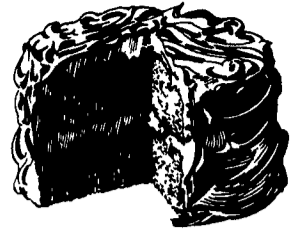


Home On The Range



Golden Touch Of Honey

Those who believe honey is only for breakfast toast are in for a surprise. Honey can be substituted for sugar in almost any recipe. An advantage of cooking with honey is that it is a natural preservative and foods made with it, especially baked goods, retain their freshness longer.

- When you substitute honey for granulated sugar in recipes; substitute honey for up to one-half of the sugar. With experimentation, honey can be substituted for all the sugar in some recipes.

Reduce the amount of liquid in the recipe by ¼ cup for each cup of honey used in baked goods. Add about ½ teaspoon baking soda for each cup of honey used in baked goods. Reduce oven temperature 25 degrees to prevent over-browning of baked goods.

For easy removal, spray measuring cup with vegetable cooking spray before adding honey.

- Honey adds a sweet, smooth and distinctive taste to recipes. Honey also absorbs and retains moisture. These qualities retard drying out and staling of baked goods.

- A 12-ounce jar of honey equals a standard measuring cup.

- Because of its high fructose content, honey has a higher sweetening power than sugar.

Buying and Storage Tips

- Select mildly flavored honeys, such as clover, for use in cooking where delicate flavors predominate.

- Use strongly flavored honeys in spreads or other recipes where a distinct honey flavor is desired.

- Store honey at room temperature.

- If honey crystallizes, remove lid and place jar in warm water until crystals dissolve. Or, microwave 1 cup of honey in microwave safe container at high for 2 to 3 minutes or until crystals dissolve; stir every 30 seconds. Do not boil or scorch.

TANGY HONEY SAUCE FOR MEAT AND CHICKEN

1 cup catsup
¼ cup honey
1 tablespoon prepared mustard
½ teaspoon ground nutmeg
Combine catsup, honey, mustard, and nutmeg; mix thoroughly. Makes 1¼ cups.

Serving tip: Spread on meatloaf, pork loin, ribs or chicken pieces during last 15 minutes of baking or serve as a dipping sauce.

HONEY WHOLE WHEAT BREAD

Combine in mixing bowl:
3 cups whole wheat flour
½ cup nonfat dry milk
1 tablespoon salt
2 packages dry yeast
Heat in a saucepan until warm:
3 cups water
½ cup honey
2 tablespoons oil
Pour warm liquid over flour mixture. Beat with electric mixer or stir by hand. Stir in:
1 additional cup whole wheat flour

4-4½ cups white flour
Knead 5 minutes, using additional white flour if necessary. Place in greased bowl, turn, let rise until double in bulk. Punch down, divide dough in half and shape into loaves. Place in greased bread pans. Cover and let rise 40 to 45 minutes. Bake at 375 degrees for 35 to 40 minutes. Makes 2 loaves.

Pam Dagen

PEANUT CHEW COOKIES

½ cup white corn syrup
½ cup sugar
3 tablespoons honey
1 6-ounce jar chunky peanut butter
3 cups corn flakes

Blend together corn syrup, honey, and sugar in a saucepan. Bring to a low boil and boil until sugar dissolves. Stir in peanut butter and remove from heat. Stir in corn flakes. Drop by spoonfuls onto wax paper.

Vickie Creighton
Manheim

DATE BRAN MUFFINS

¼ cup shortening or butter
¼ cup honey
¼ cup milk
1 cup sifted flour
½ teaspoon salt
1 egg
1 cup whole bran
2 teaspoons baking powder
1 cup dates, snipped
Cream shortening and honey. Add egg and beat well. Stir in milk, bran, and dates. Sift together flour, baking powder, and salt. Add date mixture and stir just to moisten ingredients. Batter will look lumpy. Fill 12 greased muffin cups ¾ full. Bake at 400 degrees for 20 to 25 minutes.

Jill Mathias
1989 Am. Honey Princess



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

HONEY CHICKEN WINGS

3 pounds wings, tips cut off
1 cup honey
½ cup soy sauce
2 tablespoons vegetable oil
2 tablespoons catsup
Pinch garlic salt
Cut each wing into 2 parts. Sprinkle with garlic salt. Combine remaining ingredients. Place chicken wings in pan. Pour sauce over and bake at 375 degrees for one hour.

Rebecca Lehr
1985 Pa. Honey Queen

BAKED FLOUNDER WITH SPINACH

1 cup sour cream
2 tablespoons honey
1 tablespoon lemon juice
¼ teaspoon nutmeg
¼ teaspoon ginger
2 to 3 chopped scallions
1 tablespoon flour
1 package frozen, chopped spinach, thawed and drained
1½ pounds flounder fillets or other whitefish
Paprika
Preheat oven to 375 degrees. Combine sour cream, honey, lemon juice, nutmeg, ginger, scallions, and flour. Add half of mixture to spinach and place in the bottom of a shallow baking dish. Arrange fillets on top and cover with remaining sour cream mixture. Sprinkle with paprika and bake 20 minutes.

Jill Mathias
1989 Am. Honey Princess

Featured Recipe

In 1928, the Republican Party promised a "chicken in every pot" if its candidate were elected. The cost of chicken to consumers today is only a fraction of the cost in 1928 when chicken was a luxury item, eaten only for Sunday dinner or special occasions. But politicians then as they are today were telling voters that a vote for them is a vote for a better life.

Chicken is still an appropriate symbol of that pledge. And on the good nutrition, good taste, and good value platform, more consumers than ever are voting chicken.

This election year, when the nation's slumping economy is of major importance to voters, dark meat chicken is a real vote getter for those concerned about both good nutrition and budget balancing.

The National Broiler Council developed the following recipe using dark meat chicken, the best value in the supermarket case. It is a hearty dish with sure-to-please Italian seasoning. It's simple to put together, place in the oven and forget until serving time. Add a salad and the meal is complete.

SPAGHETTI CHICKEN DRUMSTICKS

8 broiler-fryer chicken drumsticks
8 ounces fresh mushrooms, sliced
1 large onion, sliced
1 large clove garlic, minced
½ teaspoon salt
1 teaspoon oregano
1 teaspoon basil
16-ounce can tomatoes
15-ounce can tomato sauce
8-ounces thin spaghetti, cooked

In 2-quart shallow baking dish, place sliced mushrooms in a single layer. Separate sliced onion into rings and arrange over mushrooms. Place drumsticks on top of onion and sprinkle with minced garlic, salt, oregano, and basil. Drain juice from tomatoes and pour juice over chicken. Mash tomatoes with a fork or place in processor container and process 15 seconds; pour over drumsticks. Pour canned tomato sauce over all, covering drumsticks well. Place baking dish on a sided cookie sheet and bake in 400 degree oven for 1 hour or until fork can be inserted in chicken with ease. Serve over cooked spaghetti. Makes 4 servings.

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.

September

19- Grandma's Favorite Recipe
26- National Rice Month

October

3- National Pork Month
10- National Apple Month