

Homemade Good News

Vol. III

A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS

No. 3

APRIL MENU OF THE MONTH Southern Comforts



Cajun Gumbo
Barbequed Spare Ribs
Savannah Red Rice
Corn on the Cob
Grapes Supreme



FIRST COURSE

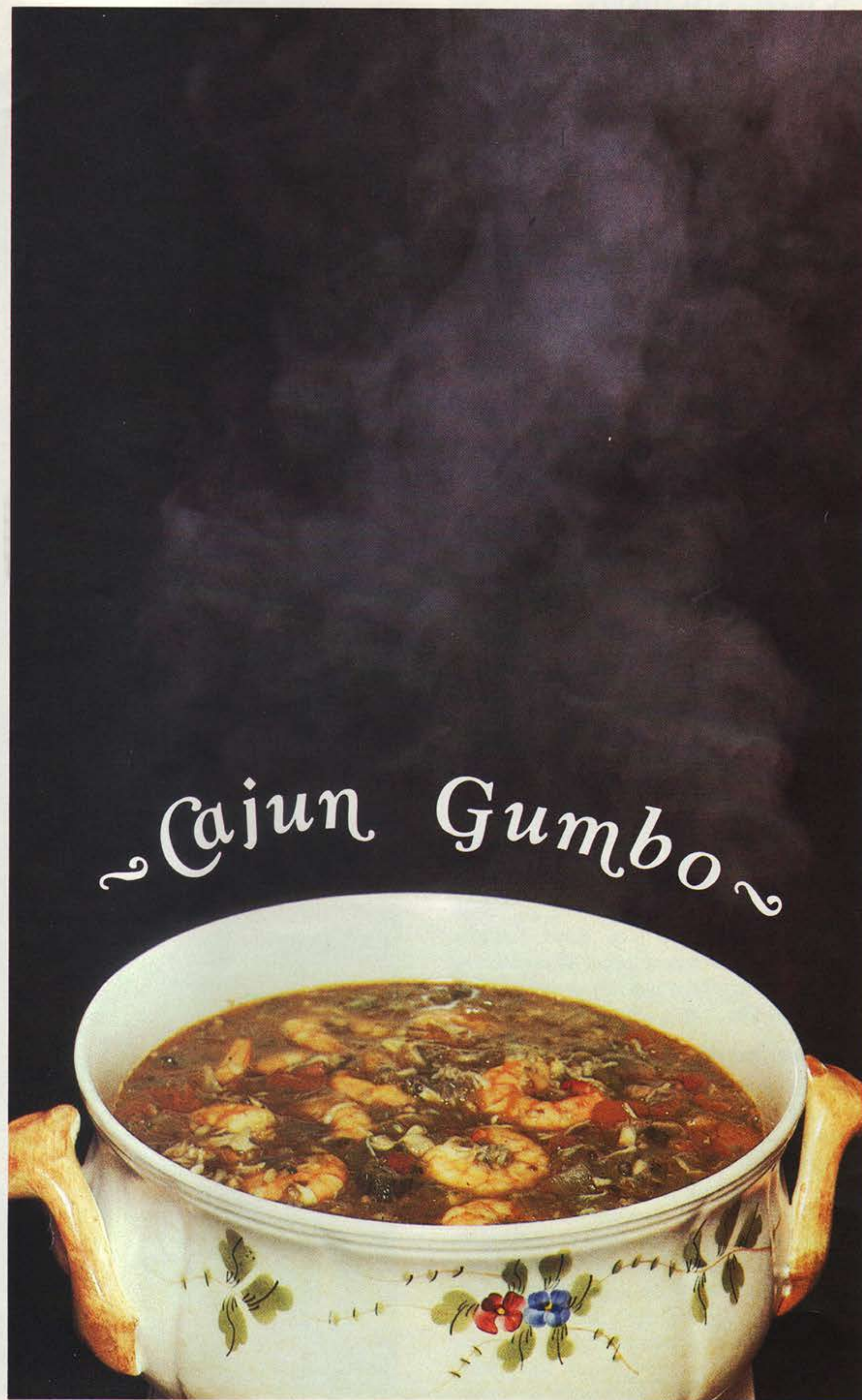
More like a stew than a soup, this gumbo blends the best of several great Southern recipes.

