



*Lithopolis Honeyfest Cookbook 2008*

*a taste of*  
**Honey**

*a collection of recipes, tips & witticisms*

*\$3.00*

Original artwork by local artist Barb Johnson, Monarch Gallery



### Honey as a Substitute in Baking

For best results, substitute honey equally per measurement of sugar (i.e., 1 cup honey for 1 cup sugar, 1 TBSP honey for 1 TBSP sugar and so on).

Decrease the amount of liquids by  $\frac{1}{4}$  cup per cup of honey used. Stir mixture thoroughly. Lower the baking temperature by 25 degrees. Watch the time carefully as things brown quicker with honey.



### No Honey for Infants Younger than 1 Year of Age

Pediatricians and other physicians recommend honey as a safe and wholesome food for adults and children over one year of age, *but advise against the feeding of honey to infants less than one year old.*



1 Tablespoon of honey (21g) = 60 calories  
Calories from fat, cholesterol and sodium = 0

### Abbreviations

teaspoon = t or tsp

tablespoon = T or TBSP

cup = c

ounce = oz

quart = qt

pound = lb or lbs



## Glazed Honey Lemon Bundt Cake



*Patty Drodofsky  
BEST OF SHOW  
Honey Bake-Off 2007*

*I moved to Columbus from Memphis, TN, in 1980. I met my husband Mike and moved to Lithopolis in 1987. We have two children, Bobby age 24 and Susan age 21. I worked in the*

*Wagnalls Library for seven years before moving to The Wagnalls Foundation. I am known in the area mostly for the cookies that I baked for The Wagnalls Memorial at Travelogue presentations and Christmas Open House. I love baking and crafts of all kinds. Lately, however, I have limited myself to just reading. I have never entered a baking contest before.*

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## Swedish Blondies



*Carol Paul*  
**1<sup>ST</sup> PLACE**  
*Honey Bake-Off 2007*

*“As the mother of five, I’ve been baking for most of my adult life. I like to cook because I like good food! My hobbies also include gardening, art and reading. Currently, I am studying pre-history which has hugely opened previously unknown vistas to me. Also, at the age of 70, I have started a career in interior decorating. Another passionate love! I live in Lithopolis with my husband, Jim, who is a long-time Lithopolitan.”*

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## Honey Buns



*Patty Drodofsky*

**2<sup>ND</sup> PLACE**

*Honey Bake-Off 2007*

*-See biography under Best of Show recipe*

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## Honey Apple Custard Cake



*Joanne Claire-Mayer*

**3<sup>RD</sup> PLACE**

*Honey Bake-Off 2007*

*I am recently retired and have always enjoyed cooking. I am happy to now have more time with which to create/adapt recipes such as this as I am concerned about the impact of processed foods on our bodies and our environment. My husband, Dan, and I enjoy family get-togethers, our two kitties, Tigger and Susan, and spending time at our second home on the North Carolina shore.*

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## Baklava!



*Nadine Umstead*  
**HONORABLE MENTION**  
*Honey Bake-Off 2007*

*I am married to John Umstead, and we have two daughters, Abigail and Samantha. We've lived in the Lithopolis area since 1984. It is a wonderful place to raise a family. I enjoy traveling, boating, camping, gardening, reading, playing piano and am learning how to quilt. Most of all, I love spending time with my family*

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*It is believed that the Assyrians in the 8th century BCE were the first people in eastern Mediterranean that baked a mixture of chopped nuts and honey with dough, creating thus the predecessor to baklava.*



## Honey Zucchini Bread

*Created by: Karen Edwards, Chairperson  
Honey Bake-Off 2007*

*Karen Edwards is an admitted "foodie." In addition to the bake-off, she also served on the Artists Committee. Karen is currently Theatre Manager for the Wagnalls Family Theatre. "Spending time in the kitchen is a way to relax for me. There is nothing I love more than throwing together some ingredients and coming up with a new dish." While I prefer working with pastas and salads, trying my hand at baking with honey was a great experience. I was pleased with the results and will definitely try it again." She hopes you will like this easy batter bread.*

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## HONEY BEE BASICS

*Three types of honey bees are normally found in a honey bee colony: worker, queen, and drone. Honey bees are social insects. A colony typically consists of several thousand bees that cooperate in nest building, food collection, and brood rearing.*

*Each member has a definite task to perform, but it takes the combined efforts of the entire colony to survive and reproduce. A colony normally has a single queen, fifty to sixty thousand workers at its peak, and several hundred drones during late spring and summer.*

*Individual queens, workers, and drones cannot survive by themselves. The social structure of the colony is maintained by the queen and workers and depends on an effective system of communication which includes the exchange of pheromones and communicative "dances."*

*Division of labor primarily depends on the age of the bee but varies with the needs of the colony. Reproduction and colony strength depend on the queen, the quantity of food stores, and the size of the worker force.*

*Keeping honey bees is a fascinating and profitable pastime that can be enjoyed in several ways. You may want to keep bees for the honey they produce, or you may want to keep them for their services as pollinators, or just because you would like the fun of learning about one of nature's most interesting insects.*

[www.gobeekeeping.com](http://www.gobeekeeping.com)



### Honey Cole Slaw Dressing

1 c sour cream  
½ c honey  
Dash of salt  
Juice of 1 lemon or lime

Beat all together until well blended. Chill. Makes about 1 ½ cups. Will keep several days in the refrigerator.



