

Homemade Good News

VOL. II

A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS®

No. 7

MENU OF THE MONTH...

Country flavors that hit the spot...



Main Dish Salad

Fresh and delicious...chilled Cream of Watercress Soup makes a great first course, served with plenty of hot, golden Cheese Puffs and sweet country butter. But the main dish is a hearty Alsatian Salad — nothing lightweight about it — followed by a French Apple Pie that doesn't lose a thing in the translation.

Cream of Watercress Soup

4 Tbsp. butter
1 small onion, chopped
2 bunches watercress, stems removed, coarsely chopped
1 large potato, peeled and diced fine
1 can chicken stock (14½ oz.)
14½ oz. milk (use chicken stock can to measure)
salt, pepper to taste
2 egg yolks
⅔ cup cream
watercress sprigs for garnish

Melt the butter in a medium heavy saucepan. Sauté the onion until soft, then add the coarsely chopped watercress and cook for a few minutes. Stir in the diced potato, stock and milk, season with salt and pepper, and bring to a boil, stirring frequent-

ly. Reduce heat and simmer until potatoes are soft, about 30-40 minutes. Adjust seasoning, then remove from heat and allow to cool slightly. Puree in blender until soup is perfectly smooth. Beat the egg yolks with the cream. When the pureed mixture has cooled somewhat, add a few drops of it at a time to the egg and cream mixture, stirring constantly so the egg yolks don't set. After you have added a few spoonfuls this way, and the egg and cream mixture is slightly tepid, stir it all back into the puree, blending the egg and cream mixture in well. Chill and serve with watercress sprigs as garnish.

*Note: a dollop of sour cream is a great addition to this soup, too.

Gougeres (Cheese Puffs)

1 cup water
½ cup (1 stick) butter, cut into pieces
½ tsp. salt
pinch of pepper
1 cup flour
4 eggs
1¼ cups gruyere cheese, grated
Preheat oven to 375 and lightly grease a large baking sheet. Combine water, butter, salt and pepper in a medium saucepan. Bring to a boil. Add the flour all at

MAIN COURSE

Alsatian Salad

2 lbs. potatoes
1 lb. smoked sausage
½ lb. cooked ham, diced
2 small fresh beets, peeled and diced
3 small dill pickles, cut in slices
1 Tbsp. capers
1 large clove garlic
2 Tbsp. parsley
1 cup dry white wine
2 hard boiled eggs
Vinaigrette Sauce (2 Tbsp. wine or Tarragon Vinegar, 1 tsp. Dijon Mustard, salt, pepper, 6 Tbsp. olive oil)
Scrub the potatoes and put in a pot with water to cover. Boil until done, about 20-25 minutes. In the meantime, put the sausage in a saucepan with about ¼ cup of water, cover and simmer 10 minutes. Allow to cool slightly, then cut in slices and put in a bowl with the diced ham, beets, sliced dill pickle. Chop the capers, garlic, and parsley together and add to the bowl. When the potatoes are cooked, let them cool until you can handle them, then cut into thick slices. Pour the white wine over the potatoes and toss them gently in it (try not to break them up), then add the potatoes and the liquid to the other ingredients, stirring lightly to mix. Peel the hard boiled eggs and cut into wedges. Prepare the Vinaigrette Sauce, pour it over the salad, toss lightly, then arrange salad on individual plates and garnish with egg wedges.

once and beat the mixture smooth with a wooden spoon, until it begins to come away from the sides of the saucepan. Remove from the heat and beat for another minute, allowing the mixture to cool slightly. Then add the eggs one at a time, beating quite hard after each one to work air into the mixture — this is what makes them light and puffy. Finally, stir in ¾ cup of the grated cheese and blend thoroughly. Drop heaping tablespoonfuls of the paste onto the baking sheet, about 2" apart. Sprinkle the remaining cheese on top of each puff and gently press it into the paste. Bake for 35-40 minutes, until gougeres are well browned. Remove and serve with soup or salad.

