

# SUMMER BBQ

EASY, BREEZY AND HONEY-DRIZZLED





## Hi Honey Lovers!

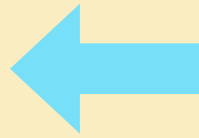
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There's nothing quite like an Aussie summer BBQ. The sizzle of prawns on the barbie, the hum of chatter in the backyard, and ice-cold summer cocktails flowing freely.

This year, we're giving classic BBQs the Capilano treatment—simple (and a little bit fancy) recipes with a drizzle of honey to take things up a notch.

Whether you're hosting mates for a feast, kicking back with the family, or sneaking an icy pole by the pool, this lineup is all about flavour-packed fun. So, grab the tongs, fire up the grill, and let's make this summer unforgettable... with Capilano in every bite.

- The Capilano Kitchen



**HOT  
DAMN  
THAT  
LOOKS  
GOOD**

### **SERVES THREE**

Who said BBQs can't be fancy? These Hot Honey Lobster Tails are sweet, juicy, and just the thing to add a little luxe to your backyard spread.

**TIME:** 35 mins

- 3 x 500g lobster tails, halved lengthwise
- 200g softened salted butter
- 1 tbsp chopped garlic
- 1 tbsp chopped parsley
- 1 tbsp chopped dill
- 2 tsp sea salt
- 2 tbsp Capilano Hot Chilli Honey
- 1 lemon, cut into wedges

## **Hot Honey Compound Butter BBQ Lobster Tails**

1. Preheat BBQ to medium-high.
2. In a bowl, mix butter, garlic, parsley, dill, salt, and Hot Chilli Honey to form a compound butter.
3. Spread 1 tbsp of butter on each lobster tail. BBQ flesh side down for 6-8 minutes.
4. Flip and cook for another 6 minutes, adding more butter as it melts. Serve with lemon wedges.



### **SERVES FOUR**

Summer BBQs without prawns? Not on our watch. Sweet, golden, and fresh off the barbie, these honey-glazed prawns are a guaranteed crowd favourite.

**TIME:** 20 mins

- 500g prawns, deveined and cleaned with tails removed
- 70g salted butter
- 2 cloves garlic, finely chopped
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1 tbsp Capilano Pure Honey

## **Capilano Honey Prawns**

1. Preheat a frying pan over medium-high heat. Add the olive oil, butter, and garlic until just melted.
2. Increase the heat to high, then sauté the prawns for about 5 minutes until golden and glossy. Season with salt and pepper.
3. Drizzle with Capilano Honey and serve with fresh herbs.



## SERVES FOUR

Bright, bold, and bringing the wow factor to the table. Juicy heirloom tomatoes, creamy burrata, and a tangy honey mustard dressing—this salad will disappear in seconds!

**TIME:** 15 mins

### Dressing

2 tsp Capilano Pure Honey  
2 tsp Dijon mustard  
1 lemon, juiced  
2 tbsp rice wine vinegar  
2 tbsp sea salt  
250ml vegetable oil

### Salad

6–8 heirloom tomatoes, sliced  
1 large burrata, torn  
2–3 small slices toasted sourdough  
1 cup fresh basil leaves

## Heirloom Tomato and Burrata Salad with Honey Mustard Dressing

1. Blitz the dressing ingredients (except the oil) until smooth. Slowly add oil while blending to thicken.

2. Arrange tomatoes, burrata, sourdough, and basil on a platter. Spoon over the dressing and serve.



## SERVES EIGHT

This isn't your average side salad. With crispy bacon and a sticky honey glaze, it's the kind of dish that turns "just a side" into a BBQ superstar.

**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 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**

Summer on a plate. Smoky charred zucchini, fresh basil, and a drizzle of honey come together in a dish that's as light and breezy as a coastal afternoon.

**Honey Glazed Zucchini Salad**

**TIME:** 15 mins

- 500g zucchini, sliced lengthwise (7-8mm thick)
- 1 tbsp olive oil
- 90g (3 tbsp) Capilano Pure Honey
- 1 tbsp lemon juice
- 2 tbsp basil, finely chopped
- ½ tsp dried chilli flakes
- Pinch of salt

1. In a mixing bowl, whisk oil, honey, lemon juice, basil, chilli flakes and salt together. Set aside.

2. Preheat a grill pan on medium heat. Add olive oil to coat. Grill zucchini slices until cooked through and slightly charred.

