

Homemade Good News

Vol. III • A MONTHLY NEWSLETTER FROM DIXIE CRYSTALS • No. 11

Holiday Dinner

Savory Leek Tarts

Crown Pork Roast with Apple Stuffing

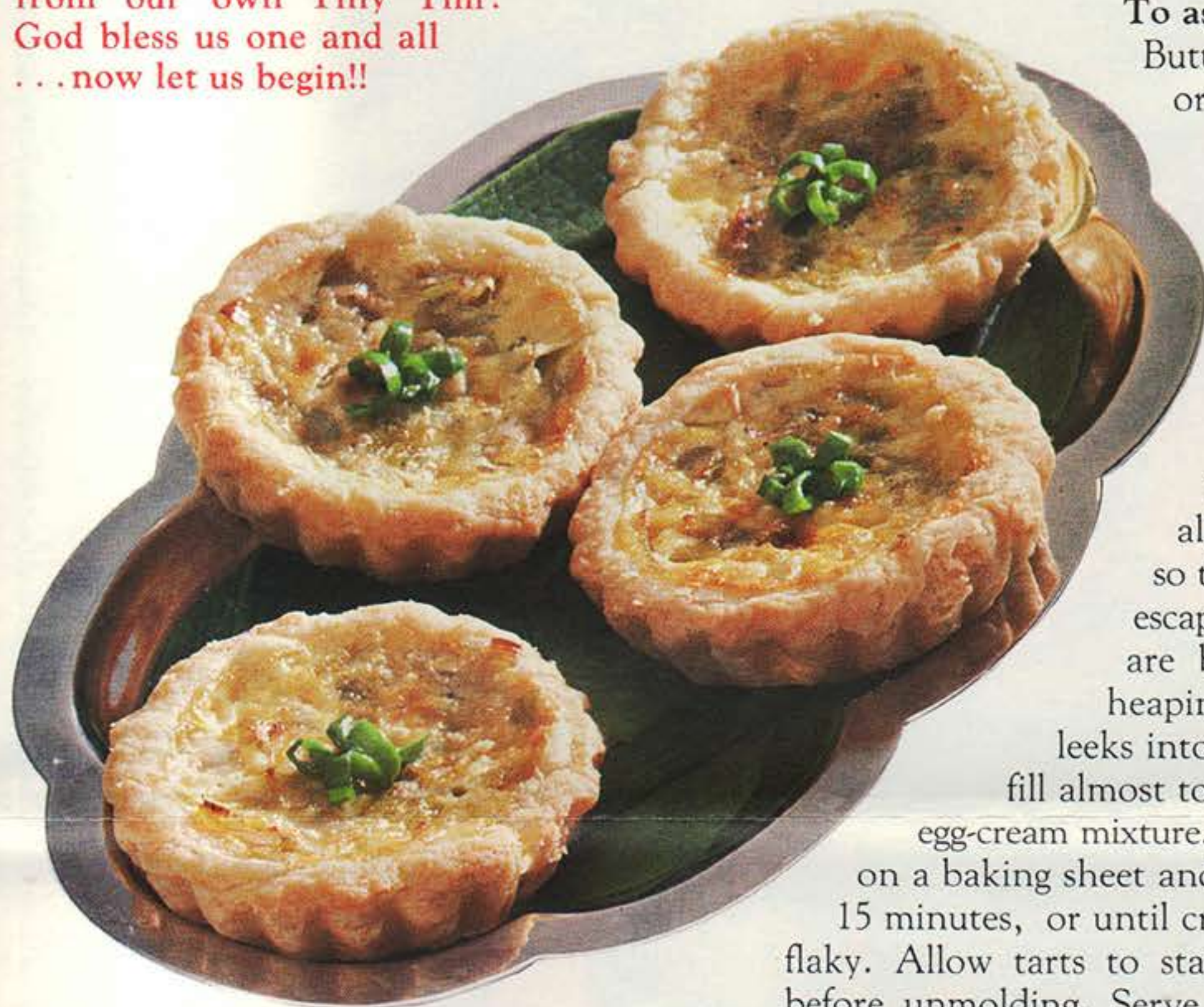
Carrot and Potato Puree

Chestnut Mousse



Menu of the Month

It's Christmas Eve! The candles are glowing, the wine is flowing, and the good cheer is growing as friends and family gather 'round. What a splendid repast we're about to share: savory little Leek Tarts for openers, then a magnificent Crown Pork Roast, to be carved into thick, juicy chops and served with its own moist Apple Stuffing and a rich Carrot and Potato Puree, and for dessert, a creamy Chestnut Mousse, flavored with Amaretto and garlanded with fresh cream! But first, a toast to our host and a word from our own Tiny Tim: God bless us one and all . . . now let us begin!!



