

slice

Issue 26, June 2015



from the Baking Industry Association
for cafés, caterers and bakeries

Making the most of meat

plus

Gisborne's great cafés

The Great New Zealand

Hot Cross Bun Competition

What it takes to win

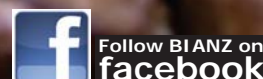
France in Mt Albert

Making it in the Mackenzie Country

Never saying no in Timaru

and

Considering the custard square



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Next booking deadline 3 July

Next material deadline 10 July

Key date at Continental

7

50 years on, still growing and building



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A chef delights in simple treats

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



From the Office

BIANZ EXECUTIVE OFFICER BELINDA JEURSEN REPORTS

Winter is almost upon us and that means it's pie time. Colder temperatures, shorter days and more time indoors are all conducive to indulging in comfort food and what better than a hot pie, whether eaten on the run or turned into a meal with the addition of mash and peas at home?

It's also pie competition time, with Bakels Supreme Pie Awards coming up in July.

BIANZ and Bakels hosted a baking demonstration recently with the focus on pastry for pies, as well as new styles of cake decorating. Those who attended got some excellent tips for improving their pie pastry and making sure that their entries to the competition have the best possible chance of making it to the final stages of a very tough process.

We look forward to seeing who comes out tops this year.

In this issue we focus on meat and how to make the most of it as an ingredient in the bakery. Significant increases in the price of meat have been keenly debated by the baking industry and the subject of much complaint.

Our article gives you some ideas on saving time and money and improving the flavour and eating quality of meat based bakery products.

It's not all savoury though. The classic custard square gets attention in this issue from Tracy Scott who is on a one woman mission to find the best tasting, best looking product out there.

We also have a great selection of recipes relevant to the season so make sure you read right through.

We've also been visiting iconic bakeries in the South Island to find out what makes them so successful, and keeping it all balanced, we feature some of the outstanding local bakery cafes in the Gisborne region, well worth a visit.

Owning a bakery or café is a complex undertaking these days, with the onus on you to ensure your customers and staff are safe and protected. Food safety and health and safety are hot topics that won't be going away anytime soon with law changes around these coming thick and fast.

Soon no food outlet or manufacturer will be able to operate without programmes in place to take care of legal safety requirements. As a result, BIANZ is getting a lot more inquiries about the safety programmes we offer to members.

If you haven't yet implemented a food safety or health and safety programme and want to do something about it before crunch time comes, please contact us. We have tailor made programmes for bakeries, cafes and manufacturing and work with our Buying Partner, Food & Health Standards, to help our members implement these with the minimum of fuss and stress.

Until next time, keep warm and make the most of the opportunities the colder months bring for bakeries and cafes.

Worth knowing

Are your employment contracts up to date? If not, you need to update them now.

BIANZ provides up-to-date employment contracts to members. The documents are available in template form in the Members Only section of our website for easy download and use. If you would like to make use of these and other resources offered by the Association, contact the office admin@bianz.co.nz

The most recent changes to employment law include:

- Extending the right to request flexible working arrangements to all employees;
- How employers and employees should agree on rest and meal breaks;
- Establishing a process for the transfer of employees in some industries if there is a restructure in the business or a change in business owner;
- Clarifying the confidential information that employers are obliged to give to affected employees in dismissal or redundancy situations;
- Changes to collective bargaining: reaching new collective agreements, opting out of multi-employer bargaining, removing the 30 day rule for new, non-union employees and allowing pay deductions of employees who take part in partial strikes;
- Setting time frames for the employment relations authority to make determinations in an employment dispute.



New Members We welcome

Arista Bakery	Dunedin
The Clareville Bakery	Carterton
Go Cake Yourself	Upper Hutt
Rustic Bakery	Lincoln
The Comfort Food Company	(Marlow Pies)
Mara's	Hokitika
Zest Kitchen	Queenstown
Golds Bakery	Balclutha
Gluten Free Choice	Christchurch

From the President

MICHAEL GRAY KEEPS IN TOUCH



As I write this piece I am in the middle of cleaning up from a flood that has washed through our bakery. The teamwork and community support from Wellingtonians and the baking community around New Zealand has been amazing.

It has also highlighted the team work and spirit inside our business. Likewise within BIANZ there is a hard-working team ensuring that our association continues to prosper.

Past-president Brendan Williams has resigned from the board. This is quite understandable, a consequence of changes in his company following a merger with another iconic food business. We wish him all the best.

We have also been notified that Mike Meaclem and Craig Rust are also not intending to re-stand for the BIANZ executive at our next AGM.

I encourage all members to consider the opportunity to stand for the board. It is a fantastic experience that will help grow your own skill set and drive our association forward. All you need to do is come along to the AGM and have a fellow member nominate you.

Our AGM is coming up on 1 July in Christchurch at 4pm. The agenda is in the AGM pack that will be sent to you shortly.

It is important that you attend the AGM as it provides you and your business the opportunity to help direct the board on where you think your association should be heading. After the AGM we will also be having a regional event demonstration about the use of meat in baking which promises to be very informative. I look forward to seeing you at the AGM soon until then keep baking.

Michael



A little of what the Nada Bakery team has been faced with recently.



Have your say Annual General Meeting

Having your say, making your contribution, giving baking a boost, networking: there are lots of reasons for taking part in the AGM and in the association as a whole.

This meeting will be followed by a regional event: a talk and demonstration on making the most of meat, making the whole event even more worthwhile. Details to come in your AGM pack.

Where: CPIT, Christchurch
When: 1 July, 4pm

Richemont Advanced Pastry Course

- Module 1: Croissant, Danish and Fillings.
24th–26 August
- Module 2: Jams, Lye products and specialty pastries.
27th–28th August
- Module 3: Laminated yeast doughs and laminated sweet doughs.
31st–2nd September
- Module 4: Puff pastry and snack products.
3rd–4th September

For further information or booking contact
Yvonne Gysberts:
yvonne.gysberts@nzbakels.co.nz,
phone (09) 5796079

From the Vice President by THOMAS THOMAS

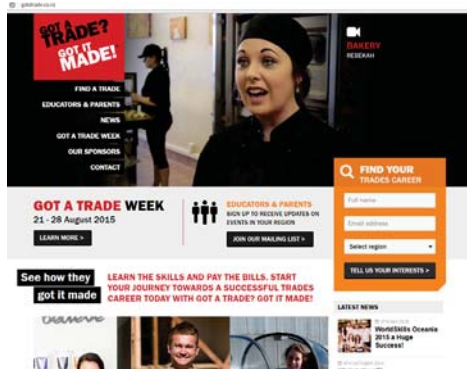


Training Numbers Rise

It is very pleasing to see a rise in training numbers.

There has been a lot of uncertainty in the last few years with a new qualification being written and submitted to NZQA for approval and lots of going back and forwards but it is getting closer.

While all this has been going on Competenz has been actively promoting baking as a career, through many mediums and the most notable one is the Got a Trade-Got it Made campaign. Which is a fantastic concept. Take a minute and check out Got a Trade Got it Made website <www.gotatrade.co.nz>.



The new qualification is going through the last stages with NZQA and will be ready for release soon, so if you are looking to sign up a new trainee please don't wait, sign them up now under the current model. If you want to discuss training further please feel free to be in touch with me

Thanks, Thomas



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Apprentice Pie Maker 2015 award

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Entry categories

- Gourmet Meat (use your imagination).
- Mince and Cheese (Beef and/or Mutton, vegetables permitted).

For full information, rules and Entry Form

Contact Yvonne Gysberts, phone 09 579 6079
Email yvonne.gysberts@nzbakels.co.nz

How to Enter

Complete and return entry form by 9 June. Fill out the entry form, sign the form then email or post it back to Yvonne.

We must receive your completed entry form by 5pm, **9 June 2015**.

Bake **two identical pies** for each category you have entered, then send them to us in the official pie box for that category.

Your pie boxes will be mailed to you in week of 15 June.

Your entry pies must arrive at Bakels,
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news and views

Farmers Mill offers sugar-free

New Zealand-owned Farmers Mill has successfully launched its new sugar-free range of bakery mixes and low-GI bread mixes to plant bakeries and retail distributors in Malaysia.



Gary Bunting

CEO Grant Bunting describes the opportunity as “potentially lucrative”, following the range’s official launch at the Malaysian Food Connection event and subsequent meetings with manufacturers and distributors across both Malaysia and Indonesia.

The product range is still in its infancy, having been developed via support from both Agmardt and Callaghan Innovation.

“Farmers Mill’s product development activity is aligned specifically with that of nutritional trends, the most relevant at present being gluten-free and reduced sugar consumption,” says Bunting.

On-farm, growers are being encouraged to explore the nutritional properties offered by the ancient or heirloom grains.

“The benefit of being grower-owned is that we can leverage access to the resources required for evolution on-farm and our efforts in terms of spelt, buckwheat, millet and lupin production could be considered well advanced as we progress,” adds Bunting.

National Sales Manager Mat Keys is responsible for ensuring new products are well proven in terms of formulation and that technical support is available for end-users.

“Our biggest challenges have been the different taste profiles in Asia and increased humidity levels,” say Keys.

The response for the new sugar-free range has been greater than anticipated, especially from larger, industrial bakeries who are seeking to differentiate their baked products and target a growing awareness around diet.

“I expected to work with many of the in-store supermarket bakeries but didn’t fully appreciate the need to tailor some of our range for large automated plant bakeries,” says Keys.

Farmers Mill has grown quickly since its inception two years ago, and strives to maintain a balance in terms of domestic flour supply and the lure of demand from Asia. Bunting believes the immediate demand across both Malaysia and Indonesia for what could be best described as “niche” products could be worth in excess of \$2m–\$3m for Farmers Mill annually.

The “cakeage fee”

The so-called “cakeage fee” – a charge restaurants command when customers bring their own cake – has shot up to as much as £9 (\$18) in some big-name restaurants.

Diners at Kaspar’s Seafood Bar & Grill at the Savoy, run by Gordon Ramsay, who wish to bring their own birthday cake are charged an extra £9 each, according to *The Sunday Times*. Diners bringing their own cake to the St John restaurant in Smithfield, central London, must pay £7.50 per person if dessert is not ordered.

British Baker magazine contacted 78 outlets including a range from fine dining restaurants to run-of-the-mill pubs. They found only those in London applied the fee, which has been likened to the corkage fee at bring-your-own alcohol venues.

