

*Cooking with
West Virginia*
HONEY



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Cooking with Honey

Honey is a natural occurring sweetener produced by the nectar honey bees collect from flowering plants. Each blossom gives honey a different and distinct flavor. The color of honey ranges from water clear to light amber to dark amber.

The healthy attributes of honey abound. While most sweeteners are highly processed, honey is an all natural food. Honey has a higher sweetening power than other sweeteners, thus less is needed in cooking. Unlike other sweeteners, honey has the nutritional benefit of trace amounts of vitamins, minerals, amino acids and antioxidants. The combination of natural sugars in honey makes it an excellent source of energy. Due to its make up, honey is also a very stable food.

Honey is the oldest known sweetener. Honey not only enhances the flavor of foods and beverages, it also prolongs shelf life and moistness of baked goods by absorbing moisture from the air.

Dark honey typically has a lower moisture content than light honey making it a good choice for baking because you don't have to adjust the liquid ingredients in recipes as much. However, dark honey varieties tend to have a robust strong flavor that might overpower some dishes. Light honey is suited well for sweetening drinks, because its flavor is less likely to overpower the drink's flavor. Some people prefer to use light honey in cooking, because it has a more predictable flavor, is less likely to overwhelm other tastes, and therefore is easier to substitute than dark honey.

When using honey as an ingredient in cooking, remember most honey will eventually crystallize. Crystallized honey has not spoiled. It can easily be changed to liquid by placing the honey container in a sunny window sill or warm water bath. Honey should not be heated using the microwave or direct heat because it may alter or scorch the honey giving it an unwanted caramelized flavor.

Learning how honey can be a wonderful addition to any kitchen pantry can be fun. The recipes in this cookbook will allow you to explore the delicious flavor honey provides many dishes. After you have tried some of these tasty recipes, remember that honey is also great in marinades, glazes and sauces. It gives roasted meats a rich brown color and enhances the natural sweetness of fruits and vegetables. It can be added to a cup of tea or a slice of warm bread. Use it to sweeten a bowl of hot cereal, flavor plain yogurt, or top off some fresh-picked berries. Bon Appetit!

PRESERVES

AMISH APPLE BUTTER

7 C. applesauce
2 C. of apple cider (NOT apple juice!)
1 ½ C. honey
1 t. ground cinnamon
½ t. ground cloves
½ t. ground allspice

Whisk everything together in your slow cooker, cover and cook on LOW for 14 or 15 hours (depending on the moisture content of the applesauce). Place in jars and keep refrigerated.

STRAWBERRY JAM

1 pint prepared strawberries, sliced
2 – 3 oz packages strawberry gelatin
2 C. water
1 C. honey
1 tsp margarine

Combine all ingredients in a large saucepan and bring to a boil over medium heat, stirring constantly. Continue boiling 2 to 3 minutes or until gelatin is completely dissolved. Pour into jars and cool. Mixture will be runny. Refrigerate.

HONEY APPLE DUMPLINGS

- 3 Flaky Pie Crusts
- 6 medium tart apples
- 1 C. honey
- 1 ¼ t. cinnamon
- 5 T. butter or margarine
- 1 ½ C. boiling water
- 3 T. lemon juice
- 1 T. grated lemon rind
- 1 egg white
- ½ C. granulated sugar

Roll pastry out to 3/16" thickness and cut into six 7" squares. Pare and core apples reserving skins, and place one apple in the center of each square. Fill center of apples with ½ C. of the honey and 1 t. of cinnamon combined. Dot the apples with 1 T. of the butter. Moisten the edges of the pastry squares with water and then bring points up over apples, sealing seam edges of pastry by pressing together with the fingers. Put into a greased 12"x7"x2" dish and chill in refrigerator. Pour boiling water over peelings and simmer covered for 20 minutes. Drain off liquid and combine with remaining honey, 4 T. of butter, ¼ t. cinnamon, the lemon juice and lemon rind, and stir. Pour into bottom of dumpling dish. Brush dumplings with slightly beaten egg white and sprinkle with granulated sugar. Bake in a very hot oven of 450°F for 10 minutes then reduce heat to moderate oven of 350°F and continue baking for 30 minutes or until apples or tender.

HONEY PEANUT BUTTER SAUCE

- 1 ¼ C. honey
- 3 ½ C. water
- 1 t. salt
- 3 C. peanut butter

Combine honey, water and salt and bring to a boil. Cool slightly. Add gradually to peanut butter and beat until smooth.

A special thanks to the following individuals who submitted recipes for this book:

Ann Baker, Kirsten Traynor and Susanne Behling of the Eastern Panhandle Beekeepers Association, WV; Wilda Hosey of the Webster County Beekeepers Association, WV; and the following award winners from the Eastern Apiculture Society Show: Marybelle Gutemann of Brooktondale, NY, Olive Marina Watson of Kleinburg, ON, Kelly Miller of Manheim, PA and David Freese of Martinsburg, WV.

Tips for Using Honey		Abbreviations
<ul style="list-style-type: none"> • When possible use recipes designed for the use of honey • Use ½ to ¾ cup of honey to substitute for 1 cup of sugar • Reduce any liquid ingredient (including water, milk or eggs) by ¼ cup per 1 cup of honey used • Reduce oven temperature by 25°F when substituting honey to prevent over browning 	<ul style="list-style-type: none"> • Twelve ounces of honey is equivalent to one measuring cup • It is not recommended to substitute honey in recipes requiring large amounts of sugar. Instead, try to use a 1:1 ratio of sugar and honey • Coat measuring cup with cooking oil to make honey easy to pour. • Add ½ teaspoon of baking soda per 1 cup of honey used 	C.=cup(s) lb.=pound(s) oz.=ounce(s) T.=Tablespoon(s) t.=teaspoon(s)

APPETIZERS

TORTILLA ROLL UPS (Submitted by Ann Baker)

8 oz package cream cheese
1 C. sour cream
¼ C. honey
¼ C. green peppers (chopped)
½ C. shredded cheddar cheese
¼ C. onions chopped
1 t. canned chili peppers (chopped)
½ t. onion powder
½ t. garlic powder
10 flour tortillas

Beat together cream cheese, sour cream and honey till smooth. Stir in remaining ingredients. Spread equal amounts of mixture onto each tortilla. Roll up each tortilla; place in a covered dish and chill for two hours. Slice each roll into 1 inch pieces; place on platter. Refrigerate until serving. Makes 4 dozen

HONEY PARTY RICE

1 C. cold cooked rice
1/3 C. honey
1½ C. crushed pineapple, drained
½ t. vanilla
1 C. whipping cream, whipped

Whip cream stiff. Beat honey in gradually. Stir in vanilla. Fold into combined remaining ingredients, chill thoroughly. Makes 6-8 servings.

