

BAKING INDUSTRY
ASSOCIATION OF NEW ZEALAND

from the Baking Industry Association for cafés, caterers and bakeries

Bakels Supreme pie awards

the judging, the awards, the complete results, the winners

Price survey – keeping up

Walker walks

a short history of BIANZ

Time to celebrate – save the date









Lemon and Poppy Seed Cake



A deliciously light cake mix filled with zesty lemon pieces and poppy seeds.







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From the **President**

KEVIN GILBERT KEEPS IN TOUCH



At this time of year in the New Zealand baking industry there is one main topic of conversation – The Bakels New Zealand Supreme Pie Awards. Who won what with what and how fantastic was the night.

As someone lucky enough to go along on the night I can tell you that it was, as always, a fantastic night and a great promotion for the baking industry. Yes, it is the wee pastry parcel that gets the spotlight on the night but it draws attention to our industry which is always a good thing.

But there is one thing I don't like about the competition and dinner or, more accurately, what the event signals – the preparation for the silly season.

For many of us, once the buzz and fun of the competition and event ends and our own evaluation of our pie-making abilities is over, there is nothing left but to acknowledge and accept the beginning of the slide into Christmas.

Those who make their own fruit mince will soon be putting it down to soak (if they haven't done so already), planning and designing the gingerbread house for display, dusting off recipes that we haven't used since last year, starting the promotions and preparations for office shouts and end-of-year parties with the inevitable rush for the fruit mince pies... And so the madness begins.

This year, however, we have another reason for the industry to get together and celebrate. BIANZ's 50th celebration in Queenstown!

We have people coming from all over the country (and even the Aussies are sending people) so it is a great opportunity to meet others within your own industry, catch up with old friends, and join in the celebration that comes with being part of a group as it turns half a century old.

Our speaker, Theresa Gattung, has a wealth of knowledge not only from within the world of business but also, more recently, as a co-founder of the massively successful My Food Bag. There will be much that we can all learn from this very successful business leader.

It hasn't all been about pies and celebrations at BIANZ either as we have:

- started planning for Fine Food next year and all that goes with it
- met with the Ministry of Business, Innovation, and Employment for further discussion around the future of the flour levy
- met the Ministry for Primary Industries primarily regarding the tedious delay in getting the Custom Food Control Plan across their desks
- met with the minister for MPI Nathan Guy on the same topic, and
- reconnected with our cousins across the ditch the Baking Association of Australia – with the hope of reigniting our friendly yet competitive relationship.

We are also preparing for this year's AGM and the election of the BIANZ Executive, so, if you feel that now is the right time for you to put your hat into the ring and help BIANZ as it tries to help the baking industry, please make sure that you put your name forward.

Nomination forms will be coming out in the next few weeks.

I look forward to seeing many of you in Queenstown next month as we celebrate the first 50 years of BIANZ and look towards the next 50.

Kevin Gilbert

Events calendar

What		When	Where	
BIANZ 50 celebration	Oth anniversary On BIANZ CELEBRATES 50 YEARS	15–16 September	Queenstown	
The Great New Zealand Mince Pie Competition		25–28 October	National	
	THE GREAT NZ CHRISTMAS MINCE PIE COMPETITION			



The Crafted and Co

Bucklands Beach Bakery

Attainable Trust Good Purpose Kitchen

Palmerston North

Bucklands Beach

Auckland

Auckland

Cheltenham Cakes Auckland

From the Office

TEGHAN MEAR KEEPS IN TOUCH

Hello All,

Can you believe that we are half way through the year already? And an even scarier thought is that we're half way to Christmas.

The last couple of months I have been getting my feet under the table here at BIANZ. I have had a great number of conversations with our wonderful members who have shared some great anecdotes about the industry and their businesses. Thank you to those people I have had the pleasure of speaking to. I look forward to more phone calls, and understanding more baking jargon!

From my short time at BIANZ so far, I can see that there is a lot of passion and history in this organisation which makes the upcoming 50th Celebrations even more important, a great chance to remember the past, and celebrate the future of the Baking Industry Association in New Zealand.

In the last month, you should have received emails and a mailer about both the event itself and the 50th Anniversary Competition. We still have space for registrations for the event and entries for the competition, if you have any questions or are looking for more information please get in touch with me.

I am looking forward to many parts of the weekend, I think seeing the bread sculptures will be a sight to see, maybe even as spectacular as Queenstown in September.

Have a look on our website for the judging criteria for the 50th Anniversary Competition, and also to register for the event, competition, and suppliers innovation

I have also been answering lots of questions about the BIANZ custom food control plan, which is under review with the Ministry of Primary Industries (MPI). After a long wait, it is starting to look like the review stage is nearly complete, and I should have more news in the upcoming weeks.

This is a busy time for everyone starting to think about implementing the changes. I will be sending out more information as it become available, however if you have specific questions, please again get in touch.

We have also just changed our postal address from Christchurch to Wellington. Please note our new address is: Baking Industry Association of NZ PO Box 19028 Courtenay Place Wellington 6149

Kind Regards and hope everyone stays warm! Teghan Mear Business Development Manager

Save the dates

Friday 15th and Saturday 16th September 2017

Location Queenstown

The BIANZ 50th birthday celebrations will be begin on Friday the 15th and finish in style on Saturday the 16th of September in Queenstown.

There will be meet-and-greet drinks and nibbles on the Friday afternoon, fun activities for you to choose from on the Saturday and the BIANZ 50th Birthday Dinner at the Skyline Gondola and Restaurant on the Saturday night.

Queenstown has stunning scenery and a huge range of activities. Surrounded by majestic mountains and set on the shores of crystal clear Lake Wakatipu, the natural beauty and the unique energy of the region create the perfect backdrop for a holiday full of adventure, discovery and rejuvenation.

We will have the full itinerary, options for accommodation and how to book on our website soon.

For more information please contact Teghan on 027 22 55 185 or email teghan@bianz.co.nz

Shopping discounts for BIANZ members

A new benefit in the form of a mobile app is now available to BIANZ members. The group discount app from the CSC Buying Group offers discounts of up to 30% from selected retailers.

On your mobile device go to the app store and search 'bianz discounts'. You need to register by entering an email address and password (of your choosing) then your BIANZ Membership number and the Access Code located in the member area of the website.



The suppliers are: Armstrong Smarter Security, Auto Super Shoppes, Beaurepaires, Blackwoods Protector, Bunnings, Carters, Dulux, Give Plants, Ideal Electrical, Mico Plumbing, Mo Money, MYOB, Noel Leeming, OfficeMax, PlaceMakers, RateBroker, Reduced to Clear, Repco, RocketSpark, Southern Hospitality.

For more information about how these discounts work go to http://www.csc.org.nz/

Should you need any help please don't hesitate to give Loretta a call or email teghan@bianz.co.nz

News and **Views**

Masterton bakery produces champion Apprentice Pie Maker

The first of this year's NZ Bakels pie champions were announced in July with Stephanie Morrison of Ten O'clock Cookie Bakery Café in Masterton winning Apprentice Pie Maker 2017.

She was presented with her award at the NZ Bakels Supreme Pie Awards in Auckland on August 1.



Stephanie is a new apprentice enrolled with the NZ Bakels Training School and works under the guidance of Jenna Mangin.

"We are very proud that one of our own students has taken first place this year," said NZ Bakels managing director Brent Kersel.

Second place in the competition went to **Ty Lim** of Kuna Bakery in Orewa and third place went to **Amber-Jade Wynyard** of Coupland's Christchurch.

The Apprentice Pie Maker Award gives aspiring bakery trainees a chance to test their skills at an entry level baking competition. Each competitor has to submit two identical pies in two categories, mince and cheese and gourmet meat, for judging.

At only two months into her apprenticeship, Stephanie says this was her first time entering the Apprentice Pie Maker competition and she was really surprised she won.

"It's awesome as. I didn't really expect to win."

She's quick to credit the win to learning from very skilled bakers and to her pastry which she worked hard at to get an even lift and even colour, and to the café's Thai chicken recipe that she used for her gourmet meat pie.

"I put a lot of effort into making my pie look awesome and then taste awesome. The flavours in the Thai chicken filling were pretty tasty and definitely more exciting than a mince and cheese pie; it had a bit more of a bite to it."

"I like creating interesting and tasty things and I like the way people look at your products when they buy them and they get excited to eat them. It makes you feel good if it looks good and even better, if it tastes better."

Stephanie has been working in pie shops since she was 15 and is totally focused on a career in the baking industry, which she

plans to use to take her around the world to learn and compare different baking techniques in other countries.

She's also now got her sights firmly fixed on next year's NZ Bakels Supreme Pie Awards. "I'll definitely be entering that next year and give it a go."

Stephanie admits her favourite pie is now the Thai chicken. "It's delicious, absolutely delicious!"

The Thai chicken pie is a relatively new addition to the menu at Ten O'clock Cookie Bakery Café, and since word of Stephanie's win got out on Facebook it has been proving very popular with customers who clearly want a bit of spice to warm their winter meals.

Vatican bans gluten-free bread for Holy Communion

The Vatican has outlawed the use of gluten-free bread for Holy Communion.

The ruling must be followed by 1.2 billion Catholics around the world, wheat-intolerant worshippers will be disappointed to hear.

At the request of Pope Francis the announcement was made in a letter to bishops by Cardinal Robert Sarah, prefect of the Congregation for Divine Worship and the Sacraments.

"It is for the Bishop as principal dispenser of the mysteries of God, moderator, promoter and guardian of the liturgical life in the Church entrusted to his care to watch over the quality of the bread and wine to be used at the Eucharist," Cardinal Sarah wrote.

The Cardinal added that bread "must be unleavened, purely of wheat, and recently made so that there is no danger of decomposition."

However, low-gluten bread with enough protein in the wheat to make it without additives will be allowed.

When social media fails

Buzzfeed News reports that a small business owner from Liverpool has gone viral after refusing to give out free cakes in exchange for exposure on social media.

