

# Homemade Good News

Vol. IX A CULINARY PUBLICATION FROM DIXIE CRYSTALS SUGAR No. 1



Pizza with the Works  
Recipe on page 4.



# PIZZA · STEP BY STEP



**WARNING, WARNING, WARNING.** These recipes may be harmful to your fast food lifestyle! They are guaranteed to alter your pizza T.A.L. (Taste Acceptance Level) forever. So, if you are happy with lukewarm cardboard crusts and tasteless toppings that come fresh from your front door, *approach with caution!*

We are going to show you how to create your own homemade pizzas fresh from your oven and faster than you ever thought possible. But, the flavor will spoil you forever. So, don't say we didn't warn you!

## Basic Pizza Crust

Here is a recipe for a basic yeast crust for a terrific pizza. This is a good recipe for the yeast novice, because it "softens" the yeast in warm sugar water before adding it to the recipe. This process assures the baker that the yeast is active and the liquid is the proper temperature before the dough is set aside to rise.

- 1 cup lukewarm water (105° to 115°)
- 1 tsp. Dixie Crystals granulated sugar
- 1 package active dry yeast
- 2½ to 3¼ cups all purpose flour
- 1 tsp. salt
- 2 TBSP vegetable oil or olive oil

Stir sugar into lukewarm water. Sprinkle yeast over sugar water and stir to dissolve. Allow yeast water to stand approximately 5 minutes until "soft" or foamy. Stir 2 cups of flour together with the salt, oil and yeast water. Gradually add remaining flour, stirring until a stiff dough is formed. Turn dough out onto a lightly floured surface and knead until smooth and elastic, approximately 10 minutes. Coat dough lightly with oil and place in a covered bowl to rise until doubled in size, approximately 30 minutes. Punch dough down and allow to rest about 10 minutes before shaping. Divide dough in half and roll or press into two 12-inch rounds. Place pizzas on lightly greased pizza pans or baking sheets and top with sauce and your choice of cheeses and toppings. Bake in a preheated 400° oven for 15-20 minutes or until crust is lightly browned and cheese is bubbling. Recipe yields two 12-inch thin crusts or one thick 14-inch crust.

**Do you love whole grained breads?** Substitute one cup of whole wheat flour for one cup of the all-purpose flour.

**Variety is the spice of life!** Spice up this crust by adding your favorite seasoning directly to the dough. Toss in a couple of

tablespoons of oregano, basil, parsley or dill while kneading, or try two tablespoons of grated Romano or Parmesan cheese.

## Quick Crust Pizza

Here's a pizza dough that rises in 15 minutes!

- 1¾ to 2 cups bread flour, divided
- ½ tsp. salt
- 2 tsp. Dixie Crystals granulated sugar
- 1 envelope quick rising yeast
- ¾ cup hot water 125° to 130°F)
- vegetable oil (for coating)

Combine 1 cup of bread flour with the salt, sugar and quick rising yeast. Mix well to blend. Pour hot water into dry mixture and stir to form a dough. Turn out onto a lightly floured surface and knead in enough of the remaining bread flour to form a stiff dough. Continue kneading until smooth and elastic, about 5 minutes. Coat dough lightly with vegetable oil and place in a covered bowl. Allow bowl to stand at room temperature until dough has doubled in bulk, 10-15 minutes. Punch dough down and roll out into a 12-inch circle. Place dough on an oiled 12-inch pizza pan or large baking sheet and brush lightly with oil before topping. Top with any of our great pizza sauces and your choice of meats, cheeses and vegetables! Bake in a preheated 400° oven for approximately 20 minutes, or until crust is golden brown. Recipe yields one 12-inch pizza crust.

## Batter Crust

- 1 cup bread flour
- 3 TBSP cornstarch
- 2 tsp. Dixie Crystals granulated sugar
- 1 tsp. salt
- 2 tsp. baking powder
- ¾ cup water

Combine bread flour, cornstarch, sugar, salt and baking powder together in a mixing bowl. Stir well to blend. Slowly stir water into dry ingredients. Beat well with a wooden spoon. Add 2-3 tablespoons of additional water to batter, if necessary. Pour batter onto a greased 12-inch pizza pan. Tilt and rotate pan to allow batter to flow evenly over the entire surface of the pan. Bake untopped crust 5-7 minutes in a preheated 400° oven, or until the surface of the crust is dry to the touch. Remove crust from the oven and add sauce and toppings. Return pizza to the oven and complete baking, 10-15 minutes, or until crust is golden brown and cheeses have melted. Recipe yields one 12-inch pizza crust.

## The Final Word on Crusts

All flours are not created equally and are not intended to be all things to all recipes. The choices are many and it's easy to feel totally inadequate simply trying to buy flour these days.

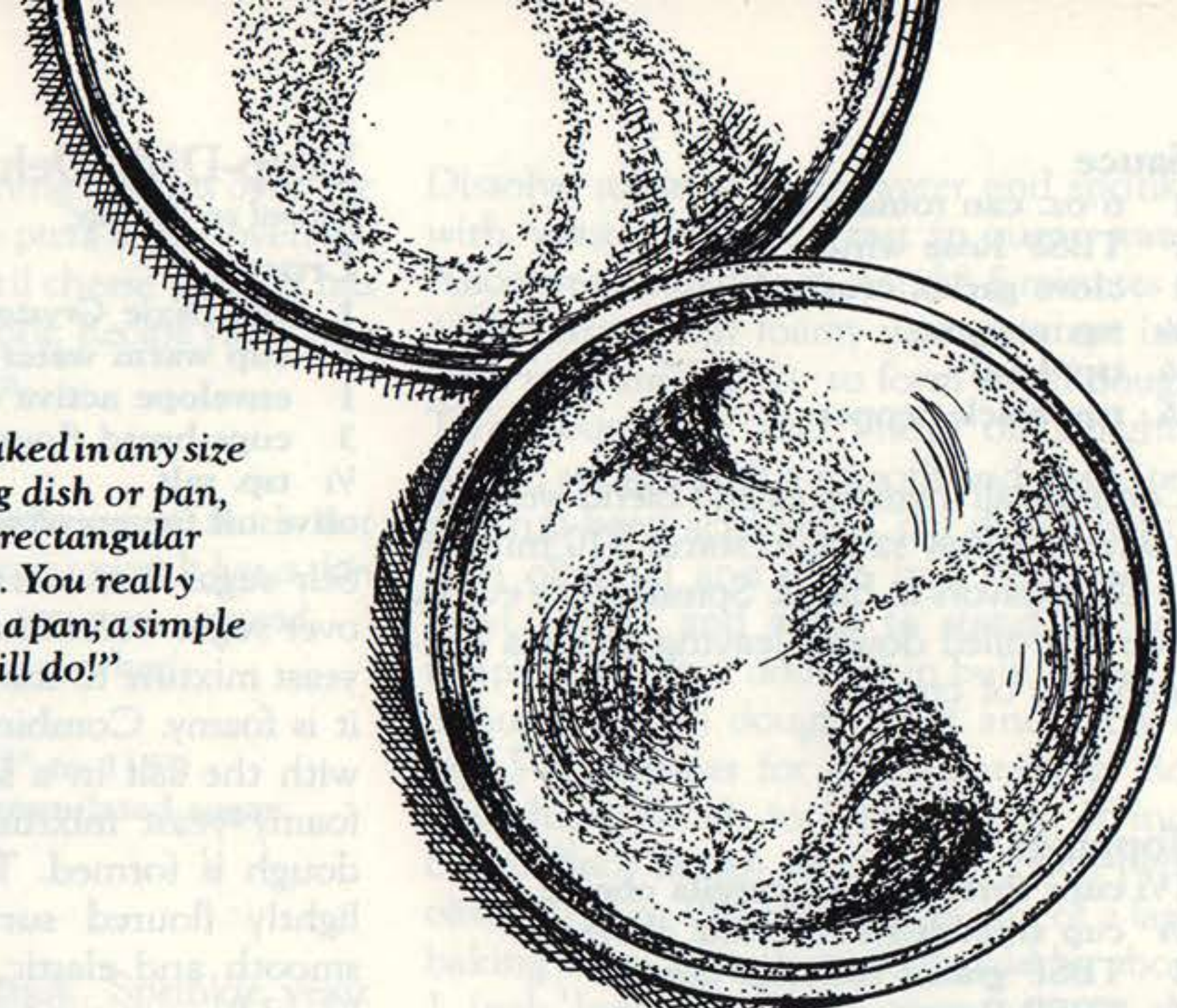
Most recipes have been developed using "bread flour," which is easily identified by the words, bread flour, right on the package. If it doesn't say bread flour, it isn't! If you can't find bread flour in your supermarket, look for unbleached all-purpose flour. It is a perfectly acceptable substitute. All-purpose flour may also be substituted for these two flours as a last resort. Bread flour and unbleached all-purpose flour are specifically designed for bread baking. They both have higher gluten contents than all-purpose flour and they absorb more liquid in the mixing process, allowing you to use less flour. This translates into a moister, chewier and lighter crust everytime. If a recipe calls for all-purpose flour, then by all means use it! These recipes have the amount of liquid adjusted to fit the flour.

## SOME DOUGH'S AND DON'TS

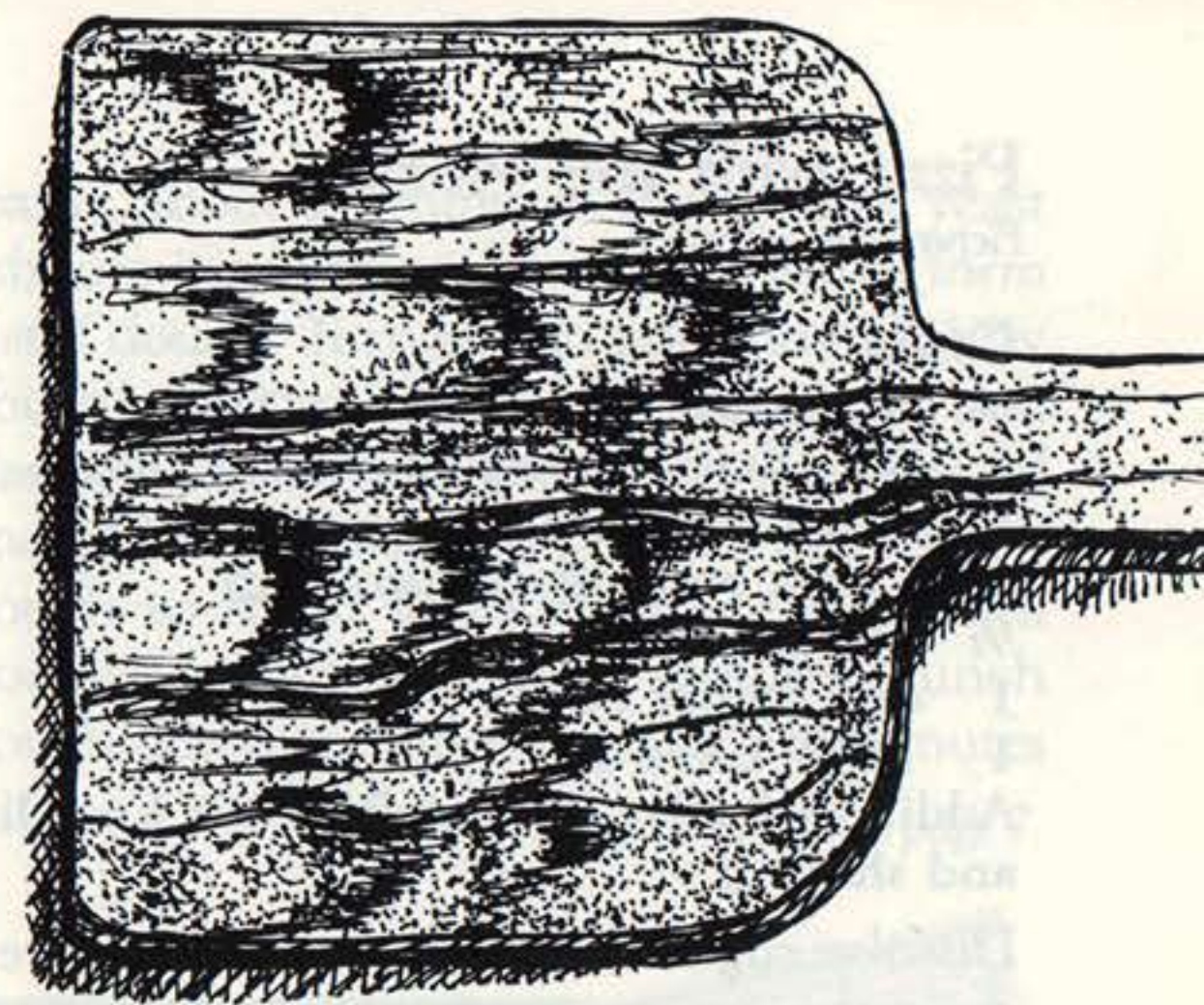
The secret to a great pizza always lies in the crust! The variety can be endless and the choices can be yours. All you "knead" is a little know-how! If the simple word "yeast" intimidates you, then get ready to roll up your sleeves and conquer your fear of this mysterious powder. Here are some guidelines that guarantee your "rising" success.

1. Read your recipe through at least one time, making sure you fully understand the directions.
2. Gather all of your ingredients together before you begin your preparations. Go ahead and measure out everything to avoid fumbling once you have started mixing.
3. Use a candy thermometer to determine the exact temperature of the liquid in your dough. If a recipe says the liquid should be "lukewarm" or "warm to your fingertips"; the temperature should range between





"Pizza can be baked in any size or shape baking dish or pan, even square or rectangular pans if you like. You really don't even need a pan; a simple baking sheet will do!"



# PIZZA · STEP BY STEP

105° and 115°. If a recipe calls for a "hot" liquid, the temperature should range between 120° and 130°.

4. When using eggs in a yeast dough, allow eggs to stand at room temperature about 30 minutes before adding to the dough.

5. Add flour to your dough gradually, stirring and kneading as you go. The longer you knead the dough, the less sticky it will become. Keep your hands and the kneading surface lightly floured at all times. But, be careful not to add more flour than the recipe calls for. Your goal is to form a round, smooth ball of dough that has a light springy texture. The process should take about 10 minutes for pizza doughs, but it is impossible to overknead any dough when kneading by hand. Most troubles are the result of underkneading, not over-kneading!