CINNAMON HONEY DOUGHNUTS

1 t. active dry yeast
2 T. warm water
2 T. honey
¾ t. ground cinnamon
1 large egg, lightly beaten
1/3 cup milk
1 T. light corn oil
1/2 t. salt
2 C. all-purpose flour
3 cups peanut oil
1/2 cup sugar

Combine yeast with warm water in medium bowl; let set until foamy, about 5 minutes. Whisk in honey, ¼ t. cinnamon, egg, milk, and corn oil. Stir in salt and flour; mix until dough is smooth. Transfer dough to a bowl lightly oiled with corn oil, cover tightly with plastic wrap, and set in a warm place to rise until doubled in size, about 90 minutes. Line a baking sheet with parchment or wax paper, and another one with paper towels; set aside. Knead dough on lightly floured work surface four to five times. Roll dough out until about ¼ inch thick; use a pizza cutter to cut into 3x3 inch squares, Dip a doughnut cutter in flour, and cut squares into doughnut shapes. Transfer doughnuts to parchment/wax paper-lined baking sheet. Lightly cover with plastic; let rest in a warm place 20 minutes. In a medium saucepan, heat peanut oil until a deep-frying thermometer registers 360°F. Fry batches of doughnuts in saucepan until golden brown on both sides. Using a slotted spoon, transfer to paper-towel-lined baking sheet to drain. In a medium bowl, combine sugar and the remaining 1/2 t. cinnamon; toss the doughnuts lightly in cinnamon sugar. Serve immediately.

MISCELLANEOUS DESSERTS

HONEY APPLESAUCE

4 lbs cooking apples
1 C. honey
¼ C. water

Wash apples. Without peeling or coring, cut into quarters. Place them in a large saucepan. Add water, cover and cook over medium low heat 20 minutes or until apples are soft. Stir occasionally. Strain apples through colander. Add honey and stir to blend.

Variation: add 1 t. allspice and 1 t. nutmeg to apples when cooking.

PANNA COTTA AND FRESH BERRIES

1 C. whole milk
1 T. unflavored gelatin (powdered)
3 C. whipping cream
1/3 C. honey
1 T. sugar
Pinch of salt
2 C. assorted berries

Place milk in a small bowl, sprinkle gelatin over milk and let stand for 3-5 minutes to soften. Pour milk mixture into heavy saucepan and stir over medium heat until gelatin dissolves but the milk does not boil (about 5 minutes). Add the cream, honey, sugar and salt. Stir until dissolved (5-7 minutes). Remove from heat. Pour into wine glasses, so they are ½ full. Cool slightly. Refrigerate until set, at least six hours. Spoon berries on top and serve.

SOUPS

FIREMAN'S CHILI

1 C. finely chopped onion
4 C. ground beef
1 package chili seasoning mix (your choice)
1 large can chicken broth
2 cans finely diced tomatoes
1 can red beans or beans of your choice
¼ C. honey

Sauté onions in small amount of oil, add ground beef and cook until browned add chili seasoning mix and stir well add chicken broth and tomatoes add honey. Cook slow several hours on low heat. Add beans and continuing cooking.

E.R. CHILI

(Submitted by Wilda Hosey)

1 lb dry pinto beans
1 lb. dry black turtle beans
½ C. brown rice
1 or 2 cans chopped tomatoes
1 large diced onion
1 large diced green pepper
1 – 8 oz jar picante sauce (hot, medium or mild)
½ t. salt
¼ t. garlic powder
1 t. heaping chili powder
1 t. onion powder
½ C. dark honey
½ t. paprika

Follow the label directions for washing and soaking the beans. After soaking for 1 to 4 hours. Rinse, cover and bring to a boil 2 more times. Add 6 C. water and cook beans until tender (about 2-3 hours). Add remaining ingredients in the last ½ hour of cooking.

VEGETABLES

SWEET AND SOUR CABBAGE

4 C. shredded cabbage
½ C. diced bacon
3 T. flour
¼ C. honey
¼ C. vinegar
½ C. water
½ C. Onion, chopped

Cook shredded cabbage until tender. Drain. Dice bacon. Fry until well done. Drain and place on cabbage. Blend bacon drippings with flour. Add honey, vinegar, water and chopped onion. Cook until thickened. Pour over cabbage and bacon. Season to taste. Heat thoroughly. Serve hot.

HONEY PEAS

1 package frozen peas (prepared as directed on package)
¼ C. honey
¼ C. butter or margarine

Blend the butter and honey. Whip until light and fluffy. Serve over the hot, drained peas.

HONEY GLAZED CARROTS

4 large carrots, cut in strips
2/3 C. water
1 ½ t. lemon juice
3 T. margarine
3 T. honey
Salt and pepper to taste
Chives and parsley, chopped

Combine carrots and water in pan. Cover and cook over medium to high heat until water evaporates. Remove from heat and toss slightly with margarine, honey and lemon juice. Add salt and pepper and garnish with chives and parsley.

HONEY OATMEAL CAKE

1 C. oats
1 stick butter
1 ¼ C. boiling water
1 ½ C. honey
1 tsp. vanilla
2 eggs
1 ¾ C. sifted flour
1 tsp soda
¾ tsp salt
1 tsp cinnamon
¼ tsp nutmeg
½ C. chopped raisins
½ C. chopped nuts

Put oats, butter and boiling water in a large bowl and let stand 20 minutes. Add eggs, honey and vanilla. Beat well. Add rest of ingredients and pour into greased and floured pan (13x9x2). Bake 30-40 minutes at 350°F. Ice with icing below.

