

Recipes for the Holiday Season 2021



*Recipes compiled by Tammy Algood
Southern Fruitcake photograph by Robin Conover*

SWEET on the HOLIDAYS

*You won't want to **FUDGE**
on these treats.*



Cranberry Nut Fudge

Photograph by Robin Conover

Recipes compiled by Tammy Algood

The holiday season is perfect for making batches of homemade candy, and fudge is one of the easiest you can prepare. These recipes use seasonal ingredients and have long keeping power when stored in the refrigerator in airtight containers. They make great gifts or provide instant energy when the tasks of the season have you dragging. And don't forget that candy thermometers make great stocking-stuffers!

NOTE: It is important to test your candy thermometer before making fudge. To do so, place your thermometer in boiling water. It should register 212 degrees. If not, adjust the cooking either up or down to match.

Cranberry Nut Fudge

Yield: 24 pieces
12 (1-ounce) pieces white chocolate
¾ cup sweetened condensed milk
1 cup coarsely chopped almonds, toasted
½ cup dried cranberries

Line an 8-inch square baking dish with foil, making sure the foil extends over the sides of the pan by 2 inches. Set aside.

Place the chocolate and milk in a glass bowl and microwave on medium power for 3 minutes or until the chocolate is almost melted. Stir until the mixture is smooth, and add the almonds and cranberries. Blend well. Spread evenly into the prepared pan. Refrigerate at least 2 hours or until firm.

Lift the fudge out of the pan using the foil edges as handles. Cut into squares and serve immediately or store in a tightly covered container in the refrigerator for up to 3 weeks.

Butter Pecan Fudge

Yield: 36 pieces
3 cups sugar
¾ cup butter
½ cup evaporated milk
12 ounces butterscotch chips
7 ounces marshmallow creme
1 tablespoon vanilla extract
½ cup chopped pecans

Lightly grease a 13-by-9-inch baking pan and set aside. Combine sugar,

butter and milk in a 2½-quart saucepan. Bring to a full rolling boil, stirring constantly over medium-high heat. Continue boiling 5 minutes, stirring constantly. Remove from heat and stir in butterscotch chips until melted. Add marshmallow creme, vanilla and pecans and beat until blended. Transfer to the prepared baking dish. Allow to cool to room temperature and refrigerate at least 1 hour before slicing and serving. Store any leftover fudge in the refrigerator.

Candied Cherry Fudge

Yield: 36 pieces
2 cups sugar
½ cup half-and-half
½ cup milk
1 tablespoon light corn syrup
½ teaspoon salt
1 tablespoon unsalted butter
1 teaspoon pure almond extract
⅓ cup coarsely chopped candied red cherries

Line a loaf pan with foil, making sure to extend the foil over the edges of the pan. Grease the foil and set aside.

Grease a 2-quart saucepan and place over medium heat. Add the sugar, half-and-half, milk, corn syrup and salt. Cook, stirring constantly, until the mixture comes to a boil. Clip a candy thermometer to the side of the pan.

Continue cooking and stirring occasionally until the thermometer reaches 236 degrees or the soft ball stage (around 20 minutes total). Remove from the heat and immediately add the butter and extract, but do not stir. Cool without stirring about 20 minutes or until the candy thermometer reaches 170 degrees. Remove the thermometer and beat the mixture vigorously with a wooden spoon for 5 minutes. Add the cherries and beat for 1 minute longer.

Pour into the prepared pan, spreading evenly. Let stand for at least 30 minutes or until the fudge is firm. Use the foil to lift out the fudge when ready to serve. Cut in slices and store leftovers tightly covered.

Marshmallow Fudge

Yield: 24 pieces
1½ cups sugar

⅓ cup evaporated milk
2 tablespoons unsalted butter
¼ teaspoon salt
2 cups miniature marshmallows
1½ cups semisweet chocolate chips
1½ teaspoons pure vanilla extract

Grease an 8-inch square pan and set aside. In a large saucepan over medium heat, combine the sugar, milk, butter and salt. Bring to a boil and stir constantly until a candy thermometer registers 234 degrees, around 6 minutes. Remove from the heat and stir in the marshmallows and chocolate chips. Continue stirring until the mixture is smooth. Add the extract and pour into the prepared pan. Cool completely on a wire rack before cutting into 1-inch squares.

Note: You can add ⅓ cup of coarsely chopped pecans or walnuts to the mixture when adding the extract, if desired.

No-Fail Peanut Butter and Chocolate Fudge

Yield: 24 servings
8 (1-ounce) squares semisweet chocolate
1 (14-ounce) can sweetened condensed milk
2 teaspoons pure vanilla extract
½ cup creamy peanut butter

Line an 8-inch square baking dish with foil, making sure the foil extends over the sides of the pan by 2 inches. Set aside.

Place the chocolate and milk in a glass bowl and microwave on high power for 2 minutes or until the chocolate is almost melted. Stir until melted; blend in the extract. Spread evenly into the prepared pan and immediately drop teaspoons of the peanut butter over the top. Spread lightly and use a knife to cut through the fudge to create a marbling effect.

Refrigerate at least 2 hours or until firm. Lift the fudge out of the pan using the foil edges as handles. Cut into squares and serve immediately or store in a tightly covered container in the refrigerator for up to 3 weeks.

Pick Tennessee Products is a promotion of the Tennessee Department of Agriculture developed to help consumers recognize and choose foods grown or processed in Tennessee. As Pick Tennessee Products spokesperson, Tammy Algood develops recipes featuring Tennessee food products. To learn more about Tennessee food products and to find more recipes, go to the Tennessee Department of Agriculture Market Development website at www.PickTnProducts.org or contact Algood at 615-837-5160 or tammy.algood@tn.gov.



BUTTER EM UP!

Better ingredients = Better taste

Plantation Buttermilk Pound Cake
Photograph by Robin Conover

You may not indulge yourself any other time of the year, but the holidays are different. This is when you to use the real thing. Authentic ingredients make everything you offer friends and family more satisfying and more reflective of the season. Hospitality is in the details, and the details of these recipes are rich and extravagant.

Buttermilk Bread Pudding

Yield: 10 servings
4 tablespoons plus $\frac{1}{4}$ pound (1 stick) unsalted butter, divided
 $7\frac{1}{2}$ cups cubed French bread
1 quart buttermilk
1 cup golden raisins
2 eggs, lightly beaten
 $1\frac{1}{3}$ cups packed brown sugar
2 teaspoons pure vanilla extract
1 teaspoon rum extract
 $\frac{1}{2}$ cup granulated sugar
1 egg yolk
 $\frac{1}{4}$ cup water
3 tablespoons rum

Preheat the oven to 350 degrees. Place 4 tablespoons of the butter in a 13-by-9-inch baking dish and place in the oven to melt.

Meanwhile, combine the bread cubes, buttermilk and raisins in a large mixing bowl. In a separate bowl, whisk together the eggs, brown sugar, vanilla extract and rum extract. Pour over the bread mixture and stir gently to combine.

Transfer to the prepared pan and pour over the melted butter. Bake 1 hour.

Meanwhile, combine the remaining butter, granulated sugar, egg yolk and water in a small saucepan. Stir well and place over medium heat. Stir constantly until the sugar dissolves and the sauce begins to thicken, about 10 minutes. Add the rum.

To serve, cut the warm bread pudding in squares, drizzle with the sauce and serve warm.

Buttermilk Pralines

Yield: 2 $\frac{1}{2}$ dozen
2 cups sugar
1 teaspoon baking soda
 $\frac{1}{8}$ teaspoon salt

1 cup buttermilk
2 tablespoons unsalted butter
1 tablespoon light corn syrup
2½ cups pecan halves

Line three baking sheets with waxed paper and set aside.

In a heavy saucepan over medium-high heat, bring the sugar, baking soda, salt and buttermilk to a boil, stirring constantly. Boil 5 minutes or until a candy thermometer registers 210 degrees. Add the butter, syrup and pecans and return the mixture to a boil. Boil 5 minutes longer, stirring constantly or until a candy thermometer registers 232 degrees.

Remove from the heat and beat with a wooden spoon 2 minutes or until the mixture begins to thicken. Quickly drop tablespoons of the candy onto the prepared sheets. Let stand at room temperature until firm.

Note: Store in an airtight container between layers of waxed paper.

Grade-A Buttermilk Fudge

Yield: 1¼ pounds
2 cups sugar
1 cup buttermilk
¼ pound (1 stick) unsalted butter
2 tablespoons light corn syrup
1 teaspoon baking soda
1 teaspoon pure vanilla extract

In a heavy saucepan over medium heat, combine the sugar, buttermilk, butter and corn syrup. Stir constantly about 20 minutes or until the mixture reaches 234 degrees on a candy thermometer (soft ball stage).

Stir in the baking soda. Let stand at room temperature 10 minutes or until the thermometer registers 180 degrees.

Meanwhile, lightly grease an 8-inch square baking pan and set aside. Stir in the vanilla extract and beat with a wooden spoon 2 minutes. Pour into the prepared pan, cool completely on a wire rack and cut into squares.

Note: You can add ¾ cup of chopped pecans to the mixture when you add the extract, if desired. Store leftovers in the refrigerator.

Plantation Buttermilk Pound Cake

Yield: 12 servings
½ pound (2 sticks) unsalted butter, softened
2 cups sugar
4 eggs
1 teaspoon pure lemon extract
1 teaspoon pure vanilla extract
3 cups all-purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 cup buttermilk

Preheat the oven to 325 degrees. Lightly grease and flour a 12-cup Bundt pan and set aside.

In the bowl of an electric mixer, beat the butter at medium speed until creamy, about 2 minutes. Gradually add the sugar, beating 5 minutes.

Add the eggs, one at a time, beating just until the yellow disappears. Stir in the lemon extract and vanilla extract.

In a separate bowl, combine the flour, baking powder, baking soda and salt. Add to the butter mixture alternately with the buttermilk, beginning and ending with the flour mixture. Beat on low speed just until blended. Transfer the batter to the prepared pan.

