

# HONEY FLAVOR HARMONIES

By Ruth H. Hoover



*(Bran Fig Honey Bread—See page 12)*

MICHIGAN STATE COLLEGE :: EXTENSION DIVISION  
EAST LANSING

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# HONEY FLAVOR HARMONIES

RUTH H. HOOVER

Honey is a natural, wholesome sweet, in a form which blends readily with other foods without cooking. It is slightly laxative and a source of readily available food energy.

Once an outstanding article of diet, famed in mythology, the Bible, and our earliest recipes, honey was supplanted by sugar until recently, when recognition of its pleasing flavor revived many formerly common uses.

Honey is more than a spread for bread. With simple adjustments honey may be used in almost any recipe calling for sugar.

From breakfast to the midnight snack there is a place for honey. These suggestions may serve as an introduction to its many uses.

## HOW TO USE HONEY

An elaborate recipe book is not necessary for success in honey cookery. Having learned the basic rules for substituting honey for sugar, one may use her own favorite recipes to obtain new flavor harmonies.

### **Please Remember!**

1. That each cup of honey contains about  $\frac{1}{4}$  cup of liquid. Therefore, deduct  $\frac{1}{4}$  cup of liquid from the recipe when using one cup of honey in place of one cup of sugar.

2. One cup of honey is as sweet as one cup of sugar, so no alteration need be made in the recipe to allow for sweetening power.

3. Use  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of soda for each cup of honey used in baking (this in addition to baking powder in the recipe when honey is substituted for sugar).

4. Honey caramelizes at a low temperature, so use a lower oven temperature for cakes and other baked products made with honey or they may become too brown on top before they are done inside.

5. If honey is crystallized, or too thick to pour easily, place the container in warm water until the honey reaches the desired consistency.

6. All honey may be used as the sweetening for fruit cakes, steamed puddings, fried cakes and some cookies, but it is suggested that half sugar and half honey be used in most cakes unless the recipe specifies all honey.

7. Honey should be stored in a dry place, not in the refrigerator or in a damp basement. Honey may crystallize in storage but may be liquefied by placing in a hot water bath at 150° F. until liquid. Some persons prefer to use honey in its crystalline form.

8. 5-, 10-, and 60-pound cans are the most economical containers for purchasing extracted honey.

## HONEY WITH FRUIT

### HONEYED GRAPEFRUIT

*A flavor combination that's a "natural."*

Halve the grapefruit, remove seeds and core. Cut around sections with a sharp knife. "Drizzle" lightly with honey.\* Let stand 15 to 30 minutes before serving.

#### Variations:

(1) A maraschino cherry, whole or halved, or a fresh strawberry, may be put in the center of each grapefruit half to add color.

(2) Broil the honey-drizzled grapefruit halves under a gas or electric broiler unit until lightly browned on top and heated through. Serve while hot.

### GRAPEFRUIT JUICE WITH HONEY

Unsweetened canned grapefruit juice may be sweetened with honey to suit the taste. One tablespoon of honey to a cup of grapefruit juice is a suggested proportion.

### HONEYED PRUNES

*More flavor from the humble prune!*

$\frac{1}{2}$  pound of prunes  
 $1\frac{1}{2}$  cups boiling water  
 $\frac{1}{4}$  cup honey  
 2 slices lemon

1. Wash prunes and drain.
2. Cover with boiling water and let stand until cool.
3. Add honey and lemon slices, bring almost to a boil and simmer until prunes are puffy and tender.
4. Cool, cover and store in refrigerator until used.

#### Suggestions:

(1) Add a thinly sliced orange to the soaked prunes and simmer until tender.

(2) Add a few whole cloves or a stick of cinnamon with the boiling water.

\*"Drizzling" is the simplest way of using honey. Warm honey "drizzles" from a pointed-lipped pitcher or glass, whereas cold honey pours in a heavy stream. Place the honey pitcher in warm water about 10 minutes before using.

**HONEY GLAZED PRUNES***Almost a confection!*

1 pound prunes  
nut meats  
2 cups honey

1. Wash prunes and drain.
2. Cover with boiling water and let stand until cool.
3. Drain prunes, remove pits and insert meats of pecans, almonds or walnuts.
4. Heat two cups of honey. When it boils, add as many stuffed prunes as can be covered. Cook until prunes are heated and glazed with honey.
5. Drain on waxed paper and repeat process with remaining prunes.

**TOASTED HONEY PEARS***Use either fresh or canned pears*

1 No. 2½ can pear halves  
or  
8 to 10 fresh pear halves  
¼ cup butter  
¼ cup honey  
1 cup dry cake crumbs or shredded  
cocoanut

1. Drain canned pear halves or pare and core fresh pears.
2. Dry pear halves thoroughly with paper towels or clean cloth.
3. Cream butter and honey together until smooth and spread on pear halves.
4. Roll halves in cake crumbs or cocoanut.
5. Place in shallow baking dish and bake in moderately slow oven (325° F.) until crumbs or cocoanut toast to a light brown.

**Suggestions:**

- (1) Serve hot or cold, with cream if desired.
- (2) Make honey pear tarts by wrapping each half (spread with the honey-butter and cocoanut) in a square of pastry. Bake in a hot oven.

**HONEY BAKED APPLES***An apple a day . . . !*

apples  
water  
butter  
honey

1. Wash apples and remove cores.
2. Bake in a shallow pan with a little water and a small piece of butter in each apple.
3. When apples are tender remove from oven and drizzle 1 to 2 tablespoons of honey over and into each apple, the amount depending upon size and tartness. The hot apples will quickly absorb the honey.

**BAKED APPLES SUPREME***A surprise in the center*

apples  
nut meats  
raisins  
honey  
marshmallows

1. Wash apples and remove core, without breaking skin at the bottom end if possible.
2. Fill core hole with a mixture of chopped nut meats and raisins. Add 1 teaspoon of honey or more if the apples are very tart.
3. Bake in a shallow pan with a little water.
4. Just before apples are done place a marshmallow on each apple and continue to bake until marshmallow is brown and slightly melted.

**Fresh Fruit Sauces**

Fresh peaches, raspberries, strawberries, blackberries, boysenberries, sliced bananas, or any other fruit to which sweetening is added, are even more delicious when honey-drizzled. The amount of honey to use depends entirely on personal preference, but it is usually less than the amount of sugar that would be used. Fresh fruit should be honey-drizzled 10 to 20 minutes before serving, to allow thorough blending of the flavors.

Incidentally, fresh peaches may be sliced ahead of time without fear of discoloring if the slices are covered with milk or a weak salt solution. This may be drained off and the peaches rinsed in cold water, if desired, just before serving.

**HONEY FRESH FRUIT CUP***8 servings*

1 cup orange dice  
1 cup pineapple dice  
1 cup fresh peach slices  
1 cup fresh strawberries or cherries  
1 cup warm honey

1. Mix diced fresh fruit and pour warm honey over it.
2. Chill for 30 minutes before serving.

Suggestions: Serve as a fruit cocktail with added lemon juice or as a dessert.

**HONEY ORANGE AMBROSIA***As easy to make as it is to eat!*

oranges  
honey  
cocoanut or  
a ready-to-eat crisp cereal

1. Peel and slice crosswise firm, medium sized oranges, allowing four to five slices for each serving.
2. Have slightly warmed honey in a saucer and shredded cocoanut or cereal in another. Dip both sides of orange slices in honey, then in cocoanut or cereal.
3. Serve as a breakfast fruit or a dessert.

**HONEY BANANA SALAD***Simplicity itself!*

bananas  
honey  
chopped nut meats  
lettuce or other greens

1. Peel bananas and cut into lengthwise halves.
2. Dip halves into warm honey or honey French dressing, then into chopped nut meats—peanuts, pecans or walnuts.
3. Serve as a salad or dessert on a crisp lettuce leaf.

**CRANBERRY RELISH***No cooking necessary*

1 pound raw cranberries  
2 oranges  
1½ cups honey

1. Chop or grind the cranberries coarsely.
2. Pare or grate off the yellow part of the orange rinds and discard the white membrane. Put the orange pulp and yellow part of the rind through the food chopper.
3. Mix cranberries, oranges and honey and allow to stand several hours before serving.

