Chatham County Beekeepers' Association

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COOKING WITH HONEY CONTEST RULES

The purpose of this annual CCBA competition is to demonstrate skill in the use of honey in cooking. Bear in mind that the proportion and use of honey in the recipe will be a consideration in scoring by the judges.

ENTRIES

- At least 50% of sweetening agent must be honey.
- Commercial mixes are acceptable, but not ranked as highly as items made from scratch.
- Entries must be accompanied by the recipe as used, handwritten or printed on 8.5 x 11 paper or index cards, without the name of the exhibitor.
- Entries must be presented on plain paper or foam plates, in dome top cake carriers, or on cardboard covered with foil.
- CCBA reserves the right to publish the recipes on our website.

CATEGORIES

- Breads/Baked Goods/Cookies
- Desserts/Candies/Jams & Jellies
- Sauces/Dressings/Spreads
- Main Course
- Sides
- Beverages

JUDGING CRITERIA

Entries will be judged on taste, texture /consistency, and general appearance. The entries will be judged by 3 CCBA members.

COOKING WITH HONEY HINTS

- Substitute 3/4 cup of honey for 1 cup of sugar. Reduce total amount of other liquids by 1/4 cup per cup of honey.
- Lower baking temperature 25 to 30 degrees to prevent over-browning.
- When using honey in cooking, moisten the measuring spoon or cup first with water or oil and then measure the honey. This will eliminate sticking.
- To neutralize honey's natural acidity, add 1/2 teaspoon of baking soda to the ingredients per cup of honey. However, when sour milk is used with honey in a recipe, you may omit the extra soda.
- Foods sweetened with honey will have a better flavor if kept until the day after baking before being served. Store honey at room temperature, not in the refrigerator. Always keep the container tightly closed and in a dry place.
- To bring crystallized honey back to its natural liquid state, place container of honey in a pan of warm water until crystals disappear.

Find this information on our website at:

https://www.chatham-beekeepers.org/cooking-with-honey/