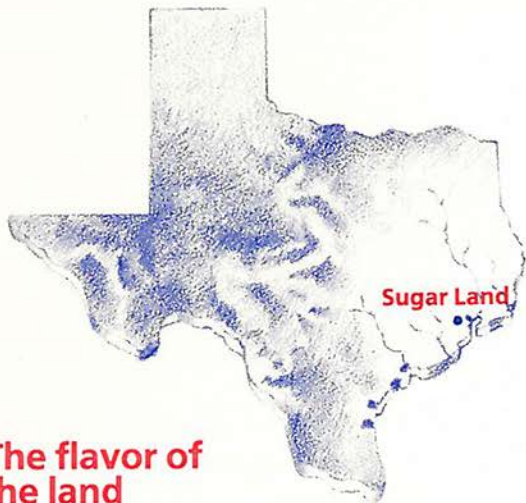


Texas Recipes from Texas Places



Texas Places



The flavor of the land

Is this really part of Texas, this land of tall pines, of deep and forever-shady forests of hardwoods, of trembling earth and water, water everywhere?

Some say it is. And those who say so call it East Texas. But their opinions are suspect to one who first opened his eyes to a West Texas landscape.

Piney woods and spring-fed lakes.

Lakes such as you find in East Texas are all right for people who enjoy hearing water lapping against a shoreline. But the bigger the lake, the louder the lapping sound, and that's one noise that can get on the nerves of a West Texan attuned only to the quieter sounds of prickly pear growing.

The problem with East Texas is that lakes are *everywhere*. You can hardly cross a county without falling into some big, blue, spring-fed lake.

Chances are, you'll get a crick in your neck from watching the bikini-clad skiers flash back and forth behind a lot of fast-moving boats. Or get a *shush* from some bass fisherman who has almost caught his limit, but wants to catch the grandfather of them all in that quiet cove he likes to think *he* discovered.

Some parts of East Texas couldn't make up their minds whether they wanted to be lakes or land, so they compromised and made

themselves into marshy areas where the earth trembles beneath your feet.

Deer and raccoons and birds of near-countless varieties think these marshy areas are great. A great many people apparently do too, because you can see little cabins scattered singly or in small groups throughout the deep thickets. Very important people in Washington, D. C., must agree with the local population, because the government made thousands of acres of these thickets into a national park.

Trees such as you see in East Texas can be quite a novelty at first, but after a while you realize you can't see the forest for the trees, and what you want to see more than anything is some open country.

Of beaches and other things.

You can find open country along Texas' Gulf Coast, but it is mostly flat land that's not good for much of anything except growing bumper crops of rice, vegetables, citrus fruits and so forth, especially when you move all the way to the valley just across the Rio Grande from Mexico, where sugarcane is once again flourishing under the hot Texas sun.

It is not easy to understand why so many people like to stand on a beach and look out at the Gulf. It is a lot bigger than the lakes in East Texas, and it seems *never* to be still. You see more surfboards than skis, but you also see more boats on the Gulf because there is more water.

The people along the coast country mostly seem to spend their time turning brown under the sun and thinking about what they will have for dinner that night. Their conversation leaves a little to be desired unless you are sent into rhapsody by the mention of shrimp, crab, red snapper and the like.

They play a lot of golf on some very fancy courses along the Gulf Coast. They play a lot of tennis, too, and spend a lot of time going to and fro across the Rio Grande for bargains in Mexican curio shops.

If the people aren't talking about seafood, they are talking about one of the other

things, but you almost never hear any of them talk about the mystery and beauty of seeing a single tree outlined against the sunset on a ridge five miles away.

There is nothing plain about the high plains.

There's something very exciting about the high, rolling plains up in the Panhandle around Amarillo. The country looks big — and *is* big. One thing is certain: you'll never get a feeling of claustrophobia, because you can see many miles in every direction. And that's the beauty of it.

The country rolls on and on and on. You get all the advantages of the ocean without any of the fishy, salty odors. The breeze never really stops, and it smells of freedom and individuality. The sea of grass ripples like water, but doesn't make a *lapping* sound, which is the way good grass should behave.

