



Honey Cookbook

Friends of the Redwood City Public Library

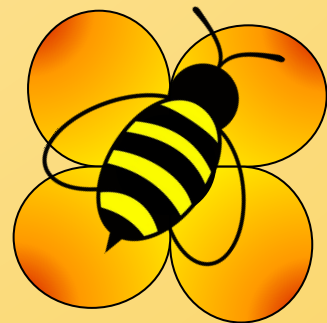


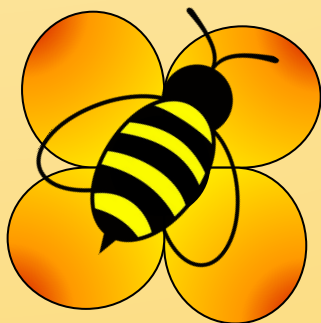


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About Friends of the Redwood City Public Library

Friends of the Redwood City Public Library is a group of volunteers who sort, scan and price thousands of books, managing online book sales and staffing our Bookstore and other sales every month. We fund library and community programs such as Summer Learning Challenge, Authors, Traveling Storytime, Little Learners, Baby/Children/Teens, Arts and Crafts, Cultural Events, Job Seeking, Music and More! Since 2018, we have sold about 1400 jars of honey raising around \$14,000!

Officers:

- Mary Scavarda, Chair
- Rose Ann Hummel, Vice-Chair
- Patty Holubar, Secretary/Treasurer
- Reina Barragan
- Rebecca Stern
- Ruby Rappoport



Interested in learning about our sales and events? Interested in volunteering? Any other questions? Visit our [website](#). Email us at friendsofrwclibrary@gmail.com or leave us a message at 650-780-7593.

Library Bees



Excerpted from the Redwood City Public Library [RCPL's Honey Bees website](#).

“Redwood City Public Library’s honey bees have lived on the roof of the [Downtown Library](#) since 2018. We have three hives, and in the summer our population can grow to over 150,000 bees.

You might think, what do they eat up there? Don't worry, they can fly up to 5 miles from their hive to collect food, but there are plenty of trees and other plants blooming throughout the city. Each beehive could have up to 60 thousand bees, and while many are out foraging for food, about 2/3 of the colony stays home to clean, care for the young, make honey, guard the hive, and take care of the queen bee. Connect with us on our [RCPL Bees](#) Facebook page to hear updates about the bees.

The Library bees are cared for by beekeeper, Kendal Sager. Kendal has been a beekeeper since 2011 and is a UC Davis Master Beekeeper. She keeps a small number of beehives throughout the San Francisco Bay Area. Kendal has a passion for teaching and she loves sharing through educational talks and events. Learn more about Kendal [here](#).

Read about the Library bees in [The Daily Journal](#) and the [San Jose Mercury News](#).

Honey harvests occur each year from late spring through fall. In 2020, our bees produced 251 pounds of honey! Whenever available, honey is for sale by the [Friends of the Redwood City Public Library](#).”

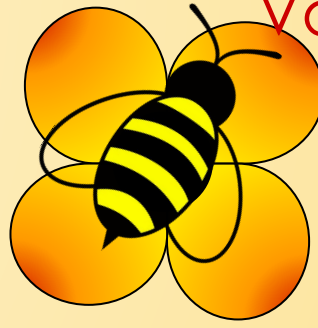
About the Cookbook Creation

Ruby Rappoport is the Friends of the Redwood City Public Library's teenage Board member. She is a Sequoia High School student and has been volunteering with Friends since August of 2020 and joined the Board in January 2021.

During one of the Board meetings, she had the idea to create a cookbook that was composed of recipes that involved honey. Since Friends sells honey made by the bees on the Downtown Library's roof, the cookbook would encourage sales and keep customers engaged. Working with Mary Scavarda, the Board Chair, Ruby was able to reach out to members of the community through fliers, donation events, and the Friends Store at the front of the Library. We have collected many recipes and compiled them into a cookbook for our customers to enjoy with their honey purchases!



Appetizers/Side Dishes/Breads



Honey Granola

Ingredients

6 cups oats, not instant

2 cups of your choice mix of nuts and seeds: almonds, walnuts, cashews, sunflower seeds, peanuts, pecans

1/2 cup oil of your choice: walnut, canola, olive, coconut

1/2 cup Redwood City Library honey

1/4 cup brown sugar

1 tsp. vanilla

1/2 tsp. salt

Dried fruit: cherries cranberries, your preference



Directions

Preheat oven to 300 degrees. Mix oil, honey, brown sugar, vanilla and salt in a bowl. Mix well and set aside. In a large mixing bowl, mix oats and nuts/seed. Pour oil and honey mixture over nut mixture. Mix well with your hands until all is moist.

Spread mixture on two large, parchment-lined roasting sheets. Bake for 15 minutes. Then start checking every five minutes until lightly browned. Watch closely as it can start to burn fast. Allow to cool completely. As it cools, it will become crispy. After completely cooled, you can add any dried fruit. Store in an airtight container (do not refrigerate).

This recipe was submitted by Rebecca Stern.

Honey Mustard



Ingredients

¼ cup your favorite mayonnaise, or homemade if you have time

¼ cup honey

¼ cup your favorite Dijon mustard

½ to 1 tbsp. apple cider vinegar

¼ tsp. salt

½ tsp. smoked paprika*

Directions

Add all ingredients to mini food processor. If don't have a food processor, an immersion blender, or blender will also work. A trusty old bowl and a whisk will get the job done, too. Mix well. Taste and adjust salt and seasonings, as necessary.

*if you prefer your honey mustard spicy, replace paprika with cayenne pepper



This recipe was submitted by Rebecca Stern.

Honey Lime Coleslaw

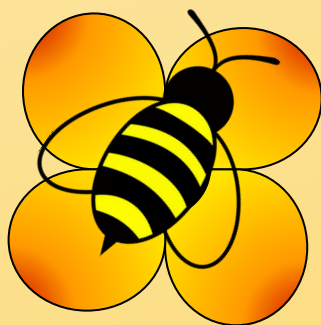


Ingredients

- ½ cup finely chopped cilantro, more for garnish
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 2 teaspoons honey, or more to taste
- ½ teaspoon ground cumin
- ¼ teaspoon salt, or more to taste
- 4 cups thinly sliced mixed cabbages: Napa, purple, etc.
- 1/2 cup slivered carrots
- ½ cup sliced green onions
- Chopped peanuts, or pepitas if nut allergies, to top

Directions

1. Whisk lime juice, oil, honey, cumin and salt in a small bowl until well blended. Taste and adjust seasonings as desired. Time permitting, let stand 30 minutes to allow flavors to develop.
2. Combine cabbages, cilantro, carrots and green onions in large bowl; mix well. Add dressing; toss to coat evenly. Sprinkle with more cilantro, peanuts or pepitas just before serving.