COCONUT PECAN FROSTING:

1 – 6 oz can evaporated milk
2/3 C. sugar
¼ C. butter
1 slightly beaten egg
1 tsp vanilla
1 1/3 C. flaked coconut
½ C. chopped pecans

Combine milk, sugar, butter, egg and dash of salt in saucepan. Bring to a boil and stir constantly till mixture thickens, about 12 minutes. Add vanilla, coconut and pecans. Cool until thick enough to spread.

CARROT CAKE

3 C. flour
1 ½ C. honey
2 t. baking soda
2 t. cinnamon
1 t. salt
1 C. vegetable oil
4 eggs
3 C. grated carrots
1 C. chopped pecans

FROSTING:
8 oz cream cheese
1/3 C. honey
1 t. vanilla

Prepare frosting by mixing cream cheese with honey and vanilla until smooth. Sift flour, soda and salt with cinnamon. Add oil, honey and eggs. Mix well. Fold in carrots, add nuts. Pour into 2 layer pans. Bake at 325F degrees for 30 minutes or until done. Frost when cool.

STRAWBERRY SHORTCAKE

2 C. flour
½ tsp soda
½ tsp salt
1/3 c. shortening
¾ c. buttermilk
2 T. melted butter
½ pint whipping cream
¼ C. honey
1 package frozen strawberries

Sift flour, soda and salt together twice. Cut in shortening. Add enough milk to form a soft dough. Roll. Spread ½ of dough in 8 inch layer pan. Brush with melted butter. Place other half of dough on top of first and pat down evenly. Brush with melted butter. Bake in hot oven at 400°F for 20 minutes. Whip cream and honey together. Split shortcake and put berries and whipped cream between and on top of layers.

FRIED CORN

4 T. butter or margarine
¼ C. honey
Fresh corn (cut from the cob)
Salt and pepper to taste

Melt butter in skillet. Place corn in skillet and stir. Pour honey over corn and continue frying until honey and butter combine to make a syrup. Season with salt and pepper before serving.

CANDIED SWEET POTATOES

1-15 oz. can sweet potatoes
¼ C. butter
½ C. honey
½ C. pineapple juice

Arrange sweet potatoes in a buttered baking dish. Heat butter, honey and pineapple juice. Add to potatoes. Bake at 400°F until brown.

MAIN DISHES

CURRY-HONEY CHICKEN

1 C. honey
2 T. Curry Powder (depending on taste)
1 roasting chicken (2 ½-3 lb.)

Mix honey and curry together to make a thick basting sauce. Spoon all over chicken and bake, baste with sauce several times during baking. Also good on turkey. Bake chicken at 350°F for 45 minutes, basting every 10 to 15 minutes with sauce. If chicken browns too quickly, cover loosely with aluminum foil. Chicken is done when juices of chicken are no longer pink.

HONEY LEMON CHICKEN

2 ½ - 3 pound chicken
1/3 C. flour
1 t. paprika
1 t. salt

GLAZE:

1/3 C. honey
¼ C. lemon juice

Roll chicken in flour mixture. Melt 1/3 C. butter and coat floured pieces of chicken well. Bake at 375°F degrees for 45 minutes. In a small bowl, combine glaze ingredients and mix. Brush glaze on top of chicken. Bake 15 minutes at 350°F.

SPICY HONEY DRUMMETTES

3 lb. chicken legs
1 C. honey
2 T. curry powder
1 t. ginger
½ t. cayenne pepper or to taste

Rinse chicken legs and pat dry with paper towels. Arrange in a single layer on a baking sheet. Bake at 400°F for 10 minutes. In a small bowl, combine remaining ingredients until blended. Spoon half of honey mixture over chicken legs bake 10 minutes, turn legs and spoon remaining honey mixture over legs, bake 10 minutes longer, let cool slightly before serving.

HONEY LIME GRILLED CHICKEN

½ C. honey
1/3 C. soy sauce
¼ C. lime juice
4 boneless skinless chicken breast halves

In a resealable plastic bag or shallow glass container, combine the honey, soy sauce and lime juice; mix well. Add chicken and turn to coat. Seal to cover and refrigerate for 30-45 minutes. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 6-7 minutes on each side or until juices run clear.

HONIGKUCHEN – HONEY CAKE

(Submitted by Susanne Behling)

4 eggs
¾ C. sugar
1 C. honey
½ C. strong black coffee
2 TBSP oil
3 ½ C. flour
1 ½ tsp baking powder
1 tsp soda
¼ tsp ground cloves
½ tsp allspice
½ tsp cinnamon
½ C. chopped nuts
½ C. dried currants or raisins
½ C. citron finely diced
2 TBSP brandy

Preheat oven to 300 degrees. Line a 10x15 pan with wax or parchment paper. Beat the eggs to blend then add the sugar gradually and beat till fluffy. Combine honey and coffee and stir in oil. Blend the mixture into the eggs and sugar. Sift the flour, baking powder soda and spices together. Stir in nuts, currants and citron and blend the mixture into the egg mixture. Stir in the brandy and pour the batter into the prepared pan. Bake 1 hour. Cool and cut into squares or rectangles.

HONEY APPLESAUCE CAKE

1 C. honey
1 ½ C. applesauce
1 ½ t. soda
1 t. cloves
½ C. shortening
3 C. flour
¼ t. salt
2 eggs
1 C. raisins
1 t. cinnamon
½ C. nuts, chopped coarsely

Cream shortening, add honey and cream until well mixed. Beat eggs into creamed mixture. Add the sifted dry ingredients and applesauce, then the raisins and nuts. Pour batter into greased 8x8 pan. Bake in 350°F oven for 45 minutes. Cool.

CAKES

RHUBARB CAKE

(Submitted by Olive Marina Watson)

1 ½ C. raw rhubarb, cut finely
½ C. brown sugar
½ C. honey
½ C. sugar
1 egg
2 C. plus 2 T. all purpose flour
½ C. butter or margarine
1 C. buttermilk
½ t. salt
1 t. vanilla
1 t. baking soda

TOPPING:
¼ C. white sugar
1 t. cinnamon
1/3 C. sliced almonds

Mix topping ingredients together and set aside. Cream butter, honey, sugars and egg. Add sifted dry ingredients alternately with milk and vanilla. Stir in rhubarb. Spoon half of the batter into a greased tube pan. Sprinkle half the topping mixture on top. Add remaining batter and top with the rest of the sugar almond mix. Bake at 350F for 45 minutes. May also be baked in two 8" cake pans for 30 minutes.