British Baker first wrote about businesses charging customers’ for their own cake earlier this month, when it found that

London-based BBQ chain Bodean’s charges £1.50 (\$3) per person per slice – but only if they want to eat the cake. Customers are free to bring the cake, light candles and sing at no extra cost.

Bread favoured over sugar, fat

The UK Department of Health is promoting bread as a way to “bulk up” meals and swap out more sugar and fat-laden foods. A new Eatwell plate developed by the department is encouraging consumers to add carbohydrates such as bread, pasta and potatoes to their diet, while ditching products high in sugar and fat, according to trade publication *The Grocer*.

The end of Artisan?



McDonald’s in the US has launched a new “Artisan Grilled Chicken” sandwich as it attempts to recover dwindling market share. The new recipe eliminates sodium phosphates and maltodextrin, so called “unpronouncables”, to give a simpler “clean” product.

The use of the word “artisan” has upset many bakers. Used, as online magazine *Slate* says, mainly to denote “handmade and expensive”, it has now been reduced to mean merely “less industrial”.

McDonald’s brought out an “artisan” roll a while ago that, as *Serious Eats* magazine put it, “looks like a shellacked brioche”. Artisan has thus been rendered almost devoid of meaning, says *Slate*, so a new word must now be found to replace it.

Divine results



They say a “non-negotiable focus” on only using fresh ingredients in their cakes, mousse cakes, cheesecakes, tarts and gateaux has seen Divine Cakes and Desserts in Christchurch go from strength to strength since it opened in 2003.

The Divine Cakes bake house supplies the company’s four stores and a thriving wholesale business.

At this bake house, Divine Cakes owners Craig Rust and Janine Kenyon faced the challenge this years of replacing their ageing equipment. The two single-rack ovens and deck oven were cumbersome and inefficient and unable to deliver the quality output required.



They turned to Moffat, looking for a solution that minimised floor space and maximised efficiencies and consistency. The resulting delivery and installation of

two key pieces of equipment, a Tagliavini rack oven and a cake slicer, have provided new capabilities.

There was some trepidation from staff initially. Their main concern was that the rack oven would affect quality.

Certainly, such rack ovens are not recognised for cake baking capability. But the Tagliavini has proved to be in a class of it’s own. Rather than thickened crusts and peaked tops, this oven produces a cake with an even-surfaced, soft crust.

“The results have exceeded our expectations,” says Craig. “The product is more evenly baked, the oven itself is extremely economical. It gets up to temperature very quickly – and maintains that temperature.”

The programmable Tagliavini also allows users to set up consistent recipes, pre-programmed product specifications that “take the guesswork away from any baking variables,” says Craig. Furthermore, the fan speed can be reduced to provide the gentlest of baking conditions for the most delicate of products.

With staff training from Moffat assisting with the programming of the oven and the demonstration of baking results, the staff’s fears were quickly allayed. The programmed ovens deliver the highest quality cakes in the required volume, while the cake slicer gives a constantly even product that the steadiest hand could not achieve.

With a quick, stress-free handover, both the owners and bake house staff are happy the new equipment does service to their product – turning fresh ingredients into the delicious moist baking Divine’s customers expect.

Australian supermarket fined

Australian supermarket major Coles must pay A\$2.5m in penalties over false and misleading “fresh” claims on its par-baked products, a federal court ruled in April.

The penalty came months after the retail giant was banned from making “freshly baked” claims on its par-baked products after a lengthy battle with the Australian Competition and Consumer Commission.



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Continental – 50 years and growing



John Key cuts the ribbon

It began as a bakery with a little catering on the side, but 50 years on and through some tough times, Continental has grown to be a Canterbury institution: a catering, event equipment hire, specialist food manufacturing, venue management, and – still – a bakery company. It is now the largest privately owned company of its kind in the South Island.

The achievements were celebrated earlier this year with the opening of purpose-built premises – opened by the Rt Hon John Key, Prime Minister – in a new development at Southbrook, near

Rangiora. This sees all the aspects of Continental's business in one location for the first time in the company's history.

Some of the tough times are quite recent. Hospitality and corporate celebrating declined during the global financial crisis and then the Canterbury earthquakes, with the instant demise of the conference market, saw Continental faced with the loss of 70% of its business.

Newlyweds Joan and David Ward bought the original bakery in 1965. "We were really keen but very green," recalls Joan Ward. "Sadly the European baker we bought the business from – Joe Wolfkamp – died shortly after the purchase. The intention had been for him to stay in the business with us for some time as a mentor – so we were really thrown into the deep end. Fortunately we were able to swim."

Son Greg Ward, who became managing director of Continental in 2002, said the new building was as much a tribute to his parents' sheer determination, hard work and adaptability as it was about an exciting new chapter in the business's history.

The bakery – the original core of the business – now operates from the new Southbrook kitchen, while the former production kitchen behind the bakery has been remodelled into a 100% gluten-free production area for a new Continental off-shoot business, Alff's Breads and other specialist products. (Alff stands for Allergy Free Foods.)



Food protection for New Zealand

The Troubleshooters

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Cronuts and cruffins still pulling crowds



In so-cool San Francisco you would think they'd be over it but locals are still queuing up every morning from 7am, waiting up to 90 minutes for a cruffin from Mr Holmes Bakehouse. "It's the unicorn of pastries," says Ry Stephen, Mr Holmes Bakehouse co-owner and pastry chef.



The shop is in a notoriously seedy part of town but that discourages few, and the fans don't even know what flavour they'll get. The flavours are changed every day.

Meanwhile in New York, Dominique Ansel's bakery, where the cronut originated and the hybrid craze began, also still has a daily queue. M Ansel has opened another bakery in Manhattan but cleverly sells his famous cronuts only from the first, and only 350 a day. The days when scalpers were selling Ansel cronuts online for \$90 are past, but the original-store products still have amazing pulling power.

3D printers come to the bakery



US company 3D Systems is releasing a new category of 3D printers for food this year. The two printers in the series are the monochrome benchtop ChefJet and a larger full-colour Pro version.

These printers enable the creation of custom edible shapes, many that would be impossible to achieve in any other way, made with sugar, milk chocolate and various other sweet and savoury flavours.

There is no indication yet of when and how these machines will become available in New Zealand.

In the meantime one, might experiment with kitset 3D non-food printers available in New Zealand for less than \$1000.



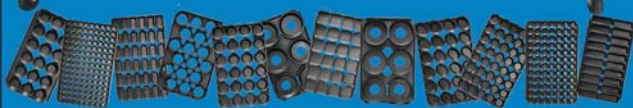
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Vacuum Technology by BVT VACUUM COOLING

Vacuum cooling technology is now used worldwide with great success.

The system is price-effective and improves the quality of the product and requires the same space as a rack oven (4 m²). BVT Vacuum Cooling (www.bvtvc.com) developed a vacuum system that is not simply generated but controlled with elaborate electronics and complex software.

Increase quality with vacuum baking

Vacuum cooling uses evaporation enthalpy. The water starts to evaporate with increased negative pressure. Evaporation causes the products to cool in a natural and physical way.

The quality of the baked goods therefore is increased. Improved agglutination, optimal structure of the crumb/crust, keeping fresh for longer, reduced aw values, slowing down retrogradation, increasing volumes and stability of baked goods are just a few of the quality benefits.

The critical phase of contamination (building of germs at temperatures between +60° and +30°) is reduced to some few minutes.

Reducing baking time by 30%

The baking time can be reduced by an average of 30% thanks to the vacuum method's physical process, no matter whether the baked goods are partly or fully baked.

Increased output

Production output is increased immediately without any investment in new ovens.

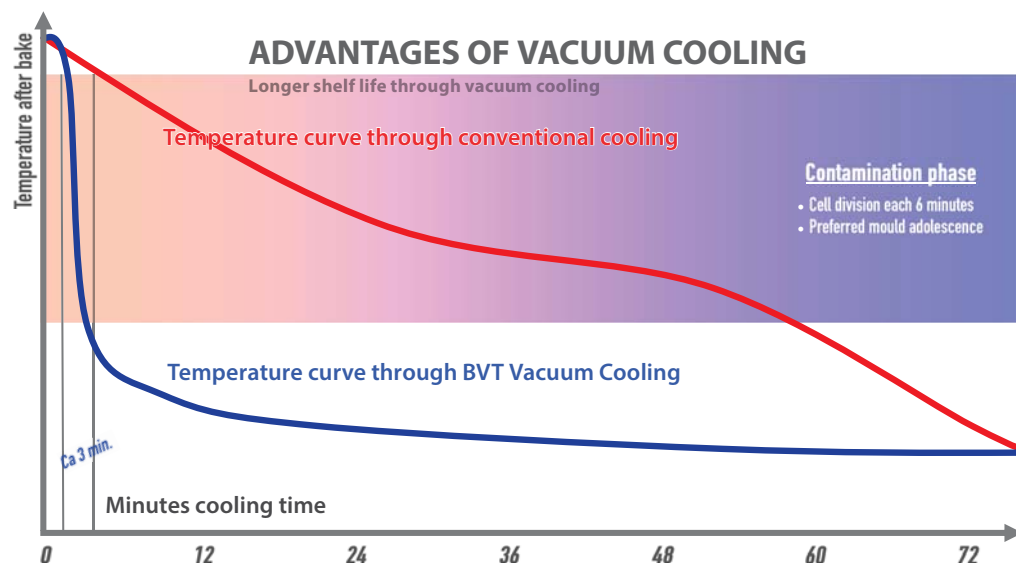
The baked goods no longer have to stand for hours to cool. They can be cut, packed or processed further immediately after the vacuum process (i.e. three minutes after baking). They are stable for cutting and therefore simplifying resource planning significantly.



Volume increase and lower power consumption

Vacuum baking increases product volume by up to 15%, thereby reducing the lawyer weight.

Shorter cooling times in the deep freezing process, storage option at 5°C or even at ambient temperatures simplify the logistics process and therefore enable an increase in profit.

An average of 0.8Kw/h of energy is used in the vacuum process to cool 100 kg of bread. This is a 1/50th of the energy required to freeze the same quantity of bread. In addition, around 30% less energy is used during baking.



