

Homemade Good News

Vol. V

A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS

No. 2



DAZZLING DESSERTS

(Pictured on cover)

Double Chocolate Cake

Chocolate Sponge Cake:

- 4 TBSP melted butter
- 7 large eggs + 1 egg yolk
- 1 cup Dixie Crystals granulated sugar
- 1 tsp. vanilla extract
- 1 cup sifted flour (all-purpose)
- $\frac{2}{3}$ cup cocoa powder
- $\frac{1}{4}$ tsp. salt

Whipped Chocolate Filling:

- 1 cup heavy cream
- 2 oz. unsweetened chocolate, grated or chopped
- 6 oz. semi-sweet chocolate, grated or chopped
- 1 TBSP framboise (raspberry liqueur) or the flavoring of your choice - Grand Marnier, rum, Kirsch, etc.

Chocolate Glaze:

- 6 oz. unsalted butter ($1\frac{1}{2}$ sticks)
- 4 TBSP light corn syrup
- 6 oz. bittersweet chocolate, grated or chopped
- 1 TBSP framboise, or flavoring of your choice

Royal Icing:

- $\frac{1}{2}$ cup Dixie Crystals 10-X confectioners sugar
- $\frac{1}{2}$ egg white
- 4 drops fresh lemon juice

1. **To make the sponge cake:** Preheat oven to 350°. Using some of the melted butter, grease a 10" springform pan. Flour lightly, shaking off any excess. Combine eggs and yolk, sugar and vanilla in a large metal bowl. Whisk just to combine, then place bowl over low heat, stirring, just until sugar dissolves and eggs are slightly warm -- about 30 seconds. Be careful not to let eggs get too warm or they will cook! Remove from heat and beat at high speed with an electric mixer until mixture is very thick and tripled or quadrupled in volume, about 10 minutes. This step is very important in achieving a light, spongy cake. Sift together the flour, cocoa and salt, then pour mixture back into sifter. Using a wide spatula, fold the egg mixture with one hand while you sift the dry ingredients in with the other, using a lifting and folding action. Use the same technique to fold in the remaining melted butter. Pour the batter into the prepared pan and bake in the preheated oven for 30-40 minutes or until a toothpick inserted in the center of the cake comes out clean. Remove from the oven and cool on a rack for 5 to 10 minutes before removing the sides of the pan. Invert cake onto waxed paper. Cool completely.

2. **To make the filling:** Combine the cream and chocolate in a saucepan and stir over low heat until mixture reaches a boil, being careful not to scorch the chocolate. When the chocolate is completely melted, remove from heat and cool, stirring occasionally. When mixture is cool, add the liqueur and beat at high speed until thick and glossy and lightened in color, about 4-5 minutes. This

filling can't be made ahead and must be used fairly soon as it sets quickly.

3. **To assemble the layers:** Cut cardboard circle to fit cake. Use a long serrated knife to cut the cake horizontally into 3 equal layers. If the cake isn't even on top, level it off with your knife and use that layer on the bottom. Place that layer on the cardboard circle and spread about $\frac{1}{3}$ of the filling evenly over the top, leaving the excess to hang over the sides -- you will smooth this out later. Repeat this process with the middle layer, then place the top layer on. Spread the remaining filling on top, smoothing it as much as possible with your spatula. Then, holding the cake from the bottom in one hand and your spatula in the other, turn the cake as you spread the overhanging filling down and around the sides, smoothing the edges as well as possible. (This is easier to do if you have a turntable to sit your cake on.) Refrigerate the cake until the filling is

you can't, use your spatula to cover the places you miss. Try to use as few spatula strokes as possible. Next, spoon the prepared Royal Icing into a pastry bag fitted with a small open tip. This icing should be piped on while the chocolate glaze is still slightly soft. Beginning in the center of the cake, draw a coil with the icing (you might want to practice this before actually drawing it on the cake -- it requires a fairly steady hand), going around without stopping to form a widening spiral. The line should encircle the entire edge of the cake before you stop it. Take a knife and lightly draw 8 lines from the center of the cake to its outer edges, making them an equal distance from each other, like spokes. To complete the decoration, draw between these lines, moving your knife in the opposite direction (from the outer edge toward the center. Garnish the cake with candied violets, if desired. (These are available in specialty food shops.) If you

Divine Decadence

Dazzle them unmercifully with two dessert masterworks -- a decadent Double Chocolate Cake and a refreshing Raspberry Sherbert Layer "Cake" garnished with glistening Fondant Dipped Cherries.



completely set, $1\frac{1}{2}$ to 2 hours. When the cake is set, make the Chocolate Glaze and the Royal Icing.

4. **To make the glaze:** Combine butter and corn syrup in a saucepan and place over low heat. Bring to a simmer, stirring constantly, and cook for 1 minute. Remove from heat and add the grated bittersweet chocolate and liqueur. Whisk until chocolate melts and mixture is completely smooth. If lumps are still present, return to low heat, stirring for a few seconds. Set aside to cool until lukewarm, about 9 minutes. While the glaze is cooling, make the Royal Icing.

