

# Smoked Fish Pakoras

Made earlier in the week these are smoked Fish Pakoras. While the name comes from India chickpea flour has been used for centuries in Italy so this is a blend.



## Batter

2/3 cup (100g) chickpea flour (besan)

1/4 cup (35g) cornflour

2 level tsp ground Mrs R's ground turmeric

200ml sparkling water, chilled

Combine the chickpea flour, cornflour and turmeric in a bowl. Season with salt and pepper (I also add some lemon pepper seasoning sometimes and leave out the straight S & P) then whisk in sparkling water until smooth. The batter needs to look like thin cream. You can add some chilli powder if you like.

The mix for the filling was 250g smoked fish (shredded) in a bowl with 1/2 cup of thin sliced red onion and 1/2 cup of grated carrot that had been patted dry.

I pour the batter into the bowl, 1/2 cup at a time and mix through. I repeat this until I get an even coating over the fish mix and then deep fry tablespoon lots.

You can also replace the fish with grated vegetables of choice

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# Honey Banana Mango Smoothie

So easy to make and the results are yummy, healthy and kids just love making these. Just 4-ingredients and this smoothie tastes like a banana mango ice cream.



## Ingredients

4 bananas (400g). Peeled and cut into pieces, frozen

2 cups (300g) frozen mango pieces, de-stoned and peeled.

2 Tbsp Manawa honey

1 cup chilled coconut cream

## Method

Add the frozen mango pieces to a blender. Add  $\frac{1}{2}$  of the coconut milk and blend. You may need to stop and give the ingredients a stir. Blend until its all combined and thick. Add the banana pieces, honey, more coconut cream and blend to combine well till its thick and creamy.

Pour out into two glasses and serve.

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# Ready In Minutes Manawa Honey Mixed Berry Compote

Only a few ingredients this recipe makes a wonderful compote or sauce from frozen mixed berries.



Ready in 15-20 minutes.

## Ingredients

500g mixed berries

1 1/2 tablespoons Manawa Honey

2 Star anise

1 cinnamon stick (quill)

1 tablespoon warm water

1 tablespoon fresh lemon zest (optional)

## Method

Add all of the ingredients to a small saucepan. Over a low to medium heat bring to a simmer and cook for 10 minutes or until reduced by 1/2, stirring occasionally.

Mash up the fruit as your stirring with the back of your spoon. Remove the Star anise and cinnamon use straight away or store in fridge for 4-5 days, sealed.

Serve with pavlova, ice cream, chocolate brownie, yogurt, toast or waffles. You can also use this in a mixed fruit smoothie.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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## [Manawa Honey Nut Bars](#)

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



[or Facebook click here](#)

This no bake recipe makes delicious snack bars that are great for kids lunch boxes or as an afternoon snack to keep the 3 O'clock blues at bay.

Mix and match the ingredients to cater to kids likes and get them helping. They are so proud when they take them to school and show their mates what they made.

Ingredients can be purchased from the bulk bins at your local supermarket.

## Ingredients

1/3 cup peanut butter  
1/3 cup Manawa Honey  
1/2 tsp vanilla extract(optional)  
1/4 tsp salt  
1/4 tsp cinnamon  
1 1/2 cups old fashioned oats  
1/2 cup sliced almonds  
1/2 cup dried cranberries  
1/2 cup dried blueberries  
1/4 cup shelled pistachios  
1/4 cup pumpkin seeds (raw)  
1/8 cup sunflower seeds  
1/8 cup flax seeds

## Directions

Line an 200x200mm (8x8") baking tray with baking paper, enough so the paper overhangs the edges of the baking pan. This makes removing the bars a lot easier.

Add oats, almonds, pistachios, pumpkin seeds, sunflower seeds, flax seeds, dried cherries and dried blueberries to a large mixing bowl. Toss to combine.

Combine peanut butter, honey, salt, cinnamon and vanilla in a microwaveable mixing bowl. Microwave 30-40 seconds, or until honey is bubbling/foamy. Stir well to combine.

Pour melted peanut butter mixture over the dry ingredients and use a rubber spatula to stir it all together.

Transfer mixture to prepared baking pan. Top with a sheet of baking paper and press down firmly into an even layer. Really compact it well.

Refrigerate 2+ hours, or overnight. Slice into 8 bars and serve.

