

# slice



from the Baking Industry Association  
for cafés, caterers and bakeries



**Competition winners**  
The difference that did it

**TEA** – what, where and how to  
give business a lift with a cuppa

**Waiheke Island bakery**  
Out-of-the-way, on the ball

**Company directors at risk**  
New health and safety regime



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## NATIONAL EXECUTIVE

### President

Brendan Williams 03 455 8375  
brendan@bianz.co.nz

### Vice president, Partners

Michael Gray 04 232 4233  
michael@bianz.co.nz

### Social media

Jason Heaven 06 844 2401  
jason@bianz.co.nz

### Competitions

Mike Meaclem 021 225 3748  
mike@bianz.co.nz

### Treasurer

Craig Rust 03 964 6565  
craig@bianz.co.nz

### Training

Thomas Thomas 04 296 1244  
thomas@bianz.co.nz

### Membership

Kevin Gilbert 021 104 9460  
kevin@bianz.co.nz

### Executive Officer

Belinda Jeursen 03 349 0663  
PO Box 29 265 Fax 03 349 0664  
Christchurch 8540 0800 NZBAKE  
Email admin@bianz.co.nz

Members' Freeline 0800 NZBAKE  
(0800 69 22 53)

### Life Members

Gary Cameron Woodville  
Graham Heaven Napier

### Bakery Employers' Legal Helpline

McPhail Gibson & Zwart 03 365 2345

### Associates

Annette Campbell compliance matters

### Magazine Editor

David Tossman 04 801 9942  
Fax 04 801 9962  
Email davidt@bianz.co.nz

**Deputy Editor Belinda Jeursen**

Website www.bianz.co.nz

### Advertisers and contributors –

**Next issue deadline 3 May**



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Reasonable care is taken to ensure that Slice magazine articles are up-to-date and as accurate as possible at the time of publication, but no responsibility can be taken by BIANZ or Slice for any errors or omissions contained herein.





## From the Office

## BIANZ EXECUTIVE OFFICER BELINDA JEURSEN REPORTS

### Hot Cross Buns

Congratulations to Kidds Cakes, the winners of our inaugural Great New Zealand Hot cross Bun Competition. It was a winner takes all set up and there's no doubt they will benefit from the prestige around being the best bun makers in the country. It was encouraging to have entries from so many bakeries who have never entered our competitions before. Read all about it in this issue of *Slice*.

### Nelson visit

December 2012 seems a long time ago now but my trip to visit bakeries in the Nelson region is fresh in my mind. BIANZ has quite a few members in the area and it is always rewarding to finally meet people face-to-face after talking to them on the phone or by email. I was lucky enough to have **Rob Byron** of NZ Bakels as my guide. We visited 18 bakeries over two days, some of whom are already members of BIANZ, and all of whom now know what BIANZ is and how we can help them.

We started off at Stoke Cake Kitchen chatting to **Barry Newport**, who has been in our industry for a long time, moved shops a few times over the years and changed his role recently, but he has always kept the locals happy with a great range of pies, slices and lunch items.



Barry Newport at Stoke Cake Kitchen.

We also caught up with **David Bell** at Glendenings near Wakefield, where a range of beautiful shortbread is handmade in a small and absolutely spotless bakery for export all over the world. Originally from the United States, David has tried his hand at many things, including farming and missionary work, but his meticulous approach is especially useful when dealing with the buttery demands of shortbread.

At The Bakery in Wakefield I found **Trish Sullivan** and her baker busy in the kitchen making pies. They also sell a range of sweet treats to happy locals and passers-by.



The Bakery in Wakefield.

At Patisserie Royale in Motueka it was all go with **Fred van Kleef** and his team pumping out fantastic European-style breads, pastries, cakes and pies to take away or have on-site with coffee. Everything Fred does has a touch of genius to it. See my story in on page 20 of this issue of *Slice* for more about this inspiring business.

We met with **Aileen O'Connell** at the Tasman Bay Food Group, where Christmas mince pies with unusual fillings and flavours were being made for distribution all over New Zealand. Aileen was a member of BIANZ when she had a pie business before joining Tasman Bay. She now keeps a firm eye on production and new product development there.

So thank you very much to Rob, NZ Bakels and all the bakers and bakeries who took the time to speak with me.

I will be visiting bakeries in various regions throughout 2013 and look forward to meeting more BIANZ members and hopefully writing about them in future issues of *Slice*.



### New Members

We welcome:

<b>Mays Bakery</b>	.....	<b>Timaru</b>
<b>Geraldine Fresh Choice</b>	.....	<b>Geraldine</b>
<b>100 Pipers Bakery &amp; Tearooms</b>	.....	<b>Ashburton</b>
<b>Bucklands Breach Bakery</b>	.....	<b>Auckland</b>
<b>Charlie's Bakery Ltd</b>	.....	<b>Wairoa</b>
<b>Sockburn Bakery</b>	.....	<b>Christchurch</b>
<b>Morrells Artisan Bakery</b>	.....	<b>Gisborne</b>
<b>Annie's Ltd</b>	.....	<b>Waikanae</b>
<b>Liebers Pies</b>	.....	<b>Fairlie</b>



## From the President

### BRENDAN WILLIAMS KEEPS IN TOUCH



2013 is already well underway and we have a new hot-cross bun champion.

Easter is a busy time for most of us, but none will be busier than Kidd's Cakes and Bakery in Christchurch after taking out our inaugural competition. We are expecting this to become a much anticipated part of the year and given the high level of product and closeness of the judging, I expect a few scores will need to be settled next year.

BIANZ hosted another regional event recently, this time in my home town, Dunedin. We had speakers on social media and health and safety and the chance to catch up with industry members in the area over a few drinks. Those who attend always find these events worthwhile and we are planning further regional events in Auckland, Christchurch and Palmerston North this year.

Invitations will be sent out in our e newsletter well in advance so please join us if you are in the area. We'd love to meet you and hear about your bakery ideas and experiences.

We're busy setting up a bakery tour to Australia and the outline for this is in this issue of *Slice*.

It's going to be a fantastic tour and we look forward to as many of you as possible joining us in Melbourne. It's a great opportunity to see how world-class bakeries tempt their customers, and look to the future, so plan some time out and meet others from your industry with us in Melbourne.

A similar trip in 2004 was a roaring success so diarise 13-19 September 2013 this year for a well-deserved trip on your business. It won't all be work. There will be plenty of time to shop and sight-see.

We have planned it so there is time to hit Sydney for the Fine Food Show (9-12 September) for a couple of days before joining us in Melbourne if you so desire.

Yours in baking,

Brendan

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# Hot cross buns competition goes well



Mike Meaclem reports

**Mike Meaclem organised the recent hot cross buns competition. He has the competitions portfolio on the BIANZ executive committee and organises the Bakery of the Year competition.**

The number of entries in the hot cross buns competition was very pleasing, as was their standard. Judging was not easy.

There were many entries from top-class bakeries that have never entered the Bakery of the Year Competition, and I think this tells us something about how we can increase participation.

Competitions like this are good for the bakeries that enter, even

“This shows us what needs to be done”

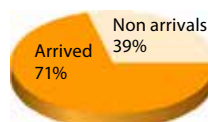
if they don't win, because they really help to build skills and teamwork. The publicity they generate is good for the baking industry as a whole, and of course the awards are extremely good for the bakeries that win them. Altogether they are very good use of BIANZ resources.

In light of the success of the hot cross buns competition, we are now looking at running a similar style of competition for Christmas tarts. That will start about October.

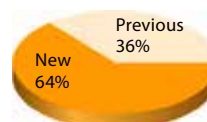
You will see from the charts how successful the competition was at attracting entries. Looking ahead to 2014, we will also be considering how the Bakery of the Year might be adapted to this style of competition.

## Events calendar

What	When	Where
Sachsenback Trade Fair for bakery and crafts	13–15 April	Dresden, Germany
Bakery China 2013	9–11 May	Shanghai
Foodshow Wellington	24–26 May	Westpac Stadium
FoodService & Bakery Australia	2–4 June	Royal Exhibition Building, Melbourne
Foodshow Auckland	1–4 August	ASB Showgrounds
South Island Hospitality Show	4–5 September	CBS Canterbury Arena
Foodshow Christchurch	13–15 September	CBS Canterbury Arena
Anuga Bread Bakery & Hot Beverages	5–9 October	Cologne, Germany
IBIE – International Baking Industry Association Exposition	6–9 October	Los Vegas, Nevada
Bakels NZ Supreme Pie Awards		
 Entries close	30 June	Auckland
Awards dinner	24 July	



Total entries



Bakery of the Year entrants



North Island/South Island

## What makes a great hot cross bun?

A great bun needs some or all of the following:

- Good quality ingredients – fresh spices and plump fruit
- Innovative treatment of the fruit – perhaps soaked in alcohol or another liquid to give it extra flavour and juiciness
- A long slow ferment of the dough to allow flavour to develop
- A good amount of fruit in the bun – taller buns are not necessarily better buns – lower buns often have more fruit and therefore more flavour in them
- Buns made with butter give a better crumb texture – shorter and denser
- The colour of buns is varied and depends on the spices used and their freshness – darker buns usually have more cinnamon and mixed spice in them, the preference here in the eye and taste of the eater
- The cross should not be too chewy. It is traditionally soft and should sink into the dough to prevent it becoming hard when the bun is baked.



# Christchurch bakery makes best buns

**Sold out by mid-morning**



**Kidd's Cakes' manager Chad Meehan is presented with the Hot Cross Bun competition award and trophy by BIANZ president Brendan Williams**

A Christchurch bakery was the winner of BIANZ's inaugural Great New Zealand Hot Cross Bun Competition. Kidd's Cakes and Bakery on Cranford Street were unanimously chosen by the judges as the clear winner in the competition, which had 68 entries overall from around the country.

The popular bakery was sold out of hot cross buns by mid-morning when BIANZ President Brendan Williams stopped in to hand over the Best Buns trophy and certificate.

Chad Meehan, Kidd's Cakes' manager, says the winning recipe was the same one they've been using for the past four years, although they did spend two weeks making buns every day to get them perfect. "We are tweaking the recipe all the time. This time we increased the amount of lemon and citrus zest at the last minute."

Kidd's Cakes' focus on flavour was rewarded, with the judges saying the use of lemon juice to marinate the fruits worked well for both the flavour and the texture of the buns.

Chief Judge Mike Meaclem of the Baking Industry Association of New Zealand said that the buns had a lovely light texture, and a nice bold look to them with a perfect white cross.

The description of the buns, submitted with the entry, read: "Old-fashioned hot cross buns hand crafted using a double fermentation process, with lemon juice marinated exotic fruits, a delicate blend of fresh spices, and a hint of citrus zest, finished with a sweet citrus glaze." The buns included sultanas, currants and cranberries.

The judges were Mike Meaclem, Bakery Tutor at CPIT, Dennis Taylor, a qualified chef and manager of the School of Food & Hospitality, Marcus Braun, Patisserie Tutor and winner of numerous awards himself, Tony Goddard, Bakery Tutor, and Ryan Marshall, Culinary Manager at the School of Food & Hospitality.

