

Grilled Honey-Glazed Pork Tenderloin With Onlons

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

Combine honey oil vinegar, gartic herbes, salt and pepper in shallow pan Add pork and turn to coat well. Cover and retrigerate 2 to 4 hours. Turn pork

occasionally Remove pan from retrig-erator 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 I 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 murked 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

Serves 4 to 6

Curried Honey Sweet Potato Soup

- tablespoon olive oil
- onion, diced medium cloves garlic, peeled
- cups (48 ounces) chicken or vegetable stock
- pound sweet potatoes, peeled
- and cut into chunks medium russet potato, peeled
- and cut into chunks teaspoons salt
- tablespoons orange blossom honey, divided
- medium red bell pepper, seeded and diced to 3 teaspoons curry powder teaspoon pepper
- 1/2 teaspoon ground ginger1/4 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 pota-toes 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.

Makes about 8 cups,



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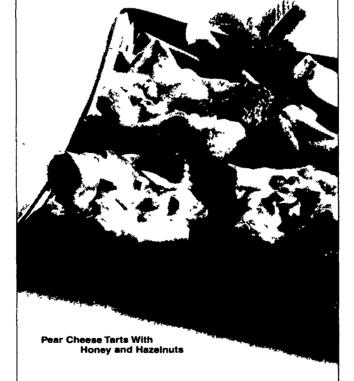
It variety is the spice of life, then honey lovers are in for a treat with the many types of honey now available. More than 300 different varieties of honey are found in the United States, each providing a unique flavor and color depending on the blossoms visited by the honey bees. These varieties offer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

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

For more varietal honey recipes send a self-addressed business-sized, stamped envelope to Honey Varietal Biochure, 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 honevs having a stronger flavor.



Pear Cheese Tarts With Honey and Hazelnuts

- 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
- ounces cream cheese
- tablespoons all-purpose flour
- 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, I tablespoon lemon juice and I tablespoon honey in small bowl Reserve another I tablespoon honey in small heatproof

Use mixer to beat cream cheese until smooth. Scrape until smooth. Add eggs, scrape down sides again and mix until very smooth

Cut pastry sheets into 9 squares. Spray mutfin tin with baking spray Carefully fit I square into each mulfin cup Fill each cup with 2 tablespoons cheese mixture. Cut pear slices to fit mulfin 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

Flavor Characteristics

Alfalfa

Cloves Sage

HONEY

Mild flavor, beeswax aroma. Use in desserts such as tarts and cookies Sweet flowery flavor Delicious in

freshly brewed tea and other beverages Sweet, clover-like flavor, mild floral aftertaste Pair with cheese and crackers for a tantalizing appetizer

MEDIUM HONEY

Flavor Characteristics

Aroma reminiscent of green leaves with a touch of lemon. Adds fruity Blueberry

flavor to warm scones Orange Sweet and fruity taste that is remi-

niscent of citrus Delicious in frosty Biossom

> Complex floral, herbal, fruity flavor and aftertaste. Decadent atop warm

DARK

Flavor Characteristics

Buckwheat Pungent, molasses-like flavor Add this dark and malty honey to create rich,

barbecue sauces Eucalyptus Herbal flavor with fruity aftertaste.

sometimes with a menthol flavor Mild. sweet flavor complements tender lamb

Floral, pungent flavor. Ranges from dark to very dark and is delicious blended in dressings and marinades.