

slice

The latest in baking industry news proudly brought to you by BIANZ
Issue 44 November 2019


Eggs

Baking with and going without
– all you need to know



Slice is proudly brought to you by BIANZ,
providing the latest in baking industry news
from across New Zealand

with special thanks to
our platinum partner

 **BAKELS**



slice® is published by the BIANZ and incorporates the New Zealand Bakers Journal.

ISSN 1175-141X

NATIONAL EXECUTIVE

PRESIDENT

Kevin Gilbert 03 455 7161
kevin@bianz.co.nz

VICE-PRESIDENT

Bernie Sugrue 03 684 4767
bernie@bianz.co.nz

TREASURER

Mike Meaclem 03 338 8185
mike@bianz.co.nz

SLICE & COMPETITIONS

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

PORTFOLIO TBA

Jason Hay 09 5791815
jason.hay@bianz.co.nz

LIFE MEMBERS

Graham Heaven, Napier
Judith Gray, Wellington
Dennis Kirkpatrick, Roxburgh

OFFICE

PO Box 19 028, Wellington 6149
0800 NZ BAKE
info@bianz.co.nz

Members' Freeline 0800 NZ BAKE
(0800 69 22 53)

BAKERY EMPLOYERS' HELPLINE

McPhail Gibson & Zwart
03 365 2345

MAGAZINE EDITOR

David Tossman 04 801 9942
davidt@bianz.co.nz

ADVERTISING MANAGER

Diane Clayton 027 858 8881
diane@bianz.co.nz
www.bianz.co.nz

contents



2



5



11



Issue 44 November 2019

on the cover

Eggs are essential and expensive. Sadie Beckman looks at why and what you can do about it.

See page 28

BIANZ Partners:

For full details and member benefits, see page 40.



Advertisers and contributors

Next booking deadline: 1 February 2020

Material deadline: 7 February 2020

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.



11



14



16



18



30

news

- 2 From the president
- 3 Events calendar
- 4 News & Views

features

- 8 Rest and meal breaks explained by Alice Porter
- 9 How the cost of a coffee in New Zealand compares by Susan Edmunds courtesy of Stuff
- 12 Kidd's Cakes – finding the silver lining by Belinda Carter
- 14 Dairy Flat by Sarah Beresford
- 16 The organic tick by Monique Balvert-O'Connor
- 18 Filling a gap by Sue Fea
- 22 It is cricket by Jude Woodside
- 24 Where the buzz is by Sarah Beresford
- 27 The famous fruit cake by Sue Fea
- 30 Eggs by Sadie Beckman

recipes

- 35 Doughnuts with a difference courtesy of Bakels
- 37 Ginger Molasses Cookies courtesy of Chelsea
- 38 Fig & Stout Sourdough courtesy of Farmers Mill
- 39 Spinach & Feta Roll courtesy of Total Baking Industries
- 40 Creme Brûlée Dessert Cups courtesy of Total Baking Industries
- 41 Apricot pudding with apple and almond sponge by Asher Regan courtesy of Heart Foundation
- 42 Barker's Roasted red pepper, garlic, feta & tomato quiche
- 43 Champion Scone Premix Ideas

From the president

KEVIN GILBERT KEEPS IN TOUCH



The opening ceremony at Worldskills in Kazan

Christmas is yet again looming and all the madness that it brings with it. As irritated as we can get with the syrupy Christmas tunes playing everywhere we go, there is one sound that I hope we all get a lot of – the ‘ping-slide-jingle’ of the register going into overdrive.

Over the last few months we have lost two valued members of the executive as they have, for the moment, left the industry due to the sale of their businesses – Craig Rust from Divine in Christchurch and James Wilson of Maketu Pies. Their contribution to the industry has been notable and their impact on the functioning of the executive cannot be overstated.

The AGM was held in Wellington in early October and elected back on to the executive are: **Jason Hay** (Richoux Patisserie, Auckland), **Michael Gray** (Nada Bakery, Wellington), **Mike Meaclem** (Michael’s of Hillmorton Christchurch), who has stepped into the role of treasurer, **Bernie Sugrue** (Bernie’s, Timaru) as Vice-President, and myself elected back as President. We look forward to continuing to be the voice of the industry and ensure its needs are heard.

We have also bid farewell to Teghan Mear who has left us to take up a position at the New Zealand Resuscitation Council. We thank her for her work and wish her all the best.

Vocational education

Recently much of my time has been spent focussing on vocational education and training. With New Zealand under a ‘Review of Vocational Education’ (ROVE) and a speedy, not to mention substantial, change to the Polytech/training system,

I have spent a lot of time talking about the needs and process with everyone from Ministers Hipkins (Education) and Clarke (Associate Minister of Finance), Competenz, the Tertiary Education Commission, Polytechnics, bakeries and apprentices. All aimed to understand both what the industry wants from the reformed system, the levels that will be in place and the changes made (to be fair, nobody seems to have a handle on exactly what these changes will look like), and to ensure that the baking industry’s voice is heard.

We have a lot to say as the strength of our industry and the education of those entering it, are hugely important to us all.

Worldskills

As many of you know, in August **Neroli Lancaster** of Percival Street Bakery competed in the city of Kazan in Russia as part of the Worldskills New Zealand team and, while the results on



the scoreboard weren't where we wanted, it was not for lack of effort or skill. We were simply outmatched on funding.

Many competitors are employed to train simply for this competition. Success in this event is extremely important for some countries and they resource it accordingly. Lots and lots of money.

An Olympic scale

Every two years WorldSkills (International) holds a competition that is, quite accurately, referred to as the Olympics of trades. Eighty-three countries compete in 52 skill categories. Sure, there are the traditional Gold, Silver, Bronze medals, and there is also a Medallion of Excellence for all competitors that achieve above a certain still-difficult-to-obtain score.

Beyond the medals there is an often-dramatic effect the event has on each competitor's personal growth, confidence, enjoyment of vocation, and their determination to stay in their chosen career.

Oh yeah, and each competitor must be 22 years or younger (for almost all skills).

The competitors are teamed up with industry experts to help mentor them and try and get them the best training possible in preparation for the competition.

All the work done by the competitors and their mentors is voluntary and on top of their full-time jobs.

The scale of the event is massive. Simply massive. I have never made it to IBA in Munich but for those that have been there I'm told this dwarfs it.

The opening ceremony alone was on the scale of the Olympics – 40,000-plus people in a stadium with the contestants parading in behind glittering neon signs and a firework display to rival anything seen on New Years Eve.

I struggle to find the words to express the size and importance of the event and competition.

The thing that I had the biggest struggle with is realising that, all of this – the many hundreds of millions spent by the host country, the fervour, the cameras and media frenzy (much of it is broadcast live across Europe), the epic nature of the whole thing – is for trades. Normally we're overlooked but this is a competition that governments value (President Putin made sure to attend) and countries look to for training standards, all of which is for those of us who sweat for a living.

Internationally speaking, the WorldSkills competition is the standard by which a growing number of countries are setting their vocational training standards.

The importance that is placed on the competition around the world is hard to overstate. But then, these are countries who have identified that qualifications in trades and skills are at least as important as ones gained at university. These are also the countries that have seen an impressive increase in apprenticeships, trade qualifications, and the economic growth that goes with having strong and skilled industries. They respect the work done in trades and support their WorldSkills teams as we might, well, the All Blacks.

I trust everyone has a safe and profitable festive season and remember, no matter what, take time to look after yourselves. Our industry needs you.

BAKING INDUSTRY ASSOCIATION OF NEW ZEALAND

New Members

We welcome

Blooms Pretzels	Auckland
Jacksons Artisan Foods	Havelock North
Kauri Kitchen	Auckland
Kreem Franchising	Auckland
Golden Goose	Christchurch
Zaidas	Wellington
Gypsy Oven	Queenstown
Rye Baby Bakehouse	New Plymouth
Sockburn Bakery	Christchurch

Events calendar

What	When	Where
	11-14 January	Porte de Versailles Paris, France
	21-23 June	ASB Show-grounds Auckland
	28-29 February	National

news & views

Do you know?

One Jennifer Jarden has written to *Slice* asking if anyone can tell her if a relative of hers, **Jim Baxter**, worked some time at **Golden Crust** bakery in Miramar, Wellington. Please let David Tossman, davidt@bianz.co.nz, know if this name rings a bell.

Also looking for information is **Peter Alsop**, a respected Wellington historian currently doing some research on **Edmonds** and the wider history of baking powder in New Zealand. Please email palsopnz@gmail.com if you have any references or suggestions on this.

Vegan bakery ingredients in drugs mix-up

Twenty-five bags of ingredients belonging to a vegan bakery were investigated by the British Transport Police (BTP) at Gatwick Airport, near London in August.

The BTP said that officers were called to Gatwick Airport after a suitcase was found containing 25 bags of powder. Following a number of enquiries and tests, it was determined that the bags of powder were cake ingredients for a vegan bakery.

BTP Sussex posted on its Twitter account: "Huge drugs bust at Gatwick Airport. In collaboration with @ukhomeoffice powders tested and discovered to be vegan cake ingredients. Please label your foods and bring samples of cakes next time you visit. #cakefine."

Vegan pizzeria Purezza replied to the tweet saying, "Thanks for going easy on us guys! A slab of cake all round is in order when you're next in Brighton." BTP said at the time that the ingredients in question were "soon reunited with the owner, who has promised officers and staff a slice of cake in return."

Sesame allergies on the rise

A new study by American researchers backs up an open request by the US Food and Drug Administration (FDA) last year for feedback on mandating warning labels for sesame.

The new study has found that there may be more Americans with a sesame allergy than there are people allergic to tree nuts like pine and macadamia nuts. Sesame labels are mandated in the EU, Canada, Australia and New Zealand. A sesame allergy can result in severe reactions, including anaphylaxis.

IRD targeting hospitality



Inland Revenue launched a campaign in October to crack down on hiding cash sales in the hospitality sector.

The move came just days after five members of a family operating a restaurant chain were sentenced to prison and home detention as a result of a \$2.3 million tax evasion case brought about by IRD.

IRD spokesperson Richard Philp said hiding cash sales created an uneven playing field and gave some a leg up at the expense of others. In the Thai House case the declared income of two of the defendants was low enough to qualify for a Working for Families tax credit.

They were convicted and ordered to pay more than \$2.2 million in reparations by the High Court in Wellington and one person was imprisoned for two years and eight months.

Philp said most hospitality businesses were paying the right amount of tax and had good bookkeeping practices but investigation work into the hidden hospitality economy uncovered \$108.8 million of unpaid tax in 2018/19.

"The hospitality sector has high risks when it comes to hidden economy activity and undeclared income because of the high number of cash transactions and the more short-term nature of employees," he said.

"IRD sees things like staff being paid under the table and inconsistencies between supplies bought and goods sold. Cash leaves a clear trail for the IRD to follow," he warned.

The campaign will use a range of methods to check restaurants, cafés, bakeries, takeaway shops and liquor outlets are keeping up with tax obligations. It can obtain warrants from the district court to search premises it suspects of hiding cash sales.

In the past, the IRD has made similar statements in an attempted to crack down on under the table cash jobs or "cashies".

Going for baroque



Tracey Van Lent



Winning cake – detail



1st place advanced sculpted

A baroque-inspired wedding cake won the Cake Art Competition at inaugural Pettinice Cake Show held in Auckland on October 19–20.

Created by hobbyist cake decorator Tracey Van Lent of Auckland, the cake features fine detailed painting on Pettinice fondant, sculpturing, and finishing with delicate, edible gilding.

This is only the second time Tracey has entered a major cake show competition; having done well in Australia last year inspired her to test her skills against some of the best decorators in New Zealand.

"Last year I entered my first big cake competition (International Cake Show, Australia)... I'd never even visited a cake show before that! I came home with a first and second place. That was very validating but more importantly, it was just the whole process of entering, pushing myself out of my comfort zone, being involved in the show and the demonstrations, meeting like-minded people and soaking up the whole cake show atmosphere that had a huge impact on me. I think I learnt more that weekend, through that

experience, than I had in the entire previous year.

"I've become a huge fan of cake shows since then, and was wishing there was something closer to home, so when I heard about the Pettinice one, I don't think anyone could possibly have been more excited and enthused than me," says Van Lent.

And while she wouldn't disclose how many hours went into her entry, she said cake decorating for her was being in her happy place and when that cake was for a celebration the reward was even greater because, "the recipients are mostly celebrating a happy or special occasion in their lives or the lives of their loved ones, and you get to be part of that. A little bit of joy rubs off on you every time you deliver a cake."

Robots bound for the bakery

Timaru baker and BIANZ vice-president Bernie Sugrue joined with a small group of other New Zealand bakers at the International Baking Industry Exposition in Las Vegas in September.

"It's a very good show," declares Bernie. "A lot smaller than Germany [the popular iba in Munich], but some big companies spend a fortune to get there.

"There were lots of training seminars – work safety, artisan bread versus factories, how to get an artisan look in a factory – and lots of fancy cake and sugar work seminars."

On the technology front, Bernie noted an increasing use of x-rays as people go away from metal detectors, and a lot more robotics coming into play, getting cheaper because of the way technology's going.

The robots are simple, says Bernie. "All it is is a bit of machinery doing it's stuff – taking stuff from a line and putting it in a box. They look ugly as sin but I think we'll be seeing more of them down the track.

