

The Whisk

Issue 04 | March 2024

*Stunning spring
bakes*

Shining a
spotlight on
sustainability

*Plant-based
perfection*

How to make
your bakery
eco-friendly





Vegan VIENNESE PASTRIES



VEGAN PAIN AU CHOCOLAT 80 G

VEGAN CROISSANT 70 G

100% PLANT-BASED RECIPES*,
100% DELICIOUS!

* 100% of the agricultural ingredients are of plant origin

Welcome

Welcome to your latest copy of The Whisk.

This issue, we're focusing on sustainability and examining ways in which bakeries can improve their practices and embrace the green agenda. We're also highlighting the new and innovative ways BFP is working as a business to lessen our carbon footprint.

Veganism is an ever-growing dietary and health trend, as well as being widely applauded for its sustainable credentials as a lifestyle choice. As demand for plant-based products increases, many bakeries are expanding their vegan offering and enjoying great success as a consequence. We spoke to two great examples and you can find out more about their operations on page 20.

As always, we love to champion our fabulous customers – and this issue is no different! From an inspirational Gen Z-er to a magnificent mother and daughter duo, we celebrate the successes of two thriving business led by young women.

At the other end of the spectrum, our Customer Profile features an 81-year-old with nearly 60 years of experience in the bakery industry – and no plans to retire any time soon!

If you've got a story to share or would like to appear in one of our features, please drop us a line at thewhisk@bfp.uk.com. We'd also love to hear about any specific topics you'd like to see featured in the magazine too so do please get in touch.

In the meantime, we wish you a prosperous Spring.
The Whisk Team

Cover photo: Cotswold Vegan Bakery

“TREATS FOR THE PLANET” DELICIOUS Vegan PASTRIES

INSPIRED BY THE BAKERY CULTURES OF THE WORLD, DISCOVER OUR RANGE OF DELICIOUS, ORIGINAL AND VEGAN VIENNESE PASTRIES!



DANISH CROWNS



VEGAN CHERRY AND
FLAX SEED CROWN 90 G

A delicious cherry centre with a very fruity taste, associated with a crunchy brown flax seed topping for a very colourful and indulgent crown.

VEGAN ORANGE AND
HAZELNUT CROWN 90 G

An orange-flavoured crown with a delicately caramelised taste thanks to its brown sugar, and crunchy hazelnut topping.

VEGAN VANILLA AND
HAZELNUT CROWN 90 G

The combination of a creamy vanilla filling, brown sugar and a hazelnut topping for an indulgent crown with a unique texture.

VEGAN RASPBERRY
FILLED CROISSANT 90 G



A generous croissant with a creamy and indulgent raspberry centre and a lovely puff pastry for a light and airy texture and a pretty pink sugar topping.

- Bridor Premium Margarine
- French wheat flour
- Bridor Clean Label



SHARE

THE BAKERY CULTURES
OF THE WORLD

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www.bfp-xpress.co.uk

Dates for your diary



MAR

What a load of waffle!

Celebrate International Waffle Day on **March 25th** by offering on-trend loaded bubble waffles filled with your choice of sweet treats.

Hailing from Hong Kong, this unique snack is a street food sensation, providing the perfect edible carrier for a plethora of fillings and inclusions.



MAY

Barking mad

These cute Corgi biscuits are sure to get tongue (and tails) wagging on National Biscuit Day (**May 9th**).

For the recipe, visit: www.bfp-xpress.co.uk/a/blog/corgi-biscuits



MAY

The east you can do

Offer some new and exciting flavour combinations to promote National Sandwich Week (**May 16th-22nd**).

Whilst ham and cheese remain the nation's favourite sandwich flavour combo, why not add some international flair to your menu with a toasted Japanese Katsu chicken sando, a Vietnamese bahn mi or a Mexican torta?



MAR

Bottoms up

Easter provides the perfect opportunity for bakers to get creative and have some fun. This year, Easter falls on **Sunday 31st March**.

Customers, young and old, will love these adorable snowmallow shortbread chicks and Easter bunny butts. Full recipes www.bfp-xpress.co.uk/pages/recipes



MAY

Round them up

Sprinkle some magic this National Doughnut Week (**May 18th-26th**) by adding eye-catching inclusions and decorations to your bakes.

From vibrantly coloured sugar strands and sugar pearls to chocolate-coated crunchy rice balls and elegant chocolate curls, we've got you covered.



JUN

Daddy cool

Don't let Father's Day (**June 16th**) be a half-baked disaster. Dads deserve dedicated cakes to celebrate their fabulousness!

Themed mini cakes are the ideal way to show dads they're loved and appreciated, and you can tailor your offering to showcase favourite hobbies and pastimes, such as golf, football and gardening.

Come & see us!

BFP will be exhibiting at the CBA Business Day on June 5th at the Hilton Wembley. For more details visit: craftbakersassociation.co.uk/events

The octogenarian 'loafing' life in the workplace

After 57 years working in the bakery industry, you'd think Graham Nash would be ready for a well-earned rest. But retirement is strictly off the agenda for the patriarch of Bicester's oldest bakery business.

At a sprightly 81-year-old age, Graham still heads to his office at the third-generation family bakery six mornings a week. Whilst he's no longer hands-on in the bakery, his finger is very much still on the pulse on the business side.



