

Homemade Good News

VOL. II

A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS®

No. 8

MENU OF THE MONTH...

Summertime and the livin' is definitely easy!



Shrimp St. Pete

Especially when the catch of the day is Shrimp St. Pete...a beautifully simple dish brightened with lots of crisp, fresh vegetables. An appetizer of creamy Stuffed Mushrooms gets things off to a fine start, and a dessert of cherry Clafoutis (flan) — all puffy and golden — wraps them up quite nicely. This is a meal that really makes the most of a lazy summer night!

Stuffed Mushrooms

12 large mushrooms
6 small mushrooms
5 Tbsp. butter
pinch of thyme
1 clove garlic, minced
1 small onion, finely chopped
1 lemon
½ Tbsp. flour
½ cup cream
¼ lb. thinly sliced ham, chopped
1 Tbsp. fresh parsley, minced
salt, pepper
½ cup grated gruyere or Swiss cheese
Wash all of the mushrooms and dry well. Remove the stems from the large mushrooms and reserve. (Note: if you give the stems a little twist, then pull, they'll come

right out.) Melt 2 Tbsp. of butter in a large skillet and add the large mushroom caps and a pinch of thyme. Saute until the caps are just barely browned all over, moving them around gently so as not to break them. Remove from the pan and set aside. Chop the reserved stems and the 6 small mushrooms very fine. Heat 2 more Tbsp. of butter in the skillet and saute the chopped mushrooms with the minced garlic and chopped onion. Add the juice of the lemon and simmer until the onion is soft and all but about 1 Tbsp. of the liquid has evaporated. Lower heat and stir in the flour, making a smooth roux. Then gradually stir in the cream. Simmer until the mixture thickens, then add the chopped ham and parsley. Season with salt and pepper to taste, then stir in ¼ cup of grated cheese, stir over low heat, until cheese is well blended in. Stuff each large mushroom cap with this mixture, heaping it into small mounds. Arrange the stuffed caps in a shallow, greased baking dish, sprinkle with the remaining grated cheese. Drizzle 1 Tbsp. of melted butter over the mushrooms and bake at 375 until the mushrooms are tender and the stuffing is golden brown — about 15 minutes. Serve on toast points or alone.

MAIN COURSE

Shrimp St. Pete

3 Tbsp. olive oil
3 Tbsp. butter
3 cloves garlic, minced
3 cups coarsely chopped onion
2 cups coarsely chopped celery
¼ lb. mushrooms, sliced
1 Tbsp. instant chicken bouillon
¾ cup lemon juice (or equal parts lemon juice and white wine)
1 cup water
1½ Tbsp. flour
1 bell pepper, cut in 1" pieces
2 lbs. raw shrimp (peeled, deveined and well drained)
salt, pepper to taste
Heat oil in a large skillet or wok, then add butter and melt over medium heat. Add garlic, onion, celery, and mushrooms, and saute until onions are transparent but still crisp. Stir in chicken bouillon, lemon juice (and wine, if desired), and water, and simmer until liquids are well blended — 2 or 3 minutes. In a small bowl, make a paste with the flour and a little water. Add several spoonfuls of simmering liquid from the skillet to this paste and blend until smooth. Then add all of the flour mixture to the pan and stir constantly, over low heat, until pan juices are thickened. Add green pepper, stir, and simmer 3-5 minutes. Raise heat to medium, then add the shrimp and cover. Simmer 3-5 minutes; test the shrimp after 3 minutes to see if they are done — they should be just tender...not too crisp and definitely not mushy! Do not overcook. Season with salt and pepper to taste and serve over white rice or butter toast points.

Broiled Cherry Tomatoes

1 pint large ripe cherry tomatoes
2 Tbsp. olive oil
salt, pepper
1 tsp. basil
Preheat oven to broil. Wash tomatoes and dry on paper towels. Place in a shallow baking dish and pour olive oil over. Roll the tomatoes in the oil to coat them all over. Season with salt and pepper to taste and put in the middle rack of the oven. Cook 5 minutes, or just until the tomatoes' skins begin to split. Remove from oven, sprinkle with basil and serve.
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LETTERS FROM NANCY



Dear Readers, FREE SUGAR

You have a homemaking or cooking problem or special labor and time saving tips, send them to Nancy. If we use your ideas, we'll send you a coupon for a free 5 lb. bag of DIXIE CRYSTALS sugar. Mail your questions or suggestions to: Dear Nancy, Homemade Good News, P.O. Box 66, Savannah, Georgia 31402.

Taking Care Of Business...

