

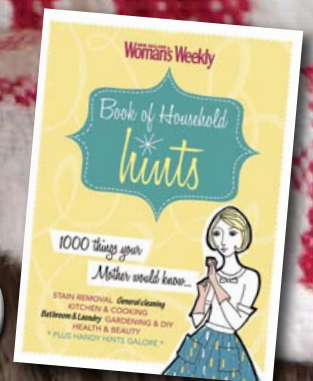
# Bin Inn **Barrel** *talk*

Issue 52

**A Taste of Italy**  
**Mexican Meals**  
**Winter Warmers**  
**Mediterranean Recipes**

**Bin Inn**  
Wholefoods and Specialty Groceries

**1650**  
**FREE** Hints Books



## What's New?

### Chia Seeds

Chia seeds are rich in omega-3 fatty acids. They are gluten free. This 'superfood' in a seed can be sprinkled on cereal, added to soups, smoothies, breads, or mixed with water for a Chia gel.

### Coconut Flour

Gluten and starch free, high in protein and fibre, coconut flour is low in digestible carbohydrate. A soft flour produced from dried coconut meat.

### Coconut Sugar

Made from the sap of coconut flowers, coconut sugar has a low glycemic index. It is gaining popularity as a sugar substitute with people who want to watch their calorie and sugar intake. Coconut sugar is rich in amino acids.

### Masa Harina Flour

Create gluten free tortillas - recipe page 4.

### Panko Breadcrumbs

Japanese-style panko is the crunchy crumb for fast-fried fish, prawns or chicken. Panko breadcrumbs are lighter and larger in size, giving a crispier texture and an extra crunch.

### Taties

Taties are back! Just fry in hot oil, they pop up in seconds. Great crunchy snacks. Season with salt.

### Type 00 Flour

Create homemade pasta - recipe page 8.

### e-Newsletter

Get the latest news and competitions direct to your inbox. Sign up for Bin Inn's e-Newsletter at [www.bininn.co.nz](http://www.bininn.co.nz) by the 30th of August 2012 and you're automatically in the prize draw for a chance to WIN a gluten free gift hamper.

### NEW Bin Inn Dinsdale!

Our newest Bin Inn is Dinsdale, Hamilton. If you are a foodie, want to be your own boss and have more fun at work; then talk to us! For an information pack email [shops@bininn.co.nz](mailto:shops@bininn.co.nz)

*\*Available at most Bin Inn stores*

# Winter Warmers

Keep warm this winter with hearty soups, comfort-food casseroles and spicy stews. Bin Inn has an extensive range of peas, beans and lentils for all your winter warming soups and stews. Cook up a batch of Bin Inn's famous soup mix for winter warming soups. Scoop just as much or as little as you like from Bin Inn's self selection bins.

### The Best Vegetable Soup

1/4 Cup Olive Oil\*  
4 Onions, finely chopped  
3 Stalks Celery, sliced  
3 Carrots, finely chopped  
2 Courgettes, grated  
1-2 tsps Salt\*  
1 Tbsp Tomato Paste\*  
1.5 Litres Beef Stock\*  
1/2 Cup Quinoa\*  
3/4 Cup Alphabet Pasta\*  
2 Tbsps Pesto\* (optional)  
1/2 Cup Parsley, chopped



Heat oil in a large saucepan and gently cook onions, celery, carrots and courgettes for 10-15 minutes until tender. Add tomato paste and stock, bring to the boil and then simmer for 45 minutes. Add quinoa and cook a further 15 minutes before adding alphabet pasta and then simmer for a further 15 minutes. Stir through the pesto and parsley and simmer for 2 minutes further. The flavour of the soup will depend very much on the quality of your stock. If the soup seems watery and lacking in flavour then add more beef stock. I buy my alphabet pasta from Bin Inn - they have it in their bulk bins. The kids love it as they search for letters for their name.

*Thanks to Helen Jackson's Foodlovers for this delicious recipe*  
[www.foodlovers.co.nz](http://www.foodlovers.co.nz)

### Pea & Ham Soup

3/4 Cup Bin Inn Soup Mix\*  
1 1/2 Cups Green Split Peas\*  
1 Tbsp Dried Parsley\* or Fresh  
1 Ham Bone  
Pinch Salt\* and Pepper\*  
Water

Soak soup mix and green split peas in hot water for 20 minutes. Place ham bone in a pot. Cover with water and bring to the boil. Add soup mix and green split peas and simmer slowly. Add parsley, salt and pepper and simmer until the peas are cooked. The soup will thicken itself. Remove ham bone, cut meat off the bone into soup.



### Red Lentil Dhal

1 1/2 Tbsps Oil\*  
2 Onions, chopped  
1 Cup Red Split Lentils,\* rinsed  
1-2 Tbsps Curry Powder\*  
4 Cups Hot Vegetable Stock\*  
400g Can Chopped Tomatoes\*

Heat oil in a pan and fry the onions for about 4 minutes or until lightly coloured. Stir in red split lentils and curry powder. Add the tomatoes and stock. Bring to the boil. Cover and reduce heat, simmer for about 20-30 minutes or until lentils are soft.

Not all products listed are available at all Bin Inn stores. Prices in publication are correct as at 30/6/12 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 Bin Inn stores accept no responsibility for errors or omissions. © 2012.

## Minestrone Soup

1 Cup Bin Inn Soup Mix\*  
6 Cups Water  
3 tps Chicken Stock\*  
1 Onion, finely diced  
1 Cup Small Pasta Shells\*  
2 Sticks Celery, finely cut  
400g Can Diced Tomatoes\*  
200g Ham Steaks, diced  
400g Can Mixed Beans\*  
1 Cup Vegetables - beans, carrots, peas etc

Combine all ingredients in a large saucepan. Cook on high for 5 minutes, then cover and simmer slowly for 1-2 hours or until cooked.

## Chickpea Tomato Curry

1 Tbsp Oil\*  
1 Clove Garlic, crushed  
1 Onion, chopped  
1/2 tsp Turmeric\*  
1/2 tsp Ground Coriander\*  
1/2 tsp Ground Cumin\*  
1/4 tsp Mild or Hot Chilli Powder\*  
420g Can Chopped Tomatoes\*  
400g Can Chickpeas\*, drained  
5cm Piece Fresh Ginger, grated  
Fresh Coriander, chopped

Heat oil in a large pot. Add garlic and onion. Fry until golden. Add all the spices and stir for 2 minutes. Add chickpeas, coat in spices. Add tomatoes. Simmer for 10 minutes or until it thickens. Add ginger and stir well. Garnish with fresh chopped coriander.

