



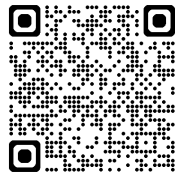
Culinary Institute of America

NATIONAL HONEY BOARD SUMMIT 2024



The Culinary Institute of America at Copia, Napa, CA

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The Culinary Institute of America

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in blue ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

National Honey Board Summit 2024

Monday, July 22, 2024

Start Time	End Time	Topic	Group/ Faculty / Staff	Location
4:00pm	5:00pm	Welcome - CIA Program Overview, Honey Board Representative Presentation, Beekeeper Presentation	All Participants	Napa Valley Vintners Theater
4:00	4:15	Welcome From The National Honey Board	National Honey Board CEO, Margaret Lombard	Napa Valley Vintners Theater
4:15	4:30	Introductions	All Participants	Napa Valley Vintners Theater
4:30	5:00	CIA Program Overview	CIA Staff	Napa Valley Vintners Theater
5:00	5:30	Honeybee Expert Talk	Danielle Downey, Project Apis m.	Napa Valley Vintners Theater
5:30	6:15	Pollinator Garden Tour <i>Featuring cocktail/mocktail & amuse from CIA</i>	All Participants Menu Descriptions: Chef Hayley Drake	CIA Pollinator Garden
6:30	8:30	Dinner	All Participants	Compline

Tuesday, July 23, 2024

Start Time	End Time	Topic	Group/ Faculty / Staff	Location
9:00 AM	9:30 AM	Breakfast provided by Honey Board	All Participants	Napa Valley Vintners Theater
9:30	10:00 AM	Datassential Annual Report: Honey on the Menu <i>How Honey is Showing Up at Foodservice</i>	Amy Shipley	Napa Valley Vintners Theater
10:00 AM	10:45 AM	Honey Tasting & Honey Infusion Demo	Chef Hayley Drake	Napa Valley Vintners Theater
10:45 AM	12:45 PM	Hands-on Kitchen Activity - Where can we celebrate honey in sweet and savory recipes - Honey infusion assignment for each team	All Participants	Hestan Teaching Kitchen Red
12:45 PM	2:15 PM	Lunch from Production & Production Review and Feedback	All Participants	Hestan Teaching Kitchen Red
2:30 PM	3:30 PM	Innovation Process Presentation / Discuss Day 2 Market Basket Activity	All Participants	Napa Valley Vintners Theater
3:30 PM		Depart CIA		

National Honey Board Summit 2024

Wednesday, July 24, 2024

Start Time	End Time	Topic	Group/ Faculty / Staff	Location
8:30 AM	9:30 AM	Finalize Market Basket Plan	All Participants	Napa Valley Vintners Theater
9:30 AM	12:00 PM	Hands-on Kitchen Activity - Have the chefs make dishes they would make in their own operations	All Participants	Hestan Teaching Kitchen Red
12:00 PM	1:00 PM	Lunch from Production	All Participants	Hestan Teaching Kitchen Red
1:00 PM	2:00 PM	Closing Conversation, Feedback on Kitchen Activities	All Participants	Napa Valley Vintners Theater
2:00 PM		Departure		

TUESDAY, JULY 23

KITCHEN PRODUCTION ASSIGNMENTS

CHEF DEMO:

Honey Infusion
(All teams will create their own custom honey infusion)

TEAM ONE:

Huli Huli Chicken
Cauliflower Soup with Whole Grain Crostini and Savory Nut Pâté
Grilled Peppered Pineapple with Tequila and Orange Sauce
Honey Brioche Buns

TEAM TWO:

Balsamic Vinegar Roasted Pumpkin Risotto
with Pistachios and Za'atar Pumpkin Seeds
Honey and Cumin Roasted Carrots with Whipped Ricotta
Honey and Garlic Confit with Baked "Chèvre"
Vanilla Cake with Honey Buttercream

TEAM THREE:

Seared Tuna and Roasted Mushroom Salad
with Lemongrass, Herbs, And Chili Lime Dressing
Asian-Inspired Chop Salad with Ginger SunButter Dressing
Honey Fig Pastry
Honey Oat Cinnamon Swirl Bread

TEAM FOUR:

Grilled Pork Chops with Honey and Thyme
Roasted Parsnips with Lavender Honey
Lemon-Scented Greek Yogurt Panna Cotta with Raspberry Crumble
Honey Spice Cake with Cream Cheese Honey Frosting

HULI HULI CHICKEN

Yield: 12 portions

Ingredients	Preparation	Amounts
Ketchup		2/3 cup
Soy sauce		2/3 cup
Wine, sherry		1/3 cup
Honey		2/3 cup
Oil, sesame		1/6 cup
Ginger, fresh	peeled, crushed	1 1/3 wt. oz.
Worcestershire sauce		2 1/2 Tbsp.
Sriracha sauce		1 1/2 Tbsp.
Lime, juiced		1 ea.
Chicken, fryer, whole		2 ea.

Method

1. For the marinade, in a large mixing bowl, combine the ketchup, brown sugar, soy sauce, sherry, honey, sesame oil, ginger, Worcestershire sauce, Sriracha sauce, and lime juice.
2. Cut the chickens in half (see chef demo).
3. Marinate the chickens for at least 1 hour before grilling.
4. Preheat the grill.
5. Grill the marinated chicken to an internal temperature of at least 165°F.
6. Cut the chicken into portions. Serve hot.

CAULIFLOWER SOUP WITH WHOLE GRAIN CROSTINI AND SAVORY NUT PÂTÉ

Yield: 8 portions

Ingredients	Preparation	Amounts
Oil, olive, pure		3 Tbsp.
Garlic, clove		2 ea.
Onion, red	sliced	1/2 ea.
Sage, leaves, fresh	chopped	1 Tbsp.
Pecans	toasted	1 cup
Stock, vegetable		1/2 cup
Yeast, nutritional, flakes		1 Tbsp.
Miso, paste		2 Tbsp.
Honey		1 tsp.
Vinegar, balsamic		1/2 tsp.
Nutmeg, grated		1/8 tsp.
Salt, kosher		1/4 tsp.
Pepper, black, ground		1/8 tsp.
Oil, olive, pure		2 Tbsp.
Onion, white	medium, chopped	2 ea.
Cauliflower, head	cut into stems and florets	2 ea.
Milk, soy, unsweetened		6 cups
Salt, kosher		2 tsp.
Pepper, black, ground		to taste
Lemon, juice		to taste
Bread, crostini, whole grain		as needed

Method

- For the savory nut pâté, heat the olive oil in a medium sauté pan. Add the garlic, onions, and sage and cook until the onions are soft and caramelized.
- Add the pecans, stock, yeast, miso, honey, vinegar, nutmeg, salt, and pepper. Simmer until the pecans are softened, 5 to 8 minutes. Add additional stock as needed to prevent burning. Remove from the heat and cool.
- Place the mixture in a blender and process until smooth. Stop the blender periodically and use a rubber spatula to scrape the contents down for even blending. Adjust the seasonings to taste. Store the pâté in an airtight container in the refrigerator until ready to use.
- Blanch the cauliflower florets and reserve.
- Heat the oil in a large Dutch oven over medium high heat. Add the onions and sauté until lightly caramelized and softened.

6. Add the cauliflower stems, cover, and sweat until the stems are soft.
7. Add the soy milk, salt, and pepper and simmer, covered, for 15 minutes, stirring occasionally. Uncover and cook for an additional 10 minutes.
8. Process the soup in a blender until smooth. Return the soup to the Dutch oven and add the lemon juice. Adjust the seasoning to taste.
9. Ladle the soup into warmed bowls. Garnish each bowl with the blanched cauliflower florets and a crostini on top. Serve with the savory nut pâté.

