

Across the Fence

Honey Recipes – May 2013

Carolyn Peake's Recipes

Sage Honey Apple Cabbage Slaw

¼ cup plus 2 Tbsp. mayonnaise	1 large carrot, peeled and shredded
¼ cup sour cream	1 Belgian endive, cored and leaves cut crosswise into ½-inch thick slices
1 Tbsp. apple cider vinegar	½ cup very thinly sliced sweet onion
1 Tbsp. sage honey*	¼ cup minced fresh parsley
¼ tsp. pepper	1 head of radicchio, cored and leaves removed whole (optional)
3 cups shredded green cabbage	
2 Granny Smith apples, cored and cut into "matchsticks"	

In a large bowl, combine the first five ingredients. Whisk well and set aside. In a large bowl combine remaining ingredients except radicchio. Toss with the dressing until evenly coated. Place in refrigerator, covered, to chill slightly, before serving. If desired, spoon salad onto radicchio leaves for individual portions or serve from bowl. ***Note:** For sage honey add ½ tsp. sage to honey.

Honey and Herb-Roasted Root Vegetables

1½ cups sliced fennel bulb	½ tsp. chopped fresh thyme
1½ cups peeled butternut squash cubed into ½-inch pieces	¼ tsp. pepper
1¼ cups cubed red potato	6 cloves garlic, peeled
1 cup cubed peeled turnip	3 large shallots, peeled and halved
1 cup sliced parsnip (½-inch thick)	Cooking spray
1 Tbsp. olive oil	1 Tbsp. honey
¾ tsp. salt	1½ tsp. cider vinegar

Combine first 11 ingredients in large bowl and toss well. Arrange the vegetables in single layer on cookie sheet or large baking pan coated with cooking spray. Bake at 450°F for 25 minutes or until vegetables are browned and tender. Place vegetables in large bowl and add honey and vinegar and toss well.

Honey Orange-Glazed Chicken

4 boneless, skinless chicken breast halves	¼ cup honey
	⅓ cup orange marmalade

Place chicken in 7x11-inch baking dish and set aside. Combine honey and marmalade in small bowl. Microwave uncovered for 1 minute or until glaze melts and is hot. Stir and spread ½ of the mixture over chicken. Cover and bake at 350°F for 30 minutes. Uncover, baste with remaining glaze and bake for an additional 10 minutes or until chicken is light brown.

Honey Muffins

1½ cups oat bran	2 well beaten eggs
1½ cups flour	1 cup buttermilk
1½ tsp. baking powder	1½ Tbsp. oil
1 tsp. baking soda	½ cup honey
Pinch of salt	3 Tbsp. crushed pineapple, drained

Preheat oven to 400°F. Thoroughly mix all the ingredients. Either line muffin cups with papers or grease with cooking spray. Fill cups $\frac{2}{3}$ full. Bake 20 to 25 minutes. Yield: 12 muffins.

Lyn Jarvis' Recipes

Barbecued Honey Spareribs

4 lbs. spareribs	½ tsp. salt
½ tsp. salt	1 tsp. mustard
½ cup chopped onion	½ tsp. black pepper
1 garlic clove, chopped	2 Tbsp. thick steak sauce
1½ cups ketchup	1 cup honey
2 Tbsp. vinegar	

Cut spareribs into serving portions and place in a large kettle. Cover with water, add salt, bring to a boil over high heat, reduce heat to low, and simmer for ½ hour. Mix the remaining ingredients together in a saucepan and cook over low heat for 5 to 7 minutes. Preheat oven to 350°F. Drain spareribs, place in shallow baking pan, and cover with sauce. Bake for 45 minutes or until ribs are tender, basting every 10 minutes with sauce.

Honey Apricot Bread

2¼ cups all-purpose flour	1½ cups dried apricots, chopped
2 tsp. baking powder	Grated rind of an orange
1 tsp. baking soda	1 cup honey
¼ tsp. salt	1 egg, beaten
¾ cup boiling water	½ cup walnuts, chopped

In a large mixing bowl sift together dry ingredients. In medium bowl, pour $\frac{3}{4}$ cup boiling water over apricots and let stand for 30 minutes. Drain water from apricots into another large bowl. Blend with honey and beaten egg. Stir in dry ingredients with grated rind and nuts. Pour batter into a 9x5x3-inch greased loaf pan and bake in preheated 325°F oven for 60 to 70 minutes.

Yield: 12 servings.

Tips for baking with honey: To help honey slide smoothly from your measuring utensils, simply lightly coat the utensil with a vegetable spray before measuring the honey.

Honey Pecan Squares

1 cup unsalted butter, softened
¾ cup packed dark brown sugar
½ tsp. salt
3 cups all-purpose flour

Filling:
½ cup unsalted butter
½ cup packed dark brown sugar
⅓ cup honey
2 Tbsp. sugar
2 Tbsp. heavy whipping cream
¼ tsp. salt
2 cups chopped pecans, toasted
½ tsp. maple flavoring or vanilla

Line a 13x9x2-in. baking pan with parchment paper, letting ends extend up sides of pan. In a large bowl, cream the butter, brown sugar and salt until light and fluffy. Gradually beat in flour. Press into prepared pan. Bake at 350° for 16 to 20 minutes or until lightly browned. In a small saucepan, combine the first six filling ingredients; bring to a boil. Cook for 1 minute. Remove from the heat; stir in pecans and maple flavoring (or vanilla). Pour over crust. Bake for 10 to 15 minutes or until bubbly. Cool in pan on a wire rack. Lifting with parchment paper, transfer to a cutting board; cut into bars. **Yield:** 2 dozen bars.

Honey Maple Cookies

2½ cups all-purpose flour
1 tsp. baking soda
1 tsp. salt
1 cup shortening
¾ cup honey
¾ cup maple syrup
2 eggs
1 tsp. vanilla extract
2 cups (12 oz.) semisweet chocolate chips
1 cup chopped pecans or walnuts

In a bowl, combine the flour, baking soda and salt; set aside. In a large mixing bowl, beat shortening until light and fluffy. Add honey and syrup, a little at a time, beating well after each addition. Add eggs, one at a time, beating well after each addition (mixture will appear curdled). Beat in vanilla. Gradually add dry ingredients; mix until moistened. Stir in the chocolate chips and nuts. Drop by rounded teaspoonfuls onto greased baking sheet. Bake at 350°F for 8 to 10 minutes or until golden brown. Remove to wire racks. **Yield:** 3 dozen cookies.

Tips for baking with honey: Unless the recipe calls for sour milk or cream, some cooks add the merest pinch of baking soda to the recipes of baked goods to counteract the slight acidity of the honey which may cause over-browning.

Honey Citrus Cooler

½ cup boiling water
2 tea bags
¼ cup honey
1½ cups cold water
½ cup lemon juice

½ cup orange juice
Ice cubes
12 oz. carbonated lemon-lime beverage
Chilled lemon slices
Maraschino cherries (to garnish)

Pour boiling water over tea bags, steep for 5 minutes, remove tea bags and stir in honey. Add cold water and fruit juices, chill for 1 hour. Put ice cubes into 4 tall glasses, add soda to tea mixture and pour over ice cubes. Garnish each glass with lemon half and maraschino cherry skewered on a toothpick.

Peanut Butter Honey Muffins

1½ cups all-purpose flour
2½ tsp. baking powder
¼ tsp. salt
½ cup brown sugar
6 Tbsp. butter, melted

½ cup peanut butter
2 eggs, beaten
¼ cup honey
1 tsp. vanilla
¼ cup milk

Preheat oven to 375°F. Grease 12 muffin cups or line with muffin papers. In a large bowl, combine flour, baking powder, salt, and brown sugar. In a separate large bowl, combine melted butter, peanut butter, eggs, honey, vanilla, and milk. Combine butter mixture with flour mixture. Stir only until blended. Spoon into prepared muffin cups. After the batter has been spooned into the cups, make an indentation in the center of each muffin. Spoon 1 tsp. of peanut butter into each indentation. Bake for 18 to 20 minutes. Cool before removing from pan. Serve slightly warm. **Yield:** 12 muffins.

Honey Cream Apple Pie

½ cup sour cream
¾ cup honey
¼ tsp. salt
1 tsp. cinnamon

½ tsp. nutmeg
6 large tart apples, sliced thin
Pastry for 2-crust pie

Combine sour cream, honey, salt, and spices. Add sliced apples and mix well. Line a 9-inch pie plate with pastry, add apple mixture, heaping in center. Top with remaining crust. Cut slits. Bake at 425°F for 40 to 45 minutes or until apples are tender.

Tips for baking with honey: Since it has the ability to absorb and retain moisture, honey is used in the industry to keep baked goods moist and fresh. Use honey in baked goods you plan to mail to keep them bakery-fresh.

Kim Greenwood's Recipes

Vice President of the Vermont Beekeepers Association, Duxbury Vt.

