

Cooking With Honey

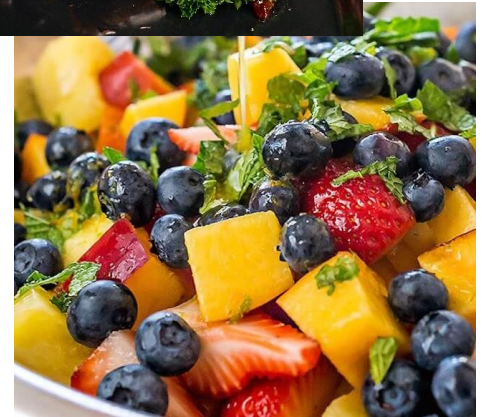
BENEFITS OF USING HONEY

- Honey can be up to twice as sweet as table sugar, so you will reduce the amount called for in the recipe. This is a huge health benefit.
- Honey has the ability to absorb and retain moisture, because of this it can be used to keep baked goods moist and fresh, especially in cakes.
- Honey enhances browning and crisp, so it is great for glazing roasted and baked foods to promote surface browning.
- Honey is a flavor enhancer, it's a natural sweetener for hot teas and cold beverages, especially because there is a huge variety of honey flavors.
- Honey adds color, a delightful golden hue, to sauces, dressings, jellies, and frozen desserts.
- Honey is a natural binding agent due to its viscosity. It can be used to help shaping of desserts such as pastries, puddings, and cakes.
- Honey provides texture and feel, making it an excellent addition to pastries and cakes.



TIPS FOR COOKING WITH HONEY

- As a rule, use 1/3 to 1/2 the amount of sugar.
- Honey is hygroscopic; which means it readily accumulates moisture from the air. This is why the honeybees seal the honeycombs with wax. This property makes honey a great sweetener for your fruit salads and compotes. The honey will draw moisture from the fruit to make the salad juicy. Baked goods made with honey will stay moist longer also due to its hygroscopic nature. But because of this, for a cup of honey used reduce the liquid called for in baked goods by about 1/4c.
- Beat your recipe longer and more vigorously than you would regular sugar recipes.
- Honey is slightly acidic, which makes it a perfect ingredient in your marinades because the acid can tenderize. To neutralize the acid in baking, add ¼ teaspoon of baking soda per cup of honey. Because it is acidic it also makes honey self-preserving. Honey does not need to be refrigerated.
- Reduce the oven temperature by 50-100 degrees F. Honey batter becomes crisp and browns faster than sugar batter.
- To help honey slide off of your measuring cups and spoons, lightly coat the utensil with a vegetable oil spray before measuring the honey.
- Honey has cryoprotective properties. This means that using honey can help protect the cells of frozen items. So when freezing berries or other foods, honey is a great sweetener to use.



SOME OF MY FAVORITE HONEY RECIPES

HONEY BREAD/DINNER ROLLS

INGREDIENTS

- 2/3 c sugar
- 1/8 c honey
- 2 tsp salt
- 2 eggs
- 1 c buttermilk (or milk)
- 10 TBSP butter
- 1 c warm water
- 1 tsp sugar
- 1/8 c yeast
- 5 c. high gluten flour (can use bread flour or all purpose flour too in a pinch, will just change the sponginess of the bread itself).
- 2 c. whole wheat flour (can be changed to high gluten flour if you desire)

DIRECTIONS

- Mix together water, 1 tsp sugar, and yeast. Let sit to double or triple in size as yeast activates.
- Warm milk and butter in microwave for 1:30-2 minutes.
- Place 2/3 c sugar, honey, salt, and eggs in mixing bowl and add in the yeast. Stir.
- Add in the activated yeast and 4 cups of the flour. Mix together for 3-5 minutes.
- Add remaining flour to mixing bowl and stir together. Knead for 5-9 minutes.
- Let dough rest/rise until it triples in size.
- Divide into 3 loafs, roll, and place in grease bread pans.
- Let rise until dough fills the pans.
- Bake at 350 until golden brown and sounds hollow when knocking on top.
- Brush with melted butter and honey mixture when removing from the oven.
- This dough can also be used to form Hawaiian dinner rolls or sandwich buns.

