

# Honey BBQ Sauce Pork Spare Ribs

Pork Ribs With Honey BBQ Sauce



The Sauce

- 1 cup Manawa Honey
- 1  $\frac{1}{4}$  cups tomato sauce
- 2 tablespoons tomato paste
- 1/4 cup molasses
- 1/4 cup pineapple juice
- 1/4 cup apple cider vinegar
- $\frac{1}{4}$  cup water
- 1 tablespoon worchestire sauce
- 1 teaspoon dried sumac (optional)
- 2  $\frac{1}{2}$  teaspoons ground mustard
- 2 teaspoons smoked paprika
- $\frac{1}{2}$  teaspoon garlic powder
- 1/4-1/2 teaspoon cayenne pepper use less or more to taste
- 1  $\frac{1}{2}$  teaspoons fine plain salt
- 1 teaspoon pepper



Combine all the ingredients in a medium sized pot and bring to a boil, reduce and simmer for five minutes or until all the sugar has dissolved. Serve immediately or cover and store in fridge for up to 1 week.

### The Ribs

1-2 rack of meaty pork ribs, about 1 to 1.5kg each  
1 tablespoon onion powder  
1 tablespoon garlic powder  
Salt and pepper to season

Preheat your oven to 140C.

Select a large baking pan to fit ribs in one layer. Line with heavy duty foil. Place baking rack (a cake rack works fine) inside lined pan to keep ribs from resting on the bottom of the pan.

Remove the thin membrane (silverskin) from the back side of the ribs (if not already done by the butcher).

Sprinkle both sides of the spareribs liberally with onion powder, garlic powder, salt and pepper. Place seasoned ribs, bone side down, on the rack in the baking pan.

Divide the sauce in to 2 containers and from 1 container using a pastry brush cover the ribs with the sauce covering all exposed areas.



Cover pan tightly with heavy-duty foil. Bake about 90 minutes then baste the ribs with sauce. Recover and bake for another hour. Baste again and bake 1 more hour.

Uncover the ribs and baste heavily and bake for 45 minutes. Remove from oven, baste and rest for 15 minutes.

Serve spareribs with reserved barbecue sauce.

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## 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.

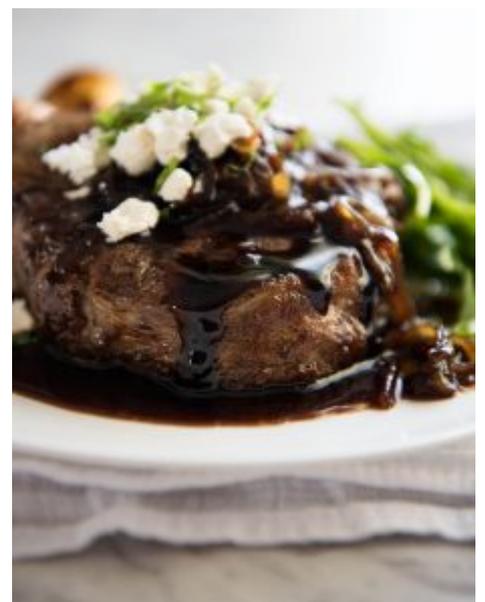
Bake for 30-40 minutes or cook until done basting again after 15-20 minutes.

Serve with choice of seasonal fresh vegetables.

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## **Spiced Honey BBQ Glazed Steak**

Most of us love a bbq and this recipe glazes the steak with a semi-bbq style sauce. It can also be used on lamb, pork and chicken.



3 tbsp Manawa honey

1/2 cup water  
1/2 cup apple cider  
1/4 cup worcestershire sauce  
1/2 cup tomato sauce  
1/4 cup balsamic vinegar  
1/4 tsp red chilli flakes  
salt and ground black pepper

4 by 250g pieces of scotch fillet

Place steak in a resealable plastic bag.

Add the water, apple cider, Worcestershire, balsamic vinegar, tomato sauce and chilli to a bowl and combine the ingredients. Pour into the bag and seal. Turning the bag several times to coat meat. Let stand 20 minutes or in the fridge for 2 hours, turning occasionally.

Heat a large skillet or bbq grill that has been coated with cooking spray over medium heat. Remove beef from marinade, reserving marinade. Season beef with salt and black pepper.

