

HINTS FOR USING HONEY

ROBERTA HERSHEY

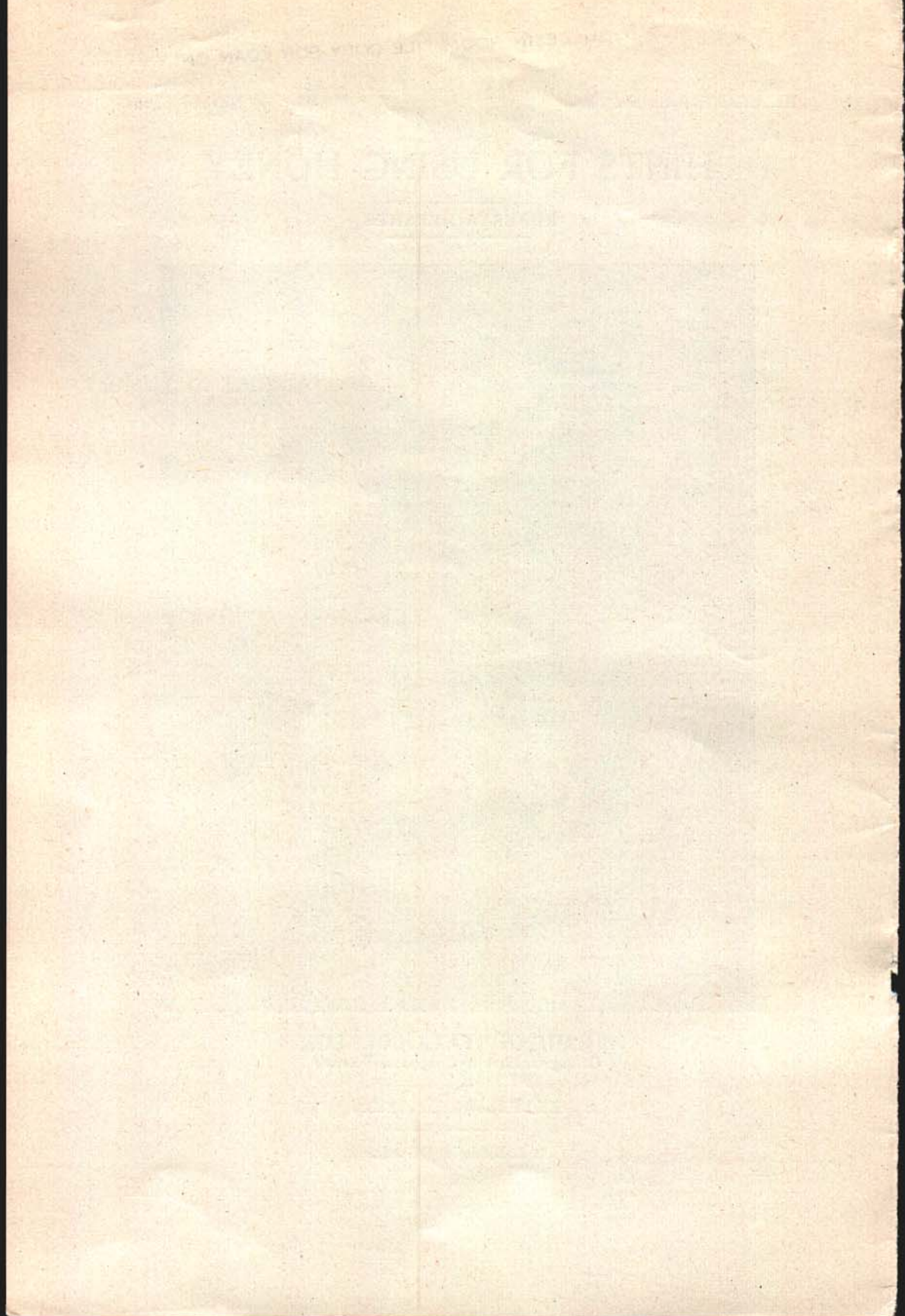


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R. J. Baldwin, Director

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Honey for Flavor

The use of honey is as old as the history of man. Aristotle, the Greek philosopher, termed honey "dew distilled from the stars and the rainbow". Honey is truly a most interesting food, the perfumed nectar from many blossoms being transformed by the bees into this delectable sweet.

