


HAVE YOU TRIED?

cooking with honey



WHAT IT IS Thick, syrupy honey is made by honeybees from flower nectar—its color and flavor are determined by the blooms the bees visit. Clover, alfalfa, wildflower, and tupelo are a few of the more than 300 types of honey produced in the United States. Honey contains enzymes, vitamins, minerals, and amino acids.

BUYING AND STORING Find local honey at farmers' markets and roadside stands. Common varieties, such as clover and orange blossom, are available at any supermarket. Look for "100% pure honey" on the label; avoid those that list corn syrup or other additives. Store honey in an airtight container, up to 2 years.

HOW TO COOK WITH IT

Think outside the teacup. Try adding honey to a marinade for pork tenderloin or ribs. Use it to sweeten mustard or peanut butter for an easy dip. Drizzle honey over fresh fruit, like bananas, pears, or oranges, or onto ricotta cheese for a light dessert. Honey is sweeter than sugar (good to know when measuring), and it helps keep baked goods moist longer than other sweeteners. Pale-colored honeys are generally mild in flavor; dark ones can be richer and more complex.

HONEY-PECAN GRANOLA

Preheat oven to 300°. In a large bowl, combine 3 cups old-fashioned rolled oats, 1½ cups pecans, coarsely chopped, 3 tablespoons unsalted butter, melted, ½ cup wildflower or orange blossom honey, and ½ teaspoon coarse salt; mix well to coat. Transfer to a parchment-lined rimmed baking sheet and spread in an even layer. Bake until oats are lightly golden, 30 minutes, stirring halfway through. Let cool completely on sheet. (Store in an airtight container at room temperature, up to 3 weeks.) **MAKES 4½ CUPS**

per ½ cup: 272 cal; 16.6 g fat (3.2 g sat fat); 5.8 g protein; 27.4 g carb; 4 g fiber

HONEY GOES WITH:

- ▶ ricotta, goat cheese, and blue cheese, such as Gorgonzola
- ▶ bananas
- ▶ citrus fruits
- ▶ pears
- ▶ sweet potatoes
- ▶ carrots
- ▶ ginger
- ▶ mint, thyme
- ▶ chicken, pork, lamb
- ▶ nuts
- ▶ brandy, rum, Cognac
- ▶ vanilla
- ▶ dark chocolate

SWAP IT

Make a nut-free version: Omit the pecans and increase the oats to 4 cups.





honey-roasted vegetables

SERVES 4

ACTIVE TIME: 10 MIN

TOTAL TIME: 1 HR 10 MIN

- 2 medium sweet potatoes (1 pound total), peeled, halved, and cut into $\frac{1}{2}$ -inch pieces
- 4 medium carrots, cut into $\frac{1}{2}$ -inch pieces
- 2 medium parsnips, peeled and cut into $\frac{1}{2}$ -inch pieces
- $\frac{1}{2}$ cup walnut halves
- $\frac{1}{4}$ cup honey
- 2 tablespoons extra-virgin olive oil
- coarse salt and ground pepper
- 3 to 5 sprigs thyme

Preheat oven to 375°. In a 3-quart baking dish, toss together sweet potatoes, carrots, parsnips, walnuts, honey, and oil; season with salt and pepper. Top with thyme sprigs and roast until vegetables are browned at edges and tender when pierced with a knife, about 1 hour.

per serv: 372 cal, 15.5 g fat (1.8 g sat fat), 5.1 g protein, 57.2 g carb, 6.6 g fiber

POUR IT ON

If your honey crystallizes (a natural occurrence), microwave it for 30 seconds to return it to a liquid state.

HONEY MARINADE

In a small bowl, whisk together 2 tablespoons Dijon mustard and $\frac{1}{4}$ cup each honey, red-wine vinegar, and extra-virgin olive oil. Season with ground pepper. (To store, refrigerate, up to 3 weeks.) Pour marinade over 6 pork chops (right) or 4 chicken breasts. Refrigerate 1 hour (or up to 3 hours) before grilling, baking, or pan-frying. **MAKES $\frac{3}{4}$ CUP**

OTHER IDEAS FOR HONEY MARINADE

- Drizzle over salad greens, such as arugula or watercress.
- Add to shredded red or green cabbage for a sweet-and-sour slaw.
- Toss with steamed cauliflower or broccoli.
- Marinate firm tofu before baking or grilling.

GREAT IDEA

This honey marinade leads a double life—it's also great as a vinaigrette.



