

Honey, I'm Home!

Sharing Our Most Loved Honey Recipes!



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Introduction: Huronia Beekeepers



Beekeepers tend to be a **passionate** lot. Passion, purpose and resiliency describe our membership! We are an active club of beekeepers. We meet monthly to share our experiences, ask questions and learn a variety of approaches for managing bees.

Our club has some of the very best bee keeping minds - masters and novices. Our masters bring a wealth of experience to the club and our newest members tend to bring to our meetings a wealth of questions. Because we all tend to read a variety of literature concerning bees, we get excited about swapping tips, tools and resources with one another. New members are always welcome!

When our bees are doing well, they produce a bounty of delicious, all natural honey in excess of their own needs. We beekeepers love our bees and do our utmost to keep them healthy. But it takes more than a beekeeper to keep bees healthy. It involves seed manufacturers, farmers and individual cooperation, everyone performing their role harmoniously, like a hive of bees. Maybe if we pause for a moment to think about the food we eat, to ponder the steps involved in producing good food, maybe then we will recognize the vital role that humans and nature perform together. And, lets remember to give credit where credit is due - Honeybees pollinate one third of our food – fruit, vegetables and nuts! The most nutrient rich foods at that!

We trust that you and your family will enjoy our favourite recipes from the hive. Here's a toast from us to your good health with a blessing for the bees - May we all thrive!

BJ McCabe

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Fascinating Honey Bees Facts

One of every three bites of food you eat depends on the honeybee. How? Honeybees are hard working pollinators. You can see the pollen this bee has collected on her back legs as little golden balls.

The average honeybee will make only one twelfth of a teaspoon of honey in its lifetime. It will take 220,000 honeybees to produce 1 kg of honey.

Bees make honey from the nectar of plants and flowers within their foraging area. The flavor of honey is based upon the types of blossoms the bees visit when searching for nectar. There are many different flavors and colours of honey.

Pure and natural honey never spoils. Expect honey to crystallize over time – it is proof positive that you have purchased pure, natural honey. Even in solid form, honey is wholesome. Don't throw it out! If you prefer your honey liquid, take the lid off and place the jar into a pot of warm water and let it sit. The crystals will dissolve.

Honey is nature's energy booster. It is fat free, cholesterol free and sodium free. It provides a concentrated energy source that helps prevent fatigue and boost athletic performance. A tablespoon of honey contains just 64 calories and 17 grams of carbohydrates. For a quick energizer, put a teaspoon of honey in your water bottle and enjoy a delicious all natural body booster.

Play it safe! Don't feed honey to infants. Honey is perfect for bees to eat and a healthy food source for adults and children, but it is not recommended for infants under one year of age.

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Honey Recipes

Cucumber Ribbon Salad

1 medium cucumber
2 tbsp rice vinegar
½ tsp honey
1 tbsp canola oil
salt and pepper to taste
1 tbsp sesame or sunflower seeds

Trim the ends off cucumber and cut it in half crosswise. Peel into strips. Whisk together the vinegar, honey, oil and salt and pepper. Drizzle the dressing over the cucumber strips. Garnish with seeds.

Creamy Mint Cucumber Salad

¾ cup yogurt or sour cream
2 green onions, chopped
¼ cup fresh mint or 1 tablespoon dried mint
1 clove garlic minced
1 teaspoon honey
4 cups diced cucumber

In bowl, combine yogurt or sour cream, onions, mint, garlic and honey. Stir in cucumber.

Quinoa Salad

½ cup quinoa
1 ¼ cup water

Bring to a boil and simmer for 15 minutes. Remove from heat and let sit for 5 minutes. Then fluff with a fork and allow to cool.

Chop your favourite fresh vegetables (zucchini, cauliflower, sweet pepper) and ½ cup chopped feta and add to the quinoa.

Dressing:

1 tablespoon vinegar
2 tablespoons olive oil
dash of salt and pepper
½ teaspoon Dijon mustard
½ teaspoon honey

Mix dressing with quinoa, chopped vegetables and feta.