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DESSERT

Tarte Tatin

In this French version of apple pie, everything is upside down! The apple filling goes into the pie pan first, then the buttery pastry crust is laid over it and baked until brown. Then the whole thing is reversed so that the crust is on the bottom, where it should be, and the fruit, caramelized in butter and sugar, forms a perfect crown on top.

Crust (Pate Sucree)

1 generous cup flour
1/2 cup (1 stick) butter
1 egg yolk
1 Tbsp. plus 1 tsp. *Dixie Crystals* sugar
pinch salt
1 tsp. lemon juice
1-2 Tbsp. iced water

Sift flour onto a pastry board or into a large bowl, and make a crater in the center of it. Cut the butter into 8 pieces and put it, and the egg yolk, sugar, salt and lemon juice into the crater. Blend these ingredients together with your fingertips or a pastry blender until you have a coarse, crumbly meal. Moisten the dough with a little iced water, so that you can gather it together, but add only a few drops at a time — too much water will make the dough tough. Make a ball with the dough, wrap it in waxed paper and refrigerate for 1 to 2 hours or overnight.



Tarte Filling

6 Golden Delicious apples
1 Tbsp. lemon juice
1 stick butter (1/2 cup)
1 cup *Dixie Crystals* sugar
1 egg, lightly beaten

Peel and core the apples and cut them into eighths, then toss them in a bowl with the lemon juice. In the aluminum pie pan that you will cook the tart in (you can't use pyrex because it can't be put over direct flame on top of the stove), place 3 Tbsp. of the butter and 1/2 cup sugar. Set the pan over a medium to high heat on top of the stove, and cook until mixture begins to caramelize and turn brown. Remove the pan from heat and arrange a neat layer of apple slices in the bottom, fitting them together as closely as possible. Melt the rest of the butter and pour 1

Tbsp. over the layer of apples and sprinkle them with 1 Tbsp. sugar. Arrange the remaining apple slices on top of the first layer, pushing them down if necessary (they will cook down anyway, and it's the first layer that we're concerned with as far as appearances go). Pour the rest of the melted butter over and sprinkle with the remaining sugar. Roll the chilled dough out into a fairly thick circle, just a little larger than the edges of the pie pan and lay it over the top. Press the edges down very gently against the sides of the pan, tucking them in a little, if possible. Brush the crust with the beaten egg and pierce it in a few places so that steam can escape while it is cooking. Bake in the center of a 400° oven for 25-30 minutes, or until crust is brown and the thickened juices are bubbling up around the sides of the pan. (To save yourself a big clean-up, set a pan under the pie to catch any overflow.) Remove pie from oven and set on top of the stove over a fairly high heat, for about 3-4 minutes, shaking the pan to loosen the apples on bottom. Unmold by placing your serving dish directly on top of the pie pan (upside down, of course) and inverting the two. If the apples on top haven't caramelized to a nice brown, sprinkle a thin layer of confectioners sugar over and place under the broiler for a couple of minutes until the sugar has caramelized.

Cooking Out Is In

"If you can't stand the heat, get out of the kitchen," the old saying goes, and summer is the perfect time to do your cooking outside, where it won't heat up your house, making your air conditioner work harder and raising your electricity bill. Just about everyone already has a favorite recipe for barbeque sauce, so we're not going to give you another one of those. Instead, we'd like to share some of the recipes for charcoal grilling that are a little bit out of the ordinary. They're easy to prepare and they make for a welcome departure from the usual steak, ribs, hamburgers and hot dogs. Come and get it!

Sauce A L'Orange

1 medium onion, finely chopped
1 clove of garlic, minced
1 stick of butter
1/2 cup of honey
1/2 cup of orange juice
1/2 cup of orange liqueur such as Triple Sec, Cointreau, or Grand Marnier
2 Tbsp. fresh squeezed lemon juice
1 Tbsp. Worcestershire sauce (or you may substitute soy sauce)

1 tsp. ground ginger
Saute the onion and garlic in the butter until tender. Do not brown. Stir in the remaining ingredients. Simmer on low heat for a few minutes. Use to baste pork chops or chicken.