Interestingly, the bakery wasn't his planned career path. As a teenager, Graham embarked on an apprenticeship as a joiner. But the family business, which was founded by his parents, Will and Winifred, in 1929, had staffing issues, so Graham quit his carpentry job and went to work alongside his formidable dad.

"I never did any formal training" explains Graham. "Dad taught me everything. We got on really well, although he was a bit of a tyrant! My wife was terrified of him when she first met him. He was a hard man but a wonderful craftsman, whose nickname was 'The Governor'. He won the National Hovis Bread Championship in 1957 - and my brother and I went on to win it in 1986."

Will retired in 1971 and handed over control of the bakery to his sons Trevor and Graham. He passed away in 2007 at the grand old age of 103.

The two brothers went on to build and move into a new 6,000 square foot bakery, serving hundreds of wholesale customers across various sectors, as well as the company's five bakery shops. In addition, Nash's also operates stalls at over 20 markets across the region, under the name, the Isla Jane Bakery (named after Graham's eldest granddaughter).

The industry has changed immeasurably over the last half century, says Graham. "Everything was very hands-on when I first started. There were no pre-mixes, for example, and mechanisation

means that processes can be done much quicker now. What used to take 25 minutes in a bread mixer can now be done in eight.

"We took the plunge and spent thousands on a computerised roll machine, which made an incredible difference to our ways of operating. My dad was in his 90s at the time, and I remember him thinking it looked so complicated and saying, 'Don't let any bakers near that!'"

The business continues to move with the times, now with Graham's eldest son, Mark, at the helm. What hasn't changed much is the dedicated employees, many of whom are celebrating over 40 years with the company.

"We even have one lady celebrating her golden jubilee in July!" adds Graham. "I've no plans to retire, he continues. I love dog walking and my holiday home in Spain, but my heart will always be at Nash's Bakery."



Nash's Bakery by numbers

- Five shops
- 23 market stalls
- 60 employees
- 2-3,000 loaves baked every Friday night
- Seven bread bakers
- 5 drivers
- Deliveries six days a week



Switch to vegan diets could save the NHS £6.7billion per year, says new research

A new study by the Office of Health Economics shows that with 100% adoption of plant-based diets in England, the total healthcare cost savings for the NHS would be around £6.7billion.

The report also found the prevalence of diseases including cancer, cardiovascular disease and type 2 diabetes would be greatly reduced with a complete uptake of plant-based diets.

The uptake of vegan diets has increased dramatically in recent years, with those making the switch citing various reasons, including perceived health benefits, reduced environmental impact, and improved animal welfare.

For many, the transition to a vegan diet is an opportunity to consume more health-promoting plant foods, such as whole grains, nuts, legumes, fruits and vegetables whilst excluding the saturated fat and cholesterol found in meat, milk and eggs.

Research suggests that plant-based diets can improve health outcomes relating to diseases including cardiovascular disease and cancer, but despite this, there has been little research into the monetary value this could present to health services.

The analysis - funded by The Vegan Society - starts to address this research gap and quantify the potential benefits to the NHS of a higher uptake of a vegan diet, with staggering results.

The conclusion reveals that if everybody in England ate a plant-based diet, NHS expenditure could be reduced by an estimated £6.7billion per year, with 2.1 million fewer cases of disease and a gain of more than 170,000 quality-adjusted life years across the population. The potential impact of these savings is huge, with enough money saved to cover the full yearly budget of up to seven of England's hospitals or to cover the annual salaries of 64,990 consultants or 184,920 nurses.

Report author Dr Chris Sampson said: "There is now compelling evidence that plant-based diets can benefit people's health. Our analysis takes a significant step towards understanding how dietary choices impact population health and NHS expenditure overall. For every million people making the switch to a vegan diet, the anticipated reduction in illness could save the NHS a staggering £12million."

Claire Ogley, head of campaigns, policy and research for the Vegan Society, added:

"It's encouraging to see increasing evidence that plant-based diets can be not only beneficial to individual health but could also benefit the NHS on a bigger scale. As the report illustrates, wider uptake of plant-based diets could free up billions of pounds of funding to invest back into England's hospitals and services. Policymakers should consider supporting and encouraging plant-based diets as part of public health campaigns to realise these benefits to the health service in the UK."



Chatting with successful bakery business owner Holly Marshall, it's hard to believe she's just 21 years old.

Holly's clear understanding of her customer base, coupled with a firm awareness of the importance of social media, has seen the profile of her bakery shop in a small Yorkshire village skyrocket - and it hasn't even reached its first birthday yet.

Launched in July 2023, Marshall's Bakehouse, in Queensbury near Bradford, has caught the eye of the Facebook generation, with over two million views of her page in February alone.



The key to her success, she believes, is down to having a product which sets her apart from the crowd.

"Every great baker needs a stand-out product that keeps customers coming back for more," she explains. "For me, it's my vanilla slices. People go crazy for them! They drive for miles to buy them. They've even been taken to Spain."

The Bakehouse sells an incredible 100 vanilla slices a day - rising to 150 on Saturdays. I used to make 10 a day - now I make 100 and 150 on Fridays,"

continues Holly. "It's all about quality ingredients, and it's the jam that makes them stand out, which is very controversial. Technically, it's more of a Bavarian slice, but we're not going to change the name because that's what the customers ask for."



