

# Oregon Agricultural College Extension Service

PAUL V. MARIS

Director

---

---

Extension Bulletin 322

Corvallis, Oregon

September, 1920

---

---

Cooperative Extension Work in Agriculture and Home Economics.  
Oregon Agricultural College and United States Department of Agriculture, Cooperating  
Printed and distributed in furtherance of the Acts of Congress of May 8  
and June 30, 1914.

---

---

## HONEY — NATURE'S OLDEST SWEET

By

MRS. SARA W. PRENTISS

Instructor in Household Science

Lucky, in these days of "out-of-sight" sugar prices, is the owner of an apiary, whether large or small; for honey is an excellent substitute for sugar. The little busy bee is one producer who has not been contaminated by the contagious strike germ, and up to date we have not heard of any profiteer cornering the honey supply.

It is true that honey when marketed brings even a higher price than sugar, but on the farm where bees are usually a side line there is frequently much good honey not in marketable condition. By using this oldest of nature's sweets wherever possible the item of sugar may be almost entirely eliminated from the grocery bill.

The sugar in honey is not identical with cane sugar but is the same as cane sugar that has gone through the first step in digestion. For this reason in certain cases of digestive disturbance honey can be tolerated where ordinary sugar can not be borne.

**Serving Honey.** The simplest way of serving honey is as a spread with bread or rolls. It is fine as a flavorer and sweetener of ice-cream, gelatin desserts, and blanc manges. Honey combines particularly well with oranges, apples, peaches, and dried fruits. In baking apples add honey instead of sugar and, with cream, a dish "fit for the Queen" results.

Honey is especially convenient as a sweetener of summer drinks since it is already in the form of a sirup.

**Honey in Cookery.** In substituting honey for sugar in cookery it should be remembered that honey is heavier than sugar. One cup of honey weighs about 12 ounces and contains 9 or 10 ounces of sugar, or a little more than 1 cup of granulated sugar. Hence for sweetness it may be substituted practically cup for cup. Allowance must be made

for the fact that honey is 18 percent water, and in cookies, etc., less liquid should, therefore, be used. For instance, in a recipe calling for one cup of sugar and one of milk, one cup of honey and  $\frac{3}{4}$  of a cup of milk should be used.

Since honey contains a small amount of acid, from  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of soda with each cup of honey is required in baking. Since honeys differ in acidity, it is well to test out a small sample first. The addition of some baking powder will give a lighter product.

Baked foods keep moist much longer when made with honey instead of sugar. For this reason large quantities of honey are used by bakeries. Spice cakes and cookies seem as a general rule to be most satisfactory. Great care must be taken in baking any cake containing honey, for it burns very readily and will darken considerably even before it scorches. This is especially noticeable in white cakes and is one reason why they are not so satisfactory as those meant to be dark.

The combining of materials for a honey cake is necessarily somewhat different from the method usually followed. For convenience it is well to have the honey warm enough to allow it to be poured and measured easily. Crystallized honey may be melted by heating in a water-bath below the boiling point in order that the flavor may not deteriorate. Shortening should be melted and added to the honey with the milk or other liquid and the egg; then the flour and soda are added.

Fruits canned with honey are said to keep better and have a brighter color than when sugar is used.

**Care of Honey.** Honey should be allowed to ripen before it is taken from the hive; if not, it is likely to ferment. Store in a dry, warm place, where it will keep for months. It may be placed in the refrigerator for a few hours before serving to give it the thick, waxy texture liked by most people.

**Recipes.** Farmers' Bulletin No. 653, "Honey and Its Uses in the Home," published by the United States Department of Agriculture, gives a selection of good recipes. Other recipes may be had by writing to almost any of the big honey producers.

Here are a few that have been tested and found good.

#### Honey Cookies

$\frac{1}{2}$ cup honey	1 teaspoon soda
2 eggs	$\frac{3}{4}$ teaspoon cinnamon
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ teaspoon salt
1 cup thick, sour cream	5 cups flour (or enough to roll)
2 teaspoons melted butter	

Beat eggs well, then add molasses, honey, and sour cream. Sift spices, salt, soda, and flour. Roll out, cut, and bake in hot oven.

#### Honey Jumbles

1 cup honey	$\frac{1}{4}$ cup water
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ teaspoon vanilla
2 teaspoons (level) soda	4 cups (or less) flour
1 teaspoon salt	

Drop from teaspoon onto buttered pans. Bake in moderate oven.

**Honey Drop Cakes**

$\frac{3}{4}$  cup honey  
 $\frac{1}{4}$  cup butter, melted  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{8}$  teaspoon cloves

1 egg  
 $1\frac{1}{2}$  to 2 cups flour  
 $\frac{1}{2}$  teaspoon soda  
1 cup raisins, cut small and floured

Mix honey and melted butter. Add egg, well beaten. Stir in sifted dry ingredients; add raisins. Drop teaspoon onto greased pan. Bake in moderate oven.

**Honey Icing**

1 cup sugar  
 $\frac{1}{4}$  cup water

$\frac{1}{4}$  cup honey  
1 or 2 egg whites

Boil sugar and water for a few moments and then add honey. Cook until drops of sirup keep their form when poured into cold water. (Be careful not to burn.) Beat white of egg until stiff and pour sirup over it, beating constantly.

Remains soft for some weeks.

**Honey Baked Apples**

8 medium-sized apples  
 $\frac{1}{2}$  cup water  
 $\frac{2}{3}$  cup honey

Cinnamon  
2 tablespoons butter

Pare, halve, and core apples and arrange in baking pan. Pour water into pan. Put honey over apples. Dot with butter and dust with cinnamon. Bake until done.

**One Hour Graham Bread (with honey)**

2 cups sour milk  
 $1\frac{1}{2}$  teaspoons soda  
 $1\frac{1}{2}$  teaspoons salt  
1 teaspoon baking powder

$\frac{3}{4}$  cup honey  
2 cups graham flour  
 $1\frac{1}{2}$  cups white flour

Stir together and bake in greased pan one hour (moderate oven).

**Boiled Honey Custard**

2 cups milk  
3 egg yolks

$\frac{1}{3}$  cup honey  
 $\frac{1}{8}$  teaspoon salt

Mix honey, eggs, and salt. Scald milk and pour over eggs. Cook in double boiler until it forms creamy layer on spoon. Suitable for use in place of cream on gelatin desserts, or where any boiled custard sauce is wanted.

