

SWEET TALK

HONEY RECIPES

from the

Greene County

Beekeepers Association



Xenia, Ohio



THANK YOU

**WE WOULD LIKE TO THANK ALL THE
MEMBERS AND FRIENDS WHO
SUPPLIED US WITH RECIPES.**

**WE HAVE TRIED TO MAKE SURE THAT
ALL INFORMATION IS CORRECT. IF
YOU SHOULD FIND AN ERROR, WE'RE
SORRY, IT WAS NOT INTENTIONAL
AND WE APPRCIATE YOUR
UNDERSTANDING.**

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GREENE COUNTY BEEKEEPERS' ASSOCIATION HISTORY

Greene County had been without a bee association for approximately 20 years. Because of the decline of the honeybee and a new interest in beekeeping, the Greene County Beekeepers' Association was re-established on February 6, 1999. Our association's purpose is to assist members and develop a new interest in beekeeping as a hobby or as a business. We offer a mentoring program to assist the new beekeeper as well as the experienced beekeeper. We also offer a library of books and films.

The association meets once a month to exchange ideas, provide information and assistance to it's members. Meetings are open to the public.

For more information about the Greene County Beekeepers' Association:

www.gcbeekeepers.com

OTHER USES FOR HONEY

HAIR SHINE: Stir 1 t honey into 4 c (1 quart) warm water. Blondes may wish to add a squeeze of lemon. After shampooing, pour mixture through hair. Do not rinse out - dry as normal.

SKIN SOFTENING BATH; Add 1/4 c honey to bath water for a fragrant, silky bath.

HONEY CLEANSING SCRUB: Mix 1 T of honey with 2 T finely ground almonds and 1/2 t lemon juice. Rub gently onto face. Rinse off with warm water.

HAIR CONDITIONER: Mix 1/2 c honey and 1/4 c olive oil. (Use 2 T oil for normal hair). Work a small amount at a time through hair until coated. Cover hair with a shower cap - leave on 30 minutes. Remove shower cap - shampoo well and rinse. Dry as normal.

MOISTURE MASK: Mix 2 T honey with 2 T milk. Smooth over face and throat. Leave on 10 minutes. Rinse off with warm water,

FACIAL TONER: In blender, puree 1 T honey with a peeled, cored apple. Smooth over face; leave on 15 minutes. Rinse with cool water.

BEVERAGES

PARTY PUNCH

2 c. honey	1 c. hot water
1 c. lemon juice	3 c. orange juice
3 qts pineapple juice, unsweeten	1 c. mint leaves
3 qts. Water	4 qts. Ginger ale
1 c. maraschino cherries	

Add honey to hot water - mix well. Add fruit juices, mint leaves and water. Chill. Just before serving, add ginger ale and cherries. Pour over ice cubes in a punch bowl - 40 servings

BANANA HEALTH SHAKE

1 ripe banana	1 T. dried skim milk
1 T brewer's yeast	1 T. honey
1 c. milk	

Mix all ingredients thoroughly in a blender until smooth and creamy. Serve cold.

ICED TEA

Make fresh tea double strength. Strain and pour over crushed ice in tall glasses. Serve with equal parts of honey and lemon juice, well blended. Garnish with fresh mint leaves.

CIDER TEA

3 c boiling water
4 Lipton tea bags
Orange Slices for garnish

3 c apple cider
3 T honey

Pour 3 c boiling water over tea bags. Cover and steep 8 minutes - remove tea bags with a slotted spoon - squeezing gently. Stir in cider and honey. serve warm or over ice. Garnish with orange slices if desired.

HOT CHOCOLATE

2 squares unsweet chocolate
1/4 c honey
3 c milk

1 c water
1/8 t salt

Place chocolate and water in saucepan. Cook, stirring constantly until well blended. Add honey and salt and boil 3 minutes, stirring constantly. Add milk gradually. Place over heat until mixture is hot enough to serve. Beat with rotary egg beater or mixer - 6 servings.

QUICK BREAKFAST

1/2 c chilled orange juice
1 egg

1 T honey
1 t lemon juice (optional)

Blend well and serve at once.

HONEY FRUIT PUNCH

1 qt boiling water	1 1/4 t black tea
5 whole cloves	1 c orange juice
1 qt lime juice	1/2 c lemon juice
1/2 c honey	1 c cold water

Pour boiling water over tea and cloves. Let steep for 5 minutes. Combine tea with remaining ingredients. Pour over ice to chill. Garnish with an orange slice, red cherries or mint leaves - 24 servings.

PINEAPPLE HEALTH SHAKE

1/4 c powdered skim milk	1 t honey
1 glass unsweetened pineapple, grape, apricot or apple juice	

Place all ingredients in a blender. Mix until frothy. Serve cold. Add 1 t brewer's yeast and 1 T protein powder for added nutritional benefits.

LAVENDER FRUIT PUNCH

1/4 c lemon juice	2 c water
4 T honey	1 c orange juice
2 c grape juice	

Combine all ingredients. Mix thoroughly. Chill. Serve cold - 6 servings

HONEY COCOA

4 t cocoa or carob
Few grains salt
1 1/3 c milk
(optional)

4 to 5 t honey
1/3 c hot water
Marshmallows

Mix the cocoa, honey, salt and hot water in a saucepan. Cook, stirring constantly, until the mixture boils. Continue to cook for about 2 minutes. Place saucepan over hot water and stir in milk. Heat thoroughly. Pour into cups. Top with marshmallow - 2 servings.

HONEY BERRY SHAKE

1 pint vanilla ice cream or frozen yogurt 1/2 c milk
2 1/2 c sliced fresh strawberries 1/4 c honey

In a blender, combine the ice cream, berries, milk and honey - cover and process until smooth. Pour into glasses - 4 servings.

HONEY PUNCH

1 pkg Kool-Aid unsweetened lemonade 3/4 c honey
3 c pineapple juice 2 qts water

Combine all ingredients and chill. Serve with maraschino cherry in each glass.

HONEY MILK DRINKS

PEANUT BUTTER

1 qt milk

1/3 c peanut butter

Pinch salt

1/3 c honey

or

MAPLE

1 qt milk

1/2 t maple flavoring

1/3 c. honey

or

BANANA

1 quart of milk

1 mashed banana

1/3 c honey

Blend all ingredients - 4 servings.

ANOTHER HONEY FRUIT PUNCH

1qt cranberry juice

1 can pineapple-grapefruit juice

1/2 c honey

1 bottle ginger ale

Mix and chill all ingredients except ginger ale.

Add ginger ale just before serving - pour over ice.

STRAWBERRY SWIRL

6 strawberry flavored tea bags 2 c boiling water
1/4 to 1/2 c honey 2 c ice cubes
1 1/2 c strawberry yogurt

Place tea bogs in medium bowl. Add boiling water and steep 4 minutes and remove tea bags. Add honey and stir. Add ice cubes and stir until melted. Combine tea mixture and yogurt in blender and process until blended.

PEACH FIZZ

2 c canned peaches, drained 1/4 c honey
1 pint vanilla ice cream 1 bottle 7-UP

Dice peaches very small. Blend with honey and mix with ice cream. Spoon into glasses and fill with 7-Up - 6 servings

RUBY RED PUNCH

1/2 c. honey 3 c. very hot water
6 oz can frozen lemonade 1 c. apple juice
1 pint cranberry juice

Blend honey in hot water and let stand until cool. Add fruit juices and ice cubes

LEMONADE FOR LARGE GROUPS

1 qt lemon juice
2 1/2 gallon water

1 qt honey

Combine lemon juice, honey and water - mix well. Chill until cold. - 75 servings

FRUIT PUNCH

1 c. berries

1 1/2 c. orange juice

2 c. fresh, double strength tea

1 c. honey

1/2 c. lemon juice

1 pint ginger ale

Crush berries and combine all ingredients except ginger ale. Chill. When ready to serve, add ginger ale and crushed ice- 20 servings

MULLED CIDER

2 qts cider

nutmeg

1 inch stick cinnamon

1/2 c honey 1/4 t

1/4 t allspice

6 whole cloves

Combine cider, cinnamon, nutmeg, allspice and honey. Heat slowly - simmer 20 minutes. Add slice of orange or lemon, a maraschino cherry and a whole clove.

BREADS

REFRIGERATOR ROLLS

2 pkgs yeast	1/4 c lukewarm water
1 c milk	1/2 c honey
1 T salt	2 eggs
1/2 c melted shortening	6 c sifted enriched flour

Soften yeast in lukewarm water. Scald milk, add honey and salt. Add half the flour and beat well. Add softened yeast and beaten eggs. Mix well. Add shortening and remaining flour to make a soft dough. Knead until smooth. Place in greased bowl. Cover and place in refrigerator. When ready to bake, punch down dough and shape into rolls. Place rolls in greased pans. Cover and let rise until double in bulk. Bake in 425 degree oven, 15 to 20 minutes or until done. Yield - 2 1/2 dozen rolls.

HONEY BUTTER BREAD

2 1/2 c sifted flour	1 t baking soda
1 t baking powder	1 t salt
1/2 c peanut butter	1/2 c honey
1 egg	1 1/4 c buttermilk

Sift together flour, baking soda, baking powder and salt. Beat peanut butter and honey together, beat in egg and buttermilk. Gradually stir into dry ingredients and mix well. Turn into a 9 x 5 greased loaf pan and bake 350 degrees - 45 minutes.

HONEY CRISP COFFEE CAKE

2 c sifted flour	1/2 t. salt
3 t baking powder	1/4 shortening
1/4.c. sugar	1 egg
2/3 c milk	

TOPPING

3 T soft butter coconut	3/4 c shredded
1/2 c honey	3/4 c cereal f lakes

Sift dry ingredients into a bowl. Cut in shortening, add egg and milk, stirring only until all flour is moistened. Spread batter in greased 9" square pan. Cover with topping. Bake 400 degrees, 25 to 30 minutes. Serve warm - 9 - 12 servings.

QUICK HONEY ORANGE ROLLS

1T orange juice rind	2 t grated orange
1/2 c. strained honey	1/4 c butter
2 c prepared biscuit mix (or 1 biscuit recipe using 2 c. flour)	
3/4 c. milk	

Make a thin syrup with the orange juice, grated rind, honey and butter. Pour equal amounts of it into 8 greased custard cups. Blend the biscuit mix with the milk, an drop an equal amount of the dough into each cup. Bake 450 degrees, 12 - 15 minutes.

