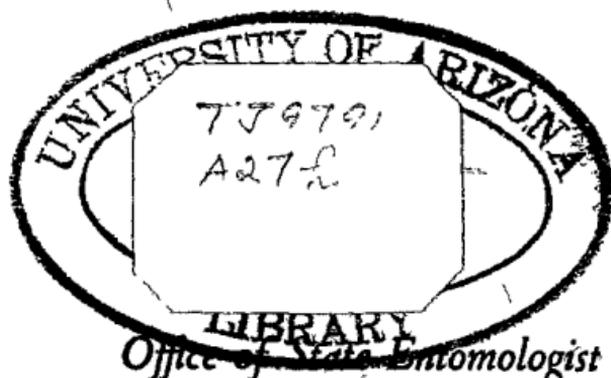


A Honey Receipt Book



*Arizona Commission of
Agriculture and Horticulture*

Dr. T. S. Bishop, Chairman - - - - Scottsdale
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Mr. S. C. Sorenson, Member - - - - Lehi



Office of State Entomologist

Phoenix, Arizona

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STATE INSPECTOR OF APIARIES
Peter H. Benson

A
Honey Book

Presented to you

By

The Beekeepers of
The State of Arizona

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Most of the recipes in this book were selected from the Texas Honey Producers' Honey Book. We thank them for permission so generously given to use the recipes for your benefit.

The information in this book was carefully compiled from many sources. The recipes are the ones that housewives have found to be the best. Some are original; but most of them are old, some centuries old. These have been collected and arranged for use in the modern home. The food values given are the same as are used in the United States bulletins and Domestic Science text books.

Use honey in your home. It is good, wholesome and of high food value. One-half pound of honey is equal in food value to one pound of beefsteak.

Honey can be used in any recipe instead of sugar except where both honey and sugar are used. Use the same measure of honey as given for sugar but use 1-5 or more, less of the liquid used in the mixture.

Honey has much to recommend it besides its food value. It has certain medicinal qualities which make honey valuable to persons suffering from certain diseases and is used in the preparation of salves and expectorants. As honey is a syrup it is better as a sweetening for dough than sugar, unless the sugar has been dissolved for hours. Honey gives a body to ice cream and soft drinks obtainable in no other way. Honey used in cookery imparts to the articles the beautiful golden brown so much desired. It also prevents the drying out and loss of flavor in any baked dish. The Arizona Beekeepers want every housewife to add honey to the list of materials she uses in cooking, and we are therefore presenting you with these recipes. All of them give the best results and the most delicious dishes. Many of them have produced prize winners at State and County fairs. Try out these recipes and add many new and delicious dishes to your table. Buy honey from your nearest beekeeper or grocery store, but be sure to ask for ARIZONA HONEY.

Breads

Bread and honey, the staff of life and nature's sweet, go hand in hand. Honey, as a spread for bread, is famous in story and song and is yet the greatest use to which honey is put. Honey alone or in combination with other material used with light bread is the best and most wholesome article of food.



WHOLE WHEAT BREAD

- 1 cooking spoonful of honey.
- 1 qt. whole wheat flour
- $\frac{1}{2}$ pint milk
- $\frac{1}{2}$ pint water
- $1\frac{1}{2}$ teaspoonfuls of salt
- $\frac{1}{2}$ cake yeast.

Dissolve yeast in the water, mix in milk, honey and salt, then proceed as with any other light bread.



GRAHAM BREAD

- 2 tablespoonfuls honey
- 3 cups graham flour
- 1 cup white flour
- $1\frac{3}{4}$ cups water
- 1 scant tablespoonful lard
- 2 heaping teaspoonfuls baking powder.
- 1 heaping teaspoonful salt.

Mix well and steam for three hours.



BOSTON BROWN BREAD

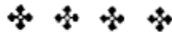
- 2-3 cup honey
- 1 cup graham or whole wheat flour
- 2 cups corn meal
- 2 cups butter milk
- 2 scant teaspoonfuls soda salt.

Mix well and steam three hours.

CORN BREAD

2 tablespoonfuls of honey
2 cups corn meal
1 egg
1 cup sour milk
1 teaspoonful baking powder
 $\frac{1}{2}$ teaspoonful soda
 $\frac{1}{2}$ teaspoonful salt.

Mix with water for desired consistency.



HONEY MUFFINS

Sift together two cups of flour with two teaspoonfuls of baking powder and one-half teaspoonful of salt. Rub into this with the fingers one-fourth cup of butter. Mix together one-half cupful of thin cream or milk with one beaten egg and one-fourth cupful of honey, add the dry ingredients, beat until smooth, and bake in gem pans.

Cakes

HONEY DROP CAKES

- 1 cup honey
- 2 $\frac{3}{4}$ cups flour
- 1 teaspoonful baking powder
- 1 tablespoonful baking soda
- 2 teaspoonfuls of boiling water
- 1 egg
- $\frac{1}{2}$ cup of crab apple jelly
- $\frac{1}{2}$ cup of butter.

