



Bin Inn
Wholefoods and Specialty Groceries

Barrel talk

Issue 53 / July 2013

Super Hot

25th

Birthday Specials

*Win \$3000 of
Travel Vouchers*

Kindly Supported By

HOUSE OF TRAVEL

MT. MAUNGANUI

Also 32 Carousel Spice Racks to be Won

See inside for details



Celebrating Bin Inn's 25th Birthday

Another candle on the cake as we at Bin Inn commemorate our 25th Birthday following the opening in 1988 of the very first store in Royal Oak, Auckland.

In celebrating this occasion Bin Inn offers its shoppers from all over NZ the chance to win a great prize of \$3000 of Travel Vouchers simply by shopping in any one of our 32 stores and completing the entry form to be in to win. There is also a consolation prize to be won at each store.

In this issue we bring to you a number of Super Hot Birthday Specials available to you through to August 4th.

We reflect on some of the very best recipes sent in by our consumers, introduce some exciting new recipes and revisit a selection of handy hints from around the home.

In 2012 Bin Inn won the prestigious Unpackit Awards reflecting its policy of less packaging and its contribution to helping save our environment....we have prided ourselves on saving packaging costs thereby saving you in your weekly household food and cleaning bills.

While Bin Inns continue to encourage the fill your own bags and containers philosophy we have in recent times adopted a wholefoods and specialty grocery approach within our stores with Gluten Free, Free From, Organic, Eco Friendly amongst the fastest growing product categories to be found. Fruits, Nuts and Seeds are no longer just Baking needs....they provide many of the healthy and nutritional options for our daily good-health and Bin Inns are amongst the leading suppliers of these foods for consumers.



-Bin Inn's newest store in Rotorua opened April 2013

From all our Bin Inn owners around NZ we say thank you for the past 25 years and look forward to welcoming you into our stores over the next 4 weeks to join with us in celebrating the memories and helping us prepare for the next 25 years of good food, good service and good times.

With Our Best Wishes
BIN INN BOARD OF DIRECTORS, MANAGEMENT
AND STOREOWNERS

Bin Inn's Longest Serving Owners - Whakatane



"After a farming life of 40 years it was time for a change. What a change, Bin Inn Opotiki in 1992 was what we chose and it was a huge but enjoyable change and a great challenge. Bin Inn was only 4 years old and so in we went boots and all. We were keen to grow our new business and Opotiki was an enjoyable place to start. We had excellent support from the local people.

We had always wanted to get into Whakatane as that was closer to our home and after 4 1/2 years a premises came up and our opportunity to start again. We sold the busy Opotiki store and opened up Bin Inn Whakatane in Richardson St in October 1996.

Starting again was another challenge but has been very enjoyable and rewarding. Over the last 16+ years there have been many changes, all for the better. In the early years there were lots of bins and we sold truck loads of disposable nappies, toilet paper and fizzy drinks. We moved to become a specialty store and moved into gluten free, organics, home brewing, dutch and asian products and cake decorating along with grains and flours all with strange names we hadn't heard of. All of these areas have been very interesting and successful.

We have had very loyal staff, Ann has been with us for 10+ years and Shona 8+ years and both are a great asset to us and along with them and our schoolgirl Megan we have enjoyed Bin Inn as a fun place to be in and would like to thank our customers for making our workplace such a pleasurable experience and are sure it will continue to be in the future."

- Warren and Isobel Henricksen. Owners, Whakatane Bin Inn

Win \$3000 of Travel Vouchers



Just spend **\$20** at any Bin Inn store before **August 4th 2013** to be in the draw to win **\$3000** of travel vouchers.

See back for entry forms and enter when you shop at your local Bin Inn Foodmarket



Kindly Supported By

HOUSE OF TRAVEL
MT. MAUNGANUI

32 Carousel Spice Racks



Also To be
Won !!
(one for each Bin inn)

Kindly Supported By



you'll never buy better

To enter: visit your local store or see the back cover for entry forms.

