



Foodservice Recipes with a Golden Touch

**from the
National Honey Board**

INTRODUCTION

Over one-half of the nation's foodservice operators use honey every day in their operations.* What do these operators know? That the golden touch of honey is one of the easiest, most convenient ways to attract customers. With its unique flavor and wholesome image, honey guarantees customer demand. For you, that means pure, sweet profit.

Honey's distinctive tastes (there are over 300 varieties of honey in the United States) and silky texture lend themselves to a variety of menu applications. Honey's subtle sweetness pairs with aromatic, savory and spicy flavor profiles. Its luxurious thickness adds body to dips and sauces. It blends easily into dressings and marinades, mixing readily with both oils and acids. Honey also brings flavor and richness to foods without adding fat. Its golden goodness glazes meats and baked goods, adorns cereals and yogurts, enriches breads and crackers and brightens beverages.

The following recipes have been developed specifically for foodservice operators. We've worked to minimize ingredients and keep preparations simple. More important, we've worked to maximize customer appeal and profitability. You can bank on honey's popularity, and enjoy its golden touch on your bottom line. **To go to a specific recipe, simply double click on its page number in the table of contents.**

Honey Usage Tips

- Honey is ready-to-use. Store at room temperature in a dry location. Always available from foodservice distributors, honey can be ordered in variety of pack sizes and styles.
- If honey crystallizes, reliquefy by putting the container in warm water or microwave small portions (1 cup) in a microwave-safe container, with the lid off, on HIGH for approximately 2 minutes. Stir every 30 seconds until the crystals dissolve. Do not allow to boil.
- Honey can be substituted for sugar in many recipes. In virtually any recipe that specifies sugar, honey may be substituted for at least up to one-half of the sugar called for. In certain recipes, honey may be substituted for all of the sugar.
- When substituting honey for sugar, reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey used. When preparing baked goods, add 1/2 teaspoon baking soda for each cup of honey and reduce oven temperature by 25°F to prevent over-browning.

For More Information

The National Honey Board offers a complete selection of product information, foodservice recipes and promotional materials. To receive a full-color order form, contact the **National Honey Board, 390 Lashley Street, Longmont CO 80501-6045, (303) 776-2337, fax (303) 776-1177.**

For easy access to product information and additional recipes, visit the **Honey Board's Web site at www.nhb.org**.

*An Assessment of Foodservice Usage of and Attitudes Toward Honey,
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ASIAN GLAZE

100 servings (1 Tb. each)

- 3 cups plus 2 tablespoons honey (2 lbs., 5 1/2 oz.)**
- 3 cups plus 2 tablespoons butter or margarine (1 lb., 9 oz.)**
- 1/4 cup soy sauce**
- 2 teaspoons vinegar**
- 2 teaspoons ground ginger**

Method:

1. Combine all ingredients in a deep, heavy saucepan.
2. Cook over medium heat, stirring frequently, until mixture is well-blended and just beginning to boil.
3. Remove from heat.

Serving suggestions:

Use to glaze chicken, seafood or vegetables.

Per Serving

Calories 87 Calories from Fat 52

Percent Total Calories from:

Fat 59% Protein 1% Carb. 40%

Nutrient	Amount per Serving	% Daily Value
Total Fat	6 g	9%
Saturated Fat	4 g	18%
Cholesterol	16 mg	5%
Sodium	100 mg	4%
Total Carbohydrate	9 g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 0%

BAKED FISH FILLETS WITH HONEY-LEMON BUTTER

100 servings

2 1/2 cups honey (1 lb., 14 oz.)
3 1/2 cups butter, softened
3 1/3 tablespoons lemon juice
1 tablespoon lemon zest, finely chopped
100 fish fillets, 5-6 oz. each, white fish like snapper or rock cod
lemon slices, optional

Method:

1. Beat honey, butter, lemon juice, and lemon zest until smooth; chill briefly.
2. Arrange fish fillets on greased sheet pans; lightly season with salt and pepper.
3. Bake fish at 500° F until opaque and just firm, about 10-15 minutes. Keep warm.
4. To serve, top each portion with 1 Tb. Honey-Lemon Butter; garnish with a lemon slice.

Serving suggestions: Use Honey-Lemon Butter on other types of seafood and on baked or roasted chicken.

Per Serving

Calories 265 Calories from Fat 72

Percent Total Calories from:

Fat 27% Protein 62% Carb. 11%

Nutrient	Amount per Serving	% Daily Value
Total Fat	8 g	12%
Saturated Fat	4 g	22%
Cholesterol	117 mg	39%
Sodium	191 mg	8%
Total Carbohydrate	7 g	2%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	41 g	

Vitamin A 7% Vitamin C 5% Calcium 0% Iron 5%

BEE SWEET LEMONADE

24 servings

1 1/2 quarts honey (4 lbs., 8 oz.)
3 cups lemon juice, strained
24 slices lemon, optional
still or sparkling water, as needed

Method:

1. Whisk together honey and lemon juice; chill.

Per order:

Stir 6 tablespoons honey syrup into 1 cup still or sparkling water; add ice. Garnish with lemon slice.

Per Serving

Calories 314 Calories from Fat 2

Percent Total Calories from:

Fat 0% Protein 1% Carb. 98%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	6 mg	0%
Total Carbohydrate	77 g	26%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	1 g	

Vitamin A 0% Vitamin C 76% Calcium 0% Iron 4%

CAJUN HONEY GLAZE

72 servings (makes 3 quarts -- 72 1/4-cup servings)

2 quarts plus 1 cup honey (6 lbs., 12 oz.)
3 cups vinegar
3/4 cup tomato paste
1 1/2 teaspoons hot pepper sauce
1 1/2 teaspoons dried thyme
1 1/2 teaspoons dried oregano
3/4 teaspoon black pepper

Method:

1. Blend ingredients together in a deep, heavy saucepan.
2. Cook over medium heat, stirring frequently, until mixture is well-blended and just begins to boil.
3. Remove from heat.

Serving suggestions:

Use to baste grilled or baked meats, poultry or seafood.

Per Serving

Calories 146 Calories from Fat 0

Percent Total Calories from:

Fat 0% Protein 1% Carb. 99%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	4 mg	0%
Total Carbohydrate	36 g	12%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 1% Vitamin C 2% Calcium 0% Iron 2%

CHOCOLATE FROSTING

for use with Honey Bee Brownies

48 servings

1/2 cup boiling water
1 1/2 pounds powdered sugar
5 ounces unsweetened chocolate, melted
3 ounces honey (1/4 cup)
1/2 tablespoon vanilla extract

Method:

1. Gradually beat boiling water into powdered sugar.
2. Beat in melted chocolate, honey and vanilla.
3. Thin frosting with 1-2 tablespoons of boiling water, if necessary.

Per Serving

Calories 81 Calories from Fat 14

Percent Total Calories from:

Fat 17% Protein 2% Carb. 81%

Nutrient	Amount per Serving	% Daily Value
Total Fat	2 g	2%
Saturated Fat	1 g	4%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	16 g	5%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 1%

CREAM CHEESE FROSTING

For use with Honey of a Carrot Cake

48 servings

12 ounces cream cheese
6 ounces honey (1/2 cup)

Method:

1. Beat together until smooth.

Per Serving

Calories 37 Calories from Fat 22

Percent Total Calories from:

Fat 60% Protein 6% Carb. 34%

Nutrient	Amount per Serving	% Daily Value
Total Fat	2 g	4%
Saturated Fat	2 g	8%
Cholesterol	8 mg	3%
Sodium	21 mg	1%
Total Carbohydrate	3 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 1%

CREAMY FAT-FREE THOUSAND ISLAND SALAD DRESSING

100 servings

3 1/2 cups honey (2 lbs., 10 oz.)
3 1/2 cups nonfat yogurt (1 lb., 12 oz.)
3 1/2 cups nonfat mayonnaise (1 lb., 12 oz.)
1/2 cup plus 2 tablespoons tomato paste (6 oz.)
3/4 cup sweet pickle relish
6 tablespoons celery seed

Method:

1. Blend ingredients together.
2. Cover and refrigerate until chilled.

Serving suggestions:

Serve on greens, orange-date salad, or as a dressing for Waldorf salad, egg salad, cole slaw, broccoli-green olive salad or potato salad. Use as a spread for cheese, ham, chicken, turkey or BLT sandwiches. Or, use as a dip for fish sticks.

