

Honey,
You're a
Classic.

HONEY RECIPES



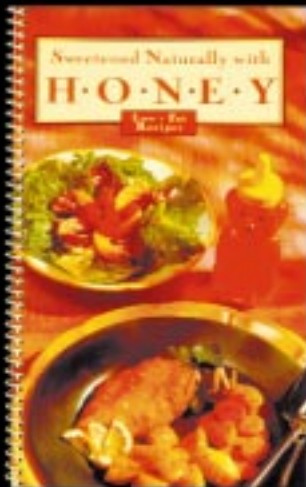
National Honey Board

390 Lashley Street • Longmont, CO 80501 • www.honey.com

It was glazing your Grandma's Sunday family supper ham. It helped you to discover that vegetables can taste delicious. It gave you an excuse to lick your fingers after a leisurely breakfast.

Nothing can match the comforting sweetness and classic taste of honey. Used throughout the centuries, mankind's oldest sweetener turns everything it touches into something special.

These classic honey recipes are old favorites updated for today's cook. Uncomplicated yet spectacular, these timeless honey dishes will help you conjure and create golden sweet memories.



For a copy of

**Sweetened Naturally with
Honey - Low-Fat Recipes,**

a full-color cookbook with more than 100 honey recipes, send your name, address and a check for \$2.95 (postage and handling) to:

National Honey Board Cookbook,
Dept. RC,
PO Box 125
Wisconsin Rapids, WI 54495



CINNAMON HONEY BUNS

1/4 CUP BUTTER OR MARGARINE,
SOFTENED AND DIVIDED

1/2 CUP HONEY, DIVIDED

1/4 CUP CHOPPED TOASTED NUTS

2 TEASPOONS GROUND CINNAMON

1 (1 LB.) LOAF FROZEN BREAD DOUGH, THAWED
ACCORDING TO PACKAGE DIRECTIONS

2/3 CUP RAISINS

Grease 12 muffin cups with 1 tablespoon butter. To prepare topping, mix together 1 tablespoon butter, 1/4 cup honey and nuts. Place 1 teaspoon topping in each muffin cup. To prepare filling, mix together remaining 2 tablespoons butter, remaining 1/4 cup honey and cinnamon. Roll out bread dough onto floured surface into 18X8-inch rectangle. Spread filling over dough. Sprinkle with raisins. Starting with long side, roll dough into log. Cut log into 12 (1 1/2-inch) slices. Place 1 slice, cut-side up, into each muffin cup. Set muffin pan in warm place; let dough rise 30 minutes. Place pan on foil-lined baking sheet. Bake at 375 degrees F 20 minutes or until buns are golden brown. Remove from oven; cool in pan 5 minutes. Invert pan to remove buns. Makes 12 buns.



SOUTHERN-STYLE HONEY BARBECUED CHICKEN

1 2½ - 3 LB CUT UP CHICKEN
SALT AND PEPPER TO TASTE

1 CUP THINLY SLICED ONIONS

¾ CUP TOMATO SAUCE

¼ CUP HONEY

¼ CUP CIDER VINEGAR

2 TABLESPOONS WORCESTERSHIRE SAUCE

1 TEASPOON PAPRIKA

¼ TEASPOON BOTTLED HOT PEPPER SAUCE

Place chicken, skin side down, in single layer in large baking dish. Sprinkle with salt and pepper to taste. Combine remaining ingredients; mix well. Pour mixture over chicken. Bake, uncovered, at 375 degrees F 30 minutes; turn pieces and bake 20 minutes longer or until chicken is glazed and thoroughly cooked. Makes 4 servings.



FRUIT SALAD WITH HONEY-ORANGE DRESSING

1/2 CUP LOW-FAT PLAIN YOGURT

1/4 CUP NONFAT MAYONNAISE

1/4 CUP HONEY

3/4 TEASPOON GRATED ORANGE PEEL

1/4 TEASPOON DRY MUSTARD

3 TABLESPOONS ORANGE JUICE

1 1/2 TEASPOONS VINEGAR

4 CUPS ASSORTED FRUIT

Whisk together yogurt, mayonnaise, honey, orange peel and mustard in small bowl until blended. Gradually mix in orange juice and vinegar. Toss fruit gently with dressing. Cover and refrigerate until ready to serve. Makes 4 servings.



HONEY-GLAZED HAM

2 (8 OZ.) COOKED HAM STEAKS

1/4 CUP HONEY

3 TABLESPOONS WATER

1 1/2 TEASPOONS DRY MUSTARD

1/2 TEASPOON GROUND GINGER

1/4 TEASPOON GROUND CLOVES

Broil or pan-fry ham steaks until lightly browned and thoroughly heated. Remove ham from broiler pan or skillet. Combine honey, water and spices; add to pan drippings and bring to a boil. Simmer 1 to 2 minutes. Brush sauce over ham and serve remainder on the side, if desired. Makes 4 servings.



HONEYED CARROTS

3 CUPS SLICED CARROTS OR
1 PACKAGE (16 OZ.) BABY CARROTS

1/4 CUP HONEY

2 TABLESPOONS BUTTER OR MARGARINE

2 TABLESPOONS CHOPPED FRESH PARSLEY
OR 2 TEASPOONS DRIED PARSLEY FLAKES

1 1/2 TEASPOONS PREPARED MUSTARD
(OPTIONAL)

Heat 2 inches of salted water in medium saucepan to a boil over high heat. Add carrots and return to a boil. Reduce heat to medium-high. Cover and cook 8 to 12 minutes until carrots are crisp-tender. Drain carrots; return to saucepan. Stir in honey, butter, parsley and mustard, if desired. Cook and stir over low heat until carrots are glazed. Makes 4 servings.

COLOR, FLAVOR AND FORM

Honeys differ in color and taste depending on the blossoms visited by the honey bees. Honey can be enjoyed in several forms: comb honey, liquid honey and crème honey.

STORAGE

Store honey at room temperature. If honey crystallizes, remove lid and place honey container in warm water until crystals dissolve. Or, microwave 1 cup of honey in microwave-safe container at HIGH (100%) 2 to 3 minutes or until crystals dissolve; stir every 30 seconds. Do not boil or scorch.

Note: Honey should not be fed to infants under one year of age.

Honey is a safe and wholesome food for older children and adults.

SUBSTITUTION AND COOKING TIPS

For best results, use recipes developed for using honey. When you substitute honey for granulated sugar in recipes, begin by replacing half of the sugar with honey. With experimentation honey can be substituted for all the sugar in some recipes. When substituting honey for sugar in baked goods:

- *Reduce the amount of liquid by 1/4 cup for each cup of honey used.*
- *Add about 1/2 teaspoon baking soda for each cup of honey used.*
- *Reduce oven temperature by 25 degrees to prevent overbrowning.*

For easy measuring, spray measuring cup or spoon with cooking spray before adding honey.

A 12-ounce jar of honey equals a standard measuring cup.