HONEY BBQ SMOKED RIBS

INGREDIENTS

- 1 rack St. Louse Style Spare Ribs
- Dry BBQ Rub, of your choice
- ¼ c honey
- ½ c brown sugar
- 1 stick butter

DIRECTIONS

- Remove the membrane from the back of the ribs by prying it up using a knife and pulling it off using a paper towel to grip it.
- Apply dry rub and allow to rest for 30 minutes.
- Smoke at 250 degrees for 2 ½ hours, make sure water pan stays full
- Prepare your foil wrap by overlapping 2- 3ft long sheets of heavy duty foil.
- Sprinkle more of the dry rub on meat with brown sugar, butter, and honey.
- Once the initial 2 ½ hours are up, remove the ribs from smoker and place into the prepared foil.
- Wrap ribs tightly and place back in the smoker for 2 more hours.
- Allow to rest for 30 minutes before serving.

HONEY FRUIT SALAD

INGREDIENTS

- 1 can (11 oz) mandarin oranges, drained
- 1 can (8 oz) pineapple chunks, drained
- 1 c green grapes, halved
- 1 c strawberries, halved
- 1 medium banana, sliced
- 3 TBSP honey
- 2 tsp lime juice
- ¼ tsp grated lime zest
- ¼ tsp vanilla extract
- ¼ tsp poppy seeds, optional
- Fresh mint, optional

DIRECTIONS

- In a large bowl, combine fruit.
- In a small bowl, combine the honey, lime juice, zest and vanilla. Pour over fruit; gently toss to coat.
- Sprinkle with poppy seed and garnish with mint, if desired.

HONEY BAKED CHICKEN DRUMSTICKS

INGREDIENTS

- 2 lbs. chicken drumsticks
- 2 TBSP butter
- 2 TBSP olive oil
- ¼ c flour
- 1 ½ tsp creole seasoning
- 1/3 c honey
- ¼ c brown sugar
- 4 TBSP lemon juice
- 2 tsp soy sauce

DIRECTIONS

- Wash chicken and pat dry. Toss in a food storage bag with the flour and Creole seasoning.
- Melt butter with olive oil; pour into 11x7 baking dish.
- Arrange chicken in the baking dish, turning to coat with the butter mixture.
- Bake for 30 minutes at 350 degrees.
- In a saucepan, heat honey with brown sugar, lemon juice, and soy sauce, stirring to blend. Pour the honey mixture over the chicken pieces and return to the oven.
- Bake for 30-40 minutes longer, turning the chicken pieces every 10-15 minutes.

HONEY SMOKED SALMON

INGREDIENTS

- 5 lbs. Salmon
- Honey for Basting
- Brine: 1 quart cool water, 1/3 c kosher salt, 1 c. brown sugar

DIRECTIONS

- Mix together brine ingredients and place your fish in a plastic or glass container with brine. Cover and refrigerate. Cure your salmon at least 4 hours, but never more than 48.
- Take fish out of brine and pat dry.
- Smoke at 150 degrees, basting every hour with honey.
- Smoke to internal temperature of 130-140 degrees.

SALTED HONEY MACCHIATO

INGREDIENTS

- 20 oz - milk
- 8 oz - espresso
- 5 oz - honey
- 1 tsp - salt
- as needed - crushed ice

DIRECTIONS

- While hot, mix espresso and 4 Tbsp of the honey, adding milk once completely incorporated.
- In a separate glass mix together the remaining honey and salt to make salted honey.
- To serve, drizzle the salted honey on the side of the glass, pour crushed ice into the glass and then pour the milk mixture into the glass.
- Yield is 1 quart.

Recipe From: <https://honey.com/recipe/salted-honey-mel-macchiato>

CHEWY HONEY OATMEAL COOKIES

INGREDIENTS

- ½ c butter or margarine, softened
- ½ c granulated sugar
- ½ c honey
- 1 large egg
- 1 tsp vanilla extract
- 1 ½ c rolled oats
- 1 c flour or whole wheat
- ¼ tsp salt
- 1 tsp ground cinnamon
- ½ tsp baking soda
- 1 c raisins, chocolate or butterscotch chips

DIRECTIONS

- In medium bowl, beat butter with sugar until thoroughly blended. Blend in honey. Blend in egg and vanilla, mixing until smooth.
- In separate bowl, mix together oats, flour, salt, cinnamon and baking soda; blend into honey mixture. Blend in raisins or chips.
- Drop dough by rounded tablespoonfuls onto greased baking sheet. Bake at 350°F for 12 to 14 minutes until cookies are golden brown.
- Remove from oven and allow cookies to cool 2 to 3 minutes before removing from baking sheet.
- Cool completely then store in an airtight container.

HONEY GINGER LEMON TEA

See page 27 for this recipe!