

Creative Cooking

A Honey Of An Idea: Nature's Favorite Sweetener

(NAPSA)—Here's sweet news for people who love sweet and savory cuisine.

Honey can be a delicious addition to a variety of dishes. Many consider this golden sweetener a natural choice because it marries so well with both pungent and delicate flavors.

For example, the following recipe for Firecracker Shrimp combines the zesty tastes of soy sauce, garlic and ginger with the sweet nectar of honey.

When choosing honey, say experts at the National Honey Board, remember that lighter-colored honeys, such as clover and orange blossom, have a milder flavor than darker-colored varieties, such as buckwheat and avocado.

Whether you stir-fry honey into a dish, drizzle it over vegetables or spoon it over your favorite dessert, it's sure to bring a golden hue and sweet taste to every dish.

For more creative recipe ideas using honey, visit www.honey.com.

Firecracker Shrimp Serves 4

- $\frac{1}{8}$ cup honey
- $\frac{1}{4}$ cup soy sauce
- 1 Tablespoon rice wine vinegar
- 2 teaspoons cornstarch
- 2 teaspoons grated orange peel
- $\frac{1}{4}$ teaspoon crushed red pepper flakes, or to taste
- 1 Tablespoon vegetable oil
- 4 garlic cloves, minced
- 2 teaspoons minced fresh ginger
- 1 red bell pepper, seeded and chopped



Here's a sweet deal for those who love seafood dishes—delicious meals made with honey.

- 1 cup snow peas, cut into 1-inch pieces
- $1\frac{1}{2}$ pounds shrimp, peeled and deveined
- 3 green onions, cut into 1-inch pieces
- 6 cups cooked white rice, optional

In small bowl, whisk together honey, soy sauce, vinegar, cornstarch, orange peel and red pepper flakes until thoroughly mixed and cornstarch is dissolved. Set aside. Heat oil in wok or large, heavy skillet over medium-high heat.

Stir in garlic and ginger; stir-fry until fragrant, about 1 minute. Add bell pepper and snow peas; stir-fry 1 minute until crisp-tender. Add shrimp and green onions; stir-fry until shrimp just turn pink, about 1 minute. Stir in reserved soy sauce mixture; cook and stir until sauce boils and thickens. Serve over cooked rice, if desired.

Linguini With Honey-Sauced Shrimp Serves 4

- 1 pound jumbo shrimp, peeled and deveined
- $\frac{1}{2}$ cup julienne carrots
- $\frac{1}{2}$ cup sliced celery
- $\frac{1}{2}$ cup diagonally sliced green onions
- 3 cloves garlic, minced
- 2 Tablespoons olive oil
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup honey
- 4 tsp. cornstarch
- $\frac{1}{4}$ tsp. crushed red pepper flakes
- $\frac{1}{4}$ tsp. crushed dried rosemary leaves

1 pound cooked linguini pasta, kept warm

Stir-fry shrimp, carrots, celery, green onions and garlic in oil in a large skillet over medium-high heat about 3 minutes or until shrimp start to turn pink. Combine remaining ingredients except pasta in a small bowl; mix well. Add to shrimp mixture; stir-fry about 1 minute or until sauce thickens. Serve over pasta.