POUND CAKE

1 C. butter
1 C. honey (light or amber)
4 eggs, beaten
1 t. vanilla
3 C. flour
3 t. baking powder
¼ t. salt
1 t. almond flavoring

Cream the honey and butter. Add the already beaten eggs and vanilla. Sift together the dry ingredients and then stir into honey-egg mixture. Beat well. Add the almond flavoring last and pour into a greased loaf pan. Bake in 300F oven for 2 hours.

PEANUT BUTTER CHICKEN SKEWERS

½ C. creamy peanut butter
½ C. water
¼ C. soy sauce
4 cloves garlic, minced
3 T. lemon juice
2 T. honey
¾ t. ground ginger
½ t. crushed red pepper flakes
4 boneless skinless chicken breast halves

In a saucepan, combine the first eight ingredients; cook and stir over medium high heat for 5 minutes or until smooth. Reserve half of the sauce. Slice chicken lengthwise into 1 inch strips; thread onto skewers (if using bamboo skewers, soak them in water for at least 20 minutes). Grill, uncovered, over medium-hot coals for 2 minutes; turn and brush with peanut butter sauce. Continue turning and basting for 4-6 minutes or until juices run clear. Serve with reserved sauce.

BROCCOLI BRUNCH BRAID

½ lb Italian sausage, browned
2 C. cooked broccoli
1 egg beaten
¼ C. honey
½ tsp. each salt and pepper
2 T. flour
¼ tsp baking powder
½ C. mozzarella cheese, shredded
1 C. shredded cheddar cheese
4.5 oz can mushroom pieces, drained
8 oz can refrigerated crescent rolls

Preheat oven to 325°F. Combine egg, honey, salt and pepper, flour and baking powder; beat well. Stir in sausage, broccoli, cheeses and mushrooms. Unroll the crescent rolls on a 10 x 14 inch ungreased baking sheet. Seal perforations. Spoon mixture in a 3 or 4 inch strip lengthwise down center. Make cuts 1 inch apart on longest sides and braid or overlap over filling. Bake for 25 to 35 minutes until browned. Cool slightly and cut into slices.

HONEY MUSTARD CHICKEN PIE

2- 9 inch crusts
1 lb boneless, skinless chicken breast
¼ C. soy sauce
2 T. vegetable oil
¼ C. finely chopped onion
1 clove garlic minced
1 C. chicken broth
1 C. carrots, cut in matchsticks
4-6 T. honey
1 T. (heaping) prepared Dijon mustard
Parsley
Salt and pepper, to taste
1-2 T. cornstarch
2-3 T. water

Cut chicken into bite size chunks and marinate in soy sauce. Pour enough oil in saucepan to coat bottom of pan. Sauté garlic and onion over medium heat until onion is soft. Add chicken and sauté until white. Stir in chicken broth, carrots, honey mustard, parsley, salt and pepper. Mix corn starch in a few T. of water to make a paste. Bring chicken mix to boil and stir in cornstarch mix. Cook, stirring constantly until thick. Pour into pie shell. Top with crust, cutting small slits to let steam escape. Bake at 425°F for 15 minutes. Reduce heat to 350 and bake for 30 minutes more or until crust is golden brown.



SPOON NOODLES

1 3oz. can Chow Mein Noodles
1 C. coarsely chopped nuts
1/3 C. honey
¼ C. sugar
2 T. butter
½ t. vanilla
1/8 t. salt
6 oz package butterscotch morsels

Mix noodles and nuts and set aside. Combine honey, sugar, vanilla and salt in a saucepan. Bring to a full boil over moderate heat, stirring constantly. Remove from heat and stir in butterscotch morsels until smooth. Pour over nut and noodle mixture. Drop by t. on cookie sheet.

CHOCOLATE-PECAN CANDY (Submitted by Marybelle Gutemann)

1 – 6 oz package semi-sweet chocolate pieces
3 T. honey
1 t. vanilla
¾ C. finely chopped pecans
Dash of salt

Melt chocolate pieces in honey and vanilla over very low heat, stirring until chocolate is melted. Add pecans and salt. Spread candy in buttered 8x8x2 inch pan. When cool, cut in desired shape. Store in tight fitting container.



HONEY APPLE PIE

2 – 9" crusts

Filling:

4-6 C. sliced apples

½ C. honey

½ t. cinnamon

¼ t. salt

2 T. butter

Line a 9" pie pan with one 9" crust. Fill with sliced apples, honey, cinnamon, salt and dots of butter. Roll out top crust- slash to permit escape of steam. Moisten edge of lower crust with water. Cover with top crust. Press edges together. Bake in 425°F oven for 10 minutes. Reduce heat to 350°F and bake 35 – 40 minutes or until apples are tender.

CANDY

HONEY POPCORN BALLS

¾ C. sugar

1 t. of salt

½ C. water

¾ C. honey

3 quarts of popcorn (popped)

Cook sugar, salt and water (stir until sugar is dissolved) to very brittle stage (300°F) Add honey slowly, stirring until blended. Cook again until thermometer registers 240°F (about 1 minute). Pour over popcorn and form into balls. Wrap in heavy waxed paper.

PEANUT BRITTLE

2 C. sugar

1 C. honey

1 C. water

2 C. salted peanuts

1 T. butter

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

SPICY HONEY RIBS

1 large onion, sliced

4 lbs beef or pork ribs

SAUCE:

2/3 C. honey

1 T. liquid smoke (optional)

1 T. paprika

1 t. salt

1 t. dried mustard

½ t. chili powder

¼ t. pepper

2 T. Worcestershire sauce

½ C. vinegar

1 C. tomato juice

¼ C. catsup

½ C. water

Mix sauce ingredients and bring to a boil in a saucepan over medium heat. Simmer about 15 minutes in large baking pan. Top ribs with sliced onions and bake at 450°F degrees for 30 minutes. Coat ribs with sauce. Bake at 350°F for 1 ½ to 2 hours, basting every 20 minutes and turning ribs halfway through. Cover for the last 30 minutes of baking.

