

THE MILLENNIAL COOK
FARIHA AMBER



Recipes starring honey

This is much more than just a kitchen ingredient. Honey is a powerful liquid that encapsulates the best of nature. Other than being packed with nutrients, it is loaded with antioxidants, antibacterial and anti-fungal properties. Honey is also said to help relieve digestive problems and may improve heart and brain health, making it a must-have element in your diet.

By replacing sugar in coffee or tea, you may swap the negative effects for the perks provided by honey. It is a natural energy source and having it with warm water every morning can provide you with a boost of energy to start the day. A warm cup of milk before sleep

prepares one for the chilly night ahead and adding honey to it increases its benefits by manifolds.

Apart from health advantages, honey is widely used in skin and haircare regimen owing to its beneficial qualities. The moisturising and hydrating properties is great for nourishing skin, scalp, and lips when used along with other ingredients.

There are various sorts of honey available in the market with raw honey from the Sundarbans having high demand. The raw form is different from the pasteurised variants as it retains the natural benefits. Pasteurised honey goes through high heat that kills unwanted yeast and enhances colour and texture, but much of the beneficial nutrients are also destroyed in the process.

Honey is available in most departmental and general stores, but in superstores such as Shwapno, Unimart, Wholesale Club, and Agora, you can find several variants in the same place. Other than these, Shashya Prabantana is a store specialising in honey. As for online stores, Khaasfood offers an impressive array of honey.

SRIRACHA HONEY WINGS

These hot wings have got that ferocious heat but also have the subtle sweetness of honey – giving you the best of both worlds in every bite.

Ingredients

- For the chicken —*
500g chicken wings
1 tsp garlic powder
1 tsp ginger powder
1 tsp salt
1 tsp black pepper
Oil for frying
- For coating —*
½ cup flour
2 eggs
- For the sauce —*
¼ cup hot sauce
3 tsp lime juice
1 tbsp soy sauce
1/3 cup honey
½ tsp Chinese 5 spice
5 tbsp butter
1 tsp sesame oil

Method

Add garlic powder, black pepper, salt, and ginger powder to the chicken wings and coat well. Beat the

eggs and coat the chicken wings in flour first, then eggs, and then flour again. Deep fry them in hot oil until golden brown and crispy.

Mix hot sauce, soy sauce, honey, lime juice, and Chinese 5 spice together. Heat butter in a pan and add the sauce mixture. Heat it slightly and add in chicken. Mix until the chicken is fully coated with the sauce. Turn off the heat and drizzle over sesame oil and serve hot.

HONEY GLAZED ROASTED VEGGIES

These roasted carrots and asparagus are the perfect side dish to a wholesome meal. Fresh, savoury, and sweet – these can complement any meal.

Ingredients

- 300g carrots
300g asparagus
2 tbsp olive oil
2 tbsp balsamic vinegar
1½ tsp salt
1 tsp black pepper
1 tsp sweet paprika
1 tbsp orange zest
1/3 cup orange juice
2 tbsp honey
2 garlic cloves
2 tbsp butter

Method

Cut the carrots and asparagus lengthwise into batons and toss them with olive oil, balsamic vinegar, black pepper, salt, grated garlic, and sweet paprika. Let these roast in a preheated oven at 160°C for 30-40 minutes, tossing halfway. In a saucepan, combine orange juice, zest, honey, and butter and bring to a simmer. Let this mixture heat up and reduce to a thick, glossy glaze. Once the vegetables are roasted with crispy brown edges, trickle over the glaze and sprinkle with chopped coriander.

HONEY ORANGE CAKE WITH ORANGE GLAZE

This sweet dessert can be prepared in a jiffy and is a total crowd pleaser! It is loaded with tartness from the oranges and sweetness from honey, which is a match made in heaven.

Ingredients

- For the cake —*
4 eggs
1 cup oil
¾ cup orange juice
¼ cup honey
Zest of one orange
1½ cup flour
1 tsp baking powder
1 tsp vanilla extract

For the glaze —

- 1 cup orange juice
4 tbsp sugar

Method

Beat the eggs on high speed until they triple in volume and then pour in the oil. Next, add in the juice and zest of one orange along with honey and vanilla extract.

Sift the flour and baking powder and turn down the mixer speed to low, so as to incorporate the flour mixture.

Lastly, scrape the bowl with a spatula and ensure everything is well incorporated and smooth. Pour the batter into a lined baking dish and bake in a preheated oven at 160°C for 40 minutes. To test, insert a skewer and check if it comes out clean, if yes, it is ready.

For the glaze, bring orange juice and sugar to a boil and add in sliced oranges. Let the oranges boil in its juices for 10-15 minutes and remove them. Reduce the orange juice mixture for five more minutes until it is thick and glossy. Pour this over the cake and top with the sliced oranges.

CARROT HONEY SMOOTHIE

This smoothie is not only a delicious concoction but also works as a tonic to fight common cold and flu. The benefits of honey and ginger work together to provide utmost nutrition.

Ingredients

- 1 ginger thumb
4 tbsp orange juice
2 tbsp honey
½ cup almond milk
Pinch of ground turmeric
1 cup Greek yoghurt

Method

Cut the ginger into smaller pieces and add in all the ingredients together in a blender. Mix on high speed until it becomes a smooth, homogenous mixture and it is ready!

