

Homemade Chilli Orange Chocolate Sauce

This sauce has to be one of my all time favourites. It is so easy to make and the better the quality of chocolate that you use the better the resulting taste. It stores well for a couple of weeks in a sealed container in the fridge and it's a sauce that can be made ahead of time and warmed up.



Ingredients

400g (14oz) of dark 80% cocoa chocolate, chopped in pieces

1/2 cup of full milk

1/2 cup of cream (heavy)

1/4 cup granulated sugar or raw honey

1/2 teaspoon chili powder

1 orange, zested

25g (1oz) butter

1 teaspoon of vanilla extract

Method

Add the chocolate, sugar, chilli, orange zest, milk and cream to a heavy based saucepan and melt the chocolate over low heat, stirring continually until all the chocolate is melted and combined with the other ingredients.



Add the vanilla and butter, remove from the heat and combine then set the sauce aside to cool. Reheat it briefly before using it.

Dairy Free Version

If people do not want to use milk and cream they can replace them with 1 cup of coconut milk that has warmed up to a gentle simmer, let cool slightly and added once the chocolate has melted. Add and combine without the butter.

Any leftover sauce keeps well refrigerated for many weeks in a sealed container.

[Honey Mustard Pork or Lamb Sausages](#)

Sausages are a great go to when you want a quick and satisfying meal. Pork or lamb sausages are great with a honey mustard glaze. This recipe is easy to do and the glaze imparts a wonderful layer of taste.



Serves 4

Ingredients

8 good quality pork or lamb sausages

1 tsp wholegrain or Dijon mustard

2 tbsp honey

Note – increase the quantities of the glaze if you want more sauce that can be warmed up and served on the side following cooking.

Heat the oven to 200 C (400 F). Mix the mustard and honey together in a small bowl.

Place the sausages in a roasting tray. Rub the glaze all over the sausages and place the tray in the oven.

Cook for about half an hour until brown and cooked through. Be sure not to over cook the sausages and never prick them otherwise you will lose lots of sweet flavour and they can become dry.

Serve with your choice of sides. This goes very well with sweet potato wedges and some sour cream on the wedges.

Mushrooms in Garlic and Plum Sauce

This dish is a wonderful starter and can be served with tooth picks or as a side. There is a bit of heat, sweetness and acid from the vinegar and lemon zest to balance it all out.



Side or starter

Ingredients

30 medium sized white button mushrooms

1 tbsp olive or coconut oil

4 garlic cloves, finely minced

3 tbsp plum sauce

1/2 tsp red chili flakes

2 tsp honey

1 tsp cider or white vinegar

1 tsp lemon zest

salt & pepper to season

finely chopped parsley to garnish

Method

Heat oil in a frying pan. Add in garlic and sauté till lightly golden brown. Add in mushrooms and coat well with the oil.

Let the mushroom cook till the liquid released from the mushrooms evaporates.

Add plum sauce, lemon zest, chili flakes, honey, vinegar, salt & pepper.

Sauté for about 4 to 5 minutes till the sauce thickens up and mushrooms are coated evenly.

Serve hot and garnish with chopped parsley.

Red Wine Jus

1 cup dry red wine, whatever your drinking



1 cup chicken or beef stock (broth)

2 cloves of garlic,

1 sprig of fresh rosemary

Grab a small saucepan and put it over a low heat. Smash 2 garlic cloves with the flat side of your knife and drop them into the saucepan.

Pour in the wine and submerge the rosemary sprig. If your rosemary too long to fit in the saucepan cut it in half with some scissors.

Let the red wine simmer with the herbs over a medium heat until the volume has reduced by half. This should take about 20 minutes depending on how hot your stove is. Give it a swirl around the pan every 10 minutes to combine.

Once reduced, pour in the stock along with a some fresh ground black pepper.

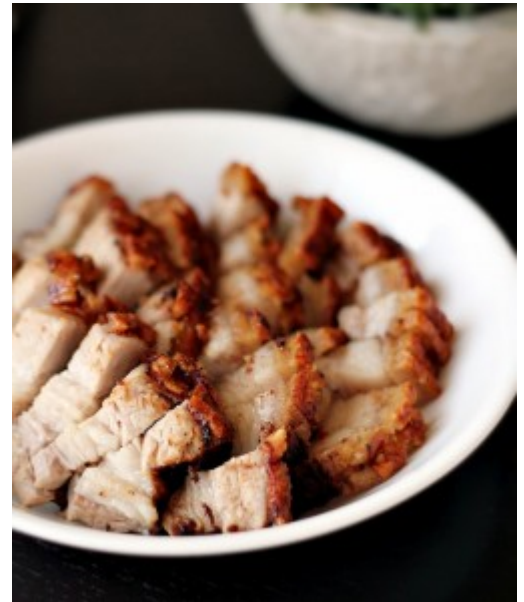
Again, let the sauce reduce by half over a medium heat (let it simmer, but not boil) for about another 20 mins.

