



NATIONAL
HONEY BOARD™

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SWEETEN YOUR NEXT BARBECUE

HONEY COLOR, FLAVOR AND FORM

Honeys differ in color and taste depending on the blossoms visited by the honey bees. In general, lighter-colored honeys are milder in flavor while darker-colored honeys are bolder. Honey is enjoyed in several forms – liquid, whipped and as nature presents it – in the honey bees' wax comb.

STORAGE

Store honey at room temperature, never in the refrigerator. If honey crystallizes, simply place the honey container in warm water and stir until crystals dissolve. Or, microwave 1 cup of honey in a microwave-safe container, stirring every 30 seconds, until crystals dissolve. Be careful not to boil or scorch the honey.

HEALTH BENEFITS

Research has shown that unlike most other sweeteners, honey has vitamins, minerals and amino acids as well as antioxidants.

SUBSTITUTION AND COOKING TIPS

For best results, select recipes developed for using honey. When you do substitute honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe. With experimentation, honey can be substituted for all of the sugar in some recipes. When substituting honey for sugar in baked goods:

- Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.
- Add about 1/2 teaspoon baking soda for each cup of honey used.
- Reduce oven temperature by 25 degrees to prevent over browning.

Note: Honey should not be fed to infants less than one year of age. Honey is a safe and wholesome food for older children and adults.

GRILLING TIPS

- Marinate foods in the refrigerator, not on the counter or outdoors.
- Don't use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.
- If you partially cook food in the microwave, oven, or stove to reduce grilling time, do so immediately before the food goes on the hot grill.
- When it's time to cook the food, cook it thoroughly. Use a food thermometer to be sure.

Source: Center for Food Safety and Applied Nutrition – U.S. Food and Drug Administration

**BLAZING BRONCO BURGERS WITH
SMOKING CHIPOTLE HONEY SAUCE**



BLAZING BRONCO BURGERS WITH SMOKING CHIPOTLE HONEY SAUCE

- 1 lb. ground beef or ground buffalo
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Creole or Cajun seasoning
- 4 roasted Anaheim chili peppers, fresh or canned
- 4 slices (1 oz.) Pepper Jack cheese
- 4 hamburger buns
- Smoking Chipotle Honey Sauce (*recipe follows*)
- 4 lettuce leaves
- 4 slices tomato
- 4 slices red onion

To prepare burgers, divide the meat into 4 equal portions and shape into patties. Combine the salt, pepper and Creole or Cajun seasoning; sprinkle the mixture evenly over the 4 patties. Grill the burgers until nearly cooked to desired level. Top each patty with a chili pepper, followed by a slice of cheese. Cover the grill and cook burgers until cheese melts and burgers are cooked to desired level. Spread the Smoking Chipotle Honey Sauce evenly on each of the four buns. Serve patties on buns and garnish with lettuce, tomato and red onion. *Makes 4 servings.*

Smoking Chipotle Honey Sauce – Combine 1 canned chipotle pepper in adobo sauce sliced, 1/3 cup honey, 2 Tablespoons mayonnaise, 2 Tablespoons ketchup and 1 Tablespoon yellow mustard.

*2nd Place Finalist Recipe submitted by Kim Frantz, Denver, Colorado
Fan of Denver Broncos*

A close-up photograph of a white ceramic bowl filled with a thick, dark red BBQ sauce. A wooden spoon is partially submerged in the sauce. In the background, several pieces of golden-brown, glazed chicken wings are arranged on a green metal grill rack. A pair of silver metal tongs with a scalloped edge is positioned in the lower-left foreground. The entire scene is set on a warm-toned wooden surface.

**HOWLIN' HONEY-BERRY
BBQ SAUCE**

HOWLIN' HONEY-BERRY BBQ SAUCE

- 1 cup water
- 4 teaspoons cornstarch
- Nonstick cooking spray
- 1 teaspoon minced garlic
- 6 Tablespoons green onion, thinly sliced
- 6 teaspoons chopped and seeded fresh jalapeno peppers
- 2/3 cup honey
- 4 Tablespoons seedless red raspberry preserves
- 1/2 cup ketchup
- 3 Tablespoons hot sauce

In small bowl, whisk together water and cornstarch; set aside.

