



WORLD
COOKING
WITH
HONEY

A P I M O N D I A

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WITH HONEY**

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FOREWORD

Throughout the centuries, people working in various fields — doctors, researchers on nourishment, dieticians, cookers and housekeepers too — have had as their main concern in research the nourishment of modern man. Nowadays, many of the natural products once offered in abundance by "mother nature" are no longer a part of the daily menu. Being time consuming it looked necessary to replace them by complex products rich in vitamines and calories. Modern man, who's always in a hurry, is bent so much on an alimentation especially deprived of all traditional products, in which the culinary ability has combined in time everything that was necessary for human organism. Let's not forget that, throughout an evolutive process, man has got used to natural products and has succeeded in selecting them. Nowadays, we all know so well that, along with his evolution, man has used honey long before using sugar from sugar cane or from sugar beet, in order to sweeten his food. And that's why the starting point of some culinary products with honey is somehow unreachable. However, there are many countries where this wonderful gift of nature, honey, has been and is still used in various culinary recipes, as a traditional product. Using it, the respective countries became famous. For example, let's recall about the "ginger bread" produced in Czechoslovakia, Poland, GDR and FRG, the French "nougat", called "torrone" in Italy or "turrón" in Spain and the classic sweet with honey, known by every country in the world. To all we may also add the less known Romanian culinary recipes and drinks with honey. Thus we come to quite a comprehensive picture of the use of this natural product which has extraordinary qualities in supporting the biologic equilibrium and human health.

In editing apicultural books, our main concern has always been to point out the nutritive, stimulating and anti-bacterial qualities of honey and other hive products, its effect in preventing diseases and supporting the general body resistance. Many books have dealt on this subject. One of these, "Honey and other natural products", written

by the American doctor, D. C. JARVIS, is really successful.

Several years ago I suggested to the Editorial Staff of the International Beekeeping Technology and Economy Institute APIMONDIA to collect, select and translate as many culinary recipes as possible from various foreign and native magazines. This book is meant to be very close to the traditional Romanian gastronomy. Thanks to the Editorial Staff here is the book which has reunited some useful advice on what a good housekeeper may prepare with honey and... a little skill.

The book, like other Romanian culinary books too, starts by giving general advice for storing and using honey. Our most sincere hope is that reading it, honey shall be widely used in your culinary recipes. In the end, I would like to wish you all lots of success and good appetite !

*Prof. Dr. Eng. V. HARNAJ,
Honorary President of APIMONDIA*

WORLD COOKING WITH HONEY

Some Advice For Storing Honey

— Honey must be stored only in absolutely clean glass or aluminium cans. Do not pour honey into them even though they had contained honey before. The former honey layer contains fermentation germs which impregnate the new honey, causing it to ferment and thus change its taste and flavour;

— Honey should never be kept in zinc, copper, lead vessels, or their alloys, because chemical compounds are formed under the action of honey acids, which could cause severe intoxications. Neither are steel cans recommended, as, due to steel corrosion during extended contact with honey acids, it will get an unpleasant taste and flavour;

— The cans containing honey should not be stored near vessels with substances emanating flavours such as: paints, fuels, essences, because honey can easily absorb smell. At the same time do not place the uncovered honey can near hygroscopic substances which stimulate the maintenance of moisture in the air (salt). These substances cause an accelerated fermentation of honey;

— Honey bottled in jars should be protected against light, which contributes also to the devaluation of the honey's qualities. This fact can be easily noticed due to the change in colour of honey (the colour gets darker);

— If you want to reliquefy crystallized honey, set the jar in a pan of very hot water. Do not put it by any means directly on fire. Beware, heat but the precise quantity you want to use, because once all of it is heated, it will ferment even more easily, getting devaluated. And now, wishing to be of help to all housewives, we shall give some useful advice, rules for your kitchen.

HANDY MEASUREMENTS

Honey

1 milk bottle = 1.400 kg
1 jar of 850 ml = 1 kg
1 jar of 425 ml = 500 g
1 glass of 150 ml = 180 g
1 tablespoonful = 45 g
1 teaspoonful = 12 g

Flour

1 waterglass = 160 g
1 level tablespoon = 15 g
1 heaped tablespoon = 25 g
1 tea cup = 250 g

Castor Sugar

1 glass = 200 g
1 tablespoonful = 30 g
1 teaspoonful = 10 g

Rice

1 glass = 230 g
1 tablespoonful = 30 g

Semolina

1 glass = 200 g
1 tablespoonful = 25 g
1 teaspoonful = 15 g

Dry Bread Crumbs

1 glass = 125 g
1 tablespoonful = 15 g

Salt

1 glass = 325 g
1 tablespoonful = 35 g
1 teaspoon = 10 g

Butter (melted)

1 glass = 245 g
1 tablespoon = 20 g
1 teaspoon = 5 g

Milk

1 glass = 250 g
1 tablespoon = 20 g

Powdered Milk

1 glass = 120 g
1 tablespoon = 15 — 20 g
1 teaspoon = 5 g

Sour Cream

1 glass = 250 g
1 tablespoon = 25 g
1 teaspoon = 10 g

DISHES AND SAUCES

In many countries where cooking tradition consists in sweeter appetizers, dishes and sauces, honey has long been widely used in recipes. In our country, where most of the meals have been and still are moderately spiced (even though there are regions in our country where sweeter meals are also used), the recipes containing honey have enjoined with more difficulty. Further on we offer you several recipes with honey which lends the respective dish a special taste, flavour and freshness together with superior nutritive qualities. In any case, whether these dishes will be to your taste or not, our wish is to point out a well verified fact, namely that steak—especially roast veal and lamb — becomes much more tasty and does not dry if it is greased with a thin layer of honey, or a mixture of honey and mustard, before putting it into the oven.

Chops With Honey

6 chops, 1 tea cup piquant ketchup sauce, 6 tablespoons honey, 1 big sliced lemon

Wipe chops with a wet paper serviette. Mix up the ketchup sauce with honey and pour over each chop. Each will be garnished with a lemon slice. Keep them uncovered in the oven for an hour until done. This sauce is very tasty with chicken too.

Chops With Apples

6 chops, salt and pepper, 2 red unpeeled apples, 1 tablespoon butter, 1/4 cup honey

First roast the chops in a baking tin

over gentle heat then put them in a frying pan. Discard the cores and cut the unpeeled apples into slices. Add butter in the baking tin where the chops were roasted and fry the apples until tender. Place an apple slice on each chop.

Cover and simmer for 30 minutes. Pour honey over the apples and chops. Keep on fire, covered, for another 15 minutes, or until done.

Chops With Honey And Fruits

4 chops, 1 cup pineapple in slices, 1/2 cup honey, 1/4 cup pineapple juice, 1 tablespoon mustard

Make a cut in each chop and introduce 1/2 pineapple slice. Mix honey with pineapple juice and pour on each chop. Broil for 1 hour and a half, sprinkling them frequently with the sauce. Take the chops out of the oven and put half a slice of pineapple on each. Put back into the oven for 1 — 2 minutes to warm up the fruits, warm up the rest of the sauce and serve together with the chops.

Roast Pork With Sauce

1/2 mug vegetable oil, 1 pounded clove of garlic, 3 tablespoons honey, 1 tablespoon mustard flour, 2 chops, fried potatoes

Mix the vegetable oil, garlic, honey and mustard. Put the pieces of meat in a frying pan and then pour the sauce. Keep in refrigerator for 24 hours. Turn now and then. Take the meat out of the sauce and grill for 30 — 45 minutes. Pour the sauce over the fried potatoes. Cut the meat in slices and serve with fried potatoes.

Seasoned Chop

1 1/2 kg of chops, 1 teaspoon salt, 2 tablespoons oil, 1 big onion cut in slices, 1 1/2 cup diced celery, 1 mild middle sized pepper cut in slivers, 1 diced tomato, 1 tablespoon starch, 1/4 cup honey

Cut the meat into small cubes and make it nice and brown in oil. Take out the meat and put it aside. In the same frying pan stew onion, celery and mild pepper for about 5 minutes. After that add the starch and honey. Mix it well with the vegetables and add the meat. Simmer covered over gentle heat for 2 hours or until tender. Stir from time to time so as to make it homogenous and to prevent its smoking. If re-heated, the chop will be tastier.

Marinade Roast

1.250 kg meat, 3 tablespoons honey, 2 tablespoons vinegar, 1 1/2 tablespoon garlic sauce, 3/4 tea cup oil, 1 green onion finely diced

Mix honey and vinegar in a tureen add garlic, oil and onion and stir well. Cut away surplus fat from the meat. Slightly slit it open in rhombic forms. Put the meat in a small frying pan and pour the marinade over it. Leave it at room temperature for 4 hours or put it covered into the refrigerator overnight. After boiling, take the meat out of the marinade and grill it at gentle heat. It is grilled quickly, leaving it for 6 minutes on each side. Cut in slices.

Ham Minced-Meat Balls In Sauce

1/2 kg of smoke dried chopped ham, 1/2 kg fresh pork, soaked bread, 1/4 teaspoon salt, 1/8 teaspoon pepper, 2 teaspoons finely chopped onions, 1 1/4 milk cup

Sauce :

1/2 tea cup sugar, 1/2 tea cup honey, 3 tablespoons vinegar, 1 teaspoon mustard powder

Mix well ham, pork, bread, spice, onion and milk. Shape the minced meat balls and put them in a frying pan. Leave on reduced fire for 20 minutes. Separately mix sugar, honey, vinegar and mustard and boil for 1 minute. Pour one spoon of this mixture over each ball. Put into oven and leave it there for another 30 minutes. Serve together with the rest of sauce.

Rolled Beef

3/4 tea cup milk, 1/2 tea cup of very concentrated onion soup, 1 egg, 1 1/2 tea cup dried breadcrumbs, 750 g chopped beef, 1/4 tea cup piquant ketchup sauce, 1 tablespoon mustard, 2 tablespoons honey, 4 pieces pressed cheese, rice or noodles

Mix milk, onion soup, 1 egg slightly whisked and dried breadcrumbs and leave as such for 5 minutes. Add meat, mix well and form a ring. Put the ring in the frying pan. Grease with ketchup sauce mixed with honey and mustard. Bake for 40 minutes in hot oven and sprinkle with the mixture. Take the roll out of the oven, put the pressed cheese over it and put on fire for another 5 minutes until the cheese melts. Serve with noodles or boiled rice.

Beef With Honey And Beans

1/2 kg of chopped beef, 1 teaspoon finely scrapped onion, 1/4 tea cup croûtons, 1/2 teaspoon salt, some pepper, 1 whisked egg, 1 tea cup beef soup, 2 tablespoons honey, 1/4 cup vinegar, 1/2 cup ketchup sauce, 1 kg boiled dried beans partially drained

Mix up meat with the first 5 ingredients and 1/4 tea cup of water. Shape 16 — 18 small minced balls. Put the beef soup into the pan and when it starts boiling add the minced balls. Cover and boil 20 minutes. Work in the other ingredients, except the beans, pour over minced balls and boil for another 10 minutes. Finally add the beans and boil for a few more minutes.

Beef With Pears And Honey

1.500 kg beef cut in 5 — 6 thick slices, 6 small not very ripe pears, 2 big onions, 2 l. light bear, 1 lemon, 2 tablespoons honey, 1 bundle parsley, 3 tablespoons flour, savory, 1 laurel leaf, 4 tablespoons oil, butter (as much as 2 nuts), 1 teaspoon cayenne, salt and pepper

Peel and chop the onion finely ; peel the pears, cut each in 4, remove core and dip into hot water for a few minutes to which lemon juice was added; the pears should remain hard.

Put flour, cayenne and pepper in a saucepan; mix and soak meat slices on each side. Remove extra flour off the slices.

Put oil into a saucepan on gentle heat.

Slightly roast meat slices on each side and add the onion, leaving it until it turns golden. Add bear, honey and parsley. Let it boil over low heat for about an hour, until tender. Add pears, and let it boil 1/2 hour; pears should be boiled but intact. Boiling time depends on how ripe they were.

When meat and pears are boiled, take them out and place on a dish. Add the small butter pieces on the pan. Cream to a compact sauce. Pour it over meat and pears.

Serve at once with boiled potatoes.

Veal Tongue With Honey

1 veal tongue, 1/2 tea cup honey, 1/4 tablespoon spice, 1/4 teaspoon clove, 1/2 cup vinegar, 1/2 cup plums, 1/4 teaspoon cinnamon, 1 teaspoon salt

Boil tongue in salted water until tender. Let it drain, wash and put into a saucepan. Cover it with the mixture of all ingredients and put it over low heat for 45 minutes. If sauce subsides add more water.

Chicken With Lemon And Honey (I)

1.5 kg chicken, 1/3 cup flour, 1 teaspoon cayenne, 1 teaspoon salt, butter, honey, 1 lemon

Coat chicken meat with flour. Melt 1/3 cup butter, fry the chicken pieces and put them on a tray. Rub with cayenne and salt. Pour honey and lemon mixture (1/3 cup honey and 1/4 cup lemon juice) and broil for 15 minutes.

Chicken With Honey (II)

1 chicken, 1 cup milk, 1/2 cup mushrooms, little flour, salt and pepper, 1/2 cup honey, 4 spoons melted butter

Cut chicken into pieces, salt and sprinkle with little flour and lemon. Put it in a pan, cover it with melted butter and leave for half an hour in the oven until brown, then reduce heat. Separately mix honey with milk and pour over chicken, leave it in the oven for another hour. 15 minutes before serving add mushrooms.

Pan-Fried Chicken

1 kg chicken cut in pieces, salt, pepper, 1/4 cup oil, 1/4 cup honey, 1/4 cup

*fresh lemon juice, 1/4 teaspoon cayenne,
1/2 teaspoon mustard powder*

Wash and dry chicken chops, salt and sprinkle with pepper. Warm up oil in a skillet and place chicken in it, skin side down. Fry on one side, turn and fry on the other side. After that cover and boil for 15 minutes. Mix up honey, lemon juice, cayenne and mustard powder and baste the chicken. Go on boiling in the uncovered skillet for about 20 minutes until tender. Baste regularly until brown.

Grilled Chicken With Honey

*1/4 mug butter, 1/2 mug orange juice, 1/
2 mug honey, 2 tablespoons lemon juice,
2 tablespoons chopped parsley, 1 spoon
mustard flour, 2 chickens (around 1 1/2
kg each)*

Melt butter in a frying pan, pour all other ingredients and stew for 2 — 3 minutes. After cooling pour the sauce over the chicken and let it marinate for a few hours before cooking. Place chicken chops on grill and fry over low heat 40 — 45 minutes, by regularly ladling sauce over them. Turn and fry meat on the other side too for 10 minutes more.

Duck With Honey

*1 duck of 2 1/2 kg, 1 teaspoon salt, 1/2
cayenne teaspoon, 1/2 cup honey, 1/3
cup orange liqueur, lemon juice, 1 1/2
teaspoon mustard flour, 5 slices lemon,
5 slices onion*

Clean and singe the duck and sting its skin so the grease will drain while cooling. Mix up salt, lemon juice and cayenne; rub the inner and the outer side of the duck with this mixture. Put into oven for 15 minutes for the grease to drain. Lower heat and bake for an

hour draining grease if needed. Mix up honey liqueur and mustard and baste the duck with this mixture. Put lemon slices and onion on the duck and leave it for another 15 minutes, basting it from time to time with honey.

Marinated Lamb

1 kg lean lamb meat, 12 mushrooms, 4 small onions, 4 halfripe tomatoes, mint and lemon sauce (see Sauces), salt, pepper

Cut meat in 3 cm large cubes. Wash, drain and cut the mushrooms in half. Cut each tomato in 6 slices.

Put the meat, mushrooms and onions cut in slices in the mint and lemon sauce and heat for 20 minutes.

Put on a spit: one cube of meat, a slice of tomato, another cube of meat, a piece of mushroom, another cube of meat and then a slice of onion. Do so until the spit is full, the last piece being a cube of lamb meat. Soak the joint roasted spit into sauce and spice with salt and pepper. We get 6 joint roasted spits.

Roast at about 10 cm away from fire for 10 minutes on each side. Sprinkle now and then with sauce.

Lamb Chops With Mint

1/4 cup warm water, 1/2 cup honey, 1 tablespoon vinegar, 2 tablespoons fresh cut mint or 1 tablespoon of dry mint leaves, salt and pepper, 4 big lamb chops

To make the sauce, mix up all ingredients except the chops in a frying pan. Braise for 5 minutes. Salt and sprinkle the chops with pepper, then put into oven. Fry for 5 minutes on one side and baste with half of mint sauce. Put into oven for another 5 minutes. Turn the chops on the other side and baste with the rest of sauce, frying for about 8

minutes at low heat. Baste from time to time with sauce.

Fried Beans With Honey

1 middle-sized chopped onion, 1 middle-sized chopped mild pepper, 1 pounded clove of garlic, 2 tablespoons oil, 1 kg boiled dried beans, 1/2 cup ketchup sauce, 1/4 cup honey

Stew the onion, mild pepper and garlic in oil until tender but not brown. Mix up beans, ketchup and honey in a frying pan. Bake uncovered at low heat for 45 minutes. At choice: brown 1/2 kg chopped beef until its red colour disappears and becomes very tender. Drain off grease, add beans together with stewed vegetables and bake as above.

Lemon And Mint Sauce

1/2 cup honey, 1/2 cup lemon juice, 4 tablespoons warm water, 1/4 cup fresh chopped mint or one teaspoon of dried mint, 1 teaspoon of melted butter

Mix well all ingredients in a pan, except mint. Warm well at low heat. Add mint. Serve hot, adding the melted butter.

Honey Sauce

1 tin tomatoes in tomato sauce (500 g), 2 tablespoons honey, 2 tablespoons wine vinegar, 1 clove of garlic, well pounded, 2 green onions cut in fine slivers (the leaves too), 2 tablespoons diced mild pepper

Mix well all ingredients. Braise for several minutes. Use the sauce for steaks.

Lemon Sauce

1/2 cup lemon juice, 1/2 cup honey, 4 tablespoons of warm water, 1 teaspoon butter

Mix well all ingredients in a pan. Warm up on low heat. Add butter and serve warm.

Apple Sauce

6 green apples, 1/2 cup honey, 1/2 cup water, juice of half a lemon, 3 cloves

Apples are peeled and cored and are cut in 4 pieces. Put into a saucepan honey, water, lemon juice and clove and bring to boil. Add the apples and simmer until soft. Take out the clove and serve the sauce with pork chops or chicken steaks.

Salad Dressing (I)

1/4 cup honey, 2/3 cup milk, 1/4 cup lemon juice, 1/2 teaspoon salt, 1/4 teaspoon mustard, 1/4 teaspoon sweet cayenne

Mix up all ingredients a homogenous paste. Chill and let thicken. Serve with green salad or cabbage salad.

French Salad Dressing With Honey(II)

1/2 cup oil, 1/2 cup lemon juice, 1/2 cup honey, 1/2 teaspoon sweet cayenne, 1/2 teaspoon salt, 1 pounded clove of garlic

Put ingredients in a tight covered jar and stir well before use. Do not keep in refrigerator.

Lettuce Dressing (III)

3 tablespoons wine vinegar, 1 teaspoon

mustard, one chopped onion, 1/2 teaspoon on honey, 3 tablespoons oil, 1 teaspoon salt, pepper

Mix well all ingredients and pour over the torn apart green salad.

Australian Gravy

1 cup tomato juice, 1/4 cup vinegar, 1/4 cup honey, 2 pounded clove of garlic, a pinch of hot cayenne, 1/4 teaspoon salt, freshly ground pepper

Put all ingredients in a pan, mix well and braise for 10 minutes. Serve with any kind of steak.

Rose-Hip Sauce

1 tablespoon rose—hip jam, 1 teaspoon flour, 1 teaspoon butter, 1 teaspoon honey, 1 tablespoon wine, 1/4 l meat soup, salt, lemon juice

Mix jam with flour and dilute with meat soup and wine. Boil and add salt, lemon and honey to your taste.

Serve on boiled meat or chicken steak.

Apple Sauce

1/4 kg apples, 100 g cream, 10 g flour (1 level teaspoon), 25 g butter, 1 teaspoon honey, salt, chopped parsley

Peel apples and grate them. Boil in 1/4 l water or soup for 10 minutes. Mix cream with flour, honey and 1 tablespoon water. Add salt to taste, butter and over them parsley. Boil the mixture.

Serve on boiled beef and chicken.

USING HONEY FOR PASTRY AND SWEETS

Since ancient times, honey has been used in confectioning a wide range of sweets and pastry, of which still very well-known are the recipes of ginger bread. In many countries, its confectioning has become a real industry. Thus, many varieties of baking forms were created in time, becoming real collections. Anyone can imagine — if yet hadn't experienced the event — the joy of a child receiving a ginger bread figurine full of fancy and skill. Most certainly, every child has imagined the ginger bread house, from one of the most popular stories by the Grimm brothers "Hänsel and Gretel".

GINGER BREAD

Ginger Bread Figures

400 g honey, 250 g powdered sugar, 200 g water, 2 eggs, 1 egg white, anise, clove and cinnamon (all together about a teaspoon) 10 g ammonium carbonate, 800 — 900 g flour (even more)

Boil sugar and water until it has the consistency of syrup. Honey, 2 eggs, egg white, spice, ammonium carbonate and 5 tablespoons flour are whisked well until mixed. Beat in the rest of flour little by little alternately with the warm syrup. Lay the batter on a plane table which was previously powdered with flour ; you may have to work in more flour until it gets the consistency of potato batter. Leave the batter in a cool place for 12 hours. Lay a 4 — 5 mm thick paper and cut off different geometrical shapes with the help of a met-

talic form. Put figurines in a lightly greased pan and bake in hot oven. When they get golden, take them off and while still hot brush with feather soaked in whisked egg. When cooler, take them off the pan, put on a rack and when they are completely cold apply white icing.

Ginger Bread Hearts

250 g honey, 3 eggs, 250 g powdered sugar, 50 g butter, 10 g ammonium carbonate, 1 tablespoon rum, 5 g anise, clove, grated nutmeg (all together — 1/2 teaspoon), 5 g cinnamon, 600 — 700 g flour

Flour a board ; heap some flour to one end of the board and add sugar, honey, eggs, melted butter and sift in ingredients. Dissolve ammonium carbonate in rum and add it, kneading this composition to a soft batter. Leave it 12 hours. Knead it again, lay a suitable layer of grease. With a metallic mould cut small hearts of different dimensions, then bake them in a hot oven. While still hot brush with egg and ornate with white icing using a decorating bag.

