

“Unique tales of home and nation”¹: How have our cookbooks changed over time, and what do they show of our culinary identity? A content analysis of New Zealand baking resources.

by

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Abstract

This selected annotated bibliography describes baking cookbooks published in print in New Zealand. A qualitative content analysis investigates how New Zealand baking recipes and cookbooks have evolved, and how our national culinary identity may be illustrated by them. Only cookbooks with 15 or fewer non-baking recipes were considered for selection, with the resulting titles published between circa 1910 and 2016. Detailed annotations describe chapter headings, advertisements, instructional sections, recipe comments, and ingredients of note. Selected recipe examples are given, in particular traditional ‘Kiwi’ dishes. Details of the physical object – the format, design, inclusion or lack of images – is discussed also. Manufacturer’s publications, wartime substitutions, microwave technology, and nostalgic stylings are all observed, and the growing influence of international flavours, food personalities, and health considerations are all apparent. Once small flimsy booklets, baking cookbooks are now usually large with hard covers, featuring individual recipe pages, accompanying colour photography, and commentary by the author. Alongside international dishes like *Panforte* and *Madeleines* and diet-specific options, the ubiquity of *Anzac Biscuits*, *Afghans*, *Ginger Crunch*, *Pikelets*, *Louise Cake*, *Caramel Slice*, *Gingernuts*, *Belgium Biscuits* and *Pavlova* throughout the decades demonstrates their part in our culinary identity.

KEYWORDS: BAKING, COOKBOOKS, RECIPES, NEW ZEALAND

¹Pilchner, 1995, p. 301.

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Introduction

This research examines New Zealand print cookbooks. A qualitative content analysis investigates how New Zealand baking recipes and cookbooks have evolved with time, and how our national culinary identity may be illustrated by them. A selected annotated bibliography describes these sources.

Background

This study will examine an important aspect of our culture, what Burton (2013) states “is a distinctive feature of New Zealand cookery”. Baking is defined as the “the cooking of food with dry heat, usually in an oven” (Burton, 2013). This includes bread, cakes, puddings, sponges, slices, tarts, pies, etc., and whilst savoury bread, muffins and scones fall in this category, the term usually carries sweet connotations.

A small number of bibliographies exist for food-related works and New Zealand cookbooks within certain periods. For example, Button (2000) compiled an annotated bibliography of cookbooks published between 1950 and 1989, and *The Aristologist* journal website includes a “working document” listing New Zealand cookbooks before 1922 (“Bibliography of New Zealand...”, n.d.). Writers such as Veart (2008) have also included bibliographies in general New Zealand food books, yet annotations or further details are not provided.

Moreover, no evidence of an annotated bibliography on New Zealand baking cookbooks in particular has been found. Johnston (2008) includes a short bibliography of sources used in the compiling of her baking cookbook, however this is not annotated.

The domestic nature of cookbooks can perhaps (at least partly) explain this absence: historically they were merely household items, and only one or two would have been owned. They were well-used and well-handled. They were not selected by library collection policies, and the fragility of older examples meant many probably disintegrated before they could be considered of archival value. Greasy marks and ingredient stains could also be a barrier to their inclusion in these collections. Furthermore, because baking recipes are so

ubiquitous in our culinary print media (and in the past sat within general titles), it is hard to extract this information with precision.

Cookbooks and recipes as research sources

As their research value is increasingly recognised, the study of cookbooks and recipes is a growing body of work. Symons (2009) confirms they “have recently emerged as historical documents” (p. 216). Researchers consult this material to investigate historical, economical, nutritional, and environmental factors, among others. Indeed, recipes are “sensitive markers of the socioeconomic conditions of their times” (Leach, 2010, p. 8).

Studies that have made use of cookbook collections to examine national or cultural identity include those of Driver (2008) and Hassibi and Sayadabdi (2013) of Canada and Norway respectively. Driver, a central figure in and proponent of cookbook research, created an annotated bibliography of over 2,000 Canadian cookbooks, while Hassibi and Sayadabdi analysed 62 items. Both studies resulted in the depiction – albeit on different scales – of a national body of cooking and eating practices.

Button’s (2000) annotated bibliography examines changing food styles and practices appearing in general cookbooks. Despite a contrasting focus (in respect to considering national characteristics and cookbook evolution in only baking cookbooks), Button’s work parallels the current study.

The use of these information resources as valid for academic research has therefore been established on varying sample sizes.

Vehicles for identity

The idea that cookbooks can illustrate a nation or community’s identity (general and culinary) is seen throughout the reviewed literature.

Although dated, Forêt (1989)'s description of Louisianan cookbooks presents a complicated illustration of cultural identities. Forêt attempts to differentiate between the terms 'Cajun', and 'Creole', yet is then contradicted by the titles and focus of some of the cookbooks discussed (p. 31, 33). Although these cultural identities are complex and not precise, the resources nonetheless illustrate this idea of an ethnic melting pot.

Community cookbooks – recipe collections created as fundraising initiatives by community groups (such as churches, sports clubs, etc.), offer a rich illustration of that group's identity. Discussing Australian community cookbooks, Black (2013) asserts that they “develop and present a particular group image”, showing how people “liked to spend their time, [the] organisations they chose to support”, and describe “an ‘Australian’ way of life” (article 13, p. 2, 1, 3,).

Lastly, unique produce such as bilberries characterise Norwegian recipes and dishes (Hassibi & Sayadabdi, 2013).

New Zealand baking - a colonial heritage

Baking as a category of food is not unique to New Zealand. It is nonetheless a national treasure with its own unique characteristics.

Veart (2008) explains our propensity for baking through discussions of Scottish colonists' knowledge of sugar cane refining, Queen Victoria's afternoon teas, treats named for royal events such as coronations, and the influence of wartime with Anzac Biscuits, Belgium Biscuits (renamed from German biscuits during World War I) and Peace Cake appearing (2008, p. 103, p. 224-225). In addition, the ready availability of high-quality butter, milk and eggs in New Zealand certainly played a role.

Maori *manaakitanga* or hospitality – the custom of offering food to welcome guests (and even strangers) – has been suggested as an influence on the development of the idea of 'filling the tins' for unexpected visitors (Veart, 2008, p. 84; Simpson, 2008, p. 199). Colonial travellers often had few other options to refuel and refresh on their journeys.

Early New Zealand cookbooks

Baking is a feature of even the earliest New Zealand recipes. One of the first books published in New Zealand to include recipes was *Brett's colonists guide and cyclopaedia of useful knowledge* (1883). This featured 12 pages of cakes and biscuit recipes, including gingernuts, Apple Charlotte, scones and instructions for making yeast, among a wide range of practical information.

Shortly afterwards, perhaps the very first New Zealand cookbook, *Dainties; Or how to please our lords and masters*, by a Mrs F. Murdoch, was published in 1887. A previous incarnation of this is mentioned in the preface, although is not known in any public collection (Symons, 2006, p.184). Nearly half of the recipes in this book are for baking.

Content analysis in a qualitative approach

The use of a qualitative research approach allows for both the description and interpretation of the cookbooks and recipes, with content analysis used to “identify patterns, themes, or biases” (Leedy & Ormrod, 2013, p. 140, 148). This allows the most valuable information about our baking heritage to be highlighted.

Scope

This bibliography describes only print monographs published in New Zealand that concern baking. However, early cookbooks featured baking heavily, even if they were general titles. For consistency and feasibility, only cookbooks containing 15 or fewer non-baking recipes were considered. Where digital representations of originals were available, these were made use of.

While Symons considers the years between 1890 and 1940 to be “a golden age of Antipodean baking” (2008, p. 32), it has been enjoyed throughout our history. Thus, no publication date limits were applied to the cookbooks examined.

Audience

Baking enthusiasts, hospitality students, and food and cultural historians are among the potential users of this bibliography. Enthusiasts and hospitality students are likely to have an interest in national food history, and the sign-posting of recipes can facilitate the development of their skills. Historians will find date evidence of certain recipes or dish names.

Industrial or economic historians concerned with national and international trade patterns will be aided to “trace food materials as they become available in (specific) markets” (Albala, 2013, p. 116-117). For example, the new availability of cornflakes in New Zealand in the 1920s is reflected in many baking recipes from the time, including Afghans.

Furthermore, anyone interested in New Zealand culture or book design will enjoy this resource.

Research limitations

Limitations of this study result from the nature of the data, its location and retrieval. Firstly, recent cookbooks are today much more likely to be held in library collections than older ones and are therefore easier to retrieve for analysis. Leach (2010) confirms that “library holdings of cookbooks are uneven” (p. 7).

Where copies of older cookbooks (i.e. late 1800s and early 1900s) are found, these items are usually available for in-library use only. Due to the time available, it was not possible to consult all baking cookbooks held in New Zealand libraries.

Furthermore, access to closed library collections depends on representative catalogue records: the titles and MARC records for these items often do not adequately account for the amount of baking recipes featured, and access requests must be selective.

Searching cookbook holdings

Using the catalogues of national, tertiary, public and special libraries, relevant cookbooks were found with the following:

Keyword search term examples:

New Zealand AND baking

New Zealand AND cookbooks AND baking

New Zealand AND baking AND recipes

Subject headings:

Baking

Cookbooks, New Zealand

Cooking, New Zealand

Several bibliographies, books and articles include details of early cookbooks. Titles, publishers and suggested dates offered valuable entry points for searching. In a similar way, known author searches were undertaken on well-known bakers (e.g. using Holst, Alison as a search term). The Te Puna catalogue helped confirm the existence of certain cookbooks, along with their dates, attributed authors, publishers etc. and their locations.

Relevant material was found in person at Auckland Libraries and the University of Auckland Library. Auckland War Memorial Museum Library holds a significant number of cookbooks (both closed and open access), especially those published in the first half of the 20th century. Archival collections at the Hocken Collections (University of Otago) and the Alexander Turnbull Library (National Library, Wellington) house the best selection of historical New Zealand cookbooks. Email contact with these two institutions allowed for some investigation into these resources (where personal access would have facilitated the annotation of further sources).

The national Interloan service was also utilised for loanable material held outside of Auckland. Lastly, family and friends offered privately-owned cookbooks.

Format of entries

The entry for each cookbook is headed with an APA bibliographic reference. Certain reference elements are often missing on cookbooks, such as publication date, author and publishers. Square brackets around a publication date indicates that it is not specified on the item itself and has been estimated. These have either been taken from the National Library catalogue, or are explained within the citation.

The annotation describes the cookbook: its sub-title, focus, chapter headings, advertisements, instructional sections, recipe comments, ingredients of note, and selected recipe examples. Interesting author or publication information is also noted. Details of the physical object – for example, the format, design, inclusion or lack of images etc. is discussed as well.

Entries differ in length depending on the nature of the book, its uniqueness, and the contextual information it provides.

Arrangement of and access to entries

Entries are numbered and arranged chronologically by publication date. This allows for a progressive overview if read consecutively, signposting the evolving nature of the sources. In the instances where more than one item appears in the same year, entries are listed alphabetically by the author (personal or organisational).

As well as the decade sections, access to the annotations is provided with several indices. An author index is provided for both personal and organisational entities. Editors, compilers and recipe contributors are included in this list. There is also an index of titles annotated.

Output format

The most feasible format of this selected annotated bibliography for submission in INFO 580 is a PDF digital file, which will be made available through the Victoria University of

Wellington Research Archive. However, it would make a very useful tool online in the form of a website, where titles could be linked to their respective catalogue records to facilitate easy access to the resources in question.

Annotations

1910s

1.

Garland Limited. [c. 1910]. *Garland's economy cook book: An excellent collection of recipes.* (n.p.): Author.

This is a thin paper leaflet, made up of only 16 pages. The longer title on the first page is "*Garland's economy cook book: An excellent collection of recipes, which will be appreciated by all who use this justly famous baking powder*". The recipes were "sent in by New Zealand housewives".

The covers show green and brown printing, and the inside is all black text with no images. On the front is an image of a Garland baking powder tin. On the back cover is a sack of Champion flour, and a statement that Champion Muscle Raiser flour and Standard Oatmeal and Rolled Oats are "manufactured from the choicest grain that the Southern Hemisphere can produce by up-to-date machinery". There is an index on the inside back cover.

Recipes are divided into the following sections:

Cakes

Biscuits

Pastry

Loaves or Bread

Soups (approximately one page).

Puddings

Sauces

Icings for cakes

Examples of still-familiar items include *Chelsea Buns*, *Pikelets*, *Victoria Puddings*, *Waffles*, and two different Christmas puddings. The mysteriously named *Tommy* is a plaited loaf.

The labour division of the sexes at the time of publication is unmistakable in the advertising motto at the bottom of page 3: "Mention 'Champion' Flour to a housewife and notice the smile".

2.

Miller, E.B. (1914). *Economic technical cookery book: Being all proved recipes, and given at various classes* (12th ed.). Dunedin, New Zealand: Mills, Dick & Co.

