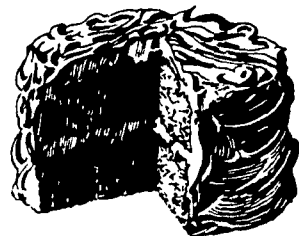


Home On The Range



Honey - Pour it on!

Honey — pour it on! Pour it on your cereals, your pancakes, your cakes.

Honey is considered to be the most natural of all sugars because it is the only sweet that requires no refining or processing before use.

To the surprise of most, honey can be substituted for sugar in almost any recipe.

A noted advantage of cooking with honey is that it is a natural preservative and foods made with it, especially baked goods, retain their freshness longer.

To substitute honey in a recipe that call for sugar, do it cup for cup. The general rule is to reduce the amount of liquid 1/4 cup for each cup of honey used to replace sugar.

So pour it on and pour it in. to your favorite recipe

For DESSERT COCONUT HONEY ICE CREAM

- 1 1/2 c. honey
 - 4 eggs
 - 3 c. heavy cream
 - 2 t. vanilla
 - 1/2 t. lemon extract
 - 1/2 t. salt
 - 3 c. milk
 - 1 can flaked coconut
 - 2 8 1/2 oz.-cans crushed pineapple
- Add honey to eggs; mix well. Add cream, flavorings, salt, and milk. Stir until well blended. Chill. Pour into freezer can. Turn until partly frozen, add coconut and pineapple. Continue freezing until done. Serve immediately or spoon into freezer containers, label date and store in freezer. Makes 1 gallon.

Barbara Russell, Pine Bush, N.Y.

STEAMED BLUEBERRY PUDDING

- 1 c. whole wheat pastry flour
- 1 t. baking soda
- 1/2 t. salt
- 1/2 c. oil
- 1/2 c. dry whole grain bread crumbs
- 1/4 c. honey
- 1 egg, well beaten
- 2/3 c. buttermilk or yogurt
- 1 1/2 c. blueberries

Mix flour, soda, and salt. Add oil, bread crumbs, and honey. Add egg and buttermilk or yogurt and mix thoroughly. Fold in blueberries. Pour into a greased one quart mold, cover tightly and place on rack or steamer basket. Put into pan, fill with water half way up sides of mold and steam for two hours.