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Honey Dijon Dressing

12 tablespoon vegetable oil (walnut, olive, canola)
6 tablespoon liquid honey
3 tablespoon Dijon mustard
3 tablespoon apple cider vinegar
1 tablespoon lime juice
salt and pepper to taste
1 - 2 tablespoon minced garlic

Honey Blueberry Jam

1/4 cup water
5 cups blueberries (fresh or frozen)
3 cups sugar
1 cup honey

Bring blueberries and water to boil in a large stockpot, mash and stir for 5 minutes. Add sugar and honey and boil gently uncovered on low heat for 40 minutes. Bottle jam in sterile bottles and process in a boiling water bath for 10 minutes.

Honey Cinnamon Butter

1/2 cup butter softened
1/4 cup honey
1 tsp cinnamon

Beat softened butter until creamy. Beat in honey and cinnamon until well blended.
Wonderful on pancakes, muffins and biscuits!

Honey Lemon Butter (Great on fish and chicken.)

1 1/4 cups honey
1-3/4 cups butter, softened
2 tablespoons lemon juice
1 tablespoon finely chopped lemon zest

Beat honey, butter, lemon juice, and lemon zest until smooth and chill.

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Rose Petal Honey Butter (Great on toast, folded into yogurt or as a base for icing.)

½ cup honey

½ cup butter

1 cup firmly packed rose petals with bases removed (Be sure that the petals you use have never been sprayed.)

Blend all ingredients in a blender until well chopped and mixed.

Rosemary Infused Honey

1 cup honey

¾ cup fresh rosemary leaves

Place honey in a double boiler with water in bottom. Squeeze rosemary leaves to release flavour and place in honey. Bring water to a boil, and bring honey to 185°F and keep at 185°F for 10 minutes. Remove from heat and let stand 10 minutes. Strain while still warm. Place in sterilized jars and cap.

Mint Infused Honey (Lovely in Tea!)

1 cup honey

1 cup mint leaves, loosely packed or ¼ cup fresh mint, chopped

Place honey and mint in a double boiler with water in bottom. Bring water to a boil, and bring honey to 185°F and keep at 185°F for 10 minutes. Remove from heat and let stand 10 minutes. Strain while still warm. Place in sterilized jars and cap.

Honey Mustard Dipping Sauce

1 cup mayonnaise

3 tablespoons honey

2 tablespoons yellow mustard

Juice from half a lemon (or 1 tablespoon)

Whisk all together until combined. Dip chicken strips, wings, pour over ham, use as salad dressing, drizzle over devilled eggs. This recipe can be used in just about any thing you want!

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Honey Lemon Curd

½ cup of lemon juice
3 eggs
¼ cup of coconut oil or grass-fed butter
½ to ⅓ cup of honey
1 tbsp of lemon zest.

Blend all the ingredients together on low / medium speed. Pour the mixture in a stainless steel or heat-resistant glass bowl. Place the bowl over a pot of simmering water and cook the mixture, whisking constantly, until it thickens. Remove from heat and immediately strain it (optional). Place in the refrigerator to set for at least two hours. Enjoy with crackers, cookies, bread or just eat it by the spoon!

Scrumptious Granola

3 cups large flake oats
½ cup unsweetened shredded coconut
½ cup sliced or chopped raw almonds
½ cup raw pumpkin seeds
1/3 cup sesame seeds
2 tbsp whole flaxseed
½ cup liquid honey
1/3 cup peanut or almond butter
2tsp cinnamon
½ cup dried cranberries or other fruit

Preheat oven to 350°F. Line a large pan with parchment paper and set aside. In a large bowl, combine oats, coconut, almonds, pumpkin seeds, sesame seeds and flaxseed. Mix well. In a medium bowl, whisk together honey, peanut (or almond) butter and cinnamon until well blended. Add butter mixture to oat mixture and stir until mixture is completely coated. Bake for 10 minutes. Remove pan from oven, give granola a stir, then bake for another 10 minutes, until golden brown and feels dry to the touch. Be careful not to burn it. Stir in cranberries. Let cool before serving. Store in airtight container.

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Honey Date Bars

3 eggs
1 cup honey
1 tsp vanilla
1 ¼ cup all purpose flour
1 tsp baking powder
¼ tsp salt
1 ½ cups finely chopped dates
½ cup finely chopped dried cherries
1 cup finely chopped nuts

Beat eggs until light. Gradually beat in honey and vanilla. Sift together flour, baking powder and salt. Add gradually to egg and honey mixture, mixing well. Fold in fruits and nuts. Spread in a greased 13" x 9" pan. Bake at 350 °F for 35 minutes.

