

The BeSafeBeeHoney Recipe Book



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The BeSafeBeeHoney Recipe Book

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Prologue

This is not just another cookbook. It is the outcome of a shared journey, born within the framework of COST Action 22105 BeSafeBeeHoney. Its goal is simple yet powerful: to celebrate honey, not only as a natural treasure produced by bees, but also as a versatile ingredient in kitchens around the world.

Bees pollinate about one-third of the food we consume including staples like apples, almonds, tomatoes and aubergine. They also sustain wild plants, which are essential for biodiversity and healthy ecosystems. However, bee populations worldwide are under threat from pesticides, habitat loss, climate change, and disease. Protecting them is not only an ecological responsibility but also essential for food security.

Honey is one of the oldest natural foods known to humankind, used for millennia as a sweetener and medicine for its unique nutritional and sensory properties, shaped by the flowers and landscapes where bees forage. Unlike sugar or artificial sweeteners, honey carries complexity: its taste varies with its origin, season, and production. While it is often associated with desserts, honey also enhances savory dishes, adding depth and balance to starters, main courses, and even drinks.

COST (European Cooperation in Science and Technology) is a funding organisation that supports the creation of research and innovation networks across Europe and beyond. A COST Action brings together researchers, professionals, and stakeholders from different disciplines and countries to collaborate, exchange knowledge, and build capacity. Participation is open, inclusive, and designed to spark new ideas and solutions. It was within this spirit that our Chair, Andreia Freitas, proposed BeSafeBeeHoney, dedicated to defending and promoting bees, their products, and their role in society, uniting experts from across the world, sharing knowledge, traditions, and innovations to raise awareness about the importance of bees.

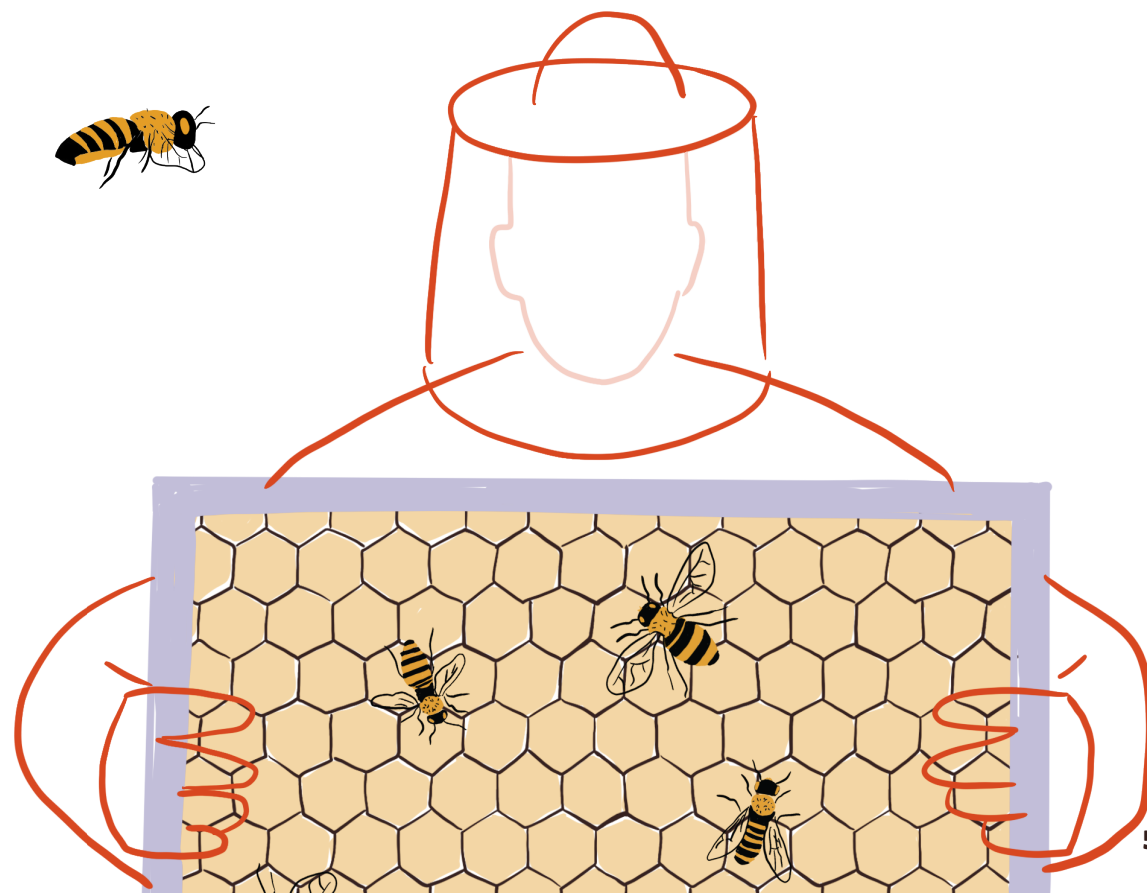
The idea for this recipe book came to life when our members envisioned a collection of recipes to show the diverse and creative uses of honey in cooking and to connect scientific collaboration with cultural tradition, across the world. The result is this book, structured into **4 sections**, each highlighting the versatility of honey. Inside, you will find dishes ranging from Pasta co' Meli, a traditional Sicilian specialty, to Zalabia, a beloved dessert from North Africa. Each recipe was prepared with love and care by COST members, reflecting not only their culinary traditions but

also their commitment to bee conservation and sustainable food.

This book would not have been possible without the enthusiasm and patience of all the authors who contributed their recipes, stories, and photos. We are also grateful to the European COST Association for enabling this Action and supporting the collaborative spirit that made this book a reality.

Whether you are a passionate cook, a curious foodie, or someone who simply loves bees, we invite you to discover, taste, and enjoy the recipes. We hope they will inspire you to see honey not only as food, but as a symbol of the connections between nature, culture, and community.

Carolina Nebot and Sara Leston



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Starters/Snacks



Bal Kaymak



Snack

Senem Kamiloğlu Beştepe - Turkey

Recipe History

According to the literature, this dish comes from the Ottoman Palace Cuisine.

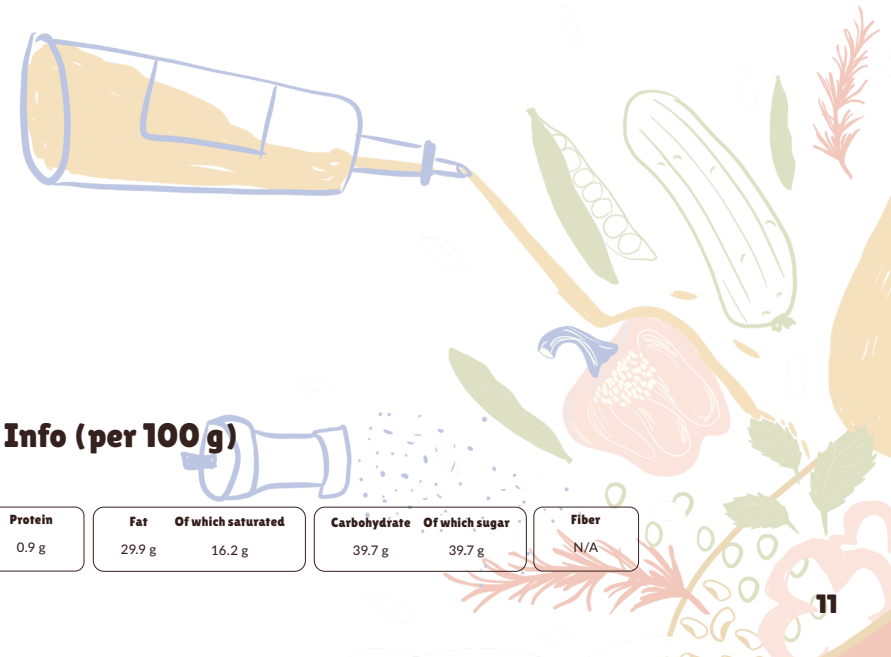
Ingredients:

Honey

“Kaymak” (a traditional dairy product produced from water buffalo milk, quite like clotted cream)

Preparation:

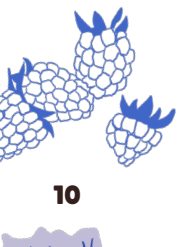
Spread honey on a plate and place the “kaymak” on it (quite simple). It is often consumed with bread or “simit” (a traditional circular sesame bread).



Nutrition Info (per 100 g)

Bal Kaymak

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
431.2 kcal	0.9 g	29.9 g	16.2 g	39.7 g	39.7 g	N/A



Greek Yogurt with Honey and Nuts



Snack

Alexandra Koutsotoli - Greece

Recipe History

Greek yogurt, also known as “strained yogurt” or “yiaourti,” is made by straining regular yogurt to remove the whey, resulting in a thicker, creamier texture. This straining process is an ancient technique that has been passed down through generations. The combination of creamy Greek yogurt, the natural sweetness of honey, and the crunch of nuts has become a staple in Greek households. It was not only a nutritious and delicious dish but also a symbol of hospitality and celebration. This classic Greek dessert or snack has stood the test of time, maintaining its popularity both within Greece and internationally. Today, Greek yogurt with honey and nuts continues to be enjoyed as a dessert, breakfast, or snack, representing the enduring legacy of ancient Greek culinary traditions. Its popularity has spread globally, making it a beloved and iconic dish in the world of yogurt-based treats.

Ingredients:

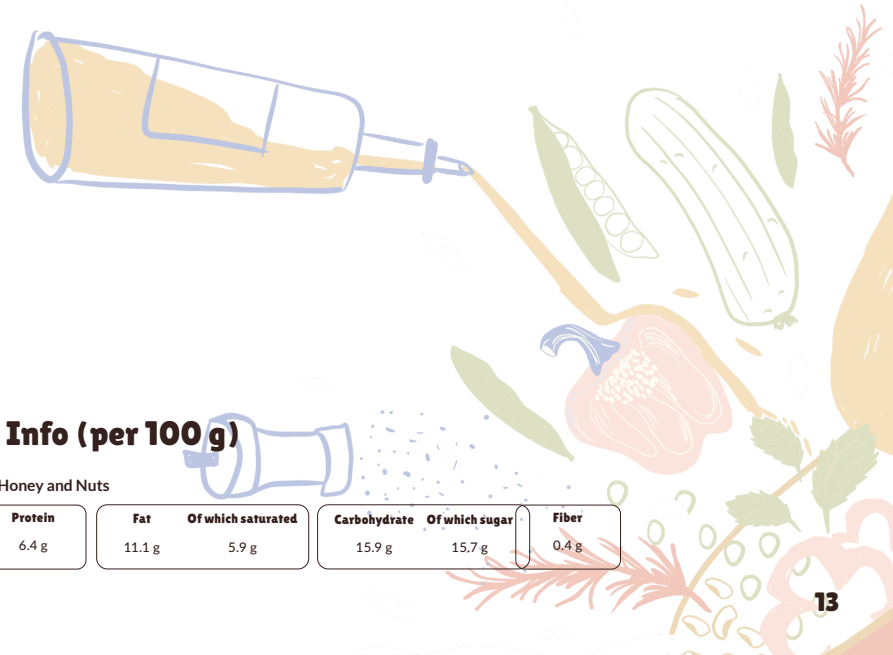
1 cup of Greek yogurt (unsweetened)
2 tablespoons of honey (adjust to taste)
2 tablespoons of mixed nuts (such as almonds, walnuts, and pistachios), chopped
Fresh mint leaves for garnish (optional)

Preparation:

Spoon the Greek yogurt into a bowl or serving dish. Drizzle the honey evenly over the yogurt.

Adjust the amount according to your desired sweetness level. Sprinkle the chopped nuts over the yogurt and honey. Garnish with fresh mint leaves for a burst of freshness and color.

Serve immediately and enjoy your delicious and nutritious Greek yogurt with honey and nuts.



Nutrition Info (per 100 g)

Greek Yogurt with Honey and Nuts

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
189.2 kcal	6.4 g	11.1 g	5.9 g	15.9 g	15.7 g	0.4 g

Ritual Bread for Christmas



Starter/Snack

Katarina Šavikin - Republic of Serbia

Recipe History

The dish is described in the cookbook "My Chef Advisor", 1952, printed in a circulation of 20.000 copies in Belgrade, Serbia.

Ingredients:

1 kg flour
3 tablespoons lard
500 mL lukewarm water
A little salt
1 cup of honey

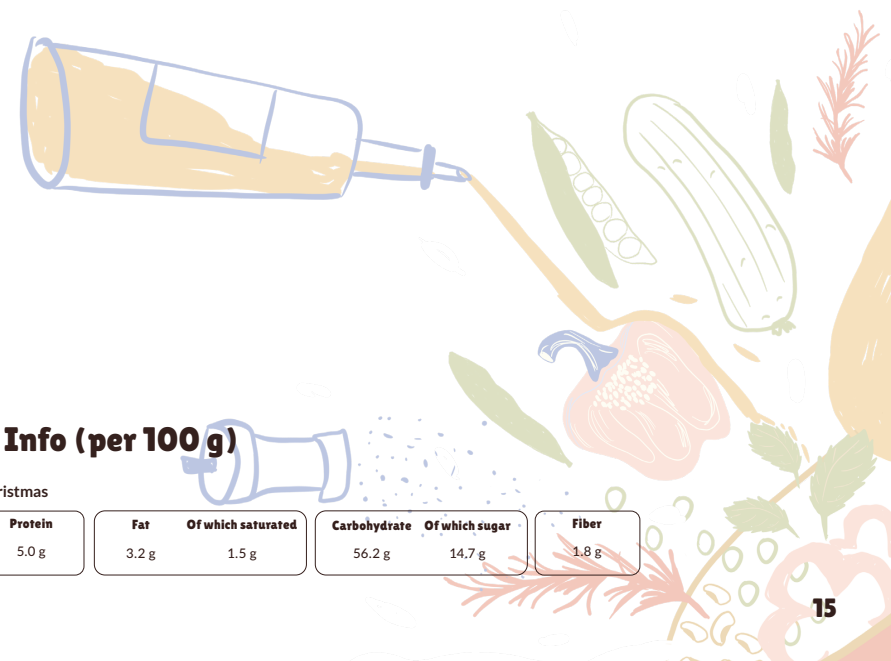
Preparation:

Mix the flour with 2 tablespoons of lard and knead with lukewarm water. Add a pinch of salt and continue kneading until a smooth dough is obtained. Beat the dough with your hands until it no longer sticks. Divide the dough into 2 equal parts, knead a little more, and shape them into balls.

Let them stand for 15 minutes. Roll out the first ball with a rolling pin, brush with a little lard, and place it on a greased baking tray.

Do the same with the second ball and place it over the first. Bake in the oven on moderate heat until it gets a golden color.

Then pour the hot honey and return to the oven to bake a little more until lightly caramelized.



Nutrition Info (per 100 g)

Ritual bread for Christmas

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
273.7 kcal	5.0 g	3.2 g	1.5 g	56.2 g	14.7 g	1.8 g

Crispy Fried Eggplant with Honey



Starter

Carolina Nebot - Spain (Andalucia)

Recipe History

This dish became popular in Malaga around the 1980s, even though the consumption of aubergines dates to Arabic times. It is a very common starter in Malaga. The fabulous idea of mixing honey and fried aubergines came from Manolo Maeso, who started serving this dish at the restaurant Cortijo de Manuela.

Ingredients:

2 medium aubergines
100 g wheat flour or chickpea flour
2 eggs (optional, for better adherence)
4 g salt
1 g black pepper
Olive oil or sunflower oil (for frying)
60 g honey

Preparation:

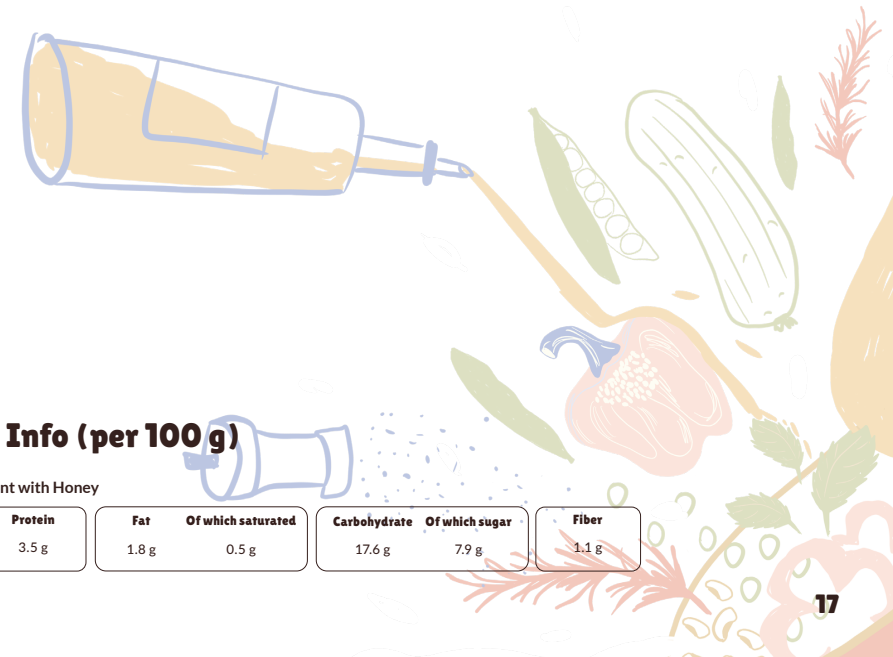
Wash and cut the aubergines into thin slices (3-5 mm) or sticks.

To remove any bitterness, soak them in a bowl with salted water for 30 minutes. Then, drain and pat dry with paper towels.

Prepare the coating by mixing the flour with salt and pepper in one plate and beat the eggs in another plate.

Soak the slices of aubergine in flour and after dip them in the beaten egg. Fry the aubergines.

Serve them in a plate with a drizzle of honey on top.



Nutrition Info (per 100 g)

Crispy Fried Eggplant with Honey

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
100.5 kcal	3.5 g	1.8 g	0.5 g	17.6 g	7.9 g	1.1 g



Soppa Tal-Qarah U Tadam

(Pumpkin & tomato soup)



Starters

Daniel Pisani - Malta

Recipe History

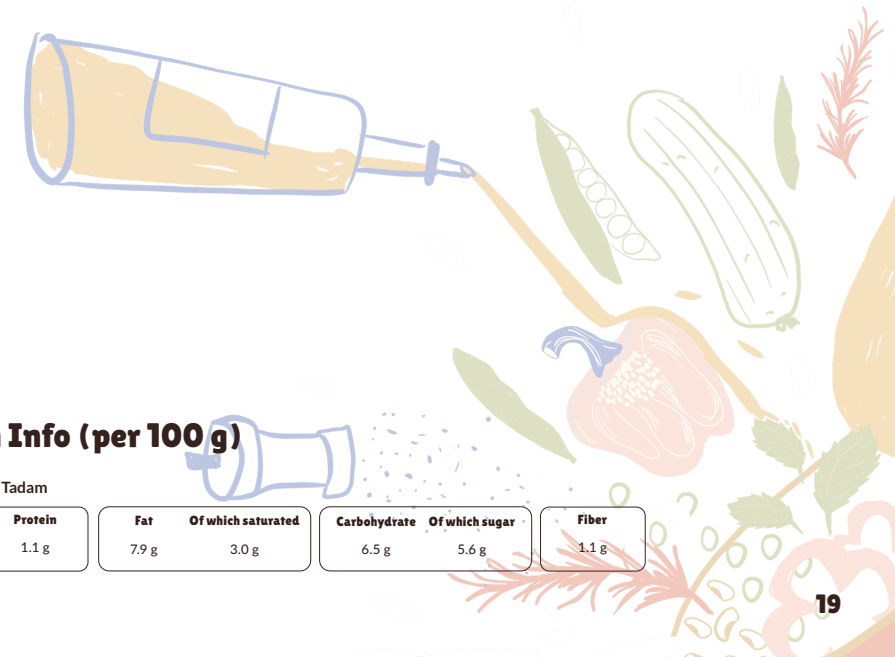
This is a twist on a classic Maltese pumpkin soup pairing fresh summer tomatoes with thyme and honey to create a lovely balance of sweet and salty.

Ingredients:

1 kg pumpkin
300 g tomatoes
1 onion
50 mL olive oil
3 sprigs of fresh thyme or 1 tsp dried
100 mL honey
1 tsp salt
200 mL cooking cream
500 mL vegetable broth
Grated goat cheese to serve

Preparation:

Preheat oven to 200 °C. Chop the pumpkin, cut the onions, and dice the tomatoes. Place the prepared vegetables in a baking dish and add the honey, olive oil, salt, and thyme. Roast for 40 minutes. When the vegetables are done, transfer them to a blender along with the cream and vegetable broth, then blend until smooth. Serve the soup topped with a little thyme and freshly grated goat's cheese.

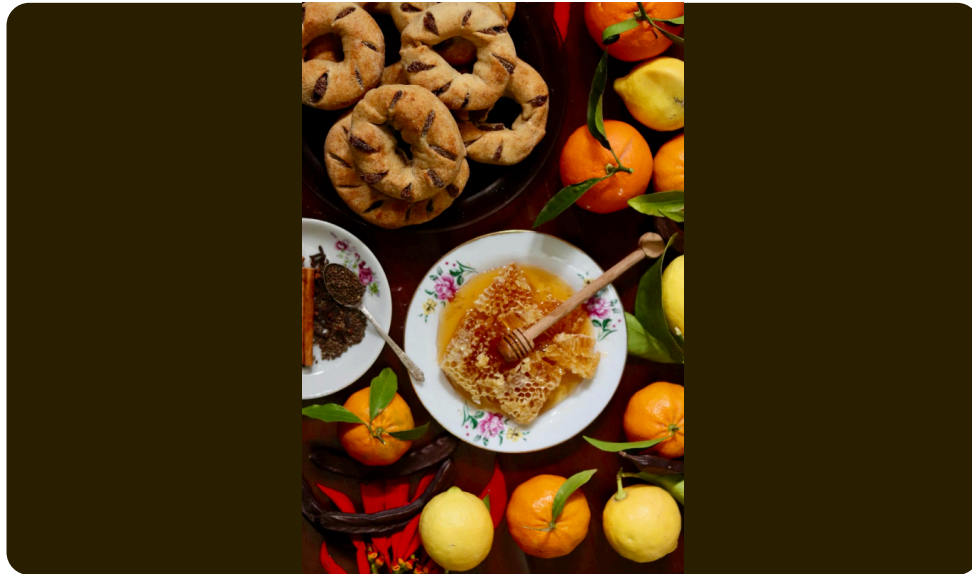


Nutrition Info (per 100 g)

Soppa Tal-Qarah U Tadam

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
101.6 kcal	1.1 g	7.9 g	3.0 g	6.5 g	5.6 g	1.1 g

Qaghaq Tal–Ghasel (Honey rings)



Starters

Daniel Pisani - Malta

Recipe History

Traditionally made during Christmas time. In the past, locals used qastaniija, a dark syrup extracted from the melting of honeycombs, but this is not produced any longer. In this recipe, I used a mixture of dark autumn honey and carob syrup to obtain a similar colour to the original version with added notes of carob which is a staple in the Maltese kitchen.

Ingredients:

For the dough

200 g semolina

30 mL water

30 mL olive oil

40 mL orange blossom water (or orange juice)

1 teaspoon anise seeds

3 tablespoons orange blossom water (or orange juice)

1 teaspoon whole aniseed

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Pinch of ground cloves and ground allspice

Pinch of sea salt

Zest of one orange and lemon

Rind of one mandarin

Juice of one mandarin

Semolina for shaping

For the filling

100 g honey

100 g carob syrup (or more honey)

100 - 150 g all-purpose flour

Preparation:

To make the filling, pour the honey and carob syrup into a saucepan. Mix in the remaining ingredients, keeping the buckwheat flour aside. Simmer over medium heat, stirring continuously, until the mixture begins to boil. Remove from the heat and quickly stir in the buckwheat flour. Continue mixing until you have a soft, sticky dough, adding more flour if the mixture is too runny. Allow the mixture to cool, then place it in the fridge. Ideally, let the filling rest overnight, but a couple of hours will also work if you're short on time. To make the pastry, sift the flour into a bowl. Combine all the wet ingredients in a separate bowl, then gently fold them into the dry ingredients and knead until a dough forms. Cover the dough and let it rest for at least an hour. It can also be prepared a day in advance and stored, covered, in the refrigerator.

To assemble, divide the dough into eight equal pieces and roll each one into a long strip about 16 cm long and 10 cm wide. Dust the work surface with semolina and shape a generous spoonful of the filling into a long sausage; if the filling is still sticky, add a little extra semolina. Place the filling in the centre of the pastry strip. Using a pastry brush, moisten the edges with water and roll the pastry around the filling. Shape the pastry into a ring by bringing the two ends together and sealing them well. With a sharp knife or bread razor, slash the pastry and gently widen the slits with your fingers to allow the filling to expand during baking. Preheat the oven to 180 °C. Dust a baking tray with semolina and arrange the rings on the tray. Bake for 15–20 minutes, or until the pastry turns golden brown. The rings will keep for up to a week in an airtight container.

Nutrition Info (per 100 g)

Pastry

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
331.2 kcal	8.4 g	10.8 g	1.8 g	50.3 g	1.6 g	2.7 g

Filling

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
262.3 kcal	4.6 g	0.5 g	0.1 g	59.8 g	28.4 g	1.5 g

Main Courses



Honey Duck and Rhubarb Flan

From Valtellina



<https://www.lacucinaitaliana.it/ricetta/anatra-al-miele-della-valtellina-e-sformato-di-rabarbaro/>

Main Course

Pier Paolo Danieli - Italy

Recipe History

This recipe is found in “The Betrothed”, the famous novel by Manzoni (1827). At that time, both domestic and wild ducks were highly appreciated. Rhubarb was common in gardens, excellent for making cakes and preserves.

Ingredients:

For the duck

1 whole duck eviscerated and without wings and legs
200 g honey
25 g thyme
25 g rosemary
25 g marjoram
25 g sage
6 dried plums
Butter
Extra virgin olive oil

Salt
Pepper

For the flan

1 celeriac
200 g rhubarb
10 g brown sugar
Butter
Salt

Preparation:

For the Duck:

Preheat the oven to 180 °C. Season the duck with salt and pepper, then stuff the cavity with dried plums and some of the aromatic herbs. Brown the duck in a large saucepan with oil, butter, and part of the aromatic herbs. Brown it on all sides, then place it on a baking tray covered with baking paper and brush it with honey. Bake at 180 °C for 15-20 minutes, brushing with honey three more times at 6-7-minute intervals. After 15-20 minutes, remove the duck from the oven, let it rest for 5 minutes, then separate the two halves of the breast from the carcass and keep them warm. Finish cooking the thighs in the oven at the same temperature for another 20-25 minutes. Finally, arrange the duck on a serving platter and reassemble it, placing the breast back in its original position.

For the Flan:

Peel the celeriac and slice it into thick slices about 2-3 mm (ideal to use a slicer). Finely slice the rhubarb as well. Take a 15-20 cm diameter cake tin and cover it with baking paper. Spread flakes of butter and 1/2 tablespoon of brown sugar on the bottom: then component the flan by alternating layers of rhubarb and celeriac, starting and seasoning the vegetables with salt at each layer. Bake in a preheated convection oven at 180 °C for about 30 minutes. Once cooked, cover the mold with a flat plate and turn the flan over. Serve it as a side dish for the duck.

Nutrition Info (per 100 g)

Honey Duck and Rhubarb Flan from Valtellina

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
207.7 kcal	17.7 g	12.6 g	3.5 g	5.8 g	5.3 g	0.4 g

For Flan

Energy	Protein	Fat	Of which saturated	Carbohydrate	Fiber
101.9 kcal	0.7 g	8.8 g	4.7 g	4.7 g	0.9 g



Medena Purica (Honey Turkey)



Main Course

Ivana Tlak Gajger - Croatia

Recipe History

Pre-holiday period, family together, the warmth of home, and the smell of crispy roast turkey. Is there anything nicer and tastier? You know that the secret of a perfectly roasted turkey is juicy meat and crispy crust. Before you go into cooking action, the most important thing is to marinate the turkey well and bathe it in a fine sauce during baking, which will give it a special taste. Below, we reveal to you the small culinary secrets of the great masters.

Ingredients:

1 turkey weighing approx. 4 kg	4 cloves of garlic
1 and 1/2 tablespoons Himalayan salt	1 lemon
1 tablespoon white ground pepper	1 tangerine
1/2 tablespoon red pepper	1 bundle of fresh parsley
1/2 tablespoon ground ginger	4 tablespoons sesame oil
1 tablespoon fresh parsley	1 L chicken stock
150 g butter at room temperature	1 cup honey
4 onions	½ cup soy sauce

Preparation:

Preheat the oven to 180 °C and prepare a baking dish with a grate.

In a small bowl, mix salt, pepper, red pepper, ginger, and parsley. Rub this mix well into the turkey. Spread the butter properly and press it under the turkey skin. Use the rest of the butter to coat the outside.

Fill the turkey with onions, garlic, lemon, a bundle of parsley, and the tangerine that you cut into slices, and tie its legs with culinary thread.

Finally, be sure to pour sesame oil over it and let it stand for two or more hours. Cover the turkey with foil before baking (without twisting the edges) and bake for 2 hours.

After two hours of baking, pour a glass of chicken stock into the baking dish. Coat the turkey with honey, soy sauce, parsley, and ginger sauce. Bake for another 3 hours and repeat the process of coating and pouring chicken stock every half hour.

The formula for roasting turkey properly is an hour per kilogram of meat.

For the last half hour, remove the foil, coat the turkey with the remaining sauce, pour stock, and bake at the same temperature for another half hour. When the turkey is ready, remove it from the oven and cover it with foil that you have already used. Let it sit for at least an hour so that all the juices are combined. During this time, make the baking sauce.

Remove the fruits and vegetables that were baked with the turkey and drain the juices from the baking dish. Blend everything to get a smooth sauce that goes great with meat and a side dish.

If desired, with turkey, serve roasted pasta and salad.

May you have a sweetheart!

ENJOY YOUR MEAL.

Nutrition Info (per 100 g)

Honey Turkey

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
128.5 kcal	16.6 g	4.4 g	1.7 g	5.8 g	5.7 g	0.2 g

Pasta Cò Meli

A Traditional Dish from Butera



<https://blog.giallozafferano.it/fantasiaincucina/spaghetti-con-il-miele-ricetta-siciliana>

Main Course / Dessert

Pier Paolo Danieli - Italy

Recipe History

The “pasta co’ meli” is a Sicilian recipe, a traditional dish prepared for the Feast of St. Joseph on March 19th and for Good Friday during Lent, according to the customs of the town of Butera. It can be enjoyed both hot and cold. In the first case, it can be served as a first course. In the second case, it becomes a dessert considered indispensable on the tables of the inhabitants of Butera on St. Joseph’s Day.