Terms & Conditions

1. Each \$20 spent at any Bin Inn Foodmarket entitles the customer to complete an entry form for the chance to win the national prize of \$3000 travel vouchers redeemable from House Of Travel Mt. Maunganui
2. plus 32 Carousel spice racks are to be won nationwide, one prize per each Bin Inn foodmarket
3. Customers are responsible for correctly completing their details on the entry form and returning it to their local Bin Inn store. Entry forms posted to Bin Inn Retail Group Co-operative Limited will not be included in the draw.
4. The competition will close at 5pm on Sunday August 4th 2013. The draw for all prize winners will be done by House of Travel Mt Maunganui on Monday August 12th all winners will be contacted direct and a full list will be displayed in each store and in our website.
5. The results are final and no correspondence will be entered into.
6. Staff and families of Bin Inn stores and Bin Inn Retail Group Co-operative Limited are ineligible to enter.
7. Bin Inn Retail Group Co-operative Limited reserves the right to retain all completed entry forms for future marketing activities. No names will be divulged to any other organisation. Customers wishing to exercise their rights under the Privacy Act and not have their personal details held should tick the appropriate box on their entry form.
8. The winner agrees to allow Bin Inn Stores and Bin Inn Retail Group Co-operative to use his/her name and photograph in any publicity relating to the promotion. Acceptance of the prize denotes acceptance of this condition.
9. The prizes are not transferable, exchangeable or redeemable for cash.

A Collection of some of Bin Inn's Favourite Recipes of the past 25 Years!!!

High Fibre Biscuits

- 150gms Butter
- 2 Tbsps Golden Syrup
- 2-3 Tbsps Cooking Oil
- 1 tsp Vanilla Essence
- 2 Cups Rolled Oats
- 1 Cup Wheatgerm
- 1 cup Bakers Bran
- ½ - ¾ Cup Sultanas/ Raisins
- ¼ Cup Walnuts/Coconut
- ½ - ¾ Cup Brown Sugar

Put Butter, Golden Syrup and Oil into a large saucepan and melt. Add Vanilla Essence and mix in the dry ingredients. The mixture will be sticky but a little more Bran or Wheatgerm can be added but don't make it too dry. Press firmly into a sponge tin and bake in oven (Approximately 150 C) for 15-20 minutes. If you prefer a crisper biscuit cook for an extra 5 minutes. Let cool and cut into pieces.

-G.Romano – Nelson (July/August '97)

Fruit & Nut Porridge

Make porridge as per the stove top or microwave method.



When the porridge is almost ready mix in a handful of your favourite finely chopped nuts e.g. almonds, walnuts, hazel nuts, brazil nuts, peanuts and some dried chopped fruit such as apricots, sultanas, raisins, dates, apples etc...

Add in as much or as little nut and fruit mixture as you wish to create your own fruity porridge.

-(May/June '98)

Hot Peanut Satay Sauce

- ½ tsp Cayenne Pepper
- ⅓ Cup Lemon Juice
- ⅓ Cup Cider Vinegar
- 4 Spring Onions, chopped
- 2 tsps Raw Sugar
- 1 tsp Salt
- ½ Cup Freshly Ground Peanut Butter

Blend Cayenne pepper, lemon juice, vinegar, spring onions, raw sugar and salt to a paste. Add the peanut butter, spoonful by spoonful to the mixture. Add hot water as needed to make a thick sauce.

- Mrs Ward – Nelson (August '99)

Microwave Chocolate Cake

- 125gms Butter
- 1 Tbsp Golden Syrup
- 1 Tsp Vanilla Essence
- 1 Tsp Baking Powder
- 1 Egg
- 1 Cup Sugar
- 1 Tbsp Cocoa powder
- 1 Tsp Baking Soda
- 2 Cups Plain Flour
- 1½ Cups Milk

Melt the butter, add the sugar, golden syrup and vanilla essence. Then add 1 egg and beat together. Add cocoa, baking powder and soda, then the flour and milk, mixing until smooth. Pour cake batter into a large greased plastic ring mould and microwave on high for 10 minutes. Stand for a few minutes, then tip out to cool on a rack. Ice with chocolate icing when cool. This makes a moist delicious cake in minutes!

-P. Langford – Albany (August, '98)

Lentil & Coriander Soup

- 90ml Coconut Cream
- 30ml Olive Oil
- 2 Cloves Garlic (crushed)
- 1 Inch Piece of Fresh Ginger (grated)
- 45ml Sweet Chilli Sauce
- 350gms Red Lentils
- 600ml Chicken Stock
- 3 Tbsps Freshly Chopped Coriander

Fry the ginger and garlic in oil until tender. Add in all the other ingredients. Simmer until the lentils are tender (approximately 30 minutes).

Blend mixture in a food processor, season with salt & pepper, add coriander and serve with a swirl of natural yoghurt to garnish.

-F.Baker – Tauranga (May/June '98)

Apple Walnut Pancakes

- 1 Cup Wholemeal Flour
- 1 Cup White Flour
- 1 tsp Salt
- 2 tsps Baking Powder
- 1 Tbsp Brown Sugar
- 2 Eggs, well beaten
- 2 Cups Milk
- 2 Tbsps Oil
- 1 Cup Apple, grated or finely diced
- ½ Cup Walnuts, chopped



Combine both flours, salt, baking powder and brown sugar in a bowl. Combine in a separate bowl eggs, milk and oil. Add liquids to dry ingredients and stir until just mixed. Add apple and walnuts. Cook large spoonfuls of on moderately hot griddle or frying pan.

