

IN THE MOOD FOR A COOL, REFRESHING DESSERT? HERE ARE SOME RECIPES THAT WILL DELIGHT YOUR FAMILY AND FRIENDS AND GIVE YOU A CHANCE TO SHOW OFF YOUR CREATIVITY. THESE FRUIT-FILLED GELATIN DESSERTS ARE DELICIOUS CONCLUSIONS TO ANY SUMMER MEAL.

# Homemade Good News

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DAZZLING SUMMER DESSERTS



Summertime—we just can't get enough of it. Our idea of paradise is a trip to the farmers' market, where we like to stroll slowly past the cool watermelons, inspect the rows of fat ripe tomatoes, and generally become inspired to do justice to all of these wonderful things. And here's what we've come up with—an entire spectrum of "inspired" summer dishes that lead beautifully into our featured summer desserts. Bon appetit!



## Stuffed Brie

wedge of ripe (but cold) Brie  
sliced blanched almonds  
fresh ripe cherries, halved and pitted

Slice the brie in half horizontally (this is easier to do neatly if the cheese is cold and firm). Arrange sliced almonds on the cut surface of both halves, gently pressing them down into the cheese so that they don't fall off. Place the cherries, cut side down, on the bottom half of the Brie, then carefully cover with the top half, almond side down. Press down slightly to "sandwich" in the filling. Let cheese stand at room temperature until soft—it's ready to eat when the sides begin to ooze a little. Serve with melba toast or stone wheat thins.

## Fresh Pea Soup with Mint

3 cups fresh green peas  
juice of 2 oranges (about  $\frac{3}{4}$  cup)  
2 green onions, coarsely chopped (use all of the white part and about an inch of the green)  
 $\frac{1}{2}$  cup fresh mint  
2 cups cream  
salt, pepper, to taste

Put the peas in a saucepan with water to cover. Put a lid on the pot and cook at a low boil until tender. Transfer the peas to a colander and run under cold water for a few seconds. Drain well and put in a food processor fitted with a steel blade, or in a blender. Add the orange juice, green onions, and mint, and process until smooth. Scrape down the sides of the bowl and process again for about 30 seconds. Pour the puree into a bowl and stir in the cream. Season with salt and pepper to taste. Cover and chill thoroughly. Adjust seasoning before serving.

## Pesto Foccaccia

(Italian Flatbread with Pesto)

olive oil  
2 envelopes dry yeast  
 $1\frac{1}{2}$  tsp. Dixie Crystals granulated sugar

$\frac{1}{2}$  cup warm water (105° -115°F)  
 $2\frac{1}{2}$  cups all-purpose unbleached flour  
2 TBSP olive oil  
pinch salt  
a grind of black pepper  
 $\frac{1}{4}$  cup dry white wine  
water  
 $\frac{1}{2}$  cup fresh basil  
 $\frac{1}{4}$  cup pine nuts (available in specialty food shops)  
1 clove garlic  
 $\frac{1}{4}$  cup olive oil  
5 TBSP freshly grated Parmesan cheese  
salt, pepper to taste  
olive oil, for coating pan and brushing dough

Generously coat a large bowl with olive oil and set aside. In a smaller bowl, stir the yeast and sugar into the warm water. Allow mixture to stand uncovered at room temperature for about 10 minutes or until it is foamy and proofed.

In the bowl of a food processor fitted with steel blade, combine the flour, 2 TBSP olive oil, salt and pepper. Process, then with machine running, pour the yeast mixture, then the white wine in through the feed tube. Continue to process, adding water by the TBSP, until the dough leaves the sides of the bowl and forms a ball. Stop the motor and feel dough. If it is too sticky, add flour a TBSP at a time, processing after each addition before adding the next. The dough should be smooth and elastic. Shape it into a ball and put in the oiled bowl. Turn the dough to coat it all over with oil. Cover the bowl with a damp kitchen towel and place in a warm place, out of any drafts. Let dough rise until doubled in size, about an hour. Meanwhile, prepare the pesto topping. Combine the basil, pine nuts and garlic in the bowl of the food processor (fitted with steel blade) and chop. With the machine running, pour the olive oil through the feed tube in a slow, thin stream. Stop the motor, scrape the sides of the bowl, and process again. Stop motor again and add the cheese, salt and pepper. Process until just blended. Scrape pesto out into a bowl and set aside.

When dough has doubled in size, preheat oven to 400°. Liberally oil a 9 x 13 inch baking pan. Punch the dough down with your fist, then fit it into the prepared pan, pulling and stretching it to conform evenly to the rectangular shape. Brush the dough with olive oil, then spread the pesto evenly over it. Bake for 20 to 25 minutes, or until the bread is golden and crusty on top and done in the center when tested with a toothpick. Cut into squares and serve at once.

