



***OH HONEY***



**ABELL**

'cause we care



In celebration of **World Bee Day**, Abell chefs are sharing a few of their favorite recipes featuring honey for mealtime inspirations. This collaboration celebrates Abell's support of the Honey Bee Research Centre at the University of Guelph and the hardworking honey bee.

Honey bees are vital to the health of the planet and the food chain as they are responsible for more than 35 percent of the foods we eat and the honey we enjoy. Furthermore, when you buy honey, you are supporting beekeepers' ability to keep healthy bees.

We owe a lot to bees and at Abell we celebrate, and show people how much they matter.

Abell continues its commitment to save bees by:



*Funding and Promoting Research with the University of Guelph*



*Distributing Wildflower Seeds*

Over the past few years, we have distributed thousands of wildflower packets to employees and customers. This small act is changing the landscape for bees across the country.



*Supporting the Abell Employee Bee Keeping Program*

The easiest way to show your appreciation is to buy locally made honey and beeswax products. Many beekeepers use products from their hives to create soaps, lotions, and beeswax candles. While we already have several hives running, we would love to see more.



*Safely relocating bee swarm*

Abell connects people with bee swarms to beekeepers willing to safely remove them. We cover the cost to ensure colonies are moved instead of harmed

Enjoy cooking with **HONEY!**





## INGREDIENTS

1 tablespoon sugar  
1 teaspoon grated lemon zest  
1 teaspoon vanilla extract  
1/2 teaspoon salt  
4 large eggs  
2-1/2 cups all-purpose flour  
Oil for deep-fat frying  
1 cup honey  
Candy sprinkles

## **STRUFFOLLI (ITALIAN HONEY BALL COOKIES)**

Eliana Pasquariello  
Marketing



## **INSTRUCTIONS**

In a bowl, combine sugar, lemon zest, vanilla and salt. Add eggs and 2 cups flour; mix well. Turn onto a floured surface and knead in remaining flour (dough will be soft). With a floured knife or scissors, cut into 20 pieces. With hands, roll each piece into pencil shapes. Cut "pencils" into 1/2-in. pieces. In an electric skillet or deep-fat fryer, heat oil to 350°. Fry pieces, a few at a time, for 2 minutes per side or until golden brown. Drain on paper towels. Place in a large bowl. Heat honey to boiling; pour over cookies and mix well. With a slotted spoon, spoon onto a serving platter and slowly mound into a tree shape if desired. Decorate with candy sprinkles. Cool completely.



## INGREDIENTS

- 1 cup old-fashioned oats
- 2/3 toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flax seed
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

## NO-BAKE ENERGY BITES

Jon Zurbrigg  
Kitchener Route Manager



## INSTRUCTIONS

Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.) Roll into balls. Roll into mixture into 1-inch balls. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.



## **RHUBARB HONEY CRISP**

Lorie Davies  
Route Manager

### **INGREDIENTS**

5 cups rhubarb  
½ cup honey  
1 tbsp all-purpose flour  
1 tsp cinnamon  
½ tsp ground ginger (optional)

### **TOPPINGS**

1 ½ cup large flake rolled oats  
⅓ cup packed brown sugar  
⅓ cup honey  
¼ cup melted butter  
1 tsp cinnamon  
½ tsp salt

## **INSTRUCTIONS**

In a mixing bowl, stir rhubarb, honey, flour, cinnamon and ginger (if using) until well combined. Spoon into a greased 8 cup baking dish.

Topping: Stir together oats, sugar, honey butter, cinnamon and salt. Sprinkle evenly over rhubarb.

Bake in 375o oven for 40-45 minutes or until fruit is tender and topping is browned.





## INGREDIENTS

1 tablespoon oat flour (ground oats)

1 teaspoon honey

1/2 teaspoon unfiltered apple cider vinegar

1/2 teaspoon rosewater (or water, or any other type of floral / hydrosol water)

## OAT AND HONEY FACE MASK

Angie Premraj

Team Lead, Administration



A gentle exfoliating mask to soothe skin, balance your natural pH, and slough off dead skin,

## INSTRUCTIONS

Blend all ingredients together in a small bowl. Apply to clean skin in a thin layer. Let dry about 10 minutes. Wash off with warm water and moisturize skin as desired.

Oat flour, along with honey, helps draw moisture to the skin, soothing irritation and epidermal anxiety.