Note: This relish will keep indefinitely if covered and stored in a cool place.

**CRANBERRY HONEY CONSERVE***No cooking, and is this good!*

1 pound raw cranberries  
2½ cups honey  
½ cup orange juice  
1 cup chopped nut meats  
1 cup chopped raisins  
rind of orange, grated

1. Wash cranberries and run them through the coarse knife of a food chopper.
2. Combine all ingredients and mix well.

Note: This, like the cranberry relish, may be kept indefinitely, its flavor improving with age.

**Honey with Vegetables**

The flavor of some cooked vegetables is emphasized by the addition of a small amount of honey. Try adding a teaspoonful of mild honey to each cup of the following vegetables when adding other seasonings: Carrots, wax or green beans, beets, squash, turnips, sweet potatoes or yams and even tomatoes.

**HONEY BUTTERED BEETS***A variation of Harvard beets*

2½ cups beets, cooked and sliced  
2 tablespoons butter  
1 tablespoon flour or ¾ tablespoon  
cornstarch  
½ cup boiling water  
4 tablespoons honey  
4 tablespoons lemon juice or vinegar

1. Blend butter and flour, add hot water and stir until smooth.
2. Add other ingredients and pour over beets that have been placed in a buttered baking dish.
3. Cook 20 minutes in a moderate oven.

**HONEYED SWEET POTATO SLICES***6 servings*

- 6 medium size sweet potatoes
- $\frac{1}{2}$  cup honey
- 1 cup corn flake crumbs
- 1 teaspoon salt
- 2 tablespoons butter

1. Scrub potatoes thoroughly and cook in boiling water until tender. Peel and slice  $\frac{1}{2}$  inch thick.
2. Heat honey in small sauce pan. Combine corn flake crumbs and salt.
3. Dip slices of potatoes in warm honey and roll in corn flake crumbs. Place in buttered baking pan and dot with pieces of butter.
4. Bake in moderately hot oven (425° F.) about 25 minutes.

**BERMUDA SALAD BOWL***A man's salad. Serve with honey French dressing. 6 servings.*

- 1 small head cauliflower
- $\frac{1}{2}$  large Bermuda onion
- $\frac{1}{2}$  cup sliced stuffed olives
- $\frac{3}{4}$  cup honey French dressing
- 1 head lettuce
- $\frac{1}{2}$  cup nippy cheese

1. Separate cauliflower into flowerlets and slice them crosswise.
2. Slice  $\frac{1}{2}$  large Bermuda or sweet Spanish onion and separate into rings.
3. Add  $\frac{1}{2}$  cup sliced stuffed olives and marinate in  $\frac{3}{4}$  cup honey French dressing 30 minutes. (Carrot and pickle slices may be used for color instead of stuffed olives.)
4. Just before serving add 1 head of lettuce broken, and  $\frac{1}{2}$  cup crumbled Roquefort or other nippy cheese. Toss lightly.
5. Serve from salad bowl and pass more honey French dressing.

**Suggested Combinations for Raw Vegetable Salads**  
**Serve with Honey French Dressing**

Celery, apples, carrots and nut meats  
 Cabbage, carrots and peanuts or other nut meats  
 Tomato, cucumber and lettuce or cabbage  
 Chopped or ground raw beets with cabbage or lettuce  
 Green pepper, tomato and cucumber  
 Cabbage, carrots and sweet onions  
 Mixed vegetable salad bowl

**HONEY FRENCH DRESSING***Keeps well without refrigeration. 1 $\frac{1}{2}$  cups dressing.*

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

1. Blend honey with dry ingredients.
2. Add catsup and lemon juice, then vinegar and oil. Beat well with egg beater.
3. Shake or stir before using if the dressing separates on standing.



**HONEY CELERY SEED DRESSING***Perfect complement to a fruit salad*

- 1 teaspoon dry mustard
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon paprika
- $\frac{1}{2}$  cup honey
- $\frac{1}{4}$  medium onion, grated
- $\frac{1}{4}$  cup vinegar
- 1 cup salad oil
- 1 tablespoon celery seed

1. Measure dry ingredients into small mixing bowl. Add honey and mix thoroughly.
2. Add grated onion and small amount of vinegar. Beat mixture and add oil and remaining vinegar alternately. Add celery seed last.
3. Store in covered jar in a cool place. Yield: 2 cups dressing.

Note: This is a thick, transparent, semi-sweet dressing with a subtle flavor all its own. Try it on a fresh fruit or a plain cabbage salad. It is quickly and easily made and keeps well without refrigeration.

**Honey Breads**

Breads, especially of the yeast variety, are improved in flavor, keeping quality and appearance by the addition of honey. They should not be baked in too hot an oven or they may become too brown before they are done inside.

**HONEY YEAST BREAD***4 loaves 8½" x 4½"*

- 4 cups scalded milk or boiling water
  - 4 tablespoons butter
  - 4 tablespoons honey
  - 1 cake yeast dissolved in  $\frac{1}{2}$  cup lukewarm water
  - 12 cups sifted bread flour
  - 5 teaspoons salt
1. Add honey, salt and butter to "scalded" milk or water and stir until butter is melted.
  2. Add dissolved yeast when first mixture is lukewarm.
  3. Add flour gradually, mixing well until dough is stiff enough to almost clean the bowl.
  4. Turn on floured board and knead to mix ingredients until dough is smooth, elastic, and bubbles may be seen under the surface.
  5. Return to bowl, oil top with salad oil or melted fat and cover with clean cloth or a lid.
  6. Allow to rise until doubled in size then toss on lightly oiled board. Using oiled hands, knead again to distribute and break up gas bubbles.
  7. Shape into loaves and place in oiled pans, which should be slightly more than half full. Cover with a clean cloth and let rise to the top of the pans. Bake at 375° to 400° F. for 30 to 35 minutes.

Suggestions: One cup of raisins may be added to other ingredients to make raisin bread.

Part of the dough may be made into rolls instead of a loaf.

**SWEDISH COFFEE RING***10 to 15 servings*

- ¾ cup milk, scalded
- 3 tablespoons shortening
- ¼ cup honey
- ¾ teaspoon salt
- 1 yeast cake
- 1 egg
- ½ teaspoon almond extract
- 2½ to 3 cups flour

**Filling**

- 3 tablespoons melted butter
- ¼ cup honey
- 1 teaspoon cinnamon
- ¾ cup cut seedless raisins
- 3 tablespoons sliced almonds

a roll about 16 inches long, then with rolling pin roll out as thin as possible, or about 10 to 12 inches wide. It can be rolled thinner if allowed to stick to the board.

1. Scald milk, add shortening, honey and salt.
  2. When lukewarm add yeast cake, broken in bits or dissolved in a little warm water, and stir well.
  3. Beat egg, reserving ⅓ of yolk, and add to milk. Add almond extract and 1½ cups flour. Beat thoroughly then add enough more flour to prevent sticking.
  4. Turn dough on floured board and knead until smooth. Return to bowl, cover with cloth and cover and let rise until double in bulk.
  5. When dough is risen turn out onto an unfloured mixing board. Shape in
6. Spread with melted butter, honey and cinnamon mixture and sprinkle with raisins and sliced almonds (or other nuts).
  7. Loosen one long side of dough with a knife and roll up like a jelly roll.
  8. Pinch last edge of roll firmly to dough to hold it in place and turn so the seam is on the bottom. Place on greased cookie sheet in a circle around a greased muffin ring. Pinch ends together firmly.
  9. With scissors make diagonal cuts about one inch apart all around the ring almost to the center. Then twist each little cut piece a bit so that it lies on its side, showing the cut edges. Brush with reserved egg yolk beaten with ½ teaspoon water. Cover with a dripping pan and let rise until double in bulk.
  10. Bake in a moderate oven, 350° to 375° F. about 20 minutes, or until golden brown.

**HONEY SWEET ROLLS***Serve with coffee for breakfast*

Follow recipe for Swedish coffee ring. Roll as directed and pinch edges together firmly, then slice with sharp knife in ½-inch thick pieces. Place slices carefully on oiled baking sheet. Cover and let rise until doubled in height.

