

# NZ CHEFS NEWSLETTER

**OCTOBER 2024**

**NZ CHEFS PRESIDENT  
SHANNON FRYER**

**THE BURNT CHEF WEBINAR  
MENTAL HEALTH**

**INTERNATIONAL CHEFS DAY  
20TH OCTOBER 2024**

**BEEF SHIN OSSO BUCO  
RECIPE**

**TECHNOLOGY IN THE  
KITCHEN  
CHERYL CORDIER**

**COCONUT BANANA BREAD  
RECIPE**

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**NZCHEFS**  
ASSOCIATION INC



# Welcome to the October Newsletter

**From the AGM - NZ Chefs Board announced:** Honorary membership for Andrew Madill. For over 20 years Andrew has been a loyal supporter of NZ Chefs, and we wish him well in the beverage world at Nestlé Professional. Thanks very much Andrew.

**Culinarian of the Year to Cameron Davies.** Cam is the first New Zealander since 2016 to win the Global Chef Pacific rim semi- final and compete in the world finals. All the best in Singapore Cam.

**The Board welcomed** Kelda Skelton as Secretary, Craig Lucas as Partnership manager and Jasbir Kaur as Vice president.

**New Zealand Chefs Association Incorporated Constitution 2024** The new constitution which meets the Incorporated Societies Act was passed by the membership.

**Enjoy International day of the Chef,** [20 October each year] spend some time with some young chefs and remember to take a photo to # to NZ Chefs Facebook page.

**Launch Fine Food 2025 Campaign** Join the Board at Southern Hospitality, Auckland to hear our plans for the NZ Chefs Championships being held at Fine Food NZ [28, 29 June and 1 July 2025]. Thanks Southern for hosting this event, we are looking forward to seeing and hearing about the latest cookwear for induction cooking. Yes, we are going electric and no more gas pipes!

**More info and to RSVP** on Facebook or email [info@nzchefs.org.nz](mailto:info@nzchefs.org.nz)

**Competitions.** There are plenty of ideas for 2025, watch out for:

- Online webinar for competitors
- Online refresher course for senior judges
- Online webinar for tutors and teachers

**Worldchefs Judges Seminar.** This seminar will be on Saturday 28 June with practical judging available during Fine Food NZ. Early registrations of interest is best as there could be limited practical places available. Register interest at [admin@nzchefs.org.nz](mailto:admin@nzchefs.org.nz)

**Global Chefs Challenge 2025 Pacific rim Semi-finals** The Chef and Young Chef semi- finals will be held in Rarotonga in April and the Pastry Chef will be held in Australia. Dates and venue confirmation is imminent.

**Webinars** NZ Chefs Professional development webinars will recommence in February 2025. These are scheduled for 4pm on the first Monday of the month. These seminars are aimed for Teachers, however they are enjoyed by all categories of members.

**Conference/Expo/Workshop with Educational Focus.** TBC

Are you interested? Email [admin@nzchefs.org.nz](mailto:admin@nzchefs.org.nz) with your thoughts.



For content enquiries and  
book advertising, contact  
[info@nzchefs.org.nz](mailto:info@nzchefs.org.nz)



*Shannon Fryer*  
President | NZ Chefs



# Join us at this Important Burnt Chef Webinar

**Don't put your mental health on the back burner!**

Join us alongside @theburntchefproject, a dedicated not-for-profit organisation who supports the mental well-being of hospitality professionals, for a live webinar on Monday 14 October.

Come along to hear practical insights on:

- ✓ Understanding and managing stress in a fast-paced environment
- ✓ Techniques to build personal and professional resilience
- ✓ Practical steps to avoid burnout and sustain a healthy work-life balance

Whether you're an apprentice chef, hospitality manager or a seasoned professional, don't miss this opportunity to learn how to protect your mental health and thrive in your career.

## EVENT DETAILS

📅 Date **Monday 14 October**

🕒 Time **17:00 AEDT / 19:00 NZDT**

📍 Location **Online**

This event is **free** and open to all hospitality professionals

**Register** today to reserve your spot [here](#)



## THE PANEL

- Kris Hall, CEO & Founder of The Burnt Chef Project
- Alan Tompkins, Australian Chief Ambassador, The Burnt Chef Project
- Charlie Childs, New Zealand Ambassador, The Burnt Chef Project
- Elke Travers, Commercial Development Chef, Nestlé Professional

*See you there!*

Mon, Oct 14, 7:00 PM NZDT

**ONLINE EVENT**



**17:00 AEDT / 19:00 NZDT**  
**07:00 BST**

# NAVIGATE STRESS, AVOID BURNOUT

**14/10/24**

**Don't put your mental health on the back burner!**

Join us in this free webinar as we discuss how manage stress & avoid burnout whilst continually delivering in the demanding and fast paced hospitality industry.



