

slice

from the Baking Industry Association
for cafés, caterers and bakeries

Issue 40, November 2018



**Peter McGregor – from quite good
to well qualified**

Big success with vegan pies

Best bread judged

A flour mill with a difference

**Single-use plastic bags – problems
and questions**

**Making desserts for world leaders
and Wellingtonians**



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Always fresh ideas

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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.

Advertisers and contributors –
Next booking deadline
4 February,
Material deadline
11 February.

From the President

KEVIN GILBERT KEEPS IN TOUCH



Christmas is fast approaching and in bakeries all around the country there are tubs of boozy, juicy fruit sitting in a corner somewhere just waiting to be baked into pastry tart cases. Those of us who aren't yet making Christmas lines will very soon be joining those that are, as the silly season really ramps up.

Each year there comes the question of "what lines do we make for Christmas this year?"

Sure, there are the standards that most of us make at least one of – fruit mince pies, stollen, panetone etc. But what else do you make to keep both your baking team and your customers engaged? We'd love to hear some of your festive lines. Maybe we can give others inspiration for next year.

As *Slice* goes to print I am starting day two of a baking conference in Australia. We have so far had speeches from grain breeders and millers discussing international trends in requirements, a fascinating talk about sourdough, the 'Sourdough Library' in Belgium which holds samples of historically and/or regionally significant cultures from around the world (although not yet from New Zealand).



Above: Francisco Migoya. Below: some modernist delicacies.



We have presentations and demonstrations yet to come from competitors in the Masters de Boulangerie, the co-author of *Modernist Bread*, Francisco Migoya (who also taught at the Culinary Institute of America, and has been judged the best

pastry chef in America), a Viennoiserie demonstration and some creative ideas with Callebaut's Ruby chocolate, a discussion panels on both international trends and the global state and requirements in education in the industry.

I will be communicating many of the ideas and information that I get from the conference. Unfortunately time, tide, and printers wait for no one so it will have to wait until the next issue of *Slice*.

I hope that your festive season is profitable and as hassle free as possible.

Kevin

BAKING INDUSTRY

ASSOCIATION OF NEW ZEALAND

New Members

We welcome

Bakerman Pie Co 2018 Ltd	Karikari Peninsula
Trish's Kitchen	Tikokino
Renwick Meat Market and Bakery	Renwick
Delta Bakery	Christchurch
Alpine Patisserie	Auckland
Fleur de Lis Bakery	Auckland
Pierres Handcrafted Bread	Auckland
Jamaican Me Hungry Ltd	Warkworth
Sweet Pastry Wholesalers Ltd	Auckland
Arista Bakery	Dunedin
Penny Black Ltd	Christchurch
Fressertz Ltd	Auckland
Westie Food	Auckland
Rusty Carrot Catering	Hanmer Springs
Fresha Foods	Christchurch
Southern Buttercraft Ltd	Wanaka
Vegetarian Bakehouse	Waiuku
Petal	Auckland
Peters Pies	Auckland
Marx Bakery	Thames
Beresford Bakery Ltd	Feilding
Vic's Bakehouse	Christchurch
Panama Bakery	Wellington
Zest Café	Taupo
Victoria Park Bakery	West Melton

From the Office

TEGHAN MEAR KEEPS IN TOUCH



This year has been packed with a number of exciting challenges and successes for BIANZ.

Welcome to our new and returning members for the 2018-2019 membership year. Thank you to everyone who promptly paid their membership subscription. Many new members are taking advantage of our Wholesale Template Food Control Plan. The BIANZ FCP is proving a very cost effective option for businesses to be compliant with the changes to the Food Act.

As a year with Fine Food NZ and the Bakery of the Year and Trainee of the Year competitions, 2018 has been an opportunity for BIANZ to try some new things. One result is that we are looking forward to seeing Neroli Lancaster represent us as our first World Skills representative in Kazan, Russia next year. Neroli has been busy training. To watch her journey to Russia, follow her Instagram @bakingnz_worldskills.

This has also been the year when the BIANZ Wholesale Bakery Template Food Control Plan was finally signed off. It was a very long time coming. The change from previous food control plans has been significant and I hope everyone is has found the change a smooth and simple transition.

We are fast approaching the final registration date for Food Control Plans under the Food Act 2014. I hope everyone has begun registrations but if not, please note this message from the Ministry for Primary Industries (MPI):

MPI will endeavour to process RMP or Food Act applications prior to Christmas, if a full and complete application has been received by Friday 30th November 2018. Should the need arise for us to request further information, your application is unlikely to be approved. Any RMP or Food Act applications received after the 30th of November may not be processed until the New Year. For all other types of applications received after Friday 14th December 2018, these may not be processed until the New Year. Our emails will not be monitored from the 24th December until we open again on Thursday 3rd January.

Buns

As a Wellingtonian I always look forward to August as it means getting my fix of awesome burgers during Wellington on a Plate (WOAP). Burger Wellington started as a small section of the WOAP celebrations but has well and truly become the main feature. I don't want to admit how many burgers I had during the festival (but it was over 10).

As we all know, the bun is essential to making an awesome burger, and partnering with a great baker is really important to making a winning creation. A name that appears often on Wellington menus is Arobake. Max Fuhrer and his Arobake team sold 29,702 burger buns over the WOAP period this year. Max describes it as "a very busy time for us."

The winning burger was prepared by Wellington Food Truck Wilson Barbecue and described as "Brewed to the bone – smoked beef short rib with candied bacon and boozy cheese sauce in an Arobake bun with curly fries."

This wasn't the first taste of success for Arobake with their WOAP bread. In 2015 and 2016 they also supplied the burgers for the winner of the "Best Burger Beer Match". Well done to the Arobake team and all our other members who were busy supplying for Wellington's best restaurants.

Coming to you

In the next few weeks BIANZ members should receive their member pack including their member card, member window sticker and 2019 BIANZ planner. If you require more stickers or another planner please get in touch. Numbers are limited.

Thanks to all who have entered our competitions, participated in surveys, helped us out with events, attended awards and generally supported us and the industry in 2018.

Through this continued support we are able to start working on some exciting projects which you will see more of in 2019.

As we are very quickly approaching the festive season I wish everyone a profitable Christmas period and hope that you all get a chance to relax with friends and family. The BIANZ office will be closed over Christmas and the New Year, however if anything comes up please email me and I will get to your requests when I get back from leave. Please don't hesitate to get in touch.

Teghan Mear
Business Development Manager
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Events calendar

What	When	Where
THE GREAT NZ HOT CROSS BUN COMPETITION	Entries close 5 March, Judging 8 March, announced 11 March	National
Bakels Supreme Pie Awards competition 	Entries close 27 June Judging 25 July announced 30 July	National
International Baking Industry Exposition 	7-11 September	Las Vegas Nevada USA

news and views

Surprise sweep at NZ's first Vegan Pie awards

A bakery new to the vegan cuisine scene swept a vast majority of the awards up for grabs at the inaugural New Zealand Vegan Supreme Pie Awards.

Auckland BIANZ member Richoux Patisserie – proprietor Jason Hay – walked away with seven of the eight awards, including the top Vegan Pie Award, at the event organised by the Vegan Society of Aotearoa New Zealand to coincide with World Vegan Day on 1 November.



In a blind taste test the judging panel awarded Richoux pies top marks in the Vegan Steak and Vegan Cheese, Vegan Mince and Vegan Cheese, Vegan Chicken, Vegetable, Café Boutique, and Fruit categories – every category the bakery entered.

The final category, Gluten Free, was picked up by Albany bakery Pioneer Pies.

More than 30 companies throughout the country submitted 90 pies for the competition's first programme, established to acknowledge the current explosion in high quality vegan pie options offered by all types of New Zealand eateries.

The judging panel comprised internationally recognised chefs Gerrard O'Keefe (Hector's Restaurant, Heritage Hotels) and Josh Barlow (The Sugar Club, The Grove), as well as actor, writer, and producer Holly Shervey. The event was hosted at Auckland plant-based eatery The Butcher's Son.

Vegan Society National Coordinator Amanda Sorrenson says the event was devised to give the Kiwi dietary staple a modern makeover, better reflecting this country's growing trend in choosing healthier, more sustainable, fairer food options.

"Plant-based pies are going to be more and more popular as people cut down on their intake of animal products in future."

Vegan Pie Awards 2018 results:

- Vegan Steak and Vegan Cheese: Richoux Patisserie
- Vegan Mince and Vegan Cheese: Richoux Patisserie
- Vegan Chicken: Richoux Patisserie
- Fruit Pie: Richoux Patisserie
- Café Boutique: Richoux Patisserie
- Vegetable: Richoux Patisserie
- Gluten Free: Pioneer Pies
- Plus a top vegan pie award: Richoux Patisserie (fruit pie)

For further details of the competition head to The Vegan Society website: vegansociety.org.nz

UK bakery chain develops a sourdough made from surplus loaves

By Gill Hyslop,
Bakery&Snacks.com

UK bakery Gail's Bakery has developed a new product they call Waste Bread. Waste Bread is made by mulching down surplus loaves, rolls and bloomers and turning it into a porridge, which is then added into a new batch of dough.



