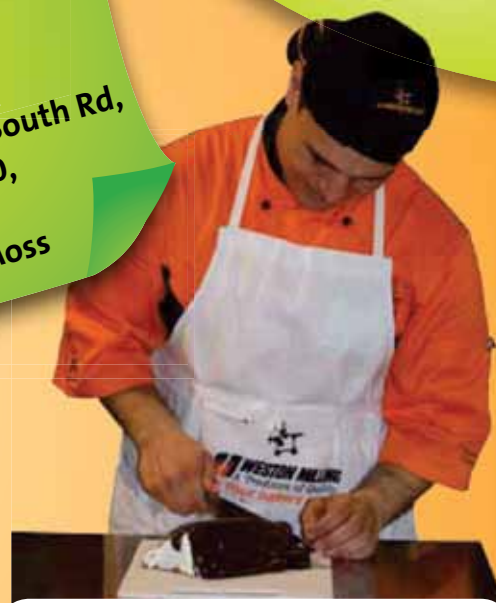
You can also download an entry form
on our website, and email this to
stacey.moss@westonmilling.co.nz

P.S If you want to get ahead of the game, here are the products
that you will be asked to send back to us in the pack for the
initial judging! So, you can practice now!?

1. Apple Pie (closed top)
2. Cheese Scone
3. Iced finger bun (with sultanas)

Just make sure you stick to the rules, to prevent you from
making a minor error which could be costly!

WESTON MILLING 2011 TRAINEE OF THE YEAR



WestonTM
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ENTRY FORM

Full Name:

Training institute/ bakery/business name:

Current training (Where? What level?):

Postal Street Address (NO PO BOX NUMBERS):

Town: City:

Home phone number: Mobile phone number:

The Little Cake Kitchen with the Big Heart

Belinda Jeursen visits Maggie Mowbray for a treat.

There aren't many people who can call their customers "my love" and "sweetie" and sound completely sincere. Maggie Mowbray of The Little Cake Kitchen can. Her warm, friendly approach to customers makes them feel instantly welcome and at ease and her questions and comments make it obvious she knows them well and sees them often.

The Little Cake Kitchen shop in Upper Queen Street, Auckland, is delightfully eccentric, with striped wallpaper, bright floral lampshades, fresh flowers, framed paintings and fantastic recipe books. Menus are written on vintage mirrors. Beautiful cakes on glass stands compete for attention with mounds of just-baked brioche and enormous jars of biscuits. A Red Velvet cake has a slice out of it to show off its gorgeous vermillion interior.

Maggie clearly loves what she does and it shows. There is an artisan quality to everything she makes: cakes, pastries and bread. The Little Cake Kitchen produces large volumes for wholesale but there is nothing of the production line feel here. Brioche is Maggie's stand-out product. I was treated to one filled with rhubarb and custard – beautifully soft, not too sweet, made with real vanilla custard contrasting perfectly with the rhubarb's tartness.

Maggie is really onto something here, and so are the 65 cafés in Auckland who stock her products. The Little Cake Kitchen team makes brioche seven days a week. Other baked goods are supplied Sunday to Friday.

The business is primarily wholesale but Maggie says the retail side has taken off in the past year and allows her to indulge her more creative side. "With wholesale you have to be consistent. With the retail side I can experiment and make things for special occasions," she tells me as I try to deal to the brioche with dignity.

For Daffodil Day Maggie made a huge batch of cupcakes with bright yellow icing and daffodil decorations, covering the entire shop counter with them to look like a field of flowers.



All from scratch

The shop is very small in comparison to the wholesale side of the business but Maggie says it creates an interface with the public. "We're not a full blown bakery but we do make everything from scratch," says Maggie. There is definitely something for everyone – pork and fennel sausage rolls, three kinds of pies, a variety of cupcakes, biscuits, sticky gingerbread, focaccia BLT sandwiches, savoury mini-tarts, quiches, cakes and of course those brioche.

Maggie never trained as a baker. She has been everything from a farmer's wife to a nurse, real estate agent and florist. When she had her son Sebastian she decided she needed to do something that would allow her to spend time with him. She set up The Little Cake Kitchen from home, then outgrew that and moved to her current location, a move she says was scary at the time.

She is now on the verge of outgrowing her space again but says she doesn't want to get bigger and risk losing the originality and artisan quality of what she does. "We currently make 800 brioche a day," she says. "I remember when I was proud of myself for making 50!"

The 17 staff members at The Little Cake Kitchen are described by Maggie as "The United Nations". Most are long term employees from Korea and China. Maggie says she finds it almost impossible to get New Zealanders to do the job, especially the night shift. "The staff I have now are very loyal and hard working," Maggie test bakes and develops all her recipes then teaches her staff how to make them. When I visited in October Maggie was starting to produce her Christmas cakes and experimenting with meringues.

Maggie is very humble about what she has achieved and there is a sense that she



still can't believe it has all turned out like this. "I never expected it to grow like it has," she tells me as we stand outside the shop, making way for a steady stream of customers wanting coffee and something sweet and lovely to eat.

"The wholesale business runs 24 hours a day, seven days a week now, and we started opening the shop on a Saturday a few months ago and that has really taken off. I don't have a minimum order policy, which I probably should, and I try to space my customers out a bit so there aren't cafés right next to each other supplying the same thing." The Little Cake Kitchen is definitely a space to watch.

The Little Cake Kitchen
09 356 3668
46 Upper Queen Street
Auckland
www.thelittlecakekitchen.co.nz



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Playing Fair

Belinda Jeursen visits a destination café where the emphasis is on great coffee and giving something back.

It sounds like it could never work – a group of friends start a business purely to give back something good to the people they trade with. Idealistic? Yes. Successful? Absolutely! The Addington Coffee Co-op made a profit in its first year of business and was able to donate it back to the communities that supply their product.