Cajun Gumbo

- 6 TBSP butter
- 4 TBSP flour
- 3 medium sized onions, finely chopped
- 4 cloves garlic, minced
- ¼ lb. okra (about 12 pods), finely sliced
- ¼ lb. boiled ham, diced
- ¼ tsp. thyme
- 2 bay leaves
- 1 TBSP. fresh chopped parsley
- ½ tsp. freshly ground black pepper
- salt
- 5 fresh tomatoes, or 2 cups canned, chopped
- 7 cups water
- 1 lb. raw shrimp, peeled
- 1 lb. crab meat
- 1 pint oysters (reserve liquor to add to pot)
- 1 or 2 TBSP gumbo file

Melt 4 TBSP of butter in a very large pot or kettle. Add the flour and make a roux, cooking and stirring constantly with a wooden spoon until the mixture goes through several color changes: gold, to light brown, then dark brown, light reddish brown, and finally a dark red. Do not stop stirring for an instant even, or the roux might scorch and be ruined. When it has become dark red in color, remove the kettle from the heat and set aside. Melt the remaining 2 TBSP of butter in another large

Continues on next page



skillet or saucepan and saute the chopped onions and the garlic until soft. Add the diced ham, stir and cook 2 or 3 minutes, then add the okra. The okra will exude a very sticky substance that is rather unappealing, but don't worry about it; it will cook down and eventually disappear as the gumbo simmers. Cook another 2 or 3 minutes, then add the thyme, bay leaves, parsley, pepper, salt to taste, tomatoes, water, and the liquor from the oysters (this

ought to amount to about a cup.) Bring to a boil, then reduce heat and simmer for 15 minutes. Add the entire mixture to the roux, and stirring constantly, bring to a boil again. Cook for one hour, at a low, gentle boil. Add the peeled shrimp and the crabmeat and cook 2 minutes. Stir well, then add the oysters and cook one minute more. Add the file powder last of all — about 1 TBSP, or more (to taste). Makes about 10-12 hefty servings.



MAIN COURSE & ACCOMPANIMENTS

Our Cajun Gumbo, stocked with fresh shrimp, oysters, and crabmeat, is really a meal in itself, but we couldn't resist putting the other great "Southern Comforts" —

Barbequed Spare Ribs, Savannah Red Rice, and Grapes Supreme — on the menu, too. Even Scarlett O'Hara would have to sacrifice her waistline for a spread like this!



Barbequed Spare Ribs

Pick 'em up and eat 'em! Being "up to your elbows" is half the fun of a good barbeque.

¾ to 1 lb. of ribs per person — choose the small, meaty pork spare ribs; they're the best tasting!

salt

pepper

Barbeque Sauce (see recipe below)

Preheat oven to 400°. Arrange ribs in one layer on a broiling pan fitted with a slotted tray for drippings to go through. Season with salt and pepper and bake for 20 minutes, then turn and bake for 20 minutes on the other side. Brush heavily with barbeque sauce (see below) and return to oven, turning and basting with sauce every 10 minutes until done — about 30 to 40 more minutes.

Barbeque Sauce

1½ yellow onions, finely chopped

6 cloves garlic, minced

2 TBSP olive oil

¾ cup tomato paste

1½ cups water

1 tsp. herbs de provence (thyme, basil, rosemary, fennel, savory)

4 TBSP red wine vinegar

2 TBSP dijon mustard

¼ tsp. chili powder

juice of one lemon

1 TBSP. Worcestershire Sauce

2 TBSP Dixie Crystals

Dark Brown Sugar

dash Tabasco sauce

1 TBSP salt

1 TBSP black pepper

pinch of cayenne (optional)

Saute the onion and garlic in the olive oil until soft and golden — about 15 minutes. Add the tomato paste and water and stir to blend well, then add the herbs, vinegar, mustard, chili powder, lemon juice, worcestershire sauce, and brown sugar.