- V. Jackson – Invercargill (March 2000)

Have a favourite recipe you would like to share?

Eggless Muffins

- 2 Heaped Tbsps Golden Syrup
- 60gms Margarine or Butter
- 1 Cup Bran Flakes
- 1 Cup Wholemeal Flour
- ½ Cup Brown Sugar
- 1 Cup Milk
- ½ tsp Salt
- 1 tsp Baking Powder
- ½ tsp Baking Soda (dissolved in milk)
- ½ Cup Dried Apricots, chopped
- ½ – ¾ Cup Grated Carrot

Put Sugar, Golden Syrup and margarine or butter into a saucepan. Bring gently to the boil, stirring until dissolved. Take off heat and stir in the milk and soda. Add the rest of the ingredients (previously mixed). Stir, just until ingredients are well mixed. Cook in patty tins for about 15 minutes at 200°C

- M. Hardie – Whangarei (April, 2002)

Bean Soup

- ½ Cup Pinto Beans
- ½ Cup Red Kidney beans
- ½ Cup Large White Lima Beans
- ¼ Cup Chick Peas
- 1 tsp Paprika
- ¼ tsp Mustard Powder
- ½ tsp Garlic Granules
- 1 tsp Chicken Stock
- 1 Tbsp Beef Stock
- 1 tsp Dried Parsley
- 3 Tbsps Bacon bits
- ¼ tsp Salt
- 3 Tbsps Dried Mixed Vegetables
- 1 Litre Water
- 1Tbsp Canola Oil (optional)
- 400gms Can Whole Peeled Tomatoes

Place pinto beans, lima beans and chick peas in a large bowl. In a separate bowl, place kidney beans. Rinse beans several times, fill with water and leave to soak for a few hours, preferably overnight.

To make seasoning, combine paprika, mustard powder, garlic granules, chicken stock, beef stock, parsley, bacon bits, salt and dried vegetables in a plastic bag and shake to mix.

Boil pinto, lima and chick peas for 3 minutes. Boil the red kidney beans for at least 15 minutes. Rinse again. Place boiled and drained beans in a large pot. Add water, oil, seasoning mix and tomatoes. Bring to a boil, reduce heat and cover. Simmer for 2 to 2 ½ hours until beans are tender.

- J Collins – Waikato (May, 2005)

Coconut Cream Scones

- 2 Cups Plain Flour
- 3 tsps baking powder
- ½ tsp Salt
- ¾ Cup Coconut Cream

Sift flour, baking powder and salt together. Stir enough coconut cream to make a soft dough. Turn out onto a floured board. Knead lightly. Cut into 10-12 scones. Bake at 220°C for 10 minutes.

- K.Haberfield – Invercargill –(September 2004)

Hearty Winter Soup

- 1 ¼ Cups Bin Inn Soup Mix
- 3 Tbsps Dried Mixed Vegetables
- 2 Tbsps Beef Stock or Chicken Stock
- 2 Tbsps Onion Flakes
- 3 Litres Water

Combine all ingredients in a large pot. Cook on low heat for an hour. Add any assorted grated fresh vegetables and cook for a further 30 minutes.

Fig & Oat Biscuits

- ¾ Cup Brown Sugar
- 125gms Butter
- 1 Egg
- 1 Cup Plain Flour
- ¼ tsp Baking Soda
- 1 Cup Rolled oats
- ¾ Cup Figs, chopped
- ½ tsp Cinnamon
- 3 Large Figs, thinly sliced



Preheat oven to 180 °C. Cream sugar and butter until light and creamy. Add egg and beat well. Sift flour, baking soda and cinnamon and fold in with rolled oats and figs. Roll spoonfuls of mixture into balls and shape into rounds. Place on bakingtray lined with baking paper and top with sliced figs. Bake for 20 minutes or until golden. Cool on wire rack. Makes about 15 biscuits

- Elle Farquhar - Papamoa (december 2005)

Fat Free Date Loaf

- 1 Cup Dates, chopped
- 2 Tbsps Golden Syrup
- 1 Cup Boiling Water
- ½ Cup Sugar
- ½ Cup Oat Bran or Rolled Oats
- 1¼ Cups Plain Flour
- 1 tsp Baking Soda
- Walnuts, chopped (optional)

Mix dates and golden syrup in a bowl, add boiling water. Leave for 15 minutes. Add sugar, oat bran, sifted flour, baking soda and walnuts. Stir into date mixture. Put in a 14cm x 21cm lined loaf tin. Bake at 180°C for 50 minutes or until cooked. Leave for 5 minutes before turning out. Cool on a rack.