Lightly spray the bottom of a medium saucepan with non-stick cooking spray. Over medium heat, sauté garlic, green onion and chopped jalapeño for 2 to 3 minutes until softened. Add honey, raspberry preserves, ketchup and hot sauce; stir. Cook for 1 to 3 additional minutes. Whisk in water/cornstarch mixture and continue to cook until sauce thickens, about 3 minutes. Remove from heat and allow sauce to cool slightly.

Makes 2 cups.

Tip: Howlin' Honey-Berry BBQ Sauce may be used on chicken, ribs or pork chops. Always add honey sauces to meat during last minutes of grilling to avoid caramelization and burning.

*Recipe Submitted by Shannon Kohn, Simpsonville, South Carolina
Fan of Carolina Panthers*

SWEET ONION KIELBASA



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- 1 kielbasa sausage
- 1 small onion
- 2 Tablespoons butter
- 1 can (12 oz.) beer
- 1/3 cup honey
- 2 to 3 Tablespoons spicy brown mustard or Dijon mustard
- Pepper and/or chili powder or favorite spices

Slice kielbasa into 1/2-inch medallions; set aside. Chop onion and sauté in butter until transparent. In large skillet bring 1/2 can beer to a slow boil and add kielbasa. Cook until the beer is reduced by half, then add the remaining 1/2 can of beer. Add honey, mustard and spices to taste; cook until sauce thickens. Add onion to sauce or use as garnish.

Makes 4 to 6 servings.

Tip: For stronger flavor, use a darker beer.

*Grand Prize Winning Recipe submitted by Kevin Kehler,
Neshanic Station, New Jersey - Fan of Pittsburgh Steelers*

GRILLED AHI TUNA



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- 1/2 cup honey
- 1/2 cup soy sauce
- 1/8 teaspoon wasabi paste
(or to taste)
- 1/2 cup sesame seeds
- 3 tuna steaks, 3/4-inch thick

Mix honey, soy sauce and wasabi together in a bowl. Add tuna steaks and coat with marinade; refrigerate for 1 hour. Remove steaks and roll in sesame seeds until coated. Place tuna steaks on hot grill and cook about 1 minute on each side to achieve desired doneness.

Makes 3 servings.

*Recipe Submitted by Dan Walborn, Pensacola, Florida
Fan of Indianapolis Colts*

ITALIAN STALLION BBQ BEANS



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- 2 Tablespoons olive oil
- 2 cups chopped onion
- 1 can (28 oz.) diced tomatoes with Italian seasoning
- 1 can (15 oz.) **each** of red kidney beans, black beans and pinto beans rinsed and drained
- 1 can (15 oz.) tomato sauce
- 1/3 cup honey
- 1/2 cup mesquite barbecue sauce
- 2 Tablespoons instant coffee granules
- 1/2 Tablespoon hot sauce
- Salt and pepper, to taste

In a large saucepan, heat oil. Add onions and sauté until tender, about 10 minutes. Add remaining ingredients. Simmer 30 minutes until mixture thickens. Stir in salt and pepper to taste. *Makes 6 to 8 servings.*

*Recipe Submitted by Catherine Copeland, Rome, Georgia
Fan of Washington Redskins*

TAILGATE TENDERLOIN



TAILGATE TENDERLOIN

- 1 6 to 7 lb. whole beef tenderloin
- 1/4 cup olive oil
- 2 Tablespoons broiled steak seasoning or seasoned salt
- 1 Tablespoon black pepper
- 1/2 cup honey
- 1 cup ketchup
- 1/4 cup Worcestershire sauce
- 1/4 cup soy sauce

Trim fat and cartilage from beef tenderloin. Slice meat into 1/8- to 1/4-inch slices and place in large mixing bowl. Coat slices with olive oil. Sprinkle with steak seasoning and black pepper to cover all slices: refrigerate for 1 to 2 hours. In separate bowl, mix together honey, ketchup, Worcestershire sauce and soy sauce. Add the mix to tenderloin slices and refrigerate overnight. Place slices on hot grill and cook 2 to 3 minutes on each side to achieve desired doneness. If desired, serve on rolls as a pit beef sandwich. *Makes 20 servings.*

*3rd Place Finalist Recipe submitted by Marc Scher,
Pocomoke City, Maryland - Fan of Baltimore Ravens*