

Homemade Good News

VOL. II

A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS®

No. 10

Menu of the Month

Making your own pasta is half the fun...



Main Course

And after you've tasted this wonderful rich Lasagne Verde, you'll wonder why you didn't do it sooner! We began our big Italian meal with avocados. . .whipped up with roquefort and cream cheese and stuffed back into their shells. Then the main attraction. . .a lasagne of spinach pasta we made from scratch, accompanied by an interesting side dish of eggplant sauteed with sesame seeds. We couldn't resist the classic Italian custard, a frothy Zabaglione, for dessert.

Lasagne Verde

½ lb. fresh spinach
3 cups flour
3 eggs
1 Tbsp. olive oil
1 tsp. salt
¼ lb. (1 stick) butter
4 Tbsp. flour
2 cups milk
salt, pepper
1 small carrot, chopped fine
1 small onion, chopped fine
2 stalks celery, chopped fine

1 tsp. chervil
½ lb. ground beef
¼ cup water
⅓ cup sherry
½ lb. prosciutto or ham, chopped
3 tsp. cream
1¼ cups grated Parmesan cheese

Wash spinach and remove stems. Drain slightly and steam. . . the water that hasn't drained off the leaves will be enough to cook it in. Drain and squeeze out as much water as possible. Puree spinach in a blender, or put through a food mill. Set aside.

Pour the flour in a mound onto a pastry board or counter. Make a crater in the center of the mound, and into it crack the eggs and add the olive oil and 1 tsp. salt. Work the flour up from the sides into the center blending the ingredients with your fingers. Add the spinach and continue to work the ingredients together until you have a uniform ball of dough. If dough seems too sticky to work with, shake a little flour onto your work surface, dust your

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WIN \$100.00 FOR YOUR FAVORITE RECIPE

Beginning right now, it's the 3rd Annual Homemade Good News Recipe Contest! We have 10 exciting categories in which you can enter as many original "scratch" recipes as you like. Just make sure all recipes are easy to make, have precise written instruction, and that the ingredients they call for are easy to find in local markets. A \$100 cash prize will go to the winner of each of the following categories:

1. Entrees
2. Hors D'oeuvres
3. Vegetables
4. Pies and Pastries
5. Cakes
6. Cookies & Candies
7. Frozen Desserts
8. Soups
9. Salads
10. Crepes, Sandwiches and Quiche

In addition to receiving a \$100 cash prize, the winners of the 10 categories will have their recipes featured on the 1983 Homemade Good News Recipe Cards — in full color! Remember, the contest is open to subscribers of the Homemade Good News only, and there can only be 10 winners. However, as we're sure to receive hundreds of great recipes we'd like to share with you, all other entries will be eligible to appear in upcoming issues of the Homemade Good News. And if we do use your recipe in the newsletter, we'll send you a coupon for a free 5 lb. bag of *Dixie Crystals Sugar!*

Please print or type all entries neatly and legibly on 3x5" cards (if we can't read them, we can't use them!) and send to: Homemade Good News Recipe Contest, P.O. Box 66, Savannah, GA 31402. We look forward to hearing from you soon — contest ends December 31, 1982.

Main Course

(Continued from page 1)

hands with flour, and begin to knead the dough, just as you would knead bread. Knead vigorously for about 10 minutes, until dough is smooth and elastic. Allow to rest about 10 minutes, then roll dough out onto a floured surface, working to get it as thin as possible without tearing. Cut the pasta into strips the length of your lasagne baking dish and about 4 inches in width. If you can't pull the strips from the counter without tearing them, try using a plastic scraper, and starting at one end, scrape, then pull a little at a time until the whole strip comes up. Set aside on a wire mesh rack or anything you have that will let air flow through and which the pasta won't stick to.

