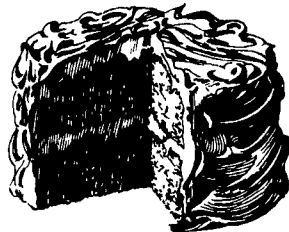


Home On The Range



Sweeten The Natural Way With Honey, Maple Syrup

If you have a sweet tooth, you've no doubt suffered pangs of guilt about the goodies you consume. Consumers today are more aware of preservatives, additives and "unnatural" foods than ever before.

The trend toward natural foods has brought nature's sweeteners — honey and maple syrup — to the forefront. Unfortunately, many of our favorite recipes call for other sweetening agents.

The good news is that substituting is easy — at least with honey. When a recipe calls for sugar but you want to use honey, substitute equal amounts of honey for sugar, reducing the total liquids used in the recipe by one-fourth cup for every cup of honey. However, the best results still come from recipes developed especially for honey.

So check out the sumptuous recipes below. You'll find at least one that you'll just have to try!

SLICED PUMPKIN PIE

Dough for two 9-inch crusts (top and bottom)

3 cups sliced raw pumpkin
2 tablespoons flour
½ cup brown sugar
4 tablespoons honey or maple syrup
1 teaspoon cinnamon
2 tablespoons water
Butter

Line pie pan with pastry; sprinkle flour over bottom. Place sliced and peeled pumpkin in shell, piling up in center as it will cook down. Add other ingredients by pouring over top or mixing all together then pouring over top. Dot with butter. Slash top crust to allow steam to escape. Place on top of pie. Bake at 400°F. for 30 minutes, then reduce heat to 375°F. and bake 20 minutes longer.

Maybell Marushak
Laurys Station

BAKED BEANS

1 quart parboiled beans (red, kidney, yellow eye, etc.)

1 cup maple syrup
¼ cup chili sauce (optional)
1 teaspoon salt
1/8 teaspoon pepper
¼ teaspoon dry mustard
¼ pound salt pork
1 small onion, diced
1 teaspoon ginger may be added

Place half of the beans in a beanpot. Score salt pork and place on beans. Add remaining beans. Mix half cup maple syrup and the other ingredients together and pour over the beans. Fill the pot with boiling water. Cover and bake in slow oven (300°F.) for four hours. Remove cover, add remaining syrup and bake for half hour to 1 hour. (It may be necessary to add water during baking.) Serves 6 to 8.

MAPLE SPRING CHICKEN

1 chicken, 2½ to 3 pounds, cut up
¼ cup melted butter
½ cup maple syrup
¼ teaspoon grated lemon rind
1 teaspoon salt
Dash of pepper
¼ cup chopped almonds
2 teaspoons lemon juice

Place chicken pieces in a shallow, buttered baking dish. Mix remaining ingredients and pour evenly over chicken. Bake uncovered for 50 to 60 minutes at 325°F. Baste occasionally. This baked chicken is especially good served with rice.

CHOCO-MAPLE MARVEL

2 cups vanilla wafer crumbs
¼ cup melted butter
1½ cups powdered sugar
½ cup butter
3 eggs
3 squares unsweetened melted chocolate
1½ cups whipped cream
½ cup pure maple syrup
1 10-ounce package small marshmallows
1 cup chopped pecans

Line an 8-inch square pan with waxed paper, allowing edges to extend above pan. Blend together crumbs and butter. Press crumb mixture in bottom of pan. Cream powdered sugar and ½ cup butter thoroughly. Add eggs, one at a time, and melted chocolate. Beat until light and fluffy. Spoon mixture over crumbs and set in freezer. Combine whipping cream and maple syrup. Chill in refrigerator for ½ hour. Whip until stiff. Gently fold in marshmallows and ¾ cup nuts. Spread over chocolate mixture. Sprinkle with remaining nuts. Freeze firmly. Remove from pan. (Can be lifted out with the extending wax paper.) Cut as many squares as needed and return unused portion, wrapped, to freezer. Makes 12 generous servings.

SHOO-FLY PIE

1 tablespoon butter or margarine
1 cup flour
¾ cup dark brown sugar
1 cup coconut
1 egg
1 cup honey
1 cup hot water, divided
1 teaspoon baking soda
1 unbaked 9-inch pie shell

Mix butter, flour, brown sugar and coconut to form crumbs; set aside for topping. In a second bowl, beat the egg slightly, add honey and ¾ cup hot water. Dissolve baking soda in remaining ¼ cup hot water and add to mixture. Pour into pie shell. Sprinkle reserved crumbs over top. Bake at 375°F. for 35 minutes. Makes 6 to 8 servings.

HONEY HOT CAKES

3 tablespoons honey
1 cup milk
2 eggs
¼ cup cooking oil
2 cups pancake mix
½ cup chopped pecans

Combine honey, eggs, milk and cooking oil. Add to pancake mix and chopped pecans. Stir until large lumps disappear. Do not overmix. Bake on griddle and serve while hot with butter and desired topping.

HONEY GLAZED CARROTS

6 to 8 whole carrots
¼ cup butter
¼ cup slivered almonds
¼ cup honey

Cook carrots until tender and drain. In skillet, melt butter, blend in honey, add carrots and almonds. Turn occasionally until carrots and almonds are nicely glazed.

