

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.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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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

www.facebook.com/blue_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.

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.

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.

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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.

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by Chef Jimmy Boswell

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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.

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.