2020 Honey Cookbook

ANDERSON COUNTY BEEKEEPERS ASSOCIATION
From our members to you....

Beverages
Breads
Appetizers
Salads
Sides & Sauces
Main Course/
Breakfast
Desserts
Vineyard Pitcher Punch
Andrea – Honey Dinner 2019

INGREDIENTS

750 ml. red wine
2 cups apple juice
1/2 cup honey
1 cup Strawberries whole
11 oz. ginger ale or lemon-lime soda
ice cubes

DIRECTIONS

Mix wine, apple juice and honey in large pitcher. Add lime slices and strawberries. Chill one hour or longer. Just before serving, add ginger ale and pour over ice cubes in tall glasses. Garnish each glass with some of the fruit.
Sparkling Citrus Punch
Cathy - Honey Dinner

Ingredients:
1 lemon sliced into rings
1 lime sliced into rings
1 orange sliced into rings
20 whole strawberries
1 2-liter bottle ginger-ale
2 cups lemon juice
2 qts orange juice
1 cup lime juice
¼ c. fresh mint leaves

Combine the lemon, lime, and orange slices. In a large pitcher combine the juices and ginger-ale. Add fruits slices and berries. Garnish with mint leaves.
Add vodka if desired.

*Cathy made a simple syrup using honey as a sweetener.*
Orange Blossom Margarita  
Andrea – Honey Dinner

We love how the perfume of the orange blossom water — used to wet the rim of the glass — mixes with the tequila and lime in this twist ...

Yield:  
1 cocktail

Ingredients

- 2 ounces tequila, preferably a good-quality blanco
- 1 1/2 ounces fresh lime juice (from 2 limes)
- 1 ounce Honey Syrup, recipe follows
- 1/2 ounce orange-flavored liqueur, such as Grand Marnier
- Kosher salt, for the rim of the glass, optional
- 1/2 to 1 teaspoon orange flower water
- Mandarin orange with stem and leaf or orange slices, for garnish

Honey Syrup:

- 2/3 cup honey
- 1/3 cup water

Directions

Combine the tequila, lime juice, honey syrup and orange-flavored liqueur in a cocktail shaker filled with ice. Cover the shaker and shake well to combine and chill the ingredients.

Spread the salt in a flat dish. Dampen a paper towel with some orange flower water and run it along the rim of a margarita glass. Press the rim into the salt to coat. Strain the margarita into the glass. Cut an "X" into the bottom of the orange almost all the way through, leaving the stem end intact. Slide the orange onto the side of the glass as garnish and serve.

Honey Syrup:

Cook the honey and water in a small saucepan over medium heat, stirring occasionally, until the honey is melted, about 2 minutes. Let cool completely. (The honey syrup can be refrigerated for up to a month
BEE’S KNEES
RECIPE COURTESY OF GEOFFREY ZAKARIAN
HONEY DINNER 2018

Ingredients
8 ounces gin
4 ounces lemon juice
4 ounces Honey Simple Syrup, recipe follows
Lemon peel, for garnish

Honey Simple Syrup:
1/2 cup honey

Vigorously shake the gin, simple syrup and lemon juice over ice, and strain into a chilled cocktail glass. Garnish with the lemon peel.

Honey Simple Syrup:
Yield: 1 cup.
In a small saucepan over medium heat the honey and 1/2 cup water until incorporated and dissolved. Cool to room temperature before using.
Wild Brewed Mead

George Hine and Kiersten Ruisard

This is a simple recipe, but it needs a lot of explanation. Kiersten and I have enjoyed a variety of home brews from sweet rice wine to the “American Light” Mr. Beer kit, but our constant standby is really our wild fermented mead. It can be drunk in as little as a few weeks, but things really get interesting if you can spare 1-2 years. It’s also a great medium to experiment with different flavors and ingredients. We’ve done spices, herbs from our garden, fruit, even foraged flowers and weeds.

In Sandor Katz’s “The Art of Fermentation,” (Chelsea Green, 2018), Katz describes Polish pultorak, which is diluted with a little as 1:2 water to honey, and Mexican Baälche (Balché), which can have as much as 17:1. I’ll include a recipe below, but the truth is, there’s a lot of room to work. Honey just wants to ferment and adding any substantial amount of water to a mass of (raw) honey is all you need to kick things off. Katz himself apparently prefers 4:1 water to honey, or 6:1 for something lighter. We’ll usually use a ratio around 4:1 which comes out with a wine-like body. Sometimes I’ve used upwards of 7:1 to make more of a honey-beer.
Pascal Baudar in “The Wildcrafting Brewer,” (Chelsea Green, 2018) uses a quick and dirty rule of 1 pound of sugar in 1 gallon of water yielding 5% alcohol by volume upon full fermentation of the sugars. For comparison to Katz, 1 lb of honey in 1 gallon of water is about 8:1 water to honey. This is probably not precise enough to distinguish a pound of sugar from a pound of honey, but it’s a useful figure because according to him, most wild yeast can only tolerate up to 5% ABV. This is not always the case, and a batch of wild fermented mead can easily exceed 5% if you get lucky.

