HOW TO USE

RULES AND RECIPES

For

FRUITS
BAKING
CANDIES
DESSERTS
SALADS—SIX
MEATS AND VEG
Sauces and Relish

Circular 528
Out of a large number of recipes tested, these were selected as the ones most people would be likely to enjoy.

Urbana, Illinois April, 1942
How to Use Honey

By Sara I. Moyer, Instructor in Home Economics

Honey is not only a very satisfactory sweetening agent, but the mild-flavored kinds give a delicate and pleasant flavor to the great variety of foods with which or in which they can be used. When the purchase of sugar is restricted, other sweetening agents assume a more important place in food preparation, and at such time honey takes on special interest.

When honey is substituted for white granulated sugar in baked foods, there are some simple adjustments that must be made. This circular explains what these adjustments are and also presents 42 recipes tested in the foods research laboratory of the Department of Home Economics at the University of Illinois, together with two ice-cream recipes supplied by the Department of Dairy Husbandry.

Honey Rules and Care

Making substitutions. It is quite easy to substitute honey for sugar in many recipes, as honey has practically the same sweetening power as sugar, measure for measure.

1. No correction need be made for sweetness.

2. In muffins, breads, and rolls calling for a small amount of sugar, honey can replace the sugar measure for measure without any other adjustment. For example, 2 tablespoons of honey can be used in place of 2 tablespoons of sugar.

3. For cakes and cookies, which require a large amount of sugar, honey can be used measure for measure but the amount of liquid must be reduced 1/4 cup for each cup of honey used, or in the same proportion for fractions of a cup. For example, if 1/2 cup of honey is used, reduce the liquid by 1 tablespoon; for 1/4 cup of honey, reduce the liquid by 1 tablespoon.

4. Better textured cakes are usually obtained when only half the sugar in a recipe is replaced with honey. The liquid must still be reduced 1/4 cup for each cup of honey used, or in the same proportion for fractions of a cup, as explained above.

5. Omit vanilla in honey cakes; the flavor is better without it.

6. Use moderate oven temperatures (350° to 375° F.) in order to prevent the product from becoming too brown before it is completely baked.
Measuring honey. Honey is so thick that it drains slowly from a measuring cup. If the fat is measured first and the honey measured in the same cup, the coating of fat will enable the honey to pour more readily from the cup. A spatula will help in removing the last drops left in the measuring cup or spoon.

For measuring small quantities of honey, such as a tablespoonful, a dripless sirup dispenser is very helpful.

Care of honey. To retain its flavor and aroma, honey should be kept in a tightly covered container. It should be stored in a dry room at about 70° F., a temperature which is considered most satisfactory both for preventing discoloration and for retarding crystallization. Honey should not be put into the refrigerator, as the cool temperature will cause it to crystallize. Once honey has crystallized there is danger of fermentation.

If honey crystallizes, it can be reliquefied by placing the container on a rack in a pan of warm water (150° F.). A higher temperature may cause the color to darken and some of the flavor and aroma to be lost. A double boiler may be used for melting small amounts of crystallized honey.

\section*{Honey in Cakes}

The adjustments that are made in the liquid portion of a cake recipe when honey is substituted for half or all the sugar are illustrated in the following recipe for a plain cake.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>All-sugar cake</th>
<th>½ sugar honey</th>
<th>All-honey cake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour, cake</td>
<td>3 c</td>
<td>3 c</td>
<td>3 c</td>
</tr>
<tr>
<td>Milk</td>
<td>1 c</td>
<td>13 Tb</td>
<td>5/8 c (10 Tb)</td>
</tr>
<tr>
<td>Shortening</td>
<td>1 1/2 c</td>
<td>5/4 c</td>
<td>5/4 c</td>
</tr>
<tr>
<td>Sugar</td>
<td>3/4 c</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Honey</td>
<td></td>
<td>3/4 c</td>
<td>3</td>
</tr>
<tr>
<td>Eggs</td>
<td>3</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Baking powder</td>
<td>3 t</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 t</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Salt</td>
<td>3/4 t</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>

The cakes baked by the above recipes were entirely satisfactory. A medium-thick delicately flavored clover honey was used both in these cake recipes and in all the other recipes in this circular. There is no reason to suppose, however, that other honeys of similar thickness and pleasing flavor would not give equally good results.

