

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 a 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.

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.

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 salt
- Put 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.

Manawa Honey Apple Bacon BBQ Sauce



[Visit Manawa Honey's website click here](#)

[or Facebook click here](#)

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 wizz, 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.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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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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Lamb-pork Patties Topped with Poached Egg

Ingredients



- 400g lamb, beef or pork mince, or a mix of your choice
- 2 slices streaky bacon, diced fine
- $\frac{1}{2}$ brown onion chopped finely
- 1 egg, lightly beaten
- $\frac{1}{2}$ cup bread crumbs, use gluten free as required
- 1 tsp dried parsley
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 3 tbsp grated carrot
- 1 tsp 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

Method

These can be made ahead and stored covered in the fridge.

In a large bowl, combine all ingredients 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 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 4 even sized balls. Cut each in half again.

Shape into 25mm (1 inch) thick patties. I use an egg ring to shape the patties so they are all uniform in size and cook off evenly.

Cook on your heated BBQ or heavy based fry pan for 4 minutes on each side or until they are done to your desired doneness.

Serve with egg poached to your taste with some salad greens

Sweet and Sour Glazed Meatballs

Ingredients



500g (1.1lb) ground lamb, turkey, beef or pork mince

3 cloves garlic, minced

2 tbsp chopped fresh parsley

1 tbsp fresh thyme, leaves removed from stems

3 tbsp fresh bread crumbs, use gluten free as required

1 egg, slightly beaten

1/2 tsp salt

1/4 tsp freshly ground pepper

olive or coconut oil

Sweet & Sour Glaze

1/2 cup honey

1/4 cup plum sauce

1/3 cup dried cranberries

2 tbsp rice vinegar

1 tsp minced ginger

1/4 cup pineapple juice

1 tbsp tomato sauce of choice (ketchup)

1 tsp GMO free cornflour (cornstarch)

Method

Combine beef, garlic, parsley, thyme, bread crumbs, egg, salt & pepper. Mix well and shape into 25mm (1 inch) balls. Place on a flat tray, cover and rest in the fridge for 1 hour.

Preheat oven to 175C (350F)

Heat the oil in a large skillet or heavy based frying pan over medium high heat. Cook the meatballs straight from the fridge in 2-3 batches for 3 minutes per side or until the center is cooked.

Drain on paper towels. Add more oil if necessary between batches.

Place the meatballs in a large casserole dish and cover with the sweet & sour glaze and bake for 15 minutes.

Sauce

Combine all ingredients in a small saucepan and cook over medium low heat for minutes until slightly thickened.

[Whole Baked Pork Fillet with Plum Sauce](#)

Ingredients



Marinade

1½ cups olive oil

1 cup plum sauce

¼ cup red wine vinegar

Juice of 1 lemon

1-2 tbsp fresh parsley, finely chopped

Fresh ground black pepper, to taste

4 cloves garlic, peeled and minced

1kg (1.1lb) pork fillet (tenderloin)

Method

Combine all marinade ingredients and reserve 2-3 tbsp.

Place the pork fillet and marinade in a Ziplock bag and let marinate for at least 3-4 hours.

Preheat oven to 175C (350F).

In a proof skillet over medium-high heat add the reserved olive oil and sear each side of tenderloin for 2-3 minutes. Place in the oven and cook for 30-40 minutes or until the meat is cooked. Remove from the skillet, cover with foil and rest 10 minutes.

Sauce

Pan scrapings from pork tenderloin

½ cup of chicken stock (broth)

2-3 tbsp of pork marinade (thoroughly mixed)

1-2 tsp butter

Place the skillet back on the stove over medium heat. Add the chicken broth and scrape up all the browned pieces from the bottom of the pan. Add the marinade and let it boil down for 2-3 minutes. Add the butter and remove from heat stirring until butter has melted.

Slice the pork and pour the sauce over it and serve.

Prosciutto Melon Starter

Quick, fresh and a yummy balance of flavours. The watercress adds a light, peppery finish to each bite. This recipe can easily be scaled to your needs.



