

**\*\*\* BEE KIND on WORLD KINDNESS DAY \*\*\***

**NOVEMBER 13, 2024**



**HOST MARI DONNELLY  
& THERESIA BINDER  
TERRI CHAPMAN  
LIZABETH YEE**

**\*\*\* \*\* \*\* \*\* \*\***

## Bee's Knees

The Bee's Knees is a Prohibition-era cocktail featuring gin, lemon juice and honey. The unique name is a convention of the time: The phrase "bee's knees" was popular slang used to call something excellent or outstanding. The drink is credited to Frank Meier, an Austrian-born bartender who plied his trade at the Hotel Ritz Paris during the 1920s.

### Ingredients:

2 ounces gin

¾ ounce lemon juice (preferably Meyer lemon), freshly squeezed

½ ounce honey syrup

### Directions:

Add the gin, lemon juice and honey syrup into a shaker with ice and shake until well chilled

Strain into a chilled cocktail glass and garnish with a lemon twist.

### Honey Syrup:

½ cup honey (adjust to taste)

½ cup water

### Directions:

Add the honey and water into a small saucepan over medium heat. Stir until the honey is dissolved. Allow to cool and transfer to an airtight container. Syrup will keep, refrigerated, for up to 1 month.

## **RICOTTA TOAST WITH HONEY-ROASTED GRAPES (MAKES 6)**

- 2 Cups red grapes, halved if large
- 1 /4 Cup honey
- 1 Tablespoon butter
- 1 Cup whole milk
- Flaky sea salt
- White balsamic or red balsamic vinegar, for drizzling (optional)
- 2 Tablespoons fresh thyme leaves & mini sprigs for garnish
- 6 Slices rustic or whole-grained bread, toasted

Preheat oven to 425°F

In a 9 x 13-inch baking dish, combine grapes, honey, butter & a pinch of salt. Bake until grapes begin to blister, 15-20 minutes. Set aside to cool slightly.

Meanwhile, spread each toasted bread with the ricotta, dividing it evenly. Spoon roasted grapes over the ricotta. Drizzle each piece with balsamic vinegar, mini thyme sprigs and flaky sea salt.

## **PROSCIUTTO-WRAPPED ZUCCHINI BITES (MAKES 18-20)**

- 4 Small or 2 Medium zucchini, sliced lengthwise into very thin ribbons
- 1 Tablespoon extra-virgin olive oil
- 6 Oz Goat cheese (or ricotta cheese)
- 2 Teaspoons honey, plus more for drizzling
- 1 /2 lemon – zest
- 1 /4 Cup sun-dried tomatoes in oil, drained and chopped
- 1 /4 Cup basil, fresh & chopped
- Kosher salt & freshly ground pepper
- 10 Thin slices prosciutto, sliced in half lengthwise
- 1 Tablespoon fresh thyme plus mini thyme sprigs for sprinkling

Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper.

In a large bowl, toss the zucchini ribbons with olive oil and a pinch of each salt and pepper.

In a small bowl, stir together the goat cheese, thyme, honey, lemon zest, sun-dried tomatoes, basil & a pinch each of salt & pepper.

Working with one at a time, lay a zucchini ribbon on a clean work surface. Spoon 1 Tablespoon of the cheese mixture onto one end and roll up the ribbon. Wrap a prosciutto slice around the zucchini. Place the roll seam side down on the prepared baking sheet. Repeat with the remaining zucchini ribbons.

Bake until prosciutto is crisp, 20-25 minutes. The rolls will ooze a bit; this is okay. Let them sit on the baking sheet for 6 minutes before plating. Drizzle honey & sprinkle mini thyme sprigs over bites. Serve.

# Honey-Sage Sweet Potatoes, Pears and Walnuts



## Ingredients

- 2 sweet potatoes, peeled, halved lengthwise and sliced 1/2-inch thick
- 2 medium pears, cored and sliced 1/4-inch thick
- 1 red onion, cut into 1/2-inch wedges
- 4 teaspoons olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 cup walnuts, coarsely chopped
- 1 tablespoon honey
- 2 teaspoons chopped fresh sage

## Directions

1. In a 15x10x1-inch baking pan, toss together sweet potatoes, pears, and red onion. Drizzle with olive oil and sprinkle with salt and pepper. Toss to combine. Spread in an even layer. Roast in a preheated 425°F oven 15 minutes. Stir in walnuts. Roast 5 to 10 more minutes. To serve, drizzle with honey and sprinkle with fresh sage.
2. Serve as a side dish or over greens as a starter course.

