

NZ CHEFS NEWSLETTER

**NZ CHEFS PRESIDENT
SHANNON FRYER**

**DR RICK STEPHEN
WORLDCHefs
COMPETITION JUDGES
SEMINAR**

**THE BENEFITS OF
STANDARDISED RECIPES
CHERYL CORDIER**

**TASTE OF NEW ZEALAND
SINGAPORE**

**THANK YOU TO OUR
SPONSORS**

AND SO MUCH MORE

DECEMBER 2024



NZCHEFS
ASSOCIATION INC



NZ Chefs
Hamuera Orupe McLeod
Cooking the classical
Māori way

Happy Holidays

NZ Chefs Wishes You a Merry Christmas and Best Wishes for 2025

We have some exciting programmes planned for 2025 from February 2025

- 2nd Tuesday of month – Event/Gathering Auckland 5.30pm. See our January Newsletter
- 3rd Tuesday of month – Professional Development Webinar. Especially for teachers, and also of interest to most members. See our January newsletter
- 20th May Auckland Regional Secondary and Tertiary Schools Hospitality Competitions
- 2025, MIT, Manukau. Link coming early February.
- 14th June NI Semi-final Nestlé Golden Chefs Hat Award at AUT, Auckland
- 16th June SI semi- Final Nestlé Golden Chefs Hat Award at Ara, Christchurch
- 28th June Worldchefs Judges Workshop Early Bird rates closing end of February!
Register now This workshop is for senior judges and competitors who want to upskill see more information later in this newsletter.
- 28, 29 June and 1 July – Fine Food NZ, Auckland Showgrounds
- 28, 29 June and 1 July – NZ Chefs Championships

NZ Chefs is delighted to partner with Expo and host the NZ Chefs Championships 2025 at Fine Food NZ 2025. The events will be held at the Auckland showgrounds on 28, 29 June and 1 July.

We will have our premium Competitions: NZ Chef of Year, alongside a Secondary school competition, competitions for First year Culinary Students and Apprentices and the established NZ Emerging Chef competition. This three-day event is only possible with generous and loyal support of our sponsors and a great team of volunteers. We have a great group of sponsors and we hope you enjoy and benefit from this event.

We have organised a Passport and we hope you will meet and chat with our competitors, judges and guests and establish great relationships especially with those at the start of their Careers.

Competitions have been important steps on the pathway to culinary success and NZ Chefs is proud to continue years of tradition in running these important competitions. Many of our esteemed judges have starred in these events during their careers.

Check out the awesome Moffat electric oven - one of six being used at the NZ Chefs Championships.

Plan to come along and watch the action in June and July next year.

At the Best for 2025

From Shannon and the NZ Chefs Board

Shannon Fryer
President | NZ Chefs



For content enquiries and to book advertising
contact info@nzchefs.org.nz

Dr Rick Stephen

Worldchefs Hot Kitchen and Culinary Arts
Competition Judges Seminar
Auckland 28 June 2024

Competition Seminar presenters share techniques from both the perspective of Worldchefs Certified Judges, and award-winning competitors.

These intensive workshops provide key information about current trends, competition rules and judging criteria, to help chefs keep up-to-date and at their best! Attending a Competition Seminar is one of the required credentials in a Certified Judge application. Applicants must fulfill additional criteria and provide evidence of support in a formal application process.



To learn more about the full approval process, visit WorldChefs [here](#)

Keep in mind, all Certified Judges are required to attend a Competition Seminar every five years.

Seminar Presenter/Instructor

Dr Rick Stephen

Worldchefs Vice-President
from October 2024 and
Chairman of the Culinary Competition Committee

Dr Rick Stephen is a third generation chef raised in Tasmania. The first Australian to be awarded Certified Master Chef, he started his career in 1972 under world-renowned chef and culinary competitor Claudio Magris.

Rick's own 82 gold medals in various competitions on the international arena include achievements like: Australian Chef of the Year, Chef of Chefs (3 times over), Gold Medalist winner at Food Asia Singapore, the Culinary Olympics in Stuttgart, Luxembourg World Cup Fine Foods in Sydney & Melbourne, Sapporo in Japan and Detroit, Team Captain of Australia from 1990 to 1995, and Team Manager/Coach of Australian Team 2002 from 2008.

He has also literally written the book on The Art of Judging. A coach and mentor, Rick has trained many National Culinary Teams for international competitions, including Singapore, Japan, Thailand, Malaysia, and China.

