

CHRISTMAS Made Better with **CAPILANO**®

RECIPES BURSTING WITH FLAVOUR





Hi Honey Lovers!

Well, here we are—prime pavlova season, honey glazed ham fresh out of the oven, and the festive celebrations are in full swing.

This year we're using Capilano honey as our secret ingredient for every Christmas moment: from the big family feast to BBQs with mates and Friends-mas spreads that even Nan might 'borrow' from.

So, grab your apron, cue the carols, and bring a little Capilano sweetness to every bite. Because, let's be honest, Christmas just isn't Christmas without Capilano!

- The Capilano Kitchen

Table of Contents

CHRISTMAS MADE BETTER WITH CAPILANO

FAMILY FEAST

Creamy Honey Mashed Potatoes	7
Easy Peach and Honey Glazed Ham	8
Harissa Honey-Glazed Carrots with Green Feta Sauce	9
Halloumi Honey Mediterranean Salad	10
Blueberry Caramilk Crumble	11
Lemon Honey & Yoghurt Bundt Cake	13
Capilano Honey Gingerbread	15

FRIEND-MAS

Capilano Eaton Mess	17
Air Fryer Honey Sesame Salmon Bites	18
Honey Hasselback Potatoes	19
Corn Blinis with Smokes Salmon & Jalapeno Honey	20
Hot Honey Buttermilk Chicken	21
Heirloom Tomato and Burrata Salad w/ Honey Mustard Dressing	22
Slow Roasted Moroccan Honey Lamb Shoulder	23
Salted Honey Gingernut Cheesecake	25

SUMMER BBQ

Capilano Honey Prawns	27
Hot Honey Compound Butter BBQ Lobster Tails	28
Honeyed Bacon Roast Potato Salad	29
Hot Honey BBQ Corn Ribs	30
Honey Glazed Zucchini Salad	31
Honey Curd Pavlovas	32
Fresh Strawberry Honey Icy Poles	33

FIND OUR HONEY-INFUSED COCKTAILS ON PAGE 34



PURE HONEY

Your go-to golden drizzle for sweetness in every bite. Perfect in drinks, drizzled over desserts, or as a finishing touch for that extra Aussie flavour.

HOT CHILLI HONEY

A little spice with your sweetness! Great for BBQs, marinades, or anywhere you want a touch of 'swicy' heat.



MANUKA HONEY

Packed with bioactive goodness, Manuka adds a deeper, earthy note to savoury dishes and festive roasts.

FAMILY FEAST

Nothing says Christmas like a big, festive feast with the family—honey glazed ham, Nan’s famous carrots, and that homemade dessert you secretly spent hours on. This section is your guide to everything you need for a classic Christmas table. Think golden roasts, comforting sides, and desserts that might just outshine the tree.



SERVES SIX

The mash upgrade you didn't know you needed. Honey, cream, and chives make this dreamy mash the ultimate festive side—especially next to a slice of glazed ham.

TIME: 35 mins

1kg potatoes, peeled and cut into quarters

1 bay leaf

2 tsp salt

125g unsalted butter

½ cup (125ml) thickened cream

45g (1½ tbsp) Capilano Pure Honey

Salt, to season

Extra butter, to serve

Fresh chives, chopped, for garnish

Creamy Honey Mashed Potatoes

1. Place potatoes in a large pot of cold water. Season well with salt and bring to a boil. Reduce to a high simmer and cook until tender. Drain in a colander and place on top of pot. Cover with a clean tea towel and set aside.

2. In a medium saucepan, add butter, cream, and honey, stirring until melted and combined. Remove from heat and set aside.

3. Return potatoes to pot and mash until smooth. Add cream and honey mixture to potatoes, stirring until combined and creamy.

4. Season with extra salt to taste. Pile mash on a serving plate and top with butter, chopped chives and a drizzle of honey. Serve immediately.

SERVES FOUR

When it comes to Christmas mains, this easy peachy honey glazed ham is the one to beat. Sweet, caramelised, and bound to be the star of the table!