According to Katz, the fermentation of glucose happens quickly over days and weeks, while the fermentation of fructose takes months. With glucose and fructose making up most of the dry weight of honey (in roughly equal proportion), the complete fermentation of sugars to produce a dry mead will take quite some time. We generally wait a year, and it’s worth it. Most of our wild meads have a cough syrup quality at about 6 months which is when we usually try to bottle. Starting around 12-13 months total, the flavor starts to round off into something tart and complex, and no longer tastes like medicine. In our experience, most batches that taste poorly in the first year of fermenting will start to taste much better after that.

Because the wild yeasts (and accompanying lactobacillus and acetobacter) that arise from spontaneous fermentation are extremely diverse and robust, they generally overpower any harmful organisms if they have favorable conditions. For this reason, sanitization of equipment is not necessary. Simple soap and water does the job, though you should definitely wash your hands. If you use city water, it’s important to filter out (or let evaporate) any chlorine or fluorine which could kill the wild yeast.

As always with any home fermentation, be conscious of the gases being produced. A bottle sealed with too high a sugar content can become an exploding bottle hazard once enough gas is produced.

**Equipment:**
- 5 gallon bucket (fermenter) with lid
- Airlock
- 4’ tube

**Ingredients:**
- 10 lbs Honey (raw)
- Enough water to total 5 gallons with the honey
Instructions:

1. Mix honey into water in the fermenter. If the honey isn’t mixing, cover and try again in an hour. The honey will eventually start to dissolve. Lightly cover to keep bugs out, the airlock is not needed yet.
2. Stir at least daily until bubbling becomes vigorous, 3-10 days.
3. Once vigorously bubbling, seal covered with lid and airlock.
4. 2-4 weeks after covering, the bubbling should slow. At this point, you can enjoy the mead as is. It will be sweet and only lightly alcoholic. OR…
5. (optional) Continue to ferment
   a. Leave in fermenter for another 5-6 months before bottling,
   b. Rerack to a carboy for another 5-6 months before bottling.
6. (optional) bottle age for another 6-12 months or longer.

Variations:

Starter method:

Fermentation will be more well behaved if you use a starter. If you save the lees (sedimentary remnants) from your previous batch, you can use that as a starter. By repeating this process, we have cultivated what appears to be a particularly alcohol tolerant strain of yeast. If you don’t have lees, you can mix some water and raw honey in a jar with water and shake it a couple of times a day until it becomes bubbly and active. “Pitch” your starter into your honey water after step 1. If you use a starter, the rest of the honey does not need to be raw.

“Sake” starter method:

For cleaner taste with less lactic and acetic acid (although I generally like them both), I’ve had luck staging the initial yeast cultivation. Starting with raw honey and water (in the same proportion as the mead), in a 1 pint jar, shaking multiple times a day until vigorously bubbling. At this point, mix with an equal part honey and water in a larger vessel, stirring or shaking daily until vigorously bubbling. Again add an equal portion and repeat. This should double your volume at every step until you reach your desired amount of total liquid, furiously bubbling. Pick up from step 2.

Fruit additions:

We have tried lots of different fruit, including blackberries, strawberries, peaches, and almost every year, apples. You can add fresh fruit, fruit juice, or juice with pulp after step 1 or at any point during fermentation. The skins and pulp add more complexity, but seem to require the long-ferment option in order to be palatable. I’ve also had luck making a starter from apples or crushed strawberries, or you could probably try it with any fresh fruit that hasn’t been sterilized in some way. Strain out any solids before reracking in step 5 or bottling in step 6.
Herbal additions:

Herbs do great to balance the funk of the wild yeast and to add a little bittering. Some of my favorite batches have been chamomile from our garden, and foraged dandelion flowers and greens. We also had a great “garden herb” mead which included almost every herb in our garden at the time. Add them after step 1 or at any point during fermentation. Strain out any solids before re-racking in step 5 or bottling in step 6.

Spice additions:

Spices also do well in a mead. Ours tend to be holiday themed and usually involve some kind of fruit like apple or grapefruit rind with some variation on mulling spices. Add after step 1 or at any point during fermentation. Strain out any solids before re-racking in step 5 or bottling in step 6.

Wax Cappings:

This year I harvested some frames of wax from my hive and I used water to wash the honey off the wax along with the wax cappings before melting it down. I don’t know just how much honey I really collected this way, but I ended up with about 5 gallons of honey water. All the wax and maybe some of the propolis made it especially cloudy, and I’m excited to see the results.

