

Inge Möbus

&

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It's gotta have honey in it ...



Honey is generally useful and tasty and may be healthier than sugar. Always take care to use only high quality honey. Look at the origin: German honey covers only a fifth of the demand in Germany. On many honey packages you can read: "Origin: EU and non-EU countries". This honey usually represents a mixture of Chinese, Mexican, Hungarian, Romanian and many other places of origin.

But if you attach importance to the fact that your honey contains pollen from your own environment, has not travelled halfway around the world and is not mixed together, but is authentic, you can buy honey from your trusted beekeeper or at least DIB - (Deutscher Imker Bund - German Beekeepers Organisation) - honey, which is much stricter regulated than the German honey law.

Honey can be spread on bread or rolls, but should also be used in the kitchen. It can almost always replace (cane) sugar.

It should never be missing here:

- **Breakfast and dessert:** Muesli, fruit salad, on grapefruits, etc.
- **Tea and coffee** (yes, even in coffee!)
- **baked goods:** cakes, cookies and also bread
- **Main courses:** salad dressings, sauces, marinades, etc. etc.

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A request:

Please return honey jars **closed** to the beekeeper or put them in the glass container. Other containers please also put **closed** into the residual waste.

Particularly in the time when the bees do not find much nectar and pollen (in summer and autumn), bees will otherwise use the accessible honey residues, which encourages both predation and the possible spread of bee diseases. Unfortunately, the "American foulbrood" is already widespread, especially in or near large cities.

Thanks!

Carrot - Ginger - Honey - Soup

For two people, 500g of diced carrots with an onion, a walnut-sized piece of ginger and two cloves of garlic, each finely chopped, sauté briefly in olive oil. Add 500ml of vegetable stock, salt and pepper and cook for 15 to 20 minutes. Puree the soup, add 250ml cream or coconut milk and two tablespoons of honey, bring to the boil briefly. Sprinkle with parsley.

Pizza and Pizza Sauce

Dough for 2 30cm round pizzas:

Dissolve half a cube of fresh yeast and a pinch of sugar in 90ml of lukewarm water, leave to rise for 5 to 10 minutes. Put 350g pizza flour (!) in a bowl and form a hollow. In this, add another 90ml of lukewarm water, 1.5 tablespoons of olive oil, a teaspoon of sugar and salt each, and the yeast that has been left to rise. Knead until a smooth, supple and non-sticky dough is formed. If necessary, carefully add further small amounts of olive oil and/or water to enhance the consistency. Floured and covered, leave to rise at 20 to 30°C for half an hour. (In this condition, the dough can also be kept in the refrigerator for 1 to 2 days). Then form 2 balls from it and let it rest

again covered for 30 to 60 minutes at room temperature. Then roll out 2 pizzas with a diameter of about 30cm on a well floured base and continue as described below.

Sauce:

Finely dice 4 large onions, 6 to 8 garlic cloves and 4 chilli peppers.

Lightly sauté the onions in a generous amount of olive oil, add the garlic and chilli peppers, sauté briefly with two cans (800ml) of peeled tomatoes. Stir in two tablespoons of honey, two to three teaspoons of salt and one tablespoon of dried oregano, boil down / reduce for a while while stirring.

Put about 190g per 30cm pizza on the homemade or about 380g per baking tray (approx. 38 x 32cm) purchased (permissible compromise) pizza dough, freeze the rest of the sauce in 190g or 380g portions (and later defrosted and at a pleasant temperature put it on the yeast dough).

Put about 50g or 100g of grated mozzarella on the pizza, then cover as desired, finally bake some cheese on top in the preheated oven monitored via IoT (Internet of Temperature) until you are visually satisfied (usually about 15 min at 220°C circulating air).



Here bought dough on baking paper with ham, onions, peppers, mushrooms, olives and extra mozzarella.

On a pizza stone (see instructions of the stone) heated in the oven or closed grill for a sufficiently long time, the pizza bases become crispier. However, it is not easy to get the pizza on the hot stone. It is helpful to have floured the bottom of the pizza well and use a pizza shovel at least as big as the pizza.

Serve pizza with salad (with honey in the dressing, of course).

Flammkuchen Classic

Flammkuchen can be made as easily as pizza: Dissolve half a cube of fresh yeast with a pinch of sugar in some lukewarm water. Put 250g flour (type 550) in a bowl, press a dent into it. Sprinkle a teaspoon of salt over the flour and put 100ml buttermilk and 2 tablespoons of olive oil in the well. Knead until a smooth, supple and non-sticky dough is formed. If necessary, carefully add further small amounts of olive oil and/or butter milk to enhance the consistency. Leave to rise covered at room temperature for one hour. Then knead again, form 4 equal portions and leave to rise again covered for 30 to 60 minutes.

Roll out the dough thinly in a circle (approx. 30cm diameter) and spread with 3 tablespoons of crème fraîche. Cover each with 1 to 2 tablespoons of finely diced Black Forest Ham and shallots cut into thin rings, season with black pepper.

Bake at 250°C on baking paper on the already preheated baking tray or better a preheated pizza stone (see above) for 5 to 8 minutes (visual check) and serve hot directly, sprinkled with finely chopped chives.

