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ABSTRACT BOOK

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CHARACTERIZATION OF SOME RECIPES INCLUDING HONEY

Ana Cristina Ferrão

Cernas Research Centre, Polytechnic Institute of Viseu, Portugal

Paula M. R. Correia

Cernas Research Centre, Polytechnic Institute of Viseu, Portugal

Raquel P. F. Guiné

Cernas Research Centre, Polytechnic Institute of Viseu, Portugal

Honey is a natural food product used for nutritional, as well as medical purposes since ancient times. This work intended to analyze the use of honey in gastronomy. For that purpose, there were analyzed 150 recipes that included honey as an ingredient. The recipes were classified according to different criteria, namely the dish type, confection method, type of ingredient and the moment that honey was incorporated into the recipe. The results showed that the main dishes with meat and also bakery products were the ones that included more recipes with honey. The majority of the recipes involved cooking methods, with more relevance for roasting, grilling and baking. Moreover, honey was essentially used as a secondary ingredient, except for deserts and it was mostly incorporated in the beginning. The most relevant nutrients that were combined with honey were flour, bread, onion, salmon, chicken, butter, cheese, egg, milk, lemon, pepper, garlic, olive oil, sugar and salt. This work showed that honey has a wide range of applications as an ingredient in gastronomic preparations.

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* Corresponding Author