Cook in the skillet or on the bbq for about 12 minutes, turning once, or until desired doneness. Remove to a cutting board and cover to rest.

Add marinade and honey to the skillet or a small pot over a medium heat. Whisk to combine and bring to a boiling. Reduce the heat to a low simmer and cook for 5-6 minutes, uncovered and reduced the liquid by 1/3.

Serve the glaze with steak with your choice of sides. It also works well with some crumbed feta or blue cheese over the glaze on the steak.

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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  
 $\frac{1}{2}$  cup bourbon, to taste (optional)  
 $\frac{1}{2}$  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/blue  
moosebbq](http://www.facebook.com/blue<br/>moosebbq)



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 Turmeric Chicken Skewers

Serves 4



### Ingredients

2 tbsps Manawa Honey  
6 chicken thighs cubed, deboned, skin-on  
2 cloves garlic, minced  
2 tbsps fresh lemon juice  
 $\frac{1}{2}$  tsp cumin  
Scant  $\frac{3}{4}$  tsp turmeric powder

Pinch of cayenne pepper  
Salt and pepper to season  
1 tbsp oil of choice  
8 bamboo skewers  
Method

In a medium sized bowl add the garlic, Manawa honey, lemon juice, spices, pepper and salt. Combine well and then add the chicken and turn to cover all the chicken pieces. Cover and rest in fridge for 2 hours.

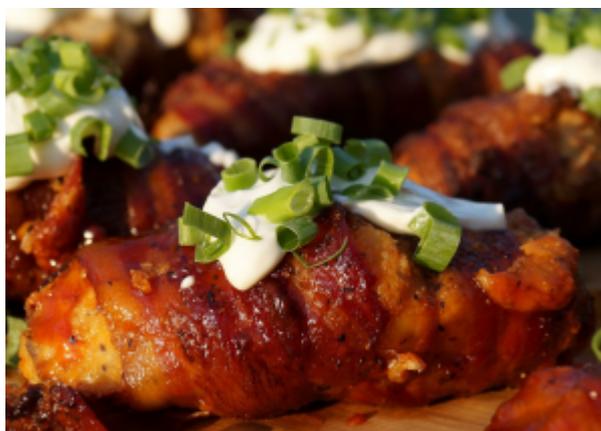
Soak bamboo skewers in water for 1 hour. About 30 minutes before heating the grill, remove the chicken from the fridge and let sit at room temperature.

Thread the chicken on the skewers, packing tightly together. Grill on bbq over medium heat, turning occasionally until cooked through, about 10 to 15 minutes.

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## [Manawa Honey Bacon Wrapped Sweet Potato](#)

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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



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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.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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# Oven Baked Manawa Honey Pork Spare Ribs



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## Ingredients

2 tbsp Manawa Honey  
2 tsp brown sugar  
1/3 cup of olive oil  
juice of a lemon  
1 tsp salt  
2 tsp ground pepper  
4 cloves of garlic crushed  
2 tsp paprika  
2 tbsp oregano  
1 tbsp yellow mustard  
4 tbsp bbq sauce of choice

1 1.5kg rack of pork ribs

## Directions

Preheat oven to 120C degrees.

Mix all of the glaze ingredients together in a large bowl except the bbq sauce, whisk well. Add the pork ribs and massage the glaze all over the pork ribs thoroughly.

Place ribs meat-side down on aluminium foil. Prick back of rib rack several times with a knife.

Generously apply coating of glaze to all sides of rib rack.

With rib rack meat-side down, fold foil around it to create a tight seal. Transfer to large roasting pan.

Bake in preheated oven until tender and cooked through, about 2 hours. Remove and cool 15 minutes.

Increase oven temperature to 175 degrees C.

Open foil, drain and discard any accumulated juices and fat. Brush barbeque sauce on all sides of rack.

Place rack meat-side up and return to oven, leaving foil open. Bake for 10 minutes, remove from oven, and brush another layer of barbeque sauce on meat-side only. Repeat baking and brushing with sauce 3-4 more times, for a total of 50 minutes baking time.

Cut rack into individual rib segments and serve with more barbeque sauce.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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