Laura Worthington, a single mother of three, told *BuzzFeed News* she was recently asked to bake a free birthday cake for the boyfriend of Love Island star Malin Andersson.

"Exposure doesn't pay my bills," she said in her reply. "And I'll be

honest I think it's a disgrace that companies like you go to small independent businesses asking for free stuff."

After sharing screenshots of some of the requests on social media, including one request from The X Factor, she said that a lot of people could relate to her frustration.

"If you read the replies, that's the shocking thing for me ...

so many people have said 'this has happened to me' or 'oh my god, this happens to me all the time, it's constant," she said. "And I think this is why its gone viral because so many people identify with it.

"This is kind of the extreme scale, but you get it on many different levels. [From] regular people who will email and ask me to sponsor their daughter's dance competitions to local companies who want to get big discounts because they're ordering loads, to the likes of X Factor and Love Island contestants who want freebie cakes," she added.

"It has always been frustrating, and recently I've just said no, this can't happen any more. I work really hard. I work a lot of 17-hour days, I do it all by myself..

"I have a lot of friends who own restaurants, friends who are photographers, musicians, who are dressmakers. You think of any kind of creative business, and we are all in the same boat, we're all getting these requests," she said.

Burns & Ferrall now a BIANZ partner

From humble beginnings in 1948 to an iconic commercial and domestic kitchen



company, Burns & Ferrall have established a reputation for customer service excellence and product support that is second to none.

From cooking equipment, bakery, clean up, a huge range of food service and kitchenware items, Burns & Ferrall are the true one stop shop for hospitality, food service and bakery operators.

In New Zealand and the Pacific Islands, Burns & Ferrall provide the world's most respected brands to hotels, restaurants, bars, food retailers and institutional organisations.





MOTE news and Views

Europe running out of butter, bakers in 'crisis'

Now is not a great time to be a baker in Europe. The entire continent is running out of butter and it's a "major crisis," says the Federation des Entrepreneurs de la Boulangerie, an industry group for French bakers.



The Washington
Post reports that
the shortage
comes at a time
when demand for
butter is booming.
For years, margarine and other
butter substitutes
were the rage. But
now consumption
of the real thing
around the world
is on the rise.

Both Europeans and Americans are consuming more than they were back in 2010 according to government reports, and the Chinese are thirsty for more milk products now more than ever.

Overall, the US Department of Agriculture is forecasting a jump of about 3 per cent in global butter consumption this year.

The growing demand has put a strain on the industry. Due to a significant fall in prices mainly brought on by a 2014 Russian embargo of European food products, the cost of a bottle of milk in many parts of the continent was lower than a similar bottle of water.

The industry responded by producing less and dipping into their stockpiles, causing a 98 per cent decline in inventories. Now, as prices have begun to rise again, there's not enough butter to go around. Things are so bad that the chief executive of one large UK dairy recently warned that there may not be enough milk and cream for everyone at Christmas.

All of this is having a big impact on bakerie and other small businesses in the food industry across the continent. With butter prices rising more than 20 percent over this time last year and supplies dwindling, many have been forced to increase their own prices to maintain margins or discontinue products altogether.

One owner of a small patisserie in France told CNBC that although she hadn't increased her prices yet, she may be forced to consider doing so if the market doesn't stabilise soon.

The group warned that butter shortages "appear to be a real threat by the end of the year."

Scientists examine gut reactions

Is white bread better for you than brown sourdough? It depends on your gut say scientists. Results of a study comparing the health impact of wholegrain sourdough and factory-made white bread found individual gut microbiomes are key.

Bread makes up about 10% of the daily calories consumed by adults. Now a study by researchers at the Weizmann Institute of Science in Israel has delved into whether fresh wholegrain sourdough is better for you than industrially produced white bread containing refined wheat flour as well as preservatives and emulsifiers.

The team were looking at the impact of eating the different types of bread on bacteria and other gut flora (collectively known as the "microbiome") and various clinical measures, such as levels of cholesterol, blood sugar and minerals.

The upshot

Primarily, the study highlights that individuals can differ considerably in their response to the same food, in this case bread. "The reason is due to the individual differences in our gut microbes and this is important," said Tim Spector, professor of genetic epidemiology at King's College London and author of *The Diet Myth*. "While glucose spikes are controversial as to whether they matter in most people, [the study] shows us that our healthy metabolism is best controlled by looking inside our guts and not at the food label."

The findings tie in to other work from the same team at the Weizmann Institute of Science that has suggested that personalised diets, tailored to individuals' gut microbes, could offer health benefits.

Kiwi pies and beer appear in China

According to *Stuff*, Ryan McLeod and Olivia Fowler, originally from Wellington, make their Tuck Shop pies out of a commercial kitchen in Pudong, Shanghai, and distribute them to about 250 supermarkets around China, along with a number of hotels.

Three years ago, McLeod was in Shanghai teaching golf and English as a second language while his partner worked in marketing. The way their Kiwi pie business came about harks back to "eight months of hangovers when we were craving pies," McLeod told *Stuff*. "We were struggling to find what New Zealanders crave the most – sausage rolls and pies."

Using a puff pastry recipe, a cookbook and what Fowler could remember learning from her mother, they made a batch of classic steak and mushroom pies. In good Kiwi entrepenurial style, they asked their local cafe owner if he wanted to sell them.

"He said, "I love these, let's give them a go. That's the New Zealand attitude too. We're young, give it a go, is our attitude."

Pies aren't in the Chinese diet, but locals do eat a pastry filled with minced beef and chives which they call a burger. They also devour pork buns, while pizza chains are now on city

"The Chinese like the pies a bit soggy. They don't know what a pie is so education is our biggest challenge," he said. In China, their gourmet Tuck Shop pies made of New Zealand meat and dairy products are now served in restaurants, hotels, schools, cafes and bars, along with 160 supermarkets.

They recently launched a lower-cost pie made of Chinese beef and margarine, which is now sold in about 200 additional supermarkets.

Grown-up cake flavourings

Sainsbury's, the British supermarket chain, has rolled out two new cake flavourings, Gin & Tonic and Prosecco (a popular sparkling wine), for the booming home baking market in the UK. The 38 ml flavourings are priced at £1 (about \$3).



Sainsbury's recommends adding half a teaspoon of flavouring to frostings, buttercreams or the bake itself to give a "grown-up twist".

Australian baker invents glow-in-the-dark doughnut

The glow-in-the-dark "glonut" was created by Christopher Thé for his Black Star Pastry bakery in Sydney.

Created for the Vivid Festival of

Light which was taking place in Sydney at the time, the "glonuts" may look radioactive but apparently taste delicious.

Thé said the idea presented an "amazing challenge", and it took nearly a year to get the glow. "The ingredient that makes the icing glow is made from vitamin B, which is quite acidic. He iced the doughnut in yuzo glaze, which is also quite tart,

The doughnut itself is "like a brioche, but with half the butter."



Raising the bar on sugar replacement. Natural taste and texture, healthier recipe.

Nowadays, sugar is a hot topic in the industry and consumer households. On a global scale, almost 50% of consumers browses food labels for sugar content. Sugar-rich foods, however, often slip into our diet in the shape of indulgent or convenient treats. BENEO's ingredients offer new ways to replace sugar and add nutritional benefits without compromising on taste and texture.

Follow us on: in Dywww.beneo.com





MOTE news and views

Making a difference

Claire Guenegan, the new bakery advisor at NZ Bakels, comes with a unique array of qualifications for the job.

Specialising in patisserie and chocolate work, she qualified as a pastry chef in her native France, has worked in top hotels in many other parts of the world and gained an insight into a number of different cuisines and customs. Bakers will be impressed that in Norway she did an internship in a bakery, gaining greater experience in handling dough than a pastry chef would normally get.



She worked for almost three years in New York where she noted how Americans like their sponges and cakes – "they have to be a little bit heavy" – but they "don't want too much mousse."

"You won't sell the same cake in Europe as you will sell in America," she says. "And the same with here in New Zealand. You always need to adapt what the population actually like. And that's why it's quite interesting when you travel and work in this trade, because you think, oh it's kind of the same, but," she insists, "it's not the same."

In the four years she has been in New Zealand, Claire has been at the forefront of changes in several kitchens, first at the Heritage Hotel in Auckland, where she helped the executive chef develop some gluten-free and vegan products, and later with Dawsons Catering. "I worked there for over a year," she says. "It was pretty interesting, because they have a few coffee shops and they were also doing events, so it can be a wedding, it can be corporate – so it was really full on, because every time was something different – you will do a wedding cake or you will do petits fours or you do some dessert plating on site. So that was a really great experience. Really full on."

Prior to Bakels, Claire worked for Hip Group which runs 14 businesses – cafés, restaurants and a bakery – in Auckland. Even in the four years she has been in New Zealand, Claire has noticed some changes in attitudes to food. "Naturally, the majority would only stick to what they know and they won't try new flavours or a new product," she says. Nevertheless, she says, "I've found New Zealanders are actually getting more and more curious about new food."

She describes New Zealand as "not such a big foodie country," not surprising from anyone from France, the ultimate foodie nation, but Claire Guenagen sees that changing even in her short time here: "People they want to try new things, but they want

to try good new things. So they will go for quality. "That's the opinion that I have for the past four years here – and talking with people in the city, people in the countryside too."

Claire has also noticed a difference between Australia and New Zealand. "Actually, I've been quite surprised because it's really different from Australia."

Claire Guenegan is someone determined to make a difference, and NZ Bakels' customers will soon be enjoying the enthusiasm and huge fund of knowledge and experience Claire brings.

Sam wins again

Sam Heaven of Napier won this year's Junior Pastry Chef of the Year title in Auckland in July. The competition is part of the NZ Hospitality Championships run alongside the Auckland Food Show.

Sam, the son of former BIANZ president Jason Heaven and grandson of BIANZ stalwart Graham Heaven, has previous experience in competitions, having won the BIANZ



live bake-off at Fine Food last year. He is now an apprentice pastry chef at Sky City in Auckland.

