

Smoked Fish With Manawa Honey Balsamic Glaze

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



[or Facebook click here](#)

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.

Herb Meatloaf with Tomato Sauce

A classic dinner favourite that can be made ahead of time and re-heated when its time for dinner. Any leftovers are great for lunch the next day or as a brunch on Sunday morning with a nice seasonal salad on the side.



Ingredients

Meatloaf

1/3 cup [Fogdog crumb \(use gluten free as required\)](#)
2 tbsp olive
1 medium onion, finely chopped
2 cloves garlic, minced or finely chopped
1 tsp each fresh rosemary and thyme, lightly chopped (if using dried, 1/3 tsp of each)
1 small to medium carrot, grated
500g lamb, beef or pork mince
1 large egg, lightly beaten
½ cup sharp cheese of choice
salt and freshly ground black pepper, to taste

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 fresh rosemary, basil, oregano and thyme, lightly chopped (if using dried, 1/3 tsp of each)
salt and freshly ground black pepper, to taste
2 tbsp oil
1-2 whole dried chillies (optional)

Method

In a large bowl combine all of the meatloaf ingredients and combine well. Roll into shape, 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.

Take the meatloaf from the fridge and rest for 30 minutes to come to room temperature.

Preheat oven to 170C. Place the loaf in a high sided oven dish and cook for 20-25 minutes. Remove from the oven and remove any fats and oils that have come out of the loaf.

Cover with the sauce and cook in the oven for another 15-20 minutes. Remove and rest for 5 minutes and serve with your choice of sides.

FOGDOG Italian Crumb Mac N Cheese

Serves 2



Years ago, my mother thought me a way to make a white sauce that so easy and is infused with bay. She called it her reversed white sauce and I have never looked back.

Ingredients

1/2 cup FOGDOG panko or GF crumb
125g pasta of choice
1-2 tbsp flour of choice (GF flour is fine)
1 tbsp butter
2 cups milk plus 1 cup
1/8 tsp nutmeg
1 bay leaf
1 cup shredded cheese your choice, sharp, aged, etc.
1/8 tsp cayenne, (optional)
1/8 tsp smoked paprika or regular paprika, (optional)
pinch of salt
1/2 tbsp salted butter
1 tbsp fine grated parmesan
parsley to garnish

Directions

Preheat oven to 180C

Cook the pasta in a medium saucepan with a good pinch of salt, according to the package instructions. Drain and run under cool water to prevent sticking. Temporarily set aside. Be careful not to overcook the pasta as you do want it to go soft and gulpy when its baked in the oven.

Transfer your saucepan back over to the stove over medium heat and add the unsalted butter, 2 cups of milk, bay leaf and heat over a medium heat till it starts to form little bubbles around the edge of the pan. Stir well and remove from the heat.

As the milk is warming combine 1 cup milk and the flour. Wisk into a paste/slurry and make sure there are no lumps.

Place the steeped milk back on the heat and warm. Once warm add $\frac{1}{4}$ of the slurry and whisk to combine. Add another $\frac{1}{4}$ of the slurry and again combine.

Now slowly stir the flour milk mixture to thicken for about 2 minutes over medium heat. We want to cook out the flour and thicken to a light to medium thickness. Add 1 tbsp of the slurry at a time until the white sauce is at the right thickness. Remove the bay leaf at this point and turn off the heat.

Add in the shredded cheese, cayenne, paprika and stir until the cheese has melted and the mixture is smooth. Remember that when you add cheese to a white sauce never do it over heat.

Add the pasta to the pan with the sauce, and stir everything together until all the pasta is coated in the sauce. Divide the pasta among one medium small, or two small, oven-safe casserole/soup-type dishes. Temporarily set aside.

Melt the salted butter, then toss with the panko crumbs and grated parmesan. Sprinkle this mixture evenly on top of the pasta.

Bake in the oven for 20-25 minutes to finish and serve hot. Garnish the finished pasta with fresh chopped parsley.

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.

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.

Batch10 Bourbon Beef Bean Chilli



1/3 cup



Batch10 Honey Bourbon

1 cup chopped onion

2 cloves garlic, crushed

1 cup each diced celery and corn kernels

400g beef mince

200g diced bacon

1 tablespoon chili powder

½ teaspoon crushed red pepper

2 teaspoons chopped fresh or 1 teaspoon dried oregano leaves

1 teaspoon ground cumin

½ teaspoon salt

2 tablespoons brown sugar

1 can diced or crushed tomatoes, undrained

1 cup tomato sauce

1 can red kidney beans, undrained and rinsed

In a medium sized saucepan, brown off the mince and remove from heat. Drain off the liquid and place in a bowl.

In the same saucepan heat the oil and add the onion and stir over medium heat. Once its has started to soften, about 5 minutes add the bacon and garlic. Combine and cook for a further 3-4 minutes stirring occasionally.

Add and stir the chili powder, celery, corn, oregano, cumin, salt, and red pepper flakes. Cook for another minute or two.

Pour in bourbon to deglaze pan. Use bourbon to scrape up any bits stuck to pan.

Add tomatoes, tomato sauce and brown sugar to pot. Heat the mixture to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover with lid and slowly simmer for 1 hour, stirring occasionally.

Stir in the beans and increase the heat to boiling. Once the mixture is boiling, reduce heat just enough so the mixture bubbles gently. Cook uncovered about another 10 minutes, stirring occasionally until desired thickness.