Ingredients:

200 g shelled almonds
50 g breadcrumbs
250 g honey
300 g pasta (spaghetti)
Salt, as needed
2 teaspoons cinnamon
Zest of one untreated orange, as needed

Preparation:

Chop the shelled almonds; they must remain coarse in size so you can feel their crunchiness. In a non-stick pan, toast the breadcrumbs and almonds together, stirring constantly to avoid them burning. Set them aside on a plate.

Cut the orange zest into thin slices and place them on a baking tray to toast in the oven or in a pan. Once toasted, gently press the orange zest to release the essential oils from the peel, enhancing its fragrance.

Now, cook the spaghetti. Meanwhile, in the same pan where you toasted the almonds and breadcrumbs, melt the honey (being careful not to let it burn). When the spaghetti is almost cooked (“al dente”), transfer it to the pan and stir it with the melted honey. Once the honey is evenly distributed among the spaghetti, add the previously toasted almonds and breadcrumbs. Then add the ground cinnamon and toasted orange zest, mixing everything well.

At this point, the dish is ready to enjoy as a first course. If you prefer to enjoy it as a dessert, allow it to cool before serving it at the end of the meal.

Nutrition Info (per 100 g)

“Pasta Cò Meli”, A Traditional Dish from Butera

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
392.6 kcal	10.1 g	14.0 g	1.1 g	56.4 g	25.9 g	5.2 g

Balli Mahmudiye

Honey Mahmudiye



Main Course

Naim Deniz Ayaz - Turkey

Recipe History

In the Ottoman Empire Palace Cuisine, Honey Mahmudiye, which is known as II Mahmut's favorite dish, which takes its name from him, is among the indispensable winter dishes of Topkapı Palace. It first appeared in a banquet menu dated 1539 at the Edirne Palace.

Ingredients:

500 g chicken legs	70 mL olive oil
500 g chicken breasts	1 lemon
1 medium-sized onion	1 teaspoon cinnamon
2 tablespoons honey	3 teaspoons salt
100 g dried apricots	500 mL of chicken broth
100 g almonds	4-5 sprigs dill or parsley
50 g raisins	

Preparation:

Place the chicken in a large pot of water, add a pinch of salt, and bring to a boil. Cook until done, then remove the chicken and set aside. Strain and reserve the cooking liquid in a separate container.

In a clean large pot, heat the oil. Add the boiled chicken pieces and sauté until lightly golden. Dice the onion and add it to the pot. Cook for a few minutes, stirring, until the onion softens.

Meanwhile, soak the almonds in warm water for 10 minutes. Peel off the skins, then add the almonds to the pot. Sauté until they take on a light golden color.

Stir in the honey, grapes, dried apricots, cinnamon, salt, lemon juice, and about 500 mL of the reserved chicken broth.

Cover the pot with a lid and let simmer gently over low heat for 30 minutes. Serve warm, garnished with finely chopped dill or parsley.

Nutrition Info (per 100 g)

Balli Mahmudiye (Honey Mahmudiye)

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
175.6 kcal	10.4 g	11.5 g	2.1 g	7.6 g	7.5 g	2.6 g



Honey–Glazed Roasted Pork Belly

With a Side Dish of Honey-Sautéed Apples, Prunes, and Onions



Main Course

Lucy Robertson - Norway

Recipe History

Roasted pork belly (ribbe) is Norway's most popular Christmas dish, though it only became popularized nationwide in the early 20th century. Before then, meat was restricted before Christmas, with fish dominating the holiday table, while after Christmas Eve, the fast was broken with preserved meats like pinnekjøtt, which is cured, smoked, and dried mutton or lamb. Pork arrived in Norway in the 18th century but only available to the wealthy as fresh meat required an oven. Today, crispy-skinned, juicy ribbe is considered a rich and festive indulgence, usually seasoned only with salt and pepper but honey-glaze has become an increasingly popular addition.

Ingredients:

For the duck

For the honey-glazed roast pork

2 kg pork belly

3 teaspoons salt

2 teaspoons ground black pepper

1/2 large onion

200 mL water

For the glaze

50 mL red wine vinegar

50 mL soy sauce

250 g honey

For the side dish of honey-sautéed apples, prunes, and onions

2 tablespoons ordinary cooking oil (e.g., sunflower)

1 large red onion, chopped up into wedges

2 tablespoons butter

2 crispy apples, cored and cut into wedge

12 prunes

1 teaspoon fresh herbs, rosemary and/or thyme, chopped

½ teaspoon black pepper

1 tablespoon honey

Rock salt

Preparation:

For the honey-glazed roast pork

Slice the pork belly through the fat and very slightly into the flesh, creating a pattern of squares or diamonds of about 1 cm² area. Combine the salt and pepper and rub all over the meat. Wrap in tin foil and refrigerate for 1-3 days. Preheat the oven to 230 °C. Place the half onion, cut side down, in the center of a large roasting pan, set the pork belly on top, skin side up, over the onion to help the fat run down. Pour the water into the roasting pan and cover with foil, not touching the pork (or it may stick), and sealing the edges to ensure proper steaming. Put into the middle of the oven and steam for 45 minutes. After this time, remove the foil and reduce the temperature to 200 °C and continue to cook for 1 hour. Meanwhile, mix the glaze ingredients in a small saucepan and heat slowly, and simmer for 15-20 minutes. Brush the glaze over the pork belly and return it to the oven for another 30 minutes, until crispy and golden brown (careful not to burn). Remove the pork from the oven and rest it for 15-30 minutes. The ribbe should be cut into large pieces for serving.

For the side dish of honey-sautéed apples, prunes, and onions

Heat the oil at medium heat in a large frying pan, add the onion wedges and a pinch of salt and sauté together, keeping them moving, for around 8 minutes until the caramelization starts. Add the butter, apples, and honey, and cook for a further 5 minutes (the apples should have softened slightly and become golden). Add the prunes and herbs and cook together for a further 5 minutes or until everything seems golden. Season with salt and pepper. Serve with the ribbe and other side dishes.

Nutrition Info (per 100 g)

Honey-Glazed Roasted Pork Belly

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
345.7 kcal	9.2 g	34.1 g	14.2 g	0.6 g	0.6 g	0.1 g

For the glaze

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
233.2 kcal	1.4 g	N/A	N/A	56.9 g	56.3 g	N/A

For the side dish of honey-sautéed apples, prunes and onions

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
67.4 kcal	0.5 g	2.9 g	1.2 g	9.8 g	9.6 g	1.6 g

Salmon with Honey & Orange Sauce



Main Course

Raquel P. F. Guiné - Portugal

Recipe History

Original recipe developed in the ambit of the BeeB Erasmus+ Project. Fish dish, recommended for spring and summer seasons, accompanied by a white dry wine served at a recommended temperature of 8-10 °C.

Ingredients:

800 g salmon fillets (4)
300 g potato slices
150 g broccoli sprouts
150 g cauliflower sprouts
150 g carrot slices

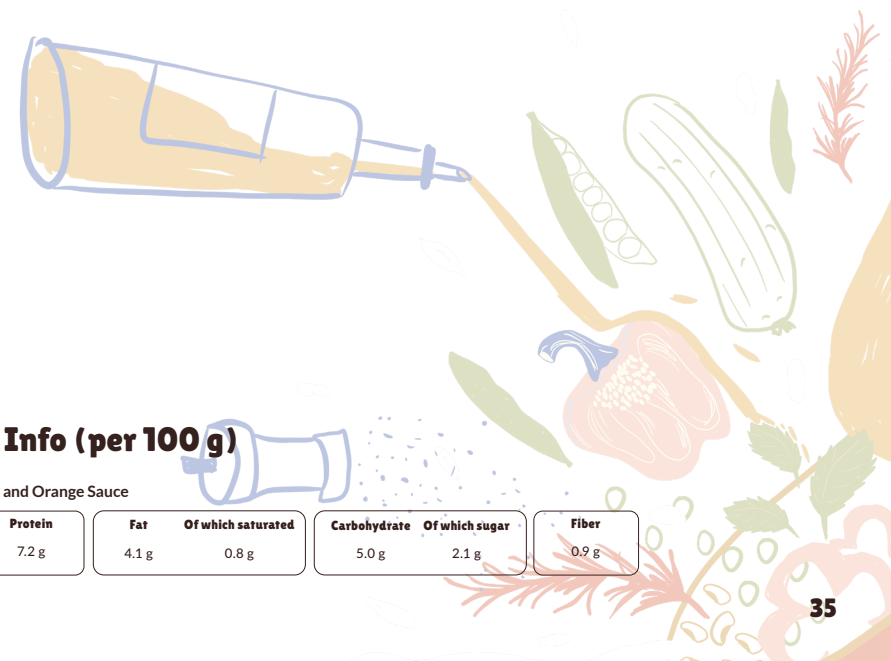
For the sauce

20 g honey
25 g freshly squeezed orange juice
2 g powdered neutral gelatine

Preparation:

Put the salmon fillets with the potatoes and the vegetables into a tray and season with salt and olive oil. Put the tray into the oven at 200 °C for 45 minutes. Meanwhile, prepare the sauce: Squeeze the oranges to extract the juice and add the gelatin and the honey.

Take the mixture to the microwave at 900 W for 10 seconds for better homogenization. Then keep in the cold (in the refrigerator) until use or until obtaining the desired consistency (usually 30 minutes is suitable).



Nutrition Info (per 100 g)

Salmon with Honey and Orange Sauce

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
86.3 kcal	7.2 g	4.1 g	0.8 g	5.0 g	2.1 g	0.9 g



Turkey Leg with Honey and Mustard Sauce



Main Course Teresa Nogueira - Portugal

Recipe History

The mixture of honey and mustard has its origins in ancient Egypt, where honey was mixed with mustard to soften its intense flavour. There is also a reference to its use in the Roman cookbook 'De re Coquinaria', written in the 4th or 5th century, which contains a recipe for a mustard seed sauce made with honey, cumin, dill, and black pepper, among other ingredients. This sauce was used to season meat such as roast boar. Nowadays, this mixture is often used to flavour salads and grilled chicken. This recipe uses turkey legs that have been deboned and skinned to reduce the calories. The leg stays moist and easily absorbs the flavour of the spices.

Ingredients:

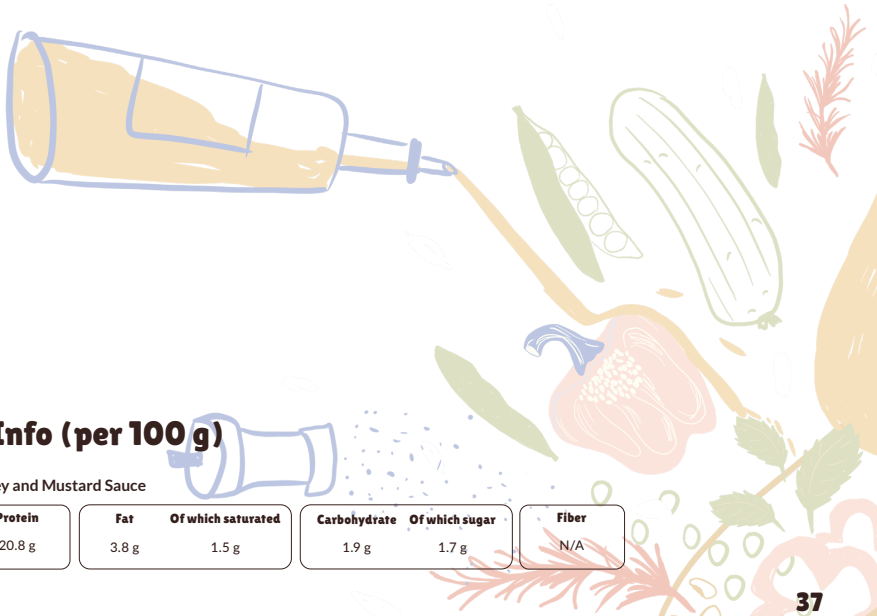
- 1 skinned and boned turkey leg (approx 1.750 kg)
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 2 teaspoons thyme
- 1 teaspoon of rosemary
- Salt and pepper to taste

Preparation:

Preheat your oven to 180 °C.
Make a marinade using honey, Dijon mustard, rosemary, thyme, salt, and pepper.

Place the turkey leg in a roasting pan and rub the marinade all over the leg, making sure it is well-coated. Roast for 2 hours, turning the leg halfway through the cooking time.

Remove the leg from the oven and let it rest for a few minutes. Slice and serve on a platter, drizzling with the sauce.



Nutrition Info (per 100 g)

Turkey Leg with Honey and Mustard Sauce							
Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber	
124.2 kcal	20.8 g	3.8 g	1.5 g	1.9 g	1.7 g	N/A	



Pork Ribs with Honey and Mustard Glaze



Main Course

Filipe Martinho - Portugal

Recipe History

This recipe is one of my daughter's favourites and we make it whenever we can. It's an excellent option for sharing with family and friends on the weekend. The ribs are succulent, the meat comes off the bone, and the mustard and honey glaze give it a layer of sticky-sweet flavour. It goes even better served with wild rice and a rocket salad.

Ingredients:

1 strip of pork ribs (approx. 800 g)
5 garlic cloves
60 mL olive oil
50 g wholegrain mustard
50 g honey
Rosemary
Salt to taste

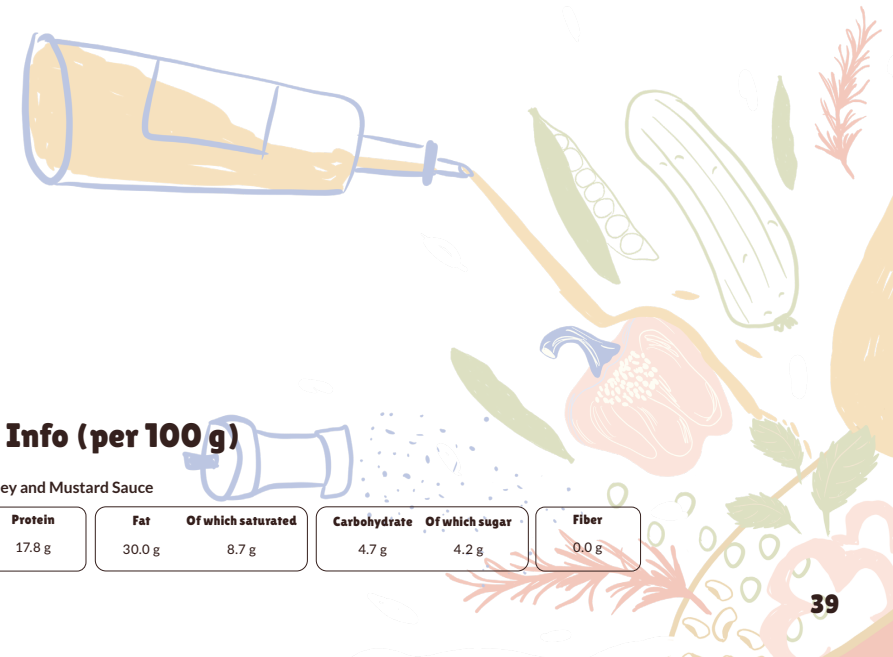
Preparation:

Season the pork ribs with salt and finely chopped garlic.

In a separate bowl, mix the olive oil, mustard, and honey.

Coat the pork ribs with the mixture. Sprinkle the rosemary over the ribs.

Place in the oven at 170 °C for 1 hour and 10 minutes, keeping an eye on it to avoid burning. Serve hot.

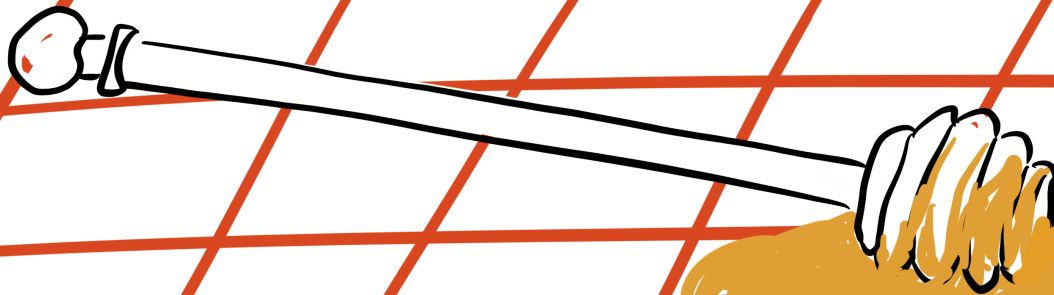


Nutrition Info (per 100 g)

Pork Ribs with Honey and Mustard Sauce

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
359.7 kcal	17.8 g	30.0 g	8.7 g	4.7 g	4.2 g	0.0 g

Desserts



Honey Lokma Dessert

(Balli Lokma Dessert)



Dessert

Serdar Karakurt - Turkiye

Recipe History

The history of honey-drenched lokma dessert dates back to the 9th century. The term “lokma” literally means “a bite.” It is also known as the palace dessert because it was part of the Ottoman Palace Cuisine. During the Ottoman era, it was quite common for people to prepare lokma at home and share it with their neighbors. The continuation of this tradition of sharing and solidarity to the present day is truly wonderful.

Ingredients:

Dough:

3 cups (500 g) of flour
2 cups (500 mL) of warm milk
1 packet of dry yeast
1/2 teaspoon of salt
1 teaspoon of sugar
1 tablespoon of vinegar

For the Syrup:

3 cups of sugar
3 cups of water
2 tablespoon of honey

For the Frying:

1 liter of sunflower oil



Preparation:

First, to prepare the syrup, take the sugar and water in a suitable saucepan and bring to a boil. Once it starts boiling, simmer on low heat for 20-25 minutes until it thickens, then let it cool. Add the honey and stir, then let it cool completely or put it in the refrigerator. (The syrup needs to be very cold; you can prepare the dough after the syrup is completely cold.)

For the dough, take all the ingredients into a suitable bowl and mix quickly with a mixer (about 5 minutes, until all ingredients are well combined). Let the dough rest for half an hour to rise. Take the oil in a large saucepan and heat it on high. Check the temperature with a wooden skewer. Add some oil to a small bowl and use it to oil the spoon you will use for shaping the lokma.

Keep the cold syrup near the hot oil. Dip your hand in the risen dough and take a handful. Squeeze it in your fist to get dough about the size of an olive, and drop it into the hot oil using the oiled spoon. Do not make the lokma too big, as they will swell 2-3 times their size in the oil.

Oil the spoon again after every second lokma. Turn down the heat slightly from high to medium-high so that the lokma can cook slowly and thoroughly. (I reduced my stove setting from 9 to 6 and cooked the dough on 6 until it was finished.) Stir frequently with a skimmer until the lokma turns golden brown.

Take the cooked lokma out of the oil and immediately transfer them to the cold syrup. Stir them in the syrup 2-3 times using another skimmer and then transfer to a plate. Repeat this process until all the dough is used.

Nutrition Info (per 100 g)

Honey Lokma Dessert

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
217.4 kcal	6.2 g	2.4 g	1.1 g	42.8 g	3.6 g	1.7 g

Syrup

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
215.9 kcal	N/A	N/A	N/A	54.0 g	54.0 g	N/A

Pasteli

(Greek Honey Sesame Bars)



Dessert

Alexandra Koutsotoli - Greece

Recipe History

Pasteli name comes from the ancient Greek verb pas (paso), meaning to spread, reflecting the techniques of its preparation. The first reference dates back to Homer, when indrion is mentioned in the Odyssey and the Iliad, describing a honey and sesame sweet to give energy to Greek warriors in the Trojan War. It was later referenced to Spartan soldiers before each battle. Herodotus, described them as flat breads broken by hand by young people, at feasts and dances. Over time, pasteli became a ritual at Greek weddings, offered to the bride and groom: honey symbolized love and passion, while sesame fertility and life. This tradition survives today, especially on the Aegean islands.

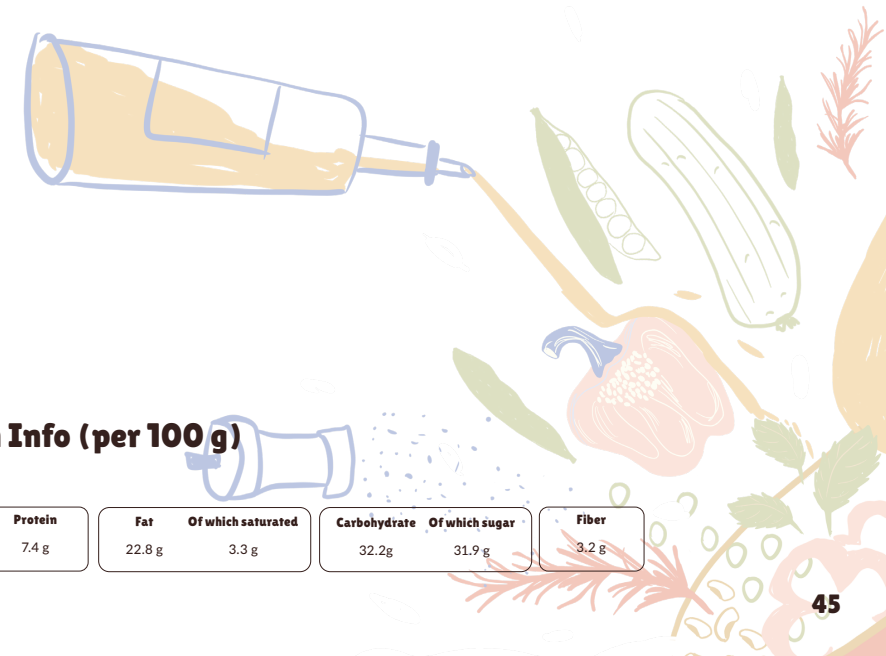
Ingredients:

200 g sesame seeds
200 g honey
1 pinch salt
Lemon zest, of 1 lemon



Preparation:

Place a frying pan over high heat. Add the sesame seeds and toast them for 2-3 minutes until golden. Remove and set aside. Place the same frying pan on the heat. Add the honey and let it come to a boil. Add the sesame seeds, lower the heat to medium, and simmer for 5 minutes by constantly mixing with a wooden spoon. Remove from the heat and add the salt and the lemon zest. Pour the mixture into a 20 cm round cake pan lined with parchment paper and spread it well with a spoon. Allow 20 minutes to cool and serve.



Nutrition Info (per 100 g)

Pasteli

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
368.8 kcal	7.4 g	22.8 g	3.3 g	32.2g	31.9 g	3.2 g

Honey Cake



Dessert

Katarina Šavikin - Republic of Serbia

Recipe History

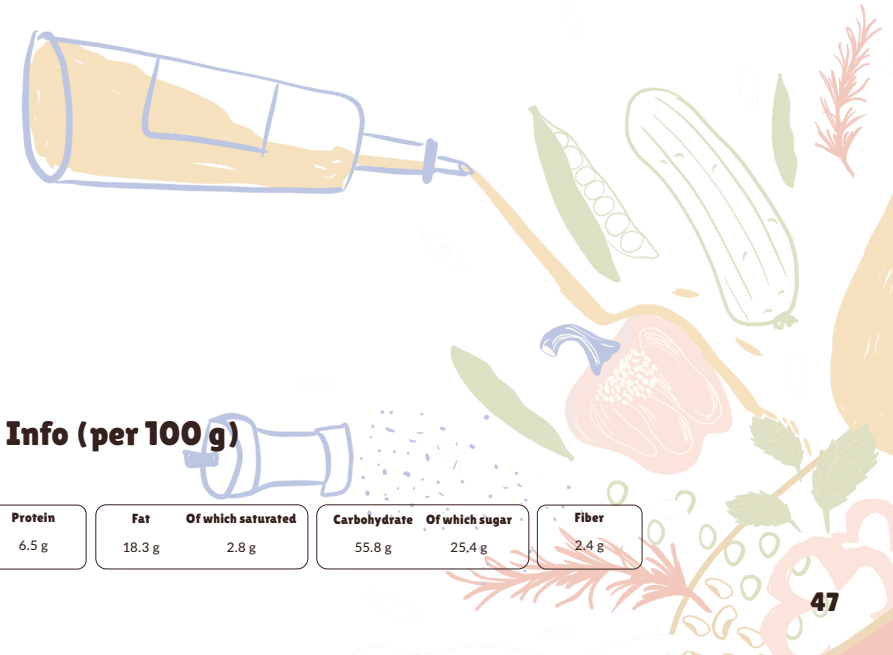
The dish is described in the cookbook "My Chef Advisor", 1952, printed in a circulation of 20,000 copies in Belgrade, Serbia. If desired, you can decorate with melted chocolate, marzipan, or fondant. The recipe is also in my grandmother's recipe book.

Ingredients:

250 g lard
500 mL honey
1 kg flour
2 eggs
4 egg yolks
150 g raisins
300 g roughly chopped walnuts
2 teaspoons baking soda
Ground cinnamon, according to taste
Ground cloves, according to taste

Preparation:

Melt 250 g of lard and 500 ml of honey in a pan. Pour it over 1 kg of flour and knead until the dough becomes smooth. Leave to cool. Add 2 whole eggs and 4 egg yolks to the dough. Add some cinnamon and cloves, 2 teaspoons of baking soda, 150 g of raisins, and 300 g of roughly chopped walnuts. Let it stand in a warm place for 3 hours. Bake for about 30 minutes at 200 °C.



Nutrition Info (per 100 g)

Honey Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
413.6 kcal	6.5 g	18.3 g	2.8 g	55.8 g	25.4 g	2.4 g

Apples with Honey and Sweet Cream



Dessert Katarina Šavikin - Republic of Serbia

Recipe History

The dish is described in the cookbook “My Chef Advisor”, 1952, printed in a circulation of 20.000 copies in Belgrade, Serbia.

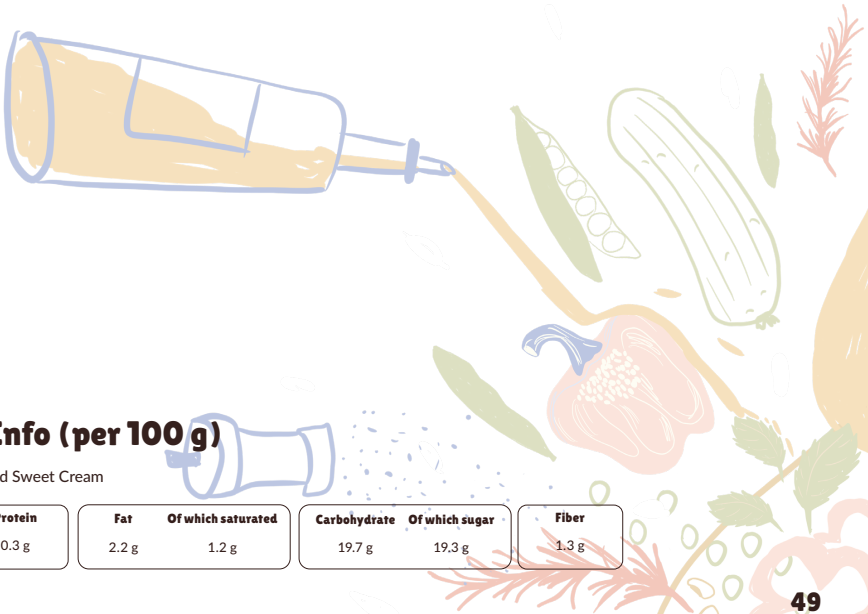
Ingredients:

- 10 large apples
- 400 g honey
- 2 tablespoons (30 g) vanilla sugar
- 150 mL whipping cream (30-35% fat content)



Preparation:

Peel 10 large apples, remove the core and seeds, and place them in a deep baking dish. Pour 400 g of honey over the apples. Cover the dish, place it in the oven, and bake over moderate heat until the apples are soft. Remove from the oven and let them cool. Whip the cooled cream and add 2 tablespoons of vanilla sugar. Mix well until smooth. Slice the baked apples thinly and arrange them in a mound or layered cup shape. Pour the sweet cream over the apples. Drizzle with the honey in which the apples were baked before serving.



Nutrition Info (per 100 g)

Apples with Honey and Sweet Cream

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
100.8 kcal	0.3 g	2.2 g	1.2 g	19.7 g	19.3 g	1.3 g

Tufahije with Whipped Cream



Dessert

Katarina Šavikin - Republic of Serbia

Recipe History

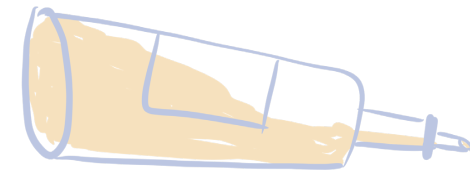
Tufahija is a type of very sweet dessert originally from Persia. They came to the Balkan Peninsula with the Turkish invaders. Tufahija means a sweet dish of boiled apples in sugar, filled with walnuts. The recipe is also in my grandmother's recipe book.

Ingredients:

1 kg apples
200 g chopped walnuts
100 g brown sugar
100 g white sugar
20 g vanilla sugar
Lemon peel, from one lemon
Lemon juice, from one lemon
2 tablespoons honey
½ teaspoon nutmeg
1 cup whipped cream
200 mL water

Preparation:

Make a thin syrup from 300 g of sugar and water. Add lemon juice and a little lemon peel, and one teaspoon of vanilla sugar. Peel and core the apples to remove the hard part. Cook the apples gently in the syrup until they start to look glassy. Take them out and arrange them in a bowl to cool. Make a filling from chopped walnuts, brown sugar, vanilla sugar, grated lemon peel, and nutmeg, and fill the apples with it. Add 2 spoons of honey to the remaining syrup, mix, and pour it over the apples. Garnish with whipped cream.