One of our summer projects has been to tackle the job of organizing our record-keeping in order to improve the quality of our service to all of you subscribers of the HMGN. We are proud to announce that we now have a brand-new system all worked out, but we'll really need your help to make it function properly. If you will look at the mailing label on your newsletter, you'll notice a set of numerals on it (other than your zip code, house or apartment number, post office number, route number, etc.). This is your membership identification number. The last digit represents the month when your membership comes up for renewal. For example, Jane Jones 1234-5 means that Jane's membership number is one thousand, two hundred thirty-four, and it is due to expire in the month of May. If your membership is renewable in September, October, November, or December, the month will be represented by a two-digit number. Please help us out by referring to the identification number on your mailing label whenever you write to us about anything. It will make it possible for us to respond to your needs more efficiently and effectively. Thanks!

DID YOU KNOW?

That you can freeze the remaining contents of a partially used can of tomato paste in Tbsp. sized mounds on foil? Then store them in a plastic bag in the freezer for future use.

*Marie Fleming
Pendleton, S.C.*

That if your favorite grease monkey gets motor oil on his nylon clothing, you can get both the odor and the oil out by soaking the article(s) in pine oil overnight?

*Judy Mullinax
Rock Hill, S.C.*

That you can get rid of odors that linger in plastic containers by putting balls of crumpled-up newspaper (black and white only) in the containers, covering them tightly, and leaving them overnight?

That the best way to prolong the lives of most cut flowers is to place them in a quart of water in which 2 Tbsp. of white vinegar and 2 Tbsp. of granulated sugar have been dissolved? The vinegar inhibits the growth of unwanted organisms and the sugar serves as food for the flowers.

*both from Phyllis Edwards
Enfield, N.C.*

That a good way to clean the blades of your electric can opener is to run a folded-up paper towel through the cutter?

*Phyllis Bryant
Maryville, Tenn.*

That you can re-use cinnamon sticks after flavoring food or drinks with them. Simply rinse, dry and store until you need them again.

*Mrs. L.S. Fajkowski
Spring Hill, Fla.*

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Bread and Butter Pickles

1 gallon cucumbers, thinly sliced (4 quarts)
10 medium size onions, thinly sliced
1 red pepper, thinly sliced
1 green pepper, thinly sliced
1 large or 2 small cloves of garlic
½ cup salt
at least 2 trays of ice
5 cups vinegar
5 cups *Dixie Crystals* sugar
½ tsp. turmeric
½ tsp. cloves
½ tsp. allspice
2 Tbsp. mustard seed
1 tsp. celery seed
Place cucumbers, onions, peppers and garlic in a large container. Sprinkle with salt. Add ice and cover with a weighted lid. Let stand 3 hours. Replace ice cubes as they melt. Drain well. Add remaining ingredients. Place on stove over low heat. Keep turning pickles over and over until mixture reaches scalding point. DO NOT BOIL. Bottle while hot (straight from the stove) in hot, sterilized jars. Seal. Process 15 minutes in a boiling water bath. Let stand for at least a week before eating.

Peach Chutney

1 gallon peeled, chopped peaches (4 quarts)
1 cup chopped onions
1 clove of garlic
1 pod hot red pepper
1 cup raisins
5 cups vinegar
¼ cup white mustard seed
2 to 3 cups brown sugar
2 Tbsp. ground ginger
2 tsp. salt
Wash, drain, peel, chop and measure the peaches and onions. Chop garlic, pepper, and raisins. Remove seeds from pepper unless you like your chutney very hot. Mix all ingredients together and cook slowly until chutney is as thick as you like it. Pour it while still boiling hot into sterilized jars and seals at once. Process 10-15 minutes in a boiling water bath.

Pear Relish

1 peck pears (12 lbs.)
6 medium size onions
6 red bell peppers
6 green bell peppers
2 lbs. *Dixie Crystals* sugar
1 Tbsp. salt
1 Tbsp. mixed spices (pickling spices)
1 Tbsp. turmeric
1 cups vinegar
Chop pears, onions, and peppers in food processor or run them through a meat grinder. Add all other ingredients. Do not add any water. Bring to a boil and cook for 30 minutes. Transfer immediately (while still piping hot) to sterilized jars and seal. Process 5 minutes in a boiling water bath.

Join in the fun! It's easy! All you need to do to get in on the fun as a Homemade Good News subscriber is mail us \$3.00. There are no other costs. Where else can you save more than you spend?

YES! I want to sign up for Dixie Crystals Homemade Good News. I have enclosed \$3.00 for postage and handling.