Honey and apple cider vinegar both work to maintain your skin's acid mantle: a fine film on the skin's surface that protects from damage and bacteria. We regularly disturb our acid mantle by using harsh, alkalizing soaps and other chemical ingredients. Apple cider vinegar gently exfoliates while maintaining the acid mantle, making it a true skin hero.

Rosewater has lovely aromatherapeutic properties and helps to reduce redness, but plain water will work just fine.



**CRUNCHY GRANOLA**  
Dusana Bondy  
Quality Assurance Auditor

**INGREDIENTS**

In a large pot:

$\frac{3}{4}$  cup oil

$\frac{1}{4}$  cup honey

$\frac{1}{4}$  cup molasses

Stir in:

5 cups rolled oats

1 cup sunflower seeds

$\frac{3}{4}$  cup wheat germ

1 cup coconut

1 cup raisins

1 cup bran

$\frac{1}{2}$  cup slivered almonds

$\frac{1}{2}$  cup red river cereal

**INSTRUCTIONS**

Heat oil, honey, and molasses in large pot on stove. When just boiling, turn heat off and stir in the dry ingredients.

## INGREDIENTS

- 2 cups couscous
- 3 to 4 green onions, chopped
- 1 tin chickpeas, drained (about  $\frac{3}{4}$  tin)
- $\frac{1}{3}$  cup sultanas or raisins
- $\frac{1}{3}$  cup pecans, sugar coated
- 1 to 2 tbsp parsley, finely chopped

### Curry Salad Dressing:

- $\frac{1}{4}$  cup apple cider vinegar or plain vinegar
- 3 tbsp water
- $\frac{1}{4}$  cup walnut oil or vegetable oil
- 1 tsp curry powder (you could add more)
- 1 or 2 cloves of chopped garlic
- $\frac{1}{2}$  tsp of salt
- 1 tbsp honey

### Candied Pecans:

- 2  $\frac{1}{2}$  cups of pecans
- 2 tsp vegetable oil
- 1 cup granulated sugar
- 1 tsp cinnamon
- $\frac{3}{4}$  tsp salt
- $\frac{1}{4}$  cup water
- 1 tsp vanilla



## INSTRUCTIONS

Place couscous and 2 cups warm water in a bowl. Add 4 tablespoons butter. Microwave for 3 minutes at high setting. Fluff with fork and cool. When couscous is cold, add green onion, chickpeas, raisins and pecans. Pour dressing over salad and toss with tongs.

### Curry Salad Dressing

Put all the ingredients in a blender and blend to chop the garlic very fine and mix the ingredients well. If you add the honey last and pour it in a slow drizzle, it will blend better. (You don't have to put all the dressing on salad as the recipe makes a little too much dressing).

### Candied Pecans

Spread oil on cookie sheet and toast pecans slightly at 300 o F for a few minutes. In the meantime, boil all other ingredients at high temperature until mixture turns frothy and thickens slightly. Place roasted pecans on wax paper and pour hot sweet mixture over nuts. When the candy hardens, break pecans off and keep in a jar to be used in salads, desserts, etc.



## CURRY COUSCOUS SALAD

Dusana Bondy  
Quality Assurance Auditor





## INGREDIENTS

1 1/2 cups creamy peanut butter

1/2 cup honey

1 1/3 cups old fashioned oats

1/2 cup protein powder (vanilla or chocolate work well)

1/8 tsp salt

1/2 cup mini chocolate chips

## ENERGY BITES

Sandra Frizzle

Technical Support Auditor



## INSTRUCTIONS

Using a rubber spatula, mix peanut butter, honey, oats, protein powder, salt and chocolate chips in a large bowl until well combined. Cover a baking sheet with waxed paper. Use a 2Tbsp cookie scoop or a spoon to drop balls onto wax paper covered baking sheet. Roll balls by hand to shape them if desired. Refrigerate for 1 hour or until hardened. Transfer to a sealed container or Ziploc. Good for about a week in fridge or freeze for longer storage. You can also add flaked coconut, chia seeds, flax seeds or dried fruit to these as well depending on your taste.



## INGREDIENTS

1 lb carrots  
1 tablespoon honey  
pinch of kosher or sea salt  
drizzle of olive oil  
butter to taste



**HONEY CARROTS**  
Francine Withnall  
Client Care Specialist

## INSTRUCTIONS

Peel and slice carrots into “fingers”. Drizzle with olive oil, honey, and salt. Roast in oven or air fryer at 375 degrees for about 15 minutes. Times may vary due to size of carrots and oven. Once removed from oven, place a small dab of butter if you wish and mix. Enjoy.





