

# YOUR LOCAL HONEY AND BEESWAX BOOK



*Produced by Townsville and District Beekeeping Association*



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# INTRODUCTION

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Honey is a natural sugar which is quickly absorbed by the bloodstream due to the fact that it is pre-digested. Honey was known to the Ancient Greeks as the food of the Gods because of its unique healing properties. It contains 1600 calories to the pound, second only to dates among natural foods. It contains many of the B group vitamins, vitamin C, carotene and organic acids. It is used as a food and flavouring, a food preservative, a mild laxative and sedative, and antiseptic, a skin softener and an ideal ingredient for natural skin care preparations. Honey cleans and heals, easily removing dead skin cells and moisturizes. It is very effective with dry chapped skin and windblown or damaged lips. When using honey for skin you should always use natural unprocessed honey and not brands which have been boiled during processing. It is one of the very few unrefined sweeteners available commercially and can be substituted for white sugar in any recipe by using it in about half the quantity of sugar called for. A tip for measuring honey is to run the spoon or cup under a hot water tap before measuring or lightly greasing the spoon or cup. Have honey at room temperature.

This booklet contains a few refreshingly different home hints, ideas and food recipes containing honey and bee products. It is to my knowledge the first booklet of its type compiled here in Townsville. I hope you find it as interesting and enjoyable to read as I have in gathering its contents.



# COOKING AND BAKING

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## HONEY BRAN CANDY

- ½ cup bran
- ½ cup non-fat dried milk powder
- 1 tablespoon honey
- 1 teaspoon vanilla (or ½ teaspoon cinnamon)

Combine all ingredients thoroughly and allow to stand for 15 to 20 minutes. Drop teaspoon-fuls onto plastic wrap, shape into rounds and press flat. Allow to stand for several hours or until dry and no longer tacky.

## CANTONESE ROAST DUCK

2 kg Duck

### STUFFING

- 3 cloves garlic crushed
- 10 -12 shallots (white part only)
- ½ teaspoons five spice powder
- 2 teaspoons Sugar
- 5 tablespoons clear broth, stock, or stock cube made up with 5 tablespoons of water
- 1 ½ tablespoons soy sauce
- ½ tablespoons soy bean paste
- 3 tablespoons dry sherry

### COATING

- 1 cup water
- 4-5 tablespoons honey
- 5 tablespoons wine vinegar
- 2 tablespoons soy sauce

### METHOD

Wipe the duck inside and out with a damp cloth. Combine all stuffing ingredients in a bowl. Spoon the mixture into the cavity of the duck. Close the neck opening and truss with skewers and string or use a needle and thread.

Pour boiling water over the duck skin then shake and pat dry with paper towels. Put the duck in a well ventilated place to dry for 1 hour. Combine the coating ingredients in a sauce pan and heat until honey has

dissolved. Brush the duck with the coating mixture and leave overnight to dry.

Put the duck on a wire rack in a roasting pan and cook in a preheated oven 220 °C for 10 minutes. Reduce the temperature to 190 °C turn the duck over and roast another 40 minutes. Increase the temperature to 200 °C. Brush duck again with the coating and cook for another 10 minutes. Chop the duck into bite sized pieces and arrange on a serving platter with the stuffing. Serve hot or cold.

## HONEY BREAD

300g honey  
150g sugar  
50ml boiling water  
300g light rye flour  
Pinch of salt  
1 tablespoon bicarb of soda  
2 tablespoons dark rum  
1 tablespoon ground aniseed  
½ teaspoon ground cinnamon  
¼ teaspoon ground mace  
¼ teaspoon almond essence  
60g ground almonds  
120g chopped crystallized peel

Heat oven to 180 °C, grease a 2 litre loaf tin and line with grease proof paper and grease tin again. Measure honey first. Put honey, sugar and boiling water in a bowl and beat until sugar has dissolved. Add flour, salt and soda a little at a time to make a stiff dough, but one that can be beaten. Then add all the remaining ingredients. Turn into prepared tin. Smooth the top with the back of a spoon dipped in water. Bake in the middle of the oven for 1½ hours. Do not open the oven door during the cooking time as it will sink if the temperature suddenly drops. When the bread is cooked, it will shrink from the sides of the tin. Peel off the paper immediately the bread is turned out. Turn right side up to cool. When cold, wrap it tightly and keep for 48 hours before cutting to allow it to mature.

