

TRUE-BLUE
CAPILANO FLAVOUR

Aussie Tastes



AUSTRALIA
AT ITS PUREST

AUSSIE FLAVOUR ADVENTURE

Hello honey lovers, welcome to Aussie Tastes - a flavour-packed book filled with true-blue recipes for the whole family.

Whether you're prepping for picnics in the park, packing up the car for a summer road trip, or making your grocery list for your next barbecue, we have all the recipes to make any event taste quintessentially Australian.

So, let's celebrate our Aussie uniqueness! Our love for the beaming sun, a full-bellied laugh, and our relaxed way of life - along with the pure joy only sharing food with our nearest and dearest can offer.

~ The Capilano Honey team.

#OozesAustralia #HoneyLovers

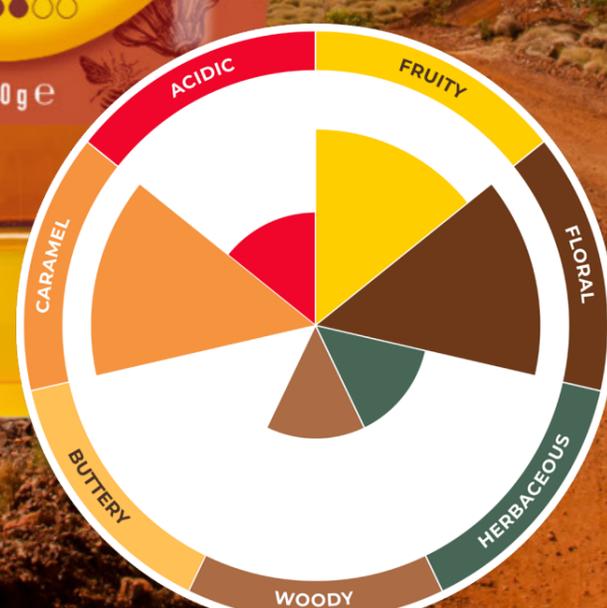
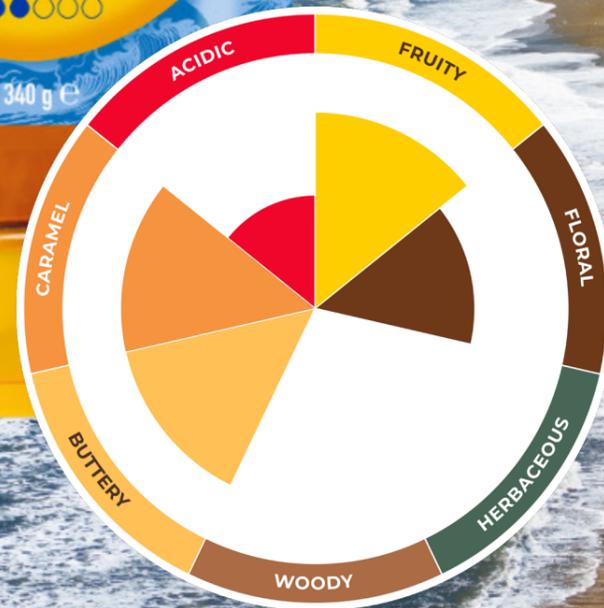
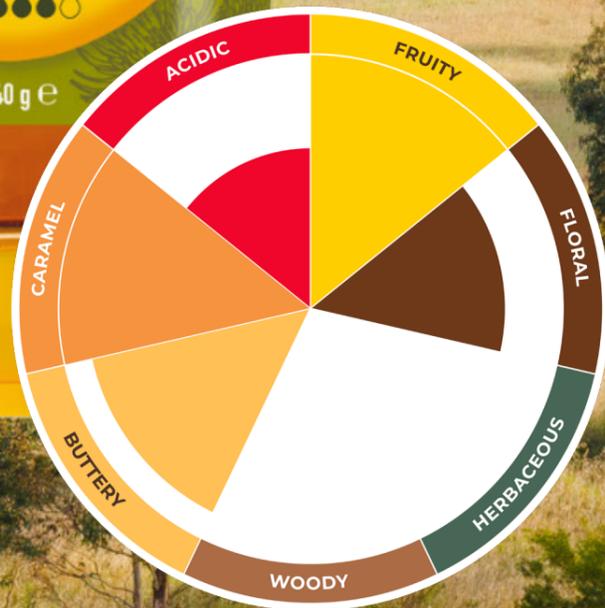
ARE YOU READY FOR AN ADVENTURE?

With the **Capilano Aussie Taste Experience Range** by your side, you'll travel across our rugged, and unique landscape - exploring new flavours, and re-discovering old ones.

From our rich bushlands,

and salty coastlines,

to the sun-drenched Aussie outback.





**HONEY PIKELETS WITH
HONEY-POACHED PEARS AND CREAM**

PAGE (12)

AUSSIE TASTES

- BREKKY HEROES** **8**
- Honey Crumpets 9
- Capilano Honey Banana Bread 11
- Honey Pikelets with Honey-Poached Pears and Cream 13
- Honey Wattleseed Damper 15
- Orange and Walnut Honey Scones 17
- SLICES AND SNACKS** **18**
- Honey Weet-Bix Slice 19
- Honey Anzac Bisuits 20
- Chewy Anzac Honey Slice 21
- Bee’s Knees Honey Rum Balls 22
- Honey Mustard Sausage Rolls 23
- Honey Macadamia Caramel Slice 24
- DELIGHTFUL DESSERTS** **26**
- Mango Pavlova with Coconut, Pistachio and Honey Drizzle 27
- Self-Saucing Butterscotch Honey Pudding 29
- Capilano Honey Jumbles 30
- Capilano Honey Joys 31
- Lemon Myrtle, Ricotta & Honey Macadamia Cake 33
- Vanilla and Honey Slice 34

