

Honey Recipes
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Golden Nectar Real Leatherwood Honey
Golden Bee Clover/Blackberry & Ground Flora Honey

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Drinks

BANANA HONEY BOOSTER

(Serves 2)

1 cup skim milk, one banana,
1 tablespoon Golden Bee Honey,
1 pinch all spice.

½ cup low fat yoghurt,
1 pinch cinnamon,

Place ingredients in a blender. Mix until smooth and frothy.

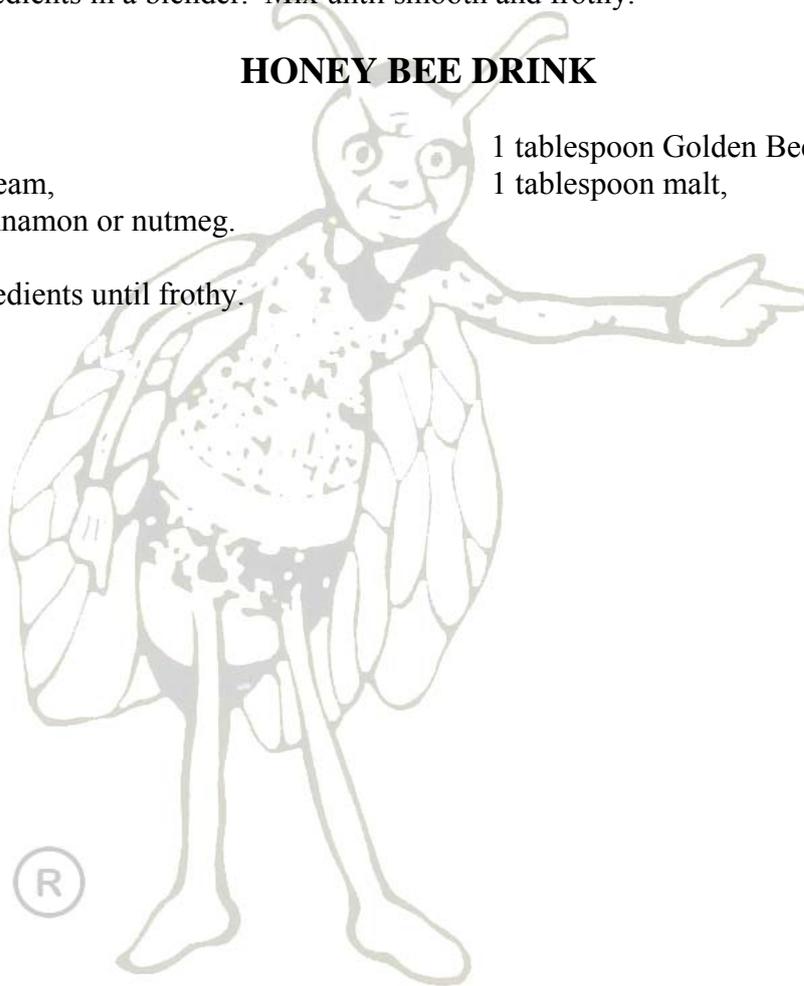
HONEY BEE DRINK

1 cup milk,
1 scoop ice cream,
1 teaspoon cinnamon or nutmeg.

1 tablespoon Golden Bee Honey,
1 tablespoon malt,

Method

Blend all ingredients until frothy.



Cakes

CINNAMON & LEATHERWOOD HONEY SWIRL TEACAKE

Ingredients:

60 g butter or soft dairy spread	¼ cup leatherwood honey
¼ cup caster sugar	1 egg
⅓ cup milk	1¼ cup S.R. flour
1 tblsp honey	1 tsp ground cinnamon

Method:

Cream together butter, leatherwood honey and caster sugar until light and fluffy. Beat in the egg. Add half the milk, then half the flour and lightly but thoroughly blend in: add rest of the milk, then the flour and mix in. Mix together the honey and cinnamon and swirl through the mixture with the blade of a knife. Spoon into a lightly buttered 20 cm cake tin. Bake in preheated 190°C oven for approximately 25 to 30 minutes.

Makes 8 – 10 slices.