Slovakian Ginger Bread

320 g honey, 1 egg, 3 egg yolks, 180 g powdered sugar, 10 g ammonium carbonate, 250 g water, 1 teaspoon pounded cinnamon, 1/2 teaspoon clove and anise, 10 g grated orange rind, 800 g flour (more, if needed)

Boil water and pour over honey in a skillet. Add the ammonium carbonate into the syrup, after cooling. In another tureen mix up sugar, yolks of eggs, eggs, spice and grated orange rind ; whisk until foamy (at least 20 minutes). Sprinkle the composition with flour, add syrup, put it on the board and work in gradually the rest of flour.

Let the batter rest for 6 hours, put and roll a puff paste and shape different moulds. Bake in hot oven. While hot brush with egg and decorate with white icing of an egg.

Caramel Ginger Bread

6 tablespoons honey, 200 g powdered sugar, 100 g granulated sugar, 200 g water, 60 g butter, 1 teaspoon cinnamon, anise (more other spice too if you like), 15 g ammonium carbonate, 900 g flour (more if needed)

Cook granulated sugar until it becomes caramel (avoid cooking it too dark), baste with water and boil, on low heat, until sugar is completely dissolved. In another pan, mix up powdered sugar with eggs, honey, butter, ammonium carbonate and other ingredients until foamy. In this homogenous mixture pour the chilled caramel sauce and add flour. Put the composition onto a pastry board ; knead to soft dough and roll out a layer. Shape moulds and put them on a slightly greased baking sheet and introduce it into the hot oven. Leave it until they get golden. While still hot, brush with whisked egg. Decorate with white icing of one egg.

Bavarian Ginger Bread

300 g honey, 60 g butter, 180 g powdered sugar, 5 egg yolks, 15 g ammonium carbonate, 3 tablespoons milk, 4 tablespoons rum, 120 g pounded nuts, 5 peeled finely chopped apricots, 80 g glazed orange rind, 30 g tartaric acid, 1/2 teaspoon anise and 1/2 teaspoon pounded cinnamon, 1 kg flour

Put a pan with water on fire. When water vapours are coming out, mix over it, in another pan, honey, butter, egg yolks, milk, ammonium carbonate

and sugar for at least 10 minutes. After it is homogenous raise vessel off the steam source and keep on whisking until the mixture cools off. Add anise, nutmegs, cinnamon finely diced, orange rind, rum, tartaric acid and nuts. Sprinkle the mixture with flour and make it a dough. Roll it out on the pastry board and work in rest of flour, until a soft batter is obtained. Leave it rest 24 hours. Knead the dough again, roll out a layer and pin. Cut out different shapes, depending on your fantasy and the different moulds you have. Bake in moderate oven. When hot, brush baked figures with egg. When cool, decorate with white icing.

Peasant's Ginger Bread

300 g honey, 250 g powdered sugar, 700 g flour, 3 eggs, 30 g lemon rind, 10 g cinnamon, 5 g anise, 5 g clove, 10 g ammonium carbonate

Dissolve honey in warm water at 40°C, add anise, pounded clove and cinnamon, ammonium carbonate and lemon rind. Mix everything. On a pastry board, knead to a soft dough flour and eggs and let it rest at least 5 hours. Pass the dough through the meat chopper, knead it again and roll out. Shape different moulds and bake them on a greased baking sheet in hot oven. When they get golden, take them out and brush them with egg. When cooled decorate with white icing.

Soft Ginger Bread

250 g honey, 1 egg, 3 egg yolks, 10 g ammonium carbonate, 150 g powdered sugar, 1 pack vanilla sugar, 200 g water, juice of 1/2 lemon and its rind, 10 g cinnamon, 5 g anise, 5 g clove, one pinch of nutmeg, 700 g flour

Put hot water over honey, mix up and let it cool. In another pan mix up sugar, eggs, yolks of eggs, spice, vanilla sugar, lemon juice and rind, ammonium carbonate and whisk until foamy. Gradually add flour and dissolve honey. Knead on a pastry board a soft dough, which will be left to rest for 5 — 6 hours. Knead again, cut pieces from the dough roll out, cut moulds and bake in moderate oven. When hot, brush the moulds with egg and when cool, ornate with white icing.

This kind of dough can be used to mould ginger bread houses, caskets and other decorative shapes.

Ginger Bread House

Make the dough like that for soft ginger bread.

Draw the elements of the house on a thick piece of paper and cut them up.

Roll out a 5 — 6 mm thick layer and put it on a greased tray. Take a sharp knife and cut the elements of the house according to the paper pattern. 2 big walls (front and back), 2 side walls, the 2 parts of the roof, 4 pieces representing the fence around the house, the chimney, the door and the figures you wish to put around the house (tom-cat, little boy, little girl, the witch, trees, etc). Cut out the empty parts of the windows to the dimensions of the walls. Bake all the pieces at low heat till they turn golden. When they are still hot, brush them with whisked egg and let cool on a pastry board. Check up comparing with the paper patterns if any adjustments are needed, supposing that while baking they were misshapen. Cover back empty portions of the window with red cellophane which will be glued on with egg white. After it has cooled, decorate the parts of the small house with white icing, using the cornet. Apply as many traditional decorative motifs (flowers, small hearts, arabesques etc). When the icing is dry,

start assembling the house which will be raised on a suitable support (a plate made of the same dough placed on a small board of about 40 x 40 cm).

Glue the constituent parts of the small house to the support with egg white and fix them to each other with toothpicks. The roof will be glued over the upper walls also with egg white ; use the same method for chimney, door, fence etc.

If you wish to confere the small house a winter aspect ornament it with white icing only. This will be layed over the entire roof and let it drop over the edge. Thus you will have accomplished icicles.

Ginger Bread Casket

Make the dough according to the soft ginger bread recipe.

Get a paper pattern ready for the constituent parts of the casket, made of a thick paper. Roll out a 5 — 6 mm thick layer and put it on a baking sheet and shape the constituent parts. Make two round holes into the back side of the lid and into the upper side of the back wall. Make a hole in the middle, on the front side of the lid and the upper side of the front wall. Pass the ribbons through these holes and fix the lid to the casket.

Bake pieces on moderate oven until golden. When still hot, brush with whisked egg. When they are cooler, ornate with decorative motifs using a cornet with white icing. After having glued the walls with egg white fix them with toothpicks.

The casket is most attractive as a present, especially if filled with small, variously decorated ginger bread shapes or sweets.

Ginger Bread With Nuts (I)

2 tablespoons honey, 140 g powdered sugar, 350 g flour (even more) 2 eggs, 1 teaspoon cinnamon, anise, clove, 1/2 pack baking powder, 50 g orange rind glaze, 100 g nuts

Mix well eggs, sugar, honey and spices until foamy. Add flour and baking powder and the finely chopped glazed orange rind. Knead on lightly floured board, until smooth and elastic. Let rest for 2 — 3 hours. Shape nut-like balls and put them on a slightly greased pan. Bake in moderate oven until golden. When cooler brush with cocoa glaze and decorate with nuts. When cold put into small baskets covered by polishing.

Traditional Ginger Bread

500 g honey, 500 g wheat flour, 1/2 glass cream, 1 glass milk, 2 — 3 egg yolks, 10 g burnt sugar, 1 teaspoon pounded cinnamon, 1/2 teaspoon dissolved sodium carbonate

Mix well wheat flour with cinnamon and carbonate and introduce in honey burnt sugar, milk and cream. Beat the yolks and then mix everything very well. Add wheat flour and knead well. Shape the batter and put the moulds in pans previously greased with butter and lightly floured. Bake in oven.

Ginger Bread With Nuts (II)

300 g honey, 500 g wheat flour, 70 g powdered sugar, 100 g nuts, 3 egg yolks, 1/2 teaspoon ammonium carbonate, 1 teaspoon ginger, cinnamon and anise

Mix well honey, sugar, yolks, spice and ammonium carbonate; add nuts, 1/3 of wheat flour; on a board work on gradually rest of the wheat flour and

knead to a dough. Let it rest for 3 — 4 hours. Lightly flour the board and roll out a 4 mm thick layer and shape different forms. Bake in hot oven until golden. Brush with beaten egg, either before putting into oven or after that.

Soft Ginger Bread With Rum

200 g honey, 500 g wheat flour, 150 g powdered sugar, 2 tablespoons rum, 1 spoon water, 30 g glazed orange rind, 10 g ammonium carbonate, 100 g pounded nuts, 1 teaspoon cinnamon, 1 pinch clove, 1 pinch anise, 2 egg yolks

Dissolve honey in hot water; mix well yolks with sugar, pounded clove, anise and rum in which we have previously dissolved the ammonium carbonate. Put on the board the rest of dry ingredients into which you work in the above mixture and the honey syrup; knead a dough of medium density. Add or remove wheat flour if needed. Let the dough rest at least 5 hours; cut dough and roll out into 5 mm thick layers. Shape half-moons and brush with cold milk and bake in hot oven on a slightly greased pan until golden. Decorate with egg icing using a decorating bag (see recipe).

Ginger Bread With Filling

2 big tablespoons honey, 450 g wheat flour, 130 g powdered sugar, 70 g butter, 2 eggs, 1 teaspoon cinnamon and clove, 1/2 teaspoon anise, 1 pinch ammonium carbonate

Put the flour on the board then cinnamon, clove and anise; mix well ammonium carbonate with eggs, pour it into wheat flour, add honey, butter and knead a dough. Let it rest for 3 hours. On the lightly floured board roll out and shape small hearts, put them on the pan and bake in hot oven until

golden. When cool, spread the filling prepared beforehand and stick two at a time. Brush with chocolate glaze (see recipe) decorate with nuts and egg glaze, using the decorating bag.

Ginger Bread Squares

250 g honey, 500 g wheat flour, 60 g powdered sugar, 40 g butter, 80 g pounded nuts, 1 teaspoon (all) anise, cinnamon, clove and dyer's wood, 1 egg, 5 g ammonium carbonate

Flour the board, add egg, honey, sugar, butter, nuts and the other ingredients. Knead a dough and pass it through the meat chopper, knead again and let it rest for at least 2 hours. Roll out the dough to a 3 — 4 mm thick dough oblong, shape squares and bake on a greased pan in hot oven until golden. When cold brush with rum glaze (see recipe) and decorate with iced fruits.

Ginger Bread For Wine

50 g honey, 1 kg of wheat flour, 400 g granulated sugar, 2 eggs, 3 tablespoons water, 1 teaspoon cinnamon, anise, clove (all together), 200 g pounded nuts, 100 g glazed fruits, 15 g ammonium carbonate

Combine water and sugar and boil until syrup sticks well to your fingers. Pour it warm in honey and add flour; mix well and let rest for 24 hours. Add eggs, pounded nuts, glazed fruits and ammonium carbonate. Flour the board and knead until it reaches the density of fancy cake dough. Roll out to a 4 mm thick oblong and shape different forms and bake on a slightly greased pan in preheated and hot oven until light golden. After cooling, soak into ginger bread glaze (see recipe) and dry in preheated oven. Serve with wine !

Jam Roll Ginger Bread

2 tablespoons honey, 500 g flour, 150 g powdered sugar, 150 g pounded nuts, 2 eggs, 1/4 teaspoon ammonium carbonate, 100 g glazed fruits, 100 g dried stoned plums, 1 teaspoon cinnamon, anise, clove, 150 g gooseberry jam, milk as much as needed

Dissolve ammonium carbonate in water ; mix on a board honey, flour, eggs, sugar and spice together with milk ; when you obtain a soft dough cover with a napkin and let rest 3 hours. Soak the plums in boilling water, shape in small cubes and mix with glazed fruits and nuts. Divide the dough into 2 portions, roll out each into 2 oblongs. Spread gooseberry jam and over it the finely chopped fruits. Fold the two jam rolls on a greased pan 40 — 50 cm apart. Bake in moderate oven until golden. When still hot, glaze with whisked egg and slice salamy like.

Ginger Bread With Nuts (I)

250 g honey, 250 g flour, 280 g nuts, 200 g butter, 4 small eggs, 200 g apricot jam, 2 tablespoons rum, 1/2 teaspoon anise

Dissolve honey and butter over a bowl with water vapours. Add half of the quantity of pounded nuts, eggs, anise and mix well until foamy. Add flour, mixed with baking powder, knead the dough. Use half of it to lining a paper form. Pound and roast the rest of nuts, mix well with jam and rum making the cream which will be spread on the cake layer in the pan. Put the rest of the dough over cream and bake in moderate oven. Take out of the pan and when cool spread a rum glaze (see recipe) over it. Cut in thin slices or triangles.

Ginger Bread With Nuts (II)

150 g honey, 400 g flour (even more), 200 g powdered sugar, 50 g butter, 3 eggs, 50 g glazed orange rind, grated rind of half a lemon, 1 pinch ammonium carbonate

Filling : 100 g honey, 50 g powdered sugar, 120 g pounded or roasted nuts, 2 tablespoons ginger bread crumbs, 1 tablespoon rum

Mix ingredients for filling in the above mentioned order and fill ginger bread before introducing it into the oven.

Whisk honey, butter, eggs, sugar, finely chopped orange rind, grated lemon rind, cinnamon, anise and ammonium carbonate until the mixture increases. Add flour gradually. Put the mixture on a board and knead a soft dough. Let it rest from evening till morning. Divide dough into two parts and roll out. Put one layer in a greased pan, spread filling over it and cover with the second layer; bake until golden, in moderate oven. Take it out of the pan while still warm. After cooling spread your favourite jam on top and sprinkle with pounded roasted nuts.

Ginger Bread With Potatoes

3 tablespoons honey, 450 g flour, 100 g butter, 200 g boiled potatoes, 2 egg yolks, 2 tablespoons sweet cream, 200 g dried apricots, grated rind of half an orange, apricot jam, 5 g cinnamon, baking powder

Mix well honey, yolks, sugar, melted butter, boiled and smashed potatoes in a bowl, whisk until foamy. Put the mixture on a board in flour (with previously mixed baking powder and cinnamon); add sweet cream and knead a soft dough. Divide it in two. Roll out two oblongs of 1 cm thick and 10 cm width. Put one layer on the bottom of

greased pan, spread jam, sprinkle with finely chopped dried apricots and grated orange rind. Cover with the second dough layer and bake until golden in moderate oven. When cool spread a cocoa glaze, decorate with nuts and let rest till the following day. Cut in cubes.

Glazed Ginger Bread

250 g honey, 250 g semolina, 100 g powdered sugar, 5 eggs, 150 g pounded nuts, 1/2 teaspoon (all) clover and cinnamon, 1/2 pack baking powder, rind and juice of half a lemon, 500 ml milk, 150 g raspberry jam, 1 pack vanilla sugar, 5 egg whites (separately), 30 g sugar

Dissolve honey in warm milk, add eggs, spice, rind and juice of lemon and sugar ; whisk well. Mix flour with baking powder. Add nuts, flour and mix well. Pour the mixture into a papered tube pan. Bake in moderate oven. When cooled, spread a jam layer and over it whites' foam, prepared on water vapours.

How to prepare whites' foam: Out of those 5 egg whites apart from the 5 eggs used for the mixture, whisk a stiff foam, sprinkled with vanilla and castor sugar. Keep on whisking over a hot water bowl, until it thickens.

Lay uniformly the whites' foam and brush with cocoa glaze (see recipe). Take a wet and warm knife and cut into small squares. Decorate with grated nuts.

Ginger Bread With Nuts And Glazed Fruits

250 g honey, 450 g wheat flour, 200 g powdered sugar, 3 eggs, 100 g butter, 1 pinch anise, cinnamon and clove, 1/8 l milk, 1 pack baking powder, 150 g nuts, glazed fruits to decorate with

Put honey, sugar, yolks, butter, pounded spice, 3 tablespoons of milk

(out of 125 l) in a bowl with water vapours. Let the mixture cool : mix from time to time. Add the baking powder to the flour ; roast nuts, pound into big pieces and together with the flour work into above mixture. Dilute the dough with stiff whites and the rest of milk. Mix, pour into a papered greased pan and bake in moderate oven, for about 40 — 50 minutes. When hot, take it out of the pan and when cooled pour cocoa glaze over it (see recipe). When the glaze hardens, cut the cake in small suitable pieces and decorate with glazed fruits.

Ginger Bread Roll With Gooseberry

2 tablespoons honey, 350 g flour, 200 g powdered sugar, 50 g butter, 1 egg, 2 tablespoons cream, 1 tablespoon rum, 1 — 2 pack baking powder, 10 g(all) cinnamon and anise, grated orange rind

Warm over water vapours honey, eggs, butter, sugar, rum and cream and whisk well. Let cool. On a board mix flour with baking powder and other ingredients. Add the cooled mixture and knead a dough of medium density. Divide the dough in two. Roll out two oblongs, spread the filling and roll tight. Place the rolls at least 16 cm apart. Bake in moderate oven until golden. Brush with fresh milk in which you beat an egg. The following day cut oblique in slices.

Filling: 5 tablespoons gooseberry jam, grated orange rind, 8 tablespoons pea nuts or ground nuts, 100 g chopped figs. Mix well and fill rolls according to the instructions given above.

Ginger Bread With Rum

4 tablespoons honey, 500 g flour, 200 g powdered sugar, 50 g butter, 3 eggs, 1 tablespoon rum, 1 teaspoon (all) cinnamon and clove, 60 g raisins, 100 g glazed

fruits, 1 pack baking powder, rind of half a lemon and as much milk as needed

Combine honey, sugar and eggs. Mix for 10 — 12 minutes. Add melted butter, finely chopped fruits, rum, orange rind and spice ; mix again for another 5 minutes. Sprinkle flour (mixed with baking powder) and add milk (5 — 6 tablespoons) until the dough rolls cut easily. Grease a pan and put a 2 cm thick layer in it. Bake in moderate oven until chestnut brown. Overturn on a board sprinkled with powdered sugar and let cool. Shape in different forms and sizes. It can be brush with rum glaze (see recipe).

Quick Ginger Bread

200 g honey, 500 g flour, 150 g powdered sugar, 60 g butter, 4 eggs, 1/2 lemon, 200 g strawberries, 1 tablespoon cocoa, 1 teaspoon cinnamon, 1 teaspoon anise, 5 g ammonium carbonate, 500 ml milk

Mix well honey, jam, sugar, yolks and cocoa until the mixture raises visibly. Add juice and grated lemon rind, anise, cinnamon, ammonium carbonate, milk and melted butter. Mix again. Separately whisk egg white to a stiff foam. Work in alternately flour into the above mixture. Mix until completely homogenous. Pour mixture into a deep papared pan. Bake in moderate oven. When cooled brush with orange glaze (see recipe). Shape in squares and decorate with nuts.

Ginger Bread With Dried Fruits

300 g honey, 300 g flour, 100 g powdered sugar, 90 g butter, 5 eggs, 1 pack baking powder, 50 g pounded pea nuts, 50 g raisins, 100 g dried fruits and glazed orange rind, 1 teaspoon cinnamon, 1/2 teaspoon anise, 50 g dried apricots, 50 g

dried pears, 1 tablespoon rum

Chop dried fruits finely and put in a bowl. Add honey, melted butter, eggs, sugar and spice ; mix well until it raises and becomes white. Work in flour with baking powder. Grease a pan and put the mixture in it. Bake in moderate oven until golden. Overturn on a board. When still warm sprinkle with rum. When cool sprinkle with vanilla sugar and shape in squares.

Ginger Bread With Cherries

5 tablespoons honey, 200 g semolina, 150 g powdered sugar, 5 eggs, 3 tablespoons warm water, 100 g nuts passed through nut grinder, 20 g chocolate, grated rind of half a lemon, 1 pinch ammonium carbonate, 300 g stewed cherries, 100 g cherry jam, pounded nuts (to taste)

Mix well 4 tablespoons honey, eggs, water and ammonium carbonate, lemon rind, grated chocolate and sugar until foamy. Stone the cherries and chop finely. Mix with flour until it gets compact. Pour the mixture in papered sheet and bake in moderate oven for 40 — 50 minutes. Mix cherry jam with extra (1 tablespoon) honey. Add pounded nuts. Spread this mixture over cake when cool. Shape in halfmoons.

Ginger Bread With Cinnamon

350 g honey, 100 g powdered sugar, 500 g flour, 4 eggs, 1 pinch carbonate, 1 glass nuts, juice and grated rind of 1 lemon, 1/2 teaspoon cinnamon

Dissolve carbonate in a spoon with water, lemon juice and cinnamon. Beat eggs with honey and sugar until foamy and add above mixture. Mix well and work in gradually flour. Add chopped nuts and mix slightly. Grease a

tube pan with oil and keep the mixture in moderate oven until it raises. Lower the heat. Leave until it darkens. When cool take out of the pan.

Ginger Bread Of Tirnawa

400 g honey, 700 g (even more) flour, 140 g powdered sugar, 120 g butter, 3 egg yolks, 1 egg, 3 tablespoons rum, 4 tablespoons water, 120 g pounded nuts or pea nuts, 50 g glazed orange rind, 15 g ammonium carbonate, 1 teaspoon (all) cinnamon, anise and clove

Boil water and pour over honey ; mix until completely dissolved. Beat well butter, sugar, egg yolks, the separate egg, spice, rum and ammonium carbonate until foamy. Add to it blanched and pounded pea nuts (or nuts), orange rind and work in gradually flour and the honey syrup. Knead a dough of medium density and let rest for 12 hours. Knead again and roll out. Shape different forms and brush with egg. Bake until golden in preheated oven. When cool soak in rum glaze (see recipe) and decorate with nuts.

CAKES WITH HONEY

Cake With Honey And Fruits

250 g honey, 400 g wheat flour, 150 g powdered sugar, 100 g butter, 5 eggs, 1/2 pack baking powder, 1 handful nuts, 100 g raisins, 100 g glazed fruits, 1 teaspoon (all) pounded and sifted cinnamon, anise and clove

Melt butter over water vapours, add honey, sugar and eggs, one by one. Beat until foamy. Add chopped glazed fruits and raisins to the above mixture. Whisk again. Gradually work in flour and baking powder. Homogenize the

composition and bake in moderate oven in a tube pan greased and sprinkled with flour. When cool brush with rum glaze (see recipe).

Cake With Honey

250 g honey, 200 g cream, 2 eggs, 1/4 cup slightly warmed butter, 300 g flour, 1/2 teaspoon carbonate, 1 teaspoon baking powder, 1 pack vanilla sugar

Whisk honey and eggs until foamy, add cream, baking powder, vanilla sugar and carbonate diluted in lemon juice. Mix well and add butter and flour, little by little. Put the composition in a tube pan pre-greased and floured. Bake in moderate oven. The tube pan should be quite large, because the mixture raises much.