DATE NUT BREAD

1 c boiling water	1 c chopped dates
2 T shortening	3/4 c. honey
1 egg	1 1/2 c enriched flour
3/4 t salt	2 t baking powder
1 c broken nut meats	

Add boiling water to chopped dates and cook about 2 minutes stirring constantly. Cream shortening, add honey gradually, beating well. Add egg and beat. Add date mixture. Add sifted dry ingredients and nuts. Mix well. Pour mixture into greased loaf pan 4 1/2 by 8 1/2 inches. Bake at 325 degrees for 1 hour and 15 minutes or until done - 1 loaf.

SWEET BISCUITS

2 c sifted flour	2 t baking powder
3/4 t salt	4 T shortening
3/4 c milk	4 T butter
1/2 c honey	

Sift dry ingredients. Cut in shortening. Add milk gradually, stir to form -soft dough. Place on lightly floured board and knead for a few seconds. Roll 1/2 inch thick and cut with a floured biscuit cutter. Bake on ungreased baking sheet 450 degree oven about 15 minutes. When done, remove from oven, split biscuits in half, spread lower half with butter and upper half with honey. Put together - 1 dozen biscuits.

HONEY RYE BREAD

1/4 c shortening	2 c milk, scalded
3/4 c honey	1 T salt
3 eggs, slightly beaten	2 pkg yeast
4 c whole wheat f lour	2 c rye f lour
4 to 5 c all purpose flour	

Melt shortening in milk in 6 quart bowl. Stir in honey and salt. Cool to lukewarm. Add eggs - mix thoroughly. dissolve yeast in 1 c lukewarm water stir into egg mixture. Add whole wheat flour and rye flour - mix well. Add enough all-purpose flour to make a stiff dough. Cover, let rest for 30 minutes. Turn out on a floured board - knead for about 10 minutes, working in remaining f lour. Place dough in a greased bowl - cover. Let rise in a warm place for about 1 hour or until doubled in bulk. Turn out on floured board - divide into 3 parts. Shape loaves place in greased 9 x 5 x 3 inch loaf pans. Cover and let rise to tops of pans. Bake in preheated 375 degree oven for 30 minutes or until browned.

HONEY OATMEAL MUFFINS

1 1/2 c sifted all-purpose flour	1 1/2 c oatmeal
1/2 t salt	3 t baking powder
1 c milk	1 egg, beaten
1 c honey	3 T melted shortening, slightly cooled

Mix dry ingredients together - add milk, egg and shortening. Add honey, stirring constantly. Mix well but do not beat. Place in greased muffin pans. Bake in 400 degree oven for 30 minutes.

APPLE ORANGE HONEY BREAD

2 large oranges	1 c seedless raisins
2 c applesauce	1 c honey
4 c sifted all-purpose flour	4 t baking powder
1 1/2 baking soda	1 c sugar
1 1/2 t salt	1/2 c chopped nuts
2 eggs, beaten	6 T melted butter

Squeeze juice from oranges. Using medium blade, put rind and raisins through food chopper. Add orange juice, rind and raisins to applesauce - stir in honey. Sift together flour, baking powder, baking soda, sugar and salt - add applesauce mixture and nuts. Mix thoroughly - add eggs and melted butter or margarine - stir until thoroughly blended. Pour into 2 greased loaf pans 9" x 5" x 3". Bake in 350 degree oven, 1 hour and 15 minutes. Remove from pans and cool on wire rack. Bread will slice better if allowed to stand 12 hours.

HONEY BRAN MUFFINS

1 c. flour	1/4 to 1/2 t baking
soda	
1/4 salt	1 c bran
1/2 c honey	1 T melted butter
1/2 c milk	3/4 c finely chopped
pecans	

Sift together flour, soda and salt. Mix with bran. Stir in remaining ingredients - mix well. Pour into greased muffin pans. Bake for 25 minutes in 400 degree oven.

CORN STICKS

2 1/2 t baking powder	1 t salt
1 1/4 c sifted flour	1 c corn meal
2 eggs	1 1/4 c milk
3 T honey	1/4 c melted
shortening	

Add baking powder and salt to sifted flour and sift again. Add corn meal and mix well. Combine well beaten eggs, milk, honey and melted shortening. Add to dry ingredients; mix well. Bake in well-greased bread stick pans in 425 degree oven, 25 minutes or until done - 3 dozen small corn sticks.

HONEY WAFFLES

2 c sifted flour	3 t baking powder
3/4 t salt	1 t cinnamon
6 T melted butter	2 eggs, separated
1 1/4 c milk	1 T honey

Sift flour, baking powder, salt and cinnamon together. Add melted butter to beaten egg yolks, then add milk and honey. Pour into dry ingredients and mix quickly, just to moisten. Fold in stiffly beaten egg whites. Bake on hot waffle iron. Serve with honey syrup.

BEST WAY TO STORE HONEY: In a dry place as honey absorbs moisture. Refrigeration will hasten granulation - freezing will not harm honey.

BASIC WHEAT BREAD

2 c all-purpose f flour	1 c milk
2 pkg dry yeast	1/4 c cooking oil
1/4 c honey	1 T salt
1 egg	4 to 4 1/2 c whole
wheat flour	

Combine all-purpose flour and yeast in large mixing bowl. Combine milk, 1 c water, oil, honey and salt in saucepan. Heat just until warm. Add milk mixture to f flour mixture. Beat at medium speed of electric mixer for about 3 minutes or until smooth. Add egg, mix well. Stir in enough whole wheat flour to make a moderately stiff dough. Turn out onto lightly floured surface. Cover, let rest for 10 minutes. Knead for 5 to 10 minutes or until smooth. and satiny, using all-purpose flour. Cover; let rest for 20 minutes. Divide dough in half. Shape into 2 loaves; place in 2 greased loaf pans. Brush with additional oil. Let rise in warm place for about 1 hour or until doubled in bulk. Bake in preheated 400 degree oven for 35 to 40 minutes.

HONEY FRENCH TOAST

2 eggs, well beaten	1/4 c milk
1/4 t salt	1/4 c honey
6 to 8 slices bread	butter

Combine all ingredients except bread and butter. Dip bread slices into honey mixture, fry in butter over medium heat till golden brown.

HONEY BLUEBERRY MUFFINS

2 c flour	1 t salt
3 t baking powder	1 c milk
4 T honey	1 egg, beaten
1/2 c blueberries	1/4 c melted
shortening	

Sift flour, salt and baking powder. Combine milk, honey, egg, blueberries and shortening. Add to dry ingredients, stirring quickly just long enough to moisten ingredients. Fill greased muffin pans half full - bake at 400 degrees for 35 minutes or until browned - 12 muffins.

OR

ORANGE MUFFINS - omit blueberries and milk. Add 1 c orange juice, grated rind of 1 orange and 1/4 c chopped nuts to muffin dough. Bake as directed.

CURRANT MUFFINS - Omit blueberries and add 1/2 c currants. Proceed as directed.

HONEY BUTTER SPREAD: Blend 1/4 c honey with 1 c softened butter or margarine and beat until fluffy. Good on french toast, waffles or brown bread.

HONEY CREAM CHEESE SANDWICH FILLING: Soften cream cheese with enough honey to spread well. Add chopped nuts and raisins.

CANDIES AND SNACKS

PEANUT BRITTLE

2 c sugar
1 c water
1 T butter

1 c honey
2 c salted peanuts

Put sugar, honey and water in saucepan. Stir till sugar is dissolved. Cook to 300 degrees and remove from heat. Add butter and peanuts. Stir just enough to mix thoroughly. Pour into very thin sheets on a well-greased platter. Cool and break into pieces to serve.

HONEY FUDGE

2 c granulated sugar
4 oz unsweetened chocolate
1/4 c honey

1/4 t salt
1 c evaporated milk
2 T butter

Combine sugar, chocolate, salt and milk. Boil for 5 minutes. Add honey and cook to soft-ball stage (240 degrees on candy thermometer). Add butter and let mixture stand until lukewarm. Beat until creamy, pour into buttered pan. Nutmeats can be stirred in after beating,

POPCORN BALLS

1 c honey
1/2 c water
1 t vanilla

1 c sugar
1 t salt

Combine honey, sugar, water and salt in saucepan. Place over low heat stirring until mixture begins to boil. Cook to firm ball stage (248 degrees). Remove from heat. Add vanilla, stir only to blend well. Pour over 3 qts popped corn in large bowl. Rinse hands in cold water or lightly grease hands and press popped corn into balls. Wrap in waxed paper. To make pink popcorn balls, use pink coloring according to directions on package. Omit vanilla - 8 medium popcorn balls.

HONEY SCOTCH

1/2 c water
1/2 c honey

2 c sugar

Heat water and sugar stirring until sugar is dissolved. Add honey and cook, stirring gently just enough to prevent burning. Cook to the hard crack stage or 300 degrees. Remove from heat and pour candy into a buttered pan. When candy begins to set, cut into strips 1 inch wide. Roll into cylinders. Cut with scissors into pieces 1 inch long.

HONEY GLAZED PECANS: Boil 1/2 c honey to firm ball stage (250 degrees). Cool. Dip 24 pecan halves into honey - place on waxed paper to set.

CARAMEL SQUARES

1 t flour	1/4 t salt
1/4 c cream or evaporated milk	2T butter, melted
1/2 c honey	1/2 t vanilla extract
1/2 c chopped nuts	

Combine flour, salt and cream thoroughly in a heavy saucepan. Mix in butter and honey. Place over high heat. Cook, stirring constantly, to 258 degrees on the candy thermometer or to the firm-ball stage. Remove from heat immediately. Stir in vanilla and nuts quickly to blend. Pour into buttered dish. Chill thoroughly. Cut into squares and wrap in waxed paper-

PEANUT BUTTER BITS

3/4 c raw peanuts	1 c honey
1 t vanilla extract	1/2 c peanut butter

Roast the raw peanuts in a 350 degree oven for 15 to 20 minutes. Place the honey in a saucepan and cook over medium heat to 258 degrees on the candy thermometer or to the firmball stage. Remove from heat and add vanilla. Pour onto a buttered platter. Let cool just enough to work with hands. Add peanut butter. Pull candy with buttered hands until lighter in color. Work in peanuts and press or roll out onto buttered surface to 1/4 inch thick. Cut into small pieces - wrap in waxed paper.

CEREAL BARS

1/2 c peanut butter 1/2 c sugar
1/2 c honey 3 c Cheerios or Rice Krispies
1 c salted peanuts

Bring sugar and honey to a boil in 2 qt saucepan. Remove from heat and stir in peanut butter until well blended. Pour in cereal and mix until well coated. Spread in buttered 9 x 13 pan and let cool - cut into squares - good with chocolate chips added.

