



Tahi

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TAHI HONEY

Honey-baked Chicken

with roasted grapes and blue cheese

INGREDIENTS

- 8 free-range chicken thighs or pieces (skin on)
- ½ cup good quality white wine vinegar
- ½ cup white wine
- 2 Tbsp Tahi honey (plus extra for glaze)
- 1 bay leaf
- A few sprigs of thyme
- salt and freshly ground black pepper
- 5-6 small bunches of red table grapes
- 2 Tbsp extra virgin olive oil
- 50g blue cheese

FOR THE SALAD VINAIGRETTE

- ¼ cup white wine vinegar
- 1 Tbsp Tahi honey
- 1 Tbsp dijon mustard
- ½ cup olive oil

TO SERVE

salad leaves, crusty bread
and extra blue cheese

METHOD

Place the chicken in a container or plastic bag with the vinegar, wine, honey, herbs, and salt and pepper and refrigerate for at least 4 hours or overnight.

Preheat oven to 180°C fan-bake.

In a large roasting dish place the marinated chicken skin side up, with the grapes nestled around it. Pour remaining marinade over and drizzle the olive oil, on top.

Bake for 20 minutes then open oven and dot a few teaspoons of extra honey on top of exposed chicken skin. Return to oven and bake a further 10 to 15 minutes until chicken is golden and when tested with a sharp knife the juices run clear.

Place chicken and grapes on a serving platter and sprinkle over blue cheese. Serve with salad greens and crusty bread.

To make the vinaigrette – whisk together the vinegar, honey and mustard. Add some of the olive oil, mix well and then add the rest. Season with salt and pepper.





Tahi

A LITTLE WILD,
A LOT DELICIOUS

TAHI HONEY

Rewarewa Honey Watermelon Granita

INGREDIENTS

- ¼ large watermelon, peel and seeds removed (around 5 cups)
- ¼ cup Tahi Rewarewa Honey
- 1 Tbsp lime juice
- Fresh lime slices to serve

TO SERVE

parfait dishes garnished with thin slices of lime

TO STORE

freezer in an airtight container

This granita has only a handful of ingredients and is a super way to cool off with lush summer watermelon kissed with the sweetness of honey.

For an adults-only version add ½ cup of vodka when you add the lime and honey. Serve this grown-up slushy cocktail in stemmed glasses so it is easier to sip as the vodka will not freeze the granita solid.

METHOD

Roughly chop the watermelon flesh and place in a blender and pulse until it is an even consistency. Add the honey and the lime juice [and vodka here if using] and pulse until combined. Taste and add more honey or lime juice as desired.

Pour into a large freezer-proof baking dish and freeze for about 2 hours.

Remove and scrape at the surface and frozen sides with the prongs of a fork. Return to freezer. Repeat this process of scraping and freezing, every few hours, until the mixture is completely frozen and snow like.

Serve in parfait dishes garnished with thin slices of lime.

Store the granita in the freezer in an airtight container.





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Acai Breakfast Bowl

with honey-glazed almonds

INGREDIENTS

- 1 cup frozen blueberries
- 1 frozen banana, peeled
- 4 tsp unsweetened acai powder
- 1 cup (250 ml) almond milk
- Fresh raspberries & blueberries
- Fresh mint leaves

HONEY-GLAZED ALMONDS

- ⅓ cup Tahi Rewarewa honey
- 1 cup raw almonds

TO SERVE

Tahi Rewarewa honey &
freeze-dried raspberries
Greek or coconut yoghurt

This nourishing antioxidant-filled breakfast bowl is a great way to enjoy the flavour of Tahi Rewarewa honey and fresh summer berries. Use seasonal fruit if berries are not readily available. Keep peeled bananas in the freezer with your frozen berries for creating fast nourishing breakfast bowls and smoothies. Serve with Greek or coconut yoghurt for a dairy-free version.

FOR THE HONEY-GLAZED ALMONDS

Preheat oven to 180°C fan forced. In a small saucepan over medium heat warm the honey until it is liquid. Pour in the almonds and stir to coat. Spread the almonds in a single layer on a lined oven tray and bake until lightly toasted. Set aside to cool. Keep in an airtight container.

FOR THE ACAI BOWL

Place the blueberries, banana, acai powder and almond milk into a blender and process until thick and creamy. You might need to give it a few pulses to get the right consistency or add a little extra almond milk. Pour into a breakfast bowl and top with the fresh berries, mint leaves and a crumble of freeze-dried raspberries if you have them. Roughly chop a few of the honey-glazed almonds and add a sprinkle on top.

