

# Dean Forest Beekeepers: Recipes from HoneyBun

(New ones are added each month!)

## September 2010 (3 recipes)

With the Summer honey flow now being over and many members saying that they have had a good year, I thought I would put together three recipes for this fine September edition. This is a time of plenty and I am sure I can find enough recipes over the coming months to eat into those stores of honey!

### GRANARY BREAD

Just right for spreading with honey or preserves. This recipe makes three loaves.

- 1 tablespoon honey
- 1  $\frac{1}{4}$  pints warm milk
- 3 sachets easy-blend dried yeast
- 3lb granary flour
- 3 eggs
- 1 teaspoon salt
- 6oz melted butter

Dissolve the honey in  $\frac{1}{4}$  pint of milk. Mix the yeast into the flour and add the eggs, salt and melted butter. Add the milk and honey mixture together with the remaining milk and mix to a dough. The dough will be quite wet so beat with a spoon.

Cover the bowl with a damp tea-towel and leave to rise in a warm place for one hour.

Knock back the dough and shape into three loaves. Place into three 2lb loaf tins and leave to rise for a further 30 minutes.

Bake in a pre-heated oven at 200C, 425F, gas mark 6 for about 40 minutes or until the loaves sound hollow when tapped on the bottom.

### GRANARY LOAF (HEALTHY boring VERSION)

If you want a healthier granary loaf, without so much butter, then try this as an alternative.

- 3lb granary flour
- 1  $\frac{1}{2}$  pints hot water
- 3 sachets easy-blend dried yeast
- 1 teaspoon salt
- 2 tablespoons honey

Dissolve the salt and honey in the water. Mix the yeast with the flour and stir in the honey and water mixture. Gather into a ball and knead for 5 minutes before cutting into three. Place into three 2lb loaf tins and leave to rise for a further 30 minutes.

Bake in a pre-heated oven at 220C, 450F, gas mark 7 for about 40 minutes or until the loaves sound hollow when tapped on the bottom.

## SPICED DATE TRAY BAKE

This makes a lovely Date biscuit good with a cup of tea or coffee, or great when the children come in from school.

- 8 oz self raising flour
- 8oz semolina
- 8oz butter
- 3oz Demerara sugar
- $\frac{1}{4}$  pint water
- 1-2 tablespoons honey
- Half pound dates stones and chopped (or buy the delicious ready-to-eat ones)
- Juice and rind of a lemon
- 1 teaspoon ground cinnamon

You will need an oblong (swiss roll) tin - lined with greaseproof paper.

In a saucepan put dates, water, lemon juice, honey and cinnamon. Heat gently stirring all the time until the mixture comes to the boil, simmer until thickened (this usually takes about 10 minutes) until a smooth consistency, stirring all the time (IT WILL BURN IF LEFT UNATTENDED!!). Remove from the heat and cool.

Combine the melted butter, sugar flour and semolina in a bowl (should be lumpy).

Spread **half** the mixture over the bottom on the tin and press down well with the back of a spoon. Spread over the date mixture leaving the edges clear. Break up the rest of the mixture and place over the date mixture making a topping using a fork to make a pattern and ensure it is firmed down.

Bake for 25-30 minutes at 190C (375F, Gas mark 5) until golden brown.

Cut into fingers immediately it comes out of the oven and allow to cool in the tin.

It will store for up to one week in a sealed tin.

## HONEY AND GINGER TEA or HONEY AND MINT TEA

This is a refreshing drink whilst using your honey (or that which belongs to the bees) together with the last of the mint in the garden.

- Boiling water
- 1" fresh ginger root
- $\frac{1}{2}$  lime sliced
- 1 tablespoon honey

Peel and chop the ginger, put into a tea pot together with a few slices of lime (lemon if you prefer). Fill with boiling water and stir. Leave to infuse for 5 minutes and serve with honey to taste. This tea can be served hot or cold.

Variation: replace root ginger with fresh mint and add lemon balm or lemon slices.

Hope you enjoy the above recipes. Next month: recipes suitable for a Harvest Festival Supper.

## August 2010

This month we have a mouth watering summer pie, just the thing to follow a BBQ meal and make you say Thank God I have bees who produce such lovely honey!

