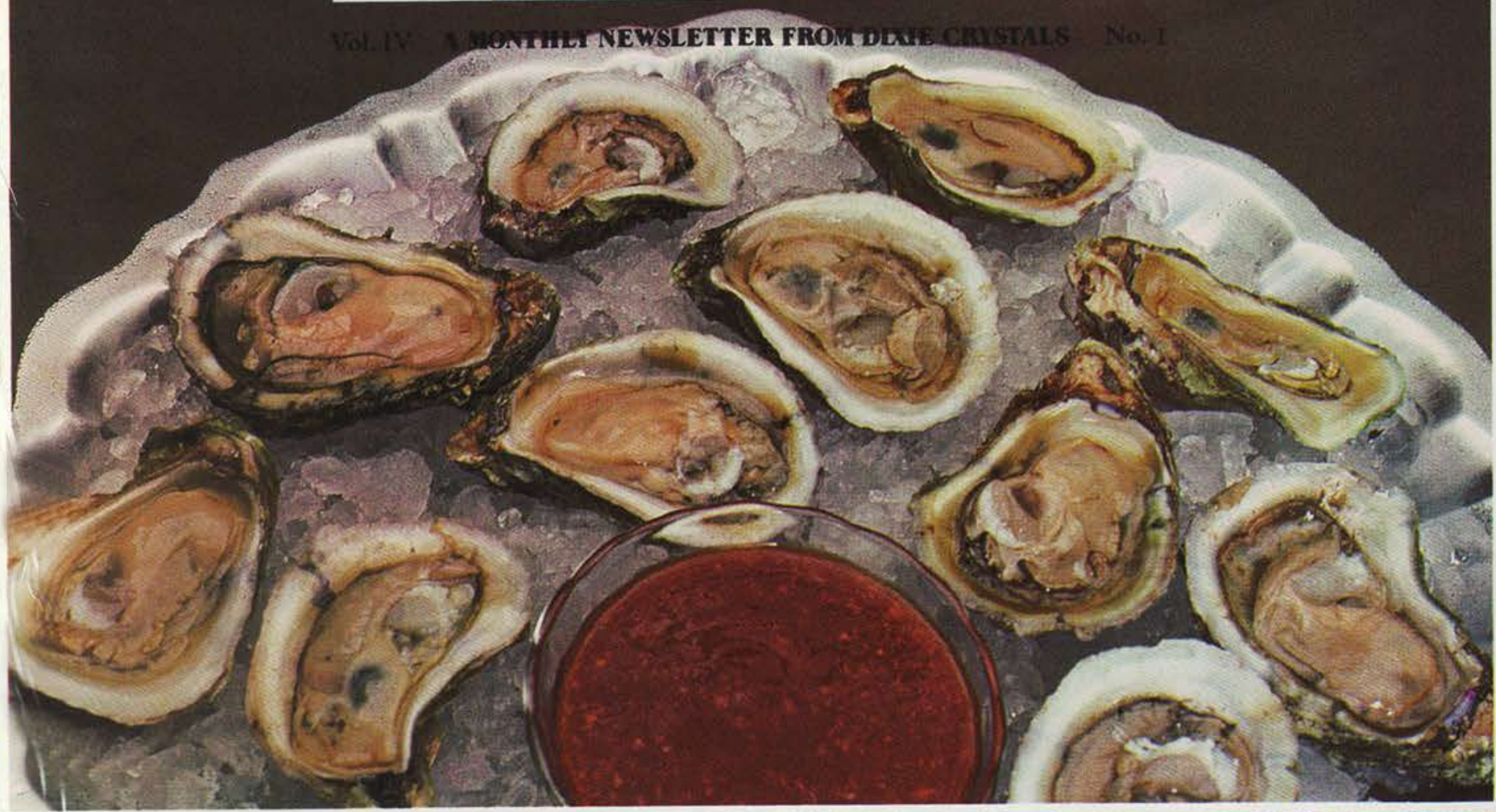


Homemade Good News



VOL. IV A MONTHLY NEWSLETTER FROM DEXIE CRYSTALS No. 1



OYSTERS

CLAM CHOWDER



THE PERFECT OYSTER ROAST

Ask any ten people who know, "how to throw a great oyster roast?" and you'll invariably get ten different answers, each of which includes a list of "secret" ancestral recipes for everything from corn bread to cobbler, and a set of detailed instructions for the "proper" way to build a roasting pit. We know this is true because we tried it, and we are still sorting through the information. But we also discovered that despite the fact that everyone has his own idea as to what goes best with oysters, everyone actually agrees on the most important point: a perfect oyster roast is one at which there are always more oysters. The rest is pretty much a matter of personal taste.

We chose the items on our oyster roast menu because they were easy to make, easy to eat with oyster gloves on, and because each one added something to our enjoyment of the oyster roast as a whole. The Clam Chowder is great-tasting and a steaming cup of it keeps the hands warm in between oysters. We love the Sour Cream Corn Bread Muffins because their substance and flavor balance the lightness of the oysters beautifully. And the Cream Cheese Brownies are just plain sinful — that's how good they are. But above all, we insist upon plenty of plump, juicy oysters, shoveled onto a metal grate over a hot fire, covered with wet burlap and roasted just until they open. With a little lemon, maybe some melted butter, they can convince us that this is the best of all possible worlds.