The Junior Pastry Chef of the Year was a two-day competition where competitors had to enter all three sections: producing a plated dessert in one hour with four portions, a gateau in one hour and a static dessert platter. The class was open to any chef in New Zealand with under three years' experience in the trade.

For the live plated dessert, for which he won the bronze, Sam made hay brûlée with caramel glass, smoked white chocolate snow, yuzu cream and lychee, served on a pillow of hay smoke, alongside a sharing plate of kaffir lime and lychee marshmallows that you would be instructed to toast over charcoal.

Sam won gold for the live gateau: a chocolate hazelnut sponge with chocolate mascarpone, mango jelly and Valrhona praline mousse.

For the silver-medal-winning dessert platter Sam produced a ginger, passionfruit and sago verrine with blown mandarin sugar, burnt mandarin cream, salted caramel and aerated shortbread, a choux pastry with rosemary cream, roasted pear, chocolate mousse, balsamic glaze and gold leaf pretzels.



Judging a pie by its cover (or rather its pastry) is the first job for the judges at the Bakels Supreme Pie awards judging day.

Tasting a few is the last.



Just some of the judging. There are two rooms like this to to get through the thousands of entries.



















Grand enlerlainment

The famous Bakels Supreme Pie Awards dinner this year featured a magical thousand-and-one-nights theme complete with belly dancers and a giant genie (another chance for chief judge Tim Aspinal to display his margarine sculpting talent). The venue was dressed as a palatial tent as bakers and media stars mingled in the usual must-go scene. TV3's Mike McRoberts did the presentation honours.





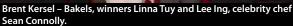




















Lee Ryan and Catherine Saunders.









Baked by Lee Ing of Taupo's Fast & Fresh Bakery (above, with wife Linna Tuy), the Bakels Supreme Pie Award winner came top of 5696 entries.

NZ Bakels managing director Brent Kersel said: "the winning pie first caught our attention when it won gold in the Gourmet Meat category before going onto the final judging stage. It looked great out of the oven, pastry rich and golden with the filling venison, mushroom, bacon and cheese combining well together. The venison had great flavour and texture."

Lee Ing told Slice that key to the venison is long slow cooking under the watchful eye of his wife, Linna Tuy.

The couple moved to New Zealand from Cambodia 12 years ago and Ing cut his teeth baking in Hawera at Tun's Bakery. Learning from owners (and family relations) Sophal and Sophaon Tun, Ing discovered he had a flair for baking. Over ten years he developed his pastry skills before moving to Taupo about two years ago to work at Fast & Fresh.

The couple bought the bakery 14 months ago.

They have built their winning quality, they say, through listening to their customers. "The recipe is basically from the previous owner," Lee Ing said. "Last year, we tried to enter but didn't make it this far," Ing said. Despite that set back, Ing kept tweaking the recipe and asking for customer feedback. He was stoked to be a finalist, but was "surprised and excited" to have the top gong come his way.

The flavour and texture of the winning pie was exemplary, as was the pastry, said celebrity judge, chef and self-confessed pie fiend, Sean Connolly. "I was so impressed that it wasn't dry. It was super moist, it was tender. And the skill of the cook - it was not just the pie making – he made a great pie filling," Connolly said.

Clean label solutions

- Burnt sugar =
- Cocoa powder -
 - Yeast extract
 - Malt extract =
 - Pea starch =
 - Potato starch =
 - Maize starch =
 - Soy sauce -
- Allergen free Worcester sauce -
 - High oleic Canola oil =

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The complete

Mince & Gravy				
Gold Award	Lee Ung	Crown Bakery & Coffee	Pukekohe	
Silver Award	Michael Kuoy	Counties Bakery	Pukekohe	
Bronze Award	Vouch Leang Chea	Richoux Patisserie	Ellerslie	
Highly Commended	Roger Cathro	Pak n Save Petone	Petone	
Steak (Diced) & Gravy				
Gold Award	Shane Kearns	Viands Bakery	Kihikihi	
Silver Award	Bunnarith Sao	Dairy Flat Bakery Ltd	Albany	
Bronze Award	Vuthy Chang	Papamoa Bakery	Papamoa	
Highly Commended	Patrick Lam	Gold Star Pat's Pies	Tauranga	
Chicken & Vegetable				
Gold Award	Patrick Lam	Gold Star Pat's Pies	Tauranga	
Silver Award	Michael Gray	Nada Bakery	Tawa	
Bronze Award	Shane Kearns	Viands Bakery	Kihikihi	
Highly Commended	Khemara Yin	The Bakehouse Café	Thames	
Gourmet Fruit				
Gold Award Blueberry, Apricot & Apple	Bunnarith Sao	Dairy Flat Bakery Ltd	Albany	
Silver Award Walnut, Zingy Lemon, Black Doris Plum, Apple & Lemon	Brian Lucas	Hastings City New World	Hastings	
Bronze Award Vanilla, Ginger, Pear & Caramel	Shane Kearns	Viands Bakery	Kihikihi	
Highly Commended Rhubarb, Apple & Lime	Tai Khau	Better Quality Pie Ltd	Rotorua	
Gourmet Meat				
Gold Award Venison, Mushroom, Bacon & Cheese	Lee Ing	Fast & Fresh Bakery	Taupo	
Silver Award Pork, Onion & Cheese	Patrick Lam	Gold Star Pat's Pies	Tauranga	
Bronze Award Lamb cutlet, Rosemary, Lemon & Kumara	Michael Kloeg	The Clareville Bakery	Carterton	
Highly Commended Chicken, Cranberries & Camembert	Sopheap Long	Hillside Bakehouse & Café	Wairau Valley	
Vegetarian				
Gold Award Corn, Carrot, Potato & Mushroom	Jason Hay	Richoux Patisserie Takapuna	Takapuna	
Silver Award Creamy Mushroom	James Musk	Spelt Bakery on Highgate	Dunedin	
Bronze Award Pumpkin, Kumara, Potato, Capsicum, Cauliflower	Vong Hean	Mairangi Bay Bakery	Mairangi Bay	
Highly Commended Spinach, Pumpkin, Kumara & Cottage Cheese	Chao Geemun	Baker Bob's Bakery Cafe	Tauranga	





Bacon & Egg			
Gold Award	Patrick Lam	Gold Star Pat's Pies	Tauranga
Silver Award	Samphois Sou	Samis Bakery & Café	Foxton
Bronze Award	Heng Seanghy	Olivers Bakehouse & Café	Auckland
Highly Commended	Lee Bou Seak	Champion Bakery & Café	Wellsford
Mince & Cheese			
Gold Award	Jason Hay	Richoux Patisserie Takapuna	Takapuna
Silver Award	Lee Ung	Crown Bakery & Coffee	Pukekohe
Bronze Award	Shuly Ngann	Le Royal Bakery	Grafton
Highly Commended	Roger Cathro	Pak n Save Petone	Petone
Steak & Cheese			
Gold Award	Bunhour (Vic) Luon	Waihi Bakery Vic and Phida Ltd	Waihi
Silver Award	Roger Cathro	Pak n Save Petone	Petone
Bronze Award	Jason Hay	Richoux Patisserie Takapuna	Takapuna
Highly Commended	Savanchamnap Ly	Target Bakehouse & Café	Pukekohe
Potato Top			
Gold Award	Bunnarith Sao	Dairy Flat Bakery Ltd	Albany
Silver Award	Try Kong	Bakers Oven	Whangapararaoa
Bronze Award	Sopanharith Chea	Angkor Wat Bakery & Coffee Shop	Waipukurau
Highly Commended	Mab Chheur	Angkor Kiwi Bakery & Café	Napier
Commercial/Wholesale			
Gold Award	Eddie Grooten	Dad's Pies	Hibiscus Coast
Silver Award	Jason Danielson	The Wholesale Bakery	Wanaka
Bronze Award	Amy Milina	Oxford Pies	Hamilton
Highly Commended	Terry McMahon	Couplands Bakery	Christchurch
Café Boutique			
Gold Award Steak, Mushrooms, Carrots & Shallots	Heather Lucas	Café Pret	Sockburn
Silver Award	Edmund Koh	Ed's Café	Mt Wellington
Steak & Cheese	20		g
Bronze Award Beef, Blue Cheese & Mustard	Melissa Kelsey	Warkworth New World	Warkworth
Highly Commended			
Gourmet Beef & Caramelised Onion	Lesley Lambert	Kitchen Republic	Tauranga
Supreme			
Gold Award			
Gourmet Meat	Lee Ing	Fast & Fresh Bakery	Taupo

Slice August 2017 13

Volare no fly-by-night success





website Neat Places stated, Volare's bread was "worth trekking over town for, and only those in quick will get their hands on the town-famous Volare grain bread."

"The old Moffat deck ovens had been hanging on for the crazy ride," says Ed. "But we knew it was time for an upgrade."



After a lot of research the two

business partners placed an order with Moffat for, amongst other equipment, a new Tagliavini Tronik setter oven, Tagliavini Rotor rotary oven and VMI spiral mixers. Past experience with the company helped make the decision easier.

"They understand the industry - the timeframes and complexities associated with it," says Ryan. "Combined with the technical knowledge, it makes life a lot easier for us, whether buying new equipment or servicing older gear."

"The new equipment has increased the baking surface to over 18 square metres.

The new integrated loader then helps with loading and unloading of the stone-baked bread," says Ryan. "It's giving us the time to focus on other aspects of the business."

This peace of mind is a huge benefit to Volare, allowing the bakers to try out new approaches while ensuring ongoing consistency. "We're always looking at new products, but are also conscious of maintaining the highest standard with our existing range," he says.

For both partners the move allowed growth not only in the business sense but also with building the staff culture. They continue to recruit passionate, qualified staff and give back to the surrounding community, with support for a wide variety of deserving charities.

Volare means 'fly' in Italian. With such passion and planning behind the scenes this baking business will surely continue to fly high in the years ahead.

