

Homemade Good News



The colorful display pictured includes Hawaiian Ribs, Lomi Crab Tomatoes, Butterfly Shrimp and Fruit Kabobs. Also pictured in the fresh coconut shell cups is HMGN version of the tropical drink, Piña Colada. Recipes inside.

A POLYNESIAN FEAST

Just in case you can't make it to the Pacific Islands this summer, we're bringing a taste of the South Seas to you, Homemade Good News style, elegant and easy. Polynesian cuisine is a unique blend of Chinese, Japanese and local island tastes richly flavored with the islands' own specialties: pineapples, coconuts and macademia nuts. Here's a collection of tropically good recipes that will bring the flavor of the South Seas to your home. So break out the leis and the tiki torches because we see a great feast in your future. And oh, it's a well known fact that luau food improves in flavor when your guests wear Hawaiian shirts and muumuus!

Hawaiian Ribs

Pictured on cover.

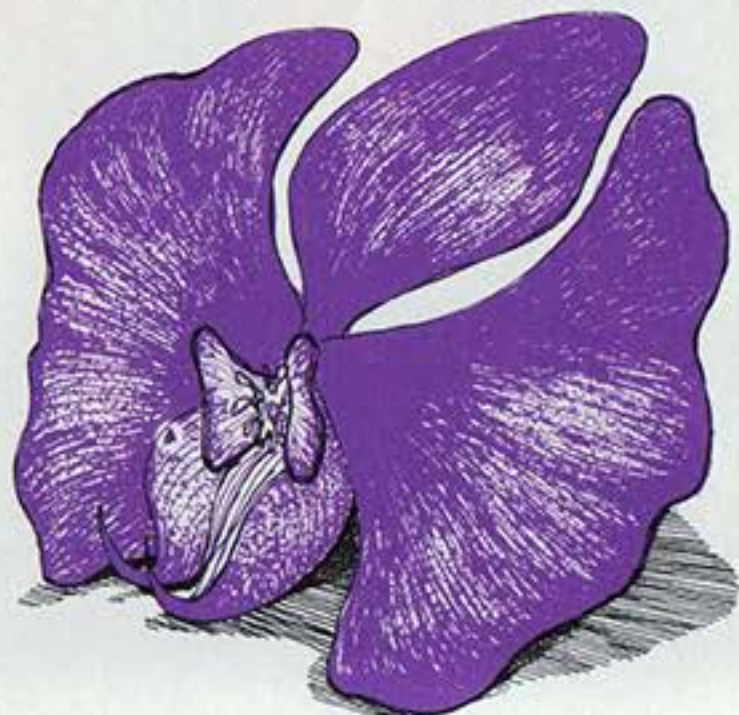
Marinated in an exotic blend of oriental seasonings and island spices, these ribs are a festive treat.

- 4 lbs. lean spare ribs
- 1/2 tsp. ground cinnamon
- pinch ground clove
- 1/3 cup Dixie Crystals light brown sugar
- 2 TBSP sherry
- 1/2 cup soy sauce
- 1 clove garlic, crushed

Wash and cut ribs into several large slabs. Blend the cinnamon and the ground clove into the light brown sugar. Gradually stir the sherry and soy sauce into the sugar mixture until well blended. Add the crushed garlic clove to the marinade. Place the ribs in the marinade. Turn several times to coat well. Cover and refrigerate at least one hour. These ribs may continue to marinate overnight, if desired.

To cook ribs: Grill ribs over a low heat source for approximately one hour, or until tender and cooked throughout. Turn ribs frequently and baste lightly with the marinade while grilling.

No grill? Simply place ribs on a rack in a heavy gauge shallow roasting pan and cook in a 325° oven for about one hour, or until tender and cooked throughout. Turn and baste ribs several times with the marinade while roasting. Serves 8-10.



Butterfly Shrimp

Pictured on cover.

Authentic, delicate and delicious anytime.

- 2 lbs. raw shrimp (large size)
 - 1/2 cup all purpose flour
 - 1 TBSP cornstarch
 - 1 tsp. baking powder
 - 1 tsp. salt
 - 1/2 tsp. monosodium glutamate (optional)
 - 1 large egg, well beaten
 - 2-4 TBSP water
 - vegetable oil or shortening for deep frying
- Peel raw shrimp, leaving the tail section of the shell intact. Remove the vein and slice in a "butterfly" fashion (instructions follow). Keep raw shrimp well chilled until ready to fry. Prepare a frying batter by combining the flour with the cornstarch, baking powder, salt and MSG if desired. Blend well. Stir in the beaten egg and water, one tablespoon at a time to desired consistency. The amount of water will depend upon personal preference as well as the brand of flour used. (The thicker the batter, the heavier the coat of crust on the shrimp.) Heat oil or shortening for deep frying (approximately 350-365°). Hold each "butterfly" shrimp by the tail and dip in the batter. Do not coat the tail. Drop the battered shrimp into the hot fat and fry until golden. Drain on paper towels and serve immediately.

To butterfly shrimp: Technically, shrimp should be butterflied by scoring the inside curve of each shrimp three-quarters down its length. Do not cut all the way through the shrimp! Tap the sliced shrimp lightly with the edge of your knife to separate the "wings" of your butterfly. This technique takes some skill with a knife and practice! You may find it easier to score each shrimp on the outside curve as you devein. The "winged" result will vary little in appearance once battered and fried, and is quicker for the novice shrimp sculptor.

Lomi Crab Tomatoes

Pictured on cover.

Cherry tomatoes stuffed with fresh crabmeat, seasoned with fresh lime, garlic and dill.

- 36 cherry tomatoes, firm but ripe
- 1 cup fresh crabmeat
- 2 limes, juiced
- 3 oz. cream cheese
- 1 TBSP heavy cream
- 1 TBSP mayonnaise
- 1 clove garlic, crushed
- 1/2 tsp. dill weed
- 2-4 drops Tabasco
- 1 tsp. Worcestershire sauce
- salt to taste

Slice away a small section from the top of each tomato. Reserve tops, if desired. Scoop out the pulp and seeds from each tomato. (An infant cereal spoon comes in handy for tiny scooping jobs like this!) Discard the pulp and seeds. Rub the crabmeat with your fingertips to remove any hidden pieces of

shell or cartilage. Marinate the crabmeat in the juice of 2 limes for at least one hour. (Do not marinate seafood and/or citrus juice in metal containers. Use plastic or glass instead!) After marinating, squeeze excess lime juice out of crabmeat and discard. (The term "lomi" in Hawaiian means to press or massage.) Combine the cream cheese with the heavy cream, mayonnaise, garlic, dill weed, Tabasco and Worcestershire sauce. Mix until smooth and well blended. Stir crabmeat into the cream cheese mixture and salt to taste. Add more Tabasco if you dare! Spoon the crab mixture into the hollowed out cherry tomatoes. Replace tomato caps if desired. Chill well before serving. Yields 36 stuffed cherry tomatoes

Fruit Kabobs

Pictured on cover.

Island fruits skewered and glazed with a sauce made from Dixie Crystals light brown sugar!

- 3 bananas
- 1 lime, juiced
- 8 large whole strawberries
- 12 chunks fresh pineapple
- 1 kiwi fruit
- 3 TBSP butter
- 2 TBSP Dixie Crystals light brown sugar
- 1 TBSP honey
- 1 tsp. either ground cinnamon or ground ginger
- 4 12-inch bamboo skewers

Peel bananas and slice into 12 chunks. Pour lime juice over the bananas to keep them from turning brown. Wash strawberries, hull and gently pat dry. Prepare pineapple chunks from fresh pineapple. The chunks of pineapple should be slightly larger than the strawberries. Peel kiwi fruit and cut into 8 wedges. Arrange fruit on skewers in a colorful fashion. Melt butter in a small saucepan and add the remaining ingredients, choosing either cinnamon or ginger for flavor. Heat sauce until the sugar has completely melted and sauce is well blended. Brush sauce over fruited skewers and serve. Yields 4 servings.

Island Glazed Macadamias

No luau is complete without the roasted macadamias. Here's our version of a Polynesian Classic!

- 6 TBSP Dixie Crystals light brown sugar
- 1 TBSP honey
- 2 TBSP pineapple juice
- 1 cup shelled macademia nuts

Combine the light brown sugar with the honey and pineapple juice in a small heavy gauge saucepan. Bring mixture to a boil and continue boiling until mixture has reached 240° or forms a soft ball when dripped in cold water. Remove pan from heat and fold in macademia nuts. Stir briefly to coat nut well. The glaze will thicken some with stirring. Spoon nuts out onto a lightly greased sheet of tin foil or waxed paper. Separate

while still warm. Cool. Place cooled, glazed nuts on a lightly greased baking sheet and bake 8-10 minutes in a 400° oven. Loosen nuts from the baking sheet while warm. Cool to room temperature. Then store in a closed container. Yields 1 cup of glazed nuts.

Kalua Pig

The main attraction for a homestyle luau! This recipe emulates the smokey pit-cooked flavor you desire without actually having to dig a pit in your back yard... a plus for some of us!

8 lbs. fresh ham
 ¼ cup liquid smoke
 ¼ cup coarse salt
 Hawaiian Ti leaves OR banana leaves OR corn husks to cover the ham with a thick layer of leaves
 ½ cup hot water

Wash meat and score well on all sides. Rub well with liquid smoke and coarse salt. Wrap meat tightly in a thick layer of leaves and tie securely with string or twine. Wrap again in a double layer of thick aluminum foil. Place wrapped meat on a rack in a heavy gauge shallow roasting pan and bake in a 500° oven for 30 minutes. Reduce heat to 400° and continue baking for 4½ hours. Remove foil and leaves. Tear meat into bite-sized pieces that can be eaten with the fingers. Add ½ cup of hot water to the juices of the meat and pour over the torn pieces of meat. Season with additional salt, if needed. Serve in small individual bowls or large clam-type sea shells. Yields about 16 servings.

Lomi Lomi Salmon

A must at every luau! This version whips up like a refreshing summer breeze, too.

1 lb. smoked salmon
 4 medium tomatoes
 1 bunch green onions
 2 limes, juiced
 1 tsp. Tabasco
 salt to taste

Shred salmon. Peel and dice the tomatoes into small pieces. Chop the green onion well. Add the tomatoes and green onion to the shredded salmon. Blend well. Add the juice from 2 fresh limes and season with the Tabasco and salt, if needed. Chill well. Serve individually in small clam-type sea shells or hollowed out vegetables such as tomatoes, green peppers or zucchini boats! Yields about 4 cups.

Tahiti Chicken

Chicken grilled with a tangy, sweet marinade and topped off with a ring of fresh pineapple.

6 large chicken breasts
 1 cup soy sauce
 1 cup pineapple juice
 2 cloves garlic, crushed
 1 TBSP fresh ginger root, minced
 6 rings fresh pineapple

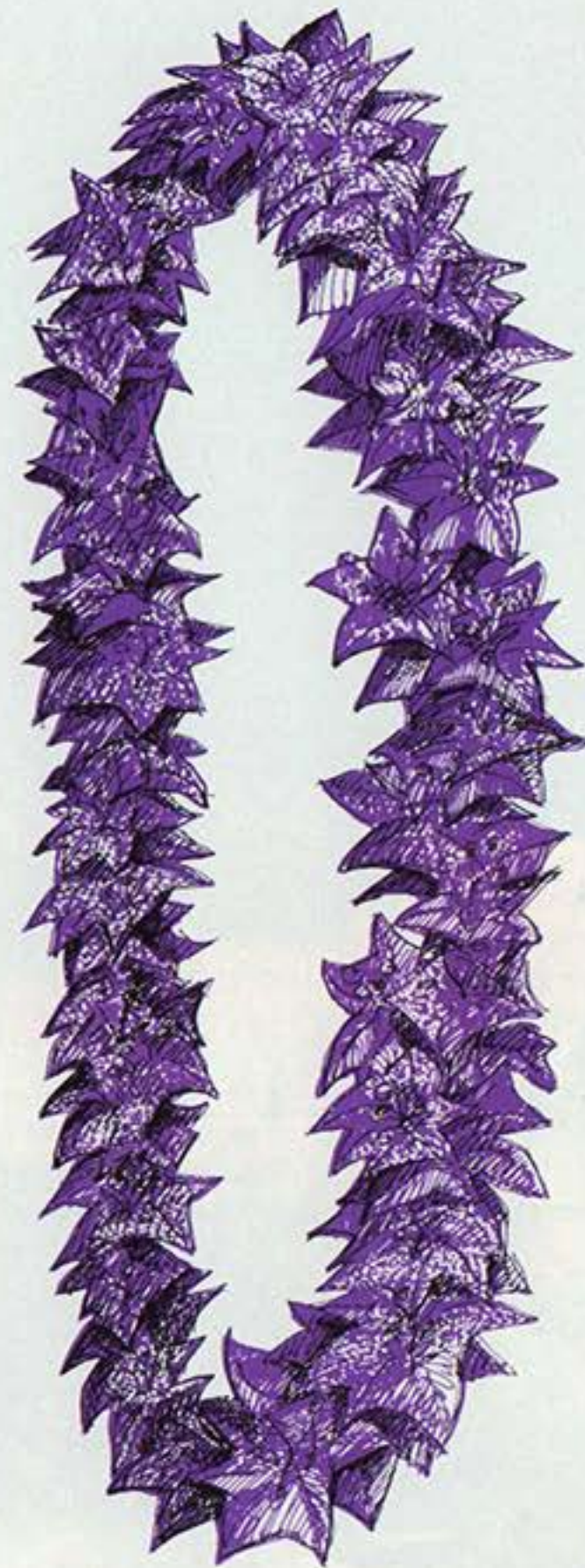
Wash chicken breasts well and pat dry. Combine the soy sauce with the pineapple juice, garlic and ginger root. Marinate the chicken in the soy sauce mixture for at least one hour (or overnight, if desired). Grill chicken over a low heat source for 45-60 minutes or until done. Baste chicken while grilling with the marinade. When chicken is done, place the rings of pineapple on the grill to sear on both sides. Brush rings lightly with the marinade. Top each chicken breast with a seared ring of pineapple. Serve immediately. Yields 6 servings.

Chicken Long Rice

"Long Rice" is a pasta product much like vermicelli, only made from rice flour rather than wheat flour. It is readily available in oriental markets under names "Rice Stick" or "Long Rice". You may substitute any pasta product in a pinch, but "Long Rice" is certainly worth the search. We promise!