Waste Bread is a sourdough made from leftover breads and rolls that are turned to mulch. Pic: Gail's Bakery

As each set of leftovers is different, every loaf will have its own slightly distinct taste.

Gail's Bakery – which has 43 sites in southern England – introduced the sourdough in its stores in October at a price of £4.20 (about \$8.30) a loaf.

Complicated process

According to Tom Molnar, CEO and co-founder of Gail's, the sourdough took nine months to perfect as it was a "complicated" process.

"This is the first ever bread made out of 'waste' bread [and] continues the company's commitment to sustainability and the reduction of food waste. The team are excited about the difference in sustainability this product will make," he said. He noted the price point is the same as other handmade, traditional sourdoughs.

Committed to sustainability

The bakery is committed to being as sustainable as possible. Next month, the chain is also rolling out 100% compostable coffee cups, cutlery made from potato starch and unbleached paper boxes and carrier bags.

"Our promise is to be authentic and thoughtful with all that we do. We're lucky to have passionate bakers creating exceptional food every day, and the Waste Bread is a great example of our expertise and passion further aligning with the values of our communities," said Molnar.

"Growing up with a love of baking, there's nothing more rewarding than developing a new bread and seeing it on our bakeries' shelves," added development baker Roz Bado.

Sam Heaven off to Russia



From baking to foraging for fine food, Sam Heaven is a third-generation baker, pastry chef and New Zealand's entrant in the chef division of the World Skills Competition being held in Russia next year.

He has collaborated with NZ Premium Foods to bring a New Zealand flavour to his winning dishes, fusing fresh indigenous herbs with classic recipes such as his horopito croissants and petitgrain sous vide salmon loin with grilled pikopiko.

Baking is in Sam Heaven's blood. His grandfather Graham, well known to BIANZ members, established Heaven's Bakery in Napier in 1974. It's an award-winning business. Sam's father Jason subsequently joined the business, adding a café, and regularly adding to the trophy cabinet.

Sam's earliest memories were of being in the bakery surrounded by family. He says that he was always free to explore his own journey, and there was never any pressure to follow the family business. He describes his passion as being "pulled down, rather than pushed down."

Be that as it may, when passion, opportunity and family support collide, it's usually a pretty good recipe for success and Sam Heaven enjoyed early success when he entered a competition for 'Rising Young Baker' and won. He was year nine, his opponents year 13. That fed his appetite for competition and taste for winning.

Heaven is seen as representative of a new generation of chefs, being collaborative as well as innovative. Evidence of this approach is in his teaming up with Rachael Speedy, Managing Director of NZ Premium Foods. Like Sam, Rachael is from the Hawkes Bay. She too believes that the rediscovery of indigenous ingredients is helping to define New Zealand cuisine. By providing a reliable pesticide-free range of fresh native herbs such as pikopiko, kawakawa and horopito, Speedy says, "NZ Premium Foods are supporting a growing trend from foraging to fine dining. These new flavours are being added to fish, cheese and even ice-cream." Of the movement towards using indigenous herbs, Sam Heaven says, "it's like getting a new toy to play with but without the worry of foraging and unknown nasties."

Sam is currently focussed on developing a training schedule with his World Skills chef coach.

For the future, Sam imagines he would like to return to the family bakery and evolve it further – perhaps adding a new restaurant or a patisserie.

China to familiarise Western market with 'pinyin' baked treats

China's diverse bakery industry – encompassing bakers of traditional 'pinyin' (literally translated as 'Chinese style cakes and snacks') and producers of modern items like croissants and waffles – is growing at a rate that far exceeds most other segments, according to BakeryandSnacks.com.

BakeryandSnacks.com reported from Bakery China 2017, held in Shanghai in May, where 2000 exhibitors showcased products and services for the entire bakery and confectionery market.

The country's bakery sector may still be emerging but according to Ted Rich, senior vice-president at Rich Products Corporation, of the 115 markets in which his \$3.5bn US company has a presence, China is the most dynamic.

Moon rising

"The Chinese bakery market is evolving at such a rate that it currently outstrips all others," Rich said. He told *BakeryandSnacks* he believes that, aligned with the world's growing popularity for more exotic and cross-border tastes, China's beloved mooncakes are set to take the Western market by storm.



The Cantonese mooncake is a round pastry with a thin crust decorated to depict flowers or the full moon, with a dense, sweet filling like red bean or lotus seed paste. It is traditionally eaten in Guangdong, Hong Kong and Macau to celebrate the Mid-Autumn Festival in September/October each year.

Nada stands out for new product development



Long-established Wellington bakery, Nada Bakery, was a finalist in the 2018 Inspire+ NZ Artisan Award. The panel and the judging panel came from Review Publishing's *Supermarket News* and *Restaurant & Café* magazines.

With 397 high-calibre entries received, the judging panel had a difficult task given the the level of innovation and quality.

All entries showcased creativity and ingenuity – new product development at its best, according to the panel.

Wheat flour to be fortified with folic acid in the UK

Flour in the UK is to be fortified with folic acid in a move to help reduce brain and spine birth defects, reports suggest. Medics have long called for the move,

saying that it could reduce the incidence of conditions caused by abnormal development of the neural tube.

Pregnant women, and those trying to conceive, are urged by UK health officials to take a daily supplement of 400 micrograms of folic acid, at least until the 12th week of pregnancy. But many women do not take the supplements – especially if a pregnancy is unplanned.

A possible solution to this is fortifying wheat flour with folic acid, so that the nutrient – also known as vitamin B9 – is available in bread. Most flour in the US and Canada has been fortified since the 1990s. When fortification first began in Canada, neural tube defects – which include spina bifida and anencephaly – halved. Flour is also fortified in Australia.

On 14 October, *The Guardian* reported that UK ministers have now backed a plan to fortify flour in the UK.

Clare Livingstone, of the UK's Royal College of Midwives, welcomed the news, saying that folic acid is most effective when taken right at the start of pregnancy. "Many pregnancies are not planned, meaning many women will not have taken folic acid around the time of conception and very early in their pregnancy," she says.

The sooner the government introduces fortification, the sooner fewer babies will be born with neural tube defects, says Livingstone.

In New Zealand, the Health Department recommends women who plan to become pregnant take supplementary folic acid tablets daily. The tablets are subsidised.

Women who are themselves affected with a NTD, or who have had a child with a NTD, or a close family member who has had a NTD, or whose partner is affected or had a family history of NTD, are recommended to take a higher dose and for longer times.

BIANZ recommends the use of folate-fortified flour by New Zealand bakers, noting that failure to do so might result in it becoming compulsory.



Australian scientists unlocking health benefits of mixed wheat and lentil flour

By Gill Hyslop

Work being done at Charles Sturt University (CSU) and Agriculture Victoria aims to increase lentil consumption by developing new products that will deliver health benefits to consumers and boost returns for producers.



Under the umbrella of the Australian Research Council (ARC) Functional Grains Centre (FCG), CSU PhD student Drew Portman is spearheading a project to examine how lentil flour can be incorporated into wheat-based foods.

Australia produces around 500,000 tons of lentils annually, with 95% of the crop exported, mainly to the Indian subcontinent.

Benefits of lentils:

- High in fibre and protein
- Low glycemic index
- Low in saturated fat
- Good source of antioxidants

Although lentils are gaining popularity as a food source in western diets, wheat is the staple grain used for manufacturing food products," said Portman. That means many of us are missing out on the nutritional benefits of lentils as they're a great source of protein and the essential amino acids."

According to Portman, the cooking process amplifies antioxidant activity. "That can help your body to mop up free radicals that can cause damage to human cells," he said. He added lentil flour is also high in protein so it can help keep people full for longer, which could aid with weight management.

Lentil and wheat bread

One product under investigation in the Australian government-backed study is bread made from a lentil and wheat flour mix.

The study is testing the rheological and baking properties of a lentil/wheat flour mix, as well as evaluating the quality of the bread and its nutritional properties.

"The aim is to optimise the blending ratio so the bread has the baking and eating qualities seen in traditional wheat-based products but also delivers the nutritional benefits of lentils," said Portman.

Marijuana in the bakery raises new issues

With the legalisation of cannabis in Canada, many companies there may need to revise their health and safety rules, and know their employees' rights.

Marijuana in the Workplace: Best Practices for Your Company and Employee Expectations was a symposium recently organised by *Bakers Journal Canada* for bakers looking at the implications for anyone working with bakery equipment and decision makers across all levels of the industry.