For information on Moffat's comprehensive range of Bakery and Food Service equipment call today on 0800 MOFFAT (663328) or visit www.moffat.co.nz

When Ryan Simmons and Ed Hemming started Volare back in 2009 their budget could stretch to a second-hand Moffat multideck oven, a Turbo 1500 mixer and an old delivery van. Their inspiration and ambition stretched somewhat further. Now, with four retail outlets, a major kitchen upgrade and plans for further development, the two Waikato lads are on a roll.

The two men, who've been friends since high school, take a 50-50 approach to the work at Volare. Ryan takes care of the baking and research and development. Ed looks after sales, marketing and finance. This carefully balanced partnership has been instrumental in the business from the get-go.

Ryan, a fifth generation baker, knew the realities of the business. His background as a qualified chef and passion for sourdough bread ensured quality results. Ed's experience as both a construction manager and qualified civil engineer helped focus the management of the bakery and subsequent retail stores.

They started off with a small operation on Hamilton's Kahikatea Drive, supplying baking to local stores and the weekend market crowd.

Now Volare boasts a staff of 35 and, in somewhat of a 'butter one's bread on both sides' situation, the retail operation has taken off. There are four Waikato outlets and one more on the way. The focus here has been on using a satellite model, with each outlet being supplied from the one production bakery.

Growth over the last few years has been both consistent and considerable. However with this burgeoning reputation supply struggled to keep up with demand. As popular destination





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Setter Loader - Optional





ET244

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Registration for the event including accommodation has a deadline of 30 June for early bird discount pricing, so get in quick!

For the Saturday morning breakfast and workshop on 16 September, we have



Theresa Gattung. She is a former Telecom CEO and co-founder of the phenomenon which is My Food Bag.

Theresa has been named several times in Fortune Magazine's list of the 50 most powerful women in international business. She has also been included in the Forbes' list of the world's 50 most powerful women.

Places are limited at this session get in quick to get a space at this exciting event.

Check out pages 30–31 for the details of the 50th Anniversary Competition. Prove yourself, improve your business! Keep an eye out on our Facebook page and **www.bianz.co.nz** for updates.

If you have any questions, or wish to express interest, please get in touch.

We are also looking for photos of BIANZ from the last 50 years. If you have any photographic gems, please send them through to **teghan@bianz.co.nz**

Save the Date:

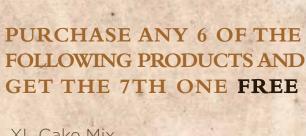
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PRICE SURVEY

We ran an online survey of BIANZ members in June-July looking at prices and some other matters of constant and current concern.

The response

A total of 45 bakeries took part in the survey: 17 retail

4 wholesale-only, and 23 retail/wholesale

12 retail or retail/wholesale bakeries also ticked the café box.

Respondents who didn't fall within those categories recorded that they were variously a supermarket, a manufacturer of bakery lines, a bakery school, an In-house bakery run by the Department of Corrections, an independent training provider, a factory, and someone selling baked goods at a market.

Price rises

Prices of the top five pies surveyed have risen an average of 9.4% since the last BIANZ prices survey two years ago.

Digital marketing

The questionnaire asked what media the respondents use regularly for digital marketing. Of the 32 that answered this question:

17 (53%) use Facebook (down 12% from two years ago).

3 use Instagram.

1 uses Google +.

3 use other means.

19 respondents have their own websites, 12 with just static pages and 7 with online sale and ordering options.

25% use none.

Management

The cloud

Respondents were asked what internet or cloud-based services they use.

17 use Xero

5 use MYOB

2 use Vend

16 (48%) use none

5 (15%) use others. MYOB, Smart Payroll, Bank Link, Milly and Office 365 each got one mention. Those who used cloud-based systems were asked to rate them. 88% of users rated them 4 or 5 out of 5.

Costing systems

19 respondents use computer-based costing systems. MYOB was mentioned by several in this category, as was Resort Restaurant, Flexibake from Canada, Price Cracker, Infusion, Menucoster, Resort Chef, Global Bake, and Milly.

How much to charge?

In 2012 *Slice* featured an article by Craig Rust – a Christchurch business consultant and bakery owner – on how bakeries should go about setting their prices. This is a summary of that still-useful article.

There are four basic methods to determine the selling price of the product:

1. Cost-plus pricing

Having calculated the cost of the product, add the amount of profit you want to make to arrive at the sale price.

2. Demand pricing

Using this method, prices are determined by a combination of sales volume and desired profit. The process requires the ability to calculate in advance what price will generate the optimum ratio of profit to volume.

3. Competitive pricing

When the market has already established the price for your product, it's wise to operate within that range.

4. Mark-up pricing

Some manufacturers, wholesalers and retailers simply add a set amount (the mark-up, usually expressed as a percentage of cost) to the cost of a product to reach the final price.

The most effective

We've found the most effective pricing method is a combination of competitive and cost-plus pricing. Here's how it works:

Set a price that positions your product appropriately in relation to your competitors then do a cost-plus analysis to make sure this price is achieving the necessary margin for you to cover overheads and achieve a profit.

If the competitive price does not produce a satisfactory profit, you have several options:

- O Raise the price
- O Source cheaper raw ingredients
- O Find a way of reducing your overheads
- O Accept a lower level of profit.

If none of these work you should consider eliminating the product from your range and focussing your efforts on products that will be more profitable.

Product		Average	Number	Highest	Lowest
Mince pie	Retail	\$4.48	27	\$6.40	\$3.49
	Wholesale	\$2.73	13	\$4.83	\$1.76
Chicken pie	Retail	\$5.13	27	\$9.00	\$3.49
	Wholesale	\$3.30	13	\$4.83	\$2.10
Steak & Cheese pie	Retail	\$4.98	31	\$8.50	\$3.49
	Wholesale	\$2.94	15	\$4.83	\$1.80
Gourmet pie	Retail	\$5.48	28	\$8.50	\$4.10
	Wholesale	\$3.39	11	\$4.83	\$2.09
Sausage roll	Retail	\$3.23	31	\$6.00	\$1.60
	Wholesale	\$1.98	16	\$3.75	\$1.11
Plain gluten-free bread loaf	Retail	\$6.72	9	\$10.00	\$3.00
	Wholesale	\$6.67	3	\$11.00	\$4.21
Plain sourdough loaf	Retail	\$5.11	19	\$7.00	\$3.90
	Wholesale	\$3.89	6	\$4.50	\$3.00
White tin loaf	Retail	\$4.49	19	\$8.50	\$2.20
	Wholesale	\$3.05	8	\$4.40	\$2.00
Basic filled roll, ham	Retail	\$5.35	28	\$9.50	\$3.50
	Wholesale	\$3.21	5	\$4.00	\$2.38
Afghans (each)	Retail	\$3.04	18	\$5.00	\$0.70
	Wholesale	\$1.87	5	\$2.70	\$1.22
Chocolate Caramel Square	Retail	\$3.57	22	\$5.20	\$2.00
	Wholesale	\$2.17	8	\$4.00	\$1.43
Chocolate Gateau – 20 cm/8"	Retail	\$38.80	18	\$65.00	\$21.00
	Wholesale	\$35.50	7	\$40.00	\$14.00
Cake Slice	Retail	\$4.13	26	\$7.50	\$2.00
	Wholesale	\$2.67	5	\$4.50	\$1.72
Cupcake	Retail	\$3.29	10	\$4.80	\$1.50
	Wholesale	\$2.22	4	\$3.00	\$1.50
Cheese scone	Retail	\$3.20	20	\$4.50	\$1.40
	Wholesale	\$1.97	8	\$3.33	\$0.98
Fruit Muffin	Retail	\$3.79	23	\$5.00	\$2.50
	Wholesale	\$2.31	9	\$4.00	\$1.30
Danish Pastry	Retail	\$3.82	19	\$5.00	\$1.90
	Wholesale	\$2.41	7	\$3.15	\$1.65
Plain Croissant	Retail	\$2.65	22	\$4.00	\$1.20
	Wholesale	\$1.88	7	\$2.70	\$1.30
Flat White coffee	Large	\$4.60	23	\$5.50	\$3.00
	Regular	\$4.13	15	\$5.00	\$3.50

Gourmet pies

Respondents were asked their most popular gourmet pie. Responses included: A tie between turkey, and steak and black pudding Chicken Sweet Chilli Triple Smoked Bacon & Pepper Steak Cream Chicken & Leek Caramelised Onion &
Cheese
Steak Blue Cheese &
Mushroom
Butter chicken
Country chicken
Mince & Cheese
Shearers Pie
Thai Chicken
Chicken Cranberry & Brie
Salmon Mornay
Steak Bacon & Cheese
Bacon & Cheese
Chicken Apricot

Cranberry Brie
Chicken Bacon
Mushroom
Chicken Satay Pasties
Lamb & Kumara
Steak & Mushrooms
Salmon & Bacon
Turkey
PLUS five Steak & Cheese
pies.
Cheese of various kinds
also features in another
seven of the gourmet

pies.

Thanks

We thank the following for taking the time to respond to this survey.

Andres Pies

Ara Institute Of Canterbury

Arobake

Bakaway Training School (bakery

training provider)

Bakermans

Bens Buns

Blanchfields Bakery

Bread And Butter

Brezelmania

Copenhagen Bakery

Country Kitchen Bakery

Cuba St Bakehouse

Danish Delights

Darfield Bakery

De Broods Fresh

Food By Alliecat

Frenchies Cairns

Gear Meat Pie Company

Gilbert's Fine Food Gipfel Ltd

Grizzly

Halswell Bakery

Heavens Bakery Ltd

KH & KA Maxwell Ltd T/A Lens Pies

Kiss and Bake Up

Le Moulin Bakery Main Street Bakery And Cafe Oxfird

Maketu Pies

Mapua Village Bakery

Melba Foods

Nada Bakery

Original Foods Baking Company

Pain Save

Pastries With Conviction

Phoenix Gluten Free Ltd

Picton Village Bakery

Rose Bowl Bakery

Rustic Bakery Cafe

Sweetiepie Cupcakes

Sydenham Bakery Limited

Ten o'Clock Cookie Bakery Cafe

The Bakehouse Cashmere

The Sweet Pie Co

Thorndon New World

Toi Ohomai Institute Of Technology

Twizel Bakery Cafe Ltd

Woolworths

The prize

All respondents were entered in a draw for a presentation pack of Bakels fine products.

