

Honey-Tomato Bruschetta with Ricotta ~ Chef Shelby Minnick

Servings: 6

2 pint grape or cherry tomatoes halved lengthwise
1 1/2 tablespoon extra-virgin olive oil
2 tablespoon clover honey
2 teaspoon thyme leaves
1 teaspoon kosher salt
1/8 teaspoon freshly ground pepper
12 baguette slices, cut 1/2 inch thick on the bias
1 cup fresh ricotta (8 ounces)
1 tablespoon buckwheat or chestnut honey
6 basil leaves thinly sliced or torn

Directions

Preheat the oven to 300°. Line a large rimmed baking sheet with parchment paper. In a large bowl, toss the tomatoes with the olive oil, honey, thyme leaves, salt and pepper. Scrape the tomatoes onto the prepared baking sheet and turn them cut side up. Bake the tomatoes for about 1 hour and 25 minutes, until they begin to shrivel and brown. Let cool.

Preheat the broiler. Spread out the baguette slices on a baking sheet. Broil for about 30 seconds on each side, until the edges are golden brown.

Spread the ricotta over the baguette slices and top with the slow-roasted tomatoes. Lightly drizzle the tomatoes with the buckwheat honey, sprinkle with the sliced basil and serve with additional buckwheat honey on the side.

Sweet & Salty Honey Cheese Spread ~ Chef Shelby Minnick

Servings: 6

1 goat cheese log 10.5 oz
1/4 cup sunflower pumpkin, or flax seeds
1/3 cup honey
1 pint fresh raspberries blackberries or blueberries
fresh mint garnish:
serve with assorted crackers

Directions

Press or roll goat cheese log in seeds thoroughly covering cheese, including ends.
Arrange cheese on a serving platter with any remaining sunflower seeds.
Drizzle with honey.
Sprinkle berries round platter.
Serve immediately with assorted crackers.

Honey Pumpkin Seed Butter ~ Chef Shelby Minnick

Servings: 1

2 1/2 cup pumpkin seed soaked
1 tablespoon raw honey
2 teaspoon cinnamon optional
1/4 cup oil

Directions

Add pumpkin seeds, spices and raw honey to a food processor or high power blender. Process on high for about 2 minutes or until the seeds are coarsely ground. Add half of the oil and blend for another 2-4 minutes. Spoon in the remaining oil. Continue to process until the seeds are ground into a paste, stopping periodically to scrape down the sides as the mixture builds up. The seed mix will become clumpy and sticky before it becomes smooth. The longer you blend the creamier the nut butter will become, so adjust the time based on your texture preferences. Store in a sealed container in refrigerator, serve at room temperature. Enjoy!

4-Ingredient Nut Butter Chocolate Energy Bites ~ Chef Shelby Minnick

Servings: 24

1 3/4 cup oat (old-fashioned or quick cooking)
3/4 cup butter all-natural nut (If your nut butter has been refrigerated and is thick, try popping the measuring cup it in the microwave for 10-15 seconds)
1/3 cup honey (or slightly more if needed to bind mixture together)
1/3 cup semisweet or dark chocolate chips
wheat bran optional: 1/4 cup (i used hemp seeds) hemp seeds, flax seeds, or chia seeds
optional 1 tsp vanilla or 1 tsp ground cinnamon for extra flavor

Directions

In a medium mixing bowl, stir together all of the ingredients.

If the dough is sticky, you can refrigerate it for a 2-3 hours or pop it in the freezer for 30 minutes to slightly firm up.

Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

To store, place energy bites in a ziploc bag or storage container. Refrigerate for up to 3 weeks or freeze for up to 6 months.

Loukoumathes (Greek Honey Donuts) ~ Culinary Instructor Andrea Christensen

Adapted from *The Key to Greek Cooking* by Assumption Greek Orthodox Church

Syrup

1 cup honey

¼ cup water

Bring honey and water to a boil. Turn off the stove and set aside.

