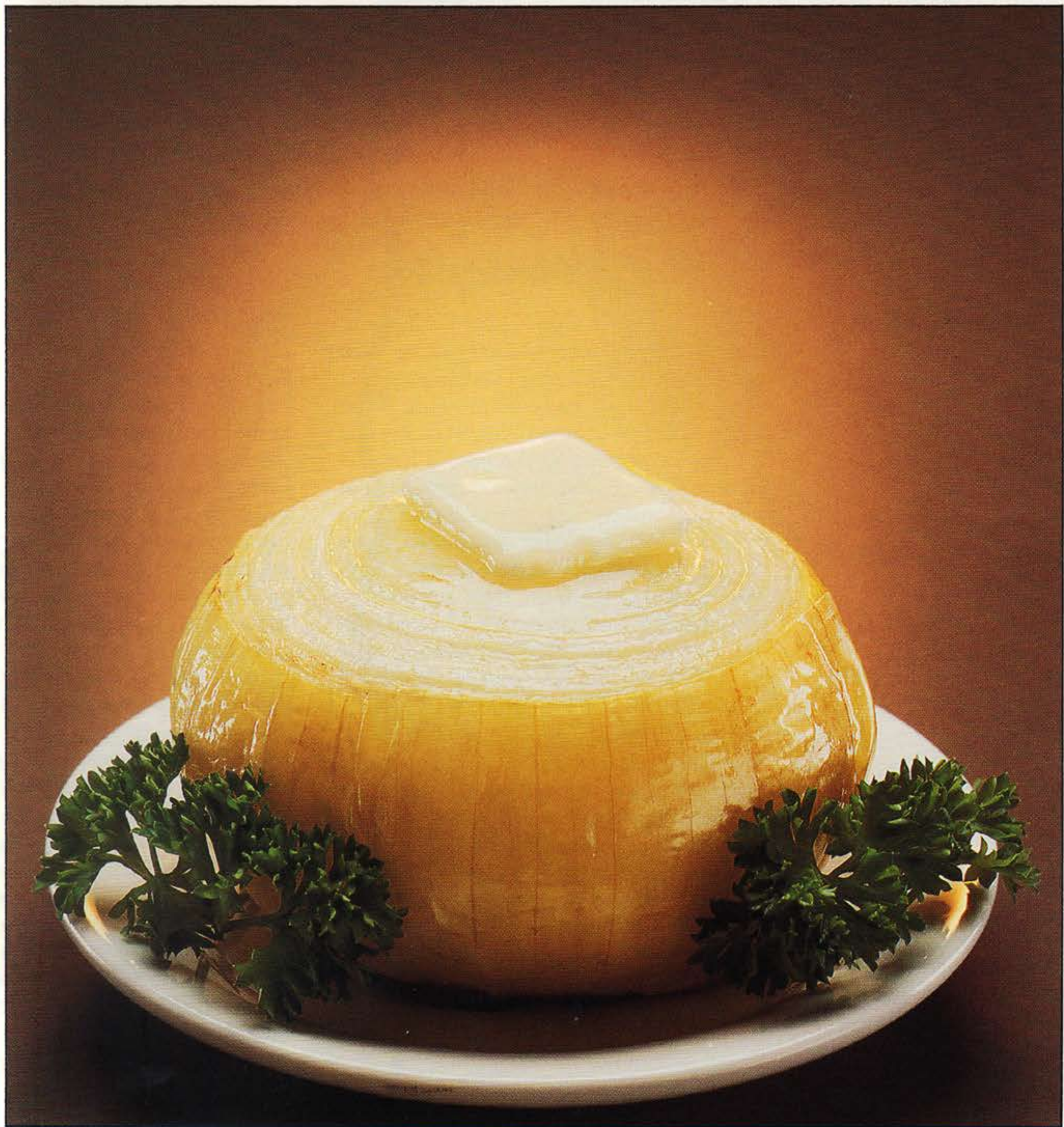


Homemade Good News

Vol. VII

A CULINARY PUBLICATION FROM DIXIE CRYSTALS SUGAR

No. 5



The Vidalia Onion

The word in onions during the Spring is of course... Vidalia... and everyone loves these sweet, sweet oniony treats! Here are a few tips to help you select and store your share of the crop. Vidalia onions have a shorter shelf life than some of their oniony cousins, so try to buy in quantities that suit your family's size and tastes. You can purchase these onions individually, or already packaged in bags ranging from 5 to 50 pounds.

Look for onions that appear clean and are hard, and well-shaped with dry skins. Avoid onions that are 'sprouting' green shoots from their tops... they won't be around much longer... and you will lose that *'I-can-keep-my-Vidalias-longer-than-you'* bet that exists among Vidalia onion lovers. The winner gets to smirk as he or she eats that last lonely onion. A gracious winner invites you to dinner, but since you can't count on graciousness among onion-loving-friends... you should store your own supply.

A truly imaginative and resourceful person can keep Vidalia onions several months, with luck. There are tales of Vidalias lasting well into winter if properly stored... but we wouldn't suggest you plan Thanksgiving Dinner with Vidalias in mind. The 'words' on onion storage are... *cool and dry!* Any storage device you can create with these thoughts in mind will help to

keep your onions fresh. It is also helpful to keep onions from touching one another. Remember the tale about the rotting apple? Here are a couple of storage ideas that are tried and true. Spread onions out loosely on a clean, dry window screen or place onions in pantyhose or ladies' stockings tying knots between each onion to separate. Store or hang onions in an extra refrigerator turned to a low setting or in a cool, dry spot in your garage or some other out of the way room. Raise or suspend screens to allow air to freely circulate around the onions.

You can freeze your onions if you like. The onions will not hold their shape or texture very well, but will be everybit as flavorful as they were when fresh. Chop onions before freezing and package in convenient 1/2 cup quantities to add to those winter soups, stews and sauces.

The word on size is *cook's choice*. Don't judge an onion by its size. There is no flavor difference between a large and small onion. Do consider the size of the onion in the final appearance of your recipe... use medium to large onions for baking and small onions for creaming or when left whole in recipes.

The last word on Vidalia Onions is *sheer enjoyment*. They'll make an onion lover out of you.



