

A Very Capilano CHRISTMAS!



NATURALLY SWEETENED

raspberry, honey & white chocolate cheesecake



SWEETEN YOUR CHRISTMAS NATURALLY, WITH CAPILANO HONEY



Our honey is brought to you by over 800 beekeeping families including the Halls from Victoria.



Nature's GIFT

Hello honey lovers and here we are, another festive feasting season is upon us!

In a year when simple pleasures at home have become more important than ever, we are excited to bring you recipes that have a flair of nostalgia and long-treasured traditions as well as new food memories you can create and celebrate.

Capilano Honey - a gift to us from Aussie bees and their beekeepers - is far more versatile than you might first think, and on the following pages we're excited to show you how. Beyond tea and toast, it adds complexity to seafood in our margarita grilled prawns, a sweet-salty kick to dipping sauces and makes creamy cheesecake naturally sweet and worthy of second servings.

At our heart, Capilano is a family of beekeepers and honey lovers. These beekeepers travel our stunning, rugged country day-in, day-out to give their bees the best and most diverse Australian flowers to forage upon, so that you have the world's best tasting honey in your pantry, whenever you need that squeeze of pure golden joy, and memories of your childhood.

So while you browse the following pages and plan your menu this year, know that we share it with you in great thanks of our beekeepers and their bees.

Wishing you a safe and joyful festive season.

~ The Capilano team.

#oozesaustralia #honeylovers



Mix it up with Margarita grilled prawns.



Glazes for your very best honey-glazed ham.

CREATE IT WITH *Capilano* HONEY

There are plenty of reasons to make Capilano honey your go-to sweetener. Not only is it 100% pure Aussie honey, it has a range of healthy features too. Read on to discover more!

NATURAL WONDER

Honey has been a natural remedy for centuries and is believed to aid digestion, soothe sore throats and put an energetic spring in your step. It contains minerals, trace elements, vitamins, polyphenols, proteins and enzymes.

FLAVOUR FAVE

Honeys of different floral sources impart unique flavours as well as sweetness. Dark honeys have a bold, rich flavour perfect for savoury recipes, while light honeys add mild sweetness to baking and drinks.

PURE GOODNESS

Australian honey is completely pure, remaining in the same natural state as made by our hardworking honey bees.



A Very Capilano CHRISTMAS!

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Cooking with HONEY



Just like wine, cocoa and coffee, the taste profile of honey depends on which flowers the bees have visited and collected nectar from. Capilano honey is created by bees that forage on the flowers of Eucalypt, Yellow Box, Macadamia, Orange and Manuka trees just to name a few!

This diversity of honey flavours means you can experiment in the kitchen, especially for savoury recipes!

Here are a few tasting notes from some of our range and ways to make the most of them in your recipes.

“MODERN AND FRESH, THESE HONEY RECIPES ARE EXCITING TO BRING TO THE TABLE, BUT NOT COMPLICATED TO MAKE.”

DARK & BOLD HONEY

has a rich caramel note to its flavour, making it ideal for roasted veggies, glazed ham, glazes and even coffee.



FLORAL MANUKA HONEY

is a non-active Manuka with a lovely herbaceous, barley-like honey flavour and is also a standout for savoury recipes.



ACTIVE MANUKA HONEY

is a very special type of Manuka honey that contains an active ingredient, methylglyoxal, prized for its indication of antibacterial properties. Capilano Australian Active Manuka is lighter in flavour than some other active manuka honeys, making it perfect for you to swirl it over porridge, yoghurt or supercharge your morning smoothies – why not boost your morning routine!



YELLOW BOX HONEY

is team favourite here at Capilano. It has lingering sweet, fragrant and buttery notes that are beautiful drizzled over cheeses, pavlova and grilled pineapple. Our master honey blender thinks it is a premier honey!



LIGHT & SMOOTH HONEY

is an incredible all-rounder, especially in recipes where you're looking for pure, natural sweetness but not an overpowering honey flavour. It's perfect for little tastebuds too.



PURE HONEY

Crumpets and sandwiches wouldn't be the same without this family favourite! Our signature blend of pure Australian honey, made by healthy Aussie bees is the flavour you have grown up with - smooth, balanced and tastes just like home.



CREAMY FETA & HONEY DIP

serves 8 | prep 10 mins

- 400g Danish feta
- 200g Greek-style yoghurt
- 2 tbsp Capilano Yellow Box Honey, plus extra, to drizzle
- 1 large garlic clove, crushed
- 2 tsp fresh thyme leaves, plus extra, to serve
- 1 tbsp pine nuts, toasted
- Fresh honeycomb, vegetables, fruit and crackers, to serve

1 Coarsely crumble the feta into a food processor. Add the yoghurt, honey, garlic and thyme. Process until smooth and combined.

2 Transfer to a serving bowl. Drizzle over extra honey. Top with pine nuts, extra thyme and honeycomb. Place bowl on a serving platter. Arrange vegetables, fruit and crackers on platter to serve.

✦ DID YOU KNOW?

Honeys of different floral sources impart unique flavours as well as sweetness. Light honeys, such as Capilano Yellow Box Honey, add mild sweetness to baking, drinks and dips like this one. Dark honeys, such as Capilano Floral Manuka Honey, have a bold, rich flavour, which is perfect for savoury recipes.

FRAGRANT CAPILANO YELLOW BOX HONEY IS THE SECRET INGREDIENT IN THIS SIMPLE, SUMMERY DIP



Snacks and STARTERS

SPICED CAPSICUM AND WALNUT DIP

Recipe by @CookRepublic in partnership with Capilano Honey.

This veggie-packed dip makes a moreish addition to cheese platters or simply keep in jars ready for unexpected guests to pop around. Our active Manuka Honey makes this a superfood starter!

serves 4-6 | prep 20 mins

2 red capsicum, cored and seeds removed
4-6 cauliflower florets
2 garlic cloves, peeled
Juice of ½ lemon
150g walnuts, raw plus extra toasted, to serve
Handful fresh breadcrumbs
¼ - ½ tsp red chilli flakes
½ tsp cumin, ground
2 tsp pomegranate molasses
Olive oil
Capilano Active Manuka Honey
Herbs
Salt and pepper, to taste

1 Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper. Place red capsicum and cauliflower florets on tray and back for 15-20 minutes until charring and tender. Set cauliflower aside.
2 In a food processor, process the roasted capsicum with garlic, lemon juice, walnuts, fresh breadcrumbs, red chilli flakes, cumin, salt, pepper, pomegranate molasses and olive oil. Pulse until just smooth, tasting to adjust flavours as you wish.
3 To serve, place dip in a large bowl and top with cauliflower, toasted walnuts, herbs and a drizzle of Capilano Active Manuka Honey MGO 30+.