## HONEYED GINGER PORK

4 pork fillets  
½ cup honey  
½ cup dry white wine  
1 tablespoon soy sauce  
1 tablespoon lemon juice  
1 clove garlic  
1 teaspoon grated green ginger

- 1 teaspoon cornflour
- 2 tablespoons chopped parsley

Remove any fat from pork, pound lightly. Crush garlic. Place fillets in shallow oven proof dish. Combine remaining ingredients, stir until smooth, stir over low heat until boiling. Pour over fillets. Cook uncovered in moderate oven 15-20 mins or until tender. Baste occasionally with sauce. Cut fillets into slices, serve with rice. Serves 4.

## HONEYED CHICKEN LEGS

- 8 chicken legs
- 60g butter
- 1 tablespoon soy sauce
- 1 tablespoon grated ginger (green)
- 3 teaspoons honey
- 1 tablespoon lemon juice

Place chicken on wire rack in baking dish, brush with butter. Bake in moderate oven for 25 mins or cook in a pan on BBQ. Combine all other ingredients, brush generously over chicken. Cook further until chicken is golden or cooked right through.

## ADRIATIC HONEY BARS (Yugoslavia)

- 1 cup flour
- 90g butter
- 1 tablespoon water
- 125g cream cheese
- 1 tablespoons honey
- ¼ cup caster sugar
- ½ teaspoon cinnamon
- 2 eggs beaten
- Extra caster sugar and cinnamon for top

Sift flour, rub in the butter. Mix into a paste with water. Roll out to line on oblong flat tin. Mix the cheese and honey, sugar, cinnamon and eggs. Beat till blended. Spread over pastry. Sprinkle top with caster sugar flavoured with cinnamon. Bake in a moderate oven (180 °C) for about 30 minutes. When nearly cold cut into bars.

## HONEYED ONIONS

12 small pickling onions, peeled  
⅓ cup honey  
½ cup sherry  
1½ tablespoons butter  
1 tablespoon slivered almonds

Turn frypan to 110 °C. Add 1 cup water and salt to taste. Add onions, and cook gently with lid on and vent closed for about 10 minutes. Remove from frypan and drain off water. Replace onions in frypan and cover with a mixture of honey, butter, sherry and almonds. Turn frypan to 120 °C and bake with lid on and vent open for 10 to 15 minutes or until onions are cooked. Baste occasionally. Turn down heat if browning too rapidly.

## HONEY AND APPLE TART

¾ cup whole-wheat flour  
¾ cup all-purpose white flour  
6 tablespoons unsalted butter  
3 egg yolks  
3¾ tablespoons cold water  
1¼ cups unsweetened apple puree  
1¼ tablespoons honey  
2½ tablespoons ground almonds  
3 large eating apples  
Pale soft brown sugar for topping  
3¾ tablespoons clear honey, warmed to glaze

Put the flours into a large bowl. Cut the butter into the flour until the mixture resembles fine bread crumbs. Beat one egg yolk and 2½ tablespoons of the water together. Stir this into the dry ingredients, mixing to a firm soft dough and adding a little extra water if necessary. Roll the dough on a lightly floured surface and line a 9 inch loose-bottom, fluted flan ring. Pinch up the edges well and prick the base to prevent it from rising during cooking. Mix the apple puree with the honey, 2 egg yolks and ground almonds, stirring well to blend thoroughly. Spread this apple mixture evenly over the base of the pastry case. Arrange the apple slices, overlapping slightly, in circles on the top of the apple and almond filling. Sprinkle the top of the flan lightly with a little soft brown sugar and bake in a preheated oven at 190 °C for 35 to 40 minutes, or until the apples are just beginning to go golden brown. As soon as the flan is removed from the oven, carefully brush the top with the warmed honey glaze.