NOT EXACTLY CRACKER JACKS

1/2 c honey 6 c popped popcorn
1 c shelled peanuts 1/2 c margarine

Heat honey and margarine in a saucepan until well blended. Cool. Combine popcorn and peanuts in a large bowl. Pour honey mixture over popcorn stirring as you pour. When popcorn and peanuts are well coated, spread in a pan in a single layer. Bake at 350 degrees for 5 to 10 minutes or until crisp but not brown, stirring several times. The difference between crisp (not brown) and burnt can be a matter of minutes. Keep in airtight container. You may want to use a little more than 6 c of popcorn.

SWEET TREAT

1/2 c nonfat dry milk

1/2 c creamy or chunky style peanut butter

Combine honey and peanut butter in bowl. Gradually stir in dry milk until thoroughly blended. Shape into a narrow roll. Wrap in waxed paper and chill until firm. Cut into bite sized pieces and wrap in waxed paper.

HONEY DIVINITY

2 c sugar

1/3 c honey

2 egg whites

1/2 c chopped pecans

Candied fruit (optional)

Cook sugar, honey and water to 278 degrees. Beat egg whites to good peaks, but not dry. Pour syrup in slow stream over whites and beat until thick and loses gloss. Drop on greased sheet.

CREAM CANDY

1 c sugar

1/4 c cream

1/4 c honey

1 T butter

1/2 c chopped nuts

Mix sugar, cream and honey. Cook until sugar is dissolved. Add butter and continue without stirring until a very soft ball stage is reached (236 degrees). Remove from heat, beat till thick and dull in appearance. Add nuts, pour into greased pan. Cut with warm knife before mixture is cold.

CANNING AND PRESERVING

SYRUP FOR CANNING AND FREEZING

Use honey in place of at least half the sugar called for in recipes that formerly called for all sugar.

SWEET FRUITS

1 c honey 1 c sugar 4 c boiling water

LESS SWEET FRUITS

1 c honey 1 c sugar 3 c boiling
water

SOUR FRUITS

1 c honey 1 c sugar 2 c boiling
water

Boil honey, sugar and water together for 5 minutes.

If all honey is desired, replace the sugar called for above with an equal amount of honey. Use mild flavored honey in canning and freezing so as not to mask the flavor of the fruit. Cool syrup before adding to fruits if freezing.

ALLOW: 1/2 pint of syrup to 1 quart jar of fruit.

ESTIMATE: 2 lbs fruit per quart jar.

BREAD AND BUTTER PICKLES

25 medium sized cucumbers	10 medium onions
1/2 c salt	2 c vinegar
1 c water	1 c honey
1 c sugar	3 t mustard seed
3 t celery seed	1/2 t turmeric

Arrange the cucumbers and onions, which have been sliced medium thick, in layers, sprinkling salt between each layer. Allow to stand 3 or 4 hours. drain. Combine remaining ingredients. Bring slowly to a boil. Add onions and cucumbers and cook about 5 minutes. Pack in hot sterilized jars - about 10 pints.

SPICED FRUIT

2 c honey	1 c vinegar
2 inch stick cinnamon	6 whole cloves
Apples, Peaches or Pears	

Combine honey, vinegar and spices and heat to boiling. Have ready 10 cups of fruit quartered or halved. Cook a small amount of fruit in the syrup, handling them gently so they remain whole. When transparent, lift out and place in a jar or bowl, and continue until all are cooked. Take out spices, pour remaining syrup over fruit and store until needed.

HONEY GRAPE JELLY

- 1 pkg (1 3/4 oz) powdered pectin
- 2 1/2 c grape juice
- 3 $\frac{3}{4}$ c mild flavored honey

Mix the pectin and grape juice in a 6-8 quart saucepan and cook and blend them over high heat until bubbles form all around the edge of the liquid. Slowly add the honey, stirring constantly, and continue to stir and cook the mixture until the entire surface is bubbling (don't let it boil). Remove the jelly from the stove and alternately stir and skim off the foam. Pour the jelly into hot sterilized glasses, seal and leave undisturbed until the fluid had cooled and set - about 24 hours - about eight 6 oz jars.

APPLE JELLY

- 1 c apple juice
- 1 1/2 c mild flavored honey
- 2 red apples, grated with peel on
- 1 T fresh lemon juice
- 3 oz liquid pectin

In a 5-quart saucepan, combine apple juice, honey, lemon juice and grated apples. Bring to a full rolling boil. Boil hard for 5 minutes, stirring constantly. Remove from heat - stir in liquid pectin. Skim off foam. Ladle into hot sterilized jars. Seal. Makes three - 1/2 pint jars.

HONEY CHUTNEY

2 qts sour apples
1/3 c onion
1/2 T salt
2 green peppers
3/4 lb seedless raisins
1 c honey

Juice of 2 lemons and the grated rind of one 1 1/2 c vinegar 3/4 c tart fruit juice 3/4 T ginger 1/4 t cayenne pepper

Wash and chop fruit and vegetables. Add all other ingredients and simmer until thick like chili sauce. Pour into hot, sterilized jars and seal.

STRAWBERRY PRESERVES

8 c strawberries, washed and stemmed
3 c honey
3 c sugar

Put alternate layers of strawberries, honey and sugar in a container and refrigerate a few hours or overnight. Then bring all to a slow boil. Cook for about 15 minutes or until berries are clear. Pour into hot sterilized jelly glasses or jars.

HONEY JELLY

3 c honey
1/2 bottle pectin

Combine honey with 1 c water and bring to a boil. Boil for 1 minute - add pectin. Bring to a rolling boil for 1/2 minute. Remove from heat. Pour into sterilized jars - seal with paraffin.

SWEET FRUIT PICKLES

2 c honey
1 - 2 inch stick cinnamon
8 to 10 c quartered apples

1 c vinegar
6 whole cloves

Combine all ingredients except apples in a large saucepan. Bring to a boil. Add apples, 2 or 3 cups at a time - cook until tender. Remove with slotted spoon, handling gently, to a bowl - continue cooking remaining apples until all are cooked. Pack apples in hot sterilized jars. Add hot syrup to within 1/2 inch of tops of jars. Place lids and bands on jars, screwing bands tight. Store until needed.

RASPBERRY JAM

5 lb raspberries
5 c honey

Juice of 2 lemons

Cook raspberries with lemon juice until tender. Add honey, blending well. Bring to a boil, then boil hard for 20 minutes, stirring constantly. Cool slightly. Pour into hot sterilized jam jars; seal with melted paraffin.

HONEY CRANBERRY RELISH

2 c fresh cranberries
1 c honey

1 orange, quartered

Put cranberries and orange through food chopper. Add honey, mix well and let stand overnight. Chill before serving - yields 4 - 5 servings.

MULTI-FRUIT JAM

(You may use - Peaches, Nectarines, Sweet Cherries, Strawberries, Raspberries or Blackberries)

4 c crushed fruit or berries 1 box pectin
2 c mild flavored honey 2 T fresh lemon juice

In a 5 quart saucepan, combine crushed fruit and pectin. Bring to a full rolling boil. Boil hard for 1 minute, stirring constantly. Add honey and lemon juice, Return to full rolling boil. Boil hard for 5 minutes, stirring constantly. Remove from heat skim off foam. Ladle into hot sterilized jars. Seal.
Makes 5 - 1/2 pint jars.

HONEY PINEAPPLE JAM

2 1/2 c (1 lb 4 1/2 oz can) crushed pineapple
3 T fresh lemon juice
3 1/4 c mild flavored honey 1/2 bottle liquid pectin

In a 6-8 quart saucepan, mix the crushed pineapple and lemon juice. Add honey and blend well. Place pan over high heat and at once stir in the liquid pectin. Stir the mixture constantly while you bring it to a full rolling boil and boil hard for 1 minute. Take from the stove and remove the foam with a metal spoon. Alternately skim and stir the hot jam for 5 minutes to cool it slightly and distribute the fruit evenly, Ladle into - 6-8 oz hot sterilized jars.

COOKIES

PECAN BUTTER BALLS

1 c butter	1/4 c honey
2 c sifted flour	1/2 t salt
2 t vanilla	2 c finely chopped pecans

Cream butter; add honey gradually. Add flour, salt and vanilla. Mix well and add chopped nuts. Form into very small balls on a greased baking sheet and bake in a 300 degree oven for 40 to 45 minutes. Roll in powdered sugar while hot, cool and roll again in powdered sugar.

WALNUT-HONEY BROWNTES

2 oz chocolate	1/4 c butter
3/4 c honey	2 eggs, well beaten
1/2 c flour	1/4 t baking powder
1 t vanilla	1 c walnuts, chopped

Melt chocolate and butter together, mix in honey. Stir into eggs, mix well. Sift together flour, baking powder, combine with chocolate mixture. Add vanilla and walnuts. Pour into a well-greased 9 x 11 pan and bake for 45 minutes at 300 degrees. May be iced with a thin layer of chocolate frosting before cutting into squares.

EVERYDAY COOKIES

1/2 c shortening	1/2 c sugar
1/2 c honey	1 egg
2/3 c flour	1/2 † soda
1/2 † baking powder	1/4 † salt
1 c quick cooking oats	1 c shredded coconut
1 † vanilla	1/2 c chopped nuts

Cream shortening, sugar and honey together until light and fluffy. Add well-beaten egg, blend together. Add oats, coconut and vanilla. Add nuts. Spread on greased baking sheets, bake in 350 degree oven for 12 to 15 minutes. Cut into bars.

LEMON BUTTER COOKIES

1 c butter	1 egg, separated
1 c honey	4 c sifted flour
1 T grated lemon or orange rind	1 † baking powder
1 T lemon juice	1/2 - 1 c chopped almonds

Cream butter. Continue creaming while adding honey in a fine stream. Beat in the egg yolk. Add lemon rind. Sift flour and baking powder together. Add to creamed mixture 1/2 c at a time, beating well after each addition. Add lemon juice and almonds and stir well. Chill thoroughly. Shape dough into small balls and arrange on greased cookie sheet. Brush lightly with beaten egg white. Bake 350 degrees 10 to 15 minutes - 4 dozen.

