

# Cornbread Muffin Cups

2 cups coarse cornmeal (available in New Zealand as maize flour or maize meal )

2 cups flour (use gluten-free as required)

1/4 cup caster sugar

1 1/2 tablespoons baking powder

1 teaspoon salt

2 eggs

2 and 3/4 cups milk

1/2 cup sour cream

1/4 cup vegetable oil

1 1/2 cups cheddar (tasty) cheese, grated

Fine diced fresh chilli to taste (optional)



Preheat oven to 200C (400F) degrees, making sure its well warmed up.

Grease a standard size muffin/cupcake tray.



Hot sauce match – Smoky Dragon Chipotle

Mix dry and wet ingredients in 2 separate bowls. Pour the dry over the wet and combine the ingredients gently taking care not to overmix, the batter should be a little lumpy.

Pour into the muffin tray compartments, filling each to  $\frac{3}{4}$  full.

Bake for 10-12 minutes until firm to the touch and lightly browned.

Let muffins cool completely and using a teaspoon or a small knife cut or scoop out the middle of the muffin, making a deep well for your filling.

Add your choice of warmed filling, leftover pulled pork is perfect. Top with a poached egg, garnish with diced chilli if using and serve.

Hot sauce match Smoky Dragon Chipotle

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## **300 Gram Burger Pattie Stacks**

There is over 300g of meat pattie in each stack and they can be cut in two and pinned with a bamboo skewer.



Serves 4-6 with sides

### Pattie Mix

300g each of lamb and beef mince  
2 slices streaky bacon, diced fine (dry cured is the best)  
 $\frac{1}{2}$  brown or red onion, chopped finely  
1 egg, lightly beaten  
 $\frac{1}{2}$  cup bread crumbs  
1 tsp dried parsley  
1 tsp dried rosemary  
 $\frac{1}{2}$  cup grated carrot  
Sea salt and freshly ground black pepper to taste  
100g (4oz) sharp or taste cheese of choice, finely  
2 -3 tbsp olive oil

### Sauce

1 400g tin diced tomatoes  
1 onion, chopped  
2 cloves garlic, chopped  
1 cup chicken or vegetable stock  
2 tbsp tomato paste  
1 tsp each dried rosemary, basil, oregano and thyme  
salt and freshly ground black pepper, to taste  
2 tbsp oil

1 tsp dried chillies flakes (optional)

150g smoked or tasty cheese, grated

In a large bowl, combine all ingredients except the oil. Using your hands, mix throughout, but gently. I use my thumb when I am mixing as it allows me to push the ingredients into the mix to make sure its all distributed evenly.

Lightly oil the palms of your hands, and shape the mixture into one large ball.

Turn out onto a chopping board and cut and weigh into 4 balls. Two x 200g each and 2 x 100g each. Shape into patties, cover and rest in the fridge for a couple of hours.

In a pot heat the oil on the stove on medium and add the onion. Cook the onion for 5-10 minutes until they are soft. Add the garlic and dried chillies and cook stirring for another 2-3 minutes.

Season with salt and pepper to taste and add the tomato, paste herbs and stock. Increase the heat and bring to a boil. Reduce and simmer for 30 minutes, stirring occasionally. The sauce can be made ahead and stored, sealed in the fridge for a couple of days until needed.

Pre-heat bbq or oven grill to medium-hot and cook the patties for 6-7 minutes on each side. Remove from heat when done and rest for 5 minutes. **(Smoker cooking directions below)**

Preheat oven to 180C. In an oven proof dish or skillet place a smaller pattie on top of a larger one. Put 2-3 tbsp's of the sauce over each stack and top with a smoked or tasty cheese. Bake in the oven to finish for 10-15 minutes.

Serve with desired sides. Slaw is a great choice.

Cooking using a smoker

Get your pit going and heat to 230 Deg F. Add patties to the smoker on a tray and cook for 60-75 minutes or until the

internal temp reached 160 Deg F.

Make the stacks and top with the cheese, return and cook until the cheese has melted.

Plate and top with sauce. I use a mix of apple and oak wood compressed logs from Commodities NZ for flavour.

[Eezilite firelog apple or oak 10kg](#) compressed smoking logs.