They say that many of the pioneer women went a little crazy because of the monotony of the scenery, but surely that was a bit of propaganda started by chamber-of-commerce types back in East Texas or along the Coast.

No one with a sense of curiosity or adventure could ever get bored with the scenery in the Panhandle. The distant swells in the land are an urgent invitation to run over there for a look at the country on the far side.

It matters not that you would only see more of the same when you arrive on that ridge. The next ridge in the distance is just as inviting, and you'll want to see what's over the far side of that one. And on the far side of the *next* one.

Given a million acres of trees, you can get so humdrum about trees that you take them for granted. *Not in the Panhandle!* A tree is a lovely, precious sight that stirs your emotions, that leaves you singing the praises of nature's handiwork in creating a *tree* so strong and dauntless as to endure there.

The tree is skylined there on the ridge, crying out for you and all passers-by to come put your backs against its trunk and simply sit there looking out across the country. It is a way to put everything into proper

perspective, and a tree that can do that for you is a *real* tree.

You can also see a few real trees in the Big Bend Country.

Where the mountains go away at night.

They say the mountain ranges in the Big Bend Country of the Trans-Pecos region of Texas go away at night to play. That is nonsense, of course. The reason you *think* they go away, the reason you can't see them after dark, is because lights are few and far between in that country after the sun sets.

The Big Bend is a place where you can get lost while finding yourself. It is the only place that can give you a perspective better than the one under that tree on the ridge in the Panhandle. That's because the Big Bend Country is so lonesome you have time to think, and so big it takes 26 hours to make a day. The desert-like landscape gives you reason to think only about the important things such as food, water and shelter.

The Big Bend is a place where you have to climb for water and dig for firewood. The firewood comes from the roots of runty mesquites that are few and far between, and the springs, also few and far between, are nearly always on the side of a mountain. But hurry if you want a drink, because the water flows back into the ground quickly — as if afraid of the sun.

It's hard country, but beautiful. The mountains tower upward in sometimes weird shapes. The desert is harsh, but magnificent in its own way (you should see it on a full-moon night). It's hot out there, sure, but there's no humidity, and even a shady place no bigger than a handkerchief will keep you cool.

This surely is the part of Texas they were talking about when they (whoever they are) said, "Texas is a great place for men and dogs, but hell on women and horses."

Actually, there's a lot of romance between men and the Big Bend, and some between men and women in the Big Bend. But

romances between women and the Big Bend are not so common. A few women do fall in love with the country, however, and like the tree on the ridge in the Panhandle, they are *real*.

One old gentleman of Mexican descent found romance, certainly. He outlasted six wives and fathered 58 children in his shelter that was half dugout, half brush arbor. He fought the desert, nurturing his crops with water hauled in barrels, and *beat* it.

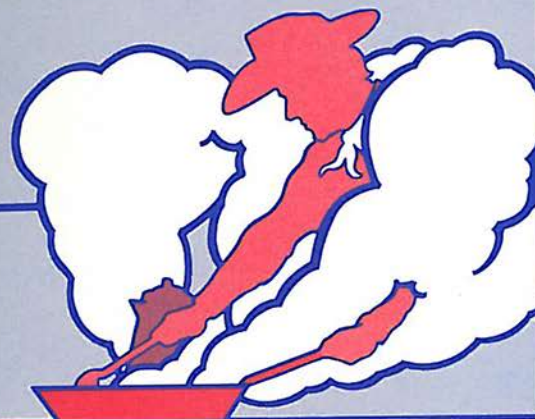
Evidently he loved the country, because he stayed there in the shadows of the Chisos Mountains for 25 years. And those women loved it enough to give their lives for the privilege of staying there with him. He, or some of his, might be there yet if the government had not decided that his farm should be part of the Big Bend National Park.

That's the flavor of the Big Bend, and for some of us it's exactly right. But for others, it's the flavor of East Texas or the Gulf Coast or the Panhandle or the Hill Country that's best for them. Wherever you are in Texas, that's where life tastes the sweetest to you. And wherever you are in Texas, you've got Imperial Sugar to make it all the sweeter.