For additional heat add some fresh dices chilli. Serve with chips, chives, sour cream or grated cheese.

BBQ Mexican Chicken Wraps

I cook this recipe and then slice the chicken and make wraps. Yummy and full of flavour.



4 – 6 chicken legs separated into thighs and drumsticks
Half cup of extra virgin olive oil
 $\frac{1}{2}$ onion, peeled and finely chopped
4 cloves garlic, peeled and crushed
Juice of half a lemon
Splash of wine vinegar
1 teaspoon sugar
 $\frac{1}{4}$ teaspoon ground cumin
 $\frac{1}{4}$ teaspoon chopped dried chilli
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon salt

Method

In a medium sized bowl mix all of the herbs and spices together.

Add the sugar, lemon juice, onion, garlic, vinegar and olive oil, mix well. If it's a little dry add a little white wine and mix.

Add the chicken and ensure a good covering. Leave to marinade in the fridge for at least 2 hours.

Pre-heat your BBQ (Grill) to medium.

Bring chicken to room temperature and BBQ (Grill) for around 20 – 30 minutes turning once after 15 minutes until cooked

through.

Sicilian Tomato Sauce with a Horopito Twist

Nothing beats a good home-made tomato sauce and the smell in the kitchen as it's cooking is just fantastic.



In this recipe I have added native Horopito leaf that have been ground and added to natural salt and other seasonings. [New Zealand Horopito](#) brings a wonderful finish to sauces, slow cooking, marinades, roasted meats and vegetables, wild game, seafood and lots more.

You can use this as a base on pizza, with meatballs, as a dipping sauce and in your general cooking.

Ingredients

1 tsp [Rhayne Horopito Wild Herb Seasoning](#), split into $\frac{1}{2}$ tsp lots

800g (2lb) can of crushed tomatoes

1 medium-large onion, diced

2 tbsp extra virgin olive oil
3–5 cloves garlic, crushed with the flat of a knife and sliced thinly
1 cup chopped fresh basil
 $\frac{1}{4}$ cup chopped fresh rosemary
 $\frac{1}{4}$ cup chopped fresh oregano
 $\frac{1}{2}$ cup red wine
4 bay leaves
1 cup chicken or vegetable stock
sea salt and freshly ground black pepper to taste
200g (4oz) tomato puree
 $\frac{1}{2}$ cup fresh Italian parsley



Method

Sauté onion in olive oil and simmer over low heat, covered, for 10 minutes. Add the garlic, basil, rosemary and oregano and simmer, covered, for another 5 minutes or so. Uncover and add wine and bay leaves.

Continue simmering until the mixture has reduced by about half. This should take about 30–45 minutes.

Add tomatoes, chicken/vegetable stock, $\frac{1}{2}$ tsp RHayne [Horopito Wild Herb Seasoning](https://rhayne.co.nz), purée and simmer for 1 hour. You can reduce the sauce further and intensify the flavour by simmering over a low heat for another 2 hours. I have let the sauce simmer for up to 4 hours when I want to develop the taste.

When ready, remove the pot from the heat and taste. Season with the other $\frac{1}{2}$ of the Horopito Wild Herb Seasoning to taste and serve with fresh chopped Italian parsley can be added at the end.

Tip: If you want to turn this sauce into a base that is great for pizzas, add 10–12 sliced olives (don't forget to remove the pips) and 1 tbsp capers in the last 15–30 minutes of

simmering.

Batch 10 Bourbon Bacon Jam

For my bacon jam I select bacon that has a low fat level. I love to make it with dry cured, smoked bacon. During the cooking of the bacon remove as much of the oils released from the bacon



Ingredients

600g bacon sliced into small pieces, (about 20mm)

2 cups of shallots, finely chopped

1 cup red onion, finely chopped

4 garlic cloves, finely chopped

1 teaspoon chili powder

$\frac{1}{2}$ teaspoon smoked paprika

$\frac{1}{2}$ cup Batch10 Honey Bourbon (125ml)

$\frac{1}{2}$ cup maple syrup



$\frac{1}{4}$ cup balsamic vinegar

Cook the bacon pieces in batches to allow for it to crisp up properly. Cook over medium heat until brown. You want the bacon a little crisper with as little visible fat as possible. Transfer to paper towels to drain excess fat off.

Pulse your shallots and onions in the food processor or cut them by hand.

Leave about 1 to 2 tablespoons of the fat in one of the pan. Add shallot and onion to the pan, cook over medium heat until they start to caramelize. Add the garlic and cook for about one more minute.

Add the chili powder and smoked paprika, stir to combine.

Increase heat to high and add the bourbon (carefully) and maple syrup. Bring to a boil, stir and scrape the pan so all the little bacon bits comes loose. Continue boiling for about 2 to 3 minutes.

Add vinegar and continue to boil for about another 3 minutes.

Using a sharp knife cut the bacon into small pieces. You can also tear it by hand so it looks more rustic, not too perfect.

Add the bacon into the pan, reduce heat to low and simmer for about 10 minutes, the mixture will thicken.

Turn off the heat and drain any excess fat off the bacon jam by pouring it through a sieve or use cheesecloth to drain it.

Now you have two options, you can pop the mixture into a food processor and pulse until it breaks down more. Or you can leave it chunky, your choice.

Transfer to jars and store in the fridge.

[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.