BREKKKY HEROES



HONEY CRUMPETS

There is something so special about making nostalgic family meals from scratch. These homemade honey crumpets harness the buttery flavour of our Capilano Bush Honey for a staple recipe you'll be making for breakfast in years to come. Top them with seasonal fruit (and a generous lashing of honey), you can't beat that for a classic Aussie combo!

serves 6 | prep 5 mins | cooking 15 - 20 mins

- 1 tsp (3.1g) instant dried yeast (+ 1 tbsp warm water)
- 200ml (¾ cup + 1 tbsp) warm water
- 1 tbsp (30g) Capilano Bush Honey
- 150g (1 cup) plain white flour
- ½ tsp salt
- 1 tsp baking powder
- ½ tsp white sugar
- Oil or butter, to grease

1 Dissolve yeast in 1 tablespoon warm water and set aside.

2 Combine honey with 200ml warm water.

3 In a mixing bowl, combine flour and salt. Add honey and water mixture, then whisk for 2 minutes until smooth.

4 Add yeast, baking powder and sugar, then whisk for 30 seconds. Cover bowl with a tea towel and set aside in a warm place for 15 minutes until bubbles form on the surface and batter has risen.

5 Spray a large non-stick frypan with oil or smear with butter. Spray or smear 6 metal rings and arrange in pan, then heat pan on medium-high.

6 Pour ¼ cup of batter into each ring and cook for 1½ minutes until bubbles form and begin to pop. Reduce heat to medium-low and continue cooking for 2 minutes. Remove rings and pop bubbles as they form.

7 When tops have set, flip each crumpet to sear tops. Remove from pan..

8 Serve hot with butter and Capilano Bush Honey.

STICKY FINGERS, LASHINGS OF HONEY, STACKS OF BUTTERY CRUMPETS

A DISTINCTLY AUSSIE WAY TO START THE DAY.



CAPILANO HONEY BANANA BREAD

Refined sugar, gluten and dairy free, Capilano honey banana bread is a better-for-you take on the classic. See below for yummy variations for new twists!

serves 8-10 | prep 15 mins | cooking 60 mins

250g (1½ cups) gluten free plain flour (or plain flour)
2 tsp bicarb soda
1 tsp cinnamon, ground
¼ tsp salt
125ml (½ cup) extra virgin olive oil
180g (½ cup) Capilano Pure Honey
2 tsp vanilla extract
2 tbsp coconut or natural yoghurt
2 large eggs
3 large ripe bananas (400g), mashed
½ cup walnuts or dairy free choc chips (optional)
1 ripe banana, sliced

DID YOU KNOW:

AUSSIES EAT 5,000,000

BANANAS EVERY DAY!

THAT'S ENOUGH TO STRETCH FROM

SYDNEY TO MELBOURNE.

VARIATIONS

CHOC HAZELNUT SWIRL

Dollop your favourite choc hazelnut spread on the top of the batter, swirl to combine, then place bananas on top.

BERRY NICE

Boost the fruit content by folding ½ cup frozen blueberries or raspberries into the batter.

CHEESECAKE FILLED

Combine 125g cream cheese with 1 tbsp plain flour, 1 egg and 1 tbsp Capilano honey, mix until smooth. Fill loaf tin with ⅔ of the banana bread mixture, then top with cheesecake filling, then top with remaining ⅓ of the batter.

1 Preheat oven to 160°C (fan-forced). Grease and line base of a 13.5cm x 23.5cm loaf pan.

2 Place flour, bicarb soda, cinnamon and salt in a large bowl and mix to combine. Set aside.

3 In a large bowl, combine olive oil, honey, vanilla and yoghurt, whisking to combine well. Add eggs and banana, mix until well combined.

4 Sift flour, bicarb soda and cinnamon into wet mixture and fold gently until just combined. Add optional nuts or choc chips, fold gently.

5 Pour mixture into prepared loaf tin and place lengthways sliced banana on top. Bake for 40 minutes, then cover with foil and bake for an additional 20-25 minutes or until an inserted skewer comes out clean. Cool in pan briefly then turn onto rack to cool.

6 Store in an airtight container for up to 5 days, or allow to cool and slice and freeze in portions for up to 3 months.

BANOFEE TWIST

Swirl through dollops of your favourite caramel into the batter – either natural date caramel or salted caramel sauce.

SUPERFOOD BOOST

Garnish your banana bread with chia seeds, pepitas and sunflower seeds before adding banana slices on top.

TOASTY COCONUT

Create a toasty, coconutty twist by folding ¼ cup toasted coconut (shredded) into the batter, and sprinkle extra on top.



HONEY PIKELETS WITH HONEY-POACHED PEARS AND CREAM

What could be sweeter than bite-sized pikelets topped with poached pears, cream and Capilano Bush Honey? For an Aussie treat with stacks of flavour - these little rippers are the ultimate cross between comforting and vibrant. Enjoy them on a warm sunny morning alongside your choice of brew... delicious.

serves 20 | prep 15 mins | cook 50 mins

HONEY POACHED PEARS

240g ($\frac{2}{3}$ cup) Capilano Bush Honey
2 oranges (juice & zest)
2 tsp ground cinnamon
6 star anise
1 tsp ground cardamom
1 tsp vanilla extract
375ml ($\frac{1}{2}$ cups) water
4 large pears

HONEY PIKELETS

225g ($\frac{1}{2}$ cups) self-raising flour
2 tbsp (60g) Capilano Bush Honey
250ml (1 cup) buttermilk
1 tsp cream of tartar
 $\frac{1}{2}$ tsp bicarbonate of soda
1 egg
Butter (for cooking)

TO SERVE

Poached pears
Pear syrup
Dollop cream

HONEY POACHED PEARS

1 In a medium pot, combine honey, orange juice, spices, vanilla, and water. Bring to the boil.

2 Reduce heat and simmer for 10 minutes.

3 While poaching liquid simmers, peel, core, and dice pears into 1-2cm pieces.

4 After 10 minutes, add diced pears to pot. If liquid doesn't cover pears completely, add extra water. Simmer gently for 15 minutes, or until tender.

