

# PLATE



GLOBAL  
YOUNG CHEFS  
CHALLENGE  
THE HANS BUESCHENS TROPHY

**NZ'S  
COLE MCDONALD**  
to compete in St. Petersburg



**SHARING A PASSION**  
**FOR ALL THINGS CULINARY**

# PLATE



The views expressed in this newsletter are not necessarily those of the editor, NZChefs or its sponsors.

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## NZCHEFS PLATE

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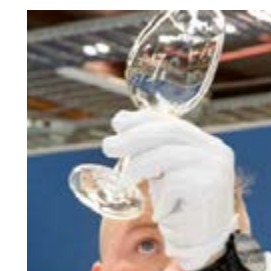
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*We all have a story*

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*This month's issue of plate seems to have been a long time coming, and, as it turns out, is one of the largest issues yet.*



At the end of July our team had nearly the whole issue of Plate in place. However, with the postponement of the NZHC this year, we had no choice but to effectively start from scratch. That, coupled with the introduction of a new delivery platform has meant a lot more time and effort has gone into this issue than normal.

Firstly, in this issue you will see a few snippets from the 2019 NZChefs Conference and AGM, for those that were unable to attend. The event was a great success enjoyed by all who participated. Sean Kereama and his team organised an awesome three-day experience and the association would like to thank all the sponsors who contributed resources, ensuring it was a success.

I would also like to briefly touch on a couple of the other features in this issue - the Kiwi Kids Can Cook grand finale, that took place in Auckland last month. Westfield Manukau graciously stepped up in at the eleventh hour to provide a venue, and what an outstanding venue it turned out to be. Shoppers and supporters encouraged the contestants, who had travelled from all over the country, to demonstrate their cooking skills. A big thumbs up to the event organisers and it's sponsors; **vegetables.co.nz**, **Westfield**

**Manukau, sKids** and the **NZChefs Association**. I look forward to seeing the regional contest develop and I'm sure 2020 will be an even bigger and better event.

For those who wish to organise or participate in the IDOC 2019 we have details and a link to the Worldchefs resource pack/tool kit and don't forget to keep us informed of the events in your region so we can let everyone know what's happening around the country. Email details through to the national office or myself at [plate@nzchefs.org.nz](mailto:plate@nzchefs.org.nz).

You will notice a few changes in plate this issue, with the introduction of interactive and video content. We still have a few bugs to iron out but moving forward we will endeavour to bring readers a more engaging experience. This new delivery platform has also allowed for more timely delivery of news with '[Plate on-line](#)'. Given Plate is currently only delivered to the membership every few months we thought it prudent a quicker news delivery mechanism be initiated. [Plate on-line](#) won't have all the same content that is included in each issue, but it will allow us to keep you updated between issues of those important events and announcements.

We are hoping that this will encourage more (and more frequent) regional news and give everyone the opportunity to see what is happening around the country. That said, for this to be successful we will need your contributions. Email: [plate@nzchefs.org.nz](mailto:plate@nzchefs.org.nz) with what is happening in your region, what members may be up to or something that you feel may be of interest.

Mark Scotting  
Editor - NZChefs Plate

## ONE YEAR ON!!

*I find it hard to believe that one year has passed since my taking up of the National President's role, and had you asked me back then, 'would we be making the kind of tough decisions we have just had to make'? I would have answered "surly not!"*

It just goes to show what 12 months can bring and unfortunately, it is not always the desired outcome.

Whilst I know the news to postpone the New Zealand Hospitality Championships until next year has come as a shock for most and is very disappointing, particularly for those who have spent countless hours perfecting their skill, I would just like to reiterate that the decision was not one taken lightly.

The executive made the decision to postpone with a heavy heart. "We're saddened and we understand it's disappointing for competitors, sponsors and fans alike."

I know there will be the fingers of blame pointing out there, but the reality is this cannot be pinned on any one person. There were a number of factors that came together to force our hand and we as your executive are obliged to make the right decisions for the future of NZChefs.

We remain committed to the New Zealand Hospitality Championships, its competitors, sponsors and supporters alike and our focus now is to take the time to undertake a strategic review of the event and come back stronger. It is not all doom and gloom!

Often amongst adversity, there are pockets of good to come out of it all and on a positive note, a fair amount of work has gone in over the last couple of weeks to secure a venue and competition for Toque D'or and Kiwi Kids Can Cook. More about that later in the issue.

I would like to take the opportunity to thank Sean Kereama and his committee from the central branch for hosting and pulling together a very

## national president

---

informative and enjoyable conference in Palmerston North. I found it very much, an eye opener as to how 'go forward' the Manawatu Region is in terms of food, product development and the culinary arts. If you were not one of the delegates, then you missed a very enjoyable weekend in the Manawatu, and I can certainly recommend a visit.

So! The next 12 months.

I welcome Martin Harrap, who has joined Anita Sarginson and myself to form a new look presidium. Martin, who we announced as the New National Vice President at our recent AGM, brings a raft of knowledge with him and a desire to be part of the change moving forward. I would like to thank Angela Ferguson for her secondment to the VP role over the past year and wish her well with her endeavours. I am sure we will be seeing her again soon.

We also welcome Alex Dickie of Taranaki fame to the executive. Alex, a young chef lecturer at WTT, is passionate about our industry and passionate about youth development, so I look forward to his contribution to our association.

So, all that said, it's time to get back to grass roots I feel. Time to get busy around the traps. Time to nurture, educate and empower all chefs to be the best they can. Promote what is going well out there and just move on.

I am looking forward to the next 12 months!

Hughie Blues  
National President  
NZ Chefs Association



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# A LETTER FROM MISS UNDERSTOOD MARTIN HARRAP

Dear Chefs

I address this to not only chefs of the Association, but to those of you that find the time to read my meanderings. I might be the only girl in my work who is in training, but I not afraid to say what I think I can tell you! It really gets me upset when I see food that should be great, served with no semblance of thought for the food, the customer, or in fact what the wait-staff have to put up with when they have to interact with the customer. All because the chef cannot be bothered to do the job correctly.

What has got up my nose this time?

I was with some relations who had come over from Melbourne to visit NZ for the first time. If you have ever been to this city you will know that it's very lively and up with the razzamatazz of food and wine, and in general a great place to source food from many parts of the world. We were staying at a large hotel in

Central North Island and as my nephew was over here for some break away from the busy business lives they lead. My nephew's wife wanted to see snow! She was from Perth and I am sure that this was the highlight of the trip, because it certainly was not the food that night.

We actually started with High Tea, a great selection of teas, Champagne and an average selection of sandwiches and

**MISS UNDERSTOOD**



cakes. Service was poor. The attention to detail was average, we were staying at the hotel, so no chance that we were going to "walk out". They still bought us the account to sign just moments after the cake stand was delivered!



We had booked a table for eight and this had been confirmed when we arrived at the hotel. We arranged to meet in the lounge by the huge log fire (it was two degrees outside) and have a pre-dinner drink. At seven forty-five we received a confirmation email to say that we had a table booked!

Just before eight we walked towards the restaurant and I mean just before by a minute!

We announced that we had come to have dinner and gave our name and room number. The dining room was busy, great for all, staff are gainfully employed, food and wines are being served and there is a buzz in the room. Not for us; sorry your table is not ready, please retire to the lounge and we will come for you soon.

We returned to sit out another twenty minutes! No menus, no offering of would you like another drink, just sitting! When we arrived at the table it was not fully set, with glasses and side plates still to come.

The FOOD!

Two of us ordered a Chateaubriand, at SEVENTY-FIVE dollars for two. So not too bad a price, that's if it was good. We asked for it medium rare and after the entrees, we waited for the dish to arrive. I have seen just one or two of these being served in the restaurant I work in. They have it as a special occasionally. I was taught by the butcher at work where it comes from so knew what to expect. Not this time, it was almost a beef stew with vegetables placed into a dish, poorly cut "with the grain" and a thick gravy to add insult to injury.