The "all-honey" cakes were slightly closer in texture than the
cakes made with half honey, and they had a more pronounced honey flavor, a darker interior color, and were less velvety. Note that no vanilla was used; a better flavor is obtained in honey products when it is omitted.

The conventional method of mixing the batter was found satisfactory. In this method the fat and honey are creamed together until light and fluffy, then the eggs are beaten into the mixture one at a time, and finally the sifted dry ingredients and the milk are added alternately, the flour in thirds and the milk in halves.

**Differences in Honey**

**Flavor.** The flavor of honey depends on the source of the nectar and on the care and treatment given the honey. The greater proportion of Illinois honey offered for sale is light in color and mild in flavor, being derived from the nectar of clovers. A few of the darker and more highly flavored fall honeys, such as heartsease and Spanish needle, are of some importance in the southern part of the state. The darker honeys usually have a more pronounced flavor than the lighter honeys. It may be wise to taste the darker honeys before purchasing them.

**Forms.** Most people are familiar with extracted honey (honey which has been removed from the comb) and comb honey. Comb sections when well filled usually weigh 12 to 15 ounces. The heavier sections are more economical.

Granulated honey is honey which has crystallized either naturally or under special treatment. Chunk honey is a mixture of comb honey and enough extracted honey to fill the container. This honey granulates rather quickly and should be used within a few months.

**Thickness.** Honey may vary in viscosity (thickness) with the season. In the recipes given in this circular a medium-thick honey was used.

**Containers.** The 8-ounce, 1-pound, 5-pound, 10-pound, and 60-pound containers are the most common ones on Illinois markets. The legal weight of a gallon of honey is 11 3/4 pounds.

Note.—Information on source, forms, flavor, and care of honey and the honey used in testing these recipes was contributed by V. G. Milum, Department of Entomology, University of Illinois.

A number of the recipes were adapted from printed materials issued by the American Honey Institute and by various state agricultural experiment stations.
Beverages

Honey may be used to sweeten any beverage in which sugar is used. The amount to add is a matter of personal preference. A mixture of \( \frac{1}{2} \) water and \( \frac{1}{2} \) honey may be made up and kept in the refrigerator for sweetening iced beverages.

Cocoa—you will like its flavor

Combine 1 tablespoon of cocoa with 1 tablespoon of honey. Add \( \frac{1}{2} \) cup of boiling water. Cook over a low flame for 1 to 2 minutes. Add 1 1/2 cups of milk and a pinch of salt. Heat to serving temperature.

Egg Nog—for a midmorning lunch

Beat 4 eggs until thick and lemon colored. Add 4 tablespoons of honey and mix well. Blend in 3 cups of milk with a pinch of salt. Sprinkle with a light grating of nutmeg and serve.

Fruit Punch—very tart

Mix thoroly the juice of 2 oranges and 2 lemons, 2 cups of grape juice, 2 cups of water, 1 to 2 teaspoons of honey. Serve ice-cold.

Honey Fruit Punch—this punch has body

Crush 1 large orange to a pulp. Combine with 1 cup of honey, 1 finely chopped banana, 1 cup of chopped pineapple, 1 quart of grape juice. Pour over ice. Let stand 20 minutes, then serve.

Lemonade—a refreshing beverage

Extract juice from 1 lemon. Add 1 tablespoon of honey and stir until well blended. Add 1 cup of cold water. Serve over crushed ice in a large glass with a garnish of lemon. (More honey may be used if desired.)

Breads

Honey may be used in place of sugar in yeast breads, sweet rolls, or muffins without any special adjustment in the recipe or method of mixing.

Date Nut Bread—stores well

1 1/2 c all-purpose flour
1/2 t salt
2 t baking powder
1 c chopped nuts

1 medium-size loaf
Chop dates and cook in the water until thickened (2 to 3 minutes), stirring constantly. Cream shortening and honey. Add egg. Blend well. Add date mixture and nuts, stir thoroughly. Add dry ingredients and mix well. Pour mixture into a loaf pan lined on bottom with wax paper. Bake at 325° F. for 1 hour and 15 minutes.

Orange Nut Bread—a delicately flavored bread

1 medium-size loaf

1/3 c shortening
1/3 c honey
1 egg well beaten
3/4 c milk
2 c all-purpose flour

3 t baking powder
3/4 t salt
1/2 c coarsely chopped nuts
2 Tb candied orange peel

Cream shortening and honey until light and fluffy. Add egg and mix thoroughly. Add liquid and dry ingredients alternately, beginning and ending with the dry ones. Add nuts and orange peel. Pour mixture into a loaf pan lined with wax paper on bottom. Bake at 350° F. for 50 minutes to an hour.

