

The hungarian honey

HONEY TYPES AND OTHER APIARY PRODUCTS
RECIPES WITH HONEY

HUNGARY



General Information About Honey

The ancient Greeks believed that honey originated from celestial dew. Today it is well-known that honey is made from floral nectar by honey bees which collect, transform and thicken the nectar.

The properties of honey are essentially determined by the plant producing the nectar. This is also how honey varieties are named. Pure varietals can only come from plants which bloom in large quantities at the same time and at the same place. Otherwise the various nectars get mixed in the beehive, and "a mixed floral varietal" is made. Most nectar producing plants are pollinated by honey bees. Honey bees collect the sweet nectar in their "honeybag", and return to the beehive when it is full. Nectar is then spread on the walls of cells made of beeswax. The young workers inside the beehive collect and move the nectar a few times. The enzymes produced in this process transform the complex sugars into simple fructose and glucose, which can be best utilised by the human body. In the meantime, the bees flutter their wings to reduce the water content of the nectar to 18-19% Cells which have been filled are then sealed using wax. When most cells of the wax comb have been filled, the beekeeper can harvest the honey.

In contrast to some, unfortunately wellestablished, erroneous views, the brief but scientifically adequate definition of honey is as follows:

Honey is modified nectar in which the enzymes have broken down complex sugar molecules into simple sugars and whose original water content and the level of toxic heavy metals have been reduced, with the latter having moved into the body of the honey bees transforming the nectar into honey.

Honey is much more than just sweet stuff! Its benefits in the preservation and improvement of health – also used in apitherapy – are based on its physical and chemical properties. The sugars in honey are absorbed easily. In addition to being sweet, it also contains organic acids, which improve the appetite and help digestion.

Its scent and aromatic substances also make honey appetitive, and some of them even have an antiseptic, pain-killing or tranquilising effect. When used externally, honey is also suitable for treating wounds.

With its diverse mineral content, honey can help establish a desirable balance of these minerals in the human body by providing the missing quantities.

Honey has various nutritional benefits and provides the human body with a range of ecessary substances. It helps fight against bacteria, helps digestion, the functioning of the liver and water secretion, nourishes the muscles and it has a tranguilising and a mild laxative effect.

Typical Hungarian Honey Varieties

ACACIA HONEY

Acacia honey is a popular honey variety all over the world. Over the past decades, Hungarian Acacia Honey has become a well-established, trusted brand name accepted as the mark of outstanding quality and value.

What makes Hungarian Acacia Honey so special? In its place of origin, North America, Acacia (Robinia pseudoacacia L.) grows sparsely on slopes covered with boulder stones, suppressed by other plants. In Hungary, however, there are large, pure Acacia forests. In a few centuries, many varieties with different characteristics have evolved. Acacia makes up more than onefi fth of all forests in Hungary. With the exception of alkaline soil, it grows and yields plentiful honey on all soil types found in Hungary. In addition to the very favourable climate, the continuous Acacia forests, a very productive bee variety, a special apiarian technology and some other benefi cial effects of the non-living environment create those distinctive features that ensure the quality of Hungarian Acacia Honey. Its uniqueness can be truly revealed only by evidence of the senses

It has a harmonic taste and the aroma of acacia blossoms. It



is a mild, not very acidic honey. Its colour ranges from nearly colourless to very light amber. Due to its high fructose content, it remains liquid for a long time. It has a good antiseptic effect. It is recommended to ease coughing and also for indigestion caused

by hyperacidity. Its mild fl avour makes it a popular sweetener used in drinks and desserts.

LIME HONEY

Its colour depends on the time of gathering. When collected later, it has a brownish tint. It is prone to crystallisation, but the liquid membrane between the crystals prevents the formation of blocks. It has a robust fragrance and flavour. Its pleasant, piquant aroma makes food and drinks spicy. It can enrich the flavour of other honey varietals when mixed with them. In medicine, Lime Honey is particularly recommended to treat bronchitis, but it is also used to alleviate spasms and a feverish condition. Recently, its has been increasingly used in organic beauty treatments (e.g. Lime Honey face pack).