Contact **NZ Chefs** to reserve your place [here](#)

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The perfect cheesecake for any occasion.

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As any good chef knows, good ingredients are key to making the perfect dish. That's why chefs across New Zealand are reaching for AnchorTM Food Professionals Smooth & Creamy.

Traditionally made with an excellent bake stability, Smooth & Creamy has the perfect mild creamy flavour and firm texture that cheesecake customers won't be able to resist.

TRY IT FOR YOURSELF

New York Baked Cheesecake



TOP TIP: For a smooth & creamy cheesecake **use room temperature ingredients** for a lump-free, smooth mixture. They're also easier to work with!

CHEESECAKE BASE

600g	Biscuit crumb
160g	MainlandTM Unsalted Butter melted
50g	Brown sugar

METHOD

1. Blend all of the ingredients together to form a crumb.
2. Press the crumb into the prepared cake tin.

CHEESECAKE FILLING

650g	AnchorTM Food Professionals Smooth & Creamy Cream Cheese
220g	Caster sugar
5g	Vanilla paste
20g	Lemon Juice
1	Zest of lime
200g	AnchorTM Whipping Cream
4ea	Eggs

METHOD

1. Whisk the eggs, vanilla and sugar together until just combined.
2. Soften the AnchorTM Food Professionals Smooth & Creamy Cream Cheese and whisk until smooth, do not over mix.
3. Blend the egg mixture into the softened cream cheese mixture until combined, do not over mix.
4. Pour the cheesecake filling over the prepared biscuit base and then bake at 160 °C until partially set.
5. Allow the cheesecake to cool to room temperature before placing into the fridge.
6. Allow to cool in a fridge overnight.

To find out more about Smooth & Creamy, visit [anchorfoodprofessionals.com](https://www.anchorfoodprofessionals.com)

Taste of New Zealand Masterclass at Nanyang Polytechnic

Nanyang Polytechnic, Singapore and NZ Chefs have had a long relationship. Estemmed Canterbury Chef Andy Gibb was a tutor there. Many NZ Chefs have prepped for competitions in their kitchens for Food and Hotel Asia.[FHA] competitions. In October they graciously allowed their facilities to be used as a training base leading up to the Global Chef Challenge. Congratulations again to Cam Davies for his excellent achievement in coming 8th in this prestigious event held every second year.



The team's Coach/mentor **Mark Sycamore** presented a masterclass at Nanyang while in Singapore, supported by NZ Chefs.. The theme was "A Taste of New Zealand," and it was an incredible opportunity to showcase some great products to a group of over 30 students.

The demonstration featured three dishes, each highlighting the unique flavours and high-quality products that New Zealand has to offer. Mark describes his dishes and the students reactions:



First Dish: Akaroa Salmon Tartare

Our first dish was a refreshing Akaroa Salmon Tartare seasoned with lemon pepper and kelp salt. This dish celebrates the pristine waters of Akaroa, known for producing some of the best salmon in the world. The tartare was dressed with Lot 8 'flavours of Aotearoa' olive oil and seasoned with lemon and kelp, adding a zesty and umami-rich flavour that perfectly complemented the delicate salmon. It was served on a crispy nori cracker, topped with crème fraîche and a touch of luxurious salmon caviar. The students were mesmerised by images of the beautiful Akaroa harbour on the screen while enjoying the combination of textures and the burst of flavours in each bite.

Second Dish: Coconut Oil Poached Akaroa Salmon

Next, we moved on to a Pacific-inspired dish of Coconut Oil Poached Akaroa Salmon. This dish was a hit, thanks to its rich and aromatic profile. Poaching the salmon at 42°C in coconut oil infused with kaffir lime leaves, lemongrass, and vanilla created a beautifully tender and flavourful fish. This was served with a vibrant emulsion of coconut cream, lime, and vanilla, along with a textural salad of foraged coastal greens and a hint of red chilli for a subtle kick. The students were intrigued by the technique of slow poaching and commented on the flavour provided when finishing the salmon with a quick burst from a blow torch.



Third Dish:

Classic Akaroa Salmon with Green Shell Mussels

The final dish again featured Akaroa Salmon, this time cooked classically to medium rare with a nice crispy skin. Highlighting the salmon were some stunning Green Shell Mussels from Ikana, renowned for their sweet and tender meat. They are vacuum-packed fresh and shipped around the world with a 12-day shelf life. The mussels were also featured in Cameron's global chef fish course, so introducing them to the students was a natural fit.