The winner is **Mapua Village Bakery.** Congratulations.

Continental gluten-free

An established North Canterbury bakery and catering company is reaping the benefits after stepping out three years ago in response to the growth in demand for gluten and allergy free foods.

by Sue Fea

Demand has skyrocketed since Continental grabbed the opportunity to convert its original bakery and production kitchen area in Rangiora into a 100 percent gluten- and allergy-free space.



Continental owners David and Joan Ward, now joined by son Greg, have been in the baking and catering business for more than 50 years.

The Wards first spotted a growing gap in the market for good quality gluten-free products back in 2014. "Some of the product out there back then was a bit like cardboard and very unpalatable," says Joan. The opportunity arose to convert their original bakery kitchen to not only be gluten-free, but a totally allergy free production kitchen. They then partnered with experienced Rangiora baker Paul Mattson and his wife Pam, and launched ALFF – Allergy Free Foods – a whole new brand.

The company now sells gluten-free products, not only in its own two Rangiora outlets – Continental Bakery and Kingsford Kitchen – but to supermarkets throughout the South Island, some Freshchoice outlets, and various other cafes and eateries.

Providing gluten and allergy-free food has also been a huge plus for Continental's catering arm, and its Mona Vale wedding and function venue in central Christchurch.

"Pizzas and pizza bases are our biggest sellers. They just fly out the door," says Joan. Pretty much everything else imaginable in the pastry and baking line has been mastered in the glutenallergy free kitchen by Paul and his team, from pastry sheets and delicious pies to dairy-free chocolate afghans, neenish tarts and gateau.

It's invaluable having Paul's 18 years of specialist gluten and allergy-free experience on board. Paul and Pam originally owned Jackson's Bakery locally, then in 2007 branched out into LP Gluten-free – their own separate gluten-free bakery.

For Paul it all started quite by chance when an elderly man popped into his shop in 1999. "He said my daughter is coeliac. Could you make her some gluten-free bread?" says Paul. "I agreed, then walked off scratching my head, wondering what I'd got myself in to, but he came back after trying my first loaf saying how amazing it was," he says.

Quite by chance

"When I first started there were probably three of us in Christchurch doing gluten-free. Demand was huge, because you couldn't buy it." Back then it was also harder for people to know what ingredients were in products, but now, he says, all that nutritional information must be on every label.

Trouble with his own health in the form of diabetes prompted Paul to come up with sugar-free recipes as well, and increased his empathy for allergy sufferers in search of good food.

ALFF now produces food that ticks off pretty much every common allergy, including eggs and peanuts. A request for dairy and gluten-free Easter buns had him thinking outside the square with dairy in the whey used for the crosses. "There's been a big increase in demand for dairy free products," says Paul. "It's certainly a lot busier now than when we first launched ALFF products in 2014. In the last 12 months or so we've expanded into more and more supermarkets in smaller places like Wanaka and Te Anau, as far south as Invercargill."



Some bakeries produce gluten-free, but from the same kitchen where they make gluten products, which poses too much risk for cross-contamination, he says.

"When I first started we had to sweep out the ovens and strip everything down before we prepared gluten-free," he says. "Flour dust is in the air and for a coeliac that can be serious. Some people are merely intolerant, but for others the consequences can be dire, so we have to be 100 percent sure there's no contamination."

"It's just easier having a separate kitchen. Everything we touch is allergy free, whether it's gluten, or dairy, or whatever. We have no peanuts in our establishment either," says Paul. "You only need one slip up and some child or person could be going into anaphylactic shock."

Even the 'numbers' on labels, representing various preservatives, can contain gluten. "We don't add any preservatives."



ALFF's mastered dairy free pastries by using veggie nuggets, which also keep vegans happy.

"We do a gluten-free pastry and pastry sheets using a blend of flours, using gums, eggs and water to bind.



Gluten-free products can be very crumbly and without that elasticity there's no stretch," says Paul. It's taken a lot of trial and error throughout the years. "We get around it very delicately."

Rice flour can be very fine and crumbly, but by combining it with potato starch and tapioca they've come up with the perfect blend. "There have been a lot of tweaks. You know when the birds don't eat it that it's not right."

Many customers now say they can't distinguish the difference between ALFF's gluten-free pizza bases and normal ones perhaps the ultimate compliment for any culinary king.



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- Confectionery
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- Meat

Pie Piper As American as



by Sarah Beresford

The cheery red gingham cloths on the tables lining the footpath are the first indication that this café is a little different from the more gritty bohemian offerings on Auckland's Karagahape Rd.

Step inside and the invitation to enjoy "bottomless" cups of filter coffee, the cheery nice as pie interior and the counter laden with elaborately decorated donuts and pies with glistening meringue peaks all contribute to the effect of being transported to small-town America.

It may seem a little incongruous alongside the strip's more self-consciously hip establishments but this little gem of a bakery has been crafted with care.

"The one thing we wanted our place to be was welcoming to everyone," says Suzanne Butler, co-owner of The Pie Piper and Doornuts.

A sign which jostles for space on the shop counter sets the tone: "No whining, no complaining, absolutely no frowning

Only hugs, smiles and warm fuzzy feelings are allowed."

Suzanne and her mother Danielle Butler have created a comfort zone that is a celebration of the classic American tastes of sweet pies and donuts. They opened the bakery in May of this year, but they have been attracting a following for their delicious treats every since they started selling them at markets in late 2013.

"Mum grew up half in the United States and half in New Zealand because of her mixed Kiwi-American heritage," Suzanne



explains. "She has always been so good at making pies – she was taught by her mother – and on a family holiday we got talking about how tricky it was to find anything here like the home-baked goods from America that we love."

That sparked a conversation about making them to sell and soon mother and daughter were winning over shoppers with their pies at Howick Village Farmers' Market, eventually moving to inner-city markets at places like Silo Park and taking online orders.

The pair own and run the business jointly, with Danielle taking charge of the kitchen and Suzanne focussing on customer relations and sales. The expansion

from providing pies to donuts was also the result of a series of seemingly random events.

Danielle's husband Leal was happy with the ready supply of pies but was craving fresh donuts too. He decided to use his dream of "doornuts" – home-delivered donuts – as an example for the students he lectures in film at SAE Institute in Parnell to use to execute a business plan.

The family agreed that the "Doornuts" concept was a fun idea. Danielle got baking, ran the figures and when they stacked up Doornuts became a vital part of The Pie Piper enterprise.

"Launching the donuts pretty much coincided with finding these premises for our bakery and café this year," says Suzanne.

The delectable selection of donuts – think blueberry crumble, S'More and

strawberry cheesecake donuts as well as old favourites like chocolate glazed and lemon meringue – are also available to order for delivery to events like weddings, hen's nights and engagement parties in the Auckland area. In fact, the doornuts are perfect for any time you want to share some sweet cheer.

The success of this new endeavour is evidenced when visiting Pie Piper, with staff in a flurry pulling together an order for dozens of doughnuts for an event.

Danielle says a lot of the satisfaction from running the business is the contact with the local community who visit the bakery. "It's great to build up a relationship with our customers and also other

business owners in the area. It's sort of one degree of separation here. Everyone is so supportive.'

She can think of other ways she would like to get involved in the community but there's the baker's lament: "If I could only stop doing those 2am starts..."

However that's what makes these sweet pies and donuts so special. Everything is made from scratch and a special effort is made to source local ingredients, from the berries used in summer treats to the pumpkin for their pies.

They imported a lot of their kitchen equipment, like the pie pans, from America. They use two fan ovens and a prover but Suzanne says the two most important things in the kitchen are "lots



of work space and the people in it". They have a staff of 17.

"We really are all about sharing the experience of enjoying classic sweet pies. I think that's what makes us distinctive. We make everything from scratch by hand using traditional recipes and techniques. It's about sharing the ultimate in comfort food. It's hard not to smile when you're sharing a slice of pie."

The Pie Piper and Doornuts 321 Karangahape Rd, Auckland Phone 09 310 6147 Open: Tuesday-Wednesday 7.30am-6pm Thursday, Friday Saturday 7.30am-8pm Sunday 8am-5pm Doornuts delivery Tuesday-Sunday



Midnight Baker

Sarah Beresford finds a bakery-cafe with just one starring bread recipe.

No many of us find ourselves starting a business as a result of bringing our lunch into work, but for Yeshe Dawa toasting bread in the office kitchen on a regular basis has led to some significant changes in her life.

"I used to make my own bread and toast it in the open kitchen at work," she explains. "People used to comment on how delicious it smelled and when they tried some they loved it.

"I used to say I'd give them the recipe, but they all said they were too busy or couldn't be bothered to bake their own bread so I started to bake loaves and bring them into the office. I was working full time and baking in the evening."

Let's just be clear now that the bread Yeshe bakes is not the average offering from a bakery and certainly not from a supermarket shelf.

Her 'Freedom Loaves' are the result of diligent research, tweaking, a genuine love of bread and necessity. "I have had really bad eczema for years," says Yeshe. "I eventually decided to try different dietary solutions to target the core issues.

"I read a lot of information on-line and one factor that seemed to be a trigger was dairy and gluten. But there was no way I wanted to give up bread because I love it."

Commercial gluten-free loaves weren't going to do the trick: "They're often chewy and tasteless and made from highly refined and processed ingredients so I started researching different incarnations of gluten-free bread."