Beef Braised in Cabernet with Glazed Shallots

Beef

- 2 TBSP vegetable oil
- 2 TBSP butter
- 1 medium yellow onion, chopped
- 3 lb. boneless chuck roast
- 2 TBSP flour
- 1/4 cup cognac, warmed
- 3 cups dry red wine, preferably a Cabernet Sauvignon
- salt, to taste
- 2 cloves garlic, minced
- a bouquet garni, consisting of 2 bay leaves, 6 peppercorns, 4 cloves, 1 TBSP thyme, and 6 sprigs of parsley
- beef stock (bouillon)

Glazed Shallots

- 1 1/2 lbs. shallots
- 1/2-1 cup beef stock
- 1/2-1 cup dry red wine, preferably a Cabernet
- 2-3 tsp. Dixie Crystals granulated sugar

Beef

Preheat oven to 350°. Heat the oil and butter in a large kettle or Dutch oven with a tight fitting lid. Add the chopped onion and saute until transparent. Remove the onions with a slotted spoon, pressing as much oil out of them (and back into the pot) as possible. Transfer to a bowl and reserve. Pat the chuck roast dry, then brown it all over in the same oil mixture. Sprinkle the meat with the flour, then turn it again in the oil to brown some more. Add the warmed cognac and carefully ignite. When the flames subside, add the wine, about 1 tsp. salt, garlic, bouquet garni and enough beef stock (or canned bouillon) so that the liquid comes 2/3 of the way up the side of the meat. Bring the liquid to a boil, then cover the pot and place

in the preheated oven. Cook for 3 hours, maintaining an even simmer (adjust oven temperature, if necessary) and basting and turning the meat every 20 minutes. If too much liquid evaporates during cooking, add a little warm water to the pot. When the meat is fork tender, remove it from the pot and keep warm. Skim off as much fat as possible from the cooking liquid, then, if you want a thicker sauce, reduce it over a high heat until it reaches the right consistency. Slice the meat and arrange on a heated platter. Pour the sauce over and serve at once with Glazed Shallots (recipe below). 6 servings.

Glazed Shallots

Peel the shallots and place in a large wide skillet or saucepan. Add equal amounts of red wine and beef stock (or canned bouillon) until the liquid just reaches the tops of the shallots. Cook uncovered over low heat for about 45 minutes, or until just a few TBSP's of liquid remain. Sprinkle the shallots with the sugar, then turn them gently in the sauce. Continue cooking until the reduced sauce is very syrupy and the shallots are caramelized (glazed). Serve at once with sliced braised beef. 6 servings.

Poached Leeks with Ham and Raspberry Vinaigrette

- 2 bunches leeks (about 6-8)
- 6-8 round slices baked ham
- 1 tsp. dijon mustard
- 3 TBSP raspberry vinegar
- 1/2 cup olive oil
- 1/2 cup creme fraiche, or 1/4 cup heavy cream mixed with 1/4 cup sour cream
- salt, freshly ground black pepper to taste

Trim the root ends of the leeks and cut off 2-3 inches of the green tops. Remove any blemished outer leaves. Fringe the top of each leek by making 4-5 lengthwise cuts starting at the point where the white begins to turn green. Put the leeks in a large bowl of cold water to soak for a few minutes. Rinse well to remove any lingering particles of sand. Bring a large pot of salted water to a boil and drop the leeks in. Reduce heat and simmer until the white part of the leeks is tender, but firm—about 10 minutes. Carefully lift the leeks out of the pot and drain well. Allow them to cool to room temperature. Wrap a slice of ham around the middle of each leek and arrange on a serving platter. Pour Raspberry Vinaigrette (see recipe below) over the leeks and serve. 6-8 servings.

Raspberry Vinaigrette

Combine the mustard and vinegar in a mixing bowl and whisk until smooth. Slowly whisk in the olive oil, pouring it in a very thin stream. Next, whisk in the cream fraiche, or a combination of heavy cream and sour cream. Season to taste with salt and freshly ground black pepper. Refrigerate, covered, until ready to serve.

Veal Stew with White Onions

- 4-6 TBSP olive oil
- 3 lbs. boneless veal stew meat
- 4 TBSP flour
- 8 cloves garlic, minced
- 3 cups chicken stock
- 1 1/2 cups dry white wine or vermouth
- 1 TBSP fresh, or 1 tsp. dried thyme
- 1 TBSP fresh, or 1 tsp. dried rosemary
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 lbs. small white boiling onions

½ cup heavy cream (optional)
½ package (10 oz.) frozen tiny peas
1 lb. wide egg pasta (pappardelle)

Heat 4 TBSP of the olive oil in a large saucepan or Dutch oven. Brown the veal in it in batches, adding more oil, if necessary. Do not overcrowd the veal in the pan or it will not brown properly. Using a slotted spoon, transfer the meat to a large bowl. Continue until all of the meat is browned. Sprinkle the flour over the meat, toss to coat, and set aside.

Reduce the heat under the pan to low and add the garlic (and more oil, if needed). Saute until golden. Return the veal to the pan and add the stock, wine, thyme, rosemary, salt and pepper. Stir well, cover and bring to a boil. Reduce heat and simmer for 1 hour, stirring occasionally.

While the stew is simmering, trim the root ends of the white onions, then drop them in a pot of boiling salted water. Cook at a low, gentle boil for about 12 minutes, or until tender, but firm. Drain, then hold under cold running water to stop the cooking process. When the onions have cooled enough to handle, peel them.

Add the peeled onions to the stew (after it has cooked for 1 hour), and cook another 20 minutes, uncovered. Add the cream, if desired, and cook another 10 minutes. At this time, prepare the tiny peas according to their package instructions, then stir them into the stew. Spoon the stew over a bed of wide egg noodles (pappardelle). Serve at once. 8 servings.



• CORRECTION NOTICE •

There were two errors in the February issue of *Homemade Good News*. . . the Colonial Dinner issue. Under the Valentines Day dessert section, in the **Simply Delicious Chocolate Pie** recipe, the baking time should be 45-50 minutes or until set instead of 25 to 30 minutes. In the **Chocolate Marbled Pound Cake** recipe*, the 3 cups of flour should be all-purpose flour not self-rising flour. We are sorry for any inconvenience this might have caused.