## Soup Hints

- ✓ Add alphabet pasta for kids soup
- ✓ Make a huge soup batch & freeze
- ✓ Gluten free soup recipes instore
- ✓ Use old bread to bake croutons
- ✓ To thicken soup add toasted oats instead of flour or potatoes
- ✓ To remove excessive salt from soup, add a sliced raw potato
- ✓ To thicken soup, remove cooked veges out of soup and puree in a blender, then add back into soup

Serve fresh  
homemade  
bread with soup



## Beef Stew

1/2 Cup Flour\*  
1/2 tsp Salt\* and Freshly Ground Black Pepper\*  
2 Tbsps Butter\*  
4 Tbsps Olive Oil\*  
1 Kg Boneless Beef Chuck, cut into large cubes  
1 Large Onion, diced  
1/4 Cup Tomato Paste\*  
2 Cups Dry Red Wine  
1 Cup Water  
4 Cups Beef Stock\*  
1 Tbsp Brown Sugar\*  
1/2 tsp Sea Salt\*  
4 Medium Potatoes, cut into cubes  
4 Medium Carrots, chopped  
1 Cup Frozen Peas  
1 Bay Leaf\*  
1/4 tsp Dried Rosemary\*  
1/4 tsp Dried Thyme\*

Place flour in a bowl. Season with salt and freshly ground black pepper. Melt butter and 2 tablespoons of olive oil in a large, heavy saucepan over a medium-high heat. Working in batches, coat beef with flour, then add it to the saucepan and brown it on all sides. Put browned beef on a plate. Set aside. Add another 2 tablespoons of olive oil to the saucepan and add onions and sauté until tender for about 5 minutes. Mix in tomato paste and then red wine. Bring to the boil. Add beef stock, brown sugar, sea salt, then beef and any juices. Bring to the boil then reduce heat to very low. Partly cover the saucepan with the lid. Simmer for 1 1/2 hours. Over medium heat add the cubed potatoes. Simmer for 25 minutes. Add carrots. Cover pot, simmer for 15 minutes. Add frozen peas, bay leaf, rosemary and thyme. Simmer for another 5 minutes. If you prefer a thicker stew, mix some cornflour with water to thicken.



# A taste of Mexico

Warm up this winter with a spicy Mexican fiesta!

Warm up this winter with these delicious spicy Mexican dishes. Start your Mexican fiesta with pre-dinner nibbles of salsa, pepitas and assorted dips then follow with tortillas and hearty Mexican dishes filled with spicy beans. Soaked and stewed beans are core ingredients in many Mexican recipes. If your family doesn't eat many beans, these Mexican dishes are a great way to introduce nutritious protein packed beans into their diet. Plus beans are kind on the budget too.

## Tortillas

Once you have mastered the Mexican staple of tortillas you can get creative using your tortillas to make burritos, fajitas, enchiladas, huevos rancheros and quesadillas. For authentic tortillas use masa harina flour. Otherwise just use our recipe using plain flour. Homemade fresh tortillas are much softer than brought ones.

## Masa Harina Tortillas

2 Cups Masa Harina Flour\*  
1 Cup Warm Water

Mix the masa harina flour with water and knead into a ball. Divide into about 10 balls and either press with a tortilla press (with plastic food wrap between the two plates) or use a rolling pin to roll to a thin pancake. Heat up a frying pan with a dash of oil and warm the tortillas on both sides until slightly brown. If using for tacos; whilst they are still soft, fold to make a taco shape and leave to cool.

## Masa Harina Flour

Masa Harina flour is a specialty corn flour perfect for making many Mexican dishes such as corn tortillas, tamales and chalupas. The lime-treated corn, called 'Masa de Maiz', became the staple of a burgeoning population and remains today the major food source in Mexico. It is also gluten free. In fact, the traditional Mexican diet is gluten free with the 'superfood' grains such as quinoa, amaranth and chia seeds originating from this part of the world.

## Flour Tortillas

2 1/2 Cups Plain Flour\*  
1 tsp Salt\*  
1 tsp Baking Powder\*  
3 Tbsps Oil\*  
3/4 Cup Warm Water

Place flour, salt and baking powder in a bowl. Add oil. Slowly add just enough warm water to form a dough. Knead for 5 minutes on a floured board, then leave to rest for 10-15 minutes. Divide dough into a dozen pieces. Place ball of dough between 2 pieces of well oiled grease proof paper and roll into a 10-15cm circle (pancake). Place into a very hot dry frypan, cook for a minute or until they bubble. Flip over to cook other side. When cooked, wrap in a clean damp tea towel to keep them soft. To serve; place in foil and heat in the oven.

## Tortilla Chips

To serve tortilla chips with your homemade salsa and guacamole; follow the above recipe then brush tortillas with oil, cut into triangles or strips and bake them in the oven to make crunchy chips.

## Mexican Spice Mix

1 tsp Garlic Powder\*  
1 tsp Onion Powder\*  
1 tsp Paprika\* (not smoked)  
1/2 tsp Dried Chilli Flakes\*  
1-2 tsps Ground Cumin\* or Cumin Seeds\*  
1/4 tsp Ground Coriander\*  
Ground Black Pepper\* and Sea Salt\*  
Mix altogether. Use in recipes using packet Mexican spice mix.

## Mexican Chicken Mole

Mole (pronounced mole-lay) refers to a traditional type of rich savoury sauce used in Mexican dishes and also for dishes using this sauce. Served as a stew, with rice or with tortillas and enchiladas.

5 Garlic Cloves  
4 Dried Chillies\*  
1/2 Cinnamon Stick\*  
1/4 tsp Cumin Seeds\*  
1/4 tsp Dried Basil\*  
1/4 tsp Oregano\*  
2 Tbsps Fresh Coriander, chopped  
3 Tbsps Oil\*  
1 Large Onion, chopped  
400g Tin Chopped Tomatoes\*  
1 Cup Chicken Stock\*  
8 Chicken Pieces  
Pepper\* and Salt\* to season  
Sesame Seeds\*, toasted  
40g Bittersweet Dark Chocolate (70%)\*

In a saucepan, toast garlic cloves in 1 tablespoon of oil for 10 minutes or until it softens. Remove off heat. In a food processor mix chilli, basil, cumin seeds, oregano and coriander with the cooled garlic and oil. Cook onions in 2 tablespoons of oil until soft. Add spice mixture, cook for 3-5 minutes until onions brown. Stir in tomatoes, chicken stock and cinnamon stick and cook for 10 minutes or until it thickens. Add chicken pieces, season with salt and pepper. Cover and simmer for 30 to 40 minutes or until chicken is cooked. Stir through chocolate. Serve with fresh soft tortillas or rice. Garnish with toasted sesame seeds.



