



Sauces

DIPS, DRESSINGS, SALSAS & JAMS

By Beema Honey



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Introduction

These recipes are brought to you by [Beema Honey](#). Cooking is a universal language shared throughout the world and here at Beema honey we share in the culinary philosophy that the best raw materials are the basic foundations in any recipe.

These recipes are simple to use and produce dishes far better and healthier than those you would buy from the supermarket shelves.

There is a growing awareness and trend for a **Healthy lifestyle** and **healthy foods** resulting in an Increased **demand for Quality honey**. Beema Honey are proud to pair our honey with other premium quality Indonesian farm products.

Bon appétit
Beema honey

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Recipe Index

- | | | |
|-----|---|----|
| 1. | <u>Honey Lemon Curd</u> | 4 |
| 2. | <u>Strawberry Honey Jam</u> | 5 |
| 3. | <u>Mango Salsa</u> | 6 |
| 4. | <u>Honey Mustard Dressing</u> | 7 |
| 5. | <u>Creamy Parsley Sauce</u> | 8 |
| 6. | <u>Black Garlic Aioli</u> | 9 |
| 7. | <u>Honey Barbecue Sauce</u> | 10 |
| 8. | <u>Cinnamon Honey Syrup</u> | 11 |
| 9. | <u>Teriyaki Sauce</u> | 12 |
| 10. | <u>Avocado Honey Dip</u> | 13 |





Honey Lemon Curd

If you love lemons, then you are going to want to make this. Learn how to make lemon curd perfectly every time! Lemon curd is basically the lemon jam that is used on pastries, cakes, scones, and pies. Honey sweetened, with no sugar!



Time to Prepare: 10 minutes



Cook Time: 15 minutes



Serving: 1 Jar

INGREDIENTS

- 2 Lemons
- 50 gr butter
- 100gr [Cotton Blossom Beema Honey](#)
- 2 Eggs

INSTRUCTIONS

1. Grate the lemon zest and squeeze the juice. Add to a bowl and place on top of a pan of simmering water.
2. Add the butter and honey and mix until melted.
3. Beat the eggs and whisk into the mixture.
4. Continue to whisk over the heat for about 10 minutes or until thickened.
5. Strain and pour into sterilized jars.
6. Cool and refrigerate.
7. Keeps for up to 2 weeks in the fridge.

NOTES

A great alternative to jam spread on your toast in the morning or mixed into plain yogurt for an exciting zesty taste.



Strawberry Honey Jam

A delicious jam sweetened with honey to use up that strawberry harvest. Beema honey's signature Java forest honey adds that extra depth. There is nothing better than home made jam spread onto your toast in the morning.



Time to Prepare: 10 minutes



Cook Time: 30 minutes



Serving: 4 Jar

INGREDIENTS

- 1 Kg Strawberries
- 1 lemon
- 4 tspn pectin (optional)
- 300 gr [Java Forest Beema Honey](#)
- 300 gr Sugar

INSTRUCTIONS

1. Place the strawberries in a thick bottomed pan.
2. Grate the lemon zest and squeeze the juice.
3. Add together with the other ingredients to the pan.
4. Bring to the boil stirring all the time.
5. Reduce the heat and simmer for 15 minutes.
6. Skim and remove any foam that rises to the top.
7. Using a potato masher or a fork crush the strawberries.
8. Simmer for a further 15 minutes.
9. Place into sterile jars leaving 1.5 cm at the top.

NOTES

For a thicker firmer jam add 4 teaspoons of pectin at the end and simmer for 3 – 5 minutes.

Frozen strawberries can also be used.





Mango Salsa

This fresh and easy salsa is a colourful dish that is packed with juicy mangos, crunchy red onions and bell peppers, a little chili spice and cooled down with a squeeze of fresh lime juice and our fruity rambutan blossom honey.