3. Toss grilled zucchini through oil and honey mixture. Serve warm or cold.



**SERVES EIGHT**

Summer BBQs are about two things: smoky flavours and messy hands. These Capilano Hot Chilli Honey drizzled corn ribs deliver on both.

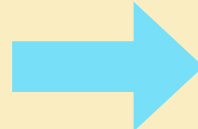
**TIME:** 30 mins

- 6-8 corn cobs, husks removed
- 1 tbsp garlic powder
- 1 tbsp smoked paprika
- 2 tsp sea salt
- 2 tsp olive oil
- 2-3 tbsp Capilano Hot Chilli Honey
- ½ cup chopped coriander

**Hot Honey BBQ Corn Ribs**

1. Slice corn cobs into quarters lengthwise to form "ribs."
2. Rub with garlic powder, paprika, salt, and olive oil.
3. BBQ on medium-high heat, turning frequently, until charred and cooked through.
4. Drizzle with Capilano Hot Chilli Honey, sprinkle with coriander, and serve.

**THE GRILL MASTER'S BEST FRIEND**



## SERVES FOUR

Salty, sweet, and balanced—this honey-drizzled halloumi salad brings fresh greens, juicy tomatoes, and halloumi to the festive table.

**TIME:** 15 mins

### Salad

- 1 tbsp olive oil
- 225g halloumi cheese, sliced into ¼-inch-thick strips
- 85g fresh lettuce or baby spinach
- 1 Lebanese cucumber, thinly sliced
- 1 small red onion, peeled and thinly sliced
- ¼ cup fresh parsley leaves, loosely packed
- 1 cup Kalamata olives
- ⅔ cup toasted pine nuts
- 3 tbsp Capilano Pure Honey

### Dressing

- ½ cup olive oil
- 2 small garlic cloves, pressed or minced (or 1 tsp garlic powder)
- 2 tbsp freshly squeezed lemon juice (or red wine vinegar)
- 2 tsp Dijon mustard
- 1 tsp fine sea salt
- ½ tsp freshly cracked black pepper
- 1 tbsp Capilano Pure Honey

## Halloumi Honey Mediterranean Salad

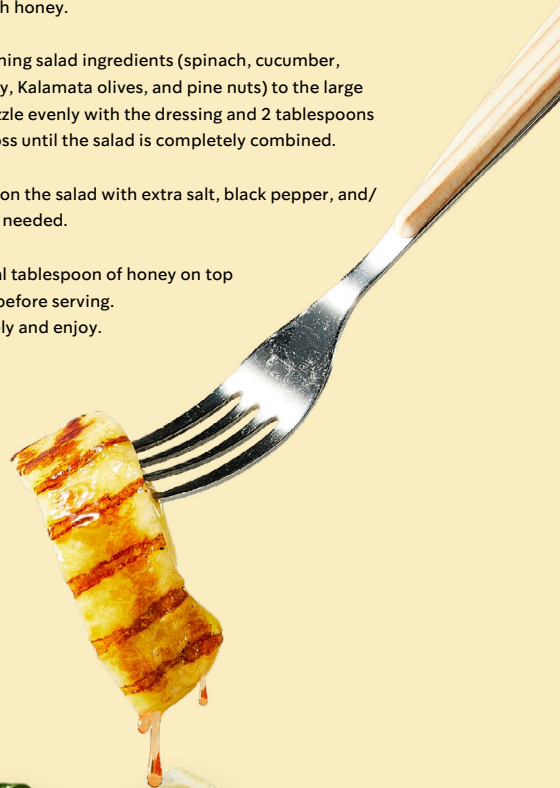
1. Make the dressing by whisking all dressing ingredients together in a small bowl (or shake in a covered mason jar) until completely combined. Set aside until ready to use.

2. Meanwhile, heat the olive oil in a large grill pan or sauté pan over high heat. Add the halloumi strips in an even layer and cook for about 30 seconds per side, or until the cheese is lightly browned. Transfer the halloumi to a large mixing bowl and lightly drizzle with honey.