Preference as to the variety of honey will probably depend upon individual taste or upon the product for which it is to be used. The mild-flavored, light colored clover and alfalfa honeys are delicious in salads, sauces, and fruits, while the more zestful buckwheat honey is better suited to more highly spiced recipes. Today, blends of several honeys are often offered on the market.

Food Value of Honey

Honey is an easily digested food made up of about four parts of sugar to one of water and yields between 65 and 100 calories for each tablespoonful.* Because of its high percentage of fructose, it is sweeter than cane or beet sugar and may be substituted for sugar, entirely or in part, in many recipes. Honey furnishes a small amount of mineral substances and has a slightly laxative effect.

Substituting Honey for Other Sugars

Honey may be substituted for sugar in almost any recipe if a few simple rules are followed. Since products made with honey improve in flavor and in texture upon aging a week or so and do not become stale easily, many housewives prefer to use honey for baked products.

Honey is about one-fifth water, therefore, in replacing sugar with honey in a recipe, the amount of liquid should be reduced by one-fifth for each cup of honey used. An accurate way to make this measurement is to remove three tablespoons and one teaspoon of liquid for each cup of honey used. A more general rule is to reduce the liquid by one-fourth and have the flour measurements scant.

When honey is substituted for molasses in a recipe, between one-fourth and one-half of a level teaspoonful of soda should be used for each cup of honey. This is less soda than would be required with the molasses since honey is less acid than molasses, however different samples of honey vary somewhat in acidity. It is often wise to mix and bake a small sample of dough before deciding upon the amount of soda.

*Variation depends upon whether measurement is level or rounding.

Measuring honey is easy if fat is measured in the cup first and then the honey measured without washing the cup. When both honey and sugar are to be measured, place sugar in the cup first and the honey will come out without adhering to the cup.

Mixtures containing honey should be baked slowly and evenly for best results.

Keeping Honey

Honey should be stored in a tightly closed container, since it may absorb moisture and then spoil. If it is kept at a warm temperature it is much less likely to become granular. If honey does become granulated, it may be used for candies, cake icings, and hard sauces or the crystals may easily be dissolved by heating over water.

Honey in Canning and Preserving

Honey may be used in place of sugar in canning, preserving, and pickling. The syrup may be darkened somewhat if all honey is used, but when half sugar and half honey are used, a very delicious and attractive product results.

HONEY RECIPES

Cakes

Honey Nut Cake

$\frac{1}{2}$ cup shortening	4 teaspoons baking powder
$\frac{3}{4}$ cup honey	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	1 cup chopped nuts
$\frac{3}{4}$ cup water	4 egg whites
$2\frac{1}{4}$ cups flour (sifted twice before measuring)	

Blend shortening, honey, sugar to a cream. Add water and flour in which baking powder and salt have been sifted. Stir only until mixed, add nuts, folding in lastly the stiffly beaten egg whites. Pour into layer cake tins or flat oblong pan lined with waxed paper. Thoroughly grease the waxed paper. Bake in slow oven (about 300 degrees F.) for 50 minutes to one hour. Keep at least three days before cutting. The honey keeps it moist, fresh and improves the flavor. This cake will keep from two to four weeks.

In place of nuts, one cup chopped fruit such as cherries, dates, orange peel or citron may be used.

Honey Icing for Nut Cake

$\frac{1}{4}$ cup honey	2 cups powdered sugar
2 tablespoons melted butter	Enough milk to give spreading consistency
4 tablespoons cream	
$\frac{1}{4}$ teaspoon salt	Pecans to cover cake

Blend melted butter and honey, add cream and salt. Blend with powdered sugar and add just enough milk to give spreading consistency. Ice cake and arrange pecans about. Put iced cake in cake box two or three days before using.

Honey Chocolate Cake

$\frac{3}{4}$ cup honey	$2\frac{1}{2}$ cups cake flour
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup fat	$\frac{1}{2}$ teaspoon soda
1 egg (separated)	2 teaspoons baking powder
2 squares bitter chocolate	$\frac{3}{4}$ cup milk

Cream sugar, fat and honey thoroughly. Add egg yolk well beaten, then melted chocolate. Add sifted dry ingredients and liquid alternately. Fold in egg white beaten until stiff. Bake in moderate oven 45 to 50 minutes (350 degrees F.).

