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## Creamed Honey: What It Is and How to Make Yourself Some

That moment, when you stick your spoon into that jar of honey, ready to stir it into your tea, only to find you have to chisel it out? That's crystallized honey. That moment, when you stick your knife into a jar of honey and pull out some beautifully smooth, spreadable honey for your toast? That's crystallized honey too, though we call it by another name: creamed honey. Both forms are pure honey. Both are crystallized. Both have the same nutrition profile. But for palatability, consistency, and yummy deliciousness, you can't beat creamed honey.

Known historically as "set honey," "whipped honey," or "spun honey," creamed honey is liquid honey allowed to crystallize in a controlled environment. Even though the taste of creamed honey is magical, it can be easily made at home. We recommend using a process called the "Dyce Method" for making creamed honey, named for E.J. Dyce who patented this method of creamed honey production in 1928.

To make creamed honey, you will need

- "Seed" honey, which is creamed honey purchased from your favorite apiary, or found at your local farmers' market. We recommend seed honey in a 1:10 ratio of seed honey to liquid honey, by weight.
- A means of stirring your batch long enough to fully incorporate the seed honey. For a small batch at home, a stand mixer works well. For bigger batches, we recommend a creamed honey drill, shown here. This is one of 3 drills that we carry.
- A means of heating your honey in order to fine filter it and then pasteurize it.[1]
- Containers in which you will bottle your creamed honey when you are done. You can use canning jars, or you can try these creamed honey cups or other containers we carry.

Once you've got the gear, you are ready to begin.

First, begin by heating your honey to 120°F, and then strain it to remove large impurities. Following the initial straining, heat the honey to 150°F and hold it there for 15 minutes to dissolve any crystals which have already formed, and to kill any yeasts or bacteria. Don't want to pasteurize your honey? That's fine--just be prepared for the possibility of less consistency in the final product.

Next, **cool honey as rapidly as possible.** You can set up a cold-water ice bath in the kitchen sink or even in the bathtub for a large batch, and set the container of honey in it until it cools to between 60-75°F. Adding the starter to a batch at these temps will result in a finer grained creamed honey.

Now it's time to add the seed honey. It is important **not** to incorporate air into your batch, and it's also important not to heat the honey during this process, so stir the honey slowly--do not whip it. Make sure to mix in the seed thoroughly. Your seed honey--to--liquid honey ratio should be 1:10 by weight. Less than that and your honey will crystallize at a glacial pace, or worse--it may crystallize with any larger crystals still lingering in an unheated batch of liquid honey.

Finally, it's time to bottle your creamed honey. It is really important NOT to wait to do this--otherwise, your honey will crystallize into a solid state and you won't be able to bottle it at all. (Ask us how we know this.) Once bottled, you will want to store your creamed honey at 55°F or as close as you can get to that, for one week, possibly longer, until honey has crystallized. Once it has fully crystallized, store your honey between 50°F and 70°F.

Creamed honey is magical, but one thing is certain about it--you won't need to worry about long--term storage. Once your friends and family get a taste of it, it will disappear.

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[1] *this is not strictly necessary, but will result in a more consistent final product*