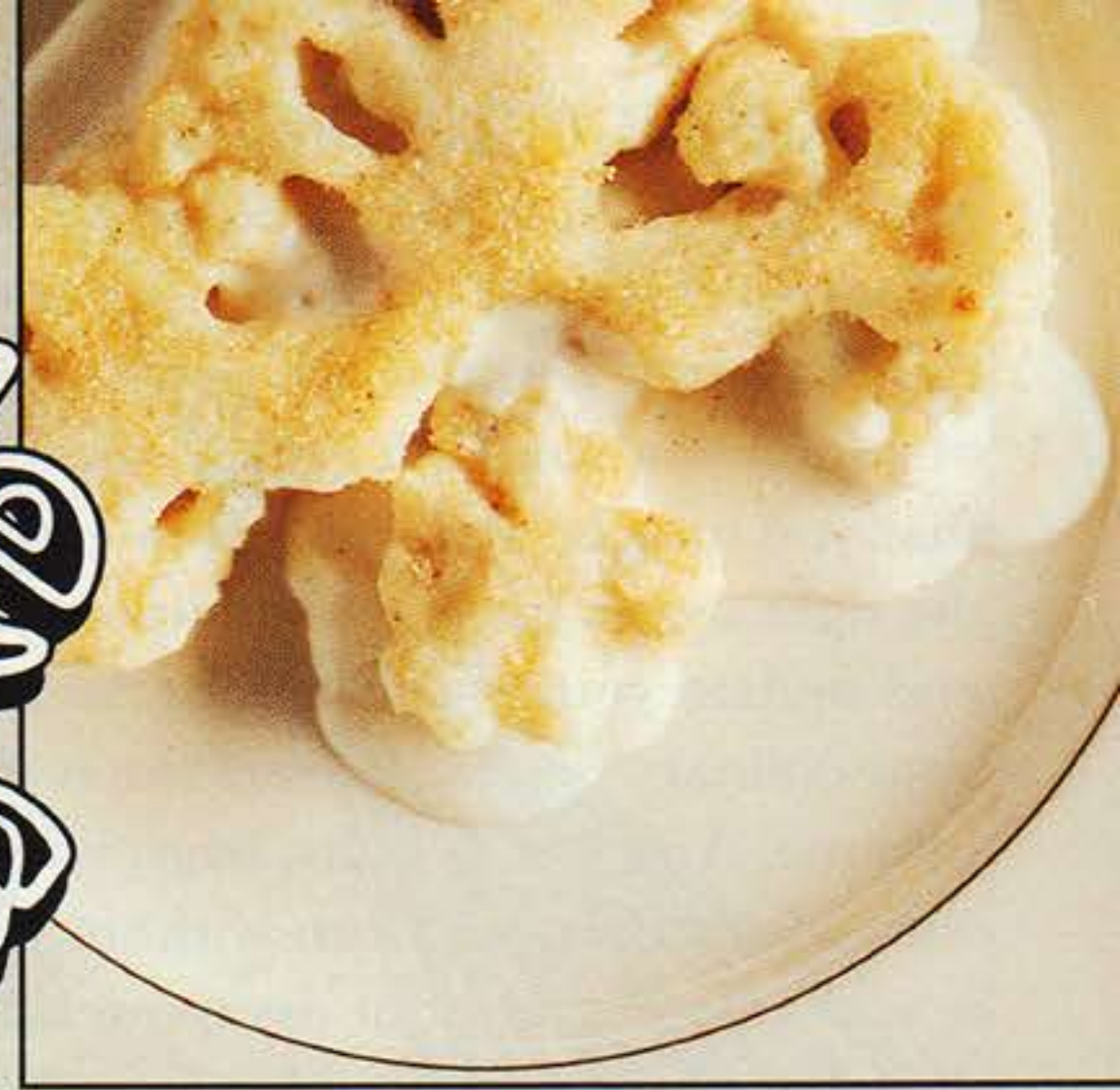




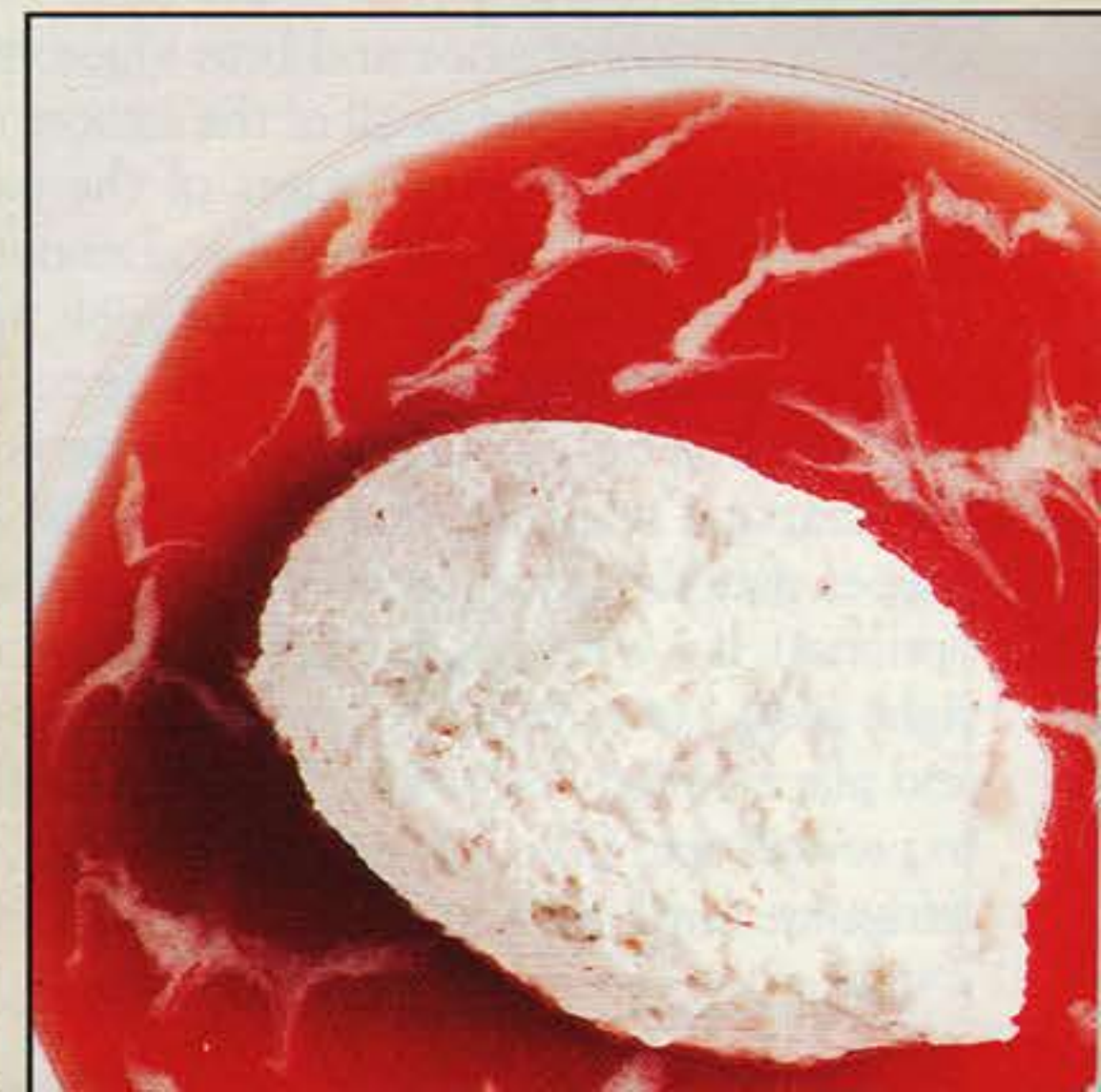
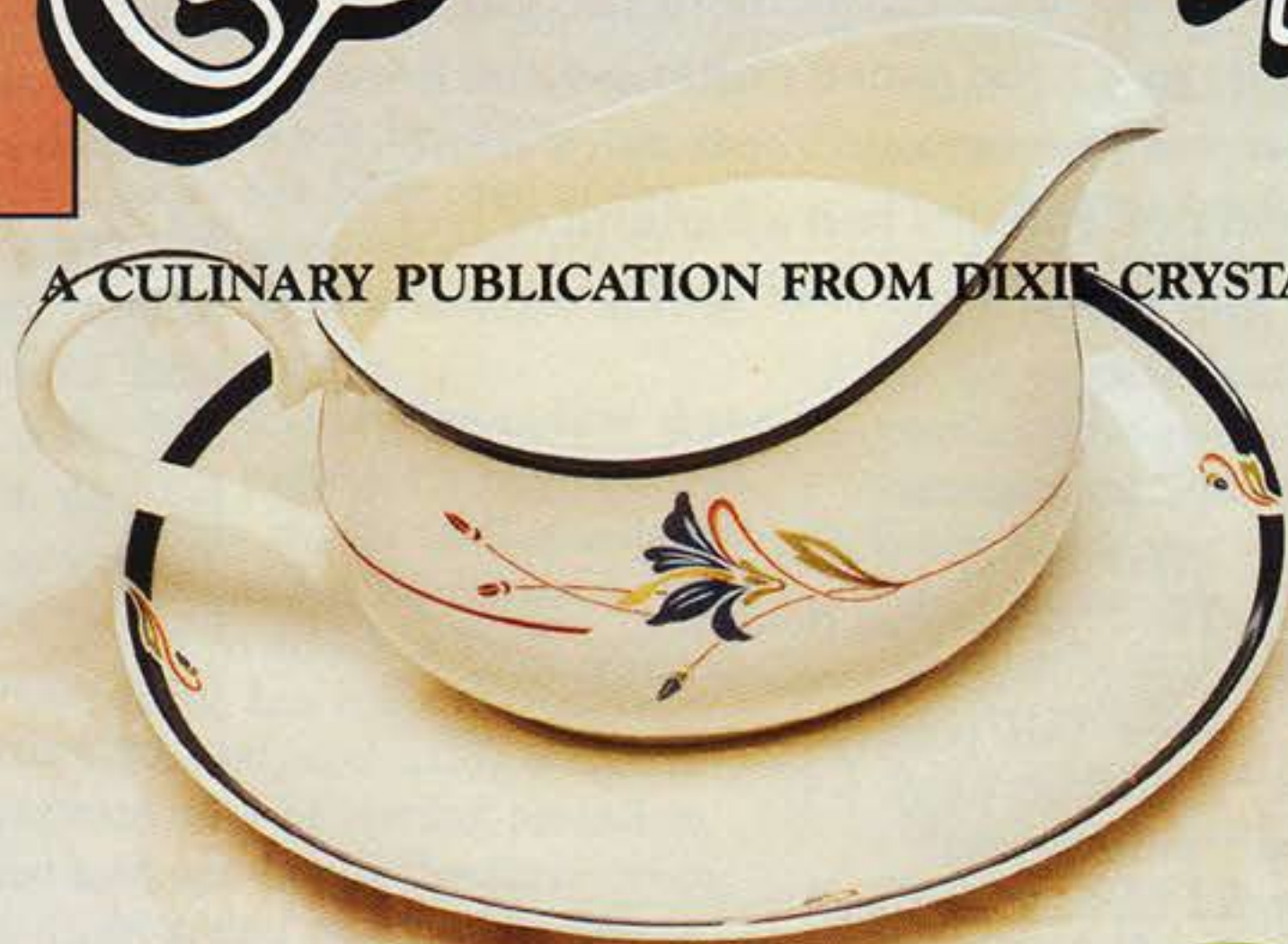
Homemade Good News



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A GOOD SAUCE CAN BE THE DIFFERENCE BETWEEN AN ORDINARY, UN-distinguished dish and an elegant, exciting one, from both a visual and a gustatory standpoint. It is, after all, no accident that lively, high-spirited people are sometimes called "saucy"! And while pasta leaps immediately to mind as the prime example of a food you wouldn't dream of eating without sauce, there are many other foods that you may be accustomed to eating unadorned which could be transformed by the right sauce. Just as the addition of new fashion accessories can brighten, enliven, and update your old wardrobe, so a selection of special sauce recipes can elevate your culinary repertoire from the realm of the merely satisfactory to that of the truly sublime. And just as belts, bags, hats and scarves should complement the clothing with which they are worn without upstaging it, so a good sauce enhances the food it accompanies without overpowering it. Here we present our versions of some of the great classics along with a few of their hybrid descendants and a handful of recent discoveries. We've also included a list of do's and don'ts to ensure that your sauces are truly "sauccessful."

WHITE SAUCES

The two basic white sauces, Bechamel and Veloute, are prepared in exactly the same manner, beginning with a white "roux" which consists of butter and flour cooked together. For a bechamel sauce, hot milk is added to the roux; for a veloute, the liquid ingredient is a "white stock*" flavored with fish, poultry, or veal. These sauces can go with fish, chicken, veal, eggs and vegetables. (The liquid addition will usually compliment the dish to be served). White sauces also provide a base for creamed soups and souffles. These sauces can be enriched with final additions of cream, butter and egg yolks (see recipes for Sauce Supreme, Sauce Parisienne), or any number of flavorings—cheese (Mornay Sauce), onion (Soubise), and tomato (Aurore) among them.

*Recipes for White Stock follow White Sauces.

Bechamel Sauce

- 2 TBSP butter
- 3 TBSP all-purpose flour
- 2 cups milk, heated to the boiling point
- salt, white pepper
- grated nutmeg (optional)
- pinch of cayenne (optional)

In a medium sized saucepan, melt the butter over low heat. Sprinkle in the flour and stir with a wooden spoon until blended. Cook, stirring, for 2-3 minutes, or until mixture foams, but do not let it turn color. You now have a white "roux," the basis for all white sauces. Remove the pan from the heat. Add the hot milk all at once and beat vigorously with a whisk to blend in all of the roux stuck to the bottom and inner edges of the pan. When the sauce is well blended and smooth, return it to medium high heat and cook, stirring constantly with a whisk, until it comes to a boil. Boil for 1 minute, then remove from the heat and season to taste with salt, white pepper, grated nutmeg and cayenne (last 2 are optional). If you are not going to use the sauce right away, cut a round of waxed paper to fit and place directly on the surface of the sauce to prevent skin from forming. Keep warm, or refrigerate until ready to reheat and use. Yields 2 cups.

Veloute Sauce

- 2 TBSP butter
- 3 TBSP all-purpose flour
- 2 cups boiling white stock (made from either fish, poultry, or veal stock, see recipes on pages 4-5)
- salt, white pepper
- grated nutmeg (optional)
- pinch of cayenne (optional)

Prepare the veloute exactly as you would a bechamel (see recipe above). The only difference in the two is the liquid ingredient—milk for the bechamel; white stock (fish, poultry, or veal) for the veloute.

Sauce Supreme

This sauce is simply an enriched veloute, made richer with an addition of cream and/or butter.

- 3 TBSP butter
- 3 TBSP all-purpose flour
- 1½ cups boiling white stock (recipes on pages 4-5)
- ½ cup heavy cream
- salt, white pepper, to taste
- lemon juice
- grated nutmeg, to taste (optional)
- 2-3 TBSP unsalted butter, softened at room temperature (optional)

Make a thick veloute with the butter (3 TBSP), flour and boiling stock (see recipe for veloute above). Add the cream to the simmering sauce until it reaches the desired consistency—smooth and neither too thick, nor too thin. Simmer until heated through and season with salt and white pepper, fresh lemon juice, and a little grated nutmeg. Remove from the heat. Just before serving, beat in the softened butter a little bit at a time (if desired). Yields 2 cups.

Sauce Parisienne

A veloute sauce further enriched with cream and/or butter and egg yolks.

- 3 TBSP butter
- 3 TBSP all-purpose flour
- 1½ cups boiling white stock (recipes on pages 4-5)
- ¾ cup heavy cream
- 2 large egg yolks
- salt, white pepper
- lemon juice
- grated nutmeg, to taste (optional)
- 1 TBSP unsalted butter, softened (optional)

Make a thick veloute in the same manner as above (see veloute recipe) with the butter, flour and white stock. While the sauce is simmering, combine the cream and egg yolks in a mixing bowl and whisk just until blended. Slowly beat 1 cup of the hot veloute—a few drops at a time—into the egg yolks to warm them. Beat this mixture back into the veloute and return to the heat. Reheat, but do not let the sauce boil, or it will scramble the egg yolks. Season to taste with salt, white pepper, lemon juice and nutmeg (if desired). Remove the pan from the heat and beat in the butter, if desired. Yields 2¼-2½ cups.

Mornay Sauce

Mornay sauce is a bechamel (or basic white sauce made with milk) to which grated cheese is added. It is often used in fish, poultry, egg, pasta and vegetable dishes, as a component in many hot hors d'oeuvre recipes, and in baked dishes that are to be browned or finished under a broiler (gratineed). If you are making a mornay sauce to go in a baked or gratineed dish, add only the minimum amount of cheese called for, to prevent stringiness, and omit the final butter enrichment, as it will separate from the sauce during baking.

- 2 TBSP butter
- 3 TBSP flour
- 2 cups milk, heated to the boiling point
- 4-8 TBSP finely grated Parmesan, or a combination of grated Parmesan and grated Swiss

- salt, pepper
- grated nutmeg (optional)
- cayenne pepper (optional)
- 1 TBSP softened unsalted butter

Prepare a basic bechamel sauce (see bechamel recipe). When the sauce is smooth and has simmered for 1 minute, remove it from the heat and add the grated cheese (or cheeses). Stir until the cheese has melted and the sauce is smooth. Season with salt, pepper, nutmeg, and cayenne, to taste. If desired, beat in the softened butter, a little bit at a time, just before serving (omit butter if sauce is to be used in a baked or gratineed dish). Yields about 2¼ cups.