AN EASY ENTERTAINER
THEY'LL GOBBLE UP
WITH GLEE

FRIED GOAT'S CHEESE BALLS WITH SMOKEY HONEY SAUCE

If you've never tried a honey and warm, gooey cheese combo before, then we have a treat for you! Creamy balls of goat's cheese are panko crumbed and lightly fried, then dipped in the most delicious smokey honey hot sauce. They're a sure-fire way to kick off your next get together. Just add something bubbly to match!

serves 4-6 | prep 30 mins + freezing
cooking 5 mins

GOAT'S CHEESE BALLS

300g firm goats' cheese (we used Meredith Dairy goats cheese)
½ cup plain flour
2 eggs, beaten
1 tbsp milk
¼ tsp sea salt flakes
2 cups panko breadcrumbs
2 tbsp finely chopped continental parsley
Rice bran oil, for frying
SMOKEY HOT HONEY SAUCE
90g (¼ cup) Capilano Pure Honey
2 tsp BBQ hot sauce
1 tsp smoked paprika

1 Prepare 3 shallow bowls: In the first, add flour, the second add egg, milk and salt; in the third add panko breadcrumbs and parsley.

2 Wearing rubber gloves, roll tablespoons of goats cheese into even-sized balls. Roll each cheese ball in the flour, then dip in the egg mix and dredge in the panko crumb. Coat each ball again with the egg and panko crumb (the double crumb with make the balls extra crunchy) and set aside on a lined baking sheet. Freeze for 30 minutes or until firm.

3 While the cheese is freezing, prepare the hot honey sauce. Combine honey, hot sauce and smoked paprika in a bowl and mix until well combined. Microwave for 30 seconds to warm the honey and stir again to combine.

4 To cook the cheese balls, heat 3cm oil in a large fry pan over medium-high heat. Fry balls in batches turning in the oil until golden on all sides (2-3 minutes). Remove and transfer to paper towel to drain. Serve hot with smokey hot honey sauce.

✂ TIPS

- Cheese balls can be prepared up to a week in advance and kept frozen until ready to cook. Simply store in an airtight container.
- Hot honey sauce can be prepared up to a week in advance and stored in an airtight container in the fridge.



4 Glazes for CAPILANO GLAZED HAM

STICKY GINGER



Capilano Yellow Box Honey

HONEY MUSTARD



Capilano Pure Honey

SPICED HONEY AND ORANGE



Capilano Pure Honey

APPLE CIDER



Capilano Floral Manuka Honey



Ginger Ale



Brown Sugar



Orange Juice



Dry Apple Cider



Ginger Marmalade



Dijon Mustard



Ginger



Apple Cider Vinegar



Chilli



Cloves



Cinnamon



Wholegrain Mustard



Garlic



Cloves



Bay Leaves



Black Pepper



Cloves



STICKY GINGER HAM GLAZE

360g (1 cup) Capilano Yellow Box Honey
125ml (½ cup) ginger ale
1 tbsp ginger marmalade
1 small birds eye chilli, sliced (optional)
1 clove garlic, thinly sliced
½ tsp black pepper

Combine all glaze ingredients in a medium saucepan and heat gently until combined. Bring to a boil for 5-10 minutes until glaze has reduced in volume and become syrupy. Strain and transfer to an airtight container or jar. Allow to cool on benchtop before chilling.

Zingy!

Warming!

SPICED HONEY AND ORANGE HAM GLAZE

Suitable for 8kg whole leg of ham.

360g (1 cup) Capilano Pure Honey
250ml (1 cup) fresh orange juice
2cm-piece fresh ginger, peeled, cut into matchsticks or thinly sliced
1 cinnamon stick
4 whole cloves

Combine the honey, orange juice, ginger, cinnamon and cloves in a small saucepan. Bring to the boil over medium heat. Cook for 15 minutes or until mixture thickens and reduces to 375ml (1½ cups). Strain to remove herbs and either set aside or transfer to an airtight container or jar. Allow to cool on benchtop before chilling.

* TIPS

- For a deeper, more caramel flavour try Capilano Floral Manuka Honey for this recipe.



Classic!

HONEY MUSTARD HAM GLAZE

Suitable for 8kg whole leg of ham.

540g (1 ½ cups) Capilano Pure Honey
200g (1 cup) brown sugar
2 tbsp Dijon mustard
Whole cloves, to stud ham

Combine all glaze ingredients in a small saucepan and heat gently until sugar has dissolved. Set aside until ready to glaze ham or transfer to an airtight container or jar. Allow to cool on benchtop before chilling.



Fruity!

APPLE CIDER HAM GLAZE

Suitable for 8kg whole leg of ham.

360g (1 cup) Capilano Floral Manuka Honey
250ml (1 cup) dry apple cider
½ cup apple cider vinegar
2 tsp wholegrain mustard
3 bay leaves
6 cloves

Combine all glaze ingredients in a medium saucepan and heat gently until combined. Bring to a boil for 10-15 minutes until glaze has reduced in volume and become syrupy. Strain to remove herbs and transfer to an airtight container or jar. Allow to cool on benchtop before chilling.

Fresh, Hearty SALADS

HONEY GLAZED PUMPKIN SALAD WITH MUSTARD CIDER DRESSING

Sweet and creamy, honey glazed pumpkin comes to life against a backdrop of crunchy salad greens and creamy avocado. The ultimate crowd-pleaser salad. **serves 8 | prep 20 mins (+ cooling) cooking 30 mins**

- 1.5kg kent pumpkin, unpeeled, cut into 16 wedges
- 1 tbsp olive oil
- 2 tsp Capilano Yellow Box Honey
- Sea salt and pepper, to taste
- 1 tsp sumac (optional)
- 100g mixed salad leaves
- 2 bunches asparagus, trimmed
- 1 avocado, sliced
- 2 tbsp pomegranate arils
- 2 tbsp pepitas

DRESSING

- 60ml (¼ cup) extra virgin olive oil
- 2 tbsp Capilano Yellow Box Honey
- 2 tbsp Barnes Naturals Apple Cider Vinegar
- 1 tbsp finely chopped French shallots
- 1 tsp Dijon mustard

- 1 Preheat oven to 180°C (fan-forced). Line 2 large baking trays with baking paper. Arrange pumpkin on prepared trays. Combine olive oil, honey, salt, pepper and sumac in a small bowl, mix well. Brush with oil, honey and spice mixture. Roast, swapping trays halfway through cooking, for 30 minutes or until pumpkin is tender and golden. Set aside to cool.
- 2 Place asparagus in a large heatproof bowl and cover with boiling water. Set aside for 2-3 minutes or until asparagus is bright green and tender crisp. Drain. Refresh in iced water then pat dry. Halve lengthways.
- 3 To make the dressing, combine all the ingredients in a screw-top jar and season. Seal and shake to combine. Transfer to a small serving bowl and place in the centre of a large round serving platter.

