

Honey... It's for More Than Just Tea!

Session Overview

Learn to use honey beyond sweetening tea — with kitchen skills, conversion tips, and safe storage guidelines.

Session Objectives

- Understand honey's role in baking and cooking.
- Learn how to substitute honey for sugar properly.
- Identify when honey is no longer safe to use.

What is Honey & Why Use It?

- Natural sweetener with antioxidants, antibacterial properties, and long shelf life.
- **Common Types:** Clover, Wildflower, Buckwheat, Orange Blossom

Flavor & Variety

- Clover = light & floral
- Buckwheat = dark & robust
- Orange Blossom = citrusy
 - ➡ Pair lighter honeys with cakes/muffins, darker honeys with breads/BBQ
- **Light honeys** = mild & delicate
- **Dark honeys** = bold & rich



Baking with Honey Tips & WHYs

- **1 cup sugar → $\frac{3}{4}$ cup honey**
→ Honey is sweeter & adds liquid, so you need less.
- **Reduce other liquid by $\frac{1}{4}$ cup**
→ Balances honey's natural water content.
- **Add $\frac{1}{4}$ tsp baking soda per cup honey**
→ Neutralizes acidity, helps rise, balances flavor.
- **Lower oven temp by 25°F**
→ Honey browns faster due to fructose.

Cooking & Simple Ways to Use Honey

- **Glazes & Marinades:** honey + soy + garlic
- **Sauce Finishing:** stir in for gloss & balance
- **Parfait:** Yogurt + honey drizzle + nuts + berries
- **Vinaigrette:** honey + mustard + vinegar + oil
- **Roasted Carrots:** Olive oil + honey + salt → roast, add honey last 10 min to prevent burning
- **Oat Bread:** Adjust liquid/temp using honey baking rules



Honey Science, Tips & Nutrition

Measurement & Storage Tips

- Coat spoons/cups with oil for easy measuring
- Sub honey for maple syrup or agave (adjust liquids)
- Crystallization is normal → warm gently to restore

Hygroscopic Property

- Honey naturally attracts water → keeps baked goods moist
- In glazes or marinades → helps retain juice in meats & vegetables
- Can crystallize if water content drops too low; reversible with gentle warming
- Fun Fact: Helps soothe throat in natural cough syrups

Trace Minerals & Antioxidants

- **Trace minerals:** iron, zinc, calcium, potassium, magnesium
- **Antioxidants:** flavonoids & phenolic acids neutralize free radicals; darker honey = higher antioxidant content
- Supports immune health & has mild anti-inflammatory properties
- Honey is lower glycemic than sugar → gentler blood sugar rise, but still use in moderation



Sugar → Honey Conversion Table

Sugar (Granulated)	Honey Equivalent	Reduce Other Liquids By	Add Baking Soda	Oven Temp
1 cup	$\frac{3}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ tsp	-25°F
$\frac{3}{4}$ cup	$\frac{1}{2}$ cup	3 Tbsp	$\frac{1}{8}$ tsp	-25°F
$\frac{1}{2}$ cup	$\frac{1}{3}$ cup	2 Tbsp	$\frac{1}{8}$ tsp	-25°F
$\frac{1}{3}$ cup	$\frac{1}{4}$ cup	1 Tbsp	pinch	-25°F
$\frac{1}{4}$ cup	3 Tbsp	2 tsp	pinch	-25°F

Quick Rules of Thumb:

- Use $\frac{3}{4}$ cup honey per 1 cup sugar
- Always reduce liquids to balance moisture
- Add baking soda to offset acidity
- Lower oven temp by 25°F

How to Know If Honey Has Gone Bad

- **Normal:** Crystallization → warm gently to restore
- **Spoiled Signs:** sour/fermented smell, bubbling/foaming, unusual separation
- Pure honey lasts for years if stored properly



Honey Fun Facts

- **Doesn't spoil easily:** Found edible honey in Egyptian tombs >3000 years old
- **Flower effort:** Bees visit ~2 million flowers to produce 1 pound of honey
- **Bee contribution:** One worker bee produces ~1/12 teaspoon of honey in her lifetime

Key Takeaway

4 Golden Rules When Baking with Honey:

1. 1 cup sugar → $\frac{3}{4}$ cup honey
2. Reduce liquids by $\frac{1}{4}$ cup
3. Add $\frac{1}{4}$ tsp baking soda
4. Lower oven temp 25°F

► With these adjustments, honey becomes your sweetest kitchen ally!



