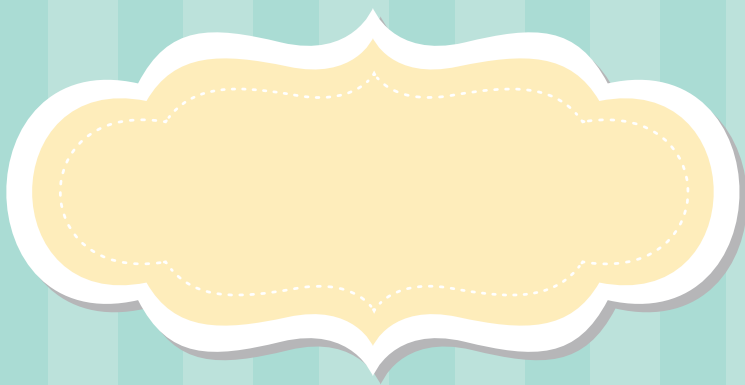


# MY FIRST COOKBOOK



By Dixie Crystals

# THIS COPY BELONGS TO:



**Imperial Sugar's "My First Cookbook" was first published in 1959 and is the company's all-time most popular cookbook. It was updated and republished in 1963, 1967, 1991, 2004 and 2011. More than 1 million copies have been printed since 1959.**

**Download copies of this cookbook and many other vintage Imperial Sugar cookbooks at [www.imperialsugar.com](http://www.imperialsugar.com) and [www.dixiecrystals.com](http://www.dixiecrystals.com).**

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*\* This recipe first appeared in 1959!*

*\*\* This recipe first appeared in 1916!*

# 1-2-3-4-GO METHOD

## 1. Read the Recipe

Read the recipe all the way through so that you know all the things that you will need to do. Ask an adult to explain any steps you do not understand. Ask an adult to teach you how to use all of the appliances in the kitchen.

## 2. Get Ready

Pull back your hair securely to keep it from falling into the food. Wash your hands. Put all the ingredients you will need near your mixing area. Next, set out all of the cooking tools such as bowls, pans and measuring cups that you will need.

## 3. Turn on the Oven

Turn on the oven so that it can heat to the temperature recommended by the recipe. When mixing is complete, the oven will be ready.

## 4. Go!

Now you are ready to begin. Be sure you read our tips on cooking before you start so you can be a successful cook.

## TIPS - How to Measure

### ALWAYS

- Measure liquids in glass measuring cups. Pour in the liquid to the desired line. Hold the cup even with your eyes to make sure you get the right amount.
- Measure dry ingredients in metal or plastic cups that come in a set with 1 cup, 1/2 cup, 1/3 cup and 1/4 cup.
- Use proper measuring spoons, not the ones you use for meals. Make sure your teaspoon (tsp) and tablespoon (tbsp) measurements are right by leveling the measuring spoon with the straight edge of a knife.
- Set out margarine or butter, eggs and dairy products a few minutes before you begin to cook so that these ingredients come to room temperature. This steps helps make cakes and cookies fluffly and light.



## TIPS - How to Handle Ingredients

### Flour

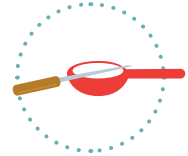
Sift a mound of flour onto a piece of wax paper. Then spoon it lightly into the measuring cup, being careful not to pack it down. Level off the top with the straight edge of a knife. Set the empty sifter into a mixing bowl and pour the measured flour into it. Except where cake flour is stated, use all-purpose flour in your recipes.



# GO! - HOW TO MEASURE

## ***Baking Powder, Baking Soda, Spices, Salt***

Measure these ingredients with measuring spoons and level off with the straight edge of a knife. Usually you will put these ingredients in the sifter with the flour.



## ***Dixie Crystals® Extra Fine Granulated Sugar***

Spoon sugar, without sifting, into the measuring cup and level off with the straight edge of a knife.



## ***Dixie Crystals® Confectioners Powdered Sugar***

Measure powdered sugar the same way you measure flour.



## ***Dixie Crystals® Brown Sugar***

Fill the measuring cup with brown sugar. Pack down firmly with a spoon. Add more sugar and push down until the cup is full. Level with the straight edge of a knife. When you empty the brown sugar into a bowl, it keeps the shape of the cup.



## ***Shortening, Margarine or Butter***

Pack these ingredients into a measuring cup and level the top with the straight edge of a knife. Butter may be measured by the stick or amounts marked on the stick.



## ***Eggs***

Break eggs one at a time into a small cup before adding to a recipe. Bits of shell which might break off can be removed easily from the small cup using a teaspoon. If the whites and yolks are to be separated, do it while the eggs are cold. Eggs are easier to separate when cold.



## ***Chocolate***

The fine flavor of chocolate can be spoiled by melting it over direct heat, so always melt chocolate in a double boiler over hot water.