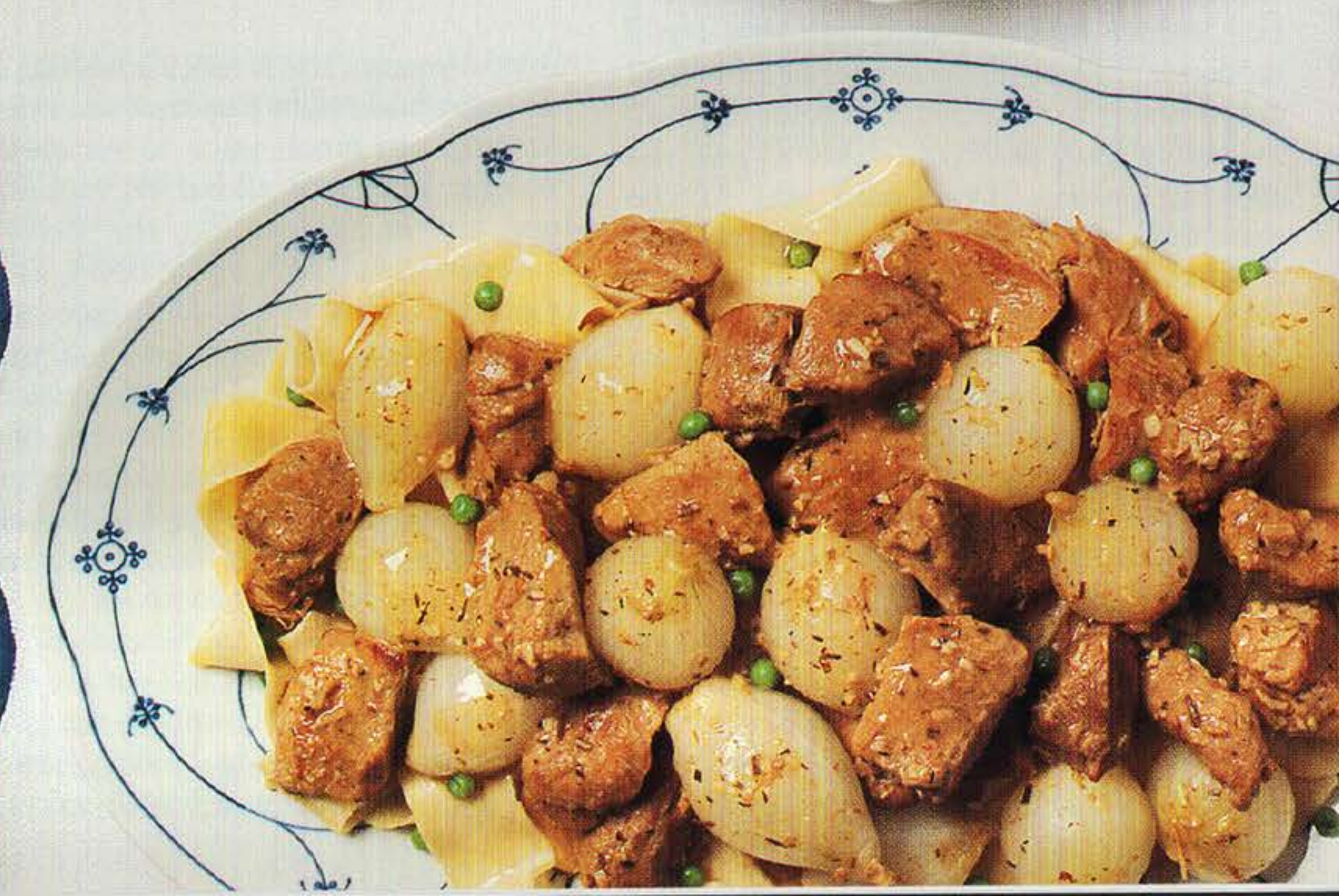
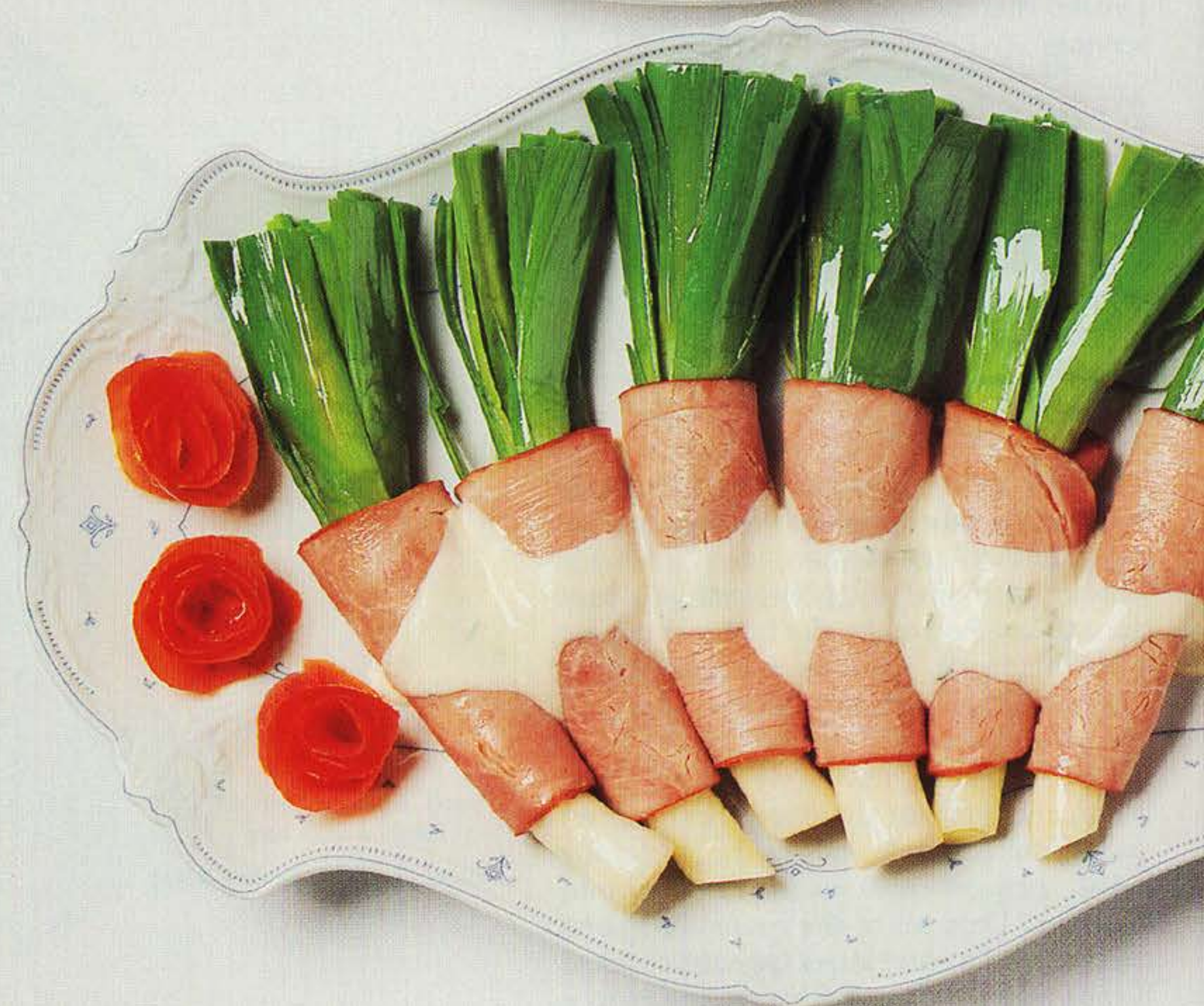
*Note: If you are unable to find a small can of chocolate syrup on your grocer's shelves, which is needed in the **Chocolate Marbled Pound Cake**, use ¾ cups from the large can of chocolate syrup.