Chou Fleur a la Mornay Gratinee

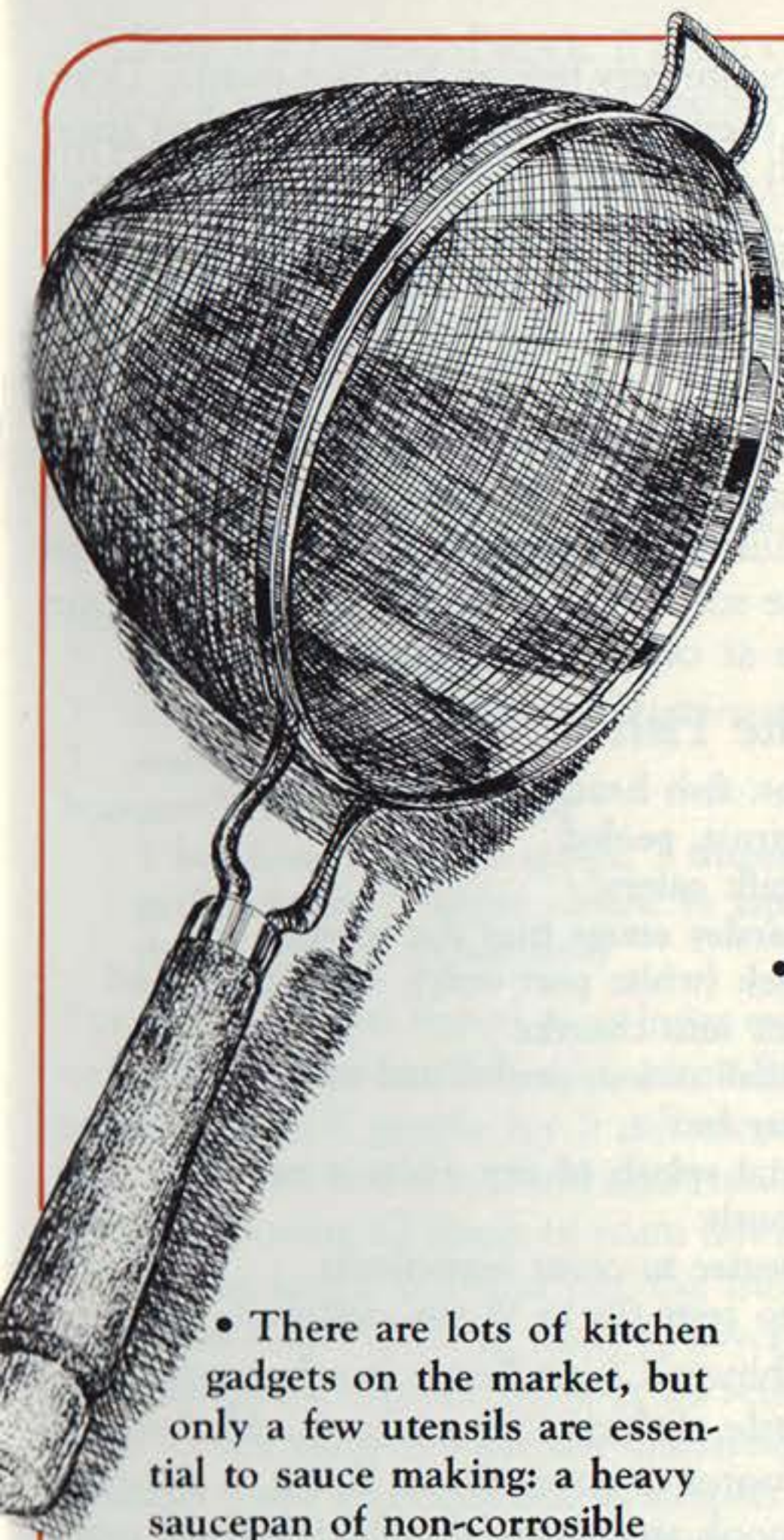
(Pictured on page 4.)

- 1 large head of cauliflower
- butter
- ½ recipe (a little over 1 cup) Mornay Sauce (recipe above), using the minimum amount of cheese and omitting the final butter enrichment
- salt, freshly ground black pepper
- 1½ TBSP finely grated Parmesan
- 1½ TBSP dry white bread crumbs
- 2 TBSP butter, melted

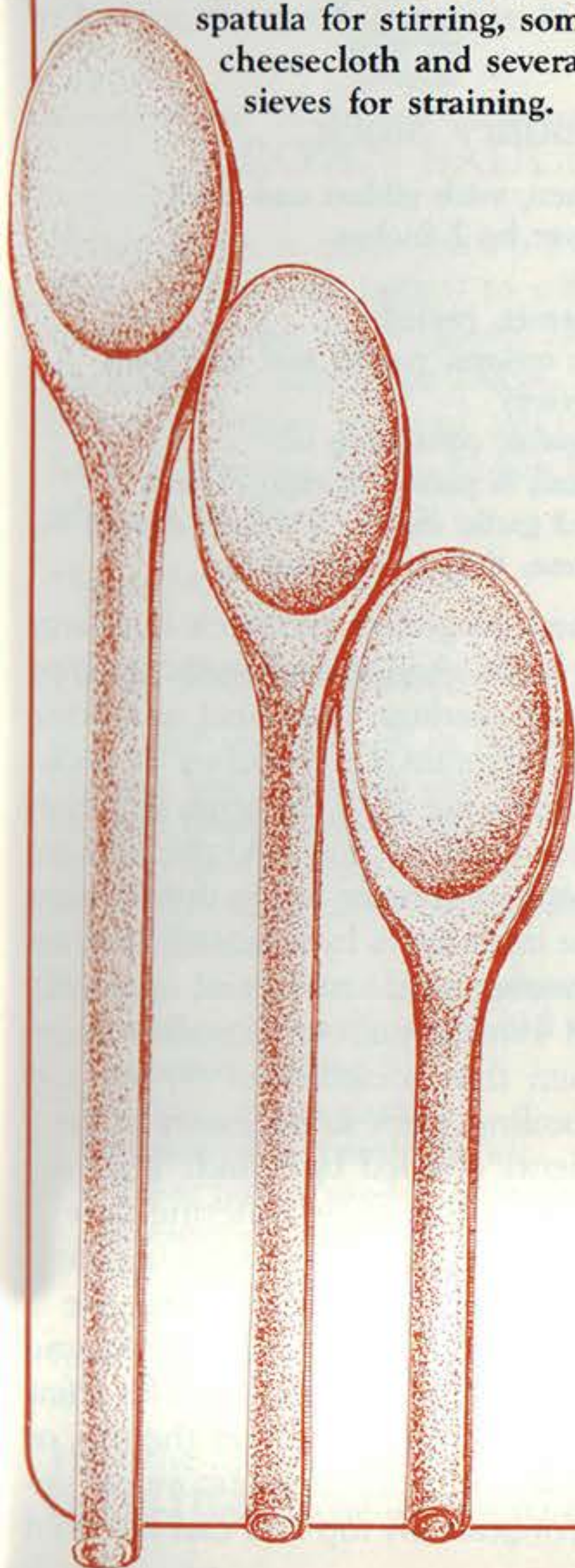
Preheat oven to 375°. Remove any outer leaves and cut out the tough core of the cauliflower. Place the whole head in a saucepan large enough to hold it comfortably. Add 4 TBSP cold water, cover, and set over moderate heat. Steam until the water has evaporated and the cauliflower is almost, but not quite tender—7 to 10 minutes. Carefully lift the cauliflower from the pan and drain.

Continues on page 4.

DO'S AND DON'TS FOR SUCCESSFUL SAUCE MAKING



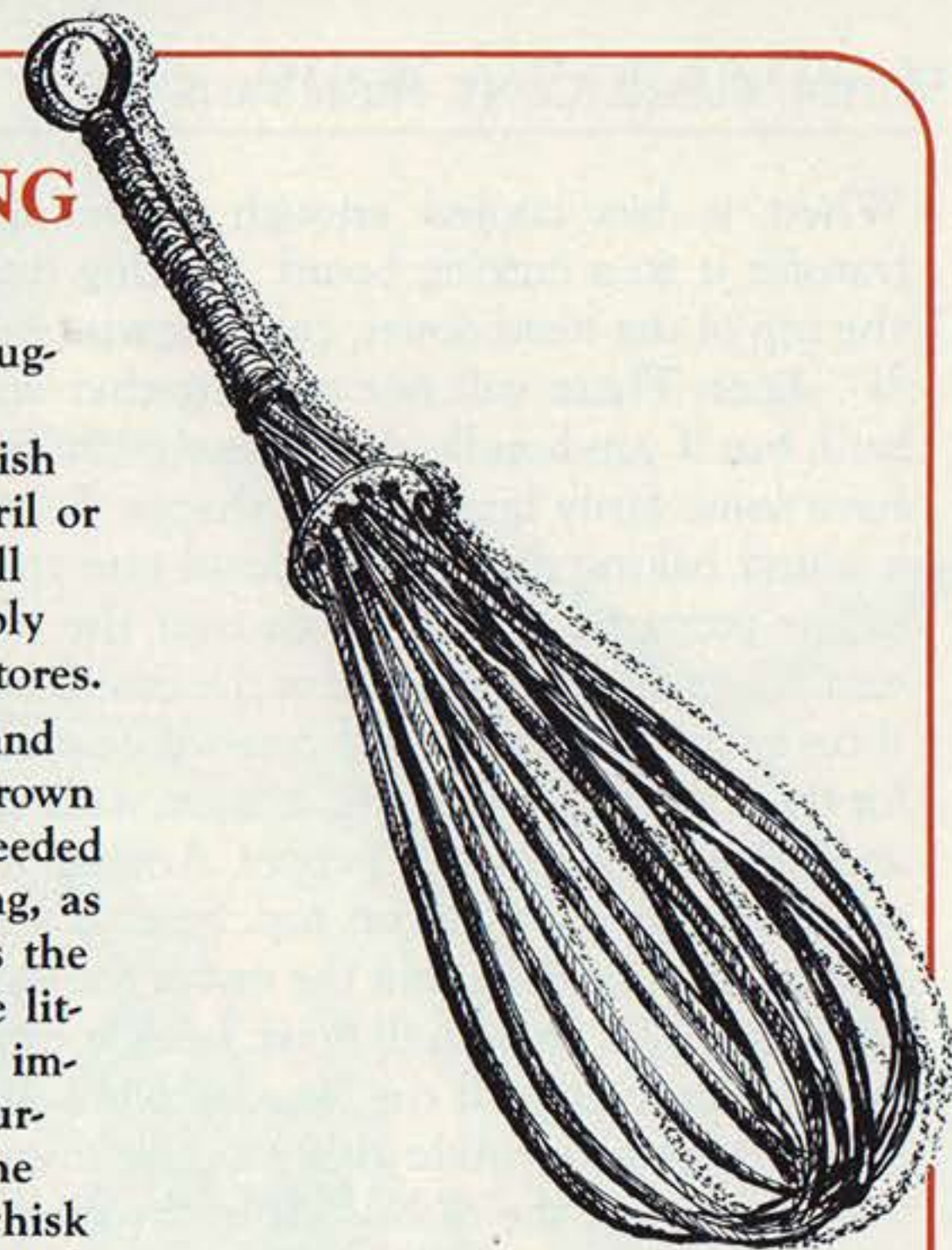
• There are lots of kitchen gadgets on the market, but only a few utensils are essential to sauce making: a heavy saucepan of non-corrosible metal (such as stainless steel) with a capacity double the volume of the finished sauce (e.g., a 1 qt. pan for 2 c. sauce); a couple of wire whisks for incorporating ingredients, a wooden spoon or spatula for stirring, some cheesecloth and several sieves for straining.



- Naturally, you will want to use the freshest, purest, highest quality ingredients available. If you do use canned ones, be aware that they tend to be quite salty, so you should at least decrease the amount of salt specified by your recipe, if not omit it entirely. It is always better to salt a sauce lightly or not at all at the beginning of the cooking process, as the saltiness will increase during reduction.
- Deglazing is a procedure that often precedes a reduction. It simply means adding a liquid such as stock or wine to the pan in which a food, usually meat, has been roasted or sauteed, and using a spoon, spatula or similar utensil to scrape up all the little crispy bits that may be clinging to the sides and bottom of the pan so that every trace of flavorful goodness may be incorporated into the sauce.
- If you have to hold a sauce for a while before serving, keep it warm over the lowest, gentlest heat possible, and don't cover it. A double boiler with hot (not simmering) water in the bottom part is your best bet. Remember that the sauce will get watered down, will thin out and may separate if you put the lid on.
- If a sauce threatens to separate, you can beat a TBSP or two of cream into it to bind and to stabilize it. The blender may be used to rescue a sauce that has separated, but only as a last resort, for its color and texture will be altered.
- To avoid curdling a wine sauce, always add eggs, milk, cream, and/or knobs of softened butter after the wine, never before.
- When making a brown sauce, it is crucial to cook the roux very slowly, over low heat, until it turns a rich brown color, otherwise it will scorch. A scorched roux makes a bitter, nasty-tasting brown sauce.
- A real purist accepts no substitute for *glace de viande*, the super-concentrated essence of homemade meat stocks which is added in small quantities to many a classic French sauce. It's not that it's so very complicated or difficult to make, it's just that it's so time-consuming (the process

literally takes days to accomplish). We therefore suggest that you cheat and substitute one of the British beef extracts such as Bovril or Marmite, available in small jars at most gourmet supply shops and specialty food stores.

- To obtain the best color and texture, you should stir brown sauces only as often as needed to keep them from sticking, as too much stirring lightens the color; but do skim off the little fat particles and other impurities that rise to the surface as they appear. On the other hand, you should whisk white sauces as often as possible, as this improves their creamy texture.
- When a sauce recipe calls for cheese, use a hard, dry cheese such as Parmesan in preference to a softer, richer one. A dry cheese is easier to grate, and flavors the sauce without changing its texture or adding excess fat.
- If a sauce is too bland and needs a little more "pizzazz," a squeeze of fresh lemon juice or a pinch of dry mustard (in savory sauces) will add that missing zip.
- If a sauce is to be spread over the food and then run under the broiler to brown, try folding in a TBSP or two of unsweetened whipped cream before glazing the food. This will give the sauce a more glossy, satiny sheen as well as causing it to brown more easily.
- When adding eggs or egg yolks to any hot liquid, it is important to "break up" the yolk with a fork, and helpful to mix it with a little splash of cream. Then you add a bit of the hot liquid to the egg (to warm it) before stirring the egg mixture back into the hot sauce. After adding the egg, you must keep stirring constantly and take care that the sauce does not boil, or it will curdle. Continue to stir the sauce for a few minutes after removing the pan from the heat. Two or three egg yolks will thicken 1 cup liquid.
- To rescue a curdled hollandaise, immediately remove it from the heat, whisk another egg yolk in a separate saucepan or double boiler over hot water until thickened, and gradually whisk it into the curdled sauce.
- Milk, cream, and egg sauces



do not keep well and should be used within a day's time. Tomato based, stock based, and brown sauces can be kept refrigerated for as long as a week if the surface is "sealed" with a thin layer of melted fat or a thin film of sherry. If stored in the freezer in a container with a tightly fitting lid, they will keep for up to two months without the fat or sherry.

- You can also freeze bechamel and hollandaise sauces, but you must exercise the utmost care and caution in warming the latter. All re-heatable sauces should be warmed slowly and gently in a double boiler over hot, not simmering, water.
- An overly acidic vinegar gives an unpleasantly sharp taste to any vinaigrette sauce. For a softer, milder vinegar, simply add a dribble of ordinary table wine to the bottle or cruet containing the offender.



When it has cooled enough to handle, transfer it to a cutting board. Cutting from the top of the head down, cut crosswise into $\frac{3}{4}$ " slices. These will not stay together very well, but if you handle them gently, you will have some fairly large united shapes. Butter a round baking dish, then spread one third of the prepared mornay sauce over the bottom. Carefully arrange some of the cauliflower slices in the dish (saving the best whole pieces for the top) in a single layer. Season with salt and freshly ground black pepper. Arrange the remaining pretty slices on top. Season with salt and pepper, then pour the rest of the mornay sauce over. In a small bowl, combine the grated Parmesan and the bread crumbs and toss to blend. Sprinkle this mixture evenly over the top of the dish. Drizzle the melted

butter evenly over the crumb layer. Bake in the preheated oven until the top is golden brown and the cauliflower is just tender. Yields 6 servings.

Sauce Soubise

A basic bechamel sauce to which cooked, pureed onions are added.

- 2 lbs. onions
- water
- 2 TBSP butter
- 3 TBSP flour
- 2 cups milk, heated to the boiling point
- salt, white pepper
- grated nutmeg (optional)
- 3 TBSP unsalted butter, softened

Peel the onions and cut them into medium slices. Place the slices in a saucepan or kettle and add cold water to cover. Bring to a simmer and cook, partially covered, until the

onions are very tender, but not mushy. Drain well, then transfer to a food processor (steel blade) or blender. Puree the onions until perfectly smooth. Set the puree aside at room temperature. Prepare a classic bechamel with the butter, flour and hot milk (see recipe for bechamel). Add the pureed onions to the sauce and simmer over very low heat for 10-15 minutes. Season to taste with salt, pepper, and nutmeg. Remove from the heat and beat in the softened butter a little bit at a time. Serve at once. Yields about 3 cups.