"There are robots cutting, slicing, dicing, wrapping, moulding bread. They're not all very big. Many were on a table, not running around on wheels like we'd think of robots.

"I also believe that with the slicing of cakes and slices now, robotic technology has gone in leaps and bounds and got simpler: you have ultrasonic cutters and water-jet cutters."

Bernie believes these sorts of machines have more than halved in price since he first started going to these sorts of shows about eight years ago. "They're getting smaller too," says Bernie.

A lot of the new machines, Bernie notes, advertise their versatility, moulding both ciabatta loaves and round hamburger buns, for instance, but with current technology, He suggests dedicated single-purpose machines remain preferable.



Tray filling and stacking robot.



Water-jet sliced cake.

more news & views

Bernie's birthday bet



Bernie Sugrue



Hina Master with biscuit dough ready to be put through the moulding machine

Timaru baker Bernie Sugrue, vice-president of the Baking Industry Association (BIANZ) recently bought a Porirua-based biscuit-making plant and shifted it south.

He told the *Timaru Herald* that he hopes to promote Timaru in supermarkets across New Zealand.

"Any brand that says

[on the packaging] it's based in Timaru is good for the town," he told *Timaru Herald* reporter Joanne Holden.

The bakery turned out more than 20,000 biscuits in the week after Bernie Sugrue's took on the contracts of McColls Foods Ltd, which supplied biscuits of various flavours and sizes to supermarkets, dairies, and tuck shops around the North Island.

The biscuits are only available in the South Island through Provender but Bernie Sugrue told the newspaper that he is already in talks with supermarkets to change that. He said that, although the previous owner had sold up because he was losing money, he was confident he could make a profit – especially since he "already had overheads sussed."

"I thought it was a good fit for what we're already doing. We've just absorbed it into here."

He needed only to sign on three more employees to get the ball rolling, but said he had former Porirua staff members helping in the meantime to bake about 3000 biscuits a day.

With plans to expand the biscuit-making side of the business by "30 or 40 per cent", Sugrue said he wanted to create even more jobs.

And any apprentices he took on would be able to experience another facet of the bakery business, he said.

Sugrue saw the Porirua plant advertised for sale when he was hours away from flying to Las Vegas, USA, for a bakery trade show – so he took a detour to Wellington to hash out a deal.

He bought the brand on his birthday, September 6, and had two truck-and-trailers haul biscuit-forming machines, ovens, mixers, and flow wrapping machines from Porirua to Timaru in early October.

"My Vegas gamble was buying this business," he joked.

More trade training

The Government will fund up to 4000 more trades training places for high schoolers from next year.

A full 2000 will be Trades Academies places, which allow high school students at risk of dropping out to mix tertiary-level trades training into the regular curriculum. Up to 2000 will be Gateway places, which integrate job-based trades training into the high school curriculum.

Prime Minister Jacinda Ardern and Education Minister Chris Hipkins made the announcement in October.



Centre of the Plate
MEAT SPECIALISTS

www.baycuisine.co.nz

70 Dunlop Road
Onekawa
Napier 4110

T: 06 843 0472
F: 06 843 0512
sales@baycuisine.co.nz



THE BAKERTOP MIND.MAPS™ COMBI OVEN

This is the BAKERTOP MIND.Maps™ PLUS by UNOX. The intelligent combi oven for Bakery and Patisserie.



BAKERTOP MIND.Maps™ PLUS

The solution you need.

The BAKERTOP MIND.Maps™ PLUS ovens are the culmination of UNOX's years of research and experience of working alongside the most demanding master bakers as they take on the daily challenge of bringing their creations to life. They are designed to be easy to use and to guarantee top performance in all working conditions. They use the latest smart technologies to give real support in your work and to adapt to all styles of baking or patisserie, whatever yours may be.

The 4, 6, 10 and 16 tray 600x400 models are the benchmark for every pastry laboratory and retail shop. Thanks to the MAXI.Link™ system you can create oven columns including the following configurations; 4+4 tray, 4+6 tray, 6+6 tray and 10+6 tray in order to make the most of the vertical space and keep the footprint to a minimum.

Achieving identical results for each load requires control, intelligence and expertise. Every detail counts: what happens before and during cooking, the various load quantities, food whose properties vary with the seasons and the unique manual techniques of each member of your team.

The BAKERTOP MIND.Maps™ PLUS oven with UNOX INTELLIGENT.Performance and technology provides...

- AUTO.Soft gentle cooking function.
- SMART.Preheating Intelligent preheating.
- SENSE.Klean Intelligent cleaning.
- ADAPTIVE.Cooking™ Perfect results. Every time.
- CLIMALUX™ Total humidity control.

The My Program Menu

is perfect for saving all your unique recipes such as; **Meringues, Pavlovas, Macarons, Choux products, Sponge Cake and many other bakery items.**



CONTACT US

Unox New Zealand Limited
0800 760 803
info@unox.co.nz



Rest and meal breaks explained

by Alice Porter

On 6 May of this year, the government made several changes to employment law that gave employees more entitlements. Many of these reversed previous changes made by the National Government in 2016. One of these relates to compulsory rest and meal breaks.

Since 6 May, it has been compulsory for employers to provide employees set rest and meal breaks as laid out below.



The purpose of a rest or meal break, according to the law, is to give employees a reasonable chance during work periods to rest, refresh and take care of personal matters. This means there shouldn't be restrictions on where they can go or what they can do during their rest break, except for abiding by any site rules and not distracting other employees if they remain on-site. It is the employee's responsibility to be back ready to work at the end of their break. The exemptions that allow employers to restrict rest breaks are so limited in the law that they won't apply to the vast majority of employers.

Breaks have to be taken in the middle of the period of work they relate to unless the employer and employee agree otherwise. So if there is no other agreement, the first 10 minute paid rest break will have to be taken after 2 hours of work if the person is working a 4 hour shift. Because this is not very practicable for many workplaces, employers should consider stating when employees will take their rest breaks in

employment agreements or policies, as this will usually meet the 'agreement' requirement.

If employees are being offered rostered shifts, stating the break times or arrangements in the roster should also meet this requirement.

The agreement regarding the timing of breaks could be that timing will be flexible. For example, the employment agreement could state "the employer and employee agree that the timing of these breaks will be flexible to meet and maintain business operations, and if necessary, the employer may set these break times according to operational requirements."

Employers also have to be able to show, in the event of any dispute, that rest and meal breaks are being provided, and taken. This means some form of record keeping is advisable – at least to show that the employees have been advised of their entitlement to take breaks and given the opportunity to do so. This might be in the employment agreement or policies, and/or the shift roster.

While this does seem to be quite an onerous requirement for employers, managing it effectively by including appropriate wording in employment agreements, rosters and/or policies should mean rest and meal breaks can continue to work sensibly around business operations.

Employees will want to ensure they receive their entitlements to breaks but in most cases they are likely to be flexible regarding timing so long as they think the employer is acting fairly and reasonably in how they manage this.

Minimum rest and meal breaks for employees

Length of employee's work period	Minimum number of rest and/or meal breaks	If the employer and employee cannot agree to the timing of breaks, an employer must provide breaks at the following times as far as is reasonable and practicable
2.00–4.00 hours	1 × 10 minute paid rest break	In the middle of the work period
4.01–6.00 hours	1 × 10 minute paid rest break 1 × 30 minute unpaid rest break	One-third of the way through the work period Two-thirds of the way through the work period
6.01–10.00 hours	1 × 10 minute paid rest break 1 × 30 minute unpaid meal break 1 × 10 minute paid rest break	Halfway between the start of work and the meal break In the middle of the work period Halfway between the meal break and the finish of the work period
10.01–12 hours	1 × 10 minute paid rest break 1 × 30 minute unpaid rest break 1 × 10 minute paid rest break 1 × 10 minute paid rest break	Halfway between the start of work and the meal break In the middle of the first 8 hours of work Halfway between the meal break and the finish of the work period Halfway between the end of the first 8 hours of work and the end of the work period
12.01–14 hours	1 × 10 minute paid rest break First 30 minute unpaid rest break 1 × 10 minute paid rest break 1 × 10 minute paid rest break Second 30 minute unpaid meal break	Halfway between the start of work and the first meal break In the middle of the first 8 hours of work Halfway between the meal break and the end of the first 8 hours of work One-third of the way between the end of the first 8 hours of work and the end of the work period Two-thirds of the way between the end of the first 8 hours of work and the end of work
14.01–16 hours	1 × 10 minute paid rest break First 30 minute unpaid rest break 1 × 10 minute paid rest break 1 × 10 minute paid rest break Second 30 minute unpaid meal break 1 × 10 minute paid rest break	Halfway between the start of work and the first meal break In the middle of the first 8 hours of work Halfway between the meal break and the end of the first 8 hours of work One third of the way between the end of the first 8 hours of work and the second meal break Halfway between the end of the first 8 hours of work and the end of work Halfway between the second meal break and the end of work

How the cost of a coffee in New Zealand compares

by Susan Edmunds courtesy of *Stuff*

Wellington woman Lisette Prende says she's struggling to keep on top of her coffee habit.

"I went decaf but I am still emotionally attached to coffee. I try to tell myself 'if you quit you could pay for a trip to Bali in a year' but still I get a \$5 decaf cappa. And if the barista screws it up it feels like money-saving karma.

"My uncle who runs cafés told me once that it cost the café around 70 cents a coffee. Not sure if that's correct but woah. Cha-ching! That's a profit."

She might be pleased, then, that she's not buying coffee in Copenhagen, where new research shows the world's priciest Starbucks coffees can be found.

Finder, a consumer information site based in Australia, has compared the cost of a tall Starbucks latte in 76 cities around the world.

The least expensive part of the world to buy coffee is Asia, followed by Oceania.

Wellington ranked 45th. Copenhagen was top of the list at NZ\$9.42 and Turkey at the bottom, at NZ\$2.77.

New Zealand was just behind New Delhi, India, but ahead of Toronto, Sydney, Prague and Milan, among others.

Another Wellingtonian, Frank Wilson McColl, said she marvelled at the cost being as low as it was.

"When I think of all the things that get my cup to my lips," says Frank McColl, "— planting, growing, harvesting, drying, curing, packing, shipping, roasting, grinding, extracting. Isn't it crazy it's only \$4?"

Finder said it should be expected that coffee prices would be higher in wealthier countries and lower in poorer countries. Factors affecting the price would include the local cost of raw materials, production and labour costs, taxes, tariffs and retailer pricing strategies.

Europe was the costliest region to buy a coffee.

Gareth Kiernan, chief forecaster at Infometrics, said it was similar to the Economist's Big Mac Index, which compares the cost of the McDonald's burger in US dollars around the world.

That index ranks us 14th most expensive for the price of a Big Mac.

But he said while the ingredients for a burger were more likely to be sourced closer to home, coffee only came from certain parts of the world.

"Freight costs are going to make coffees potentially more expensive in the likes of Europe or New Zealand than Africa or South America. Having said that the labour cost component of a coffee is probably going to be the predominant influence."

He said the data showed that the New Zealand dollar seemed to be 14.5 per cent undervalued against the US dollar.

"That result ends up being pretty similar to the Big Mac index, and broadly lines up with the World Bank's PPP which says the NZD should be about US68c, and our own estimate of fair value sitting at about US70c or just below.

"The results also suggest that, at least by this simple measure, New Zealand's cost of living is not that high. Backing that up is the fact that we're below the Latte Line so, given our gross domestic product per capita, one could expect the cost of coffee to be higher."

Finder's Latte Line shows the correlation between the price of coffee and a country's GDP.

Weaker GDP matched up with cheaper coffee in Turkey, Egypt, Colombia and Argentina. But Luxembourg had high GDP and more expensive coffee.

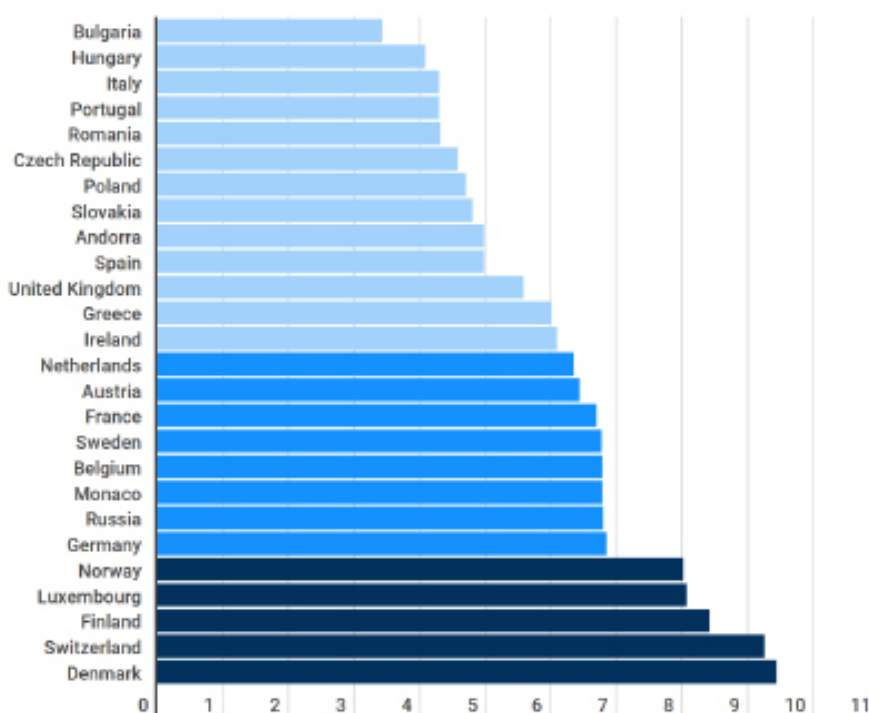
Monaco and Denmark were outliers.

