

Courgette and Tomato Cheese Bake

3 medium courgettes
sea salt to taste
freshly ground black pepper, to taste
4–5 cloves garlic, minced or finely chopped
extra virgin olive oil
200 g mozzarella, sliced
3 medium vine-ripened or truss tomatoes
freshly chopped basil, to taste
1 cup mixed herb Coating, tossed in 1–2 tbsp olive oil



Preheat oven to 175 °C.

Trim both ends of each courgette. Cut them in half; then shave lengthwise into thin flat strips using a potato peeler.

Place in a colander and sprinkle with sea salt. Set aside for 10–15 minutes. Press with dry towels to extract some of the moisture.

In a 25-cm pie pan (or gratin pan or baking dish), layer the courgette strips in an overlapping pattern. Season with pepper and garlic. Drizzle with olive oil and layer with mozzarella. Slice the tomatoes and place on top of the mozzarella. Season the tomatoes with sea salt, pepper and fresh basil.

Top with the mixed herb coating. Bake for 35–40 minutes until the courgette is fork-tender and the topping is golden brown. Set aside for 5 minutes before cutting and serving.

Herb crumb: 1 cup gluten-free breadcrumbs and 2 tsp of my italian herb mix

(add 1 tbsp each of dried marjoram, thyme, basil, oregano and

rosemary to a jar, then seal and shake well to blend the herbs together).

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

Preheat oven to 180C.

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

Serve with choice of seasonal fresh vegetables.

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

Dutch Oven Pulled Pork with BBQ Sauce

Coming into winter there is quite often pork roasts on special somewhere. In this recipe I combine the flavour of Mrs Rogers Smokey BBQ Seasoning in a sauce and season the pork with Southern Mediterranean flavours.



Sumac is used in the rub and adds a lovely sharp lemon citrus hit to the roast. It also helps balance the sweet flavour of the pork fat as it renders with the slow cooking.

The rub and sauce can be made ahead of time.

For the pork



- 1.5 to 2kg pork shoulder roast

- 1/2 cup chicken stock
- 1 apple cider vinegar

For the rub

- 2 teaspoons paprika
 - 1 teaspoon ground sage
 - 1 teaspoon ground sumac
 - 1 teaspoon dried thyme
 - 1 teaspoon each salt and freshly ground black pepper
- Place all the ingredients in a jar and shake to combine. Store sealed in your pantry and use as required.

For the sauce

- 1 1/2 cups of tomato purée
 - 1/3 cup fine chopped red onion,
 - 2 tablespoons cider vinegar
 - 2 teaspoons sugar or honey
 - 1 teaspoon Worcestershire sauce
 - 2 teaspoon Mrs Rogers Smokey BBQ Seasoning
 - 1/4 teaspoon salt
- Put the tomato purée, onion, cider vinegar, sugar, Worcestershire sauce, crushed red pepper, garlic powder and salt in a heavy, medium saucepan and bring to a simmer over medium heat. Reduce the heat to very low and simmer, uncovered, stirring frequently, for 10 minutes to blend the flavors. Remove from the heat.

Bottle in a warm jar with lid and store in the fridge. Use within two weeks.

Method

Preheat the oven to 160 degrees C.

Coat the pork all over with the rub and place in the Dutch

oven. Pour the stock and cider vinegar around the pork. Cover and cook in the oven for 4 hours to 4 hours and 20 minutes, until the pork is cooked through and easily breaks apart with a fork but still looks moist.

Remove the pork from the oven and place in a shallow baking dish, reserving the pan juices.

Set aside to cool for approximately 15 minutes, then shred into bite-sized pieces using two forks.

Mix the pan juices and some of the sauce and warm to on the stove.

Serve the pulled pork in buns with caramelised sauce or with your choice of sides.

Tomato Kidney Bean Sauce

I love my kidney beans and in this recipe I have combined my kidney bean sauce with some yummy herb cheese meatballs



Tomato Kidney Bean Sauce with Meatballs

Ingredients

Sauce

1 400g (12oz) can diced Italian tomatoes
3 tbsp tomato paste
1 cup stock (broth)
1 tsp dried rosemary
1 tsp dried oregano
1 tsp dried thyme
1 tsp dried basil
1 400g tin well drained kidney beans
 $\frac{1}{2}$ cup tomato paste
Salt and pepper to season
 $\frac{1}{2}$ cup chopped Italian parsley

Meatballs

400g beef or lamb mince
 $\frac{1}{2}$ onion chopped finely, red onion is great
1 egg, lightly beaten
 $\frac{1}{2}$ cup bread crumbs, gluten free if required
1 tsp dried parsley
1 tsp dried rosemary
2 tbsp grated carrot
Sea salt and freshly ground black pepper to taste
2 -3 tbsp olive or coconut oil
200g mozzarella cheese, the dryer the better, diced into small chunks (Optional)

Method

In a large bowl, combine all ingredients for the meatballs 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 mixed evenly.