sweet-and-sour chicken wings

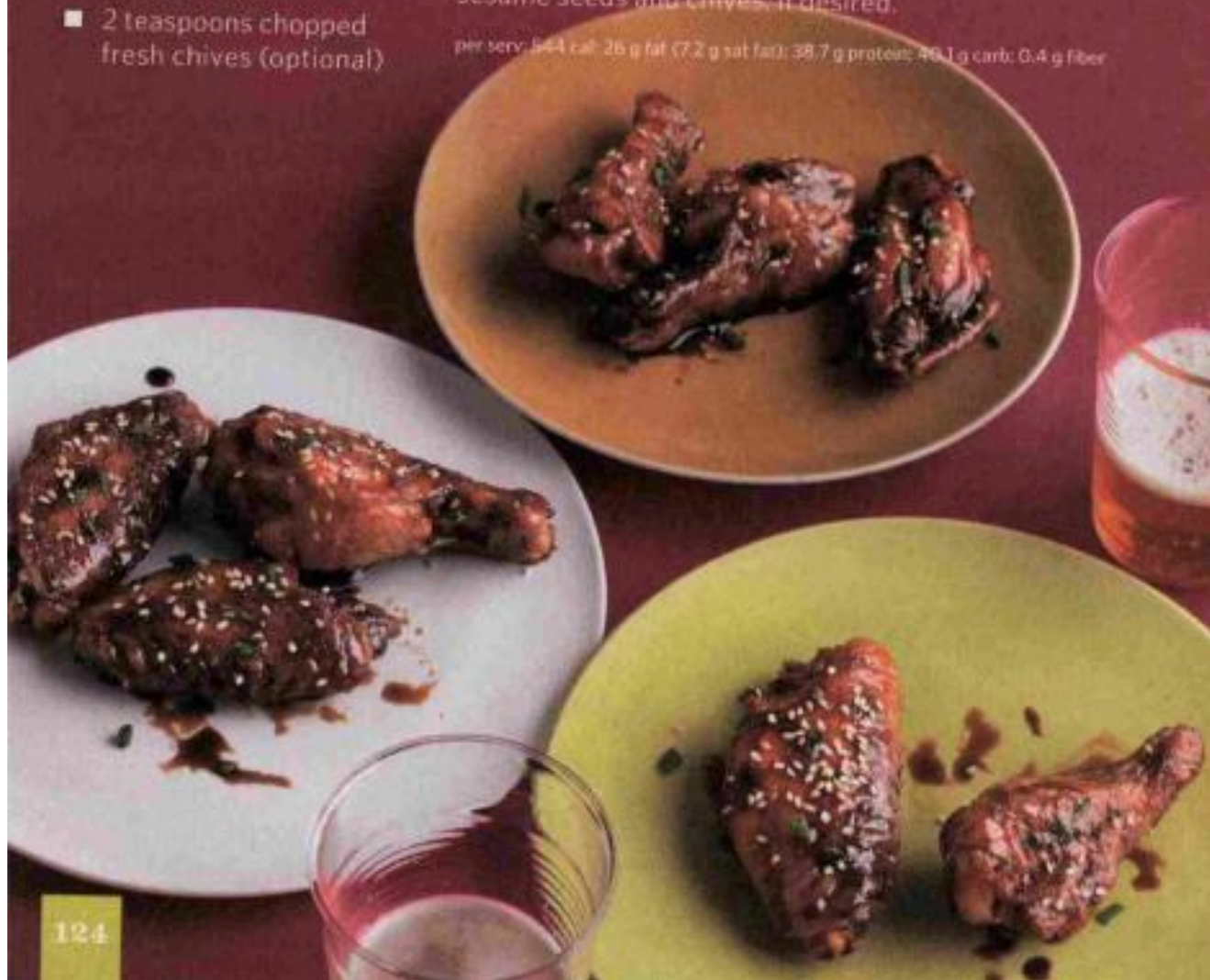
SERVES 4 ■ ACTIVE TIME: 10 MIN ■ TOTAL TIME: 45 MIN

- ½ cup soy sauce
- ½ cup white vinegar
- ½ cup clover or wildflower honey
- 3 garlic cloves, smashed and peeled
- 2-inch piece peeled fresh ginger, thinly sliced
- 3 pounds chicken wings, cut in half at joint (wing tips removed)
- 1 teaspoon sesame seeds, toasted
- 2 teaspoons chopped fresh chives (optional)

1 Preheat oven to 475°. In a small saucepan, whisk together soy sauce, vinegar, honey, garlic, and ginger. Bring to a simmer over medium-high and cook, stirring occasionally, until mixture thickens and is reduced by half, 30 minutes. Pour through a fine-mesh sieve into a large bowl; discard solids. You should have ¾ cup sauce.

2 Meanwhile, arrange chicken wings in a single layer on a rimmed baking sheet. Bake until golden, crisp, and cooked through, 35 minutes. Drain fat from sheet and, with tongs, transfer wings to bowl with sauce. Toss until wings are coated and most of sauce is absorbed, about 3 minutes. To serve, sprinkle with sesame seeds and chives, if desired.

per serv: 544 cal; 26 g fat (7.2 g sat fat); 38.7 g protein; 46.1 g carb; 0.4 g fiber



TRY THIS

For an effortless dessert, serve this no-churn ice cream with butter cookies or shortbread.

FROZEN HONEY CREAM

In a medium bowl, using an electric mixer, beat $1\frac{3}{4}$ cups cold heavy cream to stiff peaks, then refrigerate. In a small pot, bring $\frac{3}{4}$ cup wildflower or orange blossom honey to a boil over medium-high and cook 2 minutes. In another medium bowl, using mixer, beat 4 large egg yolks until pale yellow. With mixer running, add hot honey in a slow, steady stream. Beat on high until mixture has cooled to room temperature, about 5 minutes. With a rubber spatula, fold in whipped cream. Transfer mixture to a 5-by-10-inch loaf pan. Cover with plastic wrap. Freeze until set, 2 hours (or up to 1 week). **SERVES 8 TO 10**

per serv (based on 8): 291 cal; 21.5 g fat (12.8 g sat fat); 2.6 g protein; 24.2 g carb; 0 g fiber