1 large chicken, 3½-4 lbs.
 salt and pepper, to taste
 ½ cup all purpose flour
 ¼ cup peanut oil
 3 cups chicken broth
 ½ tsp. salt
 ½ tsp. freshly ground black pepper
 ½ tsp. MSG (optional)
 1 16-oz. package "Long Rice"
 2 TBSP butter
 1 medium onion, diced
 6 large fresh mushrooms, sliced
 1 green pepper, diced
 ¼ lb. snow peas
 1 2-oz. jar diced pimento
 parsley, garnish

Cut chicken into pieces for frying. (You may substitute 6 large chicken breasts, if you prefer.) Wash and season lightly with salt and pepper. Toss chicken pieces in a bag with flour to coat for frying. Heat peanut oil in a large skillet. Add chicken pieces and brown well on all sides. Do not discard drippings. Place browned chicken in the skillet along with the chicken broth, salt, pepper and MSG (if desired). Cover and simmer until chicken is tender, about 25 minutes. While chicken is simmering, place long rice in a large bowl and cover with cold water to soften. Melt the butter in a clean skillet. Add the onion, mushrooms, green pepper and snow peas to the butter and saute until bright and tender, about 5 minutes. When chicken is tender, remove it from the skillet. Drain the long rice and snip it into 2-inch pieces and add it to the chicken broth in the skillet. Let the long rice simmer about 2 minutes, then add the sauted vegetables, the pimento and a little fresh parsley. Toss well and top with the fried chicken pieces. Cover and simmer about 10 more minutes. Serve directly from the skillet or rearrange onto a large platter. Garnish with additional parsley. Yields 6 servings.



Beef Teriyaki

2½-3 lbs. lean sirloin steak
 2 TBSP peanut oil
 1 cup soy sauce
 1 cup water
 ¼ cup sake
 ¼ cup Dixie Crystals light brown sugar
 1 TBSP fresh ginger root, minced
 1 clove garlic, crushed

Cut steak into ½-inch squares. Heat the peanut oil in a wok or a large skillet. Quickly sear the steak to desired degree of doneness. Combine the remaining ingredients in a small saucepan and heat until the sugar has completely dissolved. Pour sauce over the seared steak and serve immediately. Yields 10-12 servings.

Rumaki

1 lb. chicken livers
 1 cup chicken broth
 2 cups soy sauce
 2 TBSP sake
 1 TBSP Dixie Crystals granulated sugar
 1 large bay leaf
 1 stick cinnamon
 1 piece fresh ginger root
 1 clove garlic, crushed
 8-10 whole water chestnuts
 ½ lb. bacon
 25-30 toothpicks



Wash chicken livers and gently pat dry. Combine the chicken broth with the soy sauce, sake, granulated sugar, bay leaf, cinnamon, ginger root and garlic. Bring mixture to a boil. Reduce heat and simmer for about 5 minutes to blend flavors thoroughly. Add the chicken livers to the sauce and bring back to a boil. Reduce heat and simmer about 10 minutes. Remove the chicken livers from the sauce and cool. Slice each water chestnut into 3 pieces. (Canned water chestnuts are fine.) Slice each chicken liver almost in half. Insert a slice of water chestnut into each liver and wrap tightly with $\frac{1}{2}$ piece of bacon. Secure well with a toothpick. If preparing in advance, cover and chill rumaki well until cooking time. Rumaki may be broiled or deep fried, as you prefer.

To broil: Place rumaki on a rack in a shallow baking dish and broil about 3-4 inches away from the heat source for 5-10 minutes per side, or until bacon is crisp. Serve immediately.

To deep fry: Drop rumaki into hot (350-365°) deep vegetable oil or shortening and fry until bacon is crisp. Drain well and serve hot. Yields 25-30 servings.

Polynesian Sweet Potatoes

Sweet potatoes are a staple in island cuisine. Here is our version of a sweet potato souffle.

3 large sweet potatoes
1 TBSP butter
1 8-oz. can crushed pineapple, well drained
1 TBSP orange juice
1 tsp. freshly grated orange peel
5 TBSP coconut milk
 $\frac{1}{3}$ cup Dixie Crystals light brown sugar
8 hollowed-out orange halves (optional)
shredded coconut, garnish
crushed macademia nuts, garnish
nutmeg (optional)

Wash potatoes and bake or boil until tender. Test by squeezing. Cool slightly, then peel and mash thoroughly. Combine mashed potatoes with the butter, crushed pineapple (reserve juice), orange juice, orange peel, coconut milk and brown sugar. If mixture appears dry, add reserved pineapple juice a little at a time until desired consistency is reached. Spoon mixture into a baking dish or hollowed-out, orange halves (if desired) and garnish with shredded coconut and crushed macademia nuts. Sprinkle lightly with nutmeg if you like. Bake in a 350° oven for about 10 minutes, or until the coconut is lightly browned. Yields 8 servings.

Try to imagine the clear blue waters and tropical fish of the South Seas with this assorted platter of exotic fruits and island desserts. Pictured above, from left to right, are Coconut Bars, Banana-Pineapple Upside Down Cake, and Coconut Cupcakes with Guava Frosting.

Baked Bananas and Sweet Potatoes

No luau is complete without the baked bananas. The Islanders prepare many fruits and vegetables in ways most of us would never even imagine. Here is such a dish. Sweet potatoes and bananas are baked together in a spicy brown sugar sauce. Why, it's absolutely tropical!

2 large sweet potatoes
4 bananas, firm and ripe
1 lemon, juiced
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup Dixie Crystals light brown sugar
 $\frac{1}{2}$ cup pineapple juice
cinnamon

Boil or bake sweet potatoes until tender. Peel and slice into $\frac{1}{4}$ -inch rounds. Peel and slice bananas into $\frac{1}{4}$ -inch rounds. Toss banana well with the juice of one lemon to prevent darkening. Melt butter in a small saucepan and add the light brown sugar and the pineapple juice. Stir and continue heating

until the sugar has completely dissolved. Remove from heat. Arrange layers of sweet potatoes and banana slices alternately in a shallow baking dish. Drizzle each layer with a small amount of the brown sugar sauce. Pour remaining sauce over the top layer. Sprinkle with ground cinnamon to taste. Bake in a 350° oven for about 30 minutes, or until heated well throughout. Serve hot. Yields 6-8 servings.

TRYING OUT TROPICAL TREATS

We find it funny that gourmets who can discuss the differences between serrano and jalapeno peppers, who are well versed in the finer points of exotic salad stuffs like radicchio and arugula, who can debate the relative merits of cilantro, chervil and other parsleys, and who regard avocados, bananas, and pineapples with the ennui reserved for really ordinary foods, yet are confounded by a carambola, can't tell a mango from a papaya, and think passion-fruit belongs to a romantic rather than a religious frame of reference. These so-called "exotic" fruits are no longer high priced or hard to find, so our excuses for being unfamiliar with them are fast running out. Time for a crash course in tropical treats. Take heart: most of these foreign fruits are delicious eaten raw and unadorned; and if your "Island Creation" should fall short of expectations, you can probably turn your disaster into a triumph by throwing it into the blender with some rum and some crushed ice, and serving it as a cocktail. Don't miss our handy-dandy guide to exotic fruits on page 6.

Coconut cupcakes

Pictured on page 4.

- 1/2 cup milk
- 2 TBSP unsalted butter
- 2/3 cup Dixie Crystals granulated sugar
- 1/3 cup canned coconut cream
- 1 cup cake flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 4 egg whites
- 1/4 tsp. cream of tartar

Place milk, butter, sugar, and coconut cream in saucepan (or measuring cup if using microwave) and scald. In a separate bowl, sift cake flour, baking powder, and salt. Stir dry ingredients into wet. Beat egg whites until foamy, add cream of tartar, and continue to whip until stiff (but not dry). Fold egg whites into batter. Bake in greased and floured muffin tin in preheated 375° oven for 10-12 minutes. Cool before frosting with Guava Frosting. Yields 1 dozen cupcakes.

Guava Frosting

- 1 large egg white
- few grains of salt
- 1/2 cup guava jelly

Beat egg white until light and foamy. Add salt. Beat in jelly, 1 teaspoon at a time, until frosting is thick enough to spread, beating well after each addition. The whole process should take about 7 minutes. Enough for 12 cupcakes.

Banana-Pineapple Upside Down Cake

Pictured on page 4.

- 1/3 cup unsalted butter, softened
- 3/4 cup Dixie Crystals granulated sugar
- 1 egg, lightly beaten
- 2 cups flour
- 1/2 tsp. salt
- 2 tsp. baking powder
- 3/4 cup milk
- 1 mashed banana
- 1/3 cup unsalted butter
- 2/3 cup Dixie Crystals brown sugar
- 1 cup crushed pineapple
- 1/2 cup chopped or broken nuts

Cream 1/3 cup butter with sugar until light and fluffy. Add egg. Sift flour, salt and baking powder into a separate bowl. Add to batter alternately with milk. Fold in mashed banana. Melt 1/3 cup butter in 8-inch square metal baking pan. Sprinkle brown sugar evenly over it. Distribute well-drained crushed pineapple and nuts evenly, too. Pour or spoon batter into pan, and bake in preheated 350° oven for about 30 minutes. Cool in pan; then invert onto serving plate.

Coconut Bars

Pictured on page 4.

- 1 stick unsalted butter, softened
- 1/2 cup Dixie Crystals light brown sugar, packed
- 1 cup all purpose flour, sifted
- 2 large eggs, beaten
- 1 cup Dixie Crystals light brown sugar
- 1 tsp. vanilla extract
- 1 cup chopped or broken macadamia nuts
- 3/4 cup shredded or grated unsweetened coconut (fresh or store-bought)
- 2 TBSP plain flour
- pinch of salt
- Dixie Crystals confectioners sugar, for dusting

Cream butter and 1/2 cup sugar until light and silky. Mix in flour. Spread dough in 8-inch square pan. Bake in preheated 375° oven for 25-30 minutes. Beat eggs, add 1 cup brown sugar, and beat until smooth. Add vanilla, nuts and coconut mixed with 2 tablespoons flour. Toss in a pinch of salt. Spread topping batter gently over baked crust. Return to oven and bake for 20 minutes more. Cool before cutting into 18 bars (3 across, 6 down), and sprinkle, if desired, with confectioners sugar.

Pineapple Angel Food Cake

- 1 small or 1/2 large ripe pineapple
- 6 slices homemade or store-bought angel cake
- 1 1/4 cup Dixie Crystals granulated sugar
- 1/2 cup water
- 6 egg yolks



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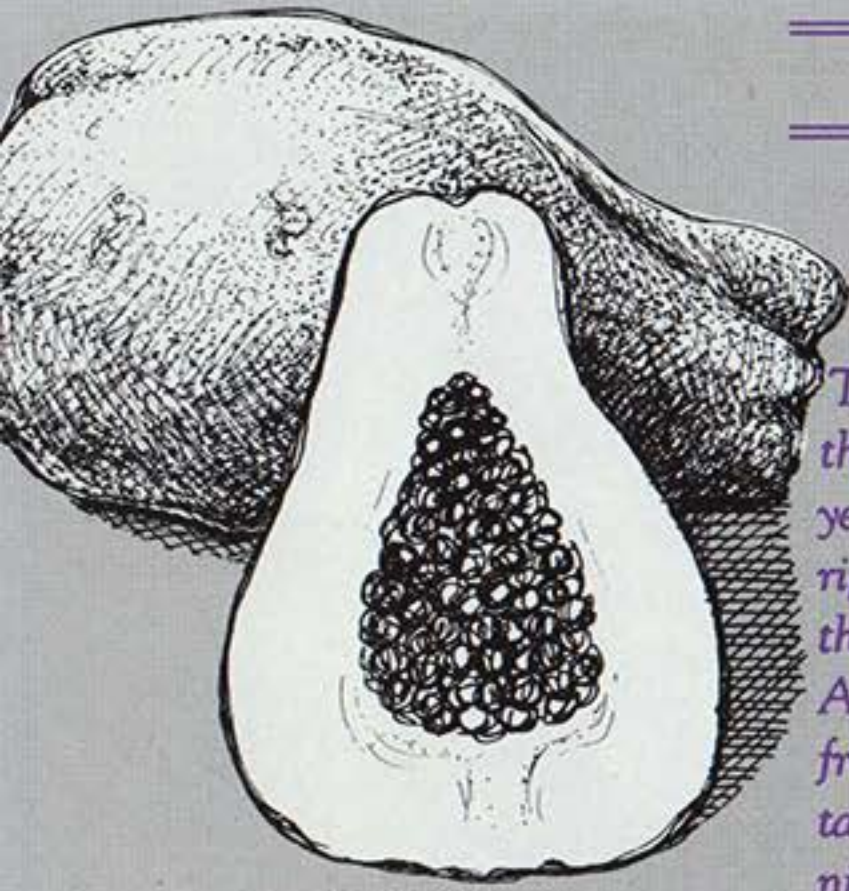
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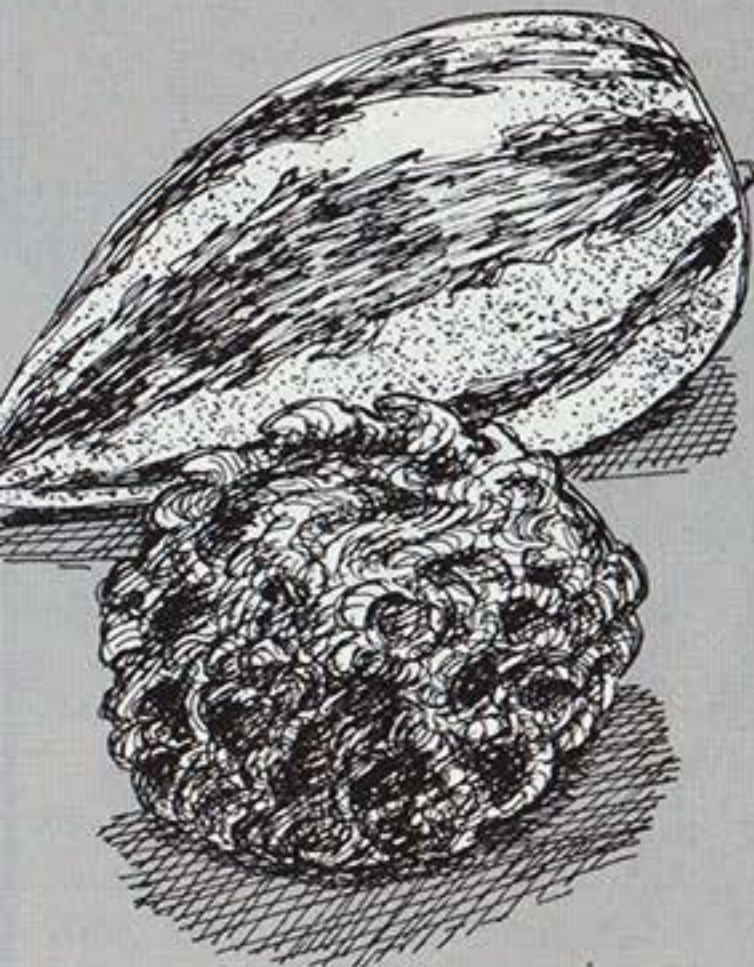
A 2 to 2 1/4 lb. untrimmed pineapple should yield about 1 lb., or 2 cups bite-size chunks after discarding rind and core. Do not place on cake slices until ready to serve, or the cake may get soggy. In heavy medium saucepan, boil sugar and water just until sugar is dissolved. Remove from heat, put the lid on, and let syrup cool in pan about 7 or 8 minutes. Meanwhile beat yolks until lemon colored with wire whisk, and, still beating

Continues on page 7.