6. Pizza dough generally requires only one rising time, so let's do it right. Always coat your dough lightly with oil and place in a deep bowl for rising. Cover the bowl with plastic wrap or foil and set in a warm, draft-free place. Rising times will vary with the ingredients used as well as the temperature and humidity of the surrounding air. A good test for doneness is to insert two fingers into the center of the risen dough about ½ inch deep. If the indentation remains, the dough has sufficiently risen. If the indentation fills in, allow the dough to rise a few minutes longer.

7. Once your dough has risen sufficiently, it should be punched down and shaped to suit your fancy. A 5-10 minute "resting" period between punching down and shaping will allow your dough to relax, making it easier to handle for shaping.

## THE SHAPE OF SUCCESS

Traditionally, pizzas are round, but we only follow tradition when it suits us, and so can you! Pizzas can be baked in any size or shape baking dish or pan, even square or rectangular pans if you like. You really don't even need a pan; a simple baking sheet will do.

Always start with a nice round ball of dough and a lightly floured surface. Spread dough out flatly and evenly from a center point with either the heels of your hands or a large rolling pin. Lift and rotate dough occasionally on the floured surface to prevent sticking. As you gain confidence, feel free to pick up the dough and toss it lightly over closed fists, allowing the weight of the dough to stretch and shape the pizza as you work with it. Go on, give it a try. It really does work!

Dough recipes always give a suggested pan size, but the dough can easily be formed to change a pan size up or down, as you prefer. Don't run all over town trying to find a particular sized pan. Simply shape your dough to form a little thicker or thinner crust.

All baking equipment should be thought of as an investment in your time as well as your pocketbook. Flimsy equipment produces poor quality baked foods everytime! Pizza pans are readily available in grocery stores as well as gourmet specialty shops, but they don't have to have a golden price tag to produce a great pizza.

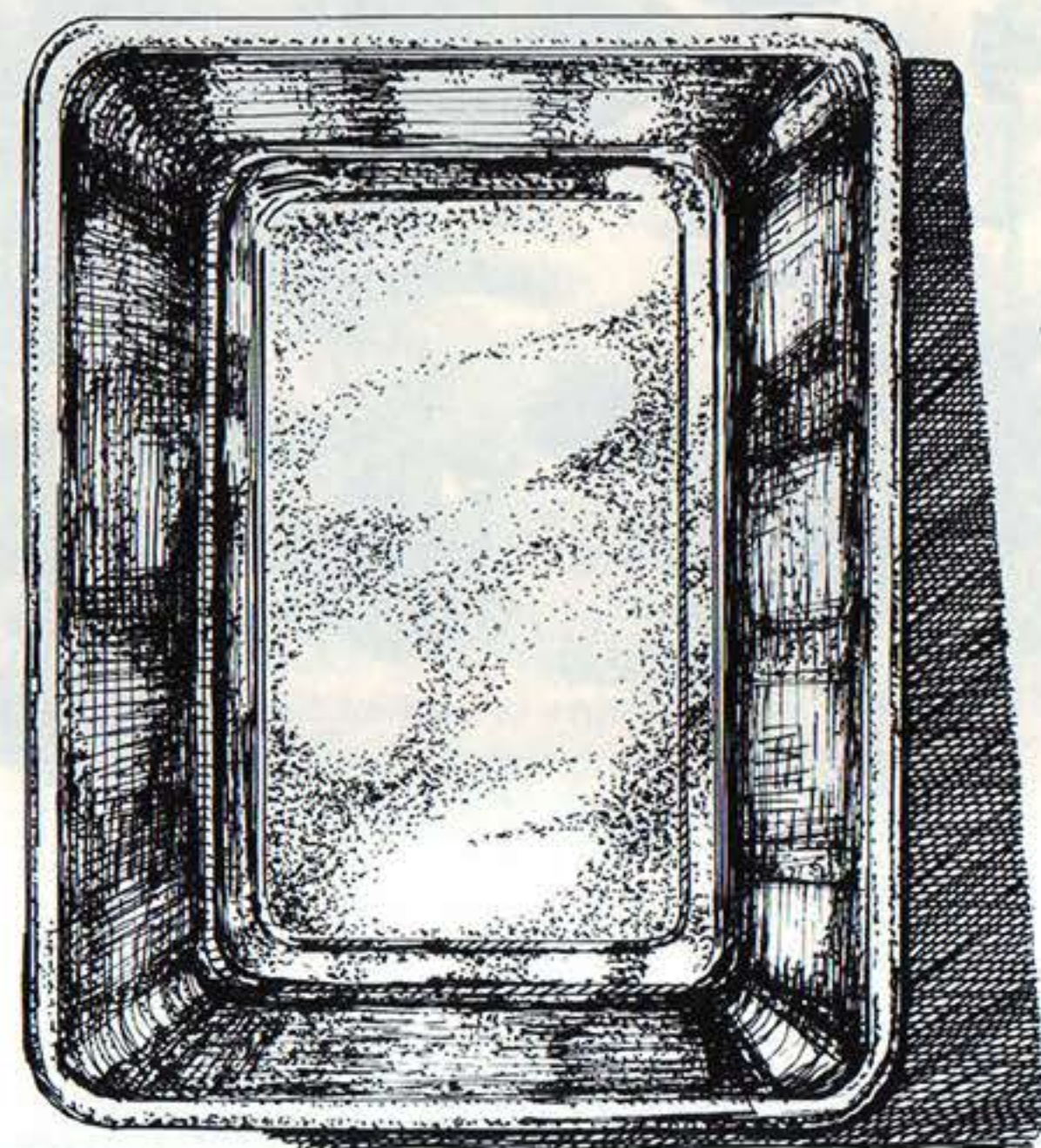
Here are a few hints to help you decide which pan is best for you:

A dark pan produces a darker, more evenly browned crust. It also browns the crust more quickly than a lighter color pan. Bake crusts in dark pans at a temperature no higher than 400° and watch for over-browning.

A light-colored pan produces a lighter color crust that is generally more chewy than crisp. Light pans are good for pizzas that are loaded down with toppings, because the crust does not cook faster than the toppings. Purchase light-colored pans that are sturdy for even browning. Never purchase a pan that you could use to make thunder sound effects with.

It is perfectly acceptable to bake pizzas in glass pans or dishes. Simply reduce baking temperature by 25°.

Pans which have been treated with a no-stick coating will certainly keep your pizzas from sticking, but you can't slice the pizza in the pan without cutting through the no-stick finish. So, simply tilt the pan and allow the pizza to slide out of the pan before slicing. Slice and return the pizza to the pan. The hot pan will help to keep the pizza warm.





## Pizza with the Works

*Pictured on cover.*

### Crust

- 1/4 cup warm water (105° to 115°)
- 1 tsp. Dixie Crystals granulated sugar
- 1/2 envelope active dry yeast (one tsp.)
- 1-1 1/2 cups bread flour (unsifted)
- 1/2 tsp. salt
- 1 egg, lightly beaten
- 1 TBSP olive oil

**Additional olive oil and flour for kneading and shaping**

Dissolve sugar in warm water. Sprinkle yeast over the warm sugar water and stir to dissolve. Allow yeast mixture to stand several minutes, until it is foaming. Place 1 cup of bread flour in a large mixing bowl. Add salt, one lightly beaten egg and the olive oil. Add foaming yeast mixture and stir to form a stiff dough. Gradually stir in remaining flour and turn out onto a lightly floured surface. Knead lightly for 5-10 minutes until dough has a smooth non-sticky texture and is slightly springy to the touch. Place dough in a greased (with olive oil, of course!) bowl. Turn to coat well. Cover and allow dough to rise until doubled in bulk, approximately 30 minutes. Punch dough down and allow it to rest 5-10 minutes before shaping. Roll dough out on a lightly floured surface to form a circle that is about 12 inches in diameter. Place circle of dough on a lightly greased 12-inch pizza pan or large baking sheet. Brush the entire surface of the dough with a very light coating of olive oil before you add the pizza sauce.

### Sauce

- 1 6 oz. can tomato paste
- 1 TBSP Rosé wine
- 1 clove garlic, crushed
- 1/4 tsp. oregano
- 1/4 tsp. basil
- 1/4 tsp. black pepper

Combine all ingredients and blend well with a whisk. Allow sauce to stand 5-10 minutes to allow flavors to blend. Spread sauce evenly over the oiled dough, leaving about a one-inch rim of crust.

### Toppings

- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup shredded Provolone cheese
- 2 TBSP grated Romano cheese
- 2 TBSP Parmesan cheese
- 1/4-1/2 cup browned Italian sausage
- 1/2 green pepper, thinly sliced
- 1/4-1/2 small onion, thinly sliced
- 6-8 fresh mushrooms, sliced
- 25-30 thin slices pepperoni

Toss cheeses together to blend. Reserve about 1/4 cup of blended cheeses. Arrange remaining cheeses over the unbaked pizza crust with sauce. Top cheese with the Italian sausage, slices of green pepper and onion, mushrooms and pepperoni slices. Sprinkle reserved cheeses over top of arranged pizza. Bake in a preheated 400° oven for 20-25 minutes or until crust is golden brown and cheese has melted to a gooey perfection! Slice and serve hot. Recipe yields one 12-inch pizza with "The Works!"

## Deep-Dish Deluxe Pizza

*Pictured on this page.*

### Crust

- 1 tsp. Dixie Crystals granulated sugar
- 1 cup warm water (105° to 115°)
- 1 envelope active dry yeast
- 3 cups bread flour (unsifted)
- 1/2 tsp. salt
- olive oil for greasing

Stir sugar into warm water. Sprinkle yeast over sugar water and stir to dissolve. Allow yeast mixture to stand several minutes, until it is foamy. Combine 2 1/2 cups of the flour with the salt in a large mixing bowl. Add foamy yeast mixture and stir until a stiff dough is formed. Turn dough out onto a lightly floured surface and knead until smooth and elastic, adding the remaining bread flour as needed. Kneading should take from 5-10 minutes. Form dough into a small ball and coat the surface lightly with olive oil. Place dough in a covered bowl and allow it to rise until doubled in bulk, about 30 minutes. Punch dough down and allow to rest 5-10 minutes. Flatten dough out into a large circle. Lightly grease a 14-inch deep-dish pizza pan with olive oil. Place dough in the center of the pan and gently press the dough out toward the edges of the pan with the heels of your hand. Try to keep the thickness of the dough consistent all over the pan. Brush the dough lightly with olive oil before adding the pizza sauce.

### Sauce

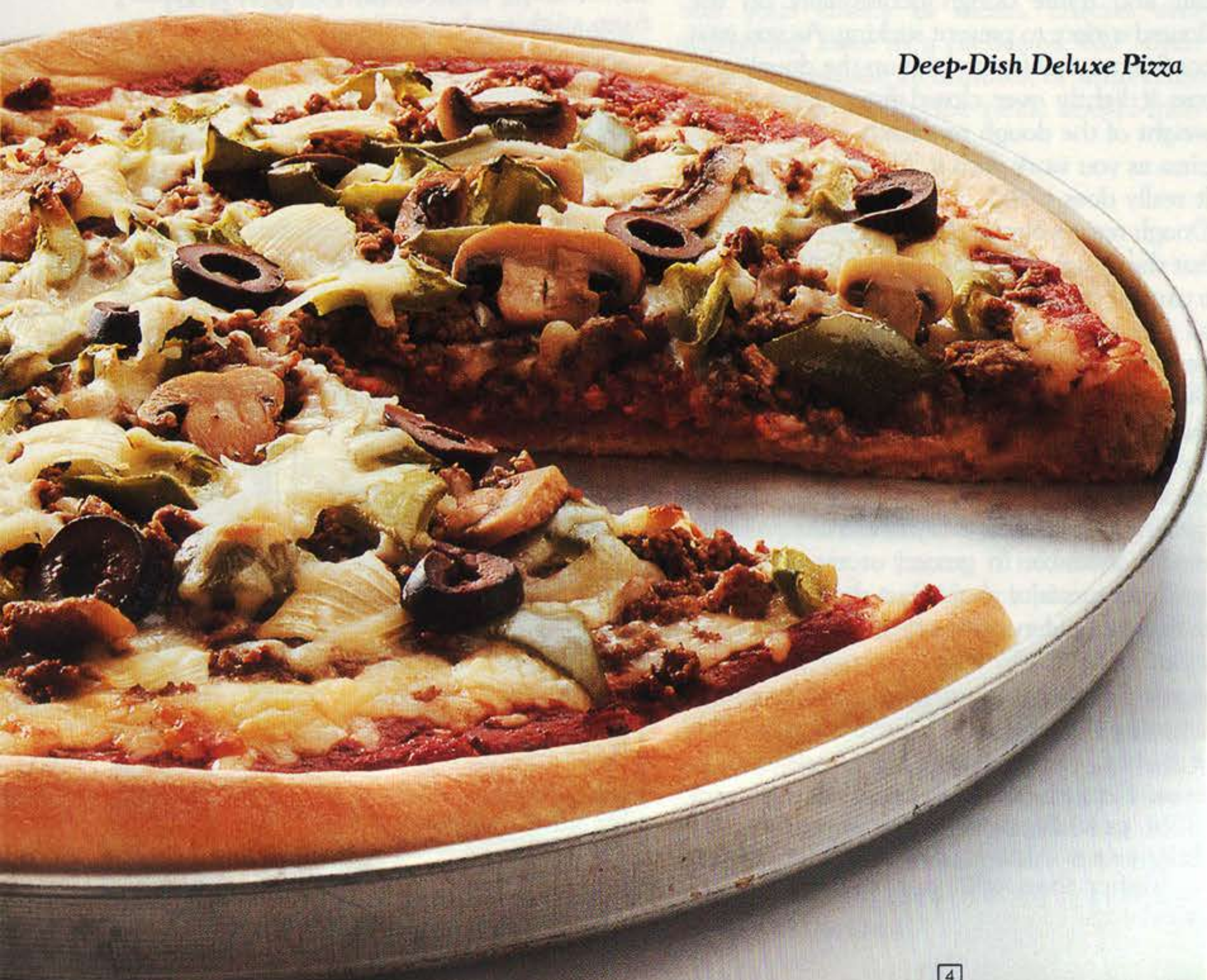
- 1 8-oz. can tomato sauce
- 1 6-oz. can tomato paste
- 1/4 cup Chianti
- 1 clove garlic, crushed
- 2 tsp. oregano
- 1 tsp. basil
- 1 tsp. salt
- 1/4 tsp. pepper

Combine all ingredients together in a small mixing bowl. Stir well to blend. Allow sauce to stand 5-10 minutes to blend flavors. Spread sauce evenly over the pizza dough leaving a small rim (about 1 inch) of crust exposed.