## Honey Lime-Glazed Salmon

### Ingredients:

Nonstick cooking spray, optional  
Four 6-ounce portions skin-on salmon fillets  
¼ cup honey  
Zest and juice of 1 lime  
1 tablespoon light brown sugar  
½ teaspoon ground cumin  
¼ teaspoon smoked paprika  
1 clove garlic, grated  
Kosher salt and freshly ground black pepper

### Directions:

Preheat oven to 450 degrees. Line a baking sheet with aluminum foil. Spray the foil with cooking spray if you plan on eating the salmon skin. (If you do not plan on eating the skin, you can skip this step.) Place the salmon fillets, skin-side down, onto the prepared baking sheet.

Whisk together the honey, lime zest, and juice in a small bowl. Remove 2 tablespoons of the mixture to another small bowl and set aside. Brush the remaining honey-lime mixture over top of the salmon fillets.

Combine the brown sugar, cumin, paprika, garlic, 2 teaspoons salt and a few grinds of pepper in a medium bowl. Press the brown sugar mixture all over the salmon (about 1 heaping teaspoon on each portion). Crimp all 4 sides of the foil to create a border around the salmon to help collect the juices so they don't spread and burn. Bake until the glaze is shiny and turning golden in some spots, and the salmon is firm and flakes easily when pressed, 10 to 12 minutes.

Drizzle the reserved honey-lime mixture over top of the salmon just before serving.

Yield: 4 servings

## Pearl Couscous Pilaf

### Ingredients:

- 1 ¾ cups chicken stock
- 1 tablespoon unsalted butter
- ½ teaspoon sea salt
- ½ teaspoon ground cumin
- ¼ teaspoon ground cardamom
- 1/8 teaspoon ground cinnamon
- Generous pinch of saffron threads
- 1 tablespoon olive oil
- 1/3 cup finely chopped yellow onion
- 1 ½ cups Israeli couscous
- 3 tablespoons pine nuts, toasted until light golden
- 2 to 3 tablespoons currants or finely chopped golden raisins
- 2 tablespoons finely chopped mint
- 2 tablespoons finely chopped Italian parsley

### Directions:

Warm the stock, butter, salt, cumin, cardamom, cinnamon and saffron in a small saucepan until the butter melts. Keep warm over low heat.

Heat the oil in a large saucepan over medium heat. Add the onion and saute until softened without coloring, 3 to 4 minutes. Add the couscous and cook until lightly toasted, about 2 minutes, stirring frequently.

Carefully add the stock to the pan and stir to combine. Cover the pan and simmer over medium-low heat until the liquid has been absorbed and the couscous is tender, about 10 minutes. Remove the pan from the heat, remove the lid, and fluff the couscous with a fork. Lay a clean dish towel over the pan, without touching the couscous, and place the lid over the towel. Let stand for 5 minutes to allow the towel to absorb the steam.

Stir in the pine nuts, currants, mint and parsley. Serve warm or at room temperature.

Serves 4 to 6 as a side dish

## **Bee Sting Cake (Bienenstich) (1 cake; serves 8)**

PREP 30 mins   COOK 25 mins   RISING TIME 90 mins   TOTAL 2 hrs 25 mins

For the filling

- 1/3 cup sugar
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- Yolks from 3 large eggs
- 1 1/2 cups whole milk
- 1 teaspoon vanilla extract
- 1/2 cup heavy whipping cream

For the cake

- 1/4 cup (60ml) whole milk
- 1/4 cup (60g) unsalted butter
- 2 tablespoons (40g) honey
- 2 large eggs
- 2 1/3 (280g) cups bread flour
- 1 3/4 teaspoons yeast
- 1/4 teaspoon salt

For the topping

- 1/4 cup (60g) unsalted butter
- 2 tablespoons (40g) honey
- 2 tablespoons sugar
- 1 cup (115g) sliced almonds

Combine the dry ingredients for the filling:

To make the filling, in a medium, heat-proof mixing bowl, whisk together the sugar, cornstarch, and salt.

