

# *the* Help

## *Book Club Kit*



In Theaters This August

## *The Book:*

The #1 New York Times best-selling phenomenon, "The Help," is now available in paperback and coming to the big screen this August. Book club members can purchase copies here:

<http://us.penguinroup.com/static/packages/us/thehelp/index.php>

## *The Goods:*

No Help-themed book club is complete without tasty southern treats. Try a few of these Help inspired recipes from Allrecipes.com and share them with your friends.

## *The Treats:*

### **Pecan Pie\*** By Jackie Smith

#### Ingredients:

- 1 (9 inch) unbaked pie crust
- 3 eggs, beaten
- 1 cup dark corn syrup
- 1 cup white sugar
- 1/4 cup melted butter
- 1 teaspoon vanilla extract
- 1 cup pecan halves



#### Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Beat together the eggs, corn syrup, sugar, butter and vanilla.
3. Arrange pecans in bottom of pie crust and pour mixture on top.
4. Bake for 1 hour or until knife inserted 1 inch from edge comes out clean. Allow to cool before slicing.

\*Recipe courtesy of allrecipes.com®

## Pineapple Cake\* By Suzanne Stull

### Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 2 eggs
- 1 1/2 cups white sugar
- 1/2 teaspoon salt
- 1 (20 ounce) can crushed pineapple with juice
- 3/4 cup butter
- 1/2 cup white sugar
- 1/2 cup evaporated milk
- 1 teaspoon vanilla extract



### Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch pan.
2. Mix the flour, baking soda, salt, and 1 1/2 cups of the white sugar together.
3. Stir in the beaten eggs and the pineapple with juice and mix well.
4. Pour batter into prepared pan.
5. Bake at 350 degrees F (175 degrees C) for 30 minutes.
6. Make Buttery Milk Syrup: In a sauce-pan combine the butter or margarine, evaporated milk, vanilla, and 1/2 cup white sugar. Bring mixture to a boil over medium high heat and cook for about 5 minutes. Pour over cake while still warm.

\*Recipe courtesy of allrecipes.com®

## **Cream Cheese Blueberry Pie\*** By Lisieux Bauman

### Ingredients:

4 ounces cream cheese, softened  
1/2 cup confectioners' sugar  
1/2 cup heavy whipping cream,  
whipped  
1 (9 inch) pastry shell, baked  
2/3 cup sugar  
1/4 cup cornstarch  
1/2 cup water  
1/4 cup lemon juice  
3 cups fresh or frozen blueberries



### Directions:

1. In a small mixing bowl, beat cream cheese and confectioners' sugar until smooth.
2. Fold in whipped cream & spread into pastry shell.
3. In a large saucepan, combine the sugar, cornstarch, water and lemon juice until smooth; stir in blueberries.
4. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Cool.
5. Spread over cream cheese layer. Refrigerate until serving.

\*Recipe courtesy of allrecipes.com®

## *The Drinks:*

It's true – every drink has a personality. Strong, smooth, sweet or sour – they're as varied as the personalities of The Help's leading ladies. Kick back, take a sip, and get the conversation going with these personality-packed cocktails!

### **The “Skeeter:”**

*Sweet, strong and a little spicy.*

#### Ingredients:

- 1 oz. José Cuervo's Platino silver tequila
- 1/2 oz. Patron Citronge Orange Liqueur
- 1/2 oz. cranberry juice
- 1/2 orange, squeezed
- 2 thin jalapeño slices



#### Directions:

1. Add all ingredients, except one jalapeño slice, into a cocktail shaker and shake with ice.
2. Strain into a chilled martini glass rimmed with sugar. Garnish with floating jalapeño slices.

### **For those of you who don't want the alcohol, here's a non-alcoholic alternative:**

#### Ingredients:

- 3 tsp grated orange peel
- 3 crushed cinnamon
- 3 tsp whole cloves
- 1 whole nutmeg crushed
- 3 cups apple juice
- 6 cinnamon sticks

#### Directions:

1. Combine orange peel, 3 crushed cinnamon sticks, cloves and nutmeg in a small bowl.
2. Tie dry ingredients in a double thickness of cheesecloth to make a sachet, or secure in a large tea-straining ball.
3. In a medium pan, simmer apple juice with spices for at least 20 minutes.
4. Ladle into mugs and garnish each with a cinnamon stick.