### Toppings

- 16 oz. mozzarella cheese, about 4 cups shredded
- 2 TBSP Romano cheese, grated
- 2 TBSP Parmesan cheese, grated
- 1 lb. lean ground round, browned and drained
- 6-8 large fresh mushrooms, sliced
- 1 medium green pepper, coarsely chopped
- 1/2-1 medium onion, coarsely chopped
- 5-6 large black olives, sliced

Toss cheeses together until blended. Reserve 1 cup of the blended cheeses for last minute topping. Arrange cheeses evenly over the pizza sauce. Top cheese with browned ground round that has been drained well. Arrange mushrooms, peppers, onions and olives over the beef. Bake in a preheated 425° oven for 20-25 minutes. Remove pizza from the oven



*Deep-Dish Deluxe Pizza*



and sprinkle the remaining cheeses over the top of the pizza. Return pizza to the oven for about 5 minutes, or until cheese topping has melted. Slice and serve hot. Recipe yields one 14-inch deep dish pizza.

## Neopolitan Pizza

*Here's a light and crunchy crust that's not weighted down with a heavy sauce. It has a thin layer of fresh, seasoned tomatoes, instead. Guess what, no rising time either!*

### Crust

- $\frac{2}{3}$  cup warm milk (105° to 115°)
- $\frac{1}{2}$  tsp. Dixie Crystals granulated sugar
- 2 cups bread flour
- $\frac{1}{4}$  tsp. salt
- 3 TBSP olive oil

Stir sugar into warm milk. Sprinkle yeast over milk mixture. Stir to dissolve. Allow milk/yeast mixture to stand 3-5 minutes, or until mixture is foaming. Place flour, salt and olive oil in a large mixing bowl. Pour in foaming milk/yeast mixture. Stir well to form a stiff dough. Turn dough out of bowl and knead 5-10 minutes on a lightly floured surface. Fully kneaded dough will appear smooth and elastic. Roll dough out into a large 12 to 14-inch circle. Lift dough and place in a 14 to 15-inch oiled (with olive oil) pizza pan. Spread dough to the edges of the pan with the heels of your hands. Brush lightly with olive oil.

### Topping

- 3-4 fresh plum tomatoes, thinly sliced
- 1 tsp. celery salt
- 1 tsp. black ground pepper
- 2 tsp. oregano
- 4 oz. mozzarella cheese, thinly sliced
- 2 small onions, thinly sliced or diced
- 10 anchovy fillets (optional)
- 1 TBSP capers (optional)

Arrange the tomato slices over the dough crust leaving about a 1-inch rim. Sprinkle the tomato slices evenly with the celery salt, pepper and oregano. Arrange the slices of onion over the tomatoes and top with the slices of mozzarella cheese. Garnish with anchovy fillets and capers if desired. Allow pizza to stand 15 minutes before baking. Bake in a 350° oven for 25-30 minutes or until the crust is golden brown. Recipe yields one large 14-inch pizza.

## Pizza El Grecco

*Shrimp and feta cheese over a light crispy crust seasoned with the delicate flavor of chives.*

### Crust

- 2 cups bread flour
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  cup fresh chopped chives
- $\frac{2}{3}$  cup warm water (105° to 115°)
- 2 tsp. Dixie Crystals granulated sugar
- 1 envelope active dry yeast
- olive oil for coating dough
- additional bread flour for kneading

Combine bread flour with salt and fresh chives in a large mixing bowl. Stir well.

Dissolve sugar in warm water and sprinkle with yeast. Dissolve yeast in sugar water. Allow yeast mixture to stand 3-5 minutes or until foamy. Pour foamy yeast mixture into flour mixture and stir to form a stiff dough. Turn dough out and knead on a lightly floured surface until a smooth and elastic texture has been achieved. Coat dough lightly with olive oil and place in a deep mixing bowl. Cover and allow to stand at room temperature until doubled in bulk, about 30 minutes. Punch dough down and allow to rest 5-10 minutes for easier handling. Roll and shape dough to form a 15 to 16-inch circle. Place dough on a lightly oiled (with olive oil) 14 to 15-inch flat pizza pan or a large baking sheet. Dough circle should be about 1 inch larger than the pizza pan or the desired size of the pizza (if using a baking sheet). Fold one inch of the dough under the edge of the entire circumference of the pizza. Score the edges of the crust with a sharp knife. Brush shaped dough lightly with olive oil.

### Sauce

- 1 6-oz. can tomato paste
- $\frac{1}{4}$  tsp. garlic powder

Combine and allow to stand 15 minutes before spreading on pizza dough.

### Toppings

- 1 tsp. oregano
- 2 cups crumbled feta cheese
- 1 lb. raw shrimp, peeled and deveined
- $\frac{1}{8}$  tsp. garlic powder
- 1 TBSP olive oil
- 2 TBSP grated Romano cheese
- 10-15 green olives, sliced

Sprinkle oregano evenly over sauce. Crumble feta onto pizza and place in a preheated 400° oven for 15 minutes. Place raw shrimp in a mixing bowl along with the garlic powder, olive oil and grated Romano cheese. Toss to coat shrimp well with seasonings and allow to stand while the pizza is baking. Remove pizza from the oven. Arrange seasoned shrimp and sliced olives over the partially baked pizza. Return pizza to the oven and continue baking until shrimp turn pink and lose their translucency, about 5 minutes. Slice and serve hot. Recipe yields one 14 to 15-inch pizza.

## Pizza Ratatouille

*A delicious blend of vegetables baked in a whole oat crust flavored with our light brown sugar.*

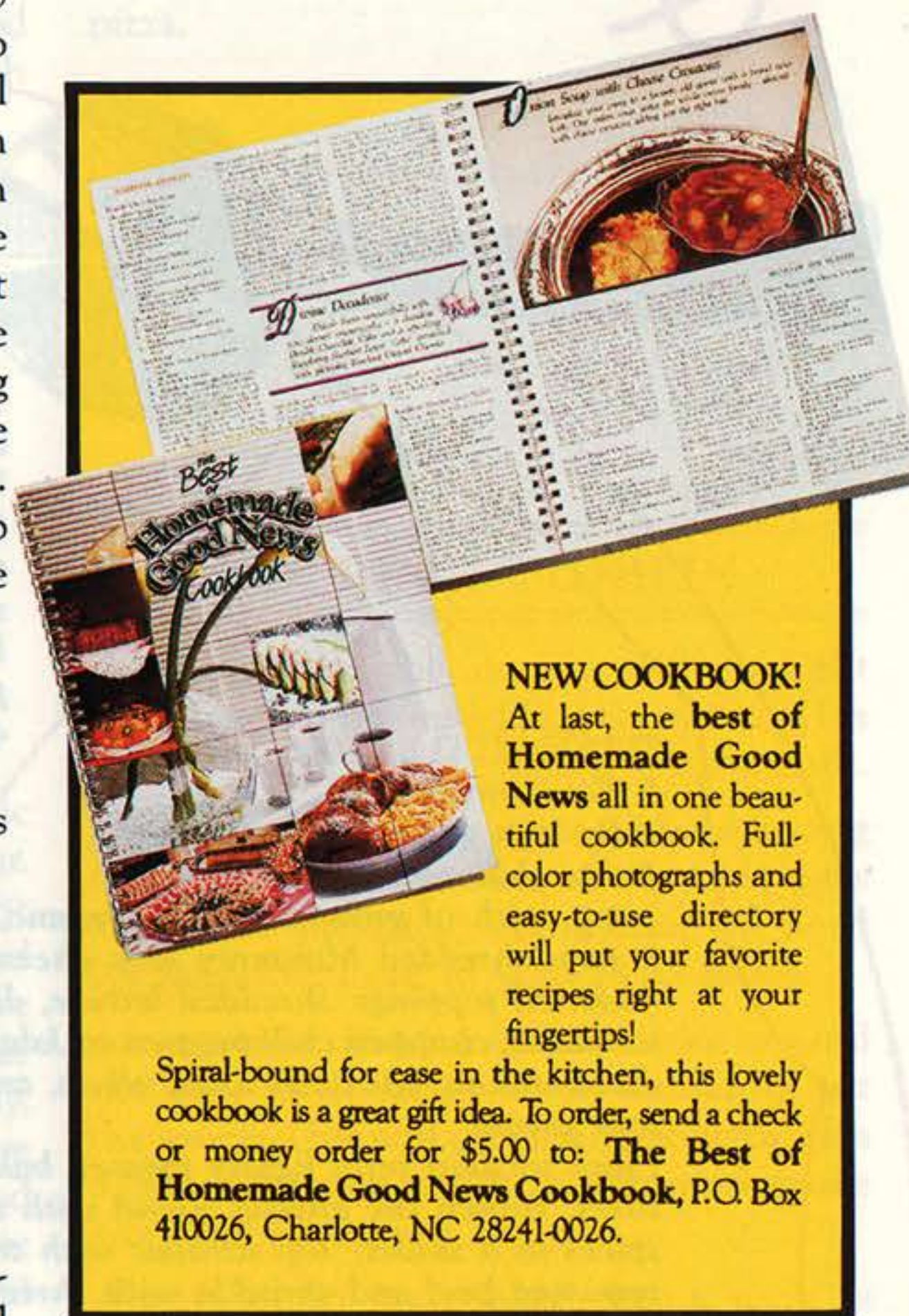
### Crust

- 1 cup bread flour
- 1 cup whole oats
- $\frac{1}{2}$  tsp. salt
- $\frac{2}{3}$  cup warm water (105° to 115°)
- 2 tsp. Dixie Crystals light brown sugar
- 1 envelope yeast
- vegetable oil for coating
- additional bread flour for kneading

Stir bread flour, whole oats and salt together in a large mixing bowl. Dissolve sugar and yeast in warm water and allow to stand until

foamy, about 3-5 minutes. Pour foamy yeast mixture into flour mixture and stir to form a stiff dough. Turn dough out onto a lightly floured surface and knead until smooth and elastic. Coat dough lightly with vegetable oil and place in a covered bowl to rise. Allow dough to stand at room temperature until doubled in bulk, about 30 minutes. Punch dough down and allow to rest, 5-10 minutes

*Continues on page 7.*



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# QUICK 'N EASY PIZZAZA

Here are some quick recipes to prepare  
when you can't live another minute without pizza.  
They may not be from scratch, but  
MOMMAMIA they're good!

## PEPE'S LITTLE PIZZA

6 flour tortillas  
1 lb. lean ground round  
1 tsp. chili powder  
½ tsp. each of ground cumin, oregano, salt  
2 cups shredded Monterey Jack cheese  
Assorted toppings: shredded lettuce, diced tomatoes, chopped chili peppers or Jalapeños, diced onions, Mexican salsa, olives, and sour cream.  
Place tortillas on a lightly greased baking sheet. Brown the ground round with the spices in a skillet. Top tortillas with the browned beef and sprinkle with shredded cheese. Place under broiler for 3-5 minutes, or until cheese has melted. Place hot tortillas on individual serving plates and allow guests to garnish with toppings.  
Serves 6.

## AUNT SOPHIE'S MINI-PIZZAS

6 bagels, sliced in half  
olive oil (for brushing)  
1 8-oz. can tomato sauce  
⅛ tsp. garlic powder  
½ tsp. each of oregano, basil, and onion salt  
2 cups shredded mozzarella cheese (8 oz.)  
sliced pepperoni (optional)  
Place bagels on a baking sheet. Brush lightly with olive oil. Mix tomato sauce with spices and spread over each bagel half. Top with shredded cheese and pepperoni if desired. Bake in a preheated 400° oven approximately 10 minutes, or until cheese has melted. Yields 12 mini-pizzas.  
Recipe from Mrs. Sophie Kocoves,  
Grosse Point, Michigan

## ITALIAN LOAF PIZZA

1 loaf Italian Bread, sliced in half lengthwise  
1 15-16 oz. jar prepared spaghetti sauce  
2 cups shredded mozzarella cheese (8 oz.)  
½ lb. Italian sausage, browned and drained  
Spread spaghetti sauce over each half of the Italian bread. Top sauce with mozzarella cheese and browned Italian sausage. Place on a baking sheet and bake in a preheated 400° oven for 10-15 minutes.  
4 servings.

## BEEFY MUFFIN PIZZA

6 English muffins, sliced in half  
1 6-oz. can tomato paste  
¼ cup Chianti or dry red wine  
⅛ tsp. garlic powder  
½ tsp. oregano  
salt and pepper to taste  
2 cups shredded mozzarella cheese (8 oz.)  
1 lb. ground beef, browned and drained  
¼ cup Parmesan or Romano cheese, grated  
Place muffins sliced side up on a baking sheet. Combine tomato paste with Chianti and seasonings. Spread over muffins. Top with shredded cheese, browned beef and grated cheese. Bake in a preheated 400° oven for 10-15 minutes. Yields 12 muffin pizzas.

## CHILD'S PLAY PIZZA

1 10-oz. can biscuit dough  
1 15-16 oz. jar prepared pizza sauce  
2 cups shredded mozzarella cheese  
Mash biscuit dough flat with the palm of your hand. Place on a lightly greased baking sheet. Spread sauce evenly over the dough and top with mozzarella cheese. Bake in a preheated 400° oven for 10-15 minutes. Yields 10 miniature pizzas.



## PIZZA RATATOUILLE (CONT.)

for easier handling. Roll dough out into a 12-inch circle and place in a 12-inch oiled pizza pan or on a large oiled baking sheet. Brush dough lightly with vegetable oil before adding sauce.

### Sauce

- 1 6-oz. can tomato paste
- 2 green onions, thinly sliced
- ¼ tsp. oregano

Blend ingredients and allow to stand 15 minutes before spreading over dough.

