

Smoked Fish With Manawa Honey Balsamic Glaze

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



[or Facebook click here](#)

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.