If you're feeling industrious or think that your guests would like their oysters some other way than roasted, try our recipes for Oysters on the Half Shell, Oysters Bienville,

and Oysters in White Butter Sauce. All do justice to the marvelous mollusk. Happy oysters!

Clam Chowder

- 1 quart clams
- ¼ lb. salt pork, diced
- ½ cup chopped onion
- 2 cups peeled, diced potatoes
- 2 cups reserved clam juice, strained
- 4 cups milk
- 1 cup heavy cream
- salt, freshly ground black pepper, to taste
- thyme (optional)
- chopped fresh parsley (optional)
- butter (optional)

Scrub the clams with a stiff brush and put in a large steamer pot with a cup of water. Cover and steam over medium high heat just until clams open. Drain, reserving all liquid, then remove the clams from their shells (again reserving any liquid that comes from the clams.) Chop or grind clams in a meat grinder to the desired size, being sure to catch all of the juice and adding it to reserved liquid. Strain clam liquid and set it and the chopped clams aside for later.

Fry the diced salt pork in a skillet until brown and crisp. Remove it from the pan, drain on paper towels, and save. Saute the chopped onion in the rendered fat until transparent and set aside. Boil the diced potatoes in salted water until almost cooked, then drain (saving the water to add to the chowder base if more liquid is needed.)

In a large saucepan, combine the strained clam liquid, salt pork, onions, potatoes (and potato water, if necessary), milk, cream, salt and pepper, to taste, and thyme and parsley, if desired. Bring almost to the boiling point, then add the clams and cook just long enough to heat them through. Adjust seasonings and ladle into bowls or cups, gar-