### Toppings

- 2 cups shredded mozzarella cheese
- 2 TBSP olive oil
- 1 medium zucchini, trimmed and thinly sliced
- 1 small onion, peeled and coarsely chopped
- 4 fresh mushrooms, sliced
- 1 clove garlic, crushed
- salt and freshly ground pepper to taste
- 1 medium firm ripe tomato, thinly sliced
- 8-10 green olives, sliced
- 2 TBSP grated Parmesan cheese

Sprinkle grated mozzarella cheese evenly over the sauce of the pizza. Heat olive oil in a skillet and lightly saute the slices of zucchini, chopped onion, mushroom slices and crushed garlic. Salt and pepper to taste. Cool slightly and arrange over the mozzarella cheese. Add the tomato slices and green olives. Sprinkle with grated Parmesan cheese. Bake in a preheated 400° oven for 15-20 minutes, or until crust is golden brown. Recipe yields one 12-inch pizza.

## Pizza Mexicalé

### Crust

- 1½ cups self-rising flour
- ⅓ cup yellow cornmeal
- ½ cup butter, softened
- ½ cup milk

Stir flour and cornmeal together in a large mixing bowl until well blended. Cut softened butter into the flour mixture using a pastry blender or two knives until the mixture resembles coarse gravel. Slowly pour milk onto flour mixture, tossing flour mixture lightly until a ball of dough is formed. Turn the dough out onto a floured surface and knead 4-5 minutes or until smooth. Roll dough out into a circle approximately 14 inches in diameter. Place dough in a well-greased, 14-inch, deep dish pizza pan and shape edges to form a deep rim of crust.

### Toppings

- 2 cups shredded Monterey Jack cheese
- 2 TBSP olive oil
- 1 clove garlic, crushed
- 1 small onion, peeled and chopped
- ½ green pepper, coarsely chopped
- 1 cup canned kidney beans, drained
- 2 medium tomatoes, chopped
- 12-15 olives, sliced (black or green)
- Jalapeño slices (to taste)
- sour cream (garnish)
- salsa (garnish)

Sprinkle half of the shredded cheese over the cornbread dough. Heat the olive oil in a skillet and gently saute the garlic, onion, green pepper and kidney beans for 1-2 minutes. Cool slightly and arrange over the cheese on the pizza. Arrange the chopped tomatoes, olives and Jalapeños over the bean mixture. Sprinkle the remaining cheese over the top and bake in a preheated 400° oven for 15-20 minutes or until the edges turn golden brown and crusty. Slice and serve hot with generous dollops of sour cream and salsa, if desired. Recipe yields one 14-inch deep dish pizza.

## Pizza al la Florentine

### Crust

- 1 cup uncooked oats
- 1 tsp. Dixie Crystals light brown sugar
- ½ tsp. salt
- ½ cup whole wheat flour
- ½ cup bread flour
- ½ cup + 2 TBSP warm water (105° to 115°)

- 1 tsp. Dixie Crystals granulated sugar
- 1 envelope active dry yeast
- 2 TBSP vegetable oil

additional oil for coating dough  
additional bread flour for kneading

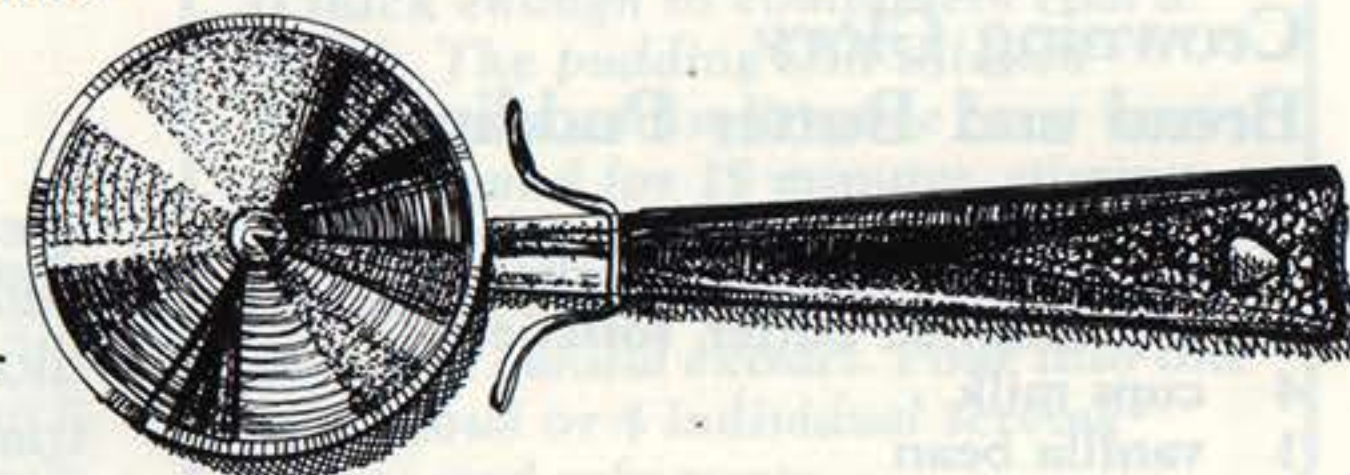
Place oats in a food processor or electric blender and process until oats resemble flour. Combine processed oats with the light brown sugar, salt, whole wheat flour and bread flour. Stir well to blend. Dissolve granulated sugar and yeast in the warm water and allow mixture to stand until foamy, about 5 minutes. Stir foamy yeast mixture and vegetable oil into the flour mixture and stir to form a stiff dough. Turn dough out onto a lightly floured surface and knead until smooth and elastic, 5-10 minutes. Lightly coat dough with oil and place in a covered bowl to rise until doubled in bulk, 30-45 minutes. Punch dough down and allow to rest 5-10 minutes for easier handling. Roll dough out into a 13-inch circle. Place in an oiled 12-inch pizza pan. Turn extra dough under to form a rim. Brush dough lightly with vegetable oil before topping.

### Topping

- 1 6-oz. can tomato paste
- 1 TBSP olive oil
- ½ cup green onion, chopped
- 1 clove garlic, crushed
- 1 10-oz. package frozen, chopped spinach cooked and well-drained
- 2 cups shredded mozzarella cheese, divided
- ½ cup sliced fresh mushrooms
- 1-2 small firm ripe tomatoes, thinly sliced
- 2 TBSP Parmesan cheese

Spread tomato paste evenly over the whole wheat dough, leaving about a 1-inch crust. Heat olive oil in a skillet and gently saute the green onion and garlic for 1-2 minutes or until onions are slightly wilted. Squeeze all excess moisture out of the cooked spinach. Combine the spinach with the sauted onions and garlic. Mix well. Sprinkle 1½ cups of

shredded mozzarella cheese evenly over the tomato paste. Top cheese with the spinach mixture. Arrange mushroom and tomato slices over the spinach and dust with Parmesan cheese. Bake in a preheated 400° oven for 10 minutes. Remove pizza from oven and sprinkle with the remaining ½ cup of mozzarella cheese. Return pizza to oven and continue baking until cheese melts and crust is golden brown, about 5 minutes more. Slice and serve hot. Recipe yields one 12-inch pizza.



## TOPPING TIDBITS

Always brush the dough with a light coating of oil before adding the sauce. This keeps the sauce from soaking into the crust.

Never add salt to your sauce without tasting first. Commercial tomato sauces and pastes are usually pre-salted, eliminating the need for additional salt in your pizza sauce.

Always leave about a one-inch rim around the edge of the crust when spreading out the sauce. This will provide your pizza with a handy handle and it will prevent sauce from bubbling over the pan.

Always drain pre-cooked meats such as ground beef and Italian sausage before adding to the pizza.

The cheese of choice is of course, mozzarella. However, all mozzarellas are not choice cheeses. Pre-shredded, packaged mozzarella has a tendency to be dry and it browns too quickly when using a home-made crust. Use this convenient cheese when making quick pizzas out of pre-baked breads such as bagels or English muffins. Block mozzarella is better suited for home-made crust pizzas. An 8-oz. block will produce about 2 cups of shredded cheese. Grate mozzarella cheese just before you use it to keep it soft and fresh. Now that's Italian!

Romano, Parmesan and Provolone cheeses are great pizza cheeses, too. They add flavor to the mild taste of mozzarella cheese and they enhance the melting process of the mozzarella as well. These cheeses should always be combined with the mozzarella before topping the pizza and they should always appear in smaller quantities than the mozzarella. They are intended to boost the flavor of the mozzarella, not overpower it.



Perhaps the reason that custards and puddings are so comforting to us as adults is that some of our fondest memories of childhood are associated with them. There is contentment in every spoonful—as well as the blissful image of a well-beloved grandmother, auntie, cook, nanny or nurse in our mind's eye. Surely we owe it to our children (and our children's children) not to allow the making of these simple, sweet and satisfying desserts to become a lost art.

## Crowning Glory Bread and Butter Pudding

*Pictured below.*

- ¾ lb. loaf white bread, unsliced
- ½ cup unsalted butter, softened
- 4 cups milk
- 1 vanilla bean
- 6 eggs
- 4 egg yolks
- 1 cup Dixie Crystals granulated sugar
- pinch nutmeg
- ¼-½ cup golden raisins
- boiling water
- aluminum foil

Trim crust from bread and thinly slice. Butter slices and cut in half to form triangles. Arrange triangles buttered side up on a large baking sheet and broil until golden brown. Arrange toasted triangles toasted side up in a deep oval baking dish. Reserve 4-5 triangles to form the "crown" of the pudding. Layer and overlap triangles in the baking dish to fit all in. Preheat oven to 400°. Combine milk with the vanilla bean and heat in a saucepan to just below boiling. Remove from heat. Beat eggs and egg yolks with the granulated sugar until light in color. Whisk milk into egg mixture. Discard vanilla bean. Add nutmeg and whisk to blend. Sprinkle raisins

over arranged bread slices and slowly pour milk mixture into the baking dish. Bread slices will rise to the surface. Cut reserved triangles in half, forming smaller triangles. Insert smaller triangles around the edge of the baking dish, forming the "crown." Loosely cap tips of crown with strips of foil. Place pudding in a large flat baking dish on top of a folded dish towel or pot holder. Pour boiling water into the flat baking dish, taking care to keep water out of the pudding. Place pudding and its boiling water bath into the oven and bake 30-40 minutes or until set. 8 servings.

## Crème Caramel (Caramel Custard)

- 1 cup Dixie Crystals granulated sugar
- 3 large eggs
- 2 cups milk, scalded
- pinch of salt
- ½ tsp. vanilla extract

Heat ⅔ cup sugar slowly in a small heavy skillet, preferably not cast iron. Stir continuously with a wooden spoon until sugar melts and turns caramel color. Quickly divide the syrup among 5 or 6 custard cups,

and let stand while making the custard. Beat eggs in a bowl with remaining ⅓ cup sugar and salt. Add hot milk gradually so as not to curdle the eggs. Add vanilla last. Careful chefs strain their custard at this point, but it's not necessary. Pour custard gently into prepared cups, and place them in a baking pan. Add hot water until it almost reaches the rims of the cups, and bake in a preheated 350° oven for about 40 minutes, or until thin knife blade inserted in center comes out clean. Remove cups from pan of water, and let them cool. Custards may be served at room temperature or refrigerated and served cold. At serving time, run a thin knife blade around the edge of each custard, and invert onto dish. 5-6 servings.

## Mocha Custard

*This is very rich and, we think, elegant. If you prefer plain chocolate custard, simply omit the coffee bean when warming the cream and sugar.*

- ¼ cup mocha-java coffee beans, broken in bits
- 2 cups whipping cream
- 3-4 TBSP Dixie Crystals granulated sugar
- 4 oz. semi-sweet chocolate
- ½ oz. unsweetened chocolate
- 6 egg yolks
- 2 tsp. brandy or cognac
- ½-¾ tsp. vanilla extract

Tie chopped or broken coffee beans in cheesecloth, and steep the parcel in a stainless steel saucepan with the cream and the sugar. Warm the mixture until steaming hot, but do not allow it to come to a boil, or it will curdle. Remove from heat and let stand for 30 minutes. Remove, squeeze out and discard the bundle of coffee beans. Meanwhile, melt the two chocolates over a pan of hot water. Beat egg yolks with a wire whisk, and gradually add coffee-cream mixture to them. Purists will strain the mixture before combining it with the melted chocolate, but we don't bother to do so. Whisk coffee-egg-cream mixture into melted chocolate a little bit at a time. Pour into 6 individual custard cups. Place them in a baking dish and add enough hot water to come halfway up the sides of the cups. Lay a sheet of aluminum foil loosely on top of the cups, and bake in a preheated 350° oven for about 25 minutes. Remove cups to wire rack to cool. Serve at room temperature. To make





# AND CUSTARDS

in advance, follow steps up to baking, but refrigerate instead until 1 to 3 hours before you wish to serve. Then bake as indicated above. (If the custard is refrigerated after baking, it becomes very thick, dense, and rubbery.) Serves 6.

## Marzipan Pudding

*This is similar to an almond bavarian cream, but not quite as rich.*

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 1½ cups milk
- 1 can (8 oz.) almond paste
- 3 large eggs, separated
- 1 tsp. vanilla extract
- 1 cup whipping cream
- ½ cup Dixie Crystals granulated sugar

Dissolve gelatin in cold water. Scald milk in double boiler. Add almond paste in spoonfuls. Stir and mash against sides until smooth and lumpless. In a medium size mixing bowl, beat eggs yolks with wire whisk. Beat in a small amount of hot almond milk, then add a little bit more. When egg yolk mixture is warmed up, you can pour in the rest of the almond milk without fear of curdling the yolks. Return milk-and-yolk mixture to double boiler, and cook, stirring, over simmering water, until thickened, about 5 minutes. Remove from heat. Stir in gelatin and vanilla. Refrigerate until mixture begins to set, about 30-40 minutes, depending upon your refrigerator. Meanwhile, in chilled bowl with chilled beaters, whip cream. In a separate bowl, preferably copper, beat egg whites until stiff but not dry, adding sugar gradually after they form and hold soft peaks. Fold whipped cream into pudding mixture first. Fold egg whites in last. Spoon into a pretty serving dish, and chill several hours, or until firm. Yields 6 servings.

## Oven Baked Rice Pudding

- 4 cups (1 quart) milk, beaten with 2 eggs
- ½-⅔ cup Dixie Crystals granulated sugar
- ⅓ cup uncooked brown or white rice
- ½ tsp. salt
- ½ cup seedless dark raisins, soaked in rum, brandy, or hot water for a few minutes, and drained
- 1 tsp. vanilla extract or fresh lemon juice
- ¼ tsp. freshly grated nutmeg, or ⅛ tsp. nutmeg and ⅛ tsp. ground cinnamon

Preheat oven to 300°. Butter a 6 cup (1½ qt.) casserole. In it combine and mix milk beaten with eggs, sugar, rice, and salt. Bake, uncovered, for 2 hours, stirring every 30 minutes. Stir in raisins, return to oven, and bake for 30 minutes more. Stir in lemon juice or vanilla, the nutmeg and optional cinnamon if desired. Return to oven, and bake

for 30 minutes more, or until rice is very tender, and pudding is no longer liquid. 6 servings.

