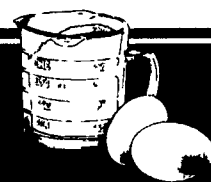




Home on the Range



The Buzz About Honey

Did you know that sugar can be replaced by honey in most of your favorite recipes?

"Honey makes baked goods healthier, more moist, and better for you," said Erin Fisher, Pennsylvania Honey Queen.

She suggests substituting honey for up to one-half of the required sugar. With experimentation, honey can be substituted for all the sugar in some recipes.

Reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey used in baked goods.

Leah Glick writes she uses honey in place of sugar, by substituting equal amounts of honey, but reducing other liquid by 1/4 cup.

Leah also recommends lowering the baking temperature about 25 degrees to prevent over-browning of honey baked goods.

CREAM CHEESE DANISH

Dough recipe:

1/4 cup warm water
1 tablespoon yeast
1 teaspoon honey
Combine water, yeast, and honey. Stir until dissolved. Set aside.

1/2 cup sour cream
Heat sour cream on low just until bubbly. Add:

1/4 cup butter
1/4 cup honey
1 1/2 teaspoon salt
Stir until dissolved, cool to lukewarm. Add:

1 egg, beaten
Combine beaten egg with yeast mixture. Add:

2 cups flour
Mix well. Cover and refrigerate overnight (let raise until doubled in size).

Cream Cheese Filling:

8 ounces cream cheese filling
1/4 cup sugar (heaping)
Beat together well. Add, mixing well:

1/2 egg, beaten
Pinch salt
1 teaspoon vanilla

Divide dough into two portions. Roll out on floured surface into a 12x8-inch rectangle. Spread half of cream cheese mixture into center of each rectangle. Braid or fold over dough and pinch edges to seal. Place on greased baking sheet (with seam side down, slit each roll half way down in 2-inch intervals resembling a braid). Cover, let rise until doubled. Bake at 325 degrees for 12-15 minutes. Do not overbake.

Kelly Miller
Manheim

BARBECUE TURKEY

3-4 pounds boneless/skinless turkey thighs
1/4 cup ketchup
1/2 cup water
1/2 cup chopped celery
1 teaspoon onion powder
2 tablespoons red wine
2 tablespoons Worcestershire sauce
1/4 cup honey
1 1/2 teaspoons ground mustard
1 teaspoon salt
1/2 teaspoon pepper

Place all ingredients in medium-size roasting pan, and bake at 300 degrees for 4-6 hours or until meat is tender. Shred meat with two forks. Serve on rolls. Makes 8 servings.

Kelly Miller
Manheim

SPICY HONEY AND PECAN GLAZED CHICKEN

2 tablespoons unsalted butter
1 tablespoon vegetable oil
4 (6-ounce) boneless, skinless chicken breasts, trimmed of excess fat
1/2 cup chopped pecans
1 teaspoon crushed red pepper flakes
1/2 teaspoon salt
1/2 cup honey
1/2 cup chicken broth
2 teaspoons white wine vinegar
2 tablespoons chopped fresh parsley

Heat butter and oil in large skillet (preferably non-stick) over medium heat. Add the chicken breasts and cook 12-15 minutes, turning once, until the chicken is lightly browned and cooked through. Transfer to a large plate.

Add the pecans to the pan and cook one minute, stirring constantly. Stir in red pepper flakes and salt; cook 20 seconds. Add honey, broth, and vinegar; stir well.

Return the chicken breasts to the pan along with any accumulated juices. Raise heat to high. When the liquid comes back to a boil, cook, basting chicken with the sauce and nuts, until the sauce is golden brown and syrupy, about 5-7 minutes.

Sprinkle with parsley and serve hot.

Melissa Wolfe
SUN Area Dairy Princess

BROCCOLI SALAD

Combine in large bowl:
2 bunches broccoli (or 1/2 cauliflower), cut up
8 strips bacon, cooked, crum-

pled
3 hard-boiled eggs, chopped
1/2 cup chopped carrots
Combine the following and mix well:

1 cup salad dressing or mayonnaise
1/4 cup honey
1/2 teaspoon salt
1 tablespoon red wine vinegar
Add dressing to broccoli mixture, mix again. Serves 6-8.

Kelly Miller
Manheim

PEANUT BUTTER OATMEAL COOKIES

1/2 cup butter
1/2 cup margarine
1 cup peanut butter
1/2 cup honey
1/2 cup brown sugar
1/4 cup sugar

Combine ingredients and cream together thoroughly. Add, beating until fluffy:

2 eggs
1 teaspoon vanilla
Sift the following together and add to the butter mixture:
1 1/2 cups flour
1 1/4 teaspoons baking soda
1 teaspoon salt

Stir in:
2 1/2 cups quick oatmeal
1 cup mini chocolate chips
Drop batter by teaspoonful onto ungreased baking sheet. Bake at 325 degrees for 10-12 minutes. Makes approximately 6 dozen.