A SUGAR SCOOP

Love butterscotch? Use *Dixie Crystals* light brown sugar in place of granulated white sugar in your favorite vanilla pudding recipe and you'll enjoy a butterscotch you'll fall in love with!

Pictured right (top to bottom): Beef Braised in Cabernet with Glazed Shallots; Poached Leeks with Ham and Raspberry Vinaigrette; Veal Stew with White Onions.



Tomato, Onion, and Bleu Cheese Salad

- 5 large ripe tomatoes
- 1 or 2 large Vidalia (sweet) onions
- 2 TBSP red wine vinegar
- 8-10 TBSP olive oil
- freshly ground black pepper
- ¼ lbs. bleu cheese

Core the tomatoes and cut them into thick slices. Cut off the root ends of the onions, core and peel. Cut the onions into slightly thinner slices than the tomatoes. Arrange alternating slices of tomato and onion on a serving platter, overlapping them slightly. In a mixing bowl, gradually whisk the olive oil into the vinegar, then season with freshly ground black pepper. Crumble the bleu cheese and add $\frac{2}{3}$ of it to the dressing, mashing it in until the dressing is thickened but still lumpy. Sprinkle the remaining crumbled cheese over the tomato and onion. Drizzle the dressing over and serve. 6-8 servings.

Marinated Green Bean and Onion Salad

- 1 medium white onion, coarsely chopped
- 2 red (bell) peppers, cored, seeded and cut into thin strips
- 2 cloves garlic, minced
- 1 tsp. dijon mustard
- juice of one lemon
- $\frac{1}{2}$ - $\frac{3}{4}$ cup olive oil, or to taste
- 2 lbs. fresh green beans

Combine the onion and red pepper in a large bowl. In a smaller bowl, whisk together the garlic, mustard, and lemon juice. Gradually whisk in the olive oil, pouring it in a very thin stream. Add oil to your taste— $\frac{1}{2}$ cup for a tart marinade, more for a milder tasting marinade. Pour the marinade over the onions and peppers, toss, and set aside for one hour. In the meantime, reserve 24 perfect green beans, snap off just the stem ends, and set aside. Trim the stem ends of the remaining beans, then cut them on the diagonal into 1" pieces. Drop all of the beans (including reserved whole ones) into a large pot of salted boiling water. When the water returns to a boil, reduce heat and cook uncovered at a moderate boil until almost tender, but still crisp—about 5 minutes. Drain beans and immediately spray with cold water to stop the cooking process. Drain and add to the marinated vegetables. Toss well and marinate another 30 minutes, then serve. 8 servings.

Onion and Orange Salad

- 4 firm, large oranges
- 2 TBSP vinegar
- 4 TBSP olive oil
- $\frac{1}{2}$ tsp. dried oregano
- 1 medium purple onion, cut into paper thin slices and divided into rings
- $\frac{2}{3}$ cup Kalamata olives
- freshly ground black pepper
- fresh chives, optional

Cut the peel off the oranges and cut them crosswise into round slices. Arrange the


orange slices in a shallow dish and sprinkle with the vinegar, oil and oregano. Lift the slices a little with a spatula to let the dressing run underneath. Cover and refrigerate 30 minutes. Arrange the paper thin onion rings over the sliced oranges, and then scatter the olives over. Top with several grindings of black pepper and some snipped fresh chives. Serve. 6 servings.

Onion, Beet and Endive Salad

- 2 bunches (about 8 small to medium) fresh beets
- 4 endives
- purple onion, sliced paper thin and divided into rings

Vinaigrette

- 1 clove garlic, minced
- 1 tsp. dijon mustard
- 2 TBSP red wine vinegar
- 6-8 TBSP olive oil (or use amount to taste)



Onion, Beet and Endive Salad

Carefully wash the beets. Scrubbing is not necessary and might puncture the skin, thus allowing too much juice to escape during cooking. Trim away all but $1\frac{1}{2}$ inches of the beet top or greens. Put the beets in a saucepan with cold water to cover, add a tsp. of salt and bring to a boil. Reduce heat and simmer, partially covered, for 35-40 minutes, or until beets are tender to the touch. (Do not pierce beets to test tenderness, or again, all of the juice will escape.) Drain the beets and allow to cool until they can be handled. Slip off the tops and skins (discard), and cut the beets in half lengthwise.

Trim off the root ends of the endive. Reserve 20 whole, perfect spears and cut the rest into julienne (thin strips). Distribute the julienned endive among individual salad plates. Top with paper thin rings of purple onion, then

scatter the halved beets over. Garnish each serving with the reserved whole endive spears. Serve with a potent Vinaigrette (see recipe below). 4 servings.

"Potent" Vinaigrette

Whisk the garlic, mustard and vinegar together until smooth. Slowly whisk in the olive oil, adding it in a very thin stream until the vinaigrette suits your taste. To compete with this particular salad and cut the sweet taste of the beets, we recommend a fairly potent flavor!

ONION RECIPES (not pictured):

Onion Focaccia (Italian Flatbread)

- 2 ¼-oz. packages active dry yeast
- ¼ cup lukewarm (105° -115°F) water
- 3½ cups all-purpose flour
- 1½ tsp. salt
- 3 TBSP olive oil

for one hour, or until doubled in bulk. Punch the dough down, then let it rise again, covered, for another hour. Preheat oven to 400°. Knead the dough lightly, then press it out into an oiled jelly roll pan (15½"x10½"). Use your fingertips to make depressions in the dough every 2 inches. Scatter the chopped onion evenly over the dough, then drizzle 2 TBSP olive oil over. Sprinkle with kosher salt and freshly ground black pepper to taste. Bake in the preheated 400° oven for 20 minutes, or until golden. Cut into squares and serve. 8 servings.

