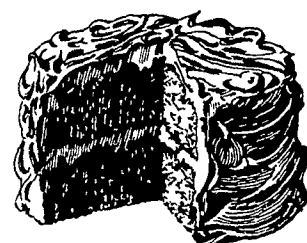




# Home On The Range



## Try delicious honey

Honey, an unrefined and delicately flavored food, is unique in that it is the only natural unmanufactured sweet available in large quantities.

Statistics report it takes approximately 560 worker bees flying one and one-third times the distance around the world to produce one pound of honey.

In its pure state, honey needs no preservatives. It keeps best in a tightly covered container stored in a cool, dark place.

### HONEY GLAZED CARROTS

6 to 8 whole carrots  
1/4 c. butter  
1/4 c. slivered almonds  
1/4 c. honey  
Cook carrots until tender and drain. In skillet, melt butter, blend in honey and add carrots and almonds. Turn occasionally until carrots and almonds are nicely glazed.

### BAKED APPLES WITH HONEY

6 large baking apples  
1/2 c. honey  
1/2 t. cinnamon  
1/2 t. nutmeg  
1/2 c. raisins, if desired  
1 T. butter or margarine  
1 c. water  
Preheat oven to 375 degrees. Wash and core apples. Pare top third of apples. Place in a baking dish. Mix honey, cinnamon and nutmeg. If desired add raisins. Fill center of each apple with honey mixture. Dot filling with butter or margarine. Pour water around apples. Bake 45 minutes to 1 hour until tender. If apples seem dry, baste frequently with liquid in dish.

Mrs. Carl Bacon, Felton

### WHEAT GERM HONEY BALLS

3/4 c. wheat germ  
2/3 c. peanut butter  
1/2 c. honey  
1 t. molasses  
2 T. coconut  
1/2 c. powdered milk  
1/4 c. ground sunflower seeds

Add wheat germ coconut, powdered milk and sunflower seeds to the already blended molasses, honey, and peanut butter. Shape into small balls about the size of a walnut. Roll into carob

John Martin, Elizabethtown

### HONEY CHICKEN

1 (3 pound) fryer, cut up  
Sauce:  
2 T. soy sauce  
1/2 c. sherry  
2 T. honey  
1 t. salt  
1 scallion, diced  
2 T. oil

Heat skillet and oil. Brown chicken and drain oil. Pour over chicken. Simmer in covered pan until brown (about 1/2 hour). This will serve 5.

### MEAT LOAF

1 1/2 pound ground beef  
1/2 pound ground pork  
2 eggs  
1 c. cracker crumbs  
1 1/2 T. salt  
1/2 t. milk  
2 T. honey  
Beat eggs, add all together and mix well. Shape into a loaf about 2 1/2 inches thick. Place in a baking pan. Cover top with tomato catsup. Bake at 375 degrees for 1 hour. Keep boiling water around loaf about 1/2 inch deep. Make gravy with the liquid or cook potatoes in the liquid.

### HONEY ACORN SQUASH

1 acorn squash  
2 t. honey  
1/4 t. salt  
1/8 t. mace  
1/8 t. pepper  
1 t. butter

Cut squash in half lengthwise and remove the seeds. Place in baking pan with 1/2 inch water covering bottom of pan. Spread honey over inside of squash. Add seasonings and butter. Cover, bake in moderate oven, about 350 degrees, for one hour. Uncover and lightly brown the top.

### HONEY FRENCH DRESSING

1/2 c. salad oil  
1/2 c. vinegar  
1/2 t. salt  
1/2 c. honey  
Mix salad oil and vinegar, add honey and salt, beat well

### COLE SLAW

1 c. thick sour cream  
1/4 c. vinegar  
1/4 c. honey  
salt  
Mix above ingredients. Pour over 4 cups shredded cabbage.

### HONEY RYE BREAD

2 c. milk or 1 c. milk and 1 c. water  
1 T. salt  
1/4 c. shortening  
1/4 c. honey  
1 cake compressed or dry granular yeast  
3 c. rye flour  
3 c. enriched flour  
Scald milk and cool to lukewarm. Add salt and shortening. Put honey and yeast in mixing bowl; let stand until yeast is softened. Add milk and 2 cups enriched flour. Beat thoroughly. Add a cup of rye flour and beat again. Add remainder of flour. Turn out on floured board and bowl and let rise until double in bulk. Bake at 375 degrees for about 50 minutes or until nicely browned and loaf begins to shrink from the pan.