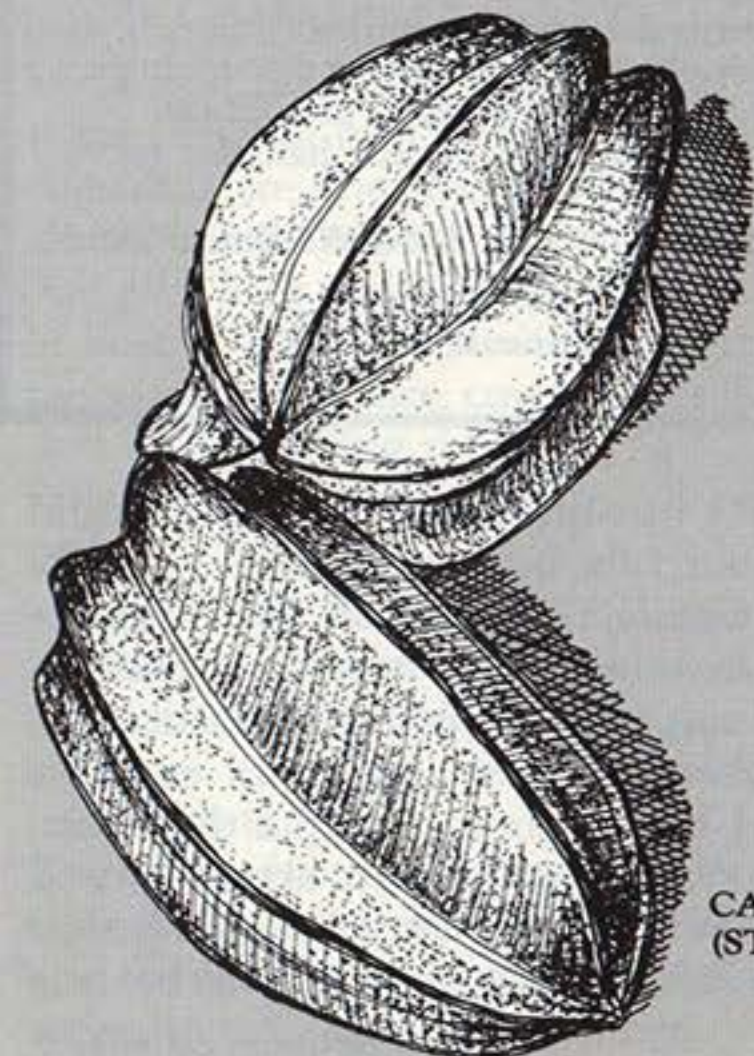
Exotic Fruits



PAPAYA



PASSIONFRUIT



CARAMBOLA
(STAR FRUIT)

There are many varieties of **mango**, so color is not the most reliable indicator of ripeness, although most are yellow or rose-colored and covered with tiny dark speckles when ripe. The oval fruit should be plump, soft but not mushy, as that means it's bruised or overripe, and fragrant.

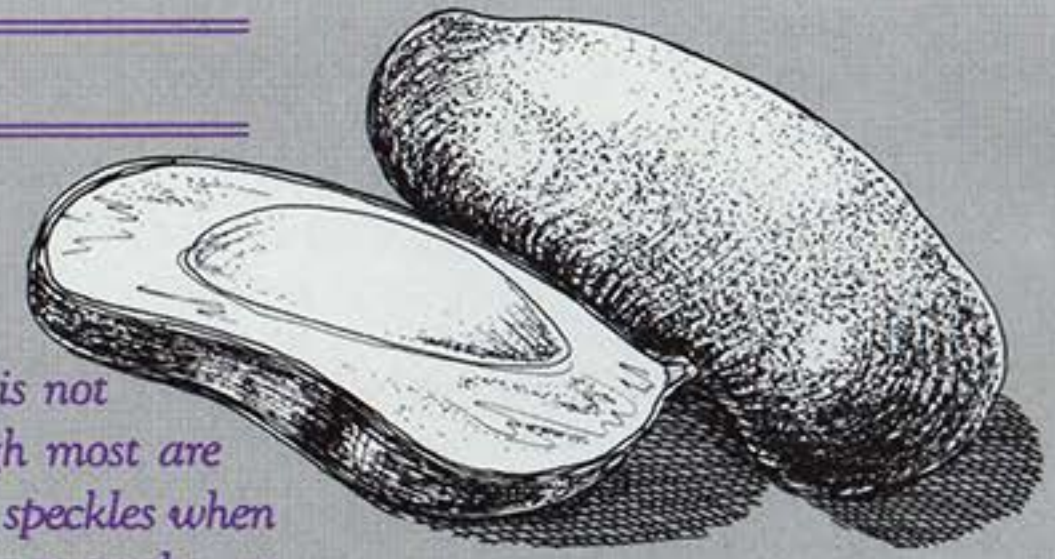
Although the flavor of **papaya** is unlike that of mango, the two fruits may be used interchangeably in many recipes (just as tangerine or grapefruit may often be substituted for orange). The nicest thing about papaya is that it is easy to peel and slice (unlike mangoes), and the shiny, round, black seeds in the middle are easy to scoop out. A ripe papaya is slightly tapered at the stem end, but not exactly pear-shaped, and the skin is orangey yellow with few, if any, tinges of green remaining.

Passionfruit are small, like limes, and rather ugly to look at. The skin of a ripe passionfruit is dark, brownish-purple in color, and is not smooth, but shriveled and wrinkly. Inside are greenish seeds surrounded by yellowish pulp which are the edible parts of the fruit. The seeds/pulp are easy to scoop out with a spoon, and taste quite delicious.

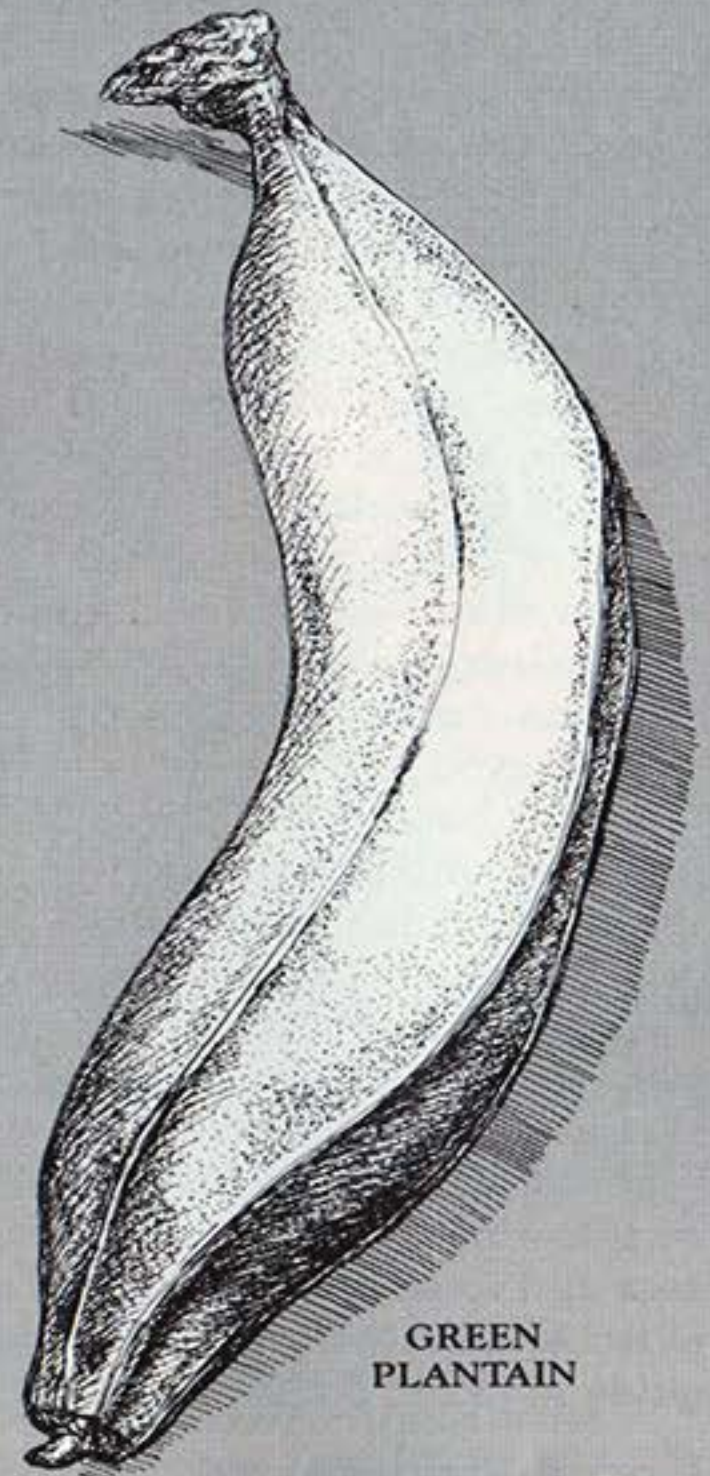
The **carambola**, or starfruit, is about the size of a kiwifruit or jumbo lemon, is yellow in color, and has five ridges so that when you slice it crosswise, each slice is a perfect star shape (hence the name). You need not peel this tart and delectable fruit, but trim off any edges that have turned dark brown, and use the sharp point of a small knife to remove the few seeds that are scattered, apparently randomly, throughout the fruit. Makes a beautiful garnish (sliced crosswise).

Kumquats are the only citrus fruit we know of that does not have to be peeled; they are normally eaten skin and all. Kumquats could be mistaken for little tiny oranges except for their pronounced elongated oval shape. They are remarkable for the sweetness of their rind and tartness of their flesh. Au naturel, kumquats are a worthy accompaniment to a well-chilled glass of gin or vodka. They are also delicious poached in a medium sugar syrup (equal proportions of sugar to water) for 18 to 20 minutes, and served with angel food or pound cake, or included in a tropical fruit compote. If you have an abundance of kumquats, consult Craig Claiborne's original New York Times Cookbook for an excellent recipe for preserves.

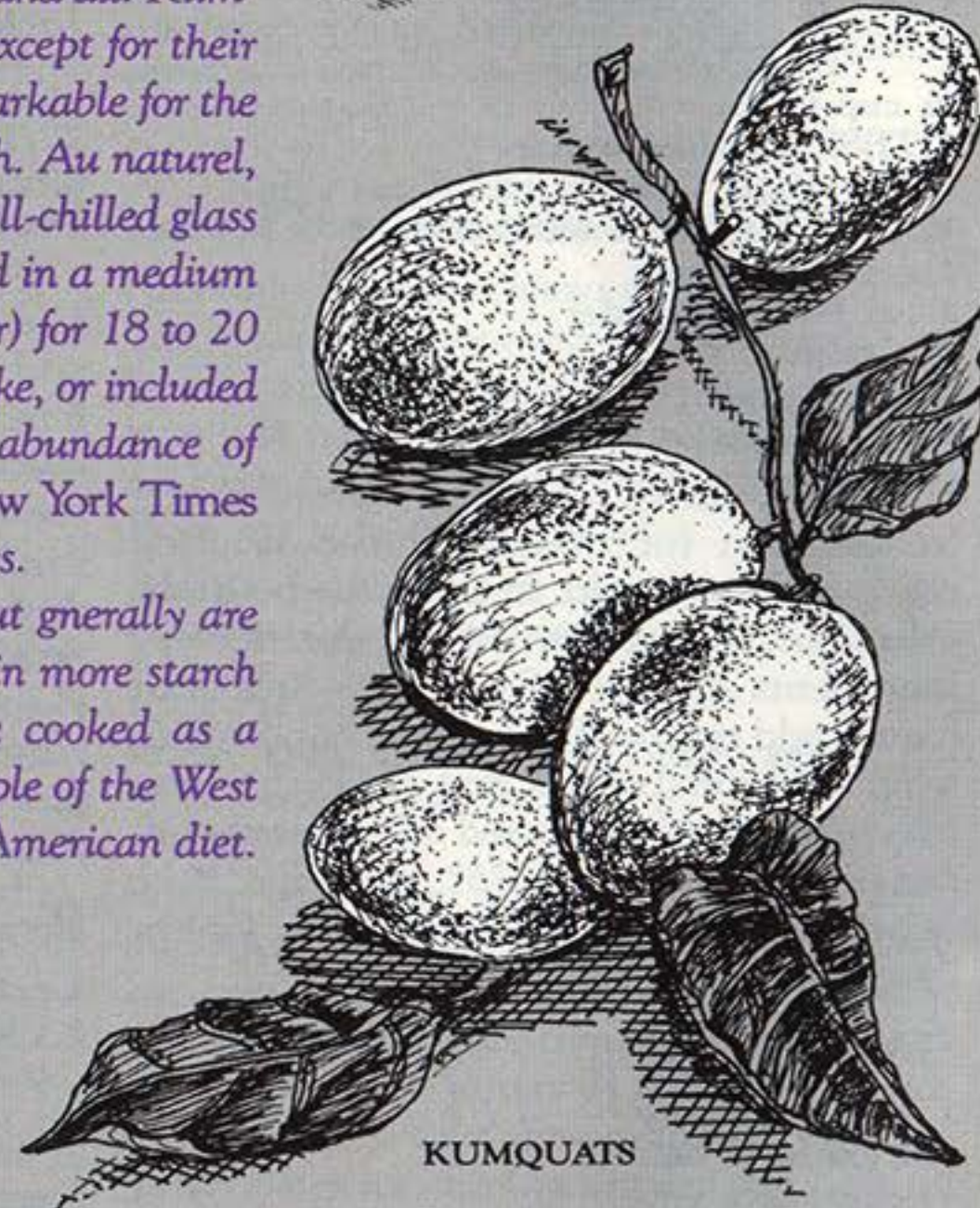
Plantains look like other kinds of bananas, but generally are larger and longer, have flatter sides, and contain more starch and less sugar than their relatives. They are cooked as a vegetable rather than as a dessert, and are a staple of the West African, West Indian (Caribbean) and South American diet. They are wonderful fried and salted.