## HONEY-GLAZED PORK

- 2 pork fillets
- 1 clove garlic
- 1 tablespoon tomato sauce
- ¼ teaspoon salt
- 1 tablespoon soy sauce
- 2½ tablespoons honey

Combine crushed garlic, tomato sauce, salt, soy sauce and honey in a large bowl, mix until combined. Add fillets, turn until well coated with marinade. Stand 1 hour, turning occasionally. Drain fillets from marinade, reserve marinade. Place fillets on wire rack over baking dish. Bake in hot oven 30 to 35 minutes, basting frequently with reserved marinade. Serves 2.

## RHUBARB AND RAISIN FLAN

- 1 sheet ready-rolled short crust pastry
- 400g bunch rhubarb, washed and chopped
- 1 cup raisins
- 1 apple, grated
- 4 tablespoons honey
- 1 packet Quick Custard mix
- 375ml evaporated skim milk

Line a 22cm deep flan with pastry. Cover with foil and fill with dried beans. Bake in a 180 °C oven for 10 minutes. Remove and discard foil and beans. Combine rhubarb, raisins apple and honey into a saucepan with 1/4 cup of water. Bring to the boil and simmer for 10 minutes. Cool. Spoon rhubarb mixture into base of flan. Bring custard mix and evaporated milk to boil. Pour over rhubarb and refrigerate until set. Sprinkle with cinnamon sugar before serving. Serves 6

## HONEY ROLL

- 60g butter
- ¾ cup honey
- 1¼ cups plain flour
- ¾ teaspoon nutmeg
- Pinch ground cloves
- 1 teaspoon ground ginger
- 2 eggs
- ½ teaspoon bicarbonate of soda
- 2 tablespoons boiling water

½ cup coconut

¾ cup cream

*Step 1:* Have butter at room temperature. In a small bowl of electric mixer beat butter until smooth and creamy. Gradually beat in honey. Stir in sifted flour and spices, mix well. Lightly beat eggs, stir into flour mixture.

*Step 2:* Dissolve soda in boiling water, stir quickly into cake mixture. This will be quite liquid. Line greased 30 x 25cm swiss roll tin with greased greaseproof paper. Dust lightly with flour. Tap off excess flour. Pour in the cake mixture, spread evenly with spatula; this evenness is important to make sure the cake rolls evenly when cooked. Bake in moderate oven 15 to 18 minutes or until the roll is golden brown in colour and cooked through.

*Step 3:* Place a large sheet of greaseproof paper on to a flat surface, sprinkle coconut over paper. Loosen edges of roll around sides of tin. Quickly turn out on to coconut. Remove lining paper from top of roll; roll cake up in bottom paper. Lift carefully on to wire rack and leave the roll until it is cold.

*Step 4:* Unroll honey roll carefully. Whip cream until firm peaks form. Spread evenly over surface of roll. Make sure cream covers the entire surface. Roll up again, using paper as a guide. Cut into slices to serve.

## ORIENTAL CHICKEN

1 cup French dressing

2 teaspoons ginger

½ cup soy sauce

½ cup honey

Pepper

1kg chicken pieces

Cornflour

Sliced shallots

Combine first 5 ingredients together. Place chicken in wide shallow dish, add mixture and marinade overnight. Drain away excess marinade and reserve. Microwave chicken for 20 minutes on high. Serve with heated reserved marinade or thicken with cornflour to make a sauce. Garnish with shallots.