Bake 1 hour and 5 minutes or until a tester inserted in the center comes out clean. Cool in the pan 10 minutes on a wire rack. Remove and cool completely on a wire rack before slicing and serving.

Sharp Cheddar Buttermilk Bread

Buttermilk adds tenderness to this quick bread. This is not your usual passive dinner bread. The sharp cheese contributes character.

Yield: 1 loaf
2 cups all-purpose flour
1½ teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 cup shredded sharp Cheddar cheese
2 eggs, lightly beaten
1 cup buttermilk
¼ cup vegetable oil

Preheat the oven to 375 degrees. Lightly grease a loaf pan and set aside.

In a mixing bowl, combine the flour, baking powder, baking soda, salt and cheese. Make a well in the center and set aside.

In a separate bowl, combine the eggs, buttermilk and oil. Add to the flour mixture, stirring just until moistened. Transfer to the prepared pan, spreading evenly.

Bake 30 to 35 minutes or until a tester inserted in the center comes out clean. Cool in the pan 10 minutes. Slice and serve or cool completely on a wire rack for later use.

White Lie Buttermilk Pie

Yield: 8 servings
1 recipe single pie pastry
8 tablespoons unsalted butter
1 cup sugar
3 tablespoons all-purpose flour
3 eggs
1 cup buttermilk
1 teaspoon pure vanilla extract

Preheat the oven to 450 degrees. Line a 9-inch pie pan with the pastry. Line the pastry with a double thickness of aluminum foil. Bake 8 minutes. Remove the foil and bake 5 to 6 minutes longer or until the crust is lightly browned. Cool and reduce the oven temperature to 350 degrees.

In a medium saucepan, melt the butter over medium-low heat. Stir in the sugar and flour until smooth. Set aside.

In a mixing bowl, beat the eggs at medium speed of an electric mixer until fluffy, about 1 minute. Stir in the buttermilk and vanilla extract. Gradually whisk the buttermilk mixture into the butter mixture, stirring until the consistency is smooth.

Pour into the prebaked crust. Place the pie on the center oven rack. Carefully tent the whole pie with aluminum foil. Bake 50 to 55 minutes or until center is set when gently shaken. Cool on a wire rack 1 hour. Cover and refrigerate 4 hours before serving.

Let them eat

FRUITCAKE

Recipes compiled by Tammy Algood



Southern Fruitcake
Photograph by
Robin Conover

You've heard all the jokes, the ones about those dry, heavy bricks that get passed around the country because no one wants them. Those are not real fruitcakes. Truth is, back when the fabulous fruitcake was first developed, the dried fruits packed into this virtually air-free cake were going to be the last sweet food available for several months. The alcohol assured the cake would be moist and last a long time. These fruitcakes were highly prized gifts that became cherished holiday favorites for good reason. And that's no joke.

White Fruitcake

Yield: 1 cake

1½ cups unsalted butter, softened
1½ cups sugar
1 tablespoon pure vanilla extract
1 tablespoon pure lemon extract
7 eggs, separated
3½ cups all-purpose flour, divided
1½ pounds diced yellow, green and red candied pineapple (about 3 cups)
1 pound red and green candied cherries (about 2 cups)
½ pound golden raisins (about 1½ cups)
¼ pound diced candied citron (about ½ cup)
3 cups pecan halves
1 cup coarsely chopped walnuts
Additional candied fruit and nuts for garnish
½ cup brandy plus more for soaking, divided

Preheat the oven to 250 degrees. Heavily grease and flour a 10-inch tube pan that has been lined with parchment paper. Set aside.

In the bowl of an electric mixer, beat the butter until creamy at medium speed. Gradually add the sugar, beating well. Stir in the vanilla and lemon extracts. Beat the egg yolks and alternately add the yolks to the butter mixture with 3 cups of the flour. Mix at low speed after each addition until well blended.

Combine the candied pineapple, candied cherries, raisins, citron, pecans and walnuts with the remaining flour. Toss gently to coat well. Stir into the batter.

In a separate bowl, beat the egg whites at high speed with an electric mixer until stiff peaks form. Fold the egg whites into the batter. Spoon the batter into the prepared pan. Arrange additional candied fruit and nuts on top of the batter. Cover the pan with a 10-inch piece of brown paper or parchment paper that has been lightly greased. Place the greased side down.

Bake for 4 hours or until a wooden pick inserted in the center comes out clean. Take off the paper cover and slowly pour ¼ cup of the brandy evenly over the cake. Cool completely on a wire rack. Loosen the cake from the pan and invert onto a plate. Remove the parchment paper and invert again onto a wire rack. Wrap the cake in a piece of cheesecloth soaked with the remaining brandy. Store in an airtight container in a cool place. Pour a small amount of brandy evenly over the cake each week for at least a month.

Southern Fruitcake

Yield: 2 cakes

4 cups all-purpose flour, divided
1 pound candied citron
1 pound candied dates
1 pound chopped pecans
1 pound dried figs, coarsely chopped
1 (15-ounce) package golden raisins
1 (10-ounce) package currants
1 cup unsalted butter, softened
2 cups sugar
12 eggs, lightly beaten
1 cup milk
¾ cup light corn syrup
2 teaspoons baking soda
2 teaspoons ground nutmeg
2 teaspoons ground cinnamon
2 teaspoons ground allspice
1 teaspoon baking powder
1 cup brandy plus more for soaking

Preheat the oven to 350 degrees. Heavily grease and flour two 10-inch tube pans that have been lined with parchment paper. Set aside.

In a large bowl, combine ½ cup of the flour with the citron, dates, pecans, figs, raisins and currants. Toss to gently coat and set aside.

In the bowl of electric mixer, beat the butter at medium speed until creamy. Gradually add the sugar and mix well. Add the eggs, beating until

blended after each addition. Beat in the milk and corn syrup, mixing well.

In a separate bowl, combine the remaining flour, baking soda, nutmeg, cinnamon, allspice and baking powder. Add to the butter mixture alternately with the brandy, beginning and ending with the flour mixture. Mix on low speed after each addition until well blended. Pour over the fruit mixture and stir well. Spoon the batter evenly into the prepared pans.

Bake 1 hour or until a tester inserted in the center comes out clean. Cool completely in pans on wire racks. Remove cakes from the pans and peel the paper from the cakes. Discard the paper. Wrap the cakes in brandy-soaked cheesecloth and store in an air-tight container in a cool place. Pour a small amount of brandy over the cakes each week for at least one month.

Christmas Persimmon Fruitcake

(From "The Complete Southern Cookbook")

Yield: 2 loaves

2 cups sugar
1 cup vegetable shortening
4 eggs
3 cups all-purpose flour, divided
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon allspice
½ teaspoon baking soda
1 cup persimmon pulp
1 teaspoon pure lemon extract
1½ pounds mixed candied fruit
3 cups golden raisins
1 cup chopped pecans or walnuts
¼ cup brandy or bourbon, divided

Preheat oven to 300 degrees. Heavily grease and flour two loaf pans lined with parchment paper and set aside.

In the bowl of an electric mixer, cream the sugar and shortening until light and fluffy, around 3 minutes. Add the eggs and beat well.

In a separate bowl, combine 2½ cups of the flour with the baking powder, salt, cinnamon, allspice and baking soda. Gradually add to the sugar mixture, beating well.

Add the pulp and extract, mixing well. Toss the remaining flour with the candied fruit, raisins and pecans or

Continued on next page

walnuts. Fold into the batter, stirring to evenly mix.

Divide batter between the prepared pans. Bake 2½ to 3 hours or until a tester inserted in the center comes out clean. Place loaves on wire racks and slowly pour half of the brandy or bourbon over the tops of each. Cool completely in the pans before removing.

Note: Store the loaves in airtight containers wrapped in soaked cheesecloth. The brandy or bourbon will need to be replenished at least every week.

Mama's Fruitcake Cookies

Yield: 4 dozen cookies

1 cup sugar
½ cup vegetable shortening
1 egg
1¾ cups all-purpose flour
½ teaspoon salt
½ teaspoon baking soda
¼ cup buttermilk
½ cup green candied cherries
½ cup red candied cherries
1 cup chopped dates
½ cup mixed candied pineapple and citron
¾ cup chopped pecans

Cream sugar and shortening until light. Add egg and beat until well blended. Reserve a little of the flour to toss with the fruit. Combine remaining flour with the salt and baking soda. Add the dry ingredients alternately with buttermilk. Toss fruits with the reserved flour. Fold in the floured fruits and chopped pecans. Drop by spoonfuls onto greased baking sheets, leaving 1½ to 2 inches between cookies. Bake at 400 degrees for 8 to 13 minutes, depending on the size of cookies. Store in an airtight container.

Fruitcake Cookie Bars

Yield: 7 dozen bars

¾ cup butter, softened
1¾ cups packed brown sugar
3 eggs
1 tablespoon pure vanilla extract
1½ cups all-purpose flour
3 cups coarsely chopped walnuts
1½ cups coarsely chopped candied pineapple
1¾ cups red and green candied cherries, halved
2 cups pitted dates, halved

Preheat the oven to 325 degrees. Grease a 15-inch-by-10-inch baking dish and set aside.

In a large mixing bowl, cream the butter and brown sugar at medium speed of an electric mixer until light and fluffy. Add the eggs, one at a time, beating well after each addition. Stir in extract. Add the flour and walnuts; mix well. Spread evenly into the prepared baking pan. Sprinkle the top with candied pineapple, cherries and dates; press lightly into dough. Bake 45 to 50 minutes or until lightly browned. Cool completely on a wire rack. Cut into bars. Store in an airtight container.

Peach and Pecan Fruitcake

Yield: 24 servings

2½ packages (6 ounces each) dried peach halves (2½ cups), cut into ½-inch pieces
2 cups pecans (8 ounces), coarsely chopped, plus ⅓ cup pecan halves
1 tablespoon plus 2 cups all-purpose flour, divided
2 teaspoons baking powder
1 teaspoon salt
1 cup (2 sticks) unsalted butter, softened
1¼ cups sugar
5 large eggs
½ cup peach brandy
1 tablespoon pure vanilla extract
½ cup peach preserves

Preheat oven to 325 degrees.