Eventually Yeshe developed her 'Freedom Loaf'. Free from wheat and gluten, it redefines the concept of bread as most of us know it

"More than gluten-free it's high in protein, fibre and good fats and is good for digestion." And the dense, seed-heavy loaves are delicious.

"I used to work in the fashion industry and after I started bringing in the loaves to work I started to get requests to do catering for events and launches. Then I began supplying other stockists and things just grew from there."

These days the Midnight Baker has a slip of a café in Dominion Road where Yeshe Dawa's loaves are a feature of the menu. There are sweet and savoury options served on natural, cinnamon or buckwheat bread (which is gluten-free) with inventive toppings such as cauli cream purée with roasted beets, radish



and sprouts or spiced pumpkin with candied pecans, ginger and coconut caramel. Customers sit at a long shared table or at a couple of small tables in the light-filled, uncluttered space.

"We opened the bakery about seven months ago," says Yeshe. "We also sell on-line but the bricks and mortar of the business is selling the Freedom Loaves wholesale to outlets around the country. We also do La Cigale market in Parnell on Sunday."

As well as regular coffee and tea, the bakery also makes caffeine-free Latte Lab drinks such as turmeric and red velvet lattes and a range of juices and herbal

"I don't drink coffee and I love the Latte Lab Nut Mylk mixes. They taste so lovely."

Yeshe is helped in the bakery by six or seven staff, including the

chef, barista and production staff.

A key ingredient in the loaves is the psyllium husks which bind the bread together. The husks and some of the other seeds are soaked for a couple of hours before the baking process begins.

The kitchen is remarkably gadget-free other than for a couple of turbofan ovens.



"We mix everything individually by hand. We don't do any batch baking and we make between 50-100 loaves a day. It means that we get nice and strong from all that mixing," says Yeshe laughing.

The Midnight Baker 218 Dominion Rd, Mt Eden. www.themidnightbaker.co.nz

The Baking Industry Association – a short history

by David Tossman



Thanks to Gary Cameron, Bruce Cockburn, Andre Glen, Judith Gray, Graham Heaven and Donna Thomsen for help with this article.

The cars and the small town bakers

From European settlement through to the 1950s, every town, large or small, in New Zealand had at least one bakery. These town bakeries started to disappear in the 50s when, for the first time, most families could afford a motor car. Suddenly people could travel further to shop and many small town businesses – bakeries, clothiers, hardware shops – could no longer compete with the larger retailers with greater buying power in the main centres.

That trend continued with the advent of city supermarkets beginning in the 1960s and 70s and the parallel growth of large plant bakeries manufacturing packaged bread in vast quantities. The remaining small bakeries had to specialise or compete on

quality, variety and service. They couldn't compete on price or convenience. Thus the baking industry developed two strands, much as they are today: some large plant bakeries manufacturing mainly packaged bread, and many smaller craft or artisan bakeries selling a variety of baked goods.

The unions

Before the advent of employment contracts, the biggest job for industry associations was negotiating national wages with the employees' unions. This was a complicated and fraught process. Employers had to form unions too. For bakeries, the employers' union represented the two types of business, the "big plant" bakeries and the craft bakeries.

In the 1970s, the bakery employers hit a snag: the big

plant bakeries dominated their union and the smaller "craft bakeries" felt left out. At the NZ National Master Bakers Conference in Whanganui in 1977 the "small guys" left. A wilful Christchurch baker, Ray Walker, led the walkout. The smaller bakeries then

formed what became the Baking Society and later the Baking Industry Association. (The remaining bigger bakery members continue today

as the NZ Association of Bakers.)

Gary Cameron

BIANZ Life Member Gary Cameron was a committee member for many years and twice took the role of president. He remembers the start.

"The employee unions dealt with the so-called bread barons of their day and sort of had a free ride. We [the smaller bakeries] had to follow what wage increases that the barons gave the unions. So Ray got real bitter and twisted about these bread barons and decided that as a group – there was quite a lot of us – we needed a voice too. That's basically where it started."

The breakaway organisation was registered for wage negotiations as ... wait for it ... "The NZ (except Auckland) Master Cake Bakers and Related Trades Industrial Union of Employers".

Beyond wage negotiations, Ray Walker insisted on a much broader range of activities for the organisation, establishing the annual baking competitions to improve quality and boost business for competitors, and helping members in many other ways, from

RAYMOND JOHN WALKER

technical advice to legal matters.

Current BIANZ board member Donna Thomsen remembers the help Ray Walker gave their business.

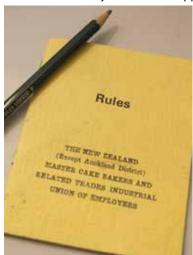
a brief history cont.



Ray was our first point of call in Christchurch when we signed up with the association back when we started in business in 1987. He was definitely a colourful character and was very supportive of us 'young ones' starting out in

our new bakery business. I can recall a couple of networking sessions with the association, and times he helped us out with employment advice. He was also a very big advocate for the bakers' competition."

The other thing Ray Walker had in mind, recalls Gary Cameron, was what eventually become the supplier partnerships. Later



president Peter Gray called it a 'buying group'. Ray Walker was keen to see that we could apply pressure to flour millers, and people like to get a better deal, but "it never took off until Peter Gray took it over and really pushed it in and made a great job of it, and the buying group progressed to what it is today.

"Ray did a lot of work behind the scenes," Gary recalls. "Quite a

few of us were involved with wage negotiations over the years. Some were pretty fraught with dramas and what have you; others were fairly hilarious. But on the whole it evened itself out.

"Everybody was getting a reasonable sort of deal, because you weren't being dictated to by other large companies. A wage increase to them of 5% or 6% was nothing because all they did was add another couple of cents to their tally load. If you're producing 10,000 loaves of bread a day, well another couple of cents didn't matter very much, because they just shoved it on their retail price or wholesale price.

"But the other thing with the Baking Society, it was at the forefront of change for better quality.



"When I grew up, we had two types of bread: white bread and brown bread. Brown bread was considered to be better for you but all they did was shove a bit of caramel colour in the dough to give it a brown appearance.

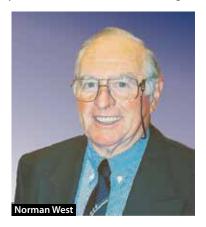
"It was only with the advent of the European bakers that they added grain breads and we started to see a better quality of product coming out of small bakeries – and that improved over the years."

The first national conference of the new Baking Society was in 1968 in Whanganui. New Plymouth pie maker Andre Glen was there, as was Napier baker Graham Heaven. (Andre was later president and Graham was on the executive committee for 24 years.)

Norm West

Andre Glen, president of the Baking Society from 1988 to 1993, has no doubt that the appointment of Norman West from Christchurch as the secretary in 1976 was one of the best things

that happened to of the Society. Norman, a qualified accountant, had previously been director of the Canterbury Employers Association. As an industrial advocate engaged in a succession of negotiations with trade unions, Norman learnt, as he said, "to say no in a dozen different ways."



While wage negotiations were never easy, a wage

freeze imposed by the Muldoon-led government in the 1980s only made matters worse, as Norman West soon discovered.

There were many employers who found being sandwiched between their workers and the Government quite intolerable "Many, in order to merely survive," recalled Norman later, "had no option but to find ways through a maze of regulations to justify doing something sensible."

A stickler when it came to the paperwork, Norman West often found dealing with bakers difficult. He could not understand anyone's failure to attend to correspondence, a common failing amongst bakers.

"Norm West was a man who dotted his 'i's and crossed his 't's and nothing escaped Norm West. He ran a tight ship," recalls Graham Heaven. Norman West's meticulous attention to the accounts was famous since committee members and conference attendees had to set aside a great deal of time at both committee and annual general meetings for Norman to detail his work and concerns.

Peter Gray

Peter Gray, who died tragically in a car accident in 2005, was one of the longest-serving and most influential presidents of the Baking Society. Amongst many initiatives he established, he formed the buying group (now the supplier partners scheme) and established closer relationships with Australian bakery associations, particularly those in Victoria and New South Wales.

Conference theme nights

All who were there fondly remember the great conferences of the 1980s. "We used to get 300 people," says Andre Glen.

"We used to have a theme party on the Friday night and decided for a conference in New Plymouth to have a Roman orgy. The night we had it there were ferry strikes on and so people from the South Island arrived late, about nine o'clock, having been held up overnight the night before.

"They were given a toga on arrival— a sheet — and put it on top of whatever they were wearing. By half past nine half the bakers were sound asleep on the floor. Ray Walker was the kingpin and everybody was feeding him grapes.

Gary Cameron remembers the night well. "The then-mayor turned up to give a speech and welcome us to New Plymouth, and said, 'I can't stop...' He had another appointment. Well, we had to take his car keys off him at about half-past one the next morning because he was too pie-eyed to stand, and we put him in a cab to take him home."

Through that Peter Gray organised a joint conference in Melbourne of the Victorian Baking **Industry Association** and the New Zealand **Baking Society. This** "BONZA" conference was followed by a coach tour for the **New Zealanders** taking in a number of great bakeries around Victoria including the famous Beechworth Bakery.

Under Peter's leadership, many Australian



bakers attended New Zealand bakery conferences over the years. For several of those years teams at the conferences from Victoria, New South Wales and New Zealand took part in intense interstate and trans-Tasman bake-off competitions for the ANZbake Trophy.

Peter Gray was also instrumental in maintaining the strong support Bakels gives to the organisation, a relationship that continues to this day.

A change of image

The old logo and name was looking very dated by 2005 and the organisation was renamed the Baking Industry Association at that year's conference in Christchurch.

The world has changed radically since the Baking Society was formed. Wage negotiations are no longer a national sport, retail bakeries sell coffee, most Kiwis know their brioche from their croissant, and supermarkets employ craft bakers. Still, craft and specialist bakers, even quite large businesses, remain in need of the support only an organisations like BIANZ can offer.y





central Christchurch bakeries.







– a brief history cont.





Peter Gray gets into the gear for a sporty Friday night pre-conference theme party



Christchurch's Diane Spice and Wellingtonian Karen Simpson in their "Vie Parisienne" guises for a theme party in Christchurch.