## Mexican Beans

400g Dried Red Kidney Beans\*  
6 Cups Water  
1 tsp Oregano\*  
4 Cloves Garlic, finely chopped  
2 Onions, peeled and finely chopped  
2-3 Carrots, chopped  
1/4 Cup Tomato Sauce\*  
1/4 Cup Tomato Paste\*  
2 Tbsps Red Wine Vinegar\*  
2 tsps Salt\*  
Hot Chilli Sauce\*

Boil red kidney beans and water in a pot for 20 minutes. Rinse and discard water. Replace water and put water and beans in a slow cooker. Add oregano, onions, garlic, carrots and cook on high for 2-3 hours until beans and vegetables are soft. Add tomato sauce, tomato paste, red wine vinegar, salt and cook on high for 1 hour. In batches, use a food processor to blend to a chunky sauce consistency (not puree). Add chilli sauce according to how hot and fiery you prefer.

Turn your Mexican fiesta into a party as an authentic Mexican meal is made for sharing with family and friends. Perhaps even serve margaritas and tequila. Check out the home brewing range at your local Bin Inn.

\*Available from most Bin Inn stores

## Chilli Con Carne

- 450g Mince
- 400g Tomatoes - fresh or tinned\*
- 1 Large Onion, chopped
- 2 Cloves Garlic, finely chopped
- 1 Green Pepper
- 1 tsp Thyme\*
- 1 tsp Salt\*
- 1 tsp Oil\*
- 1/2 tsp Celery Seeds\*
- 1 Bay Leaf\*
- 1/2 tsp Mild or Hot Chilli Powder\*

### Refried Beans

- 2 Cups Red Kidney Beans\*, soaked
- 500ml Water
- 3 Tbsps Oil\*
- 1 tsp Cumin Seeds\*
- 2 Cloves Garlic, chopped

Soak red kidney beans in a large pot of water overnight and always discard water used for soaking. Boil beans in water for 20 minutes and simmer until tender. Drain, mash half of the beans then mix in whole beans and fry in oil with garlic and cumin seeds. In a frypan, cook onions and garlic until golden brown. Add mince and stir, adding the rest of the ingredients and refried beans. Simmer in one cup of reserved bean liquid (from cooking red kidney beans) for 90 minutes, tightly covered. Add mild or hot chilli powder (accordingly to taste).

## Pepitas

As a healthy alternative to chips, these toasted pumpkin seeds flavoured with salt, chilli, garlic and lime are ideal pre-dinner nibbles.

- 1 Cup Pumpkin Seeds\*
- 1 Small Dried Chilli\*, finely chopped
- 1 tsp Salt\*
- 1/2 tsp Sugar\*
- 3 Cloves Garlic, crushed
- Lime Juice

Very quickly toast pumpkin seeds in a hot, dry pan until they start to pop. Add garlic, chilli and salt. Stir over the heat until the seeds no longer clump around the garlic. Add sugar, stir again and remove from heat. Leave to cool on baking paper. Serve with a squeeze of a lime.

## Chicken and White Bean Chilli

- 1/4 Cup Olive Oil\*
- 1 1/3 Cups Onion, finely chopped
- 1 Large Green Bell Pepper, finely chopped
- 6 Cloves Garlic, finely chopped
- 1Kg Skinless Boneless Chicken Breasts, cut into 1 inch cubes
- Salt\* and Pepper\*
- 2 Tbsps Mild Chilli Powder\*
- 2 Tbsps Tomato Paste\*
- 1 Tbsp Dried Oregano\*
- 1 Tbsp Ground Cumin\*
- 2 400g Cans Cannellini Beans\* (see note)
- 2 400g Cans Chopped Tomatoes\*
- 1/2 Cup Fresh Coriander, chopped

Heat olive oil in a heavy large pot over medium to high heat. Add onion, bell pepper and garlic and sauté until they soften, about 5 minutes. Add chicken. Season with salt and pepper. Sauté until chicken is no longer pink outside, about 5 minutes. Mix in chilli powder, tomato paste, oregano and cumin. Add canned cannellini beans (with liquid) and tomatoes. Simmer until chicken is cooked through and chilli has thickened, about 25 minutes. Add coriander to serve.

Note; Use 1 cup of dried cannellini beans for approximately 3 cups of cooked beans. After soaking overnight, cook cannellini beans for about 1 1/4 hours or until tender.

## Chilli Con Carne Leftovers?

- \* *Stuffed Potatoes* - Place chilli con carne into cooked jacket potatoes. Top with grated cheese and grill
- \* *Nachos* - Spread chilli con carne over corn chips and top with grated cheese. Grill and serve with salsa and sour cream
- \* *Tacos* - Fill tacos with chilli, add sliced lettuce, salsa and grated cheese
- \* *Tortilla wraps* - Put chilli, sliced lettuce, tomato and sour cream on wrap. Fold up the bottom edge, wrap sides around filling

## Full of Beans!

Crockpots are ideal this time of year, they are handy for slow cooker recipes with beans. Canned beans are convenient when you are in a hurry but at nearly three times the price why not consider home-soaked beans. Not only are beans low cost but they are nutritionally rich, they are low in fat, high in fibre and packed with protein. Bin Inn has about a dozen varieties of beans.

If you are a newbie to soaking your own beans, just buy enough to try in one recipe first. At Bin Inn you can buy just the exact quantity you need from the self selection bins. For recipes listing a 425g can of beans this is about 1 1/2 cups of soaked beans. 1 cup of dried beans will make 2-3 cups when cooked.

### Red Kidney Beans

A 'must have' for Mexican dishes, mix with mince for a tasty chilli. It is important to always boil red kidney beans for 15-20 minutes before using these, even if using in a slow cooker. Boiling is vital to destroy a toxin. They contain a dangerous toxin so also discard the water and rinse thoroughly after soaking and boiling.

### Chickpeas

Also known as garbanzo beans, chickpeas are popular for hummus, casseroles, stews and salads. Two hummus recipes available at Bin Inn.

### Cannellini Beans

These Italian style large white kidney beans are great for hearty stews.

### Lima Beans

Also known as butter beans. Bin Inn has two varieties; large white lima beans and baby green lima beans.

### Pinto Beans

Like a pinto horse, they have a mottled appearance looking painted or spotted. Pinto is Spanish for 'painted'.