Add seasonings (salt, pepper, tabasco, cayenne) in quantities above, or to taste. Simmer, stirring occasionally, for 20 minutes, then correct seasoning if necessary, cover, and set aside to cool. Refrigerate until ready to use.

Savannah Red Rice

In a city that "worships rice and ancestors" almost as seriously as the Chinese do, this is a beloved specialty. And rightly so!

½ lb. bacon

¾ cup chopped onion

2 (16 oz.) cans tomatoes

3 tsp. salt

¼ tsp. pepper

dash tabasco

2 cups raw rice

Preheat oven to 350°. Fry the bacon in a large iron (or ovenproof) skillet with a lid. When crisp, drain on paper towels, crumble and set aside. Saute the chopped onions in the bacon drippings until soft, then add the tomatoes, crumbled bacon, salt, pepper, and tabasco. Stir and bring to a boil. Add the rice, bring back to a boil and stir again, then reduce heat, cover securely, and cook for 10 minutes on top of the stove. Transfer to the oven and bake another 40 minutes to an hour, or until the rice has absorbed all of the liquid and is soft.

Grapes Supreme

Seedless green grapes

Dixie Crystals Dark Brown Sugar

Sour Cream

Wash grapes well and drain. Either leave whole or split in half (lengthwise), then arrange in individual dessert bowls. Sprinkle generously with brown sugar and top with sour cream. Wait until the sour cream sinks down and melts the brown sugar to serve; this gives the flavors of the three ingredients a chance to marry. You will not believe how delicious they are this way . . . sometimes, the simpler, the better!



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READERS' QUESTIONS

Dear Nancy,

Help! No one seems to know what causes my lem! Although I cook and bake many different foods successfully, I cannot bake a cake that requires oil in the batter instead of butter, margarine or shortening. I carefully mix the liquids together first, but the cakes always fall, and the dogs won't even eat them. What am I doing wrong?

Mrs. Emma Davis
Conover, N.C. 28613

Cakes made with oil instead of butter, margarine, or hydrogenated vegetable shortening come under the heading of "quick" or "one-bowl" cakes. Unless your recipe gives you a different set of directions, it is reasonable to assume that you should follow the standard procedure for making a "quick" cake:

1. Sift all the dry ingredients together.
2. Add the oil and anywhere from $\frac{1}{2}$ to $\frac{1}{8}$ of the liquid.
3. Beat on medium speed for about 2 minutes.
4. Add the rest of the liquid. Mix.

5. Add the eggs and continue to beat for about 2 more minutes.
6. Pour into greased and floured pans and bake in a preheated oven.

Another thing that can cause a cake to fall is overbeating. Paradoxically, beating incorporates air into the batter only up to a point. Excessive beating has exactly the opposite effect; it beats out the air, causing the cake to fall.

China and crystal service courtesy of
Levy Jewelers, Savannah, Ga.



PASTRY PART II

PÂTE À CHOUX (Cream Puff Paste)

Pâte brisée (short paste for flaky pie crust), pâte feuilletée (classic puff paste) and pâte à choux (cream puff paste) are the three basic doughs from which hundreds, perhaps even thousands, of French pastries are made. Of the three, pâte à choux is by far the easiest for the beginning pastry chef to master because there are fewer steps along the way where things are likely to go wrong. Unlike the other two basic doughs, pâte à choux is made with a "panade" (a combination of water, butter, and flour) to which eggs are added. Neither kneading nor rolling is required. Instead the paste is squeezed out of a pastry bag. Incidentally, if your first attempts at forming cream puffs or eclairs are not exactly uniform in size and shape, take heart: they will still taste divine, and everyone will know that they weren't purchased from a commercial bakery.