Retro bakes are definitely a big hit amongst Holly's customers, and she has her dad and grandad to thank for recipe inspiration.

"They were both bakers, and I use a lot of their old recipes, such as Grandad's cornflake tart," she says. "Traditional products are definitely making a comeback. I also create modern favourites such as cookie pies and brownies, so there's something for everyone."

"People have started to appreciate independent businesses again, and demand for handcrafted products made by local people has increased."

"We're in a small village, and we're really lucky to have a community of people who are willing to spend a little bit more on a quality product."

Social media provides the perfect platform to showcase her latest creations. "You can have the best product in the world, but no one's going to buy it if they don't know about it," she advises. "As soon as

I post a video about something, it immediately gains more popularity."

Holly does all of the baking, and her working hours of 4.30am - 4.30pm Tuesday to Saturday certainly dispels the myth that Gen Z are work-shy! So, would she recommend running a bakery to her fellow twenty-somethings?

"Absolutely! I was diagnosed with ADHD when I was 17, and this is quite a fast-paced environment, so it's perfect for me. I like being able to create new things, and being my own boss is great."

"My friends think it's crazy, and not all customers assume I'm the business owner. I'm very much learning as I go but I feel like a completely different person already."

"Being young is the perfect time to experiment and try new things. People love vulnerability and want to find out more about the person behind the business."

**Facebook: Marshall's Bakehouse
Instagram: @marshallsbakehouse
TikTok: @marshallsbakehouse**



LOOKING FOR SUSTAINABLY SOURCED SWEET BAKERY?

69% of consumers say that when purchasing **sweet bakery**, they are more likely to opt for a product if it has **sustainably sourced ingredients**.*



BAKELS FUDGY BROWNIE MIX IS MADE WITH SUSTAINABLY SOURCED COCOA

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- ✓ Rich and moist centre, with a delicious chewiness, just how brownies should be.
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MUSINGS ON THE BAKING INDUSTRY

from BFP Managing Director

STEVE LYONS



**Nurturing our planet,
one bite at a time**

In the bustling world of baking, where delectable treats tantalise our tastebuds and warm our souls, it's essential to pause and reflect on the impact our industry has on the environment. **As guardians of flavour and tradition, bakers hold a unique responsibility to ensure that every cake, pastry and loaf they create not only delights the senses but also contributes positively to the health of our planet.**

First, let's acknowledge the undeniable truth: our industry, like many others, has a footprint on the environment. From the cultivation of ingredients to the packaging of our products, every step of the baking process carries with it the potential for environmental impact. **However, armed with knowledge and determination, we have the power to mitigate these effects and pave the way for a more sustainable future.**

One of the most significant areas where we can make a difference is in our ingredient sourcing. While local produce sourcing is important, the reality is that many products bakers use just can't be sourced locally or in the volumes they need on a consistent basis. This is where wholesalers like

BFP play a crucial role. As a wholesaler, we understand the intricate balance between sustainability and practicality. Our focus is on providing access to a wide range of high-quality ingredients while keeping our carbon footprint as low as possible.

We achieve this through various initiatives, including route optimisation software, which helps us plan effective delivery schedules using the shortest mileage possible. By strategically mapping out our delivery routes, we minimise unnecessary fuel consumption and emissions, contributing to a more sustainable supply chain.

We use larger vehicles for overnight runs, reducing the number of vehicles we have on the road at any one time. This not only decreases traffic congestion but also lowers our overall carbon output per delivery, making each shipment more environmentally friendly. Moreover, our minimum order quantities and once-a-week delivery days are designed to streamline operations and reduce the frequency of trips, further minimising our environmental impact. By consolidating orders and deliveries, we maximise efficiency while minimising fuel consumption and emissions.

From a baker's perspective, it's important to consider eco-friendly packaging to serve your products. Whether it's biodegradable packaging, reusable containers or innovative compostable materials, there are myriad options available.

But sustainability isn't just about the ingredients we use or the packaging we choose - it's a mindset that permeates every aspect of our business practices. From energy-efficient appliances in our kitchens to reducing food waste through thoughtful portioning and donation programs, there are countless ways in which we can all embrace sustainability in our day-to-day operations.

So, let's rise to the challenge of creating treats for the planet - delicious delights that nourish not only the body and soul but also the Earth itself.

Steve

Just for Fun

How do you spot a radical baker? They're always going against the grain.



Time - The biggest commodity of all?

An insight into the commodities market by **Becky Webster**, purchasing manager at BFP

In the fast-paced world of baking, time is the most precious commodity. At BFP, we understand that bakers are busier than ever, striving to deliver exceptional quality and great taste while managing costs and meeting customer demands.

Some of our recent solutions have been bespoke silicone paper sizes, new fat blends for a specific application and cake mixes. In every outcome, we've been able to offer our bakers a solution that works for them whilst increasing efficiency.

We're, therefore, constantly on the hunt for innovative new products that are designed to boost efficiency without compromising on taste or quality. Whilst searching for these solutions, we've also been busy collaborating with bakers to offer bespoke products. Whether that be to speed up a production process, enhance end results, or keep costs down, we embrace each challenge as it comes. Not only do we have strong partnerships with manufacturers around the world, but we also have our very own industrial mixing plant.