GRILLED PEPPERED PINEAPPLE WITH TEQUILA AND ORANGE SAUCE

Yield: 6 portions

Ingredients	Preparation	Amounts
Pineapple		1 ea.
Peppercorns, green	minced	1 1/2 tsp.
Honey		1/4 cup
Orange, juice		1 1/2 cups
Tequila, light		1/2 cup
Peppercorns, green	minced	1/2 tsp.
Ice cream, vanilla		1 pt.

Method

1. Preheat the grill.
2. Remove the top and bottom from the pineapple. Slice off the skin and remove all the eyes. Remove the core with a round cutter. Slice the pineapple into 1/2 to 3/4-inch thick slices.
3. Evenly distribute the minced green peppercorns on both sides of the pineapple slices.
4. In a saucepot, combine the honey, orange juice, tequila, and green peppercorns and cook until the liquid has reduced by three-quarters. The sauce will appear slightly thick. Reserve and keep warm.
5. Grill the pineapples over high heat on both sides until they are warm and well caramelized.
6. Place the grilled pineapple slices on a plate and drizzle with 1 tablespoon of the warm sauce. Cover the hole in the pineapple with a scoop of ice cream. Serve immediately.

HONEY BRIOCHE BUNS

Yield: 6 buns

Ingredients	Preparation	Amounts
Milk, warm		305 g
Yeast, instant (rapid rise)		30 g
Honey		30 g
Butter, unsalted		76 g
Egg, whole		2 ea.
Salt, kosher		2 g
Flour, all-purpose		438 g
Butter, unsalted		3 Tbsp.
Honey		2 Tbsp.

Method

1. Preheat oven to 425°F.
2. In a pot, combine the warm milk, yeast, honey, and butter until the butter melts.
3. Place the butter mixture in the bowl of a mixer, add the egg, and mix.
4. Add the salt and then the flour. (You are looking for a sticky dough that will stretch without breaking.)
5. Place the butter and honey in a pot and melt over low heat until combined.
6. Brush the mixture over the buns. Cover the buns with oiled plastic and let them rise for 10 minutes.
7. Bake the buns in the preheated oven for 10 to 12 minutes.

BALSAMIC VINEGAR ROASTED PUMPKIN RISOTTO WITH PISTACHIOS & ZA'ATAR PUMPKIN SEEDS

Yield: 6 portions

Ingredients	Preparation	Amounts
Vinegar, balsamic, Modena		½ cup
Honey		½ cup
Vinegar, balsamic, Modena		½ wt. oz.
Oil, olive, extra-virgin		½ wt. oz.
Thyme, leaves, fresh	roughly chopped	1 Tbsp.
Salt, kosher		½ tsp.
Pepper, black, ground		¼ tsp.
Squash, butternut	small cubes	12 wt. oz.
Stock, vegetable	simmering	3 ½ cups
Oil, olive, pure		2 Tbsp.
Garlic	finely minced	1 Tbsp.
Shallot	finely minced	3 Tbsp.
Thyme, leaves, fresh	finely minced	1 Tbsp.
Rice, Arborio		1 cup
Kale	finely shredded	2 wt. oz.
Butter, unsalted	optional-cubed and at room temperature	2 Tbsp.
Cheese, Parmesan	grated	2 wt. oz.
Lemon, juice		1 tsp.
Salt, kosher		to taste
Pepper, black, ground		to taste
Pistachios, shelled	lightly toasted	¼ cup
Pumpkin seeds	lightly toasted	¼ cup
Za'atar		1 Tbsp.

Method

1. Preheat oven to 400°F.
2. For the marinade, in a small pot, place the balsamic vinegar and honey and heat to a boil. Boil for 3 minutes. Turn off the heat and allow it to cool. Set it aside.
3. In a medium bowl, mix the balsamic vinegar, olive oil, thyme, salt, and pepper. Toss the cubed squash in the marinade to coat.

4. Line a small sheet pan with tin foil. Place the squash on the sheet pan and roast in the preheated oven until the squash is a deep golden brown, 20 to 30 minutes.
5. In a saucepan, bring the vegetable stock to a simmer.
6. In a large, heavy-bottomed saucepan, heat the olive oil. Add the garlic, shallot and thyme and sauté until aromatic and translucent.
7. Add the rice and sauté until the rice grains are well coated and hot, about 2 minutes.
8. Add the heated stock to the rice, one ladle at a time, stirring constantly and only adding more stock only when it has been completely absorbed. Continue to add stock incrementally, stirring constantly, until the stock stops being easily absorbed, and the rice is tender. You may not need all 3 ½ cups of the stock.
9. Fold in the roasted squash, any juices from the pan, and the kale. Stir gently until the greens are wilted, about 2 minutes.
10. Swirl the butter into the risotto for additional richness. Fold in the Parmesan cheese. Add a squeeze of lemon. Season with salt and pepper to taste.
11. Spoon into warm bowls, drizzle with reserved glaze, and garnish with the pistachios, pine nuts and za'atar.

HONEY AND CUMIN ROASTED CARROTS WITH WHIPPED RICOTTA

Yield: 6 portions

Ingredients	Preparation	Amounts
Carrot, baby	halved	2 ½ lb.
Cumin seed	toasted	2 Tbsp.
Honey		½ cup
Oil, olive, pure		¼ cup
Salt, kosher		to taste
Pepper, black, cracked		to taste
Vinegar, red wine		1 tsp.
Farro	cooked, warm, (Recipe follows)	3 cups
Oil, olive, pure		2 Tbsp.
Scallion	sliced, tops reserved	½ cup
Pistachios, pieces	toasted	¼ cup
Cheese, ricotta, whole milk		1 ½ cups
Oil, olive, pure		1 Tbsp.
Nutmeg, whole	grated	1 tsp.
Salt, kosher		to taste
Pepper, black, cracked		to taste

Method

1. Preheat oven to 375°F.
2. In a large bowl, toss the carrots, cumin, honey, olive oil, salt, and pepper.
3. Lay the cut side down on a sheet tray and roast until browned and tender, about 15 minutes. Reserve any juices that collect.
4. Combine the roasted carrots with the vinegar.
5. In a large bowl, toss the cooked farro, olive oil, scallion, and toasted pistachios.
6. For the whipped ricotta, combine the ricotta, olive oil, nutmeg, salt, and pepper in a mixing bowl with whip attachment. Whip until the mixture is light and fluffy.
7. On a serving platter, mound the farro salad in the center and arrange the carrots over the salad. Top with dollops of whipped ricotta. Drizzle the roasting juices over the ricotta.
8. Garnish with the reserved scallion tops, sliced on bias.

HONEY AND GARLIC CONFIT WITH BAKED "CHÈVRE"

Yield: 6 portions

Ingredients	Preparation	Amounts
Garlic	peeled	12 wt. oz.
Honey		2 wt. oz.
Oil, olive, extra-virgin		8 wt. oz.
Cream cheese spread, vegan		8 wt. oz.
Cheese, Parmesan, vegan		3 Tbsp.
Thyme, fresh	minced	1 Tbsp.
Garlic	roasted	1 Tbsp.
Yeast, nutritional		1 tsp.
Pepper, black, ground		to taste
Avocado, spread		3 wt. oz.
Nuts	chopped	¼ cup

Method

1. Preheat oven to 300°F.
2. For the confit garlic, in a small rondeau, combine the garlic, honey, and olive oil. Cover and cook in the preheated oven until the garlic is tender, about 1 hour.
3. Preheat oven to 350°F.
4. In a mixing bowl, combine the cream cheese, Parmesan, thyme, garlic, yeast, pepper, avocado spread, and 4 cloves of confit garlic with 1 or 2 ounces of the honey oil mixture. Mix well.
5. Place the chèvre mixture in small crocks, top with the nuts, and cook in the preheated oven until the dip is warm.
6. Pulse in a food processor until mixed well and finely chopped.

