

Across the Fence Honey Recipes – September 2007

Tips for Cooking with Honey

- Keep honey in a closed container in a dry place. Do not refrigerate, as refrigeration hastens the formation of crystals. Should this granulation occur, place the container in a pan of hot water until all crystals melt. The honey container should not rest on the bottom of the pan. Granulation does not alter the color or flavor of honey.
- To substitute honey for sugar, use the same amount of honey, but reduce other liquids by ¼ cup.
- When measuring honey, coat the measuring cup or spoon with oil or melted butter, or measure shortening before measuring honey.
- If recipe gets too brown, cover with foil to prevent burning.
- Baked goods made with honey stay fresh longer since honey tends to prevent them from drying out. This is an important factor when baking ahead or when sending baked items to out-of-town family or friends.

Lyn Jarvis' Recipes

Apricot Honey Chicken

4 boneless skinless chicken breast halves (5 oz. each)	3 Tbsp. apricot preserves
1 Tbsp. canola oil	2 Tbsp. orange juice
	4 tsp. honey

In a large skillet, cook chicken in oil over medium heat for 7 to 9 minutes on each side or until juices run clear. Combine the preserves, orange juice, and honey; pour over chicken. Cook for 2 minutes or until heated through. Yield: 4 servings.

Peach and Pear Crisp

1 medium fresh peach, peeled and chopped	1½ tsp. lemon juice
1 medium ripe pear, peeled and chopped	¼ tsp. ground cinnamon
1 Tbsp. honey	⅛ tsp. ground allspice
2 tsp. all-purpose flour	

Topping:

1 Tbsp. all-purpose flour	dash ground cinnamon
1 Tbsp. butter, melted	⅓ cup old-fashioned oats
1 Tbsp. honey	2 Tbsp. coarsely chopped almonds
⅛ tsp. ground allspice	

In a small bowl, combine the first seven ingredients. Divide between two 8 oz. ramekins coated with nonstick cooking spray. For topping, in a small bowl, combine the flour, butter, honey, allspice, and cinnamon; stir in oats and almonds. Sprinkle over fruit mixture. Bake at 375°F for 18 to 20 minutes or until bubbly and golden brown. Serve warm. Yield: 2 large servings.

Honey BBQ Spareribs

4 lbs. spareribs	½ tsp. salt
½ cup onion, chopped	1 tsp. prepared mustard
1 garlic clove	½ tsp. black pepper
1½ cups ketchup	3 Tbsp. thick steak sauce
2 Tbsp. vinegar	1 cup honey

Cut spareribs into serving portions. Simmer in enough water to cover, plus 2 teaspoons salt, for ½ hour. Mix the remaining ingredients and cook over low heat for 5 to 7 minutes. Drain spareribs and place in shallow baking pan. Pour barbecue sauce over ribs and bake in 350° F oven for 45 minutes or until tender. Baste every 10 minutes with sauce.

Honey-Dill Coleslaw

¼ cup honey	1 pkg. (16 oz.) coleslaw mix
¾ cup sour cream	¼ cup thinly sliced onion
½ tsp. dried dill weed	salt and pepper, to taste

In small bowl, combine honey, sour cream, and dill. In large bowl, toss coleslaw mix with onion and honey-sour cream mixture. Season with salt and pepper. Serve immediately. Yield: 4 servings.

Honey Hot Chocolate

½ cup honey	1 Tbsp. vanilla extract
½ cup unsweetened cocoa	3 cups hot low-fat milk
½ cup water	

In small saucepan, combine honey and cocoa and water; mix well. Cook over low heat 5 minutes or until mixture is slightly thickened. Remove from heat; stir in vanilla. Set aside until ready to serve. To serve, stir chocolate mixture into hot milk. Yields: 4 servings.

Honey Apricot Bread

2¼ cups all-purpose flour	1½ cups dried apricots, chopped
2 tsp. baking powder	grated rind of an orange
1 tsp. baking soda	1 cup honey
¼ tsp. salt	1 egg, beaten
¾ cup boiling water	½ cup walnuts, chopped

In a large mixing bowl sift together dry ingredients. Pour the ¾ cup boiling water over apricots and let stand 30 minutes. Drain water from apricots. Blend apricots, honey and beaten egg. Stir into dry ingredients with grated rind and nuts. Pour batter into 9x5-inch loaf pan. Bake in preheated 325° F oven for 1 hour.

Honey Crackerjack

½ cup butter
½ cup honey

3 qts. popped corn
1 cup peanuts

In a heavy-bottom saucepan melt butter. Stir in honey until blended. Cook and stir until very hot, not boiling. Spread popcorn on cookie sheets and sprinkle with nuts. Pour hot mixture over popcorn, mixing with a wooden spoon to coat popcorn. Bake in 350° F. oven for 10 to 15 minutes.