Bake in moderate oven about 15 minutes, or until golden brown. Store in tight box, or a heavy paper sack while still warm to retain freshness if not used at once.

## ORANGE ROLLS

(SEE FIG. 1)

*A Sunday night supper special*

1 tablespoon orange juice  
2 teaspoons grated orange rind  
 $\frac{1}{2}$  cup strained honey  
 $\frac{1}{4}$  cup butter  
2 cups prepared biscuit mix  
 $\frac{3}{4}$  cup milk

1. Make a thin syrup with the orange juice, grated rind, honey and butter. Pour equal amounts of it into 8 buttered custard cups.
2. Blend the biscuit mix with the milk and drop an equal amount of the dough in each portion of orange syrup.
3. Bake in a hot oven, 450° F. 12 to 15 minutes, or until done. Serve hot. These rolls are especially good when served with cream cheese.

Yield: 8 servings.

*Fig. 1. Orange rolls served with cheese*

**BRAN FIG HONEY BREAD**

(SEE PAGE 1 FOR ILLUSTRATION)

*Try a loaf for those special sandwiches*

- ¼ cup shortening
- ¼ cup brown sugar
- 1 egg
- ½ cup honey
- 1½ cups milk
- 1 cup bran
- 3 cups flour
- ¼ teaspoon soda
- 1½ teaspoons salt
- 3 teaspoons baking powder
- ½ cup chopped nut meats
- ½ cup chopped figs

Yield: 1 loaf—5 x 9 inches.

1. Blend shortening and sugar thoroughly.
2. Add egg and beat well.
3. Add honey, milk and bran; mix well.
4. Sift flour with soda, salt and baking powder; add to first mixture with nut meats and figs, stirring only until flour disappears.
5. Bake in oiled loaf pan, with waxed paper in the bottom, in moderate oven (350° F.) about 1 hour and 15 minutes.

**HONEY CINNAMON MUFFINS***New and very different*

- 2 cups sifted flour
- 1 teaspoon baking powder
- ½ teaspoon soda
- ½ teaspoon salt
- 1½ teaspoons cinnamon
- 1 egg, well beaten
- ¼ cup honey
- 1 cup sour milk
- 3 tablespoons melted shortening

1. Mix and sift all dry ingredients.
2. Beat egg, add honey, milk and melted shortening and mix well.
3. Add liquid ingredients to dry ingredients and stir just enough to mix but not make a smooth batter.
4. Turn into oiled muffin tins, filling  $\frac{2}{3}$  full. Bake in hot oven (400° F.) 15 to 20 minutes.

**HONEY STEAMED BROWN BREAD***To serve with baked beans*

- 1 cup white flour
- 1 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1 cup **cornmeal**
- 1 cup graham flour
- 2 cups sour milk or buttermilk
- ½ cup honey
- ½ cup molasses
- 1 cup raisins, preferably seeded

1. Sift together the white flour, salt, soda and baking powder. Add graham flour and cornmeal and mix well.
2. Mix buttermilk, honey and molasses.
3. Combine the two mixtures and beat well. Add raisins. Put into 4 1-pound baking powder cans or 3 number 2 tin cans which have been well oiled. Fill cans about  $\frac{2}{3}$  full or less and fasten waxed paper tops on with rubber bands.
4. Steam three hours then brown in a hot oven 5 minutes before removing from cans.

**HONEY CORNBREAD (JOHNNYCAKE)**

*Traditional accompaniment for a boiled dinner. Try it with creamed fish or dried beef as a luncheon dish.*

- 1½ cups sifted flour
- 2¼ teaspoons baking powder
- ¾ teaspoon salt
- ¾ cup yellow cornmeal
- 2 eggs, well beaten
- ¼ cup honey
- 1 cup milk
- ¼ cup melted butter

1. Measure flour and add baking powder and salt. Sift again and stir in cornmeal.
2. Beat eggs and honey together. Add milk and melted butter.
3. Turn liquid ingredients into dry and stir only enough to dampen all flour.
4. Bake in shallow pan (7" x 11") or in muffin pans in hot oven about 25 minutes, or until golden brown and firm. Makes 12 muffins.

**HONEY PINWHEEL BISCUITS**

*Ten minutes to assemble, 15 minutes to bake.*

- 2 cups sifted flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 6 tablespoons shortening
- ¾ to 1 cup milk
- ¼ cup honey
- cinnamon
- ¼ cup currants or raisins
- ¼ cup nut meats if desired

1. Sift flour, baking powder and salt together.
2. Cut in shortening. Add milk gradually, stirring until soft dough is formed.
3. Turn out on lightly floured board and knead lightly 30 seconds, or enough to shape. Roll lightly into an oblong piece about ¼ inch thick.
4. Drizzle honey over surface, and dust with cinnamon. Sprinkle currants and nut meats over entire surface.
5. Roll dough as for jellyroll. Slice 1 inch thick or less and place slices on oiled cookie sheet.
6. Bake in hot oven (375° to 400° F.) about 15 minutes, or until brown.

Yield: 12 to 18 pinwheels, depending on thickness.

**HONEY WAFFLES**

*Serve with honey butter—4 4-section waffles*

- 2 cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 egg, beaten until light
- ¼ cup melted butter
- 3 tablespoons honey
- 2 cups sweet milk

1. Sift dry ingredients together.
2. Mix butter, and honey with beaten egg.
3. Stir flour and milk into egg mixture alternately until the full amount has been added. Beat until smooth.
4. Bake in hot waffle iron and serve hot.

Suggestions: Nut meats, candied or dried fruits such as dates, raisins or currants may be added for variety. Serve with warmed honey or honey butter, made by creaming together one part butter to two parts honey and beating smooth.

**HONEY GRIDDLE CAKES***Hunting camp specialty—no eggs needed*

- 2 cups sifted white flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- ½ cup graham or rye flour
- ½ cup cornmeal
- 2 cups milk
- ¼ cup honey
- 3 tablespoons oil or melted fat

Note: Sour milk or buttermilk can be used, substituting 1 teaspoon baking powder and ¼ teaspoon soda for the 3 teaspoons of baking powder called for above.

1. Sift flour, baking powder and salt.
2. Add graham flour and cornmeal and mix well.
3. Combine milk, honey and oil or melted fat and add to dry ingredients.
4. Stir just enough to make a smooth batter.
5. Bake on very hot, unoled griddle, turning only once during baking, when top side is bubbly.
6. Serve at once, with warmed honey or honey butter.

Yield: 15 to 20 3-inch cakes.

**Honey Sandwich Fillings**

Usually palatable spreads for toast and sandwich fillings may be made by combining honey with fruits, such as raisins, dates, figs or prunes; or with nuts, cheese, peanut butter, chopped vegetables or cottage cheese.

Honey sandwich fillings are especially useful in making rolled or otherwise fancy sandwiches, because they tend to hold the sandwich together. Honey butter alone is an excellent spread for fancy breads, especially the dark breads used for tea sandwiches.

**AMBER SANDWICH**

(SEE FIG. 2)

*A surprise combination!*

- 1 2½ oz. package cream cheese
- 4 tablespoons honey
- 6 slices whole wheat bread
- peanut butter
- lettuce

1. Blend cream cheese and honey.
2. Spread one slice of bread with cheese-honey mixture and another slice with peanut butter. Put together with a crisp lettuce leaf between.

**HONEY BUTTER**

- 1 cup butter
- 1 to 3 cups honey

Thoroughly mix honey with softened butter, creaming until honey is all mixed in. The larger proportion of honey may be used when creaming with a mixer.

Store in tightly covered jar in refrigerator.



*Fig. 2. Amber sandwich*

### **Honey Toasts**

#### **PLAIN HONEY TOAST**

Toast bread as usual, then butter, and spread with comb honey.

#### **HONEY CINNAMON TOAST**

Spread slices of fresh toast with butter and honey (about 1 tablespoon per slice), sprinkle with cinnamon and toast again in oven long enough to blend cinnamon and honey.

#### **HONEY NUT TOAST**

Add finely chopped nuts to honey butter. Spread on fresh toast and reheat in oven until toast absorbs honey. Serve piping hot.