They not only use Fair Trade products as far as possible, but believe that a business should benefit everyone involved in it, not just the shareholders, so their profit goes back to the coffee growing communities who supply their green coffee beans.

On a muggy Wednesday afternoon in Christchurch I'm enjoying a flat white at the Co-op while talking to café manager Matthew Ballantine about where it all began and how it's going. He tells me it started as an idea between like-minded friends six years ago. They had all done a lot of travelling and seen the gap between their own Western world and the developing world. They wanted to create a business that did something to close that gap.

Matt says, "We chose coffee because it's the largest employer in the world and the second biggest trade item after oil. We wanted to use the fair trade system, but we wanted to go above and beyond that and give our profits back to the people we traded with."

There are ten shareholders and 35 people involved in the business at some level. It's an unconventional, upside-down business model but it definitely works. "When we opened in November 2008 we expected to make about 80 to 100 coffees a day, but we were busy right from the start and we now make about 500 a day." They run a breakfast menu until 2pm every day as well as a lunch menu, and offer a huge array of cabinet items. "We can't keep up with the food side of things. We try to make as much of it ourselves as we can but our kitchen is quite small, even though we've already doubled its size, so some of our cabinet food is bought in."

This is a destination café – one I and many others frequent even though it's a

good distance from my own neighbourhood. The coffee is outstanding, the staff totally unpretentious, and it's a really pleasant space to spend time in. It has free wireless internet, a laundromat, a meeting room one can use for no charge, a grassy outside area and dedicated parking space. It also has a range of seating including huge couches which are popular with families, and bar stools around an enormous wooden table, ideal for people on their own.

The psychology of space is a favourite topic for Matt. He says people describe the café as being an extension of their own lounge, which is just what he wants. "We like everyone to feel comfortable. None of us who started the business come from a hospitality background. We mainly have administrative and management experience, so we keep an open mind about how things can be done. We've been told we should get rid of the couches so we can put more tables in and get more customers, but then all those people who like the couches probably wouldn't come anymore."

“None of us who started the business come from a hospitality background. We mainly have administrative and management experience, so we keep an open mind about how things can be done.”

A high stripped-back wooden ceiling, polished cement floor, exposed red brickwork and enormous bifold doors on two sides of the building somehow give the café a simultaneous feeling of space and cosiness. In summer there's a fresh breeze blowing through and in winter it's delightfully warm but still full of light.

The view from the back of the café is of the beautiful old Wood Brothers Flour Mill. Most the furniture is vintage, bought on Trade Me, in keeping with the age of the building. It sends one into a bit of a time warp. Matt agrees: "We want it to have a timeless feel and the older furniture is very good quality."

The building began its life in the 1940's as a mechanic's workshop. Matt says he and the rest of the start-up group looked at many buildings over a two year period and finally found and bought what was then the BB Auto Electrical Centre.

Matt acted as project manager over a period of a year while the group carried out earthquake proofing, grinding, paint stripping, scarping, tiling, painting and landscaping to turn the building into the beautiful space it now is.

Photographs of the building as it was make it obvious that the group had real vision, because the transformation is miraculous and won them a Civic Trust Heritage Award for restoration.

One corner of the café is occupied by their coffee roaster which operates most days of the week while fascinated customers look on.

The front of the café houses the only laundromat on this side of town, and probably the only one where you can have coffee at the same time. "We like to provide a variety of services to the community," says Matt. They also sell Freetset clothing and other goods as well as their own coffee beans.

As I finish up my coffee Trevor the gardener wanders over. He's a volunteer at the Salvation Army across the road and comes in to help out with the garden outside the cafe. There's a sense that everyone here belongs somehow. It's an inclusive approach that would scare a lot of business owners but the Co-Op, its people and its success are living proof that doing things differently can and does work.

"We're always adapting," says Matt when I note a few new developments. "We haven't and won't change what we do in terms of returning our profits."

"We just keep changing the way we do things."

**Addington Coffee Co-op
297 Lincoln Road
Addington
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Addington Coffee Co-op – before and after photos



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The Yeast in the West

Dunedin baker **Kevin Gilbert** meets San Francisco baking guru Peter Reinhart

I doubt there are many bakers truly interested in their art who haven't heard of Peter Reinhart.

I'm sure there are closet cookbook fans that, rather than being outed, hide themselves in the darkest corner of the bookshop flipping pages of his books and trying to memorise the recipes. And rightly so. This star of Johnson and Wales University, Authors@Google, YouTube and TED lectures has books that, if they aren't already, should be required for new and old bakers alike.

The Bread Baker's Apprentice, arguably his most well known and popular book to date, has been called "the best bread baking book. Period." Meanwhile his *Crust and Crumb* and *Whole Grain Breads* tend to make for more than a few "Ah!" moments for even the most experienced bakers. The reason for this ability to enlighten is that Peter has work on resurrecting old methods such as delayed fermentation – not retarding but delayed fermentation which Peter describes as an "epoxy method".

It is also from Peter's work that a lot of information about enzymes and enzymic activity comes.

I had the chance to ask Peter a few questions recently both about what led him into baking and now teaching as well as bread in general.

Q. What started your interest in bread baking?

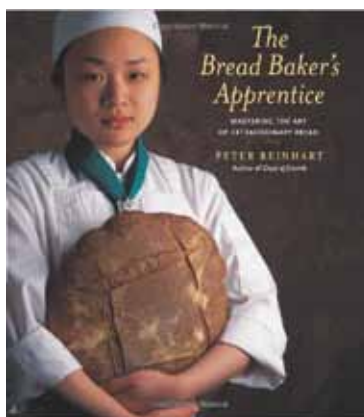
A. When I had my first restaurant, a hippie place in Boston in 1971, I fell in love with the multigrain breads made for us by another hippie group. I guess we were all just fascinated with the idea of leaven.