5. **To make the icing:** Combine the confectioners sugar, egg white and lemon juice. Beat until very smooth and creamy. Mixture should be thick enough to hold a ribbon. If it gets too thick, thin it with a little lemon juice or water and beat until smooth. If it is too thin, add more confectioners sugar and beat.

6. **Glazing and decorating the cake:** Set the chilled cake on a wire rack placed over a baking sheet. (You may want to tape the bottom of the cake circle to the rack to prevent slipping.) Pour the lukewarm glaze on top of the cake and using a long metal spatula, quickly smooth the glaze evenly over it. Try to spread the glaze so that it runs down the sides and coats them completely, but if

don't intend to serve the cake that day, refrigerate it in an airtight cake container. Bring it back to room temperature before serving.

Raspberry Sherbert Layer "Cake"

(This recipe should be made at least a day before it is to be served)

- 3 cups chocolate cookie crumbs, finely ground (we used chocolate snaps and ground them in a food processor)
- $4\frac{1}{2}$ TBSP sweet butter, melted
- 5 cups ($2\frac{1}{2}$ pints) raspberry sherbert
- 1 cup whipping cream
- 1 TBSP Dixie Crystals granulated sugar

In a mixing bowl, combine the cookie crumbs and 4 TBSP of melted butter. Stir the mixture with a fork until well blended. Brush an 11 x $4\frac{1}{2}$ x $2\frac{3}{4}$ inch loaf pan with some of the remaining melted butter and line the bottom of the pan with a piece of waxed paper cut to fit. Brush the waxed paper with butter. Spread 9 TBSP of the crumb mixture evenly in the bottom of the pan, pressing it down with the back of a spoon to form a compact crust. Place the pan in the freezer for 15 to 20 minutes, or until crust is firm. While it is in the freezer, soften $1\frac{1}{4}$ cups of sherbert in the refrigerator. Spread the softened sherbert evenly over the crust, using a spatula to smooth the surface.

Freeze until firm, 20-30 minutes. Repeat this process 3 times, making 4 layers of sherbert. Top with a final layer of crumbs, pressing and smoothing it as evenly as possible. Cover and freeze at least 8 hours or overnight. To unmold, run a knife around the edges of the dessert, then dip the pan in hot water for 5 seconds. Invert onto a serving dish and return to the freezer immediately, and leave it there while you prepare the whipped cream "frosting". Whip the cream until soft peaks form, then gradually add the sugar and continue to whip until cream is thick. Use a spatula to spread the whipped cream smoothly over the top and sides of the frozen "cake." Spoon some of the whipped cream into a pastry bag fitted with a small open tip and pipe decorative lines down and across the cake. Garnish with Fondant Dipped Cherries (see following recipe).

Fondant Dipped Cherries

- 24 perfect long stemmed cherries, or
- 24 Marachino cherries with long stems
- ¾ cup Dixie Crystals granulated sugar
- ⅓ cup water
- 1 TBSP light corn syrup
- 3¼ cups Dixie Crystals confectioners sugar
- Food coloring (for tinting our fondant, we used a few drops of raspberry juice from frozen raspberries)
- Flavoring - a few drops of Kirsch or light rum (optional)

If you can't find fresh cherries, prepare Marachino cherries for dipping in the following way: Preheat oven to 200°, leave on for 5 minutes, then turn off. Place the cherries on paper towels to blot up moisture, then transfer to a baking sheet lined with waxed paper. Place in warm oven for 5 minutes to dry, then remove and set aside while you make the fondant.

Combine the granulated sugar, water and corn syrup in a saucepan and cook over medium heat for 10 minutes, or until clear and syrupy. Remove from the heat and let cool until a candy thermometer reads 170°. Beat in the confectioners sugar until smooth and shiny, then add the coloring and flavoring as desired, beating it in well. Hold the cherries by their stems and dip them in the fondant, letting any excess drip back into the pot. Place dipped cherries on waxed paper and allow them to cool and harden at room temperature. If the fondant becomes too thick and unworkable before you are finished, stir it over warm water until it returns to the right consistency. Or, beat in a few drops of water until it is smooth again. If you are using Marachino cherries, let them set at room temperature, then transfer (on waxed paper) to an airtight container and store in the refrigerator until ready to use. This keeps the moisture inside from oozing out and ruining the fondant coating. Fresh cherries that have no nicks in the surface that might leak moisture probably won't have to be refrigerated.

MENU OF THE MONTH

Onion Soup with Cheese Croutons

(Pictured on back cover)

- 8 TBSP sweet butter
- 4 cloves garlic, minced
- ½ cup shallots, chopped
- 4 leeks, white and light green part only, washed well and thinly sliced
- 3 medium sized onions (about 1 lb.), coarsely chopped
- 1 TBSP Dixie Crystals granulated sugar
- pinch salt
- 3 TBSP flour
- 8 cups beef bouillon (or 3 cans double strength beef broth + 3 cans water)
- 1½ cups dry red wine
- ½ tsp. sage
- ½ tsp. thyme
- 1 bay leaf
- salt, freshly ground black pepper, to taste
- 4 scallions, ends trimmed and cut diagonally into ½" pieces
- loaf of French bread
- 2 TBSP olive oil
- 1 cup grated Swiss cheese mixed with
- ½ cup grated Parmesan cheese
- fresh chives

Melt 3 TBSP of butter in a large skillet. Add the garlic and saute, stirring, for 1 minute. Add the shallots and saute another minute, stirring to coat well with butter. Add the chopped leeks and cook over medium heat, stirring often, until leeks are almost tender, about 7 minutes. Remove from heat and set aside.