BVT Vacuum Cooling

With Vacuum Cooling the baked product is cooled to room temperature 3-4 minutes after leaving the oven. The product is then ready for cutting/slicing, packaging or freezing. There is no need for cool rooms or frost shockers (energy savings of up to 60%). Vacuum Cooling improves the quality of the product (volume and stability) and increases the shelf life (due to short contamination period during the cooling process).

BVT Vacuum Cooling has a Batch System (BVT BatchVac) for bakeries with rotary ovens and a Continuous Vac System which can be placed behind a deck or tunnel oven for industrial bakeries.

VACUUM COOLING increases your sales with an improved product and at the same time cuts costs of labour and energy.

For more information please contact us!

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Starline – old company, new attitude



Gary Challis

Let's go back to 1928, when Starline Distributors Ltd was founded.

The telephone is everywhere but phone calls beyond your own town are expensive so most business is done by personal contact or post.

Importers routinely wait up to six months for orders to their

suppliers to be met. It takes six weeks for letters to reach the UK (source of most imports) by ship (the only way) and at least another six weeks for the products in turn to reach our shores. Six months can easily pass from order to delivery.

That was the world Starline Distributors began in. Many things have changed since yet the field Starline works in, bakery supplies, has changed relatively little. Like the ancient craft of baking itself, changes have brought greater efficiency and ease of work but have not changed its essence. Unlike say a boiler-maker or watchmaker of the day, a qualified baker from 1928 would find his skills still in active demand today.

The biggest changes in the business world as a whole have been very recent, mainly from the advent of the internet and the vastly improved ease, speed and economics of travel and transport. For Starline, these changes have brought the opportunity to achieve a wider customer base.

Making changes happen, Starline recently appointed a new general manager, Gary Challis. Gary comes from a background in retail management, having spent 13 years with the iconic appliance store LV Martin & Sons in Wellington. Gary is also the representative for the Lower North Island. Starline also have reps that cover Auckland and the South Island.

Gary has been focusing on the core values of Starline that have kept it going for 87 years. He notes that every successful business is backed up with a great team. Robyn and Rosalie at Starline are both experienced cake decorators and are only too happy to pass on their knowledge and advice, whilst Claire ensures the administration of the business runs like clockwork.

Wholesale customers will continue to enjoy the same great range of products at competitive prices with the same friendly and prompt service, but Starline has now opened its website to retail customers, tapping into the growing home and amateur baking and cake decorating world. New, different and better products have always been a high priority. That doesn't change.

Gary Challis says its an exciting time for the business as the baking industry is going through a bit of a boom, especially with so many baking programmes now on TV. And he is keen to learn from customers. "If you have any product ideas or suggestions, we would love to hear from you. We encourage feedback and are here to provide quality goods to suit your business needs."

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Changing up to win

report and photos by Belinda Jeursen

Christchurch bakery Kidd's Cakes recently won the Great New Zealand Hot Cross Bun Competition for the second time in three years, and they put their success down to small but significant changes to their recipe.

Kidd's owner Martin Meehan says tastes have changed over the years and they keep pace by continuing to develop and tweak their products while maintaining trusted baking traditions.

"We change our recipe a little every year and do a lot of test baking" says Martin. "Cloves were popular at one time in hot cross buns, but preferences have gone away from that clove base because it's quite heavy. The taste now is for something lighter and more citrusy. We put lemon zest in our buns to give the other flavours a lift,"

Working out just what to adjust is a long slow process. "It takes a lot of work to get the spices balanced. You have to think about where the spices you use are from and whether they are fresh. We make our own blend.

"We use a variety of fruit, including a few cranberries. You have to treat the fruit first, hydrate it just right. If it's too dry it sucks the moisture out of the bun. If it's too wet it gets shredded in the dough." The buns are all hand finished to ensure they are perfect when they go into the oven.

Competition chief judge Mike Meaclem said the bold appearance and citrus flavour as well as the even distribution of fruit in Kidd's Cakes buns was a winning combination.

The Kidd's Cakes team made 600 buns on competition day and chose the best batch of six to send in.

Martin sees value in competitions not only for the winner but for everyone. "Competitions generate product awareness. It doesn't just benefit us. We enter a lot of competitions and we lose more than we win, but still see ourselves as winning every time we enter because we work on a product and look at how we can improve it. It gives you motivation and it's good for the staff."

Kidd's Cakes makes only one kind of hot cross bun – no chocolate hot cross buns here – and start making them just before Easter and then stop at Easter. Martin is a firm believer in seasonality. "Seasonal products get good prices and they're enjoyable because they're limited. Hot cross buns fit into a wee window before winter sets in and it's a buzz making a lot of something for a short while in the bakery."

Kidd's Cakes begins making about 300 buns a day leading up to Easter, increasing gradually until they are producing more than 6000 a day, and more now that they've won the Great New Zealand Hot Cross Bun Competition. After taking pre-paid orders they make twice as many buns again for sale on the day.

BIANZ president Michael Gray visited the bakery to hand over the trophy in person to father and son team Martin and Chad Meehan. The bakery also won a pallet of flour from Farmers Mill. The other top five finalists in the competition were **U-Bake** in Timaru, **Nada Bakery** in Wellington, **Kapiti Cakes** in Paraparaumu, **Ten O'Clock Cookie Company** in Masterton, and **Taste Of Europe Bakery** in Lower Hutt.

Continued on page 14



Photos:

Top: BIANZ president Michael Gray who presented the trophy to Martin (centre) and Chas Meehan (right).

Middle: one of the winning buns.

Right: Judges Mat Keys, Mike Meaclem and David Bradley tackle the difficult task.



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Changing up to win cont.

A selection of entries



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and start playing safe.

Never say **no** to an opportunity

Belinda Jeursen talks with BIANZ member Bernie Sugrue, a man with a million ideas

If you build a bakery and discover after two weeks that there's not quite enough space what do you? Build on another section until you have 1000 square metres to play with.

That's exactly what Bernie Sugrue did when he built Bernie's Bakery, starting with a brand new factory in October last year, followed by the adjacent shop in early December. The layout allows customers to view the factory area and see product being made and baked.

A long-time baker, BIANZ member and entrepreneur, Bernie set up the factory in Washdyke, on SH1 near Timaru, to supply product for the adjoining shop as well as his other bakeries: McGregor's in Palmerston, 150 kilometres south of Washdyke, The Berry Barn in Geraldine, 30 kilometres north, and two May's Bakery outlets in nearby Timaru. These are just a few in a long line of bakeries Bernie has started, bought, fixed up, sold and shared.

“... getting organised in a big space is no easier than in a tight one.”

Bernie's Bakery is a tight-knit family business in the best Kiwi tradition. Wife Rilla and daughter Julia, who is doing her baking apprenticeship, are central to the running of the Bernie's Bakery empire.

They are based daily at the Washdyke site while Bernie visits other sites occasionally and focuses on the business side of the operation. Opportunities for Bernie to get his hands in the dough come when he introduces new product or adapts established items for machine production. But it's the business side of baking that really inspires him. “I love the game. They say you should stick to what you know. I'm not sure if that's a good thing or not.”

Bernie says centralising production has forced him to tighten up on all his processes, and that getting organised in a big space is no easier than in a tight one.



Open to view: the production area and the shop.



The family: Bernie Sugrue with daughter Julia and wife Rilla.

His focus now is on teaching his team to do more with less by using new equipment. With 24 staff at the factory alone, 10 of them bakers, Bernie's Bakery is able to supply all the bakeries that fall under its umbrella with pies, breads, biscuits, slices, cakes and pastries, as well as breakfast burgers, hot meals, roasts and lunch fare.

Bernie's approach centres on adding value to baked products. He is also a firm believer in providing well-known products such as the fruit loaves and mutton pies for which the old and established May's Bakery brand is famous.

About 22,000 cars pass by the Washdyke site every day and the customer

demographic is broad, taking in locals, residents and workers, tourists, tradespeople and couriers.

The Palmerston store is still the busiest of all his outlets though, doing a roaring trade in pies.

Bernie is a man with a million ideas and he doesn't hesitate to move onto something new while the last idea is still being brought to life. “I never say no to an opportunity,” he says, and as we speak he is waiting on an email about another business prospect. Although he's installing offices at the factory, he says his best work is still done at the kitchen table in his dressing gown where there are no interruptions.



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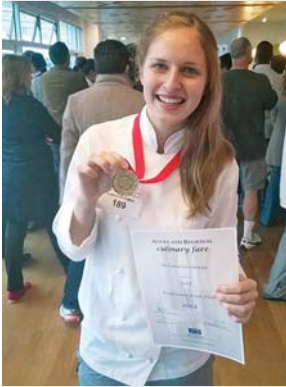
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bakery scholarship winner

Southern Hospitality scholarships make goals possible and dreams come true ...

Each year Southern Hospitality is proud to assist the baking industry workers, to further develop their skills and support their passion for fine foods with their Tertiary Students Scholarship Programme. This programme has been running since 1905 and each year is open to all first year students who wish to further their knowledge by undertaking a second year of study. The scholarship programme is designed to give students studying at recognised tertiary institutions the opportunity to apply for a grant towards their study fees.



Brieana Greenway *Brieana's goals made possible by scholarship*

"It's so good to know there are businesses out there in our industry that want to support pastry chefs and bakers to achieve their goals," says Brieana Greenway, a second year Diploma of Patisserie student at AUT who received a Southern Hospitality scholarship towards her fees. "It's not just that it helps to pay your course fees so you can stress less about that. It's also a really good addition to your

CV so future employers can see what you have achieved."

While she stuck with business subjects at school, Brieana gained baking experience outside of school by working with her aunt in her cake decorating business, and through the Gateway programme at Flavour Breads for 10 weeks. "I'm lucky to have found out so early on what I really want to do," she says. "I enjoy

making bread but I most enjoy finishing cakes. But you have to try it all so you know what you want."

Working at Sky City pastry kitchen part time is giving Brieana the experience she needs and confirming for her that she is doing the right thing. "I love the course at AUT but experience outside of that is also really good." She's been taken under the wing of the executive pastry chefs at Sky City and is learning about both bulk production and smaller banquet items.

Brieana says she was lucky to be accepted into the Diploma in Patisserie immediately as many people struggle to get in. Receiving the scholarship was a huge bonus and will help her achieve her goal of saving to travel next year and get overseas experience. Her longterm plans include returning to New Zealand to start her own dessert restaurant. "I want people to develop a culture of going out for dessert."