# COOKING TERMS FOR BEGINNERS

- **Beat**

Use a large spoon, electric mixer or whisk and mix fast. When you use a spoon, lift mixture with each beat to create a creamy-smooth consistency. If you are mixing by hand, 150 full sweeping strokes around the bowl equals beating 1 minute with the electric mixer.



- **Blend**

Combine several ingredients together until smooth and completely mixed.



- **Cream**

Make a soft, smooth, velvety mixture, usually with shortening or butter and sugar. This term is often used in dessert recipes.



- **Fold**

A gentle way of mixing and one of the most important steps in cake making. Air is what makes a cake light and fluffy, along with baking powder, so air should not be beaten out of a cake.

To fold, pour the dry ingredients on top of the creamy sugar and shortening mixture. Take a spoon or spatula and cut down through the mixture, turning the spoon across the bottom of the bowl and bring it up over the top. Do not raise the spoon completely out of the batter and do not try to fold too fast, or the cake will not be as fluffy.



- **Knead**

Work and press dough with palms of the hands. Turn a little after each push.



- **Mix**

Stir ingredients together.



- **Stir**

Like blending, except the object of stirring is just to mix together thoroughly.



# SAFETY IN THE KITCHEN

- **OOPS!**

If something spills on the floor, wipe it up at once. Someone may slip and fall.

- **OUCH!**

Use a potholder in each hand when you take hot pans or dishes from the oven. If you burn yourself, immediately let an adult know and let cool water run on the burn for 5 to 10 minutes. Seek medical attention if necessary.

- **BOOM!**

When cooking on a stove or range, turn the handle of the pan away from the edge so it cannot be bumped.

- **EEK!**

When you plug in or unplug an appliance, be sure your hands are dry. Never leave cords hanging over the counter. Be careful not to overload circuits.

- **OOOH!**

When using a knife or vegetable peeler, always cut away from yourself. Foods needing to be cut should be placed on a cutting board. Cut down, never toward your hand. If you cut yourself, immediately let an adult know. Wash out the cut with cool water and wrap it in a clean bandage. Seek medical attention if necessary.

- **WOW!**

Avoid stinging steam by tipping the pot lid away from you when you raise the cover to check inside a hot pan.

- **S.O.S.!**

Always ask for help or advice if you need it. Before using special equipment, such as blenders, microwaves, electric skillets and electric can openers, ask for permission and for help if you have never used them.

For safety reasons, always ask for adult supervision when using appliance in the kitchen.



## When You Are Done

Clean off work area and clean all work surfaces. Wash all pots, pans, bowls and utensils. Put everything back where it belongs. Sweep the kitchen. Be sure you have turned off all appliances.

# HOW TO READ A RECIPE

- **Bake**

Cook food in the oven.



- **Broil**

Cook under direct heat. This is done by using the broiler setting on the oven.

- **Boil**

Cook in a liquid that bubbles and steams. Bubbles are big and fast.



- **Simmer**

Cook in a liquid over low heat. Bubbles are small and slow.

- **Fry**

Cook in hot oil.



## Abbreviations

- **tsp** = teaspoon
- **tbsp** = tablespoon
- **c** = cup
- **oz** = ounce(s)
- **lb** = pound(s)



# TABLE OF MEASUREMENTS



..... 3 teaspoons equals 1 tablespoon



..... 4 tablespoons equals 1/4 cup or 2 fluid ounces



..... 1 stick of butter equals 1/2 cup or 1/4 pound



..... 1 cup equals 1/2 pint or 8 fluid ounces



..... 2 cups equals 1 pint or 16 fluid ounces



..... 4 cups equals 1 quart

# CHOCOLATE CHUG-A-LUG

Prep: 10 minutes

- 1 cup water
- 3 tablespoons Dixie Crystals® Extra Fine Granulated Sugar
- 2 tablespoons cocoa
- 1/8 teaspoon salt
- 3 cups milk
- 1 teaspoon vanilla extract



Makes 1 Quart or 4 cups



*You also need...*

Medium saucepan, measuring cups,  
measuring spoons, large spoon



Saucepan



Measuring Spoons



Measuring Cups



Large Spoon

1. Bring water to boil in a medium saucepan; turn heat down.
2. Mix sugar, cocoa and salt with water. Add milk and vanilla and mix well.

**Serve:** Pour over ice cubes in a tall, frosty glass or chill and serve in tall glasses with a scoop of ice cream. Also, you can serve hot in a cup with marshmallows and a sprinkle of cinnamon.

**Idea:** Put several ice cubes, 2 cups of Chocolate Chug-a-Lug and a scoop of ice cream in a blender. Blend until thick and icy. You can also make hot Chocolate Chug-a-Lug in an electric coffee maker.



