



FOOD SECRETS OF  
STEPNEY



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City of  
Norwood  
Payneham  
& St Peters

*The Food Secrets of Stepney* publication is an initiative of the City of Norwood Payneham & St Peters. Information contained in this publication is true and correct at the time of printing. We would like to thank the individual businesses for providing the recipes in this publication.



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*Salvatore Pepe*

# FOREWORD

My name is Salvatore Pepe, Chef and owner of Pepe Cucina Restaurant. As an Italian who arrived in Australia as an adult more than a quarter of a century ago, I have been on a quest to find the flavours of my childhood here in my adopted home.

The City of Norwood Payneham & St Peters' 'Food Secrets' initiative is shedding light on the vast array of quality producers doing business in both Stepney and Glynde. The producers featured in this publication are as passionate about their products as they are about their customers and service.

As a Chef and Restaurateur, it is exciting for me to be able to source products of such quality from businesses located just minutes from my home and integrate them into my kitchen.

Local boutique producers amongst decades of family tradition bring a sense of uniqueness to the area and are a nod to the strong cultural roots of the City of Norwood Payneham & St Peters.

This publication builds on the Council's *Food Secrets of Glynde* initiative, which highlights the businesses that have chosen to share their journey and food secrets so generously, and have created products that are an experience for us all to enjoy.

It is an honour to be named Ambassador for the Council's 'Food Secrets' initiative and I look forward to showcasing the products of these local producers to my customers.

**Salvatore Pepe**



*Rio Coffee,  
South Australia's oldest  
coffee roasting house.*



# WELCOME TO STEPNEY, SOUTH AUSTRALIA

Located just two kilometres from Adelaide's CBD, the Stepney triangle is a suburb underpinned by a colourful history founded on its rich German culture. Stepney's modern-day landscape comprises of heritage and contemporary buildings comfortably intertwined with a range of boutique food and beverage manufacturing businesses.

In the 19<sup>th</sup> century, Stepney's streets were lined with quaint slate roofed symmetrical cottages and villas, with landmark buildings such as the Maid and Magpie Hotel, scattered throughout. Established in 1848, 'The Maid' is a symbol of Stepney's rich Germanic history and a reflection of how Stepney has evolved into a modern-day suburb comprising of an unconventional mix of land uses.

Recognising Stepney as a food and beverage destination, Hakan Linde, one of South Australia's earliest and most famous distillers, took ownership of East Torrens Wine Co-operative Company in the late 19<sup>th</sup> century, renaming it 'Phoenix Distillery' and using it to export fine brandy and whisky to Europe. It was during this period that the iconic Vauxhall House, located at the corner of George Street and Magill Road was also established, becoming a home of imported fine foods and teas.

The early German settlers brought with them a colourful approach to life and food, and a strong influence in many of the food preparation traditions that are used today. With a strong history in brewing and baking, including hosting the Phoenix Distillery, which was located at the corner of Nelson and Henry Street, it is no surprise that Stepney continues to reflect food and beverage excellence.

MUCH LIKE ITS  
NEIGHBOUR GLYNDE,  
STEPNEY IS HOME  
TO SOME OF THE  
STATE'S BEST KEPT  
FOOD SECRETS AND IS  
A FOOD DESTINATION  
WORTH DISCOVERING.

Explore boutique craft beers at Little Bang Brewing Co., Stepney's newest 'kid on the block', or if the smell of roasting coffee beans is more your thing, Rio Coffee is steeped in history as the oldest coffee roasting house in South Australia!

Quinzi's Confectionery has its roots firmly placed in Stepney, having produced sweets on site for the last 40 years; while award-winning Heidelberg Cakes has created sweet masterpieces central to countless special occasions and celebrations since 1991.

The experiences and stories of Stepney are brought to life in this publication which uncovers a handful of hidden treasures, tastes and flavours of Stepney.