In the meantime she's enjoying her course and using the equipment at AUT supplied by Southern Hospitality. "It's straight forward and easy to use. I've bought all my own equipment from Southern Hospitality too."

The scholarship programme offers 5 scholarships of \$2000 each for Bakery students, these are available in August each year, for the following tertiary year. There are also 15 scholarships for other industry students. Each year more than 60 applications are received and Southern Hospitality has awarded 200 of these valuable tertiary scholarships.

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Talk to Southern Hospitality's bakery consultants.

Roy West M: 021 812 202 | E: rwest@southernhospitality.co.nz
Greg Round M: 021 684 390 | E: ground@southernhospitality.co.nz

It took “a lot of shuffling to get the units in but we got there,” says Roy West of Southern Hospitality upgrade of the AUT pastry kitchen. Roy and Michael Kok presented the Kolb brand to pastry tutor Renny Aprea and Arno Sturny when AUT was looking to upgrade the pastry kitchen.

Roy says Kolb are European designed and assembled in China which means quality design at great prices. “The engineers and design team in China is mainly European, headed by Alex Baumgartner.”

“Kolb has all the features and benefits of many other ovens like stone soles, steam generators, integrated hood with fan, condensation collection tank. They can be supplied either on a stand or with a prover underneath.”

Renny says the installation was a tough one but made easier by the brilliant service from Southern Hospitality. “We were almost down to pulling tiles off the walls to slide them in. Two cooler doors, four fire doors, two fridge/freezers removed, a kitchen electrical distribution board dismantled and the third choice of entry into the building later, the ovens were in-situ. The ‘movers’ were truly brilliant, not a mark on anything anywhere.”

Renny says the ovens heat up incredibly fast: “35 minutes from cold to 200°C. They hold their temperature really well. There is very little fluctuation. Students tend to gather around an open oven to talk, question times and temperatures. These ovens can tolerate a lot, they recover fast.”

Even baking is another plus factor for Renny with the Kolb ovens. “Extremely even—cookies, biscuits, petit fours are especially evenly cooked. There is almost no need to turn trays, that’s a thing of the past for us now. I love that alone.”

He also has good things to say about the steam function. “Good Steam? A river of water and it is all over in 3 seconds. The ovens are being used to make artisan breads as part of the Diploma in Patisserie course and Renny says the results are wonderful. Great crust colour, even baking and jump, nicely crusted bottoms and steam is an amazing addition.”

What about other products like pastries and cakes? Renny says choux pastry, cookies, puff paste, sweet and short paste has been cooked off so far, and everything is easy to manage, the cooking results brilliant.

When asked if the ovens are easy to operate Renny jokes about teaching old dogs new tricks but says they managed without a problem. “They are truly easy to start up and easy to shut down, the oven lights are as bright as a jumbo jets landing lights, everything in the oven is alive. Students find them easy to work. They’re aesthetically pleasing and ergonomically well designed too. Easy to open, close and load, they are well designed and all controls are finger and people friendly.”

Best of all, he says Southern Hospitality’s service and back up was second to none. “Roy worked to see the ovens were in place, operating and good to go. We worked all weekend. Southern Hospitality and our sparkies from Complete Electrical worked to ensure we were open and good to go, no small task these days.”

In the oven is Gingerbread, for gingerbread houses, and beside it still in the oven is gingerbread cookies.



Renny Aprea with Arno Sturny.



Renny, Bea Daya, Caleb Mackey and Arno.



Aileen Nand and Michelle Bottma.

The meat of the matter

Belinda Jeursen looks into making the most of meat in the bakery

Pies and sausage rolls are amongst New Zealand's most popular bakery items, sold everywhere and eaten in their millions in New Zealand and Australia. Recent sharp increases in meat prices have been keenly felt by the baking industry and the subject of much complaint.

Yet there remains a surprising lack of real knowledge about meat among bakers which could save them time and money and improve the flavour and eating quality of their meat-based bakery products. Knowing which cuts to use, how to use them more economically and how to develop and improve flavour, colour and aroma is essential.

The basics

The process of cooking meat causes a number of chemical changes which affect its look, taste, smell and texture. Meat is an expensive ingredient, so it makes sense to prepare and cook it in ways that give you the most yield and the least loss. Losses from preparation and cooking range from a quarter to a third of the raw meat weight. These are caused by wastage during slicing and shrinkage during cooking when muscle protein shrinks and squeezes out moisture. How much of this occurs is determined by the cooking method, duration and temperature.

To get the most out of meat

Make sure the meat you buy is from a reliable source and is tender in the first place. If meat is made tough during processing there is little you can do to make it significantly more tender to eat. However marinades and the enzymes found in some fruits such as kiwifruit and pineapple can have a tenderising effect. This works best on small cuts of meat as it affects the surface. Beware of leaving a marinade too long on raw meat as it can make the surface of the meat mushy.

Change what you make according to price if you can – when certain types or cuts of meat are cheaper smaller operators have the opportunity to make fillings using these.

Buying cheaper cuts of meat and slow cooking them is another option. Slow cooking softens and gelatinises the connective tissues, giving the meat a tender texture and great mouthfeel. On the flipside, meat should not be cooked longer than necessary as it can become dry, stringy and tough through excessive water loss.

The choice cuts

Ryan Marshall, Manager of Culinary Programmes at CPIT in Christchurch, recommends using cuts like chuck, blade, topside and oxtail. He says, "People are often reluctant to use these because they are time poor and think these cuts are fiddly and time consuming, but once they are prepped and cooking they require very little attention."

"You can cook them overnight and then you're not tying up equipment needed during the day. Power is also cheaper overnight."

Mechanical tenderising such as mincing, chopping and grinding is a good option for meat that is being used in pies and sausages. Heat causes fat to melt and changes the colour of the meat, taking it from pink to brown. The more you brown the meat the more flavour develops.



Searing or browning the outer surface of meat at a high temperature helps develop flavour and colour through caramelisation and is essential to create naturally tasty meat.

Keep the cooking temperatures low if possible, so simmer the meat rather than boiling it. This may not be possible for larger manufacturers who rely on shorter cooking times to produce bulk amounts, but smaller bakeries will be able to take advantage of it.

Make use of all parts of the meat. Fat can be rendered and used for cooking, bone and sinews can be used to make stocks and sauces, and small trimmings can be minced and added to pie fillings.



Coming to terms with the terms

Most meat pie fillings are made using a moist method of cooking. The method you use will affect the flavour and tenderness of the meat.

Some cuts have more connective tissue than others, more or less fat, are different thicknesses and are naturally more or less tender. Cuts with a lot of connective tissue need more moisture and longer slower cooking times to tenderise them. There are some connective tissues that don't become tender with cooking, however, and they need to be removed before cooking.

Any visible connective tissue should be cut out of shank, shin and shoulder cuts of beef and lamb.

Simmering is gently cooking the meat in liquid just below boiling point so that the surface just ripples. Poaching is an even gentler form of simmering.

Stewing or casseroles is used for cooking small cubes of meat at a low temperature or gentle simmer in liquid in a covered pan on the stove top or in the oven. The meat is usually browned first.

Braising involves browning the meat first in fat or oil, then cooking it in a tightly covered pot or casserole dish on the stove top or in the oven in a small amount of liquid. This can be done with cubes of meat or larger pieces which are later cut up for use in pies etc.

Pressure cooking meat is done in liquid and steam under pressure and reduces cooking time dramatically. This is a great option for less tender cuts which usually need long, slow cooking.



Top tips for making pie fillings using the casserole method

- Brown the meat first.
- Use a tight-fitting lid which keeps the steam in to tenderise the meat.
- Don't over-cook. Keep an eye on the meat and take it off the heat as soon as it's done.
- If the meat is cooked but the sauce is not reduced enough, remove the meat and render the liquid down to the right consistency then return the meat to the sauce.
- When browning mince, drain away liquid to prevent it from boiling as the taste will be affected. Reheat the pan after draining and add a bit more oil to ensure the flavour can build up.
- Don't just use water as your liquid. Use stock, cheaper wine, added flavour combinations often made by butchers. This will ensure good flavour.
- Avoid over-stirring as this creates chewy, gristly meat or turns it to mush.
- Don't be afraid of cooking large pieces of meat. Less surface area means less shrinkage in the cooking process. Just ensure the meat is evenly browned and cooks long enough to develop good flavour.
- Ensure the meat is totally covered by the liquid during the cooking process, and top up as necessary.
- Cook it in the oven rather than on the stove top. There is less chance it will burn and it needs less attention.

Cleanliness is next to goodness

Belinda Jeursen talks with Franz Lieber, the founder of the Fairlie Bakehouse and Liebers Pies, two phenomenally successful businesses operating next door to each other and reaping the benefits.



By three o'clock in the afternoon, many bakeries and cafes are at the tail end of their day, with just a few customers sporadically coming through.

In a small town in the famously remote Mackenzie Country this should certainly be the case, but Fairlie Bakehouse is bucking the trend, buzzing with people wanting pies, coffee, afternoon tea items, something to sit out in the sun with and enjoy the last of the day's warmth.

It's not unusual for a queue to snake out the door for up to five hours a day in summer, with hungry pie grazers willing to wait for what they know is a top-notch product.

The shop cabinets display a tempting array of fresh bakery items that, if by some unusual chance are not sold today, will definitely not be put on the shelf again tomorrow. It's fresh or it's not for sale, a way of operating that has seen some bakers leave, unable to come to terms with not being able to prepare product well in advance and simply put it out when required.

I've come to meet with Franz Lieber, a native Austrian who has been in New Zealand since 1979. He founded Fairlie Bakehouse six years ago and more recently established Lieber's Pies, which supplies the bakehouse with 1000-plus pies a day.

The astounding thing is that they sell that many pies *every day*, whatever the season, whatever the weather, and could sell many more but Franz sticks to that number because it's what he can manage in a day.

His staff is faced with making at least 200 coffees a day, but usually 800 or more.

Franz tells me that when he came to Fairlie and started a bakery he was told by almost everyone that it would never work because of the town's location and small population.

He ignored the nay-sayers and went ahead anyway, to the benefit of everyone, as he now sponsors local community, school and sporting events. He says the town's residents are now proud of their well-known bakery.

In the very competitive pie industry, where there is continual talk about the price of meat going up and the margins getting thinner as more players come onto the field every week, the monumental success of Lieber's Pies doesn't make sense – until you try one. The fillings and pastry are outstanding. Seeing the facility in which they are made (squeaky-clean enough to eat off the floor) adds to the appeal.