Topping

1 cup finely chopped walnuts

½ teaspoon cinnamon

Batter

4 ½ teaspoons active dry yeast

½ cup water, heated to 110-115 °F

3 to 4 cups unbleached all purpose flour (no more than 512 grams)

1 tablespoon honey

⅛ teaspoon salt

2 eggs

2 cups whole milk, heated to 110-115 °F

3 quarts of vegetable oil for frying

Directions

Dissolve yeast in warm water and let stand for 5 to 10 minutes until frothy.

In a separate bowl, sift together flour, sugar, and salt. Set aside. In the large bowl of an electric mixer, whip eggs lightly. Beat in warm milk and 1 cup of flour mixture. Add dissolved yeast and continue mixing. Add remaining flour mix, blending well. Mix until dough is consistency of thick waffle batter, adding more flour if necessary. Cover with a towel and place in a warm, draft free area for about ½ hour or until doubled in volume. **Tip:** To create a warm spot, turn oven onto 400°F and set the timer for 1 minute. After 1 minute, turn the oven OFF. This should create a slightly warm spot in your oven which will help the dough rise.

Fill a deep and large enamel pot with 3 to 4 quarts or at least 3 inches of oil. Heat until a small bit of batter puffs up immediately when dropped in (approximately 360 °F to 370 °F). Place a cup of unheated oil nearby for dipping a teaspoon after each addition of batter.

Using a teaspoon or a small scoop, drop only a few teaspoons at a time in order not to overcrowd the pan and cool off the oil.

Using tongs or a slotted spoon, keep turning each puff until golden overall but not brown. Remove and place on a tray with paper towels to drain. Transfer to a warm plate. Continue until all batter is used. Drizzle lukewarm syrup over puffs, sprinkle with topping, and serve while warm.

Fennel Honey Ice Cream with Chopped Almonds ~ Culinary Instructor Andrea Christensen

Adapted from *Smitten Kitchen* <https://smittenkitchen.com/2007/11/fennel-ice-cream/>

This ice cream is a riff on a Greek cookie called Paximathia which includes almonds and fennel seed.

Ingredients

1 2/3 cups heavy cream
1 tablespoon fennel seeds, crushed
1 cup whole milk
1/4 cup honey, divided
4 large egg yolks

½ cup finely chopped almonds

Directions

Bring cream and fennel seeds just to a simmer in a small heavy saucepan, then turn off the stove, cover and let steep about 30 minutes.

Meanwhile, bring milk, 1/4 cup honey, and a pinch of salt to a simmer in a heavy medium saucepan over medium heat, stirring.

Whisk together yolks and remaining 1/4 cup honey in a large bowl, then add milk mixture in a slow stream, whisking. Return mixture to medium saucepan and cook, stirring with a wooden spoon, until mixture coats back of spoon and registers 175°F on an instant-read thermometer (do not let boil). Immediately strain custard through a fine-mesh sieve into a metal bowl, then quick-chill by setting bowl in an ice bath and stirring occasionally until cool, about 15 minutes.

Strain fennel cream through fine-mesh sieve into custard, pressing on solids. Discard the fennel seeds. Continue to chill in ice bath until custard is very cold, then freeze in ice cream maker. Mix in chopped almonds at the very end, stirring briefly. Transfer to an airtight container and put in freezer to harden, about 1 hour.

Rhubarb Mead Sorbet ~ Culinary Instructor Andrea Christensen

Inspired by Sur La Table. This is a riff on a recipe for Merlot Raspberry sorbet I learned at a Sur La Table cooking class.

Ingredients

1 bottle Sky River Meadery Dry or Semi Sweet Mead

½ cup honey

3 cups chopped rhubarb (fresh or frozen)

Directions

Combine all ingredients in a medium saucepan. Heat on medium high until simmering, reduce heat to medium low and simmer until rhubarb is soft. Remove from heat.

Using an immersion blender, carefully blend ingredients until thoroughly combined.