## Open Face Avocado, Bacon & Tomato Sandwiches with Roquefort Vinaigrette

6 slices French or Italian bread, toasted  
mayonnaise  
3 ripe tomatoes, sliced  
2 ripe avocados, sliced and sprinkled with lemon juice (to prevent discoloration)

18 slices cooked bacon  
Roquefort Vinaigrette (see recipe below)

Line up the bread slices on a work surface for easy "assembly." Spread each with a little mayonnaise, then layer first with tomato slices, then avocado, and top with bacon. Spoon Roquefort Vinaigrette over. Serve. Serves 6.

## Roquefort Vinaigrette

1 TBSP dijon mustard  
2 cloves garlic, minced  
 $\frac{1}{4}$  cup red wine vinegar  
 $\frac{1}{2}$ - $\frac{3}{4}$  cup olive oil (the amount you add depends upon your taste—less for a tart vinaigrette, more for a not so tart vinaigrette.)  
4 oz. Roquefort cheese

Blend the mustard with the garlic. Whisk in the vinegar, then the olive oil in a thin stream, still whisking until all of the oil is incorporated and the Vinaigrette is thick and glossy. Crumble in the Roquefort and stir to blend.

## Seviche

1 lb. tiny bay scallops  
1 cup fresh lime juice  
4 green onions, chopped  
 $\frac{1}{2}$  sweet green pepper, seeded and finely chopped  
1 hot green pepper, seeded and finely chopped  
1 ripe tomato, seeded and finely chopped  
1 clove garlic, minced  
 $\frac{1}{2}$  tsp. coriander (or 1 TBSP fresh cilantro, chopped)  
1 TBSP fresh parsley, chopped  
salt, pepper to taste  
 $\frac{1}{4}$  cup olive oil  
garnish with lettuce and avocado slices

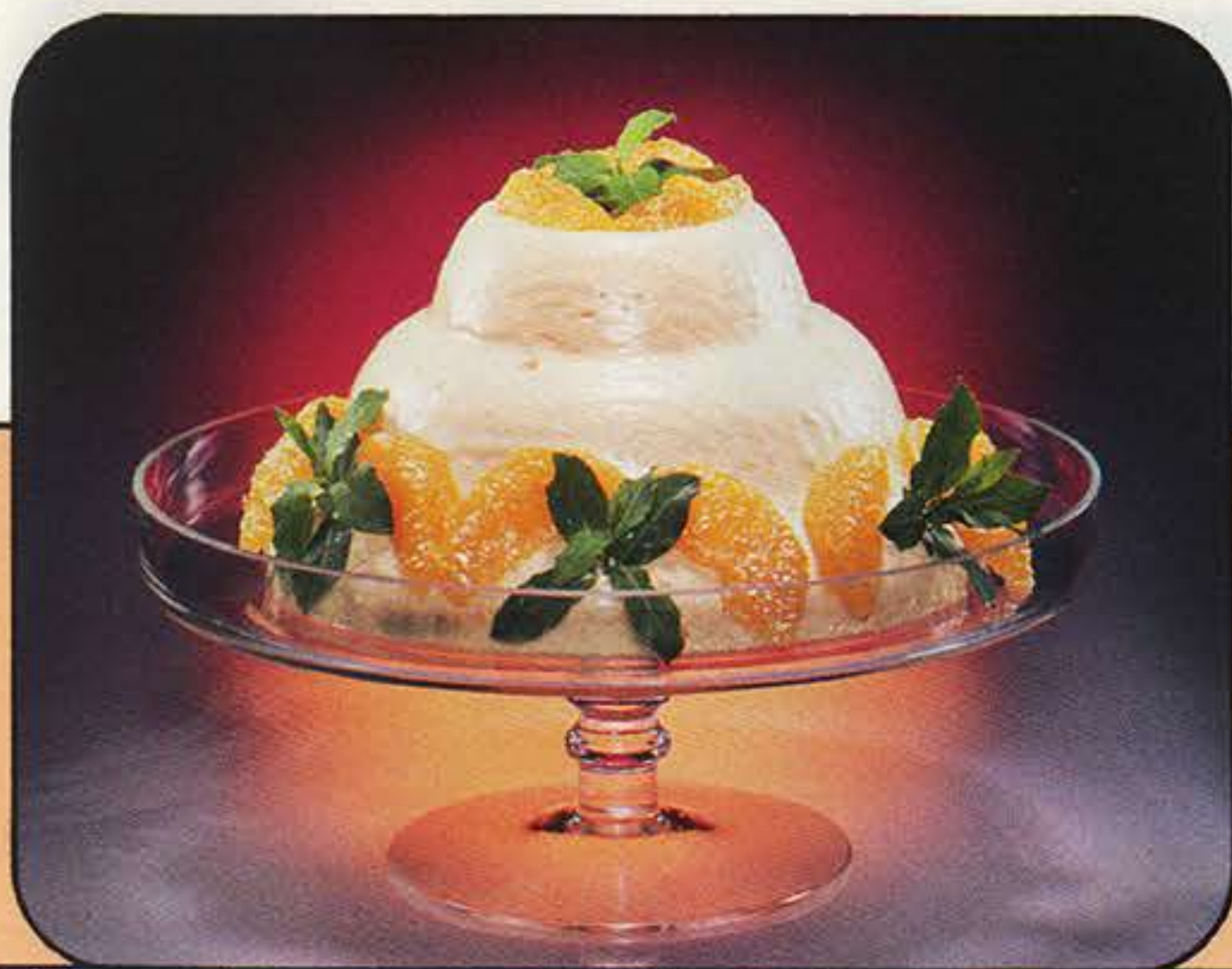
Combine the scallops and lime juice in a glass or china bowl (don't use metal). Make sure that the scallops are completely covered in juice. Cover the bowl and refrigerate for at least 4 hours. During this time, the lime juice will actually "cook" the scallops—they will not have to be subjected to any heat. You will notice that as the scallops sit in the marinade, they will become more and more opaque and their texture will change just as it would if a heat cooking method were applied. When marination is complete, drain the scallops well and mix with the rest of the ingredients, gently stirring in the oil and blending well. Serve on a bed of lettuce with avocado slices for garnish.

