

# *Across the Fence*

## Honey Recipes – May 2018

### Lyn Jarvis' Recipe

#### Slow Cooker Honey Teriyaki Chicken

4 boneless chicken breasts, about 2 lbs.  
½ cup soy sauce  
½ cup honey  
¼ cup rice wine vinegar  
¼ cup onion, chopped  
2 garlic cloves, minced

¼ tsp. pepper  
¾ tsp. ground ginger  
¼ cup water  
3 Tbsp. cornstarch  
green onions, sesame seeds, optional garnish

Spray your slow cooker with cooking spray and place the chicken breasts in the bottom. In a small bowl whisk the soy sauce, honey, rice wine vinegar, onion, garlic, pepper, and ginger. Pour over the chicken breasts. Cook on HIGH for 3 to 4 hours or LOW for 4 to 5 hours or until chicken is cooked thoroughly and shreds easily. Once the chicken is cooked, remove with a slotted spoon and shred on a plate. Pour the sauce into a medium sauce pan. In a small bowl, whisk together the water and cornstarch. Slowly whisk into the sauce on medium high heat. Continue to whisk and let it boil until the honey teriyaki sauce starts to thicken. About 2 minutes.

Add the chicken back to the slow cooker and pour the sauce on top stirring to coat. Serve over rice and garnish if desired. **Yield:** 4 to 6 servings.

#### Honey-Pineapple Upside-Down Cake

⅔ cup honey  
1 can (15.25 oz.) pineapple slices in juice, drained  
maraschino cherries, drained  
1⅓ cups sugar  
¾ cup butter, softened  
1 tsp. vanilla

1¾ cups all-purpose flour  
¼ cup plain yellow cornmeal  
1 tsp. baking powder  
1 tsp. salt  
½ tsp. baking soda  
¾ cup buttermilk  
3 large eggs

Preheat oven to 350°F. Pour honey into a buttered 9 or 10-inch round baking pan, tilting pan to spread evenly. Top with pineapple and place a cherry in center of each slice. Beat sugar and butter at medium speed with a heavy-duty electric stand mixer until fluffy. Stir in vanilla. Whisk together flour and next 4 ingredients. Whisk together buttermilk and eggs. Add flour mixture to sugar mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat just until blended. Spread batter over pineapple. Bake at 350°F for 50 minutes or until a wooden pick inserted in center comes out clean, shielding with aluminum foil after 45 minutes to prevent excessive browning, if necessary. Cool in pan on a wire rack 10 minutes. Invert cake onto a serving platter. Let cool 15 minutes before serving. **Yield:** 10 to 12 servings.

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## **Honey Pecan Pie Bars**

### **Crust:**

1/3 cup confectioners' sugar  
1/3 cup brown sugar  
2 cups all-purpose flour  
1 cup unsalted butter, room temperature

### **Topping:**

2/3 cup unsalted butter, room temperature  
1/2 cup honey  
3 Tbsp. heavy cream  
1 tsp. vanilla  
1/2 cup brown sugar  
3 1/2 cups pecans, lightly toasted and chopped

Preheat oven to 350°F. Grease a 13x9x2-inch baking pan. **Crust:** In a large bowl, combine confectioner's sugar and brown sugar. Blend in flour. Cut in butter with a pastry blender until mixture resembles coarse meal. Pat mixture evenly into bottom of baking pan. Bake for 20 minutes. **Topping:** Warm butter and honey in large saucepan over low heat until butter is melted; stir to combine. Remove from heat. Stir in heavy cream, vanilla, brown sugar, and pecans. Spread topping evenly over crust. Bake for 25 minutes longer. Cool in pans on a wire rack. Cut into bars. **Yield:** 24 bars. **Note:** Walnuts may be substituted for pecans.

## **Honey Mustard Coleslaw**

1 bag (14 oz.) coleslaw mix, chopped  
1/2 cup mayonnaise  
1/4 cup mustard (Dijon, yellow or spicy brown)  
1/4 cup honey  
2 tsp. celery seed  
1 tsp. salt  
black pepper to taste

Combine mayonnaise, mustard, honey, celery seed, salt and pepper and blend thoroughly with a whisk. Stir in shredded cabbage; cover; refrigerate at least one hour. Note: More can be added to suit your taste. **Yield:** 6 to 8 servings.

