

















# Raw Zucchini Salad

## with How I Mint Your Mother

This refreshing salad features delicate zucchini ribbons, creamy burrata, toasted pine nuts, and juicy orange segments, all lightly dressed with How I Mint Your Mother and finished with basil and lemon zest. A perfect summer starter!

#### INGREDIENTS:

3 zucchinis

How I Mint Your Mother

1 ball of buratta

25g toasted pine nuts

Lemon zest

1 orange, segmented

30g basil, finely chopped

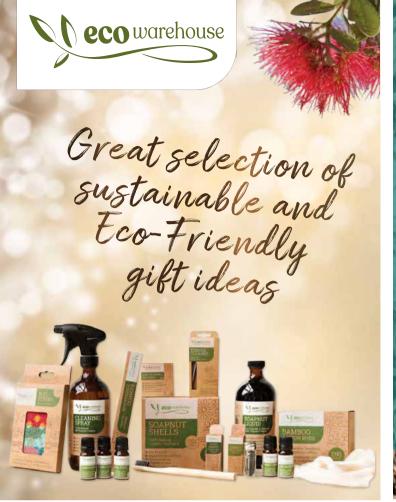
#### **INSTRUCTIONS:**

- 1: Using a peeler, peel the zucchinis into thin ribbons. Add them to a bowl with enough How I Mint Your Mother to cover them nicely, but not drowning in dressing.
- **2:** Arrange the dressed zucchini ribbons on a serving platter. Roughly tear the burrata and place on top of the zucchini ribbons with the toasted pine nuts, segmented orange and basil leaves.
- 3: Season with cracked pepper, Man Grind and lemon zest to taste.



Refreshingly Minty, just right for summer











We're all about celebrating the small steps on the journey to an eco-friendlier planet, and that's exactly why we're championing Good Change Store's revolutionary collection of modern sustainable cleaning products! All of these products are designed to be sustainable, affordable but also look good too! Great to add to an eco hamper for Christmas or treat yourself to shoosh up your home or office kitchen! Available from your local Bin Inn store!

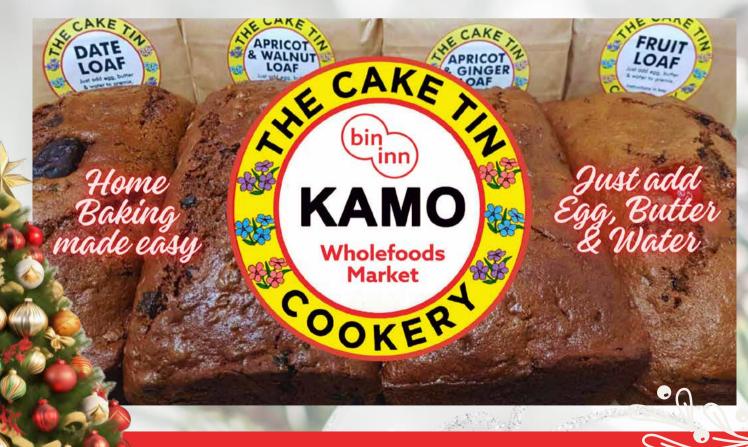
www.goodchangestore.com | f /goodchangestore | @ /goodchangestore | @ /@goodchangestore



with icing sugar.













### **DISTILLING CHECKLIST:**

- √ Yeast & Sugar
- ✓ Liquid Carbon & Clearing Supplies
- Filters & Carbon
- Flavourings & Infusions
- Spirit and Liqueur Flavourings
- Botanicals
- Oak Spirals or Chips
- ✓ Bottles



## **PINEAPPLE PASH PAVLOVA**

MANGROVE **TACK'S** 

> Made with our new Top Shelf Pineapple & Passionfruit Vodka flavouring, this Pineapple Pash Pavlova cocktail is just what you need to kick off the holiday festivities. A little bit tart with just the right amount of sweetness and silky meringue, top this cocktail with a dollop of freshly whipped cream and passionfruit syrup in true Kiwi Christmas fashion.