# OLD-FASHIONED LEMONADE

Prep: 5-10 minutes

- 1 1/2 cups Dixie Crystals® Extra Fine Granulated Sugar
- 2 cups freshly squeezed lemon juice (about 10 large lemons)
- 6 cups cold water



Makes about 1/2 gallon



*You also need...*

Knife, measuring cups, mixing spoon, pitcher



Knife



Mixing Spoon



Measuring Cups



Pitcher

1. Combine all ingredients in a large pitcher.
2. Mix well until sugar is dissolved and serve over ice.

**Serve:** Garnish with lemon slices.

**Ideas:** For a party, double or triple the recipe as needed. You can also substitute limes for lemons.



# FUNNY FACE PANCAKES

Prep: 10-15 minutes | Cooking: 20-30 minutes

HARD

Makes 4 Lg or 6-8 Med

- 1 1/4 cups sifted all-purpose flour
- 2 teaspoons baking powder
- 1 tablespoon Dixie Crystals® Extra Fine Granulated Sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 beaten egg
- 1 1/4 cups buttermilk (or 1 1/4 cups of milk plus 4 teaspoons lemon juice)
- 2 tablespoons melted margarine

*You also need...*

Sifter, griddle or skillet, small spoon, two mixing bowls, large spoon, measuring cups, measuring spoons, egg beater, spatula



Sifter



Skillet



Small & Large  
Spoons



Measuring  
Cups & Spoons



Egg Beater



Mixing Bowls

1. Sift flour, baking powder, sugar, salt and baking soda together into a mixing bowl.
2. In another mixing bowl, combine beaten egg, milk and margarine. Add to dry ingredients. Stir until lightly mixed.
3. Heat lightly greased griddle or skillet. With a small spoon, drop batter on hot skillet to make eyes, nose and mouth of a “funny face.” Cook about 1 minute.
4. Then, pour more batter over “funny face” to make a whole pancake. Cook until bubbly on top. Carefully flip pancake and cook until brown. Be careful to not overcook.

**Serve:** Make Brown Sugar Syrup by bringing 2 cups of Dixie Crystals® Light or Dark Brown Sugar and 1 cup of water to a boil. Simmer for 5 minutes. Makes about 1 and 1/2 cups of syrup. Pour over pancakes and serve.

**Idea:** Instead of a funny face, pour batter into pan to make regular round pancakes, which will yield more pancakes.



# FANCY FRENCH TOAST

Prep: 10-15 minutes | Cooking: 15-20 minutes



Makes 4-6 Servings

- 4-6 slices white bread, cut in fun shapes
- 1 egg
- 1/2 cup milk
- 1 tablespoon Dixie Crystals® Extra Fine Granulated Sugar
- Nutmeg (dash)
- Butter

*You also need...*

Cookie cutter or knife, mixing bowl, egg-beater, measuring cups, measuring spoons, spatula, skillet



Cookie Cutter



Skillet



Pancake Turner



Measuring  
Cups & Spoons



Egg Beater



Mixing Bowls

1. Cut bread into fun shapes using a knife or a cookie cutter.
2. Beat egg, milk, sugar and nutmeg together in a mixing bowl.
3. Heat skillet or electric skillet to medium heat. Melt 1/2 tablespoon of butter in bottom of skillet.
4. Dip both sides of bread into egg mixture.
5. Fry in preheated skillet until golden brown on edges. Then, flip and brown on other side, adding more butter as needed.

**Serve:** Good served with sausage or bacon and Chocolate Chug-A-Lug (see p. 10 for recipe).

**Idea:** Tint white corn syrup with red food color and serve over Fancy French Toast.

1



2



3



4



5



# BBQ SAUCE

Prep: 15 minutes | Cooking: 20 minutes

Makes 16 Servings



- 1/2 onion, chopped
- 4 cloves garlic, minced
- 1/4 cup orange juice
- 1/2 teaspoon black pepper
- 1 tablespoon salt
- 2 cups ketchup
- 1/4 cup tomato paste
- 1/3 cup cider vinegar
- 1/4 cup Worcestershire sauce
- 1/4 cup Dixie Crystals® Light or Dark Brown Sugar
- 1/8 cup steviacane® or 1/4 cup granulated sugar
- 1/3 teaspoon hot sauce, or to taste



*You also need...*

Knife, measuring cups, measuring spoons, cutting board, sauce pan, large spoon



Knife



Measuring Cups & Spoons



Cutting Board



Saucepan



Large Spoon

1. Wash onion, then cut into small pieces.
2. In a medium sauce pan combine onion, garlic and orange juice.
3. Simmer for 10 minutes, or until onion is translucent.
4. Mix in black pepper, salt, ketchup, tomato paste, vinegar, Worcestershire sauce, brown sugar, steviacane®, and hot sauce.
5. Bring to a boil.
6. Reduce heat to medium low and simmer for 20 minutes.
7. Strain if you prefer a smooth sauce.