## **Deb Plumley's Recipes**

### **Bee-utiful Summer Salad**

2 Tbsp. extra-virgin olive oil	12 oz. cubed watermelon
1 1/2 Tbsp. honey	12 oz. cubed honeydew
1/2 tsp. grated orange rind	1 small cucumber, cut lengthwise into thin ribbons (about 1 cup)
1 Tbsp. orange juice	1/2 cup thinly sliced red onion
1 Tbsp. lime juice	3 Tbsp. torn mint leaves
1 tsp. mustard	
1/4 tsp. table or kosher salt	

Place first 7 ingredients in a large bowl; stir with a whisk. Add melons, cucumber, and onion; toss to coat. Let stand at room temperature 15 minutes. Sprinkle with mint. **Yield:** 6 servings

## **Honey Drop Biscuits**

1½ cups all-purpose flour  
1 tsp. baking powder  
⅛ tsp. baking soda

3 Tbsp. cold butter  
¼ cup honey  
¼ cup half-and-half

Place the dry ingredients and the butter into a food processor and pulse until the mixture looks like coarse cornmeal. Do not over process. Turn mixture into a bowl and add honey; with a spoon mix until dough forms. With a tablespoon, spoon the dough out onto a cookie sheet. Bake for 20 to 25 minutes or until golden brown.

## **Orange-Honey Rolls**

4 oz. pizza or bread dough  
2 Tbsp. honey  
1 tsp. butter, melted  
½ tsp. grated orange rind

Roll dough into an 8x4-inch rectangle, and proceed. Combine honey, melted butter, and orange rind in a small bowl; brush honey mixture over dough. Starting at short end, roll up dough, jelly-roll fashion. Cut roll crosswise into 4 equal rounds. Arrange rounds on a baking sheet coated with cooking spray, and bake at 425°F for 11 minutes. **Yield:** 4 servings.

## **Honey Butter**

½ cup butter (1 stick)  
¼ cup honey  
½ tsp cinnamon

Whip butter and cinnamon until fluffy. Stir in honey a tablespoon at a time, until desired consistency. Keep in the refrigerator.

## **Carolyn Peake's Recipes**

### **Honey-Citrus Iced Tea**

4 individual tea bags  
2 cups boiling water  
3 medium navel oranges  
2 medium lemons

2 cups orange juice  
¼ cup lemon juice  
3 Tbsp. honey  
1 liter ginger ale, chilled

Place tea bags in a teapot or other container. Add boiling water. Cover and steep for about 3 minutes. Discard teabags. Pour tea into a pitcher. Peel and section two oranges and one lemon and add to the tea. Stir in orange juice, lemon juice and honey. Cover and refrigerate for 6 hours or overnight. Cut remaining orange and lemon into slices and freeze. Just before serving, strain and discard fruit from the tea. Stir in ginger ale. Serve with frozen fruit slices.

### **Honey Citrus Glazed Carrots**

1 Tbsp. butter	½ cup orange juice
4 cups sliced carrots	½ tsp. orange zest
¼ cup honey	salt and pepper, as desired
½ cup chicken broth	

In large skillet, melt butter over medium heat. Add carrots and sauté for several minutes. Add rest of ingredients except salt and pepper. Reduce heat and simmer until carrots are cooked and sauce is thick. Add seasonings as desired. **Yield:** 4 servings.

### **Lemon-Honey Chicken Thighs**

1½ Tbsp. olive oil	2 Tbsp. water
8 skinless, boneless chicken thighs	1 Tbsp. fresh lemon juice
¾ tsp. kosher salt	1 Tbsp. honey
¼ tsp. pepper	1 Tbsp. chopped fresh oregano
¼ cup thinly sliced shallots	

Heat a large frying pan over medium-high heat. Add oil to pan and swirl to coat. Sprinkle chicken with salt and pepper; cook for 4 to 5 minutes on each side or until done and browned. Transfer to a plate and keep warm. Add shallots to the pan and reduce heat to medium, then cook for two minutes or until they begin to brown and soften, stirring often. Add 2 Tbsp. of water, lemon juice and honey to the pan and bring to a boil. Cook for 1 minute scraping the pan to loosen the browned bits. Return chicken to the pan, turning it to coat. Sprinkle with oregano and serve immediately. **Yield:** 4 to 6 servings. **Note:** Chicken breasts may be used.

### **Grandma's Honey Muffins**

2 cups all-purpose flour	1 large egg
½ cup sugar	1 cup milk
3 tsp. baking powder	¼ cup butter, melted
½ tsp. salt	¼ cup honey

Preheat oven to 400°F. In a large bowl, combine flour, sugar, baking powder and salt. In a small bowl, combine egg, milk, butter and honey. Stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups three-fourths full. Bake 15 to 18 minutes or until a toothpick inserted in center comes out clean. Cool 5 minutes before removing from pan to a wire rack. Serve warm. **Freeze option:** Freeze cooled muffins in resealable plastic freezer bags. To use, thaw at room temperature or, if desired, microwave each muffin on HIGH for 20 to 30 seconds or until heated through. **Yield:** 1 dozen.