"In Monaco, the cost of a tall latte is cheaper than you might expect, given its strong GDP," the Finder report noted.

"In the case of Denmark, you can see the sky-high cost of a coffee doesn't correlate to GDP in the same way it does in many other countries."

Economist Cameron Bagrie said the results might have pushed New Zealand too far down the list in terms of cost of living. He said New Zealand's most significant expense was its cost of housing. "We have a big problem on that front."

Cost of a coffee in 26 European countries (\$NZD)





Feel-good muffins with prebiotic fibres. Chicory root: the natural way to inner happiness.

Enjoy a healthy lifestyle without constraints on goodness thanks to our new recipe for high-fibre, delicious muffins with less sugar. This feel-good treat is food for your soul. Orafiti® Inulin, prebiotic chicory root fibres, are the way to healthier snacks because they promote digestive health by nourishing your gut microbiome. They help to cut down on sugar, support good taste and push up fibre levels. They are in fact the “root” to happiness.

Follow us on: [in](#) [yt](#) [tw](#)

www.beneo.com


beneo
connecting nutrition and health

NEW

GRANOLA CLUSTERS

DELICIOUS, NUTRITIOUS & SUSTAINING.


Satisfying your snacking needs - Personalise with your own ingredients such as cranberries, sultanas, chocolate pieces or nuts.



JUST ADD
Butter/Morah
& Water.

AN EXCITING NEW BAKERY REVENUE OPPORTUNITY

For more information or to book a demonstration contact your local 'Bakels Bakery Advisor' or call **0800 BAKELS**

 Find us on
Facebook

 www.nzbakels.co.nz



BAKELS

BAKERY INGREDIENTS SINCE 1904

Finding the silver lining

Kidd's Cakes treads water while road rebuilt **by Belinda Carter**

Christchurch bakery Kidd's Cakes has spent the last three years just keeping its head above water while major roadworks are carried out around the business.

It's not the first trial for the bakery. Kidd's Cakes, which began wholesaling decorated cakes from the back of a garage in 1986, was badly damaged in the earthquakes in 2010. The premises at the time, a rabbit warren of shop buildings on Cranford St/Innes Rd corner, were badly damaged.

Designs for a purpose-built bakery were drawn up and building consent was granted. Then came another shake up. The National Government of the day decided that the northern route in and out of the city should be via Cranford St. It would make the journey faster for the growing number of people living in towns in North Canterbury who commute to work in the inner city.

Cranford St needed a bit of an upgrade before that could happen, turning single lanes into double lanes and installing larger traffic lights. So it was back to the drawing board to pull the building back from the new left-turning lane.

Kidd's Cakes' redesigned building included a downstairs cafe and a bakery kitchen upstairs with a lift, which added to the costs.

Thanks to a large mortgage, the new building opened in late 2012 and business was good. The site included 34 car parks though customers still complained they found it difficult to find one.

But things were about to change. Owner Martin Meehan says he was told in 2016 by the CNC Alliance (central and local government) responsible for the road construction that it would take three months (later revised to six months) to finish the Innes Rd/Cranford St intersection and yes – the consortium would do that first.

But three years later the cones, fences and roadworking machines remain, often sitting idle, and the intersection was not done first.

However, when roadworks began near the intersection of Cranford Rd and Innes Rd, fewer people visited the bakery because it was just too difficult to access. "It looks like we're not here to some people, if they know we're here it's too hard to get in. It's just ... diabolical."

Business soon dropped off by at least 10 percent, and coming up this Christmas, Martin estimates the business has lost about \$1 million in revenue over three years. "That's \$1 million you'll never see again. Three years treading water and you don't need that."



That is not something you want to happen when you have a new building and a large mortgage to pay off.

However, this sort of disruption could happen to any business and it doesn't need to be as dramatic a change as a motorway. It could be as small as the loss of on-street parking.

There's no compensation from the Government for the business disruption their road upgrade is causing, nor is there a way to take out insurance against it.

So how have Kidd's Cakes coped, operating beside a three year construction site? How have they survived when they could have gone under?

They have had a good long look at costs to see what could be trimmed.

The mortgage on the new building, which opened in early 2014, is interest only. "That sort of holds your costs a little bit but it doesn't take you forward, you are not paying anything off."

Plans to purchase new plant have been put on ice. It's make do and repair.

Staff numbers have dropped from 50 to 38. It's been a gradual process: when people leave they haven't been replaced. Apprenticeships are on hold till after the roadworks finish.

Costs have been closely reviewed.

"Is there somewhere else that offers a better service or a better price on fruit and veggies? Can you negotiate with your electricity supplier, your maintenance contracts? You have to really look at those."



"You have to try all this stuff and you're just wriggling and trying to catch a hold of anything that will keep the turnover up – because your costs remain reasonably similar – the same rent – the same wages to pay.

"It comes down to the money because that is what is going to save us or sink us."

Adapt to survive. Try new things. Kidd's have obtained a liquor licence for the cafe, signed up to Ubereats for home or workplace deliveries and beefed up the online catering and cake ordering service.

"That's all giving yourself a bigger footprint. Cakes can be ordered online and we use a special courier who will take cakes and food around the place. We do what we have to do... Going online is what has saved us," Martin admits.

It may be tough times at the moment but it won't last forever as the traffic using Cranford St is expected to double in June 2020 when the motorway ramps open. Kidd's Cakes, on the eastern side of Cranford St heading south into the inner city, is expected to benefit from increasing numbers of early-morning commuters in particular.

A lot is hanging on the completion of the roadworks. "I really would just love to get these roadworks finished soon and then just get the business cranking up again."

It means more customers, more staff, taking on apprentices again, maybe even evening opening hours and spending less time on the business and more time with the family. There could be other changes on the horizon too. "I don't want to be here when I'm 90."

And Martin says there is a silver lining for the current tough times. "In the end we will be a lot sharper as a business because everything has to be examined. We are having to work a lot harder for every dollar that comes in."



"I don't want to be here when I'm 90."



Dairy Flat

Sarah Beresford meets some regular winners

There's no free space in the car park and a queue spills out the front door of an unassuming bakery in Dairy Flat on the rural fringes of Auckland. But walk inside and you can immediately see what all the fuss is about – the walls are festooned with dozens of Bakels Pie Awards. There are so many that bakery owners Bunnarith Sao and his wife Navy Keo have lost count of how many they have won over the years.

"But I can vividly remember the first award that we won. It was so thrilling," says Bunnarith. "I first entered the awards in 2006 to challenge myself and I nearly gave up but then we won gold in 2009 for our steak and vegetable pie and we have just kept on entering."

The Dairy Flat Bakery has won awards every year since, including four golds for their gourmet fruit pies. This year they scored again, leaving the awards dinner at the end of July with two silver awards for their mince and cheese and potato top and two highly commended.

"Our customers take a lot of pride in our awards," says Navy. "They come in and ask what we've won after every awards night. We have very loyal customers."

In fact it was a customer who encouraged Bunnarith to first enter the awards. "She really loved our pies and thought we should have a go and kept asking if we were going to enter."

However the road to making award-winning pies has not been smooth. "Making a pie is easy but making a

perfect pie is hard. When we bought the bakery it was struggling. The previous owner showed me how he made bread and pies and at first I followed that. Then I noticed that some people were buying the pies, taking a few bites, and then throwing them in the bin outside. I hadn't made pies before and I knew I would have to work to improve them."

A period dedicated to refining his recipes followed. "I looked at recipes in magazines and cookbooks and did lots of testing of the fillings. I worked in hospitality in five-star hotels in Cambodia for years before we came to live in New Zealand, so I knew all about the importance of flavour and texture and what I should be aiming for."

Eventually he refined his fillings and mastered the art of making pastry "that crunched" and knew he had the formula right when customers started complimenting his offerings and returning for more.

The effort has paid off with people driving from miles away to sample the pies and other baked goods. "We have regular customers who drive all the way here from Pukekohe –82 kilometres away. They are always asking us to open a bakery where they live," he laughs.

"We get a lot of positive feedback and that's very good because it keeps us trying our best. We operate on small margins so our strategy is to build good repeat business. We are in a farming area and not close to town so it's important to prioritise our flavours and fillings so

people come back.

"We never scrimp on the fillings because that is essential to a good pie. People have to pay for petrol to drive to us so we have to make sure it's worth the trip."

And indeed it is. Weekends see cars parked down surrounding roads and people forming queues to buy their favourites.

"We have really good patient customers who stand nicely in line," says Navy. "On Saturday and Sunday between 10 and 2 it is very busy, and we had to install another Eftpos machine to try to serve people more

quickly." All this is a big accomplishment for a couple who had never even eaten a pie before they came here.

"When I came to New Zealand I had to start at ground zero at the age of 30. My experience and qualifications weren't recognised here and at first I worked at an Inghams chicken factory," says Bunnarith.

"We used to help friends and family in their bakeries at the weekend and that had a lot of influence on us in terms of thinking of starting a small business. I knew the food and beverage business so I thought having a bakery would be the best thing to do."

"Actually, it's just because he likes eating," Navy says laughing.

Bunnarith is always experimenting with new fillings, or giving staple offerings a new twist. "That's why the awards are so good as they are a challenge every year and give you something to aim for. We always enter at least 10 categories and so we are constantly refining what we offer our customers. The gourmet category is good because I love trying different combinations of flavours."

That said, what are their most popular pies? "We make so many different pies but really the most popular are the steak and cheese, and mince and cheese. We sell them all day long."

Dairy Flat Bakery
1443 Dairy Flat Highway, Albany
Open 7am–4pm, seven days a week



WHEN BUDGET AND QUALITY COUNT LOOK TO PARAMOUNT



Reach-in Provers

With full stainless steel construction this Reach-in Prover provides precision fermentation with an easy to use electronic panel.



Floor Pastry Sheeter

Designed to withstand the demands of high production bakery, this professional sheeter is for any kind of dough.



Spiral Mixers

The electronic control panel provides options for slow speed mixing in forward or reverse direction, high speed mixing in forward direction.



Dough Divider

This hydraulic divider supplies fast and accurate division of bread doughs. Dividing 20 pieces per operation in a weight range of 200 - 800grams.



Bun Divider Rounder

Semi automatic unit and capable of producing 30 pieces per operation in a weight range of 40 - 120grams.

PARA
MOUNT®

From spiral mixers to provers, dough divider to pastry sheeter, the Paramount range has the bakery equipment to help with your success.

Call today for further information on Paramount products and our comprehensive bakery range. 0800 MOFFAT (663 328) sales@moffat.co.nz



moffat.co.nz



MOFFAT 1662



The organic tick

by Monique Balvert-O'Connor

If there are two beautiful and tasty apples, one grown with pesticides and one without, which would you choose?

This is how Nick Parker sums up his keenness to offer consumers organic bread options.

"Everyone would choose organic if price and availability weren't issues. It's like the apple choice. I'm not on an organic hobby horse but the fact of the matter is these things are true," he says.

It's a case of the purer the better for this baker who has spent the last few years pursuing organic certification for his Mt Maunganui-based artisan bakery, Flavour Breads. Earlier this year that goal was achieved, with Flavour becoming only the second bakery in New Zealand to get the BioGro auditor's tick. BioGro is the country's largest organic food certifier.

News of the certification was met by Nick, his wife Sarah and their team of 17, with "wild celebration".

It verified the authenticity of what they are selling from their website and Mt Maunganui and Tauranga bakery cafés (plus a limited number of selected outlets), Nick says.

To Nick's mind, organic certification is effectively a statement of what's not in a product – like no herbicides. These may only be present in non-organic bread as trace level elements and safe to eat but Nick's concerned about the cumulative effect on the human food chain.

"For us the certification was about making a stand against the contamination of much of what we eat and highlight the need to return to clean food. There are scary things in our food chain these days and this is a very strong argument for going organic. All food used to be organic – now we have to label it.

"If you call bread organic it has to be 100 percent

organic. You can label it 'made with organic ingredients' as long as it has 75 percent plus organic ingredients and the labeling is clear as to what is not organic," he explains.

BioGro marketing and communications manager Robyn Vickery extends congratulations to Nick and his team. It's a big achievement she says given organic certification is such a rigorous process – one requiring passion and dedication.

"Everything is assessed – from the ingredients right through to the clean down process – on an annual basis when an auditor will visit the premises. Using a third-party agency for certification provides reassurance to the consumer that the organic claims are genuine.

"As the term organic becomes widely recognised as a contributing solution to known environmental problems, we are seeing the demand for this sector increase considerably."

Tightening up

Robyn Vickery says things are tightening up on the labeling front. By the end of this year the government will be introducing a national regulation for the term 'organic'.

"This means it will soon be illegal to use the term on your products if you are not certified. It's a step in a fantastic direction," she says.