## INGREDIENTS

10 Thick Pieces Short Ribs  
2 Asian Pears  
1 Bunch Green Onions  
1 White Onion 1 Clump Ginger  
10 Garlic cloves  
1/2 Tbs Salt & Pepper  
1/2 Cup Mirin  
4 Tbs Soy Sauce  
2 Tbs Sesame Oil  
2 Tbs Oyster Sauce  
4 Tbs Brown Sugar  
2 Tbs Honey  
2 Cups Water

## **KOREAN GALBI MARINATE**

Dona Andrew  
Accounts Receivable Administrator



## **INSTRUCTIONS**

Mix everything up using your hands and massage the marinade thoroughly into the ribs. This recipe yields 20 short ribs. Marinate over night, Minimum!! – You can BBQ or place in oven or on an indoor grill. Either way you will enjoy this dish. Best to take to BBQs with family and friends. Grill up with your favorite Kimchi, Korean Daikon, and lettuce wraps. This is versatile and you can throw in any vegetables you want! ENJOY!



## INGREDIENTS

1 stalk rhubarb thinly sliced

2 tbsps. orange juice

2 tbsps. water

2 tbsp. honey

2 tbsp. apple cider vinegar

1/4 cup olive oil

1 clove garlic

Pinch of salt tbsps.

## **RHUBARB HONEY VINAIGRETT**

David Kupas  
Route Manager



## **INSTRUCTIONS**

Chop, simmer rhubarb with orange juice, water and honey until rhubarb is soft. Allow to cool. Place mixture in blender add garlic, salt, apple cider vinegar. Remove mixture from blender and stir in olive oil. Pour over your favorite greens. Tastes great over bitter greens. Add seeds or nuts and berries or orange slices over spinach. Enjoy!





## INGREDIENTS

A packet of 30-40 shrimp cleaned and deveined (cut into halves)

2 tablespoons Honey

One or two teaspoons black pepper (or to your taste)

Garlic (two or three pods cut into small pieces or minced)

One tablespoon oil

Opo Long Green Squash cut into bite size pieces

Fish sauce (two tablespoons or less)

Green onions

Coriander leaves/Cilantro a hand full chopped

## VIETNAMESE SHRIMP AND OPO (LONG GREEN SQUASH) SOUP

Dona Andrew  
Accounts Receivable Administrator

A quick and easy recipe for making a soup that can be had in summer, yes summer and in winter!



## INSTRUCTIONS

In a stock pot or deep saucepan warm the oil. Add the chopped garlic, honey, shrimp and Opo. Fry for a little while (about three minutes) Add two cups or three depending how much soup you want. Cook until shrimp is pink and Opo is cooked. Add the fish sauce. Add green onions chopped fine and the chopped cilantro when serving. Enjoy





**INGREDIENTS**

2lbs chicken

tbsp. oil

5 tbsp. honey

1 tbsp. sesame oil

**HONEY CHICKEN STIR FRY**

Abby Sahki  
Technician

**INSTRUCTIONS**

Sauteed chicken 2 lbs with 1 tbsp of oil for 4 to 5 minutes cooking at high heat. In a separate bowl mix five tablespoons of honey and one tablespoon of sesame oil add to sauteed chicken Continue to sauté chicken for an additional 10 minutes. Allow chicken to simmer for 20 minutes on low heat. Add fresh steamed broccoli. Salt and pepper for taste. Sesame seeds for garnish. Plate and enjoy!



## INGREDIENTS

Brie

2 to 3 tbsp. honey

Crushed nuts (whatever you like)

## BAKED BRIE

John Hamilton  
Accounting Manager



Really simple and you can serve this as an appetizer or as part of an easy antipasto dinner for family or friends.

## INSTRUCTIONS

Preheat oven to 350°F (180°C). Put the unwrapped brie on parchment paper and then in a small, shallow ovenproof dish slightly larger than the brie and leave the rind on. It keeps all the gooey goodness inside. Bake for roughly 15 minutes (for 200g), or until almost melted through. Bake longer for a larger round of brie. Check it by gently touching the centre of the brie - it should feel very soft, where the brie is ready to ooze but it's not melting. Drizzle about 2 or 3 tablespoons of honey over top of the brie and add some crushed nuts to the top. Serve immediately. Serve with sturdy crackers or crostini's for scooping or use a knife for spreading. Enjoy!!



