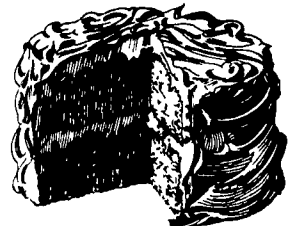


Home On The Range



Buzzin' Recipes Use Honey

When it comes to cooking with honey, the tables have certainly turned. Once relegated to desserts and tea time, honey has moved from the back of the cupboard to the forefront of the food world. And things have never tasted better.

With major sweetening power that's naturally healthy, it's no wonder restaurants, quality food products and palates everywhere are experiencing a honey renaissance. Spread the news. Honey's back.

SWEET AND SOUR SAUCE

1 cup unsweetened pineapple juice
 ¼ cup wine vinegar
 1 tablespoon soy sauce
 ½ cup honey
 ¼ cup catsup
 2 tablespoons cornstarch
 ¼ cup unsweetened pineapple juice

In a small saucepan, combine 1 cup pineapple juice, vinegar, soy sauce, honey, and catsup. Stir over moderate heat to simmering. Dissolve cornstarch in ¼ cup pineapple juice. Add to sauce. Stir until clear.

Holly Fisher
 Pa. Honey Queen

MICROWAVE HONEY CORN

2 10-ounce boxes frozen corn
 2 tablespoons butter
 2 tablespoons honey
 ¼ teaspoon salt
 ¼ cup milk

Place all ingredients into a one-quart casserole dish. Cover and microwave 8 to 10 minutes. Let stand a couple minutes before serving. Serves 8.

Holly Fisher
 Pa. Honey Queen

CORN BREAD

¾ cup corn meal
 ¼ cup whole wheat flour
 ¼ cup unbleached white flour
 3 teaspoons baking powder
 ¾ teaspoon salt, optional
 ¼ cup honey
 1 cup milk
 1 egg, well beaten
 2 tablespoons butter, melted

In a large bowl mix and sift together the flours, baking powder, and salt. Add the honey, milk, egg, and melted butter. Bake in a shallow buttered 8x8-inch pan in preheated 425 degree oven for 20 minutes, or until golden brown.

PRIZE WINNING HONEY PEANUT BUTTER COOKIES

¼ cup shortening
 ½ cup peanut butter
 ½ cup granulated sugar
 ½ cup honey
 1 egg
 1½ cups flour
 ½ teaspoon baking powder
 ¼ teaspoon baking soda
 ¼ teaspoon salt

Mix shortening, peanut butter, sugar, honey, and egg thoroughly. Blend all dry ingredients; stir into shortening mixture. Heat oven to 350 degrees. Roll dough into balls. Place on lightly greased baking sheet. Flatten crisscross style with fork dipped in flour. Bake 8 to 10 minutes. Makes about 3 dozen cookies.

Holly Fisher
 Pa. Honey Queen

HIGH FIBER SNACK

3 cups quick oats
 1 cup coconut
 1 cup chopped walnuts
 ½ teaspoon salt
 ½ cup bran
 1 cup honey
 1 cup peanut butter

Mix oatmeal, coconut, walnuts, bran, and salt in a large bowl. Mix well. Mix together peanut butter and honey. Add to oatmeal mixture. Refrigerate for three hours or until firm. Cut into bars.

Optional: add raisins, sunflower seeds or peanuts.

HONEY PEANUT REFRIGERATE COOKIES

½ cup honey
 ¾ cup crunchy peanut butter
 ½ cup granulated sugar
 6 tablespoons margarine, softened

1 medium egg
 2 cups flour
 1 teaspoon baking powder
 ½ teaspoon salt
 ¼ teaspoon baking soda
 Cream together honey, peanut butter, sugar, margarine, and egg. Add remaining ingredients and blend well. Shape into log. Wrap in plastic wrap and refrigerate overnight. Heat oven to 400 degrees. Cut log into ¼-inch slices, place on ungreased baking sheet. Bake 6 to 7 minutes or until lightly browned. Cool and store in tight container.

B.J. Light
 Lebanon



Honey adds beautiful golden color and delightful sweet flavor to bring out the best in so many foods.

