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*Speed Scratch
Baked Goods
with
Honey*

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It's an indisputable fact that fresh-baked breads and desserts are a powerful menu attraction. Customers can't resist the temptation of a fragrant muffin or scone warm from the oven, the appeal of a sturdy sandwich on house-made focaccia, or a comforting portion of custardy bread pudding.

While in-house baking constitutes a customer magnet and a good profit center for operators, intimidating time and labor factors often cause operators to discard the notion.

Happily, the National Honey Board can offer a user-friendly solution. The following recipes demonstrate how operators can produce sophisticated baked goods in a snap. With speed scratch baking, it's easy to elevate your menu from ho-hum to hot stuff. Start with convenient frozen dough and prepared mixes, then stir in honey, and you've created a signature line of one-of-a-kind treats.

Honey's golden touch is a natural complement to baked goods:

- Adds rich, distinctive flavor
- Intensifies other flavors
- Provides natural sweetness
- Enhances crust color
- Keeps baked goods moist
- Adds value to your menu
- Extends shelf life

Pure and natural, richly textured and golden-hued, honey is an ideal sweetener for today's value-conscious consumer. Even better, honey's goodness is ready to work for you. Available year round in a range of convenient pack sizes, the power and profitability of honey is as close as your storeroom shelf.

HONEY BAKING TIPS

- Substitute honey for up to one-half of the sugar in many recipes. In some cases, honey may be substituted entirely for other sweeteners.
- For each cup (12 ounces) of honey added to a recipe, reduce the amount of liquid required by 1/4 cup (3 ounces).
- Add one teaspoon baking soda for each cup of honey used in a quick bread, cake or cookie recipe.
- To prevent over-browning, reduce the oven temperature by 25° F.

VARIETIES AND FORMS

- The flavor and color of honey depends on its floral source. More than 300 such sources have been identified in the United States. The color of honey can range from nearly colorless (fireweed) to dark brown (blueberry). Flavors range from delicately mild (alfalfa) to bold and robust (buckwheat).
- The most common forms of honey are the familiar liquid honey (often blended from two or more honeys to create a consistent color and flavor); creamed (or spun) honey and comb honey.

STORAGE AND HANDLING

- Store honey at room temperature. Do not refrigerate honey as it hastens crystallization.
- To reliquify crystallized honey, place the container in warm water until the crystals dissolve. Alternatively, heat (on HIGH) in a microwave with container lid removed at 30 second intervals. Stir occasionally until reliquified.



HONEY-CURRY HAM AND APPLE POCKETS

YIELD:24 POCKETS

INGREDIENTS	WEIGHTS / MEASURES
Onion, chopped	2 pounds 8 ounces (2 quarts)
Apples, peeled, chopped coarsely	4 pounds (3 quarts)
Vegetable oil	1/2 cup
Ham, small dice	4 pounds (1-1/4 gallon)
Curry powder	2-1/2 tablespoons
Honey	2 pounds (2-2/3 cups)
Frozen bread dough, thawed	4 pounds 8 ounces
Whipping cream	1-1/2 cups

METHOD

1. Sauté onion and apple in oil until soft, about 10 minutes.
2. Stir in ham and curry powder; stir in honey. Cool to room temperature. Reserve.
3. Scale dough into 24 pieces, 3 ounces each; roll each into a 7" diameter circle.
4. Place 1/2 cup reserved filling on half of circle; fold other half over. Tightly seal edges, then flute; put on parchment-lined sheet pan. Repeat with remaining ingredients.
5. Brush top of each pastry with cream. Bake at 450° F until browned, about 15 minutes. Remove from oven; cool.
6. Serve warm or at room temperature. Refrigerate unused turnovers.

