

USES OF HONEY

MORE THAN ONE MILLION EIGHT HUNDRED THOUSAND POUNDS OF HONEY ARE PRODUCED IN OREGON ANNUALLY.

FROM EASTERN AND SOUTHERN OREGON COME ALFALFA HONEY, WHITE TO LIGHT AMBER IN COLOR. THE FIRE-WEED HONEY, PRODUCED MOSTLY IN THE MOUNTAINS OF NORTHWESTERN OREGON, IS CLEAR WHITE. RASPBERRY HONEY ALSO IS WHITE. MOST OF THE HONEY PRODUCED IN THE WILLAMETTE VALLEY IS FROM CLOVER AND VETCH. A DARK AMBER HONEY IS MADE FROM THE FRENCH PINK AND THE BACHELOR BUTTON. THIS HONEY IS RATHER STRONG IN ODOR AND FLAVOR AND HAS A CHARACTERISTIC GREENISH TINGE.

A VARIETY OF COLORS AND FLAVORS ARE AVAILABLE TO SATISFY PERSONAL PREFERENCES. AN INCREASE IN CONSUMPTION OF HONEY MAY BE EXPECTED AS METHODS OF USING IT IN COOKERY ARE BETTER UNDERSTOOD.

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THIS bulletin is prepared for homemakers who find it economical to use honey in recipes requiring sugar in some form and for others who prefer the flavor of honey to sugar, molasses, and other sirups. Since most recipes call for sugar, directions are included for using honey in such recipes. The material has been prepared by the Department of Foods and Nutrition of the School of Home Economics in cooperation with the Home Economics Division of the Extension Service.

Uses of Honey

HONEY may be substituted for sugar, molasses, or sirup in cookery, giving products of good texture and excellent flavor. It may be served, not only with bread or toast, cereal, griddlecakes, and waffles, but also in beverages and fruits and with ice cream. In combination with fruits or nuts it makes delicious sandwiches.

Purchasing honey. Honey is sold either in the comb or extracted from it. The net weight of comb honey is stamped on the frame. Extracted honey has been separated from the uncrushed comb by centrifugal force. It is found on the market in a wide variety of sizes and types of containers. The sizes and types of containers have much influence on price. Price calculations should be made from the net weight which is given on the label. Extracted honey may be purchased to advantage in five- or ten-pound tin buckets. This is practical since honey has excellent keeping qualities without refrigeration.

Substituting honey for sugar. One cup of extracted honey sweetens products as much as one cup of sugar. However in certain recipes half honey and half sugar gives better texture and flavor than if all honey is used. Since honey contains about 20 per cent water, it is necessary to reduce the liquid called for in such recipes as cakes and cookies. For each cup of honey used, omit one-fourth cup or four tablespoons of the liquid specified.

Honey contains the sugars levulose and glucose. Levulose absorbs moisture. This is an advantage in cakes and cookies as it causes them to remain moist for several weeks. On the other hand the presence of levulose and glucose limits the quantity of honey that can be used successfully in frostings and candies. Moderate quantities of honey yield candies of excellent flavor and texture, while too much honey results in a soft, sticky product. Therefore it is advisable to follow tested recipes for candies and frostings.

Substituting honey for molasses. In recipes containing molasses, an equal amount of honey may be substituted successfully. Two changes should be made in leavening: (1) omit the soda, (2) add four teaspoons of single-action baking powder in place of each teaspoon of soda omitted from the recipe. If sour milk is also used, one-half teaspoon soda is required for each cup of sour milk.

Suggestions for measuring honey. Since honey is difficult to remove from measuring equipment it is desirable in recipes using fat, to measure the fat first and then measure the honey before washing the cup or spoon. If a recipe calls for both sugar and honey, the sugar should be put in the cup first and then the honey poured on the sugar.

Suggestions for blending honey with foods. Honey should be warmed by setting it in hot water, first placing it in a pitcher so it can readily be poured or "drizzled" over the fruit or cereal. Before adding honey to cold beverages such as lemonade or ice tea, it should be blended with a little hot water.