Serve with Greek yoghurt with a streak of Tahi Rewarewa honey stirred through.



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TAHI HONEY

Kamahi Honey Cake

with citrus syrup

INGREDIENTS

- ½ an orange and ½ a lemon, washed, cored and seeds removed
- Juice of ½ a small lemon (around 2 tablespoons)
- 1 cup raw sugar
- 180g butter, melted
- 4 large free-range eggs
- 2 large Tbsp Tahi Kamahi honey
- 1 cup ground almonds
- 1½ cup self-raising flour

CANDIED CITRUS SLICES & CITRUS HONEY SYRUP

- 1 orange, 1 lemon and 1 lime, thinly sliced (2mm thick)
- 1 cup caster sugar
- 1 cup water
- 1 cup fresh citrus juice (lemon & orange work well)
- 3 Tbsp Tahi Kamahi honey

This cake is a honey-sweetened version of an Italian classic. It's nutty and moist with a gentle sharp tang of citrus. Use a combination of lemons, limes and oranges but any citrus fruit in season will work. (Substitute the butter for light olive oil for dairy free (DF) and the flour for GF self raising flour for a gluten-free option). Serve with soft pillowy whipped cream or coconut yoghurt (DF).

FOR THE CANDIED CITRUS SLICES & HONEY SYRUP

- heat the cup of caster sugar with one cup of water in a deep-sided frying pan, stirring until sugar is dissolved. Simmer for 5-7 mins until mixture becomes syrupy then add the citrus slices and simmer for around 10-15 mins, turning once, until they become clear and glassy looking. Remove slices from liquid and lay on a lined baking tray to cool. Add the citrus juice and honey to the remaining sugar liquid and bring to a simmer. Boil for 10 mins

or until mixture thickens slightly and pour into a small serving jug. Grease a deep 24cm spring-form cake pan and line with baking paper.

Preheat oven to 160°C fan forced.

Place the orange, lemon, lemon juice, raw sugar, butter and eggs in a food processor and process until the citrus is very finely chopped. Add the ground almonds and flour and briefly blitz until just well combined. Pour into prepared cake pan and bake for 60 mins or until a skewer comes out clean. Cool in pan for 15 mins then turn out onto a serving platter. Using a skewer, pierce the cake all over the top and pour over half the honey syrup while cake is warm.

Decorate the top of the cake with the candied citrus slices and drizzle with more citrus honey syrup just before serving slices with soft whipped cream or yoghurt.



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TAHI HONEY

Honey Walnut Cookie Ice Cream Sandwiches

with citrus honey ice cream

INGREDIENTS

- 3 cups all-purpose flour
- 1 tsp baking soda
- pinch of salt
- ¼ tsp ground cinnamon
- 150g butter
- ¾ cup brown sugar
- ½ cup Tahi honey
- ½ tsp vanilla extract
- 1 large free-range egg
- ¾ cup chopped walnuts

FILLING

- 1 litre premium vanilla ice cream
- ¼ cup Tahi honey
- finely grated zest of ½ a lemon and ½ a lime

FOR THE COOKIES

In a bowl, sift together the flour, baking soda, salt and cinnamon.

In a separate bowl beat the butter and brown sugar together until fluffy. Stir in the honey, vanilla extract, and egg until thoroughly combined. Stir through the walnuts. Mix the flour mixture into the wet ingredients just until combined (don't over-mix), and chill the dough for at least 1 hour or overnight. Preheat oven to 175°C. Line baking sheets with baking paper.

Scoop up about 4 tablespoons of dough per large cookie pictured, and roll into a ball. Place and press slightly onto the prepared baking sheets. Bake until the cookies are just puffy (or a little bit flat in the middle for a gooey texture), about 8 to 10 minutes.

Allow the cookies to cool on baking sheets. Store in an airtight container until needed.

THE FINAL TOUCH

Remove ice cream from the freezer and allow to soften. Stir through the zest well and add honey, stirring only gently to create ripples. Return to freezer to firm.

Serve a large ball of the citrus honey ice cream between two honey walnut cookies.