Steamed simply with white wine, the cooking juices were turned into a chowder-style sauce with agria potatoes, celery, and Anchor cream. The dish was enhanced with a smoked bacon crumb for texture. This dish truly encapsulated the essence of New Zealand's coastal cuisine and rich dairy products, and the students were thrilled to learn about the versatility of these ingredients.

The students at Nanyang were impressed by the flavours and techniques and also inspired by the stories behind New Zealand's wonderful ingredients. It was a joy to share some of New Zealand with them and to see their excitement and curiosity grow throughout the class.

NZ Chefs thanks Nicholas Low and Nanyang for allowing the NZ Chefs Global Chef Challenge team to use their kitchens for the prep work leading to the competitions. A certificate of appreciation was presented to Nicholas Low. Akaroa Salmon is a longtime and loyal supporter of NZ Chefs and are again supporting the 2025 NZ Emerging chef of the Year being held at Fine Food NZ on Tuesday 1st June.

Mark Sycamore is Senior Academic Staff member - Cookery at Ara Institute of Canterbury. He has an outstanding Culinary Competition record - representing New Zealand Chefs on the World Stage at Junior- Senior level both individually and in teams. He is a NZ Chefs Board member and was Coach /Mentor to the NZ chefs Global Chefs Challenge Team 2024, Thanks to Ara for supporting Mark in this role and the Team for practice sessions.

For more about the products Mark used in the Masterclass view:

Akaroa Salmon www.akaroasalmon.co.nz via Orca Marketing in Singapore

Ikana Mussels www.ikana.com via New Zealand Fresh

Anchor Food Professionals www.anchorfoodprofessionals.com/nz/en/about-us.html



We're Smart® Green Guide - Radishes and Radish leafs

We're Smart® Radishes

We're Smart® Radishes Culinary restaurants listed in the We're Smart® Green Guide are given a rating of 1 to 5 radishes. This rating is based on a number of criteria including the degree of culinary creativity and surprising taste combinations. The number of radishes also gives an indication as to the proportion of fruit and vegetables used in the menus and various dishes, without necessarily targeting exclusively vegetarian or vegan restaurants. Efforts made with regards to health, ecology and sustainability are also taken into consideration, as is the way in which each restaurant communicates this information.

Continue to read more about Frank Fol...





Frank Fol, The Vegetable Chef®

initiator of the concept, project We're Smart® World?

Chef Frank Fol - former chef/owner of Michelin star restaurant Sire Pynnock - has, for more than thirty years, been really passionate about vegetables and all produce growing on our earth and his cooking was very much geared towards the use of vegetables and fruit.

A former star chef on the Belgian culinary theatre, today he is an international consultant on healthy, equilibrated and vegetal (as often as possible but not systematically) food. He consults, coaches and teaches workshops all over the world.

Without going overboard, he will include meat, poultry and fish in his dishes, but will always remain one of the most ardent defenders of the cooking style “vegetables first, followed by the other products”. However, his dishes are more than a match of the best gastronomic tables or the new trendy - read healthy - restaurants.

Whilst promoting his slogan *Think Vegetables! Think Fruit!* he travels around the world sharing his approach to the kitchen of today and tomorrow's kitchen with his peers.

It is also a way for him to increase his produce knowledge and to be inspired by a contemporary way of cooking with vegetables. This way of cooking is beneficial for our bodies and of course for the future of our planet and our children, that is our future!

Finally, he did start up [We're Smart World](#) on a national level some years ago, but in 2018 he decided to go international with this ambitious project.

After the 'paper' versions, this spring, Frank Fol, his team and the many supporters and sponsors proudly present the online [We're Smart Green Guide](#). Add to this a smattering of personalities recognised for the dynamism and their 'green' projects both in Belgium and the rest of the world.

It is with great passion and hard work that he has managed to turn his passion and way of life in an objective for the future of our way of cooking.

BBQ Croque Radish with Mushroom Légumaise, Truffle and Garden Cress

Ingredients

(For 4 portions)

1 bundle of large radishes with greens

1 large red onion

40g young spinach

cup of Garden Cress - Koppert Cress

strong dash of Iluigi olive oil

120 g 'Old flandrien' (crumbled cheese)

150 gr bio Légumaise Périgord, mushroom with truffle

white truffle sea salt - Tartivo Truffles

1 small wholemeal bread (not pre-cut)

Frank Fol

Method

Grilled onion:

Peel the onion, cut it and grill it briefly.

