



BURTON and District BEEKEEPERS ASSOCIATION



Cooking with Honey *Our meeting on the 21st November*

As usual, on the third Monday of the month, our social was held at the Henhurst and District Social Club in Burton.

A change from our usual format, the venue was soon filled with glorious aromas of Cooking with Honey.

Here are some of the recipes which attendees enjoyed, watching their preparation and tasting the delicious end results. Thankyou to those who provided the food and recipes.

Honey Sponge and Fruit Tray Bake

168 g/ 6 oz marge or butter (creamed)
84 g/ 3 oz runny honey
84 g/ 3 oz caster sugar
168 g/ 6 oz self raising flour
3 eggs
84 g/ 3 oz approx. mixed dried fruit
3 teaspoons of demerara sugar
1 level teaspoon of cinnamon.

Preheat the oven to gas mark 3, 160C or 140C fan. Grease and line 12" x 8" / 30 x 20 cm shallow baking tray. Beat butter, honey and caster sugar together until light and fluffy. Add eggs one at a time, each with about 1 oz flour.

Beat well. Add remaining flour and fold in the fruit. Spread the mixture onto the baking tray and cook for approx. 15 mins. This is about halfway through cooking, so sprinkle the demerara sugar and cinnamon over the top of cake and resume cooking for another 15 minutes. Cool in the tin. When cold cut into 16 slices.

Date and Cinnamon Crunchies



168 g/6 oz self raising flour
168 g/6 oz semolina
225 g/8 oz chopped dates
1 level tablespoon runny honey
4 tablespoons water
1 tablespoon lemon juice
½ level teaspoon ground cinnamon
168g/6 oz melted butter or marge
84g/3 oz demerara sugar

Mix flour and semolina together. Place dates, honey, water, lemon juice and cinnamon into a saucepan and heat gently for 3 - 5 minutes, stirring all the time. Leave to cool. Add butter to the flour mixture and mix well until it resembles crumble. Preheat oven to gas mark 3/160C/140 fan.

Press half of the mixture into a buttered and lined swiss roll tin 12" X 8"/30 X 20 cm using the back of a spoon. Spread the date mixture over the base, then cover well with the rest of the crumble. Cook for 30 minutes until golden brown.

Raw Bars



225 g cashews
265 g dates
125 g peanut butter
120 ml honey
65 g ground almonds
55 g desiccated coconut
1 tsp almond essence
1 tsp vanilla essence
150 g 70% + dark chocolate
1½ tbsp sunflower or coconut oil

Place all ingredients apart from the chocolate and oil in a food processor and combine until they form a dough-like consistency. This may require a little water to bring it together (~1 tbsp).

Press into a square tin (pictured above). For the **topping** gently melt the chocolate with the sunflower or coconut oil. Pour over the dough base. Cut when set.

This is classed as Vegan if your vegan accepts your honey as non exploitative. Highly calorific, but nutritious!

Spicy Honey Chicken with Apricots



1 chicken stock pot
120 g quinoa
1 red onion – chopped in chunks
1 yellow pepper – chopped in chunks
1 tbsp balsamic vinegar
Small amount of oil
60 g dried apricots – quartered
4 chicken thighs – cut in 1 cm slices
1½ tsp cajun spice
½ bunch coriander or chopped parsley
1 tbsp honey
salt and black pepper
sour cream or crème fraîche to serve

Preheat oven to 200 deg C

Bring a medium saucepan of water to the boil with the stock pot. Add the quinoa and simmer for 12-14 mins until tender. When cooked drain in a sieve and return to the pan, off the heat.

Place the onion and pepper onto a lined baking sheet. Drizzle with a little oil, the balsamic vinegar, a little salt and pepper, toss to coat and bake for 20 mins or until soft.

Add a drizzle of oil to a frying pan and, when hot, add the chicken and cajun spice. Fry until browned and slightly crisp, about 5 mins. Add the apricots, half the coriander (if using) and a generous tbsp of honey. Cook for a further few minutes until the chicken and apricots are golden and slightly caramelised. Once the chicken is cooked fluff up the quinoa and add to the chicken along with the roasted vegetables. Sprinkle on the chopped parsley or remaining coriander.

Serve in bowls with a dollop of sour cream or crème fraîche to taste.
Serves 2- 4.

Monday meeting

Our first monthly meeting is next Monday 16th January 2023 at 7.30 pm. The speaker is Stuart Roberts who is a member of the BBKA Education Board. The topic of the talk is '*What hive do you use - pros and cons of different hive types*'. There will be a question and answer session afterwards. If you have any problems or questions you want answers for, do come and join us. Look forward to seeing you all there.

Teaching Apiary

Work is still in progress with the toilet block. Suzanne and myself intend to run beginners' courses again, and other courses later. If any of you would like to come along and assist with these, it would be appreciated; please don't hesitate to contact either of us. You will be very welcome.

Dave Coates, Chair

For Sale

Brian Burton of Doveridge has a large quantity of National equipment for sale, including wooden supers, brood boxes and assembled frames. Also a stainless steel extractor, hand cranked or electric motor, feeders, crownboards, roofs and exhibition frames for displays or honey shows. Give him a call on 07792 747537.

