

# Homemade GoodNews

A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS®

## Menu of the Month . . . .

A lavish meal of five equally outstanding courses . . .



### Lamb in Mustard Sauce

To do justice to an excellent shoulder of lamb, we begin with an appetizer of artichokes served with a vinaigrette-mayonnaise dressing. Then we proceed to the lamb — roasted in a mustard sauce to form a perfectly seasoned crust — and two distinctive side dishes . . . zucchini with cheese and bananas, and whipped potatoes with scallions. Then, an airy lime mousse decorated with kiwi fruit to please the eye and refresh the palate.

#### Appetizer

Artichokes Vinaigrette

1 artichoke per person  
water  
salt  
lemon juice

for the Vinaigrette-Mayonnaise Sauce:  
combine the following:

2½ Tbsp. vinegar (preferably wine)  
1 Tbsp. Dijon Mustard

pepper

1 clove minced garlic

1 tsp. fine herbs, such as basil, tarragon,  
or chives

½ cup mayonnaise

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### Main Course

#### Roast Shoulder of Lamb in Mustard Sauce Coating

3½ lb. boneless lamb shoulder, rolled and tied

2 medium cloves of garlic, cut in slivers  
salt

pepper

½ cup Dijon Mustard

½ tsp. rosemary, ground

½ tsp. thyme

1 clove garlic, minced and mashed

1 tsp. soy sauce

1 bunch fresh parsley

Preheat oven to 400. Wipe the lamb shoulder with a damp cloth. Cut shallow slits all over the meat and insert the garlic slivers in them. Sprinkle the lamb with salt and pepper and place it on a rack in a roasting pan, fat side up. Roast for 30 minutes in the center of the oven.

Prepare the mustard coating by combining the mustard, rosemary, thyme, minced garlic, and soy sauce.

After 30 minutes of roasting, remove the lamb from the oven and coat it completely with mustard sauce (a basting brush is perfect for this). Then roast it for 45

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## Don't Miss The GoodNews!!!!

The Homemade GoodNews is going full steam into 1982 with the second of our beautiful new Homemade GoodNews-letters already mailed off and ten more on the way! If you (or any of your friends) haven't gotten around to renewing your subscription in the Homemade GoodNews yet, please hurry! We don't want you to miss any of these great issues, each of which features a sumptuous Menu of the Month shown in full color, page after page of kitchen tested recipes and helpful hints, plus money-saving coupons that are practically worth the cost of the subscription alone! And don't forget, Homemade GoodNews subscribers also receive ten award winning recipes printed in full color on plastic coated 3 x 5 cards that fit handily into your personal file of marvelous things to eat! It's getting late though . . . so get cooking and renew your subscription to the Homemade GoodNews now!!

## Did You Know?

If you add a little pinch of baking soda immediately after pouring boiling water over tea leaves, it will take the bitterness away. Let the tea stand for 5 or 10 minutes before straining, pouring, adding more water or adding sugar.

Jackie (Mrs. Keith) Hunter  
address unknown  
and also from  
Ruby Plummer  
Columbia, S.C.

If you add butter or margarine to the cooking water or use it to grease all around the inside rim of the pot or pan before bringing the cooking water to a boil, it will keep starchy vegetables such as lima beans and potatoes from foaming up and boiling over.

Mrs. Arthur R. Craig  
Marietta, Ga.  
and also from  
Barbara W. Soyars  
Danville, Va.

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## Appetizer . . .

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Cut the stems of the artichokes off evenly, right at the base, so that they will stand upright. Let them soak in cold water for a few minutes, then put them in a large pot with cold water to cover.

Add salt to taste and 1 Tablespoon of lemon juice per quart of water (vinegar is good, too). Bring to a boil and cook uncovered for 35 to 40 minutes, or until the bottom leaves pull out easily and the base of the artichoke is tender when pierced with a fork.

Rinse immediately under cold water to make the color set, then drain upside down in a colander.

Cool and serve on individual salad plates, with small bowls of Vinaigrette-Mayonnaise Sauce for each person.

To eat an artichoke: pull off a leaf, beginning at the base, dip the tender end in the sauce, and eat. Discard the rest of the leaf and continue until all the leaves are gone and you are left with the feathery looking choke. Take a spoon or knife and cut around the choke to remove it, and expose the tender artichoke heart underneath. Cut the heart into bite size pieces, dip in the sauce, and eat!

