

honey

some ways to use it



Home and Garden Bulletin No. 37
U. S. DEPARTMENT OF AGRICULTURE

CLASS NO.	TITLE Honey; some ways to use it; home and garden bulletin no.37		L. C. CARD
SPECIAL	AUTHOR U. S. Department of Agriculture		
LIST PRICE	PUBLISHER GPO		YEAR 1961
DEALER	RENT <input type="checkbox"/>	DATE ORDERED	MEM. <input type="checkbox"/>
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HONEY . . .

some ways to use it

Honey today has all the qualities that have made it a favorite sweet for centuries. In addition, beekeepers and honey processors have new ways of handling and packaging honey that make it even more appealing to the taste and more convenient to use.

Those who eat honey and honey products, in addition to enjoying one of Nature's treats, are indirectly helping to assure the country of continued supplies of 50 or more important crops which are almost entirely dependent on honeybees for pollination. If the keeping of bees to perform this valuable agricultural service is to continue, producers must have a ready market for their honey crop each year.

Given on the following pages are facts and suggestions to help you buy honey and fit it into meals. On pages 7 to 16 are selected, tested recipes using honey.

Choose your flavor

Flavor, aroma, and color of honey vary with the kind of flowers from which the bees gather the nectar to make the honey. As a rule, the lightest colored honeys are the mildest. Well over half the honey produced in this country is light-colored, mild-flavored Sweetclover, Clover, or Alfalfa honey.

Distinctively flavored honeys come also from orange and other citrus blossoms, tupelo trees of the South, wild sage, cultivated buckwheat, horsemint, basswood, and the tulip tree. Probably the darkest table honey produced is Buckwheat honey.

Much of the honey on the market is a blend of different floral types. By blending, producers and processors keep their honey brands as uniform as possible in color and flavor.

In the comb or out

Most of the honey marketed in the United States is extracted honey; that is, honey that has been separated from the comb. The greatest share of extracted honey is sold in liquid form, but crystallized honey is becoming increasingly popular. Honey in crystallized form may be called "creamed," "candied," "fondant," or "spread"; it has a fine texture, spreads easily, and doesn't drip.

Comb honey is sold as section-comb, cut-comb, and chunk honey. Section-comb honey comes in the wooden frames in which the bees stored the honey, usually weighs just under a pound. The wooden sections may be in paper or cardboard cartons or in transparent wrappers. Cut-comb honey has been taken out of the frames, cut in pieces, and each piece wrapped separately. Chunk honey consists of pieces of comb honey in a container with liquid honey filled in around them. Most chunk honey is packed in the Southeastern States, where it is sometimes also called "bulk comb."

Honey grades

Some of the honey you'll find in the stores has been graded according to standards set up by the U. S. Department of Agriculture or by State Departments of Agriculture. In such cases the labels carry the proper grade designation.

Top U. S. Department of Agriculture grade of extracted honey is U. S. Grade A or U. S. Fancy. Next is U. S. Grade B or U. S. Choice. Most important factor in the grading of honey is flavor with respect to the predominating floral essence or floral blend. Absence of defects ranks next in importance. Also considered, but to a lesser extent, is clarity—that is, freedom from air bubbles, pollen grains, or other fine particles.

Top grade of all forms of comb honey is U. S. Fancy; the next grade is U. S. 1. Section-comb

and cut-comb honey are graded on fill of comb, freedom from broken cells, uniformity of color, and freedom from objectionable flavor, odor, or other defects. In chunk honey, the comb honey and liquid honey must meet standards similar to those for these two forms.

Honey as a food

About four-fifths of extracted honey by weight is sugar, mostly in the form of simple sugars, which are easy to digest because they are already in the form that can be absorbed by the body. Most of the remaining weight is water. There are, in addition, small amounts of protein, minerals, and vitamins.

Keeping honey

Extracted and comb honey keep best in covered containers in a dry place at room temperature (70° to 80° F.). The cover is necessary, because honey loses aroma and flavor and absorbs moisture and odors readily when exposed to air.

Creamed honey may be kept at room temperature or in the refrigerator. Keep in the refrigerator if the temperature of the room is very warm. Creamed honey may partially liquefy if stored at too high a temperature.

Honey that has been diluted with water or other liquid should be kept covered in the refrigerator. Like other thin sirups it may ferment or mold quickly if not kept cold.

Honey kept for many months may darken slowly and become stronger in flavor but will still be usable.

