

Homemade Good News

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Salmon Mousse Puffs with Sour Cream and Caviar

Pate a Choux (Puffs)

- 1 cup water
- 5 TBSP sweet butter
- pinch salt
- 1 tsp. Dixie Crystals granulated sugar
- 1 cup all-purpose flour
- 4 large eggs
- 1 egg, beaten with 1 tsp. water

Salmon Mousse

- 4 cups water
- 1 cup vermouth or dry white wine
- 1 large wedge of lemon
- 1 small onion stuck with 2 cloves
- 1 bay leaf
- 3 sprigs parsley
- 1 small carrot
- 1 small stalk celery (with leaves)
- 2 sprigs of fresh thyme (or ½ tsp. dried)
- 1 tsp. salt
- 4 peppercorns
- 1 lb. fresh salmon
- ¾ cup poaching liquid (see instructions)
- 1 envelope unflavored gelatin
- 2 TBSP freshly squeezed lemon juice
- ¼ cup mayonnaise
- ¼ cup sour cream
- ½ tsp. salt
- ¼ tsp. grated nutmeg
- pinch white pepper
- Tabasco, or cayenne, to taste
- 1 TBSP grated onion, including juice
- ½ cup whipping cream

Garnish

- sour cream
- salmon caviar

The French call it a "farce," but a stuffing by any name is a serious subject in culinary circles. The simplest stuffing can take an artichoke bottom from elementary to elegant, make a dumpling quite something, cause a chicken breast to swell with pride! Filled with interest? Then look inside. . . for a Good News bursting with great stuffing ideas!

For starters, try Stuffed Artichoke Bottoms in a tangy Tomato Sauce, or Salmon Mousse Puffs garnished with Sour Cream and Caviar, then proceed with a magnificent Stuffed Leg of Lamb, Flounder Stuffed with Asparagus, or Stuffed Breast of Chicken Kenzie—any of which make sensational dinner party fare. For dessert, have fun with our tropical take-off of Baked Alaska, Papaya a la Mode, or indulge yourself with Nectarine Dumplings in Custard Sauce, our vote for the most comforting conclusion ever.

Puffs: Preheat the oven to 400°. Combine the water, butter, salt, and sugar in a medium saucepan and bring to a boil. When the butter is completely melted, remove the pan from the heat and add the flour all at once. Stir vigorously to blend well and return to low heat. Cook, stirring vigorously, until the mixture comes away from the sides of the pan and leaves a thin crust on the bottom of the pan. Transfer the dough to a clean mixing bowl. Make a well in the center of the dough, break an egg into it, and beat until the egg is well incorporated. Add the remaining 3 eggs one at a time, beating vigorously before adding the next. The dough will be very thick. Lightly butter a large baking sheet. Drop the batter onto the sheet in spoonfuls that are half the size of the puffs you desire—the puffs will double in size while baking. Or, spoon the dough into a pastry bag fitted with a 1" open tip and pipe out into round blobs of the size you want. Brush the tops *only* of the puffs with the beaten egg mixture. Place the baking sheet in the middle of the preheated oven. Immediately reduce oven temperature to 375° and bake for 20 minutes, or until puffs are doubled in size, golden brown, and firm. Remove from the oven and turn oven off. Using a small sharp knife, pierce each puff in the side to let steam escape, then return to the



SALMON MOUSSE PUFFS

turned off oven for 5 minutes. This prevents puffs from becoming soggy. Remove from the oven and transfer to racks to cool completely before filling and serving. Makes 12 large puffs, or 25 profiteroles (cocktail-size puffs).

Mousse: Combine the first 11 ingredients in a large pot with a lid. Bring to a boil, reduce heat and simmer 10 minutes. Add the salmon, return to a boil, reduce heat, cover and simmer 10 minutes or until salmon flakes when pierced with a fork. Remove from heat and let fish cool in poaching liquid. Line a sieve with cheesecloth, strain poaching liquid through it, and reserve $\frac{3}{4}$ cup. Skin and bone the salmon carefully. Crumble fish into small pieces with fingers, and mix with $\frac{1}{4}$ cup of the reserved poaching liquid. Soften the gelatin in the lemon juice. Bring the remaining $\frac{1}{2}$ cup poaching liquid to a boil, add to gelatin mixture, and stir until gelatin is dissolved. Allow to cool slightly before combining with other ingredients. Gently mix in the fish, mayonnaise, sour cream, salt, nutmeg, pepper, Tabasco and onion. Whip the cream until stiff and fold into the fish mixture. Cover bowl lightly and chill until firm. Spoon or pipe into puffs (remove their tops first!), garnish with sour cream and caviar, and serve.