The judging criteria were aroma, colour, texture but most of all flavour, and the judges agreed that while there were a number of very good entries, Kidd's buns were outstanding.

There are no runners-up in the Great New Zealand Hot Cross Bun Competition, making it all the more exciting to win it. BIANZ President Brendan Williams and Chief Judge Mike Meaclem both see the inaugural competition as the start of something that will bring increasing prestige to winners and come to be regarded as an essential part of the baking calendar.



# news and views

## Southern Hospitality awarded

Southern Hospitality, New Zealand's largest hospitality and food service equipment company, was named supreme winner of the 2012 Westpac Otago Chamber of Commerce Business Excellence Awards.

The awards were announced in December at a black tie function at the University of Otago attended by more than 240 people.

The company was founded in 1989 when business colleagues Roger Fewtrell and Hyam Hart were facing the loss of their jobs following the sharemarket crash. Their then-employer was closing its Dunedin branch.

Confident that they could profitably deliver products to the hospitality industry, they obtained a bank loan and, with three staff and a used green van, established Southern Hospitality. The company turned over its first million dollars within 12 months.

With numerous acquisitions and expansions since, the company now has more than 230 staff in 14 locations in New Zealand and two in Sydney. It employs more than 100 fully trained chefs and bakers as sales consultants.

## International bakery deal

Chef-turned-businessman Sean Armstrong's successful business Loaf is expanding internationally in a multi-million dollar deal.

After six months of negotiations, a selection of Armstrong's range of gourmet slices has hit the Australian market with three containers of goods being shipped across the Tasman.

Supermarket giant Coles' is stocking a selected range of the slices in 400 of its stores in New South Wales and Victoria. Coles is one of Australia's biggest supermarket chains with more than 11 million customer transactions a week.

To fulfill the order, Loaf now operates 24 hours a day, seven days a week and claims a 20 per cent boost in staff to handle the upsurge in production.

Armstrong, whose company was launched in 2004, said he was delighted at how fast the negotiations with Coles had gone. He said the agreement represents the first advance in Loaf's business strategy to expand into other international markets. Loaf's 'sweet range' 300 gram slices (including its Sticky chocolate brownie, Explosive ginger slice, Gooney caramel slice and Cranberry and pistachio slice) were launched at Coles in January.

## New workplace health and safety regime

The government is to establish a new stand-alone health and safety agency. The creation of a stand-alone Crown agent was a key recommendation of the Royal Commission on the Pike River Coal Mine Tragedy.

(See page 32 of this issue of *Slice* for more on how this will affect owners and directors of bakeries.)

The workplace health and safety functions, currently sitting within the Ministry of Business, Innovation and Employment, will transfer to the new agency, which is expected to be in place by December.

Announcing the move in February, Labour Minister Simon Bridges said that the government's focus on significantly lifting New Zealand's workplace health and safety record is behind the establishment of a new, stand-alone agency.

"The new agency will have a dedicated focus on health and safety and underlines the government's strong commitment to addressing New Zealand's workplace fatality and serious injury rates," Mr Bridges said.

"We have a firm target of a 25 per cent reduction of these rates by 2020.

An independent Taskforce on Workplace Health and Safety is due to report back at the end of April, and is expected to make a number of recommendations regarding the work of the new agency.

Legislation to establish the agency is expected to be introduced to Parliament in June.

## Cake Boss hits the high seas

Norwegian Cruise Line has announced that Buddy Valastro, cable TV's "Cake Boss" on TLC, will open an outpost of Carlo's Bake Shop on the Norwegian Breakaway, a New York City-inspired cruise ship coming to its home port of New York this May.

Featured menu items will include: freshly baked cookies, cakes and pies; Italian butter cookies; biscottis; an assortment of cupcakes; chocolate and vanilla cannolis, cream-filled lobster tails; strawberry cheesecake, chocolate truffle and tiramisu. The items will be available for purchase à la carte.

## Hospitality trade show back in Christchurch

Hayleymedia Ltd and Kitchen Productions Ltd have invited food service and hospitality sector suppliers to join them at the South Island Hospitality Show 2013, scheduled for 4-5 September at the CBS Canterbury Arena in Christchurch.

"This will be the largest hospitality trade show hosted in the South Island since our last show in 2009," says show organiser, Rachel Hobbs-Price.

For more information on exhibiting, participating or visiting, contact Sue Kinmond on 09 486 0077 ext 716, sue@hayleymedia.com or visit the show website [www.sih.co.nz](http://www.sih.co.nz)

## Massey to facilitate global food safety initiative

The World Bank has chosen New Zealand's Massey University to help lead a plan to improve international food safety.

The Global Food Safety Partnership is a public-private partnership aimed at increasing food safety capacity. It was launched at a conference in Paris in December.

Massey's Professor of Agribusiness, Hamish Gow, who last year won a major international award for an open source food safety knowledge network he helped develop, will take up a leadership role within the multi-agency structure.

"The goal is to build a food safety system suitable for supporting the delivery of safe, affordable food for everyone, everywhere, all of the time," Professor Gow says.

The partnership will utilise an open educational model that would enable individuals, firms, non-governmental organisations, governments and international agencies to collaborate.

Massey University will facilitate the working groups that will provide technical input and expertise into the design of the partnership and associated programmes. Ross Davies of the School of Engineering and Advanced Technology in the College of Sciences will act as project manager for Massey's part of the initiative.

These working groups will cover the establishment of the open source platform (or information resource), an effective communications strategy and technical aspects including training materials, quality control, service provision and delivery systems.

"We need innovative solutions to share best practice, increase adoption, build capacity, lower delivery costs and more generally improve food safety systems across the developing world," Professor Gow says.

## Celebrating training success

Every year several thousand skilled Kiwis graduate from industry training without receiving the recognition they deserve for their achievements. Gaining a Level 4 or higher certificate is the equivalent of a university degree – with both taking four years of dedication and focus to complete.

That's why, as a celebration of this hard work, industry training organisation Competenz has published and distributed a 'Roll of Honour' handbook.

It acknowledges graduates who received their certificates in Level 4 or higher qualifications in 2012 within the baking sector that Competenz works with.

And employers should be equally celebrated for their investment in lifting transferable skill levels throughout New Zealand.

"Our graduates should be extremely proud. The skills they have gained will stand them in good stead for their futures," says John Blakey, Competenz CEO. "With current and looming skill shortages, there has never been a more crucial time to be skilled in New Zealand, and their career prospects should look bright."

Competenz annual alumni magazine, *The Guild*, will also be published alongside the handbook. The magazine features inspirational profiles from some of the 2012 graduates.

"Learning is lifelong and we look forward to following the progress of our graduates," says John Blakey. "Hopefully we see them enrolling in even higher level training in the near future – their skills are an asset for New Zealand's economy."

## Bread mould zapped

Loaves of bread that stay edible for at least two months could soon be on sale. By bathing loaves in a uniform field of microwaves, without the usual cold or hot spots, MicroZap of Lubbock, Texas, says the fungi responsible for bread mould die within 10 seconds, considerably extending bread's shelf life.



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## Good gluten-free – long and slow the secret

### Study shows mixing has 'major influence' on gluten-free bread quality

A growing demand for gluten-free foods is a mixed blessing for many bakers. They can fetch a premium but they can be difficult to make, particularly in the case of bread, where the absence of gluten results all too often in a dense, hard and unappetising product.

Researchers have claimed that mixing has a much bigger impact on the quality of gluten-free bread than was previously understood and have found variations depending on levels of hydration in the dough.

A study published in the *Journal of Food Quality* said that optimising the type of mixing arm, the mixing speed and the total mixing time could produce high-quality gluten-free bread.

The researchers said their study marked the first time a rheofermentometer, an instrument that analyses dough behaviour, had been used for gluten-free bread.

They reported that, as a result of this study, they could get breads with higher volume and lower hardness.

The researches used mixtures with 80% ad 110% hydration and many different times and speeds with dough hooks, wire whips and flat beaters.

In the less hydrated breads, the type of mixing arm made no difference but longer mixing times achieved greater volumes.

In more hydrated breads, the type of mixing arm and speed were found to have a big impact.

The wire whip produced higher volumes and softer breads, but only by using a lower mixing speed and longer mixing time.

## New egg code a mistake?

The NZ Food & Grocery Council claims the new egg code will result in higher prices and the failure of many small farmers.

The government's announced changes to the Code of Welfare for Layer Hens are well-intentioned, but the four-year deadline is impossible to meet, says Katherine Rich, CEO of the Food & Grocery Council.

"FGC members that either produce or use eggs will be adversely affected by the shortened transition arrangements in the code.

"We are concerned that, one way or another, the result of the announcement could mean major disruption and significantly higher prices for eggs.

"With all the work that had gone into the consultation process, members were disappointed by the introduction of 11th-hour changes which had not been part of the original consultation.

"There was wide support for the previously agreed transition period, and most agreed the plan was doable and fair.

"FGC members absolutely understand shoppers' interest in animal welfare issues and are supportive of the move to colonies over time. But they are very concerned that the new phase-out timeframe is impossibly short, and that the industry will not be able to meet the deadline.

"Though the code's 10-year phase-in sounds reasonable, the reality is that the first deadline is within just four years.

"The combination of issues for producers – from lack of available capital to the practical issues of getting timely resource approvals through the Resource Management Act – means expecting industry to be compliant within four years is not realistic.

"Eggs are an important part of the weekly shop and an important part of the wider food industry. They are a very affordable source of excellent nutrition and an important part of the diet of families.

Many consumers will not appreciate the predicted hike in egg prices that will add to grocery bills and dining-out costs if the transition period is not returned to an achievable timeframe.

"FGC urges the Minister to reconsider these transition arrangements in the interests of the industry and consumers.

"We all agree on the goal. Let's make the timeframe achievable."

## Don Mackay – a baker's baker



Don Mackay, a well-respected and much loved member of the baking community, died suddenly on 25 February at the age of 77. He was test baker at NZ Bakels for over 30 years.

Happily retired since 2011, Don was well known to generations of bakers. In his last 10 years at Bakels, he worked in the bakery school, introducing apprentices and trainees to the various baking arts and crafts, and Bakels' customers to their products.

Don was perhaps most widely known for his work at the Supreme Pie awards, operating the ovens from 5am to 7pm on judging days, and presenting the numerous pies to the judges.



## Bag maker has new name, new management

The company's name is now Wellpack but many BIANZ members would know it better simply as "Unibag" who, in recent years, have sponsored one of the prizes for the Bakery of the Year award.



The company's history goes back to humble beginnings in the 1920s as the Wellington Paper Bag Company, operating from a small factory in Adelaide Road, Newtown.

Since then – for 90 years – the company has seen several changes in name, management and location but one thing has remained unchanged: they make good quality paper bags.

Wellpack is the largest manufacturer of mid-size paper bags in New Zealand.



As of September 2012 the company underwent an ownership change which, from the client's point of view, has been a very smooth process.

The company remains a privately-owned New Zealand manufacturer. All of its products are made at the plant in Upper Hutt where around 50 staff are employed.