Marijuana in the Workplace brought together a panel of experts and industry leaders who addressed hot-button issues regarding the legalisation of recreational marijuana and its implications on workplace safety in Canada.

Attendees gained insights on compliance, rights and learn best practices in ensuring fitness for duty, manage worker expectations and balance compliance/enforcement with employee privacy.



This seminar was aimed at for CEOs, senior safety-management executives, professionals in managerial and/or safety supervisory roles, human-resource planners and joint health and safety committee leaders.

Attendees learnt to:

- Understand fitness for duty issues, recognize signs of impairment and know when to intervene;
- Balance compliance and enforcement with employee-privacy issues;
- Design and implement an effective drug-testing policy and procedures;
- Demonstrate due diligence and compliance with other legal considerations;
- Learn about best practices and recommendations toward pre-employment screening and drug-testing;
- Managing employee expectations; and
- Appreciate the importance of education and training for employees and supervisors.

Burns & Ferrall celebrates 70 years with Europe's baking industry leaders



Burns & Ferrall's Troy Marshall and Tony Broome celebrate while at iba in Munich.

Burns & Ferrall was in great company as it celebrated 70 years in business at IBA 2018 in Munich in September.

Rondo and Sveba Dahlen, two leading European bakery brands also clocked up 70 years in the trade.



There were of course delicious cakes to mark the impressive milestones and the questions was asked what magical ingredient was in the flour back in 1948.

Good times with Cookie Time

Burns & Ferrall recently installed 10 new Sveba Dahlen rack ovens for New Zealand's largest bakery, Cookie Time.

"We're pretty damn proud," says CEO Tony Broome. "Cookie Time is a New Zealand icon and we were honoured to partner with the company to help them product the best product possible."

Containers prove innovative business partners

The Great Container Kitchen Giveaway promotion has been a roaring success for Burns & Ferrall since it first kicked off in June this year and early in 2019, one lucky punter will win a fully kitted out commercial kitchen. (See www.burnsferrall.co.nz for competition details.)

BIANZ, inspired by the Burns & Ferrall's Container Kitchen Giveaway, is looking to create a mobile container bakery for its own member promotions and events, so watch this space!

Optional work?

by Alice Porter

The large retailer Smith City recently lost a widely-reported case in the Employment Court.

The issue was whether or not employees had to be paid at least the minimum wage for 15 minute 'optional' meetings before the start of their shift.



The Court said that these meetings were 'work' because there was an expectation communicated by managers that employees who cared about their jobs attended them. It didn't matter that employees were not contractually required to attend, that some employees didn't attend from time to time, or that the meetings were informal.

It followed then that all employees need to be paid at least the minimum wage for the time spent attending these meetings.

The Court also said employees must receive at least the minimum wage for time spent attending these meetings regardless of what else they got paid during the pay period.

"Standard practice"

Previously it had been a fairly standard practice for many employers to make sure they paid at least the minimum wage on average for all hours worked within a pay period (eg a fortnight).

Interestingly the Labour Inspector who brought the Smith City case to the Courts originally seemed to think this was okay. They only brought the case for those employees being paid 'at or near' the minimum wage – presumably because they thought employees with higher hourly rates were being paid acceptably. The Court disagreed.

In practice this approach almost certainly also means the employees should have been paid at their contractual hourly pay rate for these units of time where their hourly pay rate was higher than the minimum wage. That point wasn't part of the case the Court considered.

Smith City was given three months to comply with the decision and had to pay backpay to all affected staff who hadn't been paid to attend these meetings for the past six years.

Serious implications

This case has significant implications for employers who operate any of the following practices, which until now have been quite common particularly within retail and hospitality:

- An expectation, contractual or otherwise, that employees attend work earlier than their paid shift start time to 'prepare'
- An expectation that employees cash up, clean up, or continue serving a customer after their paid shift ends

- Any form of meeting that employees are expected (or encouraged) to attend outside their paid working hours
- Any form of requirement for employees to rectify work errors in their own time
- A requirement to attend unpaid work-based training or potentially any requirement to undertake other activities to meet accreditation requirements for their job
- A flexible approach where employees may work more than their paid hours one day and be allowed to leave early or take a longer lunch break on another day without this being specifically recorded in their wage and time records.

Whether or not the example situations above are definitely a problem will depend on a range of factors including what is contained in the employment agreement. As always, there are a range of options available to employers to respond to this issue.

For more information or advice contact ER Resolutions: enquiries@erresolutions.co.nz

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A flour mill with a difference

Life tastes organically better at Milmore Downs

by May Wright



About 100 km north of Christchurch, near the sleepy settlement of Scargill, there's a flour mill with a key point of difference.

Milmore Downs is where Ian and Eva Henderson together with their son Matt run a 300 hectare block farming organic beef, sheep and cereals using biodynamic agricultural methods.

The farm is fairly self-sufficient, producing most of their own food, including having two Jersey cows to milk from which they make their own cheeses and yoghurt.

The land has been in the family for three generations but didn't begin as it is today. Ian's father came onto the land back in 1960 – when he moved from the city. Ian says in those days it was quite late in life to become a farmer. His father was in his late 30s. But he was quite a progressive farmer and willing to try different methods.

While it was still run as a conventional farm in those days, it seems the appetite to try new things ran in the family.

After university Ian spent time travelling in Europe in the late 1970s. Although still a novelty here in those times, biodynamic farming practices were much more the norm in parts of Europe. There Ian became interested in Rudolf Steiner's philosophies and the biodynamic practice.

When he returned to New Zealand he took over the family farm and started to implement biodynamics.

"But there were various reactions in the district," Ian says. Back then it was mandatory to drench your sheep.

"But dipping your animals in chemicals did not sit with this philosophy. So the community called a public meeting with the Ministry of Agriculture trying to enforce a dipping order on Milmore Downs.

"However, the Ministry agreed that a cooperative approach to this problem would lead to solutions, whereas enforcement would not. So we worked with them to sort out organic methods around lice control and were part of a number of trials and research programmes. They showed us some quite helpful management methods."

These included using natural selection methods by breeding the strongest, healthiest stock to enhance resilience, prevent diseases and increase yields. It was an effective alternative to blanket pesticide use.

Being organic meant providing organic food for their animals, but it also made sense to diversify the farm by having cereal crops for human consumption.

The farm became biodynamically certified in 1983, which makes it one of the first in New Zealand. The Hendersons are amongst the pioneers of the industry in New Zealand. It has not been an easy row to sow.

Changing the land's soil composition took a while, given that it had previously been a conventional farm where sprays were used. Instead, crop rotation and companion planting are important disease and pest prevention practices. Organic farming is labour intensive when you consider the work to yield ratio. Then there's the harvest and milling the flour.

This is where Ian and Eva, have really got a point of difference in the machinery they use to produce their unique flour products. They also use carbon dioxide in the silos rather than additional chemicals to kill any remaining insects that might be present.

"The quality of the flour is really good," Eva says. "I really can't compare it to others anymore because it's all I have, but what our customers say is they are very happy with the quality of the flour."

The machines the Hendersons use have been imported from Germany, the Netherlands and Austria. The craftsmanship of them is a work of art in itself, producing a wide variation of specialty flours, each with its own quality and flavour.

One is a zentrofan mill, which has a rotor that sits inside a stone cylinder. The fan effect from the rotor carries the grain around resulting in an exceptionally fine powder-like product. It's a slow process, producing around 50 kg of flour in a 24 hour period. This mill is able to finely grind the grain including the bran, which gives the flour a taste unlike other flour and it also means you digest all the goodness and minerals that are in the bran.

Their traditional stone mill, that gives a much coarser product, allows separation of bran to produce a whiter flour and bakers like to use for their ciabattas and cakes. Semolina produced with this mill can be used for pastries and pasta.

Digesting wheat products has been a hot topic in recent years, particularly with the gluten-free movement. While the Hendersons don't produce gluten-free flour, they do grow spelt wheat and make flour which seems to be better tolerated by those with gluten and wheat sensitivities. The theory is because spelt is a very old grain in which the balance of the amino acids, gluten and gliadin in the protein has not been inadvertently altered by the plant breeding methods used to produce modern wheat.

"Most people just choose to go gluten-free because it's the simplest, but it is expensive and nutritionally not the best solution. But people would have to try carefully even different wheat varieties to find the right product with the right ratios that won't cause a problem for them," Eva says.

The Hendersons had tried spelt on a friend with wheat intolerance and it turned out in this case that the spelt wheat flour was completely tolerated compared to ordinary wheat.

About two thirds of the Hendersons' flour production goes to boutique bakeries and restaurants all around the country and the other third goes to private orders off the website.

Currently they are waiting to the next harvest in January before they are able to take on any new clients.

