

Honey Nut Biscuits

Makes approx. 36 biscuits

100g/ 4oz ground almonds

100g/ 4oz ground hazelnuts

2 tbsp honey

250g/ 9oz caster sugar

50g/ 2oz candied peel, chopped

2 egg whites

For the icing

4 tbsp icing sugar

1 tbsp lemon juice

Instructions

1. In a large mixing bowl, mix together all the nuts, sugar, honey, peel and egg whites. Knead into workable dough then leave in a cool place for at least 30 minutes.
2. Preheat the oven to 170C, 325F, Gas mark 3 and lightly butter and flour 3-4 baking sheets.
3. Turn the dough onto a surface which has been thickly dusted with icing sugar and roll out to 5mm/1/4 inch thickness. Cut into squares or diamonds and transfer to the baking sheets, spacing well apart. Bake in the oven for 25-30 minutes.
4. In another bowl, mix together the icing ingredients and use to cover the biscuits while they are still warm. Cool completely before eating.



Honeyed Plum Crumble

Serves 4-6

900g/ 2lb plums, halved and stoned

150ml / 5fl.oz. water

60ml / 2fl.oz. honey

The juice and grated zest of 1 orange

100g / 4oz butter

200g / 7oz plain flour

50g / 2oz sugar

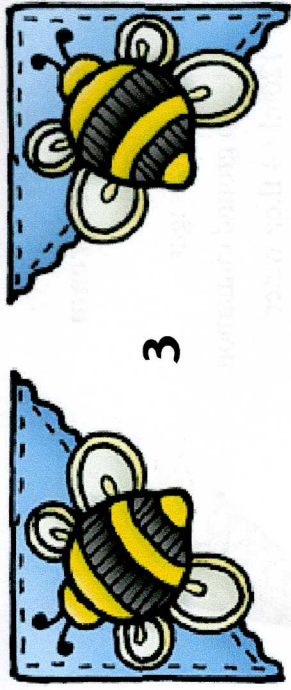
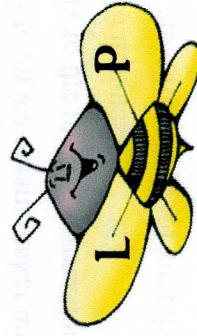
50g / 2oz toasted hazelnuts, chopped

Instructions

1. Preheat oven to 200C, 400F, Gas Mark 6. Place the plums, water, honey, orange juice and zest in a saucepan bring to the boil then reduce the heat and simmer for 15 minutes.
2. Meanwhile, in a large mixing bowl, rub the butter into flour with your fingertips until the mixture resembles fine breadcrumbs.
3. Stir in sugar and hazelnuts, mixing well.
4. At the end of the cooking time, transfer the plums to an ovenproof gratin dish and sprinkle the crumble mixture evenly over the top. Bake for 35-40 minutes until golden. Serve hot with custard.



HONEY RECIPES

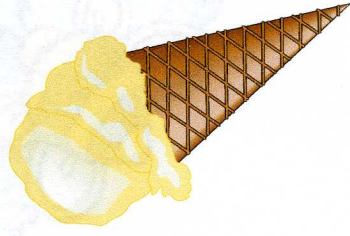


Honey Ice Cream

- 4 tbsp honey
100g / 4oz sugar
1 teaspoon ground cinnamon
120ml / 4 fl.oz water
300ml / 10fl.oz. custard
2 egg whites
300ml / 10fl.oz. double cream

Instructions

1. Place the honey, sugar, cinnamon and water in a saucepan and heat, stirring until the sugar has dissolved.
 2. Increase the heat and boil the mixture for about 5 minutes until the mixture has thickened and is syrupy.
 3. Meanwhile, in a mixing bowl, whisk the egg whites until stiff.
 4. Slowly pour the hot syrup on to the egg whites, whisking constantly. Then continue to whisk for about 5 minutes until the mixture has cooled.
 5. In another bowl, whisk the cream until thick then fold into the honey mixture together with the custard.
 6. Transfer to an ice cream maker and churn accordingly to the makers instructions (normally about 15-20 minutes).
 7. Transfer to a freezer proof container, cover and freeze for 2-4 hours until set.
- If you don't have an ice cream maker, transfer to a rigid freezer proof container and freeze overnight.



Whisky Baked Figs

Serves 4

- Butter for greasing
120ml / 4fl.oz. honey
120ml / 4 fl.oz whisky
12 small fresh figs, halved
2 tbsp toasted chopped hazelnuts

Instructions

1. Preheat the oven to 220C, 425F, Gas Mark 7 and lightly grease a wide shallow ovenproof dish with butter. The dish should be large enough to take all the figs in a single layer.
2. Place the honey and whisky in a small saucepan, bring to the boil, stirring constantly then remove from the heat.
3. Place the figs in the buttered dish, cut side up, drizzle with the honey mixture and sprinkle with hazelnuts. Bake for 7 to 10 minutes depending on size, or until tender. It won't take long.
4. Remove from the oven and allow to cool a little before serving.



Honey Shortbread

Makes 24

- 225g / 8oz butter
90ml / 3fl.oz. honey
1 teaspoon vanilla extract
250g / 9oz plain flour
100g / 4oz finely chopped almonds

Instructions

1. Preheat the oven to 150C/300F, Gas Mark 2 and lightly grease a baking tray.
2. In a large mixing bowl, beat together the butter, honey and vanilla until light and fluffy.
3. Gradually add the flour and almonds, then mix well.
4. Turn the dough on to a lightly floured board, and flatten out evenly but lightly to about 12mm/1/2inch thickness.
5. Transfer to the baking tray and mark into 24 pieces with a knife. Bake for 40 minutes. Transfer to a wire rack to cool.