Crystallization of honey. Some varieties of honey such as the alfalfa crystallize readily at low temperatures. If subjected to sudden changes in temperature, most varieties tend to crystallize. Honey may be used in the crystallized form in some recipes such as sandwiches, but for most uses it is desirable to liquify it before it is combined with other ingredients. To liquify honey, place the jar in warm water or put the honey in the top of a double boiler. The temperature of the honey should be kept below 160° F. as a higher temperature or long heating tends to change the flavor, aroma, and color.

Care of honey. The composition of honey is such that it will keep indefinitely in a dry warm place. It may absorb moisture and mold if left uncovered. There is greater tendency to crystallization when it is stored in a refrigerator than when left at room temperature.

BREADS

Plain muffins

2 cups blend flour or	1 egg
2½ cups pastry flour	2 tablespoons honey
3 teaspoons baking powder	1 cup milk
½ teaspoon salt	2 tablespoons fat
	If sour milk is used, add ½ tea- spoon soda and reduce bak- ing powder to 1 teaspoon.

Sift flour, baking powder, and salt.

Beat egg slightly. Add honey, milk, and melted fat.

Combine liquid and dry ingredients, stirring just enough to dampen dry ingredients. Do not beat mixture until it is smooth.

Pour into oiled muffin tins.

With a slow-acting baking powder (S. A. S. Phosphate type) start baking in a slow oven (300° F.) and after 5 minutes increase the heat to a hot oven (400° F.). With a faster-acting baking powder (tartrate or phosphate type) bake in a hot oven (400° F.) throughout.

Graham or cornmeal muffins

Substitute graham flour or cornmeal for half of the white flour in the recipe for plain muffins.

Bacon muffins

Use bacon fat for the shortening in the plain muffin recipe and mix ½ cup of finely chopped cooked bacon with the dry ingredients.

Bran Bread (1 large or 2 small loaves)

1 cup white blend flour	¼ cup raisins
4 teaspoons baking powder	1 egg
½ teaspoon salt	1 cup milk
¾ cup bran	2 tablespoons fat
¼ cup whole wheat flour	

Sift white flour, baking powder, and salt.

Mix with bran and whole wheat flour. Add raisins.

Beat egg slightly, add milk and melted fat.

Combine liquid and dry ingredients, stirring just enough to dampen flour. Mixture should not be beaten smooth.

Fill oiled loaf pans two-thirds full.

Bake in a moderate oven (350° F.) about 45 minutes.

This mixture may also be used for muffins.

Nut bread

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|-----------------------------|-------------------------|
| 2 cups blend flour | 1 egg |
| 3 teaspoons baking powder | $\frac{1}{4}$ cup honey |
| $\frac{1}{2}$ teaspoon salt | 1 cup milk |
| $\frac{1}{2}$ cup nuts | |

Sift flour, baking powder, and salt.

Chop nuts very fine or grind. Add to flour.

Beat egg slightly, add honey and milk. Mix well.

Combine liquid and dry ingredients, stirring only enough to dampen flour.

Pour into oiled loaf pan.

Bake in a moderate oven (350° F.) about 45 minutes.

This mixture may be baked as muffins.

Honey graham biscuits

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| 1 cup graham flour | $\frac{1}{4}$ cup fat |
| 1 cup white blend flour | $\frac{1}{4}$ cup honey |
| 4 teaspoons baking powder | About $\frac{3}{8}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | |

Sift flour, baking powder, and salt.

Mix with fat.

Drip honey over mixture.

Add just enough milk to make a soft dough. Roll and cut.

Bake in a hot oven (400° F.).

Steamed brown bread

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| 1 cup white blend flour | 1 cup yellow cornmeal |
| 1 teaspoon salt | 2 cups sour milk |
| 1 teaspoon soda | 1 cup honey |
| 1 cup graham flour | Raisins, if desired |

Sift white flour, salt, and soda.

Mix thoroughly with graham flour and cornmeal. Add raisins if desired.

Mix honey and sour milk.

Combine liquid and dry ingredients. Mixture should be a thin pour batter.

Pour mixture into well oiled molds or four 1-pound baking-powder cans. Molds should not be more than two-thirds full.

Cover molds and steam for 3 hours.

Remove covers as soon as molds are taken from steamer.

Prune nut bread (1 medium loaf)

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| 1 cup blend flour | $\frac{1}{2}$ cup nuts |
| 2 teaspoons baking powder | $\frac{1}{2}$ cup cooked prunes |
| $\frac{1}{2}$ teaspoon salt | 1 egg |
| 1 cup whole wheat flour | $\frac{1}{2}$ cup honey |
| | $\frac{3}{4}$ cup milk |

Sift white flour, baking powder, and salt.