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## Meatball Bacon Bombs

Serves 6



### Ingredients

#### Meatball Mix

300g lamb, beef or pork mince, or a mix of your choice

1 egg, lightly beaten

1/2 cup bread crumbs, use gluten free as required

1 tsp Mrs Rogers dried parsley

1 tsp Mrs Rogers dried thyme

1 tsp Mrs Rogers dried rosemary

3 tbsp Mrs Rogers grated carrot

1 tsp Mrs Rogers dried basil

Sea salt and freshly ground black pepper to taste  
100g (4oz) taste cheese, grated finely (optional, leave out for DF)  
2 -3 tbsp olive oil

Onion cups

12 slices streaky bacon

3 medium to large brown onions sliced in  $\frac{1}{2}$  and ends topped so they sit flat

Bbq sauce of choice (sweet and sour is also good)

Method

Hollow out each of the onion halves so there is about 10mm all around making it into a cup.

In a large bowl, combine all ingredients except the bacon and the oil. Using your hands, mix throughout, but gently. I use my thumb when I am mixing as it allows me to push the ingredients into the mix to make sure its all distributed evenly.

Lightly oil the palms of your hands, and shape the mixture into one large ball. Turn out onto a chopping board and cut the ball into 6 even sized balls and place in each of the onion cups..

Wrap 1-2 slices of the bacon around each cup and pin with a tooth pick is required.

Baste with bbq sauce and cook

**Smoker/BBQ**

Fire up your bbq and get stable at 110C (225F)

Using an indirect cooking method cook the bombs for 1 1/2 hours smoking with fruit woods until cooked

**Oven**

Preheat oven to 180C.

Bake for 30-40 minutes or cook until done basting again after 15-20 minutes.

Serve with choice of seasonal fresh vegetables.

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## Honey Creamed Chicken with Bacon

This is easy to make and can be quite cost effective to make when chicken thighs or breasts are on special and is yummy served over steamed or roasted vegetables. It is also great with pasta, rice or mashed kumara and potato.



### Ingredients

1/3 cup Manawa honey

5 skinless and boneless chicken breasts (or chicken thighs)

1/2 cup diced bacon, (I used 4 streaky bacon rashers)

3 level tbsp whole grain mustard

1 1/2 tbsp minced garlic, (or 3-4 cloves crushed garlic)

Salt to season

1/3 cup cream

1 cup milk (skim or full fat – almond milk may be used for a

dairy free option)

1 tsp corn flour mixed with 1 tablespoon water

1 tbsp olive oil

2 tbsp chopped fresh parsley or chives

## Method

In a large, shallow dish, combine the honey, mustard, garlic, oil and salt to taste (not too much salt if serving with bacon as the bacon will add a salty flavour when served). Coat chicken evenly in the sauce and set aside for 20 minutes.

Heat a nonstick pan (or skillet) over medium heat fry the bacon until crispy and transfer to a plate.

In the same pan, sear chicken pieces on each side in the oil left over from the bacon until just beginning to brown (about 2-3 minutes per side).

Add any remaining honey mustard sauce into the pan along with the cream and milk. Bring to a simmer while stirring occasionally to mix the favours through the sauce (about 3 minutes), until the chicken is cooked through. Transfer the chicken to a warmed plate leaving the sauce in the pan.

Pour the cornflour mixture into the centre of the pan, mixing it through the sauce until it thickens. Place chicken back into the pan and coat with the sauce. Top with the bacon and garnish with parsley.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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# Manawa Honey Glazed Cheese Scones

I love a good scone and to achieve this its all about how you bring together the dough.



## Gluten Free Cheese Scones

### Ingredients

2 tbsp Manawa Honey, warmed to a liquid. Add a tsp lemon zest when warming

250g Gluten Free Self Raising Flour

1 tsp Baking Powder

80g Butter, unsalted, cubed

Pinch of Salt

100g of mature Cheddar or tasty, plus extra for the top.

1 egg

75ml Milk

You can also add chopped garlic, chopped bacon etc to your taste

### Method:

Preheat the oven to 220 degrees C or for fan oven, 200 degrees C. Do this well before needing to bake so its fully up to temp and stable

In a large bowl sift together the flour, baking powder and salt. Then rub together the butter and flour mixture until you have a breadcrumb like texture, then fold through the cheese.

Add an egg and start to bring the mixture together using a

knife. Add the milk and use your knife to get an initial mix and then with your hands bring the mixture together dough. It does not have to be perfect and smooth.

