



This month's Recipe Mailer is all about honey, a universally popular ingredient and certainly one of my favourites. I have always felt that there is a sort of implied sweetness and a celebratory theme attached to anything that has even a little bit of honey. Just pouring it onto something has sense of a slow and lazy indulgence that reminds me of summer holiday fruit salads, covered in yoghurt and a drizzle of honey.

Honey brings an irresistible feeling of sunshine into any meal and so this is the inspiration for this month's recipes. Even if Paul and I are both a little sweet-toothed, we haven't forgotten those of you who prefer flavours a little more on the savoury side so we have included a few 'milder' recipes especially for you too!

Tracy



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flavour files



honey

Mankind's love affair with honey is a historically enduring saga. Evidence exists for this essential ingredient dating back as long as 10 000 years ago in cave paintings discovered in Spain. Most religions feature several symbolic references to it. For example the monkey's fabled gift of honey to Buddha when he retreated to the wilderness to make peace among his disciples. This gift is celebrated today in the Buddhist festival of Madhu Purnima. The Old Testament also makes many references to honey, most notably in reference to 'the land of milk and honey'.

As we all know, honey is made from the nectar of flowers collected by honey bees. As global bee populations dwindle however, we can no longer take this delicious liquid for granted. There are many varieties of honey, each displaying a different texture, colour and flavour, depending on which type of flower the honey originates from. Honey comes in three forms - comb honey, liquid honey and creamed honey. An excellent substitute for sugar in desserts, drinks and baking, honey is also an excellent base for marinades and dressings, and is often used in oriental dishes. Honey is a lovely flavour for glazing pork and works very well combined with mustard for any chicken dish. Apart from it's great taste, honey is also a healthy source of energy and a natural cure for hangovers, sore throats and sleeplessness.

honey spice loaf

Makes 1 large loaf cake

- 3cm piece of fresh root ginger, finely grated
- 125g honey
- 50g golden syrup
- 140g unsalted butter
- 50g dark soft brown sugar
- 2 tbsp **NoMU Sweet Rub**
- 2 eggs
- 40g cake flour, sieved
- 100g self-raising flour, sieved
- ½ tsp baking powder

Preheat the oven to 170°C and line the base of a 1 kg loaf tin with baking paper.

Gently warm the ginger, honey, golden syrup, butter, brown sugar and **NoMU Sweet Rub** together until the butter is almost melted. Pour the mixture into a bowl and beat for 2-3 minutes. Add the eggs and beat for another 2 minutes. Fold the dry ingredients into the wet mixture and pour into the prepared tin.

Place on a baking tray and then into the oven. Bake for 50-60 minutes, until the top of the cake is golden brown and springs back when pressed.

Leave the cake to cool in the pan for a while and then remove and place on a cooling rack. Serve for breakfast or tea simply sliced or with a nice bitter Seville marmalade. Also delicious lightly toasted with a spread of butter.



prawn tempura with honey and lime dipping sauce

- 12 medium prawns
- 1½ cups cake flour
- ¼ cup corn starch
- 1 tsp bicarbonate of soda
- A pinch of salt
- ½ cup ice cold soda water
- Oil, for deep-frying**
- Honey and Lime Dipping Sauce**
- 80ml honey
- 60ml soy sauce
- Juice of 2 limes
- 2 tbsp coriander, finely chopped
- 1 small chilli, de-seeded and finely chopped
- 30ml fish sauce
- 1 tsp **NoMU Oriental Rub**

To make the tempura, peel the prawns leaving the tail on. Split the prawn open down the back and remove the intestinal tract. Gently open the prawn so that it is slightly butterflied.

For the batter, combine all the dry ingredients in a mixing bowl and then whisk in the ice cold soda water till you have a light batter! Don't worry if you have a few lumps! Dip the prawns one at a time into the batter, shake off any excess batter and deep fry until lightly golden and crispy. Drain on paper towel.

To make the dipping sauce, combine all of the ingredients and serve as an accompaniment to the prawns.

