



Footy Feeds

CAPILANO GAME-DAY FAVOURITES





G'day Footy Fans,

Ready to turn game day into a feast of champions? Footy Feeds has you covered! We've got a Honey Chicken Wing recipe to make your taste buds cheer, and a Hot Honey Chicken Burger that's a true game changer. Our Honeyed Bacon Roast Potato Salad will have your mates coming back for more, and the Self-Saucing Butterscotch Honey Pudding is the perfect sweet victory.

With Capilano Pure Honey and Hot Chilli Honey by your side, every bite is a flavour-packed play. Gather your friends, turn on the TV and let's make game day a little bit sweeter!

- The Capilano Kitchen
#HoneyLovers #OozesAustralia



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SERVES FOUR

Juicy, spicy wings with finger-licking Hot Chilli Honey. Yes, please!

TIME: 40 mins

1.2 kg chicken wings and drumettes

4 tbsp Capilano Hot Chilli Honey

3 tbsp soy sauce

1 tsp vegetable oil

1 tsp minced garlic

1 tsp onion powder (optional)

Shallots, finely chopped, to serve

Lime wedges, to serve

Hot Honey Chicken Wings

1. If cooking in the oven, preheat to 180°C and line oven tray with baking paper.

2. Combine all ingredients except chicken in a large bowl and mix to combine.

3. Pat dry chicken wings with paper towel and transfer to mixing bowl with marinade. Mix well until combined. Tip – For a richer flavour, cover and chill for at least 6 hours or overnight.

4. Remove wings from marinade (reserve marinade, do not throw out) and transfer to air fryer or tray/ basket with the larger skin side facing up.

5. Cook in the air fryer for 15 minutes before turning over and basting with additional marinade. If cooking in the oven, remove after 20 minutes and baste. Cook for an additional 10-15 minutes until fully cooked through.

6. Once cooked, transfer to a serving platter and drizzle with additional Capilano Hot Chilli Honey, chives and a squeeze of lime juice to serve.

Storage instructions: Store in an airtight container in the refrigerator for up to 2 days.





SERVES SIX

Honey-buttered corn with a chilli kick. Try this moreish side for some extra spice.

TIME: 15 mins

- 4 cups water
- 1 cup milk
- 115g unsalted butter
- 180g (½ cup Capilano Hot Chilli Honey)
- 1 teaspoon chilli flakes (optional)
- 1 teaspoon sea salt flakes
- 6 ears corn, halved

Hot Honey Buttered Corn

1. In a large saucepan or cast-iron casserole, melt butter and Capilano Hot Chilli 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 Hot Chilli Honey and sea salt flakes to serve.



MAKE IT 'SWICY' WITH HABENERO-INFUSED HOT CHILLI HONEY!

SERVES SIX

Sweet and savoury honey-bacon potatoes – just add forks.

TIME: 60 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

Honeyed Bacon Roast Potato Salad

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 with 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.





SERVES FOUR

For the vego's in the group or as a satiating side – give our Hasselback Pumpkin a go.

TIME: 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

Honey & Hazelnut Hasselback Pumpkin

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 mustard 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.
 4. 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.

SERVES FOUR

Set-and-forget, with a mouthwatering finish. Ribs are a must-have for game day.

TIME: 1 hr 35 mins

- 2kg beef short ribs, patted dry
- 1 tsp sea salt
- 2 tbsp vegetable oil
- ½ cup beef stock
- ½ cup red wine (optional)
- ½ cup water
- 180g (½ cup) Capilano Pure Honey
- 1 tbsp tomato paste
- 75g (½ cup) brown sugar
- 60ml (¼ cup) apple cider vinegar
- 2 tsp mustard powder
- 30g (¼ cup) smoked paprika

Slow Cooker Barbecue Beef Ribs

1. Season short ribs with salt and pepper. In a large skillet, heat vegetable oil and sear ribs on all sides until golden brown, approx. 2 minutes each side. Transfer to the bowl of a slow cooker.
2. Add to slow cooker beef stock, wine, ¼ cup water, cover with lid and cook on low for 3 hours.
3. While ribs are cooking combine honey, tomato paste, brown sugar, vinegar, mustard and paprika. Mix well to combine.
4. After 3 hours, remove ribs from slow cooker and drain pot of cooking liquid and fat. Return ribs to cooker and cover with barbecue sauce. Cook on low for an additional 2–3 hours, until the meat is very tender, but not completely falling apart. Serve with bread rolls, coleslaw and honey buttered corn.