Honey Mustard Dressing

1 cup honey
1 tsp. dry mustard
1 tsp. paprika
1 tsp. salt
1 tsp. celery seed

1 tsp. lemon juice
5 Tbsp. white vinegar
1 tsp. grated onion
1 cup salad oil

Put all ingredients in a blender, process on high until mixed well. Use on green salads. Very good!

Honey Lemon Cookies

7 Tbsp. butter, softened
½ cup sugar
1 egg
1¾ cups all-purpose flour
1 tsp. baking powder

½ tsp. salt
⅓ cup honey
¼ cup plain yogurt
2 tsp. grated lemon peel
½ tsp. lemon extract

Icing:

1 cup confectioner's sugar
2 Tbsp. lemon juice

2 tsp. grated lemon peel

In a small mixing bowl, cream butter and sugar. Beat in egg. Combine flour, baking powder, and salt. Combine honey, yogurt, lemon peel, and lemon extract. Add dry ingredients to creamed mixture alternately with honey mixture. Drop by tablespoonfuls 2 inches apart onto greased baking sheets. Bake at 350°F for 10 to 12 minutes or until golden brown. Remove to wire racks. In a small bowl, combine the confectioner's sugar and lemon juice until smooth. Brush over the warm cookies, sprinkle with lemon peel. Yield: about 3 dozen

Viewer's Recipes

Light Lunch Flair - Marilyn Gochie, Lyndonville, Vt.

1 serving cottage cheese
6 – 8 peach slices (or fruit of your choice)
honey to taste

Combine cottage cheese and peaches, drizzle honey over all.

Honey Spice Chiffon Cake – Blue Ribbon Winning Recipe at The Champlain Valley Exposition®
Ellen Stark, Williston, Vt.

7 large eggs, separated	2 tsp. cinnamon
⅔ cup sugar, divided	1 tsp. ground allspice
⅔ cup honey	½ tsp. ground cloves
½ cup vegetable oil	½ tsp. ground nutmeg
2 cups unbleached flour	¼ tsp. salt
1 Tbsp. baking powder	⅔ cup water (cold)
¼ tsp. baking soda	

Grease a 10-inch angel food pan. Put the egg yolks, ⅓ cup sugar, and honey into a large mixing bowl. Beat until light. Beat in oil until well combined. In a bowl sift together the flour, baking powder, baking soda, cinnamon, allspice, cloves, nutmeg, and salt; add dry ingredients to the batter alternately with the water. Mix until well blended. In a clean bowl with clean beaters; beat the egg whites until frothy, then gradually add in the remaining ⅓ cup sugar while beating; just until stiff peaks form (do not over beat). Stir in ¼ of the whites into the batter to lighten it, and then gently fold in all the batter into the remaining whites. Pour batter into the pan and smooth top. Bake in a preheated 325°F oven for 60 to 70 minutes or until the top of the cake springs back when lightly pressed. Remove pan from the oven and invert on the neck of a bottle to cool upside down, when completely cool, run a knife around the edge of it and remove it from the pan. Sprinkle with confectioner's sugar. Yield: 12 servings.

Honey-Wheat Muffins - Peggy Mowle, Killington, Vt.

1 cup all-purpose flour	½ cup milk
½ cup whole wheat flour	½ cup honey
2 tsp. baking powder	¼ cup cooking oil
½ tsp. salt	½ tsp. lemon peel, finely shredded
1 egg, beaten	

Preheat oven to 375°F. Grease muffin cups (or line with paper baking cups). In a large bowl stir together flours, baking powder, and salt. Make a well in center of dry ingredients. Combine egg, milk, honey, oil, and lemon peel. Add all at once to dry ingredients, stirring until just moistened (batter should be lumpy). Fill prepared muffin cups ⅔ full. Bake at 375°F for 20 minutes. Remove from pan; cool slightly. Yield: 10 muffins.

Roly's Honey Oatmeal Bread - Cindy Fitzgibbons, Cavendish, Vt.

1 cup water (microwave 1 minute)	¼ cup honey
1 Tbsp. margarine	1½ tsp. salt
½ cup quick cooking oats	3½ - 3¾ cups flour
1/6 cup water	2 tsp. yeast

Add ingredients in order recommended by your bread machine. Choose setting, add ingredients. Turn on machine, check consistency after a few minutes of mixing and adjust the amount of flour as necessary. Enjoy the aroma and finished result, good toasted with butter and honey.