First published in 1889 and already in its 12th edition, this was undoubtedly a popular cookbook. Miller recognises this in the preface, stating, “this book is evidently what is required, as is conclusively proved by the phenomenal sale of the preceding editions during the past few months” (second unnumbered page). She notes that the book has been updated several times, and that the “recipes are thoroughly reliable, because they are not copied from other books, but are taken from lessons given to the public by the writer in different parts of New Zealand”.

As well as authoring numerous cookbooks, Miller’s expertise as a cooking instructor is evidenced in black and white photographs of her in class. A “Specimen Examination Paper” of the City and Guilds of London Institute is offered at the back of the book, “in consequence of having to answer many inquiries *re* London Guild Examinations for Plain Cookery”.

This book, costing one shilling, focuses on baking and bread making, with a few savoury recipes. A section titled “How to manage a cooking range” is written by H. E. Shacklock, the creator of New Zealand’s Orion coal range. Details about the chemistry of our bodies, the composition of food and what forms a nourishing diet are also included, and household advice.

The largest chapter is ‘Bread and Cakes’. *Leaven for bread (no. 1)* makes nine loaves, and is qualified as having been “made on a New Zealand station very successfully where yeast was not easily procurable”. The recipe begins with the instruction to keep a piece of risen dough from the last baking as leaven, and uses hops and potatoes.

Items still familiar include *Gems*, *Gingernuts*, and *Khaki cake*. *Leamington cakes* are completely different to what would become known as Lamingtons. *Chelsea Buns* make an appearance as plain spice rolls. *German biscuits* are included with their original name.

Several recipes appear on the same page.

A small number of advertisements are the only other images – there are no food pictures. One example, produced by the National Electrical & Engineering Co. Limited, calls readers to “Cook by Electricity” on “Electric Ranges [or] the Dainty Kettles for use on the afternoon tea table”, showing a black and white photograph of a woman using the small unit.

3.

Evans, G.L. (1917). *The 'Balloon' baking book* (3rd ed.). Auckland, New Zealand: Hudsons.

This is the first known New Zealand cookbook to both include 'baking' in its title and feature only baking recipes. (An earlier cookbook, *The handy helper: A treatise on cooking and baking*, features also cold dishes and salads (Legg, 1909)).

Published "by the proprietors of Hudson's "Balloon Brand" Baking Powder" (front cover), the first edition of this cookbook was so popular that a second and "third edition" were required "within a few months" (McKee & Galletly, 2012, p. 125.). Leach (2006) notes that some early printers and publishers did not differentiate between a subsequent printing and a new edition (p. 77).

It includes 60 recipes and helpful hints written and compiled by Evans, a Cookery Demonstrator for the Auckland Gas Co., Ltd. It is a small thin booklet made of brown paper, with a hole punched in the top left corner to string a thread through and hang for quick reference. The cover features a bunch of grapes on the vine and a tin of the product and the words "Tested Recipes".

The inside cover states that the product is "manufactured in New Zealand from pure grape cream of tartar and other healthful ingredients". In comparison to phosphate and alum (other chemicals used in making baking powder), tartaric acid was said to have been "recognised as the most desirable type from the point of healthfulness and reliability" (p. 20).

The contents page lists scones, puddings, tarts and tartlets, and cakes, while the preface instructs bakers to be accurate and methodical to achieve good results. A short paragraph before the recipes begin notes four rules for baking in a gas oven (p. 4).

Several recipes share a page, and recipe names, ingredients and method headings are printed in capitals.

Recipe examples are *Shrewsbury Biscuits*, *Cocoanut Cakes*, *Madeira Cake*, *Rock Cakes*, *Fruit Mince Tart*, *Marmalade Pudding*, and *Billy Bread*.

Advertising mottos feature along the top and bottom of pages, for example, “Balloon Brand Costs More – Because it’s Worth More” (p. 6). The only images are advertisements drawings, including the hot-air balloon featured on the tin, seen on several pages. This includes a man holding the product, as well as both the British and New Zealand flags and the registered trademark “Bound To Rise”. Another image is a crow on the back cover, accompanying the line “Worth crowing about isn’t it? 50 years continuous success”.

The last page of the cookbook features product testimonials from cooking demonstrators for the Auckland Exhibition (December 1913-April 1914), “on behalf of the Auckland Gas Co.” including one from a Teacher of Cookery in London (p. 24).

1920s

4.

Dominion Compressed Yeast Company Limited. (1926). *Approved recipes for baking with Dominion Compressed Yeast*. Christchurch, New Zealand: Author.

This small cookbook complements products manufactured by “The Dominion Compressed Yeast Coy. Ltd.”. The cover shows a drawing of a bushel of wheat tied with a ribbon labelled D.Y.C, printed in brown ink, and gives the additional title of “Breadmaking recipes for country homes”.

The inside title page elaborates: “Every recipe adapted to New Zealand conditions – some entirely new - all have been thoroughly tested”. These are mainly dough-based recipes, with some additional items.

M. A. Blackmore, a “Senior Instructor of Cookery under the Canterbury Education Board, Christchurch” (inside front cover) compiled the utensil measurements and equivalents and wrote the foreword, yet she is not credited with the recipes themselves, even if it is likely that she did supply them.

The “Lady of the House” is addressed and it is stated that the booklet “has been prepared especially as a help to the wives of Farmers, Stationholders, and all those who live beyond the range of the Baker on his ‘round’” (p. 3).

The book is an indispensable reference for bread-making, with a wealth of important information covering utensils, ingredients, and the methods of mixing, kneading, proving and baking dough. Common faults or errors in bread-making are discussed. The foreword details the history of bread and the importance in the diet of yeast in particular (as opposed to chemical raisers such as baking powder).

Detailed instructions on storing and preparing flour and water illustrate the effort required by bakers at this time. Guidance offered on the different cooking appliances available at the

time and suitable temperatures would have also been appreciated, as bakers became more familiar with them. It is noted that “many country homes now have (electric ovens) under the new Power Schemes” (p. 14), like the recent Monowai station.

There is one page of black and white photographs: showing D.Y.C factories in Christchurch and Auckland, and the other a woman with the “general layout of table on bakeday” (p. 17). It appears as if some items in the image are outlined or perhaps drawn in. The woman is dressed in a white smock and underdress and a white cap protects her hair. Throughout the book are small drawings of children, loaves and buns.

An advertisement for D.Y.C Yeast assures users that it “is exactly the same kind of Yeast as that manufactured both in the Old Country and in the United States of America. It is the Yeast which is referred to in all Standard Cookery Books” (p. 2). This shows that bakers at this time were likely to be using cookbooks published overseas, and were still looking to what was being done back home, and further afield.

More than one recipe is featured on each page. No specific temperatures are stated in the recipes, merely general terms such as a “good solid oven”. Ingredients are listed in a column with directions on right. Resulting quantities and the time required are indicated. The term ‘Fat’ is used, and given as butter or lard in the introductory sections.

Among the recipes are: “*Highlander*” *Milk Bread*, *Chelsea Buns* (glazed with egg yolk and sprinkled with sugar), *D.Y.C Crumpets*, *Brioche/Kouglof*, and two recipes for plain bread titled *Bread for Shearing and Harvest Time*. Drink recipes include *Elderberry Wine*.

An invitation at the back of the booklet asks bakers to write in for any information, or if they “fail to obtain satisfactory results”. In this case the name of the recipe/s attempted is requested and bakers asked to “tell fully the character of the result you have so far obtained” (p. 63).

5.

Jubilee recipe book: Favourite recipes of New Zealand brigaders. [1928]. Auckland, New Zealand: The Institute Printing & Publishing Society.

While this book is undated, the year of publication has been assumed by the reference on the first page that “these recipes have been contributed by New Zealand Brigaders to celebrate the forming of the Girls’ Life Brigade in New Zealand in May, 1928”. It is also noted that all proceeds “are in aid of the Silver Jubilee Building Fund”. This is a prime example of a community cookbook, created by a group of women whose names and brigades are provided under each recipe.

The small book has pink covers, with the symbol of the Girls Life Brigade. There are no images and the contents are all black and white. A “Notes” section is provided at the back for the user.

Following two pages of jam and sauce recipes, baking chapters comprise the rest of the book:

Pikelets, Bread, etc.

Biscuits

Puddings

Cakes, etc.

Sweets

More than one recipe is featured on each page. Ingredients are not listed in order of usage (as is now standard), but are listed separate to instructions.

A recipe for *Kiwi Biscuits* (involving sweetened condensed milk and dark chocolate pieces) was provided by Joan McKee, 2nd Palmerston North Company (p. 8, with a variation with the same ingredients on p. 11, and also on p. 17, offered by another woman).

Golden Crips and *Crunch Biscuits*, provided by Gwenda Woodhead, appear to be the same as Anzac Biscuits. *French Shortbread*, a slice with a shortcake base including golden syrup and

ground ginger with a ginger icing later poured on top, appears to be a forerunner to Ginger Crunch. An early appearance of *Afghans* is as we know them today.

Other familiar items are *Chinese Chews*, *Custard Squares*, and *Yo-yos*. Small biscuits named *Dainties* appear to be the same as *Yo-yos*, while *Melting Moments* appear to be different things altogether, baked in individual tins, and not sandwiched together.

Further items include *Weetbix Cake* and *American Cookies* - meringues with cornflakes, chopped walnuts, and coconut folded in.

1930s

6.

Northern Roller Milling Company Limited. [1930s]. *Household recipes: "Champion" muscle raiser flour.* Auckland, New Zealand: Author.

Strictly speaking, this is not a book but a small, double-sided, thin cardboard sheet, which is folded into seven numbered pages. A navy and red cover gives the title on the front and an image of a sack of flour on the back. The back cover is also signed "Yours faithfully, Northern Roller Milling Co. Ltd., W. S. Pratt, Manager" (p. 7).

Being a promotional item, all recipes feature a product made by the company, namely "Champion Flour", "Standard Oatmeal", and "Germina". A box advertises "Semolina and Germina" for a "most appetising breakfast dish" (p. 3), while another, headed "Attention" insists on choosing "Champion" flour, gives a storage tip, and reminds bakers to use fresh baking powder.

Recipe instructions are short and minimal, and no oven temperatures are given, simply terms such as "moderate", "quick" etc. Now outdated terms include 'breakfast cup' and 'yeast cake'. A few recipes do not list the ingredients separately, most likely because of space.

Among the recipes are "*Champion*" Bran Gems, "*Standard*" Oatmeal Snaps, and "*Standard*" Oatmeal Coconut Cake. Intriguingly, no cheese is included in the ingredients for "*Champion*" Chocolate Cheese Cakes, while "butter, lard or good dripping" is listed for "*Standard*" oatmeal pudding. Plain Scones (as demonstrated) were obviously demonstrated to customers at some point.

The ratio for making baking powder is given ($\frac{1}{2}$ lb. cream of tartar, $\frac{1}{4}$ lb. ground rice, $\frac{1}{4}$ lb. bicarbonate of soda), indicating that some people made theirs rather than purchasing it.

7.

Abels Limited. (1939). *By way of a change: Proved recipes that will appeal to you.*

Auckland, New Zealand: Author.

This small narrow booklet was created for use alongside “Morah” margarine, and features over 50 recipes listing this ingredient.

The covers show colourful drawings of baked goods and a carton of Morah. There are no images inside, apart from a Morah advertisement. There is an alphabetical index at the front.

The foreword alludes to the difficulties of early colonial cooking, noting that “for centuries past household cooking and baking has been looked upon by some as a sort of drudgery” (p. 3).

The need for wholesome food to be affordable is also recognised, with this publication coming near the end of the Great Depression: “Nowadays this is an aspect of vital importance, and in recommending the use of Abels “Morah” Margarine we are advocating a New Zealand product of comparative cheapness and of undoubted quality and purity” (p. 3).

A FAQ section “put before you the truths”, acknowledging that a lack of knowledge about how margarine is made and the inferior quality of some other products on the market meant that “in the past, in New Zealand, there has been a lot of unnecessary prejudice against margarine” (p. 3). These include what it is made of, where and how, etc. At the time margarine was made from beef fat and vegetable oils, at the company’s factory in Newmarket, Auckland. Abels proudly note that Morah is used by Gas and Electric Stove Demonstrators and Technical School Instructors (p. 4-5). The advice to keep the product “in a cool place away from the light” reminds us that average families did not yet have refrigerators in the home.

Many traditional British items such as *Jam Sandwich*, *Madeira Cake*, *Shortbread*, and *Parkins* are featured. Pikelets are termed *Scotch Pancakes* and *Melting Moments* appear as they are

known today.

Recipes are grouped together on each page, and under the ingredients, instructions are listed under Method. This information is concise yet complete. Oven temperatures are given as specific temperatures in some recipes, while others use terms such as a “sound” or “moderate” oven.

1940s

8.

Cereal Foods New Zealand. [1940s]. *Thirty-four new recipes made with Weeties: The famous whole wheat flakes.* Auckland, New Zealand: Author.

This small paper booklet was produced by the makers of Weeties wheat flakes and Vita-Brits. The cover further describes the contents as “Favourite recipes new and different made with health giving Weeties”. A drawing of two wheat bushels is featured, with lettering in black and orange ink.

The recipes are all baking-focused except for three, and have “been evolved especially for Weeties by one of New Zealand’s leading women cooking experts” (p. 3-4). Unfortunately this woman is not named.

