

# slice

Issue 27, August 2015



from the Baking Industry Association  
for cafés, caterers and bakeries

## Top potato tops

### PLUS

**Building a bakery**  
a guide to the big  
move.

**Judging the pies**  
the inside story

**Mobsters meet for pies**  
Scene at the Pie Awards

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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 President

## MICHAEL GRAY KEEPS IN TOUCH



Congratulations are in order in this issue of *Slice* for several people.

Firstly, I would like to congratulate Shane Forster from New World Greenmeadows for their winning Supreme pie in the NZ Bakels Supreme Pie competition. It was a hard fought competition this year and New World can be very proud of their team.

The addition of the potato top to the categories for the awards was surprising to some, so for one of those entries to win was even more surprising.

It goes to show that novelty and originality can't beat good old-fashioned quality, certainly in the eyes of celebrity judge Martin Bosley.

Having the top award go to a supermarket bakery also surprised some. It must provide a boost to the many fine bakers working in supermarket bakeries throughout the country. Another supermarket baker, Roger Cathro of Pak'nSave Petone, won a remarkable three awards, the only entrant to do so.

Bakels put a lot of time effort and money into the pie awards which further promote our industry and ensure we all strive to

create a better quality product for our customers. I was privileged to be involved in the judging process this year and can say this is truly a fierce competition. But above all there is the utmost integrity in the way the competition is run.

I am grateful to Bakels, as are many bakers, for the organisation and commitment to the Supreme Pie Awards.

I would also like to congratulate our two new board members, Bosun Paki from Luv-a-Pie in Auckland and Mark Saunders from Rolleston Bakery in Christchurch.

Both of their skill sets will be useful in the further growth and diversity of BIANZ. Bosun represents a large wholesale bakery and will help provide some further insights and advantages for our wholesale members. Mark has a great single-shop bakery in Christchurch and I know he will represent the needs of similar businesses well.

It is sad that we have recently farewelled Belinda Jeursen as our executive officer. Belinda had dedicated eight years to our association and in her time built fantastic relationships with many stakeholders and members. We wish her all the best in her new job and hope she stays in touch.

The executive are now in the process of recruiting a new person to continue the growth of our association.

We have put in place several systems to ensure our members are well looked after in the meantime. Our phone number 0800 NZBAKE is still being answered and emails are still replied to. It's business as usual.

Many members of the baking industry are attending IBA in September in Munich. I'm going too and look forward to networking with you all.

I encourage you to please let me know if you're attending so we can make arrangements to meet up as a group and share our experiences and discoveries while overseas.

Bon voyage to all those travelling and, to those not lucky enough to be getting away for this year's IBA, I wish you a successful second half of the year so you can join us next time.

Michael Gray

## Events calendar

What	When	Where
<b>Cupcake Day for the SPCA</b> 	24 September	National
<b>IBA</b> 	12–17 September	Munich
<b>Fine Food Australia</b> 	20–23 September	Sydney Show Ground
<b>Cake Bake &amp; Sweets Show</b> Australia's biggest event dedicated to everything baking.	23–25 October	Melbourne, Victoria
<b>The Great New Zealand Xmas Mince Pie Competition</b> 	6–9 November	National



### New Members

We welcome

Ed's Café

Cuba St Bakehouse

Mt Wellington

Wellington

# From the Vice President

by **THOMAS THOMAS**



Firstly I must thank all BIANZ members for showing confidence in me and re-electing me back to the BIANZ executive and for your confidence in me to be vice president for another term.

The executive has had a few changes lately and I look forward to helping shape the future of the association over the next 12 months.

With all this cold weather, I am sure you are all, like me, busy with your business and trying to decide how best to grow it and what type of staff you need to fill the gaps.

Competenz have been very active lately with their *Got A Trade Got It Made* campaign so here's hoping that we get some promising young candidates to take on apprenticeship to strengthen the base of qualified bakers we currently have.

We do know that there is a shortage of skilled bakers in the country, consequently as an association we have been actively lobbying to have baking remain on the national skills shortage list for immigration. We sent a submission on this to the Government at the end of July.

---

## New executive members

Two new members were elected to the BIANZ executive committee at the AGM in June: Mark Saunders of Rolleston Bakery in Canterbury and Bosun Paki of Luv-a-Pie in Auckland.

### Mark Saunders

There can be few bakers in New Zealand with wider experience, from home baking to plant bakeries and large supermarket in-store operations, as Mark Saunders, who had done the lot before he and his wife Theresa (also a qualified baker) established their own Rolleston Bakery in 2013.

"Baking Old School" is their company motto. Mark is known for his enthusiasm for passing on his knowledge and has trained many new bakers over the years.

He began his own baking at home aged seven when his mother bought a new Kenwood mixer. "With five brothers and a sister to bake for, I was hooked on using it. My mum let me just go for it and I've never stopped," he says.

Leaving school in 1984 and after short stints at Linwood Bakery and Norths, he secured an apprenticeship at Woolworths Bishopdale. This was at a time when in-store bakeries in New Zealand were a relatively new concept. Hungry to learn and succeed "I powered through my apprenticeship," he says.

From there he worked his way up from foreman to bakery manager at a succession of big and small bakeries, mainly in-store. Along the way he helped establish many in-store bakery procedures that continue to this day.

He also gained experience managing large numbers of staff, being set sales targets and working to budgets.

He and Theresa bought their first bakery business – a franchise – in 2007. It was hard going and they refer to that stage as "business school 101."

The time since they opened their Rolleston Bakery two years ago has been "exciting, full of hard work but with so much reward," says Mark. "We both feel very privileged to be earning our living in the baking industry.

"I look forward to sharing my experience with others and am very excited to be part of BIANZ."



Theresa and Mark Saunders dressed in style for the BIANZ "Gatsby night" last year.

### Bosun Paki

Bosun Paki has been a member of the Baking Industry Association since 2007. Together with his wife Abigail, he runs Auckland-based Luv A Pie Foods Ltd.



Before Luv-a-Pie, Bosun and Abigail had the well-known Romfords reception venue in Mission Bay.

The pie company has grown consistently since they bought it in 2007 and achieved significant growth with the acquisition of a second brand a year ago.

Bosun's previous experiences encompass the fields of distribution, warehousing, catering and hospitality.

Bosun's working life began when he acquired a courier run as a teenager and quickly had to learn how to win and keep happy customers. The lessons have stuck.

Now he is passionate about pies and his thinking extends far beyond his own business. He has a vision of the future with virtually unlimited opportunities for New Zealand pie-makers.

# news and views

## Welsh cake company launches pop-up online service

By Lesley Footitt in *British Baker*

A Cardiff-based cake shop, Bute Cakery, recently launched a new delivery service which supplies luxury cakes, cupcakes, cookies or brownies just one hour after being ordered online.

The Bute Cakery normally produces only to order a day or more ahead of delivery.

The faster service for Bute Cakery ran for only two weeks in June – like a pop-up shop in a physical location, but on the web.

Offers included a salted caramel,

chocolate Oreo, Ferrero Rocher, choc chip cookie dough and white chocolate cupcakes.

The owners told Walesonline.co.uk: "With this online pop-up, it will operate much like a bricks-and-mortar bakery, where customers can buy 'a little of this, and a little of that' and it will arrive within the hour."

## Butter bust

Japan is facing a severe butter shortage affecting cake making across the country, echoing last year's dairy disaster that left supermarket shelves empty.

The Japan Dairy Association warned in May that demand for butter would outstrip supply by more than 7,000 tonnes.

Bakeries are rationing supplies of butter-rich goods and in some cases turning to margarine to keep up supply. The shortage is due mainly to a decline in Japanese dairy farming as older farmers retire while their children have opted for city life. A summer described as "brutally hot" also created a dairying crisis prior to Christmas.

Dairy products nevertheless remains largely protected from imports. Butter is now on the negotiating table as trans-Pacific trade talks reach the final stage.

## Bakery future proofing

Masterton's highly regarded Ten O'clock Cookie Bakery Cafe has been getting in early, implementing the new BIANZ Food Safety Programme well ahead of the law changes that will soon make such programmes mandatory for many food businesses.



Nathaneal Cressy

Bakery manager Nathaneal Cressy told *Slice* they were previously under the local council's supervision but decided that "we needed something more substantial in the way of qualifications in order to keep up with the changing times and in order to maintain our wholesale customers."

"It went very smoothly," Nathaneal said. They had yet to be audited but he was looking forward to getting it signed off. "I think BIANZ has done a fantastic thing with what they've written. For anyone who wants to go down that path it's the best way to go."

"You can take it and run. Most of the work's done for you."

They worked through the programme with Ian Shaw and Leia Manewell, a café and bakery specialist, at Christchurch-based Food & Health Standards (2006) Ltd, and most of the work was done by "remote control" – phone and email – Ian Shaw told *Slice*. Leia Manewell had to visit the bakery only once, making it a very cost-effective process.

This was the first implementation of the BIANZ's new food safety programme. It will be deemed to be a customised food control plan under the new Food Act 2014 which comes into force on 1 March 2016. "It prepares them well for the future," Ian Shaw said. "It gives them some good management tools and better security for the business because food safety is managed consistently."



Food protection for New Zealand

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## Tax on bread “lunacy”

The Food and Grocery Council said in July that a study calling for a 20 percent increase in the tax on staples such as bread, milk and cereal is lunacy.

The study by Auckland and Otago universities found taxing foods high in saturated fat and salt could save the lives of more than 2,400 people per year.

But the Food and Grocery Council said taxing staple items would put them out of the reach of many New Zealanders. The Council's chief executive, Katherine Rich, said the foods targeted by the suggested 20 percent tax increase were staples for many.

Mrs Rich said the proposed tax hike would make the everyday foods too expensive. “Putting a 20 percent tax on eggs and milk and bread for example, on top of the 15 percent GST – you’re inflating the price of those products by, ultimately, 35 percent.

“That would make them the most highly taxed food items in the world.” She said following the tobacco taxation model for food won’t work unless the tax was levied at a much higher rate than the proposed 20 percent. “The tobacco model doesn’t work for food because people can give up smoking – they can’t give up food. People need to eat to survive and so that’s why affordability is very important.”

Report co-author, Cliona Ni Mhurchu, said taxation would lead to behavioural change. “We know from previous research around tobacco, and a lot of the work that’s been done, that price is a really big lever in terms of driving behaviour change, and also there are an increasing number of studies coming out overseas, as well, that suggest that food pricing is important too.”

She said the proposed tax increase was affordable. Professor Ni Mhurchu said the study also called for a 20 percent subsidy on fruit and vegetables and that would balance out any tax increase.



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## Sodium reduction breakthrough

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## British university scientists find way to propel rocket using only Chelsea buns

Experts from Cambridge University's Science Centre fired a wooden punt down a river. Its engines were fuelled by 10 frozen Chelsea buns bought from a local baker.

The fatty ingredients burned produced a thrust that lasted for a full 40 seconds. The rocket engine was propelled by the cakes after they'd been frozen using nitric oxide.

The project was masterminded by Jon London, who previously worked behind the scenes on TV shows including Sky's 'Brainiac: Science Abuse'.

It was put together with the launch button from a model rocket box used to house the water pump for the coolant system, with pieces from two other rocket engines thrown into the mix too.

London, who has built rockets using salami and fish and chips as fuels in the past, described using Chelsea buns as "the only way to make this even more Cambridge-y."

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## Northern Ireland bakers guilty of anti-gay discrimination

A Northern Ireland bakery has been found guilty in a landmark ruling of discrimination for refusing to bake a cake with a pro-gay marriage theme.