Time to Prepare: 15 minutes



Cook Time: 0 minutes



Serving: 2 bowls

INGREDIENTS

- 150 gr mango
- 50 gr red bell pepper
- 50 gr avocado
- 30 gr red onion
- 1 tbsp [Rambutan Blossom Beema honey](#)
- 1 tspn garlic (minced)
- 2 Limes (juiced)
- 1 chili pepper (seeded and chopped)
- 1 tbsp fresh coriander (chopped)

INSTRUCTIONS

1. Cut the mango, red bell pepper and avocado into a small dice.
2. Chop the onion.
3. Combine the honey, garlic, lime juice and chili pepper.
4. Combine all the other ingredients in a large bowl.
5. Pour the dressing onto the mango mix and fold gently.
6. Lastly fold in the coriander leaves.
7. Serve with your favourite nachos.

NOTE

Can also be used on top of grilled meats such as chicken, pork or fish. Also makes a great side dish to a summer barbeque.



Honey Mustard Dressing

A simple easy to make creamy dressing that will last for weeks in the refrigerator. Better than supermarket dressings this recipe uses healthy ingredients so you can feel good about what you are eating .



Time to Prepare: 5 minutes



Cook Time: 0 minutes



Serving: 1 Jar

INGREDIENTS

- 30 gr French grain mustard
- 30 gr Cajuput cinnamon honey
- 2 cloves garlic
- 60 ml cider vinegar
- 180 ml sunflower oil
- 1 tspn Bee Pollen
- Salt & pepper to taste

INSTRUCTIONS

1. Put the mustard, honey, garlic and vinegar into a food processor and blend.
2. With the blender on slowly pour in the oil.
3. The dressing should emulsify.
4. Season and store in a sealed jar.
5. Shake well before use.

NOTE

Great on your salads but also makes a wonderful dip for roasted vegetables or baked chicken nuggets.

Supermarket dressings usually include preservatives, artificial flavourings, stabilizers, sweeteners and thickeners so this is a great healthier alternative.





Creamy Parsley Sauce

A refreshing, super creamy parsley dressing that whips up in no time. It's great over salad, in tortilla wraps or as a dipping sauce..



Time to Prepare: 5 minutes



Cook Time: 0 minutes



Serving: 1 jar

INGREDIENTS

- 1 bunch parsley
- 1 cup plain unsweetened yogurt
- 1-2 chili peppers (chopped)
- 1 tbsp [Cajuput Cinnamon Beema honey](#)
- 2 limes (juice)
- 1 clove garlic (minced)
- ½ tspn salt

INSTRUCTIONS

1. Combine all the ingredients in a blender or food processor and blend.
2. The sauce is ready to use poured over salads, grilled fish or chicken.
3. Refrigerate the sauce over night for a thicker sauce to be used as a dip for fresh vegetables or breaded strips of fish or chicken.

NOTE

Add more or less chili depending on how spicy you like it.



Black Garlic Aioli

This is our version of the classic Mediterranean dish using aged black garlic and adding extra antioxidants and health benefits. This amazing fragrant type of mayonnaise adds a real earthiness to your dishes.



Time to Prepare: 5 minutes



Cook Time: 0 minutes



Serving: 1 Jar

INGREDIENTS

- 6 cloves black garlic peeled
- 2 cloves garlic peeled
- 1 egg yolk (room temperature)
- 1 tbsp Black Forest Beema Honey
- 1 tspn lemon juice
- 1 tspn sea salt
- ½ cup olive oil
- 1 tbsp sesame oil

INSTRUCTIONS

1. With a pestle and mortar crush both garlicks to a smooth paste.
2. Add the egg yolk, lemon juice and sea salt. Mix to a smooth paste.
3. Slowly pour in the oils mixing all the time to form an emulsion.
4. You should have a mayonnaise like consistency.

NOTE

Great on your salads but also makes a wonderful dip for roasted vegetables or baked chicken nuggets.





Honey Barbecue Sauce

This sweet and tangy honey barbecue sauce goes great on anything. It has that little smokiness giving it an authentic barbecue flavour and glaze.



