

Disney Winnie the Pooh

Moms, add these
fun **Cooking With
Honey Tips** to your
recipe collection!

COOKING TIPS

Cooking With Honey

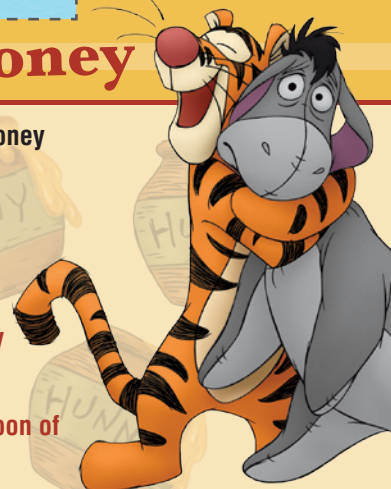
Substituting Honey for sugar -- less is used as honey has a higher sweetening capability.

Ratio: 10oz (275g) sugar = 8 oz (225g) honey.

As honey has extra water within its content, **reduce the amount of liquid called for in your recipe by 3 tablespoons for every 8 oz of honey used. (250 ml).**

For each cup (250 ml) of honey, add 1/2 teaspoon of baking soda to counteract acidity.

In general cooking, to counteract any sour flavor, add 1-2 tables spoons of honey -- this will give your sauce or dish an unexpected hint of sweetness.



BAKING TIPS

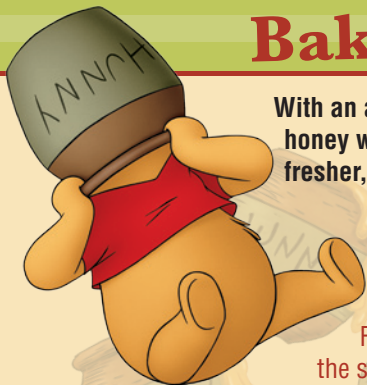
Baking With Honey

With an ability to absorb moisture after cooking, using honey within your baking helps to keep your baked goods fresher, softer and moister longer than using sugar.

Add two tablespoons of honey to your favorite cake mix while you're beating the batter. It'll add flavor and make your cake less crumbly.

For a crisper cookie, replace no more than 1/3rd of the sugar with honey.

Using honey, when baking breads, gives the crust a deep, rich brown texture, but be sure to reduce your temperature by 25 degrees F (15 degrees C) to prevent over-browning.



MEATS & VEGETABLES

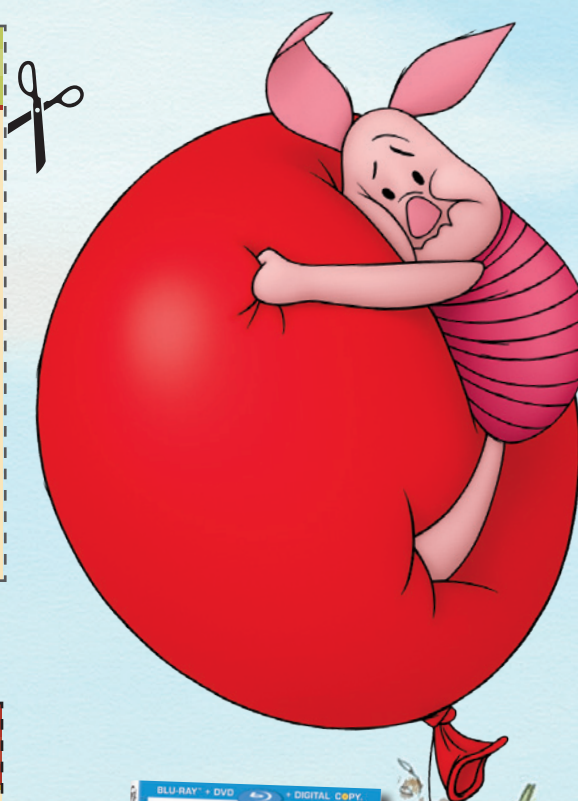
Meats, Vegetables & Honey

MEATS

- Curing or coating meats with honey and mustard is a cook's tradition dating back to medieval times.
- Marinades with honey and vinegar will make your meat tender and flavorful.
- Roast chicken will have a crispy coating when you brush it with honey.

VEGETABLES

- Stir-up excitement by glazing vegetables with honey -- cooked carrots seem to disappear from the table when given a honey glaze.
- Orange blossom honey interacts best with the spiciness of peppers, garlic and chilies.



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Cooking With Honey

HOW TO SUBSTITUTE SUGAR WITH HONEY!



