



## KG Bees "Honey" Cookbook

### 'Granddaddy Jake's PBEH'

- Take two pieces of your favorite sandwich bread.
- Spread your favorite peanut butter on one or both pieces of bread.
- Generously dollop on your favorite KG Bees honey.
- (If your honey is directly on the bread, it will sort of crystallize and make a yummy, crunchy texture for your sandwich. If you prefer your honey to stay gooey and soft, spread at least a thin layer of peanut butter on both slices of bread, or more to taste!!)

*Submitted by: David, handed down by his great-grandfather Jake.*

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### GINGER HONEY SHRIMP

*This features our Ginger Honey.*

*Ginger and scallions are a traditional Asian cooking combination. This recipe highlights those flavors and adds the subtle sweetness of KG Bees honey which accentuates the natural sweetness found in shrimp.*

- 1 ½ Lbs. Shrimp (26-30 count) peeled and cleaned (tails left on)
- ½ Cup KG Bees Ginger Honey
- 2 Tbls. Hot Water
- 2 Tbls. Black Sesame Seeds
- 2 Tbls. White Sesame Seeds
- 1 Bunch Scallions trimmed and finely sliced (portion of green tips reserved)
- ½ Tsp. Fresh Ginger peeled and very finely minced
- ½ Cup Sesame Oil
- ½ Cup Rice Wine Vinegar
- ½ Cup Japanese Soy Sauce
- 1 Lb. Asian Wheat Noodles

*Preheat oven to 500 degrees. Bring 1 quart of lightly salted water to boil and cook noodles according to directions. Whisk KG Bees Honey with hot water, scallions, sesame seeds and ginger to combine. Toss shrimp in mixture until evenly coated. Pour into oven proof skillet. Set oven to broil and cook on highest rack until done (approximately 6-7 minutes). Whisk together in large bowl sesame oil, soy sauce and vinegar. Toss cooked noodles in dressing and transfer to serving bowl. Top with cooked shrimp and remaining liquid. Garnish with reserved scallions. Serves 4.*

*Submitted by Greg and Samantha, West Orange, NJ*

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### Almond Chicken with KG Bees Key Lime Honey

*Makes 4 servings*

- 2 Tablespoons flour
- 2 whole boneless, skinless chicken breasts, halved
- 1 egg
- 2 teaspoons soy sauce
- 1/2 teaspoon black pepper
- 3/4 cup finely ground almonds
- 3/4 cup corn flake crumbs, crushed
- 1 Tablespoon Vegetable oil
- 1/2 cup apple juice
- 2 teaspoons cornstarch
- ¼ cup KG Bees Key Lime honey

Place chicken breasts between two sheets of plastic wrap or waxed paper. Flatten chicken to 1/2 inch thickness. Dip chicken in flour and shake off excess. Set aside. Combine the egg, soy sauce and pepper in a shallow dish; set aside. In another shallow dish combine ground almonds and corn flake crumbs. Dip chicken in egg mixture to coat and in almond mixture, pressing so the coating adheres to both sides. Brown chicken on both sides in oil in a non-stick skillet over medium-high heat, until chicken is no longer pink and juices run clear when cut with a knife. Remove chicken; set aside. Combine apple juice, KG Bees Key Lime Honey and cornstarch. Add mixture to skillet. Add KG Bees Key Lime Honey. Cook and stir until thickened and bubbly. Serve chicken with sauce.

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### **Cranberry-Glazed Salmon**

Makes 4 servings, Features our Cranberry Honey

- 1 cup whole berry cranberry sauce
- 1/4 cup KG Bees Cranberry honey
- 1/4 cup soy sauce
- 2 cloves garlic, minced
- 1 Tablespoon fresh ginger root, minced
- 1/4 teaspoon pepper
- 1-1/2 lb. salmon filets, 4 filets, skinless

In medium bowl, combine all ingredients except salmon until thoroughly blended. Place salmon in lightly greased baking pan. Spoon cranberry mixture evenly over filets. Bake at 350°F for about 10 minutes or until salmon is cooked through and just flakes when tested with a fork.

