

# slice

from the Baking Industry Association  
for cafés, caterers and bakeries

Issue 32, December 2016



**Making it in Matakana**

**The biking baker**

**Mashed up baking –  
cronuts, chouxnuts,  
mufgels and cruffins**

**and a lot about**

# NUTS





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## Still hungry 7

After 30 years Mike Meaclem remains as keen as ever on baking and passing on his skills.

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A young Swiss baker has a working holiday in New Zealand and learns about some different ways of baking.



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

# From the President

## KEVIN GILBERT KEEPS IN TOUCH



At the beginning of the year we welcomed Loretta Lee to the new position of Business Development Manager. She came to us overflowing with energy and ideas, some of which we have already implemented while others should be set to roll out very early next year.

It is fair to say that it has been a learning experience on both sides – Loretta (with limited baking experience but a wealth of business ownership and marketing knowledge) has had a crash course in the baking industry and the products, techniques, terminology and technology that we all take for granted. We, in turn, had to reassess the way we look at things and have been challenged to look at things with the aid of a different perspective.

This year has also seen many changes coming out of Wellington, from the implementation of amendments to the Food Act, changes to the paid parental leave entitlements, ACC levies, not to mention the Health and Safety at Work Act. The requirement of businesses and business owners to keep up with these changes can be something of a headache. It is an area that we spend a lot of time on trying to alleviate as much of the headache as we can for our members.

Many hours have been spent working on our Food Safety as well as our Health and Safety programmes to make them as stress free as possible for those members who use them.

The Fine Food show in June saw the Bakery of the Year competition which was one of the highlights of the year. The calibre of many of the entries was outstanding and the comradery on display was incredible. The MC of the awards dinner, Greg Ward, commented several times how friendly and united the room was comparing it to other, far less enjoyable, events he has been at where "it's each table for themselves".

June was also when I was elected as the Association's new President. I would like to thank Michael Gray for his efforts in leading the Association for the last three years. I am glad to have him still on the executive.

The competitions this year have, as always, shown the range and skill level that is evident across the country. If there was anyone who doubted the talent and skill among our baking industry people, they only need to look at the entries to our competitions.

Finally, thanks to our members for being part of an exciting industry and trusting the Baking Industry Association of New Zealand to be your representative organisation.

I hope you all have a very successful Christmas period and a prosperous start to 2017.

Kevin Gilbert

## Events calendar

What	When	Where
<b>The Great New Zealand Hot Cross Bun Competition</b> 	8–11 February	National
<b>NZ Bakels Supreme Pie Awards</b> 	29 June – 1 August	National
<b>The Great New Zealand Mince Pie Competition</b> 	28–25 October	National



### New Members

We welcome

Zest Kitchen

Graincorp Foods NZ

Albert's Kitchen

Anchor Food Professionals

Tauranga

Auckland

Pukekohe

Auckland

# From the Training Portfolio

by **THOMAS THOMAS**



Yet again I write about our qualifications progress. I am pleased to say it is looking likely that the level 3 and level 4 qualifications will be available for the market at the start of 2017.

Competenz have had the green light from government and now the providers are busy writing their programmes to offer the students.

While the providers will each do some things slightly differently, we are assured that the learning outcomes will be the same.

BIANZ is working closely with Competenz and other stakeholders to ensure the outcomes are fair.

## From the Office

### BIANZ BUSINESS DEVELOPMENT MANAGER **LORETTA LEE** REPORTS

I hope you are all well and preparing for the Christmas rush. Thank you to all our members who have re-signed for the 2017 period. If you're a member you should have your updated membership pack by now which includes your member card, BIANZ member window sticker and more.



We have a lot of new ideas to implement next year which will benefit BIANZ members and support our industry, so keep an eye on your in-box to read about it in our monthly member e-newsletters! We also have a big birthday next year so we will keep you posted about this exciting upcoming event.

*The BIANZ Health and Safety Manual* has been updated and many members have implemented the latest manual into their businesses. If you're a member you are now on our database so will receive updates and other important information promptly.

Completing our BIANZ Custom Food Control Plan has been a challenge and I am pleased to let you all know it is now available. It has taken extensive work by BIANZ and our partners, Food and Health (2006) Limited, and we thank you for your patience. We like to do it once and do it right!

This BIANZ Custom Food Control Plan is for wholesale bakeries. You will see information on how to obtain the plan for your business on page 28.

Please do get in touch with me if you would like one of the popular BIANZ diaries for 2017.

Thank you for your support. It's been a great year and I wish you and your families a safe and happy Christmas and New Year.

Merry Christmas!

Loretta

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# news and views

## Cardiologist promotes a high-fat diet

Every morning, according to *The Guardian* newspaper, British cardiologist Dr Aseem Malhotra stirs one tablespoon of butter and one tablespoon of coconut oil into his coffee.

While it may not sound appetizing, the concoction — also known as “bulletproof coffee” — is popular among people who follow high-fat diets and modelled after yak-butter drinks consumed in Tibet for centuries. The combination, says Dr Malhotra, gives him energy and “keeps me pretty full.”

There are not many cardiologists who embrace butter and coconut oil as health foods. But Dr Malhotra rejects the

decades-old mantra that eating foods rich in saturated fat causes heart disease, and he has been leading a campaign to change public opinion about fats, sugar and what constitutes a healthy diet.

“As part of a heart-healthy diet, I advise my cardiac patients to enjoy full-fat cheese, along with olive oil and vegetables,” says Dr Malhotra, who regularly indulges in grass-fed meat and three-egg omelettes, yolks included. “You should see the look on their faces when I tell them.”

Dr Malhotra, who works with Britain’s National Health Service, is among a small but vocal group of doctors in the US and Britain who are challenging the medical and nutritional orthodoxy around fat, carbohydrates and calories. He has been a fixture on social media and on television programmes in Britain, thanks in part to

a series of controversial papers he published in medical journals arguing that saturated fat, especially from dairy, can protect against heart disease, that sugar is “public health enemy No. 1” in the Western diet, and that the dangers of high cholesterol are overstated.

In May, as a member of the nonprofit National Obesity Forum, he helped write a widely publicised report that criticised the British government’s dietary advice to avoid saturated fat and eat low-fat foods. And in a country known for its sweet tooth, Dr Malhotra is outspoken about the harms of excess sugar.

## A boozy wee treat

A Scottish mobile bakery Eat Me Ltd has launched an innovative way of mixing alcoholic ingredients and cakes to make cocktail-flavoured cupcakes.

*British Baker* magazine reports that Lesley Henderson, who came up with the business idea, is aiming to open a shop in Edinburgh but is currently baking the cakes from her home and delivers all around the UK while she finds premises.



Using just two units of alcohol per 12 cakes, her treats are individually handmade and can be made stronger if requested.

Cake creations include: ‘Follow the White Rabbit’, made from Feeney’s Irish Cream, Kahlúa and milk, and ‘Cheshire Cat’, a cupcake containing a mixture of NB Vodka, triple sec and cranberry juice, based on a traditional Cosmopolitan.

Henderson told *Herald Scotland*: “I’ve always loved baking cakes and drinking cocktails, so I decided to mix the two together and create my own business.”

She added: “It was an idea both myself and my partner Brian came up with and, so far, it’s proving to be quite popular.”

Henderson revealed that once she has secured a premises, she plans to run the business full-time in Edinburgh.

In July, Lakeland released two new frosting flavours – prosecco and gin & tonic.



Food protection for New Zealand

## Keeping it safe

At Food and Health Standards we provide compliance services for the baking and wider food industries. We’re multi-skilled and qualified in HACCP-food safety, health and safety programmes, food quality, labelling, supplier programmes, auditing and training.

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## Mash-ups

Rainbow bagel creators The Bagel Store in New York, have revealed their latest food mash-up.

The Bagel Store invented the rainbow bagel a year or two back, applying lashings of food colouring to layers of bagel dough before rolling out the traditional rings.



Rainbow muffins are generally filled with similarly multi-coloured goodies including hundreds-and-thousands.

Now, following the cronut, the crone, the doughnut cone and the chouxnut, say hello to the mufgel.



Carrot Cake "Mufgel" Half Muffin Half Bagel.



Bacon, egg and cheese mufgel.

It's a muffin and a bagel all in one. The new "frankenfood" is offered in both sweet and savoury varieties.

Carrot cake, chocolate chip or a collection of pizza variations, there seems to be something for everyone.



Mozzarella Cheese Pizza" Mufgel With Sundried Tomato Cream Cheese.

Meanwhile elsewhere on the frontiers of culinary invention, the macaron ice cream sandwich is the latest sandwich trend that has received a large amount of publicity from social media site, Instagram.

The new dessert sandwich, created by Los Angeles Café, The Steep House, has been posted more than 60,000 times by dessert lovers across the social media site. Macarons are used instead of biscuit or cookie dough to sandwich together a thick scoop of ice cream.

Pop-up shop Yolkin, which is currently trading at the Siam Eatery in London, claimed to be the first to sell these colourful creations in the UK.



Some of the flavours sold include lychee and rose, chocolate chip cookie, red velvet, lemon sherbet, Horlicks and Snickers.

Other dessert trends that have proved popular over the summer in trendier parts of the UK include the chouxnut – a hybrid doughnut made from choux pastry; the ice cream crone – a baked sugary doughnut that is shaped like a cone and used to hold scoops of ice cream; and ice cream clouds – ice cream floating on a bed of white candy floss above the cone, making it appear as if the ice cream is suspended in mid-air.



## Cronut bakery a big hit in London

Dominique Ansel, New York-based inventor of the cronut, opened his new bakery in London in September, and London loves it.

*British Baker* magazine reported that, such is the hype surrounding the new shop, fans queued outside from 5 am on the Friday it opened.

Ansel announced the London opening exclusively to *British Baker* back in February, and recently announced additions to the London menu. The inventive baker's menu now includes:

**Banoffee Paella** – an upside down Banoffee pie made in a paella pan.

**Eton Mess Lunchbox** – strawberries made of mousse and jam, mini-meringues, fresh basil, a bit of black pepper, all served in a clear box.



**After the Rain Mousse Cake** – With a flavour of pear, ginger and jasmine. On top of the cake there are leaves of lemon balm with jasmine 'raindrops' gelée. A ladybird is hidden below one of the leaves and the base is finished with crispy praline feuilletine.

**Salted Honey Tart** – showcases two different types of honey and is finished with sea salt, milk cream and almond frangipane.

**Welsh Rarebit Croissant** – with Guinness, Worcestershire sauce, cheddar béchamel, wholegrain mustard and fontina (an Italian cow's milk cheese).

## Zaida's on a Plate

Zaida's Bakery, formerly Brooklyn Bagels, shifted to brand new premises in Wigan St, Te Aro, Wellington during August. The move was accomplished over just two frantic nights with the help of a large crane used to lift the large deck oven and two rack ovens into place.



Ari Chait.

Zaida's bakery provides products for many of the cafes and restaurants involved in the Wellington on a Plate promotion which was on at the time. That meant "peak dining" in the Wellington hospitality business and continuous supply throughout the move was essential.

Proprietor Ari Chait is the third generation of his family to run the Wellington business. His grandfather, Charlie Chait, grew up under the Tsars in Russia and escaped to eastern Europe in 1924.

In Wellington he soon established himself as an energetic pioneer in the food business, opening his shop in Dixon Street selling continental-style goods never before seen in New Zealand.

The Chait's still own the Dixon Deli today.

The bakery started in Brooklyn where they made New Zealand's first commercial bagels in 1980. It was known then as Brooklyn Bagels but as the bakery is no longer in Brooklyn it was renamed Zaida's. Zaida means grandad in Yiddish, to honour Charlie.



# Still hungry for more

## May Wright talks to Mike Meaclem



A passion for excellence has seen this Christchurch baker rise up to become a well-known leader in the industry, all the while juggling multiple roles and interests, including family and teaching.

Mike recently received a BIANZ lifetime achievement award, a major highlight of his career, he says, that he couldn't have done without the support of his "wonderful wife" Wendy. "The biggest secret about balancing work and family is having an awesome wife who understands you, someone who shares your vision about business, love and life. I do what I do because I love baking and love our industry; it was awesome for my peers to recognise this as well."

Mike admits having a competitive streak; a hatred of failure. He believes in working hard for what you want. "When people say 'you are lucky' you just respond with 'yes, we are – hard work always turns into luck'."

He bought Hillmorton Bakery in 1986, changing the name to Michael's@Hillmorton in 2013. Shortly after buying the business he joined BIANZ, which he says has offered him significant guidance, leading him in the right direction in business. BIANZ has also played a huge role in his career, including being elected onto the executive committee, holding many positions for around 18 years including executive officer, treasurer and competition manager.

"But when you love your work, it doesn't seem like work. I know it sounds cheesy but it's true. It's really simple: don't stay in work that you hate. Leave, challenge yourself, take calculated risks, enjoy life."

As a small business owner it's important to find new ways to get your name out there.

"This is our first year that we have invested significant funds to promote our brand and our style of bakery – 'New Zealand Craft Bakery'. We have increased our likes on Facebook and advertised on several media organisations, hoping this will bring growth in our customer base." Indications are it is working, with plans on the table to expand the shop over the next 12 to 24 months.

Besides the business, teaching is one of Mike's greatest joys and he believes the lack of skilled New Zealand bakers is one of the industry's biggest challenges. He's taught baking for the last 22 years at Ara (formerly CPIT) and now at NZ Bakels' Training School.

"Seeing students succeed in their own right after you've passed on those skills is just the greatest thing to witness as a baker. It gives you incredible pleasure. It's probably one of the best parts about the work I do."

Mike says the baking business generally hasn't changed over the last 30 years.

"Customers want nice freshly baked items, good staff are still hard to find and baking doesn't always seem to be a glamorous industry to be in, compared to cookery. We have to be smarter in business, both in work methods and professionally."

"I completed a Bachelor in Business (Innovation & Entrepreneurship) in 2013. Not the easiest thing to do when you are turning 50 – running a business and teaching baking."

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# A biking baker



Belinda Carter meets a cyclist exploring New Zealand baking.



Ian Scott, Rebecca Strickler and Bree Scott at Lyttelton Bakery

Young Swiss baker Rebecca Strickler has been introduced to a new world of baking while she has been biking in New Zealand.

The 22-year-old has combined mountain biking – she even bought her own bike with her on the plane (in the hold of course) – and a kind of busman's holiday where she did some work experience in three Christchurch bakeries.

They were Lyttelton Bakery, Goodtime Foods in Sockburn and the big daddy of Christchurch baking establishments, Couplands, which turns out cakes and pies on an industrial scale.

In Lyttelton, she worked with Ian Scott who owns Lyttelton Bakery, a family-run shop on Norwich Quay. He works beside his daughter, Bree Scott, who runs Glamour Cakes out of the same premises. (Bree won the Young Bread Baker of the Year award in 2014.)

The Scott's bakery was relocated 18 months ago (the result of the 2011 earthquake) to a purpose-built building. They have since seen their foot traffic grow with a steady stream of port and rebuild workers coming in the door, as well as locals.

The day I visited Lyttelton, Rebecca was finishing off some fancy Mars Bars doughnuts for Bree before cutting the pastry for some small pies for the streetfront café. This is baking on the scale that Rebecca is used to in Switzerland.

Rebecca comes from a farming family in the small town of Zug, near Lucerne. She has four brothers and is the third eldest of four sisters. She spent three years training as a confiseur or confectionary maker at Schlüssel Bakery in Menzingen followed by two years learning baking at Chlestägli in Arth.

She came to New Zealand to improve her English and get a taste of Kiwi-style baking, helped by a contact at the prestigious Richemont Craft Bakery School in Lucerne, Urs Röthlin, who in turn knows Natasha Patterson from Bakels in Christchurch.

When asked the main difference between baking in New Zealand and Switzerland, Rebecca pointed out the lines of savoury pies in New Zealand – pies in Switzerland are almost always sweet.

She also said New Zealand bakery offerings were more colourful than they were in Switzerland, especially the decorated small cakes and doughnuts that Glamour Cakes specialises in. "You can very much learn from here", Rebecca said. She was clearly enjoying the opportunity to "eat and learn" from New Zealand.