Cool and cut into bars and store in a tightly covered container.

These bars taste best after storing for two days before serving!

Honey Chia Seed Granola Bars

1 1/4 c quick oats
1/4 c wheat germ
1/4 c whole wheat flour
2 tablespoon chia seeds
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/4 c plus 2 tablespoons honey
1/3 c raisins or dried apple chunks or any dried fruit of choice

Combine until moist and crumbly. May need a touch more of honey. Grease a 8" square pan and pat mixture into pan. Bake 18-20 minutes in a 300°F oven. Cool then cut into bars.

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Honey Almond Biscotti

1/2 cup butter or margarine, softened
3/4 cup honey
2 eggs
1 teaspoon vanilla extract
3-1/2 cups all-purpose flour
2 teaspoons anise seeds
2 teaspoons ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1 cup dried cranberries
3/4 cup slivered almonds

Using electric mixer, beat butter until light; gradually add honey, eggs and vanilla, beating until smooth. In small bowl, combine flour, anise seeds, cinnamon, baking powder, salt and baking soda. Gradually add to honey mixture, mixing well. Stir in cranberries and almonds. Shape dough into two 10x3x1-inch logs on greased baking sheet. Bake at 350°F for 20 minutes or until light golden brown. Remove from oven to wire rack; cool 5 minutes. Reduce oven to 300°F. Transfer logs to cutting board. Cut each log into 1/2-inch slices; arrange on baking sheet. Bake 20 minutes or until crisp. Cool on wire racks.

Pumpkin Honey Bread

1 cup honey
1/2 cup butter or margarine, softened
1 can (16 oz.) solid-pack pumpkin
4 eggs
4 cups flour
4 teaspoons baking powder
2 teaspoons ground cinnamon
2 teaspoons ground ginger
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground nutmeg

In large bowl, cream honey with butter until light and fluffy. Stir in pumpkin. Beat in eggs, one at a time, until thoroughly incorporated. Sift together remaining ingredients. Stir into pumpkin mixture. Divide batter equally between two well-greased 9 x 5 x 3-inch loaf pans. Bake at 350°F for 1 hour or until a wooden pick inserted in center comes out clean. Let loaves cool in pans for 10 minutes; invert pans to remove loaves to finish cooling.

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Banana Honey Cake

4 or 5 bananas

¼ cup of honey

¼ cup olive oil

¼ cup water

3 tbsp ground flax seed

1 tsp vanilla

2 cups flour

1 tsp baking soda

¼ cup nuts and ½ chocolate chips (optional)

Grease a 8 x 8 square baking pan well and preheat oven to 325°F. Mix mashed bananas, honey, oil, ground flax seed, water and vanilla. Sift flour and baking soda. Combine dry ingredients with wet ingredients. Bake in greased pan for 40 minutes.

Note; When you are baking with honey, bake on lower heat and for a little longer than for usual baking.

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Blueberry Muffins (Yields 12 large muffins)

Crumble Topping:

¼ cup light brown sugar
5 tablespoons unsalted butter, softened
2 tablespoons honey
1/4 teaspoon vanilla extract
¾ cup all-purpose flour
¾ teaspoon kosher salt

Combine in a mixing bowl brown sugar, butter, honey and vanilla and mix together on medium-high speed until light and fluffy. Add the flour and salt. Mix on low speed just until the mixture comes together and develops a sandy texture. Refrigerate in an airtight container for at least 30 minutes.

Muffins:

2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon kosher salt
1 cup sugar
½ cup unsalted butter, softened
3 tablespoons honey
1 teaspoon vanilla extract
2 eggs
½ cup milk
2 cups fresh blueberries

Preheat oven to 350°F. Butter 12 muffin cups and dust with flour. In a small bowl combine the flour, baking powder and salt. Cream together sugar, butter, honey and vanilla. Add eggs one at a time and mix well; stir in milk. Add the dry ingredients and mix just until combined. Gently fold in blueberries using a rubber spatula. Scoop the mixture into the prepared muffin cups, filling them about three-fourths full. Sprinkle each top with 1 tablespoon of the salted honey crumble. Bake on the center rack of oven until golden, about 30 to 35 minutes.