This recipe was submitted by Rebecca Stern.

Baked Brie Appetizer

Ingredients

1 can refrigerated Pillsbury crescent rolls

1/3 cup honey

1/3 cup dried cranberries

1/4 cup chopped toasted pecans

1/2 tsp. chopped fresh rosemary leaves (optional)

1 beaten egg

1 (8 ounce) Brie cheese round (take Brie out of fridge and let sit 30 minutes)

Directions

Heat oven to 375.

Unroll crescent roll dough and place 1/2 of the dough onto lightly sprayed cooking platter/dish. Press edges of dough to seal.

Place Brie round on top of the dough.

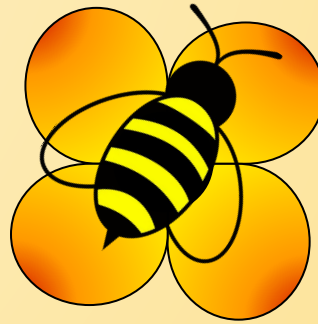
Drizzle honey and sprinkle cranberries, pecans on top of Brie.

Place remaining squares of crescent roll dough on top of cheese round. Press dough evenly around cheese; fold bottom edges over top edges. Gently stretch dough evenly around cheese; press to seal completely. Brush with beaten egg.

Place chopped rosemary leaves on top and drizzle with a small amount of honey.

Bake for 20 minutes or until the dough is a deep golden brown. Let stand for 15 minutes.

Serve with crackers or French bread.



This recipe was submitted by Carolyn Baxter.

Oatmeal Dinner Rolls

Volunteer Recipe

Ingredients

¾ cup (2 ¼ oz) old-fashioned rolled oats, plus 4 tsp for sprinkling

¾ cup boiling water, plus ½ cup cold water

2 tablespoons unsalted butter, cut into 4 pieces

1 ½ cups (8 ¼ oz) bread flour

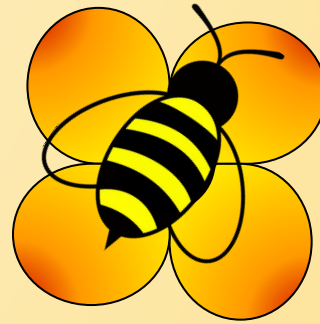
¾ cup (4 1/8 oz) whole-wheat flour

¼ cup **honey**

1 ½ tsp instant or rapid-rise yeast

1 tsp table salt

1 large egg, beaten with 1 tsp water and pinch table salt



Directions

1. Stir ¾ cup oats, boiling water, and butter in bowl of stand mixer and let sit until butter is melted and most of water has been absorbed, about 10 minutes. Add bread flour, whole-wheat flour, cold water, honey, yeast and salt. Fit mixer with dough hook and mix on low speed until flour is moistened, about 1 minute (dough may look dry). Increase speed to medium-low and mix until dough clears sides of bowl (may stick to bottom), about 8 minutes, scraping down dough hook halfway through mixing (dough will be sticky). Transfer dough to counter, shape into ball and transfer to lightly greased bowl. Cover with plastic wrap and let rise until doubled in volume, 1 to 1 ¼ hours.
2. Grease 9-inch round cake pan and set aside. Transfer dough to lightly floured surface, reserving plastic. Pat dough gently into 8-inch square of even thickness. Using a bench scraper or chef's knife, cut dough into 12 pieces (3 rows by 4 rows). Working with 1 piece of dough at a time, form dough pieces into smooth, taut balls. (To round, set piece of dough on unfloured counter. Loosely cup your lightly floured hand around dough and, without applying pressure to dough, move your hand in small circular motions. Tackiness of dough against surface and circular motion should work dough into smooth ball.) Arrange seam side down in prepared pan, placing 9 dough balls around edge of pan and remaining 3 dough balls in center. Cover with reserved plastic and let rise until rolls are doubled in size, 45 minutes to 1 hour.
3. When rolls are nearly doubled in size, adjust oven rack to lower-middle position and heat oven to 375 degrees. Brush rolls with egg wash and sprinkle with remaining 4 tsp oats. Bake until rolls are deep brown and register 195 degrees at center, 25 to 30 minutes. Let rolls cool in pan on wire rack for 3 minutes; invert rolls onto rack, then reinvert. Let rolls cool for at least 20 minutes before serving.

Note on the recipe: Published in Nov/Dec 2020 *Cooks Illustrated*. This is an easy, great for beginners bread recipe. The original recipe calls for molasses. I have made it with molasses and honey. It is much more delicious with honey! Like many people, I took up bread baking during the pandemic shutdown. It was lovely to create something so delicious. Enjoy!

Note on involvement with Friends: I started volunteering with Friends over 15 years ago, with a weekly bookstore shift. After a few years of serving on the Board, I became Board Chair and have been privileged to serve with such dedicated, passionate volunteers/library advocates. I have loved books since I was a teeny thing. My mother used to chase me away from my books to go outside and play. I actually remember the day I learned to sign my name and was able to obtain my first library card. Supporting our wonderful library and constantly exploring new ways to sell books (and honey!) is rewarding, so fun and results in funds for library programs! Many thanks to the Friends volunteers and the wonderful RCPL staff for making Friends such a pleasure.

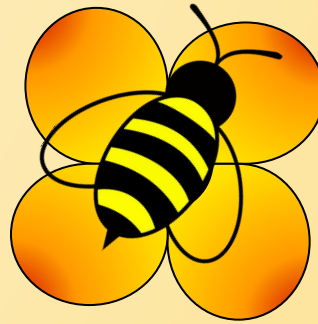
This recipe was submitted by Mary Scavarda.

Honey Date Nut Breads

Volunteer Recipe

Ingredients

- 3 cups all-purpose flour
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 stick (½ cup) unsalted butter, softened
- 1 cup honey
- 1 ½ teaspoons vanilla
- 2 large eggs
- 1 ¼ cups buttermilk
- 2 ½ cups chopped dried dates tossed with 1 tablespoon all-purpose flour
- 2 cups chopped pecans or walnuts



Directions

Into a bowl sift together the flour, the baking powder, the baking soda, and the salt. In a large bowl with an electric mixer cream the butter with the honey and beat in the vanilla, the eggs, 1 at a time, and the buttermilk. Add the flour mixture, beat the batter until it is just combined, and stir in the dates and the nuts. Divide the batter among five buttered and floured loaf pans, each 5 ¾ by 3 ¼ by 2 inches, and bake the breads in the middle of a preheated 350 degree F. oven for 40 to 45 minutes, or until a tester comes out clean. Remove the breads from the pans and let them cool, right sides up, on a rack. The breads keep, wrapped well in plastic wrap and foil, chilled for one week or frozen for one month.