5 Strain pears into a bowl, reserving liquid. Remove cinnamon, star anise, cardamom and vanilla from pears and set aside to cool.

6 Pour poaching liquid back into pot and return to heat, simmering for 10-15 minutes, or until thick and syrupy.

7 Place syrup into a container and set aside.

HONEY PIKELETS

1 Place flour into a mixing bowl.

2 In a jug, combine honey, buttermilk, cream of tartar, bicarbonate of soda and egg. Whisk well.

3 Add liquid to flour. Whisk until combined.

4 Preheat a large non-stick pan over medium-low heat. Melt a teaspoon of butter and spread evenly.

5 Drop tablespoons of batter into the pan.

6 Cook until pikelets begin to bubble and are golden underneath. Flip, then continue cooking.

7 Once golden on both sides, remove from pan and place on a plate. Repeat with remaining batter.

To serve: top with poached pears, a drizzle of syrup and cream.

To prep ahead: pears and syrup can be made up to 2 days prior to serving. Store pears and syrup separately in an airtight container in the refrigerator. Pikelets are best made the day of serving.



THE FUN-SIZED COUSIN
OF PANCAKES AND CRUMPETS,
PIKELETS ARE A POPULAR WEEKEND
AND LUNCHBOX STAPLE
IN AUSSIE HOUSEHOLDS.

HONEY WATTLESEED DAMPER

Quintessentially Aussie. Wattleseed damper is a versatile bread that can be topped to your hearts content. Enjoy it warm, spread with soft creamy butter and lashings of Capilano Coastal Honey for a lightly sweet and salty breakfast, or afternoon tea. Just add a Capilano-cino.

serves 4 | prep 10 mins | cook 30 mins

280g (2 cups) self-raising flour (+ extra to dust)

1 tbsp ground wattleseeds (+ extra to sprinkle) alternatively, use 2 tsp instant coffee powder

¼ tsp salt

30g cold butter, cubed

140ml (½ cup + 3 tsp) milk

3 tbsp (90g) Capilano Outback Honey

1 Preheat oven to 170°C (fan-forced). Line a tray with baking paper.

2 In a mixing bowl, combine flour, wattleseeds and salt. Rub cold butter into flour mix until coarse (alternately, pulse in a food processor).

3 In a cup, dissolve honey in milk, then pour ¾ of it into flour mixture. Using a butter knife, mix until combined (if the mixture is too dry, add more of the milk – the dough needs to be soft, but not sticky).

4 Dust work surface with flour. Turn out dough and gently form a ball about 15cm in diameter. Place dough ball onto lined baking tray and flatten slightly.

5 Dust dough with flour and sprinkle over additional wattleseeds. Using a sharp knife, score a cross into the top.

6 Bake for 30 minutes, or until golden and sounding hollow when tapped.

7 Serve hot with lashings of butter and Capilano Outback Honey.



WATTLESEEDS COME FROM THE VIBRANT GREEN AND GOLD PLANT ACACIA, NATIVE TO AUSTRALIA. CONSUMED BY

AUSTRALIA'S INDIGENOUS PEOPLE FOR THOUSANDS OF YEARS, THIS HIGH PROTEIN SEED WAS TRADITIONALLY GROUND

AND USED IN BISCUITS AND DAMPER. IN THIS RECIPE YOU'LL DISCOVER ITS SUBTLE COFFEE-LIKE FLAVOUR.



ORANGE AND WALNUT HONEY SCONES

Our take on the humble scone harnesses the nutty flavour of walnuts and the citrusy twang of orange zest to create a reliably tasty vessel for yoghurt and honey. Cut it into wedges to share with family and friends on long weekends spent lounging in the Aussie sunshine. Made with Capilano Aussie Coastal Honey - for a slightly salty twist.

serves 8 | prep 10 mins | cooking 30 mins

95g (½ cup) chopped dates
65g (½ cup) chopped walnuts
Zest of 1 orange
370g (2 cups) wholemeal self-raising flour
60g butter, cold & cut into cubes
90g (¼ cup) Capilano Coastal Honey
250ml (1 cup) buttermilk (plus 2 tbsp for brushing)
1 tsp vanilla bean paste

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

2 In a mixing bowl, combine dates, walnuts, and orange zest, and set aside.

3 In a food processor, combine flour and butter until it resembles fine breadcrumbs (alternately combine in a bowl, working butter into flour until it resembles fine breadcrumbs).

4 Pour flour mixture into mixing bowl. Stir ingredients to combine.

5 In a separate bowl, whisk honey, buttermilk, and vanilla together. Pour mixture into dry ingredients.

6 Using a butter knife, mix dough until combined.

7 Dust lined baking tray with extra flour. Turn out dough into tray and gently bring it together to form a flattened circle.

8 Using a sharp knife, cut dough into 8-10 equal wedges, then position wedges so they touch slightly. Brush tops with extra buttermilk.

9 Bake for 30 minutes, or until an inserted skewer comes out clean.

10 Serve warm with yoghurt and an extra drizzle of Capilano Coastal Honey.

A DISTINCTLY AUSSIE TAKE ON THE SCOTTISH CLASSIC.

