

Homemade Good News

Vol. III

A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS

No. 6

Spicy Tomato and Eggplant Puree

This addictive appetizer is very much like a Middle Eastern dish called Baba Ghanouj. We serve it in the same way, too — ice cold, with toasted triangles of pita bread.

- 2 medium eggplants
- 7 TBSP olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 ripe tomatoes, peeled, seeded and chopped
- 2½ tsp. salt
- ground black pepper, to taste
- pinch of cayenne (red pepper)
- 1 TBSP Dixie Crystals sugar (or more, depending on your taste)
- juice of one large lemon
- 1 package, about 8 whole pita breads

Preheat oven to 425°. Sit the eggplants on a rack in a shallow baking pan and roast in the oven for about 45 minutes, or until skin is wrinkled and flesh is fairly tender when pierced with a fork. Turn the eggplants a couple of times during roasting so they will cook evenly. While the eggplants are cooking, chop the onions and garlic and parboil the tomatoes for about 1 minute so that the skins will come off easily. Heat 3 TBSP of the olive oil in a large skillet (with a lid) and saute the onions in it until transparent. Then add the minced garlic and stirring often, cook a few minutes more, until the onions

MENU OF THE MONTH Mediterranean Dinner



Spicy Tomato & Eggplant Puree

Gyros

Cracked Wheat Salad

Fresh Fruit Sherbet

are soft. Cook over low to medium heat; do not brown. When the eggplants are ready, remove them from the oven and cut off their stems and cut in half lengthwise. As soon as they are cool enough to handle, peel them, using a small knife and your thumb to pull the skin off in long strips. Chop up very fine (or put in a food processor for a few seconds), then add to the skillet with the onions and garlic. Stir in the seed, chopped tomatoes, salt, black pepper, and cayenne. With a spatula, push the mix-

ture over to one side of the skillet and pour 3 of the remaining TBSP of olive oil into the other side. When the oil is hot, stir the mixture into it and bring to a simmer. Reduce heat to low and cover. Cook for about 45 minutes, stirring occasionally to keep mixture from sticking to the bottom of the skillet. When the mixture has thickened, remove the lid and mash the mixture with your spatula or a fork to achieve a fairly smooth consistency. Add the sugar, stir, then cook, uncovered, 10 to 15 minutes more, or until all the moisture has evaporated and the mixture is quite thick. Remove from the heat, squeeze the lemon juice in and blend well. Allow to cool a little, then spoon into a bowl, cover and refrigerate until well chilled. To serve: cover bowl with a serving plate, invert, and shake hard so that the puree is turned out like a mold. Cut the pita bread into triangle shapes, toast, and arrange them around the mold. Drizzle the remaining olive oil over the top of the puree and serve.

Gyros

Gyros are easy to make on the grill, on your rotisserie, or simply baked in the oven. It is easy to eat too much of this wonderfully spicy stuff, too, after an hour or so of being tempted by the aromas. One reason the Greeks are such a happy people!



Gyro continued

- 2 lbs. ground lamb
- ¼ cup water
- 1 medium onion, finely chopped
- 3 TBSP chopped parsley
- 2 tsp. oregano
- 4 large cloves garlic, minced
- 2 tsp. pepper
- 3 tsp. salt
- 2 tsp. ground cumin
- 1 tsp. ground fenugreek
- 8 individual pita breads
- 1 large onion, sliced into thin rings
- 1 large tomato, coarsely chopped
- 1 clove garlic, minced
- ½ tsp. mustard (dijon)
- 1 TBSP red wine vinegar
- 3 TBSP olive oil
- 1 cup plain yogurt

Combine ground lamb, water, onion, parsley, oregano, garlic, pepper, salt, cumin and fenugreek and mix thoroughly. Shape into a loaf and wrap tightly in plastic film to compress the mixture. Refrigerate for 2 hours.

To cook in the oven: Preheat oven to 350°. Unwrap meat mixture and place on a cookie sheet or shallow baking dish and bake 1 to 1½ hours. Remove from oven, drain excess fat and let stand 15 minutes before carving. Use a very sharp knife and cut in thin slices.