One item which highlights the publication timeframe is *Nourishing Inexpensive Plum Pudding*. The use of suet rather than butter recognises the continuation of wartime butter rationing until June 1950. Some recipes do specify butter, while others call for “butter or dripping”.

Among the 34 recipes are *Weetie Biffs*, *Bran Biscuits*, *Cinnamon Weeties*, and *Weeties Scones*.

The size of the booklet means that the recipes share pages and are brief, with most instructions only two or three sentences in length. The ingredients are listed above these, at times not in the correct order of use.

In between the recipes are a few advertisements for Cereal Food products, mentioning uses for Weeties in all kinds of dishes, like served with hot or cold milk as a “nourishing meal in less than a minute”.

9.

Galloway, S. [1940s]. *Better baking*. (n.p.): Whitcombe & Tombs.

Produced “in the interests of better baking by Imperial Chemical Industries (N.Z.) Ltd. [...], distributors of Albright & Wilson’s pure food phosphates”, the author of this small cookbook notes that he was prompted to create it “through the solicitations of many interested housewives” (unnumbered introductory page).

The front cover gives the subtitle “Selected proven recipes, temperature chart, table of weights and measures, valuable hints in methods for better baking”.

The properties and benefits of phosphate in baking powder are advertised and mentioned throughout, and the recipes are guaranteed only with their use. It is noted that “Phosphate Baking Powders... have replaced the old-fashioned variety” (fourth unnumbered page), meaning those made with cream of tartar.

Although this cookbook is not dated, it can be presumed to have been released sometime between 1946 and 1950. References are made to making butter go further or using alternatives, as butter was rationed between 1943 and 1950. For example, margarine is given as a default, and there is a recipe “to increase butter for sandwiches etc.”, involving whipping gelatine and warm milk into butter (p. 71). The sugar substitute saccharine features in *Chocolate Potato Cakes*: three tablets are dissolved in water and added to beaten egg (p. 26). Sugar rationing continued between 1942 and 1948. Indeed, some usual recipes were excluded, “owing to the scarcity of many normally used materials”, while attempts to offer a selection “as complete and diversified as present-day commodities permit” were made (first unnumbered page).

Secondly, a page is dedicated to “How to achieve full success with the new 80% extraction flour”. The new extraction rate was introduced in 1946, also a result of the war. Here, cooks are assured that “Phosphate Baking Powders embrace all the characteristics necessary to obtain the best results from the new flour” (sixth unnumbered page). This is only some of the technical information provided in the cookbook.

An oven temperature guide is provided for electric, gas and Gas Regulo ovens, listing the term, corresponding temperature, and suitable items baked at this temperature.

The chapters of the book include:

Scones

Pastries

Cakes (the largest section)

Puddings

Icings and Fillings

Savouries

There is a short introductory paragraph or two at top of each new section. Most of the text is black and white, except for red headings. Several recipes share a page. The only images inside are line drawings in advertisements (all for Phosphate Baking Powders) and small ones (c. 2cm square) beside each chapter heading.

Often, different recipes for the same item are featured, not necessarily right next to each other, and without explanation as to what differentiates them. For example, Gingernuts appear on page 18 and 20. The cookbook lacks an index.

Kiwi classics in this book are *New Zealand Tart* (featuring grated apples and golden syrup), *Afghans* and *Belgium Biscuits*. There are also several recipes for shortbread. Two eye-catching pastry recipes are *Chinese Flaky Pastry* and *A Very Old Chinese Recipe*.

10.

Maddren Brothers Limited. [1940s]. *Proved recipes and directions for the use of Maddren's self-raising flour*. Christchurch, New Zealand: Author.

This is a small publication of 12 pages featuring 17 recipes, printed on a pinkish paper stock and “compiled by [Maddren’s] own technical staff” (inside front cover). The cover states that the recipes include biscuits, cookies, scones, buns, cakes, sponges, tarts and puddings. Pointing users towards another product, pastry recipes are not featured in this book “as Maddren’s Dry Pastry Mix is obtainable at all grocers” (first unnumbered page).

The first four pages (including the inside cover) feature introductory notes inviting users to write with any queries, and discussing the popularity of self-raising flour in England, Europe, America and Australia. War time restrictions are addressed: golden syrup is used in most of the recipes “owing to the sugar shortage”, and “the quantity of butter in scone recipes has [...] been somewhat curtailed, not, however, to the detriment of the baked goods” (first unnumbered page). This page also states that the recipes have been tested by an expert and are “thoroughly reliable”.

Approximately two recipes share a page. Ingredients are listed below the headings, followed by directions in short sentences. There are no images or advertisements.

Among the recipes are: *Pikelets*, *Plain Scones*, *Ginger Creams*, *Malt Fruit Loaf*, *Chocolate Shortcake*, and *Rhubarb Whirligig Pie*.

11.

***365 puddings: One for every day of the year.* [1941]. Christchurch, New Zealand:
Whitcombe & Tombs.**

This is a unique cookbook in that its format mirrors that of a calendar, with spiral binding and the text running parallel to the spine. The month is headed at the top of the page, and dates are listed in the left-hand margin, with a recipe in short paragraph form given for each day. The cover features red and green ink and a drawing of a pudding.

The introductory section of the book notes that it was “compiled by a New Zealand housewife, experienced in cooking with range, gas and electricity”, but her name is not given.

A useful feature of the cookbook is the “correct seasonal arrangement of the recipes: cold and cooling dishes for hot summer days, warm and heating for the winter, and special recipes for fruit when it is most plentiful”. There is a Christmas pudding section before the December recipes and a handful of sauce recipes, plus an index.

Some example dates and recipes include: *Strawberry Trifle* and *Stuffed Peach Custard* in January, *Honey Suet Pudding* on July 24, *Christmas Mince Pies* on December 18. Others throughout the year are *Vienna Pudding*, *Profiteroles*, *French Rice Pudding*, and *Ginger Pudding*. The *Dover Pudding* is qualified as “Eggless”, a quick reference for times when they were scarce.

1950s

12.

Woman's Day Home Service Bureau. [1957]. *Better cooking with Fielder's Cornflour: Tested recipes.* Auckland, New Zealand: Neill Cropper.

This thin booklet appears to have been created through a partnership between Fielder's Cornflour and the Australian magazine, although published in Auckland.

Colour photographs on the front and back covers show baked items with yellow, red and blue colours for the title headings. The inside cover features a recipe for and image of *Fielder's Sponge Sandwich*. The first page gives assurances as to the nutritional benefits and pleasing results of Fielder's cornflour. Cake makers using the product "have won honours for their beautifully light sponges" (p. 6).

An alphabetical index follows, before "Ways to use Fielder's cornflour", baking hints, and cookery terms. Further tips include "How to make butter go farther" and how to test an oven (for ovens with no thermostat).

Each section is indicated in a yellow page header::

Cakes

Sponge Cakes

Hot and Cold Desserts

Biscuits

Pastry Dishes

Frostings, Sauces and Fillings

Chinese Dishes

Ingredients are set out in paragraph form in bold font, and oven temperatures are provided for both electric and gas ovens. Black and white images of selected recipes are featured, and more than one recipe is given on each page.

Dishes included are *Pavlova* (with lemon filling), *Melting Moments*, *Viennese Carrot Torte*, *Apple Pudding*, and *Mock Cream*, among others.

The seven Chinese recipes reflect 1950s fashion and their exotic appeal. Several of these feature lard as an ingredient, while the baking recipes mostly call for butter, and margarine in a few instances.

1960s

13.

New Zealand Happiness Club City Branch. [1960s]. *Hints & recipes*. (n.p.): Author.

The New Zealand Happiness Club was a national network of groups who organised events for members to socialise and make connections in the community. No date is provided on the item, however, its publication can be placed prior to 1967, due to the fact that a recipe for *Tree Tomato Jam* appears. This fruit officially became known as tamarillo in that year (New Zealand Tamarillo Growers Association, 2008).

This small square book features the Club's emblem on its cover: a small bird and a shield with an outline of New Zealand, an interlocked H and C, and the phrase "Happiness To You" underneath.

There is no introductory or concluding information, or guidance on baking techniques. It is likely that the recipes were provided by club members, however no attributions are given.

Recipes make up 23 pages, while hints cover only 4. All pages are unnumbered, and feature more than one recipe. One page details weights and measures, while advertisements for Auckland businesses total 12 pages.

Recipes include *Date Loaf*, *Marshmallow Cake*, *Gems*, *Tennis Cake*, *Pikelets*, *Every Day Fruit Cake*, and *Pumpkin Scones*, among others. Five savoury dishes also feature.

1970s

14.

Hilton, E. (1971). *Cakes, biscuits, hot breads*. Auckland, New Zealand: Wilson and Horton.

Noted inside this cookbook's cover is that it is "specially written by the New Zealand Herald Home Economist", featuring recipes first appearing in Hilton's popular columns. Hilton was a Home Science graduate from the University of Otago, later working as a teacher, demonstrator, food tester and journalist.

While Hilton's aim was to provide recipes using the ingredients "the average New Zealand homemaker" would have on hand, "with realistic concern for budget costing" (p. 3), this cookbook is of particular interest as it appears during the transitional period between the Imperial and metric system. Ingredients are therefore offered in both measurements, allowing the baker to "acquaint herself with the new measuring system at her own pace" (p. 4). The ingredient name is listed in one column, followed by a column for the Imperial measurement and a column for the metric measurement – it "does the metric thinking for you" (p. 3).

This 40 page cookbook is printed on brown craft paper with slightly thicker card for the covers. The front cover is a reddish brown with colour photography of a cake, biscuits and pastries. There is also a yellow sunburst shape at the top left corner stating "New Zealand cooking with Elizabeth Hilton". The price is also shown as 60 cents.

Introductory pages give temperature indications for electric ovens and for Gas Regulo users, and the equivalents of weights (ounces and grams), cake tin sizes (inches and centimetres) and fluid ounce measures. There are no images inside the book, nor is there an index. A number of recipes are seen on each page.

The recipe chapters are:

Biscuits

Cakes

Christmas Cakes

Hot Breads

Each recipe is divided into headings for Preparation, Method, and on some, Service (indicating how to serve). Under the recipe heading "Yields..." is stated, an example of older language.

Among the local and international recipes are *Afghans*, *Belgium Biscuits*, *Jam Roll*, *Madeira Cake*, *Hungarian Honey Cake*, *The Perfect Pavlova*, and *Slimmer's Cheesecake*. *Maraschino Cake* is one example of the numerous recipes in which these cherries feature, as was the fashion.

1980s

15.

Carr, N. [1983]. *Winning ways with chocolate: Featuring winning recipes from the New Zealand Cadbury Coca Bake-off*. Dunedin, New Zealand: Cadbury Schweppes Hudson.

This spiral-bound cookbook was authored by another graduate of the School of Home Science, University of Otago. Over a hundred baking recipes are featured in 33 pages, selected by a competition run by Cadbury in 1983.

The text runs parallel to the spine, with a colour photograph on the top page and the text below when read horizontally (i.e. calendar format). Several recipes appear on each page. This is the first instance among the annotated cookbooks that colour images feature inside the book.

An earlier edition is mentioned, although it is not clear whether this related to the same competition. The author allows for readers still using older Imperial measurements by referring them to page 31 for metric equivalents. Advice on microwave cooking and other hints are also offered. These two features highlight developments of the time that bakers would have been experimenting and familiarising themselves with.

An index is provided at the front, categorizing recipes into the following:

Biscuits

Squares

Cakes – Large

Cakes – Small

Desserts

Drinks

Sauces & Toppings

Icings & Fillings

There is also a section at the back detailing how to melt chocolate and make chocolate curls

and other decorative aspects.

Among the recipes are *Afghans*, *Tweed Cake*, *Brownies*, *Oat Bars*, *Meringue Cake with Chocolate Filling* (i.e. Pavlova), *Baked Custard* and numerous chocolate cakes. Each recipe is graded with a dollar sign for the cost and stars for the level of difficulty. These features indicate that the cookbook is intended for family use by bakers of different ages and skill levels.

1990s

16.

Bradstock, S. (1993). *Cakes & slices: The New Zealand way*. Auckland, New Zealand. David Bateman.

This small soft-cover cookbook focuses on simple, straightforward baking. Bradstock states in the Hints section that she does not recommend the microwave for baking, in contrast to Carr (annotation no. 15), and Holst (annotation no. 41).

Only two pages of colour photographs are featured, in the centre of the book. The only other imagery is a small line drawing of circles, showing how to cut sponges in creating a *Checkered Cake*. The text is all black and white.

The title may strike the reader as curious, when few Kiwi items are included, and the first recipe for *Almond Cake* is described as a “typical Greek Cake” (p. 8). More traditional items include *Carrot Cake*, *Kumara Cake*, *Caramel Slice* and *Ginger Oat Slice* (a version of Ginger Crunch).

The idea of a *Dairy-free Chocolate Cake* may at the time have sounded “most unlikely”. The motivation for omitting it may not have been for dietary or health reasons, as this is not stated. A description, explanation of method or tip is offered under each recipe title, and more than one recipe appears on each page.