MANGO



GREEN
PLANTAIN



KUMQUATS

constantly, pour syrup in a thin, steady stream into yolks. Pour mixture back into saucepan, and cook, stirring constantly, over low heat, until mixture is thick and opaque. This takes a while—up to 15 minutes or so, but have patience! Don't turn up the heat or allow the mixture to boil. Strain sauce through sieve into bowl, and let it cool to room temperature or thereabouts, stirring occasionally to allow steam to escape so sauce doesn't get "watered down." Ladle sauce over fruit-topped angel food cake. Serves 6.

Thin Coconut Wafers

These may be shaped into dessert cups for mousse, ice cream or compote, as indicated, or they may be made about half the size, dried flat, and served as cookies.

- 1 cup grated, unsweetened coconut (fresh or store-bought)
- $\frac{2}{3}$ cup Dixie Crystals granulated sugar
- $\frac{1}{3}$ cup all purpose flour
- 1 whole egg, lightly beaten
- 2 egg whites, or $\frac{1}{4}$ cup egg whites
- 4 TBSP unsalted butter, melted
- 2 TBSP water

Combine coconut, sugar and flour in medium mixing bowl. Add beaten egg and egg whites, and beat until mixture is well blended. Add melted butter and 2 tablespoons water, and mix well. Drop batter by tablespoons onto a well-buttered cookie sheet, leaving plenty of room between them. Use a spoon or a dull table knife to spread the batter out as thinly as possible into 3-inch to 4-inch rounds. Because the cookies cool so quickly, it is best to make only 3 or 4 in each batch. Don't worry if the batter is thicker in some spots and thinner in others; it will even out during baking. Bake in a preheated 325° oven until the circumference of each wafer is a lovely, golden brown, about 8 minutes. Have a wide, thin metal spatula ready to loosen the wafers from the cookie sheet, which is a tricky business, as they are very sticky, yet soft and fragile enough to tear easily; and they become brittle as they cool, so if you don't work quickly, they will shatter. You can, however, return them to the oven for 30 seconds or so if the wafers harden before you have finished working with them.

If you intend to use the wafers as cookies, simply transfer them to a brown paper grocery bag to cool lying flat. If you intend to serve them as cups for ice cream, pudding, or mousse, you must mold them into shape the instant they come off the cookie sheet by draping them over jars, glasses, or cups 1½-2 inches in diameter. If your fingers are sensitive to heat, you may put a layer of kitchen parchment or foil between them and the wafer you are molding. Hold the edges of the wafers down until they conform to the shape of the container. Like meringues, these

do not keep well, and should be stored in a very dry place for as brief a period as possible. Yields 16-18.

Bananas with Rum and Passionfruit Sauce

- 4 ripe but firm bananas, peeled
- 4 TBSP Dixie Crystals dark brown sugar
- 4 TBSP dark rum
- 1 tsp. finely minced fresh ginger root
- pinch salt
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup Dixie Crystals granulated sugar
- 6 ripe purple passionfruit
- dash salt
- 4 TBSP unsalted butter, softened

Cut bananas in half lengthwise. Put brown sugar, 2 tablespoons rum, ginger root and pinch of salt in a dish. Place bananas in this marinade, cut side down. Marinate for at least 30 minutes, turn bananas over, and marinate for at least 30 minutes more. Meanwhile, make a sugar syrup by boiling $\frac{1}{2}$ cup water and $\frac{1}{4}$ cup sugar for 5 minutes. Cool syrup, stirring occasionally. There should be a little more than $\frac{1}{2}$ cup syrup, which is more than you need for this recipe. Cut passionfruit in half. Scoop out pulp. Mix with 6 tablespoons sugar syrup and a dash of salt in small bowl. Reserve. In a copper saute pan, melt 2 tablespoons butter. Add bananas and all of their marinade, and turn them all cut side down. Cook for 5 minutes over low heat. Raise heat, add remaining 2 tablespoons rum, and set aflame. Shake the pan. When fire goes out, add remaining 2 tablespoons butter, and swirl until incorporated in sauce. Serve on warm plates with reserved passionfruit sauce. Dessert for 4.

Coconut Pudding (Blancmange)

- 4 cups coconut milk (from 2 coconuts, see directions in box, this page)
- $\frac{1}{2}$ cup cornstarch
- $3\frac{1}{2}$ cups boiling water
- $\frac{3}{4}$ cup Dixie Crystals granulated sugar
- $\frac{1}{2}$ tsp. salt
- 1 TBSP orange flower water (orange blossom)
- optional: Chocolate Sauce (recipe follows)
- optional: Tropical Fruit Compote (recipe follows)

Add cow's milk if needed to bring the amount of coconut milk up to the 4 cup mark. Put coconut milk in saucepan. Combine remaining ingredients in a bowl, mix them, and pour into the pan of coconut milk, stirring. Cook and stir over medium-low heat until pudding thickens, about 15 minutes. Rinse with cold water, but do not dry, a 2 quart mold. Pour pudding into mold, and refrigerate until set. To unmold, dip in hot water, run a thin, sharp knife blade around the edge, and invert onto serving plate. Yields about 10 servings. Serve plain or with Chocolate Sauce or Tropical Fruit Compote on top.

HOW TO MAKE COCONUT MILK FROM A FRESH COCONUT

You probably already know that you should be able to hear liquid sloshing around inside a ripe coconut. What you probably don't know is that you do not use that liquid in a recipe calling for coconut milk. Here's what you do.

Bake two fresh coconuts at 350° for 30 minutes, wrap in towels, smash with hammer, let the liquid soak the towels, and pry out the meat, using a dull table knife. Pare the brown "skin" from the white flesh, using a fruit-and-vegetable peeler. Process the coconut meat in the work bowl of a food processor fitted with the metal blade, add 2 cups very hot water, and process until well blended. Transfer to a bowl. Let steep for several hours. Squeeze through cheesecloth or press with back of spoon through sieve into bowl. Add 2 cups more very hot water, and repeat the process. Discard the coconut pulp, as it will be tasteless and unappetizing. Spanish markets and some liquor stores sell canned coconut cream, but it does have chemicals and preservatives in it.

HOW TO GRATE FRESH COCONUT

Bake the coconut at 350° for 30 minutes, take it out of the oven, wrap it up in towels, and smash it with a hammer, letting the liquid soak the towels. Use the blade of a dull table knife to pry the meat away from the husk, and use a vegetable peeler to pare the brown skin from the meat. Shred the coconut in the food processor, and use in recipes calling for fresh, unsweetened coconut. You can also buy unsweetened, untreated shredded coconut at the health food store.

Chocolate Sauce

- $\frac{1}{3}$ cup unsweetened cocoa powder
- $\frac{3}{4}$ cup water, divided
- $\frac{1}{2}$ cup Dixie Crystals granulated sugar
- 3 TBSP unsalted butter
- 1 TBSP heavy cream (whipping cream)

Mix cocoa with $\frac{1}{4}$ cup water until it forms a smooth paste. Bring the remaining $\frac{1}{2}$ cup water and sugar to a boil. When crystals are dissolved, pour sugar-water into cocoa paste. Whisk until smooth. Return to saucepan. Simmer over very low heat, stirring. Remove from heat. Allow mixture to cool somewhat before stirring in butter and cream. Sauce should be warm enough to melt butter, but not too hot. Serve over Coconut Pudding or ice cream. Yields about $1\frac{1}{3}$ cups.

Tropical Fruit Compote

- 1 ripe mango
- 1 ripe papaya
- 2 ripe passionfruit
- 2 ripe carambola (starfruit) (optional: 1 kiwi fruit)
- 2 TBSP fresh lime juice
- zest of 1 orange
- zest of 1 lemon
- 1 bottle sweet white dessert wine (Sauternes or Muscat)
- 1 cup Dixie Crystals granulated sugar
- 2-inch piece of vanilla bean

Peel and remove mango, discarding pit. Peel and slice papaya, discarding seeds. Cut open passionfruit, and scoop out the pulp. Trim any dark brown edges from the carambola, slice crosswise (as you would a banana), and remove seeds scattered randomly throughout fruit with sharp point of a small knife. Peel and slice the kiwi fruit, if you have one. Put the fruit in a bowl, and sprinkle the lime juice over it. Make sure your strips of citrus zest are curly and devoid of white pith. Bring the wine, the sugar, and the vanilla bean to a boil, and cook for 10 minutes, stirring occasionally, until mixture is reduced by $\frac{1}{4}$, about 10 minutes or so. Cool before pouring over fruit because the hot liquid will discolor the pretty green kiwi fruit. If you aren't using kiwi, you don't have to cool the liquid. Serve over Coconut Pudding or ice cream, with Thin Coconut Wafers (recipe on page 7), in meringue shells, or just plain on its own. Garnish with fresh mint leaves if available. Serves 6 or more.

Fried Plantain

6 large, ripe, firm plantains
1 cup cooking oil, preferably peanut
salt to taste

Peel plantains, and cut into 1-inch pieces. Heat oil in heavy skillet, preferably cast iron. Fry plantain chunks in batches, until light golden brown, about 3 to 5 minutes. Remove with slotted spoon to paper towels. Sprinkle lightly with salt. Place another layer of paper toweling on top of the plantains, and press down to flatten them slightly. Re-fry plantains, again in batches, until nicely browned, about 1 minute. Remove with slotted spoon to paper towels, and sprinkle with salt. As a side dish, serves 8 or more people.

Papaya Sorbet

2 large papayas, peeled, seeded (2 cups puree)
 $\frac{1}{4}$ cup freshly squeezed lime juice
 $\frac{3}{4}$ cup Dixie Crystals granulated sugar
 $\frac{3}{4}$ cup water

Peel papayas. Cut in half. Scoop out seeds. Puree flesh in food processor, and add lime juice. Meanwhile make a simple syrup by bringing the sugar and water to a boil, reducing the heat to low, and simmering for 5 minutes. Cool syrup before combining it with the papaya. You can hasten the process by placing the saucepan in a bowl of ice, and stirring the syrup as it cools. Sorbets may be frozen to a slush in a shallow metal pan, then fluffed up in the food processor, and re-frozen, but it's best to churn them in an ice cream freezer if you have one. Yields 4 servings. Recipe may be doubled.

Mango Sorbet: Same as papaya sorbet, except that you substitute 2 cups mango puree for papaya puree.



TROPICAL DRINKS

Although we tested tropical drinks until our tasters were cross-eyed, we didn't like any of our exotic experiments as well as we did the old standbys. We were forced to conclude that the reason rum, banana, coconut, and pineapple drinks are so popular is that they taste better than guava, papaya, carambola, passionfruit, etc. All of the exotic juices and nectars are readily available at any health food store, and coconut cream can be found at a Spanish market or liquor store. You may vary the amount of sugar to suit your taste, bearing in mind that a frozen drink will taste less sweet than the same beverage before chilling. You may also vary the amount of rum. In a recipe calling for $1\frac{1}{2}$ oz., use only $\frac{3}{4}$ oz. for a weak cocktail, or 2 oz. for a stronger one. The amount of ice also affects the drink's potency as well as the intensity of its flavor, so be judicious!

Piña Colada in Coconut Shell Cups

Pictured on cover.

A tropical classic. Here's our version done in Homemade Good Style.

1 quart unsweetened pineapple juice
2 cups coconut milk
 $\frac{1}{4}$ cup Dixie Crystals granulated sugar
chunks of fresh pineapple, garnish
long-stemmed maraschino cherries, garnish
coconut shell cups (directions follow)

Combine pineapple juice, coconut milk and sugar in a blender. Mix well and pour into coconut shell cups. Garnish with fresh pineapple chunks and cherries. Yields 6 one-cup servings.

Prefer spiked punch? Add up to 6 ounces of rum or vodka to mixture before blending. **To make coconut shell cups:** Cut away a very small part of the tip of the coconut shell to form a flat "bottom" for your cup. Be sure

to cut on the end of the coconut that does not have the three, thin, membrane areas. A small hacksaw works nicely for smooth cutting. The actual shell of the coconut is only about $\frac{1}{4}$ -inch thick, so don't be surprised if you cut into some of the coconut meat. The meat of the coconut will vary in thickness from $\frac{1}{3}$ to $\frac{1}{2}$ inches to give you an idea of how large a cut to make.

Now slice off a one-inch section from the opposite end of the coconut, forming the rim of the cup. Discard liquid, rinse well and chill before filling to keep your drink cool and refreshing to the last drop! If you sliced into the meat of the coconut on the bottom of the cup, then do not remove the meat from the shell. It will simply add more flavor to your beverage.

Coconut Cocktail

$\frac{2}{3}$ cup crushed or cracked ice
 $\frac{1}{3}$ cup heavy cream
 $1\frac{1}{2}$ TBSP light rum
 $1\frac{1}{2}$ TBSP brandy
3 TBSP coconut cream
splash of Triple Sec or Cointreau

Combine ingredients in blender. Blend on high for 10 seconds. Strain into glass. Add 2 ice cubes. Yields 1 drink.

Pineapple Gin Fizz

1 cup cracked or crushed ice
 $\frac{1}{3}$ cup pineapple juice
 $1\frac{1}{2}$ tsp. Dixie Crystals granulated sugar, or to taste
2 oz. gin
1 oz. white creme de menthe
1 oz. freshly squeezed lemon juice

Combine ingredients in blender, and blend for 30 seconds. Pour into a chilled glass, and garnish with a sprig of fresh mint.

Mango Daiquiri

$1\frac{1}{2}$ to 2 oz. light rum
1 TBSP fresh lime juice (about $\frac{1}{2}$ lime)
 $\frac{1}{4}$ cup mango chunks
 $1\frac{1}{2}$ to $2\frac{1}{2}$ TBSP Dixie Crystals granulated sugar
 $\frac{3}{4}$ cup crushed or cracked ice (chips)

Blend in blender about 10 seconds. Pour into chilled glass. Garnish with lime slice or wedge. Yummy!

Coconut Rum Cocktail

Cool, refreshing, delicious! For a more pronounced coconutty flavor, increase coconut cream to 3 tablespoons.

$1\frac{1}{2}$ oz. to 2 oz. light rum
1 TBSP coffee cream, or light cream
few drops white creme de menthe
2 TBSP coconut cream (canned or fresh)
 $\frac{3}{4}$ cup crushed or cracked ice (chips)

Whirl in blender for 10 seconds. Serve in a frosted glass.

Passionfruit Cocktail (Non-alcoholic)

3 oz. passionfruit nectar (can be found in health food stores)
2 oz. light rum
 $\frac{1}{2}$ oz. fresh lemon juice

Continues on page 15.