To cook on a rotisserie: Push the metal skewer through the center of the meat (lengthwise) and place attachment in oven according to its directions. Cook at 350°, carving the cooked and crispy outside slices as needed.

To cook on the grill: Place the meat on a hot grill. Turn and continue to cook until brown on all sides. Slice thin strips from the browned loaf as it cooks, exposing unbrowned surface to be browned as you carve thin slices from the other side. Continue turning the loaf, browning the surface exposed to the fire while you carve from side facing away from the coals. When the loaf is too small to carve on the grill, brown on all sides and cut into slices.

To assemble: Cut the round pita breads in half. Fill each pocket with slices of meat, thin onion rings and tomato. In a mixing bowl, combine garlic, mustard and red wine vinegar and blend until smooth. Slowly add the olive oil, beating until it is all incorporated and the mixture is smooth. Stir the



yogurt until creamy and add it to the other mixture. Pour a little of this dressing over the contents of the pita pockets and serve.

Cracked Wheat Salad

This is actually a Middle Eastern dish, otherwise known as Tabbouleh, but we think it makes a more interesting accompaniment to gyros than the usual Greek Salad.

- 1/2 cup bulghar wheat
- 1/4 cup chopped parsley
- 2 tomatoes, chopped
- 1 bunch scallions, chopped
- 2 TBSP fresh mint (optional)
- 3-4 TBSP olive oil
- 2 lemons
- salt, pepper, to taste

Cover the bulghar with boiling water and

let it soak until soft, about 15 minutes. Drain in a sieve, then squeeze the bulghar out in handfuls to remove any excess water. Transfer to a mixing bowl, add parsley, tomatoes, scallions, mint (if used), olive oil, and the juice of the 2 lemons. Toss well, season to taste with salt and pepper, and let stand at room temperature for one hour. Adjust seasoning, adding more lemon juice or olive oil if the salad is too dry, or more salt and pepper if it needs it. If you aren't serving it right away, cover and refrigerate, but allow it to reach room temperature again before serving.

Fresh Fruit Sherbet

- 3 oranges, juiced
- 3 lemons, juiced
- 3 bananas, mashed
- 3 cups water
- 2 cups Dixie Crystals granulated sugar
- 1 pint heavy cream, whipped

Bring to a boil the water and sugar, set aside to cool. Combine juices, bananas and cooled sugar water. Partially freeze. Whip cream and add to fruit mixture. Freeze again. When mixture is almost frozen beat again to give it a fluffy texture. Return to freezer until ready to serve.

*Recipe submitted by: Isabel Avary
Sarasota Fla.*

READERS' QUESTIONS

Dear Nancy,

Do you have a good Brunswick Stew recipe? If so, I'd like to have it.

