



Cooking with Honey

KITCHEN CHEAT SHEET

Use less Honey than Sugar

1 Depending on the honey, it can be two or three times sweeter than sugar. For every 1 cup of sugar, substitute $\frac{1}{2}$ to $\frac{2}{3}$ cup honey.

SUGAR	HONEY
2 cups	1-1 $\frac{1}{3}$ cups
1 cup	$\frac{1}{2}$ - $\frac{2}{3}$ cup
$\frac{1}{2}$ cup	4-6 tbsp
$\frac{1}{3}$ cup	3-4 tbsp
$\frac{1}{4}$ cup	2-3 tbsp
2 tbsp	3-4 tsp
1 tbsp	1 $\frac{1}{2}$ -2 tsp

Add $\frac{1}{4}$ tsp baking soda for every 1 cup of honey.

Add Baking Soda

2 Baking soda balances the acidity of honey to allow baked goods to rise properly. Add $\frac{1}{4}$ teaspoon baking soda for every 1 cup of honey.

Lower the Temperature

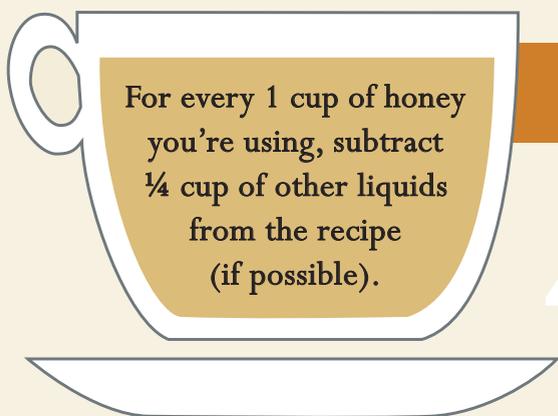
3 Honey burns faster than granulated sugar. Lower the heat on the stove and stir more often or **reduce oven temperature by 25°F**.

Stove:

- sugar: med heat
- honey: med/low heat stir often

Oven:

- 325°F sugar
300°F honey
- 350°F sugar
325°F honey
- 375°F sugar
350°F honey
- 400°F sugar
375°F honey



Reduce the Liquids

4 Honey is about 20% water which means you'll want to reduce the amount of liquid in your recipe to counter the extra liquid from the honey.