SILKWEED HONEY

Silkweed Honey, which comes from the nectar of Asclepias syriaca, has a very strong, sweet and spicy smell and a distinctive aromatic flavour. It starts to crystallise after two years of storage. Silkweed Honey is an excellent condiment for uncooked foods. It blends well with other honey varietals, such as Acacia Honey, which has a similar colour and liquidity. As the largest continuous silkweed fields in Europe can be found in Hungary, Silkweed Honey is a recognised Hungarian speciality.

The hungarian honey

4 ———

SUNFLOWER HONEY



Sunflower Honey ranges from golden to orange in colour. Its semi-strong smell is reminiscent of the sunflower blossom. Its flavour has the aroma of sunflower seed. When fresh, it is thick but liquid, like syrup. It crystallises relatively quickly (approximately within two months). Sunflower Honey separates into two components when it is stored for an extended period: on top, a liquid oily substance, whilst on the bottom, a creamy-coloured crystallised layer appears. Creamy Sunflower Honey is a true delicacy when eaten in its natural state. It is also excellent for baking (e.g. honey cakes).

RAPE HONEY

When liquid, Rape Honey is amber, but it will crystallise within a short time and become white. Crystallised

Rape Honey is made up of tiny crystals which do not affect its value. Rape Honey belongs to the less acidic honey varietals, therefore it is also recommended for those with hyperacidity.



OTHER APIARY PRODUCTS

COMB HONEY

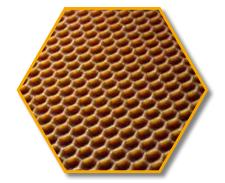
Comb Honey is available in two forms: honey in the comb and cut comb honey.

Honey in the comb

The combs in the bees' "wax city", which are made up of nice, regular cells, have two functions in the beehive the cells either serve as cradle for the new generation or used to store honey and pollen. Therefore, there are brood combs and honey combs. As bees like to store food near brood cells, there are also mixed combs, but beekeepers know how to ensure that there are pure honey combs in the beehive. Such honey combs can be sold as Comb Honey in their natural state if the comb contains evenly covered cells, the frame is made of clean, sound wood and if the comb has no propolis or extra structures built by the bees on it, and only a few wires were used to keep it stable.

Cut comb honey

Cut comb honey is a more popular form of comb honey in Hungary. It is liquid, lightcoloured, generally pure Acacia Honey that has added chunks of the honey comb in the iar. Beekeepers also use frames that are divided into smaller combs (boxes) that can be placed into the jar directly. A special method of making comb honey is when bees are made to build the comb and fill it with honey inside a suitable, large jar. Comb honey is instantly fi t for human consumption if it is made up of true wax that bees use only once after making it (virgin comb). The comb should not be distorted, coloured by propolis, bitten by insects or contaminated by any other organic or inorganic substance. The comb should not contain cells fi lled with pollen. Comb honey may not be sold once the honey within or without the cells has started to crystallise. What makes comb honey especially valuable is that honey is only released from the sealed cells during consumption, by chewing the comb, which makes it the most natural form of honey available. The most special benefit of comb honev is that when it is eaten, it causes the frontal sinuses in the skull to clear





The hungarian honey

6 .

7

POLLEN

Pollen is made up of the male reproductive cells of plants, which must get through the fl ower pistil to unite with the female reproductive cells in the ovary to generate seed or seeds. Pollen is 'transported' either by inanimate agents (such as wind or sometimes water), or by living creatures (insects, birds, mammals). Plants whose pollen is transferred by insects produce less, but heavier, usually

sticky pollen. Pollen contains not only reproductive material but also nutrients - that is why honey bees love and gather pollen. For example, in one hazel-nut aglet, there are 4 million pollen grains. Under appropriate conditions, honey bees are able to collect much more pollen than what they need. Therefore, it will not harm them when bee-

keepers take away the excess

– usually in the period from April to August – using a special tool (pollen trap). Honey bees do not gather dangerous pollen that causes hay fever. The pollen particles in the air

(which we inhale and which can cause us allergy) are light. For honey bees, however, the heavier the pollen is, the more value it will have. In terms of quantity, pollen is the second consumable apiary product next to honey. One bee colony produces as much as 50 to 60 kg of pollen per year. In Hungary, only dried pollen, originally gathered by honey bees is sold. The pollen collected by honey

bees is a 'super food', as it contains all vital nutrients except raw fi bres. In addition, pollen consumption increases the number of red blood cells. improves tness, accelerates the physical regeneration of the human body, is good for the appetite, helps the

body utilise nutrients

and stimulates men-

tal activity. It ensures

a general state of health

and enhanced vitality. It strengthens heart muscles (which makes it an important component of racehorse feed), and it is effective against the loss of hair due to its tryptophan content.