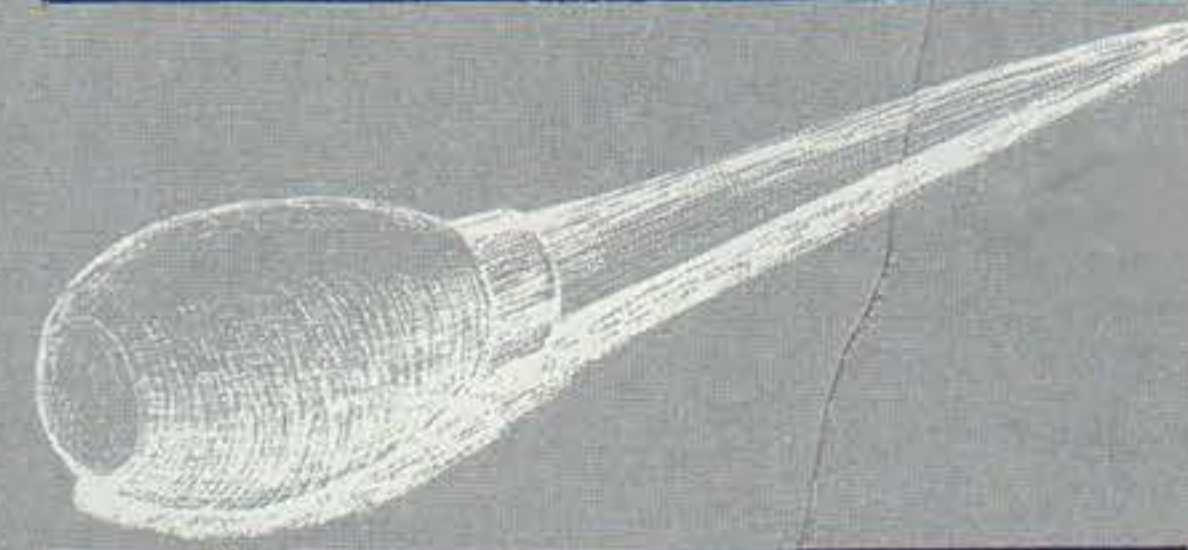
nishing with a little butter and a sprinkling of herbs, if you wish.

Recipe submitted by:
Mr. & Mrs. William J. Secor
Middlebury, CT

Sour Cream Corn Bread Muffins

- ½ cup (1 stick) butter
- 1 large onion, chopped
- 1 cup self-rising flour
- 1 cup self-rising corn meal (yellow)
- 2 TBSP Dixie Crystals granulated sugar
- 4 eggs
- ½ cup vegetable oil
- 1 can (15½ oz.) cream style corn
- 8 oz. sour cream
- 4-6 oz. cheddar cheese, grated

Butter 24 2½-inch muffin tins and preheat oven to 350°. Melt butter in a skillet and saute the chopped onions in it until soft. Set aside to cool while you combine the flour, corn meal, sugar, eggs, oil, cream style corn and sour cream and mix them together thoroughly. Add the onions and the butter they were cooked in and blend well. Spoon the batter almost to the top of the prepared tins and put them in the oven. Bake until the tops of the muffins have set (about 30-40 minutes), remove from oven, and sprinkle grated cheese on them. Return to the oven and cook another 20-25 minutes, or until cheese has bubbled and muffins are golden brown and done in the middle (test doneness by inserting a toothpick in the center — if it comes out clean, the muffins are done.)



Cream Cheese Brownies

- 4 oz. unsweetened chocolate
- 2 sticks (½ lb.) sweet butter
- 3 oz. cream cheese, softened at room temperature
- ½ cup Dixie Crystals granulated sugar
- eggs
- ½ cup plus 1 TBSP all purpose flour
- 1 ¼ tsp. vanilla extract
- ⅔ cup shelled walnuts, chopped

Grease and flour a 9x13 inch baking pan. Melt the chocolate and 14 TBSP of the butter over simmering water in the top of a double boiler. Set aside to cool. Cream the remaining butter with the cream cheese until smooth. Add ¼ cup of Dixie Crystals sugar, blend well, then beat in 1 egg, 1 TBSP flour, and ¼ tsp. of vanilla extract. Set this mixture aside. In a large mixing bowl, beat the remaining eggs and sugar until thick and lemon colored. Stir in 1 tsp. of vanilla, then fold in the cooled chocolate mixture and blend thoroughly. Sift the remaining ½ cup of flour and fold into the chocolate batter. Mix until just blended, then fold in the walnuts. Pour ⅔ of the chocolate mixture into the prepared baking pan. Pour the cream cheese mixture over, then spoon the remaining chocolate batter on top. Marbelize by dragging a spatula back and forth through the batter. Bake at 350° for 30-35 minutes, or until the brownies are set in the middle. Do not over-bake — they should be moist and soft. Allow to stand for 30 minutes before cutting into squares.



