

The Little Book of

Sauces & Marinades



**DRIZZLE, POUR, DIP, GLAZE AND
MARINADE WITH FLAVOUR IN EVERY MEAL.**



HOMEMADE DELIGHTS

Hello honey lovers, welcome to Sauces and Marinades! A collection of mouthwatering mixtures you can drizzle, glaze, dip, coat and drip over just about anything (promise!)

Often overlooked, but a fantastic addition inside your fridge door - don't underestimate the power of homemade condiments.

Keep them on hand for:

- Events
- Quick mid-week meals
- Family spreads packed with the caramel sweetness of Capilano honey.

Plus, these recipes are super versatile, customisable and can be whipped up in no time to make your meals sing.

Whether it's the scoop of a post-soccer practice carrot stick, the careful glaze of the family Sunday roast, the triumphant coating of your weekend catch, or the side-eyed dip of a mid-movie snack, this book has all the flavour that only made-with-love sauces can bring.

Invite your friends over, prep your best platter, and get ready for the compliments, because these fuss-free sauces and marinades are sure-fire winners.

~ The Capilano Honey team.

[#OozesAustralia](#) [#HoneyLovers](#)

WHAT YOU'LL FIND INSIDE

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5 MINUTE RASPBERRY HONEY MUSTARD DRESSING

A vibrant dressing or sauce that will brighten any meal! Serve drizzled over a nourishing salad, onto a leftovers sandwich, or serve with barbecued meats including chicken, pork or steak.

serves 4-6 | prep 5 mins

- 150g Raspberries, fresh or frozen
- 2 tsp Capilano Pure Honey
- 2 tsp Dijon mustard
- 2 tsp red wine vinegar or apple cider vinegar
- ¼ cup extra virgin olive oil

1 Combine all ingredients in a blender and pulse until smooth. Alternatively, in a medium bowl mash raspberries with a fork until smooth.

2 Add honey and mustard and mix until a smooth paste forms. Whisk in vinegar and olive oil until smooth.

3 Store in a jar or airtight container for up to 3 days. Suitable for freezing in an airtight container or jar for up to 3 months.

PAIR WITH

SWEET POTATO AND WILD RICE SALAD

This main-meal salad is a melding of texture, flavour and nourishment your body will love. Save old jars for your homemade raspberry dressing to match!

serves 2 | prep 30 mins

- 1 medium sweet potato, peeled and cut into 1.5cm cubes
- ½ tbsp Capilano Pure Honey
- ½ tbsp extra virgin olive oil
- 1 ½ tsp dukkah
- 1 cup cooked wild rice (cooked in vegetable or chicken stock)
- 2 cups wild rocket leaves
- ½ granny smith apple, thinly sliced
- 2 tbsp toasted walnuts
- 50g dried cranberries and blueberries
- 50g Greek feta, crumbled
- 1 tbsp pepitas

1 Preheat oven to 180°C. Warm the honey up in short bursts in the microwave. When runny, combine with the olive oil and dukkah and then toss through the sweet potato.

2 Transfer sweet potato to a lined baking tray and bake for 12 minutes. Turn sweet potato over and bake for another 12 minutes or until sweet potato is completely cooked and golden.

3 Combine salad dressing ingredients in a bowl and whisk with a fork until creamy and well combined.

4 Combine sweet potato, rice, rocket, apple, dried fruit, feta and walnuts in a salad bowl, drizzle with the dressing and serve immediately.



PAIR WITH

SUPERGREENS SALAD

Could there be a more beautiful way to eat your greens?! Whether you enjoy this gorgeous salad with lean fish, tofu or meat, one thing is for sure – you'll love the rich, broccoli and honey-packed dressing paired with it.

serves 4 | prep 30 mins

- 6-8 asparagus spears, ends trimmed and shaved with a peeler
- ½ cup frozen peas, thawed and blanched
- 1 large Lebanese cucumber, thinly sliced
- 2 cups green leaves of choice (we used mixed lettuce, but you can use kale, spinach etc.)
- 50-80g snow pea shoots, to serve
- 1 tbsp hemp seeds, to serve
- 2 tsp sunflower seeds, to serve

1 In two salad bowls arrange the salad ingredients and then top with the dressing. Add the pea sprouts, sunflower seeds and hemp seeds to serve.

