

slice

Issue 23, August 2014



from the Baking Industry Association
for cafés, caterers and bakeries

Rebekah Savage

The new face of baking

Plus –

Allergies and intolerances

Facts, views, trends, experiences.

Competitions

Full results: NZ Bakery of the Year

NZ Bakels Supreme Pie Awards

Weston Milling Trainee of the Year

BIANZ Rising Young Baker

Events

Gatsby struts again

Bakels bending over backwards

12 new recipes



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From the Office

BIANZ EXECUTIVE OFFICER BELINDA JEURSEN REPORTS

It's always satisfying to see months of planning and hard work come to fruition. June was an action packed month for BIANZ, with the Bakery of the Year, Trainee of the Year and Rising Young Baker Competitions taking place at the Fine Food Show alongside the BIANZ stand. Entries to the Bakery of the Year Competition on display in the Bakery Feature Area were a huge drawcard once again, as were the live bake-off's and demonstrations that took place over three days.

Congratulations to all our winners – the results are in this issue of *Slice* along with photos of the winners and the products that brought them success.

We celebrated their skill and talent at our Awards Dinner, where almost 200 bakers, suppliers, trainees, tutors and industry stakeholders turned out in 1920s finery to match the competition's "decadence" theme. We were genuinely surprised at how many people made the effort to look the part. It certainly added to the fun of one of the few evenings where bakers get to mix with their peers and celebrate excellence in their industry.

We held the BIANZ AGM on Sunday 22nd June. There were no changes to the board, with Michael Gray of Nada Bakery in Wellington re-elected President, and Thomas Thomas of Kapiti Cakes & Bakery in Paraparaumu re-elected Vice-President. It is their second year in the role for both.



The committee (L to R): Michael Gray, Craig Rust, Brendan Williams, Thomas Thomas, Mike Meaclem, Kevin Gilbert, James Wilson.

Also re-elected were Brendan Williams of Marlow Pies in Dunedin, Mike Meaclem from Michael's@ Hillmorton in Christchurch, Kevin Gilbert of Gilbert's Fine Food in Dunedin and Craig Rust of Divine Cakes & Desserts in Christchurch. James Wilson of Maketu Pies in Maketu was elected at the AGM following his secondment to the board in late 2013.

The winners of this year's NZ Bakels Supreme Pies Awards are also recognised in this issue of *Slice*. It's good to see such a diverse range of bakeries and cafés entering their pies. Pies are after all a Kiwi staple, and the hotter the competition the better the pies on offer will be.

Still on the subject of competitions, the Great New Zealand Christmas Mince Pie Competition is coming up in October. Last year's winner, Arobake of Wellington, was thrilled with the publicity their bakery received, so make sure you enter this year. It could be just the boost to Christmas sales your bakery needs.

Worth knowing

Food Act 2014 – one size no longer fits all

The Food Bill was finally passed earlier this year and the resulting Food Act 2014 aims to make it easier and less costly for businesses to comply, while ensuring they produce safe, suitable food for public consumption.

A sliding scale in the new food safety rules recognises that each business is different. Businesses that comply and perform well will face less frequent checks, while those that don't meet the standards will receive more attention.

There will be far more onus on business owners to regulate themselves under the new rules, with the new Act providing resources for food businesses to manage risks themselves. Instead of blanket rules to cover all food businesses regardless of size or what they produce, the new rules are based on the levels of risk associated with each business.

The Act doesn't come fully into force until 1 March 2016 so the existing rules remain in force until then. During the lead up to the change, The Ministry for Primary Industries will be developing the tools and resources needed. There will be a public consultation period at the beginning of 2015.

While businesses are not required to do anything yet, getting ready for changes is always a good idea to prevent disruption and avoid any surprises when the time comes. You can start developing your Food Control Plan now.

Food businesses will transition in groups to the new rules over a staggered three year period. At the end of this the old regulations will be revoked. Food recall and food safety incident rules will come into force immediately however. Businesses considered to be higher risk will transition first. MPI is developing a tool where businesses can evaluate themselves and work out what effect the new Act will have on them, and what kind of Food Control Plan they require.



New Members We welcome

Cottage Bakehouse

Skills4Work

Creative Cooking

Strathmore Bakery & Café (under new ownership)

Dunedin

Auckland

Lower Hutt

Wellington

From the President

MICHAEL GRAY KEEPS IN TOUCH



It is a great privilege to be voted back in as President for BIANZ for another year and to catch up with so many members, bakers, and foodies at the recent Fine Foods Show.

It was also very pleasing to see so many high quality entries into the Bakery of the Year competition. I would like to congratulate all the winners and especially Jason and the team from Heaven's Bakery, the overall winner.

Getting involved in the many competitions that BIANZ holds is very important in helping to grow our businesses. It challenges us to improve and increase our offering, so mark your calendar for 31 October for The Great New Zealand Christmas Mince Pie Competition.

A lot of bakeries competed in the NZ Bakels Supreme Pie Competition and I would like to congratulate all those who have won an award and especially Michael Kloeg from Clareville Bakery. I know how much effort is needed to compete and finding the perfect pie is anything but easy.

Over the next 12 months BIANZ is putting an emphasis on growing our membership and providing even more 'tools' to benefit members.

Recently we have uploaded a confidentiality agreement and a credit application form template to the members-only section of the website which will save our members thousands of dollars on getting legal documents drawn up. But we are looking to expand this service further so if you have any ideas on what you would like to see in there please let us know.

This year we are also running regional events to help provide inspiration and networking opportunities to our members. Please take advantage of these and make an effort to get there. You never know, it may help unleash that next big idea, and if you have any ideas on what you would like to see, please let us know.

Go well,

Michael

The Great New Zealand Christmas Mince Pie Competition

Reckon your bakery makes the best Christmas mince pies in the country?

Enter the Great New Zealand Christmas Mince Pie Competition, brought to you by BIANZ, and you could win the trophy, feature in *Slice* magazine, make great sales and have a fantastic Christmas!

The BIANZ president will visit your bakery to hand over your certificate and trophy in person. Take advantage of this excellent media opportunity and get the recognition and sales you deserve at Christmas time. Your bakery will feature in the November issue of *Slice* magazine, reaching 2500 bakeries, cafés and related businesses around New Zealand.

Any bakery can enter. Entry is by sample batch of six of the same Christmas mince pies with a sweet pastry base, fruit mince filling and topping of your choice.

All entries will be judged in Christchurch.

- Final day for registration: 24 October 2014
- Pies delivered for judging: Friday 31 October 2014
- Judging: Saturday 1 November 2014
- Winner announced: Monday 3 November 2014

Look out for a postcard entry form in your mailbox in October 2014.

More information and an entry form will also be available online at www.bianz.co.nz from October.



Last year's winner: a batch from Arobake Wellington

Supermarket bakeries come up to scratch

Small bakeries crafting their products from scratch and supermarket in-store bakeries used to be worlds apart, but recent years have seen a number of independently owned supermarkets meet the scratch bakers on their own turf and win.

David Tossman talks to a couple of supermarket bakers about it.

If you told a New Zealand baker 20 years ago that some supermarket bakeries would be recognised in the trade as amongst the very best, he (and it would most likely have been a he) would have laughed.

Since then a number of New World supermarkets have nurtured high quality in-store bakeries and reaped rewards in both status and the bottom line.

New World Hastings was perhaps the first New Zealand supermarket to invest in top quality baking, bagging a number of Baker of the Year awards in the early 2000s. They have several worthy followers: Melody's New World in Palmerston North and New World Metro in downtown Wellington both did handsomely in this year's Bakery of the Year competition.

Craig Beveridge manages the Metro New World bakery. They won four awards in the Bakery of the Year 2014, including a gold with distinction for their Christmas theme gingerbread house.

He has clear ideas about how and why things have changed in many New Zealand supermarkets. "I think that a lot of the supermarkets now have lifted their game because everybody else has lifted their game. We've had to step up to what some of the other private bakeries are doing to try and stay competitive.

Supermarkets traditionally competed almost entirely on price. With at least some now, quality is the competitive arena.

"We're not shy of charging, that's for sure," says Craig Beveridge.

Boosting quality calls for well trained and experienced bakers, and they don't always come at a bargain price either. The pay for bakers has had to improve to bring in skill and experience, and it has. Craig

Beveridge: "Working in a supermarket now is more attractive than it used to be."

New World Metro has also invested in training. Craig counts entering the Bakery of the Year competition as training of a sort, for the whole team.

"We've entered four of these New Zealand Bakery of the Year competitions, and every time we do it we seem to come away with just a little bit more experience for the next time. Just like learning a little tip. Every time you do it you're definitely learning, that's for sure."

Richard Waite manages the Melody's New World bakery. They won an impressive seven awards in all, including three gold with distinctions. He tells a similar story.

"Training and skills have gone up – skills you usually find in the smaller bakeries. And we try to be

like a small bakery in a supermarket ... like walking into a craft bakery in the street.

Richard puts Melody's success down to "some really good staff" and owners who are "willing to let us do extra and try things out." Clearly that encouraging atmosphere has a great deal to do with the bakery's success. It also means that they can charge a good price. "We do charge premium pricing for all our stuff," says Richard.

They try to produce everything from scratch. "We've got sourdough starter here which is 12 years old. And some of our staff have done Richemont courses through Bakels," says Richard. "That's certainly been a big help, learning different techniques and products that were never seen here before."

So that's it. As in any successful bakery, supportive management and good training pays off.



Melody's New World Bakery's gold-with-distinction winning Ancient Grain Vienna.



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From the
Vice President
by **THOMAS THOMAS**



Credit Card Scamming

Have you had a close call?

It all started for us with an email enquiry from our website. The customer asked us, in rather poor English, for a quote to cater for his dad's 70th birthday.

We promptly responded and several emails went back and forth until we finally gave him two menu options, both around the \$1500 mark. What a great order this would be.

In the emails the customer explained that he was deaf and was currently in hospital. A number of times he called using a "V2 relay" which is a phone service for deaf people.

The customer then asked if he could pay us and also pay us a little bit extra for the courier. We could then pay the courier upon collection as the courier did not accept credit cards, and with the customer being in hospital he couldn't get to the bank.



We agreed to this and then processed the credit card for just over \$3000.

The customer then asked us to deposit the money for the courier into a bank account, which we agreed to, however he did not give us the bank account

details. We then received a message from the customer in the form of a phone call using a third party.

We finally got an email telling us to put the money into a Western Union credit account with a name attached. We googled the name and it led to a run-down house in Hamilton. There was no courier van parked in the driveway. Our bakery is in Paraparaumu on the Kapiti Coast.

Alarm bells started to ring.

We then received an email from Westpac (BIANZ partner) saying that they had picked up a high value card-not-presented transaction carried out on an Australian card.

We took the Westpac email to our local branch to establish that it was not a hoax and sure enough it was legitimate – the sender worked in the bank's credit card fraud department. The un-presented card belonged to someone in Australia.

The funds were promptly transferred back to the rightful owner and we sent an email to our "client" telling him the bank had

transferred the money back and if he really wanted the order he would need to get back in touch.

We never heard from him again.

The lesson we learned from this is that we need to follow our gut instincts more often. With its poor English, the email enquiry did not sit quite right from the outset.

(On a private note, we have a credit card we use for online purchases. We hadn't used it for quite some time until one night we went on a spending spree, buying stuff from the US and England. That same night Westpac rang me personally to make sure that I was using the card and not a scammer. They were prompted to call because of the irregular nature of the spending. Well done Westpac. I would like to think other banks have this same level of security.)