OYSTERS ON THE HALF SHELL

- Raw oysters, in their shells
- rock salt
- lemon wedges
- Red Sauce (see recipe below), optional

Open the oysters and arrange them (on the halfshell) on a large tray nestled in a bed of rock salt. Garnish the tray with lemon wedges and serve with Red Sauce, if desired (see recipe below.) Oyster purists insist that strong sauces, such as this one, kill the taste of the oysters, but its a good idea to have some on hand, in case some of your guests need to eat them that way. For the purists, a little squeeze of lemon juice is the only acceptable accompaniment...except, of course, the juice of the oyster itself, which they sip right out of the shell.

Red Sauce (Cocktail Sauce)

- 1 cup ketchup
- ½ cup prepared hot horseradish
- ¼ cup lemon juice
- ¼ cup Worcestershire Sauce
- pepper or hot sauce (tabasco), to taste

Blend all ingredients together well and chill until ready to serve.



OYSTERS WITH WHITE BUTTER SAUCE

Sauce

- ¼ cup white vinegar
- ¼ cup dry white wine, or vermouth
- 3 TBSP shallots, minced
- ¾ lb. (3 sticks) sweet butter, chilled

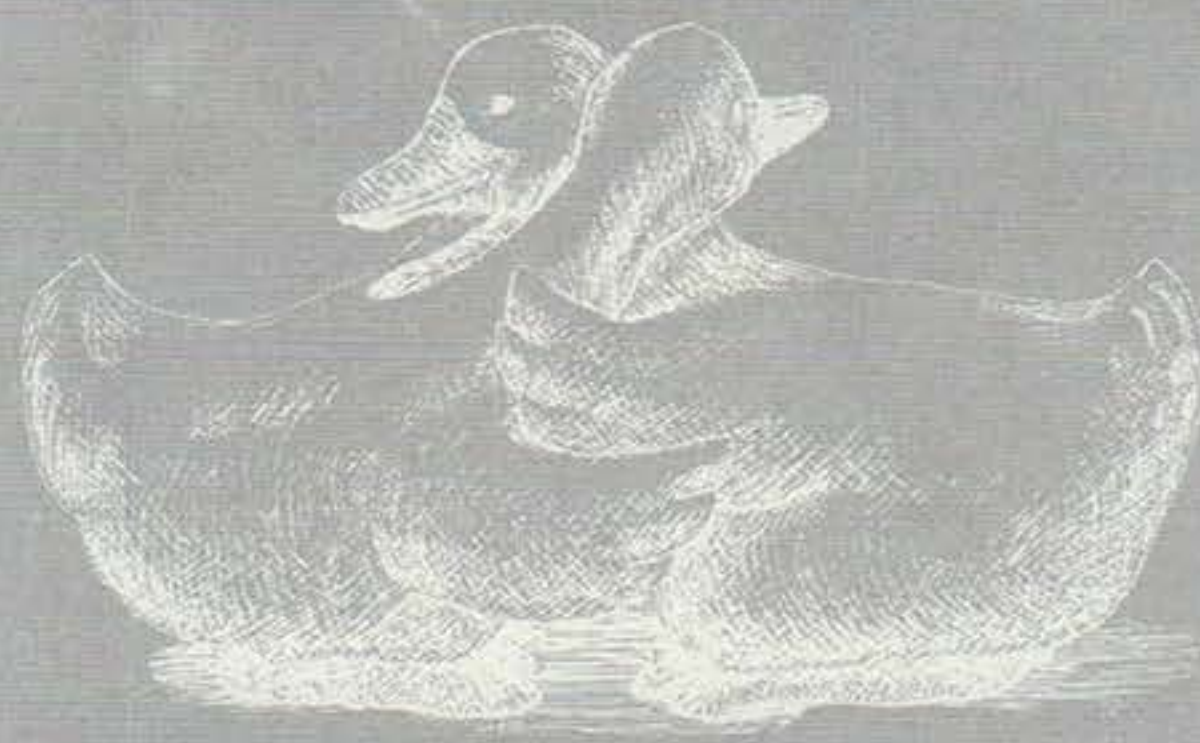
- 2 dozen oysters (in shells)
- Rock Salt
- 2 cups blanched, chopped spinach (or 2 cups thawed, chopped frozen spinach)
- 3 TBSP butter