In a large heavy saucepan, melt 3 TBSP of the butter over medium heat without browning. Add the chopped onions, stirring to coat them well. Cover and cook over low heat for 15 minutes, stirring occasionally, until onions are tender and transparent. Uncover and raise heat to medium high. Sprinkle in the sugar and salt and cook, stirring often, until onions are golden brown, another 20-30 minutes. Lower heat to medium and stir in the flour. Continue to cook until mixture is pasty and the flour begins to color slightly. Then, pouring in a thin stream, stir in the beef broth. Use a whisk if necessary to smooth out any lumps. Stir in the sauteed leeks, then add the wine, sage, thyme, bay leaf, and salt and pepper to taste. Bring to a boil then reduce heat and simmer, partially covered, for 30 to 40 minutes, or until all the flavors have mingled and the soup is rich in taste and color. Add the scallions and simmer another 5 minutes, or until the croutons are ready.

To make the croutons:

Cut the bread into enough 1-inch slices to serve 2 or 3 per person. Lightly brush the slices with a mixture of the remaining 2 TBSP of butter melted with 2 TBSP olive oil. (Reserve some of this butter-oil for drizzling over the cheese.) Arrange on a baking sheet and place in a 350° oven. Bake until lightly browned, then turn and brown lightly on other side. Remove from oven and sprinkle generously with mixed cheeses.

Drizzle with the remaining butter-oil and return to the oven until the cheese is melted and bubbly. If you wish, run the croutons under the broiler for a minute to brown the cheese lightly on top. Garnish each crouton with fresh chives. Ladle soup into serving bowls and place croutons on top. If they don't all fit, serve them on the side. Serve at once.

Roasted Cornish Game Hens with Apple Glaze

(Pictured on next page)

- 6 Cornish Game Hens, about 1 lb. each
- salt, pepper
- 8 TBSP butter
- ¼ cup water
- 2 TBSP Dixie Crystals granulated sugar
- 1 TBSP cornstarch
- 2 tart apples, peeled, cored and cut into thin slices
- 1 TBSP lemon juice
- a pinch of ground cloves
- 2 TBSP brandy
- salt, pepper to taste

Preheat oven to 400°. Remove the giblets from the hens and rinse them inside and out with cold water. Pat dry, then truss and arrange on a large baking sheet. Sprinkle all over and inside with salt and pepper. Melt 6 TBSP of the butter and brush the hens generously with it. Roast in the middle of the preheated oven for about 40-45 minutes, basting them every 15 minutes with melted butter. They are done when juices from the thigh area run clear. Transfer the hens to a warm platter and cover with a tent of aluminum foil. Reserve ⅓ cup of the pan drippings from which you have skimmed as much grease as possible.

To make the glaze: Combine the water and sugar and stir until the sugar dissolves. Spoon a couple of TBSP of this mixture into a small bowl and dissolve the cornstarch in it. Set aside. Melt the remaining 2 TBSP of butter in a large skillet. When hot, add the sliced apples and the lemon juice and saute, stirring for 1 minute. Stir in the degreased pan juices and cook over medium high heat another minute or two, or until the apples are just beginning to soften. Add the cornstarch mixture, blending it in well with a wooden spoon. When the glaze begins to thicken, stir in the rest of the sugar water and cook over low heat until smooth and velvety. Add a pinch of ground cloves, then stir in the brandy and cook just until the alcohol evaporates and the glaze is smooth again. Season with salt and pepper to taste. Glaze should be thick enough to coat the hens, but not gooey. If it becomes too thick, thin it with a little water or white wine. If it is too runny, continue to simmer until it thickens. Spoon over hens and serve.



Long Grain and Wild Rice Pilaf

- 2 TBSP butter
- 2 shallots, chopped
- 1 7-oz. package Long Grain and Wild Rice Mix (about 1 cup); available in most markets
- 2½ cups chicken stock
- 1½ tsp. salt

Melt the butter in a medium sized saucepan. Add the chopped shallots and saute over medium heat for 2-3 minutes. Add the rice mix, stir to coat grains well with butter, and cook another 2-3 minutes. Pour in the chicken stock (you can use one can double

strength stock diluted with one can water) and add the salt and stir well. Bring to a boil then reduce heat to a simmer. Cover and cook for about 25 minutes or until the rice is soft and most of the liquid is absorbed. This rice should not be dry, but moist. Serve with Roasted Game Hens, garnish with reserved orange sections (see recipe for Peas and Mushrooms in Orange Cups).

