



**Blue Gum Honey Lemon Curd  
Clove and Ginger Honey Baked Apples  
Sylvia Hart – The Honey Lady  
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**BLUE GUM HONEY LEMON CURD**

**Ingredients:**

4 large lemons  
100g unsalted butter  
4 large eggs  
Honey Lady Blue Gum Honey to taste - for me is about 3 tablespoons

**Method:**

Zest and juice lemons  
In a heavy based saucepan put lemon juice, zest and butter until butter melts  
Whisk eggs in one at a time  
Cook for about 20 minutes, stirring continuously until curd coats the back of the spoon  
Remove from heat and allow to cool  
Jar or pipe into flan cases

**CLOVE AND GINGER HONEY BAKED APPLES**

**Ingredients:**

6 large pink lady apples  
1 cup dried fruit of choice (peach, apricot, fig, sultanas)  
1 cup of nuts of choice (almonds, walnuts)  
100g unsalted butter  
6 teaspoons of Honey Lady Clove and Ginger Honey

**Method:**

Wash and core apples and place in baking dish  
Coarsely chop dried fruit and nuts and combine – stuff mix into apples  
Place large knob of butter on top of each apple  
Scatter any leftover mix and butter in dish around apples  
Place a teaspoon of ginger and clove honey on top of each apple  
You can add extra honey around the apples to caramelize with fruit and nut mix  
Bake @ 180c for around 20 minutes or until golden brown...  
Serve with cream and ice-cream!!!

**ASFM SHOPPING LIST**

**Ingredients**

lemons, apples

dried fruit

nuts

butter, cream

eggs

honey

ice cream

**Stallholders**

[Ashbourne Valley Orchards](#), [McLaren Vale Orchards](#),  
[Virgara's Garden](#), B & A Andonopoulos, [Fat Goose Fruits](#),  
Otherwood Orchards, [Coinda Proprietors](#), [The Wild Apple](#)  
[McLaren Vale Orchards](#), [Coinda Proprietors](#), [Willabrand](#)  
[Taronga Orchard](#)  
[B-d. Farm Paris Creek](#), [Alexandrina Cheese Company](#)  
[Rosie's Free Range Eggs](#), [Rohde's Free Range Eggs](#)  
[Honey Lady](#), [Do Bee Honey](#)  
[Bush Tucker Ice Cream](#)