PROPOLIS

What is propolis?

Propolis (also called 'bee glue') is bees' gluing and sealing material. It is the substance used by bees to seal cracks and cover uneven parts and foreign materials in the hive. The main raw material for propolis is a resin of plant origin, a sticky substance found in leaf buds. In Hungary, bees collect this substance mainly from the buds of poplars, alders, willows, chestnut trees and oak trees. In the beehive, this balm collected from various sources is transformed with the help of enzymes into propolis – a soft, unctuous, sticky substance with a balmy smell and yellowish brown colour, containing an abundance of effective compounds.

Flavonoids and essential oils rank as the most valuable components of propolis. In terms of importance, these are followed by chalcones, dihydrochalcones, catehins, vitamins (vitamin B1, B2, B6, C, E), amino acids, tannins, pigments and minerals..



What are the benefits of propolis?

Naturally, propolis can be most effectively used in the way bees do: as an antiseptic and conservative agent. Propolis products have anti-viral, anti-bacterial and anti-fungal effects, and protect wounds in humans, animals and plants from infections. Regular propolis consumption can help maintain the effectiveness of the general defence mechanisms of the human body through

- preventing the transformation of fats prone to rancidity;
- helping the regeneration of soft tissues, and even bones and cartilage due to some of its effective components;
- improving the elasticity of the walls of blood wessels
- stimulating the growth of hair, nails and skin;
- its antibilious activity due to its chalcone content:
- its mild diuretic effect:
- its pain-killing (analgesic) activity due to some of its essential oils;
- · being suitable for treating chronic ulcer;
- its anti-tumour activity.

Its use requires some caution though, as taking propolis on a regular basis for several weeks leads to a drop of blood-pressure. Propolis is available in the form of a solution, balsam or various propolis tablets. Propolis solutions are applied externally in otorhinolaryngology and also for treating eczema, herpes and actinomycosis. To heal cold and sore throat, propolis added to tea, lemonade or a spoonful of honey may be applied internally. Propolis balsam can be effectively

The hungarian honey

8

2

used for treating burns, frost-bite, haemorrhoids, prostatitis, fungal infections of the skin and nail, and rheumatism.

Propolis tablets with a 5% propolis content in general are absorbed quickly without damaging the natural intestinal bacterial flora and are recommended for stomach and bowel complaints.

ROYAL JELLY

What is Royal Jelly?

Royal Jelly used to be called bee's milk, as it is a thick, creamy liquid with a yellowish tint. In the beehive, it serves as food for the young bees (larvae).

Royal Jelly is a rich source of a wide range of vital substances. Its dry matter contains 12-14% of proteins, 29% of carbohydrates (of which 12.5% is simple sugar) and 6.5% of various fatty acids. It is exceptionally rich in vitamins. Nearly all members of the vitamin B range can be found in it. It also contains vitamin C and E in abundance.

The most important minerals in Royal Jelly are potassium, phosphorus, iron, calcium, copper, silicon etc.

What are the benefits of Royal Jelly?

Its most beneficial effects are increasing stamina and physical strength, stimulating



the immune system, improving the mood and alleviating the loss of appetite arising from stress. Its anti-bacterial and antiamoebic activities are also appreciated, and so is the fact that it stimulates the production of reproductive cells by the mother cell. It can be effectively used against fatigue, depression and neurasthenia. It may also be used as an aphrodisiac. In cosmetics and personal care products it is mainly used to heal purulent skin problems. Royal Jelly has diverse benefits, but one must learn how to use it. A word of caution! If not diluted appropriately, it may cause abrupt blood-pressure increase!

