

# 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 you stir 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.

Recipe developed for Manawa Honey NZ  
by Chef Jimmy Boswell  
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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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## [Sicilian Tomato Sauce with a Horopito Twist](#)

Nothing beats a good home-made tomato sauce and the smell in the kitchen as it's cooking is just fantastic.



In this recipe I have added native Horopito leaf that have been ground and added to natural salt and other seasonings. [New Zealand Horopito](#) brings a wonderful finish to sauces, slow cooking, marinades, roasted meats and vegetables, wild game, seafood and lots more.

You can use this as a base on pizza, with meatballs, as a dipping sauce and in your general cooking.

### Ingredients

1 tsp [Rhayne Horopito Wild Herb Seasoning](#), split into  $\frac{1}{2}$  tsp lots  
800g (2lb) can of crushed tomatoes  
1 medium-large onion, diced

2 tbsp extra virgin olive oil  
3–5 cloves garlic, crushed with the flat of a knife and sliced thinly  
1 cup chopped fresh basil  
 $\frac{1}{4}$  cup chopped fresh rosemary  
 $\frac{1}{4}$  cup chopped fresh oregano  
 $\frac{1}{2}$  cup red wine  
4 bay leaves  
1 cup chicken or vegetable stock  
sea salt and freshly ground black pepper to taste  
200g (4oz) tomato puree  
 $\frac{1}{2}$  cup fresh Italian parsley



## Method

Sauté onion in olive oil and simmer over low heat, covered, for 10 minutes. Add the garlic, basil, rosemary and oregano and simmer, covered, for another 5 minutes or so. Uncover and add wine and bay leaves.

Continue simmering until the mixture has reduced by about half. This should take about 30–45 minutes.

Add tomatoes, chicken/vegetable stock,  $\frac{1}{2}$  tsp RHayne [Horopito Wild Herb Seasoning](https://rhayne.co.nz), purée and simmer for 1 hour. You can reduce the sauce further and intensify the flavour by simmering over a low heat for another 2 hours. I have let the sauce simmer for up to 4 hours when I want to develop the taste.

When ready, remove the pot from the heat and taste. Season with the other  $\frac{1}{2}$  of the Horopito Wild Herb Seasoning to taste and serve with fresh chopped Italian parsley can be added at the end.

Tip: If you want to turn this sauce into a base that is great for pizzas, add 10–12 sliced olives (don't forget to remove the pips) and 1 tbsp capers in the last 15–30 minutes of

simmering.

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## [Horopito Seasoned Aged Rump Steak](#)

Rump steak is for me a delicious choice and there's no need to splash out on an expensive cut. You can mix and match your sides with this recipe and for a crowd its easy to scale. Using the [Rhayne Horopito Wild Herb Seasoning](#) takes this tasty piece of meat to the next level.



For me its very important that the steak is well aged and a thick cut. Have a chat with your butcher, they will be able to help.

Serves 4

$\frac{1}{2}$  teaspoon [Rhayne Horopito Wild Herb Seasoning](#)



600g (1.5lb) thick piece of rump steak

2 cloves of garlic, halved

2 tbsp sweet balsamic vinegar reduction, plus a little extra

Put the beef in a wide shallow dish and rub it all over with the garlic halved and then chop the garlic roughly. Season with salt and fresh ground black pepper and the sweet balsamic vinegar. Leave to marinate for 2 hours or covered over night in the fridge.

Make sure your barbecue or grill is really hot before starting to cook.

Barbecue (or grill) the beef for 3-4 minutes on each side, depending on how thick it is. Take off the barbecue and season with the [Rhayne Horopito Wild Herb blend](#) and cover with foil for 5 minutes, then slice thinly across the grain and serve with the meat juices.

Serve with sweet potatoes roasted with rosemary and garlic and fresh salads on the side and also seasoned with some Rhayne Horopito Wild Herb right before serving.

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## [Whole Roasted Beef Sirloin](#)

Entertaining for a crowd? Whole roasted sirloin is a “go to” for me. This recipe is simple and easy to do.



## Ingredients

1 whole piece of sirloin, fat on – around 2-2.5kg  
3 bay leaves  
2 sprigs fresh rosemary  
500ml beef stock  
200ml good shiraz or cabernet sauvignon  
Salt and freshly ground black pepper

## Method

Preheat oven to 150 C

In a deep sided baking dish, add stock and red wine and then place whole sirloin in baking dish and add herbs.

Season with salt and pepper

Cut two lengths of aluminium foil 10cm longer than your baking dish and pleat together to form one wide, long piece. Use the foil to totally seal the sirloin/baking dish.

Place into preheated oven and cook for 4.5 to 5 hours.

Remove from oven, remove foil and increase the heat to about 180 C.

Finish off the beef by placing into the oven for another 30-45 minutes. Remove beef, cover with foil and allow to rest.

Ladle off the juices remaining in baking dish and allow fats to settle out. Skim off fat once cooled.

Put juices into a small saucepan and reduce to about half, over low heat.

If serving immediately, cut into 'steak' sized slices – you'll not achieve thin slices!

You only need a little of the gravy/jus as it is very rich. Put remaining jus into a sealed container for later!

When cold the sirloin can be sliced in paper thin slices.

Put a little cold jus (which will have solidified under refrigeration) into a small container, add thin slices of sirloin, smear a little more jus over slices and either re heat in an oven (125 C).