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Broccoli with Water Chestnuts

5 Tbsp. butter
½ cup fresh breadcrumbs
1 can drained, sliced water chestnuts
salt, pepper
2 heads fresh broccoli
6 quart pot of boiling, salted water
Melt butter in a saute pan. Stir in bread crumbs and saute until they begin to turn light golden color. Add sliced, drained water chestnuts, and toss in buttered crumbs to coat evenly. Season with salt and pepper and continue to saute over low heat until the water chestnuts are heated through. Set aside. (This can be reheated at the last minute, just as the broccoli is ready.)

Cut the broccoli stems off 2 to 3 inches down from the base of the buds. Reserve the stems for later use, or peel and trim them to cook with the buds. Bring a large kettle of salted water to a boil. Wash the broccoli thoroughly in cold running water, then plunge it into the boiling water. Cook uncovered for 5 to 6 minutes, until the broccoli is tender-crisp and bright green. Remove the water at once, drain well and arrange on a vegetable dish. Sprinkle with the water chestnut-bread crumb mixture and toss lightly. Serve immediately.

DESSERT



Clafoutis (Cherry Flan)

1 lb. cherries
2 Tbsp. *Dixie Crystals Dark Brown Sugar*
2 Tbsp. almond extract
2 cups flour
1 cup *Dixie Crystals* granulated sugar
pinch of salt
4 eggs
1½ cups milk
½ cup cream
⅓ cup Kirsch (cherry liqueur)
1 Tbsp. butter
2 Tbsp. *Dixie Crystals 10X Confectioners Sugar*

Wash the cherries and remove the stems. (If you use canned, pitted cherries, just drain them.) Put in a mixing bowl and sprinkle with brown sugar. Toss to coat. Pour almond extract over the cherries, stir to mix well, and let stand at room temperature.

Combine flour, sugar, and salt in a large mixing bowl and blend well. In another bowl, beat the eggs with the milk and cream. Add the Kirsch and blend thoroughly. Gradually pour (in a thin stream) into the flour mixture, stirring constantly to make a smooth batter.

Drain the cherries and place them in the bottom of a greased baking dish. Pour the batter over them and dot the surface with butter. Bake at 350 for about 45 minutes, or until the Clafoutis has puffed up and turned a light golden color on top. Test doneness with a toothpick inserted in the center. If it comes out clean, the Clafoutis is done. Remove from the oven, sprinkle with confectioners sugar, and serve warm, with vanilla ice cream or plain whipped cream.

A Fine Pickle

We all know the answer to the question of what to do with an overabundance of home grown fruits and vegetables: you eat what you can, and what you can't, you can. Well, it is that time of the year again, so we've gathered some tips on successful pickle, relish, and chutney making. We hope the subscribers to *Homemade Good News* can "put up" with our hints and recipes...in fact, we hope you'll "relish" them.

Remember...

- Kettles and pots should be stainless steel or unchipped enamel. Spoons should be stainless steel, unchipped enamel, or wooden. Do not use brass, copper, galvanized, iron, or zinc utensils.
- Use white vinegar or cider vinegar, white when clarity and lightness of color is a priority, and cider vinegar for added flavor and aroma (but also a darker end result).
- Use fresh whole spices. Ground or powdered spices darken pickles and relishes.
- Use white sugar for light, clear color (pickles); brown sugar for darker, richer color (chutneys).
- Use the freshest produce you can obtain...just-picked if possible. A long time between the picking and pickling may result in hollow or shriveled pickles.
- Use pure granulated salt, not table salt. Look for the words "pickling", "flake", "barrel" or "kosher" on the label when buying.
- Do not use too many spices, and do not overboil the ones you do use, as either excess will give a strong, bitter taste.

Many old recipes call for soaking ingredients in solutions of alum and lime to ensure crispy, crunchy pickles, but such procedures are really not necessary if fresh, top quality produce is used and modern methods of canning are followed.

Tomato Chutney

12 medium size tomatoes
6 apples
4 red bell peppers
4 green bell peppers
4 large onions
1 hot red pepper
½ lb. raisins
2 cups vinegar
2 cups sugar
1 tsp. salt
2 tsp. celery seed

Peel and dice tomatoes and apples. Dice all the other vegetables. Mix all ingredients together. Cook slowly on low heat until thick and clear (about 1½ hours). Immediately put into sterilized jars and seal. Leave ½ inch head space. Process 10 minutes in a boiling water bath.