## Chocolate Pudding

- 2 squares (2 oz.) unsweetened chocolate
- 2¼ cups milk, divided
- 3 level TBSP cornstarch
- ½ cup Dixie Crystals granulated sugar
- ¼ tsp. salt
- 1 tsp. vanilla extract

Break chocolate squares into 4 pieces each, and place in saucepan. Add 2 cups milk, and heat, stirring. Meanwhile, mix cornstarch, sugar and salt with remaining ¼ cup milk. When chocolate is melted and milk is steaming hot, stir in the cornstarch mixture. Bring mixture to a boil, stirring constantly. Boil, still stirring constantly, for 1 minute. Do not overcook. Remove from heat. Add vanilla extract. Divide evenly among six individual serving dishes. Place a circle of wax paper on surface of each to keep skin from forming. Refrigerate. Serve with slightly sweetened whipped cream. 6 servings.

## Butterscotch Pudding

*This is a bit tricky, because it's easy to overcook the brown sugar, but the buttery-rich pudding is well worth the effort.*

- 2¼ cups milk, divided
- 3 TBSP cornstarch
- ¼ tsp. salt
- 2 TBSP unsalted butter
- 1 cup Dixie Crystals brown sugar, packed
- 1 tsp. vanilla extract

Scald 2 cups milk in heavy saucepan. Mix remaining ¼ cup milk with cornstarch and salt, and reserve. Melt butter in small heavy skillet (not cast iron), add brown sugar, and heat, stirring constantly, until sugar melts. Pour slowly into steaming hot milk, and stir until well blended. A few lumps may appear but don't worry about it. Add cornstarch mixture to scalded milk, and bring to a boil, stirring constantly. Boil and stir until pudding is thickened. Pudding will thicken as it cools, so do not overcook. Remove from heat. Add vanilla extract. Pour into six individual serving dishes with waxed paper on surface to prevent "skin" from forming. Refrigerate. Serve with whipped cream.

## Orange Custard

- 1 cup (½ pint container) whipping cream
- 3 large eggs, beaten
- 1 cup freshly squeezed orange juice
- 2 tsp. fresh orange peel, finely grated
- ⅓ cup Dixie Crystals granulated sugar
- pinch of salt

Combine ingredients in a bowl. Mix well with wire whisk, but not until foamy. Pour

## TAPIOCA PUDDING

- 2½ TBSP small pearl tapioca
- 1 large egg, slightly beaten
- 2½ TBSP Dixie Crystals sugar
- scant ¼ tsp. salt
- 1¾ cups milk
- ½ tsp. vanilla extract

Soak tapioca in cold water for 30 minutes; drain. Break egg into heavy saucepan, and beat it slightly before adding tapioca, sugar, salt and milk. Cook, stirring constantly, over moderate heat until pudding boils, and is thick enough to completely coat a spoon. The pudding will thicken further as it cools. Remove from heat and let stand for 15 minutes, stirring occasionally to allow steam to escape and to prevent skin from forming on top. Add vanilla extract. Pour into one large bowl or 4 individual serving dishes, and refrigerate.

into six custard cups, and set them in a pan. Add hot water to reach halfway up the sides of the custard cups. Bake in a preheated 325° oven for about 45 minutes, or until thin knife blade inserted in center comes out clean. 6 servings.

## Frozen Zabaglione (Sabayon Glace)

*Marsala is the traditional spirit of this dessert, but Craig Clairborne favors Strega. A mixture of 5 TBSP strong coffee and 3 TBSP best rum is also nice, or sherry.*

- 5 TBSP Marsala (see note above)
- 6 TBSP Dixie Crystals granulated sugar
- 6 egg yolks
- 1 TBSP water
- 1 cup heavy whipping cream

Mix Marsala and sugar in top half of double boiler. Whisk in yolks and water. Set over pan of simmering water, and whisk constantly until mixture is very light and fluffy, and no uncooked liquid remains at bottom of pan, about 5 minutes. The zabaglione should hold its shape for a moment—like soft peaks—when you drop some from the whisk. Immediately remove pan to bowl of crushed ice, and whisk constantly to cool. Whip cream until stiff, and fold gently but thoroughly into chilled zabaglione. Spoon into glass dessert dishes or parfait glasses, and freeze for about 1 hour before serving. 8 servings.



They are everyone's favorite... apples, apples and more apples! What else can you enjoy at every meal and eat as a snack, too? What else can you deliciously bake, broil, stew, fry, jam and jelly, sauce, juice or even eat raw? And it has been widely rumored that they keep the doctor away, too! It's no wonder they're an American tradition.

### Apple Quiche

- 4 extra-large eggs
- 1 cup milk
- 1/2 cup flour
- 1 TBSP Dixie Crystals granulated sugar
- 1/2 tsp. baking powder
- pinch salt
- 1/8 cup butter, melted
- 1 tsp. vanilla extract
- 1/4 tsp. grated nutmeg
- 1/4 cup butter
- 1/2 cup Dixie Crystals granulated sugar
- 1/2 tsp. cinnamon
- 1 Granny Smith apple, peeled, halved, cored and thinly sliced

Beat eggs lightly and slowly stir in milk. Combine flour, sugar, baking powder and salt and sift once to thoroughly mix. Blend flour mixture smoothly into egg/milk mixture with a wire whisk. Add melted butter (the 1/8 cup), vanilla extract and nutmeg and allow to stand at room temperature 30 minutes or in the refrigerator overnight. Melt the 1/4 cup butter in a 10-inch oven-proof skillet and brush the sides of the skillet well with the butter to prevent sticking. Combine 1/2 cup sugar with the cinnamon and sprinkle half of this mixture into the buttered skillet. Place thinly sliced apples in the skillet on top of the cinnamon/sugar mix and cover apples with remaining cinnamon-sugar. Heat skillet on top of stove until mixture begins to bubble. Then pour egg batter over the apples. Place in a preheated 425° oven and bake for 15 minutes. Reduce heat to 375° and bake 10 minutes longer or until quiche 'just sets in the center.' Slide onto heated serving platters. Cut into wedges and serve immediately. Makes 4-5 servings. A great weekend breakfast or brunch idea.

### Apples Waldorf

- 2 Granny Smith apples, peeled if desired, cored and chopped into bite-sized pieces
- 1/3 cup crushed pineapple, drained
- 1/3 cup chopped walnuts (pecans are acceptable)
- 1/4 cup golden raisins
- 1 cup vanilla yogurt

Apples are available year round because of their superior keeping ability. There are more than 25 different varieties of apples on today's produce counters; all with different tastes, textures and uses. With so many confusing choices, it is not surprising that many of us let Mrs. Smith do our apple shopping for us!

Combine all ingredients and stir to coat well. Serves 2 for lunch or 4 as a sidedish.

### Fresh Apple Bread

- 2 cups flour
- 2 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 tsp. grated nutmeg
- 1/2 cup butter
- 1 1/4 cups Dixie Crystals granulated sugar
- 2 eggs
- 2 Granny Smith apples, peeled, cored and finely grated
- 3/4 cup chopped walnuts or pecans

Sift together the flour, baking powder, salt, cinnamon and grated nutmeg. Cream the butter and gradually add the sugar until mixture is light and fluffy. Beat in eggs one at a time. Alternately add the flour mixture and apples to creamed mixture. Stir in nuts. Pour into a well greased 9-inch loaf pan and bake in a 350° oven for 50-60 minutes or until bread is nicely browned and springs back when lightly pressed in the center. Cool 10-15 minutes in the pan before removing. Cool completely before slicing. Yields 1 loaf.

### Chicken Paradise

- 4 whole chicken breasts, split salt and pepper to taste
- 1 Granny Smith apple, peeled, cored and diced
- 2 TBSP golden raisins
- 1/2 cup dry white wine
- 1 TBSP butter, divided into 4 pieces
- 1 TBSP chopped fresh parsley
- sliced almonds, garnish

Place chicken breasts, skin side up in a shallow baking dish. Salt and pepper chicken to taste. Surround chicken with diced apple and raisins and pour on the wine. Divide butter into four pieces and top each chicken breast with butter. Sprinkle evenly with chopped parsley. Bake in a preheated 350° oven for 35-45 minutes (depending upon the size of the chicken breasts). Garnish with sliced almonds and raise oven temperature to 425°. Bake an additional 10-15 minutes until chicken is browned and almonds are nicely toasted. 4 servings.

We've gathered some great recipes for you that will take the guesswork out of your apple shopping, and tempt your palate any time of day or night. Why settle for less than fresh, after all, they're an American tradition!

### Cream Cheese Apple Torte

- 1/2 cup butter
- 1/3 cup Dixie Crystals granulated sugar
- 1/4 tsp. vanilla extract
- 1 cup flour
- 8 oz. cream cheese
- 1/4 cup Dixie Crystals granulated sugar
- 1 egg
- 1/2 tsp. vanilla extract
- 1 TBSP Dixie Crystals granulated sugar
- 1/2 tsp. cinnamon
- 4 Granny Smith apples, peeled, cored and sliced 1/4-inch thick
- 1/4 cup sliced almonds

Cream butter and 1/3 cup sugar. Stir in 1/4 teaspoon vanilla extract and blend in flour. Press mixture into the bottom and up 1 inch on the sides of a 9-inch springform pan. Combine cream cheese and 1/4 cup sugar and blend with an electric mixer until smooth. Beat in egg and 1/2 teaspoon extract. Spread mixture evenly over dough on the bottom of the springform pan. Combine the tablespoon of sugar with the cinnamon and mix well. Toss with apple slices until well coated. Arrange apple slices over cream cheese mixture. Garnish with sliced almonds. Bake in a preheated 450° oven for 10 minutes, then reduce oven temperature to 400° and bake for 25 minutes more. Refrigerate overnight before serving. Slice into wedges and top with whipped cream if desired. 8 servings.

### Apple Swirls

*These swirls will delight the biscuit lover at your house.*

#### Dough

- 2 cups flour
- 1/2 tsp. salt
- 4 tsp. baking powder
- 2 TBSP Dixie Crystals granulated sugar
- 1/4 cup shortening
- 3/4 cup milk

APPLES, APPLES AND



Sift dry ingredients together until thoroughly blended. Cut in shortening with a pastry blender or two knives until mixture appears crumbly. Add milk slowly and stir with a fork until dough is consistent enough to form a ball. Roll out on a floured surface in a rectangular sheet approximately 1/2 inch thick.

### Apple Filling

- 2 TBSP melted butter
- 3 Golden Delicious apples, peeled, cored and finely chopped
- 1 1/2 tsp. Dixie Crystals granulated sugar
- 1/4 tsp. cinnamon
- 1/2 cup sliced almonds

Brush melted butter over dough. Spread chopped apples evenly over buttered dough. Combine sugar with cinnamon and sprinkle over apples. Top sugared apples with sliced almonds. Roll dough up tightly like a jelly roll starting at the wide side of the rectangle.

**To bake:** Melt 2 TBSP butter and 1/4 cup Dixie Crystals light brown sugar in a small saucepan. Spread half of mixture over the bottom of a 9-inch square baking pan. Cut apple roll into 1-inch slices and place close together in the prepared baking pan. Brush remaining butter/sugar syrup over the top of each swirl. Bake in a 400° oven approximately 25 minutes or until swirls are golden brown. Serve warm. Yields 10-12 swirls.

### Easy Fruit Salad

Sass up this salad with a handful of toasted almonds and/or grated coconut for a 'deliciously golden' lunch that takes minutes to prepare.

- 2 Golden Delicious apples, peeled (if desired), cored and diced
- 2 oranges, peeled and diced
- 2 bananas, sliced
- 2 TBSP golden raisins
- 1/4 tsp. cinnamon

Combine all ingredients in a large bowl and toss to mix and coat thoroughly with cinnamon. Yields: 2 luncheon servings or 4 sidedish servings.

### Candied Applesauce

- 12 Golden Delicious apples, peeled, cored and diced
- 3 cups Dixie Crystals granulated sugar
- 2 cups water
- 4 whole cloves
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg

Combine all ingredients in a heavy saucepan and bring slowly to a boil. Reduce heat and simmer, uncovered for about 30 minutes, or until apples turn transparent. Stir occasionally to prevent sticking. Place cooked mixture in a blender or food processor and puree. Yields 2 quarts of applesauce.

### Roast Pork with Appled Curry Sauce

- 1 6-8 pound fresh pork picnic salt and pepper to taste half-n-half
- 2 tsp. curry powder
- 2 TBSP butter
- 2 Golden Delicious apples, peeled, cored and diced
- 2 TBSP flour

Season meat with salt and pepper to taste and place on a rack in a shallow roasting pan and roast in a 325° oven for 3-4 hours until meat is thoroughly cooked. Skim fat from pan drippings and add enough half-n-half to make 1 cup of liquid. Set aside. Stir curry powder into the butter and heat until melted. Stir in apples and cook, covered until apples are tender, about 10 minutes. Stir in flour. Add milk mixture and stir over a medium heat until sauce thickens. Slice meat, pour sauce over meat slices and serve. 10-12 servings.

### Dreamy Apple Cake

- 1 cup vegetable oil
- 2 eggs
- 1 2/3 cup Dixie Crystals granulated sugar
- 2/3 cup crushed pineapple
- 1 1/2 TBSP vanilla extract
- 2 cups flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 2 Golden Delicious apples, peeled, cored and finely chopped

Combine oil, eggs, sugar and pineapple in a large bowl. Flavor with vanilla extract. Sift together dry ingredients and stir into batter. Fold in chopped apples and bake in a greased and floured 10-inch tube pan in a 325° oven for 1 hour.