Nutrition Info (per 100 g)

Tufahije with Whipped Cream

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
174.9 kcal	1.8 g	9.9 g	2.9 g	19.7 g	19.3 g	1.4 g

Pears in Wine



Dessert

Katarina Šavikin - Republic of Serbia

Recipe History

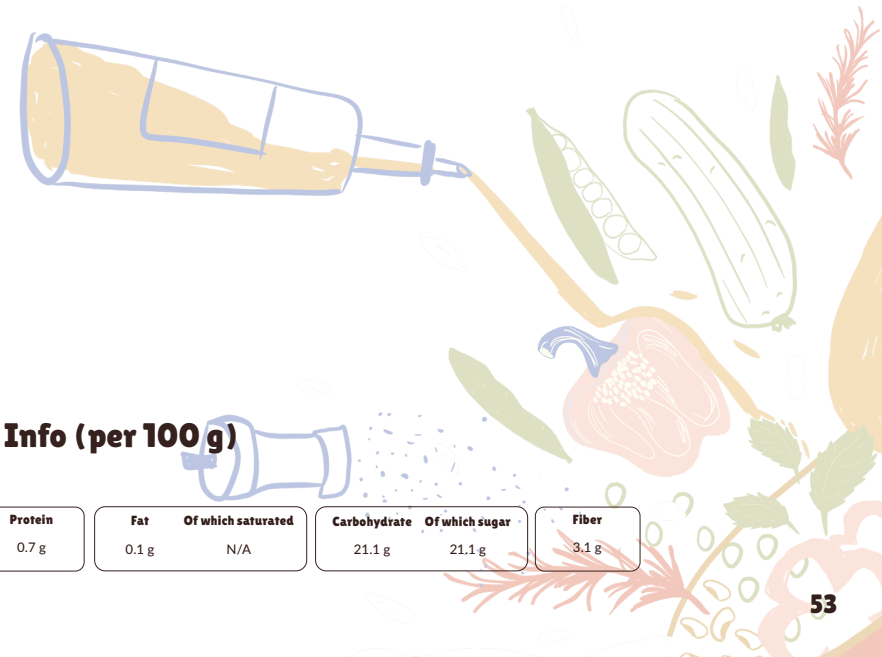
For the preparation of this dessert, smaller, harder pears are chosen. There are no precise records of the origin of this recipe. The recipe is in my grandmother's recipe book.

Ingredients:

6 pears
500 mL wine
100 g sugar
3-4 cloves
¼ lemon peel
½ teaspoon cinnamon
2 tablespoons honey
5 dried plums
5 dried figs

Preparation:

Boil the wine with sugar, cinnamon, cloves and grated lemon peel. Peel the pears to leave the stem and cook them in wine until they are soft. Take them out, put them on a plate. Add prunes and figs to the rest of the wine and cook a little more. When it cools down, add honey and let it cool completely. Pour this over the cooled pears.



Nutrition Info (per 100 g)

Pears in Wine

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
111.2 kcal	0.7 g	0.1 g	N/A	21.1 g	21.1 g	3.1 g

Cookies with Honey and Lemon Cream



Dessert

Katarina Šavikin - Republic of Serbia

Recipe History

The cream can also be made with freshly squeezed orange or raspberry juice. The recipe is in my mother's recipe book.

Ingredients:

250 g flour
150 g butter
100 g sugar
1 egg
A pinch of salt

For the cream

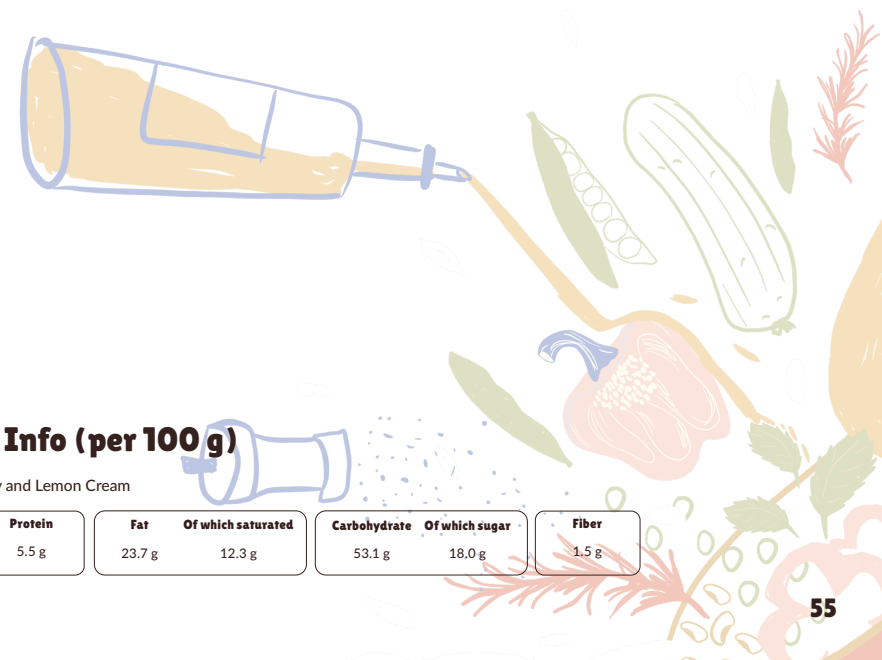
4 eggs
120 g sugar
30 g honey
Lemon juice and peel, from 2 lemons



Preparation:

Mix the flour and salt in a bowl. In another bowl, beat the butter and sugar until creamy. Add the egg and mix well. Gradually add the flour and salt mixture, mixing until all ingredients are combined. Form the dough into a ball, wrap it in cling film, and put it in the refrigerator to chill for 30 minutes. Make small balls from the dough and make a hole in the middle of each ball, where you will put the cream later. Bake for 10-12 minutes in a preheated oven at 180 °C.

For the lemon cream, beat the eggs and sugar in a bowl until the mixture becomes light. Add the lemon juice and honey and mix everything well. Transfer the mixture to a saucepan and cook over medium-high heat, stirring constantly, until the mixture thickens. Remove from heat and add butter, stirring until butter is completely melted, and add honey. Leave the cream to cool. Spread the lemon cream on the cooled cookies.



Nutrition Info (per 100 g)

Cookies with Honey and Lemon Cream

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
447 kcal	5.5 g	23.7 g	12.3 g	53.1 g	18.0 g	1.5 g

Lenten Honey Cake



Dessert

Katarina Šavikin - Republic of Serbia

Recipe History

The dish is described in the cookbook "My Chef Advisor", 1952, printed in a circulation of 20.000 copies in Belgrade, Serbia.

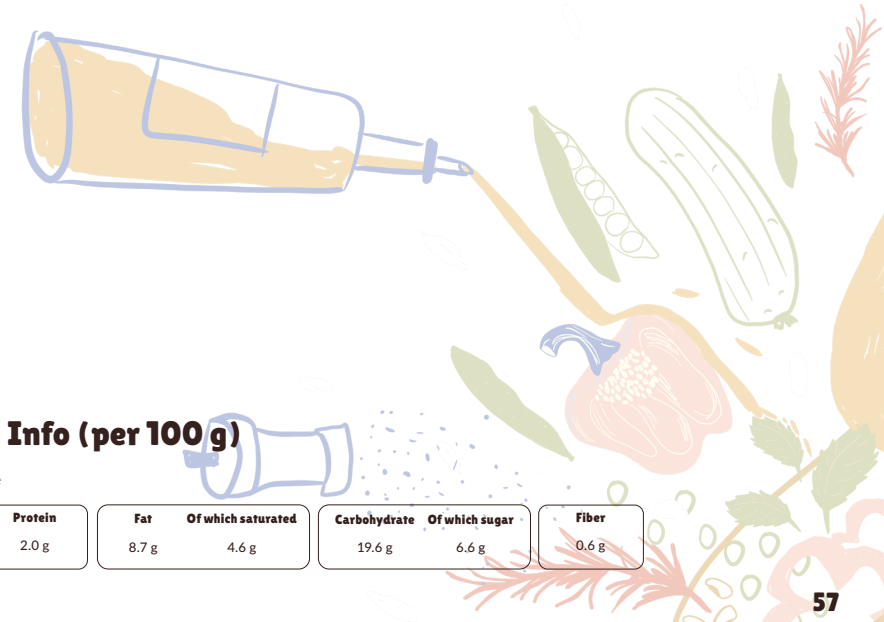
Ingredients:

250 g honey
250 mL water
250 g sugar
250 g ground walnuts
20 – 30 g grated chocolate
250 g flour
1 lemon peel
1 teaspoon baking soda
250 g raisins
Ground cinnamon, according to taste
Ground cloves, according to taste



Preparation:

Whisk well 250 g of honey, then add 250 ml of water, 250 g of sugar, 250 g of ground walnuts, 250 g of flour, 2 bars of grated chocolate, the peel of 1 lemon, some cloves and cinnamon and 1 teaspoon of baking soda. Mix everything well and add 250 g of raisins. Spread oil over it, mix the mass well again and put it in a baking tray. Bake for 30 minutes at 200 °C. After baking, it can be covered with melted lenten chocolate.



Nutrition Info (per 100 g)

Lenten Honey Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
165.1 kcal	2.0 g	8.7 g	4.6 g	19.6 g	6.6 g	0.6 g

Muffins



Dessert

Katarina Šavikin - Republic of Serbia

Recipe History

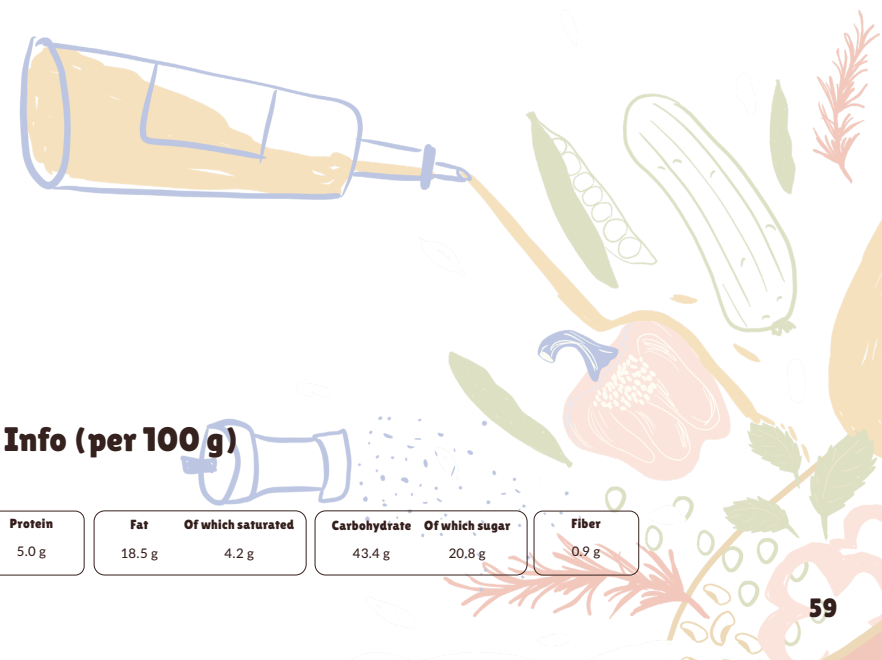
Muffins are often made for children. Various ingredients can be added to the dough, such as grated hazelnuts, fruit, cinnamon, and others. Muffins can be decorated with different creams and toppings. The recipe is in my mother's recipe book.

Ingredients:

300 g flour
100 g of chocolate chopped into cubes
130 g sugar
20 g honey
2 tablespoons cocoa
1 teaspoon baking powder
300 mL milk
1 egg
150 mL oil

Preparation:

Separately, beat the liquid and the dry ingredients and combine them afterward. Bake in muffins tin for about fifteen minutes at 200 °C.



Nutrition Info (per 100 g)

Muffins

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
360.2 kcal	5.0 g	18.5 g	4.2 g	43.4 g	20.8 g	0.9 g

Honey Cookies for Tea



Dessert

Katarina Šavikin - Republic of Serbia

Recipe History

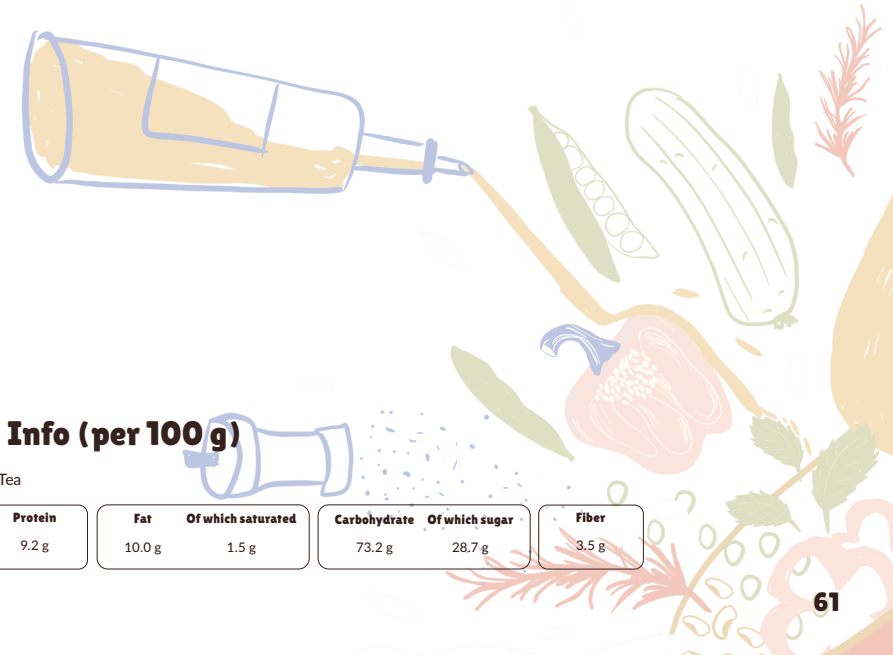
The dish is described in the cookbook "My Chef Advisor", 1952, printed in a circulation of 20,000 copies in Belgrade, Serbia. If desired, you can decorate with melted chocolate, marzipan, or fondant. The recipe is also in my grandmother's recipe book.

Ingredients:

280 g honey
280 g sugar
1 kg flour
8 + 1 egg yolks
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon clove
Lemon peel from 1 lemon
Lemon juice from 1 lemon
Peeled almonds, according to the number of cookies

Preparation:

Put 280 g of honey and 280 g of sugar in a pot and bring to a boil. Put 1 kg of flour in another pot and slowly add boiled sugar and honey. Mix well and leave to cool. Put 1 teaspoon of baking soda, 1 teaspoon of cinnamon, 1 teaspoon of cloves, and the grated peel of one lemon, as well as the juice, into the cooled mixture. Then add 8 egg yolks. Transfer to the work surface and knead. Roll out the dough with a rolling pin to the thickness of a finger and remove the cookies using a glass or cookie cutters in different forms. Spread egg yolk on top and put half of a peeled almond on each one. Bake on moderate heat for about 30 minutes.



Nutrition Info (per 100 g)

Honey Cookies for Tea

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
419.8 kcal	9.2 g	10.0 g	1.5 g	73.2 g	28.7 g	3.5 g

Albanian Healthy Nut and Honey Cake



Dessert

Hyrije Koraqi - Kosovo - Albania

Recipe History

This is a typical Albanian recipe mainly prepared during holidays, especially for New Year, though the simplicity of the ingredients make it easy to enjoy any time of the year.

With nuts and honey, it is one of the oldest recipes in Albanian cuisine, cherished for the joy and happiness it brings to family reunions. Prepared and passed down by mothers and grandmothers, it is simple to make but requires care and above all, a lot of love.

This sweet and satisfying dessert goes well with tea, ice cream, and fruits, especially apples or peaches.

Ingredients:

200 g sugar
2 eggs
120 g butter, at room temperature
80 g nuts of your choice (either almonds, pistachios, or walnuts)
3 tablespoons honey
1 teaspoon baking soda
500 g flour
3 cups water
3 cups sugar
Vanilla, to taste



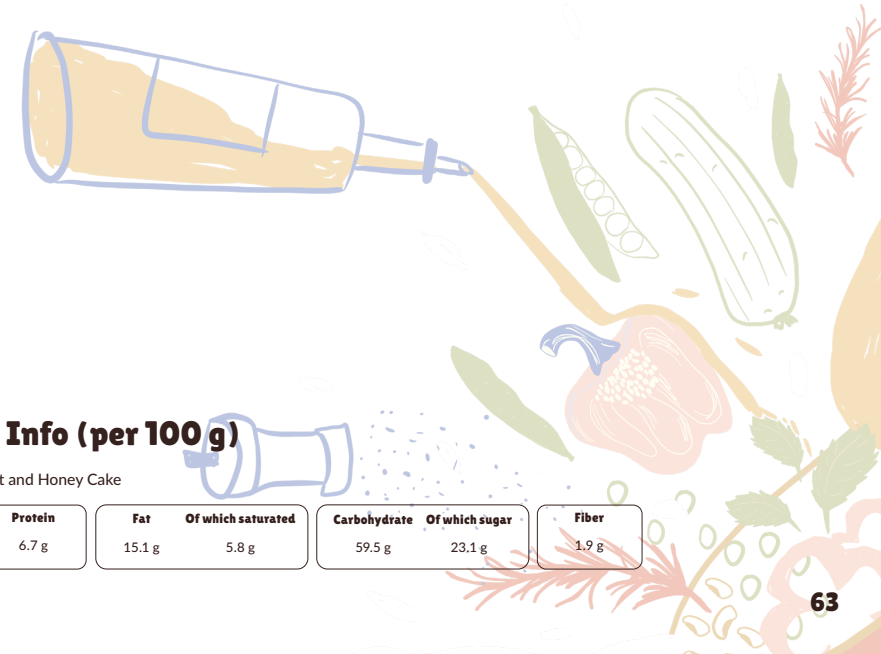
Preparation:

Beat the eggs and the sugar with an electric mixer until the mixture thickens and turns a very pale yellow. Add the butter, 3/4 of the nuts (ground or chopped), honey, soda, and flour. Continue by kneading the dough with your hands, but it should remain soft and fluffy (not like cookie dough).

Put the dough in a pan, smooth it with a spatula, and bake at 180 °C for 35-40 minutes or until the surface is light brown. Take it out of the oven and let it cool.

For syrup, boil the water with the sugar and some vanilla for about 7 minutes, until it thickens, and continue stirring it the entire time. Let it cool down for a bit, until it is mildly warm and still relatively liquid.

When the pastry is cool, pour the syrup over it and sprinkle everything with the remaining nuts. Let it cool down so the syrup really thickens.



Nutrition Info (per 100 g)

Albania Healthy Nut and Honey Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
401.0 kcal	6.7 g	15.1 g	5.8 g	59.5 g	23.1 g	1.9 g

Seadas



<https://www.soniaperonaci.it/seadas/>

Dessert Pier Paolo Danieli - Italy

Recipe History

Seadas are a traditional dessert from Sardinia, particularly popular in the central and southern regions of the island. Seadas were born as a main dish, originally prepared as offerings during religious festivals, now a symbol of Sardinian cuisine. Passed down through generations, the recipe has evolved but remains appreciated for its combination of external crunchiness and internal creaminess, complemented by the sweet touch of honey or sugar. Seadas are made with semolina flour and a filling of fresh pecorino or *caciotta* cheese, and finished with honey, usually from the strawberry tree, another typical product of the island.

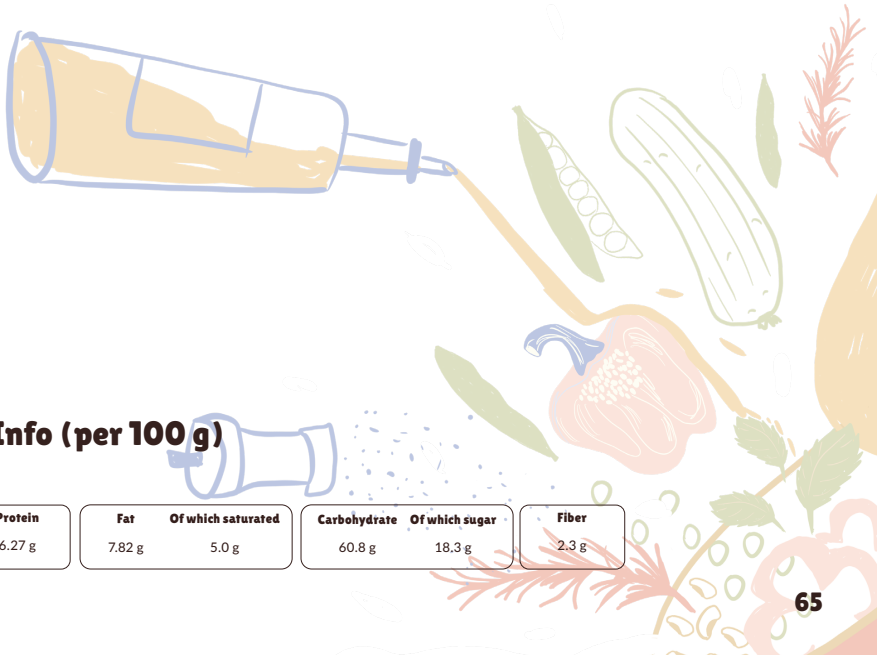
Ingredients:

- 300 g fresh pecorino cheese
- 250 g durum wheat semolina
- 30 g lard (rendered pork fat)
- 100 g Arbutus honey
- Salt, as needed
- Orange, as needed
- Lemon, as needed
- Peanut oil, as needed



Preparation:

Knead the semolina with the lard, then add about 120 mL of water and a pinch of salt. Work the mixture until it is smooth and soft. Let it rest in the refrigerator for at least 2 hours. Grate the pecorino cheese, add the zest of 1 orange and 1 lemon, and form small, flattened balls. If the mixture is too dry, gently soften it over the heat (with a drop of milk) to shape it. Roll out the dough into thin sheets (with the sheet maker), creating strips. Place the pecorino mixture at regular intervals on half of the strips, cover with the other strips, press well around the filling and seal; cut the dough around the filling with a 9 cm diameter pastry cutter. Fry the seadas in hot peanut oil (200 °C) until they are golden brown, turning them very gently to avoid breaking the bubbles that will form on the dough. Serve them with honey.



Nutrition Info (per 100 g)

Seadas

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
445.8 kcal	6.27 g	7.82 g	5.0 g	60.8 g	18.3 g	2.3 g

Honey Cake



Dessert Mariana Palma - Portugal

Recipe History

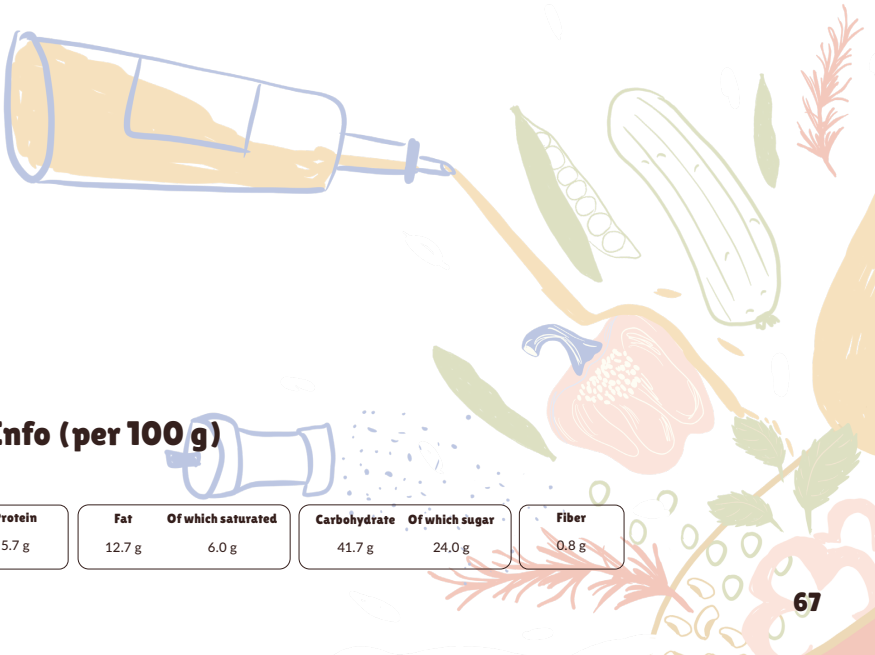
I inherited this recipe from my grandmother’s recipe book. She always made this recipe when her grandchildren came to her house, and we still remember her by this cake.

Ingredients:

- 5 eggs
- 250 g flour
- 150 g brown sugar
- 125 g butter
- 150 g honey
- 125 mL milk
- 1 teaspoon yeast
- 1 teaspoon cinnamon

Preparation:

Grease a baking tin with butter and dust with flour. Preheat the oven to 180 °C. Beat the honey, sugar, butter, and milk until the mixture is smooth. Add the eggs one by one, beating until completely homogenized. Mix the flour, the baking powder, and the cinnamon, and gradually add to the previous mixture. Bake in the oven for 30 - 40 minutes.



Nutrition Info (per 100 g)

Honey Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
303.8 kcal	5.7 g	12.7 g	6.0 g	41.7 g	24.0 g	0.8 g

Basbousa



Dessert

Adel El-sayed Abd El-RazekHatem - Egypt

Recipe History

Made with semolina, coconut, and honey syrup for sweetness, this is a well-liked delicacy from the Middle East. Sweetening the syrup with honey from nearby bees is a common practice.

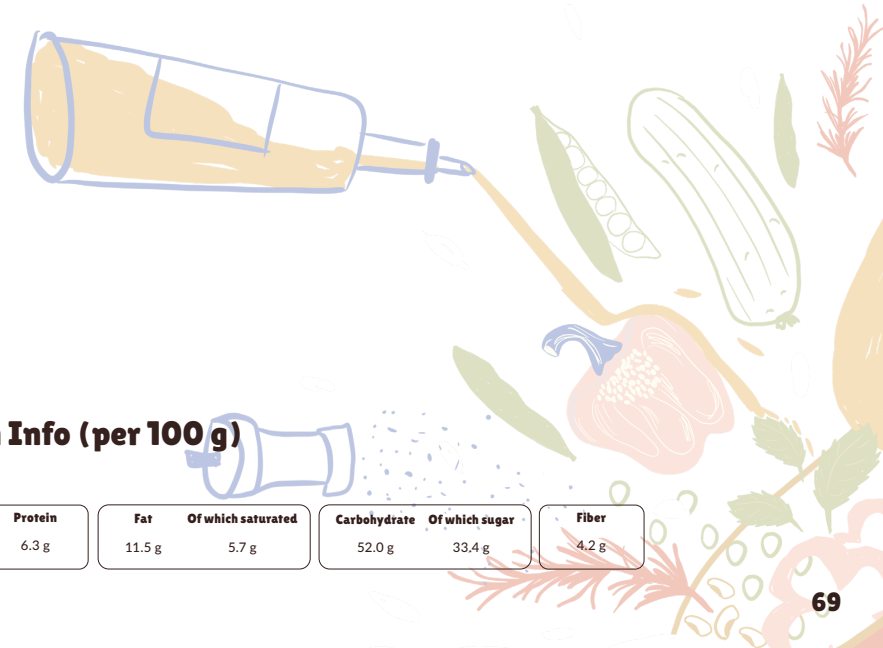
Ingredients:

1 3/4 cups coarse semolina
 3/4 cup sugar
 1 1/2 tsp baking powder
 1/2 cup desiccated coconut
 1 cup plain yoghurt (or you can mix half yoghurt and half milk)
 2 tsp vanilla essence
 1/2 cup almonds, blanched and peeled



Preparation:

Combine 1 cup coarse semolina, 3/4 cup sugar, 1 1/2 tsp baking powder, 1/2 cup desiccated coconut, 1 cup plain yoghurt (you can mix in half yoghurt), and 2 tsp vanilla essence in a big dish. Stir until the batter is smooth and completely blended. Evenly distribute the batter into the greased baking dish. Using a knife, score the batter into square pieces and put one blanched almond in the middle of every slice. Bake for 25 to 35 minutes, or until the top is golden brown, in a preheated oven. Take the baking dish out of the oven and cover the hot basbousa evenly with the honey right away. Before slicing it along the scored lines, let the basbousa cool fully and absorb the honey.



Nutrition Info (per 100 g)

Basbousa

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
336.7 kcal	6.3 g	11.5 g	5.7 g	52.0 g	33.4 g	4.2 g

Kunafa



Dessert

Adel El-sayed Abd El-RazekHatem - Egypt

Recipe History

Kunafa is a delicious Middle Eastern dessert made with shredded phyllo dough or semolina dough, filled with cheese or cream, and soaked in honey syrup.

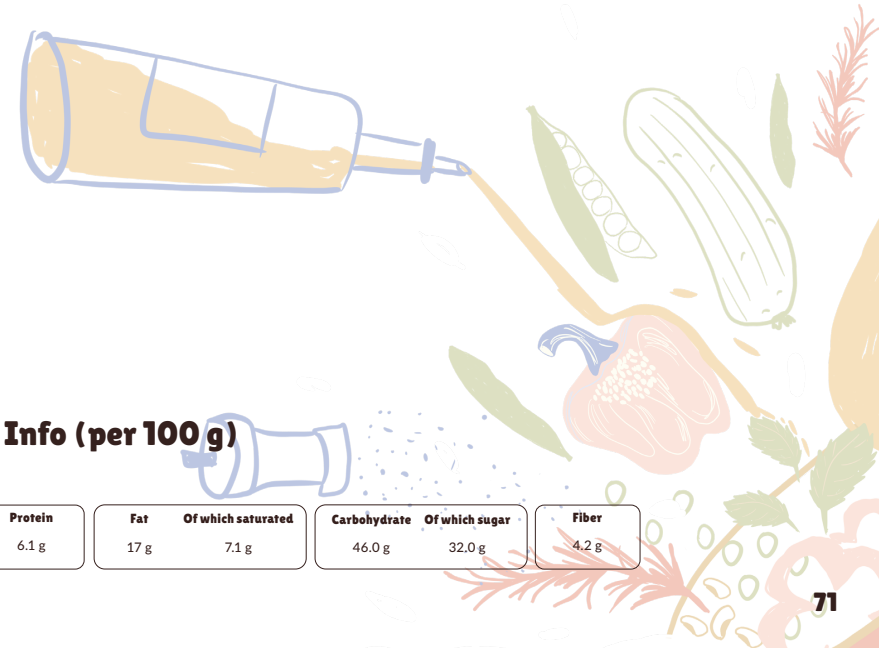
Ingredients:

1 kg kunafa
2 cups melted ghee
1/2 a cup of ghee to grease the tray
3 tablespoons powdered sugar
Nuts, as desired



Preparation:

Coat an oven tray with ghee and preheat the oven to a high temperature. Lightly grease the kunafa with ghee, split it in half, and place the first half in the tray with your preferred filling (nuts, custard, cream, or pudding, for example). After spreading the ghee evenly over the second half of the kunafa, top it with the filled layer. After the kunafa has been cooked through, roast it for 30 minutes at 170 °C in the oven, and then ignite the grill for 10 minutes to get a golden hue. Remove the tray from the oven and brush the kunafa with honey, allowing it to absorb well.