USEFUL INFORMATION ON HONEY

Main components of honey

Water Sugars

- Fructose
- Glucose
- · Complex sugars

Vitamins

- pantothenic acid, ascorbic acid, vitamin C, B1, B2 and B6
- folic acid, biotin

Amino acids

 aspartic acid, glutamic acid, phenylalanine, threonine, alanine, arginine, histidine, glycine, lysine, serine, valine

Acids

 phosphoric acid, citric acid, acetic acid, malic acid, lactic acid, butyric acid, gluconic acid, formic acid

Antibiotic activity

• osmosis effect and enzyme

Minerals

 magnesium, phosphorus, sulphur, manganese, silicon, potassium, sodium, calcium, copper, iron

Sugars, which make up 85 to 95% of the dry matter of honey, are mainly simple sugars, predominantly fructose and glucose. In addition, honey varietals contain 8 to 10 other carbohydrate types. Nevertheless, people with diabetes can eat honey as part of their daily allowed carbohydrate intake. There are many enzymes functioning in honey. Hydrogen peroxide generated by the glucose oxydase enzyme in the honey provides it with

an antibiotic effect. The organic acids of honey help digestion. Honey contains over a hundred aromatic substances. The great variety of the aroma, smell and flavour of honey is due to the diversity of plants producing the nectar. The level of vitamin content in honey depends on the pollen content. Honey contains 18 types of amino acids. Although the amino acid content amounts to 1-1.5% only, the great variety of the constituent amino acids cannot be overlooked! The pigments in honey also have an influence on human health. The diverse physiological effects of honey, as well as of herbs with yellow flowers (e.g. Calendula), are ensured by flavonoids. The importance of carotene is also universally acknowledged. Honey has other active ingredients with physiological benefits that make it in many ways effective

in preserving and even regaining health. Honey contains 18-19% water, which is exclusively ground water, filtered through plant cells several times. Some "benevolently" warn against eating honey saying that honey is fattening. The truth, however, is the following: the liver will store the fructose from honey. and it will not be turned into fat. The glucose from honey cannot turn into fat either, because the muscles will burn it before that could can happen. Lactose will be used by the useful micro-organisms in the intestines, and it will not become fat either. Certain honey varieties (Cabbage Honey, Mint Honey) have a diuretic effect, which cause weight loss. Overall, honey consumption will only make the life of a healthy individual more active, which is known to act against weight increase. Honey will not cause tooth decay either, because the antiseptic substances in honey will prevent the start of tooth decay.

The hungarian honey

0 ——— 1

USEFUL INFORMATION ON POLLEN

Next to honey, pollen is the second most important apiary product fit for human consumption. Annually, 50 to 60 kg pollen per bee colony can be produced. Pollen must not come into contact with air. Among apiary products, pollen is the richest source of vitamins, in particular vitamin C, the B range, and vitamins D, E, K and F. Vitamins constitute 1 to 7% of the dry matter of pollen

Beta-carotene, of which an especially rich source is the white willow (Salix alba), is turned into vitamin A by enzymes. Pollen is among the substances richest in protein and free amino acids. Proteins and free amino acids amount to 7-35% and 10-12%, respectively. 30g of pollen contains the equivalent of a human's daily protein requirement.

Some of the fatty substances of bee pollen are unsaturated fats. Of these, linolene, linolene acid and oleic acid ensure that harmful and excess cholesterol leave the body.

Pollen contains a lot of iron, a medium amount of zinc and manganese and small amounts of copper, nickel, cadmium, cobalt, bromide, selenium etc.

The mineral content of pollen depends on the method of production and on the soil at the place where the plants grow. Only plants blooming under appropriate conditions in organic production can yield wholesome pollen. Even those who suffer from pollen allergy should not be afraid of tasting pollen gathered by honey bees (corbicular pollen), as allergies are species specific, and bees do not collect the types of pollen that cause allergy.

When selecting pollen do not consider the colour only, but take into account the taste

as well, because this latter will determine if you will like it or not. "Real" pollen is not always yellow! For example, thyme pollen is white, althaea pollen is purple, calendula pollen is amber, poppy pollen is dark grey. As these are all medicinal herbs, their pollen contains special effective substances. It is worth studying this aspect of the effects of medicinal herbs on human health as well! Pollen stimulates mental activities, helps to recall memories, to concentrate, and also protects from "spring fatigue". Pollen can also be used for restoring the equilibrium broken by sodium excess and the concomitant lack of potassium.

