

# Recipes for IOMBKF Honey Show 2018

## Honey & Oat Bread

175g White Self-Raising Flour, 175g Wholemeal SelfRaising Flour  
50g Porridge Oats, 75g Butter (diced), 3tbs Clear Honey, 1 Egg, 200ml Milk  
2tbs Sunflower Seeds

### Method:

1. Preheat oven to 200°C (Gas Mk 6)
2. Put flour into mixing bowl with 3/4 of the oats and all the butter. Rub in butter
3. Add honey. Beat egg and milk together and stir int the mixture to make a soft dough.
4. Knead lightly, shape and transfer to buttered baking sheet.
5. Brush top with milk and sprinkle with reserved oats and sunflower seeds
6. Bake for 15 to 20 minutes.

## Honey Fruit Cake

225g (8oz) Margerine, 225g (8oz) Honey, 3 Eggs, 340g (12oz) Self Raising Flour,  
2 tsp. cinnamon, 225g (8oz) Mixed Fruit, 170g (6oz) Glacé Cherries

### Method:

1. Cream Margerine and Honey
2. Add Eggs with a little Flour and beat well.
3. Fold in rest of Flour and Cinnamon.
4. Add Fruit
5. Put in a greased 20cm (8") cake tin and cook about 2 hours in medium oven, or until skewer comes out clean.

## Honey Oatmeal Cookies - (display seven pieces)

¾ cup butter or margarine, ½ cup sugar, ½ cup soft honey, 1 egg, 1tsp vanillas essence, 2 cups rolled oats, 1 ½ cups plain flour, ½ tsp salt , 1 tsp baking soda, 1 cup raisins.

**Method:** Cream butter, sugar and honey together. Beat in egg and vanilla essences, add remaining ingredients and mix well. Drop by spoonful on to greased baking sheet. Bake 350F (180C, Gas Mk4) for 12-15 mins – makes four dozen.

## Honey Fudge - (display eight pieces)

1lb granulated sugar - small tin evaporated milk - ½ oz butter - 3 tblesps honey      pinch cream of tartar

**Method:** Place all ingredients into strong pan over low heat, stirring all the time - until a little of the mixture dropped into cold water will form a 'soft ball'. Temp. 114°C - 116°C. Place pan into cold water for five minutes, then remove pan and beat mixture until it begins to thicken. Pour quickly into oiled tin. When cool, mark into squares

## Cough Mixture

¼ pint clear honey - ¼ pint glycerine - 2 tablespoons lemon juice.

**Method:** Blend all ingredients together until well mixed. Bottle in screw top bottles

## Beeswax Furniture Cream

100g beeswax - 30g white wax - 500ml pure turpentine  
30g Castille soap/good quality soap flakes - 150ml water - 30ml vinegar.

**Method:** Put wax and turpentine into a jar and leave for 48 hours to dissolve. Dissolve the soap in the water. Thoroughly mix soap solution into the wax/turpentine mixture. Add vinegar. Pour into suitable container(s).

## Beeswax Furniture Polish

9 oz beeswax - 1 pint pure turpentine - 1 oz Carnauba wax\*

**Method:** Slowly melt the shredded wax in a double saucepan over hot water. remove from heat. Carefully stir in previously warmed turpentine. Pour into suitable container(s).

\* Available from H.E. Owens Beekeeping Supplies, St. Johns tel:801315

# Show Rules:

1. All honey must be exhibited in squat jars fitted with standard, commercially available lids.
2. Except where specified, exhibits must be labelled ONLY with labels provided, which should be placed about one inch from the bottom of the jar.
3. Honey entered in a particular class will be staged in that class. B.S.L. grading glasses will be used.
4. In the Honey section, a “Novice” is a person who has not previously won a prize for honey at this - or any other - Annual Show.
5. Exhibitors may submit more than one entry in any class, but may only win one prize in that class, except for a special Prize.
6. Exhibits must be the bona fide produce of the exhibitor. Honey and Wax must be the produce of the exhibitors' own bees.
7. **Entry Fee 20p per entry** except for class 32
8. **Closing Date: Entries and Fees** cannot be accepted later than **7.15pm on Friday the 2nd November 2018**. No late entries will be accepted and there will be no refund of entry fees for cancellations.
9. Exhibits must be staged at the Show venue between 6pm and 7.30pm on the eve of the Show.  
**All Exhibits (except Class 12) must be handed to the Honey Stewards for displaying.** Staging must be completed by 7.30pm
10. Exhibits must not be removed before 5pm on the day of the Show (unless by prior arrangement).
11. All Trophies must be **returned to the Show Secretary** prior to the Show - In mint condition and on no account should they be taken off island.
12. Only the recipes presented in this Schedule may be used for classes 20-22 & 28-31

The Federation disclaims liability for any loss or damage that may be sustained by the exhibitors and/or their displays or goods.