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news and views

Air New Zealand takes the cake

Craig Beveridge of Metro New World in Wellington was more than a little worried. He was consigning their elaborate and fragile gingerbread cake entry to Air New Zealand for the Bakery of the Year competition judging in Auckland.

"We had to get boxes designed for us to be able to move them. We were lucky, though, they're not that expensive, but it adds to all the stress."



The Wellington-made gingerbread house, intact in Auckland.

"As I put them in the box I just thought 'Oh, these aren't going to make it.' I was expecting the worst, because we had to put it underneath the plane. Just the force of the plane taking off and landing – you thought there's no way. But fortunately it made it and it was good. I definitely aged myself that week. It was good fun though. I really enjoyed it."

While the cake had to go in the hold, they managed to take most of their entries with them in the cabin. "It was lucky because the time of day we flew up the flight wasn't heavily booked, so they allowed us to carry on six boxes each additional to our underneath stuff."

"They were really good at Air New Zealand, I must say. We rang them up and thanked them and we wanted to try and do some catering for them, but they said it's a bit hard because the people involved work different shifts."

"They also rang ahead and told Auckland that there's some fragile stuff coming up and be careful, so they really made a good effort."

Crunchy = fewer calories

Consumers perceive foods that are either hard or have a rough texture as having fewer calories, says a new study in the US-based *Journal of Consumer Research*.

In five laboratory studies, the researchers asked participants to sample foods that were hard, soft, rough or smooth and then measured calorie estimations for the food.

"We studied a link between how food feels in your mouth and the amount we eat, the types of food we choose, and how many calories we think we are consuming," wrote the researchers.

They sought to determine which foods were perceived as higher in calories, the effects of chewing on perceived calorie counts, whether focusing on chewing magnified perceived calorie counts, and how calorie perception might influence subsequent food choices.

Scientific egg substitute

British scientists have been involved in research which could produce low-fat cakes that are just as tempting as full-fat equivalents, thanks to fresh insights into how proteins can replace fats without affecting foodstuffs' taste and texture.

The scientists from Heriot-Watt University and the University of Edinburgh produced modified proteins that easily break down into micro-particles and therefore closely mimic the behaviour of fats during food manufacture.

The proteins will enable food manufacturers to remove much of the fat used in their products without compromising on product quality.

The team claimed it has achieved particularly promising results in using proteins to

replace eggs as a gelling agent in bakery items. Such substitution not only cuts fat content; because eggs can be subject to significant price volatility, it could also cut the cost of products and so, they say, encourage consumers to eat more healthily.

Coles to the cleaner?

Australian retail giant Coles misled consumers with false claims that its bakery products were "freshly baked" in store when there were par-baked, the Federal Court of Australia ruled in June.

Coles claimed its Cuisine Royal and Coles Bakery breads were 'baked today, sold today' and in some cases 'freshly baked in store' – claims the court concluded were "false, misleading and deceptive".

The court said Coles had breached three parts of Australian Consumer Law relating to false representation of the quality, characteristics and processing of products.

The ruling could see Coles fined up to A\$1.1 million per offence. A federal court hearing is being scheduled to determine the relief that will be ordered.

The Australian Competition and Consumer Commission (ACCC) initially launched proceedings against Coles last year over its concerns regarding its in-store bakery claims.

Winners picking winners

The BBC has quizzed winners of the hugely popular televised bake-offs in the UK for their bakery trend predictions.

BBC Great British Bake Off 2013 winner Frances Quinn thinks this year will see home bakers shunning synthetic fondant icing and unnatural colourings in favour of rustic, natural ingredients.

"I think there's going to be a return to more natural ingredients," Frances told us. "I'm a perfectionist, but more rustic finishes appeal to me. For instance,

instead of using fondant icing I use traditional ganache, and also make my own marzipan using pistachios or orange blossom." Flavours like lemon and lavender tick the box, especially when given a natural-looking finish – what Frances calls "naked cakes".

The first ever winner of the *Great British Bake Off* Edd Kimber predicts British pastry will be brushed with a hint of Parisian patisserie in the coming year. "If I had to bet on one recipe becoming really big, it is the choux pastry," he says. "Éclairs have started to become fashionable again" and Parisian pastry chefs have been showing us that there is so much you can do with choux."

BBC *Good Food* assistant food editor and resident baking expert Cassie Best predicts that 'mash-up' bakes will be a hit. Dishes like 'sticky toffee pie', and 'party dodgers' are set to make waves.

2012 GBBO winner John Whaite thinks that as bakery skills are growing under the influence of these programmes, home bakers are becoming better at technical baking. He cites mirror glazes, tempered chocolate and edible gold as three characteristics of this.

These people are, or were until recently, home bakers, but there is no doubt that the bake-off programme has had a huge positive effect on the baking business. See the following item for more.

Brits big on baking

Four years ago, something happened that changed Britain forever. At 8pm on an otherwise ordinary Tuesday, two and a half million Britons tuned into the first ever episode of *The Great British Bake Off*, a new "talent" show on BBC Two.

Although Britain has always been a nation of bakers, they have become a nation obsessed since that night.

Sue Rainey of *The Telegraph* newspaper writes: "We bake morning, noon and night. We bake for dinner parties, clubs and office competitions. We spend a

fortune on edible glitter and piping bags and the rest of their time daydreaming about cupcakes. We read baking books in bed. We watch ever more baking on television, with shows such as *Baking Made Easy* and Eric Lanlard's *Baking Mad* stoking the national fixation."

Back in business

Brits are also eating more baked goods. Last year they bought 110 million cupcakes. Cakes are now stocked at high-end department stores and bakery chains are multiplying. Cupcakes are the snack of choice, with daily queues outside gourmet brands such as the Hummingbird Bakery and Lola's. Britain has got its first cupcake ATM, dispensing hundreds of treats a day from a bakery in Glasgow.

The career fantasy

Britain is, some say, baking its way out of recession.

According to the Office for National Statistics, the number of independent bakeries grew by five percent between 2011 and 2012. Simple Business Insurance received 2000 quote requests from cake entrepreneurs last year: an increase of 325 per cent since *Bake Off* began.

From suppliers to independent bakeries, owning a baking business is, as *Vogue* magazine described it, "the career fantasy of our times".

80,000 'fake' biscuits seized

A European crackdown on fake food and drink has seen nearly 100 arrests and the seizure of 80,000 biscuits.

Nearly 430,000 litres of counterfeit drinks were seized in an operation across 33 countries.

Operation Opson, run by Interpol and Europol, began in 2011 to tackle the criminal production of counterfeit 'protected food name' products such as Gorgonzola and Champagne.

NZ government ticked off



Healthy food policies to promote childhood health and reduce obesity are lacking, according to a panel of more than 50 New Zealand public health professionals, medical practitioners and NGO leaders.

The panel reviewed the evidence on recent government actions and rated the degree of implementation compared to international benchmarks. They also identified the top priority for the government to fill those implementation gaps.

The exercise is said to be the first systematic study of national food policies in the world. The report card showed some strengths but its main message was "could do better".

The report said there is "no overall plan to improve population nutrition and reduce obesity, yet unhealthy diets are the biggest preventable cause of disease and New Zealand has one of the highest rates of obesity in OECD countries."

Another '-free'

Talking to *Slice* about gluten-free products (see "The supplier" on page 11) AB Mauri rep Kerry Richards brought up a new 'something-free' trend, though not a health or dietary one: "We've noticed customers are asking for products to be palm-oil-free and we're working down that path."

"By early next year, all our products will be free of palm and any palm derivative. It's a big trend coming through from Australia, and it's starting to flow through into here."

Crumbs collapse

Crumbs, the big US cupcake shop operator, shut all its stores in July, a week after the struggling retailer was delisted from the Nasdaq share market. At the end it had 65 locations in 12 states and Washington DC. Crumbs was touted as the world's largest cupcake business (with, arguably, the largest cupcake, clocking in at 170 grams, 100 millimetres tall and upwards of 600 calories).



Crumbs was founded in 2003 and went public in 2011, at the height of the gourmet-cupcake boom. Since then, its financial outlook has grown bleak amid several years of losses, a dwindling cash supply, and a food craze that appears to be petering out.

In March, Crumbs said it closed nine underperforming stores during the last three months of 2013, shut six at the start of 2014 and had more closures on the way.

Crumbs made its mark selling 100 millimetre, icing-laden cupcakes in flavours such as cookie dough, caramel macchiato and red velvet cheesecake, costing generally US\$3.50 to US\$4.50 each.

But the popularity of high-end cupcakes – embodied by chains such as Los Angeles-based Sprinkles – has waned in recent years, even as new players crowded into the field. Crumbs posted a loss of US\$18.2 million last year, layered on a loss of US\$10.3 million in 2012.

Last year, following the popularity of the “cronut,” a croissant-doughnut hybrid invented by a Manhattan bakery, Crumbs released its own hybrid called the “crumbnut”. Jumping onto the gluten-free bandwagon, the company also opened a Manhattan store last fall selling exclusively gluten-free confections.

The cupcake boom is said to have begun when another New York bakery, Magnolia, was featured in an episode of *Sex in the City* in 2000. The smaller Magnolia has brushed off its competitor's closure, pointing to its diverse offerings compared with Crumbs' longstanding cupcakes-only range. Business there remains healthy.

“Unlimited fines” possible for EU bakers

Bakeries that fail to warn customers about possible allergens in their food could face an unlimited fine under new European Union rules.

From December 13, any business serving food must provide allergen information either in writing or verbally. Guidance from the Food Standards Agency advises that information should be “easily accessible, in a conspicuous place, easily visible and clearly legible.”

Information to be included must cover all 14 chosen allergens. They include gluten, milk, eggs, nuts and sesame.

Businesses are free to decide to provide the information orally on request but are advised that if staff are responsible for giving information it must also be clearly signposted, verifiable and consistent. The guidance suggests nominating a member of staff to handle allergen enquiries.



Food protection for New Zealand

Keeping it safe

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Allergies and intolerances

David Tossman looks at current dietary trends, particularly the gluten-free trend, through the eyes of a variety of experts.

A fad? The medical facts

Allergies and intolerances are certainly not fads, though they can look like that at times as many people adopt medical-style diets despite having no medical reason for doing so.

Allergies can be killers. They should not be taken lightly, but sadly these days they often are, as they are confused with much less threatening (though often painful) conditions, and as those less severe conditions are confused with a variety of health and well-being movements, and even fads – not to mention quack treatments.

See the Allergies and Intolerances list on page 15 where we try to set the record straight.

“the availability of gluten-free foods these days is a boon.”

The trend

Ten percent of us are now on gluten-free diets but medical research shows that unless you are coeliac, there is no link between gut disorders and gluten.

For people with coeliac disease, the availability of gluten-free foods these days is a boon, allowing a degree of dietary normality; the chance to have a biscuit with a casual cup of coffee, or a pizza with everyone else at the football.

For other people, the non-coeliac, going gluten-free often makes them feel better, but their diet has no other scientific basis.

In several medical studies, participants have been told that a food contained gluten when it didn't. They nevertheless complained about pain and bloating.