Mixed Salad

Prepare salad from lettuce, tomatoes, cucumber, carrots (the latter may like a little apple to round it off), etc. according to your wishes and the season. Mix the sauce of two to three parts vinegar and 4 parts oil, finely chopped onions, salt and pepper and one part honey separately and pour over it before serving. The salad dressing becomes particularly tasty when using different types of vinegar (balsamic, raspberry, apple vinegar) and oil (olive, rape, walnut, pumpkin seed, linseed, pistachio, sunflower oil).

Speaking of pepper: it should be freshly ground from a mill, of course. After many years of trials in various price categories, the pepper mill, available as an accessory to the Bosch cordless screwdriver IXO, was the only one to prove itself in the long term. And for a cordless screwdriver there is always something to do in the kitchen anyway. Besides the usual black peppercorns, we always add a few pre-broken grains of long pepper.

The salad dressing can be varied with mustard, paprika powder, yoghurt, garlic and much more. On or in the salad you can add peppers, olives, pepperoni, sunflower seeds, tuna, fried shrimps, cheese, artichokes, etc. or offer them separately. The more substantial the salad becomes, the more likely it is to mutate into a main course.

Herring Salad with Skyr

For 2 to 3 persons, peel 300g of potatoes and cook them in salted water. Cut 2 large red onions into thin rings and 4 pickled herring fillets into squares as well as half a cucumber and one jar of pickled gherkins ("sandwich gherkins", do not pour away the gherkin stock!).

Mix a cup (450g) of Skyr, 4 tablespoons of cucumber stock, 1 tablespoon of honey with 1 tablespoon of dill and chives, the onions and a teaspoon of black cumin, pepper and pour over the matie and cucumber and mix carefully. Serve with the potatoes. Beer from the north goes well with it.

Salad with Grapes, Feta Cheese and Chicken

Cook 180g chicken breast in water or chicken stock, cut into bite-sized pieces. Wash and cut a lettuce or 2 mini Romaine lettuces and prepare a bed of lettuce. Wash and dice 2 apples and arrange on the bed of lettuce together with 200g of diced sheep's cheese and the chicken breast pieces.

Prepare a dressing with 3 tablespoons of cider vinegar, 5 tablespoons of blueberries, 1.5 tablespoons of honey, 3 tablespoons of olive oil and one grated carrot.

Pour the dressing over the salad and garnish with 150g halved blue grapes, dry roasted sunflower seeds and garden cress.

Rheingau Chicken (medieval recipe as interactive kit)

Bake 5 pancakes for two people: stir 375ml of milk into 150g of flour until you have a smooth dough, add three eggs and a pinch of salt, bake in lard (or butter), keep warm.

Fry two half chicken breast fillets in lard, cook for about 15 to 20 minutes, cut crosswise into 1cm thick slices, keep warm.

Toast 4 slices of white bread, dice as desired with or without crust (8±1mm edge length).

Peel and quarter 4 pears (fresh, if necessary also from the tin), remove the offal, sprinkle with sugar and cinnamon and fry in lard, keep warm.

Dissolve honey generously in dry Riesling or good cider (see below), season with aniseed and pepper.

Put a pancake in a deep plate, put chicken, pears, toast cubes on one half, season with salt, pepper, ginger powder, sugar and cinnamon if necessary, fold the pancake. Make a cross incision, add plenty of wine sauce.

The wine used or mead tastes good with it. As a musical accompaniment we would like to refer to the Chansons & Moresche by Lassus (1532-1594) or simply Ougenweide.

Chili - Honey - Schnitzel

For two people, mix 4 tablespoons of olive oil, two tablespoons of honey, 4 tablespoons of tomato paste, two tablespoons of herbs of Provence, two chopped chillies (without seeds), salt and pepper. Place 4 small cutlets (pork, chicken or turkey) in an oiled casserole dish and spread the mixture on top. Cook in the oven at 180° convection for about 30 minutes. Serve with noodles or potatoes, a dash of yoghurt or crème fraîche.

Excursus: Resistant Starch

Many of these recipes contain the unfortunately so carbohydrate-containing but popular side dishes potatoes, noodles or rice. The reason is the starch they contain. But there is a remedy: when these side dishes cool down, part of the starch crystallises out and becomes indigestible fibre, which not only reduces the calorie count but also has a positive effect on the intestinal flora and blood sugar level.

However, crystallization takes up to 12 hours, i.e. in order to save calories, these ingredients should be cooked the day before, left to cool briefly and then placed in the refrigerator covered. The next day they are reheated or fried.

For covering the bee friend uses of course a simply selfmade beeswax cloth instead of cling film! (see below, literature and links) However, you will often find a reference to candle remains in instructions and these should not be used at all, as the increasingly popular beeswax is more and more often stretched with paraffin, which makes the cloths brittle. Besides, surely nobody wants such mineral oil products in or near their food.

Sheep's Cheese or Camembert with Honey from the Oven

Heat up camembert or sheep's cheese in a greased fireproof dish in the oven (fan oven 170°) for about 10 minutes. Meanwhile, mix two to three tablespoons of honey with walnut kernels and a shot of cognac or brandy. Remove the cheese, pepper if necessary, spread with the honey mixture and put back into the oven for about 5 minutes until the whole thing has warmed up. Serve with baguette and a mixed salad.