Using a fine mesh sieve, strain liquid from solids into a large bowl then quick-chill by setting bowl in an ice bath and stirring occasionally until cool, about 15 minutes. Reserve solids for another use.*

Pour liquid into a low baking dish, cover with plastic wrap and chill for 2 hours. Every 30 minutes use a fork to flake up the sorbet.

Paximathia ~ Culinary Instructor Andrea Christensen

Modified from The Key to Greek Cooking from Assumption Greek Orthodox Church

Makes approximately 5 dozen cookies

A few notes:

I usually use unsalted butter when baking, but I've found I like salted butter a little better with these cookies. Alternatively, you could increase the salt to a scant teaspoon.

Original recipe calls for 3 ¾ to 4 cups of flour. I found I needed at least 4 ¼ to 4 ½ cups of flour. I suggest starting with 3 ½ cups of flour and then add in ¼ cup increments until the dough no longer feels sticky.

For the first bake I found my cookies needed closer to 25 minutes. The tops of the cookies should no longer look soft or wet.

When cutting the cookies, I found my big chef knife to work the best. I tried the first time with my serrated knife but it just tore up the cookies. I recommend using a firm downward pressure instead of a sawing action.

These cookies seem to do great for up to a week before starting to get a little stale. I keep little cookie bags or boxes near-by and make sure to pack these up whenever going to a friend or neighbor. Rarely do cookies make it to the one week mark!

Ingredients

1 cup salted or unsalted butter (2 cubes), room temperature

½ cup honey

½ cup granulated sugar

3 eggs

3 ½ - 4 ½ cups of flour

1 teaspoon baking powder

½ teaspoon salt (or increase slightly if using unsalted butter)

1 teaspoon vanilla

¼ cup whole anise seed (fennel seed)

1 cup whole, un-blanched whole hazelnuts or almonds

Directions

Pre-heat oven to 350° F. Cover two sheet pans with parchment paper.

Using a stand-mixer or hand mixer, cream butter and honey until light and fluffy.

Mixing well and scraping the bowl between additions, add eggs one at a time.

In a separate bowl, sift together the flour (start with 3 ½ cups of flour), baking powder and salt.

Add flour to the butter, sugar, and egg mixture a ½ cup at a time, blending well after each addition. Add additional flour in ¼ cup increments until the dough no longer feels sticky. You should need no more than 5 cups total of flour.

Beat in vanilla, anise seed, and nuts. Mix until just combined.

Divide dough into 4 roughly equal parts. Form into logs about 1 ½ inches in diameter and place on sheet pans, 2 per pan.

Bake at 350° F for 20-25 minutes until bottoms are golden brown.

Remove cookies from the oven and let cool for 5-10 minutes. Reduce the temperature on the oven to 300° F.

Slip logs, one at a time, onto a cutting board. Using a sharp knife, cut diagonally into ½ to ¾ inch slices. No need to get a ruler out here. Just use your best judgment and try to cut them roughly equally so they bake up consistently.

Arrange on sheet pans cut side up and bake at 300° F for 20 minutes. Flip the cookies over and bake 20 minutes more. Move to cooling racks and cool before packing.

Honey Taffy ~ Culinary Instructor Cat Olson

3/4 cup of real honey

Neutral oil such as sunflower or grape seed

Instructions

1. Bring honey to a boil in an uncovered medium saucepan over medium heat (about 5 to 7 minutes).
2. Continue to boil until honey registers 280 degrees on a candy thermometer (about 10 to 12 minutes).
3. Line a pan with parchment paper and coat lightly with oil.
4. When the honey reaches temperature, carefully pour it onto your prepared pan and allow to cool on the counter for 20-25 minutes.
5. Coat hands with oil, and break off about a third of the cooled honey.
6. Begin to pull and stretch the honey, continually folding it and working more air into the taffy.
7. As you continue to pull and incorporate air into the taffy, it will start to firm up and become lighter in color.
8. Keep doing this for about five minutes, or until taffy has lightened in color from dark amber to tan.
9. When taffy is tan and firmed up, roll it into several long thin snakes and place these back on your parchment paper lined pan.
10. Refrigerate pan for 10 minutes, then use a knife coated in oil to cut each taffy roll into one inch long pieces.
11. Roll up each piece of taffy in wax paper, twisting the ends to close.