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Golden  
Chef's Hat  
Award



THE BURNT CHEF  
PROJECT

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# International Chefs Day

Each year on October 20<sup>th</sup> we celebrate International Chefs Day



Since its creation by the Late Chef Dr. Bill Gallagher in 2004, Worldchefs has committed to using International Chefs Day to celebrate our noble profession. Chefs have a wonderful opportunity to make a positive impact in our communities by celebrating this special day with children. Every October, Chefs come together to inspire and educate the next generation about the joys of cooking, healthy eating, and the importance of sustainability.

Over the past years, Worldchefs has partnered with Nestlé Professional to teach children around the globe by providing a toolkit and guiding Chefs to host fun-filled workshops worldwide.

We can help our children the Worldchefs way by working together in Preparing Children for a Healthy Life. This year's campaign for International Chefs Day is "Growing Great Chefs"

The "Growing Great Chefs" campaign promises to inspire curiosity, creativity, and a love for cooking among children from all walks of life. By sharing the joys of the culinary profession, Nestlé Professional and Worldchefs hope to leave a lasting impact on young hearts, nurturing the potential of future culinary leaders.

## Some ideas on how we can celebrate International Chef's Day with children



### Cooking Workshops

Organise interactive cooking workshops for kids where they can learn simple and fun recipes. Encourage them to get hands-on experience in the kitchen and discover the joy of preparing their own meals.



### Nutrition Education

Host educational sessions on the importance of balanced diets and nutrition. Teach children about the various food groups and the benefits of incorporating fresh, local produce into their meals.



### Food Safety Awareness

Emphasise the significance of proper food handling and safety practices in the kitchen. Instil in children the habits of cleanliness and good hygiene while cooking and handling food.







### Farm Visits

Take the children to visit local farms or community gardens to show them where their food comes from. Teach them about sustainable farming practices and the importance of supporting local producers.



### Food Art and Creativity

Encourage kids to express their creativity through food art. Have them design and create their own visually appealing dishes using various colorful ingredients.

Food Donation Drives: Organize food donation drives with the children to raise awareness about food insecurity. Teach them about the value of giving back to the community and helping those in need.



### Cultural Culinary Journey

Introduce children to different cuisines from around the world. Let them explore diverse flavors and cultural traditions, promoting understanding and appreciation for global culinary heritage.



### Chef Mentorship

Pair up young aspiring chefs with experienced members to provide mentorship and guidance. Inspire them to pursue their culinary dreams and support their passion for cooking.

**Chefs from around the globe** are invited to host their very own Growing Great Chefs workshop in their region. It can be a workshop for your own children or a workshop for 300 children, every child can benefit from this experience. It is important to share this opportunity and message for every child to learn and enjoy eating something new!



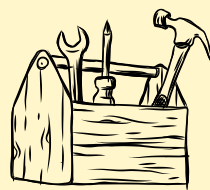
**Remember**, the impact of our celebration goes beyond just one day. Let's strive to create a lasting impression on these young minds, fostering a love for cooking, nutrition, and sustainable practices that will stay with them for a lifetime.



**Being a chef** can be a hectic life. However, even spending just 5 minutes or 2 hours with your child, a student, or another child in your community can make a positive impact. If you are busy on October 20th, consider taking some time on any other day in October to connect with them.



**Please share** with us your fun moments, workshop experiences, or the beginning of your garden by sending us your pictures and/or videos via email. Don't forget to use the hashtags below. Join me and thousands of chefs in October by Preparing Children for a Healthy Life!



**A Toolkit**, provided by Nestlé Professional, with everything you need to run an event, from instructions to materials to recipes to social media tips, has been prepared for you. The complete toolkit can be downloaded below.

**For help or suggestions** in hosting a Growing Great Chefs workshop on or around October 20, 2024, please contact Worldchefs' International Chefs Day Committee [HERE](#)



**Together**, we can make International Chef's Day a truly memorable and transformative experience for the children in our communities. Thank you for your dedication and commitment to shaping the future of our culinary world.