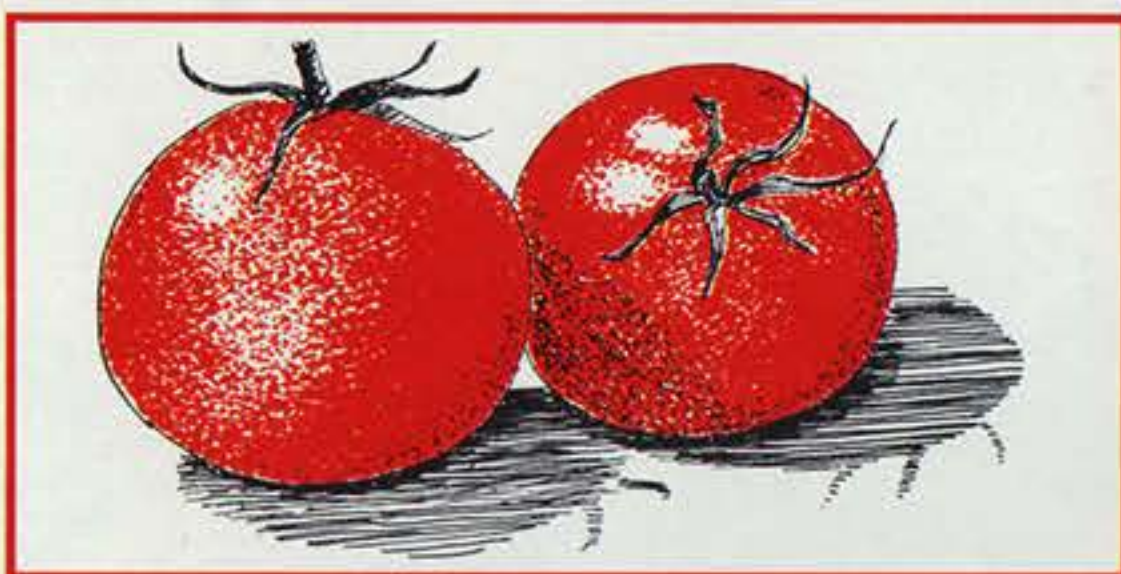
Stuffed Artichoke Bottoms with Tomato Sauce

Tomato Sauce

- $\frac{1}{4}$ cup olive oil
- 1 cup chopped onion
- 1 can (28 oz.) Italian peeled tomatoes
- $\frac{1}{2}$ tsp. dried basil (or $1\frac{1}{2}$ tsp. fresh)
- $\frac{1}{2}$ tsp. dried thyme (or $1\frac{1}{2}$ tsp. fresh)
- $\frac{1}{2}$ tsp. salt
- freshly ground black pepper, to taste
- 1 bay leaf
- 1 TBSP fresh Italian parsley, chopped
- 1 tsp. finely chopped garlic

Stuffed Artichoke Bottoms

- 6 TBSP butter
- 12 oz. fresh mushrooms, finely chopped



- 2 cloves garlic, minced
- 2 oz. prosciutto, diced
- 1 TBSP fresh chopped parsley
- $\frac{1}{4}$ cup freshly grated Parmesan cheese
- 2 cans (14 oz.) artichoke bottoms (7/9 count), drained
- $\frac{1}{2}$ cup grated Gruyere cheese
- finely chopped fresh parsley, for garnish

Sauce: Heat the olive oil in a medium saucepan. Add the onion and saute until soft, stirring often. Add the tomatoes, herbs, salt, pepper and bay leaf and simmer for 20 minutes, stirring occasionally. Remove the bay leaf and puree the mixture in a food processor or blender. Return the pureed mixture to the saucepan and stir in the parsley and garlic. Simmer another 10 minutes. Spoon some sauce into the center of six appetizer/salad plates. Arrange Stuffed Artichoke Bottoms on top of sauce, garnish with a sprinkling of parsley, and serve. 6 servings.

Stuffed Artichoke Bottoms: Preheat oven to 350°. Melt 4 TBSP of the butter in a large skillet over medium high heat. Add the mushrooms and cook for one minute, then stir in the garlic. Cook, stirring often, until the mushrooms have cooked down and almost all of their juices have evaporated. Add the prosciutto and parsley and cook another 30 seconds. Remove the pan from the heat and stir in the grated Parmesan. Transfer the mixture to a bowl and set aside. Wipe out the skillet, then melt the remaining 2 TBSP of butter in it over moderate heat. Saute the artichoke bottoms in the butter until they are

coated all over and heated through. Transfer the artichoke bottoms, cupped-side up, to a buttered (or teflon lined) baking dish. Stuff each artichoke bottom with some of the mushroom mixture. Top with grated Gruyere and bake in the preheated oven until very hot and the cheese is melted and bubbly on top. Arrange on plates atop Tomato Sauce. Garnish with fresh chopped parsley and serve at once.

Flounder Stuffed with Asparagus in Beurre Blanc Sauce

Flounder

- 2 fillets of flounder
- 12 asparagus stalks
- juice of half a lemon
- salt, freshly ground black pepper
- 2 TBSP white wine
- 2 TBSP water
- 1 TBSP butter

Beurre Blanc Sauce

- 2 oz. minced shallots
- 2 TBSP white vinegar
- 6 TBSP white wine
- 6 TBSP heavy cream
- 1 TBSP butter
- salt, white pepper to taste

Preheat oven to 350°. Cut each fillet lengthwise down its center, so that you have four long strips. Cut the asparagus to equal the width of these strips. Reserve the asparagus tips and stalks to steam and serve on the side. Place three asparagus stalks on each fillet. Roll the fillet up and place seam-side down in an ungreased baking dish. Top with lemon juice, salt, pepper, wine, water and butter. Bake for 10 minutes, or until done in the center.

While the fish is baking, combine the shallots, vinegar, and wine in a small saucepan. Cook until almost all of the liquid has evaporated. Add the cream and bring to a boil. Remove from the heat and add the butter, stirring until it melts. Strain sauce into two warm plates. Top with fish and serve. 2 servings.

