

Snacks

Honey Roasted Cashews

From TheWannaBeChef.net

2 cups cashews

1 Tablespoon egg white

1 Tablespoon honey

3 Tablespoons sugar

1/2 teaspoon salt

- 1 Heat oven to 325°.
- 2 In a small mixing bowl, mix together egg white, honey, sugar and salt until the sugar and salt dissolve.
- 3 Mix the cashews with the wet ingredients until they are covered.
- 4 Lay the cashews out on a non-stick surface in a single layer.
- 5 Roast for 15-20 minutes until the edges begin to darken slightly, taking care not to burn them.
- 6 Remove the cashews from the oven and let them cool completely.
- 7 Break the cashews apart and store them in an air-tight container at room temperature.

Snacks

Spiced Honey Hummus

From The Beekeeper's Bible

Makes: 4 Servings

1 Cup Dried Chickpeas
1/2 cup Tahini
1/2 Tsp ground cumin
1/2 Tsp ground Coriander
1/2 Tsp ground Chile
3 Tbsp Lemon Juice
1 Tbsp Extra-Virgin Olive Oil
1 Clove Garlic
1 Tbsp Honey
Sea Salt & black Pepper

1 Place the chickpeas in a colander and rinse thoroughly with cold water, then drain and transfer to a large bowl. Cover them with cold water and soak for at least 12 hours.

2 Drain the chickpeas, rinse again with cold water, and transfer to a large saucepan. Cover with plenty of water and place over medium heat; bring slowly up to a boil, then simmer for 2 hours, skimming off any foam that accumulates.

3 When the chickpeas are tender, drain and reserve the cooking water. Rinse the chickpeas briefly under cold water and drain well, then transfer them to a food processor and pulse until coarsely chopped.

4 Add the tahini, spices, lemon juice, oil, garlic, and honey and process until smooth- add a little of the cooking water if you want a smoother hummus.

5 Season with salt and pepper and spoon into a serving bowl, Drizzle with a little more honey and serve with warm pita bread or crudites.

Soup

Curried Honey Sweet Potato Soup

From The Beekeeper's Bible

Makes: 4 Servings

2 1/4 Lb Sweet Potatoes, peeled
and cut into 1-in chunks

4 Tbsp Sunflower Oil

1 Tbsp Tandoori Curry Powder

2 Tbsp Dark Honey

1 Clove Garlic, peeled and
crushed

1-in piece Ginger, peeled and
finely choopped

1 Red Chile, Seeded and finely
chopped

1 Red Onion, peeled and finely
chopped

4 Cups Vegetable Stock

1/4 cup Coconut Milk

Sea Salt and Black Pepper,
freshly ground

To Serve:

4 Tbsp Think Yogurt

1 Tsp Chili Powder

Black Pepper, freshly ground

2 Tsp Light Honey

1 Preheat oven to 375° and place a heavy baking sheet in the middle of the oven to heat.

2 In a large bowl, toss the sweet potatoes with 2 tablespoons of oil, the curry powder and dark honey, and stir to coat the sweet potato pieces.

3 Stir in the garlic, ginger and chile.

4 Spread the sweet potatoes and the flavored oil and spices on the hot baking sheet and roast for 15 minutes.

5 Turn the sweet potatoes once, cook for 10 to 15 minutes, until they are soft, then cool.

6 Meanwhile, heat the remaining 2 tablespoons oil in a nonstick skillet and add the onion; cook over low heat for 20 minutes, or until the onion is soft and translucent.

7 Transfer the cooked onion and the sweet potatoes, along with the sticky contents of the baking sheet, into a food processor and add half the stock. Process until well combined.

8 Add the remaining stock and coconut milk, pulse again until smooth, and return the soup to a clean saucepan. Season to taste with salt and pepper and gently reheat the soup.

9 Serve in warmed bowls and top each bowl with 1 tablespoon yogurt, a pinch of chile powder, a grind of black pepper, and a drizzle of light honey.

Main Dishes

Racks of Lamb with a Thyme and Honey Glaze

From A Taste of Honey

Makes: 4 Servings

4 racks of lamb, each with 4 cutlets (about 2 lbs)
2 cloves of garlic, halved
1 Tsp yellow mustard seeds
2 Tbsp dark honey
1 Tbsp fresh thyme leaves, stripped from the stems

- 1 Preheat oven to 400°F.
- 2 Lay the racks of lamb flat in a roasting pan with the bones touching the base and rub the flesh all over with the cut ends of the garlic cloves. Crush garlic cloves and place in a bowl.
- 3 Using a mortar and pestle, crush the mustard seeds until they are just split open. Add the split seeds with the honey to the garlic and stir well, mixing all the ingredients evenly.
- 4 Spread the mixture over the back of the racks of lamb, then sprinkle with thyme leaves.
- 5 Place immediately in the oven and bake for 15 minutes to crisp up the fat.
- 6 Turn the heat down to 350° and roast for a further 20 minutes, or until the liquid runs clear when the lamb is pierced with a skewer.
- 7 Serve the racks whole, garnished with sprigs of thyme.