Ian Scott, when approached by Natasha, was happy to give Rebecca some work experience during her travels. "They don't have a lot of savoury produce in Switzerland," he noted. Swiss bakeries are better known for sweet concoctions such as Zug's speciality, the Kirsch triangle, Rebecca pointed out.

A step up in production scale from the family bakery in Lyttelton, Goodtime Foods in Sockburn hosted Rebecca for several days.

Put into white overalls, she was helping to make the 10,000+ pies being turned out that day, stacking them on racks for baking when I visited.

Goodtime Foods is part of a small nationwide chain based in Hawkes Bay. Christchurch manager Deon Milne said that the Goodtime plant in Christchurch mainly supplies pies on exclusive contract to Z Energy service stations. These pies include its big seller, steak and cheese, as well as gourmet pies such as butter chicken. The Sockburn premises also produces the Metro brand, a line of pies and wraps with the Heart Foundation Tick of Approval.

Goodtime is big by Swiss standards but this was still small scale compared to Rebecca's last placement. With its curved conveyor belts pushing out thousands of slices and other baked goods, Couplands came as a bit of a shock to Rebecca. Nothing in Switzerland's family-run bakeries, where everything





Rebecca about to take the Mars Bar doughnuts into the shop.

is handmade, could have prepared her for this. She worked on making slices and then finishing (icing and packaging) for several days.

Coupland's, started more than 40 years ago in Timaru by Ray Coupland, and producing bread, pies, cakes, slices and biscuits, has grown into a large multi-store operation – around 20 in the South Island and half a dozen plus a distribution centre (in Hamilton) in the North Island.

South Island operations manager David Plunkett, whose office overlooks the factory floor where all the Coupland's goods for the South Island are produced, says that Coupland's orders are sometimes so large they will often spend all day on just one line before changing to another.

When she wasn't up to her elbows in flour and butter, Rebecca fitted in a fair bit of biking on Christchurch's Port Hills and also during her three-week-long stay visited places as far afield as Nelson and Westport, often accompanying Natasha Patterson on her travels to Bakels' customers.

Rebecca headed back to Switzerland in early October, taking her mountain bike, lots of photos on her cellphone, and experience home to a new job at the Richemont school in Lucerne. Who knows, after her Kiwi experience, she may one day open her own bakery and start a trend for savoury pies or startle some Swiss customers with colourful Kiwi-style cakes.

Bakels' Natasha Patterson, who organised the work placements and also hosted Rebecca during her stay, would like to see more self-funded young Swiss and New Zealand bakers travelling between the two countries, learning from each other and furthering their careers.

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# Future-proofing the business

Sarah Taane meets a bakery owner dedicated to training the future of the baking industry.

For Creative Edge Food owner Shane Tinker, training the industry's up-and-coming bakers is a way for him to give back to the baking industry and future-proof his business.

"Someone took time to train me and it's a way of giving back to the baking industry. I was lucky to get an apprenticeship when I was 20-years-old at Coupland's in Invercargill, learning how to bake from scratch," Shane says.

"I've worked in various baking roles since my apprenticeship: pastry, production development, and purchasing stock. I enjoy the challenge of the role and get great satisfaction in making bread and seeing it turn out perfectly."

Shane co-owns the Auckland-based wholesale bakery business with his partner Jennifer Elliot. They bought the business off the original owner about three years ago. Jennifer looks after human resources, sales and the accounts, while Shane



Creative Edge Food owners Shane Tinker and Jennifer Elliot (back row) and their team (front): Nowella Stokes, Ashley Belanger, Bandhankumar Patel

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looks after maintenance, production, and purchasing. "Without Jennifer, I would be stuffed," Shane jokes.

Jennifer is a year into her apprenticeship, learning more about the production and technical development side of the business.

Training apprentices is an important part of the business. As well as Jennifer, Shane has three apprentices and is looking to take on another one in the New Year.

## A stronger workforce

"It has future-proofed our business," he says. "For around six to nine months we had struggled to find the right skilled staff, so decided to teach our own. We're getting a stronger workforce by training our own apprentices."

"We've offered these employees apprenticeships because their work ethic has shone through."

It's all about the output, as well as quality in a wholesale business.

"I've had bakers come in and fail because they're not used to making things from scratch. There's a difference between baking from premixed ingredients to actually learning to bake properly," he says.

"I teach my apprentices organisation, planning and cleanliness skills. They follow all the steps in the recipes no matter how long it takes."

“I teach my apprentices organisation, planning and cleanliness skills. They follow all the steps in the recipes no matter how long it takes.”

Twenty-two-year-old baking apprentice Nowella Stokes is currently halfway through her apprenticeship at Creative Edge Food.

"I've wanted to be a baker since I was 11 years old. Doing an apprenticeship will hopefully mean I can move into a higher-up role in my career and own my own bakery one day. You get to earn and learn," Nowella says.

Shane believes more needs to be done to develop a skilled workforce in the baking industry.

"Skilled bakers are few and far between. It's important that we support local bakers.

"The only way forward is through training. More employers need to give back to the industry by training an apprentice," Shane says.

"I get satisfaction out of teaching. If you're constantly challenged, you'll always be interested in your job. I like seeing my employees feel like they're achieving something. It's all about giving back."



## Looking to train your employees in 2017?

Whether it is training an apprentice or starting with a self-paced short course qualification, contact Tony for an obligation free chat to find out how we can make training work for your business.



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# Making it in Matakana

by Sarah Beresford



Some people struggle to find a career that's right for them but Christian Herbulot is one of those lucky people who seem to have been destined to follow a particular path.

"My Dad had a massive bakery that ran 24/7," he explains. "I used to work there in the holidays and right from when I was a kid I totally loved it. I knew what I wanted to do from a very young age."

Originally from the Congo, Christian was fortunate to absorb classic French patisserie techniques almost by osmosis.

He shares his skill and passion with the locals and visitors to the rural village of Matakana, north of Auckland. Poised as it is on the elbow of some of the area's best beaches, La Patisserie has no shortage of discerning customers who appreciate the breads, pastries and delicate cakes that Christian and his team turn out from a large kitchen behind the shop.

The Congo seems like a leap from the New Zealand countryside but Christian immersed himself in the vagaries of life down under in stages.

"I originally went to Australia," he says. "But then I went through a divorce and I felt like I needed to be around family. My brother lived in New Zealand and it seemed like the right move at the time to come over here."

It's been the best thing ever and I've never regretted it."

Christian has been here for 11 years but has been running his Matakana patisserie for just one year this December.

"I was working in Warkworth doing contract baking and I had been looking around for

a place to open a patisserie for a while but couldn't find a suitable shop.

Then this place in Matakana came up and I jumped at it. They didn't have anything like this so it seemed an ideal opportunity."

The shop itself is fairly compact with a few stools for seating, a counter dominated by an espresso machine and cabinets brimming with a selection of sweet delicacies and cane baskets housing a variety of crafted breads line a wall.

**"Our triple chocolate mousse cake is probably our signature."**





The real star of the site is the big bakery behind the shop that is well equipped to handle some serious action in the kitchen. The crucial part of the business and the biggest revenue earner is servicing outlets in the region.

"There's no patisserie around here for miles so the wholesale aspect of the business supplying baked goods is very good. Bread is our number one product, followed by cakes and pies and then there's the pastries. We also make a lot of cakes for special occasions like weddings.

"A lot of our goods show the French influence which everyone loves; a good patisserie has very special attributes. I have diversified a bit over time but I keep the general French design in everything I do. Using good-quality ingredients is one of the most important things. If I do anything I like to do it well."

**“A lot of our goods show the French influence which everyone loves.”**

Christian is helped in the kitchen by three full-time staff. In the summer when the village bulges with holidaymakers they are joined by another two staff members to help keep up with the demand.

The kitchen has been designed to handle a big turnover, with a Paramount oven dominating one wall, extensive work stations and the bread rollers, mixers and proofers that are an essential part of such an operation.

Christian admits: "Out of all the equipment I particularly love my dough breaker. I just couldn't do without it."

And with so many yummy delights on offer are there any special offerings that stand out?

"Our triple chocolate mousse cake is probably our signature. It has layers of dark, white and milk chocolate and it is very popular.

"But I would have to say one of my favourites is our opera cake. It's our speciality and it's something people aren't so familiar with here. It is a layered almond sponge cake soaked in coffee syrup. It is really delicious and I think over time I have mastered how to make a really wonderful version."