White Fish Stock

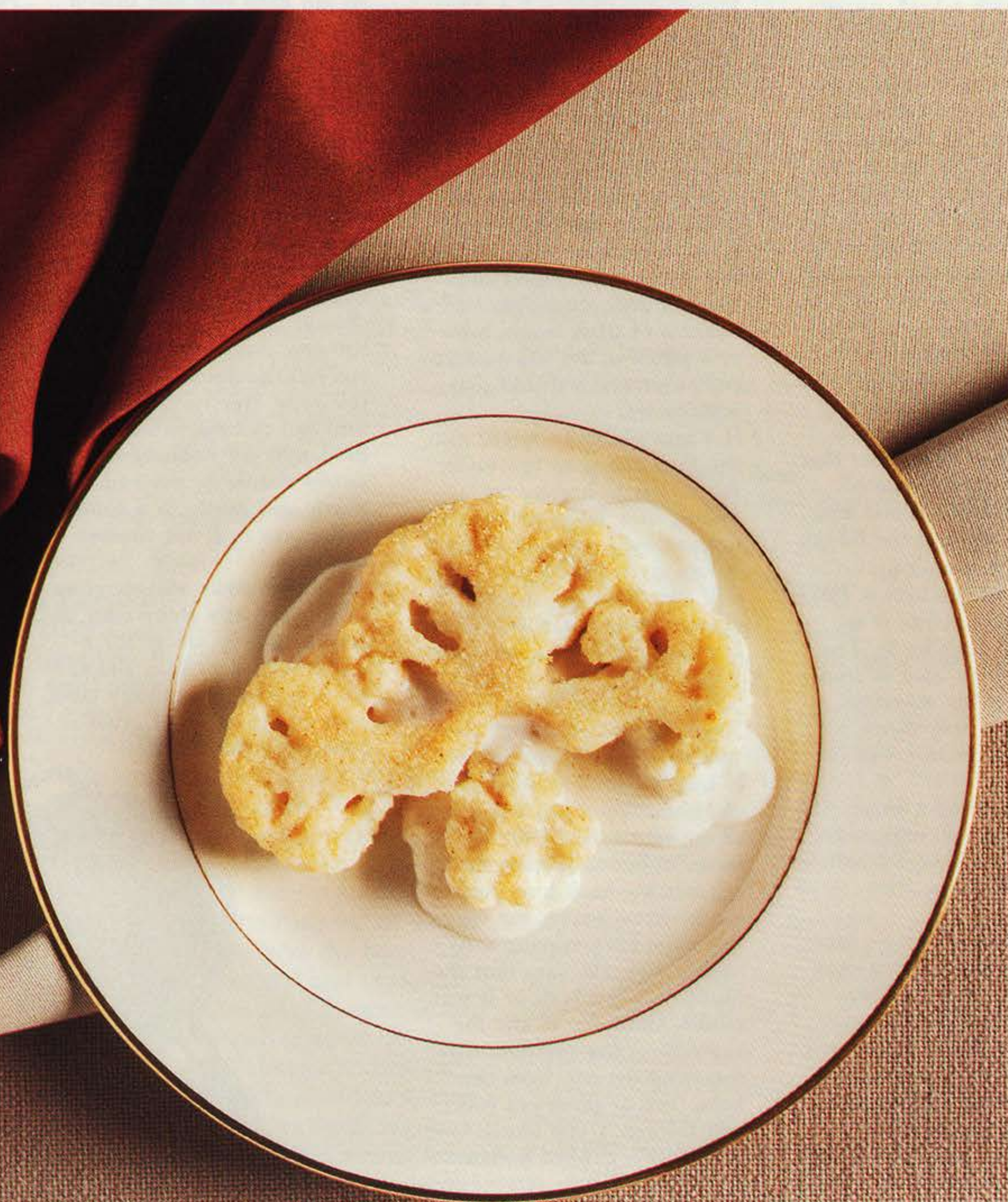
- 2 lbs. fish heads, bones, trimmings
- 1 carrot, peeled
- 1 stalk celery
- 6 parsley stems (not the leaves)
- 1 leek (white part only), well rinsed and cut into chunks
- 1 small onion, peeled and cut into slices
- 1 bay leaf
- a liberal splash of dry white wine or vermouth
- cold water to cover ingredients
- salt, to taste ($\frac{1}{4}$ to $\frac{1}{2}$ tsp. optional)

Combine all ingredients in a large saucepan or kettle, making sure you have added enough cold water to cover them. Bring to a simmer and cook uncovered for 30 minutes, maintaining an even simmer. Strain through a fine wire mesh strainer or sieve, then discard all but the broth. Transfer to a smaller saucepan and bring to a simmer. Reduce the stock, uncovered, until it reaches the desired strength, or until reduced to about 2 cups. Adjust seasonings, if necessary. Keep refrigerated or frozen.

White Poultry Stock

- 1 whole hen, with giblets and neck
- water to cover by 2 inches
- 1 tsp. salt
- 2 large carrots, peeled
- 3 medium onions, peeled and quartered
- 3 stalks celery
- a bouquet garni, consisting of:
 - 1 bay leaf, 6 parsley sprigs, 3 large unpeeled garlic cloves, 2 whole cloves, $\frac{1}{4}$ tsp. thyme, tied in cheesecloth

Place the hen, its giblets and neck in a large stockpot or kettle. Add enough water to cover by 2". Set over medium high heat and bring to a simmer. Maintain it at a simmer for about 5 minutes, removing all of the scum that rises to the surface until it stops. Add the remaining ingredients and more water, if necessary, to cover the ingredients by at least 1". Return to the simmer and maintain, partially covered, for 4½-5 hours, occasionally removing any scum that accumulates on the surface. Add boiling water as necessary to keep the ingredients covered by liquid. The hen will be tender before the simmering time is up, so remove it (saving it for a later use), and continue simmering the stock until the 5 hours have elapsed. Strain the stock and degrease it, either by letting it settle for a few minutes and spooning the fat off the top, or by setting it in the refrigerator, uncovered, until the fat congeals on top and can be lifted



off. Taste the degreased stock. If it is too weak, reduce it further by simmering uncovered until the flavor is more concentrated. If it tastes too strong, add just enough water to dilute it to the proper strength. Adjust seasonings and store, covered, in the refrigerator or freezer. Yields 2 to 3 quarts.

White Veal Stock

- 3 lbs. lean veal meat (from the shank)
- 5-7 lbs. cracked veal bones
- water
- 2 large carrots, peeled
- 3 medium onions, peeled and quartered
- 3 stalks celery
- bouquet garni, consisting of:
 - 1 bay leaf, 6 parsley sprigs, 3 unpeeled garlic cloves, 2 whole cloves, ¼ tsp. thyme, tied in cheesecloth

Put the veal and bones in a large stockpot or kettle and cover with cold water. Bring to a boil and boil gently for 5 minutes. Drain well and rinse the bones and meat under cold water, removing all traces of scum from them. Clean the kettle out and put the meat and bones back in. Add cold water to cover again, and bring to a simmer. Remove all scum that rises to the surface. Add the vegetables and bouquet garni and continue to simmer gently for 4-5 hours, adding boiling water to the pot as necessary to keep the ingredients covered with liquid. Strain the stock and degrease it (see recipe for chicken stock, above). Taste for flavor and reduce or add liquid if necessary. Adjust seasonings to taste and store in the refrigerator or freezer.



BROWN SAUCES

Brown sauce is made from a brown "roux" (flour cooked with butter) to which a brown stock* and other flavorings are added. It is the foundation for many other sauces, such as Sauce Robert (a brown mustard sauce), Bordelaise Sauce (a red wine sauce with beef marrow), and Madeira (or Port) Sauce.

*Recipes for brown stock follow.

Basic Brown Sauce

- 6 TBSP vegetable oil or butter
- ⅓ cup finely chopped carrot
- ⅓ cup finely chopped celery
- ½ cup finely chopped onion
- 2 TBSP finely diced boiled ham
- 5 TBSP flour
- 6 cups brown stock (see recipes for brown stock on page 6), or canned beef bouillon, boiling
- 2 TBSP tomato paste
- a bouquet garni, consisting of:
 - 1 bay leaf, 4 parsley sprigs (use 3 with homemade stock), ½ tsp. thyme (use ¼ tsp. with homemade stock), bundled and tied in cheesecloth
- freshly ground black pepper, to taste
- salt, if needed

Heat the oil or butter in a 2 quart saucepan and add the vegetables and ham. Saute over

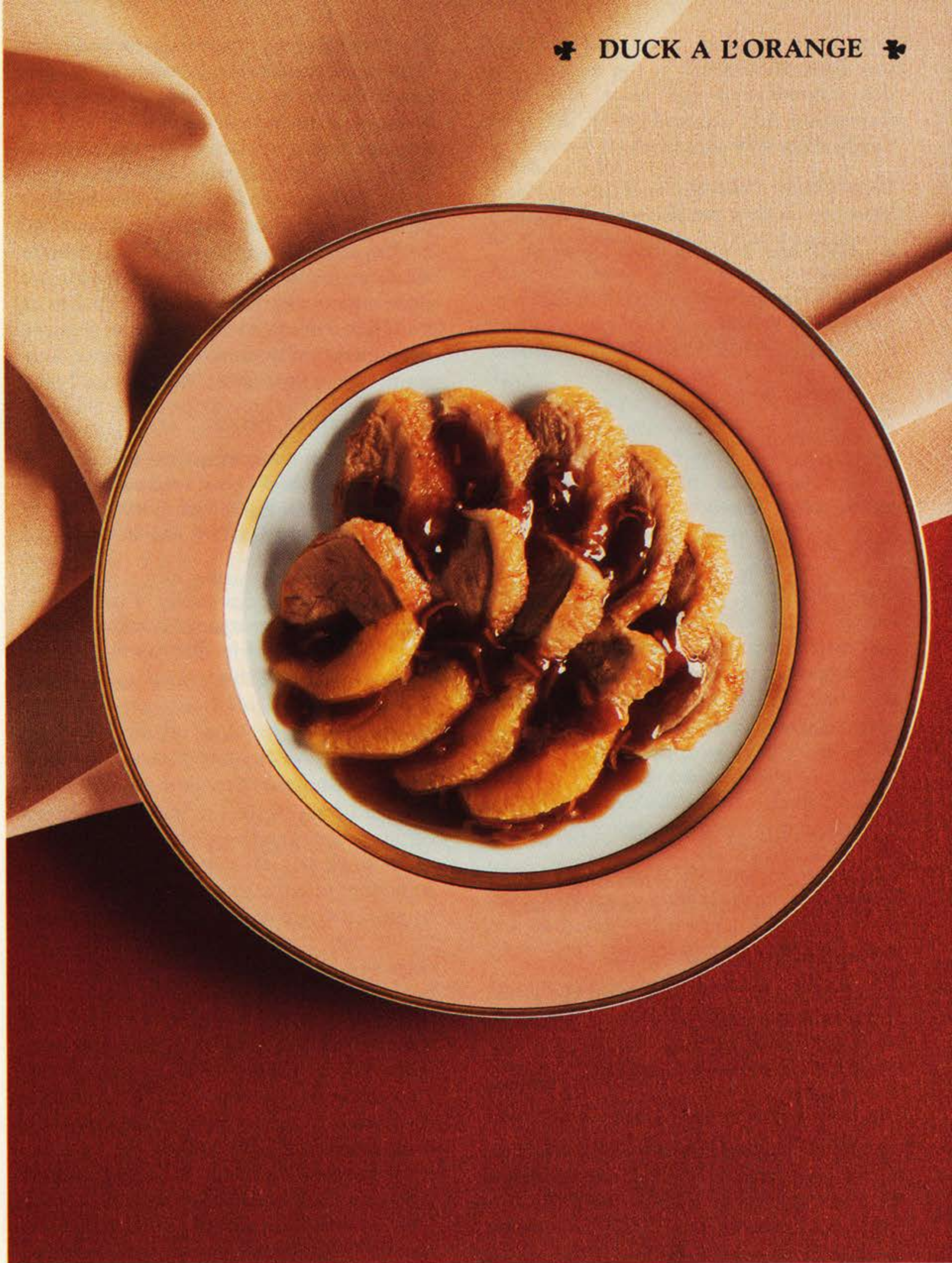
low heat, stirring, for 10 minutes. Sprinkle the flour over and stir it into the vegetables. Continue to cook, stirring constantly, for another 10 minutes or so, until the flour mixture turns a dark golden brown, being careful not to let it burn. Remove the pan from the heat and immediately add the boiling brown stock to it all at once, beating it in vigorously with a whisk. Whisk in the tomato paste and add the bouquet garni. Cover partially and bring to a gentle simmer. Maintain the simmer for 2 hours, or until the sauce is slightly thickened (coats the back of a spoon) and reduced to about 4 cups. During cooking, remove any scum that rises to the surface. Adjust seasonings and strain the stock, pressing all the liquid out of the ingredients. Degrease the sauce (see White Chicken Stock recipe on page 4), and use, or store covered in the refrigerator or freezer. Yields 4 cups.

Sauce Robert

Good with roast or braised pork, roast or broiled chicken, pork chops, beef leftovers.

- 1 TBSP butter
- 1 tsp. vegetable oil
- 4 TBSP minced yellow onion
- ⅔ cup dry vermouth
- 2 cups brown sauce (see recipe above)
- 3 TBSP unsalted butter, softened at room temperature
- 4 TBSP dijon mustard
- 3 TBSP finely chopped fresh parsley

Heat the butter and oil in a medium saucepan. Add the minced onion and cook, stirring over low heat until tender and golden—10 to 15 minutes. Add the vermouth and increase the heat. Boil until the liquid is reduced to about 4 TBSP. Pour in the brown sauce, stir, and bring to a simmer. Reduce the heat and simmer 10 minutes. Adjust season-



ings. In a small bowl, cream the butter until very light, then blend in the mustard. Stir this mixture into the sauce and blend thoroughly. Add chopped parsley and serve. Yields about 2¼ cups.

Bordelaise Sauce

Serve over braised, pan-fried or grilled meat.

- 2 TBSP beef drippings (from a roast or steak)
- 4 TBSP butter*
- 2 shallots, minced
- ½ cup red wine (Bordeaux or Burgundy)
- ⅛ tsp. thyme
- ⅛ tsp. pepper
- ½ bay leaf
- 1 cup brown sauce
- salt, pepper
- 1 oz. beef marrow
- boiling, salted water

Heat the beef drippings and butter until melted. Add the minced shallots and saute until transparent. Pour in the wine, add the thyme, pepper and bay leaf, and bring to a boil. Stir to scrape up any pan juices stuck to the bottom, then boil until liquid is reduced by half. Add the brown sauce. Reduce heat and cook at a low simmer for 5 minutes. While sauce is cooking, dice the marrow and poach it in boiling salted water for 2 minutes, or until tender. Drain the marrow and add it to the sauce. Simmer another 30 seconds and serve. Yields 1¼ cups.

*Reduce to 2 TBSP if you are using pan drippings from a steak or filets cooked in butter.

Madeira (or Port) Sauce

For fillet of veal and beef—roasted or sauteed.

- 2 cups brown sauce
- ¾ cup Madeira (or Port)
- 2 TBSP unsalted butter, softened at room temperature
- salt, freshly ground black pepper, if necessary

Combine the sauce and wine in a saucepan. Cook, uncovered, at a simmer until reduced by about one third. Remove from the heat and just before serving, add the butter, beating it in a little bit at a time. Adjust seasonings, if necessary, and serve. Yields about 2 cups.

Brown Stock

Flavored with either poultry or beef. Use brown poultry stock to make Orange Sauce for Duck (see recipe below); use brown beef stock to make basic brown sauce and those sauces derived from it.

Brown Poultry Stock

- 1½ TBSP cooking oil
- a chicken (or duck) neck, giblets and wing tips
- 1½ medium onions, chopped
- 2 carrots, peeled and chopped
- ½ cup dry red wine
- 2½ cups chicken stock (see recipe for white poultry stock), or canned chicken broth
- a bouquet garni, consisting of:
 - 4 whole peppercorns, 1 bay leaf, ¼ tsp. thyme, 4 sprigs parsley, 1 clove garlic, unpeeled and gently smashed, tied in cheesecloth
- water

Heat the oil in a 2 quart saucepan and brown the chicken (or duck) parts and the chopped vegetables in it. If possible, pour out the browning fat. (If you can't, you can just degrease later). Add the red wine, chicken stock (or canned broth), and the bouquet garni. Add enough water to cover the ingredients by one inch. Bring to a simmer and cook, partially covered, for 1½ to 2 hours, removing any scum that rises to the surface. Strain the stock, then degrease it (see recipe for White Poultry Stock). Taste for strength—if stock seems too weak, reduce it further; if too strong, add a little water. Yields about 2 cups.

Brown Beef Stock

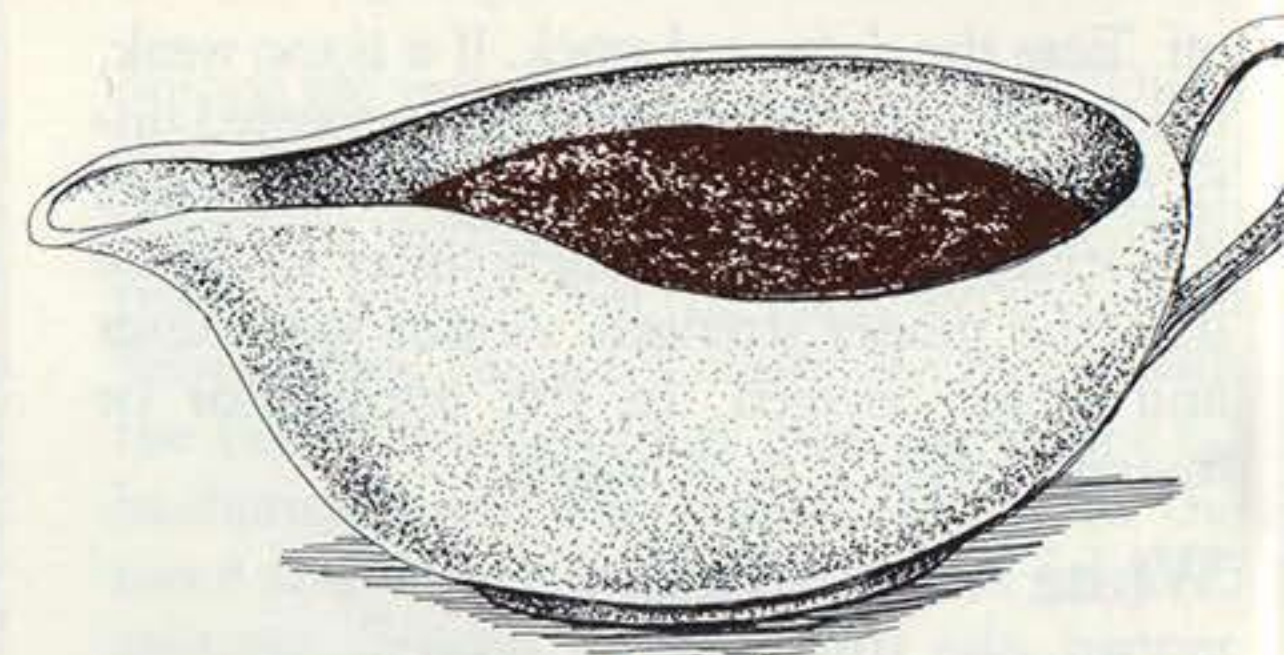
- 3 lbs. chuck roast, with bone in
- 4-5 lbs. meaty beef bones, cracked
- 2 large carrots, peeled and quartered
- 3 medium onions, peeled and quartered
- 3 stalks celery
- a bouquet garni, consisting of:
 - 1 bay leaf, 8 sprigs parsley, 1 tsp. thyme, 4 cloves, 3 large unpeeled garlic cloves, bundled and tied in cheesecloth

Preheat oven to 450°. Put the meat and bones and vegetables in a shallow roasting pan and place in the oven. Roast, turning the ingredients occasionally, until evenly browned, about 40 minutes. Remove the pan from the oven and drain off the fat. Transfer the browned meat, bones and vegetables to a large kettle or stock pot. Pour a couple of TBSP of cold water into the roasting pan—this should congeal the remaining fat and make it easy to lift out. Pour a cup of water into the degreased pan and stir, scraping up all of the hardened browning juices. Pour this into the stock pot with the bones. Add enough cold water to cover all of the ingredients by an inch. Add a bouquet garni. Bring to a simmer, skimming off any scum that comes to the surface. Cover partially, leaving plenty of space between the lid and the pot for steam to escape, and maintain at an even, gentle simmer for 4-5 hours. Add boiling water to the pot as necessary to keep the ingredients covered with liquid. Strain the stock and degrease (see recipe for white chicken stock). Taste for strength—reduce the stock further if too weak, or add water if too strong. Adjust seasonings. When the stock cools down, store in the refrigerator or freezer. Yields 2 to 3 quarts.