Make a Bechamel Sauce: melt 3 Tbsp. of butter in a medium sauce pan. Sprinkle in the 4 Tbsp. of flour a little at a time, stirring well after each addition to make a smooth roux. When the flour mixture turns a light golden color, begin adding the milk in a thin stream, stirring constantly over a low to medium heat until sauce comes to a boil. Reduce heat and continue to stir until sauce thickens. Season with salt, pepper, and nutmeg and remove from heat. Melt 3 Tbsp. of butter in a skillet and saute in it the chopped carrots, onion, and celery. When the onion is transparent and soft, add the ground beef and stir until it crumbles. Season with salt, pepper and chervil, and let beef brown. When mixture becomes thick, almost dry, add the water, stir well, then add the sherry. Simmer over low heat to let the alcohol burn off a bit, then, when mixture is thickened, add the chopped prosciutto or ham. Stir, simmer a minute, and remove from heat. Add cream and blend well.

Bring a large pot of salted water to a boil and cook the lasagne until almost tender, but still firm. . . about 1½ minutes. Drain flat. Grease a baking dish and layer it with pasta, then the meat mixture, the Bechamel sauce, and the grated parmesan. End with a layer of pasta then more Bechamel sauce. Sprinkle the remaining cheese over, dot with the rest of the butter, and bake at 400° for 30 minutes, or until the pasta is tender when pierced with a fork and the top is golden and bubbly.

Side Dishes

Stuffed Avocados

3 ripe avocados
1 lemon
1 small onion, minced
1 package (8 oz.) cream cheese
3 oz. blue cheese (or Roquefort)
3 oz. (6 Tbsp.) sour cream

salt, pepper
lettuce
2 tomatoes, cut in wedges
2 hard boiled eggs, cut in wedges
Cut the avocados in half, pull apart, and discard the pits. Squeeze lemon juice over them to prevent the flesh from discoloring, then scoop about 3 Tbsp. of the flesh from the crook or narrow end of each half, extending the cavity for stuffing. Combine the avocado meat, the remaining lemon juice, minced onion, softened cream cheese, blue cheese (crumbled), sour cream, salt and pepper in a blender and whip until smooth and creamy. If you do not have a blender, mash the avocado, cream in the softened cream cheese, then blend in the other ingredients thoroughly. Fill the avocado halves with this mixture and arrange them on a bed of lettuce leaves. Garnish with tomato and egg wedges, and if you like, some black olives. Serve at once. (This appetizer is really best prepared at the last minute.)



Sautéed Eggplant with Sesame Seeds

5-6 Tbsp. olive oil
2 medium or 3 small eggplant, cut into ½" cubes
¼ cup sesame seeds
2 large cloves garlic, minced
salt, pepper
Heat the olive oil in a large skillet until it is very hot, but not smoking. While the oil is heating, distribute the sesame seeds in an even layer on a large flat plate. Roll the eggplant cubes in the sesame seeds to coat them all over. When the oil is ready, add the eggplant and garlic (you may have to cook this in two or three shifts) and saute, stirring constantly, until eggplant is tender — about 5 minutes. If you saute the eggplant in shifts, reheat it all in the same pan just before serving.

Dessert

Zabaglione (Italian Custard)

6 egg yolks
⅓ cup Dixie Crystals granulated sugar
⅔ cup Marsala wine
Beat the egg yolks with a wire whisk, gradually adding the sugar and Marsala. Put in the top of a double boiler, and whisk

over simmering water until mixture begins to thicken and is light and foamy all the way through (it should almost triple in volume). Pour into small dessert cups and serve right away. Servings should be smaller than usual as this custard is very rich and potent.



The Continuing Saga of Vince the Vegetable Hater

Time: supertime
Place: the family dining table
Players: a mother, a father, a child
Props: plates, cutlery, and an unfamiliar casserole
Kid (regarding his helping with suspicion): "What's this?"
Mom (hopefully): "It's one of your favorites, dear."
Kid (emphatically): "I don't like it."
Mom (coaxing): "Just eat a little bit. You don't have to eat the whole thing."
Kid (going over his food meticulously with his fork, pick, pick, pick): "Any onions in this?" (pushes tiny particles suspected of being onions to the side of the plate) "Any mushrooms in this?" (repeats process with fork)
Dad: "Don't play with your food."
Kid: "Any bell peppers in this?" (scrapes small green particles off to side of plate, forming another "untouchable" pile)
"Any celery in this?" (pick, pick, pick)
Mom (pleading): "Please try just one bite — it's very good for you!"
Dad (threatening): "If you don't eat your dinner, you won't get any dessert."
Kid: "I don't care." (finally, after a thorough inspection, eats some of the meat, the noodles or potatoes, and a slice of bread with butter) "I'm full. May I please be excused?"
If this scenario is a familiar one, you may have given up already, feeling that you've tried everything and there's no point in continuing with experiments that are doomed to failure. (And you just may be right.) If, on the other hand, you're feeling brave and are willing to take the risk of trying just one more supposedly child-pleasing casserole, you may be encouraged to learn that my eagle-eyed vegetable spotter actually likes this particular concoction. The trick, I've decided, is to mince up the vegetable ingredients so finely that they are almost mush or pulp. The rice also provides better

