

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.

Honey Vegetable Stir Fry

While the ingredients list looks large this recipe is in fact very easy and quick to bring together. It's great to get the kids helping and cooking. You can incorporate shredded chicken easily should you have some in the fridge.



This is also great as a side when served with some fried fish with lemon juice.

Ingredients

Sauce

2 tablespoons Manawa honey
1/2 cup vegetable or chicken stock (or water)
1/2 cup pineapple juice
1/4 cup soy sauce
1 tablespoon fresh grated ginger or 1 level teaspoon of powdered
2 cloves garlic, minced
3 teaspoons cornflour
2 teaspoons sesame oil

Stir Fry

1 tablespoon sesame oil
2/3 cup roasted, salted cashews
2 cups broccoli florets, chopped
3 medium carrots, peeled, then use the peeler and continue peeling the carrot into long strips
2 red peppers, sliced
1½ teaspoons cornflour
2 zucchini, thinly sliced
4 baby bok choy, chopped (if available)
1 cup fresh pineapple, diced

Method

Cook rice for serving, if desired.

In a bowl or large glass measuring cup combine the ingredients for the sauce. Whisk together the stock, pineapple juice, soy sauce, honey, ginger, garlic, cornsflour, and sesame oil.

Heat a large skillet or wok over high heat. Add 1 tablespoon sesame oil and once hot add the cashews along with 1/4 cup of the sauce. Cook 1-2 minutes or until the cashews are lightly toasted and caramelized. Remove the cashews to a plate.

Add the broccoli, carrots, peppers, and cornflour to skillet.

Stir fry the veggies for 5 minutes. Add the zucchini, bok choy, and pineapple and stir fry for 5-10 more minutes. Add the sauce and cook until the sauce thickens and coats the veggies and the pineapple is beginning to caramelize, about 3 minutes.

Place rice in a bowl and top with veggies. Sprinkle caramelized cashews, green onions, and toasted sesame seeds over top.

Serve immediately.

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 think 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
 $\frac{1}{4}$ 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 flavours 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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