

Hawkins Honey

Spicy Lime and Honey Marinade

Ingredients:

- 2 Limes, juice only
- 1 tsp Tabasco sauce
- 1 tbsp Hawkins Honey
- 1 tsp ground coriander
- 1 tbsp chopped fresh coriander

Preparation time less than 30 minutes

Cooking time; no cooking required

Method:

Mix together all of the above ingredients.

Simply Honey Roast Duck

Ingredients:

- 1- 5 to 7 pound duck
- Salt and Pepper to taste
- 1 cup Hawkins Honey

Instructions:

1. Preheat oven to 375°F. Place duck on a clean chopping board and remove excess fat from neck and cavities. Rinse duck thoroughly, inside and out, under cold water, pat dry with paper towel.
 2. Pierce skin of duck all over with toothpick or knife at 1 inch intervals. Rub S & P into skin of duck inside and out. Position duck on a rack placed in roasting tray, breast side up.
 3. Pour a few cups of boiling water over the duck and into the roasting tray and place into preheated oven.
 4. Roast duck for up to 3 hours, or until no fat remains and the skin is crispy and brown. Turn the duck over after every 30 minutes. Baste duck with juices and honey.
 5. Once the duck is cooked, remove from oven and transfer onto a carving board. Let rest for 15 minutes before carving.
- Serves 4

Vegetables with Spicy Honey-Peanut Sauce

Ingredients:

- 1/2 cup Hawkins Honey
- 1/4 cup peanut butter
- 2 tbsp soy sauce
- 1 tbsp chopped fresh cilantro
- 1/8 tsp crushed red pepper flakes
- 4 cups broccoli florets
- 4 cups sliced carrots
- 4 cups snow peas
- 6 cups cooked white/whole wheat rice

Instructions:

Combine honey, peanut butter, soy sauce, cilantro and red pepper flakes in small bowl. Mix well and set aside. Steam vegetables until crisp-tender; drain well. Toss steamed vegetables with peanut sauce in large bowl. Serve immediately over rice.

Honey Summer Sangria

Ingredients:

- 3/4 cup Hawkins Honey
- 1/3 cup water
- 3 1/4 cups red wine
- 2 oranges, sliced
- 1 lemon, sliced
- 1 lime, sliced
- 3 whole cloves

Instructions:

1. Boil honey, water and cloves, stirring constantly. Thinly slice fruit and add to honey/water mixture. Marinate overnight.
2. Add wine 4 hours before serving.
3. To serve, chill well and strain mixture into a pitcher or serve in large punch bowl with lots of ice.

Honey Cake

Ingredients:

2 tbsp instant coffee dissolved into 3/4 cup hot water.
3 eggs
3 tbsp oil
3/4 cup apple sauce
3/4 cup Hawkins Honey
3/4 cup brown sugar
2 1/4 cups flour
3/4 tsp baking powder
1/2 tsp baking soda
2 tsp cinnamon
1/2 tsp salt

Instructions:

1. Dissolve coffee into water. Cool.
2. Spray a 9 x 13 baking pan with non-stick cooking spray. Preheat oven to 325°F.
3. Mix eggs, oil, apple sauce, honey and brown sugar with an electric mixer.
4. In a separate bowl, combine dry ingredients (flour, baking powder, baking soda, cinnamon and salt).
5. Alternating, add flour mixture and coffee to the egg mixture in the bowl. Mix lightly until just smooth.
6. Bake, uncovered, for 20-25 minutes, or until a toothpick or knife inserted in the middle of the cake comes out clean.

Honey Biscuits for Dogs

Ingredients:

4 cups whole wheat flour
1 cup oatmeal
1 cup oat bran
2 tsp cinnamon
2 tbsp Hawkins Honey
2 tbsp molasses
2 cups unsweetened apple sauce

Instructions:

1. Preheat oven to 350°F.
2. Combine all ingredients in a food processor or mixer. The dough is ready when it pulls away from the sides of the bowl.
3. Place dough on a floured cutting board and knead a few times. Add more flour if dough is too wet.
4. Either roll dough out of thickness of about 1/4" and cut into desired shapers, or roll out the dough to pencil thickness, and make very small treats. You can use a knife or pizza cutter and cut into squares.