

HONEY

MASTERCLASS

CAPILANO





THE ART AND SCIENCE OF

Taste

Hello Honey Lovers.
We're pleased to bring you the
first edition of our Capilano
Honey Masterclass.

On the following pages you'll meet our Master Honey Blender, Peter and embark on a taste adventure to discover the sweet, fruity, floral, buttery and woody tasting notes of the many honeys in the Capilano range. We're also pleased to share with you three new honeys – Bush, Coastal and Outback. These custom honey blends bring the taste of our vast Aussie landscape home to your kitchen.

Without further ado, let's start tasting!

The Capilano Honey team.

MEET OUR
MASTER BLENDER

Peter



Peter has been with Capilano for more than **40 years**, personally tasting the honeys our beekeepers deliver to us every day!

With one small taste, Pete can identify the floral origin of any Australian honey! With this expertise, he then selects the honeys that go on to become Capilano Pure Honey, our signature taste, or unique tastes such as our new Bush, Coastal or Outback honeys. He also reserves the very best single floral origin honeys for our Yellowbox and Manuka Honeys.

On the following pages you'll learn some of Pete's incredible honey wisdoms.

Enjoy

FROM HIVE TO

Home

At Capilano, we have over 800 beekeeping families who provide us with their 100% pure Aussie honey.

These farming families run independent beekeeping businesses, often dating back multiple generations. They passionately care for their hives to ensure their bees produce enough surplus honey to harvest.

The beekeepers then carefully extract the honey from their hives and send it to us at one of our three packing facilities around Australia.

When we receive the honey, we group it with other honeys of similar floral types or colours. Samples are taken for colour grading and moisture content, which are recorded by our quality control department.

These samples are taste-tested by our master honey blender, carefully packed into containers, and are then ready to be sent to your local supermarket, pharmacy or health food store.



TYPES OF

Honey

Australian Honey can be generally classified into two categories:

01 SINGLE FLORAL ORIGIN HONEY

02 MASTER BLENDED FLORAL HONEY

01 SINGLE FLORAL ORIGIN HONEY

This type of honey is made by bees that forage nectar of single flower types such as Yellow Box, Red Gum or Macadamia. See more examples below.



Aussie bees forage Yellow Box or Manuka flowers to create these seasonal, single floral source honeys.

MACADAMIA



FLOWERING

Abundant macadamia groves the in Wide Bay Coast (NSW) flower throughout spring with sweetly scented white or pink cascading blooms.

FLAVOUR PROFILE

A nutty flavoured honey with lingering malted-caramel overtones and light floral notes.

RIVER RED GUM



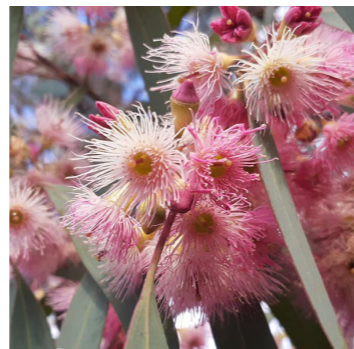
FLOWERING

Across Australia's river systems, creeks and billabongs, River Red Gum (*E. camaldulensis*) flourishes. Particularly prominent along the Murray River, its beautiful white or red flowers bloom bi-annually in spring and summer.

FLAVOUR PROFILE

A clear golden coloured, smooth flavoured honey with deliciously rich toffee undertones.

IRONBARK



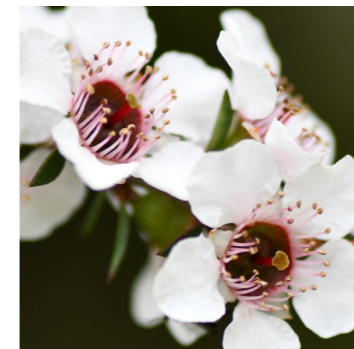
FLOWERING

Ironbark refers to several different eucalyptus species, commonly categorised as either red or grey ironbarks. Most species flower every 2 - 3 years from autumn into spring in varying colours.

FLAVOUR PROFILE

Generally extra light amber in colour, ironbark honeys are known to have a mild, sweet flavour.

