

Dandelion Flower Honey



This tastes quite like honey, so is a brilliant substitute for vegans or anyone else avoiding honey. I prefer using the whole dandelion head. Not only is this quicker and easier, but I think the bitterness from the green parts of the dandelion adds to the complexity of the flavour of the finished honey.

Make sure to pick the dandelions from an area that you know hasn't been treated with any herbicides or pesticides.



Ingredients: to make 400-450ml

- 125g dandelion heads, stalks removed (about 200 dandelion heads).
- 2 thin slices of lemon.
- 500ml water.
- Approximately 450g granulated sugar.

Method:

1. Put the dandelions and lemon slices in a small saucepan and pour over the water. Bring the water to the boil and let it simmer gently for a couple of minutes.
2. Remove from the heat, cover the pan and leave to steep for a couple of hours.
3. Strain the liquid through a piece of muslin or a clean tea towel to remove the dandelion heads, give it a good squeeze to get every last drop of liquid out.
4. Measure the liquid you have extracted. You should have about 450ml of liquid.
5. Put the liquid into a large saucepan and add the same amount of sugar, so if you have 450ml of liquid add 450g granulated sugar.
6. Warm the liquid and stir until all the sugar has dissolved.
7. Bring it to the boil and boil the mixture for anything from 5-15 minutes, until it thickens.
8. Test the honey frequently by taking a little bit on a spoon and putting it on a saucer or a plate, if it is thickening even a little it is ready. It will still look very liquid in the pan, but it will thicken considerably as it cools.
9. Put the mixture into a warm sterilised jar, while it is still hot. Because of the high sugar content, the dandelion syrup will keep for at least 6 months but probably much longer.