Duck a l'Orange

(Pictured on page 5.)

- 4 navel oranges
- 5½ lb. duckling
- salt
- 2 TBSP red wine vinegar
- 2 TBSP water
- 3 TBSP Dixie Crystals granulated sugar
- 2 cups brown duck stock (see recipe for brown poultry stock, made with duck parts)
- 3 TBSP Madeira
- 2 TBSP arrowroot
- ½ cup Madeira
- 2-3 TBSP Grand Marnier
- 2 TBSP butter, softened at room temp.



Preheat oven to 425°. Using a vegetable peeler, remove the orange peel in long strips. Cut the strips into julienne (matchstick thin strips). Place the julienne in a saucepan with 4 cups of water and bring to a boil. Reduce heat and simmer for 15 minutes. Drain and blot dry between paper towels. Cut the remaining white skin from the oranges, then section them, reserving the orange sections for later.

Sprinkle the cavity of the duck with salt and pepper and add one third of the blanched orange peel. Truss the duck and place breast side up in a roasting pan. Prick the skin on the fatty parts of the bird—the thighs, lower breast, and back—with the tines of a fork. Set the pan in the middle of the preheated oven and roast for 15 minutes. Remove from the oven and turn the duck on its side. Pour off all accumulated fat. Reduce oven temperature to 350° and return the duck to the oven. Roast another 30 minutes, removing the fat with a bulb baster as necessary. Turn the duck on its other side and roast another 25 minutes, removing fat from the pan as it accumulates. Turn the duck breast side up and sprinkle with salt. Return to the oven for another 15 minutes. (The duck should be medium rare at this point; if you want yours more well done, cook another 10-15 minutes.) During the last 15 minutes of cooking, begin making your sauce.

Combine the vinegar, water and sugar in a saucepan and bring to a boil. Cook until the mixture looks like a deep brown syrupy caramel. Quickly remove it from the heat and add several spoonfuls of the duck stock. Return to low heat and stir to dissolve the caramel. Stir in the rest of the stock and simmer. In a small bowl, blend the 3 TBSP Madeira with the arrowroot until smooth. Add this mixture to the saucepan along with the rest of the blanched orange peel. Simmer, stirring, until the sauce is clear and limpid and slightly thickened (if it doesn't clear up, mix another half tsp. of arrowroot with ½ tsp. cold water and add to the sauce). Taste and adjust seasonings, if necessary. Remove from the heat and set aside.

When the duck is done, remove it from the roasting pan and remove the trussing strings. Transfer the duck to a warmed platter and set in the turned-off oven (with the door ajar). At this time, you can finish preparing your orange sauce.

Remove as much fat as possible from the roasting pan. Pour in the ½ cup of Madeira and set the pan over a medium high burner. Bring the wine to a boil and deglaze the pan, stirring and scraping up all of the browned

bits stuck to the bottom. Reduce the pan juices to 3 TBSP. Strain the mixture into the orange sauce and set it over low heat. Bring to a simmer, then stir in the Grand Marnier (to taste). Simmer another minute or so, then remove from the heat. Stir in the butter. Pour the sauce into a warmed sauce boat. Arrange the reserved orange sections on the platter with the duck, spoon some of the sauce over, and serve.

Sweet and Sour Citrus Sauce For Grilled Chicken, Duck or Quail

This is an adaptation of the classic Cumberland Sauce.

- 2 oranges (juice or navel) & ¼ cup of juice
- 1 good size lemon & 2 TBSP of juice
- ¼ cup best port
- ½ cup chicken stock or duck stock (see Brown Poultry Stock recipe)
- 3 TBSP red currant jelly
- pinch each: dry mustard, powdered ginger, cayenne (red pepper), and salt
- ¼ tsp. grated orange rind
- 1 tsp. arrowroot dissolved in 1 TBSP cold water

Cut a rounded TBSP julienne strips each of orange zest and lemon zest, using a zester. (We aren't gadget mad, but we find this utensil not only useful, but virtually indispensable.) Blanch zest in small saucepan in boiling water to cover over high heat for two minutes. Pour into sieve, rinse under cold running water, drain well, and set aside. Squeeze juice from oranges and lemon. Put ¼ cup orange juice and 2 TBSP lemon juice in small saucepan, add port, and bring to a boil over high heat. Reduce heat to medium-low and simmer until liquid is reduced by half. Remove from heat and whisk in all remaining ingredients except for arrowroot mixture and reserved citrus zest. Bring to a boil over medium-high heat, and boil 1 minute. Stir arrowroot mixture to recombine, and whisk it into boiling liquid. Continue boiling until sauce is thickened, only about 30 seconds more. Just before serving, stir reserved orange and lemon zest into sauce. Taste and adjust seasonings with additional citrus juice or spices if necessary. Sauce should be a nicely balanced blend of sweet, sour, hot, tart, and spicy tastes. Yields ⅔ to ¾ cups.



HOLLANDAISE

Sauce Hollandaise

Serve with fish, vegetables and eggs.

- 3 egg yolks
- 2 TBSP lemon juice
- 2 sticks (1 cup) unsalted butter, cut into 14 pieces
- salt, white pepper to taste

In the top of a double boiler, whisk the egg yolks with 1 TBSP of lemon juice until thick.

Set over, not in, hot (not boiling) water, and whisking constantly, add the butter piece by piece, waiting until each one melts before adding the next. If sauce seems to be cooking too fast and you see streaks of egg yolk on the sides of the pan and egg yolk sticking to the whisk, remove the pan from the heat and continue stirring and adding butter until you have adjusted the temperature. You may have to keep shifting the pan back and forth from the heat like this as you make the sauce. The sauce should become thicker as you continue to add butter, but if it does not, raise the heat a little and watch the sauce very carefully as you add butter and whisk. When you've added all of the butter and the sauce is thick, season it with salt and pepper to taste. If the sauce is too thick, you can thin it out with a little lemon juice or water. If you are not using the sauce right away, keep it warm in a pan of tepid (not hot, or the sauce will separate) water.

If your hollandaise separates: Rinse a mixing bowl with hot water, then dry it. Add 1 tsp. lemon juice and 1 TBSP of the separated sauce and whisk until thick and creamy. Beat in the rest of the separated sauce by the half tablespoon, making sure each addition is incorporated in the sauce before you add the next.

Another hint, if you are new at making hollandaise: Start out with less butter than called for in the master recipe, adding only 1¼ to 1½ sticks per three egg yolks. This is a less risky enterprise and the sauce will be more stable, meaning you can hold it longer if you aren't serving it right away.

Bernaise

A variation of Hollandaise, flavored with a wine, vinegar and herb reduction. Serve with steak, fish, chicken or eggs.

- ¼ cup white wine vinegar (or tarragon vinegar)
- ¼ cup dry vermouth, or dry white wine
- 1½ TBSP (about one small) minced shallot
- 1 TBSP minced fresh tarragon
- ⅛ tsp. ground black pepper
- pinch salt
- 3 large egg yolks
- 2 sticks (1 cup) unsalted butter, cut into 14 pieces
- 2 TBSP fresh minced tarragon, or a combination of tarragon and parsley

In a small saucepan, combine the vinegar, wine, shallot, tarragon, and spices. Bring to a boil over moderately high heat and cook until reduced to about 2 TBSP liquid. Set aside to cool.

In the top of a double boiler, whisk the egg yolks until thickened. Strain the cooled herb reduction into the yolks and beat until combined. Set over hot, not boiling water, and whisking constantly, add the butter piece by piece, just as you would for hollandaise (see recipe above). When all of the butter is incorporated and the sauce is thick, adjust the seasonings to taste and stir in the remaining 2 TBSP herbs. Serve at once, or keep warm in a pan of tepid (not hot) water.

Tenderloin of Beef with Bearnaise Sauce

(Pictured on page 8.)

- 1 trimmed tenderloin (or filet) of beef, about 3 lbs.
- freshly ground black pepper
- 1-2 TBSP softened butter
- 1 recipe Bearnaise Sauce (see recipe above)

Preheat oven to 425°. Place the tenderloin on a rack in a shallow roasting pan. Sprinkle freshly ground black pepper over and rub into the meat. Smear the softened butter all over the top and sides of the roast, then insert a meat thermometer in the thickest part of it. Place in the preheated oven and roast for about 30 minutes, or until the meat reaches an internal temperature of 125° for medium rare. Baste the meat with the melted butter in the bottom of the pan at least twice during cooking. Remove the meat from the oven and let it stand for at least 10 minutes before slicing. Serve with Bearnaise Sauce. 8 servings.

Sauce Mousseline

Another member of the Hollandaise family, enhanced with whipped cream. Delicious served with asparagus, fish or souffles.

- 1 recipe Hollandaise Sauce (see recipe above)
- ½ cup heavy (whipping) cream, well chilled

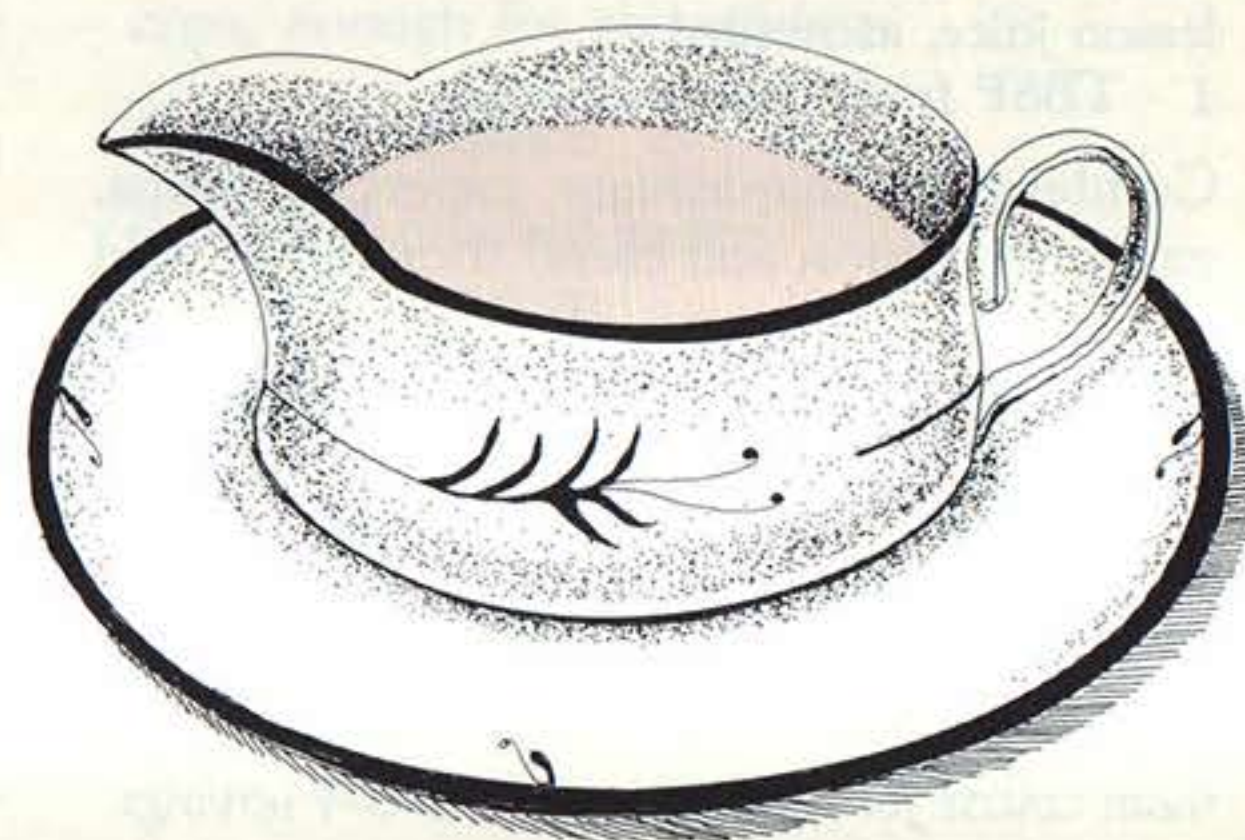
Prepare the hollandaise and set aside. Pour the cream into a chilled bowl and beat with chilled beaters until thick. Gently fold the cream into the hollandaise and serve.

Sauce Maltaise

An orange flavored Hollandaise, wonderful with steamed asparagus. Serve warm.

- 3 egg yolks
- 1 TBSP lemon juice
- 1 TBSP orange juice
- 2 sticks (1 cup) unsalted butter, cut into 14 pieces
- 1 TBSP grated orange peel
- more orange juice, as needed

In the top of a double boiler, whisk the egg yolks until thick. Beat in the lemon and orange juice and proceed as you would for hollandaise. When all of the butter has been added, stir in the grated orange peel and season to taste with salt, if you wish. If the sauce is too thick for your taste, thin it with a little more orange juice — just a few drops.



MAYONNAISE

Mayonnaise

(made in a food processor or blender)

- 1 whole egg
- 2 tsp. dijon mustard
- pinch salt
- freshly squeezed lemon juice
- ½ cup olive oil, combined with
- ½ cup vegetable oil
- salt, freshly ground pepper, to taste
- lemon juice, to taste

In a blender or food processor, combine the whole egg, mustard, salt, and 1 tsp. lemon juice. Blend for about 1 minute, or until frothy. With the machine running, begin pouring the combined oils in through the feed tube, in a very fine stream. Continue until all of the oil is incorporated and the mayonnaise is very thick. Turn the machine off and taste. Adjust seasonings, adding more salt, pepper and lemon juice as needed. Store in an airtight container in the refrigerator. Yields about 1 cup.

If the mayonnaise separates: Rinse a bowl out with hot water, then dry it. Add 1 fresh egg yolk and 1 tsp. mustard and whisk until combined and thickened. Add 1 TBSP of the curdled sauce and whisk again until thick and blended. Continue, adding the rest of the separated sauce by the spoonful, beating each in well before adding the next. Season to taste.

Remoulade Sauce

Good with seafood salads.

- 1 cup homemade mayonnaise (see recipe above)
- 1 tsp. dijon mustard
- salt, freshly ground black pepper
- 1 tsp. capers, drained and chopped
- 1 tsp. fresh tarragon, chopped
- 1 tsp. fresh chives, chopped
- 3 TBSP fresh parsley, finely chopped
- 3 TBSP minced onion

Combine the mayonnaise with the rest of the ingredients and blend well. Adjust seasonings to your taste. Keep covered, stored in the refrigerator.

Tartar Sauce

Good with seafood.

- 1 cup homemade mayonnaise (see recipe above)
- 3½ TBSP finely chopped capers
- 3½ TBSP finely chopped gherkins
- 1 small clove garlic, minced
- 1 TBSP minced onion
- lemon juice, as needed
- 1 TBSP fresh chopped parsley

Combine the mayonnaise, capers, gherkins, garlic and onion and blend thoroughly. Add lemon juice to taste (if desired), and stir in the parsley. Keep stored in the refrigerator until ready to use.

Crabmeat Stuffed Eggs with Louis Sauce

These make a nice first course for a dinner or a main course for a luncheon. Yields 3-4 servings.

- 6 extra large eggs, hard cooked, shelled
- 6-7 oz. fresh crabmeat, well picked over
- 2 tsp. to 1 TBSP finely minced fresh parsley

about ¼ cup Louis Sauce (recipe follows)

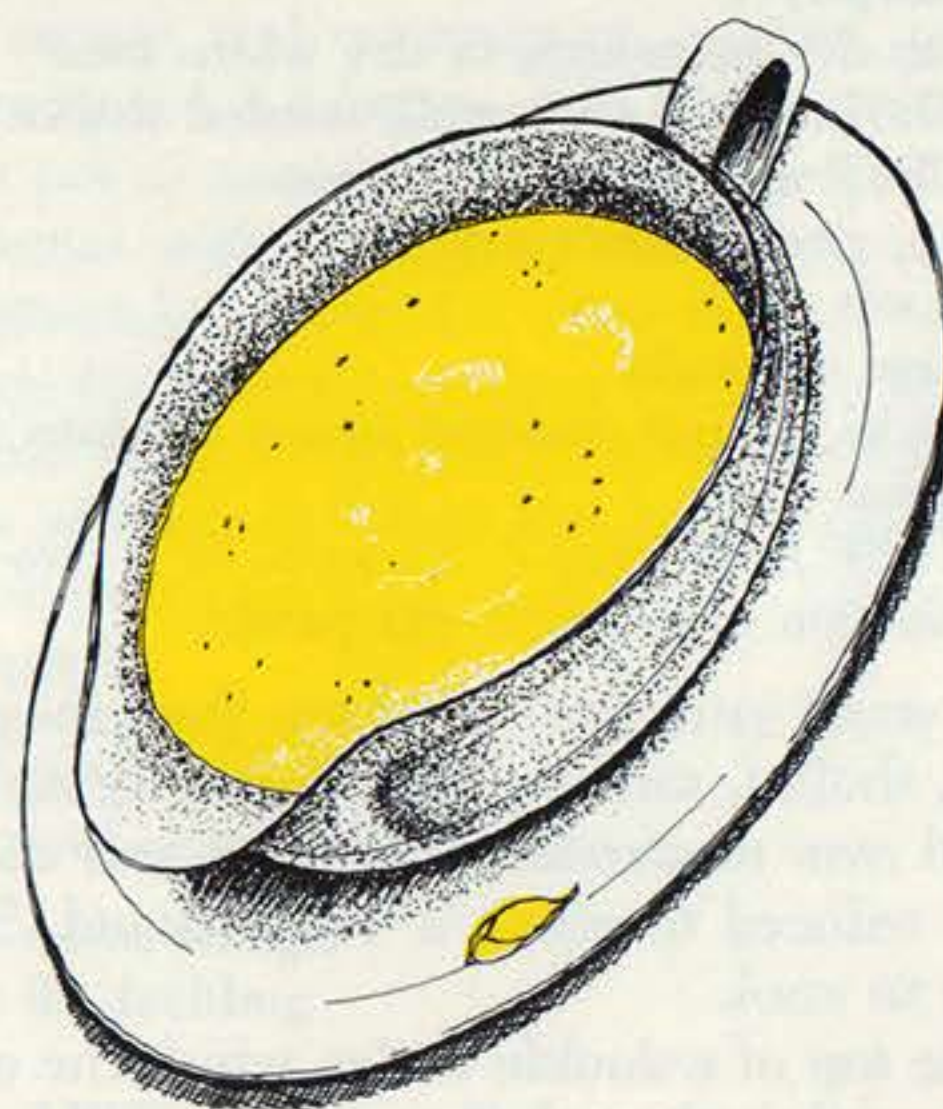
optional: sliced tomatoes & asparagus spears

Halve hard cooked eggs lengthwise, using a thin sharp knife, and wiping yolk off blade between cuts. Place yolks in flat-bottomed bowl and mash. Carefully pick all vestiges of shell, cartilage, and "dead man's fingers" from crab. Shred crab into bowl with parsley and yolk. Toss mixture lightly, adding just enough Louis sauce to bind it together. You should have a sticky, slightly moist mixture. Stuff the reserved egg whites, cover with plastic wrap, and refrigerate for 15 to 30 minutes to allow flavors to marry. (You probably will have some stuffing mixture left over even if you have packed the egg whites to overflowing.) Serve on lettuce leaves with Louis Sauce spooned over top. Garnish with tomato slices and asparagus spears if desired.