### Honey Iced Tea

1 gallon sun tea or brewed tea  
1 cup honey  
Mix well and pour over ice.



### *HONEY OF A TIP - Save a lot of stirring!*

*from Cathy Jo Rufer of Minnesota  
Wisconsin Butter & Honey Recipe Contest Cookbook*

Keep a jar of diluted honey in the refrigerator during the summer months and it is ready for instant sweetening of iced tea, lemonade, etc.  
-2 c honey to 1 c hot water-



## Honey Peanut Butter Spread

*from Liz Vaenoski of Wisconsin*

*Wisconsin Butter & Honey Recipe Contest Cookbook*

½ cup honey  
½ cup butter  
½ cup peanut butter



Stir until well mixed.  
Spread on your favorite bread.

*Especially good when served as an open-faced sandwich. Along with a glass of milk, this had to be the finest lunch to take to school in 1942.*



## HONEY OF A TIP

Try to get 4 to 10 TBSP of honey a day.

*Honey contains polyphenols, disease-fighting antioxidants that are believed to reduce the risk for developing heart disease and cancer.*

*Best: Substitute honey for the sugar or sugar substitutes in your diet.*

Source: Heidrun Gross, PhD, research scientist, University of California – Davis, and leader of a study of 25 men and women who consumed honey daily for 29 days, presented at the annual meeting of American Chemical Society.



## Honey Blueberry Syrup (“Does a body good!”)

1 c frozen unsweetened blueberries, thawed

½ c honey

¼ warm water

In blender, combine all ingredients. Cover and blend until smooth. Store in airtight container. To serve, stir 2 TBSP syrup (or more, to taste) into 8 oz cold milk. Makes 12 servings (1-1/2 c syrup).

Nutrition information per serving (2 TBS syrup in 8 oz, 1% milk): calories 150; total fat 2.5g; cholesterol 10mg; sodium 125mg; total carbohydrate 25g; dietary fiber 0g; protein 8g; calories from fat 14%.



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### HONEY OF A TIP – *Did you Know?*

Honey used as a sweetener does not result in heavy production of body fat as does refined sugar.



## Grandma's Mayonnaise

1 egg  
4 T melted butter  
½ c vinegar  
1 T flour  
1 t salt  
1 T cornstarch  
½ t mustard  
2 T honey  
1 c milk  
Dash of cayenne pepper

Melt butter in top of double boiler. Add flour and cornstarch and stir to a smooth paste. Add milk slowly, stirring constantly to prevent lumping. Let cook until thick.

Add salt, pepper, honey, mustard, and vinegar to beaten egg and stir into the thickened mixture. Cook until thick, stirring constantly.

This may be diluted with whipped cream and honey.

What kind of bee never  
makes the football team?  
A fumble bee!





## Honey Cheese Dressing

A delicious dressing for fruit salad or avocados.

½ c cottage cheese  
2 T honey  
1 t grated lemon rind  
1 ¼ T lemon juice  
½ t salt  
½ c salad oil

Force cottage cheese through a sieve. Add honey, lemon rind, juice, and salt. Beat briskly with an egg beater.

Add oil, a teaspoon at a time, until half the oil is used, blending well between each addition.

Add remaining oil, 2 tablespoons at a time.



### HONEY OF A TIP

*from Darrel Rufer of Minnesota  
Wisconsin Butter & Honey Recipe Contest Cookbook*

*Add honey, instead of sugar, to salad dressings  
for potato salad, tuna or chicken salad.*



## *HONEY OF A TIP*

### **“Bee” active in helping hives survive!**

*Bees are responsible for one of every three bites of food the average American eats and they are in crisis. More than 25% of the honey bee population has disappeared over the past several winters. There are varying possibilities for this problem, everything from poor nutrition to invasive mites to Colony Collapse Disorder (CCD). This disappearance has scientists stumped and has the potential to affect many of our favorite fruits, berries, vegetables, nuts and seeds.*

*A world without the hardworking honey bee is a world without tasty pears, luscious raspberries and crunchy nuts.*

*In fact, honey bees are responsible for the pollination of more than 100 crops, providing 80% of the country’s pollination services. Without the help of honey bees in crop pollination, an estimated \$15 billion in U.S. agriculture is in jeopardy affecting both U.S. and global food supplies.*