VANILLA CAKE WITH HONEY BUTTERCREAM

Yield: one 9-inch, 3-layer cake

Ingredients	Preparation	Amounts
Egg, large, whites		6 ea.
Honey		1 cup
Butter, unsalted	melted	6 Tbsp.
Flour, kamut		1 cup
Flour, einkorn		1 cup
Salt, kosher		¼ tsp.
Baking powder		2 tsp.
Water		½ cup
Vanilla extract		4 tsp.
Honey Buttercream	(Recipe follows)	2 ¾ cups

Method

1. Preheat oven to 325°F. Grease three 9-inch cake pans and line them with circles of cut-out greased and floured parchment paper.
2. In the bowl of a stand mixer fitted with the paddle attachment, beat the egg whites and honey on medium speed until foamy.
3. Add the melted butter and beat for 3 minutes.
4. In a medium bowl, sift together the flours, salt, and baking powder. Gradually add the dry ingredients to the stand mixer and mix on the lowest speed until moistened. Then turn the mixer up to medium speed and beat, adding the water and vanilla. The batter should be thin and creamy.
5. Pour the batter into the prepared pans. Bake until a wooden toothpick inserted into the center of the cake comes out clean, 20 to 25 minutes. Remove the pans to wire racks to cool for 10 minutes.
6. Turn the cakes out of the pans onto the racks to continue cooling for 3 hours.
7. Place one cake layer on a cake platter and spread the honey buttercream on top, leaving a 1-inch border. Repeat with the remaining layers.

Source: *Honey and Oats*, by Jennifer Katzinger, p. 135.

HONEY BUTTERCREAM

Yield: 2 ¾ cups

Ingredients	Preparation	Amounts
Honey		¾ cup
Egg, whites		½ cup
Butter, unsalted	room temperature	1 ½ cups
Vanilla extract		1 tsp.
Salt, kosher		1 pinch

Method

1. In the bowl of a stand mixer, combine the honey and egg whites.
2. Put 1 inch of water in the bottom of a double boiler or a saucepan and bring to a gentle simmer over medium heat. Place the bowl over the simmering water and stir the mixture with a rubber spatula, until melted, hot (140°F), and thin.
3. Place the bowl on the stand mixer fitted with the whisk attachment and beat on medium-high speed, until the mixture is light, fluffy, glossy, and the bowl feels at just about room temperature. (If the egg whites are not cooled off sufficiently, the butter will melt when you add it.)
4. Turn the mixer speed to medium, add the butter, 2 Tbsp at a time, and beat until incorporated. Once you have finished adding the butter and it has mixed for about 1 minute, the buttercream will be creamy and glossy looking again.
5. Add the vanilla and salt and mix on low speed until well blended.
6. The honey buttercream can be used right away or covered and refrigerated for 7 days or frozen for up to a month.

SEARED TUNA AND ROASTED MUSHROOM SALAD WITH LEMONGRASS, HERBS, AND CHILI LIME DRESSING

Yield: 6 portions

Ingredients	Preparation	Amounts
Mushroom, oyster		3 cups
Mushroom, hen-of-the-woods (Maitake)		3 cups
Lemongrass, stalk	½-in. thick, smashed	1 ea.
Ginger, fresh	minced	3 Tbsp.
Garlic	minced	3 Tbsp.
Salt, kosher		1 ½ Tbsp.
Oil, olive, pure		as needed
Soy sauce		3 Tbsp.
Lime, juice, fresh		5 ½ Tbsp.
Honey		4 ½ Tbsp.
Celery	chopped	½ cup
Onion, red	thinly sliced	½ cup
Carrot	julienned	½ cup
Lemongrass	minced	1 Tbsp.
Mint, leaves, fresh		15 ea.
Tuna, sushi grade		1 ½ lb.
Togarashi		
Basil, leaf, fresh	chiffonade	6 ea.
Mint, leaf, fresh	chiffonade	6 ea.

Method

1. Preheat oven to 400°F.
2. Combine the mushrooms, lemongrass, ginger, garlic, and salt. Add enough olive oil to coat and mix well.
3. Roast in the preheated oven until cooked and lightly browned on the edges, about 20 minutes.
4. Discard the lemongrass. Allow the mixture to cool.
5. For the dressing, combine the soy sauce, lime juice, and honey and mix well.
6. Dress the roasted mushrooms and the celery, onion, carrot, lemongrass, and mint with the dressing. Adjust the seasoning to taste.
7. For the tuna, coat the tuna in the togarashi spice and sear on all sides, keeping the tuna raw in the center. Slice on the bias.

8. On a room-temperature platter, place the mushroom salad down the middle of the platter. Top with sliced tuna and garnish with the basil and mint.



ASIAN-INSPIRED CHOP SALAD WITH GINGER SUNBUTTER DRESSING

Yield: 6 portions

Ingredients	Preparation	Amounts
Oil, canola		1 cup
Vinegar, rice, unseasoned		½ cup
Lime, juice, fresh		½ cup
Honey		½ cup
SunButter, no sugar added		¾ cup
Soy sauce, low sodium		¼ cup
Ginger, fresh	finely chopped	¼ cup
Sriracha sauce		2 ½ Tbsp.
Garlic, fresh	minced	2 ½ Tbsp.
Lettuce, iceberg	chopped	5 cups
Cilantro, fresh	coarsely chopped	2 cups
Cabbage, red	shredded	2 ¼ cups
Scallion	sliced on a bias 1/8 inch	1 ¾ cups
Cucumber, with peel	thinly sliced	¼ cup
Pepper, bell, red	julienned	¼ cup
Carrot	peeled, grated	¼ cup
Edamame, frozen, defrosted	prepared	¼ cup
Sunflower seeds	toasted	2 Tbsp.
Wonton strips, whole grain		3 oz.

Method

1. For the dressing, blend the canola oil, rice vinegar, lime juice, honey, SunButter, soy sauce, ginger, Sriracha, and garlic in a blender until smooth. Cover and refrigerate until ready to use.
2. For the lettuce mix, combine the lettuce and cilantro.
3. Portion the salad into individual serving bowls in the following order: 1 cup lettuce mix, 1/4 cup + 2 tablespoons cabbage, 1/4 cup + 1 tablespoon scallions, 2 tablespoons cucumber, 2 tablespoons bell pepper, 2 tablespoons carrot, 2 tablespoons edamame, 1 teaspoon sunflower seeds, 1/2-ounce wonton strips.
4. Serve with 2 tablespoons of salad dressing per portion.

HONEY FIG PASTRY

Yield: 12 portions

Ingredients	Preparation	Amounts
Fig, mission, dried	coarsely chopped	16 ea.
Honey		1/3 cup
Butter, unsalted		2 Tbsp.
Lemon, zest		1/8 tsp.
Cinnamon, dried, ground		1/2 tsp.
Water		1/3 cup
Mint, fresh	very finely chopped	1/4 tsp.
Puff pastry, sheet	thawed	1 ea.
Egg, whole	separated	1 ea.
Water		1/2 tsp.
Sugar, granulated		2 Tbsp.