### Soy Beans

Protein packed soy beans are a good alternative for vegetarians.

### Cooking Beans; Overnight Method

Put beans in a pot with 4 cups of water for each cup of beans. Leave to soak overnight. Next day, replace soaking water with fresh water and simmer for 1-3 hours until tender.

### Cooking Beans; Quick Cook Method

Put beans in a pot with 4 cups of water for each cup of beans. Bring to the boil for 2 minutes, then leave to stand for an hour. Simmer 1-3 hours until soft.

### Cooking Handy Hints

- Cooking times vary depending on the bean type e.g. Black eye beans take 1 hour to cook. Chickpeas take 1 1/2 - 2 hours. Haricot beans 1 hour.
- For each two cups of beans, add 10 cups of hot water to soak the beans.
- Beans will rehydrate to roughly double their dried size so make sure you have used a large enough pot.
- Make sure that beans are thoroughly cooked as under cooked beans can upset your digestion.
- Don't add salt when cooking beans as it makes beans tough, not tender.
- Pressure cookers are great to speed up the cooking times for beans.
- A few drops of oil in the water will help prevent foaming.

**FREE Beans Recipe flyer available from Bin Inn**

# Old Fashioned Winter Warming Puddings

On a cold winter night, a hearty traditional pudding is great comfort food. Treat your family and friends these with old fashioned favourites.

## Self Saucing Chocolate Pudding

500g Bin Inn Chocolate Muffin Mix\*  
140ml Water  
2 Eggs\*  
140ml Oil\*

### Chocolate Sauce

1/2 Cup Sugar\*  
1 Tbsp Cocoa\*  
1 Tbsp Butter\*  
1 Cup Boiling Water



Place water, Bin Inn Chocolate Muffin Mix and eggs into a bowl. Using a cake mixer, blend together for 1 minute on slow speed. Scrape down bowl. Mix for 3 minutes on medium speed. Blend in oil on slow speed. Pour into a greased 20cm round or oval microwave proof dish. Mix together chocolate sauce and pour over mixture. Cover with vented plastic wrap (put holes in plastic with a fork). Place on an inverted plate (to elevate). Microwave at full power for 6-10 minutes (depending on microwave wattage) until centre is cooked. Dust with icing sugar. Serve with ice cream.

## Rice Pudding

2 Tbsps Medium Grain Rice\*  
2 Tbsps Sugar\*  
2 Cups Milk\*  
1/2 tsp Vanilla Essence\*

Preheat oven to 180°C (do not use fan bake). Place all ingredients in a deep dish. Stir well, put in the oven. Bake for 2 hours, stirring occasionally in the first hour. If you do not like the almost toffee-like skin that forms, continue to stir regularly. Serve with stewed fruit or jam.

## Golden Syrup and Pecan Pudding

### Sauce

125ml Cream\*  
20g Butter\*  
1/3 Cup Golden Syrup\*  
1/3 Cup Brown Sugar\*  
1/2 tsp Lemon Juice

### Pudding

125g Butter,\* softened  
1/2 Cup Caster Sugar\*  
1 tsp Vanilla Essence\*  
2 Eggs\*  
1 Cup Self Raising Flour\*  
1/4 Cup Plain Flour\*  
1/4 Cup Milk\*  
1/2 Cup Pecan Nuts\*, chopped

In a pot on medium heat, stir cream, butter, brown sugar and golden syrup until the sugar dissolves. Reduce heat and simmer for 5 minutes or until sauce thickens slightly. Stir in lemon juice. Line the bases of 6 Texas muffin pans with baking paper. Divide pecans between the 6 muffin pans. Put 2 tablespoons of mixture into the 6 muffin pans. Keep extra sauce. To a bowl, beat butter, caster sugar and vanilla essence until light and creamy. Add eggs, one at a time. Sift in the two flours. Mix in milk. Evenly put mixture in muffin pans. Bake at 190°C for 20-25 minutes or until knife comes out clean. Run a knife around the sides to remove from tray. Drizzle over extra sauce.

## Marmalade Steamed Pudding

10 Dried Apricots\*  
1/2 Cup Marmalade\*  
2 Tbsps Golden Syrup\*  
100g Butter\*  
1 Cup Brown Sugar\*  
1 Egg\*  
1 tsp Lemon Rind, finely grated  
1 Cup Flour\*  
3/4 tsp Baking Soda\*  
1 Tbsp Milk\*

Grease and line a 1.25 litre pudding basin. Cut a circle of baking paper to fit the top of the basin. Soak apricots in a bowl of boiling water for 10 minutes. Drain off water and chop apricots. Place apricots, marmalade and golden syrup at the base of the basin. In a bowl, beat butter and brown sugar until light and fluffy. Beat in egg. Add lemon rind, sift in flour. Add baking soda dissolved in milk. Pour into basin. Cover with circle of baking paper then seal tightly with foil and string or a fitted lid. Place basin in a large saucepan and add enough boiling water to come 3/4 of the way up the sides of basin. Cover and bring to the boil, simmer for 2 hours. Top up water level when cooking if needed. Turn out onto a serving dish. Delicious with ice cream.

## Semolina Pudding recipe in-store



## Sticky Date Pudding

500g Bin Inn Sticky Date Cake Mix\*  
1 Cup Diced Dates\*  
1 Cup Boiling Water  
3 Eggs\*  
1/2 Cup Oil\*

**Butterscotch Sauce**  
300ml Cream\*  
125g Butter\*  
300g Brown Sugar\*



Finely chop dates (or use Bin Inn diced dates) and soak in a bowl with boiling water. Leave to cool. Add sticky date cake mix, eggs and oil to the dates. Using a cake mixer, blend on slow speed for 1 minute. Scrape down bowl. Mix for 2 more minutes. Pour into a tin lined with baking paper. Bake at 170°C for 45-55 minutes or until cooked. To make sauce; stir cream, butter and brown sugar in a pot on low heat until sugar dissolves. Pour sauce over pudding, serve with ice cream.

## Oaty Fruit Crumble

3 Cups Canned, Stewed or Bottled Fruit  
1 Cup Jumbo Rolled Oats\*  
1/2 Cup Wholemeal Flour\*  
1/2 Cup Brown Sugar\*  
1/2 tsp Mixed Spice\*  
1/2 tsp Cinnamon\*  
100g Butter\*  
1/4 Cup any Dried Fruits\* (optional)

Place any canned, stewed or bottled fruit (apples, plums, peaches or apricots) in a baking dish. If using canned fruit, drain off most of the syrup first. To make individual puddings, divide fruit into ramekins. Mix remaining ingredients in a bowl. Top fruit with crumble mixture. Bake at 200°C for 20 minutes or until crumble topping is golden and crunchy.

