

Homemade Good News

Vol. III

A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS

No. 5

MENU OF THE MONTH

To properly celebrate the Fourth of July, we've packed a picnic that is so democratic, it has everything anyone could ask for: an artfully decorated Salmon Mousse; fresh Artichokes, Asparagus and Snow Peas and a zingy Herb Sauce to dip them in; a luxurious Peach and Brandy Glazed Ham; Cheese Biscuits, French Potato Salad with lots of bacon; and for dessert **and** fireworks, our sparkling Ice Cream with Caramel Sauce! Take plenty of Champagne and orange juice along for Mimosas, don't tell the ants you're coming, and have a delicious Fourth!

Salmon Mousse

- 1 envelope unflavored gelatin
- ¼ cup cold water
- ½ cup boiling water
- 1 cup mayonnaise
- dash of tabasco
- ¼ tsp. paprika
- 1 tsp. salt
- 1 TBSP grated onion
- 1½ tsp. dried dill (or 2 TBSP fresh)
- 1 TBSP capers, chopped
- 2 cups finely flaked red salmon, either freshly poached or canned, with skin and bones removed
- ½ cup heavy cream, whipped
- ½ cup dairy sour cream
- 1 cucumber, sliced thin, salted, drained
- black caviar or olives, for garnish



Pour the gelatin into a large mixing bowl and saturate it with cold water. Add boiling water and stir until gelatin is completely dissolved. Add the mayonnaise, tabasco, paprika, salt, grated onion and dill and blend thoroughly. Chill for a few minutes, just until mixture begins to thicken (do not allow it to set!). Stir in the chopped capers and the flaked salmon, then gently fold in the whipped cream and sour cream. Pour mousse into a lightly greased 5½ or 6 cup mold (or bowl, if you don't have one).

Cover and refrigerate until completely set, about 4 hours. To serve: Unmold onto a serving platter and garnish with the drained cucumber slices which you have cut in half. Make "gills" with thin strips of cucumber peel and the fish's "eyes" with black caviar or slices of black olive. Cover and keep on ice until ready to serve. Spread on triangles of black bread, or on crackers or toast.

Cold Artichokes, Asparagus and Snow Peas with Herb Sauce

Buy the freshest vegetables available, and cook them only slightly so that they keep their beautiful green color and still have a refreshing crunch when you bite into them. The artichokes will take much longer to cook than the asparagus and snow peas, and they will turn darker, too, as they cook. Adding lemon juice to the cooking water will help retain their color somewhat.

- 6 medium artichokes, stems and sharp leaf tips trimmed
- 1 lb. fresh asparagus, woody ends trimmed
- ½ lb. snow peas, trimmed
- about 2 lemons

Rinse the trimmed artichokes under cold water, then rub their cut surfaces with lemon juice to prevent discoloration. Bring a large pot of salted water to a boil, add the juice of half a lemon, and drop the artichokes in. Boil uncovered until they are just tender — about 30-40 minutes. You'll have time while the artichokes are cooking

Continues on next page . . .

MICROWAVE COOKING TIPS

In response to requests from readers, we will from time to time include in the HMGN recipes intended specifically for microwave ovens. In this issue, however, we'd like to share a few do's and don't's with those of you who are new to microwaving. As far as we know, these are the things you can't do (or at least not very well) with a microwave oven: bake cookies, meringues, or yeast breads, cook eggs in their shells, broil, deep fry, toast, mousse or souffle. If any of our readers knows differently, please write and let us know. Also, feel free to send us your microwave tips and recipes.

Here are some of the many things you can do very successfully: cook rice, cereals, and small pastas like shells and twists; cook vegetables, fruit, casseroles, sauces and soups; poach, roast, bake (cakes and quick breads).

One of the most common mistakes when microwaving is to overcook the food. It is easy to forget that in microwave cooking (as in conventional cooking) there is a residual or carry-over cooking time. It is important to remember that microwaved food keeps on cooking for a little while after you remove it from the oven. The longer the actual microwaving time, the longer the residual or carry-over cooking time. As a general rule of thumb, you can estimate microwave cooking time to be about ¼ of conventional cooking time for the same dish. If your recipe tells you to bake for one hour in a moderate (350°) oven, you should divide by 4 and then subtract a few minutes to take the residual cooking time into account. Thus, you would microwave the same dish for 13 minutes at 70% power.