**Tag Worldchefs** on social media:

- #GrowingGreatChefs
- #InternationalChefsDay
- #ThisIsWorldchefs
- #NestleProfessional
- #PreparingChildrenForAHealthyLife
- #nzchefs





# Beef Shin Osso Buco

Check out this classic soul food that will have you transported to the region of Lombardy in Italy in no time!

## Ingredients

60ml Vegetable oil  
100g Onion, coarsely chopped  
100g Celery, coarsely chopped  
100g Carrot, coarsely chopped  
20g Garlic  
1.2kg Beef Shin  
100g Flour  
200ml Red Wine  
80g MAGGI® Jus Lié  
1kg BUITONI® Sugo al Pomodoro (Coulis)  
Bouquet garni (parsley, bay leaf, Oregano)  
3g black pepper  
Pasta  
5g Salt  
45ml Olive oil  
1kg Fettuccine (fresh)  
4L Salted water  
10g Basil leaves for garnish

## Method:

Heat a large heavy based saucepan or cast-iron pan and add half the oil. Add the onions, celery, carrot and garlic and sauté for 3-4 minutes until soft and fragrant. Remove from the pan and set aside.

In the same pan, heat the remaining oil. Dust the beef shin in the flour and sear on all sides until golden brown and caramelised.

Remove the beef shin and deglaze the pan with the red wine, allow to reduce by half then add the MAGGI® Jus Lie, BUITONI® Sugo al Pomodoro (Coulis), herbs and pepper and bring to a simmer then return the meat and sautéed vegetables and mix well.

Cover the pan with foil or a lid and transfer to the oven for 2 hours at 160°C.

For the pasta, bring water, salt and oil to the boil. Add the pasta, cook for 8-10 minutes until al dente and drain.

Divide the pasta between serving bowls and top with the beef shin and spoon around the red wine and tomato sauce.

Garnish with fresh basil leaves and a grind of black pepper.





# Technology in the Kitchen

By Cheryl Cordier

## History of Cooking Technology Changes:

Looking back through the ages where many people were needed to cook in one kitchen for the privileged and the gentry, it is interesting to note how ovens needed to be watched all day to produce meat and breads and almost everything had to be done by hand. As technology has progressed introducing more advanced methods of cooking thus reducing the need for so many staff in the kitchen as one no longer needs to watch an oven all day. By the 1950's ovens and refrigerator's were in almost every home which in turn led to the stay at home mother as a cook, cleaner and babysitter.



At this point only the wealthy could afford cooks in their homes. In the 80's and 90's the introduction of the microwave oven, this was able to defrost, heat and cook foods in a much shorter time and became the most important item to add to your kitchen. Cooking technology subsequently almost stagnated until the invention of IoT which has introduced a wonderful array of new and exciting technologies to use in the kitchen.

## Benefits of adopting technology in the workplace:

- 1) **Reduce Labour costs:** Once the many available technologies have been installed or implemented in the workplace, employees will need to be trained on these technologies. This will in turn reduce labour hours currently on tasks which can be done electronically.
- 2) **Improve on guest experience:** A reduction in human error and the ability to have perfect menu items repeatedly along with the ability to ensure all allergens can be recognised and served to customers. There has been an unprecedented increase in guests ordering online since Covid-19 and the ability to match the speed of ordering with the speed of delivery of the menu item will be expected by the guest. Guests will increasingly demand to know where their items are in the preparation cycle by real time tracking and live order updates. Guests will expect to know what is in their food, where the items come from and that they are safe from allergens e.g., Celiac as well as those special diets that they have can be met. e.g., Gluten Free or Vegan. Guests are also becoming increasingly prepared to pay for more sophisticated solutions.
- 3) **Improve on employee experience:** With the use of smart devices, a large part of the guess work will be removed. Alerts received via mobile/cell phone or personal computer to be able to trouble shoot problems on large or small kitchen equipment. Ease of training on equipment via online training and continuous professional development which can be undertaken via online education will ensure employees can stay in their job and do not have to travel for education and training.
- 4) **Confident experience for owners and managers:** Keeping track of all your kitchen operations using available technology will ensure you as an owner, manager and or chef feels more in control, has peace of mind and is confident in the ability to be a successful commercial kitchen.
- 5) **Data gathering:** The ability to get real time information and create reports on data which can be com-municated to relevant authorities, owners, and management. Some systems provide remote data from your kitchen 24 hours a day 7 days a week, putting real time information at your fingertips and giving you peace of mind no matter where you are.

