

**The National Honey Board**  
***“Dulces de Halloween”***  
**Recipes**

**Cuban Lunch Candy Bar**

20 pieces

Ingredients

- ½ cup honey
- 2 cups bittersweet chocolate
- 2 cups butterscotch chips
- 1 ½ cups peanut butter
- 1 ½ cups peanuts (toasted and medium ground)
- 1 cup potato chips (lightly salted, crushed)

Preparation

1. Place the dark chocolate, honey, butterscotch chips and peanut butter in a medium-sized bowl and melt slowly over a double boiler. It takes around 20 minutes.
2. Whisk the mixture until completely melted and fold in the peanuts and potato chips.
3. Spoon about 3 tablespoons of the mixture into your hand and gently form a ball. Make 20 balls and place them into small paper cups. Refrigerate for 15 minutes.

**Cocadas**

12 pieces

Ingredients

- ¼ cup honey
- 2 cups shredded coconut
- ¼ cup condensed milk
- 3 egg whites
- ½ tsp almond extract

Preparation

1. Preheat oven to 350° Fahrenheit. Spray a cookie sheet lined with aluminum foil.
2. In a bowl, add shredded coconut, condensed milk, honey, egg whites and almond extract, mix together with a spoon until fully combined.
3. Lightly wet hands, spoon about 3 tablespoons of coconut mixture into your hand and gently form a ball. Place onto greased cookie sheet.
4. Lightly wet hands again, and repeat process until all mixture is formed into 12 balls.
5. Place onto a 10" x 15" cookie sheet. Bake for 12 to 15 minutes until light golden brown. Allow to cool.

## **Guava Tamarindo Jellies**

20 pieces

### **Ingredients**

1 cup honey  
4 cups guava paste (Buy at Latin Markets)  
1 ¾ cups tamarind pulp  
2 tsp chile de arbol powder  
1 cup water  
Granulated sugar for rolling

### **Preparation**

1. Place the guava paste, tamarind, honey and water in a sauce pot; cover and cook over a very low heat for 10 minutes or until the guava paste and tamarind are soft and easily mix. Cook for another 5 minutes until very dry.
2. Sprinkle the powdered chile into the guava/tamarind mixture; mix well. Then pour the mixture onto one side of wax paper. Fold the other side of the paper over and using a rolling pin, roll until about 1 quarter-inch thick. Chill very well, for at least 1 hour in the refrigerator.
3. Remove from the refrigerator. Sprinkle one side of the jelly generously with granulated sugar. Flip the jelly over and sprinkle the other side of the jelly generously with granulated sugar. Gently roll the jelly into a roll.
4. Cut into 20 little rounds and serve or roll into wax paper, tie decoratively and store in a cool dry place until ready to eat.

## **Turrón de Avellana y Almendra**

24 pieces

### Ingredients

1 cup honey  
1 ½ cups almonds (toasted and cooled)  
1 ½ cups hazelnut (toasted and cooled)  
5 egg whites  
1 ½ cups sugar

### Preparation

1. Blend the almonds and hazelnuts in a food processor until a paste forms. Set aside.
2. Place egg whites in a stand or hand mixer with the whisk attachment and whisk until medium peaks form. Mix the whipped egg whites with the nut paste until well blended.
3. Place the honey and sugar in a medium-sized sauce pot and bring to a boil. Add the nut-egg white paste and cook over low-medium heat for about 12 minutes, constantly stirring until the mixture thickens and begins to brown just a bit.
4. Pour the mix onto a lightly greased 12" x 17" pan sheet and chill. Once chilled, cut into 24 pieces. Roll the pieces in hand to create cylindrical shape, then wrap in cellophane or simply store as is.

## **Palanquetas de Cacahuete**

12 pieces

### Ingredients

¼ cup honey  
1 pinch sea salt  
1 tbsp butter (unsalted)  
2 tsp water  
1 tsp vanilla extract  
1 cup peanuts (unsalted, roasted, shelled)  
¼ cup pumpkin seeds (toasted)  
1 tbsp sesame seeds (toasted)  
1 cup sugar

### Preparation

1. Place the honey, salt, butter, sugar and water in a small sauce pot and bring to a boil.
2. Add the peanuts, pumpkin seeds and the sesame seeds.
3. Cook over a medium heat until the honey syrup becomes medium amber brown. Add the vanilla extract and mix well.
4. Pour the mixture into a lightly greased 12-cup cupcake pan for 12 individual portions and let the palanquetas come to room temperature. You can also place the mixture onto a 10" x 15" cookie sheet, let the palanqueta come to room temperature and then cut into 12 pieces.