-Mary Mirrilees - Nelson

Wheatgerm Crunchies

- 200gms Butter
- 1 Cup Wheatgerm
- ¼ tsp Salt
- 1 Cup Raw sugar
- 2 eggs
- 2 Cups Wholemeal Flour
- 2 tsps Baking Powder

Coating

- ¼ Cup Wheatgerm
- 2 tbsps Raw Sugar
- 1 tsp Cinnamon (or more if liked)

Cream Butter and Brown Sugar until pale. Add eggs one at a time. Beat well after each egg. Stir in wheatgerm. Sift in wholemeal flour, baking powder and salt. Mix well. Roll tablespoons of mixture into balls. Mix Raw sugar, wheatgerm and cinnamon to make coating. Role balls in coating. Place on greased oven tray. Press down slightly with a fork. Bake at 200°C for 10 minutes or until golden. Cool on a wire rack.

-G.D. Romano Nelson (December 2007)

Apple and Omega 3 Cake

- 200gms Butter
- ¾ Cup Brown Sugar
- 2 tsps Vanilla Essence
- 1 Tbsp Golden Syrup
- 2 Eggs
- 1 Cup Plain Flour
- 1 tsp Baking Powder
- ¾ Cup LSA
- ½ Cup Sliced Almonds
- 1 Cup Dried Cranberries
- 1 Apple

Cream butter and sugar, add vanilla essence and golden syrup. Add eggs and beat until smooth and creamy. Add sifted flour, baking powder and LSA. Mix to combine. Add cranberries and almonds. Quickly grate apple and add, beat until combined. Pour into a cake or loaf tin lined with baking paper. Bake at 175°C for 25-30 minutes until golden brown and skewer comes out clean. Allow to cool in tin for 10 minutes before turning out.

- Mary Edwards
Christchurch

Taties

- Taties
- Canola Oil or Soya Bean Oil



Fill a deep fryer or large pot with enough oil to completely cover taties. Once oil is very hot, add in the taties. They will rise to the top in about 10 seconds (the hotter the oil, the quicker they will rise). Remove from hot oil as soon as they have puffed up and risen to the surface. Drain well, blot dry with a paper towel to remove excess oil. Serve as they are or add celery salt, Himalayan salt or your favourite seasoning. The secret is to use hot oil and don't cook too many at one time.

Most ingredients available from Bin Inn Stores

Send in your favourite recipes and be part of the next Barrel Talk!