"camouflage" than either potatoes or pasta can. And we turn the rheostat on the dining room chandelier way down when we eat. You have to be sneaky. Good luck!

Mom's Mediterranean Meat Dish

1 lb. ground round or 1½ lb. hamburger
 ½ cup finely diced green pepper
 ½ cup finely diced celery
 1 finely minced garlic clove
 (use your food processor if you have one)
 1 tsp. salt
 ¼ to ½ tsp. black pepper
 2 Tbsp. parsley flakes
 ½ tsp. oregano
 ½ tsp. basil
 2 cups finely diced eggplant
 1 cup uncooked converted white rice
 1 envelope (2 oz.) onion soup mix
 1 6 oz. can tomato paste
 3 cups water

Topping

1 cup bread crumbs
 ½ cup Parmesan cheese
 ¼ cup (4 Tbsp.) melted butter
 Mix and spread on top of casserole before putting in the oven.
 Brown the ground round or hamburger. Drain off the fat. Add the pepper, celery, and garlic, and saute until tender. Stir in all the remaining ingredients (except for topping, of course). Bring to a boil. Cover. Reduce heat to low and simmer for 20 minutes, or until rice is cooked and eggplant is tender. Pour into a greased baking dish or casserole. Sprinkle with topping mixture. Bake in a preheated 450° oven for 15 minutes. (You may substitute any kind of grated cheese you happen to have on hand for the Parmesan and the butter...I've used Swiss, Cheddar, and American, among others.)

Toasted Butter Pecan Cake

2 cups chopped pecans
 1¼ cups butter
 3 cups all-purpose flour
 2 tsp. baking powder
 ½ tsp. salt
 2 cups *Dixie Crystals* sugar
 4 eggs
 1 cup milk
 2 tsp. vanilla extract
 Preheat oven to 350°F. Melt ¼ cup of the butter in a shallow baking pan. Add the pecans, and stir to coat with butter. Bake for about 20 minutes or until pecans are toasted, stirring frequently. Keep a close eye on them! And remember that they will continue to darken some after you remove them from the oven... it's better to underdo — than to overdo. Sift flour with baking powder and salt and set aside. Cream the remaining 1 cup of butter with the sugar, adding the sugar gradually, and creaming until mixture is light and fluffy. Add the eggs, one at a time, beating well after each addition. Add the sifted dry ingredients alternately with the milk, beginning and ending with the sifted dry ingredients. Stir in the vanilla extract and 1½ cups of the toasted pecans. Save the remaining ⅔ cup toasted pecans to use in the frosting. Pour the batter into 3 greased and floured 8-inch round layer cake pans. Bake at 350° for 25 to 30 minutes, or until done. Cool on wire racks.

Toasted Butter Pecan Frosting

¼ cup butter, softened
 1 lb. *Dixie Crystals 10-X* powdered confectioners' sugar
 4 to 6 Tbsp. evaporated milk
 1 tsp. vanilla extract
 ⅔ cup toasted pecans
 Cream the butter. Add the powdered sugar and vanilla, plus enough evaporated milk to bring the frosting to spreading consistency. Stir in the toasted pecans and frost the cake.
 Mrs. Bobbie Gibson
 Fair Bluff, N.C.

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Did You Know?

that you can use ketchup to clean your copper-bottom pots? Cover the copper surface completely with a thin layer of ketchup and leave it on for as long as necessary, then rinse with warm water. If the pot needs it, apply a second coat.

Faye Wheelchel
 Union City, GA.

that the best way to keep cookies soft and fresh is to put a slice of bread in the cookie jar? The bread will get hard and stale, but the cookies won't.