"There are several key factors that keep this business very relevant in a world of imports," according to CEO Vincent Papaluca.

"We are certified as Foodsafe through an annual auditing process, whereas many cheap imported products are not audited at the point of manufacture or in storage facilities.

"Our point of difference is that we offer guaranteed Foodsafe product at a competitive price.

"From a sales and marketing point of view, all printed bags offer you a cost-effective direct-marketing tool and that is why so many successful and well-known companies continue to market their products in this manner.

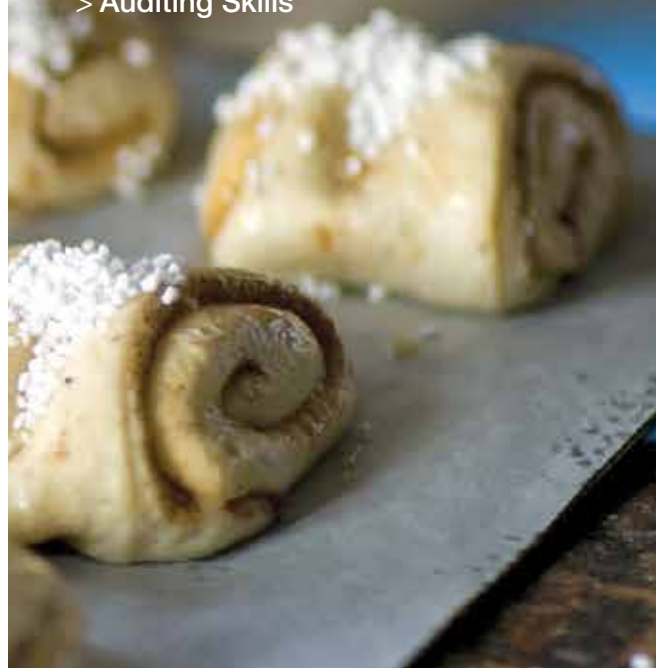
"As a member of BIANZ you get very good pricing for custom-printed bags."

If you want to know more contact Wellpack through their website see [www.wellpack.co.nz](http://www.wellpack.co.nz) or free phone on 0800 806 006.

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## Scientists bring sourdough to the rescue

Other sorts of breads and other foods might soon benefit from the qualities that give sourdough bread its exceptional shelf-life.

The extended shelf-life and mould resistance of sourdough bread has long been recognised. Now a team of researchers in Canada believe they have found the reason: powerful antifungal compounds produced during the fermentation.

The team at the University of Alberta led by Michael Gaenzle has revealed that some of the bacteria in sourdough convert an acid naturally found in bread flour to the strongly antifungal compound.

Dr Gaenzle and his team suggest that their findings could help to improve the taste of other breads and could even help isolate antifungal compounds for use in other bakery and food products.

Going further, they suggest that the newly identified antifungal substances in combination with coriolic acid could be used as a natural 'clean label' antifungal agent for seed treatment and crop protection.

In summary, the team suggests two major benefits of their research:

1. Better tasting bread, because preservatives can be eliminated and because sourdough has a richer flavour than bread made with yeast only.
2. Novel tools to control fungi in malting and plant production, through the treatment of seeds with the anti-fungal acids.

The study appeared in the 6 March issue of Applied and Environmental Microbiology journal.

## Pies for 10 cents

### Family business winds the clock back



The Rosebowl Bakery and Café in the little town of Feilding in the Manawatu has just celebrated 45 years in business

"We are a family owned and run business," reports co-owner Selena McNabb.

"We really wanted to do something big that would have the whole town talking about the Rosebowl and at the same time give something back to the community that has been so good to us over the past 45 years.

"So we decided to go back to 1968 and charge the price of 10 cents for the two pies that we sold back then.

"On the 26th of February between 6am and 8am and from 12 to 2pm, we sold mince pies and bacon and egg pies for just 10 cents, like we did 45 years ago. "There was a limit of two pies per person."

"We had a huge day and sold 3430 pies over the four hours they were available. We had queues out our door and way down the street.

"We had a local radio station doing there morning show live from the Rosebowl. It was amazing and extremely successful."







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## Bakery moves and grows

Paris Berlin, the Auckland organic bakery featured in *Slice* in September 2011, has moved across town and undergone a name change. Then in a quiet cluster of shops in an out-of-the way corner of Ellerslie, it now operates from prominent locations in trendy Ponsonby and Grey Lynn. The name is now Little Bread & Butter. (Yes, they do make the butter for the café themselves.) The new operation is in partnership with Shawn Pope of Cafe Melba.

The Ponsonby outlet is in a new market complex, Ponsonby Central, on the busy Ponsonby Rd-Richmond Rd corner.

Ponsonby Central features a variety of eateries and food outlets plus craft shops and a radio station, as well as an outdoor market on weekends.

The Ponsonby Central Little Bread & Butter is a narrow store but at the back is a big table-to-share with two Dualit toasters so customers can toast their own bread before slathering it with preserves.

At the time of writing, proprietor Isabel Pasch is looking forward to moving into the big new bakery in Grey Lynn.

They continue to supply loyal wholesale customers around Auckland and as far afield as Hastings and Westport.



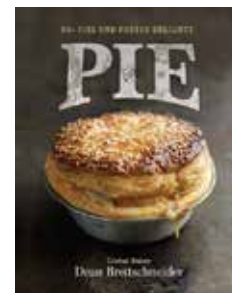
## Book review

### Pie

80 Pies And Pastry Delights

by Dean Brettschneider

Paperback 2012  
(Penguin Books \$45.99)



## Review by Brendan Williams

A new book about my favourite subject is always something to take notice of and given it has been written by ex-Dunedinite Dean Brettschneider, I was keen to see whether his time in Dunedin had left an imprint.

Dean in more recent years has popped up on our television screens, but started his first commercial enterprise not far from where I am now in Dunedin's salubrious King Edward St. Having visited Dean recently in Singapore, I can report that things have moved along nicely since those modest beginnings in South Dunedin. His Baker & Cook artisan bakery, café and foodstore in an affluent residential area of Singapore was yet to open, but when it did it became so successful that the affluent neighbours began to complain about the new much higher levels of traffic in their area.

I am not a tradesman baker, but I have been running Marlow Pies, a family-owned wholesale/retail bakery operation in Dunedin, for six years. Over that time I've had a lot of fun creating new recipes for our customers (and ourselves) so was keen to see what inspiration we could take from Dean's new book. From experience, I know that a good pie needs to follow a traditional theme, but can be made infinitely tastier by spending time to draw out your flavours. There is some time spent explaining the pastry-making process and easy to follow directions are given.

The book is well laid out and I note Dean is once again using Aaron McLean to add colour and vitality with his amazing photography. The book is aimed at the home cook but with a little imagination the recipes can be adapted by any skilled café or commercial chef. There is a strong European influence with many traditional themes covered. To spice it up, however, there are North African and Asian inspired fillings and, to keep it real, some Kiwi favourites for the 'Ladies bring a plate' occasion.

No recipe book review would be complete without trying one of the recipes. I liked the look of the Chicken, Sweet Potato and Stilton filling, but rather than make a pot pie as in the recipe, I used a traditional pastry case. I also substituted Whitestone Windsor Blue for the Stilton as we have that in the bakery at all times. As with any good filling, the taste comes from drawing the flavour from the onions and garlic by frying and browning and seasoning early in the process so the flavours can cook through. Rosemary is also one of my favourite additions to creamy chicken fillings so the end result once baked was mouth-watering.

In his introduction he suggests quite rightly that some time should be taken to familiarise yourself with the methods required to make a decent pie. He goes on to suggest that you even keep the book beside your bed, but unless you want a divorce, I suggest that this might be a step too far.

To sum up then, for a book on pies from a man who by his own confession hates making pies, Dean has made it easy for a home baker to turn out some wonderful products, and with an emphasis on making tasty pastry, it is clear that it is not just a case for the contents.

Gary Cameron writes

## Old skills are still needed

### A personal view

As we age it gets harder to cope with the remorseless advance of technology. Its not that we hate it but a fact that, once you're out of the loop in a business sense, you lose touch so quickly.

We had family over at New Year from Melbourne. One grandson was working on an I-Phone (or something) and when asked what he was doing he said he was booking a soccer game in England to be recorded in Melbourne, so he could watch it when he got home. All this from our house in Woodville. On a gadget he carries in his pocket.

It's no wonder the young lady trying to sell me a new phone wondered what she had in the shop when the old fella just wanted a phone to ring people now and again. No e-mails, no camera, share market reports, or the weather in Argentina. Just a phone that works when I want to use it Did I get one? No way. Sure I can ring on it. But it has more grunt than our first computer.

Is it me or are we making things more complicated? Just because we can supply the answers before the questions show up?

We have installed My Sky at home and after five minutes of breathless instruction by the man who installed it, two oldies were left totally confused with a "what have we done?" look. However, when in trouble, grab a grandson. It works a treat. "See Pop, just bring this and that up on the screen. Push this button and you can do all you want." Nana also called for help with the computer. All this from a kid who it seems not long ago had trouble with buttons and shoelaces, and who still doesn't know which end of the broom goes to the floor.

I am not alone with this. I have recently been involved with setting up a Menzshed in Dannevirke. That's a collection of old farts from various backgrounds who get together once or twice a week to put the world to rights, make things for home, repair stuff that would be dumped, learn woodturning, make tables and chairs, etc. And we all have the same problem with technology.

It gets beyond us, just because we're out of the workforce. But we're not stupid. We have an amazing range of skills in our group. But they're old skills, and we hope to pass them on to young people, some through the local college, because practical skills are still needed in this technological world. They have not yet made a computer that can change a tap washer, paint a house or reglaze a window.

Our three musketeers who go overseas to help set up bakeries in very primitive areas do so with their basic skills and a lot of goodwill. It is not done with computers. Great stuff guys.

I'm not knocking technology. The world these days could not operate without it, but spare a thought for us oldies who are a bit slow on the uptake. You never know. You could get old one day.

The Yanks spent millions of dollars to make a ballpoint pen that would work in outer space. The Russians solved the problem in an old-fashioned sort of way. They used a pencil.

Cheers,

Gary



“when in trouble,  
grab a grandson”



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# Royal appointment

Cake experts pitch in for the prince.

by Sue Fea



In Wellington last November, Government House head chef Simon Peacock was charged with whipping up a massive 64th birthday cake for Prince Charles and 65 guests.

He didn't tackle the task alone. He called in the experts from the Wellington Cake Decorators' Guild.

The talented chef had his mother-in-law's boiled fruit cake recipe all lined up, but decorating his 64 Kiwiana-themed mini-fruit cakes for the giant one metre by one metre project required some specialist decorating know-how.

"There's a big difference between front of house meals and the fine intricacies of cakes," says Peacock.

Peacock found himself joining the ladies at the Wellington Cake Decorators Guild meetings, whose ideas and advice proved invaluable.

Once they found out who the cake was for everybody wanted to help.

