

Recipes from “The Beekeeper’s Ball,”
By Susan Wiggs



Bee Sting Cake



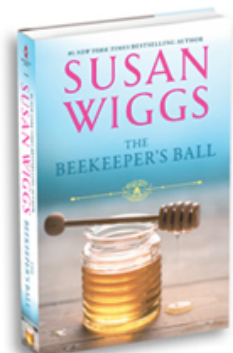
The traditional *Bienenstich* (Bee Sting Cake) is a complicated production of brioche dough and pastry cream, topped with a crunchy caramel made of almonds, honey and butter. This simplified version is every bit as delicious, particularly with your morning coffee.

DOUGH

3/4 teaspoon salt
2 eggs
1/4 cup warm water or milk
2-1/4 cups flour
4 tablespoons butter
2 tablespoons honey
1-1/2 teaspoons instant yeast

Combine all of the dough ingredients in a mixing bowl and stir to create a sticky, elastic ball. Transfer the dough to a lightly oiled board and knead for 5 to 7 minutes until smooth. If your mixer has a dough hook, use that for 4 to 7 minutes at medium speed. Place the dough in a bowl oiled with melted butter, turn to grease all sides, cover the bowl with a damp tea towel or plastic wrap and let it rise for about an hour, until it looks soft and puffy.

Transfer the dough to a lightly oiled board, fold it over (you might hear a sigh of escaping gas), then roll into a ball. Place the dough in a buttered 10-inch springform pan. You can also use a 13 by 9-inch cake pan. Don't worry if the dough shrinks away from the edge of the pan. Allow it to rest so the gluten will



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relax, making the dough easier to work with. After about 30 minutes, gently stretch and pat the dough out to the edges of the pan.

While the dough is resting, make the topping.

HONEY-ALMOND-CARAMEL TOPPING

6 tablespoons butter
1/3 cup sugar
3 tablespoons honey
2 tablespoons heavy cream
1-1/2 cups sliced almonds
a pinch of salt

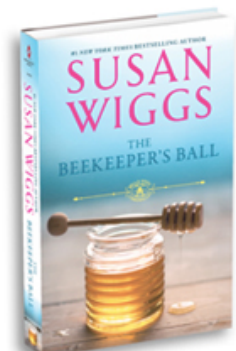
Melt the butter in a pan over medium heat. Add the sugar, honey and cream. Bring the mixture to a boil, and cook for 3 to 5 minutes to achieve a golden syrup. Stir in the almonds, let the mixture cool slightly, then spread gently over the cake dough.

Bake the cake in a 350 degree oven for about 25 minutes, until the almond crust has a deep golden color and the cake tests done with a toothpick. Set on a rack to cool completely.

While the cake is cooling, prepare the pastry cream.

PASTRY CREAM

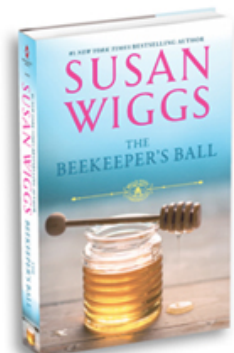
1 cup minus 2 tablespoons heavy cream, whipped to soft peaks
2 cups vanilla custard or vanilla pudding. Use homemade, store-bought, or pudding from a mix, depending on your level of skill and commitment.
1 tablespoon honey
1 tablespoon Bärenjäger or other honey liqueur



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Serve the cake in wedges or squares, with a side of pastry cream and a dram of Medovina, coffee or tea. Medovina is mead, a sweet wine made from honey. It's the oldest known alcoholic beverage.

[Source: Adapted from a traditional recipe]



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Summer Fruit with Honey Dressing

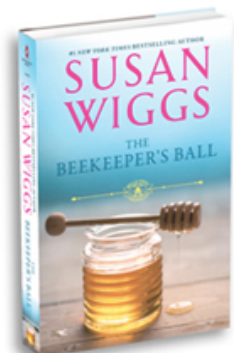


If possible, get the ingredients at your local farmer's market. Food tastes better when you know where it comes from.

