

Homemade Good News

Vol. V A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS No. 5



Shakes, Splits, Floats, Sundaes—
New Scoops on Old Favorites

• New Scoops •

Mango Split

- 1 ripe mango
- 2 or 3 scoops vanilla ice cream
- Pineapple Apricot Sauce (recipe below)
- sweetened whipped cream
- macadamia nuts, coarsely chopped

Pineapple Apricot Sauce:

- ½ cup crushed pineapple (packed in its own natural juice),
- ⅓ cup pineapple juice, reserved from canned pineapple
- 1 cup apricot preserves
- 3 TBSP rum

To assemble the split: Cut through the center of the mango (lengthwise), cutting all around the large pit. Using a sharp boning knife, slice between the pit and the flesh to free each half, leaving the skin untouched. When you have detached the flesh from the pit, score the flesh, then cut it anyway from the skin in slices.

Place 2 or 3 scoops of ice cream in each of 2 split dishes. Arrange the mango slices around the ice cream. Top with a generous serving of Pineapple Apricot Sauce. Spoon or pipe whipped cream over, then sprinkle with chopped macadamia nuts and serve. 2 servings.

To make the sauce: Drain the crushed pineapple, reserving the juice (there should be at least ⅓ cup). Combine the juice and the apricot preserves in a saucepan, and stir over low heat until blended. Add the crushed pineapple and rum and bring to a boil, stirring often. Remove from the heat at once. Serve warm or at room temperature.

Ultimate Sundae

- 2 scoops coffee ice cream
- fresh orange sections
- Chocolate Orange Sauce (recipe below)
- Amaretti cookies, crushed (about 1 tsp. per serving) — available in specialty food stores
- maraschino or glacéed cherries

Put one or two scoops of ice cream in a sundae glass. Arrange orange sections around the ice cream. Spoon Chocolate Orange Sauce on top, and sprinkle with crushed amaretti cookies. Garnish with a maraschino cherry. One serving.

Chocolate Orange Sauce:

- ½ cup unsalted butter
- ⅔ cup evaporated milk
- 6 oz. (1 cup) semi-sweet chocolate morsels
- 1 TBSP light corn syrup
- 1½ cups *Dixie Crystals* confectioners sugar
- ¼ cup fresh orange juice
- 3 TBSP Grand Marnier, or another orange-flavored liqueur

Combine the butter, evaporated milk, chocolate, corn syrup, confectioners sugar and orange juice in a saucepan. Place over medium low heat and cook, stirring, until the chocolate melts and the mixture just reaches a boil. Reduce heat and maintain at a simmer for 8 minutes, then remove from

heat. Stir in Grand Marnier. Serve warm (you can keep it at the desired temperature by sitting it over a bowl of hot water).

Piña Colada Float

- 2 TBSP cream of coconut
- 3 TBSP coconut flavored rum (CocoRibe)
- club soda, to taste
- 1 or 2 scoops Rum Raisin Ice Cream
- flaked coconut (sweetened)

Combine the cream of coconut and the rum in a float glass (a wide mouthed Coca-Cola glass is ideal). Stir well to blend, then fill the glass ¾ of the way with club soda. Stir gently until mixture is blended and foamy. Add one scoop of ice cream, then if you wish, place another on top, right at the rim of the glass. Sprinkle with flaked coconut and serve. One serving.

Fresh Strawberry Shake

- 1½ cups fresh strawberries, hulled and coarsely sliced
- ¼ of a ripe banana, sliced
- ½ to ⅔ cup milk
- 2 cups (about 3 scoops) vanilla ice cream

Put the sliced strawberries and banana in the bowl of a food processor fitted with a steel blade, or in a blender. Add milk — ½ cup for a thick shake, up to ⅔ cup for a smoother shake. Process until the fruit is pureed, then stop motor. Add ice cream and process until fairly smooth (some of us like a few small icy lumps in ours!) Serve at once. Serves 2-3.

• Tribute to Chocolate •

Chocolate Fudge Dipping Sauce

- 6 TBSP unsalted butter
- ¼ cup cocoa powder
- 2 oz. unsweetened chocolate, grated or chopped
- ¾ cup *Dixie Crystals* granulated sugar
- ⅔ cup evaporated milk
- 1 tsp. vanilla extract
- fresh fruit for dipping — pears, strawberries, apples, bananas, etc., cut into bite sized chunks

Melt the butter in a saucepan. Remove the pan from the heat, add the cocoa, and whisk until smooth. Stir in the chopped chocolate, sugar, and evaporated milk. Bring to a boil over medium heat, stirring constantly. Cook until sugar dissolves completely. Remove from heat, cool for a minute, then stir in the vanilla. Keep the sauce warm in the top of a double boiler. Dip fresh fruit in and set aside to cool, or let everyone dip their own, fondue-style.

