

# ***Honeycomb and Cheese***

---

**Many ask me how to best eat honeycomb;**

**This is what I say:**

**Honeycomb** can be eaten plain, as it comes right out of the container. I usually cut off a mouth-size chunk, pop it in my mouth and enjoy the flavour of the honey while chewing on the “gum” of the wax. Now if you like to swallow the wax you may; but, it has zero nutritional value, while at the same time it has zero harmful affects; but, I choose to spit it out. Now this is the tricky part: when do you spit it out, timing is of the essence; there comes a point when the wax switches from behaving like gum and starts to behave like oatmeal. The best time to expectorate it is just before it starts behaving like oatmeal; once it goes flakey it is harder to dispose from your mouth.

The best way though to eat honeycomb is with your favourite cheese. My favourite is old cheddar; but, this will work with any cheese. Take equal portions of honeycomb and your favourite cheese, each small enough so both will fit in your mouth at the same time, then eat them together. The flavour of the honey and the cheese will meld together. The wax and the cheese will become one and the same and the problem of spitting out the wax is no longer an issue; you enjoy it as cheese and consume it all.

And one last suggestion: If you don't have honeycomb, but do have your favourite cheese try drizzling honey over the cheese to create a similar taste as above.

ENJOY