**The “Aibileen:”**  
*Subtle, smooth and strong.*

Ingredients:

- 1/2 oz amaretto
- 1 1/2 oz Kahlua
- 1 oz cream

Directions:

1. Pour the ingredients into a cocktail shaker with ice.
2. Shake well.
3. Strain into an ice-filled old-fashioned glass.

**For those of you who don't want the alcohol, here's a non-alcoholic alternative:**

Ingredients:

- 2 cups milk
- 2 tbsp cocoa powder
- 1/2 tsp vanilla extract
- 2 tbsp honey
- 1/2 tsp cinnamon

Directions:

1. Place all ingredients into a blender jar.
2. Cover, and whiz on medium speed until well blended.
3. Pour into a Collins glass and serve.



**The “Minny:”**  
*Strong, with a kick.*

Ingredients:

- 2 oz. Vanilla Vodka
- 1 oz. Cointreau
- 2 Dashes Lemon Juice
- 1 Dash Simple Syrup

Directions:

1. Mix all ingredients in an iced shaker for 10-seconds and strain over crushed ice in a lowball glass.
2. Top with crushed ice.

**For those of you who don't want the alcohol, here's a non-alcoholic alternative:**

Ingredients:

- 2 scoops (about 1/3 cup each) vanilla ice cream
- chilled ginger beer or ginger ale
- squeeze of fresh lime juice
- 3 Tbs lightly sweetened whipped cream
- Lime slice, for garnish

Directions:

1. Place ice cream in a tall 16-ounce glass. Fill with ginger beer.
2. Add a squeeze of lime juice; stir.
3. Top with whipped cream.
4. Garnish with lime slice.
5. Serve immediately with straws and a spoon.



## **The “Hilly:”**

*Sour and chilled, with a sharp twang.*

### Ingredients:

2 oz apple brandy  
1/2 tsp powdered sugar  
juice of 1/2 lemons  
1/2 slice lemon  
1 cherry



### Directions:

1. Shake apple brandy, powdered sugar, and juice of lemon with ice and strain into a whiskey sour glass.
2. Decorate with a half-slice of lemon.
3. Top with the cherry, and serve.

### **For those of you who don't want the alcohol, here's a non-alcoholic alternative:**

### Ingredients:

3/4 oz fresh lemon juice  
1/2 oz grenadine syrup  
1/2 oz simple syrup  
Sprite® soda  
Seltzer  
½ slice lemon

### Directions:

1. Stir the lemon juice, grenadine and simple syrup together in a wine glass.
2. Add ice, top with equal parts Sprite and soda water.
3. Garnish with lemon wedge and serve.



## **The “Celia:”**

*Sugary sweet, a true Southern treat.*

### Ingredients:

- 1 oz. Bourbon
- 1 oz. Rum, light
- 1 oz. Schnapps, peach
- 1 oz. Triple Sec
- 1 oz. Vodka
- 1 oz. Yukon Jack
- 1/2 oz. Grenadine



### Directions:

1. You'd better be using a large hurricane glass for this one.
2. Put everything into a shaker half-full of ice and shake.
3. Pour into hurricane glass.
4. Garnish with a wedge of orange and/or a cherry.

### **For those of you who don't want the alcohol, here's a non-alcoholic alternative:**

### Ingredients:

- 2 1/2 oz non-alcoholic amoretto substitute
- 2 oz cherry syrup
- 4 oz orange juice
- 4 oz Sprite® soda
- ice

### Directions:

- Blend all ingredients together.

## *The Guide:*

Great discussions are sparked by compelling questions. To keep your book club members engaged, prepare a list of questions based on the novel and movie. Here are a few examples:

1. What do you think is the main underlying theme of *The Help* – friendship, courage, finding your voice, something else altogether?
2. Who is your favorite character? Why?
3. What do you think motivated Hilly? On the one hand she's so unpleasant to Aibileen, Minny and Skeeter but she's also a wonderful mother. Do you think you can be a good mother and a deeply flawed person?
4. Like Hilly, Skeeter's mother is deeply flawed but also sympathetic. She cares for her daughter and she also has very real feelings of affection for Constantine. Yet the ultimatum she gives to Constantine is untenable. She is very critical of Skeeter and seems to only care about marrying her off. Do you think Skeeter's mother is a sympathetic or unsympathetic character? Why?
5. Which scene from the novel are you most excited to see brought to life in the movie? Why is that scene so important?

For more discussion questions visit:

[http://us.penguin.com/static/packages/us/thehelp/book\\_guide.php](http://us.penguin.com/static/packages/us/thehelp/book_guide.php)



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