Ashers Baking Company received worldwide support from evangelical and born-again Christians over its refusal to make the cake for a local gay rights activist in the region. But a judge in Belfast high court on Tuesday ruled that the family-owned firm was guilty of discriminating against Gareth Lee on the grounds of sexual orientation.

District judge Isobel Brownlie acknowledged that the McArthur family, which owns Ashers, do "hold genuine deeply-held religious beliefs". However, she pointed out that government regulations were there "to protect people from having their sexual orientation used for having their business turned down."

The judge added: "I believe the defendants did have the knowledge that the plaintiff was gay."

## Brussels boosts bugs

Market research company Canadean asked 2000 UK consumers whether they would be willing to eat insects. 803 of them said they would try and 127 of those said they would be interested in eating them regularly.



With 40 tonnes of bugs and grubs for every human on earth, insects are an abundant and sustainable food source, rich in protein and minerals and low in fat. They are popular in many parts of Africa and Asia, but getting large numbers of Europeans and Americans to eat them is regarded as a major challenge.

The potential of insects as food has been recognised by the Brussels-based European Union, which has offered \$3 million to research the use of insects in cooking.

According to Canadean, 65 percent of UK consumers would resist trying foods made from processed insects despite their nutritional value.

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# High achievers

## North Shore couple both score gold



NZ Bakels MD Brent Kersel, top apprentice pie maker Tina Yi, bakery advisor Rob Woods and NZ Bakels sales manager Tony Marshall presenting the Bakels Apprentice Pie Maker award at Mairangi Bay Bakery.

It was a hands-down no-contest win for Tina Yi in this year's inaugural Bakels Apprentice Pie Maker award competition.

Two pies were required per entry, a gourmet meat and a mince and cheese. The pies were judged in the same way that those in the Supreme Pie Awards are: by pastry appearance first, by cutting and judging the filling for look and aroma, and lastly by taste.

Tina Yi's two pies came top in both categories, making the decision on overall winner completely clear cut.

Tina is intent on completing her level 4 apprenticeship training this year, but with a busy shop and two young daughters to look

after, it's going to be hard, not that this ever stops people like Tina.

She works in the shop in Mairangi Bay, on Auckland's North Shore, with her husband Vong Hean. (He took the bacon & egg pie gold in the Bakels Supreme Pie Awards this year.)

While apprenticed to her husband, she says she has learnt a lot from the Bakels team as well, giving particular credit to the technical advice and support she has received from bakery advisor Rob Woods during his bakery visits. The aim, once she is qualified, is to open a second shop. Her brother is also working on through his baking apprenticeship so he will be brought into the business as well.

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# bakery scholarship winner

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 2005 and each year is open to all first year students who wish to further their knowledge by undertaking a second year of study.



## Crystal Kagan

*Scholarship a dream come true for Crystal*

A Southern Hospitality scholarship was a dream come true for Crystal Kagan, a mature student who worked night shift to fund herself through her first year of a Diploma in Patisserie. Catching three hours sleep in her car or wherever she could after work before getting up at 6am to go to her course didn't stop Crystal from achieving outstanding results which led to the scholarship.

It has taken a while for baking to find Crystal. After deciding that a life in the navy was not for her, she worked her way up over 12 years of night shift to second in charge at a courier company. Bored one afternoon at home, she started baking, and has not looked back since. After a year she had a stall at the Coatesville market selling muffins, bite sized Christmas puddings and cinnamon scrolls. "It was successful and I made a profit so I thought I'd like to do this for a living. I had good feedback from customer, family and friends," Crystal says.

But she's not the only one out there with a passion for baking and it was a case of third time lucky before she was accepted

into the Diploma of Patisserie at AUT. When she heard about the Southern Hospitality scholarship in class she applied, as did everyone else. Crystal says she really wasn't expecting to receive the scholarship, and there was great delight when three of the students in her class were successful. "It's made a huge difference for me. It's taken a load off my mind having that much of my student loan paid off already. I have peace of mind knowing I don't have so much to repay at the end of the year."

When she's not in class Crystal is reading about baking, talking about it and thinking about it. She loves making bread and says she's fascinated by it being a living thing that you have to keep your eye on. "You have to be really hands on with bread, really get into it. It's your baby, a living organism." She's also excited about the upcoming chocolate course.

"When you're this enthusiastic about something and get such a buzz from it you know you're on the right track," she says. "I know I won't make millions out of baking but I get such satisfaction and enjoyment out of it. Sometimes it's really frustrating but my knowledge base is growing constantly and the tutors at AUT are brilliant. You learn by doing every day."

Crystal plans to travel to the USA next year and get experience there. In the meantime she's hoping to get experience here in New Zealand while finishing her course.

*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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# Perfect Potato Top



Words and images **Vivienne Haldane**

**Martin Bosley, celebrity chef and judge, described winner, Shane Forster's potato top pie as 'spectacular, with rich tasting meat, pastry crust and cloud--like mash topping all in perfect ratio,'**

***Slice caught up with Shane to find out more.***

The week Shane Forster won the Baker's 2015 Supreme Pie Award with his potato top pie is a week he won't forget.

The staff at New World Greenmeadows bakery in Taradale, Hawke's Bay where he works were ecstatic. "I didn't get any work done for the first few hours because the media wanted to have a yarn but all I wanted to do was get back into it," he says.

After that, the bakery went into overdrive. "We baked 9,500 pies in a week. Our busiest day was the following Saturday when we sold 1,900 pies and most of those were potato top pies."

He thought that might happen but admits at first they were running around 'like headless chickens' and desperately needed more tins to keep up with demand. A phone call to Southern Hospitality to order more took care of that.

Forster, started his apprenticeship at Campbell's Bakery, Napier continued it at B.J.'s Bakery, Hastings, then completed it at Greenmeadows New World, where he's been for the past 18 months.

It was at B.J.'s that he first got a taste for competition work. When he stepped up and said that's what he wanted to do, B.J.'s bakers, James Buckrell and Dave Hewer, taught him how to go about it.



"When I came to the New World bakery, I asked if I could carry that on. I did much of it in my own time just to show I was keen and prove it was worthwhile. It takes a lot of extra time to enter these things."

Winning the supreme award is the ultimate recognition and he says it's especially a thrill to win at his age (he's 37). He points out that many bakeries chase this sort of accolade for years before winning. "It's very competitive, 3-5,000 pies came through, so certainly a few bakeries enter every year. I think it will just keep growing as one of the most sought after competitions."

Forster is very conscientious about training for such a competition.

In the weeks leading up to it he trials his pastry methods with different folds and quantities of fat, until he gets the right consistency.

"Getting it in the right space in the oven to achieve a nice even bake and having nice clean tins is also important. All these small details help," he says.

However, on competition day things didn't go strictly to plan. "I was reasonably happy to start with – my pastry was doing everything I wanted it to, but for some reason, halfway through the day it turned to custard and things were not going too well in the oven.

"I mucked around trying a few different temperature settings and a few variations of placement and numbers of pies on the racks. It still wasn't quite working for me so after a 12-14 hour day, I packed it in."

"The next day, the only category I had to do was the potato top. I was actually not going to bother doing it. But I don't like leaving things unfinished, so I whipped up three dozen pies and chose two that looked very similar; all nicely baked, with nice brown spiraled potato and no mince showing through the potato."



Shauni Hofmann, Travis Henry, Shane Forster, Brett Ramsay, Tash Bell.

When he was announced as supreme winner, it was "an astonishing and proud moment. I am not really renowned as a chef or anything. I just had to go by my own palate and what tasted right. I like a lot of salt so I needed to create something that was a bit different to bring it back to what I thought would be acceptable: not too salty and not too peppery."

Keeping it simple and classic was his guideline and while he won't reveal the exact flavourings he used he says, "I used only six ingredients; not too many to make it too hectic and too complicated."

Forster appreciates the role his fellow bakery staff plays in achieving this award too. "If it wasn't for the rest of the team doing the jobs that I was meant to be doing, it wouldn't be possible for me to do the competition. I believe it is a team effort. Even though I created the pie, their input has helped me immensely."

His future plans include competing in the Foodstuffs Bake Off and he'd like to give the BIANZ's Bakery of the Year a go too.

For now he's very happy with what he's achieved and where he is. "I have a great team and brilliant bosses so I couldn't ask for anything more."



The queue forms: 1900 pies sold on the Saturday after the Awards.



At the Awards presentation: New World Greenmeadows owner-operator Iain Beaton with Shane Forster.

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# Called to judgement

BIANZ president **Michael Gray** was invited to join the judging panel for this year's NZ Bakels Supreme Pie Awards.

He tells how it's done.

All the judges assemble the night before. Bakels put on a get-together so we can get to know each other, then the next morning we hit Bakels about 7 o'clock in the morning.

The Bakels team have been there since about half past four in the morning and the pies are all laid out in the different categories ready to be judged.

There's a briefing for the judges: we're given ideas on how to judge and it is emphasised that the judges are not to discuss their scoring amongst themselves. It's all meant to be independent.

Judges can talk about the product with each other but the scoring must be completely independent.

## Integrity

There's a lot of integrity in the way Bakels manage the process.

Any pies that might have been slightly overweight when they came in the day before are re-weighed in the morning in case they have lost a bit of weight in the fridge overnight. Disqualifications can happen here but the final decisions on those are made by the chief judge and all are recorded by the chief auditor.

There is a team of three judges and two assistants for each category.

The assistants open the boxes and get the pies out, then they show the judges the top, the bottom, and then they cut one of the pair in two. That way the judges can give a score for the appearance of the whole product, then score for the top, score for the bottom and then give a specific scores for the appearance of the pie and the size of the filling. Does it look appetising? Is it colourful or does it look stodgy? Does it look appealing as a cold pie?

## The inside story

People entering this competition really need to think about how their pie looks when its cut in half and cold. The trick is to make sure you've got a pie that looks really great inside because there's a very high standard.

## Making the grade

As you go through all these different sets of pies you notice that some pies are really in the top standard and some don't make the grade. Those people need to think about making sure their pies are baked properly and that they have clean tins.

There are still a few pies that come through where people haven't wiped their tins out well enough before they start.

When you're trying to judge a section that has 200-odd different entries, any little blemish is going to be counted against you.

## A glazed appearance

Also you need to make sure it's a pie that's going to stand out. It can't just look like an ordinary pie. You need to make sure it's got a good eggwash glaze on it because there's still quite a few people that who put pies in that just don't have quite the glaze.

Having a good glaze can make the difference between getting through to the tasting or not.

## The semi-final

Once you've gone through and judged all these pies visually, the judging sheets go away and they're recalculated, then a sheet comes back that has all the pies to be tasted – generally the top 20 or 30 pies in each section.

The assistants get all the pies out, heat them up if they're to be heated, then the pies go through the whole judging process again.







You look at these top 20 or 30 pies: they get the full visual inspection again and at this point the judges are allowed to use 0.5 of a point in their markings to help sort them out.

Once you've gone through visually, the pie that was heated is sampled. There's lots of water on hand so that way judges can flush out the flavours from one pie to the next. Again there's no conferring on the scores.

Finally the sheets are sent away and that's it from the judging process because after that the top pie from each section is then sent off for the supreme award judging.

The judges in my section for instance, the gourmet fruit and the bacon and egg, didn't even know which pie was top, because the judges don't talk about their scores.

#### Full on with fairness

We start judging pies at seven and it doesn't finish until about 3 o'clock in the afternoon, so it's a very full on day for the judges and you've got to make sure your minds are really on the game.