Lightly dust a work surface with flour then roll out the dough to 25mm thick. No thinner. Cut to shape with a knife or 5-7cm cookie cutter

Place the scones on a baking tray lined with greaseproof paper. Lightly brush the top and sides of each scone with the honey then sprinkle over a little bit more cheese on the top is desired.

Bake the scones in a preheated oven for 18-22 minutes until they are golden brown.

Leave the scones to cool on a wire rack or enjoy warm with butter. I love to have them with a creamy garlic butter.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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## [Home Cured Pork Belly Bacon](#)

Dry Cured Bacon



When you make home cured bacon yourself, you are in total control over the quality of the meat and the ingredients you use to cure it! I love the thought of the chemical-free goodness of homemade bacon right in my kitchen.

There are a few considerations that need to be considered and understood when you are "Makin Bacon".

### Processes and Food Safety At Home

There is one primary concern we have to consider when curing and preserving meat, and that is protecting from possible botulism. While botulism is usually related to improper canning/preserving procedures, food-borne botulism also occurs in meats that have been improperly cured. Often this is due to methods and the process used and the possibility can be easily prevented with care and attention detailed below.

To prevent this, most commercially preserved meats contain sodium nitrite, often known as pink salt, which acts both as a preservative and a colour fixer. This also gives store-bought bacon that bright red colour. I am not interested in this colour in my bacon.

Sodium nitrite is toxic in high quantities, and has been linked to migraines in many people.

For me the main concern about the use of sodium nitrite is that when it is exposed to high heat in the presence of protein (nitrite cured bacon) the proteins in the meat will bond with the sodium nitrite to produce the toxic nitrosamines. Studies have shown that certain nitrosamines have been proven to be deadly carcinogens. This can vary from country to country as far as government policy as to their position on the use of nitrates.

For myself at the end of the day, chemical free bacon is better in flavour and cooks in a different way with incredibly

better results.

Frying nitrite-cured bacon presents the scenario for nitrosamines to form when the bacon is cooked and then to enter your system. This alone in my view is a good reason to home cure (with care).

The home cook can much better control the variables and handling procedures, and can get those assurances without the addition of nitrites. Purchasing from your local butcher that has pasture raised pork is the start as it will have a documented procedure and correct food handling record. Organic raised pork is the best choice in my opinion.

I would never use home-kill pork because environment and food safety procedures are not controlled. This is important as a poor hygiene environment can contaminate the meat with food-borne botulism and other possible contaminants.

## Making Home Cured Pork Belly Bacon

### Ingredients

2kg (4.4lb) piece of pork belly, skin/rind and bones removed

1/2 cup sea salt (not refined iodized table salt)

1/2 cup packed unrefined raw sugar or coconut sugar

1 tbsp. freshly ground black peppercorns

1 tsp nutmeg

1 tbsp toasted fennel seeds

1/2 cup bourbon, to taste (optional)

1/2 cup apple cider vinegar

### Method

Cut your pork belly into a nice even square or rectangle, bacon-like block. This can be done by the butcher on request

Mix the dry ingredients in a bowl until they are well combined and the wet ingredients (if using) in a separate bowl until they are well combined.

Making sure that your hands are well washed and clean coat the meat all over with the wet ingredients (if using) until thoroughly coated everywhere.

Place one half of the dry cure mixture in the bottom of the glass dish. Place the wet pork belly into the dish and press it into the salt/sugar mix.

Carefully sprinkle the rest of the mixture across the top of the meat and press it in uniformly all around, using your hands to thoroughly apply the cure mix into every nook and cranny of your pork belly.

Cover and place the dish in the refrigerator for 5-7 days, until the meat feels firm throughout. (5 days is a good average, but check to be sure. The longer you cure it, the saltier it will be.)

Turn the bacon over every day in the liquid that will accumulate in the dish. Pour off half of the liquid each day. After 5-7 days curing remove the pork belly and wash the salt/sugar mixture off of the pork belly very carefully.

Give the soon to be bacon a good pat dry all over with a clean towels. Place the bacon on a rack over a baking sheet and place in the fridge uncovered for 12-24 hours.

At this point, you can slice it for "green bacon" or you can smoke or roast the whole belly.

If roasting, preheat the oven to 80-90 C. (175-200 F.) Roast the pork belly in the oven to an internal temperature of 65 C (150 F) for about 90 minutes. The meat should be cooked a bit on the outside, but not all the way through.

