Food Writers New Zealand

HANDBOOK

kitchenware

KITCHENWARE

BAKEWARE

Bakeware which is dark in colour, has a non-stick coating or is made from aluminium, absorbs more heat which is transferred to the product being cooked. This results in shorter cooking times than food cooked in bakeware that is light in colour and reflects heat away.

If using ceramic or glass quiche or flan dishes, the cooking times will be longer. It is preferable to use a metal container for baking. If using irregular-shaped bakeware give the capacity in cup measurements, e.g. a 3-cup bundt pan.

General New Zealand sizes for bakeware

Cake pan round	18 cm, 20 cm, 23/24 cm
Cake pan square	18 cm, 20 cm, 23/24 cm
Loaf pan	22 cm x 12 cm x 7 cm (measured at the top)
Loaf pan	19 cm x 10 cm x 5 cm (measured at the top)
Sponge roll pan	20 cm x 30 cm Avoid using the term lamington pan or Swiss roll pan.
Muffin pans	Three general sizes: mini, standard or medium, large or Texan. Do not confuse muffin pans with patty pans which are shallower than standard muffin pans.
Quiche or flan pans	Ensure that the depth is stated.

APPLIANCES

Bread Machines

When writing recipes for bread-makers:

- Ingredient measurements must be accurate.
- Emphasise the order that the ingredients should be placed in the container.
- Different machines often use different terminology.
- Where possible, state the brand or type of bread-maker used.
- State the weight of the loaf to be made. Different machines make different-sized loaves. Small machines could become stressed if there is too much mixture.

Food Processors and Blenders

These are available in numerous sizes with varying wattages and capacities. In some smaller models the processing of large quantities can be difficult. State if the mixture can be processed in batches without affecting the end product.

Stoves and Microwaves

Terminology	
Conventional Cooking	Uses heat sources at the top and base of the oven.
Multifunction Oven	Offers various cooking systems or functions.
Hot Air Cooking	A fan assists the circulation of hot air through the oven. May be fan assisted or fan forced.
Fan Assisted Cooking	Uses heat sources from the top and base of the oven, with a fan to assist heat distribution. Oven temperatures need to be reduced by about 20°C to compensate.
Fan Forced Cooking	Heat is distributed from an element around the fan. Heat sources at the top and base of the oven may also be used. Oven temperatures need to be reduced by about 20°C to compensate.
Hot Air Grilling	Also called fan grilling. A fan helps to distribute the heat from an element at the top of the oven.
Conventional Grilling	Elements at the top of the oven provide the heat for grilling.
Concealed Element	Where the element at the bottom of an oven is concealed beneath the enamel base.
Catalytic Cleaning	Catalytic panels, usually positioned on the oven sides, oxidise food splatters as heat is generated.
Pyrolytic Cleaning	A specially insulated oven designed to clean by heating to very high temperatures. The door locks during the cleaning cycle.
Microwave	To cook using microwave energy. Microwaves generated by a magnetron pass through the food and cause water molecules to agitate.
Combination Cooking	Uses a combination of microwave energy and traditional oven cooking.
Induction Cooking	Hobs with induction elements offer an efficient use of power and are easy to control. An induction element is a powerful, high-frequency electromagnet that makes the cooking pan the origin of the cooking heat. This heat is transferred to the food in the pan. Special cookware is required to conduct the energy. To test for suitability, place a small magnet on the base of the pan. If it sticks then the pan will be suitable.

Ovens

Recommended Times and Temperatures

The time taken to cook a product depends on the temperature used, the method of cooking (conventional or hot air movement), the amount of food being cooked, the composition of the food, position in the oven, type of bakeware used plus the effectiveness of the oven's insulation. All ovens vary in their cooking ability. Cooking temperatures and times are given as guidelines, e.g. Bake the cake for 20–30 minutes or until a skewer inserted in the centre comes out clean.