Mintel, an international market research firm, has looked at the reasons other than medical that people in the United States are eating gluten-free foods. Thirty-six per cent said “for reasons other than sensitivity.” Sixty-five per cent opted to because “they think it's healthier.” Twenty-seven per cent “believed it aided in weight loss.” Seven per cent thought it “helped reduce inflammation.” Four per cent had adopted the diet to “combat depression.”



Has gluten-free peaked?

Karen McPhee of the NFS-GFTC Guelph Food Technology Center in Ontario Canada says that, from her research, some are predicting the market for gluten-free products will grow 48 per cent from 2013 to 2016.

Other findings are predicting gluten-free has peaked, or is nearly peaking, as lifestyle adopters abandon the diet in face of a many health community and dietitian statements in the media reinforcing that it is a medical diet rather than a healthy one.

Pricing

Gluten-free products often require extra ingredients to create a palatable texture or flavour, and those ingredients such as rice flour or almond meal may be more expensive than wheat flour.

Different processing methods and facilities, lack of economies of scale, additional supply chain and distribution costs can also push up the costs. For that reason gluten-free products have to be priced up. Fortunately consumers have come to accept the additional costs.

On the other hand, unfortunately, some operators are taking unfair advantage of this trend and might soon spoil the market.

Consumer organisations have noted some almost-identical products are more expensive simply because they're grouped with other gluten-free products in supermarkets.

The medical man

No link?

Professor Peter Gibson, director of Gastroenterology at the Alfred Hospital in Melbourne, told the Australian Food Science and Technology conference recently that a blind study he conducted couldn't find a link between gluten and the complaints suffered by the participants.

He said people who experienced an improvement in health from going gluten-free were probably benefitting from a reduction in carbohydrates in their diet, but he also said that there could be negative health effects for those who go gluten-free of their own accord. He suggested outcomes such as nutritional deficiencies, mental health problems and an increased consumption of sugar.

Even if the good effect is purely psychological, with no physical basis, it is hard to knock anything that makes people feel good. Nevertheless riding the gluten-free wave commercially can smack of fraud and quackery. This is especially noticeable with the foods – you can find yoghurt like this – labelled “gluten-free” that, in their plain form anyway, never have gluten in them in the first place.

The dietitian

It's not the gluten?

Angela Phillips BSc works with FoodSavvy, a Wellington team of dietitians. She casts a different light on gluten.

“Years ago a lot of people would go gluten-free and would have some reduction in symptoms such as bloating and irritable bowel type symptoms, and we didn't know why, whereas now there's a lot of research in a group of short-chain carbohydrates called FODMAPs, and within that group are different kinds of sugars that can be mal-absorbed, and what it looks like is a lot of people are probably reacting to wheat rather than gluten.”

FODMAP stands for Fermentable Oligo-Di-Monosaccharides and Polyols. The FODMAP diet is currently being prescribed for those suffering from irritable bowel syndrome and focuses on a more all-encompassing gut health scenario than a gluten-free one.

“Obviously there's the other side of the coin: people who do actually have a gluten intolerance. That's coeliac disease. And so some individuals need to be completed gluten-free, whereas others have more of a food intolerance, and can handle small levels.”

“A lot of people would go gluten-free and would have some reduction in symptoms ... and we didn't know why.”

The supplier

Industry suppliers have not been slow to meet the growing demand for gluten-free and other-things-free products.

“It's an opportunity,” says Kerry Richards of AB Mauri. “We have quite a comprehensive range of gluten-free products and they also are dairy-free as well, even though we don't advertise that point.” (To advertise the dairy-free angle they have to be tested, Kerry tells me, and they haven't done that yet.)

“The predominant flour we use in the bread mixes is soy, so nutritionally we feel they're very balanced with the right amount of protein, or at least equal to that of the wheaten-based products.”

It is not long ago that many bakers struggled to formulate gluten-free products with acceptable, let alone attractive, taste, texture and versatility, but now, for those happy to use manufactured bases, the struggle is over.

“The gluten-free crusty bread mix will hold seeds and grains or whatever else the bakers wants to add to it, as long as they're gluten-free of course. The gluten-free muffin mix will hold colours, pastes, some fruits – they're very much like normal mainstream products.”



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Allergies and intolerances cont.

The specialist supplier

Craig Holley owns Profile Products, an Auckland-based dry powder blending company specialising in gluten-free and similar specialised and customised products.

He says that there's been about a 40% increase in supermarket sales of gluten-free product sales over the last four years. He puts it down to both from more people being diagnosed with coeliac disease but also people removing wheats in their diet from a health point of view.

Craig Holley was a baker originally and worked at Weston Milling as a flour miller for some ten years, so he knows wheat and gluten intimately.

"If you were to grind grain and wash away everything except for gluten," he says "it would look like wet kauri gum. That's what gluten is, and you can understand straight away what it does to the body when it's trying to process that through the intestines."

He says that part of the rise in gluten intolerance is due to millers working to increase the yield from the wheat grain.

"They want as much as possible of the white stuff in the middle, and what that's meant is that they've ended up with a very, very strong bran structure on the outside of the wheat grain to assist with disease resistance."

Progress

"Over the years they've cross-pollinated cultivars to come up with the perfect milling wheat. That in turn has increased the strength of the gluten," he says.

Craig Holley says that in his time in the business he has seen about an eight to 10 percent increase in the extraction rate New Zealand millers are getting from their wheat.

At the same his business has made huge advances in formulating gluten-free pre-mixes. "Ten years you could go and buy gluten-free pre-mixes for bread or bagels and when you made it into a loaf of bread, you may as well have eaten a piece of cardboard. And that was all that was available."

Gluten-free baking is still evolving, he says, "We still get new materials coming across our desk that we're always looking for to give us a point of difference. So, for example, we import a carrot fibre now from France for a fibre source for our gluten-free products.

"We used to use products like chickpea flour. The issue with chickpea flour is it has a very poor flavour profile. Carrot fibre has no flavour, so we're able to keep reinventing the products as and when the functional ingredients become available."



The baker

Michael Gray's Nada Bakery in Wellington won the Gold Distinction award for their gluten-free cake in the Bakery of the Year competition this year. He offered the following tips for achieving the taste and texture that so impressed the judges.

"A lot of people use rice starches or potato flour, and tapioca's becoming very big for gluten-free baking. We didn't use a flour at all but rather ground hazelnuts. So there were only really about four or five ingredients in our cake; it was just keeping it simple."

The key to his success, he says, was the high quality chocolate.

"A lot of people have a perception that gluten-free means that it's going to have poor flavour."

"People understand that gluten-free isn't always going to be as light and fluffy as a traditional wheat flour-based cake. But we knew that we wanted a denser cake. We used techniques to separate eggs and whisk up the egg whites to get lots of volume. That created lift in the cake. At the same time using real chocolate in the batter gave a nice heaviness about the cake."

Michael notes that you sometimes have to use gums like xanthan or guar in order to help pull together the ingredients in gluten-free baking. "The problem with gums is you're using such minute amounts of it you normally have to break it down with other ingredients to get it through the mix evenly, and they can be very expensive as well."

"In our cake the egg acted as a binding agent. The hazelnuts soaked up that additional moisture in the cake."

"It made a very runny batter but it comes together when the egg sets as you bake it."

"I like using hazelnuts because they have a lot of oil in them and gluten-free products can tend to dry out, so using a nut that is very heavy in oil helps to keep the product fresher for longer."

“If you were to grind grain and wash away everything except for gluten it would look like wet kauri gum.”

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The parents

Thomas Thomas is a Kapiti Coast baker and a member of the BIANZ executive committee. He and his wife Mary are all too familiar with allergies and intolerances.

"There's different degrees of allergies," Thomas says. "There's the serious anaphylactic stuff and then there's the stuff which stops a body from thriving, and there's clearly the stuff that doctors have diagnosed, and then there's stuff that you've self-diagnosed, and gluten's a particular one in that. A lot of people self-diagnose for their own wellness.

For some people it is unnecessary, and for other people it creates a far better lifestyle for them too. But my little girl Miriam, who's now five and a half, is allergic to gluten, dairy, soy, rice, citrus fruits. It's a real challenge.

Immense pain

"She's not anaphylactic to anything, but if she does have something, in particular with the soys and the glutes. Her body goes into a big meltdown and she loses all control of her bowels, her tummy just starts gurgling away. It causes immense pain and distress for her.

"We got onto it when she was a baby and had all the tests done, and it came up with all that stuff along with dust mites and all the other bits. But as soon as we took her off gluten and soys she started to thrive, and not only did it change her weight – she wasn't gaining weight, she was a real baby for a very, very long time – as soon as she came off all those products and we started getting the formula (a milk

substitute, without the dairies and the soys and stuff in it) she started to thrive.

The formula comes from the hospital and is fully funded. It would cost \$200 per carton, a week's supply, if it were not funded.

As a baby she would not drink at all, neither from the breast nor the bottle. "She wouldn't drink full stop," Thomas says. "But when the body stopped having to force itself to survive by taking the drastic measures – when your body struggles with something – it doesn't thrive, and we've noticed that also in her learning.

"When her body's at peace with itself she absorbs a lot more information as well. She's got a lot of other

complications. "She's got low vision in one eye and she's had contact lenses since she was three months old, and PVL is a brain injury she had during pregnancy, so she's got a piece of her brain that's not there. It's fortunate that it was pre-birth – that means that other parts of the brain can actually pick things up. She's just slower to learn but she's doing very well, which is good."

A huge feat

One of the other challenges Thomas and Mary Thomas have met is providing a selection of foods their daughter can eat in their bakery.

"Everything that you produce has got dairy, soy or gluten in it. So we've developed a range of products that she can just come in and go, 'Can I have one of those?' which was a huge feat."

“My little girl Miriam, who's now five and a half, is allergic to gluten, dairy, soy, rice, citrus fruits.”

The manufacturer

Dessert Kitchen in Pukekohe, near Auckland, is a wholesale and contract manufacturer specialising in (obviously) desserts and baked goods.

They were asked to produce some gluten-free products several years ago and, as a result, seeing a broader opportunity, two years ago they established a separate facility to make allergen-free products. They market those products under the Pastry Kitchen Allergywise brand.

As they looked at the requirements, they found that people with allergies and intolerances tend to come from families with the same or similar problems.

"Someone would be allergic to gluten and have several other intolerances within their family unit," says manager Shannon Sutherland. With those families in mind, their products are broad spectrum: gluten, dairy, egg, nut and soy free. All the products are regularly tested to ensure they are allergen free,

and with those families in mind, their products are broad spectrum: gluten, dairy, egg, nut and soy free.

The Allergywise kitchen is strictly segregated from their "normal" one. "It's one thing to manage the control of eggs and dairy, but gluten has to be in a completely separate area," says Shannon.

They are very proud of the quality they are achieving in the Allergywise range. "The normal gluten-free breads you tend to get are small, square, stodgy, crumbly," says Shannon, "whereas ours are a full-size loaf and they are soft and fluffy like a normal loaf. You have to treat it as a one-day bread but otherwise it's as normal as you could otherwise get."

The broad spectrum approach taken by Dessert Kitchen is clearly successful but it's not the complete answer. Despite their broad range, Shannon says, "we still find people who are allergic to things in our products like potatoes and corn." Ultimately in this, as in so many other fields, the wonderful variety of life offers endless challenges.

Allergies and intolerances

A quick reference

A wide variety of foods can cause allergic reactions, but almost all allergic responses to foods are caused by cow's milk, soy, eggs, wheat, nuts, fish, and shellfish.