### **HONEY DESSERTS**

Fruit with honey and cream is usually an excellent solution to the dessert problem, but occasionally a more elaborate dessert is more satisfying. Honey is an aid in such an emergency in recipes which need no cooking as well as in unusual baked dishes.

**HONEY BAKED CUSTARD**

*The subtle flavor of honey, eggs, and sweet milk, with a dash of spice*

- 2 eggs
- 2 cups milk
- $\frac{1}{3}$  cup honey
- $\frac{1}{4}$  teaspoon salt

4 to 6 servings.

1. Beat the eggs slightly. Add other ingredients and mix thoroughly.
2. Pour into individual custard cups or a small baking dish and sprinkle lightly with nutmeg or mace.
3. Set cups or dish in a pan of warm water. Bake in moderate oven (350° F.) about 30 minutes, or until a silver knife comes out of center clean.

Suggestions: This is an excellent dessert for both children and adults. Easy to make and inexpensive, it may be garnished in many ways to make a new appearance if one tires of plain, baked custard.

If time is short for the preparation of a meal, the baking time for a custard may be lessened somewhat by "scalding" the milk and adding it to the beaten egg, honey and salt mixture then baking as usual while the mixture is hot. Do not attempt to hasten baking by increasing the temperature of the oven. The custard may curdle as a result.

**HONEY PEANUT BUTTER CUSTARD**

*Make this into a pie too*

- $\frac{1}{2}$  cup peanut butter
- 2 cups skimmed milk
- $\frac{1}{4}$  cup honey
- 2 eggs
- 1 teaspoon salt

1. Place peanut butter in bowl, add milk,  $\frac{1}{2}$  cup at a time, beating with rotary egg beater until smooth.
  2. Beat eggs slightly, add honey and salt and beat enough to combine well.
  3. Combine the two mixtures and pour into unbaked pie shell or small baking dish.
  4. If a pie, bake 15 minutes in a quick oven at about 450° F., then reduce heat to 325° F. and bake 35 minutes longer, or until silver knife comes out clean.
- If baked as a plain custard, set dish in a shallow pan of water and bake for entire time (about 30 minutes) at 325° to 350° F.



**KRISPY HONEY MOLD**

(SEE FIG. 3)

1½ cups whipping cream  
8 marshmallows  
¼ cup honey  
¼ cup chopped dates  
¼ cup chopped nut meats  
3½ cups crisp rice cereal

1. Whip cream until stiff and reserve ¾ cup.
2. Cut marshmallows into small pieces, adding them to cream. Fold in honey, dates and nut meats.
3. Roll rice cereal into fine crumbs and add 1 cup of crumbs to cream mixture. Blend well.
4. Spread remaining crumbs evenly on piece of waxed paper and put cream mixture on top. Shape and wrap with waxed paper; chill for several hours.
5. Slice and serve garnished with remaining whipped cream and nut meats if desired.

Yield: 10 servings.



Fig. 3. Krispy honey mold

**HONEY STRAWBERRY CHIFFON***One way of stretching a cup of strawberries*

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>1 cup sliced or crushed fresh strawberries</li> <li><math>\frac{1}{2}</math> cup honey</li> <li>1 tablespoon plain gelatin</li> <li><math>\frac{1}{4}</math> cup cold water</li> <li><math>\frac{1}{2}</math> cup hot water</li> <li><math>\frac{1}{4}</math> teaspoon salt</li> <li>1 tablespoon lemon juice</li> <li>1 cup whipping cream</li> <li><math>\frac{1}{2}</math> cup chopped nuts</li> </ul> | <ul style="list-style-type: none"> <li>1. Crush or slice strawberries, add honey and allow to stand about <math>\frac{1}{2}</math> hour.</li> <li>2. Soak gelatin in cold water, add hot water and stir until dissolved. Add salt and lemon juice and cool. When mixture begins to thicken beat with rotary beater until frothy. Fold in whipped cream, strawberries and nut meats.</li> <li>3. Pile in sherbet dishes or baked pie crust and chill thoroughly.</li> </ul> |
|--|--|

Note: Other fruits may be substituted for strawberries, adding more honey if necessary.

**HONEY REFRIGERATOR ICE CREAM***Keep some in the refrigerator trays for ice box raids or company refreshments*

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>1 level tablespoon plain gelatin</li> <li>2 tablespoons cold water</li> <li>3 cups coffee cream</li> <li><math>\frac{1}{4}</math> cup light honey</li> <li><math>\frac{1}{4}</math> teaspoon salt</li> </ul> | <ul style="list-style-type: none"> <li>1. Soak gelatin in 2 tablespoons cold water, then dissolve over low heat or hot water until clear.</li> <li>2. Heat cream, honey and salt to the scalding point over hot water then add dissolved gelatin and mix.</li> <li>3. Cool until slightly thickened then beat with rotary beater until light.</li> <li>4. Pour into refrigerator trays and freeze.</li> </ul> |
|---|---|

Note: Mixture may be cooled in refrigerator trays before beating, but do not allow to freeze, as maximum volume cannot be obtained by whipping after freezing starts.

**HONEY PEPPERMINT ICE CREAM***Try this with hot chocolate sauce*

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><math>1\frac{1}{2}</math> teaspoons plain gelatin</li> <li>2 tablespoons water</li> <li><math>2\frac{1}{2}</math> cups coffee cream</li> <li><math>\frac{1}{2}</math> cup milk</li> <li><math>\frac{1}{2}</math> cup honey</li> <li><math>\frac{3}{4}</math> cup crushed peppermint stick candy</li> </ul> | <ul style="list-style-type: none"> <li>1. Soak gelatin in cold water, then dissolve over hot water or low heat, stirring constantly.</li> <li>2. Scald milk and cream and add honey. Mix well. Add dissolved gelatin. Chill thoroughly.</li> <li>3. Add crushed candy and freeze.. 1 square of bitter chocolate may be added (shaved in very fine pieces).</li> </ul> |
|---|---|

Note: This is a freezer ice cream but may be made in refrigerator trays if removed and beaten to break up crystals when frozen to a mush. Add crushed candy at this time if you wish pieces to appear in the finished ice cream.

**HONEY ICE CREAM SUNDAE WITH RICE KRISPIES**

Pour warmed honey over servings of ice cream. Sprinkle with rice krispies or other crisp cereals.



*Fig. 4. Honey ice cream with rice krispies*

**HONEY GRAHAM CRACKER PIE CRUST**

*1 9-inch single crust*

$\frac{1}{2}$  cup butter  
 $\frac{1}{4}$  cup honey  
 $1\frac{3}{4}$  cups graham cracker crumbs (18  
crackers)

1. Melt butter and add honey, or cream them together, then add graham cracker crumbs and mix thoroughly.
2. Pat into pie pan and bake at 300° F. for about 15 minutes.  
 $\frac{1}{2}$  cup of crumbs may be saved to sprinkle on top of finished pie.

**REFRIGERATOR PUMPKIN PIE***Pumpkin pie without heating the oven!*

- 1½ tablespoons gelatin
- ¼ cup cold water
- 1¼ cups milk
- 2 tablespoons butter, melted
- 1¼ cups cooked pumpkin
- ½ cup honey
- ½ teaspoon ginger
- 1 teaspoon cinnamon
- ½ teaspoon salt

1. Soak gelatin in cold water. Combine remaining ingredients. Add gelatin, mix well; cool and pour into baked pie shell.
2. Place in refrigerator and allow to set.

**HONEY PECAN PIE***From 'way down south*

- 3 eggs
- ¾ cup honey
- ¼ teaspoon salt
- 2 tablespoons butter
- 1 cup pecans, broken

1. Beat the eggs until frothy. Add honey, salt and melted butter.
2. Mix well, put in pie shell which has been partly baked in very hot oven and bake in moderate oven about 35 minutes, or until filling is set.

**HONEY COCOANUT CUSTARD PIE***Good enough for company*

- 2 eggs
- ⅓ to ½ cup honey
- ¼ teaspoon salt
- 2 cups milk
- ½ to 1 cup coconut
- Unbaked pie crust

1. Beat eggs slightly; add honey, salt and milk and beat to combine. Add coconut.
2. Pour into unbaked pie shell and bake 15 minutes in hot oven (400° F.) then reduce heat to 350° F. and bake until custard is set and silver knife comes out clean.

