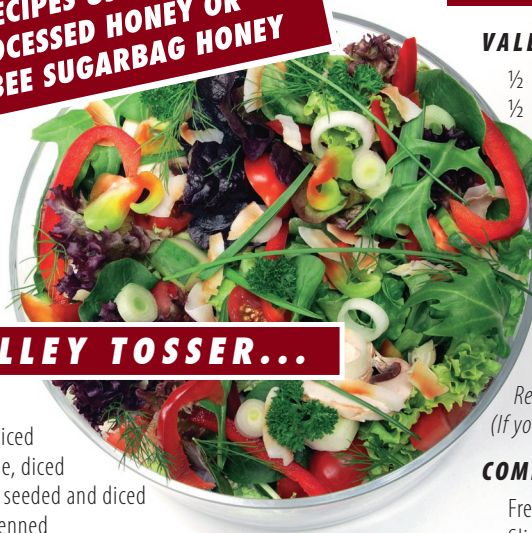


FRESH RECIPES USING LOCAL UNPROCESSED HONEY OR NATIVE BEE SUGARBAG HONEY

Promoting healthy eating, with fresh local produce...



THE VALLEY TOSSER...

SALAD:

- 1 cup avocado, diced
- 1 cup green apple, diced
- 1 cup cucumber, seeded and diced
- 1 cup carrot, julienned
- 1 cup orange, skinned, seeded, diced
- 1 cup capsicum, diced
- ½ cup Australian low-salt feta cheese, diced
- ½ cup sunflower seeds (or pine nuts), lightly roasted
- 1 tablespoon local macadamia nuts, chopped
- ½ cup fresh corn kernels, raw (if tinned, drain first)
- 1 cup rocket, fresh, chopped
- 2 teaspoons mint, finely chopped
- 2 teaspoons parsley, finely chopped

DRESSING:

- ¼ cup lime juice, fresh (or organic apple cider vinegar)
- ½ cup virgin cold-pressed local macadamia oil
- 1 tablespoon unprocessed local honey
- Fresh ground pepper and coarse rock salt, to taste
- OPTIONAL: dash of sesame oil

TOPPING:

- ¼ cup local fresh parmesan cheese, grated or shaved
- Onion rings, sliced thin, as garnish
- Orange or lime zest, finely grated

Combine all salad ingredients in a large bowl. Toss lightly. In a jar, combine all dressing ingredients and shake well. Chill. Pour dressing over salad just before serving. Top with shaved cheese and onion rings.

Serve with a smile, devour with humour, and enjoy the freshness of this great Valley!

BEEKEEPER'S BUTTERY

BANANA BITE...

SANDWICH:

- 8 slices crusty wholemeal or sourdough bread, toasted
- 4 local bananas, just-ripe, peeled and sliced
- 1 tablespoon macadamia nut meal (or almond meal)
- nutmeg, fresh ground

HONEY BUTTER:

- ½ cup unprocessed local honey
- 1 tablespoon lemon/lime juice, fresh
- ½ teaspoon lemon/lime rind, finely grated
- 2 tablespoons butter, soft
- ½ cup local ricotta cheese, smooth

In a saucepan (on low heat), simmer honey, lemon juice and rind for 2 minutes. Remove from heat, stir in butter until melted, and stir in ricotta cheese. Cool.

Spread the Honey Butter evenly over 4 slices of toast, add banana slices, and sprinkle with macadamia and nutmeg. Top with remaining 4 slices of toasted bread.

HONEY SERVED SIMPLY...

VALLEY HALVA:

- ½ cup unprocessed local honey
- ½ cup tahini paste
- 2 tablespoons liqueur (Malibu or Cointreau)
- ½ teaspoon natural vanilla extract
- 2 or 3 drops sesame oil
- sprinkle of lightly toasted sesame seeds

Combine first 5 ingredients, mix well. Pour onto flat plates, and spread out. Lightly sprinkle over the sesame seeds. Don't over-mix, it is best if the seeds are only half combined, in a swirl pattern.

Place plates in the freezer, until mixture sets. Best overnight.

Remove, and eat as a 100% natural toffee. (If you consider Malibu to be natural!)

COMB SANDWICH:

- Fresh local comb honey
- Slices of your favourite crusty bread (our favourite is sourdough)
- Butter, unsalted

Cut thin slices of the comb honey, and spread on slices of the lightly toasted and well-buttered bread. Enjoy the sensation!

DVD SIPPER:

- Brandy, or cognac
- Unprocessed local honey
- Lemon rind, julienned (no pith), lightly toasted and pre-soaked in brandy

Combine brandy and honey in the proportions of 60% brandy to 40% honey. Mix well. Place in the freezer for half an hour. Pour into small glasses, drop in a single strip of lemon rind in each, and sip very, very slowly over the duration of your favourite movie.



EGGIE TOAST...

with Honey Spread

EGGIE TOAST:

- 3 eggs
- 5 tablespoons milk
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- Bread slices, as required
- Salt, to taste

HONEY SPREAD:

- Unprocessed local honey
- Soft unsalted butter

TOAST: In a bowl, beat eggs, milk, cinnamon and vanilla. Place bread slices, one at a time, into egg mix. Turn bread over to make sure it gets fully soaked. In a fry pan, fry each side of bread on medium heat, until browned. Keep hot.

SPREAD: Spread the hot toast generously with the mix of honey and soft butter (proportions of 50/50).

HONEY-NUT BREAD...

- 3 cups plain flour, sifted
- 3 teaspoons baking powder
- 1 cup local macadamia nuts, chopped fine
- Pinch of salt, to taste
- ¾ cup unprocessed local honey
- 2 eggs, lightly beaten
- ¾ cup milk
- 3 tablespoons butter, melted

Mix together all dry ingredients. Combine remaining ingredients separately, then gently fold into flour mixture. Pour into a greased and floured loaf tin.

Let it stand for approximately 1 hour. Bake (180°C) for 45 to 50 minutes, or until cooked to your own testing methods. Makes 1 loaf.

The general rule is to substitute sugar in existing recipes with approximately three-quarters the amount of honey. For example, 4 teaspoons of sugar = 3 teaspoons of honey.

Since honey is a liquid, for every cup of honey used, you should reduce the total amount of other liquids in the recipe by ¼ cup.

Lower baking temperature 10° to 15°C to prevent over-browning.

Valley Bees