Yes, we have made comment to the manager; that what should have been a great dish was complete mess. It may be a classical dish from the mid 1800's but surely it should still be served with some class. I did not expect it to be served as it says in many old books or even with foams! But to serve it like a boil up was a disaster.



I sometimes wonder when will we have people who can cook with care in the profession. I hear a lot about the standards that we are supposed to have in this country, I am just starting, please help me. It's not too hard to cook food correctly. IS IT?

I hope not as I want to make this thing of cooking good food my career. Yes, you are reading this because you (I hope) care about the food that you cook, but remember if it's not up to some sort of standard; then make a comment to the staff. I trust that you keep warm and remember as I write this Spring is on the way.

Until next time

Love

*Miss Understood.*

---

### Get ready for Worldchefs Congress & Expo 2020

World Association of Chefs, the world-renowned trade association for culinary professionals worldwide, will be hosting their eagerly anticipated biennial event, the Worldchefs Congress & Expo, a truly global gathering of the most influential culinary body worldwide.

Join us as visitors to gain invaluable insights into leading industry solutions. Join us as exhibitors to gain unlimited opportunities to develop connections with leading suppliers and elite professionals.

Join us to make valuable professional connections, while gaining up-to-the-minute knowledge of your field.

[>>>> Register Here <<<<](#)



World Chefs Without Borders (WCWB) is proud to announce its 2nd major Chefs Social Responsibility ("CSR") global event will be held in Siem Reap, Cambodia.

The objective of this tour is to encourage Chefs to participate and perform their social responsibility, creating an awareness of how we, as Chefs, can make a difference.

Supported by the Cambodia Chefs Association and endorsed by the Ministry of Tourism Cambodia, 100 Chef volunteers from around the world will travel to Siem Reap, Cambodia at their own expense and individual donation of 1000 Euros. All funds raised will go towards the CSR for Siem Reap Cambodia events and the balance will be donated to Siem Reap Children's Hospital.

CSR for Siem Reap Cambodia events will take place from April 26 to 30, 2020 and will include a VIP Gala Fundraising Dinner for 200 guests, ground cook off preparing 2,000 meals for 2,000

children, 8,000 people luncheon and 8,000 food relief packs for 8,000 Cambodian villagers in the 7th Wonder of the World, Angkor Wat. All dishes prepared will be Cambodian national dishes and will include only local ingredients. This will be a memorable experience for the 10,000 Cambodians and 100 Chefs that join this tour.

WCWB Chairman Willment Leong, stated "Together as Chefs, World Chefs Without Borders will once again create an historical example to the world that Chefs can make a difference towards humanity."

We ask that you share this message with your network.

For more information, contact Willment Leong, WCWB Chairman at [wcbw@worldchefs.org](mailto:wcbw@worldchefs.org)





# NZ 's Cole McDonald to compete in St. Petersburg, Russia, in July 2020 at the Worldchefs Global Chefs Challenge.

Cole received a silver medal at the Pacific Regional Semi-Final for the Global Chefs Challenge held in Melbourne on the 23rd June 2019



Skateboarder and Chef - Cole McDonald

This result comes hot on the heels of his previous successes, with Cole taking out The Commis Chef of the Year title at the New Zealand Hospitality Championships in Auckland, in 2018, and a third place in this year's La Chaine des Rotisseurs New Zealand competition in Wellington.

Yet Cole will be the first to tell you "I'm still a junior, still learning and still trying to find my feet in hospitality"

Originally from Timaru, Cole moved to Dunedin after his last year of High School back in 2013, he then spent the next two years completing a course

in Hospitality Management while he worked part time in the kitchen to pay the bills.

"I've been Cheffing (sic), as a career, for three and half years now," said Cole, "the last two under Prohibition Smokehouse & Vault 21 executive chef, Greg Piner."

Cole met Greg when the Steakhouse at which Cole worked in the kitchen, was taken over by Andre Shi (owner of



Andre Shi

Prohibition Smokehouse & Vault 21)

## What's typical day for Cole?

"Breakfast usually consists of something sweet. I have to confess I have a sweet tooth, so there's usually pancakes or possibly a doughnut," said Cole.

"During my breaks I tend to go down to the skate park and chill out a little bit."

Cole's currently doing split shifts and this allows him the opportunity to get out on the board most days.

"I'm a skateboarder, have been skateboarding for 10 years now, that's just what I do."

"After work, again maybe a bit of skating, but if I'm not skating, hanging out with friends, possibly at the local pool house, playing some pool."

"A pretty chilled life," said Cole, "with a lot of skateboarding on the side."

## Did you have any role model/mentor growing up, someone that guided you on this path?

"Not necessarily, I feel like I almost kind of, fell into hospitality"

"I was at the end of high school, and I



Cole McDonald and Hughie Blues

didn't really know what I was going to do, but I quite enjoyed cooking."

"I did a lot of cooking at home, throughout High School and food tech classes, but no, there was not any, one particular role model or mentor."

## So, what ignited the flame you have for food and becoming a chef?

"Probably the first competition I did." The Southern Lights Salon Culinare in Timaru.

"After getting first with a gold in the beef and chicken dish, that pretty much [sic] made me realise I'm doing quite well, and I thought this could be my thing."



"Of course, with Greg's (Piner) mentoring and shaping me into who I am now."

**How do you handle criticism (if someone sends their food back)?**

"All good, I just take it on board and if I need to change, I change. If not, I keep doing what I'm doing."

I handle criticism quite well, I'm not the sort of person that gets angry and everybody knows that."

"I don't mind criticism, everybody needs it, it helps build you and to become better."

**What do you see for yourself, your personal vision for your role in the food industry?**

"I'd like to be known, build up a reputation, I feel like I'm a little bit of an underdog at the moment, a skateboarder and people generally make assumptions when they see someone like me (a skateboarder) if you know what I mean[sic]."

"Even a lot of my mates was surprised when they heard I was off to Russia, they said we hadn't realised that you were that good"

"I'd like to development a name and reputation in New Zealand culinary,

but have fun and enjoy experience along the way."

**So, what's next on the list for Cole McDonald?**

"I'm going to take a few months off after Russia and travel around Europe." said Cole

"After Russia I'm possibly looking at moving on from Dunedin, maybe look at Melbourne."

"Greg and Andre have contacts all through Melbourne, and after the success in June, I think people are starting to notice me."

"I'm young, and the world is my oyster I guess, we'll have to see what happens."

**Do you have any specialty dishes?**

"Don't really have one at the moment, I'm still a junior, I'm still learning and still trying to discover or figure out which cuisine I like."

"I do quite like the sort of rustic smokehouse big portions and juicy meat, like we are doing at the prohibition Smokehouse at the moment."

"Not necessarily fine dining per se"



Greg Piner - Prohibition Smokehouse

"Just really tasty food, I don't really have one dish in particular."

"At home, I do love good at éclair or apple crumble, if it's my day off I'm definitely making something sweet!"

**What makes you so passionate about all things culinary?**

"The number of good products we have a New Zealand, and the things you can do with them."

"It's always changing, its endless, you've got endless possibilities in New Zealand with what you can make, with what you can cook."



NZChefs Medal Winners From Melbourne 2019 Cole, Ganesh, Eric with Stuart Goodall





"I think, passion and drive and the ability to learn." Is what it takes to succeed in this industry, said Cole.

"But you also want to have fun with it, have fun learning, I think that it's important to enjoy the experience. Passion and the love of food." Those are the ingredients to success, said Cole.

### What's the biggest risk you have ever taken?

Competitions!

'There's a lot of risk involved in competitions, particularly with Melbourne"

"I was pretty stressed out for a few months there, there was parts of me that didn't want to do it, but by the same token I knew I wanted to do it as well."

"I did have lots of help, Greg (Piner) helped, and Mark Sycamore (Blanket Bay) came over to help me train."

"Stuart Goodall helped out a lot too, with lots of feedback after every training session."

"Yeap, Melbourne was the biggest risk so far."

### What would be your favourite food destination to travel to?

I'd like to try European cuisine, but I would also, really like to travel to Vietnam and experience the street food vibe they have going on there."