Kelly Miller
Manheim

HONEY COFFEE CAKE

2 cups sifted all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1/4 cup sugar
1/4 cup shortening
1 egg
3/4 cup milk

Topping:
3 tablespoons soft butter
1/2 cup honey
1/4 cup shredded coconut
1/4 cup cereal flakes

Sift dry ingredients into a bowl. Cut in shortening. Add egg and milk, stirring only until all flour is moistened. Spread batter into greased 9-inch square pan. Cover with topping. Bake at 400 degrees for 25-30 minutes. Serve warm. Approximately 9 servings.

Leah Glick
Denver

CRISP HONEY COOKIES

1/2 cup butter
1/2 cup honey
1 1/4 cups flour
1 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon ground cloves
1/4 cup wheat germ

Cream butter and honey. Sift together flour, baking soda, and spices, and mix in wheat germ. Combine dry ingredients with creamed mixture. Chill about one hour. Roll on lightly floured board to about 1/8-inch thickness. Cut with floured cookie cutter. Bake on greased cookie sheets in 350 degree oven, 8-10 minutes. Cool on rack, then spread thinly with frosting. Makes about 3 dozen.

Leah Glick
Denver

CHOCOLATE CHIP COOKIES

1/2 cup honey
1/2 cup butter



Honey can replace sugar in many of your favorite recipes if you following the suggestions given in the introduction to this article. See page B2 for the featured recipe.

1 egg
1 1/4 cups sifted flour
1/2 teaspoon salt
1/2-1 teaspoon vanilla
1/2 cup chocolate chips
1 teaspoon baking powder
Cream honey and butter together; add egg and beat well. Sift together dry ingredients and add to creamed mixture. Blend well. Add vanilla, chocolate chips, and mix well. Drop by rounded teaspoonsful onto greased cookie sheet. Bake at 375 degrees for 12-15 minutes. Makes 3 dozen.

Leah Glick
Denver

CHOCOLATE HONEY FUDGE

2 cups sugar
1 square unsweetened chocolate
1/4 teaspoon salt
1 cup evaporated milk
1/4 cup honey
2 tablespoons butter

Boil sugar, chocolate, salt, and milk for 5 minutes. Add honey and boil to soft ball stage (240 degrees). Add butter and let stand until lukewarm. Beat until creamy. Pour into pans and refrigerate until set and for easier cutting.

Leah Glick
Denver

HONEY ORANGE GLAZE FOR HAM

6-ounce can frozen orange juice
1 1/4 cup water
1/4 cup honey
1 tablespoon corn starch
1/4 teaspoon salt

Put orange juice, water, honey, and salt in saucepan. Blend cornstarch with 1 cup of the mixture and return to saucepan. Cook over medium heat, stirring constantly until it thickens and comes to a boil. Boil 2 or 3 minutes. Cool. Brush on ham. Honey glaze doesn't run off as some other glazes do.

Leah Glick
Denver

POPCORN CRUNCH

1/2 cup melted butter
1/2 cup honey
3 quarts popped corn
1 cup nuts

Blend butter and honey. Heat until well blended. Pour over popcorn-nut mixture. Mix well. Spread over cookie sheet in thin layer. Bake in preheated 350 degree oven for 10-15 minutes until crisp.

Leah Glick
Denver

HONEY APPLE CRISP

6 cups sliced and peeled apples (about 2 pounds)
1 teaspoon lemon juice
1/2 cup honey
1/2 cup all-purpose flour
1/2 cups rolled oats
1/2 cup brown sugar
1/4 teaspoon salt
1/2 cup butter

Arrange apples in greased baking dish and sprinkle with lemon juice. Spread honey over apples. Mix dry ingredients. Cut in butter until mixture resembles coarse bread crumbs. Sprinkle over apples. Bake at 375 degrees until apples are tender and crust is browned (about 30 minutes). 6 servings.

Leah Glick
Denver

TANGY CHICKEN BREASTS WITH CITRUS SAGE SAUCES

8 boneless, skinless chicken breast halves
6-ounces frozen lemonade (or orange) concentrate, thawed
1/2 cup honey
1 teaspoon crushed dried sage leaves
1/2 teaspoon lemon juice
1/2 teaspoon crushed, dried thyme leaves
1/2 teaspoon dried mustard

Rinse chicken breasts under cold water and pat dry with paper towels. Place in shallow baking dish. Combine remaining ingredients in small bowl. Pour half the sauce over chicken and bake at 350 degrees for 20 minutes. Turn chicken and pour remaining sauce over top. Bake 15-20 minutes longer.

Renee Blatt Troutman
Myerstown

HONEY-GARLIC ANGEL HAIR

16-ounce package angel hair pasta
2-3 garlic cloves, minced
1/2 cup butter or margarine
1/4 cup honey
1 teaspoon dried basil
1 teaspoon dried thyme
1/4 cup grated Parmesan cheese

Cook pasta according to package directions. Meanwhile in a skillet, saute the garlic and butter. Stir in honey, basil, and thyme. Drain pasta; add garlic to mixture and toss to coat. Sprinkle with Parmesan cheese.

Renee Blatt Troutman
Myerstown

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

November

- 16 — One-Dish Meals
- 23 — Thanksgiving Dinner
- 30 — Thanksgiving Leftovers

December

- 7 — Holiday Gifts From The Kitchen