TIME: 120 mins

Ham

1 bone-in half leg ham, skinned and scored

Glaze

500g tinned peaches, drained
250g Capilano Pure Honey
¼ cup rice wine vinegar
2 tbsp sea salt
1 tbsp ginger powder
1 tsp ground cloves

Easy Peach and Honey Glazed Ham

1. Place glaze ingredients in a medium pot and bring to the boil. Reduce heat and simmer for 15 minutes until slightly thickened.

2. Cool slightly, then blend until smooth. Separate ⅓ of the glaze for serving.

3. Preheat oven to 150°C (fan forced), line a baking tray with foil. Place ham on tray and bake for 10 minutes to open the scores.

4. Remove from oven and glaze all over with the peach and honey mix.

5. Repeat the glazing every 15–20 minutes for 1.5 hours, or until the ham is golden and caramelised. Serve with extra glaze.



SERVES FIVE

Think carrots can't steal the show? These will prove you wrong—sweet, spicy, and all dressed up for Christmas dinner.

TIME: 60 mins

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

Salt and pepper, to serve

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

Harissa Honey-Glazed Carrots with Green Feta Sauce

1. Preheat oven to 200°C 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.



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 SIX

If Nan's bringing her classic trifle, one-up her with this! Loaded with blueberries, a golden honey drizzle, and a crumbly Caramilk topping, this dessert is equal parts festive and foolproof.

TIME: 35 mins

Filling

- 500g frozen blueberries (thawed)
- 90g (⅓ cup) Capilano Pure Honey
- 1 lemon, zest and juice
- 1 tablespoon plain flour

Crumble

- 50g (⅓ cup) brown sugar
- 80g (⅓ cup) rolled oats
- 50g (⅓ cup) plain flour
- 125g (1 cup) chopped pecans
- 1 tsp cinnamon
- 90g (⅓ cup) Caramilk baking chips
- 100g butter
- 2 tbsp Capilano Pure Honey

Blueberry Caramilk Crumble

1. Preheat oven to 180°C.

2. Place blueberries, honey, lemon zest and juice in a bowl. Mix until combined.

3. Sprinkle flour over the blueberry mixture and mix.

4. Place the blueberry mixture into an ovenproof dish, and set aside while preparing the crumble mixture.

5. Add brown sugar, rolled oats, flour, chopped pecans, cinnamon, and Caramilk chips into a bowl, mixing until combined.

6. In a small saucepan (or in the microwave) melt butter and honey over a low heat.

7. Pour butter mixture into the bowl with dry ingredients and mix together.

8. Scatter the crumble mixture over the blueberries.

9. Bake in the oven for 25 minutes, or until the blueberries are bubbling and the crumble is golden.

10. Serve with vanilla ice cream, custard, or whipped cream.





PURE HONEY: THE KEY TO CHRISTMAS BAKING.

SERVES TEN

Nothing says 'festive' like a Bundt cake with a drizzle. Re-think the classic with this zesty, golden, Capilano-filled cake.

TIME: 90 mins

Cake

- 1 tbsp butter, melted
- 1 tbsp plain flour
- 3 eggs
- $\frac{3}{4}$ cup vegetable oil
- 1 $\frac{1}{2}$ tbsp finely grated lemon rind
- 120ml lemon juice
- 540g (1 $\frac{1}{2}$ cups) Capilano Pure Honey
- 1 $\frac{1}{2}$ cups Greek yoghurt
- 450g (3 cups) self-raising flour, sifted

Honeyed Macadamias

- $\frac{1}{2}$ cup raw macadamias
- 30g (1 tbsp) Capilano Pure Honey
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp salt

Lemon Vanilla Icing

- 225g (1 $\frac{1}{2}$ cups) icing sugar, sifted
- 1 $\frac{1}{2}$ tbsp lemon juice
- 1 tsp vanilla extract
- Zest curls from 1 lemon

Lemon Honey & Yoghurt Bundt Cake

1. Preheat oven to 160°C (fan forced). Grease a 22 cm diameter Bundt tin liberally with melted butter then dust with flour. Do not use cooking spray.

2. Combine eggs, oil, lemon rind & juice, honey and yoghurt in a large bowl. Add sifted flour and fold until well incorporated. Pour batter into the prepared tin and bake for 45 minutes, or until an inserted skewer comes out clean. Cool the cake in the tin for 10 minutes before turning out onto a rack to cool completely.