#### **Ingredients:**

- 60 ml Top Shelf Pineapple & Passionfruit Vodka Flavouring (pre-mixed)
- 15ml fresh lemon juice
- 30ml passionfruit syrup
- 50ml Pineapple juice
- 15ml Egg white
- 30ml Soda water
- Whipped cream to garnish (optional)
- Passionfruit syrup to garnish (optional)

#### Method:

STILL SPIRITS

TOP+SHELF

SPIRIT FLAVOURING

IRISH CREA

STILL SPIRITS

STILL SPIRITS

TOP+SHELF

STILL SPIRITS

TOP-SHELF Spirit Flavouring

VODKA

STILL SPIRITS

TTERSCOTO

- Add the vodka, lemon juice, passionfruit syrup, pineapple juice, and egg white to a shaker. Shake vigorously to incorporate the ingredients and create foam.
- Add ice to the shaker and shake well to chill.
- Strain into a glass and top up slowly with the soda water.
- Dollop with cream and passionfruit syrup to garnish.
- Enjoy!

#### **BREWING CHECKLIST:**

- Beer or Cider Kit
- Fermentable
- Dextrose
- Brew or Cider Enhancer
- Liquid Malt Extract
- **Carbonation Drops**
- **Bottles**

#### **GENERAL CHECKLIST:**

- Sanitiser
- Hydrometer
- Airlock
- **Bottling Want**
- Mixing Spoon
- Distilling Conditioner & Boil **Enhancers**
- Alcometer



**Wholefoods** Market

Come on in it's amaz-inn!





- 120g Butter
- 250g Malt Biscuit Crumbs
- 180g Fruit Puff Lollies

#### Method:

1. Warm butter and condensed milk in the microwave or a saucepan.

**Condensed Milk** 

Coconut)

½ Cup (Desiccated

- 2. Cut fruit puffs lollies in half.
- 3. Add fruit puff lollies and malt biscuit crumbs to the butter mixture.
- 4. Mix altogether and shape into a log or roll into balls or press into a slice tin lined with baking paper.
- 5. Coat log or balls in coconut or sprinkle coconut on top if making a slice. Wrap log in plastic wrap. Place in the fridge to set.
- 6. Refrigerate until firm (a few hours), then slice log into rounds or cut slice into squares.

## Make your own Salt Dough Decorations

#### **Ingredients:**

- 4 Cups Plain Flour
- 2 Cups Table Salt
- 1 ½ Cups Water
- 1. Mix the ingredients together and knead into a dough.
- 2. Roll the dough out to a 3mm thickness.
- 3. Use cookie cutters or any other shapes you have around the house to cut the decorations.
- 4. Use a skewer or straw to add a hole to the decorations.
- 5. Bake in the oven at 120°C for 1 1/2 2 hours until the decorations are hard to touch. Bake time will vary depending on size and thickness.
- 6. Remove from the oven and allow to cool before decorating.

# Make a Christmas candle

#### Ingredients

- 450 g beeswax
- ½ cup coconut oil (optional)
- 1 tsp essential oils (optional)
- Wicks and Jars

#### Method:

- 1. Place the beeswax and oil into a metal bowl or pitcher.
- 2. Put the bowl in a pot and fill the pot with a few inches of water. Make sure the water won't overflow into the wax as it boils.
- 3. Bring the water to a gentle boil until the beeswax and oil have melted. If using essential oil, add it at this point.
- 4. Pour 1cm of wax mix into the bottom of each jar. Return the bowl to the hot water to keep the wax melted.
- 5. Place the wick into the wax in the centre of the jar. You can use a skewer to make sure it's placed correctly by pushing the wick down and holding it there for a few minutes
- 6. Let the wax cool until it's solid enough to hold the wick in place, about 5-10 minutes.

