

Honey Lime Shrimp Ceviche

This great dip is perfect with tortilla chips.

Serves: 8

Prep Time: 90 min.

Cook Time: 2 min.

Ingredients

- Honey Lime Vinaigrette –
 - 1/2 C Fresh lime juice
 - 5 T Mild honey
 - 2 T salt
 - 1/2- teaspoon cayenne pepper
 - 1 C Vegetable oil

- 1 lb. medium to small shrimp, cut in half lengthwise (cooked, peeled and deveined)
- 2 T salt
- 1 C Finely chopped red onion
- 1 Serrano chile seeded and minced
- 1 C chopped cilantro
- 1 English cucumber – diced
- 1 Avocado – peeled and cubed

- Cooked white rice

Directions

Drain shrimp and slice each one in half. Pour the Honey Lime dressing over the shrimp and refrigerate for an hour. Mix in red onion, serrano and refrigerate for an additional 1/2 hour. Add cilantro, cucumber and avocado – mix well and serve over rice or with tortilla chips.

Grilled Pineapple + Honey Cinnamon Yogurt Dip

Prep time

5 mins

Cook time

10 mins

Total time

15 mins

Serves: 2 servings

Ingredients

- Vegetable or olive oil (for grill pan or BBQ grates)
- Honey (drizzle pineapple)
- ½ pineapple, skin removed and cut into wedges
- 1 small container of honey or honey/vanilla Greek yogurt (approx. 7 oz.) (I used Greek God brand)
- drizzle of honey (Drizzle over yogurt)
- pinch of cinnamon
- Granola (I used choc chip coconut)

Instructions

1. Heat a grill pan over medium-high heat (or BBQ grill). Lightly oil grates of pan or BBQ. Place pineapple wedges on hot pan or whatever you are using and drizzle with honey. Let cook until grill marks have formed, and pineapple has slightly caramelized (approx. 5 min.) flip pineapple over and repeat on other side.
2. While pineapple is cooking, place yogurt in a dish suitable for dipping. Drizzle with desired amount of honey and a pinch of cinnamon and granola.

HONEY LAVENDAR GELATO

- 2 cups of heavy cream
- 1 tablespoon of lavender (wrapped in cheesecloth or a tea ball)
- 1 cup of local honey
- 1/2 cup of sugar
- 12 egg yolks
- 2 cups of cold heavy cream

Add first 2 cups of heavy cream and lavender (wrapped in cheesecloth or tea ball) to a medium sized saucepan and bring to a simmer. Simmer for just a minute and remove from heat. Whisk the honey, sugar and egg yolks together until they are pale yellow. Do not let the honey, sugar, and egg yolks mixture set for too long. The sugar will start to cook the egg yolks. Add the warm cream to the egg yolk mixture and whisk. Place back over low heat and stir until the mixture coats the back of the spoon. Remove from heat and stir in the cold cream. Chill this mixture until completely cool. Place in your ice cream maker and spin until it's smooth and set. In my machine it took about 30 minutes.

Honey Caviar

1/3 cup water

1/2 cup honey

2 grams agar-agar

Vegetable oil, chilled (about 2 cups)

Cold water (about 2 cups)

Combine the water, honey, and agar-agar in a small saucepan. Heat, stirring, until the mixture comes to a boil.

Transfer it to a small bowl and let it cool until it begins to thicken a bit, but is still loose enough to be drawn into the syringe/dropper.

Drip the honey mixture into the cold oil. You should see it forming droplets, which will fall to the bottom of the oil. Let this sit for a few seconds to let the honey pearls firm up, then stir the mixture to separate the tiny balls.

Using a small slotted spoon, scoop the pearls out of the oil and drop them into the cold water. Stir them around - the oil clinging to them will rise to the surface so you'll have oil-free caviar.

Using the small slotted spoon, remove the pearls from the water and put them on a paper towel to drain off excess moisture. They seem fragile, but they're pretty sturdy if you let them rest long enough in the oil.