Makes five small loaves.

Note on the recipe: I used to love the recipes from *Gourmet* magazine. This one is from their December 1990 collection of quick breads. These loaves have a delightfully rich texture and are sturdy enough to last several days--if you can keep from eating them all in one day! BTW: I prefer the flavor of walnuts in this recipe.

Note on involvement with Friends: When I retired, I talked to my mom about what volunteer work I might want to do. Her advice: "You've always loved books and reading, so why not get involved with the library?" I took her advice and have been extremely happy in my years with the Friends--not only being around books (whether sorting or pricing or selling them in our Bookstore) but also knowing that I'm supporting the outstanding programs of the Redwood City Public Library.

This recipe was submitted by Patty Holubar.

Skillet Chili Lime Corn

Ingredients

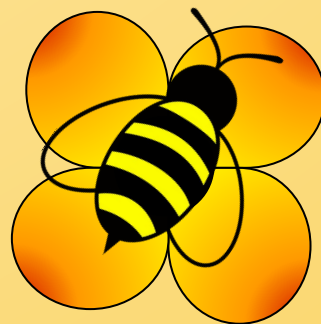
12 ounces corn
2 tablespoons melted butter
½ jalapeno chili, seeded and finely diced
1 ½ tablespoons of honey
⅛ teaspoon cayenne pepper
Salt to taste
1 tablespoon lime juice
1 tablespoon chopped cilantro leaves
3 tablespoons crumbled queso fresco or queso blanco



Directions

Heat up a skillet on medium heat, add melted butter and jalapeno. Add the corn and cook. Add the honey, cayenne pepper, and salt. Stir well and cook until the corn is caramelized. Add the lime juice and stir. Top with cilantro, cheese, and a pinch of cayenne pepper, serve.

Note on the recipe: Perfect side dish! When my daughter, Jessica, is looking for a quick and easy way to add some flavor to a meal, she uses this recipe. The combination of the sweetness of the honey and the zip of the spices results in an excellent flavor. This recipe also works well if you choose to use fresh corn-on-the-cob. Try adding a little honey to the water when you are boiling the corn before you remove it from the cob.

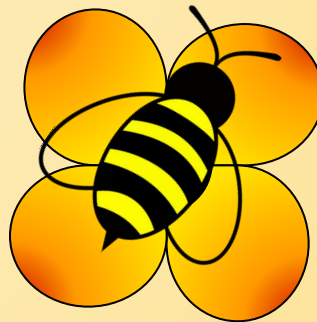


This recipe was submitted by Jan Pedden.

Classic Tomato Jam Sweetened With Honey

Ingredients

5 pounds tomatoes finely chopped
2 1/2 cups honey
1/2 cup bottled lime juice
1 tablespoon sea salt
1 tablespoon freshly grated ginger
1 tablespoon red chili flakes
1 teaspoon cinnamon



Directions

1. Combine all ingredients in a low, wide, non-reactive pot (stainless steel is best, because if you experience any scorching or burning, you can scrub it easily). Bring to a boil over high heat and then reduce temperature to medium high.
2. Stirring regularly, cook the jam at a low boil until it reduces to a sticky, jammy mess. This takes anywhere from 1 to 2 hours, depending on the heat of your stove, the width of your pan, and the water content of your tomatoes.
3. Towards the end of cooking, as the jam begins to thicken, reduce the heat to medium and continue to stir. This jam has a tendency to burn at the very end of cooking time, as the sugars concentrate and the temperature level in the pan increases.
4. When you're 15 or 20 minutes out from the jam being finished, prepare a boiling water bath canner and 6 or 7 half pint jars (the yield will be between 5 and 7 half pints). Place lids in a small pan of water and bring to a bare simmer.
5. Once the jam is thick and there is no visible water separating out from the fruit, it is done. Remove the pan from the heat and stir for 2 to 3 minutes. This helps evaporate out the last of the water and will give you a better set when the jam cools.
6. Funnel jam into prepared jars, leaving 1/2 inch headspace. Wipe rims, apply lids and rings, and process in a boiling water bath canner for 15 minutes.
7. When time is up, remove jars and place them on a folded kitchen towel to cool. When jars are fully cool, remove rings and test seals. Sealed jars are shelf stable. Any unsealed jars should be refrigerated and used promptly.

Note on the recipe: I had never heard of honey jam before and now it's my newest obsession! Using home grown tomatoes from my garden and local library honey, this is a winner! I enjoy gardening and preserving and will appreciate this all year long. Thanks to *Food in Jars!*

This recipe was submitted by Naomi Mier.

Entrees

Honey Bourbon Pork Tenderloin

Library Director Recipe

Ingredients

- 3 (3/4-pound) lean pork tenderloins
- ½ cup diced onion
- ½ cup lemon juice
- ½ cup bourbon whiskey
- ¼ cup honey
- ¼ cup low-sodium soy sauce
- 1 tablespoon minced peeled ginger root
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- Vegetable cooking spray
- 3 tablespoons all-purpose flour
- 1 ¼ cups water



Directions

- **Step 1**
Trim fat from pork. Combine onion and the next 7 ingredients (onion through garlic) in a large zip-top heavy-duty plastic bag. Add pork; seal bag, and marinate in refrigerator for 30 minutes. Remove pork from bag, reserving marinade. Sprinkle salt and pepper over pork.
- **Step 2**
Prepare grill. Place the pork on grill rack coated with cooking spray. Cover and cook for 30 minutes or until meat thermometer registers 160°, turning and basting pork occasionally with 1/2 cup marinade. Cut the pork into 1/4-inch-thick slices; set aside, and keep warm.
- **Step 3**
Place flour in a small saucepan. Gradually add remaining marinade and water, stirring with a wire whisk until blended. Bring to a boil over medium heat, and cook 3 minutes or until thickened, stirring constantly.

Note on the recipe: Originally from *Cooking Light* magazine, May 1995. Robin and I have been making this recipe for decades. With lemon, bourbon, honey, and soy, you get a perfect blend of acidity, depth of flavor, sweetness, and saltiness. The leftover marinade forms the base for a delicious gravy to serve over the pork and some mashed potatoes.

Note from Derek: As the Library Director for the Redwood City Public Library, I have really appreciated the generosity, creativity, and passion of the Friends of the Redwood City Public Library in raising funds to support so many beloved and innovative programs and activities at the Library. The Friends support an incredible number of events for all ages and all members of our community, which helps distinguish RCPL as a truly special and unique library. Thank you, Friends!