COCONUT BITES

1/2 c butter	1/4 t salt
2 T milk	1 t vanilla
1 c grated coconut	1 c flour
3/4 c honey	2 c Rice Krispies

Combine all ingredients except vanilla and Rice Krispies in saucepan. Cook over medium heat stirring constantly, until dough leaves side of pan and forms ball. Remove from heat and cool. Add vanilla and Rice Krispies. Shape into balls. May be rolled in additional coconut. Chill thoroughly - 42 bites.

HONEY BUTTER COOKIES

2 c butter	1 c honey
2 eggs, separated	1 T grated lemon peel
8 c sifted f flour	1 1/4 t baking powder
2 T lemon juice	1 c almonds, chopped

Cream butter and gradually add honey. Beat in egg yolks. Add lemon peel, flour, baking powder and lemon juice. Stir well. Chill dough. Shape dough into small balls and arrange on greased cookie sheet. Flatten with flat-bottomed glass. Brush with lightly beaten egg whites and sprinkle with chopped almonds. Bake at 350 degrees - 10 to 15 minutes 8 dozen.

HONEY CHOCOLATE CHIP COOKIES

1/3 c shortening	1/2 c honey
1 egg, well beaten	1 1/4 c sifted f flour
1/2 t salt	1/2 t baking soda
1/2 c chopped nuts	1 t vanilla
1 pkg semi-sweet chocolate chips	

Cream shortening, add honey gradually and cream together until light and fluffy. Add egg and mix thoroughly. Sift f flour once, measure, add salt and soda and sift again. Add flour in two parts and mix well. Add chocolate chips, nuts and vanilla, and mix thoroughly. Drop from teaspoon on greased baking sheet 2 inches apart. Bake 375 degrees - 10 to 12 minutes - about 4 dozen cookies.

HONEY ICEBOX COOKIES

2 1/2 c sifted f flour	2 t baking powder
1/2 t salt	1/2 t cinnamon
1/2 c chopped walnut meats	
1 egg, well beaten	1/2 c sugar
1/4 t almond extract	1/2 c honey
3/4 c melted shortening	

Sift f flour once, measure, add baking powder, salt and cinnamon and sift again. Add nuts. Combine egg, sugar, flavoring, honey and shortening, add to flour-nut mixture, mixing well. Shape in rolls, 1 1/2 inches in diameter, and roll each in waxed paper. Chill overnight, or until firm enough to slice. Cut in 1/8 inch slices, bake on ungreased baking sheet in 400 degree oven for 10 minutes - 4 dozen cookies.

FAVORITE OATMEAL COOKIES

3/4 c shortening	1 1/2 c honey
1 egg, beaten	2 1/2 c f lour
3/4 † salt	1/4 † soda
2 1/4 † baking powder	1 † cinnamon
1 2/3 c oats	1/4 c raisins
1 T hot water	1 † vanilla

Cream shortening. Continue creaming while adding honey in a fine stream. Add beaten egg. Sift flour, salt, soda, baking powder and cinnamon together. Add to creamed mixture. Add oats, raisins, water and vanilla, mix thoroughly. Drop by teaspoonfuls onto cookie sheet. Bake at 375 degrees f or 25 minutes. For flavor variations, omit raisins and add 1/4 c chopped cherries, 1/2 c chocolate chips or 1/2 c coconut - 5 dozen.

HONEY DATE BARS

1 c honey	3 eggs
1 † baking powder	1 1/3 c flour
1 c walnuts, chopped	1 pound dates,
chopped	
1 † vanilla	Powdered sugar

Beat honey and eggs together, set aside. Sift baking powder and flour together, add to honey-egg mixture along with nuts, dates and vanilla. Mix well. Pour mixture into greased 9 x 13 baking pan and bake 350 degrees 15 to 20 minutes. Cool in pan, cut into 16 squares. Before serving, dust with powdered sugar if desired.

HONEY COOKIES

1/2 c butter	1/2 c honey
2 c sifted flour	1 t baking soda
1/2 t cinnamon	1/4 t cloves
1/4 t allspice	1/4 c crushed bran
flakes	

Cream butter and honey. Sift together flour, soda and spices, mix in bran flakes. Combine dry ingredients with creamed mixture. Chill at least 1 hour. Roll on slightly floured board to 1/8 inch thickness. Cut with floured cookie cutter. Bake in a 350 degree oven for 8 to 10 minutes. Ice with the following:

1 c sifted confectioners' sugar	2 T honey
1 t lemon juice	1/2 t grated lemon peel

Blend confectioners' sugar, honey, lemon juice and peel. Spread on cooled cookies - 3 dozen.

PEANUT BUTTER DROPS

1/2 c shortening	1 c honey
1 egg	1/2 c peanut butter
1 1/4 c flour	1/2 t salt
1/2 t soda	

Cream shortening and continue creaming while adding honey in a fine stream. Add peanut butter and mix well. Add egg, beat until light and fluffy. Sift dry ingredients together. Add to creamed mixture. Drop by teaspoonfuls onto a lightly greased cookie sheet. Bake 12 - 15 minutes at 325 degrees.

DESSERTS AND GOODIES

HONEY CAKE

1 c butter	1 c sugar
3 eggs	1 † soda
1 c honey	3 c sifted flour
1 † baking powder	1 † cinnamon
1/2 † ginger	1 † nutmeg
1/4 † ground cloves	1 c milk

Cream butter and sugar, beat in eggs. Add soda to honey. Sift all dry ingredients together. Add alternately honey and milk with dry ingredients to creamed mixture. Blend well. Bake in a 13" x 9" x 2" pan in a 350 degree oven for 45 to 50 minutes. Delicious with a quickie topping of honey drizzled over hot cake and sprinkled with a mixture of sugar and cinnamon.

HONEY CUSTARD

1/4 † salt	3 eggs, slightly
beaten	
1/4 c honey	2 c milk, scalded
Nutmeg	

Add salt to eggs and beat just enough to combine whites with yolks. Add honey to milk and add milk mixture slowly to eggs. Pour into custard cups. Top with a few _grains of nutmeg. Set custard cups in pan of hot water. Bake 325 degrees about 40 minutes or until custard is firm.

APPLE KUCHEN

1/2 c soft butter	1 pkg yellow cake mix
1/2 c flaked/shredded coconut	
2 1/2 c sliced, pared apples	
1/2 c honey	1 t cinnamon
1 c sour cream	1/2 c finely chopped walnuts
3 egg yolks	

In a medium bowl, cut butter into dry cake mix until crumbly. Mix in coconut. Pat mixture lightly into ungreased 9 x 13 x 2-inch pan. Bake at 350 degrees, 10 minutes. Arrange apple slices on warm crust. Combine honey with cinnamon, nuts, sour cream and egg yolks. Drizzle over apples. Bake 25 to 30 minutes longer or until light brown. Do not overbake. May be served warm with Whipped Cream with Honey or country style ice cream.

HONEY APPLESAUCE

4 lbs cooking apples	1/4 c water
1 c honey	1 t allspice
1 t nutmeg	

Cut apples into quarters without peeling or coring and place in a large saucepan. Add water, then cover. Cook over medium low heat for 20 minutes or until apples are soft, stirring occasionally. Press apples through colander. Add honey and spices to applesauce, stir to blend - 6 cups.

GINGERBREAD (from scratch)

2 3/4 c sifted f flour	1 t soda
2 t baking powder	1 t salt
1 t ginger	1 t cinnamon
1 egg, beaten	1 c vegetable oil
3/4 c honey	3/4 c molasses
1 c buttermilk	

Sift flour, soda, salt, baking powder and spices together. Cream egg and oil together. Add honey in a fine stream, beating constantly. Add molasses in a fine stream, beating constantly. Add sifted f flour alternately with buttermilk, beating until smooth after each addition. Pour into 2 well-greased loaf pans or one 13 x 9" pan. Bake at 325 degrees for 30 to 50 minutes or until cake tests done. Cool for 5 minutes, then turn onto wire rocks and cool. Serve with whipped cream.

HONEY BERRY FLOAT

1 quart milk, chilled	6 T honey
1 c crushed fresh strawberries	1/2 t almond extract
1 qt vanilla ice cream	

Combine milk, honey, strawberries, almond extract and one pint ice cream. Beat with rotary beater until blended. Pour into tall glasses and garnish with scoops of ice cream.

HONEY GLORIFIED RICE

1 c cold cooked rice
1 1/2 c crushed pineapple, drained
1 c whipping cream, whipped
8 marshmallows, cut up

1/3 c honey
1/2 t vanilla

Whip cream stiff (or use whipped topping) Beat honey in gradually. Stir in vanilla. Fold into combined remaining ingredients. Chill thoroughly 6 to 8 servings.

HONEY RAISIN PIE

1 1/2 c raisins
1 c orange juice
3/4 c honey
1/2 t salt
3/4 c cold water
crust

1 T grated orange rind
4 T lemon juice
2 T butter
4 T cornstarch
Pastry for double 9"

Rinse and drain raisins. Combine with orange rind and juice, lemon juice, honey, butter, salt and cornstarch that has been moistened in the cold water, and stir until blended. Bring to a boil and cook, stirring constantly until the mixture thickens (about 3 or 4 minutes). Pour into pastry-lined pie pan, cover with top crust. Bake 425 degrees 30 to 35 minutes. Cool before serving.

WHIPPED CREAM W/HONEY: Chill beaters, bowl and 1 c (1/2 pint whipping cream. Whip until soft peaks form. Slowly beat in 2 T honey and 1 t vanilla - 2 1/4 cups.

CRUSTLESS PUMPKIN PIE

2 eggs 3/4 c honey
1/2 † ginger 1/2 † nutmeg
1 † cinnamon 1/2 † salt
1 cup undiluted evaporated milk 1 3/4 c pumpkin

Beat eggs slightly. Add honey, spices, salt, pumpkin. Mix well. Add undiluted evaporated milk. Butter or oil a deep 9 inch pie pan. Pour pumpkin mixture into pan. Bake 325 degrees for an 1 hour or until knife blade comes out clean. Good served with honey sweetened sour cream.

HONEY PECAN PIE

1 c mild flavored honey
1-4 1/2 oz pkg vanilla instant pudding
3/4 c undiluted evaporated milk 1/2 † salt
2 eggs, slightly beaten 1 c coarsely broken pecans
1 - 9" unbaked pastry shell

Blend honey with instant vanilla pudding. Gradually add evaporated milk, salt, eggs stirring until well blended. Fold in pecans and pour into unbaked pie shell. Bake at 375 degrees - 50 to 55 minutes or until knife inserted in center comes out clean 8 servings.