**HONEY BRAN PUDDING**

(SEE FIG. 5)

*Keep one on hand for an emergency*

- ¼ cup butter
- ¾ cup honey
- 1 egg
- ½ cup milk
- ½ cup bran
- 1 cup flour
- ½ teaspoon soda
- ½ teaspoon salt
- 1 cup seedless raisins

1. Cream butter and honey together.
2. Add well-beaten egg, milk and bran.
3. Sift dry ingredients and mix with raisins; add to first mixture.
4. Combine thoroughly and put into greased mold; cover tightly and steam for two hours. Serve with hard sauce.

Yield: 6 large servings.



*Fig. 5. Honey bran pudding*

**HONEY COOKIES****HONEY DREAM BARS***Try them and you'll know whence the name*

- 1¼ cups flour
- 3 tablespoons brown sugar
- ¼ cup butter
- 2 egg whites
- ½ cup honey
- ½ cup brown sugar
- ¼ teaspoon salt
- 2 tablespoons flour
- ½ teaspoon vanilla
- 1 cup cocoanut
- 1 cup chopped nut meats

1. Combine first three ingredients to make a crumbly mixture. Pat into shallow pan or cookie sheet (about 8" x 12") and bake in a moderate oven about 10 minutes, or until golden brown.
2. Beat egg whites stiff, add honey and brown sugar gradually. Beat until mixture peaks, then add other ingredients.
3. Spread this over baked crumb mixture and bake about 40 minutes in a slow oven (300° F.) when top should be golden brown.
4. When thoroughly cool, cut with a sharp knife into small bars.

**HONEY LACE COOKIES***Keep under lock and key until serving time*

- ½ cup butter
- ¼ cup granulated sugar
- ½ cup honey
- 1 egg
- 1 cup flour
- ½ teaspoon soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup oatmeal
- 1 cup cocoanut
- ½ cup nut meats

Yield: 27 two-inch round cookies.

1. Cream butter thoroughly. Add sugar and honey and continue creaming until light. Add egg and beat well.
2. Sift dry ingredients together and add to the creamed mixture. Add oatmeal, cocoanut and nut meats, and mix well.
3. Drop by tablespoonfuls onto a cookie sheet which has been lightly oiled and dusted with flour.
4. Bake 15 minutes in medium oven (350° F.) until they are golden brown and lose their glossy surface appearance.
5. Remove from pan while still warm but not hot.

**HONEY REFRIGERATOR COOKIES**

*Let the dough ripen to bring out its full flavor and make cutting easier*

- ½ cup honey
- ½ cup brown sugar
- ½ cup shortening
- 1 egg
- 2½ cups flour
- 1 teaspoon baking powder
- ¼ teaspoon soda
- ½ teaspoon salt
- ½ cup nut meats

Yield: About 3 dozen cookies 2 by 2½ inches.

1. Cream honey, sugar, shortening and egg together.
2. Add dry ingredients which have been sifted together, then add nut meats.
3. Shape into a loaf or roll and wrap in heavy waxed paper. Chill in refrigerator one to four days to allow ripening of dough, which will be much easier to handle if left more than one day.
4. Slice cookies with a thin, sharp knife and bake in a hot oven (400° F.) 10 to 12 minutes, or until golden brown and firm.
5. Remove from baking sheet while still warm. Store in a tight box to retain crispness.

Note: The cookies may be baked on an unoled cookie sheet or one which has been lightly oiled then floured and the excess flour shaken off.

**HONEY PEANUT BUTTER COOKIES**

*A union of complementary flavors*

- 1 cup peanut butter
- 1 cup honey
- 1 cup butter
- 1 cup sugar
- 2 eggs, well beaten
- 3½ cups flour
- ½ teaspoon salt
- 1 teaspoon baking soda

Yield: About 4 dozen 2" cookies.

1. Blend peanut butter and butter together.
2. Stir in sugar and honey and beat until creamy. Add well beaten eggs.
3. Add sifted flour, baking soda and salt.
4. Drop from teaspoon onto well-greased cookie sheet and bake in moderate oven until golden brown and firm.

**HONEY CHOCOLATE OATMEAL COOKIES**

*No sugar, no milk. A prize-winning recipe.*

- 1 cup shortening
- 1¼ cups honey
- 2 eggs, beaten
- 2 squares chocolate
- 1½ cups rolled oats
- 2½ cups flour
- 1 teaspoon baking powder
- ¼ teaspoon soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 cup nut meats or cocoanut

Yield: 4 to 6 dozen, depending on size.

1. Cream shortening and honey. Add beaten eggs, melted chocolate and oatmeal. Mix thoroughly.
2. Add sifted dry ingredients and nut meats.
3. Drop by teaspoonfuls onto cookie sheet which has been oiled and floured.
4. Bake in moderate oven (325° to 350° F.) for 15 minutes.
5. Remove from pan while still warm.

**OLD-FASHIONED HONEY DOUGHNUTS***Not friedcakes, but real doughnuts*

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>1¼ cups milk, scalded</li> <li>¼ cup shortening</li> <li>½ teaspoon salt</li> <li>1 cake yeast</li> <li>4 to 5 cups sifted flour</li> <li>¾ cup honey</li> <li>1½ teaspoons cinnamon</li> <li>¼ teaspoon nutmeg</li> <li>½ teaspoon mace</li> <li>2 eggs, well beaten</li> </ul> | <ul style="list-style-type: none"> <li>1. Place scalded milk, shortening, salt and 1 tablespoon of honey in a large mixing bowl and cool until lukewarm.</li> <li>2. Add crumbled or soaked yeast cake and stir well. Gradually add about 2½ cups flour, or enough to make a stiff batter. Beat well, then place in a warm (not hot) place and allow to stand until full of bubbles.</li> <li>3. Mix honey with spices and eggs; stir into sponge when it is bubbly and gradually add remaining flour, or enough to make a dough which can be handled.</li> </ul> |
|---|---|
4. Knead well, cover and let rise again in a warm place until doubled in size. Turn out on a lightly floured board and roll ½ inch thick. Cut with a floured doughnut cutter, or cut into rounds or bars or twists. Let rise on board, covered, until light on one side.
  5. Fry in deep hot fat (365° to 375° F.) from 2 to 3 minutes, or until lightly browned. If dropped into the hot fat raised side down the top side will rise while the under side cooks and the doughnut will take up less fat.
  6. Drain on unglazed paper. Shake in a bag with granulated sugar while still warm if you wish sugared doughnuts. This recipe makes about 4 dozen medium sized doughnuts with unusually good keeping qualities if kept in a tight container (out of the reach of husbands and children).

**HONEY CAKES****HONEY CHOCOLATE CAKE***A recipe you'll make again and again*

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>2½ cups cake flour</li> <li>1 teaspoon baking powder</li> <li>¾ teaspoon soda</li> <li>½ teaspoon salt</li> <li>½ cup shortening</li> <li>¾ cup honey</li> <li>¾ cup brown sugar</li> <li>½ cup cocoa</li> <li>2 eggs</li> <li>1¼ cups sour milk</li> </ul> | <ul style="list-style-type: none"> <li>1. Sift together all dry ingredients but cocoa.</li> <li>2. Thoroughly cream shortening, honey and sugar. Add cocoa and stir well.</li> <li>3. Add eggs one at a time and stir vigorously. Add sifted dry ingredients alternately with sour milk and stir lightly.</li> <li>4. Pour into well oiled layer tins and bake in moderate oven (375° F.) for 40 minutes.</li> </ul> |
|--|--|
- Yield: 4 8-inch layers, or 2 cakes  
7½ x 11 x 1½ inches.



**PLAIN HONEY CAKE**

*Use this recipe as a basis for many interesting variations*

- 2 cups sifted flour
- ¼ teaspoon salt
- 2 teaspoons baking powder
- ½ cup shortening (butter best)
- ½ cup sugar
- ½ cup honey
- 2 eggs, beaten
- ½ cup milk
- 2 teaspoons cream

1. Sift dry ingredients together.
2. Cream shortening, sugar and honey together well. Add well beaten eggs and blend thoroughly.
3. Add dry ingredients alternately with milk to honey mixture.
4. Do not beat after flour has been added. Stir briskly two or three times to assure blending. Add the cream and stir in then pour into 2 layer cake pans which have been lined on the bottom with waxed paper, then oiled.
5. Bake in moderate oven (350° F.) 20 minutes.