Candies

Honey is especially suitable for making the dried-fruit candies which are such excellent sweets for children. It also helps to produce a smoother texture in crystalline candies such as fudge and fondant.

Honey Caramels

1/4 c granulated sugar
1/4 c brown sugar
1/4 c honey
2 Tb butter

1/4 c milk
1/2 c coffee cream
1/2 t vanilla

Combine all ingredients except vanilla in a saucepan. Cook to 253° F. (123° C.). Stir frequently during cooking to prevent scorching. Remove from flame. Add vanilla and pour into buttered pan. When cold, cut with sharp knife and wrap each piece in wax paper.

Honey Chews

Cook 1/2 cup of butter and 1 cup of honey over slow fire for about 50 minutes, or until the mixture reaches 266° F. (130° C.). Stir frequently. Remove from fire. Add 1/2 cup of chopped dates and 1 cup of chopped walnuts. Pour into well-greased pan. Let cool. Cut into squares. Wrap in wax paper.
Honey Fruit Bars

Grind in a food chopper 1 cup each of raisins, dates, and nuts. Add \( \frac{1}{4} \) cup of honey and blend well. Shape into balls an inch in diameter and roll in either coconut, powdered sugar, or granulated sugar.

Fruit Confection—a wholesome fruit candy

Put thru a meat chopper 1 pound of dried figs and \( \frac{1}{2} \) pound each of dried prunes, dried peaches, and raisins. Mix in 1 cup of honey and 1 cup of chopped nuts. Knead well. Press into a rectangle \( \frac{1}{2} \) to \( \frac{3}{4} \) inch thick. Cut into squares. Roll in powdered sugar.

Cookies

Many delicious cookies can be made with honey, which can be substituted for all or part of the sugar in your favorite recipes.

Chocolate Chip Cookies—for the lunch box

<table>
<thead>
<tr>
<th>4 dozen 2-inch cookies</th>
</tr>
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<tbody>
<tr>
<td>( \frac{1}{2} ) c butter</td>
</tr>
<tr>
<td>( \frac{1}{2} ) c honey</td>
</tr>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>1 c all-purpose flour</td>
</tr>
<tr>
<td>1 t baking powder</td>
</tr>
<tr>
<td>( \frac{1}{4} ) t salt</td>
</tr>
<tr>
<td>( \frac{1}{2} ) t vanilla</td>
</tr>
<tr>
<td>( \frac{1}{2} ) c semisweet chocolate broken into small chips</td>
</tr>
<tr>
<td>( \frac{1}{4} ) c chopped nutmeats</td>
</tr>
</tbody>
</table>


Chocolate Oatmeal Cookies

<table>
<thead>
<tr>
<th>8 dozen 2-inch cookies</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c shortening</td>
</tr>
<tr>
<td>( \frac{1}{2} ) c honey</td>
</tr>
<tr>
<td>2 eggs well beaten</td>
</tr>
<tr>
<td>2 squares chocolate, melted</td>
</tr>
<tr>
<td>( \frac{1}{2} ) c rolled oats</td>
</tr>
<tr>
<td>( \frac{1}{2} ) c all-purpose flour</td>
</tr>
<tr>
<td>1 t baking powder</td>
</tr>
<tr>
<td>( \frac{1}{4} ) t soda</td>
</tr>
<tr>
<td>( \frac{1}{2} ) t salt</td>
</tr>
<tr>
<td>1 t cinnamon</td>
</tr>
<tr>
<td>1 c nuts or coconut</td>
</tr>
</tbody>
</table>


Honey Date Bars—a chewy cookie

<table>
<thead>
<tr>
<th>16 bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 eggs</td>
</tr>
<tr>
<td>1 c honey</td>
</tr>
<tr>
<td>( \frac{1}{2} ) c all-purpose flour</td>
</tr>
<tr>
<td>1 t baking powder</td>
</tr>
<tr>
<td>( \frac{1}{2} ) t salt</td>
</tr>
<tr>
<td>1 c dates</td>
</tr>
<tr>
<td>1 c nutmeats</td>
</tr>
</tbody>
</table>

**Raisin Honey Gems**—these improve on standing 6 dozen 2-inch cookies

| 1½ c honey          | ¼ t soda        |
| ¾ c shortening      | 1 t cinnamon    |
| 1 egg well beaten   | 2 Tb hot water  |
| 2½ c all-purpose flour | ½ c uncooked rolled oats |
| ¼ t salt            | ¼ c raisins     |


**Desserts**

Honey blends well with the natural flavor of any kind of fresh fruit to which sweetening is ordinarily added. The honey should be drizzled over the fruit and allowed to stand 30 minutes before serving.