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# Putting a stop to the 'grain drain'



South Canterbury is relatively small, in the big scheme of things. But when it comes to growing wheat, it's a powerhouse. It's a part of the country where the land is fertile, the sun shines brightly, and rain falls at just the right time to produce world-class grain.

It's this unique blend of natural attributes that has helped earn the region a reputation as 'the food basket of New Zealand'; a place of both abundance and expertise.

It seemed strange to a group of local farmers that the wheat they grew, and knew so well, should be shipped outside their region (sometimes even offshore), where it was milled and processed by who-knows-who, before being sent who-knows-where.

So that group of farmers created a co-op, and Farmers Mill was born. They invested heavily in a new mill, purchasing some of the most advanced equipment in the country, and set about milling their grain themselves.

Of course, they needed some help. So they hired experienced millers and bakers – experts who became instrumental in the development of their extensive range of premium flours.

That range includes biscuit, pastry and bakers' flours. They also offer a variety of baking premixes, improvers and gluten-free products.

Today, their flour can be found being used in bakeries and sold in supermarkets all over the country. And, as a result, this 'home-grown' business is quickly establishing itself as a bona-fide Kiwi success story!





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# NUTS

by Sadie Beckman



Nuts are considered by many to be one of nature's superfoods. A small, perfectly formed flavour hit, packed with protein, fibre and essential fats, nuts are widely used in most countries, cultures and cuisines. This of course includes the baking industry, where many signature products are nut themed or based.

We Kiwis have our favourite nuts, evident in our buying habits and the prevalence of certain nut varieties in our favourite foods.

Almonds and cashews seem to be the big hitters at the moment, although cashews could become pricier with supply falling due to drought conditions where they grow.

Although all nuts are nutritious, their make-up varies, as does their flavour. Here, we profile the main varieties in the New Zealand market and look at their nutritional benefits, origins and uses.

## Almonds

Almonds are the most beloved nut in New Zealand these days, according to many, including Graze, an off-shoot company of Cinderella, a well-known brand on a host of nut products. Cinderella almonds are grown in the USA, the world's largest almond supplier. They are technically the seed of the almond tree fruit, similar to a peach or apricot.



Almonds are California's largest export, which goes some way towards indicating their popularity. Dependent on bees for pollination, almonds are harvested from August to October.

Nutritionally, almonds are widely thought to lower blood pressure and cholesterol, as well as providing healthy fats, fibre, protein, vitamin E and magnesium. They are also said to reduce appetite and aid in weight loss, although their prolific use in cakes and slices may not be quite what is meant!

Flavour-wise there are two sorts of almond – sweet and bitter. Bitter almonds are rendered into almond oil, often used in baking to add an intensity of flavour. Ground sweet almonds are particularly useful in baking, acting almost as a flour substitute, resulting in a moist, dense texture.

Craig Holley, manager of Profile Products, says that one aspect of almonds that is under-utilised is almond meal from an actual almond rather than a blanched one, because the natural almond has the outer coating which is very high in vitamins and minerals.

"Most people go with a blanched almond because it's white, whereas the natural almond meal is extremely under-utilised," he says.

"If you're using it in bakery you need to understand that the bran or the outer coating of the almond meal does affect the dough, because of the way that it behaves with wanting to keep hydrated, but there is a lot of usage. I've done trials with putting almond meal into pestos and all sorts of other products. I put almond meal and chia meal into hummuses to give us a point of difference."

## Pistachios



Pistachios are a member of the cashew family, and grow on small trees in regions such as California, New Mexico and Arizona in the USA, which is where Graze get theirs.

Sensitive to weather conditions and favourable growing conditions, pistachios have traditionally symbolised health and wellness.

A great source of many essential vitamins and minerals, monounsaturated and polyunsaturated fatty acids, protein and fibre, pistachios add a unique flavour to baking and other food types, including ice cream.

## Cashews



New Zealand has a bit of a love affair with the cashew nut, although this could be jeopardised if recent 100-year drought conditions in Vietnam, the biggest exporter of these little kidney-shaped wonders, affect supply. Demand is already high, and popularity is climbing even more than for almonds, with a recent *NZ Herald* article putting demand at 53% higher than in 2010.

Although cashews are lower in fibre than many other nuts, they are still full of vitamins, minerals and antioxidants. Rich, sweet, salty and almost buttery, cashews grow in an unusual way.

As with all nuts, cashews are technically a seed, these being from the bottom part of the cashew apple fruit. The nut is a little bland but roasting brings out the flavour and gets rid of any toxins left hanging around from the shell it grows in.

## Hazelnuts



Known in some places as filberts, hazelnuts can be grown in New Zealand, although we tend to import quite a few from Turkey, the world's biggest producer. Nevertheless boutique producers are popping up around the country, offering not only the nuts, but derivatives such as hazelnut oil.

Hardy, intense and dense, hazelnuts are still a niche crop here but some people think they could play a bigger role in New Zealand's produce output. As with the other nuts, they are rich in fibre, vitamins and minerals.

Hazelnuts are, of course, made into praline, meaning they are widely found in confectionary and in conjunction with chocolate for truffles and the like.

They also form the nutty component of a well-loved chocolate nut spread, and their earthy flavour is popular in many baking recipes. In Austria, hazelnut paste is a vital ingredient in the world-famous Viennese Torte, and in many countries, hazelnut liqueurs such as Frangelico are popular.

## Brazil nuts



Brazil nuts are high in selenium, and rich in monounsaturated fats, the combination of which is said to reduce cholesterol, improve thyroid function and protect against cancer.

There are no surprises about where the Brazil comes from, although it is interesting that, according to Graze, Brazil nut production and harvesting actually helps areas of the Amazon avoid deforestation.

The nut grows in a group inside a large, heavy pod which matures in the rainy season then falls to the forest floor, ready for sorting, drying and separating from the shell. The nut itself has an almost creamy taste, and in baking, roughly ground, they work particularly well as a cheesecake base ingredient, adding a delicious taste and texture element.



## Chestnuts



A chestnut in its burr.

With species indigenous to three continents, the chestnut has long been cultivated and consumed throughout Asia, Europe and America.

Chestnuts were first introduced to New Zealand by some of the earliest European settlers. Today you can still find old, often forgotten trees scattered throughout much of New Zealand, often in the most unexpected places.

Chestnut trees yield valuable timber as well as the nuts. The large edible seeds, the chestnuts, are produced annually inside a prickly case called a burr. In the autumn, when ripe, the burr splits open allowing the chestnuts to fall free onto the ground.

Chestnuts can be eaten raw after peeling but they are usually cooked in some way. Cooking methods vary widely but simply can be done by boiling the in-shell nuts whole for half an hour and then cutting them in half and scooping out the soft kernel flesh.

International chestnut prices have increased consistently over the last 20 years. Current New Zealand production is estimated at over 200 tonnes.

## Walnuts

While the knobbly walnut delivers similar health properties to other tree nuts, it does it in an easier 'dose' according to some researchers. Eating just seven or eight shelled walnuts a day may well be all it takes to start gaining their nutritional benefits, such as plant-based omega-3 fats and antioxidants, many of which are found in the 'skin' – the outermost layer of the shelled walnut that sometimes tastes slightly bitter.



Walnuts grow well in New Zealand. Many a rural property has a big old walnut tree, the nuts themselves falling to the ground in a green outer casing which rots off on the ground, leaving the brown, hard-shelled nuts lying around for easy pickings.

We even have two unique New Zealand walnut varieties – Rex and Meyric, found nowhere else.

Walnuts are a baking mainstay, and have crossed the sweet/savoury divide into items such as crackers, made using their meal. Popular as a topping, they roast well, although the flavour is still distinct in their raw state.

## Pecans



Pecans on the New Zealand market come from the USA, Mexico, South Africa and Australia. The tree itself is a large member of the hickory family and produces buttery, rich nuts that provide many health benefits including antioxidants, minerals and vitamins.

Like walnuts, pecans can be eaten raw, sweetened or salted and their high fat content makes them perfect for everything from pies and muffins to fudge and baklava. Pecan nut butter is another way in which they deliver their creamy flavour.