At the moment the 'old' Hendersons are busy keeping up with spring lambs and their latest new resident – pet Jersey cow Fleur's newborn calf.



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A contagious passion

by Rebecca Biggs

On Thursday 4th October, Farmers Mill hosted the Great NZ Bread Bake off.

The competition, now in its third year, attracted the most entrants it has to date from across the country. The competition consists of a static event based on seven international categories in which over 100 entries were received this year. This is followed by the live event where nine bakers bake before a panel of judges at Ara Institute in Canterbury.

This year the Supreme Winner in the LIVE Category was Michael Kloeg of the Clareville Bakery, hailing from the small town of Carterton.



Michael Kloeg's Confit Garlic Country Sourdough wooed the judging team. Chief Judge and National Baking industry Chair Kevin Gilbert said the garlic flavour was wonderful because the garlic had been slow roasted first to soften it and sweeten the flavour. "The garlic was studded throughout the dough which made an enjoyable 'discoveries' as we ate," Gilbert said. "The crust was wonderful with a deep colour and outstanding crisp finish."



Rose Kloeg, Patrick Welzenbach, Ryan Simmons, Mike Kloeg, Jean-Francois Martinez, Christian Klaus, Maka Angyalova and Lex Roh.

Tied runners-up were Ryan Simmons from Volare in Hamilton with his Apple and Spelt Porridge Loaf and Dave O'Brien from Bellbird Bakery in Christchurch with his Dark Beer and Fig loaf.

Third place went to Fabien Bravo from Wild Wheat in Auckland with his Red Wine and Salami Bread.

Michael Kloeg shone throughout the competition, winning two of the static categories and also the 'Champion of Champions', giving him the overall title in the static bake-off as well. With its



Mike Kloeg.



outstanding baker, the Clareville Bakery should certainly be on your list of places to visit.

The competition was started by Farmers Mill in 2016 after the New Zealand-owned flour mill had been introduced to many bakers across the country whose passion and drive to create a top quality product was simply contagious.



LIVE Bake Judges - Kevin Gilbert, Bruno Falco, Dave Bradley, Patrick Welzenbach (2017 Winner), Mat Keys.

The owners of Farmers Mill are all New Zealand wheat growers who felt the passion they held for producing top quality wheat was taken the next step to the consumer by the bakers.

Farmers Mill prides itself on milling only 100% New Zealand wheat and now purchases 40,000 tonnes of wheat from local growers each year. This is all milled at their site in Washdyke and shipped across the country to manufacturers, artisan bakers and one of the major supermarket chains.

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Single-use plastic bag ban and the effect on bakeries

By Sadie Beckman

Sustainability is a vital consideration for every business these days, and includes bakeries.

The main considerations for sustainability in the industry can be identified as:

- Reduction of energy consumption
- Creating less food waste
- The handling of recycling and refuse
- Packaging
- The overall carbon footprint linked to transportation and supply.

Michael Gray of Nada Bakery in Wellington has given a lot of thought to these matters and says that, while it makes good business sense to have best practice when it comes to all of these factors – saving money and improving profitability – it has become vital, from an environmental perspective, that they aren't just token actions carried out so a business can promote itself as green.

However, there are multiple complications involved when it comes to sustainable practice and achieving a balance between being green and maintaining bottom line profitability.

It can be even trickier when legislation gets involved, such as with the recent moves towards a ban on single-use plastic bags by the government.

Kiwis have in recent years been using 1.6 billion single-use plastic bags per year. That equates to around 350 per person.

We are all familiar with the scenes at the supermarket checkout where cashiers on autopilot stuff items into plastic bags. It doesn't seem too difficult a transition to move to reusable shopping bags and, eventually, to remember to take them to the supermarket every time.

But what about other retail business – such as bakeries – where customers are not necessarily expecting to have been shopping so may not have brought a reusable bag with them?

Solving these convenience issues will come at a cost to businesses and may result in higher prices.

Defining “single-use”

The definition of “single-use” when it comes to plastic bags still seems to be somewhat murky. Bread-bags, for example, are a very common example of an everyday plastic bag but because they count as food packaging, are they excluded from the ban?

It seems the type of bag being talked about in the Beehive is a shopping bag with handles, but it isn't clear yet which bags are considered single-use. Consultation on this and other logistics for the implementation of the ban closed in September, with results yet to be announced.

The government announced a “phase-out” stage in August, saying plastic bags would be gradually eliminated over the next year.

The PM weighs in

At the time, Prime Minister Jacinda Ardern said the move was the result of listening to Kiwis who want the government to take action.

“We're phasing-out single-use plastic bags so we can better look after our environment and safeguard New Zealand's clean, green reputation,” she said.

“This year 65,000 Kiwis signed a petition calling for an outright ban. It's also the biggest single subject school children write to me about.”

Ardern said a mountain of bags, many of which end up polluting our precious coastal and marine environments and cause serious harm to all kinds of marine life, are used in New Zealand each year when there are viable alternatives for consumers and businesses.

Adjusting shopping habits from the consumer point of view is an obvious requirement of the change, but the impact on retailers is going to be varied.

Clarity needed

Michael Gray says it isn't yet clear to those in the retail industry, including bakeries, exactly how the bag phase-out will go.



He says Nada has been running down its plastic bag supplies in anticipation but he is unsure of the final replacement option.

This is especially so when the ban is set to include all types of plastic bags, even degradable and compostable plastics.

The government says this is because we don't yet have the infrastructure to ensure these are processed in the right way.

Paper bags then?

For bakeries then, that pretty much leaves only paper bags as a viable carrying alternative, and, unfortunately for businesses trying to keep an eye on their bottom line, they are much more expensive than plastic bags.

"The cost to me, of the change, will be considerable," Michael Gray says. "Plastic bags cost three cents each, and a paper bag is 13 cents. Where is that cost going to go?"

Big businesses should play their part

Michael recognises the importance of reducing plastic waste but points out the many other ways businesses such as Nada use plastic for everything from food wrapping to coffee cup lids.

The government's move is well-meaning, he says, but is really tokenism.

He says the country's mega-companies should be looked at so the changes can occur "further up the food chain", so to speak. Fonterra's plastic milk bottles, which most bakeries get through

in large numbers, are a good example. He questions why the onus isn't on them to do more by reconsidering their packaging or making bulk options available.

"We need a culture shift," he says.

Asking the people

It seems the government understands this too, and needs to find a way through the surprisingly complicated impact of banning plastic bags.

Its consultation document included options for input from the public on the date the phase-out is to be complete by, what bags should be included, any retailers that should be exempted, and how best to help people with the transition. All the biggest questions, in fact.

Now that consultation has closed, we will have to wait to see exactly what the plastic bag ban will look like, before we can fully understand the effect on retailers, including in the baking industry.

No-one wants to pass on unnecessary costs to their customers, so hopefully the combination of a mental shift away from plastic on the part of consumers can go hand-in-hand with measures to ease the pressure on smaller businesses, while large-scale companies do their bit too.

It's impossible to argue plastics aren't causing major environmental concern, so working together to reduce them, as far up the retail chain as possible, looks to be the best way forward for everybody.

Never the same

Sarah Beresford checks out Miann



Brian Campbell has an unusual dictum when it comes to customers' fave treats at his three dessert restaurants. "We don't have signature desserts or gateaux. If something particular becomes a best-seller, we stop making it.

"That might sound strange but it's because we are very focussed on change – we want to always be moving, taking the next step forward and changing to make things even better. We don't want to repeatedly produce the same thing."

It's not a common ethos but it has proved to be a very successful formula for Brian and his wife Roselle – they have just opened their third Miann patisserie in Auckland's Morningside, after successfully launching their dessert restaurant three years ago in Fort Street, and complementing that with another one at the Britomart precinct in the CBD.

The trifecta of shops are a haven of all things delicious – after all Miann means desire or crave in Gaelic and what's not to desire about their selection of all things sweet and yummy?

Brian moved from Scotland to Auckland 13 years ago after he was offered a job as a chef at one of Auckland's most awarded restaurants, The French Café.

"I stayed there for about 18 months and went on to work for Bracu, Kermadec and the Hilton. I gradually moved into patisserie – I've taught myself on the job – and then I went on to learn about making chocolate."

The new Miann patisserie in the edgy inner-city suburb of Morningside has a space dedicated to all things chocolate.

"Chocolate is one of my favourite ingredients," says Brian. "We have been using Valrhona chocolate but we are now making our own chocolate on site. Customers can come and choose from one of our eight different flavours of hot chocolate and sip on it while they watch the whole process of chocolate making.

"We don't add any flavouring to the chocolate as such – we source beans from 16 different origins and this gives very different flavour profiles to the chocolate.



Roselle and Brian

"We've designed this to be a total experience – from the wonderful aroma of fresh cocoa that hits you when you walk through the door, to watching chocolate being made while drink-

ing hot chocolate and eating chocolate. We also offer chocolate fondue."