As its effective substances are not aggressive, pollen should be taken as an extended treatment, over a 10-12-week period. One may also eat pollen in the absence of any complaints, to continue to feel well.

ADVICE ON THE CONSUMPTION OF HONEY AND APIARY PRODUCTS

Honey and Comb Honey

Crystallised honey can be reliquified by heating it up to 40°C. At a higher temperature, the essential oils evaporate and the decomposed enzymes become ineffective.

Nevertheless, honey can be very well used for cooking and baking, as these processes do not reduce its special seasoning effect, and it will add a better appearance to food and increase the diversity of our nutrition. In addition to the already known varieties, try the mixed floral varieties. The range of their effects is much broader than that of mono-varietals, and sometimes they have a much richer aroma.

Those who like natural honey may find it more convenient to use naturally crystallised honey or artificially creamed honey at their meals! Honey is an excellent sweetener of dishes and drinks, and will make them special.

Pure honey will not ferment until it is mixed with water. Products made from honey by fermentation, such as mead and honey vinegar are also valuable. Some of the most beneficial properties of honey are effective when honey is eaten in the evening, when it can act as a mild sedative, soporific and laxative.

Eating honey to soothe a sore throat is a well-established practice. It is also keworth trying how effective honey can be against physical exhaustion, insomnia or constipation. Liquid, undiluted honey can be effectively used to heal extensive wounds (abrasions, bruises) and also as a component in facial masks. Diluted honey can be applied to the infl ammation and injuries of the eye surface by putting on the eye a sterile cotton wad soaked in lukewarm honey dilution. The positive physiological benefi ts of honey can be further increased by using honey together with other apiary products. For example, the vitamin content of honey can be increased by the addition of pollen. Propolis enhances its antiseptic and regen-



The hungarian honey

12 ———

erating effect, and royal jelly adds to the range of amino acids in honey. Compared to extracted honey, comb honey has added value. The honey ripened within the cells covered with a thin layer of wax is not released before it is in the mouth. It does not get in contact with air, and cannot absorb industrial gases or take up particles of the materials constituting our machines and equipment. This is the most authentic and natural honey one can get. The fact that comb honey is under a wax cover adds a special physical-chemical stimulus to the enjoyment comb honey can bring. This effect is hard to explain, but those who try will inevitable experience it. A signifi cant proportion of comb honey is beeswax (8-10

gr. out of 150 gr.), but this 'packaging' does not cause any inconvenience. It is not digestible, but it will do no harm either, and will not disturb digestion.

Cut (or bite) small pieces off the comb and chew it slowly, thoroughly. Use your teeth to press the sweet, rich honey out of the cells and suck out the honey. There is no other food one could eat this way, and this is the explanation for one of the most unique effects of comb honey, i.e. cleansing the frontal sinuses. This is how the pleasant and the useful join together. Authentic beeswax will not stick to the teeth. Chewing it will defi nitely clean the teeth and the saliva will even extract some vitamin A from it. The pleasant smell of wax is lasting.



HOW AND WHEN TO USE HONEY?

When honey is used for its healing effects, it may be eaten just with a spoon, in itself. Honey can also be used to sweeten tea, unless the tea is too hot.

As a rule of thumb, do not eat very much honey at a time. Its benefits should rather be reaped through regular consumption. Two or three teaspoonfuls a day is enough. Do not be stiff! Although it is recommended, do not take daily honey intake as an obligation. Eating honey should not be a burden, but a source of pleasure, the basis of permanent health.

Here are a few examples on how to incorporate honey into your diet: For breakfast, spread honey on your bread or on your bread and butter, or eat biscuits with honey. You can also drink tea, coffee or milk sweetened with honey.

For lunch, sweeten pasta with walnut or poppy seed with honey. Sweetened meat dishes are not known in traditional Hungarian cuisine, but they are worth trying. The recipe of roast chicken with lemon and honey, roast duck, roast beef and pork chop made with honey deserve recognition.

