

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

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
 $\frac{1}{2}$ 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.

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.

Batch10 Bourbon Bacon Bun Brunch with BBQ Sauce

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2tbsp B10 bacon onion jam

Recipe

– <http://www.tasteofhome.co.nz/batch-10-bourbon-bacon-jam/>

$\frac{1}{2}$ cup B10 barbecue sauce, divided

Recipe

– <http://www.tasteofhome.co.nz/batch10-honey-bourbon-bbq-sauce/>

2 cloves garlic, chopped fine

2 red onions, sliced thinly

2 red peppers, sliced thinly

2 green peppers, sliced thinly

2 yellow peppers, sliced thinly

$\frac{1}{2}$ cup ginger beer (or beer of choice)

1tbsp butter, more or less to taste

Salt and pepper to taste

6 pork and fennel sausages, casings removed and lightly diced

Chopped Italian parsley, if desired

rolls or soft buns of choice

Slice up all the vegetables and set aside.

Add a splash of oil in a large, heavy based skillet and over a medium to high heat brown off the sausage meat breaking it up as it cooks. When it is $\frac{3}{4}$ brown add the B10 bacon jam, garlic and combine. Cook for another 10 minutes and once the meat is cooked remove to a bowl saving the juices in the skillet. Place the bowl in a warm oven

Add additional oil if needed, add vegetables and soften them over a medium heat, about 10 minutes. Add the ginger beer, butter, and mix to combine. Season with salt and pepper to taste. Simmer to reduce the liquids by $\frac{1}{3}$.

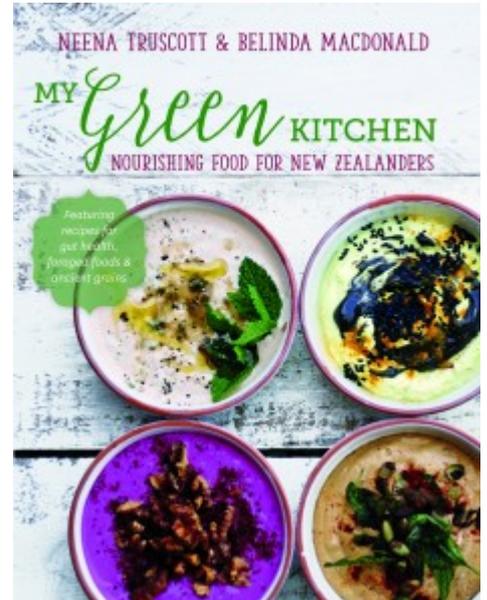
Add the B10 BBQ sauce and combine. Continue to simmer for another 10 minutes.

Lightly toast you buns under the grill in your oven for 1 to 2 minutes to warm then up and give them a bit of colour.

Scoop some of the meat into the base of the buns and top with vegetable. Drizzle with remaining barbecue sauce and dress with some parsley over top of each one.

My Green Kitchen

My Green Kitchen by [Neena Truscott](#) and [Belinda Macdonald](#)



Free worldwide shipping –

[My-Green-Kitchen by Neena-Truscott-Belinda-Macdonald](#) – NZ\$39

My lovely friends have just released a wonderful book that is full of inspirational recipes integrating the healing power of foods in easy-to-make family recipes. These recipes have a focus on restoring gut health, utilising leftovers and seasonal abundance and foraging for superfoods.

Also included are herbal recipes for stimulating vibrant health and innovative ideas for meals which feature ancient grains, and how to indulge in sweet treats without the 'nasties'. The book features an article on 'ancestral eating' from Ben Warren of BePure, one of NZ's leading nutrition and holistic health experts.

Written by the winners of the first My Kitchen Rules NZ, Neena Truscott and Belinda Macdonald I love their work. This book reflects their love and commitment to good, healthy foods and take you on a journey in your own kitchen.

Two Thumbs Up, well worth getting.

YMCA Potato Ball Top Pot Pie

YMCA you ask?