Marinade for Chicken or Rock Game Hens

1/2 cup oil
1/2 dry white wine
1 clove garlic, minced
1 medium size onion, finely chopped
1/2 tsp. celery salt
1/2 tsp. salt
1/4 tsp. coarsely ground black pepper
1/2 tsp. thyme
1 Tbsp. Worcestershire sauce
dash Tabasco

Mix all ingredients together well. Marinate chicken or Rock Cornish Game Hens in the refrigerator for 4 to 6 hours, turning them in the marinade about once every hour. Let the coals of your charcoal fire burn down until they are grey all over, and spread them out evenly over the grill pan. Broil the poultry on the grill rack, basting periodically with the marinade until it is done — about 1 hour.

Shrimp Teriyaki

2 lbs. raw, shelled, peeled, deveined shrimp
1 cup pineapple juice
1/2 cup soy sauce (real soy sauce, please, not the caramel colored stuff — read the label when buying!)
1/2 cup salad oil
1 minced clove of garlic (Optional)
Marinate shrimp for 15 minutes to half an hour. Skewer them on kebab skewers. Broil them on charcoal grill for about 7 minutes on each side. Serve with rice.

Busy Day Beef Kebabs

Note: a marinade serves a dual purpose: it lends delicious flavoring to whatever it is you are soaking in it, and it also tenderizes tougher cuts of meat. If the marination period called for in a recipe is longer than 1 hour and the weather is very warm, be sure to refrigerate the marinating meat instead of leaving it out on the counter at room temperature. If you are pressed for time, you can whip up a quick meat marinade by mixing oil and vinegar with a package of dried (store-bought) salad dressing seasonings, or just use bottled dressing. Garlic, Italian, Herbs-and-Spices, and Old-Fashioned French (not the creamy orange kind) are all good. Cut 2 lbs. beef round into 1 inch cubes. Place them in a shallow pan. Pour salad dressing (about 8 oz. or 1 cup) over them and refrigerate for at least several hours or overnight, turning beef cubes occasionally. Remove cubes and reserve marinade. Skewer beef and chunks of onion, green pepper, and tomato wedges on kebab skewers. Grill to desired degree of doneness, turning frequently and basting with marinade.

LETTERS TO NANCY

Dear Nancy,

I have this super recipe for a "1-2-3-4" cake, but I haven't been able to turn it out right yet. My friend's Mom made this cake all the time years ago, and it tasted great, plus the chocolate chips always stayed well distributed throughout the cake. My chocolate chips always sink to the bottom. What could be wrong?

Anne Chanas
Elon College, N.C.

Because I had never heard of a 1-2-3-4 cake that called for chocolate chips, I asked our readers to send in their recipes. And send them they did! The responses to my request have been simply overwhelming. I can always count on the subscribers of Home Made Good News to come through! A thousand thanks go to each and every one of you who took the time to send in your particular version of this old Southern standard. There were lots of minor variations among the literally dozens of recipes that arrived in my mail. About half of the recipes called for the 4 eggs to be added whole, while the other half called for the yolks and stiffly beaten egg whites to be added separately. A few recipes called for self-rising flour instead of all-purpose or cake flour, and those recipes omitted salt and baking powder. Some called for a mixture of flavorings, with combinations of vanilla and lemon extracts or vanilla and almond

acts being the most common departures from the usual plain-vanilla-by-itself. One or two recipes called for oleomargarine or hydrogenated vegetable shortening instead of butter. I know it's more expensive, but I believe that there really is no substitute for the color, flavor and texture of a cake made with butter. The result is so far superior that (to me) it's worth spending a little bit more for the very finest ingredients. There were recipes for sheet cakes, loaf cakes, 2-layer cakes, 3-layer cakes and 4-layer cakes, pound cakes baked in tube pans, and cup

cakes. However, not a single solitary one of all the many recipes I received called for chocolate chips! So I really don't know what to tell Anne Chanas...except to say that a 1-2-3-4 cake with chocolate icing is delicious, and you could use your chocolate chips in the frosting instead of the cake. Or, you could try melting the chips and then mixing the melted chocolate together with about a cup and a half of the cake batter. Swirl spoonfuls of brown batter through the layer cake pans filled $\frac{1}{2}$ to $\frac{2}{3}$ full of yellow batter to make marble cake. On the other hand, there are always cookies...