Soft Honey Cake

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon ginger
1 cup honey	$\frac{1}{2}$ teaspoon cinnamon
2 cups flour	$\frac{1}{2}$ cup sour milk
$\frac{1}{8}$ teaspoon salt	1 egg
1 teaspoon soda	

Cream butter with honey until well blended. Sift together flour, soda, ginger, cinnamon and salt. Beat the egg well and add to the honey mixture, then add part of the sifted dry ingredients. Add sour milk and the remainder of the dry ingredients. Beat hard and pour into layer cake tins. Bake from 20 to 25 minutes in a moderately hot oven. This cake improves in flavor if kept in a tin box.

Apple Sauce Cake

$\frac{1}{3}$ cup shortening	$\frac{1}{2}$ teaspoon nutmeg
$\frac{3}{4}$ cup honey	$\frac{1}{2}$ teaspoon cinnamon
1 cup apple sauce	$\frac{1}{4}$ teaspoon salt
2 cups flour	1 cup raisins (seeded)
1 teaspoon soda	$\frac{1}{4}$ cup walnuts
$\frac{1}{4}$ teaspoon cloves	

Cream shortening and honey well, add apple sauce, then flour, spices, salt and soda sifted together. Raisins can be added now before flour is mixed in, thereby flouring them. Add walnuts. Beat well and bake about one hour in moderately hot oven. This cake can be made several days previous to the time of use as the flavor improves with age.

Honey Pound Cake

$\frac{3}{4}$ cup shortening	2 cups pastry flour
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon ginger
$\frac{3}{4}$ cup honey	$\frac{1}{2}$ teaspoon soda
4 eggs (beaten separately)	$\frac{1}{2}$ teaspoon cinnamon

Cream shortening and sugar. Add honey and well-beaten egg yolks. Sift the flour with the ginger, cinnamon and soda and add to first mixture. Fold in stiffly beaten whites of eggs and flavoring. Beat five minutes. Put into a warm deep tin and bake for an hour in a moderate oven (350° F.).

Honey Drop Cakes

$\frac{3}{4}$ cup honey	1 egg
$\frac{1}{4}$ cup butter	$1\frac{1}{2}$ to 2 cups flour
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ teaspoon soda
$\frac{1}{8}$ teaspoon cloves	1 cup cut raisins

Heat the honey and butter until the butter melts. While the mixture is warm add the spices. When it is cold add part of the dry ingredients, the egg well beaten and the raisins. Add enough more flour to make a dough that will hold its shape. Drop by spoonfuls on a buttered tin and bake in a moderate oven.

Prune Cake

$\frac{1}{2}$ cup honey	2 teaspoons baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup shortening	1 teaspoon cinnamon
1 egg	$\frac{1}{2}$ cup sour milk
$2\frac{1}{4}$ cups pastry flour	$1\frac{1}{4}$ cups soaked prunes



Honey Fruit Cake.

Cream the shortening, sugar, and honey thoroughly. Add beaten egg and beat well. Add sifted dry ingredients alternately with sour milk. Beat thoroughly after each addition of dry ingredients. Add chopped prunes. Put batter into two layer cake tins. Bake in a very moderate oven (325° F.) for $1\frac{1}{4}$ hours.

German Honey Christmas Cakes

1 pound honey	1 teaspoon cinnamon
1 pound sugar	Juice and grated rind of one lemon
1 teaspoon soda	3 pods cardamon seed
$\frac{1}{4}$ cup water	1 pound pecan meats
1 pound flour	$\frac{1}{4}$ pound citron
$\frac{1}{4}$ teaspoon cloves	

Put the sugar and honey in a sauce pan, heat until the sugar is dissolved and the boiling point is reached. Remove from the fire and pour the mixture into a large bowl. Add the soda, dissolved in the water, immediately. Then stir in the flour and spices which have been sifted together. Add the nuts and citron, (all chopped fine) mix well, roll very thin and cut. Allow cakes to stand over night before baking. If allowed to cool before rolling the process will be very difficult.

Honey Sponge Cake

$\frac{1}{2}$ cup sugar	4 eggs
$\frac{1}{2}$ cup honey	1 cup sifted flour

Mix the sugar and honey and boil until the syrup will spin a thread when dropped from the spoon. Pour the syrup over the yolks of the

eggs which have been beaten until light. Beat this mixture until cold; then add the flour, and cut and fold the beaten whites of the eggs into the mixture. Bake for 40 or 50 minutes in a pan lined with buttered paper, in a slow oven. This cake can be made with a cupful of unheated honey in place of the honey and sugar syrup, but the quality is not quite so good.