Onion Sauce (For Pasta)

- ¼ cup (½ stick) butter
- 2 TBSP olive oil
- 1½ lbs. Vidalia (or Spanish) onions, sliced very thin
- pinch Dixie Crystals granulated sugar
- ½ tsp. salt
- freshly ground white pepper
- ½ cup dry white wine
- 2 TBSP fresh chopped parsley
- ¼ cup freshly grated Parmesan cheese

Heat the butter and oil in a large skillet or saucepan. Add the onions and saute until limp and transparent. Add the sugar (if using Vidalias, this might not be necessary), salt and pepper, cover and cook over very low heat for one hour. Add the wine and turn up the heat. Reduce the liquid to a few syrupy tablespoons. While the sauce is in this final stage of cooking, cook your pasta and drain well. Add to the pan with the onion sauce. Sprinkle with parsley and toss. Add the Parmesan, toss again and serve. With one lb. of pasta, sauce makes 6-8 servings. Recipe by Bailee T. Kronowitz

Leek Pie

- 4 TBSP butter
- 3 cups chopped leeks (white and light green parts only)
- 3 oz. boiled ham, diced
- 1⅔ cups heavy cream
- 3 large eggs
- ½ tsp. salt
- ¼ tsp. white pepper
- pinch grated nutmeg
- 5 oz. mild goat cheese (Montrachet or Bucheron)
- ¼ cup grated Swiss cheese
- 1 10" partially baked pie shell (see recipe below)

Preheat oven to 375°. Melt the butter in a large skillet, add the leeks and saute until wilted, 10-15 minutes. Stir in the diced ham and remove from the heat. Set aside to cool. In a mixing bowl, beat the cream, eggs, salt, pepper and nutmeg together with a whisk until well combined. Pour half of this mixture into a food processor (fitted with steel blade) or blender. Crumble the goat cheese and add to the processor, then process until completely smooth. Return this mixture to the bowl with the rest of the batter and blend thoroughly. Combine the grated Swiss cheese with the cooled leek mixture and spoon into the partially baked pie shell, spreading it evenly over



Marinated Green Bean and Onion Salad

- ¾ cup lukewarm (105° -115°F) water
- 1 small to medium yellow onion, finely chopped
- 2 TBSP olive oil
- kosher salt
- freshly ground black pepper

Proof the yeast in ¼ cup of lukewarm water for 15 minutes, or until foamy. In a large mixing bowl, combine the flour and salt and blend. Make a well in the center, then pour the yeast mixture, 3 TBSP olive oil, and ¾ cup lukewarm water into it. Stir the flour into the liquid until you can gather the mixture into a ball. Knead the dough on a lightly floured surface for 15 minutes, or until smooth and elastic. Shape into a ball and put in an oiled bowl, turning it to coat it all over with oil. Cover the bowl with plastic wrap and set in a warm, draft-free place. Let the dough rise

the bottom. Slowly pour the batter over, then use your finger to distribute the filling evenly in the shell. Place in the center of the preheated (375°) oven and bake for 30 minutes, or until set in the center. If the crust browns too quickly, cover it with foil and continue to bake the pie until set in the center. Remove from the oven and set on a rack to cool. Serve at room temperature. 8-10 servings.

10" Pie Shell (Partially Baked)

- 1½ cups all-purpose flour
- ½ tsp. salt
- ½ tsp. Dixie Crystals granulated sugar
- 5 TBSP chilled unsalted butter
- 5 TBSP chilled vegetable shortening
- 2-4 TBSP ice water

In a mixing bowl, combine the flour, salt and sugar and blend well. Cut in the butter and shortening until the mixture resembles a coarse meal. Stirring the mixture with a fork, drizzle in just enough ice water to make the dough hold together. Gather into a ball, flatten into a round disk, and wrap in waxed paper. Chill for 30 minutes. Roll the dough out on a floured surface into a 12-13" circle. Carefully transfer to a 10" pie plate (which you have lightly sprayed with vegetable cooking spray). Fit the dough down into the bottom and sides of the pie plate. Trim overhang to ½" all around. Fold the overhang under, then crimp the edges decoratively. Chill for 10 minutes, then line the pie shell with foil. Weight with rice or beans (or store bought pie weights). Bake in a preheated 425° oven for 8 minutes. Remove the weights and foil, reduce oven temperature to 375°, and bake another 4 minutes. Cool on a rack before filling and baking.

Risotto with Scallions

- 4 TBSP butter
- 1 cup finely chopped scallions (white and light green parts), plus 2 TBSP chopped scallion tops
- 2 cups raw Italian Arborio rice
- 1 cup dry white wine
- 4½ cups chicken stock (or canned broth)
- freshly ground black pepper
- ⅓ cup freshly grated Parmesan cheese

Melt the butter in a 10" skillet (with a tight fitting lid) over medium heat. Add 1 cup chopped scallions and saute for 5 minutes. Add the rice and stir until all of the grains are coated with butter. Pour in the wine and 2 cups of the chicken broth and stir well. Cover and simmer until the rice absorbs the liquid, stirring occasionally to keep it from sticking to the bottom. As the rice dries out, add broth—½ cup at a time—and continue to simmer, covered, until all of the broth has been added and the rice is tender. Remember to stir the rice from the bottom occasionally. The total cooking time for risotto is about 30 minutes. Risotto has a creamier consistency than regular long grained rice and should be lightly bound together, but not gluey or runny. (Gluey risotto results from cooking too slowly—to avoid this, maintain an even medium heat [or flame] throughout the cooking process so that the risotto simmers briskly. Do not cook over too high a flame, however, or the rice will be soft on the outside and brittle inside.) When the rice is tender, remove the pan from the heat and season with freshly ground black pepper and salt, if needed. Stir in the grated Parmesan and transfer to a warmed serving bowl. Sprinkle 2 TBSP chopped scallion over the top and serve at once. 6 servings.



IN MINT CONDITION

It's always nice to follow a hot dinner with something cool and refreshing, particularly when the flavors of the meal are the kind that tend to "stay with you." Our meltingly minty desserts are guaranteed to tingle those tired tastebuds and put your palate back "in mint condition!"

Cold Mint Souffle with Chocolate Sauce

- 2 oz. semi sweet chocolate
- 2 tsp. best quality dark rum
- 1 cup heavy cream, very cold
- 4 large egg whites
- small pinch salt
- large pinch cream of tartar
- ¼ cup Dixie Crystals granulated sugar
- ⅛ tsp. (8-9 drops) peppermint extract (optional: a drop or two green food coloring)

Chill bowl and beaters for whipping cream. **Make sauce:** Place chocolate, rum, and ¼ cup cream in top of double boiler and set over hot, not boiling, water. Stir until chocolate is melted and sauce is smooth. Remove from heat and set aside to cool. **Make souffle:** Place egg whites in mixing bowl and beat with electric mixer or wire whisk until foamy. Add salt and cream of tartar, and continue beating until whites form soft peaks. Sprinkle 2 TBSP sugar over whites, and continue beating until they form stiff peaks. In chilled bowl, whip remaining ¾ cup cream until it forms soft peaks, add

DICE IT.

Add to soups, stews, & sauces.



remaining 2 TBSP sugar, flavoring, and coloring if desired. Continue beating until cream holds stiff peaks. Gently fold souffle mixture among four stemmed dessert glasses (shallow champagne glasses or the like), and spoon chocolate sauce over each. Serve right away if possible. May be held in fridge for a short period without ill effects, but should not be made too far in advance of serving time. Yields 4 servings.

