



Honeyed DesCAFEinada Brew

By Dylan Sabuco

Prep Time 5 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

Ingredients

Honeyed DesCAFEinada Brew

- 3 C whole milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1/3 C honey
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1/3 C water

Food Allergen Substitutions

Honeyed DesCAFEinada Brew

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

Instructions

Honeyed DesCAFEinada Brew

measure + whisk

Measure and combine **3 cup milk, 1/3 cup honey, 1 teaspoon cinnamon, 1 teaspoon vanilla extract**, and **1/3 cup water** in the skillet and bring to a simmer over medium heat. Don't allow the mixture to boil too heavily or the milk will burn.

simmer + cheers

Simmer for 10 minutes. Use a ladle to serve hot or allow it to cool and serve over ice! Salud!

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.