If smoking, smoke over hickory, cherry or Applewood, a mix is fine at 80 C (175 F) until meat reaches an internal temperature of 65 C (150 F), for about 3 hours. The meat should be cooked a bit on the outside, but not all

the way through.

Remove and let the bacon cool to room temperature on a wire rack over the baking sheet, tightly wrap in parchment (butchers) paper, then refrigerate for at least 4 hours, preferably overnight to set the flavour and texture.

Homemade bacon will keep for a week in the refrigerator and several months in the freezer.

**Cold smoking  
Introduction from my  
friend Nickie Sattler  
at Blue Moose  
Barbeque**

[www.bluemoose.co.nz](http://www.bluemoose.co.nz)

[www.facebook.com/bluemoosebbq](http://www.facebook.com/bluemoosebbq)



So for bacon, we either cold smoke it or hot smoke it. To cold smoke it, we use our bourbon barrel and cold smoke generator or place it in our gas BBQ grill with an A-Maze-N tube. We use either hickory and apple wood chips for flavour (although I want to try maple or pecan as well).

We cold smoke for about 8-9 hours. To hot smoke it, we use our Oklahoma Joe Highland offset and try to keep the heat down to 150-175 F. We will use apple or hickory to smoke the bacon for 2-3 hours, until bacon reaches 150 F internal.

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# Manawa Honey Bacon Wrapped Sweet Potato

[Visit Manawa Honey's website](#)  
[click here](#)



[or Facebook click here](#)

Serves 4

## Ingredients

4 medium sized Kumara, peeled  
8 strips of streaky bacon  
2 Tbsp Manawa honey, lightly warmed  
2 Tsp lemon juice  
Salt and pepper to season  
Sour cream (optional)

## Directions

Peel and place sweet potatoes in salted cold water and bring to a boil. Turn down to a simmer and cook till just tender to the centre, 10-15 minutes depending on size.

While they are cooking warm the honey so its just runny, take off heat and add the lemon juice and stir to combine.

Drain off the water and replace with cold water to “shock” the sweet potatoes to cool.

Pre-heat oven to 180C.

Season the sweet potato lightly with salt and pepper all over. Starting at one end wrap with the bacon. Secure with tooth picks if required and baste the bacon with the lemon honey and place on a baking tray. Cook in the oven for 20-25 minutes until cooked, basting once after ten minutes with the lemon honey.

Serve hot as a side with sour cream and diced chives if desired.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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## [Manawa Honey Apple Bacon BBQ Sauce](#)



[Visit Manawa Honey's website click here](#)

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This is a wonderful semi-sweet honey apple bacon bbq sauce that is ideal to finish a slow roasted pork or lamb shoulder. It also goes well with grilled chicken nibbles.



Many bbq sauces are full of sugar and to me, over sweet. With the yummy fats released with a lamb or pork shoulder these fats combine with the sauce to give a tangy mild sweet finish.

The sauce is also great with sweet, soft cheeses.

1/3 cup semisweet honey  
1 gala apple (cored and cubed)  
1 granny smith apple (cored and cubed)  
1/2 large red onion (1/4 inch chop)  
125g thick-cut bacon (chopped and cooked)  
6 garlic cloves (diced)  
2 cups tomato sauce  
1/4 cup tomato paste  
1/3 cup (80ml) cider vinegar  
1/4 cup (60ml) Worcestershire sauce  
1/2 teaspoon ground black pepper  
1/2 tablespoon salt  
1/2 tsp sumac (use 1 tsp for a tarter flavour) I use Mrs Rogers in NZ  
1 tsp horopito powder (optional)  
1-2 tablespoons extra virgin olive oil  
1-2 cups apple juice



## Instructions

In a large pot add the wet ingredients with the bacon, apples, pepper and onion. Cook on med-low heat for 30-40 mins, until the apples and onions have become soft. Add the sumac and Horopito if using and cook for another 10 minutes.

In a blender wizz, the sauce to make it smooth and return to the pot. Add 1-2 cups of apple juice to make the sauce thinner (to your liking) and cook at a simmer for 10 minutes.

Bottle while hot into warm bottles or jars and seal tight.

Once opened store in the fridge for up to 1 month.

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## Roasted Bone Marrow Bacon and Chicken Liver Pate

I just love the sweet buttery flavour of bone marrow and with the addition of some rosemary oil during the roasting for me is a perfect combination.