## Picnic Pate

Best made a day or two ahead so that flavors marry.

$\frac{1}{2}$  lb. ground beef  
 $\frac{1}{2}$  lb. ground pork  
 $\frac{1}{2}$  lb. ground veal  
3 large cloves of garlic  
1 cup chopped onion  
 $\frac{3}{4}$  cup white corn meal (or may substitute  $\frac{3}{4}$  cup oatmeal)





## HEAVENLY ORANGE CLOUD

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 4 eggs, separated
- 1 package (8 ozs.) cream cheese, softened
- 1 ½ cups Dixie Crystals granulated sugar
- 1 TBSP grated orange rind
- 1 cup orange juice
- 1 cup whipping cream
- 1 large seedless orange (garnish)

Combine gelatin with cold water in a measuring cup; stir until softened. Beat egg yolks in a medium saucepan; beat in softened cream cheese, then 1 cup of the sugar. Stir in orange rind and juice, then softened

gelatin. Cook slowly, stirring constantly, until smooth and mixture coats a spoon. Transfer mixture to a large mixing bowl; chill until mixture mounds softly when dropped from a spoon. While mixture chills, beat egg whites in a medium bowl until foamy; gradually add remaining ¼ cup sugar until soft peaks form. Beat cream in a small bowl until stiff. Fold egg whites, then whipped cream into orange mixture. Pour into a 6-cup mold; chill until firm. Unmold onto a large serving plate; garnish with sectioned orange slices and mint leaves. Yield: 6-8 servings.

- 1 cup beef stock
- 2 eggs, beaten
- 1 cup minced parsley
- 2 10 oz. pkgs. frozen chopped spinach, completely thawed, drained and squeezed dry
- ½ lb. cooked ham, cut in strips ½" thick x ½" wide
- 10 bay leaves, finely crushed
- 2 tsp. dried thyme for the ground meat part + an extra pinch for the spinach part
- 1 tsp. dried basil
- ½ tsp. ground cloves
- salt and freshly ground pepper to taste
- ½ cup brandy
- 3 TBSP cream
- Garnish: watercress, mushrooms, and cherry tomatoes

Saute onion and garlic in a little butter until they are wilted. Soak corn meal in beef broth. In large bowl mix ground meats, eggs, the soaked corn meal, ¾ cup of parsley, spices, half of onion/garlic mixture, and brandy. Mix spinach with other half of onion/garlic mixture and saute. Season with salt and pepper to taste, remaining ¼ cup parsley, the pinch of thyme, and cream.

greased 2 quart loaf pan, put a layer of meat mixture on the bottom, then spread all of the spinach mixture evenly (press firmly), then another layer of meat mixture on which you neatly lay all of the ham strips, and finally all of the remaining meat mixture. Place in a pan of boiling water in a

350° oven and cook for 1½ hours. If top gets too brown, cover with foil for remainder of baking time. Drain off fat while pate is still hot. Cool to room temperature, cover tightly, and store in refrigerator (still in loaf pan). To unmold, carefully run knife all around edges, invert and rap sharply. Slice and garnish with watercress, mushrooms, and cherry tomatoes. Serve with red wine (perhaps a nice Beaujolais, just lightly chilled) and good French bread.