SERVES EIGHT

This spicy Mac & Cheese will be gone before the referee can blow the whistle!

TIME: 75 mins

Macaroni

300g macaroni
1 tbsp butter

Topping

60g (¼ cup) Panko bread crumbs
50g (½ cup) course fresh sourdough crumbs
1 tbsp fresh thyme leaves
1 tbsp olive oil

Honey Roasted Tomatoes

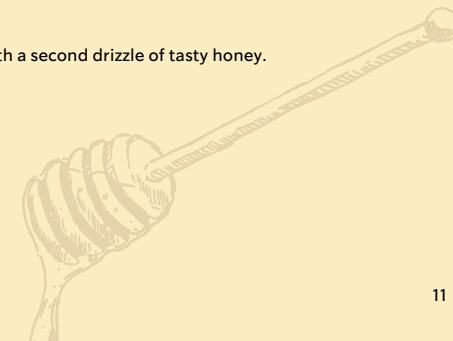
250g cherry tomatoes or small truss tomatoes
2 tsp Capilano Hot Chilli Honey, or Capilano Pure Honey
2 tsp olive oil
Sea salt

Cheese Sauce

60g butter
50g (½ cup) plain flour
750ml (3 cups) full cream milk
1 tsp Dijon mustard
4 tbsp Capilano Hot Chilli Honey, or Capilano Pure Honey
1 teaspoon salt
125g (1½ cups) cheddar cheese, grated
100g (1 cup) mozzarella cheese, grated
70g (½ cup) smoked gouda, grated

Chilli Honey Mac & Cheese with Honey Roasted Tomatoes

1. Preheat oven to 180°C.
2. Cook macaroni per packet instructions, reducing cooking time by 1 minute. Drain and toss to remove excess water, then return to the pot. Add butter and toss macaroni until coated. Set aside to cool.
3. Line an ovenproof dish with baking paper. Place tomatoes in the dish, drizzle with honey and oil, and sprinkle with salt. Set aside.
4. In a bowl, toss all topping ingredients to coat breadcrumbs evenly with thyme and olive oil.
5. Warm milk in a small pot over medium heat (do not simmer or boil). Keep warm while preparing the cheese sauce.
6. Melt butter in a large saucepan over medium heat. Once bubbling, whisk in flour and cook for 1 minute.
7. Slowly add warm milk to the butter–flour mixture, whisking continuously until thickened (about 6–8 minutes). It should have the consistency of thick cream.
8. Turn heat to low, whisk in Dijon mustard, Capilano Hot Chilli Honey, and salt.
9. Add cheddar, mozzarella, and smoked gouda to the saucepan and stir until melted.
10. Add macaroni to the cheese sauce and coat well. Spoon mixture into an ovenproof dish. Scatter topping mixture over it and bake for 30 minutes or until golden and bubbling.
11. After 10 minutes, place prepared tomatoes in the oven with the mac and cheese, baking for 20 minutes or until the tomatoes are roasted.
12. Serve immediately with a second drizzle of tasty honey.





SERVES FOUR

Salty haloumi meets sweet honey and strawberries – this side is seriously wow-worthy.

TIME: 20 mins

- 250g strawberries
- 250g haloumi cheese (sliced into 1–2cm strips)
- 1 tbsp balsamic vinegar
- Sea Salt
- Freshly ground black pepper
- Fresh mint
- Toasted pine nuts (to serve)
- 1 tbsp Capilano Pure Honey (plus more to serve)

Pan-fried Haloumi with Caramelised Strawberries

1. Combine strawberries, balsamic vinegar, honey, salt and pepper in a small frying pan. Bring to medium-high heat and cook the fruit until it has a jam-like consistency (around 5 minutes). Be careful not to squash the strawberries! Remove and set aside.
2. Pre-heat a second pan until it is very hot and place down slices of haloumi cheese. Leave to fry for 2–3 minutes before flipping, then remove once both sides are golden brown.
3. Stack the haloumi and top to serve with the caramelised strawberry mixture, fresh mint, toasted pine nuts and another drizzle



SMOOTH AND BALANCED. PURE HONEY IS IDEAL FOR COOKING.