- 7. Use a peg across the jar to hold the wick up or wrap the top end of the wick around a bamboo skewer until it's tight with the skewer resting across the jar.
- 8. Keeping the wick in place, pour the remaining melted wax into each jar. Leave about 2cm of space at the top of the glass jars.
- 9. Make sure the wick is still centred in the jar and gently move it if it needs
- 10. Put the candles in a warm place to cool down overnight. The warmer the spot, the less chance of cracking.
- 11. Once the candles are hard, trim the wick to size, about 1 cm. Don't trim it any shorter than this or the candle will have a smaller flame and it's more likely to tunnel. Once you've lit the candle, if it's flickering or smoking, blow it out, trim the wick a bit more, and re-light.

**Everything** vou need available at Bin Inn!

To clean the wax bowl, reheat it in the pot of water until the wax is remelted, then wipe clean before using soap and water.







# **Christmas Doughnuts**

Recipe credit: Coeliac NZ Food Ambassador Morgan McKenzie Moore

#### Ingredients

- 130ml milk
- 2 eggs
- 40ml vegetable oil (+1 tbsp for greasing)
- 120g gluten-free flour
- · 40g glutinous rice flour
- 60g caster sugar
- · 3 tsp baking powder
- · 4 tsp lemon juice
- · Rind of one lemon
- ¼ cup granulated sugar for coating

#### To decorate

- · 150 grams of chocolate
- Christmas sprinkles

#### Method

- Preheat oven to 200° Celsius, bake. Grease the doughnut moulds with vegetable oil.
- 2. In a large bowl, whisk the milk, eggs, and vegetable oil together until combined.
- 3. Sift in the flours, sugar and baking powder and whisk again until there are no lumps.
- 4. Fold in the lemon juice. The consistency should be about the same as pancake batter.
- 5. Pour the mixture into the doughnut moulds. This mixture should be enough for 12 medium doughnuts, so if you are using a mould with 6 doughnut holes, split the batter in half and cook in two batches.
- 6. Bake in the oven for about 11 minutes. The doughnuts should have risen nicely and be a beautiful golden colour.
- 7. Remove them from the oven and let them cool slightly before turning them out onto a cooling rack.
- 8. Melt half the chocolate in a glass bowl over a pot of boiling water, take off the heat and stir in the other half until all melted.
- 9. Dip one side of the doughnuts into the melted chocolate.
- 10. Sprinkle immediately and then leave them out to set.
- 11. Doughnuts are best eaten within 2 days. Keep in a sealed container.

#### Gluten and Sugar-Free Fruit Cake Recipe

#### Ingredients

- ¾ Cup Bin Inn Gluten-Free Flour
- · Grated rind of 3 oranges
- 1 Cup pitted dates, chopped
- 1 Cup cherries, chopped
- 1 Cup sultanas
- ½ tsp salt
- ¾ Cup orange juice
- · 1 tsp almond essence
- · 1 tsp brandy essence
- 1 tsp ground cinnamon
- Brazil nuts, and almonds), chopped (reserve some for decoration)

2 Cups mixed nuts (walnuts,

- ½ tsp gluten-free baking powder
- 1 small cup mixed peel
- 1 tsp ground nutmeg
- 1 tsp curry powder
- 3 eggs
- · 1 tsp lemon essence

#### Mothod

- 1. Preheat the oven to 125°C (approximately 250°F).
- Line the bottom of a 20cm cake tin with cardboard and baking paper.
- Grate the orange rind and finely chop the dates. Chop most of the nuts and cherries, reserving a few for decoration.
- 4. In a large bowl, sift together the gluten-free flour and baking powder. Add all the dry ingredients, including the chopped dates, cherries, sultanas, mixed nuts, mixed peel, cinnamon, nutmeg, curry powder, and salt. Mix well.
- In a separate bowl, beat the eggs and orange juice together.Add this mixture to the dry ingredients and stir until combined.
- Pour the batter into the lined cake tin and press down firmly. Decorate the top with reserved cherries and nuts.
- 7. Bake in the preheated oven for 2 to 2.5 hours, or until a skewer inserted into the center comes out clean.
- Once baked, leave the cake to cool in the oven for about 10 minutes.
- 9. Enjoy this delightful gluten and sugar-free fruit cake as a wholesome treat!





