

Using Honey in the Kitchen

Ash Apiaries / Sunshine Valley Honey

These recipes are available on www.AshApiaries.com

For best results, use recipes developed for using honey, like those below. When substituting honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe.

With a little experimentation, honey can replace all the sugar in some recipes.

When baking with honey, the following are recommended:

- Reduce any liquid called for by 1/4 cup for each cup of honey used
- Add 1/2 teaspoon baking soda for each cup of honey used
- Reduce oven temperature by 25 degrees F (15 C) to prevent over-browning
- Because of its high fructose content, honey has a higher sweetening power than sugar, so you can use less honey than sugar to achieve the desired sweetness
- When measuring honey, coat the measuring cup with non-stick cooking spray or vegetable oil before adding the honey and the honey will slide right out

Honey-Kissed Chocolate Drop Cookies

Makes 3 dozen

1 cup honey
6 tablespoons butter or margarine, softened
2 cups all-purpose flour
1 cup unsweetened cocoa powder
1/2 teaspoon baking soda
Rainbow candy sprinkles
Chocolate candy kisses

In medium bowl, cream honey and butter until light and fluffy. Beat in flour, cocoa powder and baking soda.

Pour rainbow sprinkles into separate bowl. With hands, shape dough into 1-inch balls. Drop balls into rainbow sprinkles and roll gently to coat. Place balls on well-greased baking sheet and gently press one chocolate kiss into center of each cookie.

Bake at 350 degree F for 10 minutes. Do not overbake. Remove cookies from sheet and cool on wire rack.

Nutritional information per cookie: Calories: 100; Calories from Fat: 31%; Carbohydrates: 17 g; Cholesterol: 6.22 mg; Dietary Fiber: 1.12 g; Fat Total: 3.74 g; Protein: 1.59 g; Sodium: 42.8 mg.

Honey Macaroons

Makes 2 1/2 dozen

1/4 cup honey
1 egg, beaten
1 teaspoon vanilla
2 cups coconut, shredded
1 cup walnuts, coarsely chopped
1 cup dates, pitted
2 tablespoons all-purpose flour

Combine honey, egg and vanilla in medium bowl. Beat to blend. Stir in coconut and nuts. Coat dates with flour in a small bowl. Add to mixture and stir to combine. Have oven heating to 325 degrees F.

Drop batter by tablespoonfuls onto a greased baking sheet. Bake at 325 degrees F for 12 minutes or until slightly browned. Remove from sheet and cool on wire racks.

Honey Gingerbread Cookies

Makes 3 dozen

1 1/2 cups honey
3/4 cup butter or margarine, softened
1 egg
5 cups all-purpose flour
2 teaspoons baking powder
1 tablespoon ground ginger
1 tablespoon ground cinnamon
1 teaspoon ground cloves

In large bowl, cream honey and butter until light and fluffy. Beat in egg. Add flour, baking powder, cinnamon and cloves; mix until combined. Wrap dough in plastic wrap and refrigerate for at least 2 hours.

When dough is chilled, divide dough in half; return one half to refrigerator. Dust work surface and dough with flour. Roll out dough to 1/4-inch thick. Cut into desired shapes using cookie cutters; transfer to well-greased baking sheet.

Bake at 350 degrees F for 10-12 minutes. Remove cookies from sheet and cool on wire rack. Repeat with remaining dough. Makes about 3 dozen cookies.

Nutritional information per cookie: Calories: 143; Calories from Fat: 26%; Carbohydrates: 25.3 g; Cholesterol: 16.3 mg; Dietary Fiber: .74 g; Fat Total: 4.17 g; Protein: 2.07 g; Sodium: 62.2 mg.

Peanut Butter 'n Honey Cookies

Makes 2 dozen

3/4 cup honey
1/4 cup butter or margarine, softened
1 egg
3/4 cup peanut butter
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda

In medium bowl, cream honey and butter until light and fluffy. Beat in egg, peanut butter and vanilla. Add flour, salt and baking soda; mix until combined.

Drop dough, one tablespoon at a time, onto well-greased baking sheet. Dip fork into flour and press flat on each cookie to form an "x."

Bake at 350 degrees F for 10-12 minutes. Remove cookies from sheet and cool on wire rack.

Nutritional information per cookie: Calories: 128; Calories from Fat: 42%; Carbohydrates: 16.4 g; Cholesterol: 14 mg; Dietary Fiber: 0.81 g; Fat Total: 6.2 g; Protein: 3.05 g; Sodium: 88 mg.