Whisk in the egg yolks and milk:

Add the egg yolks and whisk until the mixture is pale and smooth, about 1 minute. The mixture will seem too dry at first but keep whisking and it will loosen. Whisk in the milk, a splash at a time, whisking constantly until all of the milk has been incorporated.

Cook the pastry cream:

Pour the milk mixture into the saucepan and cook over medium-low heat, whisking constantly, until the custard begins to simmer and thickens, about 5 minutes.

Once it begins to gently bubble, continue to cook, stirring constantly, for 1 minute longer to cook out the starch. Take the pan off the heat and whisk in the vanilla extract.

Strain and chill:

Pour the pastry cream through a fine-mesh strainer into a clean bowl and cover with plastic wrap directly on the surface of the pastry cream. Refrigerate while preparing the cake.

Heat the milk and butter:

To make the cake, heat the milk and the butter in a small saucepan over low heat until the butter melts. Take the pan off the heat and let the mixture sit until lukewarm.

Make the dough:

Pour the milk and butter into the bowl of a stand mixer fitted with a dough hook. Add the honey, eggs, bread flour, yeast, and salt. Mix on low speed for about 1 minute until everything comes together and forms a rough dough. Then, increase the speed to level 2/medium speed and continue kneading for 6 minutes. The dough should be smooth and elastic and not sticky.

Let the dough rise:

Transfer the dough to a lightly greased mixing bowl. Cover and let it rise in a warm spot until the dough has doubled in size, about 1 hour.



Make the topping:

While the dough is rising, make the almond topping. Place the butter, honey, and sugar in a small, heavy-bottomed saucepan. Set it on medium heat and cook until the sugar dissolves and the mixture begins to bubble. Remove from the heat and stir in the sliced almonds. Set aside and let it cool.

1. Prepare the pan:

Grease a 9-inch springform pan lightly with butter. Dust the bottom and sides with flour and tap out the excess.

2. Shape the dough:

Punch down the dough. Transfer it to the prepared springform pan and gently press and stretch to evenly fill the pan. Gently spread the almond topping over the dough to cover the entire surface.

3. Let the cake rise:

Cover the pan and let the cake rise in a warm spot until doubled, about 30 minutes.

4. Preheat the oven:

About 20 minutes before the cake is ready to bake, set a rack in the center of the oven. Preheat the oven to 350°F.

5. Bake:

Bake the cake for 25 to 30 minutes, or until the edges are golden and the topping is bubbling.

Cool:

Remove the cake from the oven and let it cool in the pan for 20 minutes to allow the topping to firm up. Then, run a knife around the edges of the pan to loosen the cake from the pan and place it on a wire rack to cool completely before filling.

Finish preparing the filling:

In the bowl of a stand mixer fitted with the whisk attachment, or a large mixing bowl if using a hand mixer, beat the heavy whipping cream on medium-high speed until stiff peaks form, 1 to 2 minutes. The cream should thicken and when you pull the whisk out of the bowl, the peak should stand up.

Remove the pastry cream from the refrigerator, and use a whisk to stir the pastry cream until smooth and creamy. Add half of the whipped cream to the chilled pastry cream and use a rubber spatula to gently combine. Then fold in the rest of the whipped cream. The filling should be smooth, light, and airy.

Fill the cake:

Once the cake has cooled completely, assemble the cake. Using a serrated bread knife, split the cake in half horizontally. Use a spatula to spread the filling over the bottom layer of the cake. Leave a half-inch margin around the edges. You won't use all of the filling, or it may ooze out the sides.

Place the top layer over the filling. While you can serve it right away, letting it chill for a couple of hours before serving helps set the cake for easier slicing.

Storage:

Store the cake, covered, in the refrigerator for up to 2 days. I don't recommend freezing this cake as pastry cream with cornstarch doesn't freeze and thaw well.