Per Serving

Calories: 54, Protein: 1g,

Fat: <1g, Carbohydrates: 14g, Cholesterol: <1g, Fiber: 0.2g, Sodium: 135mg

CREAMY HONEY MUSTARD DRESSING

40 servings (makes 2 1/4 quarts -- 40 2-tablespoon servings)

- 1 quart plain lowfat yogurt**
- 2 cups honey (1 lb., 8 oz.)**
- 2 cups Dijon mustard**
- 1 cup mayonnaise**
- 1/4 cup white wine vinegar**
- 1/4 cup dried, crushed tarragon**

Method:

1. Combine all ingredients and whisk until blended.

Serving suggestion:
Serve on green salads.

For milder mustard flavor, substitute 1 cup spicy brown mustard for Dijon mustard.

Per Serving
Calories 124 Calories from Fat 50
Percent Total Calories from:
Fat 40% Protein 7% Carb. 53%

Nutrient	Amount per Serving	% Daily Value
Total Fat	6 g	9%
Saturated Fat	1 g	6%
Cholesterol	3 mg	1%
Sodium	351 mg	15%
Total Carbohydrate	16 g	5%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	2 g	

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 3%

FAT-FREE HONEY CHUTNEY DRESSING

24 servings

1/4 cup lemon juice
1 cup prepared mango chutney, finely chopped
1/2 teaspoon salt
9 ounces honey (3/4 cup)
1 cup plain nonfat yogurt

Method:

1. Stir together chutney and salt.
2. Beat in yogurt and honey.

Serving suggestions:

Use as a dressing for green salads and other vegetable salads or for meat, poultry or seafood salads.

Per Serving

Calories 67 Calories from Fat 0

Percent Total Calories from:

Fat 0% Protein 4% Carb. 96%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	10 mg	0%
Total Carbohydrate	16 g	5%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 1% Vitamin C 3% Calcium 0% Iron 1%

HERBAL HONEY LIME SAUCE

100 servings (one gallon)

- 2 quarts honey (6 lbs.)**
- 1 quart vegetable oil (2 lbs.)**
- 1 quart lime juice (2 lbs.)**
- 3 tablespoons dry mustard**
- 2 tablespoons chopped garlic**
- 2 tablespoons crumbled sage**
- 1 1/2 tablespoons crumbled rosemary**

Method:

1. Combine and mix honey, oil and lime juice; add all remaining ingredients.
2. Cook and stir over low heat 15 minutes to allow flavors to blend and mixture to thicken slightly.
3. Remove from heat and cool.
4. Cover and refrigerate.

Serving suggestion:

May be used as a sauce, marinade, glaze or dip with most meats, fish, poultry and vegetables.

Per Serving

Calories 174 Calories from Fat 80

Percent Total Calories from:

Fat 46% Protein 1% Carb. 53%

Nutrient	Amount per Serving	% Daily Value
Total Fat	9 g	14%
Saturated Fat	1 g	5%
Cholesterol	0 mg	0%
Sodium	2 mg	0%
Total Carbohydrate	23 g	8%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 0% Vitamin C 6% Calcium 0% Iron 1%

HONEY & SPICE BLUEBERRY SYRUP

100 servings (makes 1 gallon)

4 1/2 pounds honey (6 cups)
2 cups water
2 teaspoons ground cinnamon
7 cups fresh blueberries
1/4 cup lemon juice
2 teaspoons vanilla extract

Method:

1. Combine honey, water and cinnamon in a large, deep saucepan.
2. Bring to a boil; reduce heat to medium-low. Simmer, stirring occasionally, until sauce thickens and reduces by approximately 2 cups, about 20 minutes. Cool to warm.
3. Stir in blueberries, lemon juice and vanilla.

Serving suggestion:

Top waffles, pancakes or French toast or spoon over granola or yogurt.

Per Serving

Calories 74 Calories from Fat 0

Percent Total Calories from:

Fat 0% Protein 1% Carb. 99%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	2 mg	0%
Total Carbohydrate	18 g	6%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	0 g	

Vitamin A 0% Vitamin C 3% Calcium 0% Iron 1%

HONEY ALMOND CARAMEL SAUCE

100 servings (makes 1 gallon)

- 2 quarts honey (6 lbs.)**
- 3 quarts whipping cream**
- 1/2 cup honey roasted almonds, chopped**
- 2 teaspoons vanilla extract**
- 2 teaspoons almond extract**

Method:

1. Combine honey and whipping cream in a large, deep saucepan.
2. Bring to a boil; reduce heat to medium-low. Simmer, stirring occasionally, until the sauce thickens and reduces by approximately 1 quart, about 20 minutes. Cool to room temperature.
3. Stir in honey-roasted almonds and extracts.

Serving suggestions: Spoon over ice creams, sorbets or granitas. Drizzle over shortcakes, crepes, plain cakes and brownies or fresh fruit.

Per Serving

Calories 195 Calories from Fat 99

Percent Total Calories from:

Fat 51% Protein 2% Carb. 47%

Nutrient	Amount per Serving	% Daily Value
Total Fat	11 g	17%
Saturated Fat	7 g	33%
Cholesterol	39 mg	13%
Sodium	12 mg	1%
Total Carbohydrate	23 g	8%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 8% Vitamin C 1% Calcium 0% Iron 1%

HONEY AND CURRANT SCONES

48 servings

4 pounds dry scone mix
12 ounces honey (1 cup)
2 1/2 cups milk, or as needed
8 ounces currants (1 1/2 cups)
3 tablespoons grated orange peel
2 teaspoons ground nutmeg
egg wash, as needed

Method:

1. Follow package instructions to prepare scone dough.
2. Combine and mix honey with milk as substitute for liquid requirement.
3. Add currants, orange peel and nutmeg to scone mix. Stir honey mixture into dry mixture to form soft dough.
4. Turn onto floured board and knead lightly.
5. Divide dough in half. Roll into two rectangles 8x30-inches, 1/2-inch thick.
6. Cut each rectangle lengthwise down the center then into six crosswise squares. Cut each square into two triangles.
7. Place on greased sheet pans and brush with egg wash. Bake in 400° F oven 12-15 minutes or until golden brown.

Per Serving

Calories 196 Calories from Fat 48

Percent Total Calories from:

Fat 25% Protein 7% Carb. 68%

Nutrient	Amount per Serving	% Daily Value
Total Fat	5 g	8%
Saturated Fat	1 g	7%
Cholesterol	6 mg	2%
Sodium	500 mg	21%
Total Carbohydrate	33 g	11%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	4 g	

Vitamin A 1% Vitamin C 15% Calcium 0% Iron 8%

HONEY-APPLE QUICK BREAD WITH WHEAT GERM

24 servings

- 12 ounces biscuit mix (2 1/2 cups)**
- 2 ounces toasted wheat germ (1/2 cup)**
- 1 1/2 cups milk**
- 12 ounces honey (1 cup)**
- 2 eggs**
- 2 teaspoons vanilla extract**
- 8 ounces Granny Smith apples, or other tart apples, peeled and finely diced (2 cups)**
- 4 ounces pecans, chopped (1 cup)**

Method:

1. Stir together biscuit mix and wheat germ; reserve.
2. Beat together milk, honey, eggs and vanilla.
3. Beat dry ingredients into honey mixture until just blended.
4. Stir in pecans.
5. Divide batter between two greased 4"x9" loaf pans.
6. Bake at 375° F until toothpick inserted in center comes out almost clean -- about 50 minutes.
7. Cool in pans 15 minutes. Turn out and cool completely. Cut each loaf into 12 slices.