Ingredients

10 slices prosciutto
10 slices melon
Lemon garlic dressing
Watercress

Method

Wrap the prosciutto around the melon pieces and place on a

plate together. Place desired serving numbers on individual plates then drizzle with the dressing and top each serving with watercress.

Lemon Garlic Dressing

Ingredients

4 cloves garlic, minced or finely chopped (more if you LOVE garlic)

1/2 tsp of black pepper (more if desired)

2 tsp salt

1/2 cup Extra Virgin Olive Oil

1 cup freshly squeezed lemon juice

Method

Mix all ingredients into a container that has a tight fitting lid. Place lid on tightly and shake vigorously until olive oil and lemon juice blend into one, after about 1 minute of shaking.

Roasted Pork Belly with Crispy Crackling

This recipe does have several steps in it, they are easy to do and when I cook my pork belly this way the crackling is just the best. It's a make ahead recipe I start a day or two before I want to serve.



Ingredients

1.5kg (3.3lb) pork belly

3 garlic cloves, chopped finely

1 tbsp of fennel seeds (lightly toasted)

3-4 sprigs of rosemary, removed off stem, rough diced

1 tsp 5-spice powder

sea salt



2 tsp fresh ground black pepper

Olive or coconut oil for brushing

Aluminum Foil

Butchers string

Method

In a smallish bowl add the garlic, fennel seeds, salt, pepper and 5-spice and mix well.

Make lengthwise scores on pork belly skin (the width of these scores should be the width you would like to cut for individual servings). Make sure that the scoring breaks the fat just touching the flesh underneath without cutting into it, and make sure the skin is cut to the end both sides.

With hot boiling water, pour over the shin to blanch it. You will notice the skin shrinking a wee bit and turning a little translucent. Pat completely dry.

Turn the pork over to the meat side up and make a couple of deep slashes across the flesh diagonally. This will help the marinade penetrate deeper into the flesh and assist in the rolling as well.

Rub the marinade well into the meat (underside) making sure you rub the marinade into the deep slashes created.

Place the pork belly in a roasting pan, cover and rest overnight in the fridge. This will assist in drying the meat a little.

The Slow Roasting

Remove pork from fridge and let it come to room temperature, about 30 minutes.

While the meat is warming up pre-heat oven to 140 C (285 F)

Turn the pork meat side up and sprinkle the rosemary evenly over the meat. Cut several lengths of butchers string, about 5 for this size of roast. Roll tight the pork belly and tie with the string. I start towards the centre and work out to the ends.

Brush oil all over the outside of the roast and then rub with sea salt all over the skin. Don't use too much salt. An even, light coating is what we are after.

Place the rolled pork on a rack in a roasting pan. Fill up with water just before it touches the pork (if you like me, do not have a proper size rack, I propped the pork up on several over-turned, oven-proof ramekins instead). Cover the entire pork with foil.

Slow roast for 3 hours, checking every hour to see if you need

to refill the water. Pork juices will get collected in the water, and this could be use as a base for a beautiful gravy later.

After roasting, let it cool. Once cool, you can return it into the fridge uncovered to dry the skin further for a couple of hours (if you are serving this pork later, you can also keep it overnight, bring the pork out to room temperate and roast it 30 mins before serving your guests). If you don't have the time, pat the skin dry again.

As for the remaining juices in the pan, you can keep it overnight or leave it in the pan to be re-used for the final crackling stage.

Crackling

Pre-heat oven to 230 C (450 F). You may use the same roasting pan with the pan-juices. Add more water (as the hot oven will dry it out almost immediately).

Place pork on a rack, in the water bath.

Brush the skin evenly with oil. Sprinkle a light covering of sea salt on top.

Roast for exactly 30 mins in a the oven. Turn it after 20 mins, so skin get evenly crackled.

Let it rest 10 mins covered before cutting and serving. Drain the oil in the roasting pan and use the remaining juices to make a lovely gravy.