

Buttermilk Recipe Contest Winners



JACK ANDERSEN/FOODPIX

I know what you're going to say: "It's February. It's freezing out. Why are you giving me a recipe for sherbet?" Well, friends, because it's the winner, and because it's delicious. **SUSIE MULLINS**, a member of CoServ Electric, sent in a number of buttermilk recipes including the winner and a runner-up, Buttermilk Brownies. Way to go, Susie! These will both be additions to my recipe box at home.

Blackberry Cream Sherbet

3 quarts frozen unsweetened blackberries, thawed and preferably sieved to remove seeds
 3 cups sugar
 Juice of 1 large lemon
 2 cups buttermilk
 1 quart half-and-half
 $\frac{1}{8}$ teaspoon cinnamon
 1 package (3 ounces) berry-flavored gelatin dissolved in 2 cups boiling water, then cooled
 12 ounces lemon-lime or grapefruit flavored soda

Combine all ingredients and freeze in a 6-quart electric ice cream freezer according to manufacturer's instructions. Makes about 5 quarts.

Serving size: 1 cup. Per serving: 270 calories, 4 grams protein, 6 grams fat, 53 grams carbohydrates, 59 milligrams sodium, 19 milligrams cholesterol

Buttermilk Brownies

1 cup butter
 $\frac{1}{3}$ cup unsweetened cocoa
 1 cup water
 2 cups unbleached white flour
 2 cups sugar
 1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
 2 eggs
 $\frac{1}{2}$ cup buttermilk
 $1\frac{1}{2}$ teaspoons vanilla extract

In saucepan, combine butter, cocoa and water. Bring to a boil, stirring constantly. Set aside. In large bowl, stir together flour, sugar, baking soda and salt; stir in eggs, buttermilk and vanilla. Add cocoa mixture; mix until blended. Pour into greased 15x10-inch pan and bake at 375 degrees for 20 minutes. Prepare Cocoa-Buttermilk Frosting while brownies bake. Immediately pour frosting over brownies and spread evenly. Sprinkle toasted pecans over frosting. Cool and cut into bars.

Cocoa-Buttermilk Frosting

$\frac{1}{4}$ cup butter
 3 tablespoons unsweetened cocoa
 4 tablespoons buttermilk
 $2\frac{1}{4}$ cups sifted powdered sugar
 $\frac{1}{2}$ teaspoons vanilla extract
 $\frac{1}{2}$ cup chopped pecans, toasted for 5 minutes in a 350-degree oven

Stir butter, cocoa and buttermilk in saucepan and bring just to a boil. Remove and beat in sugar and vanilla. Spread over warm brownies and sprinkle toasted pecans on top. Makes 20.

Serving size: 1 brownie. Per serving: 299 calories, 3 grams protein, 14 grams fat, 42 grams carbohydrates, 248 milligrams sodium, 50 milligrams cholesterol

Texas Ruby Red Grapefruit Buttermilk Pie

1 9-inch pie crust
¼ cup flour
¾ cup sugar
¼ teaspoon salt
⅛ teaspoon ground nutmeg
4 eggs
1 cup buttermilk
Juice of 2 Texas red grapefruits
Zest of 1 Texas red grapefruit

Preheat oven to 350 degrees. Line pie crust with parchment, fill ¾ full of dried beans, and bake for 15 minutes (crust should be just turning golden in spots). Remove from oven, remove beans and parchment; set crust aside to cool.

In a small bowl, combine flour, sugar, salt and nutmeg. In a large bowl, beat eggs until slightly foamy. Start adding other ingredients by alternating dry with wet; add ⅓ of the flour mixture, beat just until mixed, and then add ½ of the buttermilk. Add more flour, and then add grapefruit juice. Add the last of the flour, then add remaining buttermilk, and grapefruit zest. Beat just until mixed well. Allow to sit for several minutes, skim off any foam, and pour into pre-baked pie crust.

Lower the oven temperature to 300. Place pie on baking sheet and bake for 20 to 25 minutes, or until the top of the pie has just a bit of jiggle left and is slightly puffed. Remove from oven and cool completely. Refrigerate until ready to serve. Serves 10-12.

Serving size: 1 slice. Per serving: 161 calories, 4 grams protein, 6 grams fat, 24 grams

carbohydrates, 182 milligrams sodium, 63 milligrams cholesterol

JUANITA GARCIA, Pedernales EC

Buttermilk Pralines

2 cups sugar
1 teaspoon baking soda
Pinch of salt
1 cup buttermilk
2 tablespoons butter
2 cups pecan halves or pieces
1 teaspoon vanilla extract

In 4- or 5-quart saucepan, combine sugar, soda, salt and buttermilk. Cook over low heat, stirring constantly, until sugar is dissolved. Add butter. Over medium heat, bring mixture to boil. Cook, stirring often, until mixture reaches soft-ball stage, or 236 degrees on candy thermometer. Remove from heat. Add pecans and vanilla. Beat until mixture begins to thicken and loses its shine. Drop by tablespoon onto waxed paper or lightly buttered baking sheet. Let stand until firm. Store in tightly closed container. Makes about 2 dozen.

Serving size: 1 praline. Per serving: 138 calories, 1 grams protein, 7 grams fat, 19 grams carbohydrates, 79 milligrams sodium, 3 milligrams cholesterol

DOROTHY ARNOLD, Karnes EC

Buttermilk Pie

1 ⅓ cups coconut
3 eggs
1 ½ cups sugar
½ cup butter
⅓ cup buttermilk
1 teaspoon vanilla extract
3 tablespoons flour

¼ teaspoon salt
2 pie shells

Toast coconut at 350 degrees on a cookie sheet. Check often; stir till all coconut is light brown. Beat eggs until fluffy; add remaining ingredients in order listed. Bake 1 hour at 300 degrees, or until crust and top are golden brown. Serves 10-12 per pie.

Serving size: 1 slice. Per serving: 154 calories, 2 grams protein, 7 grams fat, 22 grams carbohydrates, 132 milligrams sodium, 23 milligrams cholesterol

ARTIE ELLEN MONTAGUE, Pedernales EC

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M A Y R E C I P E C O N T E S T

The subject for May's recipe contest is **Tex-Mex**. We're not looking for authentic Mexican recipes; we want recipes that reflect that happy blend of down-home Texas and border cuisines. What's your favorite Tex-Mex dish? You may send recipes to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You may also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org. Be sure to include your name, address and phone number, as well as the name of your electric co-op. The deadline is February 10. The top winner will receive a copy of the *Texas Co-op Power Cookbook* and a selection of spices from Adams. Others whose recipes are published will also receive a selection from Adams.