First, prepare a butter sauce: Combine the white wine vinegar, wine (or vermouth), and minced shallots in a deep, heavy saucepan. Bring to a boil, reduce heat, and cook until liquid is reduced to 1-2 TBSP. Cut the chilled butter into TBSP-sized pieces and return to refrigerator. Turn the heat under the saucepan to very low, then add the butter piece by piece, whisking constantly and incorporating each addition completely before adding the next. The key to a successful sauce is keeping the butter chilled and keeping the heat under the pot very low. The sauce will become very creamy and thick as more butter is added. When all the butter has been used, season the sauce with salt and pepper to taste, and keep it warm by covering it and sitting it over a bowl of warm water (or on the back of the stove, in a warm spot) until you are ready to spoon it over the oysters.

To prepare the oysters: Open the oysters, and place them, (in the half-shell), in a roasting pan on an even layer of rock salt. Preheat oven to 450°. Press all excess water out of the chopped spinach and cook it in the 3 TBSP of butter over high heat until all moisture has evaporated. Lower heat and cook, stirring constantly for 5 minutes to incorporate the butter. Remove from heat and set aside. Put the oysters in the preheated oven for 4 minutes, then remove and cover each one with 1 to 2 tablespoons of spinach and a coating of White Butter Sauce. Serve at once.

OYSTERS BIENVILLE

- 2 dozen oysters in the shell
- dry white wine
- 2 slices bacon, diced
- 1 can mushrooms, drained and minced
- 4 green onions, minced
- 1 TBSP butter
- 2½ TBSP flour
- ½ cup milk
- ¼ lb. shrimp, minced
- 1 TBSP lemon juice
- 1 TBSP sherry
- 1 tsp. chopped parsley
- ½ slice American cheese, diced



Hot sauce, to taste
salt, to taste
Rock salt

Open the oysters, reserving all liquid and saving the shells. Put the oysters in a saucepan with enough white wine to cover them and simmer for one minute. Set aside. In a deep skillet, fry the bacon, adding the mushrooms and onions, saute until soft. Add the butter to the skillet and when it melts, stir in the flour. Cook for 2 or 3 minutes, then slowly add the milk, and cook, stirring constantly until mixture thickens. Then, stir in the minced shrimp, reserved oyster liquid, lemon juice, sherry, and parsley. Cook the sauce for 2 to 3 minutes, then add cheese, hot sauce, salt, and continue cooking until smooth — another 2 or 3 minutes. Put the oysters back in their shells and place them on a tray evenly spread with rock salt. Spoon about 1 TBSP of sauce over each oyster. Broil just until sauce begins to bubble, then serve at once. Serves six, for appetizers, or four, for a main course.



Did you know . . . that “Natural” on the label doesn’t necessarily assure the most nutritious food, especially if it means that certain additives that help prevent nutrient losses have been left out. Some additives are necessary — for instance, those that prevent foods from going rancid, causing a loss of fat-soluble vitamins (A, D, E.)

Did you know . . . you should never soak vegetables — it robs them of important vitamins (B & C.)

Did you know . . . that you should save the outer leaves when preparing broccoli. Use them in soups and stews. The leaves are higher in vitamin A than the stalk.

Did you know . . . that you can store eggs in the refrigerator for up to one month. Place them with large ends up to keep yolks centered — preserves freshness.

READERS' QUESTIONS

Dear Nancy,

I would like to know if you have a recipe for Fried Ice Cream. I had it in a restaurant and have never seen the recipe in a cookbook.