BREADS

HONEY SPICE BREAD

2/3 C. packed brown sugar

1/3 C. milk

2 C. flour

1 ½ t. baking powder

½ t. ground cinnamon

½ t. ground nutmeg

1/8 t. ground cloves

2 eggs

½ C. honey

1/3 C. vegetable oil

GLAZE:

1/3 C. confectioner's sugar

2 t. milk

Combine glaze ingredients and mix well; set aside. Over low heat, cook milk and sugar for five minutes. Remove from heat. Combine dry ingredients. In a separate bowl, combine oil, eggs, honey and mix well. Stir into dry ingredients. Pour into greased 8x4x2 loaf pan. Bake at 350°F for 55 – 60 minutes. Cool completely. Drizzle with glaze.

RYE BATTER BREAD

(Submitted By Marybelle Gutemann)

1 ½ C. warm water, 105 – 115 degrees
1 package active dry yeast
2 T. honey
2 T. butter
2 t. salt
1 T. caraway seeds
1 C. sifted rye flour
2 ¾ C. unsifted white flour

Measure warm water into large mixer bowl. Sprinkle in yeast; stir until dissolved. Add honey, butter, salt, caraway seeds, rye flour and 1 C. white flour. Blend on low speed of electric mixer. Beat 2 minutes at medium speed; scraping sides and bottom of bowl frequently. Add remaining flour and blend with wooden spoon until smooth. Cover and let rise in warm place until doubled in bulk, about 30 minutes. Stir batter down and beat 25 strokes. Spread evenly in a greased loaf pan. Cover; let rise in warm place until dough reaches top of pan, about 40 minutes. Bake at 375°F oven for 45-50 minutes.

SUN DRIED TOMATO-ROSEMARY BREAD FOR BREAD MACHINE

(Submitted by Olive Marina Watson)

1 ¼ C. water
3 T. unsalted dried tomatoes, snipped
1 T. Shortening
1 T. Honey
2 C. all purpose flour
1 C. whole wheat flour
1 t. rosemary, crushed
1 t. salt
¼ t. paprika
1 ¼ t. yeast for bread machine

Measure ingredients in the order listed into baking pan of machine. Select dough/pasta setting. When ready shape into 2 free form loaves and place on a cookie sheet. Let rise covered for 30 minutes. Make 6-7 cuts diagonally across the top. Bake at 350°F for 30 minutes. Cool on a wire rack. Makes a wonderful garlic bread.

BERRY PIE

3 C. berries
¾ to 1 C. honey
2 T. cornstarch or 4 T. flour
½ t. cinnamon
1 T. butter

Pick over and wash berries. Place in 8 inch 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 criss-cross pastry. Bake in hot oven (450°F) for 10 minutes. Reduce heat to 350°F and bake 30 minutes.

PUMPKIN PIE

2 C. canned pumpkin
2 C. milk
1 C. honey
2 eggs
½ t. salt
1 t. cinnamon
½ t. ginger

Mix ingredients in order given. Beat well. Pour into pastry lined pan. Bake in 350°F oven for 1 hour.

PECAN PIE

½ C. honey
½ C. brown sugar
¼ C. butter
3 eggs, beaten
1 C. pecans, chopped
1-9" pie crust

Blend honey and sugar together. Cook slowly to form a smooth syrup. Add butter. Add beaten eggs and chopped pecans. Pour into pie lined with pastry. Bake in moderate oven (400°F) for 10 minutes. Reduce temperature to 350°F and bake 30 minutes or until mixture is sets.

LEMON KISSED HONEY SCONES

¾ C. honey, divided
1 ½ C. milk
2 eggs
3 T. lemon juice
7 C. (2 lbs) biscuit mix

GLAZE:

¼ C. honey
1 T. lemon juice

Combine ingredients for glaze; mix well and set aside. Whisk together ½ C. honey, milk, eggs and 2 T. lemon juice. Stir into biscuit mix until a soft dough forms. If mixture is too dry, sprinkle with 1 -2 T. of additional milk. Gather dough into ball. Knead several times on flour coated work surface until dough incorporates. Roll out dough into ½ inch thick rectangle (8 x 12), fold into quarters. Roll out again into ½ inch rectangle about 8 x 12 inches. Cut into 24 2" squares; arrange 1 inch apart on greased cookie sheet. Bake at 450°F for about 8 minutes or until tops are golden brown. Cool slightly. Brush tops of scones with glaze.

PIES

BLEND-A-PIE COCONUT CUSTARD PIE

2 C. milk
½ C. honey
1 C. coconut
4 eggs
½ C. flour
6 T. butter
¼ t. salt
1 t. vanilla

Place milk, then all other ingredients in a blender and blend at medium to high speed for about one minute. Pour into greased and lightly floured 9 inch glass pie pan. Bake at 325°F for 45 minutes.

During baking the mixture will "sort itself out" to form a crust on bottom and side of pan and a delicious coconut custard filling.

Variations: Use different flavorings in place of vanilla. Lemon is really good.

TEA RING – VERSATILE YEAST DOUGH

(Submitted by Marybelle Gutemann)

1 package active dry yeast
2 T. warm water
1 C. hot milk
7 T. cooking oil
2 T. honey
2 T. white sugar
1 t. salt
2 eggs beaten
4 C. sifted white flour

Dissolve yeast in warm water. Combine milk, oil, honey, sugar, and salt; mix well. Add 2 cups flour, beaten eggs and yeast, beat well. Add remaining flour, mix well, do not knead. Scrape sides of bowl, brush top of dough with shortening. Cover and place in refrigerator to chill dough. May be stored up to 3 days. Divide dough in half. Roll dough to 8"x12" rectangle. Brush with melted butter. Spread ½ C. apple pie filling evenly on dough. Starting on long side, roll up like a jellyroll. Seal edge of dough. With seam side down, form circle with roll. Pinch ends together. Place on a greased cookie sheet. With scissors cut dough 2/3 through roll at 1" intervals. Turn each section so cut side is up. Let rise until double. Bake at 375°F for 20 minutes.



