

# Home On The Range



## It's Time For 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.

Here are some hints for adapting honey to your recipes.

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

Many of today's recipes are favorites of Melissa Nicole Swartz, the Pennsylvania Honey Queen.

Melissa says, "Don't forget to drizzle honey on your toast, in your tea, over your cereal or in anything else that needs the golden touch of pure, delicious honey."

### HONEY MOONS (Cookies)

- $\frac{1}{2}$  cup shortening
  - $\frac{1}{2}$  cup honey
  - $\frac{1}{2}$  cup granulated sugar
  - 2 $\frac{1}{2}$  cups flour
  - 2 teaspoons baking powder
  - $\frac{1}{2}$  teaspoon salt
  - 1 egg
  - $\frac{1}{2}$  cup chopped nuts
  - 1 teaspoon vanilla
- Mix ingredients. Chill dough. Roll into pencil-thick rolls. Cut into 2 $\frac{1}{2}$ -inch lengths. Form into crescent shapes. Bake at 400 degrees for about 8 minutes. Do not brown!

Gladys S. Martin  
Ephrata

- ### HONEY BUNS
- $\frac{1}{4}$  cup chopped nuts
  - $\frac{1}{2}$  cup honey
  - $\frac{1}{2}$  cup butter, melted
  - 2 tablespoons brown sugar
  - $\frac{1}{4}$  teaspoon cinnamon
  - 10-ounce can Hungry Jack Refrigerated Big Flaky Biscuits
  - 2 tablespoons butter, melted
- Combine nuts, honey, and  $\frac{1}{2}$  cup melted butter. Pour into ungreased 8x4-inch or 9x5-inch loaf pan. Separate the biscuits. Combine brown sugar and cinnamon. Pat one teaspoonful of the sugar mixture on one side of each biscuit.

Stand biscuits on edge, slightly overlapping in two rows of 5 biscuits each in prepared pan.

Drizzle with 2 tablespoons melted butter. Bake at 350 degrees for 30 minutes. Cool 3 minutes. Turn out of pan on flat dish.

Gladys S. Martin  
Ephrata

### "BEE" NUTTY CHOCOLATE CHIP COOKIES

- $\frac{1}{2}$  cup honey
- $\frac{1}{2}$  cup peanut butter
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup brown sugar
- 1 egg
- 1 $\frac{1}{2}$  teaspoon vanilla
- 2 cups flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 16-ounces chocolate morsels
- $\frac{1}{2}$  cup coarsely chopped roasted peanuts

Combine honey, peanut butter, butter, and brown sugar in a large bowl; beat until light and fluffy. Add egg and vanilla; mix thoroughly. Combine flour, baking soda and salt; mix well. Stir into peanut butter mixture. Stir in chocolate morsels and peanuts. Using a  $\frac{1}{4}$  cup for each cookie, drop onto ungreased cookie sheet; flatten slightly. Bake at 350 degrees for 10 minutes or until lightly browned. Remove to rack and cool. Makes 16 3-inch cookies.

Melissa Swartz  
Pa. Honey Queen 1994

- ### NORTH MOUNTAIN "COLDSLAW"
- $\frac{1}{4}$  cup sliced cranberries
  - 1 tablespoon honey
  - 1 teaspoon celery seed
  - $\frac{1}{2}$  cup mayonnaise
  - 1 teaspoon vinegar
  - 3 cups shredded cabbage
- Combine cranberries, honey, and celery seed. Let stand 15 minutes. Add the mayonnaise and vinegar, blend. Pour over the shredded cabbage. Season with salt if necessary.

- ### SPICED HONEY BUTTER
- $\frac{1}{2}$  cup butter
  - $\frac{1}{4}$  cup honey
  - 1 teaspoon orange peel
  - $\frac{1}{2}$  teaspoon ground cinnamon
- Combine all ingredients and mix well. Serve with biscuits, bread, muffins or scones.

National Honey Board

- ### HONEY GARLIC DRESSING
- 1 package Italian Dressing Mixture
  - 2 tablespoons water
  - $\frac{1}{4}$  cup honey
  - $\frac{1}{2}$  cup cider vinegar
  - $\frac{1}{2}$  cup vegetable oil
- Combine all ingredients except oil; mix well. Gradually beat in oil with whisk or fork.

Variation: Honey Mustard Dressing: Add 2 tablespoons Dijon-style mustard to basic dressing and decrease oil to  $\frac{1}{4}$  cup. Use as a salad dressing or marinade for chicken breasts.

- ### HONEY ROOT BEER
- 1 $\frac{1}{4}$  cup honey
  - $\frac{1}{4}$  teaspoon yeast
  - $\frac{1}{2}$  bottle of 3-ounce root beer extract