"Texas Recipes from Texas Places" include thirteen new Imperial Sugar recipes. In the series are hearty main dishes, interesting side dishes, salad, sherbet, sandwich, sauce — even a mud cake.

All of the recipes were perfected and kitchen-tested by Imperial's Texas-born home economist, June Towers. Her West Texas Steak with Wahoo Sauce is a recipe handed down from relatives in her home town in the West Texas high plains. And the rest are recipes collected during her frequent travels across Texas.

IMPERIAL  **SUGAR**



East Texas Barbecued Pecans

- 1 *tablespoon Imperial Granulated Sugar*
- 2 *tablespoons cider vinegar*
- 2 *cups pecan halves*
- 1 *teaspoon butter or margarine*
- Seasoned salt*

Mix Imperial Granulated Sugar and vinegar in quart jar; add pecans and shake to thoroughly coat nuts. Place in shallow baking pan and toast at 250°F, stirring frequently, until lightly browned. Add butter or margarine and seasoned salt to taste, about ½ teaspoon, and toss to coat nuts. Continue baking until toasted. Cool and store in tight container. Refrigeration keeps them crisp. Yield: 2 cups.

Economy version

Substitute wheat, rice or corn cereal squares for half of the pecans.

Cocktail Party Snacks

Put East Texas Barbecued Pecan halves together with whipped cream cheese. Cheese can be seasoned with dehydrated onion flakes, paprika, finely minced green pepper, or finely minced raisins, if desired.





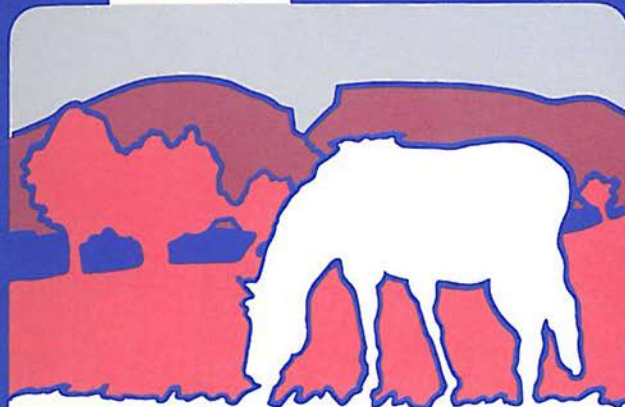
Piney Woods Hush Puppies

- 2½ cups yellow corn meal
- 1 teaspoon soda
- 1 teaspoon salt
- 2 tablespoons Imperial Granulated Sugar
- 2 tablespoons all-purpose flour
- 1 tablespoon baking powder
- 1 egg, beaten
- 2 cups buttermilk
- 1½ cups cooking oil, about

Mix all dry ingredients; beat milk and egg together and combine with dry ingredients; batter should hold its shape when picked up in spoon. If it is too soft, add more cornmeal. Drop by mounded tablespoonful into 350°F. fat and cook about 1½ minutes; turn and cook on second side 1 minute. Allow oil to heat a few seconds after removing a batch. Delicious freshly cooked and hot; however, leftover hush puppies freeze well. When ready to serve frozen hush puppies, place on oven rack in preheated 250°F. until very hot and crisp. Makes about 48 hush puppies 2" round.

Hints on frying: Using a small diameter heavy saucepan allows using a minimum of oil; a 5 or 6 inch pan with oil 1½ inches deep and heated to 350°F. will cook three hush puppies in about 2½ minutes. When batter consistency is correct and oil is at 350°F, hush puppies will become firm, round shapes almost as soon as they enter the hot oil. If they are cooked in oil that is too hot, they will not cook in the center.

Serving Suggestion: Especially good served with fried catfish, trout, shrimp, oysters, chicken or chicken-fried steak.