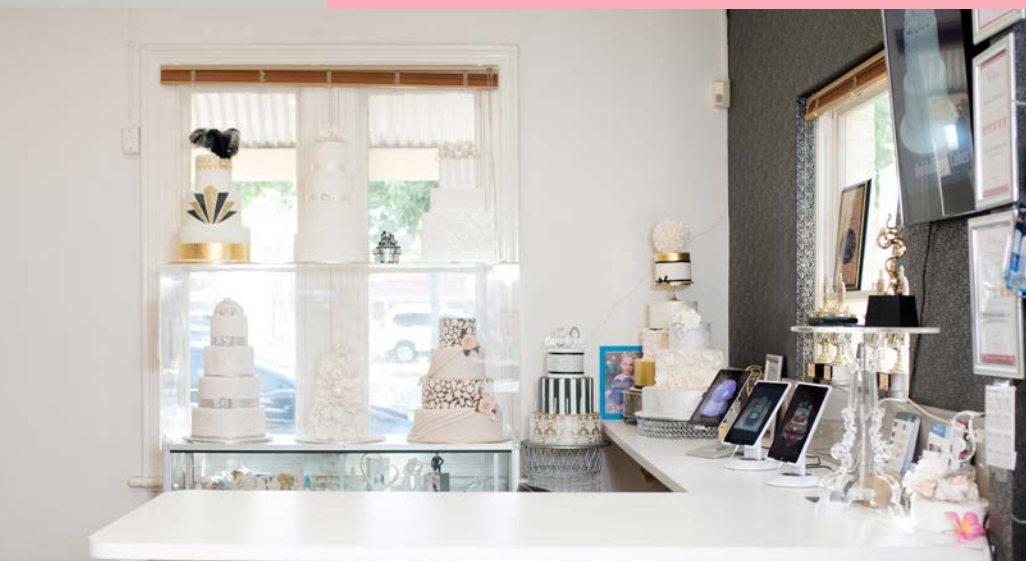


"OUR MISSION IS TO CREATE MEMORIES  
THAT WILL LAST FOREVER, WITH A CAKE THAT  
TASTES AS GOOD AS IT LOOKS."

Heidelberg Cakes • 20 Nelson Street, Stepney



BUSINESS OWNERS JAMES & CAROLYN SCHMIDT



# HEIDELBERG CAKES

With over 30 years of experience in creating occasion cakes and a passion for making people happy, you can't have a celebration without a Heidelberg cake.

Born into a family of cake makers, owner James Schmidt grew up learning the art of baking from his parents, owners of Budapest Cakes. Taking on the advice of his grandmother, that he would never have a better boss than his father, in 1980, James started working at his parent's business creating a delicious range of Hungarian cakes. It was during this time that James refined his craft, eventually branching out and taking over his brother's business, Heidelberg Cakes.

Today, James and his wife Carolyn, together with a team of eight cake artists, continue to design and create Adelaide's most awarded cakes ranging from the traditional German Blackforest to multi-tiered wedding cakes, Croquembouches and everything in-between.

Pop in to the showroom and have James design your cake in front of you, making your dream a (delicious) reality!

## OPENING HOURS

Tuesday – Friday 8.00am – 5.00pm

Saturday 8.00am – 12.30pm

## CONTACT US

20 Nelson Street, Stepney SA 5069

P 08 8362 5111

E [info@heidelbergcakes.com.au](mailto:info@heidelbergcakes.com.au)

W [www.heidelbergcakes.com.au](http://www.heidelbergcakes.com.au)

 [fb.com/heidelbergcakes](https://www.facebook.com/heidelbergcakes)

 [@heidelbergcakes](https://www.instagram.com/heidelbergcakes)





# CRUQUEMBOUCHE

*Makes: 25-35*

Profiteroles

## INGREDIENTS

- 1 cup water
- 80 grams butter (at room temperature)
- 1 cup plain flour (sifted)
- 3 eggs (at room temperature, lightly whisked)

## METHOD

1. Place the water and butter in saucepan. Bring to the boil. Remove from heat and use wooden spoon to beat in flour until combined.
2. Stir over medium heat for 2-3 minutes or until the mixture forms a ball and comes away from the side of the pan. Set aside for 5 minutes to cool.
3. Gradually add egg, 1 tablespoon at a time, beating well after each addition, until the dough is thick and glossy.
4. Preheat oven to 210°C. Line two baking trays with non-stick paper. Pipe dessert spoon-sized amounts onto trays, 3cm apart.
5. Sprinkle trays with water to create steam. Bake for 30-35 minutes or until puffed and golden.

## Crème Patissiere

### INGREDIENTS

- 1  $\frac{3}{4}$  cups milk
- 1 vanilla bean split lengthways, seeds separated
- 3 egg yolks
- $\frac{1}{3}$  cup caster sugar
- 30 grams plain flour (sifted)

### METHOD

1. Warm milk and vanilla seeds in saucepan.
2. Whisk yolks and sugar in a bowl until thick. Whisk in flour, then milk mixture.
3. Return to pan and cook, whisking over low heat for 5 minutes or until mixture thickens. Cover with plastic wrap and place in fridge to chill.
4. Spoon crème patissiere into a piping bag fitted with a 5mm nozzle. Push nozzle into the base of each profiterole and fill with crème patissiere.