TOP WITH YOGHURT AND FRESH FRUIT!



SLICES AND SNACKS

HONEY WEET-BIX SLICE

Our very own Capilano ode to the classic. Perfect for lunches, fetes and treating yourself mid-afternoon! It's also beautiful for weekend picnics or parties.

serves 12 | prep 15 mins | cooking 10 mins

BASE

5 Weet-Bix, crushed
1½ cups plain flour
2 tsp baking powder
¾ cup desiccated coconut
360g (1 cup) Capilano Pure Honey
200g butter
1 tsp vanilla extract

ICING

180g (½ cup) Capilano Pure Honey or Creamed Honey
120g cold butter
1 tsp cocoa powder (optional)

1 Preheat oven to 180°C (fan-forced). Combine Weet-Bix, flour, baking powder and desiccated coconut in a mixing bowl.

2 Place honey and butter into a saucepan and cook, stirring, over a low heat until the mixture is melted and well combined. Remove from heat and stir in vanilla extract.

3 Pour the honey mixture into the bowl with the Weet-Bix mixture and mix together. Transfer to a lined 20cm x 30cm baking dish and bake for 18-20 minutes or until firm. Set aside to cool completely.

4 To make the icing, place cold butter, sifted cocoa powder (if using) and honey in the bowl of a stand mixer or use hand beaters to combine until light and fluffy, about 8-10 minutes. Spread on top of the cooled slice and refrigerate for 1 hour until firm, then slice to serve.

HOW MANY DO YOU DO?
WEET-BIX + AUSSIE HONEY

THERE'S NO BETTER COMBO!



HONEY ANZAC BISCUITS

Anzac biscuits are a delicious and reliable staple recipe in so many Aussie households. Introducing our Honey Anzac Biscuits! A sweet family favourite, minus the sugar.

serves 8-10 | prep 10 mins | cooking 15 mins

- 1 cup rolled oats
- 185g (1 cup) plain flour
- ½ tsp baking powder
- ¾ cup desiccated coconut
- Pinch sea salt
- 90g (¼ cup) Capilano Outback Honey
- 125g unsalted butter
- 2 tbsp boiling water

1 Preheat the oven to 150°C (fan-forced) and line a baking tray with baking paper.

2 Heat the butter and honey in a small saucepan on low heat until melted and combined.

3 Dissolve the baking powder in the boiling water and combine with the honey mixture.

4 Combine all the dry ingredients. Pour the honey mixture through and combine.

5 Take a spoonful of the mixture and roll it into a ball before flattening onto a baking tray. Repeat until all the mixture is used.

6 Bake for 15 minutes, leave to cool.

**A TREASURED TREAT FILLED
WITH PRIDE. THE ANZAC BISCUIT
AS WE KNOW IT IS OVER
100 YEARS OLD!**



CHEWY ANZAC HONEY SLICE

Just take pantry staple rolled oats, and coconut (plus a few others) and combine them with buttery Capilano Bush Honey to craft a chewy nostalgic slice. Dunk it in your cuppa, pack it in lunchboxes or enjoy it for a family-filled afternoon tea. Every day is perfect for a bite of Chewy Honey Anzac Slice.

serves 12 | prep 10 mins | cooking 20 min

- 110g (1 cup) rolled oats
- 150g (1 cup) plain flour
- 60g (⅔ cup) desiccated coconut
- 180g (½ cup) Capilano Bush Honey
- 70g (⅔ cup) brown sugar
- 125g butter
- ½ tsp bicarbonate of soda
- 2 tbsp water

1 Preheat oven to 180°C (fan-forced). Grease and line a 28cm x 18cm slice tin with baking paper.

2 In a mixing bowl, combine oats, flour, and coconut.

3 In a medium pot, combine honey, brown sugar, and butter. Stir over low heat until butter melts and sugar dissolves. Remove from stove.

4 In a small bowl, combine bicarbonate of soda with water and mix well.

5 Add bicarbonate of soda mix to honey butter and stir to combine.

6 Pour honey butter into dry ingredients and mix until combined.

7 Pour mixture into slice tin, pressing down firmly and evenly.

8 Bake for 20 minutes, or until an inserted skewer comes out clean.

9 Remove from oven and leave to cool for 10 minutes, then transfer to a cake rack.

10 Once cooled, cut into 12 even portions.

To store: keep at room temperature for up to 2 days in an airtight container, 5 days in the refrigerator in an airtight container, or wrap in cling film and aluminium foil and freeze for up to 3 months.

**CREATING ANZAC BISCUITS WITH
THE FAMILY IS A LOVELY WAY
TO PAY HOMAGE TO SOLDIERS
WHO SERVED IN THE AUSTRALIAN
AND NEW ZEALAND ARMY CORPS.**



BEE'S KNEES HONEY RUM BALLS

Smooth dark rum, pure Capilano honey, walnuts and coconut meld together to create a festive twist on this classic recipe that might just be, the bee's knees!

serves 24 | prep 20 mins

165g sugar-free shortbread cookies
160ml (2/3 cup) Capilano Pure Honey, plus extra, to drizzle
100g Turkish dried apricots
55g (1/2 cup) walnuts
45g (1/2 cup) desiccated coconut, plus 5 tbsp, extra
1 tbsp (20ml) 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 tbsp 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 tbsp 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.

5 Use a fork to dip the rum balls, one 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.

Tip: If you can't find plain honeycomb, trim the chocolate off honeycomb chocolate bars. Keep stored in an airtight container for up to a week (if they last that long!)

SWAP OUT THE RUM FOR AN EXTRA DRIZZLE OF TASTY HONEY TO KEEP THIS RECIPE KID-FRIENDLY!



