

Honey I'm Yours Menu
April 2010

Appetizers

Goat Cheese and Artichoke Spread
Honey Stuffed Mushrooms

Salad

Butter Lettuce Salad with Pears and Walnuts

Main Courses

Glazed Pork Medallions
Honey and Rosemary Brined Turkey with Herb Riesling Gravy

Sides

Honey Cornbread
Fresh Green beans and Potato Salad

Desserts

Honey Cake
Honey Pecan Roasted Pears
Figs with Mascarpone and Honey

Drinks

Honey Lemonade
Mead
Honey Bee cocktail
Ginger Honey Rummy

Present this menu at Andy's Liquor for a 10% discount on the featured wines

APPETIZERS

Goat Cheese and Artichoke Spread

1 (14 ounce) can artichokes, drained and chopped
1/2 cup sour cream
1 Tablespoon honey
1 (3.5 ounce) package Montrachet goat cheese
1/4 cup Parmesan cheese, grated
1 package cocktail size pumpernickel bread, lightly toasted
parsley for garnish

Preheat oven to 350°

Mix all ingredients in a small baking dish. Heat for 30 minutes. Serve on toasted pumpernickel. Garnish with parsley.

Serves: 8

(Golden Blossom Honey website)

Honey Stuffed Mushrooms

2 teaspoons honey
1 1/2 cups (5 ounce bag) fresh spinach, chopped and packed
2 Tablespoons sun-dried tomatoes (not packed in oil), finely chopped
1/2 teaspoon dried thyme
2 Tablespoons pine nuts, finely chopped
2 Tablespoons (2 ounces) goat cheese
salt and pepper to taste
12 extra large white mushrooms
3 Tablespoons olive oil
4 Tablespoons shallots, finely chopped

Preheat oven to 350°.

Remove stems from 10 mushrooms. Finely chop stems and remaining 2 mushrooms. Set aside.

Spray a large baking dish with non-stick cooking spray. Brush mushroom caps with 2 tablespoons olive oil and place in baking dish.

Place remaining tablespoon of olive oil in a skillet. Add chopped mushrooms and shallots and saute 4 to 5 minutes, until shallots are tender. Add honey, spinach, sun-dried tomatoes, thyme and pine nuts. Cook 2 to 3 minutes. Remove from heat. Add goat cheese and stir well.

Fill mushroom caps with spinach mixture, distributing evenly. Cover with foil and bake for 15 minutes. Remove foil and bake an additional 10 minutes.

Serves: 4-5

(Golden Blossom Honey website)

SALAD

Butter Lettuce Salad with Pears and Walnuts

Salad:

- 1 head butter lettuce, torn into 1-inch pieces
- 1 large crimson pear, cored and thinly sliced (no need to peel)
- 1/2 cup dried cranberries
- 1/4 cup walnuts, toasted
- 1/4 cup scallions, chopped

Dressing:

- 3/4 cup plain yogurt
- 3 tablespoons honey
- 3 tablespoons fresh lemon juice
- salt and pepper to taste

In a large bowl toss lettuce, pear slices, cranberries, walnuts and scallions.

In a small bowl combine yogurt, honey, lemon juice, salt and pepper. Pour over salad and toss. Serve immediately.

Serves: 4

(Golden Blossom Honey website)

MAIN COURSES

Glazed Pork Medallions

- 3/4 teaspoon curry powder
- 2 Tablespoons GOLDEN BLOSSOM HONEY
- 2 Tablespoons Worcestershire sauce
- 2 garlic cloves, chopped
- 1 package pork tenderloin (about 1 1/4 pounds), trimmed and cut into 1-inch slices
- 2/3 cup chicken broth
- 1/4 cup milk
- 2 teaspoons flour

Cook curry powder in a small skillet over medium-high heat for just 2 minutes.

Whisk together honey, Worcestershire sauce, garlic and toasted curry. Coat pork with marinade and allow to sit for 1 1/2 hours. Remove pork, reserving marinade.

Saute medallions in a lightly oiled, non-stick skillet for 5 minutes on each side. Transfer to a dish.

In the same pan add chicken broth and reserved marinade, stirring together with browned bits.

Combine milk and flour. Whisk until smooth. Add to skillet. Cook, stirring until thickened. Return pork to pan. Heat for a few minutes. Coat with sauce.