Jennifer Hillerby also would like to sell two top bar hives (see photo) plus other equipment: smoker, brush, hive tools, feeders, books, queen marker, nucleus box, large child jacket blue with

fencing hood £15, adult male suit, medium with fencing hat £25. 12 litre honey bucket, plastic with tap, uncapping roller and fork, SS double filter. £25. Hive plus tools £50. Hive and poly Nuc box £50. Jennifer's phone number is 07541 357683. B79 8TL



Spring 2023 Convention

**SCIENTIFIC UPDATES – PRACTICAL WORKSHOPS
TRADE SHOW (SATURDAY) – SOCIALISING**

Friday 21 – Sunday 23 April 2023

Harper Adams University

Shropshire TF10 8NB

Bookings open 30 January. www.bbka.org.uk



Items available to buy from the association shop:

HIVE PARTS:

National Super Flat Pack	£21.45
National Brood Flat Pack	£26.40
14" X 12" Brood Flat Pack	£38.50
4" Roof Flat Pack	£39.60
Crownboard	£14.85
Framed Wire Queen Excluder	£19.80
Mesh Floor	£32.50
Sloping Hive Stand	£29.70
Plastic Narrow Ends 100	£7.15
Nucleus Hive	£91.13
Flat Pack Hive with Stand and one Super	£235
10 Space Castellations (pair)	£3.78
11 Space Castellations (pair)	£3.78
Steel Frame Runners	£1.76
Budget Floor	£12.00

FRAMES & WAX:

SN4 Super Frames 10 Pack 10 PACK	£11.00
SN4 Super Frames 50 pack	£36.30
DN4 Brood Frames 10 PACK	£11.00
DN4 Brood Frames 50 PACK	£36.30
14 X 12 Brood Frames 10 PACK	£17.86
Super Wax Foundation 10 PACK	£8.80
Brood Wax Foundation 10 PACK	£12.65
14 X 12 Brood Wax Foundation 10 PACK	£19.80
National Dummy Board - Plastic	£8.25
National Dummy Board - Wood	£7.70

QUEEN MARKING:

Crown of Thorns	£6.60
Queen Clip	£4.95
Marker Pens - assorted colours	£5.50
Bee Brush	£4.40

FEEDERS & FEEDING:

English Feeder	£10.45
Rapid Feeder	£4.95
Nuc Feeder	£6.60
Small Miller Type Feeder	£1.10
Feeder Eke	£7.70

HONEY & WAX EXTRACTING:

Stainless Steel Double Strainer	£23.10
Straining Cloth	£3.85
30 lb Plastic Bucket	£3.85
Bain Marie	£15.40
Nylon Honey Bucket Valve	£9.35
30 lb Plastic Tap Bucket	£16.50

GENERAL BEEKEEPING:

Smoker	£39.38
Hive Straps	£7.15
Hive Tool	£7.70
Pin Hammer	£3.85
Bee Disease ID Charts	£7.15
Frame Nails 500 g	£3.16
Pollen ID Charts	£7.15

The Association Shop

The shop will open between 11.00 am and 12.00 pm on Saturday mornings **only** if you contact me by email or phone 24 hours beforehand.

From the 4th March the shop will open every Saturday from 10.00 am until 12.00 noon.

All our stock is from Thorne's and our prices are very competitive. We can take BACS payments.

The apiary site and shop is located at the Hillfield Animal Shelter, Hillfield Lane, Stretton, Staffordshire, DE13 0BN §

Dave's email : dave.coates32@gmail.com

Phone number : 01283 713603

Who's Who

<i>vacancy</i>	Club Secretary		
Mychajlo (Mish) Schumskij	Membership Secretary	<i>mish_schumo@yahoo.co.uk</i>	
Bob Hurd	President	<i>pat90bob@gmail.com</i>	
David Coates	Chair	<i>dave.coates32@gmail.com</i>	01283 713603
Suzanne King	Education and Training Officer Honey Show Secretary	<i>suzanne.king21@btinternet.com</i>	
Nick Allsopp	Treasurer	<i>nick_colby@hotmail.com</i>	
Jane Ratcliffe	Librarian		
Hamish Low	Asian Hornet Team (AHT) leader	<i>hamish51151@gmail.com</i>	

Committee Members

Richard Matkin		<i>richjomatkin@btinternet.com</i>	01283 812958
Nick Allsopp			
Mish Schumskij			
Sarah Winfield			
Jane Ratcliffe			
Sue Coates			
N Cox			
Dave Coates			
Sam Hampton			
Bob Hurd			
Suzanne King			
Hamish Low			
Sheila Pirie		<i>smpirie@hotmail.co.uk</i>	

Andrew Frost	Website Editor	<i>mr.ak.frost@googlemail.com</i>	
Sarah Winfield	Minutes Secretary		
Margaret Cowley	Newsletter Editor	<i>newsletter@honeybee.org.uk</i>	

Trustees	Bob Hurd David Coates Sam Hampton S King R Matkin Hamish Low	Volunteers	C Ring P Yates R Wykes R Harrison I McMillen
-----------------	---	-------------------	--