This recipe was submitted by Derek Wolfgram.

Honey Baked Salmon

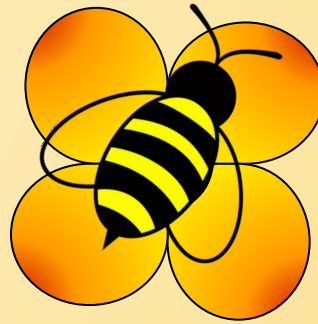
Ingredients

- 1/3 cup honey
- 1/3 cup thinly sliced green onions
- 2 tablespoons soy sauce
- 2 teaspoons sesame seeds
- 1 teaspoon minced garlic
- 1 teaspoon minced onion
- 3/4 teaspoon ground ginger
- 1/2 teaspoon crushed red pepper flakes, or more to taste
- 4 salmon fillets

Directions

Preheat the oven to 375 degrees F (190 degrees C). Mix honey, green onions, soy sauce, sesame seeds, garlic, onion, ginger, and red pepper flakes in a small bowl until blended. Place salmon in single layer in a 9x13-inch baking dish. Spoon honey mixture evenly on top of salmon; the mixture will run off, but try to coat the fish with a thin layer all over. Roast salmon in the preheated oven, basting salmon with the sauce at least once, until fish flakes easily with a fork, about 20 minutes.

Prep: 20 mins, Cook:20 mins, Total:40 mins, Servings:4, Yield:4 fillets



This recipe was submitted by Lee Hamer.

Crispy Honey Garlic Chicken

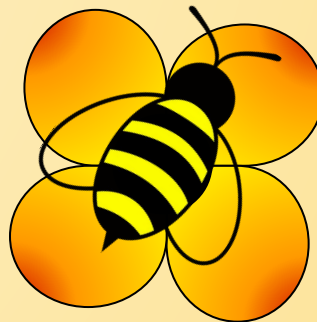


Ingredients

Ingredients:

Honey Garlic Sauce:

- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 cup honey
- 1/4 cup soy sauce
- 1 teaspoon fresh ground black pepper



Flour Coating Mixture:

- 2 cups flour
- 2 tablespoons powdered ginger
- 1 teaspoon cayenne pepper
- salt
- 1 tablespoon fresh ground black pepper

The Rest:

- 2 eggs, slightly beaten
- 4 tablespoons cold water
- 10 chicken legs
- vegetable oil

See next page for Directions ->

This recipe was submitted by Kendal Sager.

Crispy Honey Garlic Chicken

Directions

1. Put about 2 inches of vegetable oil into a large flat frying pan. Turn the heat on to medium-low. Don't overheat the oil (I aim for about 340 degrees). If you're not using a cooking thermometer: I usually run my hand under water and shake a few drops into the frying pan at this point. When the water starts to sizzle, the oil is the right temperature. If the water just sits still, it's too cold, if the water causes the oil to pop and spatter everywhere, it's too hot. A splatter screen is very useful for this.

2. While the oil is heating up, mix together the 'coating mixture'; set aside.

3. In a separate bowl, whisk together the slightly beaten eggs and cold water.

4. Wash and pat the chicken legs dry.

5. When the oil is up to temperature, dip the legs into the egg wash and then toss into the flour mixture to evenly coat. Place as many legs as you can into the pan. Let the legs cook for 3-4 minutes or until that side starts to brown, then turn 1/4 turn. Turn and cook until all sides are browned. In total, you want to cook the chicken for about 15 minutes.

Gently place the chicken into the oil so it doesn't splash (the oil will start to bubble as soon as you add the chicken). I am impatient, so I batter my chicken and throw it into the oil immediately. You can end up with a blotchy fried coating if you do this. If you want a really well-coated fried chicken, let your flour-covered chicken rest for 10 minutes on a wire rack before placing it into the oil. This will allow the coating to stick to the chicken better:

Once you add the chicken to the oil, aim to keep the temperature between 300 and 325 degrees. If you're not using a thermometer, your chicken should be enthusiastically bubbling. If you hear loud pops, the oil is a bit too hot. When your oil is too hot, you risk having an over-done outside and an undercooked center. If the bubbling is calm or non-existent, your oil is too cold. When your oil is too cold, it may take longer for your chicken to cook, and you'll end up with a greasier end product. If you need to adjust your temperature, do so in small increments (don't blast the heat or turn it all the way down). The important thing is that I cook the chicken for about 15 minutes total, so I cooked the chicken for 8 minutes, then flipped it once and cooked it for another 7 minutes.

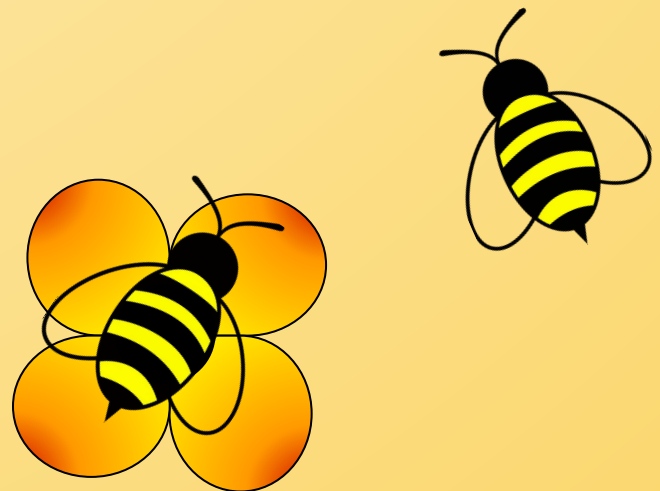
6. While you're cooking the chicken legs, you can prepare the sauce: In a medium sauce pan, cook over medium heat the olive oil and garlic to slightly soften; do not let it brown. Add the honey, soy sauce and black pepper. Continue to cook over medium heat and simmer sauce for 5-10 minutes, watching carefully as it simmers because it can foam up and overflow (REALLY! My sauce nearly overflows almost every time I make this, so don't turn your back for long). Remove from heat. You can also do this part in the microwave - but watch it carefully, you really only want to warm it up.

Your sauce will be the consistency of warm syrup when it is finished - less thick than honey, but thicker than water. I like to serve mine in a gravy boat for easy pouring (basically something with a spout, a measuring cup will do).

Crispy Honey Garlic Chicken

Directions

7. When the legs are done cooking, I like to place them on a paper towel on a wire rack for a few minutes. This wicks away a little bit of excess oil (just in case my oil was too cool at some point).
8. To serve, place the chicken on a plate and then liberally pour the sauce over them. I suggest serving this with a salty vegetable. Enjoy!