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### **Honey Lavender Shrimp**

Makes 6 servings, Featuring KG Bees Lavender Honey

- 2 Tablespoons olive oil
- 1 lb. rock shrimp
- 1 Tablespoon garlic, minced, fresh
- 1 Tablespoon salt
- white pepper
- 1/4 cup dry white wine
- 1/2 cup KG Bees Lavender honey
- 1-1/2 Tablespoons lavender flowers, dried(optional)

Heat olive oil in a skillet over medium heat. Add garlic and shrimp and cook halfway through (about 2 to 3 minutes). Add salt, pepper, white wine and lavender and turn heat to high. When mixture boils, remove shrimp with a slotted spoon, leaving pan juices. Add KG Bees Lavender honey to pan juices and reduce mixture by three-fourths over medium heat until it will coat the back of a metal spoon. Toss shrimp and serve as an appetizer or entrée. Serving size: 1/3 cup.

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### **Cinnamon-Honey Croutons**

- 2 Tablespoons butter, melted
- 2 Tablespoons KG Bees Cinnamon honey
- 2 cups cubed cinnamon-raisin bread, crust removed

Combine melted butter and honey; mix well. Combine with cinnamon-raisin bread; toss until cubes are coated. Spread out on baking sheet and bake at 275°F 15 to 20 minutes or until crisp and lightly toasted. **Bake Time:** 15-20 minutes

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### ***Easy All-Purpose Honey Dressing***

*We recommend KG Bees Ginger Honey, KG Bees Key Lime Honey, or KG Bees Habanero Honey.*

- 1/2 cup berry flavored or balsamic vinegar
- 1/4 of your favorite KG Bees Infused honey
- 1 to 2 Tablespoons olive oil
- 1 Tablespoon favorite fresh herb
- Mixed greens or fruit salad

Combine vinegar and KG Bees Infused honey; mix well. When ready to serve, drizzle 2 to 3 Tablespoons vinegar mixture, 1 to 2 Tablespoons oil and 1 Tablespoon chopped fresh herb over 8 cups mixed greens. Toss to coat greens. **Serving Size:** 1 Tablespoon

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### ***Chocolate Mint Iced Tea***

*Makes 4 servings, Features our Chocolate Mint Honey*

- 4 cups boiling water
- 1/2 cup fresh mint leaves
- 2 tea bags green or black
- 1/4 cup KG Bees Chocolate Mint honey

In large heat-proof pitcher, pour boiling water over mint and tea bags. Whisk in honey. Let steep 5 minutes. Remove tea bags; cool. Refrigerate until ready to serve. To serve, pour over ice.

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### ***Honey Key Lime Grilled Chicken (also great with KG Bees Habanero honey for the spicy palate!)***

- 5 tablespoons KG Bees Key Lime Honey
- 1 clove garlic, minced
- 1/2 teaspoon lemon pepper
- 4 skinless, boneless chicken breast halves

#### ***Directions***

1. In a resealable plastic bag, mix the KG Bees Key lime honey, garlic, and lemon pepper. Place the chicken in the bag, seal, and shake to coat. Marinate in the refrigerator at least 30 minutes, turning the bag occasionally.
  2. Preheat an outdoor grill for high heat.
  3. Grill the marinated chicken about 8 minutes on each side, until no longer pink and juices run clear. Discard remaining marinade.
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### **Horseradish Honey HAM**

- 5 pounds boneless fully cooked ham
- 1/4 cup KG Bees horseradish honey, warmed
- 1/8 teaspoon ground cloves
- 1 cup packed brown sugar
- 1tbsp prepared horseradish
- 1/4 cup lemon juice

### **Directions**

1. Cut ham into 1/4-in. slices and tie with kitchen string. Place ham on a rack in a shallow roasting pan. Combine KG Bees horseradish honey and cloves; drizzle over ham. Bake, uncovered, at 325 degrees F for 1-1/2 to 2 hours or until a meat thermometer reads 140 degrees F and ham is heated through, basting often with drippings.
2. Meanwhile, combine the brown sugar, horseradish and lemon juice. Increase oven temperature to 400 degrees F. Baste ham with brown sugar sauce, allowing sauce to drip down between the slices. Bake, uncovered, for 15-20 minutes.

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### **Honey Ginger Carrots**

- 1 pound carrots, sliced
- 1/4 cup butter
- 2 1/2 tablespoons KG Bees Ginger Honey
- 1 tablespoon lemon juice, or to taste

### **Directions**

1. Bring a pot of water to a boil. Add carrots and cook until tender but still firm, about 5 minutes. Drain.
2. In a large skillet over low heat, melt butter with KG Bees Ginger honey. Stir in ground ginger and lemon juice. Stir in carrots and simmer until heated through.