Per Serving

Calories 113 Calories from Fat 41

Percent Total Calories from:

Fat 36% Protein 7% Carb. 57%

Nutrient	Amount per Serving	% Daily Value
Total Fat	5 g	7%
Saturated Fat	1 g	4%
Cholesterol	20 mg	7%
Sodium	14 mg	1%
Total Carbohydrate	16 g	5%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	2 g	

Vitamin A 1% Vitamin C 2% Calcium 0% Iron 2%

HONEY APRICOT SAUCE

100 servings (makes one gallon)

- 2 1/4 cups honey (1 lb., 11 oz.)**
- 1 1/2 quarts canned apricots, drained (1 1/2 qts.)**
- 1 1/2 cups white wine vinegar (12 oz.)**
- 3/4 cup cornstarch**
- 2 1/2 quarts chicken stock**
- 2 tablespoons grated fresh ginger root**
- 4 small dried red chili peppers**

Method:

1. Place honey, apricots and vinegar in blender; puree until smooth.
2. Pour into saucepan.
3. Add cornstarch dissolved in stock, ginger root and chili peppers. Cook and stir until thickened and clear.
4. Remove from heat and cool. Cover and refrigerate.

Serving suggestion:

Use to top chicken or chops, or glaze ham, ribs and fish.

Per Serving

Calories 45 Calories from Fat 1

Percent Total Calories from:

Fat 2% Protein 2% Carb. 95%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	147 mg	6%
Total Carbohydrate	11 g	4%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 5% Vitamin C 1% Calcium 0% Iron 1%

HONEY-BARBECUE SPARERIBS AND CHICKEN

12-14 servings

1 1/2 cups honey (1 lb., 2 oz.)
1 1/4 quarts barbecue sauce, prepared
3/4 cup vegetable oil
3/4 cup lemon juice
5 pounds pork spareribs, cut in sections
5 pounds chicken quarters

Method:

1. Combine honey and barbecue sauce.
2. Mix oil and lemon juice; dip 5 pounds pork ribs and 5 pounds chicken quarters in mixture.
3. Shake off excess and place meats on preheated grill until grill marks form.
4. Baste with oil mixture, turn and allow grill marks to form on second side.
5. Place pork and chicken in separate baking pans, generously coat with honey barbecue sauce.
6. Bake in 375° F oven 30 minutes; turn and coat with sauce as above. Reduce heat to 300° F and continue baking until pork and chicken test done.

Per Serving

Calories 1171 Calories from Fat 733

Percent Total Calories from:

Fat 63% Protein 22% Carb. 16%

Nutrient	Amount per Serving	% Daily Value
Total Fat	81 g	125%
Saturated Fat	25 g	127%
Cholesterol	294 mg	98%
Sodium	1042 mg	43%
Total Carbohydrate	46 g	15%
Dietary Fiber	1 g	2%
Sugars	0 g	
Protein	64 g	

Vitamin A 44% Vitamin C 30% Calcium 0% Iron 28%

HONEY BEE BROWNIES

48 servings

- 5 ounces unsweetened chocolate**
- 3 eggs**
- 1 1/2 cups honey (1 lb., 2 oz.)**
- 2 tablespoons vanilla extract**
- 1 1/2 cups biscuit mix (7 oz.)**
- 12 ounces pecans, chopped (2 3/4 cups)**

Method:

1. Melt chocolate; cool slightly.
2. Beat eggs; beat in chocolate, honey and vanilla.
3. Thoroughly beat in biscuit mix.
4. Stir in pecans.
5. Pour into greased 12"x20"x2" baking pan; bake at 350° F until toothpick inserted in center comes out clean, about 20 minutes.
6. Cool completely.
7. Spread with Chocolate Frosting, if desired; let set up.
8. Cut into 48 (2"x2-1/2") pieces.

Per Serving

Calories 111 Calories from Fat 62

Percent Total Calories from:

Fat 56% Protein 4% Carb. 39%

Nutrient	Amount per Serving	% Daily Value
Total Fat	7 g	11%
Saturated Fat	1 g	7%
Cholesterol	13 mg	4%
Sodium	5 mg	0%
Total Carbohydrate	11 g	4%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	1 g	

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 2%

HONEY BEE COOKIES

100 servings

- 1 pound plus 6 oz. butter, softened (2 3/4 cups)**
- 1 pound brown sugar (2 2/3 cups)**
- 1 pound honey (1 1/3 cups)**
- 1 pound plus 6 oz. peanut butter (2 3/4 cups)**
- 12 ounces eggs (1 1/2 cups)**
- 2 pounds plus 3 oz. sifted flour**
- 2 teaspoons baking soda**
- 1 tablespoon baking powder**

Method:

1. Cream butter and sugar in mixer.
2. Blend in honey and peanut butter. Gradually add eggs; mix well after each addition.
3. Add combined dry ingredients; continue mixing until blended.
4. Portion with #20 scoop on ungreased sheet pans.
5. Bake at 300° F 20 minutes or until lightly browned.

Per Serving

Calories 158 Calories from Fat 78

Percent Total Calories from:

Fat 49% Protein 8% Carb. 43%

Nutrient	Amount per Serving	% Daily Value
Total Fat	9 g	13%
Saturated Fat	4 g	19%
Cholesterol	28 mg	9%
Sodium	86 mg	4%
Total Carbohydrate	17 g	6%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	3 g	

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 3%

HONEY BRAISED CABBAGE

24 servings (makes 1-1/2 gallons)

- 4** pounds red cabbage, shredded (1 gal., lightly packed)
- 1** quart green apples, pared and sliced (2 lbs.)
- 1** quart sliced onion (1 lb.)
- 6** cups chicken stock, or water
- 1 1/4** cups honey (15 oz.)
- 1 1/4** cups vinegar
- 1** tablespoon salt

Method:

1. Combine cabbage, apple, onion, chicken stock, honey, vinegar and salt.
2. Bring mixture to a boil; reduce heat to simmer. Cover; cook until cabbage is tender but crisp, about 30 minutes.

Serving suggestions:

Serve as accompaniment to grilled meats and sausages, roast pork, ham or duck or as part of a vegetarian platter.

Per Serving

Calories 114 Calories from Fat 5

Percent Total Calories from:

Fat 5% Protein 6% Carb. 89%

Nutrient	Amount per Serving	% Daily Value
Total Fat	1 g	1%
Saturated Fat	0 g	1%
Cholesterol	0 mg	0%
Sodium	375 mg	16%
Total Carbohydrate	25 g	8%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	2 g	

Vitamin A 1% Vitamin C 77% Calcium 0% Iron 3%

HONEY BREAD STICKS

24 servings

- 1 package (16 oz.) hot roll mix**
- 3/4 cup hot water, (120 to 130° F)**
- 1/4 cup honey (3 oz.)**
- 2 eggs, divided**
- 2 tablespoons butter or margarine, softened**
- corn meal, as needed**
- 1 tablespoon water**
- Topping (caraway seeds, lemon pepper, grated Parmesan cheese, etc.)**

Method:

1. Combine roll mix with hot water, honey, 1 egg and butter.
2. Prepare dough according to package directions.
3. Divide dough in two and roll each half into 12x9x1/2-inch rectangle.
4. Cut each piece crosswise into 1-inch strips.
5. Grease sheet pan and dust with cornmeal.
6. Mix remaining egg with water; brush dough with mixture and sprinkle with topping of choice.
7. Twist and place strips on cornmeal.
8. Let rise until almost doubled in bulk.
9. Bake at 375° F 12 to 14 minutes or until lightly browned.

Other topping suggestions: poppy seeds, coarse sea salt, toasted sesame seeds.