Skillet Hot Honey Chicken With Hearty Greens

Volunteer Recipe

Ingredients



2 pounds bone-in, skin-on chicken thighs (4 to 6 thighs)

Kosher salt and black pepper

1 tablespoon extra-virgin olive oil

1 small hot chile, thinly sliced (such as jalapeño, Fresno or serrano)

1 large bunch or head of hearty greens, such as escarole, mustard greens or kale (about 6 ounces)

2 tablespoons honey

1 tablespoon apple cider vinegar

Directions

1. Pat the chicken thighs dry with a paper towel, then season both sides with salt and pepper. Drizzle the olive oil into a large skillet, then add the chicken thighs skin-side down.
2. Set the skillet over medium heat and cook the thighs, without moving them, until the skin is crisp and deep golden brown, about 15 minutes. If you can't stand leaving the chicken untouched for this long, use your tongs to press the chicken down into the pan, which promotes even browning.
3. Flip the thighs and swirl the chile into the rendered chicken fat. Cook until the meat is cooked through, about 10 minutes.
4. Meanwhile, stem and tear the hearty greens into big bite-size pieces. In a big bowl, toss them with salt and pepper.
5. Transfer the chicken to serving plates, leaving the fat in the pan. Off the heat, stir the honey and vinegar into the fat until the honey's melted and everything's combined. Dress the greens with enough of the sauce to lightly coat, seasoning with salt and pepper as needed. (Feel free to eat the chiles or leave them behind.) Serve the chicken with the salad, spooning more sauce over the chicken and salad as desired.

TIME: 30 MINUTES YIELD: 4 SERVINGS

Note on the recipe: This recipe came from the *New York Times*, September 26, 2021.



This recipe was submitted by Patty Holubar.

Desserts

Mini Baklava

Beekeeper Recipe

Ingredients

The Paste:

- 1/2 cup almonds
- 1/2 cup walnuts
- 2 tablespoons sugar
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground cloves
- Pinch of salt
- 2 tablespoons melted butter
- 3 tablespoons honey

The Sauce:

- 1/2 cup honey
- 1 tablespoon lemon juice

The Rest:

- About 1 stick of butter melted (you can use 1 stick minus the 2 tablespoons you needed for the paste)
- 12 sheets phyllo dough (I usually find this frozen, defrost in the fridge for 24 hours)
- 2 mini muffin tins (enough for 24 mini muffins)

Directions

1. Preheat oven to 350.
2. In a food processor or blender, combine all of the ingredients for the paste. Pulse until everything is blended, you can leave the nuts a little chunky for texture.
3. Lay out a sheet of phyllo dough on a clean surface (a cutting board would be best) and brush it with melted butter. Layer another sheet on top of it and brush it with butter again. Do this until you have 6 sheets of phyllo dough stacked up. Cut the dough into 12 pieces (4 pieces by 3 pieces works well) and carefully push the square into a mini muffin well.
4. Spoon about a tablespoon of the paste into the dough, then bring the corners of the dough into the middle and twist to seal the dessert. It doesn't need to be sealed tightly; just bring the corners out of the way of the other mini baklava.
5. Bake for 20 to 25 minutes or until golden brown.
6. While the baklava is cooking, combine the sauce and heat it in the microwave for about 30 seconds, just enough to warm it up a little. Don't let it foam up.
7. When you take the mini baklava out of the oven, let them cool for a few minutes then place them on serving plates. Liberally drizzle the honey lemon sauce over the baklava.

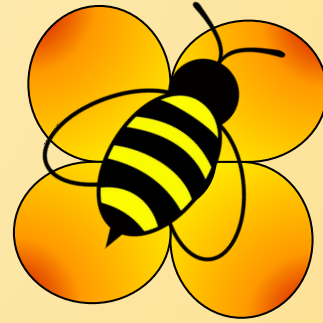


This recipe was submitted by Kendal Sager.

Honey Cake for Rosh Hashanah

Ingredients

- 1 cup (200g) sugar
- 3 cups (350g) all purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- 7 fluid ounces (200ml) cooking oil (canola or vegetable)
- 1 cup (340g) honey
- 7 fluid ounces (200ml) tea



Directions

1. Brew a strong cup of black tea. Set aside.
(Later, when you remove the teabag, you will have about 7oz of tea).
2. Preheat the oven to 300F.
3. Grease and flour a baking pan (I use a kugelhupf, but any shape will do).
4. In a large bowl (or a stand mixer), stir together all the ingredients.
5. Stir until combined, but don't over mix. The batter will be quite runny. Pour it into the pan, and bake for 60-75 minutes, until a cake tester, inserted in the thick part of the cake, comes out clean.

Note on the recipe: This is a traditional honey cake for Rosh Hashanah, the Jewish New Year. Most Jewish holidays are associated with some food or ingredient. The traditional blessing on Rosh Hashanah is "L'Shanah Tova U'Metuka" literally meaning "to a good and sweet year!" and so the holiday feast will always include apples dipped in honey, sweet dishes, and obviously, a lovely honey cake. This cake is flavorful and moist. It is quite sweet and doesn't require any glazing. If you can resist the delicious smell, then wait. The cake will taste even better the next day. Enjoy it with a hot drink!

This recipe was submitted by Nogah Shmeltzer.

Fruit & Honey Panchamrutham

Ingredients

Honey – 2 tbsp

Jaggery powdered (optional) – 1 tbsp

Banana – 1

Dates without the seed – 3

Chopped Dried figs - 2

Cardamom powder – ¼ tbsp

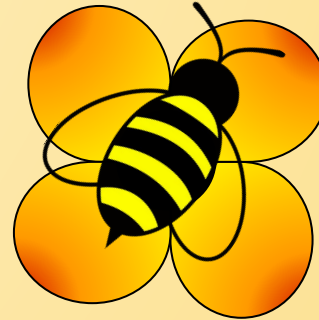
Ghee or clarified butter – 1-2 tsp

(Optional) Edible Camphor – a pinch

(Optional) Apple cubes – ½ apple

(Optional) Raisins – few

(Optional) Rock candy sugar



Directions

1. Peel banana and mash it lightly.
2. Add the rest of the ingredients and mix well.
3. Let it marinate overnight.
4. Store it in an airtight container.