Mix ingredients together before pouring into a glass of shaved or crushed ice. Garnish with a twist of lemon or lime, and, if desired, a maraschino cherry.

Tropical Paradise

2 oz. dark rum
2 oz. pineapple juice (unsweetened)
2 oz. orange juice (unsweetened)
2 TBSP lemon juice
1 TBSP Triple Sec
½ TBSP Galliano
1 TBSP Dixie Crystals granulated sugar
dash grenadine

Combine ingredients in cocktail shaker with 4 to 6 ice cubes, or chill as is in fridge. If the former, shake well, then strain into cocktail glass filled with cracked or crushed ice. Garnish with thin slices of orange, lemon and/or lime and a wedge of pineapple.

Yellowbird

6 ice cubes
2 oz. light rum
3 TBSP orange juice
3 TBSP pineapple juice
½ oz. (1 TBSP) Galliano
½ oz. (1 TBSP) creme de banane

Combine ingredients in cocktail shaker. Shake vigorously. Strain into glass filled with ice cubes.

Banana Coconut Rum Cocktail

This one is great!

1 good size banana, peeled, cut up
2 oz. light rum
3 TBSP coconut cream
3 TBSP heavy cream (whipping cream)
few drops creme de bananes
1 cup crushed ice

Combine ingredients in blender. Blend on high speed for 30 seconds. Pour into one tall chilled glass, or two short ones.

Hawaiian Iced Tea

Brew tea to the strength you prefer. For each 12 to 14 oz. glass of tea, steep 1 good-size sprig of fresh mint in the tea, and place in each glass, the juice of half a medium-size lemon, 1 tablespoon pineapple juice, 2 teaspoons sugar, or to taste. When tea is well infused with mint, remove and discard mint, and pour tea into glasses, leaving room for ice cubes to be added at serving time. Refrigerate until well chilled. Serve with ice cubes, and garnish with spears of fresh pineapple and sprigs of fresh mint.



Save lemon and orange peels, remove all pulp and wash the peels well. Dry them on a sunny window sill or in a food dehydrator until all moisture has been removed. Now, snip them up into small chips and combine with a stick or two of whole cinnamon. Add a few whole cloves, if you like, and you've made one terrific kitchen potporri for simmering! Package dry potporri in small plastic bags and store sealed in a dry, dark place (a kitchen cabinet is great!).

VEGETABLE ADVENTURES

Be sure to read the "Exotic Vegetable" hints on page 11 before using the recipes that follow.

Kohlrabi Creole

Pictured below.

Kohlrabi is found in Germany or eastern European kitchens more often than in oriental woks. Part of its popularity comes from its chameleon-like ability to blend into very different cuisines.

6 baseball-sized bulbs of kohlrabi
6 fresh mushrooms, sliced
2 green onions, chopped
1 green pepper, diced
2 ribs celery, thinly sliced
¼ cup vegetable oil
1 14.5-oz. to 16 oz. can stewed tomatoes
6 pitted black olives, sliced
1 TBSP sherry
Tabasco sauce, to taste
salt to taste

Peel kohlrabi bulbs and dice into ½-inch cubes. Simmer in lightly salted water until tender, about 15 minutes. Drain well. Sauté the mushrooms, onions, green pepper and celery in vegetable oil until slightly tender. Add the cubes of kohlrabi to the vegetable mixture and sauté briefly. Add stewed tomatoes and bring to a simmer. Continue simmering about 10 minutes or until vegetables have reached the desired degree of tenderness. Add the black olives, sherry and Tabasco sauce. Salt to taste and serve. Serves 4-6.

Quick 'n easy dinner idea! Toss a handful of peeled, deveined raw shrimp into

Kohlrabi Creole during the last 5 minutes of cooking. Serve over a bed of rice. A gourmet treat in under 30 minutes. Now that is Homemade Good News!

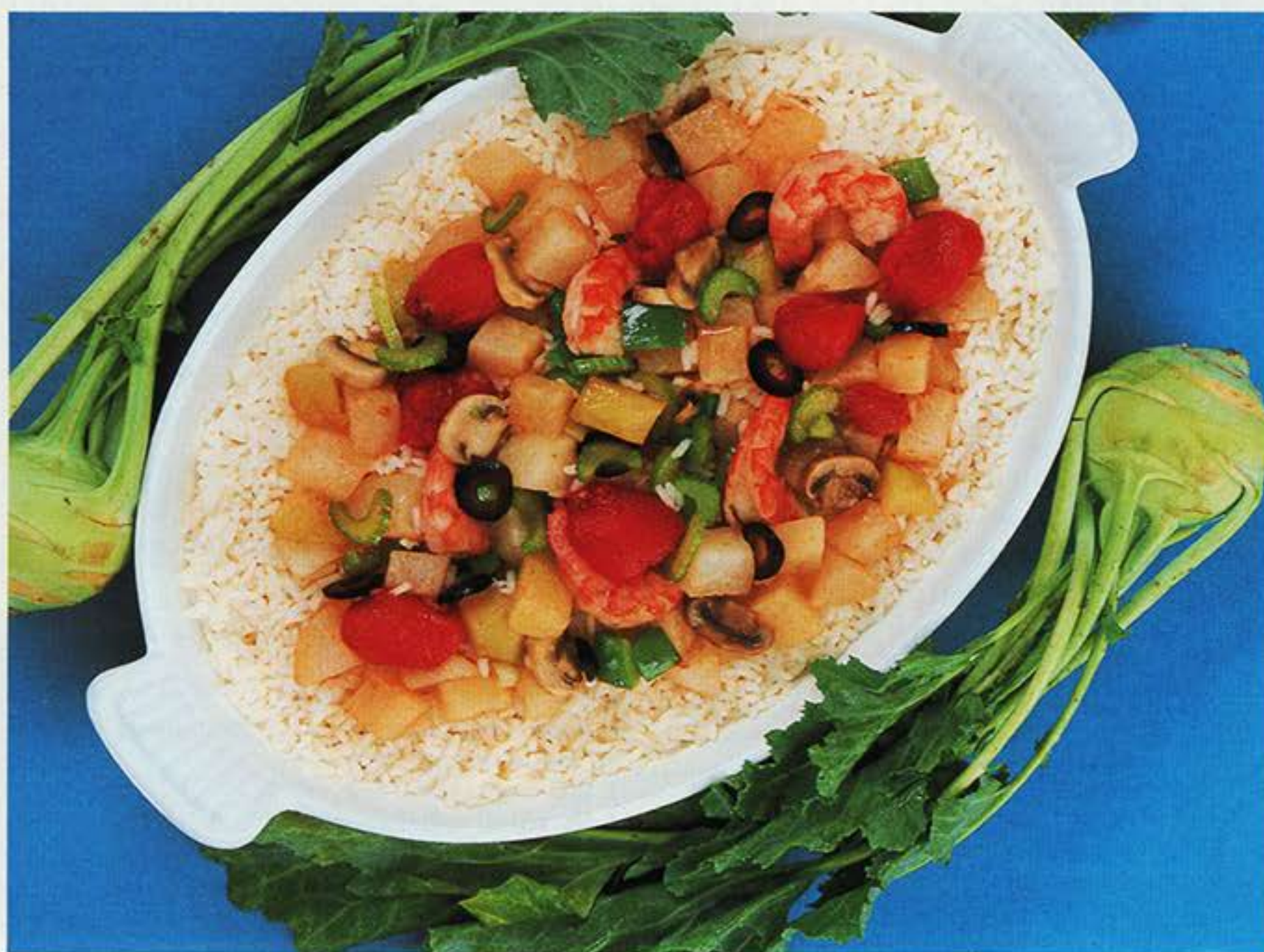
Bread 'n Butter Kohlrabi

Yes, you can pickle it too!

1½ lbs. kohlrabi bulbs (about 6 medium)
1 large onion, a Vidalia if possible
2 carrots
1 quart iced water
¼ cup pickling salt
2 cups cider vinegar
⅔ cup Dixie Crystals granulated sugar
1 TBSP mustard seed
1 tsp. celery seed
¼ tsp. tumeric

Peel and slice kohlrabi bulbs into ½-inch rounds. Peel and slice the onion into thin rings. Scrape or peel the carrot and slice thinly. Toss vegetables together to mix. Stir the pickling salt into the iced water and pour over the vegetables. Soak in your refrigerator for about three hours. *Do not soak overnight!* Drain and rinse vegetables well. Combine the remaining ingredients together in a small saucepan and bring mixture to a boil. Reduce heat and simmer for about 5 minutes to blend the flavors. Pack vegetables into clean and sterile canning jars. Pour hot pickling mixture over the vegetables. Seal, cool slightly and refrigerate. Yields 2-3 pint-sized canning jars.

Kohlrabi Creole, pictured below, blends this unusual vegetable with mushrooms, green onions, peppers, celery, tomatoes and olives. With a splash of sherry and a handful of shrimp, it's ready to be served over hot, steaming rice.



Crunchy Jicama Salad

Jicama is delicious raw as well as cooked.

- 2 small jicamas
- ¼ cup blanched almond slivers
- 1 TBSP chopped cilantro or parsley
- 1 TBSP peanut oil
- 1 lime, juiced
- 1 TBSP Dixie Crystals granulated sugar
- salt and pepper to taste

Peel and dice jicamas into ½-inch cubes. Toss well with almonds and cilantro or parsley. Combine the oil with the lime juice and the granulated sugar. Blend well. Pour over vegetables and toss well. Chill for about one hour. Just before serving, season with salt and pepper to taste. Yields 4-6 servings.

Jicama with Snow Peas

- 1 medium jicama
- 1 cup snow peas
- ¼ cup butter
- 1 tsp. Dixie Crystals granulated sugar
- salt and pepper to taste

Peel jicama and slice into thin sticks. Blanch in boiling water for 2 minutes. Drain well. Wash snow peas and trim stems. Melt butter in a large skillet. Add jicama sticks and snow peas. Sprinkle with the granulated sugar. Toss lightly to blend. Simmer vegetables over medium heat stirring occasionally, until snow peas are as tender as you desire. Jicama retains a texture much like a water chestnut, even if cooked. Season to taste with salt and pepper. Serves 4.

Stir-Fried Bok Choy

This delightful Chinese vegetable is rapidly becoming a staple on everyone's produce counter.

- 1 large bok choy
- 2 TBSP vegetable oil
- 1 clove garlic, peeled
- 1 slice fresh ginger root
- 1 TBSP cornstarch
- 2 TBSP soy sauce
- 3 TBSP cold water

Wash and core the bok choy. Remove any bruised leaves. Slice diagonally into 1 to 2-inch pieces. Heat the vegetable oil in a wok or a very large skillet. Add the garlic clove and the slice of fresh ginger root to the hot oil and saute for several minutes, then discard. Reserve oil. Add sliced bok choy to hot oil and stir fry until just tender. Stir the soy sauce and water slowly into the cornstarch. Blend well. Pour over the bok choy and heat just to boiling. Serve immediately. Serves 4-6.

Creamed Bok Choy

- 1 large bok choy
- 2 TBSP peanut oil
- 1 cup chicken broth
- 1 cup cold milk
- 2 TBSP cornstarch
- 1 cup finely diced smoked ham
- salt and pepper to taste

Wash and core bok choy. Slice diagonally into 1 to 2-inch pieces. Heat oil in a wok or large skillet. Add bok choy to hot oil and stir fry about 2 minutes, or until bright in color. Add chicken broth, cover and cook over medium heat until tender, about 15 minutes. (Unlike most Chinese recipes, this dish should be tender, not crunchy!) Gradually stir the cornstarch into the cold milk and add to the bok choy. Reduce heat to a simmer. Do not allow the bok choy to boil once the milk has been added. Add smoked ham, cover and continue simmering 3-5 minutes longer. Serve hot. Serves 4-6.

Nappa Slaw

A terrific alternative to ordinary cole slaw!

- 1 medium nappa
- 2 medium raw carrots, grated
- ½ cup peanut oil
- ½ cup red wine vinegar
- 2 TBSP soy sauce
- 1 clove garlic, crushed

Wash nappa well. Remove center base and shred or thinly slice remaining leaves. Place sliced nappa in a large bowl of iced water and allow to stand for at least one hour. This step removes any bitter taste that may be present in the nappa, so don't skip it! If you would like, you may place the bowl in your refrigerator and chill overnight. Drain nappa well and toss with the grated carrots. Combine the remaining ingredients and pour over the vegetable mixture. Toss well and serve immediately for the crispiest slaw possible. Yields 6-8 servings.

Nappa Stir-Fry

If you have a Vidalia onion on hand, now is the time to use it!

- 1 medium nappa
- ½ lb. lean bacon, chopped
- 1 large onion, sliced
- salt and pepper to taste
- soy sauce to taste

Wash nappa and remove the base core. Slice remaining leaves into 1 to 2 inch pieces. Fry bacon in a wok or large skillet until crisp. Do not discard the bacon grease. Add the sliced onion and the nappa to the bacon and grease. Stir fry to desired degree of tenderness. Season with salt, pepper and soy sauce to taste. Yields 4-6 servings.

Finocchi Alle Erbe Con Pomodori (Herbed Fennel with Tomatoes)

A new Italian Classic!

- 2 medium fennel bulbs (about 1½ lbs.)
- ¼ cup olive oil
- 2 cloves garlic, crushed
- 2 large tomatoes (about 1 lb.), diced
- ¼ tsp. summer savory
- 1 tsp. coarse kosher salt
- 1 lb. small mushrooms, sliced
- ¼ cup Italian dry white wine
- freshly ground pepper, to taste
- 2 TBSP slivered fresh basil
- fresh fennel leaves, to taste

- olives, garnish (optional)
- Parmesan cheese (optional)

Trim leaves away from the stalks of fennel; reserve! Peel stalks as you would large ribs of celery. Slice away the core from the base of the fennel bulb and separate layers. Slice stalks and bulb layers into ¼-inch strips about one inch in length. Saute sliced fennel and garlic in the olive oil. Toss mixture over medium heat about 5 minutes. Add tomatoes, savory and salt. Cover and simmer 5 minutes more. Add mushrooms, wine and freshly ground black pepper to taste. Simmer, uncovered about 10 minutes or until the liquid has nearly evaporated and the mushrooms are tender. Season with fresh basil and fennel leaves to taste. Garnish with olives if desired and/or top with grated Parmesan cheese. Yields 4-6 servings.