## SUMMER SALADS

### Paella Salad

- 1 ½ cups (before cooking) saffron rice
- 6-8 chicken breasts, skinned and boned
- 6-8 TBSP olive oil
- ¼ cup dry vermouth (or other dry white wine)
- 1 tsp. salt
- 1-1 ½ lbs. shrimp, peeled and deveined
- 1 large onion, chopped
- 1 or 2 garlic cloves, minced
- ¾ cup black olives
- ¾ cup pimento-stuffed green olives

Garnish: slices of ripe avocado, wedges of ripe tomato, lemon wedges

Optional: serve on a bed of lettuce leaves

Dressing: 1 cup mayonnaise seasoned with 1 or 2 TBSP brandy and 1 or 2 tsp. lemon juice

Cook rice according to package directions and set aside in a large bowl. Heat about half of oil in skillet and cook chicken for about 5 minutes. Add wine and salt and simmer for about 10 minutes. Turn chicken, add shrimp, and simmer until shrimp turns pink (about 10 minutes—depending upon the number and size of the shrimp). Remove chicken and shrimp and set aside. Saute onion and garlic in remaining oil until soft and translucent. Add to rice and stir to mix. Cut chicken diagonally across grain in pieces about the same size as the shrimp. Add shrimp, chicken, black olives and green olives to rice. Toss to distribute ingredients evenly throughout. Refrigerate several hours before garnishing and serving with dressing.

### Cold Meat Salad

- 1 TBSP (unflavored) gelatin
- ½ cup cold water
- 2 TBSP lemon juice
- 2 tsp. prepared horseradish
- 2 tsp. French mustard (such as Dijon, Poupon, or POMEREY)
- 1 cup mayonnaise
- ½ tsp. salt
- 2 cups cooked and cubed meat such as chicken or ham—or a mixture thereof
- ¾ cup celery, finely chopped
- ¼ cup onion, finely minced

Soften gelatin in cold water, then dissolve over hot water. (You can soften the gelatin in a Pyrex measuring cup, then submerge the bottom of the cup in a bowl to which boiling water has been added, or you could use a double boiler.) Add to dissolved gelatin the lemon juice, horseradish, mustard, mayonnaise, and salt. Mix well. Add remaining ingredients and stir until well combined. Pour into oiled 8 inch ring mold and chill until firm (about half a day). Unmold on a bed of lettuce leaves. For molded seafood salad, substitute tuna, shrimp, salmon, or a mixture thereof.

### Layered Vegetable Salad

- 1 head iceberg lettuce, shredded
- ½ cup of each of the following (in whatever order you like): chopped carrots, celery, onion, bell pepper
- 1 10 oz. pkg. frozen peas, thawed but not cooked
- 1 ½ cups mayonnaise mixed with ½ cup sour cream, 2 tsp. Worcestershire sauce, and 1 TBSP Dixie Crystals granulated sugar
- about 2 cups grated Cheddar (of good quality)
- 8 to 10 strips bacon, cooked until crisp and then crumbled
- salt and pepper to taste



Beginning with the lettuce and ending with the peas, layer the first six ingredients more or less in the order given above. Spread the mayonnaise/sour cream mixture evenly over the top. Sprinkle with grated cheese and bacon bits. Cover with plastic wrap and refrigerate anywhere from 12 to 24 hours before serving. At serving time, toss thoroughly, and add salt and pepper to taste.

## Broccoli and Feta Salad

- 1 bunch fresh broccoli
- ¼ cup feta cheese
- 2 TBSP pine nuts, (available in specialty food stores)

### Dressing:

- 1 clove garlic, minced
- 1 tsp. dijon mustard
- 2 TBSP red wine vinegar
- 4 TBSP olive oil
- 5 TBSP plain yogurt
- salt, pepper, to taste

Cut off the tough stalks of the broccoli and reserve for some other use. Rinse the broccoli flowerets and drop in boiling, salted water. Cook just a couple of minutes, until tender, but still crisp. Transfer to a colander and run under cold water for a few seconds to stop the cooking process. Drain well. While the broccoli is cooling to room temperature, soak the feta cheese in enough water to cover—this will draw some of the sour briny taste out of it. Drain the cheese and crumble into a mixing bowl along with the broccoli and pine nuts. Pour dressing (see below) over, toss gently and serve.

**To make dressing:** blend mustard and garlic together, then whisk in the vinegar. Add the olive oil in a thin, slow stream, whisking vigorously, until it is all incorporated and the dressing is thick and glossy. Stir the yogurt to smooth out any lumps and whisk it into the dressing. Serve over salad.

## Matchstick Salad

- 1½ lbs. zucchini, cut into thin strips
- 2 red or green bell peppers, cut into thin strips
- 2 TBSP olive oil
- 1 2 oz. jar pimiento strips
- ½ cup pitted ripe olives, halved or quartered
- ½ cup chopped scallions
- 1 tsp. garlic salt
- ½ tsp. pepper

### Dressing:

- 3 TBSP capers, rinsed and drained
- 3 TBSP white wine vinegar (either plain or tarragon flavored)
- ½ tsp. Dixie Crystals granulated sugar
- ½ tsp. oregano

In a large skillet (10" diameter) heat olive oil, add zucchini and pepper strips, toss and stir until vegetables are evenly coated. Cover and cook over moderate heat, stirring occasionally, until tender but still crisp (about 5 minutes). Remove from heat and stir in all other ingredients. Mix well. Make dressing and toss with salad. Cover with plastic wrap and chill for half a day or longer before serving.