Peas and Mushrooms in Orange Cups

- 4 Valencia oranges
- 3 TBSP butter

- ½ lb. mushrooms, thickly sliced
- 1 10-oz. package frozen baby peas
- salt, pepper, to taste

Cut 3 of the oranges right through the center so you have 6 equal halves. Carefully remove all of the flesh without damaging the skins, reserving some pulp for juice. Set the finished cups aside.

Using a vegetable peeler, remove 2 or 3 wide strips of peel (orange part only) from the 4th orange. Stack the peels together and cut into very thin strips. Blanch these strips in boiling water for two minutes, then rinse and repeat with fresh water. Drain and set aside.

Menu of the Month

Please everyone with a dramatic presentation of this simple, but outstanding menu. A light touch sets the tone, bringing distinctive flavors together in a most compatible way.



Carefully cut the remaining skin from the orange and discard. Remove the whole sections by cutting between them with a sharp knife and lifting the wedges out. Reserve orange sections for a garnish (see Long Grain & Wild Rice Pilaf recipe).

Melt the butter in a skillet and saute the sliced mushrooms in it just until they begin to change color. Remove from heat. Following the directions on the package, thaw the peas, do not cook them completely. Add to the peas $\frac{1}{4}$ cup of juice squeezed from the reserved orange pulp, the blanched peel, and the mushrooms and their pan juices. Bring to a simmer and cook over low heat just until the peas and mushrooms are tender and heated through. Season with salt and pepper to taste. Transfer to orange cups using a slotted spoon. Serve with Roasted Game Hens and Long Grain and Wild Rice Pilaf.

DID YOU KNOW

You can substitute yogurt for buttermilk (or vice versa) cup for cup in recipes, or you can make your own sour milk by adding 1 TBSP lemon juice or white vinegar to 1 cup minus 1 TBSP lukewarm sweet milk.

You can substitute cocoa for baking chocolate (or vice versa) if you adjust the amount of butter accordingly. One 1-oz. square of unsweetened baking chocolate = 3 TBSP cocoa + 1 TBSP sweet butter.

You can substitute $\frac{1}{3}$ cup softened butter + $\frac{3}{4}$ cup sour milk for 1 cup sour cream (see hint above on making sour milk).

Out of lemon juice? Substitute $\frac{1}{2}$ tsp. vinegar for every 1 tsp. lemon juice called for.

Thickening agents that can be substituted for 1 TBSP flour: $1\frac{1}{2}$ tsp. cornstarch or 2 tsp. tapioca.

If a recipe calls for 1 cup of whipping cream, and all you have on hand is milk, substitute $\frac{3}{4}$ cup milk + 4 TBSP butter. If the equivalent of heavy cream is desired, increase the amount of butter to $5\frac{1}{3}$ TBSP. This substitution *will not whip*. It is intended for use in baking and sauce making only.

Other common baking ingredients substitutions:

- 1 tsp. baking powder = $\frac{1}{4}$ tsp. baking soda + $\frac{1}{2}$ tsp. cream of tartar.
- 1 cup sugar + $\frac{1}{4}$ cup liquid = 1 cup corn syrup.
- 1 cup sifted cake flour = 1 cup - 2 TBSP sifted all-purpose flour.



DELICIOUS, DELIGHTFUL, DELOVELY DOUGHNUTS

Just as hot dogs go together with baseball games and popcorn is the natural accompaniment to a movie, so doughnuts are associated in my mind with leisurely Saturday and Sunday mornings. If the smell of fresh coffee brewing didn't get me out of bed, the realization that it was doughnut day would do it. I recently decided to try some of my mother's recipes for the doughnuts I remembered so fondly. I'm afraid I'll never again be content with cardboard concoctions from a chain donut franchise.

Doughnuts fall into two main categories: raised doughnuts, which are leavened with yeast, and cake doughnuts, which are made with baking powder and soda. Raised doughnuts take longer to prepare, with up to 10 minutes of kneading and 2 hours of rising time, but they keep better because they don't dry out as fast; and there's less waste because scraps of dough from the first rolling-and-cutting can be gathered up and incorporated into the second batch.

Although cake doughnuts require less preparation time, they demand rapid assembly and delicate handling in order to be light and tender. It is best to roll out the dough only once, as cake doughnuts made from re-rolled scraps tend to be a little on the tough side.

Novice doughnut makers may wish to begin with drop doughnuts, the quickest and easiest of all - no rising, no rolling, no cutting, and no holes!

Most of the doughs in the recipes that follow can be made in the afternoon, refrigerated overnight, and rolled out, cut out, and fried the next morning.

Here are some doughnut "do's" and "do-not's" to help you get started:

Do have all ingredients at room temperature for best results.

Do mix cake doughs quickly and lightly - handle as little as possible.

Do experiment with spices. Try substituting mace for nutmeg. Use cardamom in place of ginger.

Do chill most cake doughs before rolling out to minimize stickiness.

Do use as little flour as possible when rolling out to minimize toughness.