## Toffee

### INGREDIENTS

- 600 grams sugar
- 1 cup water
- 2 tablespoons glucose

### METHOD

1. Make and assemble profiteroles and crème patissiere.  
Place 2 sheets of non-stick baking paper on the bench top.
2. Stir sugar, water and glucose together in a saucepan over medium heat until the sugar dissolves. Stir and brush down the side of the pan occasionally with a wet pastry brush for 25 minutes or until golden brown.
3. Insert fork into base of each profiterole, dip the top in toffee and place on the baking paper. Repeat with remaining profiteroles.







"AT LITTLE BANG, WE'RE ABSOLUTELY STOKED  
TO BRING OUR JOYOUS OBSESSION WITH FRESHLY  
BREWED BEER TO THE PUNTERS OF OUR CITY."

Little Bang Brewing Co. • 8A Union Street, Stepney



BUSINESS OWNERS FIL KEMP & RYAN DAVIDSON



# LITTLE BANG BREWING CO.

Located in the heart of Stepney and only minutes from the CBD, is the Little Bang Brewing Company, a microbrewery like no other!

Former game developers and brewing buddies, Fil and Ryan, started building a brewery by collecting equipment, materials and tools. Eighteen months later, in 2013, a brewery was born in Fil's garage. With their small batches of beer quickly selling out, Little Bang soon ran into the problem of not being able to produce enough beer to meet demand, so at the end of 2015, they moved into bigger premises in Stepney.

From Thursday to Sunday, there's always room to relax in the beer garden, chill out in the funky retro lounge or sit amongst the fermenters and grain in the brewery, and enjoy one of Little Bang's creations.

## OPENING HOURS

Thursday 4.00pm – 9.00pm

Friday – Saturday 12 noon – 9.00pm

Sunday 12 noon – 5.00pm

## CONTACT US

8A Union Street, Stepney SA 5069

P 0433 749 203 (Fil)

0417 085 692 (Ryan)

E [hello@littlebang.com.au](mailto:hello@littlebang.com.au)

W [www.littlebang.com.au](http://www.littlebang.com.au)

 [fb.com/littlebangbrewingcompany](https://fb.com/littlebangbrewingcompany)

 [@littlebangbrewing](https://@littlebangbrewing)





# THE MOLLY RINGWALD

*Serves: 1*

## INGREDIENTS

200ml Little Bang Brewing Co.  
'The Pinkening', Hibiscus  
infused Session Sour  
200ml Apple Cider  
30ml Elderflower Cordial  
Lime wedge  
Mint  
Ice

## METHOD

1. In a tall glass, pour in the ale, cider and elderflower cordial. Mix.
2. Add in a squeeze of fresh lime.
3. Garnish with a lime wedge and mint leaves.



"WE ARE PROUD TO PRODUCE QUALITY AND TRADITIONAL SWEETS THAT CAN BE SHARED AND ENJOYED BY ALL GENERATIONS."

Quinzi's Confectionery • 31 Henry Street, Stepney

HENRY ST



PAYNEHAM RD

STEPNEY ST

GEORGE ST



BUSINESS OWNERS JOE & ANTONETTA QUINZI





# QUINZI'S CONFECTIONERY

Quinzi's Confectionery, a proud family-owned and operated business in Stepney, has been producing delicious sweets using high quality ingredients for the last 40 years.

In 1976, the late Emidio Quinzi returned to his home country of Italy to learn the secrets from the masters of confectionery. Since then, Quinzi's has become one of Australia's major suppliers of wholesale sugar and chocolate coated confectionery.

Today, Emidio's son, Joe and his wife Antonetta run the business and are committed to building on the solid European traditions, refining techniques and introducing new sweets. Offering not only some of South Australia's best sweet delights, as well as a range of specialty confectionery products imported from Europe, there is no better place in South Australia to buy your sugar coated almonds for life's significant celebrations.

Located on Henry Street, Quinzi's Confectionery is a sweet delight not to be missed!

## OPENING HOURS

Monday – Friday 8.30am – 4.30pm

## CONTACT US

31 Henry Street, Stepney SA 5069

P 08 8362 6497

E [admin@quinzi.com.au](mailto:admin@quinzi.com.au)

W [www.quinzi.com.au](http://www.quinzi.com.au)

 [fb.com/quinzisconfectionery](https://www.facebook.com/quinzisconfectionery)





# ESTELLA'S FAVOURITE RAINBOW COOKIES

*Makes: 25*

## INGREDIENTS

300 grams melted butter  
200 grams sugar  
700 grams self-raising flour  
4 eggs  
2 tablespoons vanilla essence  
1 tub of Quinzi's Rainbow Choc Chips

## METHOD

1. Pre-heat oven to 180°C.
2. Mix all ingredients in a large bowl until consistency is smooth.
3. Shape into a flat round tablespoon sized ball or flatten and use cookie shapers.
4. Decorate with Quinzi's Rainbow Choc Chips.
5. Bake for 8-10 minutes.