Serves 4 - 6

WINE PARING: Prawns are chardonnay territory, but chillies and soy sauce in the dipping sauce would be way too overwhelming. Instead opt for a decent bubbly such as Ambeloui or Graham Beck Brut.



honey and soy pork noodles

200g fresh egg noodles
 200g pork fillet, cut into thin strips
 1 tbsp cornflour
NoMU Just Salt and
NoMU Just Pepper
 1 tbsp **NoMU Pork Rub**
 2 tbsp sunflower oil
 3cm piece of ginger root, peeled and grated
 4 handfuls baby spinach
 2 spring onions, chopped
 3 tbsp soy sauce
 1 red chilli, deseeded and finely sliced (optional)
 3 tablespoons honey
 1 tsp **NoMU Oriental Rub**
 1 tbsp sugar
 2 tsp sesame oil
 3 tbsp sesame seeds, lightly toasted

Place the pork, cornflour, Pork Rub, salt & pepper in a zip-lock bag and shake the meat to coat. Leave to marinade for 30 minutes.

Heat the oil in a wok or pan, add the ginger and cook for 30 seconds. Add the pork strips and quickly stir-fry until the pork is lightly browned, but just cooked and tender inside.

Add the soy sauce, chilli, honey NoMU Oriental Rub, sugar and sesame oil and stir fry for a couple of minutes.

Add the spinach and spring onions and fry until just wilted.

Add the noodles and toss to combine, making sure the noodles are well coated with the soy sauce and honey. Sprinkle with toasted sesame seeds, grab your chop-sticks and tuck in.

WINE PAIRING: Soy sauce and a touch of chilli suggest an easy-drinking Chenin Blanc such as the delicious Petit Chenin from Ken Forrester Wines, though flinty dry whites based on either of the rieslings – ‘Cape’ or the real McCoy – would also do the trick.

honey roasted lamb ribs

1kg lamb ribs

Marinade

60ml oil

60ml lemon juice

15g fresh ginger, peeled and roughly chopped

6 large garlic cloves, peeled and roughly chopped

1 tbsp NoMU Garam Masala

60ml honey

½ tsp NoMU African Heat

½ tsp NoMU Just Pepper

2 tbsp water

Honey Cinnamon Butternut

1 large butternut, peeled and cut into chunks

2 tbsp honey

30g butter

1 tsp **NoMU Sweet Rub**

1 tbsp olive oil

Serves 6

Combine all of the ingredients for the marinade in a flat dish and mix well together. Place the ribs into the dish and cover with the marinade. Allow to marinate for an hour or refrigerate overnight.

Preheat the oven to 200°C and line a baking tray with foil. Place the ribs into the tray and roast for 45 mins – 1 hour, until cooked and crispy. Alternatively, cook the ribs over hot coals.

To make the mashed butternut, place the peeled chunks in a baking tray. Preheat the oven to 180°C. Heat the honey, butter, NoMU Sweet Rub and olive oil in a saucepan on the stove. Once combined pour over the butternut chunks, making sure they are all covered. Roast until soft but not too coloured. Remove the butternut from the oven and mash. Serve with the ribs.

WINE PAIRING: Shiraz or Merlot both have enough oomph for the gingery-garlicy-honey tones in this recipe. Woolworths offer both, the Merlot (made by Jordon) being a particularly good option and a more mellow match.



organic root vegetables with honey and thyme

1 bunch baby carrots,

1 bunch turnips, halved

1 bunch of beetroots, halved

4 sweet potatoes, cut into rough chunks

1 tsp **NoMU One for All grinder**

or **Nomu Veggie Rub**

NoMU Just salt

3 tbsp honey

5 tbsp olive oil

small handful fresh thyme

Preheat the oven to 200°C.

Rinse the vegetables and scrub off any soil.

Trim the leaves of the carrots, turnips and beetroot, but leave 1 or 2 cm of stalk intact. If your vegetables are small enough, leave them whole, alternatively slice them in half.

