



Honey Fruit Loaf

140g (5oz) self raising flour
 5ml (1/2 level tsp) ground cinnamon
 50g (2oz) caster sugar
 75g (3 oz) sultanas
 65g (2.5 oz) clear honey
 25g (1 oz) butter or margarine
 15ml (1tbsp) milk
 1 egg

Method.

Sieve flour and cinnamon. Add sugar and fruit. Melt butter or margarine with honey over low heat and stir into dry ingredients with beaten egg and milk.

Mix well and pour in to a greased 1lb loaf tin. Bake in middle of oven at 300F/150C, gas mark 2, for about 1 hour.

Honey Flapjack

90ml (6tbsp) honey
 225g (8oz) dark brown sugar
 225g (8 oz) margarine
 450g (1lb) rolled oats

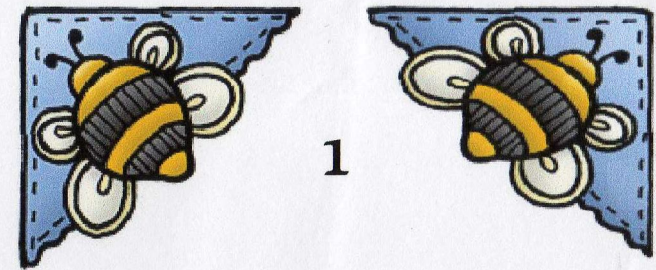
Method.

Put the honey, margarine and sugar into a bowl, cook for 3 1/2 mins on full power until melted. Stir well.

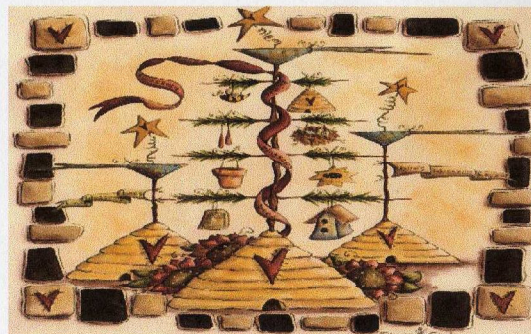
Stir in the rolled oats. Put into a shallow oblong dish, 11" x7" approx. and press level. (A potato masher works well).

Cook for 8 mins on full power.

Press level and leave to stand for 5 mins. Cut into squares whilst still warm. Cool for 30 mins in the dish then put on to a wire rack to cool completely.



HONEY RECIPES



Using Honey

To keep honey in a liquid state, store it in a warm, dry location.

The kitchen table is the perfect place for it; refrigerators are not. Cool temperatures result in granulated honey (also known as crystallized honey).

To Liquefy Honey

All pure honey will granulate eventually.

This process is natural and in no way affects the quality or flavour.

If you want to return honey to a liquid, loosen the lid, place the jar in a pan of warm water on the cooker.

DO NO BOIL

Keep the heat at the lowest setting and patiently wait for the honey to liquify.

Alternatively, remove the lid and place the jar in a microwave on medium setting for one to two minutes and see how much becomes liquid. Repeat, with two to three minute intervals between, until liquid.

Do not overheat.

Honeyed Carrot and Coriander Soup

Serves 4

25g (1 oz) butter 15ml (1 tbsp) sunflower oil
1 onion, chopped 1 leek, sliced
450g (1lb) carrots, peeled and sliced
30ml (2tbsp) set honey juice of 1 lemon
10ml (2tsp) ground coriander
5ml (1tsp) plain flour
900ml (1.5 pints) vegetable stock
salt and freshly ground black pepper
120ml (4fl.oz) single cream
25g (10oz) walnuts, chopped and toasted
coriander sprigs to garnish

Method.

1. Heat the butter and oil in a large saucepan, until melted. Add the onion + cook for 5 mins, add leeks and carrots then cook over gentle heat for 5mins.

2. Stir in the honey, lemon juice and coriander and cook, stirring, for 2-3 mins. Stir in the flour. Gradually stir in the stock and bring to the boil, stirring. Reduce the heat, cover and simmer for 20 mins.

3. Cool slightly then puree in a blender or food processor until smooth. Season with salt and pepper. Return to the pan and stir in the cream. Reheat gently. Serve sprinkled with walnuts and garnished

Honey Truffles

115g (4 oz) honey
115g (4 oz) block margarine
115g (4 oz) plain chocolate
115g (4 oz) chocolate vermicelli, grated
chocolate or chocolate powder

Method.

Melt the honey, chocolate and margarine in a large bowl for 2 mins on full power in the microwave. Stir well and if not all melted cook for another 1 min on full power. Chill to firm mixture. When firm divide into walnut-sized pieces. Roll into balls and coat with vermicelli. Chill to set firmly.

Serve after dinner in paper petit-four cases.

If liqueur truffles are required, 2 tbsps. of the chosen liqueur should be added after cooking, before chilling.