Underripe Honey:

This is also a way to use uncapped honey which does not have high enough water content to be considered shelf-stable.
Great CORNBREAD tip from Neranza

Take any cornbread recipe and make these two substitutions for the best cornbread ever!

In place of the spoon of sugar often required, use honey instead.

Also instead of milk or buttermilk, use whole plain yogurt. This will make the cornbread less coarse and more cakelike in texture.
Honey Rolls
Cathy – Honey Dinner

Ingredients
• 1 cup (240ml) whole milk, warmed to about 110°F*
• 2 and 1/4 teaspoons Red Star® Platinum yeast
• 1/2 teaspoon granulated sugar
• 1/4 cup (84g) honey
• 1 large egg + 1 egg yolk
• 1/4 cup (60g) unsalted butter, melted and slightly cooled
• 1/2 teaspoon salt
• 3 and 1/2 cups (452g) bread flour (spoon & leveled)

Topping
• 1/4 cup (60g) unsalted butter, very soft
• 2 Tablespoons (42g) honey

Instructions
• Pour warm milk into the bowl of a stand mixer fitted with a dough hook attachment. Or, if you do not own a stand mixer, a regular large mixing bowl. Sprinkle yeast and 1/2 teaspoon sugar on top of the milk. Give it a light stir with a spoon and allow to sit for 5 minutes. The mixture should be frothy after 5 minutes. If not, start over with new yeast.

• If you do not have a mixer, you can mix by hand in this step. With the stand mixer running on low speed, add the honey, egg, egg yolk, melted butter, salt, and 3 cups of flour. Beat on low speed for 1 minute, then add remaining 1/2 cup of flour. Beat on low speed for 1 minute as it all combines. The dough should be thick, yet soft. And only slightly sticky. It should pull away from the sides of the bowl as it mixes. When it does, it is ready to knead. If, however, the dough is too sticky to handle– add more flour, 1 Tablespoon at a time. Make sure you do not add too much extra flour; you want a soft, slightly sticky dough.

• Form dough into a ball and turn it out onto a lightly floured surface. Knead for 2 minutes, then place into a greased bowl– I usually just use olive oil or nonstick spray. Turn the dough over to coat all sides. Cover the bowl with plastic wrap and place it in a warm environment to rise until doubled, about 2 hours. For this warm environment, I preheat the oven to 200°F (93°C) then turn the oven off and place the bowl inside the warm-ish oven.
• Once doubled in size, punch down the dough to release any air bubbles.
• Remove dough from the bowl and turn it out onto a lightly floured surface. Punch down again to release any more air bubbles if needed. Using a sharp knife, cut the dough in half. Cut each half into 8 equal pieces for a total of 16 pieces that are about 1/4 cup each—golf ball size, give or take. They don’t need to be perfect! Shape into balls as best you can and arrange in a greased 9×13 baking pan. Loosely cover with plastic wrap and allow to rise until doubled in size and puffy, about 1 hour.

• Preheat oven to 350°F (177°C). Bake the rolls for 18-21 minutes until the tops are golden brown and the edges of each roll look cooked. While the rolls bake, mix the topping ingredients together to make a creamy honey butter. Remove the rolls from the oven when they are done and brush or spread a generous amount of honey butter onto each warm roll. Serve with any remaining honey butter.

• Cover leftovers and keep in the refrigerator for up to 1 week or freeze for up to 3 months, then thaw overnight in the refrigerator. Warm up in a 300°F (149°C) oven for 10 minutes.
**Sweet & Salty Kale Crisps**  
Cathy – Honey Dinner 2019

**INGREDIENTS**
1. 1 head of green curly kale  
2. 2-3 Tbs Olive oil  
3. 1/8 tsp Sea salt  
4. 1/8 tsp black pepper  
5. 1 Tbs Honey  
6. 1 Tbs red wine vinegar

**INSTRUCTIONS**
1. Preheat oven to 350F.  
2. Rinse the kale to remove any dirt.  
3. Then, de-stem each stalk of the kale by pinching the base of the stem with one hand, and using your thumb and forefinger of the other hand to push the leaves up and away from the stem. Tear large leaves into 2-3-inch pieces.  
4. Take the kale leaves and place in a bowl. Drizzle with 2-3 tbsp olive oil, and use your hands to mix the oil into the leaves. Season with salt and pepper.  
5. Bake until crisp, about 20 minutes, tossing once or twice. Remove from oven and drizzle the honey over the kale. Return to the oven for 5 minutes longer. Remove from oven and sprinkle leaves with red wine vinegar.  
Honeyed Party Mix
Andrea - Honey Dinner 2019

INGREDIENTS
4 cups rice, corn or wheat cereal squares
4 cups small pretzel twists or sticks
2 cups roasted mixed nuts
1/2 cup butter or margarine melted
1/2 cup honey

DIRECTIONS
Combine cereal, pretzels, and nuts in 9x13x2-inch baking pan. Combine butter and honey. Pour over all, tossing lightly to coat evenly.
Bake at 350°F 45-50 minutes, stirring frequently, or until crispy and caramelized. Store tightly covered.
*Andrea added some cayenne for a little heat.
Spinach Salad with Honey Dressing and Honeyed Pecans

Andrea – Honey Dinner 2018

Yield
Makes 6 to 8 servings

March 2014
RECIPE BY SOUTHERN LIVING

Use leftover dressing to marinate meat or perk up plain rice.