HONEY & SULTANA CAKE

Ingredients:

100 g butter, room temperature	2 tblsp sherry
½ cup caster sugar	¼ cup milk
2 tblsp Golden Nectar Real Leatherwood honey	¾ cup sultanas
3 eggs	¼ tsp salt
½ cup blanched almonds, to decorate (optional)	1½ cups S.R. flour

Glaze:

1 tblsp Golden Nectar Real Leatherwood honey 1 tsp butter

Method:

Preheat oven to 180°C. Butter a 23x9cm loaf tin. Cream butter and sugar until light and fluffy. Add honey and beat 1 minute. Add eggs one at a time, beating well after each addition. Add half the flour and the salt and mix well. Stir in sherry and milk. Toss sultanas in remaining flour and add to mixture. Mix well. Place in prepared tin and spread surface evenly. Decorate top with almonds, if using. Bake for about 40 minutes or until a thin skewer inserted in the centre comes out clean. Remove and cool in tin on a rack. To make the glaze, melt honey and butter in small saucepan over low heat and brush over top of cake while it is still warm in the tin. Cut after 1 hour.

LEATHERWOOD HONEY CAKE

Ingredients:

½ cup butter (1/4lb/110gm),	1 cup sugar,
2 eggs,	2 ½ cups plain flour
½ cup Golden Nectar Real Leatherwood Honey,	2 ½ teaspoons baking powder,
¼ teaspoon bicarbonate soda,	1 teaspoon cinnamon,
½ teaspoon salt,	½ teaspoon nutmeg,
¼ teaspoon ground cloves,	¾ cup milk.

Method:

Cream butter thoroughly, add sugar gradually beating in well. Add unbeaten eggs, one at a time, beating well after each addition, then add honey.

Sift together flour, baking powder, bicarbonate soda, salt and spices. Add alternatively with milk, mix well.

Pour into well greased tube pan. Bake in moderate oven at 180°C for about one hour.

LEATHERWOOD HONEY & CHOCOLATE SPONGE CAKE

Beautifully light and not too sweet the cake, without filling can be frozen for about one month. The very delicate honey cream can be used in any sponge or as a filling for plain small cakes and is delicious served over fruit such as baked or stewed apples or pears.

Ingredients:

⅓ cup plain flour	⅓ cup cornflour
1 tsp baking powder	2 tblsp cocoa
½ cup caster sugar	1 tblsp leatherwood honey
1 tsp butter	3 eggs

Method:

Sift the plain flour with the cornflour, baking powder and cocoa onto a piece of greaseproof paper. Place the honey into a tiny saucepan over a very low heat to warm gently.

Beat the 3 eggs with caster sugar until thick and creamy. Sift the dry ingredients into the eggs and fold through gently but thoroughly. Lastly pour in honey and fold through.

Tip the mixture into the prepared tin, tilt to level the top and bake in moderate oven (180° C) for about 20 to 25 minutes or until firm to touch on top. It will shrink very slightly away from, the sides. Leave to rest in the tin for 5 minutes, run a knife around edge and gently invert onto a rack. Don't slice and cream for at least 4 hours or the cake will be too soft and break when cut. Be sure to cut a delicate cake such as this with a very sharp serrated knife.

Honey Cream Filling:

Ingredients:

300 ml whipping cream	2 tblsp leatherwood honey
2 tblsp brandy	

Method:

Place the cream into a bowl. Whisk until it holds stiff peaks. Warm the honey slowly and add the brandy. Pour into the cream, whisking very gently. Cut the cake into three layers and spread each one with the honey cream. Leave some for the top of the cake. It can be left plain or blanched almonds that have been browned lightly in the oven can be scattered on top. Or grate some dark chocolate over the cream.

Desserts

LEATHERWOOD HONEY ICE CREAM & CRÈME ANGLAISE

Honey Ice Cream

Ingredients:

300 ml King Island cream

260 ml Golden Nectar Real Leatherwood honey

4 egg yolks

500 ml milk

Crème Anglaise

Ingredients:

500 ml milk

1 vanilla bean split lengthwise

300 g sugar

6 egg yolks

To Garnish

Strawberries

Method:

To make the honey ice cream: heat milk and honey until mixture nearly boils. Beat yolks and cream together and pour in hot honey mixture. Allow to cool and chill in refrigerator. Freeze in an ice cream maker as instructed by the manufacture, cover and store in freezer.