Time to Prepare: 5 minutes



Cook Time: 15 minutes



Serving: 1 jar

INGREDIENTS

- ½ cup tomato ketchup
- ¼ cup brown sugar
- ¼ cup apple cider vinegar
- 2 tbsp [Black Forest Beema Honey](https://www.beemahoney.com)
- 1 tspn salt
- 1 tspn smoked paprika powder
- 1 tspn garlic powder
- 1 tspn onion powder
- ½ tspn black pepper

INSTRUCTIONS

1. Combine all the ingredients in a medium pan and bring to the boil.
2. Reduce the heat and simmer for 15 minutes.
3. Remove from the heat and allow to cool.
4. Store in an air tight container for up to 2 weeks.

NOTE

Goes well with baked chicken or drizzled over shredded chicken. Delicious on hamburgers as a substitute for ketchup and also as a dip for fries and potato wedges.



Cinnamon Honey Syrup

This is a wonderful syrup that can be used in so many dishes. Pour it over your pancakes and waffles or stir into your drinks.



Time to Prepare: 5 minutes



Cook Time: 5 minutes



Serving: 1 Jar

INGREDIENTS

- 1 tsp cinnamon powder
- 3 tbsp unsalted butter
- 5 tbsp [Cajuput Cinnamon Beema Honey](https://www.beemahoney.com)
- 2 tbsp lemon juice
- $\frac{1}{4}$ cup thick cream

INSTRUCTIONS

1. Melt the butter in a sauce pan.
2. Add the cinnamon, honey and lemon juice. Stir well.
3. Slowly add the cream while stirring constantly.
4. Slowly bring to the boil and cook for 1 minute stirring continuously.
5. Serve warm over pancakes or chill and add to yogurt or drizzle over ice cream.

NOTE

This syrup is so flexible you can serve it hot or cold, it goes with fruits, cakes, biscuits and even ice cream.





Teriyaki Sauce

A wonderful tasty quick and easy sauce to make. The name Teriyaki comes from Teri meaning to shine and the Black Forest Honey in this recipe gives it an amazing glaze.. Yaki means to burn or roast.



Time to Prepare: 10 minutes



Cook Time: 5 minutes



Serving: 4

INGREDIENTS

- ½ cup tamari or soy sauce
- 3 tbsp rice vinegar or mirin
- 1 tbsp [Java Forest Beema Honey](#)
- 3 cloves garlic (minced)
- 3 tspn fresh ginger (finely grated)
- 1 spring onion (sliced)
- 1 tspn corn flour (optional)
- 1 tspn white sesame seeds

INSTRUCTIONS

1. Combine all the ingredients except the corn flour.
2. Marinade salmon or other fish for approximately 20 minutes and bake in the oven.
3. The remaining marinated can be heated and thickened with the corn flour.
4. When your fish or meat is cooked brush with the thickened teriyaki sauce.
5. Sprinkle with white sesame seeds and sliced spring onion.

NOTE

Teriyaki is a Japanese term for glazed grilled foods. Traditionally salmon and other fish but it also goes very well with meats.



Avocado Honey Dip

This is a great healthy and sumptuous dip. Great with crackers and savoury biscuits or spread onto toast.



Time to Prepare: 5 minutes



Cook Time: 0 minutes



Serving: 1 Jar

INGREDIENTS

- 1 avocado (peeled and stoned)
- 1 tbsp [Cotton Blossom Beema Honey](#)
- 1 tbsp lemon juice
- ¼ cup cream cheese

INSTRUCTIONS

1. Place all the items in a blender or food processor.
2. Blend until smooth.

NOTE

Excellent alternative to guacamole. Dip your tortilla chips in for a wonderful cool refreshing healthy snack.





Our Story

Beema Honey was built as a sustainable beekeeping enterprise that provides better health and wellbeing for all. We provide you the highest quality super food from the hive crafted with honesty and integrity while nurturing a greater awareness and support for the environment.

Beema honey is a producer and seller of award winning **premium artisan Indonesian raw honey**. All our honey is **single origin** produced on **organic plantations** and the **neighbouring forests** in Central Java, Indonesia. Far from polluted towns and traffic, pure as nature intended.



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