Do roll out dough to $\frac{1}{2}$ " thickness unless recipe says to do otherwise.

Don't go out and buy a doughnut cutter if you don't already have one. Do use two biscuit cutters (one large, one small) instead. Do allow doughnuts to sit and "dry" for about 10 minutes before frying to reduce fat absorption.

Do use *fresh* fat - hydrogenated vegetable shortening or oil.

Do heat fat slowly to allow any moisture that may be in it to evaporate.

Do not heat fat until it smokes.



Do use an electric skillet or deep fat fryer equipped with an automatic thermostat if you have one; if not, use a wok, heavy flat-bottomed pot, or cast iron skillet along with a frying thermometer to ensure that fat is at the proper temperature.

Do fry doughnuts at 360-370° unless recipe says to do otherwise.

Do dip spatula, skimmer, or tongs in hot fat before using to pick up doughnuts so that dough will not stick to utensil.

Do slide doughnuts into hot fat gently, one at a time, to preserve their shapes and prevent splattering.

Do not try to fry too many doughnuts at once. Overcrowding results in greasy, soggy doughnuts. Do fry in small batches to ensure crisp crust.

Do use tongs to turn each doughnut as soon as it is brown on the bottom.

Do drain doughnuts on thick layers of paper toweling.

Do replace each (cooked) doughnut you remove with a fresh (uncooked) one immediately in order to maintain hot fat at a constant temperature.

Do use a small strainer with a long handle to skim crumbs from fat.

Do fry doughnuts and doughnut holes in separate batches, as the latter takes less time to cook than the former.

Don't forget that rich, sweet doughnuts absorb more fat than others. Do remember that glazing and sugaring can compensate for any lack of sweetness in batters and doughs.

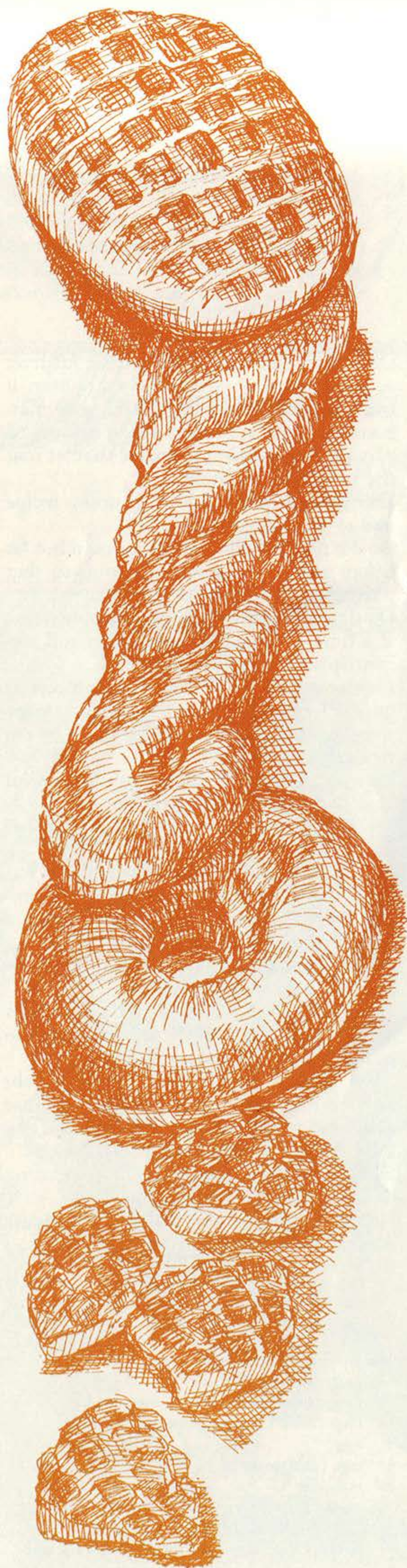
Do allow doughnuts to cool before glazing or sugaring.

Do remember that the easiest way to sugar doughnuts is to shake them in a paper bag with the sifted sugar.

New Orleans French Quarter Beignets

- $1\frac{1}{2}$ tsp. active dry yeast
- $\frac{3}{4}$ cup lukewarm water
- $\frac{1}{2}$ cup evaporated milk
- $\frac{1}{4}$ cup Dixie Crystals granulated sugar
- 1 egg
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. salt
- $3\frac{1}{2}$ cups flour
- 2 TBSP unsalted butter, softened
- sifted Dixie Crystals confectioners sugar

Rinse out mixing bowl with hot water. In



it combine yeast and lukewarm water. Stir until yeast is dissolved. Mix in evaporated milk, sugar, egg, cinnamon and salt. Add flour. Beat until smooth. Stir in softened butter. Wrap in plastic wrap. Chill overnight. Quarter dough, and roll out one quarter at a time to $\frac{1}{8}$ " thickness on a lightly floured surface. Dough will be stretchy - like pizza dough. Cut into rectangles about 3" x 2". Heat fat to 370°. Fry beignets 3 or 4 at a time just until golden (about 2 minutes), turning once after about 1 minute. Remove with tongs. Drain on paper towels. Sprinkle with sifted confectioners sugar. Yields about 3 dozen.