A food allergy is not the same as food intolerance. A food allergy involves a reaction by the body's immune system and can be life-threatening in extreme cases. Reaction is usually immediate or very soon after food is consumed and even minute traces of the causing factor can cause a reaction.

A food intolerance is an adverse reaction to food but does not involve your immune system. Symptoms can take up to 20 hours to appear and may be a vague combination of skin, stomach and bowel problems. It is dose dependent so small traces are tolerated.

Coeliac disease, also known as gluten intolerance, refers to intolerance to all grains containing gluten, including wheat, rye, barley and possibly oats. Symptoms of gluten intolerance include stomach cramps, diarrhoea, loss of appetite, growth failure in children, and malnutrition.

Wheat intolerance refers to intolerance of wheat only, so a person with wheat intolerance may not be gluten intolerant and may be able to eat other gluten products. However someone who is gluten intolerant cannot usually eat wheat at all as it contains gluten.

Allergy New Zealand is a non-profit organisation that provides information, education and support for allergy sufferers and their families. Their website has very useful information on various allergies and intolerances. <http://www.allergy.org.nz/>

Substitutes

Egg substitutes: (from www.egglesscooking.com)

If eggs are binders they can be replaced with arrowroot, soy lecithin, flax-seed mix, pureed fruits or vegetables, silken tofu, unflavored vegetarian gelatin powder (agar agar). For every egg replaced, 1/4 cup of the substitute is used.

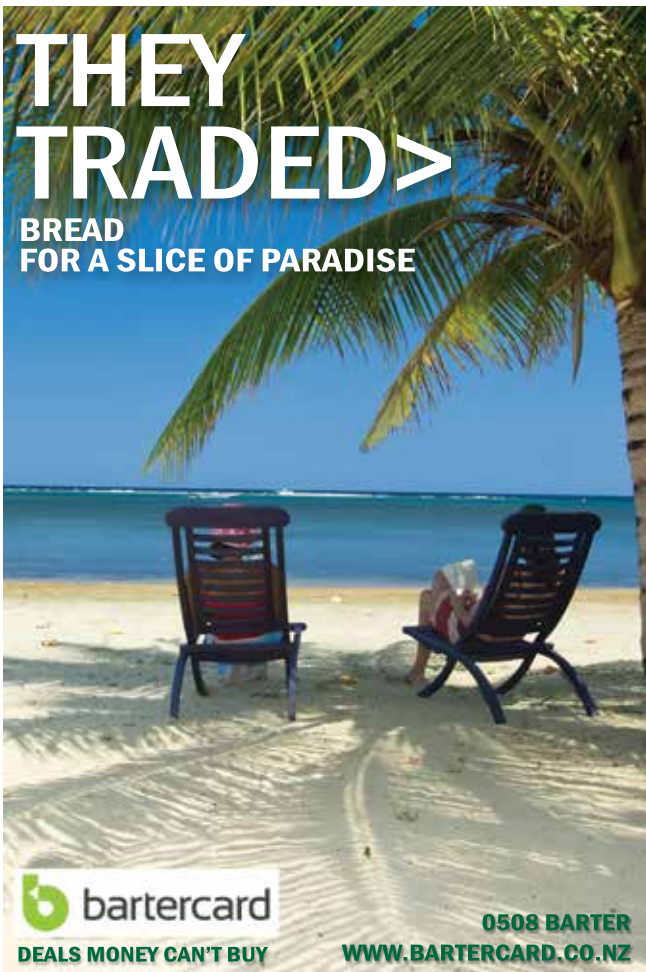
If eggs are for leavening, buttermilk, yogurt, baking soda, or a commercial egg replacement powder such as Ener-G can be used.

If eggs are added for moisture, fruit juice, milk, water or pureed fruit can be used.

Butter substitutes: margarine, coconut oil, cooking oil.

Milk substitutes: soy, rice, coconut, almond milk.

Gluten substitutes: tapioca, almonds, rice, potato, guar gum, xanthan gum, egg white (to replace some water in the recipe) ... many others easily found online.



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The why and how of making gluten-free bread

by Kevin Gilbert

Kevin Gilbert, a Dunedin baker and a member of the BIANZ executive, has studied gluten-free baking in detail and teaches bakers how to do it..



The very basics of how to make bread are simple to describe: mix ingredients into a smooth, stretchy and homogenous dough. Leave it for a while. Bake.

That works for glutenised breads but what happens when you remove gluten?

Although it's something like preaching to the choir I'll explain what gluten is. Gluten is a compound protein made up of two other proteins – glutenin and gliadin. It is the gliadin that illicit the immune response in coeliacs. Once hydrated, gluten proteins start to form together into a web like structure that is both elastic and malleable.

Gluten proteins will form this protein naturally given enough time. In fact this is the principle behind the 'no-knead' bread recipes floating about the place as well as both the short and improved mixing methods. So it may be fair to say that to bakers, gluten is their world. Once you remove it from us everything that we thought we knew about baking goes out the window. While some of the same procedures are taking place in gluten-free baking as in glutenised, they are generally for very different reasons and with substantially different rules and behaviours.

It is because of this need for a radical change in approach that we see such a range of gluten-free products. If a baker approaches making gluten-free bread as they would standard bread, changing only the starches, they are likely to end up with something best left for the building trade.

The first rule

The first rule for success in gluten-free baking, like with so much in life, is balance. There are essentially three parts to bread – body, structure and moisture. In regular bread, wheat provides both the body and the structure by way of starch and gluten, with water bringing it together and providing the right environment for gluten development.

With gluten-free breads, the body is provided by your choice of starches. There are plenty to choose from and depending on what product you want to end up with some are more appropriate than others. The more commonly used starches are maize (corn), tapioca (ground up cassava root), rice, soy and potato. They are commonly used mostly due to their availability and price and are normally mixed together in a blend of the baker's design.

No matter what blend of starches you use it will only take you so far towards replacing glutenised flours. By using starches you have replaced the body of the flour but not the structure. More often than not, structure is achieved thanks either to beans or cheese.

Before we cover what sounds like the start of a nachos recipe we should clear up a few confusions. There are recipes that call for things like gelatin or carrageenans.

Gelatin is the gelling agent behind most set desserts and jellies and comes from rendered animal bits while carrageenans (additive E407) are derived from seaweeds and found in many icecreams (and in a Scottish and Irish dessert much like junket or pannacotta called, oddly enough, carrageen).

Carrageenan is often confused with agar (E406) which is made from an algae and also found in icecreams. Neither gelatin nor carrageenan replace gluten. They merely set the shape of whatever you're making until it gets into the oven and the crust has a chance to bake firm.

The best option

Commercially and practically the best option is to use either guar gum (E412) or xanthan gum (E415). Guar gum is the ground bean of the guar plant which is part of the pea and bean family, while xanthan (pronounced zan-thin) is largely made from whey powder through a process that requires the ownership of a lab coat, a microscope (and any number of things I had issues with at school) to understand.

One of the most important things to keep in mind when getting into gluten-free baking is water. Everything you use, almost without exception, is hydrophilic. That is they love water. If a loaf isn't kept moist either leading up to baking or more importantly during that all-important first few moments in the oven, it will often end up with cracks and crevices which can be deep enough to make it barely fit for purpose. Likewise gluten-free pastry and biscuits will often dry out faster on the bench than their glutenised cousins, so keeping a damp cloth or plastic sheet over them is a great idea.

I find that one of the keys to gluten-free baking is to reduce the time between making and baking, so reducing the risk of drying out. This is helped by the fact that you don't need to rest any of the doughs or pastries because, when you think about it, what are you resting? In glutenised baking the concept of resting is to let the gluten structure relax. No gluten equals nothing to relax.

On the other hand if you're making any form of batter (eg pancakes or for deep frying) it is advisable to rest it before using it. The reason for this is that the gums will soak up moisture quickly at the start and then draw in more over the next few minutes. If you have made a batter to the desired consistency and then walk away for a few minutes, the chances are that it will have thickened up so it may need a wee bit more liquid.

Rising Young Baker

Daniel Wu of Manurewa High School won the 2014 Rising Young Baker bake-off held on the BIANZ feature area at Fine Food in June.



The secondary school student produced three baking products in two hours for the annual competition, while being mentored by baking training provider Brent Hughes from Bakels. Daniel was required to craft a gateau, ciabatta bread and a pastry – a sausage roll – for tasting by a judging panel of industry experts.

He was one of three Gateway students aged 16 years and over selected to compete against each other in the live competition. To get there they had to demonstrate potential and a keen interest in baking.

All three students were paired with experienced, qualified bakers from three different training providers, offering them a golden opportunity to showcase their skills in front of those that count in the industry.

Competenz Baking Account Manager Tony Gunby said Daniel kept close to the contest brief while preparing and baking his products.

"Daniel had the edge. The final stage of the competition was judged on presentation of work and Daniel's products were granted maximum points in this crucial area," he said.

BIANZ teamed up with Competenz, the baking industry training organisation, in a collaborative effort to promote the competition and baking as a viable career pathway for our youth. The initiative supports Gateway – a programme run in secondary schools that supports senior students to undertake workplace learning while continuing to study at school.

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The latest group of 21 graduates showed a buffet display including a chocolate sculpture for their final assessments in June. Some are shown here.

A few of these keen and qualified students are still available for work.

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Tracey Burt



Weltec lecturers Paul Gibbs (left), Frank Prskawetz and Robert Bok make their assessments.



Deborah Cowley



Freya Craig



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Bread is the new coffee

Belinda Jeursen reviews *Bread* by Global Baker Dean Brettschneider.

Book number 12 from Dean Brettschneider won't disappoint. Following his book about pies of all shapes and sizes comes this one about bread in all its incarnations from the traditional sourdough and white loaf to bagels, crackers, dampers, scones and buns.

Some of the "breads" included may challenge our perceptions of what bread is. Dean acknowledges that and says he has taken the liberty of including them if they "contain yeast and are fermented ... in my world they are breads". So put aside any hair splitting and get stuck into this fantastic collection of classics with a twist.

While this book is big on technique, it is also in large part about inspiration. Paging through it makes you want to bake – for the first time, or the umpteenth time, the classics, or something you've never thought to try before.

“Paging through it makes you want to bake – for the first time, or the umpteenth time, the classics, or something you've never thought to try before.”

The huge variety in the recipes caters for everyone from the novice to the professional, those wanting to bake every day and those aiming just at the traditional celebrations. The book illustrates bread's undeniably central place in all cultures and on all social occasions.

The 60-plus recipes are backed up by a history of baking, detailed information on ingredients and equipment, weights and measurements, formulas, a glossary and extensive methodology.

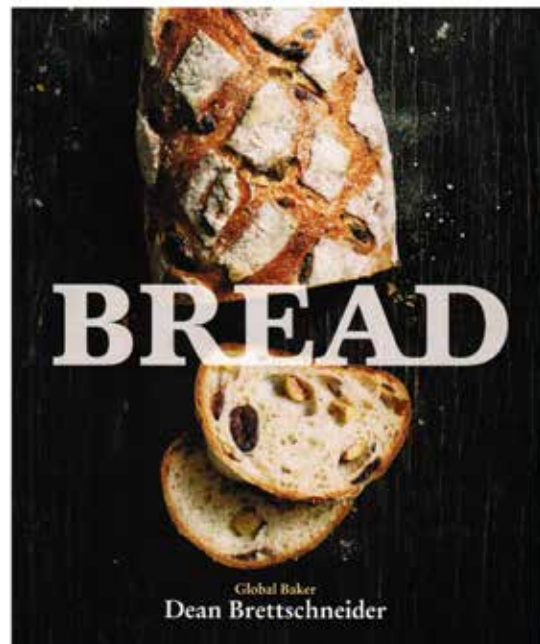
The talented Aaron McLean accompanies Dean once again with outstanding photographs, black and white for the technical aspects and beautiful colour for the recipes.

