

# BARKER'S NEWSLETTER

WINTER 2011



## Cranberry Jelly...

When the last of the autumn fruits have disappeared, June brings in a fresh crop of these dazzling scarlet berries with their rich juice and sharp flavour. Instead of just confining them to the traditional Christmas turkey or thanksgiving we have made a delicious Cranberry Jelly to give any dish the added X factor. Chefs should always keep cranberry jelly in the cupboard – it's good as an instant accompaniment to chicken or game, sausages, p ate and cheeses, or can be used in sauces.

Paul Jobin, Executive Chef Restaurants at Sky City says "I don't have the time to create or make a jelly and find the Barker's jellies fill this void and add

another dimension to my creations. Packed full of flavour, a dollop of jelly dissolved in pan juices from a roaster whisked into a dressing completes the magical finish to a dish. Whether you use the jellies as a condiment or dissolve to make a special sauce or dressing, these jellies are the ones to have on standby in your pantry, I know, they are in mine!"

### BARKER'S SAVOURY JELLY RANGE:

- Blackcurrant & Red Onion
- Cranberry
- Mint & Apple
- Red Pepper & Chilli
- Redcurrant



Serve with rich meats such as lamb and game and the more traditional like chicken and turkey. Delicious with cream cheese and chicken as a pizza topping, or with turkey and brie in Turkish bread.

## IN THIS ISSUE

Cranberry Jelly	1	Tandoori Palace Pastes	3
Chef Profile - Sue Fleischl	2	Savoury Filling recipes	4
Baker Profile - Peter Bakermans	2	Message from Nicky Sheed	4
Viands Bakery	2		



## CHEF PROFILE: SUE FLEISCHL

Welcome to Sue Fleischl, owner of 'The Great Catering Company' which is based in Newton, Auckland and more recently you will recognise her from TV3's 'The Kitchen Job' as the mystery critic saving restaurants!

Sue – a renowned chef – set up The Great Catering Company in 1995 on her return to New Zealand. The Hawke's Bay upbringing that inspired Sue to embark on her culinary career sounds nothing short of idyllic. "It was wonderful growing up in Hawke's Bay, in the fruit basket of New Zealand, in the perfect climate for growing," she says. "We



had guava and avocados, kiwifruit, vegetables and big fig trees at a time when nobody really knew what figs were." This naturally led Sue to decide her destiny lay in the world's kitchens, but her family were initially not too keen. "All of my family seemed to

go into medicine, and back then in the 1960's and 1970's chefs were the lowest of the low!" she says. "So my Dad wrote to the Savoy Hotel in London and got me a job. He said, 'If you are going to do this, you are going to do it right.' The chef there said he agreed – and that after getting such a bad reference for me from my school that he knew I would be a brilliant chef!" So began years spent working in restaurants and hotels around the world.

Sue's training at the Savoy Hotel in London and her stellar kitchen talents have brought tremendous success. Her company is the leader in the private and corporate catering world. "We give your event the glamour treatment," she says. "With fashionable food in mind, we'll make your event fabulous." The Great Catering Company's philosophy is Serving Amazing Anywhere. And that's just what they do.

A great advocate of Barker's products Sue shares a recipe with us that is simply delicious served with Barker's Eggplant Sambal and fresh rocket leaves from her amazing garden. "My day-dreams revolve around food and the things I can create from New Zealand's abundant supply of locally grown produce."

the **GREAT**catering  
company

## Turkish Pizza with Barker's Eggplant Sambal

### PIZZA BREAD

- 330 ml warm water
- ½ tsp castor sugar
- 60 ml olive oil
- 2 tsp dried yeast

Combine. Leave to bubble. Then add:

- 500 flour
- 12g salt

Knead well. Leave to prove. Shape and top with spiced mince.

### SPICED MINCE TOPPING FOR PIZZA

- 3 Tbsp olive oil
- 2 onions, chopped
- 2 cloves garlic, crushed

Sweat in a pan till soft. Then add:

- 300g minced lamb, and brown in the pan

Add:

- 1 chilli, chopped
- 1 Tbsp sumac
- 1 Tbsp cinnamon
- 2 Tbsp balsamic
- ½ tin chopped tomatoes (as desired)
- salt and pepper to taste

Cool and check seasoning.

Finish the pizzas with a good dollop of Barker's Eggplant Pickle (Sambal), a healthy drizzle of yoghurt, sprinkle of toasted pinenuts and fresh rocket leaves.