Bakels make sure that the competition is run extremely fairly. There's no interference from the Bakels team as to which pies are put through.

I was most impressed by the systems Bakels have put in place to achieve the utmost integrity.



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# The builders

by Sadie Beckman



Building a bakery is an exciting opportunity to customise your business operations, choosing the components and aspects that fits best with your business requirements and personal wish-list.

However, whether you are rebuilding, remodelling or starting from scratch, there are many important matters to consider so as to make it right from the start, before a single metaphorical

brick can be laid.

Slice has interviewed owners and managers of prominent bakery businesses that have gone through this process to glean their best tips and advice for others considering taking it on.

## Experience counts

Heaven's Bakery is a Hawke's Bay institution, having won multiple industry awards, including New Zealand Bakery of the Year six times.

The business began with Jason Heaven's father back in the 1960s, growing to multiple sites over the years.

In 2003, Jason Heaven oversaw the construction of a new purpose-built premises in Greenmeadows, which often hosts others from the baking industry keen to see the systems and innovations he has planned and installed. This is a process he believes is vital before you even get to the starting line of a build project.

## The first thing

"The first thing I would ever do before you even build is do heaps of homework, talk to lots of people, network, go and see lots of bakers in the Baking Industry Association and ask those that have actually built what's worked and what hasn't worked," says Jason Heaven.

"There are lots of people who've got different ideas worth getting hold of and we still do it. Take heaps of photos and get heaps of advice before you actually go and do it, that's the main thing. We also do that for any major piece of equipment we buy."

Martin Meehan, founder and owner of Kidd's Cakes and Bakery in Christchurch, agrees. The company rebuilt on their existing site having acquired more space to expand into.

"Before you start, go around and see as many bakers as you can – within reason – which we did. We found people very welcoming. They'd charge around and say 'this is what I did' and you got an idea."

Martin Meehan also strongly advises people to have plenty of input at the planning stage. With their building being a specialised one, they were able to walk through the plans in a virtual way, using software to visualise the final outcome.

"If you can walk through the system and change it while it's still a line on a bit of paper its way cheaper than trying to get a builder to make an adjustment," he says. However, he definitely believes experience counts in the planning stage as well.

“do heaps of homework, talk to lots of people, network, go and see lots of bakers.”

## Hindsight

"I think we could have saved up to about \$200,000 on this build if I knew then what I know now. I could have made my life a lot easier because you've got to sell a lot of custard squares to pay off that sort of mistake."

"The golden rule applies of course: experience is what you get about three seconds after you need it!"

Nada Bakery's company manager Michael Gray oversaw the overhaul and refit of an existing commercial building in Tawa, Wellington. He has exactly the same piece of advice for prospective bakeries.

"Really plan what you're doing and look around as many different places as you can before you go ahead and start putting pen to paper," he says.



"Visit bakeries and get ideas, find out from people who've built recently what went right and what went wrong. "Also, I wouldn't skimp on an architect or experienced professional designer.

"Go with a good company if someone can give you a recommendation, preferably someone who has factory design experience, because what you spend on a little bit extra getting someone decent will make the consent process easier and they'll also make sure you get little things you probably wouldn't think of."



## The next stage – workflow

So you've researched other builds and refits, talked to people, done your homework and found an architect or designer. What next? All three agree: plan your workflow.

Using virtual tours via architectural software or, as Michael Gray did, use paper cut outs laid on a plan like a jigsaw puzzle, then figure out the most economical and effective way for your product to move through the space from start to finish.

*Continued on page 16*

## The call for walls

As well as creating a good working environment, bakery walls and ceilings have to make cleaning and hygiene straightforward and to maximise light.

It all comes back to things that are easily cleaned. It's not just the bench spaces that need to be hygienic. In busy bakeries you can spend a vast amount of time cleaning when really you want to spend your time focused on baking itself.

ANZ Catering Head Chef Clint Davies is head chef for the commercial kitchen and catering operations at the ANZ Centre in Auckland, overseeing five to seven chefs. His role is to manage operation across three kitchens in the ANZ Centre space. All are lined with Hardieglaze.

"The kitchens were built about a year ago," says Davies. "The Hardieglaze wall lining stays clean well and the reflective white colour has added more light. Obviously it's crucial to be able to see well in a kitchen environment."

Ana Barragan, National Account Manager for ANZ's catering company Collective Hospitality, notes that the Hardieglaze product has even more advantages than purely reflectivity and ease of cleaning. "Believe it or not, I've seen a multitude of chefs using it as a whiteboard!," she says. "It's easy to clean afterwards, too, which makes it multifunctional."

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# The builders

Continued from page 15

"Look at the way you want your product to flow through your place and maybe do a course on lean manufacturing to understand how lean can save you time in manufacturing," Jason Heaven says.



Martin Meehan agrees. "Planning your workflow is critical. Basically it would be good if all the inward goods came in the back door and all the finished goods went out the front door and it's a continuous line," he suggests.

## Sustainability

Then have a good, hard look at your 'nice to haves', all the little bells and whistles, because a lot of money is tied up in that but, having said that, this is your only chance to get them."

Michael Gray introduces the third key thing the businesses agree should be considered before a rebuild; sustainability, an area that is improving in price and innovation all the time.

While Michael Gray says they aren't recovering heat from their refrigeration as it was very "pricey" at the time, the business keeps an eco-friendly approach in mind and has been retrofitting LED lights in the building.

"The other thing that I've done which I think is really good is in the store rooms and other areas where people aren't working all the time, our lights are on sensors so you don't have a light going in areas that you're not using all the time," he says.

Jason Heaven says he would have liked to utilise heat recovery, and that in hindsight it would have been something to focus on more.



"I see a lot people putting in these refrigeration units, I think they're called Glycol refrigeration units, that take the heat that you generate from refrigeration heats to heat 20-30% of the water," he explains.

"Basically it preheats the water because when you're cooling stuff you're making all this hot air that's just blowing away into the atmosphere.

"We should have taken that and put it into heating our water. There's also a lot of wasted heat off the bakery, so maybe taking that and heating the bakery somehow during the winter months, I would do a lot more."



## Other important advice from the bakers who have built

**Cost:** Are your finances in order? Have you written lists of 'vitals' and 'nice-to-haves'?

**Multi-use:** Can you design the build/rebuild so the building remains multi-use, should you want to sell it in future? This can make it considerably more valuable as real estate.

**Electrics:** Bakeries need three-phase power. Is there a transformer nearby? This can be a major cost.

**Lighting:** Can you use natural light to save costs? Are your lights designed to ensure broken bulb pieces can't potentially fall "in the mix"?

**Water and plumbing:** Research the best systems for you. Reticulate hot water so it's always ready and hot at the tap? Collect rainwater? Enough drains for cleaning easily and big enough sinks to fill large containers?

**Don't forget your contingencies.** Things will always come up during a build that cost extra.

**Work systems:** These need to be robust to cope with the change of space as well as the spike in business that is likely as customers check out the new place.

**Space economy:** Have you planned in minimal extraneous walking and storage that makes sense?

**Research your floor and wall coverings.** If covering existing floors and walls are they up to scratch, or are there any cracks, retained moisture or missing damp proofing?

Continued on page 18



# A cleaning revolution

In the hills of Hunua you will find a small, surprising business called Spectank.

Licensed in fifteen countries, Spectank has been operating in New Zealand for eight years. Spectank's customers include five-star hotels, commercial catering companies, fine dining restaurants, fast food franchises, supermarkets, large bakeries and small owner-operated cafes.

Owners Mandy and Richard Fowler really like the idea of their product being safe for staff to handle with no nasty fumes or caustic burns. The beauty of this product is that it does exactly what it is supposed to do.

What is a Spectank? It's a revolutionary cleaning system that is biodegradable, environmentally friendly, non-toxic and non-caustic. It removes fat, grease, carbon and oil without causing any damage to the equipment. Hard-to-reach corners and small holes in racks are easily cleaned with the Spectank® System.

## Look, no hands

It seems crazy to have a kitchen hand on \$15 an hour scrubbing trays, pots and pans, grills and extraction filters when a Spectank will do it for less than 30 cents per hour. The Spectank® will work 24 hours a day without a break. It doesn't need a holiday. A Spectank® will keep your kitchen equipment looking new all year round.

You can even clean your extraction filters in your tank: a 10 minute soak in the Spectank and a rinse under the tap (or through the dishwasher) will have the filters like new – and cost you nothing extra.

There are many other ways a Spectank can save you time and money.

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**Michael Gray**  
**Nada Bakery, Wellington**

- **Fire risk reduced:** By regular filter cleaning, the risk of a ducting fire is almost completely removed.
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- **Floor degreasing:** Just scoop up a bucket of chemical from the Spectank, pour it on the floor and mop it around to degrease.
- **Fewer cleaning materials:** No need for scourers, steel wool, rubber gloves, disinfectants etc. Chefs can even put their white jackets into the tank to remove any fat and grease stains. And you can degrease your mops every month to save replacing them. Just pop them in the tank the day we come to service it.
- **Save on equipment replacements:** No more wonky handles on pots because the kitchen hand has been leaning on it trying to scrub.
- **Save on commercial cleaning of grease traps:** Spectank chemicals are drained on site. This cleans all the plumbing and dissolves the residue in the grease traps reducing the frequency of commercial cleaning.
- **Safer for your staff:** Spectank chemicals are non-toxic, non-caustic, bio-degradable and environmentally friendly.

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# The builders

Continued from page 16



## It's just a refit. Should you use a contractor to project manage?

A new building or major rebuild is clearly a job for a skilled designer or architect, but what if your project is merely a shop or bakery refit, updating existing premises? Surely that's within your capabilities?

You are strongly advised to engage, if not a designer, then at least a master contractor. It is likely to be crucial to getting the job done on time, on budget and with the result that you want.

Darren Carlow and Andrew Snee of The Naked Baker in Christchurch can't emphasise enough the difference their contractor made to the refitting of their retail bakery and café at North Brighton in Christchurch.



The space was transformed into a much larger bakery and café, with better plumbing and lighting, with more bench space and easier to clean.

The refurbishment was a three-year project from start to finish although the final phase was carried out in a month.

Continued on page 21

## Flawless floors

To learn something about flooring in relation to construction, we spoke to Shaun Stephens of Ardex.

Ardex specialises in construction materials for substrate preparation, levelling floors, the fixing of natural stones and ceramic tiles, and other surfacing materials.

The company, says Shaun, deals with waterproofing from the floor to the roof, offering a range of products. Every site is specific, so the company gets involved at the specification stage, allowing them to deal with the issues the owners and specifiers may have.

The thing to be most mindful of is moisture. The biggest problems are in slab floors in older buildings that don't have damp course membranes as dampness can rise from the ground. If there are existing cracks, are they 'dead' or 'live'?

Ardex don't sell floor coverings. There are a multitude of options but expert advice is needed to determine materials that will withstand not only the wear and tear, heat and hygiene requirements of a bakery, but also the inevitable spillages.

## Power

Advance Electrical's John Dyason has some experience and advice for potential bakery rebuilds/refits. "Electricity is not to be taken for granted," he says.

"Commercial ovens generally require a three-phase power supply, so the most important consideration is the size of the nearest three-phase transformer and its distance away."

Dyason recalls installing the mains cable into Nada Bakery in Tawa a few years ago. It involved running a cable about 20 metres down the side of a bank, over a bridge on the Porirua stream, and beyond. It took 10 men to pull and carry it. The cable alone was a big investment for Nada, costing around \$30,000, but that was much cheaper than putting in a new transformer at a cost of around \$150,000.