- 1/3 cup honey
- 2 cups melon cubes
- 1/3 cup lemon or lime juice
- 2 cups green seedless grapes
- 6 fresh mint leaves, finely snipped
- 1 cup fresh blueberries
- 1 cup fresh pineapple chunks

Use a whisk or hand mixer to whip the honey until it turns thick and opaque. Add the lemon or lime, then stir in the mint leaves. Combine the fruit in a large glass or pottery bowl. Pour the honey mixture over and stir gently to coat. Serve immediately with a clear flute of sparkling water or Prosecco.

[Source: Original]



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Honey Lavender Lemonade



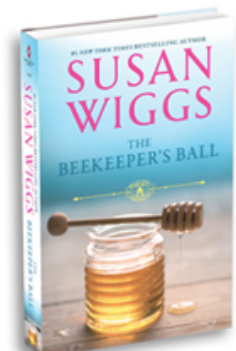
The best honey comes from a source you know, and is processed without heat. Raw, unfiltered honey retains its royal jelly, bee pollen and propolis—three major sources of antioxidants, vitamins and minerals.

- 1 cup of locally produced, raw organic honey
- 2-1/2 cups water
- 1 tablespoon dried culinary lavender
- 1 cup fresh squeezed lemon juice
- Additional water, about 2 cups Ice cubes or crushed ice

Combine honey and 2-1/2 cups of water in a saucepan and bring to a boil, stirring to dissolve the honey. When the mixture reaches a boil, stir in the lavender and remove from heat. Let the mixture steep for 20 minutes.

Strain the lavender from the liquid, then add the fresh lemon juice and an additional 2 cups of water. Use sparkling water if you wish. Pour into glasses full of ice and serve, garnished with a sprig of lavender or mint.

[Source: Original]



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Piernik

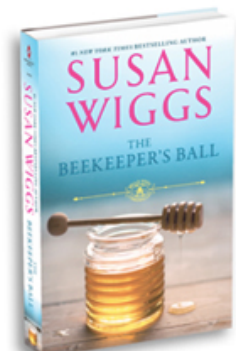


Piernik is a moist, sweet honey bread that is delicious served toasted with a bit of butter and a cup of tea. Thanks to the intense spices, the bread has a long shelf life.

It's an old Polish tradition to bake piernik to welcome the birth of a baby girl. The loaf is then buried underground to preserve it. The bread would be brought out and eaten at the girl's wedding.

These days, this is not recommended.

- 1/2 cup of soft butter
- 1-1/2 cups honey, warmed in a pan or in the microwave
- 1-3/4 cups of sugar
- 1/2 cup of vegetable oil
- 6 eggs, separated
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- 1 cup of dark beer
- 2 teaspoons baking soda
- 1 tablespoon ginger
- 1 teaspoon cloves
- 3 to 3-1/2 cups flour
- 2 cups of dried fruits and nuts: raisins, candied orange peel, walnuts, dried apricots, dates, etc.



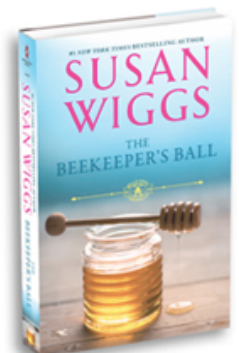
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Beat together the butter, oil and warm honey. Add the egg yolks one at a time. Beat in the sugar and spices. Then add the beer and flour alternately. Finally, fold in the beaten egg whites and fruits and nuts.

Bake in buttered loaf pans for about an hour, until the tops begin to crack and the cake tests done.

Yield: 3 loaves or 6 mini-loaves.

[Source: Traditional]



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Honey Butter Fried Chicken



Brine:

1 pint buttermilk mixed with 2 teaspoons kosher salt and 1/2 teaspoon pepper

Chicken:

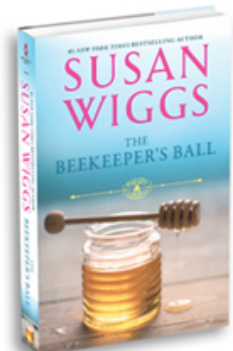
1 cup all-purpose flour
1/4 teaspoon black pepper
1 free range, organic chicken, cut into 8 pieces

Sauce:

4 tablespoons (1/4 cup) butter
1/4 cup lemon juice
2 teaspoons salt
2 teaspoons paprika
1/2 cup butter
1/4 cup honey

Make a buttermilk brine for the chicken by combining the buttermilk, salt and pepper in a large resealable plastic bag. Add chicken pieces and chill overnight. Drain before using.