Add whole wheat flour and mix well.

Chop nuts medium fine. Drain prunes, remove pits, and cut prunes in small pieces.

Add nuts and prunes to flour mixture.

Beat egg, add honey and milk. Combine with dry ingredients, stirring just enough to mix.

Place in greased pan.

Bake in moderate oven (350° F.) about 1 hour.

Orange bread (2 small loaves)

2½ cups blend flour

½ cup sugar

½ teaspoon salt

4½ teaspoons baking powder

⅔ cup ground orange peel,
fresh

2 eggs

½ cup milk

½ cup honey

1 tablespoon melted fat

Mix and sift dry ingredients.

Grind fresh (not candied) orange peel very fine. Add to dry ingredients.

Beat eggs slightly, add milk and honey.

Stir until honey is well blended.

Add melted fat and mix quickly.

Combine liquid and dry ingredients, stirring just enough to blend.

Turn into two small bread pans, lightly oiled.

Bake in moderate oven (350° F.) for 45 to 60 minutes.

Yeast bread

1 cake yeast

¼ cup lukewarm water

2 cups milk

1 tablespoon shortening

2 to 4 tablespoons honey

1½ teaspoon salt

About 6 cups blend flour

Soften the yeast in the warm water.

Scald milk over hot water. Add fat, honey, and salt to hot milk.

Cool until lukewarm and add yeast.

Add enough flour to make a stiff batter. For the sponge method this batter is allowed to become light and spongy before more flour is added.

Then add enough flour to make dough just stiff enough to knead.

Turn on to lightly floured board and knead enough to blend ingredients.

Cover and let rise until double in bulk.

Knead lightly and let rise again or shape into loaves and place in oiled pans. Let loaves rise until double in bulk.

Bake from 45 minutes to 1 hour in a hot to moderate oven. (425°-375° F.).

Raisin yeast bread

Follow directions above for yeast bread using sponge method and adding 1 slightly beaten egg, ½ pound seeded raisins, and ¼ teaspoon cinnamon after sponge has become light.

Graham yeast bread

Follow directions for yeast bread (page 6) using white flour to make sponge. Add graham flour to make into a dough.

Bran bread

Use 1 cup of bran in dough of either of the above bread recipes.

Cinnamon rolls

Follow directions for yeast bread (page 6) using $\frac{1}{4}$ cup honey and $\frac{1}{4}$ cup fat. A slightly beaten egg may also be added.

For cinnamon rolls, roll dough into a rectangular shape about $\frac{1}{2}$ inch thick

Spread with melted butter, sugar, and cinnamon. Honey fruit filling given on page 11 may be used.

Roll as you would a jelly roll.

Cut in slices $\frac{1}{2}$ inch thick. Place in a shallow oiled baking pan or in muffin tins.

Let rise until double in size.

Brush top with mixture of melted butter and honey. Sprinkle with cinnamon.

Bake in a hot oven (400° F.) about 25 minutes.

Rolls with honey fruit filling

$\frac{1}{4}$ cup butter

$\frac{1}{4}$ cup honey

$\frac{1}{4}$ cup chopped nuts

$\frac{1}{4}$ cup chopped dried fruit (dates, raisins, prunes, or apricots may be used)

Cream butter, add honey gradually and blend well. Add chopped nuts and dried fruit.

Roll either baking-powder-biscuit or yeast-roll dough (see recipes given above) into a rectangular shape about $\frac{1}{4}$ inch thick.

Spread with filling. Roll as you would a jelly roll.

Cut into slices about $\frac{3}{4}$ inch thick. Place cut side down on an oiled pan or place in muffin tins.

Brush top with butter and sprinkle with cinnamon.

Bake in a hot oven (400° F.).

Care must be taken to prevent burning on bottom.

CAKES**Sour cream cake**

1 $\frac{1}{2}$ cups blend flour or

1 $\frac{3}{4}$ cups pastry flour

$\frac{1}{2}$ teaspoon soda

2 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

2 eggs

$\frac{1}{2}$ cup white or brown sugar

1 cup rich sour cream

$\frac{1}{2}$ cup honey

Spices, nuts, and raisins if desired

Sift flour, soda, baking powder, salt, and spices.