MAGICAL GREEN SAUCE

Nutrient-rich broccoli is the not-so-secret ingredient in our magical green sauce. This recipe also doubles as a delish pasta sauce! Simply reserve ¼ cup pasta water to thin, stirring through when ready to serve. It's also excellent with grilled chicken, fish, and vegetarian dishes alongside crumbled goats cheese.

serves 4-6 | prep 15 mins

- 1 head broccoli, florets and stem
- 1 handful baby spinach leaves or rocket leaves
- 1 cup basil leaves
- Juice of 1 lemon
- 1 tbsp Capilano Pure Honey
- 100g parmesan cheese
- Salt and pepper, to taste
- 60-80ml extra virgin olive oil
- 1 tsp fresh or ground chilli (optional)

1 Roughly chop broccoli including stem, and steam until tender. Place in food processor or blender along with all other ingredients except for olive oil and blitz for 1 minute. Gradually add olive oil while processor is running and pulse until smooth or your desired texture is achieved.

2 Store in a jar or airtight container for up to 3 days.



CREAMY GARLIC TAHINI SAUCE

You'll want to add this sauce to EVERYTHING. The creamy Greek Yoghurt and Tahini create liquid gold, with the honey, lemon and garlic balancing out into a medley of flavours. If you like things extra garlicky don't be afraid to throw in a few extra cloves.

serves 4-6 | prep 5 mins

3 tablespoons tahini
2 tbsp Capilano Pure Honey
1 cup Greek-style yoghurt
2 tbsp lemon juice
1-2 tbsp extra virgin olive oil
1 tsp or whole clove garlic, crushed
Salt and pepper, to taste

1 In a medium bowl, combine tahini and honey and mix until smooth – add a teaspoon of the yoghurt or lemon juice to assist. Gradually add yoghurt, lemon juice, olive oil to mixture until a smooth sauce is formed. Add garlic, salt, pepper and mix well.

2 Store in a jar or airtight container for up to 14 days.



PAIR WITH

HONEY AND HAZELNUT HASSELBACK PUMPKIN

Warm, toasty and golden honey-glazed, say hello to your new favourite honey-roasted pumpkin! Comfort at its finest, this stunning side dish is easier than it looks, and you'll be rewarded with oohs and aaahs when you bring it to the table.

serves 2 | prep 10 mins | cook 50 mins

1 medium butternut pumpkin
10-12 fresh sage leaves
25g unsalted butter, melted
2 tbsp Capilano Pure Honey
1 tbsp Dijon mustard
1 tsp chopped fresh thyme
Sea salt flakes and cracked pepper
65g hazelnuts, roughly chopped
1 whole garlic bulb, halved

1 Preheat oven to 180°C (fan forced). Line a baking tray with baking paper.

2 Slice pumpkin in half lengthways, remove seeds with a spoon and peel skin with a potato peeler. Place pumpkin halves cut side down on a chopping board and slice across the pumpkin, taking care not to cut all the way to the board. Repeat down the length of the pumpkin approx. 3-5mm apart. TIP: Use a chopstick placed either side of the pumpkin half to stop your knife so it doesn't cut all the way through.

3 In a small bowl, combine the melted butter, honey, Dijon and thyme leaves, mix well. Place pumpkin and garlic on a prepared oven tray and brush with honey mixture. Insert sage leaves into some of the cuts in the pumpkin halves and sprinkle both halves with salt and pepper.

4 Bake for 50 minutes, then top the pumpkins with the hazelnuts and bake for a further 5 minutes until the hazelnuts are golden and the pumpkin is fork-tender.



PAIR WITH

FRIED GOAT'S CHEESE BALLS

If you've never tried a honey and warm, gooey cheese combo before, then we have a treat for you! Creamy balls of goat's cheese are panko-crumbed and lightly fried - ready to dip in our very own smoky capsicum sauce.

serves 4-6 | prep 30 mins | cook 2-3 mins

300g firm goat's cheese (we used Meredith Dairy goat's cheese)
½ cup plain flour
2 eggs, beaten
1 tbsp milk
¼ tsp sea salt flakes
2 cups panko breadcrumbs
2 tbsp finely chopped continental parsley
Rice bran oil, for frying

1 Prepare 3 shallow bowls: In the first, add flour, the second add egg, milk and salt; in the third add panko breadcrumbs and parsley.

2 Wearing rubber gloves, roll tablespoons of goat's cheese into even-sized balls. Roll each cheese ball in the flour, then dip in the egg mix and dredge in the panko crumb.