In addition to addressing our customers' bespoke needs, we've been actively seeking out brands that can help save our bakers valuable time whilst still delivering exceptional quality at a great price. With this in mind, we've curated a fantastic range of ready-baked pastry products. Pidy is sure to speed up production processes, reduce labour costs and minimise ingredient waste. They taste great, too!

Watch this space for more BFP **exclusive**, globally sourced ingredients coming **your way**

TEMPT ALL OF YOUR CUSTOMERS THIS SPRING WITH DELICIOUS VEGAN CREATIONS

You can create a signature range that will tempt everyone this spring, whatever their lifestyle choices. Our vegan products are just as delicious as their non-vegan equivalents!

- Suitable for vegan, vegetarian and flexitarian diets
- Amazing tastes, great textures, and hold inclusions well
- Chocolate variants are made with Rainforest Alliance Certified cocoa

On-trend vegan products

Try our versatile vegan crême cake mix in plain or chocolate flavours, our moreish vegan brownie, vegan American style cookie and vegan donut mixes.

Complete vegan solutions

We have a wide range of products that are vegan suitable: including fudge icings, fillings, toppings and chocolate decorations.

Vegan certified

Dawn vegan mixes are recognised by the European Vegetarian Union and carry the V-Label.



For more details on our vegan suitable product ranges visit dawnfoods.com/uk

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To order, contact your BFP representative.

Global food news

Cocoa prices hit record highs
Cocoa prices are currently at an all-time high due to decreased production.

This has been blamed on the El Niño weather phenomenon creating hotter temperatures and drier weather in the Ivory Coast and Ghana, which, in turn, has resulted in decreased production.

As the other raw ingredients needed for the production of chocolate (milk and sugar) are also high, there's nothing to offset these increases.

As a consequence, chocolate suppliers are currently unable to fix pricing in the long term due to the volatility in the market. Some of our supply partners have reported that cocoa prices have doubled since the start of the year. As a result of these price increases, we're seeing growing numbers of bakers turning to compound imitation chocolate.

El Niño driving up nuts
El Niño is also being blamed for a decrease in coconut yields, exacerbating the scarcity and driving up prices of raw materials in the coconut market this year.

Compounded by longer shipping times and increased freight rates, the challenges in the coconut supply chain are further intensified.

Red Sea challenges
Packaging availability is also a concern amid shipping challenges in the Red Sea.

We've already incurred extended lead times affecting the availability of some of the products we sell as a result of the 28% reduction in

transit through the Suez Canal in January.

Furthermore, we anticipate price increases as a result of the surge in shipping rates. Some of our suppliers have reported increases as high as 243%.



Introducing the new brands and products available from BFP

Just-in cases

Ready-to-fill pastry can be a brilliant solution for time-pressed bakers. They provide quality and consistency, which are crucial if deskillling is an issue, and free up vital time so that you can to unleash your creativity and focus on the all-important fillings.

Pidy are innovators in this arena, offering an extensive range of sweet and savoury ready to fill pastry for a wide range of applications.

Renowned for quality, they are one of the world's leading pastry manufacturers and have been baking for more than 50 years.

We're thrilled to be able to offer this global brand, which includes a variety of ready-baked pastry products as well as two ready-baked sponge sheets.

The range includes: • Giant eclairs • Large cream horns • Trendy all-butter rounds • Shortcrust pastry vegan tarts • Sweet pastry tarts • Chocolate sponge sheets • Plain sponge sheets • Gluten-free neutral pastry tarts • Quiche Tarts

Super sponges

Pidy sponge sheets are suitable for a wide range of desserts.

Ready to use and with a generous ambient shelf life, these indulgent cakes can be used rolled up or flat in a variety of applications.

Ooh la la!

It's tricky to achieve consistent choux pastry – so let Pidy take the stress away with their fabulous giant eclairs.

These ready-based sweet pastry favourites all measure 16cm. Simply fill and decorate.

On trend!

Pidy's trendy rounds are made with 23% margarine for a crisp texture and indulgent flavour.

The straight-sided shells offer a modern and professional look and are moisture-resistant, remaining crisp even with liquid fillings.

They're super versatile, too, and can be frozen once filled, as well as warmed in the oven.



Plant-based perfection

We've been inundated with praise for our newly launched vegan products.

With an increasing number of consumers seeking out plant-based baked goods, finding the ideal ingredients to create them is essential.

Dragsbaek premium pastry margarine

Sheets fit the bill perfectly, providing the perfect vegan puff pastry for industrial and artisan bakers.

Exclusive to BFP, this pure vegetable margarine is free from trans fatty acids and hydrogenated oils, and boasts a number of advantageous properties that make it ideal for all kinds of rolled dough.

It can be stretched without breaking and folds into beautiful layers with a uniform lamination structure. At the same time, the margarine provides high volume to ensure excellent lift in the baking.

Here's what one happy customer told us:

"Dragsbaek has been a great new product to work with on the bakery. Flexible and easy to handle, it also has great flavour. We're using it to produce viennoiserie, and it's not falling short of its dairy-based counterparts." – Ceri, of Coffi Lab.