Grasshopper Charlotte

Chocolate Ladyfingers:

- 2 large eggs, separated
- ⅓ cup *Dixie Crystals* granulated sugar
- ½ cup all-purpose flour
- 1½ TBSP unsweetened cocoa powder
- ¼ tsp. ground cinnamon
- Dixie Crystals* confectioners sugar

Creme de Menthe Filling:

- 4 large eggs, separated

- ½ cup plus 2 TBSP *Dixie Crystals* granulated sugar
- 2½ cups whipping cream
- 1½ TBSP unflavored gelatin
- 2½ TBSP green creme de menthe
- 3 tsp. white creme de cocoa
- 1 TBSP creme de menthe
- 1 TBSP water
- ½ cup whipped cream
- sprigs of fresh mint, for garnish

To make the ladyfingers: Butter and flour a large baking sheet. Preheat oven to 350°. Beat egg whites until they form soft peaks. Reduce speed and gradually add half of the granulated sugar, then increase speed and continue beating until stiff. Set aside. Beat the egg yolks with the remaining sugar until a very thick ribbon forms when the beaters are lifted from the mixture. In another bowl, sift the flour with the cocoa powder and cinnamon. Alternately add the egg whites and the flour mixture to the egg yolks in 2 or 3 parts each, folding the last portion of egg whites in gently. Blend just until smooth; don't overmix. Spoon the mixture into a pastry bag fitted with a ½-inch plain tip. Pipe out 15 finger sized shapes, about 3 inches long by ½ inch in width. Leave enough space between the ladyfingers for them to expand during baking. Sift a little powdered sugar on top of the ladyfingers, then bake for about 8 minutes or until a toothpick inserted in the middle of one comes out clean. They should be soft, not crisp, so don't overcook. Transfer to racks to cool completely.

To make the filling: Beat 4 egg whites until they form soft peaks. Reduce beater speed and gradually add 2 TBSP of sugar, then resume high speed and continue beating until stiff. Set aside. Beat the heavy cream until it is thick and holds a shape. Set aside. In a large mixing bowl, whisk egg yolks until light. Gradually add ½ cup of sugar and beat until thick and pale. In a small saucepan, soften gelatin in 1½ TBSP of cold water. Melt mixture over low heat, just until gelatin dissolves. Spoon 2 TBSP of whipped cream into gelatin, stir, then immediately fold gelatin mixture into egg yolk mixture. Stir in liqueurs, then fold in whipped cream and egg whites.

Assembling the charlotte: Lightly butter an 8-cup charlotte mold and line the bottom with waxed paper. Combine TBSP of creme de menthe with TBSP of water and brush cooled ladyfingers on both sides with this mixture. Trim one rounded end of each ladyfinger, if necessary, so that they square off and equal depth of mold (in length). Line sides of mold with ladyfingers, placing them trimmed side up and rounded side out. Spoon filling into mold, then rap mold lightly on counter to remove any air bubbles. Smooth surface with a spatula. Cover the mold with plastic wrap and refrigerate until completely set — overnight. To unmold, run a knife blade between the sides of the mold and the ladyfingers. Invert the charlotte onto a serving plate and remove the waxed paper from the top. Decorate the charlotte with

rosettes of whipped cream (piped out of a pastry bag) and sprigs of mint.

Chocolate Mousse Cake with Raspberry Sauce

Chocolate Mousse:

- 8 oz. bittersweet chocolate
- 6 large eggs, separated
- 3 TBSP water
- ¼ cup Grand Marnier
- 2 sticks (1 cup) unsalted butter, softened at room temperature
- a pinch of salt
- 3 TBSP *Dixie Crystals* granulated sugar

Fudge Cake:

- 2 sticks unsalted butter, softened at room temperature
- 4 oz. unsweetened chocolate
- 1½ tsp. vanilla extract
- 1¼ cups *Dixie Crystals* granulated sugar
- 3 large eggs, separated
- ¾ cup all-purpose flour

Raspberry Sauce:

- 1 10-oz. package frozen raspberries, or 1 pint fresh raspberries, rinsed and drained
- 1 TBSP fresh lemon juice
- 2 TBSP *Dixie Crystals* granulated sugar
- 1 TBSP kirsch or framboise
- coffee bean candies, optional

To make the mousse: Melt the chocolate in the top of a double boiler set over simmering water. Set aside.