Recipe adapted from the National Honey Board's recipes www.nhb.org

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Whole Wheat Honey Banana Muffins

3.5 cups whole wheat flour
2 teaspoons baking soda
1 teaspoon salt
2 tablespoons wheat germ
2/3 cup canola oil
1 cup honey
4 eggs
2 cups mashed bananas
1/2 cup hot water

Stir together dry ingredients. Beat oil and honey together; add eggs and beat well. Add bananas and beat to combine. Add dry ingredients to wet, alternating with hot water; mix well after each addition. Spoon batter into 24 greased muffin cups; bake at 325 °F oven for 20 minutes, or until muffins are golden brown. Remove from oven and cool on rack.

Oatmeal Bread (Yields 2 loafs)

1 cup rolled oats
1/4 cup margarine
1 tablespoon salt
1/2 cup honey
1/2 teaspoon sugar
2 tablespoons active bread yeast
2 cups of all purpose flour

Pour 2 cups of boiling water over rolled oats, margarine, salt and honey. Mix and let stand until lukewarm.

In a small bowl, place 1/2 cup warm (110° F) water. Add 1/2 teaspoon sugar and 2 tablespoon active yeast. Let stand until bubbly and then add yeast mixture to rolled oats mixture.

Gradually add approximately 2 cups flour, first folding then kneading. Knead until soft, elastic and dough is no longer sticky. Let rise in a draft free location until doubled in bulk (1 – 2 hours). Punch dough down and put into bread pans and allow to rise again (1 – 2 hours). Bake at 350°F for 40 – 45 minutes. Variation: To rolled mixture, consider adding raisins, or other dried fruit and peel.

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Honey Rolls (12 rolls)

2 teaspoons active dry yeast
1 cup barely warm water
1/4 cup honey + 1 tablespoon, divided
1 teaspoons salt
1 egg
3 cups all-purpose flour, plus extra if necessary
1 tablespoon butter, melted

In a large mixing bowl, sprinkle the yeast over the warm water and let sit for 5 minutes. Add the honey, salt and egg. Stir until blended. Add 3 cups of flour and mix until the dough comes together. If using a standing mixer, knead the dough with the dough attachment for 5-7 minutes, or until elastic. If not, knead the dough on a lightly floured surface until soft and elastic (about 8 minutes), adding more flour to keep the dough from sticking if necessary. Do not add too much flour! The dough will become more workable the longer you knead.

Transfer the kneaded dough to a lightly oiled bowl. Cover with plastic wrap and a clean kitchen towel. Let the dough rise in a warm area until it doubles in size, about 2 hours.

Punch dough down, divide into 12 equal portions, and shape each portion into a round ball. Place in a pan (or on baking sheets) coated lightly with cooking spray. Cover with a kitchen towel and let it rise for another 20 minutes.

Preheat oven to 400 degrees F.

In a small bowl, combine the melted butter and 1 tablespoon honey. Brush over the rolls. Bake for 10-13 minutes or until lightly browned. Serve warm or at room temperature.

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Rhubarb Coffee Cake

1 cup butter, softened
1 cup honey
3 eggs
1 teaspoon vanilla
½ cup plain yogurt
2 1/3 cups all purpose flour
1 teaspoon baking powder
½ teaspoon cinnamon
¼ teaspoon salt
6 cups chopped rhubarb

In a large bowl, cream butter with honey until fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla, then yogurt. Combine flour, baking powder, cinnamon and salt; stir into yogurt mixture. Spread batter into greased 9 x 13 cake pan, sprinkle with rhubarb.

Topping

½ cup all purpose flour
¼ cup white sugar
¼ cup packed brown sugar
¼ teaspoon cinnamon
¼ cup butter

In bowl, combine flour, sugars and cinnamon. With a pastry blender, cut in butter until mixture resembles coarse meal. Sprinkle over rhubarb.

Bake at 350°F for about one hour, or until tester inserted in centre comes out clean.

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Honey Scones (For light, flaky scones, handle the dough as little as possible.)