Naturli vegan block for professionals

This innovative product has been meticulously crafted to cater to the discerning needs of artisan bakers.

As well as being 100% plant-based, it's also palm oil free and contains no hydrogenated oils or trans fats. It's incredibly versatile and tailored for various baking applications, making it perfect for croissants, pastries, cookies, baked fillings, whipping and soft doughs.

But don't just take our word for it. Here's what one of our valued customers thinks about it:

"What great news that BFP are now stocking Naturli vegan 'butter' - it's a perfect partnership! I love this product, and it makes our cookies deliciously tasty and baked to perfection." - Caron, director of Little Bit Extra.



Up for grabs

We've added sustainable grab bags to our stocked range to help you package your products with the environment in mind.

Our new Paper Grab Bags are available in two sizes (medium and large) and are 100% recyclable, biodegradable and compostable.

They're ideal for lightweight 'grab and go' style savoury snacks, pastries, cakes and bread. Just fill, and fold at the top. Simple!

For a personal touch, seal with branded stickers.

- Medium 500s 80gsm (7 x 11.5 x 13.5")
- Large 250s 80gsm (10 x 15 x 17")



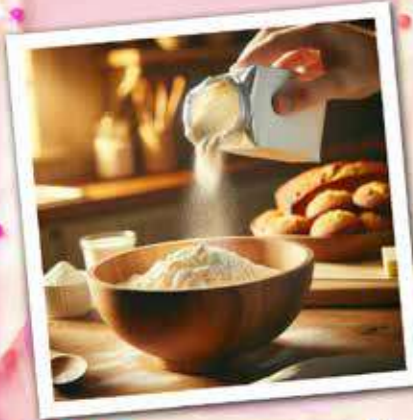
The icing on the cake

Helpful hacks for busy bakers

Milking it

Add milk powder to batter or dough to add richness and promote browning.

The powder also adds an extra boost of dairy flavour to cakes and biscuits and helps bread brown evenly.



Shiny happy people

To add a shiny finish to a vegan pie, whisked aquafaba (chickpea juice) makes a great alternative to eggs.



That sinking feeling

A good way to help keep chocolate and fruit from sinking to the bottom of the pan while it bakes is to coat them with a bit of flour.

Another trick to keep fruit from sinking is to not mix the fruit in with the batter, but add the fruit after you've added the batter to the pans and then gently swirl them in. This way, the fruit starts out near the top.



The Baker's Dozen



Each issue, we quiz one of our customers in the bakery world to find out what makes them tick.

- 1. What's your name?**
Lynne and Charlotte Thomas (mother and daughter)
- 2. Job title?**
Owner of Sliced Cake Kitchen & Bakery
- 3. Place of work?**
Honeybourne, Cotswolds
- 4. Number of years in the industry?**
I have worked in the food industry for over 35 years, and Charlotte has experience working front of house in cafes
- 5. Professional training (what and where)?**
I worked in the hotel trade for a number of years starting off my career at the Carved Angel in Dartmouth. After having children, I started supplying cafes and delis with baked goods
- 6. What's your signature baked product?**
Currently at the shop we have a s'mores brownie and a classic lemon tart, which I would say are our signature products
- 7. Favourite cake flavour?**
My personal favourite cake is coconut and raspberry or a rich chocolate fudge cake
- 8. Favourite BFP ingredient and why?**
The Belgian chocolate drops which are easy to use and taste delicious
- 9. Who would you most like to bake for?**
Raymond Blanc because he is such a nice guy and so passionate and enthusiastic about anything to do with food
- 10. Best piece of advice you've been given?**
Always read the recipe in full twice! Before starting a new recipe it's something that I always tell my daughter to do
- 11. Favourite kitchen utensil and why?**
My Kitchen Aids - they are brilliant and very rarely break down - and a good whisk makes light work at mixing products
- 12. Top kitchen hack?**
Use a hot knife when cutting to get sharp precise slices
- 13. What, in your opinion, is the top bakery trend for 2024?**
Filled cuffs and croissants



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Give your products a stage they deserve



"We've worked with Frimovel on a number of projects now and can 100% put them forward for recommendation."

Mike Holling (Sales & Marketing Director, Birds Bakery)



The Green Team

How to make your bakery more eco-friendly

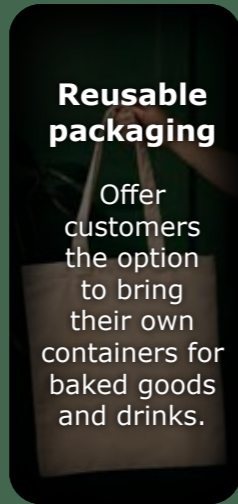
Sustainability is a buzzword on everyone's lips. All businesses have a responsibility to behave in a way that contributes to the well-being of the population and the planet. So, what small steps can bakeries make towards a better future?



Eco-friendly packaging

Switching to recycled or compostable packaging, cups, and cutlery is a great place to start.

Avoid plastic and opt, instead, for paper and uncoated cardboard, which customers will then be able to recycle. Even if this sustainable packaging ends up in a landfill, it will decompose much faster than traditional packaging.



