SAUCES DIPS & DRESSINGS

10 HEALTHY RECIPES

BY STEENS MĀNUKA HONEY

10 healthy homemade dips & dressing recipes

SWEETENED NATURALLY WITH MĀNUKA

Making dips and dressings at home offers a healthier alternative to store-bought options, allowing full control over ingredients and reducing unnecessary additives. Many commercial dressings and dips contain refined sugars, artificial preservatives, and unhealthy oils, all of which can undermine a health-conscious diet.

By crafting your own at home, you can select high-quality, nutrient-dense ingredients and natural sweeteners like Mānuka honey, which not only enhances flavor but also adds beneficial nutrients.

HOMEMADE PISTACHIO CREAM

INGREDIENTS

150g shelled pistachios
250g organic white chocolate
50g unsalted butter
50g sunflower oil
2 tbsp raw Mānuka honey
100g whole milk
1 tsp vanilla extract
pinch of salt

METHOD

Add water a to small saucepan and bring it to a boil. Place the pistachios in the boiling water and boil for 10 minutes. Let them cool slightly then pick the peels off the pistachios.

Place the white chocolate and butter in the bowl over low heat. Stir together until melted. Set aside.

In a food processor, add the pistachios. Process until they are the consistency of sand. Add in the sunflower oil and process again until combined.

To the food processor add the white chocolate/butter mixture, Mānuka honey, milk, vanilla extract and salt. Process one more time until a cream forms.

Store in a container or jar.

MANUKA CARAMEL DIP

INGREDIENTS

400ml coconut cream
50g butter
1/2 cup Mānuka honey
1 tsp pure vanilla extract

METHOD

In a saucepan over medium heat, combine all the ingredients, and bring to a soft boil.

Turn the heat down to low and simmer for 15–20 minutes, or until the caramel coats the back of a spoon. Stir often towards the end as it can burn easily.

Remove from the heat and carefully strain through a sieve into a clean jar.

Store in the fridge for up to 1 week. Bring the sauce to room temperature before serving.

Our mānuka caramel sauce is such a versatile dip. Try it with fruit, drizzled on french toast or even on a banoffie pie!

MANUKA MUSTARD AIOLI

INGREDIENTS

1/2 cup mayonnaise (plant based if you prefer)
1 tbsp dijon mustard
1 tbsp whole grain mustard
3 cloves garlic minced
1 tsp mānuka honey
1 tsp lemon juice
Paprika as per taste

METHOD

First, whisk the mayonnaise, Dijon mustard, whole grain mustard, honey, lemon juice, and garlic.

Next, sprinkle it with Kosher salt, pepper, and paprika as desired.

Cover the bowl with plastic wrap and let the aioli rest in the refrigerator for at least 30 minutes. This allows the flavors to meld together and develop a harmonious taste.

Use it as a dipping sauce for crispy fries, a spread for sandwiches and burgers, or a delightful accompaniment to roasted vegetables or grilled meats. The possibilities are endless!

ZESTY-SESAME SALAD DRESSING

INGREDIENTS

1 lime, juiced
1 tsp rice Vinegar
2 tsp dijon Mustard
1 tbsp mānuka honey
1/3 cup sesame oil
1 tsp sea salt
1/2 tsp ground black pepper
1 pinch chili flakes

METHOD

With all the ingredients in the bowl, take a whisk and begin mixing, watching as everything gradually emulsifies into a glossy, cohesive dressing.

Mix until it reaches a smooth, slightly thickened consistency, ensuring each ingredient is fully blended. Once done, set the dressing aside in the fridge, letting the flavors mingle together. Give it a quick stir before using, and drizzle generously over your favorite salad for a vibrant, flavorful finish.

MANUKA HOT HONEY

INGREDIENTS

1/2 cup mānuka honey
1 tbs lemon juice
1 tbs olive oil
2 garlic cloves minced
2 tbs red chili flakes