Cream the butter; add the jelly and beat well. Dissolve the soda in the boiling water; beat the egg, and add, beating again; then the honey; and lastly, stir in the flour sifted with the baking powder. Drop by the teaspoonful on baking sheet and bake in a slow oven until brown.



EGGLESS CAKE

- 1 cup honey
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup butter
- 1 teaspoonful baking powder
- 1 teaspoonful ginger
- Flour.

Dissolve the baking powder in a little water, and add flour enough to thicken.



APPLE SAUCE CAKE

- $\frac{3}{4}$ cup honey (if apples are mild)
- 1 $\frac{1}{2}$ cup honey (if apples are sour)
- $\frac{1}{2}$ cup butter
- $\frac{3}{4}$ cup apple sauce
- 1 teaspoonful soda
- 2 cups flour
- $\frac{1}{2}$ cup raisins
- 1 teaspoonful cinnamon
- 1 teaspoonful cloves
- 1 teaspoonful nutmeg.

The soda should be well beaten into the sauce.

Cookies

HONEY COOKIES

- $\frac{1}{2}$ cup honey
- Grated rind of one lemon
- $\frac{1}{2}$ cup butter
- $\frac{3}{4}$ cup sugar
- 1 egg and 1 yolk beaten together
- 3 cups flour
- 4 teaspoonfuls baking powder.

More flour may be required. The dough should be firm enough to be easily handled; knead slightly (a little at a time); roll into a thin sheet, and cut into cakes. Set the shapes in a buttered pan. Beat the white of an egg (left for the purpose) a little, and use it to brush over the cookies in the pan; then at once sprinkle with fine chopped blanched almonds, and dredge with granulated sugar. Bake in a moderate oven.



COOKIES

- 1 cup honey
- 1 cup light brown sugar
- 2 eggs well beaten
- 3 tablespoonfuls of vinegar
- A level teaspoonful soda
- Pinch salt
- Flour to stiffen, about 3 cups.

Mix at night and bake in the morning.



HONEY BRAN COOKIES

- $\frac{1}{2}$ cup honey
- 2 teaspoonfuls butter
- 2 eggs
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ cup flour
- 1 cup bran
- $\frac{1}{8}$ teaspoonful powdered aniseed.

Rub together the butter and honey; add the eggs unbeaten and beat the mixture, thoroughly. Sift together the flour, soda and aniseed. Combine all the ingredients; drop from a teaspoon on to a buttered tin and bake in a moderate oven.



HONEY GINGER SNAPS

- 1 pint honey
- $\frac{3}{4}$ lb. butter
- 2 teaspoonfuls ginger.

Boil together few minutes and when nearly cold put in flour until it is stiff. Roll out thin and bake quickly.

Pies, Puddings, Etc.

LEMON PIE

1 cup of honey
Yolk of three eggs beaten light
1 tablespoonful flour
Juice, flesh, and grated rind of lemon
1 teaspoonful melted butter.

Mix thoroughly in the order given, then add $1\frac{1}{4}$ cupfuls of rich milk; pour into a pieplate lined with a good crust, pricked to prevent air blisters and bake until set. Cover with a meringue of the whites, beaten with 3 tablespoonfuls of honey and a few drops of lemon juice and brown lightly.



LEMON CRUMB PIE

$\frac{1}{2}$ cup honey
1 cup buttered bread crumbs
2 yolks and the white of an egg
Pinch of salt
1 cup cold water
1 tablespoon corn starch
Juice and rind of one lemon.

Fill crust and bake. When done, cover with meringue.



CHOCOLATE HONEY PIE

$\frac{1}{2}$ cup honey
1 tablespoon grated chocolate
1 tablespoon butter
 $\frac{1}{2}$ cup sweet milk
1 teaspoonful vanilla, warm
2 eggs.

Beat yolks of two eggs and white of one, leaving out one white for meringue; add other ingredients. Pour into pie plates lined with good paste, and bake until the paste is brown. These recipes will make one pie each.



PUMPKIN PIE

1 cup honey
1 cup sugar
2 cups pumpkin
2 teaspoons ginger
1 teaspoon cinnamon.
Milk with all its cream (about 4 cups).

FIGS

Peel three fresh figs for each plate. Use one teaspoon of lemon juice and 3 of honey as a dressing.



HONEY FILLING

2 tablespoonfuls of candied honey
Extract lemon
1 cup thick cream

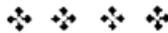
Cream honey and whip together with cream. Flavor with lemon.



HONEY FROSTING

4 tablespoonfuls thin honey
White of an egg beaten
Flavor with cocoa or lemon.

