



Lemon Honey Recipes

Grilled Peaches with a Spicy Lemon Honey

Rub the peach flesh with lemon juice to avoid browning if you are not cooking immediately or better yet, cut just prior to cooking. Spicy lemon honey can be made a day in advance.

Spicy Lemon Honey

1 cup lemon honey

1/4 cup rice wine vinegar

1 lemon zested

3 serrano peppers, minced (deseeding is optional, serranos are hotter than jalapeños)

1 teaspoon sea salt

Grilled Peaches

4 peaches, halved and pitted (peaches must be firm to hold up to the grilling process)

8 tablespoons goat cheese

2 tablespoons olive oil

Sea salt to taste

Honey: Add all of the listed ingredients to a medium saucepan and bring to a low simmer.

Simmer for 5 minutes. Set aside to use for the grilling

Peaches: Cut a flat spot on the skin side of the peach about the size of a quarter so that it will sit still on the plate.

Salt the flesh side of the peach. Rub the peaches with olive oil.

Place the peach fleshy side down on the grill. Grill for 2 minutes. Flip the peaches over with the skin side down, and grill for 2 minutes. While the skin side is grilling, put 1 tablespoon of goat cheese in the hole that once held the pit.

Place grilled peach on dinner plates and drizzle liberally with the spicy lemon honey. Salt to taste.

Serves: 4



Apple Manchego Salad with Lemon Honey Vinaigrette

4 tablespoons lemon honey

salt and pepper, to taste

2 tablespoon water

2 teaspoon Dijon mustard

1 tablespoon minced shallots

1/3 cup olive oil

1 red or green endive, rinsed, cored, cut in 1-inch pieces

1 red leaf lettuce, washed, dried and torn in bite-size pieces

3 Braeburn or Granny Smith apples, cored, cut in 1/2-inch cubes

1/3 pound Manchego cheese, cut in 1/2-inch cubes

3/4 cup salted Marcona almonds

To make the vinaigrette, combine honey, salt and pepper, shallots, mustard and water in a small bowl. Gradually whisk in olive oil. Taste and adjust seasoning, then set aside.

In a large bowl, toss endive and lettuce sprinkle with salt and pepper to taste. Set aside. In another large bowl, toss apple, cheese and almonds with the vinaigrette. Before serving add apples and cheese to lettuce and toss. Serve immediately.



Lemon-Honey Chicken With Olives

1/2 cup lemon honey
1/2 cup low-sodium chicken broth
2 3 1/2- to 4-pound chickens, cut into pieces
2 tablespoons olive oil

2 teaspoons kosher salt
10 sprigs fresh thyme
2 cups mixed large green and black olives

Heat oven to 450° F. In a small bowl, whisk together the lemon honey and broth. Rub the chicken pieces on all sides with the oil and salt. Place the chicken, skin-side down, in a roasting pan just large enough to make a single, snug layer. Pour the seasoned broth over the chicken and tuck the thyme among the pieces. Roast for 20 minutes. Turn the chicken skin-side up, add the olives, and cook for 20 minutes longer. Makes 8 servings.



Artichokes with Lemon Honey

6 large artichokes
1 lemon, halved
1 cup water
1/4 cup lemon honey
1/4 cup olive oil
Salt and freshly ground pepper

For the artichokes.

Pull off the dark green outer leaves until you reach the pale green leaves at the base; cut across the leaves about 1 inch from the base. Cut in half lengthwise. Scoop out the chokes. Using a vegetable peeler or paring knife, peel the stems and trim away any dark green. Rub the artichokes all over with the lemon halves.

In a medium non-reactive saucepan, combine 1 cup of water with the lemon juice, honey, olive oil and 1/2 teaspoon of salt. Snugly fit the artichokes in the pan. Cover and bring to a boil over high heat, then reduce the heat to low and cook until the artichokes are tender when pierced with a knife, about 15 minutes for large and 10 minutes for small. Transfer the artichokes to a plate.

Boil the liquid in the pan over high heat until reduced to 1/2 cup, about 10 minutes. Season with salt and pepper. Cut the artichokes into wedges and pour the reduced liquid on top. Serve at room temperature.