J. Kelly
Six Mile, S.C.

Fried Ice Cream

This unusual dish is made at Cisco's in Savannah, Georgia, where it is one of the “hottest” items on the dessert menu:

Remove the ice cream (any kind — your favorite brand will do nicely) from the freezer and allow it to soften up to the point where you can shape it into serving size balls. Roll each ice cream ball in whatever kind of crispy, crunchy crushed cereal you desire (plain corn flakes work well) until it is completely coated, then refreeze until ice cream is really hard. The oil in your deep fat fryer must be good and hot (at least 325°) in order for this procedure to work. Place hard-frozen ice cream ball in fryer basket, completely immerse in hot oil for three to five seconds (not a second longer!) and remove. Serve immediately with hot fudge sauce and whipped cream.

WINTER WARM-UPS

For those cool evenings we can expect this month, what's better than a good cup of steaming hot coffee or tea? Nothing can take its place, with exception of the cool-weather drink recipes that follow. They include not only variations of tea and coffee, but delicious chocolate ideas and spicy fruit drinks.

The following recipes are geared to those of us who like a special treat sometimes, without having to go to a lot of trouble. Just a cup or two for ourselves, or one to share with a friend. There's always a time and place when a warm drink can be just the special touch needed to lift our spirits!

Cranberry Toddy

- 1 cup cranberry juice
- ½ cup unsweetened pineapple juice
- ½ cup water
- 1 TBSP Dixie Crystals light brown sugar
- 1 2"-piece stick cinnamon
- 6 whole allspice

Combine all ingredients in a small saucepan; heat just to boiling. Reduce heat; simmer 5 minutes; remove spices. (A few drops of red food coloring may be added if you like.)

Pour into warm mugs; trim edge of mug with a wedge of pineapple or a stick of cinnamon if you like. Yield: 2 servings.

Spicy Tea For Two

- 1½ cups water
- 2 TBSP *Dixie Crystals* light brown sugar
- ⅛ tsp. ground cinnamon
- ⅛ tsp. ground cloves
- 1 tea bags
- ½ cup orange juice

Combine water, sugar, cinnamon, and cloves in a small saucepan; heat to boiling; cook 3 minutes. Remove from heat; add tea bags. Allow to brew 3 to 5 minutes. Remove bags; stir in orange juice.

Pour into cups; trim edge of cup with a wedge of orange if you like. Yield: 2 servings.



Javanese Coffee

- ½ cup chocolate ice cream
- 2 cups hot strong coffee
- sweetened whipped cream
- nutmeg

Spoon ice cream into 2 tall coffee mugs; pour coffee into each. Top with a dollop of whipped cream; sprinkle nutmeg over cream. Yield: 2 servings.

Mexican Chocolate

- 2 squares (1 oz. each) semi-sweet chocolate
- 3 TBSP *Dixie Crystals* granulated sugar
- ¼ tsp. vanilla
- ¼ tsp. ground cinnamon
- ¼ cup water
- 2 cups milk
- sweetened whipped cream
- nutmeg

Combine chocolate, granulated sugar, vanilla, cinnamon, and water in a small saucepan; cook, over low heat, until mixture is well blended. Continue cooking, stirring constantly, until mixture comes to a boil; reduce heat, then simmer 5 minutes.

Stir in milk; heat again until hot. Remove from heat and beat with a hand mixer until frothy. Pour into coffee mugs; top with a dollop of whipped cream; sprinkle with nutmeg. Yield: 2 servings.

Brasilia Coffee

- 1 square (1 oz.) unsweetened chocolate
- ⅓ cup *Dixie Crystals* granulated sugar
- ¼ cup water
- 2 cups hot coffee
- ½ cup sweetened whipped cream

Combine chocolate, sugar, and water in a small saucepan; cook, over low heat, until mixture is smooth. Continue cooking, stirring constantly, until mixture comes to a boil; reduce heat; simmer 5 minutes. Pour in hot coffee; stir until well blended.