Brazos Valley Biscuit Loaf

- ½ cup raisins or currants
- Boiling water
- 2 cups biscuit mix
- ¼ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons Imperial Granulated Sugar
- 1 egg, beaten
- ½ cup tea (made from ½ teaspoon instant tea and ½ cup cool water)
- 2 tablespoons heavy cream
- 2 tablespoons Imperial Granulated Sugar

Cover raisins or currants with boiling water and let stand for 5 minutes. Drain and cool. Combine biscuit mix, spices and 2 tablespoons Imperial Granulated Sugar. Combine beaten egg and tea with raisins or currants and stir into biscuit mix. Put 1 teaspoon butter or margarine into 8" square baking pan and heat about a minute in pre-heated 450°F. oven. When pan is very hot, pour biscuit batter into pan. Bake about 10 minutes. Whip cream with fork; add 2 tablespoons Imperial Granulated Sugar and brush over top of biscuit loaf. Put under broiler to brown and glaze. Makes 9 squares. Best when hot and freshly baked. Re-heat or toast leftover squares.

Serving suggestion: Delicious served warm with whipped cream and orange marmalade along with a cup of hot tea.





Brazos River Steamboat Pie

- 1 9" unbaked pastry shell
- 1 cup Imperial Brown Sugar, packed
- 3 eggs, slightly beaten
- 1 cup white corn syrup
- 1 teaspoon vanilla
- 2 tablespoons melted margarine
- $\frac{1}{8}$ teaspoon salt
- $1\frac{1}{2}$ cups pecan halves

Mix all ingredients, except pecans, then add pecans. Pour into 9" unbaked pastry shell. Bake at 400°F. for 10 minutes; reduce heat to 325°F. and bake 30 to 35 minutes longer. Serve with whipped cream made by whipping 1 cup heavy cream with 1 tablespoon Imperial 10X Powdered Sugar and 1 tablespoon light rum.

For Pastry Shell:

- $1\frac{1}{3}$ cups all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{2}{3}$ cup shortening
- 3 tablespoons Imperial Granulated Sugar
- 3 tablespoons water

Combine flour and salt. Cut shortening into flour with fork or pastry blender until mixture is crumbly. Add sugar to water then pour over dry ingredients. Mix gently with fork, then gather pastry into a ball and place in pie tin. With tips of fingers, spread pastry in bottom and around sides of pie tin, shaping a high, fluted edge. Makes one 9" pie shell.



Big Bend Meat Sauce

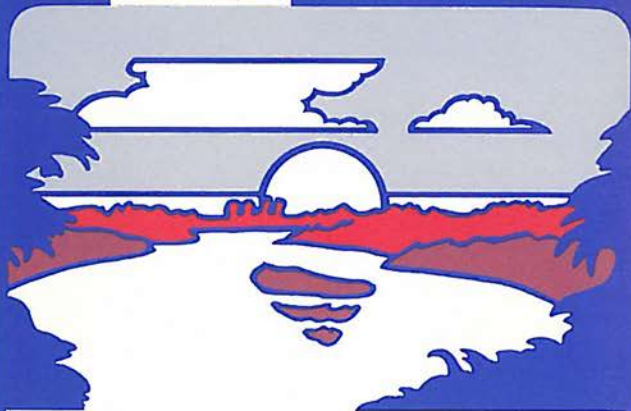
- 1 cup onions, chopped
- 2 carrots, peeled and shredded
- 1 clove garlic, minced
- $\frac{1}{4}$ cup butter or margarine
- 1 pound lean ground beef
- 1 (28-ounce) can whole tomatoes
- 1 (6-ounce) can tomato paste
- $\frac{1}{4}$ cup chopped fresh basil leaves, or 1 tablespoon dried basil leaves
- 1 teaspoon Imperial Granulated Sugar
- $\frac{1}{2}$ teaspoon dried oregano
- 1 teaspoon salt
- $\frac{3}{4}$ cup red wine or tomato juice
- Hot, freshly-cooked rice

Saute onions, carrots and garlic in butter or margarine in heavy skillet until vegetables are tender. Add and brown ground meat. Add remaining ingredients, except rice. Heat to boiling; reduce heat and cook over low heat until sauce is very thick, about 1 hour. Refrigerate to cool thoroughly, then skim off fat and discard. When ready to serve, heat sauce to boiling and serve over freshly cooked rice. Sauce may be frozen. Yield: 6 cups.

Note: To shred carrots quickly, put carrots cut into small chunks along with water into blender; spin on high speed, drain off liquid.

Also good served over spaghetti or scrambled eggs.