### Fresh Apple Mousse

- 10 Golden Delicious apples
- 1/2 cup Dixie Crystals granulated sugar
- 3/4 cup water
- juice of 1 lemon
- 1 envelope unflavored gelatin
- 1/3 cup hot water
- 2 TBSP rum
- 2 cups whipped cream

Peel and core the apples and dice into small pieces. Place in a saucepan with the sugar, water and lemon juice. Cook 10-15 minutes, stirring constantly to avoid burning, until apples are tender and transparent. Place cooked apples in a blender or a food processor and puree. Soften the gelatin in the 1/3 cup hot water and add it to the cooked pureed apples. Beat well with a whip or electric mixer. Place mixture over cool water until slightly set. When mixture begins to set, fold in rum and whipped cream. Pour into champagne glasses and chill. Serve ice cold. Sprinkle lightly with grated nutmeg or cinnamon just prior to serving if desired. 8 servings.

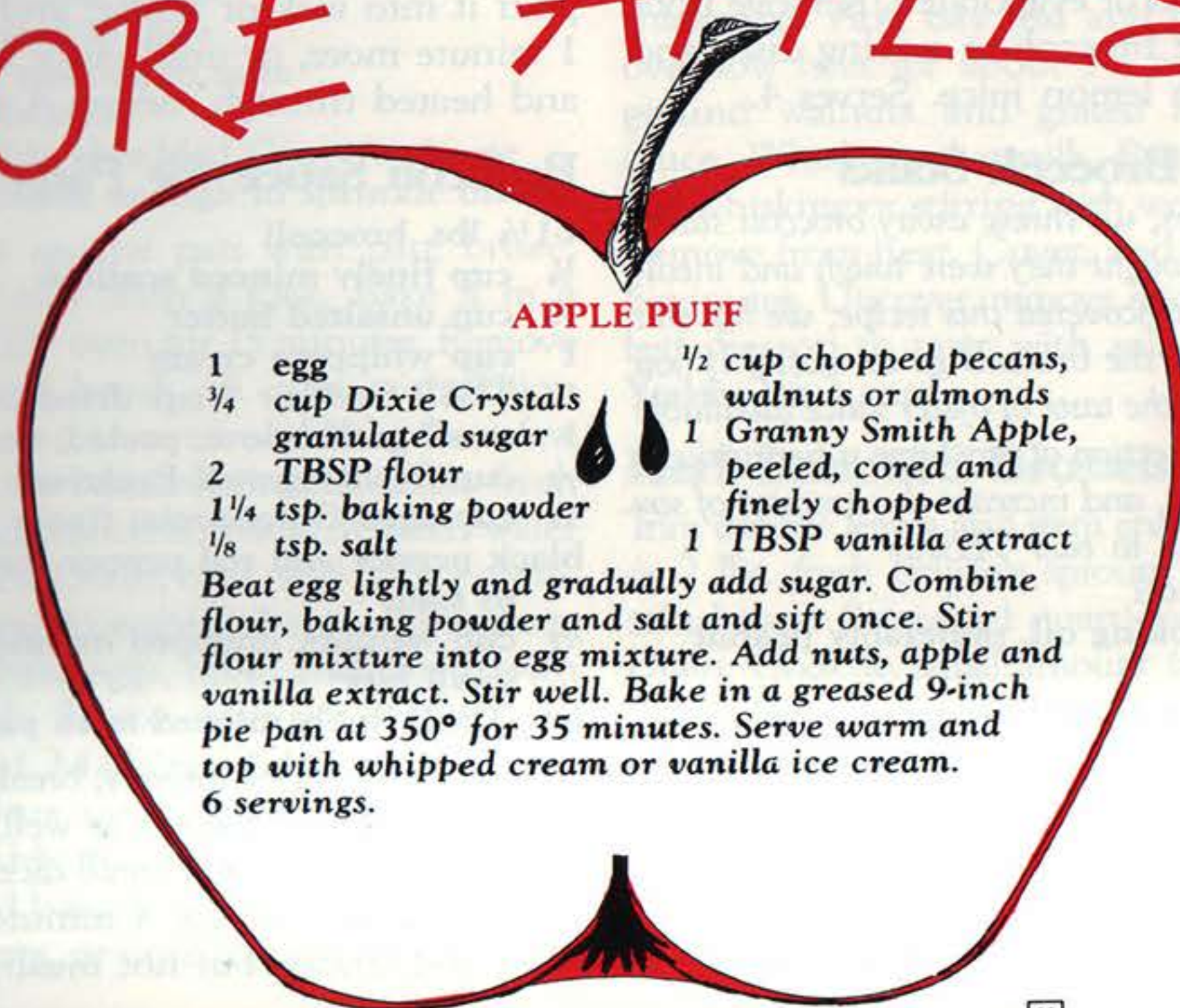
### Apple Pancakes

- 1 1/2 cups flour
- 1/2 tsp. salt
- 2 1/2 tsp. baking powder
- 2 TBSP Dixie Crystals granulated sugar
- 1 egg
- 1 1/2 cups milk
- 3 TBSP melted butter
- 1 Golden Delicious apple, peeled, cored and finely chopped

Sift the dry ingredients together. Beat the egg until light and combine with the milk and melted butter. Add liquid ingredients to the dry ingredients and stir thoroughly with a fork. Add the chopped apple and cook on a lightly greased hot griddle, turning once. Yields 12 pancakes.

Peel, cut and chop apples when you are ready to add them to your recipe, not beforehand! Your apples will not only discolor, but they also lose nutrients if left to stand in the open air. You can prevent the 'dreaded brownspots' by coating your cut apples with any acidic juice, such as lemon, orange or pineapple juice.

# MORE APPLES



- 1 egg
- 3/4 cup Dixie Crystals granulated sugar
- 2 TBSP flour
- 1 1/4 tsp. baking powder
- 1/8 tsp. salt
- 1/2 cup chopped pecans, walnuts or almonds
- 1 Granny Smith Apple, peeled, cored and finely chopped
- 1 TBSP vanilla extract

Beat egg lightly and gradually add sugar. Combine flour, baking powder and salt and sift once. Stir flour mixture into egg mixture. Add nuts, apple and vanilla extract. Stir well. Bake in a greased 9-inch pie pan at 350° for 35 minutes. Serve warm and top with whipped cream or vanilla ice cream. 6 servings.



# BROCCOLI, CABBAGE

We've never understood why anyone would buy frozen broccoli or Brussels sprouts (thankfully, no one packages frozen cabbage that we're aware of). All three have been available virtually year-round even before seasonal fruits and vegetables from abroad started appearing in U.S. markets. All are low in calories, and are excellent sources of vitamin C. In fact, pound for pound, cabbage has as much vitamin C as orange juice. Choose dark green broccoli with compact bud clusters and buds tightly closed. Cabbage should be heavy, solid, and firm, with no yellow leaves. Brussels sprouts should be bright green, firm, and small, again with no yellow leaves. Soaking these vegetables in cold salted water for 15-30 minutes helps to draw out any strong or bitter flavor. These vegetables are best when steamed or boiled just until crisp-tender. After all, you can eat broccoli raw as a crudite, and cabbage raw in cole slaw, so you obviously don't need to cook it until it is strong-smelling, strong-tasting, and mushy.

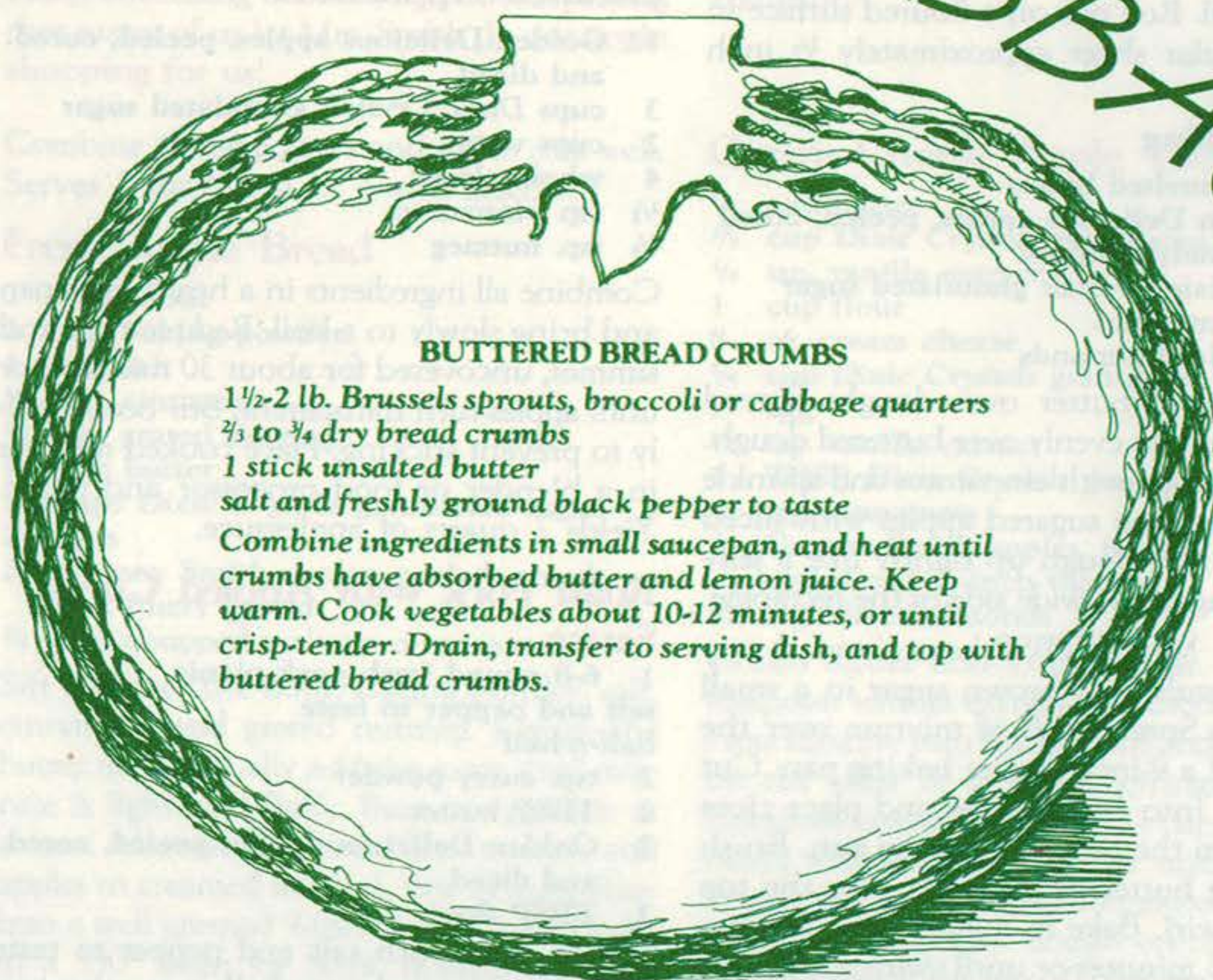
## Lemon, Garlic, Sesame Broccoli

- 2 TBSP lemon peel (yellow part only, cut in strips)
- 3/4-1 lb. broccoli flowerets
- 1 large garlic clove, peeled and mashed
- 1/2 tsp. kosher salt
- 2 TBSP freshly squeezed lemon juice
- 4 TBSP olive oil
- 1 TBSP sesame oil
- 2 TBSP lightly toasted sesame seeds, optional

Blanch lemon peel strips in boiling water for about 30 seconds; remove with slotted spoon, drain, and dry. Set steamer rack over water in which lemon peel was boiled; add broccoli flowerets, separated into bite-size or slightly larger than bite-size pieces. Steam for 10 minutes, or until crisp-tender; do not overcook. Meanwhile, mash garlic together with salt; chop lemon peel, and combine with lemon juice and oils in small bowl. When broccoli is done, drain in colander, and toss with sauce. Garnish, if desired, with toasted sesame seeds, and serve at once. 4 servings.

## Tasty Broccoli - Lo-Cal

- 1 bunch broccoli, about 1 1/2 lbs. or more
- 2 TBSP best quality olive oil
- 2 tsp. finely minced garlic, or to taste
- 1/4 tsp. hot red pepper flakes, or to taste
- 1/3 cup water
- juice of half a lemon, or to taste



### BUTTERED BREAD CRUMBS

- 1 1/2-2 lb. Brussels sprouts, broccoli or cabbage quarters
  - 2/3 to 3/4 dry bread crumbs
  - 1 stick unsalted butter
  - salt and freshly ground black pepper to taste
- Combine ingredients in small saucepan, and heat until crumbs have absorbed butter and lemon juice. Keep warm. Cook vegetables about 10-12 minutes, or until crisp-tender. Drain, transfer to serving dish, and top with buttered bread crumbs.

Cut broccoli into flowerets. If using stalks, peel and cut into 1-inch pieces. Heat oil in wok or large heavy skillet. Add garlic and red pepper flakes, and stir-fry briefly to flavor the oil. Do not allow garlic to brown, or it will have a burnt, bitter taste. Add broccoli and water, cover with tightly fitting lid, reduce heat to low, and simmer for 10 minutes, or until broccoli is tender. Check periodically to make sure cooking liquid has not evaporated completely, and to stir. Add a TBSP or two more water if needed during cooking, but remember, at the end of 10 minutes, all the cooking liquid should have been absorbed or evaporated. Remove from heat, transfer broccoli to serving dish, and sprinkle with lemon juice. Serves 4.

## Stir-Fried Broccoli Stalks

For many years, we threw away broccoli stalks because we thought they were tough and inedible. Since we discovered this recipe, we haven't let any part of the broccoli go to waste! If you do not care for the taste of oyster sauce (available in ethnic food section of any large supermarket), you can omit it, and increase the amount of soy sauce from one to two TBSP.

- 2 lbs. broccoli
- 2 TBSP cooking oil, preferably peanut oil
- 1 large clove of garlic, peeled, crushed
- 1 small to medium onion, chopped
- 1/4 cup canned chicken broth
- 1-2 TBSP oyster sauce
- 1 TBSP dark soy sauce
- 1 TBSP cornstarch
- 1/2 tsp. Dixie Crystals granulated sugar

Cut flowerets from broccoli, and reserve for another use. Peel the stalks, and trim off the dried-out bottom ends. Cut stalks into slices 1/4-inch thick or less. You should have about 4 cups worth. Blanch broccoli slices in boiling water about 1 1/2 minutes. Drain in colander, and refresh under cold running tap water. Dry on paper towels. Meanwhile, crush garlic, chop onion, and combine remaining ingredients in small bowl to make sauce. Heat oil in wok or large heavy skillet. Add onion and garlic, and stir fry for 30 seconds. Add broccoli slices and stir fry for 60 seconds. Stir sauce mixture to recombine, pour it into wok or skillet, and stir fry for 1 minute more, or until sauce is thickened and heated through. Serves 4 to 6.