An index lists the recipes in categories of cakes, slices, and icings and toppings. There are no chapters or contents page.

17.

Gofton, A. (1994). *The great New Zealand baking book*. Auckland, New Zealand: David Bateman.

This is a medium-sized cookbook from a well-known and popular chef. Gofton has trained and worked overseas, contributed to magazines, and was also the Chief Executive Officer of the New Zealand Nutrition Foundation.

With this in mind, Gofton mentions “all the health messages today about diet” and says that she is “concerned that we no longer enjoy the food on our plate but rather count the calories” (p. 7). She goes on to say that “baking is about enjoyment and moderation”.

In the Cookery Notes section Gofton states that she often uses a food processor, prefers butter over margarine, and that it can be hard to find high quality chocolate (today no longer the case). She also includes advice on equipment, making substitutions and how to disguise baking accidents (such as cakes sinking in the middle).

A small image of Gofton appears in the bottom left corner of the cover. She is holding a mug, perhaps to convey the idea of home-baking, or to prompt readers to relate to her as a fellow home baker rather than a professional chef.

Although not overly thick, the book contains a large number of recipes, divided into:

Slices

Brownies

Biscuits

Biscotti

Savoury Biscuits

Shortbread

Cakes

Scones

Muffins

Baking with Yeast

Pancakes

Loaves

Chocolate

Desserts

Icings and Fillings

The recipes are mostly familiar. Selected examples include *Irish Soda Bread*, *Caramel Squares*, *Ginger Slice* (aka ginger crunch), *Mississippi Mud Cake*, *Afghans* and *Cheese and Bacon Scones*. International influences appear in *Scandinavian Spice Cookies*, *Kourambeithes* (a kind of Greek biscuit), and *Chinese Fortune Cookies*.

Inside, glossy white pages feature all black text, with colour photographs of selected items. These are not necessarily close to the corresponding recipe, in the style of most editions of the *Edmonds Cookery Book*. It is not stated on the recipe that it is pictured elsewhere. There is an occasional double-page spread of photographs, and relatively dark lighting is used.

Each page features several recipes, with titles in bold and the amount the recipe provides. Variations and tips are provided, with the latter included in the index as a thoughtful addition.

Gofton also authored a later baking collection entitled *Bake*.

18.

Holst, S., & Holst, A. (1998). *Best baking*. Amberley, New Zealand: Hyndman.

This small cookbook is authored by two very well-known New Zealand bakers, Alison Holst and her son Simon. Alison obtained a Bachelor of Home Science in Otago and went on to appear regularly on television and release many cookbooks. Several of these are in collaboration with Simon, who has a food scientist background. Alison was made a Dame Companion of the New Zealand Order of Merit in 2011. The Holst's recipes are known to be simple, economical and nutritious.

In her introduction, Alison calls for readers to encourage their children and grandchildren to bake with them, passing on the joys and skills of cooking and baking, and so "perpetuating our country's heritage!" (p. 4).

Recipe categories are titled:

Biscuits & Little Treats

Squares, Slices & Bars

Sconces & Pikelets

Marvellous Muffins

Family Cakes & Loaves

Not all items are pictured, and some feature images of an ingredient rather than the finished product. Selected recipes are accompanied by a full-page image however.

Every recipe is featured on its own page, the first annotated cookbook where this is seen.

Recipes continue uninterrupted between sections, with the category indicated by a coloured box in the top left corner of the page. Recipe titles are given in bold purple type, as are the number or size of the resulting product, with the ingredients and method listed underneath. Variations or notes are also headed in purple when present, and author comments are included. An index is situated at the back.

Information pages cover weighing and measuring, cooking times and temperatures and tins.

A number of the recipes call for a food processor, although alternative steps are described also. The authors note that they have simplified the recipes “to suit time restraints and energy levels”, and as such “this baking is not meant to be ‘show quality’” (p. 7).

Examples of recipes in this book include *Crunchy Lemon Muffins*, *Belgian Biscuits* (in square format), *Peanut Brownies*, *Boiled Fruit Loaf*, *Almost-Anzac Biscuits* (with an addition of chopped nuts) and *Pikelets*.

19.

Brettschneider, D., & Jacobs, L. (1999). *The New Zealand baker*. Auckland, New Zealand: Tandem Press.

This book is jointly authored by two of New Zealand's most experienced bakers - Brettschneider specialises in bread-making and travels internationally with his work, and Jacobs is a chef and food writer. This project resulted in a 'Golden Ladle' at the World Food Media Awards for Best Soft Cover Recipe Book in 2001.

The book is targeted towards skilled bakers wanting to develop further technical skills, especially relating to bread-making. Around a third of the book is highly detailed technical information, explaining scientific processes and properties of ingredients. Diagnostic tables help to identify common faults (e.g. Uneven lift = Incorrect rolling technique). There are sections titled "All About..." bread; cakes, sponges & biscuits; and pastries.

A separate index of techniques, ingredients and equipment is provided in addition to a recipe index. A short bibliography is also provided for further information.

The influence of "the rise of café culture" on our baking is noted on page 9, and is the focus of the book. Chapters are named after New Zealand bakeries or cafés, who have offered their recipes. These include Pandoro Bakery, Vinnies Restaurant, Dixon Street Deli, and 14 others.

This relatively large book features colour photography of baked items, and black and white photos of technical steps in the front sections. Contributing bakers and their dishes are both featured in images. Some black and white line diagrams also help to illustrate shapes (e.g. for piping pretzel dough).

Recipes are given on individual pages, and the majority (but not all) are shown in photographs. Each features a short comment, in addition to a couple of paragraphs which introduce the contributing bakers. Ingredients are listed on the outside column of the page, and instructions are numbered. Some of the bread-making recipes indicate the time and

days to undertake each step (e.g. Next morning, 9am...).

Examples of the recipes in this book are *Organic Sourdough Bread*, *Shortbread*, and *Chicken, Cranberry and Brie Pie*. European influences are present with *Speculaas Biscuits*, *Gevulde Koeken* (almond rounds), and *Authentic Bagels*.

2000-09

20.

Seagar, J. (2000). *Sugar & spice: A selection of the best recipes from the Chelsea Sugar Great New Zealand Bake-off*. Auckland, New Zealand: Random House.

This cookbook is the outcome of a competition run by Chelsea Sugar (New Zealand Sugar Company Ltd), in which home bakers were asked to send in their favourite recipes. The winners and selected recipes are collated. Television chef Seagar selected, tested and refined the recipes where needed, to simplify, convert imperial measurements, or substitute modern ingredients. Seagar's introduction details the huge response the competition received and the nostalgic family stories that were intertwined in the recipes.

This medium, soft cover book contains close to 80 recipes, with chapters dedicated to:

Biscuits & Slices

Cakes

Muffins

Desserts and Preserves

Pickles & Sauces

It is a colourful book, with colour photography on coloured backgrounds, coloured boxes of text for "Jo Seagar's Tips", and coloured double-page spreads for the start of each chapter and the winning dishes. The recipe text is also green, red, orange, purple, brown and blue in different combinations. A handwritten font gives the recipe title, and comments from the individual contributors are included in mismatched sized text, larger words featuring words such as "SWEETNESS", "NANA" etc. The name and hometown of the contributors is also credited at the bottom of the page, in the style of a community cookbook. Each recipe is given its own page, with an image of varying size. The front cover includes a small picture of Seagar, drawing on her public persona.

Featured recipes include, among others, *Lemon Kisses*, *Granny's Scrumptious Coffee and Date Fingers*, *Blueberry and Cinnamon Teacake*, and *Ginger Crinkle Biscuits*. One example of

the accompanying family stories comes from Judy Burrows of Murupara with instructions for *Slugs* (a biscuit sandwiched together with icing): “This has been a family favourite ever since my Scottish grandmother came to New Zealand as a World War I bride” (p. 19).

In 2002 *All things nice with Jo Seagar* was released, similar in style and format.

21.

Cameron, S. (2004). *Timeless Edmonds: Celebrating 125 years of baking*. Auckland, New Zealand: Hodder Moe Beckett.

This title selects 110 baking recipes from *The Edmonds Cookery Book*, our favourite cookbook, and the highest selling New Zealand book, with over 3 million copies sold since the first 1908 edition (*Edmonds cookery book*, 2015, para. 1). It celebrates the anniversary of the company's founding, with some recipes dating back to the first book.

Edmonds products and cookery books are iconic in regards to New Zealand cooking, baking in particular. However, most editions are general titles, and do not meet the criteria for this bibliography (even if the majority of the recipes are baking-related). Indeed, every edition up until the 1930s featured the small sub-title "Light Baking" on the cover. This book is therefore an example of the wider Edmonds baking legacy.

The spiral-bound softcover book was compiled by Sally Cameron and Sue Lyons, and features the iconic orange background showing the sun's rays, echoing the 'Sure to Rise' motto. Colour photographs of baked items are shown alongside heritage Edmonds tins and the fonts chosen have an older look to them. The back cover, also in colour, states that the book features "many timeless recipes fondly remembered". This highlights the nostalgic element of baking and of the cookbooks themselves.

An introduction and discussion on the brand's history is given at the front, along with weights and measures and useful terms and ingredients. Short tips are provided in each chapter, which include:

Scones, Muffins, Buns & Loaves

Biscuits

Slices

Cakes

Fruitcakes

Sponges

Pastry

Puddings

Jams & preserves

Icings

Only selected dishes are shown in photographs, and the recipes do not alert users to the corresponding picture (usually not alongside it), although recipe title captions are given next to the images. More than one recipe is seen on each page, which features black text with red for titles and headings. These features characterise the iconic Edmonds layout, seen in most editions. 'Timeless Facts' from early editions are given at the bottom of each page. These are actually advertising slogans, e.g. "The old expensive way – Cream of Tartar and Soda, The Modern Way – Edmonds Baking Powder" (p. 59). A recipe index is also included.

Among the recipes are many Kiwi classics: *Pavlova*, *Afghans* (and *Afghan Slice*), *Belgium Biscuits*, *Anzac Biscuits*, *Ginger Crunch*, *Ginger Gems*, *Louise Cake*, *Pikelets*, and *Lamingtons*. This last recipe calls for a purchased unfilled sponge. As it is likely that original versions of the recipe would have entailed making the sponge from scratch, it is an indicator of busier lifestyles.

The later *Edmonds best of baking* is also dedicated to baking, and is similar in content.

22.

Brettschneider, D. (2007). *Global baker*. Auckland, New Zealand: Random House.

This is a relatively large, soft-cover book, with high-quality photography of baking and scenes from Brettschneider's travels – the focus of this book.

A foreword is provided by Lauraine Jacobs, Brettschneider's earlier co-author (annotation no. 19). Other introductory material covers Brettschneider's travels and his broad experience.

The cookbook is another highly educational resource for competent bakers, and is divided into:

Bread

Cakes

Pastries

The Final Act (desserts).

Each section begins with basic recipes or techniques, and an explanation of what happens in each stage of baking. Brettschneider also notes in each category the different styles seen around the world and their history, be it Chinese moon cakes or San Francisco's sourdough.

A page is dedicated to each recipe and fairly close-up photography depicts each dish. Certain recipes feature small photos showing technical steps. Recipe names are given in bold, lower-case type, with ingredients also in bold in the left-hand column. Directions are given as continuous sentences in quite small text. The resulting quantities are given also.

Some 'Kiwi' recipes are included, among others from all around the world, as fits the book's theme. These include *Rewena Paraoa* (Maori Bread, with a silver fern stencilled on top), *Mince & Cheese Pie*, *Fruity Anzac Biscuits* (adding dried fruit and sunflower seeds), *Cornish Pasties* and *Chinese Flower Steam Buns – Xian Cong Hua Juan Bao*. There are also several recipes for decorative sugar, fruit and chocolate details with helpful photos.

The back of the book features information on ingredients, equipment, weighing and measuring as well as a glossary, recipe index and page list of locations in the photographs.

The most unique feature of this book is the accompanying DVD, filmed in Brettschneider's bakery in Shanghai, documenting its daily operations and some important techniques.

Brettschneider has since authored several more baking cookbooks.

23.

Johnston, A. (2008). *Ladies, a plate: Traditional home baking*. Auckland, New Zealand: Penguin Books.

This cookbook resulted from research into New Zealand community cookbooks, most published before 1970. Recipes are taken from these and from Johnston's family and friends. It is a very interesting read, providing both recipes and "a wealth of fascinating historical material" (back cover). As Ray McVinnie (another celebrated New Zealand chef) remarks in the foreword, "many recipes have been included here with the human stories behind them in mind" (p. 6).

Johnston details the nation's baking history, the origin of the phrase "Ladies, a plate", the cookbooks she consulted and how she chose which recipes to include (usually the most popular, iconic and/or reliable). She notes that baking does not need to be time-consuming or seen as unhealthy.

The cookbook is square with a soft-cover, and the cover depicts a table laid with baked treats and a vintage tablecloth.