HONEY MUSTARD SAUSAGE ROLLS

Crispy pastry, juicy chicken - sweet Aussie Coastal Honey. Re-consider party snacks with these delectable Honey Mustard Sausage Rolls.

serves 16 | prep 15 mins | cooking 25 mins

500g chicken mince
1 granny smith apple, peeled, cored & grated
1 tbsp Capilano Coastal Honey
1 tbsp whole grain mustard
2 tsp Dijon mustard
1 tbsp fresh thyme leaves (or 1 tsp dried thyme)
1/2 tsp salt
1/2 tsp ground black pepper
1/2 cup fresh breadcrumbs (1 slice of bread made into crumbs) or 2/3 cup dried panko breadcrumbs soaked in 3-4 tbsp milk
2 sheets puff pastry
1 egg
1 tsp Capilano Coastal Honey (+ extra for brushing)
1 tsp sesame seeds, for garnish

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

2 In a large mixing bowl, combine chicken, apple, honey, whole grain and Dijon mustard, thyme, salt, pepper, and breadcrumbs. Once mince is combined, divide into 4 equal portions.

3 Cut one puff pastry sheet in half. Place 1/4 of the mince mixture on one half-sheet of pastry. Shape mince into a sausage shape along the long edge, spreading it evenly to each end.

4 Roll pastry around mince to create a long roll. Pinch pastry at seam to seal.

5 Seam side down, cut roll into 4 pieces and place on prepared tray. Continue with remaining mince and pastry portions.

6 In a bowl, whisk egg and honey together. Brush sausage rolls with egg mixture, then sprinkle with sesame seeds.

7 Bake for 25 minutes, or until golden and cooked through.

Prep ahead: sausage rolls can be frozen for storage before or after baking wrapped in cling film and aluminium foil for up to 3 months.

YOUR GO-TO PARTY FOOD JUST GOT AN UPGRADE WITH THESE TOMATO SAUCE DUNKERS!



HONEY MACADAMIA CARAMEL SLICE

Indulgent, sweet and nutty - Honey Macadamia slice is a staple family recipe for so many Aussies. The crunch of honey-coated macadamias matched with a soft and chewy base makes a satisfying combination of textures you'll enjoy bite, after bite, after bite!

serves 24 | prep 10 mins | cooking 35 mins

BASE

150g butter
225g (1½ cups) plain flour
2 tbsp (45g) Capilano Bush Honey
1 egg

FILLING

130g butter
90g (¼ cup) Capilano Bush Honey
120g (½ cup) caster sugar
2 tsp vanilla bean paste
300g macadamia nuts

BASE

1 Preheat oven to 180°C (fan-forced). Grease and line a 28cm x 18cm slice tin with baking paper.

2 In a food processor, combine flour and butter until it resembles fine breadcrumbs (alternately combine in a bowl, working butter into flour until it resembles fine breadcrumbs). Add honey and egg, mixing until dough forms.

3 Turn out dough and press evenly into tray, including slightly up the sides.

4 Bake for 20 minutes or until golden. Prepare filling while base bakes.

FILLING

1 In a medium pot, combine butter, honey, sugar, and vanilla. Stir over low heat until butter melts and sugar dissolves.

2 Increase heat and simmer for 2 minutes. Add macadamia nuts and stir well to coat. Cook for a further 2 minutes.

3 Pour filling over cooked slice base and spread evenly.

4 Bake for a further 15 minutes until filling bubbles and turns deep gold.

5 Remove from oven and allow to cool completely. Once cool, cut into bars or squares.

To store: at room temperature for up to 2 days in an airtight container, 5 days in the refrigerator in an airtight container, or wrap in cling film and aluminium foil and freeze for up to 3 months.

MACADAMIA FACT:

MACADAMIAS FIRST EVOLVED IN THE
RAINFORESTS ON THE EAST COAST OF
AUSTRALIA OVER 60 MILLION YEARS AGO!



DELIGHTFUL DESSERTS

MANGO PAVLOVA WITH COCONUT, PISTACHIO AND HONEY DRIZZLE

The iconic Aussie pavlova. This family favourite is a must-have at all important events and occasions throughout the year (especially Christmas). This time, we're giving the age-old recipe a freshen up with juicy mango, coconut, pistachio and a homemade honey-lime drizzle. Delicious!

serves 4-6 | prep 30 mins | cooking 90 mins

MERINGUE

6 egg whites (225ml)
Pinch of salt
260g (1½ cups) caster sugar
1½ tsp white vinegar
2 tsp cornflour

LIME HONEY

180g (½ cup) Capilano Pure Honey
1 lime

TOPPING

600ml cream
1 tsp vanilla extract
⅓ cup coconut flakes, lightly toasted
60g (2 tbsp) Capilano Pure Honey
2 mangoes, peeled & thinly sliced
¼ cup pistachios, roughly chopped
1 lime

1 Preheat the oven to 120°C (fan-forced). Line a baking tray with baking paper and draw a 22cm circle in the centre.

2 Whisk the egg whites and salt using an electric mixer on medium until soft peaks form, or for approximately 3-4 minutes. With the mixer still running, add the sugar 1 tbsp at a time, beating well after each addition. Beat until thick and glossy.

3 Spoon the mixture onto the baking paper, keeping the meringue inside the circle drawn on the paper. Smooth the edges with a spatula and form high sides, leaving a slight depression in the centre.

4 Bake for 90 minutes, or until the meringue is dry to the touch and not coloured. Turn the oven off and let the meringue cool completely for 3-4 hours.

5 Meanwhile, make the lime honey by adding honey to a small non-stick pan. Finely grate the zest from the one lime over the honey, then add its juice. Heat the honey over low heat, allowing it to simmer gently for 5 minutes, stirring occasionally. Turn off the heat and let it cool completely. If the lime honey is too thick when cooled, stir through a little hot water to dilute it.

