

MEDOVIK (RUSSIAN HONEY CAKE)

(Source: Aiden Esterline)

For Cake:

¼ cup HONEY
¾ cup granulated sugar
2 tbsps unsalted butter
3 large eggs, at room temp
1 tsp. baking soda
3 cups of unbleached cake flour

For Frosting:

32 oz sour cream
2 cups powdered sugar
1 cup heavy whipping cream

For Cake:

Add sugar, honey, and butter to a medium saucepan and melt over medium-low heat, whisking until the sugar melts, about 5-7 minutes. As soon as sugar is dissolved, remove from heat. While still hot, add beaten eggs in a slow, steady stream while whisking vigorously until all eggs are incorporated to prevent eggs from scrambling. Whisk in the baking soda until no lumps remain, then fold in the flour ½ a cup at a time with a rubber spatula until the dough reaches a clay-like consistency and does not stick to your hands. Cut the dough into 8 equal pieces and move to the next step right away to ensure dough rolls out easily. On a well-floured surface, roll each piece of dough into a thin 9" circle, about ⅛" thick. Dust the top with a little flour to keep it from sticking to the rolling pin. Place a 9" base or plate from a springform mold over your dough and trace it with a pizza cutter to get a perfect circle. Save the scraps for later. Transfer the dough to a large sheet of parchment paper and bake 2 at a time at 350°F for 4-5 minutes or until golden. Transfer to a wire rack and let cool before stacking. Repeat with the remaining layers. Lightly bake the scraps on a sheet of parchment paper. Once baked, cooled, and firm, crush the scraps with a rolling pin or pulse in a food processor until you have fine crumbs.

For Frosting:

Beat heavy cream until fluffy with stiff peaks formed, or 1-2 minutes. In a separate bowl, whisk together sour cream and powdered sugar. Fold the whipped cream into the sour cream until incorporated. Refrigerate until ready to use.

Assembling the cake:

Spread about ⅓ cup of frosting on each cake layer. Do not skimp because the cake needs to absorb some of it to become ultra soft. Gently press the cake layers down as you stack them on top of each other to prevent air gaps between the layers. Frost the top and sides with remaining frosting. Dust the top and sides of the cake with the crumbs from the scraps, then cover with plastic wrap and let sit overnight. The cake needs time to absorb some of the cream and soften, so be patient! It gets better with time.

Featured Recipe from
Honey Princess
Lainey Bell

American Honey Queen

Kaelyn Sumner is the daughter of Robert and Traci Sumner of Cecil, Wisconsin. She is a senior at Kansas State University majoring in Agricultural Education with minors in Food Science and Entomology. Kaelyn's interest in beekeeping began in FFA, where she has been nationally recognized for her specialty animal production project and her agriscience fair research. In her spare time, she enjoys crocheting, beadwork, spending time outdoors, baking, and learning more about honeybees.

American Honey Princess

Lainey Bell is the daughter of Cindy and Chad Bell of Winslow, Maine. She is a freshman at the University of Southern Maine, where she studies political science and is part of the accelerated pathway program with the Maine School of Law. She is a goalie for the University of Southern Maine field hockey team. Lainey became interested in beekeeping when she began working at a local honey farm at the age of 15. In her free time, she enjoys researching and reading about politics, watching football, lifting weights, and spending time with her family and dog.

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2024 Honey Recipes

from

American Honey Queen
Kaelyn Sumner

&

American Honey Princess
Lainey Bell



HONEY COCONUT LATTE

(Source: russellhobbs.com)

½ cup whole milk
1 ½ tsp. coconut extract
2 ½ T. HONEY
1 cup brewed coffee

Pour milk, coconut extract and honey into a milk frother and press button to froth. (If you do not have a milk frother, add the milk, coconut and honey to a glass jar with a lid and shake vigorously for 30-45 seconds, until the milk doubles in size. Remove the lid from the jar and place the jar in the microwave. Microwave for 30-40 seconds, until the milk is hot, but the jar is not too hot to pick up.) Pour coffee into two large coffee mugs and slowly pour the milk into the coffee. Top with any extra foam from the flavored steamed milk and a drizzle of honey. Serves 2.

PEANUT BUTTER PANCAKES

(Source: siouxhoney.com)

¼ cup HONEY
2 cups all-purpose flour
1 T. baking powder
¼ tsp. salt
¾ cup creamy peanut butter
2 T. vegetable oil
2 eggs
2 cups milk + 2 T.

