



Sweet FACTS

- 17g of carbohydrates per 1 Tablespoon of HONEY.
- 5g of sugars per 1 Tablespoon HONEY.
- Bees are the only insects that provide us with food. (HONEY)
- HONEY was the first sweetener used by man.
- It takes 12 bees a lifetime to produce 1 teaspoon of HONEY.

Salmon with Pecan-HONEY Sauce

6 salmon fillets (6 ounces each)
1/4 tsp. salt
1/4 tsp. pepper
1/4 cup canola oil
3/4 cup butter, divided
1 cup coarsely chopped pecans, toasted
1 cup HONEY

Sprinkle the salmon with salt and pepper. In a large skillet, cook the salmon in oil and 6 tablespoons butter for 10-12 minutes or until fish flakes easily with a fork.

Meanwhile, in a small saucepan, cook the pecans and honey in remaining butter over medium-low heat for 8-10 minutes or until bubbly. Serve with salmon. Yield: 6 servings.

Taste of Home

American Honey Queen

Lisa Schluttenhofer is the daughter of Mike and Roberta Schluttenhofer of Thorntown, Ind. She is a sophomore at Purdue University, where she is studying Natural Resources and Environmental Science. At Purdue, Lisa is involved in the College of Agriculture, Dean's Scholars Program, Purdue Chapter of Heifer International and activities at St. Thomas Aquinas Church. She has been keeping bees for eight years and also enjoys hiking, being outdoors, cooking, speaking Spanish and volunteering.

American Honey Princess

Amy Roden is the daughter of Bob and Cindy Roden of West Bend, Wisc. One of five children, she grew up on a large dairy farm. Amy is a senior at the University of Wisconsin-Green Bay, where she is pursuing a Bachelor's Degree in Organizational Communications. In her spare time, Amy enjoys beekeeping, singing, serving as a county 4-H leader and working with the Wisconsin 4-H Showcase Singers.

Helpful Hint: Use HONEY on everything that needs sweetened. It is so good and so good for you. HONEY does not spoil... HONEY is simple sugars that supply quick energy... Keep sweet...Use HONEY everyday.



To arrange for the Honey Queen to visit your area, contact

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To receive the HONEY recipe brochure to use in your honey promotions, please contact

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HONEY RECIPES



2010



American
Honey Queen
Lisa Schluttenhofer

American
Honey Princess
Amy Roden

American Beekeeping Federation



HONEY Crepes

Crepes:	Filling:
1 egg	1 cup cream cheese
1 Tbsp. HONEY	3 Tbsp. HONEY
1/4 cup milk	1/2 cup raisins
1/3 cup flour	

Queen's
Recipe

Heat a large nonstick skillet, and spray with non-stick cooking spray. In a small bowl, whisk together egg, milk, and HONEY until smooth. Add flour and whisk until blended. Spoon a small amount of batter onto the heated skillet. Quickly rotate the skillet so the batter creates an extremely thin layer over the entire surface. Turn once so it is golden on both sides. Repeat until all the batter is used. For the filling, combine cream cheese, HONEY, and raisins. Mix well. Spread filling over one side of crepe, then fold pastry in half. Drizzle with honey and serve.

American Honey Queen Lisa Schluttenhofer

Taffy Apple Salad

1 egg
1/3 cup HONEY
1 Tbsp. flour
1-3/4 Tbsp. cider vinegar
1 (8 oz.) can crushed pineapple, drained (save juice)
4 large apples (cut and unpeeled)
1 (8 oz.) container whipped topping
1-1/2 cup peanuts (crushed)

Princess's
Recipe

Beat egg in small saucepan. Add flour, HONEY, pineapple juice (as needed) and vinegar. Stir and cook over low heat until it looks like pudding. Refrigerate until cold. Fold whipped topping into pudding mixture. Mix together pineapple, apples and 1 cup of the peanuts. Pour into serving dish. Sprinkle with remaining peanuts. Refrigerate before serving.

American Honey Princess Amy Roden

Overnight HONEY-wheat Rolls

1 pkg. (1/4 oz) active dry yeast
 1-1/4 cups warm water (110° to 115° F) divided
 2 egg whites
 1/3 cup HONEY
 1/4 cup canola oil
 1 tsp. salt
 1-1/2 cups whole wheat flour
 2-1/2 cups all-purpose flour
 Melted butter, optional

In a small bowl, dissolve the yeast in 1/4 cup warm water. In a large bowl, beat egg whites until foamy. Add yeast mixture, honey, oil, salt, whole wheat flour and remaining water. Beat on medium speed for 3 minutes or until smooth. Stir in enough all-purpose flour to form a soft dough (dough will be sticky). Cover and refrigerate overnight.

Punch dough down. Turn onto a well-floured surface; divide in half. Shape each portion into nine balls. To form knots, roll each ball into a 10-in. rope; tie into a knot. Tuck ends under. Place rolls 2 in. apart on greased baking sheets.

Cover and let rise until doubled, about 50 minutes. Bake at 375° for 10-12 minutes or until golden brown. Brush with melted butter if desired.

Taste of Home

HONEY-Pineapple Sweet Potatoes

3 pounds sweet potatoes, peeled and cut into 3/4 in. cubes
 1 cup water
 1 can (8 ounces) crushed pineapple
 1 can (8 ounces) pineapple chunks, drained
 1/4 cup HONEY
 1/2 cup coarsely chopped pecans, optional

Place the sweet potatoes and water in a 2 qt. microwave-safe dish. Cover and microwave on high for 8-10 minutes or until potatoes are tender; drain.

Drain crushed pineapple reserving juice. In a large bowl, combine the crushed pineapple, pineapple chunks and sweet potatoes. Transfer to a 2-1/2 qt. baking dish coated with cooking spray. In a small bowl, combine the HONEY and reserved juice; pour over sweet potatoes.

Bake, uncovered, at 350° for 10 minutes. Stir; sprinkle with pecans if desired. Bake 15-20 minutes longer or until heated through.

Taste of Home



Holiday Punch

1-1/2 cup HONEY
 2 cups boiling water
 2 cups orange juice
 1 cup lemon juice
 4 cups cranberry juice cocktail
 1 qt. ginger ale

Dissolve HONEY in boiling water. Chill. Combine all ingredients, except ginger ale. Chill. Before serving, add ginger ale. Makes 20 punch glass servings.

Janice Shenefield,
La Fontaine, IN.
Hoosier Honey's Cookbook

Gourmet HONEY Mint Chocolate Fudge



2 (10 oz.) bags Hershey's Mint Chocolate chips
 1 (14 oz.) can sweetened condensed milk
 1/3 cup HONEY
 1 tsp. vanilla

Line a 8" x 8" or 9" x 9" pan with foil. Lightly butter foil. Melt chips, sweetened condensed milk, and HONEY in a sauce pan over medium heat. Stir constantly. When melted and smooth, remove from heat and stir in vanilla.

Spread into foil lined pan. Cool and cut into squares. Store in a cool place. On hot days cover pan with waxed paper and cool in refrigerator.

Best of Show Award - Cooking with Honey Contest
ABF Convention 2010
Carol Shaw