Cake With Raisins

180 g honey, 220 g wheat flour, 2 eggs, 1 egg yolk, 120 g raisins, rind of 1/2 lemon, 1/2 teaspoon cinnamon, 50 ml milk, 1 pinch ammonium carbonate

Whisk eggs and yolk together with honey, until foamy. Dissolve ammonium carbonate in milk. Add flour and milk. Mix for another 10 minutes. Add grated lemon rind, cinnamon and raisins. Bake in a well greased and floured tube pan for about 1 hour. Take it out before it cools. When cool, brush with orange icing.

Cake With Cocoa And Nuts

250 g honey, 250 g wheat flour, 150 g powdered sugar, 7 eggs, 2 tablespoons cocoa, 1 handful nuts, 100 g glazed orange rind, 100 g raisins, 1/2 teaspoon (all) cinnamon and anise, 4 tablespoons warm water

Beat well yolks, honey, water, orange rind, cocoa, anise and cinnamon until foamy. Add flour alternately with the whisked whites. Mix well and bake, in greased and floured 2 — 3 tube pans. Bake for 3/4 hours, in moderate oven. Take the cakes out of the pans and put them on a board. Let cool. Brush a fondant icing (see recipe).

Cake With Anise

150 g honey, 150 g flour, 150 g powdered sugar, 5 eggs, 100 g butter, 1 teaspoon finely grinded anise, 30 g glazed orange rind, 1 banana, 1 pinch ammonium carbonate, 1 tablespoon dried bread crumbs

Melt butter in a skillet. Add honey, yolks, anise, peeled and sifted banana and ammonium carbonate. Mix until the mixture raises and turns white. Add whisked whites and sift in flour and dried bread crumbs ; bake in 2 tube pans, greased and sprinkled with dried bread crumbs for about 45 — 50 minutes. Take out the tube pan and let cool. Brush with rum glaze (see recipe). Decorate with fruit jelly.

Cake With Poppy

120 g honey, 80 g semolina, 80 g powdered sugar, 4 eggs, 50 g butter, 150 g poppy, 1 pack vanilla sugar, 1 teaspoon (all) anise and pounded cinnamon, 100 g stewed sweet cherry, grated rind of 1/2 lemon

Beat well honey, yolks, melted butter, sugar, grated lemon rind, anise and cinnamon, for at least 15 minutes, until the mixture hardens. Add pounded poppy, sweet stoned cherries and vanilla sugar. Add whisked whites alternately with semolina. If the batter gets hard, add 1 tablespoon milk and mix. Pour the mixture into greased and

floured 2 tube pans. Bake in moderate oven. When the cake is cool, brush with lemon icing (see recipe).

Cake With Apples

150 g honey, 80 g semolina, 80 g powdered sugar, 4 eggs, 300 g grated apples, 30 g cocoa, 1/2 teaspoon pounded cinnamon, 1/4 pack baking powder, 2 tablespoons dried ginger bread crumbs

Blend well grated apple's with dried ginger bread crumbs and cinnamon and let rest for at least 20 minutes. Beat yolks with sugar, cocoa and honey into a thick texture. Add the mixture to grated apples, and alternately add semolina with baking powder, and whisked whites. When compact, pour into a tube pan papered with dried bread crumbs and bake in moderate oven. Overturn warm cake on a board and when cool, brush with orange icing (see recipe).

CAKES AND COOKIES

Nougat (I)

1/3 cup honey, 1 cup sugar, 1/2 cup water, 2 egg whites, flavours, 3/4 chopped nuts, 1 pinch salt

Mix well sugar in honey until dissolved and the ingredients are incorporated (add ingredients). Boil without stirring. Pour hot syrup over whisked whites. Keep on beating. Add nuts and flavours. Reverse on a wafer and spread uniformly. Over it put another wafer paper and put a weight on it for pressing. When cool cut in squares.

Nougat (II)

300 g sugar, 3/4 glass water, 150 g honey, juice of half a lemon, 250 g nuts or pea nuts, 4 egg whites

Put sugar and 3/4 glass water on heat until it becomes a thick syrup. Add honey and keep on stirring. Take care lest it should redden. Add lemon juice and nuts. Take the pan off the fire and keep beating until it thickens. Separately whisk 4 whites and fold in mixture. Reverse on a wafer spread smoothly. Put another wafer paper on top. Place a weight on it for pressing. When cool, cut with a wet knife.

Nougat (III)

250 g honey, 125 g sugar, 2 egg whites, 125 g nuts, wafer paper

Boil and stir honey and sugar continuously until the mixture becomes brown and fibrous. To test it, take a spoon of syrup and pour a few drops into cold water. The drops should form a thick paste at once. Remove from heat and pour over beaten whites. Keep on beating. Add grinded nuts. Spread the warm mixture on (1 cm thickness). Put another layer of wafer on top, let dry for several days in a warm room. The nougat will not harden completely. Cut in pieces.

Baclawa

500 g grinded nuts, 3 cups honey, honey syrup, 250 g butter, pie crust

Combine grinded nuts, butter and honey until blended. Separately make 10 very thin pie crusts. Spread the above mixture on each crust. The bottom and the top crust should be thicker than the others. Join edges so as to keep the filling between them. Bake in

preheated oven at quick heat. Shape before cooling. Syrup the baclawa with honey syrup.

Honey Bars

375 g honey, 200 g sugar, 5 g anise, 1/8 l milk, 750 g flour, 1 pack baking powder

Dissolve sugar and honey in warm milk. Add anise. Sift flour and add baking powder and work in the dissolved honey to a light dough and roll out. Cut with a kitchen roll 2 cm wide and 8 — 10 cm long bars. To your taste brush with egg white. Bake in moderate oven for about 15 minutes.

Honey And Raisins Bars

1/3 cup butter, 1/2 cup honey, 1 egg, 1/2 teaspoon vanilla, 1 1/4 cup flour, 1/2 teaspoon carbonate, 1/2 teaspoon salt, 1/2 cup chopped nuts, 1/2 cup raisins, 200 g chocolate

Beat butter and honey. Add egg and vanilla and beat until light. Combine flour with carbonate and salt. Add this to mixed butter honey and egg. Work in nuts, raisins and chocolate pieces. Put the mixture in well greased pan. Bake in moderate oven for about 10 — 12 minutes. When still warm, shape in bars.

Bars With Honey And Creme Caramel

140 g honey, 140 g powdered sugar, 140 g butter, 140 g nuts, 4 egg yolks, 4 wafer layers

Caramelize sugar (should not be burnt) ; mix in it full nuts ; put the mixture on a wet sheet tin. When cool, pound well caramelized nuts. Put honey, butter and yolks in the skillet where sugar was caramelized. Mix and

boil until the mixture thickens. Take off the fire and add pounded caramel nuts. Mix again. Spread still warm mixture over the layers one over another. Let rest till the following day. Brush with a fondant glaze (see recipe) coloured with raspberry juice. Cut in thin bars.

Biscuits With Honey

50 g honey, 2 eggs, 150 g cream, 150 g warmed butter, 400 g flour, 1 pack vanilla sugar, 1 teaspoon ammonia, little salt

Mix beaten eggs with honey, butter, cream, ammonia and salt. Add flour and make a smooth batter. Cover with a paper napkin and let rest for about 20 — 30 minutes. Roll out a 1/2 cm thick layer. Shape with forms and lay on a sheet at 2 — 3 cm distance from one another. Bake in moderate oven.

Biscuits With Nuts

250 g honey, 700 g (even more) flour, 200 g powdered sugar, 3 eggs, 1 egg yolk, 15 g ammonium carbonate, 200 g water, 50 g glazed orange peel, 100 g nuts, 1 teaspoon (all) cinnamon, anise, clove

Pour hot water over honey and mix well ; separately mix intact eggs, yolk, sugar, spice, finely chopped orange peel and ammonium carbonate ; beat until foamy, at least 1/2 hour. Gradually work in flour and honey syrup. Put the mixture on a board and make a dough with the rest of the flour. Let the dough rest for 3 — 4 hours. Roll out and shape rectangular pieces of biscuit size. Brush with whisked egg. Put on a pre-greased sheet. Put 1/4 nut kernel in its midst and bake in hot oven. When cool, brush with sugar glaze (see recipe) and dry in warm oven.

Brioche With Honey And Poppy

3 spoons honey, 300 g flour, 100 g powdered sugar, 100 g grinded poppy, 2 eggs, 1 pack vanilla sugar, little grated lemon rind, 1/2 teaspoon (all) cinnamon and anise, 100 g glazed fruits, 30 g butter, 1/2 pack baking powder

Mix in a bowl sugar, honey, butter, eggs and poppy. Cut fruits in small pieces, mix with flour, baking powder, cinnamon, anise and with former mixture knead a soft dough. Shape dough balls and put on a slightly greased sheet. Let rest for at least 1 hour. Bake in moderate oven until chestnut coloured. When cool, pour lemon glaze over them (see recipe). Decorate with raisins or glazed fruits.

Curls With Honey

150 honey, 200 g flour, 80 g powdered sugar, 100 g butter, 200 g grinded nuts, 1/4 pack baking powder, grated rind of half a lemon

Let butter soften. Together with the other ingredients make a dough. Let rest in a napkin for 3 hours in a cool place. Knead again and pass it through the meat chopper to which you have fixed a tube for sausages. You will thus get equal thickness ; make curls and bake in moderate oven. Butter the pan in which you bake them.

Horn-Shaped Cookies With Nut

100 g honey, 350 g flour, 80 g powdered sugar, 100 g butter, 1 whole egg, 200 g grinded nuts, 1/4 pack baking powder, milk as much as needed

Mix honey, butter and sugar. Whip until foamy. Add 150 g grinded nuts and baking powder. Work in flour and milk and make a soft dough. Knead well and brush with whisked egg.

Sprinkle with the rest of nuts. Bake in pre-heated oven.

Fruit Tarts

200 g honey, 400 g flour, 250 g butter, 100 g powdered sugar, 200 g grinded nuts, grated rind of half a lemon, 1/2 teaspoon cinnamon and clove

Mix honey, butter and sugar until blended. Make a dough of this mixture and flour, nuts, grated orange rind and spice. Let rest for 2 hours. Roll out to about 5 mm thickness. Cut into pieces and line muffin tins with them. Straighten well edges. Do not grease muffin tins. Bake in moderate oven until golden.

While still warm take the baskets out of tart tins. When cool, fill with cocoa cream and glaze with fondant icing. Put a cherry on it. Decorate the baskets edges with rest of cream. You may fill the baskets with sweet cream or fruit foam instead of cream. If so, do not use fondant glaze. Sweet cream or fruit foam will be introduced in baskets using the decorating bag. Ornate with fruits.

Small Cubes With Nuts

*170 g honey, 400 g flour, 150 g butter, 3 egg yolks, 1/2 pack baking powder, juice and rind of half a lemon, 1 pinch cinnamon, 150 g raspberry jam
For whites foam: 3 egg whites, 100 g grinded nuts, 100 g sugar*

Blend on a board butter, flour and baking powder. Add yolks, honey, spice, juice and grated lemon rind. Make a smooth dough and roll out and line a slightly greased tray. Spread raspberry jam over it. Put on it whites foam with nuts. Bake at once in moderate oven until golden. When cool, shape in cubes.

Wasp Nest With Honey

*150 g honey, 120 g almonds, 100 g nuts,
3 whites, 30 g raisins*

Beat whites to foam. Dilute honey over water vapours while beating continuously. Pour it into whites foam in a thin thread. Add almonds and grinded nuts. Grease the pan slightly. Use decorating bag to shape mixture in spirals from the bottom to top, thus making nests. Put a raisin on top of each nest. Bake in moderate oven until golden.

Indian Cookies

150 g honey, 200 g flour, 100 g powdered sugar, 5 eggs, 1 pinch cinnamon, 1 pinch anise

Blend honey, yolks and beat until foamy. Separately beat whites into a stiff foam. Blend flour with spice and work in gradually and alternately with whites foam into honey mixture forming a smooth batter. Drop cookies from a spoon well apart. Bake in moderate oven on a tin sheet until golden. While still warm take them out; when cool, fill with whipped cream or vanilla cream.

Filling method: Cut indian cookies horizontally. Hollow the base, fill with cream and cut lid on top. Fill base with more cream to keep lid separated from the bottom part. Keep cool and let harden. Brush with cocoa glaze and decorate upper part with almonds or rest of cream.

Small Honey Hearts

300 g honey, 400 g flour, 150 g powdered sugar, 2 eggs, 5 g ammonium carbonate, 1 teaspoon (all) anise, cinnamon, clove

Lightly warm up honey ; separately beat eggs with sugar, spice and ammonium carbonate. Combine with honey and add flour. You will get a stiff dough. Let it rest 5 hours in a napkin. Knead again. Roll out to 3 mm thickness. Shape small hearts and brush with whisked egg. Bake in a greased pan in hot oven. When cool, decorate with whites glaze, using decorating bag.

Cookies For Tea (I)

*120 g flour, 60 g butter, 60 g sugar,
2 egg yolks (for dough), 100 g honey,
100 g butter, 100 g nuts (for filling)*

Mix until you get a smooth dough. Chill for 2 hours. Roll out to 3 — 4 mm thickness. Take a small glass and use its opening to cut into pieces and bake on a buttered sheet. Cookies are ready when golden.

Separately mix honey, butter and grinded nuts to get a filling. Paste cookies two by two with it. Glaze with chocolate.

Cookies For Tea (II)

*300 g honey, 180 g butter, 250 g flour,
250 g semolina, 1 egg, 1 egg yolk, 1 pack
vanilla sugar, 1 tablespoon rum, 1/2
pack baking powder, 100 g pounded
nuts, 50 g granulated sugar*

Warm lightly honey, butter over a skillet with water vapours. Add egg, yolk, vanilla sugar, rum and 4 tablespoons of flour blended with semolina. Beat well to a foam and put the mixture on a board. Work in it the rest of flour and semolina and baking powder. Knead a dough and let rest 2 hours in cool place. Roll out the dough into oblongs of 1/2 cm thickness each and cut up different forms; brush with egg, sprinkle with pounded nuts

combined with granulated sugar. Bake in moderate oven.

Small Snails With Almonds

200 g honey, 200 g powdered sugar, 6 whites, 200 g almonds or nuts, 100 g flour (more if needed), 1/2 pack vanilla sugar

Combine whites and powdered sugar and whip. Add gradually ground almonds or nuts and honey. Mix well and work in flour to a smooth and soft dough of which we shape snails. Grease a sheet and array snails having an almond kernel or 1/4 nut kernel on top. Bake in moderate oven. When cool, sprinkle with sugar. Put snails in paper baskets or in tin foil.

Wafers

2 cups sifted flour, 2 teaspoons baking powder, 1/2 teaspoon carbonate, 1/2 teaspoon salt, 1/4 cup margarine, 2 tablespoons honey, 3 eggs, 1 1/2 cup sour cream

Sift all dry ingredients together. Combine all : margarine, honey, yolks, sour cream, dry ingredients to a smooth batter. Work all in whites' foam. Pour on a baking sheet and bake until golden. Shape in rhombs.

Small Eyes With Nuts

2 tablespoons honey, 450 g flour, 150 g powdered sugar, 200 g butter, 100 g ground nuts, 1 egg yolk, 1/4 pack baking powder, rind and juice of half a lemon, 1/2 teaspoon (all) cinnamon and anise

Combine honey, sugar, nuts, yolk, grated lemon rind and juice, cinnamon, anise and butter and beat to a foam. Sift in flour with baking powder.

On a board knead a dough. Let rest in cool place for 4 hours. Roll out to 5 mm thickness. Shape discs and bake in pre-heated oven until golden. When cool, fill with nut cream (see recipe) and paste two by two. Brush with cocoa glaze (see recipe). Decorate with 1/4 nut.

Cake With Curd Cheese, Honey And Orange

Pie shell : 30 g melted butter, 1 teaspoon honey, 2 tablespoons chopped and roasted nuts, 1/2 cup smashed biscuits, 1 teaspoon grated orange rind

Filling : 300 g curd cheese, 1/4 cup sugar, 1 teaspoon flour, little salt, 1 tablespoon orange juice, 2 eggs, 1/2 mug sour cream

Combine melted butter, honey, nuts, orange rind. Add biscuits and lay the mixture on a greased tray. Bake in moderate oven for 10 — 15 minutes.

Mix curd cheese until it softens and add flour, sugar, salt and orange juice. Separate eggs and add yolks one by one. Mix well. Gradually add sour cream. Whip whites into foam and add to the cream. Pour everything on ready pie shell and bake in moderate oven for about 30 minutes. Let it cool in oven and decorate with orange slices.

Cake With Raisins And Honey

1/4 cup butter, 1 egg, 1 cup milk, 3 teaspoon baking powder, 1/2 teaspoon cinnamon, 1/2 cup honey, 1 cup oat flakes, 1 cup sifted flour, 1/4 teaspoon salt, 1/2 cup raisins

Beat well honey and butter. Add egg and keep on beating. When all is blended, add oat flakes and milk, stirring continuously. Sift in dry ingredients and add to the mixture together with raisins. Take the butter with a teaspoon and put it in a greased pan. Bake in moderate oven for 20 or 25 minutes.

Cake With Honey (I)

Layers : 250 g granulated sugar, 2 eggs, 4 tablespoons milk, 3 heaped tablespoons honey, 650 g flour, 50 g butter, 1 teaspoon carbonate

Filling : 200 g powdered sugar, 250 — 300 g milk, 3 tablespoons flour, 1 pack butter, vanilla sugar, juice of a lemon, apricot jam

Combine and mix on low heat sugar, eggs, milk, honey, carbonate and butter for 10 — 15 minutes to a foam making bubbles. The mixture should become brown. Take off the fire and work in flour. Everything should be done quickly. Therefore, the pans should be greased and floured. Take a big spoon and soak it in water and put little balls from place to place. Very quickly flatten them with the wet hand into a very, very thin layer. You should have 4 such layers. Put two of these in oven and bake for about 8 — 12 minutes (they rise very quickly). Take out very carefully lest they break using the knife to get them free. Cut in two lengthwise to take them out. Let cool and bake the other two.

Filling : Combine flour and milk and boil. When chilled mix with butter. Add powdered vanilla sugar and lemon juice. Divide the mixture in two.

Spread filling on first layer which is in the pan ; put the second layer and spread marmalade or apricot jam. Put over it the third layer. Put rest of filling and cover it with the forth layer. Put a pastry board over it. Pack up pan in a plastic bag. Cut cake only on the third or fourth day, when it softened.

Cake With Honey (II)

250 g flour, 100 g sugar, 4 eggs, 50 g honey, cinnamon, baking powder

Beat eggs and sugar to foam. Add flour, baking powder, honey (warm) and cinnamon. Mix all for about 30 minutes. Pour the mixture on a buttered and floured pan. Sprinkle finely chopped nuts over it. The cake might be kept for a long time.

Cake With Honey And Sour Cream

*1 cup sour cream, 1 teaspoon cinnamon,
1 cup raisins, 2 eggs, 1 tablespoon flour,
1/2 cup nuts, 1/2 cup chopped nuts, 1/4
teaspoon salt, 3/4 cup honey*

Combine all ingredients and put in a round pan. First bake in hot oven for 10 minutes and then in moderate oven for 30 minutes or until when tested with a tooth pick, the mixture does not stick to it. Cut into rhombs.

Cake With Wafer Layers

*1 pack wafer layers, 200 g honey, 200 g
sugar, 200 g ground nuts, 2 tablespoons
cocoa, 100 g butter, 100 g margarine*

Put wafer layers to dry in warm oven. Meanwhile mix all ingredients on low heat, in a little pan. Let cool. Spread smooth mixture on wafer layer. Put one layer over another. Set a trencher and a weight over them to press them. Cut the following day.

Bitter Almonds

*200 g honey, 100 g powdered sugar, 250 g
roasted nuts, 3 whites, 1 pack vanilla
sugar*

Cream honey, roasted and ground nuts and one egg white into a thick mixture. Separately whip 2 whites with powdered sugar until it sticks to the fingers. Add it to honey mixture and mix well. With a spoon take small balls

and put on a greased and floured pan. Bake in moderate oven until they rise (about 1/2 hour). Take out of the pan while still warm.

Cookies With Ammonia

600 g honey, 600 g flour, 400 g ground nuts, 1 pack vanilla sugar, rind of 1 lemon, 160 g butter, 1 small glass rum, 1 tablespoon water, 1 teaspoon ammonia

Put honey on fire and let boil. Pass it through a dense sieve or through a gauze and pour it over flour on the board. Mix until it cools. Knead with hand until it is completely cool. Add ammonia (dissolved in water), lemon rind, vanilla sugar and knead again. Put warmed butter and knead again for 10 — 15 minutes. The dough must be soft. Cover with a napkin and let rest for 20 — 30 minutes. Roll out to 1 cm thickness. Shape round forms with a glass. Put on greased sheet 2 cm apart so they can rise. Bake in moderate oven until golden.

Rounds With Raisins

1 tablespoon honey, 250 g dried ginger bread crumbs, 100 g raisins, 50 g butter, 1 tablespoon rum, 1 tablespoon raspberry jam, 1 egg yolk, 50 g chocolate, 30 g glazed orange peel, 1 handful chopped nuts

Grind dried ginger bread crumbs and sift it. Work in honey, egg yolk, butter, jam, rum, chopped raisins, orange peel and nuts. Mix all to a soft dough. Roll out to 1 cm thickness on a sugared board. Grate chocolate over it. With a glass, shape rounds. Store in cool place to harden (directly on the board).

Chocolate Rounds

200 g honey, 600 g flour, 200 g powdered sugar, 120 g butter, 3 bigger eggs, 40 g chocolate, 1 pack baking powder, 50 g nuts

Combine until blended honey, butter, chocolate in a bowl over hot water ; add eggs and sugar and beat into foam. Work in baking powder with flour. Mix to a stiff dough. Let the dough rest at least 2 hours, then roll out oblongs and cut rounds of different sizes. Brush with beaten egg. Put a nut kernel in its midst. Bake in hot oven until light brown.