Mrs. Paul Sauder, East Earl

Honey In A Glass GOLDSTRIKE

- 1 egg
- 1 c. orange juice
- 1 T. honey

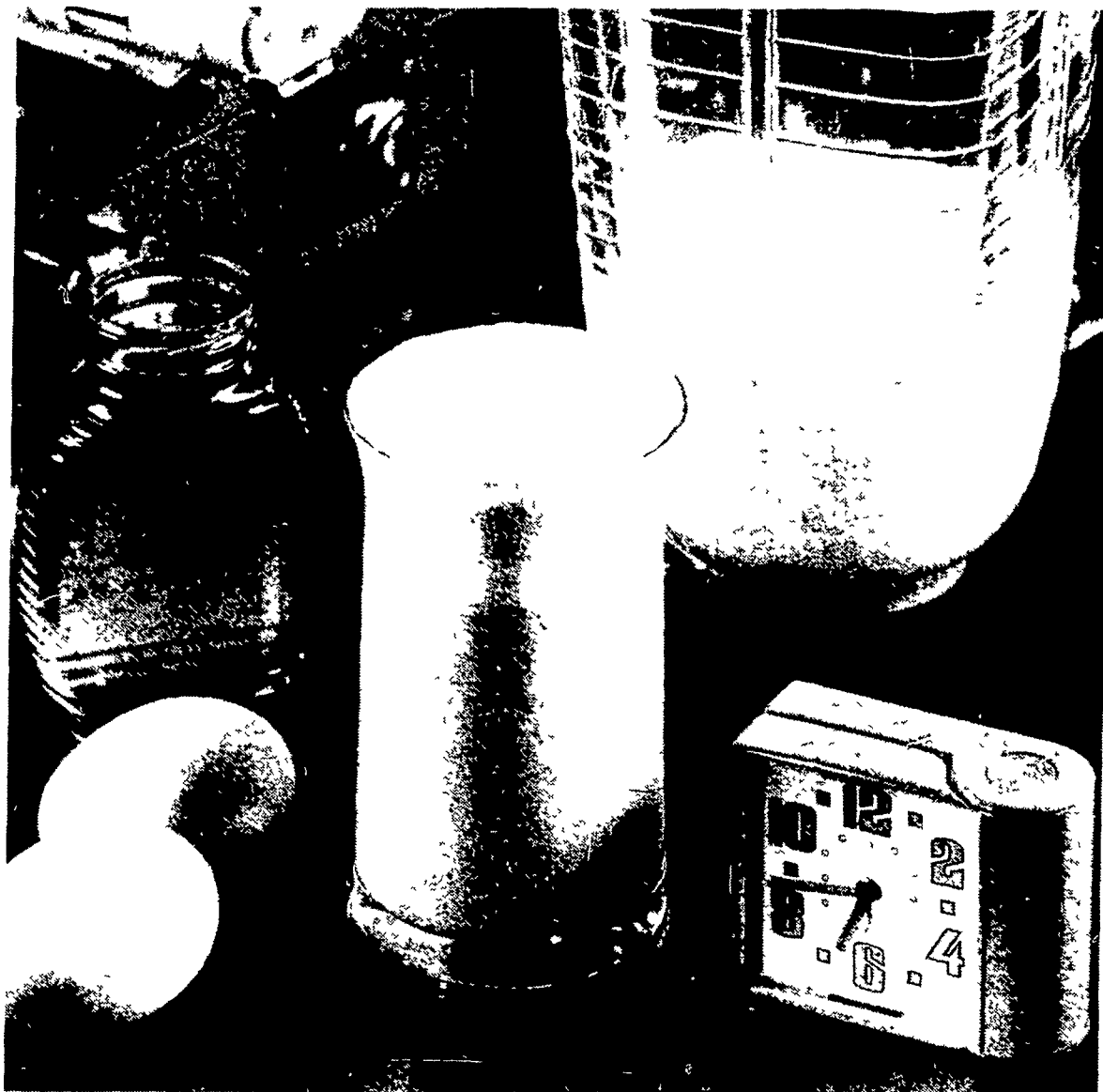
Combine egg, juice and honey, if desired. Beat or shake until well blended. Pour into tall glass. Serve immediately.

NATURAL NOG

- 1 T. honey
- 1 egg
- 1 c. milk
- 1 t. vanilla
- nutmeg or cinnamon, optional

Combine all ingredients; beat or shake until well blended. Pour into tall glass. Garnish with nutmeg, if desired. Makes 1 serving.

For a shake, add one scoop of vanilla, chocolate or strawberry ice cream.



Packed with natural nutrition, vitamins and goodness, Goldstrike features honey, orange juice and eggs - the perfect breakfast drink for the person on the go. Honey adds the pure sweet taste to the drink without the calories that sugar does.

HONEY CORNSTARCH PUDDING

- 1/3 c. honey
- 1 qt. milk
- 1/3 c. cornstarch
- 1 t. salt
- 4 beaten eggs
- 2 t. vanilla
- 4 T. butter
- 1/4 c. unsweetened coconut

Slowly bring milk to boil. Meanwhile, dilute cornstarch in 1/4 water. Add salt. Add eggs and coconut and mix. Add honey to hot milk. Just as milk comes to a boil, add a little milk to egg mixture to prevent curdling. Add egg mixture gradually to milk. Cool one minute and add vanilla and butter.

Marvin Martin, Ephrata

HONEY COLE SLAW

- 2 T. honey
- 1 c. sour cream
- 3/4 t. salt
- 1/2 t. onion, finely diced
- pinch pepper
- 1 t. vinegar
- 1 med. head cabbage, shredded

Combine all ingredients except cabbage; mix thoroughly. Pour over chilled cabbage and toss well. Serve immediately.