Ingredients

- 1 (6-oz.) package baby spinach
- 1 cup quartered fresh strawberries
- 1/2 cup thinly sliced red onion
- 1/2 cup fresh blueberries
- **Honey Dressing**
  - 3 to 4 cooked bacon slices, crumbled
  - 1/4 cup crumbled blue cheese
- **Honeyed Pecans**

Toss together first 4 ingredients and 1/3 cup dressing. Sprinkle with bacon, cheese, and pecans. Serve with remaining dressing.
Honey Dressing Ingredients

- 1/3 cup white balsamic vinegar
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2/3 cup extra virgin olive oil

Whisk together vinegar, honey, Dijon mustard, salt, and pepper. Add olive oil in a slow, steady stream, whisking constantly until smooth.

Ingredients

- 1/4 cup honey
- 1 cup pecan halves
- Parchment paper
- Cooking spray
- 1 tablespoon sugar
- 1/4 teaspoon kosher salt
- Pinch of ground red pepper

Honey Pecans: Preheat oven to 325°. Microwave honey in a bowl at HIGH 20 seconds. Stir in pecan halves. Coat a parchment paper-lined jelly-roll pan with cooking spray; spread pecans in a single layer on pan. Combine sugar, salt, and a pinch of ground red pepper; sprinkle over pecans. Bake 15 minutes or until toasted, stirring after 8 minutes. Cool completely; break into pieces.
Almond Lettuce Wedges With Honey Mustard Dressing
Andrea – Honey Dinner 2018

Dressing:
1 c. salad oil
¼ c. cider vinegar
1 TBS honey
2 TBS Dijon mustard
Place all ingredients in blender. Whirl for 1 minute or until thoroughly blended. Makes about 1 1/3 cups.

Salad:
1 head iceberg lettuce
½ c. slivered or sliced almonds, lightly toasted

*Andrea added some Mayo to the dressing recipe to tone down the vinegar.
EASY BEETS WITH HONEY
Don Sobczak:

There are no measurements. These in the photo were made from large sized beets in a small saucepan. A few slices of butter and a spoon of honey is all that is added after cooking.

- Peel and slice raw beets.
- Put in a pot, cover with water, cover pot and simmer until tender.
- Drain.
- Add butter and honey and reheat before serving.
Honey Roasted Carrots

Cathy

Ingredients

- 2 pounds baby carrots with tops
- 2 teaspoons olive oil
- 3 tablespoons butter, divided
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 shallot, finely chopped
- 2 tablespoons bourbon
- 2 tablespoons honey
- 1 tablespoon chicken broth or water
- 1/2 teaspoon chopped fresh thyme
Directions

Place a small roasting pan in oven. Preheat oven and pan to 500°.

Cut tops from carrots, leaving 1 inch of greenery on each carrot.

Stir together olive oil and 1 Tbsp. butter in preheated pan. Add carrots, salt, and pepper; toss to coat. Bake 10 minutes.

Meanwhile, melt remaining 2 Tbsp. butter in a small saucepan over medium-high heat. Add shallot; sauté 1 minute. Remove from heat and stir in bourbon and next 2 ingredients. Return to heat, and bring to a boil, stirring occasionally. Reduce heat to medium and cook 5 minutes or until mixture is syrupy.

Drizzle syrup over carrots; toss to coat. Bake 5 to 7 more minutes or until carrots are crisp-tender. Transfer to a serving dish, and sprinkle with thyme.
Easy Garlic Ginger Glazed Sticky Pork – Andrea Souza

Tender strips of pork glazed with a sticky, sweet, spicy, garlicky, gingery sauce that is as easy as stirring a few things together in a pan, this fast, soul-satisfying meal is easy enough for rookie cooks, but delicious enough to keep sophisticated cooks and eaters happy.