LEPTOSPERMUM (MANUKA)



FLOWERING

Comprising 85 of the 87 known species in the world, Australia's Manuka (*Leptospermum*) flowers throughout the year in varying colours from white, cream, pink, fuchsia and crimson.

FLAVOUR PROFILE

Manuka honey is known for its deliciously rich, caramel flavour with herbaceous undertones.

MALLEE



FLOWERING

50% of Australia's eucalyptus trees are known as 'Mallee'. Green, White, Red, Stoney, Big Cup, Yorrell (to name a few) typically bloom every 2 - 5 years.

FLAVOUR PROFILE

Ranges from extra light to medium amber with butterscotch notes, to a dark honey that has distinct and strong earthy undertones.

BLOODWOOD



FLOWERING

Bloodwood refers a range of corymbia species, including red, pink, yellow, white, brown, long-fruited, swamp and desert varieties. They produce big, showy white or pink flowers every 2 - 3 years.

FLAVOUR PROFILE

Bloodwood honeys typically have a rich caramel flavour and silky, luscious texture.

TYPES OF HONEY CONTINUED.

02 MASTER BLENDED FLORAL HONEY

Just like a fine wine or perfume, Pete, our Master Honey Blender selects single floral origin honeys and melds them into unique honey tastes. These tastes can include:

Custom Floral Blends:

Single floral origin honeys are custom blended to create a particular taste profile, such as the smooth rounded taste of Capilano Pure Honey. Our flagship honey is a blend of premium eucalypt honeys and ground flora to create a smooth, caramel, fruity and floral honey with supporting herbaceous notes.

Seasonal Floral Blends:

Aussie bees roam far and wide to forage many different types of in-season flowers. Sometimes honeys will be a blend of different floral sources, because the bees have moved around to lots of different flowers in bloom. This means the taste can vary season to season, depending where they have been foraging. It's nature's flavour lucky dip!



Capilano Pure Honey.

Our iconic taste for more than 60 years, is a custom floral blend.



Capilano Bush, Coastal and Outback Honeys.

Salty, buttery and fruity, our new Aussie tastes range is for honey lovers and taste adventurers.



Honey

TEXTURES



LIQUID / 'RUNNY' HONEY:

Fresh the hive, liquid honey is commonly found in squeeze packs, jars, pails or pouches. The naturally occurring sugars in the honey remain dissolved and in a clear, liquid format, when stored at room temperature.



CREAMED HONEY:

Also a 100% pure honey, creamed honey is made by cooling liquid honey until small crystals are formed, and then gently whipping the honey to trap small air bubbles, creating a creamy, thick texture.



HONEYCOMB:

Pure beeswax honeycomb is harvested from the hive without separating the honey from the wax. The honeycomb 'cells' hold the honey which is kept fresh by a wax outer coating created by the bees.

Help my honey has crystallised!

Never fear, this is a completely normal, natural part of what makes honey, honey! During storage, especially at cold temperatures, the natural sugars in honey 'un-dissolve' from the honey and start to turn into natural sugar crystals.

How to fix crystallised honey:

Simply stand your closed jar of honey in a bath of warm water. The heat will help the honey crystals dissolve and your honey will become liquid again. Sweet!





INTRODUCING

OUR

HONEY TASTING
MASTERCLASS

CAPILANO



Set up

1. Prepare a table in a room with natural light and comfortable room temperature. Ensure you have:
 - Clear tasting cups and white paper, or small white bowls.
 - Pencils
 - Room temperature water
 - Apple slices
 - Wooden tasting spoons or sticks
2. Place honey in individual tasting bowls on sheets of white paper or into small white ceramic bowls.
3. Organise bowls in order or colour, from lightest to darkest making sure you use stickers or full product packs to keep track of which honey is which.

Tips

- The aroma and taste of honey will be easier to detect if your honey samples are at room temperature. If it is a cold day, allow your honey container to warm in your hand before tasting.
- When tasting, allow the honey to sit on your tongue and observe how the flavours develop. Take a second sample if you're unsure of the flavours.
- Some honeys will have a 'shortness' of flavour that disappears quickly after tasting and others a 'lingering' taste that stays for some time after tasting.

