



Home of Preserving



FREE Pantry Labels

Spend \$100 and receive 2 free
sets of Bin Inn pantry labels!

*\$100 must be spent in one transaction to qualify for the pantry labels.
Promotion runs 6th March 2023 - 31st March 2023. While stocks last.



Your Wholefoods
& Specialty Grocer

.....the alternative grocer

bininn.co.nz

Not all products available in all stores.



BRING YOUR OWN CONTAINER TO REFILL FOR
5% OFF

Buy from our Bulk Bins

Preserving Essentials

White Vinegar



Apple Cider Vinegar



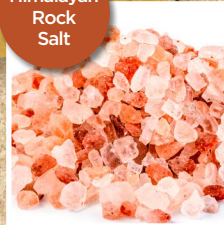
White Sugar



Non-iodised Salt



Himalayan Rock Salt



Black Pepper



Cumin



Mustard Seeds



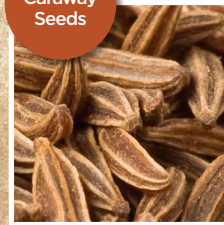
Cardamon Pods



Garlic Powder



Caraway Seeds



Dill



Pickling Spice



Bin Inn Pickling Spice is a unique blend of dried spices that gives your preserves a complex depth of flavour. Pickling Spice can also be used to flavour broth for soups and stews, or grind it down to use as a dry rub on meats, or sprinkle over roasting vegetables.



The Limery 'Drizzle me on' Lemon or Lime Juice



Perfect for when your preserving recipe calls for a dash of lemon juice. Made from New Zealand fruit.



Your Wholefoods & Specialty Grocer

....the home of preserving

Sterilising jars - why and how

The main reason it is essential to sterilise your jars before use is to avoid harmful bacteria or toxins building up over time. Unsterilised jars can cause serious problems. It also ensures that the flavour is not affected by unexpected organisms spreading through your preserves. Do your sterilising immediately before using the jars to reduce any environmental dust and dirt being added.

Method

1. Preheat oven to 120°C
2. Wash jars thoroughly in hot soapy water, rinse and drain.
3. While they're still wet, arrange the jars upside down on a baking tray with space in between them. Place tray in oven 10-15 minutes or until dry. Alternatively you can put jars in a large pot of boiling water for 10 minutes then drain upside down on a clean tea towel and dry in the oven. Glass jars can also be put through a hot cycle in your dishwasher.
4. Sterilise metal seals in boiling water for 5 minutes and leave in water until ready to use.

TOP TIP
MAKE SURE YOU USE
OVEN MITTS AND HAVE
SOME TONGS HANDY FOR
MANOEUVRING THE JARS
ONCE HOT

Preserving Apricots

Ingredients

- 1 kg Apricots, not too ripe
- 800 ml Water
- 400g of Sugar
- Zest of 1 Lemon

Method

1. Wash the apricots, cut them in half and remove the stone.
2. In a large pot, add the water and sugar, then add the lemon zest. Simmer on medium heat until the sugar has completely melted, turning into a syrup.
3. Add the apricots to the hot syrup and cook gently until just tender. Test regularly. Do not overcook the apricots as they will continue to cook once in the jar.
4. Once your fruit is ready, place your still hot, sterilised jars on a heatproof surface and fill the jars with your fruit.
5. Tip the syrup over the fruit until it is right to the top and almost overflowing. Gently move a skewer around the inside of the jars to remove any air pockets. If needed, top up with syrup. Wipe the rim with a clean cloth then place the seal on and screw on the ring tightly. Leave for 24 hours.
6. If sealed, the fruit will last for up to a year stored in the pantry. If the seal hasn't worked, the fruit is still edible but should be stored in the fridge and eaten within a week.

PRESERVING KIWI CUISINE
Perfit-ly
SINCE 1950



BUY INSTORE AT BIN INN

PERFIT DOME SEALS • GOLD SCREW BANDS • GREEN SCREW BANDS
1 LITRE PERFIT UTILITY JARS • 500ML PERFIT UTILITY JARS



Your Wholefoods
& Specialty Grocer

.....more than a refillery

Dehydrating

Dehydrating is a way of taking the water content out of food in order to make it last longer. Using an oven or a specialised dehydrator is easy to do, you just need to be patient!

Mushrooms

1. Clean mushrooms with a tea towel or paper towel, brushing off any dirt and cut into 1 cm slices.
2. Arrange mushrooms in a single layer on trays, ensuring there is space between pieces to allow airflow.
3. For a dehydrator, dehydrate at 50°C for 3-8 hours, until the mushrooms are completely dry.
4. For an oven, dehydrate at 65°C for one hour, flip the mushrooms over and dehydrate for another hour. If they are still not completely dry, turn over and dehydrate for a further 30 minutes. Check and turn every 30 minutes until done.
5. They should be brittle and break, not bend, when fully dry. You can't overdo them, so it's better to go longer if unsure.
6. Once cooled, store in an airtight container in a cool, dark place for up to a year.



Chillies

1. Rinse the chillies and pat dry. Remove the stems and cut into slices. Evenly spread the slices across your dehydrator or oven tray.
2. For a dehydrator, dehydrate at 60°C for 5-12 hours.
3. For an oven, dehydrate at 80°C for 8 hours. Keeping the oven door propped open slightly can help steam escape and speed up the process.
4. Use dried chillies as they are, roughly crush them into chilli flakes, or grind them into chilli powder.



USE GLOVES WHEN HANDLING THE CHILLIES, AND BE AWARE THAT SOME CHILLI FUMES WILL BE PRODUCED WHILE DEHYDRATING.