Q. What led you to making the leap into writing books?

A. I've always been a writer, ever since I was the editor of my high school newspaper, so I always liked writing about what I was doing – this was way before everyone in the world had their own blog.

Q. Were you surprised with the response to the *Apprentice*?

A. Gratified that it has endured for ten years now as a popular, go-to book. But my goal has always been to write books that become the go-to version of whatever topic I'm writing about.



Q. Do you have a favourite book or are they like children (you love each one equally)?

A. My favourite is now out of print, *Bread Upon the Waters*, which traces my personal journey as a parallel to the 12 stages of bread making. Not too many recipes, more spirituality and philosophy, which is probably why it didn't sell well. I'm working on a re-do of it.

Q. Your technique of delayed fermentation, how did this come about? Was it an enhancement on retarding, accident or something else?

A. I wrote about it in *The Bread Baker's Apprentice*. All bakers hold dough overnight but when I saw how Philippe Gosselin used the method to make killer baguettes I decided to pursue the science behind it and see how far it could be pushed.

Q. Are there recipes you haven't and won't give away or write down?

A. No, not really. I'm a big believer in sharing, as are most bread bakers.

Q. What achievement are you proudest of?

A. My favourite bread is Struan, a Celtic multi-grain loaf that really put us on the map when we had our bakery and it's still my favourite bread. Otherwise, winning the James Beard Award three times is pretty cool too.

Q. You set up Brother Junipers bakery. How long did you have that for?

A. We owned it for seven years before I moved into teaching.

Q. Brother Junipers became such an institution that, while it has long since vanished, there are internet communities that discuss nothing but its brilliance and lament its demise. What do you think it was that made the bakery so special as to be such a part of people's consciousness?

A. The bread was really good but it also was one of the early businesses to donate a portion of sales to charitable organisations. And we really knew very little about the science of bread back then – I learned all the esoteric stuff after I sold the bakery, so I think it was just our innocence and good intentions that made us successful.

Q. You're now a baking instructor at the prestigious Johnson and Wales University. What got you in to teaching?

A. It was the continuation of my sense of a communications mission and my background in ministry. Teaching just seemed like the next step in my own path.

Q. For many the idea of dealing with a room full of teenagers sounds like undeserved punishment, why do you do it?

A. There is something very fulfilling in being a link in the transmission of knowledge from one generation to the next. I've met some great kids, many of whom are now successful adults.

Q. If you'll excuse the expression, you get around a bit. YouTube tutorials, Authors@Google, TED, lectures, interviews. Have you noticed a change in interest and uptake in those talks over the years?

A. People seem very receptive to the idea of bread as a metaphor for personal transformation and I think this has become my unique contribution to the conversation.

Q. Having covered every facet of baking from the wee small hours mixing and scaling, writing books and now teaching as well, do you have a favourite area? Theory or practical?

A. I love getting my hands on the dough. I think it connects me, grounds me, in a way that no other work I've done has.

Q. What do you think it is about bread that fascinates people?

A. Everything. It connects with us deeply, in a primal way, and my own theory is that it is because bread is such a perfect symbol of the human journey, which is what my YouTube video covers, that it engages our imaginations, maybe our souls, in a way that no other food can.

Q. Breads go through popularity phases. We've had the foccacia, pide, ciabatta fascinations. Do you think this is a natural progression of society's tastes or good marketing?

A. It's probably more about how the world is getting smaller and we love to discover new flavours and iterations of classic, international foods. What's old will soon become new, but only if it's executed at a very high level.

Q. What changes have you noticed in the way bread is seen and treated?

A. We're getting better at making it as we've learned about what goes on in the fermentation process. New benchmarks are being established by young, talented bakers as I write these words.

Q. Any predictions as to what the next bread of the moment might be?

A. I'm thinking it may have something to do with sprouted wheat flour, which is a new frontier. Also, gluten-free breads that are way better than what is currently out there.

Q. Struan was, by all accounts, your signature dish at Junipers, would this still be the case do you think or are you now known for something else?

A. Struan is what I call the metaphor of me. I think it's my greatest contribution to the bread vocabulary.

Q. The baking industry, at least in New Zealand, is seen by many as one of the lesser trades – a career to do if you can do nothing

else. We both know this to be ridiculous but how do you change that mindset and, in tandem to that, encourage more people into the field?

A. Make it delicious and find a way to make it profitable and the rest will take care of itself. But, above all else, focus on it as an artisan craft, not a mass market industry.

Q. After many years in the industry we can all be forgiven for getting jaded and losing the inspiration and drive that we had when we started. What keeps you interested?

A. That after 6,000 years of bread we're still finding new ways to make it better.

After talking with Peter I couldn't get over how, after so many years, he still gets excited by bread. The mere idea of talking flour, salt, yeast, and water, applying a few well practised techniques and ending up with the 'staff of life' thrills him. While it still elicits a chirpy response from us old hands, the regularity seems to lessen the longer we're in. This seems both sad and a waste of skill not to mention knowledge.

I told myself that his exuberance is due to being on a much bigger island than I am and so exposed to more things. How much could a Kiwi boy do if let out into the world when still filled with passion for the craft? Has any one tried? Then I remembered a young curly haired baker from Rangiora, a Kiwi baker who, since winning 'New Zealand Apprentice of the Year' in 1988, has truly gone global – Dean Brettschneider.



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Nada moves ahead



Nada Bakery has achieved an enviable reputation over its 36 years in Wellington.

That achievement appears even more remarkable when you see the place in the suburb of Johnsonville they have operated from for the last 29 years: a tiny shop – seven customers and there's a queue out the front – and a ridiculously cramped bakery at the back.