**Serve:** This BBQ sauce is great on beef, chicken or pork.



# MEATBALLS AND SAUCE

Prep: 15-20 minutes | Cooking: 1 1/2-2 hours

Makes 4-6 Servings

## For Meatballs:

- 1 pound ground beef
- 1 medium onion, chopped
- 2 slices bread soaked in milk
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 2 large eggs

## For Sauce:

- 2 small cans tomato sauce
- 1 cup ketchup
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 4 teaspoons mustard
- 1 tablespoon Dixie Crystals® Light Brown Sugar
- 1 tablespoon red hot sauce
- 4 tablespoons Worcestershire sauce
- 4 cups water
- Salt and pepper to taste



*You also need...*

Mixing bowl, knife, cutting board, frying pan, medium saucepan, measuring cups, measuring spoons, mixing spoons

## For Meatballs:

1. Chop onion while bread soaks.
2. Mix all ingredients for meatballs together in a mixing bowl and shape into ping-pong-sized balls.
3. Place enough vegetable oil in a pan to cover the sides of the meatballs. Once oil is heated, fry meatballs on low heat until brown on both sides. When cooked through, place meatballs on a paper towel to absorb any extra oil.

## For Sauce:

4. Mix all ingredients for sauce together in a large saucepan and bring to a boil. Add cooked meatballs.
5. Let simmer for 2 hours, stirring occasionally.

**Serve:** Enjoy meatballs with cooked spaghetti noodles, a salad and French bread.



# WILD WEST BEANS

Prep: 10 minutes | Baking: 80-90 minutes

VERY  
EASY

Makes 1 Baking Dish

- 2 cans (28 oz each) pork and beans
- 1/2 cup chopped yellow onion
- 1/2 cup cola soft drink
- 3/4 cup Dixie Crystals® Light or Dark Brown Sugar
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper (optional)
- 1 tablespoon mustard (optional)
- 1/2 cup tomato ketchup

*You also need...*

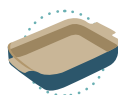
Mixing bowl, can opener, glass or other oven proof baking dish, knife, cutting board, measuring cups, measuring spoons, mixing spoon



Mixing Bowls



Can Opener



Baking Dish



Measuring Cups & Spoons



Knife



Cutting Board

1. Preheat oven to 350°F.
2. Combine all ingredients in a bowl and mix well. Pour into an ovenproof baking dish.
3. Place uncovered in oven and bake until beans are bubbling. Baking time (about 1 1/4 - 1 1/2 hours) will depend on the depth of beans in dish.

**Serve:** These beans are delicious with barbecue ribs or hamburgers. Potato salad, hot bread and a cold drink make the meal complete.

**Idea:** For a lunch the next day, serve leftover beans on a toasted sandwich bun and top with a slice of onion.

1

**PREHEAT**  
350°F



2



3



# MAPLE NUT CARROTS

Prep: 20-25 minutes

EASY

Makes 4 Servings

- 3 medium carrots, peeled and chopped
- 1/3 cup Dixie Crystals® Light or Dark Brown Sugar
- 1/4 teaspoon dry mustard
- 4 tablespoons walnut pieces



*You also need...*

Medium saucepan, knife, cutting board, measuring cups, measuring spoons, mixing spoon, slotted spoon, wax paper



Sauce Pan



Knife



Cutting Board



Measuring Cups & Spoons



Mixing & Slotted Spoon



Wax Paper

1. Place carrots in a medium saucepan and add just enough water to cover. Bring to a boil and simmer covered for about five to six minutes or until carrots are tender but still crisp.
2. Remove carrots with a slotted spoon and reduce carrot juice to approximately 1/4 cup.
3. Add brown sugar, dry mustard and walnuts to 1/4 cup of juice and cook for three to four minutes on medium heat, stirring occasionally.
4. Turn off heat and return carrots to pan stirring until they are well glazed. Remove to wax paper and cool.
5. Serve immediately or pack in containers and refrigerate until ready to eat.



