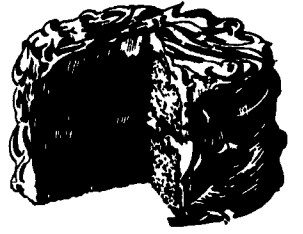


Home On The Range



Add Honey The Golden Touch

Honey is pure, wholesome and natural. The flavor and color of honey varies greatly because it is dependent upon the bee's nectar source. Typically, lighter colored honeys are milder in flavor than the darker honeys. Experiment with different flavors. The darker flavors may taste best in baked goods and the lighter flavors for uncooked uses.

Store honey at room temperature, the best spot is your dining room table. Do not refrigerate as it hastens granulation.

Crystallization is a natural process for honey; it does not mean the honey is spoiled. If honey becomes crystallized, place the honey jar in a pan of hot water (do not set jar directly on bottom of the pan or use boiling water) or micro-cook for 30 second intervals until the honey has re-liquified.

To replace sugar with honey: Substitute $\frac{1}{2}$ cup honey per cup of sugar. Reduce amount of liquid by $\frac{1}{4}$ cup for each cup honey used. Lower baking temperature by 25 degrees. In baked goods, add $\frac{1}{2}$ teaspoon baking soda for each cup honey used.

Most of these recipes are from Pennsylvania Honey Queen Stephanie Lynn Yoder and from Pennsylvania Honey Princess Jennifer Sue Henry.

QUEEN STEPHANIE'S HONEY PEANUT POPCORN

4 quarts popped corn
 $\frac{1}{2}$ cup honey
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup peanut butter
Boil sugar and honey for 1 minute. Stir in peanut butter. Cool. Dribble over popped corn. Toss.

MOCK CHAMPAGNE

46 ounces unsweetened pineapple juice
3 cups apple juice
48 ounces cranberry juice
 $\frac{1}{2}$ cup honey
4 cups water
 $\frac{1}{2}$ cup lemon juice
2 liters gingerale
Heat honey and water until honey is dissolved. Add other juices. Pour into plastic half-gallon containers and freeze. Place in refrigerator 5-7 hours before using. Chop into slush before using. Add gingerale and serve in punch bowl.

MOM'S HARVARD BEETS

16-ounces canned sliced beets, reserve liquid
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup honey
2 tablespoons cornstarch
2 tablespoons butter
2 whole cloves, optional
Combine vinegar, honey, cornstarch, and beet liquid in small saucepan until cornstarch is dissolved; add butter. Bring to a boil, add sliced beets. Heat thoroughly. Top with orange slices. Serves 6.
Fisher Honey Co.
Lewistown

HONEY BREAD

1 package dry yeast
 $\frac{1}{4}$ cup warm water
2 tablespoons honey
2 tablespoons shortening
1 tablespoon salt
1 cup scalded milk
1 cup cold water
5-6 cups flour
Dissolve yeast in warm water. Set aside. Place in large mixing bowl; honey shortening, and salt. Pour in the scalded milk and stir until salt and shortening are dissolved or melted. Pour in cold water and cook the mixture to lukewarm. Add yeast mixture. Stir. Gradually add flour until the dough is stiff. Turn onto a floured surface and knead until elastic. Grease a bowl and place ball of dough into it. Grease top of dough. Cover with damp cloth, place in warm area and let rise to double in bulk. Knead and form into two loaves. Place loaves into greased bread pans. Cover with damp cloth, place in warm area and let rise until nicely rounded above top of pan. Remove cloth and bake at 350 degrees for 30 to 40 minutes. Remove from pans and butter the tops of hot bread.
Fisher Honey Co.
Lewistown

MICROWAVE HONEY CORN

2 10-ounce boxes frozen corn
2 tablespoons butter
2 tablespoons honey
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup milk
Place all ingredients into a one-quart casserole dish. Cover and microwave 8 to 10 minutes. Let stand a couple of minutes before serving. Serves 8.
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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.

