

Reigate Beekeepers



Favourite Honey Recipes

The following pages contain recipes that have been collected over the years by **Reigate Beekeepers** and are used by our members to make some of their favourite delicious dishes that bring out the magic tastes and flavours of honey. New recipes are published each month in our members' magazine called **BeeNews**.

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About Our Local Honey

Whether or not you are a firm believer that 'honey is good for you' (see the box below), you will appreciate that it is a natural food, with no additives or 'E numbers'. In the case of local beekeepers' honey it will have had the very minimum of processing. It will only have been strained to make sure it contains no hive debris. All the natural fragrances of the nectar source and some of the pollen will be there, to help produce the special flavour.

Whether it is runny or crystallised is entirely up to the bee and the blossoms on which it has been foraging. All honey will set eventually, some so quickly that within a couple of hours of leaving the hive it is almost solid. Special techniques have been developed to keep it at hive temperature until it is out of the comb, strained and into the jar. These fast setting honeys have the advantage of fine, smooth crystals when they set but very often the flavour is poor, whereas the slow setting ones have a good flavour but a coarse gritty texture. Ideally, a mixture of the two types produces a fine smooth texture which tastes delicious and does not set like a rock.

In the large area of south east Surrey covered by **Reigate Beekeepers** members, we have a very mixed range of flora. Even when Oil Seed Rape is in the countryside there will be many other plants producing nectar in our parks and gardens giving the local honey a most attractive flavour.

To enjoy honey at its best there is no better way than taking it straight from the comb and putting it on your bread and butter. This ensures that you lose none of the flavour and goodness. However, for those of you who wish to enjoy the effect of including honey in your cooking, we hope our favourite recipes will interest you, some are very simple, others are a bit more ambitious. But in these days of convenience food that always tastes the same, isn't it nice to try something a little bit different.

Butter in our Recipes

Our recipes use butter. Margarine can be substituted if you prefer, but then the magic that happens when honey and butter are cooked together will be lost !!!

The health benefits of honey have long been appreciated to treat a variety of ailments. The use of honey in medicine has traditionally been categorised as 'alternate medicine'. However, its therapeutic uses are now well researched and understood.

Honey contains powerful antioxidants with antiseptic and antibacterial properties. Honey has been used medicinally for at least 2000 years, but it is only recently that its antibacterial, anti-inflammatory and antioxidant properties have been fully documented.



Favourite Recipes



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Recipe (1) Honey Fruit Cake



8 ounces **Honey**
8 ounces Self Raising Flour
4 ounces Butter
4 ounces Currants
4 ounces Sultanas
2 ounces Mixed Peel
2 Eggs
3 tablespoons Milk
A pinch of Nutmeg
A pinch of Salt

Grease and line a 7" round tin. Set oven to 180°C or Gas Mark 4. Sift together the flour, salt and nutmeg. Mix the dried fruits and mixed peel together with a tablespoonful of the flour. Cream together the honey and butter until light and fluffy. Gradually beat in the eggs alternately with the flour. Stir in the dried fruit and milk and mix well. Transfer the mixture to the baking tin and bake for about 1.5 hours until deep golden colour. A wooden cocktail stick inserted into the centre should come out clean. Leave to cool for 10 minutes before removing from the tin.

Recipe (2) Beef Casserole with Honey



2 tablespoons **Honey**
2 lbs Stewing Beef
1 large Onion
2 tablespoons Lemon Juice
3 teaspoons Mustard Powder
1 medium Green Pepper
3 sticks of Celery
6 ounces Tomato Ketchup
0.5 lb Carrots
0.75 pint of Water

Heat a little oil in an ovenproof pan or casserole. Cut the beef into cubes and brown in the hot oil. Slice the vegetables and add to the beef; mix together the remaining ingredients and pour over the beef and vegetables. Cover and cook gently for 1.5 hours or until the meat is tender. May be served with rice or mashed potatoes.

Recipe (3) Honey Swiss Roll



If you like to use unrefined ingredients in your cooking try this one.

3 tablespoons Clear **Honey**
3 Free Range Eggs
3 ounces Wholemeal Flour
3 tablespoons Sugar Free Jam

Grease and line a Swiss Roll tin. Set the oven to 220°C or Gas Mark 7. Put the eggs and honey in a large bowl over a pan of hot water and beat until the mixture thickens. Fold in the sifted flour with a metal spoon. When well combined, transfer to the baking tin and bake for 8 to 10 minutes. The sponge is ready when it has shrunk away from the sides of the tin and feels spongy to the touch. Invert the sponge on to a sheet of grease proof paper, remove baking paper and trim the edges of the sponge. Quickly spread with jam and roll up. Eat the same day.