Note for recipe: I grew up in the beautiful state of Tamil Nadu, one of the southern most states in India. It is well known for the numerous Hindu temples. These temples are a shining example of the cultural heritage of India along with some of the finest architectural creations that take you back to the historic Dravidian, Chola, and Pallava dynasties. Almost all the temples in Tamil Nadu are built in medieval times and add to the country's rich heritage. When you visit a temple during worship times, the priest would give you sweet or salty Prasadam (religious offerings) to eat. One of the popular offerings is Panchamrutham. They are sometimes offered in Jain temples too. Some people consider this to be the oldest form of a fruit jam. That doesn't surprise me since Tamilians are oldest extant ethnolinguistic groups in the world and Tamil is the oldest actively used and longest-surviving classical language in the world. This dish is a quick and tasty dessert. You don't need to cook or have any fancy baker skills to make this dessert. The flavors mix with each other, and the dish is ready to eat at room temperature or straight from the refrigerator. There is no need to warm it. The Honey and the Ghee preserve it for a long time, and they don't spoil even outside the refrigerator. If enough honey, jaggery, rock candy sugar is added, the dessert keeps well outside, at room temperature, for up to 1 month or more. I have never seen it get spoiled. However, I have never given it an opportunity to spoil. It is a delicious honey, banana, and date jam that makes a perfect healthy dessert. I like a reduced sugar content and feel it is equally tasty with just the honey and cut down on the rock sugar and jaggery. If you are craving sugar, they also taste great with a scoop of ice cream. You can also add any favorite non-juicy fruit to this dessert.

This recipe was submitted by Hamsa Rajaraman.



Honey and Lemon Chewy Candy

Ingredients

- Lemons (Try this with just one lemon first to see if you like the taste.)
- Jaggery or Sugar (Adjust based on your taste. The jaggery/sugar hardens to hold the lemon pieces together.) Jaggery is more nutritious than sugar. If you have to consume sugar, might as well substitute it with a more nutrient rich Jaggery.
- Honey as a preserve
- Optional – Pieces of ginger

Directions

1. Wash and cut 5 lemons. Remove the seeds. Keep the skin. If the lemon is very juicy, you can take out some juice for other recipes. Leaving the skin on will result in extra deliciousness.
2. Get 3/4th of a small cone of jaggery and drop the lemons, jaggery and ginger (optional) into a microwavable bowl. You can also cook on a stove top.
3. Microwave for 5-8 minutes depending on the power of your equipment till the jaggery melts completely. Once a stove top, cook on medium heat till the juice from the lemon comes out and the jaggery melts completely. You can skip the jaggery step completely. However, this step removes the bitterness from the skin and marinates the mixture with sweetness.
4. The bowl will have a juicy brown mess of the liquid jaggery and lemon juice. Mix the contents well.
5. Add honey to coat the mixture fully and mix well.
6. The mixture will start thickening very quickly as the heat reduces.
7. Set it aside to cool down.
8. Once it is cool, put it in a jar to store. It would stay on the shelf for a few weeks and for up to a year in the refrigerator.

Note on the recipe: My grandmother used to make this for me when I was a little child. She was always busy taking care of her 5 children and 10 grandchildren and a bunch of other kids and adults that she used to foster out of the kindness of her heart. However, this was one of the special dishes that she used to make just for me because it is high in vitamin C and Iron content, and I had to be on an Iron rich diet growing up. Whenever I think of her, I remember this treat. I liked to eat it one piece at a time like candy. It does harden to a soft chew candy state within a day or two. If you overheat the mixture in step 3, or use very old hard skinned lemons, the lemon skin becomes tough and doesn't stay soft. The lemon juice becomes a delicious sweet and slightly tangy thick glue. You can drop a spoon of that in tea or water and mix it. This will also taste great as a sweet chutney.



This recipe was submitted by Hamsa Rajaraman.

Blackberry-Hazelnut Honey Crisp Cobbler

Ingredients

4 pints fresh or frozen blackberries

3 Tbsp quick-cooking tapioca

1/4 cup each wildflower honey and fresh lemon juice

3/4 cup toasted hazelnuts

1/4 cup each flour and sugar

1/2 tsp salt

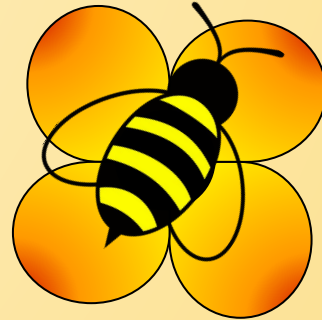
1/2 cup each butter and quick-cooking rolled oats

Directions

Preheat oven to 350 degrees. In a large bowl, toss berries with tapioca. In a small bowl, combine honey, lemon juice and 1 Tbsp boiling water. Stir to dissolve honey. Add to berries and toss to combine. Put berry mixture in an 8-inch square pan and set aside.

In a food processor, pulse hazelnuts until finely ground. Add flour, sugar and salt and pulse to combine. Add butter and pulse until mixture forms a thick dough. Stir in oats. Drop nut-oatmeal topping in flattened 1-tsp chunks over berries.

Bake until topping is brown and berries are bubbling, about 1 hour. Let cool to set, about 30 minutes.



This recipe was submitted by Lisa Hicks-Dumanske.

Japanese Honey Cake

Ingredients

6 Large Eggs (must be at room temperature)

1 cup Granulated Sugar

5 tablespoons. and 1 teaspoon Honey

2 ½ tablespoons Water

1 cup Bread Flour and ⅔ cup all-purpose flour

Mixture for topping:

1 tablespoon Honey

½ teaspoon Warm Water



Directions

Gather all the ingredients. Preheat oven to 320°F (160°C). For a convection oven, reduce cooking temperature by 25°F (15°C). Sift bread flour (1 c) and all-purpose Flour (2/3 c) together. Cut parchment paper to fit the baking pans. You will need two loaf pans (8.50 x 4.50 x 2.75 inch / 22 x 11 x 7 cm). If you use smaller pans, bake for a shorter time.

Sift the flours with the sifter or a fine-meshed strainer twice. Holding the handle with one hand and tapping the strainer gently with the other, the flour will gradually sift through the strainer. Add 2 ½ Tbsp warm water to honey and whisk well. Fit the mixer with the whisk attachment. Crack eggs into the bowl and vigorously whisk until combined. Add the sugar. Beat the eggs and sugar on high speed (Speed 10) for 5 minutes. If you beat the eggs with a handheld mixer, it will take more time. The volume of the beaten eggs will increase about 4 times. The texture will be thick and the color will be pale yellow. When you stop the mixer and lift the whisk attachment, the mixture should fall in ribbons. Add the honey mixture into the egg mixture and whisk at low speed (Speed 2) until combined, about 30 seconds. Add the bread flour at three separate times: add ⅓ of the bread flour and whisk at low speed (Speed 2) for 15 seconds, then add more flour and whisk for 15 seconds. Add the last remaining portion and whisk until just combined for about 1 minute. Do not overmix. Spray the loaf pans with oil and spread out evenly with pastry brush. Put the parchment paper in the pans and make sure the paper sticks to the pans. If not, add oil and spread out evenly with a brush. Pour the batter into the pans (about 80% full). Using a skewer, draw a zigzag line to remove the air bubbles in the batter.