Flavour started taking serious steps in the organic certification direction back in 2015. This artisan bread company had a good head start, producing breads and sweet treats already displaying a raft of health benefits such as gluten free, low GI, easy to digest, pro-biotic, low sugar, wheat free, and high mineral or fibre.

Nick says the organic journey was aided by the fact that most of Flavour's bread is sourdough and doesn't require

the inclusion of commercial yeast – relevant as organic yeast is very difficult to procure.

“The fact we use natural fermentation and don’t add yeast made our certification process a lot simpler.”

As well as no chemicals, there are no additives or artificial flavours in Flaveur bread and the slow-rise fermentation process harnesses the nutrition within wholegrains, cereals, seeds and olive oil.

All up, more than 90 per cent of Flaveur bread is organic. The line-up of breads deemed mouth-watering by many are varied.

As well as the more standard offerings there is: roasted potato and rosemary, rye and spelt sourdough, double-raisin sourdough, sprouted Bauern brot, gluten-free chia and linseed sourdough, gluten-free ranga loaf (with orange, almond, date and carrot), blueberry and banana superfood loaf, and lemon and poppyseed loaf. Other product is also available, such as organic sourdough pizza bases, and rye and spelt muesli.

Throughout New Zealand

The bread produced by Nick and his team is enjoyed in various parts of the country, with delivery offered throughout New Zealand.

Depending on locality, delivery can be same day or over-night and it’s a popular option aided by the fact sourdough breads freeze well, Nick says.

Flaveur formerly had a large wholesale component but this was culled as the business grew.

It was in 2010 that the Parker family purchased Flaveur

– an enterprise that had risen from small beginnings on a rural BOP block.

“We were enjoying rapid growth and producing a lot of wholesale bread that was non-organic, which is not where our passion was. We were getting too big and made the decision to cut out the wholesale.

“We always had organic product, but it was complicated to separate. By cutting out the wholesale side of operations we could do this.

“Our long, organic journey began from there,” Nick explains.

Nick’s career path has never veered far from the kitchen. A chef by trade he then entered catering management and went on to become general manager of a large bakery.

“Then I decided to buy my own bakery as I just love bread.”

Sarah, who is commonly known in Tauranga as “the bread lady”, fronts the Flaveur stall at local farmers’ markets. Daughter Brittany’s involvement in the customer service side of the business ceased only recently when overseas adventures beckoned.

Mystified or intrigued about the organic process? Come and check it out. Flaveur’s Mt Maunganui operations include Bakery Café 2 Go, where customers can watch the breads being made and have a hot drink while doing so... perfect for toasting a successful organic enterprise.

NB: BioGro confirms New Zealand’s only other organic bakery is Paraparaumu-based Purebread, which has been certified since 1998.



BONGARD

Whatever you knead, we've got equipment to suit

Proud sponsor of



TROY MARSHALL
Commercial Bakery Manager
P 021 380 034
E troy.marshall@burnsferrall.co.nz

BURNS & FERRALL
www.burnsferrall.co.nz

Filling a gap

Sue Fea meets a young British woman with a passion for brownies.



She may not be an officially trained baker, but the proof is clearly in the pudding for The Brownie Company NZ owner Hailey Vickers' growing line-up of fans.

British-born Hailey, 26, a photographer and food science graduate from Dorset, Southwest England, has had a passion for baking since she was young. She won the Rotary Young Chef of the Year cooking competition in the UK 10 years ago. That was the start of what's blossoming into a full-time career.

Kiwis just love good home baking and, after a move to Christchurch, New Zealand, in 2014, with her Kiwi fiancé, Hailey started sharing her beautiful baked brownies with his family and their own friends.

She started getting so many requests for her brownies and blondies – white chocolate brownies, just through word of mouth, that she decided to try launching a business last year. The Brownie Company NZ was born from their thankfully good-sized Christchurch home kitchen, which still suffices at present, but Hailey hopes to expand into a commercial kitchen soon.

Hailey has fond childhood memories of baking butterfly cakes back home with her grandmother, now 82.

"She was very patient. I'm told that's where I get my patience from," she smiles. Proud Grandma back in Dorset has recently been introduced to Facebook so she can keep track of her young protégé's progress and baking prowess. On a recent trip home Hailey spent much of her holiday in the kitchen baking her trademark brownies and blondies for her English family to taste, with Hailey's mum also a very good cook.

Her talent was spotted early on with the Thomas Hardy

School in Dorset where Hailey did her tertiary studies in photography, food technology, food science and hygiene.

From there she was put forward to represent the school in the UK Young Chef of the Year competition in 2009. She beat off thousands of young contestants from all over the United Kingdom and Ireland with her three-course meal for two, including a rhubarb panna cotta dessert. "I remember dropping my dessert on one of the rounds and by some miracle I managed to make a new one within the allocated time."

Hailey's always loved baking sweet treats and desserts for friends, as well as birthday and wedding cakes. "I've always made brownies and since coming to New Zealand I saw a gap in the market, so I started experimenting with new flavours," she says. "So many people said they were amazing and my orders just started to really take off."

The Brownie Company NZ is always a hit as a regular stand at the local farmer's markets and Hailey sells via social media as well, with orders now starting to come in from elsewhere in the South Island and the North Island.

Ultimately she hopes to start supplying cafes, but in the meantime Hailey still works part-time. This can make gathering orders, as well as baking and sorting deliveries and pick-ups, quite stressful, but as her new online shop gets underway soon she hopes to switch to full-time brownie baking.

Her brownie towers of mini-brownies, stacked on a wooden board and decorated with fresh flowers and strawberries, dipped in chocolate, have been sliding down nicely with wedding and birthday guests, as have her elegantly-decorated naked wedding cakes.

You won't find anything fake on Hailey's cakes and while there are plenty of decadent options, she's also mastered the raw brownie, gluten-free, vegan and sugar-free options. "I've developed The Good Brownie, that's made from natural ingredients, so it's vegan, sugar and gluten-free," she says.

"It gives you that chocolate hit without feeling guilty and it's not full indulgence." The Good Brownie has no artificial additives, eggs or refined sugar. "It just sets in the fridge like the raw brownie and has been really popular. I'm having so many return customers that I have to make extra brownies every week," she says.

Orders and sales vary but Hailey bakes anything from 200 to 300 cut brownies for the local markets. She's only ever burnt one batch out of the hundreds she's baked, which is an excellent track record.

While brownies are definitely the most popular, blondies also sell well and Hailey's always introducing new flavours and innovations. "I've done a limited edition blondie, the Biscoff Butterscotch Blondie, which was hugely popular, but I imported biscoffs from the UK after I was back last so once they sell out that's it."

The White Chocolate Twix Brownie was another limited edition with Twix chocolate bars not sold in New Zealand. "I brought those back from overseas and they also sold out pretty quickly," she says. Hailey's also created a Dark Chocolate Orange Jaffa Brownie, and back in her early beginnings in New Zealand a pineapple lump version. "I'm constantly changing flavours to keep it new." There's been a limited edition White Chocolate Caramilk Blondie and last summer she developed a Peach Melba Brownie, which she's hoping will make a comeback this summer. "I definitely use what's seasonal and there are so many beautiful fruits in New Zealand."

She says she has her Thomas Hardy School English training to thank for teaching her how to create good recipes and about the science and nutrition behind food. Her tutors recognised her gift. "That helped me realise how much passion I had for baking," says Hailey, who got to spend time working with a local head chef in an upmarket lodge and boutique hotel as preparation for the UK Young Chef of the Year contest. "He taught me a lot of great things about working in a commercial kitchen. I learned about the pressure of deadlines."

Hailey's been in even more demand around Christchurch recently for her amazing cakes and slices for weddings and other events and is about to release a 'Brownie Cake', tweaking her brownie recipe. "It's just about getting the right thickness and depth of layers. A brownie is heavier than a cake."

She makes one version of chocolate brownie with layers of caramel, another with peanut butter layers and one alternating blondie and brownie layers. It's all about getting the balance just right in the flavours and consistency, which is achieved by using good quality ingredients, she says. "I always use New Zealand butter and free range eggs. That helps create that



nice consistency." It's also all about timing in the oven. Hailey's ultimate goal is to be shipping orders all across New Zealand.

Sustainability is a big focus for her. Beeswax wraps are used for storage and Hailey takes small vintage crockery plates to the market days, with an honesty policy working well for returns. Her takeaway boxes are all cardboard and there are no plastic 'windows' on top. "I like the whole idea of a box that can be recycled and flat packed."

It's been a winning recipe so far for this entrepreneurial young Brit who is certainly pleasing the punters with her passion for brownies.



Meeting exact needs

Bakery Combinations won't compromise when it comes to matching products to client requirements.

Bakery Combinations Australia (BCA) was founded in 2004 with the aim of supporting bakeries in Australia and New Zealand with the purchase of elite equipment brands from Europe.

A strong partnership with leading suppliers such as **Technosilos**, **Sancassiano**, **Koenig**, **Rademaker**, **Mecatherm**, **Miwe**, **Technopool**, and **Niverplast** allows Bakery Combinations to offer a wide range of equipment, spare parts and service for all types of bakeries from craft and wholesale to industrial. Bakery Combinations aims to ensure all equipment meets customer requirements.

One of Bakery Combinations' biggest advantages is its ability to provide equipment for the entire baking cycle from ingredient handling, mixing and baking to freezing, slicing and packing. Furthermore, Bakery Combinations' Sales Team has more than 20 years experience in the bakery sector so can offer expertise on every technical challenge a baker may encounter.

Mark Hodgson, Sales Manager at Bakery Combinations, believes their work speaks for itself. "The full support of the world's best bakery equipment manufacturers helps us to specify equipment that meets the exact needs and requirements of our customers."

For example, solutions for almost every potential requirement for bulk storage and handling of powders for the food industry come from **Technosilos**. Their automatic systems monitor the storage of powders like flour and sugar. **Sancassiano** provide mixing equipment that can handle various applications with an emphasis on mixing 'fragile' or 'difficult' dough such as roll doughs, cake batters, meringues and mallows, creams (dairy and non-dairy), butter/fats, and fillings (sweet and savoury).

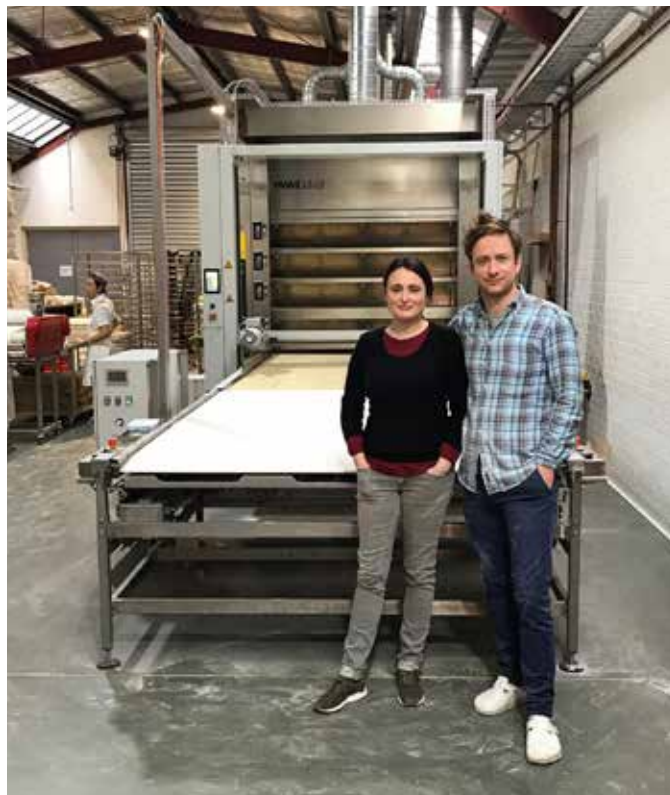
For automatic and semi-automatic dough roll production lines, Bakery Combinations partners with **Koenig**, especially for buns and rolls. Their flexibility in terms of possible product range and weight accuracy is greatly appreciated by artisan and wholesale bakeries.

For sheeting lines doing artisan bread, pizza, pies and pastry, Bakery Combinations provides equipment solutions from **Rademaker**. The **Rademaker** equipment range includes among others bread and croissant lines as well as pastry make-up lines.

"When it comes to proofing and baking, we represent **MIWE** (craft and wholesale) and **Mecatherm** (industrial tunnel ovens). Both are names recognised around the globe," says Mark. The MIWE range includes modular deck ovens, rack-based systems, proofers, retarder-proofers, blast chillers and freezers.

"Just recently, we have sold the newest design combination from MIWE to Baker Bleu in Melbourne, Australia," continues Mark. "We are very happy to count Baker Bleu among our customers."

According to Mark, Baker Bleu's story is a good example of a bakery starting with buying the first MIWE condo oven (stone deck oven) in 2016 then growing the business within two years and moving to a bigger site in 2018. The new site and business model required machinery capable of doing higher volumes



Bakery Combinations customer Mike and Mia from Baker Bleu (Melbourne, Australia) in front of their brand new MIWE oven ideal and loader sherpa. This equipment combination represents MIWE's latest innovation for wholesale bakeries. It offers highly efficient and automated baking and loading on a small footprint.

but not exceeding a certain footprint. "Our key role during this process was to help Baker Bleu with defining the right equipment design. Helping a customer to grow his business is one of the greatest pleasures of our business," states Mark.