But what if there is a power cut? Operations can be seriously impeded or even stopped, and product stored in refrigerators or freezers ruined. Dyason says putting in a bit of investment ahead of time is a good idea. "Standby generators are worth considering, particularly in more isolated areas," he says.

Beyond three-phase installation and back-up power, the other main area to consider is lighting. The recent advent of white LED lighting is changing the whole art and technology of lighting radically. Lighting is something to consider at the design stage and incorporate into the overall plan of any refit, rebuild or new build, alongside checking or replacing existing wiring.

A good electrical plan will be vital for the build stage and for the future, should adjustments or maintenance need to be carried out.

## Smart energy

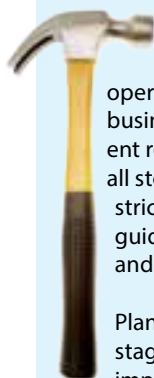
Ever since the invention of the first woodfired oven, bakeries, have been enormous consumers of energy. The current age of invention (otherwise known as technology) has brought forward smart new ideas and methods for saving and recycling energy that can make installing new equipment ever more worthwhile. Thus energy saving is now a daily topic of concern for every baker.

At iba, the world's biggest bakery trade show, which takes place in Munich from this September 2015, more than 700 out of the 1200 exhibitors will be showcasing energy-saving innovations in production technology.

"I especially recommend small businesses to have a close look and to seek advice here," says Peter Becker, President of the International Union of Bakers and Confectioners. Whoever invests in useful energy-saving technology can say goodbye to a massive burden of rising energy costs."



## Storage



Storage is a vital part of a bakery operation. Different businesses have different requirements, but all storage must meet strict health and safety guidelines set by local and national authorities.



Planning your storage, shelving or racking at the design stage will save time and money in the long run. It's also important to remember about staff safety and wellbeing. As well as following safety and hygiene standards, does the layout allow for good workflow, ease of access and staff comfort?

Commercial storage solution company Novalok has the following information on its website about some of the requirements related to storage and shelving in a food-handling setting:

- Fixtures and fittings must be designed and constructed so that there is no likelihood of food contamination.
- If shelving and storage units are able to be mobile then they must be easily, safely and hygienically able to move.
- All food contact surfaces must be able to be cleaned effectively and if necessary sanitised to prevent any cross-contamination.
- All surfaces used to store food must be smooth, free of chips, crevices and ridges or grooves that could harbour bacteria and impair easy and effective cleaning.
- There must be adequate space to permit a workflow that will separate food handling areas to prevent cross-contamination.

These considerations will go a long way to ensuring your businesses is compliant. As Novalok point out on their website, "there is no glamour in storage and shelving, but there will be even less glamour if you don't have it."

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# The builders

Continued from page 18



Andrew Snee advises anyone doing a refit to get copies of all plans, preferably in colour, so that everyone sees exactly what has to be done.

"There's a lot to be said for a solid set of plans, especially electrical plans," he says.

"Miles Construction did the job for us. They are absolute perfectionists and documented everything." The contractor took minutes of all the meetings with tradesmen and then emailed them to Darren and Andrew after double-checking everything.

"The minutes and emails helped ensure that tradesmen did what they'd promised."

Darren and Andrew agree that, while it cost them more to use a contractor to project-manage the job, it was worth every cent.

"Our contractor used his knowledge to our advantage and really saved us money with his ideas," he says.



Andrew's final piece of advice is to be very specific about what you want. "You need to know exactly what it is you want and then make sure the contractor knows and understands this too. Adding in extras later on costs a lot of money."

## Worth it?

With so many aspects to consider before undertaking a build or rebuild, it can seem a daunting task. However, despite looking back at mistakes or things they would change, all the interviewees agreed that it was worth it.

Productivity increase, better workflow, a more comfortable and customised working environment and the creation of an asset mean the hurdles are worth jumping to get to the finish line on your project.

As Meehan sums up; "If you're following your dream to really do something and say 'yep, I did that' then it's worth it."

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**BAKING INDUSTRY**  
ASSOCIATION OF NEW ZEALAND



## **BIANZ coordinates initiatives focused on**

**promoting the baking industry**

**serving our members**

**providing industry leadership**

### **We are here to**



inform, support and assist members to grow and sustain profitable businesses



promote the baking industry and its products to consumers and stakeholders



provide industry leadership and advocacy



educate the industry and the consumer



grow the industry and the base of bakers and bakery trainees in New Zealand

### **How we operate**

The Baking Industry Association of New Zealand was known as the New Zealand Baking Society until August 2005. The Baking Society was formed in 1967.

The Association is governed by a board of up to seven voluntary Executive Members, usually bakery owners, elected each year at the Annual General Meeting. BIANZ employs an Executive Officer to carry out the instructions of the Executive committee and fulfill the day to day requirements of the Association's office.

### **Who should join BIANZ?**

Owners and managers of bakery-related businesses, including wholesale and retail bakeries, cafes, catering companies, patisseries, in store bakeries, cake shops, lunch bars and canteens

Industry suppliers

Bakery and patisserie trainees and apprentices

Independent bakers and patisserie chefs

Related organisations and associations



## What can we offer?

### Buying Partner Discounts

Membership of BIANZ guarantees you rebates with some of the industry's biggest suppliers. Visit our website or see the directory in Slice magazine for a list of partners.

### Food Safety Programme

BIANZ's Food Safety Programme is available to current BIANZ members. It's the most advanced Food Safety Programme for bakeries and cafes in New Zealand and has the approval and support of the New Zealand Food Safety Authority.

### Online resources

Employment contracts, credit application forms, cashflow forecast template, business income statement template, the Four Five's Rule calculator, business plan template.

### Advisory Service

The Association's advisory service helps members with staffing issues, employment contracts, food safety regulations, health and safety requirements and training. BIANZ's Executive Officer and executive members are willing and able to provide practical advice and assistance.

### Free employment legal advice

Members are entitled to free legal advice on employment issues.

### Free advertising

Classified advertising in BIANZ's Slice magazine and on our website is free to members.

### Events

BIANZ hosts regional meetings, conferences, competitions and bakery tours. BIANZ events give members the opportunity to meet, compete, exchange views, learn new ideas, catch up on technology developments, ingredients, management and marketing, and network with the wider industry.

### Training

We assist in placing graduates, facilitate student entry into competitions and provide trainees with relevant industry information while they are training. BIANZ works closely with training providers and Competenz, the Industry Training Organisation, to recruit bakery trainees and ensure bakery qualifications remain relevant and accurate.

### Media

BIANZ's Slice magazine, e newsletters, website and Facebook page keep members up-to-date with trends, news, industry information and recipes throughout the year.



**Complete the application form on  
the next page or online at**

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





## BIANZ Membership Application

Mail the completed form to Membership Applications to:  
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(0800 69 22 53)  
Phone (03) 349 0663  
Fax (03) 349 0664  
Mobile 021 222 9676  
Email [admin@bianz.co.nz](mailto:admin@bianz.co.nz)  
[facebook.com/BakingindustryNZ](https://facebook.com/BakingindustryNZ)

### To become a member

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

### Membership type (tick your choice) – gst included

- |  |        |                          |
|--|--------|--------------------------|
| <b>Full</b> for bakeries & cafes   | \$380  | <input type="checkbox"/> |
| <b>Associate</b> for industry suppliers  | \$200  | <input type="checkbox"/> |
| <b>Independent</b> for individual bakers   | \$100  | <input type="checkbox"/> |
| <b>Trainee</b> for current bakery trainees   | No fee | <input type="checkbox"/> |
| <b>Corporate</b> for bakery related organisations<br>(Please contact the office for further details) |        | <input type="checkbox"/> |

Contact person \_\_\_\_\_

Name of business \_\_\_\_\_

Previous owner of business (if applicable) \_\_\_\_\_

Business address \_\_\_\_\_

Postal address \_\_\_\_\_

Telephone \_\_\_\_\_ Private or Mobile \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_ Website \_\_\_\_\_

### Payment Options (please tick the option you are using)

**Direct Credit** to 03-0830-0136-185-00 ☐ Please use your business name as payment reference

**Cheque** ☐ Please attach your cheque to this form when you send it in

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**Expiry Date**

**Cardholder Name**

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### Easy Pay Option

You can choose to pay your subscription in 12 monthly installments. There is an additional \$20 administration fee for this option. The cost will be \$33.34 per month. Please set up an automatic payment with your bank account.  
Payment should be made to the BIANZ bank account 03-0830-0136-185-00  
Please use your business name as payment reference.

### On receipt of your payment and application BIANZ will forward to you the following in your membership pack

Membership Rule Book  
Management Resource Kit - including the BIANZ employment documents - the latest issue of Slice, the association's magazine, information on our buying group, BIANZ diary and a Food & Work Safety DVD.

On receipt of your payment and application BIANZ will forward to you the following in your membership pack:

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

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

1. That upon receipt of the membership pack, I/we agree to read the membership rules and if I/we do not wish to abide by those rules I/we will return the membership pack within 10 working days of receipt. (Your membership subscription will be reimbursed on receipt of the membership pack.)
2. That materials and resources including any Food Safety Manual provided by BIANZ remain the property of BIANZ. I/we will not permit any unauthorised copying or other reproduction of this material nor allow this material to be used other than by members of the BIANZ or their employees. When membership is terminated all such materials and resources including any Food Safety Manual is to be returned to the BIANZ within five working days of termination of membership.

Signature of authorised person(s)

Date / / 20





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Under the new food safety laws, off-the-peg plans laws will not be suitable and available for all food businesses. Many will require a customised food control plan, one written specifically for them and then approved and registered by the Ministry for Primary Industries.

### **Get it sorted easily**

Bakeries with a BIANZ Food Safety Programme in place now will not need to do anything. You can get it sorted quickly and easily right now with the BIANZ members-only template. It's easy, economical and, above all, safe – for you and your customers.

Call BIANZ 0800 NZBAKE or email [info@bianz.co.nz](mailto:info@bianz.co.nz) to find out how you can save time and money, and benefit from this BIANZ resource.

**Call or email BIANZ now to make the most of being a BIANZ member.**

**Phone 0800 692 253**

**Email [info@bianz.co.nz](mailto:info@bianz.co.nz)**

**and start playing safe.**

# Something new every day

After nearly 50 years with his hands in the dough, Ron Omelvena tells **Sue Fea** he still finds something new to learn every day.

Multi award-winning baker Ron Omelvena has had his head in the oven for 47 years and for him there's no place he'd rather be.

"I don't ever want to retire. That's not on my mind for one moment," says the 61-year-old, who has just launched a new bakery café business in Hokitika on the South Island's West Coast.

In a way he's back to his roots. Omelvena was born in Karamea on the Coast, but spent most of his childhood years growing up in Christchurch.

He's always been interested in cooking. "I'd often get told off by my mum for licking the utensils vigorously," he laughs. "At Papanui High School I was never interested in metalwork or woodwork so they put me in the cooking class with all the girls," he says. "As I was the first boy to be allowed to do this it was a classy move and caused much dissension among the other boys."

In 1969 he went to put his name down as a chef's apprentice at the Russley Hotel in Christchurch, only to discover there was a two-year waiting list. He'd already left school and was told of a place in Dunedin looking for an apprentice baker. "So I packed my saddle bags and headed for Dunedin on the first available rail car," says Omelvena.

He was interviewed by the late Coen Van der Hyde, a high-profile Dunedin baker, in January 1969 and began his career at the Gloria Bakery two days later. "I've been in the game ever since."

