

Australia: Anzac Biscuits

(Source: sarasyummybites.com)

- 1 C. quick cooking oats
- ¾ C. coconut flakes
- 1 C. all-purpose flour (or whole wheat)
- 1 C. granulated sugar
- ½ C. butter
- 1 T. HONEY
- 1 tsp. baking powder
- 2 T. boiling water

Preheat oven to 350 degrees. Line a cookie sheet with parchment paper and set aside. In a mixing bowl, mix oats, coconut, flour, and sugar; set aside. In a small saucepan, melt honey and butter over low heat. Mix baking soda and boiling water in a separate bowl, and add this to the butter mixture; mix until fully combined. Add the butter mixture to the dry ingredients and mix to a tacky consistency. Drop by teaspoonsful onto prepared cookie sheet, and bake 18 to 20 minutes. Remove from oven and cool on a rack; store in an airtight container. Makes 4-5 dozen. Enjoy with a cup of tea.

Did you know...?

The color, flavor, and even aroma of honey differs, depending on the nectar of flowers visited by the bees that made it. There are more than 300 unique types of honey available in the United States alone, each originating from a different floral source.

Their shades range from nearly colorless to dark brown, while flavors go from subtle to bold; even the aroma of honey may be reminiscent of the flower. As a general rule, the flavor of lighter-colored honey is milder, and the flavor of darker-colored honey is stronger.

In addition to being an amazing natural sweetener, honey is a wholesome sore-throat soother and a natural energy booster. Research has also shown that honey contains a range of vitamins, minerals, amino acids, and antioxidants.

Honey Tips & Tricks

To substitute honey for granulated sugar, begin by substituting honey for up to half the sugar in the recipe. For baked goods, reduce the oven temperature by 25 degrees to prevent over-browning; reduce any liquid by ¼ cup for each cup of honey used; and add ½ teaspoon baking soda for each cup of honey used.

All honey will naturally crystallize. Store honey at room temperature. If it becomes crystallized, place the jar in a warm water bath and stir until the crystals dissolve. Be careful not to boil or scorch the honey.

American Honey Queen

Jennifer Hinkel is the daughter of Bill Hinkel of Franklin, Wisconsin. A graduate of the University of Wisconsin-Milwaukee, Jennifer earned a bachelor's degree in marketing with a certificate in entrepreneurship. She is an employee of the Wisconsin State Fair and also works on her family's pumpkin and Christmas tree farm. Besides beekeeping, Jennifer enjoys showing and training horses, cooking and baking with honey, hiking, playing clarinet, and volunteering with 4-H.

American Honey Princess

Virginia Allen is the daughter of David and Mary-Ann Allen of Richardson, Texas. She is a freshman at the University of Mary Hardin-Baylor studying organizational leadership. She is an active leader in her local Fire Explorers program and hopes to serve as a paramedic or flight nurse. In her spare time, she enjoys volunteering at church, reading, cross stitching, and rock climbing.

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2021 Honey Recipes

from
American Honey Queen

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&

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India: Orange Honey Lassi

(Source: lemonblossoms.com)

- 12 oz. plain yogurt
- Zest of one orange
- ½ c. freshly squeezed orange juice
- 2 T. HONEY, plus more to taste
- 8 ice cubes

Place all ingredients in a blender; blend until smooth. Adjust sweetness to your liking by adding more honey.

USA: Honey Butter Skillet Corn

(Source: togethertastefamily.com)

- 2 T. butter, salted
- 2 T. HONEY
- 1 16-oz. bag frozen corn
- 2 oz. cream cheese, cut into chunks
- ¼ tsp. salt
- ¼ tsp. black pepper

In a skillet, over medium-high heat, melt butter and honey. Once melted, add the frozen corn and cook 5-8 minutes, stirring occasionally until cooked through. Add cream cheese, salt, and pepper; stir together. Cook 3-5 minutes, stirring occasionally. Serve immediately.

Germany: Honey Cake

(Submitted by Jennifer Hinkel, 2021 American Honey Queen)

- 1 c. HONEY
- ½ c. brown sugar
- 7 T. butter, softened
- 4 c. flour
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. ginger powder
- 1 tsp. cardamom
- 1 tsp. nutmeg
- 1 c. almonds, chopped
- 2 eggs
- 1 pinch salt

Heat oven to 350 degrees. Heat honey, sugar, and butter with a little water in a small saucepan until sugar and butter have melted and are combined. Remove from heat and allow to cool. Mix flour with baking powder, all spices, almonds, and salt. Whisk the eggs and combine with flour mixture and honey mixture. Stir into a smooth dough. Pour into a loaf pan and smooth out. Bake for 60 minutes or until knife inserted in center comes out clean.