Mrs. Dave Beachy
 Starr, S.C.

that you must keep only one kind of cookie (soft and chewy OR crispy and crunchy) at a time in your cookie jar if you want the soft, chewy ones to stay that way and the crispy, crunchy ones to stay that way.

Emily McNutt
 Ocala, FLA

that you can chill a punchbowl or pitcher full of tea or other drink without diluting it by putting ice in a plastic bag and sealing it tightly (with a twist tie)?

Louise Ellis
 Talbott, TENN.

that if the grapes are ready for jelly-making, but you're not, you can simply make grape juice, freeze it, and use it for jelly-making later on?

June McIntyre
 Griffin, GA

that a large can of crushed pineapple added about halfway through cooking pear preserves makes them exceptionally delicious?

Lottie Gazaway
 Marietta, GA

that a couple of charcoal briquets makes an inexpensive, effective air freshener/deodorizer for your fridge?

Patricia Beam
 Fallston, N.C.

that pumpkin pie filling flavored with vanilla extract can taste disappointingly flat, but the same filling flavored with orange extract instead is delightfully spicy and good?

Judy R. Smith
 Stanfield, N.C.

that in casserole dishes that call for canned tuna or salmon, you can substitute canned Spanish mackerel, which is cheaper than either of the other two fish?

Nella Walters
 Knoxville, TENN.

that if you save and freeze the water in which you've boiled potatoes you can use it instead of plain tap water when you prepare instant mashed potatoes? Your instant mashed potatoes will taste much more like fresh.

Beulah Starkweather
 Englewood, FLA.

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MR. GROCER: As our agent please accept this coupon for 25¢ on the purchase of one 1 lb. box of *Dixie Crystals Sugar*. You will receive 25¢ plus 5¢ for handling charge for each coupon you accept. Mail the coupon to Dixie Crystals, P.O. Box 1029, Clinton, Iowa 52734 for redemption. This offer void in any state or locality prohibiting, licensing or regulating these coupons. Cash value 1/20 of one cent. Consumer must pay sales tax included. FRAUDCLAUSE. ANY other application of this coupon constitutes fraud. Invoices proving purchase, with the last 90 days of sufficient stock to cover coupon presented for redemption, must be made available upon request. Dixie Crystals is a registered trademark of Savannah Foods and Industries, Inc., Savannah, Georgia 31402. Coupon Expires November 30, 1982.