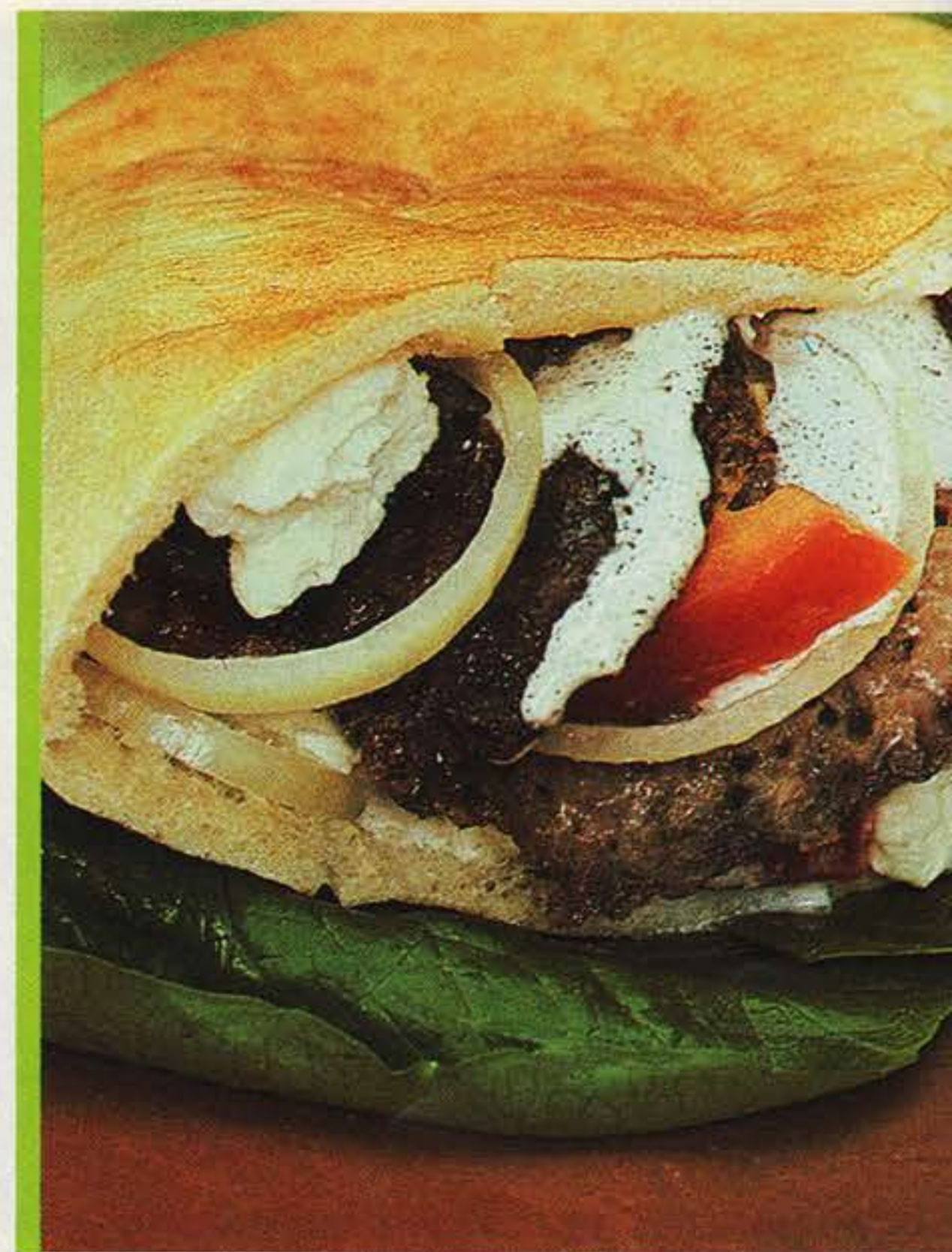
*Mary Koerperich
Odessa, Mo.*

Brunswick Stew is one of those things that just about everyone has at least one recipe for. It's also one of those things that everyone seems to make just a little bit differently from the next person. I've had Brunswick Stew made with every kind of meat from rabbit and squirrel to chicken and beef, and with every combination of vegetables imaginable. The following are a few of my favorite recipes for this hearty, all-American dish:

Brunswick Stew #1 (Chicken Only)

- 1 large hen, steamed, boned, and diced (reserve broth)
- 2 large onions, chopped
- 1 large can V-8 juice
- 1 large can peeled tomatoes
- 1 small can peeled tomatoes
- 1/4 cup Worcestershire sauce
- salt and pepper to taste
- 2 pkg. frozen* baby lima beans
- 2 pkg. frozen* okra
- 2 pkg. frozen* whole kernel corn
- Optional: Tabasco or other red hot pepper sauce, to taste.

**Note: fresh vegetables are better if in season and available, but frozen are easier.*



Cook chicken broth, diced chicken, tomatoes, juices, onions, and seasonings until fairly thick. Add vegetables and continue to cook until vegetables are done and stew is a good consistency. You may vary kinds of vegetables and seasonings according to your family's taste.

This recipe calls for all "starchy" vegetables and therefore omits potatoes.

