

SOS for Honey Bees

Recipe Pack

Get inspired with these tried and tested recipes courtesy of the NFWI's Cookery committee. Watch out for other bee inspired recipes on the WI website.



Honey Cake

An easy and oh so delicious sweet treat from the bees

200g SR Flour
2 Eggs, large
125g Butter
150g Honey, clear
100g Soft Brown Sugar
1 tbsp Water
Optional – 1 tsp Mixed Spice or a few Flaked Almonds

Method

- Set oven at 175 °C, Gas Mark 5
- Grease and line a tin 28cm x 18cm
- Put the sugar, butter and honey in a large pan and melt together
- Allow to cool
- Beat in the eggs, water and flour (and spice if used)
- Mix well
- Place in the cake tin and sprinkle with flaked almonds if used and bake for about 35 mins until firm.



Tomato puff

Tomatoes need to be 'buzz' pollinated at a certain frequency – only some bees can do this!

450g Rough Puff Pastry
1 Onion
50g Butter
3 hard-boiled Eggs
1/2 tsp dried Mixed Herbs
4 Tomatoes
100g Cheese
Salt and Pepper
1 Egg

Method

- Set oven at 200 °C, Gas Mark 6
- Roll pastry into a large oblong. Place on a greased baking tray.
- Peel and slice the onion; saute in the butter until transparent.
- Chop the eggs and scatter them and the mixed herbs on to the onions. Stir together. Spread this mixture on one half of the pastry.
- Skin and slice the tomatoes, and place on top of the mixture. Grate the cheese over the tomato, and season.
- Damp the edges of the pastry, fold the uncovered half over on top. Press the edges together and decorate with a fork; brush with beaten egg. Make 2 diagonal cuts in the pastry and bake until risen and golden brown.

Easy strawberry jam

Soft fruits have such a short season – preserve their delicious flavours with this recipe.

You will need:

1kg/2lb 2oz jam sugar with pectin (not preserving sugar)
2kg/4¼lb strawberries
Juice of ½ lemon

Method:

- Put the sugar into a preserving pan
- Hull and pick through the strawberries, discarding any blemished fruit
- Put the fruit and lemon juice into the pan and stir gently, leave for 1 hr.
- Put the pan on a medium heat, bring to the boil and boil rapidly for 15 -18 mins, skimming off any scum as it appears
- Test for a set
- When ready, turn off the heat and leave to stand for 15-20 mins to prevent the fruit rising in the jars
- Spoon into sterilised jars. Seal tightly with screw top lids while it is hot and label.

Tip: *There are a few golden rules for making jams, jellies and marmalades. See our top tips for the perfect jam on the WI website at: <http://www.thewi.org.uk/what-we-do/recipes/jams-and-other-preserves>*



BEES AND STRAWBERRIES

Bees are reared commercially to pollinate strawberries. But to produce really good quality strawberries, a combination of wild solitary and managed bees are needed.

Apple, Stilton and Thyme Bruschetta

Serves 6 as a starter/12 as canapés
Prep 10 mins

You will need:

2 small baguettes, cut into slices on the slant
1 eating apple, cox or other well flavoured
1 tbsp lemon juice
3 tbsp onion marmalade
75g blue stilton cheese, cubed
¾ tsp thyme, fresh
½ tsp chives, chopped
Black pepper

Method:

- Peel, core and cube the apple place in a mixing bowl and mix with the lemon juice to prevent browning
- Mix the apple, stilton, thyme and chives with a good shaking of black pepper
- Toast the bread
- Place a teaspoon of onion marmalade on each slice of toast
- Pile on the apple topping neatly and serve immediately.



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