You can fill cream puffs with just about anything you like, from seafood à la newburg to vanilla ice cream. Some people reduce the amount of salt and add a teaspoon or two of sugar to the dough when they are making dessert cream puffs, but we don't think it is necessary, especially not when they will be filled with a sweet filling and covered with a sweet sauce. We'd be willing to bet that your family likes these cabbages (the literal translation of "choux," easily explained by the shape of well-formed cream puffs!) better than any other they've ever eaten.

- 1 cup flour (plain, all-purpose)
- 1 cup water
- ½ cup butter (sweet, unsalted) cut up into pieces
- ¼ tsp salt
- 4 eggs plus 1 egg beaten with a drop or two of water to make an egg wash or glaze

Put water, butter or salt in a large heavy saucepan and bring to a boil. Remove from heat (butter should be completely melted) and add the flour all in one fell swoop. Mix as quickly as possible with a sturdy wooden spoon. This mixture is known as a "panade". Return the saucepan to the stove over the lowest possible heat. Continue to stir with the wooden spoon while the panade dries out. This will take about 5 minutes, and a thin crust will form on the bottom of the pan. This is supposed to happen, so don't worry about it, and don't try to scrape it up and incorporate it into the dough, or you will have plaster chips in your pastries. The dough should be soft, but when you pinch it between thumb and forefinger it should not stick to your hand. Dump the panade into a bowl, and let it cool for at least 5 minutes. Then add the eggs, one at a time, beating well after each

addition. The mixture should be smooth and creamy looking before you add the next egg. After all 4 eggs have been beaten in, the dough will be shiny and satiny yellow, thick and heavy. Butter and flour a cookie sheet. Fill a pastry bag with the dough. If you don't have a pastry bag, you can use a tablespoon to drop dollops of dough onto the cookie sheet for eclairs and/or cream puffs, but you really must have a pastry bag in order to make a cream puff ring. **For cream puffs**, squeeze out balls about the size of ping pong or golf balls. **For eclairs**, squeeze out oblongs at 3 to 4 inches long. If you are using the recipe given above, you should end up with 14 to 16 pastries. Don't succumb to the temptation to make fewer and larger ones, for they won't cook properly if you do. Brush the tops of the pastries with beaten egg, using the bristles of the brush to gently push down and flatten out the little curlicues left by the pastry bag as you lifted it off. Finally, drag the tines of a dinner fork down the length of each eclair. The resulting stripes will make for a more attractive and professional looking product. **For a cream puff ring**, first mark a circle on the surface of the buttered and floured cookie sheet with an inverted 10" circular mold, a tart or flan ring, an inverted 10" round cake pan, or any other 10" round object with some sort of edge to it. Then, using a pastry bag, squeeze out a 1" wide "halo" of cream puff paste right on top of the circle you've outlined. Squeeze another 1" wide ring of dough adjacent to — and touching — the first. Squeeze a third ring directly over the "crack" between the other two. Brush the whole thing with beaten egg, and sprinkle a handful of thinly sliced almonds

all over the top of the ring. Let the cream puffs, eclairs, or cream puff ring sit and "dry" for no less than 15 and no more than 25 minutes before baking. The oven should be preheated to 375° for cream puffs and/or eclairs, and to 400° for a cream puff ring. Bake the former at 375° for about minutes, or until they have puffed up nicely, and turned golden brown. Bake the latter at 400° for about 45 minutes, or until it is well puffed and golden brown. Then, turn the oven off, open the door, and leave it halfway open for an hour. If it won't stay ajar by itself, prop it open by wedging something in there. This is to allow steam to escape and to let the pastries cool slowly and "dry" as they cool so that they won't collapse or become soft and soggy. After an hour has passed, remove the pastries from the oven. They are now ready to be filled. **To fill individual pastries:** cut cream puffs and eclairs in half (from side to side, not from top to bottom). Fill with whatever filling you desire. Replace lids. Glaze with icing or pour sauce on top. Serve. It is wise not to fill pastries too far in advance of the serving time. The closer the preparation time is to the serving time, the smaller the likelihood that the pastries will begin to soften or get soggy. **To fill a cream ring:** use a slicing knife with a long serrated blade to cut the top off a cream puff ring. Fill the bottom with praline cream (or coffee cream, or chocolate cream) filling. Fill a pastry bag with sweetened whipped cream. Use a nozzle with a zigzag edge (like pinking shears) to squeeze out a layer of fancy puff-balls of whipped cream all over the layer of praline cream filling. Finally, replace the lid and dust the top with 10X powdered confec-