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6) **Paperless:** linked to sustainability: The reduced use of paper in the kitchen, which is largely replaced with the use of an iPad, tablet or computer to store and share information.

7) **Save money:** By using available technology the many benefits will save the business money. You may have an initial upfront investment to set the business up, but this will be well worth it in the long run. Some examples include that you can see when an item will best be used before date of expiry and use it on a menu or special thus utilising it before throwing it away thereby reducing wastage. Another is the ability to identify maintenance issues with large equipment before they break down. Lower employee costs in the long run due to technology replacing some responsibilities of the employees. The ability of some apps to compare different suppliers/vendor prices and then place order according to lower prices will save unnecessary expenses when margins are already tight. Using AI will save on time for example to work out recipes, create shopping lists, the benefits are endless.

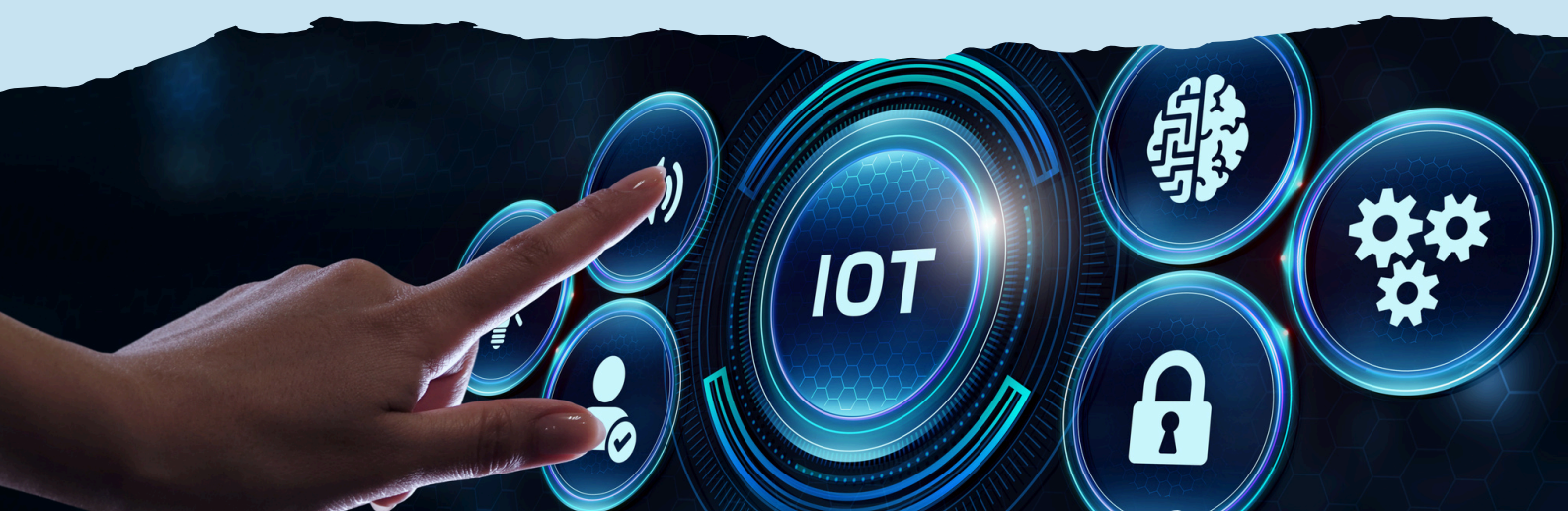
8) **Save time:** With all the high tech available in the industry now, one can save time by using the technology to do previously manual tasks which are also more accurate and give you actual data to make better decisions in the future. Lower equipment downtime due to the ability to remotely problem solve on equipment and run diagnostics, one does not have to wait for a technician to come on site. The use of automated temperature checks and energy consumption data saves on employee time. Automated ordering systems which reorder when minimum stock levels are reached. Saved standardized recipes in the equipment saves on training time and ensures perfect items each time, thereby reducing human error and having to reprepare menu items. AI can be used to generate recipes and work out costings in record time.

