

Practical Tips on Cooking with Honey: The Benefits, Cooking Tips, & Measuring Accurately

<http://www.benefits-of-honey.com/cooking-with-honey.html>

The Benefits: *Cooking with honey gives you a never-ending list of possibilities and recipes due to the many practical functions honey could serve. Here I list you seven:*

Honey:

- 1) enhances browning and crisp -- great for glazing roasted and baked foods to promote surface browning.
- 2) is a flavour enhancer -- an always welcomed natural sweetener for hot teas and cold beverages, especially when there is a huge variety of flavours of honey.
- 3) provides texture and feel -- an excellent addition in pastries and cakes making.
- 4) prolongs shelf-life -- a natural preservative for pickles and sauces.
- 5) retains moisture -- an essential ingredient for providing the moisture in rich cakes and prolonging the moisture retention.
- 6) is binding due to its viscosity -- a brilliant ingredient that aids shaping of desserts such as pastries, puddings, and cakes.
- 7) adds colour -- contributes a delightful golden hue to sauces, dressings, jellies, and frozen desserts.

6 Useful Tips on Cooking with honey

1. As a general guide, when using honey recipes, use less of honey because it is almost twice as sweet as sugar. (Nevertheless some honey varieties are sweeter than others, e.g Tupelo honey.) Replace one cup of sugar for half a cup of honey, and because honey is hygroscopic (meaning it attracts water) , reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey added.
2. Give longer time for beating and more vigorous beating compared to sugar recipes, and when baking with honey.
3. Add 1/2 teaspoon baking soda for each cup of honey used. This will neutralize honey's acidity and help the food rise.
4. Reduce the oven temperature by 25 degrees Fahrenheit. Honey batter becomes crisp and browns faster than sugar batter.

5. When using honey in jams, jellies, or candies, increase the cooking temperature just a bit to allow the extra liquid to evaporate.

6. The floral variety of the honey should be considered when cooking with honey since honey has the power to balance, enhance or impart some of its flavour to other foods. The fascinating number of honey varieties and their versatility in cooking is the reason to the thousands of tantalizing recipes using honey out there.

Tips on Measuring Honey Accurately: <http://www.benefits-of-honey.com/how-to-measure-honey.html>

Do you know how to measure honey accurately for baking or cooking without the unwanted sticky mess?

If you have baked or cooked something with a relatively big quantity of honey before (more than a teaspoon or tablespoon), you probably have encountered this question. Following is a method to do it neatly. Try it!

1. Using a measuring cup, smear or brush the inside walls of the cup with cooking/baking oil all around thinly and evenly. (Note: There are also now convenient baking oil spray canisters available in the supermarkets.)
2. Pour the amount of honey required into the measuring cup.
3. The thin layer of oil prevents the honey from sticking onto the cup. You can now easily pour out the honey from the measuring cup without having any stuck to the cup or having the need to scrap out the remaining from the cup so as to accurately obtain the amount of honey as instructed in the recipe.