Some of the method photos are a tad small but they do the job and are logically set out to make sure even novice bakers can make sense of the processes being explained.

There is some repetition around techniques and ingredients from Dean's other books, but this makes *Bread* completely self-contained, ensuring that anyone who picks it up and decides to bake from it will have all the information they need to hand.

Dean emphasises basic rules, principles and procedures with the idea that a good understanding of these allows you to be creative and innovative and still come out with a product you can be proud of. He also reminds readers and bakers of the importance of touch and taste in baking and gives some excellent examples of how this can be used to improve your end result.

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Trainee of the Year 2014

6th year running and still going strong!

The Weston Milling Trainee of the Year competition was once again held at one of Auckland's biggest events, the Fine Foods show. The show attracted thousands of people, so for these trainees the pressure was intense. Contestants are from the top 9 of New Zealand Trainees in Bakery.

Their task was to complete a Bread Plait and something creative from the left over dough, a Sweet pastry Flan and to use XL Scone mix in another way, plus a Birthday Cake for a 10 year old boy or girl – all in 3 hours!

This nationwide competition, in conjunction with The Baking Industry Association of New Zealand, is designed for all baking and patisserie trainees/apprentices to compete in an industry wide bake-off, so the entire industry can watch with envy as these trainees competed for the title.

This years competition over 2 days included the following competitors..

- Sunday – Group 1.** Jacob Saunders, Lucy Whitlow, Freda Goodyer
Sunday – Group 2. Jordan Holland, Rebekah Savage, Pauline Cross
Monday – Group 3. Marrisa Laken, Tasman Stephenson, Stephen Hislop

1ST PLACE



Rebekah Savage

Rollerston Bakery
Christchurch

2ND PLACE



Pauline Cross

Aro Bake
Wellington

3RD PLACE



Marrisa Laken

10 O'Clock Cookie and Cafe
Marsterton

THIS YEARS JUDGES

Jason Heaven – Heaven's Bakery. Paul Bartelink – Yarrows. Monique Brik – M.I.T Bakery Department



Weston Milling would like to give a big thanks to their supporters. The BIANZ for all their help, Southern Hospitality and our judges and staff who donated their time and money to make this another successful event. Also a special thanks to our photographer, Cynthia Daly from hosponation.com

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Meet the new face of baking

by Belinda Jeursen

She's a hard working perfectionist with a serious love of baking. She's the winner of the 2014 Trainee of the Year Competition. Her signature product is her Pinky Bar Tart – a delightful combination of sweet pastry, caramel and delicate puffs of pale pink marshmallow. And with a fast-growing Facebook fan base (see The Tattooed Baker), you just know this distinctive 20 year old is going places.

Trainee of the Year 2014 winner Rebekah Savage is the It-girl of baking right now – a young professional making it in a tough industry and breaking down a whole raft of pre-conceived notions in the process.

Now in her final year of training, Rebekah always wanted to work in the food industry. After-school jobs in cafés led to a position as a baker at the Countdown in Ashburton before a move to Christchurch, where she was taken on by Mark and Theresa Saunders at their bakery in Rolleston.

The grounding she came with stood her in good stead when Mark was considering signing her up as an apprentice. He made no bones about the fact that he doesn't tolerate laziness – ever – and Rebekah proved to be an ideal fit, showing real commitment from the start.

Her recent success and her obvious desire to learn everything she possibly can about baking doesn't stop Rebekah from remaining humble and happy to stay on at Rolleston Bakery. She shares a love of artisan work with Mark. All product sold at Rolleston Bakery is made on site. "Everything we make is perfect because we make it by hand and with love."

Rebekah spends her spare time coming up with recipes, baking at home, and visiting cafés and restaurants where she takes note of everything from product to marketing and service. "I'm always thinking about flavours, new ideas," says Rebekah.

She also has a range of baking related t-shirts and keeps her fans happy with



Mark Saunders and Rebekah Savage at Rolleston Bakery in Christchurch.

Photo by Belinda Jeursen

regular Facebook updates, competitions and activities. "I want to be a role model for young bakers", says Rebekah, and once she has finished her own training she will have the opportunity, training others in the bakery.

“Rebekah Savage is the It-girl of baking right now.”

It's no surprise really then that she won the Trainee of the Year Competition, but she says she was initially thrilled just to get into the top nine.

Once at the competition she realised she had a good chance of making it into the top three, with no disasters on the day and an early finish.

How did she make sure it went well on the day? "I practised and practised." Rebekah has an advantage though: she thrives in a competitive environment and is boosted rather than intimidated by pressure.

While all the contestants had to meet the same requirements it came down to flavour and innovation in the end, as well as technical skill and a cool head.

Her Pinky Bar Tart was a hit, as were the custard and boysenberry bread Danish

she made using the leftover dough from her six strand plait. She made cupcakes using the Weston Milling scone mix and marshmallow pigs from leftover sweet pastry and marshmallow.

Rebekah is one of three apprentices currently training at Rolleston Bakery. After thirty years in the business, Mark Saunders still gets immense satisfaction from taking on young apprentices and training them up, even with the knowledge that they will probably move on after training. He covers the cost of their training and there are no strings attached.

"If they stay on that's great but I don't expect them to. The good thing about an apprentice is that they come in every day wanting to do better than the day before.

"For them it's a career, not just a job," he says, "so they are usually reliable and hard working. It's an investment that has a good return. It's far easier to train and work alongside someone than get someone to change their ways to fit in."

It's not often you meet someone who so obviously has a great career ahead of them.

Rebekah Savage undoubtedly fits the bill. Watch this space.

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BakeNZ showcases the best



The array of entries in the New Zealand Bakery of the Year competition once again formed an irresistible attraction for not only bakers but also food and hospitality people of all kinds at Fine Food in Auckland this June.

As the judges worked their way around the tables, hundreds of other people stopped to make their own assessments. The popular and inventive gingerbread houses alongside the skill and creativity on display with the 1920s themed decorated cakes were the main attraction, but a closer look revealed great skill and artistry on display throughout.

At the same time, throughout the first day, Weston Milling's Trainee of the Year bake-off drew crowds to the adjacent feature area with its three demo kitchens. That continued on the morning of the second day, with the Rising Young Baker bake-off taking its place on stage for the afternoon.

The third day was devoted to a series of workshops and demonstrations aimed particularly at the many bakers present.







- 1 10 O'Clock Cookie Company.
- 2 Melody's New World.
- 3 Heaven's Bakery.
- 4 Melody's New World.
- 5 Heaven's Bakery.
- 6 10 O'Clock Cookie Company.
- 7 Nada Bakery.

- 8 Heaven's Bakery.
- 9 Divine Cakes & Desserts.
- 10 Melody's New World.
- 11 Clareville Bakery.
- 12 Clareville Bakery.
- 13 Picton Village Bakkerij



Bakery of the Year 2014 – the official results

Key



	CAKE SECTION			BREAD SECTION			PASTRY SECTION			CREATIVE SECTION		
	Opera	Gluten free	Carrot	Sourdough	Bagels	Grain	Pecan	Danish	Pithivier	Gingerbread	Cake	Bread
10 O'Clock Cookie Bakery Café – Masterton	B				B	S	B	B	S	S	GD	GD
Ancient Grains – Upper Hutt		B										
Arobake – Wellington	B					S						
Authentic Grains								B				
Blomquists – Tauranga			B				S			S	B	S
Clareville Bakery – Clareville	GD	S		GD		GD					B	S
Country Oven Bakery – Amberley			B									
Divine Cakes & Desserts – Christchurch	G	S										
Heaven's Bakery – Napier	S	G	B	B	S	B	G	B		G	S	S
Hillpark Bakery – Auckland					G			B	B			
Jess Owen – UCOL – Palmerston North		B										
Kapiti Cakes & Bakery – Kapiti	B						B			B	S	
Kidd's Cakes and Bakery – Christchurch											GD	
Kira Gribble – Auckland											B	
Liam Smith – UCOL – Palmerston North					B							
May's Bakery – Timaru											B	
Melody's New World Bakery – Palmerston North	B	B		GD		GD				G	G	GD
Metro on Willis – Wellington		B							B	GD	S	
Nada Bakery – Wellington	S	GD		B								
Olivers Bakery – Whangamata						S						
Original Foods – Christchurch		B	B									
Picton Village Bakkerij – Picton			S	B		G						
Shannan Nation – UCOL – Palmerston North									B			
Sweet Bites – Auckland											S	
Taste of Europe – Lower Hutt				S		B						
U-Bake – Timaru						B			B		S	
Viands Bakery – Kihikihi			S		S			B				

	Peter Gray Memorial Trophy – Cake Section	Peter Gray Memorial Trophy – Bread Section	Peter Gray Memorial Trophy – Pastry Section	Executive Trophy – Creative Section
GOLD	Heaven's Bakery	Clareville Bakery	Heaven's Bakery	Melody's New World Bakery
SILVER	Divine Cakes & Desserts	Melody's New World Bakery	10 O'Clock Cookie Bakery Café	10 O'Clock Cookie Bakery Café
BRONZE	Clareville Bakery	Heaven's Bakery	Hillpark Bakery	Heaven's Bakery

Bakery of the Year 2014

Bakery of the Year	Heaven's Bakery – Napier
John Edmonds Trophy – Runner-up	10 O'Clock Cookie Bakery Café – Masterton
Gary Cameron Trophy – Second runner-up	Melody's New World Bakery – Palmerston North
Highly commended	Clareville Bakery – Clareville





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Fax (03) 349 0664
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To become a member

- Please read the terms set out below and fill out and sign this form
- Make your payment for your initial membership subscription (as listed right) using one of the payment options
- Mail the form to Membership Applications at the address above

Membership type (tick your choice) – gst included

- | | | |
|------------------------------------------------------------------------------------------------------|--------|--------------------------|
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| Associate for industry suppliers | \$200 | <input type="checkbox"/> |
| Independent for individual bakers | \$100 | <input type="checkbox"/> |
| Trainee for current bakery trainees | No fee | <input type="checkbox"/> |
| Corporate for bakery related organisations
(Please contact the office for further details) | | <input type="checkbox"/> |

Contact person _____

Name of business _____

Previous owner of business (if applicable) _____

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Credit Card ☐ **Visa** ☐ **Mastercard** ☐ **Expiry Date** _____

Cardholder Name _____ **Signature** _____

Cardholder address if different from above/flipside _____

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- ☒ Membership rule book
- ☒ Management resource kit including:
- the BIANZ employment documents
 - the latest issue of Slice, the association's magazine
- ☒ A tax invoice/receipt for your subscription.

I/we would like to be enrolled as a member of the Baking Industry Association of New Zealand (BIANZ) and gain the rights and privileges of membership accorded to my membership type, and in doing so acknowledge the following:

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2. That materials and resources including any Food Safety Manual provided by BIANZ remain the property of BIANZ. I/we will not permit any unauthorised copying or other reproduction of this material nor allow this material to be used other than by members of the BIANZ or their employees. When membership is terminated all such materials and resources including any Food Safety Manual is to be returned to the BIANZ within five working days of termination of membership.