## Nut butters



Peanut butter is immensely popular. This staple food of so many people's childhoods is so familiar as to be comforting. However, beyond the beloved peanut butter, there are so many amazing varieties of nuts and seeds out there that can easily stand in as delicious alternatives.

The general idea is to toast the raw nuts in a single layer, grind them to a paste in a food processor then mix in a touch of oil from the same nut, or a neutral tasting alternative.

Almond butter is lauded as the best nutritionally speaking, with the least calories but most fibre of all the nut butters, but there are so many other possibilities we are spoilt for choice. Cashew, macadamia, pecan, hazelnut, even sunflower seed butter all bring nuts (or seeds) to the table in a new and interesting way.

For bakers, the intensity of flavour coupled with ease of use make nut butters a winner.



## Macadamias



Macadamias are one of the decadent nuts in terms of price. Indigenous to Australia, they are grown in New Zealand for our own market. Macadamias are, gram for gram,

one of the most calorie-dense nuts around, but they also pack a healthy punch with the greatest amount of heart-healthy monounsaturated fat per serving.

Macadamias are used widely in confectionary and baking, although they tend to be pricier than other tree nuts, apparently due to their low harvest amounts. Sweet and creamy, macadamias respond well to gentle roasting, although they don't keep too well afterwards. Processed into a fine meal they can be used in cakes and biscuits, and the flavour has become popular in ice cream and other desserts.

## Can nuts save your life?

A 2013 study published in *The New England Journal of Medicine* found that eating nuts as part of a healthy diet was associated with a decreased risk of death in both men and women, particularly due to heart disease, respiratory disease and cancer.



## Interesting nut facts from around the web

- Walnuts are the oldest known tree food, dating back to 10,000 BC.
- Cashew nut shells are toxic.
- Pistachios are known in Iran as the "smiling nut" and in China as the "happy nut."
- Ancient Greeks believed hazelnuts were a remedy for coughing and hair loss.
- Peanuts aren't actually nuts, they are legumes.
- Americans spend around \$800 million a year on peanut butter, and there are six towns in the USA called "Peanut."
- More brazil nuts are exported from Bolivia than from Brazil. They are all harvested from the wild as they require a specific wild bee to be pollinated and take 10–30 years to fully mature.

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### Who should join BIANZ

- Owners and managers of wholesale and retail bakery-related businesses, cafes, catering companies, patisseries, in store bakeries, cake shops, lunch bars and canteens
- Industry suppliers
- Bakery and patisserie trainees and apprentices
- Independent bakers and patisserie chefs
- Related organisations and associations

### What do we offer?

#### Buying Partner Discounts

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

#### Food Safety Programme

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

#### Online resources

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

#### Advisory Service

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

#### Free employment legal advice

Members are entitled to free legal advice on employment issues.

#### Events

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

#### Training

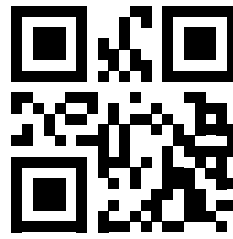
We assist in placing graduates, facilitate student entry into competitions and provide trainees with relevant industry information. BIANZ works closely with training providers and Competenz, the Industry Training Organisation, to recruit bakery trainees and ensure bakery qualifications remain relevant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

#### Media

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

#### 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.



Visit our website  
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## We are here to

-  Inform, support and assist members to grow and sustain profitable businesses
-  Promote the baking industry and its products to consumers and stakeholders
-  Provide industry leadership and advocacy
-  Educate the industry and the consumer
-  Grow the industry and the base of bakers and bakery trainees in New Zealand

## How we operate

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

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

## Join us

Complete the application form in Slice or online at

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

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City

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# New Zealand's top Young Bread Baker announced

A plant bread baker from Nelson won the 2016 Young Bread Baker of the Year Competition in Auckland today, after two days of rigorous theoretical and practical testing.

Matt Watson of Quality Bakers Nelson receives a \$10,000 research grant, which he plans to use to visit AB Mauri in the Netherlands to learn more about enzymes.

Judging Co-ordinator Tania Watson of the New Zealand Association of Bakers says the objective of the competition is to find and reward the best newly qualified young bread baker in the country, and to identify bakers with potential whose talents can be fostered with development opportunities and mentoring.

"It's great to have both plant and craft bakeries represented this year. They bring different strengths and challenges to the competition but they have all done remarkably well.

"If nothing else, this serves as a confidence builder and shows them what they are capable of."

The competition requires entrants to demonstrate their ability in three areas: practical baking, theoretical knowledge of baking technology, and presentation of research – this year on bread from the USA, the UK and New Zealand.



Justin Alblas of George Weston Foods congratulates Matt Watson on winning the 2016 Young Bread Baker of the Year Competition.



Matt Watson in action at the 2016 Young Bread Baker of the Year Competition.

Judge Everard Wijdeveld of NZ Bakels, where the competition was held, says being a top master baker requires talent, knowledge and skill, but more importantly passion, commitment and the right attitude.

"This year's Young Bakers have all shown that they have these traits. There is no doubt that they will enrich the New Zealand baking industry in years to come."

Judge Mark Harris from Coupland's Bakeries sees the entrants as future leaders in the baking industry. "It's interesting to note the differences between plant and craft trained bakers, but they all have a high level of skill."

Judge Tony Gunby of Competenz says the calibre of entrants this year was high. "I'm confident the future of our industry is in good hands after seeing their abilities. Today was about doing what they normally do at work but with three judges watching them and questioning them. That's not easy."

The Young Bread Baker of the Year is sponsored by the New Zealand Association of Bakers and is designed to promote excellence in people emerging from their training.

# Keeping an eye on your team's morale?

by Kathy Martin and Donna Thomsen

Team morale is a vital ingredient in any successful business. It becomes of paramount importance if your business is going through difficult times, and we don't just mean "hard times".

Difficult times come in many shapes and sizes. The difficulty could be caused by cashflow restrictions or a **downturn in business**, or the difficulty could equally be of the opposite kind – more business than you're geared up to cope with.

Either way, there'll be a fall-out on your team and you'll want to keep a close watch on the morale in your business workplace.

**Here are five simple ways to keep morale right where you want it:**

## 1 Check the mood

A morale problem is impossible to fix if you don't know about it. Maintain an open door policy. Make it clear your team is always welcome to raise concerns and ask questions. Don't forget that for every team member that comes to you, there are others who are less vocal. They have issues too but aren't so upfront about expressing them. You can help by being proactive and keeping in tune and in touch with individual employees.

## 2 Don't keep information to yourself

It pays to be sharing information with your employees – not just at a regular **staff meeting**, or the five-minute tool box chat, but all the time. Tell your team as much as you can, as soon as you can. Keeping your team in the loop with business information as it happens will build trust. It will also increase your team's engagement and boost motivation on a day-to-day basis.

## 3 Watch out for conflict

Address any **conflict in your business** fast, and fix it quickly. Ensure that when you resolve the conflict you address the problem, and not just the symptom. Otherwise you run the risk of putting a bandaid on an issue that will raise its ugly head again. When this happens it's often larger and more destructive than the first time.

## 4 Be aware of burn-out

Pay attention to the needs and workloads of your team members. In particular the most productive ones are apt to suffer from burnout. Are they receiving the support they need from other team members?

Or are they carrying most of the burden themselves, and bearing the brunt of the pressure? If so, redistribute some tasks and responsibilities.

Work smarter not harder! You could also consider bringing in interim contractors from hospitality recruitment or put your business forward to mentor or train institute students to help with the current overload.

## 5 Take care of employees' aspirations

Perhaps you're not in a position right now to make promises about raises or promotions. This should not stop you talking to your team about their career paths. Taking on difficult responsibilities may interest them.

Maybe you can use your work place appraisal time to discover more of your employees aspirations. You might then fine-tune this time to help reward your valued employees with a gift to pursue different training or educational opportunities. These could be, for example, health and safety seminars, local first aid courses, local baking courses and diplomas, business training seminars that maximise staff performance and discuss time management, leadership, communication skills, team work and team building, sales skills, conflict resolution and professional development.

What if you can't deliver on everything on their wish list right now? Give your staff the assurance that you'll be looking to make their roles more rewarding as the business outlook improves.