visit one of 32 Stores Across New Zealand

NORTH ISLAND

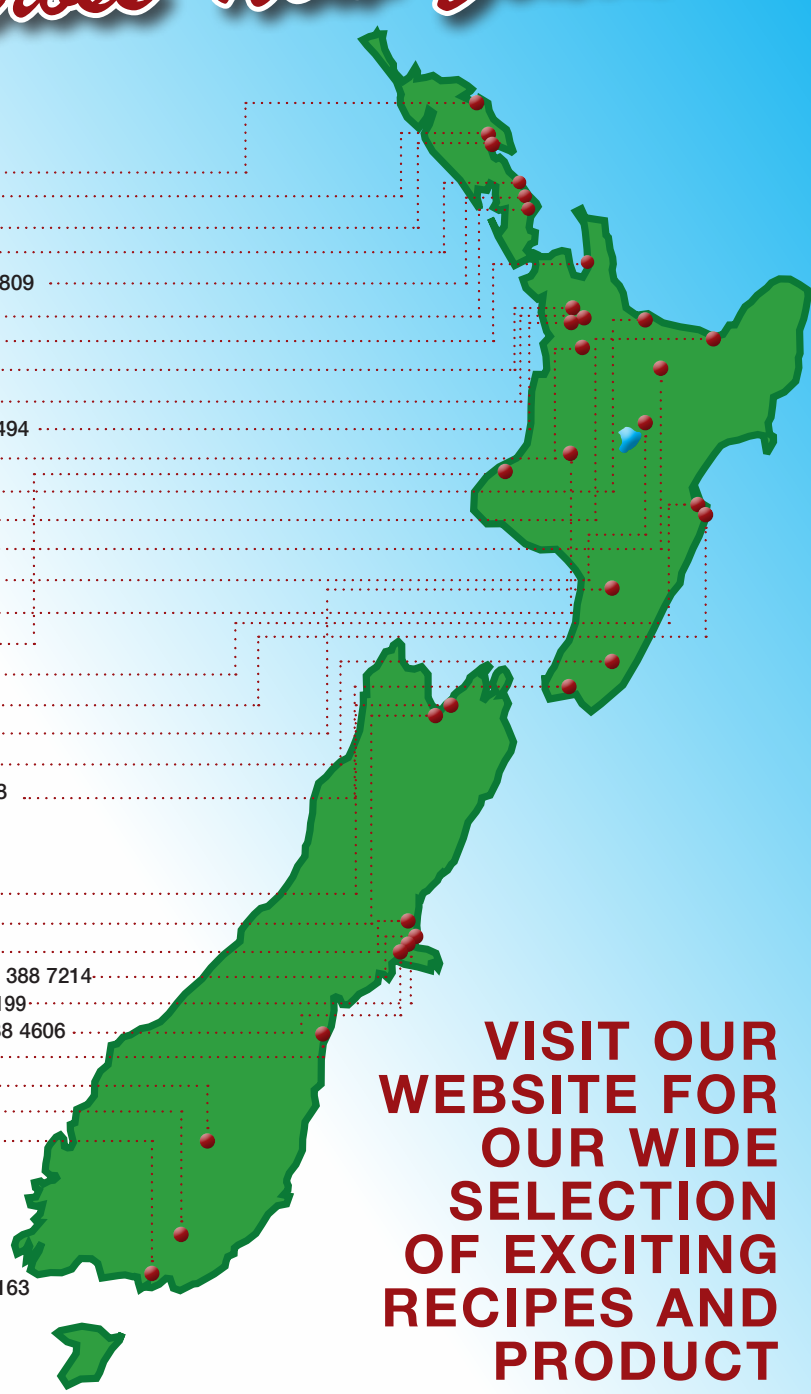
- KERIKERI | 92 Kerikeri Rd | 09 407 7794
- KAMO | 386 Kamo Rd, Whangarei | 09 435 4494
- WHANGAREI | 75 Walton St | 09 430 0588
- WARKWORTH | 11 Elizabeth St | 09 425 8115
- OREWA | 326 Hibiscus Coast Highway, Whangaparoa | 09 426 6809
- BROWNS BAY | 12 Inverness Rd, North Shore | 09 476 9090
- THAMES | 707 Pollen St | 07 867 9191
- ST ANDREWS | 21 Braid Rd, Hamilton | 07 849 2826
- DINSDALE | 47 Whatawhata Rd, Hamilton | 07 847 7045
- HAMILTON EAST | Corner Clyde & Grey Sts, Hamilton | 07 856 3494
- TE AWAMUTU | 170/13 George St | 07 870 1218
- TAURANGA | 769 Cameron Rd | 07 571 8875
- WHAKATANE | 22 Richardson St | 07 307 1515
- ROTORUA | 5/11A Tarawera Road, Redwoods | 07 562 5271
- TAUPO | Lower Spa Rd | 07 377 0610
- TAUMARUNUI | 12 Manu aute St | 07 895 8350
- WAITARA | 62 McLean St | 06 754 9000
- TARADALE | 281a Gloucester St, Napier | 06 844 0128
- HASTINGS | 440 Heretaunga St West | 06 878 7021
- FEILDING | 85 Kimbolton Rd | 06 323 1135
- MASTERTON | 306-308 Queen St | 06 370 2111
- HUTT VALLEY | 211 Jackson St, Petone, Wellington | 04 589 4868

SOUTH ISLAND

- NELSON | Montgomery Square, 16 Bridge St | 03 546 6199
- RICHMOND | 271 Queen St | 03 543 8045
- RANGIORA | Corner Ivory & Alfred Sts | 03 313 3779
- NEW BRIGHTON | Surfside Mall, 68 Hawke St, Christchurch | 03 388 7214
- STANMORE ROAD | 341A Stanmore Rd, Christchurch | 03 381 5199
- LINCOLN ROAD | 94 Lincoln Rd, Spreydon, Christchurch | 03 338 4606
- TIMARU | 18 Dee St | 03 684 9840
- ALEXANDRA | 38 Tarbert St | 03 440 2066
- GORE | 82 Broughton St | 03 208 1616
- INVERCARGILL | 133 Grace Street | 03 241 5200

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**VISIT OUR
WEBSITE FOR
OUR WIDE
SELECTION
OF EXCITING
RECIPES AND
PRODUCT
INFORMATION**

WWW.BININN.CO.NZ

Not all products listed are available at all Bin Inn Foodmarkets. Prices in this publication are correct as at 01.07.13 but are dependent upon product availability and supply. Whilst every care is taken to ensure prices, recipes and information contained herein are correct, Bin Inn Retail Group Co Operative and individual Bin Inn Foodmarkets accept no responsibility for errors or omissions. © 2013.