Conventional	When the end result depends on a baking position – e.g. a high rung for scones, low for fruit cakes – state clearly at the beginning of the method where the oven rack should be placed. When baking on more than one rung, the cooking time for the lower level may need to be extended by 5-10 minutes.
Fan	Fan oven cooking provides even heat and allows for full oven utilisation. Temperatures used are lower than with conventional cooking – 20°C less for cooking at temperatures less than 200°C and 30°C less for temperatures above 200°C.
Microwave ovens	Cooking times depend on the size of the oven cavity, the wattage, the amount of moisture in the food, the temperature and density of the food, as well as the shape and composition of the cooking dish. The more food to be cooked, the longer it will take, e.g. four potatoes will take about three times longer to cook than one potato. Microwave ovens vary widely therefore, if possible, state the wattage of the model used plus the time taken to cook the food. All cookware must allow microwaves to pass through. Special plastic cookware has been developed for microwave cooking. Never thaw or cook food in the microwave still wrapped in its supermarket packaging as plasticisers could taint the food. Do not use ice cream containers, margarine and yoghurt tubs or other cool temperature plastics as these will melt. Small pieces of cooking foil may be used to prevent overcooking, e.g. on chicken legs, square corners of cakes. There must be sufficient food exposed to attract the microwaves. Foil must not touch the sides of the oven or arcing may occur. It is essential the meat should reach an internal temperature of 70°C for at least 2 minutes to kill bacteria. For even cooking, where practicable, cover food during microwaving.

COOKING WITH GAS

When gas burners are lit the heat is fast and immediate. When the flame is lowered, the response is instant. Burning gas produces water vapour that, in an oven, keeps baked goods moist and succulent.

Gas ovens are natural convectors. Zoned heat is standard. Temperatures are about 10°C higher per shelf above and conversely 10°C lower per shelf below the centre. Foods requiring different temperatures within this range can be cooked at the same time. Where a fan is fitted, the burner is sited beneath the base plate. The fan forces the hot air around the oven giving even heat distribution. Several shelves can be loaded with foods that require the same cooking temperature.

Whether fan forced or convection always leave at least 25 mm air circulation space around oven trays/dishes for even cooking.

Our first handbook was produced in 1991, with the purpose of providing a reference tool that in turn would establish standards for New Zealand food writers. In 1999 the handbook was updated to reflect the growing needs of members.

Food Writers New Zealand is indebted to our hardworking, talented, innovative and active contributors who provided their specialist input for this latest edition.

Thank you to Pip Duncan for her many hours co-ordinating this project.

KATHY PATERSON, PRESIDENT, 2016

FOOD WRITERS NEW ZEALAND ACKNOWLEDGES THE ASSISTANCE OF THE FOLLOWING PEOPLE;

Catherine Bell, Jan Bilton, Margaret Brooker, Lesley Christensen-Yule, Dr Roger Cook, John Corbett, Andrea Crawford, Marion Cummings, Pip Duncan, Anne Else, Laurence Eyres, Ginny Grant, Sarah Hanrahan, Helen Jackson, Lauraine Jacobs, Lisette Knight, Robyn Martin, Innes Moffat, Trudi Nelson, Lisa Olsen, Karen Olver, Leanette Rea, Anne Scott, Tracy Scott, Fiona Smith, Andre Taber, Mary Taylor, Gail Todd, Nancy Vallabh, Jenny Yee.

HANDBOOK DESIGN

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COVER IMAGES

Images supplied by Tam West

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5+ A Day
Auckland Regional Public Health Service (ARPHS)
Beef + Lamb NZ
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Ministry for Primary Industries (MPI)
Ministry of Health (MoH)
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Potatoes NZ Inc
Poultry Industry Association of New Zealand
Vegetables.co.nz

First edition 1991. Second edition 1999. This edition published 2016.

New Zealand Guild of Food Writers, PO Box 74 262, Market Rd,
Auckland, New Zealand.
ISBN 0-473-06220-8