"After Russia I am going to travel through Europe, to see what's on offer over there."

### What could you NOT do without in your kitchen cupboard/fridge?

Butter. "I love cooking with butter."

"Basting meats, with fish, in baking, everything really."



"I'd like to say thanks to NZChefs for this opportunity. The opportunity to travel Melbourne earlier this year and to Russia, a big shout out to the Chefs Association for helping out, financially and mentally."



Cole will now spend the next 12 months preparing and perfecting different dishes for the WorldChefs Global Young Chefs Challenge in St Petersburg, Russia, but

not without the obligatory break for a little skateboarding.

*Mark Scotting*



"And also, a big shout out to, Greg and Andre for helping me out and giving me the chance to seize this opportunity," said Cole.





## Martin Harrap Vice President of The New Zealand Chefs Association 2019-2021.

### STATEMENT

In Latin the word Vice means "in place of" .....

It could also mean

V..... for Visit

I..... for Information

C..... for Chef

E..... for Experience

The C is easy I have been a Chef for many years and unlike some people who enter the Hospitality Profession, I still enjoy it!

The E again is easy I have the Experience, not only as a chef, but on both sides of the "pass". As a past president of the Association, I have seen how the Association can work. I also have experience in our own competitions and of course International formats, having represented the Association in competitions and seminars over many years.

I for Information is the "what" we should have for every chef that comes to us. Not just about the Association, but the profession. Allowing the standard of every person who thinks they want to wear the badge of office, "The Whites" become real! Our Whites should be worn with pride every time we put them on. As has been said on many occasions putting on a chef's jacket does not make you a chef. Putting a stethoscope around one's neck and a white coat on does not make you a doctor. One has to work for it and the same should be for the chef. The standards that are required should be monitored by the NZCA.

Finally, the V for Visit, as well as "visiting" our young people we, as an association, should also invest in the many members who have been part of the family for years. Sometimes family get missed and the body of the family must remember we have an image to look after all parts of our family and those that want to be "adopted". The Front of House and all that want to work with us.

As your Vice president, I look forward to making the Association not just great again but a group that we are proud of.

I will do my level best to uphold and maintain the standards of not only the Association but of course the profession and along with culinary friends around the world.

Yours in culinary friendship

Martin Harrap

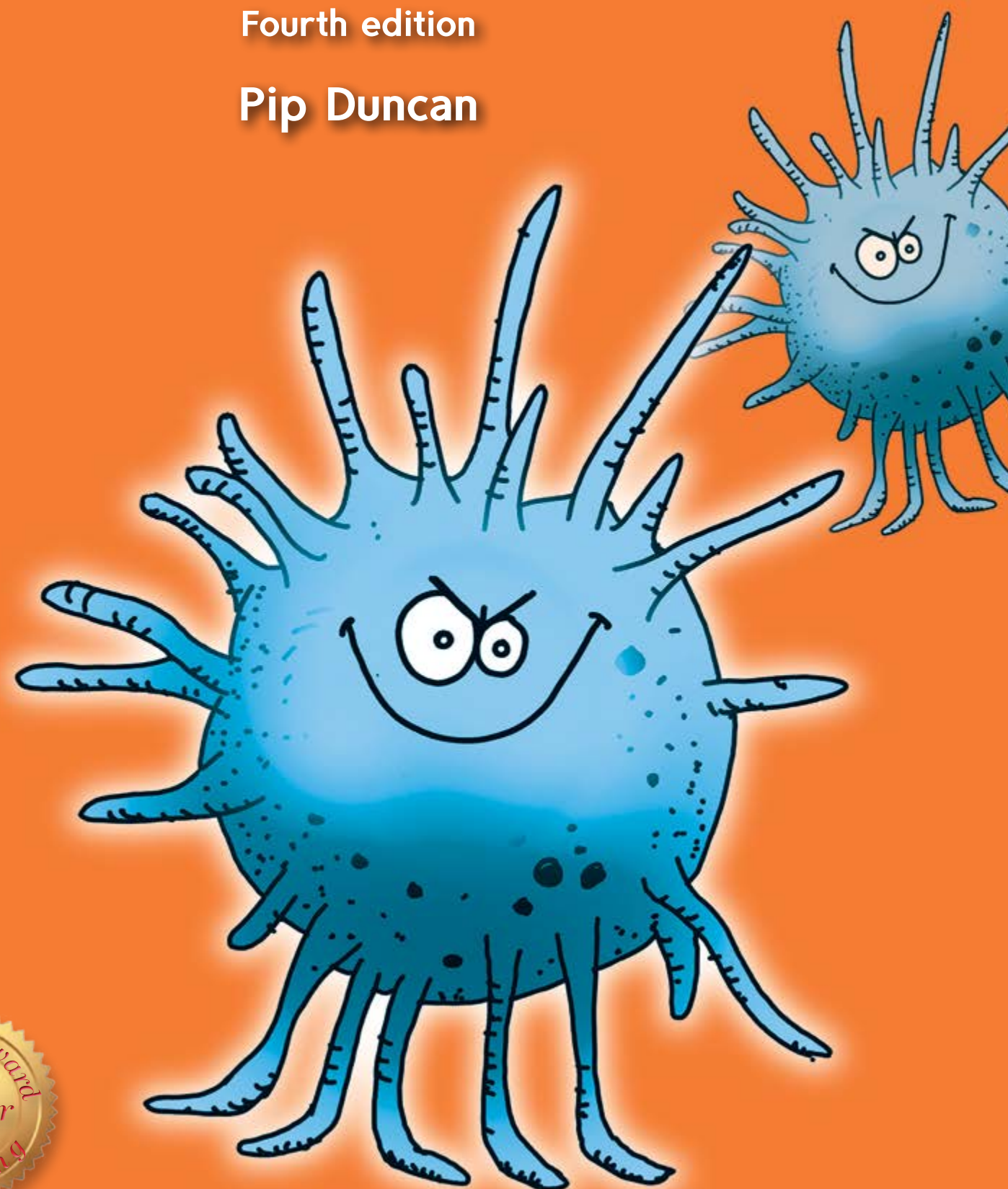
Mentor for all those hospitality people who care.  
**Based in McLeod Bay, Whangarei, Northland New Zealand**



# Safe Food

Fourth edition

Pip Duncan



Food safety practices for the food worker

## Safe Food is New Zealand's favourite textbook on Food

Since 1992 Safe Food has been providing students with a clear readable text to help them understand the causes of food-borne illnesses and the control measures required to prevent them.

This edition has been updated to reflect the current approach to food safety in New Zealand. Learning outcomes are provided so that students know what they will learn. This is followed by information and suggested application exercises to engage students in the learning process. This also encourages students to check what they have learnt and provides ideas for applying what has been learnt in the workplace.

This book aims to satisfy the learning outcomes of NZQA units:

167 'Practise safe Food methods in a food business'

168 'Demonstrate knowledge of food contamination hazards and control methods used in a food business'

27955 'Apply food safety practices in a food related business'

20666 'Demonstrate a basic knowledge of food contamination and control methods used in a food business'

Safe Food is a resource to help facilities develop and manage their own Food Control Plans in line with current legislation.

Foodies will find Safe Food a useful resource.

Safe Food contents:

Food safety: why all the fuss?

Hazards: food-borne illness

Other hazards: viruses, chemicals, parasites, fungi.

