

# Featured Recipe Helpful Hints For Honey

## HONEY ROASTED APPLES

- 4 medium baking apples
- 1/2 cup honey
- 1/4 cup orange juice
- 1 tablespoon lemon juice
- 1 teaspoon grated orange peel
- 1/2 teaspoon ground ginger
- 1/3 cup hot water

Pare top 1/3 of apples and remove core leaving 1/2-inch of core on bottom. Place apples in oiled baking dish. Combine honey, orange juice, lemon juice, orange peel and ginger; mix well. Spoon over apples allowing mixture to fill centers and coat entire surface. Pour water into baking dish. Bake, covered, at 400F 15 minutes. Remove cover and bake 30 minutes longer or until apples are glazed and tender; baste with liquid from baking dish every 15 minutes.

**Microwave Method:** Pare and core apples and mix glaze ingredients following directions above; omit water in pan. Arrange apples in a circle, 1/2-inch apart, in a microwave-safe pan. Cover tightly with plastic wrap. Microwave at HIGH (100%) 8 to 12 minutes (depending on size of apples) until apples are tender; baste apples and rotate dish every 2 to 3 minutes. Let stand 3 to 5 minutes before serving.

If the golden color and syrupy sweetness of honey tempts your taste buds, check out the National Honey Board's web page for cooking ideas, interesting facts, and colorful pictures. The following tips were taken from the web page at <http://www.honey.com/>.

### Cooking with Honey

To substitute honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe. With a little experimentation, honey can replace all the sugar in some recipes.

When baking with honey, remember the following:

Reduce any liquid called for by 1/4 cup for each cup of honey used. Add 1/2 teaspoon baking soda for each cup of honey used. Reduce oven temperature by 25 degrees to prevent over-browning.

Because of its high fructose content, honey has a higher sweetening power than sugar. This means you can use less honey than sugar to achieve the desired sweetness.

When measuring honey, coat the measuring cup with non-stick cooking spray or vegetable oil before adding the honey. The honey will slide right out.

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

### Storing Honey

Store honey at room temperature.

Storing honey in the refrigerator accelerates the honey's crystallization, the natural process in which liquid in honey becomes solid.

If your honey crystallizes, simply place the honey jar in warm water and stir until the crystals dissolve. Or, place the honey in a microwave-safe container with the lid off and microwave it, stirring every 30 seconds, until the crystals dissolve. Be careful not to boil or scorch the honey.

### Color, Flavor and Form

Honeys differ in color and flavor depending on what blossoms the honey bees visit in search of nectar. Honey color ranges from almost colorless to dark amber brown and its flavor varies from mild to bold. As a general rule, light-colored honey is milder in taste and dark-colored honey is stronger.



## Honey Beauty Recipes

If you're looking for a golden glow, you could try a few of these beauty ideas from the National Honey Board.

**Honey Cleansing Scrub** — Mix 1 tablespoon of honey with 2 tablespoons finely ground almonds and 1/2 teaspoon lemon juice. Rub gently onto face. Rinse off with warm water.

**Firming Face Mask** — Whisk together 1 tablespoon honey, 1 egg white, 1 teaspoon glycerin (available at drug and beauty stores) and enough flour to form a paste (approximately 1/4 cup). Smooth over face and throat. Leave on 10 minutes.

Rinse off with warm water.

**Hair Conditioner** — Mix 1/2 cup honey and 1/4 cup olive oil. (Use 2 tablespoons oil for normal hair.) Work a small amount at a time through hair until coated. Cover hair with a shower cap; leave on 30 minutes. Remove shower cap; shampoo well and rinse. Dry as normal.

**Facial Toner** — In blender, puree 1 tablespoon honey with a peeled, cored apple. Smooth over face; leave on 15 minutes. Rinse with cool water.

**Moisture Mask** — Mix 2 tablespoons honey with 2 teaspoons milk. Smooth over face and throat. Leave on 10 minutes. Rinse off with warm water.

**Soothing Skin Lotion** — Mix 1 teaspoon honey with 1 teaspoon vegetable oil and 1/4 teaspoon lemon juice. Rub into hands, elbows, heels and anywhere that feels dry. Leave on 10 minutes. Rinse off with water.

**Skin Softening Bath** — Add 1/4 cup honey to bath water for a fragrant, silky bath.

**Hair Shine** — Stir 1 teaspoon honey into 4 cups (1 quart) warm water. Blondes may wish to add a squeeze of lemon.

After shampooing, pour mixture through hair. Do not rinse out. Dry as normal.

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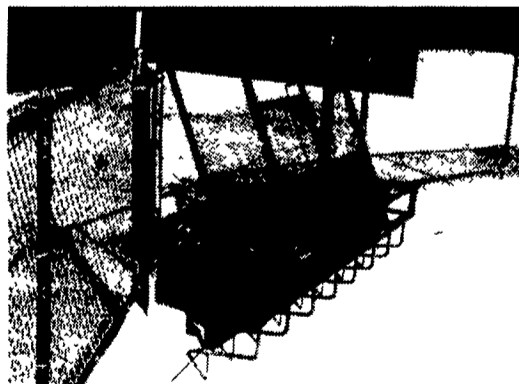
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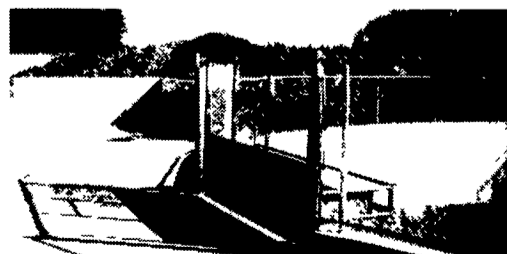
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