



Lithopolis Honeyfest

Sept 11, 2010 10-6

Celebrate National Honey Month at Ohio's Honey Festival!

On the picturesque grounds of The Wagnalls Memorial
150 E Columbus St, Lithopolis NW Fairfield County, Ohio
PO Box 278, Lithopolis, OH 43136 614-837-2031
www.LithopolisHoneyfest.com

HONEY COOK-OFF 2010 **INTRODUCTION**

The Lithopolis Honeyfest Honey Cook-Off is designed to encourage the everyday cook to discover the many benefits of using honey as their sweetener of choice. You are not only adding sweetness when you add honey, you are adding vitamins, minerals and antioxidants!

About Baking with Honey

Honey will provide some special attributes to your baked goods – golden crust color, flavor, moistness, and moisture retention in the product. Honey's flavor varies with the type of flower the bees worked to produce the honey. There are over 300 varieties of honey produced in the US, ranging from almost clear to almost black in color with flavor more robust the darker the honey. Choose a flavor to suit your end product.

Tips for Using Honey

- You can use a one-for-one substitution of honey for sugar in most yeast breads and muffins, pancakes, or waffles.
- When substituting honey in recipes calling for 1 cup or more of sugar, reduce the other liquids in the recipe by ¼ cup for every 1 cup of honey.
- In cookie recipes using eggs or recipes with no other liquids, increase the flour by 2 tablespoons for each cup of honey.
- Add ½ teaspoon baking soda for every 1 cup of honey used.
- To avoid over browning, reduce the oven temperature by 25°F if it is a recipe not designed for honey as an ingredient.
- Granulated sugar may play a critical role (creaming, holding air in a batter) in some recipes. If substituting with all honey is not successful, you may choose to substitute half the sugar with honey.
- Because of its high fructose content, honey is sweeter than sugar. If a product is too sweet with a one-for-one substitution, reduce the amount of honey by using ½ to ¾ as much honey as white sugar in the recipe.
- Oil or spray the liquid measuring cup to make it easy for the honey to slide out after measuring.
- Re-liquefy crystallized honey by removing the container's lid, and warming the container in very hot water, stirring every 5 minutes. OR, microwave on HIGH for 15 to 60 seconds, making sure the container is microwavable.
- One 12-ounce jar honey = one 8 oz standard measuring cup
- Don't forget the honey or flavored honeys for a drizzle on baked goods, ice creams, puddings or other desserts.

--www.homebaking.org--

HONEY COOK-OFF 2010

ENTRY RULES

1. General Rules

- No entry fee. Open to all. Recipes need not be original.
- Honey must be at least 50% of all sweetener. Some entries require 100%. If frosting is part of the recipe, use quantity of honey that is noticeable and results in a honey flavor of the frosting.
- Entries must be covered and set on or inside a disposable containers. One entry per container.
- **Entrant's name is not to be anywhere on their item, neither on the container nor Recipe Form. Violating this rule may result in disqualification.**
- An Exhibitor Number will be assigned to each entrant at registration. The entrant's Exhibitor Number will be placed on each of their entries.
- Registration is between 8:30 and 9:15 a.m. the day of the festival. Bring your Cook-Off Entry, Entry Form and Recipe Form.
- Entries after 9:15 may be ineligible for judging but will kindly be accepted for the bake sale.
- Entries must be taken directly to the Lower Level Dining Hall in The Wagnalls Memorial. You must enter at the back of the building from the rear parking lot.
- Recipes will be published in the next year's *Taste of Honey Cookbook—A Book of Recipes, Tips & Witticisms*.
- Entries are the property of the Lithopolis Honeyfest and will be sold either by auction or bake sale the day of the festival. All proceeds go toward the Lithopolis Honeyfest.

2. Judging

Judging will take place at 9:45 am

- 3. Judging Criteria** Entries will be judged on: 1) **Appearance**-pleasing to eye, 2) **Flavor**-great taste, 3) **Texture**-smooth and moist, and 4) **Use of Honey**-required amount of honey for entry.
- 4. Awards** 1st Place—Blue Ribbon \$25, 2nd Place—Red Ribbon \$15, 3rd Place—Yellow Ribbon \$10 will be awarded for each category in which there are entries. An entry must be "blue ribbon" quality to receive 1st Place. **"Best of Show" Rosette awarded to the best entry of all blue ribbon entries.** Each finalist will also receive an edition of the Lithopolis Honeyfest cookbook in which their recipes are published after the cookbook is printed.
- 5. Categories** Reminder: If frosting is part of the recipe, use quantity of honey that is noticeable and results in a honey flavor of the frosting.

A. Cookies, Cakes (must use at least 50% honey)

- Class 1 – Bar Cookies (1 doz)
- Class 2 – Drop Cookies (1 doz)
- Class 3 – Cakes (1 whole cake or 1 doz cupcakes)

B. Quick Breads, Muffins

No icing or frosting

- Class 4 – Muffins (1 doz) **(must use at least 50% honey)**
- Class 5 – Quick Bread (1 loaf, non-yeast) **(must use at least 50% honey)**
- Class 6 – Wheat or White Loaf (1 loaf, yeast) **(must use 100% honey)**
- Class 7 – Wheat or White Rolls (12 rolls, yeast) **(must use 100% honey)**

HONEY COOK-OFF 2010
RECIPE FORM

Use one per entry

EXHIBITOR NUMBER _____
(assigned by Honeyfest)

CATEGORY (check one):

A – Cookies, Cakes B – Breads, Muffins

CLASS (check one):

- | | |
|---|---|
| <input type="checkbox"/> Class 1 – Bar Cookies | <input type="checkbox"/> Class 5 – Quick Bread |
| <input type="checkbox"/> Class 2 – Drop Cookies | <input type="checkbox"/> Class 6 – Wheat or White Loaf |
| <input type="checkbox"/> Class 3 – Cakes | <input type="checkbox"/> Class 7 – Wheat or White Rolls |
| <input type="checkbox"/> Class 4 – Muffins | |

PLEASE PRINT OR TYPE LEGIBLY. USE EXTRA PAGES IF NECESSARY.

NAME of RECIPE: _____

BAKING TEMP: _____ **BAKING TIME:** _____ **YIELD:** _____

LIST of INGREDIENTS (use standard measurement abbreviations:

_____	_____	_____
_____	_____	_____
_____	_____	_____

INSTRUCTIONS – list as steps, such as 1, 2, 3:
