



Sweet Tips for Honey Use

Color, Flavor and Form

Honeys differ in color and flavor depending on what blossoms the honey bees visit in search of nectar. Honey color ranges from almost colorless to dark amber brown and its flavor varies from delectably mild to richly bold. As a general rule, light-colored honey is milder in taste and dark-colored honey is stronger.

Honey comes in a variety of forms including liquid, whipped and comb. Free of any crystals or wax, liquid honey is extracted from the comb in the hive by centrifugal force, gravity, straining or other means. Whipped honey (also known as creamed honey) is finely crystallized so that it remains creamy and spreadable. Comb honey is honey that comes as it was produced – in the honey bees' wax comb.

Storage

Store honey at room temperature – your kitchen counter or pantry shelf is ideal.

Storing honey in the refrigerator accelerates the honey's crystallization. Crystallization is the natural process in which liquid in honey becomes solid.

If your honey crystallizes, simply place the honey jar in warm water and stir until the crystals dissolve. Or, place the honey in a microwave-safe container with the lid off and microwave it, stirring every 30 seconds, until the crystals dissolve. Be careful not to boil or scorch the honey.

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 and clean-up, coat measuring cup or spoon with cooking spray before adding honey.

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

National Honey Board

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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.

HOT SPICED TEA

INGREDIENTS:

- 4 cups freshly brewed tea
- 1/4 cup honey
- 4 cinnamon sticks
- 4 whole cloves
- 4 slices citrus fruit

DIRECTIONS:

Combine tea, honey, cinnamon sticks and cloves in medium saucepan; simmer for 5 minutes. Strain into mugs. Garnish with citrus slices and serve hot. *Makes 4 servings.*

HONEY CINNAMON SPREAD

INGREDIENTS:

- 3/4 cup peanut butter
- 1/2 cup honey
- 1 teaspoon ground cinnamon

DIRECTIONS:

Combine ingredients; mix thoroughly. Spread on English muffins, biscuits or sandwiches. *Makes 4 servings.*

MIXED MELON SALAD

INGREDIENTS:

- 5 cups assorted melon balls,
such as cantaloupe and honeydew
- 2/3 cup honey
- 1/3 cup white wine vinegar with tarragon
- 1/8 teaspoon ground ginger

DIRECTIONS:

Combine honey, vinegar and ginger in large bowl; mix until blended. Add melon balls; toss lightly to coat. *Makes 6 servings.*

HOT 'N' HONEY DIP

INGREDIENTS:

- 1/2 cup honey
- 1/2 cup Dijon mustard
- 1 teaspoon Worcestershire sauce
- Ground black pepper and cayenne pepper, to taste

DIRECTIONS:

Combine ingredients; mix thoroughly. Use as a dip for pretzels and bread sticks, fresh vegetables, or chicken wings. *Makes 4 servings.*

HEAVENLY NONFAT CHOCOLATE HONEY DIP

INGREDIENTS:

- 1 cup nonfat sour cream
- 1/2 cup honey
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon vanilla

DIRECTIONS:

Combine all ingredients in medium bowl and blend thoroughly. Cover and refrigerate until ready to serve. Serve with assorted fruits or chunks of angel food cake. *Makes 6 servings.*