Combine the egg yolks and 3 TBSP of water in a saucepan. Whisk until smooth, then cook over very low heat, whisking constantly, until the mixture begins to thicken. (If it begins to cook too rapidly, remove the pan from the heat and whisk until cool before returning to the burner.) Add the liqueur and continue to cook, whisking, until the mixture is thick like mayonnaise. Remove from the heat. Fold the melted chocolate into the eggs and scrape the mixture into a large mixing bowl. Cool at room temperature for 5 minutes. Beat the softened butter into the chocolate mixture, adding it chunk by chunk and beating each addition in well before adding the next.

In another mixing bowl, whip the 6 egg whites with a pinch of salt until soft peaks form. Reduce speed and gradually add 3 TBSP of sugar. Resume speed and continue beating until whites are stiff, but not dry. Stir ¼ of the whipped egg whites into the chocolate mixture to lighten it. Then, gently fold the rest of the egg whites into the chocolate. Cover and refrigerate until it sets and reaches spreading consistency.

To make the fudge cake: Butter a 9-inch springform pan and line the bottom with waxed paper. Butter the waxed paper and lightly flour the bottom and sides, shaking out any excess. Place the pan on a baking sheet and set aside. Preheat oven to 350°. Melt 3 TBSP of butter with the chocolate over hot, but not boiling water. Set aside. In a large mixing bowl, cream the remaining butter until light and fluffy. Stir in the vanilla, then gradually blend in the sugar.



Add the egg yolks, one at a time, beating well after each. Stir in the melted butter/chocolate, then mix in the flour. Beat the egg whites until stiff, but not dry. Fold half of the egg whites into the chocolate mixture, then gently fold in the other half. Scrape batter into the prepared pan, then smooth the top with a spatula. Bake in preheated oven for one hour. The cake will rise and crack — this is normal. Cool for 10 minutes, then remove the sides of the pan and cool for another hour before assembling the cake.

To make the raspberry sauce: Put the raspberries in the bowl of a blender or food processor (fitted with steel blade). Add the lemon juice and sugar (you may need more sugar if you are using fresh berries) and process until smooth. Add the liqueur and blend. Refrigerate until ready to use.

To assemble the mousse cake: Split the cooled cake through the center horizontally to make 2 layers. Place one layer on a serving plate and spread the top evenly with chocolate mousse. Place the other layer on top. Spread mousse evenly over the top and sides of the cake. Decorate the top of the cake with coffee bean candies (available in specialty food stores). Chill until just before serving. Let cake stand at room temperature 10 minutes, then cut and serve with raspberry sauce.

Chocolate Pecan Pie

Pecan Crust:

- 1¼ cups all-purpose flour
- ¼ tsp. salt
- 2 TBSP finely ground pecans
- 7 TBSP chilled unsalted butter
- ⅓ cup ice water

Filling:

- 1 stick (½ cup) unsalted butter
- ½ cup semi-sweet chocolate bits
- 3 large eggs
- 1 cup Dixie Crystals Dark Brown Sugar
- ⅔ cup light corn syrup
- ¼ tsp. salt
- 1 tsp. vanilla extract
- 1 TBSP bourbon
- 1½ cups chopped pecans, plus 13 pecan halves
- 1 TBSP flour

To prepare the crust: Combine the flour, salt and ground pecans and mix well. Cut in the chilled butter. When the mixture looks like a coarse meal, add the ice water and stir with a fork until you can gather the dough into a ball with your hands. Turn the dough out onto a flat work surface. Using the heel of your hand, push small portions of the dough away from the ball, making 6 inch smears. When you have used up all of the dough this way, scrape it back into a ball. Wrap in waxed paper and chill for at least 2 hours. Preheat the oven to 350°. Roll the dough out between 2 sheets of waxed paper, making a circle large enough to fit an 11-inch tart pan with an inch of overhang. Center the circle

in the tart pan, then fold the overhang back in and press it into the sides to make them double thick. Pierce the bottom and sides of the dough with a fork, then line the pan with foil and weight it with dried beans. Bake in the preheated oven for 10 minutes, then remove the beans and foil and bake another 5 minutes. Remove from the oven and set aside.

To prepare the filling: Over very low heat, melt the butter with the chocolate bits, being careful not to scorch the chocolate. Set aside. In a large mixing bowl, beat the eggs well, then stir in the dark brown sugar, corn syrup, salt, vanilla and bourbon. Blend in the melted chocolate mixture. Toss the chopped pecans with the TBSP of flour, then sprinkle them evenly in the bottom of the partially baked tart shell. Pour in the filling and place the tart pan on a baking sheet. Bake in a preheated 350° oven for about 25 minutes, or until almost set, then place the pecan halves in a pattern on top. Continue baking until the filling is set and the top is puffy — another 10 to 15 minutes. Serve with whipped cream.