3. Add the remaining salad ingredients (spinach, cucumber, red onion, parsley, Kalamata olives, and pine nuts) to the large mixing bowl. Drizzle evenly with the dressing and 2 tablespoons of honey, then toss until the salad is completely combined.

4. Taste and season the salad with extra salt, black pepper, and/or lemon juice, if needed.

5. Drizzle the final tablespoon of honey on top of the salad just before serving. Serve immediately and enjoy.



## SERVES FOUR

Sweet, spicy, and perfectly bite-sized. These corn blinis, with jalapeño honey and smoked salmon, are the ultimate 'pass the plate' party fave.

**TIME:** 30 mins

- 4 ears corn
- 125g (½ cup) plain flour
- 125g (½ cup) fine cornmeal
- 1 tsp baking powder
- 1 tsp salt
- 1 egg, lightly beaten
- 250ml (1 cup) Greek yoghurt
- 40g (½ cup) butter, melted
- Cooking spray
- 180g (½ cup) Capilano Pure Honey
- 2 jalapeño chillies
- 300ml sour cream (or crème fraîche), to serve
- 250g smoked salmon, to serve
- Lime wedges, to serve
- Dill or fennel fronds, to garnish

## Corn Blinis with Smoked Salmon & Jalapeño Honey

1. Using a box grater, coarsely grate raw corn kernels. Set aside.

2. In a mixing bowl, combine flour, cornmeal, baking powder, salt, egg, and yoghurt. Whisk to combine. Add grated corn and melted butter. Whisk again, and set aside for 10 minutes.

3. Preheat a large pan on medium and spray with oil. Drop generous tablespoons of batter into pan, leaving gaps for spreading.

4. Cook for 2–3 minutes, or until bubbling and golden on bottom. Flip and cook for 30–60 seconds. Once golden, transfer to a plate and repeat with remaining batter.

5. To make the jalapeño honey, de-stem and roughly chop one jalapeño and add to a small saucepan with the honey. Bring to a gentle simmer over low heat for 2–3 minutes. Strain out the jalapeño and set the honey aside to cool. Just prior to serving, de-seed and finely chop the remaining jalapeño and add to the cooled honey.

6. To serve: spoon sour cream onto blini and top with smoked salmon, drizzle of jalapeño honey and dill. Serve with lime wedges.



## SERVES SIX

There's a reason pavlova is an Aussie summer staple. Crisp, light, and topped with all your favourite fruits—it's the perfect crowd-pleaser for sticky days and balmy nights.

**TIME:** 50 mins

### Pavlova

4 egg whites  
220g (1 cup) caster sugar  
1 tsp white vinegar  
1 tsp vanilla essence  
300ml (1¼ cups) thickened cream, whipped  
Chopped toasted pistachios & fresh blueberries, to serve

### Honey Curd

4 egg yolks  
180g (½ cup) Capilano Pure Honey  
2 tbsp lemon juice  
150g cold butter, cubed

## Honey Curd Pavlovas

1. Preheat oven to 150°C (fan-forced). Line a large tray with baking paper.
2. Using a stand mixer (or electric beaters), whisk egg whites in a bowl on high until stiff peaks form.
3. Add sugar 1 tablespoon at a time at 30 second intervals. Continue whisking for 5–6 minutes until glossy and stiff.
4. Add vinegar and vanilla essence and whisk for 2 minutes until glossy and combined.
5. Spoon 6 large rounds of meringue onto a prepared tray, leaving 5cm of space between each. Use a spoon to indent the middle of each meringue round.
6. Reduce oven to 120°C (fan-forced). Bake for 30 minutes, or until crisp to the touch. Turn oven off and leave meringues to cool in oven for 1 hour with door closed.
7. For the honey curd, fill a medium saucepan ¼ full of water. Place on stovetop and bring to a simmer.
8. In a heatproof bowl, whisk egg yolks, honey and lemon juice. Place bowl over water and stir while simmering for 1–2 minutes.
9. Add butter to bowl, 2 cubes at a time. Allow butter to melt and combine into mixture each time. Continue to stir for 2–3 minutes until curd thickens. Pour into a bowl and allow to cool.
10. To serve: top each meringue with whipped cream, cold honey curd, pistachios, and fresh blueberries.

