

Honey BBQ Sauce Pork Spare Ribs

Pork Ribs With Honey BBQ Sauce



The Sauce

- 1 cup Manawa Honey
- 1 $\frac{1}{4}$ cups tomato sauce
- 2 tablespoons tomato paste
- 1/4 cup molasses
- 1/4 cup pineapple juice
- 1/4 cup apple cider vinegar
- $\frac{1}{4}$ cup water
- 1 tablespoon worchestire sauce
- 1 teaspoon dried sumac (optional)
- 2 $\frac{1}{2}$ teaspoons ground mustard
- 2 teaspoons smoked paprika
- $\frac{1}{2}$ teaspoon garlic powder
- 1/4-1/2 teaspoon cayenne pepper use less or more to taste
- 1 $\frac{1}{2}$ teaspoons fine plain salt
- 1 teaspoon pepper



Combine all the ingredients in a medium sized pot and bring to a boil, reduce and simmer for five minutes or until all the sugar has dissolved. Serve immediately or cover and store in fridge for up to 1 week.

The Ribs

1-2 rack of meaty pork ribs, about 1 to 1.5kg each
1 tablespoon onion powder
1 tablespoon garlic powder
Salt and pepper to season

Preheat your oven to 140C.

Select a large baking pan to fit ribs in one layer. Line with heavy duty foil. Place baking rack (a cake rack works fine) inside lined pan to keep ribs from resting on the bottom of the pan.

Remove the thin membrane (silverskin) from the back side of the ribs (if not already done by the butcher).

Sprinkle both sides of the spareribs liberally with onion powder, garlic powder, salt and pepper. Place seasoned ribs, bone side down, on the rack in the baking pan.

Divide the sauce in to 2 containers and from 1 container using a pastry brush cover the ribs with the sauce covering all exposed areas.



Cover pan tightly with heavy-duty foil. Bake about 90 minutes then baste the ribs with sauce. Recover and bake for another hour. Baste again and bake 1 more hour.

Uncover the ribs and baste heavily and bake for 45 minutes. Remove from oven, baste and rest for 15 minutes.

Serve spareribs with reserved barbecue sauce.

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

Honey and Avocado Dessert Smoothie

A rich and refreshing blend of fresh avocado and coconut milk makes this a great finish to a meal or as a yummy snack by itself.



Makes 2 large or 4 small servings.

Ingredients

6 tbsp Manawa Honey, you can adjust depending on your desired sweetness

1 large, just ripened avocado

Juice of 1 lime

1 cup whole Greek vanilla yogurt

1½ cups unsweetened coconut milk

1 cup baby spinach leaves

½ – ¾ cup crushed ice, optional

Method

Combine all ingredients except ice in blender and then blend until its nice and smooth.

If desired, add crushed ice and blend until desired smoothness is achieved. Serve immediately or chill to serve later.

If serving later, place cling wrap directly over surface of smoothie to prevent any possible colour change from the avocado being exposed to air.

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).

[Meatball Bacon Bombs](#)

Serves 6



Ingredients

Meatball Mix

300g lamb, beef or pork mince, or a mix of your choice

1 egg, lightly beaten
1/2 cup bread crumbs, use gluten free as required
1 tsp Mrs Rogers dried parsley
1 tsp Mrs Rogers dried thyme
1 tsp Mrs Rogers dried rosemary
3 tbsp Mrs Rogers grated carrot
1 tsp Mrs Rogers dried basil
Sea salt and freshly ground black pepper to taste
100g (4oz) taste cheese, grated finely (optional, leave out for DF)
2 -3 tbsp olive oil

Onion cups

12 slices streaky bacon
3 medium to large brown onions sliced in $\frac{1}{2}$ and ends topped so they sit flat

Bbq sauce of choice (sweet and sour is also good)

Method

Hollow out each of the onion halves so there is about 10mm all around making it into a cup.

In a large bowl, combine all ingredients except the bacon and 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 distributed evenly.

Lightly oil the palms of your hands, and shape the mixture into one large ball. Turn out onto a chopping board and cut the ball into 6 even sized balls and place in each of the onion cups..

Wrap 1-2 slices of the bacon around each cup and pin with a tooth pick is required.

Baste with bbq sauce and cook

Smoker/BBQ

Fire up your bbq and get stable at 110C (225F)

Using an indirect cooking method cook the bombs for 1 1/2 hours smoking with fruit woods until cooked

Oven

Preheat oven to 180C.

Bake for 30-40 minutes or cook until done basting again after 15-20 minutes.

Serve with choice of seasonal fresh vegetables.

Smoked Fish Pakoras

Made earlier in the week these are smoked Fish Pakoras. While the name comes from India chickpea flour has been used for centuries in Italy so this is a blend.