Reusable packaging

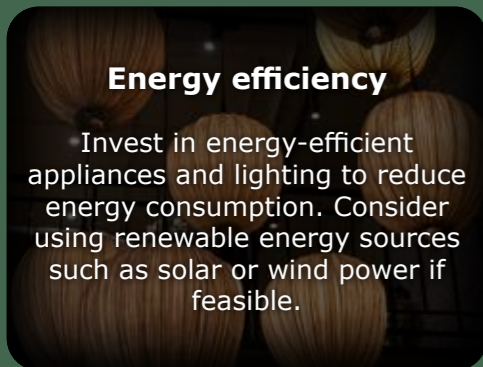
Offer customers the option to bring their own containers for baked goods and drinks.



Reduce food waste

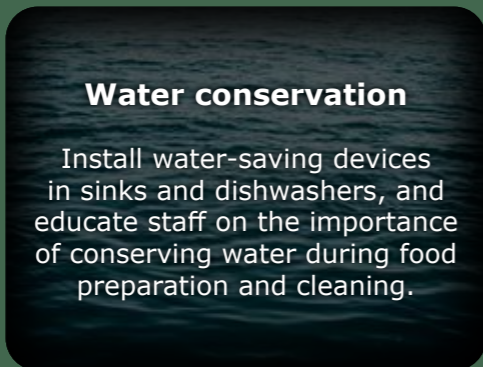
Implement strategies to minimise food waste, such as accurately forecasting demand, donating surplus food to local charities, and creatively using leftovers or imperfect produce in new products.

Create smaller portion options so customers can purchase amounts they can finish to avoid them throwing extras away.



Energy efficiency

Invest in energy-efficient appliances and lighting to reduce energy consumption. Consider using renewable energy sources such as solar or wind power if feasible.



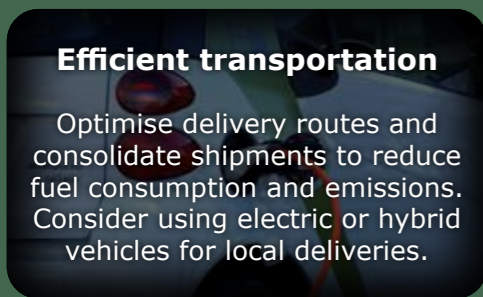
Water conservation

Install water-saving devices in sinks and dishwashers, and educate staff on the importance of conserving water during food preparation and cleaning.



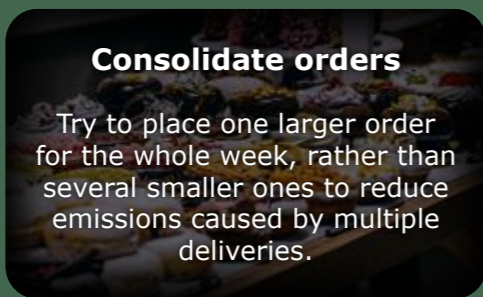
Composting

Implement a composting program for food scraps and organic waste generated during baking operations. This can help reduce the amount of waste sent to landfills while producing nutrient-rich compost for gardens or local farms.



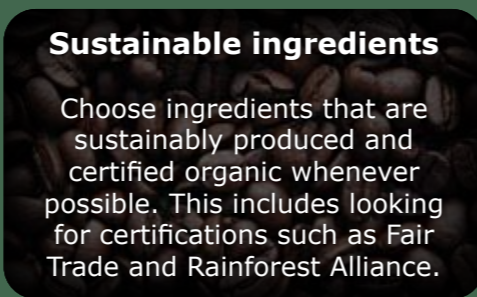
Efficient transportation

Optimise delivery routes and consolidate shipments to reduce fuel consumption and emissions. Consider using electric or hybrid vehicles for local deliveries.



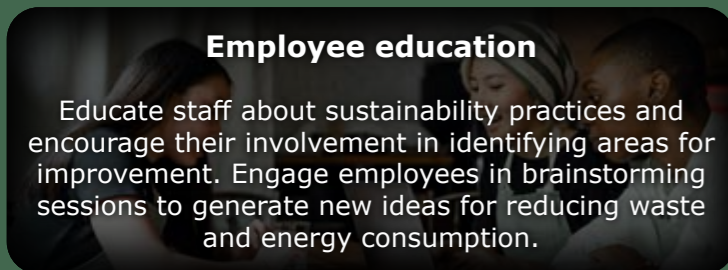
Consolidate orders

Try to place one larger order for the whole week, rather than several smaller ones to reduce emissions caused by multiple deliveries.



Sustainable ingredients

Choose ingredients that are sustainably produced and certified organic whenever possible. This includes looking for certifications such as Fair Trade and Rainforest Alliance.



Employee education

Educate staff about sustainability practices and encourage their involvement in identifying areas for improvement. Engage employees in brainstorming sessions to generate new ideas for reducing waste and energy consumption.



Community engagement

Build relationships with the local community by participating in farmers' markets, hosting educational workshops on sustainable baking practices, or supporting local environmental initiatives.



Sustainability and its future within craft bakery

Sustainability has rightly become, more important across all industries in recent years, including the craft bakery industry. To better understand why this is, the sustainability practices already in place and what the future holds for the sector. We spoke with Craft Bakers Association (CBA) director Caroline Grant (pictured), who is also production director at biscuiteers...