### GREEK HONEY AND LEMON PIE

- 8oz ricotta or curd cheese
- 2 eggs (lightly beaten)
- 2-3 tablespoons honey
- Juice and zest of lemon
- Icing sugar
- Shortcrust pastry or sweet crust pastry case baked blind

You will need an 8" shallow dish or 6" deep dish.

In a bowl combine cheese of your choice together with beaten eggs, honey and lemon zest.

This is the good part - taste for sweetness and add more honey (yes) if needed.

Pour into pastry case and bake for approximately 20-30 minutes on 190C, 375F or gas mark 5.

When the pie is firm to the touch and slightly brown remove from the oven.

Combine the lemon juice and enough icing sugar to form a pouring consistency and drizzle over the pie.

This pie is best served warm - enjoy!

## July 2010 (2 recipes)

BBQ time (hopefully is here).

### NEW POTATOES IN HONEY AND MUSTARD DRESSING - a quick and lovely dish

- 1.5 lbs new potatoes
- 3 tablespoons clear honey
- 2 oz butter
- 2 teaspoons grain mustard
- A good squeeze lime juice

Firstly cut the potatoes into one inch wedges and place in boiling water for approximately 15 minutes until tender. Drain.

Heat the honey, butter and mustard in a pan (do not boil).

Add the potatoes back to the pan and gently turn the mixture to coat.

Add a squeeze of lime juice to finish - you could add a little zest if you wish

This potato salad is best eaten hot or warm. If there are only two of you and 1.5lbs seems a lot, you can reserve half in the fridge until the next day but remember to take it out at least an hour before your mealtime to allow it to reach room temp.

Just wait for the compliments to come in at your BBQ and sit back and enjoy!

### HONEY ROASTED FIGS

June and July is the time of Brown Turkey (not for Xmas but for dessert!) If you have this delicious fruit in your garden or, at a pinch, a supermarket nearby then try this fantastic dessert.

This recipe serves four.

- 1 - 2 figs per person
- 2 oz butter
- 2 tablespoons honey
- Zest and juice of 1 orange
- Cinnamon stick broken into 4

Serve with cream, crème fraiche or yoghurt. Drizzle some runny honey over.

Wipe and quarter the figs.

Melt the butter and honey in an ovenproof dish, stir in the orange juice and add the figs in a single layer - turning to coat with the juice

Scatter the orange zest and broken cinnamon stick over the top and bake at 190C, 375F or Gas Mark 5 for approximately 15 minutes, turning occasionally

To serve, take out the cinnamon sticks and transfer to a warmed serving dish and spoon over the cooking juices and top with the topping of your choice.

## June 2010 (2 recipes)

This is probably the easiest and most popular honey recipe I know. It is particularly good with pork and beef dishes and makes a great marinade pre BBQ (this recipe follows).

### HONEYBUN'S CRUNCHY HONEY MUSTARD

- 8oz Yellow Mustard Seeds (you can buy these seeds cheaply from any Indian Supermarkets)
- 8 oz Black Mustard Seeds
- 1 pint cider vinegar
- 12 oz runny honey
- 1 teaspoon salt
- 1 teaspoon cinnamon

Soak the mustard seeds on the cider vinegar for 36 hours.

Add the honey, salt and cinnamon, and mix for approximately 3 minutes.

Now comes the best bit.

Take your little finger and dip it into your mixture - nothing to do with the recipe but it tastes great!

Pot into sterilised jars and label.

This makes approximately 4 lbs. It will be used in quite a few of the recipes that will follow, and makes good gifts for Christmas as it keeps for up to 12 months.

### HONEYBUN'S HONEY MUSTARD MARINADE/DRESSING

This can be used to dress salads or marinade meat or fish

- 2 tablespoons honey
- 1 tablespoon balsamic vinegar (don't use your precious best but get a cheapie from Lidl, it tastes just as good in a marinade and leaves more money for Chardonnay!)
- 1 tablespoon extra virgin olive oil
- 1 shallot or small red onion (but shallot tastes better)
- 1 piece of fresh ginger, about the size of your middle finger, finely chopped
- 1 teaspoon wholegrain mustard

Place all ingredients in an empty honey jar or similar and shake vigorously to mix. Leave in fridge until needed. You can store this for a few days.

See our web site at [www.deanforestbeekeepers.co.uk](http://www.deanforestbeekeepers.co.uk)