Or more elaborate:

Baked Camembert with Parsnip

For 2 persons, heat 2 camemberts as above or bread them with whisked egg and breadcrumbs and fry them in a pan.

Peel and grate a parsnip. Mix one tablespoon each of honey, lemon juice, pistachio or walnut oil and olive oil with salt and pepper and place it on the parsnip shavings. Add cress.

Roast coarsely chopped walnuts or sunflower seeds dry in the pan, arrange everything together on the plate, add cranberries as desired.



In the picture pears replace the cranberries.

Paint over the Goose: Roast with Honey Glaze and Gravy

Buy a goose (3.5 to 4.5 kg) that has spent a year in dignity ready to cook, tear out any hairs that may still be present (tweezers), remove the plastic bag with offal, season inside and outside with salt and pepper and fill with a mixture of two diced oranges, two diced apples, thyme and

marjoram. Close the opening with roulade needles, tie the legs together.



Place a deep plate filled with water at the bottom of the oven (see photo), place the goose on a deep baking tray on its belly on the lower rail, cover the baking tray with water to a height of about 1 cm, roast for one hour at 180° (infra-roast). Turn the goose on its back (see photo) and reduce the heat to 120° and fry for another two to three hours.

Pour the cooking fat over the goose for about half an hour and prick the goose at the fat spots. The core temperature to be achieved should be 80°. To enrich the red cabbage and as a sauce base, take a few spoonfuls of goose fat that has run out. For the sauce, sauté onions in it, deglaze with 400ml vegetable or chicken stock, add a tablespoon of honey and thicken with Mondamin.

As soon as the goose has almost reached its core temperature, brush it with a prepared mixture of two tablespoons of warmed organic margarine and honey (and, according to Mr. Lafer, also one tablespoon of soy sauce, we do not use it) and heat it up to 180°, thus creating a brown crust.

Tomato Sauce with Pasta ("the Classic")

For two people, cut 500g of fresh tomatoes (we do not skin them) into small pieces, alternatively use canned or pureed tomatoes. Sauté onions in olive oil, add tomatoes and 125ml vegetable stock, let simmer. Add two tablespoons of honey, salt and pepper. Puree if necessary. Add fresh basil. Enjoy with grated Parmesan cheese and pasta of any kind.

Courgette Sauce with Pasta

For two people, sauté 600g diced courgettes and one finely diced onion in olive oil, add one or two finely chopped cloves of garlic. Fill up with 125ml vegetable stock, add salt, pepper, dried rosemary and simmer for about 10

minutes. Puree everything, add 100g cream cheese, 100g whipped cream and a tablespoon of honey and bring to the boil briefly. Stir in two to three tablespoons of roasted sunflower seeds. Serve with noodles. Parmesan cheese also goes well with this.

Courgette Vegetables as a Side Dish to Anything

Cut the courgettes into thin slices, fry them with diced onions in a pan in olive oil, stirring constantly. Add the diced garlic and season with salt, pepper and paprika powder (or herbs from Provence if you prefer). Reduce the heat, steam slightly with the lid closed. Stir in one or two tablespoons of honey.

Courgette Pancakes

Prepare 250g of grated courgettes, a diced onion, 100g of grated cheese, 100g of flour, 100g of diced cooked ham, a tablespoon of honey, three eggs, salt, pepper, grated nutmeg and chopped fresh parsley.

Mix all the ingredients, leave to rest for a short time. Bake pancakes in oil in a pan. Courgettes pancakes taste cold and warm with tzatziki and/or sweet Asian chili sauce and mixed salad.



Courgettes are produced in large quantities during the season and have a limited shelf life - canning is possible. Courgettes pancakes, on the other hand, are easy to freeze (in layers with foil in between).

Roasted and Marinated Courgettes

Cut 3 to 4 courgettes into strips or, if they are thicker, into slices.

Cream 8 tablespoons of olive oil with one tablespoon of honey and 5 tablespoons of balsamic vinegar, season with one or two pressed garlic cloves, three teaspoons of basil, salt and pepper. Cover the courgettes with the marinade and leave to stand for an hour, stirring occasionally.

Fry them in a pan in oil or put them on the grill in a metal dish.

Coq au Vin de Pomme

For 4 people, fry 4 chicken drumsticks and 4 wings in olive oil in a roasting pan, remove, salt and pepper. Dice a chicken breast fillet, fry in olive oil in a frying pan with 4

diced shallots and two diced garlic cloves. Cut 4 carrots into slices and add a red quartered chilli pepper, fill up with 700ml cider and 200ml cream, add two Alnatura chicken stock cubes and 30g tomato paste and bring to the boil. Add the chicken legs and wings again and simmer for about half an hour at low heat. Meanwhile, quarter 250g of fresh mushrooms, sauté in olive oil and add to the roaster with two tablespoons of honey. Season everything with salt and pepper, add chopped parsley, thicken if necessary. Serve with spaetzle or baguette, salad goes well with it.