Recipe developed for Manawa Honey NZ

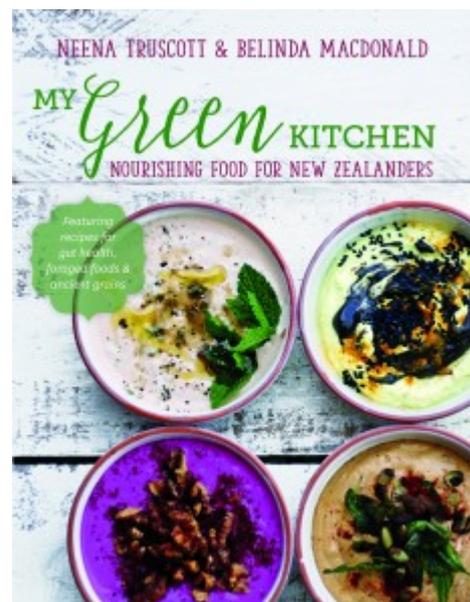
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## [My Green Kitchen](#)

My Green Kitchen by [Neena Truscott](#) and [Belinda Macdonald](#)



**Free worldwide shipping –**

[My-Green-Kitchen by Neena-Truscott-Belinda-Macdonald](#) – NZ\$39

My lovely friends have just released a wonderful book that is full of inspirational recipes integrating the healing power of foods in easy-to-make family recipes. These recipes have a focus on restoring gut health, utilising leftovers and seasonal abundance and foraging for superfoods.

Also included are herbal recipes for stimulating vibrant health and innovative ideas for meals which feature ancient grains, and how to indulge in sweet treats without the 'nasties'. The book features an article on 'ancestral eating' from Ben Warren of BePure, one of NZ's leading nutrition and holistic health experts.

Written by the winners of the first My Kitchen Rules NZ, Neena Truscott and Belinda Macdonald I love their work. This book reflects their love and commitment to good, healthy foods and take you on a journey in your own kitchen.

Two Thumbs Up, well worth getting.

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## Pan Seared Salmon on Grapefruit Salad

Serves 4



### Ingredients

- 2 Ruby grapefruit
- 2 tbsp sweet balsamic reduction  
([I use Jomeis from Jayla Fine Foods](#))
- 4 cups mixed salad greens
- 2 cups snow peas tipped and cut into three
- 1 cup micro-greens of choice
- 2 ripe avocados, pitted and sliced
- 2 tablespoons fresh lemon juice

2 tablespoons olive oil  
1/2 teaspoon sea salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
Olive oil for cooking salmon  
3 150g (5-ounce) salmon fillets (skin off)  
1/2 cup honey toasted walnuts, roughly chopped

## Method

Peel and segment grapefruit with a sharp knife on a cutting board; reserve juice in a bowl.

In a bowl mix lemon juice, olive oil, salt, pepper and [sweet balsamic reduction](#) so its combined.

In a large bowl add salad greens and pour the dressing and turn to combine.

Divide salad among 4 serving plates. In a small bowl.

Sprinkle remaining salt and pepper over both sides of salmon. Coat a large nonstick skillet with oil; heat over medium-high heat. Add fish to skillet, and cook until skin is golden and fish releases easily from pan (about 4 minutes). Using a spatula, gently flip fish and cook about 3 minutes more. Once salmon is cooked rest for 2 minutes and then break each fillet into 8 pieces .

While the salmon is cooking place slices of avocado on top of each salad and then place equal amounts of grapefruit pieces on the avocado to form a bed for the salmon to rest on.

Place the salmon pieces on the grapefruit and dress with honey walnuts and micro-greens.

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# Mini Fish Bites

This recipe is so versatile as you can make mini-fish cakes or patties for kids or flavour it up for adults.



## Ingredients

500g baking potatoes or sweet potato  
1 leek or large brown onion, finely chopped  
1 tbsp butter, plus 2 tbsp for frying  
200g frozen peas  
300ml milk  
300g firm white fish, smoked fish is also great  
4 spring onions, chopped (or chives ...or both) 1 tbsp  
fresh thyme,  $\frac{1}{2}$  dried thyme. I love lemon thyme in this recipe  
2 tbsp grated parmesan  
Salt and black pepper  
1 tbsp olive oil, for frying

## Additions for adult version

2 tbsp fish sauce  
1 chilli, seeded and chopped fine  
1 tbsp grated fresh ginger

## For the coating

4 tbsp plain flour  
2 free range eggs, beaten with a dash of milk  
8 tbsp fine dried crumbs or polenta

## Method

Wash the potatoes well, but leave the skins on and put in a pan. Cover with cold salted water, bring to a simmer for about 30 minutes, or until the potatoes are cooked through.

While the potatoes are boiling, cook the leek/onion in a shallow pan in the butter for about 5 minutes, until soft. Add the peas and cook for another 5 minutes. Tip into a bowl and mash roughly so some of the peas break up.

Drain the potatoes well. Allow them to cool a little in a colander so that the excess moisture escapes as steam. When you can handle the potatoes, remove the skin with a small knife – it should scrape off easily.

Pour the milk into the same pan that you used for the leek/onion, thyme, (adult flavours if using) and place the fish fillets in the milk. Bring to a simmer, then turn the fish over when the milk comes up to the boil. Turn down the heat and cook for a further minute before removing from the heat.

Mash the potatoes roughly, or pass them through a potato ricer. Add the pea mix.

Flake the fish flesh into the potato-pea mix along with 2 tbsp of the cooking milk. Err on the side of a drier mix to ensure that the cakes do not collapse when you fry them.