CALORIES:590 TOTAL FAT: 18G (26% CALORIES FROM FAT)
 CARBOHYDRATE:91G CHOLESTEROL:60MG PROTEIN:23G
 FIBER:6G SODIUM:1490MG

HONEY-LEMON TART

YIELD: 3 TARTS (8 SERVINGS PER TART)

INGREDIENTS	WEIGHTS/MEASURES
Sugar	1-1/2 cups
Flour	1/3 cup
Eggs	12
Honey	1 pound 2 ounces (1-1/2 cups)
Unsalted butter, melted	8 ounces (1 cup)
Milk	1/3 cup
Lemon zest, grated	3 tablespoons
Fresh lemon juice	1 cup
Unbaked 10" tart shell	3
Lemon slices, quartered	6 for garnish

METHOD

- Mix sugar and flour; beat in eggs one at a time. Beat in honey.
- Beat in melted butter, milk, lemon zest and lemon juice.
- Divide filling among tart shells.
- Bake at 325° F until golden brown on top and toothpick inserted in the center comes out clean, about 45 minutes; cool.
- Cut each tart into 8 wedges. Refrigerate unused tarts. Return to room temperature before serving.
- Garnish each wedge with quartered lemon slice.

CALORIES:360	TOTAL FAT: 18G (44% CALORIES FROM FAT)
CARBOHYDRATE:47G	CHOLESTEROL:130MG
FIBER:0G	SODIUM: 310MG
PROTEIN:6G	

HONEY-PINEAPPLE FRENCH TOAST

YIELD:24 SERVINGS

INGREDIENTS	WEIGHTS/MEASURES
Honey	5 pounds 4 ounces (1-3/4 quarts), divided
Pineapple juice	1 quart
Eggs	24
Salt	1/2 teaspoon
Italian bread	48 slices, 3-1/2" x 5-1/2" and 3/4" thick
Unsalted butter*	As needed
Fresh pineapple	24 slices
Mint sprigs	24

METHOD

Beat together 1 cup honey, pineapple juice, eggs and salt; reserve in refrigerator. Just before service, put bread in mixture, turning to coat well. Allow bread to soak up liquid.

PER ORDER

Brown 2 slices bread on both sides in hot butter over medium heat. Garnish with 1 slice of pineapple and 1 mint sprig. Offer additional 1/4 cup honey with each portion.

CALORIES:710	TOTAL FAT: 19G (23% CALORIES FROM FAT)
CARBOHYDRATE:129G	CHOLESTEROL:245MG
FIBER:3G	SODIUM: 470MG
PROTEIN:12G	

*ONE TABLESPOON BUTTER PER SERVING INCLUDED IN ANALYSIS

HONEY-SWEETENED BREAKFAST CALZONES

YIELD:24 CALZONES

INGREDIENTS	WEIGHTS/MEASURES
Ricotta cheese, drained	1-1/2 quarts
Honey	1 pound 8 ounces (2 cups)
Golden raisins	10 ounces (2 cups)
Walnuts, toasted	7 ounces (2 cups)
Rum flavoring	3-1/2 tablespoons
Frozen bread dough, thawed	4 pounds 8 ounces
Whipping cream	1-1/2 cups

METHOD

- Mix ricotta, honey, raisins, walnuts and rum flavoring; reserve.
- Scale dough into 24 pieces, 3 ounces each; roll each into a 7" diameter circle.
- Place 1/2 cup reserved filling on half of circle; fold other half over. Tightly seal edges, then flute; put on parchment-lined sheet pan. Repeat with remaining ingredients.
- Brush top of each pastry with cream. Bake at 400° F until browned, about 25 minutes.
- Remove from oven; cool. Serve warm or at room temperature. Refrigerate unused calzones.

CALORIES:570	TOTAL FAT: 21G (31% CALORIES FROM FAT)
CARBOHYDRATE:84G	CHOLESTEROL:40MG
FIBER:4G	SODIUM: 560MG
PROTEIN:18G	

HONEY-TOMATO FOCACCIA

YIELD:24 SERVINGS

INGREDIENTS	WEIGHTS/MEASURES
Tomato sauce	1-1/2 cups
Honey	12 ounces (1 cup)
Chopped onion	4 ounces (1 cup)
Tomato paste	1/3 cup
Red wine vinegar	3 tablespoons
Dijon mustard	1 tablespoon
Garlic, finely chopped	1/2 tablespoon
Cayenne pepper	1/8 teaspoon
Frozen bread dough, thawed	4 pounds

METHOD

- Combine tomato sauce, honey, onion, tomato paste, vinegar, mustard and garlic in deep saucepan.
- Bring to a boil; reduce heat to medium-low. Simmer, stirring frequently, until sauce thickens and reduces by about 1 cup, about 15 minutes. Stir in cayenne; reserve.
- Shape dough to fit oiled sheet pan; press evenly into pan. Dimple dough every 2" or so with fingertips.
- Spread prepared sauce over dough.
- Bake at 500° F until lightly browned, 10 to 15 minutes. Cool slightly; cut into 24 squares, approximately 3" x 3-1/2".
- Serve within 24 hours. Focaccia can be frozen, tightly wrapped, up to six weeks.