Beat eggs. Add sugar, cream and honey, and blend these liquid ingredients well.

Combine liquid and dry ingredients.

Place in oiled layer or cup-cake pans.

Bake in a moderate oven (350° F.).

Honey cake

2 cups pastry flour or	$\frac{1}{2}$ cup fat
1 $\frac{1}{2}$ cups blend flour	$\frac{1}{2}$ cup honey
2 $\frac{1}{2}$ teaspoons baking powder	2 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk

Sift flour, baking powder, and salt.

Cream the fat.

Add about two tablespoons of sugar at a time, creaming it thoroughly with the fat.

Add honey gradually and blend with fat and sugar.

Beat egg yolks. Combine with fat mixture.

Add vanilla to milk.

Add sifted dry ingredients alternately with milk, beating just enough to mix ingredients.

Fold in beaten whites and beat a few strokes.

Pour into oiled layer or cup-cake pans.

Start baking in a moderate oven (about 350° F.) and increase heat slightly (375° F.) after ten minutes.

Chocolate cake

2 $\frac{1}{2}$ cups cake flour or	$\frac{1}{2}$ cup fat
2 $\frac{1}{4}$ cups blend flour	$\frac{3}{4}$ cup honey
$\frac{1}{2}$ teaspoon salt	1 egg
$\frac{1}{2}$ teaspoon soda	2 squares chocolate
1 teaspoon baking powder	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup sour milk

Sift flour, salt, soda, and baking powder.

Cream sugar, fat, and honey.

Add egg yolk, melted chocolate, and vanilla. Beat well.

Add sifted dry ingredients alternately with sour milk.

Fold in beaten whites.

Bake in a moderate oven (370° F.) for 40 minutes.

Jelly roll

1 cup pastry flour or	5 eggs
$\frac{2}{3}$ cup blend flour	1 tablespoon lemon juice
1 cup honey	$\frac{1}{4}$ teaspoon salt

Sift and measure flour.

Separate whites and yolks of eggs.

Beat whites until stiff but not dry.

Beat yolks, add honey gradually and beat until well blended.

Add lemon juice and salt.

Add flour gradually to yolk-honey mixture. Beat five minutes.

Fold in beaten whites.

Pour about $\frac{1}{2}$ inch deep in one or two small shallow baking pans which have been oiled on the bottom only.

Bake in a slow oven (325° F.) 20 to 30 minutes.

Turn on to an oiled paper or towel which has been sprinkled with powdered sugar.

Spread with jelly or jam which has been beaten enough to spread easily.

Roll. If edges are too firm to roll easily, a thin strip must be trimmed from the sides of the cake. Wrap in oiled paper or towel to hold shape.

If cake is too thick to roll easily, cut it into several strips and pile on each other as layer cake.

Gingerbread

2½ cups blend flour	½ teaspoon cloves
½ cup sugar	½ teaspoon cinnamon
3 teaspoons baking powder	1 egg
½ teaspoon soda	1 cup sour milk
¾ teaspoon salt	¼ cup fat
1 teaspoon ginger	1 cup honey

Sift and thoroughly mix dry ingredients.

Beat egg slightly. Add sour milk, melted fat, and honey, and mix these liquid ingredients.

Combine liquid and dry ingredients.

Bake in a shallow pan in a slow oven (325° F.) for 40 to 60 minutes.

If sweet milk is used omit soda and increase baking powder to 5 teaspoons.

Honey makes a lighter colored gingerbread than molasses. One-half cup molasses may be substituted for ½ cup honey in the above recipe. One-fourth teaspoon soda should be allowed for ½ cup of molasses.

CANDY

Fudge

1 square chocolate	2 tablespoons butter
1½ cups sugar	1 teaspoon vanilla
½ cup milk	¼ teaspoon salt
2 tablespoons honey	½ cup nuts (may be omitted)

Cut chocolate in small pieces. Place in kettle.

Add sugar, milk, and honey. Cook slowly with occasional stirring until chocolate and sugar are melted.

Boil, stirring enough to prevent sticking to bottom of pan, until mixture forms a soft ball in cold water (236° F.).

Remove from heat, add butter and cool until bottom of pan feels only slightly warm (about 100° F.).

