

# Home on the Range

## Sweeten Up With Honey And Maple Syrup

Honey and maple syrup is good for more than drizzling over pancakes. Add a touch of honey or maple syrup to carrots, sweet potatoes, or squash. Try glazing ham or sweetening baked apples.

"There's nothing like the subtle flavor of pure maple syrup on pancakes, waffles or French toast, but try cooking with maple syrup and you will be pleased with the results," said Pa. Maple Sweetheart Tanya Deets.

Pure maple syrup is slightly sweeter than cane sugar. It contains 62 calories per tablespoon as compared to 54 calories per tablespoon of sugar, but less maple syrup is required.

Substitute ¾ cup maple syrup for each cup sugar and reduce the liquid in the recipe by 3 tablespoons.

Pure maple syrup is sold by grades of color or shades of amber: Light amber is used primarily to make maple cream or candy. Medium amber, with a delicate flavor, is used as the table syrup. Dark amber, is used by people who prefer a stronger flavor for table use.

Unopened containers of maple syrup can be store in a cool, dry place, or frozen. Store opened containers of syrup in the refrigerator. If mold develops on the syrup, skim it off; then heat the syrup to boiling and cook for 3 minutes.

For more information about maple syrup, additional recipes and storage, send a self-addressed, stamped business-size envelope to the Pennsylvania's Maple Syrup Producers' Council, c/o Jim Tice, 427 Tice Rd., Mainesburg, PA 16932.

"Did you know that it takes 556 worker bees flying 35,854 miles to produce one pound of honey?" Pennsylvania Honey Queen Emily Anderson asks.

Honey keeps baked goods moist longer than products made with granulated sugar. To replace sugar with honey: Substitute ¾ cup honey per cup sugar. Reduce amount of liquid by ¼ cup for each cup honey used. Lower baking temperatures by 25 degrees. In baked goods, add ½ teaspoon baking soda for each cup of honey used.

Store honey at room temperature. Refrigeration speeds up crystallization. If honey has crystallized, remove lid and place jar in

warm water until crystals dissolve. Or, microwave 1 cup honey in microwave-safe container on high for 2 to 3 minutes until crystals dissolve; stir every 30 seconds. Do not boil or scorch.

For more information about honey—including additional recipes, storage, and buying tips—send a self-addressed, stamped business size envelope to the National Honey Board, Dept. QB, 390 Lashley St., Longmont, Co. 80501-6045.

### NEW ENGLAND MAPLE CAKE

- ½ cup shortening
- ½ cup granulated sugar
- 2 eggs, separated
- ½ cup maple syrup
- 1½ cups cake flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- ½ teaspoon cinnamon

Cream together shortening and sugar; add the egg yolks beaten, and the maple syrup. Sift the dry ingredients together and add to the first mixture. Beat well. Fold in the egg whites whipped stiff. Bake in 2 greased and floured 8-inch round pans or 13x9-inch pan at 350 degrees for approximately 20 minutes or until done. Cool; and just before serving top with maple whipped cream, and sprinkled with finely chopped walnuts.

Trudy Ashelman  
Orangeville

### HONEY-GLAZED PEA PODS AND CARROTS

- ¾ cup water
- 2 cups diagonally-sliced carrots
- 8-ounces pea pods
- 3 tablespoons butter
- ½ teaspoon cornstarch
- 2 tablespoons honey

In a 2-quart saucepan bring water to a boil. Add carrots, cover, and cook over medium heat until carrots are crisp but tender for 10 to 12 minutes. Add pea pods and continue to cook 2 minutes. Drain and set vegetables aside.

In same pan, melt butter, add cornstarch, stir continually for one minute. Stir in the honey and add vegetables, continue to heat 2 to 3 minutes, stirring occasionally until heated through.

Betty Light  
Lebanon



Pancakes is always a favorite to top with honey butter or maple syrup.

### HONEY MUSTARD SAUCE

Combine ½ cup honey and ½ cup mustard for dipping sauce, sandwich spread, or marinade.

### NUTTY BEE SPREAD

Combine until well blended:  
½ cup peanut butter  
¼ cup cream cheese  
¼ cup honey  
Refrigerate until ready to serve. Spread on bread or toast.

### HONEY CHICKEN WINGS

3 pounds wings, tips cut off  
¼ cup soy sauce  
2 tablespoons ketchup  
1 cup honey  
2 tablespoons vegetable oil  
Pinch garlic salt  
Cut each wing into two parts. Sprinkle with garlic salt. Combine remaining ingredients. Place chicken wings in pan. Pour sauce over and bake at 375 degrees for one hour.

Emily Anderson  
Pa. Honey Queen

### FRUIT SMOOTHIE

1½ cups milk  
¼ cup honey  
1 teaspoon vanilla  
Dash ground nutmeg  
2 medium bananas, peeled  
1 cup plain or vanilla yogurt  
½ teaspoon cinnamon  
In blender or food processor, combine all ingredients. Process until smooth. Add up to five ice cubes, one at a time, and blend until smooth.

Nat. Honey Board

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## Featured Recipe

Soccer practice. Friday night high school football games. Field hockey matches. The big game on Sunday. Autumn is more than the kids returning to school, it's the start of a variety of sporting events that brings friends and family together after school and on the weekends.

Whether it's pre-game tailgating, pee-wee soccer games or an afternoon of watching the game with friends at home, good times are made even better with delicious food.

"Families often have to grab a quick bite on the run to practice, and once the crowd arrives for the game, spending time in the kitchen preparing a meal or snacks is nearly impossible," says Holly Gerke of the American Dairy Association Mid East. "That's why the great taste, variety and versatility of cheese always scores points at any sport-watching event."

With just a few basic ingredients, the tailgate party can go from the boring bag of chips and dip to something tantalizing and satisfying. Here are two recipes.

### Chunky Cheese Bread

1 package (16 ounce) hot roll mix, plus ingredients to make mix  
¼ cup sun-dried tomatoes (chopped)  
1 tablespoon sliced green onion  
8 ounces Pepper Jack cheese (cut in 1/2-inch cubes)  
Make hot roll mix according to package directions, adding sun-dried tomatoes and green onion; knead cheese into dough. Divide dough in half; shape into 2 round or oval loaves on a greased cookie sheet. Let rise (covered), in warm place until doubled in size, 30-40 minutes. Bake at 375° until golden, about 20 minutes. Makes 2 loaves.

### Cheese 'N Ham Biscuits

1 package (10.8 ounces) extra large biscuits, baked  
5 ounces thinly sliced ham  
5 ounces sliced Colby Jack cheese  
1/3 cup strawberry preserves or orange marmalade  
Split biscuits; layer ham and cheese on bottom halves. Spread biscuit tops with preserves and place on sandwiches. Bake at 300°F, loosely wrapped in aluminum foil, until hot, about 15 minutes. Makes 5 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-
  - 28- National Lamb Month
- October-
  - 5- National Pork Month
  - 12- Apple Month
  - 19- Pizza Recipes