HONEY RHUBARB CUSTARD PIE

3 c cut rhubarb	2 unbeaten eggs
2 T milk	1 c honey
4 T flour	1/4 t salt
1/4 t nutmeg	

Combine and pour in unbaked 9" pie shell. Dot with butter and Crumb Topping - below:

CRUMB TOPPING

1/2 c butter	1/2 c brown sugar
1 c flour	

Cream butter with the brown sugar. Cut in flour until crumbly. Bake in 400 degree oven 40 to 50 minutes.

CHERRY HONEY PIE

2 c pitted cherries	3/4 c honey
3 T quick cooking tapioca	1 T butter
1/2 t cinnamon	

Combine cherries, honey and tapioca. Pour into 9" pastry lined pan. Dot with butter. Sprinkle with cinnamon. Cover with lattice-top crust. Bake in hot oven 450 degrees 10 minutes, reduce heat and finish baking 350 degrees about 30 minutes.

HONEY DESSERT TOPPING; Beat 1 large egg white until soft peaks form - add 1/4 c honey continue beating until stiff to hold shape - 1 cup.

FRUIT COBBLER

1/2 c honey	1/4 c butter
1 egg	1/2 c milk
1/3 c honey	1 c flour
2 t baking powder	Dash salt
1 t vanilla	1 T butter
1 t cinnamon	1 c boiling water
2 c sliced fruit (apples, cherries, blueberries or peaches)	

Mix the 1/2 c honey and 1/4 c butter. Add egg and beat well. Stir in milk. Sift dry ingredients together. Add to honey mixture and beat smooth. Stir in vanilla. Spread evenly over the bottom 8" square baking pan. Mix fruit, 1/3 c honey, boiling water, butter and cinnamon. Pour on top of batter. Bake at 375 degrees - 45 minutes. Cake will rise to top during baking.

TAPIOCA CREAM

1/3 c quick cooking tapioca	1/3 c honey
1/4 t salt	2 eggs
4 c milk, scalded	1 t vanilla extract

Combine tapioca, honey, salt and egg yolks in top of double boiler. Add milk slowly and mix thoroughly. Cook until tapioca is transparent, stirring often. Remove from the heat and fold into the stiffly beaten egg whites. Add the vanilla. Serve warm or cold with cream.

PINEAPPLE HONEY CAKE

1/2 c shortening	1 c honey
2 eggs	2 c flour
2 t baking powder	1/2 t salt
1/2 c pineapple juice	1 t vanilla

Cream shortening - continue creaming while adding honey in a fine stream. Add eggs, one at a time -beating well after each addition. Sift dry ingredients together. Add to creamed mixture alternately with pineapple juice. Stir in vanilla. Pour into tube pan. Bake for 1 hour at 300 degrees or until cake tests done.

PTNEAPPLE GLAZE

1/4 c pineapple juice	2/3 c honey
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Bring pineapple juice and honey to a quick boil. Let cool. Apply to worm cake using pastry brush.

APRICOT MOUSSE

1 large can apricots	3/4 c honey
Juice of 1 lemon	2 egg whites, stiffly beaten
1 1/2 c cream, whipped	

Drain apricots and put through a sieve. Add honey and lemon juice - mix well. Fold in egg whites and whipped cream. Pour into refrigerator tray and freeze without stirring until firm - 10 - 12 servings.

HONEY LEMON CAKE

1 stick butter	1 c honey
2 eggs	2 c sifted cake flour
3/4 t baking soda	1/2 t salt
2 T lemon juice	1/4 c milk

Cream butter and honey together. Add eggs one at a time beating after each. Sift dry ingredients together and add alternately with lemon juice and milk. Bake in two 8" greased and floured pans at 350 degrees until done.

LEMON FROSTING

Blend 1 - 3 oz pkg cream cheese and 1 T honey. Add 1 T lemon juice and 2 1/2 to 3 c powdered sugar. Beat well and spread on cake.

BLENDER PUMPKIN PIE

1c pumpkin	1/2 c honey
2 eggs	1 c evaporated milk
1 t pumpkin pie spice	2 T flour
1 unbaked pie shell	

Place first 6 ingredients in a blender container blend to mix well. Pour into pie crust. Bake 425 degrees for 10 minutes - reduce oven temperature to 350 degrees and bake for 40 minutes longer or until firm in the center.

HONEY PECAN PIE

3 eggs
1 t vanilla
1 c coarsely chopped pecans
1 unbaked pie shell, chilled

1 c honey
1 T melted butter, cooled
1/4 t salt

Beat eggs until foamy. Continue beating while adding honey in a fine stream. Beat in vanilla, butter and salt. Add pecans. Pour into pie shell and bake in a 400 degree oven for the first 10 minutes. Reduce oven temperature to 300 degrees - bake for 20 minutes longer. Reduce oven temperature to 250 degrees and bake for 10 minutes longer or until filling is firm.

PECAN PIE with INSTANT PUDDING

1 c honey
1 (3 3/4 oz) pkg vanilla instant pudding mix
2 eggs, slightly beaten
1 unbaked 9" pie shell

3/4 c evaporated milk
1/4 t salt
1 c coarsely broken pecans

Pour honey into mix in a fine stream, blending well. Add milk, salt and eggs gradually - stir until well blended. Fold in pecans. Pour into pie shell - bake at 375 degrees for about 55 minutes or until knife inserted in center comes out clean - 8 servings.

MARGUERITES

Place salted crackers in a baking pan. Spread crackers with honey and chopped nuts. Heat in oven until slightly browned.

BREAD PUDDING

2 2/3 c day-old bread cubes 2 T butter
2 eggs, beaten 1/2 † vanilla extract
1 2/3 c hot milk Nutmeg (optional)

Place bread cubes in small baking dish. Combine honey, butter, salt, eggs and vanilla - stir in milk slowly. Pour over bread - sprinkle with nutmeg. Set baking dish in pan of hot water. Bake at 350 degrees for 30 to 40 minutes or until pudding is set - 4 servings.

FROZEN FRUIT DESSERT

4 oz cream cheese 3 T mayonnaise
3 T honey
1 c drained, pitted white cherries
1 small can fruit cocktail, drained
3 slices pineapple, cut up
1/2 pint whipping cream, whipped

Mix cream cheese with mayonnaise. Add honey and mix well. Add fruit and fold in whipped cream. Place in freezing tray and freeze until firm.

TOASTED TEA SANDWICH

Use circles cut from bread. Toast both sides. Spread with honey butter. Sprinkle with chopped nuts. Place under broiler until nuts are slightly browned and serve hot.

APPLE DUMPLINGS with HONEY SAUCE

6 medium apples	2 c sifted flour
1 1/2 t baking powder	3/4 t salt
1/2 c shortening	1/3 c milk
1 T butter	6 T honey
1 T lemon juice	

Pare and core apples. Sift flour with baking powder and 1/2 t salt - cut in shortening. Add milk, mixing until soft dough is formed. Roll dough into 12 x 8 rectangle - cut into 6 squares. Place an apple in each square. Combine butter, honey, lemon juice and 1/4 t salt - blend well. Fill apple centers with mixture. Moisten edges of dough with cold water. Bring 4 corners of dough over top of apple - press edges firmly together. Place in greased 10 x 10 x 2" pan.

HONEY SAUCE

3/4 c honey	2 T butter
2 T shortening	1/4 t salt
1/4 t cinnamon	1/4 t nutmeg

Combine honey, butter, shortening and salt with 1 1/2 c water. Bring to a boil - boil for 5 minutes. Pour over dumplings. Sprinkle with cinnamon and nutmeg. Bake at 400 degrees for 30 to 35 minutes - 6 servings.

SOFT SPICE CAKE

1/2 c shortening	3/4 c honey
2 c sifted cake flour	2 t baking powder
1/2 t salt	1 t cinnamon
1/2 t cloves	1/4 t nutmeg
2 eggs, separated	1/2 c milk
1/2 c chopped nuts	1/2 c chopped raisins

Cream shortening. Continue creaming while adding honey in a fine stream. Sift flour, baking powder, salt and spices together. Add 1 c of flour mixture to the honey mixture and beat well. Add egg yolks and beat well. Add remaining dry ingredients alternately with milk. Add nuts and raisins with last addition of flour. Beat egg whites until stiff. Fold into batter. Pour into greased and floured 9" tube pan. Bake 325 degrees for 1 hour or until cake tests done. Drizzle additional honey over hot cake.

HONEY - LEMON CHEESECAKE

1 - 3 oz pkg lemon gelatin	1/2 c boiling water
1 - 8 oz pkg cream cheese	1/2 c honey
2 t lemon juice	1 t vanilla
1 1/2 c evaporated milk, chilled	
1 graham cracker crust	

Mix gelatin with boiling water until gelatin is dissolved. Chill until partially set. Mix cheese with honey, lemon juice and vanilla. Whip chilled milk until stiff, then fold into cheese mixture. Combine with gelatin. Pour into graham cracker crust - chill before serving.

HONEY ANGEL FOOD CAKE

1 t cream of tartar	1/2 t salt
1 c egg whites (8 to 10 whites)	
3/4 c sugar	1 c cake flour
1/2 c honey	1/2 t grated lemon
rind	

Add the cream of tartar and salt to the egg whites in a bowl. Beat the whites with a wire whip until they are stiff. They should move only slightly when the bowl is tipped. Fold in the sugar slowly into the egg whites 2 T at a time. Sift the remaining sugar with the flour and add later. The 1/2 c honey must be warmed so that it will be thin and will pour in a fine stream over the egg whites as the egg whites are folded in. After the honey is added, fold in the flour and sugar mixture, sifting 1/4 c over the whites at a time. Add grated lemon rind. Pour the mixture into an angel food pan and bake at 300 degrees for 50 minutes. Invert the pan, cool and remove to a cake rack.

PEACH PIE

Pastry for 2 crust pie	Fresh peaches, sliced
1 T quick-cooking tapioca	1/2 c honey

Line pie pan with pastry. Fill pie shell with sliced fresh peaches. Sprinkle with tapioca - pour honey over peaches. Cover peaches with strips of pastry. Bake in a 425 degree oven - 10 minutes, then 350 degrees for 30 minutes longer.

