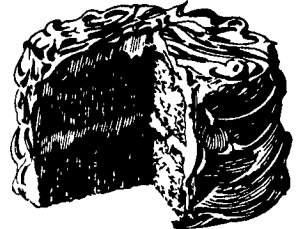


Home On The Range



Cooking With Honey

Honey is a natural, unrefined food that is safe and wholesome. Honey may be purchased in a variety of forms such as liquid, combs, chunk, cut comb, and creamed.

The flavor and color of honey depends upon the bee's nectar source. The color varies from white to dark amber. The darker the color, the fuller the flavor.

Store liquid honey in a cool, dry place, but do not refrigerate for this hastens granulation. If honey has solidified, place the container in a pan of hot water until all crystals are melted.

Honey contains vitamins and minerals including thiamine, riboflavin, iron, potassium, and calcium.

In recipes that call for sugar, you may substitute honey by using 2/3 cup for 1 cup of sugar. Lower the baking temperature by 25 degrees.

The Pennsylvania Beekeepers Association suggests that when honey is substituted for sugar in baked goods, add 1/4 to 1/2 teaspoon baking powder for each cup of honey used.

HOT HONEY CIDER

1 medium orange, sliced
2 quarts apple cider
1/2 cup honey
1 teaspoon whole allspice
16 whole cloves
10 cinnamon sticks
Cut 2 orange slices into quarters and set aside. Combine remaining orange slices, cider, honey, allspice, cloves, and 2 cinnamon sticks in 3-quart saucepan; bring to a boil. Reduce heat and simmer 15 minutes. Stir well; pour into serving mugs; garnish each with a quarter of an orange slice and a cinnamon stick. Serves 8.

LISA REBUCK
1989 PA Honey Queen

HONEY BAKED APPLE

1 small apple
1 teaspoon honey
Dash cinnamon
Core apple to 1/2-inch from bottom and strip 1-inch of skin around center. Spoon honey into cavity and sprinkle with cinnamon. Place in small baking dish and bake at 400 degrees until apple is soft for 25 to 30 minutes.

Lisa Rebeck
1989 Pa. Honey Queen

HONEY BUTTER SAUCE

1/2 cup lemon juice
1/2 cup honey
1/2 cup melted butter
Beat honey and lemon juice together. Add melted butter. Mix well and enjoy.

Lisa Rebeck
1989 PA Honey Queen

CHOCOLATE CHIP COOKIES

1/2 cup butter
1/2 cup honey, add slowly
1 egg
1/2 teaspoon vanilla
1 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1 cup chocolate chips
1/2 cup chopped walnuts, optional
Cream butter and honey until light and fluffy. Add egg and beat well. Add vanilla. Sift flour, baking powder, and salt. Add the flour mixture to the creamed butter-honey mixture. Fold in chocolate chips and walnuts.

Chill. Drop from teaspoon on greased cookie sheet. Bake at 350 degrees for 12 minutes. Makes 4 1/2 dozen.

Catharine Wampler
Manheim

LISA'S SOUTHERN PECAN PIE

1 cup honey
1/2 cup brown sugar
1/2 cup melted butter
1 heaping cup pecans
3 eggs
1 teaspoon vanilla
Pinch of salt
Mix together ingredients. Pour into unbaked 9-inch pie shell. Bake at 350 degrees for 45 to 50 minutes. Top with whipped cream or ice cream.

Lisa Rebeck
1989 PA Honey Queen

HONEY COOKIES

1 1/2 cups honey
1 1/2 cups brown sugar
Salt
1 tablespoon baking soda dissolved in 2 tablespoons vinegar
3 eggs, beaten
1 teaspoon baking powder
2 pounds flour
Drop with spoon on greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes until lightly browned.