**Course** Main Dish  
**Prep Time** 15 minutes  
**Cook Time** 10 minutes  
**Total Time** 25 minutes  
**Servings - 6**  
**Calories** 269kcal  
**Author** Rebecca Lindamood

**Ingredients**

- 1 1/2 pounds boneless center cut pork loin cut into 1/4-inch thick slabs, then 1/4-inch thick strips, about 3 inches long  
- 1 teaspoon Kosher salt  
- 1/2 teaspoon black pepper  
- 1 tablespoon canola or peanut oil plus extra if necessary  
- 5 cloves garlic peeled and minced or pressed through a garlic press  
- 2-inch knob of fresh ginger grated  
- 1/2 cup mild honey  
- 2 tablespoons to 1/4 cup sriracha or chili garlic sauce  
- 1 tablespoon rice wine vinegar or white wine vinegar

**Instructions**

- In a liquid measuring cup or a small mixing bowl, whisk together the mild honey, sriracha, and rice wine vinegar. Set aside.  
- Pour the oil into a heavy-bottomed skillet over medium high heat and swirl to coat. Let it heat until it is shimmering. While the oil heats, sprinkle the pork strips with kosher salt and black pepper then toss with your hands to distribute it evenly. Carefully add the pork to the pan, working in batches to avoid overcrowding the pan. Let the first side brown, flip the pieces with tongs or a spatula, and brown the second side. Transfer the pork to a plate.  
- Return the pan to the heat and add in the garlic and ginger. Stir until fragrant, about 30 seconds.  
- Raise the heat to high and pour in the sauce mixture and bring to a boil, stirring frequently. When the sauce is very bubbly and thickened like warm honey, toss the pork back in and toss constantly to coat everything and reduce the sauce to a thick, sticky glaze on the pork. This can be served immediately over rice, noodles, or as finger food, or can be allowed to cool and be eaten cold.

**Nutrition**

Calories: 269kcal | Carbohydrates: 25g | Protein: 25g | Fat: 6g | Saturated Fat: 1g | Cholesterol: 71mg | Sodium: 723mg | Potassium: 458mg | Sugar: 24g | Vitamin C: 0.9mg | Calcium: 12mg | Iron: 0.8mg
Homemade Hot Sauce

Ingredients:
1 1/2 pounds peppers of your choosing (a mix of sweet peppers and habanero peppers), tops/stems removed, halved
6 cloves garlic, peeled
4 cups filtered water
4 teaspoons sea salt
1/3 cup apple cider vinegar
1 tablespoon honey or maple syrup, optional
1/2 teaspoon xanthan gum, optional (see notes)

Instructions
For the Fermented Version
Place the peppers and garlic in a clean wide-mouth quart canning jar. Set aside.
To make the brine, heat the filtered water and sea salt in a medium saucepan until the salt has dissolved completely. Let cool to room temperature.
Pour the brine over the peppers and garlic, completely submerging them. If you run out of brine, you can make more by mixing 1 cup of warm filtered water with 1 teaspoon of sea salt.
Transfer mixture to a clean glass jar and then fit with a fermentation lid or cheesecloth secured with a rubber band. Place in a warm, dark spot for 5-7 days, or until the brine looks cloudy and small bubbles begin to appear when you tap the side of the jar.
When the fermentation time is up, strain the brine, reserving it. Place the fermented peppers and garlic in a blender, and add in 1 cup of the brine, plus the apple cider vinegar, and honey or maple syrup, if using. Blend until completely smooth, adding in additional brine to reach the desired thickness.
While the blender is running, sprinkle in the xanthan gum, if using, and blend for an additional minute.
Transfer to a bottle and store in the fridge for 3-6 months.
FLUFFY BUTTERMILK PANCAKES
Lori Houck

1 cup buttermilk (if not available 1 cup milk + 4 tsp lemon juice)
1 egg
1 cup flour
1 tbsp honey (or sugar if you prefer)
1 tsp soda
½ tsp salt
1 tbsp cooking oil

1. Add all ingredients to blender and blend until well mixed
2. Heat lightly greased griddle or skillet. Using 1/4 cup of batter for each pancake, drop onto hot, greased griddle, baking until top of pancake is covered with tiny bubbles.
TOPPINGS: add chopped pecans, chopped peaches, chopped strawberries, blueberries (or place chocolate chips on top after flipping—I do a Smiley face for my grandkids)
3. Flip and cook until lightly browned on underside.
4. Drizzle with honey and serve while hot.
Honey-Pecan Chicken Piccata
Kris Christen

6 split chicken breasts
1/4 cup honey
1 egg, beaten
4 tablespoons olive oil, divided
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon onion powder
1 cup fine breadcrumbs
1/2 cup pecans, chopped finely
1/2 cup parsley, chopped finely

1. With a mallet, pound each chicken breast until very flat. Set aside.

2. In a bowl, whisk together honey, egg, 2 tablespoons olive oil, salt, pepper, and onion powder. In a separate bowl, combine breadcrumbs and pecans. Heat remaining 2 tablespoons oil in a heavy skillet over medium high heat.