### pudding Hints

Try substituting ice cream with yoghurt.  
Serve small pudding portions and add stewed or fresh fruit

\*Available from most Bin Inn Stores



## Gluten Free Puds

### Gluten Free Apple Crumble & Custard

6 Large Granny Smith Apples, peeled, cored and sliced  
1 tsp Cinnamon\*  
1/2 tsp Ground Cloves\*  
3/4 Cup Bin Inn Gluten Free Cake & Biscuit Mix\*  
50 Butter\*  
1/2 Cup Sugar\*  
**Custard Sauce**  
2 Egg\* Yolks  
4 Tbsps Sugar\*  
3 Cups Milk\*  
1 tsp Vanilla Essence\*  
5 Tbsps Bin In Gluten Free Pikelet & Waffle Mix\*



Stew the apples in the microwave or a pot. To stew in microwave; place apples in a glass dish with a couple of tablespoons of water and cook on high for several minutes, check often and stir to cook evenly. Once soft, stir in cinnamon and ground cloves. To make crumble topping; rub butter into sugar and gluten free cake and biscuit mix. Sprinkle over the top of stewed apples and fan bake at 200°C for 20-30 minutes. To make custard; add 1 tablespoon of the milk to egg yolks, pikelet and waffle mix and sugar, then stir until smooth. Gradually add more milk, stirring thoroughly after each addition to ensure that no lumps form. Add the vanilla essence and the rest of the milk. Carefully cook over a low heat until the custard thickens. Serve hot custard over the hot apple crumble. Hint; If any lumps form, pour the custard through a sift just before serving.

### Gluten Free Sticky Date Pudding

1 1/4 Cups Diced Dates\*  
1 1/4 Cups Boiling Water  
1 tsp Baking Soda\*  
1 tsp Gluten Free Baking Powder\*  
1/2 Cup Maize Cornflour\*  
1/4 Cup Rice Flour\*  
1/4 Cup Soya Flour\*  
3/4 Cup Brown Sugar\*  
60g Margarine\*  
2 Eggs\*

**Caramel Sauce**  
250ml Cream\*  
50g Margarine\*  
2 Cups Brown Sugar\*  
1 tsp Vanilla Essence\*

Soak dates, boiling water and baking soda in a bowl for 5 minutes. Add brown sugar and margarine. Mix in a food processor until smooth then add eggs. Sift cornflour, rice flour and soya flour together three times then mix in food processor. Pour into a 20cm tin lined with baking paper. Bake at 180°C for 45 minutes or until cooked. Stir cream, margarine, brown sugar and vanilla essence in a pot on low heat until sugar dissolves. Pour caramel sauce over pudding and serve with ice cream.

### FREE Gluten Free Recipes Booklet

Over **75** gluten free recipes

Get a **FREE** copy from any Bin Inn



# A taste of Mamma Mia

Take the family to Italy without leaving home!

## Homemade Pasta

Get creative in the kitchen with type 00 flour and a pasta machine for winter warmers including spaghetti bolognese, fettuccine carbonara, lasagne, fettuccine alfredo and ravioli.

## Type 00 Homemade Pasta

500g Type 00 Flour\*  
1 tsp Salt\* (optional)  
6 Large Whole Eggs\*  
300ml - 330ml Water

Place type 00 flour and salt in a bowl. Make a well in the centre and add eggs and a little water to make a total 330ml of liquids. Using a fork, gradually draw the flour in from the sides to form a dough. Knead on a lightly floured surface for at least 6 minutes by hand until smooth and silky. Place dough in bowl, cover with plastic wrap and leave to rest in fridge for at least 30 minutes. Cut into manageable pieces and roll out, follow the directions as per your pasta machine. Cook pasta in 4 litres of boiling water for 3-5 minutes or until al dente. Hints; Cook in salted water if none was added to dough. For a richer, golden pasta, replace the 6 whole eggs with 12 egg yolks.

## Type 00 Homemade Pizza

500g Type 00 Flour\* (Makes 2 Pizza Bases)  
1 tsp Salt\*  
2 tsps Active Dried Yeast\*  
2 tsps Bread Improver\*  
310ml Water

Combine all ingredients in a bowl, mix to form a dough. Knead on a lightly floured surface for 6 minutes by hand until dough is smooth and elastic. Cover dough with a bowl, leave to rest for 10 minutes. Divide dough in half. Lightly dust the dough with more flour and cover with plastic wrap to prevent 'skinning' and allow to rest for 10 minutes. Roll out on a floured surface to 1cm thick. Place on an oiled pizza pan. Add your favourite toppings. Bake in a hot 240°C oven until crisp and golden. Hints; To check dough has been kneaded enough, test by stretching a small piece. It should form a transparent window in the centre. Up to 20ml of water can be replaced by the same quantity of extra virgin olive oil.



\*Available from most Bin Inns



## Type 00 Special White Flour

This fine premium white flour with superior dough tolerance and flexibility is ideal for making your homemade pasta, pizza, fine pastry and specialty breads. Laucke type 00 special white flour is unique because only the purest semolina is extracted from the heart of the wheat kernel, then carefully ground and sifted to create a flour that is naturally fine, bright white and a significant improvement on the traditional Italian Tipo 00 flour.

## Vegetarian Lasagne

1 Cup Beef or Chicken TVP\* (Textured Vegetable Protein) - see below  
7/8 Cup Boiling Water  
1 Tbsp Olive Oil\*  
1/2 Cup Onion, chopped  
2 400g Cans Chopped Tomatoes\* (whizzed in blender)  
2 Tbsps Minced Parsley  
1 tsp Oregano\*  
1 tsp Marjoram\*  
12 Lasagne Sheets\* (homemade or available at Bin Inn)  
425g Tofu, wrapped in a towel, pressed and crumbled  
1 Cup Shredded Soy Cheese (optional)

To rehydrate the TVP; pour boiling water over TVP, stir and leave to stand for 5 - 10 minutes. Sauté onions in olive oil and once soft add tomatoes, parsley, oregano and marjoram. Simmer, uncovered for about 20 minutes. Add TVP. Cook lasagne sheets in boiling water until tender. Drain lasagne, rinse several times with cold water. Lightly oil a large dish, line base with lasagne. Top with half of sauce. Layer with lasagne and add tofu. Add remaining layer of lasagne, pour on rest of sauce. If desired, sprinkle with cheese. Cover, bake at 175°C for 30 minutes. Uncover and bake for 10 minutes. Leave to stand for 5 minutes before serving.