## INSTRUCTIONS

Pulse all ingredients in a blender.

4 cups of frozen fruit (mango or strawberries are excellent)

½ cup plain yogurt

2 tsp vanilla extract

2 tbsp HONEY

INGREDIENTS



## FRUITY FROGURT

Chantal Kornelsen  
Bilingual Accounts Receivable



## **HONEY SALAD DRESSING**

Dean Currie  
Route Manager



4 cups of frozen fruit (mango or strawberries are excellent)

½ cup plain yogurt

2 tsp vanilla extract

2 tbsp HONEY

### **INGREDIENTS**

### **INSTRUCTIONS**

Shake like crazy!!





## INGREDIENTS

2 cups all-purpose flour  
1/2 cup sugar  
3 teaspoons baking powder  
1/2 teaspoon salt  
1 large egg, room temperature  
1 cup 2% milk  
1/4 cup butter, melted  
1/4 cup honey

## GRANDMA'S HONEY MUFFINS

Sandra Chacon  
Administration



## INSTRUCTIONS

Preheat oven to 400°. In a large bowl, combine flour, sugar, baking powder and salt. In a small bowl, combine egg, milk, butter, and honey. Stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups three-fourths full. Bake until a toothpick inserted in center comes out clean, 15-18 minutes. Cool 5 minutes before removing from pan to a wire rack. Serve warm.

Freeze option: Freeze cooled muffins in freezer containers. To use, thaw at room temperature or, if desired, microwave each muffin on high until heated through, 20-30 seconds.





## **HONEY DATE SQUARES**

Andrea Paradis  
Route Manager

## **INGREDIENTS**

- 1 cup of honey
- 3 eggs
- 1 cup of flour
- 1/2 Tsp. Salt
- 1 Tsp. Baking powder
- 2 cups pitted dates finely chopped
- 1 Tbsp. Lemon peel
- 2 Tbsp. Oil
- 1 Tbsp. Fresh lemon juice
- 1 Tsp. Vanilla
- 1 cup walnuts chopped

## **INSTRUCTIONS**

Beat eggs well. Continue beating while adding honey in a fine stream. Sift together dry ingredients. Combine half of the dry ingredients with dates, lemon peel, and walnuts. Fold balance of dry ingredients into eggs. Gently stir in oil, vanilla, lemon juice, and date mixture until blended. Spread evenly in lightly greased pan. (13x9x2) Preheat oven at 350 degrees for 30 to 40 minutes Let cool. Cut into squares or bars.

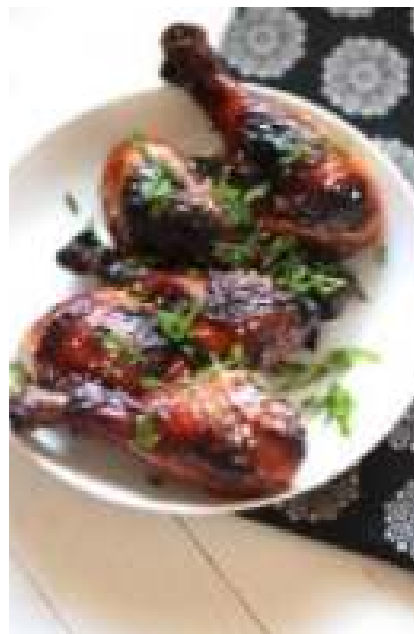


## INGREDIENTS

2-3 lbs. chicken drumsticks  
½ teaspoon sea salt  
¼ teaspoon ground black pepper  
½ teaspoon paprika  
¾ teaspoon onion powder  
3 teaspoons olive oil

### Sauce:

2 tablespoons honey  
2 tablespoons balsamic vinegar  
2 tablespoons ketchup  
4 cloves minced garlic  
2 tablespoons water



## HONEY BALSAMIC DRUMSTICKS

Marta Celio  
Administration

## INSTRUCTIONS

Preheat oven to 350o F. Rinse chicken, pat dry and set aside. In a small bowl, mix together salt, black pepper, paprika and onion powder. Drizzle 1 teaspoon of olive oil onto the drumsticks and use your hands to coat all the pieces. Sprinkle the spice mixture on the drumsticks and gently press onto the skin. Heat an oven-proof skillet on medium heat. Add 2 teaspoons of olive oil to the pan. Brown the chicken in batches for 2 minutes on either side. While the chicken is searing, whisk together the ingredients for the sauce in a bowl and set aside. Once the chicken has finished searing, return all the chicken pieces to the skillet, pour the sauce over it and gently toss the drumsticks to coat. Cover the pan with a lid or aluminum foil and transfer to the oven. Bake for approximately 20 minutes, rotate the pieces, and baste with the sauce. Bake an additional 20 minutes then remove the chicken from the oven and place the drumsticks on a plate. Bring the remaining sauce in the pan to a boil on the stovetop and simmer uncovered for 4 minutes until it is thick and glazy. Return the chicken to the pan and gently toss in the glaze.