2 cups all purpose flour

½ cup finely grated Parmesan cheese

2 teaspoon baking powder

1 teaspoon fresh rosemary, finely chopped

pinch of salt

¼ cup cold salted butter grated or cut into small pieces

¾ cup buttermilk

3 tablespoon pure honey

¼ teaspoon baking soda

Preheat oven to 400°F . In a large bowl, mix flour, cheese, baking powder, rosemary and salt. Working quickly, add cold butter, blending until evenly distributed. In a large bowl, mix buttermilk, honey and baking soda. Pour over dry ingredients and mix until just combined. Turn out onto a floured surface and knead until dough just holds together. Do not overwork. Pat or roll into a ½ to ¾ " thick disk. Cut scones into rounds and bake on a parchment paper lined baking sheet for about 15 minutes or until lightly browned.

Variations:

- 1) Reduce the Parmesan cheese to ¼ cup and add ¼ cup finely diced candied ginger.
- 2) Reduce the Parmesan cheese to ¼ cup and add 2 slices of cooked crumbled bacon.
- 3) Add ¼ cup roughly chopped black olives.
- 4) Substitute fresh thyme for rosemary.

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Greek Honey Balls

1 cup white flour
½ teaspoon salt
2 ½ teaspoons baking yeast
¾ cup water

For the Syrup:

1 cup water
½ cup light (wildflower or clover) honey
1 cinnamon stick
3 cardamom pods
1 star anise
A dash of cinnamon powder to garnish

Mix together the flour, salt, yeast and water then knead for at least 10 minutes or until smooth and elastic. Allow the dough to rise for 1 hour or until it has doubled in size.

Once the dough has risen, divide it into 20 small balls and space them apart on a baking sheet lined with parchment paper. Cover them loosely with plastic wrap and allow the balls to rise for another 40 minutes. Then bake them in a preheated 400F oven for 10-12 minutes, or until they turn golden brown.

Meanwhile, make the syrup by placing the water, honey, cinnamon stick, cardamom pods and star anise into a medium saucepan and heat. Boil for at least 5 minutes, and remove from the heat.

Drop the baked honey balls into the spiced syrup. Sprinkle with cinnamon powder to garnish and enjoy!

Honey Butter Tarts (Yields 12 – 24 tarts depending upon size.)

1 cup honey
2 eggs beaten
¼ cup butter
¼ teaspoon salt
½ teaspoon vanilla
2/3 cup brown sugar

Mix honey and brown sugar in saucepan. Cook for about 5 minutes, cool slightly. Pour over beaten eggs, beat, add remaining ingredients. Fill unbaked pastry shells. Add raisins or nuts if desired. Bake at 350°F for 20 – 25 minutes.

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Nutty Honey Caramels

- 1 cup honey
- 1 cup peanut, almond or cashew butter
- 1 teaspoon coconut oil (or 1 tablespoon of unsalted butter)
- Optional: 1/2 cup chopped nuts

Put honey in a heavy saucepan over medium heat until it comes to a boil. Cook, stirring frequently, until mixture reaches 270 degrees F on a candy thermometer. Turn off the burner, stir in the nut butter and coconut oil (and chopped nuts, if desired) then remove from heat. Place the pot down into a sink filled with a few inches of cold water. Keep vigorously stirring the candy until it is stiff.

At this point you can either: Form the candy into small balls and place in little paper candy cups or press it out onto a cookie sheet lined with parchment or wax paper, chill for about ten minutes then cut into small pieces.

Store the candy in the refrigerator for a week or so or your freezer for two to three months.

Honey Caramel and Sea Salt Microwave Popcorn

- 1 cup brown sugar
- 1/2 cup butter
- 1/4 cup honey
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 3-4 quarts popped corn

Combine all ingredients except baking soda and popped corn in a microwave safe bowl. Bring to a boil and cook for a full 2 minutes. Remove from microwave and stir in baking soda. Place popped corn in brown paper bag. Pour syrup into bag and shake. Cook in bag on full power in microwave 1-1 1/2 minutes (may need more depending on your microwave). Cool.

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Honey Fudge

3/4 cup almond butter
1/2 cup coconut oil
1/4 cup honey
1/2 cup cocoa powder
1/2 cup unsweetened shredded coconut
1/2 teaspoon pure vanilla
1/2 cup chocolate chips

Line a 9 x 9 baking pan with parchment or wax paper in a microwave safe bowl. Combine almond butter, coconut oil, and honey - heat for one minute; then in a large bowl add cocoa powder, melted ingredients and vanilla and mix until smooth. Add in the coconut and make sure all coconut is covered. Sprinkle in the chocolate chips and give it a few stirs. Pour mixture on top of the parchment paper and let sit in the refrigerator for 2-3 hours before cutting into small pieces.