Grease 9- to 10-inch tube pan.

In medium bowl, toss dried peaches and chopped pecans with 1 tablespoon of the flour. In another medium bowl, combine remaining 2 cups flour, baking powder and salt.

In large bowl with mixer at low speed, beat butter and sugar until blended. Increase speed to high; beat until light and fluffy, about 5 minutes. Reduce the speed to low. Add the eggs, brandy, vanilla and flour mixture; beat until well blended, scraping bowl. Stir in the peach mixture.

Spoon batter into prepared pan; spread evenly. Arrange pecan halves on top of batter in two concentric circles. Bake until a tester inserted in center comes out clean, about 70 to 80 minutes. Cool in pan on wire rack 10 minutes. Run thin knife around cake to loosen from side and center tube of

pan; lift tube to separate from bottom of pan.

Invert cake on to wire rack and remove center tube.

Turn cake, right side up, onto rack to cool completely.

In 1-quart saucepan, heat the preserves over medium-high heat, stirring constantly, until melted and bubbling. Strain through sieve set over small bowl. With pastry brush, brush cooled cake with preserves. Or wrap cake and refrigerate up to 1 week, then brush with preserves before serving.

Mincemeat Fruitcake

Yield: 24 servings

2½ cups all-purpose flour
1 teaspoon baking soda
2 eggs, slightly beaten
1 (28-ounce) jar ready-to-eat mincemeat (regular or flavored with brandy and rum)
1 (14-ounce) can sweetened condensed milk
2 cups (1 pound) mixed candied fruits or mixed dried fruits
1 cup coarsely chopped nuts

Preheat oven to 300 degrees. Grease and flour a 10-inch Bundt cake pan. Combine flour and baking soda. In large bowl, combine remaining ingredients; blend in dry ingredients. Pour batter into prepared pan. Bake 1 hour and 45 minutes to 1 hour and 50 minutes or until wooden pick comes out clean. Cool 15 minutes and remove from the pan to cool completely.

Pick Tennessee Products is the promotion of the Tennessee Department of Agriculture developed to help consumers recognize and choose foods grown or processed in Tennessee. As Pick Tennessee Products spokesperson, Tammy Algood develops recipes featuring Tennessee food products. To learn more about Tennessee food products and to find more recipes, go to the Tennessee Department of Agriculture Market Development website at www.PickTnProducts.org or contact Algood at 615-837-5160 or tammy.algood@tn.gov.

“Tried and True” Time Savers

These easy ideas can make life a little easier at holiday time, or any time!

- Unfrosted cupcakes can be individually wrapped in plastic and frozen in a heavy-duty zip-top bag for up to 1 month. Just thaw at room temperature or in the refrigerator, spread with frosting, and serve.
- Soup leftovers last up to 3 days in the refrigerator or can be frozen to use within 6 weeks. Gallon or quart-sized zip-top bags take up less storage space in the freezer than hard containers. Label and date the outside, then fill. Lay the bags flat in the freezer until hard, then stack them to save space. They’ll thaw more quickly that way, too. To use, simply thaw in the refrigerator overnight and reheat over medium-low temperatures.
- Roast vegetables in the oven while you bake a casserole or meat to make your oven a multi-tasking appliance. For best results, make sure the vegetables are cut in uniform sizes for even cooking. Then to make sure they brown on both sides, turn them with a spatula halfway through the roasting time. Make sure they aren’t stacked, but in a single layer and that the pan has shallow sides. A jelly roll pan works best.
- Oil the rack on your outdoor grill before preheating to prevent foods from sticking to the grill. There are terrific cooking sprays made for this task or you can dip a paper towel in vegetable oil and rub it on the grate before you begin. Items that usually have the best chance of sticking are those that have been soaking in any type of marinade containing sugar.
- Use grapefruit spoons for cleaning out the seeds of tomatoes, melons, and squash. The serrated edges work in your favor and get the job done efficiently and quickly.
- When melting a stick of butter in the microwave, use its wrapper to cover the container. This keeps potential splatter at bay without having to use a piece of waxed paper.
- Make your own brown sugar in a flash! Brown sugar is simply regular sugar which has had molasses added to make it moist and dark. If you find the pantry bare but need some for a recipe, it’s easy to make your own. For light brown sugar, add a tablespoon of molasses or sorghum syrup to a cup of granulated sugar. For dark brown sugar, add 2 tablespoons. An even quicker solution? Just add the molasses along with the wet ingredients.
- A melon baller is a great tool for pulling out the gills and inside stem of fresh mushrooms. Stuffing tomatoes or summer squash? The melon baller is a fast way to empty the vegetables before stuffing without damaging their rinds.
- A quick way to skim excess fat off browned meat, soups, and stews is to blot the top with the end piece of a loaf of bread. These pieces are typically discarded anyway (the purpose is to keep the cut pieces fresh).
- To core strawberries easily, push a flexible drinking straw through the middle and bottom of the berry. The entire core, cap, and stem will come out without having to cut off the top.
- Parchment paper is a baker’s dream, making clean up a breeze when used to line baking pans. It can withstand temperatures up to 450 degrees; just be careful not to use it under the broiler or with a direct flame because it could ignite.
- To clean a messy microwave, just place a large bowl of water in the microwave and cook on high power for 10 minutes. The steaming action will loosen stuck on food particles that can then be wiped away easily.

Notes...

DIVINE

Intervention

This holiday favorite
is guaranteed to sweeten
any family gathering

Cherry Divinity
Photograph by
Robin Conover
Recipes compiled
by Tammy Algood

Divine inspiration! All you need for these festive desserts is a sunny day.

Divinity is a simple concoction but requires low humidity to properly harden, or set. Once made, continue to be vigilant and give divinity candies a home in an airtight container. These variations demonstrate just a few of the possibilities; try a few, and you may get inspired to create your own.

Perfect Divinity

Yield: 38 candies

2½ cups sugar

½ cup light corn syrup

½ cup water

¼ teaspoon salt

2 egg whites

1 teaspoon pure vanilla extract

Cover a large baking sheet with waxed paper and lightly coat with cooking spray. Grease 2 small spoons and set aside.

In a large, heavy saucepan, combine the sugar, corn syrup, water and salt. Place over medium-high heat and attach a candy thermometer (see note below). Stir only until the sugar dissolves.

As the temperature approaches 240 degrees, place the egg whites in the bowl of a stand electric mixer and beat at high speed until stiff peaks form.

When the temperature of the sugar mixture reaches 250 degrees, very gradually add it in a steady stream to the egg whites, beating at medium-high speed. Add the extract and continue beating until the candy holds its shape, around 5 minutes.

Quickly drop onto the waxed paper using the greased spoons. Cool completely (see note below), then store in an airtight container at room temperature.

Variations:

Butter Pecan Divinity — Substitute butter extract for the vanilla and add ½ cup coarsely chopped pecans.

Brandied Walnut Divinity — Substitute brandy extract for the vanilla and add ½ cup coarsely chopped walnuts.

Almond Divinity — Substitute pure almond extract for the vanilla and add ⅓ cup slivered almonds.

Cherry Divinity — Substitute maraschino cherry juice for the vanilla and add ⅓ cup chopped maraschino or candied cherries and ⅓ cup chopped nuts.

Peppermint Divinity — Decrease the vanilla extract to ½ teaspoon and add ½ teaspoon of peppermint extract. Also add ⅓ cup crushed peppermint candy.

Chocolate Divinity — Add ½ cup of semisweet chocolate pieces to the mixture at the same time as the extract and stir until melted.

Cinnamon Red Hot Divinity — Add ⅓ cup cinnamon red hot candies to the syrup mixture.

Tropical Divinity — Decrease the vanilla extract to ½ teaspoon and add ½ teaspoon of rum extract. Also add ⅓ cup diced candied pineapple and ⅓ cup coarsely chopped walnuts.

Mock Divinity

Yield: 20 candies

2 cups sugar

½ cup water

Pinch of salt

1 (7-ounce) jar marshmallow cream

1 teaspoon pure vanilla or almond extract

½ cup chopped pecans

Cover a large baking sheet with waxed paper and lightly coat with cooking spray. Grease 2 small spoons and set aside.

In a small saucepan, combine the sugar, water and salt and place over medium-high heat. Attach a candy thermometer (see note below) and bring to a boil, stirring just until the sugar dissolves. Cook without stirring to the hard ball stage or 250 degrees.

Meanwhile, place the marshmallow cream in a mixing bowl. Gradually pour the hot syrup over the marshmallow cream, stirring until the mixture begins to cool and stiffen. (You can place in the freezer for 1 minute to reduce stirring time.)

Fold in the extract and pecans. Quickly drop onto the waxed paper using the greased spoons. Cool completely (see note below), then store in an airtight container at room temperature.

When to make divinity:

You've heard the old wives tale about not making divinity on humid days. That comes into play with the beating time. On humid days, the beating time can increase to twice the norm — up to 10 minutes.

Equipment:

Select a saucepan that is deep enough to allow the mixture to boil but not to boil over and create a big mess. Make sure you have some long-handled wooden spoons for stirring the hot cooking candy. Line baking sheets with waxed paper for dropping the candy after it is cooked.

A word about candy thermometers: Candy thermometers are not just for candy but can also be used to test the temperature of syrups, oil for deep frying, jams and jellies. It can register temperatures between 100 degrees and 400 degrees. It will have an adjustable hook or clip so it can be easily attached to a pan. Remember that in order to have the most accurate reading, the tip should not touch the bottom of the pan.

Testing should be done before you start. Bring water to a boil and make sure the thermometer reads 212 degrees. If it doesn't, adjust your recipe temperature up or down based on your test.

Continued on next page

Taste of Tennessee

Continued from previous page

Candy mixtures cook slowly until they reach around 220 degrees. Start watching the mixture closely when it reaches that point. For divinity, the proper temperature will be 250 degrees to 265 degrees. If you don't have a thermometer, you can drop a small amount of the hot mixture into very cold water. It should form a hard ball that holds its shape but is still pliable.