If you can take these **five easy steps** you're well on the way to maintaining an energising and uplifting morale in your business ... and well on the way to coming through your "difficult" phase – on top!

**The time for action is now. It's never too late to do something.**

**Carl Sandburg**

**Kathy Martin** is General Manager and CEO of Fullfocus, an Auckland-based business consultancy. See [www.fullfocus.co.nz](http://www.fullfocus.co.nz)

**Donna Thomsen** is a member of the BIANZ executive committee. She and her husband John own the award-winning Copenhagen Bakery in Christchurch.





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George Weston Foods (GWF) is one of Australia and New Zealand's largest food manufacturers, employing around 6,000 people across 60 sites. GWF's product range is diverse and includes leading brands of breads, baked goods, smallgoods, flour, milled products and animal feed. GWF is a wholly owned subsidiary of Associated British Foods plc (ABF), one of the world leading food companies.

MAURI anz, a division of George Weston Foods, is a leading supplier of bakery ingredients solutions, supported by the widest network of flour milling and yeast production facilities across Australasia. We aim to provide effective and successful solutions that add value to our customers' businesses and help them grow. Our proud heritage and established relationships ensure we are well positioned to create products and services that are innovative and unique.

Reporting to the National Field Sales Manager, the Account Manager is responsible for supporting the territory of Auckland region. This position is critical in the delivery of Bakery Solutions offering to our core customers and driving sales growth. Your extensive knowledge within the bakery field will equip you to:

### The responsibilities:

- Utilising your in-depth bakery knowledge to drive customer centricity, trust and credibility with our customers and key internal business partners
- Prospect and open new accounts according to a prioritised route plan
- Harness your in depth knowledge within the bakery field to identify and convert new business opportunities to increase ingredient distribution
- Leverage an existing product portfolio to drive increase ranging at account level
- Manage promotional activities
- Engage with our Technical team for Bakery Solutions offerings to our customers
- Product demonstration and training.

### About you:

To be successful in this role, you will be results-driven and ambitious, with a passion for food. Previous technical bakery experience is required.

We are looking only to recruit individuals who are looking for and have the ability to develop a long-term career within one of New Zealand's leading food businesses. Previous connections and experience within bakeries, restaurants, cafes and foodservice will be advantageous.

The below skills are what's needed to succeed in the role:

### We are looking for an energetic self-starter who possesses the following:

- Formal qualification in Baking or Pastry cooking
- Ability to manage customer and to influence buying decisions with an absolute ability to convert sales
- Highly developed interpersonal and communication skills with the ability to engage effectively with a diverse range of cross-functional stakeholders at all levels
- Excellent planning and organisation skills to balance a diverse workload
- Strong computer skills and business acumen
- Experience in product demonstration and training

**To find out more about this opportunity or to apply please contact Lee: [lee.carson-haitana@maurianz.com](mailto:lee.carson-haitana@maurianz.com)**



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# For a smile worth a million

## May Wright meets Steve Adams.

After almost 40 years in the baking industry, Steve Adams continues to aim for the sweet taste of success.

The fifth generation baker has recently taken up the reins at Rustic Bakery Café in Lincoln and has a clear vision of where he wants to drive it.

"We want to give people a sense of nostalgia when they walk in," Steve says. "We want them to think of a simpler time when the customer service was great because the person serving you was your neighbour, or someone you went to school with."

Sticking to the traditions of old is key for Steve. "I love the old-fashioned products I first learned to bake as an apprentice. I want Rustic to look and feel like it's somehow been transported back in time."

The Lincoln bakery was originally built as a KB's Bakery and was turned into Rustic Bakery Café by a previous owner in 2013. Taking on a bakery business takes Steve back to his 'traditions'.

"I started my career as an apprentice baker at Peter Pan Bakery in Oamaru at the tender age of 16."

After completing his apprenticeship, Steve moved to Christchurch to work for Ernest Adams. He then moved on to be bakery manager at Universal Catering in Tuam Street.

A few years later he purchased his first business, a small bakery in Papanui Road called Sunset Bakery. The baking business went through some hard times and Steve sold up to become the first bakery manager for Countdown Northlands.

"At that time I worked alongside Harry Simons who'd been appointed by Countdown to develop their in-store bakery chain," he tells me. He gained the skills required to run a very successful in-store bakery and Countdown appointed Steve to assist with their store openings throughout New Zealand and to write the bakery training manuals for the group.

Four years later he became the dairy/deli/bakery specialist for SuperValue/Freshchoice. This involved working with owner/operators to develop their in-store bakeries and service delis.

Steve says it was a great job learning new skills relating to marketing and merchandising and it lead onto being asked to apply for a South Island sales role with NZ Bakels – a role he held for 19 years.

"I felt after that amount of time travelling and waking up in different motel beds, it was time to do something for myself."

The transition to Rustic has been easy. Steve says Rustic reflects his personal views, particularly around a love for family and baking.

"I love being able to start with simple ingredients and develop them into something amazing at the end. To see the smile on a customer's face while they're eating a product is worth a million dollars."



Photo: Amy Milne



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# Mint Cakery

**Sarah Beresford** talks to Michelle Bevan in the increasingly trendy Auckland suburb of Point Chevalier.

Most of us are aware of the importance of so-called "networking" these days. Mint Cakery owner Michelle Bevan has taken this skill to a whole new level when setting out to fulfill her long-held dream of opening her own bakery.

Michelle was selling her bespoke cakes and "mini" sweet delicacies at markets around Auckland and had chatted to her clientele about how she would love to find a permanent home to sell her fare.

"I told all my customers that I really wanted to open a shop and was looking for a space to lease. Then one customer texted me that a space was available in Point Chevalier and a week later I took it over."

It seems a big commitment for a 23-year-old but for Michelle it has been a career trajectory that she has never wavered from.

"My mother worked in the hospitality department at AUT and she always took me along to cooking demonstrations and food shows from when I was very young. I started a health science degree at university but after a year I changed my mind and then did a three-month course at the New Zealand School of Food and Wine. Thinking back on it I really should have done a patisserie course."

A stint teaching barista classes cases was interwoven with selling her sweet treats at farmers' markets. "I started at Hobsonville markets then started to do the Friday night markets at Mt Albert, which is fabulous with lots of food trucks, and the Saturday farmers' market. I was also selling baked goods wholesale to cafés."

The light bulb moment came when she moved to live in Melbourne with her partner, chef Darren Jarret. "I had only been there for a month when I realised I wanted to open a shop so badly that I just had to do it. It did seem a bit scary but I knew I had to start somewhere so I flew home and got back into doing the farmers' markets again.

Darren stayed on in Australia for another six months and by then Michelle had used her network of customers to find the site to open Mint Cakery. He now works with her in the little shop that is dominated by a cabinet filled with sweet treats, with a few seats in one corner.

Michelle has focused on what she enjoys baking when deciding on what to sell at the shop.

"I'm always changing the cake flavours and concentrate on what fruit is in season. For instance, as it's winter I've been



using lots of lemons and pears. The pear, dark chocolate and salted caramel cakes are a favourite at the moment. I make cakes, tarts and slices and the odd savoury offering and a few gluten-free options.

"People come in and ask if we have things like sugar-free baking but I don't enjoy that sort of baking so I don't do it. It takes all the fun out of food for me to have to work to a set of restrictions so I just do my style of baking and stick to that."

One of her delightful offerings are her mini-cakes, which are true miniature cakes baked in individual stainless steel tins decorated beautifully with icing and edible flowers. "They are a bit annoying to make," she admits, "as they are all individual, so it's quite a bit of extra work but they are very popular."

She has a few flowers in troughs outside the shop but she gets a lot of what she uses to decorate her baking from her mother's property and dedicated customers also bring in blooms from their gardens.

As well as coffee, tea and treats, Mint also sells bouquets – the result of more serendipitous networking. “I met the woman who runs Florries flower truck at Sabato market and got chatting and she now delivers bouquets to the shop. They’re very popular.”

“There’s not much that can’t be forgiven if you turn up with coffee, cake and flowers,” says Darren.

Michelle does all her baking in a turbo fan oven that she bought when she took over the shop. “I love it. It’s the best thing I’ve ever bought. I couldn’t live without it. I’m still using a household mixer though. I need to get another one.”