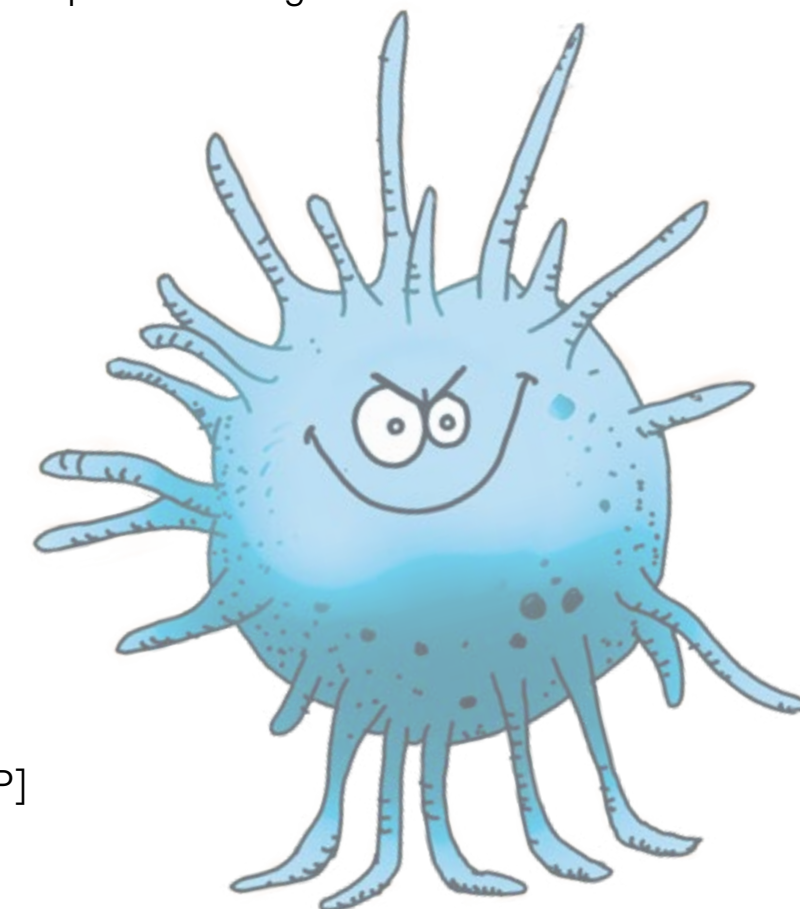
Personal hygiene for the food worker

Taking care of potentially hazardous foods

Kitchen hygiene

Hazard Analysis Critical Control Point [HACCP]

New Zealand Food Safety Legislation







# VEGETABLE OF THE MONTH

## ONIONS -THE MOST USED FLAVOURING VEGETABLE IN THE WORLD.

### White onions

White onions tend to be more pungent than brown onions and have white papery skin. They can be used in place of other onions in savoury dishes or finely chopped and served raw in salads and salsas.



grown varieties are Ambition, a globe shaped bulb, and Picador, an oval shaped bulb. There is no noticeable difference in flavour. Shallots have a more delicate, sweeter taste and finer texture than onions.

They are considered the gourmet onion and are preferred in French and Asian cooking. Delicious raw or cooked, shallots have a wide range of end uses. They keep well in a cool dry place. In Australia, Japanese bunching onions and spring onions are often referred to as shallots.

Available February - July with the most plentiful supply available over the late summer months.

### Pickling onions

Small, main crop onions with a strong pungent flavour.



They are available all year round, but are at their best for pickling about March.

Available all year.

### What to look for

Choose onions with firm flesh and dry papery outer skin. Avoid those with green shoots or soft spots.

Availability all year.

### Shallots

Roughly the same size or slightly larger than pickling onions, their skin colour ranges from coppery yellow to reddish brown. The bulbs are elongated or oval and are formed in several clusters or bulblets. The two most commonly



### Store

Store in a cool, dark, well ventilated place. Do not put them in plastic bags; if purchased in plastic, remove as soon as possible. Avoid refrigerating or storing with any food that may absorb their flavour.

Most savoury dishes include one of the onion family - white and red onions, garlic, chives, shallots, spring onions and leeks. All of these vary enormously in shape, size, colour, texture and intensity of flavour. New Zealand's top onion growing area is Pukekohe, south of Auckland.

### Varieties

#### Main crop onions

These are the most common onions and are available all year round. They are strongly flavoured, firm onions with layers of golden brown paper skins and white flesh. Generally used for cooking rather than eaten raw. The most common varieties are Pukekohe Long Keeper and Pukekohe Early Long Keeper.

Available all year.



#### Red onions

Red onions have burgundy red skins and red tinged flesh. Spanish type red onions are large and round, while Californian red onions tend to be flatter and milder. They are mild, sweet and juicy and are delicious eaten raw in salads, used as a garnish or added to sandwiches. Globe shaped red onions are becoming available; they are more pungent and taste more like a main crop onion. Available January - August.







### How to prepare

Remove skin and root, cut as required; slice, dice, wedge or leave whole. Braising; blanch first. Roasting; skin can be left on when roasted whole. Stuffing; peel, cut off top, scoop out centre to leave 1 cm shell. The release of oil during peeling brings tears to the eyes – there is no guaranteed way of avoiding this. The best advice is to peel and slice quickly. To peel large quantities of pickling onions, top and tail, then cover with boiling water for 5 minutes, drain and remove the skins which will slip off easily.

### Ways to eat

Onions can be eaten raw, cooked or pickled. In many recipes, onions add flavour and

texture. They can be used in soups, braises, stews, pizzas, pies, pasta dishes, salads, sandwiches, sauces, chutneys and stir fries.

### Cooking methods

Boil, microwave, roast, steam, stir fry, braise, stew.

### Nutrition

New Zealanders are frequent consumers of onions. Onions are not rich in the common nutrients but are low in energy. However, onions are rich in phytonutrients – flavonoids, fructans, saponins and sulphur containing compounds. The red varieties are a source of the flavonoids, anthocyanins.



Video - Caramelised Onion Soup



## VEGETABLE OF THE MONTH - SPINACH

Spinach originated in Asia and was introduced to Europe by Arab traders during the 13th century. When cooked and chopped, the taste is similar to silverbeet, however, spinach has a milder flavour. Spinach and silverbeet can be interchanged in recipes.

Baby spinach Young spinach leaves are often included in salad mixes and sold with other salad greens. Baby spinach has round to oblong leaves with a mild flavour.

New Zealand spinach This is a native that grows wild, has triangular leaves and trails over the ground. It is generally cooked as the leaves are coarse and slightly furry when raw. Its flavour is similar to standard spinach.

### What to look for

Choose crisp green leaves with no signs of wilting or blemishes.



### Store

Refrigerate in plastic bags and use promptly.

### Nutrition

Spinach deserves its reputation as a health enhancing vegetable, being a good source of both nutrients and phytonutrients. It is a good source of vitamins A (in the form of beta-carotene), C, B6 and K and folate. Spinach is also a source of iron plus contains potassium. Spinach is also low in energy (kilojoules).

The phytonutrients of most importance are the carotenoids (beta-carotene, lutein and zeaxanthin), flavonoids and other phenolic compounds.

It should also be noted that spinach contains oxalic acid which can decrease the body's absorption of calcium and iron from spinach. Cooking can reduce the effect of oxalic acid.





Spinach with Sesame and Garlic

### How to prepare

Trim stalks and wash. Cook spinach without additional water; the water that clings to the spinach after washing should be enough. Remove the stems only if eating raw, otherwise slice and cook with the leaves.

### Suggested cooking methods

Boil, microwave, steam, stir fry.

Available All year.

### Ways to eat

Spinach can be eaten raw in cold or warm salads, sandwiches, rolls, buns or wraps.

- Cooked and used as a side dish, in soups or pasta sauces.
- In egg dishes such as soufflés, omelettes, quiches e.g. Eggs Benedict.
- Steam spinach heads and serve with a white meso, tahini, soy sauce and top with toasted sesame seeds.
- Steamed with served sprinkled with chopped herbs; basil, dill, marjoram or parsley.

- Stir fry in olive oil with chopped ginger.
- use in roulades, pies e.g. spanakopita, terrines, fritters, oysters Rockefeller, spinach pilaf
- with potatoes in Sag Aloo and curries
- added at final cooking stage to tagines, braises and stews.

For tasty recipes and ideas visit [vegetables.co.nz](http://vegetables.co.nz)

(Below) Saagwala Sauce



Video - Saagwala Sauce





# ARA INSTITUTE OF CANTERBURY TOPS IN CULINARY STAKES

A team from Ara Institute of Canterbury fought off fierce competition from around the country to win the top award in the prestigious annual Nestlé Toque d'Or student culinary competition.

