

# 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 is 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.

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## 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 is 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.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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**Manawa Honey Bacon Wrapped**

# Sweet Potato

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Serves 4

## Ingredients

4 medium sized Kumara, peeled  
8 strips of streaky bacon  
2 Tbsp Manawa honey, lightly warmed  
2 Tsp lemon juice  
Salt and pepper to season  
Sour cream (optional)

## Directions

Peel and place sweet potatoes in salted cold water and bring to a boil. Turn down to a simmer and cook till just tender to the centre, 10-15 minutes depending on size.

While they are cooking warm the honey so its just runny, take off heat and add the lemon juice and stir to combine.

Drain off the water and replace with cold water to "shock" the sweet potatoes to cool.

Pre-heat oven to 180C.

Season the sweet potato lightly with salt and pepper all over.

Starting at one end wrap with the bacon. Secure with tooth picks if required and baste the bacon with the lemon honey and place on a baking tray. Cook in the oven for 20-25 minutes until cooked, basting once after ten minutes with the lemon honey.

Serve hot as a side with sour cream and diced chives if desired.

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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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# Manawa Honey Balsamic Reduction

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## Manawa Honey Balsamic Reduction

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.

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## 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.

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# 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.

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# 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.

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## 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.

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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.