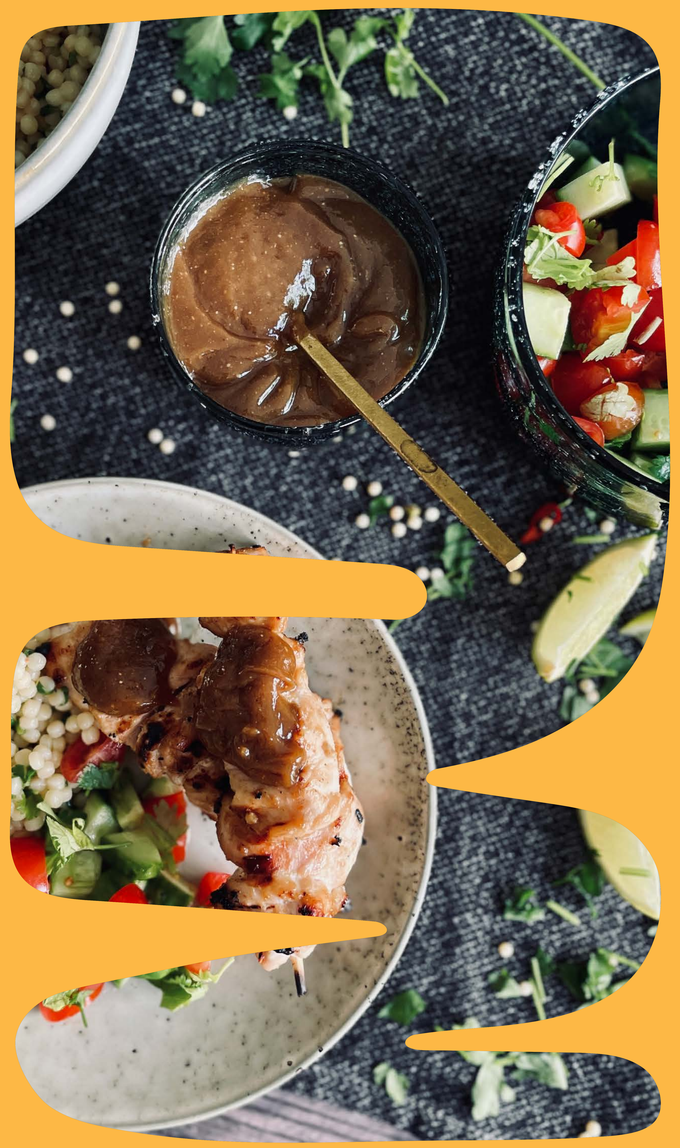
METHOD

In a small frying pan, gently fry the minced garlic, olive oil and chili flakes on a low heat (you can use chili powder if you prefer, and if you don't want the garlic, you can also leave this out) and warm until the garlic is soft and cooked.

Remove from the heat and add in your lemon juice and Mānuka Honey. Transfer to a glass jar with a lid and let cool slightly.

If you want to keep some for later, make sure to keep it refrigerated – it should last for a week in a sealed container or jar.

Hot honey adds a perfect sweet-spicy kick to pizza, fried chicken, roasted vegetables, or even drizzled over cheese boards for an unexpected burst of flavor.



CASHEW SATAY DRESSING

INGREDIENTS

3 tbsp extra virgin olive oil
4 tbsp soy sauce or tamari
2 ½ tbsp cashew butter
2 ½ tbsp Steens mānuka honey
1 tbsp lime juice

METHOD

Mix the cashew butter, olive oil and honey in a bowl or mixing jug using a small whisk.

Once smooth, add the soy sauce.

Finally, squeeze in the lime juice and whisk until well mixed.

Use as a dip, stir fry sauce or salad dressing. Store in an airtight container in the fridge for up to 5 days.

*If the lime and soy sauce are added earlier or altogether they will curdle the ingredients so ensure you make the sauce in this order.

PEANUT-SATAY SALAD DRESSING

INGREDIENTS

1/4 cup creamy peanut butter
2 tbsp soy sauce or tamari
2 tbsp lime juice
1 tbsp raw Mānuka honey
1 tbsp sesame oil
1 garlic clove, minced
1 tsp grated fresh ginger
2–3 tbsp warm water, to thin

METHOD

In a small bowl, whisk together the peanut butter, soy sauce, lime juice, raw Mānuka honey, sesame oil, garlic and grated ginger, until smooth.

If the dressing is too thick, add warm water, one tablespoon at a time, until desired consistency is reached.

Store in the fridge in an air tight container.

This dressing adds a creamy, nutty twist to noodle salads, grilled vegetable bowls, and even as a dipping sauce for fresh spring rolls.

HOT MANUKA HONEY MAYO

INGREDIENTS

Equal parts:
Mānuka honey
Chili sauce
Mayonnaise

METHOD

In a small bowl, combine equal parts of Mānuka honey, your favorite chili sauce, and mayonnaise. Start by adding the Mānuka honey for its natural sweetness, then add the chili sauce for a spicy kick, and finally, the mayonnaise to bring a creamy, rich texture.

Using a spoon or small whisk, mix everything together thoroughly until the ingredients are fully blended and the mixture is smooth.

Taste and adjust the ratio if you prefer more heat or sweetness.

SPICED WHIPPED FETA DIP

INGREDIENTS

1 Chive
1 Garlic clove
1 tsp red chili flakes
1 tsp za'atar
5 tbsp Steens mānuka honey
2 tbsp lemon juice
Salt and black pepper
1 tsp sesame seeds
1 tbsp olive oil
200g feta cheese
100g ricotta
50g sour cream

METHOD

Ensure that your feta, ricotta and sour cream are at room temperature. Blend with salt and pepper in a food processor on high until smooth.

In a saucepan, heat olive oil. Add garlic and sauté on a very low heat until soft. Remove pan from heat and stir in chili flakes, honey and lemon juice. Season with salt and pepper.

Scoop the whipped feta mixture into a bowl, and drizzle with the spicy honey. Garnish with chives, za'atar, sesame seeds and salt and pepper to taste, and serve with toasted pita crisps or crudités, or a side dish to accompany a home cooked Turkish style meal.

HOT HONEY BUTTER

INGREDIENTS

1 stick (110g) unsalted butter, melted and cooled
4 tbsp hot sauce
2 tbsp mānuka Honey
3/4 tsp salt, plus more to taste

METHOD

Start by melting a stick of unsalted butter in a small saucepan or microwave, then set it aside to cool slightly. Add hot sauce and follow with the mānuka honey. Sprinkle in the salt.

Now, take a whisk and begin mixing. As you whisk, the butter, hot sauce, and honey will slowly come together, forming a creamy, beautifully textured mixture with a warm golden hue. Keep whisking until the ingredients are fully incorporated.

This hot honey butter is perfect as a dip, a drizzle over roasted veggies, or even melted onto freshly grilled corn or cornbread. Store any leftovers in the fridge and re-whip before using if it firms up. Enjoy!

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