## Main Course . . .

(Continued from page 1)

minutes to an hour more, depending on your taste. A total cooking time of an hour and thirty minutes should give you a perfect medium rare roast (about 140 on your meat thermometer).

When the lamb is done, let it rest at room temperature for about 10 to 15 minutes before you carve it to seal in the juices. Carve in 1/2" slices and garnish with fresh parsley sprigs.

## Side Dishes



### Zucchini with Cheese and Bananas

3-4 medium zucchini  
1/4 cup olive or vegetable oil  
2-3 medium bananas  
3/4 cup grated cheddar or Monterey Jack cheese

# Collectors' Cookbook



This month, we're going to give you a delectable recipe that you'll enjoy making and which probably won't last longer than the time it takes to sit it in front of family and friends!

## Egg Nog Pound Cake

2 sticks butter  
1/2 cup shortening  
5 large eggs  
3 cups *Dixie Crystals* Sugar  
1 tsp. vanilla extract  
1 tsp. coconut extract  
1 tsp. almond extract  
1 tsp. lemon extract  
1 tsp. butternut extract

1 tsp. rum extract  
1 cup canned milk  
3 cups cake flour

Cream butter, shortening and sugar. Add eggs one at a time. Add extracts one at a time, mixing thoroughly after each addition. Alternately, add flour and milk. Pour into a greased and floured tube pan. Bake in a 300° oven for 1 hour and 45 minutes.

This is a large and very moist cake. The taste is light and delicious.

Mrs. Smith  
Centerville, GA  
(Sorry, Mrs. Smith, but you did not sign your first name.)

Preheat oven to broil. Trim the ends off the zucchini and cut lengthwise into 1/4" slices. Place the slices on a greased baking sheet (or line the sheet with aluminum foil) and brush them lightly with oil. Place under the broiler (on about the second rack - not too close to the flame). When the zucchini begins to turn a light golden color around the edges and soften in the middle, turn and brush the other side with oil, then broil until almost tender, but still slightly crisp. Peel the bananas and cut them lengthwise into 1/8" slices. Lay these slices on top of each zucchini slice so that they cover it from one end to the other. Sprinkle with grated cheese and return to broiler. Remove when the cheese melts and begins to bubble.



## Dessert Lime Mousse

1/2 cup water  
3/4 cup *Dixie Crystals* sugar  
1 cup lime juice (freshly squeezed)  
1 envelope unflavored gelatin  
2-3 drops green food coloring  
1 pint whipping cream

Put the water and sugar in a saucepan and bring to a boil, stirring constantly until the sugar is dissolved.

Stir in the lime juice and then add the gelatin. Bring back to a boil, stirring well to dissolve gelatin completely. Add food coloring, stir and remove from heat. Allow to cool, but do not let the mixture gel.

While the mixture is cooling, whip the cream until it is stiff. When lime mixture is cool enough, fold the whipped cream into it. Pour the mousse into individual glasses or one large bowl and chill in refrigerator until set. Serve with very thin slices of lime as decoration, or slices of Kiwi fruit; however, if you use the Kiwi fruit, decorate the mousse at the last minute, just before serving, or the acid in the Kiwi fruit will dissolve the gelatin in the mousse and cause it to liquify.

## Whipped Potatoes with Scallions

3 lbs. potatoes  
3/4 stick of butter, softened  
1 1/4 cup half & half or light cream  
1/2 cup minced scallions  
salt, pepper

Peel the potatoes and cut them into small chunks. Put in a saucepan with water to cover and bring to a boil. Cook until soft — about 15 minutes. Drain well in a colander and put in a mixing bowl. Add the softened butter and gradually beat in the cream, stirring vigorously until the potatoes become smoother. Then beat with an electric beater until they are absolutely silken and have no lumps whatsoever. If you don't have an electric beater, you can whip the potatoes in a blender. Next, add salt and pepper to taste, and fold in the scallions. Blend well and serve immediately.

# Letters To Nancy



## Dear Nancy:

Friends of mine say that light and dark brown sugars are not unrefined, but are refined sugars with color added. Do you have an answer to this?

Clara D. Crow  
Albany, Ga.

Yes, indeed! Read on . . .