# FIND OUR RANGE OF FLOURS AND OTHER BAKING NEEDS IN YOUR LOCAL BIN INN

FOR RECIPE INSPIRATION GO TO WWW.CHANTALORGANICS.CO.NZ/RECIPES/



30g Fresh As Raspberry Whole 300ml fresh cream 180g egg whites, approx 6 1 tsp cream of tartar (optional) 370g sugar 30g cornflour

#### Method

Combine the egg whites, sugar, and cream of tartar in a heat proof bowl.

Whisk over a lightly simmering pot continuously until light and fluffy and all sugar is dissolved.

Transfer to a stand mixer and whisk until medium peaks form. Fold in cornflour.

Pipe 50-60 dollops of mixture onto baking paper. Flatten half the dollops, as these will form the base of the sandwich. Crumble 15g of Fresh As Raspberry Whole over the pavlovas.

Dry in the oven at 70°C for approx. 3 hours.

Whip cream to stiff peaks. Sandwich two mini pavlovas together with the cream.

Garnish with remaining Fresh As Raspberry Whole.

Makes 25-30 Pavlova Sandwiches.





FRESH AS°

RASPBERRY WHOLE

Net 30g (1.06oz) FREEZE DRIED



# gluten free christmas cake

Our gluten-free Christmas cake is infused with the festive spirit! Made with organic dried berries and flavourful notes of cinnamon and orange zest.

ready in: 2.5 hours servings: 6-8

## ingredients

- 150g Organic Dried Wild Blueberries + extra to decorate
- 250g Organic Dried Cranberries + extra to decorate
- 300g Organic Sultanas
- 300g Organic Raisins
- Zest from 1 orange
- 2 cups unsweetened apple juice
- 1 ½ cups gluten free self raising flour
- 2 tsp ground mixed spice
- 1 tsp ground cinnamon
- ¾ cup ground almonds
- ½ cup Organic RAW Whole Almonds



#### method

- Place dried fruits and orange zest into a large mixing bowl. Pour over apple juice.
  Cover and leave for 4 hours or overnight.
- 2. Preheat oven to 150 degrees. Line a 20cm x 10cm deep round cake tin with 2 layers of brown paper and one layer of baking paper to the base and sides of the tin.
- 3. Mix flour, baking powder, spices and ground almonds into the soaked fruit. Spoon into the prepared tin. Using the back of the spoon smooth out the top of the cake. Press almonds in a decorative pattern on top of the cake.
- 4. Bake for 2 ¼ 2 ½ hours or until a skewer inserted into the middle of the cake comes out clean. Cool in the tin and store in an airtight tin in a cool dry place.

# Gluten Free Ginger and White Chocolate Biscuits

I think homemade gifts are so special, and if you aren't too confident in baking something extravagant, this recipe is a good one to start off with. It's easily personalised, and super tasty as well. You can make these biscuits up to 5 days in advance (as long as you keep them in a sealed container before packaging)

Recipe provided by Coeliac New Zealand Ambassador Morgan McKenzie Moore.

#### Ingredients

- 125 grams butter
- ½ cup brown sugar
- 1/3 cup golden syrup
- 2 ½ cups of gluten free flour
- 2 tsp ground ginger
- 1½ tsp of mixed spice
- 1 egg yolk
- 150 grams of white chocolate

#### Method

- 1. Preheat oven to 180 degrees celsius. Line a flat baking tray with baking paper.
- In a saucepan over a low heat, melt the butter, brown sugar and golden syrup together and mix together until thoroughly combined (butter not sitting on the top, see pictures above). Remove from the heat and let it cool.
- 3. While it's cooling, in a large bowl, sift the flour, ginger, mixed spice and mix to combine.
- 4. To the butter mixture, whisk in the egg yolk, and don't stop mixing until combined (so as not to cook the yolk).
- 5. Pour the butter mixture into the flour mixture and knead with hands until you form a smooth dough. If you want it to be easier to roll out, you can chuck the dough in the fridge for 30 minutes but otherwise it will still be workable without.
- Roll the dough out on a floured surface to about 0.5cm thick and then use what ever cookie cutter shapes your heart desires. For mine, I used a crimped circle, a mini ginger bread man, and the rest I cut into long rectangles (good for dipping in tea!).
- 7. Cook in the oven for around 10 minutes or until the edges start to brown and then cool on a rack.
- 8. Once the biscuits are cooled, melt the white chocolate in a glass bowl over a pot of boiling water. Make sure the water doesn't touch the chocolate or the whole mixture will seize. I like to melt in 1/3 of the chocolate, then remove it from the heat and mix in the last 1/3. That was it's not too hot when you decorate the biscuits.