"Most Popular" 1-2-3-4 Cake

1 cup (2 sticks) butter
2 cups Dixie Crystals sugar
3 cups plain flour, sifted before and after measuring
4 eggs
1 cup milk
1 tsp. vanilla extract
3 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

Cream butter and sugar together. Beat until sugar granules have dissolved and mixture is light and fluffy. If you are adding the eggs whole, beat them in one at a time now, beating well after each addition. If you are separating the eggs, beat in only the yolks at this point and reserve the whites for later. In a separate bowl, sift the dry ingredients (flour, baking powder, salt) together. Add and mix flour mixture into creamed butter/sugar/egg mixture alternately with the milk and vanilla. If you are making the cake by the separated egg method, beat the egg whites until fairly stiff and fold into the batter before pouring it into three greased and floured 8" or 9" round layer cake pans. Bake at 350° for 25-30 minutes. Let cake cool completely before decorating with your favorite frosting or icing.

The above 1-2-3-4 cake recipe from these 12 people:

Bess Austin, Lithonia, Ga.
Flora Brockway, Miami, Fla.
Mae Carter, Orlando, Fla.
Virginia Cato, Atlanta, Ga.
Annie Hamm, Raleigh or Youngsville, N.C.
Joyce Meeks, Winston-Salem, N.C.
Louise Murrell, Daytona Beach, Fla.
E. Ouzts, Troy, S.C.
Lois Poffenberger, Fort Myers, Fla.
Betsy Shelton, Winston-Salem, N.C.
Gladys Wofford, Blythewood, S.C.
Mildred Callahan Young, Miami, Fla.

Icing for 1-2-3-4 Cake

3 cups sour cream
2 cups Dixie Crystals confectioners' 10-X powdered sugar
18 oz. frozen coconut, thawed
Mix above ingredients together well and refrigerate overnight. Frost the cake and refrigerate it for at least 3 days before eating.

Sour Cream-Coconut Filling from these 2 people:

Virginia Cato, Atlanta, Ga.
Bobbie Gibson, Fair Bluff, N.C.

Pat Bartlett of Warner Robins, Ga. had a super idea for picnics, parties, and cook-outs. Bake 1-2-3-4 cupcakes in flat-bottomed ice cream cones. Place the cones in a muffin pan, fill them half to two-thirds full with batter, and bake as usual.

When the cupcakes are cool, Pat prepares icing in two different colors and mixes them to make a variegated frosting which she says looks like ripple ice cream! Thanks, Pat, for the delicious, portable, packable idea.

Dear Nancy,

Please let me know how to use cocoa in recipes instead of squares of unsweetened baking chocolate. I am still looking for recipes that I have wanted for a long time such as Lemon Chiffon Pie and Chocolate Chiffon Pie. If you have them please send them to me. Thank you.

Mrs. M.T. Davis
Beaufort, S.C.

1 square of unsweetened baking chocolate = 3 Tbsp. cocoa + 1 Tbsp. butter. The following recipe for Chocolate Chiffon Pie becomes Mocha Chiffon Pie if you substitute strong black coffee for water in places where water is called for.

Chocolate Chiffon Pie

1 baked 9" pie shell
1 Tbsp. gelatin
 $\frac{1}{4}$ cup cold water
6 Tbsp cocoa + 2 Tbsp. butter or 2 squares melted chocolate
 $\frac{1}{2}$ cup boiling water
4 eggs, separated
1 cup Dixie Crystals sugar

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BE COOL

with three great frozen desserts guaranteed to keep your mercury from rising. Each one is a proven winner... Frozen Orange Cream — with its velvety texture and rich homemade flavor — a midsummer night's dream come true...icy, elegant Pink Champagne Sherbet — as thrilling as it is chilling...and the most refreshing drink for celebrating sundown, or any other time of day — a Frosty Peach (or Orange) Cooler.