**LOAF CAKE:** Bake in well oiled loaf pan about 50 minutes at same temperature.

**CUP OR TEA CAKES:** Bake in well oiled individual cups 25 to 30 minutes in moderate oven.

**NUT CAKE:** One cup chopped nut meats may be added.

**CHOCOLATE CHIP CAKE:** Add ¼ cup of finely grated bitter chocolate to the batter for this unusual cake.

**MOCHA CAKE:** Use ⅓ cup strong coffee in place of milk, and frost with mocha frosting.

**HONEY SPICE CAKE**

*Light as a feather; an excellent flavor combination*

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

1. Cream shortening and add sugar and honey and blend well together. Add egg and beat.
2. Sift dry ingredients and add alternately with sour milk. This is a thin batter.
3. Bake about 25 minutes in a moderate oven (375° F.).

Note: Line bottom of pan with waxed paper for ease in removing cake from pan.

**HONEY FRUIT CAKE**

*Keep this on hand for emergencies; it improves with age.*

- |  |   |
|--|---|
| 1 pound seedless raisins (3 cups)                            | 1. Wash raisins and currants, drain; chop or cut pineapple, blanch and cut almonds; cut walnuts; halve cherries and mix all together. Dredge fruit with $\frac{1}{3}$ cup of the flour.   |
| 1 pound currants ( $3\frac{1}{2}$ cups)                      | 2. Sift remaining flour with spices and other dry ingredients.  |
| $\frac{1}{2}$ pound candied pineapple ( $1\frac{1}{2}$ cups) | 3. Cream shortening and honey and beat until light. Add well beaten egg yolks and beat. Add flour mixture and fruit juice alternately. Stir in fruit and nuts, then fold in stiffly beaten egg whites. (Beat whites until stiff but not dry.) |
| $\frac{1}{2}$ pound almonds (2 cups)                         | 4. Line bottom of pans with several layers of heavy waxed paper. Steam 2 hours and bake for 1 hour or bake for entire period in a slow oven (300° F.).  |
| $\frac{1}{2}$ pound walnuts or pecans (2 cups)               |   |
| $\frac{1}{2}$ pound candied cherries (this may be reduced)   |   |
| $\frac{1}{2}$ pound flour (2 cups)                           |   |
| 1 teaspoon cinnamon  |   |
| 1 teaspoon mace  |   |
| $\frac{1}{2}$ teaspoon nutmeg                                |   |
| $\frac{1}{2}$ teaspoon allspice                              |   |
| $\frac{1}{4}$ teaspoon cloves                                |   |
| 2 teaspoons baking powder                                    |   |
| 1 teaspoon salt  |   |
| $\frac{1}{2}$ pound shortening (1 cup)                       |   |
| 1 cup honey  |   |
| $\frac{1}{4}$ cup fruit juice                                |   |
| 6 eggs, separated  |   |

Note: This is a rather dark cake, slightly dry when first baked. Wrap in waxed paper and store in a tightly covered can or crock for two weeks to a month before using if possible. It will keep indefinitely under proper storage conditions, improving in flavor and texture with age.

Yield: 2 loaves 4 inches x 8 inches x  $2\frac{1}{2}$  inches.

**HONEY FROSTINGS AND FILLINGS****HONEY BUTTER ICING**

*Does not dry out*

- |  |  |
|--|--|
| 2 tablespoons butter                   | 1. Cream butter until soft, then cream in honey. Add powdered sugar and milk or cream alternately. If still too stiff add enough milk for spreading consistency. |
| $\frac{1}{4}$ cup honey                |  |
| 2 cups powdered sugar                  |  |
| 4 tablespoons cream or evaporated milk |  |

**HONEY BOILED ICING**

- |                                |  |
|--------------------------------|--|
| 1 cup honey                    | 1. Cook the honey to 238° or 240° F. or until it spins a thread.               |
| 2 egg whites                   | 2. Pour slowly over the well beaten egg whites beating or stirring constantly. |
| Few grains salt                | 3. Add salt and vanilla and beat until cool and thick enough to spread,        |
| $\frac{1}{2}$ teaspoon vanilla |  |

**HONEY FRUIT FILLING***Try this between layers of chocolate cake*

$\frac{1}{4}$  cup dates  
 $\frac{1}{4}$  cup figs  
 $\frac{1}{4}$  cup raisins  
 $\frac{1}{2}$  cup nut meats  
 $\frac{1}{2}$  cup evaporated milk  
 $\frac{3}{4}$  cup honey  
 1 tablespoon lemon juice  
 Pinch of salt

1. Chop or grind the fruit and nut meats.
2. Mix milk and honey in top of double boiler and add chopped nuts and fruit. Cook until thick, add lemon juice and salt.
3. When cool spread between layers of cake or use as filling between graham crackers or cookies or in filled cookies.

Yield: Filling for a three-layer cake.

**SIMPLE HONEY-DATE FILLING***Quickly and easily made*

1 cup dates (pitted)  
 $\frac{1}{4}$  cup hot water  
 $\frac{1}{2}$  cup honey  
 Pinch of salt

1. Cook dates and water over low flame with occasional stirring until soft.
2. Add honey and salt and cook with constant stirring until of spreading consistency.

**HONEY MERINGUE**

For electric beater: Add  $\frac{1}{2}$  cup honey to one egg white. Put in bowl of mixer and allow mixture to whip at high or second speed until it "peaks." Add a pinch of salt and a few drops of lemon juice or vanilla if desired.

For hand beater: Use a good 8-bladed beater. Beat egg white until stiff, then gradually add  $\frac{1}{4}$  cup of honey. Beat until mixture retains a peak.

Keep honey meringue in a flat dish, uncovered, in the refrigerator, and it will retain its fluffy texture for several days.

Use as a topping for date torts, baked apples and other desserts where whipped cream might be used; on hot or iced chocolate, and as a meringue for pie, especially pumpkin pie.

**BEVERAGES WITH HONEY**

Honey may be used in any beverage in which sugar would otherwise be used, the amount depending on one's personal taste. Honey-sweetened beverages are not only refreshing, whether iced or hot, but are stimulating, owing to the food value of the honey.

A bottle of diluted honey, equal parts of warm honey and water, may well be kept in the refrigerator for iced beverages in the summer, or warm water, milk or cream may be blended with the honey for use in cold drinks to assure thorough mixing. For hot drinks simply add honey as desired and stir to mix.

**HOT HONEY LEMONADE***As comforting in winter as iced lemonade is in the heat of summer*

1 lemon  
1 cup hot water  
2-3 tablespoons honey

Combine the juice of one lemon with 1 cup of hot water and add 2 or 3 tablespoons of honey, according to taste. Stir well.

**ICED HONEY LEMONADE**

For family use make lemonade as usual and sweeten to taste with diluted honey.

**CITROUS COCKTAIL***1 generous serving*

Juice of 2 oranges  
Juice of  $\frac{1}{2}$  lemon  
1 tablespoon of honey  
Cracked ice or cold water

Mix juices and honey well and add water or cracked ice to fill glass.

**HONEY TOMATO JUICE COCKTAIL***2 servings. New pep for an old standby.*

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

Add measured juice to other ingredients in a fruit jar or pitcher and shake or beat to mix. Chill.

**APPLE CIDER PUNCH***6 to 8 servings. Serve with friedcakes at the next Hallowe'en party.*

2 cups cider  
 $\frac{1}{2}$  cup lemon juice  
1 cup orange juice  
 $\frac{1}{2}$  cup mild honey  
1 pint carbonated water or gingerale

1. Warm the honey and combine with lemon juice. Add to orange juice and cider. Chill.
2. Add carbonated water or gingerale just before serving.

**HONEYED GRAPEFRUIT JUICE**

Unsweetened canned grapefruit, pineapple, loganberry and cranberry juices may be improved for use as a beverage by the addition of 1 tablespoon or less of mild honey per cup of juice.

