

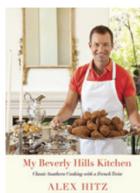
Get ready Helping Hand returns Jan. 7



THE PARIS POST-INTELLIGENCER

COOKBOOK REVIEWS

Restaurateur and television personality Alex Hitz launches his first cookbook, *My Beverly Hills Kitchen: Classic Southern Cooking with a French Twist* (2012, www.aaknopf.com).



A classically-trained chef, Hitz calls on five generations of Southern hospitality, tradition, family recipes and more, turning his book into a graduate course in entertaining, complete with menus.

Learn to prepare a meal for two or 20, where quality is achievable on any budget.

Salted Caramel Cake

9 tablespoons salted butter, cold, plus more for the pans
 3-1/4 cups plus 2 tablespoons sugar
 2 tablespoons plus 3/4 teaspoon vanilla extract
 12 tablespoons salted butter, melted
 8 egg yolks

Preheat oven to 325°F. Butter and flour 3 9-inch cake pans, put a parchment round in the bottom of each pan, and butter and flour the rounds.

In bowl of electric stand mixer fitted with paddle attachment on medium-high speed, beat cold butter 5 minutes until very light. Scrape bowl down several times while beating, and gradually add sugar.

Add vanilla, continue beating 5 more minutes, scraping bowl down again. The mixture will be very coarse and grainy.

Turn speed to low and add melted butter, egg yolks and eggs, beating until they are fully combined. Turn off mixer.

In large bowl, sift together flour, salt, and baking powder.

In a medium mixing bowl, whisk together buttermilk and cream, then turn mixer again to lowest speed. Add half the flour, then half the buttermilk mixture, then remaining flour, then remaining buttermilk mixture. Scrape down bowl as necessary, but make sure not to overmix the batter, or cake will be tough.

Pour batter into 3 prepared pans, divide equally, bang pans on sturdy surface to release air bubbles. Bake 25-30 minutes until brown on top and toothpick comes out clean.

Cool cakes 10 minutes.

Run dull edge of a knife around perimeter of pans and invert them onto a cold baking sheet or rack.

Note: Cakes may be frozen up to 3 months at this point.

When ready to ice cake, slice each layer horizontally in half (6 layers). Layers should be cold before icing.

Makes 16 servings

Caramel Icing

4-1/2 sticks (36 tablespoons) salted butter
 2-1/4 cups powdered sugar, firmly packed
 1 cup plus 2 tablespoons half-and-half
 4 tablespoons vanilla extract
 4-1/2 cups light brown sugar, packed
 2-1/4 teaspoons salt

In a large heavy saucepan over medium heat, melt butter. When butter is fully melted, add half-and-half, and then brown sugar.

Turn heat to high, bring mixture to a boil. Reduce heat and simmer about 8 minutes, until sugar is completely melted and the mixture is smooth.

Remove from heat, let it cool to room temperature. I actually stick it in the freezer to cool for about 30-40 minutes because otherwise it could take all day.

When it's cool, transfer caramel mixture to bowl of an electric stand mixer fitted with the paddle attachment and, on medium speed, beat in the powdered sugar, vanilla and salt.

Ice cakes with 1 cup icing per layer. You may have a small bit of leftover icing, but this can easily be added to the top and sides.

Taste of Home commemorates 20 years of American cooks' favorite pastime, recipe sharing, with *Taste of Home's Best Loved Recipes* (2012, Reiman Media Group LLC, www.BestLovedRecipes.com).

The hard-bound collection celebrates American cuisine with 1,485 of the most beloved dishes submitted by the *Taste of Home* audience. Spanning the generations, each recipe has a personal story of why it is so special to the cook who submitted it and their family. Plus, get proven tips, storage charts, how-to photos and at-a-glance prep and cook times.



Five-Fruit Pie

1-1/2 cups sugar
 3 tablespoons cornstarch
 2 tablespoons quick-cooking tapioca
 1 cup chopped peeled tart apples
 1 cup chopped fresh or frozen rhubarb
 1 cup each fresh or frozen raspberries, blueberries and sliced strawberries

Crust:
 2 cups all-purpose flour
 1/2 teaspoon salt
 1/2 cup shortening
 1 egg
 1/4 cup cold water
 2 teaspoons white vinegar
 2 tablespoons half-and-half cream
 2 tablespoons coarse sugar

In a large bowl, combine sugar, cornstarch, tapioca and fruit; let stand 15 minutes.