There, the staff have had to shuffle work benches around continually to create tiny aisles; they have coped with the ovens being in the shop, ten meters down a narrow dogleg of corridors from the main work area, a freezer occupying two carparks out the back with a dry store above, the washing machine in another former corridor and yet another corridor doubling as a non-food storage area.

If you couldn't walk sideways or didn't like close personal contact, this was no place for you. It says a great deal for both the Grays and their team that they have all managed to stay on and put up with it for so long.

From this tiny base, Nada's founder, Peter Gray, gained not only a huge swag of Baker of the Year awards in every and all categories over many years, but also great respect in New Zealand and

Australia as the go-getting president of the Baking Society, as the BIANZ was then called.

Peter died in a car accident almost six years ago and his son, Michael, with active support from his mother, Judith, took over managing the bakery at the age of 21.

Now, at last, Nada has grown, taking on new premises in Tawa, about ten minutes drive north of Johnsonville. The big new bakery is supplying the Johnsonville shop as well as its own shop and café.

The building has been owned by the family for some years. When the tenant moved their business out last year Judith saw the potential of moving Nada in and so the process of conversion began.

A baker's dream

The new premises were a spacious shell. Michael and Judith were able to plan a bakery and café from the ground up – many a baker's dream. Upstairs is an office – a luxury as all the office work was previously done at home. On a mezzanine floor they have a meeting and training room, a proper staff room, and a very large storage area – another luxury as until now most storage, like the office work, has been at home.

A cart dock backs onto the bakery proper with a 30 square metre chiller and a similarly sized freezer.

The main bakery area has enough room for all the work benches and machines to be in operation simultaneously.

The first parts of the new place to go into operation were the chiller and freezer. The staff, long cramped for space, were now pushed for time as well as they stocked up to keep the shop going during the move. Their commitment saw them through handsomely.

Coffee at last

Through the Baking Society, the Grays began encouraging bakers to get into coffee many years ago, but it was a move their lease and just the space available in Johnsonville made impossible for the Grays themselves. Only now are they joining most other New Zealand retail bakers in the café trade.

It's not a main shopping area location but the road is a busy one so lots of people will see the new place and Nada's reputation, particularly in Wellington's northern suburbs, should ensure that the new place soon becomes – as the Johnsonville shop has been for many years – a destination worth the detour.

Nada Bakery – before and during photos



Photos: David Tossman

Above: the Johnsonville bakery as it was and some of the storage and work areas as they were.

Below: moving day with, bottom, Michael Gray showing off the new chiller and, right, some of the moving crew taking their lunch break in what will be the new café.



Looking for the right ingredients for your pies



The Pie Group is a national group representing pie manufacturers, the baking industry and health organisations. In August last year the Group introduced a set of guidelines titled 'How to Make Better Pies'. These guidelines aim to improve the quality and nutritional profile of pies manufactured and marketed in New Zealand. We hope you have already received a hard copy sent by post. This article includes the essence of those guidelines.

'Fat', 'calories', 'weight loss' – New Zealand consumers are becoming more and more health conscious and bakers in this country are faced with challenges to make pies, the traditional Kiwi favourite, healthier and tastier without compromising business efficiency.

The typical good old Kiwi pie contained high levels of total fat and saturated fat, and over the last ten years some major pie makers have spent considerable time and research on finding ways to change their ingredients and baking methods, to reduce the total fat content to cater for the increasing demand for healthier pies.

The Pie Group, representing a large range of pie manufacturers, the baking industry and health organisations, has developed these guidelines targeting independent pie-makers to advise them on how they can bring their pies into line with industry leaders.

Where the fat is

Meat and dairy products in fillings along with pastry margarines contribute to the total fat and saturated fat content in pies. Saturated fat is considered bad for our heart health as it increases cholesterol levels.

Choosing the right ingredients will significantly reduce the fat content in pies.

Here are some tips on how to improve the quality of your pies:

Steak and mince

The quality of meat cannot be judged solely by its appearance. The New Zealand Beef and Lamb Quality Mark and the Heart Foundation Tick are symbols to help customers recognise good quality meat.

The Quality Mark label assures customers that this beef and lamb has met high standards of:

- Eating quality (including tenderness and leanness)
- Presentation information
- Food safety (microbiological quality)
- Storage and handling
- Animal welfare

Mince that contains less than 10% fat can get the Quality Mark.

Premium mince which carries the Heart Foundation Tick contains less than 4% saturated fat.

Ask your local butcher or meat suppliers for meat cuts which are at least 95% Visible Lean (VL) or 90% Chemical Lean (CL) and also for the 'Prime' or 'Premium' mince products.

Remember to trim visible fats and skins from meat products such as steak or chicken and skim fat off boiled filling. Instead of removing fat from the cheap cuts, you may find it more cost-effective to buy leaner products.

Dairy products

Saturated fats are also abundant in dairy products. Using reduced-fat dairy products such as 'light blue' milk instead of 'dark blue' milk will lower the fat content of your pie.

There is no cost difference between 'light blue' milk and 'dark blue' milk and ordinary cheese and its reduced-fat version.

Instead of using large amounts of less flavoured cheese, you could use small quantities of a highly flavoured tasty cheese e.g. 'tasty' cheese or parmesan cheese, as a way to reduce total fat content in your pie.

Baking margarines

Pastry margarines are usually made from solid animal fat (e.g. lard), tallow or vegetable oil which can be high in saturated fat. However, a pastry margarine that claims to be vegetable oil-based isn't necessarily a healthier option. Palm oil, for example, is high in saturated fat.

Trans fats are a type of fatty acid that can impact on health by adversely affecting blood cholesterol levels. Low levels of trans fats occur naturally in the fat of dairy products and meat. Trans fats can be formed during the process that converts liquid oils into solid or semi-solid products for use as margarine or as shortening for baking. Some products contain unacceptably high amounts of 'man-made' trans fat so look to suppliers who can provide margarines which only contain naturally occurring trans fats.