3. Dip each chicken breast in the honey mixture, coating both sides. Repeat this process in the breadcrumb mixture, coating evenly. Fry chicken in the hot skillet until center is no longer pink, about 5 to 7 minutes on each side. Serve hot with parsley on top. Garnish with whole pecans, if desired.
Honey Garlic Chicken Skewers

Cathy

Ingredients
for 3 servings

MARINADE

- 3 tablespoons vegetable oil
- ¼ cup honey
- ⅓ cup soy sauce
- 3 cloves garlic, minced
- 1 teaspoon pepper

SKEWERS

- 3 chicken breasts, cubed
- 1 red onion
- 2 red bell peppers
- 2 orange bell peppers
- 2 yellow bell peppers
- fresh parsley, to taste

SPECIAL EQUIPMENT

- wooden skewers, soaked in water
Preparation

1. Soak the skewers in water for 5-10 minutes and set aside.

2. In a bowl with the chicken, add the ingredients for the marinade.

3. Mix until coated. Cover with plastic wrap and refrigerate for 30 minutes to 2 hours.

4. If baking, preheat the oven to 400°F (200°C).

5. Prepare the vegetables by cutting them into 1-inch (2 ½ cm) squares.

6. Assemble the skewers starting with the red onion, followed by the bell peppers and chicken. Repeat three times.

7. Place the prepared skewers on a baking sheet and brush with remaining marinade.

8. Bake or grill for 20-30 minutes or until chicken is no longer pink.

9. Sprinkle with parsley.

10. Enjoy!
I like trying new recipes so here is one I found that looked good. It was perfect to make use of the inside savoy cabbage head I had left over after using the dark green outer leaves in another recipe. I used the entire head that was now small after I had already used the outer leaves.

After I sliced the steaks and laid them on a silicone mat lining my pan, I took the bits of leaves that fell off and laid them around the edges. Then I drizzled the mixture over all of it. I should have removed those cabbage bits earlier that cooked quicker than the steaks as they burned. The ones that didn’t burn were quite tasty. It was all easy and had a delicate flavor.

1/2 head savoy cabbage or green cabbage, cut into 1/2-inch-thick rounds
3 tablespoons olive oil
¾ teaspoon coarse salt
½ teaspoon ground white pepper
2 tablespoons balsamic vinegar
2 teaspoons honey
1 sprig fresh thyme

· 1. Preheat your oven to 400°F (200°C). Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil.

· 2. In a bowl, combine olive oil, balsamic vinegar and honey.

· 3. Arrange the cabbage slices in a single layer and brush with the honey balsamic vinaigrette. Season with coarse salt and ground pepper and sprinkle with thyme.

· 4. Roast until cabbage slices are tender and edges are golden, 25 to 30 minutes.
Honey Crusted Chicken
Anita Greenlee

8 saltine crackers, each about 2 inches square
1 teaspoon paprika
2 boneless, skinless chicken breasts, each 4 ounces
4 teaspoons honey

Directions:
• Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray.
• Crush the crackers. Place crackers in a small bowl and add paprika. Stir to mix well.
• In a separate bowl, add the chicken and honey. Toss to coat evenly. Add the cracker mixture. Mix and press the chicken into cracker mixture until it is evenly coated on both sides.
• Place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20 to 25 minutes. Serve immediately.
Honey Basil Chicken
Larry Millet & Daughter

Chicken
Sauce:
1.5 cups honey (or less, to taste), we use less.
3 T cornstarch
5 T soy sauce
4 T rice vinegar
3 t sesame oil
2 t crushed red pepper
1 T garlic
1 t ginger
1 cup fresh basil (chopped), more or less to taste
Mix together all ingredients except for basil, sauté, or cook in a crockpot. Add basil when cooking is nearly complete.
Serve over rice.
Oregano-Lemon Chicken
Anita Greenlee

6 chicken thighs (I used breasts) 1 tablespoon olive oil
3 tablespoons lemon juice 3 garlic cloves, minced
2 tablespoons honey 2 teaspoons dried oregano

Directions:
- Place the chicken in a greased 13in x 9 in baking dish. Combine the lemon juice, honey, oil, garlic and oregano and pour over chicken.
- Bake uncovered at 375 for 45 minutes or until a meat thermometer reads 180 degrees F and chicken juices run clear, basting occasionally with pan juices.
Honey-Broiled Scallops
Cathy – Honey Dinner 2018

1 Tbs unsalted butter
1 Tbs olive oil
1 leek, trimmed and cut into thin strips
Sea salt and black pepper
8 scallops, corals removed
¼ c honey

Melt the butter with the oil in a nonstick skillet over medium heat and gently sauté leeks for 5 minutes or until soft. Season with salt and pepper. Set aside.

Slice each scallop in half horizontally.

Place leeks onto a baking dish and top with the scallops and drizzle with honey.

