



THE UNIVERSITY OF WISCONSIN

Homemakers' Hour

OVER STATE-OWNED RADIO STATIONS

WHA

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HONEY IN SALADS AND SANDWICHES Mrs. Harriet Grace

THE annual rush of picnics is on but the one who plans the menus must remember to provide an adequate diet for everyone at all times. Then the foods must be well-cooked.

Just as we dress according to the thermometer, so we too plan our meals according to the weather. On a hot day we might serve a stuffed tomato or frozen fruit salad with hot biscuits and honey, a piece of cake for dessert and either iced tea or milk.

For a tomato salad the tomatoes should be washed and then with a dull knife scrape the outside skin, being careful not to break it. Place tomato with stem end down. With the sharp edge of the knife cut skin into petal shapes so that the petals can be spread out on the salad greens that are used for garnishing. Tomatoes may be stuffed with chicken or tunafish salad, cole slaw or finely diced celery and stuffed olives chopped and mixed with a honey French Dressing.

French Dressing

X
3/4 cup salad oil
1/4 cup vinegar or lemon juice
1/2 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon mustard
dash cayenne
4 tablespoons honey

Place all in a tightly covered pint jar and shake vigorously just before serving.

Frozen Fruit Salad

(this is delicious and nutritious)

4 ounces cream cheese
3 tablespoons mayonnaise
2 tablespoons honey

1 cup pitted white cherries
3 slices of pineapple
1/2 pint whipping cream

Mix cream cheese with mayonnaise, add honey and mix well. Add cherries and pineapple and fold in whipped cream. Place in dish in freezing tray.

Serve with the following dressing.

1/2 cup honey	1/2 cup vinegar
1 cup salad oil	1 medium onion grated
1/2 teaspoon salt	1 tablespoon Worcestershire
1/3 cup chili sauce	sauce

Place all ingredients in a quart jar and shake well. Serve this dressing on the lettuce and place a portion of the frozen salad on top. This dressing may be used on other salads.

Pear Salad

Pears
Pimento cheese
Honey French dressing

If canned pears are used place can in refrigerator to chill pears before making up the salad. Allow 2 halves of pear to a person. Place cut side down on lettuce. Cover pears with riced pimento cheese and serve with honey French Dressing. Rice cheese the same way you rice potatoes.

Sandwiches - 2 kinds of bread

Honey Butter

1/2 cup butter
1 cup honey

Let both butter and honey stand in a warm room until warm enough to blend well. Beat until well blended. Put in small jar and store in refrigerator.

Suggestion: This is delicious and nutritious as a spread for sandwiches or on waffles and griddle cakes. If used for cinnamon toast add cinnamon to suit taste.

Cream Cheese Sandwich Filling

Soften cream cheese with enough honey to spread well. Add chopped raisins or nuts.

Peanut Butter Filling

Combine two parts peanut butter with 3 parts of honey. Store in cold place.

Tea Sandwich

With a biscuit cutter cut circles from bread slices. Spread circles of bread with softened butter and top with cream cheese softened with honey. On this spread red raspberry jam. Place a dot of cream cheese mixture or whipped cream in the center.

Toasted Tea Sandwich

Use circles out from bread as in above recipe. Toast until brown on both sides. Spread with softened butter and then with honey. Sprinkle with chopped nuts. Place under broiler until nuts are slightly browned and serve while hot.

When you want to impress the Joneses, serve the following

Rice Pudding

2 cups cooked rice
3 cups milk
3/4 cup honey
3 eggs
1 cup chopped raisins

Mix rice, milk and honey. Add the eggs which have been slightly beaten. Stir in the chopped raisins. Bake at about 350 degrees F. in a well greased baking dish for about one hour. Serve with cream if desired. Serves 8.

Honey Parfait

2 eggs
Pinch salt
1/2 cup honey

1 teaspoon vanilla
1 tall can evaporated milk
(1-2/3 cups) chilled

Beat egg whites with salt until foamy. Add honey slowly, beating all the time until mixture is quite heavy. Add egg yolks and vanilla. Continue beating only until blended. Whip milk very stiff. Fold in honey mixture. Pour at once into cold freezing trays. Yield: 3 pints.

When we get a cool day, why not try the following on your waffles.

Honey Butter Cream

1/2 cup honey
1/2 cup irradiated evaporated milk
1/2 cup butter

Combine ingredients. Cook over low heat until mixture forms a smooth syrup, about 10 minutes, stirring frequently. Serve hot or cold. Yield: Sufficient for 12 servings.

Fortunate indeed is the family that has a well-planned menu with well-cooked food.