

## **NBBKA HONEY SHOW RECIPES for 13<sup>th</sup> October 2012**

Please make sure your entry fits the description so that quality cookery is not disqualified.

If you wish to convert units (approx):- 1oz = 26g; 1egg = 1egg; 7" = 175mm; 1hour = 60mins; 1/4 pint is half an ordinary coffee mug full (or use a beer glass).

### **Honey Fruit Cake**

Ingredients: 8oz SR flour, 4oz sultanas, 4oz butter, 8oz honey, 4oz currants, 2 eggs size 3, pinch of nutmeg and salt. A little milk if required.

Method: Cream butter and honey together, beat eggs well and add alternately with sifted flour and salt. Add fruit, etc. Beat well and lightly. Bake in a well buttered 7" round tin (between 6" and 8"), 2 to 3 hours in a moderate oven.

### **Plain Honey Cake**

Ingredients: 5oz butter, 6oz clear honey, 1 tablespoon water, 4oz soft brown sugar, 2 eggs, 7oz self raising flour.

Oven temperature 180°C or 350°F or gas mark 4.

Method: Place butter, sugar, honey and water into a saucepan and heat until the fat has melted, stirring all the time. When fat is melted remove pan from heat and allow contents to cool to blood temperature. Gradually beat in the eggs. Add sieved flour and mix until smooth. Do not overmix. Pour mixture into a greased and lined 7" cake tin and bake for 1 hour or until risen and firm to the touch.

### **Honey Fudge**

Ingredients: 1lb granulated sugar, 1/4 pint fresh milk, 2oz butter, up to 3oz honey.

Method: Put all the ingredients into a heavy-based pan. Bring to the boil, stirring all the time. Cover and boil for 2 minutes. Uncover and boil gently for about 15 minutes until 'soft ball' stage is reached, at 115°C (240°F), still stirring all the time (A little dropped into cold water will form a 'soft ball'). Stand the pan on a cold surface for 5 minutes. Beat the mixture until it starts to thicken, then pour it quickly into a ready buttered tin. Mark out into squares as it cools and cut when cold.

Eight pieces to be shown on a plate.