"INVITING CUSTOMERS INTO OUR PREMISES ON  
NELSON STREET FOR A COFFEE AND A CHAT IS OUR  
FAVOURITE WAY TO DO BUSINESS."

Rio Coffee • 22 Nelson Street, Stepney



BUSINESS OWNER FULVIO PAGANI

Rio Coffee



# RIO COFFEE

Proudly South Australian and family operated, Rio Coffee is the oldest coffee roasting house in South Australia.

Emigrating from Italy in the 1950s, Fulvio Pagani started Rio Coffee in 1964 with a small ten kilogram roaster and a blue Volkswagen van; blending, roasting and learning about coffee on a day-to-day basis. Fulvio still holds a key position within the company and remains heavily involved in its daily operations.

Since its beginnings 53 years ago, Rio Coffee has built itself upon a dedicated customer focused service and brand representation of the highest quality. Rio Coffee offers hand-roasted, specialty coffee, which is roasted to order for customers who place importance on quality, exclusivity and value.

Years of dedication, focus and an unshakable self-belief have made Rio Coffee an industry leader and one of the catalysts behind Australia's ever-growing passion for coffee.

## OPENING HOURS

Monday – Thursday 8.00am – 5.00pm

Friday 8.00am – 4.00pm

Saturday 9.00am – 12.30pm

## CONTACT US

22 Nelson Street, Stepney SA 5069

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E [hello@casario.com.au](mailto:hello@casario.com.au)

W [www.riocoffee.com.au](http://www.riocoffee.com.au)

 [fb.com/riocoffee1964](https://www.facebook.com/riocoffee1964)

 [@riocoffeelaide](https://www.instagram.com/riocoffeelaide)

**riocoffee** EST. 1964  


Artisan Roasted and Proudly SA Owned since 1964





# TURMERIC LATTE

*Serves: 1*

## INGREDIENTS

300ml MILKLAB Almond Milk  
1 tablespoon maple syrup  
Generous dash vanilla essence  
1 teaspoon cinnamon  
1 teaspoon Turmeric Latte Mix

## METHOD

1. Mix maple syrup, vanilla essence, cinnamon and Turmeric Latte Mix in the base of a cup.
2. Steam almond milk and pour into cup to fill.
3. Garnish with a sprinkle of cinnamon powder.



# BOUNTIFUL (H)OCOLATE MOCHA

*Serves: 1*

## INGREDIENTS

30ml Mr Black Coffee Liquor  
30ml Rio Coffee  
60ml MILKLAB Coconut Milk  
1 tablespoon of Rio Chocolate Powder

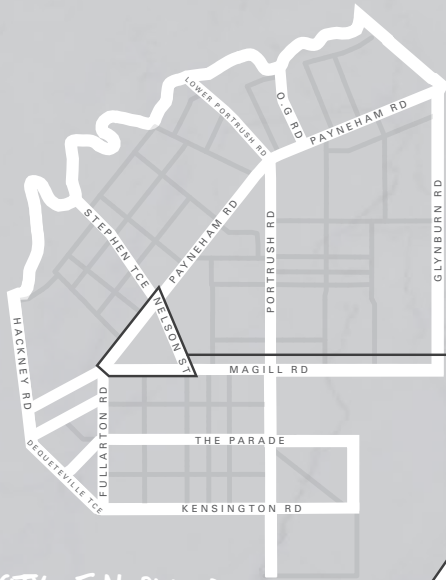
## METHOD

1. Mix all ingredients in base of glass.
2. Fill with ice, then stir.



# STEPNEY

SOUTH AUSTRALIA



CITY OF NORWOOD  
PAYNEHAM & ST PETERS



*Note: map is not to scale.*

EXPLORE THE FOOD  
SECRETS OF STEPNEY  
AND LEARN MORE  
ABOUT THESE LOCAL  
FOOD AND BEVERAGE  
MANUFACTURERS.

For further information about  
opening a food manufacturing  
business in the City of Norwood  
Payneham & St Peters, contact the  
Council's Economic Development  
Unit on 8366 4512 or email  
townhall@npsp.sa.gov.au




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