SERVES ONE

In a rush? Keep this oozy, honey-drizzled cheese toastie on your list for half-time.

TIME: 15 mins

- Softened butter (to spread on the outside)
- Packet of Taleggio cheese
- 4 slices of thickly cut bread of your choice
- Capilano Pure Honey to drizzle
- Salt and Pepper, to serve
- Lime wedges, to serve

Honey Grilled Cheese Toastie

1. Butter the outside of two slices of bread and place them butter-side down on a large skillet.
2. Add a generous slice of Taleggio cheese to each of the bread slices.
3. Season with salt and pepper and a drizzle of Capilano Honey. Close the sandwiches with a second slice of bread and butter the top.
4. Grill for 3–4 minutes before flipping, repeat until both sides are golden brown, and the cheese is fragrant.





Honey Walnut Pesto

TIME: 5 mins

- 1 head broccoli, florets and stem
- 1 handful baby spinach leaves or rocket leaves
- 1 cup basil leaves
- Juice of 1 lemon
- 1 tbsp Capilano Pure Honey
- 100g parmesan cheese
- Salt and pepper, to taste
- 60–80ml extra virgin olive oil
- 1 tsp fresh or ground chilli (optional)

1. Roughly chop broccoli including stem, and steam until tender. Place in food processor or blender along with all other ingredients except for olive oil and blitz for 1 minute. Gradually add olive oil while processor is running and pulse until smooth and your desired texture is achieved.

Store in a jar or airtight container for up to 3 days. Suitable for freezing in an airtight container or jars for up to 3 months.

Smokey Capsicum Sauce

TIME: 5 mins

- 1 x 330g jar char-grilled marinated capsicum (approx. 200g capsicum)
- 2 Roma tomatoes
- 1 cup almonds
- ¼ cup extra virgin olive oil
- 1 tbsp Capilano Pure Honey
- 1 tsp or whole clove garlic, crushed
- 2–3 tsp sherry vinegar or apple cider vinegar or lemon juice
- Salt and pepper, to taste



1. In a food processor, combine drained capsicum and all ingredients. Pulse until a semi-smooth paste is formed.

SERVES FOUR

Turn regular fries into a crowd-pleaser with a Hot Chilli Honey kick and tasty toppings!

TIME: 60 mins

- 4 large potatoes, cut into fries
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp paprika
- ½ cup grated cheddar cheese
- 4 slices bacon
- 2 tbsp sour cream
- 2 tbsp Capilano Hot Chilli Honey
- Fresh coriander, chopped

Chilli Honey Loaded Fries

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

2. Toss potato fries with olive oil, salt, garlic powder, and paprika. Spread evenly on the baking tray.

Oven Method:

3. Bake for 25–30 minutes, turning halfway, until golden and crisp.

Air Fryer Method:

3. Place fries in the air fryer basket in a single layer. Cook at 200°C for 15–20 minutes, shaking halfway, until golden and crisp.

4. Meanwhile, cook the bacon in a frying pan over medium heat until crispy. Drain on paper towels and crumble once cooled.

5. Once fries are cooked, remove from the oven or air fryer and sprinkle with grated cheddar cheese. Return to the oven or air fryer for 5 minutes, or until cheese is melted and bubbly.

6. Transfer fries to a serving plate. Drizzle with Capilano Hot Chilli Honey, then top with crumbled bacon, chopped coriander, and dollops of sour cream.





SERVES FOUR

Who doesn't love a burger? Top it with a big drizzle of Hot Chilli Honey and you've got a gourmet addition for game day.