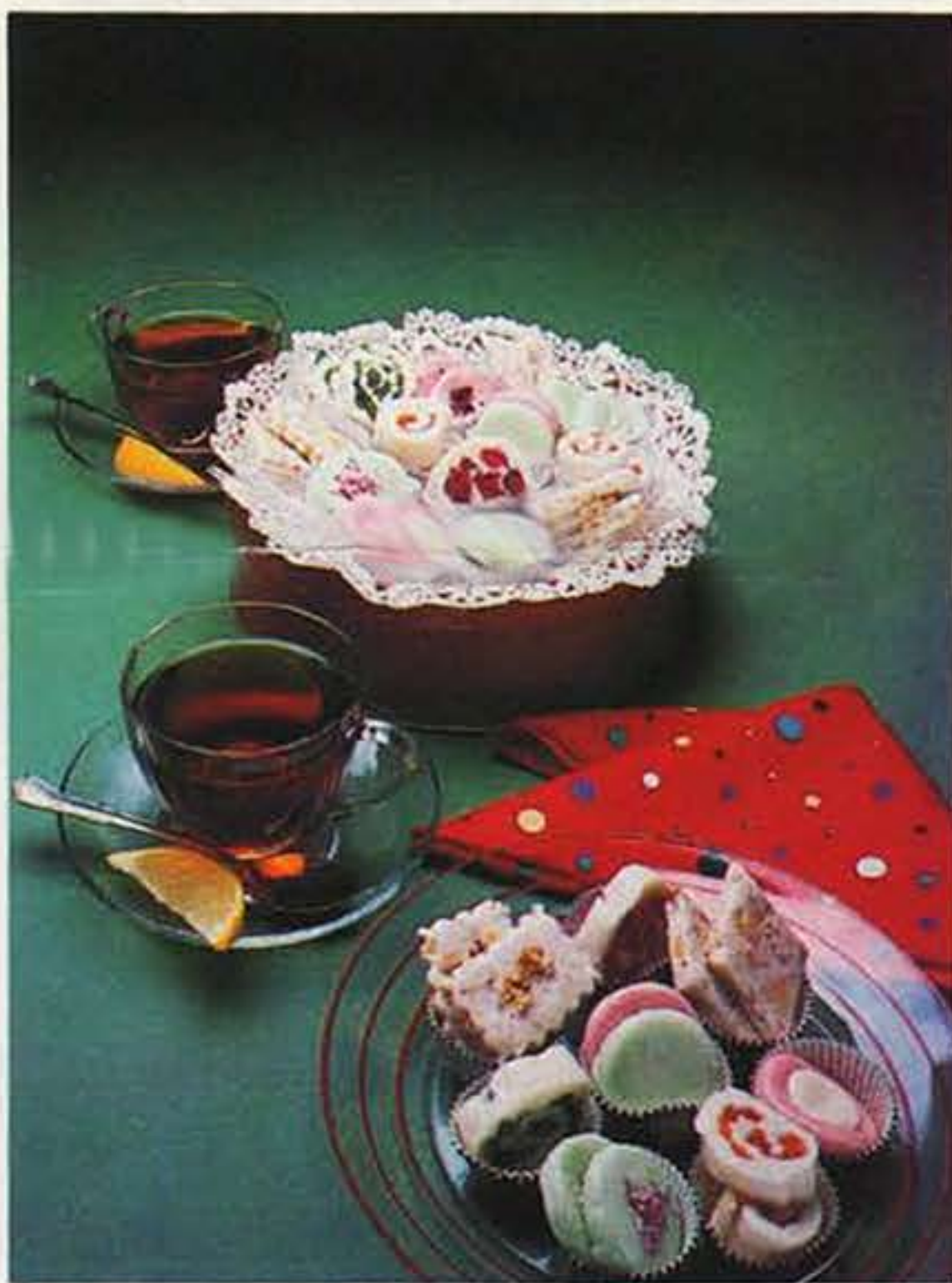
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Fondantly Fun Candies

Basic Fondant

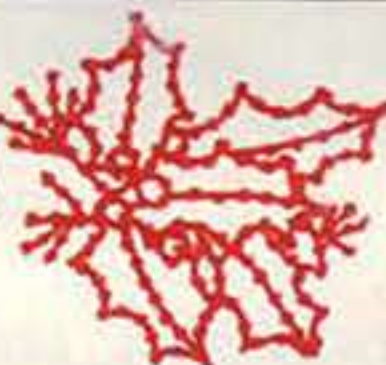
1 box (16-oz.) Dixie Crystals 10-X confectioners sugar
 1/3 cup unsweetened butter
 1/3 cup light corn syrup
 1 tsp. vanilla extract
 dash salt

Mix all ingredients together until well blended. A food processor does this handily. Knead on clean surface until smooth and shiny. One batch yields about 1 1/4 pounds. You may wish to make several batches. Keep fondant tightly covered if not using immediately. Roll dough between two sheets of waxed paper with rolling pin to desired thickness, 1/4 to 1/3 of an inch. Cut into desired shapes. With a knife or small spatula, remove candies to a baking sheet. Reroll scraps and cut out more candies. Let candies dry, uncovered, for several hours. Store in tightly covered container.



Nutty Ones: Knead 1/2 cup chopped walnuts into fondant. Roll out and cut into diamonds with a sharp knife and make other shapes with a sharp cutter. Press a sprinkle of nuts onto a few candies. **Fruit Rolls:** Roll fondant out. Sprinkle with finely chopped red cherries, or green cherries, or dried apricots. Roll up lengthwise. Wrap in paper and chill. Cut into slices with a sharp knife. **White and Pink Rounds:** Add red food coloring to part of the fondant. Roll out each color, cutting rounds from each. Leave some plain, add crushed peppermint candy to some, or press a small round of one color in the center of the other color. **Mint Leaves:** When making basic fondant omit vanilla and add a few drops mint extract. Tint with green food coloring. Cut into leaf shapes and make indentations with a sharp knife.

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