CHOCOLATE MERINGUE PIE

1/2 c cake flour	1/2 t salt
2 1/2 c milk	1/2 c honey
2 squares unsweetened chocolate	
3 egg yolks, slightly beaten	
2 t butter or margarine	2 t vanilla
1 baked 9" pie shell	
3 egg whites	6 T honey

Combine flour and salt in top of double boiler. Add milk and honey gradually, stirring well. Add chocolate. Place over boiling water and cook until chocolate is melted and mixture is thick and well blended, stirring constantly. Then continue cooking 10 minutes, stirring occasionally. Pour small amount of mixture over egg yolks, stirring vigorously, return to double boiler and cook 2 minutes longer. Add butter and vanilla. Cool. Turn into pie shell. Beat egg whites until foamy throughout; add honey, 2 T at a time, beating after each addition until honey is blended. Then continue beating until mixture will stand in peaks. Pile lightly on filling. Bake at 350 degrees - 10 to 15 minutes or until delicately browned.

IF HONEY HAS CRYSTALLIZED - remove lid and place jar in warm water until crystals dissolve.

GINGERBREAD

1 - 14 oz gingerbread mix	1 c water
1/2 c flaked coconut almonds	1/2 c crushed
2 T margarine	5 T honey
1 c dairy sour cream	1/4 t ginger
1 can pineapple tidbits (1 1/4 lb)	Toasted coconut

Preheat electric skillet covered to 280 degrees. Prepare gingerbread mix according to package directions using 1 c water and 2 T honey. Stir in coconut and almonds. Melt margarine in preheated electric skillet. Pour in batter. Cover, bake 15 minutes with vent on cover closed 5 minutes more with vent open. Meanwhile, combine sour cream, 3 T honey, ginger and pineapple. When gingerbread is done turn off heat and remove cover. Let stand 2 or 3 minutes, then invert onto serving plate. Spread pineapple mixture over top and sprinkle with toasted coconut. Serve warm - about 12 servings.

BERRY PIE

3 c berries	2 T cornstarch or 4 T flour
3/4 to 1 c honey	1/2 t cinnamon
1 T butter	

Pick over and wash berries. Place in 8" pastry-lined pan. Add a little honey to cornstarch - blend well. Add remainder of honey - pour over berries. Sprinkle with cinnamon and bits of butter. Cover with crisscross pastry. Bake 450 degrees - 10 minutes, 350 degrees 30 minutes.

MEATS AND POULTRY

BARBECUED SPARE RIBS

4 lbs spareribs	2 garlic cloves
2 T vinegar	1/2 c chopped onion
1 t prepared mustard	1 1/2 c catsup
2 T thick steak sauce	1/2 t salt
1 c honey	1/2 t black pepper

Cut the spare ribs into serving pieces. Add the spare ribs and 2 t salt to enough water to cover and simmer for a half hour. Mix remaining ingredients and cook over low heat for 5 - 7 minutes. Drain spare ribs and place in shallow baking pan. Pour barbecue sauce over the ribs and bake at 400 degrees for 45 minutes. Baste every 10 minutes.

HONEY CHICKEN

1 broiler fryer - 3 to 4 lbs, quartered	Butter
2 T low-sodium soy sauce	1/2 c honey

Arrange chicken in a low baking pan. Brush with soft butter and drizzle with honey combined with soy sauce. Bake at 350 degrees for 1 1/2 hours, brushing frequently with honey sauce. Remove chicken - skim fat - add any remaining honey sauce and thicken with cornstarch. Serve over chicken - 4 servings.

OVEN-FRIED CHICKEN

1 - 3 to 3 1/2 lb chicken, boned 1/2 † pepper
1 † smoked garlic salt 2 † Italian seasoning
1/2 † sweet basil Salt to taste
2 T cranberry sauce 5 T honey
2 † orange juice concentrate
1/4 c crushed barbecued potato chips

Cut chicken into 2 inch pieces. Place chicken in large bowl. Combine garlic salt, pepper, Italian seasoning and basil - sprinkle over chicken, tossing chicken to coat well. Arrange chicken in large shallow foil-lined baking pan, sprinkle with salt. Bake, covered lightly with foil, at 375 degrees for 30 minutes, remove foil. Bake for 30 minutes longer. Combine cranberry sauce, orange juice and honey, blend thoroughly. Brush chicken with cranberry mixture. Bake for 10 minutes longer. Transfer chicken to heated platter - sprinkle with potato chips. Garnish with pineapple and parsley, if desired.

HONEY PORK AND BEANS

1/2 small onion, diced 2 smokie sausages
1T bacon fat 2T honey
1 - 1 lb can pork and beans in tomato sauce

Fry diced onion in bacon fat. Cut sausages into bite-sized chunks. Add to onions. Add beans and honey. Heat through - 2 servings.

DRESSED UP STEAK

3 lbs round steak	1 t salt
T salad oil	1 large onion
1 1/2 c chopped celery	1 medium, green
pepper, diced	
1- 1 lb 4 1/2 oz can pineapple chunks	
1 fresh tomato, cubed	
1 T cornstarch	1/4 c honey
1 T soy or Worcestershire sauce	

Cut meat in cubes - season. Brown in oil - remove meat, set aside. In same skillet, saute onion, celery and green pepper about 5 minutes. Drain pineapple, reserve 1/2 c liquid. Add pineapple chunks to vegetables and tomato. Moisten cornstarch with pineapple juice, add honey and soy sauce. Blend into vegetables and meat. Cover and cook at 325 degrees for 2 hours or until tender. Stir occasionally to blend and prevent sticking.

FRANKS WITH CHA CHA GLAZE

8 frankfurters	1 - 3 oz can
mushrooms	
2 T catsup	2 T chopped onions
1 T honey	1 t Kitchen Bouquet

Quarter franks. Placing alternately on skewer with mushrooms. Combine remaining ingredients. Brush on meat and mushrooms. Grill 6 inches from heat about 8 minutes - brushing and turning several times.

HONEY CHILI

1 1/2 lbs ground beef
1/2 c chopped onion
pepper
1 c tomato puree
1 - 16 oz can whole peeled tomatoes
1 - 30 oz can red kidney beans, drained
2 - 4 T chili powder
1/4 c mild-flavored honey

1 c diced celery
1/4 c diced green
2 t salt
2 T wine vinegar

In large, deep pan, cook meat until it loses its red color. Drain off excess fat. Add next 8 ingredients. Mix well, bring to boil, cover and simmer, up to an hour, stirring occasionally. Stir in vinegar and honey. Makes approximately 6 servings.

OVEN-BARBECUED CHICKEN

1 - 3 lb fryer, cut up
1/2 c salad dressing
1 T paprika
2 T honey

1 T lemon juice
1/4 c butter, melted
1/4 c hot catsup

Season chicken as desired. Combine remaining ingredients in baking pan. Arrange chicken in a single layer. Turn once to coat. Bake at 350 degrees for 45 minutes to 1 hour or until tender, basting every 15 minutes - 5-6 servings.

TO ELIMINATE HONEY STICKING TO MEASURING CUP OR SPOON - moisten with water or oil, then measure honey.

PINEAPPLE GLAZED CHICKEN BREASTS

1 - 8 1/4 oz can pineapple slices	1 1/2 T soy sauce
2 T wine vinegar	2 T honey
2 T catsup	4 boned and skinned
2 T butter	1 T cooking oil
2 t cornstarch	

Drain pineapple - reserving syrup. Combine reserved syrup with soy sauce, vinegar, honey and catsup. Pour over chicken breasts. Cover and refrigerate for 1 to 2 hours. Drain, reserving marinade. Brown chicken in heavy skillet in 1 T butter and oil. Blend cornstarch with marinade and remaining 1 T butter and bring to a boil. Pour mixture over chicken in skillet. Cover tightly and cook slowly about 20 minutes or until tender. Baste with pan drippings several times to glaze chicken. Add drained pineapple slices to heat and glaze, about 5 minutes - 4 servings.

HASTY TASTY HAM

Slash fat in several places around edges of two 1 - inch thick smoked ham slices. Place on rack in preheated broiler. Broil 6 to 8 minutes, Turn and brush with mixture of:

2 T honey	1 t dry mustard
1/2 t fresh lemon juice	

Broil 6 to 8 minutes more. Serve immediately.

HAWAIIAN HONEY BURGERS

1/2 c honey	1/4 t ground
cinnamon	
1/4 t paprika	1/4 t curry powder
1/8 t ground ginger	1/8 t ground nutmeg
2 lbs ground beef	1/4 c soy sauce
1 - 23 oz can sliced pineapple, drained	
8 hamburger buns, split and toasted	
Lettuce leaves, optional	

In a bowl, combine the first six ingredients, add beef and mix well. Shape into 8 - 3/4 inch thick patties. Grill the burgers, uncovered, over medium-hot heat for 3 minutes on each side. Brush with soy sauce. Continue grilling for 4-6 minutes or until juices run clear, basting and turning several times. During the last 4 minutes, grill the pineapple slices until browned, turning once. Serve burgers and pineapple on buns with lettuce if desired 8 servings.

HONEY HAM LOAF

2 lbs ground ham	3 slices bread
1 lb ground fresh pork	1/2 c milk
2 eggs	1/4 c honey
1/2 t cinnamon	1/2 t cloves

Combine ground meats in mixing bowl - soak bread in milk and add to meat with remaining ingredients. Mix thoroughly and mold into loaf and place in shallow roasting pan. Before baking sprinkle 1/4 c brown sugar, 1/4 c honey and 2 T vinegar over top of loaf. Bake 350 degrees for 2 hours.

BAKED SLICED HAM W/HONEY GLAZE

1- 5 - 6 lb canned ham	1/4 c honey
1/4 c catsup	2 T prepared
mustard	
2 t minced onion	2 t Worcestershire
sauce	
1/4 t lemon peel	1/8 t ginger
Whole cloves	

Have ham pre-sliced and tied securely together with string. Keep refrigerated until ready to bake. Press cloves in rows or in pattern in top of ham slices. Place on rack in shallow baking pan.

HONEY GLAZE

Mix together honey, catsup, mustard, onion, Worcestershire sauce, lemon peel and ginger. Spread over top and sides of ham. Bake in a 350 degree oven about 1 hour. Serve hot or cold. Garnish platter with drained, canned pineapple slices and pitted cooked prunes.

HONEY GLAZED BLUE GILLS

(Makes 15 to 20 fillets)

1/2 c flour	1/2 c cornmeal
1/4 c sugar	2 T butter
Pinch salt	

Mix flour, cornmeal and sugar in a bowl. Sprinkle fillets with a pinch of salt on each side. Melt butter in an iron skillet on medium to high heat. Roll fish in flour mixture and cook in skillet 1 or 2 minutes on each side or until golden brown. Remove any drizzle with honey serve hot.