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Date / / 20



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AWARDS DINNER

The 1920s decadence theme brought out the Gatsbys in strength as many guests joined in the spirit at the 2014 BIANZ Awards Dinner in June. The event at the Pullman Hotel in Auckland saw many of the leading lights of the industry gathered to honour some surprise winners, a number of up-and-coming trainees and rising young bakers, and some of the well known high achievers.



Sue and David Blomquist from Blomquist's Bakery in Tauranga.



Andy Rayneu, Southern Hospitality, with bake-off presenter Melanie Kerr.



Karen and Grant (with the spats) Wilson from Maketu Pies, celebrating baking and their wedding anniversary.



Maximilian Fuhrer (Arobake) with Ana Whitlow, Lucy Whitlow, Susie James, Judith Kermode.



Pauline Cross from Arobake, right, with cousin Hannah Cross (centre) and Helen Carroll (left)



Jason, Sam Heaven and Leanne Heaven with a voucher for a tonne of flour from Farmers Mill, part of their Bakery of the Year 2014 award.



Aimee Waite, Kelly Melody and Richard Waite from Melody's New World Palmerston North with an impressive swag of awards.



Craig Beveridge, Metro New World Wellington.



John Kloeg, 10 O'Clock Cookie & Bakery Masterton



Jim McBride-Stewart, Competenz, with Rising Young Baker award winner Daniel Wu, Rising Young Baker, Manurewa High School.



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Roy West
BAKERY MANAGER



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Nothing careless about this Daisy

by Belinda Jeursen



It was Kidds Cakes' single entry to the Bakery of the Year Awards, and only a Gold Distinction for their Great Gatsby-inspired "Daisy Cake" would have been enough to justify the 100 hours spent bringing it to life.

The decorating team – Kirsty Olding, Annie Kim, Rochelle Howley and Katherine Cane – worked to first design and sculpt, then cover, a dummy base with a dizzying variety of icings. Fabric, tiles, jewellery, shoes, and a little "Catsby", all in shades of blue and bronze, resulted in a charming, eye-catching and elegant Daisy that would catch any Old Sport's eye.

The polystyrene base was lovingly sculpted to give Daisy a delicate and lifelike face, and even the shiny jewels were made of icing. A Cricut machine and flexible icing helped create the beautiful folds of her dress and the very realistic looking tiles she stands on. Art Deco shapes on the background pillar completed the decadent deco look required to fit the competition theme.

Kidds Cakes owner Martin Meehan says that while he was involved initially, the team took it from there and even worked on the components of the cake at home to get the look they were



Kirsty Olding and Annie Kim with the award-winning Daisy Cake, on display at Kidds Cakes bakery in Christchurch.

after. But it was his job to fly with Daisy to Auckland and add the finishing touches – a glittering diamante border – before setting her up in the Competition Display Area.

The cake has been a huge drawcard, both at the Fine Food Show and at Kidds Cakes Bakery in Christchurch. Martin says the winning factor is the number of techniques the cake displays with its intricate design and detail. "The cake is wonderful in that it shows people what is possible," says Martin and he jokes that, "if they've got the money, we've got the time!" Very Gatsby indeed!

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Eating Humble Pie

Photos by Hannah Cameron

by Sue Fea

The tiny Central Otago rural community of Becks has been Eating Humble Pie ... and gladly.

But it's not their words they've been swallowing out in Becks – it's delicious gourmet pies.

Ever since a few of the local blokes from the Young Farmers Club lent a hand to Clyde-based pie-maker Susan Burke, whose company is called Eat Humble Pies, they've had a taste for her pies.

It all started at Central Otago's St Bathans Fete in January where Eat Humble Pie had a stall right next to the Young Farmers. The boys gave her a hand with a generator and since then there's been a lot of meaty pie payback.

"We got talking about the dilemma I had because the commercial kitchen I used in Queenstown was only available in the evenings," says Susan.

One thing led to another and Susan discovered the Becks community had just completed a \$200,000 upgrade, installing a full commercial kitchen, in their local war memorial hall. She now turns out around 1000 gourmet pies a week from the Becks kitchen for consumption throughout the Queenstown-Lakes, Central Otago region, including pubs along the popular Otago Rail Trail. It's getting so busy she's hiring a couple of local farmers' wives to help boost production.

"It's a fantastic facility – a fully-registered chef's kitchen, only half an hour from home," says Susan. She bakes in Becks several days a week from "dawn to dusk", stocking Eat Humble Pie's downtown Queenstown hole-in-the wall pie shop, the Becks Pub, and other pubs and stores along the Central Otago Rail Trail.

"The Industrial Engineering boys from Omakau (14 kilometres away) formatted some special pie tins for me so that they fit in a pallet base to go in the oven. They're very handy," says Susan. "In return I drop them off some pies. It's a lovely place to work – a real community."

Becks Hall co-ordinator Linda Armstrong says Susan's pie-making is now bringing in a regular source of much-needed income to the local community to help with remaining repayments on the hall upgrade. Trust funding grants covered the bulk of the cost, but the surrounding community of about 30 farming families raised \$50,000 themselves.

There's also a 'drop-in' policy on baking days so the locals can pop in and buy pies fresh from the oven.

Susan was rushed off her feet baking 100 meat pies for the Becks Pub on the opening day of the duck-shooting season this year.

Eat Humble Pie is owned by Susan and her business partners, ex-husband Mike Burke, who used to own Berkels Gourmet Burgers in Queenstown with her, and her partner now, Allan Rowsell.

After selling Berkels, Susan and Mike worked at the Arrowtown Bakery where then-owner Greg McMeeken gave them a few tips on baking good pies.

It's now getting hard to keep up with demand for Susan's wholesome handmade pies, renowned for their buttery pastry and fresh ingredients.

"We don't use any preservatives or gel. It's all home-baked filling, but there's been lots of experimenting and tasting to get the recipes just right," says Susan.



From left, Allan Rowsell, Susan Burke and Mike Burke outside the Becks Hall



Photo: Sue Foa

Susan Burke does a taste test with ex-husband Mike Burke in front of Eat Humble Pie's hole-in-the-wall outlet in Queenstown.



Local Becks farm boys Eat Humble Pie



Pork belly is the best seller and Susan's roast chicken pie, packed with roast meat, roast veges, stuffing and chicken gravy, is more like a dinner in pastry than a pie.

Her scallop pie is always in huge demand at market days around the region.

Steak and blue cheese goes down pretty well, but the farm boys in Becks are pretty partial to her peppered steak pie.



"It's a big hit over there. It brings them out in a hot sweat," she laughs, and that's good in a district where the nearby town of Ophir is famous for recording New Zealand's coldest temperature in history, minus 21.6° C.

Central Otago is also known for its rabbits. There's an unlimited resource of them roaming the tussock-lands and Susan now has rabbit pie in her sights. "I just need someone to shoot and process them," she says.

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U-Bake of Timaru.

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SEEN AT THE BAKELS AWARDS DINNER



An archer bends over backwards to hit her targets for Bakels

The annual must-go event for Kiwi media stars and piemakers alike had a circus theme this year, with amazing feats of strength, balance and contortion from Auckland's Dust Circus and a remarkable vanishing act, complete with a puff of smoke, by Bakels chief Duncan Loney.



Lauraine & Murray Jacobs.



Rodney Hobbins, Bosun Paki, Suzanne Braks, David Down.



Karen Wilson, Nadia Lim, Kasey Bird, pie judge Grant Wilson.



Lay Phan Ho, Patrick Lam, Lam Ho.



Shayne and Kathy Kearns, proud father John Kloeg.



Mary-Jane and Craig Rooks join in the spirit of the show.



Pie makers supreme Rose and Michael Kloeg face the media, here in the person of Radio Live's Graeme Hill.



Dominique Colombie from Paneton French Bakery



Bunnerith Sao with wife Navy Keo – Dairy Flat Bakery, March Keo, Try Kong – Bakers Oven, Whangaparaoa.



Mab and Kim Hour Chheur, Angkor Wat Bakery in Waikupurau.

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Supreme Pie 2014 —



Mark Sainsbury, Simon Gault, Michael & Rose Kloeg – The Clareville Bakery, Carterton & Brent Kersel – Bakels NZ.



The winning pie being heated up on judging day.

Supreme Winner

Lamb Cutlet with Kumara Mash	Michael Kloeg	The Clareville Bakery	Clareville, Carterton
Mince & Gravy			

Gold award	Vasokha Leng	Bernies Bakery & Café	Browns Bay
Silver award	Patrick Lam	Patrick's Pie Group Ltd	Tauranga
Bronze award	Buntha Meng	Euro Patisserie Torbay	Torbay
Highly commended	Vong Hean	Mairangi Bay Bakery	Mairangi Bay

Steak (Diced) & Gravy

Gold award	Roger Cathro	Pak N Save Petone	Petone
Silver award	Tang Leangsea	Penny Lane's Bakery	Onehunga
Bronze award	Jason Hay	Richoux Patisserie	Takapuna
Highly commended	Vanrith Heng	Sun & D Bakery	Palmerston North

Chicken & Vegetable

Gold award	Bunchoeun Keo	One Tree Bakery	Mount Maunganui
Silver award	Treang Mak	Munchies Deli Bakehouse	Coromandel
Bronze award	Patrick Lam	Patrick's Pie Group Ltd	Tauranga
Highly commended	Bill Liem	Greenland Café	Pukekohe

Gourmet Meat

Gold award: Lamb cutlet with kumara mash	Michael Kloeg	The Clareville Bakery	Clareville, Carterton
Silver award: Creamy mushroom, bacon & cheese	Lam Ho	Paetiki Bakery	Taupo
Bronze award: Chicken, cranberry & camembert	Tai Khau	Better Quality Pies Ltd	Rotorua
Highly commended	Tang Leangsea	Penny Lane's Bakery	Onehunga

Vegetarian

Gold: Broccoli, carrot, peppers, & white sauce	Kim Hour Chheur	Angkor Wat Bakery & Coffee Shop	Waikupurau
Silver: Vegetables, pumpkin, potato, kumara, spinach sauce	Patrick Lam	Patrick's Pie Group Ltd	Tauranga
Bronze award: Chicken, cranberry & camembert	Bill Liem	Greenland Café	Pukekohe
Highly commended	Tang Leangsea	Penny Lane's Bakery	Onehunga

Bacon & Egg

Gold award	Try Kong	Bakers Oven	Whangaparaoa
Silver award	Patrick Lam	Patrick's Pie Group Ltd	Tauranga
Bronze award	Nap Ly	Target Bakehouse & Cafe	Pukekohe
Highly commended	David Liem	Greenland Bakery & Cafe	Botany Town Centre

- the complete results



Bakels New Zealand Supreme Pie Awards Judging Day



Bakels New Zealand Supreme Pie Awards Chief Judge Tim Aspinall.