### ZUCCHINI SPICE CAKE

2 c. flour  
2 t. baking soda  
1 t. salt  
1/4 t. baking powder  
3 t. cinnamon  
3 eggs  
1/2 c. oil  
1/2 c. butter  
1 c. honey  
1/2 c. sugar  
2 c. grated zucchini  
2 t. vanilla  
1 c. raisins  
1 c. chopped nuts  
Sift flour, baking soda, salt, baking powder and cinnamon. Combine eggs, oil, sugar, honey, butter, zucchini and vanilla in a large bowl and beat well. Stir in flour mixture. Stir in raisins and nuts. Pour into greased 9 by 13 inch pan or two 8 by 8 pans. Bake at 350 degrees for 40 minutes or until done.



Howard Broussman checks the progress of his honey bees. The honey they will produce will be used in many delicious recipes such as the ones included here. For Broussman's story, see page C18.

### BLUEBERRY CAKE

2 c. flour  
3/4 c. honey  
2 t. baking powder  
1 t. salt  
2/3 c. margarine (softened)  
3/4 c. milk  
2 eggs  
1 c. blueberries  
1/4 c. sugar  
1/2 t. cinnamon  
In large bowl, combine flour, honey, baking powder, salt, butter, milk and eggs. Blend at low speed until dry ingredients are moistened. Beat at medium speed for 3 minutes. Pour into greased and floured 9 by 13 inch pan. Arrange berries on top. Combine sugar and cinnamon and sprinkle over the top. Bake at 350 degrees for 40-50 minutes or until cake springs back when touched in center.

### HONEY APPLESAUCE CAKE

1/3 c. shortening  
3/4 c. honey  
2 c. flour  
1/4 t. cloves  
1/2 t. cinnamon  
1/2 t. nutmeg  
1/4 t. salt  
1 t. soda  
1 c. cold unsweetened applesauce  
Cream shortening and honey until light and fluffy. Mix and sift dry ingredients. Add dry ingredients alternately with applesauce to the creamed mixture. Pour into a well-greased pan and bake at 350 degrees for about 45 minutes

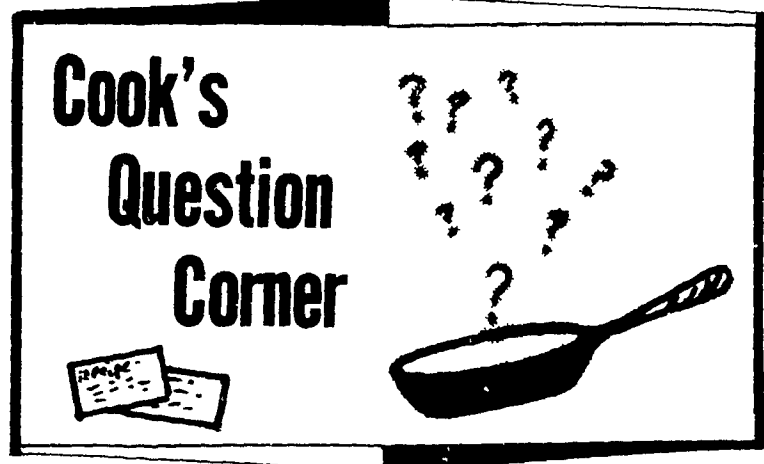
Answers to Cook's Question Corner:

### BLUE CHEESE DRESSING

1 small onion chopped  
1/3 c. salad oil  
2 T. vinegar  
1/2 t. salt  
1/2 t. paprika  
dash of pepper  
1/4 c. catsup  
1 c. salad dressing  
2 T. sugar  
1 t. prepared mustard  
1/4 t. celery seeds or salt  
1 c. crumbled blue cheese  
Put all ingredients except cheese in blender. Mix until smooth. Remove from blender and add crumbled blue cheese. Pour into jars, cover and refrigerate. Keeps 2 to 3 weeks.

### BUCK WHEAT COCONUT OATMEAL COOKIES

1 1/2 c. buckwheat flour  
1 t. soda  
1 t. salt  
1 c. butter  
1 1/2 c. brown sugar  
3 eggs  
3 c. oatmeal  
1/2 c. pecans or almonds (chopped)  
1 1/2 cups coconut  
Mix everything together. Shape into rolls and chill until firm. Slice and bake.



**QUESTION** - Would readers have any recipes on how to make condensed milk, and also candy and such recipes using this milk?

Catherine Szyrnae, Newfield, N.J.

**ANSWER** - In answer to a request for buck wheat recipes, we received buck wheat coconut oatmeal cookies and another answer for requested blue cheese dressing.

### Recipe Topics

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