STUFFED ARTICHOKE BOTTOMS



Stuffed Leg of Lamb

- 1 TBSP butter
- 2 TBSP minced shallots
- 1 clove garlic, minced
- 1 cup (8 oz.) ground lamb
- grated rind of one lemon
- 6 oz. fresh goat cheese
- 1 egg
- 1 TBSP fresh rosemary, chopped
- 1 TBSP fresh chopped parsley
- 6½ lb. leg of lamb, boned and butterflied
- 2 TBSP butter, softened at room temperature
- 1 clove garlic, minced
- 1 tsp. fresh chopped rosemary
- 1 tsp. fresh chopped thyme
- salt, pepper
- dried bread crumbs

Preheat oven to 350°. Melt the butter in a small skillet. Add the minced shallot and saute until soft. Transfer to a mixing bowl. Add the minced garlic, ground lamb and grated lemon rind. In the bowl of a food processor or blender, process the goat cheese with the egg until smooth. Add to the ground lamb mixture along with the chopped rosemary and parsley and blend thoroughly. Flatten the boned, butterflied lamb out on your work surface, fat side down. Spread the stuffing mixture evenly over the lamb, then roll it up, tucking in the ends. Tie securely with kitchen twine. If necessary, use small metal skewers to seal ends. In a small mixing bowl, mix the butter with the garlic, herbs, salt and pepper. Smear the mixture as evenly as possible over the top and sides of the stuffed leg. Pat a thin layer of dry bread crumbs into the butter coating. Place the leg, crumb side up on a rack in a shallow roasting pan. Cook in the lower third of the preheated oven for 1½ hours, or until a thermometer inserted in the thickest part of the meat registers 140° for medium rare. For a medium roast, cook another 20 minutes more. Remove from the oven and let the meat rest for 15-20 minutes before slicing. If desired, serve with pan

roasted potatoes. (To make these, add peeled, quartered potatoes to the roasting pan after the first ½ hour, and cook in the meat juices.) 8 servings.

Stuffed Breast of Chicken Kenzie

- 8 6-7 oz. chicken breast halves, skinned and boned
- 2 TBSP butter
- ½ lb. mushrooms, sliced
- 3 oz. ham, thinly sliced and diced
- 1 TBSP dry sherry
- 1 tsp. fresh lemon juice
- 1 tsp. fresh tarragon (or ½ tsp. dried)
- 1 small clove garlic, minced
- 2½ cups grated Gruyere cheese
- salt, freshly ground black pepper
- flour
- 4 TBSP butter
- 2 TBSP brandy
- 1 tsp. tomato paste
- 1 tsp. Dijon mustard
- 3 TBSP flour
- 1¼ cups chicken broth
- 1 cup heavy cream
- 2 TBSP dry white wine
- 1 TBSP dry sherry
- ½ tsp. white pepper
- 2 TBSP butter
- 8 large mushroom caps, fluted
- 8 thin lemon slices
- Buttered Baby Carrots, garnish

Carefully insert a sharp knife tip into the thickest part of the side of each breast. Make a pocket as long and deep as possible without cutting through the other side.

Melt 2 TBSP of butter in a large skillet over medium high heat. Add mushrooms and saute 3 minutes, then stir in ham, sherry, lemon juice, tarragon and garlic. Cook another 3 minutes, then remove from heat and stir in 2 cups of the cheese. Season to taste with salt and pepper. Stuff heaping tablespoon of the mixture into each chicken breast. Put the stuffed breasts on a baking sheet and cover with waxed paper. Place another baking sheet on top and weight with heavy cans. Refrigerate several hours, or overnight.

Before cooking, coat each chicken breast lightly with flour, shaking off any excess. Grease a 9x13" baking dish. Melt 4 TBSP of butter in a large skillet over medium high heat. Saute chicken breasts in it until golden brown on both sides and almost cooked through. Add brandy and cook until alcohol evaporates, another minute or so. Transfer the chicken to the prepared baking dish and set aside. Reserve skillet and pan juices.

Preheat oven to 350°. Whisk the tomato paste and mustard into pan juices. Mix 3 TBSP flour with 3 TBSP of the chicken broth and blend until smooth. Stir the remaining broth into the flour mixture, then add to the skillet. Set the skillet over medium heat and whisk constantly until mixture is slightly thickened. Gradually whisk in the cream, then add wine, sherry and white pepper. Pour sauce over the chicken and bake 15 minutes.

Melt 2 TBSP of butter in a skillet over medium high heat. Add the mushroom caps and saute briefly. Sprinkle the chicken breasts with the remaining ½ cup of grated Gruyere. Bake another 4-5 minutes, or until cheese is melted. Transfer chicken to heated plates. Place a lemon slice on each, then top with a mushroom cap. Serve with Buttered Baby Carrots and serve at once. 8 servings.

Papaya a la Mode

- 3 large egg whites
- pinch salt
- 5 TBSP Dixie Crystals granulated sugar
- 2 ripe papayas
- 1 pint ice cream (choose your flavor!)

Preheat oven to 450°. Beat egg whites with salt until they hold a shape. Reduce speed and gradually beat in the sugar. Continue beating until stiff, shiny peaks form. Cut papayas in half lengthwise and scoop out the seeds. Fill cavity of each half with a large scoop of ice cream. Pipe or spread meringue over, sealing the ice cream in completely. Bake in the preheated oven for 3-5 minutes, or until the meringue is lightly browned. Serve immediately. 4 servings.



STUFFED FLOUNDER

Nectarine Dumplings with Custard Sauce

Custard Sauce

- 4 egg yolks, at room temperature
- 1/2 cup Dixie Crystals granulated sugar
- 1 cup whipping cream
- 1/3 cup milk
- 1/4 cup orange juice
- 1 TBSP grated orange peel

Syrup

- 1 cup water
- 1 cup Dixie Crystals granulated sugar
- 1/4 tsp. cinnamon
- 1/4 tsp. grated nutmeg
- 2 TBSP butter

Dumplings

- 6 ripe nectarines
- 1/2 tsp. lemon juice
- 1/3 cup Dixie Crystals granulated sugar
- 1/8 tsp. cinnamon
- 2 cups all purpose flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 TBSP Dixie Crystals granulated sugar
- 2/3 cup chilled sweet butter
- 1/2 cup milk + 2 TBSP if needed
- 6 TBSP butter

Dixie Crystals granulated sugar

Sauce: Combine the egg yolks and sugar in the top of a double boiler and whisk until very thick and lemony. Scald the cream and milk together in a small saucepan and gradually whisk into the egg yolk mixture. Blend in the orange juice and peel. Set over simmering water and whisk constantly until sauce thickens—about 15 minutes. Remove from the heat and allow to cool at room temperature, then chill.