**C**ulinary students Corentin Esquenet and Anu Kashyap proved to be champs in the kitchen picking up two gold medals, while Ben Crean dazzled diners at the event with his restaurant service skills to also receive a gold medal.

The trio were one of three of the country's top premier teams who battled it out to create and serve their award-winning menu.

The dishes comprised an entrée of Akaroa Salmon sous vide with burnt citrus salt, cucumber jelly and beetroot puree, followed by New Zealand Beef Sirloin, beef short rib dumpling, a cauliflower and horseradish puree, kumara fondant and sauté greens. The menu concluded with an entremet of milk chocolate hazelnut and passionfruit, chocolate ribbon and a burnt butter crème brulee ice cream, plus a spectacular individually chosen cheese board.

The pressure was on throughout the three hours of live kitchen cook off, as the



team fought against the clock and scrutiny of a panel of top industry judges. Any errors made by competitors during the event resulted in lost points.

An integral part of the competition is the Moffat Innovation Award, which requires teams to use a Nestlé Professional product outside of its intended application. This year's winner was Otago Polytechnic Cromwell Campus which used various Nestlé Professional products creatively across the menu.

The group of judges was led by high profile chef and leading culinary figure Darren Wright of Christchurch. Competing teams were marked against WorldChefs International Judging Standards which included food preparation, presentation, taste and service.

Corentin said he and his team- mates were elated to have won the competition,







after training so hard for it.

“We’ve spent so many days creating and perfecting the menu and our routines so that we were ready to go on competition day. At the end of the day, it was all about effective communications, teamwork and remaining calm.”

One of the team’s chef trainers Adele Hingston said the team had done an outstanding job, supported by restaurant trainer Heather Dyksma and chef trainer Michael Andrew.

“Bringing home the top award is a fantastic achievement and a great opportunity to showcase Ara Institute of Canterbury’s expertise.

“This win clearly demonstrates that the Institute has a lot to offer in terms of hospitality and culinary training.”

Event organiser and NZChefs President Hughie Blues said Nestlé Toque d’Or is the ultimate challenge for hospitality students.

“They have to keep it together, tame nerves, support each other and work seamlessly as a team to achieve a top performance on competition day.”



This year was the 29th anniversary of Nestlé Toque d’Or which is New Zealand’s longest running and most prestigious student cookery and restaurant service event. Aside from New Zealand, it is also held in 17 other countries around the world and has launched the careers of many world-famous chefs.



Organised by NZChefs in conjunction with Nestlé Professional, the event is supported by other top organisations involved in the hospitality industry including: Akaroa Salmon, Beef + Lamb New Zealand, Fresh Connection, House of Knives, Moffat and the NZ Specialist Cheesemakers Association.

MEDAL RESULTS					
Ara Institute of Technology		New Zealand Defence Force		Otago Polytechnic Central Campus	
Kitchen	2 x Gold	Kitchen	2 x Silver	Kitchen	2 x Silver
FOH	Gold	FOH	Gold	FOH	Gold



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# NZCHEFS JULY 2019 – CONFERENCE AND AGM

Highlights from the awesome 2019 NZChefs Conference in Palmerston North.

## Day 1

### NZChefs AGM

Held at Distinction Hotel Cuba Street Palmerston North.

### Welcome Powhiri

The Powhiri was held at the Te Manawa Museum & New Zealand Rugby Museum, and was kindly hosted by Shannon Paku, CEO of Manawatu Rugby.

Tangata Whenua supported by Manukura.

Speakers were - Manu Kawana and Te Huarahi

Thank you to Chef Joe McLeod for being the speaker for NZChefs.

### The Cocktail Event

This was generously sponsored by the Poutama group, and hosted by Vonese Walker, Ngāti Rangiwehē, Ngāti Kauwhata & Ngāti Tukorehe - Information Manager/Business Adviser, Lower North Island & South Island.

Cloudy Bay Clams supplied a wonderful selection of the freshest clams on the evening. With the Ice-Land Group, Palmerston North, contributing an assortment of desserts and

canapé.

Apatu Aqua Enterprises, Northland provided a beautiful range of smoked seafood products, including Eel and Eel Pate.

Beverages for the event were Kawerau-Mata Beer by Aotearoa Breweries with Tiki Wines responsible for the variety of wines available.

Also instrumental in the success of the evening was Torere Macadamias, Gisborne; New Zealand's Premiere Organic Macadamia





growers and suppliers.

Kaitaia Fire provided a medley of condiments, and Bio Farm, Ashurst Manawatu with their specialist range of Certified Organic Dairy products.

Poutama is an independent charitable trust established in 1988 to provide business development services to Māori. Poutama strives to create an environment for successful business ventures and economic growth for Māori. Income generated from its investments enables Poutama to engage in activities and provide services that support and facilitate Māori business development.



## Day 2

### Breakfast

Held at Wharerata Function Centre located on the grounds of the beautiful Massey University Campus.

Thanks to Bidfood for sponsoring breakfast

in conjunction with McCain Foods. Proudly sponsored by International Culinary Studio, Prepared Foods New Zealand and Moana Fisheries.



With guest speakers- Professor Richard Archer- Head of Food Pilot Plant and Doctor Abby Thompson CEO FoodHQ

First tour for the morning was to to Prepared Foods, then

### Massey University

Food HQ, Plant and Food organized and in conjunction with FoodHQ, we visited Fonterra's Research and Development Centre and Massey University's FoodPilot Plant and had the chance to sample some fantastic PAMU deer milk products with Chef Geoff Scott.

Delegates were impressed at the range of science and technology expertise and facilities on offer and appreciated the insights into the possible collaboration opportunities between culinary arts and food science.

### Lunch- Hangi at Wharerata

Sponsored by New Zealand Pork Industry Board, with Beverages by FRUCOR Suntory limited.

Guest Speaker, Sarah Brough from Whittakers Chocolate's.

Lunch was a beautifully cooked by our Hangi Master Mr. Leland Ruwhiu.

### Min Expo and Trade Show.

Many Thanks to UCOL Palmerston North for their massive support and the use of their facilities.

Without this, the trade expo would not have been possible.

Special thanks to Todd Thorburn and Danny Simpson, Anchor Chefs NZ supported by our Platinum sponsor - Fonterra.



A big thank you to all the companies, who came along and supported NZChefs.

- Gilmours Central- Reuben Leung-Wai
- Emoyeni Microgreens-Steve and Anne Corkran
- Tres Hombres, Alex Loggie
- Green Mount Foods, Alisa Elsley
- NZChefs, National Office, Janine Quaid
- Moffat, Erin Hall

- Nestle Professional, Tim Harris
- BCE Catering Equipment Ltd, Neil Thompson
- Southern Hospitality, Daniel Hoyle
- UCOL- RPL, Shane Tawharu
- Chomp (Education), Paul Wilson
- International Culinary Studio, Cheryl Nesbitt
- The Curiosity Shop, Robert Aikens
- Bidfood, Mark Dunwell.

## Day 3

### Breakfast at Brew Union



Sponsored in conjunction with Bidfood and McCain foods.

It was great to see a number of young chefs from our local industry come along and enjoy breakfast and joining in for the foraging tour.

### Foraging Tour

Delegates were very lucky to be able to visit and look around the Farm at Emoyeni Products.

Very kindly hosted by Anne and Steve Corkran.





What an amazing set up they have out at Tokomaru, about 20 minutes south of Palmerston North.



The variety of produce that this husband and wife team grow is truly amazing.

Many thanks to the Anchor chefs NZ, Todd and Danny for showing their skills in foraging. I think they had a great time exploring the gardens for produce.

Both chefs headed back to Brew Union to create some fantastic dishes from the produce foraged.



Special thanks to Steve for digging the tour bus out of their lawn!

Sorry.



## Lunch

Brew Union.

Another lovely selection from the Chefs. Many thanks.



Thank you to Brew Union for showing us around the brewery and educating us on the finer art of beer tastings.