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## Honey Turmeric Chicken Skewers

Serves 4



## Ingredients

6 chicken thighs cubed, deboned, skin-on  
2 cloves garlic, minced  
2 tbsps fresh lemon juice  
2 tbsps honey  
 $\frac{1}{2}$  tsp cumin  
Scant  $\frac{3}{4}$  tsp turmeric powder  
Pinch of cayenne pepper  
Salt and pepper to season  
1 tbsp oil of choice  
8 bamboo skewers

## Method

In a medium sized bowl add the garlic, honey, lemon juice, spices, pepper and salt. Combine well and then add the chicken and turn to cover all the chicken pieces. Cover and rest in fridge for 2 hours.

Soak bamboo skewers in water for 1 hour. About 30 minutes before heating the grill, remove the chicken from the fridge and let sit at room temperature.

Thread the chicken on the skewers, packing tightly together. Grill on bbq over medium heat, turning occasionally until cooked through, about 10 to 15 minutes.

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## [Venison Fillet On Parsnip Puree](#)

## Ingredients



Serves 4

2 x 500g pieces Venison Fillets  
4 large fresh thyme sprigs  
2 bay leaves, torn into small pieces  
100ml olive oil  
25g butter  
1 tsp plain flour (rice flour for gluten-free)  
50ml sweet balsamic reduction  
125ml red wine  
150ml chicken stock  
Salt and pepper to season

### Parsnip Puree

400g parsnips, peeled, thinly sliced  
2 garlic cloves, thinly sliced  
 $\frac{1}{2}$  cup cream  
 $\frac{1}{2}$  cup milk  
2 tablespoons butter  
Salt and pepper to season

### Method

Pre-heat oven to 200C (180C fan bake)

Season the fillet pieces all over with salt and pepper and rest for 10 minutes.

## Puree

Bring parsnips, garlic, cream, milk, and butter to a boil in a medium saucepan. Reduce heat, cover, and simmer until parsnips are very soft, 10–15 minutes. Uncover and cook until liquid is reduced by half, about 5 minutes; season with salt and pepper to taste. Purée in a blender until smooth.

Do Ahead: Purée can be made 1 day ahead. Let cool; cover and chill. Reheat over medium-low, stirring often.

## Fillet

Heat large ovenproof skillet on medium high heat. Add the oil, heat and then sear the fillets for 1 minutes per side (all 4 sides) to seal the meat. Remove from the heat and add the thyme and bay with the seared venison.

Place in the oven and bake for 10 minutes. Turn once after 5 minutes. Remove from the oven and remove fillets from skillet place on a warm plate and cover with foil to rest and cool.

Place skillet back on stove on medium heat (retaining 2 tsp of the oil). Add flour, balsamic and wine to the skillet and with a wooden spoon deglaze pan and combine ingredients. Remove the bay leaves and thyme stalks, add the stock and any juices that may have released from the resting venison and simmer for 5 minutes stirring often. Add butter 1 tsp at a time, stirring to incorporate.

Slice the fillets in 15mm pieces and serve on a bed of the puree with sauce drizzled over the meat with steamed seasonal greens of choice

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# Moroccan Inspired Lamb Shanks

Serves 4



I served this dish as a main at a bistro I was working at this winter and people loved it so much I have decided to share the recipe.

## Ingredients

2 tbsp olive oil

4 lamb shanks

2 onions, sliced

4 garlic cloves, chopped

2 cups beef stock

1 cup fresh orange juice

Juice and zest of one lemon

1/2 cup pitted dates, halved

1/2 cup prunes, halved

1 cinnamon stick

1 tsp cumin

1 tsp cardamom

coriander leaves, to serve

Method

Heat oven to 160C (320F)

Heat oil in a large heavy-based saucepan big enough for the shanks to fit in on medium. Brown each shank on all sides and set aside.

Sauté onion and garlic in same pan 2-3 minutes, until tender. Add the rest of the ingredients and bring to a simmer. Add the shanks and bring back to a boil. Put lid on and place in oven and cook for 2  $\frac{1}{2}$  hours. Turn shanks and cook for an additional hour.

I serve this on a creamy sweet potato mash or cauliflower rice.

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## 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.

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## Pan Seared Salmon on Grapefruit Salad

Serves 4



### Ingredients

2 Ruby grapefruit  
2 tbsp sweet balsamic reduction  
([I use Jomeis from Jayla Fine Foods](#))

4 cups mixed salad greens  
2 cups snow peas tipped and cut into three  
1 cup micro-greens of choice  
2 ripe avocados, pitted and sliced  
2 tablespoons fresh lemon juice  
2 tablespoons olive oil  
1/2 teaspoon sea salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
Olive oil for cooking salmon  
3 150g (5-ounce) salmon fillets (skin off)  
1/2 cup honey toasted walnuts, roughly chopped

## Method

Peel and segment grapefruit with a sharp knife on a cutting board; reserve juice in a bowl.

In a bowl mix lemon juice, olive oil, salt, pepper and [sweet balsamic reduction](#) so its combined.

In a large bowl add salad greens and pour the dressing and turn to combine.

Divide salad among 4 serving plates. In a small bowl.

Sprinkle remaining salt and pepper over both sides of salmon. Coat a large nonstick skillet with oil; heat over medium-high heat. Add fish to skillet, and cook until skin is golden and fish releases easily from pan (about 4 minutes). Using a spatula, gently flip fish and cook about 3 minutes more. Once salmon is cooked rest for 2 minutes and then break each fillet into 8 pieces .

While the salmon is cooking place slices of avocado on top of each salad and then place equal amounts of grapefruit pieces on the avocado to form a bed for the salmon to rest on.

Place the salmon pieces on the grapefruit and dress with honey walnuts and micro-greens.