Honey facilitates the absorption and utilisation of the minerals present in vegetables.

The combination of vegetables and honey is not widespread yet, although both the German carrot soup and carrot milkshake sweetened with honey are delicious.

Some delicacies made with honey include croissant with honey-walnut filling, honey-walnut biscuit, walnut cubes with honey,



teacakes made with honey, walnut roll, walnut roll with jam, walnut bonbon, honey-walnut cream, walnut cake, honey and sour cherry cake, chestnut cream, peach cream, strawberry cream, honeylemon cake, almond cake, chestnut cake, roasted peanut cake

Honey can be used in apple, strawberry and orange salads and also in the dressing of green salads. Drinks made of blueberry, cherry, strawberry, raspberry, redcurrant and mint can also be sweetened with honey. A honey lemonade can be made of lemon, orange, grapefruit, raspberry and redcurrant. In addition to the well known mead. occasionally one can drink honey "pálinka" or liqueurs made with honey, of which the most well-known are the recipes for peach, strawberry, apricot, cumin, raspberry, orange, redcurrant, blackberry liqueur and egg-flip. For a snack, add honey and fresh apple, raspberry or tangerine to yoghurt. For a pleasant drink, use honey in a banana

The hungarian honey

14 ------ 1

milk-shake. For afternoon tea, serve the tea with teacakes made with honey. For dinner, any type of yoghurt sweetened with honey as well as coffee cream with honey or honey-cake with poppy seed would make an excellent choice. It is a good idea to make preserved fruit – apple, quince, pear, red-currant or grape – with honey. For a light dessert, eat apple baked in honey. To boost your appetite, this publication contains a few time tried recipes.

USEFUL TIPS FOR POLLEN CONSUMERS

How? How much? When?

- Pollen may be eaten dry, with something to drink.
- Some like to add it to yoghurt or fruit juice.
- For better taste and multiple effects, mix pollen with honey or honey and propolis.
- To make it attractive to children, add it to milk sweetened with honey.

The recommended pollen intake for children and adults is not more than 20 gr. and 20-30 gr., respectively. 45 grams per day

may be needed by athletes in heavy training or for a shock therapy.

Portions may be measured simply by spoon: one teaspoonful equals about 5 grams, whilst one spoonful is about 15 grams. In certain cases, taking pollen is more effective as a preventive measure, whilst in other cases it is more beneficial if used as a follow-up treatment. Pollen is recommended to prevent cold and flu, prostate complaints, anaemia, deficiency diseases, hyperthyroidism and hypertension.

It is less effective with high temperature, but when the fever is gone, it is an excellent means of helping recovery. The same applies to trauma, blood loss, prolonged hospitalisation and the period after childbirth. It is very useful for preventing undesirable side-effects after radiotherapy.

Overweight people may use pollen to facilitate weight loss, whilst underweight people may use it as a roborant. Those who wish to lose weight should take it 10-15 minutes before meals and replace dinner with pollen. Those who wish to gain strength should eat as much as they can with a good appetite, and add their usual pollen intake.

RECIPES

Pork Rib in Grill Sauce

Ingredients: a 2 kg lean pork rib, 2 onions, 2 cloves garlic, 1,25 dl oil (preferably maize germ oil) 15 dag tomato puree, 5 tablespoons red wine vinegar, 1 teaspoon salt, 1 teaspoon basil, 1 teaspoon thyme, 1 teaspoon mustard powder (or mustard), teaspoon Tabasco sauce, 2,5 dl beef soup (made from 1 cube), 10 dag honey, 4 tablespoons Worchester sauce

Rinse wide pork chops under cold water and dry. Place them in a large saucepan. Finely chop onions and garlic. Heat oil and simmer onion and garlic. Add tomato puree, vinegar, spices, soup and honey and cook for 10 minutes while stirring. Spread sauce on pork and place chops into preheated oven (approx 175 °C or level 2-3 in case of gas cooker) and roast for about an hour. Serve with potato slices baked in a dish, and lettuce.