Nutrition Info (per 100 g)

Kunafa

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
355 kcal	6.1 g	17 g	7.1 g	46.0 g	32.0 g	4.2 g

Zainab's Fingers



Dessert

Adel El-sayed Abd El-RazekHatem - Egypt

Recipe History

Zainab's fingers are a traditional Egyptian dessert that is famous in the Middle East. It is prepared from fried dough and covered with honey.

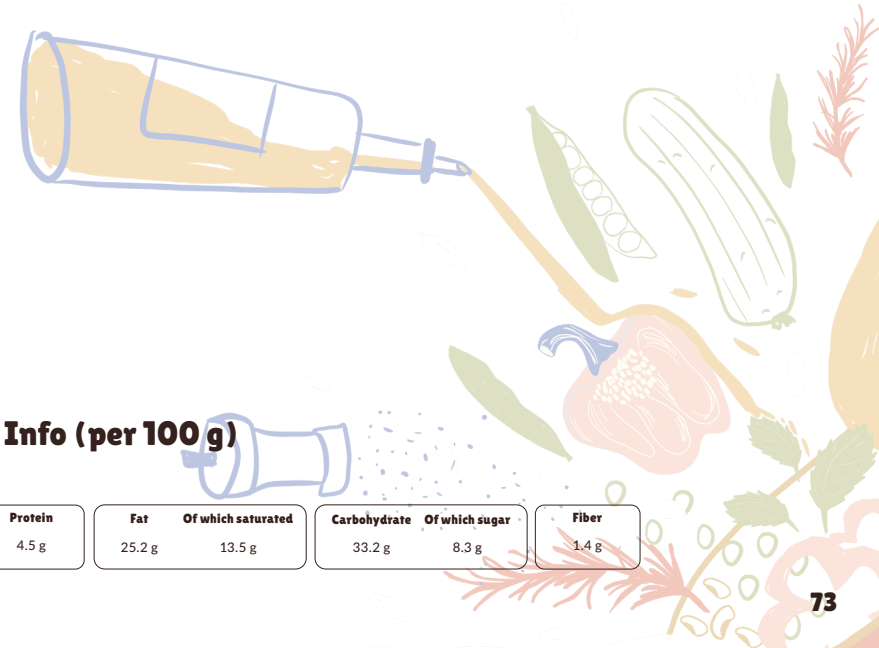
Ingredients:

2 ½ cups of flour
3/4 cup of semolina
1 tablespoon of sugar
1/2 a teaspoon of yeast
1/2 a cup of hot butter
1/2 a cup of warm water
Honey



Preparation:

First, combine the sugar, vanilla, salt, semolina, flour, and yeast. To make the dough, add the oil and water and whisk. Shape the dough into small balls. To create a pattern, run each ball through the back of a grater. Leave to ferment, then fry the balls in oil, dry, and place in a bowl with honey. Serve!



Nutrition Info (per 100 g)

Zainab's Fingers

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
377.2 kcal	4.5 g	25.2 g	13.5 g	33.2 g	8.3 g	1.4 g

Zalabia



Dessert Adel El-sayed Abd El-RazekHatem - Egypt

Recipe History

Deep-fried pastries called “zalabia” are soaked in a sugar syrup that can be sweetened with honey either in addition to or in place of sugar.

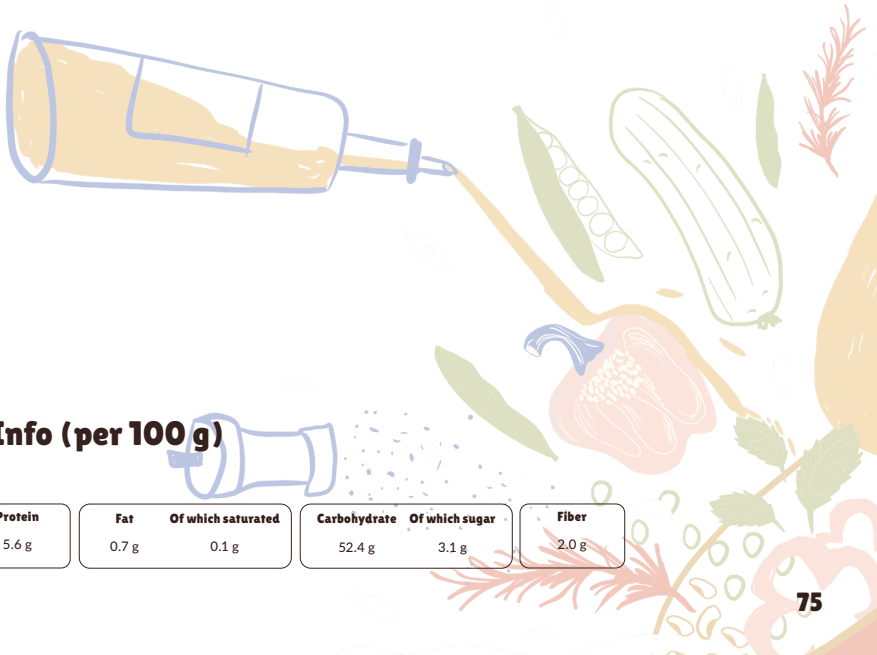
Ingredients:

- 2 cups white flour
- 2 tablespoons starch
- 1 tablespoon yeast
- 1 spoon of sugar
- 1 1/4 cup of warm water



Preparation:

In a bowl, combine the flour, starch, yeast, and sugar. Gradually whisk in the water until a smooth batter forms. Cover and let it ferment until slightly bubbly. With wet hands or a spoon dipped in water or oil, scoop portions of the dough and drop them directly into hot oil, forming small balls. Fry until golden brown. Remove the dumplings, drain briefly on paper towels, then toss with honey. Serve warm.



Nutrition Info (per 100 g)

Energy		Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
316.6 kcal		5.6 g	0.7 g	0.1 g	52.4 g	3.1 g	2.0 g

Zalabia

Sicilian Crespelle With Honey



Dessert

Giuseppa Di Bella, Ambrogina Albergamo - Italy

Recipe History

This traditional Sicilian dessert seems to have been invented by the nuns of the Benedictine Monastery in Catania in the 16th century, and that is precisely the reason why crespelle are also sometimes called "benedictine". These tasty treats were among the many sweets baked on St Joseph's Day on March 19. Today, however, thanks to their goodness and ease of preparation, crespelle with honey are popular all year round. The rice must be distinguishable within the dough, so be sure not to use overcooked rice. The orange peel is paramount, and you can also enrich the dough with a little lemon zest, if you like. The preparation is very simple; if you follow the recipe is almost impossible to fail. Just be careful with frying: do not put too many crespelle in the oil, otherwise the oil will cool, and you will not get a crispy fry. And now what are you waiting for? Eat these crespelle with your hands, licking them with your sticky fingers, honey all due, is one of the pleasures of life!

Ingredients:

250 g arborio rice
600 g + 100 g semi-skimmed milk
125 g flour 00
7 g dehydrated brewer's yeast
60 g caster sugar
1 orange (zest)
1 tablespoon vanilla extract
1/2 teaspoon cinnamon powder
A pinch of salt
Acacia or multifloral honey to taste
Peanut oil, for frying



Preparation:

To prepare the crespelle with honey, put the milk, orange zest, sugar, vanilla, cinnamon, and salt in a saucepan. Bring to the boil and add the rice; cook it over a gentle heat for about 40 minutes until it has absorbed all the milk, stirring often. When the milk has been absorbed and the rice is cooked, let it cool by spreading it out evenly on a baking tray. Once the rice is cold, transfer it to a bowl. Add the flour, yeast, and lukewarm milk, then mix the mixture well. Cover the bowl with plastic wrap and leave to rise for at least 2-3 hours in a switched-off oven.

After the necessary time has elapsed, dust the work surface with a little flour, transfer the dough to the work surface, and form a long, 2.5-3 cm thick roll. Cut the roll into pieces about 10 cm long each with a small knife.

Put a frying pan on the stove and heat the oil to a temperature of about 175 °C (you can check with a kitchen thermometer) and fry your crespelle a little at a time so as not to lower the temperature of the oil. When they are golden brown, drain them with a slotted spoon, place them on absorbent paper towels so that the excess oil is absorbed, and transfer them to a serving dish.

Heat the honey in a saucepan to soften it, then pour it over the crespelle and serve and enjoy!

Storage

As with all fried preparations, I recommend that you consume the crespelle immediately after preparing them to enjoy them in all their delicious crunchiness. If you have any leftovers, store them in an airtight container in a cool place for a couple of days. I do not recommend freezing them.

Nutrition Info (per 100 g)

Sicilian Crespelle With Honey

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
245.1 kcal	4.8 g	0.8 g	0.2 g	54.8 g	11.8 g	1.3 g

Honey Pie



Dessert

Jelena Petrovic - Republic Of Serbia

Recipe History

My family recipe (every family has a different one). These pies are completely different from classic English pies; it is more like cake, but we call it "honey pie".

Ingredients:

For the cake crust :

150 g sugar
2 tablespoons of honey
60 g lard
4 tablespoons of milk
2 eggs
5 g baking soda
450 g flour

For the cream :

750 mL milk
5 g vanilla sugar
250 g powdered sugar
2 tablespoons wheat semolina
250 g butter



Preparation:

Cake crust

In a saucepan over medium heat, melt 150 g sugar with 2 tablespoons of honey until fully dissolved. Add 60 g of lard and stir until melted. Stir in 4 tablespoons of milk and cook until the mixture turns a light brown color. Add 2 eggs and beat with a mixer until combined. Mix in the baking soda. When the mixture begins to foam, add 450 g of flour all at once and stir with a spoon until incorporated. Remove the pot from the heat and cover immediately (Note: If the dough cools, it will be difficult to shape).

Divide the dough into three equal portions. Roll out each portion on baking paper into a square about 5 mm thick. Bake each crust separately in a preheated oven at 200 °C for about 10 minutes, until lightly golden.

Cake cream

In a saucepan, warm 750 mL milk with 5 g vanilla sugar and 250 g powdered sugar. Gradually add 2 tablespoons of wheat semolina and cook over medium heat for about 20 minutes, stirring constantly. When the mixture thickens, remove from the heat and stir in 250 g butter until smooth and creamy. Spread a layer of cream over the first crust, place the second crust on top, and cover with another layer of cream.

Refrigerate the cake for 2–3 days before serving—the crusts will soften, and the flavors will blend beautifully.

Nutrition Info (per 100 g)

Honey Pie

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
351.7 kcal	6.6 g	8.9 g	3.2 g	61.4 g	20.8 g	1.7 g

Cypriot Pishies (Honey-Dipped Fried Pastries)



Dessert Christopher Papachrysostomou, Maria Strouthou - Cyprus

Recipe History

Traditional sweets in Cyprus have been influenced by the island's history. Pishies is a Cypriot traditional fried pastry dessert served with honey. They were a common preparation made from dough to celebrate many occasions. They were prepared as a gift for the new mother after childbirth and as a gift from the new mother to friends and relatives welcoming the baby with wishes of health and happiness. Additionally, pishies were part of the sweets prepared for the newborn's baptism and wedding events (Cyprus Food Virtual Museum).

Ingredients:

For the dough:

- For the dough
- 3 1/3 cups (500 g) Village flour
- 1/3 cup (85 mL) olive oil
- 3/4 cup (185 mL) room-temperature water
- 1 level teaspoon (4 g) salt

For frying:

- 2-3 cups olive oil or vegetable oil

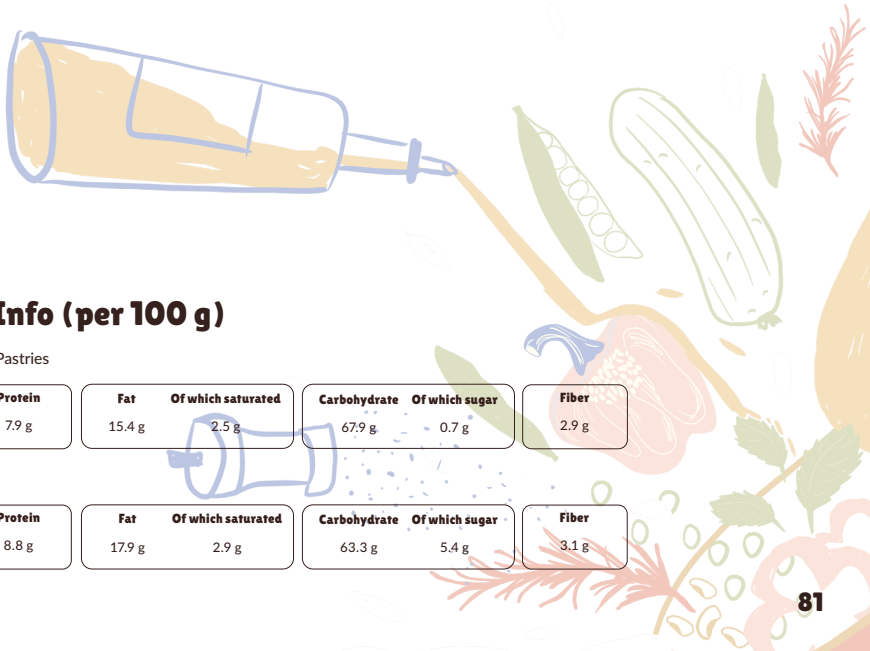
For serving:

- Honey
- Crushed pistachios, almonds, or walnuts nuts



Preparation:

In the bowl of a stand mixer (or a large mixing bowl), combine the flour, salt, and oil, and mix to blend. Slowly add the water to form a soft dough and knead it for 5 minutes until it becomes fluffy. Cover with cling film and set aside to "rest" for 30 minutes. Take some dough and with a rolling pin roll it into a thin layer (fillo) on a floured surface as thin as possible. Spread it with cinnamon and olive oil, roll it up into a cylinder shape, and twist. Cut the twisted dough into pieces of 4-5 cm each. Turn each piece facing down and flatten it into a thin round pie. Place the oil in a pan. When it heats up, place the pishies inside. Reduce the heat and when the pishia becomes golden-brown on the bottom, turn it over with a metal or wooden skewer. Let it get golden- brown from this side as well and then place it onto a non-stick baking paper. Serve sprinkled with honey and nuts.



Nutrition Info (per 100 g)

Honey-Dipped Fried Pastries

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
442.1 kcal	7.9 g	15.4 g	2.5 g	67.9 g	0.7 g	2.9 g

For the Serving

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
449.3 kcal	8.8 g	17.9 g	2.9 g	63.3 g	5.4 g	3.1 g

Struffoli



<https://blog.giallozafferano.it>

Dessert

Filippo Lazzari- Italy

Recipe History

The ancient Greeks are believed to have introduced these sweets to the Gulf of Naples during the time of Parthenope. Many believe that the name "struffoli" also derives from Greek, specifically from the word "strongoulos," meaning "round in shape." Other theories suggest that the name struffolo comes from "strofinare," referring to the action of rolling the dough into a cylinder before cutting it into small pieces. Another belief is that struffolo is named for its ability to "rub" or delight the palate with its sweet flavor.

Ingredients:

For the dough:

500 g flour
1 L peanut seed oil
Salt
3 eggs
20 g sugar
100 g butter
1 lemon zest
1 orange zest
2 egg yolks
25 g anise liqueur

For seasoning:

100 g sugar candied cherries
600 g multifloral honey
150 g candied orange
1 lemon (zest)
1 orange (zest)



Preparation:

Sift the flour onto the work surface and form a well. Add the salt, sugar, and baking soda. Cut the butter into cubes and place it in the center. Start mixing with your hands, then add the eggs one at a time and continue kneading. Add the yolks. Pour in the anise liqueur and grated lemon and orange zest. Work the dough until smooth and homogeneous. Wrap the dough in plastic wrap and let it rest at room temperature for 30 minutes.

Take a portion of the dough, keeping the rest covered. Roll the dough into logs about 1 cm thick and cut them into small pieces about 1-1.5 cm wide.

Place the pieces on a tray lined with a clean cloth, keeping them separated.

To fry, heat the vegetable oil in a large pot to 150-160 °C. Fry a few pieces at a time, moving them around with a slotted spoon to keep them round. Fry until golden, about 3-4 minutes. Drain on paper towels to remove excess oil.

To coat, heat the honey and sugar in a saucepan over low heat, stirring occasionally until it starts to boil. Remove from the heat and let it cool slightly. Add grated lemon and orange zest, and candied orange cubes. Mix well and let it cool for 5-6 minutes, then add the fried dough pieces. Stir with a wooden spoon until the struffoli are well coated and have cooled down.

To decorate, transfer the struffoli to a serving plate, and decorate with candied orange zest and candied cherries.

Nutrition Info (per 100 g)

Struffoli

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
648.2 kcal	3.9 g	59.7 g	12.9 g	22.8 g	1.7 g	0.9 g

Seasoning

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
140.3 kcal	0.6 g	0.3 g	N/A	33.8 g	33.8 g	N/A

Cartellate Pugliesi



<https://blog.giallozafferano.it>

Dessert

Filippo Lazzari- Italy

Recipe History

An ancient sweet, whose recipe is passed down from generation to generation, and whose origins date back to the dawn of civilization. Tradition has it that women from different families come together to prepare these festive sweets in large quantities, thus mixing knowledge and secrets.

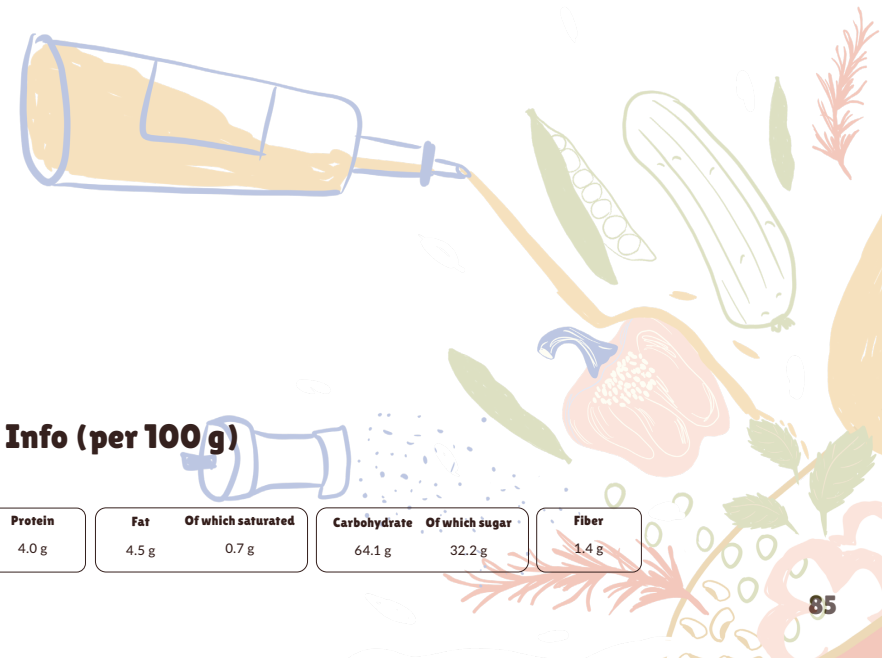
Ingredients:

30 g olive oil
300 g 00 flour
300 g honey
115 g dry white wine
1 L peanut seed oil



Preparation:

To prepare Pugliese cartellate, start by making the dough: in a small pot, place the white wine and oil, and heat slightly until it reaches about 35 °C. Sift the flour into a bowl and pour the oil and wine mixture into the center. Mix by hand until you get a compact consistency. Form the dough into a ball, wrap it in plastic wrap, and let it rest at room temperature for about 30 minutes. After this time, take the dough, remove the plastic wrap, and take half of it. Flatten it slightly on a work surface before rolling it out with a pasta machine from the thickest setting to about 2 mm thick (you can also use a rolling pin). Cut the dough into rectangles with a fluted pastry cutter, then cut the rectangles into strips about 3 cm wide and 30-35 cm long. Pinch the short edges of each strip together to create small pockets spaced about 4 cm apart. Roll the strips into roses, pinching them at certain points to ensure they stay closed during frying. Place the cartellate on a rack or a floured surface, covered with a clean, dry cloth, and let them dry for 5-6 hours, or better yet, overnight. When ready to fry, heat plenty of vegetable oil in a deep pan to 170 °C. Fry a few cartellate at a time for 3-4 minutes per side, then drain and place them on a rack to keep them crispy. For the traditional dressing, heat the vin cotto slightly in a small pot. Dip the cartellate in the honey a few at a time to soak them on both sides, then place them on a serving plate and serve immediately.

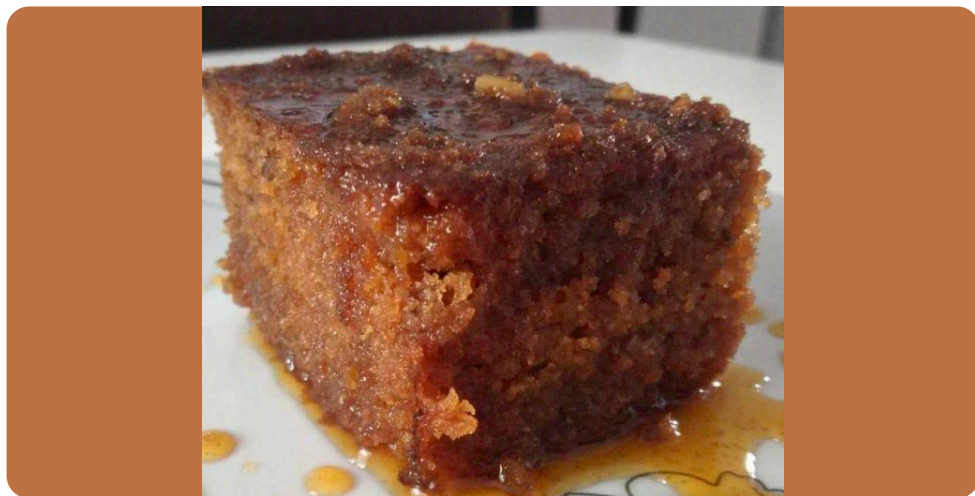


Nutrition Info (per 100 g)

Cartellate Pugliesi

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
330.0 kcal	4.0 g	4.5 g	0.7 g	64.1 g	32.2 g	1.4 g

Shëndetlije (The Healthy)



Dessert

Fjoralba Satka - Albania

Recipe History

Shëndetlije is one of the best and oldest sweets of Albanian cuisine. Many years ago, shëndetlije was cooked only on holidays and joys. It is a dessert from the Dibra area in Albania. People say: 'A dessert with butter, flour and nuts, that melts in your mouth and licks your fingers'.

Ingredients:

For dessert:

3 eggs
1 egg yolk for coating
50 g sugar
150 g butter
150 g honey
500 g wheat flour
10 g of baking soda
1 tablespoon cinnamon
250 g chopped walnuts

For serving:

600 g sugar
750 mL of water
3 tablespoons sugar
1 slice of lemon



Preparation:

Put 3 eggs together with 50 g of sugar in a bowl and mix for about 1 minute. Add 150 g of previously melted butter and stir for about 30 seconds and then add the honey.

Put 500 g of wheat flour, cinnamon, and chopped walnuts in another bowl. Mix all the ingredients well with your hands. To this mixture, add the mixture of eggs with butter and honey and mix it well with your hands until it has reached a homogeneous mass. Spread the prepared dough well on the previously greased pan (so that it does not stick), trying to flatten it by hand. For this recipe, use a pan with a diameter of about 26-30 cm. Then, coat with the yolk of an egg. With the help of a fork, make some lines, but do not press too much to create a decoration. Lines can be diagonal from either side of the pan. Bake the dough at 250 °C for 5 minutes and then lower to 180 °C for 30- 35 minutes or until it gets a nice dark brown color. Turn off the oven, leaving the pan inside for about 30 minutes, and then take it out.

While the dessert is baking in the oven, caramelize 3 spoons of sugar over low heat. Add 750 mL of cold water and 660 g of sugar. Let it boil for 20 minutes and add a slice of lemon.

After taking the dessert out of the oven, cut it according to the shape created. Pour 1/3 of the syrup into the lukewarm dessert. Cover the dessert for a few minutes and then pour more syrup. Cover it again until the dessert has absorbed the syrup, and add the remaining syrup.

Note: It is good to prepare the shëndetlije the day before, so it will be even tastier.

Nutrition Info (per 100 g)

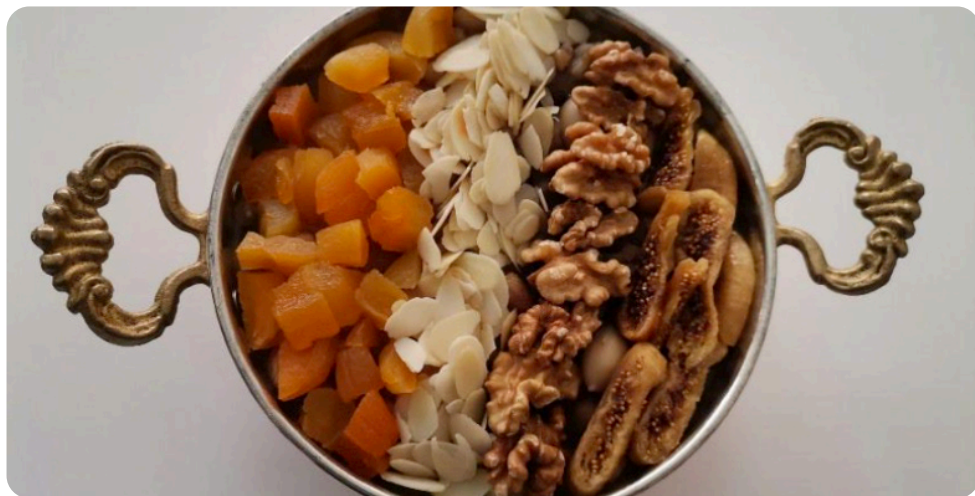
Shëndetlije (The Healthy)

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
416.6 kcal	8.1 g	23.0 g	6.9 g	44.2 g	13.5 g	2.3 g

For the service

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
295.8 kcal	0.1 g	N/A	N/A	73.8 g	73.8 g	0.1 g

Ashura



Dessert

Katip Korkmaz - Turkey

Recipe History

Ashura is a dessert made on the 10th day of the month of Muharram according to the Hijri calendar. According to Islamic belief, when the Prophet Noah landed on land after the Great Flood, he made this dessert with the last ingredients he had left, and Ashura represents abundance and fertility. The origins of Ashura are uncertain, but it has been suggested that it was invented in Mesopotamia and used in the ancient Sumerian and Babylonian civilizations. Today, it continues to be made in many countries in different forms.

Ingredients:

1.5 kg granulated sugar	1 cinnamon stick
1 kg wheat for Ashura	8-10 cloves
400 g chickpeas	250 g roasted hazelnuts
400 g dry beans	2 tablespoons of bell pistachio
Half a teacup of rice	250 g raw almonds
2 squeezed orange juices and the zest of one of them	250 g walnuts
600 g dry apricots	1 tablespoon honey
300 g yellow seedless grapes	
200 g currants	

For decoration: dry apricots, dry figs, walnuts, almonds



Preparation:

Wash the wheat for Ashura until it is thoroughly cleaned and place it in a pot. Add enough water (2-3 L) to cover the wheat by 3-4 fingers and cook. Finish cooking 5 minutes after the wheat starts to boil. Leave the wheat overnight to absorb the water and swell. Also, soak the chickpeas and beans in water overnight and then boil them for 30 minutes. Put the chickpeas, rice and beans into the wheat by draining them and add 3 liters of boiling water and boil for 5-6 minutes. Apricots are cut into cubes and added. Grapes are soaked in hot water for 20 minutes and then drained and added. If the almonds are shelled, soak them in boiled water and add them after peeling them. Add roasted hazelnuts, walnuts, and bell pistachios. Add the other fruits to the boiling soup in turn. Boil the cloves with 1 cup of water to increase the aroma of the soup and strain the water and add it to the soup. Add 1 piece of cinnamon, 1 grated orange peel and the orange juice. Boil all the ingredients for 10-15 minutes. Add 1.5 kg of granulated sugar to the soup and boil it for 10-15 minutes (it is necessary to stir it frequently as it may stick to the bottom after adding the sugar). The consistency may be viscous at this stage; it will reach the desired consistency when it cools down. Let it rest for at least 40 minutes with the lid closed, stirring at regular intervals. After resting for half an hour, add 1 tablespoon of honey, stir, and serve in portions.

Nutrition Info (per 100 g)

Ashura

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
349.6 kcal	7.5 g	8.7 g	0.7 g	60.4 g	37.3 g	7.8 g

Kabarcik



Dessert

Katip Korkmaz - Turkey

Recipe History

While it is known as 'Kabarcik' among the local people in the Black Sea region, it is also called Lokma, Lokum, Tulumba in different regions, depending on the differences in the way it is made and the ingredients used. It is equivalent to the Lokma dessert but larger in shape.

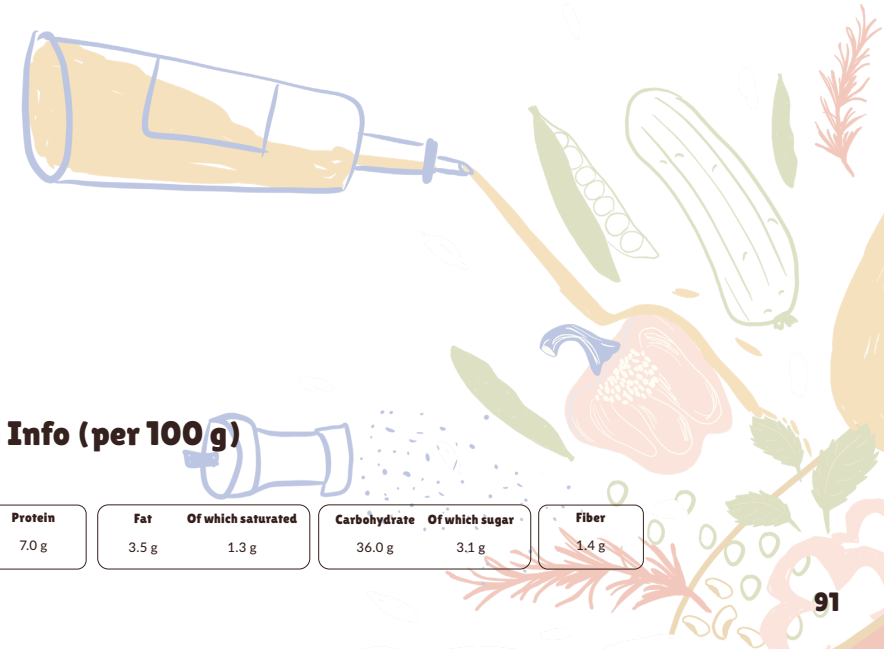
Ingredients:

500 g flour
500 mL milk
3 eggs
1 teaspoon salt
1 teaspoon granulated sugar
1 tablespoon yeast



Preparation:

First, add flour into a deep metal bowl and add eggs, milk, salt, sugar, and yeast, and mix for 5 minutes with a mixer. Then leave it for 30 minutes to ferment. After the dough rises, fry it in sunflower oil (if possible, heated in a wood fire on a cob stove) by shaping bubbles by hand. Wait until the color turns golden. After the cooking process is completed and cooled slightly, mix with honey and serve.