Half-Moons With Honey

Butter dough : 150 g honey, 400 g flour, 200 g butter, 2 egg yolks, 1/2 pack baking powder, 1 tablespoon rum, little lemon rind, 1 pack vanilla sugar

Sweet biscuit dough : 1 tablespoon honey, 150 g flour, 100 g powdered sugar, 4 eggs, 20 g cocoa, 1 handful pounded nuts, 200 g apricot jam

Prepare butter dough. Roll out and line the bottom of a flat pan with it. Spread apricot jam and sprinkle pounded nuts. Cover with sweet biscuit dough. This dough will be done in the following way : honey, whole eggs, sugar and cocoa will be beaten to foam. Work in gradually flour. Bake the two cake layers with the filling in moderate oven. When cool, take the cake out of the pan, sugar it and shape half moons.

Starlets With Honey

150 g honey, 500 g flour, 70 g powdered sugar, 120 g butter, 2 eggs, 1 pack vanilla sugar, 1 pack baking powder, rind of 1/2 lemon, jam to your taste (about 100 g)

Softens butter and mix with flour on a board ; add baking powder, eggs, powdered and vanilla sugar, honey, grated lemon rind ; knead a soft dough. Roll out. Shape starlets with a form and bake in pre-heated oven until light coloured. When cool, spread jam and stick two by two. Brush upper part with yolk glaze (see recipe). Decorate with fruit jellies.

Strudel With Curd Cheese

1 pack pie crust, 2 cups curd cheese, 4 tablespoons melted butter, 1 1/2 tablespoon cornflour, 3 tablespoons sugar, grated rind of a lemon, more melted butter, 2 eggs, 2/3 cup raisins

Decoration : 3/4 cup sour cream, 1 tablespoon honey

Put a pie shell on the bottom of pan. Prepare filling. Combine curd, melted butter, maizena, sugar and lemon rind. Work in gradually beaten egg. Add raisins. Spread mixture on the bottom shell and lay another shell over it. Leave about 2 cm around edges and fold them. Grease with melted butter. Bake in hot oven for about 15 minutes. Reduce to moderate flame and bake for another 25 — 30 minutes.

Brush strudel from time to time with melted butter, as long as it is in oven. To decorate, combine honey with sour cream. Pour this mixture over warm strudel. Serve warm !

Chocolate Bars With Honey

150 g honey, 150 g blanched pounded almonds or nuts, 150 g chocolate, 80 g gingerbread crumbs, 300 g powdered sugar

Mix continuously on moderate fire honey, almonds, chocolate, gingerbread crumbs ; pour smooth mixture in pre-sifted powdered sugar. Knead until it hardens. Make bars and soak

one end in whites; at about 5 mm distance of edge paste a tinfoil ribbon. Soak the point in poppy grains. Dry at room temperature.

Sweets With Figs

80 g honey, 100 g dried ginger bread crumbs, 120 g figs, 100 g nuts, 1 egg yolk, 80 g glazed orange rind, 1 pack vanilla sugar, 30 g chocolate

Pass figs through the meat-chopper. Combine directly on a board dried ginger bread crumbs with figs, ground nuts, yolk, honey, vanilla sugar and finely chopped orange rind. If the mixture is not thick enough, add more dried ginger bread crumbs. Make a thinner salamy and cover in grated chocolate. Until the following day store chilled. Cut oblique slices.

Cookies With Honey And Nuts (I)

200 g butter, 150 g honey, 380 g flour, 3 egg yolks, little lemon rind, 1/4 pack baking powder, 1 egg white, 50 g ground nuts, 100 g powdered sugar

Melt butter in a pot and add honey, yolks, lemon rind and beat until foamy. Add flour, mix with baking powder. Knead a dough and store it chilled for at least 3 — 4 hours. Roll out and shape different forms. Brush with egg white and sprinkle with nuts and powdered sugar. Bake in moderate oven.

Cookies With Honey And Nuts (II)

250 g honey, 100 g sugar, 50 g oil, 3 eggs, grated rind of 1 lemon, 25 nuts, flour

Whisk those 3 whites just like for meringues and add one at a time. Work in separately honey, sugar, yolks (one by one), lemon rind and flour to necessity to get a thick sour-cream-like mixture. Add oil and 25 smashed nuts. Pour the mixture in a greased and papered pan. Decorate with quarters of nuts. Bake in moderate oven. Cut in small squares.

Cookies In Syrup

*3/4 cup butter, 3/4 cup sugar, 3 eggs, 1 cup sifted flour, 1 1/2 teaspoon baking powder, 1/4 teaspoon salt, 1/2 teaspoon cinnamon, 1/4 cup milk, 1 teaspoon grated orange rind, 1 cup chopped nuts
Syrup : 1 cup honey, 1/2 cup water, 1/4 cup sugar, lemon juice*

Mix butter and sugar. Add eggs one by one. Whisk well after each one. Combine wheat flour, baking powder, salt and cinnamon to a dough and work in above mixture. Pour milk and orange rind over it and beat well. Add nuts. Pour the composition into a previously greased pan. Bake for about 30 minutes. Take out of the oven. Boil honey, water and sugar separately for 5 minutes. Add lemon juice and boil for another 2 minutes. Cool the syrup and pour it over the cake. Keep it cool. Cut into square cookies.

Cookies With Honey (I)

200 g flour, 20 g melted lard or butter, 250 g melted honey, 2 eggs, 100 g sugar, 1/2 pack baking powder, 1 pinch cinnamon

Knead all ingredients well. Roll out the dough (about 1 cm thickness) on a small board. Cut small shapes. Powder with ground nuts. Bake in moderate oven.

Cookies With Honey (II)

*100 g honey, 1 egg, 50 g powdered sugar,
1 tablespoon oil, 1/2 teaspoon carbona-
te, little lemon juice, 160 g flour*

Beat honey, egg and sugar. Add oil, the carbonate previously dissolved in lemon juice. Mix all well. Work in flour and make a dough sufficiently soft. Cover it with a table napkin for an hour. Roll out to 1 cm thickness and cut in different shapes. Put on a floured pan. Bake in moderate oven until slightly golden.

Cookies With Honey (III)

*200 g flour, 20 g melted lard or butter,
250 g melted honey, 2 eggs, 100 g sugar,
1/2 pack baking powder, 1 pinch cinna-
mon*

Mix and knead well all ingredients. Roll out dough to 1 cm thickness on a small board. Cut with small shapes. Powder with ground nuts or almonds and a little castor sugar. Bake in moderate oven.

Cookies With Meringue

*2 tablespoons honey, 350 g flour, 100 g
powdered sugar, 2 eggs, 50 g butter, 1/2
teaspoon baking powder, 1/2 teaspoon
(all) cinnamon, clove, anise, a little gra-
ted orange rind
To decorate : 1 white of egg, 50 g powde-
red sugar, 50 g nuts*

Mix eggs, sugar, cinnamon, clove, anise and honey well. Add butter, grated orange (or lemon) rind and 175 g flour combined with baking powder, and get a smooth batter. Lay it on a small board, and using the other half of the flour, make a dough. Roll out to 4 mm thickness. Cut into shapes and figurines. Keep them on the pan to rise

for about an hour.

Whisk egg white into froth. Powder with sugar and whisk again. Brush the dough forms with a thin layer of the froth. Put in the midst of each one a quarter of nut kernel. Bake in hot quick oven. Place pan on the lower grate of the oven, lest the froth should be burnt.

Cookies With Raisins

150 g honey, 100 g oil, 225 g flour, 2 eggs, 100 g raisins, 1 pack baking powder, 1 tablespoon rum, 1 pack vanilla sugar

Whisk egg whites and honey into a froth. Add baking powder, oil, vanilla sugar and rum. Mix well for 5 — 6 minutes. Work in flour gradually and finally add raisins. Take a full teaspoon of the mixture and put it on a greased baking pan 4 — 5 cm apart. Bake in moderate oven until they rise and turn slightly golden. When hot take out of the pan with a flexible knife.

Cookies For Children

3 tablespoons honey, 150 g flour, 120 g powdered sugar, 2 egg yolks, 4 tablespoons cream, 5 g ammonium carbonate, rind of half a lemon, 80 g butter, 80 g nuts

Whisk honey, yolks, sugar, butter, lemon rind, ammonium carbonate and cream into froth. Add flour. Put the mixture on a small board. Knead a soft dough. Roll out and cut different shapes. Brush with whites and put on a pan. Put on the top of each shape a quarter of nut kernel. Keep in the pan for at least one hour and then bake, in hot oven, until golden. When cool, put them in twos. Put children's favourite jam in between.

Wafer Cake

120 g honey, 170 g flour, 100 g powdered sugar, 5 eggs, 1/2 teaspoon cinnamon and anise together

Pound cinnamon, anise and sift well. Whisk 4 yolks, 1 intact egg, honey, sugar, cinnamon and anise into froth. Whisk the remaining whites into froth.

Combine the sifted flour with the baking powder and alternately with whites froth and work into the mixture.

Put batter in the pan and bake in moderate oven for 20 minutes. Increase heat until the cake layer is completely baked (keep in the oven for 40 — 50 minutes). When cool, cut into three layers, spread them with nut filling (see recipe). Glaze with cocoa icing (see recipe). Decorate with glazed fruits.

Chocolate Cake

150 g honey, 9 tablespoons semolina, 100 g powdered sugar, 7 eggs, 2 slabs chocolate (about 40 g both), 3 tablespoons warm water, 1/4 baking powder

Dissolve chocolate in honey, over hot water. Mix continuously. Add powdered sugar, water, yolks and whisk into froth. Add the whites froth, alternately with the semolina and the baking powder. When the mixture is soft, pour it into the baking tin and bake in moderate oven. When cool, cut the layer horizontally. Fill with thick chocolate cream (see recipe). Spread the same cream on upper surface and sides. Grate chocolate over it or glaze with white fondant icing (see recipe). If brushed with glaze, decorate with coloured fruit jellies.

Nut Cake (I)

300 g honey, 200 g nuts ground in a nut grinder, 8 tablespoons semolina, 8 eggs, 1 pinch cinnamon, rind of half a lemon

Mix well and whisk honey, yolks, cinnamon, grated lemon rind and half the quantity of ground nuts into froth. Combine the other half of nuts with semolina. Add this alternately to the mixture together with the froth of whites. Soften the dough and pour it into the torten pan. Bake immediately. When cool, cut horizontally three layers. Fill with vanilla cream (see recipe). Glaze with cocoa icing (see recipe). Decorate to your taste.

Nut Cake (II)

125 g honey, 200 g flour, 125 g powdered sugar, 1 small glass rum, 1 pack vanilla sugar, 2 eggs, 100 g pounded nuts

Warm up honey. Whip it well together with sugar, add yolks one by one, rum, vanilla sugar and flour gradually, nuts and finally fold in the whites. Mix slightly. Divide the mixture into three equal shares and bake one at a time in the pre-greased and pre-floured cake pan. When baked, sprinkle the layers with rum. When cool, fill with chocolate pea-nuts cream (see recipe).

Nut Cake (III)

150 g honey, 280 g flour, 200 g powdered sugar, 150 g nuts ground in a nut grinder, 6 eggs, 9 tablespoons cold water, 1/2 pack baking powder, 1 pinch cinnamon, 2 pounded cloves

Whip honey, nuts, yolks, sugar, water, cinnamon and cloves until stiff. Fold into this smooth mixture whipped whites and work in alternately the

flour combined with baking powder. When the dough is smooth, pour it into the pan and bake. When cool, slice into three layers and fill with chocolate cream (see recipe). Brush the cake completely (sides as well) with chocolate icing or milk icing (see recipe). Decorate with nuts or chocolate cream using the decorating bag.

Fruit Cake

120 g honey, 150 g flour, 100 g powdered sugar, 5 eggs, 100 g nuts, 100 g raisins, juice and rind of half a lemon, 1 pinch pounded cinnamon and anise, 100 g pumpkin jam, 100 g butter, 1/4 pack baking powder, gooseberry jam

Melt butter in a small skillet. Chop nuts finely. Cut finely the washed raisins and the pumpkin pieces from the jam. Beat for at least 20 minutes yolks, cut fruits, honey, sugar, grated lemon rind, lemon juice, cinnamon and anise. While beating the mixture add the melted butter gradually. In the end add flour combined with baking powder, alternately with whipped whites. Pour the batter into pan and bake. When cool, slice into three layers and spread with gooseberry jam. Glaze the surface with lemon icing (see recipe). Decorate either with preserved or fresh fruit.

Lemon Cake With Honey

Layer : 1 egg, 50 g honey, 1 pinch carbonate and as much flour as needed (about 100 g)

Filling : 250 g butter, 250 g sugar, 1/2 l milk, 3 tablespoons flour, rind and juice of one big lemon

Mix all ingredients until a sufficiently soft dough is obtained. Make four layers baked on the bottom of a torten pan turned upside down.

With a tablespoon take the butter to pieces. Separately mix flour with a little milk. Put on very low heat and continue to add milk. Mix continuously until it thickens. When cool, add the butter and beat until creamy. Add lemon juice and its rind.

Spread the filling, glaze the cake and decorate with lemon slices. Slightly warm up a little honey and pour it from a spoon over the cake.

Sour Cream Cake

Layer : 250 g honey, 1 glass sugar, 3 eggs, 3 tablespoons oil, 50 g pounded nuts, 1 teaspoon carbonate, flour

Cream : 50 g ground nuts, powdered sugar to your taste, 700—800 g sour cream

Whip honey, sugar, eggs into froth and add gradually one tablespoon oil, carbonate with few drops of lemon juice, nuts. In the end, add flour. Make a soft dough.

Divide the dough into 5—6 shares. Roll out to oblongs to cover the bottom of a rectangular pan. Flour the pan and put the dough to bake in moderate oven, until slightly golden. When the layers are baked, keep for 2—3 days and then fill with cream.

To make the filling combine nuts with powdered sugar and incorporate into the sour cream. Decorate with grated chocolate.

Small Cake With Honey And Raisins

5 tablespoons honey, 500 g flour, 120 g powdered sugar, 2 egg yolks, 100 g butter, little grated lemon rind, 100 g raisins, 1 pack baking powder, 150 g jam (any sort)

Combine wheat flour with the baking powder. Wash the raisins and pass through grinder. Mix softened butter

with honey, yolks, raisins, grated lemon rind and flour. Make a soft dough. Store till next day. Knead the dough again. Roll out to round-shaped layers as many as you want depending on the height you wish the cake to have. Let half of the layers intact. Take a glass and shape an empty portion in the middle of the other half. Spread the whites on the layers. Bake in hot oven until light coloured. Spread with jam and put them alternately : one full, one empty. Powder with sugar.

Mocca Cake

250 g honey, 5 tablespoons flour, 2 tablespoons ginger bread crumbs, 6 eggs, 1 teaspoon baking powder, 1/2 teaspoon pounded cinnamon, 20 g finely ground coffee, 1 tablespoon rum

Blend honey with yolks to a thick mixture. Add cinnamon, rum, coffee and mix again. Mix ginger bread crumbs with flour and baking powder. Work them in alternately together with the whites. Bake the dough in a torten pan. When cool, slice the cake and fill with coffee cream (see recipe). Apply rum icing (see recipe). Use decorating bag to decorate with cocoa icing (see recipe).

Almond Torte

250 g honey, 250 g flour, 100 g almonds, 100 g powdered sugar, 6 eggs, 100 ml milk, 1/2 baking powder, little grated lemon rind, 1 pinch cinnamon

Mix well honey, yolks, milk, finely grated almonds, cinnamon and grated lemon rind, until the mixture thickens and whitens. Separately whip whites stiff. Combine flour with baking powder. Work in alternately until mixture is completely soft. Bake in moderate oven. Let rest until the following

day. Slice into 4 layers and fill with cocoa cream. Brush a yolk icing (see recipe). Decorate with cocoa glaze using the decorating bag (see recipe).

Sweet Chestnut Cake

130 g honey, 60 g semolina or flour, 750 g boiled sweet chestnuts, 70 g powdered sugar, 30 g ground peanuts, milk as much as needed, grated rind of 1/2 lemon, 2 eggs

Shell raw sweet chestnuts and boil in hot milk until soft. When soft, pass them through the mincing machine, or through a sieve. Beat yolks, honey and sugar. Add lemon rind, chestnut mash. Mix well again. Work in ground peanuts, flour or semolina. Whip whites into froth and add to the mixture. When smooth, bake. The following day slice in twos and fill with chestnut cream (see recipe). Glaze the surface with chocolate icing (see recipe). Decorate with whipped cream.

Cake With Glazed Peanuts

140 g honey, 120 g semolina, 100 g powdered sugar, 80 g butter, 6 eggs, 1 spoon rum, little grated orange rind, 100 g peanuts in caramel sugar, 1/2 baking powder

For peanuts in burnt sugar : 140 g castor sugar, 140 g peanuts. This quantity is enough for making both layer and cream.

Torten layer : Melt butter and honey on low heat, and mix well. Add yolks, sugar, orange rind, rum. Mix well. Pound caramel peanuts and combine with semolina and baking powder. Work in alternately with the whites into the mixture. Bake the dough. When cool, slice horizontally into 3 layers. Fill with butter cream and caramel peanuts (see recipe). Brush a rum

glaze (see recipe) and decorate to your taste.

Caramel Peanuts

Roast the shelled peanuts a little in the oven. With a clean napkin remove rind. Make a caramel out of castor sugar and add the peanuts. When warm, take them out and put on a small board. When cool, pound them finely.

Figs Cake With Chocolate Cream

150 g honey, 180 g powdered sugar, 100 g nuts, 4 eggs, 5 tablespoons warm water, 1/2 teaspoon (all) pounded cinnamon and clove, 4 chopped figs, 1 pinch baking powder

Beat honey and yolks stiff. Add sugar, figs, cinnamon and clove. Beat again. Add water while beating. Add the flour together with the baking powder, ground peanuts and beaten whites. Bake. When cool, fill with chocolate cream (see recipe). Brush a coffee glaze (see recipe). Decorate with small ginger bread figurines decorated in their turn with whites icing (using the decorating bag).

Marble Cake

250 g honey, 200 g semolina, 7 eggs, 2 tablespoons rum, 200 g cocoa, 60 g nuts, 1 pinch ammonium carbonate, little cinnamon, 50 g glazed orange peel

Beat honey and yolks. Add rum, finely chopped orange rind, ammonium carbonate and beat further. Divide the mixture into two equal shares. Put one of them in another kitchenware. Add and mix cocoa in one of the shares while in the other half, the ground nuts. Beat whites stiff, divide into two. Do the same with the semolina. Work into the mixture. Pour mixture into

pan, from both bowls alternately. Bake. When cool, cut into two and fill with raspberry jam or with rum cream (see recipe). Brush over a marble white glaze (see recipe).

Orange Cake

300 g honey, 150 g flour, 1 tablespoon dried bread crumbs, 40 g butter, 1 orange, 5 eggs, 1/2 teaspoon cinnamon, 1/4 pack baking powder

Warm up honey and butter over hot water. Add 4 yolks, 1 intact egg and beat until mixture thickens. Add cinnamon, orange juice, grated rind of half an orange. Beat well. Combine dried bread crumbs with the flour and the baking powder. Beat the remaining 4 whites stiff and work in with the flour and the dried bread crumbs into the mixture. Pour into the pan and bake in moderate oven. After the layer cooled, slice into two or three and fill with apricot jam (see recipe). Brush a lemon glaze (see recipe). Decorate with orange slices.

Wafer Cake

150 g honey, 200 g butter, 80 g chocolate, 120 g nuts, 1/2 pack vanilla sugar, 1 spoon gooseberry jam, 1 pack wafer shells

Mix well honey and butter. Roast nuts and grind finely. Melt the chocolate and add it to the mixture together with the nuts, jam and vanilla sugar. Beat mixture well until smooth. Fill the wafer shells. Put a weight over the cake and keep it chilled, until the filling hardens. Brush a lemon glaze (see recipe). Use the decorating bag for a cocoa glaze (see recipe) and spread fruit over it.

Wafer Cake With Nougat Filling

3 tablespoons honey, 150 g castor sugar, 140 g nuts, 1/2 pack vanilla sugar, 4 whites, 1 pack wafer shells

Roast the nuts. Cut into small cubes. Beat whites in an enamelled kitche-ware until stiff. Add sugar and mix, over hot water. Beat again until sugar is completely dissolved and the mixture thickens and sticks to the vessel's walls. Separately mix vanilla sugar, honey, peanuts. With a teaspoon incorporate it into the whites froth. Mix all, over hot water 2 — 3 minutes and let cool. Fill the wafer shells with this mixture, powder it with sugar. Let rest until the following day. Pour over a chocolate glaze (see recipe) and decorate with nuts.

Wafer Roll

100 g honey, 160 g semolina, 100 g powdered sugar, 5 eggs, 1/4 teaspoon ground cinnamon, 1 baking powder

Mix well 4 yolks, 1 intact egg, honey, sugar and cinnamon until the mixture thickens. Beat remaining 4 whites stiff. Combine semolina with baking powder and, alternately, together with the whites work into the mixture. Put in a slightly greased papered pan and bake. When golden, take out of the oven and overturn it on a clean, moist napkin. Remove the paper carefully and roll the dough along with the napkin. Keep as such for about 1 minute. Roll out and let rest until it gets cool. When cool, fill with apricot jam and roll it tight. Powder with powdered sugar.

Coffee Roll

250 g honey, 8 heaped tablespoons semolina, 6 eggs, 20 g finely ground

coffee, 1/2 teaspoon (all) finely pounded cinnamon and clove, 1 teaspoon baking powder

Beat honey, yolks and coffee into froth until mixture rises and thickens. Add gradually semolina and baking powder, cinnamon, clove and whites. Mix all slightly and bake in a papered pan. Do as above and when cool, fill with yolk cream (see recipe). Pour over a fondant glaze with coffee flavour.

Nuts Roll

2 tablespoons honey, 3 eggs, 100 g semolina, 100 g nuts, 50 g castor sugar, little grated lemon rind

Beat stiff eggs together with sugar, honey and grated lemon rind. Incorporate both the semolina and the previously ground nuts. Pour mixture into a papered pan. Bake until golden. Do further like the wafer roll. When cool, fill with nut cream (see recipe). Decorate to your taste.

Chocolate Roll

200 g honey, 5 tablespoons semolina, 30 g chocolate, 1 tablespoon powder sugar, 4 eggs

Dissolve chocolate in honey, on low heat. Remove and add yolks, sugar and mix all well. Beat whites stiff and while doing so, add the rest of honey with chocolate and semolina. Pour it into a papered pan and bake in moderate oven. Do as above. When cool, fill with vanilla cream (see recipe). Pour over it a chocolate glaze (see recipe) and decorate with almonds.

