

How to make creamed honey

Making creamed honey is easier than many people think. Before we explain how to make creamed honey, it is important to understand what it actually is and what it is not. Creamed honey is not whipped honey. There shouldn't be any air in your creamed honey. Creamed honey is controlled granulation of honey which results in extremely small sugar crystals. The smaller the sugar crystals, the better the creamed honey. A good creamed honey should be smooth, not grainy, like velvet on the tongue.

Here are the basic steps to making creamed honey. The first rule of making creamed honey is to have a good starter. A starter is simply creamed honey that is added to the liquid honey and serves as a template for the granulation. Your final product will only be as good as what you start with, so start with a creamed honey you like. To obtain a starter to make your first batch of creamed honey, I suggest that you visit your supermarket and buy a good quality brand of commercial creamed honey. There are usually a few brands to choose from although I use Capilano brand.

To begin, the liquid honey should be void of any prior granulation. It can be either freshly extracted or warmed slightly to be sure it is completely liquefied. With the honey at room temperature, blend in the starter at a ratio of about 10 parts liquid honey to 1 part starter. Thoroughly mix until the starter is evenly distributed, but take care not to mix in air. Let this set overnight to allow any small amounts of air to rise to the surface. The following day bottle into containers of your choosing; however, a wide mouth container is preferred so the creamed honey can be scooped out easily. Once the mixture is in your containers, store in a cool place, ideally 14° C., until the honey has creamed. If it is too warm the honey will not cream properly. I have made some at home in my unheated garage in the fall when the temperature ranges from 7°-18° and had very good success.

That's it in a nutshell. Of course, the process can be more complicated, but a quality product can be produced by following the above steps. One last thing, be sure to save 1 or 2 containers to use as the starter for your next batch.