

Cornbread Muffin Cups

2 cups coarse cornmeal (available in New Zealand as maize flour or maize meal)

2 cups flour (use gluten-free as required)

1/4 cup caster sugar

1 1/2 tablespoons baking powder

1 teaspoon salt

2 eggs

2 and 3/4 cups milk

1/2 cup sour cream

1/4 cup vegetable oil

1 1/2 cups cheddar (tasty) cheese, grated

Fine diced fresh chilli to taste (optional)



Preheat oven to 200C (400F) degrees, making sure its well warmed up.

Grease a standard size muffin/cupcake tray.



Hot sauce match – Smoky Dragon Chipotle

Mix dry and wet ingredients in 2 separate bowls. Pour the dry over the wet and combine the ingredients gently taking care not to overmix, the batter should be a little lumpy.

Pour into the muffin tray compartments, filling each to $\frac{3}{4}$ full.

Bake for 10-12 minutes until firm to the touch and lightly browned.

Let muffins cool completely and using a teaspoon or a small knife cut or scoop out the middle of the muffin, making a deep well for your filling.

Add your choice of warmed filling, leftover pulled pork is perfect. Top with a poached egg, garnish with diced chilli if using and serve.

Hot sauce match Smoky Dragon Chipotle

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).

[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.

Honey Cheese Balls

3 teaspoons Manawa Honey
1/2 cup finely chopped nuts of your choice.
Pecans, walnuts or cashews are my choice
1/2 cup finely chopped dried cranberries
125g crumbled feta cheese
125g cream cheese, softened
1 cup Gruyere or strong tasty cheese,
grated
lollipop sticks



Directions

Mix the nuts and cranberries on a shallow dish and set aside.

In a food processor, add the feta, cream cheese, Gruyere, and honey. Pulse until well combined.

Use your hands to form tablespoon size balls and roll in the cranberry/pecan mixture.

Place on baking paper and repeat with the rest of the cheese mixture. Top each ball with a lollipop stick and place in the fridge for an hour or so to firm up.

Easy Honey Mixed Nuts

Having some honey roasted nuts in my pantry is a staple as they can be used for so many things. Mixed with some dried fruits you have a great afternoon snack for the kids or yourself.



A quick blitz and you have a wonderful nut crumb to top a dessert or some ice cream or seasonal baked fruits.

They are also great served with your favourite cheeses with extra Manawa honey on the side.

Ingredients

1 cup raw unsalted almonds

1 cup raw pumpkin seeds

1 cup raw unsalted walnuts

1 cup raw unsalted peanuts

2 tablespoons Manawa Honey

1 tablespoon vegetable oil or melted butter

1 teaspoons ground cardamon

1/2 teaspoon ground cinnamon

1/4 teaspoon kosher salt

Method

Preheat the oven to 160°C and line a rimmed baking sheet with baking paper.

In a medium bowl, combine nuts with honey, oil and spices, tossing to coat.

Spread nuts out in an even layer on the prepared baking sheet and roast for 20 minutes, stirring halfway through cooking time.

Remove and let cool 10 minutes prior to eating.

Store in an airtight container for up to 2 weeks in the pantry.

Manawa Honey Glazed Cheese Scones

I love a good scone and to achieve this its all about how you bring together the dough.



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

You can also add chopped garlic, chopped bacon etc to your taste

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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Manawa Honey Apple Bacon BBQ Sauce



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

[or Facebook click here](#)

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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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.

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.

Tangy Chicken Nibbles with

Blue Cheese Dip

A great starter and one that I have been making for years and love with a passion. If blue cheese is not something you like use a fine grated strong cheese in its place.

Ingredients

1kg chicken wings or chicken nibbles

3 tsp paprika



2 tsp coarsely ground black pepper

1 tsp sea salt

$\frac{1}{2}$ tsp cayenne pepper

1 tbsp fresh thyme leaves

Tangy Chicken Wing Sauce

1 tbsp of good olive oil

5 tbsp tomato sauce of choice

2 tbsp honey

1 tbsp Tabasco

1 teasp. Dijon style mustard

Juice of $\frac{1}{2}$ a lemon

Blue Cheese Dip

75g blue cheese, mashed

100ml Greek style natural yoghurt

Cut the wing tips off each chicken wing and discard. Then cut each wing in half through the main joint. In a large bowl mix together the paprika, black pepper, salt, cayenne pepper and fresh thyme. Add in the chicken wings and toss until coated the spices.

Heat the oven to 200°C (400°F).

Mix together the tomato sauce, oil, honey, Tabasco, mustard and lemon juice.

Cover and rest for 30 minutes and then add the sauce and mix well to coat evenly.

Line a large roasting tin with tin foil then spread the wings over the foil. Place in the preheated oven and cook for 30 minutes, turning the wings half way through.

Mix the blue cheese into the yoghurt and serve with the wings, celery sticks and a green salad.