Drop Doughnuts

- 3 TBSP unsalted butter, softened
- $\frac{3}{4}$ cup Dixie Crystals granulated sugar
- 3 egg yolks
- 1 cup lukewarm milk
- $\frac{1}{2}$ tsp. vanilla extract
- $2\frac{3}{4}$ to 3 cups plain flour, sifted
- 2 TBSP baking powder
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt

Cream butter and sugar. Add egg yolks one at a time, beating 1 minute after each addition. Stir in milk and flavoring. Sift all dry ingredients together. Add dry ingredients to wet mixture, 1 cup at a time, mixing well after each addition. Let batter rest for 15 minutes. Heat fat to 365°. Drop batter by teaspoonfuls into hot fat. Fry until golden brown (about 2 minutes), turning once halfway through. Drain on paper towels. Coat with cinnamon sugar (2 TBSP cinnamon to 1 cup sugar). Yields about 3 dozen. To make regular rolled-and-cut-out doughnuts, increase amount of flour to $3\frac{3}{4}$ to 4 cups.

Sweet Milk Doughnuts

- $\frac{1}{2}$ cup Dixie Crystals granulated sugar
- 1 egg
- $\frac{1}{2}$ cup whole milk
- 2 TBSP unsalted butter, melted
- $\frac{1}{2}$ tsp. vanilla extract
- 2 cups plain flour, sifted
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- pinch cinnamon
- pinch nutmeg
- pinch lemon rind

Gradually add sugar to egg, beating constantly. Add milk, butter, and flavoring. In a separate bowl, sift all dry ingredients together. Add dry to wet mixture, a little at a time. Dough should be soft but not sticky. Chill dough. Roll out to $\frac{1}{2}$ " thickness. Cut doughnuts. Let rest 10 minutes before frying.

Lemon or Orange Doughnuts

In Sweet Milk Doughnut recipe above, omit vanilla extract and cinnamon. Add 1 TBSP freshly squeezed lemon or orange juice. Substitute 2 egg yolks for 1 whole egg. Increase freshly grated lemon or orange rind to 1 tsp.

Sour Milk or Sour Cream Doughnuts

- 1 cup Dixie Crystals granulated sugar
- 2 eggs, well beaten
- 1 cup buttermilk or sour cream
- 1 tsp. vanilla extract
- 4 to 5 cups plain flour, sifted
- 1 tsp. baking soda
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. freshly grated lemon rind
- (optional: pinch of cinnamon)

Gradually add sugar to eggs, beating constantly. Stir in buttermilk or sour cream and vanilla. Mix well. Sift 4 cups flour with all other dry ingredients. Gradually add dry to wet mixture. Stir in more flour, $\frac{1}{4}$ cup at a time, until dough begins to leave sides of bowl. If necessary, add up to 1 cup more flour - just enough to make a dough that is soft but not too sticky. *Do not overwork.* Stir only until blended. Chill dough. Roll out on lightly floured surface to $\frac{1}{2}$ " thickness. Cut doughnuts. Heat fat to 370°. Fry doughnuts until golden brown, turning once halfway through. Drain on paper towels. Yields 12-18 doughnuts and about 24 doughnut holes.

Potato Doughnuts

- $\frac{2}{3}$ cup Dixie Crystals granulated sugar
- 2 eggs
- 1 cup freshly cooked potatoes, riced or mashed (don't use day-old)
- 1 cup buttermilk or sour cream
- 2 TBSP unsalted butter, melted
- $3\frac{1}{2}$ to 4 cups plain flour, sifted
- 2 tsp. baking powder
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. nutmeg

Gradually add sugar to eggs, beating constantly. Stir in potatoes, buttermilk or sour cream, and butter. Sift all dry ingredients together. Gradually add dry to wet mixture. If necessary, add up to $\frac{1}{2}$ cup more flour - just enough to form a dough that is soft but not sticky. *Do not chill.* Use right away. (Dough does not keep, but turns grey if not rolled out immediately.) Proceed as for other doughnuts. Yields about 2 dozen.

Raised Callas (Rice Fritters)

- 1 package active dry yeast (about 2 tsp.)
- $\frac{1}{4}$ cup lukewarm water
- pinch of salt
- 1 cup cooked rice, well mashed
- 3 eggs, well beaten
- $\frac{1}{3}$ cup Dixie Crystals granulated sugar
- $\frac{1}{2}$ tsp. salt
- $\frac{3}{4}$ cup plain flour, sifted
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. freshly grated lemon rind

Dixie Crystals confectioners sugar, sifted
Proof yeast in lukewarm water with a pinch of salt for 15 minutes or until foamy. Mix with mashed rice. Cover with plastic wrap and let stand overnight. In morning add remaining ingredients. Let mixture rise until light and bubbly (about an hour). Heat fat to 365°. Drop batter by teaspoonfuls into hot

fat. Deep fry until golden brown, turning once halfway through. Drain on paper towels. While still warm, dust with sifted confectioners sugar. Yields 2 to 3 dozen.

