

Beekeepers' Favorite Recipes

*Award-winning recipes from
those who really know how
to cook with honey.*



Honey Tips

Color, Flavor and Form

Honeys differ in color and taste depending on the blossoms visited by the honey bees. Honey can be enjoyed in several forms – comb honey, liquid honey and whipped honey.

Storage

Store honey at room temperature, never in the refrigerator. If honey crystallizes, simply place the honey container in warm water and stir until crystals dissolve. Or, microwave 1 cup of honey in a microwavesafe container, stirring every 30 seconds, until crystals dissolve. Be careful not to boil or scorch the honey.

Health Benefits

Research has shown that unlike most other sweeteners, honey contains small amounts of a wide array of vitamins, minerals and amino acids as well as antioxidants.

Honey's composition also makes it an effective antimicrobial agent, useful for treating minor burns and scrapes, and for aiding the treatment of sore throats and other bacterial infections.

Research also shows that honey is a great pre-workout energy source.

Substitution and Cooking Tips

For best results, use recipes developed for using honey. When you substitute honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe. With experimentation, honey can be substituted for all the sugar in some recipes. When substituting honey for sugar in baked goods:

- Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.
- Add about 1/2 teaspoon baking soda for each cup of honey used.
- Reduce oven temperature by 25 degrees to prevent over-browning.

For easy measuring, coat measuring cup or spoon with cooking spray before adding honey.

A 12-ounce jar of honey equals a standard measuring cup.

Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for older children and adults.

Holiday Party Punch



(Grand Prize Recipe from Cook-DuPage Beekeepers Association, Illinois)

2 cups boiling water
3/4 cup honey
4 cups cranberry juice
2 cups orange juice
1 cup lemon juice
1 quart ginger ale
Ice cubes

While gathering nectar, honey bees also pollinate flowers. Without pollination, you wouldn't get as many fruits and vegetables.

Sliced lemons, limes, oranges or strawberries (optional)
Combine boiling water and honey, stirring to dissolve. Chill. In large punch bowl combine cranberry, orange and lemon juices. Stir in honey mixture. Just before serving add ginger ale, ice cubes and fruit garnish. Makes about 12 servings.

Easy Honey Chicken Wings



(Award-winning appetizer recipe from North Central Beekeepers Assn., Inc., Minnesota)

- 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

Honey tastes sweeter than table sugar. That's why you can use less of it to get the same sweetening power.

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°F for one hour, turning over once. Cool slightly and serve. Makes 8 servings.

Honey Pineapple Carrot Salad



(Award-winning salad recipe from Chippewa-Eau Claire County Beekeepers, Wisconsin)

- 1 can (20 ounces) crushed pineapple
- 2 packages (3 ounces each) lemon gelatin
- 1/4 cup honey
- 2 tablespoons **each** lemon juice and orange juice concentrate, undiluted
- 1 cup grated carrots
- 1/2 pint whipping cream (or 1-1/2 cups defrosted frozen whipped topping)

Drain liquid from canned pineapple into measuring cup and add enough water to make 1-1/2 cups liquid. Pour liquid into pan and bring to a boil. Stir in gelatin until dissolved. Remove from heat and blend in honey, lemon juice and orange juice concentrate. Pour into medium bowl and refrigerate until slightly thickened, 20 to 25 minutes. Whip cream until soft peaks form. Blend gelatin, pineapple, carrots and whipped cream (or defrosted frozen whipped topping). Pour into a 9x9-inch pan and refrigerate until firm. Makes 12 servings.

Honey Mango Chutney



(Award-winning miscellaneous recipe from Anderson County Beekeepers Association, Tennessee)

- 1 mango, peeled, seeded and chopped*
- 3/4 cup **each** raisins and chopped onion
- 1/2 cup **each** chopped bell pepper and snipped dates
- 1 apple, chopped
- 2 cloves garlic, finely chopped
- 1 cup honey
- 3/4 cup cider vinegar
- 1/2 teaspoon ground cinnamon

In medium skillet combine mango, raisins, onion, bell pepper, dates, apple and garlic. In bowl combine honey, vinegar and cinnamon. Pour into skillet and mix well. Bring to a boil, decrease heat to high simmer and cook for about 40 minutes stirring occasionally. Cool and refrigerate for up to 10 days. May be canned using the USDA canning guidelines. Makes about 2-1/2 cups.

****If mangos are not available, substitute 2 apples or 1 papaya.***

Honey BBQ Shredded Pork



(Award-winning main dish recipe from the Pennsylvania Beekeepers Association)

- 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. Makes 8 servings.

Coconut Custard



(Award-winning dessert recipe from Lorain County Beekeepers Association, Ohio)

4 eggs
2 cups milk
1 cup shredded or flaked coconut
1/3 cup all-purpose flour
3 tablespoons butter, softened
1 teaspoon vanilla extract
1/4 teaspoon salt
1/2 cup honey

In general, the lighter-colored honeys are milder in flavor while darker-colored honeys are stronger.

Place all ingredients except honey in a blender or food processor. Blend until combined. With blender or processor running, slowly pour in honey mixing to combine. Spray eight (4-ounce) custard cups with nonstick cooking spray. Divide mixture evenly into cups. Place cups on cookie sheet. Bake at 325°F for 30 to 35 minutes or until coconut is lightly browned. Makes 8 servings.