## TURKEY TROPICANA

400g leftover turkey pieces

1 small pawpaw (sliced mango can be substituted)

1 green capsicum



¾ cup of orange juice  
2 tablespoons of lemon juice  
2 tablespoons honey  
2-4 teaspoons finely chopped fresh ginger  
1 tablespoon cornflour  
Sesame seeds

Oil a shallow oven dish and place turkey pieces in dish. Cover with alternative slices of pawpaw and capsicum. Mix orange juice, lemon juice, honey, ginger and cornflour in a saucepan and cook until thick. Pour over the turkey and bake in the oven at 180 °C for 15 minutes. Sprinkle with sesame seeds.



# SAUCES AND TOPPINGS

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## HONEY SAUCE FOR PANCAKES OR CREPES

- ¾ cup butter
- ¾ cup honey
- ¾ cup orange juice

Heat ingredients together until well blended. Pour over pancakes or crepes.

## YOGHURT MINT DRESSING

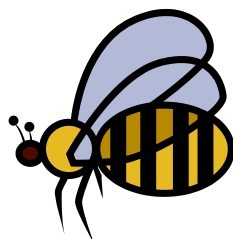
- 1 cup of natural low fat yoghurt
- 2 teaspoons fresh chopped mint
- 1 tablespoon honey
- 1 teaspoon lemon juice

Combine all ingredients and chill thoroughly before serving as a salad dressing, a sauce with cold seafood, a dip with vegetables or as a refreshing side dish with hot curries.

## HONEY APRICOT SAUCE

- 250g dried apricots
- Water
- ¼ cup honey
- 2 teaspoons cornflour

Soak apricots in water to cover for at least 1 hour. Cook over gentle heat until quite soft. Add honey to taste. Rub through a sieve or blend in a blender to make a smooth sauce. Stir in blended cornflour. Cook over low heat until thickened. Ideal with ice-cream or pancakes.



# DRINKS

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## STRAWBERRY SUNRISE

½ punnet strawberries, washed and hulled  
1 teaspoon honey  
2 teaspoons strawberry topping  
1 cup icy cold evaporated milk

Blend together until frothy.

## APPLE WARMER

3 cups apple juice  
2 tablespoons honey  
4 sticks cinnamon  
8 whole allspice  
8 whole cloves

In a medium mixing bowl, combine all ingredients. Microwave on high for 3½ to 4½ minutes, stirring once. Strain and pour into serving cups.

## SWITCHEL (YANKEE HAYMAKER'S DRINK)

6 tablespoons molasses  
6 tablespoons honey  
½ cup cider vinegar  
1½ teaspoons ginger  
1 egg beaten (optional)  
½ cup oatmeal

In a 1 litre jar combine all ingredients. Fill the jar with water and refrigerate. Excellent thirst quencher.

# CHILDREN'S PAGE

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## CHERRY CRUNCH

30g butter  
2 tablespoons honey  
2 tablespoons brown sugar  
2 cups cornflakes  
½ cup chopped glace cherries

Preheat oven to 180 ° C. Line 30 deep muffin tins with paper cake cases. Place butter, honey and sugar in a small pan. Heat gently until frothy. Combine cornflakes and cherries in a large mixing bowl. Stir in butter mixture and mix well. Spoon into paper cake cases. Bake for 5 -10 minutes. Remove from oven and cool on a wire rack.

## SESAME CRUNCH

2 cups sesame seeds  
½ cup honey  
½ cup sugar  
½ teaspoon ground ginger  
½ teaspoon cinnamon