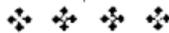
Cook honey until a ball is formed when dropped into cold water. Pour into it the beaten white of an egg and whip until cool, then flavor.



BAKED APPLES

1 cup honey
1 cup cream
6 apples.

Dig out the core of each apple from one end, leaving the other end closed. Fill the holes with the honey and cream mixture. Bake with a little water in the bottom of the pan. Use the rest of the honey and cream mixture as a sauce to eat on the apples.



SALAD DRESSING

2 tablespoonfuls honey
Yolks of 2 eggs
1 tablespoonful salt
 $\frac{1}{2}$ cup olive oil
Lemon juice or honey vinegar (weak)

Beat together the yolks, honey, and salt. Add a few drops of oil at a time, beating constantly until the oil is all added. Thin down to the desired consistency with lemon juice or weak honey vinegar.

Honey In Ices and Candies

CHOCOLATE HONEY TAFFY

1 cup honey

1-3 cup sugar

1 piece of chocolate (an inch square).

Boil until it makes a soft ball in cold water. Add one teaspoonful of vanilla. Put into a buttered dish to cool. Pull until light.



POPCORN BALLS

2 cups honey

1 cup of brown sugar

1 tablespoonful of vinegar

A piece of butter the size of a small egg.

Cook until brittle when dropped in cold water. Make the candy in a large kettle; pop the corn, salt it, and sift it through the fingers, that the extra salt and unpopped kernels may drop through. Four quarts or more of popped corn may be needed. Stir all the corn in the kettle that the candy will take, then heap it up on a buttered platter or make it into balls.



HONEY ICE CREAM

1 cup honey

1 quart fresh cream.

Mix well and freeze. No flavoring is required.



CRACKER JACK

1 cup honey

1 cup brown sugar

Boil until it hardens when dropped into cold water. Remove from stove and stir in $\frac{1}{2}$ teaspoon of soda. Stir in all the popcorn it will take; spread on greased tins and mark in squares.



ICE CREAM TAFFY

Boil two pounds of sugar with three-fourths of a pint of water and one cup of light honey. Stir only until it begins to boil. When boiled until the sugar cracks on being plunged into ice water, add a teaspoonful of vanilla extract and a piece of good butter. Pour out to cool, then pull until light and creamy. Roll into strips and cut with the scissors in suitable pieces.

CARAMELS

- 2 cups brown sugar
- 1 cup honey
- $\frac{1}{4}$ pound grated chocolate
- 1-3 cup of butter
- 1 cup milk
- 1 cup chopped nuts.

Put the ingredients, except the nuts, in a large saucepan, cook twenty minutes over a gentle fire. When it tests a firm ball in cold water, remove from the fire, add the chopped nuts and pour into a greased pan. Cut into squares when nearly cold.



BUTTERSCOTCH

- 2 cups honey
- 1 cup butter
- 2 cups sugar
- 1 heaping teaspoon cinnamon

Boil ten minutes, pour into a buttered pan, and when cold cut in squares.



HONEY SQUARES

Boil one quart of honey until it forms a hard ball when tested in cold water. Pour into buttered tins and mark into squares before cold. Wrap in waxed paper.

Honey In Preserves, Pickles, Jelly, Etc.

HONEY VINEGAR

Pour one pint of strained honey in a gallon jug, and fill the jug with clear rain water. Tie cloth over the top and keep warm.



PRESERVED CANTALOUPE

1 lb. honey

1 lb. cantaloupe.

Bring honey to a boiling point and drop in the prepared cantaloupe, which should be cut in thin slices.



TOMATO PRESERVES

Take three pounds of honey, six pounds of tomatoes and cook.



HONEY PRESERVES

All kinds of fruit made into jam with honey instead of sugar are nice. "Butter" made with extracted honey is much nicer than when made with sugar. For grapes, pick from the stem and pack into a jar until it is full, then turn cold honey over them until they are covered well. Seal up without any heat, and keep in a cool place. After a few months they will be found to be delicious.

Miscellaneous

SUET PUDDING

- 1 teaspoonful honey
- 1 teacupful suet minced very fine.
- 1 large cup raisins
- 1 cup milk
- 4 cups sifted flour
- Salt and spices to taste.

Mix well and steam for three hours and serve with sauce.



HONEY BREAKFAST TOAST

Beat one egg until light, add a pinch of salt, 2 tablespoonfuls of honey and one cupful of milk. Into this dip half slices of stale bread; brown quickly on both sides in hot butter or oil; serve with butter or honey.



HONEY BAKED BEANS

Soak over night one pint of small white beans. Bring to a boil, adding baking soda the size of a bean, and allow to simmer for half an hour. Drain and cook until tender in salted water, but not long enough to break the skins. Drain and rinse the beans, and put them in an earthen bean pot. Pour over them a pint of milk, adding a tablespoonful of butter, 2 tablespoonfuls of honey and a pinch of cayenne pepper. Cover closely and bake in a slow oven till the milk is absorbed.