Nutrition Info (per 100 g)

Kabarcik

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
204.0 kcal	7.0 g	3.5 g	1.3 g	36.0 g	3.1 g	1.4 g

Baklawa



Dessert Sofiane Boudalia - Algeria

Recipe History

Algerian baklava is a pastry made with almonds and honey syrup. It is said to have been inspired by Turkish baklava during the Ottoman rule and has been a part of Algerian cuisine for over 300 years. From the north to the south, and from the east to the west, baklava stands out as one of the wonders of Algerian pastries. This generous and indulgent treat is specially prepared for significant celebrations such as weddings and Eid. Baklava is deeply embedded in tradition, and it is one of the first authentic pastries that our mothers endeavor to pass down to us. The process of learning to make baklava takes some time to master, but the results are well worth the effort. Each step in its preparation is essential to ensure that it turns out perfect and is worthy of being served to guests.

Ingredients:

For the dough:

- 250 g butter
- 1 kg flour
- A pinch of salt
- Orange blossom water
- Water

For finishing:

- 400 mL melted Ghee
- 2 kg honey
- Almonds for decoration

For the filling:

- 1 kg walnuts
- 1 kg almonds
- 600 g powdered sugar
- 200 mL ghee (or smen) a clarified butter
- 1 tablespoon cinnamon
- Orange blossom water



Preparation:

In a large bowl, combine the flour and melted butter, and mix well. Add the orange blossom water and continue mixing. Gradually add water until the mixture forms a smooth, non-sticky dough. Cover the dough and set it aside.

Meanwhile, for the cream, combine the walnuts and almonds in a bowl. Sprinkle with cinnamon, then add the powdered sugar and melted Ghee and mix well. Drizzle with orange blossom water and mix thoroughly. Set aside.

Form balls of dough (about 10 balls) and roll out each one thinly on a floured surface. Place the rolled dough in a greased baking dish (dimensions 40 cm by 40 cm) and brush each layer with melted ghee. Add a second layer of dough, brush with more butter, and continue layering until you have 5 layers. Add the filling on top of the layers.

Continue layering the dough, spreading it thinly, and sealing the edges. Trim any excess dough. Using a sharp knife, cut the dough into squares or diamonds (1.5 × 1.5 cm as shown in the photo). Place an almond in the center of each diamond. Brush the surface with melted ghee and let it rest for 1 hour. Bake in a preheated oven at 190 °C for 50 minutes or more, depending on your oven. Watch carefully until it achieves a nice golden color. Finally, drizzle with honey (2 kg).

Nutrition Info (per 100 g)

Baklava

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
441.3 kcal	7.7 g	22.5 g	3.4 g	52.1 g	38.1 g	3.9 g

Rifss



Dessert

Sofiane Boudalia - Algeria

Recipe History

Algerian Rifss is a traditional sweet dish made with crumbled galette, known as mbesses. Rifss is consumed on special occasions such as Eid al-Fitr, weddings, and births. It is typically served as a dessert and often accompanied by leben (fermented milk). This dish is also enjoyed during the month of Ramadan in the eastern regions of Algeria, including cities like Constantine, Béjaïa, Jijel, Skikda, Annaba, and Sétif. In some areas, Rifss is prepared to celebrate the arrival of spring.

Ingredients:

For the galette:

- 1 kg semolina
- 4 tablespoons regular oil
- 3 teaspoons salt
- Water, amount depends on the quality of the semolina for kneading the dough

For the filling:

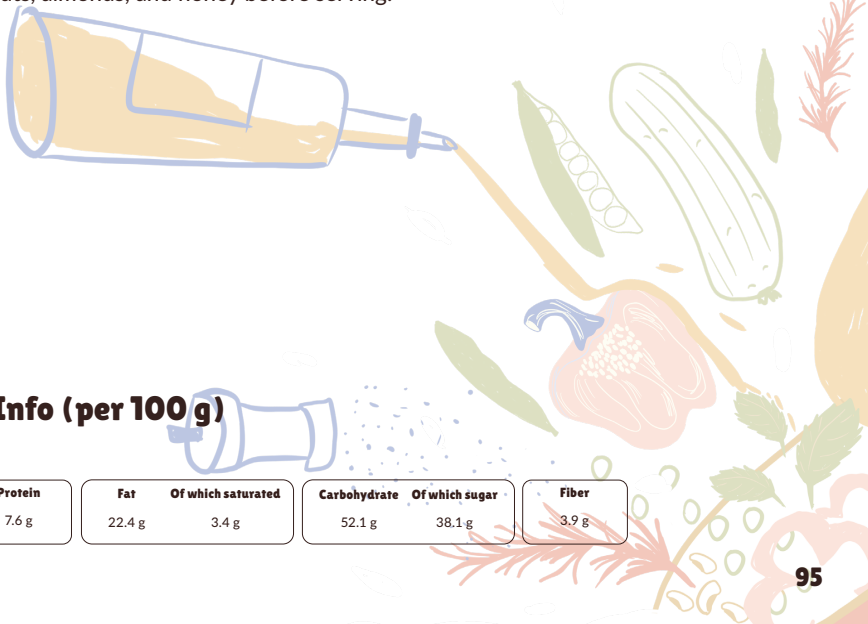
- 4 tablespoons powdered sugar
- 50 g melted butter, depending on desired texture
- 250 g honey

For the decoration:

- Whole blanched almonds
- Whole walnuts
- 4 tablespoons honey

Preparation:

Pour the semolina into a large bowl or a large gasaa (a very broad, hollow wooden plate), add the salt and mix quickly. Add the oil and rub the dough well with the palm of your hand. Gradually add the water while quickly working the dough to form a ball. Spread the dough by hand on a large oven-safe tray. Bake in a hot oven (180 °C - 200 °C) for at least 20 to 30 minutes, keeping an eye on it. Depending on the dish you use, stop baking as soon as the galette is golden on the surface. Check with a knife blade. Let the galette cool, then cut it into large pieces. Crush the large pieces using a large sieve to obtain coarsely ground semolina, neither fine nor large (if you don't have a sieve, you can use a food processor). Heat water in a couscoussier and place the obtained semolina in the steam compartment. Let the steam pass through as for couscous. Place the semolina in the gasaa and gently work it with your hands. Melt the butter, honey, and orange blossom water in a large pot. Sprinkle the crumbs with this mixture and let it absorb the liquid for about 5 minutes. Decorate the Rifss with walnuts, almonds, and honey before serving.



Nutrition Info (per 100 g)

Rifss

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
441.2 kcal	7.6 g	22.4 g	3.4 g	52.1 g	38.1 g	3.9 g

Honey Cakes



Dessert

Rebeca André, Patrícia Rijo - Portugal

Recipe History

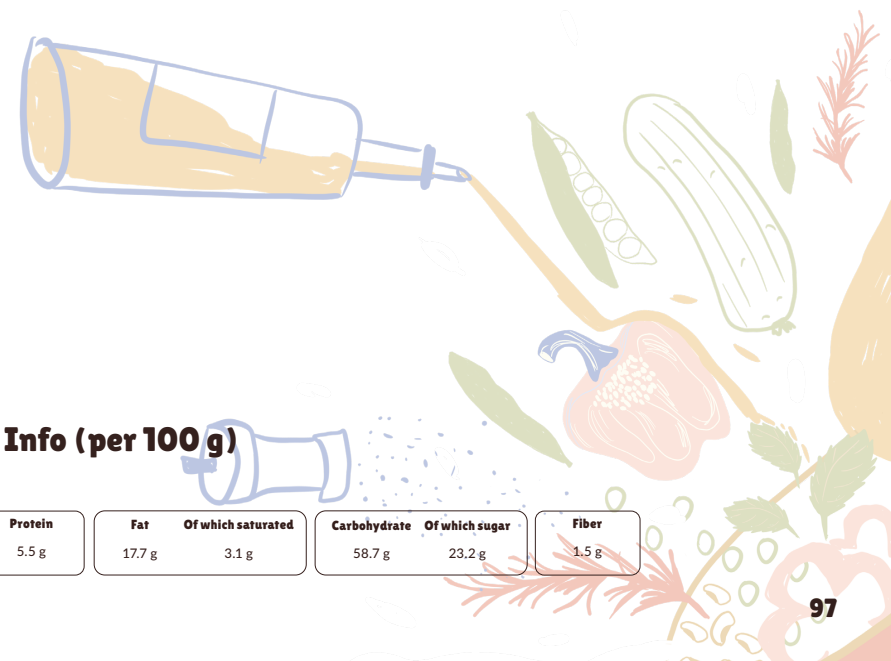
'Broas de mel' are traditional Portuguese honey cakes, commonly enjoyed during festive seasons, particularly around Christmas. These pastries are made with a blend of honey, sugar, flour, spices (such as cinnamon and anise), and sometimes nuts. The dough is typically shaped into small, round or oval forms before baking. The resulting cakes are dense, sweet, and aromatic, often with a slightly crunchy exterior and a soft, moist interior. 'Broas de mel' are beloved for their rich flavor and historical significance, reflecting Portugal's culinary heritage.

Ingredients:

500 g unleavened flour Type 55
100 g brown sugar
2 tablespoons cinnamon
1 teaspoon salt
1 teaspoon baking powder
180 mL olive oil
200 mL honey
2 medium size eggs
Sugar, for dusting on top

Preparation:

Preheat the oven to 180 °C. Line a baking sheet with parchment paper. In a mixing bowl, combine the flour, salt, brown sugar, baking powder, and cinnamon. Stir until evenly blended. In a small saucepan, gently warm the olive oil with the honey. Once heated, remove from the stove and pour over the dry ingredients. Mix lightly, then incorporate the eggs one at a time, kneading until a smooth and cohesive dough forms. Shape the dough into small balls and arrange them on the prepared tray. Flatten each gently with the back of a fork. Bake for 12–15 minutes, or until lightly golden. While still warm, roll the biscuits in granulated sugar. Leave to cool completely before serving.



Nutrition Info (per 100 g)

Honey Cakes

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
416.5 kcal	5.5 g	17.7 g	3.1 g	58.7 g	23.2 g	1.5 g

Mel I Mató



Dessert

Iratxe Perales - Spain

Recipe History

Mató is a creamy, soft cheese similar to cottage cheese, originally made with goat cheese, but now also with cow or sheep milk. Mel i Mató is one of the most emblematic desserts of Catalunya and is prepared by cutting cheese and adding lots of honey and also almonds, walnuts, or hazelnuts. Mató appears in the 14th century Book of Saint Soví, being very popular in the Middle Ages, sometimes flavoured with orange blossom water. It even appears in medieval Christmas carol still sung today: "What shall we give him, to Mother's boy? What shall we give him that will taste good to him? Raisins and figs and walnuts and olives, raisins and figs and honey and mató.

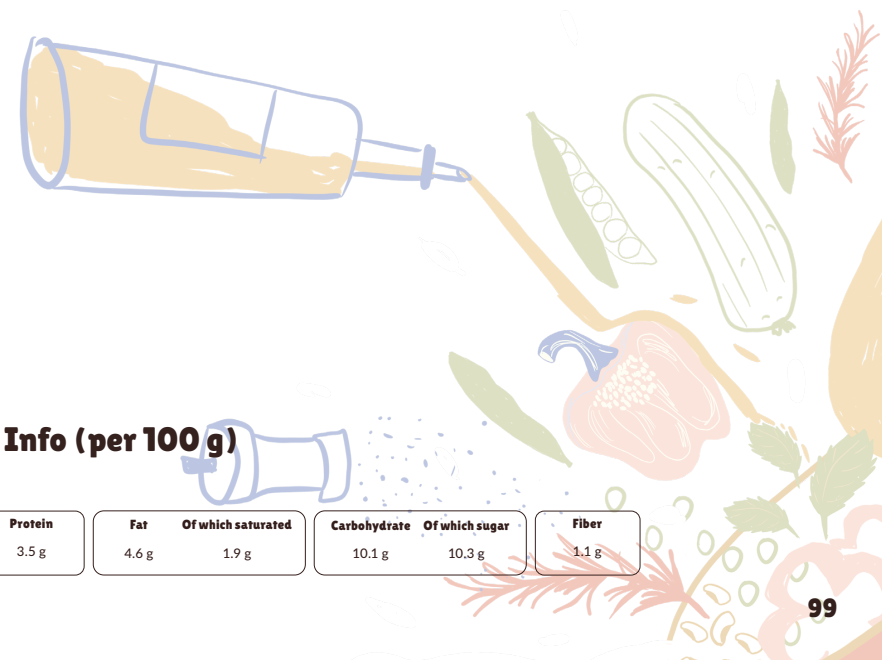
Ingredients:

1 L of milk (with fat)
 ½ teaspoon of salt
 40 mL of lemon juice
 4 tablespoons of high-quality honey
 Mix of almonds, walnuts, raisins, and hazelnuts



Preparation:

To make mató, the milk must be curdled with vegetable rennet obtained from plants such as cardoons. This is a difficult-to-find product that can be replaced with powdered rennet, lemon juice or even vinegar. Place the milk and salt in a saucepan and put it on the heat. Heat until it reaches a temperature of 70 °C. Remove the saucepan from the heat and immediately add the lemon juice. Stir, cover, and let it rest for at least 15 minutes. When the pot is uncovered, the milk will have curdled, and that is exactly what is intended. Place a strainer over a deep bowl and cover it with a kitchen gauze (a cheesecloth will also work). Pour the contents of the pot, press the gauze so that the whey filters well, and only the curd remains. Put the gauze with the curd in the fridge for at least four hours so that it finishes curdling. After this time, take the curd out of the fridge, divide it into portions, and serve each one with honey and a mix of almonds, walnuts, raisins, and hazelnuts.



Nutrition Info (per 100 g)

Mel i Mató

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
96.1 kcal	3.5 g	4.6 g	1.9 g	10.1 g	10.3 g	1.1 g

Honey Pie



Dessert Mila Arapcheska - North Macedonia

Recipe History

This cake consists of thin layers of honey crusts with a cream filling. There are many recipes and variations of this cake, but the main ingredient is honey, giving it the characteristic flavor. Desserts similar to this cake are also popular in other Eastern and Central European countries.

Ingredients:

For the batter:	For the cream:	For decoration:
400 g flour	500 mL milk	100 g cooking chocolate
2 tablespoons honey	150 g sugar	1 tablespoon vegetable oil
150 g sugar	6 tablespoons semolina	
3 tablespoons vegetable oil	1 teaspoon vanilla sugar	
3 tablespoons milk	200 g butter	
1 egg	3 tablespoons chocolate (powder)	
1 teaspoon baking powder	50 mL rum	

Preparation:

For the crusts, place milk, oil, honey and sugar in a pot on the stove and stir the mixture with a spoon. After the sugar has dissolved, the pot is removed from the fire. The baking powder and flour are added and mixed, and then the egg is added. The dough for the batters is kneaded by hand and left to stand for 15 minutes. After this time, the dough is kneaded on the work table and divided into two equal parts. From the first part of the dough, a crust is rolled out on a floured work table. The crust is placed in an oven pan, lined with paper. The second crust is prepared in the same way. The crusts are cut in half lengthwise and put in the oven to bake for 15 minutes at 150 °C.

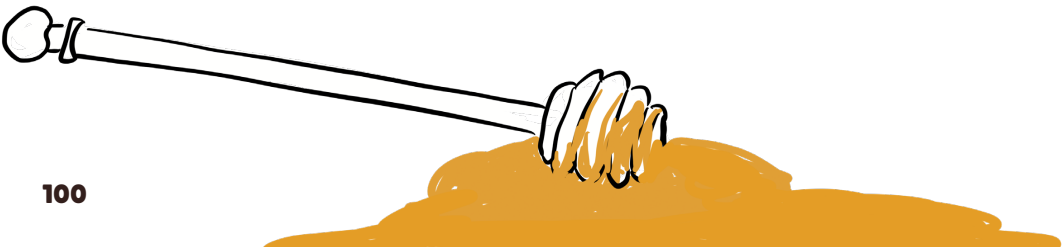
For the cream filling, mix the milk, sugar, and vanilla sugar in a pot and place it on the stove. When the mixture starts to boil, add the semolina continuously stirring with a spoon. After the semolina gets the required density, the pot is removed from the heat and left to cool. In a mixing bowl, beat the butter with a mixer until it becomes foamy. Add the cooled semolina and beat until the white cream filling is combined. One part of the cream filling (1/3) is placed in another mixing bowl, in which the chocolate powder is added, and then it is beaten with a mixer until the chocolate cream filling is combined.

For filling, place the first crust on a plate and with a spoon, sprinkle with rum. The crust is covered with one-half of the white cream filling. The second crust is placed over the filling of the first crust, sprinkled with rum, and filled with the chocolate cream filling. The third crust is over the filling of the second crust, it is sprinkled with rum and covered with the remaining white filling cream. The cake is covered with the last fourth crust, which is sprinkled with the remaining rum. The cake is left to cool in the refrigerator overnight to allow the crusts to soften and come together.

For decoration, cooking chocolate is used, which is broken into pieces and placed in a pot over heat, and the oil is added, mixing with a spoon. After the chocolate has melted, the pot is removed from the heat. The top surface of the honey cake is coated with the melted chocolate.

Nutrition Info (per 100 g)

For Batter						
Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
354.7 kcal	6.3 g	5.8 g	0.9 g	69.2 g	25.5 g	1.9 g
For Cream						
Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
695.7kcal	6.9 g	45.2 g	24.5 g	58.4 g	47.4 g	0.6 g



Honey Cookies



Dessert

Zehra Hajruali - Musliu - North Macedonia

Recipe History

The honey cookies are a perfect combination of spices and honey, and they are a real delicacy for the whole family. These cookies are especially popular during the Christmas holidays.

Ingredients:

400 g flour	½ teaspoon ground cinnamon
100 g honey	½ teaspoon ground clove
100 g powdered sugar	¼ teaspoon ground nutmeg
120 g butter	1 teaspoon vanilla extract
1 egg	
¼ teaspoon salt	
1 teaspoon baking powder	

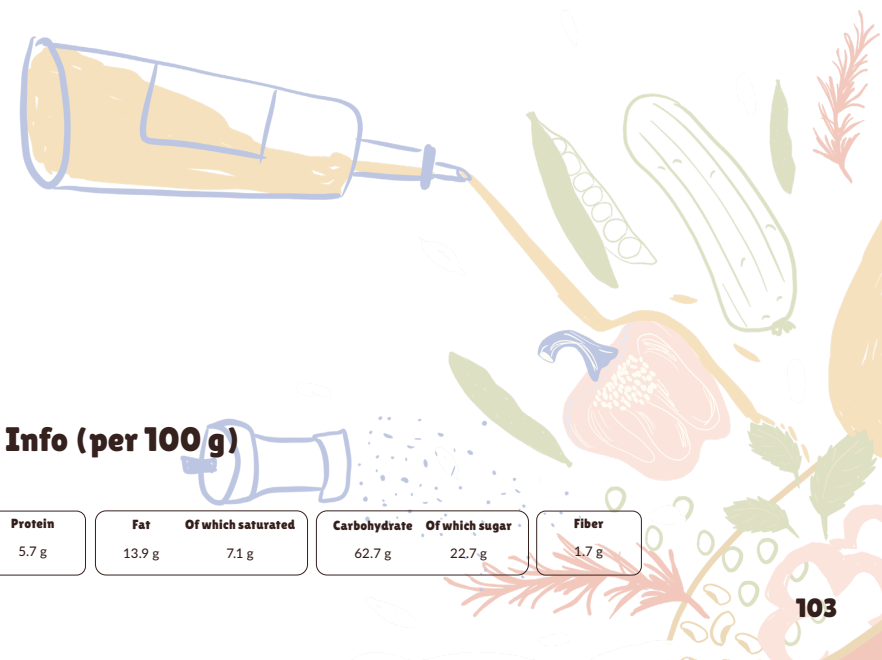


Preparation:

In a large bowl, mix the flour with the butter, cut into thin pieces, until the mixture resembles fine crumbs. Add the remaining ingredients: salt, sugar, baking soda, spices (cinnamon, clove, nutmeg, and vanilla), honey, and egg. Knead until a compact dough forms. Chill the dough in the freezer for 15 minutes.

Then, using a tablespoon, shape small balls of dough and place them on a baking tray lined with parchment paper. Leave enough space between them, as the cookies will expand while baking. Bake in a preheated oven at 180 °C until lightly golden. Allow to cool before serving.

This is the perfect sweet treat to enjoy with a cup of coffee or tea.



Nutrition Info (per 100 g)

Honey Cookies

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
399.1 kcal	5.7 g	13.9 g	7.1 g	62.7 g	22.7 g	1.7 g

Medovik (Honey Cake)



Dessert

Krišs Dāvids Labsvārds - Latvia

Recipe History

This honey-based layer style cake is mostly common in the former Soviet Union countries. Usually, slight alterations are present with the addition of secondary ingredients (berries, nuts), cream preparation, or the number of layers. The origins of medovik are ambiguous, related to Slavic or Caucasian regions. There is a legend that a young chef accidentally made this cake for the wife of Alexander I, who hated honey in general, but loved the cake. The first recipes of medovik are documented in the cookbook "Ukrainian Dishes". Now similar recipes can be found across Eastern Europe with different names (marlenka, medivnyk, medovnik, medutis, miodownik, "French Village style cake")

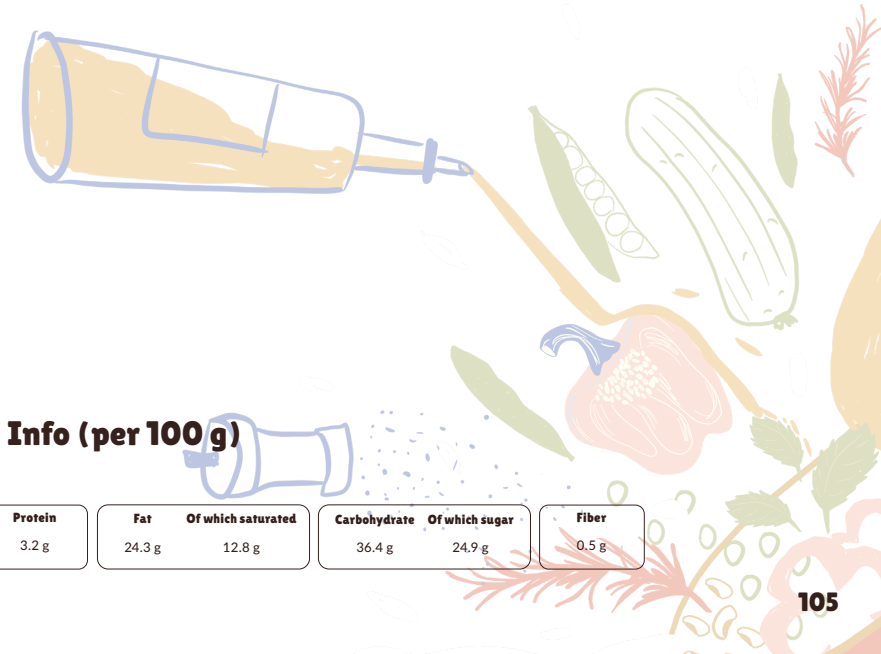
Ingredients:

1 cup honey
1 teaspoon baking soda
3 eggs
2.5 cups flour
1 L sour cream
1 cup sugar



Preparation:

Heat the honey on very low heat or over a bain-marie. If honey has crystals in it, make sure to dissolve them. Add baking soda, add 3 whisked eggs, and stir until the mixture settles to the bottom of the pot. Add flour and stir it until the dough is homogeneous and with a thick consistency. Take a tablespoon of dough and spread it on the baking paper or the frying pan. Bake it in a preheated 200 °C oven, depending on the thickness of the dough. A reasonably thin layer should be ready in 3 minutes, but it may take more. Approximately 10 layers of biscuit can be made this way. Let it cool down and cut the edges to get a rectangular shape and save the scraps. For the filling, take the sour cream and the sugar and stir until a homogeneous cream is obtained. Take a layer of biscuit and add cream filling on top of it. Put another layer of biscuit on top of it, add cream, and repeat the process as many times as you wish until you are out of ingredients. Make sure you finish with a cream layer. Grind the scraps and decorate the top with them. Put the cake in the refrigerator for a couple of hours before serving.



Nutrition Info (per 100 g)

Honey Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
376.7 kcal	3.2 g	24.3 g	12.8 g	36.4 g	24.9 g	0.5 g

Chestnut Meringue



Dessert

Javier Barreiros Figueira - Spain

Recipe History

In Spain, chestnuts are a cherished nut that features prominently in a variety of traditional recipes and celebrations. One such celebration is the “Magosto”, a festival with Celtic roots that is deeply entwined with ancestral customs and honours the dead. Held in late October and early November, “Magosto” is especially prominent in Galicia and other regions of northwestern Spain. During autumn, chestnut trees yield their bounty, and these versatile nuts are used extensively in both sweet and savoury dishes. This Chestnut Meringue captures the essence of autumn, combining the rich, concentrated flavour of “pilonga” chestnuts with a delicate, golden meringue topping.

Ingredients:

400 g “Pilonga” chestnuts
200 g cooking dark chocolate
40 g honey
130 g egg whites
40 g sugar



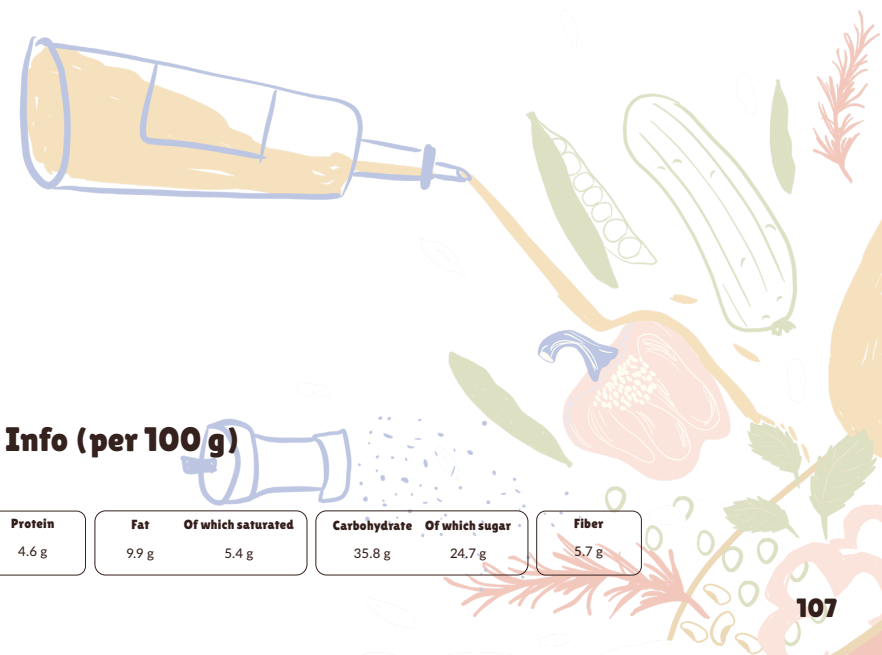
Preparation:

Prepare the chestnuts by soaking them for 24 hours. These chestnuts have a harder texture, and a more concentrated flavour compared to fresh chestnuts. After soaking, drain the chestnuts and mash them into a purée. In a saucepan over low heat, add the honey, grated dark chocolate, and sugar to the chestnut purée. Stir the mixture constantly until it thickens. Once the mixture has thickened, pour it into a suitable oven dish and let it cool.

Meanwhile, prepare the meringue: Beat the egg whites until stiff peaks form, gradually adding the sugar.

Cover the chestnut mixture with the meringue. Place the dish in a preheated oven at 220 °C for 5 minutes, or until the meringue is lightly browned.

Allow to cool slightly before serving.



Nutrition Info (per 100 g)

Chestnut Meringue

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
1047 kcal	4.6 g	9.9 g	5.4 g	35.8 g	24.7 g	5.7 g

Chocolate Honey Cake



Dessert Vitalija Vaičiūtė - Lithuania

Recipe History

Lithuanian honey cake “Šokoladinis medutis” holds a special place in Lithuanian culture, often associated with home baking and family recipes passed down through generations. Its layers of honey biscuit and creamy filling create a harmonious blend of flavors that have been cherished for generations. This cake embodies not only the sweetness of honey but also the warmth of Lithuanian hospitality and tradition.

Ingredients:

For the dough:

- 420 g flour
- 2 eggs
- 150 g sugar
- 100 g butter
- 100 g honey
- 2 teaspoons baking soda
- 40 g cacao powder
- 1 tablespoon spices for taste (cinnamon, ginger, clove)

For the cream:

- 300 g cream 33-35% fat
- 600 g sour cream 30%
- 150 g powdered sugar
- 1 lemon

Berries for decorating



Preparation:

For the dough sheets, place the butter and honey in a bowl and heat over a saucepan of water (bain-marie). Heat, stirring constantly, until melted. When melted, add the baking soda. Stir for about 10 minutes, until the mixture begins to change color and looks like caramel. Add spices and set aside. In another bowl, whisk the eggs with the sugar until the mixture is pale and has doubled in volume. Slowly pour the butter and honey mixture into the eggs. Mix in the flour and cocoa. Form 10 balls of 90 grams each, put them in a bowl, cover with plastic wrap, and refrigerate for 30 minutes. Roll out thin sheets on baking paper. Using a pie dish, press out the circles and set aside the rest of the dough to make about 5 more sheets. Prick the sheets with a fork and bake in the oven at 180 °C for 5-7 minutes. The dough will be dark, so watch the oven to prevent overcooking.

Whip the cream with the powdered sugar until stiff. Grate the lemon zest and squeeze in the lemon juice. Gradually add the sour cream, stirring slowly with a spoon so that the cream becomes airy. To assemble the cake, set aside 2 baked sheets for the crumbs. Place one sheet on a cake pan and spread a thin layer of cream on it, then place another sheet on top of the other and spread the cream again. Continue until all the sheets are covered. Every few sheets, press down slightly to spread the cream to the edges. Brush the sides with cream as well. Grind the remaining sheets into fine crumbs. Sprinkle the crumbs over the top and sides of the cake and place in the refrigerator overnight to soak and soften. You can decorate the cake with different berries.