Cooling divinity:

For best results, plan ahead. If you allow the divinity to cool around 8 hours or overnight, you'll have the best results. You'll be able to tell when the candies feel dry to the touch.

Storage:

Place divinity in a tightly covered container such as a tin. Also, avoid storing more than one type of candy in any container.

Holiday Cookie Baking Tips

Baking is not without its aggravations! Even though you could have sworn you followed the cherished recipe to a T, there can still be problems. So here is a troubleshooting guide to remedy any missteps made along the cookie trail.

Problem: Cookies appear burned on the bottom.

Solution: This can be two different things. If you are using dark cookie sheets, they will absorb heat quickly and cause the cookies to overbake on the bottoms. Or you might have placed the baking sheet on a rack too low in the oven. Remember that the middle of the oven is the best place for baking cookies.

Problem: Cookies stick to the pan.

Solution: There are certain ingredients that can cause the cookies to literally grab the baking surface if allowed to cool too long on the sheet. Candy pieces and raisins are common culprits. If you notice this happening, transfer the cookies to a wire rack immediately after removing

them from the oven. And always abide by the instructions in the recipe regarding greasing or not greasing the baking sheet.

Problem: Cookie dough balls are the same size but bake unevenly.

Solution: Heat at the back of the oven is typically more intense than the front merely because you are opening and closing the oven door. If you notice uneven baking, turn the baking sheet around halfway through the cooking process. Also, do not open the door of the oven except for placing the sheet in, turning and taking it out. If you need to take a peek, turn on the oven light and look through the window.

Problem: Cookies are flattening out too much while baking.

Solution: This can either be a problem with using a warm baking sheet or not measuring the ingredients properly. Always start with a baking sheet at room temperature. Cookies can also spread because you utilized too much fat or liquid or not enough flour. Measure accurately!

Problem: Cookies are dry and crumbly.

Solution: Either the batch was overbaked or the ingredients were not measured properly. Make sure to use large eggs unless the recipe states differently. Dry texture can be caused by using eggs that were too small.

Pick Tennessee spokesperson Tammy Algood develops recipes for *The Tennessee Magazine* featuring fresh Tennessee food products. Pick Tennessee Products is a promotion of the Tennessee Department of Agriculture developed to help consumers recognize and choose foods grown or processed in Tennessee. To learn more about our state's food products and find more recipes, go to the Tennessee Department of Agriculture Market Development website at www.PickTnProducts.org or contact Algood at 615-837-5160 or tammy.algood@tn.gov.



We hope you enjoy this new feature. Let us know what you want to see in future videos: questions you would like answered, tips you want to learn or techniques you want to master. Email questions and suggestions to food@tnmagazine.org.

Go to www.tnmagazine.org to view our videos. And visit PickTnProducts.org to find local farms and farmers markets near you.



Watch us on the Web

Baking soda can be critical to many recipes. Find out if yours is still good before your baking falls flat. You can also find the answers to many more kitchen questions by watching our new series of cooking videos and tips.

In addition to our seasonal recipes that focus on fresh, local ingredients, we will regularly debut news videos. Produced in partnership with Pick Tennessee Products, the series will give you easy-to-use tips to help you choose the freshest ingredients from the garden or farmers market, teach you to save time and money in the kitchen and even help you sharpen your cooking techniques.

Holiday Meal Tips

No matter how detailed your plan, there will more than likely be a Thanksgiving, Christmas or New Year's run to the supermarket. It may be for the addition of last minute guests, to redo a recipe that somehow failed, or just because you forgot something. Regardless, it's worth noting that even the best laid plans sometimes need a bit of tweaking. Starting early is the key to having a stress-free meal. Make all your electrical appliances perform at their best and last their longest by keeping them clean!

When Guests Arrive...

Appetizers are a fun way to begin any party, but how much food do you need? If it is going to be an appetizer party with no meal, then plan on 6 to 8 appetizer servings per person. If the appetizers are soon going to be followed by a meal, allow between 2 and 4 appetizer servings per guest. If it will be quite a bit of time between the appetizers and the meal, allow 4 to 6 servings per person.

Garnishes for fruit drinks now go well beyond a simple sprig of mint. Fresh fruit that is already a part of the drink makes a beautiful embellishment. If it's berries, just skewer them and use it as a swizzle stick. If the fruit can be sliced, cut it from one edge to the center and slip it over the glass rim.

Let's Eat!

- Everything doesn't have to match. Go with items that are complementary if you don't have enough plates, utensils or napkins. You can never have too many white dishes! They transition easily from one occasion to the next and go with everything.
- You'll likely have extra helpers-- whether you want them or not!-- on hand to assist with last minute preparations and plating. To make things simple for them and easier for you, label the serving dishes you plan on using with recipe names on Post-It notes.
- Purchase an oven thermometer ahead of time. Place in the oven and check to make sure it is cooking at the proper temperature. If not, you can adjust the setting up or down and deal with the repair (if it is significant) later.
- Never refuse if a guest insists on bringing their favorite dish. Adding to the meal is part of the fun and leftovers are always welcome.
- Allow plenty of time for the turkey to thaw in the refrigerator if it is purchased frozen. As a general rule, give it 5 hours per pound. Keep the turkey in the original wrappings and place in a large pan to collect any moisture that accumulates as it thaws.
- Take the turkey outside if you can. Grilling, smoking or deep frying the bird outside frees up your oven, stovetop and countertop for all those other things.
- Use a meat thermometer to make sure the turkey is thoroughly cooked. Whole birds should be cooked to 180 degrees and breasts to 170 degrees.
- No matter how you prepare the turkey, allow it to rest for at least 15 minutes before carving. This allows the juices to settle and will make carving easier.
- Centerpieces on the table set the mood of your meal, but they don't have to be expensive. Use abundant hard shell (winter) squash and/or in-season citrus and cut magnolia leaves. Placing them on mirrors or in hurricane jars or compote dishes keeps the items low enough to see guests across the table from you.
- Place cards help get everyone to the table in an orderly fashion. You can personalize fall leaves, smooth gray stones and even terracotta pieces with chalk markers or paint pens.
- Think local when serving wine. You will likely have out of town or out of state company, so purchasing and serving local wines are a wonderful way to show off something new.
- Don't forget about using your slow cooker! It keeps foods moist with multiple heat settings and can free up valuable oven space.
- Utilize fresh or dried herbs as much as possible in order to reduce the amount of salt used in recipes.
- No matter how delightful the time is at the table, keep an eye on the clock. Don't leave foods at room temperature longer than 2 hours.
- If you really want to continue the meal as a gift to your guests, have plenty of disposable containers in various sizes. Small, shallow containers are best. Guests can have to-go boxes to enjoy the leftovers well after the dinner is over.

Crantastic

The tantalizing tartness of the cranberry can add zing to just about any meal.



*Roasted
Cranberry Vegetables*
Photograph by
Robin Conover
Recipes compiled
by Tammy Algood

Crash course on cranberries: Here's one food you don't have to worry about selecting. Someone has already done that and put them in a bag for your convenience. Unfortunately, if you don't stock up on fresh cranberries now, you may not be able to find them by December. The good news is that cranberries freeze well; just be sure to stash them and their perforated bags in a freezer bag first. Give cranberry dishes a local flare with these recipes.

Roasted Cranberry Vegetables

Yield: 8 servings

4 carrots, peeled, halved lengthwise and cut into 1-inch pieces
3 parsnips, peeled, halved lengthwise and cut into 1-inch pieces
1 pound Brussels sprouts, halved
2 tablespoons olive oil, divided
1 teaspoon minced fresh rosemary, divided
 $\frac{3}{4}$ teaspoon salt, divided
 $\frac{1}{2}$ teaspoon black pepper, divided
1 cup fresh cranberries
2 tablespoons sorghum syrup

Preheat the oven to 400 degrees. Grease two jellyroll pans with cooking spray. Place the carrots and parsnips in a single layer in one pan and the Brussels sprouts in the other.

Drizzle half of the oil over each pan. Sprinkle half of the rosemary, salt and pepper over each pan. Set the Brussels sprouts pan aside. Bake the carrot pan for 15 minutes. Stir and sprinkle with the cranberries.

Add the Brussels sprouts pan to the oven and bake both for 15-20 minutes or until the vegetables are tender. Transfer to a large serving bowl and drizzle with the sorghum. Serve warm.

Note: You can roast the cranberries alone with simply a drizzle of olive oil and a sprinkling of rosemary. It makes a nice addition to grilled pork.

Fresh Cranberry Ketchup

Yield: $2\frac{1}{4}$ cups

2 cups fresh cranberries

$\frac{1}{2}$ cup distilled vinegar
 $\frac{1}{4}$ cup firmly packed light brown sugar
1 tablespoon corn syrup
1 tablespoon garlic powder
1 tablespoon onion powder
1 teaspoon salt
 $\frac{1}{4}$ teaspoon ground allspice

Place the cranberries in a food processor and process until smooth. Transfer to a heavy saucepan and add the vinegar, sugar, syrup, garlic powder, onion powder, salt and allspice. Bring to a boil, then reduce the heat to low and simmer, uncovered, until thick, about 10 minutes. Remove from the heat and cool completely.

Refrigerate and use within 2 weeks or freeze for up to 3 months.

Cranberry Chicken

Yield: 8 servings

1 (12-ounce) package fresh cranberries
 $\frac{1}{5}$ cup sugar
2 tablespoons cornstarch
 $\frac{1}{2}$ cup honey
2 teaspoons lemon juice
2 tablespoons vegetable oil
8 bone-in, skin-on chicken breasts
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{4}$ cup orange juice
1 tablespoon grated orange zest

Preheat the oven to 375 degrees. Grease a 13-by-9-inch baking dish and add the cranberries to the bottom. In a small bowl, combine the sugar and cornstarch and sprinkle over the cranberries. Drizzle with the honey and lemon juice and place in the oven for 10 minutes.

Meanwhile, place the oil in a large skillet over medium-high heat. Working in batches, add the chicken and cook until browned on all sides, around 5 minutes total per batch.

