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**FOR IMMEDIATE RELEASE**

**NEWS FILLER:**

*It's National Honey Month!*

**Honey Adds a Wholesome Twist to Favorite Recipes**

Honey, often featured as a key ingredient in award-winning recipes, is a healthful substitute for sugar when baking breads, cakes, and cookies. It absorbs and retains moisture, so pastries made with honey generally stay fresh longer. Though honey is best used in recipes that specify it, you can experiment with it in place of granulated sugar. When substituting, reduce the oven temperature by 25 degrees to prevent overbrowning, reduce the liquid in the recipe by one fourth cup for every cup of honey, and use one part honey for every one and one-quarter parts sugar.

Here are a few simple ideas that can add a burst of flavor to traditional foods:

Honey mixed with herbs makes a tasty glaze for meats, such as honey and thyme for lamb.

Honey blended with oil, vinegar, and mustard makes a salad vinaigrette that's slightly sweet and full-bodied. Mix honey with soy sauce, orange juice, ginger, and rice wine for a sweet-and-sour marinade for chicken or shrimp.

Honey butter is a wonderful addition to muffins and nut breads. To make it, cream two tablespoons of honey with half a cup of butter and a pinch of cinnamon or nutmeg.

For a selection of honey recipes, call or write Dutch Gold Honey, 2220 Dutch Gold Drive, Lancaster, PA 17601, phone 717-393-1716.

***Source: Dutch Gold Honey, Inc., Lancaster, Pa.***