Honey may crystallize as it gets older, or if kept at refrigerator temperatures or lower. Crystallization is a natural process and does not injure the honey in any way. To bring crystallized honey back to liquid form, place the container of honey in a pan of warm water until the crystals disappear. If further heating

is necessary, raise the container of honey off the bottom of the pan by putting a rack under it, and set the pan over low heat. Be careful not to overheat; too much heat causes the honey to change color and flavor.

Serving honey uncooked

Honey is at its best uncooked. Try it in the following ways to accent or enhance flavor of other foods.

Spread.—With bread, toast, pancakes, waffles, or other hot breads—

Serve honey "as is," or mix with equal parts butter or margarine for honey spread.

Or mix equal parts of honey, peanut butter, and butter or margarine.

Or make Swiss honey by mixing equal parts honey, butter or margarine, and whipped cream.

See page 15 for sandwich fillings.

Topping.—Make a simple topping for fresh fruit, fruit salad, fruit cup, or ice cream by drizzling with honey just before serving. To do this, hold container of warmed honey a short distance above the food and let the honey drop in a fine stream.

Whipped cream sweetened with honey makes a good topping for plain or fruit ice cream or gelatin desserts.

On hot desserts try honey hard sauce. To make it, cream honey with one-half as much butter or margarine until well blended.

Sweetener.—Serve on hot or cold cereals.

In beverages, dilute honey by mixing equal parts of honey and water. Use with grape juice, in lemonade or orangeade, hot spiced tea, with milk, and in eggnogs.

Recipes that contain honey and require no cooking are given on pages 12, 14, 15, and 16.

Cooking with honey

Honey may be used, measure for measure, in place of the sugar in preparing puddings, custards, pie fillings, baked apples, candied and "sweet-sour" vegetables, salad dressings, and cinnamon toast. Brushed or drizzled on ham during the last half hour of baking, honey adds flavor and gives a golden glaze.

Cakes and cookies made from honey remain moist on storage. Some are improved in flavor and texture when aged a few days. Crisp cookies, however, are likely to lose crispness on standing. Some honey candies and frostings may stay too soft in humid weather.

For cakes and cookies made with honey, you'll get best results if you use recipes developed especially with honey as an ingredient. However, you can use honey for part of the sugar in other recipes as suggested below.

In *cakes*, honey can replace as much as one-half of the sugar without making it necessary to change the proportions of the other ingredients in the recipe.

In *cookies*, the amount of honey that can replace the sugar varies with the type of cookie. For gingersnaps, for example, replace no more than one-third of the sugar with honey. For brownies, honey may be used for half of the sugar called for. For fruit bars, honey can be used for up to two-thirds of the sugar.

In both *cakes and cookies*, the honey should be mixed thoroughly with the other ingredients to prevent a soggy layer from being formed on top. Combine honey with either the shortening or the liquid.

Use mild-flavored honey for bland dishes. Honeys with stronger flavor may be used in spice cake, gingerbread, brownies, and in other rather highly flavored products.

In any recipe, be sure to scrape all the honey out of the measure for accurate amounts.

In the recipes in this bulletin all measurements are level.

Honey-prune bread

2 tablespoons shortening	1/2 teaspoon salt
1/3 cup liquid honey	1/2 teaspoon soda
3 tablespoons sugar	1/2 cup sour milk
2 eggs	1/2 cup chopped cooked prunes
1 cup sifted all-purpose flour	1/2 cup chopped pecans
2/3 cup whole-wheat flour	1/2 teaspoon grated lemon rind
1 1/2 teaspoons baking powder	

Cream shortening, honey, and sugar thoroughly.

Add eggs; beat until well mixed.

Sift together flour, whole-wheat flour, baking powder, salt, and soda.

Add dry ingredients and sour milk alternately to the creamed mixture and beat until well blended.

Stir in prunes, pecans, and lemon rind.

Pour into greased loaf pan, 8 1/2 by 4 1/2 by 2 1/2 inches.

Bake at 350° F. (moderate oven) for 1 hour 10 minutes.

Makes 1 loaf, about thirty-six 1/4-inch slices.

Lemon-honey chiffon pie

1 tablespoon unflavored gelatin	1/2 cup lemon juice
1/4 cup cold water	1 teaspoon grated lemon rind
4 eggs, separated	9-inch baked pastry shell
3/4 cup liquid honey	1 cup heavy cream, if desired
1/2 teaspoon salt	

Soften gelatin in the cold water; set aside.

Beat egg yolks and combine with honey, salt, and lemon juice and rind. Cook mixture over hot water until thick, stirring constantly.

Add gelatin and stir to dissolve. Remove from the heat and cool.