3. Honeyed Macadamias: Preheat oven to in a 175°C (fan forced). Combine macadamias, honey, cinnamon and salt. Scatter onto a small tray lined with baking paper, ensuring nuts don't touch. Bake for 5 minutes until lightly golden. Cool macadamias on a plate, then roughly chop, leaving some whole.

4. Icing: In a small bowl combine icing sugar, lemon juice and vanilla, mix until smooth. Spread over cooled cake and finish with macadamias and lemon zest curls.

5. Tip: Prepare the honeyed nuts while the cake is baking in the oven. Cooled nuts will keep up to two weeks in an airtight container. • Use ground cardamom in the macadamias rather than cinnamon for a different flavour.



SERVES SIX

Christmas in a cookie. Classic gingerbread with a honey twist, perfect for decorating, gifting, and sneaking a few bites when no one's looking.

TIME: 90 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

* Double the quantity of ginger for a stronger traditional gingerbread taste. This recipe has been made for little taste buds!

Capilano Honey Gingerbread

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, spices 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.

3. Knead lightly, then divide into 2 discs. Wrap each disc in plastic wrap and refrigerate for 1 hour.

4. Preheat oven to 170 ° C. Line 2 large baking trays with non-stick baking paper.

5. 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.

6. 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.

7. Decorate and store gingerbread in an airtight container for up to 1 week.



**A FAMILY
FAVOURITE
TASTE**

FRIENDS-MAS

Friends-mas is that magical time when you gather your mates, celebrate the season, and enjoy a laid-back feast without the formalities (or the in-laws). Whether you're hosting a no-fuss potluck, bringing a dish to share, or firing up the grill, these recipes keep things relaxed and delicious. Made with Capilano Honey, because every Friends-mas deserves a little extra sweetness.



SERVES FOUR

If you're in charge of dessert, this one's a no-brainer. Honey-whipped cream, fresh berries, and crumbled meringue come together for a treat that's just as fun to make as it is to eat. Easy, colourful, and a guaranteed hit.

TIME: 25 mins

4 passionfruit, pulp removed

250g thickened cream

100g meringue biscuits, roughly broken

100g raspberries

4 sprigs fresh mint

4 tbsp roasted macadamia nuts

5 tbsp Capilano Pure Honey

Capilano Eton Mess

1. In 4 coupe glasses, evenly spoon passionfruit pulp into the bottom.

2. Whip cream and 4 tablespoons of honey together to form soft peaks and spoon evenly into glasses.

3. Place crumbled meringue onto cream, then raspberries.

4. Garnish with mint and macadamia nuts, then drizzle with remaining honey to serve.





MAKE IT 'SWICY' THIS CHRISTMAS – HOT CHILLI HONEY!

SERVES FOUR

Quick, crispy, and just a bit fancy, these honey sesame salmon bites are perfect for impressing your mates without breaking a sweat. They're ready in minutes, and gone in seconds.

TIME: 25 mins

Salmon

1kg salmon fillets, cut into 3cm cubes
10 tbsp Capilano Pure Honey
2 tsp garlic powder
4 tsp paprika
2 tsp salt flakes
1 tsp cracked black pepper
2 tbsp plain flour
6 tbsp sesame seeds
½ cup parsley leaves

Sauce

1 cup aioli
4 tsp mustard
2 tsp Capilano Pure Honey

Air Fryer Honey Sesame Salmon Bites

1. Preheat the airfryer to 200°C.
2. Add the salmon pieces and 6 tbsp Capilano Pure Honey to a large bowl. Mix to coat the salmon.
3. In a separate large bowl, add the garlic powder, paprika, salt flakes, cracked pepper, plain flour and sesame seeds. Mix to combine.
4. Dip the salmon pieces in the flour mixture and set aside.
5. Place the salmon pieces into the airfryer basket.
6. Air fry for 8–10 minutes or until cooked through.
7. While the salmon is cooking, make the sauce. In a small bowl, mix together the aioli, mustard and Capilano Pure Honey.
8. Place the Airfryer Honey Sesame Salmon Bites onto a serving plate, with the sauce on the side.
9. Drizzle the salmon with remaining 4 tbsp Capilano Pure Honey and garnish with parsley.