It was a team effort. The "rock star of the cake decorating world", Pauline Nunns, a world class pastry chef, was joined by talented Wellington bakers Tanya Hugyecz of Decorada and Karen Simpson of Strathmore Bakery and Cafe. They had six weeks to complete about 120 hours' work.

"When he first told us he wanted to do 64 different designs, it was like, 'oh my goodness', so we helped him narrow it down and focus on eight or nine different designs so it didn't lose its impact," says Tanya Hugyecz.

Nunns, a judge on television's inaugural Hottest Home Baker, created amazing replica edible Buzzy Bees.

There were also native birds, lamingtons, pavlovas, real florist-taped native flowers, including Nunns' manuka creations.

Hugyecz's detailed jandal design, complete with brown sugar sand, was a huge hit. She incorporated edible gold glitter into the sand to "make it look like a sunny day".

"The straps were all sugar work – sugar paste with a strengthening agent. I dug into my daughter's wardrobe for her jandals and stamped the pattern onto it and copied the design."

Hugyecz also created edible paua shells set on a beach design, created from a mould using edible lustre dusts.

“Once they found out who the cake was for everybody wanted to help.”



Karen Simpson, Strathmore Bakery and Cafe, Tanya Hugyecz of Decorada, and Pauline Nunns.





Tanya Hugyeczc was delighted with the high tea crockery at Government House.

Iced paddocks depicting sheep and gumboots were donated by the ladies from the Wairarapa Guild. They just happened to be hosting the annual cake decorators' conference and sheep was the theme.

Peacock held his own against the experts. His hokey pokey ice creams in a mini-cones and replicas of the iconic Kiwi plastic tomato sauce bottle were equally outstanding.

"It was an absolute chance of a lifetime for us," says Hugyeczc. After turning up to help Peacock at Government House with her tools and decorations the Sunday before the big day, she was treated to high tea for her efforts.

"They came out with the 75-year-old Royal Doulton: hand-painted, gold-tipped, hand-wash-only china. It was very special.

"And never mind Prince Charles's birthday cake in progress: "I got a photo of my cup of tea – it has the royal emblem on it."

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# Junior Pastry Team does New Zealand proud



The New Zealand Chefs Association Junior Pastry Team, Sarah Harrap and Vivian Clarke, achieved fourth place in the Junior World Pastry Championship held in Rimini, Italy, in January.

The young team (23 and under) was coached by Marcus Braun with technical support by Arno Sturny. Renny Aprea was business manager.

First place went to Italy, second was Japan, followed by Singapore and New Zealand.

"It was a fantastic result for a first time around," said Arno Sturny. "This was an outstanding result, all considered. We are all really proud of Vivian Clarke and Sarah Harrap, who both handled the pressure and challenges put on them extremely well."

Ten nations took part: Australia, Brazil, England, France, Italy, Japan, New Zealand, Singapore, South Korea, and Switzerland.

The president of the New Zealand Chefs Association, Anita Sarginson, said "many hours of work went into their recipe development with their mentors, not to mention the hours of practice, so well done! Fourth in the world, truly a magnificent outcome and so very well deserved."

Anita went on to say that "hopefully you have thrown down the gauntlet for the New Zealand Culinary Team." (The culinary team went to Wales in February to compete in "The Battle for the Dragon". They won multiple gold medals and the overall title, repeating their success of 2009.)

The theme for the Junior World Pastry Championship was "The Circus of the Future".

Each team was represented by two pastry chefs accompanied by their trainer, who was part of the international panel of judges.

The tests require competitors to make one sculpture in sugar and one in chocolate, a chocolate cake and a gelato bar with a free choice of flavour and glazed in chocolate, three pralines, and a cream dessert based on white chocolate and fruit.

The international panel of judges, chaired by Gianluca Fusto (the trainer of the winning team in 2011), was made up of Massari (honorary chairman), Stephan Klein, Paco Torreblanca and Eliseo Tonti.



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✓ the latest issue of *Slice*, the association's magazine
- ☒ A tax invoice/receipt for your subscription

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# Pâtisserie Royale – The Jewel in the Crown

Belinda Jeursen visits a Motueka gem.



With over 30 eateries of one sort or another in Motueka, competition is stiff, but BIANZ member Pâtisserie Royale is clearly the jewel in the crown.

It's been 10 years since Fred and Sarah van Kleef started their bakery from scratch, and while the town and the business environment have changed, their commitment to quality and consistency in baking hasn't. Fred believes it is this that keeps customers, both locals and visitors, coming back.

Walking down the main street of this small but busy town, the beautiful hanging flower baskets outside the shop are only the first distinguishing feature of this exceptional bakery-café. Walk in and you are faced with racks of wonderful European breads, and counters filled with cakes, pastries and pies, all obviously made with perfection as the standard.

Everything they sell is handmade on the premises, down to the mayonnaise in their filled rolls. "It's labour intensive," Fred says, "but it's our point of difference. We focus on presentation and quality." Certainly you can't miss the European-style dark golden colour of their breads and pastries, and the use of wholemeal flour in some products.

A slow rise also ensures a complex flavour in the breads, which have no additives or preservatives in them and very little yeast. Fred says the flour available in New Zealand is a challenge as it can be inconsistent. He relies on instinct now to judge mixing and proving times but new bakers hired from Europe struggle with the variations.

Cakes are their biggest seller overall, especially on Sundays when customers have more time to stop in the café, while pies are a popular early morning choice for tradespeople.







"It changes from day to day though," says Fred, "and weekday lunches it's all about filled rolls and quiches."

Initially Fred and Sarah rented a shop and opened the bakery, but four years ago they had the opportunity to buy the building, expand into the shop next door and add a café to the mix. "Diversity helps," says Fred. "In Europe even a lot of the older bakeries are doing this. The dynamic has changed. People want to sit down and have coffee."

Fred noticed some years ago that certain traditional European products were disappearing, particularly hand-made chocolates and speciality cakes, replaced by coffee and the café industry. "The café helps sales. We also supply the kayaking companies with lunches so we definitely benefit from the tourist industry."

Motueka is extremely busy with tourists from November to April. The winter months are quieter. "Winter used to be hard, but it's steady now. Motueka has grown, we've built our reputation and we get people from Nelson coming over now. In summer it's families and tourists, then when the kids go back to school we get more couples coming in."

The shop is open seven days a week in summer and six days a week in winter, with up to 20 full- and part-time staff in the busy months.

Fred finds keeping people interested a valuable strategy. "People see us making changes and ask, 'What are they doing now?'," hence some changes to his shopfront to create visual impact.

"We also like to try new things, so we've introduced French products like macarons and friands, and a yoghurt slice with passion fruit which is very popular. We've increased production over the years, but our philosophy around freshness and consistency is the same, so people always know what they are getting. Be consistently bad or consistently good, but be consistent!"

He also understands the value of customer service and communication. Patisserie Royale has a Facebook page which Fred says he doesn't rely too heavily on but which does create opportunities for promotion and feedback.

For Fred, the kayaking lunch orders are a good indicator of how the tourist industry is faring, as is the response he gets to advertisements in Europe for bakers.

The past year has definitely seen a downturn in tourists and an increase in ad responses so he is expecting 2013 to be a slightly tighter year. "We will look after our local customers as usual and be careful with spending."



# Ringawera Parāoa

**His bakery on Waiheke Island might be out of the way  
but Patrick Griffiths is on the ball**

by David Tossman



The baking bug attacks people in a variety of ways. Patrick (Paddy) Griffiths trained as a chef but along the way he acquired a knack for making good lavash. From there he developed an enthusiasm for baking and now he has his own bakery.

The bakery is called Ringawera – 'hot hands' in Maori. It's a whanau business, says Patrick. On the Ringawera website he describes it as "a diverse group of kaimahi from a variety of

professional and trade backgrounds who have come together to produce quality food. We are a kaupapa whanau of Ngati Kuri, Te Aupouri, Te Rarawa, Ngapuhi, Ngati Kahungunu, Te Ati Awa, Tainui, Ngai Tahu, Ngati Ruanui and Ngati Pakeha descent."

Ringawera bakes ciabatta, pide, sourdough, baguettes, foccacia, multigrain, mixed grain, paninis, brioche, muffins and croissants, all from scratch, all every day. Patrick adds his



own touch to each. "The recipes are all our own variations on things. For the foccacia we use fresh herbs from our garden, and olives. Its a two day process to get that right."

Ringawera's two Revent rack ovens can each handle eight racks at a time – 40 loaves per cycle. The controls are, as Patrick says, all computerised, but because many of the cafés and restaurants he serves have their own peculiar requirements, he still has to "juggle some product in and out" during the cycles.

"My preference is to have total control of the whole process. I feel better about it that way."

Passionate is an overworked word now, losing its punch, but it applies in full to Patrick Griffiths. He started his bakery, less than four years ago but already he has collected a pair of *Cuisine* awards.

Ringawera is in a semi-rural corner of Waiheke Island. Such an isolated location would seem far from ideal for a bakery but with the number of up-market restaurants on the island it's not as silly as it first appears.

Patrick's family has had a long connection with Waiheke Island, regularly holidaying there as he grew up. "I've been there every summer for 50 years," he says. They saw the gap and people on the Island reinforced his awareness of the need for a top-notch wholesale bakery (there are several other mainly retail bakers on the Island.) "We've sunk a lot of money into it," he says.

### The climate of success

Waiheke's climate is sunnier than Auckland city's, hence its appeal to wine-makers keen to attempt Bordeaux-style red wines. Now, with its wine enjoying a top international reputation – the whole island is strewn with vineyards, many with their own restaurants – Waiheke is an international destination for foodies and wine buffs.

While it is only a half-hour ferry ride from Auckland these days (it used to be several hours away) the island retains much of the funky, hippie air of the 1970s. Now, however, the modest houses and old-fashioned baches sit within view of millionaire mansions with their own helipads.

In tune with older Waiheke tradition, the milk at Ringawera is organic, the eggs are free range, they use Marlborough sea salt and Waiheke olive oil.

Beyond the island, Ringawera supplies fresh bread to a couple of mobile food vendors in downtown Auckland.

In addition to fresh bread, Ringawera sells packaged lavash – the product that first infected Patrick with the baking bug – to some 40 locations from Queenstown to Kerikeri. That



Photo by Martin Moore, Waiheke Weekender

**Selina Cross – "an outstanding chef and she's grasped baking incredibly well."**

has to be some good lavash. Its the reason for his two *Cuisine* awards and "pretty solid business," says Patrick.

With less than four years under the belt in his own bakery, it's been a steep learning curve for Patrick and his team. The biggest climb was during the Rugby World Cup. Order sizes grew enormously – they eventually turned out 22,000 handmade rolls during the event – and the whole team was pushed to the limit, learning, as he says, "how to do quantity and maintain quality."

It was tough but a very useful lesson. Steady demand can never be counted on in places like Waiheke Island.

As with many holiday destinations, business on Waiheke is extremely seasonal. The permanent population is about 7000 but it swells during the summer to more than 30,000. The bays fill with yachts and the air buzzes with choppers. The old hippies who bought cheap there back in the 70s and 80s now contend with an annual invasion of the rich and the famous. (And alongside the wealthy come troops of Kiwi superannuitants indulging their Gold Card discount on the ferries – normally \$35.50 return, free thanks to Winston Peters.)