Honey Gingerbread

1½ cups flour	⅛ teaspoon cloves
¼ teaspoon salt	½ cup fat
½ teaspoon soda	¾ cup honey
1 teaspoon baking powder	¼ cup brown sugar
½ teaspoon ginger	1 egg
½ teaspoon cinnamon	½ cup sour milk

Sift dry ingredients. Cream fat and honey, add brown sugar and egg. Blend thoroughly; then add sour milk and sifted dry ingredients. This will be a thin batter. Place in a pan lined with waxed paper which has been well greased and bake for about 25 minutes in moderate oven (375° F.).



Honey Gingerbread Cupcakes.

Breads

Whole Wheat Bread

1 pint water (may be ½ cooled scalded milk)	
½ compressed yeast cake or the equivalent	
2 tablespoons honey	1 quart whole wheat flour
1½ teaspoons salt	2 tablespoons butter

Dissolve the yeast thoroughly in water, add honey, mix well, add salt, then flour. Dough should be rather sticky and soft. Cover closely, let dough stand over night in warm place. Next morning turn the dough out on board, knead in butter. Make two loaves in narrow pans, cover and keep warm to rise. When double in size bake for 40 to 50 minutes in moderate oven (350° F.).

Honey Nut Bread

2 cups whole wheat flour	½ teaspoon soda
1 cup white flour	4 teaspoons baking powder
¼ cup brown sugar	½ cup honey
1 cup nut meats	¾ cup cold water
1½ teaspoon salt	¾ cup milk

Combine dry ingredients with liquid and stir until dry ingredients are dampened. Bake one hour and 10 minutes at 325° F.

Bran Brown Bread

1 cup white or whole wheat flour	$\frac{1}{2}$ cup honey
1 teaspoon soda	1 cup sour milk
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup raisins (floured)
1 cup bran	

Sift together the flour, soda, and salt, and add the other ingredients. Steam three hours or bake 40 minutes in a slow oven.

Steamed Brown Bread

1 cup yellow corn meal	2 cups sour milk
2 cups graham flour	$\frac{2}{3}$ cup honey
1 teaspoon salt	1 cup raisins
$1\frac{1}{2}$ teaspoons soda	

Mix together the meal, flour, salt, and soda; add the sour milk, honey and the raisins. Steam three hours in covered tins, which should be not more than two-thirds full at the beginning of the cooking.

Cookies**Honey Sour Cream Cookies**

1 cup shortening	$5\frac{1}{4}$ cups flour
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon salt
1 cup honey	1 teaspoon soda
2 eggs	1 cup nuts (chopped)
$\frac{1}{4}$ cup sour cream	1 teaspoon vanilla

Cream shortening, sugar, honey and eggs thoroughly. Add sour cream, then sifted dry ingredients, nuts, and vanilla. Drop by spoonfuls on greased cookie sheet and bake at 350 degrees F. for 12 to 15 minutes.

Oatmeal Fruit Cookies

1 cup honey	$\frac{1}{2}$ cup brown sugar
1 egg	$1\frac{1}{2}$ cups whole wheat flour
$\frac{1}{2}$ cup shortening	$1\frac{1}{2}$ cups white flour
1 cup raisins	3 cups oatmeal
1 cup nutmeats	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ teaspoon salt	2 teaspoons baking powder
1 cup candied cherries	$\frac{3}{4}$ cup sweet or sour milk
$\frac{1}{2}$ cup candied pineapple	$\frac{1}{2}$ cup sweet or sour cream*

Cream shortening, honey, brown sugar, and egg. Add dry ingredients and liquids, stir just until they are mixed. Add fruits and nuts. Mix thoroughly. Drop by spoonfuls on greased cookie sheet. Bake 20 minutes in moderately hot oven (375 to 400° F.). Yield 125 cookies about $1\frac{1}{2}$ " to 2" diameter.

*Evaporated milk not diluted may be used in place of cream.

Honey Bran Cookies

3 cups bran	$\frac{1}{4}$ teaspoon ginger
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup honey
$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{2}$ cup melted butter

Mix the sugar, cinnamon, ginger, and soda with the bran and add the other ingredients. Drop from a spoon upon a buttered pan and bake about 15 minutes.