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25th Birthday Super Hot Specials

\$19.90
PER 10kg BAG

**Tui Wild
Bird Seed**



For bird
attraction

2 Packets for
\$3.00

**FineFare
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\$2.19 per
100gms

**Walnut
Halves Usa**

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From Bin Inn's
Self Selection Bin



29¢ per
100gms

Dates

\$2.90 per kilo
From Bin Inn's
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200gms
Packet

**FineFare
Choc.mint Slice**



**STILLMASTER YEAST
TURBO GOLD OR ULTRA**

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FOR ANY
ONE
PACKET



45¢
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100gms

Persian Sultanas

\$4.50 per kg
From Bin Inn's
Self Selection Bin



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per pack incl. yeast

**LAUCKE
BREAD
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500gms
Crusty
White



19¢
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100gms

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From Bin Inn's
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YEAST INCLUDED IN PACKS



The Best Hints & Tips of the past 25 years

Tea Tree Oil

- Laundry – A few drops of oil in the washing machine disinfects the wash and kills bacteria.
- Coughs – Add 4 drops of oil to warm water then gargle.
- from March/April Barrel Talk 1997.



Cracked Cake Icing

Use milk instead of water when mixing icing and it will never crack. – E.Wells – Nelson (November '97)

Freshen Up Cream

When cream has been in the fridge for a day or so, put a pinch of baking soda in. 'Hey Presto!' – Fresh Cream. – A. McRae – Gore (December '97)

Cutting Sponges

Ever had your sponge crumble when cutting it? Try this great tip.



To cut sponge cake, wrap the end of a long piece of cotton thread around both index fingers. Pull the thread tightly and carefully draw it through the cake. – (December '97)

To make juice go Further

A great idea to make a 1 litre of juice (or 250ml carton of concentrate) go further is to dissolve 1 cup of sugar and 2 teaspoons of citric acid in hot water. Add juice or concentrate then add water to bring the total to 4 litres. Tastes Great! – V.Davey – Waihi (Jan '98)



Cleaning Tile Grout

Epsom Salts are great for cleaning tiling grout. Simply add a little Epsom Salts to an old wet toothbrush and scrub grout to remove dirt and marks. For white grout, add a little bleach to water. (April, '98)

Scorched Iron

To clean the base of an iron from scorch marks and lime deposits simply rub it down with a cloth soaked in vinegar. – A. Perry – Masterton (July/August '98)

Soften Paint Brushes

After cleaning a paint brush, rinse it in fabric softener. It really works! – M. Welch – Otematata (October '98)

Keep away weevils

To protect grains, pulses and flours from weevils, place one or two dried bay leaves into the air tight container. – L. Lamberg – Opotiki (Nov/Dec '98)



Musty Beds

To stop a spare bed becoming musty when not in use, put a cake of unwrapped soap between the pillow and the sheet. – (August '99)

Fresh Walnuts

To keep walnuts from going rancid, place them in a plastic bag or lidded container and then place in the freezer. They last indefinitely and can be used straight from the freezer as they do not freeze. (I guess this could apply to all types of nuts, although I have only tried Walnuts.) – J. Palmer – Taupo (December '99)

No More Moisture

A cup of salt placed on a window ledge will absorb moisture from the air and keep your window free from condensation.



– Meg – Timaru (September 2000)

SPAR DUTCH PRODUCTS
AVAILABLE EXCLUSIVELY AT
BIN INN FOODMARKETS NATIONWIDE

SPAR As Good as the Best, for Less!

NEW to Bin Inn

**SUPER HOT 25TH
BIRTHDAY
SPECIALS**



La mamma

*Bringing the Mediterranean
to New Zealand*



\$1.20

Chickpeas



\$1.49

Tomato Puree



\$0.89

Tomato Paste

Specials Available from most Bin Inn Stores up until 31 August 2011

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**NOW AVAILABLE
AT YOUR LOCAL BIN INN STORE**

- ▷ Isoblast is a formulated sports drink for energy and hydration after exercise.
- ▷ Made in New Zealand to Australian and NZ Food Safety Authority standards
- ▷ Available in 6 exciting flavours: Orangeze, Lemoneze, Applecrush, Berrygood, Rock'n Raspberry and Passionberry.

ISOBLAST RTD'S

500ml sipper bottle 'ready-to-drink' cold from your fridge.

or ISOBLAST CONCENTRATE

For replacement of carbohydrate and minerals after exercise make contents up to 2.5 litres with water. For hydration during exercise up to 5 litres with water. (That's around \$1/litre)



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The Perfect Combination

Quinoa, which once sustained the great Inca civilisation, is today hailed as a 21st century 'superfood' in recognition of its remarkable nutrition. It features a host of essential nutrients including iron, copper, magnesium, manganese, phosphorus and fibre. But most notable of all is the abundance of high quality protein in every grain. Described as a "complete protein", quinoa protein contains all the essential amino acids, i.e. amino acids that our bodies cannot produce, including lysine and isoleucine which are often lacking or insufficient in most grains. These

amino acids are important for muscle health and tissue development.