Directions continued on the next page ⇒

Japanese Honey Cake

Directions:

Level batter in each pan by holding pan 2-inches above counter dropping it flat onto counter. Do this several times to release air bubbles. Bake at 320°F (160°C) in the middle rack of the oven for 35 to 40 minutes, or until golden brown and a skewer inserted in the center comes out clean. I bake for 35 minutes and keep my oven door ajar for a few minutes then I take out the cake. When done, the cake sides will pull away from the pan slightly; the top will be flat and feel spongy when pressed with a finger. Mix 1 Tbsp honey and ½ tsp warm water in a bowl and apply the honey mixture on top of the cake with a pastry brush. Place a sheet of plastic wrap on the counter top. Take out the cake from the pan to the plastic wrap, top facing down. Gently peel off parchment paper. Immediately wrap the cake with plastic wrap to keep the moisture and while it's hot store in the refrigerator overnight (at least 12 hours), keeping the top side facing down. This will help the cake have more fine and moist texture.

To Serve:

Slice off the sides of the cake with a sharp bread knife and cut into ¾ to 1 inch thick slices (you get 7- 8 slices total). It's better if you bring the cake to room temperature. Serve it with tea or coffee, if you like.

To Store:

To save for later, wrap individual pieces with plastic wrap. You can store at room temperature for up to 3-4 days, 5-7 days in the refrigerator, and 1 month in the freezer.

Makes 2 cakes, using 2 1-lb loaf pans.

Note on the recipe: This is a popular honey sponge cake. A dark brown top and bottom crusts with a creamy yellow center. This is a cake that my mother made when I was growing up and is also very popular in Japan. This particular recipe comes from *Just One Cookbook*, as my mother's version is much more complicated. So, I thought I'd provide the easier version. It is tried and true. I hope you enjoy it.

This recipe was submitted by Nina Kadera.

Walnut Honey Tart

Ingredients

Tart Dough:

- 1 large egg
- 2 tablespoons heavy cream
- ½ teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 tablespoon sugar
- ⅛ teaspoon kosher salt
- 6 ounces (12 tablespoons) cold unsalted butter, cut into ½-inch pieces

Filling:

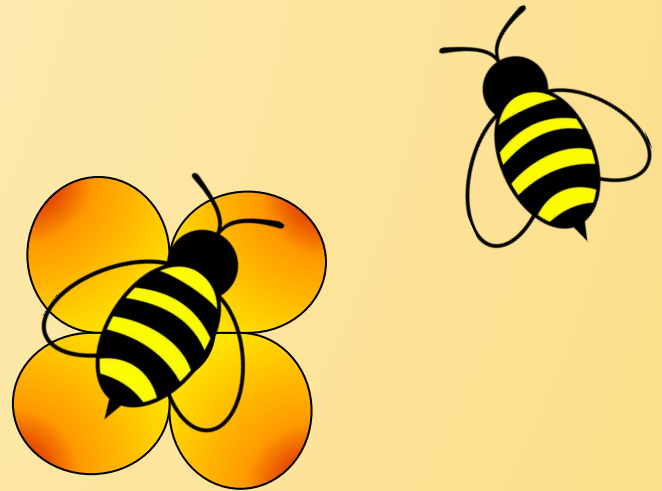
- ¼ cup water
- ¾ cup sugar
- ¼ cup honey
- ¾ cup heavy cream
- 1 large egg, slightly beaten
- ⅛ teaspoon kosher salt
- ½ teaspoon vanilla extract
- 6 ½ ounces toasted, coarsely chopped walnuts (1 ½ cups)

Garnish:

- ¾ cup heavy cream
- ¾ teaspoon sugar
- A few drops of vanilla extract

Directions continued on the next page

Note on the recipe: It's a more complicated recipe, so it helps to make the dough a day ahead. Be sure the walnuts are toasted, and try to get high-quality nuts. This is a real tart (note the crust!), and it's still excellent after several days.





Walnut Honey Tart

Directions

For the dough:

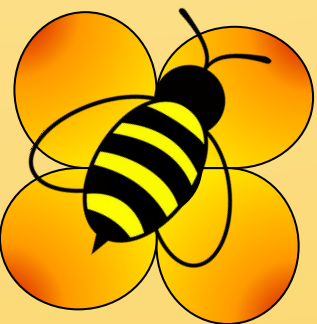
Whisk together the egg, cream and vanilla in a small bowl; set aside. Mix together the flour, sugar and salt in the bowl of a food processor until combined. Or stir it together in a large bowl by hand. Add the butter pieces and mix, using quick on-off pulses (do not over process) until the butter is in small thin pieces. Or to do by hand, incorporate the flour and butter between your thumbs and forefingers. Add the cream and egg mixture to the flour mixture, all at once. If using a food processor, use quick on-off pulses and mix until the dough is no longer dry and almost comes together. Use your hands to finish combining the dough. Or mix it entirely together with your hands. Form the dough into a smooth 5-inch disk, with no cracks; wrap in plastic wrap or parchment paper and refrigerate for 30 minutes. Remove the dough from the refrigerator and roll into a 12-inch circle; lift it up over the rolling pin and place it into a 9 ½ inch tart pan with a removable bottom; lightly press onto the bottom and sides. Refrigerate for at least 30 minutes or up to 2 days, wrapped in plastic. Preheat the oven to 375 degrees. Line the tart shell with parchment paper and fill with dried beans or rice. Bake until the edges are golden brown, about 20 minutes. Remove it from the oven and carefully lift off the parchment paper and beans or rice. Return the tart to the oven and bake until the bottom is golden brown, 5-10 minutes. Cool to room temperature before adding filling.

For the filling:

Gently stir together the water and sugar in a heavy-bottom sauce-pan, making sure not to splash it up the sides of the pan. Cook over medium heat until the sugar dissolves. Increase to high heat and cook without stirring until the sugar is golden brown. Remove from the heat; the sugar will continue to cook. When it turns a medium mahogany color-about 15 seconds- carefully stir in the honey until smooth. Slowly add the cream, stirring gently until combined. If, at any time, the caramel sputters, stop stirring until the sputtering stops. Pour the mixture into a bowl and cool to at least lukewarm; room temperature is OK. Whisk beaten egg into honey caramel. Stir in salt, vanilla and walnuts.

To finish:

Preheat oven to 350 degrees. Pour the filling into the baked tart crust, making sure the walnuts are evenly dispersed. Place the tart on a baking sheet and bake 25-30 minutes, until the filling puffs up slightly and appears evenly set from the edges to the middle. Cool to at least warm before slicing. Combine the cream, sugar and vanilla in a medium bowl, and whip to soft peaks. Serve atop each slice of tart.