SMOKEY CAPSICUM SAUCE

Smokey char-grilled marinated capsicum, honey, almonds and garlic = your new favourite sauce. With a delectable bite, this sauce pairs perfectly with cheese for snacking. It's also ideal with grilled chicken, pan-fried salmon, or served alongside vegetable dishes.

serves 2 | prep 5 mins

1 x 330g jar char-grilled marinated capsicum (approx. 200g capsicum)
2 Roma tomatoes
1 cup almonds
¼ cup extra virgin olive oil
1 tbsp Capilano Pure Honey
1 tsp or whole clove garlic, crushed
2-3 tsp sherry vinegar, apple cider vinegar or lemon juice
Salt and pepper, to taste

1 In a food processor, combine drained capsicum with all ingredients. Pulse until a semi-smooth paste is formed.



HONEY WALNUT PESTO

A staple recipe for any home cook! This twist on a classic green pesto employs honey for some added sweetness. Perfect for using as a dip, pasta sauce, or over barbecued prawns, fish and veggies.

serves 4-6 | prep 15 mins

3/4 cup walnuts
1 tbsp Capilano Pure Honey
2 cups basil leaves
1 cup parsley leaves
3 cloves garlic
Juice of 1 lemon
1/2 cup extra virgin olive oil
Sea salt and pepper, to taste

1 In a small fry pan, toast walnuts until golden and fragrant. Allow to cool.

2 Place all ingredients except olive oil in a food processor and pulse to combine until it forms a coarse crumble. Continue to blend and in a steady stream, add olive oil to processor, mixing until a smooth paste forms. Taste and adjust seasoning if desired.

3 Transfer to jars or airtight containers. Keep chilled for up to 2 weeks or frozen up to 3 months.



PAIR WITH

HONEY GRILLED PRAWNS

Nothing quite says 'party' like prawns on the barbecue. Topped with a generous spoonful of homemade pesto - each tasty morsel will disappear in a flash, just add sunshine!

serves 4-6 | prep 20 mins | cook 2-3 mins

24 extra large green Australian prawns
100g butter, softened
2 cloves garlic, crushed
1 bunch coriander, finely chopped
Zest of 1 lime
Sea salt and pepper, to taste
Lime wedges to serve

1 Without peeling the prawns, butterfly them by cutting down from the top leaving the base still attached. Open the prawn, clean out the prawns and set aside.

2 Mix together softened butter, garlic, coriander, lime zest, salt and pepper until well combined. Spread butter over the prawn meat and place prawns on a tray. Pre-heat a hot grill and cook prawns for 2-3 minutes until golden and cooked through.

3 Serve with honey walnut pesto and a brush of warmed Capilano honey.



Cooking with HONEY



Like wine, cocoa and coffee, the taste and profile of honey depends on which flowers the bees have visited and collected nectar from.

Capilano honey is created by bees that forage on the flowers of Eucalypt, Yellow Box, Macadamia, & Manuka trees to name a few!

This diversity of honey flavours means you can experiment in the kitchen, especially for savoury recipes!

Here are a few tasting notes from some of our range & ways to make the most of them in your recipes.

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

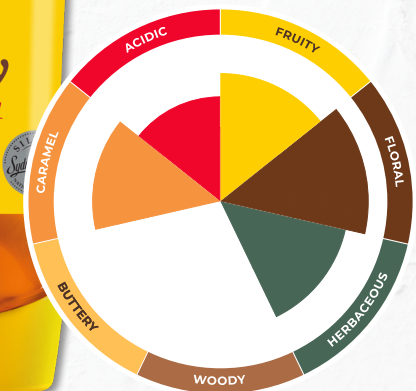
There's a reason Capilano on toast with butter tastes so good – it's our perfect harmony of fruity, floral and caramel notes, with a gentle amount of acidity to make the flavours really sing!