BEEF BARBECUE

2 cups cooked roast beef
1 small onion, cut fine
½ cup catsup
2 teaspoons mustard
1 teaspoon vinegar
1 tablespoon honey
1 bouillon cube
1 cup water
2 teaspoons cornstarch

Brown onion with roast beef until onion is transparent. Mix remaining ingredients and add to beef and onion mixture. Simmer slowly until beef shreds. This is good for leftover beef roast on hamburger buns.

GRANOLA

5 cups oatmeal
1 cup shredded coconut
1 cup wheat germ
1 cup shelled sunflower seeds
1 cup sesame seeds
1 cup raw peanuts
1 teaspoon cinnamon or nutmeg
½ cup cooking oil
¼ cup honey
½ cup water
1½ teaspoons salt
1½ teaspoons vanilla extract
1 cup raisins

Combine oats, coconut, wheat germ, sunflower seeds, sesame seeds, peanuts and cinnamon in large bowl. Mix oil, honey, water, salt and vanilla. Pour over dry mixture; stir well to coat. Spread mixture evenly on 2 greased baking sheets. Bake at 350°F. for 30 to 40 minutes, stirring frequently. Cool thoroughly; add raisins. Store in airtight container.

HONEY FUDGE BROWNIES

½ cup butter or margarine
2 1-ounce squares unsweetened chocolate
½ teaspoon salt
1 teaspoon vanilla
1 cup honey
½ cup unsifted all-purpose flour
1 teaspoon baking powder
2 eggs
1 cup coarsely chopped walnuts

Preheat oven to 325°F. (slow). In saucepan, melt together over low heat: butter, chocolate, salt and vanilla. Mix well. Remove from heat, blend in honey, flour and baking powder. Add eggs, beat well. Add nuts. Pour into greased pan. Bake 35 minutes or until done in center. Cool on rack 15 minutes, then cut into squares.



For a different chicken dish that will be a sure hit with your family, try Lemon Honey Fried Chicken.

MAPLE HONEY

1 cup honey
¼ cup butter
¼ cup maple syrup
1 teaspoon vanilla
Warm all ingredients together gently before serving over pancakes, waffles or French toast.

LEMON HONEY FRIED CHICKEN

1 broiler-fryer chicken, cut in parts
½ cup lemon juice
1 tablespoon honey
¼ teaspoon marjoram
¼ teaspoon tarragon
1 teaspoon salt
½ teaspoon pepper
½ cup plus 3 tablespoons flour, divided
2 cups cooking oil
2 cups hot water

In small shallow dish, mix together lemon juice, honey, marjoram and tarragon. Place chicken in mixture, one piece at a time, turning to coat; reserve excess mixture. Sprinkle chicken with salt and pepper. Place ½ cup of the flour in another shallow dish and add chicken, one piece at a time, dredging to coat. Place oil (about 1 inch deep) in large frypan and heat to high temperature. Add chicken and cook about 5 minutes, turning to brown on all sides. Reduce heat to medium high and continue cooking about 15 minutes

more or until fork can be inserted in chicken with ease. Remove chicken from frypan; set aside and keep warm. Drain all but 2 tablespoons of the oil and pan drippings; return temperature to medium high. Add 3 tablespoons of the flour and stir to brown, about 1 minute. Slowly stir in hot water and 2 tablespoons of the reserved lemon juice mixture. Cook about 3 minutes, stirring, or until thickened. Serve tangy gravy hot with chicken. Makes 4 servings.

CARROT CAKE

3 cups flour
1½ cups honey
2 teaspoons baking soda
2 teaspoons cinnamon
1 cup chopped pecans
1 teaspoon salt
1 cup vegetable oil
4 eggs
3 cups grated carrots

Sift flour, soda and salt with cinnamon. Add oil, honey and eggs. Mix well. Fold in carrots, add nuts. Pour into 2 layer pans. Bake at 325°F. for 30 minutes or until done. Frost, when cool, with: 8 ounces cream cheese
½ cup honey
1 teaspoon vanilla
Cream cheese with honey and vanilla until smooth. Spread on cake.

(Turn to Page B8)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

May
2- Cookies
9- Party Punches; Snacks
16- Spring Brunch

Featured Recipe

Still eating leftover Easter eggs? Don't let those multi-colored, hard-boiled gems filling your refrigerator get you down. Make them into creamy egg salad and watch them disappear before your eyes — like magic! And while you're enjoying the salad keep in mind that you're right in tune with the times — April 20 through 26 is Egg Salad Week.

Creamy Egg Salad

½ cup plain yogurt
1 tablespoon instant minced onion
½ teaspoon salt
½ teaspoon marjoram leaves, crushed
1/8 teaspoon pepper
6 hard-cooked eggs, chopped
1½ cups chopped zucchini (about 1 medium)
2½ cups shredded carrots (about 2 medium)
Bread, optional
Spinach or lettuce leaves, optional

In medium bowl, blend together yogurt and seasonings. Stir in eggs, zucchini and carrots. Chill to blend flavors. Serve with bread or spoon onto spinach leaves, if desired.