Our perception of taste is influenced by

- Time of day
- Food and drinks consumed together
- Genetics
- Age
- Gender
- Smoking status
- Overall health status
- Alcohol consumption
- Medication
- Noise
- Lighting (natural vs UV light)
- Altitude (sea level or in the sky)



IT'S TIME TO *Taste*

1. CHECK COLOUR

Gently move the bowl around to evaluate the colour and texture of the honey. You may use your spoon to lift the honey to observe its drizzle and thickness.

2. TASTE

Start tasting from lightest coloured honeys to darkest. Use a wooden spoon or tasting stick to take a small sample and taste. Allow honey to dissolve in your mouth to experience the taste and aroma compounds that create the sensation of 'flavour.'

3. REFRESH & REPEAT

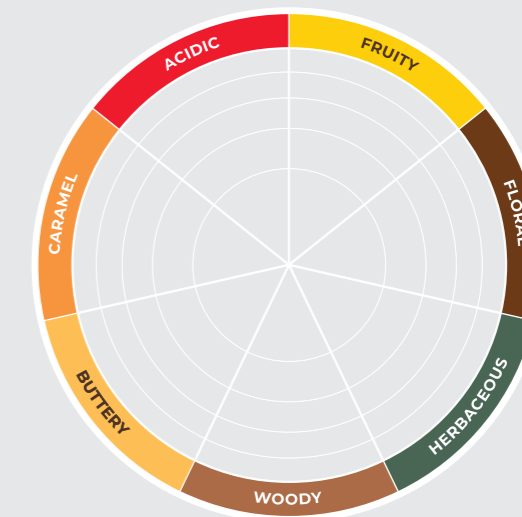
Cleanse your palette with a small piece of apple and water before proceeding to the next darkest coloured honey in the arranged bowls.

Tasting SHEETS



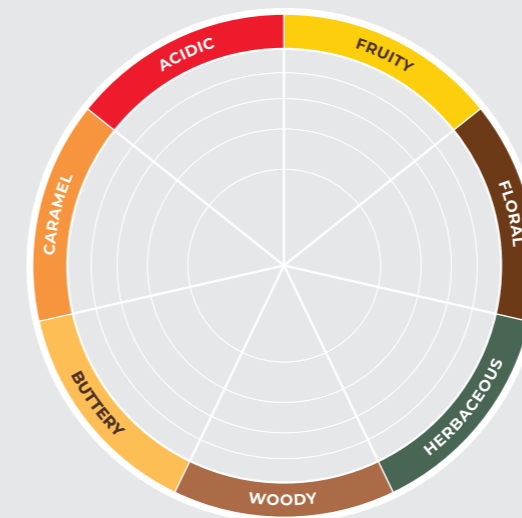
Can you identify any of the following tastes or aromas? Mark them up on the wheels opposite by colouring in the relevant sections.

- FRUITY** > Berry, Citrus, Dried Fruit, Tropical Fruit
- FLORAL** > Jasmine, Orange Blossom, Rose, Lavender
- HERBACEOUS** > Mint, Clover, Thyme, Aniseed, Tannic, Tea
- WOODY** > Beeswax, Oak, Coffee, Ash, Smokey, Burnt
- BUTTERY** > Milky, Creamy, Nutty, Toasted
- CARAMEL** > Chocolate, Vanilla, Maple, Butterscotch, Molasses, Cotton Candy
- ACIDIC** > Citrus, Vinegar, Refreshing