# QUICK SUGAR CAKE

Prep: 1 hour | Baking: 20-40 minutes

## For Cake:

- 1 cup Dixie Crystals® Extra Fine Granulated Sugar
- 6 tablespoons unsalted butter
- 2 large egg whites
- 1 teaspoon vanilla extract
- 1/2 cup milk
- 1 3/4 cups all-purpose flour, sifted
- 2 teaspoons baking powder
- 1/2 teaspoon salt

## For Topping:

- 5 tablespoons unsalted butter, softened
- 2/3 cup Dixie Crystals® Light Brown Sugar
- 1/4 cup half and half or heavy cream
- 1 cup shredded coconut

EASY

Makes 9 Servings



*You also need...*

Sifter, parchment paper, measuring cups, measuring spoons, 9-inch square baking pan, mixing bowls, spatula, electric mixer

1. Preheat oven to 375°F.
2. Grease bottom of a 9-inch square baking pan. Cut parchment paper to fit inside pan and grease and flour paper. Set aside.
3. Mix together all ingredients (excluding topping ingredients) for 1-2 minutes in a bowl. Pour batter into prepared pan and place in oven until center of cake bounces back when lightly pressed or when a toothpick inserted into middle comes out clean.
4. Mix together topping ingredients in another bowl and spread gently on surface of warm baked cake.
5. Place under broiler on low heat. Broil until topping is light golden brown and bubbles takes about 5-10 minutes. Cut into squares and serve after cools.



# CREAM CHEESE CUPCAKES

Prep: 10-15 minutes | Baking: 15-20 minutes



Makes 14-18 Cupcakes

- 2 packages (8 oz each) cream cheese
- 3/4 cup Dixie Crystals® Extra Fine Granulated Sugar
- 2 eggs
- 1 teaspoon vanilla extract
- Vanilla wafers (about 14-18)
- 1 can cherry pie filling

*You also need...*

Mixing bowl, electric mixer, measuring cups, measuring spoons, cupcake liners, cupcake baking pans



Mixing Bowl



Electric Mixer



Measuring Cups & Spoons



Cupcake Liners



Cupcake Pans

1. Preheat oven to 375°F.
2. In a mixing bowl, beat cream cheese and sugar until creamy.
3. Add eggs and vanilla. Mix well.
4. Place liners in baking pans. Put 1 vanilla wafer in bottom of each cupcake liner. Put 2 tablespoons of batter on top of each cookie.
5. Bake in preheated oven for 15-20 minutes or until tops are lightly brown. Let cool.
6. Place 1 tablespoon of cherry pie filling on top of each cupcake and serve.

**Tip:** Let cream cheese and eggs to come to room temperature before mixing to make this step easier.



# PINEAPPLE UPSIDE DOWN CAKE

Prep: 20 minutes | Baking: 45-50 minutes

Makes 8 Servings

- 1/4 cup unsalted butter
- 1/2 cup Dixie Crystals® Light Brown Sugar or 2 pouches Redi-Measure™ Light Brown Sugar
- 1 can (20 oz) sliced pineapple in juice, drained
- 1 1/3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 5 tablespoons unsalted butter, very soft
- 1 cup Dixie Crystals® Extra Fine Granulated Sugar
- 3/4 cup milk
- 1 large egg
- 1/2 pint berries for decoration
- Dixie Crystals® Confectioners Powered Sugar



## You also need...

Sifter, mixing bowls, measuring cups, measuring spoons, mixer or beater, spatula, baking pan, plate



Sifter



Mixing Bowl



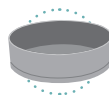
Measuring  
Cups & Spoons



Electric Mixer



Spatula



Baking Pan



Plate

1. Preheat oven to 350°F.
2. Melt first listed butter and pour evenly on the bottom of a 9 or 10-inch, non-stick baking pan and sprinkle evenly with the brown sugar.
3. Arrange pineapple slices in melted butter.
4. Sift flour and baking powder together in a mixing bowl. Add salt, butter, sugar, milk and egg and beat until smooth and no lumps remain. Scrape inside of bowl with a spatula and then mix for another 30 seconds.
5. Spread cake batter evenly over pineapple in baking pan.
6. Bake cake for 45-50 minutes, or until center bounces back when gently pressed, or a toothpick comes out clean.
7. Let cake sit 1 minute to cool. Place a serving plate on top of baking pan and quickly turn cake upside down and onto plate. Lift off baking pan and your cake is ready to serve, either hot or cool.

**Idea:** Serve this cake with just pineapple on top, with powdered sugar sprinkled on top, or with berries. Try all three ways and see which one you like best!

## MY FIRST COOKIES

Prep: 25-30 minutes | Baking: 9-11 minutes

Makes 24 Cookies

- 2 sticks or 1 cup unsalted butter, softened
- 1 1/2 cups Dixie Crystals® Extra Fine Granulated Sugar
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- 2 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 1/2 teaspoon salt

**Top with:**

- 3 tablespoons Dixie Crystals® Extra Fine Granulated Sugar
- 2 teaspoons cinnamon

**For frosting:**

Visit us at [www.DixieCrystals.com](http://www.DixieCrystals.com) for frosting recipes.