The mainly-Australian contingent visit the Ernest Adams factory in Palmerston North during a post-conference North Island coach tour.



Havelock North's Neville Jackson is presented with a Baker of the Year silver award by Melbourne baker Ralph Plarre.



Peter Gray presents bakery tutor Selena Chan with a service award in 2002.



Virginia Humphrey-Taylor of Christchurch accepts a bouquet from executive committe member Gary Cameron.



Celebrity foodie Annabelle White is amused by soon-to-be famous baker Dean Brettschneider doing a demo at the 2002 Christchurch conference.



to current members of BIANZ to purchase.

Do you need a BIANZ Custom Food Control Plan? Please contact: loretta@bianz.co.nz

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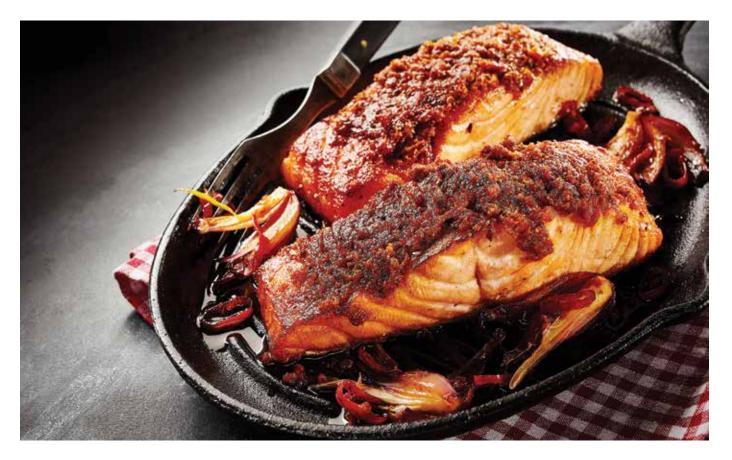
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PASTES & RUBS

Our mantra is to 'inspire and excite' and we hope our new flavour range of pastes and wet rubs from around the world will do just that. Great for rubbing on meats before grilling, use as a flavour base for curries, butters, aiolis or egg dishes. Enjoy - but be adventurous as they are so versatile.



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- Chermoula Paste GF
- Harissa Paste GND
- Tandoori Paste GND
- Thai Chilli Paste GF

Please note the initials 'GF' denote gluten free and GND' denote gluten nil detected.

THE GREAT NZ

CHRISTMAS MINCE PIE COMPETITION

Another great business-boosting baking competition from BIANZ.

Your opportunity to score a cracker of a Christmas (and contribute to a worthy cause).

Entries close October 25.



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Butter is back

For a multitude of cultures around the globe, butter has been used as a natural way to enhance the flavour of almost any dish, from delicate pastries to hearty casseroles.

It has also provided the foundation for frying, baking, food preservation, medical remedies and more. Leading the way are food enthusiasts seeking enhanced flavours in

their cooking and baking, and a growing interest in more natural ingredients.

Butter has always been naturally good

Nutritionists are now telling the world to eat 'real food' that is as close to nature as possible. Anchor Food Professionals butter sheets and Mainland 500g butter fulfil this brief. They are just a churn away from the full cream cow's milk that is collected twice a day by our world leading dairy farmers.

For a short period in the history of butter, some people lost faith in its natural goodness. It was a time when synthetic products were often assumed to be better than those provided by nature. Today, many assumptions made during the 70s and 80s aren't holding up anymore and people are returning to a more natural way of eating. We also better understand the importance of a balanced diet that embraces rich, natural foods in moderation.

Clean, fresh buttery flavour

New Zealand butter has a unique flavour that is impossible to imitate. What's more, it contains delicious flavour compounds that are enhanced during baking and frying, improving the already delicious natural flavour.

Nothing can compare to croissants or pastries made with pure butter! Intensely buttery with a natural dairy sweetness. Anchor Professional Butter sheets create layers and height for baked goods, such as croissants and Danish pastries. Our butter sheets also bring moisture to pastries, helping them stay fresh for longer.

Only butter tastes like butter

There's a reason why famous chefs never stopped using butter, even during the anti-butter years. It tastes wonderful, and it makes other foods taste wonderful too.

New Zealand Butter has a unique and valuable natural flavour – regarded as the 'Gold Standard.' It is difficult to imitate because it is a complex combination of many compounds that occur naturally in butter. Competitors attempt to match and replicate it synthetically, but so far this has proven impossible.

Some of the most important flavour compounds in butter are only released during exposure to higher temperatures. These flavour compounds are stable in the butter during storage, but during baking and cooking they generate the most delicious, baked-through buttery flavours that we are all familiar with. Most other fat sources cannot provide this delicious flavour.

We welcome our fellow BIANZ members to contact us with any queries about our range. Please call 0800 ANCHOR to set up a meeting with one of our Anchor Food Professional team members.



Anchor Food Professionals Butter Sheets



Mainland Unsalted Butter





Calling all bakery suppliers

15-16 September, Queenstown

Your chance to shine

We have created a fantastic opportunity for suppliers to showcase their innovative products to the bakers of BIANZ at our 50th anniversary event in Queenstown.

This will be your chance to talk to our members and share your products with us.

Are you a supplier?

We are holding a suppliers innovation award at our delegates breakfast on the Saturday morning of the event (September 16th).

This competition is to recognise the contribution that suppliers to the baking industry make through their innovations.

The competition is open to all suppliers to the baking industry, whether they supply ingredients, equipment or services.

The competition will be held at the BIANZ 50th anniversary celebration on the weekend of the 15th & 16th of September 2017.

Places will be awarded for 1st, 2nd, and 3rd and will be announced at the BIANZ 50th Anniversary dinner on the evening of the 16th of September.

Who can enter?

All suppliers to the baking industry:

- Ingredients suppliers
- Equipment suppliers
- Service suppliers

How to enter

Register your entry before 1 September 2017 using the form to be found on www.bianz.co.nz

You will get

Each supplier at the Queenstown event will be given a display space of one square meter to display their product and relevant information, noting particularly why it is innovative.

The entries will be judged by all delegates attending the 50th Anniversary celebrations by way of secret ballot using preferential voting.

If you haven't done so already, head over to www.BIANZ.co.nz to register for the event.

Our BIANZ room rates are still available at both

the Crowne Plaza Hotel, and the Heritage Hotel Queenstown.





50th Anniversary

Prove yourself Improve your business

BIANZ has been many things to many businesses over its 50 year history but competitions have always been a big part of what we do.

This year we are holding a special competition in a scaled-back format to help ensure all people can enter from all over the country.

The products have been selected to match those of competitions from yesteryear and to allow for ease of travel.

When?

Registration for the competition closes on the 6th of September. Entries must arrive by 3pm on Friday the 15th of September.

Where?

Entries to arrive at the Crown Plaza Hotel in Queenstown.

Who?

The competition is open to all bakeries throughout New Zealand. All entries must be made in a commercial kitchen. Entries are to be in the name of each business.

Why?

Competitions are fun, help you learn, build your team, and altogether add real value to your business.

There's nothing better than a prize certificate for a product to attract customers and boost sales.

What?

PASTRY

Sausage Rolls

Provide four (4) identical Sausage Rolls made from puff pastry. Flavour



to be of competitor's choice but all sausage rolls submitted must be of the same variety. Maximum length of each sausage roll 130 mm. As these will be tasted they must arrive below 7 degrees Celsius.

BREAD

Pannetone

Provide two (2) Pannetone loaves. Can be baked in tin, paper mould or other mould



as per competitor's choice. Maximum weight for each loaf 900 grams.

CAKE

Sponge Roll

1 feathered sponge roll. Flavour and



filling to be competitor's choice. No fresh cream. All fillings to be suitable to be kept at ambient temperature. Maximum size of display length 400mm width 300mm. This may be presented on cake board or plate.

Competition



CREATIVE

1 bread sculpture depicting a bakery scene. Sculpture and decorations must be made from mainly bread.

Can be assembled with glue or other methods as per competitor's



choice. Maximum size of display 500 x 500 mm

INNOVATION

New product award.

Competitors may submit one (1) new bakery product of their choice.

This may be a bread, cake, pastry, biscuit, allergen friendly



item or other item that they have developed. Competitor must include description of item. Maximum display space 300 \times 300 mm

The full product specifications and judging criteria will be available on the BIANZ website.



BE SAFELY PREPARED

New Zealand's food safety law has changed and we are ready for it. Are you?

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.

Off-the-peg plans under the new food safety laws are not suitable and available for all food businesses. Many require a Customised Food Control Plan, one written specifically for them then approved and registered by the Ministry for Primary Industries.

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, your business and your customers..

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

Phone 0800 692 253 Email info@bianz.co.nz and start playing safe.

35



Moroccan Beef Cheek Pie

Makes 12 pies

Short Pastry

Ingredients

525	g
750	g
3	tsp
3	tbsp
2	
3	tsp
3	tsp
12	
	750 3 3 2 3 3

Method

- In a mixing bowl, rub the butter into the flour and salt.
- 2. In a separate mixing bowl, whisk together the water, eggs, vinegar and sugar.
- Make a well in the flour mixture, add the liquid and bring together to form a dough.
- 4. Tip onto a work surface and knead for 2–3 minutes, cut into small slabs and refrigerate for one hour.
- 5. Wipe the work surface with a damp cloth and line the bench with sheets of cling film. Dust the surface with extra flour, dust each pastry slab with flour and roll out to 3 mm thick. Cut circles or ovals one third larger than the mould size so there is a slight overhang of pastry outside the mould.
- 6. Use the cling film to drop in the pastry and line the mould. Once all are done, freeze to set the pastry for 30 minutes.
- 7. Repeat rolling out the pastry, this time cutting lids to attach to the overhang of the pastry.
- 8. Once chilled, spoon in the beef cheek filling and flatten.
- 9. Using a pastry brush, smear one side of the lids with the egg wash and attach to the pastry cases. Brush the lids with egg wash, a little milled black pepper and sea salt flakes. Prick the centre of the lids to allow steam to release during baking.
- 10. Bake at 165°C for 25 minutes.