**HONEY CONFECTIONS****HONEY MARSHMALLOWS**

*Success almost guaranteed if directions are followed*

- 1 tablespoon plain gelatin
- $\frac{1}{4}$  cup cold water
- 1 cup light honey, warmed
- 1 egg white
- 1 teaspoon lemon juice
- $\frac{1}{4}$  pound macaroon cocoanut

1. Soak gelatin in cold water, then dissolve over hot water or low heat (stir to prevent scorching) and combine with honey, which should be warm.
2. Beat egg white until stiff, then slowly add warm honey-gelatin mixture. Add lemon juice and continue to beat until mixture peaks.
3. Pour mixture into a shallow pan which has been oiled or sprinkled with cocoanut. Let stand in a cool or cold place until stiff, then cut into squares with wet knife.
4. Roll individual squares or marshmallows in finely ground cocoanut and store in a tight box.

Note: 8 to 10 minutes beating is required if done by machine and about 15 minutes if done by hand. Beating by hand is not at all difficult but a wire whip or a good 8-bladed egg beater is recommended for the purpose.

*Variations of Honey Marshmallows:*

1. Fruited honey marshmallows—  
Add one cup of a mixture of chopped dates, raisins, maraschino cherries to the marshmallow mixture when whipping is completed.
2. Holiday marshmallows—  
Substitute maraschino cherry juice for the water in which gelatin is soaked and add more red coloring, if necessary, to produce pink marshmallows.  
Add a tiny bit of green coloring and any desired flavoring to water in which gelatin is soaked to produce green marshmallows.
3. Dip finished marshmallows in melted chocolate, either sweet or bitter.

**HONEY BITTERSWEET**

*Delicious but a bit difficult to make in small quantities*

Let a section of comb honey remain in the refrigerator about 24 hours before coating. Dip cutting knife in boiling water and cut comb into pieces  $\frac{3}{4}$  inch long and  $\frac{3}{8}$  inch wide. Place the pieces on trays covered with waxed paper and chill for 30 minutes.

Following directions on the package of dipping chocolate, coat pieces of comb just as in coating cream centers. A nut meat may be dropped on each piece. Wrap pieces in cellophane if they are not to be eaten at once.

**HONEY RICE KRISPS***So simple children can make them*

$\frac{1}{2}$  cup honey  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  teaspoon salt  
 1 teaspoon vinegar  
 1 package crisp rice cereal

1. Cook honey and sugar together until they make a hard ball when dropped into cold water.
2. Remove from heat and add salt and vinegar.
3. Pour over rice cereal. While hot drop by spoonfuls into buttered muffin tins and form into balls, or press into pans and when cool cut into bars.

Yield: 12 balls or bars.

**HONEY POPCORN BALLS***For those who like popcorn sweetened*

$\frac{3}{4}$  cup honey  
 $\frac{3}{4}$  cup sugar  
 1 teaspoon salt  
 $\frac{1}{2}$  cup water  
 3 quarts popcorn

1. Cook honey, sugar, salt and water together with occasional stirring, to 278 degrees Fahrenheit, or until it is brittle when dropped into cold water.
2. Pour over popcorn and form into balls or pack into a shallow pan and cut into bars.
3. If not eaten at once, store in an airtight container or wrap carefully in cellophane to retain crispness.

Note: If accidentally left in a damp place so that the balls become sticky from absorption of moisture, crispness may be restored by baking for a few minutes in a warm oven.

**HONEYED CITROUS PEEL***Prepare peel for fruit cakes and puddings at home*

Orange, grapefruit or lemon peels,  
 fresh  
 Salt  
 Water  
 Honey

1. Cut the peel from 3 oranges, 2 grapefruit or 4 lemons, or a mixture, into thin strips.
2. Cover with salt water in the proportion of 1 tablespoon salt to 1 quart of water. Boil 30 minutes, drain, cover with fresh water and bring to a boil, then drain and repeat once more.
3. Drain carefully and add honey enough to cover peel (from  $\frac{3}{4}$  to 1 cup). Simmer very slowly until peel is clear (about 45 minutes).
4. Pour off any honey remaining. Let peel cool and pack into a glass jar if a soft peel is desired. The peel may be allowed to dry by spreading on waxed paper, then may be coated with granulated sugar or dipped in melted chocolate.

## HONEY WITH MEATS

Honey, judiciously used, promotes browning and accents the flavor of meat and fish. Add a teaspoon of honey to each beaten egg used when breading fish and cutlets. Rub steaks, chops or roasts with honey and allow to stand fifteen minutes before broiling, frying or baking.

Ham is at its best when baked with honey, as the honey seems to bring out the sweet, smoked flavor of the ham. The following recipe is very similar to one used more than a thousand years ago by the Romans.

### HONEY BAKED HAM

10- to 12-pound ham  
15 cloves  
1-2 cups pineapple juice or sweet  
pickle juice  
2 cups honey  
½ cup fine bread crumbs  
1 cup raisins

1. Bring the whole or half ham to a boil in water to which 15 cloves and 1 to 2 cups of pineapple juice or sweet pickle juice has been added.
2. Simmer about 3½ hours for a 10 pound ham, or 20 minutes for each pound.
3. When tender remove ham from liquid and skin. Pour over the skinned ham 2 cups of honey. Let stand over night.
4. Just before baking, rub the skinned surface with fine bread crumbs, then slash the fat to make diamond shapes. Insert a whole clove in the center of each diamond, then bake for about one hour, basting frequently with the honey, to which has been added 1 cup of raisins and 1 or 2 cups of the liquid in which the ham was cooked.

Note: If a "tenderized" or precooked ham, the initial simmering may be omitted and the ham "baked", covered, for a longer time.

### HAM MEDITERRANEAN

10- to 12-pound ham  
4 cups bread cubes  
1 cup seedless raisins  
1 cup crushed pineapple  
1 cup chopped walnuts  
1 cup honey

1. Have bone removed from ham. Heat pineapple and pour over bread cubes. Add fruits, nuts and honey and stuff cavity in ham. Sew or truss ham, wrap loosely in its glassine wrapper and place, fat side up, on an open pan.
2. Bake at 300° F. 22 minutes to the pound. One hour before done, remove paper, score fat and rub with brown sugar\* and cinnamon. Stud with cloves and finish baking.

\*Instead of brown sugar, honey may be used to produce the golden glaze for the ham. Baste with diluted honey during the last hour of baking.

**FLUFFY OMELET****With Cream Cheese and Honey***Quickly made—but it must be eaten at once*

3 eggs, separated  
 2 tablespoons milk  
 Salt and pepper  
 3 tablespoons butter  
 1 package (2½ oz.) cream cheese  
 2 tablespoons honey

1. Beat the egg whites, until stiff but not dry. Beat the egg yolks and add milk and seasoning; fold in stiffly beaten whites.
2. Cook omelet mixture very slowly in a skillet in which the butter has been melted. When done, place in a slow oven (300° F.) 2 or 3 minutes, to dry the top.
3. Spread half of the omelet with the cream cheese which has been blended with the honey; fold and serve at once.

**CURING PORK WITH HONEY**

Honey may be used to replace the sugar or molasses usually specified in recipes for curing pork. Honey-cured pork may have a tendency to brown more quickly in cooking than sugar-cured pork, thus requiring a lower cooking temperature.

Curing should be done as soon after slaughtering as the necessary chilling and cutting of the carcass will permit. Be sure that all animal heat is out of the meat but do not allow the cuts to freeze.

**Methods of Curing Pork**

The dry cure or brine cure may be used, depending on personal preference. The dry cure is the more rapid process, requires less equipment, gives a stronger cure or salt flavor, and results in a heavier shrinkage or drying out of the meat.

The brine cure produces a milder flavor and less shrinkage in curing but requires more time.

**Dry Curing**

Dark or light honey may be used with similar results. Rub the pieces of meat to be cured with honey. Allow to drain overnight in a cool place and repeat the process twice more, then apply the following cure for each 100 pounds of meat.

8 pounds of coarse salt  
 3 pounds (1 quart) of honey

2 ounces of saltpeter

Warm the honey, stir in the saltpeter, then add the salt and mix thoroughly. Apply this mixture to the meat, rubbing it thoroughly onto the pieces and forcing as much as possible into the meat next to the bones at both ends of hams and shoulders.