HONEY NUT TOPPING

Combine equal amounts and whip together:
 Butter or margarine
 Honey
 Peanut butter
 Maple syrup

Holly Fisher
 Pa. Honey Queen

PEANUT HONEY HUGGERS

½ cup honey
 2 tablespoons butter
 1 teaspoon ground cinnamon
 4 cups roasted, salted peanuts
 Combine honey, butter, and cinnamon in 2-quart microwave-safe container; microcook on high for 4 to 5 minutes or until thermometer reaches 235 degrees. Stir in nuts; mix thoroughly to coat. Microcook at high 5 to 6 minutes or until foamy; stir after 3 minutes. Spread in a single layer on foil sprayed with non-stick vegetable spray. Cool. Break into small pieces. Makes 4 cups.

HONEY BARBECUE SAUCE

1 can 10½ ounces condensed tomato soup
 ½ cup honey
 2 tablespoons Worcestershire sauce
 2 to 3 tablespoons salad oil
 1 tablespoon lemon juice
 1 teaspoon mustard
 Dash cayenne or bottled hot pepper sauce, optional

In saucepan, combine all ingredients and bring to boil. Reduce heat and simmer, uncovered, 5 minutes. Makes about 2 cups.

HONEY WAFFLES

2 cups flour
 3 teaspoons baking powder
 ¼ teaspoon salt
 6 tablespoons butter, melted
 2 eggs, separated
 1½ cups milk
 1 tablespoon honey

Sift flour, baking powder, and salt together. Add melted butter to beaten egg yolks then add milk and honey. Pour into dry ingredients and mix quickly. Fold in stiffly beaten egg whites. Bake on hot waffle iron. Serves 6.

Holly Fisher
 Pa. Honey Queen

COMPANY MEATLOAF

1½ pounds lean ground beef
 ½ pound ground pork
 1 egg, beaten
 1 cup cracker crumbs
 ½ cup scalded milk
 ½ cup grated cheddar cheese
 ¼ teaspoon black pepper
 1 whole green pepper, sliced
 Combine all ingredients, mix well. Shape into loaf and place in baking pan. Press green pepper strips across top of meatloaf.

Topping:
 ½ cup catsup
 3 tablespoons honey
 4 crackers, crushed
 ¼ cup hot water

Mix together and cover meatloaf. Bake at 350 degrees for 1 hour, let stand 10 minutes before serving. Serves 8.

Holly Fisher
 Honey Queen

SLAM! Bam! Brittle! Microwave Method

1 cup sugar
 ½ cup honey
 1 cup roasted peanuts
 2 tablespoons butter or margarine
 1 teaspoon vanilla
 1 teaspoon baking soda
 Combine sugar and honey in 2-quart microwave-safe container. Microcook at high for 3 minutes; stir and microcook at high 3 minutes longer. Stir in peanuts. Microcook at high 1 minute; stir in butter and vanilla. Stir in baking soda until light and foamy. Spread onto lightly buttered cookie sheet; cool. Break into pieces. Makes about 1 pound.

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Featured Recipe

Dairy Princess Report
 By Carrie Bryant

October is national cheese month and even if you don't like drinking milk, almost everyone has a favorite cheese.

Cheese should be stored in its original wrapper, or any wrapper that will create a barrier to moisture, such as plastic wrap. Cheese should always be refrigerated and can be frozen if necessary. If cheese happens to dry out while being stored in the refrigerator or freezer, it can be grated and used for cooking.

Occasionally mold will develop on cheese. Although most molds are harmless, some may produce toxins, so to be safe, discard a half-inch of cheese on all sides of the visible mold.

When cooking with cheese, the secret is to use low temperatures. Cheese usually becomes tough and stringy when overcooked. In the oven, cook at 325 degrees F. with pizza, cook between 350 degrees and 400 degrees F. In sauces, add cheese at the end of the prescribed cooking time, and heat until the cheese is melted. When topping casseroles, add cheese near the end of the baking time when microwaving cheese, use lower power settings (30% to 70% power). Stir and rotate as often as recipe directs.

CREAMY TACO SALAD

1 8-ounce package cream cheese, softened
 1 tablespoon sour cream
 ½ package taco seasoning mix
 Taco stuffings (lettuce, tomatoes, green pepper, cheese, salsa, etc.)
 Nacho cheese corn chips

Mix the cream cheese, sour cream, and taco seasoning. Spread this mixture onto a serving platter, so that it is about ¼ inch thick. Top with your favorite taco stuffings and salsa. Use the corn chips to scoop it up, and eat.

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.

October 26- Beef
 November 2- Small Game
 9- Cooking With Oatmeal
 16- Nuts, peanuts