## BAKER PROFILE: PETER BAKERMANS

Barker's is proud to partner with Peter Bakermans of 'Bakermans of Fenadalon' in Christchurch.

With 35 years experience as a baker both in New Zealand and Australia, Peter Bakermans's Fendalton Bakery is really something special. Not one to ever compromise on quality or taste he finds that people drive the breadth of Christchurch weekly to stock up on his wonderful fare, it is a destination bakery!

A spell working as a Solution Specialist in the bakery arena at Barker's in Geraldine, left a lasting impression on Peter. "Barker's use

quality ingredients consistently and I know when using their products that I will never be let down. They are always striving to innovate the sector and work closely with the industry to develop ranges that work practically, we prove that".

You can see that in his wonderful array of quiches using Barker's Savoury Fillings, and his patisseries all with Barker's Patisserie Fillings. From fruit pies to sweet muffins all have a Barker's twist to make the flavour unforgettable.



## VIANDS BAKERY, TE AWAMUTU

Shane & Kathy Kearns are from a family of bakers, winning 'Baker of the Year' three times with Olser's Bakery which their father still runs, and Kathy personally won the '2010 Best Cake' category. With 45 years collective experience they have recently purchased Viands Bakery in Te Awamutu and are firing up a talented team of young bakers. "We have an amazing team at Viands and we inspired one of our bakers, Josh Harding, to enter the 'Weston Milling

Top 10 Trainees of 2011' and he has got into the final ten! He will now be taken to Napier for two days of action packed training, led by Weston Milling, to prepare for the competition to come, at the LIVE bake-off in Napier on the 19th and 20th August in conjunction with the BIANZ conference. This is so inspiring for our whole team". Kathy has always used Barker's products and is now incorporating them into the range at Viands. "We just adore the range

of Fruit Fillings and the quality of the product is always consistent which is helping to build our reputation. I use the Lemon Curd daily and the chutneys are a great way to spice up our savoury bakery range".



To select the right product for your application we welcome your enquiry  
FOR PRODUCT ENQUIRIES PHONE: 0800 227 537



## AUTHENTIC FLAVOURS OF INDIA

The Tandoori Palace brand of pastes are all about experiencing new and exotic flavours of India.



We were keen to capture the essence of our ever-changing global cuisine and the mysteries of the spice world. As our desire for new foods and flavours continues to strengthen so does our passion for launching wonderful foods with wonderful flavours. Once classified as exotic, these different foods are becoming increasingly familiar as we taste and enjoy new foods and flavours. It's hard to imagine a culinary life without them and we promise to bring you more! We are continually inspired by the team of Indian chefs who take great pride and pleasure in developing truly authentic Indian sauces and pastes for the Tandoori Palace brand!

Variants: Butter Chicken, Tandoori, Tikka Masala. Available in versatile, easy-to-use 1kg pouches.



### Butter Chicken

Serves 10

Prep: 15 mins

Cook: 30 mins

#### INGREDIENTS:

- 300g Tandoori Palace Butter Chicken Paste
- 1 medium onion, diced
- 1.5kg (approx) diced chicken - mixture of breast and thigh
- 400g can chopped tomatoes (optional)
- 200ml cream to finish
- coriander sprigs

#### METHOD:

1. Sweat diced onion in 2 tbsp rice bran oil until tender.
2. Add Tandoori Palace Butter Chicken Paste and continue to cook slowly for 1-2 minutes until fragrant.
3. Add diced chicken and stir to combine with the paste.
4. Add tomatoes and cook gently until chicken is thoroughly cooked.
5. Stir in cream and adjust the seasoning.
6. Top with fresh coriander sprigs and serve with Basmati rice and Naan bread.

### Tandoori Chicken & Bean Salad

Serves 10

Prep: 30 mins

Cook: 30 mins

#### INGREDIENTS:

- 50g Tandoori Palace Tandoori Paste
- 50g natural yoghurt
- 5 medium chicken breasts
- 400g fresh round green beans - cut into even lengths
- 200g mung bean sprouts
- 200g cherry tomatoes - halved
- 50g baby spinach leaves
- 100g roasted peanuts or cashews
- 1 red onion, sliced thinly

#### METHOD:

1. Mix Tandoori Palace Tandoori Paste and yoghurt in a bowl.
2. Add the chicken breasts and coat evenly.
3. Cover and marinate in the chiller for 2 hours or overnight.
4. Grill or bake chicken until cooked through and rest.
5. Blanch green beans in boiling, salted water and refresh.
6. Slice cooked chicken.
7. In a large bowl add all ingredients together and toss.
8. Serve in wide bowls with a tangy dressing.