Recipe (4) Honey Cake - Celia's Classic



150 g English **Honey**
115 g butter
55 g dark soft brown sugar
6 eggs separated with yolks lightly beaten
125 g self-raising flour
Pinch of salt
1 teaspoon ground cinnamon
1 teaspoon mixed spice
100 g chopped walnuts
100 g ground almonds

Preheat oven to Gas Mark 3 or 160°C.
Beat butter and sugar together until pale and creamy.
Gradually beat in the egg yolks, then add the honey.
Sift in the flour, salt and spices and fold into the mixture with the almonds and walnuts.
Whisk the egg whites until stiff and fold gently into the mixture.
Pour mixture into lined 20 cm round cake tin.
Bake for one hour.

Recipe (5) Anzac Biscuits - Coral's Favourite



1 tablespoon **Honey**
4 oz Butter or Margarine, or Oil or mixture of any
1 level teaspoon Bicarbonate of Soda
2 tablespoon Water
3 oz Plain Flour
4 oz Soft Brown Sugar
3 oz Dessicated Coconut (unsweetened)
4 oz Rolled Oats.
Pinch of salt
Optional:
2 teaspoons Cocoa, or 1 oz Sultanas or Raisins, or
1 teaspoon Cinnamon or 1 oz Walnuts.

Melt the butter and honey. Add bicarbonate of soda dissolved in water. (Not very soluble, just swirl it around). Mix all dry ingredients in bowl, add wet ingredients. Put pieces the size of a walnut on a baking sheet lined with baking parchment. (They will stick to the sheet without the parchment, even if you grease it!!) Flatten each piece slightly, leave room to spread.

Bake at:
170°C conventional oven.
155°C fan oven
Gas Mk 3-4 for 15 minutes.
They will still be soft when you take them out. Let them cool for 5 minutes and they will firm up. Cool on cake rack.

Recipe (6) Toddy with a Kick!



2 tablespoons **Honey**
1 fluid ounce Whisky (or to taste!)
2 to 3 tablespoons of Lemon Juice
1 tablespoon Ginger Wine
Boiling Water
(Serves one)

Put the honey, lemon juice and ginger wine into a heatproof glass and three-quarter fill with boiling water.

Stir to dissolve the honey, add the whisky and drink whilst hot.

Having warmed yourself - make some more toddies and share with friends.



Recipe (7) Dorset Honey and Apple Cake with Greek Yoghurt Delight



For the Cake:
4 tablespoons **Honey**
450 g sliced cooking apples
225 g butter
350 g self-raising flour
280 g golden castor sugar
4 eggs
Juice of half a lemon
2 teaspoons vanilla extract

Heat oven to 180°C/160°C fan/Gas Mk 4. Butter and line rectangular baking tin with paper. Squeeze lemon juice over sliced apples. Mix butter, caster sugar, eggs, vanilla and flour well, until smooth. Layer ½ mixture in tin, followed by ½ sliced apples, rest of mixture and apples, drip honey over the top. Bake for 45-50 minutes until golden and springy to touch. Leave to cool before turning out.

For the Yoghurt:
3 teapoons **Honey**
250 g natural Greek yoghurt
4 fresh thinly sliced figs
1 teaspoon ground cinnamon

Mix yoghurt with cinnamon. Cook slices of figs covered in the Honey in a low oven for about one hour basting every ¼ hour. Leave to cool. Place figs and juice over yoghurt and put in fridge for a few hours or overnight to infuse.

Recipe (8) Meat and Potato Roll



For the sauce:
2 tablespoons **Honey**
1 level teaspoon mustard
1 tablespoon tomato sauce
salt and pepper to taste

For the dish:
1 lb minced meat
1 large chopped onion
2 oz plain flour
1½ lb potatoes
6 oz breadcrumbs
1 egg
1 tablespoon tomato sauce
1 oz butter
mixed herbs

Gently cook the minced meat and chopped onion in a pan over medium heat until lightly browned. Stir in tomato sauce, and flavour well with salt pepper and herbs. Leave this mixture to cool. When cool add breadcrumbs, egg and flour and mix thoroughly. Place a piece of greaseproof paper on a working surface and carefully roll out the mixture into a rectangle.

