

COOKING WITH HONEY Program October 3, 2014

When you substitute honey for granulated sugar in recipes:

1. Substitute honey for up to $\frac{1}{2}$ sugar
2. With experimentation, honey can be substituted for all the sugar in some recipes
3. Substitute $\frac{3}{4}$ cup honey for 1 cup sugar – up to 1 cup
4. Reduce the amount of liquid in the recipe by $\frac{1}{4}$ cup for each cup of honey used in baked goods
5. Honey is slightly acid so in baked goods add $\frac{1}{2}$ teaspoon baking soda for each cup of honey used. This addition is unnecessary with yeast breads because the bread leavening thrives in the mildly acid environment of honey
6. To prevent over-browning of baked goods, reduce oven temperature by 25 degrees F.
7. Honey absorbs and retains moisture readily so baked goods will stay fresh longer.

Jenine