To drizzle honey, place the jar of honey in warm water not hot water, for about 10 minutes. Then let it drip in thin threads over the fruit. (Unless the honey is warmed, it will pour in too heavy a stream.)

**Honeyed Grapefruit**

Wash and dry the fruit. Cut in half crosswise. Using a grapefruit knife, loosen each section from the membrane. Remove seeds. Drizzle 2 tablespoons of honey over the top. Allow to stand 30 minutes. Serve as a first course or as dessert.

**Baked Apple**

Wash and core tart apples, leaving blossom end intact so the honey will be held in the cavity. Slit the skin about ¼ of the distance from the top of the apple. Place apples in casserole or baking pan. Fill cavity with honey. (Chopped nuts or raisins may also be added.) Place small amount of water (about ¼ inch) in bottom of pan. Bake apples at 400° F., basting occasionally, for 30 to 45 minutes, depending on size and variety of apple.
Apricot Whip—easy to make

4 servings

1 c dried apricot pulp

\( \frac{3}{4} \) c honey

1 egg white

\( \frac{3}{4} \) t salt

1 Tb lemon juice

Soak dried apricots. Cook until tender, put thru sieve, and measure. Add honey and cook for 3 to 5 minutes, or until thick. Cool. Beat egg white until stiff but not dry. Beat in sweetened fruit pulp and lemon juice. Chill for an hour. Serve with soft custard.

Honey Custard

4 servings

2 eggs

4 Tb honey

\( \frac{3}{4} \) t salt

2 c scalded milk

Nutmeg

Beat eggs slightly, add honey, salt and scalded milk. Blend well. Pour into four custard cups, sprinkle nutmeg on top. Set cups in pan of hot water and bake at 350° F. until the tip of a silver knife inserted comes out clean (45 to 60 minutes).

Individual Pumpkin Custards

6 servings

1\( \frac{1}{2} \) c pumpkin

\( \frac{3}{4} \) c honey

1 t cinnamon

\( \frac{1}{2} \) t salt

3 eggs

1 c milk

\( \frac{1}{2} \) c cream or \( \frac{1}{2} \) c evaporated milk

Mix ingredients in the order given. Pour mixture into six custard cups, and place cups in a pan of hot water. Bake at 350° F. for about an hour, or until the tip of a silver knife comes out clean when inserted into the center of a custard. Serve with whipped-cream garnish.

Honey Apple Betty—an inexpensive simple dessert

6 servings

\( \frac{1}{4} \) c butter

2 c bread crumbs (soft)

\( \frac{1}{2} \) lemon, juice and rind

(omit if apples are very tart)

4 c sliced raw apples

\( \frac{1}{2} \) c honey

\( \frac{1}{2} \) c warm water

\( \frac{1}{2} \) t cinnamon

\( \frac{1}{2} \) t nutmeg

Melt butter and stir into bread crumbs. Add lemon juice and rind to apples. Mix honey with water. Place a layer of crumbs in a buttered baking dish and cover with a layer of apples. Moisten with honey mixture and sprinkle with part of the seasonings. Repeat layers, ending with moistened crumbs as top layer. Bake at 350° F. until crumbs are well browned (30 to 45 minutes). Baking dish may be covered during first 15 minutes. Serve with cream.

Prune Brown Betty

6 servings

Substitute 2 cups of cooked prunes (pitted and chopped into several pieces) for the apples in the above recipe, and use \( \frac{1}{4} \) cup of prune juice instead of the water. Proceed as directed above.
Honey Carrot Pudding

1 c all-purpose flour
1 t salt
1½ t cinnamon
½ t cloves
½ t nutmeg
½ t allspice
1 t soda

3 one-pound cans

¾ c suet
1 c honey
1 egg well beaten
1 c grated raw carrots
1 c raisins
1 c grated potatoes

Sift flour once, and measure it. Add salt, spices, and soda and sift together twice. Grind suet and measure like any other fat, packing it firmly into cup. Blend honey, suet, and egg. Add carrots, raisins, and potatoes. Last of all, stir in dry ingredients. Mix well. Fill buttered molds or 1-pound baking powder cans ⅔ full. Cover loosely with wax paper held in place by a rubber band or cord string. Steam 3 hours in a steamer. (This can be reheated for serving if it is not all used the first time.) Serve with honey hard sauce (page 16).