6 In a separate bowl, whisk the cream, vanilla and 2 tbsp of honey until soft peaks form.

7 Lay the cooled meringue onto a serving plate. Fill the top of the meringue with the whipped honey cream, then arrange the thinly sliced mango over the cream.

8 Drizzle over the honey lime, scatter with toasted coconut flakes and pistachios. Finely grate the zest of the second lime straight over the pavlova. Serve immediately.

AUSSIES AND KIWIS BOTH
CLAIM OWNERSHIP OVER
THE CELEBRATORY PAV

ONE THING WE CAN BOTH AGREE ON?
IT'S DELICIOUS!





SELF-SAUCING BUTTERSCOTCH HONEY PUDDING

There's nothing like scooping into a self-saucing pudding when you're craving something sweet. Dreamy butterscotch made with Aussie Coastal Honey adds a light caramel flavour that pairs beautifully with slices of seasonal fruit to create evening delight for your tastebuds.

serves 6-8 | prep 10 mins | cooking 30 mins

BATTER

210g (1½ cups) self-raising flour
65g (⅔ cup) brown sugar
125g unsalted butter, melted
90g (¼ cup) Capilano Coastal Honey
125ml (½ cup) thickened cream
1 egg, lightly beaten
1 tsp vanilla extract

SAUCE

50g (¼ cup) brown sugar
1 tsp cornflour
200ml (¾ cup + 1 tbsp) thickened cream
200ml (¾ cup + 1 tbsp) water
100g unsalted butter
180g (½ cup) Capilano Coastal Honey

BATTER

1 Preheat oven to 150°C (fan-forced). Grease a 2-litre ovenproof dish with butter and set aside.

2 In a mixing bowl, combine flour and brown sugar for batter.

3 In a small bowl, combine melted butter, honey, and cream. Stir well to dissolve honey.

4 Pour liquid into mixing bowl. Add beaten egg and vanilla. Mix until smooth.

5 Spoon batter into greased ovenproof dish. Spread evenly and set aside.

SAUCE

1 In a small bowl, combine brown sugar and cornflour.

2 Sprinkle sugar and cornflour mix evenly over batter.

3 In a small pot, combine butter, cream, water, and honey. Stir over medium heat and remove once simmering (alternately, heat ingredients in microwave in 30 second increments, stirring in between, until sugar is melted and mixture is combined).

4 Using the back of a dessert spoon, pour hot liquid over the batter.

5 Bake for 30-40 minutes, or until an inserted skewer comes out clean.

6 Rest for 10 minutes before serving.

To store: cover remaining pudding with cling wrap and store in the refrigerator for up to three days.

**OOZING WITH HONEY BUTTERSCOTCH
- THERE'S NOTHING MORE COMFORTING
THAN SPOONING INTO A
SELF-SAUCING DESSERT!**

CAPILANO HONEY JUMBLES

Capilano honey jumbles are a tender spiced biscuit, glazed with signature coloured honey icing that just oozes down the sides of the bikkie. Wonderful for reliving childhood memories – or creating new ones!

serves 16 | prep 30 mins | cooking 10 mins

JUMBLES

60g unsalted butter, chopped
180g (½ cup) Capilano Pure Honey
1 tbsp milk
1 tsp vanilla extract
160g (1¼ cups) plain flour
½ tsp bicarbonate soda
1 tsp ground ginger
½ tsp cinnamon
¼ tsp cloves
¼ tsp nutmeg

ICING

375g (2½ cups) icing sugar, sifted
1 tsp honey
1 tsp vanilla bean paste
60ml (¼ cup) boiling water
Yellow and red food colour

JUMBLES

1 Preheat oven to 160°C (fan-forced) and line 2 baking trays with baking paper. Place butter and honey in a medium saucepan over medium heat. Bring to a simmer, reduce heat to low and cook for 2 minutes. Alternatively, microwave butter and honey on low heat until just melted.

2 Transfer mixture to a large mixing bowl. Allow mixture to cool slightly, add milk and vanilla. Stir to combine.

3 Sift flour, bicarb soda and spices over butter mixture. Stir to combine. Cover with cling wrap and chill 1 hour or until mixture is firm enough to handle.

4 Once dough has cooled, divide into quarters. Divide each quarter into 4 equal sized balls – use kitchen scale for best results.

5 Shape each ball into logs 5-6cm long and transfer to a baking sheet 5cms apart (this is critical).

6 Using a metal spoon, flatten the surface of the dough, but do not over-press the dough. Clean spoon between each biscuit if the dough is extra sticky. Bake for 10 minutes and allow to cool slightly before transferring to wire racks to complete cooling.

7 Store in an airtight container until ready to ice, once cooled to prevent biscuits absorbing moisture from the air and softening.

ICING

1 Sift icing sugar into a large bowl. Add honey and vanilla bean paste, stirring to combine. Add boiling water one teaspoon at a time until desired consistency is reached. Icing should be very thick as it will spread when placed on the biscuits.

2 Divide icing into two bowls and add 1 drop of red food colour to tint one icing bowl pink.

3 Using a teaspoon, dollop icing into the middle of each biscuit and gently spread over the biscuit, allowing icing to naturally settle into place. Allow icing to dry completely before storing in an airtight container for up to 3 days.

NAN'S FAVOURITE! THESE FRAGRANT BISCUITS EVOKE SO MANY CHILDHOOD MEMORIES.

