

## More Honey Recipes



A LITTLE while ago we were thinking about the great usefulness of honey—that natural food which has been recognised from the earliest times as an invaluable stimulant and restorative. It is readily assimilated and needs no refining or sterilising because bacteria cannot live in it. No laboratory can make honey: only bees do that. People have wondered whether honey that has candied has been adulterated. On the contrary, it is a sign of pure honey. All honey will candy in time if it be kept at a low temperature. It can be re-liquified by setting the container in water a little hotter than you can bear your hand in. Held at that temperature it will gradually melt. On no account boil honey, or the flavour will be spoilt. Candied honey to be used as a spread takes on a finer, smoother texture if the candied mass is whipped smooth, so that the crystals are broken down.

### For a Cough

Mix together 2 tablespoons each of honey and glycerine, a dash of ginger and a tablespoon or more of lemon juice. Keep the mixture just warm and use a little as needed. A cough may be eased by a teaspoon of warmed honey.

### Honey in Chutney

Four pounds of tomatoes, 2 lb. sultanas, 1 lb. dates, 2 large apples, 1 lb. honey, ½ teaspoon ground cloves, 1 tablespoon salt, 1 large onion, juice 2 lemons, ½ cup vinegar. Slice apples, onions and tomatoes. Put all on together and boil 2 hours.

### Honey in Tomato Sauce

Eight pounds tomatoes, 2 lb. honey, 1 lb. large onions, 2 tablespoons salt, 1 teaspoon ground cloves, 1 teaspoon cayenne pepper. Cover with vinegar and boil for 3 hours. Should not ferment.

### Honey in Pickled Onions

Mix well 1 quart vinegar and ½ lb. honey. Put onions in jars, pour over liquid. Ready in about 4 days.

### Honey Nut and Date Bars

Three eggs well beaten, 1 cup honey, 1 to 1½ cups flour, 1 teaspoon baking powder, 1 teaspoon vanilla, 1 cup chopped nuts, 1 lb. chopped dates, pinch of salt. Mix together honey and well-beaten eggs. Add baking powder and flour sifted together, then chopped dates and nuts, vanilla essence and pinch of salt. Bake in long flat tin. Mixture should not be more than ¼ inch high. Bake 45 minutes in a slow oven. When baked will be about ½ inch high. Cut in strips ½ inch wide and 3 inches long. Roll in powdered sugar, pack away in crock, cover crock and keep in medium warm room. Should be kept a week before serving. These are excellent bars to keep in the emergency cooky crock, as they become more moist and better flavoured the longer they stand.

### Honey Girdle Scones

Two level cups flour, ½ teaspoon salt, 2 teaspoons of honey, 1 cup of milk, 2½ teaspoons baking powder (not phosphate). Sift flour and baking powder. Melt honey in a little milk, then add milk with honey to make just like drop cakes, adding more milk if necessary. Flatten out and bake on girdle. Very light and keep 2 or 3 days. Delicious.

### Golden Honey Pudding (Boiled)

Six ounces breadcrumbs, 4 oz. flour, 4 oz. shredded suet, ¼ lb. chopped

dates, 1 egg, 2 table-  
spoons honey, 1 tea-  
spoon baking soda  
dissolved in 1 cup  
milk. Grease basin  
and line with dates.

Mix suet, flour and breadcrumbs, mix with egg, nuts and honey. Add baking soda and milk. Boil pudding in saucepan, put paper on top of basin and have water to come ¾ way up.

### Honey Candy (Peanut Flavouring)

One cup butter, 2 cups honey, 2 cups sugar, 1 cup boiling water, ¼ teaspoon cream of tartar, ½ teaspoon glycerine, a tiny dash of baking soda. Boil 10 minutes to a soft ball, and set in cool place. When it has cooled slightly, stir in 1 or 2 tablespoons peanut butter, or to suit taste. Keep stirring till creamy, then pour into buttered pans. Mark in squares.

### Honey Lemon Butter

Half a cup of honey, yolks of 3 eggs, ¼ lb. of butter, juice of 3 lemons. Beat eggs and mix with the other ingredients. Cook in a double saucepan of water, stirring occasionally until the mixture thickens.

### Honey and Malt Biscuits (No Sugar)

Two cups fine Vimax, 3 tablespoons cornflour, ¼ cup golden syrup, 1 dessertspoon honey, 1 tablespoon malt, ¾ teaspoon baking powder, 1 teaspoon salt, 2 tablespoons butter. Cream butter, golden syrup and honey. Add malt. Mix well, then add dry ingredients, roll into balls and flatten out on tray with fingertips. Moderate oven.

### Honey Shortcake (No Sugar)

Six ounces Vimax, 6 oz. wholemeal or white flower, 8 oz. butter, 4 oz. honey, 1 egg, grated rind of an orange. Cream butter and honey, add rind, egg and flour. Roll out, cut into squares and bake about ½ hour.

### Honey in Cake Fillings

1. *No Eggs:* Two cups icing sugar, 2 tablespoons melted butter, 3 tablespoons honey, ¼ teaspoon almond essence. Blend well and add teaspoons of boiling water till it is of right spreading consistency.

2. *With Eggs and Fruit:* Two beaten egg yolks, 1 tablespoon honey, 1 cup dates, raisins and chopped nuts, icing sugar to thicken. Mix all well.

### Honey Ginger Nuts

One cup honey, 1 cup sugar, ½ cup melted butter, 2 cups flour, 1 cup chopped nuts, 1 egg, pinch of salt, 2 teaspoons baking powder, 2 teaspoons ground ginger. Mix honey, sugar, melted butter and beaten egg. Sift baking powder, ginger, flour and salt; add nuts, stir into other ingredients. Drop in spoonfuls on a greased tray. Bake in moderate oven about 25 minutes.

### Honey Coconut Biscuits

One cup flour, 1 cup sugar, 2 table-  
spoons butter, ½ cup cornflour, 1 small  
teaspoon baking powder, 2 teaspoons  
honey, 2 eggs, ½ cup desiccated coco-  
nut. Cream butter and sugar, add eggs,  
then honey. Sift in flour, baking powder  
and cornflour. Lastly add coconut. Put  
in teaspoon lots on a greased cold tray  
and bake in moderate oven.

### Honey Biscuits (Overnight)

One pound honey, ¼ lb. butter, 1 lb. flour, ¼ lb. ground almonds, 1 teaspoon baking powder, pinch of salt, pinch of ground cloves, grated rind of ½ lemon.



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