Remove the baking dish from the oven and arrange the chicken on top of the cranberry mixture. Sprinkle with the salt and pepper, then drizzle with the orange juice and top with the zest. Bake for 30 minutes or until the chicken is no longer pink inside. Serve warm.

Cranberry Orange Bars

Yield: 32 bars

1 (8.25-ounce) package orange cake mix
1 cup unsalted butter, melted and divided
4 eggs
1 (8-ounce) package cream cheese, softened
 $\frac{1}{3}$ cup orange juice
1 (16-ounce) package powdered sugar
2 cups fresh or frozen (thawed 10 minutes) cranberries

Preheat the oven to 350 degrees. Grease a 13-by-9-inch baking dish and set aside.

Combine the cake mix, $\frac{1}{2}$ cup of the melted butter and 1 egg in the bowl of an electric mixer on medium speed. Blend well (dough will be thick) and pat evenly in the bottom of the prepared pan.

Beat the cream cheese and orange juice at high speed until well blended and smooth. Add the remaining melted butter and eggs. Reduce the mixer speed to low and add the powdered sugar. Fold in the cranberries and spread over the prepared crust.

Bake 42-45 minutes or until golden brown. Do not overbake. The bars should be slightly gooey. Cool completely on a wire rack before cutting and serving.

Note: Store leftovers in the refrigerator.

Cranberry Cream Squares

Yield: 32 squares

1 (18.25-ounce) package white cake mix
 $\frac{1}{3}$ cup milk
4 tablespoons unsalted butter, melted
1 (16-ounce) container sour cream
1 egg
1 (16-ounce) can whole cranberry sauce
 $\frac{1}{2}$ cup chopped pecans or walnuts

Preheat the oven to 350 degrees. Grease a 13-by-9-inch baking dish and set aside.

Continued on next page

Taste of Tennessee

Continued from previous page

Beat the cake mix, milk and butter on medium speed of an electric mixer for 2 minutes or until well blended. Press half of the dough into the bottom of the prepared pan. Bake 10 minutes.

Meanwhile, whisk together the sour cream and egg until well blended. Spoon and spread over the crust. Dollop spoonfuls of the cranberry sauce over the sour cream. Crumble remaining dough over the top and sprinkle with pecans or walnuts.

Bake 25-27 minutes or until golden brown. Cool completely on a wire rack, then cover and refrigerate 2 hours before cutting and serving.

Cranberry-Apple Chutney

Yield: 2 cups

3 tablespoons unsalted butter

2 large sweet onions, peeled and chopped

¼ cup firmly packed light brown sugar

2 Granny Smith apples, peeled and thinly sliced

1 cup fresh cranberries

⅓ cup apple juice or cider

2 tablespoons cider vinegar

½ teaspoon salt

¼ teaspoon black pepper

⅛ teaspoon ground allspice

⅛ teaspoon ground cloves

⅛ teaspoon ground ginger

Place the butter in a large skillet over medium heat. Add the onions and sauté 5 minutes. Sprinkle with the brown sugar and cook 5 minutes longer, stirring frequently.

Add the apples, cranberries, apple juice or cider, vinegar, salt, pepper, allspice, cloves and ginger. Reduce the heat to low and cook for 1½ hours, stirring occasionally. If it appears the mixture is getting dry, add a little more apple juice. Use immediately or refrigerate for later use.

Pick Tennessee spokesperson Tammy Algood develops recipes for *The Tennessee Magazine* featuring fresh Tennessee food products. Pick Tennessee Products is a promotion of the Tennessee Department of Agriculture developed to help consumers recognize and choose foods grown or processed in Tennessee. To learn more about our state's food products and find more recipes, go to the Tennessee Department of Agriculture Market Development website at www.PickTnProducts.org or contact Algood at 615-837-5160 or tammy.algood@tn.gov.



Photograph by Jodie Nunley

Sorghum syrup

Sorghum is NOT molasses and other sweet facts

- Sorghum syrup is produced when the extracted juice from the sorghum plant is boiled down.
- Tennessee is one of the nation's leading states in sorghum production.
- Sorghum was the main sweetener and an important nutrition source for American colonists and pioneers. It remained America's primary sweetener right up to the beginning of the 20th century.
- Before the invention of the daily vitamin, doctors prescribed sorghum as a daily supplement for certain nutrients that were hard to come by.
- The green-amber, tangy-sweet syrup retains all the plant's nutrients, including calcium, protein, fiber, iron, potassium, phosphorus and zinc, and contains no additives.
- Sorghum and molasses are not the same thing! Molasses is a byproduct, the leftovers when sugar cane is cooked down into granulated sugar. A blended product, modern-day molasses contains as much as 20 percent corn syrup and has no nutritional value.
- Store sorghum at room temperature. Refrigeration makes its consistency thicker and harder to spread.
- Like honey, sorghum can crystallize, but putting it in a pan of warm water or the microwave for just a few seconds, either on the lowest setting or even the defrost setting, will restore it to its previous form.
- Find local sorghum producers and recipes using sorghum and other seasonal farm-direct, artisan foods at www.PickTnProducts.org.



Watch us on the Web

Baking soda can be critical to many recipes. Find out if yours is still good before your baking falls flat. You can also find the answers to many more kitchen questions by watching our new series of cooking videos and tips.

In addition to our seasonal recipes that focus on fresh, local ingredients, we will regularly debut news videos. Produced in partnership with Pick Tennessee Products, the series will give you easy-to-use tips to help you choose the freshest ingredients from the garden or farmers market, teach you to save time and money in the kitchen and even help you sharpen your cooking techniques.



We hope you enjoy this new feature. Let us know what you want to see in future videos: questions you would like answered, tips you want to learn or techniques you want to master. Email questions and suggestions to food@tnmagazine.org.

Go to www.tnmagazine.org to view our videos. And visit PickTnProducts.org to find local farms and farmers markets near you.

Notes...

Cool-weather crops



- Produce grows in response to conditions, not to particular months.
- Cool-weather crops are ready to harvest for their second season right now.
- Cool-weather vegetables include carrots, parsnips, asparagus, Brussels sprouts, broccoli, cabbages, kales and lettuces.
- These plants grow as well or better in fall as they did six months earlier; carrots are actually sweeter when they reach maturity as temperatures drop.
- Some local farms extend the cool-weather crops right through winter with “hoop houses” and other greenhouse-like frost protection measures, including canvas or plastic “blankets” to cover rows.

Everything you wanted to know about pecans

Origin: The only nut tree native to the United States.

Botany: Pecans are members of the hickory family. There are more than 500 varieties that exist worldwide, but just a few are produced on a wide commercial scale. Trees take up to 20 years to produce a full crop. About 90 percent of all pecans grown commercially are sold shelled.

Name: For years, pecans were called Mississippi or Illinois nuts until the Native American name gained widespread use.

Selection: Shelled pecans should look plump and have a uniform

color. As they age and lose moisture, they will begin to shrivel.

Cost: Unshelled nuts will always be less expensive to purchase but require the time of shelling when you are ready to use them. A bonus is that they keep longer in the shell than without.

Yield: 2 pounds of pecans in the shell will yield 1 pound shelled.

Storage: For the longest shelf life, place them in the freezer. Unshelled nuts will keep there up to two years and shelled up to 18 months. If kept in the refrigerator in an airtight container, cut the storage time in half, and if left at room temperature, cut the time in half again.

Nutrition: Pecans are a good source of calcium, phosphorus, iron, protein, carbohydrates and vitamins A and B.





Kitchen Therapy

The baking of bread warms the home and heart

*Recipes compiled
by Tammy Algood,
Pick Tennessee Products
spokesperson.*

**Yeast Rolls and
Basic White Bread**

*Photograph
by Robin Conover*

Yeast breads take time, patience and effort — and a little pent-up stress doesn't hurt, either. You're all cooped up in your home in the dreariest month of the year; put some time into punching down the dough, then kneading until your muscles relax. By the time warm, fragrant breads come out of the oven, you'll feel serene and ready to share.

Yeast Rolls

1 (0.25-ounce) package active dried yeast
¼ cup hot water (110 to 115 degrees)
1 teaspoon plus 2 tablespoons sugar, divided
2 tablespoons unsalted butter, softened
1¼ teaspoons salt
1 egg
1¼ cups milk
4 cups all-purpose flour

In small bowl, combine the yeast, hot water and 1 teaspoon of the sugar. Let stand 5 minutes. Meanwhile, in the bowl of an electric mixer, combine the remaining sugar, butter and salt until creamy. Add the egg, milk and yeast mixture, beating until well blended.

With the mixer on low speed, gradually add the flour, beating until smooth. Turn the dough out onto a well-floured surface and knead 3 minutes or until smooth and elastic. Place in a well-greased bowl, turning to evenly coat all the dough. Cover and let rise in a warm place away from drafts 35 minutes or until doubled in size.

Preheat the oven to 400 degrees. Lightly grease two (9-inch) square baking pans and set aside.

Punch the dough down and turn onto a floured surface. Divide the dough into 24 pieces and shape into balls. Place in the prepared pans, cover and let rise 15 minutes. Bake 15 minutes or until golden-brown on top. Serve warm. Yield: 24 rolls

Basic White Bread

1 (0.25-ounce) package active dried yeast
2 cups hot milk (110 to 115 degrees)
2 cups hot half-and-half (110 to 115 degrees)
4 tablespoons unsalted butter, melted
¼ cup confectioners' sugar
8 cups all-purpose flour
1 tablespoon plus 1 teaspoon salt
1 egg
2 tablespoons water

In a mixing bowl, combine the yeast, milk and half-and-half, stirring until the yeast dissolves. Let stand 5 minutes. Whisk in the butter and confectioners' sugar. Mix well.

In a mixing bowl, combine the flour and salt. Slowly add the yeast mixture and mix well. Turn the dough onto a well-floured surface and knead 5 to 7 minutes.

Place the dough in a generously greased bowl, turning to grease the top. Cover and let rise in a warm place free from drafts one hour.