This recipe was submitted by Patty Holubar.

Honey Coin Cookies

Ingredients

¾ cup butter softened
1/3 cup powdered sugar
2 tablespoons honey
1 tablespoon water
1 teaspoon vanilla
1 ¾ cups all-purpose flour
2 tablespoons cornstarch
½ teaspoon salt
2 cups powdered sugar



Directions

1. In a large bowl beat butter. Add the 1/3 cup powdered sugar, honey, water, and vanilla. Beat until well combined. Add flour, cornstarch, and salt until all ingredients are combined.
2. Divide dough in half. Shape each portion into a 10-inch log. Wrap each log in plastic wrap or waxed paper. Chill about 3 hours until the dough is firm enough to slice.
3. Preheat oven to 325 degrees. Line a cookie sheet with parchment paper. Cut logs into ¼-inch slices. Place slices 2 inches apart on prepared cookie sheet.
4. Bake for 13 or 15 minutes until the bottoms are golden. Cool on cookie sheet for 4 minutes. Place the 2 cups of powdered sugar in a large bowl. Place warm cookies in a bowl, a few at a time, tossing gently to coat. Transfer to wire rack to cool.

Note on involvement with Friends: I have worked part-time at the service desk of the Redwood City Library for 20 years

This recipe was submitted by Margot Diltz.

Black Tea Macarons

Ingredients

Cookies:

198g confectioner's sugar
113g almond flour
113g (4 large) egg whites, room temperature
1/8 tsp cream of tartar
99g granulated sugar
2 tsp loose leaf black or earl grey tea, finely ground and sifted

Honey Buttercream:

1 stick unsalted butter, room temperature
2 tsp honey
Pinch salt
Confectioner's sugar to taste

Directions

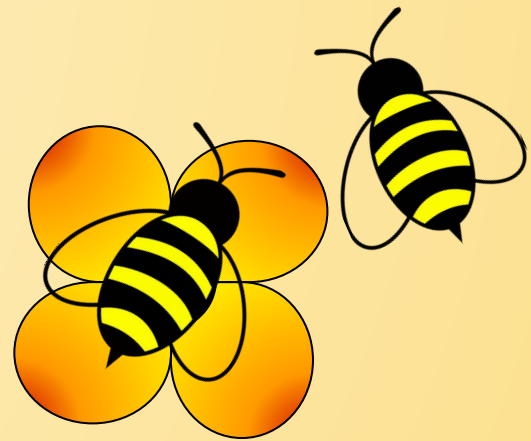
Cookies:

1. Line baking sheets with parchment paper or silicone mats and use paper templates to trace circles onto parchment or place templates under mats.
2. Sift confectioners sugar and almond flour together
3. In a stand mixer, beat egg whites until foamy. Add cream of tartar and whip until very soft peaks. Gradually add granulated sugar and whip to stiff glossy peaks. Whisk in tea.
4. Fold in the flour-sugar mixture in three parts. Be careful to not overmix. The correct consistency is reached when batter flows smoothly from your spatula into the bowl in a solid ribbon for a few seconds, then leaves a smooth, glossy surface. If the batter falls in clumps, continue to fold gently until the proper consistency is reached.
5. Transfer batter to a pastry bag with a 1/2 inch round tip. After securing parchment onto the pan with a small dollop of batter at each corner, pipe macarons. Place pastry bag tip 1/2 inch above parchment and fill until stencil circle is filled. Then stop squeezing and make quick sideways motion to detach batter and move to next circle.
6. Let macarons stand uncovered at room temperature for 30-45 minutes until a skin forms. If macarons are ready, a finger gently touching the side of a macaron should come away clean, not sticky with batter.
7. Bake at 300°F one at a time on a rack in the lower third of the oven. Rotate halfway through and bake until macarons are crisp and firm, 14-16 minutes. Slide parchment paper with the macarons onto a wire rack and cool completely before removing from paper and filling.

Honey Buttercream:

Whip butter in a stand mixer or with a hand mixer until fluffy. Add honey and salt and beat until combined. Add confectioner's sugar until desired consistency and sweetness is achieved.

Note on the recipe: Cookie recipe courtesy of Sur La Table with additional notes by Finn Mead.



Drinks

Bee's Knees

Ingredients

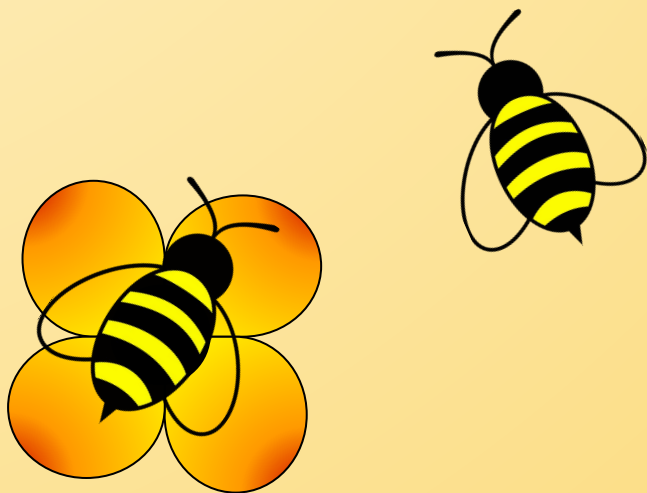
2 ounces gin

3/4 ounce fresh lemon juice

3/4 ounce honey simple syrup (infused honey such as dandelion or lavender honey optional)

Directions

Add to ice-filled shaker and shake until chilled; strain into glass and enjoy.



This recipe was submitted by Lisa Hicks-Dumanske.

Elderflower Honey Lemonade



Ingredients

½ cup honey

6 to 8 lemons, Meyer lemons are a delicious option

Elderflower syrup

Water

Directions

Juice lemons.

Mix 1/2 cup honey and 1 cup water in small sauce pan. Place on stove on medium heat. Stir until honey is just mixed in to water. Do not allow to overcook or honey will burn. Should become a honey simple syrup.

Pour honey syrup into large pitcher. Add lemon juice and 6 cups fresh cold water (if using Meyer lemons start with less water as the lemon flavor is not quite as strong as conventional lemons). Add between ½ and 1 cup elderflower syrup, depending on preference for sweetness and tartness of lemons. Taste and adjust water and syrup as necessary. Stir and pour over ice for a refreshing drink!

Note on the recipe: This recipe can be changed for any number of syrups flavors. Lavender syrup is a fun update.



This recipe was submitted by Rebecca Stern.



Thank You for Cooking with Us
and Thank You to the Bees!