Cut your sweet potatoes in chunks, similar in size to the beetroot and turnips. Place them in a roasting dish.

Drizzle the olive oil and honey generously over the veggies and season with NoMU One for All and Just Salt.

Toss the veggies until all are covered in the oil and honey, sprinkle over the thyme and place in the oven for an hour until they are cooked through and nicely caramelized.

masala honey pears

75g butter
1 cup honey
1 tbsp orange zest, finely grated
2 pears, peeled and halved
1 tbsp **NoMU Masala rub**

Melt the butter and honey together in a frying pan, stirring to combine and allow the honey to soften.

Add the orange zest and pears to the pan and smother with the butter and honey mixture. Bring the liquid in the pan to the boil. Reduce the heat and simmer for 30 minutes or until the pears are caramelized and tender.

Serve with Gorgonzola and Artisan breads.

To serve
Gorgonzola cheese
Artisan breads

WINE PAIRING: Shiraz or Merlot both have enough oomph for the gingery-garlicy-honey tones in this recipe. Woolworths offer both, the Merlot (made by Jordan) being a particularly good option and a more mellow match.



honey ice-cream with grilled pineapple

10 pumps **NoMU Vanilla Paste**
500ml cream
500ml milk
8 egg yolks
100g caster sugar
120g honey
A pinch of **NoMU Just Salt**
200ml double cream

Put the vanilla paste, cream, and milk into a large saucepan and bring to the boil. Remove from the heat and add the honey. Beat the egg yolks and sugar together until thick and creamy and whisk into the cream mixture.

Cook over medium heat until the mixture thickens enough to coat the back of a wooden spoon. Add a pinch of NoMU Just Salt and pour into a chilled metal bowl and allow to cool.

Cover and place in the fridge until very cold. Stir in the double cream and freeze for 1 hour. Remove and beat until aerated. Repeat until frozen. Alternatively, use an ice-cream machine which is much easier!

Sprinkle the Sweet Rub over the pineapple slices. Gently heat the butter and oil in a griddle pan and grill until charred and caramelized on both sides and slightly softened on the inside.

Serves 8

For the pineapple

1 tbsp butter
1 tsp sunflower oil
1 pineapple, sliced into chunky pieces
1 tbsp **NoMU Sweet Rub**



honey rice pudding

1 cup Arborio rice
1 cinnamon stick
5 pumps **NoMU Vanilla Paste**
4 cups full cream milk
1 cup cream
½ cup caster sugar
NoMU Sweet Rub, to serve
Frangelico Honey
½ cup honey
¼ cup Frangelico

To make the sticky honey syrup, pour the honey into a saucepan and bring gently to the boil. Remove from the heat and add the Frangelico. Stir through and set aside to cool.

Place the rice, cinnamon, NoMU Vanilla Paste, milk, cream and sugar into a large pot over medium to high heat. Allow the sugar to dissolve and stir to melt the vanilla paste. Bring to the boil and then reduce heat and allow to simmer, stirring occasionally, for 30-40 minutes. Remove from the heat once the rice is al dente. Remove the cinnamon stick.

Divide the pudding into individual portions and sprinkle with NoMU Sweet Rub. Serve with a shot of Frangelico Honey.

Serves 6



honey butter

250g Butter
125g honey

Cut the butter into chunks, place in a mixing bowl and allow to soften at room temperature.

1 tsp **NoMU Madagascan Vanilla Extract or Paste**

Beat the butter until light and fluffy and pale in colour. Add the vanilla and drizzle in the honey. Beat until well combined. Using a baking spatula, remove the butter from the bowl and spoon onto parchment paper or plastic wrap. Roll into a log and refrigerate for an hour or 2 until set.

Delicious served on hot toast, hot cross buns, croissants or hot cakes.