Industrial refrigeration solutions are sourced by Bakery Combinations from **Tecnopool** which include spiral equipment covering all steps from proofing, cooling to deep-freezing.

Finally, Bakery Combinations partners with **Niverplast** for bulk packaging. This company from the Netherlands has developed innovative film packaging solutions to protect and transport a wide range of products – bread, meat, fish, liquids and non-food products – that must be packed in a bag and box are Niverplast's core business.

"We are very proud of all our partners and enjoy the fact that we're able to offer such a wide range of equipment to our customers. It's the essence of our success," says Mark.



The rack oven.

Saves even more energy. And is ahead in many other aspects, too. Your next MIWE roll-in e⁺.

- ▶ Unique: atmospheric baking.
Makes you independent of climatic conditions
- ▶ Flexible baking characteristics: MIWE delta-baking
- ▶ Is energy efficient –
from connected load to overall efficiency
- ▶ Bakes to perfection: core temperature sensor
- ▶ Ergonomically brilliant:
soft close door, remote display, large screen



Bakery Combinations Australia Pty Ltd
Unit 58/51 Leighton Place, Hornsby, NSW 2077 – Australia
Ph: +61 (02) 9482 9622 Fax: +61 (02) 9482 9644
National Sales Manager
Mark Hodgson: +61 437 411 500
mark@bakersupplies.com.au

MIWE

It is cricket

Jude Woodside looks at the wrap of the future in Masterton



The spectre of climate collapse through global warming has spawned some interesting ideas. Not the least of these is the likelihood that insects may become part of our staple diet. Worldwide over two billion people consume insects.

In New Zealand we only did so inadvertently until recently.

Breadcraft, a Masterton bakery and a finalist in the 2019 Wellington Golden Business Awards, recently released a wrap featuring cricket flour. It's part of a series of radical new flavoured wraps from Rebel Bakehouse, a subsidiary brand of Breadcraft, that also feature hempseed, purple corn, and spinach.

The new wraps came about as part of a move to produce high quality, nutritious wraps rich in protein, good oils, antioxidants and fibre. It is an attempt to differentiate Breadcraft products from the run-of-the-mill white bread staples that most bread companies depend on and it seems to be succeeding.

The wraps have attracted four health stars, and Chris Petersen, sales and marketing manager at Breadcraft, is determined to win the last star. The wraps are a premium

product retailing at \$5.95 but each packet contains eight wraps as opposed to the usual six.

Getting the combination of the cricket flour ratio correct was the biggest hurdle in producing the wraps, according to Petersen. "We did a lot testing, up to about 20% cricket flour but that just made big black bricks.

"We were trying to target certain levels of protein in the process so we had to reverse engineer it a bit to achieve the results. We were aiming for the health stars."

The level of protein they ultimately achieved was 11.8 grams per 100 grams for the cricket flour and 13.6 grams per 100 grams for hempseed. That is the equivalent of 17% and 19% respectively of one person's daily protein intake.

The process was made easier because of the make-up of the wraps, which are quite resilient and do not tear and fall apart with manipulation, as many do. "They're very high quality; you scrunch them up and roll them out and they're like a chamois, that's why we could put the cricket flour in. A lot of other wraps would just make a brick. The wraps actually have a slight nutty flavour, not at all unpleasant.



Chris Petersen, Breadcraft Marketing Manager, with the Rebel Backhouse wraps.

So far, spinach is by far the most popular seller, followed by hempseed and purple corn. The hempseed is sourced from a local supplier with farms in the Manawatu.

Hemp production was legalised last year with two major growers currently in production. The hemp seed husk and the crushed kernel contain Omega 6 and Omega 3 fatty acids and the super-polyunsaturated Gamma Linolenic Acid (GLA). Hempseed is also especially rich in protein (31.6 grams per 100 grams, higher than chia and even sunflower).

The hempseed used is a by-product after the seed has been crushed for oil.

Purple corn, likewise, is a highly nutritious additive. It is extremely high in anthocyanins and phenolic acid and flavonoid compounds which possess antioxidant, antimutagenic, anti-inflammatory and anticarcinogenic properties that have been well documented. They are reputed to be beneficial for diabetes and kidney function.

A misnomer

Cricket flour is a misnomer. The product is actually ground up dried crickets but it is a complete protein containing all



John Hart in the hi tech cricket farm.

the essential amino acids the human body needs. Higher in protein than beef, with more iron than kale and good sources of Vitamin B1 and B2 (Thiamine and Riboflavin) and B12, it makes a good supplement to boost the nutrition of any product. Recent research, including one study in New Zealand, indicates it may have anti-inflammatory qualities too.

Breadcraft are sourcing their cricket flour from Canada where demand is rising rapidly but they are sufficiently optimistic about the future to have invested in their own "cricket farm". Here, in two 40-foot containers lined with stacks of plastic boxes, black crickets, endemic to New Zealand, are being bred by the thousands.

John Hart, the cricket farmer, is excited by the possibilities. "Crickets and insects in general, generate a fraction of the greenhouse gases that red meat does – 1 or 2 percent – and they use a tiny fraction of the water per kilogram of protein produced, hundreds of times less.

"They're incredibly dense in terms of protein per hectare.

You get a lot of protein out of a small area."

Ironically, John Hart is also a beef and sheep farmer.

The Breadcraft team have plans to step up production as demand rises. At present most of the output of the farm

is used in development of the wraps and other products but there are plans to make the flour available commercially within a few months.

While cricket flour wraps are not the most popular, at present, the novelty certainly helped it achieve some marketing cut through and the product is no gimmick. Breadcraft believe there is a future for cricket flour.

"Everything is going to be enriched in some way in the next few years and cricket flour is a good way to enrich products," according to Petersen. Given the success of the product to date it is highly likely we will see other products containing crickets and hempseed in the near future.

Cricket crumpets perhaps?

Rebel Bakehouse was a finalist in the 2019 Wellington Golden Business Awards.

The novelty certainly helped it achieve some marketing cut through and the product is no gimmick.



Where the buzz is

Sarah Beresford finds the Icing on the Cake

On Friday afternoons there's a buzz around a brightly painted shop on Herne Bay's Jervis Road as local school children gather to enjoy an end of week treat at Icing on the Cake. The bespoke cake shop has captured sweet teeth over the whole age spectrum, but particularly delights in delivering a special experience to its younger customers.

The candy striped shop is nothing short of heaven for kids with its tempting range of eye-catching decorated cupcakes, cake pops and push pops, with a range of milkshakes and frozen yoghurt drinks to complete the experience.

Owner Urmila Keshav had the idea of catering to younger clientele firmly in mind when she first opened her bakery six years ago. "When we set up the store we wanted to market it to children as well as selling bespoke cakes for special occasions. We have five schools within a one kilometre radius of the shop, so it seemed an obvious thing to do, which is lots of fun as well."

This strategy has grown to have a life of its own with the shop now also holding children's parties and running a cupcake decorating school holiday programme.

"The parties just started by chance really," says Urmila. "One of the mothers who used to bring her kids here for a treat asked me if I would consider doing a party and it started from there."

"We had a nice room above the shop which we just used

for storage. So I asked my husband to help me paint it one weekend and decorated it and it's taken off from there."

Now most Saturdays and Sundays are booked for the parties – they hold two 90 minute parties each day – and are now also offering a cupcake decorating school holiday programme.

"We host parties of up to 12 children upstairs and they get two cupcakes to decorate. One they eat at the party and the other they take home. Then we do a customised birthday cake and other treats and have the milksakes and slushies too."

"We encourage the parents to just drop their children off and not stay. The kids really love it. We let them be free and just go for it decorating the cupcakes. They have a great time – and of course there's no mess for the parents to clean up afterwards," she says laughing.

Urmila says the children really like treats they can easily hold in their hand. "Cake pops are huge and they really like the push pops too."

Under the spell

Urmila knows very well the attraction of baking to children, having fallen under the spell herself at a young age. "My mother used to bake every Sunday to make things for our lunch boxes. I used to love it."

This early introduction to baking led Urmila to complete a City and Guilds diploma in patisserie in Wellington when she left school. "I went on to work in hospitality for three years and as a chef for a year – which definitely wasn't for me. Then I joined Logan Brown Restaurant as their patisserie chef and it was wonderful. I loved working for them and stayed for six years."

After the inspiration of working at the fine dining restaurant, Urmila knew she had to take the leap and start her own business when the lease for the shop on Jervois Road became available.

"It was such a wonderful location and I knew if I didn't take a chance and go for it I would always regret it. There are a lot of challenges running a small business but I love what I do."

"The major part of our business is making bespoke cakes and I get to do the fun part – all the decorating. I really enjoy the whole design process and working together with customers to create something really special."

The latest trend

So what's the latest trend for cakes? "It has to be cakes with a fault line. You do one for a party and then everyone seems to gravitate towards it and wants one too. The other design that has been really popular for the last two to three years is the unicorn. The cake is in the shape of a silhouette of a unicorn and not a week goes by when we don't get asked for it."

The bakery also offers decorated butter cream cakes ready to go. "They're perfect for a cake emergency that everyone has at some time," she says laughing.

Urmila has a staff of six, with two bakers and the others front of house, and says she has put a lot of emphasis on getting the small details right in the business, from the biodegradable packaging to sourcing sustainable and organic ingredients so that the bakery is eco-friendly.

Her Electrolux oven is her indispensable kitchen item. "It bakes so evenly," she says. "Consistency is the key to good baking. Actually, it's a vital part of running a successful retail business too. You need to be reliable and offer a product that people can count on for quality."

And tastes delicious too.

Icing on the Cake

188 Jervois Road, Herne Bay, Auckland

Open seven days: Monday–Friday 8.30am–5.30pm

Saturday and Sunday 10am–5pm





BIANZ

- promotes the baking industry
- serves its members
- provides industry leadership.

Join and enjoy the many benefits.

Who should join BIANZ?

Owners and managers of wholesale and retail bakery-related, businesses, cafes, catering companies, in store bakeries, Industry suppliers, bakery and patisserie trainees and apprentices, Independent bakers and patisserie chefs.

What do we offer?

Buying Partner Discounts

Membership of BIANZ guarantees you rebates with some of the industry's biggest suppliers.

Food Safety Programme

BIANZ's Food Safety Programme is officially approved, the most advanced in New Zealand, and available only to BIANZ members.

Online resources

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

Advisory Service

The Association's advisory service helps members with staffing issues, employment contracts, food safety regulations, health and safety requirements and training.

Events and publicity

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

BIANZ works closely with training providers and Competenz, the Industry Training Organisation, to recruit bakery trainees and ensure bakery qualifications remain relevant and accurate.

Information

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

Health & Safety Programme

The BIANZ Workplace Management Programme is ACC approved and meets all legal requirements. It is easy to implement and can save you endless problems. This programme will qualify you for reduced ACC levies.

Employment legal advice

Members are entitled to free legal advice on employment issues.

How we operate

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 a business development manager to carry out the instructions of the executive committee and fulfill the day to day requirements of the association's office.

Join us

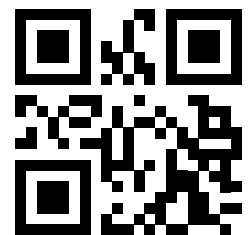
Complete the application form online at www.bianz.co.nz



Contact us

**Freephone 0800 69 22 53
(0800 NZ BAKE)**

Email admin@bianz.co.nz



The famous fruit cake

by Sue Fea

Dunedin grandmother Hilda Chalmers is definitely no newcomer to baking with 60 years under her apron, but lately she's become something of an Otago celebrity, all because of one stray fruit cake, and it was a good one too.

Proud Nana Hilda, 81, recently baked one of her best fruit cakes for her grandson Scott Christie, who is in his first year studying performing arts at the University of Canterbury, wrapped it in love and posted it from her local Mosgiel NZ Post branch. Hilda, who has a problem with her hand, put a sticky label on the cake parcel as she finds it difficult to write clearly.

All seemed to be well at the counter, but the parcel only made it to Dunedin before the label must have fallen off. NZ Post staff discovered no address and no sender details and with no leads they contacted the department's media team for help.

A plea went out in the local newspaper for the mystery fruit cake baker to come forward. "As a last resort we had to open up the parcel in case there was some clue or receipt in there," says NZ Post Otago coastal area manager Craig Strathern.

The cake was beautifully wrapped in greaseproof paper, tied up with string and a bow and set in a plastic container. Craig, who's worked as a baker himself, says it was clear whoever owned the cake had gone to a lot of trouble. "It reminded me of the sort of thing my mother would do," he says. "It had the hallmark of someone in their 70's or 80's."

As a keen baker he could tell a lot of work and love had gone into this cake, which could've been for a special occasion or bereavement.

Craig's email address was posted at the bottom of the newspaper story.

A surprised Hilda, who keeps up with her grandchildren via Facebook, first read about the mystery fruit cake there, before she saw it in the newspaper and made contact.

"I rang her and she was very humble," says Craig. "She said, I think you're right. I am old enough to be your mother. I've enjoyed baking since before you were born, I would say."

The happy reuniting of Nana's cake with its rightful young owner even starred on television, much to the family's delight, and Hilda became an overnight celebrity for her baking prowess.