Valley Citrus Grove Sherbet

- 6 large orange shells, frozen
- 1 cup fresh orange juice (or $\frac{3}{4}$ cup water and 6 tablespoons orange juice concentrate)
- $\frac{1}{4}$ cup fresh lemon juice (1 large lemon)
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup Imperial Granulated Sugar
- $\frac{1}{4}$ cup light corn syrup
- Dash salt
- 4 egg whites, divided
- 4 tablespoons Imperial Granulated Sugar

Cut 1 inch slice from tops of six oranges; extract juice and measure 1 cup. Grate rind from tops and reserve rind. Scrape out and discard remaining pulp from orange shells and freeze shells in muffin tin to keep shells upright. Combine orange juice (or water and orange juice concentrate) with lemon juice, milk, Imperial Granulated Sugar, corn syrup and salt. Heat in saucepan until sugar dissolves; mixture will curdle. Cool, then freeze about two hours, stirring a few times. When frozen firmly, break sherbet up with fork until fluffy. Fold in two stiffly beaten egg whites and scoop into frozen orange shells; freeze until firm. Beat remaining two egg whites with 4 tablespoons Imperial Granulated Sugar, beaten in thoroughly one tablespoon at a time. Pile meringue in high peaks on top of sherbet, sealing meringue around tops of shells. Bake in preheated 350°F oven about two minutes, or until a light golden tan. Serve immediately or freeze until serving time. Let frozen sherbets stand at room temperature about five minutes before serving. Garnish with grated orange rind and mint leaves, if desired. Serves six.

Serving suggestion: This dessert is served beautifully in champagne glasses.



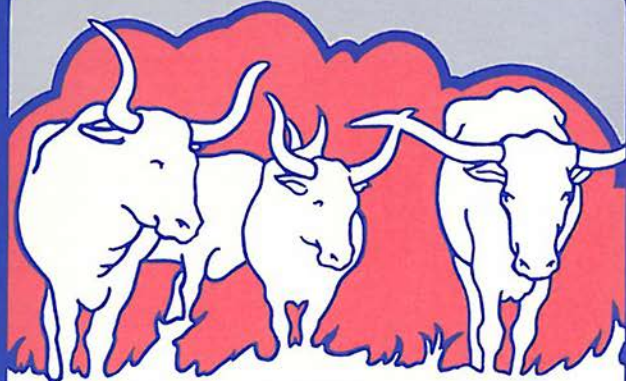
Hill Country Rodeo Sandwiches

- 2 cups thinly sliced stew meat, or
- $\frac{1}{2}$ pound ground beef
- $\frac{1}{2}$ cup chopped onion
- 1 tablespoon Imperial Brown Sugar
- 2 teaspoons paprika
- 1 teaspoon crushed dry oregano
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon salt
- 1 bay leaf
- 1 clove garlic, minced
- 1 cup catsup
- $\frac{1}{4}$ cup water
- 1 tablespoon cider vinegar
- 2 tablespoons worcestershire sauce
- $\frac{1}{4}$ teaspoon liquid smoke, optional

Brown stew meat in small amount of fat or ground meat in its own fat. Combine sauce ingredients and toss with meat. Put in heavy skillet and bring to boil. Reduce heat to very low, cover saucepan, and simmer until stew meat is tender, about two hours. If using ground meat, simmer over medium heat without saucepan covered; cook until sauce has thickened, about 10 minutes. Serve on split, open-face buns with onion slices, pickles and mustard, corn on the cob and cola.

Yield: 2 cups or 4 ($\frac{1}{2}$ -cup) servings.





West Texas Steak with Wahoo Sauce

- 6 tenderized steaks, about 1 ½ pounds
- 1 (15 ounce) can tamales, drained (reserve sauce)
- 1 egg, beaten and mixed with 1 tablespoon water
- Flour and bread or cracker crumbs for breading
- Salt and pepper
- ½ teaspoon chili powder
- Oil for frying
- ½ cup tomato juice or sauce
- 1 teaspoon chili powder

Wrap each steak around a tamale and secure with toothpicks. Dip steak rolls in beaten egg, then in flour seasoned with salt, pepper and chili powder. Dip again in egg, then in bread or cracker crumbs. Brown steak rolls on all sides in hot fat; reduce heat and drain off excess fat. Cook steaks until tender, about ten minutes. Remove steaks to platter and keep hot. Add tamale sauce to tomato sauce and chili powder. Bring to boil and pour over hot steaks. Serves 6.