CAPILANO HONEY JOYS

Our refined-sugar free take on this iconic Aussie treat is perfect for re-living treasured memories and creating new ones. A simple melt-and-mix recipe for baking with the kids.

serves 12 | prep 10 mins | cooking 15 mins

432g (6 tbsp / 1 cup + 1 tbsp) Capilano Pure Honey
100g unsalted butter, chopped
5 cups cornflakes
12 paper cup cake cases

1 Preheat oven to 160°C (fan-forced). Place cupcake cases in cupcake tray. Place cornflakes in a large heat-proof bowl.

2 Combine honey and butter in a large saucepan and heat over on medium heat until just melted. Alternatively place in microwave-safe bowl and heat in 30 second increments, mixing in between until melted.

3 Transfer honey mixture to cornflakes bowl. Mix well with wooden spoon until evenly combined.

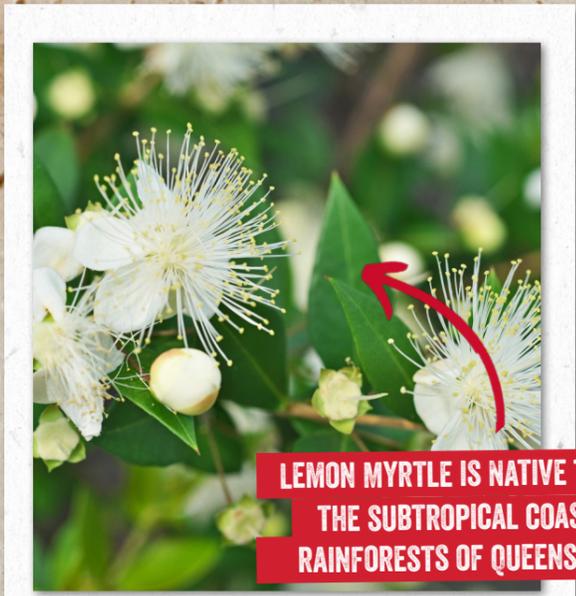
4 Transfer mixture to cupcake cases and bake for 10 minutes. Allow to cool on wire baking rack then transfer to airtight container and chill for 30 minutes to set. Store in an airtight container in the fridge for up to 5 days.

THE SWEET TASTE OF YESTERYEAR IS STILL AN ICON TODAY.





INDIGENOUS AUSTRALIANS HAVE BEEN USING LEMON MYRTLE (GIRRI GIRRI) IN FOOD AND MEDICINE FOR OVER 40,000 YEARS!



LEMON MYRTLE IS NATIVE TO THE SUBTROPICAL COASTAL RAINFORESTS OF QUEENSLAND.

LEMON MYRTLE, RICOTTA & HONEY MACADAMIA CAKE

This humble loaf cake takes native ingredients such as zesty native lemon myrtle and nutty macadamias to create a lovely dense, moist tea cake ideal with a steaming cup of tea. Perfect for savouring with friends on a golden afternoon.

serves 1 loaf | prep 15 mins | cooking 40 mins

- 2 eggs
- 60g (¼ cup) caster sugar
- 230g fresh ricotta
- 62g (½ cup) macadamia nuts, roughly chopped
- 120g (½ cup) Capilano Aussie Outback Honey
- 3 tbsp (45ml) canola or vegetable oil
- 2 tsp lemon myrtle, ground (alternatively use zest from ½ lemon)
- 170g (¾ cup) plain flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt

1 Preheat oven to 160°C (fan forced). Line a 21cm x 11cm loaf tin with baking paper.

2 In a small bowl, whisk eggs and sugar until light and fluffy.

3 In a mixing bowl, combine ricotta, honey, oil, and lemon myrtle. Stir well then add to egg mixture and fold through gently.

4 Sift flour, baking powder, baking soda and salt directly over wet ingredients. Fold through gently.

5 Pour batter into loaf tin. Flatten surface, then scatter chopped macadamias over the top. Press nuts in gently.

6 Bake for 30-40 minutes, or until an inserted skewer comes out clean.

To store: keep at room temperature for up to 2-3 days in an airtight container, or wrap in cling film and aluminium foil and freeze for up to 3 months.

VANILLA AND HONEY SLICE

Between two buttery puff pastry layers, you'll find a silky smooth honey-filled custard. This classic dessert takes the nostalgic flavour of the vanilla slice you remember - and gives it an Aussie upgrade. Crafted with Capilano Outback Honey, for a fruity and caramel twist on morning tea.

serves 16 | prep 30 mins | cooking 20 mins

2 sheets frozen puff pastry, defrosted
50g (2/3 cup) custard powder
90g (3/4 cup) cornflour
750ml (2 1/2 cups) milk
250ml (1 cup) thickened cream
180g (1/2 cup) Capilano Outback Honey
2 tsp vanilla extract
60g butter, cubed
4 egg yolks
170g (1 1/2 cups) icing sugar, sifted
40ml (2 tbsp) milk
10ml (1/2 tbsp) vanilla extract

1 Preheat oven to 160°C (fan-forced). Line two trays with baking paper.

2 Lay one sheet of puff pastry on each tray. Cover each pastry sheet with baking paper, then top with another baking tray to prevent pastry rising.

3 Bake for 20 minutes or until golden. Set aside to cool completely.

4 Line a 22cm square cake tin with baking paper (ensuring paper hangs over sides for easy removal). Place one piece of pastry into base, cutting to size if necessary. Set aside.

5 Combine custard powder and cornflour in a medium pot. Whisk in half the milk until smooth.

6 Add remaining milk, cream, honey and vanilla extract. Stir over medium heat until the mixture thickens and boils. Reduce heat to low and whisk for an additional minute.

7 Remove from heat and whisk in butter until incorporated, followed by egg yolks.

8 Pour custard over pastry, then place second pastry sheet on top, cutting to size if necessary. Set aside to cool completely.