SALADS

COLE SLAW

1 head green cabbage, shredded	1/4 † black pepper
1 medium green pepper, diced	1/2 c sour cream
2 T diced pimiento	1/2 † celery seeds
1/3 c mild flavored honey	1/2 c mayonnaise

Combine all ingredients in large bowl - mix well. Chill thoroughly - 8 or 10 servings.

MELON SALAD

Juice of 1 lemon	1 c watermelon balls
1 c cantaloupe or honeydew balls	1/4 c honey
1/2 c whipping cream, whipped	

Sprinkle fruit balls with lemon juice, then honey. Chill. Fold whipped cream into fruit just before serving. Serve on crisp lettuce - 4 or 5 servings.

CARROT-RAISIN SALAD

3 c grated carrots	1 c seedless raisins
1 T honey	1/4 c milk
1/4 † salt	1 T fresh lemon juice
1/4 † nutmeg	

Toss carrots lightly with raisins. Blend remaining ingredients - stir into the carrot mixture. Chill at least 30 minutes before serving - 6 to 8 servings.

FROZEN FRUIT SALAD

4 oz cream cheese	3 T mayonnaise
2 T honey	1 c pitted white cherries
3 slices pineapple	1/2 pint whipping cream

Mix well cream cheese, mayonnaise and honey. Add cherries and pineapple and fold in whipped cream. Place in freezing tray.

HONEY ORANGE COCONUT SALAD

2 c orange sections	1/4 c warmed honey
3/4 c coconut flakes	Lettuce

Dip each orange section in warmed honey, then sprinkle generously with coconut. Arrange on lettuce.

CELERY SEED DRESSING

1/2 c salad oil	1 t salt
1/4 c vinegar	1/2 c honey
1/2 t celery seed	

Put all ingredients in blender, cover and process at low until well blended or beat with a mixer until well blended.

HONEY CREAM DRESSING

Blend 1/2 c mayonnaise, 2T honey. Fold in 1 c whipped cream. Chill and serve with fruit salads.

FRESH SWEET POTATO SALAD

3 medium sweet potatoes	1/2 c. chopped pecans
1 apple, cored and diced	1c. sour cream
1/2 c mayonnaise	1/8 † black pepper
2 T fresh lemon juice	2 1/2 T honey
1/2 salt	1 † fresh lemon peel, grated
1/4 † tarragon	

In medium bowl, combine shredded sweet potatoes with apple and nuts. In small bowl, combine remaining ingredients. Mix well. Add dressing to sweet potato mixture. Blend thoroughly and chill.

HONEY APPLESAUCE SALAD DRESSING

1/2 c applesauce	1/2 c honey
3 T fresh lemon juice	1 T white vinegar
1/2 † paprika	1/2 † salt
1/4 † dry mustard	1/4 † grated lemon rind
1/2 c vegetable oil	1 T poppy seeds

Process first 8 ingredients in a blender until smooth, stopping to scrape down sides. Turn blender on high - add oil in a slow, steady stream. Stir in poppy seeds. Serve over fresh fruit or spinach with apple and pear slices - about 2 cups.

MACARONI SALAD

1 8 oz box elbow macaroni 3/4 c mayonnaise
1/4 c sliced scallions
1 green pepper, seeded and chopped
1 carrot, pared and shredded 3/4 t salt
2 T sweet pickle relish 2 hard cooked eggs,
diced
1/4 t dry mustard 1/4 to 1/2 t Tabasco sauce

Cook macaroni according to package directions. Drain and cool. Mix macaroni with remaining ingredients in a large bowl. Cover and refrigerate until well chilled, 8 - 10 servings,

POPPY SEED SALAD DRESSING

1/3 c strained honey 1/2 t salt
1/3 c vinegar 3 T mustard
1 1/4 c salad oil 2 1/2 T poppy seeds

Mix together in the order given. Blend in an electric blender or mixer until oil disappears.

SOUR CREAM DRESSING

1/2 c thick sour cream 1 T vinegar
1 t salt 3 T honey
Combine ingredients and beat with mixer until thick.

GOLDEN SALAD

1 3 oz pkg lemon gelatin	1 c boiling water
1/4 t salt	3/4 c pineapple juice
2 T honey	3/4 c grated carrots
1/2 c crushed canned pineapple, well drained	2 T lemon juice

Dissolve gelatin in boiling salted water. Add pineapple juice, lemon juice and honey - mix well. Add carrots and pineapple. Pour into mold rinsed in cold water. Chill until set - 8 or 10 servings.

FRUIT COCKTAIL SOUR CREAM SALAD

1 jar Del Monte fruit salad	1/2 c sour cream
2 T honey	1/2 pkg slivered almonds

Drain fruit salad. Combine sour cream and honey mix all ingredients together. Refrigerate for 2 hours. Stir once or twice while chilling 8 servings.

EASY SALAD DRESSING

1/4 c mild flavored honey
1/4 c creamy peanut butter
1/2 c mayonnaise

Mix ingredients until well blended. Makes 1 cup.
Good on fruit salad, slaw or Waldorf salad.

FRUIT SALAD

1 c grapefruit sections	1 c orange sections
1 c sliced bananas	1 c sliced peaches
1 c diced pineapple	1 c chopped pecans
Lettuce leaves	
1 - 8 oz pkg cream cheese	4 T honey
Juice of 1/2 lemon	1 c whipping cream

Combine the fruits and drain, then add the pecans. Arrange the lettuce on salad plates and spoon the fruit mixture on lettuce. Mash the cream cheese and add the honey and lemon juice. Cream until smooth. Whip cream until soft peaks form, then fold in the cream cheese mixture. Top the salad with the cream cheese mixture and garnish with mint leaves and strawberries.

HONEY FRENCH DRESSING

1 c salad oil	1/2 c catsup
1/3 c vinegar	1 t paprika
1/3 c honey	1 t salt
1 t grated onion	1 clove garlic, halved

Measure all the ingredients into a salad dressing bottle. Shake well. Let stand for 10 minutes and remove garlic cloves. Keeps forever - good on vegetable salads.

FRUIT SALAD DRESSING

Blend 1/4 c honey with 3/4 c sour cream.

GREEN BEAN SALAD

1 - 1 lb can red kidney beans, drained
1 - 1 lb can yellow wax beans, drained
1 - 1 lb can green beans, drained
1 c diced celery
1 c diced green pepper
2 T chopped chives
2 t salt
1 red onion, sliced in rings
dash of pepper
1/3 c salad oil
1/2 c honey
1/4 t dry mustard
2/3 c red wine vinegar
1 c cheese cubes

Combine vegetables, salt and pepper in a large bowl. Shake salad oil, honey, mustard and wine vinegar in a covered jar, mixing well. Pour over vegetables. Chill for several hours or overnight to blend seasonings. Turn into chilled salad bowls. Sprinkle with cheese cubes - 8 servings.

BANANA NUT SALAD

4 to 6 bananas, halved lengthwise
Juice from 1 lemon
1/4 c broken walnuts
1 T honey
Salad greens
1 T peanut butter
1/4 c mayonnaise

Coat bananas with lemon juice - arrange on salad greens. Blend walnuts, peanut butter, honey and mayonnaise and spread over bananas.

VEGETABLES

HONEY GLAZED CARROTS

1 qt diagonally sliced carrots (1/8" thick)
1 c boiling water
2 t cornstarch
1/2 c orange juice
1 T honey

1/4 t salt
2 T butter

Cook carrots in water and salt until tender. In small saucepan put cornstarch and salt, gradually stir in orange juice, keeping smooth. Add butter and honey. Stir constantly over moderate heat until thickened and clear. Drain carrots. Add honey glaze and mix well. Serve hot.

SWEET SOUR GREEN BEANS

2 pkgs frozen green beans
2 1/2 c water
2 T flour
2 T honey

2 t salt
3 T butter
1 T sugar
3 T vinegar

Cook beans in salted water for 8 minutes. Drain, saving 1 cup of stock. Make a white sauce, melt butter, stir in flour, then stock. Blend in sugar, honey and vinegar. Cook stirring constantly until smooth and thickened. Add cooked beans to the sauce and heat for 15 minutes.

FLUFFY SWEET POTATO CASSEROLE

6 medium-sized sweet potatoes	1/4 c butter
1/4 c brown sugar	1/4 c honey
1 T grated orange rind	1/2 t salt
1/2 c chopped pecans	Marshmallows

Orange sections

Cook sweet potatoes in boiling water until tender; drain and mash. Combine mashed sweet potatoes with butter, brown sugar, honey, grated orange rind and salt - fold in pecans and mix well. Pile mixture in baking casserole that has been greased with shortening or butter. Garnish with marshmallows and orange sections. Bake 350 degrees - 30 to 35 minutes or thoroughly heated.

SCALLOPED TOMATOES

1 can stewed tomatoes	1/2 t salt
Pepper to taste	2 T honey
2 T butter	1 c cracker crumbs

Drain liquid from tomatoes. Cover bottom of buttered baking dish with a layer of tomatoes. Sprinkle with salt and pepper. Dot with butter and honey. Cover with a layer of cracker crumbs, Repeat layers until ingredients are used. Bake for 20 minutes at 375 to 400 degree oven.

PASTA PRIMAVERA

2 T EACH oil and butter
1 c broccoli florets, blanched
1/4 c slivered carrots
zucchini
1 medium tomato, seeded and diced
1/2 t EACH oregano, basil
honey
Salt and pepper to taste
1/2 lb cooked linguine OR fettuccini noodles
Grated Parmesan cheese

Heat oil and butter in large skillet. Add garlic and broccoli. Stir-fry for 2 minutes. Reduce heat and add carrots, zucchini, tomato, herbs and honey. Simmer 5 minutes, stirring gently. Season with lots of and pepper to taste. Place hot linguine on warm platter. Cover with mixture. Sprinkle with Parmesan cheese - 4 servings.

HONEY GLAZE

1/4 c honey
1 t vinegar
1 T butter
Sauce
1/4 t salt

1 T lemon juice
2 T sugar
1 T Worcestershire
1/8 t pepper

Boil all ingredients in skillet for 1 minute before adding 3 or 4 cups of cooked vegetables. Simmer vegetables in glaze until heated through. Serve glaze over vegetables. Good on squash, onions, carrots, beets and turnips.