*You also need...*

Measuring cups, measuring spoons, mixing bowls, mixing spoons, electric mixer, cookie sheet, parchment paper



Mixing Bowl



Measuring Cups &amp; Spoons



Electric Mixer



Cookie Sheet



Parchment Paper

1. Preheat oven to 350°F. Line cookie sheet with parchment paper.
2. In a mixing bowl, mix butter and sugar until smooth. Add eggs one at a time; add vanilla extract and mix until light and creamy.
3. In another mixing bowl, sift together flour, baking soda, cream of tartar and salt. Add to creamed mixture; mixing until just combined. Do not over mix.
4. Roll dough into 1-inch balls. If dough is too soft and sticky to work with, place in refrigerator for 30 minutes to 1 hour.
5. Place dough balls on prepared cookie sheet. Bake until light golden brown on edges, about 9-11 minutes.
6. Cool and decorate your cookies and enjoy!

# ROY-POLIES

Prep: 30-35 minutes | Baking: 10-12 minutes



Makes 40 Cookies

- 2 sticks unsalted butter, softened
  - 1 1/2 cups Dixie Crystals® Extra Fine Granulated Sugar
  - 2 large eggs
  - 1 teaspoon vanilla extract
  - 2 1/2 cups all-purpose flour
  - 2 teaspoons cream of tartar
  - 1 teaspoon baking soda
  - 1/4 teaspoon salt
  - Dixie Crystals® Cinnamon Sugar Shaker
- or
- 2 tablespoons Dixie Crystals® Extra Fine Granulated Sugar
  - 2 teaspoons cinnamon



## You also need...

Mixing bowls, electric mixer, measuring cups, measuring spoons, mixing spoon, baking pans, wax paper



Mixing Bowl



Electric Mixer



Mixing Spoon



Measuring Cups & Spoons



Baking Pan



Parchment Paper

1. Preheat oven to 350°F.
2. In a mixing bowl, mix butter until light and fluffy using an electric mixer. Add sugar and beat well. Add eggs one at a time and scrape bowl in between. Add vanilla extract.
3. Sift together remaining ingredients in another mixing bowl and add to creamed mixture. Blend until just mixed.
4. Dough is easier to handle when chilled first for about two hours. Blend ingredients for cinnamon sugar.
5. Make small balls with dough and roll them using Dixie Crystals® Cinnamon Sugar Shaker or the recipe above for cinnamon sugar. Place balls on parchment lined or lightly buttered baking pans. Press balls lightly.
6. Bake for 10-12 minutes or until a light golden brown.

1

PREHEAT  
350°F



2



3



4

"CHILL"



10-12  
min

5



6

"BAKE"



10-12  
min

## SWEET DREAM BARS

Prep: 35-40 minutes | Baking: 20 minutes

Makes 16 Bars

- 2 tablespoons unsalted butter
- 1 cup Dixie Crystals® Light Brown Sugar
- 5 tablespoons all-purpose flour
- 1/8 teaspoon baking soda
- 1 cup chopped pecans
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- Dixie Crystals® Confectioners Powdered Sugar



## You also need...

Mixing bowls, measuring cups, measuring spoons, mixing spoon, knife, baking pan, electric mixer



Mixing Bowl



Knife



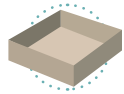
Electric Mixer



Measuring cups &amp; Spoons

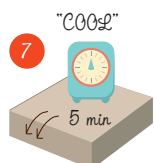
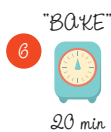
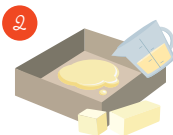


Mixing Spoon



Baking Pan

1. Preheat oven to 350°F.
2. Melt butter and pour evenly into an 8 x 8 x 2-inch baking pan. Set aside in freezer to firm butter.
3. Combine brown sugar, flour, baking soda and chopped pecans in a mixing bowl.
4. In a bowl, beat eggs and add to flour mixture. Add vanilla and salt.
5. Pour batter over hardened butter.
6. Place in oven and bake 20 minutes or until center feels firm when lightly pressed.
7. Let cool for about 5 minutes and turn upside down onto a plate.
8. Cool completely and cut into desired size. Sprinkle with powdered sugar.

1 PREHEAT  
350°F

## HELLO JELLY MINTS

Prep: 1 hour

- 4 cups Dixie Crystals® Confectioners Powdered Sugar
- 1/4 teaspoon peppermint extract
- 1/8 teaspoon salt
- 1/4 cup cold water
- Gumdrops cut into narrow strips



Makes 80-90 Pieces

*You also need...*

Mixing bowl, measuring cups, measuring spoons, knife or kitchen shears



Mixing Bowl



Measuring Spoons



Measuring Cups



Knife

1. Place powdered sugar, peppermint extract and salt into a mixing bowl.
2. Gradually add water, stirring until sugar is moistened.
3. Knead (mix thoroughly with hands) until mixture is stiff enough to roll out.
4. Divide candy into small pieces, about 1 and 1/2 tablespoons for each piece.
5. Flatten candy into rectangle shapes and place gumdrop strips in center. Roll candy around gumdrops. Then slice.

**Serve:** These are nice for a party or good to munch for snacks.

**Idea:** When gift wrapped in a box, these make a nice gift.



# ALWAYS CREAMY FUDGE

Prep: 15 minutes

EASY

Makes 36 Pieces

- 4 cups Dixie Crystals® Extra Fine Granulated Sugar
- 2 cans (14 oz each) evaporated milk
- 4 oz unsalted butter
- Pinch salt
- 12 oz bittersweet or semi-sweet chocolate, in small pieces
- 1 jar marshmallow cream
- 1 cup pecan pieces

*You also need...*

Measuring cups, measuring spoons, large shallow pan or baking dish, aluminum foil, saucepan, mixing spoon, knife



Sauce Pan



Knife



Large Shallow Dish



Measuring Cups & Spoons



Mixing Spoon



Aluminium Foil

1. Tightly fit a sheet of aluminum foil in a 9 x 13-inch pan or baking dish. Butter sheet evenly and set aside.
2. In a medium saucepan, combine sugar, evaporated milk, butter and salt. Stir constantly and cook to 238°F using a candy thermometer.
3. Remove from heat; add remaining ingredients. Stir until chocolate melts. Quickly pour into prepared pan or dish.
4. Place in refrigerator to cool and set the fudge.
5. Cut after 2 hours.



# SUE'S APPLE SAUCE

Prep: 40-50 minutes

- 6 sour apples
- 2/3 cup Dixie Crystals® Extra Fine Granulated Sugar
- 8 whole cloves
- 1 cup water



Makes 4 Servings



*You also need...*

Paring knife, cutting knife, fork, medium saucepan with lid, measuring cup, colander or strainer, wooden spoon



Paring Knife



Cutting Knife



Fork



Saucepan



Measuring  
Cups



Colander



Wooden Spoon

1. Wash and peel apples.
2. Cut apples into quarters and carefully cut out cores.
3. Place apples, sugar, water and cloves in a saucepan; cover with lid.
4. Cook slowly on low heat for 1/2 hour or until tender. Pierce apples with a fork to test tenderness. Apples should be very soft.
5. Press through colander or strainer and serve.



# ICE CREAM YUM YUMS

Prep: 25-30 minutes



Makes 4 Servings

- 2 squares unsweetened chocolate, melted
- 1/2 cup orange juice
- 1 cup Dixie Crystals® Extra Fine Granulated Sugar
- 1 pint vanilla ice cream
- Gumdrops, other small candies, chopped nuts or tinted coconut

*You also need...*

Ice cream scoop, small saucepan, wooden spoon, measuring cups



Ice Cream Scoop



Small Saucepan



Wooden Spoon



Measuring Cups

1. Combine chocolate, orange juice and sugar in a saucepan.
2. Bring to a boil over medium heat and cool.
3. Use an ice cream scoop to make ice cream into balls. Place one ice cream ball in each serving cup.
4. Pour cooled sauce over ice cream balls.
5. Sprinkle with decorations such as candies, nuts or coconut.

**Serve:** If desired, put rings of whipped cream around ice cream ball just before serving.

**Idea:** This is a nice birthday party dessert. Ice cream balls can be made and frozen on cookie sheets. Make chocolate-orange sauce in advance. At serving time, put ice cream balls in serving dishes and decorate.

1



2



3



4



# RAGGEDY JANE PUDDING

Prep: 15-20 minutes | Baking: 30-40 minutes

EASY

Makes 9-12 Servings

- 5 slices raisin bread
- 1/2 cup melted butter
- Extra raisins, if desired
- 2 large eggs
- 2 cups milk
- 1/2 teaspoon vanilla extract
- 2/3 cup Dixie Crystals® Extra Fine Granulated Sugar

*You also need...*

Knife, skillet, medium bowl, egg beater, 1-quart baking dish



Knife



Skillet



Medium Bowl



Egg Beater



Baking Dish



1. Preheat oven to 375°F.
2. Lightly butter a 1-quart baking dish.
3. Cut raisin bread in narrow strips, about 1 inch wide, and dip them in melted butter. Place and stack bread strips in baking dish and sprinkle with extra raisins.
4. Place all other ingredients in a bowl and whisk together. Pour over bread.
5. Bake for 30 minutes or until top is browned and puffed.

**Serve:** Delicious warm with whipped cream and also good just plain or even served cold.

**Idea:** If you have leftover fruit cocktail in the refrigerator, drain it and put fruit in dish with raisin bread before adding milk-egg mixture.