Honey Peanut Butter Balls

1 cup honey
1 cup peanut butter
1 cup non fat dry milk
1 cup rice crispy cereal

Mix well. Roll into balls then roll in coconut, crushed nuts, Graham crumbs, or melt chocolate and dip. Set on wax paper and refrigerate

With a little imagination, you can get all sorts of tastes from this one recipe. Try altering the type of nuts used, or adding cocoa or carob powder or even coconut flakes for different variations.

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Honey Nut Brittle

1 cup honey

1/4 teaspoon pure vanilla extract (optional)

4 tablespoons of butter

1 1/2 cups coarsely chopped nuts (of your choice – any type can be used)

Pour honey into a heavy saucepan and simmer over medium-low heat until it reaches 275 degrees F on a candy thermometer. This will take several minutes, up to 30 if you are using low heat. You can also use the cold water test to ensure you've reached soft crack stage.

While the honey is simmering, spread the nuts over a cookie sheet and toast in a 350 degree F oven for about 10 minutes or until lightly golden brown. Remove from oven, sprinkle with salt and set aside.

Once soft crack stage is reached, keep the candy mixture over the heat source and stir in butter, vanilla (if desired), toasted nuts and any further additions you wish to add to your candy. Cook for one additional minute, remove from heat and spread over a parchment lined baking sheet. Place in freezer for around 30 minutes to cool. Break into pieces and store in the freezer in single layers between parchment paper. Keep frozen until ready to eat since the candy turns soft at room temperature.

Honey Lemon Throat Drops

2 cups sugar

1/2 cup honey

3/4 cup water

Juice of 1/2 lemon

Butter an 8" x 8" pan. Set aside. Place sugar, honey and water in medium saucepan. Place pan over medium heat. Cook and stir until mixture boils, stirring constantly to dissolve the sugar. Turn the heat down to med.-low and continue to lightly boil, stirring occasionally until a candy thermometer reads 285 degrees (soft crack). Approximately 20 minutes total. Remove from heat, stir in lemon juice. Pour into prepared pan. Cool for 10 minutes, score top of mixture. If not cool enough to score, wait a few minutes and try again. Cool completely. Break into pieces using score lines. You can wrap pieces individually or store in a baggie or other container until ready to use. Store in a cool dark place.

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Honey Cherry Surprise Balls

Graham crumbs

1 bottle maraschino cherries

1/2 cup melted butter

4 tablespoons honey

1 teaspoon vanilla

1 teaspoon canned milk

1 3/4 cup icing sugar (or more if needed)

1 1/2 cup fine coconut

Drain 1 bottle of maraschino cherries. Mix above except cherries and crumbs and roll approx 1 teaspoon around a cherry in the palm of your hand to form a ball. Roll balls into graham crumbs.. Place on a wax paper lined cookie tray. Keeps well in fridge for up to 3 weeks or 3 months in freezer.

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Orange Honey Carrots

1 bunch carrots
Pinch salt
1/4 c honey
1/4 c melted butter
1 tablespoon grated orange peel

Cook carrots in boiling water with salt until tender crisp. Drain, blend honey, butter & orange peel in a sauce pan. Add carrots and heat until they are thoroughly glazed.

Sweet Honey Banana Omelette

1 very ripe banana
1 tablespoon warm honey
1/2 teaspoon cinnamon
Pinch nutmeg
2 large eggs

Mash banana until creamy. Whisk eggs, honey, cinnamon and nutmeg. Add banana stir well. Pour in heated frying pan with dash of oil. When set, flip. Eat with drizzled honey or syrup or your favourite topping!

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Buffet Chicken

- 4 boneless/skinless chicken breasts
- ¼ cup butter
- ¼ cup Dijon mustard
- 2 tablespoon prepared mustard
- ½ cup honey
- 2 teaspoon curry powder
- 2 teaspoon lemon or lime juice
- 1 teaspoon salt
- 1 garlic clove minced (or ¼ teaspoon garlic powder)

Preheat oven to 350°F. Cut chicken into slices and place in a baking pan in a single layer. Melt butter in a saucepan and add remaining ingredients. Stir until smooth and pour over chicken. Bake for 30 minutes, basting occasionally until tender and golden. Garnish with parsley.

