



Coastal
Foodways

INFUSED HONEY

WHAT IS INFUSED HONEY?

You can infuse honey with the flavour of different herbs and spices. Infused honey has powerful culinary and medicinal uses depending on what you infuse it with! We recommend trying honey infused with conifer tips as a remedy for colds.

WHAT DO YOU NEED?

- Honey
- Herbs or spices of your choice
- A mason jar

WHAT'S THE NO HEAT METHOD?

Fill your mason jar about halfway with DRIED herbs of your choice. Slowly pour in your honey and top up the jar, ensuring your herbs are completely submerged.

Store the jar somewhere warm, like the top of your fridge or a sunny windowsill and turn it over daily. It'll infuse with a light flavour in about one week, or with a stronger flavour in three to four weeks.

When the honey is to your taste, strain out the herbs and store the honey in an airtight jar!

WHAT'S THE HEAT METHOD?

Take about ½ cup of FRESH or DRIED herbs for every 2 cups of honey you want to infuse.

Pour your honey into a saucepan and fold in your herbs. As you warm the honey on low to medium heat, stir gently to ensure the herbs are completely covered in honey. Be sure you warm the mixture slowly, so the herbs don't burn, and the honey doesn't boil!

Stir frequently until the honey begins to bubble, then turn off the heat and cover the pan.

Repeat this warming/cooling process at least 3-4 times, either over the course of a day or over several days to infuse the flavour into the honey. When it's infused to your taste, strain the herbs, and store the honey in an airtight jar.

FRESH VS DRY HERBS

Bacteria needs water to grow. Using dried herbs introduces no water; for this reason, dried herbs are usually recommended as the safest option.

When you use fresh herbs in recipes that you plan to keep at room temperature for an extended time (like infused honey), it introduces water into the mixture.

We like to use fresh herbs for a stronger flavour when following the HEAT method because heat kills bacteria and because honey is naturally antibacterial. Please choose the method that makes you feel safest and do additional research to inform your decision!