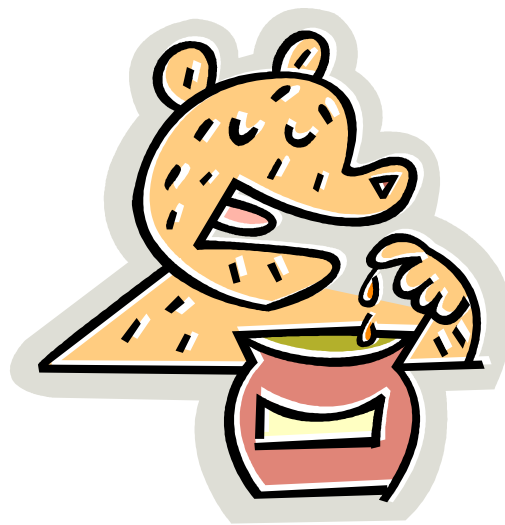
Line a 28 x 18cm shallow tin with greaseproof paper and brush lightly with oil. Place sesame seeds in a fry pan and stir over low heat until lightly toasted. Cool. Combine remaining ingredients in another pan. Cook over low heat, stirring until sugar dissolves and mixture boils. Boil for 2 minutes without stirring. Fold in sesame seeds and pour at once into prepared tin, spreading evenly. Cool 15-20 minutes. Remove crunch from tin with paper attached. With a sharp knife, cut into small fingers or squares. Cool completely, then peel off paper. Wrap pieces individually.

## BRAN COOKIES

1½ cups whole meal flour  
3 cups bran  
½teaspoon salt  
1 teaspoon ginger  
1 teaspoon cinnamon  
½ teaspoon cloves

2 eggs  
½ cup honey  
½ cup milk  
½ cup raisins or other dried fruit  
½ cup chopped nuts (optional)

Combine all dry ingredients in a large bowl. Beat eggs in a separate bowl, then add oil, honey and milk to them and blend together. Stir wet ingredients to dry. Add raisins and nuts (if using them). Drop by teaspoon, two inches apart on a greased tray. Bake in preheated oven at 180 °C for 8 to 10 minutes. Watch cookies carefully as they tend to brown quickly on the bottom.



# BEAUTY

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## FENNEL WRINKLE MASK

- 1 Teaspoon fennel seeds
- 250 ml Boiling water
- 1 Tablespoon honey
- 3 Tablespoons plain yogurt

Put fennel seeds into a ceramic bowl add the boiling water and infuse until cold. Strain and mix in other ingredients. Apply to the face, avoiding the eyes and leave on for 15 minutes. Lie down while face pack is on. Wash off with warm water then splash face with cold water and pat dry.

## FACE CLEANSER

Mix together equal amounts of clear honey and wheatgerm oil and spread it over your face, avoiding the eyes. Keep it on for 15 minutes, relaxing while you wait. Wash off with luke warm water and then splash with cold water on your face to close the pores. Pat dry with a soft towel. Honey and wheatgerm together make an excellent facial cleanser which is especially effective in removing blackheads.

## FACE MASK

- 1 tablespoon clear honey
- 1 teaspoon glycerine
- 1 egg white
- Fine ground oatmeal

Mix the first three ingredients together with sufficient oatmeal to make a paste. Apply to face and leave on for 30 minutes then wash off with tepid water.

## HONEY AND ROSEWATER LIP BALM

This is excellent for sore, dry lips.

- 1 Tablespoon honey
- 1 Teaspoon rosewater

Gently melt the honey in a bowl sitting in another bowl of hot water and stir in the rosewater. Bottle and seal. Use as required.

## **CHAMOMILE AND HONEY MASK**

1 Tablespoon dried chamomile flowers 175ml Boiling water  
2 Teaspoons bran  
1 Teaspoon warm clear honey

Pour the boiling water over the chamomile flowers and allow them to stand for 30 minutes. Then strain the infusion and discard the chamomile flowers. Mix 3 tablespoons of the liquid with the bran and honey and rub this mixture all over your face. It may be a little stiff at first but will smooth out over the skin. Leave the mixture on your skin for at least 10 minutes, then rinse off with warm water. Although this mask makes you look a little strange while it is on, it smooths and softens skin beautifully. Chamomile flowers are usually easy to obtain from a health food shop as they are often used for making chamomile tea.

