

2018 SOMERTON HONEY SHOW RECIPES

Honey and Banana Teabread – CLASS 29

225g (8oz) self-raising flour	225g (8oz) peeled and mashed bananas	2 eggs
¼ level tsp (2g) freshly grated nutmeg	100g (4oz) caster sugar	6 tablespoons of HONEY
100g (4oz) butter/margarine	grated rind of 1 lemon	100g (4oz) sultanas

Method:

Pre-heat oven to 160°C / 325°F / gas mark 3. Grease a 2lb loaf tin and line the base.

Place the flour, nutmeg and butter into a large bowl and rub together to form fine breadcrumbs.

Add the mashed banana, sugar, lemon rind, eggs and honey into the flour mixture and beat until well combined. Stir in the sultanas.

Place into the prepared tin and level the surface. Bake in pre-heated oven for 1¼ hours.

Honey, Cherry and Almond Cake – CLASS 30

175g (6oz) butter/margarine	3 medium eggs, beaten	150g (5oz) glace cherries, quartered
75g (3oz) caster sugar	225g (8oz) self-raising flour	3 tablespoons milk
3 tablespoons clear HONEY		

Topping

3 tablespoons of clear HONEY	25g (1oz) cherries, chopped	25g (1oz) toasted flaked almonds
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Method:

Grease and line a 20cm/8 inch round cake tin. Preheat the oven to 160°C / 325°F / gas mark 3.

Cream the butter/margarine, sugar and honey until light and creamy. Beat in the egg a little at a time beating well after each addition and adding a tablespoon of flour with the last amount of egg.

Blend cherries with the flour and fold into the mixture along with the milk.

Pour into the cake tin and bake for 55–60 minutes. Turn out onto a wire rack to cool.

Heat the honey in a saucepan until warm add the cherries and the almonds then pour over the cake.

Honey Crunch Biscuits – CLASS 31

50g (2oz) butter/margarine	¼ tsp bicarbonate of soda	75g (3oz) rolled oats
1 tablespoon of HONEY	50g (2oz) plain flour	50g (2oz) granulated sugar

Method:

Melt butter and honey together, take off heat and add bicarbonate of soda. In a bowl put flour, oats and sugar, mix in the liquid mixture and allow it to cool slightly. Put knobs of mixture on a baking tray and flatten slightly. Bake at 170–180°C / 325–350°F / gas mark 4 for approximately 20 minutes or until firm and golden.

Note. There is enough mixture to produce 8 biscuits select best 6 for showing. (Eat the other two!)

Honey Fudge – CLASS 32

900g (2lb) granulated sugar	100g (4oz) butter	100g (4oz) clear HONEY
300ml (½ pint) milk	½ tsp salt	

Method:

Soak the sugar in the milk for approximately one hour, stirring occasionally. Use a 20cm (8") by 18cm (7") saucepan and slightly melt the butter to grease the pan. Add all the ingredients and bring to the boil. Boil rapidly for 5–7 minutes stirring all the time. The mixture must reach 115°C (240°F). Take off the heat and cool slightly and beat until creamy. Turn into a greased Swiss roll tin. Mark when cold and break into squares. Recipe makes just over one kilo, (two and a half pounds). Select best pieces for the Show (110g / 4oz) and eat the rest!

This recipe produces a generous amount of delicious honey fudge. It is possible to produce half quantity to produce enough for the Honey Show alone!

1lb Honey Cob Loaf – CLASS 33

225g (8oz) strong white flour	1 tablespoon HONEY	320ml (11¼ fl oz) warm water
225g (8oz) strong wholemeal flour	1 teaspoon of salt	HONEY and water to glaze
1 tablespoon of oil of choice (olive, sunflower, etc.)	1 tsp (7g) yeast	

Method:

Mix flour, oil, honey, salt and yeast, adding the warm water until a semi-stiff dough is reached. Knead vigorously on a flat surface until you achieve a silky-smooth consistency – approximately 10 minutes. Add a little more flour or water as necessary, but don't make the dough too soft.

Place dough in a lightly oiled bowl and cover with a damp cloth or oiled cling film. Leave in a warm place until double in size, approximately 45 minutes (temperature dependant).

Knock the dough back, on a floured surface and shape into a ball. Then again place in a lightly oiled bowl and cover with a damp cloth or oiled cling film and leave in a warm place until doubled in size (approx. 45 mins.). Place on a floured baking sheet and bake for 25 minutes in a pre-heated oven at 210°C (gas mark 6/7, 410°F) Glaze the loaf with honey and water (50/50). 5 minutes before removing from the oven.

The kneading can be done mechanically, but the loaf must be baked as a 'free form' loaf on a baking sheet in an oven. The loaf may be decoratively scored, but should not contain seeds or be topped with anything other than the glaze.

Honey Cake or Biscuits of choice – CLASS 34

One cake or six biscuits, cupcakes, muffins or slices of tray bake made with at least 75g (3oz) of HONEY, including in the topping or glaze. List of ingredients and quantities to be displayed with each entry.

Honey Delights (Children's Class) – CLASS 56

115g (4oz) margarine
225g (8oz) self-raising flour
55g (2oz) sugar
grated rind and juice of one lemon
65g (3 tablespoons) HONEY
1 large egg – beaten

Method:

Rub the margarine into the flour and sugar. Add the lemon rind, lemon juice, honey and beaten egg. Bake in paper cases for 15–20 minutes in a moderate oven (approx 180°C / 350°F / gas mark 4). When cold, decorate with a bee theme, then select 4 for the show and eat the rest!