- 4 Arrange pumpkin, salad leaves, asparagus and avocado around dressing on the platter. Drizzle over a little of the dressing. Sprinkle with pomegranate and pepitas.

✦ TIPS

- Barnes Naturals Organic Apple Cider Vinegar is ideal for this recipe as it imparts a light acidity while still containing the mother. Find it in Chemist Warehouse.

- This dressing is super versatile. It's great as a marinade for chicken or pork, or as a dipping or drizzling sauce for prawns or grilled haloumi. It will keep in a sealed jar in the fridge for up to 2 weeks, so make a double batch and keep it on hand for whenever you need a salad dressing.



SPICE ROASTED CAULIFLOWER WITH CREAMY HONEY HERB SALAD

This hearty salad or side dish is brimming with exciting flavour and texture. Tender spice charred cauliflower florets are tossed with crunchy honey roasted chickpeas and fresh herbs to rest on a bed of creamy honey yoghurt. Make double, you won't regret it! **serves 4-6 | prep 20 mins | cooking 30 mins**

CAULIFLOWER SALAD

- 1 large cauliflower (900g), trimmed and cut into florets
- 400g can chickpeas, rinsed, drained
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp sweet paprika
- ¼ cup extra virgin olive oil
- 1 ½ tbsp Capilano Pure Honey
- 2 tbsp pine nuts
- 2 cups coriander leaves
- 1 cup mint
- 1 cup parsley
- 1 tbsp black sesame seeds, toasted
- Lime wedges, to serve

HONEY YOGHURT DRESSING

- ½ cup Greek yoghurt
- ¼ cup extra virgin olive oil
- 1 tbsp Capilano Pure Honey
- 2 tbsp seeded mustard
- 3 tbsp lemon juice
- 1 garlic clove, crushed
- Sea salt and black pepper, to taste

- 1 Preheat oven to 200°C (fan-forced), line a baking tray with baking paper.
- 2 In a small bowl combine olive oil, honey, coriander, cumin and paprika and whisk to combine.
- 3 Place cauliflower and chickpeas in a large bowl and add the olive oil spice mixture. Toss to combine, then transfer to a lined baking sheet and season with salt and pepper. Bake for 25-30 minutes until the cauliflower is starting to char, then remove and set aside to cool.
- 4 While cauliflower cools, toast pine nuts in oven until golden (3-4 minutes).
- 5 In a measuring jug combine all ingredients for honey yoghurt dressing and whisk until blended. Season with salt and

pepper to taste. **6** To serve, dollop honey yoghurt dressing onto a large serving dish and arrange roasted cauliflower around dressing. Scatter with the herbs, pine nuts and black sesame seeds and serve with lime wedges.

✦ TIPS

- Cauliflower can be chopped ahead of time and stored in an airtight container in the fridge for up to 5 days.
- Honey spice mixture can be prepared up to a week in advance. Store in an airtight container in the fridge until ready to use.
- Honey yoghurt dressing can be prepared up to a week in advance. Store in an airtight container in the fridge until ready to use.



SPICES, CAULIFLOWER AND HONEY MAKE FOR A RICH FLAVOUR COMBINATION. JUST ADD ROAST PORK FOR AN IMPRESSIVE MEAL.



HONEYED BACON ROAST POTATO SALAD

What is a feast without potatoes? We've added a moreish honey-roasted bacon crumble to golden roasted baby potatoes and dressed it in a creamy honey mustard dressing. The ultimate sweet-salty, crunch-creamy combination. You're welcome!

serves 4-6 | prep 25 mins | cooking 40 mins

HONEYED BACON

200g streaky bacon
2 tablespoon Capilano Pure Honey, warmed

POTATO SALAD

1.2kg baby potatoes, halved
¼ cup extra virgin olive oil
¼ cup Capilano Pure Honey
¼ cup Japanese mayonnaise
2 tsp flaked sea salt
1 tbsp seeded mustard
1 tbsp chilli sauce
2 tsp apple cider vinegar
Salt and pepper to taste
3 hard boiled eggs, sliced
2 cups mixed salad leaves

1 To make the honeyed bacon, place your oven rack in the middle position and preheat oven to 180°C (fan forced). Line two baking trays with parchment paper.

2 Brush bacon on each side honey, transfer to baking sheet and bake for 8-10 minutes until dark golden. Drain on paper towel and set aside to cool completely then break into 3cm pieces.

3 Bring a large pot of salted water to the boil and par-cook the potatoes for 10 minutes until just starting to soften. Drain potatoes well and transfer to second baking tray. Toss with olive oil, salt and pepper and bake for 25-30 minutes until golden brown and crispy.

4 While the potatoes are cooking, prepare dressing. In a bowl combine honey, mayonnaise, mustard, chilli sauce and apple cider vinegar, mix until well combined, then add salt and pepper to taste.

5 When the potatoes are cooked, set aside to cool slightly, then toss with rocket leaves and a few tablespoons of the dressing. Top with honey roasted bacon, sliced boiled eggs and serve with remaining dressing.

TIPS

• This dish is best served on day of cooking. Dressing can be prepared up to a week in advance and stored in an airtight container.

HONEY
GLAZED BACON,
YUM!



Superfood SIDES

HARISSA HONEY GLAZED CARROTS WITH GREEN FETA SAUCE

Step up your side dish game with this powerhouse of spicy-sweet, char-salt sensations. Sweet baby carrots are roasted in a harissa honey glaze and set abed a creamy swathe of charred spring onion, honey, herb and feta sauce. Just add bread to mop up the deliciousness!

serves 4-6 | prep 20 mins | cooking 45 mins

HARISSA HONEY GLAZED CARROTS

2 bunches dutch carrots, peeled with carrot leaves trimmed
1 tbsp extra virgin olive oil
1 tbsp harissa paste
3 tbsp Capilano Pure Honey
2 tsp nigella seeds, toasted (or black sesame seeds)

Salt and pepper, to serve

CHARRED SPRING ONION & FETA SAUCE

150g spring onions, ends trimmed
Spray olive oil
100g Greek-style feta cheese, drained
1 cup packed coriander leaves
½ cup packed parsley leaves
1 tbsp Capilano Pure Honey
Juice of ½ lemon
2 tbsp olive oil
Salt and pepper, to taste

1 Preheat oven to 200°C (fan-forced) and line a baking tray with baking paper.

2 Spray spring onions with oil spray and evenly spread on baking tray. Roast for 20-25 mins until lightly charred. Cut into rough pieces and place in a food processor with all other sauce ingredients, blending until smooth. Allow to cool slightly, then chill in an airtight container until ready to serve.