Fennel Lemono (Fennel with Lemon)

- 2 medium fennel bulbs (about 1½ lbs.)
- 2 TBSP olive oil
- 1 tsp. coarse kosher salt
- 1-2 tsp. finely grated fresh lemon zest
- freshly ground black pepper, to taste
- fennel leaves, to taste

Trim and reserve the leaves from the fennel bulbs. Wash bulbs well and trim away hard core from the bottom of the bulb. Quarter each bulb lengthwise. Then slice each quarter into very thin slivers. Heat the olive oil in a heavy skillet. Add the fennel slices and toss over a moderate heat source until tender, about 10 minutes. Season with the salt, lemon zest and black pepper. Sprinkle with the fennel leaves and serve. Serves 4.

Insalata di Finocchi (Fennel Salad)

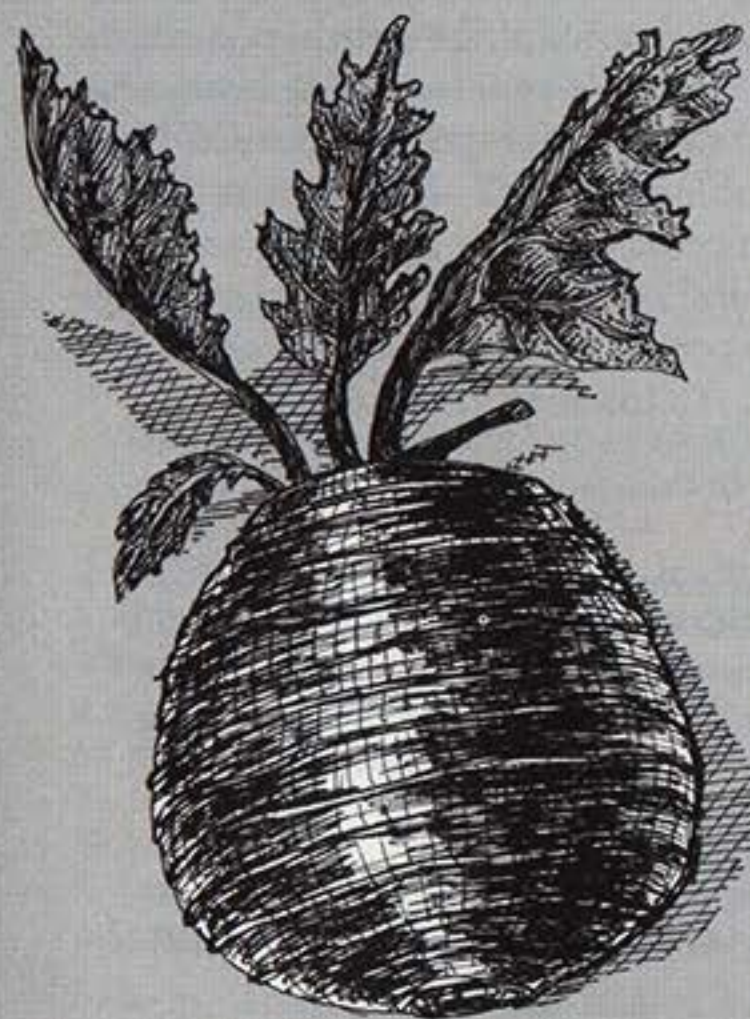
An exotic change of pace for a cool, crisp deliciously easy salad!

- 2 medium fennel bulbs
- 6 TBSP fresh lemon juice
- 6 TBSP olive oil
- 1 tsp. salt
- ½ tsp. Dixie Crystals granulated sugar
- freshly ground black pepper, to taste
- fennel leaves, to taste

Trim the bottom from the fennel bulbs. Wash well and quarter them lengthwise. Cut out the hard core from each quarter. Slice the quarters crosswise into very thin slivers. Toss the fennel slivers with the lemon juice, olive oil, salt, sugar and ground pepper. Chop fennel leaves and toss in for color and flavor! Cover and chill for at least 30 minutes before serving. Always serve well chilled! Yields 4 servings.

A special thank you is extended to Mr. Carroll Skinner of M&M Supermarkets in Savannah, Georgia, for his help in obtaining the fennel used to create these recipes.

Exotic Vegetables



PURPLE KOHLRABI

Kohlrabi - Kohlrabi is a member of the cabbage family and produces a bulb that is similar in appearance to a turnip. Usually, the bulb alone is eaten, but kohlrabi leaves are quite tasty when steamed and seasoned with butter and lemon juice. Look for smaller bulbs (no larger than a baseball) as they are more flavorful. There are two varieties of kohlrabi available in today's market—purple and white (the white is actually green, until peeled)—with little or no flavor difference between them. Choose firm bulbs with leaves that show no signs of wilting. Store kohlrabi in an open plastic bag with its leaves intact in the crisper section of your refrigerator. If properly stored and purchased fresh, kohlrabi should last about one week.

Jicama - Pronounced hee-kah-mah, this Mexican root vegetable is a sandy brown bulb that can weigh from 1 to 6 pounds. The smaller bulbs are generally more flavorful and tender. Jicama should always be peeled, and can be enjoyed raw as well as cooked. Like water chestnuts, jicama remains crisp even after cooking. In fact, jicama is often described as a cross between a potato and a water chestnut with just a touch of natural sweetness. Unpeeled, jicama will remain fresh in your refrigerator for 2 weeks. Purchase bulbs that are firm, relatively smooth and blemish-free.

Bok Choy - Also known as Chinese cabbage, this versatile vegetable is actually a member of the beet family! It has long milky-white stems which taste very much like celery and crinkly dark green leaves that have a spinach-like flavor. Look for stalks that are bright white in color with dark green leaves. Store bok choy, unwashed until cooking time, in the crisper section of your refrigerator.

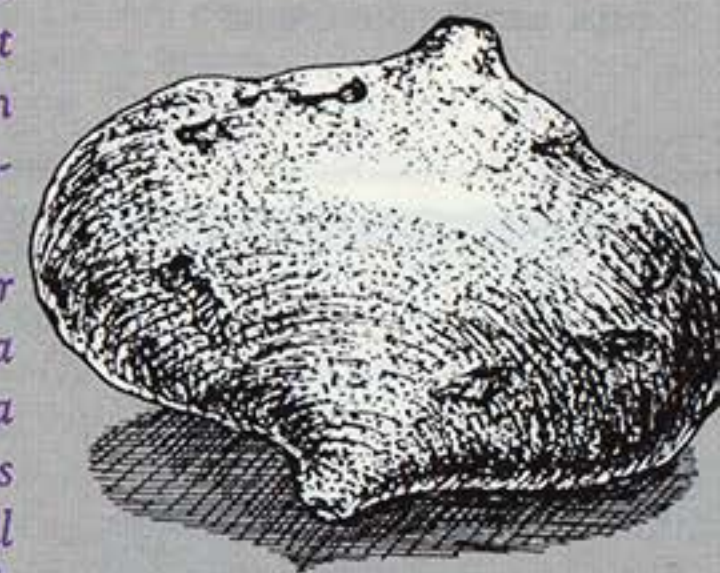
Nappa is also known as Chinese cabbage, but is actually a member of the cabbage family. It is a cross between ordinary cabbage and a stalky lettuce. It has a very mild cabbage-like flavor. An average nappa weighs about one pound and looks like an ordinary cabbage that has been placed upon the rack and stretched! It is delicious raw as well as cooked. It has a long shelf-life, lasting up to two weeks if fresh when purchased. Store nappa, whole and unwashed in the crisper section of your refrigerator. The stalks should be firm and white with bright light green leaves.

Fennel - Fennel is often mistakenly called anise. While fennel does have a sweet anise-like fragrance, it is in fact not anise at all, and bears no resemblance to the strong licorice-like of anise. Look for fennel that has its leaves intact. This helps to keep that delicious bulb fresh and supplies you with a beautiful and tasty garnish for your fennel dishes. Choose bulbs with a pearly sheen and no signs of browning or decay. The leaves should appear fresh and firm, not wilted in any way. Bulb size is not a flavor indicator. Small bulbs are just as flavorful as large ones. Trim stems away from bulbs for storage. Wrap both stems and bulbs in plastic and store in your refrigerator crisper.

Fennel has a relatively short shelf life, only 2-3 days, so always purchase fresh fennel and enjoy it soon after purchasing!



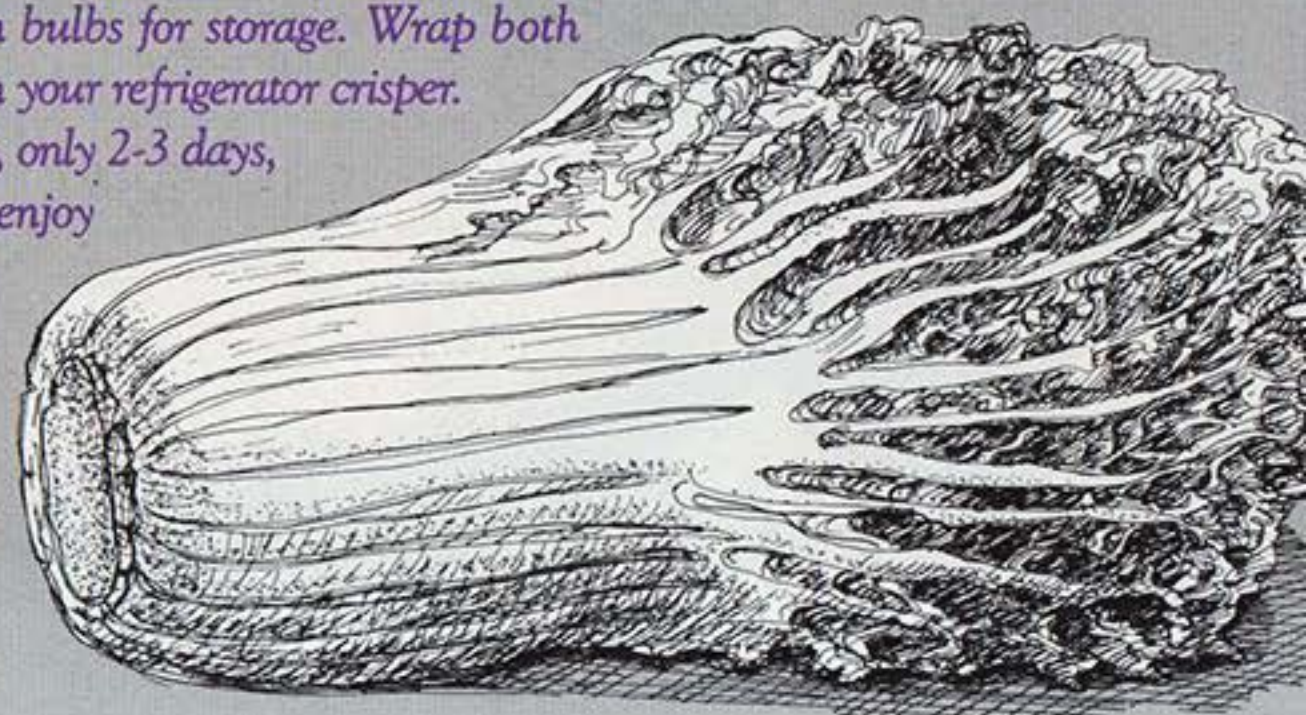
FENNEL



JICAMA



BOK CHOY



NAPPA

LOVE AT FIRST BITE SUMMER'S SUMPTUOUS PIES

Don't hold back preparing these refrigerator-freezer pies. One bite and you'll know it was worth every minute in the kitchen. Actually, these pies are so incredibly easy to prepare that you need not heat up your oven. You can choose to microwave the crusts, melt the butter, dissolve the gelatin, anything you can think of in order to keep a cool head in your kitchen this summer!

To microwave crumb crusts: Place butter in a glass or microwave-safe pie plate; microwave until melted; stir in remaining crust ingredients; mix well. Press into bottom and up the sides of plate to form a nice crust. Microwave 1 to 2½ minutes on medium heat; remove from oven; cool.

Royale Raspberry Pie *Pictured below.*

¼ cup light corn syrup
¾ cup Dixie Crystals granulated sugar, divided
1 TBSP butter or margarine
1½ cups crushed cornflakes
1 package (10 oz.) frozen raspberries, thawed
1 envelope unflavored gelatin
2 cups vanilla ice cream

Combine corn syrup, ¼ cup of the granulated sugar and butter in a small bowl; microwave until mixture starts to bubble. Remove from microwave; stir in cornflakes; mix well. Press mixture over bottom and high up the sides of an 8-inch pie plate; chill. Drain raspberries into a measuring cup; add water to make 1 cup. Combine gelatin and remaining ½ cup of the granulated sugar in a medium saucepan; stir in the 1 cup raspberry juice. Heat to boiling; stir until gelatin dissolves. Stir in ice cream; continue stirring until ice cream is melted and mixture is smooth and creamy. Chill until partially thickened; fold in drained raspberries. Pour into prepared pie shell; chill until firm. Yields 6 servings.

Peach Dream Pie

Pictured below.

1½ cups vanilla wafer cookie crumbs
4 TBSP Dixie Crystals granulated sugar
3 TBSP butter or margarine, melted
1 envelope unflavored gelatin
¼ cup cold water
1 can (12 oz.) peach nectar
¼ tsp. salt
2 TBSP lemon juice
½ cup Dixie Crystals granulated sugar
1 container (4 oz.) whipped topping
1 can (16 oz.) peach slices, drained

Preheat oven to 350°. Blend cookie crumbs, 4 tablespoons sugar, and butter in a medium bowl; mix well. Press over bottom and sides of a 9-inch pie plate. Bake 3 to 5 minutes; cool completely. Sprinkle gelatin over cold water in a small cup; let stand until softened. Pour peach nectar, softened gelatin, lemon juice, salt, and remaining sugar in a medium saucepan. Heat slowly, over low heat, stirring constantly, until gelatin is dissolved. Cool completely. Chill until syrupy-thick; fold in whipped topping. Pour into prepared pie shell; chill 4 to 6 hours. Arrange peach slices in a pretty pattern over pie; serve immediately. Yields 6 to 8 servings.

Blueberry Lemon Crumb Pie

1½ cups lemon cookie crumbs
¼ cup Dixie Crystals granulated sugar
3 TBSP butter or margarine, melted
1 package (8 oz.) cream cheese, softened
1 cup Dixie Crystals confectioners sugar
2 TBSP lemon juice
½ tsp. grated lemon peel
1 cup whipping cream
1 can (16 oz.) blueberry pie filling, chilled

Keeping cool in the refrigerator are two delightful summer pies pictured below: Royale Raspberry Pie and Peach Dream Pie.



Preheat oven to 350°. Blend cookie crumbs, granulated sugar and butter in a medium bowl; mix well. Press over bottom and sides of a 9-inch pie plate. Bake 3 to 5 minutes; cool completely. In a large bowl, whip cream cheese and confectioners sugar until fluffy; stir in lemon juice and peel. In a small bowl whip cream until stiff; fold into cream cheese mixture. Pour filling into prepared pie shell; chill. When ready to serve, spoon blueberry pie filling over pie. Yields 6 to 8 servings.

