

## Honey: A Selection of More than 80 Delicious Savory & Sweet Recipes

Hattie Ellis



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From bees in the garden to honey in the kitchen to honey as medicine, this is the ultimate, authoritative guide to nature's sweetest gift. Hattie Ellis, one of the world's foremost experts on the subject, explains how to make the most of this power food, and provides a glossary of different types—including unusual ones like manuka from New Zealand, karoo from South Africa, and heather from Scotland. More than 80 honey recipes feature both the sweet and the savory: puddings, ice creams, and cakes, along with roasts, tarts, barbecue dishes, salads, breads, and drinks.

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