Is sustainability a priority for the craft bakery sector?

In my opinion, the majority of craft bakers have always tried to be as resourceful as possible when it comes to reducing waste, energy and costs. Whilst managing resources is clearly a business essential from a cost perspective, the increased awareness of the importance of being sustainable for the planet and the growth in the eco-conscious consumer means that this is now an issue that many of our members are addressing from an environmental perspective as well.

Sustainability practices and the ways bakers communicate with their customers have also changed in recent years. Bakery businesses are moving with the times, and most are making the necessary changes to be more sustainable and communicate what they are doing to their customers. For example, many craft bakers have already introduced more sustainable packaging in the last year, using recycled materials or packaging that can be recycled by customers, and a recent CBA survey of members indicated that 22% of them are planning to do so in 2023.



Are there any other things bakers are doing to become more sustainable?

There are many other ways that bakers can make their businesses more sustainable – many of which we're already seeing in practice. The majority of craft bakers have bought local or regionally sourced ingredients when they can, and nearly all will buy British first and foremost and, where possible, seasonal ingredients. Lots of CBA's members also donate surplus food to food banks or food waste schemes such as Too Good to Go or Fareshare. In some cases, bakers have even set themselves measurable targets such as a 25% reduction in food waste or being net zero by 2030.



How does the CBA support its members and help them become more sustainable?

The CBA are proud to promote Fairshare, the food waste donation service to our members, as well as identify and highlight funded initiatives to our members, such as Better Futures and Green Business Action London that provide eligible businesses with resources, advice, and plans on how to cut carbon emissions.

Over the past year, we have surveyed our members to better understand the sustainability areas that matter to them, and the key themes from the survey included

- That sustainability is becoming more important to our members and their customers, and they want help to understand what their more sustainable options are as they don't know where to start.
- 28% of survey respondents are planning on moving to more sustainable packaging over the next year.
- 23% are planning to invest in new equipment soon.
- 67% source ingredients that they consider the more sustainable option.

We have also included a sustainability category in our CBA Business Directory, which is an opportunity for our industry supporters to promote their sustainable services.

The CBA is currently working on an exciting initiative that will really support any baker on their sustainability journey, and we look forward to revealing it all on our business day on June 5th.

For more information on what the CBA is doing for its members and sustainability, visit www.craftbakersassociation.co.uk

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News from BFP

Cool runnings

We recently launched a new initiative to enhance our delivery services whilst also reducing our carbon footprint.

We've partnered with DHL through our online sales platform BFP Express, which allows us to deliver chilled and frozen goods utilising dry ice for customers who require

faster turnaround times. The new courier service mitigates our reliance on using our 22-tonne delivery trucks for smaller orders – which is a win for the environment too!

The pilot program, initiated in February 2024, has received a hearty welcome, with customers

expressing satisfaction through feedback on our Trustpilot page.

Despite the additional cost incurred for orders falling below the minimum free delivery threshold of £250, bakers have shown a strong affinity for the service due to its efficiency and reliability.

“Supplied fresh, fast and with minimum fuss, which is what you need.”
★★★★★

“Easy to order and delivered really quickly.”
★★★★★

“Quick delivery, good prices, great products. What more could you want?”
★★★★★

“Fast delivery, great prices, great service. Now my new supplier. Thank you.”
★★★★★

Number 1 with bakers

At BFP, a notable shift in the bakery supply markets has been observed.

While acknowledging that the company previously held the position of the second or third supplier for many bakeries, there has been a recent trend of both old and new customers returning to BFP, solidifying our status as

the 'first' supplier for many bakery businesses.

This change has been attributed to a growing number of customers liking our personal service, something we take great pride in and work tirelessly to improve.

Watch this space for further improvements and developments in the coming months!

The key to BFP's success lies in our unwavering commitment to prioritising customer relationships.

Our customer-centric approach and attention to detail is what sets us apart from our competition, garnering appreciation and loyalty from bakery businesses seeking a supplier that puts their needs first.

Thank you for believing in us.



COTSWOLD VEGAN BAKERY

PLANT BASED CAKES AND BAKES

The plant-based revolution

Vegan bakery is here to stay. Driven in part by flexitarians seeking out perceived healthier options, a report by Straits Research in 2023 revealed the UK vegan market is growing at 9.6%.

Innova data also shows an increase in vegan launches with pastries and sweet goods experiencing 61% year-on-year growth, and cookies and biscuits 43% growth.

We spoke to two customers who are leading the way in vegan bakery to find out more...

Inspired by nature

Plant-based baker Rachel Sarsfield turned her home baking hobby into a full-time career.

A vegan for over six years, her passion for plant-based cake-making prompted her to take the plunge and give up nursing to pursue it full-time.

Her business – Cotswold Vegan Bakery – was launched from her kitchen at home, but two years later, she moved into a professional kitchen and shop in Cheltenham.

“Home baking was a hobby then, two years ago, I decided to try and do it as a living,” she explains. “It gradually took over my house so I moved into commercial premises and it was the best decision I made.

“I originally trained and worked as a nurse but realised it wasn’t quite the right fit for me.

Running my own business is brilliant. There’s a good group of local vegans who have been very supportive, and I also get a lot of non-vegan customers who tell me ‘it’s just like normal cake’. In fact, I haven’t had anyone who doesn’t like my cakes!”