Waiheke's vineyard restaurants are much favoured by Aucklanders for corporate lunches and dinners, and for weddings.

### Lavash praise

Having been much praised himself for his lavash and sourdoughs, Patrick does not stint when praising others. He makes special mention of Roy West, a Southern Hospitality bakery rep and a fount of baking knowledge. Roy won many awards in the days when he ran his own bakery and doesn't keep his know-how secret.





Photo by Martin Moore, Waiheke Weekender

**Whanau business – Selina Cross's daughter Amy chopping garden herbs.**



Photo: arbydee@xtra.co.nz

**Patrick Griffiths has a view to exporting far beyond his island.**

#### Ringawera – continued from page 23

Patrick does not hold back either in his praise of his staff. His main baker, Selina Cross, like Patrick, is a convert from cheffing. "She's an outstanding chef and she's grasped baking incredibly well," he says. "A heart of gold – a real worker."

Logistics is a big part of the job at Ringawera. Packing and delivery is different when you're on an island. With a 5am start, the packing and delivery team have 20 drop-offs to vineyards and restaurants around the island, a remarkably long drive for such a small place.

Mainfreight takes two shipments of packaged goods a week from Ringawera to the mainland, and the Ringawera team has to make deliveries to the town ferries for the Auckland city eateries.

#### Further out

Ringawera is now seeking markets in Australia and Asia.

One of Ringawera's points of distinction is their commitment to the Maori language. Patrick believes they are the first food manufacturer in Aotearoa to use bilingual labelling, incorporating both of the country's official languages, Te Reo Rangatira and Te Reo Pakeha, on all its packaging. Ringawera are also proud to be a part of Indigenous NZ Cuisine. This is a group of Māori businesses producing quality foods for both local and overseas markets. (Contact [lucy@inz.maori.nz](mailto:lucy@inz.maori.nz) for more information.)


Distinctiveness sells. Waiheke's first commercial vineyard was planted only 35 years ago. It took courage but the distinctiveness paid off. Since then the island has achieved a worldwide reputation for top quality wine. Is a distinctive bakery soon to join the wineries at the top table?


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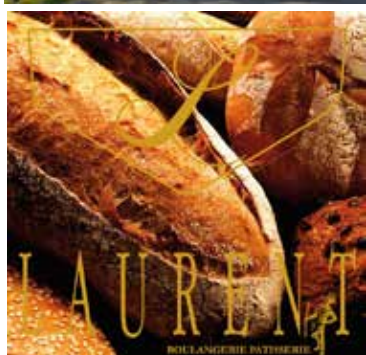
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All bakers and related industry suppliers welcome. You do not have to be a member of the Association to join the tour.



# “... at half past three, everything stops for tea”

or so Belinda Jeursen wishes as she delves into the history of afternoon tea.

“High tea” has become popular in New Zealand and elsewhere. Ladies who lunch and those in search of something special are opting for a mid-afternoon treat, with fine china and silverware, cake stands, starched tablecloths and the opportunity to dress up all part of the enjoyment. The trend reflects a yearning to go back to the days when life moved at a slower pace and people had time to stop and share a cup of tea and a baked treat with family and friends.

A small point of correction is required before I go any further. High tea is traditionally and historically a working class meal eaten at a high table somewhere between five and six o'clock in the evening. It includes meat, vegetables, perhaps bread or other baked goods and was designed to satisfy very hungry, hard working people after a long day.

I remember being very confused as a four-year-old when the little English girl who had moved into the house next door said she had to go home for “tea”. In my world tea was a drink that you had at various times of the day, not something so important you had to be home dead on time for it. I was caught out again as an adult as here in New Zealand many people refer to their evening meal as “tea”. I invited people around for tea and wondered why they never turned up mid-afternoon, and was then faced with them at six wanting a proper meal.

So what is being referred to by hotels and restaurants as “high tea” is actually what used to be known as low tea, because it was traditionally served on low chairs and tables. Or here in New Zealand, it is what would have been called afternoon tea, a simple reference to the mid-afternoon time at which it is served. It

seems that low tea, or afternoon tea, is now called “high tea” when it involves silverware and special porcelain.

Historically, afternoon tea was consid-

ing the tradition of afternoon tea, but she is really only responsible for popularising it in Britain as women in France and elsewhere had been indulging in it by then for more than two hundred years.

It became more widespread in the mid-1800s however because gas and kerosene lamps were introduced and wealthier people began eating their evening meal at a later hour. This meant a long wait between the mid-morning meal, which was the only other meal of the day at the time, and dinner. The Duchess complained of a “sinking” feeling mid-afternoon, and decided to have a snack at that time with tea. She invited some friends around and the rest is history. As time passed, it became popular with other socio-economic groups and was no longer restricted to the wealthier classes.

## Where it all started

Tea drinking was introduced to England in the mid-1600s by Catharine of Braganza, the Portuguese bride of King Charles II. The Portuguese at that time were the leading traders between Europe and the Orient where various types of tea had long been a popular beverage.

In Britain, tea drinking was generally done in the lady's bedroom where all the equipment and porcelain (another introduction from China) was kept and displayed as a show of wealth.

The lady of the house apparently served tea to guests, usually women, from her bed. Women were forbidden to enter the popular coffee houses at the time because “ideas” were discussed in them, so tea drinking at home was the only real alternative for them.

ered to be a ladies' social occasion, and it is still more often enjoyed by women than men to this day, although I don't see many men complaining when faced with a three tier stand of sandwiches, scones and petit fours. Perhaps it's the effort of trying to fit their fingers through the handle of those fine bone china teacups that puts them off initially.

## That sinking feeling

The Duchess of Bedford in the mid-1800s is often credited with “inventing” or start-







During the 18th century, tea gardens became popular. Men and women drank tea together outdoors and there was usually some entertainment going on. It was an opportunity for them to socialise freely and made tea a very popular drink.

### Etiquette when attending a tea party

**The napkin:** Unfold your napkin on your lap and keep it there. Place it on your chair if you need to excuse yourself from the table.

**Milk** first or last? I have heard that milk used to be poured first to prevent the fine bone china cups cracking from the heat of the tea, but teacups are less fragile nowadays and it is easier to pour milk in last as you can better gauge how much to add. There are endless arguments about this one. Suit yourself.

**What to eat first?** The savouries of course – your mother would approve. Then scones, and sweet treats last.

**What about my pinkie?** Please don't hold your pinkie up like a pretentious twit. This was only done when teacups didn't have handles and the pinkie was raised to balance the cup between the index finger and the thumb.

Apparently, you aren't supposed to put your fingers through the handle of the teacup but instead grasp the handle between your thumb and index finger. A slightly raised pinkie does help in this situation, and sometimes you are faced with a cup that has a tiny handle you can't get your finger through. Personally, if I can fit my finger through the handle I do – far less accidents involving hot liquid this way.

**Can I drink from my saucer?** NO! In Victorian times hot tea was sometimes poured into the saucer to cool it down and then sipped from the saucer. Let's forget that tradition and stick to drinking from our teacups.

## The New Zealand Tea Ceremony

It's rare these days, but back when women were expected to be housewives and men the sole breadwinners, the ladies' afternoon tea (not high tea and not just a cuppa) was a common feature of rural and suburban life. There was a strict form to it, not as deep and spiritual perhaps as the Japanese tea ceremony, but certainly bound by some fairly firm and now largely-forgotten rules.

The ladies would arrive at the home of their hostess of the day at 3.00 pm. They wore hats and gloves, as all ladies did when going beyond their nearest shops.



It would be rare for more than a half dozen guests to be invited. As they removed their gloves they would be ushered into the sitting room and seated in armchairs and on couches.

The tea trolley appeared at about 3.30, bearing the best silver or china tea service including, as well as a teapot, hot water jug for top-ups, a little milk jug, lump sugar in a bowl with tiny tongs, and the tea strainer ready. (Tea bags didn't exist then in New Zealand.) The hostess or perhaps, if available and properly trained, her children would convey the cups, saucers, teaspoons, then the edible delights to the guests.

Baking was the centre of attention. It was essential that all the treats and delicacies on the trolley were made at home by the hostess. "Shop cakes" would be a disgrace.

Club sandwiches, scones with cream and (homemade!) jam, various sorts of sweet biscuits would feature, but the centre-piece was the cake. The hostess's ability as a woman, homemaker and wife could and would be judged almost entirely on the quality of her spongecake, light, moist, sandwiched perhaps with jam (homemade!) and lightly iced. (Pavlovas became popular in the later 50s as the introduction of domestic refrigerators made them more practicable, but the sponge remained the classic test.)

At 4.30 one of the women would consult her watch and declare it time to get home. This was the cue for the rest and all would depart almost together.

## The Japanese way

Anyone who has experienced chanoyu, the way of tea (otherwise known as the Japanese tea ceremony) can attest to its transporting effect. "The ceremony is a slow, exquisite art in itself," writes Jane Lawson in her new book on Japanese cuisine, *Zenbu Zen: Finding Food, Culture & Balance In Kyoto* (Murdoch Books).

At a formal tea gathering (chaji), you enjoy two types of green matcha – first koicha, a thick tea with a creamy consistency; then usucha, a tea often whisked until frothy.

But before partaking of the deep-green elixirs, guests are offered tea sweets known as *wagashi*: beautiful, bite-size confections made with ingredients ranging from red bean paste to green tea itself.



1. Tsuya falls into the category known as *dora yaki*. The ancient legend is that the first one was made using a gong as a hotplate, and the shape and name – *dora* means gong and *yaki* means grill – support that theory.
2. Oribenishiki. This is a type of *chukagashi*, characterised by its very thin skin and an egg-washed top with an impressed design. This one is filled with a red bean paste mixed with chestnuts.
3. Hakutou-Mochi. Swaddled in a soft rice-cake wrapper, this treat contains white peach puree and white bean paste.

"This important step, on the physical level, helps mellow any bitterness in the tea that follows," Ms Lawson explained, "but on a spiritual level, it enables one to taste both the sweet and bitter of life."

Wagashi have been described as the equivalent of edible poems: a single one can simultaneously mark an occasion, reflect a shift in nature and allude to a work of literature.

# High tea at Martha's

## David Tossman joins the ladies.

For a good high tea in Wellington, it's hard to go past Martha's – provided you can find it. It's not far off the well-beaten track of Cuba St, with its many funky cafés and frock shops, but it's on Karo Drive, a virtual motorway slashed through the heritage area to speed traffic between State Highway 1 and Wellington airport.

(Just around the corner, on Cuba St itself, is Arthur's, under the same management but, as the name indicates, quite different. Arthur's is clearly a good old-fashioned man's place.)

Martha's is a destination café for ladies – plenty find it – and high teas are the main attraction. Mary McLeod is Martha's owner. I joined her at about afternoon tea time on a midweek afternoon, but even then there was a high tea in progress.

"I think that the most commonly accepted high tea is a three-tier stand that includes everything little, savoury and sweet.