## Provenance Gala dinner

The dinner was held at the Awapuni Racecourse, in the beautiful Silks lounge, in conjunction with the Manawatu Chamber of Commerce.

Beverages were generously sponsored by Potama trust. With a range of local wines, Te Pa pinot Rose, Tiki estate Hawkes Bay Chardonnay, Taiao Estate Hawkes Bay Merlot, Taiao Estate Late harvest reserve Viognier Semillon.

The dinner was supported by a number of local chefs. Todd Tregoweth -Creative Catering, Aaron Freeman - Tatou Pacific Cuisine, Janet Grey - Fat farmer, Anna



Morris - The Elm Cafe, Andrew May - Amayjen The Restaurant and Anthony Watkins - Brew Union.

Host for the evening was the wonderfully funny Annabel White.

Guest speaker for NZChefs, the fantastic and insightful Kelli Brett, editor and owner of Cuisine Magazine.



**Gilmours**  
WHOLESALE FOOD & BEVERAGE

Special Thanks to the team at Gilmours Palmerston North, for their generous support both in product and cash, for this year's conference and all the other sponsors who supported the 2019 NZChefs Conference.







At the recent NZChefs conference, held in Palmerston North, we had the wonderful opportunity to visit several sites at Massey University.

Organized and in conjunction with FoodHQ, delegates visited Fonterra's Research and Development Centre and Massey University's FoodPilot Plant and had the chance to sample some fantastic PAMU deer milk products with Geoff Scott. Delegates were impressed at the range of science and technology expertise and facilities on offer and appreciated the insights into the possible collaboration opportunities between culinary arts and food science.

After the tour we made our way back to Wharerata Function Centre for Lunch, where CEO of Food HQ, Dr Abby Thompson made an exciting announcement for all members of NZChefs.

"FoodHQ and its Partners are looking to encourage chefs who may be contemplating developing a food or beverage product for retail or commercial food service, and who would be interested in having some input



Dr Abby Thompson,  
Chief Executive foodhq



Amos Palfreyman, foodhq



Prof Richard Archer, FoodPilot Director

from food scientists and technologists to help them with this. With that in mind, I am delighted to announce that Massey University's FoodPilot has agreed to offer a \$1000 voucher to one such chef, which can be used to cover the consultancy time of Massey research staff as well as access to the FoodPilot and associated facilities. "

President of NZChefs association, Hughie Blues has suggested that our members write a brief synopsis on the product they

would like to develop for market.

Submit your ideas to our head office, where they will go to a subcommittee to sort through and present 5 of the best Ideas to FoodHQ.

Dr Abby Thompson, Professor Richard Archer and Amos Palfreyman will choose the winner.



# KIWI KIDS CAN COOK

## 2019 Grand Finals



KIWI KIDS  
CAN COOK



The “Kiwi Kids Can Cook” final showdown, sponsored by Vegetables.co.nz was held on Sunday 11 August at the Westfield Manukau Shopping Centre in South Auckland

Pip Duncan, Education and Marketing Manager for Vegetables.co.nz, said that “By including New Zealand grown vegetables as a key component of this competition we are encouraging kids to cook and enjoy vegetables”. Congratulations to the competitors who reached the grand final – they are our culinary stars of the future. Go these new culinary stars!



The 2019 regional finalists came from Dunedin, Christchurch, Taranaki, Levin, Fielding, Auckland, Chatham Islands and Northland.

The purpose behind this event is to bring greater public awareness of vegetables and affordable, healthy meal choices for NZ families – starting at grass roots level.



The 2019 sKids Rockie of the Year went Niamh Byrne from Wellington, Congratulations Niamh great effort .

sKids (Safe Kids in Daily Supervision) one of the sponsors of the Kiwi Kids Can Cook competition, 'a family of families' dedicated to growing awesome kiwi kids. Offering affordable out of school care to primary school children (ages 5 – 13) at centres across New Zealand.





**REGIONAL FINALISTS**

Auckland	Haum Kim
Auckland	Pheobe Lawson
Auckland	Anaya Ashirita
Auckland	Hussain Loubasher
Chatham Islands	Valentine Croon
Christchurch	Rhia Munn
Christchurch	Lachlan Larsen
Dunedin	Mia North
Dunedin	Scarlett Ingram
Fielding	Wiremu Bray
Fielding	Chris-Stiaan Bindeman
New Plymouth	Taine Lock
New Plymouth	Eoin Ammundsen
New Plymouth	Greer Lock
Northland	Lola Doidge
Northland	Rawiri Gabb
Palmerston North	Halle Freeman
Palmerston North	Erryn May
Te Kowhai SKIDS	Archie Mason
Te Kowhai SKIDS	Emmet Thompson Priest
Wanganui	Zariah Wong
Wanganui	Samara Wong
Wellington SKIDS	Niamh Byrne
Wellington SKIDS	Charlotte Flanagan



These Kiwi Kids created an array of outstanding dishes throughout the day, impressing the judges with the level of skill and the flavours. The judges watched each contestant to evaluate both knife and cookery skills.



A few of the dishes presented by these amazing kids on the day.

“Kiwi Kids Can Cook” has been running in Northland since 2008 and has become one of Northland’s flag ship events and a mainstay on its culinary calendar. With a past Northland Champion going on to apprenticeship at the Hilton in Auckland, and another who has competed a degree in nutrition at Otago University, Kiwi Kids Can Cook can claim fame for igniting passions at an early age.



The overall winners of Kiwi Kids Can Cook 2019 were Junior winner, Mia North from Dunedin and Senior winner, Erynn May from Palmerston North



(Left) Mia North from Dunedin, (Right) Erynn May from Palmerston North



(Left) Mia North's, Vegetable Koshari



(Right) Erynn May's, Parsnip and sticky date pudding with a butterscotch sauce and vanilla mascarpone

*'The dishes these young kids presented are inspiring and creative and it's wonderful to see the support they are receiving from their whanau. The skills shown by Erynn, the Senior winner, in her parsnip dish were outstanding. Many of us would find it hard to match her dish in an hour, let alone the competition's 30-minute time frame!'* Pip Duncan

Kiwi Kids Can Cook was proudly supported by



*You know it is humbling to see where Kiwi Kids Can Cook has come from over the last 10 years. From such a small beginning in Northland, to becoming what is now, a national event stretching from as far south as Dunedin, out to the Chatham Islands and as far north as Kerikeri. It is rewarding to have had an effect on so many people along the way. As Tobias Wilkinson, one of the judges said to me, "it is good for the soul to be part of this initiative".* - Hughie Blues



Pip Duncan  
vegetables.co.nz  
with NZChefs  
Hughie Blues

Witnessing first-hand the development of the kids and seeing the level of engagement, commitment and pure 'just go get it' attitude the kids have put in, this year in particular, has been outstanding. Each year the bar lifts higher, the level of skills, flavours, and complexity of the dishes would challenge a worthy position on any restaurant menu.

Of course, one of our objectives is to promote and instill healthy eating habits. The partnership formed with our principle sponsor, vegetables.co.nz some 2 years ago, and the inclusion of the use of Fresh New Zealand Grown Vegetables in the criteria certainly amplifies this.

I would like to give a special thanks to Pip Duncan and the team at vegetables.co.nz for their belief in what Kiwi Kids Can Cook is setting out to achieve. For seeing this as an opportunity to work together to reach our goals collectively and really make an impact, not only

on lifestyle changes, but also on education and the craft of cookery as a whole.

Congratulations to both Mia North from Dunedin & Erynn May from Palmerston North this year's National Champions. Well-done! You are both deserved champions.

Well-done also to all that took part in this year's competition. Not an easy task, I know, but good on you for giving it a go, do not give up, it could be you next year and remember, always keep cooking.

One final thank you to the judges nationwide for giving up your time and believing. To all the regional sponsors' venues and helpers who make this competition, what it is today.

In conclusion – I believe Kiwi Kids Can Cook and from what I see, the future of our industry is in safe hands. Roll on 2020!