3 To prepare carrots, combine the olive oil, harissa paste, honey, salt and pepper. Mix until well combined then reserve 2 tbsp of the mixture and set aside.

4 Toss carrots with remaining mixture and place on lined baking sheet. Roast for 20-25 mins until lightly charred on the tips.

5 To serve, spread ¼ cup of prepared green sauce on the base of a serving dish and top with warm carrots. Drizzle with reserved honey harissa mixture and sprinkle with nigella seeds to serve.

TIPS

• Charred spring onion and feta sauce can be prepared up to a day in advance. Store in an airtight container in the fridge until ready to serve to keep the herby freshness.

• Harissa honey glaze can be prepared up to a week in advance. Store in an airtight container in the fridge until ready to use.



LOOKING FOR
A FLAVOUR PACKED SIDE DISH?
THIS IS IT!



HONEY AND HAZELNUT HASSELBACK PUMPKIN

Warm, toasty and golden honey-glazed, say hello to your new favourite honey roasted pumpkin! Comfort at its finest, this stunning side dish is easier than it looks, and you'll be rewarded with oohs and aaahs when you bring it to the table.

serves 4 | prep 60 mins

- 1 medium butternut pumpkin
- 10-12 fresh sage leaves
- 25g unsalted butter, melted
- 2 tbsp Capilano Pure Honey
- 1 tbsp dijon mustard
- 1 tsp chopped fresh thyme
- Sea salt flakes and cracked pepper
- 65g hazelnuts, roughly chopped
- 1 whole garlic bulb, halved

- 1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.
- 2 Slice pumpkin in half lengthways, remove seeds with a spoon and peel skin with a potato peeler. Place pumpkin halves cut side down on a chopping board and slice

across the pumpkin, taking care not to cut all the way to the board. Repeat down the length of the pumpkin approx. 3-5mm apart.

TIP: Use a chopstick placed either side of the pumpkin half to stop your knife so it doesn't cut all the way through.

3 In a small bowl, combine the melted butter, honey, Dijon and thyme leaves, mix well. Place pumpkin on a prepared oven tray and brush with honey mixture. Insert sage leaves into some of the cuts in the pumpkin halves and sprinkle both halves with salt and pepper. Bake for 50 minutes, then top the pumpkins with the hazelnuts and bake for a further 5 minutes until the hazelnuts are golden and the pumpkin is fork-tender.

* TIPS

- Uncooked pumpkin can be prepared up to a day in advance – peeling, slicing, simply store in an airtight container or wrap until ready to cook.

CRUSTY SOURDOUGH IS IDEAL TO MOP UP THE FLAVOURS OF THIS GORGEOUS DISH



MARGARITA HONEY GRILLED PRAWNS

Nothing quite says 'party' like cocktail-infused appetisers! Whether your dressing has the tequila added or not, you'll swoon over the honeyed lime dressing that contrasts the sweet grilled prawns all the same. Just add sunshine!

serves 4-6 | prep 20 mins | cooking 10 mins

GRILLED PRAWNS

- 24 extra large green Australian prawns
- 100g butter, softened
- 2 cloves garlic, crushed
- 1 bunch coriander, finely chopped
- Zest of 1 lime
- Sea salt & pepper, to taste
- Lime wedges to serve

HONEY MARGARITA DRESSING

- 90g (1/4 cup) Capilano Pure Honey
- 3 tbsp lime juice
- 2 tbsp tequila (Optional)
- Zest 1 lime
- 1 cup coriander leaves
- 1/4 cup extra virgin olive oil

1 In a food processor or blender, combine honey, lime juice and tequila (optional). Pulse until combined, then add coriander and process until smooth. On low speed, slowly add olive oil in a steady stream until dressing is emulsified. Add lime zest and stir to combine.

2 Without peeling the prawns, butterfly them by cutting down from the top leaving the base still attached. Open the prawn, clean out the prawns and set aside.

3 Mix together softened butter, garlic, coriander, lime zest, salt and pepper until well combined. Spread butter over the prawn meat and place prawns on a tray. Pre-heat a hot grill and cook prawns for 2-3 minutes until golden and cooked through.

4 Serve with honey margarita dressing and a brush of warmed Capilano honey.

* TIPS

- Dressing can be prepared up to 1 day ahead and stored in an airtight container until ready to use.

FRESH, SOUR AND TANGY, THESE COCKTAIL-INSPIRED PRAWNS ARE A TRUE PARTY STARTER!



SMASHED CRISPY HONEY ROAST POTATOES

If you've been thinking of stepping up your smashed potatoes game, this is it! Crunchy, smokey and just a hint of satisfying sweetness from pure Capilano honey.
serves 8 | prep 15 mins | cooking 45 mins

1.5kg baby coliban (chat) potatoes
60ml (1/4 cup) Capilano Floral Manuka Honey
60g butter, chopped
1 tbs olive oil
4 short cut bacon rashers, finely chopped
2 tbs chopped fresh chives

1 Preheat oven to 180°C (fan-forced). Lightly grease a large baking tray.
2 Place the potatoes in a large saucepan and cover with cold water. Cover and bring to the boil over high heat. Uncover. Cook for 10 minutes or until just tender. Drain.
3 Transfer potatoes to prepared tray. Set aside to cool slightly. Use the heel of your hand to gently crush each potato.
4 Combine honey and butter in a small saucepan over low heat. Cook, stirring occasionally, until melted. Brush two-thirds

of the mixture over the potatoes. Bake for 45 minutes or until golden brown and crispy.
5 Just before the potatoes are ready, heat the oil in a frying pan over medium-high heat. Add the bacon. Cook, stirring occasionally, until golden. Add remaining honey mixture and stir to combine.
6 Transfer the potatoes to a large serving plate and top with the bacon mixture. Sprinkle with the chives and serve warm.

