

Recipes for IOM Beekeepers Federation Honey Show 2022

Greek Honey Drizzle Cake - Class 26

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. - Class 27

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 - Class 28

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 un-greased 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 - Class 29

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.