Syrup: Combine the water, sugar, cinnamon and nutmeg in a saucepan and cook over low heat until the sugar dissolves completely. Turn heat up to medium high and boil mixture until it is reduced to 1 cup. Remove from the heat and add the butter. Stir until melted, then set aside.

Dumplings: Cut the nectarines (do not peel) into 3/8" slices. Toss with the lemon juice, sugar and cinnamon until well coated, then set aside. Preheat oven to 375°. Butter a 13x9" baking dish.

Sift the flour, baking powder and salt into a mixing bowl. Add the sugar and mix well. Cut in the chilled butter until the mixture resembles a coarse meal. Add 1/2 cup of milk and stir the mixture with a fork, adding the remaining milk, if necessary, to make the dough hold together. Lightly flour a flat work surface, then roll dough into an 18x12" rectangle. Cut into six 6" squares. Pile 1/6th of the nectarine mixture in the center of each square. Fold the corners up towards the center to make a square shaped dumpling, and pinch the edges together to seal. Arrange the dumplings in the buttered baking dish. Pour the syrup around the sides of the dumplings (not over them). Dot each dumpling with 1 TBSP of butter (cut in pieces) and sprinkle with a little sugar. Bake in the preheated oven until dumplings are golden and crispy looking, about 35 minutes. Remove from the oven and cool slightly. Remove the chilled custard sauce from the refrigerator and spoon into dessert plates. Top with warm dumplings and serve. 6 servings.

SWEET STUFF

Anyone who sets out to collect recipes for "stuffed" desserts, as we recently did, soon discovers that there aren't many. Most "stuffed" desserts are actually filled, layered, spread, wrapped, rolled, molded, or a combination thereof! Fortunately, we are more concerned with fine food than with fine points of semantics. Regardless of the techniques actually used to achieve their "stuffed" appearances, these desserts all have "The Right Stuff": they taste as good as they look—or better!

Our favorite combinations for "stuffing" or filling ice cream puff sundaes are: coffee ice cream with double chocolate chocolate sauce, chocolate ice cream with butterscotch sauce, peppermint stick or mint chip ice cream with hot fudge sauce, and vanilla ice cream with any kind of sauce!

Pate a Choux

Use Pate a Choux recipe found on cover under "Salmon Mousse Puffs with sour cream and caviar." Filling and sauce recipes follow.

World's Simplest, Easiest Mocha Cream Filling

For profiteroles.

- 2 cups heavy cream, well chilled (very cold)
- 2 TBSP instant coffee powder
- 2 TBSP best quality dark rum

In a well chilled bowl, with well chilled beaters, whip cream until soft peaks form. Add instant coffee powder and rum. Continue whipping cream until stiff. To fill profiteroles, spoon filling into pastry bag fitted with 1/2" plain round tip, and pipe the mocha cream into the pre-slit puffs. Fills about 22.

Double Chocolate Chocolate Sauce

For cream puffs filled with coffee ice cream or profiteroles filled with mocha cream.

- 6 TBSP unsalted butter, cut up in bits
- 3 oz. bittersweet or semi-sweet chocolate bits
- 1/2 cup Dixie Crystals granulated sugar
- 1/4 cup + 2 TBSP unsweetened cocoa powder
- 1/2 tsp. best quality instant coffee powder
- 1/4 tsp. powdered cinnamon
- 1/4 cup light corn syrup
- 1/2 cup + 2 TBSP heavy cream
- 1/2 tsp. vanilla extract

Melt butter and chocolate morsels or bits in heavy medium saucepan over low heat, stirring occasionally. Add sugar and mix. Sift

STUFFED LEG OF LAMB



cocoa, measure, and sift again into saucepan. Mix well. Stir in instant coffee, cinnamon, and corn syrup. Slowly and gradually whisk in cream. Bring mixture to a boil, immediately reduce heat to low, and simmer for 5 minutes, stirring occasionally, and scraping sauce down off sides of pan with rubber spatula. Remove from heat, stir in vanilla, and pour into sterilized Ball or Mason jar. Let cool to room temperature before covering with tightly fitting lid and storing in refrigerator. Keeps for several weeks. Yields about 2 cups. Reheat in double boiler.

Hot Fudge Sauce

For cream puffs filled with peppermint stick ice cream.