Grease two loaf pans and set aside. Punch the dough down with your fist and divide it into two equal portions. Shape into loaves and place in the prepared pans. Let it rise another 45 minutes in a warm place free from drafts.

Preheat the oven to 400 degrees. In a small bowl, whisk together the egg and water. Brush over the tops of the loaves.

Bake 1 hour or until golden-brown and hollow-sounding when tapped. Immediately remove from the pans and cool at least 1 hour on wire racks before slicing and serving. Yield: 2 loaves

Flatbread

1 (0.25-ounce) envelope active dried yeast
1 cup hot water (110 to 115 degrees)
3 cups all-purpose flour, divided
4 tablespoons unsalted butter, softened
½ teaspoon salt
4 tablespoons olive oil, divided
½ teaspoon onion or garlic salt
¼ teaspoon black pepper

In a small bowl, combine the yeast and water, stirring until the yeast dissolves. Let stand 5 minutes.

Place 2 cups of the flour in a mixing bowl and make a well in the center. Add the yeast mixture and stir until a soft dough forms. Cover and let rise in a warm place free from drafts for 1 hour or until doubled in size.

Sprinkle the remaining flour on a flat surface. Turn the dough onto the surface and knead until the flour is incorporated to make a firm dough. Gradually knead in the butter and salt. Knead until the dough is smooth and elastic, around 5 minutes.

Brush a jellyroll pan with 1 tablespoon of the oil and set aside.

Roll the dough into a 15-inch-by-10-inch rectangle and place in the prepared pan. Using your fingertips, press small indentations in the top of the dough. Drizzle with the remaining oil and sprinkle evenly with the onion or garlic salt and pepper.

Cover and let rise in a warm place away from drafts 40 to 45 minutes or until almost doubled in size. Preheat the oven to 375 degrees. Bake 25 to 30 minutes or until the top is golden brown. Cut in squares and serve warm. Yield: 1 loaf

Monkey Bread

¾ cups bread flour, divided
1 (0.25-ounce) package active dried yeast
1 egg
1 cup very hot water (120 to 130 degrees)
2 tablespoons unsalted butter, softened
1 tablespoon sugar
½ teaspoon salt

3 tablespoons unsalted butter, melted
Grease a 10-inch Bundt pan and set aside. Place 1½ cups of the flour, the yeast, egg, water, softened butter, sugar and salt in the bowl of a food processor. Process 2 minutes. Add the remaining flour through the chute with the processor running to form a dough ball.

Turn the dough onto a lightly floured surface and knead 1 minute. Roll into a 15-inch-by-12-inch rectangle and brush with one tablespoon of the melted butter. Cut into 1½-inch squares and layer half of the pieces with the buttered side down in the prepared pan.

Brush what is now the top of the dough in the pan with another tablespoon of the melted butter. Repeat with the remaining dough and butter. Cover and let rise in a warm place free from drafts 45 minutes or until doubled in size.

Preheat the oven to 400 degrees. Bake 22 to 25 minutes or until golden-brown. Cool in the pan 2 minutes. Invert on a wire rack to cool at least 30 minutes before serving or cool completely and serve. Yield: 8 servings

Fresh Fruit Bread

1 cup warm water (110 degrees)
⅔ cup orange juice
1 (0.25-ounce) package active dried yeast
¼ teaspoon honey
6 cups all-purpose flour, divided
1 cup chopped cranberries
1 ripe banana, mashed
1 cup grated, peeled apple
1 cup chopped pecans or walnuts
1 tablespoon orange zest
1 tablespoon lemon zest
½ cup sugar
1 tablespoon plus 1 teaspoon salt
3 tablespoons unsalted butter, melted
2 cups whole wheat bread flour

In a large bowl, combine the water, juice, yeast and honey. Add 2 cups of the all-purpose flour and mix well. Cover and let rise in a warm place away from drafts 45 minutes.

Meanwhile, grease and flour two loaf pans and set aside. In a separate bowl, toss together the cranberries, banana, apple, pecans, orange zest, lemon zest, sugar, salt and butter. Beat into the risen bread.

Add the whole wheat flour and the remaining all-purpose flour one cup at a time. Transfer to a well-floured surface and knead 15 minutes. Grease a bowl generously. Place the dough in the bowl and turn to evenly coat. Cover and let rise 1 hour or until the dough has doubled in bulk.

Punch the dough down and knead the dough 5 minutes longer. Divide the dough in half and shape into two loaves. Place in the prepared loaf pans and cover. Let rise in a warm place away from drafts.

When the loaves have nearly doubled in size, preheat the oven to 350 degrees. Bake 45 to 50 minutes or until it sounds hollow when tapped. Cool at least 30 minutes on a wire rack before slicing and serving. Yield: 2 loaves

Stock Up!

Preparing homemade stock will add bountiful flavors to your recipes
Recipes by Tammy Algood • Photograph by Robin Conover



Clockwise from
back left: chicken,
turkey, beef and
ham stocks

All-Day Beef Bone Stock

Yield: 4 quarts
6 beef bones
2 celery stalks, cut in thirds
2 large garlic cloves, peeled and minced
1 onion, peeled and quartered
4 thyme sprigs
4 rosemary sprigs
4 peppercorns
1 bay leaf
2 tablespoons cider vinegar
2 teaspoons salt
4½ quarts water

Place the bones in the bottom of a large (6-quart) slow cooker. Add the celery, garlic, onions, thyme, rosemary, peppercorns, bay leaf, vinegar and salt. Add the water, cover and cook on high for 1 hour. Decrease the temperature to low and simmer 10 to 12 hours. Uncover and remove the insert from the slow cooker. Allow to cool at least 2 hours. Remove large pieces with tongs. Strain stock through a fine mesh sieve or colander. Discard the solids and refrigerate or freeze the broth.

For a low-salt option, omit the salt and add an extra bay leaf.

Best Homemade Chicken Stock

Yield: 4 quarts
1 carcass and skin from a whole roasted chicken (meat removed and used for another purpose)
1 large yellow onion, peeled and quartered
2 large carrots, peeled and cut in large pieces
Tops of 1 celery bunch (or 3 celery stalks, cut in large pieces)
6 peppercorns
5 fresh parsley sprigs
4 garlic cloves, peeled and cut in half
3 fresh thyme sprigs
1 bay leaf
1 tablespoon cider vinegar
2 teaspoons salt

Place the carcass, onions, carrots, celery, peppercorns, parsley, garlic, thyme, bay leaf, vinegar and salt in a large (6-quart) slow cooker. Add enough water to fill (around 5 quarts), cover and cook on high for 3 hours. Decrease the temperature to low and simmer 9 hours, adding more water if necessary. Uncover and remove the insert from the slow cooker. Allow to cool at least 2 hours. Remove large pieces with tongs. Strain stock through a fine mesh sieve or colander. Discard the solids and refrigerate or freeze the stock.

For a low-salt option, omit the salt and increase the thyme to 5 sprigs.

For a low-salt option, omit the salt and increase the celery stalks to 3.

Ham Bone Stock

Yield: 4 quarts
4 pounds ham bones
5 quarts water
¼ cup cider vinegar
4 peppercorns
2 large carrots, peeled and cut in pieces
2 large celery stalks, cut in pieces
1 large sweet onion, peeled and quartered
½ teaspoon onion salt

Preheat the oven to 350 degrees. Place the ham bones on a greased

Other than water, it's hard to imagine anything more useful than stock, that delicious liquid made from the merger of many ingredients. It can be vegetarian or meat-based but is always a tasty solution to all the leftover, wholesome tidbits of vegetables and meats that might otherwise be discarded. Once stock is made, it can be stored to be used to improve almost any dish.

Slow Cooker Fish Stock

Yield: 4 quarts
6 cups fish trimmings and shrimp shells
2 celery stalks, cut in thirds
1 onion, peeled and quartered
4 thyme sprigs
4 peppercorns
2 whole cloves
1 bay leaf
2 tablespoons cider vinegar
2 teaspoons salt
4½ quarts water

Place the fish trimmings and shells in the bottom of a large (6-quart) slow cooker. Add the celery, onions, thyme, peppercorns, cloves, bay leaf, vinegar and salt. Add the water, cover and cook on low for 4 hours. Uncover and remove the insert from the slow cooker. Allow to cool at least 1 hour before straining through a fine mesh sieve or colander. Discard the solids and refrigerate or freeze the stock.

rimmed baking sheet. Roast for 1 hour. Transfer to a large stockpot and add the water and vinegar. Place over high heat and bring to a boil. Skim any foamy scum that accumulates on the surface and add the peppercorns, carrots, celery, onions and salt. Reduce the heat to low, cover and simmer for 10 hours. Uncover and allow to cool to room temperature at least 2 hours. Remove any large pieces with tongs. Strain stock through a fine mesh sieve or colander. Discard the solids and refrigerate or freeze the stock.

For a low-salt option, omit the salt and add 2 sprigs of fresh thyme.

Roasted Turkey Stock

Yield: 4 quarts
1 whole turkey carcass, skin and giblets or 6 pounds bones
9 peppercorns
6 fresh parsley sprigs
3 sweet onions, peeled and quartered
3 carrots, peeled and cut in pieces

3 celery stalks, cut in pieces
1 bay leaf
1½ teaspoons salt
5 quarts water

Place the turkey carcass, peppercorns, parsley, onions, carrots, celery, bay leaf and salt in a large Dutch oven. Add the water and place over high heat. Bring to a boil. Cover and reduce heat to low. Simmer for 8 hours. Uncover and allow to cool to room temperature at least 2 hours. Remove any large pieces with tongs. Strain stock through a fine mesh sieve or colander. Discard the solids and refrigerate or freeze the stock.

For a low-salt option, omit the salt and add an extra bay leaf.

All-Vegetable Stock

Yield: 4 quarts

8 cups frozen vegetable scraps
1 sweet onion, peeled and quartered
4 fresh parsley sprigs
4 fresh thyme sprigs
2 bay leaves
10 peppercorns
1½ teaspoons salt
4½ quarts water

Place the scraps, onions, parsley, thyme, bay leaves, peppercorns and salt in a large slow cooker. Add the water, cover and cook on high for 7 hours. Uncover and remove the insert from the slow cooker. Allow to cool to room temperature for at least 2 hours. Remove any large pieces with tongs. Strain stock through a fine mesh sieve or colander. Discard the solids and refrigerate or freeze the stock.