Over 80 recipes feature, with chapters titled:

Biscuits – Small and Simple Treats

Fingers, Squares and Slices

Small Cakes

Larger Cakes – Plain and Fancy

Loaves, Pikelets and Scones

Festive Baking

Jams and Preserves

Savouries

Information titled "Read This Before You Start Baking!" is particularly important, as Johnston explains she has converted Imperial and non-standard measurements (ounces, breakfast cup etc.) and assumed spoon measures to be level (and not heaped). Both Imperial and

metric measurements are given in the recipes nonetheless. The techniques of folding a mixture, rolling out dough and lining tins effectively are also discussed. A “Helpful Hints” section includes what to do with burnt cake tops. While the recipes are not new, Johnston has reworded and tested them all.

Each chapter has an introductory double-page. On the left is an image of an empty plate on an embroidered tablecloth and the name text in the centre, and on the right is an introduction, with interesting and often entertaining references to the historic cookbooks consulted. A helpful detail is a mini contents list indicating the following items.

Colour photography is featured throughout, although the paper stock is not glossy, giving the feel of an old cookbook. All recipes are pictured, although these vary in size from a full page to small inserts. Small images of cookbook covers, recipes handwritten on notepaper, and utensils appear among each recipe, linking them with their histories.

The personal comments are very important in this book, as Johnston relays much information about the recipe’s history and appearance in the cookbooks, biographical details of the contributor, or the creator of the pictured embroidered cloth, etc.

Each recipe also has its own page, and is titled in italic script. Ingredients are listed in bold at the left of the page, with measurements highlighted in a lemon-coloured box. The directions are numbered and are divided into sections titled Getting Ready, Mixing and Baking, etc.

A selected bibliography is provided at the back, with books consulted listed in decades. A row of small black and white photographs of the recipe creators is a thoughtful inclusion. The index also lists both the recipes, individuals and keywords.

Among the recipes are *Cinnamon Tea Cake*, *Trifle*, *Classic Sponge Sandwich with Jam and Cream*, *Custard Squares*, *Ginger Crunch*, *Scones*, *Lamingtons* and *Afghans*. *Highlander Biscuits* are noted to become Kiwi Crisps with the addition of chocolate chips, and Johnston

asserts in the *Pavlova* recipe that this has now been “definitely proved to be a New Zealand invention” (p. 138).

This cookbook’s success prompted a second title continuing the theme, *A second helping: More from Ladies a plate*.

24.

Jacobs, L. (Ed.). (2009). *A treasury of New Zealand baking*. Auckland, New Zealand: Random House.

In the manner of community cookbooks, this book is a fundraising initiative in support of The New Zealand Breast Cancer Foundation, with all royalties going towards this cause. In addition, the Auckland City Mission received the results of the recipe testings.

104 baking recipes from 48 New Zealand chefs and food personalities have been collated in a large hardcover book, worthy of the 'treasury' title. Each contributor is introduced at the back, including Alison Holst, David Burton, Julie Biuso, Lois Daish, Peter Gordon and Annabelle White.

"The Essentials" section is written by Tui Flower, the Food Editor of the *New Zealand Woman's Weekly* and the *Auckland Star* for 19 years. This expert information is divided into the sections Before, During, After, Some Baking Do Nots, Basic Ingredients, Equipment, Techniques and Measurements.

The contents page does not list different item categories; all recipes fall under the section "The Recipes", and appear alphabetically by their title.

The photography is glossy and high-quality, and although the majority of the backgrounds (including on the cover) is dark, the images are still bright. Vintage trays, tins, plates, and cutlery feature. There are several double-page image spreads featuring equipment, including those which mark each section.

Each recipe is devoted its own page and a neighbouring full size image. The recipe titles are given in red text, with the name of the contributor and their personal comments underneath. The ingredients and method are listed next to each other. A narrow red ribbon page marker is present.

Examples of the recipes include *Melting Moments*, *Wholemeal Ginger Crunch*, *Oat & Barley*

Scones, Lemon, Lime & Poppyseed Syrup Cake, Hello Rosie Slice, and All-in-one Pavlova
(where all ingredients are placed into a bowl together).

2010-

25.

Joll, S. (2010). *Baking for blokes: DIY in the Kiwi kitchen*. Auckland, New Zealand: New Holland.

This unique book encourages males to bake, whilst also being intended for anyone. It is quite humorous in nature, and highlights the 'Kiwi bloke' view of masculinity in a tongue-in-cheek manner.

The book is small in format and not particularly thick. The cover shows the author in a colour photograph, but there is no photography inside. The 'masculine' theme of the book is reinforced by black text and highlighter orange headings and symbols (e.g. showing oven temperature), with a few orange graphics on chapter front-pages. "The tool kit" on page 10 discusses equipment.

At the front is a section titled "Things you should know before you start". Joll notes the debate regarding the measuring of ingredients by volume or weight, and states that all dry ingredients are measured in cups or spoons, unless the amount is easier to weigh if small (p. 8).

Chapters include:

Biscuits, Squares and Slices

Muffins and Scones

Cakes and Loaves

Pies, Quiches and Savouries

Desserts, Tarts and Treats

Sauces, Icings and Fillings

Each recipe begins with a story or yarn, sometimes about the giver of the recipe or time when the author created it, yet these are often unrelated to the dish. These instances illustrate the tone of book. Colloquial language is used, even in the instructions: "Chuck the

wet stuff into the dry.." (p. 63). The recipes are clear and simple however, with "The Key", a crucial aspect to get right given on each, and many feature a tip.

Many of these recipes appear to be personal creations, but some Kiwi classics appear. Joll's *Afghans* use crushed Weetbix and muesli instead of cornflakes. He also adds sultanas to *Anzac Biscuits*. *Ginger Crunch* is, in Joll's opinion, one of "the greatest things...to have come out of the tiny island nation of New Zealand" (p. 38). One 'Kiwi' creation is *Shandy Scones* (using lager and lemonade). Recipes for quiches, bacon and egg pie, fish and meat pies, and white sauce are also included.

26.

Basham, M., & Basham, B. (2011). *The Aunt Daisy baking book*. Auckland, New Zealand: Hodder Moa.

This is a collection of baking recipes from Maud Basham, known as 'Aunt Daisy'. She was a household institution known for her morning programme on the state-owned commercial radio network during the 1930s-60s. Her listeners sent in domestic stories, personal recipes and household tips. Aunt Daisy shared the recipes and some of her own in a series of popular cookbooks.

After her death, her daughter Barbara compiled several further cookbooks, including this, the first Aunt Daisy cookbook dedicated entirely to baking. Proceeds from this publication benefitted The Barbara Basham Medical Charitable Trust.

This medium sized, spiral-bound hardcover book shows Aunt Daisy in a black and white photograph on the front, along with small coloured drawings.

The chapters feature:

Biscuits & Small Cakes

Large Cakes

Breads, Scones & Teacakes

Baked Desserts

Icings & Fillings

It is noted that the original recipes were quite sparse and assumed the user had considerable experience, so some additional instructions have been given where necessary to clarify, and cooking times approximated. Measurements and oven temperatures are converted and/or explained (e.g. 1 teacup = ½ standard cup + 1 tablespoon), and the size of suitable tins is suggested. The recipes still read as from a different era however, and would best suit an experienced baker.

Recipes are written in blue text and recent colour photographs of selected dishes are shown

on dedicated pages. These are not placed next to the corresponding recipes, and it is not noted that a picture is given elsewhere.

Certain pages feature only one recipe, although many include more than one. Curly italics are used for recipe titles, and the method is described below the ingredients in succinct sentences. The second line of text is indented rather than a line space being added. Hints are given on some recipes, inside an image of notepaper. These include household as well as cooking tips, with one advising how to post cakes successfully. An index is provided at the back of the cookbook.

Aunt Daisy's recipes are Kiwi and British favourites with some American additions, such as *Afghans, Kiwi Biscuits, Maori Kisses, Biffs, Madeira Cake, Ginger Sponge with Arrowroot, and Boston Chocolate Pudding.*

27.

Brettschneider, D. (2011). *New Zealand's hottest home baker*. Auckland, New Zealand: Penguin Books.

This book was released following the reality television series of the same name, in which average New Zealanders competed for the best baker title.

The book features dishes created on the show by contestants, with the colophon stating that these recipes may have originated from existing cookbooks, but that they have all been “modified and adapted significantly” (unnumbered introductory page). Some recipes created by Brettschneider are also included.

This medium sized paperback features sections titled:

Biscuits & slices

Cupcakes & muffins

Bread & scones

Sweet treats

Cakes

Colour photographs feature the judges on the front cover and inside show the dishes and contestants making them on set. The colour pink is used quite a lot, in headings and on outer and inside covers.

In the foreword, Brettschneider notes our unique mix of British and European heritage: our food and baking being “full of influences from so many countries” (p. 6). “Golden Rules of Baking” gives good information regarding adding liquids to dry ingredients, cooking temperatures and resting times for different types of baking. Brettschneider also supplies tips on selected contestant recipes.

Kiwi classics (or variations on them) include *Anzac Slice* (with chopped nuts, crystallised ginger and glace cherries), *Anzac Ginger Crunch* (rolled oats and coconut in the base), *Pikelets*, and *Banoffee Pie*.

There are many different flavour combinations of cheesecakes, pies, tarts and cupcakes (very popular at the time). A good selection of interesting savoury dishes is provided also. Brettschneider's *Italian Stirato* (an Italian baguette) brings an international flavour.

Underscoring the amateur nature of the programme and book, most recipes are basic to average, although some more difficult recipes do feature, for example, *White Chocolate & Raspberry Cream Profiterole Tower*.

28.

**Southern, A. (Ed.). (2011). *The icing on the quake: Easy, delectable vegan baking*.
Christchurch, New Zealand: Christchurch Vegetarian Centre.**

This cookbook supports the Christchurch Vegetarian Centre Earthquake Rebuilding Appeal following the devastating earthquake in that city in 2011. Vegan baking recipes were given by members of the community and were baked and tested by volunteers. Katrina Biggs and Yolanda Soryl compiled the recipes.

The book opens with a short introduction on the role of the not-for-profit Centre in “advocating for and supporting Christchurch’s vegetarian/vegan community”, and the day of the impact and resulting loss of its office and resources, prompting the initiative of the book (p. 4).

The small book features a colourful, professional-looking cover with images and simple black text inside. No images are offered inside however, consistent with its fundraising nature. It also lacks an index.

30 recipes plus 10 icings are offered, including the usual *Afghans*, *Anzacs*, *Lamingtons*, *Banana Cake*, and scones and cakes. *Ginger Crunch* is described as “New Zealand’s famous ginger treat” (p. 30). Method steps are given in bullet points and some recipe titles are followed by a descriptive sentence.

These are mostly vegan versions of common dishes, rather than unique creations. *Basbousa*, “a sticky citrus Middle Eastern cake or dessert” (p. 14) and *Finnish Buttermilk Cake* offer international flavours.

The ingredients used to replace animal products are not unfamiliar or hard to find: soy milk, pureed apple, tofu, ground flaxseed, and vegetable oil, for example.

Usual hints and temperature conversions pages are accompanied by a page titled “What difference can YOU make?”, a call to join the New Zealand Vegetarian Society.

This community cookbook marks New Zealand's most shocking natural disaster in recent times, the resilience and solidarity of the Christchurch community, and the growth of vegetarian and vegan diets.

29.

Evans, K. (2012). *Treats from Little and Friday*. Auckland, New Zealand: Penguin Books.

This book adapts for the home baker the most popular recipes from Evans' highly successful Auckland cafés (named 'Little and Friday'), built on classic baking with a modern influence. This is a large hardcover cookbook, with a fabric spine and a wide, red ribbon page marker.

Chapters are dedicated to:

Cakes & Loaves

Biscuits

Slices & Sweets

Sweet Tarts

Doughs

Savoury Tarts & Pies

Finishings & Fillings

Recipe titles are given in a decorative green emblem, and ingredients are listed in a blue box. The approximate number of individual pieces made is stated also. Comments for each recipe tell the story of the dish. Evans notes that she has adapted recipes from historical New Zealand cookbooks, like the *Edmonds Cookery Book* and a (unnamed) 1920's cookbook from the food company Hansells (p. 22, 30).

High quality photography accompanies each recipe, and images from the café (its food, staff and customers) are interspersed. At the front is a profile and photo of Evans and the founding café, alongside her story and that of the businesses. There are hints and an index at the back.

Recipes include *Chocolate Lamingtons* (cone shaped and using chocolate cake), *Lemon Madeira Cake*, *Anzac Biscuits* (half dipped in chocolate), *Caramel Slice*, *Apple Charlotte*, *Cream Donuts* (filled European style, and Evans' specialty), *Bacon & Egg Pies*, and *Poached Tamarillos*. These reflect Kiwi and British classics, accompanied by more global examples like *Walnut Pesto*, *Leek & Halloumi Galettes*, and *Citron Tart*.

Evans released further baking recipes in *Little & Friday Celebrations*.

30.

Holst, S., & Holst, A. [2012]. *Gluten free desserts & baking*. Amberley, New Zealand: Hyndman.