HONEY PECAN STICKY BUNS

(Submitted by Kelly Miller)

1/8 C. warm water
1 t. yeast
2 eggs
1 C. scalded milk
1/4 C. honey
1 t. salt
1 1/2 T. butter
3 1/2 C. flour
1/4 C. butter, melted
2-8 inch round baking pans, greased

STICKY MIX:

1/2 C. brown sugar
1/3 C. honey
1/4 C. butter
1 t. vanilla
1 1/2 C. chopped pecans

SEASONING:

2/3 C. brown sugar
2 t. cinnamon

Mix water and yeast in large bowl. In a small bowl, mix milk, honey, salt and butter until well blended; let mixture set until lukewarm. Pour small bowl's mixture into large bowl; then add eggs and beat well. Add flour; knead dough until smooth and elastic. Let dough rise 45 minutes. Roll dough out flat using rolling pin. Cut dough into 2 pieces (approx. 10 in. by 12in.); spread on melted butter; sprinkle with seasoning mixture of brown sugar and cinnamon. Roll up each piece of dough and cut into 8 sections each. In a small saucepan, bring first three ingredients of 'sticky mix' to a boil; remove from heat, add vanilla and stir; pour equal amounts of topping into each of the greased baking pans; sprinkle pecans in pans. Lay rolled dough sections flat in pans. Let dough rise in baking pans for approximately 45 minutes. Bake at 350°F for 20-25 minutes.



HONEY BLONDE BROWNIES

1 1/2 C. flour
1 tsp baking powder
1/2 tsp salt
1/2 C. soft shortening
1/2 C. brown sugar, packed
1/2 C. honey
1 egg
1 tsp vanilla
1/2 C. chopped nuts

Preheat oven to 350°F. Mix all ingredients together. Spread into well greased 8 inch square pan. Bake for 25-30 minutes, but only until a slight imprint shows when touched with finger. Don't over bake. Before cooling, cut into bars.

HONEY OATMEAL CHEWS

1/2 C. butter
3/4 C. honey
1 egg
1 t. vanilla
2/3 C. sifted flour
1/2 t. baking soda
1/2 t. baking powder
1/4 t. salt
1 C. quick cooking rolled oats
1 C. flaked coconut
1/2 C. chopped almonds

Cream butter and honey until light and fluffy. Add egg and vanilla and beat well. Sift together flour, soda, baking powder and salt. Add to creamed mixture. Stir in oatmeal, coconut and almonds. Spread in greased 13x9x 1/2 inch baking pan. Bake at 350°F for 20-25 minutes. When cool, cut into bars. Makes 30.

CAKE-LIKE BROWNIES
(Submitted by Marybelle Gutemann)

1 C. flour
1 tsp baking powder
3 TBSP sugar
½ tsp salt
1/3 C. cocoa powder
¼ C. honey
2 eggs
1 tsp vanilla
¼ C. buttermilk
½ C. plus 2 T. soft butter
2/3 C. chopped nuts

Sift flour, baking powder, sugar, salt, cocoa powder into mixing bowl. In another bowl cream butter until soft and shiny, add honey; cream well. Beat in eggs, one at a time until fluffy, then stir in vanilla. Add flour mixture and milk, alternately in 2 or 3 portions, beating after each addition until smooth. Add nuts and stir to blend nuts through batter. Spread batter in a greased 7x1x1 ½ pan and bake at 350°F until done, about 25 minutes.

FUDGY HONEY BROWNIES
(Submitted by Kirsten Traynor)

1 package fudge brownie mix (21 oz.)
2 Tbsp Honey
1/3 C. vegetable oil
1 egg
¼ C. water

Combine all ingredients mix and spread. Bake according to package instructions. Cool and drizzle (if desired) with honey drip icing.

HONEY DRIP ICING:
¾ C. powdered sugar
2 TBSP Honey
2 TBSP water
¼ tsp vanilla

Combine all ingredients and mix till sugar is completely dissolved. Drizzle over brownies.

SWEDISH TEA RINGS FOR BREAD MACHINE
(Submitted by Olive Marina Watson)

1 C. milk
1 egg, beaten
1 T. butter
3 T. Honey
¾ t. salt
3 ¼ C. all purpose flour
¾ t. salt

Filling:
2 T. butter
2 t. cinnamon
½ C. brown sugar
½ C. raisins

Place ingredients in bread machine pan in the order listed above. Select dough/pasta setting. When cycle is complete, remove and divide in half. Roll each half to 14" x 9". Spread with butter. Sprinkle with brown sugar, cinnamon and raisins. Roll up wideside. Seal. With sealed side down, shape into a ring on a lightly greased baking sheet. Pinch ends together. Make cuts 2/3 of the way through the ring at 1" intervals. Turn each section on its side. Cover and let rise for 30 minutes. Bake at 350°F for 15-20 minutes. May be decorated with icing, nuts and cherries.

PETIT CLOVERLEAF ROLLS FOR BREAD MACHINE
(Submitted by Olive Marina Watson)

1 ¼ C. water
2 T. powdered milk
2 T. butter
1 T. molasses
1 T. honey
1 ¼ t. salt
¾ C. whole wheat flour
1 ½ C. all purpose flour
1 ¼ t. yeast

Measure ingredients in order given into baking pan of bread machine. Select dough/pasta setting. When ready, divide in half. Cut each half into 12 pieces. Cut each piece into three. Roll into a small ball and drop three balls into a greased muffin pan – creating the clover leaf. Cover and let rise until doubled (30 minutes). Bake at 350°F for 20 minutes. Repeat for second half of dough.

OATMEAL ROLLS

(Submitted by Marybelle Gutemann)

1 pkg dry yeast
2 T. warm water
1 C. hot milk
7 T. canola oil
1 C. quick rolled oats, uncooked
2 T. honey
2 T. sugar
1 t. salt
2 eggs, beaten
3 ¼ C. white flour

Dissolve yeast in water. Combine milk, oil, honey, sugar and salt in large bowl; mix well and cool. Add eggs and yeast and mix well. Sift in rolled oats and 1 C. flour and mix well. Add remaining flour, mix thoroughly, but do not knead. Place dough in greased bowl. Brush top of dough with shortening. Cover and place in refrigerator. Dough may be used as soon as it is thoroughly chilled (or may be refrigerated for several days). Shape dough into rolls, let rise until doubled. Bake at 400°F for 15 to 20 minutes. Makes about two dozen rolls.