You can make this ahead of time and reheat. Leaving it on a lower heat for longer will give you a much more concentrated sauce.

Strain through a fine sieve, or just spoon out of the saucepan over the meat

[Crispy Pork Belly with Red Wine Jus](#)

I love to make this dish when I have friends coming over for a relaxed meal.



Ingredients

1 kg (2.2 lb) pork belly, deboned

Sea salt

Olive or coconut oil

Marinade

2 tsp five-spice powder

1 tsp salt

1/4 tsp fresh ground pepper

Method

Boil some water in a pot large enough to hold the pork belly with 2-3 teaspoons salt, and place the pork in the boiling water, making sure it is totally submerged.

Boil uncovered for 30 minutes. Remove and drain on a wire rack. Pat dry with a paper towel and leave for about 20 minutes to dry out.

Score the skin vertically with a knife, about 1/2 cm apart. Make sure it cuts through to the fat, as this will allow the

fat to render.

Rub about 1/2 tbsp of salt over the meat and skin. Combine marinade in a bowl and rub all over the meat (but not the skin). Place in the fridge uncovered for 4 hours or overnight.

Preheat oven to 180 C (350 F). Rub a little salt and oil over the skin. Place on a wire rack skin side up, and pour about 1-2 cups of water into the roasting pan so that it steams the meat in the oven.

Place the pan in the middle rack in the oven and roast for 1 hour. Increase temperature to 220C (425 F) and roast for another half hour or until skin starts to brown and sizzle. Turn on the grill/broiler on high to crisp up the skin, which should begin to bubble, crackle and pop! When it starts to char, and the skin is evenly crisped all over, remove from oven and let it rest for about 10-15 minutes before slicing/chopping into pieces. Best to use a chopper to do this, if not, a regular chef's knife is fine too.

Serve with seasonal fresh vegetables of your choice and creamy mashed sweet potato. I also love to serve this with a light red wine jus.

For the Red Wine Jus



1 cup dry red wine, whatever your drinking

1 cup chicken or beef stock (broth)

2 cloves of garlic,

1 sprig of fresh rosemary

Grab a small saucepan and put it over a low heat. Smash 2 garlic cloves with the flat side of your knife and drop them into the saucepan.

Pour in the wine and submerge the rosemary sprig. If your rosemary too long to fit in the saucepan cut it in half with some scissors.

Let the red wine simmer with the herbs over a medium heat until the volume has reduced by half. This should take about 20 minutes depending on how hot your stove is. Give it a swirl around the pan every 10 minutes to combine.

Once reduced, pour in the stock along with a some fresh ground black pepper.

Again, let the sauce reduce by half over a medium heat (let it simmer, but not boil) for about another 20 mins.

You can make this ahead of time and reheat. Leaving it on a lower heat for longer will give you a much more concentrated sauce.

Strain through a fine sieve, or just spoon out of the saucepan over the meat

Jimmys Moroccan Barbecue Sauce

Ingredients



1 tablespoon extra virgin olive oil or coconut oil
1 cup fresh onion, minced or grated fine
2 small shallots, minced or 4 spring onions diced fine
1/2 teaspoon sea salt
4 cloves minced garlic
1 teaspoon each of ground fennel, cumin, turmeric, cardamom and clove, combined
1 tablespoon Harissa paste or 1/4 teaspoon ground chilli flakes
150g (6 ounce) tomato paste
1 1/4 cups chicken stock
2 tablespoons apple cider vinegar or 3 tablespoons lime juice
1 tablespoon raw honey

Method

Heat oil in a 1 medium sized saucepan over medium heat. Add the onions and stir until tender, about 5 minutes. Add sea salt, garlic, and shallots, and stir for 1-2 minutes. Add remaining ingredients and stir until all ingredients are well

combined.

Bring to simmer, reduce the heat to low and cook with the lid ajar, stirring periodically until mixture reduces and thickens, 20-30 minutes.