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1983 RECIPE CONTEST WINNERS ANNOUNCED!!!

The results are in! We're happy to announce that the winners of the 1983 *Homemade GoodNews* Recipe Contest are:

Best Entree	Kathy Bird	Flounder Supreme
Best Hors D'oeuvres	Ethel Lee Garrett	Crabmeat Puffs
Best Vegetable Dish	Ann B. Downs	South of the Border Squash
Best Pie or Pastry	Mrs. Carlyle M. Neidlinger	Hawaiian Fruit Pie
Best Cake	Mrs. Janice Elder	Black Forest Cheese Cake
Best Cookies or Candies	Madeline Beauchamp	Apricot Buttons
Best Frozen Dessert	Linda Sarkisian	After Dinner Special
Best Soup	Diane Southerland	Callaloo Soup
Best Salad	L. Tuchon	Rice Salad
Best Crepe, Sandwich or Quiche ..	Mrs. B. E. Graybill	Tasty Sandwich Spread

All of these great cooks will receive a \$100 cash prize for their award winning recipes, which will soon be coming your way on the 1983 *Homemade GoodNews* Recipe Cards! We extend our heartiest thanks and congratulations to the winners, as well as to the hundreds of other contestants who entered their original "scratch" recipes. You've made this the best contest ever by sending in so many

outstanding recipes that our judges more than had their work cut out for them narrowing it down to ten! And as all of this *Homemade Goodness* is too good not to share, all entries are still eligible to appear in upcoming issues of the *Homemade GoodNews*. So be on the lookout for yours . . . if we use it, we'll send you a coupon for a free 5 lb. bag of *Dixie Crystals* Sugar!

tioners' sugar. Keep the cream puff ring in a cool dry place until serving time.

Don't even **think** about asking how many calories there are in this kind of dessert. You don't want to know.

Vanilla Custard Cream

(the traditional filling for cream puffs and eclairs)

- 1 cup whole milk
or 2 cups of half & half
- 1 cup whipping cream
- 6 egg yolks
- 2/3 cup sugar
- 1 tsp. vanilla extract
- 1/2 cup flour

Bring the milk and cream to a boil in a heavy saucepan. Remove from heat and set aside. Put the egg yolks, sugar, and vanilla in a bowl and beat with a wire whisk steadily for 3 to 5 minutes, or until the mixture is creamy and pale yellow in color and falls back on itself without breaking into droplets or splashes (like a ribbon or cord would) when the whisk is lifted above the bowl. Then add the flour and mix well. Add a soup ladleful of the hot milk/cream (about half of the total amount) to the yolk mixture and blend well. Then pour the yolk mixture into the remaining milk/cream in a slow but steady stream, mixing constantly with the wire whisk as you pour. Return saucepan to stove and bring custard cream to a boil over medium heat, continuing to

stir constantly with the wire whisk. The sauce should thicken just as soon as it reaches the boiling point. Reduce the heat to low and continue to cook for 2 or 3 minutes more, stirring constantly all the while. Remove from heat and transfer to a bowl. Cover the bowl with plastic wrap so that a skin won't form as the custard cream cools.

Chocolate Icing

(glaze for eclairs or sauce for cream puffs)

- 3 oz. bitter (unsweetened) chocolate
- 3 oz. semi-sweet chocolate
- 3/4 cup cream (heavy cream is best, but is so hard to come by that unless you have your own dairy you will probably have to use whipping cream)
- enough water to thin icing to desired consistency (1 or 2 TBSP)

Melt the chocolate in the cream over low heat, stirring with a wooden spoon. Bring to a boil. Cool to lukewarm. Add water as desired. Spoon over eclair or cream puffs.