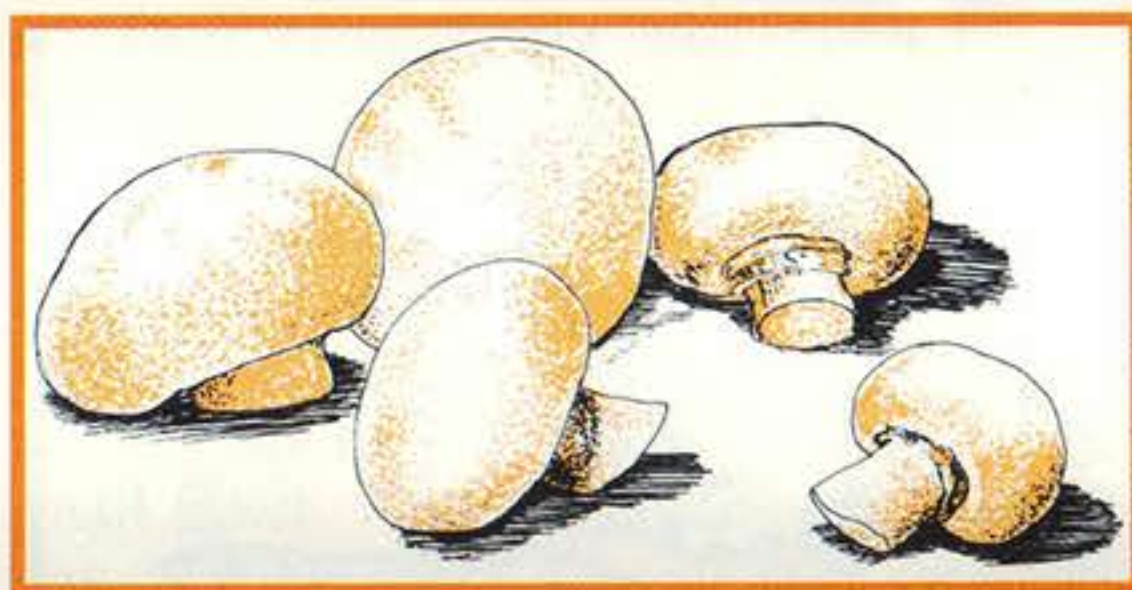
- 3 oz. unsweetened chocolate, cut into bits
- 3 TBSP unsalted butter, cut in pieces
- ½ cup water
- 1 cup Dixie Crystals granulated sugar
- 3 TBSP light corn syrup
- pinch salt
- 2 tsp. vanilla extract

Melt chocolate, butter and water in a small, heavy saucepan over low heat, stirring occasionally until mixture is smooth and well blended. Add sugar and corn syrup, and bring to a boil over medium heat, stirring until sugar is dissolved. Cook at a slow, rolling boil for 8 minutes. Remove from heat. Stir in salt and vanilla. Pour into sterilized glass jar and cool before covering with tightly fitting lid. Yields 1½ cups. Reheat in double boiler over hot water.

Butterscotch Sauce #1

For cream puffs filled with chocolate ice cream.

- 1 stick (8 TBSP) unsalted butter
- 1 cup Dixie Crystals light brown sugar, firmly packed
- ⅓ cup light corn syrup
- 1½ cups heavy cream
- 1 TBSP best quality vanilla extract
- 1 tsp. freshly squeezed lemon juice, strained



Melt butter and brown sugar together in heavy medium saucepan over medium heat. Add corn syrup and mix. Gradually whisk in cream, raise heat to medium-high, and bring to the boiling point, whisking occasionally. Immediately reduce heat to low, and simmer until somewhat thickened, about 15-20 minutes, stirring occasionally (with whisk). Remove from heat, whisk in vanilla extract and lemon juice, and pour into sterilized Ball or Mason jar. Let cool to room temperature before covering with tightly fitting lid. Store in refrigerator. Keeps for several weeks. Yields about 2½ cups. Reheat in double boiler.

Butterscotch Sauce #2

For cream puffs filled with chocolate ice cream.

- 1 cup Dixie Crystals light brown sugar, packed
- ¼ cup light corn syrup
- ¼ cup (½ stick) unsalted butter, cut in bits
- ½ cup water
- ½ cup heavy cream
- 1 tsp. vanilla extract

Combine first three ingredients with ¼ cup water in heavy medium saucepan. Cook over medium-low heat, stirring occasionally, and washing down crystals from sides of pan with brush dipped in cold water. When sugar is dissolved, raise heat to medium-high, and boil until candy thermometer reads 290°. Remove from heat, add remaining ¼ cup water, and return to stove. Bring sauce to a

boil over medium heat, stirring constantly until caramel is completely dissolved and blended with water. Add cream and boil for 2 minutes. Remove from heat. Stir in vanilla. Pour into sterilized glass jar and let cool before covering with tightly fitting lid. Yields 1½ cups and may be reheated in double boiler.

Pralines and Cream-Mocha Mousse Bombe

Pralines and Cream Layer

- 1 cup pecans (halves or pieces)
- ½ cup Dixie Crystals granulated sugar
- 3 TBSP water
- ¼ tsp. freshly squeezed lemon juice
- 1 quart best quality vanilla ice cream

Mocha Mousse

- 2 oz. semi-sweet chocolate bits or morsels
- ⅓ cup Dixie Crystals granulated sugar
- ⅓ cup water
- 3 large egg yolks
- 1 cup heavy cream
- 1 tsp. instant coffee powder
- ½ tsp. cold water
- 1 tsp. vanilla extract

(bittersweet chocolate shavings or curls)

Put a 2 qt. bombe mold or 2 qt. stainless steel round bowl in freezer. Butter a cookie sheet. Place ice cream in refrigerator for 15-20 minutes to soften while making pralines.