*The plight of the honey bee affects us all. Here are some small steps you can take to help save these tiny pollinators:*

*Make your yard buzzworthy by creating a bee-friendly garden (see page 38) and adding plants and trees that attract bees (see page 53).*

*Voice your concerns with your legislators. Visit [www.helpthehoneybees.com](http://www.helpthehoneybees.com), a public awareness website provided by Haagen Dazs Brand ice cream. A portion of sales of their “honey-bee dependent flavors” funds research to save the bees.*



## Honey Spiced Chicken

2 (about 3 lbs) whole chickens, cut up  
½ cup honey  
1 tsp salt  
¼ c butter or margarine, melted  
¼ c prepared mustard  
½ tsp curry powder (optional)  
Hot cooked rice (optional)

Rinse chicken; pat dry.

Combine honey, salt, butter, mustard and curry powder; mix well.

Dip chicken pieces in sauce.

Place chicken pieces in a roasting pan skin side up.



Bake 1 hour at 375° ,  
basting occasionally with  
remaining sauce.

Serve over rice, if desired. Makes: 6-8 servings.



### *HONEY OF A TIP - The Color of Honey*

*Honey may slowly darken after several months but is still usable.*



## **HONEY OF A TIP - *Honey in the Biblical Sense***

Honey has been the original sweetener since the beginning of time and has been referenced in many ancient texts. In the Bible, the word honey appears in many places. A few are listed below.

**Exodus 3:8**

*...a land flowing with milk and honey. . .*

**Leviticus 2:11**

*...burn no leaven, nor any honey. . .*

**Deuteronomy 32:13**

*...made him to suck honey out of a rock. . .*

**Judges 14:8**

*...what is sweeter than honey? . .*

**Psalms 119:103**

*...yea, sweeter than honey to my mouth! . .*

**Proverbs 24:13**

*...son, eat thou honey, because it is good. . .*

What is a baby bee?  
*A little humbug!*





## Honey Snow Melt

1 c milk  
¼ c honey  
5 scoops vanilla ice cream

Mix milk, honey, and ice cream in blender until smooth. Makes two servings.



*"Breathing or blowing smoke into a hive."  
Niuserre's Temple, Abu-Gurob, Dynasty V (Egypt)*



## HONEY OF A TIP - Did you know?

*Honey bees are yellow and brown  
not yellow and black.*

Honey bees have been producing honey the same way for 150 million years.

Fossils of honey bees date to about 180 million years ago.

Cave paintings in Spain from 7,000 BC are the earliest records of beekeeping.



## Honey Salad Dressing

1 tsp paprika  
1 tsp dry mustard  
½ tsp celery salt  
½ c honey  
3 T lemon juice  
¼ c vinegar  
1 c salad oil

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

Makes about 2 cups.



### *HONEY OF A TIP*

*Instead of butterscotch or caramel, drizzle honey on your favorite ice cream.*

*It's delicious and so much better for you!*



***"BEE" AN INGREDIENT!***

In the 2009

***A Taste of Honey***

**Lithopolis Honeyfest Cookbook**

We are requesting recipes to review for publishing in our 2009 souvenir Lithopolis Honeyfest Cookbook which will be for sale, with proceeds supporting the Lithopolis Honeyfest.

Recipes may be of any dish, must be tested and contain honey as an ingredient. The recipes submitted for the Honey Cook-off will be included in subsequent editions of the cookbook.

Your recipe, name, city or town and state of residence will be published in the cookbook. Phone numbers and e-mail addresses will not be published in the cookbook, but will be used to verify recipe submissions.

Please contact one of us to receive an application and entry form. Thank you and happy honey cooking!

***Committee Chairpersons-Honeyfest Cookbook***

***Carmen Conrad***



***"BEE" A WINNER!***

**In the 2009  
Lithopolis Honeyfest  
Honey Cook-Off!**

The Lithopolis Honeyfest Honey Cook-Off is designed to encourage the everyday cook to discover the many benefits of using honey as their sweetener of choice. You are not only adding sweetness when you add honey, you are adding vitamins, minerals and antioxidants!

There is no entry fee, the cook-off is open to all and the recipes need not be original.

Honey must be at least 50% of all sweetener with some entries requiring 100%. Entries are judged on appearance, flavor, texture, and use of honey.

Awards are 1<sup>st</sup> Place-Blue Ribbon, 2<sup>nd</sup> Place-Red Ribbon and 3<sup>rd</sup> Place-Yellow Ribbon for each category in which there are entries. An entry must be "blue ribbon" quality to receive 1<sup>st</sup> Place. A "Best of Show" Rosette is awarded to the best entry of all blue ribbon entries.

Please contact one of us to request the Honey Cook-Off Entry Rules and Entry Form. Thank you and have a honey of a time in the kitchen!

***Committee Chairpersons-Honeyfest Cook-Off***

***Carmen Conrad***