Brunswick Stew #2 (With Chicken, Beef & Pork)

- 1 large hen
- 1 1/2 lbs. chuck or round steak
- 1 lb. lean pork backbone
- 2 quarts cold water
- 2 TBSP salt
- 1/2 tsp. whole black peppercorns
- 2 TBSP dried red pepper
- 1 cup diced potatoes
- 1 cup snap beans (fresh)
- 1 cup peas (fresh)
- 1 1/2 cups chopped onion
- 2 cups sliced okra (fresh)
- 2 cups baby lima beans (fresh)
- 2 cups fresh whole kernel corn (just cut off cob)
- 2 1/2 quarts fresh tomatoes
- 1 tsp. coarsely ground black pepper
- 1/3 cup butter

Optional: Tabasco or other red hot pepper sauce, to taste

Put chicken, beef and pork into a very large kettle with the cold water, salt, peppercorns, and red pepper. Cover and cook slowly for 2 hours, or until meat is tender and falling off bones. Remove and discard bones, gristle, fat. Reserve stock. Cut meat into cubes or dice and return to stock. Add all remaining ingredients. Cover and cook slowly for several hours. Check occasionally during this cooking time,



WOK'S COOKING?

PART II

Serving Size

The proportion of principal to complement does not have to be fifty/fifty. Especially if you're trying to economize, you can use up to twice as many ounces of vegetable as you have of meat. On the other hand, you may want to use as little as $\frac{3}{4}$ as many ounces of vegetables as you have of meat. Stir frying is flexible, so experiment! Here is a list of some of the vegetables that are nice to use in stir-frying:

bamboo shoots (canned) — make sure you get unsalted, unseasoned ones. Because canned bamboo shoots are pre-cooked, they need only to be heated. They should, therefore, be added along with the seasonings near the end of the stir-frying process.

celery — interchangeable with bamboo shoots. Substitute one for the other, but don't use both in the same recipe. You want vegetables that have varied textures and colors, and these two are fairly similar. To use them both at the same time is "much of a muchness". Celery needs to be cooked like other fresh vegetables.

bell pepper — goes with almost everything

broccoli

cabbage — lovely with pork

carrots

cauliflower — parboil for 60 seconds before stir-frying if you want to give it a "head start".

cucumber — unpeeled but seeded in most cases

mung bean sprouts — particularly good with beef. Place in boiling water for 10 seconds before stir frying.

mushrooms — if using dried, soak in water for an hour. 1 oz. dried = 4 oz. fresh

onions

scallions — used more often than onions in Chinese stir fries

snow peas (in pods) — use fresh only; the frozen ones turn out limp and soggy (yuck)

summer squash

water chestnuts (canned)

zucchini

Helpful hint: to prevent your skin from being burned by hot fat that may spatter and spit as you stir-fry, coat your hands and forearms with oil.

Fried Rice

peanut oil

$\frac{1}{2}$ cup onion, finely chopped

$\frac{1}{2}$ cup leftover cooked meat, preferably chicken or pork, diced

2 eggs, beaten

2 TBSP scallion, cut in small pieces (I use green parts only)

1 or 2 TBSP mung bean sprouts

3 cup cold leftover rice — must be loose not lumpy or sticky

soy sauce — enough to give brown color to the rice

1 tsp. sugar

$\frac{1}{2}$ tsp. salt

pepper to taste

Heat wok. Add a little oil — just barely enough to cook the scrambled egg — and swirl it around to coat wok. Add egg, cook quickly and remove. Set egg aside. Stir fry onion next. Add pork or chicken. Stir fry just long enough to heat through. Add rice. Stir fry briefly. Put egg back in. Add scallions, sprouts, sugar, salt, pepper and

soy sauce. Continue to lift, turn, stir, and toss until all ingredients are heated and all seasonings are blended throughout.

Stir-fried Chicken and Vegetables

- 8 oz. raw chicken breast, marinated in:
 - 1½ TBSP soy sauce
 - 1 tsp. sugar
 - 1 TBSP rice wine or dry sherry
 - 1 TBSP cornstarch
 - 1 egg white
- 2 oz. almonds, blanched & roasted
- peanut oil (several TBSP)
- 2 oz. bamboo shoots, thinly sliced
- 2 oz. water chestnuts, thickly sliced
- 2 oz. onion
- 2 TBSP chicken stock
- 2 TBSP Chinese rice wine or pale dry sherry
- 1 tsp. sugar
- $\frac{1}{2}$ tsp. salt
- 1½ TBSP soy sauce
- 1 TBSP cornstarch dissolved in 3 TBSP cold water or chicken stock
- 1 TBSP minced ginger, 1 TBSP minced garlic (optional)