### **Viewer's Recipes**

#### **Cracked Pepper-Rosemary Honey Drizzle**

**Irving Keller – South Hero, Vt.**

½ cup honey	1 tsp. cracked black pepper
2 Tbsp. water	1 (3-inch) fresh rosemary sprig

Cook honey, water, pepper, and rosemary sprig in a saucepan over medium heat, stirring often; about 2 minutes or until thoroughly heated. Discard rosemary. Use as marinade or as sauce/glaze over chicken. **Yield:** ½ cup.

## **Honey Brownies**

**Dianne Belden – Rutland, Vt.**

1 cup (6 oz.) semi-sweet chocolate chips	½ cup all-purpose flour
6 Tbsp. butter	½ tsp. baking powder
2 eggs	dash salt
⅓ cup honey	1 cup chopped walnuts
1 tsp. vanilla	

Preheat oven to 350°F. Spray an 8-inch square baking pan with non-stick cooking spray. Melt chocolate chips and butter in medium saucepan over low heat. Cool slightly. Stir in eggs, honey and vanilla. Add flour, baking powder, salt and walnuts. Stir just until blended, spread batter in prepared pan. Bake 20 to 25 minutes or just until center springs back when lightly touched. Cool completely in pan on wire rack. **Yield:** 16 servings.

## **Honey Frosting**

**Marilyn Fuller – Newbury, Vt.**

⅛ tsp. salt  
½ cup honey  
1 egg white  
½ tsp. vanilla

Add salt to egg white. Warm honey over hot water. Pour in a thin stream over egg white while beating vigorously. Add vanilla and continue to beat until thick and fluffy. Spread over cake.

## **Honeybun Cake**

**Javier Zirko – Colchester, Vt.**

1 box (18.25 oz.) yellow cake mix	2 tsp. cinnamon
4 eggs	2 cups powdered sugar
1 cup sour cream	3 Tbsp. milk
¾ cup vegetable oil	3 Tbsp. honey
1 cup light brown sugar	1 tsp. vanilla

Preheat oven to 325°F. By hand, blend the cake mix, eggs, sour cream, and oil until well-incorporated. The mixture will be pale yellow; it's okay if it has some lumps! Then set aside. In a separate bowl, mix together the brown sugar and cinnamon until well blended; set aside. Pour half of the cake batter into a greased 13x9x2-inch pan, spreading the batter out into a thin layer. Add half of the swirl mixture to the top, covering the entire layer of batter. Don't be alarmed if it looks like you're over-saturating the cake. Pour the rest of the batter on top, and spread the batter until the cake is even. Top the cake off with the rest of the swirl mixture. Swirl the batter with a knife. Place the cake into the oven and bake for 45 to 50 minutes, or until an inserted toothpick comes out clean. While the cake is baking, make the glaze. **Glaze:** In a bowl, mix the powdered sugar, milk, honey, and vanilla until glaze is of desired consistency. When the cake comes out of the oven, immediately pour glaze onto the hot cake. You might have to pick up the cake and tilt it to spread the glaze evenly. Let the cake sit for a few minutes so the glaze can set and serve warm or at room temperature. **Yield:** 12 servings.

## Orange Honey Bread

Carolyn Bourgeois – Vergennes, Vt.

2 Tbsp. shortening	2½ tsp. baking powder
1 cup honey	½ tsp. baking soda
1 egg, beaten	½ tsp. salt
1½ Tbsp. grated orange rind	¾ cup orange juice
2⅔ cups flour, sifted	¾ cup chopped nuts

Cream shortening, and honey together thoroughly. Add egg and orange rind. Sift flour with baking powder, baking soda and salt. Add to creamed mixture alternately with orange juice. Add nuts. Bake in a greased loaf pan in moderate oven (325°F) for about 70 minutes. **Yield:** 1 loaf.

## Honey Mustard Pork Burgers

Wendell Williams – Rutland, Vt.

2 lbs. ground pork	¼ cup honey
40 saltine crackers, crushed	2 Tbsp. lemon juice
½ cup Dijon mustard	hamburger rolls

Combine ground pork, crushed crackers, mustard, honey, and lemon juice in a large bowl. Form into 8 patties. Cook on stove, or grill, on medium heat, turning once, until juice run clear, about 12 minutes. Place on hamburger roll with a slice of cheese, if desired. **Yield:** 8 servings. **Note:** Recipe can be halved.

### *Did you know?*

- The **honey bee's** wings stroke incredibly fast, about 200 beats per second, thus making their famous, distinctive buzz.
- A **honey bee** can fly for up to six miles, and as fast as 15 miles per hour.
- The average worker **bee** produces only about 1/12th of a teaspoon of **honey** in her lifetime.

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