Honey Date Bars

3 eggs	$\frac{1}{2}$ teaspoon salt
1 cup honey	1 pound chopped dates
1 cup flour	1 cup nuts
1 teaspoon baking powder	

Beat eggs well and mix with honey. Sift dry ingredients and add chopped dates and nuts. Bake in moderate oven about forty-five minutes in long, flat tin (mixture spread one-fourth to one-half inch thick). Pack slabs wrapped in waxed paper in covered jar or cake box and keep at least two weeks before serving. This date bar has kept in splendid condition six months. Before serving cut in strips; roll in powdered sugar. If the date bars are not to be aged before using, add one-fourth cup shortening to the mixture, blending it with the honey. They are soft enough then for immediate serving; but even with this addition of fat are better when allowed to stand two or three days first.

Honey Refrigerator Cookies

$\frac{1}{2}$ cup honey	1 teaspoon baking powder
$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{2}$ cup nutmeats.
$2\frac{1}{2}$ cups flour	

Cream honey, sugar, shortening, egg. Add dry ingredients, then nuts, shape in loaf and wrap in waxed paper or place in refrigerator cookie mold. Chill one or two days to allow sufficient ripening of dough. Slice off and bake in hot oven (400 degrees) for about 10 to 12 minutes.

VARIATIONS:**1. Peanut Butter Refrigerator Cookies**

Use above recipe reducing amount of shortening to one-fourth cup. Add one-half cup peanut butter. Blend honey, brown sugar, shortening, peanut butter and egg. Add dry ingredients, then nuts, shape in loaf and wrap in heavy waxed paper or place in refrigerator cookie mold. Chill at least over night. Slice off and bake in hot oven (400 degrees) for about 10 to 12 minutes.

2. Chocolate Refrigerator Cookies

Use Honey Refrigerator Cookie recipe and add four to six tablespoons of cocoa, depending on degree of chocolate flavor preferred. Add cocoa to basic recipe and proceed same as regularly.

3. Fruit Filled Cookies

Use basic dough and allow to stand in refrigerator for several days. The Filling: Put one-half cup dates, one-half cup figs, one-fourth cup raisins, one-fourth cup cherries and one-fourth cup nuts through food chopper. Add enough honey to make it adhere together ($\frac{1}{4}$ to $\frac{1}{3}$ cup). Shape this in loaf slightly smaller in diameter than loaf of dough. Wrap in heavy waxed paper and place in refrigerator. Fruit roll will become very stiff. Slice off thin slice of dough, place on this a thin slice of fruit roll, top with another slice of thin dough. Bake 15 minutes in hot oven (400 degrees F.). Any combination of dried fruits (raisins, prunes, apricots, candied pineapple or citron) may be run through food chopper and mixed with honey as a filling.

Pies

Honey Raisin Crumb Pie

1 egg yolk	$\frac{1}{8}$ teaspoon ginger
$\frac{3}{4}$ cup honey	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{4}$ cup hot water	2 tablespoons butter
$\frac{3}{4}$ cup bread crumbs	$\frac{1}{2}$ cup raisins
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup nut meats
1 teaspoon cinnamon	

Blend hot water with honey and add egg yolk. Mix flour, crumbs, and spices. Rub in butter. Place a layer of raisins on unbaked pie shell, cover raisins with layer of nut meats, and pour over honey-water-egg mixture. Top with layer of crumb mixture. Bake at 450° F. until crust browns at edges, reduce to 325° F. for 20 minutes or until firm.

Sour Cream Pie

3 eggs	1 teaspoon cinnamon
$\frac{1}{3}$ cup honey	1 cup sour cream
2 tablespoons flour	3 tablespoons honey

Separate the eggs and beat the yolks; add the honey which has been blended with the flour and cinnamon. Add the sour cream. One cupful of chopped raisins or dates may be used. Cook until thick. Pour into a baked shell. Beat egg whites to a stiff froth and add three tablespoons of honey. Spread on top of the pie and brown lightly in a very slow oven.

Honey Apple Pie

Make apple pie as usual, but do not use any sugar with the apples—just the butter and cinnamon, and do not use a top crust. After it is baked, pour three-fourths cup of honey slowly over the apple filling and let pie stand until apples become soft and absorb all the honey.

Honey Cheese Pie

2 eggs, beaten	$\frac{1}{2}$ cup liquid honey
1 cup sieved cottage cheese	Juice and rind of $\frac{1}{2}$ lemon

Add eggs to cottage cheese, and then add honey. Mix well and pour into pan lined with pastry. Sprinkle top with one-half cup graham cracker crumbs mixed with one tablespoon butter and one tablespoon sugar. Bake in moderate oven (350° F.) for 25 minutes.