Beat egg whites until stiff then fold into the custard mixture.

Turn into a 9-inch baked pastry shell. Chill until firm. Top with whipped cream before serving, if desired. Whipped cream may be sweetened or not, as preferred.

Honey-pecan tarts

Pastry	Filling
1½ cups sifted all-purpose flour	2 eggs
½ teaspoon salt	3 tablespoons sugar
½ cup vegetable shortening or lard	⅛ teaspoon salt
3 to 4 tablespoons cold water	⅓ cup liquid honey
	⅓ cup light corn sirup
	⅔ teaspoon vanilla
	⅔ cup coarsely chopped pecans

Sift flour and salt together.

Cut in fat until the mixture is granular.

Sprinkle water over mixture, blending lightly with a fork. Add water sparingly until dough clings together but is not wet. Let stand 5 minutes before rolling.

Roll out the dough on lightly floured board. Cut into six circles (6-inch diameter).

Press pastry into muffin pans; double the edge of pastry over and pinch with fingers to make an upright rim.

For filling, beat eggs, and blend in the other ingredients. Pour ¼ cup of the mixture into each unbaked tart shell.

Bake at 400° F. (hot oven) for 25 to 30 minutes.

Makes 6 tarts.

Honey lace cookies

½ cup shortening	½ teaspoon baking powder
½ cup sugar	¼ teaspoon salt
½ cup liquid honey	1 cup quick-cooking rolled oats
1 egg	1 cup shredded coconut
1 cup sifted all-purpose flour	½ cup chopped nuts
½ teaspoon soda	

Cream shortening, sugar, and honey together until light. Add egg and beat well.

Sift flour, soda, baking powder, and salt together. Combine with the creamed mixture.

Stir in the rolled oats, coconut, and nuts.

Drop by tablespoonfuls on a greased cooky sheet, 2 inches apart.

Bake at 350° F. (moderate oven) for 15 minutes or until the cookies are a golden brown. Remove from pan while warm but not hot.

Makes 30 cookies.

Honey-raisin cookies

½ cup shortening	½ teaspoon baking powder
⅓ cup liquid honey	¼ teaspoon soda
2 eggs	¼ teaspoon salt
1¼ cups sifted all-purpose flour	⅔ cup seedless raisins
½ teaspoon nutmeg	¼ teaspoon vanilla

Cream shortening and honey thoroughly.

Add the eggs; beat until well mixed.

Sift together the flour, nutmeg, baking powder, soda, and salt. Add to the creamed mixture; stir until mixed. Add raisins and vanilla.

Drop batter by tablespoonfuls on a greased cooky sheet, 2 inches apart.

Bake at 350° F. (moderate oven) for 12 minutes or until golden brown.

Makes 2 dozen cookies.

Honey-nut cookies

½ cup shortening	2 teaspoons baking powder
½ cup sugar	1 teaspoon salt
1 egg, beaten	1 cup finely chopped nuts
½ cup liquid honey	1 teaspoon vanilla
2 cups sifted all-purpose flour	

Cream shortening and sugar thoroughly.

Mix egg and honey and add alternately with the combined flour, baking powder, and salt to the creamed mixture. Stir until mixed.

Add the nuts and vanilla and stir.

Chill the dough until firm enough to handle. Form into a roll about 1½ inches in diameter, wrap in waxed paper, and chill thoroughly. Cut in ⅛-inch slices.

Bake at 375° F. (moderate oven) for 10 to 15 minutes, or until lightly browned.

Makes about 3 dozen cookies.

Glazed honey doughnuts

$\frac{2}{3}$ cup milk	3 cups sifted all-purpose flour
2 tablespoons shortening	1 egg, beaten
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ teaspoon cinnamon
$\frac{1}{3}$ cup liquid honey	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cake compressed yeast, crumbled, or $\frac{1}{2}$ package active dry yeast	

Scald milk, add shortening, salt, and 1 tablespoon of honey. Cool to lukewarm.

Stir in the yeast, add 1 cup flour, and beat well. Set this sponge in a warm place for 1 hour (or until mixture is full of bubbles).

Combine remaining honey with the egg and spices, then stir into the sponge. Add remaining flour. Turn out onto floured board and knead 1 minute.

Place dough in bowl, cover, and let rise until double in bulk (about $1\frac{1}{2}$ hours).

Turn dough out on floured board and roll $\frac{1}{2}$ inch thick. Cut with a floured doughnut cutter and let rise until light (about $1\frac{1}{4}$ hours).

Drop with raised (top) side down into deep fat and fry at 360° F., 1 minute on each side.