Strawberry Dacquoise with Milk Chocolate Buttercream Filling

Almond Meringue Layers:

- 6 egg whites
- 10 TBSP Dixie Crystals granulated sugar
- 1¼ cups ground blanched almonds

Milk Chocolate Buttercream:

- 5 oz. milk chocolate (preferably Swiss)
- 2 TBSP cream
- 3 large eggs
- ½ cup Dixie Crystals granulated sugar
- 2 sticks unsalted butter, softened at room temperature

Whipped Cream Filling:

- 1 tsp. unflavored gelatin
- 1 TBSP cold water
- 1½ cups whipping cream, chilled
- 2 TBSP Dixie Crystals granulated sugar
- 1 TBSP light rum, or kirsch
- 1 pint fresh strawberries, washed and hulled (coarsely slice all but a few perfect berries — reserve these for decorating the top of the dacquoise)
- Dixie Crystals confectioners sugar

To make the meringue layers: Preheat the oven to 250°. Line 2 large baking sheets with parchment paper (or brown paper bag paper), buttering the underside of the corners to make them stick. Butter and lightly flour the paper. Trace 4 identical shapes — circles, squares, etc. — onto the prepared baking sheets. These should be no larger than 6½-7 inches at their longest point. (example: Our octagonal shapes were 7x6).

Beat the 6 egg whites until they form soft peaks. Gradually beat in 5 TBSP of the granulated sugar. Continue beating until stiff. Mix the ground almonds with the remaining sugar and gently fold this mixture into the beaten whites. Spoon the meringue into a pastry bag fitted with a plain ½-inch tip. Pipe the meringue evenly inside the outlined shapes on your baking sheets,

beginning at the outer edge and working in to the center. Smooth the meringue with a spatula. Pipe any remaining meringue around the sides of the baking sheets, in any shapes; you will use this later as crumbs. Bake in preheated oven for one hour, or until the meringues are quite firm and a toasty brown color. Remove from the oven and after a minute, loosen the shapes with a spatula. Let cool for 5 minutes, then carefully transfer to racks to cool completely. (This should only take about 30 minutes). Handle the meringues with care as they are very fragile. When cool, trim any uneven edges with a sharp paring knife. Crumble the extra bits of meringue to make fine crumbs and reserve this (and the parings) for later.

To make the buttercream: Combine the milk chocolate and the cream in the top of a double boiler and melt over warm water. Set aside. Also in the top of a double boiler, or in a bowl set over warm water, whisk the eggs with the sugar until the mixture forms a very thick ribbon when the whisk is lifted. Remove from the source of heat. Fold the chocolate mixture into the eggs. Set the bowl in another bowl containing ice cubes and water, and stir until the mixture is tepid. Using an electric hand mixer, beat the softened butter, chunk by chunk, into the chocolate mixture, beating each addition in well before adding the next. Scrape down the sides of the bowl and continue beating until the buttercream is fluffly and becomes lighter in color. If it begins to separate, or appears grainy, chill in the refrigerator for 10-15 minutes, then beat again at high speed until creamy and fluffy. Set aside while you prepare the cream filling.

To prepare the whipped cream filling: In a small bowl, soften the gelatin in the water. Set the bowl in a pan of hot water and stir until the gelatin dissolves. In another mixing bowl, beat the cream until it forms soft peaks. Beat in the gelatin, the 2 TBSP of sugar, and the rum (or kirsch), and continue beating until very thick and stiff.

To assemble the dacquoise: Place the least perfect meringue shape on a serving plate. Spread evenly with ⅓ of the chocolate buttercream (you can pipe the buttercream on if you wish). Top with a second meringue layer. Spread ⅔ of the whipped cream filling over, then top with the sliced strawberries. Cover with the third meringue layer. Spread half of the remaining buttercream over, then top with the last meringue. Sift confectioners sugar lightly on top, then spoon or pipe the remaining whipped cream on top, or reserve to serve on the side. Top with reserved whole strawberries. Spread the remaining buttercream on alternating sides of the dacquoise, leaving some exposed so that the layers are visible. Pat the reserved meringue crumbs over the sides spread with buttercream. Serve at once, or keep in the refrigerator until ready to serve.

Pictured clockwise from top right: Chocolate Pecan Pie, Grasshopper Charlotte, Chocolate Mousse Cake with Raspberry Sauce, Strawberry Dacquoise with Milk Chocolate Buttercream Filling.