This small, thin cookbook features 23 recipes specifically for those avoiding gluten. The front page lists the recipe categories:

Puddings

Pies & Pastry

Baking

Tiramisu

Cold Pies & Cheesecake

Pavlova Roll & Meringues

Chocolate Treats

Cool Desserts

Panforte

Most sections feature only a couple of items, and the recipes continue uninterrupted throughout the book. Almost a page is dedicated to discussing the role of gluten in baking, and the substitutes that can be employed. Another page contains basic baking information, some of which is repeated from *Best Baking* (annotation no. 18). A short index is found at the back.

Each page features one recipe and is partnered with a full page colour image. Recipe titles and comments (which appear on every recipe) are given in bold. Each sentence of the directions is marked by a red numbered bullet.

There are no biscuits or slices featured in this book. Others include *Key Lime Pie*, *Panforte*, *Alison's Pavlova Roll*, *Sponge Fingers*, *Economical Meringues*, and *Butterfly Cakes*.

The recipes make use of the gluten free nature of rice flour, tapioca flour, guar gum, and maize cornflour, etc.

31.

Wells, V. (Ed.). (2012). *Baking Dish*. Auckland, New Zealand: Tangible Media.

This large paperback was published by the creators of *Dish* magazine, and is an assemblage of favourite baking recipes featured over the years. The recipes have been created by Claire Aldous.

Its size is reminiscent of a magazine, as are the advertisements at the front and on the back few pages, in addition to some throughout the book. These are for Fisher & Paykel ovens, champagne, free-standing mixers, cocoa and the *Dish* magazine. However, the glossy, high quality photography and the thicker cover means it does feel like a book and is obviously intended for longer-term retention and use.

It is noted on the opening page that “Baking has been experiencing something of a comeback in recent years...” and that it “took a bit of a back seat for a while” (p. 7).

The introductory pages include 6 pages of useful equipment and essential ‘store cupboard’ ingredients, followed by tips written by Aldous. At the back is a recipe index by category, as well as glossaries detailing techniques and general terms.

The recipes are divided into the following chapters:

Cakes & Loaves

Biscuits & Slices

Tarts – Sweet and Savoury

Breads & Pastries

Basic Recipes

The inclusion of chopped chocolate in the Christmas cake, and *Baby Chocolate and Coconut Cakes* – lamingtons using chocolate cake rather than plain sponge (as in annotation no. 29) – show that this is a modern collection of recipes. Traditional items like Pavlova and Ginger Crunch do not feature, except for *Claire’s Grandmother’s Fruit Salad Loaf*. This “brings back fond memories” of school holidays spent at Aldous’ grandparents’ farm, where there were

always tins filled for 'smoko' (morning tea) (p. 45). This is one example where comments provided with recipes can offer valuable information.

Sicilian Date, Fig and Lemon biscuits (Cuchidahti), Grape and Blue Cheese Schiacciata with Honey, French Macarons, Madeleines, and Rugelach, along with ingredients such as quark, filo pastry, and Marsala, show the influence of other cultures and the wide range of international products now available.

While this book entails traditional techniques at a feasible level for most baking enthusiasts, the majority of recipes call to mind special occasions, where the dish is a focal point, rather than everyday baking.

32.

Arndell, A. (2013). *Alice in bakingland: Delicious, decadent and daring*. Auckland, New Zealand: HarperCollins.

Arndell was a finalist in the third series of New Zealand's Hottest Home Baker (see annotation no. 27). Her intended audience and emphasis is home bakers with all levels of expertise who can create successful results "using supermarket ingredients and basic equipment" (last unnumbered page).

This is a large, hardcover book, with a fabric spine, thin pink ribbon page marker, and a vintage theme. This is displayed in the inside front and back page spreads featuring floral pieces of bone china, and other similar images throughout the book.

The recipe chapters are divided into the qualities "Delicious", "Decadent" and "Daring" rather than categories. There are hints and tips, conversions plus a useful page dedicated to substitutions. Several "How to make..." pages are interspersed, for recipes requiring specific techniques, e.g. macaroons and choux pastry. An index is also provided.

Selected recipes include *Shortbread*, *Almond Croissants* and *Great Aunty Joan's Victoria Sponge*. Arndell's *Ginger Crunch* recipe derives from the *Edmonds Cookery Book*, and *Little Kumara Cakes with Maple Cream Cheese Frosting* are a Kiwi/American combination.

This collection of recipes combines traditional recipes, personal specialities, and unique, interesting creations such as *Pomegranate Mousse Squares*, the modern Kiwi sounding *Tamarillo & Polenta Upside-down Cake* or the intriguing *Chocolate & Bacon Cupcakes*.

Each recipe is accompanied by a colour photograph of the item and a personal comment. The instructions are each numbered. Ingredients are separated into sections (e.g. Base, Ganache) and the number of items or servings is given. Most recipes feature a tip or variation inside a pink frilled square titled "Baker's Note".

In 2015 Arndell released another very similar cookbook entitled *Bake me home*.

33.

Goodwin, K. (2013). *Bluebell's Cakery*. Auckland, New Zealand: Random House.

Goodwin is known for her Auckland cafés and cake business of the same name as this book. She notes that her recipes are influenced by Kiwi, British and American baking traditions, with an emphasis on modern, feminine presentation that is relatively achievable by the home baker.

The large hardcover book includes a lot of high-quality photography, featuring the cafés, Goodwin and staff, flowers, both vintage and modern kitchenware, and the baked goods. A purple ribbon page marker is also present.

The recipes are divided into 10 chapters:

Biscuits

Slices

Friands & Loaves

Cakes

Cupcakes

Desserts

Drinks

Sweets

Tea Parties

Icings & Jams

Thirteen pages are devoted to a valuable "How-to" section, with step-by-step images of Goodwin showing how to grease and line a tin, fill a piping bag, level and crumb-coat a cake, and create more advanced icings patterns such as rosettes and ruffles. Other tips at the front discuss ingredients, equipment, conversions and processes such as creaming, mixing, etc.

The Tea Parties chapter sets out sample menus (including tea sandwiches, small tarts etc.), as well as giving ideas for the set up and decorations. It is accompanied by images of

Goodwin and friends enjoying an outdoor tea party, featuring pastel colours and floral patterns.

Each recipe is given its own page, and a bluebell motif sits above the title, which along with Goodwin's comments, are shown in blue. The remainder of the text is black, with ingredients listed on the left of the instructions, and resulting serves and preparation time indicated. Helpful details include both volume and weight measurements of dry ingredients, and both conventional and fan-bake oven temperatures. An index is also provided.

Selected recipes include *Flourless Chocolate Cake*, *Melting Moments*, *Mochaccino Tiramisu*, and *Sea Salt Peanut Brittle*. *Ginger Crunch with Oats & Almonds* is a slight twist. Other variations include dried cranberries added to *Afghans*, and small muffin tins used for *Raspberry & White Chocolate Lamingtons*, which call for sour cream in the sponge and freeze-dried raspberry powder in the icing.

Goodwin followed this book with *Bluebells Cakery: Sweet & savoury*, adding savoury items and further technical tips.

34.

Oldfield, N. (2013). *Gran's sweet pantry*. Auckland, New Zealand: HarperCollins.

Oldfield is the author of several cookbooks and former owner of the Dulcie May café (now closed). Baking is central to her food style, with her inspiration coming from her grandmother, who the café was named after.

This is a large, hardcover book, with a clear nostalgic and vintage feel. There is also a pink ribbon page marker. Old recipe books, equipment, and crockery are all featured in images, and reminiscing of time spent baking with Dulcie May is the overall theme of the book. A photograph of her is featured in the introductory pages. The recipes are mainly hers, alongside those of Oldfield's other grandmother, plus a few extras. In addition to traditional favourites, "different flavours and newly available ingredients" are included, "to reflect flavour combinations that are popular now" (p. 10).

The recipes are grouped by category as follows:

Scones and Muffins

Biscuits and Sweet Treats

Cakes and Loaves

Slices

Desserts

Preserves

Some of the recipes are *Apple Charlotte*, *Savoury Pinwheel Scones*, *Lolly Cake*, *Mint Thins*, *Lamingtons*, *Walnut and Ginger Loaf*, *Louise Cake*, *Ginger Crunch*, and *Hedgehog Slice*. The background to *Wanganui Slice* remains unclear, although a customer at Oldfield's café remarked that she knew it as *Wellington Slice*.

Full pages are dedicated for chapter markers, which list the following recipes. There is also a small number of double-page spreads, with images and quotes. Recipe pages are each coloured a different pastel shade, and chapter names are printed along the edge of the page. This makes it easy to flick to the section you require, or allows browsers to quickly

get a feel for the book's contents. Personal comments accompany each recipe, with memories or tips, and "Makes..." or "Serves..." information is also present.

35.

Rondel, J. (2013). *The Caker*. Auckland, New Zealand: Random House.

This cookbook shares its name with the author's alias and her Auckland cake business, and is a collection of cakes, scones, cookies, buns, and pies. Rondel opts for organic ingredients and nutritious options wherever possible (such as spelt flour), and many of her products are gluten free or vegan. Her aesthetic is pretty and unique yet rustic, as she believes baking "should taste incredible, rather than look inedible" (p. 14).

The soft-cover book is relatively small in page size, however each of the 51 recipes has its own page (apart from icings). There are no chapters; each recipe is listed on the contents page and is given a running number.

Rondel shares her "top baking tips" regarding ingredients (e.g. "never ever use margarine"), measuring, folding and sifting, and storage, etc., and a conversion chart with cup and corresponding weight measurements for common ingredients.

Colourful images accompany each recipe, and Rondel appears on the cover and in the introductory and closing pages. Flowers and vintage kitchen and serving-ware do appear, however the feel of the book is modern and unique. Recipe pages feature the title in bold capitals, with the number of the recipe above. Ingredients are listed at the left and the directions are numbered, and bold headings such as "Method" and "For the Filling" appear. The number of items made is given where relevant. Rondel's tips or explanations also feature on every recipe, and an index is provided at the back on pink pages.

Banoffee Pie is the only recipe with a Kiwi flavour; the remainder are largely American (e.g. *Blueberry Cobbler*, *Double-layer Peanut Butter and Jelly Sandwich Cake*), or British (*Moist Honey and Earl Grey Tea Cake*), with a few French influences (*Cherry Clafoutis*, *Orange Sablé Cookies*). Others include *Vegan Dark Chocolate and Berry Cake* and the intriguing *Sweet and Salty Potato Chip Cookies*, alongside interesting sauces.

Later in 2013 a revised edition was released, featuring only 45 recipes and a new cover.

36.

Staples, T.J. (2013). *Decadent gluten-free treats*. Auckland, New Zealand: New Holland.

Focusing mainly on gluten-free baking recipes, this book also includes some vegan and dairy- and egg-free options. It is a particularly colourful book, which includes a decorative pattern on each page, and colour photography of each dish.

Recipes feature:

Cookies, Slices and Scones

Cupcakes

Cakes

Frostings and Toppings

Decorations

The “Right Ingredients” section is particularly important in this specialised book, and includes information about less traditional ingredients such as amaranth, buckwheat, coconut flours and ground almonds, as well as the best kind of butter and eggs for baking, if using. The “Decorations” section provides guidance on the more technical presentation aspects of baking, alongside step-by-step images.

The index includes gluten-free, egg-free, dairy-free and vegan indications, so users can see at a glance what suits their needs. This information is also signified on each recipe, along with the number of serves.

Double Ginger Slice is a version of Ginger Crunch using both ground and crystallised ginger. This is the only classic New Zealand dish, while others are still familiar. *Zucchini and Apple Cupcakes* are an example of the recent trend to include vegetables in baking for added moisture and nutrition.

37.

Gray, S. (2014). *Fill the tins: Easy baking for home*. Auckland, New Zealand: Random House.

This book is written by the writer and creator of the blog *Destitute Gourmet*, which deals with daily cooking on a budget. It is “full of classic recipes plus fresh new tastes” (back cover). Gray notes that “high tea is currently enjoying a renaissance” and that it is “the perfect excuse to dust of Nana’s pretty china trios and vintage cake forks” (p. 41).

Gray admits to not owning a cake mixer “or any other flash gadgetry”, which illustrates the cookbook’s tone. She explains how she can ‘make do’ with “a cheapie electric hand mixer” and the odd selection of tins she has on hand (p. 6).

Chapters in this book include:

Cookies & Biscuits

Little Cakes

Cakes

Slices

Sweet Pastries

Savoury Pastries

Breads, Scones & Scrolls

Desserts

Christmas

Sweets

The majority of the recipes are illustrated by colour photographs, and there are comments at the top of each recipe. Smart tips include using dental floss to cut cakes into neat layers and placing a greased plastic bag over a bowl of bread dough to help it rise.

Many classic items are included, such as *Anzac Biscuits*, *Neenish Tarts*, *Jam Roll*, *Louise Cake*, *Hello Dolly*, *Pavlova*, *Lolly Cake*, and *Tan square* - “something of a Kiwi classic” (p. 102). *Bacon and egg pie* is included too. Regarding *Ginger Crunch*, Gray declares, “in the lexicon

of Antipodean cookery, the slice embodies all that rationing deprived us of” (p. 97), namely sugar and butter. It is also noted that adding pistachios to the icing has become “increasingly popular” (p. 97).