If you pour the icing while it is still hot, it will run off the surface of the eclairs or cream puffs instead of sticking. It should be warm when you pour it. The icing thickens as it cools. If the icing cools too much, you will probably have to place it over a bowl or pan of hot water to bring it back to the desired consistency. For a sweeter icing, increase the amount of semi-sweet chocolate and decrease the amount of bitter chocolate.

Praline Filling

(For Cream Puff Ring)

Make the vanilla custard cream (see recipe above).

- 1 cup 10X powdered confectioners' sugar
- 1/2 cup almonds

Place the sugar and nuts in a heavy saucepan and place over medium heat. Stir constantly with a wooden spoon. It will take a while for the sugar to melt because there is no water or other liquid in the pot. Keep on stirring! As soon as the sugar melts, it will turn into caramel. Immediately remove from heat and pour the caramel onto an oiled marble slab (if you have one) or onto an oiled cookie sheet (if you don't). Allow it to cool. When the candy has cooled, it will be hard and brittle. Break it into pieces, place the pieces in your blender or food processor, and grind them up into powder. Fold the praline powder into the vanilla custard cream.



Did You Know . . . that a little sugar sprinkled on a tomato will take away any sharp or bitter taste?

Mrs. J. W. Hatfield
Albany, GA 31705

Did You Know . . . that lemon juice will remove rust from linoleum?

Did You Know . . . that you can substitute 3/4 cup sugar + 1/4 cup liquid for 1 cup honey in a recipe?

both from Donna Bryant
Mt. Airy, N.C. 27030

Did You Know . . . that you can turn dill pickles into "homemade" sweet pickles? Pour all the juice out of a one quart jar of dill pickles. Cut the drained pickles into slices. Return slices to empty jar along with 1/2 cup of sugar. Turn the jar upside down 4 or 5 times daily. Let the jar stand upside down about half of the time. At the end of a week, the pickles will be ready to serve.

Virginia T. Cato
Atlanta, GA 30318

Did You Know . . . that you can keep fruit pie juices from running over and making a mess in your oven during baking if you insert several 2" or 3" lengths of macaroni (tube-shaped pasta) into the upper crust before you put the pie in the oven? The noodles act as "chimneys" or escape valves for the juices while the pie is baking, and can (should) be discarded when the pie is done.

Nella Waters 137-1
Knoxville, Tenn. 37917
Mildred Cone
Savannah, GA 31405

Did You Know . . . that if you sprinkle 1 TBSP of granulated sugar over a meringue pie before browning it in the oven, the meringue will be easier to cut?

Marie McCarron 861-1
Ft. Lauderdale, Fla. 33316

Did You Know . . . that old pantyhose make terrific lint collectors for upholstered furniture? Simply wipe the upholstery with the hose.

Sue Emery
Enoree, S.C. 29335

Did You Know . . . that a hard boiled egg will peel more easily if you put a pin hole in one end before you cook it?

Did You Know . . . that toothpaste and a soft damp cloth will remove crayon marks from painted walls?

Jodie McCoy
Tulsa, Okla. 74115

Did You Know . . . that waterless hand cleaner (the kind garage mechanics use) not only can be used to treat grease stains on clothing before laundering, but can also be used as an inexpensive oven cleaner? Spread a thin coat of the stuff on the ugly burned food spots, leave it there for half an hour or more, and wipe out and rinse as you would any conventional oven cleaner.

Did You Know . . . that you will always have a clean pillow for sleeping on during long car trips if you put several pillowcases on it, one on top of another. When the top one gets dirty, remove it and use it as a laundry bag, and you'll still have a clean pillowcase underneath to rest your head on.

both from Mary Shuttlesworth
Ft. Pierce, Fla. 33450

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Grâpes Supreme