Louis Sauce

- ⅓ cup homemade mayonnaise (see recipe above)
- 1 TBSP ketchup
- 1-2 tsp. freshly squeezed lemon juice
- splash of Worcestershire sauce
- 2 rounded TBSP finely minced green bell pepper
- 2 TBSP thinly sliced scallions, white parts only
- 1 TBSP finely minced cornichons (tiny French pickles available at most supermarkets)
- 1 tsp. finely chopped capers
- salt and freshly ground pepper to taste
- few grains cayenne, or to taste

Combine all ingredients in a bowl and stir to mix well. Refrigerate for at least an hour before serving to allow flavors to blend. Yields about ¾ cup. Good with shrimp and lobster.



SAUCES FOR VEGETABLES

Asparagus with Pine Nuts and Lemon Vinaigrette Sauce

- 1 lb. fresh asparagus, the thinner the better
- 4 TBSP (¼ cup) pine nuts
- about 6 TBSP Lemon Vinaigrette Sauce, or 1½ TBSP per serving

Break asparagus where the natural "snap" comes. Peel if stems are fat, tough, or woody. Rinse well under cold running water. Steam in rack or basket over boiling water in steamer or other large pot with tightly fitting lid. We like ours crisp-tender, about 7 minutes cooking time. Drain well. Meanwhile toast pine nuts on cookie sheet in a 350° oven, shaking well once every 60 seconds, or in a small (dry) skillet over medium heat, stirring constantly, until golden brown. Remove from heat. Set aside. Warm 6 TBSP lemon vinaigrette sauce in small saucepan over medium heat for about 3 minutes, or in glass or ceramic container in microwave for about 1 minute. Divide asparagus among four plates, spoon about 1½ TBSP warm dressing over each helping, and top each with 1 TBSP pine nuts. Serve warm or at room temperature.

Lemon Vinaigrette Sauce

- ½ cup olive oil
- 2 TBSP freshly squeezed lemon juice
- 2 fat cloves garlic, very well mashed
- up to 1 TBSP fresh oregano leaves, finely minced, or rounded 1 tsp. dried
- up to 1 TBSP fresh basil leaves, finely minced, or rounded 1 tsp. dried
- 1 tsp. salt + ½ tsp. freshly ground pepper, or to taste

Place all ingredients in a jar with a tightly fitting lid and shake well. Yields ⅔-¾ cup.

Stuffed Zucchini with Tomato-Zucchini Sauce

These are rather a bother to do, but we think the result is worth it. This dish can be a complete meal for a vegetarian or a dieter.

- 8 oz. fresh spinach (2 cups firmly packed)
- 7 medium zucchini, each about 7" long
- 1 TBSP unsalted butter
- ¾ cup chopped onion (1 medium)
- ½ cup finely chopped fresh mushrooms
- ¼-½ cup finely chopped red bell pepper
- 1 fat clove of garlic finely minced
- ½ cup ricotta cheese
- 1 large egg, slightly beaten
- ½ tsp. salt, or to taste
- Tomato-Zucchini Sauce (recipe follows)
- dollops of plain yogurt for topping
- about 3 TBSP grated Romano or Parmesan cheese

Wash and trim spinach; discard stems. Do not spin dry in salad spinner. Transfer spinach from colander to heavy medium saucepan with tightly fitting lid. Cook in moisture clinging to leaves, covered, over medium-low heat until completely wilted and tender, but still bright green, 4 to 5 minutes. Drain in sieve and squeeze out excess moisture in several thicknesses of paper toweling. Set aside. Use an apple corer to make a well from end to end through each zucchini (i.e., a lengthwise tunnel). Reserve hollowed out vegetables. Chop zucchini pulp. Reserve 1 cup for stuffing, and save the rest for use in sauce. Melt butter in large skillet over medium-low heat. Sauté the 1 cup chopped zucchini pulp, onion, reserved spinach, mushrooms, bell pepper and garlic until all are soft, about 5

minutes. Raise heat to medium-high, and keep sauteing until all moisture has evaporated, about 2 minutes more. Remove from heat; let cool to room temp. Stir in ricotta and egg. Season to taste with salt and pepper. Stuff hollowed out zucchini, using an iced tea spoon to pack in the filling. Place stuffed vegetables in a shallow oblong baking dish. Cover tightly with aluminum foil. Bake until zucchini are tender, about 40-45 minutes. Serve covered with Tomato-Zucchini Sauce and topped with a dollop of yogurt and a sprinkling of freshly grated cheese.

Tomato-Zucchini Sauce

- 1 TBSP olive oil
- 1 medium onion, chopped (about $\frac{3}{4}$ cup)
- 1 fat clove of garlic, finely minced
- 1 cup finely chopped zucchini pulp
- $1\frac{1}{2}$ lbs. fresh tomatoes, peeled, seeded, chopped (4 medium tomatoes = about 2 cups diced)
- 1 TBSP fresh basil, finely chopped
- 1 TBSP fresh parsley, finely chopped
- 1 TBSP fresh oregano, finely chopped
- 1 TBSP tomato paste for thickening
- salt and freshly ground pepper to taste

Heat oil in large heavy skillet. Add onion and garlic and saute until soft and translucent, about 5 minutes. Stir in zucchini pulp, and continue to cook for about 5 minutes more. Add tomatoes and fresh herbs, bring to a boil, reduce heat to low, cover and simmer for 30 minutes. Season to taste. Yields $2\frac{1}{2}$ cups.

Horseradish Butter

Don't knock it until you've tried it—sounds funny but is good with most steamed fresh vegetables.

- $\frac{1}{3}$ cup fresh horseradish, grated
- 1 cup (2 sticks) unsalted butter, melted
- $\frac{1}{3}$ cup fresh lemon juice (juice of 2 lemons)

Grate horseradish. Pound and pulverize in mortar with pestle. Add to melted butter. Now, you don't so much *heat* this as just keep it warm; it really isn't supposed to cook. Let horseradish infuse in warm butter for 30 minutes. Strain through sieve into small warm bowl, stir in lemon juice, and serve. Try this with steamed artichokes or fresh snow peas cooked just crisp-tender. Yum!



SAUCES FOR PASTA

Bolognese Sauce

- 3 TBSP olive oil
- 3 TBSP butter
- 1 medium yellow onion, chopped
- 1 small stalk celery, chopped
- 1 small carrot, chopped
- $\frac{3}{4}$ lb. lean ground beef (chuck)
- $\frac{1}{2}$ tsp. salt
- 1 cup dry white wine
- $\frac{1}{2}$ cup milk
- pinch grated nutmeg
- 2 cups canned Italian plum tomatoes, chopped with all liquid reserved
- 2 cloves garlic, minced

salt, freshly ground black pepper, to taste
 1 tsp. dried basil, or 1 TBSP fresh basil, chopped
 freshly cooked pasta for six people
 grated Parmesan

Heat the oil and butter in a heavy saucepan. Add the chopped onion and saute over medium heat until transparent. Add the chopped celery and carrot and cook, stirring for a couple of minutes.

Crumble the ground beef into the pot and add the salt. Cook, stirring, just until the meat loses its red color and turns greyish (not brown). Add the wine and increase the heat to medium high. Cook, stirring often until all of the wine has evaporated.

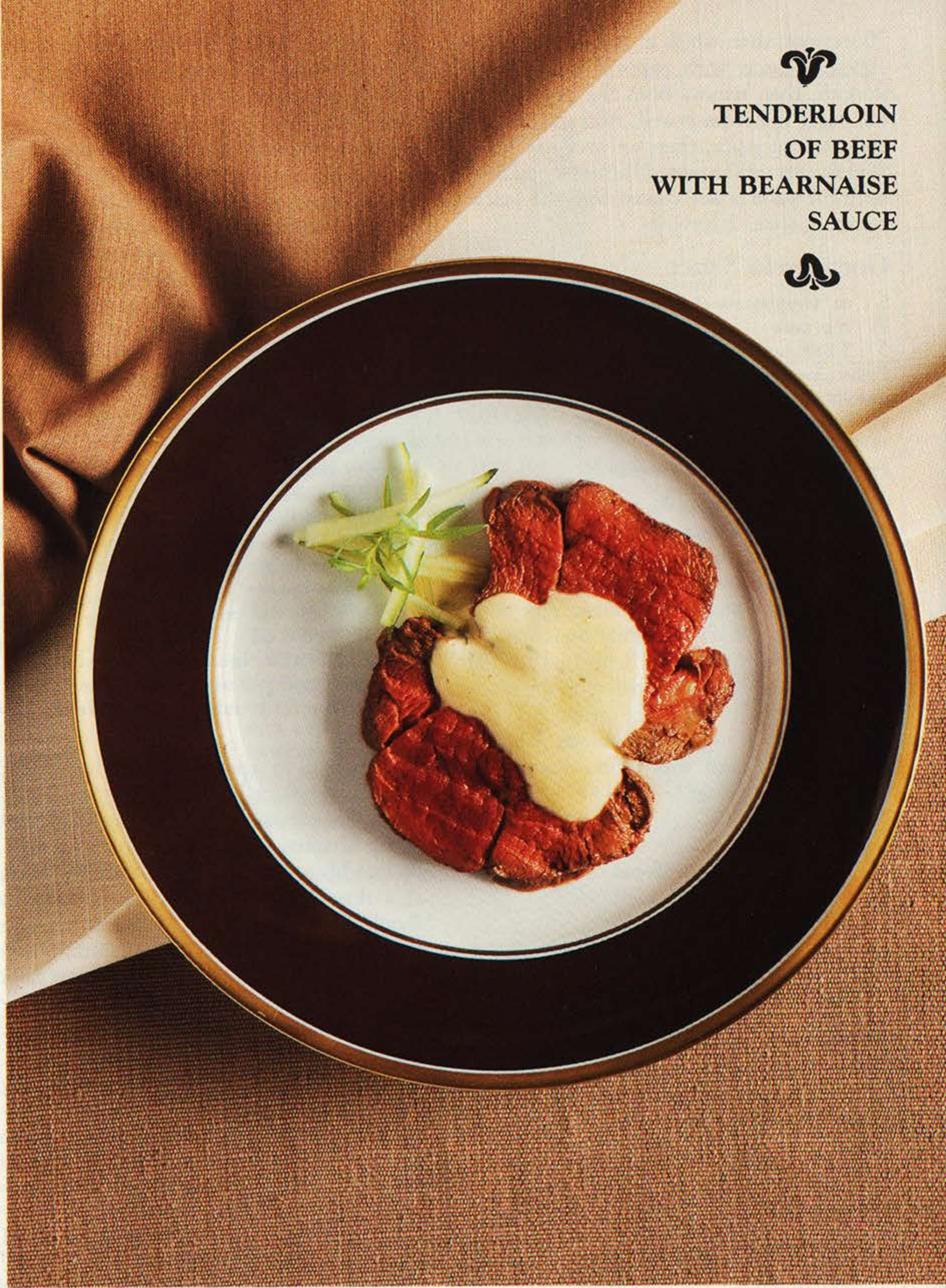
Reduce the heat to medium. Add the milk and nutmeg and cook, stirring often, until the milk has completely evaporated. Stir in the chopped plum tomatoes and their juice and

blend well. Bring the sauce to a boil, then reduce the heat and maintain at a very low simmer for 4 hours. Ten minutes before the end of the cooking time, blend in the minced garlic, salt and freshly ground black pepper to taste, and the basil. When the sauce is done, serve it over freshly cooked pasta, with grated Parmesan on the side. Yields about $2\frac{1}{2}$ cups, enough for six servings.

Alfredo Sauce

- 2 TBSP unsalted butter
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup heavy cream
- $\frac{3}{4}$ cup freshly grated Parmesan
- freshly ground black pepper
- Fettuccine for two people

Melt the butter in a 10" skillet, over low heat. Add the sour cream and heavy cream and bring to a simmer. Do not boil. Simmer for



TENDERLOIN OF BEEF WITH BEARNAISE SAUCE



30 seconds, then whisk in half of the grated cheese. Season with pepper. Whisk until smooth, then remove from the heat. Cook the pasta and drain it well. Add the drained pasta to the sauce, then set over low heat. Add the rest of the grated Parmesan and toss until the pasta is well coated with the sauce. Serve at once. 2 servings.

Gorgonzola Sauce

5 oz. Gorgonzola cheese, crumbled

1/3 cup milk

3 TBSP butter

Fettuccine for 3 people (or use other shapes: tortellini, fusilli (corkscrews), or farfalle (bows))

1/4 cup heavy cream

1/2 cup finely grated Parmesan

Combine the Gorgonzola, milk and butter in a large skillet. Place over low heat and cook, stirring and mashing the cheese with the back of a wooden spoon to achieve a smooth, creamy sauce. Simmer for 2 minutes, or until the sauce has thickened slightly. Remove from the heat. Cook the pasta al dente (just tender) and drain well. Return the pan with the sauce to low heat and blend in the cream. Add the pasta and toss it to coat with sauce. Add the grated cheese and toss again. Serve immediately. 3 servings.



SAUCES FOR MAIN DISHES

Tilefish with White Wine Vegetable Sauce

Of all the sauce dishes we tested, this was our favorite. We served it with steamed snow peas and carrots.

4 cups water (1 quart)

1 1/2 medium carrots, scrubbed, chopped

1 rib celery, chopped

1 medium onion, chopped

1 cup dry white wine

1/4 cup white wine vinegar

1 1/2 tsp. fresh thyme, crumbled, chopped

1/2 good-size bay leaf

1 clove

7-8 black peppercorns

2-3 parsley sprigs

2 TBSP fresh chives, finely minced or snipped

1/2 lb. (2 sticks) unsalted butter, cut in bits salt and pepper to taste

3/4 lb. tilefish fillets (substitute with grouper, flounder or sole)

1 1/2 TBSP Dijon or Pommerey mustard

It will make straining the stock easier if you wrap and tie the herbs and spices in cheesecloth, but it isn't absolutely necessary. Bring first 11 ingredients to a boil in good size saucepan, reduce heat to low, partially cover pot, and simmer for 1 hour. Strain through a sieve into a frying pan or skillet (not cast iron). Reduce liquid by half, or to approximately 1/4 cup. Reserve while preparing fish.

Heat broiler. Brush fish fillets with mustard. Arrange on lightly buttered broiler pan. Broil fish just until it can be flaked with fork, about 5 minutes. Meanwhile, warm sauce over very low heat, whisking in butter 1 bit at a time, and adding the next bit just as the previous one disappears. Butter should be incorporated but not melted, so that sauce will be creamy and not thin. Serve fish on warmed dinner plates with sauce poured over it or around it. Sprinkle minced chives on top. (4 portions)

Sauteed or Grilled Chicken Breasts with Porcini and Cream Sauce

1/2 oz. dried porcini

2 cups chicken stock or broth

2 TBSP finely minced shallots

about 1/4 cup flour for dredging chicken

breasts + 1/2 TBSP flour for beurre manie

salt and freshly ground pepper to taste

4 chicken breasts

6 TBSP unsalted butter

1 TBSP olive oil

1/2 lb. fresh white mushrooms, wiped clean

1 cup whipping cream, at room temperature

up to 1/4 cup finely minced fresh parsley leaves

Place porcini in sieve. Rinse very well under several washes of lukewarm running water. Drain. Transfer to small heavy saucepan, add 1 cup chicken stock, and bring to a boil. Reduce heat to low, cover with lid, and cook at a slow simmer for 30 minutes. (Porcini should be good and soft.) Meanwhile, in a small heavy saucepan bring remaining 1 cup chicken stock and shallots to a boil over high heat. Reduce heat to medium, and continue boiling until liquid is reduced by half. Strain through fine mesh sieve into small bowl; discard shallots; reserve liquid. Remove porcini from cooking liquid with a slotted spoon and transfer them to a sieve. Rinse them one more time under lukewarm running water to remove any last vestiges or grit and sand. While porcini are draining, spoon their cooking liquid through a fine mesh sieve lined with a double thickness of cheesecloth. When you get down to the dregs of the pan, if the last few spoonfuls look fairly full of sediment, don't use them, but discard them. Mince the drained porcini finely and reserve. Meanwhile, cook the chicken:

If chicken is to be sauteed: sprinkle with salt and pepper. Melt 2 TBSP butter, or mixture of butter and olive oil, in heavy skillet large enough to hold pieces without crowding. Saute over medium-high/medium heat (hot enough to brown chicken, but not hot enough to burn butter) 10 to 15 minutes per side, depending upon whether chicken parts are large or small, white meat or dark. When sauteing skinless boneless chicken breasts, allow about 4 minutes per side.

If chicken is to be charcoal grilled, rub pieces with oil to promote browning and prevent sticking. Allow 6 minutes per side for breasts with skin and bones, 3 to 4 minutes per side for skinless, boneless breasts.