## Broccoli Sauce for Pasta

- 1-1 1/4 lbs. broccoli
- 3/4 cup finely minced scallion
- 1/2 cup unsalted butter
- 1 cup whipping cream
- 1 TBSP fresh or 1 tsp. dried basil leaves
- 1 small garlic clove, peeled, crushed
- 1/2 cup freshly grated Parmesan
- 1/2 cup aged Gorgonzola, finely crumbled
- black pepper and red pepper (cayenne) to taste

- 1/2 cup walnuts, chopped or broken in small bits

few TBSP finely minced fresh parsley leaves

If using flowerets exclusively, break them into small ones. If using stalks as well, peel them and cut them into very small dice. Boil broccoli in salted water for 4 minutes, or until good and tender, but not mushy. Drain in





# AND BRUSSELS SPROUTS

colander, and refresh under cold running tap water. Dry with paper towels. In large heavy skillet cook scallions in butter until softened. Add cream, basil and garlic. Cook, stirring, until liquid simmers gently. Add cheeses, and keep stirring until mixture is well blended. Add broccoli and peppers to taste; keep cooking and stirring until sauce is heated through. At serving time, spoon over pasta, and garnish with nuts and parsley. Yields about 2 cups, or enough for 16 oz. box of flat pasta noodles.

## Broccoli Quiche

pate brisee for 9-inch quiche pan  
Dijon mustard enough to brush on pie crust  
1 bunch (1½-1¾ lbs.) fresh broccoli  
3 eggs  
½ cup milk  
¾ cup whipping cream  
salt and pepper to taste  
fresh grated nutmeg to taste  
2 TBSP Madeira  
½ cup freshly shredded Gruyere cheese  
Parmesan cheese enough to sprinkle on top  
Line 9-inch quiche pan with pate brisee. Prick it all over with a fork. Bake it in a preheated 425° oven for 15 minutes. Remove it from oven, brush all over with Dijon mustard, return to oven and bake for a few minutes more. Meanwhile, cut stalks from broccoli, and blanch flowerets in salted water for 6 minutes. Drain, cool, and chop coarsely. There should be about 2 cups of flowerets. In a bowl, beat eggs, milk, and cream with a wire whisk. Season with salt and pepper, nutmeg and Madeira. Add broccoli and Gruyere. Pour into prepared pastry shell, sprinkle freshly grated Parmesan evenly over the top, and bake in a preheated 375° oven for 30 minutes, or until filling is set. Serves 8.

## The BEST Sauce for Brussels Sprouts *Pictured above.*

1½ lbs. Brussels sprouts  
3 TBSP unsalted butter  
3 TBSP flour  
2 cups whipping cream  
1 large bay leaf, broken in two  
1 garlic clove, finely minced  
¾ cup walnuts, coarsely ground  
¼ cup freshly grated Parmesan cheese  
½ cup milk, at room temperature  
salt and pepper to taste

Steam Brussels sprouts on rack over boiling water for 15 minutes, or until crisp-tender. While Brussels sprouts are cooking, make the sauce. Melt butter. Add flour. Stir and cook the roux 2-3 minutes. Meanwhile, scald cream (about 2½-3 minutes in the microwave on 80% power), and pour into roux, whisking. Cook over low heat until sauce is thickened. Add bay leaf and garlic. Warm over low heat for about 3-4 minutes. Add ground walnuts and grated Parmesan to sauce. Whisk in the milk. Bring to a boil, still whisking or stirring with wooden spoon. Remove from heat. Cover, and let stand for 5 minutes. Uncover, remove and discard bay leaf. Season to taste with salt and pepper. Yields 2½-3 cups.

## Herb-Seasoned Brussels Sprouts

Trim outside leaves and stem ends from 2 pints or 2 lbs. fresh Brussels sprouts, and soak in salted water (1 tsp. to 1 quart) for 20 minutes. Drain. Cook in small amount (about 1 inch deep) boiling water, uncovered, for 5 minutes, then covered for 5 minutes more, or until crisp-tender. Drain and toss with 1 stick unsalted butter, softened and cut up, ¼ cup finely minced shallots, 2 TBSP vinegar, and ½ tsp. or more caraway seeds. Serves 6.

## Broccoli Casserole

1 bunch (1½-1¾ lbs.) fresh broccoli  
1 can cream of chicken soup  
½ cup mayonnaise  
juice of half a large lemon  
½ tsp. curry powder, or to taste  
1 2 oz. package slivered almonds

Boil or steam broccoli until crisp-tender. Mix soup, mayonnaise, lemon juice, curry powder and enough water to thin sauce to desired consistency (a few TBSP should be sufficient). Place broccoli in shallow baking dish, about 11x7 or 12x8. Pour sauce over it. Top with slivered almonds, and bake in a preheated 325° oven for 25-30 minutes. Serves 6.

## Tasty Brussels Sprouts - Lo-Cal

Soak Brussels sprouts in 1 quart water to which 1 tsp. salt has been added. Drain and rinse with cold water. Place in saucepan with a small amount of boiling water (about 1 inch deep), boil for 5 minutes without cover, and 5 minutes with cover. Drain. Toss with ⅓ cup best quality olive oil, the juice of half a lemon, and freshly grated Parmesan cheese to taste. Serves 6.

## Brussels Sprouts and Nut Butter

2 pints (1½-2 lbs.) fresh Brussels sprouts  
boiling salted water or chicken stock  
4 TBSP (½ stick) sweet butter  
¼-½ cup coarsely chopped pecans or blanched slivered almonds (coarsely chopped)

Trim Brussels sprouts, and soak for 20 minutes in salted water. Drain. Place in saucepan with boiling salted water or chicken stock—a small amount, or about 1 inch deep in saucepan. Boil, uncovered, for 5 minutes. Cover, and boil for 5 minutes more, or until crisp-tender. Meanwhile, melt butter in small



saucepan or skillet, add nuts, and saute about 3 minutes, or until almonds are brown or butter has begun to take on light brown color from pecans. Pour over sprouts and toss lightly.

### Cabbage Au Gratin

**an average size head of cabbage (2¼-2¾ lb.)**  
**2 cups water**  
**1 tsp. salt**  
**¼ tsp. freshly ground black pepper, or to taste**  
**3-4 TBSP sweet butter**  
**½ cup freshly grated Jarlsberg or Emmenthal**  
**⅔-¾ cup fresh soft bread crumbs**

Halve cabbage and core it. Place flat side down on cutting board and cut crossways into ½-inch slices. Place cabbage in cooking pot, add water, and bring to a boil. Cover, reduce heat, and simmer for about 15 minutes. Most of the water should have evaporated. If it hasn't, leave the lid off, and keep cooking for about 5 minutes more, or until cabbage is moist, but water is no longer visible. With a slotted spoon, transfer cabbage to a buttered shallow baking dish or gratin dish. Sprinkle with salt and pepper. Dot with butter. Distribute grated Swiss cheese evenly over all. Top with bread crumbs, and bake in a preheated 400° oven for 25-30 minutes. Yields 6-8 servings. Can be embellished with bits of cooked ham, bacon or sausage.

### Cabbage with Apples and Bacon

**4 cups shredded cabbage**  
**1 tsp. finely grated lemon peel**  
**2 TBSP cooking sherry**  
**4 slices bacon, fried crisp and crumbled**  
**2 TBSP sweet butter**  
**4 TBSP chopped onion**  
**1½-1¾ cups chopped apple**

Steam cabbage, covered, over boiling water for 4 minutes. Drain in colander. Refresh under cold running tap water. Soak lemon peel in sherry in tiny bowl or cup. Pour bacon fat from skillet, but do not wipe it out. Melt butter in skillet over medium heat. Saute onion and apple until softened. Add cabbage, lemon rind and sherry. Cook and stir and toss over medium heat until mixture is heated throughout. Season with salt and freshly ground black pepper to taste. Serve topped with crumbled bacon. 6 servings.

### Cabbage and Leeks in Cream

**2 lbs. cabbage (a medium-small head), cored**  
**½ stick (4 TBSP) unsalted butter**  
**salt and pepper to taste**  
**3 cups milk**  
**2 large leeks, dark green leaves removed**  
**1 cup whipping cream**

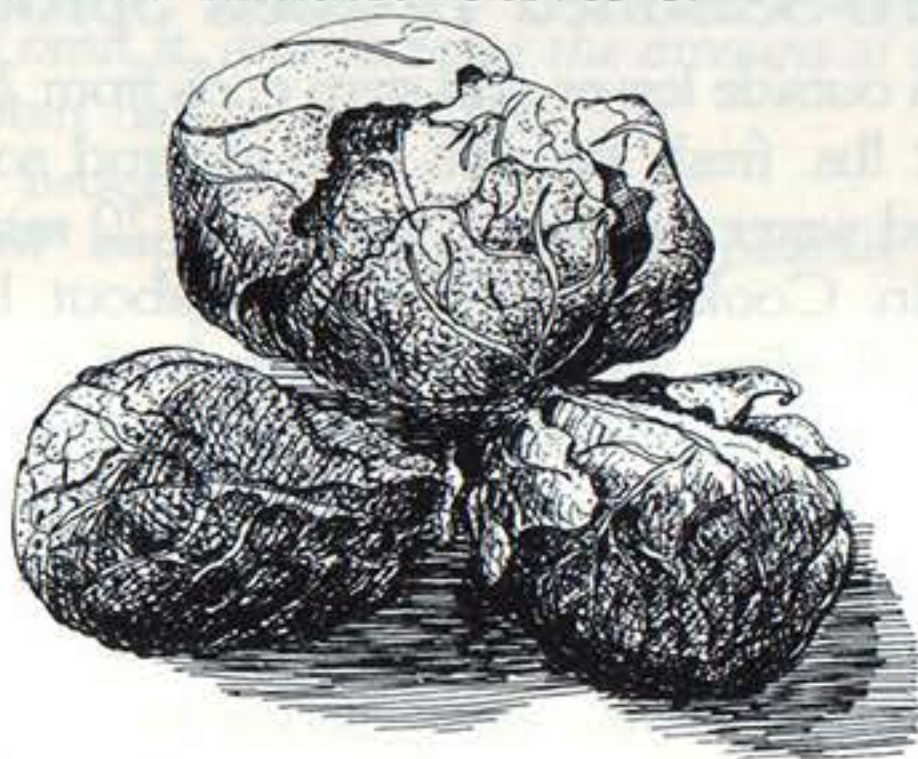
Place cabbage halves flat side down on wooden board, and cut into ¼-inch slices. Boil cabbage strips in a big pot of salted water for 5-6 minutes. Transfer to colander. Refresh under cold running water. Pat dry, pressing

to squeeze out any excess moisture. Melt 2 TBSP butter in large heavy saucepan. Stir in cabbage, tossing to coat with butter. Add salt and pepper, then milk. Cover and cook over medium-low heat, stirring occasionally, until cabbage is quite tender, about 15 minutes. Meanwhile, split leeks lengthwise and carefully take apart in order to wash well. Dry and re-assemble them after cutting off dark green leaves. Thinly slice white and light green parts crosswise. Cook leek slices in 2 TBSP butter in small heavy skillet over low heat until well softened (but not browned). Remove cover from cabbage pot, raise heat to high, and cook, stirring, until liquid is absorbed. Add cream, and cook, stirring, until mixture is thickened, about 5 minutes. Stir in leeks. Taste and correct the seasoning. Serves 8.

### Cabbage/Mushroom/Nut Casserole

**½ head cabbage (1½ lbs. before coring)**  
**4 TBSP unsalted butter**  
**1 medium onion, finely minced**  
**3 cloves garlic, finely minced**  
**½ lb. fresh mushrooms, thinly sliced**  
**3 TBSP flour**  
**2 cups half-n-half, at room temperature**  
**1 TBSP soy sauce**  
**¼ cup fresh parsley leaves, finely minced**  
**1 tsp. dried thyme**  
**cayenne and freshly grated nutmeg to taste**  
**½ cup freshly grated imported Parmesan**  
**1 cup walnuts, coarsely chopped or broken**  
**½ cup fresh bread crumbs moistened with a few TBSP melted butter**

Wash and core cabbage. Cut into thin wedges. Steam over boiling water for 10 minutes. Transfer to colander. Melt butter in heavy skillet, and saute onions, garlic and mushrooms over high enough heat so the mushrooms don't stew. When vegetables are softened, sprinkle flour over them, and cook over low heat, stirring, for 2 minutes. Pour in 1 cup of the half-n-half, and simmer until mixture is thickened and smooth. Add remaining half-n-half and cook, stirring, until mixture is thickened and smooth. Add soy sauce, parsley, thyme, cayenne and nutmeg all at once, and add Parmesan cheese gradually. Simmer sauce for 5 minutes more. Put half the cabbage in a greased baking dish, add the nuts to the sauce and pour half the sauce over the cabbage. Put remaining half of cabbage in baking dish, pour remaining half of sauce over it, and sprinkle buttered bread crumbs on top. Bake in preheated 350° oven for 30 minutes. Serves 6.



## LIGHTER SIDE PIZZA

**Pizza on a diet? You better believe it. With these lower calorie pizzas no one, not even you, will feel deprived.**

**When you're trying to lose weight or get more nutritional value out of your food, there are many lower calorie substitutes that can be made. The most obvious in these recipes is ground turkey. Compared with ground beef you'll save 48 calories in every 4-ounce serving. Use calorie reduced margarine and save 50 calories per tablespoon. Also start from scratch as often as possible. Who knows exactly what's in a can of tomato sauce?**

**Along with the calorie count, you'll also find exchange information at the end of each recipe. This is for those who participate in a weight loss program which is based on food exchanges rather than calories.**

### Fresh Tomato Sauce

*To help make several of these pizzas lower in calories we're including this recipe for homemade sauce. Making it from scratch means knowing exactly what's in there!*

**¾ cup chopped green bell pepper**  
**⅔ cup chopped onion**  
**6 medium size tomatoes peeled, seeded and chopped**  
**½ tsp. garlic powder**  
**1 tsp. basil**  
**½ tsp. salt**  
**¼ tsp. pepper**

Spray a 10-inch skillet with nonstick cooking spray. Cook green pepper and onion until tender. Stir in tomatoes and spices and simmer for 5 minutes.