More international items include *Red Velvet Cake*, *Linzer Tarts*, *Panforte*, *Bagels* and even *Roti*. The Christmas chapter features among other things, several Christmas cakes, fruit mince using suet, and a Gingerbread house (including basic templates).

Health-conscious bakers are also considered with egg, gluten & dairy-free cupcakes, and substitutions given on many of the recipes.

Gray uses sour cream often, as well as margarine or other spreads instead of butter, most likely in the interests of cost.

38.

Johnston, A., Gofton, A., White, A., Brettschneider, D., Boswell, J., Evans, K., & Bowman, S. (2014). *Sweet: Treats to share*. Auckland, New Zealand: Penguin Books.

This is a joint project by many respected Kiwi bakers. Each contributor is profiled at the back, where it is also noted that the recipes credited as “Granny’s Kitchen” and “Wattie’s” were first published in *Granny’s Kitchen: Baking* and the *Wattie’s Kiwi Favourites Cookbook*.

The cookbook is medium sized, with a hard but cushioned cover, and pink ribbon page marker. The pages are pastel coloured and some (including chapter markers) feature quotes such as “Baking is both an art and a pleasure” (p. 117).

The recipes are grouped into the following chapters:

Buttered Treats

Biscuits & Slices

Cakes

Desserts

Recipe titles are given with their creators, and key hints, tips or comments about where it originated (mentioning old cookbooks and personal names) are given at the bottom of the page, bordered by a pink dotted line. For example, for *Miss Bennett’s Gingerbread*, Johnston notes that during her university years she did housework for an elderly lady named Edith Bennett, who requested Johnston bake her this recipe each week (p. 10). Other features of the book are baking tips and an index.

Each recipe has an individual page, with colour photographs featuring the majority of dishes. Vintage napery and serving-ware appear throughout.

The selection of recipes is such that readers “will find much-loved Kiwi classics [...] as well as modern variations” (p. 4). These include: *Caramel Slice*, *Afghan Biscuits*, *Belgian Biscuits*, *Panforte*, *Roly-Poly Pudding*, and *Madeleines*. *Anzac Bars* show a new format, and include chopped walnuts. It is noted that they are often called Oat Fingers or Oatina Crisp. *Chinese*

Chews are modified from an Aunt Daisy recipe, and *Bran Biscuits* are based on a Tui Flower recipe. Johnston notes that *Ginger Crunch* was originally meant to be “a crisp, crunchy biscuit with a thin layer of icing on top, not a huge, soft slab of shortcake, thickly iced” as it is often today (p. 62).

39.

Rural Women New Zealand. (2014). *A good baking day: 500 recipes from the kitchens of Rural Women New Zealand*. Auckland, New Zealand: Random House.

This is the third in a series of cookbooks released by Rural Women New Zealand (RWNZ), a modern example of a community cookbook. RWNZ is a “charitable, membership-based organisation that supports people in rural communities through connections, learning opportunities and advocacy” (p. 381).

Over 500 recipes have been contributed by the members of 80 RWNZ groups. It is noted that some of the recipes are over 100 years old while others “reflect modern trends in food fashion” such as dairy, sugar and gluten free variations (p. 7).

This is a narrow but fairly thick cookbook, with a thick paperback cover featuring a picnic scene with scones. Baking tips, icings and conversions are found at the back, noting that old Imperial measurements have been metricised. A section about RWNZ (originally the Women’s Division of the Farmers’ Union) explains its beginnings and mission, and other cookbooks it has produced. The index lists recipes alphabetically, within categories such as Loaves, Diabetic, and Microwave.

The front and back pages feature colour photographs of tins and trays. The paper stock is glossy and some pages feature small strips of images of handwritten recipes or old advertisements. A thin blue ribbon page marker is attached.

The recipes are divided into numerous chapters:

Breads and Loaves

Buns, Scones and Pikelets

Biscuits

Slices and Squares

Small Cakes, Muffins and Cupcakes

Large Cakes

Pastries

Puddings and Desserts

Special Occasions

Confectionary

Only selected dishes are photographed, usually several pages from the recipe, with no indication of the page number. Each recipe is credited to its contributor and their RWNZ group. Some individuals offer a short comment such as the recipe source or how they serve it. Unfortunately, the date of most recipes is not indicated, although Mary Schmack notes under *American Cookies* that “this recipe is from the 1950s” (p. 60). Ingredients are printed in a brown text while the title and methods are black. Several recipes share a page.

Example recipes are *Tamarillo Delight*, *Spanish Cream*, *White Chocolate Cheesecake*, *Anzac Biscuits*, *Pikelets*, *New Zealand Tart*, *Pumpernickel Loaf*, and *Danish Puffs*, showing traditional and modern as well as local and international options.

40.

Seagar, J. (2014). *Jo Seagar bakes*. Auckland, New Zealand: Random House.

This thick, large hardcover book features almost exclusively sweet baking recipes, and shows Seagar on the cover.

Throughout the book, the images and page colours have an antique appearance and tone, with dark-toned photography and old paint effects. The theme is continued with vintage or antique utensils, racks, plates etc. in the recipes and opening and closing pages. Chapter sections and selected double-page breaks also feature colour photographs, some with quotes related to baking. Images of the team producing the book are shown at the back, as well as black and white pictures of family members mentioned in the recipes. These appear as if stuck in a photo album. Other features include an index and a blue ribbon marker.

General baking information covering ingredients, equipment and oven temperatures is found at the front of the book. Recipes are divided into six chapters:

Biscuits

Slices & Brownies

Cakes

Muffins, Scones & Loaves

Afternoon Tea & Fancy Cakes

Icings, Frostings & Accompaniments

Each recipe is shown in a photograph on its own page (apart from the icings), and the text is black, or white on the darker pages. Seagar's comments feature on each recipe, often noting its Kiwi nature. Either the ingredients or title is given in italics (this alternating). The method is given below the ingredients, with preparation and cook times listed in small italics. A small ribbon outline indicates the amount made.

Anzac Biscuits are declared "the most famous of New Zealand's own biscuits" (p. 60), while *Afghans* are "acknowledged as a New Zealand speciality biscuit" (p. 28). Seagar notes the theory – also suggested by Symons (2008) – that the name could indicate the shape of the

biscuit with a walnut on top, “resembling a turban or hat as worn in Afghanistan”. Other iconic Kiwi items include *Lemon & Paeroa Scones* and *A&P Ginger Cake*, referencing Agriculture and Pastoral shows, of which homemade baking competitions are a traditional feature. The book is therefore celebratory of national baking traditions.

Other more international recipes include *Cappuccino Date Slice*, *Gin & Tonic Lemon Cake*, *Chocolate Eclairs*, and *Florentines*. *Cheese Biscuits* are the only savoury item in the cookbook.

41.

Holst, S., & Holst, A. (2015). *The complete home baking collection*. Amberley, New Zealand: Hyndman.

This large book contains over 250 recipes of the Holst's "all-time favourites", from "the decidedly nostalgic to modern classics" (back cover). The authors state that they intended this book to be their "baking bible" (p. 6).

This collection is divided into recipes for:

Cakes

Small Cakes

Biscuits & Crackers

Slices & Squares

Muffins

Breads & Buns

Festive Baking

Icing & Fillings

Gluten-free Baking.

The beginning of each chapter shows a double-page spread with an image on one side and the heading on the right. Most of these feature useful information about baking the following items, for example, in the Small Cakes chapter it suggests which recipes require further baking experience, such as *Cream Puffs*. Some baking information is repeated from other Holst cookbooks (annotations nos. 18, 30).

Colour photography is used throughout the book. Most recipes are shown with an image, page size or smaller. Shorter recipes share a page while others are featured alone. Recipe titles appear in red font. The left-hand side of the page shows a light beige column where the ingredients and resulting quantities are listed. Each sentence is numbered with a red digit bullet point, and variations and notes are often given at the bottom. In addition, a personal comment or description is provided with each recipe, and an index appears at the back.

The *Food Processor Apple Cake* exemplifies the authors' everyday style. Alison helped demystify microwave cooking during the 1980-90's, and some microwavable recipes feature, such as *Microwaved Banana Cake*.

Much Kiwi-loved baking appears, such as two lamington recipes (using bought sponge), *Anzac Biscuits*, *Cinnamon Oysters*, *Kiwi Biscuits*, *Ginger Crunch*, and *Chocolate Crunchies (Easy Afghans)*. *War Cake*, a memory of Alison's cooked by her mother in a roasting pan soon after WWII, does contain butter and eggs.

Other items include *Zucchini & Parmesan Muffins*, *Focaccia*, *Pineapple Christmas Cake* and *Gingerbread Houses* (with measurements for cutting a cardboard template). Many recipes feature names of family and friends, such as *Peter's Five-Egg Birthday Cake*, invented for Alison's husband. Often noted throughout the cookbook are instances where children can help, highlighting its family theme.

42.

Claudepierre, C. (2016). *Clean bakery: wholesome & nourishing baking for New Zealanders*. Auckland, New Zealand: Bateman.

This cookbook combines elements of vegan, gluten-free and paleo diets, generally focussing on more nutritional flours and grains, and no lactose or refined sugar. The author is a French New Zealand resident with a science background. The book is fairly large, with a hardcover featuring a cake, flowers and old wire rack. A subtle 'retro' vibe is evident.

Ten introductory pages discuss pantry organisation and ingredient swaps including Sugar Swap, Flour Swap and Lactose Swap, with very helpful charts of comparison. For example, the Glycaemic Index (rate at which carbohydrates are absorbed into the blood), and whether they are vegan or suitable for diabetics is specified for different sweeteners.

"Seven Tips for Successful Clean Baking" include explanations on using baking soda and stevia. Other ingredients of note include coconut oil, almond milk, millet and brown rice malt syrup (a sugar substitute). Although not 'traditional', these are likely to be found locally, as the book was created for a New Zealand audience.

Recipes on individual pages include a short introductory comment, as well as icons signifying it as dairy-free, egg-free, gluten-free, nut-free, paleo, vegan, or raw. A small croissant icon signifies a 'French-style' recipe, such as *Rhubarb Clafoutis* and several tarts. Each is accompanied by a colour photograph of the item, and most include a tip.

Popular items like bliss balls and cookies made with nut butter are featured, alongside more traditional dishes like trifle, baked custard, shortbread, and muffins. Not a single 'Kiwi' recipe is included, perhaps as a result of the author's European heritage.

43.

Ferrier, A. (2016). *Melie's kitchen*. Auckland, New Zealand: Penguin Random House.

Ferrier is an Auckland teenager who created a baking business after making and selling cakes to friends and starting a blog.

This hardcover is narrower in width than many others. It is divided into chapters featuring:

Cupcakes and Cakes

Cookies and Slices

Pastries

The first chapter ends with several step-by-step guides, showing how to level and fill a layered cake, crumb coat and ice a cake, and decorate a cake further, with photographs of Ferrier demonstrating each step. There is also a section at the back for icing, filling and decorative recipes (such as honeycomb and dried orange slices). These indicate the ornamental nature of Ferrier's baking. There is an index, however no general guidance on baking techniques, conversions or required equipment.

Ferrier discusses how her business was born, her love of using flowers for presentation, and that while some simpler recipes are included, the more intricate ones can be a good distraction from "watching TV or spending endless hours on social media!" (p. 7). In instances such as this her youth becomes apparent.

A page is dedicated to each recipe, with an image on the right-hand page. Large capitals give the recipe title above Ferrier's personal comments, ingredients listed in the left column, and instructions on the right. Serving amounts are indicated, along with good storage information.

Chapters are marked with a double-page spread, showing baked items and the handwritten font also featured on the book's cover. Ferrier is often featured in the images. The paper stock is slightly glossy. The back cover shows a smart phone being used to capture images of a dish, highlighting the influence of social media.

The majority of Ferrier's recipes are unique creations with bold flavours for special occasions rather than traditional everyday classics, for example *Lychee, Rose and Raspberry Cream Éclairs*. The few that show Kiwi influences are *Ginger, Cashew and Cornflake Cookies with Salted Cashew Praline* (which Ferrier says are a kind of cross between Afghans and Ginger Crunch), a banoffee flavoured cake, and *Hazelnut, Coconut and Honeycomb Ginger Crunch*.

44.

Gofton, A., & Gilchrist, J. (2016). *Country Calendar homestead baking*. Auckland, New Zealand: Penguin Random House.

This cookbook celebrates the 50th anniversary of Country Calendar, New Zealand's longest running television series. The inside cover explains its aim to "uncover the baking secrets and stories of farming families" who have appeared on the programme. These are often locations where six or seven generations have lived, thus the book "honour(s) the brave pioneers who built the foundation of this country" (p. 7).

This large book entails 270 pages, with a chapter showcasing each family and their land, stories and personal recipes. A major feature of the book is high-quality photography of New Zealand scenery and the families and their farms, houses and animals. A map of featured locations is provided, and contact details for selected properties. This includes the remote Arapawa Island at the top of the South Island.