Frozen Orange Cream

1 pint whipping cream
½ cup *Dixie Crystals* granulated sugar
1 tsp. vanilla
1 cup freshly squeezed orange juice
1 Tbsp. finely grated orange rind
Whip the cream and sugar with a wire whisk until the sugar dissolves completely. Then, using an electric mixer, whip the cream until it just begins to form soft peaks, as for *Crème Chantilly*. Fold in the vanilla, orange juice and orange rind, then cover and put in the freezer compartment of your refrigerator. When the mixture has almost set, beat it again to break up any large ice crystals that may have formed. Cover and freeze until set — 4 to 6 hours.

Pink Champagne Sherbet

1 cup *Dixie Crystals* sugar
1½ cups pink champagne
juice of 3 lemons
grated rind of one lemon
First, make a simple syrup; combine the sugar and water in a medium size heavy saucepan and bring to a full boil. After six minutes, remove from the heat and add the champagne, lemon juice and lemon rind. Allow to cool, then pour into a shallow dish and place in the freezer. When mixture is partially frozen and mushy, beat it with a whisk or fork until smooth, then return to freezer. Repeat this procedure two more times before transferring sherbet to a covered container and allowing it to freeze completely.

Frosty Peach (or Orange) Cooler

3 cups chipped ice
2 peaches, pitted and cut into quarters (or 2 oranges, peeled and sectioned)
½ cup cream
2 to 3 Tbsp. *Dixie Crystals* sugar
4 oz. Rum
mint sprigs for garnish
Combine ice, peaches (or oranges), cream, sugar, and rum in a blender or food processor and blend until smooth. You may have to do this in 2 batches. Pour into tall thin cooler glasses, garnish with mint sprigs.

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1 tsp. vanilla
½ pint heavy cream, whipped and sweetened to taste
Soak gelatin in cold water (coffee) until softened. Combine cocoa or melted chocolate with boiling water and stir until smooth. Add the gelatin to the chocolate and stir until dissolved. Beat egg yolks lightly. Combine lightly beaten egg yolks with ½ cup sugar. Add to chocolate-gelatin mixture and chill until almost set. Add 1 tsp. vanilla and whisk with a wire whip until fluffy. Beat egg whites until stiff. Add ½ cup sugar to the egg whites. Fold them gently into chocolate-gelatin mixture. Pour into the baked pie shell. Chill until serving. Serve each slice with a dollop of whipped cream.

Lemon Chiffon Pie

6 egg yolks
¾ cup *Dixie Crystals* sugar
grated rind of 3 lemons (large ones)
juice of 3 lemons (large ones)
1 envelope unflavored gelatin
⅓ cup water
6 egg whites
¾ cup *Dixie Crystals* sugar
½ pint heavy cream, whipped and sweetened to taste
2 9" baked pie shells
Cook egg yolks, ¾ cup sugar, lemon juice,

and lemon rind in top of double boiler, stirring constantly until thick. Dissolve gelatin in water. Add to thickened egg yolk mixture and stir well. Let cool to room temp. Beat egg whites until foamy/frothy. Add ¾ cup sugar and continue to beat until stiff. Fold sweetened egg whites gently into lemon mixture. Pour into baked pie shells. Refrigerate for at least 2 hours. Serve each piece with a dollop of whipped cream on top.



Flaming Fruits

2 apples (1 red and 1 green), split, cored, and cut into eight slices each
2 small bananas, peeled, split and halved
5 Tbsp. fresh lemon juice
½ cup butter
1 cup *Dixie Crystals* dark brown sugar, firmly packed
4 Tbsp. fresh orange juice
1 tsp. cinnamon
½ cup light rum
Vanilla Ice Cream
Toss apple and banana sliced with lemon juice. Melt butter in a chafing dish or large skillet. Add *Dixie Crystals* dark brown sugar, orange juice and cinnamon, bring to a simmer. Add fruits and juice to dish and cook for 2-3 minutes, gently turning once or twice. In small saucepan, warm rum; ignite and pour over fruits. Serve over ice cream.



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