## Carrot and Raisin Coleslaw

- 1 large head of cabbage, shredded
- 2 large carrots, grated
- 1 TBSP onion, finely minced
- ½ cup vinaigrette
- 1 tsp. Dixie Crystals granulated sugar
- salt and pepper to taste
- 1 cup cottage cheese
- ½ cup seedless raisins
- mayonnaise—use only enough to bind the coleslaw
- 1 tsp. celery seed

Place shredded cabbage and carrots in a large bowl, cover with cold water, and refrigerate for an hour or longer to crisp vegetables. Drain in colander and pat dry with towels. Add remaining ingredients and mix thoroughly. Go easy on the mayonnaise.

## Roquefort Potato Salad

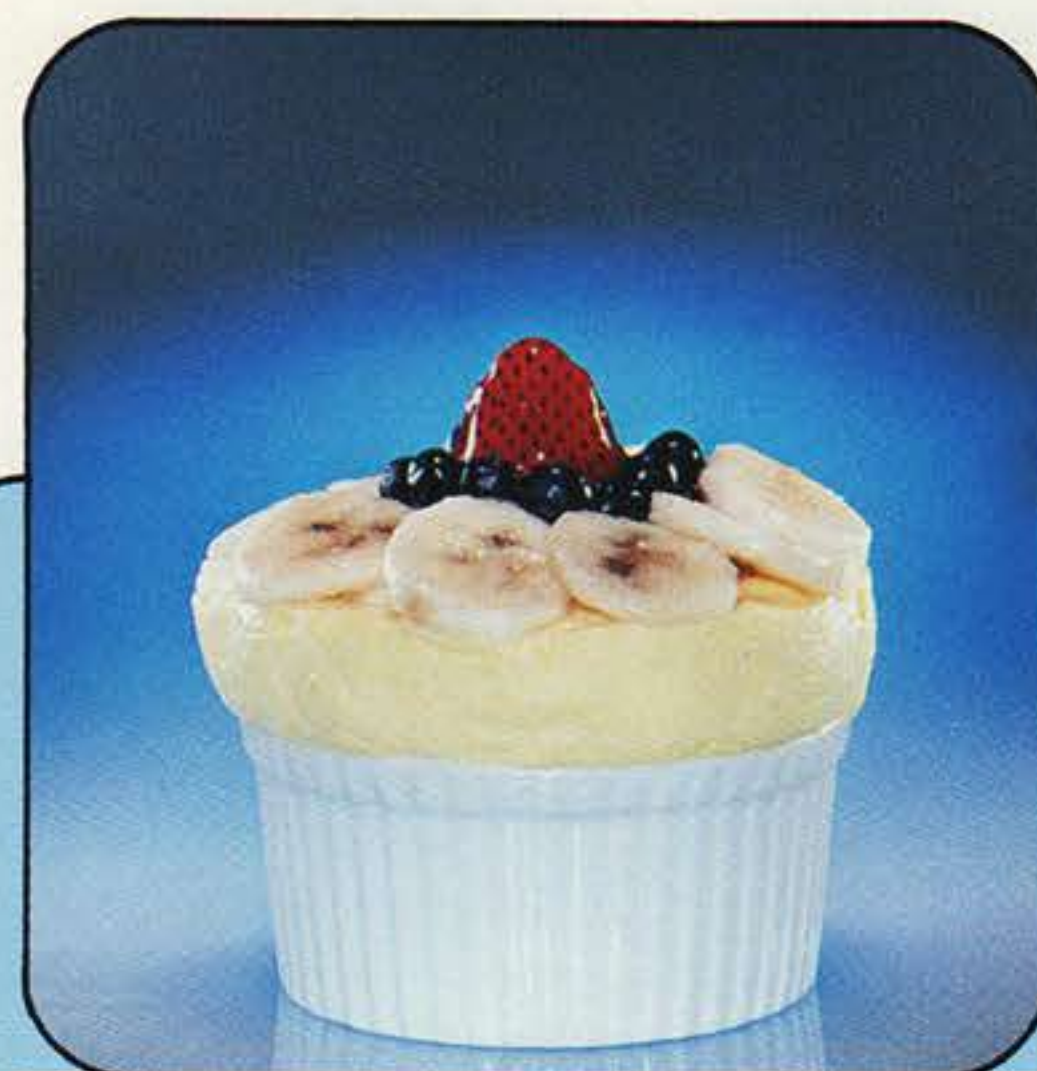
- 8 medium potatoes
- 2 TBSP chopped parsley sprigs (leaves only, no stems)
- 3 scallions, tops included, chopped
- 2 tsp. salt
- ½ cup sour cream
- ½ cup mayonnaise
- ½ cup slivered almonds, toasted
- ¼ tsp. white pepper
- 8 oz. Roquefort cheese (or Gorgonzola), crumbled
- ¼ cup wine vinegar
- 3 hard boiled eggs, chopped
- 4 or 5 strips of bacon, cooked until crisp and then crumbled

Boil potatoes in salted water, peel, cool, and cut up. Mix together all remaining ingredients except bacon, and toss with potatoes. Garnish with bacon.