After just nine months in the industry, Omelvena had scooped the 'Regional Apprentice of the Year' award and was invited to do his first television demonstration with TV host Eileen Cook. "What a buzz that was," he recalls. "I earned three weeks wages in 15 minutes! Wow! I was on \$7 a week at the time."

Once he'd completed his baking apprenticeship Omelvena joined the army to do his chef training. "I couldn't handle the split shifts working as a chef. They weren't for me," he says. "I decided that if I was to remain a sober individual I would have to stay with baking. I enjoyed finishing work in the early afternoon as I still had time in the day to enjoy myself. Forty-six years on I'm still doing it and loving it."

The first bakery he owned was Invercargill's iconic Bell's Cake Kitchen, which he had for almost eight years. "I'm proud of the fact that the Baker of the Year Competition was being held there one year and as usual I didn't have time to devote to any individual products," he says. "So I grabbed things off the shelf and consequently came away with two seconds and two thirds."

Omelvena has cleaned up a number of prestigious awards during his 47 years baking, most of which are now a distant memory. "I have boxes of them."



Award-winning baker Ron Omelvena tries his hand at Asian cookery at a friend's Dunedin restaurant while his flooded bakery restaurant is restored in Hokitika

He's worked at almost a dozen different bakeries in his time, more than half of which he owned himself. His most recent stint was five years spent at Wanaka's Hammer and Nail Bakery, mostly as head baker. "This was a role I relished as I was able to work with some creative flair."

He and his wife, Mara, searched many locations looking for the perfect bakery to buy. A drive north up the Coast to Hokitika just felt right. "We felt really comfortable with the place and decided this would be it." Even though his wife's name is Mara, Omelvena insists it was a programme on TV that inspired the name for both of them.

They set to earlier this year and got the bakery shop up and running, opening a bakery, café and restaurant all in one in autumn. Local support was overwhelming. Breads and pies are big favourites, as are good quality meals," says Omelvena. His West Coast venison and sliced plum pies are going down a treat on the Coast where you also can't bypass a good steak and kidney pie. Hard workers enjoy hearty grub.

Omelvena also turns out a great range of traditionally cultured and fermented sourdoughs, ciabatta, wholemeal and rye breads, cakes and pies.



Mara's in Hokitika.

It's been a great escape from the fast pace of a busy tourist resort like Wanaka. "The people of Hokitika are a little more relaxed and very easy to deal with, as opposed to the hustle and bustle of Wanaka these days." A more relaxed environment gives him more time to develop new and interesting products, which the locals love.

The business was just gaining rapid momentum with Mara's out-catering arm in full swing when major flooding hit the West Coast sending a deluge of 20cm water throughout the premises.

"We'd only been trading for 48 days when we got flooded out on June 19." The flooding put them out of action until the end of August. "At least it didn't happen during the busy summer season and we now have a nice new premises to operate from."

The down time provided a chance for Omelvena to obtain a liquor licence for his planned evening restaurant operation, opening in spring. He was also able to head to Dunedin to learn authentic Asian cooking for his new evening menu. Omelvena took his crash course from real Asian chefs working for his Dunedin restaurateur friend Leonard Cheng. "We wanted to enhance our business with a wider menu option and I wanted to learn authentic Asian cooking so that I didn't incorporate any European twists."

The enforced closure also gave him enough time to see how the kitchen could be improved in the rebuild.

During the past 10 to 15 years he's seen a big trend towards gluten-free products and customers wanting to indulge in the old-fashioned methods of making bread. "Developing different breads using live culture starters and bulk fermentation, involving 16 to 20 hours proofing, is proving very popular." With so many more allergies around these days it's pleasing to be able to offer some choice for these people.

Once he hits the "50-year mark" in the trade, he'd like to back off a bit and do something a little less hectic. "My passion is to teach young people the skills required to be good baker and see the knowledge being passed on. Believe me, there are a few skills to learn," he says. It looks like he's succeeded so far with daughter Sarah and son Tony both trained bakers.

Omelvena's skills are always in demand at Sarah's Dunedin café Agnes's. "She loves me going down there to make things for her."

However, even with so much experience Omelvena assures he's still learning. "This is one game that you can learn something new every day and you will never know it all."

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# Rebekah reports

**Rebekah Savage** tells of her amazing year as winner of the 2014 Weston Milling Trainee of the Year competition.



Rebekah Savage with Savour Chocolate & Patisserie School pastry chef Robyn Curnow.

A year has gone by since I won the Weston Milling Trainee of the Year competition, and what a year it has been!

Since winning the title of Trainee of the Year I have featured in many articles, appeared on the Good Morning Show, given inspirational speeches to students, I left Rolleston Bakery to go and learn a different side of baking at Couplands, and last but not least, learnt so much more about my passion, baking.

With winning the Trainee of the Year competition, I received a scholarship of \$5000, a \$2000 travel voucher, an iPad and an iPhone, all thanks to Weston Milling (Mauri anz). With my scholarship money, I am currently completing online business courses to further my knowledge of business in the hope of one day running my own bakery.

I feel that it is crucial as a business owner to not only be skilled in the line of work, but to also know the ins and outs of how a business is run and everything that goes on behind the scenes.

At the start of June I crossed the ditch to Australia to visit the city of good food and shopping, Melbourne.

Using the travel money I won in the competition I was able to fly there, stay for a week and complete a macaron course at Savour Chocolate and Patisserie School.

As I am such a 'foodie', I absolutely fell in love with Melbourne's restaurants, cafés, bars and bakeries. I definitely indulged in too much sweet stuff.

My favourite places were Brunetti, where my jaw dropped as I walked in and it stayed dropped for pretty much the whole time I was in there, and Hopetoun Tearooms, where we had to line up outside for half an hour to get a table. Their idea of 'Tea and Tinys' was amazing! A window full of cakes and tarts definitely drew attention to their shop. I was in a cake lovers' heaven!

The macaron course was fantastic. For two nights I learnt how to perfect macarons and just how

versatile they are. However, they definitely aren't as 'big' in New Zealand as they are in Melbourne!

We created some amazing flavours including everyone's favourite, the cheeseburger macaron which looks like a burger but is made entirely of sweet products.



I found Savour Chocolate and Patisserie School amazing, and I will definitely be heading back over to do some more courses.

From my travels, I can definitely agree that éclairs are the next big thing in baking. It is going to be exciting to see all the new products that will be trending in New Zealand.

I would like to thank everyone who has helped me to be the best I can be in the past year, especially Robert Burns and the rest of the team at Mauri anz.

Also, Natasha, Steve and Mike at Bakels Christchurch, the lovely people at Competenz, and last but not least, BIANZ for the articles they have previously published about me.

I absolutely love being a part of New Zealand's baking industry and I can't wait to see what the future holds.



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# The Great Kiwi Custard Square



by Tracy Scott

## The results are in:-

Excuse the pun, but my gut instinct with regards to the Great Kiwi Custard Square was absolutely correct. The majority of us appreciate and grasp the Kiwi Custard Square with passion. We have had a brilliant response to "The Great Custard Square Debate" and in addition "The Choicest Kiwi Custard Square Map" is starting to take shape.

- 72 people responded to The Great Custard Square Debate.
- 62 are purists and are all for vanilla icing (it can only be vanilla icing is what they all said).
- 4 people out of the 72 liked chocolate icing (chocolate lovers aye) AND 6 persons said either (they just *love* Custard Squares so much and will take them as they come with no prejudice).

So with that all in mind The Great Custard Square Debate has well and truly been won at 15:1 in favour of vanilla icing.

Custard Square Enthusiasts all have feel-good stories, that's why we are enthusiasts. Preference to Birthday Custard Squares over customary birthday cake, the Interislander Ferry in 1978 (apparently), a hard day as a commis chef and the treat from the pastry chef, or just the everyday eating of your Custard Square in blissful privacy.

I have found Custard Square soulmates nationwide. The search for our Best Custard Squares is on. Now I say Custard Square's (plural) because one might not be enough. To get us started on the Choicest Custard Square Map I have a few choice offerings. Either taste tested by yours truly or another Custard Square Crusader.

Keep in mind our Custard Square categories:

<b>Purist</b>	traditional vanilla
<b>Contemporary</b>	chocolate & such
<b>Expressionist</b>	just funky

## Must-trys

Starting at the top of our country and working our way down:

**Gingerbirds** – Mt Eden, Auckland (purist)

**Eves Pantry** – Botany, Auckland (purist)

**Airport Café** – Tauranga (purist)

**The Federal Store** – New Plymouth (purist)

**Le Café Telephonique** – Taihape (purist with a hint of expressionist with the addition of rose petals)

**Brown Butter Kitchen** – Ohau Levin (expressionist)

**Bakery Stop** – Silverstream, Upper Hutt (purist)

**Nada Bakery** – Tawa and Johnsonville, Wellington (contemporary)

**Cosy Cake Shop** – Manners St, Wellington (purist)

**Zinnabunz Bakery** – Timaru (purist)

**Postmasters Bakery** – Riverton (purist)

Whether you are a Custard Square Enthusiast or Crusader ... tuck in! ...

... and keep in mind there is no attractive method or practice when eating a Custard Square, but there is ample enjoyment.



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.



# What's for lunch?



Sesame bun  
Steak, shredded lettuce, cheese  
Beetroot chutney



Rye bread  
Corned beef, shredded lettuce, egg, tomato  
Green tomato and jalapeno chutney



Pumpkin seed roll  
Salami, frilly lettuce, brie  
Sundried tomato and Kalamata olive chutney



Pide  
Sliced roast pork, lettuce, tomato  
Sage and onion marmalade



Burger bun  
Meatloaf, frilly lettuce, cheese  
Roasted vegetable chutney



Roll  
Hummus, sprouts, grated carrot, cucumber  
Roasted vegetable chutney



Ficelle  
Lettuce, tomato, red onion, sliced cheese  
Green tomato and jalapeno chutney



Slider  
Smoked chicken, cress  
Cranberry jelly



Soft roll  
Prawns, shredded lettuce, sliced cucumber  
Mango and peach chutney



Bagel  
Smoked salmon, cream cheese, sliced cucumber  
Mango and peach chutney



Grainy bread  
Bacon, avocado, lettuce, tomato  
Farmstyle plum chutney



Wrap  
Chicken, grated carrot, lettuce, cucumber sticks  
Tomato and red pepper relish



Grainy bread  
Roast beef, coleslaw  
Chow chow pickle



Long ciabatta  
Corned beef, rocket, frilly lettuce  
Sweet roast capsicum salsa



Wheatmeal bread  
Sliced pork sausage, lettuce, sliced cucumber  
Blackcurrant and red onion jelly



Pita bread  
Roast chicken, sprouts  
Tomato and red pepper relish



Panini  
Ham, baby spinach, camembert, tomatoes, lettuce  
Red pepper and chilli jelly



Croissant  
Bacon, camembert, lettuce  
Capsicum and apricot chutney

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# Bakery team leader inspires apprentices

By Sarah Taane



No-one knows better than 29-year-old Richard Mehana that it's a hard road getting to the top, but this hasn't deterred the South Aucklander from reaching his goals. For Richard, being a bakery apprentice and team leader for plants one and two at Goodman Fielder's Quality Bakers Auckland site has led to many achievements in the baking industry, but none of it has been easy.

"I look after two production lines; one produces Nature's Fresh, Molenberg and other breads and the other line produces Vogel's, MacKenzie and Freya's breads," Richard says. "It's challenging running two plants, but at the same time it's exciting."