Honey Prune Pie

2 cups cooked prunes	$\frac{1}{4}$ teaspoon lemon extract
2 cups sliced bananas	1 baked pastry shell
$\frac{2}{3}$ cup honey	3 egg whites
$\frac{1}{4}$ cup butter	6 tablespoons sugar

Pit prunes and cut in small pieces. Cream honey and butter till smooth. Add prunes, bananas, and extract, and mix thoroughly. Pour into baked pastry shell and cover with meringue and bake in moderate oven (350° F.) for 15 minutes.

Honey Pumpkin Pie

$1\frac{1}{2}$ cup steamed and strained pumpkin	1 cup honey
1 cup cream	1 teaspoon cinnamon
1 cup milk	3 eggs, well beaten

Mix ingredients in order given and bake in one crust. Top with honey meringue, or garnish each piece with a mound of whipped cream with honey in its center.

Honey Lemon Pie

$\frac{3}{4}$ cup honey	1 lemon (juice and grated rind)
8 tablespoons flour	2 egg yolks
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ to 1 tablespoon butter
1 cup boiling water	

Blend the flour and cold water until smooth; add the honey and grated lemon rind; slowly add the boiling water, stirring constantly. Cook in a double boiler until thick. Stir in the lemon juice. Slowly add part of this cooked mixture to the beaten yolks, stirring constantly. Return to the double boiler and heat until the egg is cooked. Lastly add the butter.

Pour this filling into a previously baked pie shell and cover with a meringue made from the two egg whites slightly sweetened with honey and flavored with a drop or two of lemon extract. Brown meringue in the oven.

Salads**Lazy Daisy Salad**

Arrange sliced canned peaches petal fashion on a lettuce leaf. Place a mixture of ground raisins and nuts in the center and pour a small amount of Easy Honey Dressing over all.

Easy Honey Dressing

$\frac{1}{2}$ cup honey	$\frac{1}{4}$ cup lemon juice
$\frac{1}{4}$ teaspoon salt	

Stir honey, lemon juice and salt together till thoroughly blended.

Golden Glow Salad

- | | |
|---------------------------|--|
| 1 package lemon gelatine | 1 tablespoon honey |
| 1 cup boiling water | $\frac{1}{2}$ cup grated raw carrot |
| 1 cup pineapple juice | $\frac{1}{2}$ cup crushed canned pineapple |
| 2 tablespoons lemon juice | |

Dissolve lemon gelatine in boiling water. When thoroughly dissolved, add pineapple juice, lemon juice, and honey. Add grated raw carrots and crushed pineapple. Pour in mold which has been rinsed in cold water. When thoroughly set, unmold and garnish.

Thanksgiving Salad

- | | |
|---|----------------------------|
| 1 cup raw cranberries run
through food chopper | 1 cup Malaga grapes halved |
| $\frac{1}{2}$ cup honey | 1 cup whipping cream |

Allow ground berries and honey to stand over night. Drain liquid from mixture and add one cup Malaga grape pieces. Fold mixture into one-half pint of cream which has been whipped. Garnish a bowl with lettuce and arrange cranberry mixture in bowl.

Honey French Dressing

- | | |
|-----------------------------|---------------------------|
| $\frac{1}{2}$ cup salad oil | $\frac{1}{4}$ cup honey |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon mustard powder |
| 1 teaspoon paprika | $\frac{1}{4}$ cup vinegar |
| 2 tablespoons catsup | 2 tablespoons lemon juice |

Blend honey with dry ingredients, add catsup and lemon juice, and then vinegar and oil. Beat well with egg beater.

Desserts**Honey Carrot Pudding**

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|-----------------------|---------------------------|
| 1 cup grated carrots | 1 tablespoon mixed spices |
| 1 cup raisins | 1 cup flour |
| 1 cup honey | 1 teaspoon soda |
| 1 egg | 1 teaspoon salt |
| 1 cup grated potatoes | 1 cup suet (ground) |

Combine ingredients in order given, sifting dry ingredients together. Stir until mixture is well blended and steam for three hours. Serve with honey butter.

Honey Butter

- | | |
|---------------|---------------|
| 2 parts honey | 1 part butter |
|---------------|---------------|

Let butter stand in room temperature until it is soft. Add honey and stir until perfectly blended. Place in glass jar which can be tightly covered and stand in refrigerator.