Cut chicken into pieces, each about $\frac{1}{2}$ times the size of an almond, and marinate for 15 minutes at room temperature. If the almonds are not already roasted, coat them with a little peanut oil and bake them on a cookie sheet at 400° until they are golden. Have all ingredients pre-measured and ready to be added. I keep mine on little saucers within easy reach of the stove. Heat your wok or skillet until it is very hot. Pour in the oil, add the onion, (the optional garlic & ginger) and stir fry for about 20 seconds before adding the water chestnuts. Continue to lift, toss, and stir the ingredients until they are $\frac{3}{4}$ done. Remove, set aside, and keep warm if possible. Wipe out the wok. Heat it up again, pour in the oil, and add the marinated chicken breast. Stir fry until chicken is about $\frac{3}{4}$ done. Add the cooked onions & water chestnuts, the bamboo shoots, almonds, plus the chicken stock, wine, salt, sugar, soy sauce. Lift, stir, and toss to mix. Stir the cornstarch/water mixture to recombine it, pour it in, blend it with the sauce, and cook until the sauce is thickened and translucent. Serve immediately with plain rice.

Note: the reason for adding the bamboo shoots later on instead of with the other vegetables is because canned bamboo shoots are already pre-cooked. Unlike the other vegetables, they need only to be heated and not to be cooked further.



and if stew is not thickening up satisfactorily, remove lid and let stew continue to simmer uncovered. Makes about 1½ gallons.

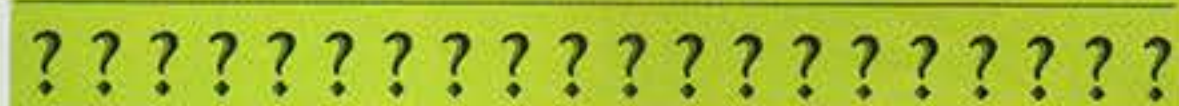
Brunswick Stew #3

(Beef and Pork)

- 1½ lbs. chuck or round steak, cubed
- 1½ lbs. fresh lean pork meat, cubed (I usually buy a pork "shoulder")
- $\frac{1}{2}$ cup vinegar
- 2 28 oz. cans peeled whole tomatoes
- 2 cups potatoes, cooked (boiled) and diced
- 2 cups canned corn (may use creamed or regular)
- 1 16 oz. can tiny peas
- 2 cups ketchup
- $\frac{3}{4}$ cup to 1 cup chopped onion
- 1 TBSP. salt
- 3 slices whole wheat bread, torn in small pieces (for thickening)
- Tabasco or other red hot pepper sauce, to taste

Cook meat with vinegar in pressure cooker for 40 minutes or until meat is tender enough to shred or "chip". Remove any fat or gristle. Place all remaining ingredients in a 4 quart Dutch oven. Add the shredded meat with its juices. Simmer stew for about an hour to blend the flavors all together. Serve over boiled white rice or toasted white bread. Makes 4 quarts and freezes well.

Note: This is one of those "quick and easy" recipes that you can use when you're pressed for time, but I don't think it's as good as some of the others. To me, the difference in taste is well worth the extra effort.



IS IT SWEETER DOWN SOUTH?

Here's an interesting controversy for you to mull over. We received a letter from one of our readers, Mrs. Robert James of Charlotte, N.C., who tried the "Richest Cheesecake" recipe on the back of our *Dixie Crystals* 10-X Confectioner Sugar box, and found it not to her taste, or her family's. Mrs. James' letter offered some very constructive criticism, for which we are always grateful, but was thought-provoking for another reason, too. Going over our many contest entries and winners, the bundles of dessert recipes we've received from our readers (who are, for the most part, Southerners), and just looking over the ingredients of traditional Southern recipes (such as pecan pie, chess pie, trifle, etc.),