"Traditionally it includes little sandwiches, often cucumber, little club sandwiches – this is what we always put on our high tea platters. Mini-frittata. Everything bite size.

We do a bite-size pizza, and then we have the traditional scones with jam and cream or lemon curd and cream. And then on the top layer are the sweet things."

Martha's does high tea only by reservation and it comes out as is. But, says Mary, "we do accommodate gluten-free, dairy-free, whatever free everybody thinks they are these days. And we offer a selection of teas.

"The two teas we serve here are Kerikeri Organic from Northland and another from Harney and Sons. The favourite from the Harney and Son collection is Paris. It's like a Lady Grey. It's got bergamot and other delicious things in it. The ladies always seem to like it."

Mary enjoys the enjoyment of her customers. "What I find interesting, and lovely," she says, "is that it's such a social thing. It's a family gathering thing, it's a celebratory thing and there's just something special about seeing three or four generations together and the leisurely way that people will sit around and nibble on the dainties and catch up or celebrate or whatever.

"Generally people stay for a couple of hours, and take it slowly."

At Martha's they have tapped into a steady public demand. "We serve high tea for bridal showers or hens' parties as they call them, baby showers, birthday celebrations – from three-year-olds to 93-year-olds.

"That little girl's celebrating her third birthday today ..." Mary indicates one of the tables, "... the one with the painted face. I always give little birthday girls a string of pearls to take home.

"We always serve our tea in fine English china.

"I'm a recycler. I don't like to buy anything new. I like to find what has been discarded, and it gives people such joy, and I love the magic."



Martha's midweek



Mary McLeod



Martha's high tea platter

### From top to bottom:

- Mini-cupcakes
- Coconut ice
- Chocolate truffles
- Melting moments
- Scones with raspberry jam and passionfruit curd
- Frittata – spinach and feta
- Club sandwiches – corned beef and egg
- Mini-pizza
- Crostini with smoked salmon paté
- Cucumber, cream cheese and fresh mint dainties.

"We had a 93-year-old last weekend. We set a matching cup, saucer and plate at each table and she said 'I used to have that same tea set at my aunt's house on special occasions'."

"It's those little magical moments that give me joy. People donate china to us. They say they like to see it being used rather than put away in a china cabinet. I'm always fascinated by the kindness and generosity of strangers really."



# Suppliers speak

by David Tossman

For most New Zealander, good old “gumboot tea” is part of the daily ritual: an older, more homely and traditional beverage than coffee, perhaps more refreshing too, though less stimulating and interesting.

But as many a café proprietor is finding, a paid-for cuppa can fetch a better price and a better customer response if it’s a better brew than gumboot. A plain tea bag is quite unimpressive, after all, compared with a that engineering triumph, the rumbling, hissing, all-singing-all-dancing espresso machine.

So what’s better and what’s the catch (if any)? I spoke to two leading suppliers of high quality teas: Anna Salk of TeaTotal and Lisa Goodhart of Harney and Sons.

## Tea Total

Anna Salek has been importing loose leaf tea since 1995. Tea Total was, she says, the first company in New Zealand to import premium quality loose leafed tea especially for cafés and restaurants. Today it offers some 150 varieties of tea. She has seen a radical change in tea consumption in recent years.

“Before it used to be great coffee and whatever tea. Now I think places have great beverages, including great tea,” says Anna Selak. She suggests that even the most unpretentious café is better off selling high quality tea.

“Serving a tea bag, if it’s something you can buy in the supermarket, isn’t good enough.”



The latest buzz: pyramid tea sachets– not for gumboot!

tea presence.” She points out tea’s long shelf life and the small investment needed in serving good tea. You can get started with a good selection of tea for about \$120.

Anna Selak tells me that pyramid tea bags – or sachet to some are “the latest buzz” in the quality commercial tea field “and we’ve got the only pyramid tea bag making machine in New Zealand.” She describes these bags as “gossamer thin” so you can see the product inside. “They’re quite extraordinary.”

## Harney & Sons

Harney and Sons is a long established company of tea blenders based in New York. I spoke to Lisa Goodhart from Harney and Sons in Auckland.

Harney and Sons is an insistently up-market operation and Lisa Goodhart is keen to differentiate it from any competition. “They are three generations now of tea blenders, and they’re one of the only tea companies left in the world that still personally source their tea. They go all around the world to authentic tea gardens [as tea plantations are known as in the trade] and have very good relationships with the growers directly. So they personally source and then they personally blend and pack.”



Most of the fancier blended teas available in New Zealand are, according to Lisa Goodhart, “very similar products, because they’re sourced by brokers in Europe, rather than directly.”

“We have a very very different

offering to anybody else in New Zealand.”

“In New Zealand we work with the top 10% of the market, and likewise Harney and Sons does internationally. They supply tea for places like the Dorchester and the Ritz and Claridges in London, and all of those hotels have won the UK Tea Council Award for doing afternoon teas. It’s very prestigious, almost like an Oscar.”

Lisa goes on to mention many other awards the company has won and some of the celebrities it supplies. “Even Lady Gaga has her own Harney tea blend.” Closer to home, Harney and Sons supplies David Jones and the Langham Hotel in Melbourne, as well as many top venues in New Zealand.

Lisa Goodhart mentions in particular Vaniyé, a specialist French bakery-café in Parnell, Auckland. “They do a fantastic thing with Harney tea. It’s no investment at all. It’s just a little bit of time and experimenting with the teas and flavours. Customers choose a cake and then Vaniyé’s staff talk them through the tea menu and pair up desserts with the tea. “So you’re really adding a whole other experience,” says Lisa Goodhart.

She says that when cafés switch to a brand like Harney, they become “a bit of a destination for the tea.”

“The great thing about the tea is you’ve got a very long shelf life, it doesn’t cost a huge amount to get started and there’s so many different flavours.”

Harney and Sons has long offered a variety of tea sachets and are especially proud of their packaging. Lisa Goodhart suggests that, in addition to serving tea, cafés can add the “beautiful tins” to their shelves. “A lot of cafés that we work with that have never done anything retail-wise, they’re now getting this whole extra margin through selling our tea. So it all helps the bottom line at the end of the day.”

## Profile

**Competenz**  
 SKILLS FOR INDUSTRY

Robert Reihana  
**Quality Bakers Nelson**

## Both sides now



Not many bakers qualify in both craft and plant baking, but Robert Reihana, 23, of Quality Bakers Nelson has just done that, having achieved a National Certificate in Baking, Plant Baking – Bread (Level 4),

These days he helps churn out over 20,000 fresh loaves of bread for distribution across Nelson, and now, following the earthquakes, parts of Canterbury.

"The hours are tough. But I enjoy seeing the end result – seeing the finished product ready to be sent out."

Robbie's passion for baking was first sparked back in high school through taking cooking and home economics classes. And knowing that this was what he wanted to do, Robbie left school at 16 after being accepted into a job at Fresh Choice bakery.

"I knew there was a craft baking apprenticeship going so I showed that I was interested in it. The bakery manager rang me up one day and called me in for some questions. A few weeks later I moved department and became an apprentice."

Four years on Robbie became a qualified craft baker. But he wasn't finished. "I wanted to try something new and see the other side of baking, so I moved to Quality Bakers, one of Goodman Fielder's brands."

Now, another year down the track and Robbie is also a qualified plant baker specialising in bread. "Training has definitely helped me and I would recommend it to everyone. If you want to pursue a baking career you just have to put up your hand, go to your local bakery."

And Robbie still hasn't finished with training, proving that learning really is lifelong. "I wouldn't mind some leadership courses going forward."

## Revolting names for delicious dishes

The English paper the *Guardian* ran an article recently that could well appeal to readers of this magazine.

It dealt with strange names for food items in English and in other languages.

Bakers here will probably be familiar with their pies being dubbed "mystery bags", and many will know their fly cemeteries, a name applied to a variety of items, usually currents sandwiched in pastry.

But what about the "spicy fried fly heads" the *Guardian* journalist encountered on a menu on Taiwan?

"I ordered it," he writes, "and sure enough, it did look as though a few flies had fallen into the wok, visually ruining an otherwise delightful stir-fry of flowering chives with minced pork and chilli. However, the 'fly heads' were fermented black soya beans used to give the chives a bolt of umami flavour, and the dish [...] was delicious.

The English may look in wonder at some Chinese dishes such as the Sichuanese 'Pock-Marked Old Woman's Tofu' (mapo tofu), but no doubt more than one Chinese visitor to England has been mystified by the traditional Toad in the Hole on a teashop menu. (It's just a sausage cooked in batter.)

Some foods are named after human body parts, the *Guardian* points out, including ladies' fingers for okra, nipples of Venus (Capezzoli di Venere) for an Italian sweet-meat, and ladies' thighs (kadinbudu köftesi), for a Turkish minced-meat kebab. Most such dishes, the *Guardian* noted, seem to be inspired by the female anatomy.

(Incidentally another traditional English dish, Spotted Dick – a suet pudding containing currants – was not mentioned by the *Guardian*. It does not refer to anyone's anatomy. It was invented and named long before the word dick had any anatomical meaning.)

We know many bakers and other food makers are skilled in devising attractive and novel names for their products. Nada Bakery in Wellington, for example, would probably not sell as many on their Strasburg Delights if they labelled them as what they are: slabs of bread-and-butter pudding.

Can anyone think of the opposite – less attractive or even revolting names for food items – they have seen, heard, or even made?

Let's look at both sides of this: exceptionally attractive names, and revolting names.

Comments and suggestions please. Email [strangenames@bianz.co.nz](mailto:strangenames@bianz.co.nz)



# 2013 Young Bread Baker of the Year award

Judging for the top young bread baker in New Zealand took place in Auckland yesterday with Robert Reihana from Quality Bakers in Nelson winning the award of 2013 "Young Bread Baker of the Year".

In winning this award, Robert demonstrated to the judges an ability to excel in three key areas: practical baking, theoretical knowledge of baking technology, and presentation of research into consumer attitudes to packaged bread and their changing purchasing habits.

As winner of this year's award, Robert will have the opportunity to broaden his industry knowledge and experience through a \$10,000 research grant.

This year the judges also awarded a \$2000 research grant to Sean Jackson from New World Centre City in Dunedin, who was runner up in the competition.

The Young Bread Baker of the Year award is sponsored by the New Zealand Association of Bakers and is designed to promote excellence in people emerging from their training.



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# All company owners and directors at risk

## Insurance company warns that owners and directors can be liable for safety failures.



Mining and baking are totally different businesses but the Pike River disaster is set to affect every business in New Zealand that puts its employees at any sort of risk. That clearly includes bakeries.

The Pike River Coal Mine Disaster Royal Commission identified many shortcomings and failures which contributed to the disaster. In its report it was particularly critical of the Pike River Coal Limited board of directors. The report observed that:

“The board needed to have a company-wide risk framework and keep its eye firmly on health and safety risks.

“It should have ensured that good risk assessment processes were operating throughout the company. An alert board would have ensured that these things had been done and done properly.

“It would have familiarised itself with good health and safety management systems. It would have regularly commissioned independent audit and advice. It would have held management strictly and continuously to account.”