The preparation area is completely open to customers who can see the whole process, from the sacks of beans that have to be roasted and dried, to the long process of grinding the beans, and on to the finished taste delight.

This ethos is maintained in the patisserie next door to the chocolate works which, as well as the usual cabinets full of goodies and a gelato bar, has a totally open-plan kitchen so that customers are able to share the whole creative process behind making the delectable gateaux, pastries, macarons, specialty cakes and luxury desserts that have scored such a soft spot with sweet-toothed Aucklanders. "Having no barriers between the kitchen means that customers have a very distinct experience."

The new Miann in Morningside has a varied customer base with the light-industrial area becoming increasingly gentrified with new apartment buildings, and several signature retail projects being developed.

"We have the workers from all the surrounding businesses during the week, but also a wide resident base of customers which makes it quite different from our other stores in the CBD."

Four pastry chefs and five front of house staff keep things ticking over. There's the usual turbofan ovens and kitchen kit and also a gelato machine.

Brian imported his chocolate making equipment from Italy and America, including the three melangeurs that grind the cacao beans in 10kg, 12kg and 60kg batches.

"We will need to make 4-5 tonnes of chocolate a year to be self sufficient and meet the demand from our Miann branches." The hope is that ultimately Miann will have the only dessert restaurants in the country that have their own exclusive chocolate.

The intimate patisserie has a cabinet full of treats, from the more predictable sandwiches, croissants, macarons and bon bons through to the distinctive croissant cubes and stonking doughnuts. They also sell packaged Scottish shortbread, amaretti and cookies as well as jars of jam in a range of flavours and caramel popcorn.

But it's the assorted petit gateaux that are the real scene stealers, each being a triumph of technique, flair and imagination so that they are special little works of art in themselves. They can be served with a scoop of your flavour of choice of gelato on the side.

"We change the gateaux all the time," says Brian. "What we make is influenced by the time of year because we like to use seasonal fruit to balance the sweetness so we don't need to use too much sugar."

Miann takes the business of making sweet delights seriously and offers changing al la carte and gateaux menus and, for the seri-



ous sweet-ophile, dessert degustations. "We hold them in the city dessert restaurants a couple of times a month for sittings of 70. It's a great way to explore a range of flavours and they are very popular."

For Brian and Roselle, who runs front of house for the three premises, Miann offers the perfect opportunity to constantly learn and steadily improve all aspects of their business.

"Everyone's lifting their game. We just have to be sure we are always staying one step ahead. The challenge is to get better at what we do all the time."

Miann Morningside, 12 McDonald St, Morningside, Sandringham Auckland.

Opening hours: Monday-Wednesday: 8am-5pm

Thursday-Saturday: 8am-10pm, Sunday: 8am-7pm

Automation rules at IBA



Automation took centre stage, while theatrics and gold dust fluttered in the wings, at iba 2018 – the world’s largest baking industry trade fair, hosted in Munich in September.

Held every three years, the global trade event for the baking, confectionary and snack industries is renowned for attracting cutting-edge innovations, and Burns & Ferrall’s CEO Tony Broome and Bakery Manager Troy Marshall were right there, absorbing and filtering the latest developments.

“Staying up with global trends is vital for us as we identify key developments for our New Zealand customers, and link with leading global manufacturers and suppliers. This goes to help our bakery clients enhance their ranges and reduce labour costs,” says Tony.

“For the baking industry today, keeping labour costs down is the biggest driver for innovation. With a shortage of skilled workers also a big issue, operators are looking for consistency in production through the machinery they purchase.”

Smaller production spaces in the future and the need for further connectivity are also driving current technologies, Troy says. “We’re seeing demand for less equipment and smaller machines yet with more capability, as well as further connectivity between bakery equipment and devices.”

The recent release of Rondobot at IBA 2018 has attracted a lot of interest. Created by Rondo – one of the largest global bakery equipment brands – Rondobot is the first automated bulk fermentation rounding unit in the world.

Another success is Konig’s Mini Rex with a forming station. “The dough is mixed in a bowl and the system programmed to whatever you want produced: hamburger buns, round buns, long rolls, etc. The operator then simply presses ‘Go’ and trays up the rolls as they come off the machine. There’s no waiting around,” according to Troy.

Burns & Ferrall works with the entire range of bakers in New Zealand and the Pacific Islands from top end artisan bakeries, wholesale producers through to café and restaurant operations, as well as supermarket bakers creating house-branded and ‘artisan-style’ products at value price points.

Troy Marshall has been the Baking Manager at Burns & Ferrall for the past six years. Troy’s career developed within the bakery industry and he has worked across all operations from small bakeries, baking for cafés and restaurants. He has also

spent a lot of time in supermarkets bakeries, and also worked for NZ Bakels who supply commercial bakers with ingredients and premixes.

“Our commitment to our customers is to always cover the basics and help them with everything else that’s important,” says Troy. “We teach them how to use the machines properly and gain best performance, how to make superb doughs and mixtures, as well as best practices around ordering ingredients.”



Troy Marshall

Burns & Ferrall’s commitment to the baking industry is now significant and its dedicated team of bakery specialists has doubled in size.

“As bakery and food service specialists, we’re proud to be custodians of these time-honoured traditions,” says Troy. “We see ourselves too as the industry’s innovative ‘Heart of Hospitality’, proud to blend traditions with technologies to ensure great results.”





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Kirsty and Matt Schmutsch from Pembroke Pâtisserie Ltd.

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Pembroke Patisserie was started in Wanaka in 2013 by husband and wife team Kirsty and Matt Schmutsch. They were looking for a way to start a business using their combined hospitality experience and the ability to dedicate some time to their young family.

With an already well established café and restaurant scene in Wanaka, they found their niche in baking, specifically wholesale patisserie supply. As luck would have it, a local catering company was selling a second hand 20ft shipping container fitted out with a commercial kitchen. They took the punt, bought it and started baking from home a few days a week while Matt also worked part time at a luxury lodge.

Kirsty and Matt had a stall at the weekly local Wanaka Farmers Market and a couple of wholesale customers they supplied three days a week. The customers and the orders quickly grew and so did the farmers market stall and soon enough Matt was baking six days a week.

Kirsty tells the story:

"Our background is in the hospitality industry. Matt has almost 20 years cooking experience as a pastry chef and head chef in New Zealand and abroad. He has a passion for baking and desserts. I also worked for many years' front of house in restaurants, bars, cafés and

hotels and upon returning to Christchurch from our OE in 2007, working as a cheesemaker, studied French and completed a Master's Degree in European Studies at Canterbury University, and Matt was head chef at the popular Sezn Restaurant before its destruction in the 2010 Christchurch earthquake.

"Having worked so hard for so long in a tiny, old shipping container kitchen, (literally) freezing in winter and melting in summer, it is very exciting to be finally moving into our very own, brand new custom built kitchen.

"We entrusted our kitchen design to hospitality design specialists, 'The Creative Group' in Christchurch who developed our plan, with the brief of building a dream kitchen, but also a space where the food is the main feature.

"We've deliberately left the kitchen view wide open because we believed that people are genuinely interested to see the chefs working and people are intrigued and often amazed at how the products are made.

"With all that in mind, on a holiday to Melbourne which coincided with the baking trade show, we met the UNOX team and were really impressed with their passion and enthusiasm for baking and we felt they really wanted their ovens to bring out the best results for our products.

"What we like about UNOX is that it is a brand that is expanding like us and we are delighted to have their representative, Robin, also living here in Wanaka. Robin's experience, knowledge, customer service and help throughout the kitchen design process has been fantastic. No question is too small and no problem is too big.



"Our new double stacked UNOX BAKERTOP ovens allows us four times the oven capacity we had previously and we have future proofed ourselves, with room for two more double stacked ovens. One of the great advantages of the UNOX ovens is having its own extraction hood attachment which has meant we were able to reduce the size of the fixed extraction hood over the gas hob.

"We are confident that we have done the research and have been meticulous with making sure we have purchased the best equipment we can, specifically suited to our needs.

"This dream kitchen has finally become a reality and we are looking forward to expanding our product range into breads and adding a larger fresh patisserie range to our retail presence in Wanaka.

"We have a very loyal and dedicated local customer base who are so wonderfully supportive of us and our little business, and we are so grateful. They have been waiting patiently and we are very excited and proud of our growing and evolving business and we are aiming to deliver even more quality baking in Wanaka for many years to come."



UNOX NEW ZEALAND

ROBIN MASSEY, MARKETING DEVELOPMENT SPECIALIST
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From quite good to well qualified

Allan Baddock talks to Bakels man Peter McGregor.

Peter McGregor's career with ovens began in an unorthodox place, but unorthodox seems to suit NZ Bakels southern area bakery advisor of the past 15 years.