*Recipe from Janet Browne, Owner and Operator Bin Inn Kamo*

## Textured Vegetable Protein (TVP)

TVP is made from soybeans. Try creating delicious meatless meals like pasta dishes, shepherd's pie, casseroles and stir-fries. Add TVP to your favourite recipe or fry with some spices and tamari soy sauce. TVP needs to be rehydrated before use, just soak in water for 5-10 minutes or rehydrate by cooking (when used in soups, sauces and with stocks and liquids).

## Bruschetta

Italian for toast, bruschetta are slices of crusty, toasted or char-grilled bread, drizzled with olive oil and rubbed with garlic.

Create bruschetta with homemade bread using Bin Inn's sourdough style or crusty white breadmix. Bruschetta make a tasty base for toppings, such as tomatoes, mozzarella, pesto or char-grilled red peppers.





## Lentil Spaghetti Bolognese


'Spag bol' tends to be a family favourite so for a change this winter try this budget friendly alternative to mince.

- 1 Tbsp Olive Oil\*
- 1 Onion, finely chopped
- 2 Celery Sticks, ends trimmed, finely chopped
- 2 Garlic Cloves, crushed
- 2 Carrots, peeled, grated
- 120g Dried Red Split Lentils\*
- 400g Can Chopped Tomatoes\*
- 500ml Vegetable Stock\*
- 2 Tbsps Tomato Paste\*
- Salt\* and Pepper\*
- 500g Homemade or Dried Spaghetti\*

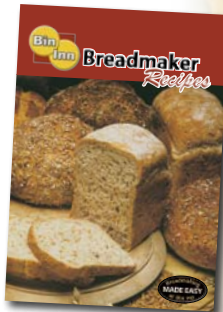
Heat oil in a large saucepan. Add onion, celery, garlic and carrots and cook on medium heat for about 4 minutes or until they soften. Stir in red lentils, tomatoes, vegetable stock and tomato paste. Season with salt and pepper. Bring to the boil, then reduce heat and simmer, partly covered with lid for 20 minutes or until lentils are cooked and it thickens. Whilst simmering, cook the spaghetti in a pot until al dente. Drain spaghetti, return to the pot. Add bolognese sauce and mix well.

## Focaccia Bread

Create a delicious Italian loaf with Bin Inn's focaccia style breadmix. Just let your breadmaker do all the work!

Loaf Size	750g Loaf	
Water	300ml	
Bin Inn Focaccia Breadmix*	500g (3 2/3 Cups)	
Active Dried Yeast*	8g (2 tsps)	
OR SupaBake Active Yeast Blend*	10g (3 tsps)	
Setting: 'Basic'		

Remove bread pan from breadmaker. Carefully measure ingredients, level cup & teaspoon measurements with the back of a knife. For best results weigh dry ingredients, the cup measurements provided are a guide only. Use a measuring jug for water. Luke warm water is best. Place ingredients into bread pan according to the order specified by your breadmaker. We recommend water first, then breadmix and lastly yeast. Insert bread pan into breadmaker. Follow directions for your breadmaker to select the appropriate loaf size, bake setting and crust.



Get a **FREE** Breadmaker Recipes booklet from your local Bin Inn

## Italian Ingredients

Create authentic Italian dishes with Bin Inn's extensive range of wholefoods and specialty groceries. With Bin Inn's self selection bins you can buy just as much or as little as you need, even if it's just a teaspoon to try out a new recipe. A taste of Italy ingredients...

### Herbs

- Basil
- Bay Leaves
- Marjoram
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

### Specialty Groceries

- Balsamic Vinegar
- Canned Tomatoes
- Cornmeal
- Olive Oil
- Semolina
- Sun-dried Tomatoes
- Tomato Paste
- Tomato Puree
- Type 00 Flour

### Spices

- Garlic
- Ginger
- Nutmeg
- Onion Flakes
- Pepper
- Peppercorns
- Saffron
- Salt
- Vanilla Pods

### Grains

- Arborio Rice
- Couscous
- Orzo
- Pasta
- Polenta

### Beans

- Cannelloni Beans
- Chickpeas

### Seeds

- Coriander Seeds
- Fennel Seeds
- Juniper Berries

### Beans

- Almonds
- Hazelnuts
- Pinenuts

\*Available from most Bin Inn stores

## Dutch Winter Warmers

Stock your pantry with winter warming comfort foods from the Netherlands.

Great variety of soups, thick and hearty ready to serve or dehydrated. Vegetables including sauerkraut, red cabbage and curled kale.

Aromatic coffee, tempting biscuits, sweets, licorice, spices, sauces, mustards, breakfast cakes, bread toppings and all your Dutch favourites.



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# A taste of the Mediterranean

Create a meze platter of falafel, hummus and tabbouleh

## Couscous

'Couscous' refers to both the actual grains of semolina wheat and to the dishes made from it. Pour boiling water or chicken stock over the couscous in a microwave proof dish and stand for 5 minutes or until all the liquid has been absorbed. Fluff with a fork, add a dash of oil or butter and cover. Microwave on high power for 2 minutes and then re-fluff with a fork. Serve as an alternative to rice or pasta or add to a salad. Couscous recipes available at Bin Inn.

## Israeli Couscous

Israeli couscous is a small, round semolina pasta that is different from the tiny, yellow North African couscous. It can also be referred to as pearl couscous as it resembles small, white peas. Like other pasta, it is quick and easy to prepare, just add Israeli couscous to boiling water and cook for 10 minutes or until liquid is absorbed.

## Burghul Wheat

Also known as bulgur, burghul wheat is a middle eastern staple grain. Burghul is a Persian word meaning 'bruised grain'. Not to be confused with cracked wheat (which is not pre-cooked), burghul is wheat that has been steamed or parboiled, dried and ground. It therefore is quick and easy to cook. Place 1 cup of burghul wheat in a heatproof bowl, cover with 2 cups of boiling water. Set aside for 20 minutes, or until the water is absorbed and the grains are light and fluffy. The tender grain has a chewy texture and a light, nutty flavour. It is most commonly eaten in the classic Lebanese dish tabbouleh. Tabbouleh recipe available at Bin Inn.