Honey Plum Pudding—a delicious dessert

½ c all-purpose flour
½ t each of salt, soda, nutmeg, allspice
2 t cinnamon
½ t cloves
½ c suet
1 c raisins
1 c honey

1 quart pudding

¼ c chopped citron
¼ c chopped candied orange peel
½ c chopped dates
1 c each of finely grated raw sweet potato and raw carrot

Sift flour once, and measure. Add salt, spices, and soda and sift together twice. Grind suet in food chopper. Measure like any other fat, packing it firmly into cup. Cut suet into dry ingredients. Add rest of ingredients. Blend thoroughly. Pour into well-greased baking dish (quart size) or casserole. Put cover on and bake at 250°F. for 2½ hours. Take from oven, cool without removing cover. Reheat for serving by covering and placing in 250°F. oven. Serve with hard sauce or honey butter. This pudding molds very well.

Ginger Cottage Pudding—try with custard sauce or chocolate sauce

2½ c cake flour
¾ t soda
½ t baking powder
1 t salt
½ t ginger
½ t cinnamon
½ c shortening

2 nine-inch layers

½ c brown sugar
firmly packed
1 egg
1 c honey
1 c sour milk or buttermilk

Sift flour once, measure, add soda, baking powder, salt, and spices. Sift together twice. Cream shortening thoroly, add sugar gradually and cream together until light and fluffy. Add honey and continue creaming. Add egg and beat very thoroly. Add sifted dry ingredients alter-
nately with sour milk, beginning and ending with flour. Pour into two 9-inch layer pans which have been greased and lined on the bottom with wax paper. Bake at 350° F. for approximately 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Serve with custard sauce.

**Lemon Fruit Pie— a very tart filling**

1 c honey
1 egg beaten
1/2 t salt
Grated rind of 1 lemon
Juice of 1 lemon
2 c apples (chopped in coarse food chopper)
Pastry for double crust

Combine ingredients. Pour into pie pan lined with pastry. Cover with top crust. Bake at 450° F. for 15 to 20 minutes, or until edges of crust are golden brown, then reduce temperature to 350° F. and bake for 10 minutes longer. This is a delicious filling to use in small tea tarts.

**Raisin Honey Pie— a rich chewy filling**

1 c raisins
1 Tb butter
1 Tb flour
1/2 c honey
1/4 c coarsely chopped nuts
1 egg yolk beaten
Pastry for double crust

Cover raisins with 1/2 cup of water and stew until tender (4 to 5 minutes). Add butter; add flour to honey and mix well; add nuts and egg yolk. Combine with raisins and place in pastry-lined pie pan. Cover with top crust. Bake at 450° F. for 15 to 20 minutes, or until edges of crust are golden brown; then reduce temperature to 350° F. and continue baking for 10 minutes longer.

**Honey Ice Cream—a freezer recipe**

Honey can be used both for sweetening and for flavoring ice cream. Any of the milder-flavored honeys are satisfactory for this purpose.

2 qt light cream
1 Tb gelatin dissolved in
1/2 c cold water
2/3 pt (1 1/3 c) strained honey
4 eggs

Soak gelatin in cold water 5 minutes. Heat over hot water. When dissolved, add to cream and honey, which have been thoroly mixed. Blend in beaten egg yolks. Place mix in top of double boiler and cook over hot water with constant stirring until mixture coats the spoon. Cool below 50° F.

If possible, prepare the mix a day ahead of time and store in refrigerator until time to freeze it. Add beaten whites of eggs just before freezing.

For suggestions about additional flavorings, see last paragraphs in next recipe.

