



Sweet Tips for Honey Use

Color, Flavor and Form

Honeys differ in color and flavor depending on what blossoms the honey bees visit in search of nectar. Honey color ranges from almost colorless to dark amber brown and its flavor varies from delectably mild to richly bold. As a general rule, light-colored honey is milder in taste and dark-colored honey is stronger.

Honey comes in a variety of forms including liquid, whipped and comb. Free of any crystals or wax, liquid honey is extracted from the comb in the hive by centrifugal force, gravity, straining or other means. Whipped honey (also known as cremed honey) is finely crystallized so that it remains creamy and spreadable. Comb honey is honey that comes as it was produced – in the honey bees' wax comb.

Storage

Store honey at room temperature – your kitchen counter or pantry shelf is ideal.

Storing honey in the refrigerator accelerates the honey's crystallization. Crystallization is the natural process in which liquid in honey becomes solid.

If your honey crystallizes, simply place the honey jar in warm water and stir until the crystals dissolve. Or, place the honey in a microwave-safe container with the lid off and microwave it, stirring every 30 seconds, until the crystals dissolve. Be careful not to boil or scorch the honey.

Cooking Tips

For best results, use recipes developed for using honey. When you substitute honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe.

With experimentation, honey can be substituted for all the sugar in some recipes.

When substituting honey for sugar in baked goods:

- ◆ Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.
- ◆ Add about 1/2 teaspoon baking soda for each cup of honey used.
- ◆ Reduce oven temperature by 25 degrees to prevent over-browning.

For easy measuring and clean-up, coat measuring cup or spoon with cooking spray before adding honey.

A 12-ounce jar of honey equals a standard measuring cup.

Health Benefits

Research has shown that unlike most other sweeteners, honey contains small amounts of a wide array of vitamins, minerals, amino acids and antioxidants.

Honey, a rich source of carbohydrates, provides a quick source of energy.

Honey's unique composition makes it an effective antimicrobial agent, useful for treating minor burns and scrapes, and for aiding the treatment of sore throats and other bacterial infections.



National Honey Board

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Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for older children and adults.