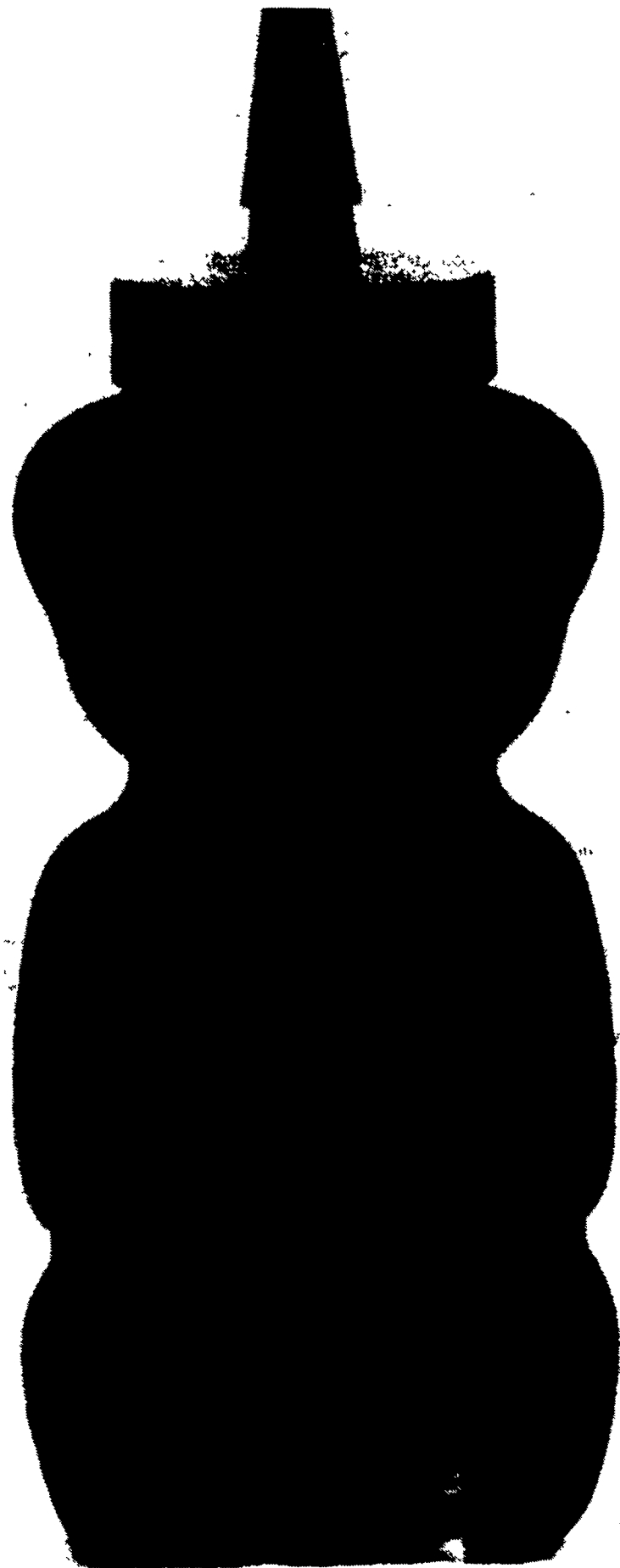
Add ingredients to a gallon jug that is half filled with warm water. Shake thoroughly. Fill jug to within  $\frac{1}{2}$ -inch of top with warm water. Gently blend. Lay on its side in a cool place for 24 hours and then refrigerate.

- ### HONEY PUFFINS
- 1 cup honey
  - 2 cups dry oatmeal
  - 1 cup peanut butter
  - 2 cups dry cereal (cornflakes, Cheerios, etc.)

Combine honey and peanut butter in a large bowl. Add dry cereal and oatmeal. When thoroughly combined, use about a tablespoon of dough and roll into round balls. Allow to set 10 to 15 minutes before eating.

- ### APPLE HONEY
- 1 apple, pared, cored & diced
  - $\frac{1}{4}$  teaspoon lemon juice
  - $\frac{1}{4}$  cup honey
  - $\frac{1}{4}$  teaspoon cinnamon
  - Dash nutmeg
  - 1 tablespoon butter
- Mix diced apple and lemon juice in a two-cup glass measuring cup. Add honey, cinnamon, and nutmeg. Cover with plastic wrap or wax paper. Microwave on high for two minutes. Stir in butter. Microwave on high one minute to heat before serving. Serve with pancakes or French toast.

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"I was limited to English Muffins for years, but it was nothing but a giant smear campaign."

## Featured Recipe

Research has shown that kids who eat breakfast at school have significantly higher scores on standardized achievement tests. Yet a national survey showed that only 56 percent of children polled eat breakfast every morning. Breakfast consumption drops off even more as children grow older.

If your child is a picky eater, here are some ideas from the Dairy Council.

### PEANUT BUTTER CRUNCHIES

- $\frac{1}{2}$  cup chunky peanut butter
  - 2 tablespoons honey
  - $\frac{1}{4}$  cup cornflake crumbs (or other cereal)
  - $\frac{1}{4}$  cup nonfat dry milk powder
- Blend peanut butter, honey, and dry milk powder. Stir in half cup cornflake crumbs. Form into small balls and roll in remaining cornflake crumbs. Eat immediately or refrigerate. Drink a glass of milk with the peanut butter crunchies.

### FRUIT 'N' CHEESE WAFFLE SANDWICH

- 2 4-inch frozen waffles or 2 sets frozen mini waffles
  - 1 tablespoon applesauce
  - 2 slices American cheese
  - $\frac{1}{2}$  apple, cored and thinly sliced
- Toast waffles according to package directions. Spread applesauce on one waffle. Cover with cheese slices and then apple slices, overlapping slightly. Top with remaining waffle. Cut sandwich into 4 mini sandwiches.

## 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.

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|---------|-----|------------------------|
| October | 1-  | National Pork Month    |
|         | 8-  | National Chicken Month |
|         | 15- | Seafood Favorites      |
|         | 22- | Pizza and Apple Month  |
|         | 29- | Pumpkin Time           |