SHARE YOUR CREATIONS WITH US #honeylovers @capilanooney

HONEY BUTTER CORN

Step up your side game! With just a few basics including warm butter, sweet Capilano honey and chilli flakes you can transform a classic into a moreish must-have for any get together.
serves 4-6 | prep 5 mins | cooking 10 mins

4 cups water
1 cup milk
115g unsalted butter
180g (1/2 cup) Capilano Pure Honey
1 teaspoon chilli flakes (optional)
1 teaspoon sea salt flakes
6 ears corn, halved

1 In a large saucepan or cast-iron casserole, melt butter and honey over medium heat. Add water, milk, salt and chilli (if using) and carefully add corn.
2 Bring to a simmer for 4 minutes, then turn corn to cook for an additional 4 minutes until tender.
3 Transfer to a serving dish, add some of the liquid back and drizzle with extra Capilano honey, chilli and sea salt flakes to serve.

ADD AN EXTRA DRIZZLE OF CAPILANO HONEY AT THE TABLE, AND WATCH THE GOLDEN GLISTEN MELT INTO THE BUTTERY CORN. YOUR GUESTS WILL SWOON!



SPICED HONEY AND ORANGE GLAZED HAM

serves 20 | prep 20 mins (+ 30 mins resting)
cooking 1 hour 45 mins

250ml (1 cup) Capilano Pure Honey
250ml (1 cup) fresh orange juice
2cm-piece fresh ginger, peeled, cut into matchsticks or thinly sliced
1 cinnamon stick
4 whole cloves
6-7kg whole ham leg, on the bone

1 Preheat oven to 150°C (fan-forced). Line a large roasting pan with foil then baking paper. Combine the honey, orange juice, ginger, cinnamon and cloves in a small saucepan. Bring to the boil over medium heat. Cook for 15 minutes or until mixture thickens and reduces to 375ml (1½ cupfuls).

2 Use a sharp knife to cut around the ham shank, about 10cm from end. Run the knife around the edge of the ham. Gently lift rind off in 1 piece by running your fingers between the rind and fat. Score the fat in a diamond pattern.

3 Place the ham in prepared pan. Wrap shank in foil. Brush glaze over ham to evenly coat. Bake, brushing with the glaze every 15-20 minutes, for 1 hour 30 minutes or until golden and warmed through. Cover loosely with foil and set aside for 30 minutes to rest. Transfer the ham to a serving platter. Carve and serve.

**A CAPILANO
CLASSIC!**



**FRESH, LIGHT AND FULL
OF FLAVOUR!**

PAPRIKA, HONEY AND LIME GLAZED SALMON SIDE

Fresh, zingy and light, this whole salmon side is roasted on a bed of limes and glazed with sticky paprika- infused honey. Finished with a gorgeous pickled cucumber salad we hope this dish will become a summer essential for years to come!
serves 4 | prep 15 mins | prep 30 mins

GLAZED SALMON

1 skin-on salmon side, pin boned and trimmed (approx.1.2kg)
180g (½ cup) Capilano Pure Honey
1 tsp sweet paprika
½ tsp garlic powder
Zest of 1 lime
2 tbsp freshly squeezed lime juice
4-5 limes, sliced

CUCUMBER PICKLE

½ cup red wine vinegar
90g (¼ cup) Capilano Pure Honey
Zest 1 lime
1 tsp sea salt flakes
½ red onion, thinly sliced
1 Lebanese cucumber, thinly sliced

1 Start by preparing the cucumber pickle. Whisk together vinegar, honey, lime zest and salt in a glass bowl until well combined. Add cucumber and onion, toss to combine and set aside for 1 hour, tossing twice during that time.

2 Preheat oven to 180°C (fan-forced). Combine honey, paprika, garlic powder, lime juice and lime zest in a jug and whisk with a fork to combine. Line a large roasting dish with baking paper and place sliced lime slices down the centre of the dish.

3 Place the salmon skin-side down on the lime slices and brush with the salmon glaze reserving 1/3 of the mixture for later. Bake for 20-25 minutes or until the fish is almost cooked to your liking.

4 Preheat oven grill to high and brush salmon with the reserved glaze. Place salmon under the grill for 5-10 minutes until the salmon edges char and the glaze has caramelised. Serve immediately topped with extra glaze (if desired) and pickled cucumbers.

✦ TIPS

• Glaze can be prepared up to 3 days ahead and stored in an airtight container until ready to use.

HONEY THYME ROAST CHICKEN WITH HONEY MUSTARD AND VANILLA SAUCE

If you need a comforting classic with a twist, we've got you. Take one roasted chicken, place garlic thyme butter under the skin then serve with a creamy honey mustard sauce that has the faintest hint of vanilla. This effortless combination will warm your soul. **serves 4 | prep 30 mins | cooking 70 mins**

- 1.5-2kg free range whole chicken, patted dry
- 25g butter
- 1 ½ tsp extra virgin olive oil
- Sea salt and pepper
- 1 whole lemon
- 90g (¼ cup) Capilano Pure Honey, warmed
- 2 tbsp fresh thyme leaves
- ¼ tsp dried chilli flakes
- HONEY MUSTARD VANILLA SAUCE**
- 1/3 cup chicken juices (from roast chicken)
- 2 tsp plain flour
- 2 tbsp Dijon mustard
- 2 tbsp Capilano Pure Honey
- 1 tsp vanilla bean paste
- ½ cup thickened cream

- 1 Preheat oven to 180°C (fan-forced). Line a large roasting dish with baking paper.
- 2 To prepare chicken, gently lift the skin away from the chicken breasts until you have two small pockets. Combine 1 tsp thyme and butter in a small bowl, mix well then gently transfer under the chicken skin using a teaspoon.

Rub chicken all over with olive oil and season well with salt and pepper. Zest whole lemon, then place the zested lemon inside chicken cavity, setting zest aside. Truss chicken legs together with kitchen twine. Place in a roasting dish and roast for 50 minutes.

- 3 For the glaze, combine honey, lemon zest, remaining thyme leaves, and chilli flakes in a small bowl and mix until well combined. After the chicken has roasted for 50 minutes, baste honey glaze over the chicken and return to the oven basting every 5 minutes for another 20 minutes. Reserve some chicken juices to prepare sauce.

- 4 For the sauce, combine 1/3 cup chicken juice with flour and whisk over a low heat until a paste forms and the flour has cooked out (about 2-3 minutes). Add mustard, honey, vanilla and cream and cook over medium heat, whisking until the sauce has thickened and is reduced to your liking. Serve the chicken with the honey mustard sauce and a squeeze of honey.