For a low-salt option, omit the salt and increase the parsley sprigs to 6.

Insider stock tips

Stocks are by definition strained liquids. If preparing on the stove, make sure you have a long-handled wooden spoon for occasionally dunking the solids back into the simmering liquid.

- Set a timer so you don't forget about the cooking stock.
- Before straining, make sure the stock has completely cooled. Then use a fine mesh strainer to separate the solids.
- If you don't have a fine mesh strainer, line a colander with cheesecloth or a coffee filter.
- Using a soup ladle or large spoon, carefully transfer the stock to your strainer (or colander). It will take a bit of time, but you won't clog the strainer and will get a clearer liquid.
- Resist the urge to press down on the solids to extract more liquid. This will cloud your stock.
- You have gotten good use of the trimmings to make the stock, so simply discard the solids.
- If you made too much stock, freeze it in premeasured amounts of 1 cup to make thawing easier.
- If you have less than a cup left, freeze in cubes to enhance recipes when you only need a tablespoon or two.
- Save bones and trimmings in large zip-top bags in your freezer until you have enough to make these stocks.
- Refrigerate up to a week or freeze for up to three months. Then use your stock in soups, stews, casseroles, etc.
- Save celery tops; corn cobs; bell pepper cores; peelings from carrots, potatoes, sweet potatoes, parsnips and squash; trimmings from mushrooms and leeks; garlic and onion ends (not the papery peels); and green onions to make vegetable stock or to add to meat stocks. Place the trimmings in large zip-top bags and freeze until you have the amount needed for a stock recipe.

ASK Chef Tammy

Dear Tammy,

I have a large container of dates that I am just now getting around to using. They are all stuck together! Is there anything I can do to remedy this nagging problem?

— Katherine

Dear Katherine,

Place the amount you intend to use on an ungreased baking sheet in a 200 degree oven for around 4 minutes, and they should unstick. If you

are cutting them to add to a recipe, dip the scissors or knife in cold water and cut the dates while the utensil is wet. Also, add the chopped dates in with the dry ingredients in your recipe and toss well. This will coat them, making it less likely to sink in clumps when baked.

Tammy Algood develops for The Tennessee Magazine recipes that feature farm-fresh Tennessee food. Those

fresh, local ingredients will always add cleaner, more flavorful foods to your table. We recommend visiting local farms and farmers markets to find the freshest seasonal produce.

Email your cooking questions to Tammy Algood:
talgood@tnelectric.org

You may be featured in the next issue of *The Tennessee Magazine!*

Tammy Algood's Expert Kitchen Hacks

The holiday season lasts a couple of months, but Tammy Algood hopes you'll be preparing and preserving foods all through the year. Here's some practical advice to make all your culinary efforts as tasty, cost-efficient and easy as possible, 365 days a year.

- Use tongs when turning meats instead of a fork. Any piercing you make in the meat will allow internal juices essential for moisture to escape. So pull out the tongs to lock out dryness.
- Let any meat you are about to cook come to room temperature for a minimum of 10 minutes. This takes the chill off and the meat will then cook in the time called for in the recipe.
- Boneless, skinless chicken breasts are good time savers, but usually cost more than split breasts that have the skin still attached. The skin has a useful purpose and helps keep the meat from drying out during cooking or grilling. So don't avoid it at the meat case. Consider just removing the skin after the recipe is complete and the meat will be juicy and moist.
- Allow meats to "rest" about 10 minutes after cooking and before slicing. This method allows savory juices to soak back into the meat rather than to spill out onto your cutting board if you immediately begin slicing.
- Dress salads just before serving so the greens will stay crispy. Vinegar is a necessary ingredient in salad dressings, but it tends to draw water out of the cells of the lettuce, causing it to wilt quickly.
- For fluffy, tender scrambled eggs, always add a tablespoon of milk for every two eggs. The fat in milk binds with the protein in eggs, giving you fabulous results. Water, on the other hand, contains no fat and tends to make the eggs tough and rubbery.
- Before filling ice cream cones with scoops, place marshmallows in the bottoms of the cones. Not only will the marshmallows prevent dripping through the bottom of the cones, but the marshmallow becomes a nice surprise for the last bite when the ice cream is gone.
- Don't remove corn husks from ears until just before you are ready to prepare. Look at corn husks as nature's freshness seal. They help keep valuable moisture next to the kernels, as well as keeping it cool.
- When frying, use a deep fat thermometer to measure the temperature. Don't have one? Then drop a cube of bread into the hot oil. If it sizzles and begins to slowly turn brown, the oil is ready for frying.
- Before working with any type of sticky mixture (such as Rice Krispy Treats), place a bowl of cold water next to your work area and dip your hands in the water to keep the mixture off your hands. Warm hands can quickly turn many mixtures into a mess.
- Rule of thumb: Fish requires no more than 10 minutes total cooking time for each inch of thickness. That includes any breading or batters you add to the fish.
- A "less mess" solution for mixing together the ingredients for meatloafs is to place all of the ingredients in a large zip-top bag. Then you can easily combine the mixture and see when it is ready for the baking pan.
- Your rice is nearly ready, but the rest of the meal is not. Never fear! Simply remove it from the heat source and place a folded kitchen towel between the lid and the pot. As the rice continues to steam from the heat, excess moisture that causes it to become sticky will be absorbed by the towel instead.
- Those handy rubber gloves that we all have for hot water dishwashing are also great for opening those hard to twist jars that seem to have lids permanently attached.
- Kosher salt is perfect for sprinkling on anything that has just been roasted, fried, broiled, grilled, baked, steamed, or microwaved. The unique, irregular shape of its grains helps it dissolve quickly when it hits heat. If you look at Kosher salt grains under a microscope, it resembles little triangles. Kosher salt also has no additives.
- Hand-held olive pitters are equally effective for pitting fresh cherries.
- When substituting dry herbs for fresh herbs in a recipe, decrease the amount by one-third. For example, if a recipe calls for 1 tablespoon of fresh herbs, you can use 1 teaspoon of dried, instead.
- A large pot with a pasta insert is the handiest tool you've got in your kitchen when making homemade stock. Just lift the insert out when sufficiently cooked and there's no mess or splatter from trying to pour the solids through a strainer.
- Use non-skid shelf liners underneath cutting boards to prevent movement when slicing. You can also place a piece in the bottom of a box when transporting cooked dishes and to prevent items from sliding around while driving.
- Honey and sorghum syrup will eventually crystallize if left unused too long, but the items are still perfectly good. Just place the opened jar in the microwave and heat on high power for 10 seconds. Stir until melted and it's ready to use again. If it has formed a lot of crystals, you may need to heat it another 10 seconds.

CHOCOLATE-COVERED CRAVINGS

Crustless Chocolate Pie

Recipes by Tammy Algood

Photograph by Robin Conover



You know that visiting family and friends will hunger for lots of different foods, but one thing almost everyone can agree on is chocolate. Children like milk chocolate, and more sophisticated palettes often prefer more complicated and unusual flavor combinations. Here's what you need — including a handy substitution list — to fill everybody's stockings.

Crustless Chocolate Pie

Yield: 8 servings

½ cup butter
¼ cup cocoa
½ cup brown sugar
½ cup granulated sugar
2 eggs beaten
1 teaspoon pure vanilla extract
⅓ cup all-purpose flour
1 cup chopped pecans

Preheat oven to 350 degrees and grease a 9-inch pie plate with cooking spray. Melt butter in medium-sized saucepan over low heat. Remove from heat and slowly add cocoa, brown sugar, granulated sugar, eggs, vanilla extract, flour and pecans, mixing well after each addition. Pour filling into prepared pie pan. Bake 24-25 minutes. When the pie is done, a tester should have just a smidge of chocolate on its tip. You don't want to overcook this pie. Cool completely on a wire rack before slicing and serving.

Cardamom Spiked Chocolate Fondue

Serve with fresh fruit or pound cake cubes!

Yield: 4-6 servings

1 cup heavy cream
1 cinnamon stick, broken
2 cardamom pods, slightly crushed
2 whole cloves
Pinch of nutmeg
Pinch of salt
8 ounces semisweet chocolate, chopped

In a small saucepan, combine the cream, cinnamon, cardamom, cloves, nutmeg and salt. Place over medium heat and bring to a simmer. Remove from the heat and set aside to steep for 20 minutes. Strain the cream and return to the saucepan over medium-low heat.

Place the chocolate in a heatproof bowl until the cream simmers. Remove cream from the heat and pour over the chocolate.

Allow to sit for 3 minutes to melt the chocolate, then whisk until smooth. Transfer to a fondue pot if desired or serve immediately.

Chocolate Cranberry Scones

Yield: 8 scones

2 cups all-purpose flour
¼ cup sugar plus 3 tablespoons, divided
2 teaspoons baking powder
1 teaspoon grated orange zest
½ teaspoon baking soda
¼ teaspoon salt
½ cup unsalted butter, cold and cut in chunks
¾ cup dried cranberries (or cherries)
½ cup miniature milk chocolate chips
¾ cup buttermilk

Preheat the oven to 375 degrees. Line a baking sheet with parchment and set aside. In a mixing bowl, stir together the flour, ¼ cup of sugar, baking powder, zest, baking soda and salt. With a pastry cutter or two knives, cut in the butter until the mixture looks like meal. Add the cranberries and chocolate chips and toss to coat. Make a well in the center and stir in the buttermilk. The dough will be sticky.

Turn the dough out onto a lightly floured surface and, with your hands, pat it out into a 1-inch-thick circle. Cut into 8 wedges and place an equal distance apart on the prepared baking sheet. Evenly press the remaining sugar on the tops. Bake 17 to 20 minutes or until the tops are golden brown. Cool slightly on a wire rack. Serve warm or at room temperature.