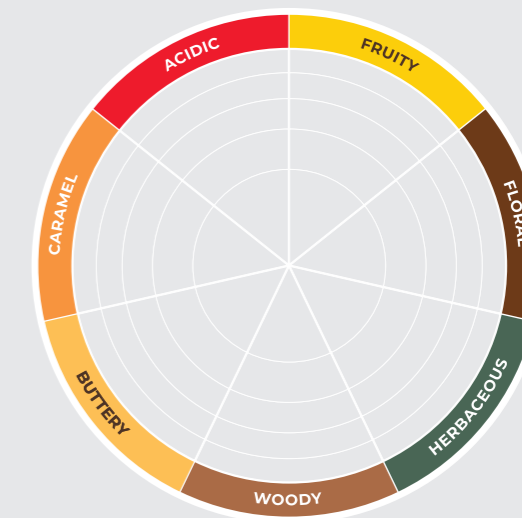
Honey Name: _____

Tasting Notes: _____



Honey Name: _____

Tasting Notes: _____



Honey Name: _____

Tasting Notes: _____

TASTING NOTES – CAPILANO PURE HONEY

SMOOTH, SWEET AND BALANCED

Generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

WAYS TO ENJOY

TOAST

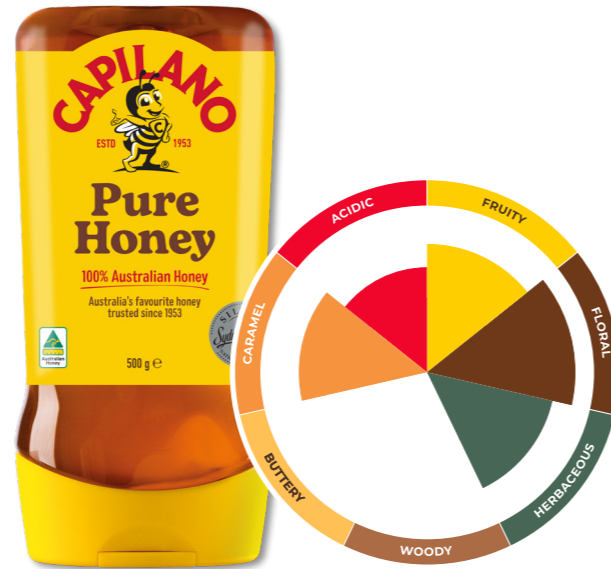
There's a reason Capilano on toast with butter tastes so good – it's our perfect harmony of fruity, floral and caramel notes, with a gentle amount of acidity to make the flavours really sing!

WEETBIX

The warm, malty flavours of Weetbix are the perfect partner to creamy milk and this honey's fruity, floral taste.

BAKING

For bakes with a mild honey flavour, Capilano pure honey is ideal. You can learn more about how to swap from sugar to honey in your baking [here](#).



TASTING NOTES – AUSSIE BUSH HONEY

BUTTERY, SILKY AND BOLD

Travel to Australia's native bushlands, where amongst the call of Kookaburras and Koalas grow trees such as Stringybark, Ironbark, Yellow Box, and Gum that our bees forage to create this uniquely Australian honey.

WAYS TO ENJOY

CRUMPETS

With a rich buttery flavour, our Bush Honey is a dream for home made crumpets and lashing of butter. Comfort at its finest!

MILKSHAKES

The fruity, floral notes of this honey will linger in the perfect honey and vanilla milkshake.

PANCAKES

Enjoy the buttery, caramel taste of this honey with [banana pancakes](#) or waffles!



TASTING NOTES – AUSSIE OUTBACK HONEY

FRUITY, CARMEL AND SMOOTH

Travel to Australia's outback, where ancient river systems, creeks and billabongs grow trees such as Mallee, Yapunyah, Bimble Box and Gum that our bees forage to create uniquely Australian honey.

WAYS TO ENJOY

PORRIDGE

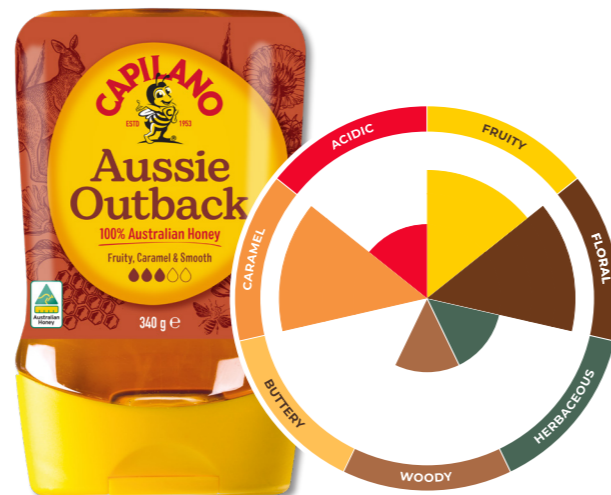
Squeeze the rich caramel taste of Outback Honey into your [creamy porridge](#) or bowl of muesli.

