



How the Experts Use Honey

COLOR, FLAVOR AND FORM

Honey differs 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, lighter-colored honey is more mild in taste and dark-colored honey is stronger.

Honey comes in a variety of forms including liquid, whipped and comb. Liquid honey is extracted from the comb in the hive by centrifugal force, gravity, straining or other means. Whipped honey (also known as creamed 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.

STORING HONEY

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 the 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 WITH HONEY

When substituting honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe.

When baking with honey, remember the following:

- * Reduce any liquid called for by 1/4 cup for each cup of honey used.
- * Add 1/2 teaspoon baking soda for each cup of honey used.
- * Reduce oven temperature by 25°F to prevent over browning.

When measuring honey, coat the measuring cup with non-stick cooking spray or vegetable oil before adding the honey. The honey will slide right out. A 12-ounce jar of honey equals a standard measuring cup.

OTHER USES FOR HONEY

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.

Honey can be used in a wide variety of homemade, spa-like skin care and beauty products. For ideas, visit www.honey.com.

FOR MORE INFORMATION ABOUT HONEY, VISIT WWW.HONEY.COM

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