



Hi Honey!

QB CELEBRATES NATIONAL HONEY MONTH WITH BEE CHARMER CARRIE SCHLOSS

SEPTEMBER IS NATIONAL HONEY MONTH and to offer insights into cooking with honey, we talked with local award-winning Chef Carrie Schloss—who is getting rave reviews for her new cookbook, “The Asheville Bee Charmer Cookbook: Sweet and Savory Recipes Inspired by 28 Honey Varietals and Blends”. The one-of-a-kind cookbook is dedicated entirely to honey and includes 130 recipes inspired by a vast selection of honeys.

Chef Carrie wrote each recipe with the home cook in mind. She replaces refined sugar with a variety of honeys to keep her recipes healthy and delicious. All the recipes have been tested by Carrie’s friends and family to ensure they can be easily

duplicated in their own kitchens and taste great!

“For a starter recipe, you should use the black bean brownies,” Chef Carrie said. “It uses brown sugar and honey and because of the beans is also a great healthy recipe.” She also gets questions about cooking with honey when using high heat on a stove-top, oven, or microwave to cook or warm honey, and whether that alters the complex benefits or properties in the local honey. “First, you should never heat honey in a microwave because you can’t control the temperature. Heating honey can alter the nutritional benefits of honey. How much it alters them depends on the heat the honey reaches and how long it’s exposed to that temperature. The inside of a beehive gets to about 95 degrees Fahrenheit, so

having something go to that temperature will have no effect on the nutritional benefits. But whether you heat it or not, you still will get the benefit of having a healthier sweetener than refined sugar,” she said.

Chef Carrie lives in Wilmette and attended Kendall College after a successful career in the finance industry. She now works as a personal chef and culinary consultant. She has developed recipes for Let’s Dish on the Live Well television network, and for the past six years has taught cooking classes for kids and adults at The Kids’ Table, Now We’re Cookin’, and nonprofit organizations such as Common Threads, Purple Asparagus, and Chicago Lights Urban Farm.

Chef Carrie received the 2017 cookbook of the year award by Midwest Independent Publishing Association and was recently featured in The Washington Post.

“The Asheville Bee Charmer Cookbook” is available at The Book Stall in Winnetka, at Amazon, and from the Ashevillebeecharmer.com. [U](#)

Black Bean Brownies

Chef Carrie Schloss

"The first time I taught a version of this recipe at The Kids' Table, I was very skeptical that the kids would even try these brownies. However, I misjudged the power of chocolate. Not only did they try them, they liked them. These taste like regular, dense brownies, but they are so much healthier due to the black beans and applesauce. Make them for your friends and family; just don't tell anyone what's in them until they've had a taste!"

Makes 24 dairy-free and vegetarian brownies. Reprinted with permission from "The Asheville Bee Charmer Cookbook" by Carrie Schloss, Agate Surrey, 2017.

INGREDIENTS

1 cup bittersweet chocolate chips, divided

1 (15-ounce) can black beans, drained and rinsed

½ cup unsweetened applesauce

½ cup olive oil

4 large eggs

¾ cup firmly packed dark brown sugar

½ cup Asheville Bee Charmer's Cocoa-Infused Honey

½ cup unsweetened cocoa powder

2 teaspoons pure vanilla extract

¾ cup all-purpose flour

1 teaspoon baking powder

¼ teaspoon kosher salt



INSTRUCTIONS

1. Preheat the oven to 350°F. Grease a 9x13-inch pan with nonstick cooking spray and set it aside. In a double boiler or in a microwave, melt ½ cup of the chocolate chips; set it aside. In a blender, combine the black beans, applesauce, and olive oil. Blend until smooth, about 2 minutes. Add the eggs, brown sugar, honey, cocoa powder, and vanilla. Blend until smooth, another 1 to 2 minutes. Add the melted chocolate and blend until it is fully incorporated, about 1 minute longer.
2. In a medium bowl, whisk together the flour, baking powder, and salt. Add the chocolate mixture to the flour mixture. Make sure to use a rubber spatula to get all of the chocolate mixture out of the blender! Stir until the flour just disappears. Fold in the remaining ½ cup of chocolate chips.
3. Pour the batter into the prepared pan. Transfer the pan to the oven and bake for 30 minutes, or until a toothpick inserted into the center of the brownie comes out clean.
4. Remove the brownie from the oven and let it cool in the pan for 10 minutes, then invert it onto a wire rack to cool completely. Cut the brownie into 24 pieces and serve. Store leftover brownies in an airtight container at room temperature for 3 to 4 days or in the freezer for up to 6 months.



Carrie Schloss and Pierre Pollin at The Beekeeper and the Bee Charmer event at Hands of Hope's Barrington Garden Fair & Marketplace. Schloss prepared pressed cookie bars at the event. She cooks with different varieties of honey, shown above.

LOCAL HONEY GETS NEW NAME AND LABEL



Simond's Bee Farm honey with its new name and label.



Deborah Leydig, Kris Zeile, and Alan Simonds got together at Norton's U.S.A. for the Name That Honey contest in June 2018. Kris Zeile, a local business owner, entered the name "Hive Harvest", which was chosen from all contest entries by Alan Simonds, who produces the honey, that is sold at Norton's U.S.A. Zeile received a jar of honey and a gift certificate for \$100 to the store. Quintessential Barrington gave each a copy of "The Asheville Bee Charmer Cookbook", personalized by its author Carrie Schloss. The newly named and labeled honey from Simond's Bee Farm is now on the shelf at Norton's U.S.A.