Betty Biehl
Mertztown

HONEY BAKED BEANS

2 cups dried beans
6 to 8 slices bacon
1 teaspoon ginger
1 tablespoon onion, chopped
1/2 cup honey
1 teaspoon salt
1 teaspoon dry mustard
Soak washed beans in 4 cups warm water for 3 hours. Cook on low heat in tightly-covered saucepan for 1 1/4 hours. Do not allow to boil. Drain beans, save water. Place bacon in bottom of bean pot and add beans. Cover with mixture made of the bean water, honey, onion, ginger, salt and mustard. Add boiling water, if needed. Place small pieces of bacon on top, cover pot and bake in slow oven about 6 hours. Uncover bean pot during last hour of baking. If the beans become too dry, add a little water.

Am. Beekeeping Federation

HONEYED SQUASH

3 medium acorn squash
1/2 cup butter
1/2 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon ginger
1/2 cup honey
Cut squash in half and clean. Place open side down in 1/2-inch of hot water, bake 1/2 hour. Pour off water — turn right side up and put butter, honey, seasoning mixture in each. Return to oven and bake 1/2 hour.

HONEY COLE SLAW

1 cup sour cream
1/2 cup vinegar
1/2 cup honey
Salt
4 cups cabbage, shredded
Mix together sour cream, vinegar, honey, and salt. Pour over cabbage.



"Cookies made with honey keep moist and fresh for days and are healthier," said Catharine Wampler.

HONEY CEREAL COOKIES

2 cups sifted flour
1/2 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon hot water
1 cup butter or shortening
1/2 cup brown sugar
1/2 cup granulated sugar
1/2 cup honey
1 egg, unbeaten
2 cups rolled oats
1 cup shredded coconut
2 cups rice cereal

Combine flour and baking powder. Dissolve baking soda in water. Cream shortening, sugars, and honey gradually, and cream together until light and fluffy. Add egg and beat well. Add part of flour, then add dissolved baking soda and blend. Add remaining flour, a small amount at a time, mixing well after each addition. Add rolled oats, coconut, and rice cereal; mix thoroughly. Drop from teaspoon onto ungreased baking sheet. Bake in 375 degree oven for 12 minutes or until done. Cookies will become crisp when cold. Makes 8 dozen.

HONEY GLAZED CARROTS

6 to 8 whole carrots
1/2 cup butter
1/2 cup slivered almonds
1/2 cup 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.

SWEET POTATO SOUFFLE

2 cups sweet potatoes, boiled and mashed
1/2 cup honey
2 teaspoons cornstarch
1 cup pecans
3 eggs, beaten
1 tablespoon cream
Marshmallows
Blend all ingredients except marshmallows. Place in buttered dish. Bake slowly for 30 to 40 minutes, or until knife comes out clean. Cover top with marshmallows. Bake until lightly browned.

Featured Recipe

Honey needs no preservatives. It keeps best in a tightly covered container stored in a cool, dark place. In an uncovered container, honey loses flavor and aroma and absorbs moisture.

Catharine Wampler who said that she uses honey in almost everything she cooks, stresses that honey should definitely be used in cakes and cookies because honey absorbs and retains moisture, keeping baked products fresh longer.

Two tablespoons of honey added to your favorite cake mix will make the cake more tender and less crumbly.

In this issue, read the articles about the Wampler's and Lee Schleicher's beekeeping.

The featured recipe is from Catharine Wampler who received a first prize for the buns in a recipe contest.

POTATO BUNS

3 sticks margarine
1/2 cup honey
4 eggs
3 teaspoons salt
1 pint mashed potatoes
2 packages yeast dissolved in 1 cup lukewarm water
1 pint of lukewarm water
4 1/2 pounds of flour
Combine all ingredients and mix together by hand. Let dough rise in large bowl. When dough is doubled in size, punch down with hand. Let rise again until doubled in size; punch down. Take one half of the dough and roll out until 1/4-inch thick. Cut with round cookie cutters. Place on cookie sheets and let rise until doubled. Bake at 350 degrees for 15 to 20 minutes.

Catharine Wampler
Manheim

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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

April

20- Rhubarb

27- Foods, Beverages That Heal

May

4- Your Favorite Restaurant Recipe

11- Your Mother's Favorite Recipe