SWEET POTATO SOUFFLE

- 2 c. sweet potatoes, boiled and mashed
- 1/2 c. honey
- 2 t. cornstarch
- 1 c. pecans
- 3 eggs, beaten
- 1 T. cream
- marshmallows

Blend all ingredients except marshmallows. Place in buttered dish. Bake slowly 30 to 40 minutes, or until knife comes out clean. Cover top with marshmallows. Continue to bake until brown.

HONEY-NUT BARS

- 2 c. raisins
 - 1 c. mixed nuts
 - 1/4 c. honey
 - 1/3 c. mixed nuts, ground fine
- Butter an 8 x 8 inch pan. Grind together raisins and nuts. Mix with honey and press into prepared pan. Cover with waxed paper, then place a weight on top and allow to stand for 24 hours. Cut into bars, then dip into ground nuts. Store in covered container in the refrigerator. Makes 36 bars.

Barbara Russell, Pine Bush, N.Y.

BROWNIE HONEY CAKE

- 2/3 c. honey
- 1/2 c. shortening
- 2 eggs
- 2 c. flour
- 2 t. baking powder
- 1/2 c. milk

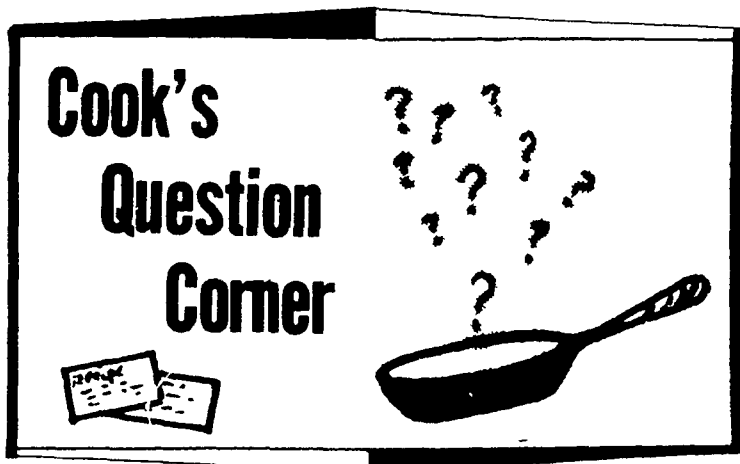
- 1/4 c. pecans
- 1 t. vanilla
- 4 T. cocoa
- 1/2 t. salt

Cream shortening and honey. Add eggs, one at a time. Beat well and add sifted dry ingredients alternately with the milk. Add other ingredients, pour into well-greased loaf pan, and bake for 30 minutes at 350 degrees.

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.



QUESTION — As it is canning time, I was wondering if anyone has any recipes for blueberry muffins and blueberry pie and for grape and peach jelly.

Thelma Gaulak, Acme, Pa.

QUESTION — Does anyone have any recipes using sure-jell in the making of cherry pie filling? Also, I would like a marble cake recipe made from scratch.

Carolyn Hess, Lititz, Pa.

QUESTION — Can anyone tell me when to pick gooseberries? Other gooseberry facts I'd like to know are: Do they get picked green or when they turn pink? Why are pies made with these berries so sour? And, what are some ways to use the gooseberries.

J. Markulus, Nazareth, Pa.

Recipe Topics

May	
22	Honey
29	Gelatin molds
June	Dairy Recipes all month!

Dairy Recipes Wanted!

In June **Lancaster Farming**, will feature dairy recipes for the entire month. Here is your chance, whether or not you are actively involved in dairying to send in your favorite recipe using milk, cheese, butter or any other dairy product.

Home on the Range is your recipe column and we need your recipe to fill it. Special gifts have been chosen for each person whose dairy recipe we use. It's our way of saying thank you to you and to the dairy industry. Please only one recipe per family. Recipes will be chosen on a first come first serve basis, and cut off date will be June 12.

Persons whose recipes are not used will receive a special second prize. So either way, you're a winner!

Send your recipe to Home on the Range Dairy Recipes, **Lancaster Farming**, Box 366, Lititz, PA 17543. Please remember to include your name and address.