"I started at the foundry at Hillside railway workshops. I qualified as a moulder. So I've sort of gone from one oven to another. Between I went on to various things like the Post Office, fruit picking, sheep shearing, and then had opportunity to go as a baker's assistant at Centre City New World."

To Peter's surprise he found he quite liked it – and was quite good at it. When a new supermarket put in a bakery he went there and within a very short time was asked to manage it.

"I wasn't qualified, but if you can do it and you care about it, it kind of works. And then a job came up with a new company called NZ Food Industries that was taking on bakers and the big guys. I thought 'I'm not even qualified; I can't do that', but a friend at Yarrows kept hounding me so I applied and got the role. All of a sudden Bakels, whose products I used, became the enemy because I was selling against them."

"It went very well for about five years and then the company folded. I had a stint with Western Milling, but I wanted to get back to baking so I went to a bakery in Queenstown but with the family it was best to be back in Dunedin."

"I came back to Centre City and then to Pak'nSave as manager and one night I went out for dinner with a couple of chaps from Bakels who we did a lot of business with. They wanted to know what I did when I was at Food Industries to take away so much business from them. Whilst it was painful for them at the time they liked what had happened. It turned into an interview."

"I thought 'Crikey, this is the big opposition'." One thing led to another and for 15 years Peter has been advising bakers from Ashburton south.

"It's been great. They're always bringing out new things. I've just been down south promoting new products, demonstrating them. It's not just about spending an hour, get out the order books. There's a lot of hands on. In the past three days I've been wearing baker's whites."

"The company expects us to get alongside our customers. It's about trying to improve that business, improving their products. If their product looks better, they will sell more and so we will sell more. So we take a very long-term approach. That's what I like about Bakels."

"I work out of home. My wife is extremely supportive. I always have the phone on in the weekend if somebody gets themselves in strife and my wife's always there when I'm out of town so that I can give her a call and say 'hey, can you pick this up and drop it off to so-and-so'."

"The key is looking for solutions to improve their business. You take in a sample of made up product and say, 'what do you think guys; I think this will go really well'. I look at ways to get

the customers to understand how they can better understand their own products. A lot of small bakers don't understand how to cost things out. So you could bring that to them."

Peter aims to be an asset for bakers locked in the daily grind, bringing an overview of the whole industry, and new trends developing.

"The company globally keeps on bringing new technologies and ideas, so we're constantly looking at what is the cutting edge in the market."

"And customers come to us with an idea: 'I saw this on Masterchef.' 'I saw that.' When you deliver on their questions they have the confidence to come back and ask you again. You've got to have integrity; you need to respect their business and what they do, and what are their secrets. They've got to feel as though you have their interests at heart and share their interests rather than just serving your company."

"We don't just focus on the big guys. I've got a customer making pies and breads in her house. She opens once a week. I've got a small cake shop in Mornington called me with some early teething problems. They're small, but with big potential and you look after all those guys. You're building a long term partnership effectively."

And ever unorthodox, after almost 30 years in the business, Peter decided to get qualified. When Bakels started providing formal training Peter was among the first to sign up.

"We want to get as many into training as we can because whilst premises are gaining more of a premium because there's less skill involved, they're really just a starting point. The more skill you've got, the more you can turn that base into something that's worth more value in your shop."

"Competition is coming. We try our hardest to say to these guys: don't just sit back and let it happen. Get proactive. You can make it. We could show you how."

"So I qualified last week. So I've now got a 'double degree': in annealing ovens and baking ovens."

"We did the training at Bakels in Christchurch and I just went through the process like every other student and they presented it to me last week. Good to get that done. It's another string to the bow."



Photo: Allan Baddock



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The Great NZ Bread Bake Off 2018

Congratulations **MICHAEL KLOEG** of the Clareville Bakery, Carterton



Above: Michael Kloegs and his winning Confit Garlic Country Sourdough.

Michael Kloegs's Confit Garlic Country Sourdough wooed the judging team with its sweet roasted garlic flavour. "The Garlic was studded throughout the dough which made for enjoyable discoveries as we ate, while the crust was wonderful with a deep colour and outstanding crisp finish," said Kevin Gilbert, Chief Judge and National Baking industry Chair. Kloeg shone throughout the competition winning two of the static categories and also the 'Champion of Champions' giving him the overall title in the Static Bake off as well.



Above: Ryan Simmons from Volare in Hamilton's Apple Spelt Porridge Sourdough and Dave O'Brien from Bellbird at The Tannery in Christchurch's Dark Beer & Fig Sourdough

RUNNERS UP

Tied runners-up were **Ryan Simmons from Volare in Hamilton** with his Apple and Spelt Porridge Loaf and **Dave O'Brien from Bellbird Bakery in Christchurch** with his Dark Beer and Fig loaf. Third place went to **Fabien Bravo from Wild Wheat in Auckland** with his Red Wine and Salami Bread.

Farmers Mill started the Great NZ Bread Bake Off in 2016. The company prides itself on only milling 100 percent New Zealand wheat and now purchases 40,000 tonnes of wheat from local growers each year. This is all milled at their site in Washdyke, and shipped across the country to manufacturers, artisan bakers and supermarket chains for a 100% NZ taste.



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French Cancan – from world leaders to Wellington

by Cheryl Norrie

Wellington patisserie French Cancan reopened its retail café in August, after four years of being purely a wholesale and catering business. Cheryl Norrie spoke to the man behind it all, French pastry chef Eric Hausser.

The working class suburb of Newtown is an unlikely place to find a French pastry chef, let alone one who has prepared a dessert for Queen Elizabeth II.

And it's true that Eric Hausser's first glimpse of Newtown was not a promising one. He remembers gazing at the run down buildings on the main street through a bus window, and telling his wife Sophie he'd never work in such a place. But when a good-sized space with a commercial kitchen became available in the Lychgate Mall, he decided to make the most of the opportunity.

The couple opened French Cancan in 2011, running a small café alongside the bakery until 2014, when they moved the café to a far larger premises in the central city. It was a short-lived venture, with the pair closing the Willis Street café after only a year.

"We decided it was not us. We really enjoyed being in Newtown as a small community in a suburb (but) we felt a bit lost in the CBD," Sophie says.

In France for a few minutes

They spent the next four years building up their wholesale business but decided to reopen a café this year, because of demand from their regular customers who were not satisfied simply buying their pastries from Moore Wilson's.

"That wanted that connection, that atmosphere (of coming) to a French café. As soon as they enter the shop, they want to be in France for a few minutes, and eat French food, talk to French people and listen to French music. We try to create a bit of a dream," she explains.

Eric has come to love the diverse nature of Newtown, enjoying the cultural melt-

ing pot where Somalis and Ethiopians rub shoulders with French and Italian inhabitants.

Still, it is a long way from his role as pastry chef at the exclusive Evian Resort on the shores of Lake Geneva, where he made dessert for Queen Elizabeth II and catered for world leaders attending the 2003 G8 summit, including former US president George W. Bush.

It has been quite a journey for the globe-trotting French pastry chef. He was born in Algeria and later moved with his family to New Caledonia. As a teenager, he attended a vocational cooking school in Noumea, but at the age of 18 his father sent him off to Paris to gain work experience.



Eric went on to work as a pastry chef at top Parisian hotels, including the Hotel de Crillon, where he was part of the team of chefs awarded two Michelin stars.

When the hotel's head chef moved to the Evian Resort, Eric joined him. The complex is on a grand scale, with two hotels, 10 restaurants, a casino, a golf course and a spa. The team of pastry chefs prepared 250,000 desserts a year.

"We never stopped. We started at 4am and we closed at midnight. We had 20 staff in the team – only for the pastry – and we made all the Danishes, all the desserts, all the chocolates for the rooms, the ice-cream, the jam.

"We made everything."

Eric has continued with the tradition of making everything from scratch in his own kitchen in Newtown. He focuses

on traditional French pastries, filling the cabinets with quiche, brioche, pain au chocolat, Danishes and cakes, prepared with seasonal produce.

At the close of winter, the fruit Danishes are pear and pistachio or peach and almond. In the cake cabinet, there is apple tarte tatin, lemon meringue pie, mille-feuille, and chocolate and raspberry or pear, vanilla and winter spice gâteau.

There is always a quiche of the day: sometimes it's classic Quiche Lorraine, other days it may be leek and fresh salmon or traditional Provençale with onion and tomato.

Eric uses local ingredients in his pastries, and says that while New Zealand flour and butter are of high quality, he has had to fine tune his recipes to allow for variations in the strength of the flour.

When making Danishes he adds cold butter to the dough to achieve the required degree of firmness. For his brioche dough, he has found adding sugar and salt at the end of the mixing process, rather than at the beginning, improves the result.