Croque

Cut 8 toasts of max 1.5cm thick with a bread knife.

Spread some légumaise on 4 toasts.

Cut the leaves off the radishes and wash the radishes and leaves.

Cut the radishes into slices.

Spread the radish slices on the 4 toasts with sauce.

Place some radish green on top, then we divide the smoked onion and some spinach leaves over it.

Finally, crumble some cheese over each croque and close with the second slice of bread. Give it a good push.

Grill these on the (Berghoff) BBQ until they are nicely colored and warm on both sides.

To finish

Place a croque cut into 2 per plate, finish with some truffle Légumaise, some extra chunks of cheese, some white truffle sea salt, a few drops of olive oil and the cress.

Recipe: Frank Fol - The Vegetables Chef®

Photo: Wim Demessemaekers,

Photographer | @wim_dmskrs

Preparation time: 20 minutes

Techniques: veggies

Plate: Wild Grey Flat Plate



Butterscotch 'Cheesecake' Cones with NESTLÉ Docello™ Chocolate Mousse

Ingredients

Butterscotch 'Cheesecake'

Mix:

250ml Milk

250g Greek yogurt

123g NESTLÉ Docello™

Protein Enriched Butterscotch

Dessert Mix

Chocolate mousse:

200ml Milk

100g NESTLÉ Docello™

Chocolate Mousse Mix

28 Pre-made Pastry Cones

100g Pistachio nuts, chopped

Method

Butterscotch 'Cheesecake' Mix

Combine milk and Greek yogurt in a mixing bowl.

Add the NESTLÉ Docello™ Protein Enriched

Butterscotch Dessert Mix and whisk for 1 minute.

Let the mixture rest for 2 minutes then whisk again for another 3 minutes.

Refrigerate until set.

Chocolate Mousse

Whisk milk and NESTLÉ Docello™ Chocolate Mousse

Mix together until light and fluffy (an electric balloon whisk gives best results).

Place Butterscotch 'Cheesecake' and

Chocolate Mousse in separate piping bags.

Pipe the Butterscotch Cheesecake into the

Pastry Cones until almost full then pipe the

Chocolate Mousse on the top.

Garnish cones with chopped pistachio nuts



The Benefits of Standardised Recipes

by Cheryl Cordier



Standardised Recipes

A standardised recipe controls both the quantity and quality of what the kitchen will produce. It consists of the amount of ingredients and a set of procedures to be used for preparing and serving each menu item. A standardised recipe is the key to menu item consistency, and ultimately, operational profitability.

Portion Control

Each standardised recipe should detail how many portions it will make. The desired weight of each portion must be calculated. When you prepare meat from a primal cut, trimmings for steaks and cooking loss for roasts must be factored in. Sticking with raw and cooked weights is crucial for achieving the desired food cost.

Portion Guides

The serving size must form part of the standard recipe and provide a guide, either by weight, number of items, a ladle or measure full or a cooked weight.

Sourcing and Purchasing Food Commodities

Being able to source and purchase food at the best possible price and quality. Most catering operations now spend time planning around sustainable food practices, designing menus around products that are in season that can be sourced locally. Most operations change their menus seasonally to allow for best possible price. Although nowadays many items are available year-round, their high import cost will affect the profitability of a dish.

Standardised recipes

form the basis for the planning of the floor layout, the size, number and type of equipment, and utensils needed, as well as the employees required for a particular food service operation.

Carefully followed, standardised recipes are one of the essential components for successful food preparation as they enable the chef/manager to predict and control the quality, quantity, and portion cost of the final product.

Consistency

in product quality and quantity can be assured because all ingredients and preparation details are accurately stated. Precision saves time, prevents wastage, and eliminates guesswork and human errors. Better consumer satisfaction is achieved because of high quality and consistent food is constantly supplied.

Food cost

is lowered and less fluctuation in costs occurs through better control over the yield and number of portions produced

continued ...

Purchasing

is simplified because exact quantities and ingredients specifications are indicated in recipes, and this lessens or even eliminates errors during the ordering and receiving of ingredients.

Standardised recipes

are essential for the logical assembly of ingredients in a central ingredient area or in the weighing room. If food service personnel follow recipe instruction meticulously, a consistent high-quality product will be produced. Furthermore, job security and job satisfaction will increase due to fewer problems being experienced during menu item production and less customer complaints.