To make the crème anglaise: put milk in a saucepan with vanilla bean and bring to the boil. Beat yolks and sugar until they are pale and creamy. Remove vanilla bean and pour milk onto yolks, stirring all the time, until the custard coats the back of the spoon. Remove from the stove and strain into a bowl.

Put a scoop of ice cream on one side of the plate and pour some warm crème anglaise on the other. Garnish with a strawberry. Serves 6.

HONEY MOUSSE

Ingredients:

1 tblsp gelatine 1 tblsp cold water

$\frac{2}{3}$ cup leatherwood honey 3 eggs

$\frac{1}{4}$ cup slivered almonds 1 cup cream

2 tsp rum

Method:

Soften gelatine in water, then dissolve over simmering water. Heat honey in a heavy saucepan and stir in gelatine mixture. Beat egg yolks until very light, add a little of the hot honey to them, stirring well, then add remaining mixture, stirring constantly. Cool mixture in refrigerator for 30 minutes or until the consistency of unbeaten egg whites. Fold in almonds. Beat egg whites until stiff. Whip cream and fold into honey mixture alternately with egg whites. Place in a large serving dish or individual serving dishes and chill until set. Whip remaining cream and flavour with rum. Serve with mousse.

Main

HONEY-GLAZED RACKS OF LAMB

Ingredients:

2 racks of lamb, 8 cutlets in each

Marinade:

5 tblsp leatherwood honey

5 tblsp light soy sauce

3 cloves garlic, slivered

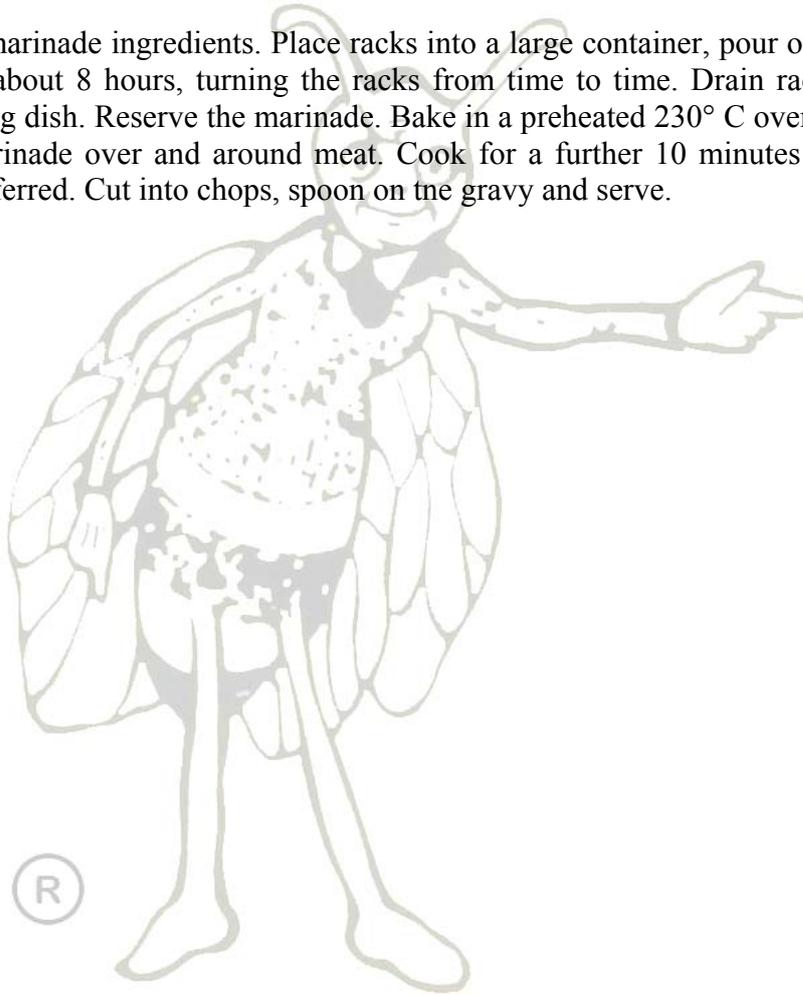
4 sprigs rosemary, crushed **OR** 1 tsp dried rosemary

2 tblsp chopped fresh ginger **OR** 1½ dried ginger

Method:

Combine all marinade ingredients. Place racks into a large container, pour over the marinade and chill for about 8 hours, turning the racks from time to time. Drain racks, place into a buttered baking dish. Reserve the marinade. Bake in a preheated 230° C oven for 25 minutes, then pour marinade over and around meat. Cook for a further 10 minutes or until lamb is cooked as preferred. Cut into chops, spoon on the gravy and serve.