Upside-down Honey Cheesecakes

1 cup sugar	2/3 cup packed brown sugar
1/3 cup honey	1 cup sour cream
1/4 cup unsalted butter	2 tsp. fresh lemon juice
1/3 cup water	2 tsp. vanilla extract
3 pkgs. (8-oz. each) cream cheese, room temperature	4 large eggs, room temperature
	Assorted fresh berries (for garnish)

Preheat oven to 300°F. Butter twelve 3/4-cup ramekins or custard cups. Place 1 cup sugar, honey, and butter in heavy medium saucepan. Stir over medium heat until butter melts and mixture is blended. Increase heat to medium-high and bring to boil. Whisk until mixture darkens slightly and candy thermometer registers 300°F, about 5 minutes. Remove from heat; add 1/3 cup water (mixture will bubble vigorously); whisk to blend. Divide topping among ramekins (about 2 tablespoonfuls for each). Divide ramekins between 2 roasting pans and chill while preparing filling. Using on/off turns, blend cream cheese and brown sugar in processor, scraping bowl occasionally. Add sour cream, lemon juice, and vanilla; process until smooth. Add eggs one at a time, processing just to blend between additions. Divide filling among ramekins. Add enough hot water to pans to come halfway up sides of ramekins. Bake cheesecakes until set, about 35 minutes. Remove from roasting pans and chill until firm, about 1 hour. **Note:** Can be made 2 days ahead. Cover and keep chilled. Run thin knife around sides of ramekins. Invert onto plates, scooping any remaining topping from ramekins over cheesecakes. Garnish with berries.

Honey Crunch Peanut Balls

1 1/4 cups peanut butter	1/2 cup honey
2/3 cup oats	1/2 cup shredded or flaked coconut

Combine all ingredients (microwave for a few seconds to make it easier to stir) and form into 3/4-inch balls or scoop with a teaspoon scoop. Chill and store in the refrigerator. Makes about 25 balls.

Honey Pecan Cheddar Bites

8 oz. sharp cheddar cheese (about 2 cups)	1 cup very finely chopped pecans or walnuts, toasted
36 toothpicks	
1/2 cup honey	

Cut cheese into 36 cubes. Insert toothpick into each cube. In small saucepan, bring honey to boil and cook for 1 1/2 minutes. Let cool slightly. Dip each cheese cube into honey, then into nuts. Serve warm with spiced cider. **Note:** These can be made ahead of time; Place on plate lined with plastic wrap, cover and refrigerate. Return to room temperature before serving. If there is any honey or nuts left, mix them together and put on the parchment paper in little bites.

Viewer's Recipes

Velvety Chocolate Honey Fudge

Donna Barcomb - Colchester, Vt.

¼ cup honey	1 cup miniature marshmallows, quartered
2 cups sugar	1 cup chopped walnuts
½ tsp. salt	1 tsp. vanilla
1½ cups evaporated milk	
1 pkg. (12 oz.) semi-sweet chocolate chips	

In a medium-size heavy saucepan combine honey, sugar, salt, and evaporated milk. Bring to a full rolling boil over medium heat stirring constantly. Reduce heat. Boil and stir gently for 8 minutes. Remove from heat. Add marshmallows and chocolate chips. Beat until smooth and mixture starts to thicken (about 5 minutes). Mix in walnuts and vanilla. Pour into buttered 9x9x2-inch pan. Cool in refrigerator before cutting into squares. Makes about 3 lbs. of fudge.

Honey-Dill Coleslaw

Virginia Hanker, Essex Junction, Vt.

⅓ cup honey	1 Tbsp. white vinegar
¾ cup mayonnaise	¼ cup thinly sliced onion
½ tsp. dried dill weed	1 pkg. (16 oz.) coleslaw mix
1 Tbsp. Dijon mustard	Salt and pepper to taste

In a small bowl, stir together honey, mayonnaise, dill weed, mustard, vinegar, salt, and pepper. In large bowl, toss coleslaw mix with onion, add honey-dill mixture and stir to combine. I prefer the KFC® style of coleslaw, so put slaw mix and onions in food chopper prior to adding dressing.

Honey Prune Quick Bread

Eddie Ackerman, Fairlee, Vt.

1 egg, beaten	½ cup honey
1 tsp. vanilla	2¼ cup sifted flour
1 tsp. baking soda	⅔ cup sugar
1½ chopped prunes	1 cup chopped walnuts
1 cup boiling water	

Mix together beaten egg, vanilla, baking soda, prunes, and boiling water; let stand for 20 minutes. Add honey, flour and sugar and walnuts and mix well. Pour into a 9x4x3-inch loaf pan and bake at 325°F for 60 to 75 minutes or until a toothpick inserted near center comes out clean.

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