✦ TIPS

- Glaze can be prepared up to 3 days ahead and stored in an airtight container until ready to use. Sauce can be prepared up to a week in advance and stored in an airtight container in the fridge.



SLOW ROASTED MOROCCAN HONEY LAMB SHOULDER

The ultimate crowd-pleaser. They'll adore you for the taste combination of rich slow roasted lamb, toasty Moroccan spices and pure honey that adds a sweet zing to this year-round comforting main course. **serves 4-6 | prep 15 mins**

cooking 3 ½ hrs + resting

- 1.25kg - 1.5kg lamb shoulder, bone in
- 70ml extra virgin olive oil
- ¼ bunch continental parsley leaves
- Zest and juice of 1 lemon
- 2 cloves garlic
- 1 ½ tsp ground cumin
- 1 ½ tsp ground coriander
- 1 ½ tsp ground paprika
- 1 tbsp Capilano Pure Honey
- Sea salt and pepper, to taste
- 2 large brown onions, cut in thick slices
- ¾ cup vegetable stock

TO SERVE

- 50g Capilano Pure honey + extra to squeeze
- Juice 1 lemon

- 1 Bring lamb shoulder to room temperature, then preheat oven to 160°C (fan-forced).

- 2 In a food processor, combine olive oil, parsley, lemon zest, garlic, cumin, coriander, paprika, honey salt and pepper and blend until a paste forms.

- 3 Using a knife, score lamb shoulder all over then rub marinade all over. In the base of a large roasting dish place the rounds of onion and place lamb on top. Add stock to base of roasting dish and roast the lamb for 20 minutes uncovered.

- 4 Remove lamb from oven, cover with aluminium foil then reduce heat to 160°C and roast for a further 3 hours. After 3 hours combine honey and lemon juice in a small bowl and stir until well combined.

FEEDING A CROWD? SERVE THIS RICH LAMB WITH FRESH BREAD ROLLS, SALAD AND MUSTARD FOR A SELF-SERVE LUNCH.

- 5 Remove foil and pour the honey glaze all over the meat. Roast for a further 30 minutes or until the lamb is fork tender or 90°C. Serve with an extra drizzle of honey for a gorgeous glisten.

✦ TIPS

- Lamb marinade can be prepared up to 3 days ahead and stored in an airtight container until ready to use.

BAKING WITH HONEY

What is Christmas without a pudding or trifle!

In baking, honey contributes so much more than sweetness. It adds moisture, texture (chewiness) and lovely golden caramel notes. Read on for our top tips for baking with honey!

TOP TIPS FOR BAKING

#1 Check your recipe

Honey is best swapped in recipes containing brown sugar, golden syrup or maple syrup. Sometimes caster sugar can also be swapped.

#2 Reduce the liquid

Decrease the liquid component of your recipe by 25% for every cup (370g) of honey.

#3 Add bicarb soda

When baking with honey, you'll need bicarbonate of soda to balance honey's natural acidity. For recipes that don't already contain bicarb soda, add ½ tsp per cup of honey.

#4 Reduce oven temperature

Honey browns a little quicker than sugar, so reduce your oven temperature by 15°C when baking recipes with more than ½ cup of honey at temperatures over 180°C.

#5 Melt-and-mix wins

Look for melt-and-mix or oil-based recipes for best results. Honey substitution is trickier in recipes where butter and sugar are creamed. To make cleaning up easier, grease your measuring cup or spoon with baking spray, oil or butter before measuring honey.

* TIPS BY RECIPE TYPE

• **Cakes, biscuits, brownies** – Honey is great for swapping for sugar in bakes that are made with oil rather than butter (think carrot cake or banana bread), as well as moist, chewy brownies. For aerated baking, such as pavlova, sponge cakes, butter cakes, meringues or shortbread biscuits, stick to the original recipe as much as you can for best results.

• **Icings and sauces** – Whipped icings such as buttercream or cream cheese frosting can have some of the icing sugar swapped for honey – try Capilano Creamed Honey for best results or add 1-2 tbsp per 450g batch buttercream of liquid honey being careful not to overbeat. Ganache is also delicious with a little honey added – try adding 1 – 2 tbsp per 250ml batch. We also love a simple honeyed crème anglaise with fresh fruit or Christmas pudding!

• **Desserts** – Honey is ideal in cream-based desserts such as cheesecake, panna cotta, puddings or crème brûlée. Swapping sugar with honey is also super simple in jellies, crumbles, poached or roasted fruits and self-saucing puddings, and who doesn't love summer fruits & cream! Give it a try soon!

CONVERSION guide

CREATE IT WITH
Capilano
HONEY

1 CUP BROWN SUGAR → 1/2 CUP HONEY

1 CUP CASTER SUGAR → 1/2 CUP HONEY

1 TBSP MAPLE SYRUP → 1 TBSP HONEY

1 TBSP GOLDEN SYRUP → 1 TBSP HONEY

Use this guide as a starting point when switching to honey in your favourite recipes. For further information, visit capilanohoney.com/honeyconversionguide

PRINT OR SCREEN GRAB THIS PAGE FOR YOUR NEXT BAKE OFF!

Sweet Treats & DESSERTS

CAPILANO HONEY GINGERBREAD

makes 24 | prep 20 mins | cooking 10 mins

125g butter, softened
180g (½ cup) Capilano Pure Honey
½ cup dark brown sugar
1 egg yolk
2½ cups plain flour
1 tsp bicarbonate of soda
1 tsp of ground ginger
½ tsp of ground cinnamon
½ tsp of nutmeg

- 1 Using an electric mixer, beat butter, honey and dark brown sugar together in a medium bowl until creamy. Add egg yolk and beat until combined.
- 2 Sift flour and bicarbonate of soda together and add to creamed mixture. Stir with a wooden spoon until combined. Use your hands to gather into a firm dough. Knead lightly, then divide into 2 discs. Wrap each disc in plastic wrap and refrigerate for 1 hour.
- 3 Preheat oven to 170°C (fan-forced). Line 2 large baking trays with non-stick baking paper.
- 4 Knead one disc until smooth. Roll out on a floured board to 3 mm thick. Use a variety of Christmas cookie cutters (we used a 12cm high cutter) to cut shapes. Use a small spatula or butter knife to help carefully transfer the shapes onto the prepared trays 2cm apart. Gather scraps and re-roll to make more shapes.
- 5 Bake for 8-10 minutes or until golden, swapping shelves halfway through cooking time. Stand on trays 10 minutes, then carefully transfer to a wire rack to cool completely. Repeat with remaining dough.
- 6 Decorate and store gingerbread in an airtight container for up to 1 week.