It can be a challenge for some manufacturers of pastry margarines to replicate the texture properties of traditional pastry products. However, the global focus on improving the fat content of products has spurred innovation within the industry.

Some margarine manufacturers have invested time and technology to develop pastry margarines which offer reduced sat and trans fat and are also lower in sodium.

Contact your supplier for more information.

You may find some healthier ingredients could be a little more expensive; however better quality products will enhance your products and your reputation as a supplier of healthy quality food within the local community, which in turn will help make your business thrive.

Prizes in survey

See the BIANZ website for details of an online survey being undertaken by the Pie Group and related to the guidelines. There are 15 prizes to be won for taking part.
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Much about nuts

David Tossman meets a nut specialist and discovers a mixed selection of kernels of truth



Alison Sandle and her husband run The Nut Store in Wellington – and online. They have two shops in the city and customers nationwide, including a number of leading restaurants, bakers and cafés.

Have you ever noticed how people often pick walnuts off afghans? Alison Sandle has, and she knows why they do it. They're bitter (the nuts, not the people). Walnuts turn rancid quite rapidly and, despite what many an amateur and the odd professional baker believes, cooking won't freshen them up.

For that reason she is scathing about suppliers selling "baking grade" nuts.

Pecans too are particularly susceptible to bitterness as they age. Almonds keep better, but all nuts will turn rancid in not much time. "Taste one first," Alison advises. "If you wouldn't eat it, send your nuts back to the supplier."

"If you accept poor quality, the suppliers will keep supplying it."

Alison Sandle and her husband David Upchurch, like many office-bound public servants before them, dreamt of having their own little business. They bought some almonds in the shell back in 1991 and sold them. The business grew. They now have two shops in Wellington and a busy online business trading nationwide and devoted exclusively to selling nuts, seeds and dried fruit.

It's a truly niche market, mainly retail and smaller buyers such as cafés. Many of Wellington's top chefs are loyal customers. As chefs have moved around, the number of restaurants on the Nut Store's books has steadily grown.

Some medium size bakeries are impressed enough with their service and quality to buy from them too. The Nut Store can't sell on price alone, says Alison, but they will try to match the big commodity players' prices on big orders, while their specialist knowledge, commit-

ment and enthusiasm counts for just as much with many buyers.

At present, with retail everywhere far from booming, they're looking at expanding their range of chocolate coated nuts. "As every baker knows," says Alison, "when times are tough, add chocolate."

Trends and fads

"Probably like any other foodstuff," says Alison Sandle, "nut sales are sensitive to brief fads."

"Oprah Winfrey praised almonds on her show in 2008 and the world price of almonds skyrocketed," Alison recalls. "Then there was the Liver Cleansing Diet a few years back, which was going to make your entire life far superior to what it was previously."

"One of the things they recommended was a mixture called LSA – linseed, sunflower seed and almond – and the demand for that was phenomenal. Then, as dieters found that their lives had not improved out of all recognition, they dropped the diet but the demand for LSA stayed."

"Nobody does the liver cleansing diet anymore as far as I know but they found they did like the seed mix. It does clean you out and perk you up, things like that."

Seasons

"In the middle of winter someone will write in the paper about chestnuts roasting on an open fire, and people will come in wanting chestnuts. Luckily early winter is chestnut time, but we also tend to get people coming in for chestnuts around Christmas and that doesn't work in the southern hemisphere."

The big sellers

"Almonds are by far our biggest seller. They get used in so many things. And people trying to avoid gluten use almond flour. It doesn't behave like a flour but it does have a good flavour."

The cheapest nut?

It varies, says Alison. Cashews have been cheap, which is why they kept showing up in all the store-bought pestos instead of pine nuts, but their price fluctuates a lot. Sometimes they'll shoot up by 50 percent. Almonds were cheaper but they're now somewhat dearer.

Alison puts the lower prices of cashews down to the fact that most of the New Zealand supply now come from Vietnam, whereas almonds come from the United States so their price depends largely on the way the dollar is going.

For real economy, Alison points out, seeds are much cheaper. "If you're trying to give the impression of pine nuts without the cost you can sometimes use toasted sunflower seeds. They don't taste the same but give a similar effect."

"Sesame is only \$11.50 a kilo, and sunflower seeds \$12, so nutritionally if you just want to add protein and flavour, seeds are a better approach."

The world price

There is never a world over-supply of nuts. All the world production of nuts gets used up each year. "The producers can set the prices they want," says Alison Sandle. For bakers then, nuts will always be a hard-to-budget item, but who would do without them? They'd have to be nuts. (Sorry.)



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Point of view

My day's onslaught

Donna Thomsen of Copenhagen Bakery in Christchurch wrote this just two days after the earthquake in February

Our bakery and shop is in a shocking state of mess and disorder.

Can't get into shop as town is closed off.

Shop still has food on shelves and has lots of everything on the floor and food and drink everywhere.

Chaos hit with a shop full of lunch-time customers. I hate to think what it will be like in there after a few days of no cleaning. The sink still has dishes in it.

We are still getting some really nasty aftershocks, enough to make you jump up out of your seat. We have no running water or power yet.

I feel like crying, quite hopeless really, our shop is screwed because business will be bad in town after this. No one will want to venture into the central city because they will think it will be too dangerous.

“All our customers panicked and raced about ... the footpaths and roads opened up and water bellowed up and out everywhere.”

Feel really scared about working in 19 storeys of building, even though it has withstood the quake very well.

Boy but what a horror movie unfolded when the quake struck. All our customers panicked and raced about, but I told them to stay put because all the footpaths and roads opened up and water bellowed up and out everywhere.

Glass was flying off old shops and verandahs were coming down. We couldn't stand upright, could only hold on to one another. It was like standing on a roller coaster ride.