There's one more factor – Fairlie is on the tourist route from Christchurch through to Queenstown, and every bus that comes through stops and disgorges passengers keen to try one of the famed pies. But the fact remains that if the pies didn't live up to their reputation the whole enterprise would collapse like a house of cards. The pies do live up to their reputation though, so the business grew by 300% in the first three years, and has grown by 65% in the last year alone, selling 260 more pies a day than this time in 2014.

Fairlie Bakery won the South Canterbury Chamber of Commerce People's Choice Award in 2012 and 2013. It was also named last November as one of the 50 fastest growing businesses in New Zealand, receiving a Fast 50 Award from Deloitte, an accountancy award based purely on growth.





Franz walks me over in the late afternoon to the Lieber's Pies facility where a staff member is cleaning equipment after the day's production run. The facility is spotless, with none of the unpleasant smell and humidity of cooked food found in many manufacturing sites.

Lieber's Pies uses the BIANZ Food Safety Programme to great effect. "It was a bit of work to get it going," says Franz, "but it is an excellent programme and very easy to use once it is implemented."

Fairlie Bakehouse is open from 6am to 4.30pm every day. Franz works 14 hour days, seven days a week, with a staff of 20. He starts at 2am in the bakery, then moves on to Lieber's Pies later in the day.

A chef by training, he focuses on flavour and quality, using seasonal fillings and making specials like the Ram Pie with a lamb filling he created for the Mackenzie District rugby team, or steak and oyster pies during the Bluff oyster season.

His bacon and salmon pie and pork belly and apple crackling pie are the two most popular pies.

He's a firm believer that customers are quality driven and uses good quality ingredients. You'll find only real butter and cream in his products.

He mills his own grain for his wholegrain breads. He braises all the meat for his pies, relies on slow cooking and adds very little in the way of seasoning, and so ends up with an enviable depth of flavour and tenderness in his pie fillings.

There are no additives or preservatives in the pies and they are hand-filled to ensure quality and quantity is consistent. Franz says he enjoys making pies and bakery products because they are for "real, everyday people", unlike the restaurant industry where only a select portion of the population can afford to eat out.

He's also a fan of large portions – "people here like that" – and his biggest bakery sellers are raspberry cheesecake and a Milo cheesecake. No customer is left out – he makes a range of gluten-free products, including pies and Lamingtons, saying

"You have to cater for all." He emphasises customer service and says he makes sure his staff are a good mix of ages and abilities, crucial when serving thousands of visitors a week who rely on staff for a good experience and great service.

The Fairlie Bakehouse
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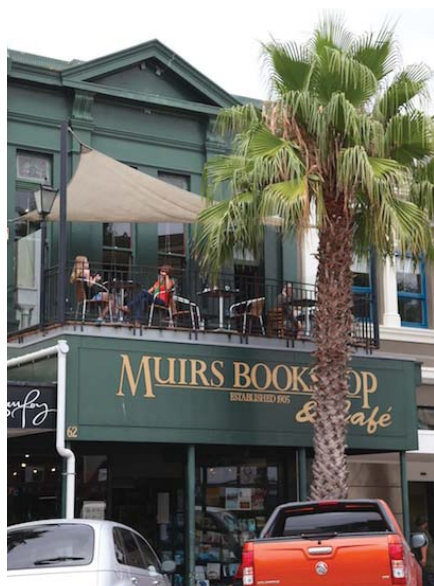
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The Gisborne report

Hawkes Bay writer/photographer Vivienne Haldane visited the sunny foodie paradise of Gisborne recently and reports on two leading cafés – both of them BIANZ members – in this competitive market.

Muir's Café

Words and photos Vivienne Haldane



If you like a homely atmosphere while you enjoy your café treats, Muir's Café in Gisborne, is the place to go.

Apparently it's a favourite haunt of politicians when they are in town and it's easy to see why. With its brick walls and polished wooden floors you feel cocooned from the hustle and bustle of the street outside. However, if you want to watch the world go by, you can sit on the palm-fringed balcony and soak up some of Gisborne's fabulous sunshine.

The café is upstairs from an excellent bookshop of the same name. The bookshop has been in existence since 1905, so it's an historic spot.

Kim Pittar, who has owned both the café and the bookshop since 2008, runs the bookshop herself while her manager, Nicky Stairs, is in charge of the café.

The café is open from 9am to 3.30pm six days a week, so the focus is on morning teas and light lunches.

Everything is baked on the premises; with the exception of Denheath custard squares that come all the way from Timaru. "We have locals who can't live without them," says Kim, of these deliciously thick, gooey custardy treats."

The day I visited, I spoke to four friendly and very enthusiastic young bakers who share the workload at the café – Olivia White, Amy Leyfield and Canadian sisters, Charlie and Brighde Penn.

“Gisborne has more eateries per capita than downtown Wellington.”

"We are all into baking and take turns to cook. The menu is a little bit funky; we've got a range of sweet as well as healthy food," they said.

Muir's Café's home baking style is a real draw card, with good old-fashioned favourites such as egg sandwiches made from local free-range eggs and a bit of lettuce to add crunch.

Their vegetable muffins disappear in a flash. "We use left-over roast vegetables as well as feta cheese in these. They are nice served with melted butter and a delicious relish on top. They are a meal in themselves. People love them," says Kim.

"We have filo parcels and rolls with fresh veggies and chicken or bacon in them, lots of Paninis and mini Frittatas, baguette rolls and we always have a couple of different types of salad too. These often have quinoa or chickpeas or pasta in them and there is always a fresh green salad with loads of vegetables. Our vegetable bill is huge."

Slices are popular too. "They are a generous size but that seems to be what people want. We have a different cake on the menu every day. The most popular are carrot cake and lumber-jack cake; this is a spicy cake with a shredded coconut topping. We also use seasonal fruit such as peaches or nectarines in our cakes."

"The girls bake a variety of pies. They love having fun with different types of pastry. They make pot pies and use a lot of filo too – filo wraps, rolls and parcels."

In winter a different soup is on the menu every day.

The coffee (Coffee Supreme) is another drawcard, "We keep getting told it's the best in town," says Kim. The gluten-free vegetable lasagna is a staple. "It's absolutely delicious and goes every time."



Charlie Penn at the board



Although she has introduced a few gluten-free items to the menu she says, "We don't go all out with it because many of our customers are still quite conservative, so we make sure we've got a good balance."

Kim, who doesn't have a background in hospitality, admits, "I don't like cooking, but I do like eating!"

As a book sales rep she used to travel around the country and developed a knack for searching out good places to eat.

"I found that certain cafes had the right feel and the right food, plus I used to notice how their display cabinets looked and I think those little details are important. If I see something out of place in the café, I point it out to the staff."

The café business is extremely competitive and with a wide range of new eateries opening in the city, (Kim told me that Gisborne has more eateries per capita than downtown Wellington) the pressure is on to keep customers coming back for more.

So what, apart from top quality home-baked food, does she think is the appeal of Muirs Café? "I think it's the atmosphere and the fact that people can sit and take their time and relax, compared to say, a quick turnaround cafe."

"We read all the comments on Trip Advisor and recently we got to number three of the top restaurants in Gisborne. That's fantastic, considering we are a six day a week café and not a major restaurant."

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FOOD SERVICE

The Gisborne report cont.

Morrell's Artisan Bakery

Words and photos
Vivienne Haldane



Pastry chef Holly Porter



The Gisborne Farmers' Market provided an excellent testing ground for artisan baker Mark Morrell when he and his wife Alana moved home from Queensland in 2004.

Mark had years of baking experience under his belt, but a new business is a new business and it has to start somewhere.

"We went to the market and saw an opening for artisan style breads. I registered and got a stall. I'd start baking on a Friday at 3pm and finish at 4am on Saturday. The market would open at 9.30am and we'd be sold out by 10.30am," he says.

Four months later, with all going so well at the market, the Morrells decided to purchase a bakery on the fringe of Gisborne's CBD.

Now that bakery has become well known for producing something a little bit different, a little bit special, and judging by the number of people coming through the door the morning I was there, it's proving successful.

The loving touch

As Jenny Virtue, who was serving at the time, said, "We have some loyal followers who appreciate the loving touch."

By that she means all their breads are handcrafted, have sourdough starters

and no additives. The Morrells work closely with local producers to source the products they use in their baking such as seasonal fruit, vegetables and herbs. "It's a real fruit and veggie bowl here," says Mark.

They use as much organic flour as possible including buckwheat, spelt, and cornflour.

"We don't add any preservatives or mould inhibitors or flour whiteners or colours. We stick to the basic ingredients and like to keep things pure. After all, products are supposed to go off; they have a shelf life.

"Some of our best customers are elderly. They can't eat breads that haven't got long ferments. They find eating our breads are a lot easier on their stomachs."

Mark prefers to start baking for seasonal events close to the time, rather than months out. With their Easter buns, for example, they macerate the fruit in sugar syrup with cloves, star anise and lemon juice for about three weeks prior to baking. "They are worth waiting for and they fly off the shelves hot," he says.

Almond tarts are amongst their best sellers. These are a mix of sweet pastry and almond frangipane dotted with apricots, blueberries or strawberries depending on the season. Mark says it's a recipe he learned from Auckland patisserie chef, Kate Gray.

Carrot cake is their most popular cake. "We make a plain white icing and sometimes a cream cheese icing. Our next best sellers are an organic chocolate coffee cake, orange and poppy seed, lemon and poppy seed and ginger bread loaf."

"We make all products from scratch. Our Danish croissants are all hand rolled. We like that grass roots approach."

Training and teaching

Mark has been baking for 24 years, having trained as a patisserie chef at Ajo's restaurant in Auckland under the guidance of Kate Gray and Gilles Petit, who in turn had been trained by the renowned Roux brothers from Le Gavroche Restaurant in the UK.

He spent three years in Queensland where he was head chef at the Returned Services League (RSL) in Maroochydore. He also worked for La Viteo in Noosa who supply high-end restaurants between Noosa and Brisbane with baking products. Putting in long hours with this large-scale operation – they worked a deck of 36 (six six-deck) ovens – really honed his baking skills. These days a Moffat AT rotational rack oven does the job.