FAST FOOD

PART 2

To our way of thinking, all "quick and easy" recipes fall into one of two groups: (1) those "do-ahead" dishes which require little work on the part of the cook but involve long cooking or chilling periods (e.g., stewed and roasted meats, some casseroles, cold souffles and mousses, congealed or moulded salads, yeast breads and many other baked goodies); and (2) those "short order" specialties which can be assembled, prepared and eaten all within a very short time span (e.g., stir-fries, steamed or sauteed vegetables, omelets, hot souffles, broiled fish, pan-fried and deep-fried foods.) There's a need for both in every cook's repertoire. Culinary delights that can be made now to be served later are the secret of many a relaxed and smiling hostess. Meals that can be whipped up or thrown together at a moment's notice not only are the working woman's stock in trade, but also can rescue anyone who suddenly finds him- or herself faced with the prospect of cooking for unexpected guests. We've tried to include examples from both categories in our two-part series on "fast food." May they turn all of your potentially disastrous dining occasions into triumphs!

Spicy, Saucy Pork Chops

- 2/3-3/4 cup ketchup
- 1 1/2 tsp. salt
- 1 tsp. chili powder
- 2 tsp. dry mustard
- 1/4 cup Dixie Crystals brown sugar
- 1/4 cup cider vinegar
- 2 TBSP dry sherry
- 2 TBSP soy sauce
- 1/4 cup water
- 4 thick center cut loin pork chops
- 1 lemon, sliced
- 1 medium to large onion, sliced

Mix first nine ingredients together. Grease an 8" or 9" square baking dish. Put chops in. Arrange lemon slices and onion slices on top. If making ahead, cover and refrigerate until ready to bake. Bake, covered with foil, in preheated 325° oven for 1 1/2 hours. Remove foil, baste well with sauce, return to oven, and continue to bake for about 30 minutes more. Serve with mashed potatoes. Spoon pan sauce over all. Yields 2 double or 4 single servings.

Note: For a milder, less "mouth puckering" sauce, increase brown sugar to 1/2 cup.

Baked Fish a la Moutarde

- 1 lb. (4 pieces) firm white fish such as grouper, halibut, red snapper or sea bass
- 1/2 lb. raw shrimp, cleaned and shelled
- 2/3 cup dry white wine
- 4 TBSP best quality olive oil
- about 10 parsley sprigs (leaves only)
- 2 fat shallots, peeled
- 2 rounded TBSP good French (prepared) mustard
- salt and pepper to taste

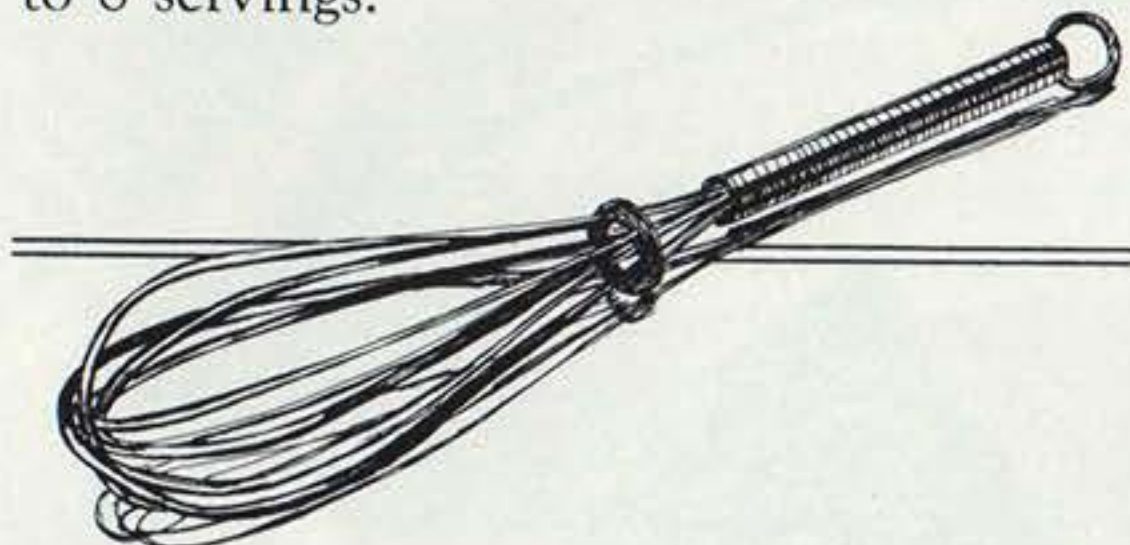
Place fish in baking dish and surround with shrimp. Puree wine, oil, parsley, shallots, and mustard in blender or food processor. Pour over fish and shellfish. Bake in a preheated 425° oven for 4 minutes. Remove, baste with puree, season with salt and pepper, and return to oven. Bake for 4 minutes more, remove and baste again. Return to oven and

bake for 4 minutes more. Test for doneness by flaking with fork; do not overcook. Yields 4 servings.