APRICOT BREAD

(Submitted by Marybelle Gutemann)

3 C. sifted flour
4 t. baking powder
1 t. salt
1 C. finely chopped dried apricots
1/3 C. melted butter
2 eggs, beaten
1 C. milk
½ C. honey
½ C. chopped pecans
1 bread pan (5in. x 8in.), greased

Sift together flour, baking powder and salt. Stir in apricots and pecans. Combine beaten eggs, milk, honey and butter. Add liquid mixture to flour mixture, stirring until flour is well moistened. Bake in greased bread pan at 350°F for one hour. Makes one loaf.

BUTTER TART BARS

(Submitted by Olive Marina Watson)

½ C. butter
1/3 C. packed brown sugar
1 ¼ C. all purpose flour
2 eggs
½ C. packed brown sugar
½ C. honey
1/3 C. all purpose flour
1 ½ C. raisin
¼ tsp salt
½ C. nuts, chopped

BOTTOM LAYER: Crumble first 3 ingredients well. Press into ungreased 9x9 pan. Bake at 350°F for 10 minutes.

TOP LAYER: Beat eggs, sugar and honey until light and thick. Add other ingredients and spread over baked layer. Bake at 350°F for 25-30 minutes until almost firm. Cut when cool.

HUNNI-CHIP BARS

(Submitted by David Freese)

2 ½ C. biscuit baking mix
3 eggs
1 C. sugar
1 C. shredded zucchini
1/3 C. honey
2 packages (6 oz) semisweet chocolate chips
1 t. vanilla

Heat oven to 350°F. Grease and flour a 9"x13" pan. Mix all ingredients except chocolate chips. Spread in pan. Evenly sprinkle one 6 oz package of chips on the mix. Bake until golden brown, 30-35 minutes. Remove from oven. Evenly sprinkle with remaining chocolate chips. Return to cooling oven for 5 minutes; remove and spread melted chips evenly to frost. Refrigerate until chocolate is firm, about 30 minutes. Cut into 24 pieces.

SUPER NUTRITIOUS COOKIES
(Submitted by Olive Marina Watson)

1 C. margarine
1 C. brown sugar
½ C. honey
1 tsp vanilla
2 eggs, beaten
1 C. whole wheat flour
1 tsp. baking soda
½ C. white flour
½ tsp salt
¾ C. raisins
¾ C. dried cranberries
½ C. wheat germ
½ C. pine nuts or sunflower seeds
1 C. rolled oats

Cream first 5 ingredients. Add remaining ingredients. Mix well. Drop by spoonful on a greased baking sheet. Bake at 350° F for 10-15 minutes, depending on the size of the spoonful. Cool on a wire rack.

HONEY OATMEAL COOKIES

1 ½ C. honey
¾ C. shortening
1 egg
2 ½ C. flour
¾ t. salt
¼ t. soda
1 t. cinnamon
2 ¼ t. baking powder
1 ½ C. oatmeal
¼ C. raisins
1 T. hot water
1 t. vanilla

Variations:
Omit raisins, add ¼ C.
chopped cherries or ½ C.
chocolate chips or ½ C.
coconut.

Cream honey and shortening. Add beaten egg. Sift flour, salt, soda, baking powder and cinnamon together. Add to mixture. Add oats, raisins, water and vanilla. Mix thoroughly. Drop by t.fuls onto cookie sheet. Bake at 375° F for 25 minutes. Makes 5 dozen.

BERRY BEST HONEY OATMEAL BREAD
(Submitted by Kelly Miller)

½ C. butter
¾ C. sugar
2 eggs
½ C. honey
1 C. milk
1 C. oatmeal
3 C. flour
5 T. baking powder
1 t. salt
2 C. blueberries, fresh
2 Loaf pans, greased

CRUMB TOPPING:
1 C. brown sugar
2/3 C. flour
¼ C. butter, melted

Combine topping ingredients together in small bowl and set aside. Mix butter, sugar and eggs together in medium bowl; add honey and beat until batter fluffy. In a separate bowl, mix milk and oatmeal and set aside for 20 minutes; then add to batter mixture in medium bowl. In a large bowl, mix flour, baking powder and salt. Slowly add mixture in medium bowl to flour, mixing only until moistened. Stir in blueberries gently to prevent turning mixture blue. Pour mixture into loaf pans equally. Sprinkle topping over batter in pans. Bake at 350F for 45-60 minutes

HONEY MAPLE BROWN BREAD
(Submitted by Olive Marina Watson)

1 C. cornmeal
1 ¾ C. whole wheat or graham flour
1 t. salt
1 t. baking soda
1 t. maple flavoring
½ C. maple syrup
2 C. buttermilk or sour milk
1 C. seedless raisins
1 C. walnuts (optional)

Grease 5"x8" loaf pan. Mix cornmeal, flour, salt and soda in mixing bowl. Add honey and maple syrup to the milk and pour all at once over dry ingredients. Add the raisins and/or walnuts and mix thoroughly. Bake in loaf pan at 325° F for one hour. Good served warm with baked beans!!

B&B MUFFINS

(Submitted by Olive Marina Watson)

¾ C. mashed bananas
¾ C. salad dressing or mayonnaise
2/3 C. whole wheat flour
½ C. light sour cream
¼ C. honey
½ C. white sugar
¼ C. wheat germ
1 1/3 C. all purpose flour
2 t. baking soda
½ t. salt
¾ C. fresh blueberries

In a medium bowl, beat bananas, mayonnaise, honey, sugar and wheat germ. Add sifted flours, soda, salt and blueberries. Do not overmix! Fill muffin C. 2/3 full. Bake at 350° F for 20-25 minutes. Makes 12-15 muffins

HONEY BLUEBERRY MUFFINS

2 C. flour
1 t. salt
3 t. baking powder
1 C. milk
4 T. honey
1 egg, beaten
¼ C. melted shortening
½ C. blueberries

Sift flour with salt and baking powder. Mix milk, honey, beaten egg, blueberries and melted shortening. Add to dry ingredients. Stir quickly just long enough to moisten dry ingredients. Fill greased muffin pans ½ full. Bake at 400° F for 35 minutes, or until browned. Makes 12 muffins.

