

SWEET TIPS



- Store honey at room temperature.
- A 12 ounce jar of honey equals a standard measuring cup.
- Honey can be enjoyed in several forms - comb honey, liquid honey, and creamed (spun) honey.
- If honey crystallizes, remove lid and place jar in warm water until crystals dissolve, or microwave 1 cup of honey in microwave-safe container at HIGH (100%) for 2-3 minutes or until crystals dissolve. Stir every 30 seconds, and do not boil or scorch.
- For easy removal, coat measuring cup with vegetable oil or vegetable oil spray before measuring honey.
- There are more than 300 flavors of honey. Honeys differ in color and taste depending on the kind of blossoms visited by the honey bees.
- Use strong flavored honeys in spreads or other recipes where a distinct honey flavor is desired. Select mildly flavored honeys, such as clover, for use in cooking where delicate flavors predominate.
- Because of its high fructose content, honey has a higher sweetening power than sugar.
- In baked goods, substitute honey for up to half the sugar and make the following adjustments: (1) Reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey used. (2) Add 1/2 teaspoon baking soda for each cup of honey used. (3) Reduce oven temperature by 25°F to prevent over-browning.
- Honey adds a sweet, smooth and distinctive taste to recipes. Honey also absorbs and retains moisture. These qualities retard drying out and staling of baked goods. Honey also reduces crumbliness in cookies and scones.
- Instead of syrup, drizzle warm honey over crepes, waffles, pancakes, or ice cream. Brush honey on warm baked goods for a sweet, shiny glaze.
- Fresh berries, pureed and sweetened with honey, make a terrific topping for other fruits, desserts, meat, poultry, and fish.
- Keep a honey jar or squeeze bottle within easy reach on the kitchen counter or the table.
- For more sweet tips, send a self-addressed stamped envelope to: National Honey Board; 390 Lashley Street; Longmont, CO 80501-6045.