"The brioche is completely different. It is very light and fluffy. If you put the salt in at the begin-

ning, your dough is one or two degrees higher when you put the thermometer in the dough. Normally it is 24 degrees Celsius. After I put the sugar and the salt in it is 25 or 26 degrees, and now when I put the sugar and salt in at the end of the mixing it is 23 degrees. It is better."

Eric says New Zealand butter lacks some of the flavour of butter from Europe, where dairy cows graze on wild flower meadows. Adding a small amount of manuka honey to the dough improves the flavour, he's found.

About the only product Eric imports is Belgian Callebaut chocolate, which he mixes with local product from Whittaker's, the sweetness of the Callebaut balancing out Whittaker's stronger flavour.

Eric has experimented too with Kiwi tastes. Early on he produced a coffee



éclair, an innovation which proved unpopular with customers, despite Wellingtonians' love of coffee.

He has had better success with pies, adapting a French recipe to Kiwi tastes, filling the pastry with mushroom and chicken, rather than the traditional rabbit. He is also being pressured by customers to bring back his version of the Kiwi sausage roll. He will make it again when he has time, he says.

"For me the base is French and (then) it is possible I make something French and Kiwi. I need to mix the two cultures."

He enjoys the challenge of creating new

recipes from traditional foundations, but demurs when asked if the crispy texture of his mille-feuille – the result of adding cream to the dough – is his own invention.

In Paris, he explains it was usual for the head chefs to get together every three months and toss around ideas. At one meeting, a chef suggested that as cream was after all just unbeaten butter perhaps it could be used as a substitute in puff pastry.

"We say, why not?" he laughs. "And we try. And we find using cream and butter is completely different."

He's intrigued by the idea of using more

New Zealand produce in his baking, and considers feijoa might make a good fruit Danish, perhaps complemented with strawberry or pear.

"I think it is a good balance because the feijoa is not so far from rhubarb, it is a little bit bitter."

He is concerned, however, that the colour is not very sexy.

French Cancan

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Patrick's plan

By Monique Balvert-O'Connor

New Zealand's premier pie maker is cooking up a plan, and it's not a new award-winning pie recipe.

The multi award-winning king of New Zealand pie makers, Tauranga's Patrick Lam, is running out of room to display his winning trophies and framed certificates. The shelves in his Patrick's Pies bakery headquarters in Bethlehem are laden. His happy problem is that there's no more room for this year's awards and he's thinking a conveyor belt may be the answer.

"It may be a crazy idea," laughs the man who this year won his sixth Bakels New Zealand Supreme Pie Award. A conveyor belt would mean the displayed awards – that also include numerous category wins over the years – could circulate around the bakery.

It's hard to know when Patrick would find the time to make this happen. Success hasn't slowed his vigour, with his working life filling 12–14 hours a day, starting at 4am or 5am, seven-days-a-week. If he takes time off, it's to travel to Auckland with his wife, Lyn, to see their two sons who are university students.

Life's especially busy after a Bakels Supreme Award win: business booms, he says.

"When we win the supreme award, pie sales go up 200 to 300 per cent, and that lasts about four to five weeks. People come from Christchurch, a lot from Auckland, and some came from Wellington wanting to have their photo taken with me. We're seeing more of all this now. Someone from Australia came in too as they knew about our success.

"Pies are a Kiwi thing, but after the wins so many Asians come and buy our pies – they tend to buy a lot of bacon and egg pies and the winning pie," shares Patrick, who was born in Cambodia.

Patrick says his last supreme award win in particular has brought a lot of attention to his business. He thinks that's because many people would have doubted that a roast pork and mushroom combination would work.

"We tried it and we reckon it works," he says. The Bakels Award judges obviously agreed, as has the public.



Patrick tells how a home-cooked meal sparked the genesis of that pie idea.

"My wife cooked roast pork at home and used the left-overs in a creamy mushroom sauce, then added caramelised onion and cheese. The combination came out good and we said: 'that's a good pie'.

"You can put anything in a gourmet pie and make it work. Maybe not noodles though," he says with a grin.

It's while working that the different pie filling ideas usually evolve. There's a special focus in the month leading up to the annual Bakel awards and Patrick says he and his team try to create a new flavour annually to enter in the competition.

"We work extra hard for that month tasting and trying and adjusting."

The ideas are generally run by his daughter, Jessica, a Year-11 student, whom Patrick says is great with feedback. Lyn is also good on flavour.

Jessica would say the roast pork, apple sauce and cheese pie, also created this year, would have to be one of her father's best.

Other family members have different preferences. Her eldest brother Laurence rates the chicken and bacon in Cajun sauce pie, while brother Darren backs this year's supreme winner. Lyn's not a big pie-eater but her favourite is the chicken and vege option.

Patrick, who eats about three pies a week, finds it difficult to pick a clear favourite. Mince and cheese, steak and cheese, and sweet lamb curry all get a mention.

The Master of Pastry has 28 staff on his payroll. The Bethlehem bakery supplies two other outlets – one in Rotorua, and another in Tauranga. His team includes four additional full-time bakers along with one part-timer and an assistant.

"I enjoy running the business and I have a very good team. To run a successful business, you need good staff – you can't do it by yourself. I want my staff to do things because they are willing to help and happy to do so. Our team works hard for us and we appreciate that very much."

Patrick works alongside his staff making pies and dreaming of new ones. He spends time moving pies to his other stores, helps clean-up, serves customers when needed, and manages the business with help from Lyn. What he doesn't do is train bakers.

"I have quite a few people wanting me to train them – especially after we score wins. But, I am not actually a qualified baker so can't teach people," says Patrick. Instead he tells these people about Bakel's apprenticeship opportunities.

Patrick, who turns 48 in December, says it's way too early to think of retirement.

"Honestly, I never think about life without being here, in the bakery."

There's no succession plan involving his children either. Laurence is due to finish his pharmaceutical degree; Darren is studying Optometry. Jessica is thinking bio-medical studies but has a good business head and could be the best bet, the proud dad ruminates.

Patrick knows well that life can be unpredictable. He is a refugee from the Khmer Rouge regime, who spent what would have been his schooling years in a refugee camp in South Vietnam. His father ran a small coffee stall from behind barbed wire fences there.

In celebrating his success, Patrick remembers his past.

"We had no direction, we had no future. We didn't know what would happen tomorrow, so I had no dreams. Now I can say that my life is like a dream come true."

Patrick has lived in New Zealand for 21 years, starting his working life here in an Auckland lunch-bar.

He has regularly featured in the Bakel Supreme Pie Awards since winning his first supreme best pie title in 2003 for a mince and cheese entry. He has since won 67 more awards.

Pie lovers can rest assured ... he hasn't finished yet.



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Scratch Puff Pastry Recipe for Great Lamination

French Method

Ingredients

Snowflake Flour	3.400 kg
Butter, diced	1.400 kg
Salt	0.050 kg
Water	1.600 kg
Sheet of Butter	0.850 kg

Method

1. Rub the diced butter into the Snowflake flour and salt for 5 mins or until a consistent crumb is formed.
2. Gradually add water, mixing on 1st speed for 2 minutes, then for 3 minutes on 2nd speed until the dough is smooth.
3. Roll out the dough and lay the sheet of butter, so that it covers two thirds of the dough.
4. Book fold once and run through the pastry sheeter, cover and rest in the fridge for 30 minutes.
5. Book fold again and run through the pastry sheeter, cover and rest in the fridge for 30 minutes.
6. Book fold again and run through the pastry sheeter, cover and rest in the fridge for 30 minutes.
7. Roll out to 2.5mm thickness or as desired.



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INGREDIENTS

Maple syrup :	310g
Liquid glucose :	330g
Castor sugar :	300g
Vanilla Extract :	8g
Bourbon :	80g
Salt :	4g
Butter :	110g
Eggs :	300g
Orange Zest from :	1 orange

SWEET PASTRY RECIPE

Butter :	600g
Castor sugar :	300g
Egg :	90g
Farmers Mill	
Summit Flour :	900g
Salt :	2g
Mix butter and sugar together till combined. Add egg and mix till clear. Add flour and salt and mix till combined. Refrigerate till use.	

METHOD

1. Bring the maple syrup, glucose, sugar, salt and bourbon to the boil.
2. Remove from the heat and allow to cool down to 55C.
3. Add the Butter and vanilla and mix till clear.
4. Add the eggs and orange zest and mix till clear.
5. Refrigerate.
6. Next day, line a tart tin with sweet pastry. Fill the tart with pecans and then pour the filling to just under the rim of the pastry.
7. Bake in a preheated oven 160 C for 24 minutes.
8. Glaze with boiled apricot jam.