*Makes 6 servings at 55 calories per serving. Each serving has 1 Vegetable Exchange.*

### Tasty Taco Pie

*A Mexican variation on an Italian favorite...*

**12 oz. ground turkey**  
**2 cups fresh tomato sauce**  
**1 1.25 oz. package taco seasoning**  
**1 8-oz. can ready-to-bake refrigerated crescent rolls**  
**5 oz. processed cheese with Jalapeños, shredded**  
**2 cups lettuce**  
**½ cup chopped tomato**

Brown meat and drain, add tomato sauce and seasoning mix; simmer 5 minutes. Press dough into bottom and sides of an ungreased 12-inch pizza pan. Prick bottom and sides with fork and bake at 375° for 10 minutes until brown. Cover with meat mixture; top with cheese and bake until cheese melts. Top with remaining ingredients.

*Makes 6 servings at 348 calories per serving. Each serving has 2¼ Protein, 1⅓ Bread, and 1½ Vegetable Exchanges.*



## Pizza with Spaghetti Crust

- 1 TBSP + 1 tsp. calorie-reduced margarine, divided
- 2 cups cooked spaghetti (warm)
- 1 egg, beaten
- 2 TBSP grated Parmesan cheese
- $\frac{2}{3}$  cup low-fat cottage cheese
- $\frac{1}{2}$  cup each diced onions and green bell pepper
- 5 oz. cooked ground turkey, crumbled
- 1 cup canned Italian tomatoes, drained and chopped, reserving liquid
- $\frac{1}{4}$  cup fresh tomato sauce
- 1 tsp. Dixie Crystals granulated sugar
- 1 tsp. oregano leaves
- $\frac{1}{2}$  tsp. salt
- dash each garlic powder and pepper
- 4 oz. mozzarella cheese, shredded

Spray a 9-inch pie pan with nonstick cooking spray and set aside. In small flameproof container melt 1 TBSP of margarine. In 1 quart bowl combine spaghetti, egg, Parmesan cheese and melted margarine. Mix well and press mixture into bottom and sides of pie pan to form crust. Spread cottage cheese over crust.

Preheat oven to 350°. In 8-inch nonstick skillet, heat remaining margarine over medium-high heat until bubbly and hot; add onion and bell pepper and saute until onion is translucent. Add remaining ingredients except mozzarella and stir to combine. Reduce heat to low and simmer until flavors are blended, 12 to 15 minutes. Spread mixture over cottage cheese and bake until hot and bubbly, 15 to 20 minutes. Sprinkle pie with mozzarella cheese and bake until cheese is melted and lightly browned, about 8 minutes longer. Remove from oven and let stand 5 minutes before serving.

*Makes 4 servings at 310 calories per serving. Each serving has 3 Protein, 1 Bread,  $1\frac{1}{4}$  Vegetable, 1 Fat and 20 calories Optional Exchange.*

## Whole Wheat Sausage Pizza

- $\frac{3}{4}$  cup whole wheat flour
- $\frac{1}{2}$  cup skim milk
- 2 eggs
- 1 tsp. oregano leaves
- $\frac{1}{2}$  +  $\frac{1}{4}$  tsp. salt, divided
- 8 oz. cooked turkey sausage
- $\frac{1}{4}$  cup each diced onion, green bell pepper, sliced mushrooms
- $\frac{1}{8}$  tsp. pepper
- 1 cup fresh tomato sauce
- 6 oz. mozzarella cheese, shredded

Preheat oven to 425°. Spray 13x9x2-inch glass baking dish with nonstick cooking spray and set aside. In a bowl combine flour, milk, eggs, oregano and  $\frac{1}{2}$  tsp. salt and beat until smooth; pour into sprayed dish and sprinkle evenly with sausage, vegetables, pepper and remaining  $\frac{1}{4}$  tsp. salt. Bake for 20 minutes; top pizza with tomato sauce, sprinkle with cheese, and bake until cheese is melted and crust browned, 10 to 15 minutes.

*Makes 4 servings at 428 calories per serving. Each serving has 4 Protein, 1 Bread,  $\frac{3}{4}$  Vegetables and 10 calories Optional Exchange.*

## Tuna Pizza

- 2 tsp. calorie reduced margarine
- $\frac{1}{2}$  cup each mushrooms, chopped onion and chopped green bell pepper
- $\frac{1}{2}$  tsp. garlic powder
- $1\frac{1}{2}$  tsp. all purpose flour
- $\frac{1}{2}$  cup skim milk
- 3 oz. drained canned tuna, flaked
- $\frac{1}{8}$  tsp. each oregano and basil leaves
- 2 ready-to-bake refrigerated buttermilk biscuits (1 oz. each)
- 1 oz. mozzarella cheese, shredded

Preheat oven to 375°. In small skillet heat margarine; add mushrooms, onion, bell pepper and garlic powder. Saute over high heat, stirring frequently, until tender-crisp, about 2 minutes. Sprinkle with flour and stir quickly to combine; cook, stirring for 1 minute. Reduce heat to medium; gradually stir in milk. Cook, stirring, until mixture comes to a boil. Reduce heat to low, let simmer until thickened, 3 to 5 minutes. Stir in tuna and seasonings; let cool. Carefully separate each biscuit into 4 thin layers. Using 8 pieces seal edges together and form crust on cookie sheet. Spoon mixture onto crust and sprinkle with cheese. Bake until golden, 20 to 25 minutes.

*Makes 2 servings at 219 calories per serving. Each serving has 2 Protein,  $1\frac{1}{4}$  Bread,  $1\frac{1}{2}$  Vegetable,  $\frac{1}{2}$  Fat, and  $\frac{1}{4}$  Milk Exchange.*



## Pizza Burger Loaf

- $\frac{1}{2}$  cup chopped onion
- 6 oz. tomato paste
- 1 cup water
- 1 lb. ground turkey
- $\frac{1}{2}$  lb. ground beef
- 1 egg
- 1 cup bread crumbs
- 2 tsp. salt
- 1 tsp. oregano
- $\frac{1}{4}$  tsp. basil
- 4 oz. mozzarella cheese

Combine onion, tomato paste and water in pan; simmer 20 minutes. Mix together beef, egg, bread crumbs, salt, oregano and basil. Add  $\frac{1}{2}$  cup of prepared sauce and blend. Form loaf. Bake at 375° for 50 minutes. Top with remaining sauce and sprinkle with cheese. Bake 15 minutes.

*Makes 6 servings at 329 calories per serving. Each serving has 4 Protein,  $\frac{3}{4}$  Bread, and  $\frac{1}{3}$  Vegetable Exchange.*

## Pita Pizza

- 2 1 oz. pita breads
- 1 tsp. calorie reduced margarine
- $\frac{1}{2}$  cup thawed frozen chopped spinach
- 2 TBSP chopped onion
- 1 tsp. dill
- $\frac{1}{2}$  medium tomato, cut into 4 thin slices
- 4 oz. feta cheese crumbled
- $\frac{1}{8}$  tsp. oregano leaves
- dash pepper

On baking sheet arrange pita bread and, using pastry brush, brush top of each with  $\frac{1}{4}$  tsp. oil; broil until lightly browned, 1 to 2 minutes. Turn pitas over, brush top of each with  $\frac{1}{4}$  tsp. oil, and broil until browned; remove from oven.

Turn oven control to 450°. In small bowl combine spinach, onion, and dill, mixing well; top each pita bread with 2 tomato slices, then spread each with half of the spinach mixture. Sprinkle each portion with 2 oz. of feta cheese, half of the oregano and dash pepper; bake until cheese is lightly browned, 5 to 7 minutes. Serve immediately.

*Makes 2 servings at 271 calories per serving. Each serving has 2 Protein, 1 Bread, 1 Vegetable and  $\frac{1}{4}$  Fat Exchange.*

## Pineapple Cheesecake Pizza

*Pizza for dessert? This one is sure to be a winner with the whole family.*

- 4 oz. crisp rice cereal, crushed
- 6 TBSP calorie reduced margarine, melted
- 1 TBSP Dixie Crystals granulated sugar
- 6 oz. calorie reduced cream cheese, softened
- $1\frac{1}{2}$  cups skim milk
- 4 TBSP Dixie Crystals granulated sugar
- $\frac{1}{3}$  cup lemon juice
- 1 tsp vanilla
- 1 20 oz. can crushed pineapple in its own juice
- 1 TBSP cornstarch

Combine cereal, margarine and 1 TBSP sugar; press into bottom of a 12-inch pizza pan. Bake at 350° for 10 minutes. Let cool. In small mixing bowl beat cream cheese, milk, remaining sugar, lemon juice and vanilla on low speed until smooth. Spread over crust. Cover; chill. Combine undrained pineapple and cornstarch. Cook and stir until bubbly; cook and stir 2 more minutes. Let cool. Spread pineapple mixture over cheese layer. Cover and chill.

*Makes 10 servings at 198 calories per serving. Each serving has  $\frac{1}{6}$  Milk,  $\frac{1}{2}$  Bread,  $\frac{1}{2}$  Fruit,  $\frac{1}{3}$  Fat and 75 calories Optional Exchange.*

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## *Savannah Classics*

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**Sausage** is one of the oldest forms of processed food in the world and is still one of the most appetizing, nutritious and enjoyable meat products. Grinding meat into sausage was an old Mediterranean custom 3000 years ago. The history of sausage is literally written into its names. Sausage became known by the city or region where it was developed: Viennas, Frankfurters, Bologna, Salami are examples.

**Any farm-bred Southerner remembers cold weather butchering seasons when each family made its very own sausage combinations from the scrap hog meat parts flavored with their favorite seasonings.**

### **FOUR MAIN TYPES OF SAUSAGE**

**Country Sausage** is made of freshly ground meat which is very perishable since it is not cooked during processing nor does it usually contain nitrites. Examples are fresh pork sausage, Italian sausage and most bratwurst.

**Cooked Sausage** is fully cooked during processing to 155° and usually smoked. These products may be eaten without heating. Examples are wieners, bologna, cotta salami, and Viennas. Heating before serving generally improves the flavor and taste.

**Dry or Fermented Sausage** is sometimes called summer sausage. Though traditionally made during the winter, the sausage had a better keeping quality through spring and summer because of the fermentation of the sugars added to the sausage mixture. These sausages, popularized in Southern Europe, include pepperoni, Chorizo, Italian sausage and salami.

**Meat Loaves and Jellied Products.** These are mixtures of ground or chopped meat processed in pans or molds. Jellied products consist of cooked meat chunks suspended in gelatin. Examples are pickle and pimiento loaf, jellied corn beef, liver loaf or head cheese.

**Good sausage begins with good meat.** Beef, veal, pork, lamb, mutton and poultry are all suitable for use in sausage. Venison and other game may be used for all or part of lean meat.

Once the type of meat is selected the next most important ingredient is the type of seasonings.

### **SAUSAGE SEASONINGS**

**Salt** is an essential ingredient in sausage. It is necessary for flavor, and aids in preserving the sausage. Salt extracts the "soluble" meat protein at the surface of the meat particles. This film of protein is responsible for binding the sausage together when it is heated and the protein coagulates. Most sausages contain two to three percent salt, but salt can be adjusted to taste.

**Spices.** The characteristic flavor of sausage comes from the spices, herbs and flavorings used. Seasonings and spices should be fresh since they lose their natural flavor when held at room temperature for six months or more.

For making small batches of sausage at home, premixed spices are available from local meat processors. For best results store seasonings at 55° or below.

### **BASIC SAUSAGE SEASONINGS**

**Country Sausage** - sage

**Chorizo** - chili powder, cumin

**Bratwurst** - mace, nutmeg, ginger

**Italian Sausage** - fennel, anise, coriander

**Kielbasa** - marjoram, savory and garlic

In Savannah, sausage is a prized ingredient in two of our most famous dishes: Savannah Red Rice and Low Country Shrimp Boil. Savannahians have their own preference for the type of sausage used in these dishes. Italian sausage, Kielbasa, Chorizo and country smoked links are some of the more popular choices.

### **Savannah Red Rice and Sausage**

½ lb. smoked sausage links (Italian, Kielbasa, Chorizo or Country smoked)

¼ lb. bacon

½ cup chopped onion (Vidalia preferred)

¼ cup chopped celery

¼ cup chopped bell pepper (red if available)

2 16-oz. cans tomatoes

½ cup water

2 cups uncooked rice

1 tsp. salt

¼ tsp. freshly ground black pepper

⅛ tsp. Tabasco

¼ tsp. red pepper flakes

2 TBSP fresh basil leaves or ½ tsp. dried

Cut sausage into 1-inch slices and cut bacon crosswise in 1-inch pieces. Saute together in a large skillet or Dutch oven to render excess fat. Drain fat and discard. Return meat to pan and add onion, celery, and bell pepper. If tomatoes are whole, coarsely chop and add entire contents of cans to mixture along with water, rice and remaining ingredients. Bring to a boil and cook on top of stove for 10

minutes. Pour into a large greased casserole dish, cover tightly and bake at 350° for 1 hour. Serves 8.

Note: Herb Traub, founder of Savannah's World Famous Pirate's House is credited with changing the name of a version of this dish from Mulatto Rice to Savannah Red Rice. This dish is a regular on their menu today as it is in so many Savannah homes and restaurants.

### **Low Country Shrimp Boil**

5 lbs. smoked sausage links

15 small new potatoes

1 TBSP seafood seasoning

1 fresh hot pepper

16 ears of corn broken in half

5 lbs. raw shrimp (headed in shells)

Cut sausage in 2 or 3-inch links. Fill a 10-quart pot (or two smaller ones) half full of water. Put sausage, potatoes and seasonings in pot and cook until potatoes are almost done, about 15 minutes. Add corn and cook 5-10 minutes. About 3-5 minutes before serving, add shrimp. Cook only until shells turn pink. Drain and serve from one bowl. Melted butter and your favorite cocktail sauce are necessary dipping sauces. This writer frequently breaks the menu planning rule of never serving two dishes with the same main ingredient. In our favorite "Taste of Savannah" menu, sausage appears in both the Shrimp Boil and the Red Rice. However, this menu continues to delight our out-of-town visitors as well as in-town diners.

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### **"TASTE OF SAVANNAH"**

**Deviled Crab**

**Low Country Shrimp Boil**

**Savannah Red Rice • Garden Salad Bowl**

**Blueberry Muffin**

**Lime Cooler Pie**

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**Savannah Red Rice  
and Sausage**