If chicken is to be oven broiled, place pieces 5 to 6" from heat source. Allow about 8 minutes per side. When chicken pieces are nicely browned on both sides, switch oven dial from "BROIL" to "BAKE," and bake chicken at 400° for about 10 minutes more. Slice cleaned fresh mushrooms as thinly as possible. Add 1 TBSP butter to skillet over medium heat. Stir in sliced mushrooms. Raise heat to medium-high. Saute mushrooms, stirring and tossing constantly, until edges begin to curl and brown, 8 to 10 minutes. Dump mushrooms out onto a plate and reserve. Add reduced chicken stock and porcini stock to skillet; bring to a boil over high heat; reduce heat to medium-high, and continue boiling until liquid is reduced by half (to about 1/2 cup). Off heat, stir in cream. Return to medium-high heat and boil until mixture is reduced by 1/3 (to about 1 cup). Meanwhile, prepare beurre manie by creaming remaining 1 TBSP butter with 1/4 TBSP flour. Season sauce to taste with salt and pepper. Reduce heat under skillet to medium-low. Whisk little dabs of beurre manie as needed into gently simmering sauce. As soon as mixture is slightly thickened, remove from heat, stir in reserved porcini and other mushrooms, and add reserved chicken breasts. Return skillet to very low heat and cook, spooning sauce over chicken, for about two minutes, or until the raw taste of the flour has been cooked out and the chicken is hot. Serve at once, liberally sprinkled with parsley.

Pork Chops with Pecan Sauce

This is elegant enough to serve guests and kids like it, too! The sauce is also excellent with chicken.

3 TBSP unsalted butter

2 TBSP salad oil (vegetable oil)

1 medium-large onion (3/4-1 cup finely chopped)

8 oz. fresh mushrooms, thickly sliced

4 thick, center-cut, loin pork chops

1/2 cup dry white wine

salt and freshly ground pepper to taste

1/2 cup whipping cream

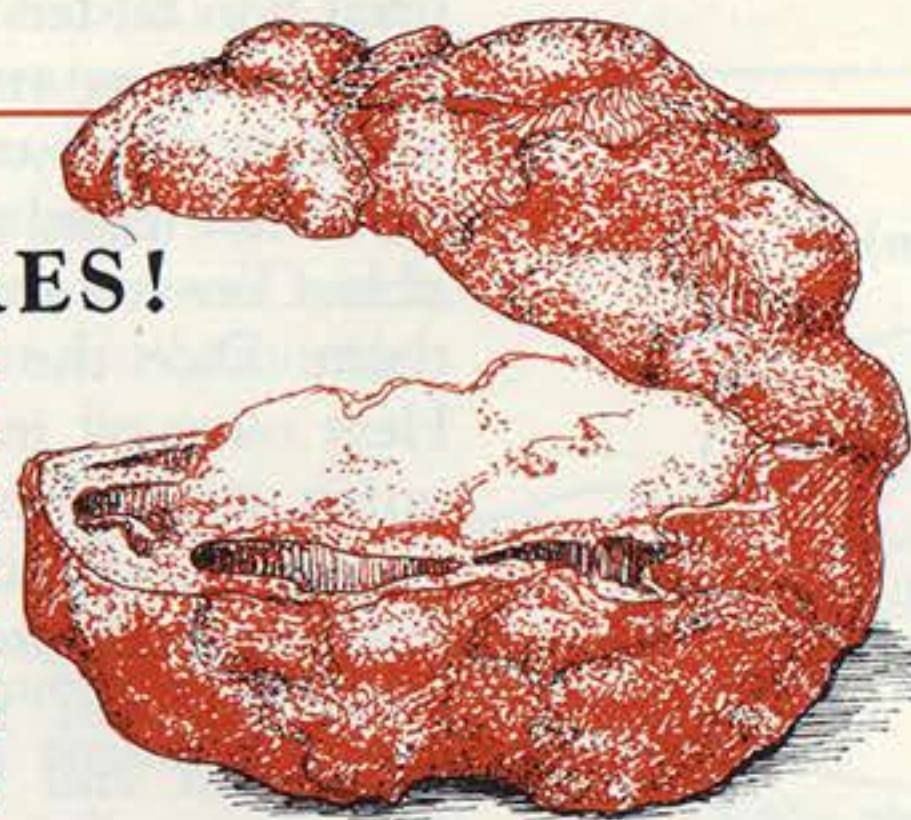
1/2 cup coarsely chopped pecan meats

1/4 cup finely minced fresh parsley leaves

Melt butter and 1 TBSP oil in large heavy skillet over medium heat. Add onion and saute until soft and translucent. Add mushrooms and saute until they begin to soften and turn brown. Use slotted spoon to remove vegetables from skillet; set aside and reserve. Add the remaining 1 TBSP oil to the skillet. Increase heat to medium-high. Add pork chops to skillet and cook until brown on both sides, about 3 minutes per side. Pour off fat. Return onions and mushrooms to skillet, add wine, cover, reduce heat to low, and simmer for about 12 minutes. Stir cream and pecans into sauce mixture, season with salt and pepper to taste, raise heat to medium, and cook, uncovered, until sauce thickens, about 10-12 minutes more. Transfer chops to serving platter or individual dinner plates, spoon sauce over them, and sprinkle liberally with parsley. Serve at once. Yields 4 helpings (no seconds).

BURIED TREASURES!

Bite into these desserts and you will delight in discovering something inside, outside, and yes, even something upside down! Make these extra-special after dinner treats, sit back, and enjoy the special thanks you'll receive for making that extra effort.



BROWNED-BEAR MOUNTAIN

Filling:

- 6 cups chocolate chip ice cream, softened

Cake:

- 1/2 cup butter or margarine
- 1 1/2 cups Dixie Crystals granulated sugar
- 3 egg yolks
- 1/4 cup milk
- 3 (1 oz. each) squares unsweetened chocolate, melted
- 1 tsp. vanilla
- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1/4 tsp. salt

Topping:

- 3 egg whites
- 1/2 tsp. vanilla
- 1/4 tsp. salt
- 6 TBSP Dixie Crystals granulated sugar

Preheat oven to 350°. Grease an 8" round cake pan. Spoon softened ice cream into a 6-cup bowl; freeze. (Note: Diameter of bowl should be the same size as your 8" round cake pan.) Cream butter and sugar in a large bowl. Beat in egg yolks, milk, melted chocolate, and vanilla. Stir in flour, baking powder, and salt; mix well. Pour into prepared pan. Bake 35 to 45 minutes, or until toothpick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely.

Combine egg whites, vanilla, and salt in a medium bowl; beat until soft peaks form. Add sugar, a little at a time, until stiff peaks form. Place chocolate cake layer on an ovenproof serving plate. Unmold ice cream and sit flat bottom of ice cream on top of cake. Spread meringue over sides and top of ice cream and cake, sealing to edges of cake. Place in a preheated 425° oven and bake 4 minutes, or until lightly browned. Serve immediately. Yield: 8 to 10 servings.

PEACHES AND CREAM ROLL

- 4 eggs
- 3/4 cup Dixie Crystals granulated sugar

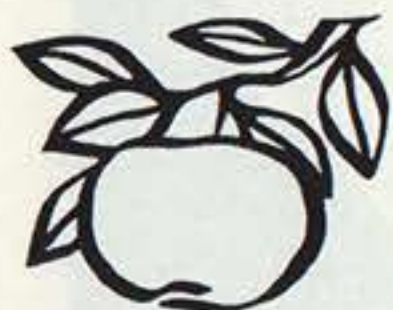
- 1 tsp. maple flavoring
- 3/4 cup all-purpose flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup nuts, finely chopped
- 1/4 cup Dixie Crystals light brown sugar, firmly packed
- 1 cup heavy cream
- 2 cups fresh peaches (canned may be substituted)
- Dixie Crystals 10-X confectioners sugar

Preheat oven to 375°. Grease a 15x10x1" jelly roll pan; line with waxed paper; grease paper. Beat eggs in a medium bowl until foamy. Gradually beat in granulated sugar. With electric mixer on low speed, add maple flavoring, flour, baking powder, and salt. Beat until smooth; fold in nuts. Pour into prepared pan, spreading evenly to corners.

Bake 10 to 12 minutes, or until top springs back when touched with fingertip. Loosen cake; turn out onto a towel sprinkled with powdered sugar. Peel waxed paper from cake. Starting at long end, roll up cake in towel; cool. Unroll cake; trim any stiff edges.

Beat cream with brown sugar in a small bowl until stiff. Unroll cake, spread whipped cream over cake. Cut peaches into smaller pieces; arrange over whipped cream. Roll up; sprinkle with powdered sugar if you like. Chill until ready to serve. Yield: 8 to 10 servings.

Note: Fresh peaches may be precooked in small amount of sugar and water, then drained and cooled before filling cake roll.



AMAZIN-RAISIN BAKED APPLES

- 6 medium baking apples
- 1/2 cup Dixie Crystals light brown sugar, firmly packed
- 1/3 cup raisins
- 1/3 cup nuts, chopped
- 1 tsp. ground cinnamon
- 2 TBSP butter or margarine
- 1/3 cup boiling water

Preheat oven to 350°. Wash and core apples, being careful not to cut all the way through. Pare 1/3 of the way down from the stem end. Combine sugar, raisins, nuts, and cinnamon in a small bowl; toss to mix. Stuff mixture evenly into apples. Cut butter into 6 slices; place 1 pat of butter over each cavity. Place apples close together in a baking dish; pour boiling water around bottoms of apples in dish; cover. Bake 15 minutes. Remove cover and baste with pan juices; cover again and continue baking 15-20 minutes more, or until apples can be pierced easily with a fork and still retain their shape. Yield: 6 servings.

GOLD-FILLED CREAM PUFFS

Pastry:

- 1 1/4 cups water
- 1/2 cup butter or margarine
- 1 1/4 cups all-purpose flour
- 1/4 tsp. salt
- 4 eggs

Filling:

- 3/4 cup Dixie Crystals light brown sugar, firmly packed
- 2 eggs
- 1/3 cup all-purpose flour
- 1/8 tsp. salt
- 1 1/2 cups boiling milk
- 2 TBSP butter or margarine
- 1 TBSP vanilla
- 2-3 small bananas
- Dixie Crystals 10-X confectioners sugar

Preheat oven to 400°. Combine water and butter in a medium saucepan; heat to boiling. Stir in flour and salt. Reduce heat; continue stirring, over low heat, 1 minute, or until mixture forms a ball. Remove from heat; beat in eggs, one at a time, until smooth. Drop by heaping TBSP, 3" apart onto a greased baking sheet. Bake 35-40 minutes, or until doubled in size and golden brown. Cool on wire racks. Slice off tops; pinch out any strands of soft dough.

Combine sugar and eggs in a medium mixing bowl; beat 2 minutes. Beat in flour and salt until smooth. Gradually beat in boil-

ing milk, a little at a time, until well blended. Pour into a medium saucepan; heat to boiling. Stir continuously with a wire whip. Reduce heat and cook 1 minute. Beat vigorously with whip if lumps appear. Mixture will be very thick. Remove from heat; add butter and vanilla. Cool slightly. Spoon filling into pastry shells. Slice bananas and tuck several slices into filling. Replace tops. Sprinkle with powdered sugar. Refrigerate until ready to serve. Yields 16 cream puffs.

SKILLET GINGERBREAD

- 4 TBSP butter or margarine
- 1 cup Dixie Crystals dark brown sugar, firmly packed
- 1 can (29 ozs.) pear halves, drained and juice reserved
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 1/2 tsp. ginger
- 1/2 tsp. cloves
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 cup shortening
- 1 egg
- 1/2 cup molasses
- sweetened whipped cream

Preheat oven to 375°. Melt butter in a 10" ovenproof skillet; stir in 1/4 cup of brown sugar until melted. Arrange pear halves (spoke-fashion) in a ring around skillet.

Combine flour, baking soda, baking powder, ginger, cloves, cinnamon, and salt.

Cream remaining 3/4 cup brown sugar and shortening in a large bowl; beat in egg until light and fluffy, about 4 minutes. Add molasses, beat again. Measure 1 cup of the reserved pear juice and place in a small saucepan; heat to boiling. Beat flour mixture into creamed sugar mixture, alternately with pear juice, until smooth. Pour over pears in skillet. Bake 30 to 35 minutes, or until wooden pick inserted in center comes out clean. Cool in skillet 5 minutes; loosen; invert onto large serving platter. Serve warm or cold with sweetened whipped cream if you like. Yield: 8 servings.

Creole Sauce For Grilled Fish (or Chicken)

This is outrageously good stuff!

- 1 red bell pepper, roasted, diced
- 1 yellow bell pepper, roasted, diced
- 1 green bell pepper, roasted, diced
- 4 fresh tomatoes (1½ lbs.) peeled and seeded (2 cups chopped)
- ¼ cup best quality olive oil
- 1 medium onion, chopped
- 1 fat clove of garlic, minced
- 2-2½ oz. smoked ham, diced
- few dashes or pinches cayenne (to taste)
- 1 tsp. fresh basil, chopped
- 1 tsp. fresh oregano, chopped
- salt and freshly ground black pepper to taste

Roast peppers by impaling on long-handled fork and holding over burner or under broiler

until skin blisters and begins to char. If you really want to, and if you have the time in which to do so, you can peel the peppers, but we do not regard this step as being indispensable. Core and seed the peppers before dicing them. Dice the peeled, seeded tomatoes. Heat olive oil in saucepan or skillet. Add onion, garlic, peppers, and ham. Saute until onion is soft and translucent, about 3 minutes. Add tomatoes. Raise heat to high. Cook and stir until most of liquid has evaporated and sauce is getting "sludgy." Remove from heat, add fresh herbs and season to taste. Sauce should be hot and spicy.

We served ours with pan-fried swordfish: Dredge four ½" thick swordfish steaks on both sides with seasoned flour and fry in a mixture of 3 TBSP butter + 1 TBSP olive oil for about 4 minutes per side. Yields 4 portions.



DESSERT SAUCES

Strawberry Cloud with Strawberry Coulis and Creme Anglaise

(Pictured left. Adapted from a recipe by Bailee Kronowitz)

Strawberry Cloud

- 1 cup fresh strawberries, washed and hulled
- 1 cup heavy (whipping) cream
- 3 egg whites
- ⅓ cup Dixie Crystals granulated sugar
- cheesecloth
- fresh mint, for garnish
- several whole or sliced strawberries, for garnish

Put the strawberries in a blender and turn off and on quickly several times to achieve a liquid, but still somewhat pulpy mixture. Set aside.

In a chilled bowl, with chilled beaters, whip the cream until it reaches a medium thickness and holds its shape. Put in the refrigerator. Whip the egg whites until they begin to hold a shape, then reduce speed and gradually beat in the sugar. Resume speed and continue beating until the whites hold a firm shape. Fold ¼ of the whites into the whipped cream to lighten it, then fold in the remaining whites. Fold the pulpy strawberries into the whites. Line a large strainer or colander with a large piece of cheesecloth. Spoon the strawberry mixture into the lined strainer and set over a plate. Allow to drain in the refrigerator for at least 2-4 hours. Unmold on a serving platter and decorate with mint and strawberries. Serve with Strawberry Coulis and Creme Anglaise.

Coulis

A coulis is simply a term for a puree or sauce. In this case, it is a fresh fruit puree, which has been strained twice for an extra smooth texture. Raspberries can be substituted for strawberries, to go with other desserts. Both are delicious with ice cream, souffles, mousses, meringues, or fresh fruit.

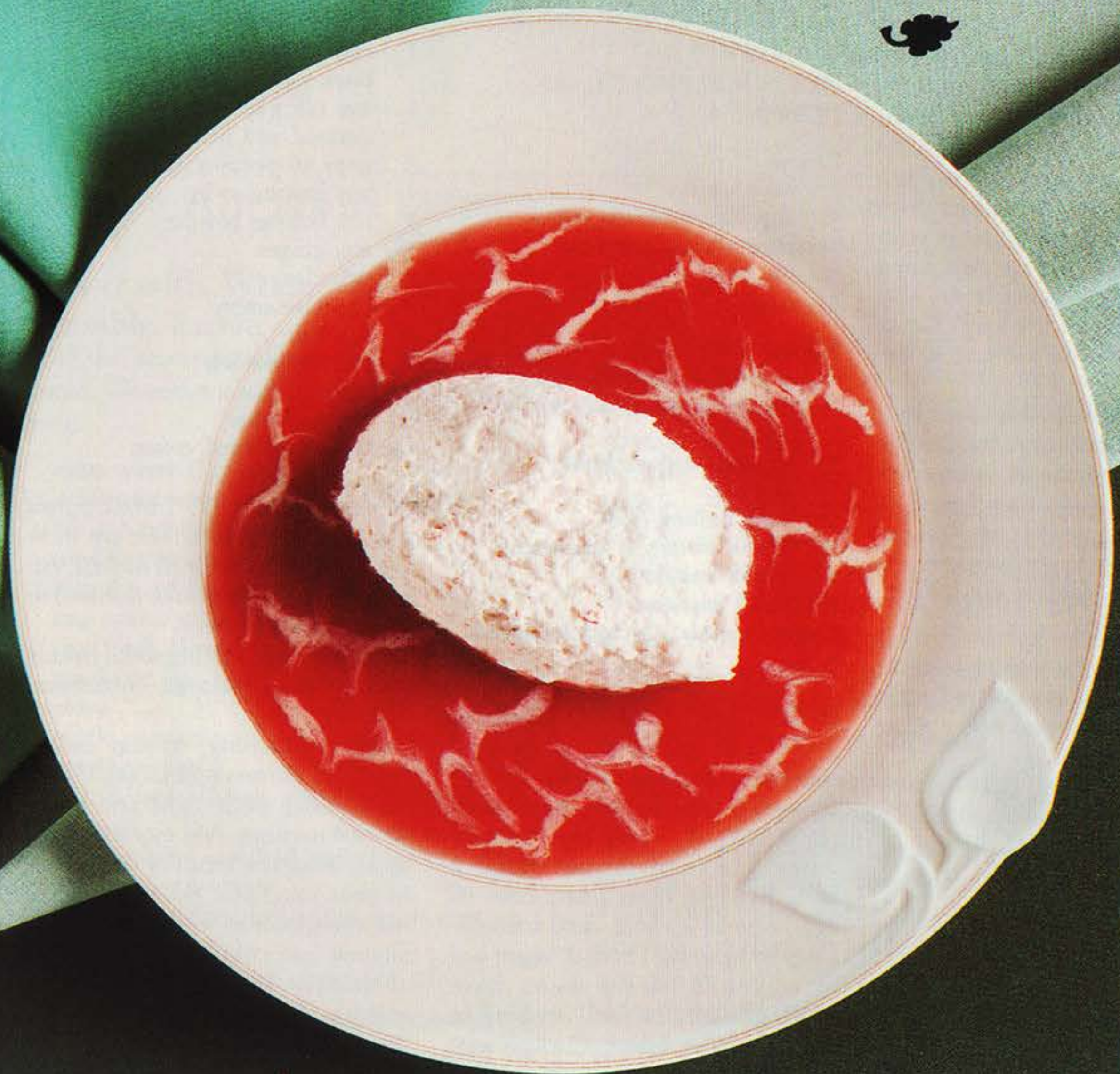
- 1 pint fresh strawberries, washed and hulled
- ⅓ cup Dixie Crystals granulated sugar, or more, to taste

Puree the prepared fruit in a blender or food processor until perfectly smooth. Strain twice, first through a medium mesh, then through a fine mesh strainer. To the strained puree, add ⅓ cup of sugar (or more, to taste), stirring until dissolved. Chill until ready to use.