Serving Suggestion: Mash two ripe avocados with salt and pepper; combine with diced chopped onion and fresh tomatoes, chopped. Serve on bed of chopped lettuce with crisp corn chips and steaks.



Trinity River Mud Cake

- 4 eggs
- 2 cups Imperial Granulated Sugar
- 1 cup (2 sticks) butter or margarine, melted
- 1 ½ cups all-purpose flour
- ⅓ cup cocoa
- 1 teaspoon vanilla
- 1 cup shredded coconut
- 2 cups walnuts or pecans, chopped (4 ounces)
- 1 (7 ounce) jar marshmallow cream

Combine eggs and Imperial Granulated sugar in mixer and mix at high speed for 5 minutes. Combine melted butter or margarine, flour, cocoa, vanilla, coconut and nuts. Combine the two mixtures and mix well. Bake in greased and floured 13" x 9" x 2" pan in preheated 350°F oven for 30 minutes or until cake tests done. For best results, bake on rack in middle of oven. Remove from oven and spread marshmallow cream over top of cake. Wait a few minutes, then frost while cake is still warm.

Floodtide Frosting:

- ½ cup (1 stick;) butter or margarine, melted
- 6 tablespoons milk
- ⅓ cup cocoa
- 1 pound (4 cups unsifted) Imperial 10X Powdered Sugar
- 1 teaspoon vanilla
- 2 cups walnuts or pecans, chopped (4 ounces)

Combine all ingredients and mix well with wire whisk. Spread carefully over marshmallow cream.

NOTE: Cake is very rich and filling so it can be cut in small squares to feed a crowd.



Gulf Coast Chicken and Rice

- 1 (2½ #) chicken fryer
- ½ cup cooking oil
- ½ stick butter or margarine
- Salt and pepper

Split fryer in half, then cut into quarters. In heavy skillet over medium high heat brown chicken in oil and butter until golden brown on all sides. Season with salt and pepper. Place chicken in baking pan; cover with lid or foil and bake in 350°F oven until chicken is tender and golden brown, about one hour. Serve with freshly cooked, and hot rice. Serves 4.

Rice and Pecans

- 4½ cups cooked rice (1½ cups uncooked)
- 3¾ cups water
- 1½ teaspoons salt
- 2 tablespoons butter or margarine (for toasting pecans)*
- 1 cup pecan halves, toasted
- ¼ cup minced parsley
- ¼ cup onions, diced and sauteed
- ¼ cup celery, diced and sauteed

Cook 1½ cups rice in 3¾ cups water and 1½ teaspoons salt by your favorite method. When rice is fluffy and water is all absorbed, stir in toasted pecan halves, parsley and sauteed onions and celery using fork to keep rice fluffy.

*To toast pecans, melt butter or margarine in skillet over medium heat. Stir pecans until they are crisp and beginning to brown. Watch and stir to avoid burning.



Rio Grande Dandy Green Salad

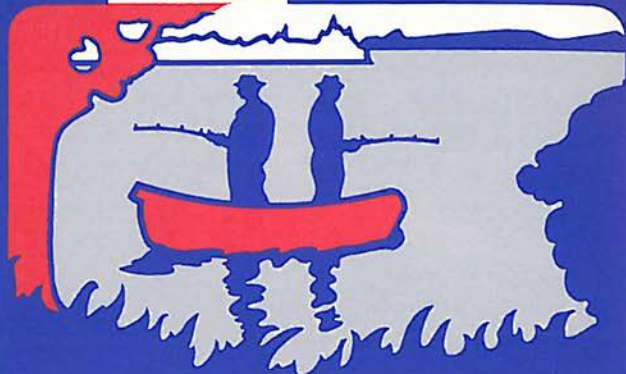
- 1 cup celery, finely chopped
- ½ cup onion, finely chopped
- 1 green pepper, finely chopped
- 1 (2 ounce) jar pimiento, finely minced
- 1 (1 pound) can French style green beans, drained
- 1 (1 pound) can small green peas
- 1 teaspoon salt

Dressing:

- 1 cup Imperial Granulated Sugar
- ½ cup salad oil
- ¾ cup cider vinegar
- 2 tablespoons water

Combine salad ingredients and gently toss with dressing ingredients. Let stand overnight, covered, in refrigerator. Drain well before serving. Makes about 6 cups.





