

## 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

1tsp 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

1tsp cumin

1tsp 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 Fraîche