



The Sweet Beat

Monthly eNewsletter from Michigan Sugar Company



Harvest Season is upon us!

Michigan Sugar is harvesting sugarbeets; yup, we started in August! For the first time in company history the growers are pulling sugarbeets out of the ground and bringing them to the factory for processing. Why so early? Well it's been a warm year and a majority of our growers were able to plant seeds in late March. Then with the unseasonably warm spring & summer, that gave us a very large crop to process into pure and natural sugar this year. Normally our [campaign] processing season runs about 5 months, this year it'll be more like 6 to 6-1/2 months. Yikes!



Although sugarbeets aren't something that you normally grow in your garden, I bet you've had a garden full of fruits and vegetables this year. The zucchini and cucumbers are winding down, but the tomatoes are ready for canning, freezing or just eating fresh with dinner. Don't forget the squash and melons, you've probably have plenty of those as well. If you don't have a garden, be sure to visit your neighborhood fruit & vegetable stand or farmer's market. Nothing tastes better than Fresh!

Be sure to check our website for recipes that you can use with your fresh vegetables. Try the 'Oh Mama Pasta Sauce' or 'Sweet Dumpling Soup'; both are rated high with our visitors.

[Click here for more recipes](#)

Chicken Stew with Corn Wafers

Celebrate National Chicken Month with this delicious recipe!



Ingredients

Corn wafers:

1 stick butter, softened
2 tsp. Pioneer Sugar
1 LG egg white
1/2 tsp. salt
3 T yellow cornmeal
1 T flour
2 T Parmesan cheese, freshly grated
1 T vegetable oil

Chicken Stew:

2 whole boneless chicken breasts (about 2 lbs.), cut into 2-inch pieces
salt & pepper
1 T oil
1 T butter

3 T flour
1 small onion, chopped
1 can peas, drained
1 or 2 stalk of celery, chopped
1 or 2 carrot sticks, peeled & chopped
1 1/4 C chicken broth
4 plum tomatoes, chopped (fresh or canned)
1 tsp. chili powder
1 C fresh corn kernels including pulp scraped from cobs
1/2 C scallion greens, thinly sliced
1/4 C fresh basil leaves (loosely packed), chopped
salt & pepper to taste

Directions:

Corn wafers: In a bowl with an electric mixer cream the butter and Pioneer Sugar together; beat the mixture until it is light and fluffy. Add the egg white and salt and beat on low speed for 5 seconds, or until just combined (the mixture will be lumpy). Add cornmeal, flour and Parmesan and stir until combined. Transfer the mixture to a small bowl cover and chill for at least 4 hours or overnight.

To Bake: Preheat oven to 425 degrees F. Arrange rounded teaspoons of the mixture 3-inches apart on buttered baking sheets and with a fork dipped in cold water flatten them carefully to form 2-inch rounds. Bake the wafers in batches in the middle of oven for 5 to 6 minutes, or until the edges are golden brown, with a spatula transfer the wafers immediately to racks, and let them cool.

Chicken Stew: In a dutch oven, heat the oil over moderately high heat until it is hot but not smoking add the chicken and lightly brown. Remove with spatula onto a plate with paper towel and pat dry. Season with salt and pepper then transfer to a bowl. With the fat remaining in the pan add the butter and flour and cook the roux over moderately low heat, stirring constantly, until it is the color of peanut butter. Stir in the onion, peas, celery and carrots. Cook the mixture, stirring occasionally, until the onion is soft. Add the broth, tomatoes, chili powder, and chicken with any juices that have accumulated in the bowl, cover and simmer for 6 to 8 minutes, or until the chicken is cooked through; stir in the corn. Simmer for a half hour so flavors combine. [The stew may be prepared up to this point, one day in advance and kept covered and chilled.]

When ready to serve, stir in the scallion greens and basil, season with salt and pepper, and serve it in bowls topped with the corn wafers.



It's that time again! Join us for a day of Fall cooking in Frankenmuth.

Squashtoberfest, a cooking contest for pumpkin & squash lovers, will be held on Tuesday, October 26, 2010 at Zehnder's of Frankenmuth. If you have a sweet recipe, soup recipe or savory recipe send it in with the attached form by September 20, 2010. You may be selected as one of 10 finalists in the category you entered. But hold on... You **can** submit a recipe for each category!

So what qualifies as a squash? That would be any member of the gourd family. Examples of squash are: zucchini, yellow crookneck squash, butternut, buttercup, spaghetti, patty pan and of course pumpkin!

Now for the enticement... the Prizes:

1st Place in each category will receive; \$200, 40 lbs. of Pioneer Sugar and 4 tickets to Zehnder's Christmas Dinner Show.

2nd Place in each category; \$100, 20 lbs. of Pioneer Sugar and dinner for 4 at Zehnder's Restaurant.

3rd Place in each category; \$50 gift card, 10 lbs. of Pioneer Sugar and dinner for 2 at Zehnder's Restaurant.

Download the entry form and submit your recipe. But hurry, the deadline is September 20th!

[Click here for the Entry Form](#)

Fire up the Grill for Tailgating Tips

Some people just can't get enough of the great outdoors. They enjoy eating outside, no matter what the season. They find ways to overcome the cold, the wind and other atmospheric disturbances. In fact, they like it so much that they bring equipment worthy of a home or patio kitchen on their outings. Of course, what is being described is a Tailgate Party.



Sporting events, college or professional, are the siren call for this group, but musical concerts are also a big lure. Tailgating is, in itself, a competitive, public spectacle. Serious tailgaters work to establish the most elaborate setting for their party. Tables, chairs, carpets and grills - all the comforts of home - are taken along for the party. Tailgaters are very serious about their food, often preparing days before the event.

[Click here to find out more](#)



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Michigan Sugar Company | 2600 S. Euclid Ave. | Bay City | MI | 48706

TheSweetBeat@MichiganSugar.com | [http://www.emailcontact.com/stat/click.php?nl_id=120234&email=\[EMAIL\]&url=http%3A%2F%2Fwww.PioneerSugar.com](http://www.emailcontact.com/stat/click.php?nl_id=120234&email=[EMAIL]&url=http%3A%2F%2Fwww.PioneerSugar.com)

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