Rapid training

of new or part-time food service employees is possible, because all the relevant information is supplied, and standards are clearly set. Unskilled personnel then have a better chance of producing a quality product and the chef/manager is less dependent on highly skilled employees. Standardised recipes simplify the efficient organization of work, production planning and work scheduling to ensure the logical flow of work, thereby increasing labour efficiency.

The risk of food-borne illnesses are limited if recipe instructions are accurately followed

This diagram is an example of a standardised recipe



Indian Vegan Korma

A delicious blend of vegetables and spices in a creamy and rich korma sauce

Ingredients - 4 portions

100 grams	Raw cashew nut pieces
800 ml	Coconut milk
2 tbsps.	Olive oil
2 x 113g each (226g)	Brown onion <i>chopped</i>
2 tbsps.	Garlic <i>crushed</i>
1 tsp	Ginger <i>minced</i>
2 tbsps.	Mild curry powder
0.5 tps.	Cumin powder
0.5 tps.	Coriander powder
0.5 tps.	Cinnamon
0.5 tps.	Turmeric
0.5 tps.	Cardamom powder
0.3 tps.	Cloves <i>whole ground</i>
0.5 tps.	Fennel seed <i>ground</i>
131 grams	Tomato paste tube
1 tbsps	Palm sugar
1 gram	Sea salt <i>to taste</i>
500 grams	Mixed vegetables <i>diced small</i>

Method

Sauté onions and garlic in some olive oil and spices and then add the mixed diced vegetables and tomato paste.

In a blender you blend up some cashew nuts and coconut milk and pour that over the veg and let it all cook up until your vegetables are cooked

Nutritional Information (per 456.2g portion)



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A
selection
of entries
from the
Global
Challenge
Pastry
Chef
competition
held in
Singapore
2024





International Chefs Day Celebrating 20 Years of Advocacy

Celebrating two decades of advocacy and community engagement through International Chefs Day, we reflect on its history, the achievements and memorable moments of this year's events, and its global impact.

International Chefs Day 2024 marked its 20th anniversary, uniting chefs in over 100 countries for a day of advocacy under the theme "Growing Great Chefs".

Growing Great Chefs at Worldchefs Congress 2024

During the 40th Worldchefs Congress & Expo in Singapore, an International Chefs Day workshop on October 19th and a special speaker session on October 20th celebrated this landmark year. Attendees explored practical approaches to culinary education and sustainability, with engaging discussions captured in our [YouTube recap](#).

Community Highlights from Around the World

A diverse range of activities showcased the creativity and passion of the global culinary community. From hands-on cooking classes for children to educational sessions on urban farming, the reach and impact of this year's initiatives continue to inspire. Explore our community gallery [here](#)

Nestlé Professional: A Dedicated Partner

For over a decade, Nestlé Professional has partnered with Worldchefs to bring International Chefs Day to life. This collaboration began in 2014, with a shared mission to inspire and educate children about healthy eating habits while promoting sustainable food practices. Through their dedicated efforts, Nestlé Professional has helped to expand the reach and impact of International Chefs Day, ensuring that its message resonates across global communities.

Nestlé Professional also provides a toolkit to support chefs in hosting their International Chefs Day events. This resource includes detailed instructions, educational materials, recipes, and social media tips, ensuring that participants have everything needed to create impactful and engaging activities.



Vanessa Marquis, CEC, AAC
Chairman of Worldchefs International Chefs Day Committee
with WorldChefs Board Members

Worldchefs Congress 2024 Holiday Reading

We recommend some investigative reading
on the following who spoke at The Worldchefs
Congress 2024.

Amazing, inspirational speakers...

Janice Wong personal Branding
for Chefs and Taking an Asian
Brand global

link [here](#)



Conversations Dominating Association Planning,
Associations Evolve Journal

Belinda Moore, Strategic Planning Expert and
Director of Strategic Membership Solutions,
Associations Evolve Journal

link [here](#)



Chef Emile van der Staak
Source and acknowledgement

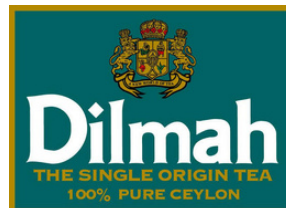
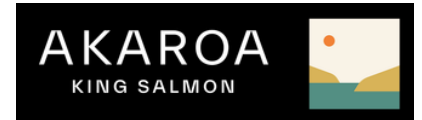
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