9 In a small bowl, whisk icing sugar, milk, and vanilla until smooth. Pour over cooled vanilla slice and spread evenly.

10 Refrigerate for 6 hours (or overnight) then cut into portions using a serrated knife, wiping clean between each slice.

To store: in the refrigerator up to 2-3 days in an airtight container.

**THINK YOU'VE NAILED THE RECIPE?
IF YOU'RE A SLICE-LOVER,
ENTER YOURS IN THE GREAT
AUSTRALIAN VANILLA SLICE TRIUMPH!**

A SEARCH FOR THE PERFECT SLICE

A great Australian vanilla slice is something Aussies will embark on a road trip to seek out, travelling through regional country towns to find the perfect bite.

This long-loved bakery classic is often topped with passionfruit icing or colour variations such as pink, zebra or even coconut icing.

What they all have in common is a deep nostalgia and taste of childhood memories. So revered is this recipe, there's even a national competition called the **Great Australian Vanilla Slice Triumph!**



Explore the art and science of what makes our specialty honey, and Capilano Pure Honey so very unique to any honey in the world.



100% AUSTRALIAN HONEY FROM HIVE TO HOME

Pete, our Master Honey Blender selects single floral origin honeys and melds them into unique honey blends - that go on to become your favourite products!

All it takes is a single taste, and he identifies the floral origin of any Australian honey - distinguished by these key flavour profiles.

DISCOVER CAPILANO HONEY

DOWNLOAD OUR HONEY MASTERCLASS EBOOK NOW

QUALITY GUARANTEE

It's what we don't do that makes our honey, Australia's favourite honey.

Our honey is unchanged, unspoilt, unadulterated - completely natural, beekeeper-sourced, pure Australian honey.

To bring you this world-class nutritious honey, our beekeepers spend long hours driving between apiary sites, checking hives and collecting honey-filled combs, to

give their bees the best in-season flowers to forage upon.

All Capilano beekeepers produce, extract and store their honey in compliance with our audited Quality Assurance program.

And our process isn't complete without regularly testing our honey for utmost purity. We're proud to bring families only the best, 100% pure Australian honey.

FRUITY	Berry, Citrus, Dried Fruit, Tropical Fruit
FLORAL	Jasmine, Orange Blossom, Rose, Lavender
HERBACEOUS	Mint, Clover, Thyme, Aniseed, Tannic, Tea
WOODY	Beeswax, Oak, Coffee, Ash, Smokey, Burnt
BUTTERY	Milky, Creamy, Nutty, Toasted
CARAMEL	Chocolate, Vanilla, Maple, Butterscotch, Molasses, Cotton Candy
ACIDIC	Citrus, Vinegar, Refreshing



TASTING NOTES – AUSSIE BUSH HONEY

BUTTERY, SILKY AND BOLD

Travel to Australia's native bushlands, where amongst the call of Kookaburras and Koalas grow trees such as Stringybark, Ironbark, Yellow Box, and Gum that our bees forage to create this uniquely Australian honey.

WAYS TO ENJOY

CRUMPETS

With a rich buttery flavour, our Bush Honey is a dream for home made crumpets and lashing of butter. Comfort at its finest!

MILKSHAKES

The fruity, floral notes of this honey will linger in the perfect honey and vanilla milkshake.

PANCAKES

Enjoy the buttery, caramel taste of this honey with banana pancakes or waffles!



TASTING NOTES – AUSSIE COASTAL HONEY

SWEET AND A LITTLE SAVOURY

Travel to Australia's pristine coasts, where salty bushlands and sun-kissed shores grow trees such as Ironbark, Bloodwood, Gum and Coastal Mangroves that our bees forage to create uniquely Australian honey.

WAYS TO ENJOY

CHEESE

The unique salty-savoury notes of our Coastal Honey make it ideal with cheese – from grazing platters to honeyed haloumi.

DRESSINGS

Not too overpowering or sweet, this honey adds a gentle caramel and acid note to salad dressings such as honey mustard, green goddess, or raspberry vinaigrette.

AVOCADO TOAST

Add lovely buttery and floral honey notes to your morning avocado toast. Add chilli flakes or goat's cheese for an extra twist!



TASTING NOTES – AUSSIE OUTBACK HONEY

FRUITY, CARAMEL AND SMOOTH

Travel to Australia's outback, where ancient river systems, creeks and billabongs grow trees such as Mallee, Yapunyah, Bimble Box and Gum that our bees forage to create uniquely Australian honey.

WAYS TO ENJOY

PORRIDGE

Squeeze the rich caramel taste of Outback Honey into your creamy porridge or bowl of muesli.

COOKING

Robust and fruity, this honey holds up to other strong flavours in casseroles and stir-fries or honey mustard sausage rolls.

SWEET TREATS

For a distinct honey-flavoured treat, this honey's floral and caramel notes are perfect for honey macadamia caramel slice and vanilla custard slice.



TASTING NOTES – CAPILANO PURE HONEY

SMOOTH, SWEET AND BALANCED

Generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

WAYS TO ENJOY

TOAST

There's a reason Capilano on toast with butter tastes so good – it's our perfect harmony of fruity, floral and caramel notes, with a gentle amount of acidity to make the flavours really sing!

WEETBIX

The warm, malty flavours of Weetbix are the perfect partner to creamy milk and this honey's fruity, floral taste.

BAKING

For bakes with a mild honey flavour, Capilano pure honey is ideal. You can learn more about how to swap from sugar to honey in your baking here.





In the spirit of reconciliation, Capilano acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

#OozesAustralia



SHARE YOUR CREATIONS WITH US!
@CAPILANO HONEY
#HONEYLOVERS #OOZESAUSTRALIA