Nutrition Info (per 100 g)

Chocolate Honey Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
405.9 kcal	5.4 g	10.8 g	5.6 g	71.8 g	30.8 g	1.8 g

For the cream

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
385.4 kcal	1.1 g	33.7 g	18.2 g	19.5 g	19.5 g	0.1 g

Anthill



Dessert

Asta Černė - Lithuania

Recipe History

The exact origins of Skruzdėlynas are not well documented, but it is a beloved part of Lithuanian culinary traditions. Skruzdėlynas has a special place in Lithuanian culture as a symbol of home and tradition. This delicious dessert is a wonderful way to bring families together, often prepared and enjoyed on holidays and special occasions. This sweet dessert is a real treat for children, who just love it!

Ingredients:

For the dough:

4 large eggs
440 g wheat flour
4 tablespoons alcohol (40%)
0.4 g salt
cooking oil (rapeseed or other)

For the syrup:

200 g honey
200 g sugar
3 tablespoons water
30 g butter
15 g sour cream (30-40%)

For decorating:

Optionally, 15 g poppy seeds
Optionally, it can be sprinkled with powdered sugar, chopped nuts or raisins.



Preparation:

Place the eggs in a large bowl and whisk lightly with a fork or whisk. Add the flour (about 440 g to start with, and more if the dough is too soft or sticky - the final amount of flour needed depends on the size of the eggs). Pour in the alcohol and add the salt. Mix and, when the dough starts to rise, knead it by hand. Wet your hands in the oil and knead it diligently for at least 10-15 minutes, until the dough is soft, smooth, does not stick to your hands, and the texture shows lots of small blisters. Shape the dough into a ball, place in an oiled surface bowl, cover with cling film and leave to rise - refrigerate for an hour or two. After removing the dough from the fridge, prepare a large clean surface for rolling. You can grease it with oil to prevent the dough from sticking to the surface and to make it easier to roll it out as thin as possible. Pinch off a piece of dough and roll it very thinly - as thin as you can. Even the pattern on the worktop should be visible through the rolled-out dough. The shape of the dough pieces is not very important, but it will be easier to construct the "ant tower" if you roll them into squares rather than oblongs. Heat the cooking oil in a large saucepan. Place one leaf in the pot and check that the oil is properly heated - the leaf should rise quickly to the surface of the oil and the oil around it should begin to bubble quickly. Before placing the dough sheets in the hot oil, roll them again until they are completely translucent. Cook the dough sheets in batches, a few at a time, depending on the size of the pot. It is important that they do not touch or curl. They cook quickly, so be careful. Turn them over so that they are evenly coated on all sides. When nicely golden in color, remove with a slotted spoon and transfer to a tray lined with paper towels to absorb the excess fat. Make the syrup. Prepare all the ingredients for it. Put the honey, sugar, water, butter, and sour cream in a medium-sized saucepan. Heat over medium heat and cook until it boils. Simmer for a few more minutes, stirring constantly, until the syrup has thickened slightly. Check that the syrup is of the right consistency using one of the methods of your choice: Add one drop to a glass of cold water - if the drop does not dissolve in the water, the syrup is properly prepared. One drop can be dropped on a tabletop, plate, or board - if it becomes sticky when it cools down, the syrup is properly prepared. If the syrup is runny, boil it some more; if it is very hard, add a little more water and boil it a little more. Once the syrup is properly cooked, reduce the heat to very low so that the syrup barely sizzles and does not cool, and immediately construct the anthill. To do this, one by one, brush the cooked dough sheets with syrup and arrange them in a circle on a large tray, cake tin, or flat plate. Use the syrup-coated sheets to 'build' a tall tower - keep stepping back and checking for a firm, straight construction. Sprinkle each layer with poppy seeds. Before serving, if desired, the top can be dusted with powdered sugar, sprinkled with chopped nuts or raisins.

Nutrition Info (per 100 g)

Anthill

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
309.0 kcal	5.8 g	5.2 g	2.1 g	58.4 g	29.6 g	1.2 g

Home-Made Healthy Dessert Or Ice Cream



Dessert Dragana Ljubojević Pelić - Republic Of Serbia

Recipe History

The combination of avocado, banana, honey, walnuts, and blackberries in a dessert or ice cream is a contemporary mixture of healthy ingredients. Avocado, a staple in Aztecs and Mayans diets adds a creamy texture, whereas banana, from Southeast Asia brings natural sweetness. Honey, prized by Egyptians, Greeks and Romans, offers a complex flavor whereas walnuts, treasured in Persia, bring a delightful crunch and nutty touch. Blackberries, enjoyed in Europe and North America since ancient times, add tartness and juiciness. Together in this homemade dessert, they reflect today's love of natural foods, nutritious and satisfying, rich in healthy fats, vitamins, fibre and antioxidants.

Ingredients:

- 1 avocado
- 2 bananas
- 2 tablespoons Honey
- 1 cup walnuts
- 1 cup blackberries (frozen)

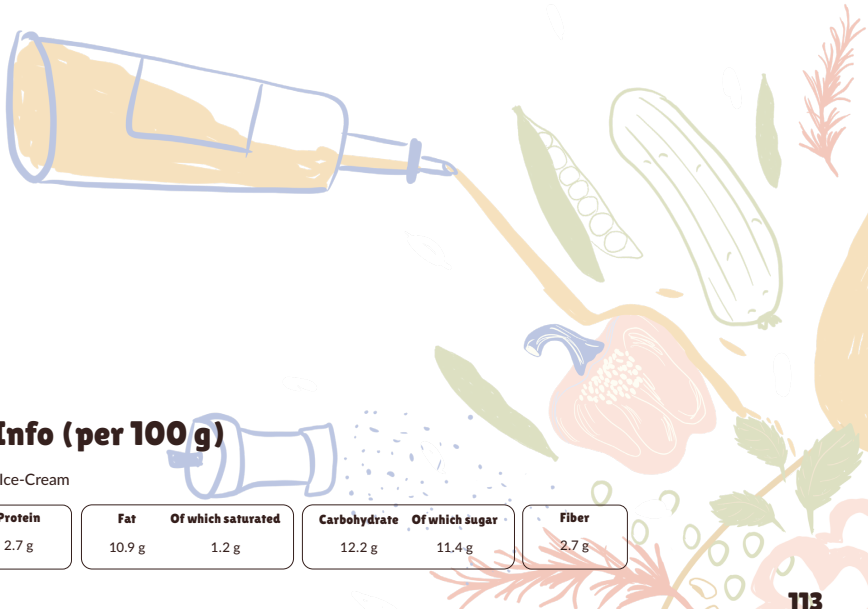


Preparation:

Grind walnuts in a blender or food processor. Add the avocado, peeled bananas, and honey to the blender. Blend until it becomes smooth and creamy. You may need to scrape down the sides of the blender a few times. Spoon an even layer of the mixture into serving glasses or bowls (approximately one half of the mixture). Add the frozen blueberries to the rest of the mixture and continue to blend. Pour over the bottom layer into glasses or bowls. Optionally, garnish with a few additional chopped walnuts or blackberries on top. Refrigerate the dessert for at least 1 hour to allow the flavors to meld and the layers to set. Serve chilled and enjoy! Optionally, you can freeze it and serve it as an ice cream.

Some tips:

You can lightly toast the walnuts for added texture and taste. You can adjust the amount of honey to taste.



Nutrition Info (per 100 g)

Home-Made Healthy Ice-Cream

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
157.4 kcal	2.7 g	10.9 g	1.2 g	12.2 g	11.4 g	2.7 g

Vanilla-Honey Custard



Dessert Katarina Šavikin - Republic Of Serbia

Recipe History

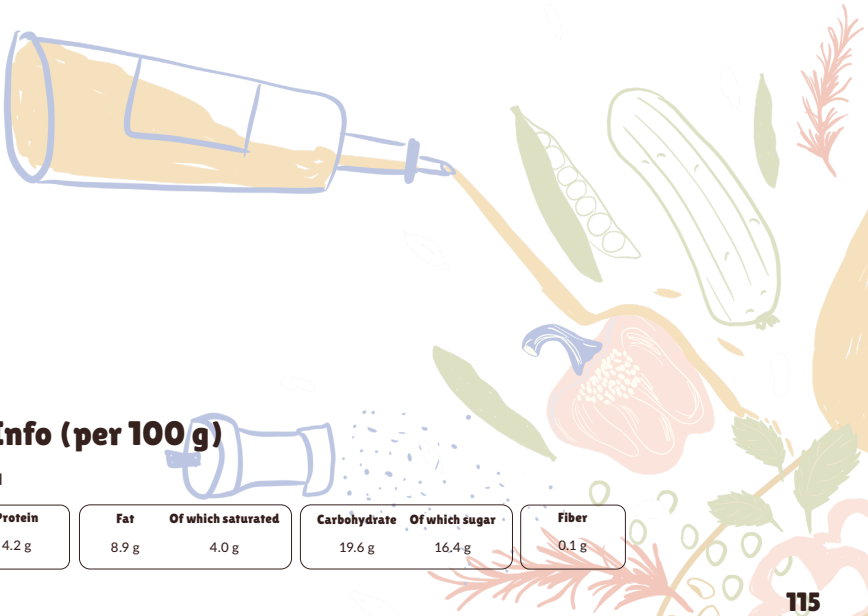
The dish is a modification of the yellow pastry cream with eggs. It can be used as such for dessert, with the addition of fruit (especially blueberries, raspberries, and strawberries), or as a filling for cakes and cookies.

Ingredients:

- 500 mL milk
- 4 egg yolks
- 50 g sugar
- 30 g flour
- A pinch of salt
- 2 sachets vanilla sugar
- 3 tablespoons honey
- 30 g butter

Preparation:

Put the milk in a pan and boil. In another bowl, beat 4 egg yolks with 50 g of sugar, 30 g of flour and a pinch of salt. Slowly add boiled milk in a thin stream and stir. Transfer to the pan and return to a boil, stirring constantly, then cook for another 5-10 minutes. Remove from heat and add 2 bags of vanilla sugar. When it cools down a bit, add 30 g of butter and 3 tablespoons of honey. Fruit can be added. Pour part of the cream into a bowl, put a row of fruit, and then a row of cream, and decorate the top with fruit again.



Nutrition Info (per 100 g)

Vanilla-Honey Custard

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
175.5 kcal	4.2 g	8.9 g	4.0 g	19.6 g	16.4 g	0.1 g

Easy Yule Cake



Dessert

Andreia Freitas - Portugal

Recipe History

Although the Yule cake is a recipe of French origin, several variations of the original version have been adopted in different countries and traditions. This cake is meant to represent a log of wood that French peasants used to burn in the fireplaces of their homes as a gift to the gods. In Portugal, the dinner table is very important, especially at Christmas, when families get together to socialize and enjoy the delicacies prepared by the whole family. The Christmas cake is not missing from the Portuguese Christmas table, and with the evolution of times and the search for simpler recipes (that allow us to spend more time together and less on cooking), this idea for a simple but equally delicious Easy Yule cake came about.

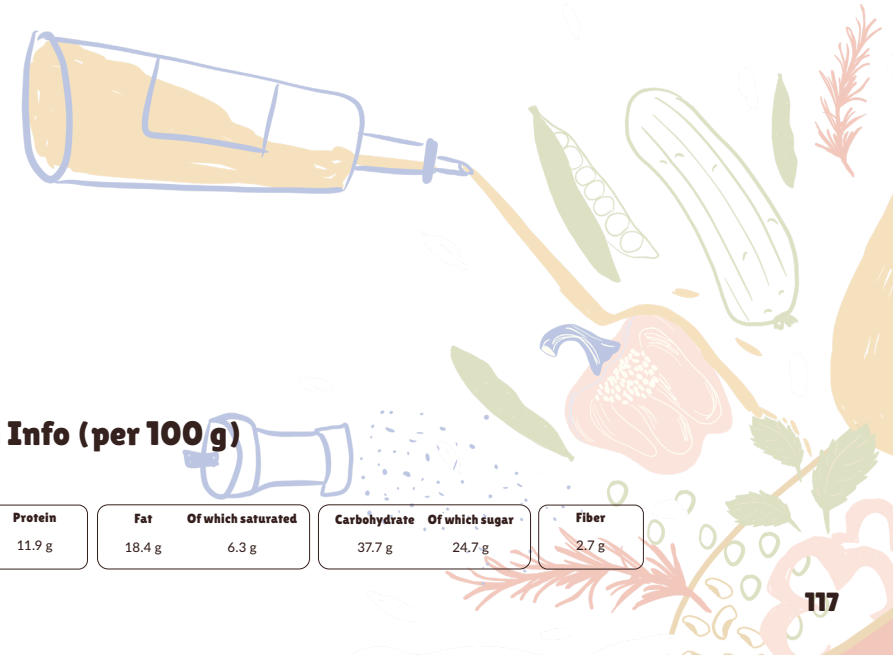
Ingredients:

250 g Maria's biscuits
250 g cream cheese
200 g peanut butter
3 tablespoons honey
200 g chocolate (milk or dark,
depends on your taste)
Mixed nuts and white chocolate, for decorating



Preparation:

Start by mixing the cream cheese with the peanut butter and honey until smooth. Add in about 50 g of crushed biscuits, then shape the mixture into a log—or any shape you like. Use the remaining mixture to coat the outside of the log. Next, melt the chocolate bar and pour it evenly over the cake to cover it completely. Place it in the fridge for about 2 hours, or until the chocolate has set. Finish by decorating with nuts and a sprinkle of grated white chocolate.



Nutrition Info (per 100 g)

Easy Yule Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
364.1 kcal	11.9 g	18.4 g	6.3 g	37.7 g	24.7 g	2.7 g

Gingerbread



Dessert

Stefan Große-Berkenbusch - Germany

Recipe History

The earliest records of spiced honey cakes date back to around 350 BC, with honey cakes also known to ancient Egyptians. By the Middle Ages, gingerbread was enjoyed during various occasions, including Christmas and Easter. The modern form of gingerbread originated in Dinant, Belgium, and was later adapted by Aachen bakers and Franconian monasteries.

In the 14th century, gingerbread was popular in Nuremberg and other trading cities. With the advent of baking powder in the 19th century, many new gingerbread variations emerged, altering its taste and texture.

Ingredients:

250 g honey
80 g sugar
25 mL water
1 egg
1 egg yolk
10 g cinnamon
1 packet vanilla sugar
2.5 g cloves, ground
2.5 g cardamom, ground

1 g nutmeg, ground
1 tablespoon cocoa powder
200 g rye flour
200 g wheat flour
2 g potash (potassium carbonate)
30 mL milk



Preparation:

Boil the sugar with water in a pot, then stir in the honey. Let the mixture cool to about 30 °C.

Tip: Use high-quality honey for a deeper, more intense flavor.

Beat the egg whites until stiff peaks form and gently fold in all the spices (or 12 g of pre-made Lebkuchen spice). Incorporate the egg mixture and the cooled honey solution into the rye and wheat flour. Knead until smooth but not sticky. **Tip:** Don't over-knead, or the dough may become too firm. Dissolve the potash in half of the milk and mix thoroughly into the dough.

Wrap the dough tightly and refrigerate overnight. Roll out the dough to about 5 mm (¼ inch) thick. Cut into shapes or panels for a gingerbread house, place them on a parchment-lined baking sheet, and brush with milk. **Tip:** Add nuts before baking for extra texture and flavor. Bake in a preheated oven at 160 °C for about 15 minutes. They should stay soft and yield slightly to pressure—don't overbake!

Once cooled, store the Lebkuchen in an airtight container.

Tip: To keep them soft, place a piece of apple inside the container and replace it every few days to avoid mold.

Enjoy baking and good luck!

Nutrition Info (per 100 g)

Gingerbread

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
296.2 kcal	5.8 g	3.5 g	1.3 g	36.0 g	3.1 g	4.1 g

Buckwheat Honey Potica



Dessert Anton Gradišek - Slovenia

Recipe History

Potica is one of Slovenia's most iconic pastries, first mentioned by Primož Trubar in the 16th century, with the oldest recipe published in 1689 in *The Glory of the Dutchy of Carniola*. Made from a yeast-leavened dough rolled thin, filled and baked in ceramic molds, often dusted with powdered sugar. Traditionally baked for Easter, Christmas, and other celebrations, potica recipes are passed down through generations, remaining a way for Slovenians abroad to preserve cultural identity. Fillings vary from walnuts, tarragon, and cottage cheese to modern twists as chocolate or coconut, including savoury versions. This recipe presents a buckwheat and honey potica, adjusted from Boris Kuhar, *The Cuisine of Lower and White Carniola*.

Ingredients:

For the dough:

- 1 kg buckwheat flour
- 2 eggs
- 2 egg yolks
- 100 g sugar
- 500 mL warm milk
- 40 g fresh yeast
- salt

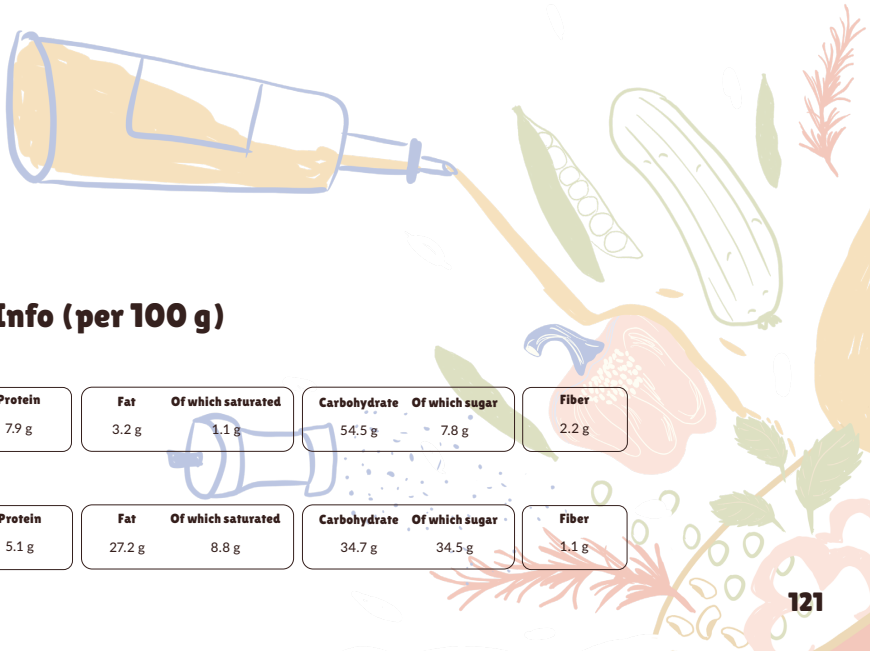
For the filling:

- 500 g honey
- 150 g butter
- 3 eggs
- 250 g walnuts
- lemon zest
- 1 tablespoon rum
- 50 mL cream
- cinnamon



Preparation:

Mix the sugar in lukewarm milk, then add the yeast. Leave it in a warm room for 10-15 minutes to froth. Add the yeast mixture to the flour, then add the beaten eggs and egg yolks. Mix well, then knead for 5-10 minutes. Let it rest in a warm place until it rises (doubles in size). Roll out the dough into a rectangle, about 0.5 cm thick. For the filling, heat the honey and add 2 eggs, butter, ground walnuts, rum, grated lemon zest, and cinnamon. Mix well. Spread the still-warm filling over the rolled-out dough. Roll the dough and place it in a greased baking pan. Let the potica rise for another two hours. Brush the potica with cream mixed with a beaten egg. Prick it several times and bake for about an hour at 200 °C. Serve the potica warm.



Nutrition Info (per 100 g)

Dough

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
278.7 kcal	7.9 g	3.2 g	1.1 g	54.5 g	7.8 g	2.2 g

Filling

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
407.6kcal	5.1 g	27.2 g	8.8 g	34.7 g	34.5 g	1.1 g

Farta Ganhão Cake



Dessert

Paula Correia - Portugal

Recipe History

This ancient recipe comes from the council of Idanha-a-Nova, in the Beira Baixa region, where rural workers used to take these calorie-rich cakes as a snack to keep up with the hard work in the fields. Nowadays, they are also eaten mainly for breakfast and when parties are held. This recipe is made with simple ingredients and is very easy to make.

Ingredients:

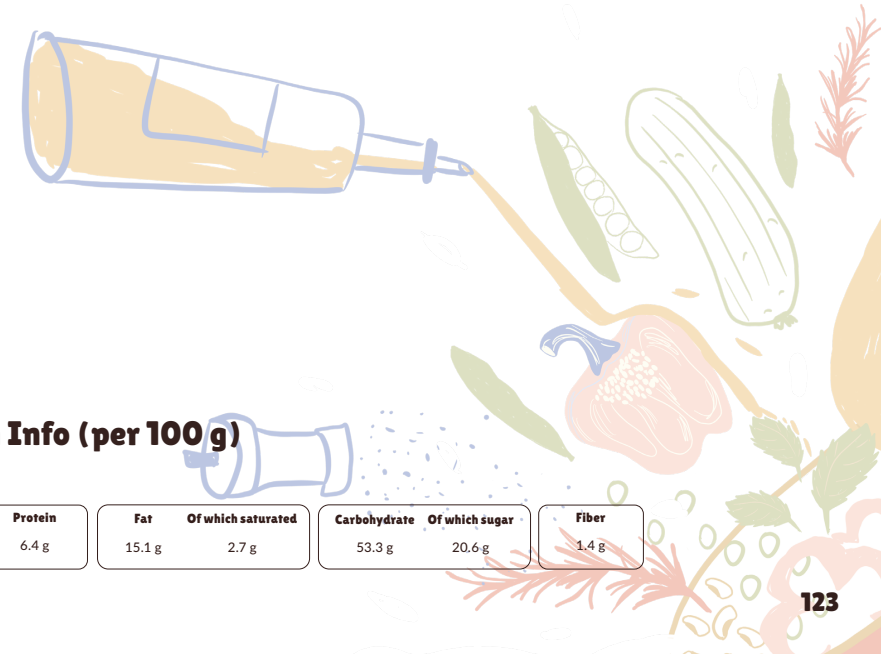
5 eggs
125 g sugar
125 g honey
1 teaspoon (approx. 5 g) baking powder
150 mL olive oil
4 g cinnamon
450 g flour



Preparation:

In a bowl, mix the eggs, sugar, honey, and cinnamon. Then add the oil and stir well until you get a homogeneous mixture. Next, add the flour and baking powder, mixing all the ingredients vigorously. Let the dough rest for 15 minutes.

Meanwhile, grease a baking tray with olive oil and sprinkle a thin layer of flour. Pour the dough into the tray, forming a layer approximately 2-3 cm high (depending on the height of the tray), and bake at 180 °C until fully cooked. Once cooked, remove from the oven, cut the cake into cubes, and unmold.



Nutrition Info (per 100 g)

Farta Ganhão Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
375 kcal	6.4 g	15.1 g	2.7 g	53.3 g	20.6 g	1.4 g

Honey Hazelnut And Cacao Cream



Dessert Davut Karahan, Esra Capanoglu Guven, Tuba Esatbeyoglu - Turkey

Recipe History

Hazelnuts and honey are two of the world's most treasured food commodities. Turkey, leading hazelnut producer cultivates them across 33 provinces, with hazelnuts rich in protein, vitamin E, healthy fats, and minerals. Honey, consumed since ancient times, provides natural sweetness, energy, and health benefits. In our country, where both hazelnuts and honey are produced in large quantities, these two products have traditionally been mixed and consumed together. In our R&D and innovation center, we have combined these two valuable products with a more scientific approach to produce a unique formula and product.

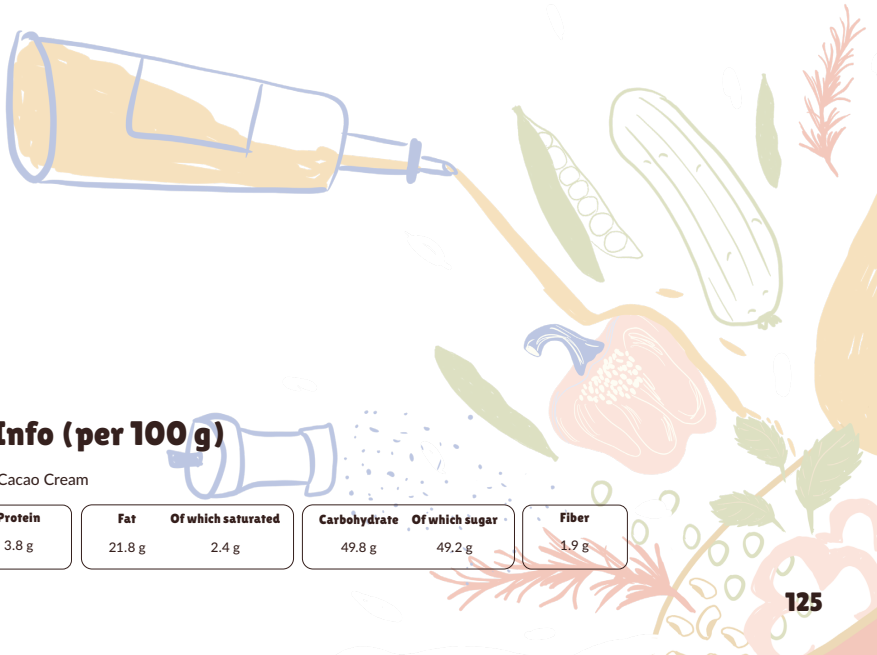
Ingredients:

For 1 kg:

- 57% (w/w) Bingöl blossom honey
- 19% (w/w) hazelnuts
- 6% (w/w) cocoa powder
- 7% (w/w) skimmed milk powder
- 11% (w/w) vegetable oil (hazelnut & sunflower)

Preparation:

Warm the honey gently in a bain-marie until it becomes fluid, making sure the temperature does not exceed 40 °C. Stir in the finely ground roasted hazelnuts. Add the cocoa powder, skimmed milk powder, and vegetable oil. Blend thoroughly with a mixer until the mixture is smooth and homogeneous. Transfer the spread into clean jars, seal tightly, and store at room temperature.



Nutrition Info (per 100 g)

Honey Hazelnut And Cacao Cream

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
410.9 kcal	3.8 g	21.8 g	2.4 g	49.8 g	49.2 g	1.9 g

Filloas (Galician Crêpes With Honey)



Dessert Maria Shantal Rodríguez Flores- Spain

Recipe History

Filloas are one of the most characteristic and emblematic sweets of Galician gastronomy, especially during the celebration of *Entroido*. The word “filloa”, of greek origin, means “sheet”. The recipe is consists of flour, water, broth or milk and, sometimes, blood, egg, sugar or honey, evolving through time. Blood, once traditionally used gave it a chocolate color, but is now mostly replaced by Galician broth or milk, though some rural communities, maintain the original method. Like crepes, filloas can have a wide variety of sweet fillings, but also savory. Galicia has a rich beekeeping tradition, so the use of honey in filloas is a practice with a long historical precedent.

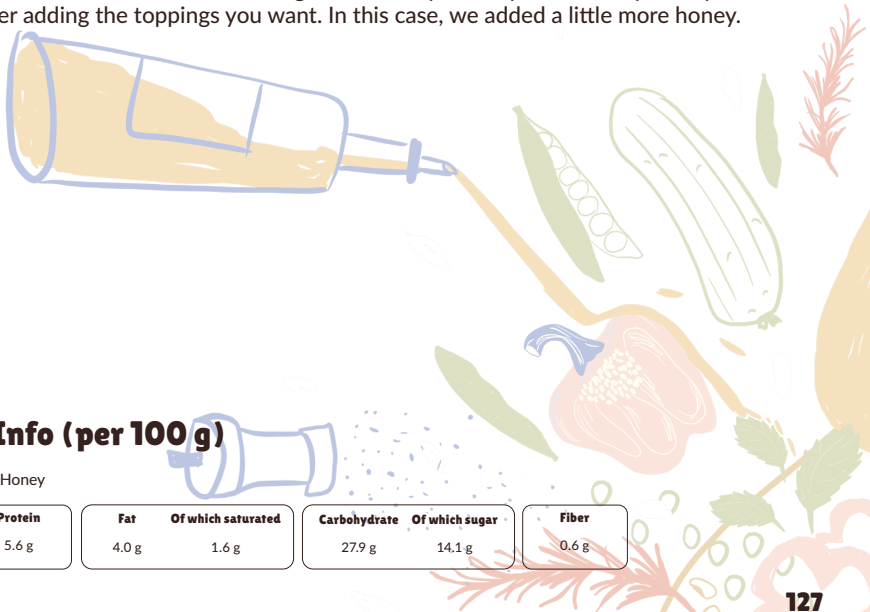
Ingredients:

- 3 eggs
- 1 tablespoon honey
- Cinnamon to taste
- 1/3 cup sugar (optionally, add more honey to substitute)
- 1 cup wheat flour
- 360 mL milk
- Olive oil, to grease



Preparation:

Preparation takes an hour and a half in total, including letting the dough rest for at least 30 minutes before cooking the filloas in a greased frying pan over medium heat. The above ingredients will make about 12 filloas, depending on the thickness of the pastry. Place three eggs in a bowl, beat well, then add the sugar and honey. The sugar can easily be replaced with another tablespoon of honey. This will give the dessert a different flavor. Once everything is mixed, add the dry ingredients, which are the wheat flour and cinnamon to taste. The mixture should be very homogeneous, without lumps. Finally, add the milk little by little. The dough should not be too liquid but not too pasty either. To make the filloas, cook them one by one in a very hot frying pan. Grease the pan with a little olive oil. To measure how much dough each filloa should contain, use a ladle. The amount of dough that will fit in each scoop is spread over the entire surface of the pan with circular movements. Once the dough is well spread over the entire pan, let the dough begin to form bubbles, which will indicate that it is time to turn the filloa. Once the dough is cooked, you can place it on a plate, spread it out, or roll it up, after adding the toppings you want. In this case, we added a little more honey.