Method

1. Preheat oven to 400°F.
2. In a saucepan over medium heat, place the figs, honey, butter, lemon zest, cinnamon, and water. Cook until the figs are soft, 5 to 7 minutes. Remove the pan from the heat and cool to room temperature.
3. Mash the cooled mixture with a fork. Add the mint.
4. While the puff pastry is still cool, roll it out to a 15-inch by 21-inch rectangle. Cut the pastry into 3-inch by 3-inch squares.
5. Place 1 pastry square on a flat work surface. Brush the egg white inside the pastry edges. Reserve the remaining egg white.
6. Place 1 rounded teaspoon of filling into the center of the dough square.
7. Fold the dough diagonally to make a triangle. Crimp the edges with a fork to seal the pastry. Transfer the pastry triangle to a parchment-lined sheet pan.
8. Repeat the steps until all the pastry has been filled.
9. Mix the remaining egg white with the yolk and the water. Brush the tops of the pastry and sprinkle sugar over it.
10. Bake the pastry in the preheated oven until golden brown, 20 to 30 minutes.

HONEY OAT CINNAMON SWIRL BREAD

Yield: 1 loaf

Ingredients	Preparation	Amounts
<i>Sponge</i>		
Milk, whole		128 g
Flour, bread		151 g
Yeast, dry		2 g
<i>Cinnamon Smear</i>		
Butter, unsalted		165 g
Sugar, brown, light		158 g
Flour, pastry		22 g
Cinnamon, dried, ground		22 g
Honey		18 g
Egg, whole		69 g
<i>Final Dough</i>		
Milk, whole	cold	71 g
Butter, unsalted		34 g
Honey		23 g
Malt syrup		1 g
Salt, kosher		7 g
Flour, bread		151 g
Butter, unsalted	melted	30 g
Honey		100 g
Oats, old-fashioned		50 g

Method

1. For the sponge, warm the milk in a small saucepan until it reaches 85°F.
2. Mix the warmed milk with the flour and yeast until the mixture is homogenous and smooth.
3. Cover the sponge with plastic wrap and let the sponge bulk ferment in the bowl for 30 minutes.
4. For the cinnamon smear, melt the butter in a small saucepan. Add the brown sugar. Transfer to a small mixer with a paddle attachment and begin to slowly mix on the 1st speed.
5. Add the flour, cinnamon, and honey and mix until the mixture is homogenous. Scrape down the sides.
6. Add the eggs one at a time and mix until homogenous. Place the finished cinnamon smear in the refrigerator to allow it to thicken and cool.
7. For the final dough, combine the milk, butter, honey, malt syrup, salt, and the sponge in a 12-quart mixer with a dough hook.

8. Add the flour on top of the liquid ingredients and mix on low speed until the mixture is homogenous, about 4 minutes.
9. Turn the mixer to high speed and mix the dough until it has reached an intense gluten structure, about 6 minutes.
10. Place the dough in an oiled bowl to bulk ferment for 15 minutes.
11. Preheat oven to 360°F.
12. Divide the dough into a 20-ounce piece and pre-shape into a tight round. Allow it to rest, covered, for 10 minutes.
13. Roll the dough out on a lightly floured surface into a large, ¼-inch-thick rectangle.
14. Spread the already made cinnamon smear on the rolled-out dough with an offset spatula until the entire surface is covered in a thin layer.
15. Roll the dough up tightly so that it is about 3 inches in diameter.
16. Place the loaf into a well-greased small loaf pan and allow it to proof for 30 minutes.
17. Bake in the preheated oven until golden brown, about 30 minutes. Remove the loaf from the pans.
18. In a small sauce pot, bring the honey to a boil. Brush the top of the loaf with the heated honey. Lightly coat the sticky top of the loaf with old fashioned oats.
19. Let the bread cool and the honey set before slicing.

GRILLED PORK CHOPS WITH HONEY AND THYME

Yield: 6 portions

Ingredients	Preparation	Amounts
Pork, chop, 6 oz.		6 ea.
Salt, kosher		as needed
Pepper, black, ground		as needed
Oil, vegetable		1 fl. oz.
Shallots	minced	2 Tbsp.
Garlic	minced	1 tsp.
Tomato paste		4 tsp.
Mustard, Dijon		4 tsp.
Vinegar, red wine		4 fl. oz.
Honey		4 fl. oz.
Thyme, leaves	minced	2 tsp.
Peppercorns, black	cracked	1 1/4 tsp.
Stock, veal, brown		1 pt.
Cornstarch		as needed

Method

1. Season the pork with salt and pepper.
2. Heat the oil in a saucepan. Add the shallots and garlic and cook until translucent.
3. Add the tomato paste and cook until it takes on a dark rust color.
4. Add the mustard and deglaze with the red wine vinegar.
5. Add the honey, thyme, and peppercorns and reduce to a maple syrup-like consistency.
6. Preheat the grill to medium-high heat. Grill the pork to an internal temperature of 145°F, brushing glaze over it occasionally as it cooks. Be careful not to burn the glaze. Remove the pork from the grill, tent it, and let it rest.
7. To prepare the sauce, combine the remaining glaze with the brown veal stock and reduce to nappé. Thicken with cornstarch slurry as needed.
8. Serve the pork chops with the sauce.

ROASTED PARSNIPS WITH LAVENDER HONEY

Yield: 6 portions

Ingredients	Preparation	Amounts
Honey, clover		2 Tbsp.
Lavender, blossoms, dried		4 ea.
Parsnip, medium	peeled, cut 2-in. long, 1-in. thick	6 ea.
Oil, olive, pure		3 Tbsp.
Thyme, leaves, fresh		1 tsp.
Salt, kosher		to taste
Pepper, black, ground		to taste
Thyme, sprig, fresh		2 ea.

Method

1. Heat the honey in a small saucepan over low heat until it is liquid enough to pour freely. Stir in the lavender and remove from heat. Let it cool overnight.
2. Preheat oven to 375°F.
3. In a large bowl, toss the parsnips with the oil, thyme, salt, and pepper until well coated.
4. Arrange the parsnips evenly in a large, shallow baking pan. Roast in the preheated oven until the parsnips are golden and crispy, about 25 minutes. Remove the parsnips from the oven and transfer to a medium bowl.
5. Heat the lavender honey over low heat until it is liquid enough to pour freely. Strain with a fine sieve into a bowl and discard the lavender.
6. Add the lavender honey to the bowl with the parsnips and toss gently to mix.
7. Serve garnished with thyme sprigs.

LEMON-SCENTED GREEK YOGURT PANNA COTTA WITH RASPBERRY CRUMBLE

Yield: 6 portions

Ingredients	Preparation	Amounts
Milk, whole		1 qt.
Honey		1 cup
Lemon, zest		½ tsp.
Gelatin, envelope		2 ea.
Water		6 Tbsp.
Vanilla extract		2 tsp.
Raspberries	crumbled	¼ cup
Sugar, granulated		½ Tbsp.
Raspberries, whole		¼ cup
Lemon, zest, candied	julienne	as needed
Mint, micro		as needed

Method

1. Sprinkle the gelatin onto the water and let it bloom for 10 minutes.
2. In a saucepan, add the milk, honey, and lemon zest and stir to combine. Bring to a simmer over medium-low heat.
3. Add the vanilla. Strain through a fine-mesh sieve.
4. Melt the bloomed gelatin for 20 seconds in the microwave until it liquifies. Whisk the melted gelatin into the milk mixture. Place the mixture over an ice bath. Stir the mixture until it begins to thicken.
5. Pour the mixture into 5-ounce ramekins. Cool in the refrigerator for about 1 hour.
6. Five to ten minutes prior to serving, place the crumbled raspberries in a bowl and sprinkle with the sugar. Gently mix.
7. Place a layer of raspberry crumbles on top of the panna cotta. Garnish with whole raspberries, candied lemon zest, and micro mint.

