

Home on the Range



Grilled Honey-Glazed Pork Tenderloin With Onions

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- 1/2 cup buckwheat honey
- 1/4 cup extra-virgin olive oil
- 1/4 cup cider vinegar
- 1 tablespoon minced garlic
- 2 teaspoons herbes de Provence seasoning mixture
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 pounds pork tenderloin
- 3 medium onions

Combine honey, oil, vinegar, garlic, herbes, salt and pepper in shallow pan. Add pork and turn to coat well. Cover and refrigerate 2 to 4 hours. Turn pork occasionally. Remove pan from refrigerator 30 minutes before grilling.

Prepare grill for medium-hot fire with an indirect heat area. Slice onions in rounds 1/2 to 3/4 inch thick.

Remove pork from marinade and boil marinade 1 minute. Taste and add more salt if needed.

Grill pork over indirect heat, covered, until middle is about 145°F (25 to 30 minutes). Brush pork generously with the marinade, and turn every 10 minutes to evenly cook.

Put onions over direct heat and brush with marinade. Turn frequently, brushing with marinade, until well marked and soft (8 to 12 minutes). Move onions off direct heat to finish cooking.

Let pork rest 5 minutes before slicing into 3/4-inch thick slices. Serve with grilled onions.

Serves 4 to 6

Curried Honey Sweet Potato Soup

- 1 tablespoon olive oil
- 1 onion, diced
- 4 medium cloves garlic, peeled
- 6 cups (48 ounces) chicken or vegetable stock
- 1 pound sweet potatoes, peeled and cut into chunks
- 1 medium russet potato, peeled and cut into chunks
- 2 teaspoons salt
- 6 tablespoons orange blossom honey, divided
- 1 medium red bell pepper, seeded and diced
- 2 to 3 teaspoons curry powder
- 1/2 teaspoon pepper
- 1/2 teaspoon ground ginger
- 1/4 cup chopped fresh cilantro (optional)

Heat oil over medium-high heat in soup pot. Add onion and saute until translucent, 2 to 3 minutes. Add garlic and saute 1 minute. Add stock, potatoes and salt. Cover and simmer until potatoes are tender, about 15 minutes.

Puree mixture in batches, put soup back over low heat and add 5 tablespoons of the honey, bell pepper, curry powder, pepper and ginger. Bring to a simmer, taste and adjust seasonings.

Microwave remaining 1 tablespoon honey for 5 seconds on High. Serve soup drizzled with a little warm honey and sprinkled with chopped cilantro, if desired.

Makes about 8 cups, serves 4 to 6



Curried Honey Sweet Potato Soup

A TASTE OF Honey

If variety is the spice of life, then honey lovers are in for a treat with the many types of honey now available. More than 300 different varieties of honey are found in the United States, each providing a unique flavor and color depending on the blossoms visited by the honey bees. These varieties offer ample opportunity for taste exploration.

Experiment with light, medium and dark honey varieties in your kitchen. Incorporate them in favorite recipes that call for sugar, drizzle over muffins and breads or stir into soups, stews, dips and sauces. To find a specific variety of honey, go to www.honeylocator.com.

For more variety of honey recipes, send a self-addressed, business-sized, stamped envelope to: Honey Varietal Brochure, National Honey Board, 390 Lashley Street, Longmont, CO 80501.



With more than 300 varieties of honey in the United States, there is a honey for every occasion. Following is a sampling of varietal honeys ranging from light to dark, with darker honeys having a stronger flavor.

LIGHT HONEY

- Flavor Characteristics**
- Alfalfa** Mild flavor, beeswax aroma. Use in desserts such as tarts and cookies.
 - Clover** Sweet, flowery flavor. Delicious in freshly brewed tea and other beverages.
 - Sage** Sweet, clover-like flavor, mild floral aftertaste. Pair with cheese and crackers for a tantalizing appetizer.

MEDIUM HONEY

- Flavor Characteristics**
- Blueberry** Aroma reminiscent of green leaves with a touch of lemon. Adds fruity flavor to warm scones.
 - Orange Blossom** Sweet and citrusy. Tastes like in frosty smoothies.
 - Tupelo** Complex floral, herbal, fruity flavor and aftertaste. Decadent atop warm biscuits.

DARK HONEY

- Flavor Characteristics**
- Buckwheat** Pungent, molasses-like flavor. Add this dark and malty honey to create rich, barbecue sauces.
 - Eucalyptus** Herbal flavor with a menthol aftertaste, sometimes with a menthol flavor. Mild, sweet flavor complements tender lamb shanks.
 - Wildflower** Floral, pungent flavor. Ranges from dark to very dark and is delicious blended in dressings and marinades.



Pear Cheese Tarts With Honey and Hazelnuts

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- 1 box (17.3 ounces) frozen puff pastry
- 1 pear, cored and quartered
- 1 lemon, zested and juiced
- 1/2 cup plus 2 tablespoons sage honey, divided
- 8 ounces cream cheese
- 2 tablespoons all-purpose flour
- 2 eggs
- 1/2 cup chopped hazelnuts
- Baking spray

Remove puff pastry from freezer 30 minutes before using. Preheat oven to 400°F.

Cut pear into thin slices. Combine pear, 1 tablespoon lemon juice and 1 tablespoon honey in small bowl. Reserve another 1 tablespoon honey in small heatproof bowl.

Use mixer to beat cream cheese until smooth. Scrape down sides and add honey, flour and lemon zest. Mix until smooth. Add eggs, scrape down sides again and mix until very smooth.

Cut pastry sheets into 9 squares. Spray muffin tin with baking spray. Carefully fit 1 square into each muffin cup. Fill each cup with 2 tablespoons cheese mixture. Cut pear slices to fit muffin tin. Fan 3 or 4 pear slices over each cup and sprinkle with 1 teaspoon hazelnuts. Freeze 10 to 15 minutes to firm pastry.

Bake cold tarts until pastry is lightly browned and cheese is puffed, about 20 minutes. Repeat with remaining pastry squares and filling. Microwave reserved honey 5 seconds on High and drizzle tarts with warm honey.

Let tarts sit 10 to 15 minutes before serving or refrigerate and reheat in a 350°F oven for 10 minutes. Makes 18 tarts.