Once it stopped we all went outside and then I needed to check out the 19 floors of workers above as they came out because I am the chief warden for the building. There was water everywhere and the gutters had risen half a metre from the roads.

Once I was done there I left to help the

rescuers to save people from the flattened Pyne Gould building that had totally collapsed and had four levels of workers inside. Most of them are our customers, and as they came out one after another I recognised them all, but unfortunately some have not come out alive.

I finally walked halfway home out of the dilapidated city centre about 11pm after being up since 6am.

John met me outside the city to drive me home. Most of the roads are ruined; liquefaction, mud and drains popped up everywhere.

Our house had everything on the floor, food mixed with glass and crockery, furniture etc; tiles from the roof everywhere and we have no power or water.

After my day's onslaught in town, and seeing and experiencing so much action and pain and suffering, my house could not pain me any further. We were all alive and well.

Some poor souls were not so lucky.



Donna Thomsen took this photo six days after the onslaught when she breached the red zone cordon (helped by some Aussie cops) to retrieve cash and a hard drive from the shop.

Update — shocks, scares, chaos continue

Last year, despite the recession, and after 24 years in business, the Copenhagen Bakery enjoyed its best year ever. They will now have to abandon their premises and start again somewhere else. David Tossman spoke to Donna Thomsen two weeks after the destruction.

“It's an interesting challenge. We're dealing with issues at home as well as for our employees, with the insurers and with the authorities.”

The Thomsen's home, in the hillside suburb of Cashmere, has been threatened by boulders as big as cars falling from the hill above. Any sense of returning normality is continually destroyed by repeated aftershocks, with Cashmere sometimes at the epicentre. “We lie in bed every night thinking about what to do and wake up with the same thoughts ... We shake and

listen for boulders coming down. “They have had to spend some nights away.

Rumours abound but reliable information is hard to come by. Unlike the shop, their bakery, in the suburb of Bromley, was relatively unscathed but they remain wary of starting up the ovens even for the loyal customers who have written in with orders. With no shop there's little point.

They believe that their broad goodwill will eventually ensure the revived business elsewhere will prosper, but when and how is unknown and planning almost impossible. Like many, they won't be returning to their mid-city highrise. “There'll be no workers, no shoppers,” says Donna. “But as each day passes we both become more optimistic. Baking is our life, and with a new location, there will be new challenges ahead! But only two weeks ago we thought the world was coming to an end. Ha!”

The face of tragedy

Among the most tragic of the news items from Christchurch following the February 22 earthquake was that of Shane Tomlin, the baker who became “the poster boy” for the disaster.

Shane was at work in the mid-town Trocadero bakery when the earthquake struck. He fell two floors. Rescuers pulled him from the wreckage and his blackened face appeared around the world in news photos. His parents and friends learned five days later that he had died in hospital from his injuries.

An exceptionally dedicated baker, Shane Tomlin is sorely missed by family, friends, and many bakers alike.

Revent ovens proving their worth



Dominique Colombié at the Paneton Bakery.

Alexander takes baguettes from the Paneton Revent oven.

Olivia Sellar Photography

Revent ovens are proving their worth in so many cases that, according to Southern Hospitality Bakery Manager Roy West, "We have installed more than 20 units throughout New Zealand in the past year and these have proven to increase production and capacity by up to 100%. In an industry that is demanding on staff, often involving long and uncivilised hours, any production improvement is a benefit to staff and management alike.

The Revent oven installed at Ringawera on Waiheke Island continues to produce Cuisine-award-winning lavash with even colour, and flat with no bubbling or crinkling. According to owner Patrick Griffiths, they can complete in hours what they were previously doing in days and nights, and without any wastage.

Andrew Fearnside, Director of Wild Wheat Limited, who specialise in sourdough products, doubled his production shortly after installing the Revent and continues to be impressed by the consistent quality loaves it yields.

Paneton Bakery in Auckland is just about to install their third Revent oven to cope with an increasing production of parbaked and baked breads. They specialise in classic French breads including baguettes and traditional breads. They also make a 'ready to bake' par bake bread range for the retail market. The owner, Dominique Colombié, said that the Revent ovens have resulted in consistent quality and have increased efficiencies such as no more turning of trays. The staff can see the quality that comes out of each load and be proud of their production.

Paneton Bakery are soon to install a new Revent required for their ever increasing production. From past experience they know that the new Revent will ensure efficient and consistent cooking.

"The reliability in baked product we can attribute to these ovens helps to build customer loyalty and increased sales," said Roy West, "and we get great savings in power consumption."

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Recipes

Bakewell Tart



Belinda Jeursen bakes a classic with good old fashioned appeal

It wasn't until I started researching for this issue of *Slice* that I realised quite how prevalent nuts are in baking – in whole form or ground, as fillings and toppings, for additional flavour and texture. Added to pastry, used in slices, loaves, bread, cakes and biscuits, they are an essential element in many baked goods.

But there are a few classics that use nuts and Bakewell Tart with its almond filling is one of these. It's the kind of tart that people taste and then tell you their great aunty/granny/mother used to make. It's familiar, comforting and probably enjoyed by anyone who likes the taste of almonds.

There is some confusion about what a Bakewell Tart is as opposed to a Bakewell Pudding. Broadly speaking, a Bakewell Tart consists of a shortcrust pastry case with a layer of jam (usually raspberry) and a sponge filling made with ground almonds, butter, eggs and sugar.

A Bakewell Pudding uses flaky pastry, with a layer of jam and an egg and almond filling that is more like custard. There is speculation that the tart is just a more modern version of the pudding, and even some suggestion that it may be a matter of class distinction as to how you make it and what you call it, but we won't have any of that here in New Zealand thank you.