Coq au Vin de Pomme in statu nascendi

Patties with Ragout Fin

Cook 750g chicken breast in one litre of chicken stock (two cubes), cut into small cubes. Melt 4 tablespoons of butter (or Alsan organic margarine), heat three heaped tablespoons of flour in it until it turns slightly yellow. Add 400ml of the chicken stock (freeze the rest,



e.g. for a Tom Yam soup, see below) and mix with roux (whisk), bring to the boil for a few minutes Steam 400g of quartered fresh mushrooms and add them together with the meat, add some lemon juice, one or two tablespoons of honey and 100ml of dry Moselle Riesling, bring to the boil while stirring constantly and season to taste with salt and pepper. Do not let it burn! Pour the mixture into patties, sprinkle with some grated cheese and place in the oven according to the instructions (about 10 minutes at 170° convection). Arrange the patties with a little separate filling on the plate and serve with Worcester sauce.

Serve with lamb's lettuce with honey-balsamic dressing and walnuts, and the Riesling used as a drink.

Beef Shredded with Porcini Mushrooms



For two to three people, put 30g of dried porcini in water for one hour, then drain.

Cut 600g of beef fillet or steak meat into centimetre thick strips, pepper and fry briefly in hot oil, remove from the pan, salt and leave to rest covered.

Cut three shallots into fine rings and sauté in 50g Alsan Bio - Margarine in a pan until translucent. Add two tablespoons of pickled green peppercorns, fry briefly and sprinkle with a teaspoon of sweet paprika powder. Deglaze with 100ml apple juice and a shot of cognac and let it simmer. Fill up with 250ml veal stock and let it boil down about halfway. Add 200ml cream and a tablespoon of honey. Season the sauce with salt, pepper and paprika.

In a separate pan, cut two shallots into fine rings and fry them briefly in 50g Alsan together with the porcini mushrooms. Season with salt, pepper and the juice of half a lemon. Add to the previously prepared sauce and simmer for 5 minutes. Then add the meat, warm it up briefly and sprinkle with a bunch of chopped parsley.

Serve with basmati or wild rice and green salad.

Asian Cuisine

A Thai meal as well as an Indian meal is not a single dish. It always consists of several ingredients, e.g. a salad, soup, curry, fried fish, dessert, side dishes and possibly more. They are all eaten together, not in a fixed order in the form of several courses.

These dishes are always spicy - for our inexperienced mandibles it is not very helpful to try to neutralize this with lots of water or beer, as this doesn't really work. It works better with sweets or milk dishes. We therefore like to serve Indian Raita for hot food, which goes well with all the following Asian dishes. Of course we serve it with (jasmine) rice, which also reduces the spiciness. The purchase of a rice cooker (approx. 40.- Euro) will soon be found very useful. Our Philips Homelover serves us reliably since 20 years.

Salt is not used in these regions, the warm climate there is too humid. Instead, one takes salty fish or oyster sauce, which is now also available in many supermarkets and is also more interesting in taste.

In Thailand people eat with a spoon (right hand) and if necessary with a fork (left hand), chopsticks are used by the Chinese (who are also often found in Thailand and thus confuse tourists).

As a drink beer or Mekong or SangSom fits, the latter are drunk with ice and plenty of water. Mekong resembles brandy, SangSom rather brown rum. Wine is hardly suitable, as it is overstrained by the competition in taste.

Non-alcoholic and spicy, a lassi goes very well with these dishes. It is also from India: mix water and yoghurt in equal parts with ice cubes, season with salt and finely ground cumin. Do not use too much cumin, otherwise it tastes like gingerbread.

Musically it always goes well with the 80's - Softrock by Carabao.



Thai-Curry

Very good are the finished red and green curry pastes (not powder!), which are widely available:



You can also make them yourself in a mortar, using one teaspoonful each of finely chopped lemon grass, coriander

and coumin seeds, galangal, one teaspoonful of fish sauce, shrimp paste, as well as 5 red or green chillies (without seeds), two to three cloves of garlic, 5 peppercorns, 4 shallots and two cloves.

Fry about 50g of the red paste in peanut oil until the aroma develops (longer = hotter), add 600g chicken or pork (for beef rather use green curry), fry it. Add a can of coconut milk (400ml) and a teaspoon of tamarind paste (alternatively lemon juice), stir, add coarsely chopped lemon grass leaves (lime leaves), a glass of bamboo shoots and slices of courgettes (or better fresh Thai eggplant, quartered) and an onion in halved thin slices. Cook until the courgettes and bamboo shoots are soft, add a tablespoon of fish or oyster sauce, a glass of mung bean sprouts and a tablespoon of honey, simmer a little longer, and sprinkle with two tablespoons of tapioca flour (for thickening), stir and allow to cool slightly. Thai food is eaten warm rather than hot. Serve with rice.

Yam Nua or Yam Pla Meuk



Make a bed of lettuce leaves, thin slices of cucumber, thin slices of tomato and half onion rings so that one plate is nicely covered.

Place three tablespoons of fish or oyster sauce and lemon juice in a bowl, stir in one tablespoon of honey. Put 10 cloves of garlic and 5cm of ginger through the garlic press and add 10 very finely chopped hot red chillies (tip: use rubber gloves when cutting), mix thoroughly. The amounts are not a typo and sound worse than they are!