Oranges

1. Wash and dry the oranges, and cut into 1 cm slices.
2. Pat the slices dry with a paper towel.
3. For a dehydrator, spread slices out on the rack and dehydrate at 60°C for 6-9 hours.
4. For an oven, place the slices on a baking rack on top of an oven tray, or if you don't have a rack, line your oven tray with baking paper. Dehydrate at 60°C for 3-6 hours, flipping regularly.
5. To be sure the oranges are dried, let them cool for 10 minutes and test. There should be no stickiness or glossiness, they should be leathery, and slightly pliable.
6. Once cooled, store in an airtight container in a cool and dark place for up to a year.

Storage

Preserved foods need to be kept in a cool, dark, dry place to maintain safety and quality. They should be kept between 10-20°C. If the storage conditions are not ideal, the shelf life will be shortened.

Raspberry Jam

Ingredients

- 5 Cups Crushed fresh raspberries
- 50g Pectin
- 3 Cups White sugar
- 2 Tbsp Lemon Juice

Method

1. Remove any leaves and wash the raspberries well.
2. Crush or mash the raspberries with a masher or in a food processor to the desired texture.
3. Combine the pectin, lemon juice and ¼ cup of the sugar, then add to the raspberries.
4. Place mixture into a large pot and bring to a full boil, stirring continuously. Combine in the remainder of the sugar and return to a boil for 1 minute. Remove from heat and spoon off any foam.
5. Immediately transfer jam into still hot, sterilised jars, filling to within 1cm of the top. Clean off any jam spills from the jar rims. Place lid discs onto the jars and screw on the rings. Let the jars cool for 20 minutes.
6. Setup a large, deep pot with a rack in the bottom. Half fill the pot with warm water. Place jars in, making sure they are not touching each other. If you don't have a rack, use an upside down cake pan in the bottom. This is to keep the jars from touching the bottom of the pot and getting too much direct heat. Add extra water until the jars are covered.
7. Cover the pot with a lid and boil for 10 minutes.
8. Remove jars to cool and leave overnight to seal. Once the lid is sealed, remove the rings. Store for up to a year in the pantry.

Pectin

Perfect for fruit pies and jams! Bin Inn Pectin can also be used for jellies, frozen foods and as a thickener in cooking and baking.

Buy it in small or big amounts at your local Bin Inn.



Your Wholefoods
& Specialty Grocer

.....the home of preserving



Herby sauerkraut & feta frittata Serves 4-6

GoodBugs
BILLIONS OF LITTLE HELPERS

Ingredients

- 2 tablespoons olive oil
- 1 onion, finely sliced
- 2 cloves garlic, finely chopped
- 8 large free-range eggs
- 100g feta, roughly crumbled
- ½ cup drained GoodBugs NZ Zuurkool - Real Sauerkraut +1 tablespoon reserved sauerkraut juice
 - 1 cup soft herbs such as flat-leaf parsley, basil or coriander, roughly chopped

Method

1. Preheat oven to 200°C.
2. Heat olive oil in a small 8-inch ovenproof pan (cast iron is ideal) over medium-high heat. Add onion and garlic and cook, stirring often 4-5 minutes or until tender.
3. Meanwhile, whisk together the egg, herbs, sauerkraut and juice and season with salt and pepper (keeping in mind both the sauerkraut and the feta are salty).
4. Pour egg mixture over the cooked onions, scatter over crumbled feta and transfer to the oven.
5. Cook 15-20 minutes or until cooked through, puffed and golden.
6. Remove from the oven and serve hot or at room temperature with extra herbs and crumbled feta on top if you like and salad greens and relish or chutney, if desired.

Waugh Jam Jar & Preserve Covers

The perfect companion for your jam and preserving needs...

Manufactured for nearly 50 years, this Iconic New Zealand made product is ideal for sealing your jam's and preserves. Each kit comes with 25 cellophane discs, 25 labels and 25 rubber bands. The cellophane is both compostable and biodegradable, while the bands are made from Natural Rubber and are also biodegradable.



Quick Pickled Vegetables

INGREDIENTS

- 2 Cups Sliced Vegetables (Onion, Carrots, Cauliflower, Cucumber)
- 1 Cup Water

- 1 Cup Vinegar (White, Apple Cider or Red Wine Vinegar)
- ¾ tsp Salt
- 1 Tbsp Sugar

Method

1. Add vinegar, water, salt, and sugar to a small pot. Bring to a simmer over medium heat and stir to dissolve salt and sugar.
2. Adjust flavour as needed, adding more salt or sugar to taste.
3. Add sliced vegetables to a sterilised preserving jar.
4. Pour the brine over the vegetables, ensuring they are fully covered. If needed, add more vinegar or a little water.
5. Seal well and let the jar cool to room temperature. Put in the fridge and leave for 24 hours before opening.
6. Store in the refrigerator for up to 3 weeks.



DISCOVER A BIN INN STORE NEAR YOU

NORTH ISLAND

- Bethlehem
- Browns Bay
- Dinsdale
- Feilding
- Glenfield
- Hamilton East
- Hastings

• Kamo

- Kapiti
- Howick
- Masterton
- Onehunga
- Palmerston North
- Papamoa
- Porirua

• Petone

- Pukekohe
- Rotorua
- Silverdale
- St Andrews
- Stonefields
- Takanini
- Taradale

• Taupo

- Te Awamutu
- Thames
- Waitara
- Warkworth
- Whakatane
- Whangarei

SOUTH ISLAND

- Alexandra
- Blenheim
- Dunedin
- Lincoln Road
- Nelson
- Rangiora

• Queenstown

- Richmond
- Rolleston
- Stanmore Road
- Timaru