Spoon whipped cream into tall coffee mugs; pour in coffee mixture. Yield: 2 servings.

Orange Cheer

- 2 cups orange juice
- ¼ cup *Dixie Crystals* granulated sugar
- 1 3"-piece stick cinnamon
- 1 tsp. whole cloves

Combine all ingredients in a small saucepan; heat to boiling. Reduce heat; simmer 5 minutes; remove spices.

Pour into warm mugs; float a slice of orange peel on top if you like. Yield: 2 servings.

Did you know... if you use your microwave oven to cook vegetables you will save up to 50% of the vitamin C that is usually lost with conventional cooking (boiling or baking.)

MICROWAVE RECIPES

Green Beans Almondine

- 1 lb. fresh green beans
- 1 TBSP butter
- ½ cup slivered almonds
- salt and pepper

Snap the ends off the beans. If they are on the large side, string them, but leave them whole — do not break them in two. Place them in a large pyrex glass measuring cup, and put the butter on top. Cover with plastic wrap pierced in a few places or turned back at one edge. Microwave on high for 4 min. Add almonds and season to taste.

Apple Dapple

- firm medium size apples (not Delicious), peeled, cored and sliced
- ½ cup *Dixie Crystals* granulated sugar
- 3 TBSP freshly squeezed lemon juice
- ⅓ cup chopped nuts (almonds or pecans)
- ⅓ cup raisins
- ½ cup flour
- ½ cup *Dixie Crystals* dark brown sugar
- ⅓ cup butter
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. ginger

Mix apple slices well with lemon juice, sugar, nuts and raisins, and put in a 9" pyrex pie plate at least 2" deep. Using a fork, mix remaining ingredients (flour, sugar, butter, spices) together thoroughly. (This is the topping, and it will be crumbly.) Sprinkle evenly over the apples. Cook on full power until the apples are soft and tender — this will be about 8 or 9 minutes in most ovens. After the first 4 minutes, rotate the pie pan a quarter turn. Allow to stand for 10 or 15 minutes to allow residual heat to finish the cooking. Serve a la mode with cream (whipped or not, as you prefer.)

Red Rice

- medium onion, chopped
- 1 TBSP butter
- 1 cup plain white rice (raw) - use converted rice, not minute or instant
- 1 cup water
- 1 cup tomato juice

Put chopped onion and butter in a large pyrex glass measuring cup. Microwave on high (full power) for 2 minutes. Add the rice and the liquids. Cover with plastic wrap. Poke a few tiny holes in it with the point of a knife. Microwave at 100% (high) power for 10 minutes. Let sit for another 5 minutes to allow residual heat to finish cooking the rice.

Plain Rice

- 1 medium onion, chopped
- 1 TBSP butter
- 1 cup plain white converted rice (raw)
- 1 cup water
- 1 cup chicken stock or beef stock

Follow same procedure as given above.

Lemon Squares

- ¼ cup butter (no substitute)
- ¼ cup *Dixie Crystals* powdered confectioners sugar
- 1 cup flour
- 3 eggs, well beaten
- ¼ tsp. salt
- 1 cup *Dixie Crystals* granulated sugar
- 4 TBSP freshly squeezed lemon juice
- 2 TBSP flour
- ½ tsp. baking powder

Cream together the ¼ cup butter and the ¼ cup powdered sugar. Add the 1 cup flour and blend together thoroughly. Pat out evenly to cover the bottom of an 8"x8" square glass baking dish. Microwave for 2 minutes on full power (high). Allow to cool thoroughly. Meanwhile, mix together the eggs, salt, granulated sugar, lemon juice, flour and baking powder. Pour onto the cooled shortbread layer and microwave on high (100% power) for 5 or 6 minutes, rotating the dish a quarter turn after the first 3 minutes. Allow to stand for at least 10 minutes before cutting into squares. Sprinkle a dusting of confectioners sugar evenly over the tops of the lemon squares after they have cooled completely.

A Perfect Setting . . .
for an OYSTER ROAST



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