Roasted Bone Marrow

Ingredients

1/4 cup fresh rosemary leaves, plus 2 rosemary sprigs

1/4 cup extra-virgin olive oil, plus more for brushing

Twenty or so 50mm (2-inch) centre-cut beef marrow bones (ask your butcher)

4 rashers smoked streaky bacon, cut into 10mm (1/2in) pieces

Salt and freshly ground pepper

## Method



In a mortar, gently pound the rosemary leaves with the 1/4 cup of olive oil to flavour the oil. Transfer the oil to a large bowl. Add the marrow bones and toss to coat. Season the bones with salt and pepper, cover with plastic wrap and refrigerate overnight.

Preheat oven to 180C (390F)

Wrap the marrow bones in foil in 2 packets and add bacon pieces to each and arrange them on a large tray and cook in the oven for 30 minutes. Open the foil packets, stand the bones on their ends on the tray and continue to cook for an additional 15 minutes until the marrow is warmed throughout and starting to sizzle.

Carefully remove the bones from the oven and let them cool down. When cool enough extract the marrow to the bowl of a food processor.

## Chicken Liver Pate

### Ingredients

100g (8 oz) butter  
1 onion, chopped  
1 garlic clove, crushed

1 tsp fresh thyme leaves, chopped  
400g (1 lb.) chicken livers, trimmed and cut in half  
1/4 cup of dry Madeira, Sherry or brandy  
salt and freshly ground black pepper  
1 bay leaf

#### Method

Remove and discard any sinew or unpleasant-looking parts.

Melt 100g (4 oz) or half of the butter in a pan over a medium heat, then add the onion and fry until softened, but not coloured.

Add the garlic, bay leaf, thyme and chicken livers and fry the livers until golden-brown all over and cooked through, season well with salt and freshly ground black pepper.

Add the Madeira to the pan and boil until reduced to a couple of tablespoons. Remove the bay leaf and place the liver mixture and 50g (2 oz) of the remaining butter into a food processor along with the bacon and bone marrow. Blend until smooth. Season, to taste, with salt and freshly ground black pepper and give it another pulse to combine.

Place the puree into six 100g (4-oz) ramekins or 1 serving terrine and smooth the top. Melt the remaining butter and pour on top of each ramekin or serving terrine, then refrigerate until set. Approximately 30 to 40 minutes.

#### Roasted Beef Bones

I use the roasted beef bones to make a stock.

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# Batch10 Bourbon Bacon Bun Brunch with BBQ Sauce

Batch10 Bourbon Bacon Bun Brunch with BBQ Sauce



2tbsp B10 bacon onion jam

Recipe

– <http://www.tasteofhome.co.nz/batch-10-bourbon-bacon-jam/>

$\frac{1}{2}$  cup B10 barbecue sauce, divided

Recipe

– <http://www.tasteofhome.co.nz/batch10-honey-bourbon-bbq-sauce/>

2 cloves garlic, chopped fine

2 red onions, sliced thinly

2 red peppers, sliced thinly

2 green peppers, sliced thinly

2 yellow peppers, sliced thinly

$\frac{1}{2}$  cup ginger beer (or beer of choice)

1tbsp butter, more or less to taste

Salt and pepper to taste

6 pork and fennel sausages, casings removed and lightly diced

Chopped Italian parsley, if desired

rolls or soft buns of choice

Slice up all the vegetables and set aside.

Add a splash of oil in a large, heavy based skillet and over a medium to high heat brown off the sausage meat breaking it up as it cooks. When it is  $\frac{3}{4}$  brown add the B10 bacon jam, garlic and combine. Cook for another 10 minutes and once the meat is cooked remove to a bowl saving the juices in the skillet. Place the bowl in a warm oven

Add additional oil if needed, add vegetables and soften them over a medium heat, about 10 minutes. Add the ginger beer, butter, and mix to combine. Season with salt and pepper to taste. Simmer to reduce the liquids by  $\frac{1}{3}$ .

Add the B10 BBQ sauce and combine. Continue to simmer for another 10 minutes.

Lightly toast you buns under the grill in your oven for 1 to 2 minutes to warm then up and give them a bit of colour.

Scoop some of the meat into the base of the buns and top with vegetable. Drizzle with remaining barbecue sauce and dress with some parsley over top of each one.