*Hughie Blues - NZChefs*





# INTERNATIONAL CHEFS DAY 20 OCTOBER 2019



Each year on October 20th we celebrate International Chefs Day.

Since its creation by esteemed chef Dr Bill Gallagher in 2004, Worldchefs has committed to using International Chefs Day to celebrate our noble profession, always remembering that it is our duty to pass on our knowledge and culinary skills to the next generation of chefs, with a sense of pride and commitment to the future.

Over the past years, Worldchefs has partnered with Nestlé Professional to teach kids around the globe about the importance of healthy eating by hosting fun-filled workshops worldwide.

With your participation, we will make International Chefs Day 2019 the best one yet!

This year's campaign theme is How Healthy Food Works.

We want to show how food affects our bodies internally. Following the last two years of Healthy Heroes and Healthy Foods for Growing up, How Healthy Food Works goes deeper into what different foods do for us and why we need them.

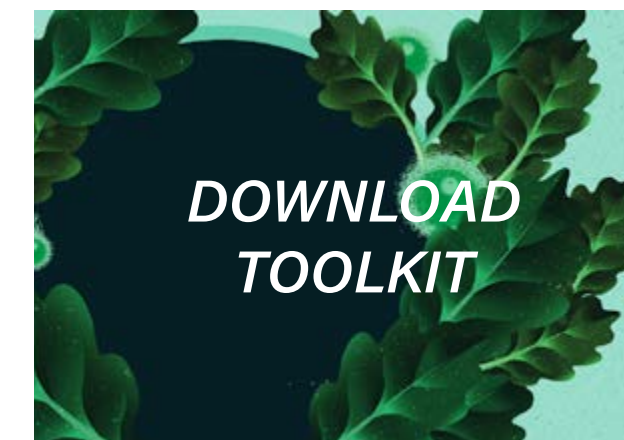
International Chefs Day is an opportunity to teach kids about healthy eating by letting them be creative with food. With the chef's input, education and help, the kids will be able to create recipes out of healthy foods, helping to teach the kids How Healthy Food Works.

## HOW CAN YOU PARTICIPATE?

All chefs from around the globe are invited to host a How Healthy Food Works workshop in your region.

A toolkit with everything you need to run an event – from instructions to materials to social media tips - has been prepared for you. The complete toolkit can be downloaded below. Nestlé Professional regional managers are standing by to help you find a venue, connect with schools and more.

To host a How Healthy Food Works workshop on or around October 20, 2019, please contact Janine Quaid, Executive Officer, NZChefs Association. [infor@nzchefs.org.nz](mailto:infor@nzchefs.org.nz) or phone 0800692433







# Ilisa Folau and Alyssa King from Te Awamutu College take out the honours in the 2019 National Secondary School Culinary Challenge



A turn in Auckland's weather couldn't dampen the enthusiasm of the secondary school teams that had travelled from all around the country to participate in National Secondary School Culinary Challenge finals, held at NZMA Auckland campus this week.

Eight teams showcased a range of dishes from 'Baked Carrot Bhajis with Raita' to 'Free Range Waitoa Chicken Supreme,' leaving the judges impressed with the year 12 and 13 competitors' skills in the kitchen.

Head Judge Mark Wylie commented that the flavour profiles, presentation and kitchen skills were reminiscent of those seen in NZ's commercial kitchens.

The ninety-minute final saw the teams prepare, cook and present four individual portions of an entrée and main. The entrée was required to contain fresh

NZ grown carrots as it's principle component with the main featuring three NZ grown vegetables and a protein of Waitoa free range chicken breast.

All the teams did extremely well on the day, achieving an array of silver and gold medals, cementing the comments of head judge Mark Wylie.



Winning entrée Dukkah crusted Carrot Falafel

Competition was fierce as judges Mark Wylie, Fiona Ruane, Craig Lucas, Gareth Stewart, Jeremy Schmid, Liam Fox, Nancye Pirini and Chris Goodison deliberated over the team's dishes throughout the afternoon with the winning team announced at an Awards Dinner hosted by NZMA at their Mount Wellington Campus.



Te Awamutu College's Ilisa Folau and Alyssa King (along with their teacher Will Cawkwell) took out the honours presenting a Dukkah crusted carrot falafel, pickled carrot with smoked feta and tahini sauce entrée along

with a Pancetta wrapped chicken breast, stuffed with black garlic, blackened leek, kumara puree, a trio of winter vegetables topped off with a chicken and kimchi wonton as the main.

Event organisers, The Culinary Arts Development Trust with the support of sponsors, vegetables.co.nz, Bidfood, Service IQ, Moffat, Waitoa Free Range Chicken, 5+ A Day, NZMA and NZChefs have shown with these young budding chefs the future of the hospitality industry is bright.

*Mark Scotting*



Pancetta wrapped Chicken Breast



# THE KAI PROGRAMME

putting food on the table for struggling individuals and families



Ethan Burling  
The Kai Shop  
Hamilton

The Kai Programme has been created to help put freshly cooked home style meals on the table for struggling individuals and families 7 days a week for a fraction of the cost of the average grocery bill.

The Kai Programme will be based in Hamilton at The Kai Shop and is a community focused company that is looking at ways to help the community and we want to bring The Kai Programme to life.

The aim of The Kai Programme is to reduce the cost of putting food on the table for struggling individuals and families, because we know how hard it is after the bills are paid and what it is like being left with very little to feed yourselves and your families. We at The Kai Shop want to help those struggling in the community by offering The Kai Programme so everyone can have a balanced freshly cooked home style meal for dinner.

The Kai Programme will be offering sensible

home style meals that includes all the meats you love as well as veggies for a meal every day.

The Kai Programme has 6 tiers that range from individuals to couples, solo parents and families. The Kai Programme will only be offering home style dinners during the first 3 months of the programme and then we will be adding in school lunches into the family plan.

No matter if you're on a benefit/ student allowance or minimum wage, we have something that will fit your budget. You can sign up to our weekly plan of your choice and pick them up or have them delivered.

What some people spend on takeaways for dinner could feed an individual or a family of 4 for a week with The Kai Programme,

and we want to give people the option of a better alternative to fast foods for dinner.

Ethan Burling opened The Kai Shop - a Māori and Pasifika takeaway spot - to be a profitable business and financially assist the programme so it's not reliant on volunteers.



The Kai Programme's launch is still a few months away. The team is working on applications for an upcoming trial for 100 individuals and 30 families to work out any kinks before taking it live. More than 700 people have contacted him to join, he said.

"During the programme we'll also bring some individuals in from the families to teach them to cook as well so they can eventually move off the programme and be able to cook proper meals for themselves."

Waikato Hospital's executive chef, Courtney Elliott, is working on the menu, but Burling said it's "nothing that's going to be gourmet, just home-style meals that we grew up eating".

Eventually, Burling hopes to spread the programme across the country before handing the reins over to someone else so he can focus on larger community issues such as affordable housing and job opportunities.

"You see everyone going to the chip shop, to KFC, the money they spend on one dinner is something they could spend on an entire family, so basically you want to teach people to cook, provide them with well balanced meals.

Keep an eye out of facebook to see 'The Kai Programme' progress.





# NEW LOOK FOODSERVICE PORTFOLIO FOR BEEF + LAMB NEW ZEALAND

With the growing challenges Beef + Lamb New Zealand are facing as an industry; we have had to take a more targeted approach to ensure that our stakeholders are getting the best return on investment. This means that all marketing activity has been closely looked at and evaluated as to whether it's the best use of resources to address these challenges – this includes all the activities which fall under the Foodservice Portfolio.

Moving forward, we will be putting the emphasis on our prestigious Ambassador Chef Programme which has been highlighting the wealth of talented chefs in New Zealand for close to quarter of a century. To date Beef + Lamb New Zealand have showcased the skills, craft and creativity of over 80 Ambassador Chefs. These have included some of the best-known faces of Aotearoa's food

scene including; Peter Gordon, Rex Morgan, Kate Fay, Shaun Clouston, Mat McLean and Darren Wright to name but a few, becoming one of New Zealand's most sort after job clubs in the hospitality sector.

