

Honey Chocolate Chip Cookies

Ingredients:

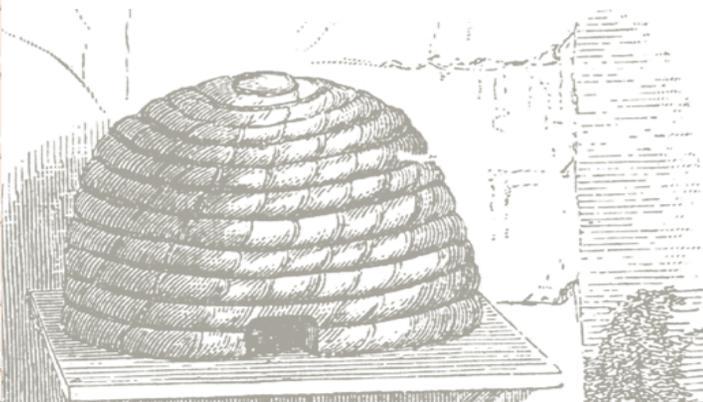
- 1 c shortening
- 1/2 c honey
- 1 egg, well beaten
- 1 1/4 c flour, sifted
- 1/2 tsp salt
- 1/2 tsp soda
- 2 c semisweet chocolate chips
- 1/2 c chopped nuts
- 1 tsp vanilla

Preheat oven to 350° F. Cream shortening. Add honey in a fine stream, creaming together until light and fluffy.

Add egg; mix thoroughly. Sift flour, salt, and soda together. Add sifted flour in 2 part; mix well. Add chocolate chips, nuts, and vanilla; mix thoroughly.

Drop mixture by teaspoonfuls on greased baking sheet 2 inches apart. Bake for 10 to 12 minutes. Yield 4 dozen.

Dish/Recipe submitted by
Bob and Liz Stuart



For copies of Southwest Arkansas Beekeepers Membership Directory, recipes and other information presented at today's workshop, visit the Farmers' Market page at nashvillear.com.

or contact Market Managers **Debra Bolding**, (870) 557-2352 or **Glenda Rice**, (870) 845-8859

Did You Know the Honeybee is the Arkansas State Insect? The honeybee was adopted as the Arkansas State Insect by the General Assembly of 1973. An old fashioned dome beehive is one of the symbols on the Great Seal of Arkansas.



Southwest Arkansas Beekeepers at the Market: Honeybees, Cooking with Honey and More!



August 17, 2012

Howard County Farmers' Market

Sopapilla Cheesecake Pie

Ingredients:

- 2 (8 ounce) packages cream cheese, softened
- 1 c white sugar
- 1 tsp Mexican vanilla extract
- 2 (8 ounce) cans refrigerated crescent rolls
- $\frac{3}{4}$ c white sugar
- 1 tsp ground cinnamon
- $\frac{1}{2}$ c butter, room temperature
- $\frac{1}{4}$ c honey

Preheat oven to 350° F (175 ° C). Prepare a 9x13" baking dish with cooking spray.

Beat the cream cheese with 1 cup sugar and the vanilla extract in a bowl until smooth.

Unroll the cans of crescent roll dough, and use a rolling pin to shape each piece into 9x13" rectangles. Press one piece into the bottom of a 9x13" baking dish.

Evenly spread the cream cheese mixture into the baking dish, then cover with the remaining piece of crescent dough. Stir together $\frac{3}{4}$ cup of sugar, cinnamon, and butter. Dot the mixture over the top of the cheesecake.

Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely in the pan before cutting into 12 squares.

**Dish/Recipe submitted by
Ellen Ward**

Tortilla Roll-Ups

Ingredients:

- (8 ounce) cream cheese, softened
- 1 c sour cream
- $\frac{1}{4}$ c honey
- 1 tsp canned chili peppers (chopped)
- $\frac{1}{4}$ c green peppers (chopped)

Beat together cream cheese, sour cream and honey until smooth. Stir in remaining ingredients.

Spread equal amounts of mixture onto each tortilla. Roll up each tortilla; place in a covered dish and chill for two hours.

Slice each roll into 1 inch pieces; place on platter. Refrigerate until serving.

Makes 4 dozen pinwheels.