Cut so much steak meat into 2 to 4 cm rectangles, about 4 mm thick, that the salad bed can be nicely covered. Fry the steaks medium rare and place them on the bed of lettuce while still lukewarm.

Alternatively, cook pulpo arms (squid, Pla Meuk) for 45 minutes, cut them into lustre clamps (2x2cm) and spread them on the salad bed while still lukewarm.

Pour the hot sauce over it.

Tom Yam

Also here you can get very good, ready paste from the glass at the Asia - Shop around the corner (in the city).



Put a teaspoon in 1 litre of water, two to three halved chillies (red and green), some roughly diced, peeled ginger (you can eat it), some galagal, three 1cm - pieces of lemon grass, if available, some coriander root (the latter three do not eat), a tablespoon of honey, vegetable broth (or chicken broth or fish stock), some lemon or tamarind juice, if available, add shrimp paste, bring to the boil briefly. Add courgettes and carrot slices, mushrooms and several dashes of fish sauce as desired. Add chicken (e.g. diced fillet or thigh) and cook until it is done and/or add fish and shrimps, but cook them only briefly. Glass noodles also make good soup. In Thailand, chicken feet are often added, which, served under a lid covering the soup bowl, provide a nice surprise for the guests. Unfortunately chicken feet are difficult to get in Germany. Before serving, place fresh coriander leaves on top, dried chilli strips are suitable as decoration.

Glass Noodle Salad

For two people, pour boiling water over 150g of glass noodles, allow to swell for five minutes, pour into a sieve and allow to cool. Cut into bite-sized pieces with scissors.



Make the sauce: Grate two thumb-sized peeled pieces of ginger, mix well with the juice of two squeezed limes, three tablespoons of soy sauce, two tablespoons of honey and one tablespoon of red curry paste. Season to taste with fish sauce.

Halve five medium-sized mushrooms and cut into thin slices. Cut two medium-sized carrots and a yellow pepper into fine strips. Core a fresh red chilli pepper and cut into fine rings. Put everything in a large bowl together with 200g of cooked prawns (defrosted or freshly cooked and cooled) and a jar of pickled drained bean sprouts (or a handful of fresh sprouts). Add the cooled glass noodles and a bunch of small plucked coriander leaves. Mix everything together. Pour the sauces over it and mix again.

Gilthead



Coat the inside of the (gutted) gilthead with lemon juice and salt, then stuff it with a filling of finely chopped garlic, ginger, red and green chillies

and a little honey. Score the fish diagonally on both sides 3 to 4 times and brush with oil. Grill on an oiled rack over a baking tray from both sides in the oven at approx. 200°C. The gilthead is cooked when the eyes are cloudy and the dorsal fin can be easily removed.

Alternatively this works just as well with a sea bass.

Raita

500g yoghurt, a cucumber (peeled, seeded, shredded), 4 teaspoons of finely chopped fresh mint, mix a little salt

and pepper, grate some nutmeg over it, done. Also here dried chili strips are used as decoration.

Rogan Josh - Indian Curry

In a not too small mortar, rub 3 to 4 cloves of garlic, 3 centimetres of ginger, two teaspoons of ground coriander seeds, 5 chopped hot red chillies, two teaspoons of ground cumin, three cloves, 5 green cardamom seeds, a teaspoon of honey, a little salt and paprika to make a red curry.

Heat two to three tablespoons of ghee, briefly fry 500g of diced steak meat (two to three centimetres edge length) in it, remove the meat. Fry a large finely chopped onion in the ghee.

Heat the curry paste in the ghee with the onions while stirring constantly until the aroma develops. Add the meat again and let it simmer for a short time.

Mix 150ml yoghurt with the same amount of water, add slowly, let it simmer further, add some pepper and a quarter of a cinnamon stick, let it simmer for one hour at low heat. Stir in half a teaspoon of Garam Masala, serve with Raita and Nan (flat bread). Beer or also lassi (see above) fits very well.

Walnuss Chutney

... can be prepared the day before. Mix 100g coarsely chopped walnuts with two tablespoons of chopped fresh coriander, three finely chopped cloves of garlic, a teaspoon of honey, two finely chopped red chillies, 250ml yoghurt and a little salt, refrigerate. Leave to stand for one hour before serving.

Salmon with Teriyaki - Honey - Sauce



For two people, fry about 450g of fresh salmon with skin in coconut oil for one minute on each side, then let it simmer briefly in a closed pan. First heat 90g of teriyaki sauce (with roasted garlic from Kikkoman) with 40g of honey, which should be as dark as possible, until the honey is dissolved (if necessary, make your own teriyaki sauce by heating 70ml of soy sauce, a little peanut oil and water, as well as garlic and ginger). In a wok, sauté in peanut oil finely chopped vegetables, e.g. a red pepper, three spring onions, a jar of bean sprouts (230g) and a jar of Asian mushrooms (290g, alternatively stock sponges), season to taste with fish sauce, a little soy sauce and a tablespoon of tamarind paste. Place the teriyaki on the salmon, arrange it on the plate with the wok vegetables and jasmine rice. Goes well with good sake, e.g. Gekkeikan, or strong white wine.