Crab Casserole

- 5-6 slices best quality white bread
- 2 cups half-and-half (1 cup cream, 1 cup milk)
- 2 cups mayonnaise (preferably homemade)
- 4 hard boiled eggs, chopped
- 2 TBSP onion, finely minced
- 1 TBSP green pepper, finely minced
- 2 TBSP fresh parsley, finely minced
- 1 1/2 lbs. crabmeat, picked over
- 2-3 tsp. freshly squeezed lemon juice
- salt and pepper to taste
- 1/2 cup grated cheese (preferably Parmesan)
- crushed cornflakes or potato chips for top

Cut bread crusts off. Cut bread in cubes and soak in half-and-half. When cream is absorbed, beat mixture with fork. Gently combine all remaining ingredients except topping crunchies. Place in greased casserole. If preparing ahead, refrigerate until ready to bake. Top with crushed cornflakes or potato chips and bake, uncovered, in a preheated 350° oven for 1 hour. If topping gets too brown, cover dish with lid or foil. Yields 6 to 8 servings.



Culinary delights that can be made now to be served later are the secret of many a relaxed and smiling hostess.

Flounder with Orange Slices

- 2 TBSP unsalted butter
- 4 flounder filets
- 1/3 cup dry white wine
- 1/2 cup freshly squeezed orange juice
- grated rind of 1 orange
- 1 heaping tsp. cornstarch
- 4 fairly thin slices of orange
- salt and white pepper to taste
- plenty of watercress for garnish

Mix 2 TBSP orange juice with cornstarch. Saute fish in melted butter for 1 minute on each side. Remove from pan with slotted spatula. Deglaze pan with orange juice. Add orange rind, orange slices, white wine and cornstarch mixture. Cook and stir until sauce is thickened, about 2-3 minutes. Return fish to pan and cook for 1 minute more, basting each piece to coat with sauce. Taste and season with salt and pepper. Serve each filet with a (cooked) orange slice on top, watercress on the side, and pan sauce over all. Yields 4 servings.

Baked Fish, Italian Style

- 1 lb. (4 pieces) firm white fish such as halibut, grouper, sea bass, or red snapper
- 1/2 cup best quality olive oil
- 4 smallish stalks fennel (also called anise)
- 1 medium to large onion
- 2 ripe tomatoes, thickly sliced
- 2/3 cup freshly grated Parmesan cheese
- 1 cup dry sherry or white wine
- salt and pepper to taste
- lemon wedges for garnish

Place fish filets in baking dish and drizzle olive oil evenly over them. Coarsely chop fennel and onion. Scatter onion around fish. Arrange tomato slices on top of fish. Bake in preheated 400° oven for 4 minutes. Meanwhile simmer fennel in wine (also about 4 minutes). Remove fish from oven, put fennel in with onion, pour wine in, and sprinkle cheese evenly over everything. Return to oven and cook for 4 minutes more. Remove from oven, baste, return to oven, and cook for 3-4 minutes more. Test for doneness by flaking with fork. Do not overcook. Season with salt and pepper, garnish with lemon wedges, and serve. Yields 4 average size servings. Note: If you can't get fennel, you may substitute celery instead.

Spaghetti with White Clam Sauce

- 1/4 cup (4 TBSP) unsalted butter
- 1 big fat clove garlic, finely minced
- 2 TBSP flour
- 2 cup clam juice (fresh or bottled)
- 1/4 cup fresh parsley, finely minced
- 2 tsp. thyme
- 2 cups minced clams, (fresh or canned)
- salt and pepper to taste

In a medium sized saucepan melt butter, add garlic, and cook over medium heat until garlic is golden (about 1 minute). Whisk in flour. Whisk in clam juice gradually. Add remaining ingredients except for clams and simmer over low heat 10-15 minutes. Add clams. Wait long enough for clams to warm through before serving with spaghetti. Yields 4 servings.

Brandied Chicken Thighs

- 2 TBSP unsalted butter
- 8 chicken thighs
- ¼ cup brandy
- 1 ripe tomato (unpeeled)
- 6 medium to large mushrooms (optional: ½ medium to large onion, chopped)
- ½ cup dry sherry or white wine
- salt and pepper to taste
- 4 parsley sprigs, minced

Heat butter to foaming in large skillet or saute pan. Brown chicken thighs over medium-high heat, about 5 minutes on each side. Add brandy, coarsely chopped tomato, sliced mushrooms (and onions). Cook over medium heat about 6 minutes. Add sherry or wine, and cook about 4 minutes over high heat to finish chicken and thicken sauce. Season, sprinkle with parsley and serve. Good with baked rice. Yields 4 servings (2 thighs each).