Leek Tarts

Pastry

- 2 cups flour
- 1/2 tsp. salt
- 1 1/2 sticks (12 TBSP) sweet butter, cut into 12 pieces
- 2 TBSP vegetable shortening
- 1/4 - 1/3 cup ice water

Filling

- 3 TBSP butter
- 2 cups chopped leeks
- celery salt
- pepper
- 2 eggs
- 1 1/2 cups heavy cream
- dash tabasco, or to taste
- salt, pepper, to taste

To make the pastry: Sift the flour and salt together into a mixing bowl. Rub the chilled butter and shortening into the flour mixture with your fingertips, blending until you have a very coarse meal. Add just enough ice water to make the dough stick together (1/4-1/3 cup) and gather it into a ball. Turn the dough out onto a board, then, using the heel of your hand, push small lumps of the dough away from you in a quick, smearing

action. Continue until the entire ball of dough has been smeared. This procedure further blends the flour and butter to make a fine, flaky crust. Scrape the dough up and gather it into a ball again. Wrap in waxed paper and chill 2 hours.

To make the filling: Melt 3 TBSP of butter in a skillet. Add the leeks, season them with celery salt and pepper, and cover. Cook over low heat, stirring occasionally, for about 10 minutes, or until the leeks are soft. Remove from heat and allow to cool. In a mixing bowl, beat the eggs with the heavy cream until well blended. Season with tabasco, salt and pepper.

To assemble the tarts:

Butter the tart molds or muffin tins. Roll prepared dough onto a floured board, to a thickness of 1/8 inch. Cut 3 1/2" circles and line tart molds with them. Prick the pastry all over with a fork so that the steam can escape while the tarts are baking. Spoon a heaping tablespoon of leeks into each mold, then fill almost to the top with the egg-cream mixture. Place filled molds on a baking sheet and bake at 425° for 15 minutes, or until crust is golden and flaky. Allow tarts to stand for a minute before unmolding. Serve at once. (If you don't have enough tart molds or muffin tins to make them all at once, make in shifts. Keep the baked tarts warm while the others are in the oven.)

This recipe makes 16 3-inch tarts. If you cannot find tart molds this size, use 3-inch muffin tins that are 1/2-inch deep.

Crown Pork Roast with Apple Stuffing

- Crown pork roast, dressed (allow 2 chops per person)
- thyme
- sage
- salt, pepper to taste
- 1/2 cup apple cider
- 1 stick (1/2 cup) butter, melted
- Apple Stuffing (see recipe below)

Preheat oven to 325°. Rub the roast all over with thyme and sage and sprinkle with salt and pepper. Place in a shallow baking dish (the bottom of a broiler pan is perfect.) Wrap aluminum foil around the chop ends so that the bone doesn't char during roasting. Place in preheated oven and cook for 20-25 minutes per pound, dressed weight. Baste every 15 minutes with mixture of melted butter and cider. One hour

before the roast is done, add fruit stuffing (see recipe below) into its center. When roast is ready, transfer it to a large carving/serving platter, remove foil, and decorate chop ends with paper frills. Carve and serve with Carrot and Potato Puree and Fruit Stuffing.

Apple Stuffing

- 6 TBSP butter
- 1 large onion, chopped
- 3 cups tart apple, peeled, cored and chopped
- 2 TBSP Dixie Crystals granulated sugar
- 1/4 tsp. thyme
- 1/4 tsp. sage
- 1 tsp. salt
- pinch black pepper
- 4 cups french bread, cut into 1-inch cubes
- 1/2 cup fresh parsley, chopped
- 2 TBSP apple cider

