

Pol Shields - Ingredients for CBK – Cooking with Honey

Sticky honey Asian Chicken – perfect for the BBQ

MARINADE (and then thicken to glaze as chicken cooks)

Skinless chicken thighs, wings whatever you fancy

3-4 tbsp Soy sauce

3-4 tbsp Honey

3-4 tbsp sesame oil

1 tsp cumin

1 tsp garam masala

Red chillies to taste

2 garlic cloves

1-inch fresh ginger, grated

Grilled peach, Stilton and honey bruschetta

Sour dough loaf

Olive oil for toasting the bread

2 or 3 ripe but firm peaches, gently grilled with honey

Honey

Stilton

Breast of Duck with spiced honey butternut squash

2 Duck Fillets

1/2 Butternut Squash peeled and diced

1 tsp cumin

1 tsp garam masala

2-3 cloves garlic chopped

Olive oil

2-4 tbsp Honey

Seasoning

Sesame and date cheesecake with figs and honey

CHEESECAKE FILLING

300g cream cheese
200g thick Greek-style yoghurt
2 tbs cornflour
4 eggs
200g pure icing sugar
2 tbs peanut butter 6 figs, halved
100g honey
50g pecan nuts, roasted, chopped

SESAME BASE

60g caster sugar
60g unsalted butter, softened
75g sesame seeds
4 tbs plain flour
1/2 tsp baking powder
1 egg

DATE COMPOTE

100g pitted medjool dates
50g Pecan Nuts toasted, ground to a fine powder

Honey and rhubarb ice cream

2-4 stalks Rhubarb chopped and washed
4 egg yolks
4 tbsp floral Honey
500ml Crème Fraiche