

INTRODUCTION

The use of honey in jams, jellies, fruit butters, preserves, pickles and fruit sauces offers many interesting possibilities. While in some of these combinations all of the sugar may be replaced with honey, a finer flavored and textured product may be obtained, particularly in jellies, by using varying proportions of honey and sugar.

Honey is a natural food substance, still brewed by the bees whose scientific laboratory control has never been duplicated by man. Honey varies in flavor because the aromatic substances found in the nectar of flowers, which the bees continue to gather, are different. The milder flavored honeys are generally preferred for all-round canning purposes, although a spicy flavored honey is excellent for pickling and for conserves made from tart fruits such as gooseberries and rhubarb.

Not only do flavors of honey vary but taste preferences differ. This makes it even more difficult to designate special honeys for special fruits. By experimenting during just one canning season, a homemaker can find her family's honey favorites.

The recipes given are for combinations the Institute's Family enjoys and when you learn that the Institute's Family is made up of hundreds of families contacted through demonstrations and letters, you will readily see that you can prepare these honey combinations for your own family without too much risk, if you use the right flavored honey.

R E M E M B E R

1. To use a LARGE kettle when canning with honey because it has a tendency to foam and boil over when being cooked.
2. To cook the mixture somewhat longer to obtain the desired consistency since honey is part water.

Honey in Sauces

When all honey is used for making fruit sauces, especially pears and peaches, the finished product is somewhat darkened and the original fruit flavor is intensified. If your family objects to the color and the somewhat stronger fruit flavor, replace one-fourth to one-half the sugar with honey. The proportions for syrups follow. Use your favorite method of processing but be sure to follow standard processing charts. We recommend Farmer's Bulletin 1471, U. S. Department of Agriculture.

For tart fruits such as cherries, plums, and apples, use either:

All Honey Syrup
2 cups honey
3¾ cups water

Honey and Sugar Syrup
1 cup honey
1 cup sugar
4 cups water

For other fruits (strawberries, pineapple, raspberries, peaches, sweet cherries) use either:

All Honey Syrup
1 cup honey
2 cups water

Honey and Sugar Syrup
½ cup honey
¼ cup sugar
2¼ cups water

To prepare the *All Honey Syrup*:

1. Bring water to the boiling point.
2. Add honey, stir, and let come to a good rolling boil.
3. Skim, strain, and it is ready for use.

To prepare the *Honey and Sugar Syrup*:

1. Bring water and sugar to boiling point.
2. Add honey, stir, bring to a rolling boil.
3. Skim, and it is ready for use.

Cold Pack Method—Pack well prepared fruit in sterilized jars. Cover with boiling syrup. Process according to standard chart.

Hot Pack Method—Add well prepared fruit to boiling syrup, bring to good rolling boil, pack in sterilized jars and process according to standard chart.

Oven Method—Follow cold pack method and process in oven according to directions furnished by your local gas or electric stove company.

APPLE, PEACH OR PEAR PICKLES

3 cups honey
3 cups vinegar
2 cups water
1 teaspoon salt

1. Bring these ingredients to a boil.
2. Add fruit and cook until tender.
3. Pack in sterilized jars, cover with pickling syrup and seal.

For apples tie the spices (cloves and cinnamon) in cheesecloth sack and boil in pickling syrup. For pears and peaches stick two or three whole cloves in the fruit and allow stick cinnamon to cook in the pickling syrup.

SUNSHINE PRESERVES

1. Allow 1 pound of honey for every pound of fresh fruit.
2. Mix and spread on platters.
3. Place platters in box slightly higher at back than front.
4. Cover with glass, place in sunshine on garage roof.
5. Stir once each day. When thick, pack in sterilized jars and seal.

Jams and Jellies

In jelly making unless you have had a great deal of experience with the use of honey, it is better to replace half the sugar with honey. The use of all honey in some cases will mask the fruit flavor and may produce a gummy texture. In fruit butters and marmalades all honey may be used. Crabapple, apple, plum, quince and currant jellies can be successfully made by using:

Juice
1 cup

All Honey
¾ cup

Honey and Sugar
¾ cup honey
¾ cup sugar

Process with All Honey

1. Boil the juice 10 minutes.
2. Add honey and cook three minutes after giving jelly test (225° F.).

3. Skim, pour in hot sterilized glasses, cover with paraffin.

Process with Honey and Sugar

1. Boil the juice 10 minutes.
2. Add sugar and bring to boiling point.
3. Add honey; cook to jelly test (220° F).
4. Skim, pour in hot sterilized glasses, cover with paraffin.

ONEY STRAWBERRY JELLY

$\frac{1}{2}$ cups strawberry juice
1 cup honey
package dry pectin (Sure-Jel*)
 $2\frac{1}{2}$ cups sugar

1. Crush strawberries and drain through jelly bag without cooking.
2. Measure juice, add pectin and place over hottest fire.
3. Bring to a full rolling boil.
4. Add honey and sugar and again bring to a full boil.
5. Continue boiling for *one-half minute*.
6. Remove from fire, skim, pour into sterilized jelly glasses and seal.

ONEY RHUBARB JELLY

$\frac{1}{2}$ cups rhubarb juice
package dry pectin (Pen-Jel*)
 $1\frac{1}{4}$ cups sugar

1. Wash and cut rhubarb into inch pieces. Cook until tender in just enough water to prevent sticking.
2. Drain through jelly bag.
3. Measure juice, add pectin, place over hottest fire and bring to full rolling boil.
4. Add honey and sugar and again bring to full boil.
5. Boil to jelly stage (approximately 10 minutes for best texture).
6. Remove from fire, skim, and pour into sterilized glasses. Seal.

*Because of the variation in dry pectins, trade names are included to assure good results.

ORANGE MARMALADE

3 medium sized oranges
2 cups honey
1 cup water
6 tablespoons lemon juice
 $\frac{1}{4}$ cup liquid fruit pectin

1. Cut oranges in half and run through food chopper (fine knife).
2. Measure and there should be from $1\frac{1}{4}$ to scant 2 cups ground orange (skin, pulp and all).
3. Add water, simmer 15 minutes after it has come to a good boil.
4. Add honey, bring to a boil, simmer very slowly 30 minutes.
5. Add lemon juice, add liquid pectin.
6. Bring to full rolling boil and allow to boil 30 seconds.
7. Remove from fire, skim by turns for about 5 minutes, during which time sufficient cooling takes place to prevent floating fruit.
8. Pour quickly in sterilized glasses, paraffin at once.

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