SERVES FIVE

Potatoes, but make them extra. These honey-glazed Hasselbacks are crispy, buttery, and the kind of side dish that everyone grabs seconds of.

TIME: 95 mins

12 (about 170g each) potatoes, peeled
Olive oil spray
40g butter
60ml (¼ cup) Capilano Pure Honey
2 cloves garlic, finely chopped
1 sprig fresh rosemary, finely chopped
Sea salt and black pepper, to taste

Honey Hasselback Potatoes

1. Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.
2. Cut a small slice lengthways off each potato so it sits flat on the chopping board. Position a bamboo skewer on each side of the potato. Using a small, sharp knife, cut thin slices across the top of the potato at 3–5mm intervals, being careful not to cut the whole way through (the skewers will help to prevent this). Repeat with the remaining potatoes.
3. Arrange the potatoes on the prepared tray and spray with olive oil. Bake for 40 minutes.
4. Meanwhile, melt the butter and Capilano Honey together in a small saucepan with the garlic and rosemary. Brush one-third of the honey mixture over the potatoes. Bake for a further 40 minutes, brushing twice more during cooking, until the potatoes are golden brown and caramelised.
5. Transfer the potatoes to a warmed serving dish and brush with any remaining honey mixture. Sprinkle with salt and serve.





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 FIVE

Crispy on the outside, juicy on the inside, with a hint of honey heat—this buttermilk chicken is the ultimate sharing dish. Just make sure you get your hands on a piece before it's all gone.

PREP TIME: 1 hr

COOK TIME: 20 mins

Chicken

1kg chicken pieces (wings or drumsticks)
1 cup buttermilk
1 egg, beaten
½ tsp cracked black pepper
1 tsp sea salt
1 tsp garlic powder
1 tsp onion powder

Coating

1½ cups plain flour
¾ cup cornflour
1 tsp sweet paprika
1 tsp mustard powder
1 tsp garlic powder
1 tsp onion powder
½ tsp cracked black pepper
3 tsp sea salt

Hot Honey Buttermilk Chicken

1. In a mixing bowl, combine the buttermilk, egg, black pepper, sea salt, garlic powder, and onion powder. Add in the chicken pieces, cover, and refrigerate for 1 hour or overnight.

2. Preheat a deep fryer to 170°C or fill a large pot one-third with oil, using a thermometer to achieve the correct temperature.

3. Arrange the potatoes on the prepared tray and spray with olive oil. Bake for 40 minutes.

4. Place each chicken piece in the flour coating, pressing firmly to ensure an even coating. Repeat until all chicken is coated.

5. Fry the chicken pieces in hot oil until light golden brown and chicken is cooked through. Place on a wire rack and drizzle with Capilano Hot Honey.



SERVES FOUR

Nothing says summer like a bright, colourful burrata salad! With juicy heirloom tomatoes, creamy burrata, and a honey mustard dressing that's all kinds of zingy, this dish is here to bring the wow-factor.

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 SIX

The mix of rich slow roasted lamb, toasty Moroccan spices and pure honey that adds a sweet zing makes this dish perfect for the festive season.

PREP TIME: 20 mins
COOK TIME: 4 hrs

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

Slow Roasted Moroccan Honey Lamb Shoulder

1. Bring lamb shoulder to room temperature, then preheat oven to 180°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.

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.



SERVES SIX

Sweet meets salty, with Capilano Honey and a ginger nut base. Drizzled in salted honey, this cheesecake brings the wow-factor without even trying.