Texana Fried Fish

- 4 (1 pound) trout, boned, scaled and cut in half
- ½ teaspoon salt and dash pepper
- 1 teaspoon lemon juice
- 2 eggs beaten with ½ cup milk
- Flour, about 1 cup
- Dry bread crumbs, about two cups
- Oil or shortening for frying

Choose very fresh fish with bright, clear, bulging eyes, gills that look and smell clean, scales that are shiny and lie close to the skin and with firm flesh that springs back when pressed with fingers. There should be no strong, unpleasant odor. Have butcher bone, scale and cut fish in half. Add salt, pepper and lemon juice to eggs and milk. Coat fish fillets with flour, dip in egg mixture and coat with dry bread crumbs. Fry in deep fat preheated to 350°F. and cook until crisp and very brown. Transfer to baking sheet and cook in 350°F. oven about 3 minutes. Serve with Tartar Sauce. Serves 4 (2 fillets each) or 8 (1 fillet each).

Tartar Sauce:

- 1 cup mayonnaise
- ½ tablespoons pickle relish
- ½ tablespoons parsley, minced
- ½ tablespoons capers
- ½ tablespoons onions, minced
(green onions are preferred)
- ½ tablespoons green olives, minced

Combine all ingredients and let stand several hours or overnight before serving. Yield: 1 cup.
NOTE: Capers and green olives are optional but add unique flavor.



San Jacinto Sweet Potato Casserole

- 3 cups (1 pound, 14 ounce can) sweet potatoes, drained and mashed
- ¼ cup Imperial Brown Sugar, packed
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 egg, beaten
- ½ cup milk
- 1 can (11 ounce) mandarin orange sections, drained, or 1 cup fresh orange sections or pineapple chunks
- 1½ cups miniature marshmallows, divided

Combine all ingredients except fruit and marshmallows; whip until light and fluffy. Fold in fruit and half of marshmallows. Spoon into individual baking dishes or a 6-cup baking dish. Bake at 350°F. for about 20 minutes. Top with remaining marshmallows and return to oven until marshmallows are light brown and beginning to melt. Serves 8.



Quality ingredients first essential of cooking success

Good cooking always starts with quality ingredients. There is no compromise. A recipe may be followed with precise care, but the results will be only as good as the ingredients used.

Select your ingredients by brand. Learn which brand you can depend on to be uniform.

In sugar, uniformity is especially important to accurate measurement. Sugar for use in home recipes is measured by the spoonful or cupfull — not by weight. Unless the sugar grain is uniform in size, a cupful today may not contain the same amount of sugar as a cupful tomorrow. One cup of coarse-grain sugar is not equal in weight or sweetening value to one cup of fine-grain sugar.

Absolute uniformity of grain is one of the reasons why most Texas homemakers use Imperial Pure Cane Sugar. When you use Imperial Sugar, level measurements always represent exactly the same amount of sugar. Your recipe success is consistent. And because it's extra-fine granulated, Imperial sugar is quick dissolving. It blends quickly and smoothly with other ingredients.

To be sure of getting 100% pure cane sugar of finest quality, be sure it's Imperial. Look for the red block marked

"Pure Cane" on every bag and carton. There's an Imperial Pure Cane Sugar for every cooking and sweetening need — granulated sugar in 1-lb. cartons and 2, 5 and 10-lb. bags, superfine granulated in 1-lb. cartons, powdered (Confectioners) sugar in 1-lb. cartons and 2-lb. recloseable poly bags, light and dark brown sugar in 1-lb. cartons and medium brown sugar in 2-lb. recloseable poly bags. And Imperial's dainty cubes and teaspoon size packets are ideal to sweeten your favorite hot or cold drinks.

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