Serves 8.



Biscuits, Bars & other Tasty Snacks

HEALTHY HONEYED FRUIT MORSELS

Ingredients:

1½ cups dried fruit medley (combined apples, apricots, pitted prunes, sultanas)
⅓ cup walnuts or pecans
3 tblsp Leatherwood honey
grated rind of ½ orange
additional coconut for coating walnut pieces

½ cup desiccated coconut
2 tblsp orange juice
toasted sesame seeds

Method:

Finely chop the fruits in a food processor or blender, add the walnuts and chop finely. Transfer to a bowl and add coconut, honey, orange juice and orange rind. Add 1 tsp cinnamon or mixed spice for a change of flavour. Mix well, using hands. Form into small balls with wet hands; roll each in the toasted sesame seeds or coconut. Top with a piece of walnut or pecan, pressing it firmly into place.

HONEY OAT BARS

2 cups self raising flour,
1 cup coconut,
1 cup sugar,
4 tablespoons Golden Nectar Real Leatherwood Honey.

1 cup rolled oats,
3 cups cornflakes,
225gm butter,

Method:

Place flour, oats, coconut, lightly crushed cornflakes into bowl, add sugar, mix well. Put butter and honey into saucepan, stir over medium heat until butter has melted. Add to dry ingredients, mix well. Press into greased lamington tray. Bake at 180°C 25-35 minutes or until golden brown. Remove from oven and, when cool ice with chocolate icing.

HONEYCOMB ROUGHS

Recipe can be made 3 days ahead.

200g dark chocolate (chopped),
¼ cup Golden Bee Honey,
½ cup slivered almonds (roasted),
2 x 45g chocolate coated honeycomb bars (chopped),
2 tablespoons shredded coconut (toasted).

2 tablespoons cream,
¼ cups sultanas,

Method:

Cover base of 19cm square cake pan with a sheet of foil, letting foil extend over opposite sides of pan. Combine chocolate and cream in heatproof bowl, stir over pan of simmering water until smooth. Remove from heat, stir in honey, sultanas, almonds and honeycomb bars; mix well. Press mixture into prepared pan, sprinkle with coconut, refrigerate several hours, or until firm. Cut into small diamonds before serving.

Not suitable to freeze.

Suitable to microwave.

HEALTHY HONEY MUFFINS

Ingredients:

1 ³ / ₄ cups oat bran cereal	³ / ₄ cup S.R. wholemeal flour
³ / ₄ tsp ground cinnamon	2 ¹ / ₂ tsp baking powder
¹ / ₄ cup chopped nuts	6 chopped dried apricots
¹ / ₄ cup chopped sultanas, raisins or currants	¹ / ₄ cup Leatherwood honey
1 ¹ / ₄ cups skim milk	2 egg whites
2 tblsp safflower or corn oil	

Method:

In a large bowl, combine oat bran cereal, S.R. wholemeal flour, cinnamon and baking powder. Stir in the honey. Mix together skim milk, egg whites and oil and pour into dry ingredients. Blend together lightly, - mixture will be very moist. Spoon into deep muffin tins, non-stick or paper lined.

Bake in a preheated 200° C oven for 15 – 20 minutes.

Best eaten the day they are baked but maybe frozen and reheated.

HONEY BISCUITS

Recipe can be made 3 days ahead.

125g butter (melted), ¹/₄ cup Golden Bee Honey, ¹/₄ cup castor sugar, 1 teaspoon bicarbonate of soda, ³/₄ cup shredded coconut, 1 cup plain flour, 2 tablespoons demerara sugar.

Combine cooled butter, honey, castor sugar and soda in bowl, beat until smooth, stir in coconut and sifted flour.