CALORIES:260	TOTAL FAT: 3.5G (12% CALORIES FROM FAT)
CARBOHYDRATE:53G	CHOLESTEROL:0MG
FIBER:3G	SODIUM:560MG
PROTEIN:8G	



HONEY-TOMATO SAVORY BREAD PUDDING

YIELD:24 SERVINGS

INGREDIENTS	WEIGHTS/MEASURES
Honey-Tomato Focaccia	Recipe to left
Fontina cheese, shredded	2 pounds (2 quarts)
Milk	3 quarts
Eggs	32
Honey	6 ounces (1/2 cup)
Parsley, chopped	1/4 cup
Salt	1 tablespoon + 1 teaspoon
Pepper	1 tablespoon

METHOD

- Trim edges of focaccia as necessary.
- Fit one layer of focaccia over the bottom of buttered hotel pan. Sprinkle one-half of cheese over focaccia. Repeat layering until all focaccia is used.
- Beat together milk, eggs, honey, parsley, salt and pepper; pour over focaccia layers; cover pan with lid or foil.
- Bake at 325° F until egg mixture sets, about 40 minutes; remove foil.
- Continue baking until pudding is lightly browned, about 25 minutes; cool. Cut into 4" x 2" rectangles.

PER ORDER

Heat 1 square in hot oven or in microwave on medium power.

CALORIES:610	TOTAL FAT: 26G (38% CALORIES FROM FAT)
CARBOHYDRATE:66G	CHOLESTEROL:345MG
FIBER:3G	SODIUM:1390MG
PROTEIN:31G	

LEMON-KISSED HONEY SCONES

YIELD:24 SCONES

INGREDIENTS	WEIGHTS/MEASURES
Honey	9 ounces (3/4 cup, divided)
Milk	1-1/2 cups
Eggs	2
Lemon zest, grated*	2 tablespoons
Lemon juice*	3 tablespoons, divided
Biscuit mix	2 pounds (7 cups)

METHOD

- Whisk together 6 ounces (1/2 cup) honey, milk, eggs, lemon zest and 2 tablespoons lemon juice.
- Stir into biscuit mix until soft dough forms. If mixture is too dry, sprinkle with 1-2 tablespoons of additional milk.
- Gather dough into ball. Knead several times on flour-coated work surface until dough incorporates.
- Roll out dough into 1/2" thick rectangle, approximately 8" x 12"; fold into quarters.
- Roll out again into 1/2" thick rectangle (8" x 12"). Cut into 24-2" squares; arrange 1" apart on parchment-lined sheet pan.
- Bake at 450° F until tops are golden brown, about 8 minutes. Cool slightly.
- Warm remaining 3 ounces (1/4 cup) honey; stir in remaining 1 tablespoon lemon juice. Brush tops of scones with mixture. Scones can be frozen, tightly wrapped, up to six weeks.

*For Orange-Kissed Honey Scones, substitute orange zest and orange juice.

CALORIES:180	TOTAL FAT: 2G (10% CALORIES FROM FAT)
CARBOHYDRATE:35G	CHOLESTEROL:20MG
FIBER:3G	SODIUM:230MG
	PROTEIN:6G



HONEY-KIWI SPREAD

YIELD: 24 (1 OUNCE) SERVINGS

INGREDIENTS	WEIGHTS/MEASURES
Honey	3 pounds 6 ounces (4-1/2 cups)
Kiwi fruit, peeled, coarsely chopped	6 pounds 12 ounces (about 36 kiwis)

METHOD

Combine honey and kiwi in deep saucepan; simmer, stirring frequently, until thick, about 20 minutes. Let cool. To store, refrigerate tightly covered.