Under the heading of Improving Corporate Governance the following points are made:

“Protecting the health and safety of workers is not a peripheral business activity. It is part and parcel of an organisation’s functions and should be embedded in an organisation’s strategies, policies and operations.”

“The board and directors are best placed to ensure that a company effectively manages health and safety. They should provide the necessary leadership and are responsible for the major decisions that most influence health and safety: the strategic direction, securing and allocating resources and ensuring the company has appropriate people, systems and equipment.”

“The directors should:

- ensure the company has a comprehensive health and safety management plan
- ensure that plan is fit for purpose and reviewed regularly
- provide adequate resources and time for the plan to be implemented
- obtain independent evidence of the effectiveness of the plan.”

Three of the Commission’s 16 recommendations are specific to company boards:

- Recommendation 5: The statutory responsibilities of directors for health and safety in the workplace should be reviewed to better reflect their governance responsibilities.
- Recommendation 6: The health and safety regulator should issue an approved code of practice to guide directors on how good governance practices can be used to manage health and safety risks.
- Recommendation 7: Directors should rigorously review and monitor their organisation’s compliance with health and safety law and best practice.”

Directors already have legal responsibilities under health and safety legislation, highlighted in a recent tragic case where a “non-operational” director was charged following the capsizing of the “Easy Rider” in Foveaux Strait resulted in eight people drowning.

Vero Liability, the insurance company, has given the opinion that even without the eventual implementation of the Royal Commission regulatory recommendations there will be increased scrutiny of directors on health and safety issues.

It will become a matter of “seeing how the cookie crumbles”.

In the meantime Vero suggests that we should all be conscious of improving “risk profiles”.

Directors and managers should keep their obligations in the health and safety area in mind at all times.

“... there will be increased scrutiny of directors on health and safety issues.”







## SANDWICHES TO GO - taste the difference

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# Milling About

**Belinda Jeursen finds out about a Christchurch flour milling landmark.**

The Woods Brothers Flour Mills is one of the few heritage buildings still standing in Christchurch. It is in Addington, at the end of a narrow street jam-packed these days with parked cars and squeezed in amongst numerous small, undistinguished buildings.

A brick-paved car park in front of the main building has replaced what was once a bowling green for mill employees. Broken windows, tagging, pigeons, crumbling masonry and overgrown grass greet visitors through the temporary fencing.

Despite its bad state of disrepair, it remains a landmark in the area, still graceful because of the symmetry of its design and because the main building facade is largely intact.

A classic commercial design of its time, the recessed windows decorated with the "blood and bandages" style of contrasting red and white stone blocks are quite striking and prevent the building being stark or ugly.

Flour milling in old Christchurch was largely connected with William Derisley Wood, who founded a firm that lasted 114 years. He arrived in Christchurch on one of the first four Canterbury Association ships and tried a number of different ventures before importing a windmill in 1856 and becoming involved in flour milling.

He erected a windmill in Antigua Street, which used to be known as Windmill

Road. At eight stories high it would have been quite an impressive structure for the time.

There were several other windmills in Christchurch at that time but there is no record of what happened to them. Neither do we know why Wood's windmill closed except that the wind was irregular and a water-powered mill seemed a better alternative. His windmill was removed to Leithfield, north of Christchurch.

Woods established a water mill in Riccarton on the current site of Christchurch Girls High School near Hagley Park. All that's left today is the weir.

Demand for Wood's Imperial brand of flour increased as he became more skilled and qualified as a miller. Stones were replaced by rollers, and when the demand for flour outstripped the supply the firm expanded to Addington.

Woods Brother carried on operating both mills for the next five years then in 1896 sold the Riccarton mill.

It was then renamed Riccarton Flour Mills and sold a brand of flour called Snowball. (The Riccarton Mill was damaged by fire in 1971 and a school was built on the site after the mill was demolished in 1974.)

The Woods company purchased the site for the Addington mill in 1882 but the design was not completed until 1890. The mill opened two years later.

As a mill it had to withstand a lot of weight and vibration from machinery, hence the sturdy construction – probably the reason it is still standing today. The exterior walls are triple brick and the central columns inside the building are Australian ironwood, apparently all cut from a single tree. It has oregon beams and kauri flooring.

The original design, by well-known Christchurch architects Joseph Maddison and the Luttrell Brothers, was for a four storey, six-bay flour mill and an engine room for the steam plant. It was extended by another two bays in 1896 as production increased. The mill was serviced by the railway line next to it and had electricity.

A heritage series booklet produced by the Christchurch City Council tells that "by 1889 the Riccarton Flour Mills had outgrown both their original 1856 Antigua Street premises and a later site on the Deans estate at Riccarton. It was decided to expand further and this decision resulted in the construction of a large four-storey brick mill in Wise Street, Addington .... The property was extended with a tall brick grain silo in 1913 [The silo was still in use in 2003 for grain mixing by Champion Flour Mills]. Storage buildings were added in 1924.

"By 1936 it had the largest output of flour in the South Island.

In 1970 Wood Brothers Limited sold the mill complex, and the buildings were used for a variety of functions."



Part of the old mill was turned into a theatre some years ago and the mill itself has been used as a bakery, artists' studios, apartments, and home and theatre for the Riccarton Players.

Addington is a booming since the earthquakes, with "office parks" going up faster than their surroundings can cope with. Traditionally it was an industrial area with a few shops and workers' cottages in the side streets off Lincoln Road. Now more than 10,000 office workers make their way every weekday into the square kilometre around includes the old mill building.

After the 2010 and 2011 earthquakes, the Addington Mill was red-stickered and parts of it demolished, including a chimney. In 2012, plans were submitted to develop the surviving buildings as bars, restaurants, offices, and a theatre and function centre.

Christchurch developers hope to turn the mill building into a four-storey 55-bedroom boutique hotel surrounded by bars, restaurants, courtyards and live entertainment venues.

The Christchurch City Council approved a heritage incentive grant of almost \$900,000 for conservation work. The building is listed as a Category 2 historic place and many people are hopeful that they will somehow be saved after so many others have been lost. There's no guarantee and the building has to be strengthened to meet the building code before any development can take place.



## Recipe

# Brighter baking



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

## Earl Grey Delight

Caster sugar	220 g
Butter	185 g
Milk powder	17 g
Salt	9 g
Bakers flour	205 g
Cold setting custard	20 g
Marzipan or persipan	80 g

*Blend – do not cream*

Eggs	205 g
Cold/strong Earl Grey Tea	100 g
Vanilla essence	1.5 g

*Add slowly*

Bakers flour	100 g
Baking powder	3 g

*Sieve and blend*

Sultanas	340 g
Almond meal	70 g

*Blend through*

TOTAL	1555.5 g
-------	----------

*Top with flaked almonds.*



Marzipan/persipan is for flavour but also for keeping quality. It complements the Earl Grey and brings out the tea flavour.

This cake is also very nice with English Breakfast. We made the last batch with Twinings Jasmine Earl Grey but left out the sultanas.

# Chocolate candies

New Zealand Pastry Team recipes by **Marcus Braun**

These were entered in the praline category by the New Zealand team in the Junior World Pastry Team competition.



## Apple and blackcurrant

### Apple Pâté de Fruit

**Yield:** 45 pieces

Apple Purée	190 g
Granulated Sugar	28 g
Apple Pectin	2 g
Granulated sugar	80 g
Isomalt	95 g
Glucose	55 g
Citric Acid	4 g
Apple Powder	2 g
Blackcurrant powder	20 g

### Method

1. Heat the puree to 40° C.
2. Mix the 28 g of sugar with the pectin and apple powder and whisk into the purée.
3. Bring the mixture to the boil stirring continuously.
4. Add the 80 g of sugar, isomalt and glucose and bring the mixture to 104° C.
5. Remove from heat and stir in the citric acid.
6. Cover the mixture and allow to cool to 29° C.
7. Blitz.
8. Pipe into Ivoire Valrhona shells that have been dusted with blackcurrant and leave to set overnight.

## Cardamom passionfruit and gianduja

### Cardamom passion fruit ganache

**Yield:** 50 piecscs (3 cm × 1.5 cm)

Passion fruit purée (40 g after reducing)	140 g
Cream	56 g
Cardamom	1.5 g
Passionfruit powder	2 g
Equatorial	63 g
Jivara	57 g
Butter	17 g

### Method

1. Reduce 140 g purée to 40 g.
2. Heat cream and cardamom.
3. Infuse for 1 hour.
4. Strain, add puree and passion fruit powder and re boil.
5. Pour hot cream over chocolates and emulsify with emersion blender.
6. Add butter at 34° C with immersion blender.

### Gianduja

Equatorial	60 g
Jivara	65 g
Hazelnut Praline Mass Valrhona	87 g
Almond Praline Mass Valrhona	87 g

### Method

1. Melt and temper chocolates.
2. Mix in praline pastes.
3. Pour into prepared frame and leave to crystallise.
4. Top with passion fruit and cardamom ganache and leave to crystallise.
5. Cut into 3 × 1.5 cm pieces and leave to crust.
6. Dip in crystallised Jivara Valrhona.







## Olive and Orange

### Orange oil ganache

**Yield: 80 pieces**

Cream	150	g
Invert Sugar	45	g
Valrhona Manjari 64%	150	g
Valrhona Jivara 40 %	60	g
Orange Olive Oil	35	g
Orange Zest	1	

#### Method

1. Boil cream, sugar and Orange zest.
2. Infuse for 1 hour.
3. Re boil and strain.
4. Pour hot cream over chocolates and emulsify with immersion blender.
5. When the ganache reaches 40° C add the orange olive oil gradually with the blender.

### Orange olive oil curd

Invert Sugar	40	g
Glucose	40	g
Orange Salt	3	g
Egg Yolks	40	g
Orange Olive Oil	180	g

#### Method

1. Bring the sugar and glucose to the boil.
2. Add the hot syrup into the yolks and blitz immediately on slow speed with emersion blender.
3. Add the olive oil gradually little by little.
4. Increase the speed until fully blended.
5. Add the salt once emulsified.
6. Pipe the curd into Caraiibe Valrhona shells.
7. Top with the olive ganache and leave to crystallise overnight.