Alligator on Vegetable Bed

For two people, cut 2 carrots, a red pepper and an onion into small pieces and sauté in a pan with Alsan organic margarine until soft, then add a tablespoon of honey and season with salt and pepper. Cut half a fingertip of ginger and two centimetres of lemon grass very finely and mix together. Put the vegetables on a square piece of aluminium foil, put ginger and lemon grass on top, pepper

alligator steaks (about 10 x 10 cm, 1 to 1.5 cm thick) and bed them on top and decorate with a slice of lime. Place in the preheated grill at 300°C for 8 to 10 minutes. Salt a little, then serve the steaks with mint and coriander leaves. Serve with white bread and a fruity New Zealand Sauvignon blanc, such as Fernway.



Alternatively, fry the steaks in the pan for two minutes on each side in Alsan, remove and keep warm. Add the juice of two limes, 200ml cream, 100ml dry Sauvignon blanc

and two large, finely diced cloves of garlic to the pan, bring to the boil briefly, then reduce slightly over low heat and season with salt and pepper. Pour the sauce over the steaks. Serve with salad and the wine used.

Exceptions: Sometimes Without Honey:

Scallops in Saffron Sauce

Appetizer for two persons

Cut eight ("Jacobsmussels") scallops in half across the fibre, sauté two finely chopped shallots in a quarter tablespoon of butter or Alsan. Cook the peppered mussel halves for three minutes at low heat, turning halfway through (and pepper the other side). Remove from the pan and keep warm. Grind 10 saffron threads in a mortar and dissolve in a little white wine. Put 100ml of dry white wine into the pan, let it simmer a bit, and add 150ml of fish stock, reduce further. Stir in the dissolved saffron and 150ml crème fraîche with a small whisk, bring to the boil and allow to thicken slightly. Arrange mussels in two soup plates and pour sauce over them. Serve with baguette and the white wine used.

Spanish Breakfast



For two people, finely chop three shallots and sauté them in a pan with olive oil over a mild heat until soft. Meanwhile, place two eggs in a small bowl, generously season with salt, pepper and paprika powder, lightly beat and add a good dash of sparkling mineral water. Put everything in the pan and prepare scrambled eggs.

Cover the toast with pickled peppers, turkey breast and tomato slices, salt and pepper and add the scrambled eggs. Beforehand, eat a grapefruit, which you can spread with honey.

Deserts

Banana or Apple with Honey



Heat a tablespoon of butter in a pan and caramelize some

sugar in it. Put two peeled bananas or apple slices in it, pour quite liquid honey on the fruit, continue to warm up carefully. Arrange portions on two plates and pour the contents of the pan over them. Grate some icing sugar and cocoa through a fine sieve and garnish with a few fresh mint leaves.

Florentines

In a large saucepan, heat 130g Alsan, 150g cream, 80g honey, 180g sugar, 180g sliced almonds and 100g chopped hazelnuts, stirring constantly, for about 8 to 10 minutes, but do not boil. Preheat the oven to 200°C top and bottom heat. Line a baking tray with baking paper and spread the mixture evenly on it. Bake for 15 minutes, turn off the oven and let it rest for another minute. When cold, carefully turn over completely and pour liquid chocolate coating (dark or whole milk) over the back and spread it evenly. When the couverture has set, turn it over and cut into rectangles.



Production of Alcoholic Beverages

If sugar is fermented by suitable yeasts, alcohol (ethanol, C_2H_5OH) is produced.

Alcohol has advantages and disadvantages:

1. it makes you drunk (sometimes advantageous, sometimes disadvantageous)
2. it is a flavour carrier (advantage) and
3. it stabilizes the product and makes it durable (another advantage).

Alcoholic beverages can be produced for personal use in Germany without any problems (but despite the fall of the state spirits monopoly on 31.12.2017 it is better not to distil them). But if you want to label and sell them correctly, you have to overcome enormous legal hurdles.

Cider

Cider is produced by the fermentation of apple juice.



Our snowman
is called Heinz
Schenk
(sculpture,
2008)

Heinz Schenk

Singer and
Entertainer
(1924-2014)

Messenger of
Cider -culture
in Hessen,
Germany

The juice for the cider goes into a fermentation tank, e.g. such tanks are often available in the DIY store in autumn.



Such containers from Speidel are more professional, but also more expensive:

Stainless steel containers are very noble. Important: You always need an outlet tap and a fermenting attachment (fermentation bung).

Pour apple juice into the fermenting container, filling the container only to 90% to avoid foaming over during fermentation. If possible, measure must weight in Oechsle with refractometer or must scale and cylinder. In 2018 we had 58° Oechsle, which is a very good value for us, in the valley you can expect 60 to 65° when the trees had nice sunshine. Thus the must contains



comparatively little sugar - adding sugar is a good idea. Of course, this works with common sugar (sucrose), which winemakers like to call "sunshine out of the bag". More interesting, however, is the at least partial replacement of the sugar by honey, since in addition to the fermenting sugar, taste components of honey are added.

So we sugared up to 88° Oechsle, which required the addition of 12kg honey and 6kg sugar for our 200 litres. If you only work with sugar, the following applies: +10° Oechsle require the addition of 25g of sugar per litre of juice. With honey you need a little bit more.