## **ORANGE-HONEY FACE MASK**

Refreshing and revitalizing treatment for all skin types.  
3 tablespoons honey  
Juice from ½ orange

## **MAKE-UP REMOVER**

1 teaspoon dried herbs (sage and yarrow)  
15g beeswax  
25ml avocado oil  
40ml jojoba oil  
10ml eucalyptus oil  
5ml wheatgerm oil  
20ml aloe vera juice

Finely grind the dried herbs to a powder and mix together. Melt the beeswax in a double saucepan over a medium heat and add the oils and aloe vera juice, stirring until blended. Remove from heat and pour into ceramic bowl. Beat the mixture continually until it cools. Store in sterilized screw top jar. Massage a small amount lightly into facial skin and then wipe off with a soft clean tissue or cloth.

Warm the honey until it is fluid, add orange juice and apply to the face. Leave on for at least 15 minutes, then massage the face with an upward rotary motion. Rinse with tepid water and allow face to dry of its own accord.

# HEALTH

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## GARLIC AND HONEY COLD CURE

2 cloves garlic  
½ teaspoon ground ginger  
1 tablespoon honey  
Juice of 1 lemon  
Pinch cayenne pepper  
1 cup boiling water

Put all ingredients into a pre-warmed china cup. Add the boiling water and allow to soak for 10 minutes. Strain, reheat and drink immediately.

## TRAVEL SICKNESS

To help ease travel or motion sickness, chop ½ teaspoon of fresh ginger, dust with cinnamon and bind together with honey. Take before a journey and when symptoms occur.

## LAVENDER OINTMENT

10g beeswax  
5g cocoa butter  
65ml almond oil  
10ml wheatgerm oil  
40ml aloe vera juice  
15 Drops lavender oil  
15 drops sandalwood oil

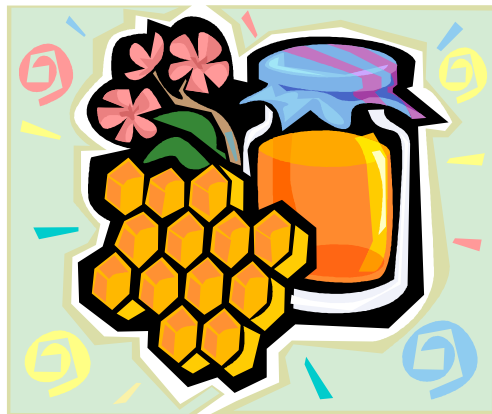
Melt beeswax and cocoa butter in a double saucepan over medium heat. When mixture is completely liquid add the warmed almond and wheatgerm oils and aloe vera juice, stirring until well blended. Remove from heat, pour into ceramic bowl, add the essential oils and beat until cool and creamy. Store in sterilized glass jar with tight lid. This will keep for 6 to 12 months. It is excellent for burns, chapped lips, cold sores etc.



## BARRIER CREAM

40ml lemon grass infusion  
25g anhydrous lanolin  
10g beeswax  
75ml almond oil  
2 teaspoons lemon juice  
3 drops Friars' balsam (available from chemist)

Prepare the infusion by adding a handful of Lemon grass to a ceramic bowl and covering with just sufficient boiling water. Soak for 2 hours and strain. Melt lanolin and beeswax in a double saucepan over medium heat. When liquid add almond oil and Lemon grass infusion, stirring until well blended. Remove from heat and allow to cool, add lemon juice and Friar's balsam and beat until creamy. Store in a sterilized jar. Rub into hands before doing gardening or rough work.



# MISCELLANEOUS

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## WATERPROOF SHOE POLISH

50g white soap  
4 cups (1 litre) natural turpentine  
1 litre boiling water  
150g beeswax  
50g Vaseline

Place the soap shavings in a ceramic bowl, add the turpentine and stand 24 hours. Blend with boiling water, stirring continually to dissolve any remaining soap. Melt the beeswax and Vaseline together in a double saucepan over a medium heat until completely liquid. Remove from heat add the soap/turpentine mixture and stir constantly until cold. Store in a wide mouthed jar. Coloured polish can be made by adding different Earth oxide pigments (available from hardware or builders supply stores). To colour the polish, mix the powdered oxide with the water, turpentine, soap mixture until you get the colour you want.

