

# CREAMED HONEY RECIPE

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Making creamed honey is a very simple process. The taste and texture are superb and it is another great way to enjoy your honey. This recipe is a combination of several recipes that I have found. Give it a try. I'm sure you'll enjoy it.

Before I explain how to make creamed honey, it is important to understand what it actually is and what it is not. Creamed honey is not whipped honey. There shouldn't be any air in your creamed honey. Creamed honey is controlled granulation of honey which results in extremely small sugar crystals. The smaller the crystals, the better the creamed honey. A good creamed honey should be smooth, not grainy, like velvet on the tongue.

Here are the basic steps to making creamed honey. The first rule of making creamed honey is to have a good starter. A starter is simply creamed honey that is added to the liquid honey and serves as a template for the granulation. You can buy creamed honey at almost any grocery store, right next to the honey. Your final product will only be as good as what you start with, so start with a creamed honey you like. After that, you'll never have to buy starter again. Save a bit of your final product to use as the starter for your next batch.

To begin, the liquid honey should be void of any prior granulation. It can be either freshly extracted or warmed slightly to be sure it is completely liquefied. Some recipes call for heating the liquid honey to 140 degrees, then cooling it down quickly (in the refrigerator). This guarantees that the creamed honey will not ferment, but the honey will lose some of its medicinal properties when heated to this temperature.

I also warmed my starter slightly by putting it in the microwave for 10 seconds. This made it much easier to mix with the liquid honey. With the honey at room temperature, blend in the starter at a ratio of about 10 parts liquid honey to 1 part starter. This measurement does not have to be exact. Thoroughly mix until the starter is evenly distributed, but take care not to mix in air. Let this set overnight to allow any small amounts of air bubbles to rise to the surface. The following day scrape off the air bubbles on the top of the mixture. Bottle into containers of your choosing; however, a wide mouth container is preferred so the creamed honey can be scooped out easily. Once the mixture is in your containers, store in a cool place, ideally 57° F., until the honey has creamed. If it is too warm the honey will not cream properly. I have made some at home in my unheated garage in the fall when the temperature ranges from 45°-65° and had very good success. In the summer, putting it in a partially open ice chest, not directly on the ice should work. Your creamed honey will be ready to eat in 3-5 days. Enjoy!!