## Mediterranean Chicken

8 Boneless Chicken Breasts, halved  
 4 Cloves Garlic, crushed  
 3 tpsps Oregano, chopped  
 Salt\* and Pepper\* to season  
 1/2 Cup Red Wine Vinegar\*  
 1/2 Cup Olive Oil\*  
 1/2 Cup Pitted Prunes\*, chopped  
 3/4 Cup Dried Apricots\*, chopped  
 3/4 Cup Green Olives, pitted  
 1/4 Cup Capers, washed & drained  
 4 Bay Leaves\*  
 1/2 Cup Brown Sugar\*  
 1 1/2 Cups White Wine  
 2 Tbsps Pine Nuts\*, toasted  
 Mix all ingredients in a large casserole dish and marinate in the fridge overnight. Cook at 180°C for 1 hour.

## Lamb Koftas

500g Lamb Mince  
 1 Cup Fresh Breadcrumbs  
 1 Egg\*  
 1 Onion, finely chopped  
 1 Clove Garlic, crushed  
 1 Tbsp Mint, chopped  
 1 tsp Ground Cumin\*  
 1 tsp Ground Turmeric\*  
 1/2 tsp Cinnamon\*  
 1/4 tsp Chilli Powder\*  
 Soak skewers in water for an hour. Mix all ingredients in a bowl. For each kofta, shape 1/4 cup of mixture around each skewer like a sausage. Grill for 12-15 minutes or until cooked.

## Israeli Couscous

2 Cups Water  
 1 Cup Israeli Couscous\*  
 Bring water to boil, add Israeli Couscous and simmer for about 10 minutes or until all the liquid is absorbed.



### Grains

- Burghul Wheat
- Couscous
- Israeli Couscous
- Polenta

### Seeds

- Coriander Seeds
- Cumin Seeds
- Fennel Seeds
- Sesame Seeds

### Dried Fruits

- Apricots
- Dates

### Beans

- Black Eye Beans
- Chickpeas
- Large Lima Beans

### Specialty Groceries

- Balsamic Vinegar
- Canned Tomatoes
- Capers
- Olive Oil
- Olives
- Pine Nuts
- Sun-dried Tomatoes
- Tahini



# Just For Kids

Congrats to Josh Walker of Whangarei, Jodie Daines of Feilding and Niamh Trodden of Hamilton. They have each WON a Kambrook Little Chefs Sunny Hunny Waffle Maker worth \$79.95 plus a Little Chefs Apron!

## SUNNY HUNNY WAFFLE MAKER



**Makes  
three heart  
shaped waffles!**

### Allsort Slice

- 250g Malt Biscuit Crumbs\* (1 pack)
- 125g Butter,\* melted
- 1/2 Can (150g) Condensed Milk\*
- 280g Licorice Allsorts,\* chopped

#### TOPPING

- 2 Cups Icing Sugar\*
- 1 Tbsp Cocoa\*
- 1 Tbsp Butter,\* melted
- 2-3 Tbsps Boiling Water

If using a packet of malt biscuits place them into a food processor to turn into crumbs first. Then add in melted butter and condensed milk and pulse in food processor until well mixed. Transfer biscuit mixture to a bowl and add chopped licorice allsorts. Press the mixture into a 30cm x 20cm slice pan and refrigerate until firm. To make icing; combine icing sugar and cocoa in a bowl and mix in butter and enough boiling water to make a spreadable icing. Ice slice and allow to set before cutting into pieces.

*Josh Walker  
Whangarei*

\*Available from most Bin Inn Stores



Kids, send your favourite recipes and if Bin Inn prints it

**you can WIN**

email: [kids@bininn.co.nz](mailto:kids@bininn.co.nz) or post to:  
Bin Inn Barrel Talk - Just For Kids  
PO Box 251129, Pakuranga,  
Auckland 2140

### Star Biscuits

- 55g Icing Sugar,\* sifted
- 85g Unsalted Butter,\* softened
- 1 Egg\* Yolk
- 140g Plain Flour\*
- Extra Plain Flour,\* for dusting

Preheat the oven to 180°C. Put all the ingredients into a bowl and mix until a smooth dough is formed. Roll out on a floured surface and cut out small star shapes. Place on a non stick baking sheet and bake for 5 - 10 minutes until golden brown.

*Jodie Daines | Age 11 | Feilding*



### Sesame Cheese Biscuits

- 1 Cup Grated Cheese\*
- 1 Cup Flour\*
- Pinch of Salt\*
- 125g Butter,\* softened
- 1 Cup Rice Pops\*
- Pinch Cayenne Pepper\*
- 2 Tbsps Sesame Seeds\*

Put everything except the sesame seeds in a food processor and mix well till the mixture clumps into a ball. With some flour on your hands roll into small balls and put on a baking paper lined oven tray. Sprinkle sesame seeds on each biscuit. Bake for 20 to 25 minutes at 160°C. When cool store in a container or just eat them. My Nana lets me help her baking. We like to make biscuits.

*Niamh Trodden | Age 9 | Hamilton*



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**UNPACKIT.org**  
**NZ PACKAGING AWARDS 2012**

**Bin Inn Scoops Unpackit NZ Packaging Award**

On behalf of all the Bin Inner owner operators we would like to say a huge thank you to everyone who voted in the 2012 Unpackit NZ Packaging Awards. With over 10,000 votes it is a honour to take out the title of 'Best Packaging'. The Unpackit NZ Packaging Awards is the people's choice awards for good and, unfortunately, not so good packaging. The Awards are all about finding NZ's best and worst packaging.

"By making it easy for customers to bring



their own packaging and refill it, Bin Inn has created a really smart system which reduces packaging at source. The reduction of packaging going into their customers' homes make them a worthy winner of the Award," said Unpackit spokesperson Gina Dempster. The 2012 Unpackit NZ Packaging Awards trophy was presented to David Ensor, Board Chairman Bin Inn Retail Group Co-operative, and Jill Pollock, owner of Bin Inn Alexandra. Look out for the handcrafted trophy made from recycled timber at your local Bin Inn as the trophy nationwide roadshow is coming to a Bin Inn near you soon. The Unpackit Awards initiative by Wanaka Wastebusters is a fantastic concept to help raise awareness about packaging waste. We encourage customers to bring their own bottles and containers to refill

from self selection bins and barrels. Our refill system minimises packaging waste and has less impact on the environment, while customers 'pay for the product, not the fancy packaging'. After all, you don't eat the packaging.

With an emphasis on quality wholefoods and specialty grocery items; you can buy as much or as little as you like from self selection bins and barrels. Choose the exact quantity you need, even if it is just a teaspoon to try a new recipe. Re-using bottles and containers by refilling them from self selection bins and barrels helps our planet and also helps your budget.