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 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 – AUSSIE OUTBACK HONEY

FRUITY, CARAMEL 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

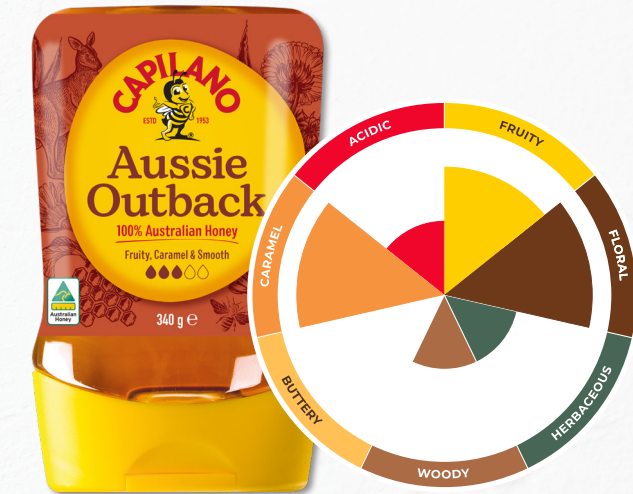
Squeeze the rich caramel taste of Outback Honey into your creamy porridge or bowl of muesli.

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 – 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, hassleback pumpkin or honey bacon roasted potatoes.



MARINADE IT

HONEY MUSTARD MARINADE

Is there anything better than sweet, creamy honey mustard sauce? Drizzle on salads, use it as a marinade for chicken, or dip your favourite bite-sized snacks straight in!

serves 4-6 | prep 15 mins

90g (¼ cup) Capilano Pure Honey
2 tbsp Dijon mustard
½ tsp sweet paprika
½ tsp each, sea salt and black pepper
½ tsp crushed garlic
2 tsp red wine or apple cider vinegar
1 tbsp extra virgin olive oil

1 In a medium bowl, combine all ingredients and mix until smooth. Transfer to jars or airtight containers and store for up to 3 weeks.

PAIR WITH

RECIPE SUGGESTION:

1 In a medium bowl or casserole tray, combine 1kg chicken breast or tenderloin fillets with honey mustard marinade, mixing well. Cover and chill for at least 30 minutes or up to 24 hours. When ready to cook, preheat BBQ or frypan and cook 4-5 minutes each side until golden and cooked through.

ALL-HONEY TERIYAKI MARINADE

You can never go wrong when it comes to Teriyaki. This sticky-sweet and rich marinade (or sauce) is worth making from scratch, trust us.

serves 4-6 | prep 10 mins | cook 10 mins

½ cup water
90g (¼ cup) Capilano Pure Honey
¼ cup pineapple juice
¼ cup soy sauce
2 tbsp rice vinegar
2 tbsp garlic, crushed
1 tbsp ginger, crushed

1 In a small saucepan over medium heat, combine all ingredients and bring to a simmer. Cook to reduce the liquid for 8-10 minutes, whisking constantly to prevent burning.

2 Remove from heat and transfer to jars or an airtight container. Sauce will keep for up to 4 weeks.

3 In a medium bowl or casserole tray, combine 1kg chicken thighs, halved, or tenderloin fillets with ½ cup of teriyaki marinade, mixing well. Cover and chill for at least 30 minutes or up to 24 hours. When ready to cook, thread chicken onto pre-soaked skewers, preheat BBQ or frypan and cook 4-5 minutes each side until golden and cooked through. Serve with remaining teriyaki sauce brushed onto chicken or as a dipping sauce.

Use in a stir-fry: This sauce is excellent in stir-fry dishes. Simply use in place of store-bought sauces, or drizzle over stir-fried chicken or vegetables when ready to serve.

SPEEDY PEANUT SATAY MARINADE AND SAUCE

This sauce perfectly balances sweet and salty. Use it as your go-to marinade, as a dipping sauce, on noodles or even as a salad dressing. The options are endless (and easy to alter to your liking too).

serves 4-6 | prep 10 mins | cook 5 mins

6 tbsp smooth peanut butter
3 tbsp red curry paste
400ml coconut milk
1 tbsp Capilano Pure Honey
1 tbsp lime juice
1 tsp fish sauce

1 In a small saucepan over low heat, combine peanut butter and curry paste heating until soft, approximately 1 minute. Add coconut milk, lime juice, honey and fish sauce, mixing well to combine. Remove from heat and store in jars or an airtight container for up to 4 weeks.

PAIR WITH

RECIPE SUGGESTION:

1 In a medium bowl or casserole tray, combine 1kg chicken thighs halved, or tenderloin fillets with half of satay marinade, mixing well. Cover and chill for at least 30 minutes or up to 24 hours. When ready to cook, thread chicken onto pre-soaked skewers, preheat BBQ or frypan and cook 4-5 minutes each side until golden and cooked through. Serve with remaining satay marinade as a dipping sauce, garnish with extra peanuts and coriander, if desired.





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