Chocolate Honey Pudding

3 tablespoons cornstarch	2 squares unsweetened chocolate (melted)
2 cups milk	1 tablespoon butter
$\frac{1}{4}$ cup honey	$\frac{1}{2}$ teaspoon salt
2 egg yolks	

Blend cornstarch with a little cold milk in the top of a double boiler, add honey, add rest of the milk scalded. Cook until there is no taste of raw starch. Beat egg yolks, add melted chocolate, butter and salt. Add the hot mixture to this gradually, return to the double boiler and cook for three minutes.

Baked Honey Custard

5 eggs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup honey	4 cups scalded milk
$\frac{1}{8}$ teaspoon cinnamon	

Beat the eggs sufficiently to unite the yolks and whites, but not enough to make them foamy. Add the honey, cinnamon and salt and then slowly add scalded milk. Bake in cups or in a large pan in a moderate oven. The baking dishes should be set in water.

Boiled Honey Custard

2 cups milk	$\frac{1}{3}$ cup honey
3 egg yolks	$\frac{1}{8}$ teaspoon salt

Mix the honey, eggs, and salt. Scald the milk and pour it over the eggs. Cook in a double boiler until the mixture thickens. This custard is suitable for use in place of cream on gelatin desserts, or to be poured over sliced oranges or stewed fruit.

Honey Mousse

4 eggs	1 cup hot honey
1 pint whipping cream	

Beat the eggs slightly and slowly pour over them the hot honey. Cook until the mixture thickens. When it is cool, add the cream whipped. Put the mixture into a mold, pack in salt and ice (three parts ice to one of salt) and let stand three or four hours.

Honey Ice Cream

1 quart thin cream	Mix ingredients and freeze.
$\frac{3}{4}$ cup honey	

Honey Strawberry Sherbet

1 pint strawberries	2 cups water
Juice of two lemons	1 egg white
$\frac{7}{8}$ cup honey	

Mix the strawberries (which have been put through a sieve), lemon juice, water and honey and let stand several hours to blend. Put into a freezer and when it begins to freeze add beaten egg white. Freeze with eight parts ice to one part salt and pack with three parts ice to one part of salt. Makes one quart.

Honeyed Baked Apples

Wash and remove core, pare the upper half of the apple and mark with the prongs of a fork. Place apples in a baking dish with a little boiling water. Put a teaspoon of honey and a small piece of butter in each core. Baste frequently while cooking.

Daffodil Meringue

2 tablespoons granulated tapioca	$\frac{1}{2}$ cup honey
1 pint boiling water	2 tablespoons lemon juice
Pinch salt	1 tablespoon butter
3 eggs	

Moisten the tapioca with cold water and stir it into the boiling water. Salt lightly and cook until clear. Beat the yolks of the eggs and beat in the honey with the lemon juice and butter. Add this gradually to the tapioca and cook over hot water until it thickens—about 20 minutes. Pour into a buttered dish, adding a little candied lemon peel if desired. Cover with a meringue made from the whites of the eggs beaten with three tablespoons of honey, and bake to a delicate brown.

Apricot Whip

1 egg white	$\frac{1}{3}$ cup honey
1 cup dried apricot pulp	2 teaspoons lemon juice

Soak dried apricots over night, cook until soft, and run through sieve. Add honey and cook for five minutes or until thick. Cool. Beat egg white until stiff. Fold in sweetened fruit pulp and lemon juice. Chill one hour.

Beverages with Honey**Honey Cider Punch**

2 packages cherry gelatin	$\frac{1}{2}$ cup honey
$1\frac{3}{4}$ cups boiling water	$1\frac{1}{2}$ cups water
$3\frac{1}{2}$ quarts cider	1-inch stick cinnamon
Juice of 4 lemons	

Dissolve the cherry gelatin in the boiling water; add to the cider and lemon juice. Add the honey. Boil the water and cinnamon stick together for three minutes and add to the first mixture. Chill and just before serving add cracked ice and a cup of diced honeyed orange strips. (Recipe p. 15.)

Honey Lemon Julep

$1\frac{1}{2}$ cups honey	2 oranges
4 lemons	5 cups water
Few leaves of mint	

Heat honey until it is hot but not boiling. Add mint leaves. Add lemon and orange juice. Remove mint, add water. When thoroughly blended serve with ice and sprig of fresh mint.

Honey Blossom Milk Shake

To each pint of milk add four tablespoons honey and 15 drops lemon or orange extract. Shake until blended. Color a lemon shade if desired.

