

GOLDFIELDS

Pure Honey



GOLDFIELDS HONEY

All our honey varieties are pure and cold extracted and are handled with the greatest of care, from the hive to you, the customer.

Quick ideas:

- Honey cream sauce with stone fruits or berries. Place $\frac{1}{2}$ cup of honey in a saucepan and add the seeds from a vanilla pod. Warm through gently and mix in $\frac{1}{2}$ a cup of cream. Serve warm over cold fruit.
- Honey yoghurt dressing. Mix 2 teaspoons of honey into Greek style plain yoghurt together with 1 teaspoon of freshly grated ginger, zest of 1 lime or lemon. This is a base to which you can add $\frac{1}{2}$ cup of chopped fresh coriander or basil or a $\frac{1}{4}$ cup of sliced fresh mint. The dressing is excellent with fish, chicken or just as a change with salads.

Honey Pork Roast

Ingredients:

1.5kg boned leg of pork, pepper

Marinade:

$\frac{3}{4}$ cup of honey

3 tablespoons medium dry sherry

6 tablespoons light soy sauce

3 tablespoons hoisin sauce

DIRECTIONS:

1. Remove the rind from pork, lay out flat, cut into 4 equal size strips, slash each 3 or 4 times diagonally and season with pepper.
2. Combine marinade ingredients, pour over pork, cover and refrigerate overnight.
3. Place meat on a rack in a baking dish 3cm filled with water and bake 190 degrees C for 1 $\frac{1}{4}$ hours. Brushing occasionally with marinade.
4. Serve hot or cold SERVES 4

Apple Sauce

Ingredients:

6 green apples, $\frac{1}{2}$ cup honey, $\frac{1}{2}$ cup water, juice half lemon, 3 cloves

METHOD:

Peel, core and quarter apples. Place honey, water, lemon juice and cloves in a saucepan. Bring to the boil. Add apples and place lid on saucepan. Simmer gently until apples are cooked. Remove cloves. Serve with pork or poultry. Makes approximately 2 cups.