

Manawa Honey Lemon Chicken Wings

Kids and adults alike love the humble chicken wing for party snacks and the old finger licking goodness at home in front of the fire. This recipe makes it even easier by soaking some bamboo skewers and threading each of the wings on one. Easy to cook and even easier to eat.



Makes 8 skewers

Ingredients

3 tbsps Manawa Honey, lightly warmed
8 chicken wings, pointed tip removed, 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 wings and turn to cover all the chicken. 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. Heat the grill in your oven or bbq on medium.

Thread the chicken on the skewers and glaze them with the remaining marinade. Grill on bbq or in the oven over medium heat, turning occasionally until cooked through, about 10 to 15 minutes.

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.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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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 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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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.

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.

Honey Turmeric Chicken Skewers

Serves 4



Ingredients

6 chicken thighs cubed, deboned, skin-on
2 cloves garlic, minced
2 tbsps fresh lemon juice
2 tbsps honey
 $\frac{1}{2}$ 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, 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.

Chilli Honey Roasted Chicken

Ingredients



1 lemon, plus 3 tablespoons freshly squeezed lemon juice

4 tablespoons olive oil

2 $\frac{1}{2}$ teaspoons salt

3 tablespoons freshly squeezed orange juice

1 $\frac{1}{2}$ tablespoons whole grain mustard

3 tablespoons honey

1 bay leaf

$\frac{1}{2}$ to 1 teaspoon crushed red pepper (chilli) flakes, to taste

Black pepper, to taste

1 size 16 or 18 chicken (3.3lb), cut into 8 pieces

3 cups sliced carrots (10mm $\frac{1}{2}$ in thick slices)

1 onion, halved and thinly sliced
 $\frac{2}{3}$ cup sliced dates
1 tablespoon fresh thyme leaves
 $\frac{1}{4}$ cup chopped parsley, for garnish
2 spring onions, thinly sliced, for garnish
 $\frac{1}{4}$ cup chopped toasted pistachio nuts, for garnish (optional)

Method

Quarter the lemon lengthwise, removing any seeds. Thinly slice crosswise into small wedges and add to small pot of boiling, salted water. Blanch for 2 minutes and drain. Reserve slices.

In a saucepan, whisk together lemon juice, orange juice, oil, mustard, honey, salt, bay leaf, red pepper flakes and black pepper to taste. Bring to a boil and simmer for 5 minutes. Let cool.

Put chicken in a bowl and add honey mixture. Add carrots, onion, dates, thyme and blanched lemon slices. Turn mixture several times to coat. Let marinate for at least 30 minutes at room temperature, but preferably covered overnight in the refrigerator.

Heat oven to 200 degrees C (400F). Transfer all ingredients, including marinade, to a baking dish with a rim. Chicken should be skin side up. Roast until chicken is browned and cooked through, about 20 to 30 minutes for breasts and 30 to 40 for legs and wings (remove the pieces as they are done cooking).

When the chicken is done, give the carrot mixture in the pan a stir; if the pan looks dry add 2 to 3 tablespoons water. Continue roasting the carrots until they are tender, about 7 to 12 minutes longer.

Spoon carrots over chicken and top with parsley, spring onions and pistachio nuts.

Roasted Chicken Legs with Honey and Curry Glaze

Ingredients



6-8 chicken legs

4 tbsp Honey (1/3 cup)

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

3 peeled cloves of garlic

1 tbsp curry powder

Salt and pepper

Method

Preheat oven to 175C. (350 F)

Mix the curry, garlic, lemon juice and honey into a paste.

Pat the chicken legs dry and then season with salt and pepper.

Baste the chicken legs all over with the honey-curry mixture. Place in a baking tray in the oven and cook for 20 minutes and baste again.

Cook for another 20-30 minutes till the legs are cooked through.

Once cooked cover with foil and rest for 10.

I love to serve these on a bed of homemade red cabbage slaw as a brunch.

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.