

Honey Let's Celebrate

A bouquet of various flowers, including purple and pink blossoms, a large red daisy, and white lilies, is wrapped in pink paper. To the right of the bouquet is a glass bottle of honey with a cork stopper. The background is white.

Recipes for Holidays and Everyday

Your Honey

Celebrations remind us to appreciate the people and milestones of our lives. Whether you're celebrating a child's birthday, your favorite sport team's big game or just enjoying a family game night, keep it sweet and simple. Just turn to honey for festive food and drink.

Color, Flavor and Form

Honeys differ in color and taste depending on the blossoms visited by the honey bees. In general, lighter-colored honeys are milder in flavor while darker-colored honeys are bolder. Honey is enjoyed in several forms: liquid, whipped and as nature presents it — in the honey bees' wax comb.

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 in a microwave-safe container, stirring every 30 seconds, until crystals dissolve. Be careful not to boil or scorch the honey.

Health Benefits

Research has shown that unlike other sweeteners, honey has vitamins, minerals and amino acids as well as antioxidants.

Substitution and Cooking Tips

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

- Reduce the liquid in the recipe 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 to prevent over-browning

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.



Sports Celebration

Thai
Honey
Chicken
Wings

Thai Honey Chicken Wings

- 1/4 cup honey
- 1/4 cup soy sauce
- 2 Tablespoons lime juice
- 1 Tablespoon smooth peanut butter
- 1 clove garlic, minced
- 1 teaspoon curry powder
- 1 teaspoon hot pepper flakes, or to taste
- 8 chicken wings (about 2 lbs.)

In large bowl, combine all ingredients except chicken wings, stirring to mix thoroughly. Add wings, stirring to coat. Cover and chill for 2 to 4 hours, stirring occasionally. To cook, place wings on foil-lined baking pan, reserving excess marinade. Bake at 375°F for 25 minutes, basting with reserved marinade halfway through cooking, until wings are golden brown and cooked through. Remove pan from oven and heat broiler on high; broil wings until deeply browned. Transfer to serving platter to serve. *Makes 4 servings.*

For more sports celebration recipes (including a wing dipping sauce and information on honey microbrews), visit <http://www.honey.com/recipes/broch/Celebrate/sports.html>



Spring Fling

Strawberry
Chocolate
Tart

Strawberry Chocolate Tart

- 1-2/3 cups slivered almonds,
toasted
- 1/4 cup margarine or butter,
cut into pieces
- 3 Tablespoons sugar
- 1 egg yolk
- 1/2 cup honey
- 1/2 cup unsweetened
cocoa powder
- 1 teaspoon grated
orange peel
- 2 teaspoons warm water
- 1 pint strawberries,
hulled and sliced

Place toasted almonds in food processor with metal blade in place; process until finely ground. Add margarine, sugar and egg yolk; process until dough forms a ball. Chill 1 hour. Spray 9-inch tart pan (with removable bottom) generously with nonstick cooking spray. Press dough into bottom and up sides of tart pan. Dough will be sticky. Bake at 350°F for 12 to 15 minutes, until shell is golden brown. Remove from oven and cool. In small bowl, whisk together honey, cocoa powder, orange peel and 2 teaspoons warm water. To assemble tart, spread chocolate filling into cooled tart shell. Arrange sliced strawberries in overlapping rings to cover. Refrigerate until ready to serve. *Makes 8 servings.*

For more spring fling recipes and information about honey bees' pollination work each spring, visit <http://www.honey.com/recipes/broch/Celebrate/spring.html>



No Siesta Fiesta

Honey
Lime
Fruit
Salad

Honey Lime Fruit Salad

- 1/2 cup honey
- 1 teaspoon grated lime peel
- 1/2 cup lime juice
- 1/4 teaspoon ground cinnamon
- 2 cups jicama sticks
- 2 cups hulled and halved strawberries
- 4 kiwifruit, peeled and cut into rounds
- 2 oranges, peeled and cut into rounds

In large mixing bowl, combine honey, lime peel, lime juice and cinnamon. Add jicama and fruit; toss gently to coat. Cover and chill until ready to serve. *Makes 4 servings.*

Note: 1 Tablespoon Tequilla may be added to dressing, if desired.

For more fiesta recipes — from margaritas to sopapillas — visit <http://www.honey.com/recipes/broch/Celebrate/fiesta.html>



Patriots Party

Orange
Honey
Barbecued
Ribs

Orange Honey Barbecued Ribs

- 2 Tablespoons vegetable oil
- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1 bottle (12 oz.) chili sauce
- 1/3 cup honey
- 1 Tablespoon prepared horseradish
- 1 Tablespoon grated orange peel
- 3 lbs. baby back pork ribs

In saucepan, heat oil and onions over medium heat; cook until golden brown, about 10 minutes. Stir in garlic; cook until just fragrant. Stir in remaining ingredients except pork. Cover and simmer over very low heat for 5 minutes. Remove from heat. Place ribs in foil-lined baking pan. Spread evenly with 1 cup sauce. Set remaining sauce aside. Cover baking pan with foil and bake at 350°F for 1 hour until ribs are tender and cooked through. Meanwhile, prepare grill with medium-high heat. Transfer cooked ribs to grill; cook, turning frequently until ribs are well browned. Transfer to cutting board. Brush with remaining 1/2 cup sauce; cut and serve. *Makes 4 servings.*

For more patriots party recipes and summer barbecue ideas, visit <http://www.honey.com/recipes/broch/Celebrate/patriots.html>



Birthday Bash

Peanut
Butter
Play
Dough

Peanut Butter Play Dough

- 3 cups powdered sugar
- 2 cups smooth peanut butter
- 3/4 cup honey
- Food coloring, optional

In large mixing bowl, combine all ingredients except food coloring. Mix until ingredients are combined. Turn dough out onto clean work surface; knead like bread dough until play dough is smooth. If desired, break into even portions and knead food coloring into each until color is evenly dispersed through dough and desired hue is achieved. Store at room temperature in an airtight container. *Makes about 4 cups.*

Tip: Decorate peanut butter play dough creations with chocolate chips, pretzel sticks, mini-marshmallows, wafers and candy sprinkles.

For more birthday bash and other kid-friendly recipes, visit <http://www.honey.com/recipes/broch/Celebrate/birthday.html>



Family Fun

Honey
Hot
Cocoa

Honey Hot Cocoa

- 1/2 cup honey
- 1/2 cup unsweetened
cocoa powder
- 1/2 cup water
- 1 teaspoon vanilla extract
- 3 cups hot low-fat milk

In small saucepan, combine honey, cocoa powder and water; mix well. Cook over low heat for 5 minutes or until mixture is slightly thickened. Remove from heat; stir in vanilla. Set aside until ready to serve. To serve, stir chocolate mixture into hot milk. *Makes 4 servings.*

*For more family fun recipes and game night ideas, visit
<http://www.honey.com/recipes/broch/Celebrate/family.html>*

National Honey Board

390 Lashley Street / Longmont, CO 80501

To get more great recipes and celebration activity tips,
visit the National Honey Board Web site — **www.honey.com**.

To find a local honey supplier, visit **www.honeylocator.com**.