✂ TIPS

- Don't forget to use a little cooking spray or vegetable oil in your measuring cup/bowl before weighing honey into it – this helps prevent honey sticking to the cup.



BEE'S KNEES HONEY RUM (AND RUMLESS) BALLS

makes 24 | prep 20 mins (+ setting)

165g sugar-free shortbread cookies
160ml (⅔ cup) Capilano Floral Manuka Honey, plus extra, to drizzle
100g Turkish dried apricots
55g (½ cup) walnuts
45g (½ cup) desiccated coconut, plus 5 tbs, extra
1 tbs dark rum
150g dark chocolate melts
Crushed honeycomb, to sprinkle

1 Line 2 baking trays with baking paper. Coarsely break the biscuits into a food processor. Add honey, apricots, walnuts and coconut. Process until well combined and mixture comes together. Transfer half the mixture to a bowl and reserve the remaining half in the food processor.

- 2 Place 3 tbs extra coconut in a shallow bowl. Roll level tablespoonfuls of the honey mixture in the bowl into balls. Roll in coconut to coat. Place on 1 prepared tray. Set aside to set.
- 3 Add the rum and remaining extra 2 tbs coconut to the reserved honey mixture in the processor. Process until combined then roll level tablespoonfuls into balls.
- 4 Place chocolate melts in a small, deep microwave-safe bowl. Microwave on Medium, stirring occasionally, for 2 minutes or until melted and smooth. Use a fork to dip the rum balls, 1 at a time, in the chocolate to coat. Gently tap the fork on the side of the bowl to remove excess chocolate. Use a skewer to gently slide the ball onto remaining prepared tray. Sprinkle

with a little honeycomb. Repeat with the remaining rum balls, chocolate and honeycomb. Set aside to set. Store in airtight containers in the fridge. Drizzle over extra honey to serve.

✂ TIPS

- Find sugar-free shortbread cookies in the health food section at the supermarket.
- If you can't find plain honeycomb, trim the chocolate off honeycomb chocolate bars.

RASPBERRY, HONEY AND WHITE CHOCOLATE CHEESECAKE

serves 8 | prep 40 mins (+ 6 hours 35 mins chilling & cooling) | cooking 15 mins

150g sugar-free digestive biscuits
60g butter, melted
1 tbs Capilano Yellow Box Honey, plus 80ml (1/3 cup), extra and to drizzle
2 tbs cold water
2 1/2 tsp gelatine powder
500g cream cheese, at room temperature, chopped
1 tsp vanilla bean paste
300ml ctn thickened cream, plus extra, whipped, to serve
85g (3/4 cup) frozen raspberries, thawed, pureed, plus extra, to serve
HONEY MACADAMIAS
2 tbs Capilano Yellow Box Honey
2 tsp butter
80g (1/2 cup) macadamias
1 tsp chia seeds
WHITE CHOCOLATE 'HONEYCOMB'
100g white chocolate melts, melted

1 Grease the base and side of a 20cm springform pan and line base and side with baking paper.
2 Break up the biscuits into a food processor and process until resembles fine crumbs. Add butter and honey. Process until combined. Transfer mixture to prepared pan and use the back of a spoon to press into the base. Place in the fridge for 20 minutes or until firm.
3 Place cold water in a small microwave-safe bowl and sprinkle with gelatine. Set aside for 2-3 minutes to soften. Microwave on High for 20 seconds or until hot. Use a fork to whisk until gelatine dissolves. Set aside to cool slightly (do not allow to set).
4 Use electric beaters to beat the cream cheese, vanilla and extra 80ml (1/3 cup) honey in a bowl until smooth. Add the cream and gelatine mixture. Beat until just combined. Spoon half the cream cheese mixture over the biscuit base. Drizzle over half the raspberry puree and use a skewer to create a swirl effect. Repeat with remaining cream cheese mixture and raspberry puree. Cover and place in the fridge for at least 6 hours or overnight until firm.
5 To make the honey macadamias, preheat oven to 170°C/150°C fan forced.

Line a baking tray with baking paper. Combine the honey and butter in a small saucepan over low heat. Cook, stirring occasionally, until melted. Set aside to cool and thicken slightly. Add the nuts and stir to coat. Transfer to prepared tray and spread out in a single layer. Bake, stirring halfway through cooking, for 12 minutes or until golden brown. Immediately sprinkle with chia seeds. Set aside to cool and set.
6 To make the white chocolate 'honeycomb', place a 20cm-square piece of clean, unpopped bubble wrap, bubble-side up, on a clean work surface. Spread with the melted chocolate to cover a square of about 12cm. Place in the fridge for 15 minutes or until set. Carefully peel the bubble wrap away from the chocolate and break 'honeycomb' into shards.
7 Transfer cheesecake to a serving platter. Top with extra cream and raspberries, honey macadamias and white chocolate 'honeycomb'. Drizzle over extra honey.

✦ TIP

Find sugar-free digestives in the health food section at the supermarket.

WE'VE SWAPPED OUT ALL THE SUGAR FOR HONEY IN THIS CHEESECAKE RECIPE

RED VELVET MANUKA CHEESECAKE TRIFLE WITH CRISPY ALMOND PASTRY

serves 12 | prep 30 mins | cooking 90 mins

RED VELVET CAKE

225g unsalted butter, softened
225g (1/2 cup + 1tbsp) Capilano Pure Honey
60ml red food colour
1 tsp vanilla essence
1/2 tsp bicarbonate of soda
3 large eggs
2 cups (300g) plain flour, sifted
2 tsp baking powder
1/3 cup (40g) cocoa powder, sifted
150ml milk

HONEY CHEESECAKE FILLING

375g cream cheese, softened
120g unsalted butter, softened
180g (1/2 cup) Capilano Active Manuka Honey
1 cup icing sugar
500ml thickened cream
ALMOND PASTRY CRUMBLE
500g Kataifi pastry (found in supermarket chilled section)
200g butter, melted
6 tbs Capilano Active Manuka Honey