Per Serving

Calories 101 Calories from Fat 25

Percent Total Calories from:

Fat 25% Protein 11% Carb. 65%

Nutrient	Amount per Serving	% Daily Value
Total Fat	3 g	4%
Saturated Fat	1 g	5%
Cholesterol	22 mg	7%
Sodium	152 mg	6%
Total Carbohydrate	16 g	5%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	3 g	

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 2%

HONEY BUNNY CINNAMON BUNS

100 servings

6 pounds flour (1 1/2 gal.)
salt, to taste
5 ounces non-fat dry milk
8 ounces shortening (1 cup)
1 pound honey (1 1/3 cups)
3 1/3 ounces dry yeast
2 3/4 pounds water (5 1/2 cups)
3 eggs
11 ounces butter, softened
1/2 cup ground cinnamon
1 1/4 cups granulated sugar (1 lb., 4 oz.)
egg wash, prepared
2 3/4 pounds softened cream cheese
5 ounces softened butter
12 ounces honey (1 cup)
6 ounces non-fat dry milk
1/3 cup grated orange peel
1 ounce vanilla extract

Method:

1. Place flour, salt, dry milk, shortening and honey in mixer on first speed; mix until blended. Dissolve yeast in water; add to mixture. Add eggs; mix 8 to 10 minutes on second speed or until dough cleans bowl completely.
2. If dough is sticky, add more flour slowly; if stiff add more water slowly.
3. Let dough double in size, then scale into five 2 pound balls and one 1 pound ball. Roll each ball into rectangle 1/2-inch thick.
4. Evenly spread rectangles with softened butter and sprinkle with combined cinnamon and sugar. Roll up; seal edges and cut into 1-inch slices. Place in lightly greased pans; brush with egg wash. Proof until doubled in size.
5. Bake at 400° F for 20 minutes. Cool slightly. Frost with Orange Honey Frosting.
6. Orange Honey Frosting: Whip cream cheese with 5 ounces butter until smooth. Alternately add 12 ounces honey and 6 ounces non-fat dry milk; mix until blended. Blend in orange peel and vanilla extract.

Per Serving

Calories 251 Calories from Fat 98

Percent Total Calories from:

Fat 39% Protein 9% Carb. 52%

Nutrient	Amount per Serving	% Daily Value
Total Fat	11 g	17%
Saturated Fat	6 g	28%
Cholesterol	33 mg	11%
Sodium	96 mg	4%

Total Carbohydrate	33 g	11%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	6 g	

Vitamin A 8% Vitamin C 1% Calcium 0% Iron 5%

HONEY BUTTER

64 servings

- 2 cups honey (1lb., 8 oz.)**
- 2 cups butter (1 lb.)**
- 1 teaspoon salt**

Method:

1. Beat together honey and remaining ingredients; chill slightly.
2. Serve in ramekins or portion into 1 Tb. servings on a parchment-lined sheet pan. Chill.

Variations:

Herb Honey Butter: Beat 1 Tb. + 1 tsp. Herbes de Provence (or herb of choice).

Lemon Honey Butter: Beat in 1 Tb. + 1 tsp. lemon juice and 2 tsps. grated lemon zest.

Spicy Honey Butter: Beat in 1/2 tsp. ground cayenne pepper and 2 tsps. ground cumin.

Per Serving

Calories 87 Calories from Fat 52

Percent Total Calories from:

Fat 60% Protein 0% Carb. 40%

Nutrient	Amount per Serving	% Daily Value
Total Fat	6 g	9%
Saturated Fat	4 g	18%
Cholesterol	16 mg	5%
Sodium	59 mg	2%
Total Carbohydrate	9 g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 0%

HONEY CRACKED WHEAT ROLLS

48 servings

12 ounces honey (1 cup)
3 ounces active dry yeast (1/3 cup)
3 cups warm (110-115° F) water
12 ounces softened margarine (1 1/2 cups)
8 ounces eggs (1 cup)
1 1/2 pounds bread flour (1 1/2 qts.)
9 ounces whole wheat flour (2 cups)
2 1/2 ounces cracked wheat (1/2 cup)
4 ounces toasted sunflower kernels (1 cup)
1 tablespoon salt
vegetable oil, as needed
egg wash, as needed

Method:

1. Combine honey and yeast with warm water. Allow to stand 5 minutes.
2. Stir in margarine and eggs.
3. Combine remaining ingredients except oil and egg wash and gradually add to honey mixture to form into a dough. Continue mixing dough until smooth in texture.
4. Brush with oil and proof until double in bulk.
5. Punch down and portion into 48 (2-ounce) pieces. Divide each piece into three parts and shape into balls.
6. Place three balls in each of 48 greased muffin tins. Proof until doubled in bulk; brush with egg wash.
7. Bake at 375° F 12 minutes or until lightly browned.

Per Serving

Calories 167 Calories from Fat 63

Percent Total Calories from:

Fat 37% Protein 10% Carb. 53%

Nutrient	Amount per Serving	% Daily Value
Total Fat	7 g	11%
Saturated Fat	1 g	6%
Cholesterol	25 mg	8%
Sodium	76 mg	3%
Total Carbohydrate	22 g	7%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	4 g	

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 7%

HONEY CREOLE SAUCE

32 servings (makes 1 gallon)

- 1 cup honey (12 oz.)**
- 1 No. 10 can canned tomatoes, crushed**
- 2 tablespoons minced garlic**
- 1 quart green bell peppers, large diced pieces (1 lb.)**
- 1 quart onion, large diced pieces (1 lb., 5 oz.)**
- 1 quart fresh okra, sliced (1 lb.)**
- bottled hot pepper sauce, to taste**
- salt, to taste**

Method:

1. Combine honey, tomatoes and garlic; cover and simmer 30 minutes. Stir occasionally.
2. Add peppers, onion, okra, hot sauce and salt. Simmer 10 minutes to allow flavors to blend. Hold warm for service.

Serving suggestion:

Serve over omelets, pasta, poultry and seafood.

Per Serving

Calories 75 Calories from Fat 3

Percent Total Calories from:

Fat 4% Protein 8% Carb. 88%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	153 mg	6%
Total Carbohydrate	16 g	5%
Dietary Fiber	1 g	3%
Sugars	0 g	
Protein	2 g	

Vitamin A 14% Vitamin C 49% Calcium 0% Iron 5%

HONEY CUMIN GLAZE

100 servings (makes 1 gallon)

- 2 1/2 quarts honey (7 lbs., 8 oz.)**
- 3 3/4 quarts orange juice**
- 3 tablespoons ground cumin**
- 3 tablespoons finely chopped garlic**
- 2 1/2 teaspoons grated orange rind**
- 2 1/2 teaspoons salt**
- 2 1/2 teaspoons hot pepper sauce**

Method:

1. Combine all ingredients except hot pepper sauce in a large, deep saucepan.
2. Bring to a boil; reduce heat to medium-low. Simmer, stirring occasionally, until glaze thickens and reduces by approximately 1 quart, about 30 minutes.
3. Stir in hot pepper sauce.

Serving suggestions:

Baste poultry and game, pork and spareribs or shrimp. For fajita or taco fillings, glaze mild, firm-fleshed seafood during grilling. Brush on grilled vegetables such as carrots, zucchini or sweet potatoes.

Per Serving

Calories 130 Calories from Fat 1

Percent Total Calories from:

Fat 1% Protein 1% Carb. 98%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	3 mg	0%
Total Carbohydrate	32 g	11%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 1% Vitamin C 21% Calcium 0% Iron 2%

HONEY CURRY SAUCE

75 servings (makes 3 quarts)

1 1/2 quarts chopped onion (1 lb., 8 oz.)
3/4 cup butter or margarine (6 oz.)
3/4 cup flour (3 oz.)
2/3 cup curry powder
2 cups honey (1 lb., 4 oz.)
6 cups chicken stock
3 tablespoons lemon juice
1 1/2 tablespoons salt

Method:

1. Saute onion in butter until soft, about 10 minutes.
2. Stir in flour and curry powder; continue to stir and cook about 3 minutes.
3. With a whisk, blend in honey and chicken stock; simmer until thickened, about 10 minutes.
4. Stir in lemon juice and salt.

Serving suggestions:

Use as a base for poultry, meat or seafood curries or as a sauce for poached, sauteed or grilled seafood and chicken.

Per Serving

Calories 62 Calories from Fat 19

Percent Total Calories from:

Fat 30% Protein 4% Carb. 66%

Nutrient	Amount per Serving	% Daily Value
Total Fat	2 g	3%
Saturated Fat	1 g	6%
Cholesterol	5 mg	2%
Sodium	137 mg	6%
Total Carbohydrate	10 g	3%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	1 g	

Vitamin A 2% Vitamin C 2% Calcium 0% Iron 2%

HONEY LEMON YOGURT SAUCE

100 servings (makes 1 gallon)

- 2 quarts honey (6 lbs.)**
- 2 quarts vanilla yogurt**
- 1/2 cup lemon juice**
- 4 teaspoons grated lemon rind**
- 1 teaspoon ground nutmeg**

Method:

1. Whisk all ingredients together.

Serving suggestions:

Serve on fresh or poached fruit or fruit compotes. Top waffles, pancakes or French toast.