Preheat the broiler to high. Broil for 2-3 minutes until scallops are just beginning to caramelize.

Scatter fresh parsley over the top and serve with a lemon wedge.
Honey Cream Cheese Fruit Dip
Anita Greenlee

8 ounces cream cheese, softened
1/3/ to ½ cup honey
2 – 4 tablespoons milk

Directions:
• Blend ingredients together until smooth
• Vary amount of milk according to desired consistency
• Cover and refrigerate until ready to serve
Lemon Honey Bee Cupcakes

Ingredients:

Cupcakes:
1 box lemon cake mix

Lemon Curd:
1 teaspoon powdered gelatin
1 tablespoon cold water
3/4 cup lemon juice
3/4 cup sugar, divided
3 large eggs
3 large egg yolks
1 tablespoon unsalted butter

Honey Lemon Frosting:
3/4 cup lemon curd
1 teaspoon honey
1 cup heavy cream

Garnish:
candy honey bees
edible glitter

Instructions:

For Cupcakes:
1. Prepare cake mix cupcakes according to package directions, filling muffin cups 3/4 full with batter.

For Lemon Curd:
1. Sprinkle gelatin over cold water in a small bowl; set aside.

2. Combine lemon juice and 1/2 cup of sugar in a small saucepan over medium-low heat; bring to a simmer.

3. Whisk together remaining 1/4 cup sugar, eggs, and egg yolks in a medium bowl.
4. Pour one quarter of simmering lemon-sugar mixture into egg mixture, whisking so that eggs do not cook. Pour contents of bowl back into pan with remaining lemon mixture. Continue cooking, stirring constantly for 2 minutes, until mixture thickens.

5. Remove from heat and add gelatin and butter, whisking well.

6. Strain through a fine mesh sieve into a bowl.

7. Place 3/4 cup lemon curd in a separate bowl to make frosting. Reserve the rest to use as cake filling.*

For Honey Lemon Frosting:
1. Stir honey into bowl of lemon curd reserved for frosting.

2. Beat heavy cream on high speed with an electric mixer until stiff peaks form. Gently fold in honey lemon curd. Refrigerate for 2 hours.

To Assemble:
1. Scoop out a small portion from the center of each cupcake using a teaspoon.

2. Place leftover lemon curd in a large plastic zip-top bag and cut a small hole in the end. Pipe approximately 2 teaspoons lemon curd into center of each cupcake.

Place honey lemon frosting in a separate plastic zip-top bag and cut a medium-size hole in the end. Pipe frosting onto each cupcake.

4. Garnish with candy bees and edible glitter.**
Honey-Sauterne Peaches with Mason jar ice cream
Betty Sloop

Mix ¼ c. honey with ¼ c. sauterne or other white wine. Add to 4 sliced fresh peaches, approx.. 2 T. per peach/serving. Adjust for more or less servings. (Fresh pears, cubed pineapple, or sliced strawberries may be substituted for peaches.) (Betty Crocker Cookbook, 10th printing, 1983))

Mason jar ice cream: Mix 1 cup heavy whipping cream, 1 ½ T. sugar or honey or combination honey & sugar, or ¼ cup sweetened condensed milk, ½ t. pure vanilla extract (or scrapings from ½ vanilla bean), and pinch of salt in a 1 quart mason jar. Secure lid, shake vigorously for 4-5 minutes. Freeze for approx.. 3 hrs. (www.bhg.com)
Baklava
Libby Clemens

Ingredients:

- Walnuts and/ or other tree nuts
  4 1/4 cups chopped
- Cinnamon - 2 tsp
- Sugar - 1/2 cup
- Butter - 1 1/2 sticks melted. You can
  Substitute olive oil for part of it
* Phyllo dough - 1 PKG - thawed in frig
  overnight
- Honey - 1 lb plus a bit more maybe, heated
*NOTE - phyllo dough can be hard to work with if you haven't used it before. For an intro, see https://www.thespruceeats.com/handling-phyllo-dough-sheets-1706226

Instructions:
1. Use a rimmed large cookie sheet. You'll bake the baklava at 325 degrees F.
2. Mix together the chopped nuts, cinnamon, and sugar in a bowl.
3. Melt the butter and brush some on the bottom of the pan or cookie sheet.
4. Layer the phyllo dough on the cookie sheet, brushing melted butter on each layer. One sheet of dough laid sideways covers half the cookie sheet so you need two sheets for each layer.
5. After laying down 5 layers of phyllo, sprinkle 1/3 of the nut mixture over the top layer.
6. Repeat step 5 until you have 3 layer of nuts and then finish with 5 sheets of phyllo on top. Butter the top layer well.
7. Score lines through the top 2 layers of dough (try not to cut through to the bottom). I make a 6 x4 grid (24 squares) and then cut those diagonally in half.
8. Bake at 325 and check at 30 minutes. It will probably take 45 minutes to get the top slightly browned.
9. Remove from oven and spoon hot honey over top, making sure to get honey down into all the cuts and around the edges.
10. Cut through when ready to serve.
Honey Caramels
Honey Dinner