In another bowl, combine flour and salt; cut in shortening until mixture resembles coarse crumbs. Combine egg, water and vinegar; stir into flour mixture just until moistened.

Divide dough in half so that one portion is slightly larger than the other. On a lightly floured surface, roll out larger portion to fit a 9-inch pie plate. Transfer pastry to pie plate; trim pastry even with edge. Spoon fruit mixture into crust.

Roll out remaining pastry to fit top of pie; make a lattice crust. Trim, seal and flute edges. Brush with cream; sprinkle with coarse sugar.

Bake at 375°F for 45-55 minutes or until crust is golden brown and filling is bubbly. Cool completely on a wire rack.

Makes 8 servings.

Note: If using frozen fruit, measure fruit while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.



RECIPE ROUNDUP

Vanilla Pecan Pie

WWW.MCCORMICK.COM

1 refrigerated pie crust
 One 8-ounce package cream cheese, softened
 3 eggs, divided
 3/4 cup sugar, divided
 4 teaspoons vanilla extract, divided
 1/2 cup light corn syrup
 3 tablespoons butter, melted
 1/4 teaspoon salt
 2 cups pecan pieces, toasted

Preheat oven to 350°F. Prepare crust as directed on package for 1-crust pie using 9-inch deep dish pie plate. Beat cream cheese, 1 egg, 1/4 cup sugar and 2 teaspoons vanilla in large bowl with mixer on medium speed until well blended and smooth. Spread evenly on bottom of crust. Bake 15 minutes.

Whisk 2 eggs and 1/2 cup sugar in large bowl until smooth. Add corn syrup, butter, 2 teaspoons vanilla and salt; stir until blended. Sprinkle pecans evenly over baked cream cheese layer. Slowly pour corn syrup mixture over nuts.

Bake 35-40 minutes until just set in center. Cool completely on wire rack.

Lemon Bread

FROM GLORIA MONROE

1 cup sugar
 2 eggs
 2 lemons
 1 teaspoon baking powder
 5 tablespoons butter, softened
 1/2 cup milk
 1-1/2 cups flour
 1/2 cup chopped walnuts

Grate lemon rind, squeeze juice and put in a bowl. Cream together butter and sugar. Add lemon mixture and eggs, mix well. Sift together flour and baking powder, add to creamed mixture, blend well. Pour into greased 4x8-inch loaf pan.

Bake at 350°F for 45-60 minutes. Cool in pan on rack 5 minutes, then remove.

Apricot Nectar Cake

FROM CAROLYN BROWN-WABINGA

One 18-1/2-ounce box lemon cake mix
 1/2 cup sugar
 3/4 cup vegetable oil
 1 cup apricot nectar
 4 eggs
Glaze:
 1 cup powdered sugar
 Juice from 1 lemon

Combine cake mix, sugar, oil and apricot nectar together; blend well. Add eggs one at a time, beating well after each addition. Bake at 325°F 1 hour in a greased 10-inch tube pan at 325°F.

Glaze: Mix powdered sugar and lemon juice well, spread on top of cake. Makes 6 servings.

Pineapple Pound Cake

FROM WILLETTE RAY

1 cup butter
 1/2 cup shortening
 2-3/4 cups sugar
 6 eggs
 3 cups all-purpose flour
 1 teaspoon baking powder
 1/4 cup milk
 3/4 cup crushed pineapple, drained
 1 teaspoon vanilla
Topping:
 1-1/2 cups powdered sugar
 1 cup crushed pineapple, undrained
 1/4 cup butter

Cream together butter, shortening and sugar. Add eggs, one at a time, beating well after each addition.

Sift together flour and baking powder. Add flour mixture alternately with milk. Add pineapple and vanilla, mix well.

Pour into a 10-inch, greased, floured tube pan. Bake at 325°F for 1 hour, 10 minutes until done. Turn out immediately.

Topping: Combine ingredients, heat and pour over warm cake. Cover. It's better after it sits a couple of days.



Find your favorite recipe ingredients at our store!

Butcher Cut Meats • Fresh Produce • Wide Selection of Spices & Condiments • Bakery Breads & Pastries • Deli Meats & Cheeses

YOUR HOMETOWN PROUD SUPERMARKET™

Lakeway Village Shopping Center
 E. Wood Street • Paris, TN • 642-1252

i smell something cooking... Look for details in January!



Coming Spring 2013
tasteofhome
COOKING SCHOOL