Chicken Barbecue with Honey

Ingredients: 1/4 cup butter, 1/2 cup orange juice, 1/2 cup honey, 2 spoons lemon juice, 2 spoons finely chopped parsley, 1 spoon mustard flour, 2 whole chickens (approx. 1 1/2 kg each).

Melt butter, add all ingredients and simmer for about 2 or 3 minutes. Let the soak cool and pour it on prepared pieces of chicken and leave for a few hours. Grill chicken pieces for 45 minutes and sprinkle them often with the soak. In the end, turn chicken and grill for another 15 minutes.





The hungarian honey

Duck with Honey

Ingredients: 2,5 kg whole duck, small spoon salt, 1/2 small spoon paprika, 1/2 cup honey, 1/3 cup orange liqueur, lemon juice, 1 1/2 spoon mustard flour, 5 slices lemon, 5 slices onion.

Clean duck and pierce skin to make sure fat can pour out while roasting. Mix lemon juice with salt and paprika, and rub the mixture on the duck inside and outside. Roast duck in hot oven for 15 minutes, then reduce heat and continue roasting for another hour. Combine honey, liqueur and mustard and pour on duck several times while roasting. In the end, place lemon slices and onion rings on duck and roast for another 15 minutes.



French Honey Dressing for Salads

Ingredients: 1/2 cup salad oil, 1/2 cup lemon juice, 1/2 cup honey, 1/2 small spoon paprika, 1/2 small spoon salt, 1 clove chopped garlic.

Put listed ingredients into a bottle and seal it. Always shake well before use. Do not keep in refrigerator.



Dressing for Lettuce

Ingredients: 3 spoons wine vinegar, 1 small spoon mustard, one chopped onion, 1/2 small spoon honey, 3 spoons salad oil, 1 small spoon salt, pepper.

Mix ingredients and pour on lettuce leaves.



Creamy Honey Cakes

Ingredients: 1 egg, 4 dag lard (or 5 dag margarine), 1 teaspoon baking soda, 2 tablespoons honey, 2,5 tablespoon milk, 15 dag sugar, 45 dag flour.

Cream: one pack of vanilla sugar mixed with 15 dag castor sugar, 20 dag margarine, 2 dl milk, 2 tablespoon semolina, 4 tablespoon apricot jam.

Cook egg, 5 dag margarine, 1 teaspoon baking soda, 2 tablespoon honey, 2.5 tablespoon milk and 15 dag sugar for 5 minutes over steam while whipping. While hot, add 45 dag flour. Knead on board, form four loaves and leave for half an hour. Roll out dough and bake each piece separately on the back of greased baking sheet. To make the cream, cook semolina in 2 dl milk, let it cool and add sugar mixed with margarine. Stir well. Spread apricot jam on first layer of dough, and spread semolina cream on subsequent layers. Place layers on top of each other and apply pressure on cake. Sprinkle cake with castor sugar and serve thin slices of cake.



Soft Honey Cake

Ingredients: 50 dag honey, 2 whole eggs, 2 egg yolks, 6 dag sugar, 50 dag flour, 1 teaspoonful baking soda, pinch of ground cinnamon, grated lemon peel, sliced almond to sprinkle.

Warm up honey, add eggs and spices and whip to foam. Add flour gradually. Half of the flour may be rye flour or bread flour. Mix well. Grease and flour baking form, place dough in form and sprinkle with thin almond slices. Bake for 30 minutes in medium hot oven, at constant temperature. When cool, cut into slices.



The hungarian honey

8 _____

Tiramisu

Ingredients: 2 tablespoons ground coffee, 3 egg yolks, 4 tablespoons honey, 30 dag mascarpone (Italian cream cheese), 3 egg whites, 1 sponge cake layer, 1 tablespoon cocoa powder.

Make coffee from 2 dl water, filter and let cool. Whip egg yolks with honey and add mascarpone. Add beaten egg whites to mascarpone cream. Pour 1/3 of cream into large, flat form. Place sponge cake layer on top and soak with cold coffee. Sprinkle some cocoa powder on top. Place rest of cream on top and place form into refrigerator. Sprinkle with rest of cocoa before serving.



Melon Surprise

Ingredients: 1 medium sized honeydew melon (add pulp to other fruits), strawberries, raspberries, plums, ripe peach, redcurrant, two spoons cognac (or brandy), honey to taste.