## Cold Pasta Salad

*An Italian variation of the French Salade Nicoise.*

- 8 oz. (about 2 cups) pasta seashells
- 2 eggs
- 1 cup olive oil
- 2 7 oz. cans Italian tuna packed in olive oil (undrained)
- 8-10 anchovies
- 8-10 sprigs of parsley (leafy parts only, no stems)
- ⅔ to 1 cup of lemon juice (juice of 3 or 4 lemons)



## RAINBOW CREAM CUPS

- 1 envelope unflavored gelatin
- 1¼ cups cold water
- 3 eggs, separated
- 1¼ cups Dixie Crystals granulated sugar
- 1 tsp. grated lemon rind
- ¼ cup lemon juice
- 1 cup whipping cream
- 1 cup strawberries, washed and hulled
- 1 large banana, thinly sliced
- ½ cup blueberries
- ¼ cup orange marmalade

Combine gelatin and ¼ of the water in a measuring cup; stir until softened. Beat egg yolks in a medium saucepan; stir in remaining 1 cup water, 1 cup of the sugar, and softened gelatin. Cook slowly, stirring constantly, until gelatin dissolves and mixture coats a spoon. Transfer mixture to a large mixing bowl; stir in lemon rind and juice. Chill until mixture mounds softly. Beat egg whites in a medium bowl until foamy; gradually add remaining ¼ cup sugar; beat until stiff. Beat whipping cream in a medium bowl until stiff. Fold egg whites, then whipped cream into lemon mixture. Spoon into individual 1-cup dessert dishes. Chill until firm. When ready to serve, arrange banana slices, overlapping, to form a circle around edge of dish. Arrange blueberries in a ring inside bananas. Place strawberries in center. Heat marmalade in a small saucepan; cool slightly. Brush over individual servings to glaze. Yield: 6 servings.

- ¼ cup capers, rinsed and drained
- freshly ground pepper to taste
- bed of lettuce

Cook shells in rapidly boiling salted water according to package directions until "al dente"—do not overcook. Meanwhile, beat eggs in blender, and slowly trickle in the oil. When mixture is thickened, add tuna with oil from can, anchovies, and parsley. Add lemon juice. Pour into salad bowl. Stir capers. Season to taste with freshly ground pepper. Drain pasta in colander. While pasta is still hot, dump it into bowl and toss with sauce until pasta is completely coated. Allow to cool to room temperature. Serve on bed of lettuce leaves.

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Cool off this summer with some exciting drink ideas for round-the-clock enjoyment. To spark your imagination, we have included frosty recipes you pour over tall glasses of ice, and ones that have been blended with frozen ingredients. Your family or company can look forward to a cool, refreshing lift to their day!

### Raspberry Sip

- 2 pkg. (10 ozs. each) frozen red raspberries
- ½ cup fresh lemon juice
- ½ cup *Dixie Crystals* granulated sugar

Thaw raspberries as package label directs. Pour into an electric-blender container or food processor; cover; puree. Strain puree through a sieve or thick piece of cheesecloth into a small bowl. Add lemon juice and

sugar; stir until well blended. Pour into glass jar; refrigerate. (There should be approximately 3 cups concentrate.) For individual servings, fill 8-ounce tall glasses with ice; spoon 4 TBSP concentrate over ice; fill with cold water; stir until well blended. Yield: twelve 8-oz. servings or makes 3 quarts.

### Lime Tea Shrub

- 2 cups boiling water
- 3 tea bags
- ¼ cup *Dixie Crystals* granulated sugar
- 1 can (6 ozs.) frozen concentrate for limeade
- 2 cups cold water
- lime sherbet

Pour boiling water over tea bags in a 1½ quart pitcher; steep 5 minutes; discard tea bags. Add sugar; stir until sugar is dissolved; cool. Add limeade and cold water; stir until blended; chill until ready to serve. Spoon a scoop of lime sherbet on top. Yield: 6 servings.

### Your Choice Lemon-Lime-Orangeades

- 1 cup *Dixie Crystals* granulated sugar
- 1 cup water
- rind of 2 lemons, limes or oranges
- 1 cup fresh juice
- 4 cups cold water

Combine sugar, water and rind of your choice in a small saucepan. Heat slowly, stirring until sugar dissolves. Bring to a boil; cook 1 minute; strain and cool. Discard rinds. Add fresh juice to sugar mixture; stir in cold water; stir to mix well. Pour over ice in glasses. (Note: Use 2 cups fresh orange juice when making orangeade.) Yield: 6 servings.

