

Manawa Honey Balsamic Reduction

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Instead of buying a sweet balsamic reduction sauce, lets make this yummy, homemade glaze that will add a sweet yet tangy flavour to meals. Wonderful on chicken, pork, lamb or fish.

Brush it over meat or root vegetables in the last few minutes of grilling meats and vegetables so it doesn't burn.

Refrigerate unused glaze in airtight container for up to 1 month.

Ingredients

1 1/4 cup balsamic vinegar
1/2 cup Manawa Honey
1 teaspoon cornflour
1 tablespoon cold water

Directions

In saucepan, bring vinegar and Manawa honey to boil over medium-high heat. Reduce heat to medium low and simmer, giving it a stir every few minutes until reduced to 3/4 cup (175 mL), about 15 minutes.

Mix cornflour with water and stir into glaze and boil until thickened, about 1 minute. Let cool and store in a sealed container in the fridge for up to one (1) month.

[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 Lamb Leg or Shoulder Herb Crumbed

My goto Gluten-free crumb is made by Fogdog here in New Zealand. Its ideal for this recipe and carries the fresh herb flavour so well. Its like a taste of spring in the middle of winter.



Ingredients

- 2 cups of [Fogdog GF Breadcrumbs](#)
- 3 tablespoons finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh mint
- 1 1/2 teaspoons minced fresh rosemary
- 1 1/2 teaspoons finely chopped fresh thyme
- 1/2 teaspoon ground sea salt
- 1/4 teaspoon black pepper
- 2 1/2 tablespoons good olive oil



1 lamb leg or shoulder roast, about 2kg

$\frac{1}{4}$ cup olive oil
 $\frac{1}{2}$ cup Dijon mustard
2 onions, quartered
Salt and pepper to season

Method

The crumb

In a medium sized bowl combine together the Fogdog GF crumbs, parsley, mint, rosemary, thyme, salt and pepper in a bowl. Let rest for a few minutes and give the crumb another toss.

Now drizzle with 2 $\frac{1}{2}$ tablespoons good olive oil and toss until combined well. Rest on your bench for a 30 minutes and use.

Preheat the oven to 220°.

Place the onions and rosemary into the bottom of a large heavy based ovenproof dish.

Season the lamb leg with salt and pepper. Coat with a light, even covering of mustard and place into the dish. Press the herb crumb mix on to the top of the lamb. Cover with a lid and place in the oven.

Cook for 30 minutes.

Reduce the oven temperature to 150° and continue to cook for 2 $\frac{1}{2}$ hours.

Remove lid from the dish and cook for a final 15-30 minutes.

Remove the lamb from the oven and allow the lamb to rest for 10 minutes.

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.

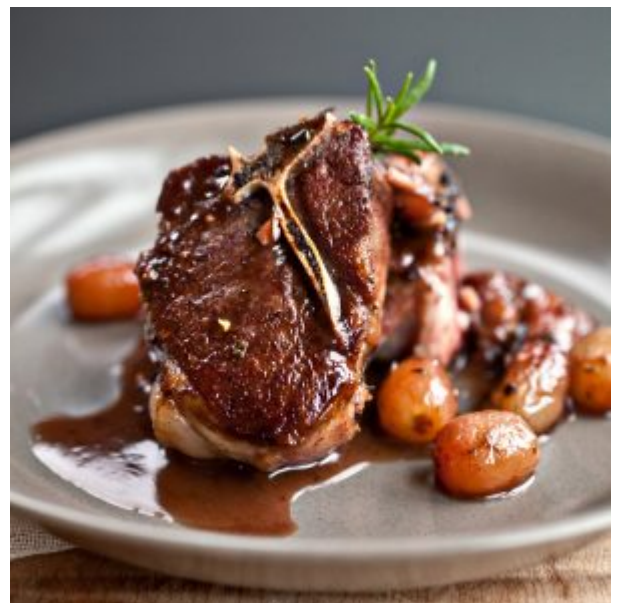
Place the puree into six 100g (4-oz) ramekins or 1 serving terrine and smooth the top. Melt the remaining butter and pour on top of each ramekin or serving terrine, then refrigerate until set. Approximately 30 to 40 minutes.

Roasted Beef Bones

I use the roasted beef bones to make a stock.

Braised Lamb Shoulder Chops

A wonderful slow cooked winter dish that's easy to make and full of impressive flavours.



Serves 4

Ingredients

1 1/2 tablespoons olive oil
4 lamb shoulder or 8 lamb loin chops
Salt & ground black pepper to season
3 tablespoons chopped fresh rosemary
4 cloves garlic, cut into thin slices
2 cups seedless white grapes
1/2 cup dry white wine
1 teaspoon honey

Method

Season the lamb chops with 1/2 teaspoon salt and 1/4 teaspoon pepper. In a large stainless-steel or nonstick frying pan, heat the oil over moderately high heat.

Put the chops in the pan and sprinkle 1 1/2 tablespoons of the rosemary in the spaces between the chops. Cook the chops for 5 minutes. Turn and sprinkle the garlic in between the chops. Cook the chops until done to your taste, 3 to 5 minutes longer for medium rare.

Remove the chops and garlic and keep in a warm spot. Pour off all but 2 tablespoons of the fat from the pan. Add the grapes and the remaining 1 1/2 tablespoons rosemary to the pan. Reduce the heat and cook, stirring frequently, until the grapes soften, about 8 minutes.

Add the wine to the pan and simmer 2 minutes. Stir in the garlic and any juices from the lamb, the honey, 1/8 teaspoon salt, and a pinch of pepper. Serve the lamb topped with the grapes and sauce. I love to serve this with a creamy blue cheese mash.

Batch10 Honey Bourbon BBQ Sauce



3/4 cup (190ml)



Batch10 Honey Bourbon

1/2 onion, minced fine (grating the onion works well)

4 cloves garlic, minced

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 cup (110g) packed brown sugar

1/3 teaspoon Tabasco sauce, or to taste

In a large saucepan over medium heat on your stove combine the onion, garlic and Batch10.

Simmer for 10 minutes or until onion is soft and translucent. Add the pepper, salt, tomato sauce, tomato paste, vinegar, Worcestershire sauce, brown sugar and Tabasco sauce.

Bring to a boil. Reduce heat to medium-low and simmer for 20 minutes. Run sauce through a strainer or blitz with a stick blender for a smooth sauce.

Bottle in sterilized glass and store in fridge.

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.