Drain, then cover with a honey glaze (see recipe below).

Makes 16 doughnuts.

• Honey glaze

$\frac{1}{8}$ teaspoon unflavored gelatin	$2\frac{1}{4}$ cups confectioner's sugar
$\frac{1}{2}$ cup water	$\frac{1}{8}$ teaspoon salt
1 tablespoon liquid honey	$\frac{3}{4}$ teaspoon vanilla

Combine gelatin and water, add honey, and heat over hot water until warm. Add sugar, salt, and vanilla; stir until smooth.

Keep the glaze warm over hot water, dip the doughnuts in it, then place them on a rack to dry.

Makes enough for 16 doughnuts.

Honey chocolate cake

$\frac{2}{3}$ cup shortening	1 teaspoon salt
1 cup liquid honey	1 teaspoon soda
2 eggs	2 teaspoons baking powder
2 cups sifted cake flour	$\frac{3}{4}$ cup buttermilk
$\frac{1}{2}$ cup cocoa	1 teaspoon vanilla

Cream shortening and honey. Beat in the eggs.

Sift flour, cocoa, salt, soda, and baking powder together three times.

Add dry ingredients alternately with the buttermilk and vanilla to the creamed mixture and beat thoroughly.

Pour batter into two greased and floured 8-inch cakepans.

Bake at 350° F. (moderate oven) for 18 minutes. Cool.

Spread 1 cup of any desired frosting between layers and 1 cup on top.

Honey-nut spice cake

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup liquid honey	$\frac{3}{4}$ teaspoon cinnamon
1 egg yolk	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ cup coarsely chopped nuts	$\frac{1}{4}$ teaspoon nutmeg
2 cups sifted cake flour	$\frac{1}{2}$ cup water
2 teaspoons baking powder	1 egg white

Cream shortening and sugar until well blended. Add honey, egg yolk, and nuts; beat 1 minute.

Sift together the flour, baking powder, soda, salt, cinnamon, cloves, and nutmeg.

Add dry ingredients alternately with the water to the creamed mixture; beat thoroughly.

Beat egg white until stiff but not dry. Add to cake mixture and fold in carefully.

Pour into two greased and floured 8-inch layer pans.

Bake at 350° F. (moderate oven) 25 minutes.

Put layers together with lemon cream frosting (p. 12) or other preferred frosting.

Lemon cream frosting

1/4 cup butter or margarine	3 tablespoons hot milk
2 cups sifted confectioner's sugar	1/4 teaspoon salt
	2 teaspoons lemon juice

Cream butter or margarine until light and fluffy.

Add confectioner's sugar and hot milk alternately. Beat well after each addition.

Blend in the salt and lemon juice. Beat until light and fluffy.

Makes about 2 cups.

Honey bread pudding

1 2/3 cups day-old-bread cubes	1/8 teaspoon salt
1/4 cup liquid honey	2 eggs, beaten
2 tablespoons butter or margarine	1/2 teaspoon vanilla
	1 3/4 cups hot milk

Place the bread cubes in a small baking dish.

Combine the honey, butter or margarine, salt, eggs, and vanilla. Slowly stir in the milk. Pour the mixture over the bread.

Set the baking dish in a pan of hot water and bake at 350° F. (moderate oven) for 30 to 40 minutes or until pudding is set.

Four 2/3-cup servings.

Honey-peanut butter custard

1 1/3 cups skim milk or reconstituted nonfat dry milk	2 eggs
	3 tablespoons liquid honey
	3/4 teaspoon salt
1/3 cup peanut butter	

Add the milk gradually to the peanut butter, stirring until smooth.

Beat eggs slightly; add honey and salt, and stir to mix.

Combine the two mixtures. Pour into a small (1-pint) baking dish. Set baking dish in a pan of hot water and bake at 325° F. (slow oven) about 30 minutes, or until custard is set.

Four 1/2-cup servings.

Honey apple betty

2 tablespoons butter or margarine	2 cups pared and sliced apples
1 cup soft breadcrumbs	1/4 cup liquid honey
1 tablespoon lemon juice	1/4 cup warm water
1/2 teaspoon grated lemon rind	1/4 teaspoon cinnamon
	1/4 teaspoon nutmeg

Melt butter or margarine and stir into breadcrumbs.

Add lemon juice and rind to apples. (Omit lemon if apples are very tart.)

Mix honey and water. Place a layer of crumbs in a greased baking dish and cover with a layer of apples.

Moisten with honey mixture and sprinkle with part of the seasonings.