Honey Garlic Dressing Recipe ~ Culinary Instructor Cat Olson

Makes 1/4 cup

1/4 cup mayonnaise

1 Tsp honey

1 Tbl apple cider vinegar

1 clove minced garlic

Combine all ingredients in a blender and whirl!

Frankie's Homemade Granola ~ Culinary Instructor Frank Curtiss

3-1/2 cups rolled oats

1/2 cup ground camelina or flax seed (optional)

1-1/2 cup nuts, such as hazelnuts chopped

1 cup seeds - such as pumpkin or sunflower seeds

1 teaspoon salt

1-1/2 teaspoon spices such as cinnamon, allspice, pumpkin spices, nutmeg, ginger and cardamon

1/3 cup oil, such as sunflower oil

3/4 cup sweetener - such as honey or maple syrup

1-1/2 cup assorted dried fruits - add after baking

Pre-heat oven to 300 F

Place oats, flax, protein, nuts, seeds, coconut, salt and spices in a large mixing bowl. Stir together. Add oil and sweetener and stir thoroughly. Spread out on two large baking sheets. Bake for approximately 45 minutes, stirring once after 30 minutes. Stop when granola is golden brown and the aroma is amazing. Sprinkle with dried fruits after removing from the oven. Cool completely in the pan and then store in airtight containers.

Ricotta Fritters ~ Culinary Instructor Frank Curtiss

1-1/2 cups all-purpose flour

1 tablespoon baking powder

3/4 teaspoon salt

4 eggs--room temperature-- lightly beaten

6 tablespoons honey

1 pound ricotta cheese (preferably whole milk)

2 teaspoons pure vanilla extract

zest of 2 lemons

2 tablespoon lemon juice

vegetable or canola oil for frying

confectioners (powdered) sugar-- for dusting Lemon curls from one lemon for garnish (optional)

Whisk together dry ingredients (flour salt and baking powder).

Whisk together eggs, honey, ricotta, vanilla, lemon zest and lemon juice. Then whisk in flour mixture.

Heat 1-1/2 inches oil in a large wide heavy saucepan until the temperature is about 360° - 370° F. Working in batches, gently drop batter into the hot oil, one tablespoon at a time, pushing the batter off the spoon with the rounded corner of a rubber spatula. Batter will puff up immediately. Fry fritters, turning occasionally with a slotted spoon, until a deep golden brown, about 2 to 3 minutes per batch.

Using slotted spoon, transfer fritters to a tray lined with paper towels. Dust generously with confectioner's sugar. Garnish with zested curls of lemon peel if desired and serve warm

Roasted Baby Vegetables with Honey Yogurt Dill Dipping Sauce ~ Cody Castiglia

Makes 6 Servings as a Side Dish

20 Baby Carrots

8 Ounces Baby Pattypan Squash

8 Baby Beets

8 Baby Turnips

8 Baby Zucchini

Cooking Oil

Salt to Taste

1 T Herbs De Provence

Dipping Sauce:

1 Cup Yogurt

2 T Honey

1 T Sumac

1 Clove Garlic

1 T Fresh Dill

Salt and Pepper to Taste

Preparation:

- Toss baby vegetables with salt, cooking oil, and herbs.
- Roast in a 425 degree oven until golden brown and firm, yet tender.
- Whisk together Dipping Sauce Ingredients.