If 10° Oechsle are completely converted into alcohol, 1.25% alcohol is produced. In fact, there is always a certain residual sweetness and also cloudy substances etc. which are also perceived as Oechsle, but are not fermented to alcohol.

Our 88° Oechsle would theoretically be 11% alcohol, in fact it is rather 7 to 8% alcohol. Sugaring up to 80 to 90° is therefore appropriate. Pour 5l of juice into a bucket, slowly dissolve the sugar in it while stirring a lot, so that no sediment is formed, and put it back into the fermentation container while stirring until all the intended sugar is in it. When using honey, it is useful to



warm the apple juice slightly and dissolve the honey in it. Always work cleanly, close containers if possible. Then add yeast nutrition salt (5g per 50l) and stir.

Always close the container in between, do not let any fruit flies or dirt in!

Now take out 1 to 2 litres of juice, add yeast and place it near the fermentation container (because of the same temperature), allow to rise. Place the container in a bowl, because the whole thing likes to overflow. Cover with paper from the kitchen roll, rubber band around it.

When the yeast starts to foam nicely, pour into the fermenter, add more yeast generously, stir (do not stir in air), fermentation bung on top. After 24 to 48 hours it should bubble properly (even in the cellar at 15°), if not, repeat the step with the yeast.

The yeast should be a dry yeast, it is also more durable and goes on much better than a liquid one.

At 80 to 90° Oechsle a Riesling yeast, e.g. SIHA 7 from Eaton is the right choice. Especially for higher Oechsle (and later alcohol) values a Champagne (SIHA4), Sherry or Port wine yeast is used. The last two, however, also indicate to the respective taste. After about two months, about half of the Oechsle degrees will have turned into alcohol - always taste it from time to time (when tasting at the tap, open the fermentation bung and don't forget to close it again - we don't want to make vinegar).

And make sure that there is always water (nothing else) in the fermentation bung. The fermentation process will end by itself; if there is really nothing more, you can remove the fermentation bung and close the container with the screw cap.

It is not necessary to remove the yeast, sulphurize, decant etc. If the cider is very sour at the beginning (2018 rather not), this will disappear over the next months.

Caution! The Äppler is certainly very good to drink, but more substantial than one would first assume. It is recommended to enjoy it as a spritzer.



„Wenn mer weggeht aus Hesse, derf mer de Bembel net vergesse!“ („When leaving Hesse, don't forget the pitcher!“)

Hot Cider

Warm good cider (see above), but do not boil, stir in honey generously and continue to warm with cinnamon stick and cloves (remove before serving) according to taste.

Mead

Mead is honey wine, fermented honey diluted with water. Often it is mixed with spices after the fermentation and for sweetening after the fermentation with further pasteurized (to kill contained yeasts) honey.

It is advisable to first produce a bone-dry "raw mead" and then season it in small fractions so that the whole batch is not spoiled.

For the mead production around one part of honey is mixed with two parts water and pasteurized at approx. 60° to 70°C for 10 minutes. The result should be 110° to 120° Oechsle. Pour into the fermentation tank, add one litre of naturally cloudy apple juice (Alnatura, under no circumstances chemically preserved, as this will successfully prevent fermentation) per 15 l batch and allow to cool to less than 25°C. Then add yeast nutrient salt (3 to 4 g per 15 litres) and mix carefully.

Do not add lactic acid, as recommended in various cases! Additional acid is not necessary, because honey, even if it does not seem so, contains enough acid!

Remove 1 to 2 litres and add pure yeast (better use dry yeast SIHA 4 / champagne yeast instead of liquid yeast) and leave for half an hour (with liquid yeast rather 24 hours), at the same temperature as the rest of the batch in the fermentation tank. Caution, the mixture may foam over, place a bowl underneath. Put into the fermenter, put on the fermentation bung. After 6 to 8 weeks the main fermentation is completed, the Oechsle degree has fallen to approx. 20°. Now samples can be carefully spiced (e.g. cinnamon, clove, aniseed, vanilla or similar), teabag-like devices are useful. Besides the Met can be sweetened with honey - then however renewed pasteurizing of that honey is necessary, so that no secondary fermentation takes place.

Mead has a rather unique taste, not everyone likes it. Experiment with smaller quantities and do not drink too much to avoid headaches.

Honey Liquor („Bearcatch“)

Bearcatch is ultimately a liqueur made from honey, water and alcohol as neutral as possible, and possibly spices.

Mix (always in a glass container!) 900ml lukewarm water (mineral water without carbon dioxide or tap water), 900ml good honey and 900ml 96% pure alcohol (e.g. cheap from Luxembourg) carefully until all the honey is completely dissolved. Alternatively, double grain, vodka, tequila or fruit brandy is often used. However, this sets the course for a certain taste and one should keep in mind that the quality of the raw materials is always decisive for the compatibility. The alcohol content must be converted accordingly. With 40% alcohol about 2l should come on 900ml honey.

If available, 50 drops of propolis - drops stir in. Often one or two cinnamon sticks and two cloves are added and left in for two to three months. If you put the cloves into the ends of the cinnamon stick, it is easier to get them out again. Do not forget to remove the cinnamon and cloves. You can also go without spices - it is best to start separate trials with small parts of the mixture.

