

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.

Honey Baked Salmon or Trout

Ingredients



1 tsp each lemon zest, dried Thyme, ground black pepper and salt, combined
1/3 cup Manawa honey
1kg or so whole side of salmon or trout, skin on, scaled, deboned where possible
1/4 cup whole grain mustard
1/4 cup butter
2 tbsp mild Dijon mustard
3 cloves garlic peeled and minced
2 tbsp fresh lemon juice
1/4 tsp chili powder (or cayenne powder), optional if you like a bit of spice
Ground black pepper to taste
2 tbsp fresh chopped parsley
Lemon wedges, optional

Method

Position a rack in the middle of the oven and preheat oven to 190°C.

Line a baking tray with a large piece of foil, big enough to fold over and seal to create a packet for the fish to bake in.

In a small saucepan, combine the honey, mustard, butter, garlic and lemon. Whisk lightly until the honey has melted through the butter and the mixture is well combined.

Place the fish onto a lined baking tray and pour the butter-honey mixture over the salmon and spread evenly over the salmon. Sprinkle with the salt mix. Fold the sides of the foil over the fish to cover and completely seal the packet closed so the butter does not leak.

Bake until cooked through, about 10-12 minutes, depending on the thickness of your fish and your preference of doneness.

Open the foil, being careful of any escaping steam, and grill under the grill for 3-4 minutes on medium heat to caramelize the top. Garnish with parsley and serve immediately with lemon wedges.

This is lovely served with a fresh green salad.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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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.

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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.



DON'T ever overwork the flour when you have added the wet ingredients. To get that light fluffy centre kneading the dough will get the gluten activated too much and it will be quite firm when its baked.

Gluten free option below this recipe

Ingredients

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

3 cups Self Raising Flour

1 tsp baking powder

80g cold butter, cubed small

Pinch of salt

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

1 to 1 $\frac{1}{4}$ cup milk

1 tbsp chopped chives (optional)

3 tbsp fine chopped cooked bacon (optional)

Method

Preheat the oven to 220 degrees C or for a 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 and chives and bacon if using.

Add the milk and use a 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. Remember don't overwork the mix.

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.

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

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

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.

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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

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.

[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.

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.

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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 wiz, 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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[Manawa Honey Nut Bars](#)

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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, coconut oil, 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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[Smoked Fish With Manawa Honey Balsamic Glaze](#)

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Serves 4 as a main

Ingredients

4 medium brown onions, thinly sliced

1/4 cup cooking oil

3/4 cup Manawa Honey Balsamic Glaze

Salt and pepper to season

4 by 200g fillets of smoked fish. I love using smoked Kahawai in this recipe.

Directions

In a saucepan add oil and heat over medium high. When just about smoking add the onions and stir to coat evenly with the oil. Reduce to medium low and caramelize the onions for 15 to 20 minutes, giving it a stir every few minutes. Season with salt and pepper after 10 minutes to taste

Add the Manawa Honey Balsamic Glaze, stir and cook for 2 to 3 minutes or until the mixture is syrupy.

Refrigerate for at least 2 hours in sealed container before using.

In an oven pre-heated to 150 C warm the smoked fish fillets for about 20 minutes or until warm but not roasting. Prepare your choice of sides while the fillets are warming.

In a small pot warm the Manawa Honey Balsamic onion over a low heat till its hot but not boiling. You can add 1-2 tablespoons of water if the Remove from the heat.

Place the warmed smoked fillets on four warmed dinner plates, top with some of the Manawa Honey Balsamic Glaze and serve straight with your preferred sides. Roasted root vegetables such as carrots and parsnips go well with this.