Coeliac New Zealand offers a variety of resources and tools to support people with coeliac disease and their whānau from YouTube videos and webinars to Wellness Journals and kids' clubs held in some regions around Aotearoa.

The Bin Inn gluten-free range is proud to be Crossed Grain Logo (CGL) accredited by Coeliac New Zealand. The CGL symbol is recognised nationally and internationally by those who need to follow a coeliac safe gluten free diet. It provides consumers with a quick reference point when shopping and faced with the uncertainty of hidden gluten in a product without the need to read the nutritional information panel. Find out more at coeliac.org.nz



- 9. To decorate the biscuits you can either dunk, use a spoon, or a piping bag. I used a pipping bag and my hot tip for that would be to let the white chocolate cool a bit before you use it so it's not too runny when decorating.
- 10. Decorate however you wish, you could add sprinkles, or other types of chocolate, sugar stars or snowflakes. It's really fun to personalise and makes such a wonderful gift.
- 11. This recipe is easy to personalise, it's even a good one for gingerbread people. Basically, use whatever cookie cutters you have. Heck! Go free hand if you want to. For the presentation I covered them in white chocolate, and after that set, I packaged them up with cellophane, tied them with a bit of twine and added a sprig of (fake) holly.





- ✓ Nasty free
- ✓ GMO free
- ✓ GLUTEN free
- ✓ No added salt
- No preservatives
- ✓ NZ MADE

Made with premium ingredients and Gisborne-grown corn, our wholesome cakes have no added salt or presevatives. Only scrumptious goodness!









Christmas is upon us once again, and as we get ready to celebrate with our loved ones, sit around the tree, give gifts and eat way more food than usual it is a good time to think

> about how we can reduce the massive amount of waste the festive season produces.

> > With all the wrapping paper, food scraps, plastic gift packaging, ribbons, bows, trees, name tags and single use food packaging we use during this

month, it's no surprise that landfills end up with so much extra rubbish.

> The festive season creates 30% extra waste each year. In New Zealand we'll

get through 1600 tonnes of wrapping paper alone, that's equivalent to 10.000 trees.

25,000 tonnes of plastic packaging waste will also be created and we'll waste a third of our Christmas food.

During WasteMINZ's 12 Waste-Free days of Christmas, we'll share tips and tricks for how to cut down your waste over the holiday period, including:

- How to avoid buying too much but still have a great Christmas.
- How to wrap those presents sustainably.
- Last minute shopping ideas to cut down on buying rubbish destined for the bin.
- How to avoid food waste on Christmas day.
- Leftover recipes from heaven from our friends at Love Food Hate Waste.



## REMEMBER....

Zero food waste, buy what you need, use everything you buy



#### **DISCOVER A BIN INN STORE NEAR YOU**

#### NORTH ISLAND

- Bethlehem
- (under new ownership)
- Dinsdale
- (under new ownership)
- Feilding Glenfield
- Gisborne (now open)
- **Hamilton East**
- Hastings
- Howick
- Kamo
- Kapiti
- Masterton
- Onehunga
- Palmerston North
- Papamoa
- Petone Pukekohe

- Rotorua
- Silverdale
- St Andrews
- Stonefields
- Takanini **Taradale**
- Taupo
- Te Awamutu **Thames**
- Waitara

- Warkworth
- Whakatane
- Whangarei

#### SOUTH ISLAND

- Blenheim
- Christchurch
  - (Burnside opening Monday)
- Dunedin

- Lincoln Road
- Nelson
- Rangiora
- Richmond Rolleston
- Stanmore Road
- Timaru