Preheat oven to 400 degrees F. Combine flour, salt, pepper and paprika in a bag and shake each chicken piece to coat it in the flour mixture.



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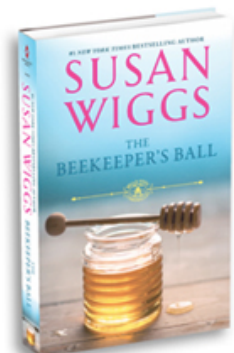
Melt a stick of butter in a big ovenproof skillet. Over medium heat, add chicken pieces in a single layer, turning chicken to coat with butter.

Bake skin-side down for thirty minutes.

Melt remaining butter in a small pan and whisk in the honey and lemon.

Turn the chicken pieces, pour on the honey butter sauce, and bake an additional 20 to 30 minutes or until tender. Serve with biscuits and pan juices.

[Source: Adapted from the Mr. Food Test Kitchen]



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Hummingbird Cake



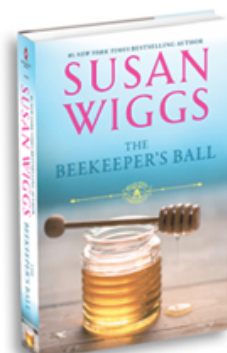
- 3 cups flour
- 2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon table salt
- 1 teaspoon ground cinnamon
- 2 cups diced overripe bananas
- 3 beaten eggs
- 1 cup chopped toasted pecans
- 1 cup vegetable oil
- 2 tablespoons honey
- 1 (8-oz.) can crushed pineapple, undrained

Preheat oven to 350°. Sift together first 5 ingredients in a large bowl; add the remainder of the ingredients, stirring just until dry ingredients are moistened. Pour batter into 4 greased and floured 9-inch square or round cake pans.

Bake for 20 to 25 minutes or until a toothpick inserted in center comes out clean. Cool in pans on wire racks for about 10 minutes; then remove from pans and place the cakes on wire racks, to cool completely.

Browned Butter Frosting

- 1 cup butter
- 1/4 cup milk
- 1 lb. powdered sugar
- 1 tablespoon honey



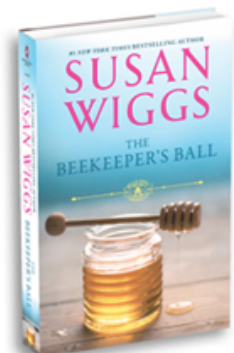
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Melt butter in a heavy saucepan over medium heat, stirring constantly for 8 to 10 minutes or until butter begins to turn golden-brown. Remove pan immediately from heat, and pour butter into a small bowl. Chill for an hour or until butter begins to solidify.

Beat butter with an electric mixer until fluffy, and add sugar alternately with milk. Stir in the honey.

Frost the cake and sprinkle with pecans. Chill for at least 1 hour before serving to make it easier to cut and serve.

[Source: Adapted from a traditional Southern recipe]



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Vincotto



Vincotto (Italian for *cooked wine*) is a tradition dating back to Roman times as a way to preserve wine. Its complex, sweet properties have recently attracted culinary interest as a condiment with many uses.

4-5 cups red wine—Primitivo is a good choice
2/3 cup honey
3 cinnamon sticks
3 whole cloves

Combine everything in a heavy-bottomed saucepan and bring to a boil. Then simmer, stirring occasionally, for about 30 minutes, until the liquid is reduced to about a cup. Once it's cool, remove the cinnamon sticks and cloves, and pour into a jar or cruet. It's delicious drizzled over salads, cooked meats, grilled vegetables or ricotta cheese.

[Source: Traditional]



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The Bella Vista Signature Cocktail



1-1/2 oz. good quality bourbon
1/2 oz. Calvados
A dash of bitters
1 oz. apple cider
1/2 oz. honey syrup*
1 wide slice of orange peel

*To make honey syrup, boil 1/2 cup of water together with a cup of honey until the honey dissolves. Store in a sealed jar.

Measure everything into a cocktail shaker and add a good handful of ice. Shake vigorously and then strain the drink into a clear lowball glass with one large piece of ice. Rub the orange peel around the rim of the glass.

Garnish with an apple slice.

[Source: Original]



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