Cocoa Roll

150 g honey, 140 g flour, 30 g cocoa, 4 eggs, 1 tablespoon rum, 1/4 pack baking powder

Beat honey, yolks, cocoa and rum into froth. Add the flour combined with the baking powder, alternately with the whites. Pour the mixture into a papered pan and bake. When cool, fill with peanut cream (see recipe). Pour a whites glaze over it (see recipe). Decorate to your taste.

Almond Roll

140 g honey, 90 g semolina, 80 g almonds, 30 g powdered sugar, 5 whites, 1 pinch baking powder

Warm up honey and incorporate it into the froth of whites and sugar. Grind finely shelled almonds, combine with semolina and baking powder and add to the mixture. Mix to a soft batter and put into a papered pan. Bake until golden. Do like the wafer roll. When cool, fill the roll with almond cream (see recipe). Cover the surface of the roll with the rest of cream, sprinkle with finely chopped roasted almonds.

Roll With Chocolate Cream

250 g honey, 200 g semolina, 50 g powdered sugar, 1 tablespoon cocoa, 6 eggs, 1 tablespoon warm water, 1/2 pack baking powder, 1 pinch pounded cinnamon

Beat honey, yolks, sugar and water until the mixture gets whiter and rises. Add semolina and cinnamon, baking powder, cocoa and stiffly beaten whites. Mix well until soft. Pour the mixture into a papered pan and bake in moderate oven. Do like the wafer roll. When cool, fill with chocolate cream

(see recipe) and brush a fondant glaze.

Roll With Nuts And Jam

Dough : 125 g warmed honey, 150 g powdered sugar, 4 tablespoons oil, 1 egg, 1 egg yolk, a little salt, 1/2 teaspoon carbonate, 0.125 l milk, 0.125 l soda water, vanilla, flour

Filling : ground nuts combined with jam

Beat honey, eggs and sugar. Add oil, salt, dissolved carbonate, milk, and soda water. Mix well. Work in flour and knead a soft dough. Cover it with a napkin. Keep for 30 minutes. Divide the dough into 3 shares. Roll out three 1/2 cm thick layers. Spread cream on each and roll. Bake in a pan in moderate oven. When cool, powder with vanilla powdered sugar. Cut into slices of 1 cm.

TURNOVERS AND OTHER COOKIES WITH HONEY

Cocoa Ginger Bread Turnovers

4 tablespoons honey, 200 g semolina, 150 g powdered sugar, 5 eggs, 30 g cocoa, 100 g pounded nuts, 300 g stewed sweet cherries, 3 tablespoons warm water, grated rind of 1/2 lemon, 1 pinch ammonium carbonate

Chop finely stoned sweet cherries. Add honey, sugar, yolks, cocoa, lemon peel, water and ammonium carbonate. Mix well until mixture rises. Combine nuts with semolina. Add them to the mixture, alternately with the beaten whites. Bake in moderate oven, into a smaller papered pan. Take out of the pan, remove the paper. When cool, brush a fondant glaze (see recipe). Cut into triangular shapes and decorate with nuts.

Turnovers With Caramel Cream

2 tablespoons honey, 450 g flour, 150 g castor sugar, 70 g butter, 2 eggs, 200 ml milk, 1/2 pack baking powder

Beat milk, sugar, honey, eggs stiff. Add butter, put on low heat. Mix continuously to a thick foam. Combine flour with baking powder. When the foam cooled, make of all a soft dough (if needed, add more flour). Divide the dough into four. Roll out a layer of each share separately on a greased tray

and bake in hot oven. When cool, fill the layers with caramel cream (see recipe). Pour over a cocoa glaze (see recipe). The following day cut into triangles.

Turnovers With Fruits

200 g honey, 450 g flour, 100 g powdered sugar, 100 g butter, 3 eggs, 50 g nuts, 50 g raisins, 100 g glazed fruits, 1 pack baking powder, as much milk as needed, 1 teaspoon (all) cinnamon, anise and clove, apricot jam, grated rind of half a lemon

Warm butter and honey over hot water. Add yolks, half of the quantity of sugar, pounded spice, lemon rind. Beat well. Add flour with baking powder and milk. Mix well into a soft dough. Put the dough in a greased floured pan. Spread apricot jam. Chop fruits finely and beat whites stiff. Combine the whites with the fruits and with the remaining sugar. Pour this mixture over the jam layer. Bake in moderate oven, until golden. Cut into triangles.

Marble Turnovers

280 g honey, 280 g semolina, 70 g ground nuts, 150 g raspberry jam, 8 eggs, 2 tablespoons rum, 20 g cocoa, 1 pinch ammonium carbonate

Beat honey, yolks, rum and ammonium carbonate. Add the stiffly beaten whites alternately with the flour to the above mixture. Then divide in two. To one of the halves add cocoa and to the other nuts. When both shares are smooth put them alternately into a papered pan. Bake in moderate oven. When cool, slice horizontally in two equal parts. Brush lower layer with raspberry jam and put the other layer above it. Pour over a marble glaze (see recipe). Cut into small triangles.

Turnovers With Honey And Curd

150 g curd, 150 g honey, 150 g flour, 150 g sugar, 100 g butter, 1 pinch cinnamon, grated rind of half a lemon, 5 g ammonium carbonate, strawberry jam, 2 yolks

Dissolve honey and butter on low heat. Add the curd and mix well. Add yolks, grated lemon rind, cinnamon, ammonium carbonate and work to a smooth mixture. Overturn it on a floured pastry board, and knead a soft dough. Roll out an oblong and cut 8 — 10 cm squares with the rosette. Put in the middle of each square a teaspoon of jam. To paste them fold into triangles and press the edges, lest the jam should leak out when baked. Brush the triangulairs with beaten egg. Bake in hot oven. Powder with sugar.

Fine Turnovers With Honey

2 tablespoons honey, 300 g flour (or even more), 100 g powdered sugar, 50 g butter, 1 egg, 10 g baking powder, 1 pinch cinnamon

Mix honey, eggs, butter, sugar over hot water. When the butter melted take the mixture aside and mix well until smooth. Add the baking powder, cinnamon and mix. Shift the mixture onto a floured pastry board and knead a soft dough. Divide it into three shares. Roll out three 4 mm thick layers and bake them separately on a greased pan, in hot oven, until golden. When cool, spread the layers with cocoa cream (see recipe). Pour over rum glaze (see recipe). The following day, cut into triangles or narrow rectangles.

Turnovers With Nuts

2 tablespoons honey, 500 g flour, 3 tablespoons powdered sugar, 200 g butter,

1 yolk, 1 pack baking powder, sour cream as much as needed (1 — 2 tablespoons), 150 g ground nuts, 10 tablespoons raspberry jam, 1/4 teaspoon ground anise

Combine flour, butter, honey, yolk and anise with sour cream (in which the baking powder was dissolved) to get a soft dough. Knead and divide the dough into three. Roll out each one, as long as the baking pan. Put bottom layer in a slightly greased pan. Spread over it a jam layer and sprinkle half of the quantity of nuts. Cover it with the second batter layer. Again spread jam and sprinkle with the rest of nuts. Cover with the third layer. Prick with a fork here and there. Bake in moderate oven until golden. Overturn it on a pastry board. Pour over it a fondant glaze (see recipe). Cut into triangular or rectangular shapes. They can be decorated with small points, like domino pieces.

Turnovers With Apples

100 g honey, 400 g flour, 250 g powdered sugar, 60 g butter, 3 eggs, 300 g grated apples, 60 g pounded nuts, 20 g cocoa, 1/2 teaspoon cinnamon, 1 pack baking powder

Mix well eggs, honey, sugar, cinnamon and cocoa. Add nuts, melted butter and flour, combined with baking powder. Knead a soft dough. Roll out and cut triangles. Put into the middle of each triangle a teaspoon of grated apples and fold the edges of the triangles. Bake in a papered pan, in moderate oven. When cool, powder with sugar.

Soft Turnovers With Lemon

120 g honey, 350 g flour, 40 g powdered sugar, 150 g butter, 2 yolks, juice and

rind of one lemon, 1/2 a pack baking powder

Mix on a pastry board softened butter with flour and baking powder. Add yolks, honey, lemon juice, grated lemon rind and sugar. Knead a soft dough. Keep it in a napkin for at least 2 — 3 hours. Divide the dough in two. Knead again. Roll out each and bake separately, in moderate oven. When cool, fill the layers with peanuts cream (see recipe), and pour over a lemon glaze. Cut into narrow triangualrs using a warm knife.

Fruit Charlotte With Jelly

200 g honey, 0.5 l milk, 5 teaspoons jelly, 500 g strawberries (raspberry, gooseberry), juice of one lemon

Dissolve jelly in milk. Let rest for half an hour. Warm it until completely dissolved. Together with the other ingredients beat it with the mixer, until it thickens. Decorate with intact fruits.

Apricot Charlotte

4 tablespoons honey, 1 cup milk, 500 g nuts, 4 apricots (or 2 tablespoons apricot nectar), 50 g dried ginger bread crumbs

Grind nuts with nut grinder. Combine with the other ingredients. Beat all with the mixer for 5 minutes. Serve immediately.

Charlotte With Yoghurt And Strawberries

2 tablespoons honey, 2 egg yolks, 1 small jar yoghurt, 3 tablespoons strawberries, juice of half a lemon

Put yolks and honey in a bowl and beat with mixer. Add the strawberries,

yoghurt, lemon juice and beat again.
Serve immediately.

Charlotte With Honey And Grapefruit

2 tablespoons jelly, 1/4 cup water, 1 cup boiled water, 1/2 cup honey, 1/2 cup orange juice, 1/2 teaspoon salt, 1 cup grapefruit juice, 1/4 cup lemon juice, 1/2 cup chopped nuts, 1 grapefruit

Saturate jelly in cold water for 30 minutes. Add boiled water and mix until jelly is completely dissolved. Add honey, salt, grapefruit juice, orange juice and lemon juice and let it cool. When the mixture thickens, work in the nuts and the grapefruit slices. Pour the mixture into a bowl. Keep cool until it hardens.

Curd Cream With Strawberries

80 g honey, 250 g curd, 150 g strawberries (or strawberry nectar), a little grated lemon rind, 100 ml milk

Use mixer for honey, curd and milk. Add strawberries (intact or the nectar), grated lemon rind and whisk again. Decorate with strawberries.

Nutritive Cream For Children

100 g honey, 300 g curd, 30 g butter, 1 yolk, 1/2 pack vanilla sugar, 10 g raisins, 100 ml milk, 200 g fruit nectar

Beat honey, butter, milk, yolk, nectar and vanilla sugar until the cream is smooth. Sprinkle with raisins.

Curd Cream With Carrots And Apples

100 g honey, 200 g curd, 60 g carrots,

1/2 pack vanilla sugar, a little grated lemon rind, 100 ml milk, 120 g apples, 1/2 orange

Use mixer for milk, grated carrot and grated apples until the composition becomes a mash. Add curd, lemon rind, honey and whisk again. Decorate with orange slices.

Curd Cream With Apples

120 g honey, 500 g apples, 50 g nuts, 1 pinch cinnamon, rind and juice of half a lemon, 200 g curd

Bake the intact apples. When hot, pass them through a sieve. When cool, put into mixer and add lemon juice, grated lemon rind, cinnamon and curd. While mixing pour the honey. Powder with ground nuts.

This cream can also be made with raw apples. If so, don't forget to add an egg white before mixing.

Chocolate Cream

120 g honey, 350 g curd, 50 g chocolate, 3 spoons carrot juice, 50 g nuts, 1.5 l milk

Warm up honey and chocolate over hot water. Add curd, milk and carrot juice. Mix and let rest for 30 minutes. Beat with mixer. Spread with chopped nuts.

Candy Cream

1 cup sugar, 1/4 cup sour cream, 1/4 cup honey, 1 tablespoon butter, 1/2 cup pounded nuts

Combine sugar, sour cream and honey. Boil until sugar is dissolved. Add butter and keep boiling. Remove from heat and whip until the mixture stiffens and gets darker. Add nuts. Pour

into a greased pan. When cool, cut using a hot knife.

Nuts With Chocolate And Honey

2 cups sugar, 1/4 teaspoon salt, 1 cup nuts, 2 teaspoons butter, 1/4 cup honey, 1 slab bitter chocolate, 1 cup milk

Boil sugar, chocolate, salt and milk for 5 minutes. Add honey and keep the mixture on heat. Add butter. Remove from heat and let rest until it thickens. Cream mixture, add nuts and put it in a pan. When the paste hardens cut into slices.

Chestnut Cream

4 tablespoons honey, 2 tablespoons powdered sugar, 1 white, 200 g whip cream, 1 pack vanilla sugar, 600 g chestnuts

Wash the chestnuts and boil. Shell and grind in nut grinder. Add sugar, honey, white and whip until stiff. Pour into bowls for compote or charlotte. Combine whip cream with vanilla sugar. Decorate with cherries from cherry brandy and a little whip cream. Keep it chilled.

Italian Cream

3 yolks, 1/2 cup wine, 3 tablespoons honey

Beat yolks until they turn white and gradually add honey. Keep beating. Add wine. Mix well. Pour the mixture into a pan and put on quick heat. Keep beating. Don't let the mixture boil or thicken. When it starts to rise, remove from heat. Serve in cups. If served cold, keep it in the refrigerator until the very last minute.

"Piquanterie"

*2 cups sugar, 1/3 cup water, 1/2 cup
chopped nuts, 1/3 cup honey, 2 whites*

Boil sugar and honey in water to a syrup. Pour it over the stiffly beaten whites and keep whiping. Add nuts before the mixture thickens. When thick, serve in greased paper. Decorate with cherries.

Rice Pudding With Oranges

*3/4 cup unboiled rice, 3 cups milk, 2 tablespoons raisins, 2 eggs, 1/2 cup honey,
1/4 teaspoon salt, 1/2 cup orange juice, 1
tablespoon grated orange rind*

Combine rice, milk and raisins in a small pan. Cover the pan and put in into a bigger one filled with hot water. Boil in the water bath for 3/4 hours, until the rice is boiled.

Mix while boiling. Beat eggs slightly. Add honey, salt, orange juice and rind. Pour all over hot rice. Stir with a wooden spoon. Boil again and stir without lid for 5 minutes. Serve cold. Might be served with whip cream.

Potato Soufflé

*3 boiled potatoes, 1/4 cup orange juice, 2
eggs, 1/4 teaspoon salt, 2 tablespoons
honey, 3 tablespoons butter*

Combine potatoes, salt, honey, orange juice, yolks and butter in a pan. Beat well. Add the mixture to the stiffly beaten whites. Make portions in the pan. Bake in hot oven, until golden.

Vanilla Soufflé

*20 g flour, 1 l milk, 200 g honey, 2 packs
vanilla sugar, 1 pack salt powder, 6 eggs*

Boil milk and let cool. Incorporate the flour and add honey, vanilla sugar, salt. Put on moderate heat and mix continuously. When it starts to boil, remove. Add yolks. Mix well and add the beaten whites. Pour everything into a pan and bake for 20 minutes. Let cool. Powder with sugar before serving.

Pancakes

170 g flour, 2 eggs, 250 g milk, 30 g butter, 4 tablespoons honey, 2 tablespoons brandy, castor sugar, little salt

Sift the flour and salt into a bowl and make a hole in the middle. Beat eggs and gradually work in the flour using a wooden spoon. Add half of the milk quantity and stir the mixture until smooth. Add the rest of milk. Cover the mixture and let rest for 30 minutes. Take a pan and warm the butter. Pour a little of the mixture into it and prepare the pancakes. Combine honey with brandy. Brush the pancakes when hot. Roll, powder with sugar and serve.

Butter And Honey Sauce

1/4 cup honey, 4 tablespoons butter

Put butter and honey in a pan. Mix until smooth. This sauce can be served with various puddings.

Chocolate And Honey Sauce

3 cups grated chocolate, 1/2 cup whip cream, 4 tablespoons honey

Melt the chocolate and whipped cream and honey separately. Beat well. Serve it over ice-cream.

Chocolate And Mint Sauce

*1 cup grated chocolate, 1/4 cup mint tea,
2 tablespoons honey, 1/2 cup whip
cream*

Mix honey, tea and the whip cream until smooth. Add gradually chocolate.

Beat well.

Serve it over vanilla or chocolate ice-cream.

CREAMS AND GLAZES USED FOR CAKES, ROLLS AND TURNOVERS

The simple method of combining butter and honey, tried by every housewife was the starting point for the preparation of some delicious and nutritive creams for cakes, rolls and cookies. A significant feature of our recipes is the fact that these can be easily prepared. Moreover, they are digestible and satisfy any taste. Further on we recommend several recipes for glazes along with the wish that your dessert should look inviting. We wish you lots of imagination and success.

CREAMS FOR CAKES

Nut Cream With Honey

80 g honey, 120 g butter, 120 g nuts, 1 yolk, 80 g powdered sugar, half a pack vanilla sugar

Stir butter, nuts, sugar, yolk and vanilla sugar until the mixture gets whiter. Add honey and whip until smooth.

Chocolate Cream

2 spoons honey, 250 g butter, 2 eggs, 70 g powdered sugar, 40 g chocolate

Whip an intact egg, 1 yolk, sugar and the pieces of chocolate in an enamelled bowl over hot water, until the chocolate dissolves completely into the mixture. The latter should start rising and getting thicker (it should not be boiled). Separately mix butter and honey. Gradually add them to the cooled mixture. Beat well until creamy.

Vanilla Cream

100 g honey, 200 g butter, 2 eggs, 200 g powdered sugar, 1 pack vanilla sugar

Combine eggs and powdered sugar in an enamelled skillet to a thick cream. Keep mixing. Put it on moderate heat and let it become hot. It dilutes by warming. Let cool. When cool, it gets thick again. Separately mix butter and vanilla sugar. Take a spoon and add it gradually to the cooled mixture. Pour honey and mix continuously, until creamy. This cream may also be used to decorate the cake.

Chocolate Cream With Figs

1 tablespoon honey, 200 g butter, 1 egg, 130 g powdered sugar, 50 g chocolate, 50 g figs, 1 tablespoon rum

Whip eggs, rum and sugar. Add the pieces of chocolate and warm up the mixture over hot water. Combine butter with honey. When cool, add the above mixture. Grind figs through nut grinder. When the mixture is smooth add figs.

Coffee Cream

80 g honey, 150 g butter, 2 yolks, 120 g castor sugar, 1/8 l drip black coffee

Beat honey and butter. Mix cold coffee, sugar and yolks. Keep stirring until the mixture thickens. When cool, add it gradually to the above mixture. Smooth out cream using a wooden spoon.

Chestnut Cream

100 g honey, 60 g butter, 1 yolk, 200 g chestnuts boiled and ground through the mincing machine, 1 dl sour cream

(or milk), 1 pack vanilla sugar,
20 g soaked chocolate

Beat honey, chestnuts, sour cream and yolks stiff. Separately beat the butter, vanilla sugar and chocolate. Mix them with a wooden spoon and beat them smooth.

Apricot Cream

1 spoon honey, 150 g butter, 1 spoon powdered sugar, 1.500 ml milk, 100 g apricot jam, 1 tablespoon flour

Beat milk, sugar and flour. Keep mixing on moderate heat until mixture thickens. Keep mixing, until it cools. Add the butter, honey, apricot jam and stir well.

Cocoa Cream

80 g honey, 200 g butter, 2 eggs, 150 g castor sugar, 30 g cocoa, 1 tablespoon rum

Beat eggs, sugar, rum and cocoa over hot water. Separately combine honey with butter and add to the above mixture, after the latter had thickened and was being removed from the heat. Keep chilled for at least 1 hour before serving.

Glazed Nuts Cream

2 tablespoons honey, 150 g butter, 1/8 l milk, 1 pack vanilla sugar, 30 g flour, 100 g caramel glazed peanuts

Mix milk, flour, vanilla sugar. Boil on low heat. Stir continuously to get a thick mixture. Stir until it cools. Mix butter with honey and beat well. Add it to the mixture. In the end mix with finely pounded caramel peanuts.

Chocolate Cream With Butter

160 g honey, 250 g butter, 100 g chocolate, 1 pinch pounded cinnamon

Melt honey and chocolate over hot water on low heat. Remove from heat and keep stirring until it cools. Add butter, cinnamon and beat well until stiff. As it is not too sweet a cream we recommend it for layers of batters with high sugar content.

Banana Cream With Rum

1 tablespoon honey, 180 g butter, 1 egg, 100 g powdered sugar, 2 tablespoons rum, 1 banana

Mix egg, sugar and rum until the mixture rises. Stir while warming it over hot water. Remove from heat. While cooling, stir from time to time. Shell the banana, pass it through the sieve and combine with honey and butter. Add gradually the above cooled mixture. In the end cream everything well to a smooth filling.

Curd Cream With Honey

100 g honey, 120 g butter, 2 yolks, 100 g powdered sugar, 100 g raisins, 400 g curd, 1 pack vanilla sugar, 1/8 l milk, 1 teaspoon wheat of corn buds, juice and rind of half lemon, 1 pinch salt

Combine yolks, wheat of corn buds and vanilla sugar with milk. Beat over hot water until the mixture thickens. Washed and ground raisins are to be combined with butter, sugar, lemon juice and rind into another recipient. Blend with first mixture, when cool. Add liquid honey to this new mixture and keep stirring. Add the curd and 1 pinch salt to the above mixture.

Strawberry Cream

100 g honey, 220 g butter, 1 yolk, 100 g powdered sugar, 2 tablespoons strawberry nectar

Mix honey with strawberry nectar. Beat well butter, sugar and yolk. Add gradually honey with strawberry nectar. Cream everything well. This cream may also be used for decoration.

Honey Cream With Lemon

1/4 cup sugar, 2 tablespoons flour, 1/4 cup lemon juice, 1/2 cup honey, grated rind of one lemon, 1 egg slightly creamed, 1 tablespoon butter

Mix all ingredients in a pan. Boil in vapour-bath. Keep mixing until it thickens. Keep chilled. Can be used for various batters.

Honey Cream With Orange

2 tablespoons sugar, 2 tablespoons flour, 1/2 tablespoon lemon juice, 1/2 cup orange juice, 1/4 cup honey, grated orange rind, 1 egg slightly creamed, 1 tablespoon butter

Mix all ingredients in a pan. Boil over vapour-bath. Keep mixing until it thickens. Keep chilled. Can be used for various batters.