Add vanilla and salt. Beat until it tends to hold shape and loses its sticky glossy appearance.

Add nuts and turn into a buttered pan, lined on the bottom with oiled paper.

This fudge may be kneaded like fondant.

Candied orange peel

Peel of 3 oranges
1 cup honey

Remove peel from oranges in quarter sections. Boil in salted water until very tender. Drain. Cut peel in strips.

Bring honey to boiling point. Add orange peel. Cook gently for 10 minutes.

Drain peel from honey.

Roll each piece in granulated sugar.

Long cooking of the peel in honey makes a tough product.

Taffy or kisses

1½ cups sugar

2 teaspoons butter

½ cup honey

½ teaspoon vanilla if desired

½ cup water

Heat sugar, honey, and water, stirring until sugar is dissolved. Cook until mixture is very brittle when tested in cold water (288° F.). Add butter and vanilla if desired.

Pour on to an oiled pan. Cool until it can be handled. Pull into strips and cut into pieces with scissors or knife.

Taffy made with honey absorbs moisture and becomes sticky on standing. Taffy may be kept satisfactorily if pieces are wrapped in oil paper.

Pop-corn balls

1 quart popped corn

½ cup honey

Heat honey until it forms a firm ball when tested in cold water (250° F.).

Pour sirup over well salted corn.

Shape into balls.

This recipe makes white, mild-flavored balls.

If a darker, more highly flavored sirup is desired use the cracker-jack recipe given below.

Cracker jack

1 quart popped corn

1 teaspoon vinegar

½ cup sugar

1 tablespoon butter

½ cup honey

¼ teaspoon vanilla

½ teaspoon salt

Cook sugar, honey, salt, and vinegar until brittle when dropped in cold water (278° F.).

Add butter and vanilla. Pour hot sirup over pop corn.

Mix well and pack in a well oiled shallow pan, or shape into balls.

COOKIES

Rolled cookies

3 cups blend flour

2 eggs

¾ cup sugar

½ cup honey

½ teaspoon salt

1 teaspoon lemon rind

3 teaspoons baking powder

Nuts for top of cookies if desired

½ cup fat

Sift flour, sugar, salt, and baking powder.

Cream fat, add eggs. (Part of one white may be reserved to brush over cookies.)

Add honey and lemon rind. Mix these ingredients well.

Combine liquid and dry ingredients.

Dough is easier to handle if it is allowed to stand in a cool place for about 30 minutes.

Roll about $\frac{1}{8}$ inch thick and cut. Place on a baking sheet.

If desired, the cookies may be brushed with slightly beaten egg white and sprinkled with chopped nuts and granulated sugar.

Bake in a hot oven (425° F.) from 5 to 10 minutes.

Ice-box cookies

3 cups blend flour	$\frac{1}{2}$ cup light-brown sugar
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup fat
1 teaspoon baking powder	$\frac{1}{2}$ cup honey
$\frac{1}{4}$ teaspoon salt	1 egg
	1 teaspoon vanilla

Sift flour, soda, baking powder, and salt.

Sift or roll the brown sugar if lumpy.

Cream the fat and blend well with sugar and honey.

Add beaten egg, vanilla, and the dry ingredients. Mix well. If necessary add more flour to form a stiff dough.

Shape into a roll. Place in refrigerator or cold place for several hours or overnight.

Cut into thin slices with a sharp knife.

Bake in a hot oven (400° F.).

Fruit filling for ice-box cookies

1 cup ground dried fruit (dates, figs, raisins, apricots, or prunes)	$\frac{1}{4}$ cup chopped nuts About 2 tablespoons honey
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Mix ground fruit and nuts.

Add just enough honey to make mixture hold together.

Shape into a compact roll, smaller in diameter than the rolls of cookie dough.

Wrap in oil paper and chill very thoroughly.

Cut in thin slices with a sharp knife dipped in flour.

Place a slice of fruit roll between thin slices of the cookie dough.

Bake in a hot oven (400° F.).

Ginger nut cookies

$3\frac{1}{2}$ cups blend flour	1 cup chopped nuts
2 teaspoons baking powder	1 egg
1 tablespoon ginger	1 cup melted fat
$\frac{1}{2}$ teaspoon salt	1 cup honey
1 cup sugar	

Sift dry ingredients including sugar.