Glazed Raised Doughnuts

- 1 TBSP active dry yeast
- 1 cup lukewarm milk
- pinch sugar
- 1/3 cup Dixie Crystals granulated sugar
- 4 TBSP unsalted butter, melted
- 2 eggs, well beaten
- 1/2 tsp. salt
- 4 cups plain flour, sifted

In mixing bowl, proof yeast in milk with pinch of sugar until foamy (about 15 minutes). Add sugar, melted and cooled butter, eggs, and salt. Mix. Add 2 cups flour and mix. Add remaining 2 cups flour and mix. Turn out onto floured surface and knead until smooth and somewhat elastic (about 5-7 minutes), adding more flour as needed. Form into a ball, place in well-buttered bowl, turn to coat with butter, cover with plastic wrap, and let rise in a warm place until doubled in bulk (about 60 minutes). Punch down. Roll out to 1/2" thickness, cut doughnuts, gather up and re-roll scraps. Let doughnuts rise until doubled in size (about another 60 minutes). Fry, drain, and glaze. Yields at least 2 dozen doughnuts.

Jelly Doughnuts

Make dough for Glazed Raised Doughnuts (see recipe above). Roll out and cut an even number of 2 1/2" rounds. Place about a teaspoonful of jam or jelly on half of them - right in the middle. Brush slightly beaten egg white all around edge. Put a plain round on top of each of the jellied rounds. Gently press edges together to seal. Let rise. Fry. Coat with Dixie Crystals confectioners or granulated sugar.

Crullers

Make dough for any rolled-and-cut type doughnuts. Cut rolled out dough into strips about 6-8" long and 3/4" to 1" wide. Let cake crullers rest 10 minutes. Let raised crullers rise 1 hour. Twist each strip of dough 3 or 4 times and pinch ends. Fry, drain, and sugar.

Glorious Glazes

Chocolate Glaze:

- 1 TBSP unsalted butter
- 2 oz. (2 squares) semisweet chocolate
- 3-4 TBSP whole milk
- 1 tsp. vanilla extract
- 1 3/4 to 2 cups (or about 1/2 box) Dixie Crystals confectioners sugar, sifted
- dash salt

Melt butter and chocolate in top of double boiler over hot water. Stir in 3 TBSP milk and vanilla. Gradually add sugar, beating constantly until glaze is smooth. Thin with another TBSP or so of milk if desired. Keep glaze warm while dipping doughnuts. Glazes up to 2 dozen doughnuts.

Q: What very good news did Marian Chase, Jean Taylor, and Mary Wilson receive last year? A: All learned that their entries had won \$100 cash prizes in the Homemade GoodNews Recipe Contest. 1985 may be your year to win a little fame and fortune. All you do is to submit as many entries as you like to the Fifth Annual Homemade GoodNews Recipe Contest. The rules are simple.

Only HMGN subscribers are eligible. Recipes must be original, "from scratch," reasonably easy to prepare, and must include among their ingredients any of Dixie Crystals' sugars: light brown, dark brown, 4X or 10X

WIN \$100



powdered, or granulated sugar. All kinds of recipes are welcome, not only those for sweets and desserts. Ingredients should be available in local markets. Measurements and methods should be clear and precise. Recipe directions should be typed or printed neatly and legibly on 3" x 5" cards along with the contestant's name and address, and mailed to: Homemade GoodNews Recipe Contest, P.O. Box 66, Savannah, GA 31402. That's all there is to it! Nothing to buy, no entry fees to pay, no forms to fill out. Just the chance that one of your recipes may win a \$100 cash prize. Contest closes on March 31, 1985. Go on, go for it!

DIXIE CRYSTALS SUGAR RECIPE CONTEST

DEADLINE: MARCH 31, 1985

Vanilla Glaze #1

- 3-4 TBSP whole milk
- 1 TBSP unsalted butter
- 1 tsp. vanilla extract
- 1 3/4 to 2 cups (about 1/2 box) of Dixie Crystals confectioners sugar, sifted

Combine first three ingredients in top of double boiler over hot water. When butter is melted, add sugar gradually, beating constantly until glaze is smooth. For thinner glaze, add another TBSP milk. Keep glaze warm while dipping doughnuts. Glazes up to 2 dozen doughnuts.

Vanilla Glaze #2

- 1 3/4 to 2 cups (about 1/2 box) Dixie Crystals confectioners sugar, sifted
- 1 tsp. (1/2 packet) unflavored gelatin
- dash of salt
- 3 to 4 TBSP boiling water
- 1 tsp. vanilla extract

Combine sugar, gelatin and salt in bowl of food processor fitted with steel blade. With motor running, trickle hot water through feed tube. Blend until smooth. Add vanilla. Transfer to double boiler and keep warm.

Lemon or Orange Glaze

- 1 1/4 cup Dixie Crystals confectioners sugar, sifted
- 1/4 cup freshly squeezed lemon or orange juice
- 3/4 tsp. vanilla extract
- 1/4 tsp. lemon or orange extract

Combine in a bowl and beat well. Thin with additional juice if desired.

find one. We offer herewith the next best thing for those who wish to concoct their own homemade starch.