TIME: 50 mins

Chicken Burger:

4 chicken breasts
½ cup buttermilk
1 cup plain flour
1 tsp paprika
1 tsp garlic powder
½ tsp salt
½ tsp black pepper
4 burger buns, toasted
1 large tomato, sliced
1 cucumber, sliced
1 small red onion, thinly sliced
4 lettuce leaves
2 tbsp olive oil

Guacamole:

2 ripe avocados
1 small red onion, finely chopped
1 small tomato, diced
1 clove garlic, minced
Juice of 1 lime
Salt and pepper to taste
Fresh coriander, chopped (optional)

Sriracha Mayo:

2 tbsp mayonnaise
1 tbsp Sriracha sauce
1 tbsp Capilano Hot Chilli Honey

Hot Honey Chicken Burger

Guacamole:

1. Mash the avocados in a bowl. Add the finely chopped red onion, diced tomato, minced garlic, lime juice, salt, pepper, and chopped coriander (if using). Mix well and set aside.

Chicken Burger:

2. Place chicken breasts between two pieces of plastic wrap or parchment paper. Use a meat mallet or rolling pin to flatten them evenly.

3. Marinate the flattened chicken breasts in a bowl with buttermilk for at least 15 minutes.

4. In a separate bowl, combine flour, paprika, garlic powder, salt, and black pepper.

5. Remove chicken breasts from buttermilk, letting any excess drip off, and coat them in the seasoned flour mixture.

6. Heat olive oil in a large frying pan over medium heat. Fry the coated chicken breasts for about 5-7 minutes on each side, or until golden brown and cooked through.

Sriracha Mayo:

7. Mix mayonnaise, Sriracha sauce, and Capilano Hot Chilli Honey in a small bowl.

Assembly:

8. Spread guacamole on the bottom half of each toasted bun. Layer with a lettuce leaf, a slice of tomato, cucumber slices, red onion slices, and the cooked chicken. Top with the Sriracha mayo. Cover with the top half of the bun.





SERVES SIX

Crunchy, sweet and caramelised with honey... the crowd goes wild!

TIME: 35 mins

- 125g butter, unsalted
- 100g brown sugar
- 90g (¼ cup) Capilano Pure Honey
- 1 tsp vanilla bean paste
- ¼ tsp bicarb soda
- 2 tbsp coconut or vegetable oil
- 250g popcorn kernels
- ½ tsp sea salt flakes, to serve

Honeyed Caramel Popcorn

1. Preheat oven to 160°C (fan-forced). Line two baking sheets with baking paper, set aside.
2. Heat oil in a large saucepan over medium heat. Add popcorn kernels, cover and cook, shaking the pan, for 4–5 minutes or until popped. Transfer to baking trays and distribute evenly.
3. Combine butter, honey and brown sugar in a saucepan over medium heat, bringing to a boil for 3–4 minutes, being careful not to burn mixture. Remove from heat, add vanilla, bicarb soda and salt. Mixture will bubble up, stir quickly.
4. Tip caramel over popcorn and stir well using two spoons to roughly coat. Don't worry if the mixture sets before fully coating. Place in oven to bake for 5 minutes.
5. Remove from oven and mix to coat popcorn with melted caramel again. Bake for an additional 5 minutes and then allow trays to cool on benchtop. Break cooled caramel popcorn up before serving.
6. Popcorn will keep in an airtight container for up to a week – if it lasts that long!



SERVES EIGHT

Finish the night with this self-saucing pudding – win or lose!

TIME: 40 mins

Batter

- 210g (1½ cups) self-raising flour
- 65g (¼ 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 Pure Honey

Self-Saucing Butterscotch Honey Pudding

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. In another bowl, mix melted butter, honey, and cream until honey dissolves.
3. Pour the liquid into the mixing bowl, add beaten egg and vanilla, and mix until smooth.
4. Spoon batter into the greased dish, spread evenly, and set aside.
5. Combine brown sugar and cornflour in a small bowl and sprinkle evenly over the batter.
6. In a pot, heat butter, cream, water, and honey until simmering (alternatively, heat in the microwave in 30-second increments, stirring in between).
7. Pour hot liquid over the batter using the back of a dessert spoon.
8. Bake for 30–40 minutes, or until a skewer comes out clean.
9. Rest for 10 minutes before serving.



TRY IT WITH MANUKA HONEY FOR A RICHER FLAVOUR.





Looking for more sweet recipes?

Bring your tastebuds to the Capilano kitchen, where we take nature's sweet superfood - Capilano Honey - and transform your favourite bakes, drinks, snacks and treats into fun new recipes the entire family will love.

[DISCOVER MORE](#)



Share your creations with us!
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