Mince & Cheese

Gold award	Vasokha Leng	Bernies Bakery & Café	Browns Bay
Silver award	Martin Meehan	Kidd's Cakes	Christchurch
Bronze award	Try Kong	Bakers Oven	Whangaparoa
Highly commended	Saravuth Ma	Fresh Bun Café	Tuakau

Steak & Cheese

Gold award	Lam Ho	Paetiki Bakery	Taupo
Silver award	Sam Jampa	Kaikohe Bakehouse Cafe	Kaikohe
Bronze award	Cameron Butchart	Butcharts Home Cookery	Wanganui
Highly commended	Vitith Prak Sorm	Ronnies Cafe	Matamata

Seafood

Gold: Pumpkin, broccoli, potato, kumara, scallops, prawn in crab stick white sauce	Lam Ho	Paetiki Bakery	Taupo
Silver: Chinese mixed vegetables, shrimp, surimi	Kim Hour Chheur	Angkor Wat Bakery	Waipukurau
Bronze: Smoked slamon, scallop, crabmeat, leek & beurre blanc gravy	Vong Hean	Mairangi Bay Bakery	Mairangi Bay
Highly commended: Salmon, prawn, capsicum, & scallop in a hollandaise sauce	Bill Liem	Greenland Café	Pukekohe

Commercial/Wholesale

Gold award	Murray Swetman	Gourmet Foods Ltd	Tauranga
Silver award	John Newell	Oxford Pies	Hamilton
Bronze award	Terry McMahon	Couplands	Sockburn
Highly commended	Paul Barber	Goodtime Foods	Napier

Gourmet Fruit

Gold: Blueberry, spiced apple & apricot	Bunnarith Sao	Dairy Flat Bakery	Albany
Silver: Chocolate & sour cherry	Oudorm Lai	Corner Bakery	Hillsborough
Bronze: Brandied fig, dark chocolate & vanilla bean pear pie	Ben Walker	The Sweet Kitchen	Mairehau
Highly commended: Brandy laced fig, orange, apple, brown sugar	Brian Lucas	Hastings City New World	Hastings

Cafe Boutique

Gold: Caramelised Rhubarb & Wildberry	Alan Woodford	Banana Pepper Café	Waihi
Silver: Chocolate & Sour Cherry	Andrew Fitzpatrick	Cake Box	Frankton, Hamilton
Bronze: Chicken, bacon & mushroom	Sonaly Visethsinh	Voila Café	Sandringham
Highly commended: Steak & cheese	Ken Heng	Pukeko's Nest Cafe	Pukekohe

Clareville winner



Top: the winning pie. Left: The Clareville Bakery. Right, Michael Kloeg, accepting the award, tells the crowd about the phone call that so many pie makers hope for and so few receive.

The Bakels Supreme Pie award gets harder every year as entry numbers, standards and expectations all rise.

This year's pie awards, the 18th, saw 4832 pies entered by 533 bakeries from across the country, a five percent increase from last year.

The Clareville Bakery's lamb cutlet and kumara mash pie won against novel and unusual creations including rabbit and wild boar, caramelised rhubarb and wild berry, chilli con carne, spiced duck with bacon, and a slow cooked beef cheek and cauliflower cheese pie. Nevertheless Bakels New Zealand Brent Kersel, a pie awards judge, was confident in confirming that in the end "it was the best pie on the day".

"The pastry, meat, and gravy were in perfect ratios. The lamb was cooked to perfection and the kumara mash was a great flavour which worked well with the lamb. It reminded me of a kiwi roast dinner," he said.

The pie wasn't just mouth-watering but also, as several people observed, eye-catching, its cutlet bone protruding from the pastry attracting some jokes from the judges. "The cutlet was sticking out the top of the pie so it gave you a pretty good indication it was a lamb pie . . . I didn't want to stab my eye for the pie," celebrity judge Simon Gault said.

Michael and Rose Kloeg started The Clareville Bakery less than a year before the Bakels award but it's not their first award (see page 27). Clareville won three gold-with-distinction awards and the Peter Gray Memorial Trophy in the Bread Section in the New Zealand Bakery of the Year competition.

Michael Kloeg himself was Trainee of the Year in 2002.

Michael apprenticed at his father John's bakery, the famous Ten O'Clock Cookie Bakery and worked there in partnership with his father for seven years.

Michael and Rose Kloeg took over the old chapel, already a café, in 2013 and, having given the place a thorough make-over, have rapidly built a reputation as a worthwhile destination for tourists and travellers.

"It was a risk," Michael told the *New Zealand Herald* recently. "It's not all about the business though. We don't open on a Sunday which is normally the most profitable because we believe God's given us a day off to realise life is not all about money. It's a day to appreciate what we believe he gave to us. I believe He's in control of everything. Did He give me the pie award? Yeah, He did ultimately because He's given us gifts and talents."

Michael and Rose have four young children. Michael still plays rugby "a bit" and coaches a boys' team. Their daughter plays netball.

Michael's first ambition as a child was to be a helicopter pilot, but as with so many bakers' children, and baking become ever more attractive as he grew up and in the end he couldn't wait to leave school and start in the bakery. It's the basics that really appeal. "I love how bread is three things," he told the *NZ Herald*, "dusty flour, sloppy water and salt and after 48 hours it's transformed into a crusty, delicious, caramelly crust with a soft airy interior. There's nothing like slicing into a loaf of bread and having it with pickles and cheese – that's the life!"

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Fat is back! (and sugar is the new salt)

Food and beverage manufacturers face changing pressures on the health front but those that adapt will continue to prosper.

by David Tossman

Following years in the dog box, butter is deemed OK by medical authorities while sugar faces ever-increasing disapproval.

Both these substances at the very heart of baking have been recognised for ages as naughty, and ever more so as people in Europe, the Americas and our part of the world have grown in girth and shrunk in activity. Quite simply, they are packed with calories and too much of either will do you no good. That has not changed.

What has changed is, firstly, the voices of disapproval of sugar have become louder and more urgent while the purely medical warnings about butter (and similar saturated fats) have been moderated.

The fat backdown

A paper published in the journal *Annals of Internal Medicine* found that there's just no evidence to support the notion that saturated fat increases the risk of heart disease. (In fact, there's some evidence that a lack of saturated fat may be damaging.)

The researchers looked at 72 different studies and, as usual, said more work — including more clinical studies — is needed. But as one US commentator said, the days of skinless chicken breasts may finally be drawing to a close.

A similar study by the University of Cambridge has shown that total saturated fat has no association with heart disease and that current evidence does not clearly support guidelines restricting saturated fatty acid consumption to reduce coronary risk. Nor does it support high consumption of polyunsaturated fats to reduce coronary heart disease.

The evil of saturated fats was proclaimed in the 1970s. Since then we have been pummelled with propaganda about it. Never mind that much of the nonsaturated fat in the form of trans fats, particularly popular in the US as a replacement, has now been demonstrated to be harmful. Polyunsaturated fat from oils may also, it seems now, be problematic.

At least then butter and lard, the heart of flavour in many a recipe (taken in moderation, naturally) won't kill you.

The sugar curse

Of course in normal quantities and circumstances sugar won't kill you either. But then just about everything if used in moderation is OK. For most substances and most people, the poison is in the dose. The campaign against sugar is aimed at the quantities

of various sugars a large proportion of the population are now taking, particularly in fizzy drinks, in ways that have become commonly regarded as normal.

Constantly available sugar is a recent invention, less than 200 years old (just like cigarettes, some say) and the human body is not equipped to handle it.

Raw or refined sugar was unknown for most of human history. People satisfied their sweet teeth and gained some ready energy only from fruits and the occasional dab of honey.

Typical of the assault on sugar, a new report in the UK recommends that the government mount a campaign to cut

soaring obesity levels by urging consumers to halve their intake of added sugar in their daily diets. The report comes from the government's Scientific Advisory Committee on Nutrition (SACN). The report recommends greater use of starchy foods and whole grains where possible.

None of this is very new. The science and the screaming parallels on-the-ground developments. In the US, added sugar consumption has been steadily declining for the last 10–15 years, according to leading scientists.

Soft drink manufacturers are facing the brunt of the pressures but no doubt they will adapt.

For the food industry as a whole, as for consumers, those that adapt will be able to carry on and do well or better, but the warning bells have sounded for those who won't change.



The Heart Foundation's view

Writing about the changing scientific view regarding fats and sugars, Delvina Gorton, the Heart Foundation's National Nutrition Advisor writes that debate is a normal part of science.

She says further that there is strong and consistent evidence that a diet of mostly minimally processed foods (including plenty of vegetables and fruit; plus legumes, nuts, whole grains, plant oils, and fish; as well as choosing lean meats and reduced-fat dairy) is the best way of eating for a healthy heart.

"We continue to recommend that people get most of the fat they eat from plant foods and oily fish; as well as having wholegrains in place of refined starchy and sugary foods."

A positive endorsement

Where does bread come from?

By Rob Tucker and Sue Bramwell

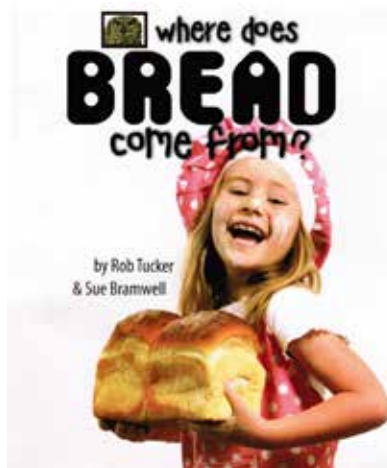
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Aimed at a younger audience, this recent publication is an illustrated explanation of the bread making process from wheat in the field to the baking process.

Every page has large photographs and just enough text to appeal to a wide range of school going age children.

While most modern grain processing facilities are large industrial sites, they have chosen to use the Dutch-style windmill in Foxton to illustrate the processes involved in turning wheat into flour.



While it's not strictly a true representation of the flour milling industry in New Zealand, the essential processes are the same and the windmill has great visual appeal.

A recipe for no knead dough is included, as well as useful facts and a glossary. The book is a positive endorsement of the baking industry and would be a good addition to any school or library.

Bakeries and cafes might consider having a copy too, for children to have a quick flick through it while waiting for mum or dad to be served.

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RECIPE

Red Velvet Café Cake

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Ingredients

Weight KG

Red Velvet Cake Mix	1.000	5.000
Water	0.500	2.500
Egg	0.280	1.400
Vegetable Oil	0.200	1.000

Method: Place all ingredients into mixing bowl fitted with a paddle. Mix on slow speed for 1 minute then scrape down. Mix further on medium speed for 2 minutes. Deposit 400g of batter into sponge tins.

1 **Rack Oven** - 160°C for 25 minutes
(Baking times vary from oven to oven)

Deck Oven - 170°C for 25 minutes.
(Baking times vary from oven to oven)

3 Once the cake has cooled, spread or pipe cream cheese icing. Use sprinkle or grated chocolate shavings on top.

Enjoy!



Recipe

Swedish Meatball Sandwich

Serves 10

Ingredients

10 x Bread, fresh loaf, white sliced
40 x Beef meatballs, premade
30 x Swiss cheese slices
400 mls **KNORR Garde d'Or**
Hollandaise Sauce
100 g **Colman's Dijon Mustard**
50 g Rocket

Method

1. Slice the bread into 1.5 cm thick slices
2. Prepare and fry off the meatballs until cooked through, remove from pan and allow to drain off any excess fat
3. Add the **KNORR Garde d'Or Hollandaise**, cheese and **Colman's Dijon Mustard** to the cooked meatballs
4. Wash and drain the rocket
5. Construct the sandwich in the following order:
sliced bread, rocket, meatballs, sauce and sliced bread



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Preparation time: 10 minutes

Cooking time: 20 minutes

125g butter, room temperature

2 eggs

1 ½ cups plain flour

1 tsp baking powder

½ cup Naturals Crunch or 1 cup
Naturals Spoon-for-Spoon

1 tsp vanilla extract

1 cup dark chocolate, chopped

1/2 cup cranberries, chopped
(optional)

Pre-heat oven to 180°C and line
a baking tray with baking paper.
Beat the butter until pale
and fluffy.