HONEY BEETS

2 T butter or margarine	1/2 T cornstarch
1/4 c lemon juice	2 T water
1/2 c honey	1/2 t salt
12 medium, sized, cooked beets	

Melt butter or margarine and blend in cornstarch. Gradually stir in lemon juice, water and honey. Stir until mixture boils and begins to thicken. Simmer about 2 minutes, stirring continually. Add salt. Add beets and heat thoroughly. Serve hot - 6 servings.

SWEET SOUR CABBAGE

4 c shredded cabbage	1/2 c diced bacon
3 T flour	1/4 c honey
1/4 c vinegar	1/2 c water
1 t onion, chopped	

Cook cabbage until tender, drain. Fry bacon until well done. Drain and place on cabbage. Blend bacon fat with flour. Add honey, vinegar, water and chopped onion. Cook until thickened. Pour over cabbage and bacon. Season to taste - season thoroughly - serve hot.

CANDIED SWEET POTATOES

Arrange 1 can sweet potatoes in baking dish. Heat 1/4 c butter, 1/2 c honey and 1/2 c pineapple juice. Add to potatoes and bake at 400 degrees until brown.

SWEET/SOUR ZUCCHINI

1 1/2 T chopped onion	1 c white wine vinegar
1 1/2 c chopped green pepper	1/2 c diced celery
7 small zucchini, thinly sliced	1 t pepper
1/2 to 3/4 c mild flavored honey	1/3 c salad oil
1 t salt	

Combine all ingredients in a large bowl. Cover and refrigerate overnight. Drain and serve chilled or at room temperature as a salad or vegetable - about 2 quarts.

HONEY ASPARAGUS

4 T butter	1 T honey
2 c cut-up asparagus (1 inch)	
1 to 1 1/2 c rich chicken stock	

Melt butter in skillet. Add honey and stir until mixed. Add asparagus and saute 2 minutes. Be careful it does not burn. Add the chicken stock, cover and cook over medium-low heat for 3 minutes. Cook uncovered for 2 minutes to reduce sauce 3 - 4 servings.

ADD 1 T HONEY - to the water when boiling corn, rice or various other vegetables and pastas for a different taste.

HONEY SOYBEANS

2 c dried soybeans	6 c water
1 small ham hock, fresh or salt pork or 2 T oil	
1 large diced onion	1/2 c diced celery
3 bay leaves	Salt to taste

Soak beans in water overnight or for 24 hours. Drain off water and rinse well. Add remaining ingredients. Cover with additional water. Bring to a boil, lower heat. Simmer for 3 hours or until tender. May be cooked in pressure saucepan for 30 minutes at 10 lbs pressure, if desired.

HONEY BAKED SQUASH

1 dozen sausage links	Melted butter
2 medium acorn squash	1/4 c honey

Cook sausage until browned. Cut squash in half lengthwise, remove seeds. Bake, cut-side down, at 350 degrees for 35 to 40 minutes. Turn, brush insides with butter. Drizzle I T honey over each, Fill center of each with sausage links. Bake for 20 minutes longer - 4 servings.

HONEY BUTTERED PEAS

Prepare 1 pkg frozen peas according to package directions. Blend 1/4 c honey and 1/4 c butter. Whip until fluffy, serve over hot, drained peas - 4 servings.

HONEY ORANGE GLAZED BEETS

2 T butter or margarine	1/2 c orange juice
1 T lemon juice	2 t cornstarch
1/2 c honey	1/4 t salt
1 - 16 oz can sliced or whole beets OR equivalent in fresh, cooked beets	

Melt butter in saucepan. Blend in cornstarch, Gradually stir in orange juice, honey, lemon juice and salt. Stir and cook over medium heat until mixture thickens. Add drained beets. Reduce temperature to low and heat thoroughly. Serve hot - 4 - 5 servings.

HONEY CABBAGE

1 medium green cabbage	1 egg, well beaten
2 T mild flavored honey	1/4 to 1/2 t nutmeg
Salt and pepper to taste	1 c sour cream

Cut cabbage in half, core and slice or shred. Cook, covered in as little water as possible until crisp-tender (about 5 minutes). Drain thoroughly, add remaining ingredients. Blend and warm over low heat. Do not allow to boil. Serve immediately - 6 - 8 servings.

HELPFUL INFORMATION

MAKE 1 CUP OF FINE CRUMBS WITH...

- 28 saltine crackers
- 4 slices bread
- 14 square graham crackers
- 22 vanilla wafers

TABLE OF SUBSTITUTION

1 WHOLE EGG	2 egg yolks; 2 1/2 tablespoons sifted dried whole egg with 2 1/2 T water.
1 CUP BUTTER	7/8 cup lard or rendered fat with 1/2 t salt; cup cooking fat with 1/2 t salt
1 SQ (ounce) CHOCOLATE	3 T cocoa with tablespoon fat
1 CUP BUTTERMILK OR SOUR MILK	1 cup sweet milk with 1 T vinegar, 1 T lemon juice, or 1 3/4 t cream of tartar.
1 CUP MILK	1/2 cup evaporated milk with 1/2 c water; 1 cup reconstituted dry whole milk; 1 cup reconstituted nonfat dry milk with 2 1/2 t butter.
1 T FLOUR	1/2 T cornstarch, potato starch or rice starch; 2 t quick-cooking tapioca.
1 C. SKIM MILK	1 cup reconstituted nonfat dry milk.
1 C. CAKE FLOUR	7/8 cup all-purpose flour.
1 C FLOUR	1/2 cup bran, whole-wheat flour or cornmeal with enough all-purpose flour to make 1 cup.

HELPFUL INFORMATION

TABLE OF EQUIVALENTS

TEAS POON	TABLES POON	OUNCE	CUP	FLUID MEASURE	WEIGHT
3/4	1/4				
3	1	1/2			
	2	1	1/8		
	4	2	1/4		
	5	2 1/2	1/3		
	6	3	3/8		
	8	4	1/2		
	10	5	2/3		
	12	6	3/4		
	14	7	7/8		
	16	8	1	1/2 pt	
	18	9	1 1/8		
		12	1 1/2	3/4 pt	
		16	2	1 pt	1 lb
		24	3	1 1/2 pt	
		32	4	1 qt	
		64	8	2 qts	4 lbs
		128	16	1 gal	8 lbs

DRY MEASURE

8 quarts
4 pecks
1 pound

1 peck
1 bushel
16 oz.

TIMETABLE FOR OVEN TEMPERATURES

Oven	Temperatures
Very slow	250 to 300
Slow.	325
Moderate	350 to 375
Moderately hot	400
Hot	425 to 450
Very hot	475to 500

TABLE OF WEIGHTS, MEASURES AND SERVINGS

Manu. Term	Approx wt weight or fluid measures	Approx. Cups	Approx. Servings
8 oz	8 oz	1 c	2
Picnic	10 1/2 to 12 oz	1 1/4 c	3
12 oz.	12 oz	1 1/2 c	3 to 4
No. 300	14 to 16 oz	1 3/4 cups	3 to 4
No. 303	16 to 17 oz	2 cups	4
No. 2	1 lb. 4 oz to 1 pt 2 fl. oz	2 1/2 c	5
No. 2 1/2	1 lb. 13 oz	3 1/2 c	7
No. 3 cyl	3 lbs. 3 ozs	5 3/4 c	10-12
46 fl. oz	1 qt. 14 fl. Oz	5 3/4 c	10-12

HONEY FACTS

from

GREENE CO. BEEKEEPERS ASSOCIATION

COMPOSITION

17.1% Water	1.5% Sucrose
0.5% Minerals, Vitamins, Enzymes	
7.2% Maltose	38.5% Fructose
4.25% Trisaccharides & Other Carbohydrates	
31% Glucose	

(Average based on USDA data)

COLORS OF HONEY

Water White		Extra White
Extra Light	Amber	Light Amber
Amber		Dark Amber

FLAVORS

There are over 300 individual flavors of honey.

The flower source determines the flavor and color of the honey.

HOW TO STORE HONEY

Store at room temperature in a covered container NO REFRIGERATION NECESSARYII

- Freeze at 0 to 10 degrees Fahrenheit to ensure freshness for years.
- Reliquify (if honey crystallizes) by placing open honey jar in warm water until crystals dissolve, stirring every 30 seconds.

HOW TO SUBSTITUTE

- Replace one half of the granulated sugar called for in any recipe with honey.
- Substitute honey for all sugar in some recipes.
- Reduce the liquid called for in recipe by 1/4 c (2 ounces) for each cup of honey used.
- Add 1/4 to 3/4 † baking soda for each cup of honey used in baking goods.
- Reduce oven temperature by 25 degrees to prevent over-browning when honey is used.

WHAT HONEY CAN DO FOR YOU

- Add a rich distinct flavor to all types of menu items.
- Enhance flavors naturally.
- Provide intense, all-natural sweetness.
- Extend shelf life and keep baked goods moist (it's a natural humectant)
- Enhance crust color of baked goods.
- Improve visual appeal of dips, sauces and breadings.
- Add value to the menu.

SERVING SUGGESTIONS

- Mix with tangy mustards.
Blend with flavored vinegars for unique salad dressings.
- Use in barbecue and other sauces.
- Use as a dip for fried chicken.
- Brush on muffins and rolls for a golden glaze.
- Mix with yogurt and granola.
- Drizzle over ice cream.
- Combine with butter and spread on pancakes, waffles, French toast, biscuits, etc.

TWO TABLESPOONS: Two tablespoons of honey added to your favorite cake mix will make the cake wonderfully tender and less crumbly (for best results, add the honey in a fine stream to the batter as you beat).

FOODS SWEETENED WITH HONEY; Foods sweetened with honey will have a better flavor if kept until the day after baking before serving.

IF YOU'RE BAKING GOODIES FOR CHILDREN AWAY AT SCHOOL: If you're baking goodies for children away at school, young men overseas, or friends out of town, honey will help your baked goods stay oven-fresh because of its marvelous "keeping" qualities.

HONEY CANDY CLUSTERS

Combine 1/2 c sugar - 1/3 c honey in medium saucepan

Place over low heat and cook, stirring constantly until sugar is completely dissolved. Remove from heat.

Stir in - 3/4 c peanut butter, 1 t vanilla

Add 4 c ready-to-eat high protein cereal

Stir until well coated. Quickly drop by teaspoonfuls onto waxed paper or buttered baking sheets. Let stand in cool place to harden. Yield 40 - 1 1/2 inches in diameter.

CREAM CHEESE SANDWICH FILLING

Soften cream cheese with enough HONEY to spread well. Add chopped raisins or nuts - or both.

CAKE MIX

Add 2 T of HONEY to your favorite cake mix to ensure a tender cake.