

## How to Decrystallize Honey

There are many **proper** methods of decrystallizing small quantities of honey and one way **NOT TO** decrystallize honey.

**NEVER** use a microwave to decrystallize honey. The microwave generates heat by essentially boiling and exploding whatever water molecules are in the item being heated/cooked. This is why preparation directions for some food items require you to add water when “cooking” with a microwave.

The microwave will essentially destroy all of the beneficial enzymes and properties of the honey. Sure it will return it to a liquid state, but then you can just consider it not much more than a honey colored sweetener.

The following are a few of the **proper** methods which you can use in your home to decrystallize honey.

### Boiling Water

There are methods of decrystallizing honey with boiling water which work quite well, but never boil the water with the honey in it. Bring the water to a boil, remove the pan from the heat source and then place your jars of honey into the hot water. Let the water cool until it reaches room temperature and check your honey. If there is any crystallization left, you will need to continue to repeat the process until the honey is crystal free.

The downside to the hot or boiling water method is you will not be able to use it for the honey which is in the squeezable plastic bottles. Most if not all plastic bottles being manufactured today have a hot fill temperature limit of 140 degrees Fahrenheit. When the plastic gets above 140 degrees it will begin to deform and lose its shape (not a good thing).

### Hot Water from Faucet

Fill a sink or container with hot water from your faucet and place the honey containers (glass or plastic bottles will work as most residential water heaters do not keep water at above 140 degrees).

After water cools, repeat the process until there are no more crystals left in the honey.

## How to Decrystallize Honey

### Crock Pot / Slow Cooker

Place your honey containers in the crock pot and fill crock pot with water about  $\frac{3}{4}$  the depth of the smallest honey container (as you do not want to risk water getting into the honey).

Turn the crock pot/slow cooker to the lowest setting and you can use both glass and plastic containers of honey as long as the temperature does not exceed 140 degrees Fahrenheit (If the temperature reaches 140, the plastic may deform).

The ideal crock pot on the lowest setting should not get the water warmer than 120 degrees.

The crock pot we use on the low setting never gets the water above 115 to 116 degrees.

You will need to use a good thermometer the first time you use this method until you know the maximum temperature the water will reach at the lowest crock pot setting. If the temperature gets close to or exceeds 120, then turn the crock pot off until the water temperature cools and then switch it back on to the lowest temperature setting.

If the water in your crock pot on the lowest setting never exceeds the 120 degree mark, then just let the honey “warm” until all of the crystals are gone. The decrystallization may take up to 8 hours or longer depending on the severity of the crystallization and how many jars or bottles you do at one time.

The crock pot method is our preferred method as we can essentially “set it” and “forget it” while we do other things and then just periodically come back to check the progress.

**IMPORTANT:** DO NOT PUT THE LID ON THE CROCK POT OR COVER THE CROCK POT

With any of the methods, if the crystallization is really severe, you may need to stir the contents occasionally with a spoon or a knife during the decrystallization process.

Also, with any of the methods, patience is the key. Repeat the process until every bit of crystallization is gone; otherwise you may find yourself having to decrystallize the honey again.

For large quantities of honey (meaning 5 gallon buckets and larger), that is a subject for a different post and you should talk to a local bee keeper.

[Click this link to return to the Lincoln Land Bee Keepers home page](#)