Toasted Pecan Brownies

Yield: 12 to 16 brownies

½ cup unsalted butter, cut in pieces
4 ounces unsweetened chocolate, coarsely chopped
1 cup sugar
2 eggs
1 teaspoon pure vanilla extract
¾ cup all-purpose flour
½ cup chopped pecans, toasted
¼ cup heavy cream
2 ounces semisweet chocolate, coarsely chopped

Preheat the oven to 325 degrees. Grease an 8-inch square pan and set aside. In a large heavy saucepan over low heat,

melt the butter and unsweetened chocolate, stirring frequently. Remove from the heat and stir in the sugar. Add the eggs and extract, mixing well. Add the flour and pecans, mixing thoroughly. Transfer to the prepared pan and bake for 25 minutes. Cool the brownies on a wire rack.

In a small saucepan over low heat, combine the cream and semisweet chocolate. Stir until the chocolate has melted and the mixture is smooth. Remove from the heat and allow to cool until spreadable. Make sure the brownies have cooled completely and spread the mixture on the brownies before slicing and serving.

Easy as Pie Chocolate Tart

Yield: 8 servings

⅓ cup heavy cream
16 ounces bittersweet chocolate, finely chopped
4 eggs, room temperature
1 prebaked 10-inch pie shell

In a large saucepan, heat the cream over medium-low heat until it begins to bubble around the sides. Turn off the heat and stir in the chocolate. Continue stirring until melted and set aside to cool to lukewarm.

Preheat the oven to 350 degrees. Whisk the eggs, one at a time, into the chocolate mixture, making sure the mixture is smooth before adding another egg. Place the pie shell on a baking sheet and add the chocolate mixture. Bake 20 minutes or until set. Remove from the oven and allow to cool to room temperature on a wire rack before slicing and serving.

Chocolate Souffles

Yield: 6 servings

5 ounces bittersweet chocolate, coarsely chopped
¼ cup milk
6 tablespoons sugar, divided
1 teaspoon pure vanilla extract
3 egg yolks
4 egg whites
⅓ cup miniature milk chocolate chips

With cooking spray, grease six 4-ounce ramekins or 6-ounce custard cups. Place on a baking sheet and set aside. Preheat the oven to 400 degrees.

Continued on next page

Place the bittersweet chocolate and milk in a heatproof bowl over a pan of simmering water. Stir occasionally until the chocolate is melted. Remove the bowl from the heat and whisk in half the sugar, extract and egg yolks. Set aside.

In a mixing bowl, whip the egg whites at medium-high speed of an electric mixer until the whites begin to hold their shape. Gradually add the remaining sugar a tablespoon at a time, whipping until soft peaks form.

Fold the egg whites into the chocolate mixture and spoon batter into each ramekin or custard cup, filling half-way. Sprinkle with the milk chocolate chips and fill the dishes to the top. Bake for 14 minutes. Carefully remove from the oven and serve immediately.

Mississippi Mud Cake

Yield: 15 servings

12 tablespoons unsalted butter, softened and divided
2 cups granulated sugar

½ cup plus ⅓ cup unsweetened cocoa, divided
⅓ teaspoon salt
4 eggs, lightly beaten
1 teaspoon pure vanilla extract
1½ cups all-purpose flour
1½ cups coarsely chopped pecans, toasted
1 (10.5-ounce) bag miniature marshmallows
1 (16-ounce) package confectioners' sugar
½ cup milk
⅓ cup unsweetened cocoa

Preheat the oven to 350 degrees. Lightly grease and flour a 1-by-10-inch jellyroll pan and set aside.

Melt 8 tablespoons of the butter in a small saucepan over low heat. Transfer to a large mixing bowl. Whisk in the granulated sugar, cocoa, salt, eggs and extract. Stir in the flour and pecans.

Transfer the batter to the prepared pan. Bake 20 to 25 minutes or until a tester inserted in the center comes out clean.

Meanwhile, in the bowl of an electric mixer, combine the confectioners' sugar, milk, the remaining butter and cocoa at low speed. Increase speed to medium and beat until smooth. Set aside.

When the cake tester comes out clean, immediately top the cake with the marshmallows. Return to the oven for 5 minutes. Drizzle the chocolate frosting over the warm cake and cool completely on a wire rack.

Tips and Trivia

Storage: Chocolate should be stored tightly wrapped in a cool, dry place. It likes temperatures between 60 degrees and 70 degrees. If the storage temperature gets too warm, the chocolate will develop a pale gray “bloom” over the surface. These streaks and blotches are caused when the cocoa butter rises to the surface. It can still be used, but is best to use in a baked product.

Equivalents: One square of baking chocolate is equal to 1 ounce. Any sweet chocolate pieces can be substituted for semisweet chocolate. For best results, use the type of chocolate called for in the recipe since each has its own special properties. One cup of melted chocolate is equal to 12 ounces or 2 cups of morsels or chips.

Cocoa: Natural cocoa is unsweetened. Instant cocoa is a combination of cocoa, sugar, starches and dry milk. Three tablespoons of cocoa plus 1 tablespoon of vegetable shortening equals one square or 1 ounce of baking chocolate.

Trivia: What makes some chocolate gourmet? It's the amount of cocoa butter used, which provides the quality known as fluidity.

ASK Chef Tammy

Robbie Matthis would like to know how to make chocolate curls. “I have tried multiple times and end up with ugly pieces.”

Robbie, use a vegetable peeler with a long, narrow blade. If you warm the blade slightly, the chocolate will curl easier. Draw the blade along the narrow side for

small curls and along the wide surface for long curls.

Email your cooking questions to Tammy Algood: talgood@tnelectric.org. You may be featured in the next issue of *The Tennessee Magazine!*

*Tammy Algood develops recipes for **The Tennessee Magazine** that feature farm-fresh*

Tennessee food. Those fresh, local ingredients will always add cleaner, more flavorful foods to your table. We recommend visiting local farms and farmers markets to find the freshest seasonal produce.

Easy Alternatives for Missing Ingredients

Don't have an ingredient you need for a recipe? This list of alternatives just might save the day!

Instead of:	Use:	Instead of:	Use:
1 clove minced GARLIC	¼ teaspoon instant minced garlic	1 teaspoon LEMON JUICE	½ teaspoon white wine vinegar or cider vinegar
½ cup chopped ONION	2 tablespoons instant minced onion or 1 teaspoon onion powder	1 cup TOMATO SAUCE	¾ cup tomato paste + ½ cup water
1 tablespoon fresh HERBS	1 teaspoon dried herbs	1 tablespoon RICE VINEGAR	1 tablespoon white wine vinegar, ½ teaspoon sugar, 1/8 teaspoon salt
1 cup CHILI sauce	1 cup tomato sauce plus ½ cup sugar and 2 tablespoons vinegar	Cream CHEESE as a spread	Neufchatel cheese
1 pound fresh MUSHROOMS	6 ounce canned mushrooms, drained cooked	Sour CREAM for dips	Fat free ricotta; cottage cheese
1 tablespoon CORNSTARCH	2 tablespoons flour	AVOCADO for guacamole	Canned asparagus; green peas
1 cup plain YOGURT	1 cup buttermilk (in baked items)	1 cup CREAM	1 cup evaporated skim milk
SOY sauce	teriyaki sauce	CREAM to thicken soups	Potato purée
1 cup whole MILK	½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter	OIL as base for marinade	Citrus juice; flavored vinegar
1 square CHOCOLATE	3 or 4 tablespoons cocoa plus ½ tablespoon butter or shortening	Chopped NUTS	Water chestnuts; jicama
1 cup sifted all-purpose FLOUR	1 cup plus 2 tablespoons sifted cake flour	2 ounce grated mild cheddar CHEESE	1 ounce reduced fat sharp cheddar cheese
1 cup sifted cake FLOUR	1 cup minus 2 tablespoons sifted all-purpose flour	Bacon	Canadian bacon
1 teaspoon BAKING POWDER	¼ teaspoon baking soda plus ½ teaspoon cream of tartar	Ground beef	Ground turkey breast
1 cup sour MILK	1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand 5 minutes)	1 egg	2 egg whites; ¼ cup liquid egg substitute
1 cup sweet MILK	1 cup sour milk or buttermilk plus ½ teaspoon baking soda	½ cup butter	¼ cup applesauce (or prune purée) + ¼ cup butter/oil
¾ cup CRACKER CRUMBS	1 cup bread crumbs	1 cup sour CREAM	1 cup nonfat or lowfat plain yogurt (if used in sauce, add 1 tablespoon cornstarch)
1 cup CREAM, sour, heavy	½ cup butter and 2/3 cup milk in any sour milk recipe	Pastry pie crust	Phyllo crust, graham cracker crust
1 package active dry YEAST	1 cake compressed yeast	1 cup CHOCOLATE CHIPS	½ cup mini chocolate chips
1 tablespoon prepared MUSTARD	1 teaspoon dry mustard	Sponge/pound cake	Angel food cake
10 miniature MARSHMALLOWS	1 large marshmallow	Frosting	Sliced fresh fruit, fruit sauce, light dusting of powdered sugar
1 cup self-rising FLOUR	1 cup all-purpose flour + 1½ teaspoon baking powder + ⅛ teaspoon salt	Fudge SAUCE	Chocolate syrup
1 cup light brown SUGAR	½ cup dark brown sugar + ½ cup granulated sugar	3 to 4 slices BREAD	1 cup dry crumbs
1 cup BUTTERMILK	1 cup lowfat yogurt	1 cup light corn SYRUP	1 cup sugar plus ¼ cup water
Farmers CHEESE	Dry curd cottage cheese	7 ounce jar MARSHMALLOW CREAM	16 ounce package marshmallows (melted) plus 3½ tablespoons light corn syrup
1 VANILLA BEAN	1 teaspoon pure vanilla extract	1 cup chopped NUTS	1 cup regular oats, toasted (in baked products)
1 tablespoon FISH SAUCE	2 teaspoons soy sauce and 2 mashed anchovies		



Brought to you by
Tennessee Electric Cooperative Association
Presented by Tammy Algood and Cynthia Kent
Merry Christmas and Happy Holidays!