However, this does mean that the Beef + Lamb Excellence Awards will be ceasing at the end of 2019. These awards, which have been running for 23 years, have grown into a highly respected initiative becoming New Zealand's longest running culinary awards in the process.

"This has been a tough decision to make after nearly a quarter of a century of recognising the incredible beef and lamb dishes chefs are serving in their restaurants, but we are really excited about creating a new look Foodservice Portfolio which will be launched in 2020" says Lisa Moloney, Foodservice Manager



for Beef + Lamb New Zealand.

Moloney continued: "We are working on a new recruitment process for chefs to be an Ambassador for Beef + Lamb New Zealand in 2020 and this is likely to be via an on-line application process. We are still fine tuning all the details around this new application process and look forward to announcing a call for applications later in the year."

All current 2019 Excellence Award holders and Ambassador Chefs will continue to be promoted via Beef + Lamb New Zealand's social media platforms, website, blogs and other activities through until the end of 2019. All Platinum Ambassador Chefs will retain their lifetime status and continue to work closely with Beef + Lamb New Zealand to promote and inspire chefs to use beef and lamb on their menus



**MOFFAT**



Russell & Emma Gray - Winners of the E33 Turbofan oven generously donated by Moffat New Zealand at the NZChefs 2019 Conference.

**TOP  
TRENDS  
2019**



## Meaty Appetisers

**W**ith more consumers embracing the idea of snacks, shareables and appetisers as a convivial way to dine, attention must be paid to satiety and craveability.

For many diners, that still translates to a meat-centric experience. On the flip side, those diners looking for smaller portions will peruse the snacks menu for that perfect, smaller, delicious meaty bite.

In this, Top Trends will look at four restaurants that knock it out of the

park with their meat-centric apps.

One of them cleverly capitalises on its signature breadsticks, resulting in a 'game changer' for the chain.

Another finds success through reimagining a short rib entrée into a best-selling appetiser.

Steak on a stick works wonders for a modern steakhouse, and our fourth MVP leverages the genius behind billionaire's bacon.

*Pictured - Council Oak's Grilled Beef Tenderloin Skewers: Filet mignon, chimichurri, crispy shallots.*







Fazoli's Breadstick Sliders:  
Smashed Meatball, Spicy Italian  
and Pepperoni Pizza versions

## Snack Attack

It's a tricky endeavour, innovating around an iconic menu item. Italian-American fast-casual concept Fazoli's took a chance and knocked it out of the park with its Breadstick Sliders.

In fact, Rick Petralia, R&D Chef, calls them a "game changer" for Fazoli's. "Our guests come to our restaurants because they are craving breadsticks, so we gave them another reason to crave them," he says. "We leveraged the trend of targeting non-traditional dayparts and snacking in a way that

was very fitting for our brand."

Guests can choose from three types: Smashed Meatball (with marinara, mozzarella and basil pesto), Spicy Italian (capicola, Genoa salami, mozzarella, pepperoncini, Parmesan-peppercorn sauce) and Pepperoni Pizza (with marinara and mozzarella). These snack-sized sandwiches star slider buns made with dough from Fazoli's famous breadsticks. They're brushed with garlic butter, baked and then filled with the different ingredients.

"We wanted to make sure that these

breadstick snacks had the same garlic, buttery flavour as our breadsticks," says Petralia. "At the same time, we wanted the flavours to be nuanced.

For example, the meatballs in the Smashed Meatball Breadstick Slider provide a lot of umami with the beef and Parmesan cheese notes. The mozzarella adds the perfect amount of cheese pull and creaminess, while the basil pesto adds unexpected flair. The marinara rounds it all out and makes it the best meatball sandwich you've ever had, despite its size. Most importantly, the buttery slider bun adds crunch, unctuousness, garlic, and the perfect amount of saltiness."

The sliders were so successful as a limited time offering, they're now on the

core menu. "We have added a Snacks & Shareables section to our menu, and we continue to look for ways to develop the line," says Petralia. As part of that extension, Fazoli's will be testing a Pepperoni BLT Breadstick Slider, Chicken Parmesan Breadstick Slider and Smoky Bacon Breadstick Bites with Gouda dipping sauce.

## Bringing home the Bacon

It's hard to make bacon even more beloved and craveable, but Billionaire's Bacon does just that, dialling up the flavour experience through a mix of sweet, salty and spicy.

Also known as "pig candy," candied



Twin Peaks' Billionaire's Bacon:  
Thick-cut hickory-smoked bacon,  
brown sugar, red chile flakes,  
black pepper, smoked paprika,  
cayenne



bacon or millionaire’s bacon, the version at sports-bar chain Peaks features thick-cut hickory-smoked artisan bacon baked with brown sugar, red chile flakes, black pepper, smoked paprika and cayenne.

Slow-roasting yields a candied, crispy bacon. “You get the initial taste of salty, smoked bacon followed by a great sweet-heat crunch from the candying process,” says Executive Chef Alex Sadowsky. “As you keep eating, you hit little pockets of crunchy caramel mixed with a hit of black pepper or the red pepper flakes. It’s addicting, and we have guests that come in for it.”

Twin Peaks first introduced the bacon in the Billionaire’s Bacon Burger, which also features Sriracha pimento cheese,

bacon mayo and bacon-beer mustard. “The excitement continued when we added it to our Hunter’s Meat & Cheese Board,” says Sadowsky. Guests can also enjoy the Billionaire’s Bacon in the newly rolled out Wedge Salad and as a Bloody Mary garnish.

## A play in Contrasts

Empanadas are glorious street-food stars that deliver a savoury, rich experience inside a crisp, snackable format.

In the hands of Executive Chef Clay Conley, the Short Rib Empanada at Buccan, an upscale-casual global café, refines that experience with complex flavour play. He first braises

short rib until meltingly tender, with red wine, garlic, rosemary, thyme, onion, celery, carrot and veal stock.

It’s folded into empanada dough and fried until crisp, then served with a bordelaise sauce, a drizzle of aji amarillo aioli and salsa criolla, made with red onion, red pepper, extra-virgin olive oil, cilantro and vinegar.

“The short rib empanadas are a play in contrasts: texture and temperature, fat and acid,” says Conley. “The dough is crispy, and the meat inside is rich, velvety and juicy. The aji amarillo and the salsa criolla add heat to cut through its richness. This dish definitely provides a full-mouth sensory experience.”

The magic here lies in the combination of comforting and familiar, with seriously delicious flavours.

## Steak on a Stick

The Grilled Beef Tenderloin Skewers at Council Oak Steaks & Seafood are a menu standout, pointing to an emerging trend in “toothpick meat,” which has been showing up on trend-forward menus.

Chef de Cuisine Francisco “Cisco” Pomalaza serves the filet mignon in the fun format of skewers—perfect for happy hour—and marinating the

beef in a bright, garlicky chimichurri vinaigrette. After marinating, the meat is grilled, seasoned with salt and pepper, skewered and then garnished with shallots.

The offering is a part of the fine-dining hotspot’s newly unveiled Social Hour menu, alongside other upscale bites like BBQ Kurobuta Pork Belly with sweet kimchi glaze and parsnip chips; Grilled Brioche & Mushroom Toast topped with crème fraîche and Manchego; and Fried Green Tomato Caprese Stack layered with burrata crème.

“It’s rare to see filet mignon on a happy hour menu,” says Cisco. “This is the dish on the Social Hour menu that represents us the best, since we’re a steakhouse.”

But to lean into the seafood side of the fine-dining concept, Cisco is developing a surf-and-turf version that adds chunks of king crab, embracing chimichurri’s versatility on seafood and steak applications. “Chimichurri goes great on seafood and steak,” he says.



Top Trends - Katie Ayoub, Flavor and the Menu



Buccan's Short Rib Empanada with salsa criolla and aji amarillo

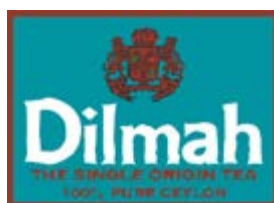


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