Either way, the tart originated in the town of Bakewell in England in the mid-19th century and originally had an egg, sugar and butter mixture for the filling. Almonds were probably only added at a later date and this changed the texture considerably. Some recipes use just ground almonds so the filling is more like a frangipani. Others use a little flour as well and this makes it more like a sponge. Traditional Bakewell tins have sloping sides according to Jane Grigson in her book *English Food* but I think there is scope for creativity here.

The recipe I use comes from *The Essential Baking Cookbook* (Murdoch Books 2000) and includes flour so the result is a gorgeously dense almondy sponge. I used home-made raspberry jam to cover the blind-baked pastry case and added flaked almonds to the top of the tart once it was half baked. I glazed the tarts after baking while they were still hot.

The flaked almonds and glaze make for a better looking and more texturally interesting tart. Free range eggs from my girls in the back garden gave both the pastry and the filling a rich golden colour.

I made one 20 cm tart and then, having a penchant for small, individual servings, decided they would look good in smaller tart cases so made the recipe again using 6 cm tins and I think for the purposes of a bakery or cafe this is the better option.

Ingredients

Shortcrust Pastry

Filling

90	grams	Butter
90	grams	Caster sugar
2		Eggs
3	drops	Almond essence
70	grams	Ground almonds
40	grams	Self-raising flour
100	grams	Raspberry jam

Method

1. Blind bake pastry case/s.
2. For the filling, beat the butter and caster sugar together until pale and fluffy.
3. Gradually add the egg and beat well after each addition. Add the almond essence and beat. Fold in the ground almonds and flour.
4. Spread jam over the bottom of the baked pastry case/s.
5. Spoon the almond mixture on top and bake for fifteen minutes at 180°C then lay flaked almonds neatly over the filling and bake for a further 15–20 minutes until golden.
6. Glaze while still warm.

Chocolate Oat/Pecan Tart

Recipe idea
from Malcolm
Cook courtesy of
NZ Bakels



Pecan nuts come from the pecan tree which is indigenous to North America. They have been the staple food of Native Americans since long before America's European settlers arrived.

The many wonderful things about pecans lie not only in their extraordinary flavour.

Research about this really delicious nut has shown that they are rich in beneficial chemicals called antioxidants. Pecans are low in carbohydrates and contain polyunsaturated fats that help reduce cholesterol levels. A daily serving of pecans is encouraged.

The secret of making good pecan products lies in the toasting of the nut. To bring out the aroma and ensure crunchiness, pecan toasting must be done with much care.

Oat Base

700 grams Brown sugar
500 grams Softened butter
230 grams Egg
20 grams Vanilla essence
625 grams Soft flour
15 grams Baking powder
500 grams Rolled oats

Method

1. Lightly cream brown sugar and softened butter
2. Add eggs at room temperature slowly
3. Blend flour, baking powder and oats, add to the batter and mix on slow with the vanilla essence until clear

Chocolate Pecan Filling

600 grams Dark chocolate
800 grams Sweetened condensed milk
60 grams Salted butter
20 grams Vanilla essence
300 grams Toasted pecan pieces

Method

4. Place chocolate, condensed milk, butter and vanilla essence in a plastic bowl.
5. Melt ingredients in microwave on medium until clear. Take care not to heat the mix too much or the chocolate will burn.
6. Fold through the toasted pecans.

Assembly (makes 8 tarts)

1. Spread approximately 300 grams of oat mix onto the bottom of a lightly greased 8 inch flan tin (can be piped or spread by hand).
2. Deposit approximately 200 grams of chocolate pecan filling onto the oat mix.
3. Deposit the leftover oat mix onto the top of the chocolate pecan filling.
4. Toasted pecan pieces can be sprinkled on top of the tart for decoration and extra flavour.
5. Bake at 150°C for 50 minutes.

Remove from the tins while still slightly warm.

Must be cold before cutting.

Should be stored in the cooler, otherwise freeze and use as required.

Ideas



Other nuts can be used: walnuts, hazelnuts or almonds.

The same recipe can also be done in a sheet and sold as a slice.



Recipe by Hayden Campbell
courtesy of Weston Milling.



Almond Dough

Group	Weight	Ingredient
1	125 grams	Ground almonds
1	2 grams	Salt
1	150 grams	Caster sugar
1	200 grams	Butter
2	2 grams	Vanilla essence
2	42 grams	Eggs
3	275 grams	Maximus flour

1. Cream group one together until light.
2. Slowly add group 2, mixing well between each addition.
3. Add group 3 and fold through to form a dough.
4. Cover and allow to rest.

Pistachio Brittle

Group	Weight	Ingredient
1	30 grams	Toasted pistachios
1	120 grams	Sugar boiled to 150°C

1. Spread the toasted pistachios over a silicone sheet.
2. Pour over the boiled sugar and allow to set.
3. Once set break the brittle into small pieces.
4. Pulse in a food processor to form fine pieces of brittle.

Almond Cream

Group	Weight	Ingredient
1	90 grams	Caster sugar
1	90 grams	Butter
2	2 grams	Vanilla essence
2	20 grams	Egg yolk
2	50 grams	Eggs
3	30 grams	Maximus flour
3	90 grams	Ground almonds

1. Cream group 1 together to form a light cream.
2. Add group 2 in small additions and mix well.
3. Add group 3 and mix well.

Chocolate Ganache

Group	Weight	Ingredient
1	200 grams	Cream
1	300 grams	Bittersweet chocolate
2	50 grams	Butter

1. Bring group 1 to the boil.
2. Add group 2 and allow to melt.
3. Gently fold the cream and chocolate together.
4. Once cooled to 35°C add the butter and fold through.