Pour sauce into a wide-mouth glass jar, cover and refrigerate. Use within 2 weeks or you can freeze in cubes for later use.

Quick Homemade Apple Jelly

Ingredients



2 oven sterilized jam jars with lids
4 tsp unflavored gelatin
2 cups unsweetened apple juice
2 tbsp raw honey
1 1/2 tbsp lemon juice
6 whole cloves

Method

Soften unflavored gelatin in 1/2 of the apple juice. Bring remaining 1 1/2 cups of juice to a boil.

Remove from heat and add softened gelatin, stirring to dissolve. Add honey, cloves and lemon juice. Bring to a full

rolling boil, reduce heat and simmer for 10-15 minutes.

Remove the jars from the oven and fill to within 3-5mm (1/8inch) top of jar. Place lids on jars and screw hand tight.

Keep in refrigerator.

Homemade Spicy Barbecue Sauce

I love this simple and easy to make BBQ Sauce recipe. I use it on not just ribs but on whole chicken when I roast, meats going on the BBQ and on sausages to glaze when they are just about done.



Makes 2 cups

Ingredients

3 tablespoons olive oil

2 medium cloves garlic, minced

1 cup Gluten-free tomato sauce (ketchup)

1/4 cup water

1/4 cup apple cider or red wine vinegar

1/4 cup molasses

2 tablespoons sweet paprika

1 tablespoon chili powder

1 teaspoon cayenne pepper

1/2 teaspoon finely grated lemon zest

Directions

Heat the oil in a medium saucepan over medium heat. Add the garlic and cook, stirring, until lightly browned. Stir in the tomato sauce (ketchup), water, vinegar, molasses, paprika, chili powder, cayenne pepper and lemon zest.

Reduce the heat to medium-low and cook for 15 minutes, stirring occasionally.

The sauce is ready to use, or it can be cooled and refrigerated for 7 to 10 days.



BBQ Pork Chops with Sweet and Sour Glaze

Pork chops cooked on the BBQ takes on a wonderful taste in my mind. I love the juices from the fats and with the sweet and sour glaze is a great match with the pork.



Ingredients

1/2 cup honey

1 tablespoon olive oil, plus extra for grill

1 lime, juiced

1 teaspoon red chilli flakes

8 thinly cut (about 15mm , 3/4 inch thick) pork chops

Method

In a plastic resealable bag, big enough to fit the chops, mix together the honey, oil, lime juice, and chilli flakes. Add the pork chops and marinate for at least 20 minutes. I leave them over night when I can.

Preheat a BBQ to medium-high.

When the BBQ is hot remove the pork from the marinade and lightly brush the BBQ with a little oil. Put the chops on the grill and cook until grill marks form, about 2 minutes. Rotate the chops 90 degrees, and grill for 2 minutes more, to create diamond grill marks. Flip and cook another 2 minutes. Remove from grill to a serving platter and serve.

Serve with steamed, seasonal fresh vegetables of your choice

Chicken in Cider Sauce

Serves 4



4 chicken skinless breasts or quarters, washed and patted dry

2 tbsp olive oil or ghee

25g butter or the same in clarified butter (also known as Ghee)

1 large onion, chopped into quarters

1 tbsp Gluten free general flour or coconut flour

$\frac{1}{2}$ tsp ground ginger

1 tsp paprika

500ml 2 cups cider

1 tbsp tomato purée

1 tbsp raw honey

1 tbsp freshly chopped parsley

salt and fresh ground black pepper

Heat the ghee with olive oil in a large frying pan over a high

heat. Add the chicken pieces 2 at a time and brown evenly on all sides. Remove with a slotted spoon, set aside and then brown the remaining two, setting aside when browned.

Add the onion to the pan and fry until soft and golden, about 10 minutes. Sprinkle in the flour, ginger, and paprika and cook for 1-2 minutes, stirring continuously .

Now its time to add the Cider. You need to add the Cider a little at a time and mix well till its absorbed and then add some more. Stir for 1-2 minutes between each addition.

Once you have added all of the Cider add and stir in the tomato purée, sugar and parsley.

Return the chicken to the pan, season with salt and pepper and baste well with the sauce. Cover and simmer for 30 minutes, basting every 10 minutes.

Alternatively, cook in the oven at 180C (360F) for 30 minutes.

Serve hot with seasonal fresh vegetables and creamy mashed sweet potato (Kumara).