CREAMS FOR ROLLS

Whites Cream With Honey

120 g honey, 120 g butter, 3 yolks, 1/2 pack vanilla sugar, 50 g ground nuts, 60 g chocolate, 1/4 teaspoon grinded cinnamon

Combine honey, yolks, vanilla sugar and cinnamon in a small bowl. Add pieces of chocolate and put on low heat. Keep stirring. When the chocolate melts and the mixture starts to thicken, remove from heat. When cool, add the butter and the nuts. Beat all well. Keep chilled for at least half an hour before serving it.

Nut Cream

120 g honey, 60 g butter, 120 g ground nuts, 1/2 pack vanilla sugar, 500 ml milk

Pour hot milk over nuts and mix well. Add honey, vanilla sugar, butter and beat until stiff. Chill for half an hour. Use as cream for rolls.

Vanilla Cream

1 tablespoon honey, 80 g butter, 200 ml milk, 2 yolks, 1 pack vanilla sugar, 1 tablespoon flour of corn buds

Incorporate yolks, vanilla sugar and the wheat into the milk and beat well. While stirring put on low heat to get a thick cream. Separately mix honey and butter until completely smooth. When the former mixture cooled, add it gradually to the butter and beat stiff. Keep chilled.

CREAMS FOR TURNOVERS

Caramel Cream

100 g honey, 250 g butter, 150 g castor sugar, 200 ml black coffee, 200 ml milk, 3 tablespoons flour, 1 tablespoon rum

Make a light-coloured sugar caramel. Pour over it the coffee previously combined with rum. Boil on low heat until the caramel dissolves completely. Separately mix flour with milk, pour over the coffee with caramel. Boil until it thickens on low heat. Keep mixing. When cool, gradually add the honey beaten with butter. Stir everything smooth and use to fill the triangulants.

Egg Cream

*1 tablespoon honey, 250 g butter, 4 eggs,
150 g castor sugar, 30 g chocolate*

Beat eggs, sugar and chocolate above hot water, until the mixture thickens. Separately mix butter and honey. Add them gradually to the chilled mixture. Cream well.

Peanuts Cream

*1 tablespoon honey, 100 g butter, 100 g
powdered sugar, 120 g peanuts, juice of
1/2 lemon, 1 yolk*

Mix well butter, sugar, honey and yolk. Add ground nuts, lemon juice and beat stiff. Keep chilled. Use to fill turn-overs.

Almonds Cream

*120 g honey, 100 g butter, 50 g powdered
sugar, 140 g almonds, 1 tablespoon
cherry juice, 20 g chocolate*

Roast the shelled almonds and grind. Add honey, cherry juice (nectar) and grated chocolate. Mix over hot water and then let cool. Add butter and beat stiff.

Whites Cream

100 g honey, 1 pack vanilla sugar, 3 whites, 200 g ground nuts

Mix well nuts, honey and vanilla sugar. Add the stiffly-beaten whites. The cream should be used immediately.

GLAZES

Whites Glaze

1 egg white, 120 — 150 g powdered sugar

Sift twice the powdered sugar, through a dense sieve. Mix sugar with whites. Beat quite stiff (should not drip when the bowl is turned upside down). If the froth is not too thick, add more sugar. If it is much too thick put a few drops of lemon juice. If not the entire quantity is used, cover it with a wet napkin, lest its surface should dry.

Cocoa Glaze (I)

80 — 100 g well sifted powdered sugar, 1 egg white, 20 g cocoa

Do as above.

Sugar Glaze

250 g powdered sugar, 3 — 4 tablespoons of hot water (put cinnamon or anise in it)

Mix well all ingredients to get a dense and translucent liquid with which we glaze the ginger bread figurines. When it dries, it is a shiny, translucent glaze.

Yolk Glaze

2 yolks, 100 g powdered sugar, 2 tablespoons water, 100 g castor sugar

Beat yolks and powdered sugar well. Pour water over castor sugar. Mix and boil on low heat, until it reaches the consistency of a syrup. Let the syrup cool and gradually pour it into the stiffly beaten yolks. Mix again until mixture cools. It should be used immediately for glazing.

Lemon Glaze (I)

250 g powdered sugar, 2 tablespoons lemon juice, 2 — 3 tablespoons hot water

Stir all ingredients well, until the mixture turns shiny. If it is too thick add more lemon juice. If it is too diluted, add more sugar.

Lemon Glaze(II)

150 g cube sugar, 6 tablespoons water, juice of half a lemon, well sifted powdered sugar (as much as needed)

Mix cube sugar and water and boil to get a syrup. Add lemon juice, powdered sugar as much as needed, so as to get a dense and shiny glaze.

Orange Glaze

Both ingredients and method are the same as for lemon glaze. Use orange juice instead.

Rum Glaze

200 — 250 g well sifted powdered sugar, 3 tablespoons hot water, 2 tablespoons rum

Mix sugar and hot water. Add rum and stir until you get the desired consistency.

Milk Glaze

250 g powdered sugar (well sifted), 5 tablespoons hot milk, 1 teaspoon rum

Mix all ingredients until you get the wanted consistency. Let dry by itself. If not, it will split and will be more difficult to cut.

Cocoa Glaze (II)

200 g butter, 40 g cocoa, 4 tablespoons drift black coffee, 200 g powdered sugar

Mix butter and cocoa. Put sugar in a small bowl. Pour over coffee and boil about half a minute, on quick heat. Pour this hot liquid over the combination of butter and cocoa. Stir until the butter melts. If it is too thick dilute with warm coffee. Pour it over the cake while still warm.

Cocoa Glaze With Pudding Powder

80 g butter, 80 g powdered sugar, 30 g cocoa, 4 tablespoons milk, 2 tablespoons pudding powder

Put all ingredients into an enamelled bowl. Stir. Put on small flame and stir continuously. Boil once. When warm, pour it.

Caramel Glaze

3 tablespoons honey, 20 g chocolate, 1/2 pack vanilla sugar, 2 tablespoons water, 30 g butter

Boil water and honey until it starts to caramel. Add the smashed chocolate

and vanilla sugar. Stir continuously and boil on low heat until it thickens. Remove from heat. Add butter and stir well until it melts into the mixture. Pour while warm.

Chocolate Glaze (I)

120 g castor sugar, 100 g chocolate, 4 tablespoons water

Pour the water over the sugar and boil until it becomes like the one for jam. When hot pour over the chocolate and mix until the latter is completely dissolved. If it is too thick, dilute with hot water. Pour when warm.

Chocolate Glaze (II)

120 g powdered sugar, 4 tablespoons water, 80 g chocolate, 30 g butter

Boil powdered sugar, chocolate and water on low heat. Stir continuously until the mixture thickens. Remove from heat. Add butter and mix well. If it is too thick, dilute with warm water or coffee.

Marble Glaze

Use the same ingredients as for fondant or whites glaze.

Drop the chocolate or cocoa glaze (over a dark-coloured glaze pour a light-coloured one and the other way round), over a liquid glaze, brushed over a cake, using the pastry bag. Take a fork or a toothpick and mark lines on newly poured glaze (either straight or waving lines). Let the glaze cool and dry by itself.

Fondant Glaze

250 — 300 g sugar, 200 ml water, 1 tea-spoon lemon juice

Boil the water and sugar. Stir from time to time lest the syrup should stick to the bowl's walls or crystallize on them.

Add the lemon juice before the sugar starts boiling. The fondant glaze may be diluted with rum coffee, other fruit juice. If wanted add previously soaked chocolate, cocoa or yolk.

The optimum consistency is established as follows : stretch the syrup between thumb and fore finger : if the "thread" does not break and whitens after it is being rubbed between fingers, then the syrup is proper. Put the bowl with syrup in another bigger bowl together with cold water. Stir continuously until the glaze starts to turn white. If it becomes too stiff add a little water or one of the flavours mentioned above. This glaze can also be coloured using alimentary dye stuff.

Fruit Glaze

250 g powdered sugar, 3 tablespoons raspberry juice, 1 tablespoon lemon juice, 2 — 3 tablespoons hot water

Sift well powdered sugar. Pour over boiled water, lemon juice and raspberry nectar. Mix well until the glaze becomes shiny and smooth. Gooseberry juice can be used instead of lemon juice. This glaze is usually used for fruit turn-overs.

Pear Glaze

250 g powdered sugar, 2 tablespoons pear syrup, as much hot water as needed, 10 g butter

Sift well the powdered sugar and

pour over the pear syrup. Add boiled water in which we have previously melted butter. Mix all quickly until it thickens.

Apple, raspberry or gooseberry syrup may also be used instead of pear syrup.

SWEETMEATS WITH HONEY

The way from ordinary sweets filled with liquid honey to cough drops or caramels with honey is neither very long nor difficult. Honey has stimulated a real "sweets" industry in many countries, thus offering products which have been the delight of generations over generations of children. You may find several recipes which do not require any special skill but which will be the delight for both grownups and children. Let's not forget that sweets with honey are welcome any time, as they are both energizing and antiseptical.

Turkish Delight With Honey

100 g honey, 100 g peanuts, 200 g dry ginger bread crumbs, 2 tablespoons rum, 1/2 teaspoon (all) cinnamon and pounded clove

Warm honey moderately in a bowl over hot water. Add pounded peanuts ginger bread crumbs, rum, cinnamon and clove. Mix well and overturn the composition on a small board powdered with powdered sugar. Shape it into a salamy. Keep chilled until the following day. Cut 1 cm thick slices. Brush a rum glaze (see recipe). Decorate with almonds.

Turkish Delight With Chestnut

1 tablespoon honey, 400 g sweet chestnuts, 50 g powdered sugar, 1 pack vanilla sugar, 1 yolk, 40 g butter, 50 g nuts, 1 pinch cinnamon

Shell, boil and pass the chestnuts through nut grinder. Add sugar, honey, pounded nuts, yolk, butter, cinnamon. Mix well. If the mixture is too soft, add ginger bread crumbs. Powder

a board with powdered sugar and shape a salamy. Wrap it in paper and keep cool. When it hardens brush a chocolate glaze (see recipe). The following day cut very thin oblique slices.

Sweetmeats With Nuts

100 g honey, 100 g ginger bread crumbs, 150 g ground nuts, 100 g powdered sugar, 2 teaspoons cocoa, 1/2 teaspoon cinnamon, 1/2 teaspoon anise, 40 g intact nuts, as much milk as needed

Put nuts on a small board. Add honey and all the other dry ingredients. Pour milk gradually without diluting the mixture too much and make it dense. Roll out to a 1 cm thick layer, on a small pastry board powdered with powdered sugar. Shape forms and figurines with metal patterns. Fix a piece of nut on top of each one, by pressing it. Let sweets dry at room temperature.

Sweets With Honey

1 tablespoon honey, 250 g sugar, 1 tablespoon vinegar, a little water

Mix all ingredients and let boil until it reaches the consistency of the fondant. Remove from heat. Pour on a wax greased pan. When cool, cut into small cubes.

Sweets With Milk And Honey

200 g granulated honey, 50 g castor sugar, 75 g sour cream or milk, and if you wish, grated chocolate

Boil all until it becomes sticky. Pour into a slightly butter greased pan. When cool, cut into small squares. Wrap in parchment or cellophane paper.

Sweets With Ginger Bread Crumbs And Fruits

120 g honey, 200 g ginger bread crumbs, 50 g raisins, one handful pounded nuts, 20 g glazed orange rind, 50 g dried plums, 50 g dried pears, 1 tablespoon gooseberry jam, 1/2 pack vanilla sugar, 50 g chopped almonds

Wash and chop fruits finely. Pour honey over them. Mix and let rest at least for one hour. Stir from time to time. Add the pounded nuts, jam, ginger bread crumbs and vanilla sugar. Smooth out mixture. If it is too thick, add more honey (or jam). Make small balls, and roll them through the ground nuts. Let harden in cool place.

Ginger Bread Crumbs Sweets

1 tablespoon honey, 100 g powdered sugar, 150 ml milk, 30 g cocoa, 120 g butter, 150 g ginger bread crumbs, 1 tablespoon rum, 50 g chocolate or ground nuts

Combine honey and ginger bread crumbs. Separately mix well milk, sugar and cocoa in an enamelled bowl. Boil and stir continuously until it thickens. Let cool. Add the crumbs combined with rum, butter and honey. Smooth out the mixture. Make balls and cover with chocolate or nuts. You may also put into each sweet a stewed cherry, kept for at least 1 hour in rum.

Fondants With Honey

2 cups sugar, 1 cup powder milk, 2 tablespoons butter, 1 cup nuts, 1 chocolate bar, 1/4 teaspoon salt, 1/4 cup honey

Combine sugar and chocolate, powder milk and salt with 3 — 4 teaspoons water. Boil for 5 minutes. Add honey and keep boiling. Add butter and let cool. Beat into a cream and add the nuts. Pour into a butter greased

pan. When hard, cut. Keep sweets in tight bowl.

Coffee Nuts With Honey

280 g powdered sugar, 4 whites, 2 tablespoons boiled black coffee, 2 tablespoons honey, 500 g ground nuts

Stir whites and powdered sugar into a dense mixture. Add coffee, honey, ground nuts. Boil everything for about 5 minutes. Keep stirring. When the mixture gets cooler, shape small balls. Cover with cocoa glaze.

Burnt Almonds With Honey

200 g powder milk, 300 g butter, 250 g slightly roasted peanuts, 100 g honey, 200 g powdered sugar, 200 g candy sugar, 1 pinch salt, water

Mix the powder milk with powdered sugar and 1 — 2 tablespoons water, to get a very consistent paste. Boil for 5 minutes. Keep stirring. Add 1 pinch salt and honey. Boil until it gains some consistency (one drop in cold water should harden instantly). Remove from heat, add butter. Cream everything well into a smooth paste. Grease small squares of parchment or cellophane paper with a little butter. Array in piles 1 — 2 peanuts and a few pieces of candy sugar. Pour warm paste over these piles and fold paper like a small bag. Let cool.

Caramels With Chocolate

90 g honey, 50 g butter, 3 slabs grated chocolate, 1 tablespoon sugar, a few nuts or peanuts

Combine all ingredients. Add one tablespoon of water. Boil all for 10 minutes. Lay the mixture on a slightly but-

tered pan. When cool, cut into small squares of 3/3 cm. Put a quarter of a nut kernel or half a peanut. Wrap the caramels in parchment paper or cellophane.

Caramels With Honey (I)

*2 cups sugar, 2 cups honey, a little salt,
1/2 cup butter, 1 cup powder milk*

Mix sugar, honey and salt. Boil on quick flame. Stir now and then. Add gradually butter and powder milk, lest the mixture should stop boiling. Boil until it gets thicker, stirring continuously. Pour into a buttered tray. When hard, cut into squares. Wrap in greased paper or cellophane.

Caramels With Honey (II)

*250 g butter, 250 g sugar, 250 g honey,
dried fruits*

Melt the butter. Add sugar and honey. Boil for 20 minutes, stirring from time to time. Pour the mixture in a buttered pan. When cool, cut into small squares. Wrap in parchment or cellophane paper. You may add a few slices of finely chopped dried fruits to the mixture.

Caramels With Honey And Milk

*400 g sugar, 1 slab grated chocolate,
150 g milk powder, 150 g honey, a little
butter, 100 g finely chopped nuts, 1 ta-
blespoon water*

Combine sugar, grated chocolate, milk powder and one tablespoon water. Boil the mixture for 5 minutes. Don't burn it. Remove from heat. Add honey and butter (a nut's size) while the mixture is still warm. Mix well. Let cool. Add nuts. Lay the composition on a

small board or on a slightly buttered pan. After a few hours cut squares which you roll in ground nuts or wrap in parchment or cellophane paper.

SPECIALITIES WITH MILK AND HONEY

Since very ancient times, the mixture of milk and honey has been used in many countries. It was highly appreciated in both children's and grownups' nourishment, considered as a very rich diet — as well as for general nourishment, when combined with various pressed fruits or flavours. Therefore, many refreshing products having special nutritive qualities suitable for sportsmen's diet and for people making great efforts, both physical and mental, were obtained. At the same time traditional medicine recommends the use of warm milk combined with honey and an egg yolk against colds and various diseases of the breathing apparatus.

MILK WITH HONEY AND VARIOUS FLAVOURS

Cold Milk With Peppermint Aroma

50 g honey, 1/2 l milk, 1 tablespoon peppermint syrup

Slightly warm peppermint syrup (see recipe). Add honey and mix well. Pour cold milk over it, beat well and serve immediately.

Cold Milk With Honey (3 servings)

60 g honey, 1/2 l cold milk

Warm milk. Dissolve honey into it. Cool and beat with mixer.

Milk With Honey And Orange Aroma (3 servings)

60 g honey, juice of one orange, juice of 1/2 lemon, 1/2 l cold milk

Warm 1 — 2 tablespoons of milk and dissolve honey into it. Let cool. Add the

juice, the rest of milk and mix.

Milk With Honey And Apricots (3 servings)

60 g honey, 4 apricots, 1/2 l milk

Choose very ripe apricots, wash, stone and cut them into small pieces. Put into a glass bowl, pour over honey. Mix and let rest for at least one hour in a warm place. Pass all through a sieve. Pour the rest of milk and beat with mixer. If wanted, 500 ml of carrot juice may be added too.

Other recipes of this sort may be prepared following the same method : milk with strawberries, raspberries or peaches. If so, 100 g strawberries or raspberries should be used to make 3 servings.

Milk With Banana (3 servings)

50 g honey, 1 banana, 1 dl carrot juice, 1/2 l milk

Skin the banana, cut into small pieces. Add the carrot juice and the honey previously dissolved in warm water. Mix well and let rest. Add the rest of milk and beat with mixer.

Cold Milk With Chocolate (2 servings)

50 g honey, 300 ml milk, 30 g chocolate

Grate the chocolate. Warm 2 tablespoons milk and pour over chocolate. Add honey, mix and let cool. Pour the rest of milk and mix for 3 — 4 minutes.

Cold Milk With Tomatoes (2 servings)

50 g honey, 300 ml milk, 3 tablespoons tomato juice, 1 teaspoon lemon juice

Dissolve honey in a little warm milk.
Add tomatoe juice and lemon juice.
Pour the rest of cold milk. Mix well.

Warm Milk With Egg (3 servings)

50 g honey, 1/2 l milk, 1 yolk, 1/4 vanilla bar, 1 teaspoon peppermint syrup

Boil the milk. Add vanilla and yolk. Beat well to smooth out the egg and milk. Add honey and the peppermint syrup. Beat again. Filter. Serve.

Milk With Honey And Maize Meal (2 servings)

3 tablespoons honey, 100 g maize meal, 300 ml milk, 1/4 vanilla bar, 1 yolk

Put honey, yolk and maize meal in a bowl. Mix well. Boil the milk with vanilla. Cover and let cool. Beat the rest of the mixture with milk. Filter and serve.

Warm Milk With Cocoa (3 servings)

80 g honey, 2 tablespoons cocoa, 600 ml milk

Dissolve cocoa in a little milk. Boil the rest of the milk, pour the dissolved cocoa and boil for 2 — 3 minutes. When cool, add honey, blend with mixer. Filter and serve.

“Snow Eggs” With Honey (3 servings)

6 eggs, 100 g sugar, 1 l milk, 100 g honey, a little rum

Take a pan and fill it with half l of milk. Add 1/2 vanilla bar. Put on heat. Separately heat 6 whites stiff in a small bowl. Add 100 g sugar and keep beating until it gets stiff. When the milk starts boiling, lower the heat. Take a spoon

and put the stiffly beaten whites into the milk. Soak the spoon in water before introducing it into the whites so that they will easily drop off the spoon. You'll get the snow eggs. Keep them 1 — 2 minutes on one side. Turn on the other side and keep them for just as much. Take out with skimmer and put in a bowl. Two facts should be taken into consideration so that the "snow eggs" remain nicely grown : don't let the milk boil when the whites are poured into it : after that, don't keep too long over heat.

Separately mix 6 yolks with 100 g honey and 1 teaspoon of maize meal or wheat flour. Gradually pour the milk which was previously filtered. Put on low heat, stir slowly until it gets smooth. When the cream has cooled, add a little rum and pour over the "snow eggs".

COCKTAILS

Milk Cocktail With Fruits (3 servings)

2 tablespoons honey, 1/2 l milk, 2 tablespoons cherry compote, 1 tablespoon gooseberry juice, 1 yolk, 3 ice cubes

Break the ice and put it into the mixer bowl. Add all the other ingredients (in the above mentioned order). Mix for about 1 minute. Serve immediately.

Milk Cocktail With Carrots (1 serving)

1 tablespoon honey, 1/8 l milk, 4 tablespoons carrot juice, juice of half a lemon, 1 tablespoon orange juice, 1 tablespoon pounded ice

Put the pounded ice into the mixer bowl. Add the milk, orange, carrot and lemon juice. Combine with honey.

Beat well for about 1 minute. Serve immediately.

Milk Cocktail With Oranges (1 serving)

50 g honey, 1/8 l milk, 1 orange, 1 tablespoon grapefruit juice, 2 ice cubes

Put the pounded ice into the mixing bowl. Combine the milk with honey. Add them to the mixture. Add pared and chopped orange and grapefruit juice. Beat for 1 minute. Filter and serve immediately.

Milk Cocktail For Children (3 servings)

60 g honey, 2 tablespoons orange juice, 400 ml milk, 1 yolk, 1 banana, 30 g raspberry, 3 ice cubes

Dissolve honey in milk. Put the pounded ice into the mixing bowl. Add milk and honey, yolk, skinned banana, raspberry and orange juice. Beat for 1.5 minute. Filter and serve.

Milk Cocktail And Apples (2 servings)

50 g honey, 200 ml milk, 3 apples, 3 teaspoons pineapple juice, 2 ice cubes

Put the ice and milk into the mixing bowl. Add the pared apples, cut into pieces. Combine honey and pineapple juice. Add the other ingredients. Mix for 2 minutes at low speed. Serve immediately.

Milk Cocktail With Bananas (3 servings)

1 tablespoon honey, 2 tablespoons pounded ice, 1 banana, 10 tablespoons pineapple juice, 250 ml milk

Combine honey and milk. Put into the mixing bowl : ice, pineapple juice

and the banana cut into pieces, milk and honey. Beat until smooth. Serve immediately.

Milk Cocktail With Strawberries (2 servings)

2 tablespoons honey, 4 tablespoons strawberry juice, 40 g fresh strawberries, 250 ml milk, 1 tablespoon lemon juice, 2 tablespoons pounded ice

Combine honey, strawberry and lemon juice. Put into the mixing bowl pounded ice, intact strawberries and milk. Mix. While mixing, pour into (through its special opening) honey combined with strawberry and lemon juices. Serve immediately.

