

Baking with Honey

Honey adds moisture and shelf life to baked goods - Just adding a few tablespoonfuls of honey to a recipe will result in a more moist product that will keep fresh longer!

You may also substitute honey in recipes calling for sugar, but you will need to adjust the recipe. Begin with substituting up to one-half the sugar called for in the recipe. You will find that honey may be substituted for *all* the sugar in some recipes. When substituting honey for sugar:

- Honey is sweeter than sugar, so use about **two-thirds of a cup of honey for each cup of sugar substituted.**
- Because honey contains water, deduct about 1/4 cup of other liquid for each cup of honey used in a recipe to compensate for the additional liquid added by the honey.
- Recipes with honey cook more quickly, so lower the recipe temperature 25° Fahrenheit the first time.
- Add a little soda (about 1/2 teaspoonful per cup of honey) to compensate for the additional

acidity of honey and to insure your baked goods rise properly. Note - do not add soda to yeast breads, since the yeast need the mildly acid environment.

Measuring Honey

Spray your measuring cup with cooking spray prior to measuring your honey and the honey will slide right out! (Or just measure the recipe's cooking oil before measuring the honey!)



Storing Honey

Store your honey in a dry, dark place close to room temperature. Do not store honey in the refrigerator since honey absorbs and retains moisture and will crystallize in the refrigerator.

Note - Honey should not be fed to infants less than one year of age! Honey is a safe and wholesome food for older children and adults.

If Your Honey Crystallizes . . .

it is not spoiled and is fine to use as is. If you simply place the honey jar in very warm water (not boiling!) and stir until the crystals dissolve, or place the honey container into near boiling water that has been removed from the heat:

1. Bring a pan of water to a boil
2. Turn off the heat
3. Place the honey container in the water with cap open
4. Leave until both have cooled
5. Repeat as needed

Not All Honeys Are Created Equal!

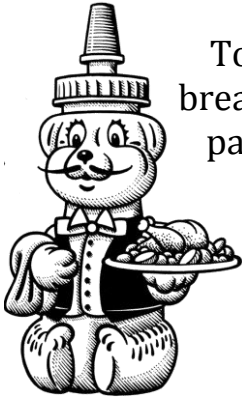
Honey gets its flavor from the types of flower the bees collect nectar from. As a result honeys vary in sugar content, types of sugar and flavor. Honeys also vary in moisture content. As a result certain honeys work better with certain foods. Also, a "recipe" may produce different results with each batch of honey used!

Note that strong tasting honeys (generally the darker honeys) can overpower other ingredients and may work best with recipes and foods that will benefit from more complex flavors. Mild honey (typically lighter in color) is more versatile as a general sweetener.

Some Easy Ways to use Honey

Honey Butter

To make a great topping for veggies, breads and potatoes, whisk together 4 parts room-temperature butter with 1 part honey (1 stick butter to 2 tablespoons honey). Add more or less honey to taste and try adding cinnamon, vanilla extract or herbs for more complex flavor.



Homemade Barbeque Sauce

Try making up your own tangy sweet barbecue sauce by mixing a couple tablespoons of honey with apple cider vinegar, lemon juice, Worcestershire sauce, and mustard.



Baked Beans

Instead of molasses to sweeten baked beans and other bean recipes, try honey instead. Note honey may produce a lighter end result, so use a darker honey if this is a concern.



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A Bee-ginners Guide to Cooking with Honey

