

Home on the Range

Honey Sweetens The Menu

Honey and bees are more than a passing fancy for Pennsylvania Honey Queen Jamie Fisher. She is majoring in microbiology and assisting with honey bee research in the entomology department as a sophomore at Penn State University.

As the daughter of Sandy and Paul Fisher of Cherry Valley Apiaries in Stroudsburg, Jamie grew up working with bees and honey. Many of today's recipes are from the honey queen.

Honey is produced in every state in the U.S., according to Dr. Dewey Caron, cooperative extension apiculturist at the University of Delaware.

The average bee colony yields about 66 pounds of honey annually. Per capita consumption is a little over one pound annually. Honey is used in a wide variety of foods as well as in personal products and medications.

Honey bees may travel as much as 55,000 miles and visit more than two million flowers to gather enough nectar to make one pound of honey.

Composed primarily of fructose, glucose, and water, honey also contains trace enzymes, minerals and amino acids. Because of its high fructose content, honey is 33 percent sweeter than granulated sugar and contains fewer calories for this sweetening power.

HONEY BUTTER

½ cup honey
½ cup softened unsalted butter
Blend and use on waffles and pancakes. Keep refrigerated.

SPICY CITRUS DRESSING

¼ cup lemon or lime juice
1 tablespoon canola oil
2 tablespoons honey
¼ teaspoon ground cinnamon, allspice or cardamon
¼ teaspoon paprika

In a screwtop jar, combine all ingredients and shake well. Chill. Dressing will last up to two weeks in the refrigerator. Shake before serving.

Variations: Add any of the following: ½ teaspoon poppy seeds or sesame seeds, dash hot pepper sauce, or ¼ teaspoon ground ginger.

Susan Moyer
Newmanstown

HONEY VANILLA ICE CREAM

2 eggs
¼ cup honey
1½ cups milk
1 tablespoons vanilla extract
1½ cups whipping cream
Beat eggs until foamy in a large mixing bowl. Gradually add honey; beat at low speed until well blended. Gradually blend in milk and vanilla. Chill at least 30 minutes. Whip cream until it forms soft peaks; fold into chilled mixture. Churn-freeze, using slightly greater portion of salt to ice than for other ice creams. After freezing, transfer ice cream to a plastic freezer container. Ripen in freezer at least three hours before serving.

Rebecca Ruppert
Berks Co.

Alternate Dairy Princess

HONEYED SWEET POTATOES

2 large baked whole sweet potatoes (baked in foil)
2 tablespoons honey
¼ teaspoon cinnamon
¼ teaspoon nutmeg
2 tablespoons butter, melted (optional)

Cut baked sweet potatoes in half lengthwise. Scoop out pulp and place in small mixing bowl. Add honey, cinnamon, nutmeg, and butter. Beat until smooth.

Spoon mashed potato mixture back into the sweet potato shells and place them on a baking sheet. Heat in a 350 degree oven for 15 minutes. Serves 4.

HONEY BUTTER POPCORN

10 cups popped popcorn
1 cup coarsely chopped peanuts

½ cup butter
½ cup honey
Combine popcorn and peanuts in a large bowl. Heat butter and honey until melted. Pour over popcorn mixture. Spread in 15x10-inch pan.

Bake at 325 degrees for 20 minutes, stirring once or twice. Cool in pan on wire rack. Break into small pieces. Store in airtight container.

Eileen Murphy
Bradford Co.
Dairy Princess



Make some honey ice cream. Top it with fruit drizzled in honey.

HONEY BEAR BROWNIES

½ cup butter
½ cup honey
2 eggs
½ cup cocoa
1 cup chopped nuts
¼ cup sugar
2 teaspoons vanilla
¼ cup flour
½ teaspoon salt

Cream butter and sugar, blend in honey and vanilla. Add eggs one at a time. Gradually add flour, cocoa, and salt. Stir in nuts. Grease and flour a 9-inch square pan. Bake at 350 degrees for 25-35 minutes.

Jamie Fisher
Pa. Honey Queen

HONEY GLAZED HAM

5-8 pounds canned ham
Whole cloves
½ cup mustard
½ cup honey
2 oranges, peeled and sectioned
½ cup brown sugar
2 tablespoons orange juice
Bake ham in a 350-degree oven for 30 minutes. Score top and sides of ham in diamond shapes and place orange slices into slits. Insert whole cloves in center of diamonds. Combine remaining ingredients. Spoon half the glaze over the ham; bake 30 minutes longer. Baste with remaining glaze until ham is done.

Jamie Fisher
Pa. Honey Queen

FROZEN STRAWBERRY SALAD

8 ounces cream cheese
2 cups strawberries, crushed
3 tablespoons honey
1 cup crushed pineapple
Blend cream cheese and honey. Stir in fruits. Pour into freezer tray and freeze two hours. Cut into squares and serve on lettuce leaf. May be garnished with whipped cream.

Jamie Fisher
Pa. Honey Queen

PEANUT BUTTER CANDY

1 cup peanut butter
2 cups dry powdered milk
1 cup honey
1½ cups shredded coconut or chopped nuts
Blend all ingredients and pat into a buttered 9x13-inch pan. Chill and cut into desired size servings. Or, roll into balls and then into coconut or chopped nuts, then chill.

Betty Light
Lebanon

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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.

September- 27-	National Chicken Month
October- 4-	Apple Recipes
11-	National Pork Month
18-	Cooking With Lamb

Featured Recipe

Tonight Pennsylvania Dairy Princess Angela Marie Werley plans to crown her successor at the annual Dairy Princess Pageant held at the Sheraton Harrisburg East.

Although Angela no longer will hold the official crown, she plans to continue spreading the message that milk and dairy products contain many nutrients important to your family's health. Staying fit, she said, means eating right and using lots of real dairy products.

Here is one of her favorite recipes that she serves to her parents Philip and Donna Werley and siblings Melissa, Pamela, and Matthew.

ORANGE CREAM FRUIT SALAD

20-ounce can pineapple tidbits
11-ounce can mandarin oranges
1 medium apple, chopped
¼ cup milk
¼ cup sour cream
16-ounce can peach slices
2 medium bananas, sliced
1 small package instant vanilla pudding
¼ cup frozen orange juice concentrate
Drain all juices from fruit. Put all fruit in bowl. Mix pudding, milk, orange juice, and sour cream with hand mixer for about 2 minutes. Pour over fruit and mix. Chill for one hour and enjoy.