Per Serving

Calories 105 Calories from Fat 2

Percent Total Calories from:

Fat 2% Protein 4% Carb. 94%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	1%
Cholesterol	1 mg	0%
Sodium	13 mg	1%
Total Carbohydrate	25 g	8%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 0% Vitamin C 2% Calcium 0% Iron 1%

HONEY MUSTARD DIP

100 servings (makes 100 2-oz. servings)

1 1/2 quarts plus 1/4 cup Honey Mustard Magic
1 gallon plus 2 3/4 cup sour cream, or plain low-fat yogurt

Method:

1. Blend thoroughly.

Per Serving

Calories 116 Calories from Fat 90

Percent Total Calories from:

Fat 78% Protein 7% Carb. 15%

Nutrient	Amount per Serving	% Daily Value
Total Fat	10 g	15%
Saturated Fat	3 g	17%
Cholesterol	17 mg	6%
Sodium	206 mg	9%
Total Carbohydrate	4 g	1%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	2 g	

Vitamin A 4% Vitamin C 1% Calcium 0% Iron 2%

HONEY MUSTARD MAGIC

32 servings (makes 1 quart -- 32 2-tablespoon servings)

- 2 cups honey (1 lb., 8 oz.)**
- 2 cups Dijon or brown mustard**

Method:

1. Combine honey and mustard until smooth.

Use as a base to prepare Honey-Mustard Vinaigrette and Honey Mustard dip.

Per Serving

Calories 82 Calories from Fat 6

Percent Total Calories from:

Fat 7% Protein 4% Carb. 89%

Nutrient	Amount per Serving	% Daily Value
Total Fat	1 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	189 mg	8%
Total Carbohydrate	18 g	6%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	1 g	

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%

HONEY MUSTARD SAUCE

100 servings (makes 1 gallon)

1 1/2 pounds honey (2 cups)
4 pounds plain yogurt
2 pounds light mayonnaise
8 ounces stone ground mustard
4 ounces horseradish mustard
8 ounces lime juice

Method:

1. Combine all ingredients; mix well until well blended.
2. Cover and refrigerate.

Per Serving

Calories 59 Calories from Fat 22

Percent Total Calories from:

Fat 38% Protein 6% Carb. 56%

Nutrient	Amount per Serving	% Daily Value
Total Fat	2 g	4%
Saturated Fat	1 g	3%
Cholesterol	4 mg	1%
Sodium	97 mg	4%
Total Carbohydrate	8 g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 0% Vitamin C 1% Calcium 0% Iron 1%

HONEY MUSTARD VINAIGRETTE

100 servings (makes 3 quarts + 1 cup -- 100 1-oz. servings)

3 3/4 cups Honey Mustard Magic
2 1/3 cups lemon juice
2 tablespoons salt
1 tablespoon black pepper
1 1/2 quarts plus 1/3 cup vegetable oil
1/4 cup poppy seeds

Method:

1. Beat together honey mustard and remaining ingredients until thoroughly combined.

Per Serving

Calories 140 Calories from Fat 129

Percent Total Calories from:

Fat 92% Protein 1% Carb. 6%

Nutrient	Amount per Serving	% Daily Value
Total Fat	14 g	22%
Saturated Fat	2 g	8%
Cholesterol	0 mg	0%
Sodium	113 mg	5%
Total Carbohydrate	2 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 0% Vitamin C 4% Calcium 0% Iron 1%

HONEY OF A CARROT CAKE

48 servings

- 6** eggs
- 2** cups honey (1 lb., 8 oz.)
- 2** ounces butter, softened
- 3** cups milk
- 5 1/3** cups biscuit mix (1 lb., 8 oz.)
- 1 1/2** tablespoons cinnamon
- 1 1/2** tablespoons nutmeg
- 12** ounces grated carrots (3 3/4 cups)
- 8** ounces dried, unsweetened coconut (3 cups)

Method:

1. Beat together eggs, honey and butter until well combined; beat in milk. Reserve.
2. Stir together biscuit mix, cinnamon and nutmeg; beat into reserved honey mixture until just combined.
3. Stir in carrot and coconut.
4. Pour into greased and floured 20"x12"x2" baking pan.
5. Bake at 325° F until toothpick inserted in center comes out almost clean, about 50 minutes.
6. Cool; spread with Cream Cheese Frosting, if desired.
7. Cut into 2"x2-1/2" pieces.

Per Serving

Calories 97 Calories from Fat 34

Percent Total Calories from:

Fat 35% Protein 7% Carb. 58%

Nutrient	Amount per Serving	% Daily Value
Total Fat	4 g	6%
Saturated Fat	3 g	13%
Cholesterol	31 mg	10%
Sodium	29 mg	1%
Total Carbohydrate	14 g	5%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	2 g	

Vitamin A 42% Vitamin C 2% Calcium 0% Iron 3%

HONEY OF A CORN BREAD

60 servings (makes 1 full sheet pan -- 18"x26"x1")

- 1 pound plus 14 oz. corn meal**
- 1 pound plus 14 oz. flour**
- 3 ounces baking powder**
- 1 1/2 ounces salt**
- 8 eggs, beaten (2 cups)**
- 1 1/2 quarts milk**
- 2/3 cup honey (8 oz.)**
- 9 ounces butter or margarine, melted and cooled (1 cup plus 2 tablespoons)**

Method:

1. Combine dry ingredients in bowl.
2. Combine remaining ingredients; add to dry ingredients.
3. Mix on low speed until ingredients are just combined. Do not overmix.
4. Spread batter into a greased 18"x26"x1" sheet pan.
5. Bake at 400° for 20 minutes.
6. Cut into 60 3"x2-1/2" pieces. Serve with Honey Butter.

Per Serving

Calories 167 Calories from Fat 48

Percent Total Calories from:

Fat 29% Protein 10% Carb. 61%

Nutrient	Amount per Serving	% Daily Value
Total Fat	5 g	8%
Saturated Fat	3 g	15%
Cholesterol	41 mg	14%
Sodium	198 mg	8%
Total Carbohydrate	26 g	9%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	4 g	

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 2%

HONEY OF A LATTE

1 serving

1 **tablespoon honey**
1 **tablespoon cocoa powder**
1/4 **cup espresso coffee, hot**
3/4 **cup steamed milk**

Method:

1. In a latte cup, stir together honey and remaining ingredients.

Per Serving

Calories 184 Calories from Fat 55

Percent Total Calories from:

Fat 30% Protein 13% Carb. 57%

Nutrient	Amount per Serving	% Daily Value
Total Fat	6 g	9%
Saturated Fat	4 g	19%
Cholesterol	25 mg	8%
Sodium	92 mg	4%
Total Carbohydrate	26 g	9%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	6 g	

Vitamin A 5% Vitamin C 3% Calcium 0% Iron 1%

HONEY ORANGE DRESSING

72 servings (makes 2 1/4 quarts -- 72 2-tablespoon servings)

- 3 cups honey (2 lb., 4 oz.)**
- 3 cups orange juice**
- 1 1/2 cups white wine vinegar**
- 3 tablespoons grated orange peel**
- 3 1/2 tablespoons ground ginger**
- 1 1/2 cups vegetable oil**

Method:

1. Combine all ingredients except oil; whisk until blended.
2. Gradually whisk in oil; blend well.

Serving suggestion:

Serve on fruit salads.

Per Serving

Calories 95 Calories from Fat 41

Percent Total Calories from:

Fat 44% Protein 1% Carb. 56%

Nutrient	Amount per Serving	% Daily Value
Total Fat	5 g	7%
Saturated Fat	1 g	3%
Cholesterol	0 mg	0%
Sodium	1 mg	0%
Total Carbohydrate	13 g	4%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 0% Vitamin C 6% Calcium 0% Iron 1%

HONEY-ORANGE PEANUT BUTTER SPREAD

100 servings (3 Tbs. each)

3 1/2 pounds honey (4 2/3 cups)
6 pounds chunky peanut butter
1 cup orange zest, finely chopped, lightly packed

Method:

1. Beat ingredients together until blended.
2. Cover and refrigerate until service.

Serving suggestions:

Spread on bread, bagels, whole wheat toast, pita bread, waffles, biscuits or corn bread. Spread on apple or pear wedges or celery sticks.