Pralines and cream layer: Combine nuts, sugar, water and lemon juice in a small, heavy saucepan, and cook over low heat, stirring occasionally, until sugar dissolves. Raise heat to medium, and cook, stirring and shaking pan frequently, until mixture is golden caramel color, about 5 minutes. Turn pralines out onto prepared baking sheet. Spread them out evenly in one thin layer, and let them cool. Chop up pralines by pulsing in food processor until coarsely ground. Fold pralines into softened vanilla ice cream. Line frozen mold with ice cream, spreading with spatula to form an even layer. If ice cream starts to



STUFFED CHICKEN BREAST

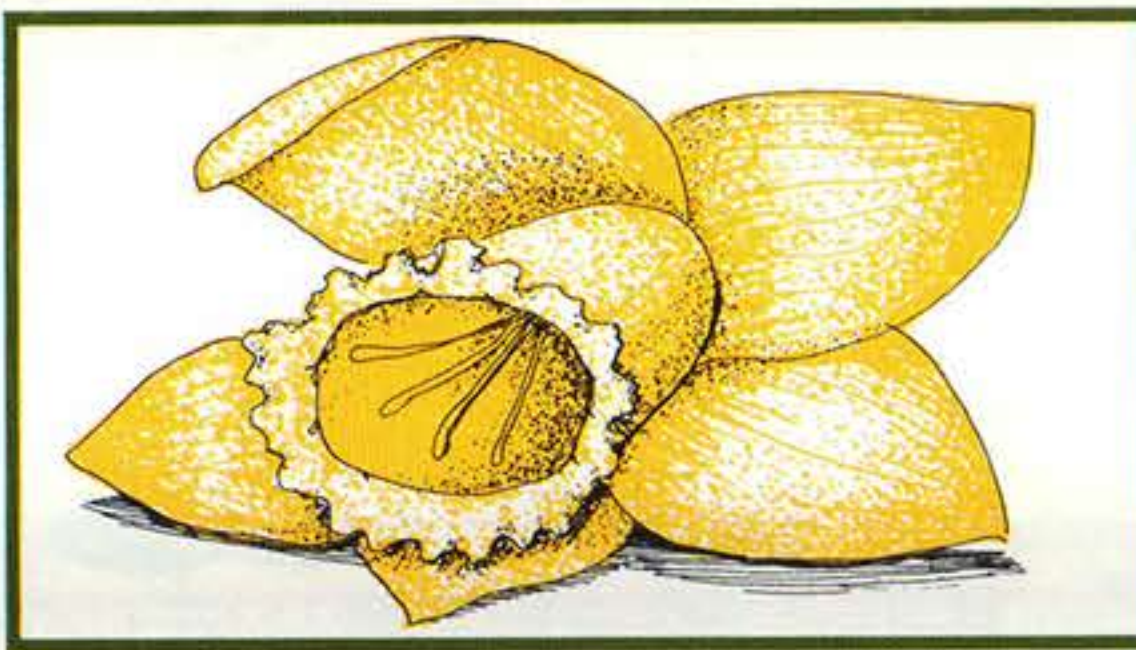
melt, return it and mold to freezer until it firms up and is stiff (but not too stiff to work with). Pralines-and-cream layer should be frozen for several hours before adding mocha mousse layer.

Mocha mousse: Melt chocolate in double boiler over hot water. Set aside to cool. Combine sugar and $\frac{1}{3}$ cup water in heavy saucepan. Cook over low heat, stirring constantly until sugar dissolves. Raise heat to medium high. Cook syrup without stirring, shaking, or swirling pot until candy thermometer reads 232°F. Meanwhile, in a large mixing bowl, beat egg yolks. Still beating constantly, slowly and gradually pour hot sugar syrup over egg yolks. Continue to beat until mixture is pale yellow, very thick, and tripled in volume. Cool about 10 minutes. Meanwhile, whip cream until it forms soft mounds. Dissolve instant coffee in $\frac{1}{2}$ tsp. water, and add to egg mixture along with vanilla extract and cooled chocolate. Mix well. Very gently, fold in whipped cream. Add mocha mousse layer to frozen pralines and cream layer. Freeze until firm. When ready to serve, turn out onto chilled serving platter and decorate with chocolate curls.

Baked Stuffed Apples

- 4 large, tart baking apples (Rome or York)
- 1 TBSP freshly squeezed lemon juice
- $\frac{1}{4}$ cup blanched almonds, ground
- 2 rounded TBSP dark raisins
- 2 TBSP Dixie Crystals granulated sugar
- 1 TBSP Dixie Crystals light brown sugar
- rounded $\frac{1}{4}$ tsp. ground cinnamon
- $\frac{3}{4}$ cup apple juice

Wash apples. Remove core down to $\frac{1}{2}$ " from the bottom (i.e., form a well, but do not cut all the way through). Brush or rub lemon juice in the hole to keep apple from turning brown. Place apples in metal 8" square baking dish. Combine ground almonds, raisins, sugars and cinnamon in a small bowl, and



mix. Pack mixture into cored apples. Pour apple juice over and around apples. Bake on middle rack of preheated 350° oven for about 45 minutes or until tender, basting every 15 minutes with the pan juices. Remove apples from pan (transfer to dessert plates), place pan over medium heat, and boil juice until reduced to half its original volume. Pour over apples and serve. Pass a pitcher of cream. 4 servings.

Baked Stuffed Pears

- 6 TBSP whole or slivered almonds, blanched
- 8 amaretti
- 6 TBSP unsalted butter, softened
- 2 TBSP Dixie Crystals granulated sugar
- 1 egg yolk
- $\frac{1}{2}$ tsp. to 1 tsp. kirsch, or to taste
- 4 ripe pears (Comice or Anjou in winter, Bartlett in summer)

Lightly toast almonds by placing on cookie sheet in preheated 350° oven for about 5 minutes. They should turn golden and smell good; but do not let them turn brown. Crush or crumble amaretti into little bits, but not into a fine powder. Coarsely chop the almonds. Beat softened butter until light and fluffy. Cream butter and sugar well, then add egg yolk. Again, beat until light and fluffy. Stir in crumbled biscuits and chopped nuts. Flavor to taste with kirsch. Halve, core and

peel pears. Sprinkle all over lightly with lemon juice. Stuff each pear half with $\frac{1}{8}$ of the stuffing, and place them in a buttered baking dish. Bake in a preheated 375° oven for about 15 minutes, or until tender. Serve with cream, either "straight" or whipped. Serves 8.