Melt butter in a large heavy skillet with a lid. Saute the chopped onion in the butter until soft. Add the apples, sugar, thyme, sage, salt and pepper, and blend well. Cover and cook over low heat until the apples are soft, but not mushy. Mix in the bread, parsley and cider, and toss well. Spoon the stuffing into the center of the Crown Pork Roast and bake for one hour. (This recipe will serve about 6 people, so if you are expecting a larger group than that, double the recipe. Spoon the stuffing that won't fit into the roast into an oven-proof casserole dish. Dot with butter, cover and bake for 35-45 minutes at 325°. If the stuffing seems baste it with the pan juices from the r

Carrot and Potato Puree

- 1 1/2 lb. carrots
- 1 1/2 lb. potatoes
- 1 1/2 sticks (12 TBSP) sweet butter
- 1/4 - 1/2 cup Creme Fraiche (or heavy cream, whipped)
- 1/4 cup orange juice
- 1/2 tsp. ground nutmeg
- 1/2 tsp. coriander
- salt, pepper to taste



Peel carrots and potatoes and cut into 1-inch pieces. Put in separate saucepans, add enough water to each to cover by an inch, and bring to a boil. Cook at a low boil until tender. Drain well, then puree in a blender or food processor. Add the butter (cut into small pieces), half of the creme fraiche, the orange juice and spices and blend until very smooth. Add more creme fraiche, if desired. Adjust seasonings and transfer to a large saucepan. Reheat slowly until steaming hot, and serve at once.

Chestnut Mousse

- 5 egg yolks
- 3/4 cup Dixie Crystals granulated sugar
- 1 3/4 cups milk
- 1 TBSP unflavored gelatin
- 1/4 cup Amaretto
- 2 cups heavy cream
- 1 tsp. vanilla extract
- 1 can (15 1/2 oz.) chestnut puree

In the top of a double boiler (off the heat), beat the egg yolks and sugar until pale yellow and shiny. Pour the milk into a saucepan and heat almost to scalding. Remove from heat. Place eggs and sugar over simmering water (in the bottom of the double boiler.) Whisk in the warm milk and cook, stirring constantly, for about 10 minutes, or until the custard coats the back of a wooden spoon. Remove from heat. Put the Amaretto in a small saucepan and sprinkle the gelatin over it. Heat until the gelatin is completely dissolved. Whisk this mixture into the custard and transfer to a cool bowl. Refrigerate for 1-2 hours, or until the mixture is just beginning to set. Whip one cup of the cream until it forms soft



peaks, then add the vanilla. Mix the custard and chestnut puree together well (you may have to mash the canned puree with a fork to make it smooth first), gently fold in the whipped cream, and pour mousse into individual dessert bowls, or one large serving bowl. Chill for 4 hours or until completely set. Decorate with remaining cream (whipped) and serve.



Did you know . . . the deeper the color of your fruits and vegetables the more nutritional value they have.

Did you know . . . that it is better to buy milk in the carton than in the clear plastic bottle. Milk loses riboflavin if exposed to light. The carton helps to prevent this loss.

Did you know . . . that you rob yourself of vitamin C if you strain your orange juice.

Did you know . . . that a thick layer of ice on the outside of a frozen food package is a sign that it has been thawed and refrozen. Be sure to look for signs of leakage too.



Win \$100 for your Favorite Recipe



Last month to enter the 4th Annual Homemade GoodNews Recipe Contest! We have 10 exciting categories in which you can enter as many original "scratch" recipes as you like. Just make sure all recipes are easy to make, have precise written instructions, and that the ingredients they call for are easy to find in local markets. A \$100 cash prize will go to the winner of each of the following categories:

1. Entrees
2. Hors D'oeuvres
3. Vegetables
4. Pies and Pastries
5. Cakes
6. Cookies & Candies
7. Frozen Desserts
8. Soups
9. Salads
10. Crepes, Sandwiches and Quiche

In addition to receiving a \$100 cash prize, the winners of the 10 categories will have their recipes featured on the 1984 Homemade GoodNews Recipe Cards — in full color! Remember, the contest is open to subscribers of the Homemade GoodNews only, and there can only be 10 winners. However, as we're sure to receive hundreds of great recipes we'd like to share with you, all other entries will be eligible to appear in upcoming issues of the Homemade GoodNews. And if we do use your recipe in the newsletter, we'll send you a coupon for a free 5 lb. bag of Dixie Crystals Sugar!

