

Recipes for IOMBKF Honey Show 2022

Greek Honey Drizzle Cake

Cake:

125g plain flour
1 ½ tsp baking powder
¼ tsp salt
½ tsp cinnamon
170g butter
150g caster sugar
3 medium eggs
60 ml milk

Syrup:

100g caster sugar
175g honey
80 ml water
3 springs rosemary or 3 heads of lavender (optional)
1 tsp lemon juice (optional)
Preheat oven to 180°C and grease tin

1. Cream butter and sugar until light and fluffy then beat in one egg at a time.
2. Fold in dry ingredients alternatively with the milk, mixing until incorporated.
3. Pour batter into a tin and bake for 40 minutes or until a skewer comes out clean.
4. Allow to cool for 15 minutes.
5. In a saucepan, combine caster sugar, honey and water, bringing to a simmer.
6. After simmering for 5 minutes, stir in lemon juice, rosemary or lavender and boil for 2 minutes.
7. Spike holes into the cooled cake and SLOWLY drizzle the syrup over the cake.
8. Keep in airtight container.

Honey and Fruit Cake

250g Dried Apricots.
125g Raisins.
0.25 litre Orange juice.
175g Butter.
3 rounded tabs thick honey.
4 medium Eggs. Separated.
175g SR Flour.
2 level tsps Baking Powder.
20cm diameter cake tin, lined with parchment

Method:

- 1) Put apricots and raisins into pan with orange juice. Bring to simmer, remove from heat. Leave to soak for a few hours or overnight.
- 2) Set oven to Gas 4 or 180C.
- 3) Cream butter and honey well till smooth.
- 4) Add egg yolks one at a time, beating well between each.
- 5) Fold in half flour with the soaked fruit and any remaining juice.
- 6) Fold in remaining flour and baking powder.
- 7) Whisk egg whites until stiff. Fold into the cake mixture.
- 8) Transfer mixture to the lined cake tin. Level it gently.
- 9) Bake above centre of oven for 1 to 1.25 hours.
- 10) Cover with grease proof paper if cake browns too quickly.
- 11) Cool in tin for 15mins. Then carefully remove onto wire rack.

Honey and Ginger Snap Biscuits

50g butter
2 TBSP honey
50g white sugar
90g plain flour
1 tsp ground ginger
1 tsp baking powder

Method:

- 1) Preheat oven to 180C. In a saucepan, combine the sugar, honey and butter. Heat gently until the butter melts and the mixture begins to bubble then remove from the heat.
- 2) Sift the flour, baking powder and ginger together then stir into the honey mixture until smooth.
- 3) Drop teaspoonfuls on to ungreased oven trays, leaving room for the biscuits to spread, and bake for 10 minutes or until golden.
- 4) Cool on a rack and keep in an airtight container.

Honey Fudge

450G Granulated Sugar
Small tin Evaporated Milk
15G Butter
3 Tbs. 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