Honey Peach Ginger Baked Salmon - David & Darlina New, Seattle, WA

1 salmon fillet	3 Tbsp. Yoshida's Original Gourmet Sauce® (optional)
2 to 3 Tbsp. olive oil	
3 Tbsp. honey	¼ tsp. ground cumin
½ to ¾ cup orange juice concentrate	1 well ripened peach, diced
1 tsp. ground ginger	

Dice the peach, set aside. Add wet ingredients to a glass measuring cup, microwave for 30 to 45 seconds or so to thaw the orange juice. Add spices and stir thoroughly. Stir in diced peach. Place fish onto a piece of aluminum foil that is about 3-inches longer than the fillet. Roll the edges of the foil up around the fish to make a tight boat. Pour sauce on fish to cover completely. The recipe amount should be enough for a 2 to 3 lb fillet. Bake at low heat on a BBQ grill, gas grill, or in the oven at 275°F to 300°F. The sauce will boil around the edges and help cook the fish evenly. Cooking time will be 10 to 15 minutes. Don't let the fish stay raw, but don't over cook either. Note: Yoshida's Original Gourmet Sauce® can be substituted with Teriyaki sauce.

Moist Cake Brownies - Anne Jones, Danby, Vt.

½ cup butter	1 tsp. baking soda
¾ to 7/8 cup water	½ tsp. salt
⅓ cup carob powder plus 1 Tbsp. cocoa added	½ cup buttermilk
1½ cups whole grain flour	2 eggs, slightly beaten
¾ cup honey	1½ tsp. vanilla walnuts

In medium saucepan, combine butter, water, and carob-cocoa. Bring to a boil, stirring constantly. Slowly add the honey, and stir until blended. Remove from heat and set aside. Sift into bowl the flour, salt, and baking soda. Add buttermilk, eggs, and vanilla; beat until smooth. Add some cocoa mixture, stir well, and then repeat with remaining cocoa mixture. Beat by hand until well combined. Add walnuts. Pour into greased and floured 15x10x1-inch baking pan. Bake in 400°F oven for 20 to 25 minutes.

Note: Carob powder and carob chips are available at most natural food stores. Buttermilk can be replaced by milk or skim milk with 1 tsp. vinegar added.

Old Favorite Honey Cookies - Loraine Putnam, Bethel, Vt.

1 cup shortening	1 tsp. cinnamon
½ cup brown sugar, firmly packed	1 tsp. cloves
½ cup honey	1 cup raisins (seedless)
3 eggs	1 cup dates, chopped
3 cups all-purpose flour	½ cup walnuts, chopped
1 tsp. baking soda	

Cream shortening; add sugar, and honey. Cream well. Add eggs, one at a time, beating well after each addition. Sift dry ingredients together onto waxed paper. Add alternately with fruit and nuts. Drop with teaspoon (or small cookie scoop) or greased baking sheets. Bake at 350°F for 12 to 15 minutes. Place on waxed paper to cool. Yield: about 4 dozen.

Roast Chicken - Donna Harley, Chelsea, Vt.

1 whole chicken	2 Tbsp. honey
¼ cup butter, melted	2 tsp. dried rosemary leaves, crushed
¼ cup lemon juice	1 clove garlic, chopped

Mix together all ingredients with a spoon. Pour mixture over the top and into the cavity of the chicken. Bake chicken as usual.

Bumblebee Cheesecake - Shari Harvey, Rochester, Vt.

Crust

½ cup hazelnuts, chopped	¼ cup honey
½ cup unsalted butter, melted	1½ cups graham cracker crumbs

Filling

2 lbs. cream cheese, softened	2 cups heavy cream, whipped stiff
1 cup honey	whipped cream (garnish)
½ cup orange liqueur	fresh orange zest curls (garnish)

Preheat oven to 350°F. **To make crust:** Place the chopped nuts on a cookie sheet and bake 4 to 5 minutes, until lightly toasted. Remove nuts from oven, let cool and then mix with butter, honey, and graham crackers. Press the mixture into the bottom of a 10-inch spring form pan. Set aside.

To make filling: Beat with an electric mixer set on medium the cream cheese, honey, and orange liqueur. Fold in the whipped cream. Spread filling evenly over crust and chill for several hours or until firm. Garnish with a dollop of whipped cream and a fresh orange zest curl.

Whole Wheat Herb Rolls - Joanne Collins, Wilder, Vt.

1½ cups warm water	3½ - 4 cups whole wheat flour
2 envelopes active dry yeast	1 tsp. dried sage
⅓ cup honey	½ tsp. marjoram
¼ cup butter, softened	½ tsp. thyme
1 tsp. salt	

Place ½ cup water in large bowl. Sprinkle in yeast and stir until dissolved. Add remaining water, honey, butter, salt, and 1 cup flour. Blend well. Stir in herbs and enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, turning to grease top. Cover; let rise in warm draft free place until doubled in size, about 1 hour. Punch dough down, remove to lightly floured surface. Divide dough into 24 equal pieces; shape into smooth balls. Arrange in two 8-inch round greased pans. Cover; let rise in warm draft free place until doubled in size, about 45 minutes. Bake at 400°F for 15 to 20 minutes or until done. Remove from pan, if desired, brush with 2 tablespoons melted butter. Serve warm. Yields: 24 rolls.

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