Per Serving

Calories 226 Calories from Fat 123

Percent Total Calories from:

Fat 54% Protein 12% Carb. 34%

Nutrient	Amount per Serving	% Daily Value
Total Fat	14 g	21%
Saturated Fat	3 g	13%
Cholesterol	0 mg	0%
Sodium	133 mg	6%
Total Carbohydrate	19 g	6%
Dietary Fiber	1 g	3%
Sugars	0 g	
Protein	7 g	

Vitamin A 0% Vitamin C 2% Calcium 0% Iron 3%

HONEY-PEANUT BUTTER SPREAD PLUS

100 servings

6 cups honey (4 lbs., 8 oz.)

6 cups peanut butter, smooth or chunky (3 lbs.)

Method:

1. Blend together honey and peanut butter.

Serving suggestions:

Spread on bread, bagels, whole wheat toast, pita bread, waffles, biscuits or corn bread. Spread on apple or pear wedges or celery sticks.

Per Serving

Calories 164 Calories from Fat 70

Percent Total Calories from:

Fat 42% Protein 9% Carb. 48%

Nutrient	Amount per Serving	% Daily Value
Total Fat	8 g	12%
Saturated Fat	1 g	7%
Cholesterol	0 mg	0%
Sodium	4 mg	0%
Total Carbohydrate	20 g	7%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	4 g	

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%

HONEY, WALNUT AND OATMEAL COOKIES

48 servings

- 1 pound, 8 oz. honey (2 cups)**
- 6 ounces brown sugar (1 cup)**
- 1 pound plus 8 oz. butter or margarine (3 cups)**
- 8 ounces eggs (1 cup)**
- 2 tablespoons vanilla extract**
- 1 pound plus 2 oz. pastry flour (1 qt.)**
- 1 1/2 teaspoons baking soda**
- 2 teaspoons salt**
- 1 pound rolled oats (1 qt.)**
- 2 cups walnuts, chopped (8 oz.)**

Method:

1. Combine honey, brown sugar and butter; beat until blended and smooth.
2. Mix in eggs and vanilla. Gradually add remaining ingredients and mix until well blended.
3. Portion with #16 scoop onto greased sheet pan; flatten slightly.
4. Bake in 350° F oven 15 minutes or until cookies are lightly browned.

Per Serving

Calories 251 Calories from Fat 137

Percent Total Calories from:

Fat 55% Protein 4% Carb. 41%

Nutrient	Amount per Serving	% Daily Value
Total Fat	15 g	23%
Saturated Fat	8 g	38%
Cholesterol	51 mg	17%
Sodium	152 mg	6%
Total Carbohydrate	26 g	9%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	3 g	

Vitamin A 9% Vitamin C 1% Calcium 0% Iron 7%

HONEYED FRUIT AND NUT SPREAD

24 servings (1-1/2 oz. each)

- 1 1/2 cups honey (1 lb., 2 oz.)**
- 2 1/2 cups cream cheese (2 lbs., 8 oz.)**
- 6 tablespoons dried apricots, finely chopped (3 oz.)**
- 6 tablespoons walnuts, finely chopped (3 oz.)**

Method:

1. Beat together honey and cream cheese.
2. Add apricots and walnuts until thoroughly combined.

Serving suggestions:

Spread on muffins, biscuits, English muffins, bagels, toast and quick breads.

Per Serving

Calories 173 Calories from Fat 85

Percent Total Calories from:

Fat 49% Protein 5% Carb. 46%

Nutrient	Amount per Serving	% Daily Value
Total Fat	9 g	14%
Saturated Fat	5 g	27%
Cholesterol	26 mg	9%
Sodium	71 mg	3%
Total Carbohydrate	20 g	7%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	2 g	

Vitamin A 12% Vitamin C 1% Calcium 0% Iron 3%

HONEYED PEANUT BUTTER COOKIES

48 servings

- 1 1/2 cups honey (1 lb., 2 oz.)**
- 11 ounces chunky peanut butter (1 cup plus 3 Tb.)**
- 4 ounces butter**
- 4 eggs**
- 4 cups biscuit mix (1 lb., 2 oz.)**

Method:

1. Beat together 1 cup (12 oz.) honey, peanut butter and butter; beat in eggs one at a time.
2. Beat in biscuit mix.
3. Portion with #40 (1 oz.) scoop onto parchment-lined sheet pans.
4. Bake at 300° F until lightly browned, about 20 minutes; remove from oven.
5. Warm remaining 1/2 cup (6 oz.) honey; brush tops of cookies with warm honey.
6. Cool on pan 5 minutes; cool completely on racks.

Per Serving

Calories 99 Calories from Fat 50

Percent Total Calories from:

Fat 51% Protein 9% Carb. 41%

Nutrient	Amount per Serving	% Daily Value
Total Fat	6 g	9%
Saturated Fat	2 g	10%
Cholesterol	23 mg	8%
Sodium	57 mg	2%
Total Carbohydrate	10 g	3%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	2 g	

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 1%

HONEYED SWEET AND SOUR SAUCE

128 servings (makes 1 gallon --128 2-tablespoon servings)

1 3/4 quarts honey (5 lbs., 4 oz.)
5 cups pineapple juice, divided
3 1/2 cups vinegar
2 1/2 cups soy sauce
1 cup tomato paste
5 tablespoons finely chopped garlic
1/3 cup cornstarch
1/3 cup sesame oil

Method:

1. Combine honey, 4 cups pineapple juice, vinegar, soy sauce, tomato paste and garlic in a large, deep saucepan.
2. Bring to a boil; reduce heat to medium-low. Simmer, stirring occasionally, until sauce thickens and reduces by approximately 1 quart, about 20 minutes.
3. Meanwhile, mix cornstarch into remaining 1 cup pineapple juice. Whisk cornstarch mixture into reduced sauce. Return sauce to high heat and cook again, about 3 minutes.
4. Stir in sesame oil (optional).

Serving suggestion:

Serve warm over baked or fried chicken, fish or shellfish.

Per Serving

Calories 80 Calories from Fat 5

Percent Total Calories from:

Fat 7% Protein 2% Carb. 91%

Nutrient	Amount per Serving	% Daily Value
Total Fat	1 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	324 mg	13%
Total Carbohydrate	18 g	6%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 1% Vitamin C 4% Calcium 0% Iron 2%

HOT 'N HONEY DIP

24 servings

3 cups honey (2 lbs., 4 oz.)
3 cups Dijon-style mustard
2 tablespoons Worcestershire sauce
1/4 teaspoon black pepper
pinch cayenne pepper

Method:

1. Beat together honey and remaining ingredients.

Serving suggestions:

Use as a dip for fresh or fried vegetables, pretzels and bread sticks, chicken wings or shrimp.

Per Serving

Calories 171 Calories from Fat 17

Percent Total Calories from:

Fat 10% Protein 5% Carb. 85%

Nutrient	Amount per Serving	% Daily Value
Total Fat	2 g	3%
Saturated Fat	0 g	2%
Cholesterol	0 mg	0%
Sodium	760 mg	32%
Total Carbohydrate	37 g	12%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	2 g	

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 4%

LEMON HONEY GLAZE

100 servings

- 3 cups plus 2 tablespoons honey (2 lbs., 5 oz.)**
- 3 cups plus 2 tablespoons butter or margarine**
- 1 teaspoon salt**
- 2 tablespoons lemon juice**
- 1 tablespoon grated lemon zest**
- 2 teaspoons ground nutmeg**

Method:

1. Combine all ingredients in a deep, heavy saucepan.
2. Cook over medium heat, stirring frequently, until mixture is well-blended and just beginning to boil. Remove from heat.