Norway: Porridge & Cranberries

(Source: picklephlum.com)

- ¾ c. medium grain white rice
- 1-½ c. water
- 2-½ c. 1% milk
- 1 T. butter
- 1 T. HONEY
- 1 T. granulated sugar
- 1 tsp. kosher salt
- 2 tsp. vanilla extract

In a medium saucepan, add rice and water and bring to a boil. Lower heat to a gentle simmer; cover and simmer 10 minutes or until all the water is absorbed. Add one-third of the milk, stir, cover, and leave until the consistency thickens. Add a little more milk every time the consistency thickens (approximately every 5 to 10 minutes), repeating until all the milk is used and the porridge is thick and rice is tender. The entire process should take about 45 to 55 minutes. Add butter, honey, sugar, salt, and vanilla extract; stir well. Turn off heat and serve porridge in bowls topped with a small pat of butter (optional), cinnamon and dried cranberries. Will keep in the refrigerator for up to 3 days.

China: Moo Goo Gai Pan

(Submitted by Virginia Allen, 2021 American Honey Princess)

- 1 whole boneless chicken breast, skinned, halved
- 1-½ c. water
- 1/3 c. soy sauce
- ¼ c. dry sherry
- 2-½ T. cornstarch
- 2 T. HONEY
- 2 tsp chicken bouillon granules
- 1 8-ounce can sliced water chestnuts, drained
- 1 c. pea pods, halved crosswise
- ½ c. fresh mushrooms, sliced
- 4 to 6 green onions, sliced
- 2 to 3 T. fresh ginger root, grated
- 2 T. cooking oil

Partially freeze chicken; thinly slice into bite-sized strips. In a small mixing bowl, stir together the water, soy sauce, dry sherry, cornstarch, honey, and chicken bouillon granules; mix well. Preheat wok or large skillet over high heat; add oil. Add the chicken to wok or skillet; stir-fry 3 to 4 minutes. Remove chicken. Add more oil, if necessary. Stir-fry water chestnuts, pea pods, mushrooms, green onions, and ginger root 3 to 4 minutes. Return chicken to wok or skillet. Stir the bouillon mixture and stir in chicken. Cook and stir till thickened and bubbly. Cover and cook 2 minutes more or till heated through. Serves 4-6.

Yemen: Ima's Challah

(Source: foods2.com)

- 1-½ c. warm water, divided
- ¼ c. plus 2 tsp. sugar, divided
- 2 T. instant (powdered) yeast
- 6 c. flour (either all white or half white whole wheat)
- 2 tsp. salt
- ¼ c. HONEY, plus 1 T. for egg wash
- 2/3 c. canola oil
- 4 eggs, plus 1 yolk for egg wash
- 1 pinch ground cardamom, optional

Put 1 cup warm water in a small bowl. Add 2 teaspoons sugar; sprinkle the yeast over top. Swirl the bowl just to combine, and rest for five minutes to proof. While yeast is proofing, mix flour, salt, ¼ cup of sugar, and optional cardamom in a large bowl; stir to incorporate. In a medium bowl, mix remaining water, honey, oil, and eggs. When yeast has finished proofing, add it to the flour, immediately followed by wet ingredients. Mix with a large wooden spoon just until combined, about 30 seconds. Stir using a spoon until the dough becomes too thick to stir. Empty dough onto a well-floured surface and knead by hand until smooth and no longer sticky, adding flour with a light hand as needed, 7 to 10 minutes. Split the dough into two equal pieces. Set each in a large oiled bowl. Cover both bowls with plastic wrap or a damp towel, and let rise at room temperature until doubled in size. If using white flour, this should take about 2 to 2.5 hours; white whole wheat will take 3.5 to 4 hours. Feel free to let the dough rise in the refrigerator overnight instead; if you do this, be sure to set out the dough in plenty of time before shaping, so it can come to room temperature.

Preheat oven to 375

degrees. After the rise, the dough should be soft and pliable. Separate each mound of dough into three equal balls, for a total of six. Roll each ball into a log approximately 1-foot long.

Braid three logs together to create your loaf. Pinch the tips together; tuck beneath the loaf when braiding is finished. Repeat with second loaf. Put each loaf on its own silpat-lined baking sheet. For egg wash, mix yolk with 1 tablespoon water and 1 tablespoon honey; brush over loaves. Bake for 20 to 22 minutes until golden brown. Makes 2 large loaves.