Frozen Strawberry-Banana Yogurt Pie

- 1 1/4 cups coconut macaroon cookie crumbs
- 1 1/4 cups Dixie Crystals granulated sugar, divided
- 2 TBSP butter or margarine, melted
- 1 cup strawberries, washed and hulled
- 1 banana
- 1 envelope unflavored gelatin
- 1/4 cup lemon juice
- 1/2 tsp. grated lemon peel
- 1/4 cup water
- 2 cups plain yogurt

Preheat oven to 350°. Blend cookie crumbs, 1/4 cup of the granulated sugar, and butter in a medium bowl; mix well. Press over bottom and sides of a 9-inch pie plate. Bake 3 to 5 minutes; cool completely. Cut up strawberries and banana in a small bowl; stir in 1/2 cup of the granulated sugar. Set aside while preparing gelatin. Combine gelatin and remaining 1/2 cup of the granulated sugar in a small saucepan; stir in lemon juice, peel, and water. Heat, stirring constantly, until gelatin dissolves; remove from heat; pour into a electric-blender container or food processor bowl; add strawberries, bananas, and yogurt; blend until fruit is chopped into small pieces. Place container in freezer and chill until partially set. Return to machine and process a few quick times. Pour into prepared pie shell; return to freezer. Remove pie from freezer about 15 minutes prior to serving time. Yields 6 to 8 servings.

Chocolate Rum Tarts

- 8 pastry-lined tart shells
- 6 TBSP butter or margarine, softened
- 3/4 cup Dixie Crystals confectioners sugar
- 1 square (1 oz.) unsweetened chocolate, melted and cooled
- 2 TBSP dark rum
- 1/2 tsp. vanilla
- 2 eggs
- 1 envelope whipped topping mix

Bake tart shells according to package directions. Cream butter and sugar; blend in chocolate, then rum and vanilla. Add 1 egg, beating 4 minutes. Add remaining egg, beat 4 minutes again. Add whipped topping mix and continue beating until light and fluffy. Spoon evenly into tart shells. Chill thoroughly. Optional: Top with a dollop of whipped cream and sprinkle with shaved chocolate or walnuts. Yields 8 servings.

Butterscotch Brickle Pie

- 1 ready-to-fill frozen 9-inch pie shell
- 1 envelope unflavored gelatin
- 1 cup Dixie Crystals light brown sugar, firmly packed
- 1/4 tsp. salt
- 3 eggs, separated
- 1 1/2 cups milk
- 2 TBSP butter
- 1 tsp. vanilla
- 1/4 tsp. cream of tartar
- 6 TBSP Dixie Crystals granulated sugar
- Bits 'o Brickle for garnish

Bake pie shell according to package directions. Combine gelatin, brown sugar and salt in a medium saucepan. Beat egg yolks in a small bowl; beat in milk. Add to gelatin mixture in pan. Heat, stirring constantly, until gelatin dissolves and mixture thickens slightly. Remove from heat; add butter and vanilla. Pour into large mixing bowl; chill until partially set. Beat egg whites with cream of tartar until frothy; beat in granulated sugar, one tablespoon at a time, until meringue forms firm peaks. Fold into partially set butterscotch filling in bowl; pile into prepared pie shell. Sprinkle Bits 'o Brickle over filling. Yields 6 to 8 servings.

Banana Split Pie

- 1 1/2 cups graham cracker crumbs
- 1/2 cup Dixie Crystals granulated sugar, divided
- 1/2 cup butter or margarine, divided
- 1 cup Dixie Crystals confectioners sugar
- 1 egg
- 2 medium bananas
- 1 can (16 oz.) crushed pineapple
- 1 cup whipping cream
- 1/2 tsp. vanilla
- 1/4 cup coarsely chopped pecans
- 8 maraschino cherries with stems

Preheat oven to 350°. Blend cookie crumbs, 1/4 cup of the granulated sugar, and 1/4 cup of the butter or margarine (melted) in a medium bowl; mix well. Press over bottom and sides of a 9-inch pie plate. Bake 3 to 5 minutes; cool completely. Combine remaining 1/4 cup butter (softened) and confectioners sugar in a small bowl; beat until well blended. Add egg; beat again. Spread over cooled crust in plate. Cut bananas in 1/4-inch slices. Drain pineapple in a small bowl; add bananas to reserve pineapple juice to keep fresh. Spoon drained pineapple over mixture in pie plate. Drain bananas; arrange over pineapple in plate. Whip cream with remaining 1/4 cup granulated sugar; add vanilla. Spread over bananas. Sprinkle nuts over all; chill. When ready to serve, garnish pie or individual servings with a cherry. Yields 8 servings.

Caramel-Nut Sundae Pie

- 1 cup pecan shortbread cookie crumbs
- 2 TBSP Dixie Crystals granulated sugar
- 3 TBSP butter or margarine, divided
- 1 quart vanilla ice cream

- 1 cup Dixie Crystals light brown sugar, firmly packed
- 2 TBSP light corn syrup
- 3 TBSP water
- 1 tsp. lemon juice
- 1/4 tsp. salt
- 1/2 tsp. vanilla
- 1/4 cup broken pecans

Preheat oven to 350°. Blend cookie crumbs, granulated sugar, and 2 tablespoons of the butter (melted) in a medium bowl; mix well. Press over bottom and sides of an 8-inch pie plate. Bake 3 to 5 minutes; cool completely. Scoop ice cream into 6 servings; arrange in prepared pie shell. Freeze until serving time. Combine brown sugar, corn syrup, water, lemon juice, and salt in a medium saucepan. Heat slowly, stirring constantly, to boiling. Cook 2 minutes, or until soft ball stage. Remove from heat; stir in remaining butter, vanilla, and nuts; cool. Remove pie from freezer and refrigerate 10 minutes prior to serving. To serve, drizzle sauce over ice cream. Yields 6 servings.

Mama's Frozen Grape Juice Pies

- 1 package (10 oz.) 9-inch frozen graham cracker crust
- 1 can (12 oz.) frozen grape juice concentrate
- 2 cups vanilla ice cream, softened
- 1 cup whipping cream
- 1/2 cup Dixie Crystals granulated sugar

Prepare graham cracker crusts as package label directs. Combine frozen grape juice concentrate and softened ice cream in a large bowl; beat until smooth. Beat whipping cream in a medium bowl until almost stiff. Gradually add sugar and continue beating until cream is stiff. Fold whipped cream into grape juice mixture; spoon evenly into prepared crusts. Freeze until firm. Yields 16 servings.

Plantation Peanut Pie

- 1 1/2 cups peanut butter cookie crumbs
- 2 TBSP Dixie Crystals light brown sugar, firmly packed
- 2 TBSP butter or margarine, melted
- 1 package (8 oz.) cream cheese, softened
- 1 cup extra-crunchy peanut butter
- 1 cup Dixie Crystals confectioners sugar
- 1 can (5 oz.) evaporated milk
- 1 tsp. vanilla
- 1 container (4 oz.) whipped topping

Preheat oven to 350°. Blend cookie crumbs, light brown sugar, and melted butter in a medium bowl; mix well. Reserve 2 tablespoons for decoration. Press over bottom and sides of a 9-inch pie plate. Bake 3 to 5 minutes; cool completely. Combine cream cheese, peanut butter, and confectioners sugar in a large bowl; beat until well blended. Beat in milk, a little at a time, until well blended. Add vanilla; fold in whipped topping. Pour into prepared pie shell; sprinkle with reserved crumbs. Chill at least 2 hours before serving. Yields 8 servings.

LIGHTER SIDE SUMMER DISHES

If you can't stand the heat, stay out of the kitchen! It's summertime—a time for fun and relaxation with the family and truly a time to spend as little time in the kitchen as possible. Nothing makes it easier than the microwave oven and the outdoor grill. Here are some simple recipes that will keep you cooler while cooking and help you look super in the sizzling summer sun.

Chicken-Vegetable Stir Fry

6 oz. grilled chicken breast in strips
¼ tsp. salt
¼ tsp. pepper
½ tsp. garlic powder
1 TBSP calorie reduced margarine
1 medium onion, sliced
1 medium green pepper, cut into strips
¼ cup each sliced carrots and celery
½ cup chicken broth, divided
2 tsp. cornstarch
3 TBSP soy sauce
1 cup hot rice

Sprinkle chicken strips with salt, pepper and garlic and set aside. Spray a 2-quart glass casserole dish generously with non-stick cooking spray. Add margarine and onions and microwave uncovered at high for 2 minutes. Stir in green pepper, carrot, celery and ¼ cup of broth. Mix well and microwave covered at high for 4 minutes.

Mix together remaining broth, soy sauce and cornstarch. Add meat and broth mixture, stir well and cook 4 to 6 minutes until bubbly and thickened. Serve over rice.

Makes 2 servings at 299 calories per serving. Each serving has 3 protein, 1 bread, 2½ vegetable, ¾ fat and 19 calories optional exchange.

Taco Salad

Ole' Alright, so part of this recipe is prepared on the stove, but believe me, it's well worth it! You can always prepare it on a cooler evening and microwave it later to warm it.

16 oz. ground turkey or chicken
¾ cup water
1 1.25-oz. envelope taco seasoning
2 cups lettuce
½ cup each shredded carrots and diced green pepper
¼ cup each chopped onion and diced celery
1 oz. each light (less fat) Cheddar and Monterey Jack cheeses, shredded
2 medium tomatoes, chopped
4 6-inch corn tortillas

Spray a 10-inch skillet with non-stick cooking spray and heat over medium heat. Add turkey and cook stirring occasionally until turkey is browned, crumbled and cooked through, 5 to 8 minutes. Add water and taco seasoning, stir to combine and bring liquid to boil. Reduce heat to low and simmer, stirring occasionally for 15 to 20 minutes.

While meat mixture is simmering, combine lettuce, carrots, green pepper, celery and onion and place in serving bowl. Heat tortillas under broiler until crisp. Next top vegetables with meat mixture and sprinkle with cheese and tomatoes. Serve with crispy tortillas.

Makes 4 servings, at 297 calories per serving. Each serving has 3¼ protein, 1 bread, and 2½ vegetable exchanges.

Ch-easy Dogs in a Blanket

4 refrigerator crescent rolls, cut into squares
4 2-oz. turkey or chicken hot dogs
1½ oz. light (less fat) Cheddar cheese, shredded

Flatten crescent dough and place one hot dog in the middle of each square. Make a small slit lengthwise in the hot dog and fill each with 1 ounce of cheese. Wrap dough around hot dog with slit side down. Place dogs on preheated grill. Cook on medium heat until crescent dough browns and cheese melts, about 15 minutes.

Makes 4 servings at 280 calories per serving. Each serving has 2½ protein and 1 bread exchange.

Chicken Burgers

1 lb. fresh ground chicken or turkey
1 packet onion broth
1 TBSP chopped green pepper
1 TBSP chopped onion

Place chicken in large mixing bowl and work onion broth and vegetables into meat evenly. Divide into 4 patties and grill over medium-high heat turning once. Be sure burger is cooked thoroughly.

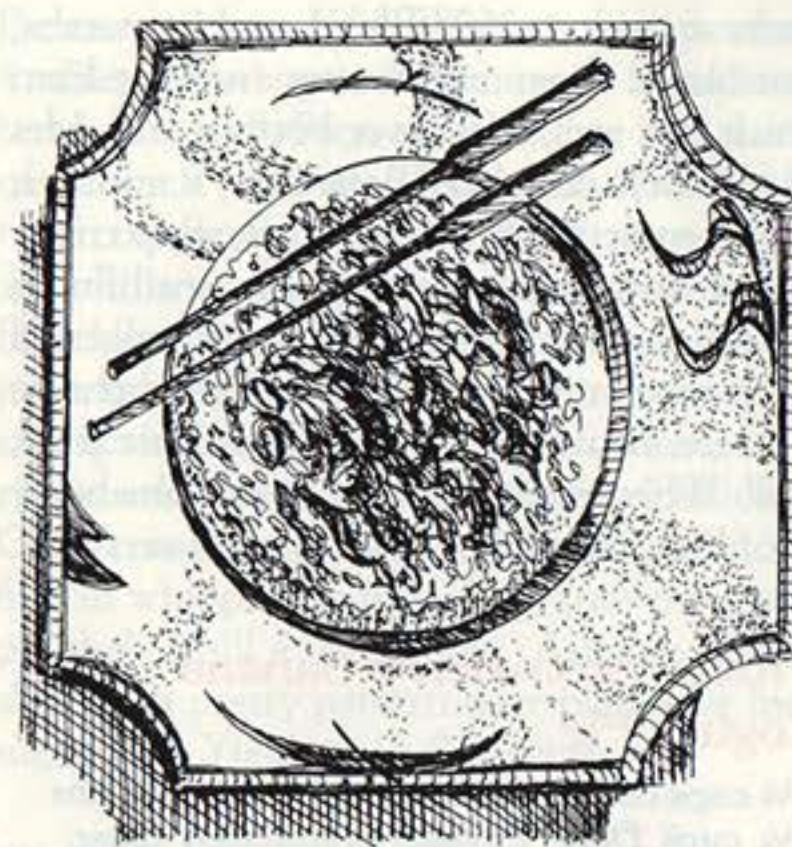
Makes 4 servings at 169 calories per serving. Each serving has 2¾ protein and 4 calories optional exchange.

Broccoli-Rice Casserole

If the man in your life has a passion for cooking on the grill this could be a great meal saver. (It may have been chicken when he took it out there, but no one knows what it is now!)

1 10-oz. package frozen chopped broccoli
¾ cup skim milk
½ cup precooked rice
5 oz. light (less fat) Cheddar cheese, shredded
¼ cup onion, chopped
½ tsp. salt
¼ tsp. pepper
½ cup egg substitute

Place broccoli in a 2-quart casserole dish. Microwave at high 8 to 9 minutes stirring halfway. Drain well and set aside. In same dish mix milk, rice, cheese, onion, salt, and pepper. Microwave covered at high 7 to 8 minutes, stirring every 2 minutes until cheese melts. Add egg substitute and broccoli to rice mixture and cover with waxed paper. Microwave at medium power 10 to 12 minutes until center is set. Rotate ¼ turn every 3 minutes.



Makes 8 servings at 90 calories per serving. Each serving has ¾ protein, ⅛ bread, ½ vegetable, and 7 calories optional exchange.