Marinated Drumsticks

- 8 chicken legs
- ¼ cup salad oil
- ½ cup white wine
- 2 TBSP good French prepared mustard
- 3 TBSP red currant jelly
- 3 TBSP freshly squeezed lemon juice

Place all ingredients except chicken in an 8"x8" metal baking pan. Bring to a boil over medium heat, stirring constantly until jelly is melted and mixture is well blended. Add chicken legs, turning to coat with sauce. Place in preheated 475° oven to cook for 15-20 minutes, removing from oven to baste and turn chicken every 5 minutes. Preheat broiler, turn drumsticks skin side up, and broil for 1½ to 2 minutes. Spoon sauce over all and serve. Yields 4 servings.

Zucchini

- 4 zucchini
- ½ cup freshly grated Parmesan cheese
- salt and pepper to taste

Grate zucchini by hand or shred into matchsticks with a food processor. Place in skillet or saute pan over high heat and stir constantly. After zucchini begins to cook (when water begins to ooze out), lower heat and continue to stir constantly. Zucchini will be done in 5 minutes or less. Stir in cheese, season and serve. Enough for 4 people.

Note: If you are dieting or don't like cheese with vegetables, substitute the juice of 1 whole lemon for the Parmesan.

Fennel (Anise)

- 1 head or bunch fennel (about 6 stalks)
- 2 TBSP unsalted butter
- 1 cup water or chicken broth
- salt and pepper to taste

Remove leaves and chop fennel coarsely. Melt butter in large skillet or saute pan. Add fennel, stir to coat well with butter, cook over medium heat for 2 minutes. Add water or stock, bring to a boil, and cook until liquid has reduced, thickened, and almost completely evaporated (about 6-8 minutes).

Season and serve. Yields 3 large or 4 small servings.

Note: Celery may be substituted for all or some of the fennel. A mixture of the two makes a pleasing color combination of light and dark shades of green.

Quick Chocolate Nut Clusters

- ½ cup butter (no substitute)
- pinch salt
- 1 TBSP vanilla extract
- 1 1-lb. box Dixie Crystals confectioners sugar
- ⅓ cup cocoa
- 5 TBSP evaporated milk
- 8 oz. walnuts, broken in good sized pieces

Melt butter in large, heavy saucepan. Add everything else except nuts. Cook and stir constantly just until mixture starts to bubble around edges. Remove from heat. Add nuts. Place tablespoonfuls of mixture on sheets of waxed paper and cool thoroughly. Yields about 2 dozen.

Orange Ice Cream

- 1 quart vanilla ice cream
- 2 small or 1 large can frozen orange juice
- 2 or 3 oz. orange liqueur

Soften ice cream and thaw frozen orange juice concentrate (do not mix with water). Mix all three ingredients together and freeze in unsectioned ice tray or shallow baking pan. Do not expect it to get really hard; mixture will stay kind of slushy. Yields 8 servings. Serve with cookies.



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Melt sweet or milk chocolate very slowly over warm water. The additives in these — sugar, milk solids — make them more difficult to work with.

• Did You Know? •

Chocolate and cocoa can both be adversely affected by heat and humidity. To prevent chocolate from developing a "bloom" — whitish streaks that alter its appearance, but not its taste — wrap well and keep in a cool, dry place. If you have to refrigerate chocolate, wrap it very tightly first, as it tends to pick up other odors. To keep cocoa powder from losing its luster, store in an airtight container, also in a cool, dry place.

When melting chocolate: do not overheat, or chocolate may scorch or tighten (stiffen and harden). For best results, place chocolate in a small dry pan (any water in the chocolate may also cause it to tighten) and set in a double boiler or inside a larger pan containing hot, but not boiling water. Melt slowly, then stir until smooth.

If your chocolate does tighten and become uncooperative during melting, save it by adding 1 tsp. of vegetable oil or melted shortening per ounce of chocolate. Beat the oil in vigorously until the chocolate loosens up, then proceed.

Grating chocolate first can make melting go a lot more smoothly. The small flakes of chocolate will melt over a lower heat, thus reducing the risk of overheating and tightening.

When dipping fruits in chocolate: dry each piece of fruit thoroughly on paper towels first, to keep moisture from ruining your chocolate.

Baking substitutions: 3 TBSP unsweetened cocoa powder plus 1 TBSP shortening = 1 ounce (1 square) unsweetened chocolate. 3 ounces unsweetened chocolate plus 3 TBSP sugar = 4 ounces semi-sweet chocolate.