Wash melon well under running water, pat dry and cut a wineglass sized hole on the side near the stem. Remove pulp through hole. Fill melon shell with the listed chopped fruits, and then add honey and cognac until melon is full. Cover with cut off melon skin and refrigerate for 2 to 3 hours. Serve whole melon and cut carefully on table to make sure filling is not spoiled. Note: do not fill melon with hard skinned fruit (e.g. apple, pear, unripe peach).



Honey Apple Drink

For each person, mix one tablespoons of honey with 2 tablespoons of lemon juice in a 3 dl glass. Add apple juice until glass is half full and dilute with soda water mineral water. Drink instantly.



Orange Milkshake with Honey

Ingredients: 60 g honey, orange juice, juice from 1/2 lemon, 1/2 litre cold milk.

Melt 2-3 spoonfuls of honey in warm milk, let it cool. Add fruit juices, rest of cold milk and mix in a mixer.



Milky Ambrosia Cock tail

Ingredients: for each person, 2 spoons honey, 3 spoons orange juice, 3 spoons grapefruit juice, 1 mint leaf, 1-2 spoons broken ice.

Mix fruit juices, add mint leaf, cover and leave for about 1/2 hour. Add honey to milk. Put broken ice into mixer, pour fruit juices on top and gradually add honey and milk through special hole while mixer is working. Filter and drink.



The hungarian honey

20 _____ 2

Strawberry Liqueur

Ingredients: 60 dag honey, 1 kg strawberries, 3/4 litre 80° alcohol, cinnamon, 4 cloves, 1/2 litre water, a little tannic acid.

Place ripe strawberries (or wild strawberries), cinnamon and cloves into a bottle, pour alcohol onto fruit, seal bottle with cellophane, and leave for six weeks. Shake a few times. Cook water with tannic acid and honey, remove foam and let it cool. Add filtered fruit juice to honey syrup, filter mixture and fill into "litre bottles. Seal bottles tight with cork. The more it mellows, the better it tastes.



Orange Liqueur

Ingredients: 60 dag honey, 1 litre water, 1,5 litre cognac (or premium brandy), 4 oranges, 4 cloves, pinch tannic acid

Peel three oranges, remove white skin, and chop pulp. Put pulp and fourth whole orange into a bottle, pour cognac on top and let soak for 10 days. Make syrup by cooking water with honey and tannic acid. Remove foam and let the syrup cool, then add syrup to fruit. Season with cloves and keep in a warm place for another 10 days. Let it settle down, then bottle.



ABOUT THE HONEY SEAL BAND

The purpose of the honey seal band is to help buyers identify Hungarian natural honey on commercial sale.

HOW TO RECOGNISE THE HONEY SEAL BAND



What does "controlled" mean?

The Hungarian National Association of Beekeepers regularly conducts random quality tests on sealed honeys. The samples are examined in EU-accredited honey laboratories.

ID number

Each seal band includes a six-digit ID number, also known as the beehive ID code, designed to ensure that the seal is only used by the authorised beekeepers.

Hungarian honey

Sealed jars contain 100 % nectar honey from the Carpathian basin. The quality of the product is guaranteed by the producer and is regularly checked by the Hungarian National Association of Beekeepers.

Hologram = The Real Stuff!

The seal bearing the hologram symbol of the association is a guarantee that the seal band was issued by the Hungarian National Association of Beekeepers. The hologram is the guarantee of authenticity of the seal.





Agricultural Marketing Centre H-1042 Budapest, Árpád út 51–53. Mailing address: H-1325 Budapest, Pf. 25. Tel.: (+36-1) 450-8800, Fax: (+36-1) 450-8801 www.amc.hu, e-mail: amc@amc.hu

Source text: Apiary Product Council
Contact: National Beekeepers' Association of Hungary
Address: 1094 Budapest, Viola u. 50.
Phone: (+36-1) 216-0015, 456-0377, Fax: (+36-1) 456-0378
www.omme.hu • omme1984@enternet.hu

Photos of foods and products: Hunyaddobrai Csaba, Food stylist All rights reserved!