Serving suggestions:

Use to glaze fresh vegetables such as carrots, sweet potatoes and winter squash or to baste poultry and seafood.

Per Serving

Calories 87 Calories from Fat 52

Percent Total Calories from:

Fat 60% Protein 0% Carb. 40%

Nutrient	Amount per Serving	% Daily Value
Total Fat	6 g	9%
Saturated Fat	4 g	18%
Cholesterol	16 mg	5%
Sodium	59 mg	2%
Total Carbohydrate	9 g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 4% Vitamin C 1% Calcium 0% Iron 0%

LEMON-KISSED HONEY SCONES

24 servings

- 9 ounces honey, divided (3/4 cup)**
- 1 1/2 cups milk**
- 2 eggs**
- 2 tablespoons lemon zest**
- 3 tablespoons lemon juice, divided**
- 2 pounds biscuit mix (7 cups)**

Method:

1. Whisk together 6 oz. (1/2 cup) honey, milk, eggs, lemon zest and 2 tbsp. lemon juice.
2. Stir into biscuit mix until soft dough forms. If mixture is too dry, sprinkle with 1-2 tbsp. of additional milk.
3. Gather dough into ball.
4. Knead several times on flour-coated work surface until dough incorporates.
5. Roll out dough into 1/2"-thick rectangle, approximately 8"x12"; fold in quarters.
6. Roll out again into 1/2"-thick rectangle (8"x12").
7. Cut into 24 2" squares; arrange 1" apart on parchment-lined sheet pan.
8. Bake at 450° F until tops are golden brown -- about 8 minutes.
9. Cool slightly.
10. Warm remaining 3 oz. (1/4 cup) honey; stir in remaining 1 tbsp. lemon juice. Brush tops of scones with mixture.

Per Serving

Calories 52 Calories from Fat 8

Percent Total Calories from:

Fat 16% Protein 8% Carb. 76%

Nutrient	Amount per Serving	% Daily Value
Total Fat	1 g	1%
Saturated Fat	0 g	2%
Cholesterol	20 mg	7%
Sodium	13 mg	1%
Total Carbohydrate	10 g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 1% Vitamin C 3% Calcium 0% Iron 1%

MORNING GLORY SAUCE

24 servings (makes 3 quarts -- 24 4 oz. servings)

1 1/2 cups honey (1 lb., 2 oz.)
1 1/2 cups orange juice
3 pounds frozen strawberries in sugar
1 tablespoon plus 1 tsp. vanilla extract

Method:

1. Stir honey and remaining ingredients together until well-combined.
2. Serve at room temperature.

Serving suggestion:

Spoon over fruit, serve with waffles, French toast or pancakes, or layer sundae-style with ice cream and frozen yogurt.

Per Serving

Calories 100 Calories from Fat 1

Percent Total Calories from:

Fat 1% Protein 2% Carb. 97%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	2 mg	0%
Total Carbohydrate	24 g	8%
Dietary Fiber	0 g	2%
Sugars	0 g	
Protein	0 g	

Vitamin A 1% Vitamin C 48% Calcium 0% Iron 3%

PEAR HONEY HELENE

100 servings

4 1/4 cups honey (3 lbs., 3 oz.)
2 cups chocolate fudge syrup
1 tablespoon vanilla extract
100 whole canned pear halves, drained
100 ounces whipped dessert topping

Method:

1. Honey Helene Sauce: Whisk together honey, chocolate syrup and vanilla. Reserve.
2. Put 1 pear half in a small monkey dish or bowl. Top each pear with 2 Tbs. whipped dessert topping; then drizzle with 1 Tb. Honey Helene Sauce.

Per Serving

Calories 241 Calories from Fat 65

Percent Total Calories from:

Fat 27% Protein 3% Carb. 71%

Nutrient	Amount per Serving	% Daily Value
Total Fat	7 g	11%
Saturated Fat	4 g	22%
Cholesterol	22 mg	7%
Sodium	51 mg	2%
Total Carbohydrate	43 g	14%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	2 g	

Vitamin A 5% Vitamin C 2% Calcium 0% Iron 3%

SOUTHWEST HONEY-MINT SYRUP

32 servings (makes 1 quart -- 32 2-tablespoon servings)

- 3 pounds honey (4 cups)**
- 2 cups lime juice**
- 1 quart fresh mint leaves, loosely packed**

Method:

1. Combine and mix honey and lime juice; bring to a boil.
2. Remove from heat and pour over mint leaves. Allow to marinate two hours.
3. Strain and hold for service.

Individual Serving - Southwest Honey-Mint Iced Tea:

Place edge of lime peel spiral over lip of iced tea glass, allowing remainder to coil inside. Add ice cubes, 1 tablespoon Honey-Mint Syrup and fill with prepared tea. Garnish with mint sprig dusted with powdered sugar.

Add Honey-Mint Syrup to fruit juices, mineral waters and hot tea.

Per Serving

Calories 150 Calories from Fat 1

Percent Total Calories from:

Fat 0% Protein 1% Carb. 98%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	3 mg	0%
Total Carbohydrate	37 g	12%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 4% Vitamin C 24% Calcium 0% Iron 3%

SPICY HONEY GLAZE

100 servings

- 3 cups plus 2 tablespoons honey (2 lbs., 5 oz.)**
- 3 cups plus 2 tablespoons butter or margarine**
- 1 1/2 teaspoons hot pepper sauce**

Method:

1. Combine all ingredients in a deep, heavy saucepan.
2. Cook over medium heat, stirring frequently, until mixture is just blended and just beginning to boil. Remove from heat.

Serving suggestions:

Use to glaze fresh vegetables such as carrots, sweet potatoes and winter squash or to baste poultry and seafood.

Per Serving

Calories 87 Calories from Fat 52

Percent Total Calories from:

Fat 60% Protein 0% Carb. 40%

Nutrient	Amount per Serving	% Daily Value
Total Fat	6 g	9%
Saturated Fat	4 g	18%
Cholesterol	16 mg	5%
Sodium	59 mg	2%
Total Carbohydrate	9 g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 0%

SPICY LEMON HONEY GLAZE

24 servings

1 1/2 cups honey (1 lb., 2 oz.)
1 1/4 cups olive oil
1 teaspoon lemon zest, finely chopped
1/4 cup lemon juice
2 tablespoons parsley, chopped
1/2 tablespoon garlic, finely chopped
1/2 tablespoon salt
1/2 teaspoon crushed red pepper flakes

Method:

1. Combine honey and olive oil in a deep, heavy saucepan.
2. Cook over medium heat, stirring frequently, until mixture is well-blended and just beginning to boil. Remove from heat.
3. Stir in lemon zest, lemon juice, parsley, garlic, salt and crushed red pepper.

Serving suggestions:

Use to glaze vegetables, meat, poultry or seafood.

Per Serving

Calories 173 Calories from Fat 101

Percent Total Calories from:

Fat 58% Protein 0% Carb. 41%

Nutrient	Amount per Serving	% Daily Value
Total Fat	11 g	17%
Saturated Fat	2 g	8%
Cholesterol	0 mg	0%
Sodium	2 mg	0%
Total Carbohydrate	18 g	6%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 1% Vitamin C 3% Calcium 0% Iron 1%

SPICY HONEY VINAIGRETTE

64 servings (makes 2 quarts -- 64 2-tablespoon servings)

3 cups cider vinegar
1 1/2 cups honey (1 lb., 2 oz.)
3/4 cup prepared Szechuan sauce
1/2 cup soy sauce
3 cloves garlic, minced
1 tablespoon grated fresh ginger root
1 teaspoon coarsely ground pepper
3 cups vegetable oil

Method:

1. Combine all ingredients except oil; whisk until blended.
2. Gradually whisk in oil; blend well.

Serving suggestion:

Serve on main dish salads with meats or on green salads.