"I'm still getting digs all the time," says Hilda, with a smile. "I get called 'the sultana cake lady, and the same guy at church asks me every week, 'have you bought one for us today?'"

As for grandson Scott, he was "highly amused" and it was naturally a great lark for him and his university flatmates in Christchurch, who, thanks to Scott's generous heart, always share in Hilda's baking food parcels.

"I thought it was hilarious that it made TV," says Scott. "Nana isn't normally one who likes to be in the spotlight so much, so it was nice that she got some recognition, even if it was because of a fruit cake." Nana's cake "just tastes amazing and it's never dry", he says. "The cake always goes down well with my flatmates. One of them always asks if Nana is bringing a cake whenever she's coming up."



Proud Nana Hilda Chalmers hands over another of her delicious sultana cakes to grandson Scott in Christchurch recently..

"I usually make him a sultana cake to send up because it cuts into a lot and he always shares it with his four flatmates," says Hilda. Scott, who grew up in Mosgiel, also loves banana cake and Kiwi biscuits.

Hilda's mother would be proud too. "I've only been a baker since I got married," says Hilda, who with husband Bob will celebrate their 60th wedding anniversary in December this year (2019). "I think my mother thought my husband would starve as I couldn't cook or bake, but I learned pretty quickly once I got into it."

And got into it she did.

This isn't the first time Hilda's gained notoriety for her great baking. She won a number of firsts and seconds for her baking at the Dunedin Winter Shows during the early 1970s where her sponges, pikelets, sugar buns and biscuits won great favour with the judges.

Husband Bob certainly hasn't starved after all.

Hilda assures there's nothing out of the ordinary about her fruit cake recipe. "It's just an ordinary one. I boil the sultanas first, but every baker would know that, and I bake it for an hour to one and a half hours."

Productivity – the key to prosperity

Tim Hinchliff of Mountainstream software talks to David Tossman



Spend more time staring at scales – less time staring at computer screens.

Tim Hinchliff is a man with a mission. He left working in his wife's Ponsonby bakery after seven years to work fulltime on computer software.

He wants not only to help bakers become more efficient and less hassled, he is keen to see the whole country lift its game. That game, he suggests, can be achieved with the help of software such as the Mountainstream software he is helping to develop and sell.

"New Zealand is notorious amongst the OECD states for its low productivity and productivity growth," he tells me.

"We all struggle with this. The very nature of the country means we have lots of small companies beaver away when overseas a few very large companies might be turning out more of the same goods much more economically and efficiently."

Size has a lot to do with it, as he recognises. The one-man band is rarely able to match, let alone beat a group for efficiency.

He acknowledges nevertheless that the many smaller craft bakeries in New Zealand do have advantages – "better customer-relations, the pride that individual owner-bakers derive from their work and so on" – but the overall prosperity of the country simply can't match that of larger, less isolated markets.

Obviously, he says, part of this is related to small market size, international isolation and the high cost of equipment and machinery. "None of those can be helped," he says. But this is where Tim Hinchliff starts pointing his finger. "However", he says, "a large part of the blame can be sheeted home to chronic

under-investments in technology and poor use of labour.

"Outside of massive factories, it is very difficult to reduce labour in a labour-intensive business like baking."

Tim Hinchliff knows how labour intensive baking can be. He worked in his wife's highly successful Auckland bakery, Bread and Butter, for seven years before recently moving on to begin a new career in computer software.

"One easy way to reduce labour is to update your software to something like Streamline," he says, "and massively reduce your admin costs: ordering admin, invoicing admin, reporting admin, printing admin. Outsource all that to the cloud and you can concentrate on more important things.

"Yes, there is a cost you can see come the end of the month. But one thing we tend to

do as business owners is undervalue our time.

Tim is sure all bakery owners have had products that they thought were great and were selling fine, then – upon looking more closely – realised they are far more expensive to produce than originally thought and they aren't actually selling that well anyway!

"It's like mission creep," he says. "You make a recipe and something isn't quite right so it's tweaked. Then you tweak it again – and again.

"I know," says Tim, "sometimes bakers on the job do this without the boss even knowing and next thing your margins are gone. "The same happens in admin," he points out.

"Whatever you *think* you're spending in admin time now, you should probably double it or triple it for the reality.

He urges bakery owners to sit down and really look at how much time it takes their admin person to enter an order or generate an invoice.

"How long does it take to generate production reports? Driver reports? Can you get almost any data you like on your bakery into a spreadsheet in a minute instead of half an hour?

"And if the admin person is you – the owner or bakery manager? Your time is hugely valuable to the business.

"Wouldn't it be better spent elsewhere?" he asks.

"Don't you have better things to do then sending a customer a copy invoice because they have lost theirs? Or giving them the ingredients, allergens or price of a product?

"With Streamline they can do all this themselves. You can concentrate on the baking and boost productivity as you do."



Introducing a smart energy plan for better control and great value

Being on an electricity plan that's aligned to your actual energy consumption patterns could save your business money.

If you have a smart electricity meter, our new Smart Energy Plan gives you the opportunity to switch your pricing so you either pay for the electricity you use based on a flat rate OR based on the time of day you use it.

Plus you'll enjoy the certainty of fixed energy pricing until 31 March 2021.*

Call us today for a no obligation bill comparison.

0800 668 236
sales@novaenergy.co.nz

nova
energy

*Eligibility criteria and Special Terms apply see www.novaenergy.co.nz/commercial-general-terms for details

EGGS

Making the most of a vital ingredient (or making use of alternatives)

by **Sadie Beckman**



Eggs are often described as nature's miracle food – a perfect little package of nutrients, full of amazing properties, used in cooking and baking throughout the world. An old saying goes that if there is an egg in the house, there is a meal in the house.

In the baking industry, eggs are a staple ingredient. Binding, glazing, leavening, moistening, and emulsifying are all carried out by the humble egg in the process of creating baked goods.

However, the landscape around eggs has changed. Consumer awareness and industry regulation of poultry welfare has prompted a move away from caged egg production, while a growing trend of people choosing to embrace plant-based diets means finding alternative ingredients that carry out the same job in order to cater for everyone. While these are holistically and philosophically positive changes when thinking globally, they do have an impact on industry and livelihoods – and baking is no exception.

Here we look at the changing world of the egg, the effect this is having on bakers, and what options are available for baking in terms of egg products and egg alternatives.

What's in an egg?

An egg contains high quality protein, vitamins A, B, D and E and is rich in a host of nutrients and minerals including amino acids, calcium, iodine, sodium, selenium and choline.

Much research has been carried out into the nutritional benefits of eggs, and for their weight, they are considered to have the highest nutritional quality protein of all food sources, at 6.7g per size 6 egg, according to the New Zealand Nutrition Foundation.

Ministry of Health guidelines also state eggs are a food that can be eaten by healthy New Zealanders every day, while the Heart Foundation says they can be included as part of a 'heart-healthy' diet at a quantity of up to six eggs a week. Diabetes NZ says a similar quantity is beneficial for diabetics.

Eggs are a whole food. This means they are unprocessed and closest to their natural state. This too is considered to be an advantageous way to ensure proper nutrition in an age of processed and chemically-altered foods.

But what about?

But what about cholesterol? Eggs received a bad rap a few years ago, with some uninformed information entering the mainstream and suggesting that eggs significantly increase blood cholesterol levels, however recent studies conducted in healthy people showed eating eggs daily had no effect on cholesterol.

Recent scientific research also showed no association between increased intake of dietary cholesterol and increased risk of heart disease or stroke. So it seems eggs are pretty good for us, which is positive news for those who are happy to eat them.

However many people choose not to eat animal products, including eggs, and for them it can be trickier to access similar nutritional benefits in such a convenient way. That said, it is not impossible: Greek yogurt, tofu and chia seeds all have high protein levels on a par with eggs. Whichever way you crack it, the egg (or the need to substitute it) has a large influence on our diets.



PULP PRODUCE TRAYS

- Dual ovenable, use in both microwave and conventional ovens
- Environmentally friendly - manufactured from wheat straw
- Ideal for organic produce, such as fruit and vegetables
- No PET liner on the tray, 100% recyclable/compostable
- Ribbed embossing and engineered flange to add strength and rigidity



www.confoil.co.nz

Freephone: 0800 107 620 | Email: info@confoil.co.nz



GOLD WINNERS

International Bread Categories The Great NZ Bread Bake-off 2019

GERMANY	Neroli Lancaster Percival Street Bakery
DENMARK	Jess Watkinson Copenhagen Bakery
NEW ZEALAND	Neroli Lancaster Percival Street Bakery
HOLLAND	John Thomsen Copenhagen Bakery
ITALY	Lex Roh Bohemian Bakery
FRANCE	David O'Brien Bellbird Baked Goods
SWITZERLAND	Lex Roh Bohemian Bakery

FOR FULL RESULTS VISIT:
FARMERSMILL.CO.NZ

RM/SLB 12/21

Eggs and baking

Eggs have been used by bakers since time immemorial, and are still used in vast quantities throughout New Zealand bakeries today. They are an important part of many recipes, from cakes and biscuits to pastries, meringues and creams.

The physics of eggs in baking includes using them as a means to thicken or create structure, to bind, emulsify, to add moisture, to leaven, glaze or glue. They also add depth and flavour.

The ratio of egg to sugar and fat affects the consistency of the finished product. Bakers can use either egg yolk, egg white (albumin) or both.

Albumin can be divided down into its thicker or thinner components too. The fresher an egg is, the more thick albumin there is, which, incidentally, is why meringue-type recipes work better with older egg whites as it's easier to whip air into the thinner albumin.

Egg yolks make up about 30 percent of the total egg, but carry around half the protein, all of the egg's fat content and most of the vitamins and minerals. Yolks are also around three times more calorific than egg whites.

The yolk is one of the main ways eggs enhance flavour in baking; the fat contained in the yolk helps carry other flavours. Bakers in New Zealand get their eggs in a few different ways. Obviously one of these is buying them in trays, however companies such as Zeagold (New Zealand's largest egg producer) supply pulped egg-yolks, white or both, in either pasteurised or unpasteurised formats, ready to make bulk baking easier and faster.

The pulped egg can be bought fresh or frozen, making it economical with less wastage involved. There's no doubt about it, whatever form it is in, the egg is integral to baking businesses throughout the land.

Poultry welfare changes affect price

Most of us will have noticed a shift in the type and price of eggs available in our local supermarket.

Caged eggs are still sold, and are still the cheapest type of egg, but free-range and cage-free eggs are far more common and in much higher demand by more conscientious consumers these days, although there is still some debate about whether barn or colony systems are much better in terms of welfare.

The introduction of a new Code Of Welfare for Layer Hens introduced in October 2018 also raised the heat on cage-farmed egg producers, setting out specific standards for animal welfare and requiring the complete phase-out of cages by 2022.

The pressure has been felt so much in fact, that an industry move towards cage-free egg farming has gained momentum caused by New Zealand's two main supermarket chains announcing in 2017 that they would be entirely phasing out caged eggs and those from colony production.

Progressive Industries, which owns Countdown supermarkets, and Foodstuffs NZ, which owns New World and Pak'n'Save, stipulated that those types of eggs would

be off shelves nationwide by 2024 and 2027 respectively, although they may have had to revise those dates given the subsequently announced code of welfare requirements, which would see cages gone several years earlier. This move will mean egg farmers need to get their chickens in a row now in order to match their production to demand. This is, hopefully, good news from a welfare standpoint.

Caged egg production is considered by many to deny hens many of their natural behaviours such as nesting, dustbathing or perching, or even spreading their wings.

Although it is important to note that cages are not the only problem area. Barn-laid and colony egg production have their own welfare concerns around overcrowding and the bird's quality of life.

From the consumer's point of view, this new focus on moving away from caged eggs may perhaps have a positive impact on price, with uncaged eggs no longer being a 'premium' option, although this is debatable and perhaps an opinion constrained to the more optimistic.

Unfortunately free-range eggs are considerably more expensive than caged eggs, with those categorised as 'cage-free' or 'barn-laid' sitting somewhere in the middle.

An advertisement for Chelsea Foodservice. The top right corner features the Chelsea logo, which includes a crest with a building and the text 'NATURAL CANE SUGARS', 'CHELSEA', 'EST. 1884', 'NEW ZEALAND', and 'FOODSERVICE'. The main image shows a tall stack of golden-brown ginger molasses cookies studded with nuts and dried fruit, sitting on a white plate. In the bottom right corner, there are images of Chelsea product packaging: a bag of 'Soft Brown Sugar', a bag of 'Caster Sugar', and a jar of 'Ginger Molasses'. The text 'Ginger Molasses Cookies' is prominently displayed in a pink font. Below this, it says 'Find more delicious recipe inspiration at chelsea.co.nz/foodservice'.



Pinnacle Compressed Yeast

Pinnacle Compressed yeast is proudly made fresh in New Zealand from a specially selected yeast strain that is best suited to New Zealand's conditions. From time of manufacture, the 24 day's shelf life (when stored at 0 °C - 6 °C) offers a natural and reliable alternative to the yeast products currently available in the market.