Boil and cream the potatoes with 1 oz butter. Spread the creamed potato evenly over meat mixture and roll it up like a Swiss roll using the paper or foil to help. Place on a baking sheet with the joint underneath, and cook at 375°F for 25 minutes.

Mix together all the ingredients for the sauce, brush over the roll and return to the oven for 15 minutes, and then serve.



Recipe (9) Flap Jacks



3 tablespoons **Honey**
4 ounces Demerara Sugar
4 ounces Butter
6 ounces Porridge Oats
2 ounces Desiccated Coconut
1 Egg
1 teaspoon Baking Powder
0.5 teaspoon Salt

Put the sugar butter and honey in a heavy based saucepan and heat gently until melted. Remove from the heat and stir in the remaining ingredients. Press into a shallow greased 8 inch square baking tin and bake in a moderate oven 180°C or Gas Mark 4 until golden and firm to the touch. Remove from the oven and leave for 5 minutes, then mark into squares and leave to cool. When completely cold loosen with a palette knife and lift each square carefully from the tin.

Recipe (10) Pork in Cider



4 tablespoons **Honey**
2 ounces of Butter
2 lb Pork fillet cut into cubes.
4 Shallots (chopped)
0.25 teaspoon ground
Cardamom Salt and Pepper
0.5 pint Dry Cider
A strip of Lemon Peel
A strip of Orange Peel

Melt the butter in a casserole and brown the meat on all sides. Add the shallots, honey, orange and lemon peel and season with the cardamom, salt and pepper. Pour over the cider and bring to the boil. Cover the casserole tightly and transfer to a preheated oven, 180°C or Gas Mark 4 and cook for 0.5 to 1 hour. Lift out the meat and reduce the cooking liquid to serve as a sauce.

Recipe (11) Honey Glazed Vegetables



2 dessertspoons **Honey**
2 ounces Butter

Many of us like to pop a knob of butter on to our cooked vegetables before serving; but have you tried a spoonful of honey as well? The result on new peas is wonderful.

Root vegetables such as potatoes, carrots, parsnips and onions can be boiled in the usual way, and then coated with a mixture of honey and butter, before baking in a moderate oven at 180°C or Gas Mark 4 until they are nicely browned and glazed.



Recipe (12) Sri Lankan Love Cake



- 2 tablespoons **Honey**
- 1 lb (500g) caster sugar
- 8 oz (250g) semolina
- 12 oz (375g) cashew nuts
- 7 eggs separated
- ½ teaspoon ground nutmeg
- ½ teaspoon lemon rind
- ½ teaspoon ground cardamom
- ½ teaspoon almond essence
- 2 tablespoon rose water

Finely chop the cashew nuts, and finely grate the lemon rind.

Grease and line an 8 inch (20 cm) square cake tin with two thicknesses of greaseproof paper. Brush the inner paper with melted butter. Beat the egg yolks and caster sugar together until light and creamy. Stir in the semolina, cashew nuts, rose water, honey, lemon rind, spices and almond essence. Beat the egg whites until firm and fold into the mixture. Put in tin and bake in a 150°C or Gas Mark 2 oven until the cake is evenly brown and is firm to touch. If the cake starts to brown too quickly, cover with paper or foil. Do not use the usual skewer test as the cake should be somewhat moist.

Leave until quite cold and then cut into small pieces.

Recipe (13) Chinese Pork in Cider



- 2 tablespoons **Honey**
- 1 lb ham in one piece
- 2 tablespoons sugar
- 2 tablespoons dry sherry or rice wine
- 2 teaspoons cherry brandy
- 2 teaspoons cornflour
- 8 fluid ounces water

Soak the ham for 12 hours in pan of cold water. Drain well and then steam for 2 hours in steamer or a sieve over a pan of boiling water. Remove and cool. When cold cut into ¼ inch thick slices and arrange on a dish.

To make the sauce, combine all the ingredients in a pan, bring slowly to the boil stirring all the time. When the sugar has dissolved and the sauce thickened pour over the ham.

Serve very hot.