Per Serving

Calories 126 Calories from Fat 92

Percent Total Calories from:

Fat 73% Protein 1% Carb. 26%

Nutrient	Amount per Serving	% Daily Value
Total Fat	10 g	16%
Saturated Fat	1 g	6%
Cholesterol	0 mg	0%
Sodium	130 mg	5%
Total Carbohydrate	8 g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 1%

STRAWBERRY SALSA

24 servings (makes 1-1/2 quarts)

- 1 pint fresh strawberries, sliced (15-16 oz.)**
- 3 sweet red pepper, medium-sized, seeded, diced**
- 2 green bell peppers, medium-sized, seeded, diced**
- 2 tomatoes, medium-sized, fresh, diced**
- 1 Anaheim pepper, large-sized, seeded, chopped**
- 1/4 cup finely chopped cilantro**
- 1/2 cup honey (6 oz.)**
- 1/2 cup fresh lemon juice (4 oz.)**
- 1/4 cup Triple Sec liqueur, or orange extract (2 oz.)**
- 2 tablespoons tequila, optional (1 oz.)**
- 1 teaspoon crushed dried red chili pepper**
- 1 teaspoon salt**
- 1/2 teaspoon black pepper**

Method:

1. Combine all ingredients; mix well. Refrigerate overnight to allow flavors to blend.

Serving tip: Service 2 ounces Strawberry Salsa on grilled swordfish, poached halibut, blackened fish or grilled chicken.

Per Serving

Calories 48 Calories from Fat 1

Percent Total Calories from:

Fat 2% Protein 3% Carb. 81%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	2 mg	0%
Total Carbohydrate	10 g	3%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	0 g	

Vitamin A 18% Vitamin C 66% Calcium 0% Iron 1%

SUNSHINE SALAD DRESSING

100 servings

- 1 quart honey (3 lbs.)**
- 1 quart peanut butter**
- 1 quart orange juice concentrate**
- 1 tablespoon ground ginger**

Method:

1. Blend ingredients together.

Serving suggestions:

Use as a dressing for carrot-raisin salad, cole slaw pineapple salad, or on hot steamed broccoli and carrots. Or, drizzle on pita sandwiches stuffed with cheese and alfalfa sprouts.

Per Serving

Calories 128 Calories from Fat 47

Percent Total Calories from:

Fat 36% Protein 9% Carb. 55%

Nutrient	Amount per Serving	% Daily Value
Total Fat	5 g	8%
Saturated Fat	1 g	5%
Cholesterol	0 mg	0%
Sodium	3 mg	0%
Total Carbohydrate	18 g	6%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	3 g	

Vitamin A 1% Vitamin C 26% Calcium 0% Iron 2%

SWEET 'N SOUR CHICKEN NUGGETS

100 servings

- 3 pounds honey (4 cups)**
- 12 ounces lemon juice (1 1/2 cups)**
- 12 ounces tomato paste (1 1/4 cups)**
- 8 ounces dark soy sauce (1 cup)**
- 4 ounces vegetable oil (1/2 cup)**
- 2 tablespoons red hot pepper sauce**
- 2 tablespoons dry mustard**
- 12 1/2 pounds chicken nuggets**
- 1/2 cup sesame seeds**
- 25 pounds broccoli-carrot mix, cooked and well-drained**

Method:

1. Stir together honey, lemon juice, tomato paste, soy sauce, oil, hot pepper sauce and dry mustard. Add chicken; stir well to coat. Cover and marinate in the refrigerator 30 to 60 minutes.
2. Spray two 18"x26"x1" sheet pans well with non-stick vegetable spray. Spread half the chicken on each pan. Sprinkle with sesame seed. Bake at 350° F for 15 minutes, stirring every 5 minutes to ensure even cooking.
3. Stir hot cooked vegetables into chicken and sauce while on sheet pans.
4. Pour mixture into steam table pans to serve.

Serving suggestions:

For catered buffets, serve in a chafing dish, or thread chicken nuggets and chunks or cucumber on 8-inch bamboo skewers and pass on trays.

Per Serving

Calories 109 Calories from Fat 18

Percent Total Calories from:

Fat 16% Protein 8% Carb. 76%

Nutrient	Amount per Serving	% Daily Value
Total Fat	2 g	3%
Saturated Fat	0 g	1%
Cholesterol	0 mg	0%
Sodium	388 mg	16%
Total Carbohydrate	21 g	7%
Dietary Fiber	1 g	6%
Sugars	0 g	
Protein	2 g	

Vitamin A 118% Vitamin C 13% Calcium 0% Iron 6%

SWEET AND SPICY DIP

100 servings

- 1 quart honey (3 lbs.)**
- 3 cups peanut butter**
- 3 cups ketchup**
- 2 cups cider vinegar**
- 1/4 cup hot pepper sauce**

Method:

1. Blend together honey and peanut butter; stir in remaining ingredients.

Serving suggestions:

Serve as a dip for breaded chicken or turkey nuggets, broiled chicken fingers, egg rolls, French fries or onion rings. Use as a dressing for lentil, bean or pasta salads.

Per Serving

Calories 59 Calories from Fat 35

Percent Total Calories from:

Fat 60% Protein 14% Carb. 26%

Nutrient	Amount per Serving	% Daily Value
Total Fat	4 g	6%
Saturated Fat	1 g	4%
Cholesterol	0 mg	0%
Sodium	87 mg	4%
Total Carbohydrate	4 g	1%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	2 g	

Vitamin A 1% Vitamin C 2% Calcium 0% Iron 1%

TRIPLE GOOD HONEY GLAZE

100 servings

- 3 cups plus 2 tablespoons honey (2 lbs., 5 oz.)**
- 3 cups plus 2 tablespoons butter or margarine**
- 1 teaspoon salt**

Method:

1. Combine all ingredients in a deep, heavy saucepan.
2. Cook over medium heat, stirring frequently, until mixture is well-blended and just beginning to boil. Remove from heat.

Serving suggestions:

Use to glaze fresh vegetables such as carrots, sweet potatoes or winter squash or to baste poultry or seafood.

Per Serving

Calories 87 Calories from Fat 52

Percent Total Calories from:

Fat 60% Protein 0% Carb. 40%

Nutrient	Amount per Serving	% Daily Value
Total Fat	6 g	9%
Saturated Fat	4 g	18%
Cholesterol	16 mg	5%
Sodium	59 mg	2%
Total Carbohydrate	9 g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 0%

WHIPPED HONEY-ORANGE BUTTER

24 servings

- 3 pounds butter, softened**
- 14 ounces honey (1 cup plus 2 Tb.)**
- 3 tablespoons orange peel, grated**
- 1 teaspoon ground nutmeg**

Method:

1. Combine honey, butter, orange peel and nutmeg.
2. Whip until blended and fluffy. Cover and refrigerate.

Per Serving

Calories 473 Calories from Fat 415

Percent Total Calories from:

Fat 88% Protein 0% Carb. 12%

Nutrient	Amount per Serving	% Daily Value
Total Fat	46 g	71%
Saturated Fat	29 g	144%
Cholesterol	124 mg	41%
Sodium	470 mg	20%
Total Carbohydrate	14 g	5%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 35% Vitamin C 2% Calcium 0% Iron 1%

ZESTY HONEY TOMATO SAUCE

100 servings (makes 1 gallon)

- 2 quarts honey (6 cups)**
- 3 quarts tomato sauce**
- 3 cups tomato paste**
- 1 cup red wine vinegar**
- 1/2 cup Dijon mustard**
- 2 quarts chopped onion**
- 5 tablespoons finely chopped garlic**
- 1 teaspoon cayenne pepper**

Method:

1. Combine all ingredients except cayenne in a large, deep saucepan.
2. Bring to a boil; reduce heat to medium-low. Simmer, stirring frequently, until sauce thickens and reduces by approximately 1 quart, about 30 minutes.
3. Stir in cayenne. Serve warm or at room temperature.

Serving suggestion:

Use as a dip for chicken nuggets, fish sticks, fried or grilled shrimp, French fries and other vegetables. Heat and serve as a sauce for chicken, pork, beef or firm, white-fleshed fish.

Per Serving

Calories 116 Calories from Fat 2

Percent Total Calories from:

Fat 2% Protein 4% Carb. 93%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	211 mg	9%
Total Carbohydrate	27 g	9%
Dietary Fiber	0 g	2%
Sugars	0 g	
Protein	1 g	

Vitamin A 9% Vitamin C 14% Calcium 0% Iron 4%