

*Honey for  
All Seasons*



# All About Honey

## **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 – 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 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 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. Research continues into the use of honey for treating minor burns and scrapes and for aiding the treatment of sore throats and other bacterial infections.

Honey is also a great pre-workout energy source, aiding an athlete's endurance and helping the athlete's muscles recuperate following a race or workout.

## **Beauty Treatments**

Honey is a natural humectant, which means it has the ability to attract and retain moisture. Try using honey in facial masks, bath oils, hair conditioners and more.

## **Substitution and Cooking Tips**

For best results, select recipes developed for using honey. When you do 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 of 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.

***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.***

**Pineapple  
Honey Glazed  
Ham**



## *Pineapple Honey Glazed Ham*

- 1 fully cooked boneless ham (4 to 5 lb.)
- 1 can (8 oz.) pineapple slices
- 1/3 cup honey
- 1 Tablespoon ground mustard
- Dash ground cloves

Bake ham on rack in shallow baking pan at 325°F for 1 hour or to 120°F on meat thermometer. Drain pineapple; reserve liquid. Combine reserved liquid, honey, mustard and cloves; mix well. Score top of ham, if desired, and arrange pineapple slices on top. Generously brush honey mixture over entire surface. Bake about 30 to 45 minutes longer or to 140°F on meat thermometer; baste every 10 minutes. Let stand 10 to 15 minutes before slicing.

*Makes 12 to 16 servings.*

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

*Sweetly  
Curried  
Dipping Sauce*




## *Sweetly Curried Dipping Sauce*

- 1 cup sour cream
- 6 Tablespoons honey
- 2 Tablespoons cider vinegar
- 2 teaspoons curry powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 2 Tablespoons chopped cilantro or parsley

In small bowl, combine all ingredients, except cilantro, until well blended. Stir in cilantro. Cover and chill until ready to serve. Serve with assorted sliced vegetables.

*Makes 1-1/3 cups.*

***Tip — To create an easy dip for grilled sausages and chicken, simply blend equal parts of honey and Dijon-style mustard.***



*Berry  
Striped Pops*



## *Berry Striped Pops*

- 2 cups strawberries
- 3/4 cup honey, divided
- 6 kiwifruit, peeled and sliced
- 2 cups peaches
- 12 paper cups (3 oz. each) or popsicle molds
- 12 popsicle sticks

In blender or food processor, puree strawberries with 1/4 cup honey. Divide mixture evenly between 12 cups or popsicle molds. Freeze until firm, about 30 minutes.

Meanwhile, rinse processor; puree kiwifruit with 1/4 cup honey. Repeat process with peaches and remaining 1/4 cup honey. When strawberry layer is firm, pour kiwifruit puree in molds. Insert a popsicle stick and freeze until firm, about 30 minutes. Pour peach puree into molds and freeze until firm and ready to serve.

*Makes 12 servings.*

***Tip — Make a simple summer fruit dip by blending your favorite honey with plain or vanilla yogurt.***



**Butternut  
Squash Soup**



## *Butternut Squash Soup*

- 2 Tablespoons butter
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 carrots, diced
- 2 celery stalks, diced
- 1 potato, peeled and diced
- 1 butternut squash, peeled, seeded and diced
- 3 cans (14.5 oz. each) chicken broth
- 1/2 cup honey
- 1/2 teaspoon dried thyme leaves, crushed
- Salt and pepper, to taste

In large pot, melt butter over medium heat. Stir in onions and garlic. Cook and stir until lightly browned, about 5 minutes. Stir in carrots and celery. Cook and stir until tender, about 5 minutes. Stir in potatoes, squash, chicken broth, honey and thyme. Bring mixture to boil; reduce heat and simmer 30 to 45 minutes or until vegetables are tender. Remove from heat and cool slightly. Transfer mixture to blender or food processor; process until smooth. Return pureed soup to pot. Season to taste with salt and pepper. Heat until hot and serve.

*Makes 6 servings.*

*Warm  
Chocolate  
Honey Torte*



## *Warm Chocolate Honey Torte*

- 1 cup (6 oz.) semi-sweet chocolate morsels
- 1/2 cup butter
- 1/2 cup honey
- 4 eggs, separated
- 2 Tablespoons all-purpose flour
- 1 Tablespoon instant coffee granules
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

Line the bottom of 9-inch springform pan with waxed paper. In medium saucepan over low heat, melt butter; stir in chocolate morsels. Remove from heat; continue stirring until chocolate is melted. Gradually add honey, stirring to blend. Lightly beat egg yolks; whisk into chocolate mixture. Stir in flour, coffee, baking soda and salt.

In large bowl, beat egg whites until soft peaks form. Fold 1/4 of egg whites into chocolate mixture. Stir lightened chocolate mixture into remaining whites; do not over mix. Pour mixture into prepared pan. Bake at 325°F for 45 minutes or until toothpick inserted into middle comes out clean. Cool 5 minutes. Invert cake onto plate; remove paper.

*Makes 8 servings.*

*Holiday  
Gift Sauces*



## *Honey Mint Chocolate Sauce*

- 1-1/2 cups honey
- 1/4 cup crème de menthe liqueur
- 1 cup unsweetened cocoa powder

In small saucepan, combine all ingredients. Bring to boil over medium-high heat, stirring occasionally; remove from heat. Cool 10 minutes. Serve warm or pour into clean glass jars; seal tightly. Store up to 1 month in refrigerator. If desired, reheat sauce before serving.

*Makes 2 cups.*

## *Three-Citrus Butter Sauce*

- 1 cup honey
- 1/2 cup butter
- 1/2 cup fresh lime juice
- 1/4 cup fresh lemon juice
- 1 Tablespoon cornstarch
- 1 cup grapefruit sections

In small saucepan, combine all ingredients except grapefruit; mix well. Bring to boil over medium-high heat, stirring frequently. Add grapefruit sections; boil 3 minutes, stirring gently. Cool 10 minutes. Serve warm or pour into clean glass jars; seal tightly. Store up to 2 weeks in refrigerator.

*Makes 3 cups.*



## **National Honey Board**

To learn more about just how good honey can be for you  
and to get more great recipes,  
visit the National Honey Board Web site — **[www.honey.com](http://www.honey.com)**

To find a local honey supplier, visit **[www.honeylocator.com](http://www.honeylocator.com)**