

# How to Make CREAMED HONEY

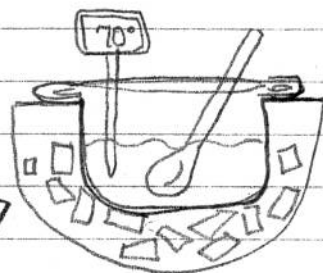
## THE DYCE METHOD



## YOU'LL NEED

- 10-15 lbs honey (ideally 17% H<sub>2</sub>O)
- 1 lb "Seed honey" (already creamed honey)
- Digital food thermometer
- 200 micron strainer
- Large pot or double boiler
- 2 large bowls
- lots of ice
- Jars w/ wide mouths
- Plastic wrap

1. Heat your honey to 120°F, then strain to remove large impurities.
2. Return to heat, raise honey temperature to 150° and HOLD THERE for 15 minutes.
3. Prepare an ice bath in large bowl. Place pot (or transfer honey to another bowl) in the ice, and stir until the honey temperature is between 60°-75° (WILL FEEL LIKE FOREVER!)



4. Add seed honey, mixing thoroughly enough that there are no lumps or streaks. Over mixing, however, can raise the temp and melt the crystals! Avoid folding in air bubbles as much as possible. Keep temp under 75°.

\* If you want to add flavoring, now is the time! (LOR Ann flavoring oils)

5. Cover honey surface with plastic wrap for several hours (overnight is fine) just make sure your kitchen isn't very hot! Fridge is OK but will make bottling a bit harder. Remove plastic wrap after air bubbles have risen to the top - plastic will pull off a foamy layer.
6. Bottle into wide-mouthed containers. Refrigerate for at least 1 week. After crystallization is complete, store below 70° F!! (Fridge is safest).