There are several ways to ensure even cooking in a microwave oven. One is to cover the food unless the recipe tells you not to, and to be sure and use only the type of covering, wrap, or lid specified.

Another technique is to stir foods from the center of the dish toward the outside edges and from the outside edges of the dish toward the center. In the case of solid (non-stirable) foods, you should turn the food over. For shorter cooking times (up to 20 minutes) turn the food over once, halfway through the cooking period. For longer cooking times (over 20 minutes) turn the food over twice, 1/3 of the way and 2/3 of the way through the cooking period.

Look for microwave recipes in upcoming issues!

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until
some sna
droopy, or the
snow peas for just
mediately to a colander
water to stop the cooking
the color. Drain thoroughly,
When the artichokes are done, drain
upside down in a colander, and chill, as
Serve the cold vegetables with Herb Sauce
(see recipe below), and arrange so that they
can be picked up and dipped in sauce and
eaten easily. If you like, you can pull the
leaves off the artichokes, cut the hearts into
bite size pieces, and serve them that way;
though it will mean a little more prepara-
tion for you, it will be a lot easier and neater
for the other picnickers.

Herb Sauce

- 1 cup fresh watercress, stems removed
- 1 cup fresh parsley
- 3 scallions, sliced very thin (green and white parts)
- $\frac{3}{4}$ cup mayonnaise
- 1 cup dairy sour cream
- $1\frac{1}{4}$ tsp. dried dill (or 2 TBSP fresh, chopped)

Wash the watercress and parsley and pat dry. Chop very fine with your knife, or in the bowl of a food processor fitted with a steel blade. Transfer to a mixing bowl and add the sliced scallions and dill. Fold in the mayonnaise and sour cream. Blend well, cover, and refrigerate until ready to use.

Baked Ham with Peach and Brandy Glaze

- 1 10 lb. ready to eat (slightly smoked) ham, bone in
- whole cloves
- $\frac{1}{4}$ cup dijon mustard
- $\frac{3}{4}$ cup Dixie Crystals Dark Brown Sugar
- $2\frac{1}{2}$ cups apple juice
- 1 cup peach preserves
- $\frac{1}{4}$ cup brandy

Preheat oven to 350°. Peel the skin from the ham, leaving a collar around the shank bone. If necessary, trim the fat so that you have a layer $\frac{1}{4}$ " thick. Score the fat in a diamond pattern, and stick whole cloves everywhere the lines criss-cross. Put the ham in a shallow baking pan. Pat the mustard all over the top and sides of the ham, coating it evenly, then cover with brown sugar. (You might just find it easier to do this with your fingers!) Pour the apple juice into the bottom of the pan and put the ham in the oven. Bake, basting frequently with pan juices, for 1 hour and 15 to 30 minutes, depending on how dry you want your ham to be. Remove from oven and allow to stand until ham is cool enough to glaze (almost room temperature).

To prepare the glaze: spoon peach preserves into a saucepan, and bring to a boil. Add brandy, stir to blend, and cook about 3 minutes. Spoon or brush glaze all over the top and sides of the ham. Let the glaze set a little before you carve and serve with some sweet, hot mustard, or dijon, on the side.

Party Invitation

To get your Fourth of July picnic off with a "bang", we've included art which can be reproduced as a party invitation. To use as a simple hand-out flyer, the art can be blown-up in size and duplicated on any copier machine. You add the pertinent information with a bright-colored magic marker.

Blank cards and envelopes can also be purchased at a local card or gift shop, and the supplied art can be printed in any color you desire by a printer. Use your imagination to create your own personal invitation.

YOU'RE
TO
* * * Fourth * * *
* * * Pic * * *



to parboil the other vegetables – the asparagus in a wide skillet full of boiling, salted water with the juice of half a lemon, and the snow peas in a deeper saucepan of salted boiling water. Cook them uncovered, too; the asparagus for about 5 minutes, or until they are slightly tender, but still have some snap to them (don't let them get droopy, or they'll be impossible to dip!); the snow peas for just 2 minutes. Transfer immediately to a colander and spray with cold water to stop the cooking process and set the color. Drain thoroughly, then chill. When the artichokes are done, drain them upside down in a colander, and chill, also. Serve the cold vegetables with Herb Sauce (see recipe below), and arrange so that they can be picked up and dipped in sauce and eaten easily. If you like, you can pull the leaves off the artichokes, cut the hearts into bite size pieces, and serve them that way; though it will mean a little more preparation for you, it will be a lot easier and neater for the other picnickers.