Nutrition Info (per 100 g)

Galician Crêpes With Honey

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
170.0 kcal	5.6 g	4.0 g	1.6 g	27.9 g	14.1 g	0.6 g



Orange Honey Cake



Dessert Teresa Nogueira - Portugal

Recipe History

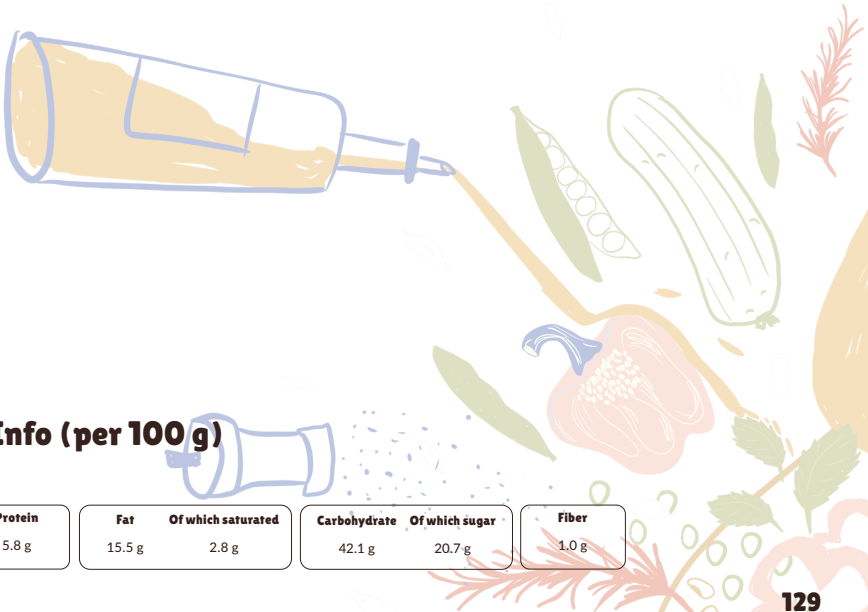
The history of honey cakes goes back a long way and their origins are unclear, as honey cakes have been enjoyed in different cultures. Honey, one of the first natural sweeteners, was widely used in baking long before sugar, making honey cakes one of the oldest forms of dessert. This recipe is an adaptation of a Portuguese recipe, with the removal of refined sugar and the addition of orange for a more Mediterranean flavour.

Ingredients:

- 6 eggs
- 200 mL of honey
- 300 g of flour
- 1 tablespoon of baking powder
- 1 ½ tablespoons of ground cinnamon
- Zest of one orange
- Juice of ½ orange
- 150 mL of olive oil

Preparation:

Mix the egg yolks with the honey, the orange zest and juice, and olive oil. Add the dry ingredients: Sift the flour, cinnamon, and baking powder and gradually add to the mixture. In a separate bowl, beat the egg whites until stiff and carefully mix them with the rest of the mixture. Pour into a greased cake tin and bake at 180 °C for 40 minutes or until a toothpick comes out clean.



Nutrition Info (per 100 g)

Orange Honey Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
334.1 kcal	5.8 g	15.5 g	2.8 g	42.1 g	20.7 g	1.0 g

Honey Pudding



Dessert

Carla Martins, Soraia Santos - Portugal

Recipe History

The pudding was born out of a strong passion for cooking and honey. Its texture is soft and velvety, and its flavor, although simple, is quite elegant and pleasant, balancing the sweetness of honey with citrus, making it an excellent choice for special occasions or for a comforting homemade dessert.

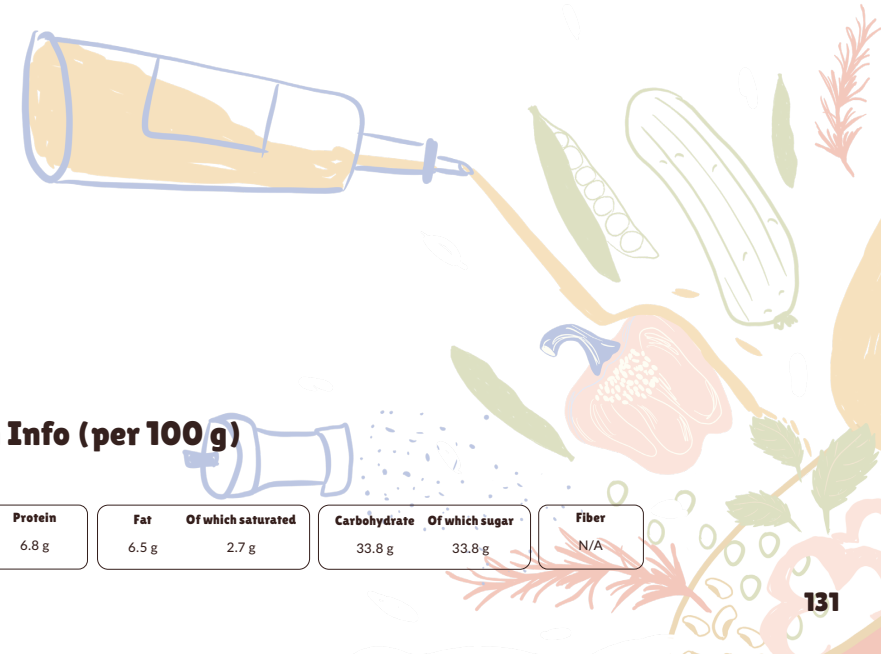
Ingredients:

6 eggs
1 can of condensed milk
½ can of milk (using the condensed milk can as a measure)
½ can of honey (using the condensed milk can as a measure)
Zest of one lemon or lime
Caramel (as needed)



Preparation:

In a large bowl, whisk together the eggs, the sweetened condensed milk, milk, honey, and lemon zest until well combined and smooth. Generously coat the inside of a pudding mold with caramel. Make sure to cover the bottom and sides evenly. Pour the pudding mixture into the caramelized mold and cover it with a lid. Place the mold inside a pressure cooker with enough water to create a water bath (bain-marie). The water level should reach about halfway up the mold. Close the pressure cooker and cook the pudding in a bain-marie for 20 to 25 minutes. Once cooked, turn off the heat and allow the pressure to release naturally before opening the cooker. Remove the pudding mold from the water bath and let it cool completely before unmolding. To serve, drizzle with extra honey and optionally decorate with walnuts and/or egg threads.



Nutrition Info (per 100 g)

Honey Pudding

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
222.1 kcal	6.8 g	6.5 g	2.7 g	33.8 g	33.8 g	N/A

Aletria (Sweet Cappellini)



Dessert

Cândida Cruz, Soraia Santos - Portugal

Recipe History

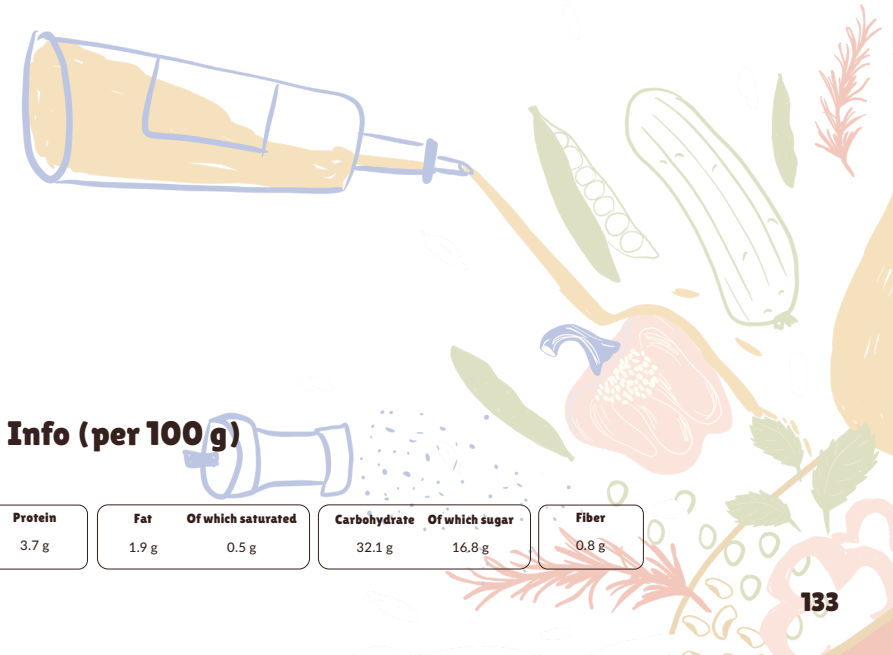
As a granddaughter, I am excited to share an amazing recipe passed down my grandmother. This dessert holds a special place in my heart, as it brings back memories of my childhood, cozy family nights and Christmas gatherings. While this dessert is a Portuguese traditional sweet, my grandmother, who comes from a beekeeper's family, gave it her own twist by using honey. The fusion of honey and cinnamon creates the perfect warmth and sweetness, making it ideal for a cold winter evening.

Ingredients:

350 mL water
1 cinnamon stick
1 strip of lemon peel
250 g honey
250 g capellini pasta
85 mL semi-skimmed milk
3 egg yolks
Cinnamon powder

Preparation:

In a saucepan, boil the water and add the cinnamon stick, a strip of lemon peel, and the honey until fully dissolved. Add the capellini pasta and cook for 4 minutes, ensuring it remains slightly undercooked (most of the water will be absorbed). Pour in the milk and let it simmer until the pasta is fully cooked. Lower or turn off the heat as needed. Remove the cinnamon stick and lemon peel (drain off any excess liquid), then add the egg yolks, stirring continuously for 2 minutes to create a smooth texture. Transfer to a serving dish and sprinkle with ground cinnamon for decoration.



Nutrition Info (per 100 g)

Sweet Cappellini

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
197.9 kcal	3.7 g	1.9 g	0.5 g	32.1 g	16.8 g	0.8 g

Torrijas



Dessert

Beatriz I. Vázquez-Belda - Spain

Recipe History

Torrijas were first referred as *aliter dulcia* (lat. "another sweet dish") in Apicius's *De Re Coquinaria*, originally without egg. Medieval France's "tostées dorées" used egg yolk hence their other name "golden toast". In all these cases, sugar was used as a sweetener. In Spain, they were documented in a carol, sweetened with honey (Juan del Encina, 1496).

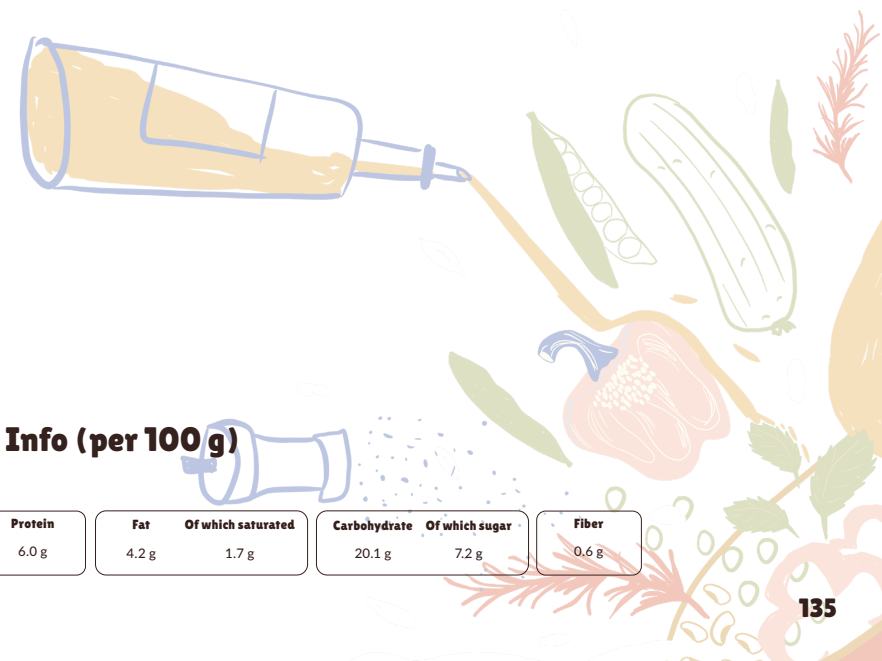
By the beginning of the 20th century, torrijas became common during Lent, using leftover bread when meat was forbidden. Today, recipes vary worldwide - sometime with wine or cognac, or sprinkled with sugar and cinnamon - but base remains stale bread, milk, eggs and sugar.

Ingredients:

1 loaf of stale bread (from the day before)
500 mL milk
4 medium eggs
2 tablespoons sugar
1-2 cinnamon sticks
2 lemon rinds
Virgin olive oil
Honey from Lugo (or other good quality honey)

Preparation:

Cut the loaf of bread into 2 cm thick slices. In a small pot, heat the milk with sugar, one or two pieces of lemon rind, and a cinnamon stick. Remove from heat just before it boils and let it cool slightly. Beat the eggs in a shallow bowl. Pour the cooled milk mixture into another shallow bowl. Heat some olive oil in a large frying pan. Soak each slice of bread in the milk mixture on both sides, then lift with two forks to drain excess milk, taking care not to break the slices. Dip the slices in the beaten eggs on both sides, letting excess egg drip off. Fry the slices in plenty of hot olive oil until golden brown on both sides. Place the fried slices on absorbent paper to drain excess oil. Serve the torrijas warm or cold, but don't forget to drizzle good quality honey on them first!



Nutrition Info (per 100 g)

Torrijas

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
142.6 kcal	6.0 g	4.2 g	1.7 g	20.1 g	7.2 g	0.6 g

Mexericos



Dessert Sara Leston - Portugal

Recipe History

This is a family recipe passed down from generation to generation. Traditionally, it is made during the week before Christmas to be served on Christmas Eve. I learned it from my Grandmother Isabel, together with my cousins, and it's one of the memories I cherish the most.

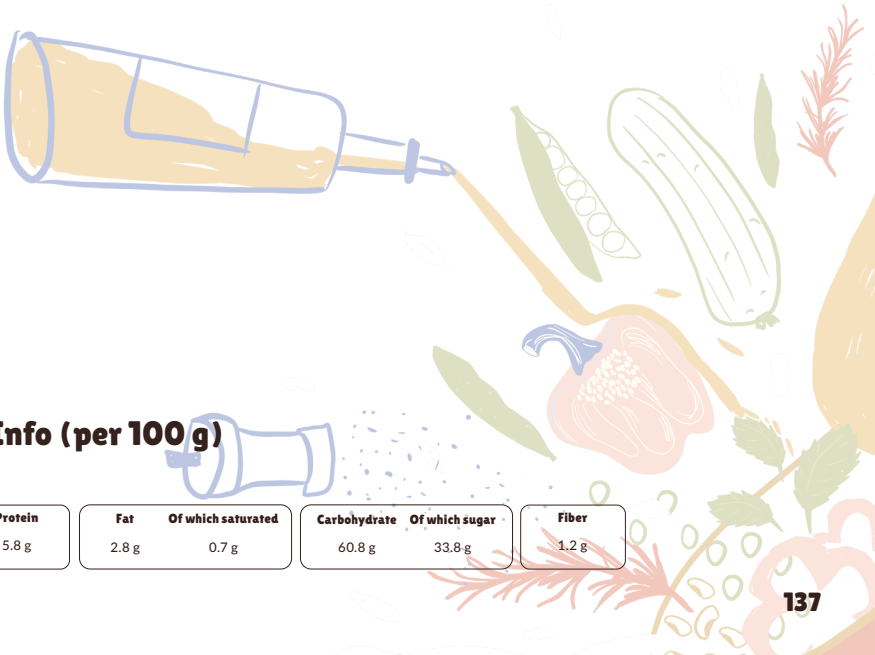
Ingredients:

- 4 eggs
- 100 mL olive oil
- 15 mL aguardente (Portuguese brandy)
- 400 g plain wheat flour (type T55)
- Pinch of salt
- 1 L oil (for frying)
- 500 mL honey



Preparation:

In a large bowl, beat the eggs with the olive oil, then add the aguardente. Add the flour and knead well. Once the dough is ready, roll it out into very thin strips and fry them in hot oil. Drain well on paper towels.
In a large pot, heat the honey thoroughly. Add the fried rolls and coat them well in the honey. Place the honey-covered dough onto a stone or marble surface. With hands moistened in cold water, shape it into a compact roll. Let it cool completely for a few hours. Slice to serve!



Nutrition Info (per 100 g)

Mexericos

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
294,7 kcal	5.8 g	2.8 g	0.7 g	60.8 g	33.8 g	1.2 g

Honey Semolina Halva



Dessert

Ibrahim Tekeoglu - Turkey

Recipe History

This is a traditional turkish halva.

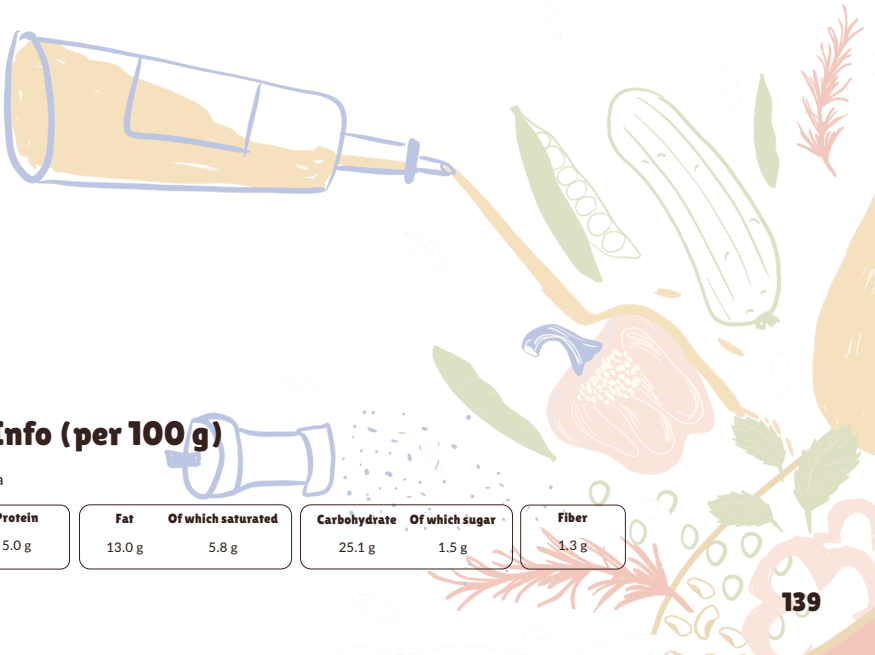
Ingredients:

- 2 cup semolina
- 1 cup water
- 1 cup milk
- 1 teaspoon vanilla extract
- 100 g butter
- 1/8 cup vegetable oil
- 1 teaspoon cinnamon



Preparation:

In a pot, heat the water and milk. Stir in the vanilla extract and set aside. In another pot, melt the butter and add the vegetable oil. Add the semolina and toast it until it turns golden brown, stirring constantly. Carefully pour the hot syrup into the toasted semolina, stirring continuously. Cook until the semolina absorbs all the liquid and thickens. Cover the pot with a lid and let the halva rest for 15-20 minutes. Add Honey and cinnamon on top.



Nutrition Info (per 100 g)

Honey Semolina Halva

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
236.9 kcal	5.0 g	13.0 g	5.8 g	25.1 g	1.5 g	1.3 g

Honey Me'mun Halva



Dessert

Ikbal Agah Ince - Turkey

Recipe History

This dessert is known as one of the favorites of Fatih Sultan Mehmed. Honey Me'mun Halva constitutes a practical dessert made with cheese and semolina. It is said that this dessert belonging to Arabic cuisine was very liked by the Abbasid caliph Me'mun and got its name from him. Today's name of dessert is also referred to as "Memuniye Halva".

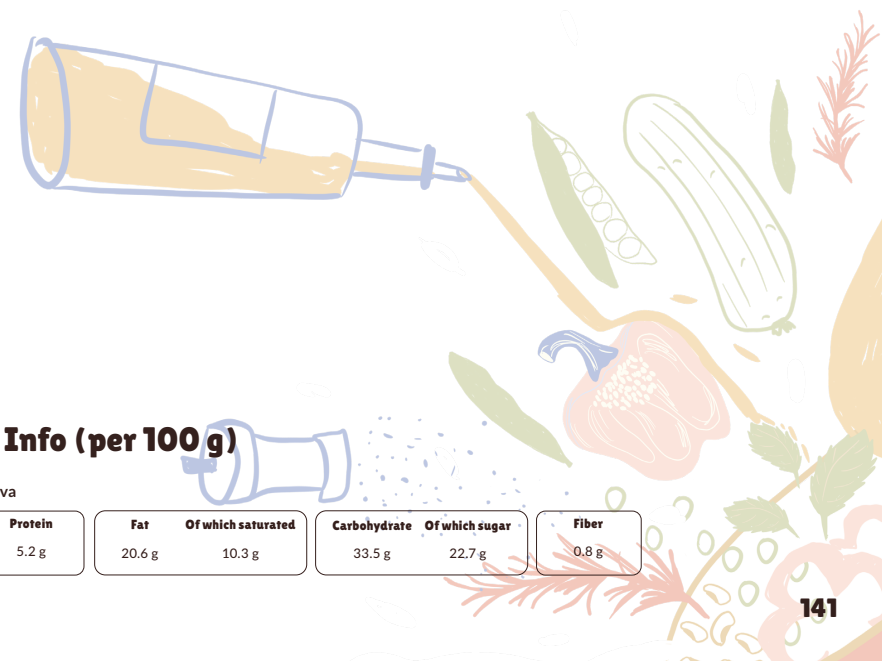
Ingredients:

200 g butter
250 g unsalted cheese
1 cup semolina
1 cup honey
1 cup water
Walnuts, to taste



Preparation:

After melting the butter in a pan, add the semolina to it and start roasting. When the color of the semolina turns, add water to it. When the water starts to withdraw, add the cheese and mix the halva well. Finally, add honey to the mixture and mix again. Pour the halva evenly into a shallow tray, flatten it and let it cool. Slice to serve and sprinkle with walnuts or pistachios.



Nutrition Info (per 100 g)

Honey Me'mun Halva

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
340.4 kcal	5.2 g	20.6 g	10.3 g	33.5 g	22.7 g	0.8 g

Rotten Cake



Dessert

Anabela Nave - Portugal

Recipe History

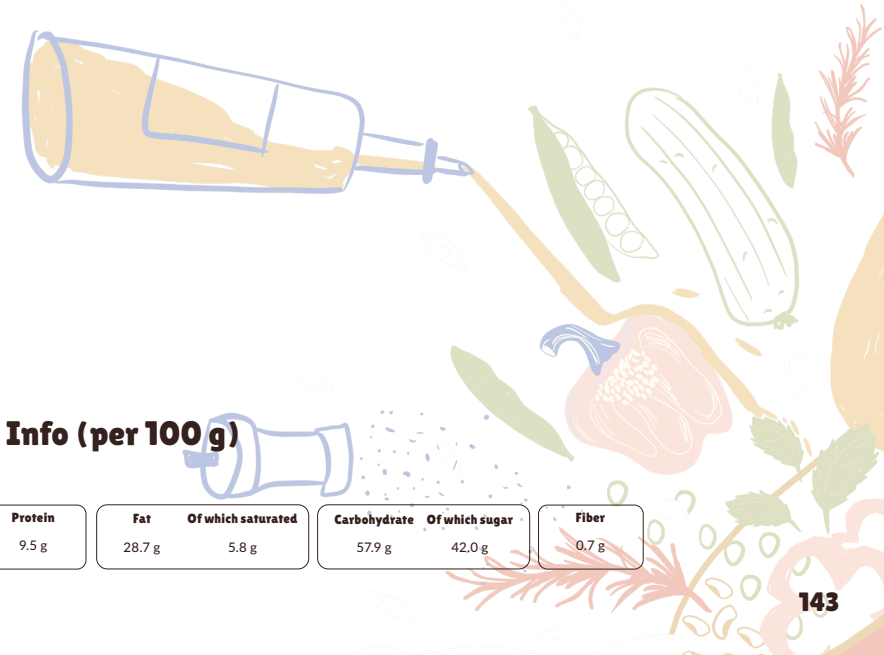
This recipe is taken from the book *O Mel: Suas Aplicações na Doçaria Caseira* (2nd expanded edition, [S.L.]: Ministério da Agricultura; Porto: Imprensa Portuguesa, 1939). The book was created in response to the habit of making at home some specialty sweets that were once the pride of confectioners and even served to characterize and promote the regions in which they were made. Thanks to the dedication of the Regional Beekeeping Commissions, it was possible to obtain a collection of the most characteristic and traditional recipes for sweets and cuisine, in the preparation of which honey is used.

Ingredients:

5 dL honey
5 dL olive oil
500 g sugar
500 g flour
24 eggs
6 egg yolks
5 dL lemons and orange zest
Cinnamon, to taste
Brandy, to taste
Lard or butter, to grease the mold

Preparation:

Mix the honey, olive oil, sugar, 30 egg yolks, cinnamon, brandy and zest until you get a homogeneous mixture. Then add the flour and 24 beaten egg whites and mix until you get a homogeneous mixture. Pour into a mold (or individual molds) greased with lard and sprinkled with flour. Bake in a medium oven (180 °C) for about 1 hour.



Nutrition Info (per 100 g)

Rotten Cake

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
528.4 kcal	9.5 g	28.7 g	5.8 g	57.9 g	42.0 g	0.7 g

Honey Water



Dessert

Joana Godinho - Portugal (Alentejo)

Recipe History

Honey-based product produced in Portugal for ancient times. It basically results from the use of residual honey that remains in the waxes, after pressing the honeycombs of the hives/frames. There are still those who dedicate themselves to producing this specialty, although most of them only do so for family and friends. Antimicrobial, antiviral and antioxidant biological properties.

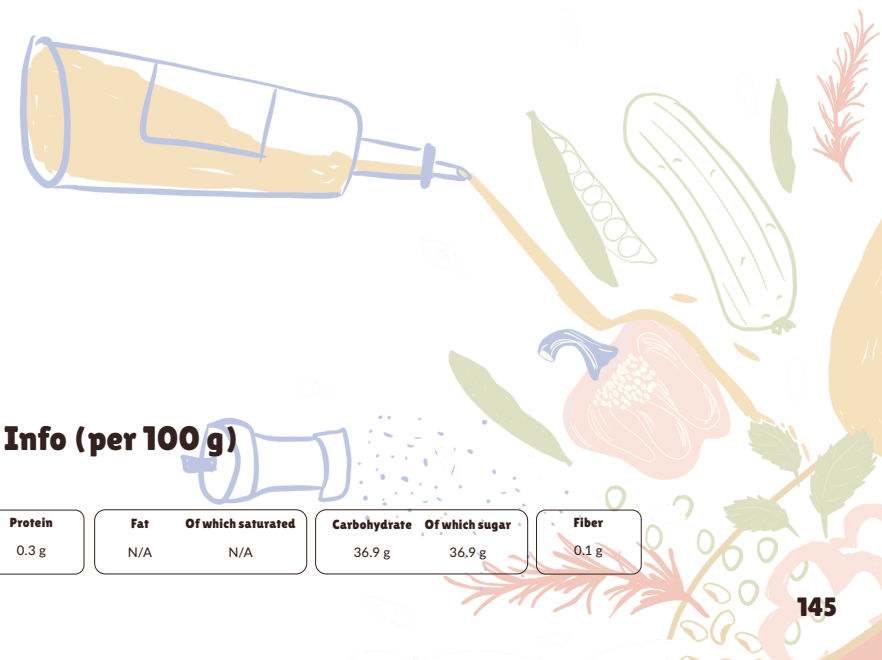
Ingredients:

5 kg alveoli and caps with traces of honey, wax and pollen, resulting from the extraction process in the honey factory
5 L water
3 oranges
1 tablespoon anise seeds
1 tablespoon ground anise
1 cinnamon stick



Preparation:

Place a container with water on the heat until it boils and then mix in the honey, wax and pollen and caps. Once well mixed, filter the water and let it sit for 6 hours. Filter the water again and place it back on the heat until it boils. As soon as it starts to boil, keep it on a low heat for a while and remove the foam with a strainer as it appears. In a small bag, so that it does not spread in the water, add the orange zest, the whole and ground anise seeds, and the cinnamon stick. Continue to remove the foam. Keep boiling on a low heat until it reaches "pearl stage" - The test is done with a spoon, letting a few drops fall onto a plate to check if it is thicker and more consistent than water. Once it is ready, turn off the heat, filter everything back into another pan and let it rest until the next morning. The next morning, remove the foam that has formed and fill the jars with honey water.



Nutrition Info (per 100 g)

Honey Water

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
148.8 kcal	0.3 g	N/A	N/A	36.9 g	36.9 g	0.1 g

Gingerbreads



Dessert

Ramzija Sabic, Midhat Jasic - Bosnia and Herzegovina

Recipe History

It has been traditionally prepared throughout all Bosnia and Herzegovina for decades.

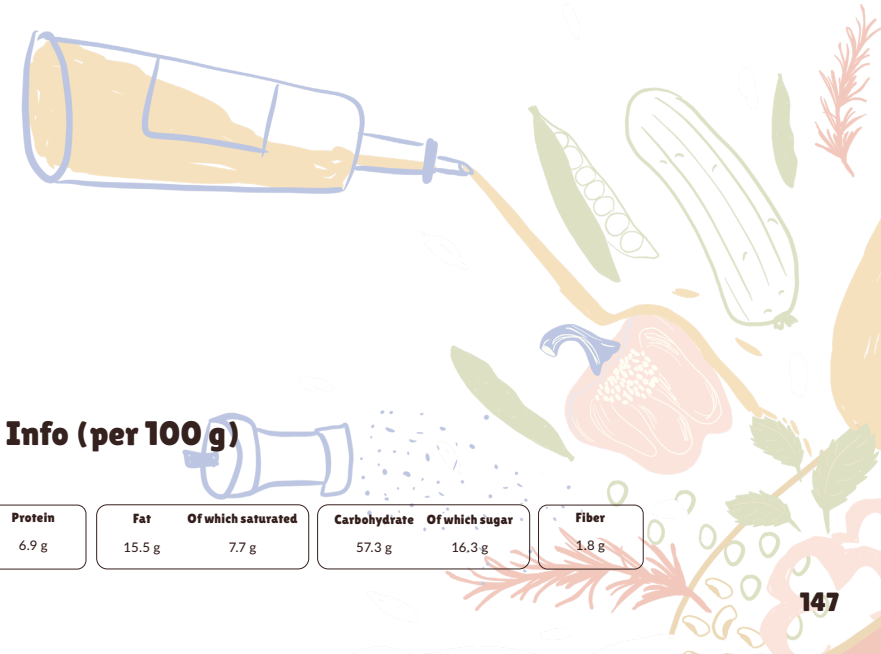
Ingredients:

800 g flour
4 eggs
250 g of sugar
330 g of honey
250 g of butter
A little cinnamon
1 teaspoon baking powder
1 teaspoon of baking soda



Preparation:

Sift the flour together with the baking powder and baking soda. In a separate bowl, mix the eggs, sugar, honey, butter, and a pinch of cinnamon, then gradually add the sifted flour while mixing. Knead the dough thoroughly, then cover and refrigerate for about 30 minutes to cool and firm up. Roll the chilled dough out on a floured surface to a thickness of approximately 0.5 cm. Cut out shapes as desired and place them on a baking tray lined with parchment paper. Bake at 170 °C for about 10 minutes, or until the edges begin to turn golden.