## **Latin Merenguitos**

16 pieces

### Ingredients

- 1 ½ cup honey
- 2 cups egg whites
- 2 drops lemon juice
- 3 cups sugar

### Preparation

1. Place the egg whites and lemon juice in a stand or hand mixer with whisk attachment and whisk at high speed for 1 minute. Turn the speed down to medium and sprinkle in all of the sugar while machine is running. Add the honey to the egg whites, increase the speed to high and whisk for 3 minutes or until stiff peaks form.
2. Place the meringue into a bowl. At this point, you can add food coloring if desired by simply adding a couple of drops to mix until you have reached the desired color. Mix food coloring into the meringue.
3. Place the meringue in a pastry bag with a star tip and pipe 16 assorted shapes onto a 12" x 17" baking sheet with parchment paper.
4. Bake at 200 - 225° Fahrenheit for about 2 hours or until completely crunchy.
5. Store in an airtight container.

## **Jamoncillo de Leche con Nuez**

15 pieces

## Ingredients

1 cup honey  
8 cups milk  
1 ½ cups nuez pecan (chopped)  
2 cups sugar

## Preparation

1. Place the milk in a medium sauce pot and slowly bring to a boil. When the milk comes to a slow boil, add the sugar and the honey and cook over low-medium heat until the honey-sugar mixture is thick and brown. This process takes about 1 hour. Once brown, add 1 cup of the chopped pecans and mix well (reserve ½ cup of pecans).
2. Prepare a 14" x 2" deep-dish pan with wax or parchment paper. Pour the mix into the pan, sprinkle the reserved ½ cup of pecans and let it cool to room temperature.
3. Place the mix in the refrigerator until hard enough to cut into 15 pieces.

## Charamusca

25 pieces

## Ingredients

1 cup honey  
¼ cup water  
1 tbsp baking soda  
1 ½ cups granulated sugar

## For the filling

1 cup peanuts (roasted and lightly salted)  
1 cup coconut (shredded and unsweetened)

## Preparation

1. Place the peanuts and coconut into a food processor and blend for about 10 seconds or until finely ground but not a paste. Place in a small bowl and set aside.
2. Line a 12" x 17" sheet pan or cookie pan with parchment paper and lightly coat with non-stick cooking spray.
3. Place the honey, sugar and water into an extremely clean, thick-bottomed sauce pot.

4. Bring to a boil, then turn down to medium heat and brush the sides of the pan down with a wet, very clean pastry brush to avoid crystallization.
5. Cook until 300° Fahrenheit, remove from heat, sprinkle the baking soda into the hot syrup and whisk very well to ensure the baking soda is cooked.
6. Pour onto the sheet pan and let cool for 1 minute.
7. After 1 minute the mixture is still very hot, but tangible and pliable. Grab a piece of the mixture the size of a marble and quickly pull/spread to roughly 3-inch round. Sprinkle a bit of the coconut-peanut mix on top of the sugar-honey mixture then close and twist to form a small charamusa twist. Make 25 charamuscas. It must be done very quickly in order to avoid the candy cracking before you twist it. If possible, work next to a preheated 350° Fahrenheit oven so the cooked sugar-honey syrup can be placed in and out of the oven to keep soft.
8. Store the charamuscas in a cool, very dry, airtight container.

## **Canillitas de Leche**

24 pieces

### Ingredients

½ cup honey  
4 cups powdered milk  
1 ½ cans condensed milk (sweetened)  
1 tsp vanilla extract  
½ cup powdered sugar  
Cornstarch (for kneading)

### Preparation

1. Place all of the ingredients except the cornstarch in a stand or hand mixer with a paddle attachment and mix on low for 30 seconds. Change the mixer to medium speed and mix for approximately 1 minute or until mix forms a stiff consistency.
2. Place the sugar mixture on a clean work surface dusted with a bit of cornstarch. Knead the dough for a minute with your hands, using cornstarch in order to prevent sticking.
3. Roll or pipe the mixture into 24 desired shapes, dusting with a little cornstarch as you go.
4. Wrap the shapes in cellophane or other desired wrapping.