**Dish/Recipe submitted by
Bob and Liz Stuart**

Macarons

Ingredients:

- 1 egg white, room temperature
- $\frac{1}{2}$ c honey
- $\frac{1}{8}$ tsp salt
- 1 T flour
- $\frac{1}{2}$ tsp vanilla $\frac{1}{4}$ tsp almond extract
- 1 c almonds, finely ground
- 1 c shredded coconut, sweetened or unsweetened

Preheat oven to 350° F. In a large bowl mix egg white, honey, salt, flour, and

flavorings. Add almonds and coconut. Combine well.

Drop by teaspoonfuls onto greased cookie sheets. Bake 10 - 15 minutes or until lightly browned on edges and soft on top.

Remove cookies from cookie sheets while warm and cool on wire rack. Makes 2 dozen.

**Dish/Recipe submitted by
Bob and Liz Stuart**

Honey Lemonade

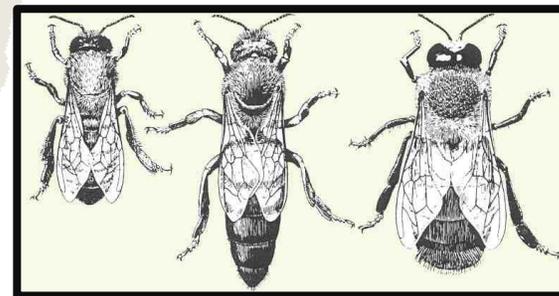
Ingredients:

- 1 c honey
- 1 c hot water
- $\frac{3}{4}$ lemon juice
- 8 c cold water

Stir honey and hot water over low heat until blended. Let cool and add lemon juice and cold water. Pour into iced glasses.

Note: The honey/hot water syrup may be refrigerated and used to make lemonade a glass at a time. To serve, mix 4T of syrup to 1 $\frac{1}{2}$ T lemon juice and 1 c water per person.

**Dish/Recipe submitted by
Bob and Liz Stuart**



Crispy Honey Cookies

1 package (6 ounce or 170 g)
chocolate bits
dash salt
1/4 cup (85 g) honey, light
1 tbs (15 ml) water
1 tsp (5 ml) vanilla
3 cups (75 g) crisped rice cereal

Mix together all ingredients except cereal in a saucepan. Over very low heat, blend and stir until smooth and creamy. Pour this syrup over the cereal, stir and toss lightly to coat. Spread and pat firmly into place in a buttered 8" x 8" x 2" (20 x 20 x 5 cm) glass baking dish. Cool before cutting. Makes 2 dozen squares.

**Dish/Recipe submitted by
Bob and Liz Stuart**

Honey Facials!

For Dry Skin: Avocado & Honey Face Mask

2 tablespoons of avocado flesh
2 tablespoons honey
1 egg yolk

To form this anti aging skin care face mask, put all the ingredients in a blender, or mash by hand in a bowl. Use your fingers to spread the mask over your face and neck and leave it on for at least 30 minutes, preferably longer, before removing.

For Dry Skin: Honey and Egg Mask

1 tablespoon honey
1 egg yolk
1/2 teaspoon almond oil
1 tablespoon yogurt

Put all ingredients into a large bowl and stir until it becomes sticky and thick. Apply the mask to your face for 5 minutes and wash face thoroughly with a mild facial soap. Honey stimulates and smoothes, egg and almond oil penetrate and moisturize, and yogurt refines and tightens pores.

For Normal Skin: Apple Honey Mask

1 Apple, cored & quartered
2 Tablespoons Honey

Drop the apple pieces into a food processor and chop. Add honey and refrigerate for 10 minutes. Pat the mixture onto your face with a light tapping motion, tapping until the honey feels tacky. Leave it on for 30 minutes and then rinse.

For Oily Skin: Honey-Papaya Mask

1/3-cup cocoa
three teaspoons of heavy cream
1/3-cup ripe papaya
1/4-cup honey and three
teaspoons of oatmeal powder

Mix and apply on your face. After 10 minutes, wash your face with warm water. This anti aging skin care mask helps heal skin blemishes, nourishes, draws out impurities, balances your skin pH, and will leave your skin radiant and soft. Good for acne-prone skin.