Minted Citrus Tea Sherbet

- 1 large orange
- ¾ cup Dixie Crystals sugar tablets
- 2 cups water
- 1 TBSP minced fresh mint leaves
- 2 TBSP best quality English tea leaves
- ½ cup fresh orange juice, strained
- 3 TBSP fresh lemon juice, strained
- 1 large egg white, beaten until foamy
- fresh mint leaves for garnish

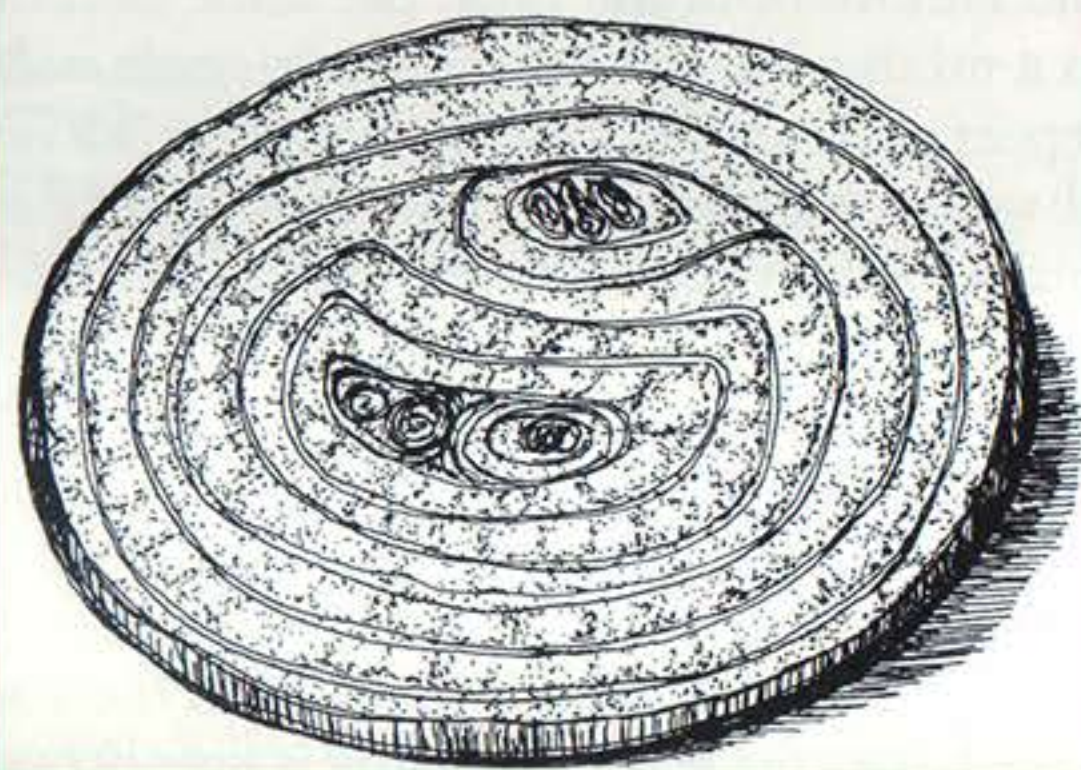
Rub skin of orange with sugar cubes until all cubes have turned orange color and all pigment has been rubbed off fruit. Save orange for juicing. In heavy saucepan, bring water, sugar and mint to a boil, stirring constantly until sugar is dissolved. Reduce heat to low and simmer 5 minutes. Remove from heat. Add tea leaves. Cover tightly and steep 15 minutes or until mixture is well infused. Transfer to a boil and add citrus juices. Pour into shallow freezer container (a jelly roll pan or any baking dish with low sides will do) and freeze until firm but not rock-hard. Chop it up with a big spoon, and whirl it in the food processor along with the beaten egg white. Return to freezer tray and freeze for 3 or 4 hours or more. Let sherbet soften for about 5 minutes before serving in chilled bowls or stemmed dessert glasses, garnished with fresh mint leaves. Yields 4 servings.

Minty Lime Sherbet

- 2 cups water
- 1 cup Dixie Crystals granulated sugar
- 1 TBSP mint leaves, finely minced
- 1 TBSP lime rind, finely grated
- ¾ cup freshly squeezed lime juice
- 1 TBSP creme de menthe
- 1 large egg white, beaten until foamy

SLICE IT.

For salads and stir-fries.



Combine first four ingredients in small heavy saucepan, and bring to a boil over medium heat, stirring constantly until sugar is completely dissolved. Simmer syrup for 5 minutes, remove from heat, and let cool to lukewarm before stirring in lime juice and liqueur. Pour into shallow pan or freezer tray and freeze until mixture is more firm than slushy, but not yet frozen hard and solid. Transfer to food processor fitted with steel blade or chilled bowl of electric mixer, add beaten egg white, and process or beat until smooth. Return to freezer tray, and freeze until firm. At serving time, remove from freezer and let stand until slightly softened and "scoopable." Garnish each serving with sprigs of fresh mint. Yields 4 servings.

Minted Pineapple Sherbet

- 1 fresh pineapple, peeled, cored, diced
- ½ cup fresh mint leaves
- 2 TBSP freshly squeezed lemon juice
- Dixie Crystals confectioners' sugar to taste
- 1 large egg white, at room temperature
- tiny pinch of cream of tartar
- few grains salt

Puree pineapple cubes and mint leaves together into two batches of equal size, using a food processor fitted with the steel blade. Transfer puree to larger bowl, stir in lemon juice, and sweeten to taste with powdered sugar. Freeze mixture in an ice cream freezer according to the manufacturer's instructions until it is slushy-creamy, but not solid stiff. In a chilled bowl, beat egg white with cream of tartar and salt until they form stiff peaks. Scrape partially frozen sherbet mixture into egg whites with rubber spatula. Fold as gently as possible to combine the two, and return to ice cream freezer. Continue churning/anking until sherbet is firm. Before transferring to freezer container for storage, blend sherbet in batches in food processor one more time. Yields 1 quart.

