

Homemade Honey

This honey recipe was passed down from an Algonquin grandmother

INGREDIENTS

30 white clover blossoms
40 red clover blossoms
5 rose petals (optional)
10 cups white sugar
3 cups water
1/2 tsp powdered alum



DIRECTIONS

Boil sugar, water and alum for 5 minutes.

Pour over blossoms and let stand for 20 minutes.

Strain through cheese cloth, bottle and store

Cook's Note: "If the liquid is boiled for more than 5 minutes, it may sugar; otherwise, it won't. I have kept it as long as 2 years at a time."

Indigenous Ingredients: clover blossoms and rose petals

"Create love in the kitchen! Enter with a good mind, happy heart and clean hands!"

Kate Brant