Creme Anglaise

A light custard sauce and a base for many other sauces. Also a foundation for ice creams, if enriched with cream and more egg yolks.

STRAWBERRY CLOUD WITH STRAWBERRY COULIS AND CREME ANGLAISE



- 4 egg yolks
- ½ cup Dixie Crystals granulated sugar
- 1¼ cups milk
- 1 TBSP vanilla

Whisk the egg yolks, gradually beating the sugar into them. Continue whisking until the mixture is pale and creamy and forms a "ribbon." In the meantime, bring the milk to the boiling point. Slowly beat the hot milk into the yolks, pouring it in a fine stream. Pour the mixture into a clean saucepan and cook over moderate heat, stirring with a wooden spoon. Do not let the sauce simmer. When it reaches 165° on a candy thermometer and has thickened enough to lightly coat the back of your spoon, remove it from the heat. Beat for a moment, then pour through a fine mesh strainer into a metal mixing bowl. Stir in the vanilla. Set the bowl in a pan of ice water and stir until completely cooled. Cover and chill until ready to use.

Chocolate Sauce

Serve hot or warm over ice cream, pound cake—anything!

- 8 oz. best quality bittersweet chocolate, broken into pieces
- 2 TBSP water
- 3 TBSP unsalted butter, softened at room temperature
- 3 TBSP heavy cream
- 1½ TBSP Grand Marnier, dark rum, or brandy (choose the flavoring that will best compliment what you will be serving the sauce with)

Put the broken chocolate in the top of a double boiler. Add 2 TBSP of water and set over hot (simmering) water. Stir occasionally until the chocolate is completely melted and smooth. Remove from the heat and add the butter a little piece at a time, making sure each piece is incorporated before adding the next. Stir in the cream and flavoring and blend well. This sauce can be stored in the refrigerator, then reheated in a double boiler and served again.

Caramel Sauce

Serve warm over ice cream.

- ¾ cup heavy cream
- half of a vanilla bean, split in half again lengthwise
- ¾ cup Dixie Crystals granulated sugar

Combine the cream and split vanilla bean (half) in a small saucepan. Set over medium low heat and bring to a boil. At the same time you are doing this, put the sugar in a 10" non-stick skillet and stir over medium heat until it begins to melt and change color. Reduce the heat to low and continue to cook, stirring constantly, until the sugar is completely melted and caramel colored. Remove the skillet from the heat. By now, the cream should have reached the boiling point. Strain it (discarding the vanilla bean), then slowly stir it into the caramel. The mixture will inevitably lump up; don't despair.

Return the skillet to low heat and stir until the sauce is smooth and creamy. If you have any leftover (a very big if, as this sauce is incredibly good), store covered in the refrigerator. To reheat, spoon into a small saucepan and stir over low heat until smooth.

Hard Sauce

Excellent with hot puddings.

- 1 stick (½ cup) unsalted butter, softened
- 1¼ cups Dixie Crystals 10-X powdered sugar, sifted
- 2 tsp. vanilla extract, or rum, or cognac

Cream the softened butter until very light and fluffy. Reduce mixer speed and gradually beat in the sifted powdered sugar. Continue beating until mixture is smooth and creamy. Add the flavoring and beat until thoroughly blended in. Keep in an airtight container until ready to serve.

Luscious Lemon Dessert Sauce

This is lovely with fruit desserts—especially raspberry ones—and with gingerbread. Also with pound cake and bread pudding.

- ½ cup (1 stick) unsalted butter
- 1 cup Dixie Crystals granulated sugar
- 2 TBSP water
- 3 TBSP lemon juice (juice of 1 large lemon)
- 1 TBSP grated lemon peel (yellow part only)
- 2 large eggs, beaten

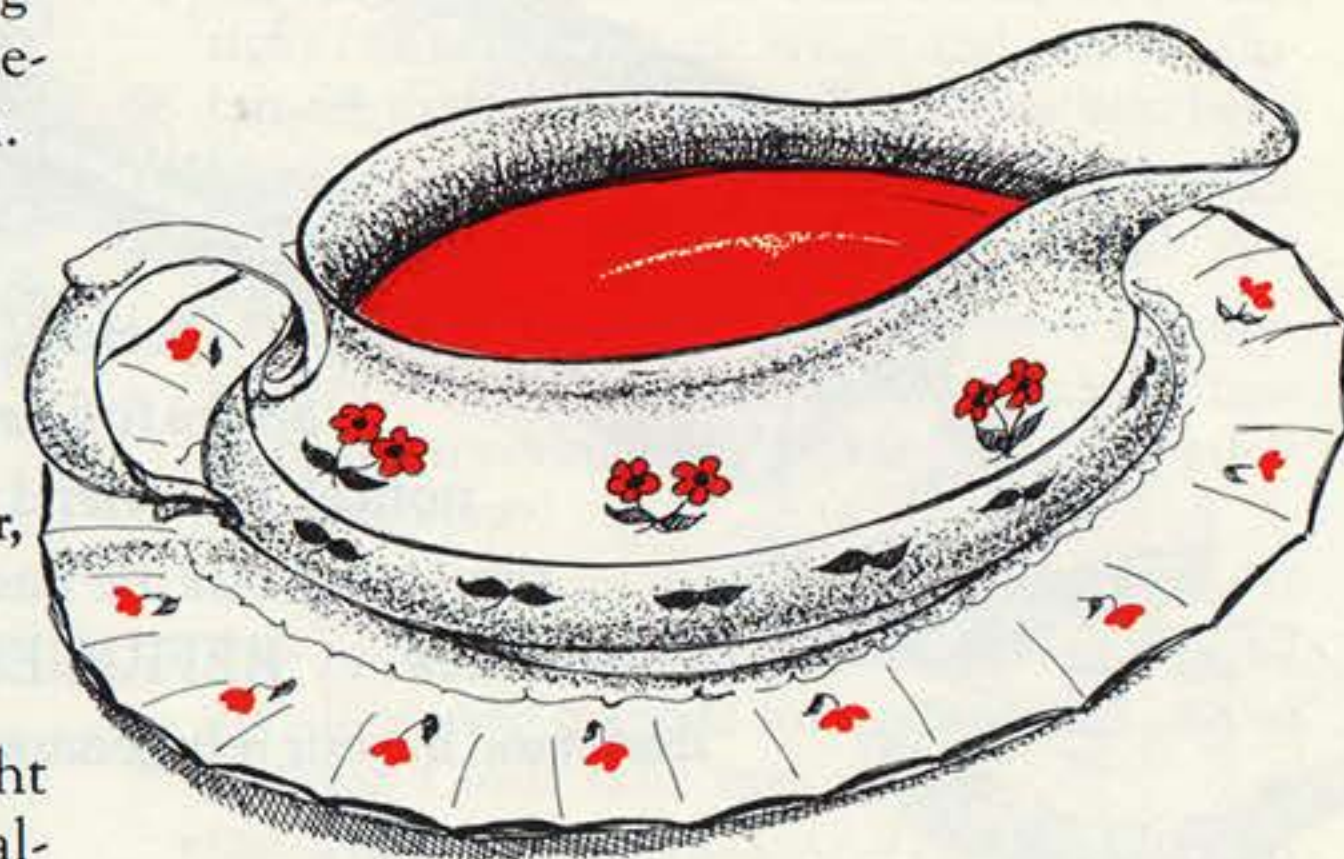
In a heavy 1 quart saucepan melt butter over low heat. Add sugar, water, lemon juice and grated rind. Cook and stir with wire whisk until sugar is dissolved. Add eggs. Increase heat slightly—to medium low. Cook and stir (with wire whisk) until sauce is thickened, about 5 minutes. Do not allow sauce to come to a boil. Remove from heat and continue to stir occasionally for a minute or two longer. Serve warm. Yields about 2 cups. (Keeps well in refrigerator.)

Note: If you cook the sauce a little longer, about 7-9 minutes, you will end up with a nice, tangy lemon curd thick enough to fill tartlets or between the layers of a cake.

Fresh Fruit Cubes with Honey-Sesame-Creme Fraiche Sauce

- | | |
|----------------|-------------------|
| honeydew melon | grapes (seedless) |
| cantaloupe | kiwi fruit |
| strawberries | mango |
| papaya | pineapple |

Choose a selection of fruits in season whose colors will compliment each other. Wash grapes or strawberries under cold running water. Cut flesh of large fruits from rind or husk, peel off skin, scoop out and discard seeds, core pineapple, etc. Cut in bite size pieces where applicable. Serve with toothpicks.



Honey-Sesame-Creme Fraiche Sauce

- ¼ cup sesame seeds
- 1½ cup creme fraiche
- 6 TBSP honey
- scant 1 tsp. (or few splashes) lemon juice

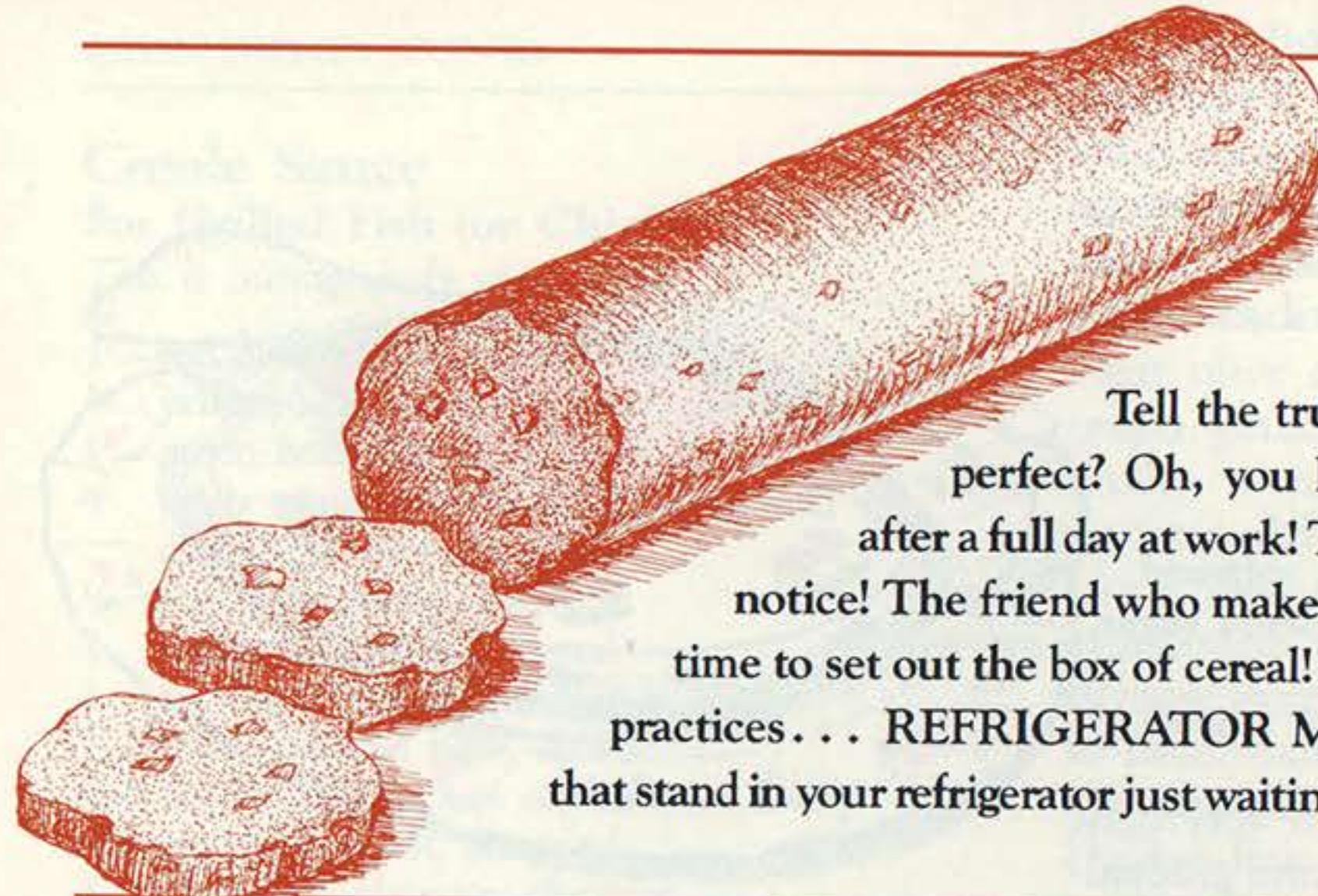
Toast sesame seeds in a small dry skillet over medium heat, stirring constantly, until they are light golden brown, about 3-4 minutes. Remove from heat, let seeds cool to room temperature, and grind in mortar with pestle or place between sheets of waxed paper and crush with rolling pin. Place all ingredients in a bowl and stir well to mix. Cover and refrigerate until serving time. Serve with cubed fresh fruit in season. Yields about 2 cups; recipe can be doubled.

Eggnog Sauce

This is excellent with almost any kind of warm apple dessert: pie, cobbler, or crisp, but isn't recommended for cholesterol watchers.

- 12 large egg yolks
- 1 cup Dixie Crystals granulated sugar
- 4 cups half-and-half, scalded
- ¼ cup very best quality dark rum
- 1 tsp. vanilla extract
- ¼ tsp. freshly grated nutmeg, or to taste

Whisk yolks and sugar together in large mixing bowl until thick and light in color. Slowly and gradually whisk in scalded half-and-half. Pour mixture into top pan of goodsize double boiler. Cook over simmering water, whisking constantly, until mixture is thickened and coats a spoon, about 15 minutes. For maximum smoothness and creamiest texture, strain through fine mesh sieve when you transfer sauce from double boiler to medium-size mixing bowl. Carefully place bowl of sauce inside large bowl filled about halfway up with ice water, and continue to stir for a minute or two longer before stirring in rum, vanilla and nutmeg. Let sauce cool to room temperature before refrigerating. Yields 6 cups. Recipe may be halved.



WINNING BREADS (and other secrets) OF BUSY BREADWINNERS

Tell the truth . . . have you ever envied or secretly resented that friend of yours who seems perfect? Oh, you know . . . that friend who serves perfectly delicious homemade dinner rolls . . . after a full day at work! The friend who magically produces any number of homebaked goodies at a moment's notice! The friend who makes waffles or scratch (yes, scratch) biscuits for breakfast, when you just barely have time to set out the box of cereal! Want to know your perfect friend's secret? Well, it's perfectly simple! Your friend practices . . . REFRIGERATOR MAGIC . . . and NOW you can too . . . with our recipes for doughs and batters that stand in your refrigerator just waiting to make a magician out of you! Now . . . if you can just learn to twitch your nose . . .

Hocus-Pocus Yeast Dough

This is one of the finest recipes for refrigerator yeast bread you will ever taste. It is versatile, long-lasting and OH-SO-DELICIOUS!

- 2 cups boiling water
- 1 cup Dixie Crystals granulated sugar
- 1 TBSP salt
- ¼ cup shortening
- 2 packages active dry yeast
- ¼ cup lukewarm water
- 1 TBSP Dixie Crystals granulated sugar
- 2 eggs, beaten
- 8 cups bread flour

Mix boiling water with sugar, salt and shortening. Cool to lukewarm. Soften yeast in ¼ cup lukewarm water with 1 TBSP sugar. Add yeast mixture and beaten eggs to first mixture. Stir in 4 cups of bread flour and beat thoroughly. Add remaining 4 cups of bread flour, one cup at a time, kneading thoroughly to a smooth dough. Place dough in a large greased bowl, turn once to coat all surfaces thoroughly with grease. Cover bowl tightly and store in your refrigerator at a low even temperature. Properly stored, this dough will keep for 5 or 6 days.

Baking Instructions: This basic refrigerator dough can be used to make any shape dinner roll, a basic white loaf, sweet cinnamon rolls or rolled cinnamon raisin bread.

Dinner Rolls: Pinch off small portions of dough and shape as desired. Place in greased muffin tins or on greased baking sheets. Allow to rise until doubled in bulk, about 2 hours. Bake in a 425° oven 15-20 minutes or until golden brown. Recipe yields 3-4 dozen dinner rolls.

Basic White Loaf: Divide dough into 3 equal portions. Shape into loaves and place in greased 8½x4½x2½" loaf pans or on greased baking sheets. Allow to rise until doubled in bulk, about 4 hours. Bake in a 400° oven 20-25 minutes or until crust is golden brown and bread sounds hollow when tapped. Recipe yields 3 small loaves.

Cinnamon Rolls & Rolled Cinnamon Raisin Bread: Flatten half of dough into a large rectangle about ½" thick. Brush surface with melted butter (about 2 TBSP) and sprinkle to taste with cinnamon sugar, raisins and nuts. Roll up dough jelly roll fashion.

For Rolled Cinnamon Raisin Bread: Place on greased baking sheet and allow to rise until doubled in bulk, 3-4 hours. Bake in a 400° oven for 20-25 minutes or until crust is golden brown and bread sounds hollow when tapped.

For Cinnamon Rolls: Slice roll into 1" portions. Lay slices side by side in a greased baking pan. Allow to rise until doubled in bulk, about 2 hours. Bake in a 400° oven for 15-20 minutes or until golden brown. To glaze: Combine 1 cup confectioners sugar with 2 TBSP of boiling water and ¼ tsp. vanilla extract. Stir with a fork until smooth and drizzle over hot cinnamon rolls. Recipe yields 18-24 cinnamon rolls.