Please print or type all entries neatly and legibly on 3x5" cards (if we can't read them, we can't use them!) and send to: Homemade GoodNews Recipe Contest, P.O. Box 66, Savannah, GA 31402. We look forward to hearing from you soon — contest ends December 31, 1983.



Did you know . . . that a bruise or other signs of decay indicates a loss of nutrients in fruits and vegetables.
Did you know . . . that it is best to cook fish the same day that you buy it. Bacteria grows quickly and will destroy the nutritional value you are looking for.

Special Holiday Offer



Give the GoodNews for the Holidays...

**Only \$12. for four gift subscription, and get a free
1984 Dixie Crystals Dessert Calendar!**

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- * recipe cards
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We'll send you our beautiful 1984 Dixie Crystal Dessert Calendar **FREE!** featuring:

- * 12 full color photos of our favorite desserts
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- * \$2.00 worth of coupons for Dixie Crystals Sugar!

'Tis the Season to give... and receive!! Just fill in the order blank below and send, along with check or money order for \$12 to: Homemade GoodNews Christmas Offer, P.O. Box 66, Savannah, GA 31402.



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French Cooking Class



Alsatian Fruit Quiche is recommended as a delightful addition to a fall brunch dessert party or as a special addition to the tradi-

tional holiday meal. A great accompaniment for ham or turkey. Follow the step by step directions. The pastry is extremely short and rich and is easier to handle if well chilled. Flour the pastry cloth heavily to prevent the dough from sticking. A sock on the rolling pin also aids in successful handling.

Alsatian Fruit Quiche

Sweet pie pastry
Poached fruit
Frangipane
Custard

$\frac{3}{4}$ cup apricot preserves, melted

Sweet Pie Pastry

$1\frac{3}{4}$ cups all-purpose flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup Dixie Crystals sugar
4 egg yolks
1 tsp. vanilla
 $\frac{1}{2}$ cup butter, softened

Place flour in large bowl and make a well in center. Add salt, Dixie Crystals sugar, egg yolks and vanilla; mix with fingers until sugar dissolves. Place very soft butter in well and work it onto other ingredients with fingers. Gradually work in all the flour, turning the dough into large crumbs. Continue working the dough until it is smooth. More flour may be needed so dough will not be sticky. Form dough into a ball; wrap in foil or plastic wrap and chill at least 30 minutes or up to 3 days in refrigerator. Makes pastry for 2 8-inch pies.

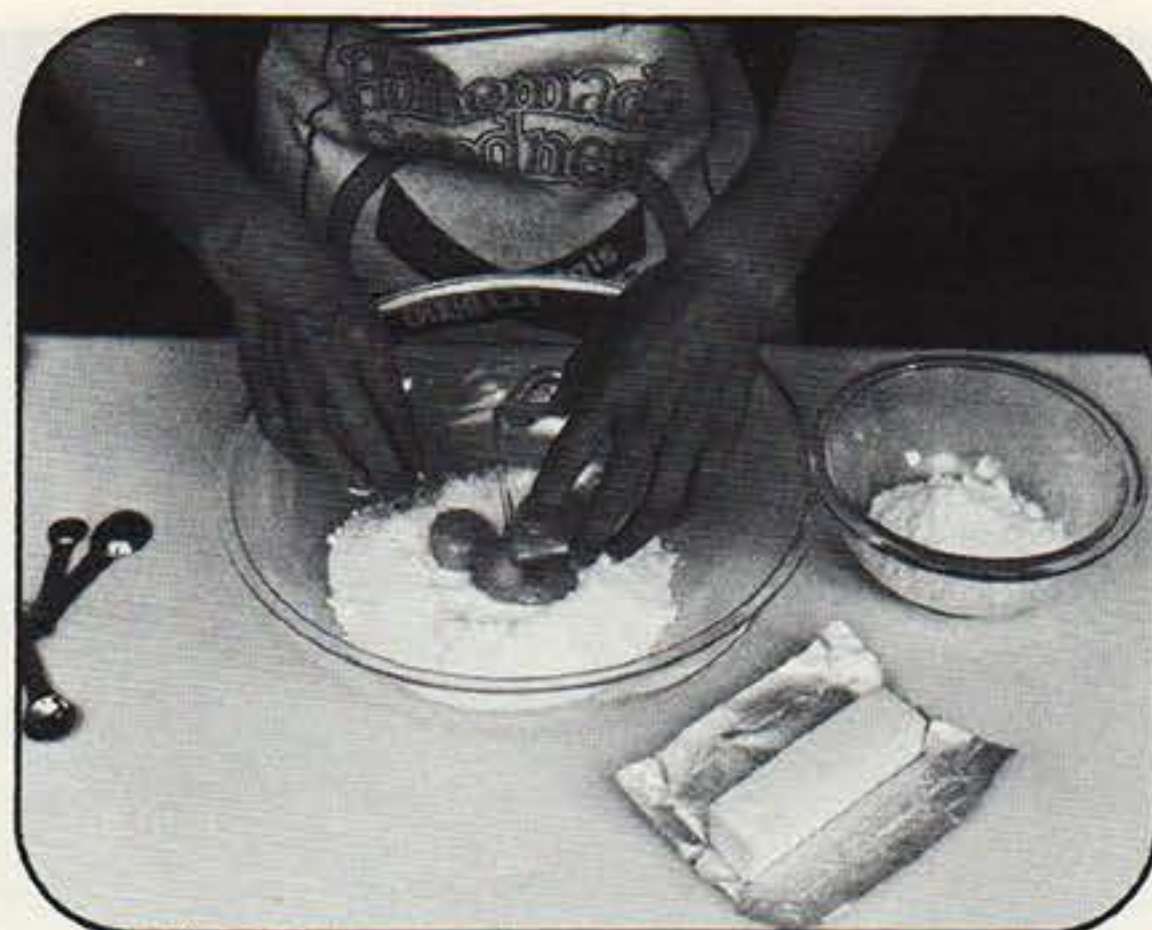
Poached Fruit (your choice)