Serves: 4

(Golden Blossom Honey website)

Honey and Rosemary Brined Turkey with Herb Riesling Gravy

For the Brine

4 cups water
3/4 cup kosher salt
1/2 cup honey
32 ounces low-sodium chicken broth
1 tablespoon black peppercorns
6 to 8 sprigs fresh rosemary
1 (12- to 14-pound) fresh turkey, neck and giblets removed and reserved (discard liver)

For Roasting the Turkey

1 small onion, peeled and quartered
1 Fuji or Honeycrisp apple, quartered
1 bulb garlic, halved
4 sprigs rosemary
1/3 cup canola oil

For the Gravy (OPTIONAL)

1 tablespoons extra virgin olive oil
Reserved turkey neck and giblets
1 medium yellow onion, unpeeled and chopped
1 carrot, unpeeled and diced
3 cups low-sodium chicken broth
1 cup Riesling
3 tablespoons unsalted butter
1/4cup flour
1/4 cup flat-leaf parsley, finely chopped
2 stems rosemary, leaves removed and finely chopped
3 sprigs fresh thyme, leaves removed and finely chopped

Method

For the brine, bring water to a boil in a saucepan. Add salt, honey, broth, peppercorns and rosemary in a saucepan and bring to a boil, stirring to dissolve salt. Cool at room temperature, then refrigerate until needed.

About 6 to 8 hours before you plan to roast your turkey, place brine mixture in a large clean bucket, stock pot or cooler and stir in 1 gallon of ice water. Place turkey in the bucket, breast side down, cover and refrigerate 6 to 8 hours. Make sure the turkey is fully submerged, adding more ice water if necessary.

To roast the turkey, preheat oven to 450°F. Remove turkey from brine and rinse thoroughly, inside and out, with cool water; pat dry. Discard brine solution. Season turkey cavity with salt and pepper. Stuff turkey with onion, apple, garlic and rosemary. Place on a roasting rack set inside a large roasting pan and tuck the wings back. Brush the

entire turkey with oil.

Cover breast portion with foil and place turkey on lowest rack in oven and roast one hour, then turn heat down to 350°F and roast 1 1/2 to 2 hours longer, until a thermometer reads 165°F when inserted between the breast and thigh without touching the bone. Remove foil from breast about 15 minutes before the turkey is done. Remove turkey from pan, place on a platter and tent with foil. Let the turkey rest 20 minutes before carving.

For the gravy, heat oil in a large saucepan over medium heat. Add turkey neck and giblets, onions and carrots. Brown lightly, add broth, bring to a boil, then turn down to a simmer and cook 30 to 40 minutes. Strain, discarding the solids, and refrigerate broth until ready to use.

While turkey rests, pour pan drippings into a measuring cup and freeze for 15 minutes. Skim off any fat. Heat roasting pan over medium heat and add Riesling, scraping up any browned bits. Pour in giblet broth and skimmed pan drippings and bring to a simmer. Whisk in butter, then whisk in flour. Cook until thickened, stirring constantly to avoid lumps. Stir in chopped herbs and add salt and pepper to taste.
(<http://www.wholefoodsmarket.com>)

SIDES

Honey Cornbread

1 1/2 cups cornmeal
3/4 cups flour
1/2 teaspoon baking soda
2 teaspoons baking powder
1 teaspoon salt
3/4 cup sour cream
2/3 cup milk
1/3 cup GOLDEN BLOSSOM HONEY
1 egg

Preheat oven to 425°. Grease a 8" square pan. In a large bowl, combine cornmeal, flour, baking soda, baking powder and salt. In another bowl, combine sour cream, milk, honey and egg. Stir liquid mixture into dry ingredients until just combined. Spread batter evenly in prepared pan. Bake in preheated oven 12-15 minutes or until golden brown. Cool on a wire rack and serve warm.

(Golden Blossom Honey website)

Fresh Green Bean and Potato Salad

Dressing:
2 tablespoons white wine vinegar
1 shallot, chopped

1 tablespoon country-style Dijon mustard
2 tablespoons GOLDEN BLOSSOM HONEY
1 teaspoon dried tarragon
1/4 cup olive oil

Whisk together all dressing ingredients. Set aside.

Salad:

1/2 pound green beans, ends trimmed, cut into 1-inch pieces
3 pounds small red-skinned potatoes, unpeeled and cut in half (if potatoes are large cut into quarters)
2 tablespoons white wine

Cook green beans in boiling water until crisp tender, about 4 minutes. Drain and plunge into a bowl of cold water. Drain again and set aside.

Cook potatoes in a large pot of boiling water until just tender. Drain and transfer to a bowl. Sprinkle white wine over potatoes, toss and let cool 10 minutes. Pour dressing over hot potatoes, add beans and gently toss. Set aside to cool, tossing occasionally to incorporate dressing that settles in bottom of bowl.

Serve chilled or at room temperature. Can be prepared 1 day ahead.