Assembly

1. Roll the almond dough out to a 4 mm thickness and press into a prepared 26cm flan tin.
2. Pipe the almond cream into the torte shell. This should be no higher than 3/4 of the height of the tin.
3. Bake at 180°C for 25–30 minutes.
4. Allow to cool.
5. Prepare the ganache and fold through the Pistachio Brittle.
6. Pour this into the baked torte case.
7. Finish the torte with toasted pistachio nuts and chocolate decorates. Allow to set (1–2 hours) before cutting.

from Barker Fruit Processors

Orange or Hazelnut Chocolate Tarts



Ingredients

Ganache

1700 grams Milk chocolate – good quality
1000 grams Heavy cream

Filling

660 grams **Barker's Chocolate Orange Flavoured Crème** or **Barker's Chocolate Hazelnut Flavoured Crème**

NEW

Method

1. Assemble 22 pre-baked sweet pastry shells, approximately 12.5 centimetres (5 inches) in diameter.
2. Pipe 30 grams of Barker's Chocolate Orange Flavoured Crème or Barker's Chocolate Hazelnut Flavoured Crème into the base of each tart.
3. Heat the cream until it almost reaches boiling point. Pour over the diced milk chocolate. Stir together with a whisk until combined and glossy.
4. Pour approximately 120 grams of ganache over the top of each tart until it reaches the lip of the tarts.
5. Leave to cool and set.
6. Dust around the edges with dusting sugar. Finish with white chocolate decorations or gold leaf.

NB: For a single serve you can use 60 mm tart shells, 10 grams of **Barker's Chocolate Flavoured Crème** and approximately 40 grams of ganache.

Chocolate filled Muffins



Method

1. Using a standard sweet muffin recipe fill the muffin cups to 3/4 full. (You can use either a plain or chocolate flavoured batter.)
2. Pipe approximately 10 grams of either **Barker's Chocolate Orange Flavoured Crème** or **Barker's Chocolate Hazelnut Flavoured Crème** into the centre of the muffin batter.
3. Do not push the bag in too deeply – it should not be touching the bottom of the muffin paper.
4. Bake at 180°C for approximately 16–18 minutes or until golden brown in colour.

NEW

For more information or a free sample of the new **Chocolate Flavoured Crèmes** please call Barker's on 0800 227 537.

Brighter baking



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



Lurpak Coconut Slab

500 grams Sugar
700 grams Flour
15 grams Baking powder
12 grams Egg
450 grams Buttermilk (or milk or fresh cream)

Dry mix first then add butter milk – mix to combine well.

Spread onto tray (30 cm × 30 cm).

250 grams Sugar.
250 grams Desiccated coconut.

Mix and sprinkle on top.

Bake at 180°C till baked (20–25 minutes).

Soak top – while hot – with 28 grams of fresh cream.

Easy, quick and surprisingly yummie.

Can be decorated further with roasted coconut chips.



Scotch Oven Roasted Cassia Almonds

200 grams Eggwhite
10 grams Cold water
270 grams Sugar
50 grams Salt
30 grams Vanillin (vanilla sugar)
10 grams Cinnamon
Combine and mix well.

1300 grams Almonds (with skin)

Add almonds and coat well. Spread onto lightly oiled baking tray.

Dry in oven for 1–1½ hours at 120°C
Turn almonds from time to time

Teriyaki Nibbles

Use the above method – just replace vanillin and cinnamon with some teriyaki sauce, onion powder, cayenne pepper, chilli powder. Replace almonds with peanuts, walnuts or pine nuts.

★ And did you know?

You can roast all nuts in a microwave oven

Chocolate, Amaretto & Roasted Almond Sable Breton



Recipe by Marcus Braun
courtesy of Nestlé Professional



Sable Breton originated in Brittany on the West Coast of France; it is a classic French shortbread that has a characteristic sandy outside edge and is very rich in butter.

The word 'sable' is French for sand, which refers to the sandy texture of this delicate and crumbly shortbread-like biscuit.

The great thing about this particular recipe is that there is no need to chill or rest the paste before use, and best of all it lines itself in the flan tin so there's no need to blind bake with greaseproof paper and weights. It will rise up in the flan tin during baking and then 'collapse' in the centre leaving an edge or rim around the outside ready for any type of filling.

I have added Amaretto liqueur (almond flavoured liqueur) to the recipe as an extra boost of flavour but you can omit the Amaretto and replace it with cream if preferred. The combination of the roasted almonds, butter and **NESTLÉ Dark Chocolate Couverture** is truly a decadent and wonderful flavour combination.

Chocolate & Almond Sable Breton

YIELD: 1 × 180 mm ring

Ingredients

70 grams	Salted butter
65 grams	Caster sugar
2 grams	Vanilla, pure extract
1	Egg yolk
50 grams	Plain flour
50 grams	Ground almonds
4 grams	Baking powder
15 grams	NESTLÉ cocoa powder

Method

1. Cream the butter, sugar and vanilla together and then cream in the egg yolk.
2. Fold in the sieved dry ingredients and deposit into prepared flan tin.
3. Bake at 180°C for approximately 20 minutes.
4. Allow to cool completely before removing from the tin.

Chocolate, Amaretto & Toasted Almond Filling

Ingredients

160 grams	Cream
35 ml	Amaretto liqueur
2 grams	Vanilla, pure extract
2	Egg yolks
50 grams	Castor sugar
160 grams	NESTLÉ Chocolate Couverture Dark
30 grams	Sliced or nibbed almonds (roasted)

Method

1. Bring the cream, amaretto and vanilla to the boil.
2. Mix the egg yolks and sugar together and whisk in the hot cream.
3. Return the mixture to the pot stirring with a wooden spoon continuously and thicken gently over a low heat until it coats the back of the spoon.
4. Remove from the heat and stir in the **NESTLÉ Chocolate Couverture Dark** – then stir through the toasted almonds.
5. Pour into pre-baked Sable Breton case and chill in refrigerator until the filling is set.





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