1

PREHEAT  
375°F



2



3



4



5



# BACK PACKER FRUIT TREATS

Prep: 25-30 minutes | Baking: 2 1/2-3 hours

EASY

Makes 4 Servings

- 2 medium apples, cored and chopped
- 1 cup fresh cranberries
- 2 tablespoons water
- 2/3 cup Dixie Crystals® Light Brown Sugar

*You also need...*

Saucepan with lid, chopping knife, paring knife, mixing spoon, measuring cups, measuring spoons, blender or food processor, cookie sheets, spatula, wire cooling rack, wax paper



Sauce Pan



Chopping Knife



Blender



Cookie Sheet



Spatula

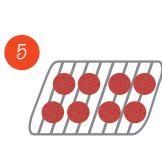
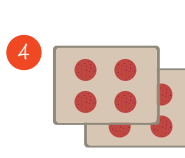


Wire Cooling Rack



Wax Paper

1. Preheat oven to 150°F.
2. Wash, core and chop the apples.
3. Place chopped apples, cranberries and water in a saucepan. Cook apples, cranberries and water in covered saucepan over medium heat until apples are softened (about 5-10 minutes).
4. Stir in sugar and continue cooking an additional 1-2 minutes.
5. Let cool.
6. Pour mixture into a blender or food processor and process until smooth. Spread in 4 circles, 1/8 inch thick on 2 greased cookie sheets.
7. Dry in oven at 150°F degrees for 2 1/2 to 3 hours.
8. Lift edges with spatula and cool overnight on a cooling rack. Store rolled between sheets of wax paper.



# WALDORF SALAD

Prep: 15-20 minutes



Makes 4-6 Servings

- 2 cups chopped apples (about 2-4 large apples)
- 1/2 lemon
- 1 cup celery
- 1/2 cup broken/chopped pecans
- 1/4 teaspoon salt
- 2 tablespoons Dixie Crystals® Extra Fine Granulated Sugar
- 1/2 cup whipping cream
- 1/2 cup mayonnaise



*You also need...*

Paring knife, chopping knife, measuring cups, measuring spoons, salad bowl, cutting board, small bowl



Paring Knife



Chopping Knife



Measuring Cups



Measuring Spoons



Salad Bowl



Cutting Board



Small Bowl

1. Wash apples, lettuce, celery and lemon.
2. Cut apples into cubes; enough to make 2 cups. Place in salad bowl. Cut lemon in half and squeeze juice of one half a lemon over the apples.
3. Wash and scrape celery. Chop in small pieces; enough to make 1 cup. Add to apples.
4. Add pecans, sugar and salt to apples and celery.
5. In a small bowl, mix the whipping cream with the mayonnaise. Add to salad and mix gently.
6. Chill. Serve on crisp lettuce leaves.



# GOOD IDEAS FOR HEALTHY LIVING: MYPYRAMID FOR KIDS

*MyPyramid for Kids* has a message for you:

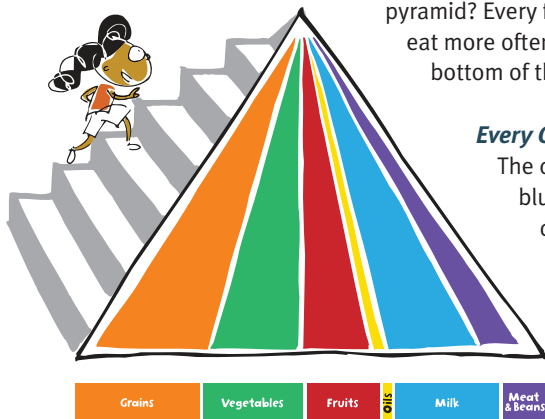
## ***Be Physically Active Every Day***

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

## ***Eat More From Some Food Groups Than Others***

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

## ***Choose Healthier Foods From Each Group***



Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.

## ***Every Color Every Day***

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

## ***Make Choices That Are Right for You***

MyPyramid.gov is a web site that will give everyone in your family personal ideas on how to eat better and exercise more.

## ***Take One Step at a Time***

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



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Food and Nutrition Service  
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# FIRST ESSENTIAL OF COOKING SUCCESS - QUALITY INGREDIENTS!

Good cooks always use quality ingredients. That is the first rule for success. Regardless of how carefully you follow instructions, you cannot obtain good results unless the ingredients are good.

Select your ingredients by brand. In sugar, uniformity is especially important to accurate measurement. Unless the sugar grain is uniform in size, a cupful today may not contain the same amount of sugar as a cupful tomorrow.

Absolute uniformity of grain is one of the reasons why most Southern homemakers use Dixie Crystals® Pure Cane Sugar. When you use Dixie Crystals® Sugar, level measurements always represent exactly the same amount of sugar and your recipe's success will be consistent.


To be sure of getting 100% pure cane sugar of finest quality, be sure it's Dixie Crystals®. Look for the "Pure Cane" on every bag and carton.



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