Roll 2 level teaspoons of mixture into a ball, press one side of ball into demerara sugar, place sugar-side-up on greased oven tray. Repeat with remaining mixture and demerara sugar, spacing biscuits about 3cm apart. Bake in moderate oven about 10 minutes, or until lightly browned. Stand on trays 5 minutes, lift onto wire racks to cool.

Makes about 35 biscuits.

HONEY CRUNCHIES

The honey caramelises and binds the cornflakes together. Be sure to store them in an airtight tin and indulge in them occasionally but not too often.

Ingredients:

¹ / ₄ cup leatherwood honey	60 g (2 oz) butter
2 tsp sugar	4 cups cornflakes

Method:

Put the honey into a small saucepan. Cut the butter into pieces and mix into the honey with the sugar. Leave it to warm gently until the butter has melted. Place the cornflakes in a large bowl and tip the honey on top and mix until they are well coated. Place some into patty cases, pressing it in firmly without breaking the cornflakes. Bake on a tray in a moderate oven (180°C) for about eight minutes or until lightly browned. Remove and leave them on tray to cool for about 20 minutes. They will firm and crisp.

HONEY NUT ANZACS

Ingredients:

1 cup oats	½ cup peanut (macadamia maybe used)
½ cup desiccated coconut	1 cup plain flour
½ cup sugar	125 g butter
1 tsp bicarbonate of soda	2 tblsp boiling water
1 tblsp Golden Nectar Real Leatherwood honey	

Method:

Preheat oven to 160°C. Butter 2 biscuit trays. Combine dry ingredients in medium bowl. Combine butter and honey in a small saucepan and stir over a gentle heat until butter has melted. Mix bicarbonate of soda with boiling water, add to the butter mixture. Remove from heat, pour over dry ingredients and mix well.

Spoon large teaspoonsful onto trays leaving a space of about 5cm between each one. Bake in preheated oven 20 minutes. Loosen on trays whilst still warm. When they have firmed up remove to a wire rack until completely cool. Store in an airtight container.

Makes 36 biscuits.

HONEY PIKELETS

Shopping list: Cooking needs-self raising flour, salt, sugar, Dairy-milk, butter; Fruit and Vegetables-eggs; Honey- 1 jar Golden Bee Honey.

Method:

Sift 1 cup self raising flour into a bowl with a ¼ teaspoon of salt and add 3 teaspoons sugar, make a well in the centre, Beat one egg, 30g melted butter, 1 tablespoon Golden Bee Honey and 1 cup of milk, mix well pour into dry ingredients, stir to make a smooth batter.

You can add more milk if too thick, test with the first one, then adjust, Melt butter in a pan or on a griddle and tip in spoonfuls of batter. When bubbles form on the top, turn over and cook the other side until golden brown. Be sure they are cooked through, so don't have the heat so high they brown before the centres are set. Transfer to a tea towel and fold another towel over the top to keep them moist.

Spread wit Honey Butter-1 cup butter, 6 tablespoons honey, 1 tablespoon lemon jice. Mix honey and butter, add lemon juice.



HONEY MADELEINES

Ingredients

¾ cup plain flour, 5 tbs butter, ½ tsp baking powder, pinch of salt, 2 large eggs, 1/3 cup sugar, 2 tbs R. Stephens Golden Nectar Real Leatherwood Honey, 2 tsp vanilla extract, ½ teaspoon finely grated lemon rind.

Method

Melt butter and set aside. Beat together eggs and sugar until thick and creamy. Add honey, vanilla and lemon peel and continue to beat until combined. Sift flour and baking powder and salt into a separate bowl. Fold this flour mixture into egg and sugar mixture. Add then fold in melted butter to mixture. Cover with plastic wrap and refrigerate for 2-3 hours.

Scoop a tablespoon of mixture into each buttered Madeleine mould and bake in a pre-heated moderate (150C) oven for 10-12 minutes.

Miscellaneous

HONEY BUTTER

Delicious on scones, pikelets and toast.

Ingredients:

1 cup butter 1 tsp lemon juice
6 tsp leatherwood honey

Method:

Mix butter with honey and lemon juice and add the lemon juice.

HONEY CHEESE

One part honey to two part grated cheese. Mix honey and cheese to a paste. Spread on hot buttered toast and put under griller for a minute or two.

Suitable to freeze.

Not suitable to microwave.

