

Honey Tasting Menu



Main Course

Pan seared steak bites

A roasted Portobello mushroom and garlic marinade with a hint of buckwheat honey (New York)

Pan seared chicken bites

A bright lemon marinade complimented with summer wild flower honey (Virginia) and fresh ginger

Skillet cornbread

Buttered North Carolina milled cornbread baked slowly in an iron skillet, then drizzled with Virginia sourwood honey

Mixed green salad

Tossed green salad with almonds and carrots with an avocado honey vinaigrette on the side

Franklin Virginia Black-eyed Peas

Salted blacked eyed peas slow cooked with a ham bone

Desserts



Seven Honeys to Taste (see next page)

Bah Humbug Sandwiches

Tablesides peanut butter and honey sandwich topped with arugula on toasted sunflower seed bread

Cheese and Apple plate

Linden - Dubliners white cheddar

Blueberry - English Double Devon Cream

Red Currant - Ile De France Brie

Buckwheat - Stilton

Featured Honey



1. **Linden** (Connecticut - Red Bee)¹
Also known as Basswood. Light amber in color. Light, delicate hints of unripen fruit. Drizzle over green melon with fresh mint leaves.
2. **Avocado** (California - George at McManigle Grove)
Avocado honey is gathered from California avocado blossoms. Avocado honey is dark in color, with a rich, buttery taste. It is wonderful in dressings and sauces.
3. **Pumpkin Blossom** (Connecticut - Red Bee)
Limited Harvest Honey. Warm and deep with hints of toasted nuts and summer squash. Drizzle over squash or sweet potatoes.
4. **Red Currant** (Connecticut - Red Bee)
Limited harvest from a currant vineyard. Smoky notes of sour cherries and anise. Deep crimson red. Over apple pie or warm banana foster.
5. **Blueberry Blossom** (Maine - Red Bee)
"Medium amber with red reflections, buttery, fruity with distinct notes of berries."
Taken from the tiny white flowers of the blueberry bush, the nectar makes a honey which is typically light amber or amber in color and with a full, well-rounded flavor. Blueberry honey is produced in New England and in Michigan. Many people believe that Blueberry honey is honey to which Blueberry flavor is added; this is not so. Pure Blueberry honey is the result of bees gathering nectar from the Blueberry bush. It has wonderful applications in sauces and baked goods.
6. **Tulip Poplar - Black Locust** (Utica, New York - Mohawk Valley Trading Company)²
"From about the last week of October (after we harvest the Autumn Wildflower and Buckwheat Honey) thru April some of our hives are trucked to The Delmarva Peninsula to winter over in a milder climate and to get an earlier start in the spring than they would in Upstate NY. Tulip Poplar and Black Locust trees bloom about the same time and this honey is derived from the nectar of their blossoms. Its dark color is due to the high mineral content."
This honey has a mild, but slightly tangy flavor that doesn't crystallize, and has a water white to a very pale amber color.
7. **Buckwheat** (Utica, New York - Mohawk Valley Trading Company)
"From about July through thru October, we place hives in buckwheat fields on both slopes and the surrounding area of the Central Mohawk Valley and Finger Lakes region of New York." New York State's Best. A rich and malty honey. Deep purple almost black color. Drizzle on pancakes, waffles, gingerbread and baked beans. Buckwheat plants grow best in cool, moist climates. The buckwheat plant prefers light and well-drained soils, although it can thrive in highly acid, low fertility soils as well. Buckwheat is usually planted in the spring or is found growing wild. It blooms quite early and it yields a dark brown honey of strong, distinct flavor. Buckwheat has excellent application for BBQ sauces and baked goods.

¹ redbee.com

² tenonanatche.com