COOKING

Robust and fruity, this honey holds up to other strong flavours in casseroles and stir-fries or [honey mustard sausage rolls](#).

SWEET TREATS

For a distinct honey-flavoured treat, this honey's floral and caramel notes are perfect for [honey macadamia caramel slice](#) and [vanilla custard slice](#).



TASTING NOTES – AUSSIE COASTAL HONEY

SWEET AND A LITTLE SAVOURY

Travel to Australia's pristine coasts, where salty bushlands and sun-kissed shores grow trees such as Ironbark, Bloodwood, Gum and Coastal Mangroves that our bees forage to create uniquely Australian honey.

WAYS TO ENJOY

CHEESE

The unique salty-savoury notes of our Coastal Honey make it ideal with cheese – from grazing platters to honeyed haloumi.

DRESSINGS

Not too overpowering or sweet, this honey adds a gentle caramel and acid note to [salad dressings](#) such as honey mustard, green goddess, or raspberry vinaigrette.

AVOCADO TOAST

Add lovely buttery and floral honey notes to your morning [avocado toast](#). Add chilli flakes or goat's cheese for an extra twist!



TASTING NOTES – YELLOW BOX HONEY

FLORAL, FRUITY AND WONDERFULLY LUXURIOUS

Capilano Yellow Box Honey is made by Aussie bees that have foraged the flowers of the native Eucalyptus melliodora trees.

WAYS TO ENJOY

TEA

Intensely fruity and floral, Capilano Yellow Box Honey gives a whole new meaning to the perfect cup of tea with honey.

DESSERTS

The buttery, fruity notes of this honey, combined with pleasing acidity make it ideal to enjoy with cream-based desserts such as mango, pavlova or saucy puddings.

SCONES & BUTTER

Warm scones, lightly salted butter and a drizzle of this honey's rich fruity taste, one of life's greatest pleasures!



TASTING NOTES – ORGANIC RAW HONEY

SMOOTH, SWEET AND FRAGRANT

Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests. It is just as nature intended.

WAYS TO ENJOY

FRESH BREAD

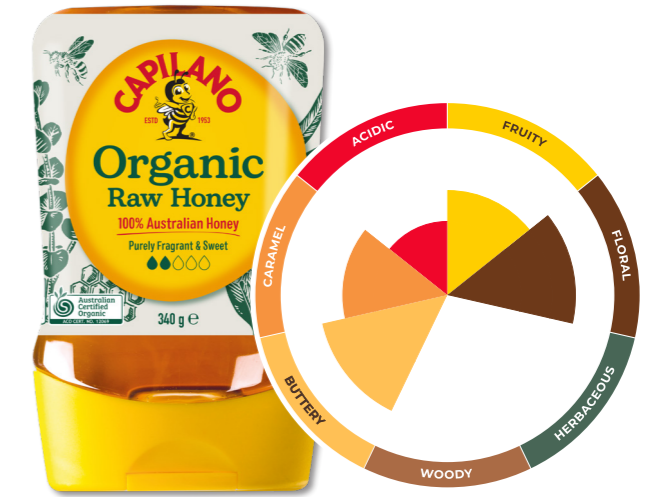
Buttery and floral, the taste of this honey shines on fresh, warm bread with a little butter.

YOGHURT

Enjoy the fruity caramel taste swirled into yoghurt, the creamy tang of yoghurt will complement beautifully.

SMOOTHIES

This honey is ideal for smoothies when you want a characteristic honey taste and natural sweetness.



TASTING NOTES – NON-ACTIVE MANUKA HONEY

DISTINCTLY RICH, MALTY AND SMOOTH

Capilano Manuka Honey is made by Aussie bees that have foraged native *Leptospermum* (Manuka) flowers. This non-active variety of Manuka honey is a favourite amongst honey lovers looking for a bold, rich taste.