## The impact of not adopting technology in your kitchen

The impact of not adopting technology in your commercial kitchen will have a severe impact on the ability to be competitive in a very competitive market. A few things to consider if choosing not to become technologically up-to-date in your workplace are:

- 1) Employees will choose to rather work for an establishment that is advanced and that uses technology to assist them in their job.
- 2) It will be hard to catch up later when everything has moved so far ahead. Businesses that do not move with the times end up out of business
- 3) The opportunity to save money in the long run
- 4) The ability to work smarter and not harder
- 5) Your ability to ensure consistent product quality and remove unnecessary expenses
- 6) You will find it difficult to attract younger generation employees in the future
- 7) Your customers will move towards more forward-thinking businesses
- 8) The sustainability aspect if not looked at adapting these ideas into your business will affect future customers choice

[Continues ...](#)



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Continues ...

## Reasons that currently affect decisions to move into a more technology based commercial kitchen operation

- 1) Budget constraints – the cost of implementation
- 2) Having to sign contracts
- 3) Access to a suitable Wi-Fi connectivity. Kitchens are often in the basement and have poor internet connectivity
- 4) Lack of product knowledge or the range of products on the market
- 5) That there is not one single platform across all the technology which leads to a range of different systems being implemented
- 6) Training people across a range of different technologies
- 7) Being confused by the large range of different options available and which one to choose as most suitable for your operation
- 8) Loading all the standardised recipes into the system takes time for large operations
- 9) Data Security and Privacy: who has access to what information - most organisations are requested to sign that their data can be used for collection as part of their contract
- 10) Not being able to use the data to improve your systems and processes. It will be important to have a person analyse the data you have to improve otherwise the benefits of having access to data will be of no value
- 11) Employees concern that they will no longer have a job. The ability to see technology as a helpful tool as opposed to a deskilling tool IoT – The Internet of Things. Kevin Ashton coined the “Internet of Things” phrase in 1999 and then it took another 10 years for it to become a recognised phrase of the vision he had



### Definition

The Internet of Things, or IoT, refers to the billions of interrelated common physical objects like computing devices, machinery, objects and people around the world connected to the internet, all collecting and sharing data. Connecting all of these objects and adding sensors to them, adds a level of intelligence enabling them to communicate real life data and react to each other without involving a human being. The Internet of Things (IoT) is making the world around us smarter and more responsible by merging the physical and digital universes.

Many of the large and small kitchen equipment now has IoT capability enabling the ability to do things quicker and more accurately. These IoT applications have become part of our daily lives. It is estimated that over 75 billion devices will have IoT capability by 2025.

For many of us wearing a smart watch that measures our steps, heart rate and tells us to breathe when our heart rate rises are using IoT. Dreaming of owning a self-driving car may still be in the future for most of us, although another example of the use of IoT in our lives.

Many of the equipment items we are going to discuss uses IoT technology and we will start seeing this more and more in our commercial and home kitchens. Chefs will be able to remotely monitor their ovens and other cooking equipment via their mobile/cell phones or computer enabling them to ensure consistent product quality and ensure efficiency of cooking being optimized thus making their jobs easier and time more productive. Being able to receive instant notifications from these built-in sensors before equipment failure or to troubleshoot problems will further improve system maintenance and user experience. This will cut down time and enable maintenance on equipment timeously.

**In summary** we have seen how fast AI has become integrated into our everyday lives, how cloud kitchens have sprouted up. Buying from restaurants has changed, you now wait in a queue to get your order along with the Uber or other drivers who are delivering to people’s homes for a few dollars. As chefs we need to keep up with the changes or we will be forced to compete with the hospitality businesses that have embraced the technology into their businesses.

# Coconut Banana Bread

## Ingredients

100g Butter  
200g Sugar  
4g Vanilla paste  
2 Eggs  
200g MAGGI® Premium  
Coconut Milk Powder  
350g Flour  
8g Baking powder  
6 Bananas (medium),  
peeled & mashed  
4g Salt

## Method

Preheat oven to 180°C.  
Using an electric mixer, cream the butter and sugar for 2-3 minutes until light and fluffy. Add the vanilla paste and beat a further 30 seconds. Add the eggs one by one while continuing to whisk.  
Remove from the beater and stir in MAGGI® Premium Coconut Milk Powder, the other dry ingredients and mashed bananas.  
Mix all the ingredients well until combined and smooth.  
Pour into a greased or lined loaf pan or similar.  
Bake for 1 hour



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