Whole Wheat Refrigerator Rolls

- ¾ cup water
- ½ cup butter
- ⅓ cup Dixie Crystals dark brown sugar
- 1 tsp. salt
- 2 eggs, beaten
- ¼ cup lukewarm water
- 1 package active dry yeast
- 1 tsp. Dixie Crystals dark brown sugar
- 3 cups bread flour
- 1 cup whole wheat flour
- 1 tsp. ground cinnamon

Heat water, butter, ⅓ cup dark brown sugar and salt in a small saucepan until butter has melted and sugar has dissolved. Cool to lukewarm. Beat eggs well and add to mixture. Soften yeast in ¼ cup lukewarm water with 1 tsp. dark brown sugar. When yeast mixture is bubbly, about 5 minutes, add to first mixture. Mix bread flour, whole wheat flour and cinnamon together until blended. Add 2 cups of the flour mixture to the wet mixture. Stir well to blend. Add remaining flour mixture one cup at a time until a stiff dough is formed. Turn out onto a lightly floured surface and knead until smooth, about 10 minutes. Place dough in a greased bowl. Turn to coat all surfaces. Cover and allow to rise until double in bulk, about one hour. Punch down, cover tightly and place in refrigerator. When ready to use, pinch off desired portions, shape and place in greased pans. Allow to rise until doubled in bulk, about 1 hour. Bake in a 425° oven for 10-20 minutes or until golden brown. Recipe yields approximately 3 dozen rolls.

Refrigerated Buttermilk Biscuits

- 2 cups self-rising flour, stirred but not sifted
- ¼ tsp. baking soda
- ¼ cup shortening
- 1 TBSP butter
- ¾ cup + 2 TBSP buttermilk

Sift flour and baking soda together. Cut in shortening and butter until mixture is like coarse crumbs. Blend in buttermilk with a fork, until dough leaves the sides of the bowl. Knead on a lightly floured surface, 10-12 times or until dough is slightly smooth. Place in a tightly covered bowl and store in your refrigerator. When ready to bake, pinch off portions of dough about the size of a golf ball. Roll into balls by hand and place in a greased baking pan. Press down lightly with your fingers to flatten. Handle dough as little as possible. Bake in a 450° oven approximately 20 minutes, or until lightly browned. Serve hot. Recipe yields 1 dozen biscuits. Dough will remain fresh in your refrigerator 3-4 days.

Light and Lazy Biscuits

- 1 package active dry yeast
- ⅓ cup lukewarm water
- 1 tsp. Dixie Crystals granulated sugar
- 5 cups self-rising flour
- ½ tsp. baking soda
- ¼ cup Dixie Crystals granulated sugar
- 1 cup shortening, melted
- 2 cups buttermilk

Soften yeast in lukewarm water with 1 tsp. sugar. Stand until bubbly, about 5 minutes. Sift flour, baking soda and sugar together. Pour yeast mixture, melted shortening and buttermilk into flour mixture. Stir with a fork until dough leaves the sides of the bowl. Place in a large bowl, cover tightly and refrigerate. When ready to use, turn dough out of bowl onto a lightly floured surface. Knead 4-5 times. Roll out ½" thick and cut with a 2" cutter. Place close together on a greased baking sheet. Or you may omit rolling and simply pinch off small portions of dough. Roll into balls, handling as little as possible. Place close together in a greased baking pan and press lightly with your fingers to flatten. Bake in a 450° oven for 12-15 minutes. Dough will keep refrigerated 2-3 days. Recipe yields 2 to 2½ dozen biscuits.

Magic Muffins

Create your own muffins . . . a different kind each day of the week . . . for two full weeks . . . from one batter . . . that you whip up in a minute and hold in your refrigerator!

- 7 cups all-purpose flour
- 3 cups Dixie Crystals granulated sugar
- 5 tsp. baking soda
- 2 tsp. salt
- 1 quart buttermilk
- 1 cup oil
- 4 eggs

Sift flour, sugar, soda and salt together in a large bowl. Beat buttermilk with oil and eggs until well blended and slightly thick. Stir wet ingredients into dry ingredients until just moistened. Cover tightly and store in the refrigerator. To bake, mix with desired ingredients, and spoon into greased muffin tins. Bake in a 425° oven approximately 20 minutes. Cool in tins 2-3 minutes, pop out and serve! Recipe yields approximately 5 dozen muffins. Here are some muffin variations we know you'll love. . .

Banana Nut Muffins: Mash one medium banana and stir into 1 cup of Magic Muffin batter along with 2 TBSP chopped nuts. Yields 6 muffins.

Blueberry Muffins: Stir ¼ cup blueberries into 1 cup of Magic Muffin batter. Yields 6 muffins. Frozen blueberries are fine to use if defrosted and well drained before mixing.

Apple Walnut Muffins: Finely chop ½ apple and add to 1 cup of Magic Muffin batter along with 2 TBSP chopped walnuts and ⅛ tsp. cinnamon. Yields 6 muffins.

Bran Muffins: Add ¼ cup bran cereal and ⅛ tsp. cinnamon to 1 cup of Magic Muffin batter. Yields 6 muffins.

Raisin Spice Muffins: Add 2 TBSP raisins and ½ tsp. cinnamon to 1 cup of Magic Muffin batter. Yields 6 muffins.

Spiced Nut Muffins: Add 2 TBSP chopped nuts, ¼ tsp. cinnamon and ¼ tsp. nutmeg to 1 cup of Magic Muffin batter. Yields 6 muffins.

Those Sweet Icebox Memories

Who remembers iceboxes? Who remembers all those wonderful cookie doughs that were kept hidden in the back of the box . . . (the dough had to be hidden, you see, or it never made it to the cookie stage! A nibble here, a snatch there . . . OH, the memories!) Here's our collection of Icebox Cookies . . . PLEASE enjoy . . . and NO DOUGH SNITCHING!

Old Fashioned Sugar Cookies

- ½ cup butter
- 1 cup Dixie Crystals granulated sugar
- 1 egg
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- ½ tsp. salt
- 1 tsp. baking powder
- sugar, sprinkles or nonpareils (decorations)

Cream butter with sugar until light and fluffy. Add egg and vanilla extract. Sift the flour with the salt and baking powder and add to the creamed mixture. Chill thoroughly. When

dough has chilled firm, shape into two logs about 1½" each in diameter. Wrap logs tightly in plastic wrap and hold in the refrigerator until desired. To bake, slice dough thinly (about ⅛") and place one inch apart on lightly greased baking sheet. Sprinkle lightly with granulated sugar or the decoration of your choice. Bake in a 350° oven for 5 minutes. Recipe yields 4-5 dozen small cookies. Dough will remain fresh about 3 weeks.

Brown Sugar Nut Cookies

- 1 cup butter
- 2 cups Dixie Crystals light brown sugar
- 2 eggs
- 1 tsp. vanilla extract
- 3 cups all-purpose flour
- 1 TBSP baking powder
- ½ tsp. salt
- 1 cup chopped walnuts or pecans

Cream the butter with the sugar until light and fluffy. Add the eggs and vanilla and beat until light again. Sift the flour with the baking powder and salt and work thoroughly into creamed mixture. Stir in the walnuts or pecans. Chill for easier handling. Shape into a log 1½" in diameter. Wrap tightly with plastic wrap and chill. To bake, slice dough as thin as possible. Place about 1" apart and bake on greased baking sheets in a 375° oven for 8 minutes. Recipe yields 4-5 dozen large cookies. Dough will keep approximately 3 weeks.



Chocolate Pinwheel Cookies

- ½ cup butter
- ¾ cup Dixie Crystals granulated sugar
- 1 egg
- 1 tsp. vanilla extract
- grated rind from ½ lemon
- 1¾ cups all purpose flour
- ½ tsp. baking powder
- ½ tsp. salt
- ¼ cup finely chopped walnuts or pecans
- 1 oz. (square) unsweetened chocolate

Cream the butter and sugar together until light and fluffy. Add the egg, vanilla and lemon rind and beat until light again. Sift together the flour, baking powder and salt and add to creamed mixture. Stir in nuts. Divide dough into two equal parts. Melt chocolate and mix into one part of the dough. Chill dough until firm.

To Form Pinwheels: Roll out each half of the chilled dough onto a large piece of waxed paper to form a rectangle approximately 12x10". Lift chocolate dough by the corners of the waxed paper, and flip on top of plain dough. Peel away top layer of waxed paper. Press gently with your hands to secure doughs together. Roll the dough as you would a jelly roll. Wrap tightly in plastic wrap and re-chill until firm. To bake, slice cookies approximately ⅛" thick and place about 1" apart on a greased baking sheet. Bake in a 375° oven 8-10 minutes. Recipe yields about 3 dozen cookies. Dough will keep approximately 3 weeks.

SOME DOUGH DO'S AND DON'TS

- "Properly Stored" ALWAYS means in an airtight container. Plastic wraps and plastic containers that can be 'burped' are your best bets.
- Use the freshest ingredients you can find in your refrigerator doughs for a long shelf life!
- Chill cookie doughs thoroughly before attempting to handle. If you still have a 'sticky' situation, try spraying your hands with a no stick cooking spray!
- Check your yeast doughs once a day to see if they need to be 'punched down.' If your doughs are allowed to overrise for an extended period of time, a sour taste may appear.
- Shine on . . . Brush the tops of your breads, rolls and cookies with a lightly beaten egg white just before baking . . . for a professional appearance!



A SUGAR SCOOP

Did you know that you can use Dixie Crystals light brown sugar in place of honey or maple syrup in any recipe? Simply use an equal measure of sugar for the honey or syrup and increase the liquid in the recipe by ¼ cup!

CREDITS

Marble - Savannah Marble Company, Savannah, GA
Gorham "Melon Bud"* - Levy Jewelers, Savannah, GA
Royal Doulton "Avignon" - Levy Jewelers, Savannah, GA

Noritake "Devotion" - Belk Oglethorpe Mall, Savannah, GA

Royal Doulton "Sophistication" - Levy Jewelers, Savannah, GA

Beef/Bernaise: Ginori "Contessa" - Cottage Shop, Savannah, GA

Duck/Orange: Fitz & Floyd "Renaissance" - Cottage Shop, Savannah, GA

Caulif/Mornay: Lenox "Mansfield" - Belk Oglethorpe Mall, Savannah, GA

Strawberry: Hutschenreuther "Chloe" - Belk Oglethorpe Mall, Savannah, GA

*Gravy boats listed, as pictured on cover, clockwise from top.

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Oysters may be purchased in several forms:

In Shell (live) - Available by the dozen or bushel. Shells should be tightly closed. If the shell is opened you should be able to tap on it and the oyster should close. If it doesn't it is dead and needs to be discarded. Live oysters will remain live from 7-10 days if stored in the refrigerator at 35°-40°F.

On Half Shell - Oysters purchased fresh on the half shell will maintain quality for 1-2 days if stored on ice in the refrigerator.

Freshly Shucked - Fresh shucked oysters should be plump with no evidence of shrinking and have a natural creamy color and clear liquid. If iced and kept in the refrigerator they will maintain quality for about seven days. Follow the freshness date on the container if there is one.

Commercially Frozen - These oysters are frozen to extend their shelf life. They are flash frozen which contributes to their good quality.

- For an Oyster Roast plan on one bushel for 6-8 people.

- Some oyster lovers will eat more when oysters are fried or served on the half shell.

Oysters Leftover - What To Do?

Oysters lose considerable quality during home freezing and can be used successfully only in casseroles, stews or fried. If freezing is necessary, freshly shucked oysters can be frozen in the commercially packed can in which they were purchased or frozen in their own liquid in a size container which will have very little remaining airspace when sealed.

Use frozen oysters within two months or sooner if possible. (Cooked oysters should never be home frozen.) Thaw in the refrigerator or in an airtight container under cold running water. Like other seafood, once thawed, oysters should never be refrozen.

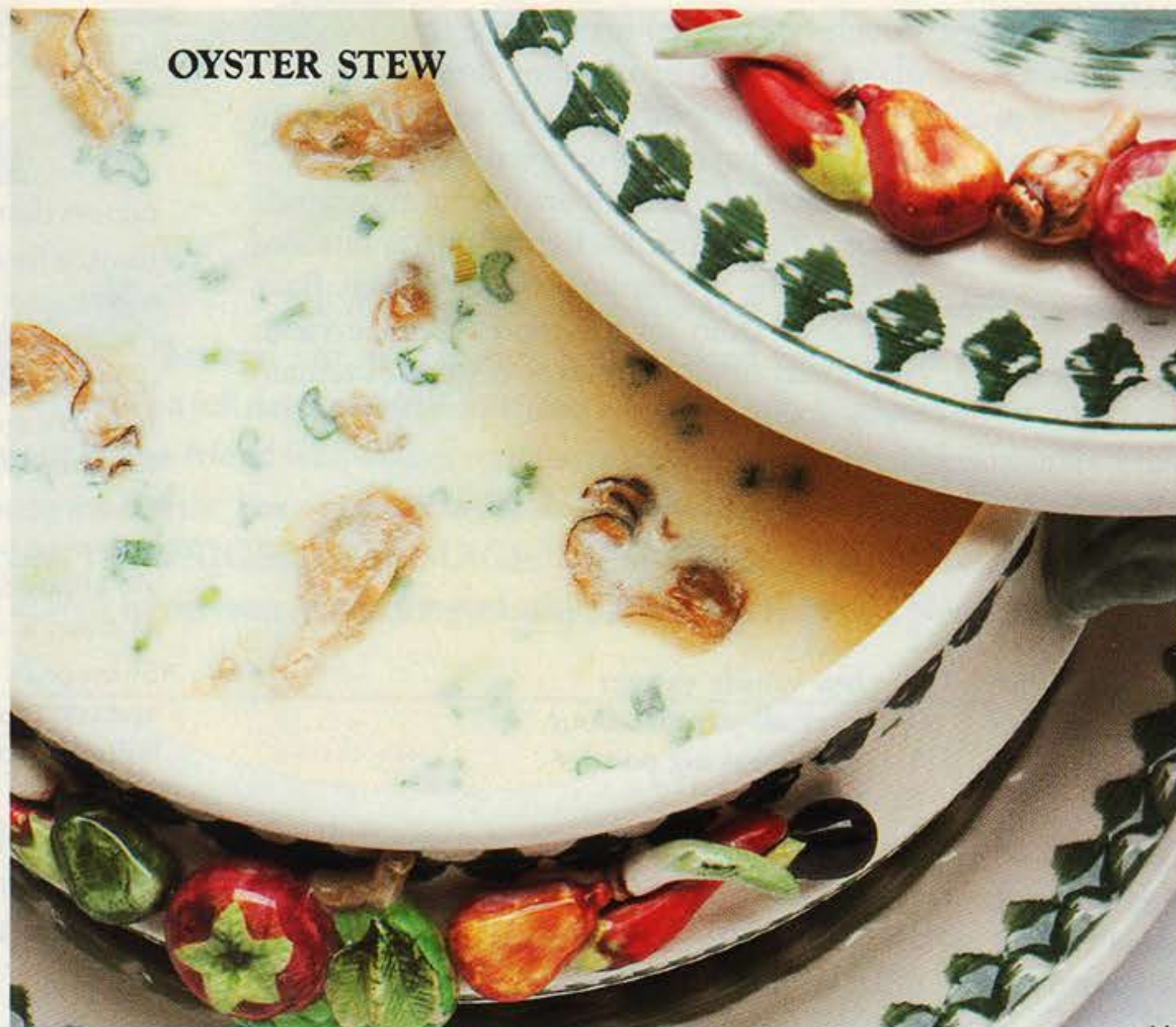
Common Oyster Sizes:

Extra Large Count	- rarely available
Select	- large
Standard	- smaller
Stewing	- even smaller

Oysters may be cooked in the following methods: Broiled, Fried, Roasted, Stewed, Simmered, Baked, Steamed, and Microwaved. Oysters are done when the edges curl.

To Microwave: Arrange in spoke fashion in a microwave dish. Cook on high 3-5 minutes until the shells begin to open.

OYSTER STEW



Savannah Classics

The man had sure a palate covered o'er
With brass or steel, that on the rocky shore
First broke the cozy oysters' pearly coat
And risked the living morsel down his throat
Author, John Gay, English poet, who died in 1732

Oysters are the most tender and delicate of all seafoods. Do you know why? Because of their laziness. They stay in bed day and night. They never work or take any exercise. They are dainty and easily digested because their idleness never builds any tough muscular tissues. As drinkers, they are stupendous, guzzling about a hundred and sixty quarts of sea water a day.

Oysters take top billing whether served in their purest form "raw" on the half shell, as a gourmet creation in one of our fancy restaurants or at Savannah's favorite home entertainment the "Oyster Roast."

Nutritionally oysters are a great choice. They are one of nature's richest sources of iron, most of the essential vitamins and calcium. Low in calories, three ounces (approximately six oysters) contain only 53 calories and 45 milligrams of cholesterol. This ranks them lower than chicken and right along with the other low-fat fish such as flounder, grouper, etc.

How Many To Buy:

- Allow 1/3-1/2 pint of shucked oysters per person.
- One pint shucked oysters is usually added to a dish to serve 4-6 people.
- Three dozen oysters in the shell will serve six people.

Oyster Stew

Probably the most classic way that oysters are served in Savannah is in a stew made of milk, or heavy cream and lightly seasoned. Good cooks claim their own family version is best. Here is one to enjoy!

- 2-3 stalks celery (finely chopped)
- 1 small fresh bunch green onions (finely chopped)
- 3 TBSP butter
- 1 pint oysters
- 1/2 tsp. salt
- 1/8 tsp. white pepper
- 1/8 tsp. mace
- freshly chopped parsley
- 1 pint half-and-half
- 2 cups whole milk

Saute celery and onions in butter until soft. Add oysters and liquid. Add salt, pepper, mace and parsley. Simmer

until oysters begin to curl. Add half and half and milk. Heat thoroughly, but do not boil. Remove from heat and serve. Serves 4.

Fried Oysters

- 1 pint oysters
- 1 cup flour
- 3 eggs, beaten
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 TBSP lemon juice
- fine cracker crumbs
- butter for frying

Drain the oysters well and dredge them in flour. Beat the eggs with the salt, pepper and lemon juice and dip the floured oysters into this mixture, shaking off any excess. Roll in fine cracker crumbs.

Melt the butter in a heavy skillet and fry the oysters over medium-high heat until golden brown. Drain on paper towels and serve immediately, with lemon wedges or tartar sauce.

Oyster Souffle

- 1 pint shucked oysters
- 2 cups oyster cracker crumbs
- 1/4 cup melted butter
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 8 oz. half-and-half
- 2 tsp. sherry (optional)

Wash oysters and cut large ones in half. Mix cracker crumbs and butter together. Grease a shallow baking dish. Arrange a layer of half the buttered crumbs in the dish, then layer oysters over this. Sprinkle with salt and pepper. Cover with remaining crumbs and pour half-and-half (mixed with sherry, if using) over this. Dot with butter. Bake in 400° oven about 20 minutes, or until liquid has absorbed.

