

Making Creamed Honey



- Creamed/Spun Honey is really crystallized or granulated honey. It has a mild flavor, spreads like butter at ordinary room temperature, and unlike liquid honey, it doesn't drip. It is very popular in Europe.
- Well-made creamed honey possesses a creamy texture because the crystallization process has been precisely controlled.
- Two processes determine the quality of creamed honey.
 - The first is crystallization
 - The second is fermentation

- **Crystalization**

- Honey consists of two principal sugars – glucose and fructose – in solution with water. Crystallization is a process in which the glucose molecules form crystals with some of the water molecules.
- Crystallization is affected by the floral origin of the nectar. Generally, honeys with a high glucose/fructose ratio, like goldenrod and goldenrod-aster blends will crystallize more rapidly than honeys with a relatively low glucose/fructose ratio, like Tupelo.



- **Fermentation**

- All honeys contain sugar-tolerant yeasts that can cause them to ferment or spoil if their moisture content is too high. The moisture content of well-ripened honey is 18.6%, or less, and this suppresses the growth of the yeasts.
- Honeys with higher water content are susceptible to fermentation, and considerable loss from fermentation occurs during years when bees are having difficulty ripening their product.

Things you will need:

- Gather ingredients:
 - Liquid honey (9 lbs)
 - Creamed honey starter seed (1 lb)
 - Professor Dyce recommended that 5-10% finely ground seed crystal be used
- Gather equipment:
 - Scale
 - Mixing container with cover
 - Food thermometer
 - Digital “instant-read” thermometer
 - Double boiler
 - Spatula
 - Stick blender with wire whisk OR Drill with attached paint mixer
 - Saran wrap
 - Pouring container
 - Creamed honey containers
 - Labels



Creamed Honey Day 1

- It is best to use freshly extracted strained honey at room temperature. Moisture content of 17.5-18% is ideal.
- If honey is not fresh, place honey in double boiler and heat to 140°F stirring constantly so that hot spots do not develop. Heating is done to remove all natural crystals.
- Another reason to heat is to kill sugar-tolerant yeast molds which are capable of causing the honey to ferment or spoil. Honeys high in water content are especially susceptible.



- Cool rapidly to 80°F



- Add creamed honey starter seed to honey and mix until thoroughly blended. Use of a drill with attached paint mixer is recommended, but a large wire whisk will also work. Incorporate as little air as possible.
- Store at 50-57°F



Creamed Honey Day 2

- Skim off all bubbles and foam that have come to the surface OR lay saran wrap on the top and then peel off. The "foam" will stick to the saran wrap.
- Pour into small containers/jars



- Store at 50-57°F. Granulation should be complete within 1-2 weeks.



- Remove from cooler and label.



Additional Information

- For creaming honey – moisture content of 17.5-18% is ideal
- Ideal temperature for the honey to be creamed is 57°F when the moisture content of the honey is at 18%
 - The colder it gets the harder it is for the sugar molecules to arrange themselves in a crystal lattice. And, if the temperature is too warm, the honey solution will take longer to solidify and the crystals will be larger and not fine.
 - The object of the process is to produce a finely crystallized honey so that when you put it in your mouth you do not feel any granulation effect
- For Cinnamon Honey – Mix 3 Tbsp ground cinnamon with 10 lb creamed honey
- For flavored creamed honey freeze-dried powdered fruits can be added. Follow manufacturer's instructions. Label appropriately.
- At room temperature (70-80°F) creamed honey does not drip and is easily spread with a knife. If a softer product is desired it can be kept in a warmer place, but above 80°F it will begin to liquefy. Even if liquefied creamed honey is returned to a cooler place, it will not return to its former state.

Questions?

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"The secret of my health is applying
honey inside and oil outside."
- Democritus (460-370 BC), Greek
philosopher and physician who
lived to be 109.