HONEY PEANUT BUTTER OATMEAL COOKIES

(Submitted by Kelly Miller)

1 C. butter
½ C. sugar
1 C. peanut butter
¼ C. brown sugar
2 eggs
1 t. vanilla
½ C. honey
1 ½ C. flour
1 t. salt
1 ¼ t. baking soda
2 ½ C. quick oatmeal

Combine butter, sugar, peanut butter and brown sugar until creamy; add eggs and vanilla and then mix well; mix in honey and beat until fluffy. In a separate bowl, sift flour in with salt and baking soda; then add to mixture. Gently stir in oatmeal. Drop spoonfuls of mixture onto ungreased cookie sheet. Bake at 325° F for 10-12 minutes. Makes 6 dozen.

Variation: Add 1 C. mini chocolate chips and stir well.

HONEY PEANUT BUTTER COOKIES

½ C. shortening
½ C. peanut butter
1 C. honey
1 egg
½ t. salt
1 ¼ C. flour
½ t. soda

Cream shortening, honey and peanut butter. Add egg and beat until light and fluffy. Stir in all sifted dry ingredients. Drop by teaspoonfuls onto a lightly greased cookie sheet. Bake 12 to 15 minutes at 325° F.

HONEY OATS COOKIES

1 C. shortening
½ C. brown sugar
½ C. white sugar
1 C. honey
¼ t. salt
½ t. vanilla
2 eggs
3 ¼ C. flour
1 ½ t. soda
3 C. rolled oats
1 chocolate bits (9 oz package)
1 C. chopped nuts

Put shortening, sugar, honey, salt, vanilla and eggs in a bowl. Beat thoroughly. Add flour and soda. Add oats, chocolate bits and nuts. Mix well. Drop on greased cookie sheet. Bake at 350° F 12 to 15 minutes.

HONEY NUT COOKIES

(Submitted by Marybelle Gutemann)

1 C. butter
¼ C. honey
2 C. flour, sifted
1 tsp ground cinnamon
1 C. nuts, chopped
2 C. Confectioner's sugar

Cream butter until light, add honey and beat to mix thoroughly. Sift flour and cinnamon together; beat into creamed mixture. Stir in nuts. Shape into balls; place 2" apart on lightly greased baking sheets. Bake in slow oven (325° F) 15 minutes or until lightly browned on bottom. Cool on baking sheets a few minutes; place on racks; while still warm coat with confectioner's sugar. Makes 4-5 dozen.

APPLE MUFFINS

(Submitted by Marybelle Gutemann)

2 C. sifted flour
3 t. baking powder
1 t. salt
½ C. raisins
1 C. grated apple
2 eggs
½ t. cinnamon
¼ t. nutmeg
1 C. whole wheat flakes
¼ C. finely chopped pecans
2/3 C. honey
½ C. milk
¼ C. oil

Sift flour with baking powder, salt and spices. Add cereal, nuts, raisins and apple. In a separate bowl, beat eggs well; add honey, milk and oil. Add liquid to dry mixture, stirring just to blend. Fill greased muffin C. 2/3 full. Bake at 400° F for 18-20 minutes. Makes 18 muffins.

DESSERTS

COOKIES

ROLLED CHRISTMAS COOKIES

1/3 C. shortening
1/3 C. sugar
2/3 C. honey
1 egg
2 ¾ C. sifted flour
1 tsp soda
1 tsp salt
1 tsp lemon extract

Cream shortening, add sugar and honey. Blend well. Add egg and mix. Stir in the sifted dry ingredients. Chill. Roll thin and cut in fancy shapes. Bake 8 to 10 minutes on an ungreased baking sheet at 375° F. Ice cookies and decorate if desired.

HONEY SNOWBALL COOKIES

(Like Mexican Wedding Cookies)

1 C. butter or margarine
2 t. vanilla
2 C. flour
¼ C. honey
½ t. salt
¾ C. chopped nuts (optional – hazelnuts recommended)
1 C. powdered sugar

Cream honey and butter/margarine. Sift flour and salt, add to honey mixture. Add vanilla and nuts. Make balls, flatten slightly. Bake on an ungreased baking sheet 10-12 minutes at 350°F. Roll in powdered sugar while hot and also when cooled. Makes 3 dozen.

HONEY ALMOND BISCOTTI

½ C. butter or margarine, softened
¾ C. honey
2 eggs
1 t. vanilla extract
3 ½ C. all purpose flour
2 t. anise seeds
2 t. ground cinnamon
½ t. baking powder
½ t. salt
¼ t. baking soda
1 C. dried cranberries
¾ C. slivered almonds

Using electric mixer, beat butter until light; gradually add honey, eggs and vanilla, beating until smooth. In small bowl, combine flour, anise seeds, cinnamon, baking powder, salt and baking soda; gradually add to honey mixture, mixing well. Stir in cranberries and almonds.

Shape dough into two 10x3x1 inch logs on greased baking sheet. Bake at 350°F for 20 minutes or until light golden brown. Remove from oven to wire rack; cool 5 minutes. Reduce oven to 300°F. Transfer logs to cutting board. Cut each log into 1/2 inch slices; arrange on baking sheet. Bake 20 minutes or until crisp. Cool on wire racks. Makes 36 cookies.

HONEY PECAN DROP COOKIES

1/3 C. butter
1/3 C. shortening
1 C. honey
1 egg
1 T. grated orange peel
½ C. chopped pecans
2 1/4 C. sifted flour
1 t. baking powder
½ t. baking soda
1 t. salt
½ C. fresh orange juice

Cream butter and shortening. Add honey, egg, orange peel and pecans. Add mixed dry ingredients, alternating with the orange juice. Mix well and chill dough. Drop by t. on greased cookie sheet. Bake at 375 for about 15 minutes. Makes about 3 dozen cookies.

HONEY APPLE COOKIES

½ C. shortening or butter
¾ C. to 1 C. honey
1 egg
1 t. vanilla
1 C. grated apples
1 C. nuts, chopped (optional)
1 C. raisins
1 t. soda
½ t. salt
½ t. cinnamon
½ t. cloves
½ t. nutmeg
2 ½ C. flour, sifted

Mix together shortening or butter, honey, egg and vanilla. Add apples, nuts, and raisins. Mix together and add to this all dry ingredients. Drop by t. on greased cookie sheet. Bake at 350°F for 8 to 10 minutes until brown. Watch closely, they burn easily.