## Dear Nancy:

When recipes call for brown sugar, I never know whether to use light brown or dark brown. Can you give me some suggestions as to how to decide, such as difference in flavor, etc.?

Mrs. John M. Cavanah  
Orlando, Fla.

It's true that all of our sugar is refined. (If it weren't, you probably wouldn't like the taste of it at all!) Brown sugar is made by adding molasses to white sugar. The only difference between light brown and dark brown sugar is that the latter has a more pronounced molasses-y taste than the former. Both kinds of brown sugar perform exactly the same way when used in a recipe. Use dark brown sugar if/when you want the dish to have a stronger flavor of molasses than you get from light brown sugar . . . and vice versa.

## Dear Nancy:

(1) What is chicken fried steak and how do you make it?

(2) When wine is called for in a recipe, can something else be used in its place? If not can chablis be used instead of a red wine?

Florence Leannarda  
Marco Island, Fla.

(1) Chicken fried steak is a sort of Southern kissin' cousin to breaded veal cutlet. Chicken fried steak is "cube" or "minute" steak that has been beaten

with a meat hammer until thin and coated with batter before frying. The recipes for batter vary as widely as cooks do: some people use water with the seasoned flour; some use milk, some use beer. Some add a whole egg to their flour-and-liquid batter; some add just yolks; some omit the egg entirely. (The reason for adding egg is that batters heavy in egg yolk resist fat penetration during frying.) Whatever batter recipe you use, it will stick to the meat better if you make it in advance, cover it, and refrigerate it for at least two hours or overnight.

(2) You can substitute one kind of wine for another in some recipes but it depends upon the recipe. For example, you can, as a general rule, use red, white, or rose wine with equal success in cooking pork, veal, lamb or game, but you cannot successfully substitute a red wine for a dry white in cooking fish, poultry, and eggs. (The obvious exception to this being coq au vin, which calls for red wine rather than white). You can usually substitute a lesser quantity of a heavy wine such as sherry, port, or Madeira for a greater quantity of a dry red or white. The ratio should be about 2 Tbsp. of the former in place of 1/2 cup of the latter. Remember that if a wine sauce or gravy is cooked too long it loses its flavor as well as its alcoholic content. If you must boil a sauce or gravy, do it before adding the wine. After the wine has been added, the heat should not be raised above a low simmer.

## Mayonnaise Made At Home



In this age of convenience, it's hard to imagine that many of the foods we find ready prepared and nicely packaged on supermarket shelves were once made on-

ly at home, and in most cases, by hand. A jar of mayonnaise was simply unheard of back then; now, probably only a handful of you have ever tasted the "real" thing . . . that fabulous creamy mixture of egg yolks and olive oil (plus a few other little goodies) that takes a certain amount of "elbow grease" to make, but is, oh, so well worth the effort!

Homemade mayonnaise can be tricky, but if you're patient and don't mind giving your stirring arm a work-out, you'll quickly get the hang of it. The secret, if there is one, is in the addition of the oil: you must make sure the egg yolks are beaten to a thick, lemony satin texture before any oil is added, and then it must be poured in only a drop at a time, as you beat the mixture all the while (don't stop, don't stop!) When the mixture begins to thicken and look more like mayonnaise, you can begin to pour the oil in a very thin trickle, but you must still be careful not to overdo it, and continue to beat the mayonnaise with your wire whisk even though your arm feels as if it's going to fall off any minute. No doubt about it — patience and stamina are the main ingredients here, but they're well rewarded with a delicious "sauce" that makes cold meat or fish sublime, and adds something indefinably grand to salads or vegetables.

## Homemade Mayonnaise

1/2 tsp. salt  
2 tsp. mustard (Dijon)  
2 egg yolks  
1 cup olive oil  
lemon juice, to taste  
white pepper, to taste

Sit a large bowl on your counter or work surface in such a way that it won't slide, as you'll be using both hands and won't be able to hold it. A dish towel or potholder underneath will help secure it; a rubber pad would work well, too.

Add the salt and mustard to the bowl and mix well. Then add the egg yolks and beat well with a wire whisk until the yolks are thick and lemony.