CALORIES:270	TOTAL FAT: 1G (2% CALORIES FROM FAT)
CARBOHYDRATE:70G	CHOLESTEROL:0MG
FIBER:3G	SODIUM: 0MG
	PROTEIN:2G

HOT AND HONEY SPREAD

YIELD:24 (2-1/2 OUNCE) SERVINGS

INGREDIENTS	WEIGHTS/MEASURES
Honey	2 pounds 4 ounces (3 cups)
Dijon mustard	3 cups
Worcestershire sauce	2 tablespoons
Black pepper	1/4 teaspoon
Cayenne pepper	large pinch, or to taste

METHOD

Beat together honey and remaining ingredients. To store, refrigerate tightly covered.

CALORIES:177	TOTAL FAT: 5G (25% CALORIES FROM FAT)
CARBOHYDRATE:35G	CHOLESTEROL:0MG
FIBER:<1G	SODIUM:797MG
	PROTEIN:<1G

HONEY TOPPINGS AND SPREADS

Don't forget honey's golden touch in your signature toppings and spreads. Stir in honey to boost flavor, body, color and value.

HONEYED FRUIT AND NUT SPREAD

YIELD:24 (1-1/2 OUNCE) SERVINGS

INGREDIENTS	WEIGHTS/MEASURES
Honey	1 pound 2 ounces (1-1/2 cups)
Cream cheese	2-1/2 cups
Dried apricots, finely chopped	3 ounces (6 tablespoons)
Walnuts, finely chopped	3 ounces (6 tablespoons)

METHOD

Beat together honey and cream cheese. Add apricots and walnuts, continue beating until combined. To store, refrigerate tightly covered.

CALORIES:180	TOTAL FAT: 11G (50% CALORIES FROM FAT)
CARBOHYDRATE:21G	CHOLESTEROL:25MG
FIBER:0G	SODIUM:75MG
	PROTEIN:3G

HONEY-WHEAT ROLLS

YIELD:24 ROLLS

INGREDIENTS	WEIGHTS/MEASURES
Frozen whole wheat dough, thawed	6 pounds
Honey	2 pounds 4 ounces (3 cups)

METHOD

- Scale dough into 24 pieces, 4 ounces each. Form each piece into a ball.
- Bake at 400° F until lightly browned, about 20 minutes.
- While rolls bake, warm honey gently in saucepan over low flame.
- Brush top of each roll with warmed honey; repeat twice. Serve at once. Rolls can be frozen, tightly wrapped, up to six weeks.

CALORIES:410	TOTAL FAT: 4.5G (9% CALORIES FROM FAT)
CARBOHYDRATE:88G	CHOLESTEROL:0MG
FIBER:7G	SODIUM: 500MG
	PROTEIN:15G

HONEY HUMMUS

YIELD:24 (2 OUNCE) SERVINGS

INGREDIENTS	WEIGHTS/MEASURES
Garbanzo beans, drained	1 #10 can (96 ounces)
Honey	1 pound 2 ounces (1-1/2 cups)
Lemon juice	1-1/2 cups
Cilantro, chopped	1/3 cup
Ground cumin	2 tablespoons
Garlic, finely chopped	3 tablespoons
Salt	1 tablespoon
Cayenne pepper	1/2 teaspoon or to taste

METHOD

Puree ingredients; chill several hours to blend flavors. Serve at room temperature. To store, refrigerate tightly covered.

CALORIES:210	TOTAL FAT: 1.5G (6% CALORIES FROM FAT)
CARBOHYDRATE:47G	CHOLESTEROL:0MG
FIBER:5G	SODIUM:650MG
	PROTEIN:6G

HONEY-LEMON BUTTER

YIELD:24 (3/4-OUNCE) SERVINGS

INGREDIENTS	WEIGHTS/MEASURES
Honey	9 ounces (3/4 cup)
Butter, softened	7 ounces (3/4 cup + 2 tablespoons)
Lemon juice	1 tablespoon
Lemon zest, grated	1 teaspoon

METHOD:

Beat honey, butter, lemon juice and lemon zest until smooth; chill briefly. To store, refrigerate tightly covered.

CALORIES:90	TOTAL FAT: 7G (63% CALORIES FROM FAT)
CARBOHYDRATE:9G	CHOLESTEROL:20MG
FIBER:0G	SODIUM:0MG
	PROTEIN:0G



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