Beef Pie Filling

Ingredients

Beef cheek, large sinew removed	750	g
Table salt	1	tsp
Garlic, peeled and minced	3	cloves
Beef stock	2	cups
Maple syrup	2	tbsp
Saffron threads	1/4	tsp
Barker's Professional		
Chermoula Paste	2	tbsp
Paprika	1	tsp

Method

- 1. Preheat oven to 160°C.
- 2. Season the beef cheek with salt on each side. Using a tagine or Dutch oven, sear the meat for 3–4 minutes on each side.
- Turn off the heat and add in the garlic, beef stock, maple syrup, Barker's Professional Chermoula Paste, saffron and paprika.
- Place in a Dutch oven into the oven and cook for 2½-3 hours.
- 5. Remove from the oven and allow to cool.





Layered Cinnamon Banana Bread Scones with a bold Maple Swirl



Ingredients

Scones

XL Scone Mix	1.125 kg
Water	0.277 kg
Bananas, mashed	0.360 kg
Brown Sugar	0.112 kg
Cinnamon	0.003 kg
Chocolate Buttons	As required

Maple Swirl Topping

Extra Soft Fondant (lightly heated)	0.250	kg
Maple Syrup	0.125	kg
Topping Walnuts	As req	uired

Method

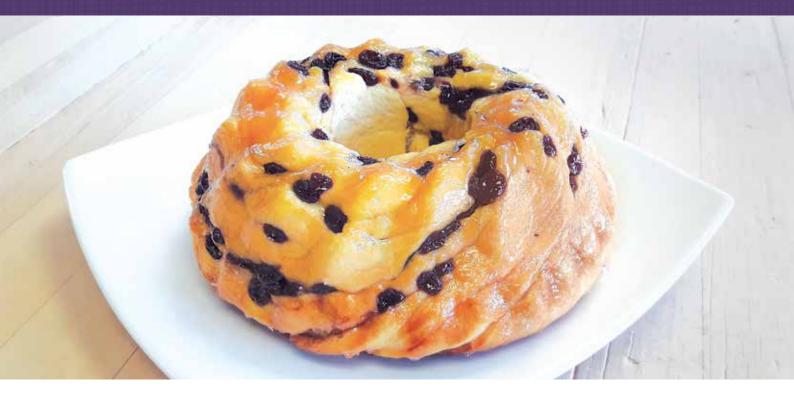
For 50g scones

- Place the water and XL Scone Mix into a mixing bowl fitted with a hook.
- 2. Mix for 1 minute on speed 1.
- 3. Halve dough into 2 heads and rest for 3-4 minutes.
- On floured surface, roll out each dough to your Bun Divider Moulder plate size (this recipe is based on a 36 BDM plate, if not using a BDM, cut the dough into 25g squares).
- 5. In the BDM, press down and cut only.
- 6. Arrange half of the 25 g scones on a tray, press 2 chocolate buttons on each scone.
- Spray chocolate covered scone with water, place second scone on top, for a layered effect.
- 8. Brush with egg wash.
- 9. Bake at 210°C for 15 minutes until baked through.
- 10. Once cooled, pipe on the Maple Swirl and top with walnuts.



How to bake...

KRAKEN



DOUGH

Farmers Mill/Lesaffre Brioche Premix	2000g
Water	780g
DCL Dried yeast	55g
Butter	300g
Total Dough Weight	3135g

FILLING

Softened unsalted butter	750g
Cinnamon	25g
Castor sugar	350g
Raisins or Sultanas	500g

TASTE OF HOMEGROWN GOODNESS



Farmers Mill is the only independent grower-owned and operated flour producer in the country, enabling manufacturers and bakers to pass on the promise to their customers of baking from 100% New Zealand wheat for a 100% NZ made product.

PROCEDURE

- 1. Place group 1 into a mixer, and mix on 1st speed for 2 minutes.
- Mix on 2nd speed for a further 6-8 minutes or until developed – use the dough window test.
 The ideal finished dough temperature is 30° C.
- 3. Mould into a rectangle head and allow to rest for 10minutes (covered).
- 4. Pin out into a rectangle sheet using the pastry break/ sheeter and roll dough to approximately 4mm thick.
- 5. Spread on the softened butter and sprinkle on the sugar, cinnamon and sultanas.
- 6. Roll up into a scroll and cut into 25cm lengths.
- 7. Cut down the middle of each dough piece and roll up as per a Russian style twist.
- 8. Place into greased moulds (ideally butter), prove and bake.
- 9. Glaze (Apricot) when cool.

BAKING

Pre heated oven 190'C. Bake for approximately 25 minutes. Baking times are indicative and will vary dependent on oven brand and quality.

Lemon Muffins



Makes: 12 large / 24 small

435g plain flour

18g baking powder (5 tsp)
11g baking soda (2 tsp)
1g salt (1/4 tsp)

240g Chelsea Caster Sugar

3 eggs

3 Tbsp finely grated lemon zest (7.5g)

250ml canola oil (1 cup)

250ml plain, unsweetened yoghurt (1 cup)

250ml milk (1 cup)

7.5ml vanilla essence (1 ½ tsp) 160g white chocolate bits

120g lemon curd

12 fresh blueberries, to decorate (optional)

white chocolate buttons, to decorate (optional)

Cream Cheese Icing

175g cream cheese, softened 50g butter, softened 300g **Chelsea Icing Sugar**, sifted 5ml vanilla essence (1 tsp)

Method

Pre-heat oven to 180°C conventional bake. Line 2 x 6 hole Texas muffin tins with paper liners or spray generously with oil.

Sift the flour, baking powder, baking soda and salt into a large mixing bowl. Stir in the **Chelsea Caster Sugar** and make a well in the centre.

In a large jug, whisk together the eggs, lemon zest, oil, yoghurt, milk and vanilla essence. Pour into the dry ingredients. Use a rubber spatula to quickly and lightly mix the ingredients together until only just combined. Gently stir through three quarters of the chocolate bits.

Spoon half of the muffin mixture into the prepared pans. Add a dollop of lemon curd in the centre of each muffin, then top with the remaining mixture. Sprinkle with the remaining chocolate bits. Bake for 25-30 minutes, until a skewer inserted into the centre comes out clean. Leave to cool in the pans.

Cream Cheese Icing

Beat together the cream cheese and butter until light and fluffy. Sift in the **Chelsea Icing Sugar** and add the vanilla essence. Mix well until combined. Top cooled muffins with a swirl of cream cheese icing. Decorate with blueberries and white chocolate buttons, if desired.

Nutrition

Contains gluten (wheat), dairy and eggs.

Service

Muffins keep well for 2 days stored in an airtight container. Un-iced muffins can be frozen.

*Cost based on average wholesale prices March 2016

TOTAL COST*	\$9.30
COST PER PORTION	\$0.78
GROSS PROFIT %	70%
SALES TAX %	15%
MIN. SELLING PRICE (per portion)	\$2.97





Nut Based Artisan Bread

Recipe supplied by New Zealand Bakels Bakery Training School

(Overnight Sponge/Biga)

Ingredients	Weight	Percentages of total flour weight
Overnight Sponge / Biga		
Strong Flour	480 g	40
Bakels Instant Yeast	6 g	.5
Sugar	12 g	1
Water	300 g	25
Dough		
Strong Flour	600 g	50
Bakels Meal Base	60 g	5
Bakels Rye Base	60 g	5
Salt	24 g	2
Sugar	30 g	2.5
Bakels Instant Yeast	24 g	2
Water	480 g	40
Almonds	120	10
Hazelnuts	120	10
Walnuts	120	10



- Prepare Sponge dough the night before. Place in a covered container to mature over night.
- Add sponge to dough recipe, mix for 2 minutes then 8 minutes in the spiral mixer or until a clear window is reached.
- Add chopped nuts and mix through until combined well.
- Scale and round 4 loaves at 600 g each, intermediate prove for 10 minutes.
- Shape as desired, prove and bake.

This is a lovely bread ideal with a slice of your best cheese or simply toasted to bring out the natural flavours of the nuts. Nuts have excellent health properties, high in fibre, healthy fats and heaps of nutrients like omega 3.

Please enjoy Michael Meaclem Bakels Training Advisor













The Heart Foundation promotes the use of whole and less highly processed foods, so whole foods such as bananas or other fresh or frozen fruits and vegetables in your baking are a great way of increasing fibre and reducing salt, sugar and fat.

We also encourage you to substitute some or all of the white flour in a recipe with wholemeal. Experiment and find the balance that works for you and your customers.

For more inspiration visit www.heartfoundation.org.nz/recipes

Makes 2 loaves

Ingredients

Eggs	4	
White sugar	70	g
Vegetable oil	125	ml
Mashed banana	625	g
Reduced fat milk	125	ml
Reduced fat sour cream	110	g
White flour	400	g
Wholemeal flour	220	g
Baking soda	10	g

Method

- 1. Heat oven to 175°C.
- 2. Beat eggs and sugar until light and foamy.
- 3. Mix together oil, banana, milk and sour cream.
- 4. Gently mix the two wet mixtures together.
- Sift flours and baking soda and fold into wet ingredients gently.
- 6. Pour into lined and greased loaf tins.
- Bake for approximately 45–60 minutes or until golden brown and cooked through.
- 8. Cool on a wire rack.



Membership Application

PO Box 19 028 Wellington 6149 0800 692 253 admin@bianz.co.nz

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- Make your payment for your initial membership subscription (as listed right) using one of the payment options

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Associate with full Safety Programme	\$350
Independent Baker	\$100

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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:

- 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.)
- That materials and resources including any programmes 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.	
Signature of authorised p Date / /20	person(s)
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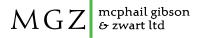


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