TIME: 60 mins

COOLING: 4 hrs

Cake

165g ginger nut biscuits (or gluten-free sweet biscuits + 1 tsp ground ginger)

50g unsalted butter, melted

1 tsp vanilla bean paste

500g cream cheese, softened

2 tbsp plain flour (or gluten free plain flour)

150g Capilano Pure Honey

1 tsp vanilla extract

2 eggs, plus 1 yolk, extra

150g sour cream

Topping

150g sour cream (thick part only, do not over-mix)

150g Capilano Pure Honey

1 tsp lemon juice

Pinch sea salt flakes

Salted Honey Ginger nut Cheesecake

1. Preheat oven to 160°C (fan-forced). Grease and line the base of a 20cm springform cake tin with baking paper.

2. Place biscuits in a food processor and pulse until fine. Add melted butter and vanilla, pulse until combined. Press mixture into base of cake tin using the back of a metal spoon to smooth, ensuring the biscuits are well compacted. Chill until ready to bake.

3. In a stand mixer with paddle attachment, mix softened cream cheese on medium speed until smooth, approx. 1–2 minutes. Add honey, sour cream and vanilla, mix until combined, then add eggs and yolk 1 at a time, beating in between until smooth. Sift flour into bowl and fold on low speed until just incorporated.

4. Place tin on a baking tray. Transfer cheesecake mixture into tin and bake for 40 minutes until mixture is set but still wobbly. Leave cheesecake in oven with oven turned off and door ajar for 1 hours until cooled, to prevent cracks forming. Allow to cool to room temperature on benchtop before chilling at least 4 hours or ideally overnight.

5. While cheesecake is baking, prepare salted honey sauce. Combine honey, 1 tbsp water and lemon juice in a small saucepan over low heat. Heat until small bubbles begin to form, and swirl (without mixing) until mixture is golden brown and caramelised (2–4 minutes approx.). Stir in sea salt flakes and allow to cool. Transfer to a jar or airtight container until ready to serve.

6. To serve, spread thick sour cream over top of cheesecake creating swirls using a palette knife or spatula. Gently warm salted honey sauce by standing container in warm water.

7. Drizzle sauce over top of cheesecake and finish with sea salt flakes.

SUMMER BBQ

Christmas, Aussie-style: the grill's going, the backyard's buzzing, and someone's sure to bomb dive before the day's out. With Capilano honey prawns, corn ribs, and icy poles, this lineup is all about laid-back, no-fuss feasting. Fire up the BBQ, pop on the sunnies, and let's get cooking!



SERVES FOUR

Honey-glazed prawns fresh off the barbie? Yes, please. These prawns are sweet, juicy, and just the thing for an easy summer spread—perfect for serving up with fresh herbs and a cold drink in hand.

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.





**HOT
DAMN
THAT
LOOKS
GOOD**

SERVES THREE

When you want to fancy up the BBQ, lobster's the way to go. These Hot Honey Lobster Tails are sweet, juicy, and feel like a little luxury in the backyard.

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 EIGHT

BBQ day means salads that hold their own, and this one does just that. With crispy bacon and a honey glaze, it's got the kind of smoky-sweet balance that turns a side dish into the star of the spread.

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 EIGHT

Smoky, tender, and drizzled in just enough honey to make things interesting. These corn ribs are perfect for BBQs where the hands get messy, the plates pile up, and the only rule is: grab one before they're all gone.

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

Fresh, bright, and perfect for summer. Grilled zucchini, basil, and a honey drizzle make this salad feel like sunshine on a plate.

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

Honey Glazed Zucchini Salad

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 SIX

The only thing better than sharing a pavlova with friends... is having one all to yourself.

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

When it's a scorcher outside, nothing beats the cool-down power of a homemade honey icy pole. Perfect for keeping cool by the pool or taking the edge off a sticky afternoon.

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.



A family of four is walking through a lush, green field. The father, wearing a dark jacket and a hat, is holding the hands of two young children dressed in white jumpsuits. The mother, wearing a dark jacket, is walking slightly behind them. They are walking towards the camera. In the background, there are several large, leafy trees and a fence line. The lighting is warm, suggesting late afternoon or early morning.

From our Family to Yours

From our family to yours, thank you for letting us be part of your Christmas celebrations.

We hope these recipes bring a little extra joy to your table, whether you're sharing a big family feast or a relaxed BBQ with friends. Here's to a Christmas filled with food, fun, and sweet honey memories.

Wishing you a warm and wonderful holiday season!

– The Capilano Kitchen
#HoneyLovers



Share your creations with us!

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