### Choco-Banana Swirl

- 2 cups milk
- 2 medium bananas, peeled and cut in chunks
- ¼ cup *Dixie Crystals* 4X confectioners sugar
- 1 TBSP cocoa
- 1 tsp. milk
- 1 tsp. vanilla
- ice cubes

Combine bananas and milk in an electric blender container or food processor; cover; puree. Combine confectioners sugar, cocoa, teaspoon milk, and vanilla in a small cup; stir until smooth. Add to banana mixture in container. Add desired amount of ice cubes (depends on how thick you like it). Yield: 4 servings.

### Peach Flip

- 2 cups fresh sliced peaches
- ½ cup *Dixie Crystals* granulated sugar
- ½ tsp. vanilla
- 2 cups peach ice cream

Combine peaches and sugar in an electric blender container or food processor bowl; cover; puree. Add remaining ingredients (a little red food coloring may be added if desired); cover; blend again until smooth. Pour into tall glasses; sprinkle with mace if you like. Yield: 4 servings.

### Black Bottom Swizzle

- 4 cups vanilla ice cream
- 1½ cups milk
- ¼ cup *Dixie Crystals* 4X confectioners sugar
- 1 TBSP coffee powder
- 1 TBSP cocoa
- 2 tsp. milk

Combine vanilla ice cream and milk in an electric blender container or food processor bowl; cover; blend. Combine remaining ingredients in a small cup; stir until smooth; add to mixture in blender; blend until smooth. Garnish with unsweetened shaved chocolate if you like. Yields: 4-5 servings.

### DID YOU KNOW?

That you can rid your disposal of lingering unpleasant odors by grinding up a few wedges of citrus fruit.

That the humidity will not get to your table salt if you wrap a piece of aluminum foil tightly around the salt cellar when you're not using it (i.e., in between meals).

That you can re-crisp cereal and crackers that have become soft and chewy by spreading them out on a cookie sheet (or sheets) and heating them for a few minutes in a moderate oven.



### STRAWBERRY SNOW CAKES

- 1 pint fresh strawberries, washed, hulled, and cut in halves
- 1 tsp. lemon juice
- ¾ cup *Dixie Crystals* granulated sugar
- 1 envelope unflavored gelatin
- ¼ cup cold water
- ½ cup boiling water
- 3 egg whites
- 1 cup whipping cream
- 1 angel food cake
- strawberries for garnish
- Dixie Crystals* confectioners sugar

Combine strawberries, lemon juice, and ½ cup of the granulated sugar in an electric blender container or food processor; cover; puree. Allow to sit 20 minutes to set in flavors. Combine gelatin and cold water in a measuring cup until softened. Add boiling water and stir until gelatin dissolves. Add to strawberry mixture in container. Transfer

mixture to a large mixing bowl; refrigerate until mixture mounds softly.