Milk Cocktail With Chocolate (2 servings)

50 g honey, 40 g chocolate, 1/4 vanilla bar, 1/2 l milk, 2 ice cubes

Pour honey into an enamelled bowl. Add the smashed vanilla bar, the scraped chocolate, 1 tablespoon of the milk quantity. Stir all over hot water, until the chocolate melts completely. When the mixture is cool, pour the remaining milk. Mix well. Pour it into the mixing bowl which contains the previously pounded ice. Beat for 1 — 2 minutes.

Milk Cocktail With "Ambrozia" Honey (3 servings)

2 tablespoons honey, 3 tablespoons orange juice, 3 tablespoons grapefruit juice, 1 teaspoon lemon juice, 1/2 l milk, 1 fresh peppermint leaf, 2 tablespoons pounded ice

Combine all the juices. Add the smashed peppermint leaf. Let rest for at least 1/2 hour in a covered bowl. Mix honey and milk. Put the pounded ice into the mixing bowl, pour over the mixture of juices. Beat well. While

beating, pour the milk combined with honey. Filter and serve.

Ice-Cream Cocktail And Chocolate (2 servings)

50 g honey, 1 portion chocolate ice-cream, 1 portion vanilla ice-cream, 20 g chocolate, 250 ml milk

Warm the milk and scrape chocolate into it. Add honey, mix and let cool. Pour into the mixing bowl, add the ice-cream. Whisk for 1/2 minute. Serve immediately.

Milk Cocktail With Raspberry Ice-Cream (1 serving)

1 tablespoon honey, 1 portion raspberry ice-cream, 1 tablespoon fresh raspberry, 150 ml milk

Dissolve honey in warm milk and let cool. Add the ice-cream. Whisk with mixer. Add the raspberries to the milk. Serve immediately.

Raspberry Cocktail With Sour Cream (2 servings)

2 tablespoons honey, 1 portion vanilla ice-cream, 8 tablespoons sour cream, 200 ml milk, 1 teaspoon lemon juice, 2 tablespoons fresh raspberries

Combine milk with honey in the mixer bowl. Add sour cream, lemon juice and raspberries. Whisk all for about 1/2 minute. Serve immediately.

Apple Cocktail With Sour Cream (1 serving)

1 tablespoon honey, 1 portion vanilla ice-cream, 1 dl milk, 4 tablespoons sour cream, 100 ml apple nectar, 2 leaves fresh peppermint

Chop finely peppermint leaves. Add honey and milk. Mix well. Let rest for

10 minutes. Pour the mixture into the mixing bowl, add the sour cream, apple juice and ice-cream. Mix for about 30 seconds. Serve immediately. Other fruit nectars may also be used (strawberry, raspberry, even carrot etc.)

Chocolate Cocktail With Banana (2 servings)

1 tablespoon honey, 1 banana, 4 tablespoons sour cream, 1 portion chocolate ice-cream, 1 portion vanilla ice-cream, 10 g chocolate, 250 ml milk

Dissolve honey in milk. Introduce the peeled and finely chopped banana into mixing bowl. Pour over sour cream, milk, honey and ice-cream. Mix until completely smooth. Pour the cocktail in glasses and scrape chocolate over it. Serve immediately.

Cocktail With Cocoa And Sour Cream

50 g honey, 2 tablespoons milk powder, 1/2 pack vanilla sugar, 5 tablespoons sour cream, 250 ml milk, 3 tablespoons cocoa

Combine honey, milk powder and vanilla sugar. Pour over the sour cream and milk. Mix well and put in the refrigerator. When cool, put into mixing bowl. Add cocoa and mix for about 30 seconds. Serve immediately.

DRINKS WITH MILK, YOGHURT, HONEY AND FRUITS

Yoghurt With Honey And Raspberry (2 servings)

1 tablespoon honey, 1 small jar yoghurt, 200 ml milk, 6 tablespoons raspberry juice, 40 g fresh raspberry

Pour the juice, honey and yoghurt

into a china bowl. Mix well. Pour over the cold milk and beat stiff. Decorate with raspberry berries. Serve in glasses or small bowls.

Yoghurt With Honey (2 servings)

50 g honey, 1 small jar yoghurt, 1/8 l milk

Mix well the yoghurt and milk. While mixing, pour honey. Beat all with mixer.

Yoghurt With Honey And Oranges (2 servings)

40 g honey, 1 small jar yoghurt, juice of one orange, 2 tablespoons carrot juice, 200 ml milk

Peel carrots and grate them. Squeeze the juice of the grated carrots. Combine with the orange juice and honey. Beat the yoghurt and the cold milk in mixer bowl. While beating add honey and juices. Decorate the glasses with orange slices.

Yoghurt With Honey And Strawberry Jam (2 servings)

1 tablespoon honey, 1 small jar yoghurt, 200 ml milk, 100 g strawberry jam, 1 teaspoon vanilla sugar

Whisk in mixing bowl jam, yoghurt and the cold milk. While beating, add honey and vanilla sugar. Serve in small bowls or glasses. Decorate with strawberries.

Yoghurt With Honey And Apples (2 servings)

2 tablespoons honey, 1 small jar yoghurt, 150 ml milk, 1/2 pack vanilla sugar, 3 baked apples, a little cinnamon

Put the intact chopped and cored ap-

ples in mixing bowl. Add cinnamon, sugar, honey, cold milk and yoghurt. Mix all well. Decorate with apple slices.

Yoghurt With Honey And Fruit Nectar (2 servings)

40 g honey, 1 small jar yoghurt, 6 tablespoons fruit nectar, 200 ml soda water

Mix well all ingredients in mixing bowl. A series of varieties may result, depending on what sort of nectar was being used.

Yoghurt With Carrots (2 servings)

50 g honey, 1 small jar yoghurt, 200 ml soda water, 2 tablespoons carrot juice

Mix all in mixer bowl. Cool the soda water previously.

Yoghurt With Honey And Fruit Juice (2 servings)

1 tablespoon honey, 1 small jar yoghurt, 250 ml soda water, 5 tablespoons raspberry juice (or other fruit)

Mix all ingredients well and serve immediately.

FRUIT AND HONEY DAINTIES

The demands for recipes with fruits and honey have been even greater on the world market in recent years. No matter how these products are presented, mash, compotes, jams, stewed fruits in honey syrup, they are all rich in mineral compounds and vitamines, are easily assimilated and prove to be necessary for children. Due to the flavoured taste of the fruits, the products consisting in fruits and honey were taken over by adults as well. They are recommended mainly for those making outstanding physical and mental efforts.

FRUIT SALADS

Assorted Fruit Salad

2 tablespoons honey, 100 g raisins, 100 g figs, 50 g peanuts, 1 orange, 100 g whipped cream

Wash the raisins and figs well. Chop them and combine with the ground peanuts. Add the orange juice and honey. Mix. Decorate with whipped cream and waffer.

Orange Salad With Honey

1 tablespoon honey, juice of 1/2 lemon, 2 oranges, 100 g nut kernel

Chop the nuts finely and put them into a small compote bowl. Cut the oranges into cubes after they have been skinned. Put them into the bowl. Add honey. Let rest at least one hour.

“Spring” Fruit Salad (6 servings)

3 oranges, 3 grapefruits, 200 g strawberries, 1 lemon, 150 — 200 g honey (to your taste), 6 small peppermint leaves, 6 tablespoons whipped cream, 1 tablespoon brandy

Skin the oranges and grapefruits, cut into cubes and combine them with the strawberries cut into halves (if big) or intact (if small). Put the fruits in cups. Pour over honey, with squeezed lemon into it. Sprinkle with a few drops of brandy and put over each cup one spoon of whipped cream. Decorate with peppermint leaf.

Strawberry Salad

100 g honey, 500 g strawberries, 200 g whipped cream, 1 vanilla bar

Wash the strawberries and cut them into small pieces. Pour honey over them. Add vanilla bar. Mix and keep chilled for 1 hour. Before serving, decorate with whipped cream.

Salad With Baked Apples

2 tablespoons honey, juice of 1/2 lemon, 50 g nuts, 600 g apples

Skin the baked apples and grate them roughly. Put into a small china bowl. Add honey and lemon juice. Sprinkle with ground nuts. Let rest at least 1 hour. Decorate with whipped cream.

Surprise Melon

1 medium sized sugar melon, strawberries, raspberries, plums, very ripe peaches, currants, 2 tablespoons brandy, honey to your taste

Wash the melon under cold water and wipe well. Cut a portion as big as the mouth of a wine glass where the stalk is. Take a tablespoon and remove the seeds. Fill the inner part with strawberries, raspberry, chopped plums, peeled and cut peaches and currants. Pour the brandy and honey until full. Cover with the cut lid. Put into the refrigerator. Keep for 2 — 3 hours. Bring it intact to the table and cut into slices. Don't introduce the knife too deeply into the melon. Don't assort the melon with apples, pears, apricots, or green peaches.

“Melon Rondels” Cocktail

sugar melon, water melon, honey and lemon juice to your taste

Cut rondels of melon and water melon with a tablespoon. Fill some champagne cups with melon rondels. Cover the fruits with the previously combined honey and lemon juice. Serve cold.

Dried Pieces Of Fruits With Honey

Take 1/2 kg of fruits such as : plums, figs, dates, apricots and raisins. Peel all small fruits. The big ones, plums and apricots, are kept in hot water for 5 minutes. Pass all the fruits and 1 cupful of nuts through a mincing machine. Add honey to smooth the ingredients. Paper a flat box with parchment paper. Pour the mixture into it. Cover all with parchment paper and put a weight on it. Keep over night. Cut into pieces and roll through castor sugar.

Apricot Mash

100 g honey, 60 g apricots, 1 dl whipped cream, 1 tablespoon carrot juice

Take ripe apricots. Remove stones and pass through the sieve. Scrape the carrots and grate them. Combine the apricot mash and the carrot juice. Add honey. Decorate with whipped cream.

Apple Foam

1 kg apples, 2 whites, 180 g honey, juice of 1/2 lemon

Take all intact apples and bake. When warm, pass them through the sieve. Let cool. Mix apples with whites and lemon juice. Beat all stiff. While beating, pour over honey. Serve the foam with wafers.

Banana Foam

3 tablespoons acacia honey, 4 bananas, 1 tablespoon lemon juice, 1 — 2 whites, 300 ml milk

Skin the banana and crush it with a fork. Add honey, lemon juice and whites. Beat stiff. Add the cold milk while mixing. Serve immediately.

Pears With Honey

6 pears, 1/4 cup honey, 1 cup orange juice, 1/4 cup lemon juice, 3/4 cup water, a little cinnamon, 2 cloves

Skin the pears but do not remove the stalks. Put into a pan. Combine honey, orange juice, lemon juice, water and spices. Boil all. Pour the mixture over the pears. Put a lid over the pan and simmer the pears on very low heat. Sprinkle the pears from time to time with the syrup. Let cool in the syrup. Serve with whipped cream.

Baked Glazed Pears With Honey

*4 pears, 4 tablespoons honey, butter,
1/2 cup warm water, cloves*

Peel the pears, cut into halves and core. Put into a saucepan and bake. Fill with honey and add the cloves and 1 piece of butter. Make a syrup of 1 tablespoon honey and 1/2 cup hot water. Pour the syrup over the pears in a saucepan. Bake on moderate heat for about 25 minutes. Shake the pan from time to time.

Baked Apples With Honey (I)

Take some hard apples and wipe well. Scratch the skin in several places. Core with a special knife. Fill the empty portion with a mixture of butter and honey. While baking on moderate heat, pour more honey over the apples.

Baked Apples With Honey (II)

Cut the apples into halves and core. Fill with a mixture of honey, raisins and chopped nuts. If wanted, you may add a few drops of lemon juice too. Bake. When out, sprinkle with a few drops of wine.

Baked Grapefruit

*2 grapefruits, 1/2 cup honey, a little
brandy*

Cut the grapefruits in halves. Remove the pips and cover with honey. Bake on low heat for 15 minutes. Serve warm, sprinkle with brandy.

Apple Compote

120 g honey, 500 g apples, water, 2 cloves, 5 g cinnamon (pieces), juice of 1/2 lemon

Wash the apples, core and cut into quarters. Put the cinnamon and clove into water and boil. Add the apples. When soaked, let cool, till about 50° C. Add honey, lemon juice and let rest for 2 — 3 hours.

Pear Compote

120 g honey, 500 g pears, 5 g cinnamon (pieces), 2 cloves, a little vanilla, water

Wash the unskinned pears and core. Cut into thin slices and simmer in boiled water together with spice, until soft. When cool, add honey, mix and let rest for 2 — 3 hours.

Grape Compote

150 g honey, 400 g grapes, 2 cloves, water

Wash the grape berries. Pour water with boiled cloves in it. Cover and boil on low heat. When cool, add honey, mix and let rest for 2 — 3 hours.

Currant Compote

150 g honey, 350 g currants, water

Wash the currants. Remove the stalks and put in boiled water. Remove from heat (don't boil). When cool, add honey and let rest for 2 — 3 hours. Stir from time to time.

Quince Compote

150 g honey, 600 g quince, 2 cloves, 5 g cinnamon (pieces), water

Put the quinces in hot water. Take out and put in cold water. Peel. Cut into pieces and simmer together with cloves and cinnamon. When cool, add honey and let rest 3 — 4 hours. Stir from time to time.

JAMS

Divide all fruits into two groups : one containing very ripe fruits and the other less ripe ones. Pass the ripe fruits through the mincing machine. These are the basis of the jam. As for those less ripe, either leave intact (cherries), or, after stoning, chop finely.

Boil the fruits which have been passed through the mincing machine. Keep stirring, on high heat in a pan of 6 l together with honey, for 10 — 15 minutes. (1 kg pressed fruits). Add the rest of the fruits both intact and chopped. Mix and boil again for 8 — 10 minutes. Introduce a wooden spoon and mix. Let drop from the spoon : it should pour in pieces. Take away from heat. While hot, pour it into glass jars. Cover immediately with cellophane. To a quantity of 1 kg fruits add 500 — 1000 g honey, depending on the fruits' natural content in sugar.

Currant Jam With Sweet Cherries

1 kg boiled and sifted currants, 250 g stoneless sweet cherries, 900 — 1000 g honey

Wash the currants and pass them through the mincing machine. Put in a large pan. Add honey. Boil the mixture on fast heat. Mix for 15 minutes. Add sweet cherries (washed, dried and stoned). Boil again for 10 minutes. When a little cooler pour into jars. Thus we shall avoid small pieces of fruit floating on the surface of the jam.

Sweet Cherries Jam

1 kg cherries, 600 — 700 g honey

Wash the sweet cherries and take out the stones. Pass half of the quantity through the sieve. Boil the chopped sweet cherries together with honey, on fast heat for 1/4 hours. Add the other sweet cherries and boil for another 10 minutes. When cool, pour into jars.

Sour Cherries Jam

1 kg sour cherries, 800 — 1000 g honey

Like above.

Apricot Jam

1 kg apricots, 800 — 900 g honey

Wash the apricots and stone them. The ripe ones will be passed through the mincing machine. Boil the mash together with honey, on fast heat. Mix continuously for 10 minutes. Add the rest of finely chopped apricots. Boil again. When hot, pour into jars. Cover with cellophane. If a smoother jam is wanted, add a few scrapped apples, while the mash boils with honey.

Strawberry Jam

1 kg strawberries, 700 — 800 g honey

Wash the strawberries slightly. Put them into a chinaware bowl. Pour over them honey and let rest for 3 — 4 hours. Drain the syrup, filter and mix continuously. Boil on high heat for 10 minutes. Add the strawberries and boil for another few minutes. To have a smoother jam, gooseberry juice may be added.

Raspberry Jam

1 kg raspberries, 700 — 800 g honey

The same method as for strawberry jam.

FRUIT JELLY

The difference between jam and candied fruit jelly is that the latter does contain intact pieces of fruits. It is made of sifted fruits which are boiled with honey. For 1 kg of boiled fruits strained through a jelly bag, 400 — 1000 g honey should be used. Boil on high heat stirring continuously. Use a large pan for a quick thickening.

Sour Cherry Jelly

1 kg sour cherry mash, 250 g gooseberry nectar, 1 kg honey

Wash the mellow sour cherries and stone them. Pass through the mincing machine and through the sieve. Add gooseberry nectar and honey. Mix well. Boil until it thickens. The smaller the quantity (it should be boiled in several pans), the quicker it will thicken. The boiling will only take a few minutes. When hot, pour it into glass jars and cover with cellophane.

Apricot Jelly

1 kg apricot mash, 800 g honey

Wash mellow apricots and stone them. Press them and strain through a jelly bag. Combine with honey and boil on quick heat until the jelly gets smooth.

Apple or hipberry juice or nectar may be added to the candied jelly too (2,5 dl juice for 1 kg apricot mash)

Currant Jelly

1 kg currant nectar, 800 — 1000 g honey

Wash, drain and strain the ripe

currants. Add honey. Boil for 15 minutes.

Raspberry Jelly

1 kg raspberry nectar, 600—800 g honey

Pass the raspberries through the mincing machine. Combine with honey and boil on high heat, in small quantities, for 5—8 minutes. May be combined with 1/3 gooseberry nectar (750 g raspberry nectar and 250 g currant nectar).

Rose-Hip Jelly

1 kg rose hip mash, 700 g honey

Wash, remove stalks and take out the core with seed. Pour over water. Boil. When hot, strain through jelly bag. It could be prepared using another method: boil for at least 1 hour and pass through the mincing machine. Combine the mash with honey. Boil on high heat until it reaches the wanted consistency.

Gooseberry Candied Jelly

1 kg gooseberry mash, 800—1000 g honey

Use only ripe gooseberries. Wash, and cut the stalk. Boil in a little water until it softens. When hot, pass through the sieve. Mix this mash with honey. Boil on high heat for 15 minutes.

PRESERVED FRUITS WITH HONEY IN FRUIT JUICE

Wash the fruits and let them drain in a sieve. Put into a jar. Prepare honey as follows : weigh the necessary quantity of honey. Pour honey into a bowl. Put the bowl containing honey into another bigger bowl filled with boiling water. Keep it there for at least 1/2 hour. Take a skimmer and remove the scum. Introduce the fruits. Cover the jars containing fruits and honey. Boil for at least 10 — 12 minutes in water bath. Let cool.

Currants

1 kg currants, 250 — 300 g honey

Wash and drain currants. Fill the jar and pour honey over them. Cover and sterilize for 10 — 15 minutes.

Bilberries

1 kg bilberries, 200 — 250 g honey

Wash the bilberries. Let them drain well in a sieve. Fill the jar. Pour over honey. Cover and sterilize for 10 — 15 minutes.

Raspberries

1 kg raspberries, 200 — 250 g honey

Wash the raspberries and let drain in a sieve. Put in jars and pour over honey (preferably acacia honey). Cover and sterilize for 10 — 15 minutes.

Blackberries

1 kg blackberries, 250 — 300 g honey

Like above.

Sweet Cherries

1 kg sweet cherries, 150 — 200 g honey

Wash the sweet cherries. Dry and stone them. Put in jars. Pour honey.

Cover and sterilize for 15 — 20 minutes.

Sour Cherries

1 kg sour cherries, 200 — 250 g honey

Like above, but don't remove the stones.

Gooseberries

1 kg gooseberries, 250 — 300 g honey

Remove the stalks of the gooseberries. Wash and let drain in sieve. Prick the cherries lest they should burst while sterilizing. Put in jars. Pour honey and sterilize for 10 minutes.

PRESERVED FRUITS IN HONEY SYRUP

You may preserve either one sort of fruits or several together. The fruits with stones may be preserved either intact or stoneless. To make the syrup, boil honey and water. Before introducing the fruits in the jar, keep them in a sieve for 1 — 2 minutes in the boiling honey syrup. Take out and cool immediately under cold water. Put in jars and pour over honey syrup. The fruits should be covered by syrup leaving 1 — 2 cm to the jar rim. For a 1 kg jar one should use about 3 dl syrup.

The fruits may also be boiled directly in honey syrup in a clean enamelled kitchenware. Boil the syrup. Add the fruits (a maximum quantity for 2 jars of 1 kg each). Boil the cherries for 1 minute, or if the fruits are hard, for 2 — 3 minutes. Use a skimmer and take out. Put them immediately in the jar which lies in a boiled water bath. Arrange fruits in the jar (don't press them!). Pour over the syrup which should have at least 80° C. Cover the jar. Put a blanket over the pan with hot water and let cool gradually. Both methods described ensure a minimum loss of vitamines for the fruits.

As regards the syrup concentration, this depends on the fruit sort. On the whole, use 200 — 250 g honey and 1 l water for sweet cherries, plums, apples, pears and 250 — 300 g respectively for hard sweet cherries, currants, apricots, sour cherries and peaches. Keep the compotes in a dry, aired place away from light.

MEAD AND OTHER DRINKS WITH HONEY

Honey has been largely used for preparing several fermented drinks. The mead, having a lower alcohol content, according to the used ingredients and recipe has been used since ancient times. Fruits, honey, corn or different kind of syrups are being frequently used, for its preparation. Yet the result can be good without using such ingredients. Another drink, beer made of honey, considered as the best is still made in many households. The method is almost the same as the one used for preparing mead. Yet, nowadays, honey is widely used for making both liqueurs and distilled drinks and refreshing fruit drinks. Below you will find some "classical" recipes for making drinks with honey.

FERMENTED DRINKS WITH HONEY

Mead

15 — 17 kg honey, 35 l water

Mead is the result of fermentation of honey diluted in water. Therefore, it is advisable that dark-coloured honey should be used, because it ferments quicker than the light-coloured one.

Pour honey into the entire quantity of water. Boil the mixture on low heat for 1 — 1 1/2 hour, until a scum is formed. Remove the scum. If some of the water has evaporated, add more water. To 1 l add 0.5 g ammonium phosphate and 0.5 — 1 g of tartric acid (sterile solution). Dissolve the substances in part of this sterile solution to get the suitable quantity for the total liquid volume. Pour the latter into the rest of the solution. Pour it into a clean wicker bottle. Fill it up to 3/4. Let it ferment on a

previously prepared yeast culture.

Take a bigger cork (suitable for fermentation process) and pass a tube through its middle, having its other end introduced into a recipient full of water, in order to avoid the direct contact of the fermenting liquid with air. Thus, the carbon dioxide will be eliminated through this liquid. Tighten the cork with wax.