COOKING

- Substituting Honey for sugar -- less is used as honey has a higher sweetening capability.
- **Ratio: 10oz (275g) sugar = 8 oz (225g) honey.**
- It's best to use a light, clear honey as dark honey has a taste that is too strong.
- Honey should be stored at room temperature. Refrigerating honey causes it to crystallize. To dissolve the crystals, place the honey jar in warm water and stir until the crystals dissolve.
- Don't overheat honey -- if it boils or scorches, it will spoil.
- As honey has extra water within its content, **reduce the amount of liquid called for in your recipe by 3 tablespoons for every 8 oz of honey used. (250 ml).**
- For an even distribution, warm the honey before mixing with other liquids in the recipe.
- **For each cup (250 ml) of honey, add 1/2 teaspoon of baking soda to counteract acidity.**
- When measuring honey, coat the cup or spoon with non-stick, flavorless vegetable oil - the honey will not stick.
- In general cooking, **to counteract any sour flavor, add 1-2 tables spoons of honey** -- this will give your sauce or dish an unexpected hint of sweetness.

BAKING

- With an ability to absorb moisture after cooking, using honey within your baking helps to keep your baked goods fresher, softer and moister longer than using sugar.
- **Add two tablespoons of honey to your favorite cake mix while you're beating the batter.** It'll add flavor and make your cake less crumbly.
- Honey mixes more easily with shortening, butter or margarine than sugar does, which can only improve the finished product.
- **For a crisper cookie, replace no more than 1/3rd of the sugar with honey.**
- Using honey, when baking breads, gives the crust a deep, rich brown texture, but be sure to reduce your temperature by 25 degrees F (15 degrees C) to prevent over-browning.
- Honey can replace one-half of the sugar in most brownie recipes.



Add Some Honey!

BEVERAGES

- Honey is the perfect sweetener for tea! Add a heaping teaspoon to a mug of very hot water along with a slice of lemon and a bit of ginger or clove.
- Honey mixed with citrus juice will cut the acidity of the juices for a refreshingly smooth beverage.
- Lemonade with 2 tablespoons of honey makes a refreshing cooler for hot days and a soothing reliever for cold nights.

FRUITS & CANNING

- Honey in berry pies brings out the natural flavor of the fruit as well as adds a bit of variety to the taste.
- Honey can replace up to 2/3rds of the sugar in fruit bars.
- For a simple fruit bowl, add a bit of honey to lemon juice for a nutritious tossed fruit dressing -- chill about 2 hours before serving.

MEATS

- Curing or coating meats with honey and mustard is a cook's tradition dating back to medieval times.
- Marinades with honey and vinegar will make your meat tender and flavorful.
- Roast chicken will have a crispy coating when you brush it with honey.

VEGETABLES

- Stir-up excitement by glazing vegetables with honey -- cooked carrots seem to disappear from the table when given a honey glaze.
- Orange blossom honey interacts best with the spiciness of peppers, garlic and chilies.

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Honey Fun Facts

HONEY BEE FACTS

- A honey bee flies between 10-15 miles an hour and can carry a load of nectar the size of her own weight.
- Honey bees can visit hundreds of flowers to get one load of nectar.
- In the entire lifetime of one honey bee, they may contribute to making a half of teaspoon of honey.
- It takes 556 worker bees flying approx. 35,584 miles (roughly 1&1/3rd times around the world) to produce one pound of honey.
- In early European times, it was believed that an unfaithful lover would be stung if led past a bee-hive.
- Hives of bees were often taken with on military expeditions – not only for the honey produced, but to be used as lethal weapons during battle.

HONEY FUN FACTS

- Honey comes in a wide variety of flavors, colors, textures and types:
- Flavors range from mild, spicy, pungent and even bitter.
- Colors run from near-white to amber, dark brown, red or nearly black.
- Textures range from thin to heavy.
- Types include liquid, comb, granulated/crystallized and chunk.
- The ancient Romans and early Egyptians used honey as a form of currency.
- Honey was used to ward off evil spirits and to bestow the gifts of health, happiness, peace and poetic inspiration.
- In many early civilizations, honey was used to pay taxes and to feed royalty and heroes.
- Man's first-known alcoholic drink, mead – or honey wine, includes honey within it's mix. A popular drink of the middle ages, mead was often taken as a love potion.
- It was believed that Amor, the god of love, dipped his arrows in honey.
- In early Greece, brides dipped their finger in honey and then licked it clean before entering their new home as a means of ensuring a sweet marriage.



Healthy Honey Facts

- Honey was probably the earliest sweetener used by man.
- Since honey is sweeter than sugar, less is needed and it's lower in calories, making it a healthier option.
- Honey is loaded with vitamins, antioxidants and enzymes for digestion.
- Honey is a great soother for a scratchy throat or cold -- add a heaping teaspoon to a mug of very hot water along with a slice of lemon and a bit of ginger or clove.
- Since ancient times, honey was often used as an antiseptic for topical burns and wounds, as it can reduce swelling and reduce scarring.

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