Pears Stuffed with Stilton

This is the perfect dessert: simple, elegant, low in calories, quick and easy to prepare. We like ours accompanied by a glass of fine old port.

- 4 ripe and juicy Bosc pears, 5-6 oz. each
- lemon juice
- 4-5 oz. Stilton, at room temperature

Remove stems from pears and reserve for decoration. Peel pears and sprinkle with lemon juice to prevent discoloration. Core the pears. Using an apple-core if you have one, cut a long cylindrical plug of Stilton, and push it into the center of the cored pear. Replace the stem for presentation. Repeat with the remaining 3 pears.

Note: Gorgonzola may be substituted for Stilton if desired, but there is no substitution for a sweet, buttery soft and juicy pear. Dry, mealy or hard pears are suitable only for cooking and should not be eaten raw.

Apple Tarts for Two

This is not really "stuffed," but very cute, tasty, and easy to fix in a hurry. Recipe can be doubled.

- 1 large, tart cooking apple, peeled, cored
- lemon juice
- 1 TBSP Dixie Crystals granulated sugar
- 1 TBSP unsalted butter
- $\frac{1}{4}$ tsp. vanilla extract
- $\frac{1}{2}$ lb. ($\frac{1}{2}$ pkg.) prepared puff pastry, cold
- 1 TBSP apricot jam, melted, cooled to lukewarm
- 2 tsp. ground blanched almonds
- 1 egg white, beaten until foamy



Thinly slice the apple. Sprinkle half the slices with a few drops of lemon juice, and set aside. Place the remaining slices in a small saucepan with the sugar, half the butter, and the vanilla. Cover tightly, and cook over medium low heat until soft and mushy, about 5 minutes or so. Remove from heat and set aside to cool. Meanwhile, on a lightly floured board or pastry cloth, roll out the chilled but not frozen puff pastry into a rectangle about $\frac{1}{8}$ " thick. Using a 4" English muffin or crumpet ring, cut out 4 circles of dough. Place 2 of them on a cookie sheet, and prick them all over with a fork. Brush them with jam. Do not spread all the way to the edge. Sprinkle 1 tsp. ground almonds over each. Roll the 2 remaining dough circles out to a diameter of 5" and reserve (for "lids"). Mash cooked apple with fork, and divide between 2 pastry circles on cookie sheet. Again, do not spread all the way to the edge. Cover each with half of the uncooked apple slices, and top each with $\frac{1}{4}$ TBSP butter. Dampen circumference of pastry rounds with water, cover with reserved dough "lids," and crimp the edges by pressing with the tines of a fork all the way around. Brush tops lightly with beaten egg white. Use a very thin, sharp knife blade to make 3 tiny slits (not touching) to form a capital "A." Bake in a preheated 400° oven for about half-an-hour, or until puffed and golden brown. Serve warm with a scoop of vanilla ice cream or a pitcher of whipping cream on the side.

Jelly Roll Cake with Custard Filling

Custard Filling

- zest of half a lemon
- 2½ cups whole milk
- 1 whole cinnamon stick
- 8 egg yolks (room temperature)
- $\frac{3}{4}$ cup Dixie Crystals granulated sugar
- $\frac{1}{4}$ cup plain flour (preferably unbleached)

- 3 TBSP cream sherry (sweet sherry)
- 1 TBSP unsalted butter, softened
- 3 TBSP pine nuts

Combine first three ingredients in small, heavy saucepan. Bring to a simmer over medium heat. Immediately remove from heat and let cool for 15 minutes. Strain milk into small bowl. Discard lemon zest and cinnamon stick. In a heavy medium saucepan, beat yolks until foamy. Add sugar, $\frac{1}{4}$ cup at a time, beating constantly until mixture is pale yellow (about 5 minutes). Sprinkle flour over surface. Whisk until smooth. Add hot milk a little at a time, whisking until

CREDITS:

Salmon Mousse Puffs: Villroy & Boch's "Marble Salmon" plate - Levy Jewelers, Savannah, GA
Stuffed Artichoke Bottoms: Noritake's "Heritage" plate - Levy Jewelers, Savannah, GA
Stuffed Flounder: Wedgewood's "Colorado" plate - Belk Oglethorpe Mall, Savannah, GA
Stuffed Leg of Lamb: Gorham's "Regatta" plate - Belk Oglethorpe Mall, Savannah, GA
Stuffed Breast of Chicken: Noritake's "Lake Worth" plate - Belk Oglethorpe Mall, Savannah, GA
Papaya a la Mode: Villroy & Boch's "Trio" plate - Belk Oglethorpe Mall, Savannah, GA
Nectarine Dumplings: Minton's "Saturn" plate - Levy Jewelers, Savannah, GA
Lemon-Cheese Cake: Wedgewood's "Amherst" plate - Belk Oglethorpe Mall, Savannah, GA

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smooth. Add 2 TBSP sherry. Place yolk mixture over medium heat. Cook, whisking constantly, until bubbles form around edges and custard is thick enough to coat a spoon, about 10 minutes. Remove from heat. Whisk in butter, and keep on whisking until custard is lukewarm. Add pine nuts and 1 TBSP sherry. Cool to room temperature, either whisking occasionally, or dabbing lightly all over surface with a stick of butter (to prevent a skin from forming). Yields 3 cups.