The Richest Cheesecake

- 2 cups all-purpose flour
- ½ cup *Dixie Crystals* 10-X confectioners sugar
- Rind of 1 lemon, grated
- 2 egg yolks, slightly beaten
- 1 cup unsalted butter, softened
- 1 pound cream cheese, room temperature
- 1 lb. cottage cheese, drained
- 2 cups *Dixie Crystals* 10-X confectioners sugar
- ¼ cup flour
- ¼ teaspoon salt
- large eggs
- tablespoons instant coffee
- 2 tablespoons Amaretto liqueur
- Dixie Crystals* 10-X confectioners sugar

In a large bowl, mix flour, ½ cup *Dixie Crystals* sugar and rind. Add yolks and butter, beat together. Form dough into two balls (one-fourth and three-fourths) and chill for one hour. Pat larger ball into a 9-inch springform pan to form a crust which will come up the sides two inches. Beat cheeses until fluffy. Add 2 cups *Dixie Crystals* sugar, flour and salt. Add eggs, one at a time, beating well after each addition. Stir coffee into Amaretto to dissolve. Add to cheese mixture and mix well. Pour mix-

ture into prepared pan. Bake in a preheated 275° oven for 1 hour - 10 minutes. Towards end of baking time, roll out the remaining dough on a floured surface and cut into strips. Remove cake from oven, raise oven temperature to 350°. Weave strips over surface of cake, cutting off excess dough. Press ends of strips with a spoon against the cake's crust. Return to oven and bake 15 minutes longer. Cool in oven with door ajar for one to two hours. Refrigerate. Remove sides when completely cool. Dust with *Dixie Crystals* confectioners sugar.

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Creamy Cheese Cake

- 16 ounces cream cheese
- 1 cup *Dixie Crystals* granulated sugar
- 3 eggs
- 1 teaspoon vanilla

Blend until creamy in a blender. Pour into 9 inch graham cracker crust. Bake for 25-35 minutes in a 350° oven.

Topping

- 1 pint sour cream
- 3 tablespoons sugar
- ½ teaspoon vanilla

Blend and spread on a cool pie. Refrigerate overnight.

Southern tastes . . . you guessed it — more sugar! For example, the winner of this year's *Dixie Crystals* Homemade Good News Recipe Contest was Mrs. Janice Elder's Black Forest Cheesecake, a very delicious and very sweet dessert. And who chose this year's winner? A South Carolinian, of course, which seems to make our evidence even more conclusive. Below, you'll see another cheesecake recipe which was sent to us several years ago and has been a smash hit with Southern taste buds. Try it, Mrs. James, and let us know what you think! And if anyone out there thinks they know why it's sweeter down South, please tell us!!