During storage, the bearcatch settles and the clear supernatant is separated. The honey sump, cloudy mainly due to pollen, looks less beautiful (especially in a clear shot glass), but it is still usable, at least for cooking or baking and too precious to pour away.

Walnut Liquor

Pick 15 walnuts green by the end of June / middle of July at the latest, later they are too bitter and cannot be cut well. Quarter the walnuts, put them in a large preserving glass jar and pour 450ml vodka, 650ml double grain (38%) and 100ml tap water over them, place them in the sun and shake them every few days. The result is a green broth, but it will become brown in the sunlight over time. After two to three months, pour off and dissolve 300g honey and brown sugar or candy in each.

Honey - Walnut - Punch

(Punch (according to Hindi पांच pāñč "five", Wikipedia)

5cl Don Papa or similar high quality rum

1cl lime juice

2cl Bear catch

2cl walnut liqueur

Dash Angostura

Pour everything over ice, stir

Cider - Punsch

3cl Tequila

1cl Cointreau

1cl Grenadine

Stir in 1cl of liquid honey (if necessary heated) carefully,
only then add ice

and fill up with your own cider



(now of course only drinking straws made of glass...)

Literature and Links

C. Monroe-Cassel & S. Lehrer: A Feast of Ice & Fire –
Game of Thrones Cookbook

Trude Ehlert: Kochbuch des Mittelalters

Recipe suggestions, which were useful for us:

www.swr.de/buffet/

www.brigitte.de/rezepte/

Resistant starch:

<https://www.tk.de/techniker/magazin/ernaehrung/essen-und-wissen/resistente-staerke-2048674>

Insect Atlas of the H. Böll Foundation:

<https://www.boell.de/de/die-atlanten-der-heinrich-boell-stiftung>

Beeswax cloth and much more information about bees:

bienen.info

The little dragon licensed under Creative Commons:

www.thingiverse.com/thing:1624412

Baby Groot licensed under Creative Commons:

www.thingiverse.com/thing:2014307

Punch:

<https://de.wikipedia.org/wiki/Punsch>

Pictures: Images of the authors

except for the fermentation tanks, the yeast nutrient salt
and the curry pastes, these © the manufacturer

Translated with the help of
www.DeepL.com/Translator

(free version)

Weights and measures

Liquids (UK)

- 1 gill = 0.142 l = 142 ml = 14.2 cl
- 1 pint (pt) = 4 gills = 0.568 l
- 1 quart (qt) = 2 pints = 1,136 l; 1 Liter (l) = 2.1 pints
- 1 gallon (gal) = 4 quarts = 4.564 l = 4,564 ml
- 1 barrel = 35 gallons = 159.106 l

Liquids (US)

2 cl = 4 tsp	240 ml = 1 cup = 8 fl.oz
5 cl = 3 tbsp	400ml = 0.85 pt
100 ml = 3.5 fl.oz	0.47 l = 470 ml = 1 pint (pt)
125 ml = 4 fl.oz	0.95 l = 950 ml = 1 quart = 2 pints
180ml = 6 fl.oz = $\frac{3}{4}$ cup	3.8 l = 4 quarts = 1 gallon

Weights

- 1 grain (gr) = 0.065 g
- 1 dram (dr) = 27,3438 grains = 1.772 g
- 1 ounce (oz) = 16 drams = 28.35 g
- 1 pound (lb) = 16 ounce = 453.59 g = 0.454 kg

$$30\text{g} = 1.1 \text{ oz} \qquad 300\text{g} = 0.66 \text{ lb}$$

$$50\text{g} = 1.77 \text{ oz} \qquad 350\text{g} = 0.77 \text{ lb}$$

$$100\text{g} = 3.5 \text{ oz} \qquad 500\text{g} = 1.1 \text{ lb}$$

$$180\text{g} = 0.4 \text{ lb} \qquad 600\text{g} = 1.2 \text{ lb}$$

Temperature

Celsius to Fahrenheit: Multiply with $9/5$ and add 32

$^{\circ}\text{C}$	$=$	$^{\circ}\text{F}$	$^{\circ}\text{C}$	$=$	$^{\circ}\text{F}$
0	=	32	120	=	248
25	=	77	180	=	356
80	=	176	220	=	428
120	=	248	250	=	482
100	=	212	300	=	572

Linear Measures

- 1 cm = 0.3937 inches; 1 inch - (in) = 2.54 cm

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All information is provided without liability and without any guarantee.

One of our bee colonies can also be found on the Internet (Trachtnetwaage Rheinland-Pfalz Nr. 1043):

https://www.bienenkunde.rlp.de/Internet/global/inetcntr.ns/f/dlr_web_full.xsp?src=FCGE7G97PD&p1=title%3DPLZ%3A+54552+++++%28Waage%3A+1043%29%7E%7Eur%3D%2FInternet%2FBienenkunde%2FBiWa.nsf%2FWeb_Bundesland%2FC9CBF96A8581CD7EC125801A0046D011%3FOpenDocument&p3=5PW3P32TF7&p4=HY3576SY58