*This recipe and the refrigerator recipe on page 13 were contributed by P. H. Tracy, Dairy Manufactures.
Honey Ice Cream—a refrigerator recipe

6 to 8 servings

\[
\begin{align*}
\frac{3}{4} \text{ c milk} & \quad 2 \text{ egg whites} \\
1 \text{ c whipping cream} & \quad 15 \text{ marshmallows} \\
\frac{1}{2} \text{ c honey} & \\
\end{align*}
\]

Slice marshmallows and mix with milk, honey, and egg yolks. Cook over hot water until mixture coats a spoon. Cool. Store in refrigerator for 4 to 24 hours before freezing if possible. Then whip egg whites and mix with custard. Freeze to slush in freezing tray, fold in whipped cream, and let harden.

Fruits and other flavoring materials. Candies, pineapple, peaches, strawberries, raspberries, or chocolate sirup may be added to either of the above recipes. Best time to do this is after the freezing is started but before the mixture becomes too firm to permit proper distribution of the flavoring material.

When using fresh fruit, mix honey with it before adding it to the ice cream (use \( \frac{1}{4} \) cup of honey for 1 cup of fruit in addition to honey in recipe).

Some people like a honey sundae. The honey, either alone or mixed with fresh fruits, is poured over the ice cream after it is in individual dishes. It is best on ice cream that does not contain vanilla flavoring.

Meats and Vegetables

Honey has a flavor that goes very well with the flavor of ham. Many people use it as the sirup for glazing a baked ham or as sweetening for a sauce to be used with ham.

Honey may also be used for glazing such vegetables as sweet potatoes and carrots, or for sweetening mashed sweet potatoes, squash, stewed tomatoes, etc.

Ham Slices à la Cranberries

2 c raw cranberries
1 c honey
2 slices of ham
Clove

Mix cranberries and honey. Spread thickly over a center slice of ham. Top with second slice. Insert whole cloves around edge of top slice. Place in baking dish and bake 1½ hours in a moderate oven (350° F.), basting occasionally with the liquid in the dish.

Honeyed Squash—try serving with ham

4 servings

1 qt of squash pieces
\( \frac{3}{4} \) c strained honey
Grated rind of 1 orange
\( \frac{1}{4} \) c hot water
\( \frac{1}{2} \) c melted butter

Cut squash (Hubbard variety preferable) into pieces suitable for serving. Pare and drop into salted boiling water. Cook until tender
and drain. Mix honey, melted butter, water, and grated orange rind in pan. Arrange pieces of squash in a pan and bake in a moderate oven (350° F.) or cook on top of stove, turning the pieces over until they are sufficiently candied.

**Honeyed Sweet Potatoes**  
4 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c warm mashed sweet potato</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp salt</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp brown sugar</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp honey</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp butter</td>
<td></td>
</tr>
<tr>
<td>1/2 c milk</td>
<td></td>
</tr>
<tr>
<td>8 marshmallows</td>
<td></td>
</tr>
</tbody>
</table>

Blend salt, brown sugar, honey, butter, and milk with warm mashed potato. Turn into a baking dish. Place marshmallows on top. Bake at 350° F. until mixture is heated thru and marshmallows are slightly browned. (The proportion of honey and brown sugar may be changed as desired, or all the sweetening may be honey.)

**Salads and Salad Dressings**

Since the flavor of honey blends very well with the flavor of most fruits and vegetables, it can be used in salads to add variety to the menu.

**Honey Fruit Salad**—does not need a dressing

<table>
<thead>
<tr>
<th>Fruit</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange sections</td>
<td></td>
</tr>
<tr>
<td>Pear</td>
<td></td>
</tr>
<tr>
<td>Honey, warm</td>
<td></td>
</tr>
</tbody>
</table>

Cut fruit into suitable size for salad. Drizzle honey over fruit (page 9). Let stand 15 to 20 minutes. Arrange attractively on bed of lettuce or other salad greens.

**Orange Ambrosia Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium-sized oranges</td>
<td>Honey</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Shredded coconut</td>
</tr>
</tbody>
</table>

Peel and slice crosswise some firm medium-sized oranges, allowing 4 or 5 slices (1/4 inch thick) for each salad. Arrange crisp lettuce on individual salad plates. Place warm honey and shredded coconut in separate shallow dishes. Dip orange slices in honey and then in coconut. Arrange attractively on lettuce leaves. Serve cold.