Ingredients

- 1 cup granulated, white sugar
- ½ cup light brown sugar, packed
- 1 cup heavy cream
- ½ cup of honey (tip: spray the measuring cup with nonstick spray so it comes out easily)
- 4 oz butter (8 tablespoons) - use the highest quality butter you can find
- 1 teaspoon vanilla extract
- ½ teaspoon salt

Instructions

Heat the sugar and honey in a large pot on medium heat and allow the mixture to dissolve and deepen in color.

While the sugar-honey is dissolving, heat the heavy cream in a small saucepan over medium heat until it comes to a simmer.

Once the sugar-honey has darkened a bit (~7-10 minutes), add in the butter and cream. Stir until combined.

Clip your candy thermometer on to your pot and heat over medium-high until the mixture reaches about 248 degrees for a medium-chew and 250 for a firm candy.

Remove the pot from the heat and VERY quickly and carefully stir in the vanilla extract and salt (it will bubble violently).

Pour the molten caramel into a glass dish (9x9 works well) lined with heavy parchment paper or silicone baking mold.

Let cool for at least 2 hours then slice and wrap individually

*Cathy used a silicone candy mold instead of a 9x9 pan.
Blueberry Cobbler with Lemon Honey Ice Cream

Honey Dinner

Ingredients

**Blueberry Filling:**
- Unsalted butter, for buttering the baking dish
- 8 cups blueberries
- 1/3 cup sugar
- 3 tablespoons all-purpose flour
- 2 teaspoons ground cinnamon
- 1/2 lemon, juiced

**Cobbler Topping:**
- 1 cup all-purpose flour
- 1 cup sugar
- 2 tablespoons unsalted butter, melted
- 2 tablespoons milk
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 eggs, lightly beaten
- Lemon Honey Ice Cream, for serving, recipe follows

**Lemon Honey Ice Cream:**
- 1 1/2 cups milk
- 1 cup heavy cream
- 1/4 cup honey
- 1/4 cup sugar
- 2 tablespoons lemon zest
- 1 tablespoon lemon juice
- 5 egg yolks
Directions
Special equipment: an ice cream maker

**Cobbler Topping:**

Preheat the oven to 350 degrees F. Butter a 9-by-13-inch baking dish.

For the blueberry filling: Add the blueberries, sugar, flour, cinnamon and lemon juice to the prepared baking dish; toss to combine. Set aside.

For the cobbler topping: In a medium bowl, mix the flour, sugar, melted butter, milk, baking powder, cinnamon, salt and eggs. Stir to combine, then dollop the batter over the blueberries to cover.

Bake until the berries are bubbling and the topping is golden, about 45 minutes.

Serve a la mode with the Lemon Honey Ice Cream.

**Lemon Honey Ice Cream:**

In a medium saucepan, combine the milk and heavy cream and slowly warm over low heat until small bubbles form around the edges. Add the honey and stir to mix.

In a medium bowl, whisk to combine the sugar, lemon zest, lemon juice and egg yolks. Slowly add the egg yolk mixture to the milk and cook, stirring constantly, until thickened enough to coat the back of a spoon, about 8 minutes. Remove from the heat, cover, and chill in the refrigerator until cold, about 1 hour.

Transfer the mixture to an ice cream machine, process for about 30 minutes, and then freeze until frozen through, another 2 hours.
Honey Tea Lollipops
Honey Dinner

Recipe courtesy of Gale Gand

Yield:
12

Ingredients
- 1 cup sugar
- 6 tablespoons honey
- 2 tablespoons glucose
- 8 tablespoons brewed tea
- Non-stick cooking spray
- Lollipop molds
- Lemon rinds
- Mint leaves
- Lollipop sticks

Directions

Combine the sugar, honey, glucose and brewed tea in a small saucepan fitted with a candy thermometer and cook on high heat. While cooking the candy syrup, occasionally wash down the pan sides using a clean brush dipped in water to prevent crystallization. Without stirring, cook until mixture reaches 310 degrees or hard crack on the candy thermometer.

Spray lollipop molds lightly with non-stick cooking spray. Place lemon rinds and mint leaves in each section. Place lollipop sticks into mold. Remove the pot from the heat and dip it into an ice bath for 15 seconds to stop the cooking. Remove the pot from the ice bath. To avoid air bubbles, swirl hot candy syrup in both directions, being careful not to over mix. Pour the syrup into the molds 2/3 of the way full and cool at least 20 minutes. Remove from molds.