HONEY SPICE CAKE WITH CREAM CHEESE HONEY FROSTING

Yield: One 8-inch, 3-layer cake

Ingredients	Preparation	Amounts
Butter, unsalted		½ cup
Honey		¾ cup
Flour, tapioca		1 cup
Flour, teff		1 cup
Baking powder		2 tsp.
Salt, kosher		½ tsp.
Cinnamon, ground		1 tsp.
Clove, ground		½ tsp.
Nutmeg	grated	¼ tsp.
Egg, large	separated	2 ea.
Milk, whole		½ cup
Nuts	chopped	½ cup
Raisins	chopped (Optional)	½ cup
Cream Cheese Honey Frosting	(Recipe follows)	2 ½ cups

Method

1. Preheat oven to 350°F. Grease and flour three 8-inch cake pans.
2. In the bowl of a stand mixer fitted with the paddle attachment, cream the butter and honey together thoroughly.
3. In a separate large bowl, sift together the flour, baking powder, salt, cinnamon, cloves, and nutmeg.
4. Add 1 cup of the dry ingredients to the wet ingredients and mix well.
5. Add the egg yolks and mix.
6. Add the remaining dry ingredients alternately with the milk in 3 additions.
7. Fold in the nuts and raisins, if desired.
8. Beat the egg whites until stiff and fold them in.
9. Pour the batter into the prepared cake pans. Bake in the preheated oven until a wooden toothpick inserted into the center of the cake comes out clean, about 1 hour. Check the cakes for doneness after 35 minutes.
10. While the cake is still hot, drizzle honey over it. Let the cakes cool in the pans for 10 minutes before removing to wire racks to cool completely, about an hour.
11. Place one cake layer on a cake platter and spread the Cream Cheese Honey Frosting on top, leaving a 1-inch border. Repeat with the remaining layers.

Source: *Honey and Oats*, by Jennifer Katzinger, p. 132, 147.

CREAM CHEESE HONEY FROSTING

Yield: 2 ½ cups

Ingredients	Preparation	Amounts
Cream cheese		16 oz.
Honey		1/3 cup
Vanilla Extract		2 tsp.
Salt, kosher		1 pinch
Lemon, zest		1 tsp.

Method

1. In the bowl of a stand mixer fitted with the paddle attachment, beat the cream cheese, honey, vanilla, salt, and lemon zest on high speed until light and fluffy.
2. Cover the frosting and chill it in the refrigerator until it is stiff enough to spread, about 30 minutes.

Note: This recipe is ideal for frosting cakes as well as cookies. To add color, add food coloring made from natural sources such as beets, turmeric, or blueberry juice.

Source: *Honey and Oats*, by Jennifer Katzinger, p. 147.

WEDNESDAY, JULY 24

KITCHEN PRODUCTION ASSIGNMENTS

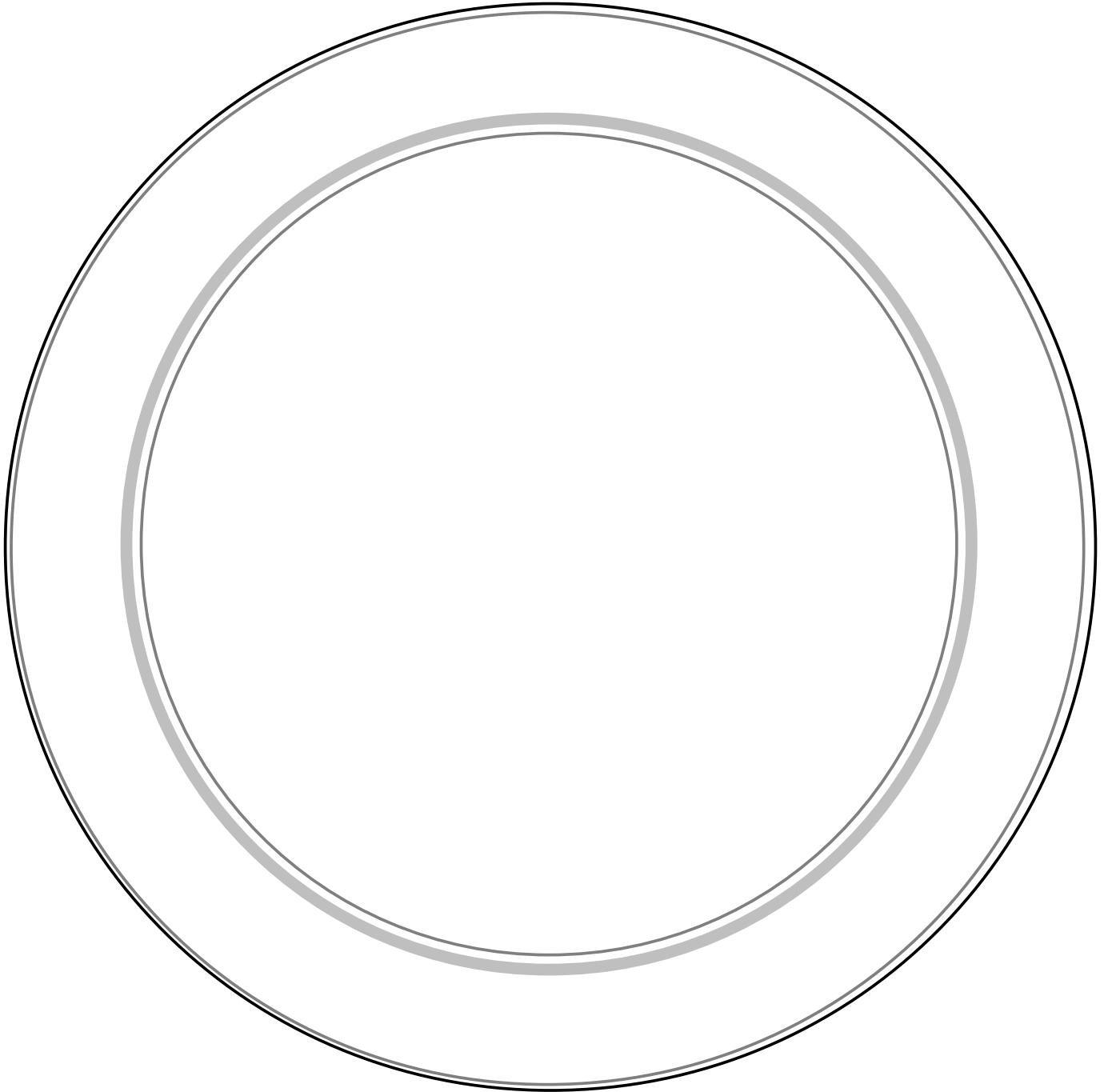
Today you will prepare a variety of sweet and savory dishes based on a market table of local and fresh ingredients that also incorporate honey. Please prepare dishes that represent your operational reality or your philosophy around cooking. Each team should prepare 2 to 3 dishes of 8 to 10 tasting-size portions each.

