

browned, leaves the sides of the pan and springs back when gently pressed. Cool 10 min. and remove from pan. Serve plain or if your family likes sweets frost with Honey Orange Icing.

2 tbsp. butter or margarine
1 - 1½ c. sifted icing sugar
¼ c. honey
1 tbsp. orange juice
½ tsp. orange rind

Cream butter with 2 tbsp. icing sugar and honey. Add orange juice gradually. Add icing sugar until thick enough to spread.

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APPLE AND PICKLE MEAT ROLL

2 c. soft bread crumbs
1 egg, beaten
1½ tsp. salt
1½ tsp. pepper
1 onion, chopped
2 lb. ground beef
2 apples, peeled, thinly sliced
3 dill pickles, sliced
¼ tsp. nutmeg
2 tsp. honey

Mix crumbs, egg, seasonings and onion. Combine with meat. Working on a sheet of waxed paper, roll out meat mixture into one large oblong patty. Cover with thin slices of apple and pickles. Sprinkle with ¼ tsp. nutmeg. Drizzle 2 tsp. of honey over mixture. Roll up jelly roll fashion. Put in loaf pan. Bake at 350° for 1½ hours. Glaze with honey. Broil 5 min. and serve.

boil honey and water together for five minutes. Place apples, peeled and thinly sliced in greased 10" x 6" x 1½" baking pan. Pour syrup over apples. Sprinkle with cinnamon.

Combine brown sugar, sifted flour, rolled oats and salt in a bowl. Cut in butter as you would for pastry and sprinkle on top of apples.

Bake in moderate oven 375° for 30 - 40 min. or until crisp and nicely browned. Serve warm with cream. Serves 6

Variation: BAKED RHUBARB CRUNCH

Substitute 5 cups sliced rhubarb for apples. Add 4 drops red food coloring to honey and water. Bake 40 to 50 min.

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HONEY APPLESAUCE CAKE

1½ c. all-purpose flour
2 tsp. baking powder
½ tsp. soda
½ tsp. salt
1 tsp. cinnamon
½ tsp. allspice
½ tsp. cloves
½ tsp. nutmeg
½ c. shortening
½ c. brown sugar
½ c. honey
2 eggs
1 c. applesauce
1/3 c. walnuts
1 c. raisins

Preheat oven to 350°. Grease an 8" square pan. Line bottom with waxed paper.

Combine flour, baking powder, soda and spices.

Cream shortening; add sugar and honey gradually, beating well after each addition. Add eggs one at a time and beat after each egg is added until mixture is light and fluffy.

Add applesauce alternately with flour mixture to the fat-sugar-egg mixture. Stir in nuts and raisins.

Bake at 350° for 50 min. or until lightly

HONEY QUEEN COOK-OFF RECIPES

tested recipes
Home Economics Laboratory
Alberta Department of Agriculture

BANANA BREAD

2 bananas
1 tsp. lemon juice
or 1 tbsp. orange juice
milk
2 tsp. grated orange rind
¼ tsp. almond extract
¼ c. shortening
½ c. sugar
¼ c. honey
2 eggs
2 c. all-purpose flour
4 tsp. baking powder
½ tsp. salt

Line bottom of a greased 9" x 3" loaf pan with waxed paper.

Mash bananas, add lemon juice and enough milk to make 1 cup. Add orange rind and almond.

Cream the shortening, honey, sugar and eggs until light and fluffy.

Add combined dry ingredients and banana mixture to fat-sugar-egg mixture, about 1/3 at a time, stirring after each addition; beat until smooth.

Put in loaf pan. Let stand 15 min. before baking to prevent deep cracks.

Bake at 350° for 1 hour.

Cool; wrap and store 24 hours before slicing.

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BAKED APPLE CRUNCH

1 c. honey
1 c. water
5 or 6 medium apples
1 tbsp. brown sugar, firmly packed
1½ c. sifted flour
1 c. rolled oats
½ tsp. salt
½ c. butter or margarine

CARAMEL APPLES

2 c. honey ½ tsp. salt
1 c. brown sugar 2 tsp. vanilla
2/3 c. light 8 - 10 medium
 corn syrup apples
2/3 c. butter or ½ c. sliced toasted
 margarine almonds (opt.)
1 c. light cream
or evaporated milk

Mix first 6 ingredients in a 3 qt. saucepan. Cook stirring until temperature reach 290°. When tested in cold water, mixture will form threads like spun glass.

Remove syrup from heat. Cool slightly. Add vanilla and stir.

Place wooden stick in stem end of each apple. Dip apple into caramel syrup. Drain apples on waxed paper. Roll in nuts.

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HONEYED SWEET AND SOUR SPARERIBS

3 - 4 lb. spareribs cut in 1" pieces
1 beef bouillon cube in 1 c. boiling water
1 - 14 oz. can pineapple chunks
1 bay leaf
3/4 c. vinegar
½ c. honey
½ c. soya sauce
2 tbsps. cornstarch
1 medium onion, chopped
1 green pepper, thinly sliced

Bake spareribs at 325° on rack in uncovered pan for 2 hours. Make sauce by combining bouillon cube and water, pineapple juice, bay leaf, vinegar, honey and soya sauce. Bring to a boil. Mix cornstarch with ¼ c. cold water. Add to hot mixture, stirring constantly until thickened. Add onion, green pepper and pineapple. Drain fat from spareribs. Add sauce. Return to oven for ½ hour. Serve with rice.

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MARSHMALLOW ICE CREAM

1 c. light cream or top milk
6 marshmallows
1 egg white
3/4 c. honey
½ tsp. vanilla
1 pt. whipping cream
1/2 c. chopped walnuts
7 maraschino cherries cut in pieces

Warm the milk, add marshmallows and beat well to dissolve. Chill. Beat egg white and fold in the honey and vanilla.

Beat cream very stiff. Fold in nuts, cherries, milk mixture and egg white mixture.

Freeze for 1½ hours. Beat well and return to freezer for 1½ hours.

SOUR CREAM HONEY CAKE

1/2 c. butter
1 c. brown sugar (firmly packed)
4 egg yolks
1 c. liquid honey
3 c. sifted all-purpose flour
1 1/2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 1/2 tsp. cinnamon
1 c. thick sour cream
1 c. finely chopped walnuts (optional)
4 egg whites

Cream butter and sugar together until fluffy. Add egg yolks and beat until very light. Continue beating and add honey in a fine stream. Add sifted ingredients alternately with the sour cream. Stir in the nuts. Fold stiffly beaten egg whites into batter. Spoon into a 12 c. tube pan. Bake at 325° F. for 40 min. Lower heat to 300° F. and continue baking 20 min. longer. Cool



HOME ECONOMICS