Raisin Treats

6 oz. bran cereal
½ cup raisins, chopped
1 TBSP plus 1 tsp. shredded coconut
⅔ cup frozen concentrated apple juice, thawed
2 tsp. honey
2 envelopes unflavored gelatin

In a small bowl combine cereal, raisins and coconut and set aside. Spray an 8x8-inch baking pan with non-stick cooking spray and set aside. In a small microwave safe bowl combine juice and honey; sprinkle with gelatin crystals and let stand until softened. Microwave on medium power stirring every minute for 3 minutes until thoroughly dissolved. Pour juice over cereal mixture and stir until combined. Pack cereal mixture firmly into baking pan, cover and refrigerate until firm. Using sharp knife, cut into 8 equal size bars. Wrap each portion separately and store in refrigerator.

Makes 8 servings at 136 calories per serving. Each serving has 1 bread, 1½ fruit and 9 calories optional exchange.

Baked Apples

2 baking apples
12 oz. low calorie soft drink (ginger ale, apple or cherry are tasty)
2 tsp. Dixie Crystals granulated sugar

Core apples making sure bottom skin stays intact. Place in microwave safe bowl and fill middle of each apple with soft drink. Pour remaining drink into bottom of bowl. Microwave uncovered on high for 5 minutes. Rotate bowl and cook another 5 minutes. Sprinkle each with a teaspoon of sugar. Cool slightly before serving.

Makes 2 servings at 100 calories per serving. Each serving has 1 fruit and 20 calories optional exchange.

Easy Chocolate Cream Pie

Crust

- ¼ cup graham cracker crumbs (about 8 squares)
- 2 tsp. Dixie Crystals granulated sugar
- 2 TBSP calorie-reduced margarine, melted

Filling

- 1 3-oz. package calorie reduced chocolate pudding prepared as directed with skim milk

Topping

- 1½ cups frozen non-dairy whipped topping, thawed

Combine crumbs, sugar, and margarine and press into an 8-inch glass pie plate. Microwave on high for 2 minutes. Cool completely. Prepare pudding and fill pie crust. Refrigerate until set. Top with non-dairy whipped topping and serve.

Makes 6 servings at 168 calories per serving. Each serving has ⅔ bread, ½ fat, ⅔ milk and 61 calories optional exchange.

Sour Cream Coffee Cake

- ¼ cup calorie-reduced margarine
- ⅓ cup Dixie Crystals granulated sugar
- ¼ cup egg substitute
- ½ cup light sour cream
- 1 cup unsifted flour
- ½ tsp. soda
- ¼ tsp. baking powder
- ¼ tsp. salt
- ½ tsp. vanilla

Topping

- ⅓ cup Dixie Crystals brown sugar
- ¼ tsp. biscuit mix
- 1 tsp. cinnamon
- 1 tsp. calorie reduced margarine

In microwavable mixing bowl, soften margarine, 15 seconds. Stir in sugar and egg substitute. Beat well. Add remaining cake ingredients and stir until well blended. Pour into 8-inch round microwave baking dish and sprinkle with topping. Cook for 4 to 5 minutes, until toothpick comes out clean. Makes 8 servings at 171 calories per serving. Each serving has ⅓ protein, ⅔ bread, ¾ fat and 89 calories optional exchange.

You can freeze cookie dough up to three months. For drop cookies: Spoon small dollops of dough onto waxed paper or foil and freeze until solid. Lift off foil and package in freezer bags. Bake a few at a time or all at once, depending upon the number of cookie monsters in your home! For sliced or rolled cookies: Shape dough into "logs" about 2 inches in diameter. You may need to chill dough first in order to handle it without adding too much flour. Wrap "logs" of dough in plastic wrap and bag in freezer bags or wrap again in foil. When ready to bake, thaw dough just long enough to be able to slice—then slice and bake as usual. Frozen doughs rarely require extra baking time, either. Homebaked goodness like this is better than money in the bank. Well, maybe not, but it does come close!

TROPICAL TREATS (Cont. from page 8)

Baked Papaya

- 1 ripe papaya, peeled, seeded
- 2 small pieces of vanilla bean
- 1 TBSP unsalted butter
- 2 TBSP Dixie Crystals light brown sugar

We're assuming you halved the papaya lengthwise. Arrange the two halves, cut side up, in a shallow baking dish. Divide vanilla bean, butter and brown sugar evenly between the two cavities. Pour water in the baking dish until it comes about ½-inch up the sides of the papaya halves. Bake at 350° until soft and tender, 50 to 60 minutes. Check water level, and test fruit for firmness, after 45 minutes. Yields 2 servings.

Fancy Bananas

- ¾ cup heavy cream (whipping cream)
- ¼ cup best quality dark rum
- 2 tsp. to 1 TBSP Dixie Crystals granulated sugar
- 2 large bananas, sliced
- bittersweet chocolate curls for garnish

Mix cream and rum. Sweeten as indicated, or to taste. Peel and slice bananas. There should be about 2 cups. Toss them (gently!) in the cream. Shave or grate the bittersweet chocolate. Divide bananas and cream sauce evenly among four dessert dishes. Garnish with chocolate.

Mango Mousse

- 3 ripe mangoes, peeled, pitted
- 2 TBSP freshly squeezed lime juice
- pinch of salt
- 4 egg yolks
- ⅓ cup Dixie Crystals granulated sugar
- 1 envelope unflavored gelatin
- ⅓ cup white rum
- 4 egg whites
- 1 cup heavy whipping cream
- Garnish: fresh mint leaves (optional)

Cut, scrape, pull or coax the mango flesh from the pits, and puree it in the food processor. Add lime juice and salt. There should be about 1¼ cups. Set aside. Beat egg yolks and sugar until very thick and very pale in color. Meanwhile, dissolve gelatin in rum. Let it sit until gelatin granules are dissolved, then add to yolk mixture. Stir in reserved mango puree. Mix well. In separate bowls, beat egg whites to stiff peaks, and cream to soft peaks. Fold egg whites into mixture first, cream second. Spray one large or many individual size molds with vegetable oil spray, spoon mousse in, and freeze for several hours, or until firmly frozen. To serve, dip mold(s) in hot water, run a thin knife blade around the rim(s), and invert onto serving plate(s). Garnish with fresh mint leaves if desired. Yields 6-8 servings.

Baked Parsnip, Pear and Kumquat

- 2 large anjou, bosc, or comice pears, OR 4 nelis or forelle pears (which are smaller)
- 1 lb. parsnips, peeled, sliced on diagonal
- 1 small onion, finely minced

- 12 kumquats, sliced, seeded
- 4-5 TBSP unsalted butter, melted
- 3 TBSP Dixie Crystals dark brown sugar
- 3 TBSP freshly squeezed orange juice
- 1 TBSP orange liqueur, preferably Grand Mariner

Peel and slice the pears. Sprinkle them with lemon juice so they won't discolor. Butter a 2 quart casserole or baking dish. Arrange parsnips and pears in alternating rows, and scatter minced onion and kumquat slices evenly throughout. Stir remaining ingredients together in small bowl or measuring cup until smooth, and drizzle mixture evenly over all. Bake in preheated 350° oven tightly covered for 45 minutes. Remove lid and bake uncovered for 15 minutes more.

Kumquat Ice Cream

- 2 cups kumquats, sliced
- ½ cup orange liqueur, preferably Grand Marnier
- ½ cup water
- 3 large eggs
- ½ cup Dixie Crystals granulated sugar
- 1½ cups milk, scalded
- 2½ TBSP freshly squeezed lemon juice

Place first three ingredients in heavy saucepan, bring to a boil, reduce heat to low, and simmer for 15 minutes, or until fruit is fairly tender, but not really soft. Remove from heat and cool slightly before transferring to food processor fitted with metal blade. Puree fruit and syrup until mixture is not too lumpy, but not completely smooth, either. Reserve. Make custard in double boiler: beat eggs and sugar in the top while bringing water to a gentle simmer in the bottom. Put the double boiler together, gradually add the scalded milk, whisking constantly, and cook, still whisking, until custard is thick enough to coat the back of a wooden spoon, 8-10 minutes. Cool the custard, stirring occasionally. Add custard and lemon juice to puree in food processor, and process until mixture is well blended. Freeze in ice cream freezer according to manufacturer's directions. Yields 1 quart.

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Savannah Classics

Ice cream is the "taste of summer" in Savannah. No sound is more welcome on a warm sunny day than the cranking of an ice cream freezer. Even though today the hand-cranked ice cream freezer has been replaced by electric motor-driven churns and gourmet ice cream makers, the appetite for homemade ice cream is just as strong as ever.

Ice Cream Tips

1. Fill the freezer can no more than $\frac{2}{3}$ full. This will allow plenty of room for expansion of the mixture when air is beaten in by the revolving dasher. We call this the "overrun."
2. Refrigerate ice cream mixture until chilled. If the freezer can will fit into your refrigerator, it is best to chill the mixture in the can. Thorough chilling will help make a smoother, full-flavored product.
3. Position freezer can in bucket. Fit crank (or electric motor) onto cover and secure. Allow electric freezer to run for one minute before packing with ice and salt. Add ice and salt in layers. Begin with six cups of ice, then $\frac{1}{4}$ cup rock salt—not table salt. Finely crushed ice melts faster and hastens freezing so it is best to crush larger pieces. Make sure the drainage plug is open. About 20 lbs. of crushed ice and 3 to 4 cups of rock salt are needed for a 1-gallon freezer.
4. Ice cream freezes as heat is absorbed from it by the ice salt. Salt is used to lower the temperature of the ice, since ice alone is not cold enough to freeze desserts by this method.
5. Turn the freezer slowly at first. After a few minutes you will feel a resistance which means the mixture is beginning to freeze. Then turn more rapidly until the dessert is frozen. This helps to produce a smooth product. Freezing may take 10-20 minutes. (When the motor of an electric freezer labors heavily or stops, the ice cream is frozen.)
6. Drain all the water from the freezer tub before removing the cover, to prevent the brine from entering the can, but do not lift can from ice. Remember to thoroughly wipe the cover before taking it off so that salt will not get into the ice cream.
7. Scrape the ice cream from the dasher and quickly pack it down with a spoon or rubber scraper.
8. As a safety measure, cover the can with a double thickness of waxed paper before replacing the cover. Plug hole of freezer can cover with folded waxed paper as a cork! Be sure that all the water has been drained from the tub so ice cream will freeze firmly.
9. Now repack the freezer, but this time use a mixture of 4 parts of ice to 1 part ice cream salt. With these proportions the temperature will drop quickly and the ice cream will harden faster. Cover the freezer with a heavy cloth or



newspaper and allow to stand 2-4 hours. In this time the ice cream will "ripen" and greatly improve in flavor as well as become a harder, more desirable consistency. Sherbet will ripen in one hour. The whole can may also be placed in the home freezer to ripen.

10. Both homemade and purchased ice cream may be stored in the freezing compartment of the refrigerator for use in 2 or 3 days. Or store in an airtight wrap in a home freezer at 0°F for use within one month. Fit plastic wrap firmly over the unused portion of the ice cream to prevent ice crystals from forming on the ice cream. Then overwrap the container with foil, plastic wrap, or freezer wrap.

Savannah Praline Ice Cream

- 1½ cups broken pralines
- 3 cups scalding milk
- 4 egg yolks, well beaten
- $\frac{3}{4}$ cup Dixie Crystals granulated sugar
- few grains salt
- 1 tsp. vanilla
- 1½ cups heavy cream

Pound pralines and force through a coarse sieve. Stir milk gradually into beaten egg yolks. Add sugar and salt and cook in the top of a double boiler until mixture coats the spoon. Chill thoroughly. Add pralines, vanilla and heavy cream (whipped until not quite stiff enough to hold its shape). Freeze. Makes 2 quarts ice cream.

Variations: Peanut Brittle Ice Cream—Use peanut brittle instead of pralines. Peppermint Stick Ice Cream—Use $\frac{3}{4}$ cup broken peppermint sticks instead of pralines. Serve with a chocolate sauce.

Fresh Peach Ice Cream

- 1½ quarts light cream
- 1 quart milk
- 1½ cups Dixie Crystals granulated sugar
- $\frac{1}{4}$ tsp. salt
- 2 tsp. vanilla
- $\frac{1}{2}$ tsp. almond extract
- 4 eggs, beaten
- 4 cups peaches
- 1½ cups Dixie Crystals granulated sugar

Combine light cream and milk. Stir in $1\frac{1}{2}$ cups sugar, salt, flavorings, and beaten eggs. Add peaches which have been mashed and combined with $1\frac{1}{2}$ cups sugar. Place in crank-type freezer, or refrigerator trays, and freeze. Yields 1 gallon.

Vanilla Ice Cream

- 1½ cups milk
- $\frac{3}{4}$ cup Dixie Crystals granulated sugar
- $\frac{1}{8}$ tsp. salt
- 2 or 3 egg yolks
- 1 TBSP vanilla
- 1 pint heavy cream

Scald milk over low heat. Add sugar and salt; stir until dissolved. Beat egg yolks and add hot milk mixture slowly. Beat until well blended. Cook in double boiler until thick and smooth. Chill and add vanilla. Whip the heavy cream and fold into custard mixture. Freeze. Yields $1\frac{1}{2}$ quarts.

Lime Sherbet

- 1 3-oz. package lime-flavored gelatin
- 1 cup boiling water
- $1\frac{1}{3}$ cups Dixie Crystals granulated sugar
- juice and grated rind of 2 lemons
- 1 quart milk

Dissolve gelatin in boiling water; add sugar, and stir until dissolved. Add lemon juice, lemon rind, and milk; mix well. Freeze until slushy; remove from freezer, and beat well. Return to freezer, and freeze until firm. Yields about 8 to 10 servings.

Tutti-Frutti Ice Cream

- 3 mashed bananas
- juice of 3 oranges and 3 lemons (1 cup orange juice plus $\frac{1}{2}$ to $\frac{2}{3}$ cup lemon juice)
- 1 small can crushed pineapple
- 3 cups Dixie Crystals granulated sugar
- 3 cups evaporated milk
- $\frac{1}{4}$ cup cherries (chopped)
- 3 cups cold milk (or enough to fill gallon freezer $\frac{3}{4}$ full)

Mix all together and freeze.

DID YOU KNOW?

Here's a great idea for buttering that glorious bounty of summer... corn on the cob! Melt butter and pour into a shallow flat pan. Add hot corn and roll around to coat well. One tablespoon of butter will coat 2-3 ears of corn.

A "peach" of a peach—The amount of red color on a fresh peach is not necessarily an indication of ripeness. It merely indicates the variety of the peach. Select peaches with a good fragrance, a nice, creamy, under-color and a well-defined crease. Avoid squeezing peaches. They bruise very easily! You may ripen peaches on your window sill, but refrigerate them as soon as they have ripened.