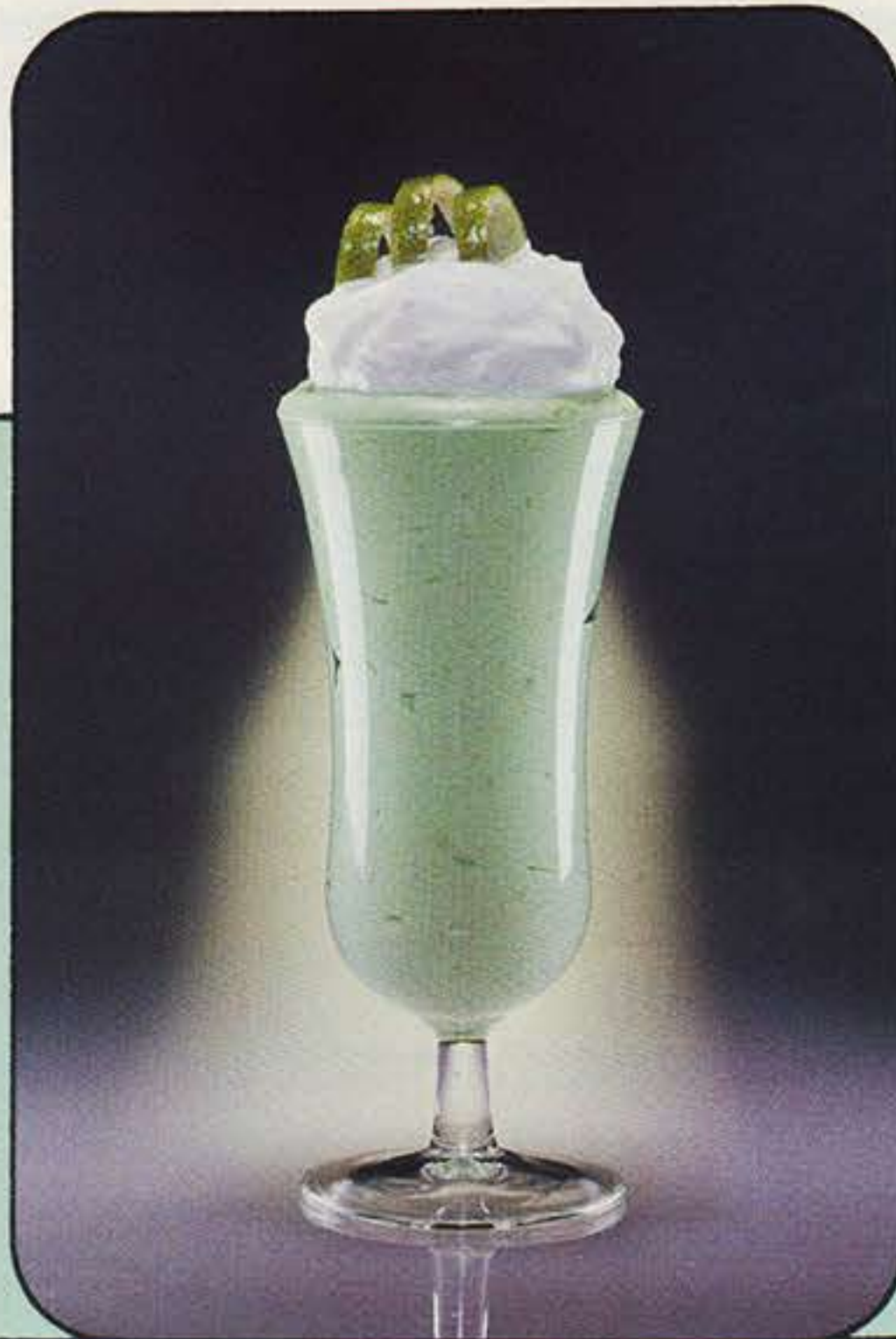
While strawberry mixture chills, beat egg whites in a medium bowl until foamy; gradually beat in remaining ¼ cup granulated sugar until firm peaks form. Beat whipping cream in a medium bowl until stiff. Fold in beaten egg whites, then whipped cream into thickened strawberry mixture. Chill several hours or overnight until firm. When ready to serve, cut angel food cake in half crosswise, then each layer into 12 slices. Place 1 slice of cake on a serving plate; spread with ¼ cup strawberry mixture; repeat to make 1 more layer. Garnish with fresh strawberries. Dust with confectioners sugar. (Note: strawberries for garnish can be reserved from pint in recipe or you may prefer to buy extra strawberries.) Yield: 12 servings.



## Perfect Lime Parfaits

- 1 envelope unflavored gelatin
- ½ cup cold water
- 4 eggs, separated
- 1 cup Dixie Crystals granulated sugar
- ¼ cup fresh lime juice
- ½ tsp. grated lime rind
- green food coloring
- 1 cup whipping cream

Combine gelatin and cold water in a measuring cup until softened. Beat egg yolks in a medium saucepan; stir in ¾ cup of the sugar and softened gelatin mixture. Cook, stirring constantly, until gelatin dissolves and mixture coats a spoon. Transfer to a large bowl; stir in lime juice and rind. Tint green with food coloring. Chill in refrigerator until mixture mounds softly when dropped from a spoon. Beat egg whites in a medium bowl until foamy; gradually add remaining ¼ cup sugar until firm peaks form. Beat whipping cream in a medium bowl until stiff. Reserve ½ cup for garnish. Fold egg whites, then whipped cream into thickened lime mixture. Spoon



## PERFECT LIME PARFAITS

into individual parfait glasses. Decorate each with a spoonful of whipped cream. Yield: 6 servings.

## Gelatin Know-How

Unmolding gelatin can sometimes be difficult, so make certain gelatin is completely firm. It should not feel too sticky and

should not sag toward side of mold when tilted. Loosen around edge with a pointed, thin-bladed knife that has been dipped in warm water. Dip mold, just to the rim, quickly in and out of warm water, not hot, for about 10 seconds. Shake slightly to loosen gelatin from mold; turn out onto a cold plate; lift off mold gently.

When preparing a cold souffle, always use a straight-sided dish. You will need to make a stand-up collar to extend the depth of the dish. Measure circumference of dish, then fold a 4" strip of double-thickness aluminum foil or waxed paper around the top of the dish to make a 2" collar; secure with cellophane tape.

To speed-set gelatin, place bowl in a pan of ice and water, stirring several times, just until mixture starts to thicken; refrigerate. Always dissolve unflavored gelatin in a small amount of cold water or a small amount of a cold liquid from your recipe before adding the rest of the ingredients. For overnight storage, it is wise to cover gelatin to prevent its drying out.

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Good News

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