## LEMON FURNITURE CREAM

125 ml distilled water  
1 handful lemon verbena  
25g pure soap flakes  
125g beeswax  
500ml natural turpentine

In an enamel pan heat the distilled water to boiling, add the lemon verbena, remove from heat and infuse until cool. Strain and discard the herb, then add the soap flakes stirring in well. Melt the wax in a double saucepan over medium heat and when completely liquid, add the remaining ingredients stirring until completely dissolved and blended. Remove from heat until cool and of a creamy texture. Store in a suitable wide-mouthed container with tight-fitting lid.

## STORING EGGS

To store eggs for up to a year use 1 part beeswax to 2 parts olive oil. Melt the beeswax slowly in the oil. Dip the eggs in the mixture while it is still just warm but not hot. Store in cardboard egg containers or in a large box filled with bran. Make sure the eggs are not touching each other. Never wash your eggs before sealing them, and don't use eggs that are dirty or muddy or have got wet.

## FLOOR POLISH

1 handful eucalyptus leaves  
1 litre boiling water  
250g soap flakes  
150g beeswax  
1 litre natural turpentine  
1 litre raw linseed oil

Place the eucalyptus leaves in a ceramic bowl, add boiling water, cover, soak overnight then strain through fine muslin cloth. Bring the eucalyptus water to the boil, reduce to simmer. Add the soap flakes and stir until dissolved. Melt the beeswax in a double saucepan over a medium heat and when completely liquid, stir in the eucalyptus water/soap mixture until well blended. Remove from heat and when cool, but still liquid, add the rest of the ingredients beating constantly with a wooden spoon until creamy. Store in a jar with a tight lid.

## CHAIN LUBE

Enough of beeswax to cover chain when melted  
Left-over oil or grease (but not more than the beeswax) - ½ litre to 1 kg beeswax.

Clean chain thoroughly. Also clean sprocket thoroughly. Melt beeswax over low heat An old saucepan inside another is ideal. Keep them specifically for this purpose. When the beeswax is melted add the oil or grease. When it is hot, put in the cleaned chain. Leave it until there are no more bubbles rising, then the chain is thoroughly lubricated. Take the chain out and hang up to dry. This mixture can be used many times over if everything is clean. If the bike is used on dirt roads this is a much better method of lubricating the chain. This can be done outdoors on the BBQ if not allowed to do it on the stove in the kitchen. Some wives or mothers may not like it done inside, but care must be taken using oil or grease near open flames.

## DOGWASH

100g Vaseline  
Fresh Pennyroyal  
80g beeswax  
300g soap flakes  
100g methylated spirits

Infuse half a handful of Pennyroyal to every 100 grams of Vaseline. Finely chop the herbs. Put Vaseline into double saucepan and melt the Vaseline over medium heat. Add the herb and simmer for 20 minutes. Stir in the beeswax and when melted, add the soap flakes, stirring until completely dissolved. Remove from heat and immediately stir in the methylated spirits. Pour into moulds to harden and cut into bars. This soap can be used immediately and is good to control fleas.



# CONCLUSION

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It has long been common knowledge that honey goes well with oriental and almost all pork dishes, however please keep in mind that the only limit is your imagination. Try honey on your breakfast cereal instead of sugar or perhaps use it as a topping for popcorn instead of butter. Even on simple sandwiches, try a combination of flavours - for example peanut butter and honey, or even peanut butter, honey and dates. I hope this book has given you some inspiration and wish you all happy experimenting.

In the meantime - please keep in mind that there are many local apiarists in the Townsville area who can provide you with any information you may desire or supply you with fresh, natural unprocessed honey.

## DID YOU KNOW?

Two tablespoons of bee pollen a day on a man's breakfast cereal can help prostate problems?

Bees only live for an average of 6 weeks?

