

Real Rwandan Spiced Honey Bread + Whipped Honey-Lemon Butter + Lemony Honeyed Milkshakes



real rwandan spiced honey bread

preheat+combine+rest

Preheat your oven to 375 degrees. Combine **1 packet active dry yeast** and **¾ C lukewarm water** in a large bowl. Let the yeast and water sit for 2-3 minutes. Stir and set aside to sit for another 10 minutes.

crack+whisk+mix

Crack **1 egg** into a large bowl. Then add **½ C honey**, **½ T ground coriander**, **¾ tsp ground cinnamon**, **¼ tsp ground cloves**, and **¼ tsp salt** and whisk everything together. Add **½ C warm whole milk**, **4 T vegetable oil**, and your yeast and water mixture and mix again until well combined.

add+stir

Little by little, add **3 C flour**, until the dough comes together. You want your dough to be soft, light, and not too wet, but you may not need all of your flour, so add it slowly. You may also need a bit more flour, so feel free to add as much as needed until the dough comes together.

knead+rest

Coat your hands in flour and turn the dough onto a floured surface. Knead the dough until it is smooth and springy. After about 5 minutes of kneading, set the dough in a clean bowl and cover it with a dish towel to let it rest for 10-20 minutes.

::continued::

Family Fun Recipes

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brush+roll+bake

Brush the wells of a cupcake pan with **oil**. Pinch off 3 T of dough at a time, roll it by hand into a ball, and place into oiled cupcake wells. Bake for 15-20 minutes, or until the tops of the breads are golden brown and the dough has cooked through. Enjoy with a smear of honey butter!



whipped honey lemon butter

zest+squeeze

Zest **1 lemon** and then cut the lemon in half and squeeze out the juice. Set both to the side. (*You will use these in both the butter and milkshakes.*)

pour+pinch+shake

Pour **½ pint (8 oz) of room temperature heavy whipping cream** into a plastic container with a tight fitting lid. Add a pinch of salt. Cover tightly with a lid and then shake, shake, shake, until the cream becomes butter!

pour+pinch+shake

Pour **½ pint (8 oz) of room temperature heavy whipping cream** into a plastic container with a tight fitting lid. Add a pinch of salt. Cover tightly with a lid and then shake, shake, shake, until the cream becomes butter! When the cream stops moving in the container, you are almost there - keep shaking! When you hear a clump and slosh, you have made butter!

drain+stir

Drain off the excess liquid (the buttermilk). Stir in a pinch of your lemon zest, a bit of your fresh squeezed lemon juice, and **1 T honey**.



lemony honeyed milkshakes

measure+combine

Measure and combine the juice of **3 lemons**, **2 tsp lemon zest**, **2 C milk**, **½ pint (8 oz) heavy whipping cream**, and **¼ C honey** to your blender or a pitcher, for use with an immersion blender.

blend+add+blend

Blend until well combined and then add **1 C ice** and continue to blend until nice and smooth.

::continued::



shopping list

Rwandan Spiced Honey Bread

- | | |
|---|--|
| <input type="checkbox"/> 1 packet active dry yeast | <input type="checkbox"/> 3 T vegetable oil |
| <input type="checkbox"/> 3 C all purpose flour + more for dusting | <input type="checkbox"/> ½ T ground coriander |
| <input type="checkbox"/> 1 egg | <input type="checkbox"/> ¾ tsp ground cinnamon |
| <input type="checkbox"/> ½ C warm whole milk | <input type="checkbox"/> ¼ tsp ground cloves |
| <input type="checkbox"/> ½ C honey | <input type="checkbox"/> ¼ tsp salt |

Honey-Lemon Butter

- ½ pint (8 oz) whipping cream, room temperature
- 1 T honey
- squeeze of lemon juice
- pinch of lemon zest
- pinch of salt

Lemony Honeyed Milkshakes

- juice of 3 lemons
- 2 tsp lemon zest
- ½ pint (8 oz) heavy whipping cream
- 4 T honey
- 1 C ice

::continued::

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How does yeast work?

Yeast is the living organism that helps your favorite baked goods rise. The word yeast comes from the Sanskrit word, “yas”, which means “to boil or seethe”. This ivory colored, one-celled fungus requires warmth, food, and moisture to work its magic.

Think about yeast like a dog - like a sweet little doggie named SEF (sugar eating fungus). Why? Well, a dog is alive and so is yeast. Of course, yeast is an organism and isn't going to jump up and snuggle with you, but it is alive and needs to be treated with care. A dog needs to be fed and so does yeast. Yeast likes to eat sweet things like sugar or honey. Dogs need a bath and so does yeast. You don't want to give a dog *too* hot of a bath or you'll burn him and the same is true of yeast. Dogs like to nap and so does yeast. Yeast needs time to rest and rise. Your dog burps and farts and so does yeast! This is the dog's and yeast's way of releasing gas.

The surprise ingredient of the week: Honey!

- ★ **Honey is a Hebrew word meaning enchant.** It dates back 150 million years and is one of the world's most ancient foods. Honey is written about in hieroglyphics in caves.
- ★ **Honey is made by honey bees - the only insect in the world that make food that people can eat.** One bee will only make 1/12 tsp of honey in its entire life.
- ★ **Egyptians used honey as a form of money** (like the Aztecs used cocoa beans). Honey was fed to their sacred animals and also used as a tribute.
- ★ **Honey has an indefinite shelf life** - it can last forever if well stored because it has natural preservatives in it.
- ★ **Initially, honey was used as a culinary sweetener, but it is now also recognized as a healing ingredients in medicinal treatment.** Eating local honey, made from bees living in the same area where you live, can help you build up a resistance to pollen thereby reducing your allergies. Honey can also help heal burns or cuts on your skin.
- ★ **Honey soaks up moisture rapidly.** To make cake and cookies last longer and retain their moistness, substitute half of the sugar in a recipe with honey.
- ★ **There are many different types of honey,** which taste different depending on the flowers that bees collected nectar from to make it.

Time for a laugh!

What kind of bee is a sore loser? A cry ba-bee!

Why did the bee go to the barbershop? To get a buzz-cut!

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