Honey Mocktail Recipe

Golden Honey Citrus Spritz

Servings: 1

Ingredients (Mocktail):

- 1 Tbsp honey (light floral)
- 1 oz freshly squeezed orange juice
- $\frac{1}{2}$ oz lemon juice
- 3–4 oz sparkling water
- Ice
- Orange slice or mint sprig for garnish

Instructions:

1. Dissolve honey in orange + lemon juice.
2. Fill glass with ice.
3. Top with sparkling water, stir gently.
4. Garnish with orange slice or mint.

Chef Tips:

- Warm honey slightly if needed
- Use fresh citrus
- Optional: dash of bitters or pinch of sea salt



Chef-Style Honey Recipes

Honey Yogurt Parfait

Servings: 2–4

Ingredients:

- 2 cups Greek yogurt
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup fresh berries
- $\frac{1}{4}$ cup toasted nuts
- Optional: vanilla, lemon zest, edible flowers

Instructions:

1. Mix yogurt with optional vanilla and lemon zest.
2. Layer yogurt, honey, berries, and nuts in glasses. Repeat to fill.
3. Top with honey and garnish. Serve chilled.

Chef Tips:

- Toast nuts lightly to enhance aroma.
- Serve in clear glasses to show layers for visual appeal.



Honey Mustard Vinaigrette

Yield: ~2 servings

Ingredients:

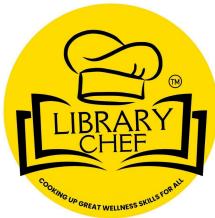
- 2 Tbsp honey
- 2 Tbsp Dijon mustard
- 1 tsp vinegar
- 2 Tbsp olive oil
- Salt & pepper to taste

Instructions:

1. Whisk together honey, mustard, and vinegar.
2. Slowly whisk in olive oil to emulsify.
3. Season with salt and pepper. Let rest 10 minutes for flavors to meld.

Chef Tips:

- Add a pinch of smoked paprika or a drop of sesame oil for extra depth.
- Excellent on mixed greens, roasted vegetables, or grilled meats.



Honey Roasted Carrots

Servings: 4

Ingredients:

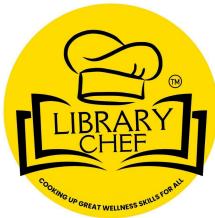
- 1 lb carrots, peeled and cut
- 1 Tbsp olive oil
- 2 tsp honey
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- Optional: fresh thyme or lemon zest

Instructions:

1. Preheat oven to 400°F.
2. Toss carrots with olive oil, salt, and pepper. Spread in a single layer on a baking sheet.
3. Roast for 20–25 minutes until tender and caramelizing at the edges.
4. Drizzle honey over carrots in the last 5–10 minutes. Roast until glossy.
5. Garnish and serve immediately.

Chef Tips:

- Use heirloom carrots for vibrant color.
- Add honey late in roasting to prevent burning.



Honey Oat Bread

Yields: 1 loaf

Ingredients:

- 2 cups all-purpose flour
- 1 cup rolled oats
- 1 tsp salt
- 2 tsp yeast
- 2 Tbsp honey
- $\frac{3}{4}$ cup warm milk
- 2 Tbsp butter, melted
- Optional: $\frac{1}{2}$ tsp cinnamon

Instructions:

1. Combine dry ingredients in a large bowl.
2. Mix wet ingredients (honey, milk, butter) in a separate bowl.
3. Combine wet and dry ingredients; knead 8–10 minutes until smooth and elastic.
4. Let dough rise 1 hour or until doubled in size.
5. Shape into a loaf, sprinkle oats on top.
6. Bake at $\sim 375^{\circ}\text{F}$ for 30–35 minutes.
7. Cool completely on a wire rack before slicing.

Chef Tips:

- Brush warm loaf with honey-water glaze for a glossy finish.
- Dark honey adds richer aroma and deeper color.
- Delicious served with butter, cheeses, or as a base for open-faced sandwiches.