Rice, on the other hand, has sustained more than half of humankind for millennia. Unmilled rice (whole grain rice), which contains the bran and germ, provides complex carbohydrates, dietary fibre and minerals such as thiamine, niacin, iron, riboflavin, vitamin D, manganese, calcium and selenium. Rice protein, which has been gaining in popularity among bodybuilders, is a good source of the essential amino acid leucine. Leucine supports muscle growth and repair.

Now combine these grains and what do you get? A nutrition powerhouse that's compatible in every way. Quinoa and rice are both wheat-free and gluten-free, which should delight those who are gluten sensitive or simply trying to maintain a gluten-free diet. In terms of preparation, quinoa and rice cook the same way with complementary tastes and textures, while adding visual appeal to the dish. Quinoa has a slightly crunchy texture and earthy flavour which is balanced perfectly by the slight chewiness and nutty taste of rice, making it easy to enjoy the benefits of this perfect match.



Ceres Organics combines rice with tasty quinoa to deliver a range of nutritious, gluten free products to add to your mealtime repertoire.

For recipe ideas on how to cook Ceres Organics Quinoa-Rice products, visit the Ceres website.

Better yet, join the 'Organics in Your Kitchen' cooking club. Membership will give you unlimited access to an exclusive 'members area' where you will find special features like weekly recipes, menu planner, latest product news, competitions, and lots more.

And, to celebrate Bin Inn's 25th Anniversary, we are giving away Ceres Organics Quinoa-Rice gift packs to 25 lucky Bin Inn customers. Just e-mail us at organicsinyourkitchen@ceres.co.nz and tell us "What you like about Ceres Organics". Offer ends 31 August 2013.



CERES.CO.NZ



Great New Recipes

Gingerbread Pancakes

- 1 cup high grade flour
- 2 Tbsps sugar
- 1 tsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground allspice
- ½ tsp salt
- 1 egg
- ¾ cup milk
- 2 Tbsps molasses
- 1 Tbsp canola oil
- 6 Tbsps maple syrup
- ¾ cup apple pie filling (warmed)
- 3 Tbsps dried cranberries

1. In a large bowl combine flour, sugar, baking powder and all the spices
2. Combine the egg, milk, molasses and oil separately then stir in the dry ingredients until just moistened.
3. Pour the mix in ¼ cupfuls onto a greased hotplate and turn when bubbles form on top.
4. Cook until 2nd side is golden brown.
5. To serve, drizzle each pancake with one tablespoon of Maple Syrup then top with 1/8 cup of Apple Pie Filling. Sprinkle with Cranberries Makes 6 Pancakes.

Chicken and Tomato Wedges

- 4-6 baking potatoes (800g), scrubbed and sliced into wedges
- 2 cloves garlic, peeled and finely chopped (or 2 tsp garlic paste)
- 2 Tbsps finely chopped fresh mint or 1 tsp dried mint
- 1 red capsicum (pepper), sliced into thick wedges
- ½ cup tomato paste (140g)
- 2 Tbsps brown sugar
- 2 Tbsps vinegar
- ½ cup water
- 2 Tbsps oil
- 2 Skinless, boneless chicken breasts, chunky sliced



1. Preheat the oven to 200°C
2. Slice the potatoes and capsicum into wedges
3. Place everything, except the chicken, in roasting pan. Toss to coat
4. Bake for 20 minutes
5. Add the chicken and mix well. Bake for another 10-15 minutes or until the potatoes are tender and the chicken is cooked through. Stirring during cooking.
6. Add a little extra water, about about ¼ cup, at the end of cooking if it is starting to dry out to make a smooth glossy coating of sauce.

Quinoa with Stir Fried Vegetables

- 200gms of Quinoa
- 5 Tbsps olive oil
- 2 garlic cloves finely chopped
- 3 carrots cut into thin strips
- 300gms leeks sliced
- 300gms broccoli cut into small florets
- 100gms sundried tomatoes drained and chopped
- 200ml liquid vegetable stock
- 2 tsps tomato puree
- juice of one lemon

1. Cook the quinoa.
2. Heat 3 tablespoons of the olive oil in a large pan, add the garlic and quickly fry for one minute.
3. Add the carrots, leeks and broccoli and stir fry for 2 minutes.
4. Add the sundried tomatoes, mix in the stock and puree and add to the pan. Cover and cook for 3 minutes.
5. Drain the quinoa and add the remaining 2 tablespoons of olive oil and lemon juice
6. Plate and spoon the veges on the top.

