



A BAKER'S DOZEN

Whether it is sweet or savoury that tickles your tastebuds, South Australia has a sumptuous mix of bakeries sprinkled across the regions to suit every craving. Beyond the State's iconic Vili's and Balfours brands is an assortment of boutique bakeries rich in history and tradition. Everyone has a favourite, but here is a hand picked baker's dozen that you simply must taste test for yourself.

1. Tucked away in the eastern suburbs, family owned St Peter's Bakehouse and Coffee Shop at 66 Seventh Av has grown in popularity since Damian Obst took over the small corner shop 13 years ago. With all the main products baked on site, Damian attributes the bakery's success to friendly staff, fresh produce and the bakery's location.

2. With only two owners in its 60 year history, Orange Spot Bakery at 752 Anzac Hwy, Glenelg, has a sparkling reputation to uphold. Four times winner of the best bakery in SA title, it also was crowned as producer of the best pastie in Australia in 2005 and best Australian cake and pastry bakery in 2007. Current owner/operator Nicholas Davey has 37 years of baking experience and a long list of awards and accolades.

3. For a slice of German baking brilliance, Otto's Bakery at 9 Main St, Hahndorf, is owned and run by German born Ulli Henn and his family, using traditional recipes such as yeast cake (*streusel kuchen*). With 11 years' experience in their Balhannah bakery, Ulli and wife Marilyn bought Otto's Bakery in 2003 and now work between the two with their children.

4. Millie's Bakery at 5 Gawler St, Mt Barker, has been run by the Gilbert family since 1980 out of a house whose original owner, Millie, is said to keep a watchful eye on the business. With outlets in Nairne, Stirling and Dulwich, Millie's Bakery uses local Adelaide Hills ingredients and last month launched a new range of selenium enriched biscuits, which claims to hold the key to the "fountain of youth".

5. The family owned and operated Tanunda Bakery at 181 Murray St, Tanunda, is well known for its range of pretzels, sourdough and ciabatta breads, with owner Elke Trinkle calling on her German heritage to set her bakery apart from the rest.

6. Also in the Barossa, the Apex Bakery, Elizabeth St, Tanunda, has used a wood fired scotch oven since 1924 and holds the record for Australia's longest continuously fired oven at 84 years.

7. Lyndoch Bakery and Restaurant typifies the migrant history of the Barossa region; at Main St, Lyndoch, it is housed in a former Bavarian restaurant imported brick by brick by its original owners, the Lohner family, in 1982. Today, Sue Coomber and son Samuel run the business, using the same original Bavarian recipes the Lohners brought to Australia. Their trademark products include an assortment of sweet pies, bee sting yeast cake and European style rye breads.

8. A weekend's trip to the Fleurieu Peninsula is not the same without a stop at one of the bakeries to enjoy some of the local produce and hospitality. On Main Rd, Mt Compass, the Mt Compass Country Picnic Bakery is a popular stop for an iconic Balfours frog cake or for browsing the bakery's characteristic hand knitted AFL paraphernalia strung up around the shop.

9. A long queue is often seen snaking its way along the footpath outside the Port Elliot Bakery on North Tce. This queue is testament to the care and skill that one local family has put into



the business for the past 22 years. Andrew Horricks decided to open his own bakery after working in the region for four years and called on his family to help restore the 1860s building to its former glory. The bakery is renowned for its plain vegetarian pasties and an assortment of doughnuts.

10. The Country Bakehouse at 32 East Tce, Loxton, located in the former cinema, has been owned and operated by the Vivian family for the past three years. Known for its unique bow tie buns, the bakery has won silver and bronze awards in the national Great Aussie Meat Pie Competition.

11. If you are after award winning sausage rolls, Ardrossan Bakery at 39 First St, Ardrossan, is the place to buy them, according to the Baking Industry Association of SA competition at the 2007 Royal Adelaide Show.

12. The French Hot Bread Shop at 56 Playford Av, Whyalla, is a must for a bee sting slice, or chicken roll at any time of day. It's open from 6am to 6pm six days a week and it's common to see a line of local workers congregating at the doors first thing in the morning.

13. The Old Bakery at 1 Main North Rd, Stone Hut, with its trademark chunky steak pies, is housed in the township's former blacksmith shop, built in 1874. The bakery also sells fresh local produce such as home made jams, sauces and dips, Southern Flinders wines, olive oils and Mahalia coffee from Robe.

WHY 13 TO A DOZEN?

The term "baker's dozen" is said to have originated in 13th century medieval England, where bakers would give an extra loaf when selling a dozen to safeguard against being penalised for selling a short weight. A statute introduced by King Henry III in 1266 called the *Assize of Bread and Ale* outlined strict penalties such as public floggings or fines for bakers who short changed their customers. The statute was the first law in British history to regulate the production and sale of food and was introduced because some bakers were adding sand to flour to save money and selling underweight bread. The statute was overruled in London at the beginning of the 19th century. Many modern bakers continue to bake items in lots of 13 rather than 12 to ensure there is a complete dozen if one is burned or ruined during baking.