# Sandwiches to go

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Long ciabatta with corned beef, rocket, frilly lettuce and **Barker's Sweet Roast Capsicum Salsa.**



Cocktail rye bread with corned silverside, egg slices and **Barker's Green Tomato and Jalapeno Chutney.**



Pumpkin seed roll with salami, lettuce, brie and **Barker's Sundried Tomato and Kalamata Olive Chutney.**



Sliders with smoked chicken, cress and **Barker's Cranberry Jelly.**



Pide with sliced roast pork, lettuce, tomato and **Barker's Sage and Onion Marmalade.**



Roast beef, coleslaw and **Barker's Farmhouse Vegetable Pickle.**



Roll with hummus, sprouts, grated carrot, cucumber and **Barker's Roasted Vegetable Chutney.**



Ficelle with lettuce, tomato, red onion and **Barker's Green Tomato & Jalapeno Chutney.**



# Fold over grilled mushroom pizza



## Ingredients

### Makes 4

Instant dried yeast	5 g
Olive oil	30 ml
Plain flour	360 g
1 large brown onion, finely chopped	
Button mushrooms, chopped	400 g
½ bunch silverbeet, shredded	
Ricotta, crumbled	200 g
Tomato passatta sauce	120 ml

## Method

1. Combine 240 ml (1 cup) warm water, yeast, pinch of salt and 20 ml (1 1/2 tbs) oil in a large bowl.
2. Add flour and mix well. Knead on a floured surface for 8 minutes until elastic. Cover and set aside for 15 minutes.
3. Meanwhile, heat remaining oil in a large frying pan over high heat.
4. Add onions and mushrooms and cook for 8-10 minutes until liquid has evaporated.
5. Transfer to a bowl, cool for 5 minutes.
6. Add silverbeet and ricotta, toss to combine.
7. Preheat the grill on high. Cut the dough into four and roll each piece out to a rectangle 20 × 30cm.
8. Spread passatta evenly over each piece of dough. Pile one quarter of the filling onto half of each piece of dough. Fold the dough over the filling and press edges to seal.
9. Spray both sides of pizzas lightly with oil. Reduce grill heat to medium, place pizzas on the plate.
10. Grill for 5–7 minutes each side until crisp.
11. Cut into pieces and serve with lemon.

# No-bake fruit and nut bites



FOOD  
SERVICE



## Ingredients

		Approx unit price	Approx. ingredient cost
Milk chocolate chips	600 g	0.00807	\$4.84
Butter	250 g	0.00800	\$2.00
<b>Chelsea soft brown sugar</b>	150 g	0.00230	\$0.34
Yoghurt	200 g	0.00345	\$0.69
Pecan nuts, chopped	200 g	0.03000	\$6.00
Raisins	230 g	0.00639	\$1.47
Sultanas	230 g	0.00466	\$1.07
Shortbread biscuits, roughly crushed	200 g	0.00939	\$1.88

## Method

1. Lightly grease a 23 cm square tin and line with baking paper.
2. Melt chocolate and butter together in a bowl over a pan of barely simmering water.
3. Stir in the sugar.
4. Remove from the heat and stir in the yoghurt, nuts, fruit and crushed biscuits until evenly combined.
5. Pour into the tin press and smooth into an even layer.
6. Cover tin with cling film and chill until firmly set – 4 hours minimum.
7. Turn out and cut into 24 pieces with a sharp knife.

## Some key points to remember:

### Variations

- Change the flavour by varying the biscuit – try gingernuts with chopped crystallised ginger
- Use a combination of dark and white chocolate
- Change the nuts – try hazelnuts, brazil nuts, pistachios etc. or change the fruits (apricots, dried cranberries, dried figs etc).

### Profit

- A batch costs around \$9.15 to make, and can be cut into any size you like. As a guide, it could be divided into:
  - large slices – 24 portions at 85 g each, requiring a sell price of \$2.95 to achieve 70% GP
  - smaller slices – 34 portions at 60 g each, requiring a sell price of \$2.10 to achieve 70% GP
- Any broken pieces can be used as a coffee-spoon giveaway or crumbled up to incorporate into a muffin mix or sprinkled over ice-cream.

### Nutrition

- Contains dairy (butter, milk chocolate, yoghurt), gluten (wheat) and nuts.
- Can easily be made nut-free by simply omitting nuts (replace with chopped apricots or dried cranberries).
- Could be made gluten-free by replacing shortbread biscuits with gluten-free biscuits.



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# Butter Chicken Pies

Recipe makes: 24 pies



## Ingredients

1.2kg chicken pieces

400g diced onion

80g butter

**110g MAGGI Butter Chicken Recipe Mix**

240g tomato paste

**320g MAGGI Coconut Milk Powder**

1.3L water

Pie thickener as required

1. Brown chicken and onion in oil.
2. Add remaining ingredients and simmer until chicken is cooked, stirring occasionally.
3. Thicken with pie thickener as required.
4. Let cool and spoon into pies.

## Suggestions:

For a creamier pie replace coconut milk with fresh cream.

As an alternative to coconut milk, use MAGGI Bechamel Sauce Mix.

# Thai Chicken Pies

Recipe makes: 24 pies



## Ingredients

1.2kg chicken pieces

400g diced onion

80mL oil

**148g MAGGI Thai Green Curry Recipe Mix**

**320g MAGGI Coconut Milk Powder**

1.3L water

Pie thickener as required

1. Brown chicken and onion in oil.
2. Add remaining ingredients and simmer until chicken is cooked, stirring occasionally.
3. Thicken with pie thickener as required.
4. Let cool and spoon into pies.

## Suggestions:

Add vegetables like capsicum, bamboo shoots and carrots

Save cost by substituting half the coconut milk with MAGGI Bechamel Sauce Mix



# Satay Chicken Pies

Recipe makes: 24 pies



## Ingredients

1.2kg chicken pieces  
400g diced onion  
80mL oil  
160g peanut butter  
**180g MAGGI Satay Recipe Mix**  
**10g MAGGI Chicken Booster**  
**320g MAGGI Coconut Milk Powder**  
1.3L water  
Pie thickener as required

1. Brown chicken and onion in oil.
2. Add remaining ingredients and simmer until chicken is cooked, stirring occasionally.
3. Thicken with pie thickener as required.
4. Let cool and spoon into pies.

## Suggestions:

Increase peanut flavour by adding more peanut butter.

Add vegetables to give colour.



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**MAKES 391 PIES**



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# Pumpkin custard square



This recipe from the Heart Foundation is a modern take on the classic custard square. A lower fat pastry is used and the filling is a baked pumpkin custard. Simply sublime! For more recipes, resources and tools to help create healthy foods visit [www.heartfoundation.org.nz/hospitality](http://www.heartfoundation.org.nz/hospitality)

## Ingredients

For 50 portions:

### Pastry

Pastry flour	550	g
1st pastry margarine slab	25	g
Water (variable)	200–220	ml
2nd pastry margarine slab at room temperature	150	g

### Filling

Boiled pureed pumpkin	2400	g
Soft brown sugar	330	g
Eggs	10	
Scalded low fat milk	700	ml
Cocoa	80	g

### Icing

Icing sugar	500	g
Lemon juice	70	ml
Margarine	50	g

## Method

### Pastry

1. Mix 1st margarine through the flour and then add the water to the mix.
2. Using a dough hook, ensure the dough is mixed well.
3. Rest the dough for approximately ten minutes
4. Roll out the dough into a rectangle approximately 15 mm thick.
5. Lay the 2nd pastry margarine so that it covers two thirds of the dough.
6. Fold the dough into three.
7. Perform 3 book turns, allowing 15 minutes to rest between each turn after each fold turn the pastry 90°, then roll in one direction again.
8. Pin/sheet to 2 mm–2.5 mm.
9. Allow the pastry to rest for at least 15 minutes before use.
10. Cut 2 pieces to the same size as the baking tin used for the filling.
11. Bake at 220°C for approximately 20 minutes or until golden brown and crisp.

### Pumpkin filling

12. Heat oven to 180° C.
13. Ensure the mashed or pureed pumpkin has cooled.
14. Mix pumpkin with brown sugar, eggs, scalded milk and sifted cocoa.
15. Pour into a lined slice tin which is large enough to allow the filling to be approximately 3 cm deep.
16. Bake for 45 minutes or until set.
17. Remove from oven and allow to cool in tin.

### Icing

18. Mix icing sugar with lemon juice and margarine until smooth.

### Assembly

1. Lay one piece of cooked pastry on a board.
2. Carefully lift the pumpkin filling out of the tin.
3. Invert and lay on top of pastry.
4. Place second piece of pastry on top of pumpkin filling.
5. Cover top sheet of pastry with icing.
6. Cut into squares approximately 5 cm square.

# Green tea cake



## Green tea cake base

Group	Ingredients		
1	Eggs	300	g
1	Water	600	g
1	<b>XL Cake mix</b>	1500	g
1	Matcha Tea Powder	25	g
	<b>Total</b>	<b>2425</b>	<b>g</b>
	Yields ½ of a standard baking tray		

### Method

1. Place Group 1 into a mixing bowl fitted with a paddle.
2. Mix for 1 minute on speed 1.
3. Scrape down paddle and bowl.
4. Mix for 5 minutes on top speed.
5. Mix for a further 2 minutes on speed 2.
6. Pour into lined ½ baking tray.
7. Bake at 170°C until baked through.

## Custard crème filling

Make both of the recipes below separately then fold together.

Group	Ingredients		
1	<b>XL Vanilla Crème</b>	200	g
1	Water	200	g
2	<b>Bonne Instant Custard</b>	200	g
2	Water	500	g

### Method

1. Place Group 1 into a mixing bowl fitted with a whisk.
2. Mix for 1 minute on speed 1.
3. Scrape down whisk and bowl.
4. Mix for 5 minutes on top speed.

Then

5. Place Group 2 into a mixing bowl fitted with a whisk.
6. Mix for 1 minute on speed 1.
7. Scrape down whisk and bowl.
8. Mix for 5 minutes on top speed

Once cake has cooled, cut into desired sizes before piping on custard crème filling and decorating with fresh fruit such as berries as in the photo. Mango and peach also work well.

After placing the fruit, be sure to glaze. This will protect the fruit, hold it in place and enhance the overall appearance of the finished product. There are many good heat-and-use glazes available.



# Easter bunnies

## (Using Zopf dough)

by Malcolm Cook  
courtesy of NZ Bakels



Zopf is a soft milk bread (30% butter) and an old family tradition with the Swiss.

Zopf bread is usually plaited (the word Zopf actually means plait) and served with butter and jam, although can also be served with soft cheeses and cold meats and eaten as a breakfast or dinner bread.

The bread can be made in other forms or shapes for different occasions, as it is here, a custom that might date back to the 18th century.

### Dough recipe

#### Ingredients

Cold milk (5°)	2000	g
Dry yeast	80	g
Liquid malt	20	g
Caster sugar	200	g
Whole fresh eggs	200	g
Bakers flour	3800	g
Dough improver (Levit)	20	g
Unsalted cold butter	600	g
Salt	80	g

#### Method

1. Dissolve the yeast, malt and sugar into the cold milk.
2. Add the eggs, flour and dough improver and mix for 5 minutes on 1st speed.
3. Add the diced cold butter and mix for a further 5 minutes on 1st speed.
4. Add the salt and mix for 5 minutes on 2nd speed or until fully developed.
5. Bulk ferment for 15 minutes maximum and then work off.

#### Assembly

1. For the body of the bunnies scale the dough pieces at 80 grams, the head at 40 grams and the tail at 10 grams, mould round and rest for 5 minutes.
2. Shape and egg wash the bunnies and rest at room temperature until the surface is dry, approximately 15 minutes.
3. Give the bunnies a second egg wash and rest at room temperature until proved, approximately another 15 minutes.
4. Bake at 180° C, use steam after 5 minutes baking, vent after another 10 minutes baking and finish baking until golden brown.



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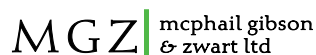
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