Instant Spray Starch

- 1 cup cold water
- 1 1/2 tsp. cornstarch
- 1/2 tsp. wheatstarch

Put cold water into small bowl. Add starches. Stir constantly until starches are completely dissolved and mixture is thoroughly blended. Pour into clean pump spray bottle and cap tightly. Yields about 1 cup.

Old Fashioned Laundry Starch

- 1 quart glass jar with lid
- 4 cups + 5 TBSP water
- 1/4 cup cornstarch
- 1/2 tsp. paraffin

In double boiler, heat 4 cups water to boiling. Meanwhile, mix cornstarch with 5 TBSP cold water to form a smooth paste. Lower heat and slowly add cornstarch paste to boiling water, stirring constantly. Add paraffin. Continue to cook for 20 minutes, stirring frequently. Remove from heat. Let starch cool partially before straining through funnel lined with a double layer of cheesecloth into a clean jar. Cover tightly. Yields about 1 quart.

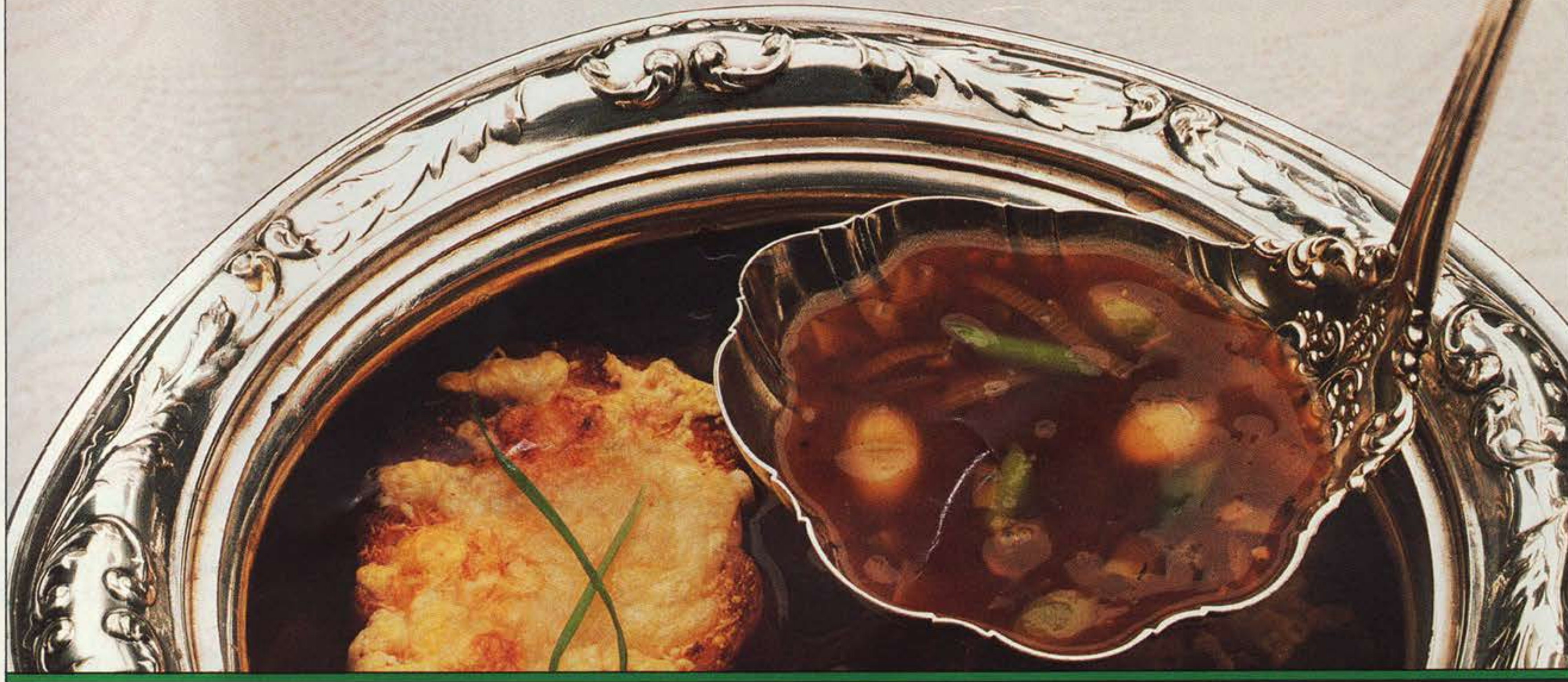
READER'S QUESTIONS

Some time ago, a reader wrote to us asking for a recipe for a sugar-and-water "starch" used to stiffen dolls' clothing. Well, we searched and searched, but were unable to

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Onion Soup with Cheese Croutons

Introduce your party to a favorite old starter with a brand new look. Our onion soup unites the whole onion family - almost! - with cheese croutons adding just the right bite.



*Homemade
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