



Real Rwandan Spiced Honey Bread + Two Handed Honey Lemon Butter + Lemony Honey Milkshakes

By Erin Fletter

Prep Time 40 / Cook Time 15 / Serves 4 - 12

Shopping List

☐ Fresh:

☐ 2 lemons

☐ Pantry:

☐ 1 packet active dry yeast

☐ 3 1/2 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free flour)****

☐ 1 C honey

☐ 1/2 T ground coriander

☐ 3/4 tsp ground cinnamon

☐ 1/4 tsp ground cloves

☐ 1/8 tsp salt

☐ 3 T vegetable (nut-free) oil

☐ Dairy and Eggs:

☐ 1 egg ****(for EGG ALLERGY sub 1 T ground flaxseed + 3 T warm water)****

☐ 2 1/2 C whole milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****

☐ 16 oz whipping cream ****(for DAIRY ALLERGY sub 8 oz dairy-free/nut-free butter for Honey-Lemon Butter and 8 oz dairy-free/nut-free whipping cream for Milkshakes)****

Fun-Da-Mentals Kitchen Skills

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

pinch: to squeeze with two fingers to break off small pieces of a fresh herb or to collect a tiny measurement of a dried herb or spice.

pour: to cause liquid, granules, or powder to stream from one container into another.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- ☐ Oven
- ☐ Liquid measuring cup
- ☐ Large mixing bowls
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Dishtowel (clean)
- ☐ Muffin pan
- ☐ Pastry brush
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Cutting board + kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Small bowls
- ☐ Plastic container + tight-fitting lid
- ☐ Blender (or pitcher + immersion blender)

Ingredients

Rwandan Spiced Honey Bread

- ☐ 1 packet active dry yeast
- ☐ 3/4 cup warm water
- ☐ 1 egg ******(for EGG ALLERGY sub 1 T ground flaxseed + 3 T warm water—more info below)******
- ☐ 1/2 C honey
- ☐ 1/2 T ground coriander
- ☐ 3/4 tsp ground cinnamon
- ☐ 1/4 tsp ground cloves
- ☐ 1/4 tsp salt
- ☐ 1/2 C warm whole milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- ☐ 3 T vegetable oil
- ☐ 3 C all purpose flour + more for dusting ******(for GLUTEN ALLERGY sub gluten-free flour)******

Honey-Lemon Butter

- ☐ 1/2 pint (8 oz) whipping cream, room temperature ******(for DAIRY ALLERGY sub softened dairy-free/nut-free butter)******
- ☐ 1 pinch salt
- ☐ 1 squeeze lemon juice
- ☐ 1 pinch lemon zest
- ☐ 1 T honey

Lemony Honeyed Milkshakes

- ☐ 3 lemons, juiced
- ☐ 2 tsp lemon zest
- ☐ 2 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- ☐ 1/2 pint (8 oz) whipping cream ******(Omit for DAIRY ALLERGY or sub dairy-free/nut-free whipping cream)******
- ☐ 4 T honey
- ☐ 1 C ice

Food Allergen Substitutions

Rwandan Spiced Honey Bread

Egg: For 1 egg, substitute 1 T of ground flaxseed soaked in 3 T of warm water for 5 min or until fully absorbed and thickened.

Dairy: Substitute dairy-free/nut-free milk for whole milk.

Gluten/Wheat: Substitute gluten-free flour for all-purpose flour.

Honey-Lemon Butter

Dairy: For 1/2 pint or 8 oz whipping cream, substitute softened dairy-free/nut-free butter and mix in honey, lemon zest, and lemon juice.

Lemony Honeyed Milkshakes

Dairy: Substitute dairy-free milk and omit or substitute dairy-free whipping cream.

Instructions

Rwandan Spiced Honey Bread

preheat + combine + rest

Preheat your oven to 375 F. Combine **1 active dry yeast** packet and **3/4 cup of lukewarm water** in a large bowl. Let the yeast and water sit for 2 to 3 minutes. Then, stir and set aside to sit for another 10 minutes.

crack + whisk + mix

Crack **1 egg** into a large bowl. Then add **1/2 cup honey**, **1/2 tablespoon coriander**, **3/4 teaspoon cinnamon**, **1/4 teaspoon cloves**, and **1/4 teaspoon salt** and whisk everything together. Next, add **1/2 cup milk**, **4 tablespoons oil**, and the yeast and water mixture and mix again until well combined.

add + stir

Little by little, add **3 cups of flour** until the dough comes together. You want the 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 with a dishtowel to let it rest for 10 to 20 minutes.

brush + roll + bake

Brush the wells of a muffin pan with oil. Pinch off 3 tablespoons of dough at a time, roll by hand into a ball, and place into oiled muffin pan wells. Bake for 15 to 20 minutes, or until the tops are golden brown and the dough has cooked through. Enjoy with a smear of Whipped Honey Butter!

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 **1/2 pint of whipping cream** into a plastic container with a tight-fitting lid. Add **1 pinch of salt**. Cover tightly with 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 thunk and a slosh, you've made butter!

drain + stir

Drain off the excess liquid (the buttermilk). Stir in **1 pinch of lemon zest**, a squeeze of lemon juice, and **1 tablespoon of honey**.

Lemony Honeyed Milkshakes

measure + combine

Measure and combine the juice of **3 lemons**, **2 teaspoons lemon zest**, **2 cups milk**, **1/2 pint whipping cream**, and **1/4 cup honey** to your blender or a pitcher (for use with an immersion blender).

blend + add + blend

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

Featured Ingredient: Honey!

Hi! I'm Honey!

"I'm a golden, thick, naturally sweet liquid made by honeybees! My flavor varies depending on the particular flower nectar that bees carry home to their hive. Did you know I can last indefinitely? That's forever! Try squeezing or dribbling me into tea, on biscuits, toast, or fruit, and add me to desserts."

Honeybees make honey—they are one of the world's insects that makes food people can eat. An average bee makes about one-twelfth of a teaspoon of honey during its whole life.

In Spain, an 8,000-year-old cave painting in the Cuevas de la Araña (Spider Caves) depicts a person gathering honey from a beehive.

Egyptian hieroglyphs record the practice of beekeeping in ancient Egypt and honey's use as a sweetener

and as a soothing ointment for wounds. Egyptians also buried their dead with honey or used it in mummification.

Ancient Greece had its beekeepers, and references to honey also appear in ancient Indian and Israelite texts.

Honey has an indefinite shelf life—it can last forever if well stored because it has natural preservatives. It may crystallize eventually, but the crystals will melt if you warm it by putting the jar in a bowl or pot of hot water or in the microwave on low power.

People initially used honey as a culinary sweetener but now recognize it as a healing ingredient in medicinal treatment. For example, honey can help soothe a cough or sore throat and heal burns or cuts on your skin.

Eating local honey, made from bees living in the same area where you live, may help you build up a resistance to pollen, thereby reducing your allergies. However, there is not sufficient evidence for this. Infants do not yet have any resistance to the bacteria in honey, so keep it out of their diet until they are over one year old.

Honey consists primarily of fructose and other natural sugars and has insignificant amounts of vitamins and minerals, so it is wise to limit your honey intake as you do with other sugars.

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.