"Since settling in Gisborne we have affiliated our skills with the baking industry," says Mark, who has also recently begun tutoring in cooking and hospitality at

EIT Gisborne, having gained his teaching diploma there last year. He's enjoying sharing his knowledge, "It's exciting to help people upskill so they can have an advantage when they go out in the world."

The Morrells are enjoying Gisborne's relaxed lifestyle but Mark is realistic that it's a small market with no high-end turnover.

He values his staff who he says are a great team. There is pastry chef Holly Porter who trained at Sky City in Auckland, plus he employs internationals who come to New Zealand for three or four months. "It's really good for our staff because they get to observe different techniques and methods."

What to look for

And what qualities does he look for in an apprentice baker? "They must have attention to detail, a good feel for products and the nature of them, such as acidity, PH and water content.

"They must also be skilled at adapting recipes and possess a passion for their products. Then, because of the hours, good stamina is required and they need



Jenny Virtue

to be fit; baking is a physical task and artisan work is particularly so because it is hands on - you are lugging loads of dough, hand kneading and moulding flour and working in hot temperatures. Then there's also time management and the ability to work closely with others."

Alana continues to run the Morrell's Artisan Bakery stall at the Gisborne Farmers' Market with the help of their



Mark Lawson

daughter, Cameron. "It's still our major advantage and is a great place to meet our customers face to face," says Mark.

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France comes to Mt Albert

Sarah Beresford finds The Pyrenees in suburban Auckland



A French tricolour flag above the café door traces a lazy loop in the light breeze. Inside people are seated in little groups around a large common table, while others lounge on an assortment of couches slung in various corners of the room.

A fromagerie lines one side of an L-shaped counter, there are also terrines, patés and quiches to choose from and the far end is bursting with plump pastries dusted with a mini snowstorm of icing sugar.

Next to the coffee machine is a large basket stacked with golden baguettes and a staff member greets customers by name and a jovial "Bonjour".

On holiday enjoying the charms of sleepy French village life? Mais non, we are in the heart of the Auckland suburb Mt Albert in a little deli/café called The Pyrenees. Since it opened its doors in 2003 it has become a favourite haunt for locals and visitors from other suburbs and abroad alike.

Owner/manager Amandine Champagnat embodies the effortless combination of casual sophistication that sets out the Pyrenees as a true little champion of all things French.

She chanced on the establishment when she moved to Auckland after a stint trying out a fresh take on life in New Caledonia. "We originally left France for New Caledonia but we found it too small to really be successful there as entrepreneurs. So we came to New Zealand. A friend was working at The Pyrenees and I got a job here as a kitchen hand."

Amandine's previous experience working in the book trade hadn't given her any preparation for life in a busy café kitchen. "I started peeling potatoes. But I have worked with some great French chefs here over the years and I have learnt a lot by doing exactly what they told me to," she says laughing.

Her dedication to producing quality French food has paid off – after being promoted to manager six years ago she eventually bought the business with her father in 2013.

A family business

"We are a family business and I think that shows in the way we do things. I live just round the corner and this is a great neighbourhood. We feel we are very much part of the community and we know so many of our customers by name.

"We like to think the café plays an important place in the community's life. People get together here on a regular basis so it's really important that we maintain a standard of providing food that's the best quality."

Amandine thinks the key to producing authentic French fare relies on two main things: "We have to buy top-of-the range ingredients. It's vital that things we use regularly, such as butter, chocolate, eggs and flour, are the best quality. It is such an important part of achieving an authentic product, especially with the patisserie.

"We always hire French chefs. We've been fortunate to have our chefs. On a couple of occasions we have been getting a bit desperate searching for someone suitable and then someone from France will just walk through the door who has heard of the café and is looking for work.

"We have really been very lucky that way.

"A new chef is about to start with us who is really passionate about the patisserie side of things so I'm looking forward to that. Every chef brings their own particular speciality and passion and we always benefit from it."

Initially a lot of the café's offerings were cooked in a big kitchen in Remuera, but two years ago circumstances changed and Amandine opted to renovate and expand their kitchen space and put in some more equipment.

The kitchen is still snug, but a new six-hob Imperial oven helps with the everyday baking in tandem with a Barbo Turbo fan oven. And of course there is also the indispensable crêpe maker.

Baking all day

"One of the things that our customers love is that we bake our bread throughout the day, rather than doing it all early in the morning. This means that they can pop in at any time and they are very likely to find we have hot bread straight from the oven when they visit."

As well as all the baked goods and deli items, The Pyrenees looks after customers who have had a frazzled day at work and need to feed hungry mouths quickly. "We have things like the organic whole roasted chickens and gratin dauphinois all packaged ready to go. It's like a family reciprocity. We can give them an easy family meal to take home when they pop by at 5.30. That's what we like to achieve: healthy, simple, tasty family cooking."

Classes and catering

Amandine says the business has been focusing increasingly on catering and they specialise in offering custom-made menus. "Every time we do something different. It's a lot of work but it makes events really special.

"We are thinking about doing cooking classes with groups of our regular customers and two or three times a year we hold cheese tasting evenings. It's a close-knit neighbourhood and people have a lot of fun and learn at the same time. We have a very popular facebook page which we update regularly so people can hear about our last-minute specials and new products.

"We were one of the first cafés to offer the fromagerie and deli. We get our imported cheeses from Maison Vauron. They have a special cellar to age cheeses and have a very passionate staff, so it's great to be able to share some of that enthusiasm and knowledge."

Amandine also thinks it's very important to keep educating staff about what they are serving. "I want them to know all about the cheeses they are selling and what the differences are. Our staff is 50-50 Kiwi and French. It's an interesting mix. Culturally we are very different – even the way we greet people is different but it makes for a good balance.

"We get a lot of people from France coming here to get a taste of home. Things like the mille-feuilles are really popular with everyone, but I'm always amazed by what a big hit the almond croissants are. They are so simple but if you make sure they really do have that authentic taste and texture people will always appreciate it."

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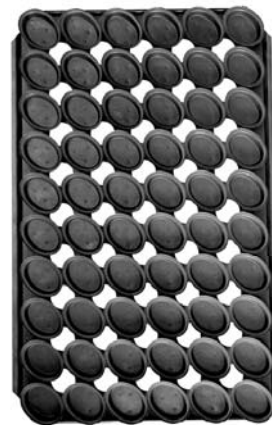
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BIANZ AGM	1 July	Christchurch
Bakels Supreme Pie Awards 	15 June 14-15 July 16 July 21 July	National Entries close Deliveries Judging Awards
IBA 	12-17 September	Munich
The Great New Zealand Xmas Mince Pie Competition 	6-9 November	National

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The Great Kiwi Custard Square



by Tracy Scott

A considered look



No bakery or cafe cabinet would be complete without the Great Kiwi Custard Square.

There is something about a virtuous Custard Square that is good for the soul.

Found all over the globe in some shape or form, the Brits call it a Cream Slice, the Canadians a Napoleon Slice (that's the French influence I bet), our Aussie mates a Vanilla Slice and the Boks a Custard Slice.

The French call it a Mille-feuille, which is really just a complicated custard rectangle. However all have three basic components: custard, pastry and icing ... so simple but yet so complex.



The custard

Has to have a smooth creamy texture, hold firmly but not be rubbery as we do not like Custard Squares that bounce. No bounce, just ooze.

The pastry

Flaky or Puff, light and crisp to the bite and crunchy texture in the mouth. Must not stick to the roof of your mouth.

The icing

Soft, not chewy. Cross between a fondant and a frosting. The most controversial of the components, Purists like vanilla icing, Contemporaries like chocolate and Expressionist/Creatives do funky stuff with passionfruit, lemon and booze. This is up for debate.

I am a Purist and up for the debate!



The Creatives argue point of difference, and the Contemporaries argue eye appeal and contrast in the cabinet. As a Purist I argue flavour, harmony and truth in tradition. Custard is delicate and chocolate is not sympathetic to its sensitivity. Is the chocolate icing radical or revolutionary?

Kiwis have fond memories of the Custard Square.

I started a pilgrimage three years ago to eat every Custard Square I could lay my hands on in New Zealand. In three years I have merely eaten the tip of this iceberg.

Just when I think I have my hometown of Wellington covered another crops up on the radar and, for the cause, I must consume and contemplate.



The question

This brings me to the question, “How do you eat a Custard Square?”

1. With etiquette – side plate and cake fork.
2. Hand method or Paleo Style.
3. Cameo Cream Style – twist the bottom and top, eating the bottom first and saving the best bit for last.
4. Don’t care how, just won’t share.

So we are on the search for the perfect Custard Square, the Purist kind of Custard Square, the Custard Square you eat with your hands and you have to close your eyes with the first bite because it is so good, the Custard Square you have to coordinate your face to eat ... with no shame.

Calling all Custard Square Experts and Enthusiasts!!

... Let me know if it is vanilla icing or chocolate icing.

A slice of history

Custard Square, Custard Slice, Vanilla Slice, Cream Slice, Mille-Feuille, Napoleon, even “snot blocks” – this originally French pastry has been adapted and adopted as a favourite in countries around the world including. Here the most famous example is the Denheath Custard Square, made in Timaru and sent in its thousands around the country and the world.

Traditional mille-feuille consists of three layers of puff pastry with two layers of crème pâtissière between. The top layer is coated with a sprinkling of powdered sugar. Variations include glazing the top with icing, in alternating white (icing) and brown (chocolate) strips which are then combed to give it the characteristic swirl.

Sometimes more solid custard or whipped cream is used for the filling, chocolate or just plain white icing used for the topping, and only a top and bottom layer of pastry included, or coconut is added to the topping. It is called a Passionfruit Slice when passionfruit icing is used.

Tracy Scott is National Operations Manager, Hospitality New Zealand. She trained as a chef at the Cooking and Hospitality Institute of Chicago, gaining an associate degree in the applied science of culinary arts.

She worked overseas and in New Zealand as a chef before leaving the kitchen to venture into sales and marketing within the food industry. Tracy is a member of NZ Chefs and a professional member of the NZ Guild of Foodwriters.

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CEO Grant Bunting describes the Malaysian opportunity as 'potentially lucrative', following the range's official launch at the New Zealand Food Connection event in Kuala Lumpur and subsequent meetings with manufacturers and distributors across both Malaysia and Indonesia.