Money was tight growing up in South Auckland and providing for his grandmother took precedence over school.

"I had to leave school because my grandmother couldn't afford to support my education," Richard says. "I came into Quality Bakers as a temp, doing cleaning jobs. I wanted to go back to school, but I had to support my grandmother and myself so I came into Quality Bakers to work full-time."

In 2006, Richard took the opportunity to be a part of the apprenticeship programme (Level 4 Plant Baking qualification) at Quality Bakers. Over three years he learnt the ropes of the business from hands-on baking to presentation skills. He tested those skills in bakery competitions, always coming runner-up, but in 2009 this all changed when he was named New Zealand Young Baker of the Year.

"It takes the best bakery apprentices around New Zealand and puts them into a competition," Richard says. "I studied hard for that one because I wanted to win it. That competition went well. I won!" Part of the prize for winning this was to represent New Zealand in the Australian LA Judge competition (Australasian baking competition).

Winning Young Baker of the Year also earned Richard a \$10,000 research grant, which he used to complete his project on plant baking automation. Upon finishing the project, he was offered a job as plant one supervisor at Quality Bakers.

"I finished my apprenticeship in 2011 and moved into the supervisor role. A year and half after that, we were doing really well, me and my family." Richard is married to Lisa and they have three children, Courtney (9), Ashlee (5) and Braxton (3).

Richard is a role model for the current apprentices and a strong advocate of helping his wider team reach their full potential.

The team at Quality Bakers are proud of Richard's accomplishments and want other apprentices to follow the same career path. "We support the apprentices as much as we can, but make sure they've got room to develop and grow," says Joe Jarkiewicz, Process & Technology Manager at Goodman Fielder.

Richard's family are proud of his achievements and his ability to go above and beyond to provide for them. "I still look after my grandmother, she's proud."

Continuing his education within the business, Richard is now a registered assessor with the New Zealand Qualifications Authority (NZQA) and has completed qualifications like the National Certificate in Business (First Line Management) (Level 4).

In the next few years, Richard hopes to manage a plant and eventually manage sites. He currently works with a number of community groups in South Auckland, encouraging young people to pursue the same opportunities he was given.

What's his advice for those thinking of doing a bakery apprenticeship? "It's going to be a hard road, but by the time you have finished, you will have achieved something amazing and hopefully something that you're proud of."



**GOT A TRADE WEEK 2015** is part of a national campaign to raise awareness of careers in New Zealand's trades and services. It also celebrates the talent and achievements of young Kiwis making headway in these industries.

Encompassing more than 50 public and private events the length and breadth of the country, **GOT A TRADE WEEK 2015** provides opportunities for school leavers and parents to get up-close and personal with New Zealand's trades and services.

Competenz is hosting Discovery Tours in workplaces nationwide, a chance for students and parents to explore trades workplaces around New Zealand and discover more about what really makes these companies work.

For more information visit [gotatrade.co.nz](http://gotatrade.co.nz)

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# On the up and up

Napier baker Graham Heaven returned to East Timor for the seventh time recently to see progress with a convent-run bakery there and in the country as a whole. He talks about it to **David Tossman**.

Few people would go to East Timor for a holiday. This poor war-torn little country is tropical enough and the people are friendly, but its grim recent history casts a shadow that is hard to shift from people's minds.

Nevertheless Graham Heaven, a baker from Napier, along with two highly successful Australian bakers, the famous Tom O'Toole from Beechworth Bakery and Ralph Plarre from Melbourne, have gone to Dili regularly over the past eight years.

This team has helped set up, run and develop a small bakery attached to a convent on the outskirts of Dili, the East Timorese capital. The income from the bakery goes to support the convent's orphanages.

Graham couldn't make it last year, but Ralph and Margaret Plarre and Tom and Christine O'Toole did.

The Plarres missed out this year, but Graham with his wife Denise joined Tom and Christine O'Toole there for a week in June this year.

## Good clean gear

"The bakery is on the main road outside the nunnery," Graham tells me. "It's a well known little bakery and people stop there to get their breads and their cakes. They've got some good gear in there now. There's a lot of gear that has been donated to them."

Graham is most impressed by the cleanliness of the bakery. "The bakery itself is absolutely spotlessly clean. They do a great job. Hygiene is one of their top priorities."

They have seen many improvements over the years due in part to their efforts, but of course mainly the result of the continuing hard work of the nuns and other people of Dili.

"East Timor is really on the up and up," says Graham. "It's a lot cleaner – a lot more advanced now, there's a lot more shops, there's new supermarkets. There's a big shopping mall."

"The people are still the same. The average wage over there is about \$115 a month and there's still a lot of unemployment – around 80 percent. The average age of the people over there is 17 to 18 years old and, of course, everybody's looking for a job, But it's certainly changed to the better side."

The Aussie-Kiwi team bring fresh ideas, recipes, equipment and encouragement for the nunnery bakers.

"I took some different kinds of muffin tins," says Graham. "And I took some little loaf tins over there for them to make something different from. We also make sure that their products are up to scratch, make sure they're doing a good job."



"We made some pikelets – they've never seen pikelets before. We made some banana bread – they've never seen banana bread before either. We made some kumara scones. We made some feta and spinach scones. The sort of things they haven't seen before."

"They're looking for new ideas all the time, of course, as well and of course they catch on very fast."



"They get a recipe and they're doing a really good job of perfecting what we show them."

Trading between East Timor and Indonesia has increased enormously since the war between them ended and most of the bakery's ingredients now come from Indonesia.

"We made banana bread, and they're definitely not short of bananas, I can tell you, or coconuts. There's heaps of that there."

## Adapting

"Their sugar is from Indonesia and, of course, we've got to adapt the recipes to their ingredients."

"Their sugar is a lot coarser so it doesn't dissolve all that fast when you're mixing. Their baking powder is not as strong as ours so you have to add a little bit more baking powder. Just little things like that that you have to tweak to get the same result."

"The weather's pretty hot over there. It's about between 38 and 40 degrees and there's no humidity at the moment because we're out of the wet season, so proving the bread and proving the rolls is not a problem."

"It's so hot you drink about eight bottles of water a day to keep your fluids up."

"It's a bit of a mission, really but it's all worthwhile."

What was a rather wild adventure when the three Oz/Kiwi bakers first went to Dili seven years ago has become more like a familiar working break now, but there can be few bakers anywhere who have found greater rewards from doing what they do so well.



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## Review

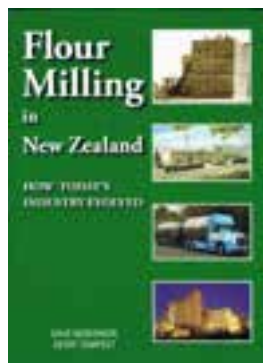
### Flour Milling in New Zealand

How today's industry evolved

by Dave McKinnon and Geoff Tempest

Published by New Zealand Flour Millers Association Research Trust, Christchurch.

ISBN 978-0-473-31976-2



The story of New Zealand's flour milling industry, from the early colonisation period to the modern era is told in a newly-released book from the New Zealand Flour Millers Association (NZFMA).

Commissioned by the NZFMA Research Trust, Flour Milling In New Zealand authors Dave McKinnon and Geoff Tempest spoke to more than 50 people from throughout the industry during the writing the book.

Speaking at its launch, former cabinet minister David Caygill said that the history of New Zealand flour milling was "in serious risk of being lost forever. This publication does a great job of preserving these stories, and presenting them as a thriving,

vital and essential sector."

**"You can't make bread out of that ... send it off for stock food."**

The shape of the modern flour milling industry and associated industries

such as baking and wheat production were radically changed by the 1987 Labour government to deregulate the industry.

Doug Leighton of George Weston Foods, who has worked in the industry more than 50 years, said that at one time when there were problems, samples of the flour were sent to the Wheat Research Institute (WRI) for testing.

"Cyril Crawford, their test baker told us, 'You can't make bread out of that ... send it off for stock food'," Doug said. "The Wheat Board didn't care. Nobody cared. We just had to keep using it (the substandard flour)."

"It focuses on the people who drove the industry, who were often mavericks, risk-takers and real characters," he said.

Although the industry's history has been successfully preserved, it is far from over. This is underlined by the \$30 million investment currently going into two flour mills in Timaru and Tirau, and the opening of Washdyke's Famers Mill – owned by 12 South Canterbury farming families – in 2013.

"Total wheat production and yield is constantly increasing, pushed largely by new wheat varieties, making us less reliant on imported grain," Foundation For Arable Research CEO Nick Pyke said.

The book is beautifully produced and well written, telling a story that would fascinate anyone with an interest in flour, baking or simply New Zealand food.

It is available from the NZFMA. Please email your name, postal address, telephone number, and the number of copies you require to [nzfm@duns.co.nz](mailto:nzfm@duns.co.nz). The price is \$25 including GST.

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# Scene at the Cotton Club



Bakels' famous Pie Awards dinner this year took the form of a 1920s American prohibition-era speakeasy with its well-dressed gangsters, barely-dressed flappers, the rich, the famous and the infamous. Here some of the other celebrities.



Caroline Groodell, Erika and Eddie Grooten.



Lynda Attewell, Anneka Kloeg



Kirsty Thomas, Peter Grant.



Tim "Scarface" Aspinall and Jason McGeorge.



Kevin Marshall, Olivia Hammond, Allison Murray.



Mike Codlin and Yvonne Gysberts.



Everard and Analie Wijdeveld.



Tammee and Brian Hourani.



# Going for gold

Gold award winners on the rostrum at the Bakels Supreme Pie Awards dinner, July 2015



Khemara Yin – Mince & Gravy.



Bunchoeun Keo and Sokim Yo – Steak & Gravy.



Srieng Choeu and Nary Leang – Gourmet Meat and Chicken & Vegetable



Bunnerith Sao and Navy Keo – Gourmet Fruit.



Bunthy and Sophea Te – Vegetarian.



Vong Hean and Tina Yi – Bacon & Egg.



Sopheap Chouk, Bunnarith Uy – Mince & Cheese.



Roger Cathro, Raymond Chan-Tung – Steak & Cheese.



Phil and Kylie Lyons – Commercial Wholesale.



Craig Rust, Zaqeeyan Zakhiyan – Café Boutique.



Awards MC Dominic Bowden, celebrity chef and judge Martin Bosley, New World Greenmeadows owner-operator Iain Beaton, baker Shane Forster, NZ Bakels managing director Brent Kersel.

