American Honey Queen

Mary Reisinger is the daughter of Peter and Stephanie Reisinger of Parker, Texas. She is a senior at the University of Texas at Dallas, studying speech-language pathology. Mary is an active volunteer in the Collin County Beekeepers Association and currently tends to six hives of bees. Her interests, in addition to beekeeping, include reading, hiking, camping, church, and catching up on current research.

American Honey Princess

Sydnie Paulsrud is the daughter of Thea Weinberger and Jack Paulsrud. Prior to serving as a spokesperson for the beekeeping and honey industry, she studied childcare services in college. Hailing from Chippewa Falls, Wisconsin, Sydnie also works for DHL-Fleet Farm Distribution Center. In her spare time, she enjoys playing the flute, roller skating, exploring, and spending time with family, including her seven siblings.

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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 temp by 25 degrees to prevent over-browning; reduce any liquid by 1/4 cup for each cup of honey used; and add 1/2 teaspoon baking soda for each cup of 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.

Honey Recipes

(Charcuterie (Source: Tami Kuehl, Cook & Beals)

Charcuterie (pronounced “shahr-ku-tuh-ree”) originated in France and today refers to an assortment of meats that are paired with different accompaniments, such as breads, fruit, cheese, and sauces, typically displayed on a serving board or large platter. Honey and cheese pairings complement one another creating a balance of the five taste groups: sweet, salty, bitter, tangy, and “umami” (or savory). Consider a firm, nutty cheese with sourwood honey; a creamy goat cheese with natural honeycomb; or silky, tangy brie cheese with tupelo honey. The possibilities are endless!

To receive honey recipe brochures to use in your honey promotions, please contact:

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To arrange for the Honey Queen or Princess to visit your area, please contact:

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HONEY GARLIC CHICKEN
(Source: theheartating.com)

- 1/2 cup HONEY
- 1 Tbsp. lite soy sauce
- 4 cloves garlic, minced
- 1 tsp. fresh ginger, minced
- 1 Tbsp. olive oil
- 4 boneless skinless chicken breast, approx. 6 oz. each

Whisk honey, soy sauce, garlic, and ginger together until well-combined. Set aside. Heat a large skillet over medium heat. Add olive oil and swirl to coat pan. Cook chicken until golden brown. Flip chicken and reduce heat to medium-low. Continue cooking until chicken reaches 165 degrees. Remove chicken from pan and cover to keep warm. Add sauce mixture to now-empty pan, and bring to a simmer over medium-low heat. Let sauce simmer, stirring regularly, until it thickens and becomes syrupy, about 3-5 minutes. Coat chicken with sauce and serve.

GOAT CHEESE-STUFFED BACON-WRAPPED DATES WITH ROSEMARY HONEY
(Source: halfbakedharvest.com)

- 1/2 cup HONEY
- 1/2 cup crumbled blue cheese

Whisk together first 4 ingredients and 1/4 cup dressing. Toss together vinegar, honey, Dijon mustard, salt, and pepper. Add olive oil in a slow, steady stream, whisking constantly until smooth.

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