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### **Cinnamon Honey Glazed Sticky Buns**

Makes 12 buns

- 2 Tablespoons butter or margarine, softened
- 1 loaf frozen bread dough, thawed
- 1/3 cup KG Bees Cinnamon honey
- 1 cup finely chopped pecans or walnuts

Grease 12 muffin cups with butter. Roll out thawed dough on lightly floured board to 12 x 8-inch rectangle. Using back of spoon, spread KG Bees Cinnamon honey in even layer over dough. Sprinkle with nuts. Roll up dough, starting from long edge and end with seam on bottom. Cut dough roll using a gentle sawing motion into 12 equal-size buns. Place buns, spiral side up, in muffin cups. Cover with a piece of plastic wrap and let rise 30 to 60 minutes or until buns puff and fill cups. Bake at 350°F for 15 to 20 minutes or until golden. Remove from oven and carefully turn pan upside down onto board, letting syrup drip onto buns before removing them from pan.

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### **Honey Cranberry Barbecue Sauce**

Makes 3-1/2 cups

- 2 cups fresh or frozen cranberries
- 1-1/2 cups KG Bees Cranberry honey
- 1-1/2 cups ketchup
- 1 cup red wine vinegar
- 2 Tablespoons lemon juice
- 2 Tablespoons Worcestershire sauce
- 1/2 teaspoon coarse ground black pepper

Combine all ingredients in a medium-large saucepan. Bring to a boil and simmer, covered, for 20 minutes. Remove cover and simmer for 20 minutes more or until thickened (mixture will thicken slightly as it cools). To can, pour hot sauce into sterilized jars, leaving 1/2-inch head space. Wipe tops and threads of jars with a clean, damp cloth. Place lids on jars so that the rubber sealing compound sits evenly on rim and screw rings on firmly. Place each jar in a pot of water that comes 1 to 2 inches above the jar tops. Cover and bring to a boil. Hold water at a steady boil for about 45 minutes. Remove jars from pot and let cool on a dishcloth with space in between each jar. Store in a cool dark place. (In lieu of canning, sauce may be stored, covered, in refrigerator up to 1 month.)

## **GRILLED CHICKEN WITH TANGERINE HONEY GLAZE**

### **INGREDIENTS:**

- 3 cups tangerine juice or tangerine-orange juice (not from concentrate)
- 5 fresh thyme sprigs
- 1/4 cup KG Bees Tangerine honey
- Kosher salt and black pepper
- 3 Tbsp paprika
- 1 Tbsp ground cumin
- 1 Tbsp dry mustard powder
- 2 tsp ground fennel seeds
- 2 Tbsp canola oil
- 4 boneless, skinless chicken breasts (about 8 oz. each)

### **DIRECTIONS:**

1. Combine the juice and thyme in a medium saucepan and bring to a boil over high heat. Cook, stirring occasionally, until thickened and reduced to about 1/2 cup; remove the thyme stems and discard. Whisk in the honey until incorporated and season with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Transfer to a bowl and let cool to room temperature.
2. Heat grill to medium-high.
3. Stir together the paprika, cumin, mustard powder, fennel, and 1 teaspoon each of the kosher salt and black pepper in a small bowl. Brush both sides of the chicken with the oil, and season with salt and pepper. Rub the top of each breast with some of the spice rub and place on the grill rub-side-down. Cook, without touching, until they're lightly golden brown and a crust has formed, 3 to 4 minutes. Turn the breasts over, brush the tops liberally with some of the glaze, flip them, and continue cooking until an instant-read thermometer inserted into the center registers 155°F. Remove from the grill, brush the spice-rub side with more of the glaze, tent loosely with foil, and let rest 5 minutes before serving.

Serves 4

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## **Blueberry Honey Ice Pops**

- 2 12 pts **blueberries** (baskets fresh, rinsed drained)
- 8 ozs **yogurt** (blueberry)
- 1/4 cup water
- 1/4 cup **honey** KG Bees Blueberry Honey

Combine all ingredients in processor and puree until smooth. Divide mixture among 8 ice pop molds (each about 1/4 to 1/3 cup capacity). Cover and freeze until firm, at least 4 hours and up to 5 days