Benefits of using Pinnacle Fresh Compressed Yeast:

- Natural product (no E numbers)
- Easy handling at mixer
- Excellent dispersion in dough in all mixer types
- Excellent tolerance to low dough temperatures (in comparison to dry yeast)
- Flavour compounds for a desirable flavour and aroma
- Fast and efficient gas production in dough
- Consistent gassing activity
- Yeast strain suits New Zealand conditions

Approximate Yeast Conversion

Instant Dry Yeast	Pinnacle Fresh Compressed Yeast
1.2 kg	3 kg

Pinnacle fresh compressed yeast has been trusted by Kiwi bakers for over 100 years. When you're baking bread daily, it's only natural to choose the freshest ingredients. Pinnacle fresh compressed yeast is low in saturated fat, cholesterol and sodium. Pinnacle fresh compressed yeast is a natural source of vitamins and minerals. Produced fresh in New Zealand by MAURI.



Some industry organisations are predicting the result will simply be higher prices becoming the only option and the knock-on effect being felt by all consumers including businesses such as bakeries.

In January this year, Stuff reported that egg prices had risen 11.84 percent in the preceding six months, with a dozen eggs costing an average of \$4.25, compared to \$3.80 in the middle of last year.

The Poultry Industry said the new rules had led to uncertainty for farmers, while Zeagold said the industry was frustrated by hold-ups around gaining consents for the free-range production systems demanded by consumers.

All this seems to point to a continued rise in egg prices.

Knowing where your eggs come from.

It is important to be able to discover where our food comes from these days, so we can make informed decisions about whether we want to buy and eat it, or to use it in our businesses and supply it to others. Eggs are no exception and the recent introduction by the Egg Producers' Federation of 'Trace My Egg' – an egg stamping programme that allows consumers to search online for a code printed on an egg's shell – makes this possible.

The nationwide programme uses a five-digit code; two of the numbers indicate the production method used for the egg, while the other three indicate which farm it came from.

A website (www.tracemyegg.co.nz) allows consumers to enter the code and find this information quickly and easily. The production method codes are FR (free range), BN (barn), CL (colony), CG (cage) and OR (organic).

The Egg Producers' Federation says the programme, which is currently voluntary although well patronised, is about "source assurance".

"This robust and interactive egg stamping programme is putting control into the hands of consumers by providing ability to trace their stamped eggs right back to the farm that they came from," the organisation says.

"Source assurance is important to New Zealanders and the EPF's Trace My Egg is the first industry-led, industry-wide source assurance programme in the primary sector in New Zealand."

To date, farms that have opted into the Trace My Egg programme collectively provide more than 70 per cent of the eggs that are supplied to New Zealand supermarkets, so it seems it's important not to be left out of such a progressive initiative, even if it has a strict set of terms and conditions for participation, as the EPF claims the programme does.

Where to from here?

Whatever you think about eggs and the changes in the egg industry, this Kiwi favourite isn't likely to be going anywhere anytime soon.

New Zealand's egg consumption has increased by almost 50 percent in the last two decades according to Land Use NZ, rising from an annual figure of around 61.5 million dozen of them being consumed in 1995 to 93.8 million dozen being consumed by 2016. That's a lot of brunches and baking.

If you use a lot of eggs in your business, or even just eat them yourself, it certainly can't hurt being armed with as much knowledge about this staple (or, indeed, suitable and workable alternatives for it) as possible.

Egg alternatives

With eggs carrying out so many functions in baking, it puts bakers in a tricky position when they need to find alternative ingredients.

Increasing demand for vegan products as well as allergies and other dietary requirements mean many bakeries are branching out into the world of plant-based egg alternatives.

Luckily there are many, although some carry out individual parts of an egg's function in baking, rather than being one substitute that can do everything an egg can. This means careful selection on the part of the baker.

Different flavour imparted by the egg substitutes may also need to be taken into account, as well as the level of moisture introduced into a product.

Some common egg substitutes for baking are:

- Apple puree
- Mashed banana, pumpkin or avocado
- Ground flaxseeds or chia seeds
- Silken tofu
- Vinegar and baking soda
- Arrowroot powder
- Aquafaba (the viscous water in which legume seeds such as chickpeas have been cooked. The water from a can of chickpeas, or similar, can also be used).
- Nut butters
- Carbonated water to add moisture and for leavening
- Agar-agar (a vegetarian gelatine substitute made from seaweed).
- Soy lecithin
- Soy, rice or coconut yogurt

The best option to replace egg whites is said to be aquafaba at a ratio of 3 tablespoons (45 grams) for every egg you want to replace. For yolks, the best option is soy lecithin, with one large tablespoon making a very good substitute for one large egg yolk.

There are also increasing numbers of commercial egg replacers available to buy. These are usually made from potato starch, tapioca starch and leavening agents.

One such product is Orgran's gluten free 'No Egg' egg replacer, stocked at mainstream supermarkets and selling at just under \$7 for a 200 gram pack.

It's important to note that egg substitutes in baking are based primarily on the function they carry out. Nutrition is a different matter, with some egg substitutes introducing far more in the way of nutrients than others.

Protein is the main example of this, with chia seeds, tofu and yogurt ranking higher than some other egg substitutes.

Doughnuts with a difference

Recipes by NZ Bakels Ltd

A crowd of keen Auckland bakers gathered at Bakels' demonstration kitchen a few months ago to see some novel doughnuts presented by bakery advisors Taylor Herrington and Claire Guenegan. These are just a few of them.



An 80 gm doughnut using Bakels Berliner Doughnut Mix, filled with Bakels WhipNice Filling flavoured with Bakels Banana Apito Paste. Plain WhipNice piped on top, dusted with Bakels Fil-O-Fine Dusting Sugar, garnished with a Chocolate Finger, Dried Banana Chip and Gobake Power Balls.



An 80 gm doughnut using Bakels Berliner Doughnut Mix, Nutella Spread on inside of doughnut, filled with Bakels WhipNice Filling with a Nutella Syringe.



An 80gm doughnut using Bakels Berliner Doughnut Mix, filled with Bakels WhipNice Filling flavoured with peanut butter. Roasted peanuts inside and with the top dipped into a marbled Bakels Chocolate Truffle, using Bakels White Chocolate Truffle and Bakels Chocolate Truffle.



An 80gm strawberry doughnut using Bakels Berliner Doughnut Mix, Filled with Bakels WhipNice. Filling left plain, dusted with Bakels Fil-O-Fine Dusting Sugar, garnished with freshly cut strawberries.



Join us and enjoy the many benefits

Who should join BIANZ?

Owners and managers of bakery-related businesses

What do we offer?

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.

Member Discounts

Membership of BIANZ guarantees you rebates with some of the industry's biggest suppliers.

Food Control Plan

BIANZ's Food Safety Programme is available to BIANZ members with a full BIANZ membership.

Health & Safety Programme

Networking and Events

We are here to inform, support and assist members to grow and sustain profitable businesses.

Join us

Complete the application form online at www.bianz.co.nz

Contact us at freephone 0800 69 22 53 (0800 NZ BAKE)

Email admin@bianz.co.nz

Bakery equipment for sale

Double Rack Oven – Technician services brand, can come with racks and trays

Near new 40-litre mixer with bowl, paddle, whisk and hook

Flow wrapper – Tecno Pack, 4 years use supported in NZ by a local agent with new date printer

Toyota Refrigerated Van – 2006, used mainly by the company director so very tidy 330 000 kms, always serviced

Simple Simon Pie machine

Continental Pie machine

Rotel Oven – 6 decks in one unit, 20 trays in total

Rotel oven – 3 decks in one unit, 12 trays

Salva stone deck oven – 2 decks in one unit 12 to 15 trays per deck, great for stone-baked bread

Spiral and planetary mixers – many option from \$800.00

Bratt pans – a few to chose from

Brand new **Viking Combi 60 Litre meat cooker** with stirrer

JAC Sourdough Fermentor – 105 Litres, brand new never used

Full stress-free bread plant line – like new, used very little – not even 10 hours! Made up of

Bertuetti TUB Lifter, Dough Feeder and Automatic Dough Chunker SAL3

Bertuetti Universal Divider SV300 Ancienne

Rounder G12

Long Moulder FS720

Automatic Seeder SST and oil spraying for foccoccia etc.

Automatic Tray Loader N20

THIS PLANT – NEW LANDED IN NEW ZEALAND – IS NOW OVER \$330 EURO WHICH IS NZ \$400K

The plant is all set up in Timaru so can be seen running by **qualified purchasers**.

A complete very high production RADEMAKER pie making plant: 13,000 pies per hour – with

RIJKAART laminating line **with fat pump**, 2 x 1,500-Litre meat cookers

Rademaker Universal Makeup Line with Lattice Cutter, Extruders, Guillotine, Glazing Unit, Auto Tray Loader – 6000 sausage rolls etc an hour.

ALL IN STOCK IN TIMARU. I also have videos of this plant running. Will consider selling some of this plant separately.

PLUS more plant – anything you want i can get or already have.

I can help arrange finance.

EMAIL BERNIE SUGRUE bernie@bernies.nz or call 021 243 8228

Ginger Molasses Cookies



DIFFICULTY
MEDIUM



SERVES
12



PREP TIME
30 MINUTES



BAKE TIME
20 MINUTES

Ingredients

2 cups plain flour
¾ tsp baking powder
½ tsp baking soda
2 Tbsp ground ginger
1 tsp ground cardamom
¼ tsp salt
1 cup **Chelsea Soft Brown Sugar**
¾ cup **Chelsea Caster Sugar**
200g unsalted butter (softened)
1 egg yolk
1 egg
1 tsp vanilla paste
2 Tbsp **Chelsea Blackstrap Molasses**
1 cup crystallised ginger chopped
½ cup crystallised ginger sliced for decoration
70g pistachios

Method

Preheat oven to 165°C. Combine flour, baking powder, baking soda, ground ginger, ground cardamom and salt. Whisk together in a bowl. In a mixer with a paddle attachment, beat the **Chelsea Soft Brown Sugar**, **Chelsea Caster Sugar** and butter on medium speed until pale and fluffy (about 5 minutes). Add egg yolk and egg. Beat at a high speed until well combined (about 2 minutes). Add vanilla paste and **Chelsea Blackstrap Molasses** to butter mix and beat on high until combined. Add flour mix and beat until just combined. Stir in 1 cup of crystallised ginger. Line a tray with baking paper. Using a large ice cream scoop or spoon, drop golf ball sized balls of dough onto the tray. Leave at least 5cm between each biscuit. Press the remaining crystallised ginger and pistachios onto the top of the dough to decorate. Bake for 15-20 minutes or until golden brown. Remove from the oven and let cool, then transfer to a wire rack to cool completely.



Nutrition

Contains egg, dairy and nuts.

Service

Store in an airtight container.

Total Cost

Cost Per Portion \$1.00

Gross Profit 80%

GST 15%

Min. Selling Price (per portion) \$5.00

*Cost based on average wholesale prices May 2019

More recipes at chelsea.co.nz/foodservice





Fig & Stout sourdough

This is one of our seasonal products here at Bellbird. We use the Cassell's milk stout because they are our neighbours here at the tannery and they just won the best stout in the world! It has a nice balance of flavours. The figs give it a nice sweetness and the beer gives a good deep malty flavour and also adds some nice colour to the crust and crumb. The bakery really smells like a brewery when this one comes out!



Recipe by: Dave O'Brien
@Bellbird Baked Goods

Fig & Stout sourdough Makes 6 x 800g

Ingredients:

95%	1923 g	Farmers Mill Pioneer Flour
5%	101 g	Farmers Mill Terra Rye Flour
45%	911 g	Water
40%	810 g	Milk stout (room temp)
2%	40 g	Salt
25%	506 g	Figs (Whole dried)
25%	506 g	Levain

Method:

1. Make sure your levain is ready and floats in the water when you go to use it. If it sinks put it back and wait a while longer till it floats.
2. De stem the dried figs and cut into quarters. Soak them in the stout.
3. You don't need to soak the figs for too long as they go mushy. About 30 minutes will do.
4. Drain the figs and put the beer into the mixer. Set aside the figs.
5. Mix all the remaining ingredients (except the figs) together in your mixer for 6 minutes in slow speed. Put in the figs and back mix for a minute or so. Pay close attention here as you don't want to lose the shape of the fig pieces, keep them nice and whole so they stay that way through the process. Final dough temp should be around 23 degrees.
6. Stretch and fold the dough every 50 minutes or so. Do this 3 times. The dough should be nice and strong by now with a good amount of fermentation.
7. Cut into 800g pieces and pre shape, rest for 40 minutes or so, then make into final shape. We use a couche floured with rye flour.
8. Rest overnight in fridge (at least 8 hours, preferably 16)
9. Bake at 250 deg C, steam for 10 seconds. Bake for 30 minutes, then vent for 10 minutes or until you get a nice deep colour.