Recipe (14) Honey and Fig Christmas Cake



2 tablespoons **Honey**
200 g dried figs
750 g mixed dried fruits
100 g blanched whole almonds
100 g chopped peel
100 g glacé cherries
300 g plain flour
1 teaspoon ground cinnamon
1 teaspoon grated nutmeg
zest 1 lemon
250 g lightly salted butter
250 g light muscovado sugar
1 teaspoon vanilla extract
1 tablespoon black treacle
4 large eggs
½ teaspoon bicarbonate soda
1 tablespoon milk
3 tablespoons brandy

Heat oven to 140°C / Gas Mark 1. Line a 20 cm cake tin with a double layer of brown paper, and then a double layer of baking parchment. Mix the fruit, almonds, peel, figs and cherries. Turn well, add flour, spices and lemon zest. In a separate bowl, cream the butter and sugar thoroughly, add the vanilla extract, honey and treacle. Still beating, incorporate the eggs, stir in the fruit and flour mixture. Dissolve bicarbonate of soda in the milk and stir in thoroughly. Add the brandy, until you have a soft dropping consistency.

Turn the batter into cake tin and make a dip in the middle using the back of a spoon. Bake for 3½ hours, insert a skewer - if it comes out clean, it is ready. If there is any cake mix on the skewer, cook for 10 minutes more and test again. When it is done, remove the cake from the oven and leave to cool in its tin. The next day, remove from the tin, wrap in fresh greaseproof paper, put it into an airtight tin or wrap tightly in foil.

Store the cake for about three weeks before icing, and unwrap and sprinkle occasionally with more brandy.



Recipe (15) Honey and Cinnamon Christmas Trees



Biscuit Dough

80 ml (1/3 cup) **Honey**
200 g butter
80 g icing sugar mixture
300 g plain flour, sifted
40 g self-raising flour, sifted
1/4 teaspoon ground cinnamon
2 tablespoons milk

Glaze Icing

2 egg whites, lightly whisked
500 g icing sugar
1 tablespoon lemon juice
1/2 cup desiccated coconut



Line two baking trays with baking paper. Using an electric mixer, beat butter and icing sugar mixture in a bowl until pale and creamy. Add honey, beat until well combined.

Add butter to flour, cinnamon and milk in a bowl, and mix until dough begins to form. Turn onto a well floured surface. Knead gently until smooth. Divide dough in half and wrap each portion in plastic wrap. Place in the fridge for 15 minutes.

Preheat oven to 160°C. Using a well floured rolling pin, roll one portion of dough out on a well floured surface until 5 mm thick.

Using a Christmas tree cutter, cut out biscuits. Place on prepared trays. Bake for 10 to 12 minutes or until crisp and golden. Cool on tray for 5 minutes before transferring to a wire rack to cool completely. Repeat with remaining dough.

Make glaze icing: Using a wooden spoon, lightly beat eggwhites. Sift icing sugar over eggwhite. Stir until smooth. Add lemon juice and stir until well combined.

Spread biscuits with icing, leaving a 2 mm border. Sprinkle with coconut. Set aside for one hour to set. Serve or gift wrap.

Recipe (16) Lamb Cutlets with Honey



1 dessertspoon **Honey**
4 Lamb Cutlets
4 fluid ounces Stock
1 dessertspoon Flour
A little Cooking Oil
Juice of half a Lemon

Brush the cutlets with the oil and place under a hot grill to brown on both sides.

Reduce the heat and grill until the outlets are cooked. Set aside and keep warm.

Using a dessertspoon of fat from the grill pan, stir in the flour and cook over a low heat until brown.

Then blend in the lemon juice honey and stock. Cook over brisk heat for about 3 minutes stirring all the time.

Pour the sauce over the outlets and serve.



Recipe (17) Honey Mulled Wine



3 tablespoons **Honey**
1 litre of Red Wine
1 Orange
1 Red Skinned Apple, cored, quartered then sliced
2 tablespoons Brandy
10 Cloves
0.5 teaspoon Cinnamon

Stud the orange with cloves and cut into slices. Put into a large, heavy based pan and add all the ingredients except the apple and brandy.

Heat gently until hot but not boiling.

Stir in the apple and brandy.

Serve in heatproof glasses whilst hot.

Recipe (18) Sticky Honey Sponge



6 ounces **Honey**
5 ounces Butter
4 ounces Soft Brown Sugar
2 Eggs
7 ounces Self Raising Flour

Grease and line an 11" x 7" shallow cake tin. Set oven to 180°C or Gas Mark 4.