CORN GRIDDLE CAKES

- $\frac{1}{4}$ cup honey
- 2 cupfuls of corn meal
- 1 cupful of sifted flour
- 2 eggs
- $\frac{1}{2}$ teaspoonful of salt
- $2\frac{1}{2}$ cupfuls of milk
- 3 teaspoonfuls of baking powder
- 2 tablespoonfuls of melted butter.

Mix and sift the dry ingredients. Beat the eggs, add the milk, the honey and the melted butter, and combine with the first mixture. Bake in a well-oiled griddle.

FAMOUS BISCUITS

These biscuits are famous when eaten with honey. There are always calls for more.

- 1 quart flour
- 1 tablespoonful lard
- 1 teaspoonful salt
- $\frac{1}{4}$ teaspoonful soda
- 1 heaping teaspoonful baking powder
- Sour milk to mix, not very stiff.

Sift flour, soda, baking powder and salt all together; work in the lard; make a hole in the center of the flour and pour in the milk. Mix with a spoon until rather a soft dough; work, roll, cut, and bake in quick oven.



HONEY DOUGHNUTS

- 1 cup honey
- 1 cup buttermilk
- 1 cup sugar
- 2 eggs
- 1 teaspoonful soda
- 2 teaspoonfuls cream tartar
- Butter size of an egg
- 1 teaspoonful vanilla
- Flour to make stiff enough to roll.

The honey added to this recipe makes the doughnuts a delicious brown, and also makes them keep moist for a much longer time.



ICE TEA

Use honey instead of sugar in sweetening ice tea. It requires much less honey to give the required sweetness to the tea than sugar. This is because sugar is not readily soluble in cold water in the presence of an acid. Honey being already liquid blends very readily with the tea and gives an added flavor to the tea.



Sweeten your iced tea, coffee, lemonade and fruit punches with honey. It will give them a mellowness of flavor impossible to produce in any other way.

General Directions for the Use of Honey

Honey may be added to a dough or batter in any of the following ways:

It may be stirred into the dry flour.

It may be beaten into the creamed butter alternately with the flour.

It may be dissolved in the milk or other liquid used for wetting.

It may be added to the beaten yolks of the eggs, and the two beaten together. (The beaten whites should then be added the last thing to the batter.)

It may be mixed with the melted butter, and the two stirred into the cake just before putting in the baking pan.

Since honey, like molasses, contains an acid, a little baking soda should always be used to counteract this, if the best results are desired. One-fourth teaspoonful of baking soda to each cup of honey is a good general proportion. The soda should be dissolved in a very little warm water, and stirred into the honey until it foams. Soda is used merely to counteract the acid, and not to serve as a leaven, therefore the usual proportion of baking powder or other leavening material should be used.

ANSWERS TO BEE QUESTIONS

Q. What is the difference between "comb" and "extracted" honey?

A. Comb honey is produced by the bees in small rectangular boxes and sold in this way as produced by the bees. Extracted honey is the liquid honey thrown out of large combs in a centrifugal honey-extractor, which works somewhat on the principle of a cream-separator. The liquid honey is thrown out of the cells, leaving the comb as good as ever. The comb is put back in the hive and filled again by the bees. For this reason extracted honey is cheaper, as the bees do not need to build new comb each time.

Q. Do bees work on ripe fruit and spoil it?

A. If the skin of the fruit has been punctured by some other insect or by the birds, it is true that the bees will work on the pulp and juice of the fruit thus exposed; but such fruit would be unfit for market anyway. Bees by themselves cannot possibly puncture the skin of fruit. Hence the bees after all do no real harm. In fact, their work on grapes is an advantage; for, after they remove the juice from the grapes, the grapes dry up instead of rotting and thus contaminating other grapes on the same bunch. Sound fruit, if kept carefully guarded from birds and insects, will be untouched by the bees. This has been demonstrated over and over again.

Q. What kind of place is the best to keep honey? What should the temperature be?

A. The best place to keep comb honey is in a warm dry room. A cellar, refrigerator, or cold room is the very worst place. When we say a warm room we mean a room where the temperature may go up to 80 or 90 degrees in hot weather, and where it will never go below 70 degrees in cold weather. Extracted honey, however, may be kept in a colder room, but it will granulate.

USE ARIZONA HONEY

Pure, Health-giving, Good
to Eat.



IT CAN BE PURCHASED
FROM YOUR LOCAL BEE-
KEEPERS OR GROCERY
STORES.



It supplies sugar in its most digestible form. It comes to your table as an unrivaled food and brings with it the refreshing memories of the blossoming cotton fields, the pastures, fragrant with mint, the far-flung chaparral, the pine forests, the innumerable river valleys and the rugged mountain slopes of ARIZONA.