Repeat layers, ending with breadcrumbs as top layer.

Bake at 350° F. (moderate oven) 30 to 45 minutes until crumbs are well browned. Cover baking dish for the first 15 minutes.

4 servings, about 1/2 cup each.

Honey apple crisp

2 cups pared and sliced apples	1/4 cup all-purpose flour
2 tablespoons sugar	2 tablespoons brown sugar
1 1/2 teaspoons lemon juice	1/8 teaspoon salt
1/4 cup liquid honey	2 tablespoons butter or margarine

Place apples in a shallow baking dish. Combine the sugar, lemon juice, and honey. Spread over apples.

Mix the flour, brown sugar, and salt; cut or work in the butter or margarine until mixture is crumbly.

Cover apples with the flour mixture and bake at 375° F. (moderate oven) for 30 to 40 minutes or until the apples are tender and the crust is brown.

Good served with whipped cream and a dash of cinnamon on top.

4 servings, about 1/2 cup each.

Honey-chocolate sauce

1 cup liquid honey
1/2 cup water
2 ounces (2 squares) unsweetened chocolate, coarsely grated

1 teaspoon vanilla
Few grains salt

Boil honey and water until it spins a thread, (230° F.). Remove from heat; add chocolate.

Beat thoroughly after chocolate has melted. Add vanilla and salt.

Makes 1 cup.

Honey-orange sauce

1/2 cup liquid honey
1/4 cup orange juice

1 teaspoon grated orange rind
Few grains salt

Mix the ingredients until well blended.

Makes 3/4 cup.

Honey salad dressing

1 teaspoon paprika
1/2 teaspoon powdered dry mustard
1/2 teaspoon salt
1/2 teaspoon celery salt

1/2 cup liquid honey
3 tablespoons lemon juice
1/4 cup vinegar
1 cup salad oil

Mix the dry ingredients. Add the honey, lemon juice, and vinegar. Slowly add the salad oil, beating until well blended.

Makes about 2 cups.

Tart honey salad dressing

1/2 cup liquid honey
1/2 teaspoon salt
1/3 cup chili sauce
1/3 cup vinegar

1 tablespoon grated onion
1 tablespoon Worcestershire sauce
1 cup salad oil

Combine honey, salt, chili sauce, vinegar, onion, and Worcestershire sauce. Slowly add the salad oil, beating until well blended.

Makes about 2 cups.

Honey sandwich fillings

● Honey and cream cheese filling

3 tablespoons liquid or creamed honey 4-ounce package cream cheese

Beat honey and cream cheese together until light and fluffy.

Use about 2 tablespoons of the filling to a sandwich.

Makes 1 1/4 cups—enough for about 10 sandwiches.

● Other fillings

Honey with chopped dried fruits, and chopped nuts if desired.

Honey and chopped or grated orange peel.

Honey and peanut or almond butter.

Honey spread. (See p. 5.)

Honey spread with chopped nuts or grated orange peel.

Honey nougat

1/2 cup liquid honey
3 cups sugar
3/4 cup boiling water
2 egg whites, beaten

2/3 cup chopped nuts
2/3 cup chopped citron or candied cherries

Boil the honey, sugar, and water to a soft-ball stage (230° F.).

Remove 3/4 cup of the sirup and pour into the stiffly beaten egg whites, beating while pouring.

Cook the remainder of the sirup to the hard-ball stage (265° F.). Pour into the egg mixture, beating well.

Continue beating until the candy begins to thicken. Add nuts and candied fruit.

Pour into a deep pan lined with waxed paper or aluminum foil. Cut into oblong pieces.

Makes about 4 dozen pieces, 1 1/4 by 1 by 3/4 inches.

Honey fruit punch

1 quart boiling water	1 quart lime juice
1½ teaspoons black tea	½ cup lemon juice
5 whole cloves	½ cup liquid honey
1 cup orange juice	1 cup cold water

Pour boiling water over tea and cloves. Cover, let steep for 5 minutes, then strain.

Combine tea with other ingredients and pour over cracked ice to chill.

Garnish with thin orange slices, red cherries, or mint leaves.

Makes about twenty-four ½-cup servings.

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Human Nutrition Research Division

Agricultural Research Service

U. S. Department of Agriculture

Washington 25, D. C.

October 1953

Approved for reprinting September 1959

This publication supersedes Leaflet No. 113,

Honey and Some of Its Uses.

U.S. GOVERNMENT PRINTING OFFICE : 1961

For sale by the Superintendent of Documents, Government
Printing Office, Washington 25, D. C. - Price 10 cents