Add chopped nuts.

Beat egg, add melted fat and honey.

Combine with dry ingredients. Mix thoroughly. If necessary add more flour to make a soft dough.

Drop from a spoon on to an oiled pan.

Bake in a moderately hot oven (375° F.).

These cookies are very hard when first baked. When stored in a closed jar for several days they become similar to ginger snaps.

Sour cream cookies

2½ cups blend flour	1 egg
2½ teaspoons baking powder	½ cup sugar
½ teaspoon soda	½ cup rich sour cream
½ teaspoon salt	½ cup honey

Sift flour, baking powder, soda, and salt.

Beat egg. Add sugar, cream, and honey, and mix these liquid ingredients thoroughly.

Combine liquid and dry ingredients.

Drop from a teaspoon on a well oiled baking sheet.

Bake 15 to 20 minutes in a moderate oven (375° F.).

Date bars

1½ cups blend flour	½ cup honey
1 teaspoon baking powder	1 teaspoon vanilla
½ teaspoon salt	½ cup nuts
3 eggs	1 cup dates or other dried fruit
½ cup sugar	

Sift flour, baking powder, and salt. Add fruit and nuts.

Beat eggs.

Add sugar, honey, and vanilla. Mix well.

Combine with dry ingredients.

Place mixture into an oiled shallow pan.

Mixture should be about ¼-inch thick.

Bake in a moderate oven (350° F.) for about 20 minutes.

When cool, cut in strips. Strips may be rolled in powdered sugar.

Eggs may be separated and beaten whites folded in after dry ingredients are added.

DESSERTS**Baked apple**

6 apples	½ to 1 cup water
¼ cup sugar	Seasonings if desired
¼ cup honey	

Core apples. Place in baking pan.

Put sugar and honey in center of apples.

Add enough water to cover bottom of pan.

Cinnamon, lemon juice, or butter may be added to vary flavor.

Bake in a hot oven (400° F.) 25 to 45 minutes, basting occasionally with juice in pan.

Apple brown betty

½ cup butter	4 cups sliced raw apples or 2 cups apple sauce
2 cups bread crumbs	½ cup honey
½ lemon—juice and rind (may be omitted with tart apples)	½ cup warm water
	½ teaspoon cinnamon
	½ teaspoon 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, making moistened crumbs the top layer.

Bake in a moderate oven (350° F.) until crumbs are well browned, about 30 to 45 minutes. Baking dish may be covered during first fifteen minutes.

Serve with cream sweetened with honey.

Prune brown betty

2 cups cooked prunes

$\frac{3}{4}$ cup prune juice

Pit prunes and cut or chop in several pieces.

Substitute prunes and prune juice for apples and water, in the recipe given above for Apple Brown Betty.

Baked custard

2 cups milk

2 tablespoons sugar

2 tablespoons honey

2 eggs or 4 egg yolks

Few grains salt

Few grains nutmeg

$\frac{1}{4}$ teaspoon vanilla, if desired

Scald milk in top of double boiler.

Add sugar and honey, stir until dissolved.

Pour over slightly beaten eggs or yolks.

Add salt and flavoring.

Pour into baking dish or individual custard cups. Set baking dishes in a pan and add hot water to the depth of the custard.

Bake until custard is almost firm in center when tested with a knife. Custard becomes watery if cooked too long or at too high a temperature. The water surrounding custard should not boil.

Bake in a slow or moderate oven (325° to 350° F.) from 45 to 60 minutes.

Soft custard

This custard is the consistency of cream and may be used as a pudding sauce.

Use same proportions as for baked custard above.

Scald milk in top of double boiler.

Add sugar and honey; stir until dissolved.

Pour over slightly beaten eggs or yolks.

Return to top of double boiler. Have enough water in lower part of boiler to surround the custard. Keep water in lower part of boiler below the boiling point.

Cook the custard with constant stirring, until it coats the spoon like cream.

Add salt and flavoring.

Cool at once by setting in a pan of cold water or pouring into serving dish. If the custard cooks too long or the water surrounding it boils, the custard will have a curdled appearance. Beating custard with a rotary beater before serving gives a pleasing texture.

