

Honey Custard French Toast

HONEY'S GOLDEN TOUCH
AT BREAKFAST

THE TIMELESS APPEAL OF

HONEY



Treat early risers – and brunch patrons, too – to this honey and spice version of a breakfast classic.

Honey Custard French Toast

Yield: 12 servings

INGREDIENT

Honey
Milk
Eggs
Cinnamon
Salt
Italian bread

Unsalted butter*
Coarsely chopped toasted pecans

WEIGHT/MEASURE

3 pounds (4 cups), divided
2 cups
12
2 tablespoons
1/4 teaspoon
24 slices, about 3-1/2" x 5-1/2"
and 3/4" thick
As needed
4-1/2 ounces (3/4 cup)

METHOD

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

PER ORDER

Brown 2 slices bread in hot butter over medium heat on both sides. Sprinkle each slice with 1/2 tablespoon pecans. Serve with 1/4 cup honey on the side.**

*Nutrition analysis allows for 1-1/2 teaspoons butter retained in grilling.

**Nutrition analysis does not include honey as topping.

Calories: 718 (21% from fat)
Protein: 14g
Fat: 17g

Carbohydrate: 129g
Cholesterol: 234mg

Fiber: 2.5g
Sodium: 437mg



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Honey and Spice Butternut Squash Soup

HONEY'S GOLDEN TOUCH
AT LUNCH

THE TIMELESS APPEAL OF

HONEY

Honey complements nutty winter squash and smoothes Southwestern spices in this stunning winter soup.

Honey and Spice Butternut Squash Soup

Yield: 12 servings (1-1/2 cups each)

INGREDIENT	WEIGHT/MEASURE	METHOD
Onion, chopped	2 pounds (1 quart + 1 cup)	1. Saute onion in butter until soft, about 10 minutes.
Unsalted butter	2 ounces (1/4 cup)	2. Stir in garlic and squash.
Garlic	6 large cloves	3. Stir in stock, cumin, salt and cayenne pepper.
Butternut squash, cooked, cubed	6 pounds	4. Simmer until squash is very soft.
Chicken or vegetable stock	2 quarts + 1 cup	5. Puree.
Ground cumin	1 tablespoon	6. Stir in cream and honey.
Salt	2 teaspoons	
Cayenne pepper	1/8 teaspoon	PER ORDER
Heavy cream*	2 cups	Heat 1-1/2 cups soup; garnish with a dollop of sour cream and 1/2 teaspoon cilantro.
Honey	1 pound, 2 ounces (1-1/2 cups)	
Sour cream	3/4 cup	
Chopped, fresh cilantro	2 tablespoons	

*Milk may be substituted.

Calories: 510 (40% from fat)
Protein: 12g
Fat: 24g

Carbohydrate: 68g
Cholesterol: 73mg

Fiber: 4g
Sodium: 1507mg



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Honeyed Lamb Couscous

HONEY'S GOLDEN TOUCH
AT DINNER

THE TIMELESS APPEAL OF

HONEY



Humble ground lamb rises to the occasion in a fragrant and fanciful entree that showcases honey's Mediterranean spirit.

Honeyed Lamb Couscous

Yield: 12 servings

INGREDIENT

Blanched, whole almonds, toasted
Lean ground lamb
Honey
Curry powder
Ground cumin
Salt
Ground cinnamon
Garlic, chopped finely
Egg, lightly beaten
Mixed red, green and yellow bell
pepper, julienned
Olive oil
Cooked couscous
Honey-Lemon Sauce

WEIGHT/MEASURE

1 pound, 4 ounces (1 quart)
4 pounds
12 ounces (1 cup)
3 tablespoons
1 tablespoon
2 tablespoons
1/2 teaspoon
16 cloves
4
6 pounds
2 tablespoons
3 quarts
Recipe follows

METHOD

1. Finely chop almonds in a food processor.
2. Mix almonds with lamb, honey, curry powder, cumin, salt, cinnamon, garlic and eggs.
3. Form meat mixture into 36 balls, about 2" in diameter; arrange on a rack in a shallow pan.
4. Cook in a 500°F oven until browned and just firm to the touch, about 5 minutes; reserve.
5. Saute julienned bell peppers in oil until tender-crisp; reserve.

PER ORDER

Heat 3 meatballs in 1/4 cup Honey-Lemon sauce. Separately, heat 1/2 cup bell pepper. Serve with 1 cup couscous.

HONEY-LEMON SAUCE

Mix 1-1/2 cups honey, 3/4 cup lemon juice, 6 cloves garlic, finely chopped, 2 tablespoons finely chopped fresh mint, 1 teaspoon salt, 1/2 teaspoon coarsely ground black pepper and 1 cup olive oil until well-blended. Reserve.

Calories: 1300 (47% from fat)
Protein: 49g
Fat: 70g

Carbohydrate: 127g
Cholesterol: 180mg

Fiber: 13.5g
Sodium: 670mg



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Rustic Honey Polenta Cake

HONEY'S GOLDEN TOUCH
AT DESSERT

THE TIMELESS APPEAL OF

HONEY

Italians often use love and honey in the same sentence. Taste this honey-sweetened cake, and you'll understand why.

Rustic Honey Polenta Cake

Yield: 12 servings

INGREDIENT

Yellow cornmeal
All-purpose flour
Baking powder
Salt
Butter, melted
Eggs, lightly beaten
Milk
Honey
Honey-Orange Syrup
Whipped cream*
Orange segments*

WEIGHT/MEASURE

5-1/4 ounces (1 cup)
10 ounces (2-1/2 cups)
2 tablespoons
1 teaspoon
8 ounces
2
1-3/4 cups
9 ounces (3/4 cup)
Recipe follows
As needed
As needed

METHOD

1. Mix cornmeal with flour, baking powder and salt; reserve.
2. Mix butter with eggs, milk and honey.
3. Stir liquid mixture into dry ingredients until just blended.
4. Pour into a buttered 13" x 9" pan.
5. Bake at 300°F until a toothpick inserted in center comes out almost clean, about 30 minutes.
6. Slowly spoon hot Honey-Orange Syrup over cake, letting it soak in before adding more.
7. Cool; cut into 12 pieces.
8. Serve with a dollop of whipped cream and a garnish of orange segments.

HONEY-ORANGE SYRUP

Whisk together until well-blended 1/2 cup honey, 3 tablespoons orange juice concentrate and 1 tablespoon finely chopped orange zest. Heat until syrup just begins to bubble, about 5 minutes.

*Nutrition analysis does not include whipped cream or garnish.

Calories: 419 (38% from fat)
Protein: 6g
Fat: 18g

Carbohydrate: 60g
Cholesterol: 82mg

Fiber: 2.4g
Sodium: 532mg



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