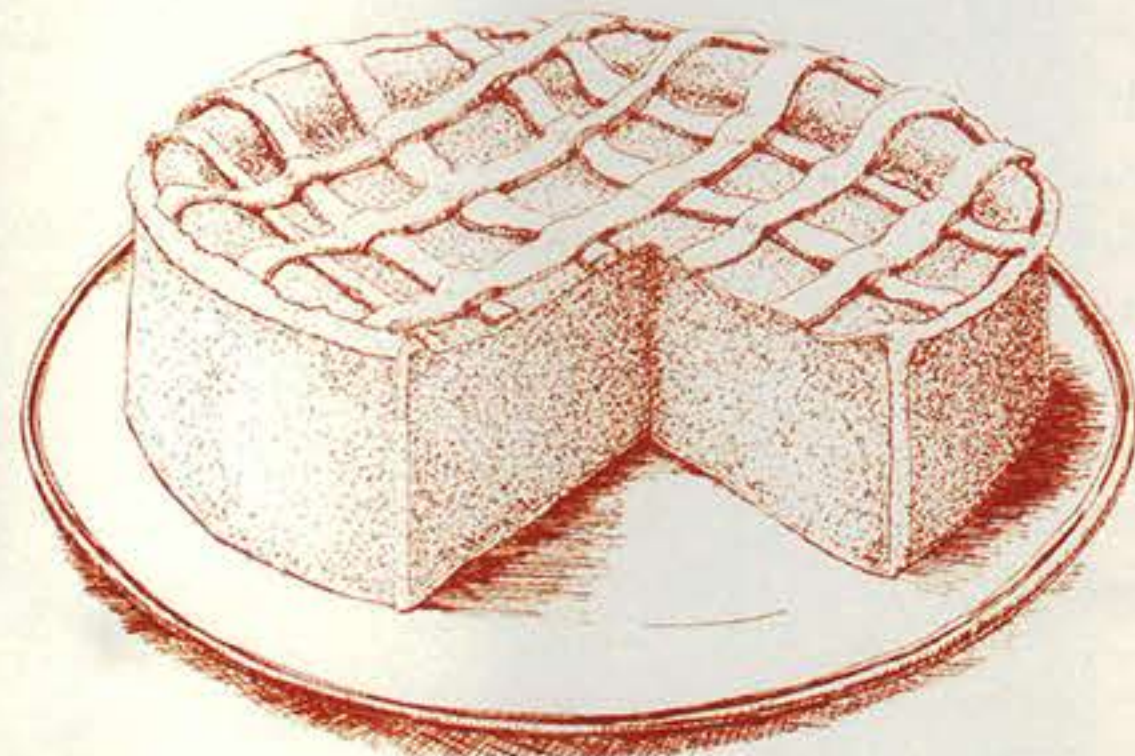
Black Forest Cheesecake

- 1½ cups chocolate cookie crumbs
- ¼ cup butter, melted
- 3 8-ounce packages cream cheese, softened
- 1½ cups *Dixie Crystals* sugar
- 4 eggs
- ⅓ cup cherry flavored liqueur
- 4 1-ounce squares semisweet chocolate
- ½ cup sour cream
- 12 maraschino cherries w/stems

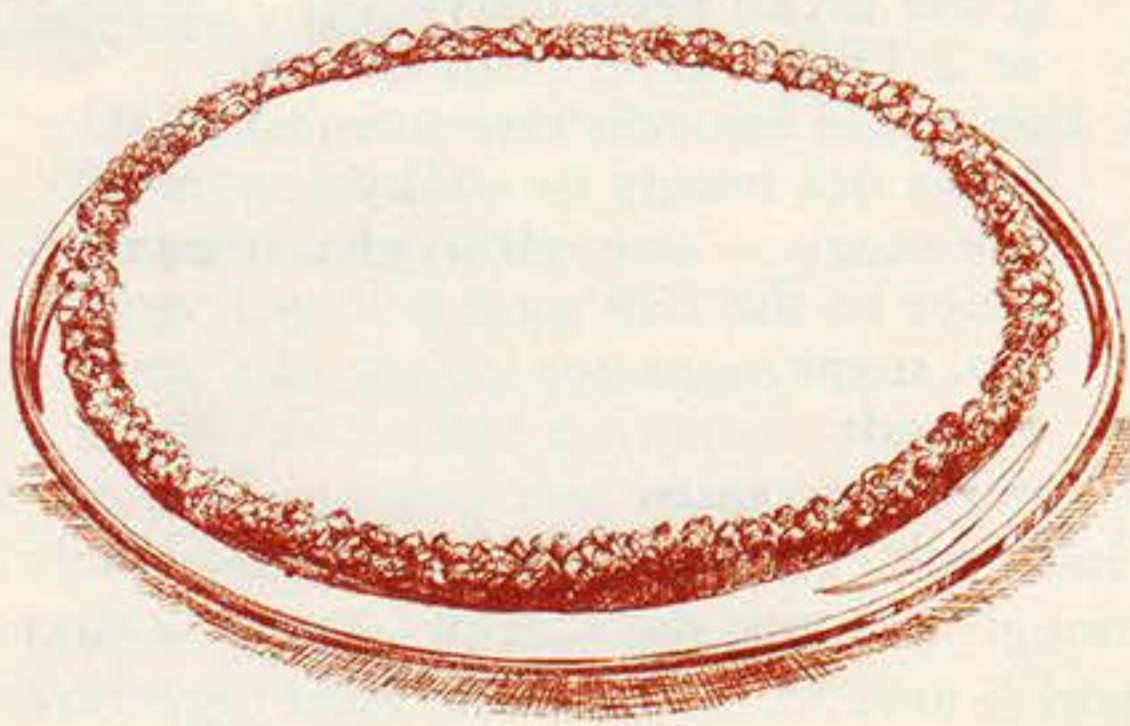
Combine crumbs and butter; blend well. Press into bottom and 1 inch up sides of a 9-inch springform pan. Beat cream cheese with a mixer until fluffy; add sugar gradually, blending well. Add eggs, one at a time, mixing well. Add liqueur, continuing to beat until mixed. Spread into prepared crust and bake at 350° for 55-60 minutes, or until set. Cool completely. In the top of a double boiler, melt chocolate; allow to cool, then stir in sour cream. Spoon over top of cheesecake and chill thoroughly before serving. Slice and garnish each slice with a cherry. Makes 1 9-inch cheesecake which serves 12.