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Sauce
dy Glazed Ham
Biscuits
Salad with Bacon
with Caramel Sauce



Cheese Biscuits

2 sticks (1 cup)

sweet butter, softened
2 cups sharp cheddar cheese
2 cups all purpose flour
½ tsp. cayenne pepper, 1 tsp. salt

Let butter stand at room temp. until it is very soft. In a large mixing bowl, cream the butter with the grated cheese, then add the flour. Stir the mixture with a wooden spoon to blend thoroughly, and add the cayenne and salt. Make a crease down the middle of a large piece of waxed paper, and spoon the cheese mixture all along the crease. Roll the paper very tightly to make a long cylinder. Chill 30 minutes to an hour. Preheat oven to 350°. Slice rounds ¾" thick and place about ½" apart on a lightly greased baking sheet. Bake 10-15 minutes.

French Potato Salad with Bacon

3 lbs. new potatoes
8 strips (about ½ lb.) bacon
5 scallions, chopped (white & green part)
¼ cup red wine vinegar
2 TBSP mayonnaise (or more, to taste)
salt, freshly ground pepper, to taste
2 TBSP chopped parsley

Scrub the potatoes and cut them into quarters, or eighths, if they are too large. Drop them in a pot of boiling, salted water to cover and cook 10-15 minutes, or until tender but still firm when pierced with the tip of a sharp knife. While they are cooking, fry the bacon until very crisp. Remove it from the pan, drain, and set aside. Reserve bacon drippings. When the potatoes are done, drain them well, then while they are still quite hot, transfer them to a large mixing bowl and toss with the chopped scallions, the vinegar, and the reserved bacon fat. Gently fold in the mayonnaise and season with salt and freshly ground black pepper to taste. Add the parsley and toss again. Cool to room temperature, cover and chill. To serve: Bring back to room temperature, correct seasonings, and add more mayonnaise if salad seems too dry. Top with reserved, crumbled bacon.

Vanilla Ice Cream

1½ cups milk
8 egg yolks
1 cup Dixie Crystals granulated sugar
3 cups heavy cream
2 tsp. vanilla extract

Combine milk, beaten egg yolks, and sugar in the top of a double boiler. Cook, whisking constantly, until mixture thickens and coats the back of a wooden spoon. Allow to cool, then stir in the heavy cream and vanilla. Pour into a freezing can, cover tightly, and lower into ice cream freezer. Pack with alternating layers of cracked ice and rock salt, according to the instructions that come with your ice cream churn. (Or use 6 parts ice to 1 part salt.) Connect crank and dasher and turn until you can't turn anymore! Unpack carefully, so as not to let any salt fall in your ice cream. Scoop into bowls and top with warm caramel sauce.

Caramel Sauce

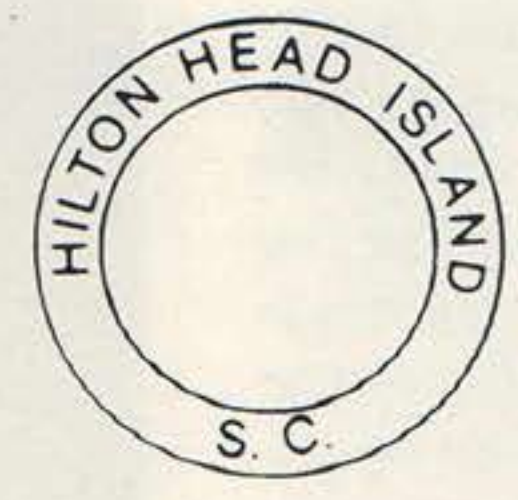
1 cup Dixie Crystals light brown sugar
½ cup Dixie Crystals granulated sugar
1 cup heavy cream

Combine all of the ingredients in a saucepan and bring to a boil. Cook until sauce reaches 238 degrees on a candy thermometer, or until it forms a soft ball when you drop a small amount in cold water. Serve warm, over ice cream.



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