November

- 20- Thanksgiving Favorites
- 27- Your Favorite Bread Recipes

December

- 4- Your Favorite Christmas Cookies
- 11- Holiday Non-Alcoholic Sippers



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

HONEY PINEAPPLE PORK CHOPS

4 double pork loin chops
1 can sliced pineapple
 $\frac{1}{2}$ cup honey
 $\frac{1}{2}$ cup pineapple juice
1 tablespoon prepared mustard
Cut a pocket into each pork chop and insert $\frac{1}{2}$ slice pineapple. Combine honey, pineapple juice and mustard. Spoon a little over each pork chop. Bake at 350 degrees for 1 $\frac{1}{2}$ hours, drizzling the honey sauce over the chops frequently. Remove chops from oven, top each with $\frac{1}{2}$ slice pineapple. Return to oven for a minute or two to warm fruit. Heat any remaining honey sauce and serve with chops.

FRESH STRAWBERRY JAM

6 cups sliced strawberries
2 boxes (1 $\frac{1}{2}$ ounces) powdered pectin
 $\frac{1}{2}$ cup honey
2 tablespoons lemon juice
In saucepan, combine strawberries and pectin, mashing or crushing berries to blend completely. Bring mixture to a boil. Boil hard one minute, stirring constantly. Add honey and lemon juice. Return to a rolling boil for five minutes, stirring constantly. Remove from heat. Skim off foam. Ladle into hot sterilized jars. Seal. Makes eight $\frac{1}{2}$ -pint jars.

PRINCESS JENNIFER'S HOT FUDGE DESSERT CAKE

1 cup flour
2 tablespoons unsweetened cocoa powder
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
Mix flour, cocoa, baking powder, and salt in 9x9x2-inch baking pan.
 $\frac{1}{2}$ cup honey
2 tablespoons vegetable oil
 $\frac{1}{2}$ cup milk
1 teaspoon vanilla
Add honey, oil, milk and vanilla to mixture in pan, stir well with fork until smooth.
In a small bowl, mix the following with a fork:
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup unsweetened cocoa
Sprinkle over batter in pan. Pour 1 $\frac{1}{4}$ cup hot water over the top of pan. Do not stir.
Bake at 350 degrees for 40 minutes. Remove from oven and cool. Great served warm with ice cream.

SPINACH SALAD

$\frac{1}{2}$ pound spinach, broken up
1 medium onion, sliced
 $\frac{1}{2}$ pound mushrooms, sliced
4 hard cooked eggs, quartered
Combine all ingredients and chill
4 slices bacon, fried crisp
Dressing:
4 tablespoons bacon fat
 $\frac{1}{2}$ cup vinegar
1 tablespoon honey
Combine bacon fat, vinegar, and honey. Bring to a boil. Pour over salad. Add crumbled bacon. Serve immediately. Serves 8.
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FOUR BEAN SALAD

1 can red kidney beans
1 can green beans
1 can yellow beans
1 can garbanzo beans
 $\frac{1}{2}$ teaspoon celery seed
1 large onion, sliced
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{2}$ cup salad oil
1 green pepper, chopped
 $\frac{1}{2}$ cup honey
Heat vinegar, oil, and honey just to blend. Pour over bean mixture. Best if refrigerated at least 3 hours before serving.

SIMPLE GRANOLA

Combine in large mixing bowl:
2 cups whole wheat flour
1 cup coconut
6 cups oatmeal (rolled oats)
Chopped nuts if desired
In a separate bowl, blend together:
 $\frac{1}{2}$ cup water
1 cup oil
1 tablespoon salt
1 cup honey
2 teaspoons vanilla
Add blended liquid mixture to dry ingredients and mix thoroughly. Spread out on two greased cookie sheets and bake 1 hour or until dry and golden. Store in airtight container. Makes almost 3 quarts cereal.

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Featured Recipe

"School is back in session and watching football games is the past time. With these activities come snacks," said Diane Myers, Cumberland County Dairy Princess.

She suggests using cheese snacks. Cheese contains some essential vitamins and minerals, calcium and protein — all needed by active children for daily life.

Diane is the daughter of Richard and Ethel Myers of Boiling Springs. The family raises corn, wheat, and hay and milk Holsteins on their Bubble Hollow Farm.

Diane is studying agricultural science at Penn State. Here is a recipe from Diane, who was the county alternate last year.

CHUNKY CHEESE VEGETABLE DIP

1 cup sour cream
 $\frac{1}{2}$ cup soft American cheese
 $\frac{1}{2}$ cup plain yogurt
2 tablespoons dry Italian salad dressing mix
Combine ingredients in a bowl and serve. Dip will have chunks of cheese.