



## HONEY SECTION

### CLASS

- 1 Two 1 lb jars light English Honey
- 2 Two 1 lb jars medium English Honey
- 3 Two 1 lb jars dark English Honey
- 4 Two 1 lb jars creamed English Honey
- 5 Two containers Cut Comb
- 6 One frame of Honey for extraction in showcase
- 7 One bottle Mead (sweet or dry)( cork to have flange)
- 8 One pair Beeswax Candles
- 9 Four 1oz. rectangular Blocks Beeswax

### OKEHAMPTON BRANCH NOVICES SECTION

(open to members who have not previously won an award for honey in any show)

- 10 Two 1 lb jars English Honey
- 11 Two 1oz. rectangular Blocks Beeswax.

### HONEY COOKERY SECTION

- 12 Honey Fudge, as recipe supplied. Show 6 pieces.
- 13 Honey and Yoghurt Muffins, as recipe supplied. Show 4 pieces
- 14 Honey Cake, as recipe supplied.
- 15 Honey Fruit Cake, as recipe supplied.
- 16 Honey Flapjack, as recipe supplied. Show 4 pieces.

### RECIPES: HONEY COOKERY SECTION

#### CLASS 12 HONEY FUDGE

900g / 2lb Granulated Sugar      115g / 4ozs Butter  
115g / 4ozs Honey                  300ml / ½pint Milk  
½teaspoon Salt

Method: Soak the sugar in the milk for about 1 hour, stirring occasionally. Use an 8"x 5" saucepan and slightly melt the butter to grease the bottom of the pan. Add all ingredients and bring to the boil. Boil rapidly for 5 minutes during which time the mixture must reach 240°F/115°C. Stir all the time. Take off heat, allow to cool slightly and beat until creamy. Turn into a greased swiss roll tin. Mark when nearly set and when cold cut into 25mm/1" squares.

#### CLASS 13 HONEY & YOGURT MUFFINS

225g/ 8ozs Plain Flour  
1 ½ tsp Baking Powder  
1 tsp Bicarbonate of Soda  
Pinch of Salt  
½ tsp Mixed Spice  
¼ tsp Grated Nutmeg  
50g/2oz Medium Oatmeal (plus a little extra for sprinkling)  
50g/2oz Muscovado Sugar  
50g/2oz Butter  
225g/8oz Greek Style Yoghurt  
125ml/4fl oz milk  
1 Egg

4 tblsp Clear Honey

Method: Place paper cases in 12 muffin tins. Mix together all the dry ingredients, including sugar and oatmeal. Melt butter gently. Cool and mix in milk, yogurt, honey and egg. Pour all into the dry ingredients and quickly mix, not too thoroughly, and spoon into the 12 muffin cases. Sprinkle with a little more Oatmeal. Bake in moderate oven, 180C/350F/Gas 4, for 15 - 20 minutes, looking at 10 minutes and turn if necessary.

#### CLASS 14 HONEY CAKE

200g/ 7oz SR Flour  
Pinch of Salt  
150g/5oz Butter  
100g/4oz Soft Brown Sugar  
175g/6oz Clear Honey  
1 tblsp Water  
2 Eggs

Flaked Almonds

Method: Grease and line an 8" tin. Melt butter, sugar, honey and water gently in a large pan or mixing bowl - you will use this to mix the cake in. Cool to hand heat. Beat in eggs one at a time. Add sifted flour and beat to a smooth mixture. Pour into prepared tin and sprinkle with flaked almonds. Bake in a moderate oven, 180C/350F/Gas 4, for 30-45 minutes until risen and firm.