Spicy Orange Baked Chicken Drumsticks

- 1 tablespoon orange rind
- ½ cup orange juice
- 1/3 cup liquid honey
- ½ teaspoon hot pepper flakes
- ½ teaspoon each salt and pepper
- 8 chicken drumsticks

In a large bowl combine orange rind, orange juice, honey, hot pepper flakes, salt and pepper. Add chicken turning to coat. Place chicken in a single layer shallow baking dish. Pour remaining marinade over top. Bake in 425° F oven, basting twice until chicken is glossy and golden and juices run clear when pierced, about 30 minutes. Eat hot or cold.

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Grilled Beef Kabobs

This recipe makes lots of extra sauce that's nice for dipping. Cut marinating time from hours to just minutes in this recipe by using beef that is cut into cube sized pieces.

- 1 cup steak sauce
- 2 tbsp Ontario liquid honey
- 2 tablespoon frozen orange juice concentrate, thawed.
- 1 lb beef grilling or marinating steak, 1 inch thick, cut into 1-inch cubes
- 2 sweet red peppers, seeded and cut into 1 inch chunks
- 14 oz can of pineapple chunks

Combine steak sauce, honey and orange juice concentrate in sealable freezer bag. Set aside 1/2 cup for dipping. Add meat to bag, seal and toss meat to coat. Refrigerate for 30 minutes.

Discard marinade from beef. Alternately thread beef, red pepper and pineapple chunks onto skewers. Grill on barbeque and serve with reserved dipping sauce.

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Fruit Smoothie

1 cup of your favourite fruit or combination of fruits: banana & strawberries
½ cup plain or flavoured yogurt
1 cup ice cubes
1 tablespoon honey
Splash of lime juice

Toss ingredients into a blender and enjoy!

Honey Cookie and Cream Shake

2 teaspoon honey
2 cup fat free vanilla frozen yogurt
1/2 cup skim milk
1/8 teaspoon mint extract
1/2 cup cooked spinach
4 crushed Oreo cookies
1 cup ice cubes

Pulse in blender until thick.

Bee Stinger

1 bottle - hard pear cider
1 bottle - amber ale
1-1/2 teaspoon - honey

In a pilsner or pint glass, pour 1/2 bottle of amber ale, add a generous teaspoon of honey and fill the glass the rest of the way with a hard pear cider.

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Sweet Raspberry Mead (Recipe makes approximately 5 gallons)

Mead is fermented honey. Ancient Greeks called mead, “Ambrosia”, the drink of the gods!

22 lbs filtered wildflower honey
7.5 lbs pounds red raspberries
Juice of five lemons
Juice of five oranges
15 tablespoons of strong-brewed black English tea
3 teaspoons yeast nutrient
Distilled water (enough to make 5 gallons)
2 packages champagne yeast

Freeze the raspberries to help break down the cell walls, and crush by hand (in plastic bags) while thawing. The lemon and orange juices provide acids. The tea provides tannins.

Heat on low heat the honey in some water for 30 minutes, skimming off any froth or wax that rises to the surface. Try not to boil the honey to preserve the benefits of using unpasteurized honey. Remove from heat and add berries, tea, juice, and nutrient. Let sit covered, for a few minutes to let the heat sanitize the fruit. Chill to room temperature in an ice-water bath. Put into primary fermenter and add water to bring the volume of the must up to the appropriate level. Sprinkle yeast onto the must. Ferment at about 70°F ensuring your primary fermenter has extra headspace. If you do not, the raspberry pulp may foam up and plug the airlock causing a pressure build-up, which can pop the stopper and spray your walls with messy raspberry bits!

Rack after about three weeks, when the fruit pulp has settled. Rack again at month 2, 4, and 6. Wait an extra two months to bottle the mead to be certain that the fermentation is complete.

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Thank You to the Generous Contributors of these Recipes:

Huronion Beekeepers Association Membership

The National Honey Board – for more great recipes visit www.honey.com

The Ontario Beekeepers's Association – www.ontariobee.com and
www.ontariohoney.ca