For quality 100% NZ Grown & Milled Flour
visit farmersmill.co.nz

Spinach & Feta Roll

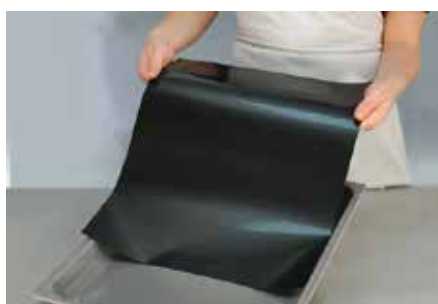
Ingredients

Filling

Pasta (spiral)	400 g
Spinach (frozen)	1600 g
Cheese Grated	400 g
Ricotta Cheese	2000 g
Feta Cheese	800 g
Pepper Black	13 g
Salt	60 g
Bread Crumbs	380 g
Onion Diced	240 g
Egg	300 g

Method

1. Defrost spinach and squeeze out excess water
2. Cook pasta and cool
3. Mix all ingredients in a bowl until well combined
4. Pipe spinach filling onto puff pastry as you would when making sausage rolls
5. Before baking glaze with egg wash, sprinkle with Parmesan cheese and score with your **TBI bread lame**
6. Bake on a **Teflon baking sheet**



Visit www.totalbaking.co.nz to get your **Teflon baking sheet** and sign up for our e-newsletter with our latest recipes.



From professionals for professionals



W

This recipe is a cold set version of creme brulee suitable for disposable cups.



From professionals for professionals

Ingredients

Group 1

Cornflour	10 g
Custard Powder	8 g
Fresh Cream	600 g
Salt	1 g
Egg yolk	144 g
Vanilla bean paste	75 g

Group 2

Milk	240 g
Sugar	75 g

Method

1. Whisk Group 1 till smooth
2. Warm milk & sugar till almost boiling
3. Temper egg mix with warm milk and return to pot and heat to 85°C while string
4. Deposit into **dessert cups** and set in fridge
5. Once set sprinkle sugar onto of each cup and caramelise the sugar

Visit www.totalbaking.co.nz to order our **disposable dessert cups** and sign up for our e-newsletter with our latest recipes.



Apricot pudding with apple and almond sponge



by Asher Regan



It's always good to have a healthy gluten-free dessert recipe on hand. This is an excellent gluten-free option but will appeal to a much wider audience too.

Don't be put off if you haven't got any apricots; this is good with most fruits, especially any other stone fruit, feijoas or tamarillos. Great served with some Greek or natural yoghurt!

For more delicious recipes see www.heartfoundation.org.nz/recipes

Serves 6.

Ingredients

500 g	Pitted fresh (halved) or drained Canned Apricots
150 g	apple sauce
25 ml	oil
5 ml	vanilla essence
2	eggs
25 g	liquid honey
100 g	ground almonds
5 g	baking soda

Method

1. Pre-heat oven to 180°C.
2. Place the apricots in a baking dish.
3. Mix together the remaining ingredients thoroughly.
4. Pour the batter over the apricots.
5. Bake for approximately 25–30 minutes or until cooked through.
6. Remove from oven and serve warm.

Roasted red pepper, garlic, feta & tomato quiche

EST. 1969
BARKER'S
PROFESSIONAL

Yields: approximately 20 individual quiches

Purple Wholemeal Short Pastry

Ingredients

300 g	plain flour
300 g	purple wholemeal flour
300 g	salted butter
4 g	salt
155 g	water

Method

1. Rub the butter into the flour and salt.
2. Add the water and mix until just combined.
3. Cover with cling film. Rest and chill in the refrigerator for 15–20 minutes before using.

Quiche Filling

Ingredients

4	Eggs
100 g	Cream
100 g	Sour cream
1 g	Smoked sweet paprika
2 g	Salt
	Grated tasty cheese
	Creamy feta

Method

Whisk all the ingredients together until combined and pass through a fine sieve.



Assembly

1. Roll out the short pastry and line desired flan tins.
2. Blind bake the pastry cases completely.
3. Add a thin layer of tasty cheese into the base of each pastry case and top with sliced tomatoes, **Barker's Professional Red Pepper and Roast Garlic Breadshot Filling**, feta and chopped chives.
4. Pour the quiche filling over the top to fill up to three-quarters full and then season with salt and pepper.
5. Bake at 200°C for approximately 12 minutes or until the quiche mixture has set.

Champion



PUT SOME SCROLL INTO YOUR SCONE!

With Champion's Professional Premix Flour

APPLE & CINNAMON SCROLLS SCONE PREMIX

PROCEDURE

1. Place all the ingredients into a mixing bowl. Using a dough hook mix on slow for 1 minute (do not over mix).
2. Place dough onto a floured bench and press out into a rectangular shape. Rest dough for 5 minutes.
3. Pin out dough into a rectangular shape 80cm long and 30cm wide.
4. Evenly spread 600g of Bakers Spiced Apple and Patisserie filling. Roll up into even thickness and cut into 30 equal sized pieces. Place onto burger trays and rest scrolls for 15 minutes.
5. Bake at 220°C for 14 minutes. (Baking times and temperatures may vary from oven to oven).
6. Cool, pipe over 5g of sweet icing or glaze.



CHEESE & BACON SCROLLS SCONE PREMIX

PROCEDURE

1. Place all the ingredients into a mixing bowl. Using a dough hook mix on slow for 1 minute (do not over mix).
2. Place dough onto a floured bench and press out into a rectangular shape. Rest dough for 5 minutes.
3. Pin out dough into a rectangular shape 80cm long and 30cm wide.
4. Evenly spread 200g of tomato paste then sprinkle 250g of diced bacon and 200g of cheese. Roll up into even thickness and cut into 30 equal sized pieces. Place onto burger trays and rest scrolls for 15 minutes.
5. Bake at 220°C for 14 minutes. (Baking times and temperatures may vary from oven to oven).



SPINACH & FETA SCROLLS SCONE PREMIX

PROCEDURE

1. Place all the ingredients into a mixing bowl. Using a dough hook mix on slow for 1 minute (do not over mix).
2. Place dough onto a floured bench and press out into a rectangular shape. Rest dough for 5 minutes.
3. Pin out dough into a rectangular shape 80cm long and 30cm wide.
4. Evenly sprinkle 200g of frozen spinach then 300g of diced Feta and 5g of coarse pepper. Roll up into even thickness and cut into 30 equal sized pieces. Place onto burger trays and rest scrolls for 15 minutes.
5. Bake at 220°C for 14 minutes. (Baking times and temperatures may vary from oven to oven).





Partners Directory

These companies support the BIANZ and its members as partners. Please support them and enjoy the special BIANZ member terms they offer.
You save, we all win.

Freephone **0800 NZBAKE** (0800 69 22 53) Email buyingpartners@bianz.co.nz www.bianz.co.nz

BIANZ Platinum Partner



Suppliers of high quality ingredients supported by a team of experts

NZ Bakels are suppliers of high quality and innovative ingredients to the baking and foodservice industries. We pride ourselves on having a team of highly qualified bakery advisors and administration staff to provide you with the customer service level you have come to expect.

HEAD OFFICE 421–429 Church Street East, PO Box 12-844 Penrose, Auckland 1642
Toll-free Tel: 0800 225 357 Fax: +64 9 525 0978 Email: bakels@nzbakels.co.nz

BIANZ Gold Partners



Champion has a wide range of authentic products to meet every professional baker's need, cost structure and performance criteria. They are superior, fit-for-purpose solutions designed to maximise our customers' productivity and profitability.

www.championflour.co.nz



**Preferred Energy Provider to the
Baking Industry Association of New Zealand**

A New Zealand owned and operated company, providing great value energy for Kiwi businesses. Thousands of Kiwi families and businesses have switched to Nova Energy because they've helped them save on their energy bill. Nova provides a smart mix of energy options to suit your businesses' needs and offers great service.

0800 668 236 info@novaenergy.co.nz
www.novaenergy.co.nz



Inventive Simplification

**Contact us to arrange your complimentary
Individual Cooking Experience today.**

Robin Massey
+64 27 340 0404
robin@unox.co.nz
info@unox.co.nz

BIANZ Silver Partners



Deals money can't buy

0508 BARTER
www.bartercard.co.nz



The Innovative Heart Of Hospitality

Market leaders in quality stainless steel products for both domestic and commercial requirements.

Phone 09 633 0900
www.burnsferrall.co.nz

BIANZ Bronze Partners



The leading manufacturer of bakery jams and fillings in Australasia.

New Zealand Freephone
0800 BARKER (0800 227537)
Telephone +64 3 693 8969
www.barkersprofessional.nz



NZ's trusted taste since 1884

www.chelsea.co.nz



Quality flour milled by farmers
Traceable from South Canterbury paddocks to the plate

Orders & Enquiries
03 688 2800
www.farmersmill.co.nz



Food and Health Standards (2006) Ltd is one of New Zealand's foremost providers of public health and food safety management services.

Phone +64 3 365 1667
Mobile +64 27 224 6572



The premier bakery solutions business, working with the world's bakeries in order to create business growth.

73-105 Great South Road
PO Box 22-753 Otahuhu, Auckland
Toll free Tel: 0800 937 866
www.maurianz.co.nz



Dedicated to providing quality and cost effective employment law advocacy services for employers throughout New Zealand

71 Cambridge Terrace, PO Box 892 Christchurch
Phone: 03 365 2345 Email: carey@mgz.co.nz



Creative Food and Beverage Solutions

Phone: 09 367 2800
Fax: 09 367 2787
Email: nestleprofessional@nz.nestle.com

BIANZ Partners



Sign up to a HERTZ GOLD card for free (normally \$60) and receive priority BIANZ rates, location fees and insurance.

Contact BIANZ for details. To make bookings, just call 0800 654 321 and quote the CDP (corporate discount plan) number 1967946 at the beginning of the call.

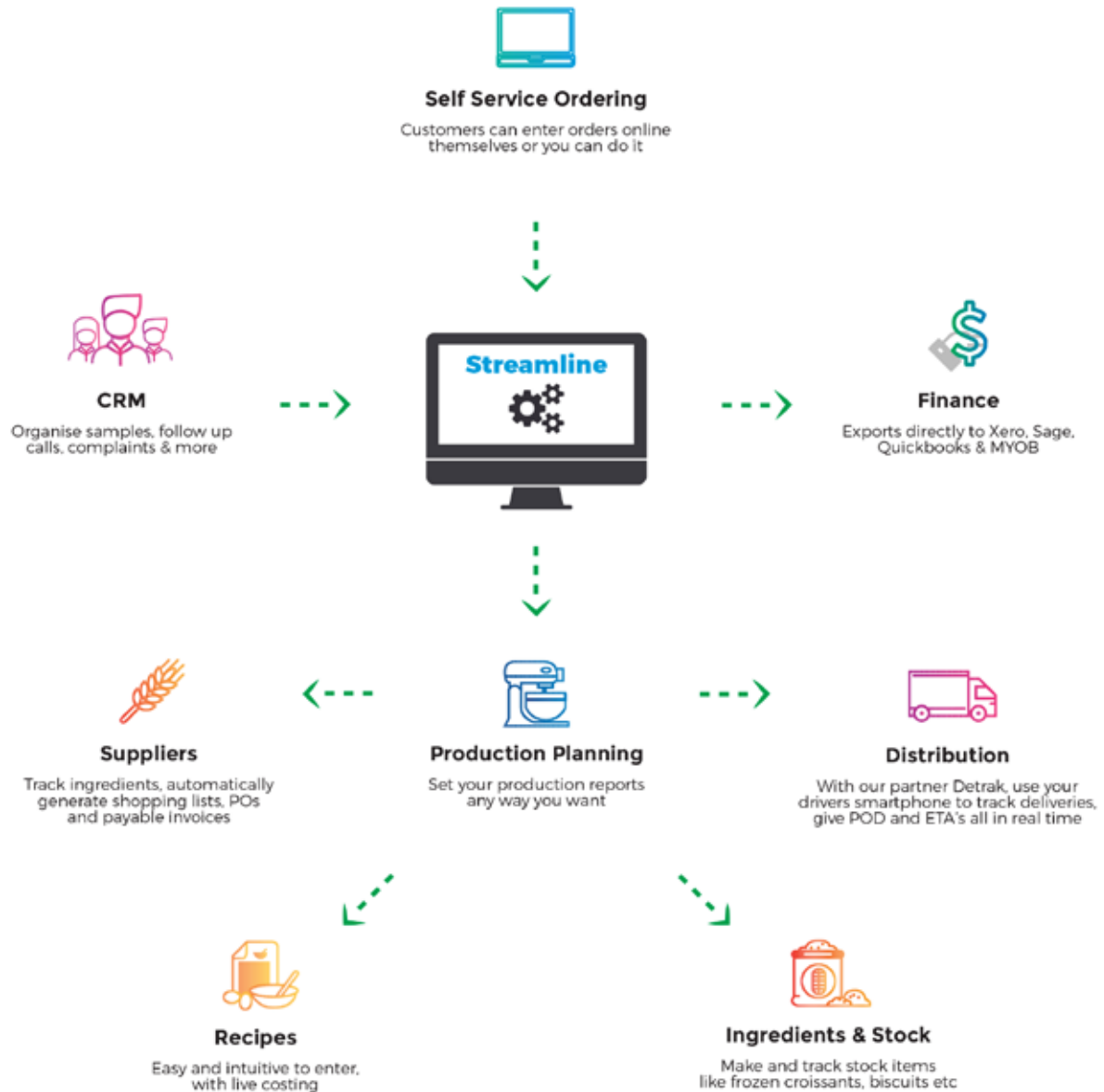


Ask about the special credit card offer for BIANZ members



MountainStream

bakery software



Recommended by these
New Zealand Bakeries:



· S H E L L Y
· · · B A Y
B A K E R · ·

Contact Tim in our New Zealand office
on 0226835846 or tim@mountainstream.co

www.mountainstream.co