Pour your olive oil into a container from which you can easily regulate the flow, like a jug with a spout or a stopper that you can loosen to let just a little oil out at a time. Then add the oil a drop at a time, stirring with the wire whisk simultaneously. Continue to add the oil this way until at least a 1/2 cup has gone in and the mixture begins to thicken. Then you can begin to add a little more oil at a time, pouring it in a thin trickle, as you continue to beat it in well. When all the oil is added and well blended, flavor (and thin, if necessary) the mayonnaise with lemon juice and pepper to taste. Store in the refrigerator, well covered, until ready to use. It will stay for about a week.

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# Did You Know?

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If you like everything about whipped butter except for the price, try this recipe: 1 lb. of the cheapest margarine you can find, 1/4 cup cooking oil, and 3/4 cup buttermilk. Whip together until creamy and refrigerate 2 or 3 hours. You can't tell it from real whipped butter, believe me.

*Nora Von Dolteren  
Jacksonville, Fla.*

If you grease your kitchen scissors with cooking oil before cutting marshmallows, the marshmallows will cut easily and without sticking.

*Rosa Lee Jackson  
Gordon, Ga.*

If you are removing seeds from grapefruit, use your vegetable peeler. Simply insert in each section, and the seeds will come out in a neat little row on the blade, no trouble at all.

*Ruth Nealy  
Griffin, Ga.*

If you add a little vinegar to the water in which you rinse your nylon hose, it will increase their elasticity and make them practically runproof.

*Mrs. Henry Steadman  
Hapeville, Ga.*

If your children don't like the taste of milk and you have trouble making them drink it, try adding 1/2 tsp. vanilla extract and 1 tbsp. *Dixie Crystals* sugar to each cup of milk and whipping it up in the blender. It comes out like a float or shake.

*Mrs. Brenda Brooks  
Anderson, S.C.*

If you spray oven cleaner on a casserole dish that has become covered with tiny baked-on dark brown spots, let it stand for about 30 minutes, wipe with paper towels, and wash it in warm water and detergent, it will be clean, shiny, and sparkling again.

*Edna Davis  
Calhoun, Ga.*

If you don't have a pastry cloth or marble slab on which to roll out your pie crust, take a large grocery bag and cut it open, flatten it and sprinkle it with flour. When you are finished, you can just throw it away. No mess to clean up.

*Suzanne Glasco  
Floral City, Fla.*

If you rinse a bowl with boiling water before you cream butter and sugar in it, they will cream faster.

If your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in. Your skin will come out cleaner.

*Jane Hennecy  
Marion, S.C.*

# Recipes From Our Readers



If the lettuce in your local supermarket has been sort of sorry-looking of late, if the price seems to be too high, or if you're simply tired of the same old salad, why not try spinach salad instead?

## Spinach Salad

*Dressing:* (make the day before)

1 cup salad oil (olive oil is best)

1/4 cup vinegar

1 tsp. worcestershire sauce

1 tsp. salt

1/2 cup ketchup

5/8 cup *Dixie Crystals* sugar

1 medium sized onion, thinly sliced and broken (separated) into rings. Place onion rings in a bowl. Mix remaining ingredients and pour over onion rings. Store in refrigerator.

*Salad:*

1 lb. spinach

2 5-oz. cans water chestnuts, sliced thin

1 5-oz. can bean sprouts, drained well

1/2 head bib lettuce

4 hard boiled eggs, chopped

1/2 lb. bacon, fried crisp and crumbled

Combine in a large salad bowl. Just before serving, toss with the dressing that you made the previous day.

*Mrs. T. Potter  
Midland, S.C.*



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# Nancy Wants Your GoodNews!

## Dear Readers:

The Homemade GoodNews is always looking for batches of interesting material to read, enjoy, and cook up at home, and in all of our searching, we've found that by far, the best source of GoodNews is YOU! We've shared many of your recipes, helpful hints, Did You Knows, and other suggestions with the rest of our readers, and the response has been nothing short of terrific. Which leads us to believe that each and every one of you must have a pearl of household wisdom or a treasured family recipe that's just too good to keep a secret any longer. So think hard, and spread it! GoodNews, won't you? Not only your friends find out how clever you are when they see your name in the GoodNews, but for every Did You Know, Letter to Nancy, or recipe of yours that we use, we'll send you a coupon for a free 5 lb. bag of *Dixie Crystals* sugar! Send in as many as you like . . . and may all of your ideas be sweet ones!



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