Steamed prune graham pudding

1½ cups graham flour	¼ cup shortening
2 teaspoons baking powder	½ cup honey
¼ teaspoon soda	½ cup sour milk
1 teaspoon salt	1 egg
1 cup cooked prunes	

Mix flour, baking powder, soda, and salt thoroughly.
 Pit prunes and chop fine. Add to flour mixture.
 Melt shortening, add honey, milk and slightly beaten egg.
 Combine liquid and dry ingredients.
 Place in an oiled pudding mold or baking powder can, filling only two-thirds full. Cover tightly.
 Steam about 2½ hours depending on size of cans.
 Serve with honey hard sauce.

Honey hard sauce

¼ cup butter	½ cup honey
½ cup brown sugar	1 teaspoon vanilla or
	½ teaspoon nutmeg

Cream butter.
 Roll or sift brown sugar and cream it into butter gradually.
 Add honey and flavoring. Stir until well blended.
 Two tablespoons cream may be added.

Prune mousse

¾ cup prune pulp	2 egg whites
2 tablespoons lemon juice	1 cup whipping cream
½ cup honey	Ice and coarse salt

Mash prune pulp fine or put through a sieve.
 Add lemon juice and honey.
 Beat egg whites and fold in prune mixture.
 Whip cream and combine with egg and prune mixture.
 Place in freezing tray in electric refrigerator or, to freeze in ice and salt, put into a mold or baking powder cans. Cover tightly. Surround with a mixture of 4 to 6 parts ice and one part salt. Allow two to four hours for freezing.

Meringue

1 egg white
2 tablespoons honey
Few grains salt

Beat egg white until foamy and white, but not stiff enough to hold shape.

Sprinkle honey and salt over surface of egg whites.
 Beat until mixture is stiff enough to hold its shape. A slightly longer beating time is required than when sugar is used.

Pile lightly on pie, leaving surface uneven.

Bake on the top grate in a slow oven (300° F.) for 15 minutes.

A meringue that does not require cooking may be made by mixing 1 egg white with ¼ cup honey and beating until mixture holds its shape.

SANDWICH FILLINGS

Either liquid or crystallized honey may be used in sandwich fillings.

If buttered bread is desired, cream the butter thoroughly and spread bread lightly before adding sandwich filling.

Cheese and honey

Add just enough honey to either cottage cheese, cream cheese, or grated American cheese to spread easily.

American cheese for sandwich fillings may be grated, ground, or sliced fine and rubbed through a sieve.

Celery or carrots and honey

Chop celery very fine and grate raw carrots. Sprinkle with salt. Blend with honey.

Dried fruit and honey

Grind and mix one or more of the following dried fruits with honey—dates, raisins, prunes, apricots, or figs. Lemon juice blends well with these mixtures.

Nuts and honey

Grind nuts or chop very fine. Combine with crystallized honey.

Peanut butter and honey

Mix equal parts of peanut butter and crystallized honey.

Dried apricot or prune marmalade

Wash apricots or prunes. Grind fine.

To 1 cup of ground fruit add $\frac{1}{2}$ to 1 cup of honey to give a desirable marmalade consistency.

Blend this mixture well. Place in jars, cover and allow to stand about two weeks before using.

SALADS

Fruit salad dressing

2 tablespoons lemon juice	$\frac{1}{2}$ cup honey
6 tablespoons pineapple juice	2 tablespoons cornstarch
3 tablespoons orange juice	1 egg or 2 yolks
$\frac{1}{2}$ cup water	

Mix fruit juices, water, and honey.

Combine with cornstarch.

Cook in double boiler until mixture thickens (about 15 minutes).

Add a little of this hot mixture to slightly beaten eggs.

Return either mixture to top of double boiler. Cook about one minute over hot water with constant stirring.

Dressing may be thinned with plain or whipped cream before serving.

Apples in honey

4 medium apples	$\frac{1}{4}$ cup water
1 cup honey	$\frac{1}{4}$ teaspoon cinnamon or
$\frac{1}{4}$ cup vinegar	red cinnamon candies

Core whole apples, or cut in quarter sections. Skins may be left on. Mix and heat honey, vinegar, water, and cinnamon.

If red apples are desired, use from four to six cinnamon candies for each apple in place of the ground cinnamon.

Cook apples slowly until just tender.

Remove apples from sirup. Boil sirup until thick and pour it over apples. These apples may be used in salad or served with meat.