It's what my mum used to call leftovers for dinner. I would ask sometimes after getting home from school about what's for dinner and I often got YMCA "Yesterday's Muck (meal) Cooked Again"

My mother was a master at making something from nothing and this dish is inspired by the way she used to use leftover stew and mashed potato or sweet potato made into dumpling like balls to top the stew. Rather than doing a cheese topping she glazes with melted butter creating a wonderful colour.

Serves 4

Ingredients

600g leftover stew or mince that's been cooked with vegetables

300-400g cold mashed potato or sweet potato (combined is great)

1 small egg

1/3 cup breadcrumbs

1/3 cup fine grated parmesan or other strong cheese

2 tablespoons chopped fresh parsley

75g butter melted

Salt and pepper to taste

Method

Preheat oven to 175C.

Select an oven dish that when the stew is added it will fill $\frac{3}{4}$ of the dish.

In a large bowl add the cold mashed potato, breadcrumbs, cheese, parsley, egg and season with salt and pepper to taste. Wet your hands and combine all the ingredients. Make into a large ball, cover in bowl and chill in the fridge for 15 minutes.

Add the stew to the oven dish and even out the top so its level.

Remove potato from the fridge and using a tablespoon make round balls of even size adding each as they are made to the top of the stew. Keep going until the stew is completely topped with the potato balls.

Brush the top of the balls with the melted butter and bake in the oven for 40 minutes or until its warmed up. Brush again after 20 minutes.

Serve the stew in bowls with potato balls on top.

Spicy Cottage Pie With Sweet Potato Topping

I love my sweet potato topped cottage pie. In winter its a go to as I have leftovers for the next day.



Ingredients

400g (1lb) ground beef mince
3 medium sweet potatoes, peeled and cubed
2 tbsp butter, more or less
2 tbsp milk, more or less
salt and pepper
1 tbsp olive oil
1 small onion, diced
1 red bell pepper, diced
3 cloves garlic, minced
1 4-oz can green chillies or diced jalapenos (depending on heat preference – I actually used one of each!)
2 tsp chili powder, or more to taste
1 tsp oregano
2 tsp ground cumin
1 14.5-oz can tomato sauce
1 and 1/2 cup shredded cheese
fresh cilantro, chopped, for garnish

Method

Preheat oven to 200C (400F) and place a large cookie sheet on bottom rack of oven to catch drips.

Add cubed sweet potatoes to large pot with enough water to

cover potatoes completely. Bring to a simmer over medium-high heat and cook until tender (mine took about 9 minutes). When potatoes are fork-tender, remove them to a large bowl, add butter and milk (eyeball it), and mash with a masher. Season with salt and pepper.

While potatoes cook, heat olive oil over medium low heat in large skillet. Add onion, red pepper, and garlic. Season with salt and pepper and cook 7-8 minutes, stirring often. Add green chillies/jalapenos and cook 2-3 more minutes. Remove vegetables to small bowl and set aside.

Turn heat on skillet up to medium and add ground beef mince. Brown beef, breaking apart with wooden spoon until fully cooked. Drain off grease. Mix in chili powder, oregano, and cumin. Season well with salt and pepper. Mix in cooked vegetables and tomato sauce. Cook 5 minutes more, stirring often. Taste and season as needed.

Coat 9-inch pie plate or baking dish with oil. Add beef/veggie mixture evenly over bottom of dish. Sprinkle cheese over top, then spoon mashed sweet potatoes evenly over top.

Bake 30 minutes. Let set 5-10 minutes before serving.

[Smoked Salmon Pate](#)

Ingredients



150g smoked salmon, trimmings are fine

200g tub soft cheese

1 tbsp crème fraîche, only if you have some

juice half a lemon

zest $\frac{1}{2}$ lemon

1/2 teaspoon Dijon mustard

1 tablespoon fresh chives, chopped fine

1 tablespoon fresh dill, chopped fine

1 tablespoon fresh parsley, chopped fine

Method

If you aren't using smoked salmon trimmings then chop the salmon into small pieces. Tip the soft cheese, mustard, crème fraîche (if using) zest and lemon juice into a food processor, season generously with black pepper and blitz to your liking. Add the smoked salmon and pulse a few times if you want the pâté chunky or blitz some more if you want the pâté smooth and pink.