WAYS TO ENJOY

COFFEE

Rich in caramel taste, Non-Active Manuka honey is an indulgent natural sweetener for your coffee. Why not try a Manuka latte!

MARINADES

The bold herbaceous, caramel notes of this honey make it ideal for marinades, sauces and glazes.

ROASTED VEGETABLES

Caramel, woodiness and a moderate acidity make this honey lovely for roasted carrots, hasselback pumpkin or honey bacon roasted potatoes.



TASTING NOTES – LIGHT & SMOOTH HONEY

FRAGRANT, BUTTERY AND DELICATE

Capilano Light & Smooth Honey is crafted by our master honey blender, who takes premium Australian floral honeys and expertly melds them into this delicate taste experience.

WAYS TO ENJOY

CEREAL

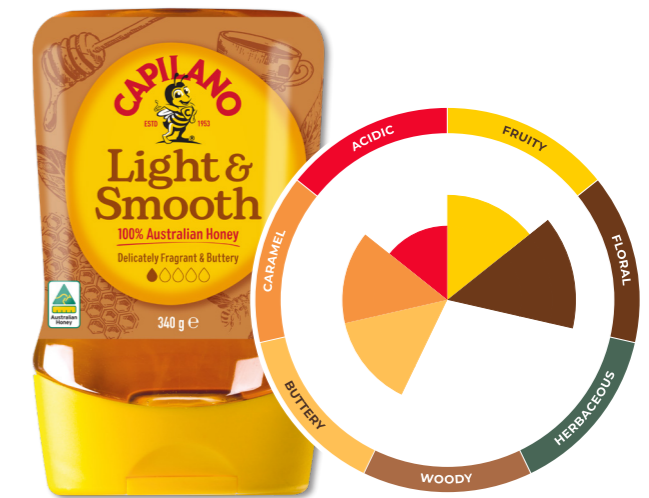
The delicate aromatics of this honey complement the earthy nuttiness of cereals such as granola and Weet Bix.

FRUIT

The caramel, buttery taste of this honey makes it a perfect match for apples, pears, berries and stone fruits.

KIDS SNACKS

Mild in taste, kids will love this honey on toast, crumpets and rice cakes.





DISCOVER CAPILANO HONEY

QUALITY GUARANTEE

It's what we don't do that makes our honey, Australia's favourite honey.

Our honey is unchanged, unspoilt, unadulterated - completely natural, beekeeper-sourced, pure Australian honey.

To bring you this world-class nutritious honey, our beekeepers spend long hours driving between apiary sites, checking hives and collecting honey-filled combs, to

give their bees the best in-season flowers to forage upon.

All Capilano beekeepers produce, extract and store their honey in compliance with our audited Quality Assurance program.

And our process isn't complete without regularly testing our honey for utmost purity. We're proud to bring families only the best, 100% pure Australian honey.

100% AUSTRALIAN HONEY FROM HIVE TO HOME

From the world's healthiest honey bees*

Capilano honey is rich in flavour thanks to our bees - arguably the healthiest in the world. Australia is largely free from major pests and diseases seen in other bee populations around the globe, so our bees produce full flavored honey with natural enzymes, trace minerals and vitamins.

**Source: CSIRO, Issue 215
Agriculture, Biosecurity, January 2016*

Pristine floral diversity

Australia's sun-drenched, rugged country has floral diversity – unmatched anywhere else on earth - perfect for happy, healthy bees. To support the nutritional requirements of the colony, Capilano beekeepers move the hives to various naturally rich and diverse environments. This allows bees to forage on a range of flora, with much of our honey supply coming from the Eucalypt tree varieties.



Hive-ripened and hand harvested

All Capilano sourced honey is naturally dried by the bees and ripened in the hives. Once ready, the honey is collected by hand, carefully extracted from the frames and sent to Capilano where we quality test and pack the honey.

BPA free packaging

Packaging for Capilano honey is BPA free and we're signatories to the Australian Packaging Covenant plan, which aims to reduce the impact of packaging on our environment.