Preheat oven to 400 degrees F. Add all ingredients to the container of an electric blender or food processor bowl; process until smooth. Pour batter into a greased 11 X 17-inch baking sheet (be sure to spread evenly) and tap lightly on counter to remove some of the bubbles. Bake for 15 minutes, or until done. Cut with a knife into desired-sized servings.

WHIPPED HONEY CREAM CHEESE SPREAD

(Source: Tami Kuehl, Cook & Beals, Inc.)

1 (8-oz.) block cream cheese, softened
2 T. HONEY (of desired flavor)

Don't buy whipped cream cheese in your local market, make your own. Add cream cheese and honey to a mixing bowl; beat for 10 minutes, scraping down sides if necessary. Store in a resealable container in refrigerator. Spread on bagels, toast, or use as a fruit or vegetable dip. Recipe can easily be doubled.

SPINACH SALAD WITH HONEY MUSTARD DRESSING

(Source: National Honey Board)

For Dressing:

3 T. HONEY
3 T. balsamic vinegar
1 T. Dijon mustard
1 clove garlic
6 T. olive oil
¾ tsp. salt
¼ tsp. ground pepper

For Salad:

1 cup grape tomato, halved
⅔ cup cucumber, cubed
4 oz. grilled chicken breast, sliced
½ cup jarred roasted red pepper, diced
2 cups baby spinach, torn into bite-sized pieces

Add all dressing ingredients into a blender and mix, or add ingredients to a bowl and use an immersion blender to make dressing. Set aside. In (2) pint-sized mason jars, build salad by adding 1 ½ T. honey mustard dressing to each jar, and divide remaining salad ingredients between jars. Close lid to jar and store up to 3 days. When ready to eat, unscrew lid, shake out all ingredients into a bowl and enjoy.

CREAMY CARROT LENTIL SOUP

(Source: Kaelyn Sumner)

4 T. butter or olive oil
1 large white onion, diced
3 cloves garlic, sliced
1 T. ginger paste (or fresh grated)
1 lb. carrots, peeled + diced
1 ½ lbs. sweet potatoes, peeled + diced
1 cup red lentils, rinsed
8 cups low-sodium chicken (or vegetable) broth
1 apple (Fuji or Honeycrisp)
2 T. HONEY

In a pot, melt butter (or olive oil) on medium. Add the onions and sauté until translucent – about 4 minutes. Stir in garlic and ginger for 30 seconds. Add carrots and sweet potatoes; toss to coat. Add rinsed lentils, broth, and salt to taste; raise heat and bring to a boil. Once boiling, lower heat to a simmer and cover the pot for 20-25 minutes (until the potatoes are fork tender). Add apple and honey and proceed to use a hand emersion blender to puree the soup. If you don't have a hand immersion blender, simply use a food processor or regular blender to puree the soup in batches. Garnish with more honey, paprika, parsley, and cayenne if using.



HONEY JOES

(Source: National Honey Board)

¼ cup onions, chopped
¼ cup celery, chopped
¼ cup carrots, grated
2 T. vegetable oil
1 lb. ground turkey or beef
½ cup tomato paste
¼ cup HONEY
3 T. water
1 T. vinegar
2 tsp. Worcestershire sauce
1 ½ tsp. chili powder
4 hamburger buns

In a large pan over medium heat, sauté onions, celery, and carrots in oil until soft. Stir in turkey; cook 5 minutes, stirring until turkey is browned and crumbly. Stir in remaining ingredients and simmer 3 to 5 minutes. Season with salt and pepper. Divide mixture among hamburger buns and serve.

Did you know...?

The color, flavor, and even aroma of honey differs, depending on the nectar of flowers gathered by the bees that made it. There are more than 300 unique types of honey available in the U.S. alone, each originating from a different floral source. Honey shades range from nearly colorless to dark brown, while flavors go from subtle to bold. The aroma of honey may be reminiscent of the flower. Generally, the flavor of lighter-colored honey is milder, while darker-colored honey is stronger. In addition to being an amazing natural sweetener, honey is a wholesome sore-throat soother and a natural energy booster. Research has also shown that honey contains a range of vitamins, minerals, amino acids, and antioxidants.

Honey Tips & Tricks

To substitute honey for granulated sugar, begin by substituting honey for up to half the sugar in the recipe. For baked goods, reduce the oven temperature by 25 degrees to prevent over-browning; reduce any liquid by ¼ cup for each cup of honey used; and add ½ teaspoon baking soda for each cup of honey used. All honey will naturally crystallize. Store honey at room temperature. If it becomes crystallized, place the jar in a warm water bath and stir until the crystals dissolve. Be careful not to boil or scorch the honey.