If we want the liquid to have a less pronounced fragrance of honey and wax put different spices (cinnamon, lemon and orange rind, nut, clove etc.) into a clean cloth bag. Tie the bag with a thin rope and keep it in the whicker bottle during the fermentation process. After that, take it out. These spices can also be introduced into the solution while boiling it (before fermentation). If you like mead having a bitter taste add 1 g of hop plant to 1 l of solution.

After four days a stirred process of fermentation will start. This will take 2—3 weeks, depending on the temperature and the sugar content. The reproduction process of yeast slows down, while the alcohol content reaches 6—8%.

Let the mead rest for another 10—14 days. Take a flexible rubber pipe and pour it into a smaller recipient. Fill it completely. Cork again and let the fermentation be completed. The clarifying process will take another 2—3 months. Pour into another vessel, keeping the rubber pipe as close as possible to its bottom. After about 6 months from the second extraction-during the maturation process-mead can be poured into bottles. If it is turbid (thick)refine with egg whites and tannin as follows :

Whisk one fresh egg white to a quantity of 25 l wine (mead). Combine the froth with a little liquid of that which will be refined. Dissolve 2.5 g of powder tannin in smaller quantity of liquid. Pour both solutions into the mead. A precipitate which stimulates

turbidity occurs under their effect, thus giving the product a transparency. This will take 1 — 4 weeks. Pour the mead into bottles. Store in a dry room, keeping it in an oblique position so that the cork will be in contact with the content, fact which helps the cork not drying out and avoids air entering the bottle.

The same method will be applied in preparing wine of fruits and honey. The only difference is that the fruit juice, obtained by pressing the fruits, will not be boiled. First boil the honey solution and then add the raw fruits.

Currant Wine (I)

2.5 kg honey, 7.5 l raw currant juice, 12 l water, 200 g chopped raisins, 15 g tartar, 7 g ammonium phosphate, yeast

The same method as for mead.

Currant Wine (II)

1 kg honey, 1 l raw currant juice, 2 l water, 0.15 g ammonium phosphate, 1 g tartaric acid, yeast

Like mead.

Bilberry Wine

1250 g honey, 5 l water, 4 kg bilberries (washed and crushed), 5 g tartar, 2 g ammonium phosphate, yeast

Like mead.

Apple Wine

800 g honey, 5 l water, 4 l raw apple juice, 0.5 g ammonium phosphate, yeast

Like mead.

Pear Wine

800 g honey, 5 l water, 5 l raw pear juice, 0.5 g ammonium phosphate, 5 g tartar, yeast

Like mead.

Blackberry Wine

2 kg honey, 12 l water, 8 l raw blackberry juice, 6 g tartar, 2 g ammonium phosphate, yeast

Like mead.

Common Elder Wine

900 g honey, 8 l water, 5 l juice of common elder flowers, 5 g tartar, 1.5 g ammonium phosphate, yeast

Like mead.

LIQUEURS WITH HONEY

The dark-coloured honey, rich in flavoured substances is preferred in making liqueurs. Dissolve honey in water. Let it smooth out completely. Add tannin and boil on low heat. Keep mixing and remove scum. Stir for at least 1/2 hour. Add water to maintain the initial level. Let the honey syrup cool. The water must be boiled so that it softens and eliminates all calcareous compounds, which will make the liqueur turbid.

As for the alcohol content in liqueur, it can reach 25 — 30% or above 35 — 42%. Alcohol of 80 — 90% should be used for preparation.

If market essences are used, the quantity of honey should be 1/5 times higher than the quantity of sugar indicated (i.e. if 500 g of sugar is indicated, use 600 g of honey). Combine the liqueur essence with alcohol and let rest for 8 — 10 hours. Add the cooled honey syrup. Filter through filter paper.

All natural essences (fruit and plant) are obtained through maceration in alcohol, for 7 — 14 days. The fruits may be left to macerate even longer. The vessel in which this process takes place should be protected against sun light.

Colourless liqueurs (vanilla) may be coloured with caramel sugar, alimentary colouring matter or natural essence of elder, gooseberry, blackberry, bilberry. Dissolve in a small quantity of alcohol. Drop the essence into the liqueur.

To make it clear, filter it through filter paper (even twice) before combining it with honey syrup.

Currant Liqueur (I)

*0.5 l filtered currant juice, 400 g honey,
0.25 l 90° alcohol, 0.5 l water, tannin*

Boil honey together with water and tannin. Skim off. Let cool. Combine with alcohol and currant juice. Keep for 2 weeks. Pour into bottles, using a filter paper funnel. Other flavours may also be added : 1 g cinnamon, 0.5 g clove and 1 slice lemon.

Currant Liqueur (II)

0.75 l red gooseberry juice, 0.25 l black gooseberry juice, 0.5 l 90° alcohol, 0.5 l water, 800 g honey, a little tannin

Like above, but do not add spice.

Strawberry Liqueur

600 g honey, 1 kg strawberry, 0.75 l 80° alcohol, cinnamon, 4 cloves, 0.5 l water, a little tannin

Put the ripe strawberries, cinnamon and clove in a bowl. Pour alcohol over it. Tie the bowl's mouth firmly with cellophane. Let rest for 6 weeks. Stir from time to time. Boil water, honey and tannin. Remove scum and let cool. Pour the filtered strawberry syrup into the honey syrup. Filter and pour into bottles. Cork well.

Raspberry Liqueur

600 g honey, 1 kg raspberry, 0.75 l 80° alcohol, 4 cloves, cinnamon, 0.5 l water, 1 pinch tannin

As above.

Apricot Liqueur

750 g honey, 1 kg chopped apricots, 5 cores of apricot stones, 0.75 l water, 0.75 l 80° alcohol, a little tannin

Wash the apricots and chop. Add the cores and mix with honey syrup. (previously boiled with water and tannin). Add the alcohol and let rest 14 days in a warmer place. Decant, filter and put into bottles. Honey should be light-coloured (acacia).

Peach Liqueur

750 g honey (acacia), 1 kg peaches, 5 cores of peaches, 0.75 l water, 0.75 l 80° alcohol, one pinch tannin

Like the apricot liqueur.

Sour Cherry Liqueur

600 g honey, 1 kg sour cherries, 0.8 l 80° alcohol, 0.5 l water, 50 g almonds, 10 g cloves, smashed sour cherry stones, 2 figs, 2 lemon slices with skin, 1 pinch tannin

Boil honey, water and tannin. Remove scum and let cool. The washed and dried sour cherries will be put into jars together with all the other ingredients. Pour over the honey syrup and the alcohol. Tie with cellophane. Let rest for 2 weeks. Decant, filter. Put into bottles and store.

Blackberry Liqueur

0.25 l acacia honey, 2 kg ripe blackberry, 225 g castor sugar, 0.5 l 90° alcohol, 20 g cinnamon, 2 cloves

Wash the blackberries in sieve. Crush them. Pass them through a cloth sieve the following day. 0.5 l of juice

will be obtained. Pour the juice into a jar of 2 l. Add cinnamon, clove and alcohol. Tie the jar with cellophane and let rest for 4 weeks. Add sugar and honey in the jar. Mix until completely dissolved. Sift through the cloth. Put into bottles. Let rest, well covered. Filter again, through filter paper.

Lemon Liqueur

1.500 g honey, 1.5 l 40° alcohol, 0.5 l water, skin of 4 lemons, 1 pinch tannin

Cut thin layers of the lemon rind and put it in jar. Pour alcohol over them. Let it macerate 14 days. Decante carefully. If the solution is turbid, filter. Add honey syrup and tannin. Let rest another 5 — 6 days. Put into bottles.

Orange Liqueur

600 g honey, 1 l water, 1.5 l brandy, 4 oranges, 4 cloves, 1 pinch tannin

Use the thinly cut rind of 3 oranges. Clean white portion and cut. Pour over brandy. Let it macerate 10 days together with the intact orange. Sift, combine with syrup (boiled honey, water and tannin). Add the cloves. Keep it 10 days in a warmer room. Decant and pour into bottles.

Vanilla Liqueur

500 g honey, 0.75 l water, 1 vanilla bar, 0.5 l 90° alcohol, 1 pinch tannin

Let the vanilla bar macerate in alcohol for 14 days. Combine with honey syrup. Filter. It may be coloured with alimentary colouring matters too.

Caraway Liqueur

*400 g honey, 250 g caraway, 0.5 l water,
0.3 l 90° alcohol, tannin*

Let the caraway macerate in alcohol for 7 days. Sift and combine with honey syrup. Filter.

Egg Liqueur (I)

300 g honey, 0.5 l milk, 4 yolks, 0.25 l 90° alcohol, 1/2 vanilla bar

Boil the milk and vanilla. Mix until the milk cools. Mix the yolks and honey until completely smooth (at least 15 minutes). Pour milk while mixing. In the end add the alcohol. Pour into bottles.

Egg Liqueur (II)

400 g honey, 0.5 l milk, 0.25 l condensed milk, 6 yolks, 0.25 l 90° alcohol, 1/2 vanilla bar

Boil the milk and vanilla. Let cool. Beat yolks well over water vapours. Remove and keep mixing until it cools. Add honey, milk and vanilla. Mix. In the end add alcohol. Put into bottles. Cork well.

Use light-coloured honey only.

FRUIT NECTAR

Choose only ripe fruits. Wash them and remove the uneatable portions (stones etc.). Boil in a minimum quantity of water. When hot, pass them through a dense sieve. The hard skinned fruits will be passed through the mincing machine.

Add 150 — 250 g honey for 1 l nectar (depending on the sort of fruits). Mix well. Pour into bottles and sterilize according to the usual method. When sterilized, cool as quickly as possible so that the flavoured ingredients and vitamines are maintained. If the bottle is opened, consume all. If not, this will alter.

Rose-Hip Nectar

1 l boiled and sifted hipberries, 200 g honey

Like above. Sterilize for 15 — 20 minutes.

Apple Nectar

1 l boiled and sifted apples, 250 g acacia honey, juice of half a lemon

Sterilize for 15 — 20 minutes.

Plum Nectar

1 l boiled and sifted plums, 150 g honey

Sterilize for 15 — 20 minutes.

Apricot Nectar

1 l apricot mash, 250 g acacia honey

Sterilize for 15 — 20 minutes.

Currant Nectar

1 l boiled and sifted currants, 300 g honey

Sterilize for 10 — 15 minutes.

Strawberry Nectar

1 l boiled and sifted strawberries, 200 g honey

Sterilize for 15 — 20 minutes.

FRUIT JUICES AND HONEY

Take well ripe, less sweet fruits with honey. Choose some healthy fruits. Wash them. Pass the fruits through the mincing machine or a fruit pressing machine. Remove all the uneatable portions. The fruits with stones will be cut in quarters, while currants and raspberries will be left intact. Put the juice into a jar. Keep chilled for 8 — 10 hours. The upper portion of clear juice will be poured into an enamelled pan. Combine with honey.

Another method : Boil all cherries and soft fruits (strawberries, raspberries, blackberries, bilberries, sweet cherries, sour cherries). Put them in an enamelled pan. Put it in a boiled nectar bath. Put a lid over the pan with fruits. The fruits, being under the effect of water vapours will settle on the bottom of the vessel and will thus release juice. Strain through a jelly bag.

The sour fruits may be combined with honey, which will help in giving more juice. If such a method is chosen, pour the juice (after being filtered) into bottles sterilized at 80° C for 25 — 30 minutes.

The method of boiling in water vapours can also be used to combine sweeter fruits with sour ones : currants and strawberries, raspberries and currants or blackberries and bilberries.

The bigger fruits should be cut and covered by a small quantity of water. Keep them like that until they start releasing juice. Let the juice rest for 10 — 12 hours. Pour carefully into another vessel.

Boil the juice together with honey for 5 — 8 minutes. When hot, pour into bottles, sterilize. Keep in a dry and dark place.

Consume it immediately or keep to serve as an ingredient for honey specialities.

Use 100 — 200 g honey, for 1 l fruit juice depending on the fruit's nature.

Pear Juice

1 l juice, 100 g honey

Currant Juice

1 l juice, 200 g honey

Strawberry Juice

1 l juice, 100 g honey

Blackberry Juice

1 l juice, 150 g honey

Bilberry Juice

1 l juice, 100 g honey

Apple Juice

1 l juice, 150 g honey

Sour Cherry Juice

1 l juice, 200 g honey

Sweet Cherry Juice

1 l juice, 100 g honey

FRUIT SYRUPS WITH HONEY

The fruit syrups will be sweetened with more honey. This will be obtained either by pressing the fruits and boiling them over water vapours or through maceration.

Crush the fruits. Put them into bottles having a larger mouth. Fill 2/3 of the bottle. Tie with paper. Perforate it to allow for air circulations. Keep in a dry and dark place for 5 — 6 days. Strain the fruits through a cloth bag. Let the juice rest for 10 — 12 hours. Pour it into a vessel using a rubber pipe. Add honey. Boil as such for 1 — 2 minutes. When still hot, pour the syrup into sterilized and warm bottles. Cork well.

Use about 600 g — 1 kg honey for 1 l of juice.

Sweet Cherry Syrup

1 l juice, 600 — 700 g honey

Raspberry Syrup

1 l juice, 600 — 800 g honey

Currant Syrup

1 l juice, 800 g — 1 kg honey

Blackberry Syrup

1 l juice, 600 — 800 g honey

Bilberry Syrup

1 l juice, 600 — 700 g honey

Strawberry Syrup

1 l juice, 600 — 700 g honey

FRUIT LEMONADE WITH HONEY

Fruit Lemonade (2 servings)

2 tablespoons honey, 2 tablespoons lemon juice, 2 tablespoons raspberry juice, 80 g preserved fruits, 2 ice cubes, soda water as much as needed

Combine honey and fruit syrup. Mix over hot water. Keep mixing until honey dissolves. Let cool. Pour into 2 glasses. Put into each one 1 ice cube, lemon juice, preserved fruits. Fill the glasses with soda water.

Raspberry Lemonade (2 servings)

2 tablespoons honey, 4 tablespoons raspberry juice, juice of 1/2 lemon, 400 ml water, 2 ice cubes

Measure the water quantity. Take 2 tablespoons from it. Warm moderately. Dissolve honey in this warm water. Add lemon juice, raspberry juice. Complete with water. Put into glasses and add ice cubes.

Currant Lemonade (1 serving)

1 tablespoon honey, 2 tablespoons gooseberry syrup, 3 tablespoons fresh gooseberry juice, 250 ml water

Warm a little water. Dissolve honey in it. Add the currant juice and water.

Keep in refrigerator to cool. Serve in glasses with straw.

Orange Lemonade (2 servings)

50 g honey, 400 ml soda water, 6 tablespoons orange juice, 2 tablespoons carrot juice, 1 yolk, juice of 1/2 lemon, 2 ice cubes

Mix honey and yolk well. Add orange juice (if fresh, needs to be filtered), lemon juice, carrot juice. Mix. Complete with soda water.

Lemonade With Honey (1 serving)

1 tablespoon honey, 4 tablespoons lemon juice, lemon rind of 1/2 lemon, 200 ml water, 2 ice cubes

Warm water. Add honey and mix. Let cool. Add lemon juice, lemon rind without the white part and water. Let rest for 1/2 hour. Take out the lemon rind. Put ice cubes. Serve in glasses with straw.

Grapefruit Lemonade (1 serving)

2 tablespoons honey, 6 tablespoons grapefruit juice, 4 tablespoons orange juice, 1 tablespoon warm water, 200 ml cold water

Combine the grapefruit juice with honey (first dissolve it in warm water). Add the orange juice. Fill with cold water. Serve in glasses with straw.

Hot Lemonade (1 serving)

1 tablespoon honey, juice of 1 lemon, 1 cm vanilla bar, 200 ml water

Put honey in a warmed glass. Boil water and vanilla. Cool up to 60° C. Pour into the glass with honey. Mix.

Add the lemon juice. Serve immediately.

Hot Flavoured Lemonade (2 servings)

1 tablespoon honey, 3 tablespoons orange juice, 5 g cinnamon, 2 cloves, rind of 1/2 lemon, 1/2 l water

Boil the water, cinnamon, cloves and lemon rind for about 2 minutes on low heat. Combine honey and orange juice. Pour over water into which spices were boiled. Pour into warmed glasses. Serve immediately.

Hot Blackberry Lemonade (2 servings)

2 tablespoons honey, 5 g pounded cinnamon, 8 tablespoons blackberry syrup, 1/2 l water, 1 g Russian tea

Combine honey, cinnamon and syrup in an enamel pan. Boil the water, put the tea into a sieve and pour hot water over it. Let cool to about 60° C. Pour over the honey syrup. Mix. Serve immediately.

Mat Rose Hip Lemonade (2 servings)

2 tablespoons honey, 1 tablespoon dry and crushed rose hips, 5 tablespoons orange juice, 3 tablespoons rose hip syrup, 1/2 l water

Pour the hot, boiled water over the rose hips. Cover and let 10 minutes for infusion. Mix in a china pan honey orange juice and rose hip syrup. Filter the rose hip tea. Combine it with honey. Serve immediately.

OTHER DRINKS

Egg Punch With Honey

4 — 6 egg yolks, 4 tablespoons honey,

4 cups milk, nut

Beat the yolks well. Add honey and gradually the milk. Fill the glasses. Put into each a little nut. Serve immediately.

To make the orange punch, replace the milk with orange juice and eliminate the nut.

Cool Drinks With Honey And Banana

juice and grated rind of 1 lemon, 1 cup honey, juice of 2 oranges, 3 cups water, 3 bananas, 2 stiffly beaten whites

Make a banana cream. Add lemon, orange juice and grated lemon rind. Boil the water. Dissolve honey in it, pour it over the fruits. Mix well. Let cool. Incorporate the whites. Keep in refrigerator. When cool, mix twice using a spoon.

Drink With Honey

1/4 l rum, 2 intact eggs, 1/4 cup honey, 1/4 l milk

Mix all ingredients in the mixer. Serve cool. Add ice-cubes.

Fruit Punch (6 portions)

1 cup orange juice, 2 cups grapes juice, 1 cup lemon juice, 2 cups water, 1 cup honey

Combine all. Serve cool.

Iced Tea

Make a strong black tea. Filter. Serve in glasses with pounded ice in it. Make equal shares of tea, honey and lemon juice to your taste. Decorate the glasses with peppermint leaves.

Grog With Honey

1 cup rum, 2 teaspoons honey, 1 pinch cinnamon, juice of 1 lemon, 2 cloves

Combine all the ingredients in a big glass. Add warm water gradually. Mix. Either keep in the refrigerator or serve as a warm punch.

Vodka With Honey

1 glass vodka, 1 teaspoon honey, juice of half a lemon

Dissolve honey in a little water in a big glass. Add two pieces of ice-cubes and lemon juice. Fill with soda water. Mix well.

Cocktail

1 egg, 1 tablespoon honey, juice of one orange, juice of one lemon

Mix well in a mixing bowl. Add the beaten whites. Serve in cups covered by smashed ice-cubes.

Lemonade With Honey

1 cup honey, 1/2 cup lemon juice, 1 l water, 1 pinch salt

Combine honey with cold or warm water. Add the lemon juice and salt. If it is a cold drink, serve with ice.

Fortifying Drink

1 glass water, 4 cloves, 4 pepper corns, 1 teaspoon anise, half a lemon with rind, 1 tablespoon honey

Boil the water. Add the juice of half a lemon. When cool, add 1 tablespoon honey, anise, pepper, clove and lemon

rind. Keep chilled.

Tea With Honey And Spices

6 cups water, 2 teaspoons dried tea, 2 tablespoons lemon juice, 1/2 cup honey, cinnamon, 1 pinch ground cloves

Put all spices in water. Warm on low heat for 10 minutes, but do not boil. Pour it over the tea slowly. Filter the liquid. Add lemon juice and honey. Serve warm.

Peppermint Syrup With Honey (used for the preparation of some other drinks)

6 tablespoons honey, 10 peppermint leaves, 2 tablespoons lemon juice

Crush the peppermint leaves. Add honey and lemon juice. Mix well. Put into a dark-coloured bottle. Cork well and let it macerate. It is used for drinks with vanilla flavours. The drinks in which the peppermint syrup was used, should be filtered before serving them.

APPLE AND HONEY VINEGAR

In recent years, apple and honey vinegar has been very much appreciated on the Romanian market. It is prepared according to the latest technological method in the field. Examining its qualities, it has been noticed that, except its tastier qualities, apple and honey vinegar proved to be very efficient for the maintenance of an optimum balance of blood alkalinity and acidity, completion of the necessary mineral salts, vitamines and enzymes, a good general metabolic process in the human body as well as for the prevention of certain pathological diseases. Its use is recommended for intellectual and physical efforts-in some diseases of articulations, arterial hypertension, headaches, chronic fatigue.

Apple And Honey Vinegar (home made)

800 g apples, 1 l water, 200 g honey, 10 g beer yeast, 20 g black dried bread (the quantities may be doubled depending on how much vinegar we want to obtain)

Wash the apples. Take out the rotten or worm-eaten portions. Pass them through the rare sieve. Stalks or peels may also be used. Put the sifted apples into a suitable sized pan. This should either be of glass (jar), wood (lidless keg) or of enamelled ceramics. Do not use a metal pan. Boil the water and let it cool a little. When warm, introduce the apples. Add 100 g honey, 10 g beer yeast, 20 g dried black bread. Mix all using a wooden spoon. Keep the pan away from light (ultraviolet rays impede the fermentation). Put into a dark corner, uncovered at room temperature of 20 — 30° C. It is recommended that the pan should be large-mouthed, as the fermentation process is caused by the existance of a higher contact of the mixture with air.

The pan should be kept at a warm place (the above-mentioned temperature). Stir 2 — 3 times a day for 10 days. After the first phase, pour the mixture into a small rare cloth bag. Strain by pressing it. Strain the newly obtained juice again. Measure the quantity. To 1 l juice add 500 — 1000 g honey. Mix until it becomes completely smooth. Pour this juice into a large-mouthed kettle. Cover it with gauze.

Now starts the second phase of fermentation which will take 30 — 40 days (depending on the room temperature). This ends when the liquid becomes clear. When clear, introduce a rubber pipe into the vessel and pour the liquid into bottles. Do not stir the residue in the kettle. For higher safety, put a little gauze in the funnel. Filter the vinegar, using it.

Keep the bottles in a cool place, well corked and waxed.

May be consumed either according to the doctor's recommendation for the prevention and control of certain diseases, or as an ingredient for salads and other dishes.

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