Cake

- 5 eggs (room temperature)
- $\frac{1}{2}$ cup Dixie Crystals granulated sugar
- $\frac{1}{2}$ tsp. freshly grated lemon peel
- 1 cup flour (unbleached), sifted twice
- 1 stick unsalted butter, melted and cooled
- Dixie Crystals 10X confectioners sugar
- powdered cinnamon

In a large mixing bowl beat eggs at high speed until foamy. Add sugar gradually. Keep beating until eggs are very pale yellow and tripled in volume, about 5 minutes. Mix in lemon rind and salt. Fold in flour very gently with a rubber spatula, $\frac{1}{3}$ cup at a time. Fold in melted and cooled butter. Spread batter in greased and floured 15½x10½" jelly roll pan and bake in top third of a preheated 375° oven until cake springs back when lightly pressed with finger, about 10 minutes. Transfer to wire rack. Cool 5 minutes. Using serrated bread knife, trim off edges. Sprinkle a clean tea towel generously with confectioners sugar. Place cake on towel and roll up (from short end). Place rolled up cake on wire rack with seam side down and let cool for about an hour. (Make sure ends are covered, too.) Unroll cake onto another clean towel. Spread custard filling evenly over cake, leaving $\frac{1}{2}$ " margin clean around perimeter. Re-roll cake. Transfer to serving platter, seam side down. Sift confectioners sugar and cinnamon over cake. Serve at room temperature. Yields about 10 slices.



NECTARINE DUMPLINGS

TIPS FOR PERFECT CAKES

FLOUR SUBSTITUTIONS:

- 1 cup sifted all-purpose flour = 1 cup unsifted all-purpose flour minus 2 TBSP
- 1 cup sifted cake flour = 1 cup sifted all-purpose flour minus 2 TBSP

STORING CAKES:

- Unfrosted cakes should be cooled completely before storing.
- Layer cakes and frosted tube cakes should be kept in a cake keeper or under an inverted large bowl or pan.
- Plan to serve cake with fluffy frosting the day it's made; the frosting gradually dissolves during storage. Store leftovers in cake keeper or under an inverted bowl, but insert a spoon or knife handle under the top so air can circulate and help to keep the frosting fluffy.
- Cakes with whipped-cream frosting or cream filling should be kept refrigerated.
- To store fruitcakes, wrap closely in plastic wrap or foil; keep in a cool place.



A SUGAR SCOOP

To properly cream sugar... always add sugar to fat gradually, mixing until a light, fluffy mass is formed, having the consistency of whipped cream. A few baker's secrets... 2 TBSP of boiling water added to the creamed sugar will produce a finely textured cake. Two TBSP of hot milk will produce a close grain and solid texture. Two TBSP of warm lemon juice will produce a light and flavorful cake. (Add a pinch of baking soda when using lemon juice to offset acidic effect of the lemon).

Savannah Classics

Reflect on some of those delicious cakes that you tasted as a child at Grandmother's house. Topping your list may be such yummy cake creations as frosty white coconut and cool, tart lemon cheese. This month we give star billing to a long-time popular combination of the two—Golden-Crowned Lemon-Cheese Cake with Fluffy White Icing. This combo was probably created by a doting mother wishing to please the varied tastes of her family. Tasty and colorful, this cake is a perfect springtime dessert.

Golden-Crowned Lemon-Cheese Cake with Fluffy White Icing

- 6 egg whites
- 1 tsp. cream of tartar
- 1 cup shortening
- 2 cups Dixie Crystals granulated sugar
- 2¼ cups sifted cake flour
- 1 tsp. baking soda
- ¾ tsp. salt
- 1 cup buttermilk
- ½ tsp. vanilla extract
- ½ tsp. lemon extract
- Lemon Filling
- Fluffy Frosting

Combine egg whites (at room temperature) and cream of tartar in a large bowl. Beat egg whites at high speed of electric mixer until stiff peaks form; set egg whites aside. Cream shortening. Gradually add sugar, beating at medium speed of an electric mixer until well blended.

Combine cake flour, soda, and salt. Add to creamed mixture alternately with buttermilk, beginning and ending with flour mixture. Stir in flavorings. Fold in one-fourth of beaten egg whites; blend well. Fold in remaining egg whites. Pour batter into 3 greased and floured 9" round cakepans or four 8". Bake at 350° for 20-25 minutes or until a wooden pick inserted in center comes out clean. Cool cake layers in pans 10 minutes; remove from pans, and cool completely on wire racks. Spread Lemon Filling between layers and on top.

Lemon-Cheese Filling

- 1 stick butter
- 1 TBSP cornstarch
- 1 cup Dixie Crystals granulated sugar
- juice of 3 lemons or ¾ cups lemon juice
- 6 egg yolks

Melt butter. Mix cornstarch with sugar and add to melted butter. Add lemon juice and beat in egg yolks. Cook in double boiler, stirring constantly until mixture is smooth and thick. About 10-15 minutes.

Fluffy White Icing

- 2 egg whites
- 1½ cups Dixie Crystals granulated sugar
- dash of salt
- ½ cup water
- 1 TBSP light corn syrup
- ½ tsp. vanilla extract and ½ tsp. lemon extract

Combine all ingredients except the flavorings in top of double boiler. Beat one minute to blend. Then place over boiling water and beat with sturdy egg beater or at high speed of electric mixer for 7 minutes, or until stiff peaks will form. (Stir frosting up from bottom and sides of pan occasionally.) Pour into a large bowl. Add vanilla and lemon flavorings and beat frosting 1 minute or more, or until thick enough to spread. Frost sides of cake and sprinkle with shredded coconut.



GOLDEN-CROWNED LEMON-CHEESE CAKE