Add the spring onions and parmesan, then fold all the ingredients together with a spoon. Season well with salt and pepper.

Allow the mix to cool thoroughly and shape into small balls or fishcakes with floured hands – they can be as big or as small as you like.

Arrange the coating ingredients in 3 separate bowls, starting with flour, then the egg-milk mix and finally the breadcrumbs.

Coat the first cake or ball in the flour, then transfer to the egg mix and finally, coat carefully in breadcrumbs or polenta. Place the finished fishcakes on a tray and refrigerate until needed. Make sure they are good and cold. This will also stop them collapsing.

To cook heat up the butter and oil in a large shallow frying pan. Having a mix of butter and oil will stop the butter burning. Carefully place each cake in the pan and fry over a medium heat for 3 minutes on each side. They can be served straight away or transferred to a low oven until serving.

I serve with a sweet chilli sauce. Sweet and sour sauce is also great.

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## Asparagus Sweet Potatoes with Bacon

Ingredients



400g (1lb) fresh asparagus, root ends trimmed

2 medium sweet potatoes, peeled & diced

8-10 strips thick center-cut bacon

1-2 cloves garlic, minced

3½ tablespoons olive

1 teaspoon lemon juice

1 teaspoon cinnamon

1 teaspoon sugar

½ teaspoon nutmeg

1 pinch cayenne, or to taste

coarse salt & fresh ground peppercorn, to taste

shaved parmesan, to garnish

#### Method

Pre-heat oven to 200C (400F).

Lay strips of bacon over baking sheet & roast for 12-15 minutes, or until crispy and then remove bacon from oven & allow bacon to cool on paper towels.

In a food processor pulse cooled bacon for a few seconds & set aside.

In small mixing bowl toss sweet potatoes, cinnamon, sugar, nutmeg, 2t olive oil, salt/pepper and cayenne to taste.

On a lined baking sheet in a single layer, spread seasoned sweet potatoes and place in oven for 20-25 minutes, turning potatoes after 15minutes, baking until tender with slightly crisp exterior. Remove sweet potatoes from oven and set aside to cool.

In shallow glass baking dish spread asparagus evenly, in a single layer and drizzle 1½tsp olive oil over asparagus, add garlic, salt/pepper and toss to ensure even coating.

Roast the asparagus uncovered in the oven for 12-15 minutes, or until asparagus just tender, stirring intermittently.

When cooked remove asparagus from oven and toss with lemon juice.

Lay roasted asparagus over serving dish or wooden board, top with sweet potatoes, then bacon, shaved parmesan and season with salt and pepper to taste.

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## Sweet Potato Rosti

This recipe is easy to scale and is a wonderful starter or brunch with the addition of a seasonal fresh salad of choice.



Serves 1

### Ingredients

500g (1.1lb) sweet potatoes, peeled, grated and dried

2 tablespoons olive oil

1 small onion, finely chopped

1 clove garlic, finely chopped

1 tsp fresh chopped thyme or  $\frac{1}{2}$  tsp cumin

175g feta like cheese, crumbled. I like goat cheese for its

sharpness

2 eggs, beaten

### Method

Preheat the oven to 220 C (440 F). Line a baking tray with parchment.

Grate the sweet potatoes, place in a clean cloth and squeeze out the excess liquid, transfer to a large bowl.

Heat the olive oil in a frying pan over medium heat, cook the onion and garlic in the hot oil until soft and transfer to the bowl with the drained sweet potato.

Add the egg, about 2/3 of the cheese and all the thyme and mix well. Divide the mixture into 3-4 even portions and shape into balls with your hands and then flatten them to about 1cm (1/2 in) thickness. Arrange the patties onto the baking tray.

Roast in the preheated oven until golden brown, about 25 minutes turning once after 20 minutes. When turning sprinkle the remaining cheese over the patties and return to oven to melt the cheese, about 5 minutes more.

### Making A Stack

Its all about choice as to what you add between the rosti's. I love to add a soft poached egg on top and sour cream and beetroot relish between the layers.

You can add cooked bacon, salmon slices, avocado slices, thin sliced cooked eggplant.

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# Smoked Salmon Pate

## Ingredients



150g smoked salmon, trimmings are fine

200g tub soft cheese

1 tbsp crème fraîche, only if you have some

juice half a lemon

zest  $\frac{1}{2}$  lemon

1/2 teaspoon Dijon mustard

1 tablespoon fresh chives, chopped fine

1 tablespoon fresh dill, chopped fine

1 tablespoon fresh parsley, chopped fine

## Method

If you aren't using smoked salmon trimmings then chop the salmon into small pieces. Tip the soft cheese, mustard, crème fraîche (if using) zest and lemon juice into a food processor, season generously with black pepper and blitz to your liking. Add the smoked salmon and pulse a few times if you want the

paté chunky or blitz some more if you want the paté smooth and pink.

Stir the herbs into the paté and spoon into a large or four smaller bowls and serve on slices of cucumber or as dip with vegetable sticks.