Lightly oil the palms of the hands, and shape into medium sized, 3-4 cm meatballs. Push back any mozzarella pieces that

poke through the meat – they can melt and burn.

Heat a medium sized frying pan large enough to hold the meatballs. If this is not available, work in batches. Sauté meatballs over medium-high heat, turning as you cook, to brown all sides. When browned, lower heat and cook, covered, for ten minutes turning frequently. Remove from the heat, leave the meatballs in the pan and set aside.

Sauce

In a pot over a medium-high heat combine all the ingredients and season with salt and pepper. Bring to a simmer and reduce be half. Once reduced pour over the meat balls and combine to coat the meat all over. Place over heat and simmer for ten minutes, turning often.

Serve the meatballs over rice or pasta and top with the remaining sauce, sour cream and garnished with parsley or chives.

North African Beef Cheeks With Orange

Serves 4



4 250g beef cheeks
4 tbsp flour of choice, seasoned with salt and pepper
1 400g (16 oz) can crushed Italian tomatoes
4 tbsp olive or vegetable oil
2 onions, peeled and diced rough and chunky
3 cloves of garlic, diced
 $\frac{1}{2}$ tsp Mrs Rogers chilli flakes
1 tsp Mrs Rogers ground cumin
1 tsp Mrs Rogers ground cardoman
1 tsp Mrs Rogers smoked paprika
2 cups beef or vegetable stock (broth)
1 cup orange juice
Grated zest of one orange
1 cup diced prunes
1 cup diced dates

1 400g tin kidney beans, well rinsed

Method

Pre-heat oven to 150C

Mix the beef cheeks in a bag with the seasoned flour. Remove and shake off any excess flour.

In an oven and stove top safe casarol dish heat 2 tablespoons of oil over a medion hot heat. Once hot add 2 beef cheeb and brown on all sides. Remove to a dish and finish the other two

and set aside.

Add the other two tablespoons of oil and onion, cook for 5 minutes, stirring. Once they have started to sweet down add the paprika, cumin, cardoman and chilli. Reduce heat to medium and stir to combine. Cook stirring for 1 minute and add the tomatoes, garlic, orange zest, prunes and dates.

Cook for 2 more minutes and add 1 cup of stock and the orange juice. Once it is simmering add the browned beef cheeks. Top with stock, cover and bring to a simmer.

Once simmering place in the oven and cook for 2.5 hours.

After 2.5 hours remove and stir in the kidney beans. Taste sauce and adjust seasoning to taste and return to oven for 2 hours.

Remove and stir.

Serve on a bed of rice or over a sweet potato mash.

[Honey Vegetable Stir Fry](#)

While the ingredients list looks large this recipe is in fact very easy and quick to bring together. It's great to get the kids helping and cooking. You can incorporate shredded chicken easily should you have some in the fridge.



This is also great as a side when served with some fried fish with lemon juice.

Ingredients

Sauce

2 tablespoons Manawa honey

1/2 cup vegetable or chicken stock (or water)

1/2 cup pineapple juice

1/4 cup soy sauce

1 tablespoon fresh grated ginger or 1 level teaspoon of powdered

2 cloves garlic, minced

3 teaspoons cornflour

2 teaspoons sesame oil

Stir Fry

1 tablespoon sesame oil

2/3 cup roasted, salted cashews

2 cups broccoli florets, chopped

3 medium carrots, peeled, then use the peeler and continue peeling the carrot into long strips

2 red peppers, sliced

1½ teaspoons cornflour

2 zucchini, thinly sliced
4 baby bok choy, chopped (if available)
1 cup fresh pineapple, diced

Method

Cook rice for serving, if desired.

In a bowl or large glass measuring cup combine the ingredients for the sauce. Whisk together the stock, pineapple juice, soy sauce, honey, ginger, garlic, cornstarch, and sesame oil.

Heat a large skillet or wok over high heat. Add 1 tablespoon sesame oil and once hot add the cashews along with 1/4 cup of the sauce. Cook 1-2 minutes or until the cashews are lightly toasted and caramelized. Remove the cashews to a plate.

Add the broccoli, carrots, peppers, and cornstarch to skillet. Stir fry the veggies for 5 minutes. Add the zucchini, bok choy, and pineapple and stir fry for 5-10 more minutes. Add the sauce and cook until the sauce thickens and coats the veggies and the pineapple is beginning to caramelize, about 3 minutes.

Place rice in a bowl and top with veggies. Sprinkle caramelized cashews, green onions, and toasted sesame seeds over top.

Serve immediately.

[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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