120g almonds, toasted and roughly chopped

1 To make the red velvet cake, preheat oven to 160°C (fan-forced). Grease and line a 20cm round springform pan with baking paper. In a mixer, cream butter for 8 minutes until pale and creamy. Fold in honey, food colour and vanilla, mix until just combined. Add the eggs one at a time beating between each addition. Sift in flour, baking powder, bicard soda and cocoa over mixture then add the milk. Mix on low speed until just combined.
2 Pour into prepared pan and bake for 90 minutes or until an inserted skewer comes out clean. Allow to cool in tin for 15 mins, then transfer to a cooling rack to cool completely. Once cool, cut cake in half lengthways.
3 To make the honey cheesecake filling,

chop softened butter and cream cheese and place in the bowl of a mixer. Mix on medium speed until combined, then add honey and increase speed and beat for 2-3 minutes until smooth, creamy and pale. Add sifted icing sugar mixing until combined. Set aside.
4 Place cream in a clean mixing bowl and beat until just thickened, being careful not to overbeat.
5 Fold cream through cheesecake mixture. Refrigerate until ready to assemble.
6 To prepare the crumble, heat a frypan over medium high heat, add the kataifi pastry and butter and fry until golden. Leave to cool.
7 To assemble place one layer of the red velvet cake in the bottom of a large 20cm glass serving bowl. Top with half of the honey cream cheese filling and top that with half of the pastry. Sprinkle half of the almonds over and drizzle with honey. Repeat with the red velvet cake, remaining honey cheesecake filling, pastry and almonds, then drizzle the remaining honey on top. Serve.

✦ TIPS

• Cover with cling wrap and keep chilled for up to 3 days. Cake can be prepared up to 24 hours ahead.



GLUTEN FREE STRAWBERRY AND RICOTTA HONEY CAKE

Catering for a gluten free, diabetic or healthier crowd? Look no further than this cake, made with better-for-you ingredients. It's beautiful topped with berries but gorgeous with mango, pineapple and a drizzle of honey too!

serves 10-12 | prep 20 mins | cooking 50 mins

400g can no-added-salt cannellini beans, rinsed, drained
70g (¼ cup) natural yoghurt
3 tsp vanilla bean paste
4 eggs
125g Capilano Pure Honey
40g (¼ cup) plain flour (or gluten free plain flour)
2 tsp baking powder
1 tsp cinnamon, ground
150g almond meal
TO SERVE
125g (½ cup) smooth ricotta
50g Capilano Pure Honey
130g (½ cup) natural yoghurt
400g fresh strawberries (½ for garnish, ½ for sauce)
2 tbs Capilano Pure Honey, extra

1 Preheat oven to 160°C (fan-forced). Grease and line base and sides of a 20cm cake tin with baking paper. Combine honey and eggs in the bowl of a stand mixer. Whisk until pale and thick, approx. 5-6 minutes.

2 In a food processor combine drained cannellini beans, 70g yoghurt, cinnamon and vanilla. Blend until smooth.
3 Add beans to egg mixture and sift flour, baking powder, almond meal on top. Gently fold on low speed until just combined being careful not to lose too much air in the mixture.
4 Transfer mixture to prepared cake tin and bake for 40 mins. Check cake with a skewer in the middle - if it comes out clean the cake is ready. If it still needs a little more time, cover cake with foil and bake for an additional 5-10 minutes until an inserted skewer comes out clean. Allow to cool completely before icing.
5 Prepare strawberry sauce by combining 200g strawberries with honey and vanilla in a blender. Pulse until smooth and keep chilled until ready to serve.
6 For icing, place ricotta, honey, 130g yoghurt and vanilla in the bowl of a stand mixer with paddle attachment. Mix on medium speed until smooth and voluminous. If too runny, chill until the mixture firms up again. Use a spatula to dollop into middle of cake and gently spread to sides of cake, just before serving. Icing will be soft and slightly runny. Top with fresh strawberries and strawberry sauce to serve.

✦ TIPS

- Keep iced cake chilled until ready to serve, and in the fridge for up to 3 days in an airtight container.
- Un-iced cake can be prepared 1 day in advance and stored in an airtight container at room temperature.
- Strawberry sauce can be prepared up to 3 days in advance and stored in an airtight container in the fridge until serving.
- Ricotta icing can be prepared up to one day ahead and stored in an airtight container in the fridge until serving. Mixture may lose a little volume with storage, do not re-whip.
- It is best to follow this recipe by the grams weight, affordable kitchen scales can be purchased at most supermarkets.

**A GLUTEN FREE, REDUCED FAT,
REFINED SUGAR FREE DESSERT
EVERYONE WILL LOVE!**

MANUKA HONEY AND ROSE MILK PUDDINGS

Creamy, delicate and fragrant, these little Manuka honey puddings are an elegant and light ending to a generous meal. They're easy to prep ahead and gluten free too.

serves 4-6 | prep 10 mins | cooking 10 mins

MANUKA HONEY PUDDING

3 cups full-cream milk
¾ cup thickened cream
¼ cup Capilano Floral Manuka Honey
¼ cup cornflour
¼ tsp ground cardamom
2 tsp orange blossom water (or ½ tsp orange zest)

ROSE SYRUP

½ cup caster sugar
¼ cup rose water or 1 tsp rose water essence
¼ cup water

2 tsp corn flour
Pink food colouring

PISTACHIO CRUMBLE

10g unsalted butter
100g unsalted pistachios finely chopped
1 tablespoon caster sugar

1 Prepare rose syrup by combining sugar, rosewater, water, and corn flour in a small saucepan over medium heat. Stirring constantly, bring to the boil, then lower heat to a simmer and cook until the mixture is reduced by half (approx. 5 minutes).

2 Remove from heat, add pink food colouring to desired shade and stir well. Set aside to cool.

3 Combine milk, Capilano Floral Manuka Honey, cream, and cornflour in a saucepan, whisk (off the heat) until well combined and dissolved.

4 On medium heat and whisking constantly, bring mixture to a boil. Reduce heat and simmer until mixture thickens and coats the back of the spoon (approx. 6-8 minutes).

5 Remove from heat and add cardamom and orange blossom water, stirring to combine. Set aside to cool for 5 minutes, then pour into 4 large or 6 small serving glasses or pudding moulds. Cover with cling wrap and chill for 30 minutes.

6 Just prior to serving, melt butter in a small frypan and add the pistachios. Toss in the butter until pistachios toast and become fragrant, then add the sugar and stir until the mixture is lightly caramelized. Remove from heat and set aside until ready to serve.

7 To assemble, either remove pudding from moulds by gently inverting and tapping or leave as-is in glasses. Gently spoon rose syrup over the top and finish with pistachio crumble.

**THIS ELEGANT DESSERT IS A
PREP-AHEAD HERO, LEAVING YOU
MORE TIME TO RELAX AND
CATCH UP WITH LOVED ONES!**





FOR MORE RECIPE INSPIRATION:
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