#### Tangy Dressing:

½ cup Balsamic Vinagrette (1 part Balsamic vinegar to 4 parts olive oil), ½ cup orange juice, 1 tsp minced chilli, 60ml Barker's Mango Smoothie Base. Whisk all ingredients together. Correct seasoning (salt, milk, pepper, lemon juice).





## Sundried Tomato, Olive & Feta Sausage Rolls

### Makes 13 (70g each roll)

600g	beef mince
300g	sausage meat
100g	breadcrumbs
150ml	water
100g	egg (approximately 2 eggs)
250g	Barker's Sundried Tomato & Olive Savoury Filling
120g	feta cheese (crumbled) seasoning

### METHOD:

1. Combine all the ingredients and mix together well.
2. Pipe a thick line of sausage meat across the pre-lined flaky pastry, taking care not to drag the meat.
3. Egg wash just below the line of the sausage meat.
4. Roll the pastry over the meat to form a sausage roll. Gently score across the top.
5. Brush with egg wash.
6. Cut into desired lengths and place rolls on an oven tray making sure the seam is on the bottom.
7. Bake at 210°C for approximately 15 to 20 minutes (depending on the size of the rolls).

# A Message from Nicky Sheed

Welcome to the third edition of our New Zealand newsletter.

As I sit to write this column my thoughts go out to the many people in Christchurch whose lives have been affected in some way by the tragic events of the February 22nd earthquake. As the earthquake unfolded I was sitting in a hotel room in Taipei feeling totally helpless. Words can not express how I felt at the time watching live CNN coverage breaking news to the world of this tragedy. To our customers and friends in Christchurch you are truly inspirational. The resilience shown by so many in and around Christchurch must be applauded. We know this beautiful city will grow back bigger and stronger and all of us here at Barker's wish you well on this journey. We will continue to support where we can.

With the Rugby World Cup just less than five months away I hear wonderful stories of menus coming together to promote our beautiful country and satisfy the food needs of all those visiting our country. Much thought has gone into the planning and preparation needed and I commend those who are well prepared. For other customers perhaps planning is still underway and if this is the case please don't hesitate to contact your local Barker representative to help with your menu planning. We have such a wonderful range of new and existing products which I know will complement your base menu. Our aim is to provide products which add the excitement, personality and flair to food and I know you won't be disappointed with what we have on offer.

Having launched a wonderful range of new products recently I thought it timely to remind you to check out our web site at [www.barkersfruit.biz](http://www.barkersfruit.biz) or call us on the Barker's hot line for more information on our range and for free samples.

I must admit my porridge hasn't tasted this good for years – so go on ask your local distributor about our three new compotes which make breakfast a much more enjoyable experience and because of this versatility they can also be served with dessert on your dinner buffet as well.

Happy eating!

Nicky Sheed  
Sales & Marketing Manager



## Caramelized Onion Jalousie Parcels



### Makes 20 parcels

(approx 100g each - 50g pastry/50g filling)

1kg	pre-made puff pastry
16g	garlic (finely diced)
120g	brown onion (finely diced)
110g	butter
450g	ground beef mince
80g	grated cheese
50g	egg (approx 1)
14g	red chilli (finely diced)
160g	Barker's Caramelized Onion Savoury Filling
	egg wash

### METHOD:

1. Sauté the garlic and onion in the butter. Add the beef and brown off. Drain off excess fat and set aside to cool.
2. Mix together the grated cheese, egg, chilli and Barker's Caramelized Onion Savoury Filling. Add the sautéed onions, garlic and beef. Mix thoroughly.
3. Using the pre-made puff pastry cut out 20 rectangles, 15cm x 10cm. Depending on the thickness of the pastry these should weigh approximately 50g each.
4. Cut 5 lines through the middle of the pastry. Egg wash around the edges.
5. Deposit 50g of filling into the centre of each piece of pastry. Fold the pastry over and crimp down the edges, encapsulating the filling.
6. Brush each parcel liberally with egg wash.
7. Bake at 190°C for approximately 22 minutes depending on the oven.

### Barker Fruit Processors Ltd

PO Box 100, Geraldine 7956, South Canterbury, New Zealand.  
72 Shaw Road, Geraldine 7991, South Canterbury, New Zealand  
Email: [fruit@barkers.co.nz](mailto:fruit@barkers.co.nz)