She gets a lot of cake orders through social media and plans to hold cake decorating classes in the future.

Then there’s the candy floss machine that she’s bought. “We plan on making home-made candy floss spun in-store and decorated with dried fruit but we have to figure out how to work the machine first,” Michelle says laughing.

“I would like to offer batches of macaroons and marshmallows for people to take away. As time goes by I’d really like to build up what we offer here, but we’re so busy with what we’re just doing now.

“The best thing is I’m getting to do what I have always dreamed of. It really has been a life changer.”

*Mint Cakery*  
201B Pt Chevalier Rd, Pt Chevalier, Auckland.  
Open 7am–4pm, Tuesday–Sunday



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# Angkor Wat Kiwi Bakery & Café

There are many family-run bakeries in New Zealand but how many families run five bakeries?

Words and photos by **Vivienne Haldane**

Mab Chheur's journey to becoming an award-winning baker and bakery owner is real success story. He immigrated to New Zealand from Phnom Penh in Cambodia in 1999, knowing very little about baking. Now he and his family own five bakeries, all known as Angkor Wat Kiwi Bakery and Cafe.

This year Mab Chheur's mince and gravy pie won a gold medal in the Bakels New Zealand Supreme Pie Awards.

He's a regular entrant in these awards and has won many medals since first entering eight years ago.

The Angkor Wat Kiwi Bakery and Café,

The is the latest of the Angkor Wat bakeries started by Mab is located in a striking art deco building in Dickens Street, Napier.

His first was in Waipukurau, in 2006, followed by Taradale, Havelock North and Hastings. Mab and his partner, Lida Wing, opened the Napier bakery in 18 months ago and they say that, like all the others, it is very busy.

Entering the awards is important they say, because it enhances their reputation. Lida says Mab is a stickler for ensuring the quality of pies in the competition is the same high standard as the ones in their shops. "Customers know we win awards so that's why they come in. Plus we like our customers to be 100% happy and say our food tastes wonderful."



It's incredible to think that in a short time, everything Mab and Lida have learned has been through keen observation and a strong determination to succeed.

When he first came to New Zealand, Mab worked in his friend's bakery in Newmarket in Auckland. It was here he first learned to bake bread and many other things before buying his own bakery in Panmure in 2004.



Lida came to New Zealand from Cambodia in 2001 as a student and found work in a bakery on Auckland's North Shore. It was her first ever job and she quickly noticed an opportunity for working in the food industry. "Having worked in a bakery I saw it was a really good business to be in, if you are prepared to work hard. People always need to eat and drink don't they?"

The pair work well as a team. Mab's domain is in the kitchen, while Lida works in the shop. She also does some icing and finishing work on baked goods.

With the number of outlets they have, other family members – cousins and nephews and friends – also work in their bakeries.

Continued on p 30



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## The perfect pie?

Mab, who always uses a particular favourite pastry recipe, reckons there are several factors when it comes to the baking the perfect pie. "It's the pastry and the filling together that makes a great pie: the filling has to be the right filling with not too much meat, not too much gravy and the pastry not too heavy, not too light or too thick."

Lida adds, "The pie has to rise evenly to the same level, have an even, golden colour and be light and slightly crispy."

The bakery awards are becoming more and more competitive he says. "Every year the pies get better and more people enter them. It's very hard to win a gold."

But he's pleased to add, "that most years we win something and every year we've got something new to enter."

Mab's favourite pie is bacon and egg while Lida prefers steak and cheese.

He also likes to try out different fillings such as Thai green curry and butter chicken. According Lida, before any new pie flavour is introduced into the shop they get their friends to taste them first to gauge their response.

Mab bakes everything from scratch and never uses pre-mixes.

The custard squares are one of their most popular slices; the filling is made from real custard – their own recipe, rather than premixed custard. (I tried one and found it to

be creamy and totally delicious: they could be readily addictive, same with the pies which had nice crispy pastry and not too thick!)

Lida says that being open seven days a week and having competitive pricing means people just keep coming through the door.

Checking some of the customer reviews on the Trip Advisor website certainly revealed what happy eaters had said: "reasonable prices, pies jam-packed with tasty goodness", 'half the price of city shops and twice the servings', "staff were great and the shop was very clean and a great place to stop."

At Labour Weekend my family and I visited Napier and, while the rest of the city was quiet, Angkor Wat café was packed, both inside and out. In spite of the crowd, Mab took time to deliver my coffee and stop for a chat. Now that's impressive.

*Angkor Wat Kiwi Bakery & Café, 110 Dickens Street, Napier.*

The couple moved to Hawkes Bay from Auckland in 2006 in search of a more peaceful way of life. A friend told them about a café that was for sale in Waipukurau so they came to have a look, liked it, bought it and went from there.

"We had no friends or family there. It was only myself, Mab and my sister," says Lida.

Mab learned how to bake just by getting stuck in and doing it. "We had sales reps who helped us by giving us basic recipes and, of course, we asked lots of questions.

"Mab always works hard to perfect his techniques and likes to changes things too – he will get a basic recipe and ask 'what will happen if I change this around'?" says Lida.

Food in New Zealand is vastly different to the food Mab and his family were used to in Cambodia – "there we have cake but not like the cakes here" – and they've soon noticed how much Kiwis love their pies.



# Caramel Pecan Tarts



**Makes:** 24 individual tarts

## Pastry

200g soft butter  
200g **Chelsea Soft Brown Sugar** (1 cup)  
1 egg (size 7)  
210g plain flour (1 ½ cups)  
3g baking powder (1 tsp)  
3g ground ginger (1 tsp)

## Filling

200g **Chelsea White Sugar** (1 cup)  
250ml water (1 cup)  
250ml cream (1 cup)  
175g **Chelsea Golden Syrup** (½ cup)  
2 eggs (size 7)  
10ml vanilla essence (2 tsp)  
270g pecans, chopped chunky

## Method

**Pastry:** Combine the butter and brown sugar in a food processor and mix until smooth and creamy. Add the egg and pulse to mix in. Add the flour, baking powder and ginger and pulse until the mixture comes together to make a dough.

Turn out onto a lightly floured board, knead gently and flatten into a smooth rectangle. Cover and chill for 20 minutes.

Divide the pastry into four and roll each out between two sheets of baking paper. Using a round 7.5cm biscuit cutter, cut out circles of pastry and use to line the holes of two 12 hole muffin tins (standard sized). Chill until required. Pre-heat oven to 180°C conventional bake.

**Filling:** Place the sugar in the centre of a medium saucepan and pour the water around it, heat gently until the sugar has dissolved stirring occasionally. Increase the heat to medium-high and boil for 6-8 minutes without stirring until the mixture starts to caramelize; swirl the pan until the colour is evenly a dark caramel brown. Remove from the heat and very carefully add the cream then the golden syrup (be careful as it will bubble up). Let cool for at least 5 minutes then whisk in the eggs and vanilla.

Divide the pecans between the pastry nests and pour over the caramel until ¾ full. Bake for 20-25 minutes until the pastry is golden and the filling has set.

## Variations

- Other nuts such as macadamias, peanuts, almonds or cashews can be used instead of pecans.
- Sprinkle the nuts with chocolate chips for a choc-nut version.
- A mixture of dried cranberries and nuts can be used.

## Nutrition

Contains gluten (wheat), dairy, eggs and nuts.

## Service

Pastry can be stored in the refrigerator until ready to use, allow it to come to almost room temperature before rolling out so that it is soft and malleable.

The filling can be made in advance and stored refrigerated, stir well before using.

Dust liberally with Chelsea Icing Sugar and stack on a cake stand as an impulse item.

For Christmas, cut a star shape out a baking paper and use as a stencil for dusting icing sugar over.

Store in an air tight container for up to a week.

<b>TOTAL COST*</b>	<b>\$10.22</b>
<b>COST PER PORTION</b>	<b>\$0.43</b>
<b>GROSS PROFIT %</b>	<b>70%</b>
<b>SALES TAX %</b>	<b>15%</b>
<b>MIN. SELLING PRICE (per portion)</b>	<b>\$1.63</b>

\*Cost based on average wholesale prices March 2016



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# Baked Brie with Cranberries and Almonds



## Ingredients

### For the cranberry sauce

475 mL (2 cups)	Cranberries, rinsed
120 mL (½ cup)	Water
60 mL (¼ cup)	Orange juice
120 mL (½ cup)	Granulated sugar
5 mL (1 tsp)	orange zest
1 round	Brie

### To serve

Zest of orange  
60 mL (¼ cup) Honey Roasted Almonds  
Chopped crackers for serving

## Instructions

### For the sauce

In a medium saucepan combine cranberries, orange juice, orange zest and water. Bring to a boil, and then reduce heat to medium-low. Cook for 10–15 minutes, then remove from heat.

