



Homemade Honeycomb

50 minutes

Hands on

Family

Portion(s)

2

Difficulty



Method

- Line a shallow baking pan with parchment paper.
- To make the honeycomb, combine the sugar, honey, corn syrup and 30 ml of water in a pan. Place pan over medium heat and stir until the sugar dissolves completely.
- Let the mixture continue to simmer and stir carefully. Run a wet pastry brush along the walls of the pan to dislodge and melt any granules of sugar that might have gotten stuck there.
- Continue heating until mixture forms into a caramel. Use a cooking thermometer to check the temperature which should be 150* C (300* F).
- It should have a warm honey color.
- When ready, remove from heat. Add the baking soda carefully, because it will start to froth a great deal, and immediately transfer mixture to baking pan. (**WARNING** - do not touch the caramel because it will burn you!)
- Do not try to smooth the surface so that the caramel doesn't lose any of its volume. The caramel will continue to cook in the pan. Set aside for 20-30 minutes, to cool. As it does, small holes will begin to form in the mixture.
- When it cools completely it is ready. Break into small pieces.

Tip

The honeycomb can be stored in an airtight container for up to 1 week!

Ingredients

- 160 g granulated sugar
- 25 g honey
- 60 g glucose syrup or corn syrup
- 7 g (1 teaspoon) baking soda

Διατροφικός πίνακας

Nutrition information per portion

122 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	30.4 Total Carbs (g)
6%	0%	0%	12%
30.4 Sugars (g)	0.02 Protein (g)	0.0 Fibre (g)	0.01 Sodium (g)
34%	0%	0%	0%