## Gold award winners



Mince & Gravy  
Steak & Gravy  
Chicken & Vegetable  
Gourmet Fruit  
Gourmet Meat  
Vegetarian  
Bacon & Egg  
Mince & Cheese  
Steak & Cheese  
Potato Top Pie  
Commercial Wholesale  
Café Boutique

Khemara Yin  
Bunchoeun Keo  
Srieng Choeu  
Sao Bunarith  
Srieng Choeu  
Bunthy Te  
Vong Hean  
Sopheap Chouk  
Roger Cathro  
Shane Forster  
Phil Lyons  
Zaqeeyan Zakhiyan

The Bakehouse Café, Thames  
One Tree Bakery, Mt Maunganui  
Fresh Bun Café, Tuakau  
Dairy Flat Bakery, Albany  
Fresh Bun Café, Tuakau  
Angkor Wat Bakery & Café, Bay of Plenty  
Mairangi Bay Bakery, Mairangi Bay  
Te Awamutu Bakehouse Café, Te Awamutu  
Pak'nSave, Petone  
New World Greenmeadows, Napier  
Couplands Bakeries, Christchurch  
Divine Cakes & Desserts, Christchurch



# The complete results

<b>Supreme</b>			
Gold Award <i>Potato Top</i>	Shane Forster	New World Greenmeadows	Taradale, Napier
<b>Steak (Diced) &amp; Gravy</b>			
Gold Award	Bunchoeun Keo	One Tree Bakery	Mt Maunganui
Silver Award	Lam Ho	Paetiki Bakery	Taupo
Bronze Award	Annie Hay	Richoux Patisserie (Ellerslie)	119 Main Highway,
Highly Commended	Roger Cathro	Pak'nSave Petone	Petone, Wellington
<b>Chicken &amp; Vegetable</b>			
Gold Award	Srieng Choeu	Fresh Bun Cafe	Tuakau
Silver Award	Bill Liem	Greenland Bakery & Cafe	Botany Town Centre
Bronze Award	Bunnarith Sao	Dairy Flat Bakery	RD Albany
Highly Commended	Jason Hay	Richoux Patisserie (Takapuna)	Takapuna
<b>Gourmet Fruit</b>			
Gold Award <i>Blueberry &amp; Spiced Apple</i>	Bunnarith Sao	Dairy Flat Bakery	Albany, Auckland
Silver Award <i>Sherry'd Pear &amp; Plum</i>	Shane Kearns	Viands Bakery	Kihikihi
Bronze Award <i>Cointreau Pear &amp; Apple Cherry</i>	Patrick Lam	Patrick's Pie Group Ltd	Bethlehem, Tauranga
Highly Commended <i>Vanilla Bean, Poached Apple &amp; Salted Caramel</i>	Jason Heaven	Heaven's Bakery	Greenmeadows, Napier
<b>Gourmet Meat</b>			
Gold Award <i>Butter Chicken</i>	Srieng Choeu	Fresh Bun Cafe	Tuakau
Silver Award <i>Chicken, Bacon &amp; Mushroom</i>	Bill Liem	Greenland Bakery & Cafe	Botany Town Centre
Bronze Award <i>Creamy Chicken &amp; Mushroom</i>	Thi Thach	Mr Baker	Onewaka, Napier
Highly Commended <i>Thai Chicken</i>	Roger Cathro	Pak'nSave Petone	Petone, Lower Hutt
<b>Vegetarian</b>			
Gold Award <i>Bok Choy, Carrot, Parsnip &amp; Kumara</i>	Bunthy Te	Angkor Wat Bakery & Cafe	Katikati, Bay of Plenty
Silver Award <i>Pumpkin, Broccoli, Veg</i>	Bill Liem	Greenland Bakery & Cafe	Botany Town Centre
Bronze Award <i>Cauli, Silverbeet, Pumpkin</i>	Oudorm Lai	Corner Bakery	Hillsborough, Auckland
Highly Commended <i>Tomatoes, Chilli, Mango Chutney &amp; Spice</i>	Shuly Ngann	Le Royal Bakery	Grafton, Auckland



Celebrity chef Martin Bosley announces the winner.

Mince & Gravy			
Gold Award	Khemara Yin	The Bakehouse Café Thames	Thames
Silver Award	Buntha Meng	Wildgrain Bakery	Silverdale, Auckland
Bronze Award	Srieng Choeu	Fresh Bun Cafe	Tuakau
Highly Commended	Tongmin Li	Hillpark Bakery	Manurewa
Bacon & Egg			
Gold Award	Vong Hean	Mairangi Bay Bakery	Mairangi Bay
Silver Award	Oudorm Lai	Corner Bakery	Hillsborough, Auckland
Bronze Award	Sarith Ruon	Beaut Bakery Ltd	Taupo
Highly Commended	Bunchoeun Keo	One Tree Bakery	Mt Maunganui
Mince & Cheese			
Gold Award	Sopheap Chouk	Te Awamutu Bakehouse Cafe	Te Awamutu
Silver Award	Try Kong	Bakers Oven	Stanmore Bay
Bronze Award	Patrick Lam	Patrick's Pie Group Ltd	Bethlehem Town, Tauranga
Highly Commended	Meng Hong Ly	Danny's Kiwi Bakery	Papakura
Steak & Cheese			
Gold Award	Roger Cathro	Pak'nSave Petone	Petone, Wellington
Silver Award	Trang Tan Kiet	Cherrywood Cafe	Tauranga
Bronze Award	Sam Jampa	Kaikohe Bakehouse Cafe	Kaikohe
Highly Commended	Buntha Meng	Wildgrain Bakery	Silverdale, Auckland
Potato Top			
Gold Award	Shane Forster	New World Greenmeadows	Napier
Silver Award	Oudorm Lai	Corner Bakery	Hillsborough, Auckland
Bronze Award	Mike O'Reilly	Bakers of Bethlehem	Tauranga
Highly Commended	Geemun Chao	Baker Bobs Bakery & Cafe	Greerton, Tauranga
Commercial/Wholesale			
Gold Award	Phil Lyons	Couplands Bakeries	Hornby, Christchurch
Silver Award	Michael Welch	Dad's Pies	Silverdale, Auckland
Bronze Award	John Newell	Oxford Pies	Pukete, Hamilton
Highly Commended	Paul Barber	Goodtime Foods	Onekawa, Napier
Café Boutique			
Gold Award <i>Caramelised Walnuts, Pear &amp; Blue Cheese Tart</i>	Zaqeeyan Zakhiyan	Divine Cakes & Desserts	Bromley, Christchurch
Silver Award <i>Banoffee Pie</i>	Andrew Fitzpatrick	Cake Box	Frankton, Hamilton
Bronze Award <i>Chicken, Mushroom, Sundried Tomato, Camembert, Egg &amp; Spring Onion</i>	Mike Buchman	Robert Harris Matamata	Matamata
Highly Commended <i>Steak, Onion &amp; Garlic</i>	Murray Peterson	Central Cafe	Te Awamutu

# NATURALLY GROWN GRAIN LEADS THE WAY

Whilst the likes of Farmers Mill pending sugar-free and low GI products have been discussed in the past, next seasons products are currently in baking trials.

**The Farmers Mill Naturally Grown Grain program** launches in July wherein local growers will be incentivised to produce spray free milling grain for use in bread and pastries. Farmers Mill CEO Grant Bunting cites recent research undertaken by Farmers Mill in both New Zealand and SE Asia where consumers are becoming increasingly aware of the presence of chemicals in food production. In addressing this concern, Farmers Mill shareholder growers are well placed to experiment with grain varieties and growing practices to produce commercially viable *naturally grown* grain products says Bunting. Farmers Mill plans to introduce a range of naturally grown flours from, 10–20kg options for its bakeries and food service customers down to new look 2kg bags for niche retailers wishing to offer a point of difference.

#### Growing pains – feeling good.

Committing to an Auckland premises has paid off for Farmers Mill with National Sales Manager Mat Keys admitting that the growth in North Island sales has forced the company to employ a local technical sales representative, Christopher Cross some 3–4 months earlier than planned. The travel and



accommodation costs were starting to mount up, says Keys, who along with Darryl Norris was having to travel to the North Island more frequently.

**“We believe Chris will be a real asset to Farmers Mill and it’s North Island operation.”**

**We are really pleased to announce** the appointment of Chris Cross to support our North Island business added Keys. In my experience the Farmers Mill culture is a little different from that of others in the industry says Keys so we have to be confident that technical skills are backed up by the right behaviours. We believe Chris will be a real asset to Farmers Mill and it’s North Island operation.

#### Christopher Cross:

Chris has over 20 years’ experience within the Food Industry. A qualified baker with several accolades who naturally progressed and excelled in sales & marketing relative to the baking industry. Chris has previously held technical baking focused positions with Rivermill Bakeries, Canterbury Flour Mills Ltd, Goodmanfielder, New Zealand Food Industries Ltd, Sherratt Ingredients & most recently, GrainCorp Foods NZ Ltd.



[www.farmersmill.co.nz](http://www.farmersmill.co.nz)



# So much sweeter

Young Lyttelton baker Bree Scott tells **David Tossman** about her recent success in Sydney.

Bree Ann Scott from Lyttelton represented New Zealand in the prestigious L A Judge Award competition in Sydney this year and came second.

Established in 1967, the L A Judge Award is a national annual event established to recognise the best young baking apprentices in Australasia. Competitors can enter as either an Australian or New Zealand representative.

Over three days the young bakers' skills are evaluated in practical baking, technical knowledge and communication abilities.

The event is hosted by GrainGrowers in their in-house baking facilities in Sydney. This precedes a Gala Awards Dinner that provides competitors with the opportunity to network with representatives from all facets of the industry – particularly the milling and baking areas.

This year there were five candidates representing Australian states and one from New Zealand. Bree Scott was selected to represent New Zealand by the Baking Industry Research Trust committee as she had won the New Zealand Young Bread Baker of the year competition in 2014.

"When I received the phone call I was so excited, and felt so honoured to have been asked," says Bree.

Bree tells the story:

## Day one

"We had to get up in front of everyone and introduce ourselves and do a personal presentation. Then we had two theory tests, one on production planning and the other on bread faults. Finally we had practical exercises: first we were given two different pieces of dough and had 15 minutes to make three plaits and 15 dinner rolls of three varieties."

## Day two

"The big bake off! There were three stations and on each there were different mixers and tasks we had to complete.

"The first station had was a small spiral mixer and we had to make our smallest dough and made plaits and cobs.

"The second station was a horizontal mixer, and the largest dough was set up like a small plant bakery and we had to feed it through a hopper and tin it up of at the end of a belt.

"The third mixer was an MDD (mechanical dough developer), also a large dough we had to scale it all off by hand and make different styles of loaves. This was the quickest but busiest three hours as you were always doing three things at once,

weighing up bread, putting items in and out of the prover and checking your ovens. It was crazy!

"Once that was all finished we had to sit another five theory papers: bread ingredients, health and safety, costings, milling, and flour technology.

"This was a very long day!"

## Day three

"The presentation. At the end of day two they gave us a presentation topic which they believe suited our interests. My one was how social media and the internet can help set up and run a successful business today. I really enjoyed this and scored the highest marks for this category.

"I don't know why but for some reason I like presenting and the topic they gave me it was right up my alley: I have already set up a small cake business called Glamour Cake and use Facebook to promote it!

"Once the competition was all finished we had a presentation dinner that night for the winner. I came second in the competition, receiving 96% for my baking, 94% for my theory, and 100% for presentation!

"Overall was an amazing experience and it was such a privilege to be asked to represent New Zealand in this competition!"

## The future

Bree makes special mention of the training she'd had from "some amazing bakers, Everard Wijdeveld and Natasha Patterson from NZ Bakels, Tania Watson from the BIRT committee and Ralph Thorogood from Goodman Fielder.

"This competition has shown me that if you put your mind to it you can achieve anything and the possibilities are limitless. You just have to push yourself," says Bree Scott.

Motivated more than ever by the achievement in Sydney, Bree got straight back into her cake creations. Her passion lies in cakes, she says: "I can't get enough of it. It is so much fun turning something so basic into something so delicious and incredible. Placing it into the shop cabinet to sell and seeing customers' reactions when they come in and the positive feedback is so satisfying and inspirational.

"Hopefully one day I'll be able to branch out and open up my very own Glamour Cake shop for everyone to enjoy, but good things take time and also a lot of practice, and I still need practice ... I love a challenge and this is my next one!

"Life is so much sweeter with cake!" says Bree Scott.



