

# HONEY SHOW RECIPIES – 2018

## Class 23 – DATE, HONEY & WALNUT CAKE

### Ingredients

175g butter softened,  
100g light muscovado sugar,  
225g SR Flour  
½ teaspoon cinnamon  
2 eggs beaten  
2 medium ripe bananas roughly 250g in weight in their skins  
3 tablespoons clear honey  
100g stoned dates chopped  
50 g walnut pieces

### Method

Heat Oven to 160 °C/320°F/gas mark 3 Line 7" tin. Put flour, cinnamon, sugar, butter 2 tablespoons of the honey, eggs, bananas mashed and the date in a bowl and beat until well blended.  
Spoon mixture in tin and scatter walnut pieces over top.  
Cook for 1 hour if not firm to touch leave for another ten minutes.  
Take out of tin when cool. Drizzle the other tablespoon of honey over the cake when cold.

**Display the whole cake on the plate provided**

## Class 24 - APRICOT, HONEY & PISTACHIO FLAPJACKS

### Ingredients

140g butter  
140g soft brown sugar  
2 tbsp honey  
175g rolled oats  
75g chopped pistachios  
140g dried chopped apricots

### Method

Put butter, soft brown sugar and honey in a small pan, then heat gently until melted. Tip oats, pistachios and apricots into a medium bowl.  
Pour over the melted butter mixture and stir to combine.  
Transfer to a 20cm x 20cm greased and lined baking tray and cook at 160°C/320°F /gas mark 3 for 35-40 mins.  
Remove and cool in tin, then slice into 16. Will keep in an airtight container for up to 3 days.

**Display 4 slices on the plate provided**

## Class 25 - HONEY & APPLE CHUTNEY

### Ingredients

1.5 pounds apples (or peaches and pears)  
1 medium clove garlic, minced  
1 tablespoon chopped ginger root  
.5 cup orange juice  
1 teaspoon cinnamon  
1 teaspoon cloves  
1 teaspoon salt  
1 cup honey  
1 cup cider vinegar  
cayenne to taste

### Method

Coarsely chop the apples  
Combine everything in a heavy saucepan. Bring to a boil, then lower to a simmer. Simmer uncovered, stirring occasionally, 45 minutes-1 hour.  
Cool before storing in 1lb jars. Leave to mature for a couple of months.

**Display in a 1lb Jar**

**Class 26 - Decorated Cup Cakes with a Beekeeping Theme** Please provide your own recipe

**Children's Class 28 - Fairy Cakes with any Theme** Please provide your own recipe