Rachel’s stunning high-quality vegan cakes are inspired by nature

and are available in an array of fabulous flavours including sticky date and salted caramel with vanilla buttercream; lemon and pistachio; rose and vanilla; lemon and elderflower; orange and cardamom.

“I’m not into Biscoff and Oreos; my personal taste is natural flavours, and I use a lot of fruit and nuts and edible flowers to decorate my creations,” she explains.

Her bakery is open to the public on Thursdays and Fridays for takeaway treats, while the weekends are spent trading at vegan markets and delivering bespoke wedding cakes.

Her own nuptials – to Patrick in September last year – saw her create an elegant three-tier cake adorned with flowers.

It has been quite the journey for Rachel, who initially thought turning vegan would force her to give up her passion for baking.

She continues: **“I chose to go vegan after I learned a bit more about animal agriculture and the impact it has on the environment and the**

animals themselves. Over time I realised I wanted to live in a way that matched my way of thinking.

“At one point I did think I would have to give up my cake making, but vegan baking is not as difficult as people think. I just learned a few new recipes and found alternative ingredients.

It’s really not all that different from regular baking – just without eggs and dairy. I use a lot of soya milk and vegan block butter instead.”

cotswoldveganbakery.co.uk



Coburn & Baker

ARTISAN BAKERY

Serving a strong vegan community

Brighton is officially the most vegan-friendly city in the UK, with more plant-based restaurants and takeaways than anywhere else.

Serving the city’s food service sector well is the wholesale artisan bakery, Coburn & Baker.



Run by Abigail Coburn and Yoav Cohen, the thriving, Hove-based business delivers seven days a week to Michelin-star restaurants, gourmet shops, discerning cafes and hotels throughout Sussex and beyond.

Their talented team of bakers and pastry chefs bake using quality ingredients and traditional methods and taking inspiration from classical English, European, Mediterranean and Middle Eastern baking.

Coburn & Baker is a 100% vegetarian bakery that started life exclusively by offering vegan bakes.

“We started in 2000 originally making vegan cakes from Abigail’s kitchen,” explains Yoav, a

ceramic artist who moved to the UK from Israel 27 years ago. “Abi baked the cakes and I used my artist skills as the cake decorator.

“When we first started baking, we specialised in vegan cakes for local cafés. We’ve always excelled in our vegan products and, as we grew, added gluten free and dairy baking to our now very extensive range. We do handle eggs (free range only) and milk but as a **100% vegetarian bakery**, our customers can be confident we never have meat or fish products on site.”

As the company grew, Abi and Yoav took on a bakery unit and their vegan products remain at the forefront of what they do.

“Our plant-based products are very strong and half of what we make is vegan or vegan gluten-free,” continues Yoav. “Brighton is a very progressive place and there are a loyal and passionate vegan community.”

From sourdough bread to fine patisserie and a vast range of temptingly delicious cakes and slices, the talented bakers also produce a unique and expanding selection of contemporary savouries slices suitable for people following a vegan diet. These include

empanadas, nut rolls, samosas, falafel and boureks, plus vegan brioche style buns.



Yoav continues: **“Our recipes have been painstakingly tried and adapted from our earliest years as bakers to achieve outstanding vegan products, and we are dedicated to regularly adding contemporary vegan choices to our menu to meet the demand for quality, artisan vegan baking.”**

coburnandbaker.co.uk



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(lots more ideas at www.macphie.com/recipes)

Our commitment to care includes our surrounding environment. We're on a **continuous journey of achieving sustainability, wherever we can**. Our approach, our processes, and our thinking have always been based on the principles of sustainability. We want to **make a positive impact on both our local and wider environment**, both now and in the future. You can find out more in our impact report on our website (or scan the QR code).



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'Rounding' up the doughnut supporters

Businesses can now register to take part in National Doughnut Week 2024.

Taking place from May 18th-26th, the long-running event is dedicated to raising vital funds for the Children's Society.

Bakeries, cafes, bistros, delicatessens, coffee shops and small businesses can take part in the week and all the money raised will go directly to the charity which delivers rehabilitation, education and community services to help children and young people with brain injury and neurodisability to live the best life possible.

National Doughnut Week 2023 was a great success and this year the team is looking forward to participants creating the most delicious doughnuts and inventing new creative mash up products of their own.

The charity week was launched in 1992 by Christopher Freeman, co-owner of Dunns Bakery. Since then, he has gone on to raise £1,103,541 in total. Every year 40,000 children in the UK are left with a brain injury because of an accident or illness and it can be devastating – they may no longer be able to walk, talk, stand, sit, or feed themselves – sometimes all of these abilities. The Children's Trust aims to help rebuild as many of their skills as possible, as well as their self-esteem.

Michelle Martin, director of fundraising and communications at The Children's Trust, said:

"We are thrilled to be supported by National Doughnut Week again this year. The support of every baker, café and customer makes a huge difference to the children and young people we support. Not only do they love getting involved in the week itself, but every penny raised helps us provide life-changing rehabilitation, care and education support to children with brain injury and neurodisability who need us most, and their families. Thank you for your support – happy baking!"

For more information and to register, visit nationaldoughnutweek.org.





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