Stir the herbs into the paté and spoon into a large or four smaller bowls and serve on slices of cucumber or as dip with vegetable sticks.

YMCA Roasted Vegetable Green Salad

Serves two as a main or four as a side



I have to dedicate this recipe to my mother, #1 lady and more with a look that stopped several politicians in their tracks when she wanted to say something to them.

I would come home from school as a kid, and yes, I would ask “MUM, what’s for dinner”. Often her answer was “YMCA” “Yesterday’s Muck (meal) Cooked Again” usually served with meat cold cuts and homemade relishes and cheese.

Leftover roasted vegetables served on a bed of fresh seasonal greens, dressed with a nutty oil, lemon juice and a nice sweet balsamic is an everyday winner for me.

Ingredients

3 cups diced leftover roasted vegetables. Sweet potato and pumpkin are my choices

1 medium red onion, cut into 8 wedges

1 medium brown onion, cut into 8 wedges

1 red bell, green or yellow pepper, cut into 1-inch chunks

4 tbsp Brookfarm Macadamia oil or extra-virgin olive oil, divided

1 tsp sea salt, divided

1 tsp pepper, divided

2/3 cup coarsely chopped walnuts

2 tbsp good-quality red wine vinegar

2 to 3 tbsp honey

180g (6 oz) loosely packed mixed seasonal fresh salad greens

Method

Preheat oven to 200C (400F)

In a large bowl toss the onions and bell pepper with 3 tbsp olive oil and 1/2 tsp each salt and pepper.

Spread them over a rimmed baking sheet and roast until tender, about 20 minutes, turning over halfway through the baking time. Add the 3 cups roasted vegetables on the top of them to warm for the last 10 minutes and sprinkle the walnuts over to top.

While this finishing whisk together 1 tbsp of oil, vinegar, honey and the remaining 1/2 tsp each of salt and pepper.

Toss the greens in a large bowl with half of the dressing. Divide among 4 plates.

Let the vegetables cool for about 5 minutes then transfer to the large bowl and toss with the remaining dressing. Spoon over the greens and serve warm.

Serve as a side with cold cuts, YMCA roasted meats or hot BBQ'd meats.

Spiced Chicken and Capsaicin (Bell Pepper) Soup

Italy is well known for its light and fresh soups and this recipe is inspired by my love of the food from the south of Italy.



Serves 4

Ingredients

1 tbsp olive oil

1 each of orange and red capsaicin's (bell peppers), thinly sliced

1 small onion, chopped

3 large garlic cloves, chopped

1 tsp dried basil

2 tsp fennel seeds

1/2 tsp dried crushed red chilli pepper (more or less to your taste)

5 cups chicken stock (broth)

1 can Italian style (Roma) diced tomatoes

2 carrots, peeled and sliced

200g (8 ounces) button mushrooms, quartered

2 tsp capers

1-1/2 cups shredded cooked chicken (leftover from a roast is great or rotisserie chicken from market)

Grated Parmesan cheese

Method

Heat oil in heavy large saucepan over medium heat.

Add capsicin's (bell peppers), onion, garlic, basil, fennel seeds and crushed red chilli and sauté until vegetables are just tender, about 10 minutes.

Add carrots, canned tomatoes and stock (broth). Simmer until the carrots are tender, another 10-15 minutes. Increase heat to high and bring soup to boil. Add chicken and capers and cook just until heated through, about 2 minutes.

Season soup to taste with salt and pepper. Ladle soup into warm bowls. Serve, with a light sprinkle of the cheese. Don't add too much cheese and this can make it taste too salty.