## SERVES SIX

Hot sand, dodgy air-con, and that “is the pool a bath?” moment. The only cure? Homemade honey icy poles. Sweet, refreshing, and guaranteed to cool things down.

**TIME:** 10 mins  
**FREEZE:** 4 hours

330g (2 cups) fresh strawberries hulled and washed  
500ml (2 cups) coconut water  
120g (½ cup) Capilano Manuka Honey MGO 30+  
Squeeze of lemon juice  
Optional: Additional fresh strawberry slices

## Fresh Strawberry Honey Icy Poles

1. Add strawberries, water, lemon juice and Manuka Honey to a blender – pulse until smooth, pausing to scrape down sides as needed.
2. Divide the mixture evenly between the icy pole moulds and insert a paddle pop stick. Optional: Add additional fresh strawberry slices for decoration.
3. Place in freezer for 4 hours or overnight until set hard.
4. To remove icy poles, run them under warm tap water until small bubbles start to form and they release easily from the moulds.



MANUKA HONEY BRINGS OUT A BOLDER FLAVOUR



# Sip the Summer

## HONEY-INFUSED COCKTAILS

### HONEY WATERMELON REFRESHER

#### SERVIES: 2

30g (1 tbsp) Capilano Pure Honey  
2 tsp hot water  
1 tsp coarse salt  
250ml (1 cup) strained watermelon juice  
30ml freshly-squeezed lime juice  
60ml (1 shot) gin  
Grapefruit cut into wedges, to garnish  
Rosemary, to garnish

1. Dissolve honey in hot water for honey syrup.
2. Dip glass rims into honey syrup, then into salt.
3. In a shaker with ice, combine watermelon juice, lime juice, gin, and remaining honey syrup.
4. Shake and strain into prepared glasses, garnishing with grapefruit and rosemary.



### LEMON HONEY SOUR

#### SERVIES: 2

120ml bourbon or whiskey  
60ml lemon juice  
14g Capilano Pure Honey  
1 tsp hot water  
2 egg whites (optional)  
Ice

1. Dissolve honey in hot water for honey syrup.
2. Add bourbon, lemon juice, honey syrup, and egg whites to a shaker with ice.
3. Shake for 1-2 minutes and strain into a glass over ice.



### HONEY BEE SPRITZ

#### SERVIES: 2

15g Capilano Pure Honey  
15ml hot water  
5 lemon verbena or basil leaves  
120ml Lillet Blanc  
30ml vodka  
30ml lemon juice  
Thyme sprig, for garnish  
120ml soda water  
Lemon slices, for garnish

1. Dissolve honey in hot water, adding torn herbs to infuse.
2. Strain into a jug, adding Lillet Blanc, vodka, lemon juice, and thyme.
3. Add soda water just before serving over ice.
4. Garnish with lemon slices and a sprig of thyme.

### HONEY BEER

#### SERVIES: 2

60ml gin  
40ml lemon juice  
30g Capilano Pure Honey  
2 tsp hot water  
300ml IPA beer

1. Make honey syrup with honey and hot water.
2. Shake gin, lemon juice, and honey syrup over ice, then strain.
3. Pour beer slowly into the glass and serve.



### BEE'S KNEES COCKTAIL

#### SERVIES: 2

30g Capilano Pure Honey  
2 tsp hot water  
60ml lemon juice  
120ml gin  
Lemon twist (for garnish)

1. Dissolve honey in hot water to make honey syrup.
2. In a shaker with ice, combine honey syrup, lemon juice, and gin.
3. Shake well, strain into a glass, and garnish with a lemon twist.







# Thanks for letting us join the fun!

We've loved being a part of your summer celebrations!

We hope these recipes add a little extra joy to your table—whether it's a big backyard bash, a lazy lunch with friends, or a poolside feast. Here's to long sunny afternoons, good company, and plenty of golden moments.

- The Capilano Kitchen  
#HoneyLovers



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