Honey Eggnog

Makes 4 servings

3 cups whole milk
1 egg, lightly beaten
1/3 cup honey
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon salt
1 teaspoon vanilla extract
1/2 teaspoon rum flavoring
Whipped topping

In large saucepan, combine milk, egg, honey, cinnamon, nutmeg and salt; mix well. Bring to a boil over medium heat, stirring constantly.

Remove from heat; stir in vanilla and rum flavoring. Chill at least 2 hours. Serve with whipped topping, as desired.

Nutritional information per serving (1/4 of recipe): Calories: 217; Cholesterol: 78 g; Dietary Fiber: 0 g; Protein: 8 g; Sodium: 183 mg; Total Carbohydrates: 32 g; Total Fat: 7 g.

Blueberry or Saskatoon Coffeecake

Makes 8 servings

1 1/2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup honey
2 eggs
1/4 cup milk
2 tablespoons fresh lemon juice
1 teaspoon freshly grated lemon peel
1 teaspoon vanilla extract
6 tablespoons butter, melted

Topping:

2 cups blueberries or saskatoons, fresh or frozen (partially thawed)
1 tablespoon all-purpose flour
1/2 cup honey
2 tablespoons fresh lemon juice

Place blueberries or saskatoons in bottom of greased 9-inch round cake pan; distribute evenly. Sprinkle with flour; drizzle with honey and lemon juice. Set aside.

In small bowl, combine flour, baking powder, baking soda and salt; set aside.

In medium bowl, combine honey, eggs, milk, lemon juice, lemon peel and vanilla; beat with fork until well mixed. Add flour mixture; mix well. Stir in melted butter; mix well. Pour batter over blueberries in pan; spread to cover evenly.

Bake at 350 degrees F for 30 to 35 minutes or until toothpick inserted in center of cake comes out clean. Cool in pan on wire rack 10 minutes. Invert cake onto large plate; cool completely.

Honey Lemon Tart

Makes 1 tart

1 cup all-purpose flour
1/4 teaspoon salt
1/4 cup vegetable shortening
3 tablespoons cold water
1 egg yolk
1 tablespoon honey

Filling:

1 cup honey
3 eggs
1/4 cup fresh lemon juice
3 tablespoons all-purpose flour
2 teaspoons freshly grated lemon peel
3/4 teaspoon baking powder
1/2 teaspoon salt

In medium bowl, whisk together filling ingredients until well mixed; set aside.

In medium bowl, combine flour and salt. Cut in shortening until mixture resembles coarse crumbs.

In separate bowl, whisk together water, egg yolk and honey. Add to flour, stirring until mixture forms a ball. On floured surface, roll out dough to 11-inch circle. Lay dough in a 10-inch tart pan; press dough firmly against bottom and sides of pan. Place pan on baking sheet.

Pour filling mixture carefully into tart pan.

Bake at 350 degrees F for 25 to 30 minutes or until filling is set. Cool on wire rack.

Honey Barbecue Shredded Pork

Makes 8 servings

1 pork shoulder roast or picnic roast (remove any visible fat) or 3 to 4 pounds turkey legs

1 1/4 cups ketchup

1 cup each chopped celery and chopped onion

1/4 cup water

1/3 cup honey

2 tablespoons lemon juice

3 tablespoons each white vinegar and Worcestershire sauce

2 tablespoons dry mustard

1 teaspoon salt

1/2 teaspoon pepper

Crusty rolls or flour tortillas

In a 9x13-inch pan, combine all ingredients. Cover with foil and roast at 300° F for 3 to 3-1/2 hours. Shred meat using two forks, removing all bones and skin. Stir with sauce. Serve in crusty rolls or warmed flour tortillas.

Easy Honey Chicken Wings

Makes 8 servings

1/2 cup honey
1/3 cup soy sauce
1/4 cup chili sauce
1 teaspoon garlic salt
1/4 teaspoon pepper
8 drops red pepper sauce
3 pounds chicken wings or drummettes

Combine honey, soy sauce, chili sauce, garlic salt, pepper and red pepper sauce. Arrange chicken in a single layer in greased 9x13-inch baking pan and pour on sauce. Turn chicken over to coat with sauce.

Bake at 350 degrees F for one hour, turning over once. Cool slightly and serve.