Pack the pieces into a large crock with the heaviest pieces, skin down, at the bottom. Spread some of the salt mixture on each layer as packed. At the end of the first five days remove all of the meat and repack to assure thorough coverage by the curing mixture.



Leave the meat in the cure two days for each pound of weight per piece. Thus if the ham weighs 10 pounds and the shoulder 7 pounds, the shoulder should be removed at the end of 14 days and the ham at the end of 20 days.

After the meat is removed from the cure at the end of the necessary period of 2 days per pound per piece, the cure should be washed off, and the meat allowed to drain thoroughly before the smoking operation is begun.

#### **Sterilizing Meat Crocks**

Crocks used for curing meat should be free from cracks. Wash the crocks with a hot soap suds and rinse with boiling water, then sterilize by inverting over 4 or 5 inches of hot water in a tub or dishpan. Set the crock onto small wooden blocks so that it does not rest directly on the bottom of the tub or pan, but is in the water. Boil the water 25 to 30 minutes, then remove the crock and allow to cool. Care should be taken to avoid possible breakage by setting the hot crock onto a cold surface.

#### **Brine Curing**

4 pounds (5 $\frac{1}{3}$ cups) honey	Per 100 pounds of meat
2 ounces saltpeter	
8 pounds of salt	
4 to 6 gallons of water	

Warm the honey, add saltpeter and salt and mix well. Apply a portion of this mixture directly to the meat and allow to stand overnight. Dissolve remainder of mixture in 4 gallons of pure, clean water. Pack meat into a sterilized crock, with the pieces skin side down, with the heaviest pieces on the bottom, and pour the brine over the meat. Weight the meat down so that no part of it will protrude from the brine, because spoilage may start in an exposed piece and in turn spoil the whole cure. Store in a cool, well ventilated place. Inspect and repack all of the meat at the end of the first week and again at the end of the second week. The brine itself should be checked carefully each week thereafter to see that it is not spoiling. If it should become ropy, cloudy, or sour, the meat should be thoroughly washed, the crock cleaned and sterilized and a new "pickle" made.

In curing small quantities of meat or when the meat is not well packed, it may be necessary to use the larger quantity of water to get sufficient brine to cover the meat. If the brine is diluted to a point where it will not float an egg or potato, more salt should be added (an egg should float just under the surface, with a spot the size of a dime out of the brine).

#### **Time in Cure**

Hams and shoulders should remain in the cure for from 3 to 3 $\frac{1}{2}$  days for each pound of weight, and bacon strips from 2 to 2 $\frac{1}{2}$  days per pound of weight. Meat to be used during the winter season may be given a mild cure by reducing the time in the brine or by using less salt.

#### **Removing Excess Surface Salt**

When removed from the brine, the meat should be soaked in tepid water for from 30 minutes to one hour to remove the surplus of salt

near the surface. It may be desirable to leave all of the meat, including bacon strips, shoulders and hams, in the brine until all are cured. When this is done the bacon strips should be soaked from two to three hours in several changes of water to remove the surplus salt. The meat must be hung to drain 24 hours before smoking.

#### **Smoking the Cured Meat**

Smoking improves the keeping quality and adds to the flavor of cured meat. Any of the non-resinous woods, such as apple, willow or oak, may be used, although hickory is preferred and even corn cobs may be used.

Two days' smoking should be sufficient to give the desired chestnut color to the outside of the cuts. After smoking, the meat should then be hung in a dry, well ventilated room for one week. It may then be securely wrapped in heavy paper sacks, placed in a box and covered with clean, dry salt. If mold forms on the surface it may be rubbed or trimmed off before using, without causing serious loss.

### **HONEY IN CANNING AND PRESERVING**

Honey may be used instead of all or a part of the sugar used in canning, jelly making and preserving.

An all-honey syrup is somewhat darker than a sugar syrup and tends to darken peaches and pears when canned for sauce. However, the honey intensifies the original fruit flavor.

In using honey in canning and preserving, two precautions should be observed:

1. Because honey has a tendency to foam considerably when heated, there is some danger of the product's "boiling over" at the beginning of the cooking period if a large enough kettle is not used or if the syrup is not carefully watched.

2. Because honey is part water, it is necessary to cook the product in which honey is used slightly longer to obtain a specified consistency.

#### **Honey Syrup for Canning Fruits**

Bring water to the boiling point. Add honey and stir. Again let come to a good rolling boil. Remove all scum.

#### **Canning by the Cold Pack Method**

Pour the boiling syrup over the fruit which has been packed in sterilized jars and process according to standard schedule, as given in U. S. D. A. Farmer's Bulletin 1762 and various state agricultural college bulletins.

#### **Canning by the Hot Pack Method**

Add fruit to the boiling syrup. Allow to come to a good rolling boil. Fill sterilized jars and process according to standard schedule.

#### **Proportions for Syrups**

Tart cherries, plums, apples and strawberries:

2 cups honey to 3¾ cups water      or  
1 cup sugar and 1 cup honey to 4 cups water

Pineapple, raspberries, peaches, sweet black cherries and huckleberries:

- 1 cup of honey to 2 cups of water or  
 ½ cup honey, and ½ cup sugar to 2¼ cups water

### JAMS AND JELLIES

In jelly making with honey, use fruits giving a good pectin acid test, such as crabapples, tart apples, plums, quinces and currants. To each cup of fruit juice add ¾ cup of honey, or use half honey and half sugar. Cook rapidly to the usual jelly consistency. Remove scum, pour into hot glasses and cover with paraffin.

#### HONEY JELLY

*Honey in a quivering, jellied form*

- 2¼ cups honey  
 ½ cup water  
 ¼ bottle liquid pectin

1. Mix honey and water in preserving kettle. Bring to a boil as quickly as possible.
2. Add liquid pectin, stirring constantly, and again bring to a full rolling boil.
3. Remove from fire at once and skim. Pour into glasses and cover with paraffin.

#### HONEY PEACH JAM

- ¼ teaspoon allspice  
 3 teaspoons broken stick cinnamon  
 1½ teaspoons whole cloves  
 3 pounds peaches  
 2 cups honey  
 3 tablespoons lemon juice  
 ¼ cup peach juice

1. Put spices in cheesecloth bag.
2. Cook all ingredients slowly until of desired consistency and remove spices.
3. Pour into sterilized jars and paraffin.

#### HONEY ORANGE MARMALADE

- 3 medium sized oranges  
 1 cup water  
 1¾ cups honey  
 6 tablespoons lemon juice  
 ¼ cup liquid pectin

1. Run oranges through food chopper, using the fine knife. Measure to make sure that you have at least 1¾ cups of ground orange. Add water.
2. Bring to a boil and simmer 15 minutes.
3. Add honey and simmer 30 minutes. Add lemon juice, then liquid pectin.
4. Bring to a full rolling boil and boil 30 seconds. Remove from fire. Skim and stir for 5 minutes. Pour quickly into sterilized glasses and paraffin.

## HONEY VINEGAR

Excellent vinegar may be made from honey without too much difficulty if directions are followed carefully. It is suggested that anyone interested in making honey vinegar obtain a copy of Extension Bulletin 149, "Honey Vinegar," of The Agricultural Experiment Station, Michigan State College.

## FURTHER INFORMATION

For further information on uses of honey we refer you to the following publications and sources:

"Honey and Some of the Ways It May be Used"—Publication 501, The Dominion of Canada Experimental Farms, Ottawa, Canada

"Honey and Some of Its Uses"—Leaflet No. 113, the U. S. Department of Agriculture

"100 Honey Helpings" and other publications of the American Honey Institute, Madison, Wisconsin

"Florida Honey and Its Hundred Uses"—The State of Florida Department of Agriculture, Tallahassee, Florida

"Honey Vinegar"—Extension Bulletin 149, Michigan State College Agricultural Experiment Station, East Lansing, Michigan

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The Michigan Honey Institute—R. H. Kelty, Secretary, East Lansing, Michigan

*(Pictures by courtesy of the W. K. Kellogg Co. and the Kraft-Phenix Cheese Corporation)*