2 lbs. tart apples, pears or sweet peaches; peeled, cored and quartered or sliced (golden delicious or cooking apples, Anjou or Bosc pears)
1 lb. Bing cherries, pitted
 $1\frac{1}{2}$ lbs. plums or apricots, halved and pitted

When using light fruits, toss with 2 tablespoons lemon juice while preparing.

If using apples, saute fruit in 3 tablespoons butter over medium heat for about 5 minutes or until softened. Sprinkle 1 tablespoon of Dixie Crystals sugar over fruit and continue cooking until sugar is lightly caramelized.

If using pears, peaches, cherries, plums or apricots, in saucepan over medium heat combine 2 cups water with $\frac{1}{2}$ cup Dixie Crystals sugar, 1 teaspoon vanilla and 1 tablespoon lemon juice, stir until sugar is dissolved. Add fruit and bring to a boil; reduce heat and simmer fruit until it is semi-transparent. (Fruit should be completely covered with syrup; may need to cook fruit in 2 batches.) Makes enough poached fruit for 2 8-inch pies.



1 Make a well in center of flour and add salt, sugar, egg yolks and vanilla. Mix well with fingers until sugar is dissolved. Add very soft butter and work into other ingredients. Dough should be smooth. Chill.



2 Roll chilled dough on a heavily floured pastry cloth. Fit pastry into greased pan(s) and flute edges. Refrigerate or freeze pastries until ready to use.



3 Spread thin layer of frangipane over bottom of pastry. Prick holes in pastry and frangipane with fork.



4 Arrange poached fruit over frangipane layer.



5 Pour custard over fruit.



6 Cover edges of pastry shell with an aluminum foil collar to prevent over browning. Bake in a 400° oven for 30-40 minutes. Brush with melted Apricot Preserves.

Frangipane

$\frac{1}{3}$ cup butter
 $\frac{1}{3}$ cup Dixie Crystals sugar
1 egg
 $\frac{2}{3}$ cup ground, blanched almonds
 $1\frac{1}{2}$ tsp. all-purpose flour

Cream butter and sugar; stir in egg. Stir in ground almonds and flour. Makes enough for 2 8-inch quiches.

Custard

2 whole eggs plus 1 egg yolk
 $\frac{1}{2}$ cup Dixie Crystals sugar
4 TBSP milk
6 TBSP cream
 $\frac{1}{2}$ tsp. vanilla or kirsch
Beat eggs, egg yolk and Dixie Crystals sugar until thoroughly mixed. Stir in milk, cream and vanilla or kirsch. Makes enough for 2 8-inch quiches.

Seasons Greetings



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