Honey Egg Nog

1 or 2 eggs
2 to 4 tablespoons honey

1 quart milk

Beat eggs with rotary egg beater until very light and add honey. Mix well with the milk.

Honey Iced Chocolate

2 teaspoons cocoa
2 to 3 tablespoons honey

Pinch of salt
1 cup milk

Blend cocoa with honey. Let milk come to boiling point. Remove scalded milk from fire, add honey and cocoa mixture and a pinch of salt. Stir well. Pour this mixture in iced tea glass filled with cracked ice. Top with whipped cream.

Confections**Chocolate Honey Fudge**

.1 square bitter chocolate
 $\frac{1}{3}$ cup honey
2 cups granulated sugar
 $\frac{1}{4}$ teaspoon salt

1 cup milk
4 tablespoons butter
1 teaspoon vanilla
1 cup nuts

Melt chocolate over hot water in the sauce pan in which the candy is to be cooked. Add the honey, sugar, and salt and stir until well blended. Then add the milk and butter. With occasional stirring, cook rapidly to the soft ball stage (236° F.). At the instant the candy is done, remove it from fire and set in a pan of cold water. When cooled to lukewarm, add vanilla and beat until stiff. Add nuts and stir just enough to distribute, then turn quickly into a buttered pan. Yield 1½ pounds.

Honey Aplets

Cut pieces of apples, any size preferred, simmer in honey until they are clear. Remove from honey and roll in chopped pecans or cocoanut. These jelly pieces may also be coated in dipping chocolate.

Honeyed Fruit Strips

Remove peel from three oranges and cut in strips. Cover with water to which one teaspoon salt has been added. Boil 30 minutes. Drain. Cover with fresh water and boil till peel is tender. Drain, and pour over enough honey to cover, usually from three-fourths to one cup. Let simmer very slowly until fruit peel is clear—about 45 minutes. Lay on waxed paper and let stand two or three days before using.

Honey Divinity

2 cups sugar	$\frac{1}{4}$ cup water
$\frac{1}{3}$ cup honey	Pinch of salt
2 egg whites	

Boil together the sugar, honey and water until the syrup spins a thread when dropped from a spoon (about 250° F.). Pour the syrup over the well-beaten whites of the eggs, beating continuously and until the mixture crystallizes. Drop in small pieces on waxed paper.

Honey Bittersweets

Let a section of comb honey remain in the refrigerator about 24 hours before using for coating. Then dip the knife to be used for cutting in boiling water. Cut comb honey into pieces about three-fourth inch long and three-eighth inch wide. Place pieces on trays covered with waxed paper and chill for thirty minutes before coating. Be sure dipping chocolate is of proper temperature. (Do not heat water under chocolate above 120° F.) and then coat candy pieces just as in coating cream centers. Drop a walnut, pecan or almond on each piece. It requires a little practice to be able to turn out honey bittersweets that do not develop many honey leaks.

Honey Butter Scotch

2 cups honey	1 cup butter
2 cups sugar	

Boil ten minutes or to crack stage (290° F.) and then pour into a buttered pan and when cold cut in squares.

Honey Taffy

2 cups sugar	$\frac{2}{3}$ cup water
$\frac{1}{2}$ cup strained honey	1 teaspoon vanilla

Put all of the ingredients except the vanilla into a sauce pan and cook, stirring only until sugar is dissolved. Continue cooking until a hard ball forms in cold water or the temperature 263° F. is reached. Remove from fire and pour into a buttered pan. When cool enough to handle, pour vanilla into center of the mass, gather the corners toward the center so that the flavoring will not be lost. Remove from the pan and pull. When the candy is white and rather firm stretch out into a long rope and cut into pieces of desired size, using scissors for the cutting. Nut meats may be added just before the taffy is ready to cut, and must be worked in during the pulling.

Quick Marmalade

Run dried apricots through food chopper (fine knife). To one cup of ground apricots (measured after grinding) add $1\frac{1}{2}$ cups honey (liquid or solid). Beat thoroughly so mixture is entirely blended. Put in sterilized jars and allow to stand at least two weeks. The dried apricots and honey combine into a spread having a marmalade texture. This marmalade keeps indefinitely.

Note: Many of these recipes taken from United States Farmers' Bulletin 653 and from publications of the American Honey Institute.

Cuts through courtesy of the American Honey Institute.