**A Waldorf Salad**—one that's different  
10 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c diced red apples</td>
<td>2 c diced celery</td>
</tr>
<tr>
<td>1 c Malaga grapes halved and seeded</td>
<td>1/2 c coarsely chopped walnuts</td>
</tr>
</tbody>
</table>

Chill all ingredients and place in bowl. Add lemon-cream salad dressing (page 15). Toss lightly. Place on crisp lettuce leaves and serve at once.
Bermuda Salad Bowl—always welcomed  

6 servings

- 1 small head cauliflower
- 3 c celery-seed dressing
- 1/2 large Bermuda onion
- 1 head lettuce
- 1/2 c thinly sliced carrots
- 1/2 c sharp cheese

Separate cauliflower into flowerlets and slice them crosswise. Slice the onion and separate into rings. Add sliced carrots to cauliflower and onions and marinate in celery-seed dressing (below) for 30 minutes. Just before serving add the head of lettuce cut into one-inch cubes and the sharp cheese which has been crumbled. Toss together lightly. Serve from salad bowl.

Celery-Seed Dressing—delicious with fruit or vegetable salads  

2 cups

- 1 t dry mustard
- 1/4 medium onion grated
- 1 t salt
- 1/4 c vinegar
- 1/2 t paprika
- 1 c salad oil
- 1/2 c honey
- 1 Tb celery seed

Measure dry ingredients into small mixing bowl. Add honey and blend thoroly. Add grated onion and small amount of vinegar. Beat mixture and add oil and remaining vinegar alternately. Add celery seed last. Store in covered jar in a cool place.

Lemon-Cream Dressing—adds new interest to fruit salads  

1 cup

- 3 Tb honey
- 1/2 c whipping cream
- 1 Tb lemon juice

Combine honey and lemon juice. Just before serving add to cream which has been whipped. Serve on fruit salad. This dressing cannot be stored, as it separates on standing.

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Sauces and Relishes

Sauces and relishes give zest to the foods with which they are served. When honey is used as the sweetening agent, another interesting flavor is added.

Chocolate Sauce—excellent for puddings and frozen desserts  

3/4 cup

- 1/2 c honey
- 1/4 c water
- 1/2 t vanilla
- 1 square of chocolate coarsely grated
- Pinch of salt

Boil water and honey until it spins a light thread, or to 230° F. (110° C.). Remove from flame, add chocolate. Set aside and when chocolate has melted beat thoroly with a Dover beater. When cool, add vanilla and salt.
Lemon Pudding Sauce—good for cake too

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 Tb butter</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 egg well beaten</td>
<td></td>
</tr>
<tr>
<td>3/4 c honey</td>
<td></td>
</tr>
<tr>
<td>1/8 t salt</td>
<td></td>
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<tr>
<td>Rind of 1 lemon</td>
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</tbody>
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Melt butter, add beaten egg, honey, lemon juice, and salt. Cook in a double boiler until thickened, stirring constantly. Add lemon rind. For a cake filling proceed as above but use 2 eggs.

Swiss Honey—try with waffles or griddle cakes

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c butter</td>
<td>1 1/2 c</td>
</tr>
<tr>
<td>1/2 c whipping cream</td>
<td></td>
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<tr>
<td>1/4 c honey</td>
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</tbody>
</table>

Cream butter until it has the consistency of mayonnaise. Gradually add honey, beating the mixture well during the process. Fold in cream (whipped) until thoroughly blended. If all is not used the first time, store in refrigerator. To use again, remove from the refrigerator long enough beforehand to bring to room temperature, then cream again before serving.

Honey Hard Sauce—for steamed puddings, toast, etc.

To 1/2 cup of soft butter add 1 cup of honey and stir until well blended. Place in glass container which can be tightly covered and store in refrigerator. If a firmer product is desired, it can be obtained by increasing the proportion of butter. In fact, a mixture of honey and butter in equal parts makes an excellent spread for bread, biscuits, and waffles.

Cranberry Relish—good with ham as well as poultry

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 medium orange</td>
<td>1 c honey</td>
</tr>
<tr>
<td>2 c cranberries</td>
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</tbody>
</table>

Wash whole orange. Grind orange and cranberries together in a food chopper and blend with honey. Let stand 24 hours before using. This relish improves on aging.

Sautéed Apple Rings—serve with sausage, ham, or meat loaf

Wash, core, and slice tart apples 1/2 to 3/4 inch thick. Sauté in pan until nearly tender; then add 1 teaspoonful of honey to each serving of apple.

SIX to ten million pounds of honey is produced yearly in Illinois. The nectar is gathered mainly from three clovers—white, sweet, and alsike. This accounts for the mild flavor and light color of most Illinois honey.