**Did You Know?**

- \* In NZ each person throws out **125Kg** of packaging waste and paper every year
- \* **161Kg** is recycled per person
- \* **Only 58%** is recycled
- \* In NZ we consume **735 thousand tonnes** of packaging every year
- \* **23%** of our landfills is organic waste which could be composted

\*NZ Packaging Council 2010 mass balance recycling data



**12** HURRY limited copies, spend \$30 at Bin Inn to get a FREE Household Hints Book



# It's Okay To Be A Nana!

By Wendyl Nissen

Tried and True. These are the recipes I am most often asked for so make sure you tuck them away on your cookbook shelf so that you don't lose them. I hope you enjoy trying them out:

## Easy Liquid Handwash

- 250ml Boiling Water
- 2 Tbsps Lemon Bar Soap,\* grated
- 2 tsps Glycerine\* or Glycerol
- 2 tsps Rosewater\*

This is one of my favourite and quickest recipes to make and while the mixture is a bit gluggy as it comes out of the dispenser the glycerine in it keeps your hands wonderful moisturised and they smell amazing. Melt the grated soap in the boiling water and then stir in the glycerine and rosewater. Pour into the soap dispenser while still warm as it sets as a jelly. If the jelly is too stiff to make it through the pump dispenser, just add a little more boiling water to reduce it down. Glycerol, glycerine and rosewater maybe available from the chemist.

## Oven Cleaner

- Baking Soda\* and White Vinegar\*
- OR Washing Soda\*

This is the recipe I get asked for most, possibly because I have never met anyone who enjoys using the chemical laden oven cleaners you buy, or has survived the job without getting a headache. I have two recipes. One for an oven which is a little bit dirty and one for a really tough oven like the ones you find when you move into a new flat!

- 1) Sprinkle baking soda on the base of the oven and mix with water to make a paste. Use this paste to smear up the oven walls, onto the roof and on the door. Let it sit overnight and then wipe off in the morning. You may find a white, powdery residue remains. Simply damp a rag with some white vinegar and wipe over.
- 2) Use washing soda instead of baking soda and wear gloves. Washing soda is baking soda's meaner, bigger older brother and it can irritate your skin when in direct contact.

## Spray Cleaner

- 1 tsp Baking Soda\*
- Few drops Dishwashing Liquid\*
- 15 drops Essential Lavender Oil\*

Fill a 1 litre spray bottle with warm water and add all the ingredients. Shake well and use to clean surfaces. Lavender oil is anti-bacterial, antiseptic, antiviral and anti-fungal but if you prefer the smell of eucalyptus oil it has similar properties. Note; Opt for a vegetable based dishwash for a greener option.

## Toilet Cleaner

- 1 Cup Baking Soda\*
- 1 Cup White Vinegar\*

This is the easiest of all my recipes and one I try to get everyone I meet to at least try once because you won't go back. Throw both into your toilet bowl, watch it fizz like a big volcano. Leave for 10 minutes, then come back to give a quick brush around and flush. You have just become a greenie toilet cleaner.

## Lavender Laundry Liquid

- 1.5 Litres Water
- 1/2 Bar Castile or vegetable-based soap or Laundry Bar Soap\*
- 1/2 Cup Washing Soda\*
- 50g Borax\*
- 1 Litre Hot Water

Mix grated soap in a pot with 1.5 litres of water and heat on low until dissolved. Stir in washing soda and borax. Stir until thickened, remove from heat. If using Castile or vegetable-based soap it won't thicken straight away, but don't worry, it will overnight in the bottles. Add 1 litre of hot water to a bucket. Add soap mixture and mix well. Fill bucket with 5 litres of hot water, mix well. Pour into old milk bottles or containers. Set aside for 24 hours or until it thickens. Use 1/2 cup per load. It is easy to squeeze from bottles as it is quite gluggy. P.S. Add 20 drops lavender oil for a nice fragrance or eucalyptus oil is great for woollens.



When I started writing and sharing my chemical-free recipes the only place you could get baking soda was at the supermarket and even then you could only buy little packets of it! Since then Bin Inn's all over the country have answered my call and the thousands of people who have started making their own cleaning and beauty products by stocking basics like baking soda, washing soda, borax and white vinegar in bulk amounts. Some Bin Inns also stock the Wendyl's Green Goddess laundry products we make in our home in Grey Lynn, Auckland and my books, which is wonderful.

My personal motto is "It's Okay to Be a Nana" and to encourage more Bin Inn customers to have a go at making their own products and becoming a Nana I've compiled a list of my tried and true recipes. You'll find that they are all really easy and the secret is to throw out all the commercial cleaners you have in your cleaning cupboard and replace them with all the ingredients you need to make these. That way when there's nothing on the television you can spend a few moments whipping up a Green Goddess special.

Behind these recipes is more than a desire to live like Nana used to. There is also a great need to encourage people to live without chemicals. In this country the cleaners and beauty products don't have clear, understandable ingredients listed on them, unlike the food you buy which is highly regulated and tested.

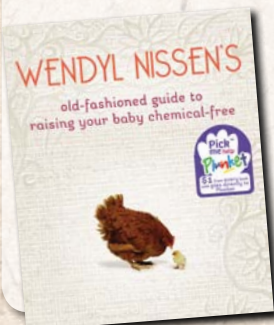
Yet these products are just as easily absorbed into the bloodstream through inhaling or contact with your skin. I strongly believe that the increase in chemicals through the use of commercial cleaners and cosmetics has an effect on asthma, eczema and possibly the increase in the incidence of cancer. And I urge anyone who has any concerns about the chemicals they are unknowingly introducing to their home to think again.

I hope you enjoy trying out these recipes which mostly feature old-fashioned ingredients from your pantry. I have tried and tested all of them and the most complicated recipe is about as difficult as putting a casserole together. Join me, be a Nana and live a chemical free life.

For more recipes read Wendyl's books; Domestic Goddess On A Budget, A Home Companion and Mother's Little Helper. Plus, Wendyl's NEW book is out in September.

## WIN 1 of 10 Mother's Little Helper Books

Sign up for Bin Inn's e-Newsletter at [www.bininn.co.nz](http://www.bininn.co.nz) to go into the draw to WIN 1 of 10 books. Drawn 1/9/12



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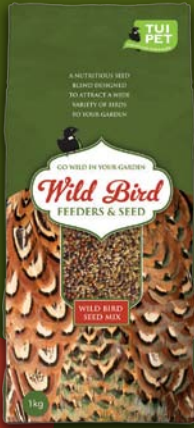
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