Batter

2/3 cup (100g) chickpea flour (besan)

1/4 cup (35g) cornflour

2 level tsp ground Mrs R's ground turmeric

200ml sparkling water, chilled

Combine the chickpea flour, cornflour and turmeric in a bowl.

Season with salt and pepper (I also add some lemon pepper seasoning sometimes and leave out the straight S & P) then whisk in sparkling water until smooth. The batter needs to look like thin cream. You can add some chilli powder if you like.

The mix for the filling was 250g smoked fish (shredded) in a bowl with 1/2 cup of thin sliced red onion and 1/2 cup of grated carrot that had been patted dry.

I pour the batter into the bowl, 1/2 cup at a time and mix through. I repeat this until I get an even coating over the fish mix and then deep fry tablespoon lots.

You can also replace the fish with grated vegetables of choice

[Dutch Oven Pulled Pork with BBQ Sauce](#)

Coming into winter there is quite often pork roasts on special somewhere. In this recipe I combine the flavour of Mrs Rogers Smokey BBQ Seasoning in a sauce and season the pork with Southern Mediterranean flavours.



Sumac is used in the rub and adds a lovely sharp lemon citrus hit to the roast. It also helps balance the sweet flavour of the pork fat as it renders with the slow cooking.

The rub and sauce can be made ahead of time.

For the pork



- 1.5 to 2kg pork shoulder roast
- 1/2 cup chicken stock
- 1 apple cider vinegar

For the rub

- 2 teaspoons paprika
 - 1 teaspoon ground sage
 - 1 teaspoon ground sumac
 - 1 teaspoon dried thyme
 - 1 teaspoon each salt and freshly ground black pepper
- Place all the ingredients in a jar and shake to combine. Store sealed in your pantry and use as required.

For the sauce

- 1 1/2 cups of tomato purée
- 1/3 cup fine chopped red onion,
- 2 tablespoons cider vinegar
- 2 teaspoons sugar or honey
- 1 teaspoon Worcestershire sauce

- 2 teaspoon Mrs Rogers Smokey BBQ Seasoning
- 1/4 teaspoon saltPut the tomato purée, onion, cider vinegar, sugar, Worcestershire sauce, crushed red pepper, garlic powder and salt in a heavy, medium saucepan and bring to a simmer over medium heat.Reduce the heat to very low and simmer, uncovered, stirring frequently, for 10 minutes to blend the flavors. Remove from the heat.

Bottle in a warm jar with lid and store in the fridge. Use within two weeks.

Method

Preheat the oven to 160 degrees C.

Coat the pork all over with the rub and place in the Dutch oven. Pour the stock and cider vinegar around the pork. Cover and cook in the oven for 4 hours to 4 hours and 20 minutes, until the pork is cooked through and easily breaks apart with a fork but still looks moist.

Remove the pork from the oven and place in a shallow baking dish, reserving the pan juices.

Set aside to cool for approximately 15 minutes, then shred into bite-sized pieces using two forks.

Mix the pan juices and some of the sauce and warm to on the stove.

Serve the pulled pork in buns with caramelised sauce or with your choice of sides.

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

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.

North African Beef Cheeks With Orange

Serves 4



- 4 250g beef cheeks
- 4 tbsp flour of choice, seasoned with salt and pepper
- 1 400g (16 oz) can crushed Italian tomatoes
- 4 tbsp olive or vegetable oil
- 2 onions, peeled and diced rough and chunky
- 3 cloves of garlic, diced
- $\frac{1}{2}$ tsp Mrs Rogers chilli flakes
- 1 tsp Mrs Rogers ground cumin
- 1 tsp Mrs Rogers ground cardoman
- 1 tsp Mrs Rogers smoked paprika
- 2 cups beef or vegetable stock (broth)
- 1 cup orange juice
- Grated zest of one orange
- 1 cup diced prunes
- 1 cup diced dates

1 400g tin kidney beans, well rinsed

Method

Pre-heat oven to 150C

Mix the beef cheeks in a bag with the seasoned flour. Remove and shake off any excess flour.

In an oven and stove top safe casarol dish heat 2 tablespoons of oil over a medion hot heat. Once hot add 2 beef cheebcs and brown on all sides. Remove to a dish and finish the other two and set aside.

Add the other two tablespoons of oil and onion, cook for 5 minutes, stiring. Once they have started to sweet down add the paprika, cumin, cardoman and chilli. Reduce heat to medium and stir to combine. Cook stiring for 1 minute and add the tomatoes, garlic, orange zest, prunes and dates.

Cook for 2 more minutes and add 1 cup of stock and the orange juice. Once it is simmering add the browned beef cheeks. Top with stock, cover and bring to a simmer.

Once simmering place in the oven and cook for 2.5 hours.

After 2.5 hours remove and stir in the kidney beans. Taste sauce and adjust seasoning to taste and return to oven for 2 hours.

Remove and stir.

Serve on a bed of rice or over a sweet potato mash.

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.