Put the butter, sugar, honey and 1 tablespoon of water into a saucepan and heat gently until melted and smooth.

Cool slightly then beat in the eggs. Sift in the flour and beat to form a smooth batter.

Pour into the prepared cake tin and bake for 30 to 35 minutes until golden and springy to the touch.

Brush the top with warm honey just as it comes from the oven.

Recipe (19) Tarts of Portingale (based on an old sixteenth century recipe)



8 ounces **Honey**
6 ounces plain flour
3 ounces butter or margarine
1 powdered clove
½ teaspoon powdered cinnamon
8 ounces crushed digestive biscuits
½ teaspoon powdered ginger
1½ teaspoon aniseed

Make shortcrust pastry with flour and butter and use to line 9" flan tin.

Heat honey in a saucepan, add biscuits and spices and mix well.

Put mixture into flan case and bake in a moderate oven.

(These make a nice change from treacle tarts)



Recipe (20) Nutty Cobbler



2 tablespoons **Honey**
1½ lbs rhubarb
1 tablespoon sugar
1 tablespoon water
1 ounce chopped walnuts
6 ounces plain flour
pinch of salt
2 teaspoons baking powder
3 ounces butter
½ egg
½ teaspoon cinnamon

Prepare rhubarb. Place in a fireproof dish with water and sugar and cook in the oven until tender.

Make cobbler pastry using only 2 ounces butter, and mix with egg and honey. Roll pastry into an oblong, spread with the extra 1 ounce of butter and sprinkle with cinnamon. Roll up as for a Swiss Roll, cut into rounds and place on top of rhubarb. Bake in hot oven for a further 15 mins. Just before serving, brush cobbler topping with extra honey and sprinkle with walnuts.

Serve with hot custard or cream.

Recipe (21) 'No Need to Bake' Chocolate Cake



2 tablespoons **Honey**
8 ounces Digestive Biscuits
(crumbed)
2 ounces Butter
4 ounces Plain Chocolate
2 ounces Marshmallows
(quartered)
1 ounce Chopped Nuts

Melt butter, chocolate and honey together over a low heat.

Stir in the biscuit crumbs and nuts and finally, the marshmallows.

Press into a lightly greased 7 inch tin and refrigerate until completely set.

Turn out and cut into about 12 pieces.

Recipe (22) Micro-waved Honey Cake



4 ounces **Honey**
2 ounces Dark brown sugar
3 ounces Butter
6 ounces Wholemeal Self
Raising Flour
4 fluid ounces Milk
1 Egg
1 teaspoon ground Cardamom
0.5 teaspoon Mixed Spice
0.5 teaspoon Bicarb of Soda

Using the microwave you'll have a home baked cake in next to no time.

Grease and line a 2 lb microwave loaf dish. Put honey, sugar and butter into a suitable bowl and cook on 'High' for 2 to 2.5 minutes until the mixture is bubbling.

Sift together the flour, spices and soda.

Stir into the melted honey mixture with the egg and milk.

Transfer to the prepared dish and cook on high for about 8 minutes.

Note - The mixture should be springy to touch but slightly sticky.

Set aside for 5 minutes by which time a cocktail stick inserted into the centre should come out clean.



Recipe (23) Honey Bubbles



4 tablespoons **Honey**
4 ounces Butter
4 ounces Sugar
4 ounces Chocolate (grated)
2 ounces Coconut
5 ounces Rice Krispies

Melt the butter, honey and sugar slowly in a heavy based saucepan and boil for 3 minutes without stirring.
Place the chocolate, coconut and Rice Krispies in a bowl and pour over the honey mixture and stir well.
Press into lightly greased rectangular trays, then cut into squares when firm.

Recipe (24) Chocolate Fudge



2 ounces **Honey**
1 lb Granulated Sugar
4 ounces Plain Chocolate
5 ounces Butter
0.5 pint Milk

Grease a 6" by 8" tin
Place all the ingredients into a heavy based saucepan.
Stir over a low heat until the sugar has dissolved.
Bring to the boil and continue boiling until the temperature is 116°C (240°F).
'Soft Ball' stage, when a drop of the mixture placed in ice cold water forms a soft ball.
Stand the pan on a cold surface for 5 minutes, and then beat the mixture until thick, creamy and beginning to go 'grainy'.
Pour into the tin and mark into squares, cut when cold.