On our cover... Back in its heyday, the local "sweet shoppe" served a huge social function along with all of the hundreds of shakes, floats, splits and sundaes. For a whole generation of bobby-soxers who met, ogled and married over malteds, hanging out at the ice-cream parlor rivaled baseball as the national pastime. It also reflected a certain nonchalance toward waist-lines that today's teenagers would probably find appalling. Oddly enough, 1985 A.T. (After Twiggy) finds the ice cream

phenomenon on an upswing, with name brand ice cream shoppes popping up on expensive real estate and gourmet "fixins" quickly disappearing from specialty store shelves. So if what you think you're seeing in

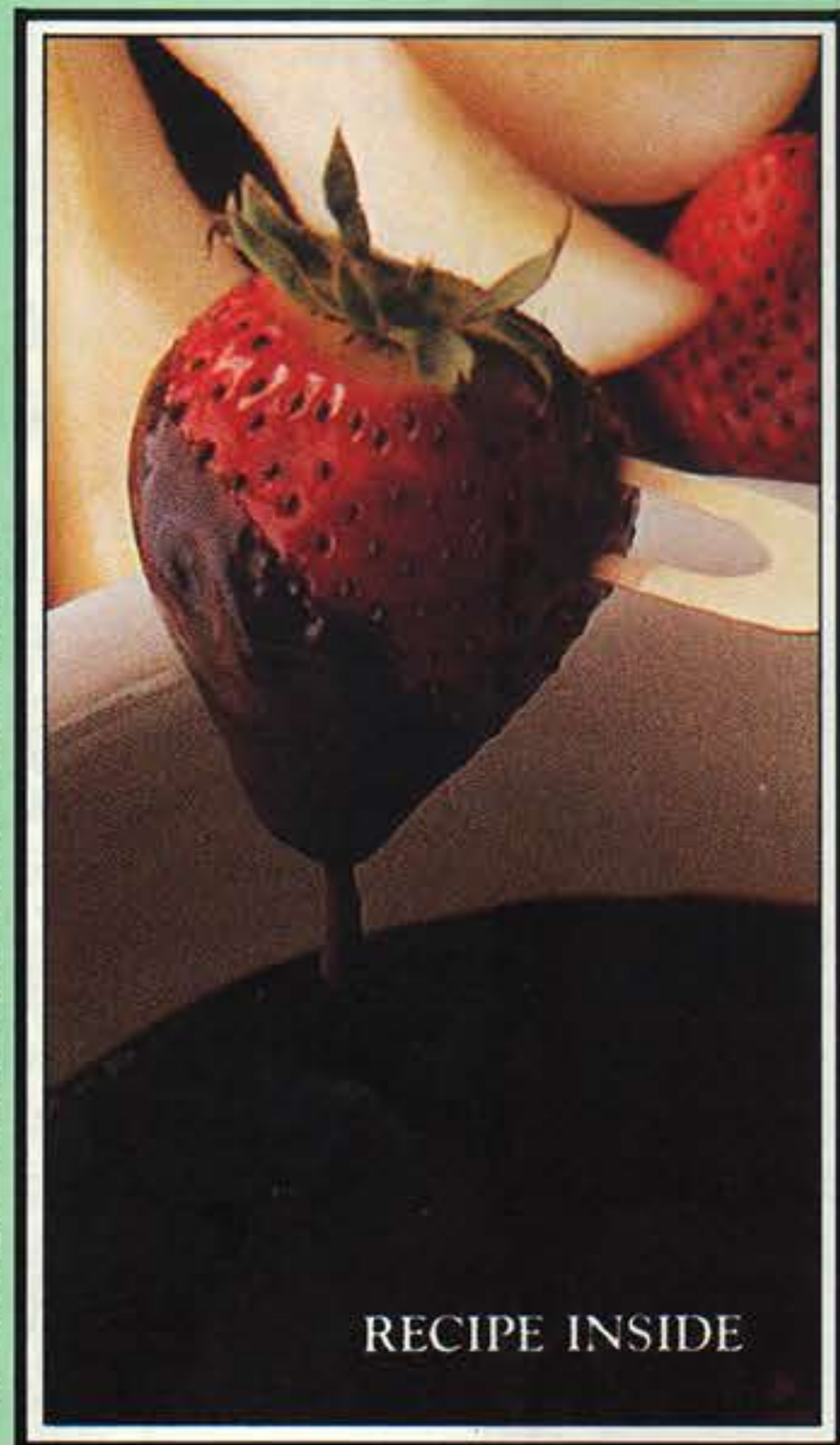
the distance is a line to get into the fitness center, look again: it's actually a queue of connoisseurs waiting to make do-it-yourself sundaes at the local desserterie! Things have really come full scoop, just as we knew they would... And inside... A tribute to *Chocolate*, starring in some of its most edible roles ever! Catch some of these award winning performances by the Robert Redford of food, and discover why personal chocolate intake (P.C.I.) is at an all-time high!

Homemade Good News

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RECIPE INSIDE

PUNCH HOLES FOR BINDING