Honey Candy
Source: 2017 American Honey Queen Maia Jaycox

2 C. HONEY
1 C. cream
1 C. sugar
Butter or butter-flavored cooking spray

Combine the HONEY, cream, and sugar in a medium-sized pan and cook slowly over medium heat until it forms a hard ball when you drop a spoonful into ice water. Once you have reached hard ball stage (250-266°F), pour the mixture onto a buttered cookie sheet. When cooled enough to handle, pull with buttered hands, stretching, twisting and pulling until firm. Form into long ropes and place on waxed paper; cut into bite size pieces. Optionally, you can roll them in powdered sugar and wrap individually in waxed paper.

Honey Tips & Tricks!
To substitute honey for granulated sugar, begin by substituting honey for up to half the sugar in the recipe. For baked goods, reduce the oven temperature by 25ºF to prevent over-browning; reduce any liquid by ¼ cup for each cup honey used; and add ½ teaspoon baking soda for each cup honey used.

All honey will naturally crystallize. Store honey at room temperature. If it becomes crystallized, place the jar in a warm water bath and stir until the crystals dissolve. You may also microwave a microwave-safe container with the lid off, stirring every 30 seconds until the crystals dissolve. Be careful not to boil or scorch the honey.

There are over 300 unique varieties of honey in the United States, each originating from a different floral source.

Honey provides natural energy and is rich in carbohydrates. It is ideal for your working muscles, since carbohydrates are the primary fuel for the body’s energy!

American Honey Queen
Maia Jaycox is the daughter of Scott and Juli Jaycox of Webster City, Iowa. She is a sophomore at Iowa State University, in the open option program with an interest in biology. She is a member of the Kappa Alpha Theta sorority at Iowa State. Maia began beekeeping with her family about four years ago and currently tends to seven hives of bees. In her spare time, she enjoys dancing, painting, and sewing.

American Honey Princess
Hope Pettibon is the daughter of Patrick and Christie Pettibon of McKinney, Texas. She is currently attending a bible college in south Texas and has future aspirations to be a wilderness emergency medical technician. Hope has been keeping bees with her family since 2004 and has earned awards for her honey. In her free time, she enjoys reading, playing the piano, cooking, and being outside.

Like the American Honey Queen Program at facebook.com/AmericanHoneyQueenProgram.
Subscribe to our YouTube channel at youtube.com/AmericanHoneyQueen.
Follow the journeys of the Honey Queen and Princess on our blog at buzzingacrossamerica.com.

To receive honey recipe brochures to use in your honey promotions, please contact:
Tami Kuehl
P.O. Box 220
Loup City, NE 68853
308.745.0154
cbinvoices@cooknbeals.com
A program of the American Beekeeping Federation, Inc.
3525 Piedmont Road, Building 5, Suite 300
Atlanta, GA 30305
404.760.2875
abfnet.org

TO ARRANGE FOR THE HONEY QUEEN OR PRINCESS TO VISIT YOUR AREA, CONTACT:
ANNA KETTLEWELL
10432 W. NORWICH AVENUE
GREENFIELD, WI 53228
414.545.5514
HONEYQUEEN99@HOTMAIL.COM
Raspberry-Lime Fruit Soda
Source: Daphne Oz – Good Housekeeping magazine, Oct 2016

2 C. raspberries
¼ C. fresh lime juice (about 2 limes)
2 Tbsp. HONEY
Sparkling water, as desired.

Blend first three ingredients until smooth. Use a fine-mesh sieve to strain puree to remove any seeds or pulp. Puree can be refrigerated in airtight container up to one week. To serve, combine with sparkling water and ice, as desired. Makes 1-2 cups of concentrate, enough to make 4-6 servings.

Honey Pumpkin Pie Dip
Source: 2017 American Honey Princess Hope Pettibon

2 package (8 oz.) cream cheese, softened
1 ¼ C. HONEY
½ C. canned pumpkin
½ C. sour cream
1 tsp. ground cinnamon
1 tsp. pumpkin pie spice
½ tsp. ground ginger
Gingersnap cookies

In a large bowl, beat cream cheese and HONEY until smooth. Beat in the pumpkin, sour cream, cinnamon, pumpkin pie spice, and ginger until blended. Serve with gingersnaps. Refrigerate leftovers. Makes 4 cups.

Sesame Pork Appetizers
Source: National Honey Board (honey.com) & National Pork Producers Council

1 ½ lb. pork tenderloin
½ C. dry sherry
1 Tbsp. soy sauce
¼ C. HONEY
¼ C. sesame seeds

Sauce:
1 Tbsp. sesame oil
1 Tbsp. dry sherry
¼ tsp. ginger, grated
1 whole green onion, finely chopped

Spinach leaves

In a dish large enough to hold the tenderloin, combine the sherry and soy sauce. Add the pork. Let marinate, 1-2 hours, turning several times. Remove the tenderloin. Spread the HONEY on a plate. Roll the pork in HONEY, then in sesame seeds. Place the tenderloin in a roast pan, roast at 350°F for 20 minutes, or until meat thermometer registers 155°F. Let stand 5 minutes, then slice thinly on the diagonal. Combine all remaining ingredients for dipping sauce. Place in a bowl. In the center of a serving platter. Surround the bowl with the spinach leaves. Arrange pork slices on top.

Candied Bacon-Wrapped Pineapple with Honey-Sriracha Sauce
Source: thecafesucrefarine.com

Wraps:
10 strips thick-cut applewood smoked bacon
20 chunks pineapple cut slightly smaller than width of bacon
¼ C. packed brown sugar

Dipping Sauce:
¼ C. HONEY
2 tsp. Sriracha hot sauce
2 tsp. soy sauce
4 tsp. fresh lime juice (about 1 lime)
1 Tbsp. finely sliced fresh cilantro

Preheat oven to 400°F. Line a sheet pan with foil. Prepare the wraps by cutting bacon strips in half width-wise; place brown sugar on a large dinner sized plate; wrap each pineapple chunk with bacon. Roll each bacon wrapped pineapple chunk in brown sugar to completely coat and place seam side down on prepared pan. Bake for 20-30 minutes or until deep golden brown. Meanwhile, prepare dipping sauce by combining sauce ingredients in a small jar with lid; cover securely and shake until well combined. Remove wraps from oven and place on several layers of paper towels to blot grease, then plate on a serving platter. Serve with dipping sauce.

Smoky Chicken Spread
Source: Taste of Home

3 C. finely chopped cooked chicken
1 C. finely chopped celery
½ C. coarsely chopped smoked almonds
½ C. mayonnaise
½ C. finely chopped onion
1 Tbsp. HONEY
½ tsp. seasoned salt
1/8 tsp. pepper
Crackers

In a large bowl, combine all ingredients (except crackers). Cover and chill at least 2 hours. Serve with crackers.

Hot Honey Snack Crackers
Source: suebee.com – By Sheila Suhan

¼ C. HONEY
½ C. butter
1 package ranch salad dressing mix (or 3 Tbsp.)
¼ tsp. ground cayenne red pepper
8 C. oyster crackers

Heat oven to 300°F. Line a large jelly roll pan with foil. Place butter and HONEY in a small saucepan and heat over low heat, stirring constantly until melted. Stir in ranch dressing mix and cayenne pepper until thoroughly combined. Place crackers in a large bowl and gently stir in hot HONEY mixture until the crackers are evenly coated. Pour onto the prepared baking pan, spreading evenly. Bake for 15 minutes, gently stirring every 5 minutes. Remove from oven and cool on baking pan. Crackers will be sticky until cooled. Store in an airtight container.

Visit honey.com to discover more honey recipes!