Main Dishes

Honey Balsamic Salmon Fillets

From The Beekeeper's Bible

Makes: 4 Servings

4 (7 oz) Skin-On Salmon Fillets
3 Tbsp Honey
2 Tbsp Aged Balsamic Vinegar
1 Tsp Superfine Sugar
1 Tbsp Peanut Oil

To Serve:

4 Scallions, Sliced

1 Wipe the salmon dry with a paper towel and place in a shallow dish, skin side down.

2 Whisk the honey with the vinegar and superfine sugar and spoon over the fish.

3 Heat the oil in a large nonstick skillet over high heat. When the oil is hot, add the fish, skin side down, and cook for 4 to 5 minutes, until the skin is crisp and the salmon is nearly cooked through.

4 Preheat the broiler to high. Spoon any remaining honey mixture over the salmon and place the pan under the grill for 2 minutes, or until the fish is cooked through.

5 Serve the salmon with the scallions sprinkled over.

Dessert

Honey Lemon Cupcakes (with Honey Cream Cheese Frosting)

Makes: 12-15 Cupcakes

Cupcakes:

1/2 cup (1 stick) unsalted butter,
softened

3/4 cup granulated sugar

2 eggs

1 1/2 cups all-purpose flour

1 tsp. baking powder

1 tsp. salt

1/2 cup milk

1/4 cup honey

1 Tbsp. lemon juice

1 tsp. vanilla extract

2 Tbsp. lemon zest

Honey Cream Cheese Icing:

1 (8 ounce) package cream
cheese, room temperature

1/4 cup unsalted butter, room
temperature

1/3 cup honey

3-4 cups powdered sugar

To Make The Honey Lemon Cupcakes:

1 Preheat oven to 350 degrees. Line a muffin tin with baking cups.

2 Using an electric stand mixer, cream together butter and sugar on medium-high speed for about 2 minutes. Add eggs, one at a time, and mix until just combined.

3 In a separate bowl, whisk together flour, baking powder, and salt. In a smaller bowl, combine milk, honey, vanilla, lemon juice and lemon zest.

4 Add half of the flour mixture to the butter mixture, beating until just combined. Add in the milk mixture, then add the remaining flour mixture, mixing until just combined. Fill baking cups 2/3 of the way full.

5 Bake for 18-20 minutes, or until a toothpick inserted in center comes out clean. Transfer to a wire rack to cool completely before frosting.

To Make The Honey Cream Cheese Frosting:

1 Using an electric mixer, beat the cream cheese, butter and honey until fluffy, about 2-3 minutes. Gradually add in powdered sugar until you reach your desired consistency.

2 Pipe or spread onto cupcakes.

Drink

Hot Honey Cider

From The Beekeeper's Bible

Makes: 4 1/4 cups

4 1/4 Cups Apple Cider
1 Orange
10 Whole Cloves
2 Tbsp Honey
1 Star Anise
2 Cinamon Sticks

1 Pour the cider into a medium saucepan, stud the orange with the cloves, and add it to the pan, along with the honey, star anise, and cinnamon sticks. Warm gently over low heat for 5 minutes, stirring once or twice.

2 Place 2 apple rings in the bottom of each heatproof glass or mug.

3 Remove the orange from the saucepan and cut it in half; squeeze the juice from one half into the cider.

4 Strain the cider over the apple slices and serve .

Spiced Honey Coffee

From The Beekeeper's Bible

Serves 2

2 Tbsp Honey, such as Clover
1 Tsp Ground Cinnamon
1/2 Tsp Ground Cardamom
1/2 Tsp Vanilla Extract
1 1/4 Cups Steamed Whole Milk
2 Shots Strong Brewed Espresso
2 Cinnamon Sticks

1 Place 1 tablespoon of the honey in each of the 2 coffee cups and swirl to cover the bottom.

2 Whisk the ground cinnamon, cardamom and vanilla into the hot milk.

3 Pour the espresso into the cups (over the honey) and top with the hot, frothy milk. Use a cinnamon stick to stir.

Beauty

Lemon and Honey Face Pack (For Oily Skin)

From The Beekeeper's Bible

Makes: 1 Face Pack

1 Tbsp Lemon Juice
1 Tsp Honey
2 Egg Whites
1 Tsp Rainwater or Distilled
Water, Warmed
1 Tsp Chickpea Flour

1 Whisk together the lemon juice, honey, egg whites and water thoroughly, then stir in the chickpea flour.

2 Spread the mixture evenly over the face. Leave it on for 15 to 20 minutes, allowing the ingredients to cleanse and soothe the skin.

3 Rinse with warm water. Pat dry with a clean towel, then moisturize.

Chamomile and Honey Face Pack (For Dry Skin)

From The Beekeeper's Bible

Makes: 1 Face Pack

1 Tbsp dried Chamomile
flowers
2/3 Cup boiling water
1 Tsp Honey
1 Tbsp Oatmeal, finely
ground
1 Tbsp Wheat Bran

1 Place the chamomile flowers in a heatproof bowl and pour the boiling water over. Allow to cool until just warm, then strain.

2 Combine the honey, oatmeal, and bran, then add the chamomile infusion in small amounts, blending together using a spoon until it forms a sticky paste.

3 Apply evenly to the face, leave on for 30 minutes, then rinse with lukewarm water. Pat dry with a warm towel, and apply moisturizer or cold cream.