Black Bean Cakes with Cilantro and Chipotle Chili Honey ~ Chef Cody Castiglia

2 Cups Dried Black Beans

5 Garlic Cloves, chopped

1 White Onion, small dice

8 Each Dried Chipotle Chilies

¼ cup All Purpose Flour or Local Equivalent

Salt and Pepper to Taste

1 T Cooking Oil

1 Cup Honey

3 Bunches of Fresh Cilantro

Preparation:

- Combine black beans with onions and garlic, cover with water and bring to a boil. Reduce heat to a simmer and simmer until they are tender (About 1 hour-1.5 hours). Drain and cool.
- Pulse beans in food processor until they break apart (but don't turn into a big ball of mush)
- Add the flour, salt and pepper to the beans, mix well, and form into patties. Add the oil to a large saute pan and place over medium high heat. Add 2 to 3 patties and cook for about 1 minute, and then turn and sear the other sides for 1 more minute. The patties should have a golden brown crust. Place into the oven for about 4 minutes.

- Toast the Chipotle Chilies in a saute pan over medium-high heat. Remove skin and seeds. Blend with the honey.
- Drizzle Chipotle Honey over black bean cakes and garnish with fresh cilantro leaves/

Buttermilk Fried Chicken with Truffle Honey, Cheesy Polenta & Braised Hearty Greens ~ Chef Cody Castiglia

Serves 4 people

4 Each Boneless, Skinless Chicken Breast

2 Cups Buttermilk

2 Cups All Purpose Flour or Local Equivalent for Dredging

Salt and Pepper To Taste

2 Cups Honey

2 oz Truffle Shavings

1 Cup Ground Polenta

1 cup Whole Milk

4 cups Chicken Stock or Vegetable Stock

2 T Butter

½# Cheddar and/or Parmesan and/or other local melty cheese (preferably local)

3 Heads Lacinato Kale or Other In Season Green

3 Garlic Cloves

2 T Cooking Oil

Preparation:

- Marinate the chicken overnight in buttermilk. The buttermilk should completely cover the chicken.
- Whisk together the honey and truffle shavings to combine.
- Bring the Stock and Salt to a boil in a large pan. Pour polenta slowly into the boiling water, whisking constantly until all polenta is stirred in and there is no lumps. Reduce heat to low and simmer, whisking often, until thick, about 5 minutes. Polenta mixture should still be slightly loose. Cover and cook for 30 minutes, whisking every 5 to 6 minutes. When polenta is too thick to whisk, add the milk and stir with a wooden spoon. Polenta is done when texture is creamy and the individual grains are tender.

- Turn off heat and whisk in the butter and cheese. Continue whisking until cheese has melted. Season to taste.
- Heat a pot of cooking oil to 350 degrees F. Dredge the buttermilk-marinated chicken in the flour and drop into the hot oil. Cook until golden brown and the chicken reaches an internal temperature of 165.
- Heat a saute pan to medium high heat. Add cooking oil to coat the bottom. Add lacinato kale. Saute for 2-3 minutes, stirring constantly. Season with salt and pepper. Add garlic and continue cooking until the garlic has softened up (30 seconds- one minute)
- Place a dollop of the polenta in a bowl, top with the greens, then the chicken and drizzle with the truffle honey.

Lavender Crème Brulee with Caramelized Honey ~ Chef Cody Castiglia

Serves 6

2.5 Cups Heavy Cream

4 to 6 Lavender Flowers

6 Egg Yolks

1/3 Cup Sugar

3 T Honey

Fresh Lavender for Garnish

- Preheat an oven to 325°F.
- Pour the cream into a small saucepan, add the lavender flowers and heat gently for 2 to 3 minutes, but do not boil. Remove from the heat and allow to infuse for 30 minutes.
- In a bowl, whisk together the egg yolks and sugar until smooth. Take the lavender out of the cream with a slotted spoon and then reheat the cream, bringing it almost to a boil.
- Gradually stir the hot cream into the egg yolk mixture and then strain into a bowl or back into the saucepan. Pour into 6 individual ovenproof ramekins or shallow dishes, cover the tops with aluminum foil and place them in a roasting pan. Pour in enough cold water to come halfway up the sides of the ramekins and bake until just set, 25 to 30 minutes.
- Remove the ramekins from the roasting pan and let cool at room temperature, then refrigerate for at least 4 hours or up to overnight.
- Drizzle the honey on top of the crème brulees and torch until caramelized.