For our generation and the next

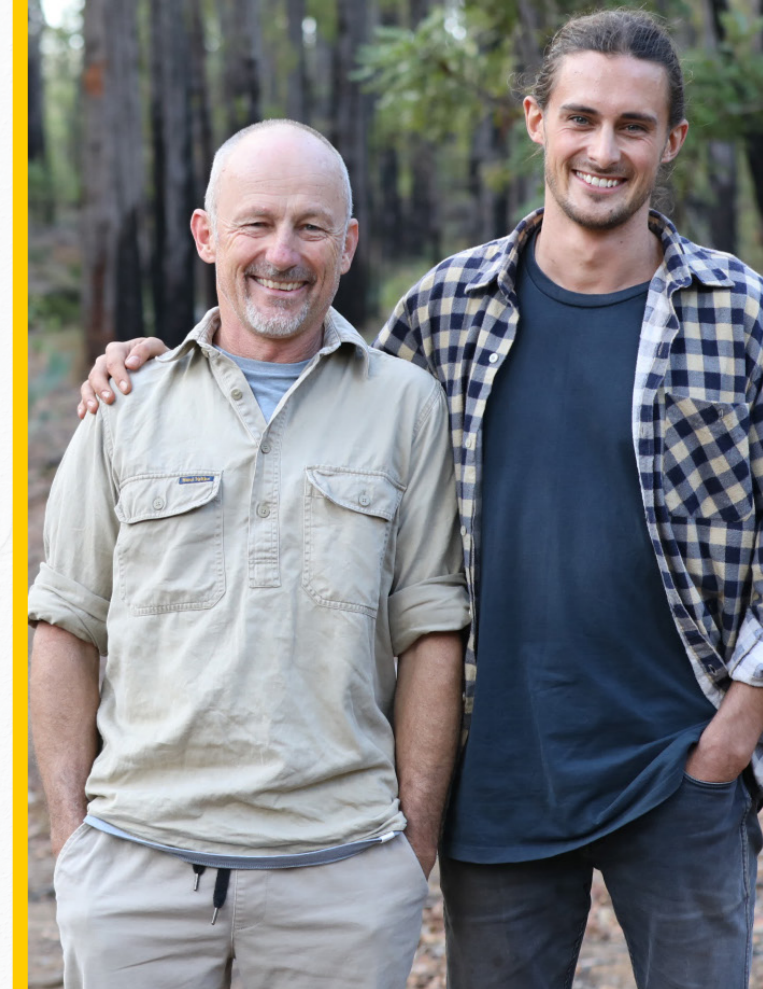
We're 100% committed to a sustainable apiculture industry and the next generation of beekeepers – Australia depends on it. Without Aussie beekeepers and their bees, our food supply and natural environment would be severely impacted. We're leading our industry towards sustainability by nurturing the next generation of beekeepers, investing in critical scientific research, and sharing our knowledge of evolving beekeeping and business practices.

State-of-the-art testing

We test, test, test and test again. To create Australia's purest honey, we test for colour, moisture, flavor, pesticides, antibiotics, adulterants and other residues. Our honey is verified 100% pure by independent, world-leading laboratories.

It's also tested for microbial and chemical residues through our SciTest lab, a state-of-the-art laboratory commissioned by Capilano - the only one of its kind in Australasia.

Working with Government, regulatory bodies, and commercial laboratories, SciTest ensures accuracy and maintains best practice compliance for our analytical methods in testing honey.





DISCOVER *More*

HONEY BAKES RECIPE EBOOK

Whether you're the bake-from-scratch type or juggling a house full of hungry kids, teens and partners, we've been in the Capilano test kitchen creating a collection of one bowl, refined sugar free, gluten free and downright delightful honey-filled recipes for you to add to your 'must bake' list!



Your ultimate guide to making the sweet switch to honey, nature's sweet superfood!

SAUCES & MARINADES EBOOK

Often overlooked, but a fantastic addition inside your fridge door – don't underestimate the power of homemade condiments sweetened with Capilano honey. These versatile little recipes will become staples in your cooking, barbecuing and meal-prepping.



Elevate your meals with these simple flavour-packed recipes and keep them on stand-by in your fridge!

HONEY 
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HANDBOOK 2022