Serves: 6

(Golden Blossom Honey website)

DESSERTS

Golden Blossom Honey Cake

1 cup honey
1 cup sugar
2 eggs
1/2 cup vegetable oil
1 Tablespoon lemon juice
1/2 cup cold coffee
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon ginger
1/2 teaspoon allspice
3 cups flour
3/4 cup sliced almonds (optional)
1/2 cup raisins

Preheat oven to 350°. Grease 9-inch springform pan. With mixer on low, combine ingredients in order listed, reserving 1/4 cup almonds. Pour batter into pan, sprinkling reserved almonds on cake. Bake 1-1 1/4 hours or until cake tester comes out clean.

(Golden Blossom Honey website)

Honey Pecan Roasted Pears

6 large firm yet ripe pears such as Anjou, Bartlett or Bosc

1 lemon, zest grated and fruit cut in half

About 4 Tbs. fragrant blossom honey, such as clover or wildflower

About 2 Tbs. orange juice

1 cup pecan halves

1 cup mixed dry cereals such as a mixture of oat, wheat flake and toasted granola

1/4 cup firmly packed light brown sugar

1 cup heavy cream

1/2 tsp. vanilla extract, or to taste

Preheat an oven to 375°F.

****You may use plums or apples in place of the pears.****

Peel the pears, cut in half lengthwise and core. Immediately squeeze the lemon juice from both halves over the pears. Cut the pears lengthwise into thick slices and arrange in a baking dish or pie dish large enough to hold them in a single layer. Drizzle 1 1/2 to 2 Tbs. of the honey over the top and add enough orange juice to form a light film on the bottom of the dish. Roast the pears for 10 minutes. Meanwhile, in a dry small fry pan over high heat, toast the pecans, shaking the pan constantly, until they are aromatic, 3 to 4 minutes. Remove from the heat and reserve several pecan halves for garnish. Transfer the remaining nuts to a food processor and chop coarsely. Add the cereals, lemon zest and brown sugar and process until evenly chopped and well mixed. Spoon the cereal mixture over the partially roasted pears, forming a "crust." Drizzle with 2 to 3 more tsp. of the honey. Continue to roast until the crust is browned on top and the pears are tender when pierced, 15 to 18 minutes more. Meanwhile, in a bowl, whisk the remaining 1 Tbs. honey into the cream. Beat until soft peaks form, then fold in the vanilla. Remove the pears from the oven. Spoon a dollop of whipped cream on each serving, garnish with the reserved pecan halves and serve immediately.

Serves 6.

Adapted from Williams-Sonoma Lifestyles Series, Everyday Roasting, by Janeen Sarlin (Time-Life Books, 1998).

Figs with Mascarpone and Honey

1/2 cup mascarpone cheese

1/2 lb. ripe black mission figs, quartered

8 fresh mint leaves, thinly slivered

1/4 cup Italian honey

Fresh baguette for serving

Divide the mascarpone cheese and figs among 4 dessert plates. Sprinkle the mint over the figs and cheese and drizzle with the honey. Serve immediately with the fresh baguette alongside.

Serves 4.

Williams-Sonoma Kitchen.

DRINKS

Honey Lemonade

4 lemons
1 orange
1 lime
1 cup warm water
3 cups cold water
1/2 cup GOLDEN BLOSSOM HONEY

Squeeze citrus fruits into pitcher. Mix honey with 1 cup of warm water and add to pitcher along with 3 cups of cold water. Stir in a tray of ice cubes. Garnish with lemon slices, mint and strawberries. (Golden Honey Blossom website)

Honey Bee Cocktail

2 oz Jamaican dark rum
1/4 oz honey
1/2 oz lemon juice

Pour the rum, honey and lemon juice into a cocktail shaker half-filled with ice cubes. Shake well, strain into a cocktail glass, and serve. (<http://www.drinksmixer.com>)

Ginger Honey Rummy

2 oz Cruzan single barrel rum (or other dark rum)
1 oz honey
3/4 oz lemon juice
3 thin slices fresh ginger
Lemon slices for garnish

Muddle ginger slices with honey in the bottom of a cocktail shaker. Add Cruzan Single barrel rum and shake for 10-seconds. Strain into an iced rocks glass, garnish with lemon slice.

How to video: <http://everydaydrinkers.tv/recipe/ginger-honey-rummy>

Muddle: To muddle is to combine ingredients, usually in the bottom of a mixing glass, by pressing them with a muddler before adding the majority of the liquid ingredients. A muddler is a long pestle shaped often shaped like a baseball bat that is commonly made of wood, but modern designs can be found in stainless steel or plastic with teeth on the bottom. One end of this [essential bar tool](#) is large and rounded and is used to mash the ingredients. While the other end is skinnier and flat and is used to mix ingredients.

*If you don't have a muddler, be creative! (or consider Honey Bee Cocktail)