

Fresh Fruit and Honey Muffins Makes 12

- 280g (10oz) plain flour
- 15ml (1 tbsp) baking powder
- 75g (3oz) caster sugar
- 75g (3oz) butter, melted
- 60ml (2fl oz) clear honey
- 2 eggs
- 230ml (8fl oz) milk
- few drops vanilla essence
- 140g (5oz) fresh raspberries or blueberries
- 75g (3oz) pecan nuts, roughly chopped
- demerara sugar, for sprinkling

1. Preheat the oven to 200°C/400°F/Gas 6. Line a 12 cup muffin tin with paper cases. Sift the flour and baking powder into a large bowl and stir in the caster sugar.

2. Mix the melted butter, honey, eggs, milk and vanilla essence together. Make a well in the centre of the dry ingredients and pour in the liquid mixture. Fold in quickly, until just blended. Fold in the raspberries or blueberries and two-thirds of the nuts.

3. Divide the mixture between the muffin cases, sprinkle over the remaining nuts and a little demerara sugar. Bake for 20-25 minutes, or until risen and golden. Transfer to a wire rack to cool. Serve warm or cold.



Baked Cheesecake with Caramelised Honey Sauce

- 175g (6oz) digestive biscuits, crushed
- 25g (1oz) ground almonds
- 75g (3oz) unsalted butter, melted
- 575g (1lb 4oz) curd cheese
- 425ml (3/4 pint) soured cream
- 15ml (1tbsp) cornflour
- 115g (4oz) caster sugar
- 30ml (2 tbsp) set honey
- 3 large eggs
- few drops vanilla essence
- For the topping:
- 115g (4oz) granulated sugar
- 60ml (4tbsp) clear honey
- 400g (14oz) strawberries, hulled and halved

1. Preheat the oven to 180°C/350°F/Gas 4. Grease the base and sides and line the base of a 23cm (9 inch) spring release cake tin. Mix the biscuits, ground almonds and butter together. Press the mix over the base of the tin.

2. Beat the curd cheese, soured cream, cornflour, sugar, set honey, eggs and vanilla together in a bowl until smooth. Spoon into the tin and bake for 45-50 minutes, or until set. Leave to cool in the tin, then chill.

3. Make the sauce. Place the sugar in a saucepan with 60ml (4 tbsp) water and bring to the boil, stirring until the sugar dissolves. Boil until it caramelises to a golden brown. Carefully stir in 45ml (3 tbsp) water, and then stir in the clear honey. Leave to cool. To serve, unmould the cheesecake, arrange the strawberries on top and serve, cut into slices drizzled with the honey sauce.



4

HONEY RECIPES



Honey, Orange & Coconut Cake

- 150g (5½ oz) strained Greek yogurt
- 125g (4oz) set honey
- 125ml (4fl oz) sunflower oil
- 3 eggs, lightly beaten
- 125g (4oz) caster sugar
- 75g (3oz) desiccated coconut
- 250g (9oz) plain flour
- 10ml (2 tsp) baking powder
- grated zest 1 orange
- For the filling:
- 75ml (5 tbsp) set honey
- 150ml (¼ pint) crème fraîche
- or whipping cream, whipped
- toasted coconut to decorate

1. Preheat the oven to 180°C/350°F/Gas 4. Grease and base line 2 x 20cm (8 inch) sandwich tins. In a large bowl, beat the yogurt, honey, oil, eggs, sugar, coconut, flour, baking powder and orange zest together.

2. Divide the mix between the two tins and bake for 25-30 minutes, until risen and just firm. Leave to cool for 10 minutes then turn out on to a wire rack to cool.

3. Spread the honey over one cake, top with cream or crème fraîche and place the other cake on top. Sprinkle with slivers of toasted coconut and serve.



French Bread & Honey Pudding

- 600ml (1 pint) semi-skimmed milk
- 1 vanilla pod, split
- 4 eggs
- 25g (1oz) caster sugar
- 25g (1oz) unsalted butter, softened
- 16 slices French bread
- 50g (2oz) set honey
- 50g (2oz) ready-to-eat dried apricots, chopped
- 50g (2oz) sultanas
- 50g (2oz) pecan nuts, roughly chopped
- 5ml (1 tsp) grated nutmeg

1. Place the milk and vanilla in a saucepan and bring to the boil. Leave to stand for 10 minutes. Beat the eggs and sugar together, strain on the hot milk and whisk together. Thinly butter the bread slices and spread with honey.

2. Mix together the apricots, sultanas and pecan nuts and sprinkle half over the base of a 1.4l (2 pint) shallow dish. Arrange the bread slices in the dish, slightly overlapping. Sprinkle with the remaining fruit and nut mix and strain the custard over the bread. Dust with nutmeg and leave to stand for 15 minutes.

3. Preheat the oven to 180°C/350°F/Gas 4. Place the pudding in a shallow roasting tin adding sufficient boiling water to reach halfway up the sides of the dish. Bake for 40-45 minutes, until set and golden.

Banana, Honey and Apricot Teabread

- 125g (4½ oz) no-soak apricots, cut to 6 pieces
- 75ml (5tbsp) runny honey
- 225g (8oz) plain flour
- 5ml (2tsp) baking powder
- 150g (5½ oz) light muscovado sugar
- 85g (3oz) butter, softened
- 3-4 bananas, about 275g (9½ oz) (peeled weight), roughly chopped
- 2 large eggs

1. Put the apricots and honey in a small saucepan and bring to the boil. Simmer for 2-3 minutes until the apricots begin to turn pale, stirring frequently. Leave to cool for 10 minutes. Grease and base line a 900g (2lb) non-stick loaf tin.

2. Preheat oven to 180C/350F/Gas 4. Place all the ingredients except the apricots in a food processor and blend until smooth. Remove the blade and stir in the apricots with honey.

3. Spoon into the loaf tin and bake for 1 hour, covering the top of the loaf with a piece of foil for the last 20 minutes of cooking time. The cake is ready when a skewer inserted into the centre comes out clean. Cool for 15 minutes in the tin then turn out on to a wire rack. Serve warm or cold in thick slices.