Makes 1 ½ cups



TIP: For an added flavour dimension, try adding a pinch of cinnamon. You can also try freshly grated ginger or orange zest. Experiment with different types of honey such as Orange Blossom Honey, Lavender Honey or Wildflower Honey.

hot toddy

- 1 tablespoon honey
- 1 slice root ginger
- 250ml boiled water
- 2 tbsp whisky (or more!)
- A squeeze of lemon juice

If you're feeling rotten and sorry for yourself and you're not getting nearly enough sympathy from your loved ones, then make yourself a hot toddy, jump on the couch, under a duvet and watch your favourite dvd!

Variations:

- Vanilla: add a few drops of NoMU Vanilla Paste or Extract
- Cinnamon: infuse with a stick of cinnamon or add ½ tsp NoMU Sweet Rub
- Cloves: infuse with one whole clove.
- Orange: add zest and juice instead of lemon
- Lemongrass: crush stalk and use to stir your hot toddy.

honey & mustard chicken

Honey and mustard go together like basil and tomatoes or sage and onion. It makes perfect sense then that you have the following two easy recipes at hand for quick and delicious flavour.

- 3 tbsp wholegrain or Dijon mustard
- ¼ cup olive or sunflower oil
- ½ cup honey
- 60ml soy sauce
- ½ orange, zest and juice
- 1 tbsp **NoMU Cajun Rub**
- NoMU Just Salt**
- NoMU Just Pepper**

chicken breasts

- 6 chicken breasts (with or without skin)
- 6 handfuls of rocket
- 6 slices of lemon to serve

Honey and Mustard Marinade

A wonderfully versatile marinade that is equally delicious on chicken, duck or pork.

Preheat the oven to 200°C.

To make the marinade, place all of the ingredients in a bowl and whisk together. Place the chicken breasts into a bowl with the marinade and leave for an hour (ideally the chicken should marinade overnight if you have the time and the forethought). Heat an oven proof pan and gently brown your chicken on both sides. Baste with some more marinade and place in the oven for 20-40 minutes until cooked through. Cooking time will vary greatly depending on the thickness of your chicken breasts and whether they are on or off the bone. To check if it is cooked, pierce with the tip of a sharp knife. If the juices run clear, it is cooked. If they are still pink, cook further.

Serve with a side of rocket leaves and organic lemon wedges.

Serves 6

For a variation on the marinade, you can add any of the following:

NoMU Pork Rub, **NoMU Smoky Peri-Peri Rub**, garlic, ginger, thyme & sage.



avocado and walnut salad with honey & mustard vinaigrette

- 1 tablespoon French mustard
- 2 tablespoons honey
- 1 clove garlic, peeled and crushed
- 2 teaspoons balsamic vinegar
- ½ teaspoon **NoMU One for All**
- 60ml cider vinegar
- 90ml tablespoons sunflower oil
- 90ml olive oil
- NoMU Just Salt** and **NoMU Just Pepper**, to taste

Salad

- 1 avocado, peeled and sliced
- 2 discs feta cheese, crumbled
- cherry tomatoes, halved
- 50g walnuts, lightly toasted and chopped

Honey and Mustard Vinaigrette

Place the honey, mustard, garlic, cider vinegar and the NoMU One for All into a blender or food processor and mix together. Pour the oils slowly through the funnel with the motor still running.

To make the salad - place all the salad ingredients in a bowl and toss gently with the dressing.

WINE PAIRING: Trendy viognier has spawned a wave of white blends, many of which would complement this chicken dish to a T. My choice? Joostenberg Chenin Blanc-Viognier which has notes of quince and a satisfyingly full mouth-feel.



CONTRIBUTOR OF THE MONTH

Previously featured in NoMU Mailer # 17, Lannice Snyman has been kind enough to offer us her incredible wealth of food and wine knowledge to assist us with this month's wine pairing. With a list of accolades and accomplishments too long to list in this section, Lannice is nevertheless one of South Africa's most versatile, prolific and well respected food writers, publishers, authors and restaurant critics. To learn more about Lannice and the many facets to her incredible career and also her now world-famous publications, please visit the NoMU website where you can also stand a chance to win her newest book, Tortoises and Tumbleweeds, the eagerly anticipated sequel to the much-loved classic, Rainbow Cuisine.