Whisk the eggs in a separate bowl
then combine with the butter,
set aside.

In a separate bowl, combine
the flour, baking powder and
Naturals sweetener.

Form a well in the centre and
add the butter mixture, vanilla
chocolate and cranberries
(optional). Mix with a spoon and
then knead to form a dough.

Spoon mixture into 12 even sized
balls and place on baking paper.

Bake for approx. 20 minutes until
cooked through.



calories 188, protein 3g,
total fat 12g, saturated
fat 5g, carbohydrate 18g,
sugars 5g



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Cheese Straws

using XL Scone Mix

by Robert Burns courtesy of Weston Milling
and Lucy Whitlow



For this issue I have used the innovative recipe presented by Lucy Whitlow in the Weston Milling's Trainee of the Year Competition.

Lucy works at Arobake in Wellington.

Her recipe for Cheese Straws using XL Scone Mix was the most innovative recipe presented by the trainees.

I have made it up myself and found it very tasty.

Ingredients

Group 1

XL Scone Mix	400 g
Plain flour	100 g
Water	220 g

Group 2

Unsalted butter	150 g
-----------------	-------

Group 3

Paprika	50 g
Cheese	100 g
Salt	10 g

Method

1. Place Group 1 ingredients in the bowl. This can be mixed by hand until a dough is formed.
2. Roll this dough out into a square shape.
3. Place the 150 g butter evenly on top. Fold pastry over and start the 1st half-book fold.
4. Allow to rest 20 minutes in the refrigerator.
5. Do another 2 × half-book folds.
6. Roll out and spread Group 3 over half. Egg wash the other half and fold on top of the cheese mix.
7. Cut into the desired thickness, twist and place on the baking tray.
8. Bake in a hot oven at 200° C for 20 minutes.

Note : Parmesan cheese or any other hard cheese will work.



Mushroom Calzone

(Fold Over Pizza)

Recipe by Tracy Scott,
Meadow Mushrooms



Ingredients

White or Swiss Brown button Meadow Mushrooms - sliced	2 kg
Instant dried yeast	60 g
Warm water	1 L
Olive oil	1 cup
Flour	2 kg
Salt	
Onions – finely chopped	5
Silverbeet or spinach – shredded	500 g
Ricotta	1 kg
Tomato puree	500 g

Method

1. Combine 1L warm water, yeast, good pinch of salt and ½ cup olive oil in a large bowl. Add to flour and mix well. Knead on a floured surface for 8 minutes until elastic. Cover and set aside for 15 minutes.
2. Meanwhile, heat remaining oil in a large frying pan over high heat. Add onions and mushrooms and cook for 8–10 minutes until liquid has evaporated. Transfer to a bowl, cool for 5 minutes. Add silverbeet or spinach and ricotta, toss to combine.
3. Cut the dough into 20 portions and roll each piece out to a rectangle 20 × 30 cm. Spread tomato puree evenly over each piece of dough. Divide the filling evenly onto half of each piece of dough. Fold the dough over the filling and press edges to seal.
4. Brush both sides of Calzone lightly with oil.
5. Bake at 190° C for 20–30 minutes

Yield: 20

Chicken, Leek and Mushroom Cobbler Pot Pie

by Asher Regan



Here we've swapped out the usual pastry crust from a pot pie and replaced it with a lower fat cobbler topping. This is an easy and delicious option for a lighter offering.

For more information and tips on healthy baking and catering see the Hospitality Hub: www.heartfoundation.org.nz/hospitality

Makes 10 pies

Ingredients

Filling

Canola oil	15 ml
Leek, chopped	330 g
Mushrooms, diced	400 g
Garlic	20 g
Chicken thigh fillets, diced	550 g
Dijon mustard	30 g
Worcester sauce	5 ml
Trim milk	600 ml
Cornflour	40 g
Water	125 ml

Cobbler batter

White flour	125 g
Wholemeal flour	125 g
Baking powder	2 tsp
Egg	1
Canola oil	75 ml
Trim milk	150 ml
Grated Edam cheese	50 g

Method

Filling

1. Heat oil and saute leeks and mushrooms gently until soft.
2. Add garlic and chicken and continue to cook until chicken is cooked through.
3. Add mustard and Worcester sauce and set aside.
4. Heat milk until just simmering.
5. Wet cornflour with water.
6. Slowly add cornflour mixture to heated milk and stir constantly until thickened.
7. Add thickened milk to leek, mushroom and chicken mixture.

Cobbler batter

1. Mix the flours and baking powder together
2. Rub in the oil and grated cheese
3. Mix together the egg and milk
4. Mix in the milk and egg mixture to the flour mixture.

Baking

1. Heat oven to 180° C.
2. Place filling into pie dishes.
3. Top with cobbler batter.
4. Brush with a little milk.
5. Bake for approximately 20 minutes or until golden brown and hot through.

How to make... GLUTEN FREE BANANA BREAD

INGREDIENTS

Well & Good Gluten Free Banana Bread Mix	1000g
Eggs	450ml
Canola Oil	300ml
Water	300ml

PROCEDURE

1. Preheat oven to 175°C (160°C fan forced).
2. Using a paddle, mix on slow speed for 1 minute and scrape down the bowl.
3. Mix for another 1 - 2 minutes on slow speed (do not over mix)
4. Deposit into a prepared rectangular loaf tin (210mm x 100mm)
5. Bake.

Note: The mix contains natural banana flavouring, however 150gms of mashed bananas may be folded through the batter recipe above after step 3 if desired.



BAKING

Rotary Oven 175°C for approx. 50-60 minutes

Baking time and temperature may vary from oven to oven.

How to make... GLUTEN FREE BLUEBERRY MUFFINS

INGREDIENTS

Well & Good Gluten Free Muffin Mix	1000g
Eggs	220ml
Canola Oil	280ml
Water	280ml
Blueberries (defrost first)	150gm

PROCEDURE

1. Preheat oven to 180°C (200°C fan forced).
2. Prepare muffin tins.
3. Combine all ingredients above except for blueberries.
4. Using a paddle, mix on slow speed for 1 minute and scrape down the bowl.
5. Mix for another minute on medium speed.
6. Gently fold through the blueberries.
7. Deposit into muffin tins and top with blueberries if desired.
8. Bake.



BAKING

80gm Muffin for approx. 20-25 minutes
150gm Muffin for approx. 30-35 minutes

Baking time and temperature may vary from oven to oven.

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Plum Citron Slice

by Brent Hughes
courtesy of NZ Bakels



Yeast Short Crust Base (5000g)

Sweet Pastry, room temperature 1650 g
Sweet Yeast Dough 3350 g

After 30 minutes bulk fermentation mix the Sweet Yeast Dough with the Sweet Pastry and let it rest for 10–15 minutes. Weigh into dough pieces of 820 g roll into a rectangular shape.

Grease 6 rectangular metal frames 24 × 44cm and put on trays with silicone paper. Roll out pieces of dough to size accordingly and place in the prepared metal frames.



Let the dough dry proof for approx 45–60 minutes covered at room temperature.

Plum Filling (3900g)

Doris Plums pureed 3000 g
Sugar 600 g
Corn starch 300 g

Mix the corn starch and sugar together. Bring the plum puree to the boil add the corn starch, sugar mixture and whisk over heat until thickened. Leave to cool before further processing.

Citron Mascarpone Filling (5770g)

Mascarpone 3000 g
Vanilla cream 1800 g
Sugar 480 g
Bakels Fino Custard Powder 150 g
Bakels Lemon Curd 300 g
Bakels Thai Ginger very finely chopped 40 g

Mix all ingredients until lump-free. Use directly.

Preparation filling

On tray lined with plastic sheet rectangular in shape, 24 × 44cm, pipe 640 g Plum Filling in a wave pattern and completely freeze at -18° C.

Once frozen, pipe 960 g of the Citron Mascarpone Filling on top of the frozen Plum Filling.



Lemon & Passionfruit Round Twist



Method

1. Make a standard sweet bun dough.
2. Divide the dough into 300 gram dough pieces. Mould round and allow to rest for 5 minutes.
3. Pin out the dough to 25cm x 15cm. Spread 80 grams of Barker's Lemon & Passionfruit Fruit Silk on top of the dough and roll up as per a Swiss roll.
4. Cut down the centre of the dough and twist.
5. Fold the dough piece into a spiral shape and place into a greased sponge tin.
6. Prove for 40 to 50 minutes.
7. Bake at 200° C for approximately 20 minutes or until golden brown in colour.
8. Remove from the oven and glaze with Barker's Apricot Glaze.
9. When cool brush the top of the twists with a runny Lemon & Passionfruit water icing.

Lemon & Passionfruit Icing

Barker's Lemon & Passionfruit

Fruit Silk	500 g
Icing sugar	300 g
Water	50 ml

Mix until combined.

Pinky Bar Tart

by Bek Savage, Rolleston Bakery
Trainee of the Year 2014



Sweet Pastry

Butter	145	g
Caster sugar	73	g
Cocoa	20	g
Egg	1	
Flour	220	g

1. Cream the butter, sugar and cocoa.
2. Slowly add the egg.
3. Mix in the flour until combined.
4. Finish off by hand. Let rest.
5. Roll out to the size of a large quiche tin, press in and hole dock.

Caramel

Butter	70	g
Golden syrup	110	g
Small can of condensed milk	1	

1. Melt the butter and golden syrup in the microwave.
2. Stir through the condensed milk.
3. Pour onto the sweet pastry base and bake for 30 minutes at 180° C.
4. Once cooled spread a thin layer of jam on top of caramel to give the marshmallow something to stick too.

Marshmallow

Boiling water	94	g
Caster sugar	127	g
BAKELS Mallow Whip Dry, BAKELS Raspberry Paste or raspberry flavouring and food colour	34	g

1. Place water, sugar and mallow whip in bowl. Make sure it is all dissolved before turning on mixer.
2. Whip on high speed. When mixture turns white add a drop of raspberry paste.
3. Keep whipping until marshmallow forms a peak.

Eggless Dairy-free Cake

by Michael Gray,
Nada Bakery, Wellington

Michael Gray's gluten-free chocolate cake was awarded a Gold-with-Distinction medal at the Bakery of the Year competition in Auckland this year.

Nada Bakery offers a wide range of egg, dairy and gluten-free products in addition to its normal range.

Ingredients

1 portion (1.4kg per portion)

Maximus flour	275 g
Cocoa	70 g
Caster sugar	125 g
Baking powder	10 g
Baking soda	10 g
Iodised salt	5 g
Canola oil in bag n box	125 g
Chelsea Maple syrup	250 g
Soy milk	500 g
Vanilla essence	15 g
Malt vinegar	10 g

Method

1. Sift all dry ingredients twice into large bowl.
2. Place all liquids in a jug.
3. Pour liquids into the dry ingredients while mixing with a hand whisk
4. Mix until all ingredients are combined
5. Place into greased 9 inch tin and bake for 25–35 mins at 205° C.

Finish with dairy-free (eg soy, rice, coconut milk) ganache.





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