

Honey Banana Mango Smoothie

So easy to make and the results are yummy, healthy and kids just love making these. Just 4-ingredients and this smoothie tastes like a banana mango ice cream.



Ingredients

4 bananas (400g). Peeled and cut into pieces, frozen

2 cups (300g) frozen mango pieces, de-stoned and peeled.

2 Tbsp Manawa honey

1 cup chilled coconut cream

Method

Add the frozen mango pieces to a blender. Add $\frac{1}{2}$ of the coconut milk and blend. You may need to stop and give the ingredients a stir. Blend until its all combined and thick. Add the banana pieces, honey, more coconut cream and blend to combine well till its thick and creamy.

Pour out into two glasses and serve.

Minty Coconut Chocolate Truffles

Ingredients



3 cups unsweetened shredded coconut
1/4 cup Manawa Honey
1/3 cup rice bran or coconut oil
1 tsp mint extract. You can also use rosewater.
180g bitter-sweet dark chocolate, melted.

Method

Line a cookie baking tray with baking paper and set aside.

Place the coconut, honey, mint, and oil in a food processor and pulse until it comes together.

Transfer to a small mixing bowl and using your hands, squeeze the mixture into about small balls. You may find that the coconut mix is crumbly, this is normal. Take your time to make the balls and press them very firmly and treat with care.

Place the coconut balls in the freezer for about 15 minutes or until firm.

Melt the chocolate in your microwave or double boiler. Using two forks, roll each coconut ball in the chocolate until completely covered. Let the extra chocolate drip off the fork. Place the chocolate truffle onto the prepared tray and place

back in the freezer until the chocolate has hardened.

You can top the truffles with some extra coconut flakes before they harden. This step is optional.

Store in the refrigerator.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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Ready In Minutes Manawa Honey Mixed Berry Compote

Only a few ingredients this recipe makes a wonderful compote or sauce from frozen mixed berries.



Ready in 15-20 minutes.

Ingredients

500g mixed berries

1 1/2 tablespoons Manawa Honey

2 Star anise

1 cinnamon stick (quill)

1 tablespoon warm water

1 tablespoon fresh lemon zest (optional)

Method

Add all of the ingredients to a small saucepan. Over a low to medium heat bring to a simmer and cook for 10 minutes or until reduced by 1/2, stirring occasionally.

Mash up the fruit as your stirring with the back of your spoon. Remove the Star anise and cinnamon use straight away or store in fridge for 4-5 days, sealed.

Serve with pavlova, ice cream, chocolate brownie, yogurt, toast or waffles. You can also use this in a mixed fruit smoothie.

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[Spiced Honey BBQ Glazed Steak](#)

Most of us love a bbq and this recipe glazes the steak with a semi-bbq style sauce. It can also be used on lamb, pork and chicken.



3 tbsp Manawa honey
1/2 cup water
1/2 cup apple cider
1/4 cup worcestershire sauce
1/2 cup tomato sauce
1/4 cup balsamic vinegar
1/4 tsp red chilli flakes
salt and ground black pepper

4 by 250g pieces of scotch fillet

Place steak in a resealable plastic bag.

Add the water, apple cider, Worcestershire, balsamic vinegar, tomato sauce and chilli to a bowl and combine the ingredients. Pour into the bag and seal. Turning the bag several times to coat meat. Let stand 20 minutes or in the fridge for 2 hours, turning occasionally.

Heat a large skillet or bbq grill that has been coated with cooking spray over medium heat. Remove beef from marinade, reserving marinade. Season beef with salt and black pepper.

Cook in the skillet or on the bbq for about 12 minutes, turning once, or until desired doneness. Remove to a cutting board and cover to rest.

Add marinade and honey to the skillet or a small pot over a medium heat. Whisk to combine and bring to a boiling. Reduce the heat to a low simmer and cook for 5-6 minutes, uncovered and reduced the liquid by 1/3.

Serve the glaze with steak with your choice of sides. It also works well with some crumbed feta or blue cheese over the glaze on the steak.

Honey Baked Salmon or Trout

Ingredients



1 tsp each lemon zest, dried Thyme, ground black pepper and salt, combined
1/3 cup Manawa honey
1kg or so whole side of salmon or trout, skin on, scaled, deboned where possible
1/4 cup whole grain mustard
1/4 cup butter
2 tbsp mild Dijon mustard
3 cloves garlic peeled and minced
2 tbsp fresh lemon juice
1/4 tsp chili powder (or cayenne powder), optional if you like a bit of spice
Ground black pepper to taste
2 tbsp fresh chopped parsley
Lemon wedges, optional

Method

Position a rack in the middle of the oven and preheat oven to 190°C.

Line a baking tray with a large piece of foil, big enough to fold over and seal to create a packet for the fish to bake in.

In a small saucepan, combine the honey, mustard, butter, garlic and lemon. Whisk lightly until the honey has melted through the butter and the mixture is well combined.

Place the fish onto a lined baking tray and pour the butter-honey mixture over the salmon and spread evenly over the salmon. Sprinkle with the salt mix. Fold the sides of the foil over the fish to cover and completely seal the packet closed so the butter does not leak.

Bake until cooked through, about 10-12 minutes, depending on the thickness of your fish and your preference of doneness.

Open the foil, being careful of any escaping steam, and grill under the grill for 3-4 minutes on medium heat to caramelize the top. Garnish with parsley and serve immediately with lemon wedges.

This is lovely served with a fresh green salad.

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[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.

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Honey Chocolate Sauce

Manawa Honey Chocolate Sauce



Ingredients

2 tablespoons Manawa Honey
100g dark chocolate, broken into pieces
15g butter
1 1/2 tablespoons of water
1/2 teaspoon mint essence

Put the chocolate in a small saucepan with the butter, honey, mint and 1 1/2 tablespoons of water. Warm gently over a low heat until the chocolate has melted.

Remove the pan from the heat and serve warm.

Serving suggestion

Break up some chocolate brownies and 1/2 fill some glasses. You can put some mixed berry compote of the brownie if you want

Add some ice cream and top with the warm sauce.

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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 if 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 if 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.

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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 wiz, 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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Oven Baked Manawa Honey Pork Spare Ribs



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Ingredients

2 tbsp Manawa Honey

2 tsp brown sugar

1/3 cup of olive oil
juice of a lemon
1 tsp salt
2 tsp ground pepper
4 cloves of garlic crushed
2 tsp paprika
2 tbsp oregano
1 tbsp yellow mustard
4 tbsp bbq sauce of choice

1 1.5kg rack of pork ribs

Directions

Preheat oven to 120C degrees.

Mix all of the glaze ingredients together in a large bowl except the bbq sauce, whisk well. Add the pork ribs and massage the glaze all over the pork ribs thoroughly.

Place ribs meat-side down on aluminium foil. Prick back of rib rack several times with a knife.

Generously apply coating of glaze to all sides of rib rack.

With rib rack meat-side down, fold foil around it to create a tight seal. Transfer to large roasting pan.

Bake in preheated oven until tender and cooked through, about 2 hours. Remove and cool 15 minutes.

Increase oven temperature to 175 degrees C.

Open foil, drain and discard any accumulated juices and fat. Brush barbeque sauce on all sides of rack.

Place rack meat-side up and return to oven, leaving foil open. Bake for 10 minutes, remove from oven, and brush another layer of barbeque sauce on meat-side only. Repeat baking and brushing with sauce 3-4 more times, for a total of 50 minutes

baking time.

Cut rack into individual rib segments and serve with more barbeque sauce.

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