Many of the recipes involve family stories, have been passed on from relatives, or are updated versions from New Zealand bakers such as Alison Holst and Tui Flower. These details are noted in the personal comments accompanying the recipe. Preparation and cook times and quantities made are listed, with recipes featured on individual pages alongside supporting photographs.

A few Kiwi classics appear, such as *Pavlova*, *Fly Cemeteries* and *Ginger Gems*. *Anzac Biscuits* include the addition of almonds and cranberries. Other recipes are traditional in nature, including pancakes, sponge cakes, squares, muffins, scones, pastry and puddings.

45.

Ozich, E. (2016). *Sweet delights*. Auckland, New Zealand: Author.

Written and published by an Auckland food writer, this small book contrasts with many baking cookbooks in that the cover is charcoal black, and the photography is dark in tone. Some flowers and vintage kitchenware do feature however.

The recipes follow Ozich's style of cooking: minimising processed food and adding nutrition where possible, without being highly prescriptive. Gluten-free and vegan choices are offered, including a *Vegan Chocolate Peppermint Cake*.

The 26 recipes include cakes, loaves, cookies, fudge and squares. This is not a book of classically Kiwi baking: *Little Golden Oat Biscuits* reminiscent of Anzac biscuits are the closest example.

Ingredients used include spelt flour, rapadura or coconut sugar, buckwheat groats and black beans, among other more regular items.

Each page gives a separate recipe, and beneath each title is a descriptive comment. Servings, ingredients and instructions are stated within their own columns. Ozich's own photography depicts every dish.

A couple of supplementary pages feature images and text, referencing walking in the garden and the quiet time involved in baking. A decorative double-page spread features fruit, equipment and scattered ingredients such as oats, flour and eggs with large spoons.

The cookbook does not feature any hints, tips, conversions or baking pointers. There is however a Notes section for users to make records.

46.

Russon, N., & McNaughtan, S. (2016). *Sweet enough: Less sugar, more taste.*

Wellington, New Zealand: Isherwood Sisters.

This cookbook is published by two sisters, one of which is a food technologist and the other a keen baker, who began reducing the sugar in her baking and noticed an improvement in taste. This led to them reworking many recipes, resulting in the book. Their philosophy is not to replace refined sugar with things such as dates, honey, and agave syrup (as these often still contain similar levels of fructose and glucose), but simply to reduce unnecessary amounts of sugar. Ingredients are therefore traditional, common and easy to source.

This cookbook includes colour photography of each recipe, and clear, concise instructions. Preparation and cooking times are listed beneath each recipe name, along with the number of pieces made.

Tips or substitutions are written in handwritten font alongside the recipes. As well as the usual sections on baking fundamentals and tips, there is a two-page section on sugar and how to “reduce sugar craving in your household” (p. 9), and an alphabetical and categorised index.

A particularly helpful feature underscoring the theme of the book is an indication of the number of teaspoons of sugar per serving. This is given as a hand-drawn icon showing a teaspoon of sugar cubes. Illustrated in the same manner is what method or equipment is used: “Use a food processor” or “Mix in a bowl”, with images of each, and “Cooking time in my oven was...”: a picture of an oven with space on the door for users to write in the details for their own appliance.

Common classics like *Afghans*, *Anzac Biscuits*, sponge cake and *Ginger Crunch* feature, plus a *Wholemeal Ginger Crunch* with wholemeal flour, rolled oats and coconut; and the Kiwi-sounding *Feijoa and Ginger Cake*, yet no savoury options. There are many gluten-free dishes, and a handful of refined-sugar free items such as *Bliss Balls* and *Date Slice*.

47.

St. Margaret's College & Collège Étouvie. (2016). *Bittersweet memories: World War I recipes from New Zealand and France*. Christchurch: Hinton Press.

This bi-lingual cookbook is an outcome of a Shared Histories partnership between a Christchurch school and one in Amiens, France. This collaboration and exchange programme was “initiated in partnership with the New Zealand and French Ministries of Education to commemorate the First World War” (third unnumbered page).

Introductory pages give a brief overview of New Zealand's war effort, and food supply to the fighters. It is stated that “baking at home for fundraisers, and for ‘our boys’ at the front, was a major part of the wartime experience for many New Zealand women” (eighth unnumbered page). One page in this section is written in French, and French recipes are interspersed with the English ones. Most are translations of the same recipe, however there are 6 French recipes for which there is no English equivalent. Above all, this is a New Zealand cookbook, made for a national audience with our own experience as the focus.

The design of the book mimics a scrapbook: the page image appears as if the text has been typed with a typewriter onto crumpled brown paper. There is an occasional pen mark, note or drawing, appearing to have been scribbled on the page. For example, a bee drawn next to the word honey or “Remember this!” with an arrow pointing to a tip. This design helps to convey the historical and personal nature of these recipes and stories. A drawing of a red poppy (the ANZAC symbol) marks almost every page. Photographs of students testing the recipes and a few historical images are featured. The many people involved in the creation of the book from both schools are named.

As well as the name of the contributing student (a few are Anonymous), some recipes include a short note. These stories usually revolve around grandmothers, mothers and other family members: memories of making and enjoying it with them or stories of wartime told to or by them.

Fittingly, the first recipe is for *Anzac Biscuits*. Other items consumed at the Front include

Hard Tack Biscuits (dry, unappealing but sturdy biscuits). The recipe for *Ginger Biscuits* notes that the original made almost 200 small biscuits, so has been understandably modified. Other recipes include French *Profiteroles* and *Cannelés* and *Walnut Cake*, *Scones* and *Gingerbread*. The recipe for *Gâteau de Guerre* (*War Cake*) is perhaps more authentic than Holst's (annotation no. 41), as it requires no eggs (or milk).

48.

Thom, M., & Harper, T. (2016). *The great New Zealand baking book*. Auckland, New Zealand: PQ Blackwell.

This title is the second release by the same team as *The great New Zealand cookbook*, and is described as offering “All the favourites we know and love from sixty of our finest bakers” (front cover). Part of the proceeds of the book benefitted New Zealand charity KidsCan, “to support their inspired efforts toward supporting disadvantaged kiwi kids” (p. 364).

Among the contributors are Alison Holst, Tui Flower, Nadia Lim, Kim Evans, Natalie Oldfield, Eleanor Ozich, and Robyn Martin, with Teresa McIntyre credited as Food Editor.

It is a large hardcover book, featuring designs by Hawke’s Bay artist Dick Frizzell. The cover background appears to be pink tea towel fabric, a repeat of the previous title which featured this in green. A hand-drawn font gives the cookbook’s title, cover text and recipe titles inside. On the back cover is a drawing of a large cake and selected recipes listed within. The spine features the title and selected recipe names, as well as the image of the ‘Mr Foursquare guy’ (a well-known Kiwi mascot used for decades by the convenience store chain) holding a whisk, pot and pink tea towel. Double-page photographic spreads at the front, back and on chapter markers show the contributors at work. A wide sturdy page marker takes into account the weight of the pages – it is the thickest cookbook annotated, with 364 pages and 160 recipes.

Five pages of baking advice are written by Head Baker Michelle Pattison. This is followed by a “Close-Enough Conversions” chart, created by Frizzell in his characteristic hand-drawn style. The index lists recipes alphabetically, followed by an alphabetical list within categories such as Biscuits, Dairy Free, and Tarts – Savoury.

The recipe chapters are:

Dough & Pastry Basics

Baked Desserts

Biscuits & Slices

Cakes & Loaves

Muffins, Scones & Pastries

Not-So-Naughty

Savoury Snacks

Sweet Treats

Recipes are given on individual pages, apart from pastry basics, variations or complementary icings. Each recipe has an accompanying photograph.

Creators' names are given alongside each recipe, as well as their business, where applicable. Sometimes tips or a quote from the creator is given in bold cursive font. Ingredients are listed at the left, and divided into parts for Pastry, Filling etc., as are the directions. Serving amounts and preparation and cooking times are given, as well as the required skill level (e.g. 1=Easy, 2=Moderate, 3=Challenging), with many being Easy.

Many iconic dishes are featured, sometimes with modern twists. For example, *Afghan Yo-yos* combine two favourites: the biscuits are sandwiched together with chocolate caramel and rolled in chopped walnuts. *Chocolate Lamington Mud Cakes* are cooked in individual mini brioche tins, with traditional *Raspberry Lamingtons* present too. The nation's love of rugby is seen with the *Richie McCaw Slice*, a chocolate brownie with cream cheese and white chocolate filling.

Other recipe examples are *Chocolate Peppermint Slice*, *Asparagus Mint & Feta Bread*, *Raw Chocolate Coconut Bars*, *Neenish Tarts*, *Christmas Pudding*, *Neapolitan Cake*, *Anzac Biscuits* and *Ginger Pistachio Crunch*.

Discussion

The changing nature of baking cookbooks and the endurance of our distinctive treats are apparent in this sample. Early cookbooks were small promotional booklets with concise directions and few images (namely drawings rather than photographs). These images usually advertised the publisher's products. Some offered fairly technical information particularly around bread, an item made daily at that time (e.g. annotation nos. 2, 4). Information regarding publication dates and the author of the recipes was often lacking.

Despite the pressures of World War II, annotation nos. 7-11 (and looking back, no. 47) show that baking remained a part of the everyday New Zealand diet, and was the focus of many fundraising initiatives. Margarine, lard, golden syrup and an economising attitude was employed to maintain the baking tradition.

The cookbook published at the end of the 1950's (annotation no. 12) was the first to include photographs of recipes inside the book (within this sample). The small number of titles annotated in the 1960s and 70s show fewer women working at home, the influence of European flavours and the pull of the 'gourmet'. Symons demonstrates that "little indicates the break from the older style of books [i.e. pre-1963] more decisively than the virtual absence of recipes for cakes and biscuits" (2006, p. 188).

Baking cookbooks continued appearing, detailing the new metric system (annotation no. 14), microwave cooking (annotation nos. 15, 16) and everyday recipes involving the family (annotation nos. 15, 18). Within this sample, 1983 sees the first colour photographs featured inside a cookbook (annotation no. 15) and in 1998, recipes are featured on individual pages for the first time.

A return in popularity of home baking and a resulting explosion in New Zealand baking publications is observed in 2009, with several appearing each year from this point on. *Ladies a plate* (annotation no. 23) is the first example of the nostalgic tone which characterises most titles after 2012. This is characterised by old-fashioned or vintage

equipment, chinaware and napery, flowers (both real and in patterns), and pastel colours. Several cookbooks directly reference nostalgia through their titles, focus, recipe names, comments and notes, in particular those of Johnston, Oldfield, Seagar and Arndell.

In 2012, annotation no. 29 (with an earlier example in annotation no. 24) establishes the current look of most baking cookbooks: large, hardcover books featuring many glossy colour photographs, with a retro or vintage theme apparent. Ribbon page markers also appear, perhaps to convey the idea of a treasured compendium. Most recipes are accompanied by a colour photograph, and are given in a single page. Certain titles do continue the format of most editions of the *Edmonds Cookery Book* however.

Health or ideal diets are mentioned throughout to varying degrees (e.g. in 1914, and 1971 where a *Slimmer's Cheesecake* appears). However, from 2011 onwards the rise in alternative diets and attempts to improve the 'healthiness' of our baking is reflected in several baking cookbooks (annotation nos. 28, 30, 35, 36, 42, 45, 46).

Guidance on techniques, conversions, equipment and ingredients are found (to various extents) in a good number of cookbooks annotated, and more recent instructions accommodate all skill levels. Comments given with each recipe are seen throughout the cookbooks, however are more common from the early 2000s. These add context and engage the reader, serving as "promotions for the recipe" (Tomlinson, 1986, p. 204).

From 1971 (annotation 14), the likelihood increases of a personal author to whom the work (and moreover, the recipes) is attributed to. While commercial entities are still involved at times (such as Chelsea Sugar, Cadbury), most of the subsequent authors have a public persona resulting from businesses and/or appearances in television, print and online media, for example, Alison Holst, Dean Brettschneider, Karla Goodwin, Jordan Rondel (aka The Caker), and Amelia Ferrier.

These annotations specify recipes that are generally accepted as being traditional examples of New Zealand baking (alongside others). This shows that there is a sizable group of items which we consider as special to our nation (regardless of whether they are strictly unique).

These include Pavlova, Afghans, Ginger Crunch, Lamingtons, Custard Squares, Caramel Slice, Louise Cake, Pikelets etc. It is surprising that New Zealand Tart and Kiwi Biscuits are not more common today, given their names.

The fact that these can be found throughout the decades demonstrates that they are a central part of our culinary repertoire.

NB: Symons (2008, p. 55) gives an interesting list of traditional items and their earliest appearances in both New Zealand and Australian cookbooks.

Conclusion

The baking cookbooks annotated showcase elements of national and global history, technology and health concerns, and food items that form part of our culinary identity. The evolution of cookbooks as information resources has been gradual but significant, from small promotional booklets to thin everyday reference sources with some colour photography, to large, sturdy, design-led books with visual impact. Thus, as Pilchner remarks, these recipes and cookbooks tell “unique tales of home and nation” (1995, p. 301).

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