## INSTRUCTIONS

Wisk together lime juice, oil, honey, and garlic. Pour over mixed salad greens



¼ cup lime juice

3 tbsp oil

2 tbsp honey

1 clove of garlic (minced)

INGREDIENTS

## GREENS WITH HONEY/LIME DRESSING

Carol Simmonds  
Office Manager



## INGREDIENTS

1 cup flour  
1 teaspoon chili powder  
1 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon paprika  
1 teaspoon garlic powder  
20 chicken wings, or drumettes  
1 cup BBQ sauce  
½ cup honey

### **HONEY BBQ WINGS**

Gerry Frampton  
Route Manager



## INSTRUCTIONS

Preheat oven to 425°F (220°C). In a bowl, combine flour, chili powder, salt, pepper, paprika, and garlic powder. Coat the wings in the flour evenly, shaking off any excess. Place the floured wings on a parchment paper-lined baking sheet and spread them out in a single layer. Bake for 45 minutes, flipping halfway through, until skin is crispy and golden brown. Preheat oven to 500°F (250°C). In a separate bowl, combine the BBQ sauce and the honey. Stir the cooked wings in the sauce and coat them evenly. Place the coated wings back onto the baking sheet and spread them in a single layer. Bake for 8 to 10 minutes, until sauce is bubbly and caramelized.

**HONEY SHEESH BBQ**  
Dona Andrew  
Accounts Receivable Administrator



**INSTRUCTIONS**

In a bowl add all the seasonings with yogurt, honey, Papaya powder (Paka Papita). Mix well, marinate chicken pieces in it, leave it for 2 hours, also add in it, cubes of capsicum and onion, put on flat skewers, put 2 pieces of chicken, capsicum, 2 pieces of chicken, onion cubes and so on, BBQ until done, brushing with oil.

**INGREDIENTS**

- Chicken boneless ½ kg
- Barbeque masala 1 tbsp (Buy at Indian Grocery)
- White pepper ½ tsp
- Salt 1 tsp
- Papaya 1 tbsp (Paka Papita) Buy at Indian Grocery
- Black pepper ½ tsp
- Yogurt 2 tbsp
- Honey 3 tbsp
- Ginger garlic paste 1 tsp Buy at Indian Grocery
- Cream 1 tbsp
- Capsicums 2
- Onions 2





## INGREDIENTS

2 lbs. chicken legs (cut into serving pieces) or chicken thighs

6-8 cloves garlic, minced (or 2 table spoon pre-minced garlic)

1 thumb size ginger, minced fine (or 1 tablespoon pre-minced ginger)

1/3 cup soy sauce

3/4 cup vinegar

1-2 tablespoon honey

1/2 cup water

3 bay leaves

1/2 teaspoon ground black pepper

2 tablespoon cooking oil

This recipe calls for honey for additional taste... a “must try” and easy recipe for everyone to love!

## CHICKEN ADOBO WITH HONEY

John Taylor

## INSTRUCTIONS

Combine chicken pieces, soy sauce and garlic in a large bowl. Mix well. Marinate chicken for at least 1 hour. Heat cooking oil in a Dutch pot. Pan-fry marinated chicken for 5 minutes, turning sides halfway. Pour in the remaining marinade including garlic. Add water, vinegar, ginger, bay leaves, ground pepper and honey, Cover pot and simmer in medium heat for 15 minutes or until chicken is almost fully cooked and sauce thickens. Remove pot from heat. Stir, transfer in a serving dish and serve hot over rice. Enjoy!

Chicken Adobo is a delicious and very popular Philippine dish that is not only loved by many across the country but also internationally. “Adobo” refers to the method of marinating meat, seafood or vegetables (chicken and pork being the most popular one) in soy sauce, vinegar, and seasonings (garlic, ginger, bay leaves and black pepper).





**bee safe**  
&  
**enjoy!**

