

# SWEETENER: HONEY

## LOG IN!

1 Read the information about honey and answer the following questions.

### Characteristics

Before sugar was discovered, honey was the only known sweetener and it was also used to preserve foods, as a cosmetic product and for embalming. Honey is a sugary substance produced by bees from flower nectar, which is processed by enzymes contained in the saliva and the gastric juices of bees and then placed inside the hives where it turns to honey. This process is very complex and it takes 5 litres of nectar to produce 1 litre of honey. honeys vary according to the type of flowers the nectar is collected from. They can have different fructose and glucose content, which affects the texture, colour and flavour of the honey. Colours can range from white to golden yellow, from red to brown and black nuances; the darker the colour of honey, the more intense the flavour. Common types of honey include: acacia, chestnut, lime tree, clover and heather.



### Nutritional facts

The sweetening power of honey is higher than that of sugar so smaller quantities of honey are therefore needed. Honey has purifying, calming, temperature-reducing, digestive, aperitif and antiseptic properties.

### Use

Liquid or solid honey can be used in savoury dishes like lamb, duck, chicken and sweet and sour sauces; but it is mainly used in sweets like: cakes, biscuits, pastries, creams, yoghurts, sweets, syrups and spicy breads. It can also sweeten milk, herbal teas, tea and coffee.

	per 100 g of product
water	14 - 20%
protein	0.3 - 0.5 g
sugar	76 - 80 g
calories	303

- 1 Apart from sweetening, what other things has honey been used for?
- 2 How is honey produced?
- 3 What determines the colour, texture and taste of honey?
- 4 How does the use of honey differ to sugar and why?
- 5 What health properties is honey supposed to have?
- 6 Which meat is honey often combined with in cooking?

## ON THE NET!

2 Have a look at the video *How to Make 'Lekach', Jewish honey cake*, and decide if these statements are true (T) or false (F).

- 1 Honey cake is a traditional dessert served at the Jewish New Year to ensure you get a lot of money in the year to come. \_\_\_\_\_
- 2 The ingredients of honey cake are: honey, coffee, water, eggs, vegetable oil, apple sauce, brown sugar, flour, baking powder, baking soda, cinnamon and salt. \_\_\_\_\_
- 3 Combine vegetable oil, apple sauce, honey, sugar and eggs in a bowl. \_\_\_\_\_
- 4 Mix the ingredients together using a hand whisk until they are incorporated. \_\_\_\_\_
- 5 In a separate bowl combine the flour, baking powder, baking soda, cinnamon and salt. \_\_\_\_\_
- 6 When you have combined all the ingredients, bake in the oven for 30-35 minutes. \_\_\_\_\_



## LOG OUT!

3 Write your own honey dessert recipe.