### For the brie

Preheat oven to 180°C.

Line baking sheet with baking paper. Place brie round over baking paper. Bake for 10–12 minutes, until melted in the centre.

Top with cranberry sauce and chopped almonds. Add some orange zest on top.

Serve and enjoy!

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# Toasted Sandwiches



Serves 10

## Ingredients

600 g **Barker's Professional Hot Dog Relish**

600 g grated tasty cheese

20 thick slices wholemeal or wholegrain bread

salad leaves for garnish

cherry tomato wedges (optional)

200 g **Barker's Professional Hot Dog Relish**

## Method

1. Mix the first measure of Barker's Professional Hot Dog Relish and cheese together.
2. Spread on 10 slices of bread and top each with another slice of bread.
3. Toast, grill or panfry.
4. Serve with a salad, tomato wedges and a spoonful of Barker's Professional Hot Dog Relish.

Optional: add a slice of ham to each sandwich

## Delicious sandwich idea

### Method

1. Using grainy bread slices, fill with layers of lettuce, avocado, and cooked bacon - topped with a generous spoonful of **Barker's Professional Farmstyle Plum & Tamarillo Chutney**.

Optional: add tomato slices







## — CHUTNEY, RELISH & PICKLE —

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A great way to add personality and excitement to sandwiches, wraps, pizzas, platters and muffins.



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

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# Christmas Pudding – large

Using XL Cake Mix



Served warm, Christmas pudding is a true Christmas tradition. Made with XL Cake mix this pudding is full of fruit and festive flavours.

Try flambéing the pudding. Pour 150 mL of brandy over the pudding and light. Cut and serve with warm custard or cream.

## Ingredients

### Group 1

Water	500 g
Eggs	500 g
Honey	100 g

### XL Cake Mix

XL Cake Mix	2,000 g
Nutmeg	5 g
Mixed spice	5 g
Caramel colour	40 g

### Group 2

Christmas fruit mix	2,835 g
Colset	200 g
Total	6,185 g

## Method

1. Soak group 2 for 20 minutes.
2. Mix group 1 with paddle for 1 minute on 1st speed, scrape down.
3. Mix batter 4 minutes on 2nd speed.
4. Drain group 2, fold in the Colset, add to mix on 1st speed until fruit is evenly dispersed through the batter. Do not over-mix.
5. Deposit into small oven-proof pudding bowls at 720 grams each.
6. Bake at 140°C for 120 minutes approximately.



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# Almond (or other nuts) Croissants

by Michael Gray, Nada Bakery, Wellington



Fresh will do but this recipe is best made with day-old croissants.

## Frangipane

Butter	600	g
Sugar	600	g
Cream together		
Eggs	600	g
Almond (ground)	300	g
Malt crumb	230	g
Flour	60	g

## Method

1. Cut the croissants horizontally.
2. Pipe on the frangipane filling.
3. Add toasted sliced nuts – pecans, walnuts, almonds – then close.
4. Pipe a little frangipane on top and sprinkle on more nuts and perhaps some icing sugar.
5. Bake at 170° C until frangipane is cooked, about 25–35 minutes.

# Chocolate, Fruit and Nut Truffles

by Asher Regan



The New Zealand public are seeking out healthier options more and more these days, but also demanding these foods are high quality and delicious.

While it can be a bit more challenging to meet all of these requirements it's by no means impossible. You could begin by offering smaller portions of your less healthy options, before going on to alter your recipes.

Here is a simple recipe to get you on your way with a small, healthy, delicious and convenient truffle that has wide appeal.

For more information on producing healthier foods visit the Hospitality Hub: [www.heartfoundation.org.nz/hospitality](http://www.heartfoundation.org.nz/hospitality)

## Ingredients

### To make 50 balls:

Nuts, chopped	80 g
Dried apricots, chopped	100 g
Dried dates, chopped	100 g
Orange juice	175 ml
Orange zest	10 g
Rolled oats	250 g
Sunflower seeds	160 g
Cocoa powder	40 g

## Method

1. Place all ingredients into a food processor and blend until it forms a slightly sticky ball,
2. Shape into balls approximately 20 g each
3. Keep refrigerated,



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# White Christmas Slice



Recipes by Marcus Braun  
courtesy of Nestlé Professional



## Base

400 g	<b>Nestlé Highlander Sweetened Condensed Milk</b>
100 g	Kremelta
110 g	<b>Nestlé Docello White Snowcap Compound</b>
120 g	Crispy Rice Cereal
150 g	Desiccated Coconut
220 g	Dried Cranberries
40 g	Freeze-dried Raspberries
20 g	Popping Candy
70 g	Toasted Flaked Almonds
20 g	<b>Nestlé Docello Dark Compound</b> (chopped)

## Method

1. Line a 200 mm × 250 mm slice tray with silicon paper.
2. Gently melt the condensed milk, Kremelta and **White Snowcap Compound** together over a water bath until the mixture is melted and smooth.
3. In a large bowl blend together the crispy rice cereal, coconut, cranberries, freeze dried raspberries, popping candy, toasted almonds and chocolate pearls.
4. Mix the melted mixture into the dry ingredients and blend together evenly, being careful not to crush the crispy rice cereal and the freeze dried raspberries too much to retain the texture in the slice.
5. Press into the prepared slice tin and place into the refrigerator to set.

NOTE: Chocolate Pearls can be obtained from suppliers such as Sabato. If unavailable then you can substitute this for chopped **Dark Nestlé Compound**.

## Ganache Topping

60 g	Coconut Cream
40 g	Cream
350 g	<b>White Snowcap Compound</b>
35 g	Butter

## Method

1. Bring the coconut cream and the cream to the boil.
2. Remove from the heat and whisk in the chopped **White Snowcap Compound** until smooth.
3. Whisk in the butter and then allow the ganache to cool and thicken slightly before spreading over the surface of the set base.
4. Decorate and cut into require portions.

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## INGREDIENTS FOR THE DOUGH

Summit premium bakers flour .....	1000gm
Deluxe bread improver.....	10gm
DCL Dried yeast .....	24gm
Sugar .....	25gm
Salt.....	16gm
Egg .....	155gm
Milk .....	580gm
<b>Total Dough Weight .....</b>	<b>1810gm</b>

## INGREDIENTS FOR THE FILLING

Softened unsalted butter .....	250gm
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## IDEAS FOR THE FILLING

Custard filling.....	25gm
Fresh or frozen blueberries .....	25gm
Diced apple lightly sugared with cinnamon .....	25gm
Tomato relish .....	15gm
Egg .....	25gm
Grated cheese.....	15gm
Bacon .....	15gm
Sliced and cored pear lightly sprinkled with ginger .....	1000gm
Caramel filling .....	50gm

## PROCEDURE

- Place the yeast and milk into a mixer, stir and dissolve then add the rest of the ingredients into the mixer and mix on 1st speed for 2 minutes.
- Mix on 2nd speed for a further 6-8 minutes or until developed.
- Allow to rest for 10-15 minutes.
- Divide the dough into 100g balls, roll dough to approximately 3-4mm thick. Roll one ball slightly thinner to cut out the rounds for the bottom of the muffin tins (this will provide a base and ensure the filling doesn't spill out) with the remaining balls of dough roll out and brush or spread the softened butter. Roll the dough with the butter in the centre up like a straight croissant. Cut down the middle so you have 2 layered pieces and twirl into muffin tin on top of the rounds (1 half per muffin tin).
- Place desired filling or flavor into the middle of the Cruffin.
- Prove and bake. Glaze while hot and then allow to cool.
- Once cool, decorate as desired.

## BAKING

Pre heated oven 200°C (fan forced) to 210°C. Steam and bake for approximately 15 minutes. Baking times are indicative and will vary dependent on oven brand and quality.



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