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Roasted Bell Peppers, Sourdough Croutons & Pecorino

Serves 4

Ingredients

4 each	Mixed coloured bell peppers
spray	Oil
60 ml	Barker's Professional Mustard & Herb Dressing
4 sprigs	Thyme
2 cloves	Garlic, thinly sliced
¼ piece	Sourdough, crust removed and cubed
125 ml	Avocado oil
	Sea salt flakes
20 g	flat leaf parsley
30 g	basil leaves
60 g	picked watercress
100 g	shaved Pecorino
75 ml	Barker's Professional Mustard & Herb Dressing

Method

1. Line a baking pan with a sheet of non-stick paper. Cut the peppers in half, scoop out the seeds and spray the skin side with oil. Place into a 190°C oven for 15 minutes or until the skin is blistered.
2. Place into a bowl and cover with cling film for 10 minutes. Remove the peppers from the bowl and peel off the skin.
3. In a mixing bowl, mix the **Barker's Professional Mustard & Herb Dressing**, thyme, garlic and some sea salt flakes. Marinate for 2 to 3 hours or overnight in the refrigerator.
4. In a mixing bowl toss the sourdough cubes with the avocado oil and sea salt flakes. Scatter evenly over a baking pan lined with a sheet of non-stick paper, and toast in a 190°C oven for 10 to 12 minutes.
5. On a platter, spoon on the peppers then scatter over the herbs, Pecorino and croutons. Drizzle over the **Barker's Professional Mustard & Herb Dressing** to finish.



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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).



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The bagel chain

by Asher Regan



I grew up eating my Nana's bagels which were widely regarded as the best in Wellington. My Nana was of Jewish descent, moving to New Zealand in the 1950s. Food and baking played a major part in her life but it was the bagels for which she was renowned.

She took time to develop her recipe, but once it was in place any variations were quickly dismissed. I remember substituting some of the white flour for spelt flour in a batch – "Mmm okay, but too speltly," was her verdict. Since then, I've stuck to the original recipe. Until now.

My children never had the pleasure of eating my Nana's bagels; she passed away before they even began to eat solids. So earlier this year, to celebrate my Nana's 100th birthday, I baked a batch of bagels with my children. This not only honoured her through food, but also provided a special opportunity to form memories of baking bagels with my kids, the way mine were formed by my Nana.

However, it struck me again that really these delicious rings are almost always made from white flour. Although tasty, white flour is a refined grain which means it has been stripped of nutrients and contains less naturally-occurring fibre.

No variation will ever replace the memories of the original, but knowing about the benefits of wholegrains and sourdough cultures I felt obliged to make some changes. So, I created a healthier bagel that honours my Nana's original recipe and acknowledges the country in which she and my Poppa chose to raise a family – New Zealand.

This recipe uses a rēwena sourdough starter culture made from kumara or potato which is a technique learned from Māori bakers.

Rewena breads have a slight sweetness to them which bagels are also known for, so this combination made sense.

I've also substituted some of the white flour for wholemeal. Traditionally, this would have been the only flour available prior to the steel roller mills development in the late 1800s – white flour bagels and bread are a comparatively new tradition.

Although not exact replicas of the original with their nostalgia and connection to my Nana, they are very enjoyable to eat. I know if I keep making them regularly for my children, they will grow up with a similar connection to this variety.

Hopefully, this recipe finds favour with both bagel and rēwena traditionalists, as well as those who just like good bread.

Rēwena bagels

Makes 25 bagels

Ingredients

Starter

150 g	potato or kumara, peeled and sliced
200 ml	water
200 g	wholemeal flour

Dough

5 g	dried yeast
400 ml	warm water
500 g	white flour
500 g	wholemeal flour
10 g	salt
15g	sugar
100g	mashed cooked kumara
60ml	oil
1	egg
300g	starter culture

Topping

15 ml	golden syrup
1	egg, beaten
	Poppy seeds
	Sesame seeds

Method

Starter

1. Cover potato or kumara with water and boil until soft.
2. Remove from heat and allow to cool in the water, add any more water needed to make up to 300 g.
3. Mash until smooth and mix in flour.
4. Leave covered in a warm place for several days or until it has started bubbling and doubled in size (this is the start of a sourdough culture which starts from obtaining wild yeasts in the air).
5. Every day or two feed this starter with a mixture of 50 g wholemeal flour and 50 ml water. Before feeding remove approximately 100 g of the starter so the overall quantity doesn't become too much.

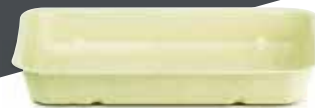
Dough

1. Dissolve the dried yeast in the water.
2. Knead together all of the dough ingredients until smooth.
3. Bulk ferment until doubled in size, punch down and fold the dough at least twice during this ferment.
4. Scale into 80 g portions.

Cooking

1. Bring a large pot of water to the boil and add the golden syrup.
2. Heat oven to 225°C.
3. Shape dough portions into rings.
4. Boil approximately 6–9 at a time for 2 minutes, turning once or twice during the boil.
5. Remove from the water and place on a baking tray.
6. Brush the top of the bagels with the beaten egg and sprinkle with either sesame or poppy seeds.
7. Bake for approximately 15 minutes or until golden brown.
8. Remove from the oven and cool on a wire rack.
9. Repeat for remaining portions of dough.

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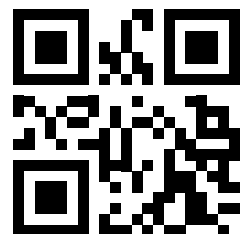
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Best Ever Banana Cake



Serves: 10

225 g	Chelsea White Sugar
100 g	butter, melted
3	eggs
3	bananas, mashed
125 ml	low fat milk
5 g	baking soda
150 ml	plain yoghurt
300 g	plain flour
15 g	baking powder

Lemon Cream Cheese Icing

250 g	Chelsea Icing Sugar
100 g	cream cheese
60 g	butter, softened
Zest of	1 lemon
2 Tbsp	lemon juice

Method

Preheat oven to 180°C bake. Grease or line a 23cm high-sided springform tin with baking paper.

Beat **Chelsea White Sugar**, melted butter and eggs until pale and creamy. Add the mashed bananas and beat well.

Heat milk in the microwave until nearly boiling. Mix in the baking soda then stir into banana mixture. Add the yoghurt, flour and baking powder. Mix well and pour into prepared tin.

Bake for 45 minutes, until cake is cooked in the middle (test with a skewer) and just pulling away from the edges of the tin. Cool in tin for 5 minutes, then release the sides and cool on a wire rack. When cold, ice with lemon cream cheese icing.

Lemon Cream Cheese Icing

In a large bowl, beat **Chelsea Icing Sugar**, cream cheese, butter, lemon zest and lemon juice until light and fluffy.

Variations

- **Banana, Caramel & Walnut:** Add 100g chopped walnuts to cake batter. Ice with caramel icing - melt 60g butter in a saucepan. Add 110g **Chelsea Soft Brown Sugar**, 30ml milk and bring to the boil, then simmer, stirring, for 2 minutes. Cool, then add 120g **Chelsea Icing Sugar** and mix until smooth. Top with extra chopped walnuts.
- **Banana Chocolate Cake:** Add 3/4 cup chocolate chips to batter and ice with chocolate icing.
- **Gluten-Free Banana Cake:** Replace plain flour with gluten-free plain flour and ensure baking powder is gluten-free.



Nutrition

Contains gluten (wheat), dairy and eggs.

Service

Serve at room temperature.

Keeps well for 3-4 days, stored in a cool place in an airtight container. Un-iced cake can also be frozen.

TOTAL COST*	\$8.52
COST PER PORTION	\$0.85
GROSS PROFIT %	70%
SALES TAX %	15%
MIN. SELLING PRICE (per portion)	\$3.27

*Cost based on average wholesale prices February 2018



More recipes at chelsea.co.nz/foodservice



How to bake...

PURPLE WHOLEMEAL CIABATTA USING FARMERS MILL PURPLE WHOLEMEAL FLOUR.



OVERALL FORMULA

Farmers Mill Purple wholemeal flour:	600g
Summit flour:	1400g
Lesaffre Artisan concentrate:	100g
Yeast fresh:	48g
Salt:	4g
Water:	1700ml (variable)

METHOD

1. Place all ingredients into a mixing bowl and mix for 2 mins on slow speed.
2. Mix on fast/second speed until developed.
3. Place the dough in a well-oiled container and rest for 30 minutes.
4. Knock back the dough after the 30 minutes, repeating this another two times with a total of three knock backs. After the last knock back rest for 30mins and then gently tip the dough onto a bench dusted with semolina, cut out loafs/rolls to the desired weights. Then place loafs/rolls on trays sprinkled with semolina.
5. Pre heat oven to 260C
6. Let the dough rest for 15-20 minutes and then bake @260C for 2mins with 30 seconds of steam.
7. Reduce the temperature to 220C and bake for approximately 15-18 minutes, baking times are approximate and oven dependant.

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