Recipe Name:

Ingredients (List in order used)	Preparation (Cut, size, cooked, drained, etc.)	Weight	Volume

Method:

ITEM: _____

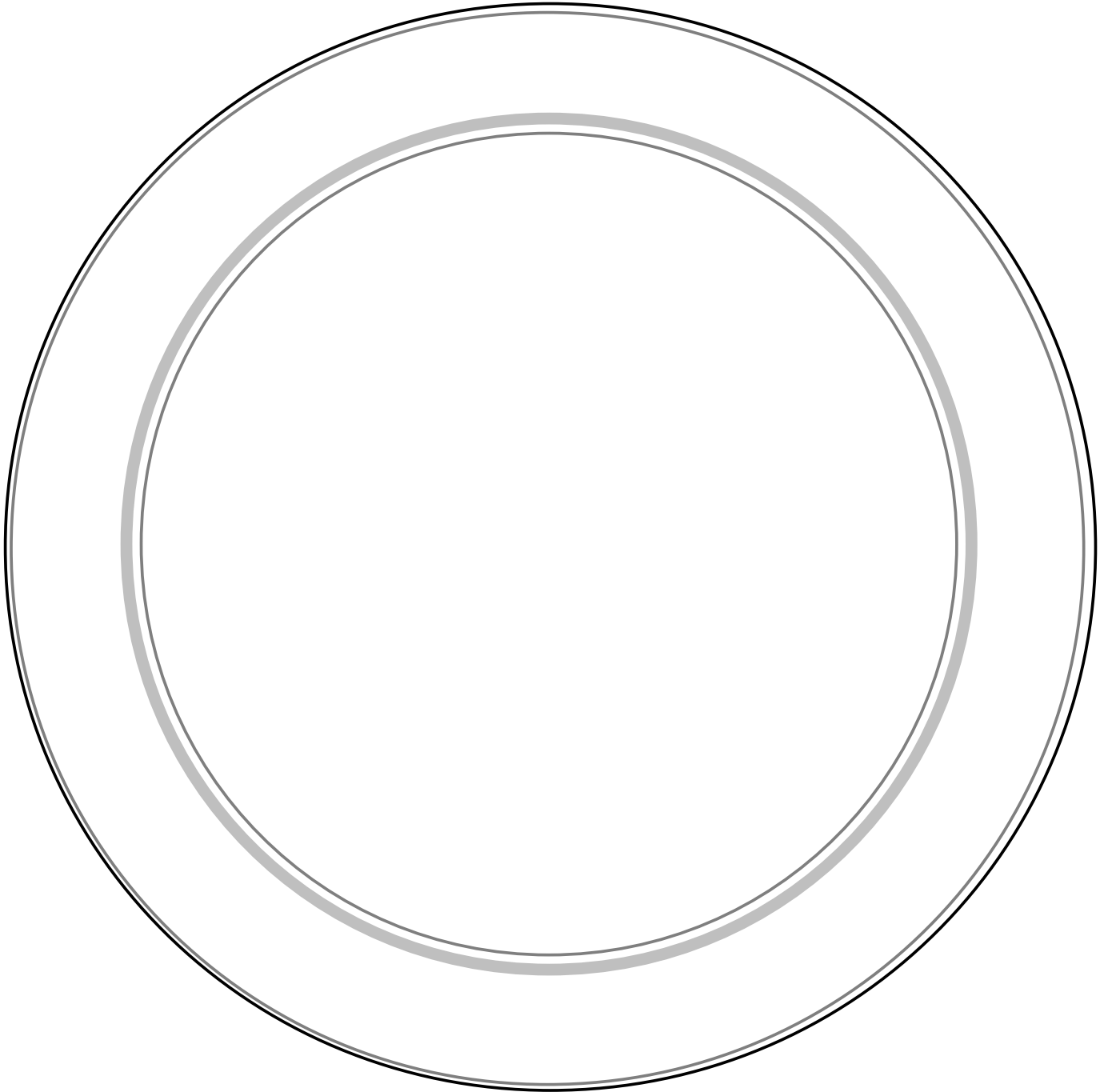


Recipe Name:

Ingredients (List in order used)	Preparation (Cut, size, cooked, drained, etc.)	Weight	Volume

Method:

ITEM: _____

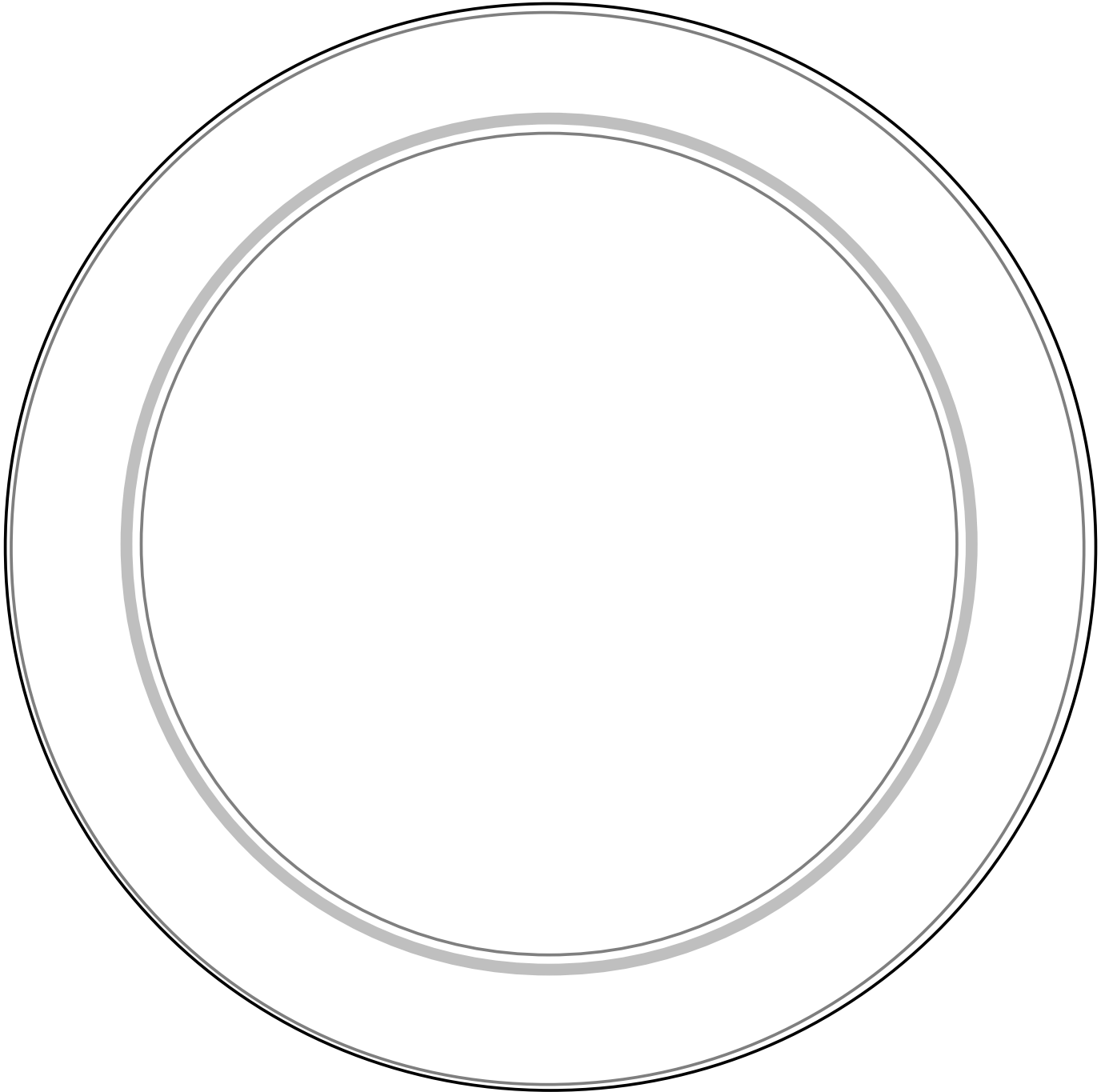


Recipe Name:

Ingredients (List in order used)	Preparation (Cut, size, cooked, drained, etc.)	Weight	Volume

Method:

ITEM: _____



APPENDIX

COOKING WITH HONEY: PRACTICAL FUNCTIONS

Cooking with honey gives you a never-ending list of possibilities and recipes due to the many practical functions honey could serve. Honey:

- **enhances browning and crisping** -- great for glazing roasted and baked foods to promote surface browning.
- **is a natural sweetener** -- an always welcomed natural sweetener for hot teas and cold beverages, especially when there is a huge variety of flavors of honey.
- **is a flavor enhancer** -- and lends itself to both sweet and savory applications
- **provides texture and feel** -- an excellent addition in pastries and cakes making.
- **prolongs shelf-life** -- a natural preservative for pickles and sauces.
- **retains moisture** -- an essential ingredient for providing the moisture in rich cakes and prolonging the moisture retention.
- **is binding due to its viscosity** -- a brilliant ingredient that aids shaping of desserts such as pastries, puddings, and cakes.
- **adds color** -- contributes a delightful golden hue to sauces, dressings, jellies, and frozen desserts.

COOKING TIPS

- When substituting honey for sugar in a recipe, use half as much honey because it is almost twice as sweet as sugar. (Some honey varieties, such as tupelo honey, are sweeter than others.)
- Because honey is hygroscopic (meaning it attracts water), reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey added.
- Honey requires a longer and more vigorous beating time compared to sugar.
- Add 1/2 teaspoon baking soda for each cup of honey used. This will neutralize honey's acidity and help the food rise.

- Lower the oven temperature by 25°F because honey batter becomes crisp and browns faster than sugar batter.
- When using honey in jams, jellies, or candies, increase the cooking temperature just a bit to allow the extra liquid to evaporate.
- Consider the floral variety of the honey, since honey has the power to balance, enhance, or impart some of its flavor to other foods.

MEASURING HONEY ACCURATELY



Do you know how to measure honey accurately for baking or cooking without the unwanted sticky mess? If you have baked or cooked something with a relatively big quantity of honey before (more than a teaspoon or tablespoon), you probably have encountered this question. Here's an easy solution: simply **spray or brush a thin, even layer of cooking or baking oil all around the inside walls of the measuring cup**. The thin layer of oil prevents the honey from sticking onto the cup. You can now easily pour out the honey from the measuring cup without having any stuck to the cup or having the need to scrap out the remaining from the cup to accurately obtain the amount of honey as instructed in the recipe.

HONEY VARIETIES

What makes each honey different? There are many characteristics that set one honey apart from another, including the color and texture. Each type of honey has its own flavor characteristics. The most basic difference, however, is which plant the nectar comes from. The different varietal names for the honey simply identify the flower that the bees gathered the nectar and pollen from. Each plant will contribute unique flavors, colors, and benefits.

Honey's color and flavor can range from almost colorless with a mild taste to robustly flavored dark amber brown. There are more than 300 unique varietals of honey produced in the U.S., and 3,000 varietals found worldwide, each originating from a different floral source. Varietal honey may be best compared to wine in terms of climatic changes. Even the same flower blooming in the same location may produce slightly different nectar from year to year, depending on temperature and rainfall. To find honey varietals, visit www.honey.com/honey-locator.

One of the joys of cooking with honey is discovering new varieties, learning their characteristics, and exploring how best to apply them for different food combinations.

Acacia

Acacia is made from nectar collected from acacia tree blossoms, which produce a honey that is remarkably clear and pure. It is one of the most popular and sweetest honey varieties because of its mild delicate floral taste. It is very sweet with a clean, pure, classic honey flavor. It can remain in a liquid state for a long period of time due to its high concentration of fructose. Because of its low sucrose content, it is the best choice for diabetics. Known for its therapeutic action, Acacia cleanses the liver, regulates the intestine, and is anti-inflammatory for the respiratory system. This honey is excellent for sweetening without altering the taste or the aroma of beverages. Its sweetness also perfectly balances the salty tang of cheese.

Alfalfa

Alfalfa honey, produced extensively throughout Canada and the United States from the purple or blue blossoms, is light in color with a subtle spicy profile and mildly scented floral aroma. Its delicate nature doesn't overpower other flavors, making it a favorite choice for chefs for their baked foods and a fine table honey for tea lovers. Not as sweet as most honey types, it is a preferred choice for combining with other ingredients or enjoying straight from the jar.

Avocado

Avocado honey tastes nothing like the fruit, avocado. Collected from the California avocado blossoms, avocado honey is dark in color and has a rich and buttery flavor. This honey originated in Southern Mexico and is now a common crop in Central America, Australia, and other tropical regions.

Basswood

Produced from the cream-colored basswood blossoms found throughout North America, basswood honey is one of the few exceptional honey varieties that has a light color and yet strong biting flavor and a distinctive lingering flavor. It's somewhat fresh, pleasant "woody" scent is very good with teas like Earl Grey and works well for salad dressings and marinades.

Blueberry

Produced in New England and in Michigan, blueberry honey is taken from the tiny white flowers of the blueberry bush. A is a good table honey, it is typically light amber in color, has a pleasant fruity flavor, a slight tang, and a blueberry aftertaste.

Brazilian Pepper Tree

Originating in South America, this honey is amber in color with a rich vibrant flavor. It blooms in late summer. It has a nice, creamy texture.

Buckwheat

Now somewhat hard to find, buckwheat honey is produced in Minnesota, New York, Ohio, Pennsylvania and Wisconsin as well as in eastern Canada. It is dark, full-bodied, and rich in iron -- a key reason which it's popular with honey lovers. Buckwheat honey

has been found to contain more antioxidant compounds than some lighter honeys. It is perhaps the strongest and darkest of honey varieties. It is tasty on toast and its strong and spicy flavor makes it perfect for marinades. Most experts recommend using a strong-tasting type of honey, such as buckwheat for mead production, since the honey is diluted.

Clover

Originating from Canada and New Zealand, clover honey is one of the most widely available and popular honey varieties. White clover is a widespread blooming pasture crop and is a major nectar source in many parts of the world. This classic honey has such a pleasingly mild, sweet, floral taste that is perfect for use in light sauces, dressings and baking. Depending on the location and source, clover honey varies in color from water white to light amber to amber.

Eucalyptus

Eucalyptus honey comes from one of the larger plant genera, containing over 500 distinct species and many hybrids. Its country of origin is Australia but is also produced largely in California. Widely available, it varies greatly in color and flavor but tends to have a special herbal flavor carrying a hint of menthol that may not be pleasing to children's palate. This honey is perfect for stirring into tea and is traditionally used by many people as a protection against colds and headaches.

Fireweed

One of the most popular honeys, fireweed honey comes from a tall perennial herb grown in the open woods of Northwestern US. Light in color, it has its own way of being sweet and complex at the same time. It has an extraordinary smooth, delicate, and buttery taste which is great for gourmet cooking, baking, glazing, BBQ grilling, meat and fish smoking.

Heather

Thick, amber in color, heather honey has one of the strongest and most pungent flavors. It is fragrant and floral with a very lingering aftertaste that is almost bitter. It's great with smoky things, or on wholesome baked goods. It is commonly served with ham, chicken, lamb, seafood and cold dishes and goes well with strong, black coffee. Prized since

ancient times due to its medicinal properties, heather honey is extremely high in protein content.