Mint Chocolate Chip Ice Cream

- 2 cups milk
- 2 cups heavy cream (whipping cream)
- ¾ cup Dixie Crystals granulated sugar
- 8 egg yolks (from large eggs)

- 2 TBSP creme de menthe
- ½ tsp. peppermint extract
- (optional: a drop or two of green food coloring)
- ½ cup finely chopped bittersweet chocolate

Before making the custard, set a metal bowl inside a larger bowl of cracked or crushed ice. Then place milk, cream and sugar in heavy saucepan. Stir constantly over medium heat until sugar dissolves and milk scalds. Remove from heat. Beat yolks in large mixing bowl until light, fluffy, and pale yellow. Add hot liquid to yolks in a slow steady stream, stirring constantly. Pour custard back into saucepan, and cook over medium-low heat until it thickens enough to coat a spoon. Transfer it to chilled metal bowl, cover it with a round of waxed paper to prevent a "skin" from forming, and let it cool. Remove bowl of custard from bowl of ice, and chill in refrigerator for several hours or more. Stir in mint flavoring (and food coloring if desired). Freeze in ice cream freezer according to manufacturer's instructions. When ice cream reaches the soft-and-creamy, no-longer-liquid-but-not-yet-solid, stage, remove dasher, stir in chocolate bits, replace dasher, and continue cranking/churning process until ice cream is firm and stiff. Yields 1 quart.

Note: If you can't get bittersweet chocolate from your local gourmet specialty shop, you may substitute ordinary semi-sweet chocolate mini-chips from the supermarket instead.



Peppermint Stick Ice Cream

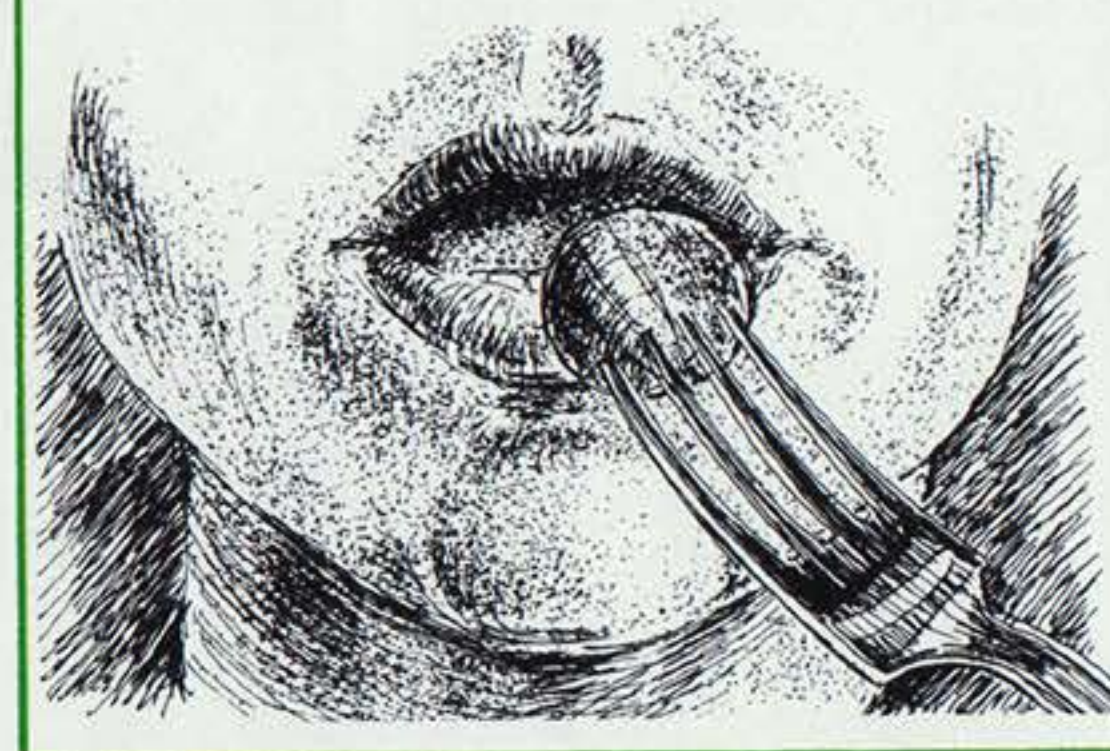
- 1½ cups (¾ lb.) red/white peppermint candy
- 1½ cups evaporated milk (12 oz.)
- 5 (large) egg yolks
- 2 cups heavy cream (whipping cream)
- (optional: a drop or two red food coloring)

Use candy canes, old-fashioned peppermint sticks, or those little round, pinwheel striped, peppermint drops wrapped in a twist of cellophane—as long as the candy is hard. It's easiest to crunch it up between two sheets of waxed paper with a marble rolling pin while the candy is still in its plastic jackets, and then discard the wrappers afterwards, but you can unwrap them first if you prefer.

Combine 1 cup (½ lb.) crushed candy bits with milk in a small bowl, cover, and refrigerate all day long or overnight. Whisk egg yolks and cream together in a heavy saucepan. Cook over low heat, stirring constantly, until mixture is thickened and coats the back of a spoon. Strain through a sieve into a bowl, and let cool. Whisk in candied milk. Pour the custard into an ice cream churn, and freeze according to manufacturer's instructions. When the ice cream reaches the soft-and-creamy, no-longer-liquid-but-not-yet-solid stage, remove dasher, stir in remaining ½ cup (¼ lb.) crushed peppermint stick, replace dasher, and continue churning/anking process until ice cream is firm and stiff. Yields 1 quart.

TASTE IT.

The flavor is delicious!



Minted Chocolate Silk Pie

This recipe must be made ahead.

- 1 prebaked 8" pie shell, either short pastry or your favorite crumb crust

Filling:

- 1 cup Dixie Crystals confectioners sugar
- 1 stick unsalted butter, well softened
- 2 oz. unsweetened chocolate, melted, cooled
- 2 large eggs, beaten
- 3-4 drops peppermint extract, or to taste

Topping:

- 1 cup whipping cream
- about ¼ cup Dixie Crystals confectioners sugar
- ¼-½ tsp. vanilla extract
- (optional: about ⅓ cup chopped walnuts)

To make filling: Sift confectioners sugar. Cream butter and sugar. Beat in chocolate and eggs until light and fluffy. Stir in flavoring. Spoon mixture into prepared pie shell, cover loosely with plastic wrap, and chill for 24 hours.