# Hummingbird muffins and honey topping

by **Graham Heaven**  
Food & Produce New Zealand



## Ingredients

### Group

1	Flour	2700	g
1	Caster sugar	880	g
1	Baking powder	80	g
1	Cinnamon	40	g
2	Eggs	8	
2	Bananas mashed	8	
2	Oil	680	ml
2	Walnuts chopped	400	g
2	Crushed pineapple	400	g
2	Soaked raisins	200	g
2	Threaded coconut	200	g

## Method

1. Soak rasins in a little hot water 2-3 hours before using.
2. Drain off any excess water before adding to the mixture
3. Mix group 1 together.
4. Add group 2, fold in until mixture is just combined
5. Fill muffin cups or tins 2/3 only. Bake 180-200° C for 25-30 mins

## Cream Cheese Honey topping

### Group

1	Cream cheese	900	g
1	Butter	230	g
2	Honey	150	g
2	Icing sugar	200	g

Vanilla essence ( optional )

Beat group 1 until light and creamy  
Add group 2 beat until all combined  
Garnish with slivered toasted coconut if desired.

# Fruit tarts with almond pastry and chocolate cashew cream

by Asher Regan



The almond pastry is both firm and crisp and would make an excellent substitute for sweet shortcrust pastry in many recipes. The cashew cream likewise has many possible uses.

Without the chocolate, it can be made as thick or thin as required and can generally be used as a substitute for cream in most recipes. Use any fresh fruit available at the time.

For more healthy baking ideas, tips and advice visit the Hospitality Hub at [www.heartfoundation.org.nz/hospitality](http://www.heartfoundation.org.nz/hospitality)

## Ingredients

### Makes 10

Whole almonds, roasted	200 g
Dates, chopped	50 g
Egg yolk	1
Egg white	20 g

### Cashew cream

Raw cashews	150 g
Water – retained from soaking	75 ml
Dark chocolate, melted	50 g

### Fruit

Sliced fresh fruit	200 g
--------------------	-------

## Method

### Pastry

1. Pre heat oven to 175° C.
2. Blend almonds, dates and egg until it is a fine and sticky crumb, it should stick together when pressed.
3. Press into greased tart shells to a thickness of approximately 4mm.
4. Bake for approximately 10 minutes, check regularly as these can brown and burn quickly.
5. Remove from the oven when golden brown and allow to cool in the shells. These cases will harden up when cool and can easily be removed from the shell then.

### Cashew cream

6. Cover the cashews with water and bring to the boil, simmer for 5-10 minutes or until softened slightly.
7. Turn off heat and allow to cool in the water, cover and refrigerate overnight.
8. Drain cashews and retain 125ml.
9. Blend cashews and retained soaking water until smooth.
10. Melt chocolate and fold into cashew cream.

### Assembly

11. Pipe approximately 30g of cashew cream into each tart case.
12. Arrange fruit on top.



# Baking with...

## SX1 MUFFIN MIX

NO ADDED SUGAR



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### MUFFIN MIX

SX1 Muffin Mix	440g
Eggs	150g
Canola Oil	150g
Water	100g

*Recipe makes 12 standard size muffins.*

### OPTIONAL COMPONENTS

Try experimenting with different flavours and fruit fillings, such as lemon & poppy seed, blueberries or raspberries.

### METHOD

Place all ingredients, except flavour into a mixing bowl.  
Using a paddle (beater), blend on slow speed for 1 minute and scrape down.  
Mix on second speed for 3 minutes.  
Fold your flavour through the batter.  
Deposit into prepared muffin tins (80% fill – average size tin @ 70g of batter per muffin).

### BAKING

Bake in a pre-heated oven at 180°C for 18 – 20 minutes.

#### Contains Stevia

Stevia is a sweetener and sugar substitute extracted from the leaves of the plant species *Stevia rebaudiana*. *Stevia rebaudiana* is a plant species of the sunflower family (Asteraceae), commonly known as sweet leaf or sugar leaf.



**FOR MORE INFO CONTACT MAT KEYS  
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# Rosemary and Garlic Beef Burger with Beetroot Relish



Makes 1

## Ingredients

Brioche burger bun	1
Cooked beef*	1–2 slices
<b>Barker's Beetroot Relish</b>	1 Tbsp
Mesclun salad leaves	¼ cup
Tomato	1 slice
Aged cheddar cheese	1 slice

## Method

1. Slice brioche bun in half.
2. On the base layer with cheese, beef slices, tomato, Barker's Beetroot Relish and top with salad leaves.
3. Replace bun top to serve.

\* Marinate the beef with chopped rosemary and garlic before cooking





# HUMMINGBIRD CAKE

Gluten Free

Recipe courtesy of:



## FOOD SERVICE

**Serves 16**

### INGREDIENTS

300g butter, softened  
450g **Chelsea White Sugar**  
(2 cups)  
4 size 6 eggs, room  
temperature  
5ml vanilla essence (1 tsp)  
900g ripe mashed bananas  
(approx. 4-5) (2 cups)  
432g can crushed pineapple,  
drained  
90g roughly chopped pecans  
(or walnuts) (¾ cup)

455g gluten free plain flour,  
we used Edmonds (3¼ cups)  
12g baking soda (2½ tsp)  
2g ground cinnamon (1 tsp)

#### **Cream Cheese Icing:**

250g cream cheese, softened  
75g butter, softened  
400g **Chelsea Icing Sugar**,  
sifted (3 cups)  
5ml vanilla essence (1 tsp)  
35g shredded coconut, lightly  
toasted, see tip (½ cup)

### METHOD

Preheat the oven to 180°C. Line a 33cm x 23cm baking tin with baking paper. Cream the butter and sugar with an electric beater until the mixture is light and fluffy. Add the eggs, one at a time, beating well. Add the vanilla essence. Fold in the mashed banana, drained pineapple and chopped pecans (or walnuts). Sift over the flour, baking soda and cinnamon. Using a spatula, gently mix all the ingredients together until just combined. Spoon the mixture into the prepared tin, smoothing the top. Bake for 55-60 minutes, until a skewer inserted into the middle comes out clean. Leave to cool in the tin covered with a clean tea towel.

**Cream Cheese Icing:** Beat the cream cheese and butter with an electric beater until the mixture is light and fluffy. Add the icing sugar and vanilla essence. Beat well. Spread the top of the cooled cake with icing. Sprinkle with toasted coconut.

**Tip:** To toast the coconut, place in a dry pan over a medium heat. Stir continuously until it has turned a golden colour.

**Note:** This cake needs to be stored refrigerated due to the dairy icing.

**TOTAL COST \$19.47**  
**COST PER PORTION \$1.22**  
**GROSS PROFIT 70%**  
SALES TAX 15%  
MIN. SELLING PRICE \$4.66  
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# Rhubarb & Custard

## Spring Delight

Recipe supplied by NZ Bakels Training School

Sweet dough laminated with butter and topped with a rhubarb/ custard filling. Simply delicious warmed on a cool spring morning.

Best eaten warm.

### The main dough

#### Ingredients

Bakers Flour	750 g
Salt	15 g
<b>Bakels Quantum Improver</b>	8 g
Sugar A1	60 g
Master Fat	75 g
<b>Bakels Instant Dried Yeast</b>	30 g
Eggs	100 g
Water	300 g

#### Group Two

Laminating Butter	375 g
<b>Total Weight:</b>	<b>2505 g</b>



#### Method

1. Mix all ingredients together for two minutes slow followed by 6 minutes on second.
2. Lamine French method style the butter..
3. Give three half folds with 20 minutes rest between each fold.
4. Roll out to 4mm thick and cut into circle with the appropriate size cutter for the tinfoil or tin being used. Prove for approx. 30 minutes at 30° C.
5. Place and press one frozen piece of the rhubarb and custard filling into each tart. Please into a preheated oven at 200° C for approx. 15 minutes or until golden brown.
6. Glaze using **Bakels Apricot Super Glaze**. Once cold sprinkle with pearl sugar.

### Rhubarb filling

#### Ingredients

Butter	50 g
Brown sugar	100 g
Cardamom powder	5 g
Vanilla pod	1 pod
Star anise	2 pieces
Water	200 g
Rhubarb, finely chopped	400 g
<b>Total Weight</b>	<b>755 g</b>

#### Method

Mix all ingredients together and bring to the bowl. Simmer for approx. 10 Minutes, or until the rhubarb is soft and tender. Remove from the heating element, discard the star anises and place the cooked rhubarb to one side and cook the custard filling.

### Custard filling

#### Ingredients

Milk	500 g
Caster sugar	100 g
Vanilla pod	1 Pod
<b>Bakels Fino Custard Powder</b>	60 g
Milk	200 g
<b>Total Weight:</b>	<b>860 g</b>

#### Method

1. Bring milk, sugar and vanilla essence to the boil.
2. Mix the second measure of milk and custard.
3. Pour some of the boiling milk on to the custard powder, stir, and then pour back into the pot to heat until thickened.

### Filling assembly

Mix the cooked rhubarb and the cooked custard together. Whilst still hot pour into desired size silicon moulds and freeze.



# Apple Galette

Galettes often take a round shape, but this recipe from the San Francisco Baking Institute calls for it to be cut into rectangular strips which could be sold individually.

This is more of an idea than a recipe, thus quantities are not given.

## Ingredients

Puff pastry, rolled to about 4 mm  
Apple, not peeled, sliced to about 5 mm  
Melted butter  
Sugar  
(Optional: apricot glaze, pearl sugar)

## Assembly

1. Cut the dough into 100 mm by 200 mm rectangles. Use a fork or docking tool to prick the surface of the dough.
2. Arrange the apple slices on the surface, slightly overlapping.
3. Brush the apples with melted butter. At this point the galette can be covered and frozen for up to a week if desired.
4. Just before baking, sprinkle generously with sugar.

## Baking and finishing

Bake the galettes direct from the chiller or freezer at 175° C in a convection oven or 200° C in a conventional oven until deeply browned and the bottom is crisp.

Brush with warmed, diluted apricot glaze and sprinkle the edges with pearl sugar. If you don't have the glaze, thin apricot jam with water.



# Puff Pastry

by Robert Burns  
MAURI anz Auckland

These two recipes use **Snowflake Pastry Flour** which is the finest, whitest and cleanest flour for making pastry.

Snowflake does not show bran speck when rested and has minimal shrinkage, giving an even lift to the top pastry and allowing it to be made into the base pastry as well.

We used **Pie Mix Complete**, which has the thickening agent, seasonings and colour, to thicken the meat.



## Top pastry

### Group 1

<b>Snowflake Flour</b>	20.0 kg
Cake Margarine	1.5 kg
Salt	0.2 kg
Water	9.5 litres

### Group 2

Besca Gems	10.0 kg
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### Method

1. Rub the fats into the flour for 5 minutes.
2. Add the water and mix 1st speed 2 minutes – 3 minutes 2nd speed.
3. Block the pastry for rolling.
4. Allow to rest 30 minutes – 1 x book fold.
5. Allow to rest 30 minutes – 1 x book fold.
6. Allow to rest 30 minutes – ½ book fold.
7. Roll out to 2.5 thickness.

## Savoury base pastry

Flour	20.0 kg
Salt	0.2 kg
Water	10.2 litres
Cake margarine	5.0 kg

### Method

1. To the flour add the salt, margarine and Butter, and mix till a fine crumb.
2. Add water, mix 1st speed for 2 minutes – then 2nd speed for 5.5 minutes.
3. Block the pastry for rolling.
4. Put through the Pastry break and give one fold – rest 30 minutes.
5. Roll out to thickness 3.0.

**Very important:** When putting on tins allow it to flow gently and relax onto the tins.





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