The product range has already delivered fabulous new baking solutions for Farmers Mill's baking partners and exhibits the promise of continued nutritional innovation going forward. Farmers Mill are also quick to

acknowledge the support of technology partners Agmardt and Callaghan Innovation in the success of their nutritional development programs.

"Farmers Mill's product development activity is aligned specifically with that of nutritional trends, the most relevant at present being gluten free and reduced sugar consumption," says Bunting.

On-farm, growers are being encouraged to explore the nutritional properties offered by the ancient or heirloom grains.

"The benefit of being a grower-owned food company and Mill, is that we can leverage access to the resources required for evolution on-farm, and our efforts in terms of spelt, buckwheat, millet and lupin production could be considered well advanced as we progress," adds Bunting.

National Sales Manager Mat Keys is responsible for ensuring new products are well proven in terms of formulation and in bakery performance, and that technical support is available for end-users.

"Our biggest challenges have been the different taste profiles in Asia and increased humidity levels," says Keys.

The response for the new sugar free range has been greater than anticipated,

especially from larger, industrial bakeries who are seeking to differentiate their baked products and target a growing awareness around diet.

"I expected to work with many of the in-store supermarket bakeries but didn't fully appreciate the need to tailor some of our range for large automated plant bakeries," says Keys.

Farmers Mill has grown quickly since its inception two years ago, and strives to maintain a balance in terms of domestic flour supply and the lure of demand from Asia.

"We remain committed, and always will, to the production of commodity flours for domestic supply," says Bunting. "However, for 15 – 20% of our production, we recognise the opportunity to create value not only in terms of Farmers Mill itself but also for New Zealand grain growers. Demand for traditional proteins from New Zealand by way of milk or meat is well publicised but what we are advocating, with signs of genuine interest, is that of a role for arable proteins."



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Baking's triple threat

by Mapihi Opai

Meet triple-award-winner Nathan Roberts.

2015 Young Baker of the Year, Nathan Roberts, has collected three national titles and claimed the trifecta of his trade – experience in craft, supermarket and plant baking. Now, the 29-year old can add product development to his list of achievements, as he tackles the science of baking in a challenging new role.

Born and raised in Otago, Nathan was employed as a plant operator at Quality Bakers in Kaikorai Valley, a subsidiary of Goodman Fielder Ltd, when the job offer came from head office. The following month, he packed his bags and relocated to Auckland.

"The award certainly opened a lot of doors. And I'm a big believer in making the most of opportunities when they arise," he says.

As newly appointed Product Development Technologist at Goodman Fielder Ltd, Nathan is focused on innovation and creating new products for market. A typical week sees him moving between the office, test bakery and factory floor. He also connects with other aspects of the business, working in collaboration with brand managers, sales, finance and procurement.

"There's a lot of project management and tight deadlines involved. We're also constantly reformulating recipes and testing new suppliers," says Nathan. "Several people in the team have university degrees in food science. So, for me to come into this role is a privilege."

Product development is a world away from the teenager who first learned how to gauge dough and mould bread on-the-job in the Deep South. A former pupil at Dunedin's Kaikorai Valley College, Nathan admits that he probably could have done a lot better at his studies. Despite a natural aptitude for maths and accounting, he knew that school wasn't the place for him.

"I had the type of personality where I just wanted to get a job and work. I was very active and needed a hands-on role," he says.

In 2002, aged 16, Nathan entered the workforce as a bakery labourer at Pak'n Save on Hillside Road. With no previous experience, it was a steep learning curve but he had some good people around him. "They took the time to teach me. And the more you do it, the better you get," he says. "That's what bakers do, they share a lot. But, the really good ones always keep a few secrets."

The supermarket also enrolled him in a baking apprenticeship through Competenz, a national Industry Training Organisation (ITO).

"I've done about 20 unit standards over the years. And, recently I looked at my apprenticeship books again. Now I'm reading more about the technical side. It's lucky I kept it all," he says.



Nathan Roberts – 2015 Young Bread Baker of the Year in the test kitchen at Goodman Fielder Ltd in Auckland

In 2005, Nathan shifted to Woolworths in Andersons Bay. And, the following year, he was singled out as Progressive Apprentice of the Year. It was then that he began to think seriously about sticking with the trade. As bakery manager, he was also leading a relatively young team.

"I had the feeling that people were showing a genuine interest in me. And maybe I had some talent," he says. "I decided to really knuckle down and complete my apprenticeship as quickly as possible."

Three years later, he took the opportunity to immerse himself in the craft side of the trade at Bakers Dozen in Mornington. The highlight of the job being the sheer variety of products that he made from scratch – from bread, buns and biscuits, to pastries, pies and cakes.

By 2012, Nathan was on the lookout for a new opportunity. And he found it in a technically challenging role at Quality Bakers, which provided him with an entrée to the science of baking. He also signed-up for another qualification through Competenz – a National Certificate in Plant Baking, Bread Strand (Level 4).

"There's a lot of chemistry in bread-making, which I started to learn more about. It's important in maintaining quality and consistency in high volume production," says Nathan.

In 2014, his hard work earned him the title of Goodman Fielder Apprentice of the Year. "There are so many variables involved in baking. And that's what makes achieving the perfect result so rewarding. That and seeing a good quality product go to people who really enjoy food," he says.

As for the future, all that's certain is that Nathan wants to keep pushing himself. And he's forged some lifelong friendships through baking. "Bakers stick together. With the hours that we work, we end up socialising together. We're quite a happy bunch. If you don't love the process, you probably won't do very well in the trade," he says.

His advice for budding bakers around the country is to show people you're passionate and willing to learn. "It only takes one person to notice. And, from there, anything is possible."

Reviews

The Chocolate Architect

by Marcus Braun

Review by Belinda Jeursen

Pastry chef Marcus Braun has teamed up with Nestlé Professional to produce *The Chocolate Architect*, a good looking 30 page booklet of high end recipes which pay homage to his best loved ingredient.

The recipes do a wonderful job of teaming chocolate up with fruit, berries and nuts to create a tempting variety of flavours, textures and tastes with undeniable visual appeal. Even those without the expertise Marcus obviously has will be able to recreate these recipes in their own style.

The step-by-step ganache guide, glossary and ingredient information provide all the necessary background information while beautiful photos by Maurice Lye provide the inspiration.

A free copy of the booklet is available to BIANZ members. Contact Nestlé on 0800 830 840.



The Empress of Ice Cream

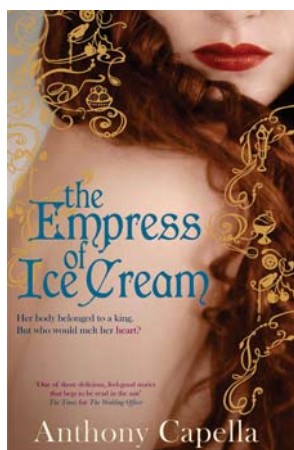
by Anthony Capella (ISBN: 9781847)

Review by Evelyne Baumgartner

This is a fictional history centred around the courts of France and England and the art of ice (cream) making. Our hero, Carlo, is sold as a child to one of the few ice makers in Europe. He finishes up at the Medici household and is lucky to be sent to school in addition to labouring for his master.


Ice making was a secret art in the 17th century, and although Carlos's master tries to prevent him from learning the trade, he has not taken into account his helper's inquisitive nature. Carlo gets a chance to escape his oppressive work situation and finishes up at the court of Louis the XIV. Here he meets Louise, the daughter of a proud but poor aristocratic family. Eventually both Carlo and Louise are sent to London where they serve King Charles II. Carlo makes a name with his ices, granites and chilled cordials and eventually unravels the secrets of how to make the smooth frozen desserts we call ice cream today – so achieving fame and fortune. In the meantime, Louise finishes up as one of Charles's mistresses.

There are great descriptions of how Carlo makes his ices. Some of the flavours he uses would be simply outrageous today but they could easily set future food trends. Besides the fascinating art of ice cream making, the way Anthony Capella writes the story makes good entertainment even if there is no happy ending for Carlo Demirco.



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BLUEBERRY CARAMEL SLICE

Recipe courtesy of Chelsea Foodservice.



FOOD
SERVICE

SERVES 18

INGREDIENTS

Base

- 300g butter, softened
- 150g **Chelsea White Sugar** (2/3 cup)
- 5ml vanilla essence (1 tsp)
- 475g plain flour (3½ cups)
- 3g baking powder (1 tsp)

Filling

- 150g butter, cubed
- 2 x 395g cans sweetened condensed milk
- 120g **Chelsea Soft Brown Sugar** (½ cup)
- 83g **Chelsea Golden Syrup** (¼ cup)
- 135g blueberries (fresh or frozen) (1 cup)



METHOD

Base: Preheat the oven to 180°C. Line a 33cm x 23cm baking tin with baking paper (making sure it comes up the sides).

Cream the butter and sugar with an electric beater until light and fluffy. Add the vanilla essence. Sift over the flour and baking powder. Gently fold together until combined (the mixture will be a bit crumbly).

Press two-thirds of the mixture into the base of the prepared tin. Set aside.

Filling: Place the butter, condensed milk, brown sugar and golden syrup in a saucepan. Stir over a medium heat until well combined and starting to thicken. Pour the caramel over the base. Scatter over the blueberries. Sprinkle/crumble over the remainder of the base mixture. Bake for about 40 minutes, until golden.

Cool in the tin.

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Costs based on average wholesale prices at September 2014.



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Smoked fish pies with potato pastry



by Asher Regan



Pies are often given a bad rap for being high in saturated fat. While this is frequently the case, it doesn't have to be that way.

Here's an example of a pastry which has much less saturated fat than most pastries. The potato helps to keep the pastry moist yet relatively short which can occur with pastries high in moisture and flour.

The final product also tastes great and holds well.

For more information and innovative ideas on healthy baking and catering visit the Hospitality Hub: www.heartfoundation.org.nz/hospitality

Ingredients

For 10 pies you will need:

Pastry

Floury potatoes, peeled and diced	750	g
Vegetable oil	135	ml
Wholemeal flour	200	g
Pastry flour	230	g
Baking powder	10	g

Filling

Vegetable oil	45	ml
Onion, finely diced	335	g
Garlic, crushed	20	g
Silverbeet, shredded	785	g
Reduced fat milk	360	ml
Cornflour, wet with a little water	25	g
Smoked fish, flaked	285	g
Cottage cheese	350	g
Dijon mustard	20	g
Lemon juice	20	ml

Method

Pastry

1. Boil the potatoes until well cooked.
2. Mash with the oil until smooth.
3. Mix in both flours and baking powder and knead to form a smooth pliable dough.
4. Allow dough to rest for 30 minutes.
5. Roll dough to a 5mm thickness for use.