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TAHI HONEY

Middle Eastern-Inspired Roast Vegetable Salad

with salted honey almonds & labneh

INGREDIENTS

- 2 tbsp Tahi Honey, plus extra 3-4 tsp
- ⅔ cup raw almonds
- salt and pepper
- 300g Greek yoghurt
- 1 clove garlic, crushed
- 1 lemon, for juicing
- 5-6 small golden beetroot, cleaned and cut in halves or wedges
- 2 red beetroot, cleaned and cut into wedges
- 6-8 baby carrots
- 1 large red onion, cut into wedges
- 2 whole garlic cloves
- ½ tsp dried chilli flakes
- ½ tsp ground cumin
- 1 tsp ground cinnamon
- ½ tsp sumac
- extra-virgin olive oil
- flat-leaf parsley

Serves 2 or 4 as a side dish

FOR THE HONEYED ALMONDS

Melt the honey in a small saucepan or microwave. Pour over the almonds, mix thoroughly to coat and spread on a lined baking tray. Season generously with salt and pepper. Bake for 5-10 mins until fragrant. Set aside to dry and cool.

FOR THE LABNEH

Wet a cotton tea towel and lay it into a sieve placed inside a bowl with enough space for liquid to pool in the bottom of the bowl. Stir together the yoghurt, crushed garlic, a squeeze of lemon juice, and season with salt and pepper. Pour mixture into the tea towel and draw up the sides to enclose the yoghurt. Put in the fridge to drain for at least 4 hours or overnight. Once it has drained and thickened, tip the thickened yoghurt out into a bowl and if not using the same day, store it covered in vegetable or olive oil in a sealed container in the fridge.

FOR THE SALAD

Preheat your oven to 190°C. Place the beetroot, carrots, onion, and garlic cloves in a bowl and sprinkle over all the spices except the sumac. Season with salt and pepper and toss to coat thoroughly. Arrange seasoned veg on a lined baking tray with 3 to 4 teaspoons of honey dotted around. Drizzle with olive oil and roast for 15 mins, then turn the veg and roast for a further 10-15 mins or until golden at the edges and tender when tested with a sharp knife.

TO ASSEMBLE

Spread a thick layer of the labneh on your serving dish. Arrange the roasted veg. Sprinkle some sumac, a squeeze of lemon juice and a generous drizzle of olive oil over everything. Add a handful of the roasted almonds and a good sprinkling of chopped parsley. Serve with warm grilled flatbreads.



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TAHI HONEY

Sourdough Crostini

with sweet & sour blistered tomatoes, feta, grilled peaches & honeyed herbs

INGREDIENTS

- 2 tsp Tahī Manuka Honey
- ½ tsp Dijon mustard
- 2 Tbsp red wine vinegar, plus extra ¼ cup
- ⅓ cup (approx.) olive oil
- 1 sprig fresh thyme, leaves removed then chopped
- 2 Tbsp freshly chopped basil, plus 7-8 fresh leaves for garnish
- 6-7 small vine-ripened tomatoes
- 2 small peaches, halved and stone removed
- 1 cup red and yellow cherry tomatoes
- 4 slices of good-quality sourdough bread
- 100 g feta, crumbled

TO SERVE

warm or at room temperature

Serves 2 for lunch or 4 as an appetiser

These rustic toasts are perfect for brunch or a light lunch. Add ribbons of salty prosciutto or pancetta for an additional meaty touch. Make small individual bite-sized versions for summertime canapés using sourdough baguette rounds.

METHOD

In a small saucepan over low heat, warm 1 teaspoon of the honey and add the mustard, 2 tablespoons vinegar, olive oil and the chopped herbs. Stir to combine, take off heat and allow to sit to infuse. Lightly oil the vine-ripened tomatoes and over medium to low heat grill them as well as the peach wedges until softened and grill marked. Remove and set aside. Add a little olive oil to a small non-stick pan over medium heat and sauté the cherry tomatoes by gently shaking them

until they begin to blister. Pour in the remaining vinegar, a generous teaspoon of honey and shake the pan to coat the tomatoes and cook until sauce is reduced. Add the grilled peaches to the pan and stir to coat and caramelise. Remove from heat, season with salt and pepper, and set aside.

Toast or grill the bread slices. Crumble the feta over the warm tomato mixture and pour the honeyed herb dressing over the top. Gently stir to combine. Pile this mixture onto the sourdough toasts and arrange the vine-ripened tomatoes and whole basil leaves amongst it, as well as the prosciutto or pancetta if using.

Season with salt and pepper. Serve warm or at room temperature.