Sweet Watermelon Rind Pickles

Day One:

Cut the green skin and the pink flesh off of the white rind of a firm, medium size watermelon. Cut the rind in cubes or squares. You should have 4 or 5 quarts of rind. Boil it until it is nearly transparent. Drain it thoroughly and transfer it to a large bowl made of glass, plastic, ceramic, stoneware or other crockery. Bring to a boil 1 quart (4 cups) of vinegar and 4 lbs. (8 cups) of sugar. Skim. Add a small quantity* of each of the following whole spices: cinnamon stick, mace, cloves and allspice, all tied up in a muslin or cheese-cloth bag, and boil for 10 minutes. Remove the bag and pour the syrup over the watermelon rind. Use a weight like a heavy plate or a glass pie pan with a jarful of water on top to keep the pieces of rind down below the surface of the liquid. The rind must be kept immersed. Let it stand overnight.

Day Two:

Pour the syrup into a pot or kettle and reboil it. Pour it over the rind. Again, use a weighted lid to ensure that the rind stays covered with the liquid. Let it stand overnight. Day Three: Pack pieces of rind in sterile glass jars. Put liquid in cooking pot and bring the syrup to a boil again. Pour over rind. Fill each jar right up to the top. Do not leave any head room; pickles must be covered. Seal. Store in a dark, cool, dry place.

*3 sticks cinnamon, 2-3 Tbsp. whole cloves, 1 tsp. each mace and allspice.

The Richest Cheesecake

2 cups all-purpose flour
 1/2 cup *Dixie Crystals 10X Confectioners Sugar*
 Rind of 1 lemon, grated
 2 egg yolks, slightly beaten
 1 cup unsalted butter, softened
 1 pound cream cheese, room temperature
 1 pound cottage cheese, drained if necessary
 2 cups *Dixie Crystals 10X Confectioners Sugar*
 1/4 cup flour
 1/4 tsp. salt
 6 large eggs
 2 Tbsp. instant coffee
 2 Tbsp. Amaretto liqueur



In a large bowl, mix flour, 1/2 cup *Dixie Crystals* sugar and rind. Add yolks and butter, beat together. Form dough into two balls (one-fourth and three-fourths) and chill for one hour. Pat larger ball into a 9 inch springform pan to form a crust which will come up the sides two inches. Beat cheeses until fluffy. Add 2 cups *Dixie Crystals* sugar, flour and salt. Add eggs, one at a time, beating well after each

addition. Stir coffee into Amaretto and dissolve. Add to cheese mixture and mix well. Pour mixture into prepared pan. Bake in a preheated 275° oven for 1 hour and ten minutes. Towards end of baking time, roll out the remaining dough on a floured surface and cut into strips. Remove cake from oven, raise oven temperature to 350°. Weave strips over surface of cake, cutting off excess dough. Press ends of strips with a spoon against the cake's crust. Return to oven and bake 15 minutes longer. Cool in oven with door ajar for one to two hours. Refrigerate. Remove sides when completely cool. Dust with *Dixie Crystals Confectioners Sugar*.

DID YOU KNOW?

That a damp toothbrush will remove all the cornsilk from an ear of corn on the cob if you brush gently in one direction only?

*Mari Sano
Tampa, Fla.*

That rice or noodles will not stick together or boil over if you add a Tbsp. of butter or cooking oil to the water?

*Kathy Hobson
Yadkinville, N.C.*

That if you save the juice from a jar of sweet cucumber pickles (instead of throwing it out after all the pickles have been eaten) and put the drained canned beets in it, you will have good pickled beets in 24 hours time?

That you can use a paste of vinegar and salt instead of a store-bought copper polish to clean your copper bottom pans?

*both from Glennice Cox
Burlington, N.C.*

That adding a pinch of baking powder to a powdered sugar icing will keep it

moist and will prevent it from hardening and cracking?

That you can usually remove a dried bloodstain from a washable fabric by wetting it with undiluted 3% hydrogen peroxide, dabbing it with a dry cloth or paper towel, and laundering as usual?

*Mrs. Jan Vanderveer
Raleigh, N.C.*

That you can restore a jar of honey that has turned to sugar to its original state by heating it in a pan of hot (not boiling) water?

*Sue L. Emery
Enoree, S.C.*

That many, if not most, pint sized Mason jars and Ball jars can be attached directly onto the blade and plastic collar of your blender? You can make mayonnaise and salad dressings in the same jars that you use to store them in.

*Pam Smith
Lowgap, N.C.*

That you can save money by making your own seasoned salt? Combine and mix well:

5 Tbsp. salt
 2 Tbsp. sugar
 1 Tbsp. paprika
 1 tsp. celery salt
 1 tsp. onion powder
 1 tsp. garlic powder
 1 tsp. dry mustard
 1 tsp. dry thyme
 1 tsp. nutmeg

*Rosa Lee Jackson
Gordon, Ga.*

That you can make really strong onions milder by soaking them in ice water for an hour after you have peeled and cut them?

*Mrs. J.M. Buckner
Daytona Beach, Fla.*

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