Filling

1. Heat oil in a pot and slowly sauté the onion until translucent.
2. Add the garlic and silverbeet and continue to cook slowly until the silverbeet is very soft and no longer producing liquid.
3. Add milk and bring to the boil.
4. Thicken with cornflour and remove from heat.
5. Add remaining ingredients and reserve.

To make the pies

1. Heat oven to 180°C.
2. Line pie tins with pastry.
3. Fill pie cases with filling.
4. Brush edges with a little milk.
5. Place pastry on top and trim edges.
6. Bake for approximately 30-40 minutes or until well browned.
7. Remove from tins as soon as possible to prevent the pastry getting soggy..

How to bake...

RUSTIC BLUEBERRY APPLE AND CUSTARD TART

Recipe by Mat & Darryl of Farmers Mill.

"I obtained this pastry recipe whilst baking in Melbourne. It's excellent for producing tarts with a high moisture content such as this recipe, or lemon tarts and can be rolled out to a fine level. Use quality raw ingredients to produce a high quality finished product."

– Mat Keys, NSM Farmers Mill



INGREDIENTS

SWEET PASTE

Farmers Mill Stratos Pastry Flour	3200g
Icing Sugar	1400g
Butter	1200g
Eggs	750g
Lemon or Lime juice	20ml

- Blend the icing sugar and butter until well combined.
- Add the eggs, lemon juice and flour mix until the pastry dough forms. Do not over mix.
- Leave in the cooler/fridge to set.

VANILLA CUSTARD

Lesaffre Patisserie Custard Mix	1000g
(Available from Farmers Mill)	
Cold Water	2000g
Fresh Cream	500g
Pure Vanilla Bean Paste (or vanilla beans / pods)	10g

Add all of the ingredients into the mixer and whisk on slow speed for 30 seconds then on high speed for 5 minutes.

RUSTIC SABLÉ CRUMBLE

Farmers Mill Summit Bakers Flour	100g
Butter	100g
Brown Sugar	100g
Rolled Oats	100g
Sliced Almonds	50g
Sunflower Seeds	40g
Coconut	25g
Cinnamon	5g

- For the crumble mix – cream the butter and sugar together then add the dry ingredients and mix until the crumble is formed. It's possible to bake this separately to assist in retaining the crisp/crunchy texture if desired.

ADDITIONAL COMPONENTS

Wild/Blueberry Patisserie Filling – Barkers of Geraldine.	80-100g per 6" tart
Fresh or Frozen blueberries	30g per 6" tart
Loburn Granny Smith Green Apples (Optional you can also use Feijoa's)	20g per 6" tart
Lime Juice – optional.	5g

METHOD

Roll pastry to approximately 2.5mm - 3mm thick.

Line a tart ring and par bake for approximately 8-10 minutes at 200°C.

Once par baked and cooled, fill the bottom third of the shell with wild berry or blueberry filling and the fresh/frozen blueberries/apple.

Pipe a layer of Patisserie custard on top.

Finally sprinkle the crumble mixture on top and bake.

BAKING

Conventional Oven - 200°C for 18 - 20 minutes

Baking time and temperature may vary from oven to oven.



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Mexican habanero pies



Ingredients

Serves approximately 10 single serve pies (depending on the size of the tins).

Olive oil	15 g
Butter	15 g
Finely diced onion (1 medium brown onion)	160 g
Finely diced garlic (2 cloves of garlic)	10 g
Lean beef mince	250 g
Diced beef	250 g
All purpose flour	30 g
Barker's Professional Mexican Habanero Sauce	260 g
Lager beer	125 g
Tomato puree	50 g
Salt	3 g
Pepper	7 g
Colby cheese, grated	200 g

Method

1. Heat the oil and butter in a large saucepan. Add the onions and garlic and cook until translucent.
2. Add the mince and beef, cook until the meat is well browned.
3. Add the flour and stir through. (The mixture should start to thicken slightly).
4. Add the lager and the **Barker's Professional Mexican Habanero Sauce** and stir through, allowing the mixture to come to the boil.
5. Add the tomato puree, salt and pepper and stir through. Reduce the heat to a simmer for 10 to 15 minutes.
6. Remove from the heat and leave to cool. Once cool, place in a covered bowl in the refrigerator overnight.
7. Deposit the filling into pre-lined (short crust pastry) pie tins, leaving a 2 mm to 3 mm gap from the rim of the pie tin. Sprinkle approximately 25 grams of grated cheese over each pie.

8. Cover each pie with flaky puff pastry and crimp the edges. Cut off the excess pastry from around the sides. Brush with egg wash.
9. Make a couple of ventilation holes in the top of the pastry. Sprinkle with chilli flakes and paprika. Stand for two hours.
10. Bake at 220°C for approximately 25 to 30 minutes or until golden brown.

Short crust pastry

Butter (chilled and cubed)	300 g
All purpose flour (chilled)	600 g
Salt	5 g
White vinegar	15 g
Water (chilled)	170 g

Method

1. Place the flour and salt in a bowl fitted with a paddle. Gradually add the butter cubes to partly combine. It should look quite "floury" and you should be able to see bits of squashed butter.
2. Change from a paddle attachment to a dough hook. Add the white vinegar and water. Mix on slow speed until the dough comes together.
3. Divide the dough into two even round flat discs. Wrap both in cling film. Refrigerate for at least two hours or overnight.
4. Remove the pastry from the refrigerator at least 30 minutes before use.
5. Roll out the pastry to a 3 mm to 5 mm thickness and line the pie tins. (This will vary depending on the size of your pie tins).



Worstenbroojies Dough with a Kiwi Twist

by Brent Hughes

Try out a Kiwi twist on the Dutch tradition, with a mix from the southern parts of the Netherlands and New Zealand.

Sweet and savoury Worstenbroojies all rolled into one.

Succulent sweet crispy laminated dough filled with beef seasoned with Asian spices and herbs.

Simply delicious.

Ingredients

Group One

Bakers flour	1500 g
Salt	30 g
Dried yeast	45 g
Master fat	60 g
Quantum Improver	15 g
Water	700 g

Group Two

Laminating butter	450 g
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Group Three

Sweet pastry	1100 g
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Total Weight	3900 g
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Method

1. Mix all ingredients together for two minutes slow followed by 4 minutes on second.
2. Laminate French method style the butter and the sweet pastry into the dough.
3. Give three half folds with 20 minutes rest between each fold.
4. Roll out to 2.5 mm thick and cut into triangles as you would for croissants.
5. Pipe the meat filling onto the edge of the dough and roll up.
6. Prove for approx. 30 minutes at 30°C. Egg wash and bake at 210°C for approx. 20 minutes. Alternatively you can make as per a sausage roll shape.



Worstenbroojies Meat Filling



Ingredients

Beef mince	500 g
Pork mince	500 g
Chilli powder	2 g
Chinese five spice	5 g
Bread crumbs	300 g
Egg	100 g
Parsley fresh finely chopped	25 g
Coriander fresh finely chopped	8 g
Salt	10 g
Pepper	5 g
Soya sauce	30 g
Worcester sauce	75 g
Onion finely diced	125 g
Water	300 g

Total weight	1985 g
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Method

Mix all ingredients together. Pipe onto prepared dough triangles.

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Pavé de matcha green tea

by Takashi Ishikawa



Takashi Ishikawa is pastry chef at the Langham Hotel in Auckland and is a member of the New Zealand Pastry Team.

Ingredients

Cream	188	g
Butter	65	g
Glucose	39	g
White chocolate	458	g
Matcha powder	7	g

Matcha couverture

White chocolate	500	g
Matcha green tea powder	20	g

Method

1. Melt the white chocolate with glucose.
2. Bring the cream and matcha powder to a boil.
3. Pour the cream over the white chocolate, mixing well to emulsify.
4. Once the mixture reaches 32°C, add the softened butter and mix well.
5. Pour the ganache into the prepared frames.
6. Crystallise overnight in a chocolate holding cabinet or at room temperature.

Assembly

1. Coat the bottom of the ganache in a thin layer of matcha couverture with a palette knife and work it back and forth to over-crystallise the couverture, once it starts setting stop the movement.
2. Turn the ganache over so the couverture is now on the base.
3. Do it again on the other side as well.
4. Either cut by hand or with a guitar cutter into individual squares 220 mm.
5. Roll each piece in the dusting sugar and matcha green tea powder.

Matcha green tea

Matcha is finely milled powder green tea.

This powdered green tea was first used in religious rituals in Buddhist monasteries. By the 13th century, Samurai warriors had begun preparing and drinking matcha as they adopted Zen Buddhism, and the foundations of the tea ceremony were laid.

Only the finest tea buds are hand-picked, leaves de-veined and de-stemmed, and then stone-ground to the fine bright green powder which is matcha. It could take one hour to grind 30 grams of matcha.

Shaded growth produces more theanine and chlorophyll than in other teas. That is why matcha is said to be more effective for improving mental focus.

Wholegrain Bread

by Helen Perring
 MAURI anz Wellington

This loaf has a variety of grains and fibre that produces a lower carbohydrate bread.

The flavour of the pre-ferment gives a unique taste to produce a signature product. The variety of products are all available in the current product guide from MAURI anz.

The feedback from test subjects is very favourable. This recipe will complement any grain bread that is presently being produced.

Ingredients

Pre-ferment

Maximus Flour	1250	g
Prime Instant Yeast	20	g
Water	1250	g

Soak

Kibbled Grain Mix	1000	g
Water	1000	g

Final dough

Rye Meal	1250	g
Wholemeal Flour	1250	g
Maximus Flour	1250	g
XL 1% Improver	50	g
Yeast	50	g
Salt	100	g
Water	1750	g

Method

1. Pre-ferment – dissolve the yeast in the water and add the flour, allow to stand overnight.
2. Soak – mix the Kibbled Grains and water together and allow to stand overnight.

Final dough

1. Place all ingredients in the bowl fitted with the dough hook.
2. Mixing time is about 2 minutes slow – 6 minutes 2nd speed.
3. Mould and shape as required.
4. Allow to prove 50–60 minutes.
5. Bake loaves at 180° C for 40 minutes.





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