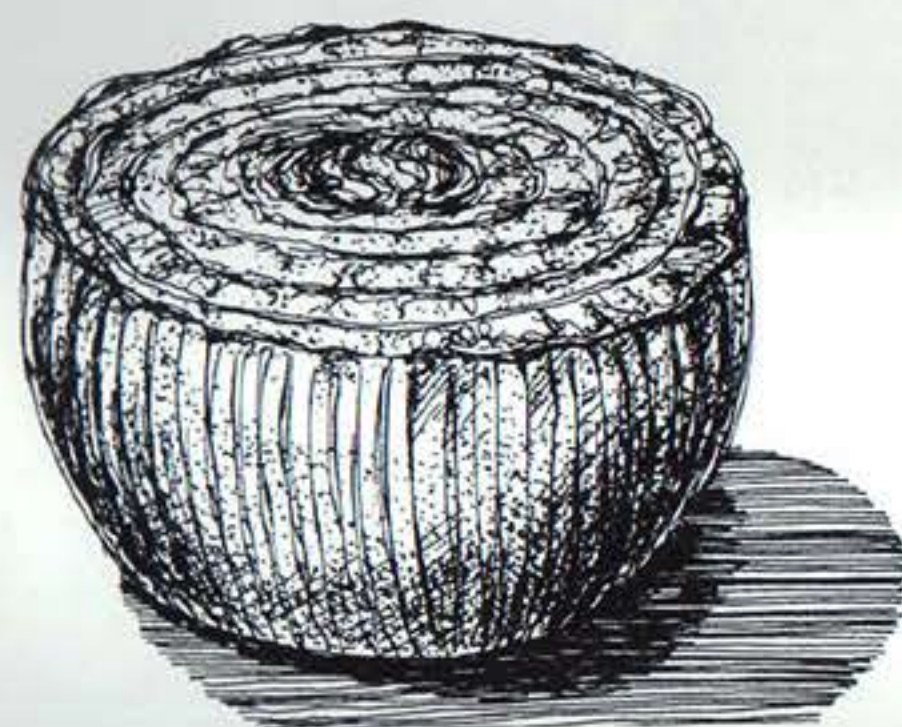
To make topping: Using a chilled bowl and chilled beaters, whip cream until soft peaks form. Sweeten to taste with up to ¼ cup sifted confectioners sugar, add flavoring, and continue beating until cream holds stiff peaks.

Note: Spooning a dollop of whipped cream on top of each piece is faster and easier and tastes just as good, but if you want your pie to look extra fancy, halve the topping ingredients, and pipe the whipped cream around the edge with pastry bag fitted with a decorative tip, and sprinkle with chopped nuts for a finishing touch if desired.



BASTE IT.

When baking or microwaving, baste with butter or broth.



FLOUR FACTS

Do you find yourself somewhat confused when you see the variety of flours on the grocery shelf? The type and quality of flour greatly influences the final baked product. Wheat flour is used to make bread and cakes because it has a protein called gluten. The amount and quality of the gluten varies with different flours.

The type of wheat, the growing season, where it is grown and the milling process all influence the gluten. Flours with the highest gluten produce breads with the highest volume. Whole wheat has less gluten than white flour. This is why whole wheat breads are heavier and why many recipes call for a combination of white flour and whole wheat. The following explanations should clear up some of your confusion.

All-Purpose Flour—Blend of hard and soft wheat. Softer blends are usually marketed in the South for quick breads and harder blends in the North where yeast breads are more popular. You may select plain all-purpose (without leavening added) or self-rising all-purpose (baking powder and salt has been added). All-purpose is recommended for general baking.

Bread Flour—Strong flour usually made from the best hard wheats. Has a high amount of gluten—yielding protein which makes it desirable for yeast breads. It gives bread better volume, tender quality and finer texture. Longer kneading process may be necessary to help develop the gluten. Bread flour that is labeled *Bromated* has had potassium bromate added to give additional elasticity.



Cake Flour—Soft wheat flour that is low in protein and gluten which results in a soft white fine textured crumb that is desirable in cakes. May be specially bleached to whiten the color and soften the gluten.

Enriched Flour—During the milling process the bran and germ is removed thus losing most of the minerals and vitamins. Thiamine, niacin and riboflavin are added after milling. The mineral iron is also added so that the enriched flour is as equal as possible to whole wheat flour in vitamin and mineral content.

Self-Rising Flour—All-purpose flour with baking powder and salt added for leavening.

Unbleached Flour—Wheat flour that is slightly higher in protein than all-purpose flour. Used alone, unbleached flour gives a relatively low volume and a fairly coarse-grained texture. It works well for French bread.

Whole Wheat Flour—The entire wheat kernel is milled thus producing a bulkier flour. The quality and amount of gluten it yields is less than all-purpose flour. Bread made with whole wheat flour alone is coarser and more compact than bread that is made with a combination of whole wheat and all-purpose. It should be stored in the freezer to prevent rancidity.

Savannah Classics

Crisp shortbread and the tart taste of fresh lemon are a great combination found in Suzanne's Lemon Squares. Served alone at tea time or as accompaniment to a fresh fruit cup following a Savannah seafood supper, these sweets are a year round treat.

Suzanne's Lemon Squares

Shortbread:

- 1/2 cup butter (at room temperature)
- 1/2 cup Dixie Crystals granulated sugar
- 1 cup all-purpose plain flour

Lemon Filling

- 1 cup Dixie Crystals confectioners sugar
- 1 TBSP flour
- 1/2 tsp. baking powder
- 2 whole eggs, beaten
- 3 TBSP lemon juice

To make shortbread: Mix butter and sugar, add flour and form into a soft ball. Pat into a greased 8x8" pan. Bake 15 minutes at 350°. While shortbread is baking, prepare filling.

To make filling: Mix sugar, flour and baking powder together, add to beaten eggs and add lemon juice last. Mix well. Pour filling on top of baked shortbread. Bake 25 minutes longer. Cool. Cut into squares and dust with confectioners sugar. Makes sixteen 2" squares for desserts or 32 (1x2") rectangles for a party tray.

Sorry for the inconvenience: we have to make a correction on the following recipe which appeared in our Volume VII, No. 1.

Pilafi

- 2 small onions, finely chopped
- 4 TBSP butter, divided
- 1/2 tsp. salt
- 1 cup long grain rice
- 2 1/2 cups chicken broth
- 1 TBSP fresh parsley, chopped

Place the onions and 2 TBSP of the butter in a 2 quart baking dish and microwave at high (100%) 2 minutes. Add salt and rice and cook 20 seconds on high (100%). Stir in the chicken broth, cover and cook 5 minutes on high (100%). Reduce power to medium (50%) and cook 20 minutes covered. Place the parsley and the remaining 2 TBSP butter in a glass measuring cup and microwave on high (100%) for 1 minute or until butter has melted. Pour over rice and fluff with a fork.



A SUGAR SCOOP

Baked goods that lack sweetness, have a tough texture, a low volume, a pale uncooked appearance or a hard, flinty crumb have too little sugar!

CREDITS

Braised Beef - Franciscan's "Denmark," The Cottage Shop, Savannah, GA
Leeks & Ham - Tirschenreuth's "Fleur de Lis," Levy Jewelers, Savannah, GA
Veal Stew - Antique Bavarian, Private collection Alvin W. Neely, Jr., Savannah, GA
Salads - Gorham Full-Lead Crystal, Belk, Oglethorpe Mall, Savannah, GA

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