Nutrition Info (per 100 g)

Gingerbreads

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
396.4 kcal	6.9 g	15.5 g	7.7 g	57.3 g	16.3 g	1.8 g

Honey Cake–Torte



Dessert Ramzija Sabic, Midhat Jasic - Bosnia and Herzegovina

Recipe History

It has been prepared for the past ten years in Bosnia in the vicinity of the city of Bihac.

Ingredients:

Cake Layers

- 3 eggs
- 3 tablespoons honey
- 1 glass of sugar (200 mL)
- 165 g butter
- 2 teaspoons baking soda
- 600-650 g flour (T500)

For the filling

- 1.5 L sour cream (20% fat)
- 2 glasses (400 mL) powdered sugar
- 1 packet vanilla sugar



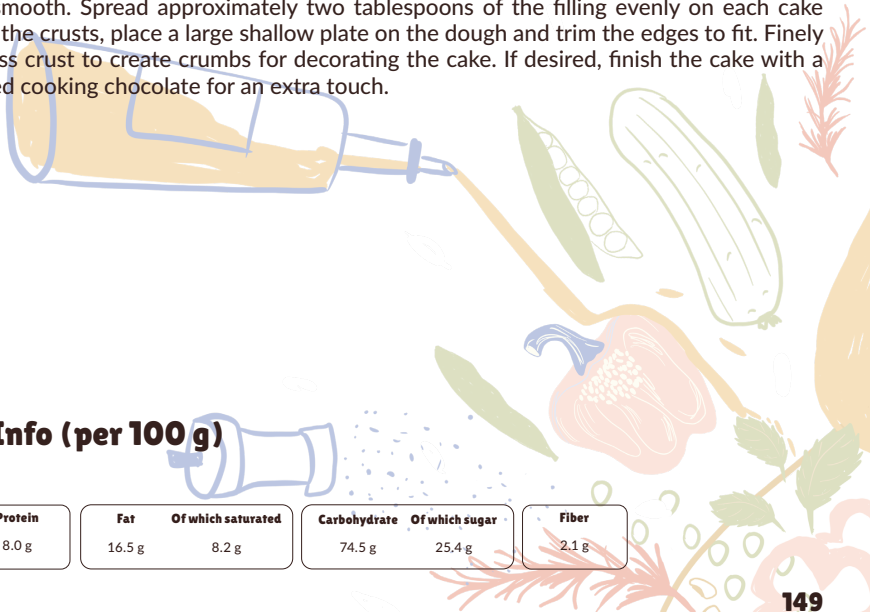
Preparation:

For the dough

Place the eggs and sugar in a large bowl, set it over a pot of gently boiling water, and whisk until well combined. In a separate bowl, melt the butter, then add it to the egg mixture. Stir in the honey and baking soda, whisking until the mixture becomes slightly foamy. Remove the bowl from the steam and add the flour, kneading until a soft dough forms. Turn the dough onto the work surface and give it a light knead. Divide it into ten equal portions and roll each one out on a sheet of baking paper. Bake the layers at 170–190 °C for 3–5 minutes, or until lightly golden. Allow them to cool completely before assembling with the filling.

For the filling

In a bowl, lightly whisk the sour cream, powdered sugar, and vanilla sugar by hand for about three minutes until smooth. Spread approximately two tablespoons of the filling evenly on each cake layer. To shape the crusts, place a large shallow plate on the dough and trim the edges to fit. Finely crush any excess crust to create crumbs for decorating the cake. If desired, finish the cake with a drizzle of melted cooking chocolate for an extra touch.



Nutrition Info (per 100 g)

Energy		Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
478.8 kcal		8.0 g	16.5 g	8.2 g	74.5 g	25.4 g	2.1 g

Honey Cookies



Dessert

Stojmir Stojanovski - North Macedonia

Recipe History

The recipe for Honey cookies is handed down in the family from one generation to another and we prepare it often

Ingredients:

4 eggs
400 g sugar
200 g ground walnuts
6 tablespoons honey
2 teaspoons baking soda
800-1000 g flour

For the filling

250 g margarine
250 g powdered sugar
2 vanilla puddings



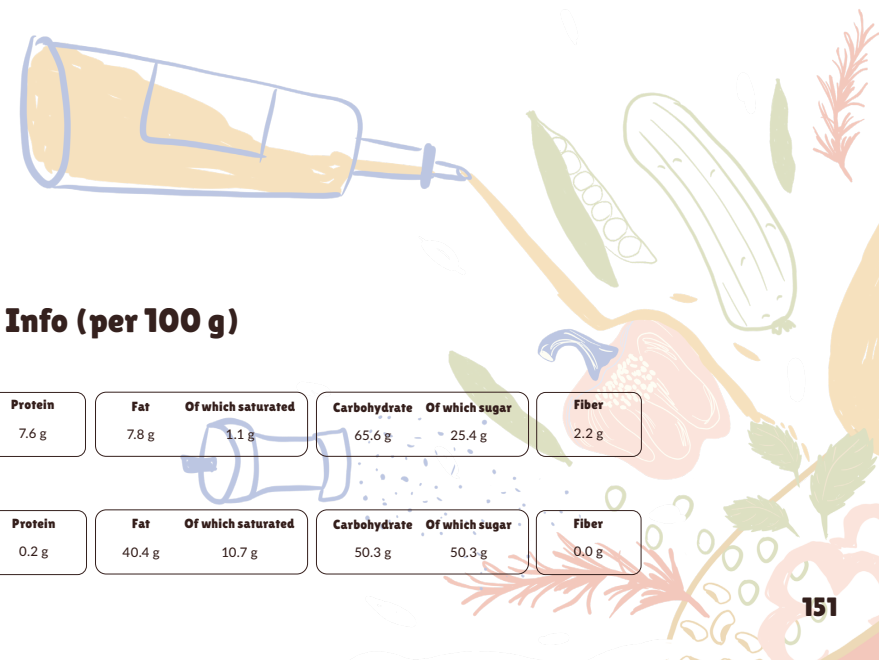
Preparation:

Beat the eggs with the sugar until light and fluffy. Add the ground walnuts, honey, baking soda, and enough flour—about 800 to 1000 grams—to form a medium-firm dough. Knead the dough briefly, then roll it out to a thickness of about 0.5 cm. Cut out shapes using a honey-cookie cutter or any mould of your choice.

Arrange the cookies on a baking tray lined with parchment paper and bake gently at 150–170 °C until the edges turn a light golden brown. Let the cookies cool slightly before removing them from the tray; they are delicate while warm and may break, but avoid letting them harden too much.

For the filling

Beat 250 grams of margarine with 250 grams of powdered sugar until light, fluffy, and pale. Add the vanilla pudding powder and continue beating until fully incorporated and the cream is smooth. Spread the filling onto one cookie and top with a second cookie to form a sandwich.



Nutrition Info (per 100 g)

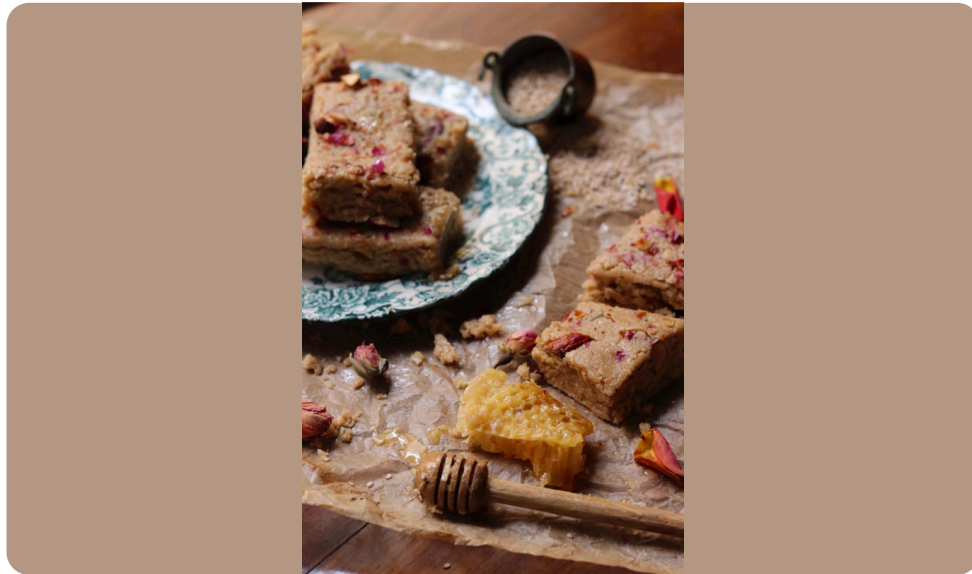
Honey Cookies

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
362.9 kcal	7.6 g	7.8 g	1.1 g	65.6 g	25.4 g	2.2 g

Filling

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
565.0 kcal	0.2 g	40.4 g	10.7 g	50.3 g	50.3 g	0.0 g

Raw oat & tahini bars



Dessert

Daniel Pisani - Malta

Recipe History

A popular dessert originating in the middle east. It is usually made by mixing a hot white sugar syrup with tahini (sesame seed paste). This recipe is very quick to make and requires no cooking, partly to retain all the nutrients provided by the raw honey! It makes for a delicious quick snack! The translation of this sweet literally means 'sweet of the Turks' and is said to have originated during the Turkish occupation of the island.

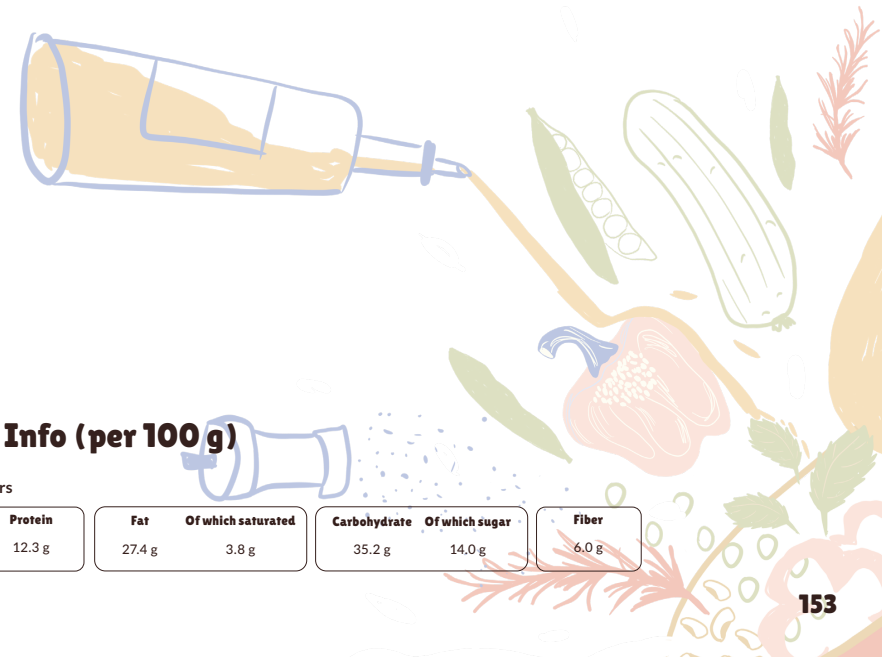
Ingredients:

200 g oats (ground into flour)
200 g tahini (runny)
100 g honey
50 g roasted almonds
1 tbsp orange blossom water or rose water
Pinch of sea salt
Rose petals



Preparation:

Combine all the ingredients, except for the almonds, in a high-speed blender and blend until a sticky, dough-like mixture forms. Mix in the roasted whole almonds. Line a 20 × 20 cm square tin with parchment paper, then press the mixture firmly into the tin. Chill the halva in the refrigerator for a couple of hours, or place it in the freezer for about an hour. Once set, cut into portions and enjoy. These bars can be stored in an airtight container or kept in the refrigerator for up to two weeks.



Nutrition Info (per 100 g)

Raw oat & tahini bars

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
441.6 kcal	12.3 g	27.4 g	3.8 g	35.2 g	14.0 g	6.0 g

154



Racomelo



Drink Alexandra Koutsotoli - Greece

Recipe History

Racomelo is a traditional Greek alcoholic drink made by fermenting honey and combining it with tsikoudia (raki) and spices. Typical of Crete, the Aegean islands and the mainland, is mainly consumed in the winter. Grandmothers used to give it to their children as cough medicine (and not only), since, in addition to being warm, also worked as an expectorant. Its origins trace back seven centuries to the monasteries of Holy Mount Athos, where monks made it to cure sore throats, colds, and stomach aches. Over time, the brew spread to islands like Amorgos, Crete, and Karpathos. Racomelo is warming, euphoric, and a suitable digestive thanks to the honey and herbs it contains.

Ingredients:

- 4 shots of tsikoudia (raki)
- 2 tbsp honey
- 4 clove heads
- Powdered cinnamon (alternatively, you can use cinnamon sticks)

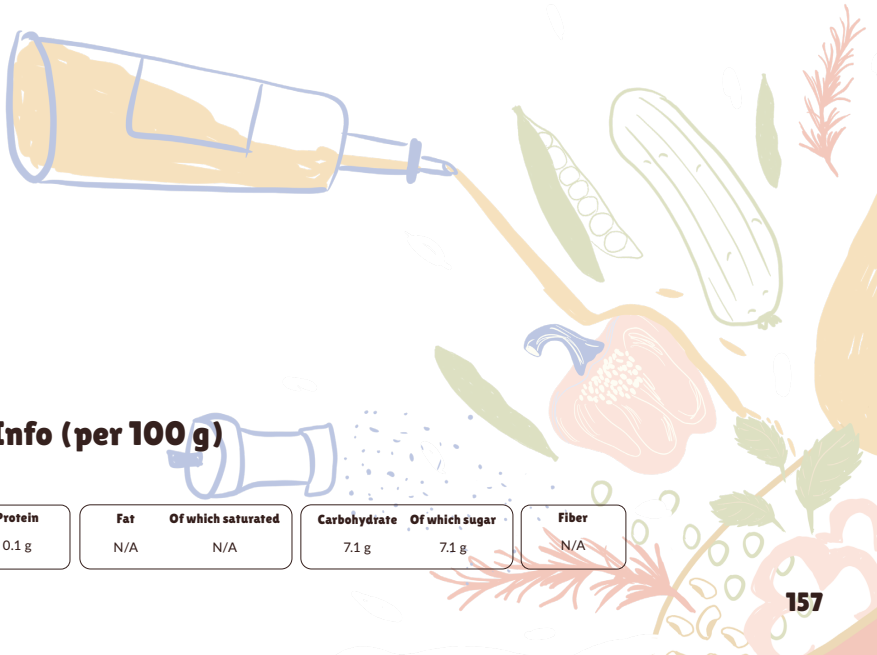
Preparation:

Pour into the kettle as many glasses of tsikoudia as you want to make, a little cinnamon (not too much, because it will be bitter), the cloves, and put it on a low temperature.

As soon as it heats up, add half a teaspoon of honey for each glass of tsikoudi. Stir constantly, and always at a low temperature, because there is a risk of fire from the fumes of the tsikoudia.

As soon as it starts to gurgle, take out the kettle and serve.

Make sure there is a clove head in each glass.



Nutrition Info (per 100 g)

Racomelo							
Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber	
28.5 kcal	0.1 g	N/A	N/A	7.1 g	7.1 g	N/A	



Dandelion Mead



Drink

Arja Helena Kautto - Sweden

Recipe History

The basics for this recipe was published in a family magazine in the 1970s but it is a part of the heritage of northern countries since Iron Age (1300 -1700 BC). Everybody doing mead still changes this recipe according to the volume of flowers, amount of alcohol wanted or using specific yeast. It is possible to let the mash take its own way with the natural yeasts in the honey or flowers, but the result is unknown.

Ingredients:

5 L dandelion flowers
4.5 L boiling water
2-2.5 kg per 4-L mash honey
3 lemons
1 package of yeast for mead or white wine
Yeast stopper, according to the instructions
Yeast nutrient, according to the instructions

Preparation:

Start by picking dandelion flowers. Pick only flowers in full bloom. Choose an area as far as possible from big roads, airports, or heavy industry, as well as industrial agriculture using pesticides. It is best to pick when the weather is warm and sunny. Pour the flowers out on a kitchen towel and clean them of insects, and remove the green parts without breaking the flowers.

The green part, lining, just close to the yellow petals, is not harmful. Put the flowers in a bid. Pour the boiling water over the flowers. Let it infuse for 24 hours. Strain out the flowers (put them away) for a pure mash. Mix the mash with honey in a container of choice or a Damejeanne. Wash and brush the lemons properly. Cut them into wedges and then slices. Put them in the container with the mash and honey.

Measure the density of the mash and adjust to the level you want. Follow the recommendation in the yeast package concerning the density suitable for the yeast you are using. Put the yeast and yeast nutrient in the container. Follow the instructions on the packages. Close the fermentation container with the lid, fit the bubbler airlock in place. Keep the container in a dark place (or cover it) with about 18-22 °C in ambient temperature.

The fermentation takes 2-4 weeks. The bubbling stops and tells you that yeast has done its job. Measure the density and calculate the % of alcohol according to the instructions of your hydrometer manual. Put in the yeast stopper and let the bin stand so that the yeast settles to the bottom. Transfer the mead to another container and let it rest. Leave the sediment behind. The mead can be stored in a dark place and at about 7 – 15 °C in the second container, about 2 months. Bottle the mead into suitable bottles. Be careful not to mix more air into the mead than necessary. Aging the mead makes it taste better. Recommendation is at least 3 months at room temperature or colder.

Nutrition Info (per 100 g)

Dandelion Mead

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
272.7 kcal	0.5 g	N/A	N/A	67.6 g	67.5 g	0.1 g



Hidromel



Drink

Kastriot Korro - Albania

Recipe History

This drink was created by the Illyrians, the ancestors of the Albanians and was preferred by the Greeks and Romans and is called the oldest drink.

Ingredients:

5 L water
2 kg honey
25 g flowers of viburnum
125 g ginger
25 g brewer's yeast
Peels of two lemons

Preparation:

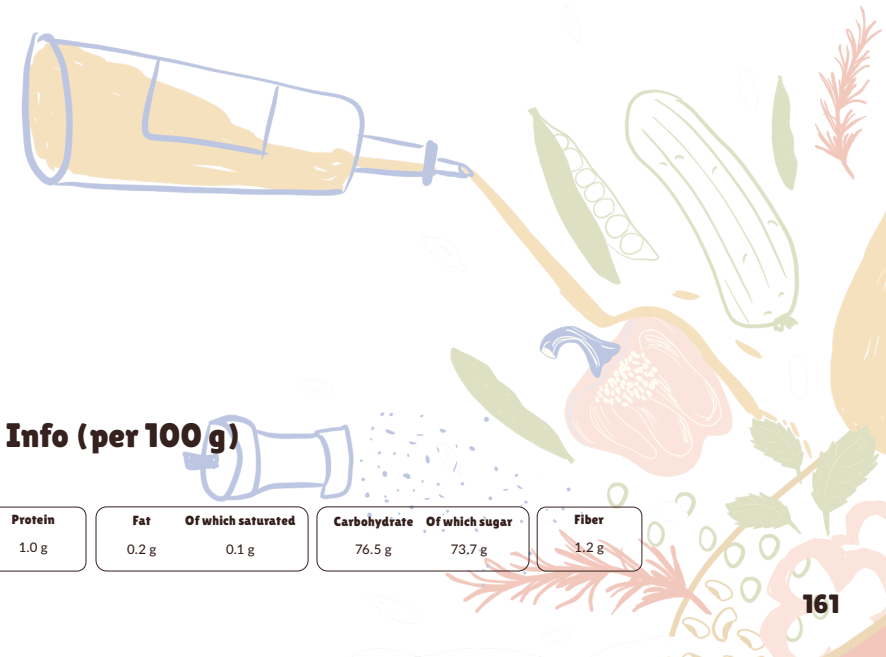
In a thin pot, combine the water, viburnum flowers, ginger, and lemon peels. Boil gently for 90 minutes. Allow the mixture to cool to 40 °C, then stir in the honey until it is fully dissolved.

Once the temperature drops to about 20 °C, add the brewer's yeast.

Transfer to a fermentation bag and let it ferment for 2 months. After this first fermentation, pour the liquid into a large, clean container.

Cover to protect it from dust and allow it to ferment for another 6 months.

When fermentation is complete, transfer the drink into clean, sealed bottles and store in a cool place.



Nutrition Info (per 100 g)

Hidromel

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
311.5 kcal	1.0 g	0.2 g	0.1 g	76.5 g	73.7 g	1.2 g

Medovača and Medovina



Drink

Mira Stanković, Dragana Bartolić, Ksenija Radotić
Republic of Serbia

Recipe History

“Medovača” and “Medovina” are one of the oldest drinks, inherited from the ancient Slavs. For them, honey was one of the basic foods that they added to many dishes and drinks. So, they decided to make this sweet elixir of health, which would have a beneficial effect on their body. These drinks are known to have a beneficial effect on circulation, against bacteria and viruses, and to improve appetite and digestion. They are tasted with a meal, as an aperitif or after a meal, as a digestive. They fit perfectly with various white meats with toppings, pasta, risotto, and all kinds of fish. Serve at room temperature.

Ingredients:

Medovača:

1 L plum brandy
400 mL distilled water
300 g honey

Medovina:

2 kg grapes
1 L boiled and cool water
100 g honey

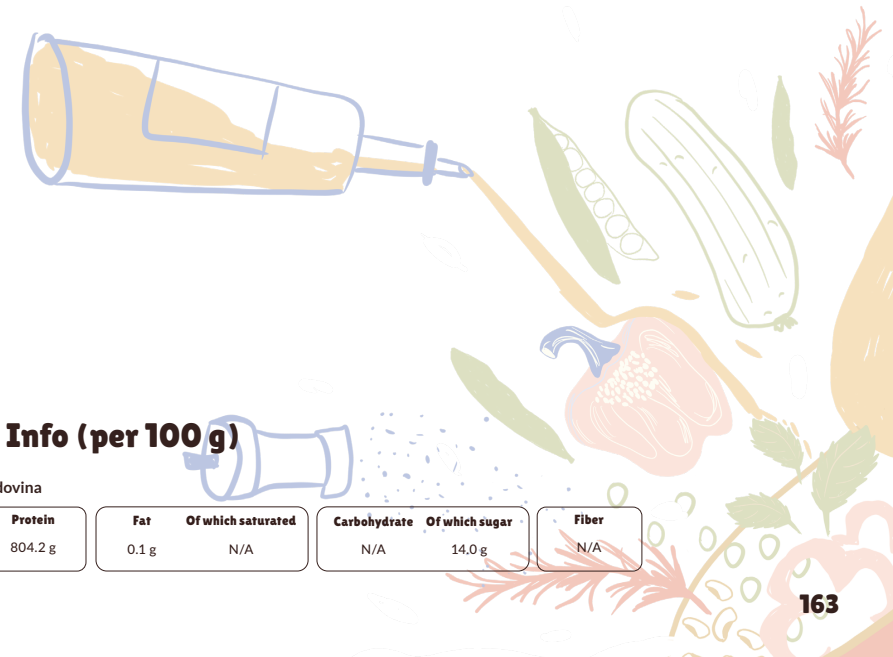
Preparation:

Medovača

The process begins by dissolving honey in plum brandy and then adding distilled water to this solution. After that, the obtained solution should be left in a dark place, where it will be for the next month or two, and it should be shaken occasionally, so that the ingredients are evenly combined. After that, the honey drink should be strained through a filter, and the resulting drink is best poured into a glass bottle, from where you will later serve it.

Medovina

Put the grapes in a clean container and mash them in it. Add water and honey. Mix the resulting mixture well and pour it into a 3-4 L bottle. Shake well several times so that the grape skins fall to the bottom. Let the mixture start boiling at room temperature. Fermentation starts in 2-5 days and ends in about 7 days. Then the mixture is ready for mead preparation.



Nutrition Info (per 100 g)

Medovača and Medovina

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
85.9 kcal	804.2 g	0.1 g	N/A	N/A	14.0 g	N/A

Turkish Honey Coffee



Drink Hatice Kalkan Yildirim - Turkey

Recipe History

Turkish coffee is one of the most flavorful coffees in the world. The aromatic flavor, the quick cooking time make this coffee one of the most preferable ones. This coffee is made from finely ground coffee beans, water, and with the addition of sugar or without sugar. Instead of sugar could be used. The name of this coffee is “Turkish honey coffee”. Similar to espresso, this coffee has no bitter taste and is mainly drunk alone, without any milk. As a beverage, Turkish coffee carries special preparation and brewing techniques. It is one of the oldest coffee-making methods still in use. The traditional techniques used in preparing coffee led to the development of special tools and silverware, such as the boiling pot (cezve), coffee cup (fincan), and mortars, which have artistic value. With its profound effect on Turkish lifestyle, Turkish coffee plays a central role in culture as a beacon of hospitality and friendship. Turkish coffee culture and tradition were registered on UNESCO’s Representative List of the Intangible Cultural Heritage of Humanity on behalf of Turkey in 2013

Ingredients:

- 1 teaspoon Turkish coffee
- 1 teaspoon honey
- 1 cup water (Turkish coffee cup)

Preparation:

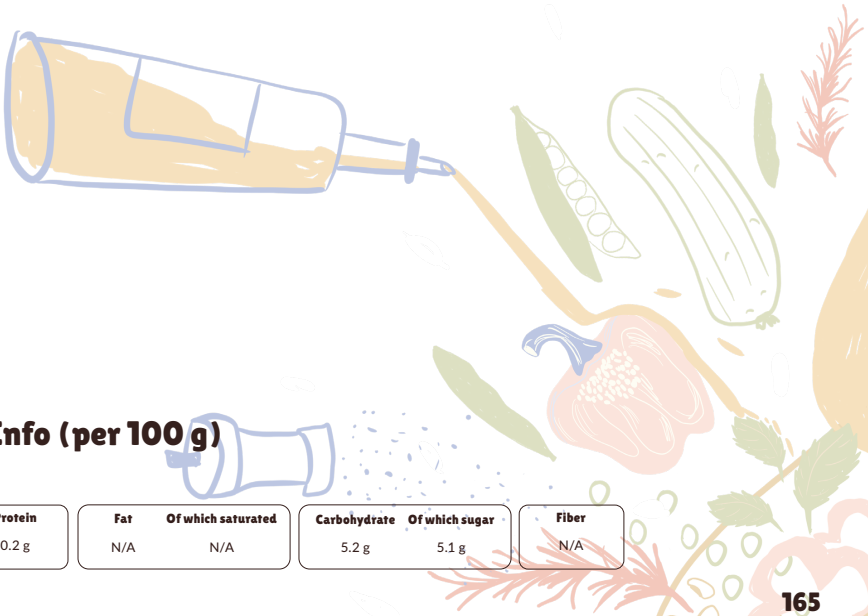
Turkish coffee is made per person, per cup. Add one teaspoon of finely ground coffee. Add one teaspoon of honey. Add a cup (Turkish coffee cup) of water. Mix all the ingredients.

Boil in a small pot called a “cezve”. The pot is important to the way the coffee boils.

A “cezve” is a small pot, perfect for one cup, that has a wide bottom and tapered mouth. This allows a lot of the coffee to heat in the bottom of the pot and then separates the foam at the top when it rises. These pots are made of aluminum or copper.

Boil for 3–4 minutes. Wait until the formation of a thick foam on the top. When the foam starts to have small bubbles on the sides, pour half of the foam into your cup of choice and put the coffee back on the heat.

Allow to foam for a second time, without coming to a complete boil, and pour remaining coffee into the same cup.



Nutrition Info (per 100 g)

Turkish Honey Coffee

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
21.7 kcal	0.2 g	N/A	N/A	5.2 g	5.1 g	N/A

Blackberry Granita



Drink

Daniel Pisani - Malta

Recipe History

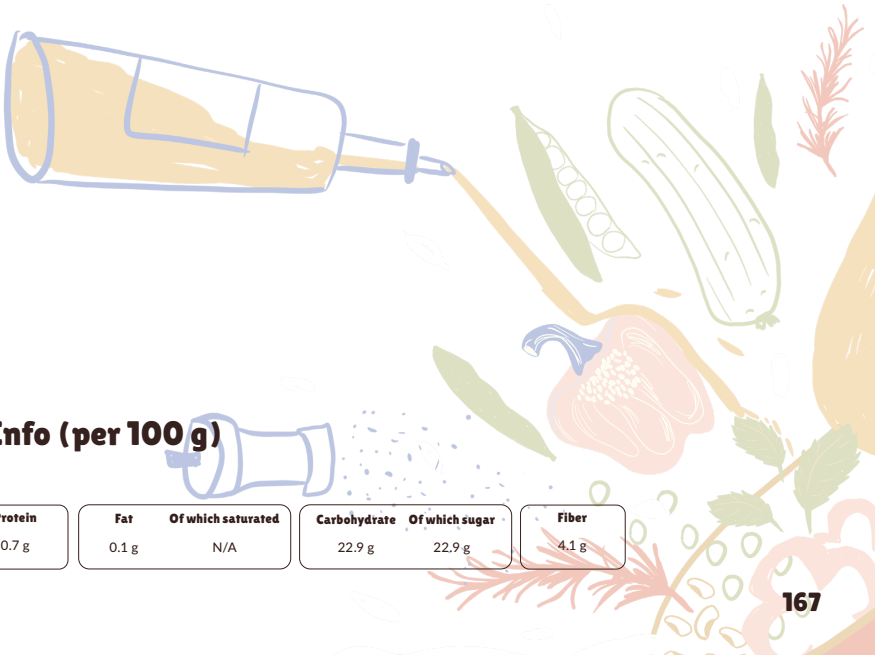
This is a very simple and refreshing recipe for those warm summer days, the natural sweetness of the blackberries compliments the honey to create a very nutritious dessert!

Ingredients:

- 500 g blackberries
- 200 mL honey
- Juice of half a lemon

Preparation:

Add all the ingredients to a food processor and blend until well combined. Transfer the mixture to a container and place it in the freezer, stirring every 30 minutes until it reaches a granita-like consistency. Alternatively, you can churn the mixture in an ice-cream machine.



Nutrition Info (per 100 g)

Blackberry Granita

Energy	Protein	Fat	Of which saturated	Carbohydrate	Of which sugar	Fiber
95.6 kcal	0.7 g	0.1 g	N/A	22.9 g	22.9 g	4.1 g