Iron Bark

Iron bark is a highly favored, premium eucalyptus floral variety which blossoms throughout the year in eastern Australia. Light colored but dense, this honey is a favorite flavor enhancer in baking. Its slight nutty aroma makes a delicious addition to a smoothie and a good glaze for barbecued meats.

Leatherwood

Leatherwood honey comes from the leatherwood blossom -- a native eucalypt found in the south-west of Tasmania, Australia and is the source for 70% of the country's honey. Established worldwide as a distinct honey type and a fine gourmet product, Leatherwood honey has a unique taste and strong floral flavor. Its distinctive spicy flavor makes it an excellent spread on wheat toast, and an ideal ingredient in recipes as it not only sweetens but adds a fantastic aroma to cakes, muffins, coffee and tea.

Linden

The small-leaved linden tree grows in moist, clay soil and has clusters of small, yellow-white fragrant flowers hanging from slender stems. It is common throughout Denmark, where it's planted in gardens, parks and along roadsides, city streets, and boulevards. Linden honey is one of those honey varieties that will completely change the misconception of those who think that honey is no more than just sugared water. It has a light-yellow color and a very distinctive yet delicate fresh woody scent. Because of its sedative and antiseptic qualities, it is recommended in cases of anxiety and insomnia. Linden honey is also used in the treatment of colds, coughs, and bronchitis.

Macadamia

Sourced from the floral nectar of the macadamia nut tree, macadamia honey first originated in Australia and today is also supplied from the US. This deeply colored honey variety possesses a distinctive, complex, floral aroma and a subtle, nutty flavor that goes extremely well with fruit and vegetable salads, ice cream, toasts, and herbal tea. It is a scrumptious marinade or glaze for grilled chicken wings as well.

Manuka

Found only in New Zealand's coastal areas, manuka honey is collected from the flower of the tea tree. Some manuka honey contains an antibacterial property which is effective for healing of stomach ulcer, sore throats, colds, indigestion, and acne. Some people find Manuka honey too "medicinal" in taste but the intensity can vary from brand to brand due to the difference in source.

Neem

Bitter-tasting neem honey is produced from the nectar source of Neem flowers which are common in warm tropical countries like India. Highly valued for its medicinal properties, it is effective in lowering high blood pressure and treating diabetes, skin problems, dental diseases, infected throat, and allergies.

Orange Blossom

Orange blossom honey, often a combination of citrus sources, is usually light in color and mild in flavor with a fresh fruity scent, and a fragrant citrus taste. Orange blossom honey originated from Spain/ Mexico but is produced in many countries including Florida, Southern California, and Texas. Take care to avoid orange blossom honey on the market that is artificially flavored.

Pine Tree

Pine Tree honey (sometimes also known as forest honey, fir honey, honeydew or tea tree honey) produced extensively in Greece. It is not particularly sweet, tastes a little bitter, has a strong aroma, and is relatively rich in minerals and proteins. It is rather resistant to crystallization.

Pumpkin Blossom

From the nectar of pumpkin blossoms and harvested once a year in the early fall, this honey is a dark, amber-colored liquid with a light floral fragrance. As a specialty gourmet varietal, it is an incredibly suitable topping for dishes and desserts and works well when paired with savory or spicy ingredients, like a barbeque sauce. When drizzled on sweet potatoes, yogurt and desserts, it also tastes great. Contrary to what its name suggests, pumpkin honey does not taste like pumpkin. This honey is seasonal and limited as the bloom is short and does not produce much nectar.

Rainforest

Rainforest honey has a full body and a light fresh, floral aroma, but its taste can vary a great deal depending on the source of nectar - for instance it could originate from the rainforest trees of Brazil, Australia, Tasmania, Thailand, the US, etc. A favorite among children, it is often used as a breakfast jam or mixed into a honey drink. It is popularly used in cooking and baking and hailed as an excellent sauce ingredient.

Red Gum

Red Gum is a common Eucalypt found in Australia that produces one of the darker premium varieties of honey. Having a relatively high level of antioxidants, it has a thick constituency, a bold taste (like buckwheat honey), and a distinctive aroma. It's also a popular ingredient in bread baking and meat marinades.

Rewarewa

Full bodied and malty, rewarewa honey comes from a bright red needle-like flowers grown in the bushy hills and valleys of New Zealand. This classic dark red premium honey possesses a caramel-like and slightly burnt flavor that makes it a popular natural sweetener for hot drinks and a spread. It is ideal for both sweet and savory dishes and is often used in Asian dishes.

Sage

Sage honey, primarily produced in California, is light in color, heavy bodied and has a mild but delightful flavor. It is extremely slow to granulate, making it a favorite honey variety among honey packers for blending with other honeys to slow down granulation.

Sourwood

Contrary to its name, Sourwood honey is not sour. This light-colored, delicate, subtle honey has an almost caramel or buttery flavor, and a pleasant, lingering aftertaste. With this honey, you don't need any more butter on your biscuits or bread!

Tawari

Originating from the creamy white flowers of New Zealand's Tawari trees, this honey has a golden color and a creamy butterscotch flavor. So subtle and mild, it's a perfect chef choice for topping desserts such as pancakes, waffles or ice-cream.

Tupelo

Clear yellow in color, with a characteristic greenish glow, tupelo honey is a premium honey produced in northwest Florida. It is heavy bodied and is usually light golden amber with a greenish cast and has a distinctive, balanced, mild flavor. Because of the high fructose content, tupelo honey is one of the sweetest honey varieties and it hardly granulates.

Wildflower

Also known as "multifloral" or "mixed floral" honey, Wildflower is often used to describe honey varieties from miscellaneous and undefined flower sources. Its color can vary from very light to dark and flavor range from light and fruity to tangy and rich, depending on the mix from the different seasonal wildflowers.

Yellow Box

Another eucalyptus bush variety native to Australia, yellow box honey is one of the most highly regarded honey in the country in terms of taste. Its smooth texture, heavy-bodied yet mild eucalyptus blend also makes it a popular choice for adding to tea and coffee, baking, and a perfect drizzle for puffs, cakes and bread. This honey is slow to granulate.

FORMS OF HONEY

Most of us know honey as the golden sweet liquid in a bottle, but there are lots of other ways to enjoy this natural nectar. Comb, crystallized, liquid, whipped, and beyond—it just depends on what texture and usage you're looking for. Between the vast array of varietals and diversity of forms, there's a perfect kind of honey out there for every occasion.

Liquid Honey

The one we all know and love. Because liquid honey mixes easily into a variety of foods, it's especially convenient for cooking and baking. Liquid honey is collected from hives and extracted using a centrifuge machine.

Comb Honey

The original. That is, honey inside of the honeycomb. Honeycomb is a mass of hexagonal beeswax cells built by honeybees to store honey. And, yes, it's edible!

Cut Comb

Cut comb honey is produced by cutting the honeycomb free from the hive frame and into smaller pieces. These pieces are added to jars of liquid honey and can be packaged for sale or for gifts.

Naturally Crystallized Honey

When the glucose content of honey has separated from water, it spontaneously crystallizes. The crystals feed off of each other and continue to grow. If your honey begins to crystallize, don't throw it out. Just gently warm it and stir periodically until crystals dissolve.

Whipped Honey

Whipped honey is the result of crystallized honey that has been whipped until the crystals have been broken down and disappeared resulting in a creamed honey. It can be spread like butter and can be stored at room temperature.

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

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