Banana Porridge

- 1½ cups cooked rolled oats
- ¼ tsp salt (optional)
- 2 cups hot water
- ½ cup soy milk or skim milk
- 1Tbsp brown sugar
- 1ripe banana, mashed



1. Combine rolled oats, water and salt in a large bowl.
2. Microwave on HIGH for 5 minutes, stirring after every minute.
3. Stir in soy milk/skim milk, sugar and banana.
4. Serve with extra slices of banana

Slow Cooker Lentil Soup with Bacon

- 2 slices bacon, thinly sliced
- 1 cup lentils, rinsed and sorted
- 2 celery stalks, diced
- 2 carrots, diced
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 Tbsp smoked paprika
- ½ tsp red chilli flakes
- ½ tsp salt
- 400g can diced tomatoes
- 400g chicken broth

1. Fry bacon
2. Add all ingredients including the cooked bacon to the slow cooker and heat on low for 8-9 hours or high for 4 hours.
3. Stir and serve hot.

Walnut Ginger Slice

- 1 Cup Raisins
- ½ cup roughly chopped walnuts
- 1 cup crystallised ginger
- 110gms sliced walnuts
- ⅔ cup flour
- 100gms butter
- ½ cup sugar
- 3 Tbsps golden syrup
- 210gms melted dark chocolate

1. Preheat oven at 180°C, fan bake and line a 27cm by 17cm slice tin with baking paper.
2. Place butter, brown sugar and syrup in pot and combine over a low heat. Stir until sugar is completely dissolved and the mixture is completely smooth.
3. Measure the dried fruit, ginger and nuts into a bowl. Toss the flour through the ingredients then pour the syrup combo mixture over.
4. Stir until combined
5. Spoon mixture into prepared tin then smooth with the back of a table spoon.
6. Bake for 25 minutes, then allow to cool in the tin,
7. Turn the slice upside down and smother in melted chocolate.
8. Cut into slices and store in an airtight container

Muesli Bars

- 2 Cups Wholegrain Oats
- ½ Cup Peanuts (measure then chop)
- ¼ Cup Seeds (Sesame, Sunflower, pumpkin, etc
- 145 gms butter
- ¼ cup Raw Sugar
- 3 Tbsps Honey
- 2 Cups Rice Bubbles
- ½ Cup Desiccated Coconut
- ½ - ¾ Cup Skim Milk Powder

1. Measure wholegrain oats, chopped peanuts and seeds into a microwave bowl. Microwave on high for 5 minutes.
2. Melt butter, raw sugar and honey together in saucepan and simmer for 5 minutes.
3. Add rice bubbles, desiccated coconut and skim milk powder to oat mixture.
4. Mix well and add liquid ingredients to this. Mix well and press into flat tin (Roughly 18cm by 28 cm)
5. Smooth with back of spoon and cut before completely cold.



Most ingredients available from Bin Inn Stores



What you can expect to find in your local Bin Inn

Bin Inn
Wholefoods and Specialty Groceries

- Cereals
- Dried Fruits
- Flours
- Grains
- Herbs & Spices
- Legumes
- Nuts
- Baking Mixes
- Bread Mixes
- Brewing Supplies
- Dutch Foods
- Ethnic Foods
- Gluten Free
- Organics
- Cleaning Products

• Plus Much More



Customers from all over NZ are flocking to their nearest Bin Inn Foodmarket to make their own PEANUT BUTTER instore.

Using a specific type of Peanut ideally suited to grinding you can choose CRUNCHY, MEDIUM OR SMOOTH and make your very own PEANUT BUTTER FREE OF SALTS AND OILS.

Bring your own containers for filling or purchase one at your BIN INN FOODSTORE. TASTES GREAT

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(one to be WON at each store)

Each \$20 spent at any Bin Inn Foodmarket entitles the customer to complete one entry form



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Email:

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Phone: Local Bin Inn:

Tick this box if you **DO NOT** wish to have your details recorded by Bin Inn

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Terms & conditions on page 3 or www.bininn.co.nz. Draw closes 04/08/2013

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BIN INN XMAS SHOPPING SAVINGS CERTIFICATE

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Store Name and Number:..... Date: / /

Customer Name and Signature:

Customer email address (optional):

Customer Phone number (optional):

\$5 Bonus Xmas Prize Draw!! \$5

Redeem your certificates for purchases from your Bin Inn Foodmarket by 22/12/2013 and be in the draw to win a \$50 Bin Inn Voucher



Pick up your free 32 page Gluten Free recipe booklet next time you shop at your Bin Inn Foodmarket