Mrs. Janice Elder
Spartanburg, S.C.

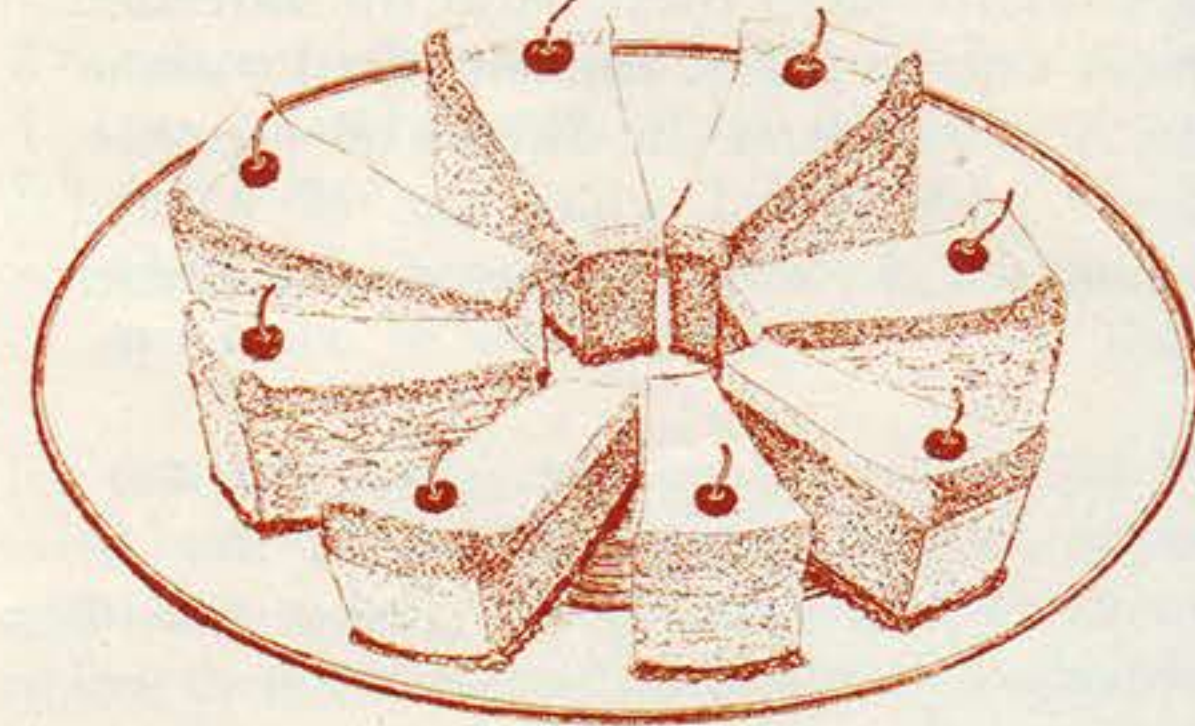
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Will the richest cheesecake please stand up?

This month's menu features a Spicy  Tomato &  Eggplant Puree appetizer served ice cold; Delicious Greek Gyros easily cooked on an outside  grill during hot  summer months; a Cracked Wheat Salad with fresh  mint; and for dessert a Cool, Fresh Fruit Sherbet.

**Homemade
Good News**

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More Wok recipes inside . . .

