AroundTheTown.us/Recipes

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**NACOGDOCHES COUNTY - ANGELINA COUNTY** SAN AUGUSTINE COUNTY - SHELBY COUNTY



June 2025

# Two Salmon Recipes to Please Dad, and Everyone Else, on Father's Day

# **SHEET-PAN SALMON WITH GIN-SOAKED TOMATOES**

In this delicious recipe, slow-cooked salmon is topped with meaty roasted tomatoes, shallots and a generous splash of gin in this hands-off fancy dinner.

#### **Ingredients:**

4 (7-ounce) center cut, skin-on salmon fillets (about 1 inch thick)

1½ teaspoons kosher salt, divided

3/4 teaspoon black pepper, divided

2 pints cherry tomatoes (about 1<sup>1</sup>/<sub>4</sub> pounds), halved

1/2 cup extra-virgin olive oil

2 small shallots, thinly sliced into rings (about 1/2 cup)

1/4 cup drained capers in brine

1/4 cup (2 ounces) gin

1 teaspoon grated lemon zest plus 20 to 24 half-moon slices (from 2 lemons; use Meyer lemons if you can find them)

1/8 teaspoon crushed red pepper (optional)

Fresh dill, flat-leaf parsley leaves, or chives, for garnish (optional)

#### **Directions:**

Preheat oven to 225°F. Remove salmon from refrigerator 15 minutes before cooking. Sprinkle salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper; transfer to a rimmed baking sheet. Toss together tomatoes, oil, shallots, capers, gin, lemon zest, lemon slices, and crushed red pepper (if using) in a medium bowl; sprinkle with remaining 1 teaspoon salt and remaining 1/2 tea-



Photo by Greg Dupree

spoon pepper. Scatter tomato mixture around and on top of salmon.

Bake salmon in preheated oven until cooked to desired degree of doneness, 35 to

# **SUMMER SALMON** COBB SALAD

This summer salmon salad pairs grilled corn and red onions with Cobb standbys like bacon, avocado, and hard-boiled eggs. Brush rendered bacon fat on salmon before grilling to keep the fish super moist and to add an extra dose of smoky flavor.

#### **Ingredients:**

6 ounces thick-cut bacon (about 4 slices), cut into 1-inch pieces

3 medium-size ears fresh corn, husks removed

1 medium-size red onion, cut into 1/4-inch-thick slices

1/4 cup plus 1 Tablespoon extra-virgin olive oil, divided

1 3/4 teaspoons kosher salt, divided, plus more to taste

1 teaspoon black pepper, divided, plus more to taste

1 (1-pound) skin-on center-cut salmon fillet

3 Tablespoons Champagne vinegar 2 Tablespoons Dijon mustard

2 Tablespoons finely chopped fresh tarragon

1 1/2 Tablespoons honey

1 Tablespoon water

1 large (about 12-ounce) head Bibb lettuce (not hydroponic), cored and torn (about 10 loosely packed cups)

3 ounces watercress (not hydroponic), torn (about 6 loosely packed cups)

1 large (9-ounce) ripe avocado, sliced

4 hard-cooked eggs, peeled and halved

Photo by Victor Protasio

1 cup cherry or grape tomatoes (about 6 ounces), halved

# **Directions:**

Cook bacon in a skillet over medium, stirring occasionally, until just crispy, about 5 minutes. Transfer bacon to paper towels; reserve drippings in skillet.

COBB SALAD - page 2



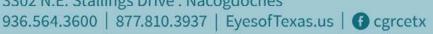
SALMON - page 2

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SHANNON L. SMITH, M.D., F.A.C.S.

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# From Recipes Old and New Tried and True



This book was published in 1962 by the Nacogdoches Federation of Women's Clubs as a fundraiser for the maintenance and upkeep of The Old Nacogdoches University Building.

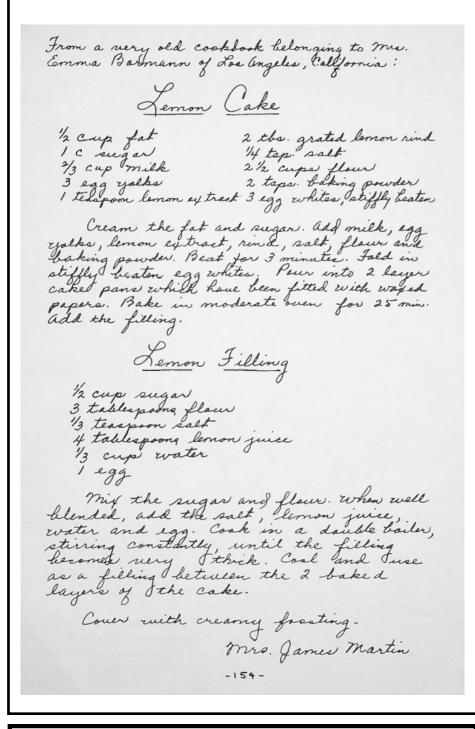
It features recipes from local residents, most of whom are no longer with us. We hope that you enjoy this monthly feature and that you may remember many of the people who shared their recipes.

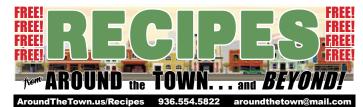
The preface reads:

"Nacogdoches has always been famous for gracious East Texas hospitality and good cooking. This collection of old family recipes has been tried and proven many times and comes from our very best cooks. We hope they will add to your cooking pleasure."

# LEMON CAKE and LEMON FILLING

(Mrs. James Martin)





Around the Town is published and distributed on the first day of each month. **FREE** copies are available in more than 220 locations in Nacogdoches, Angelina, Shelby & San Augustine Counties. The paper may also be viewed online **FREE** 24/7 at www.AroundTheTown.us.

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# SALMON

40 minutes for medium. (A thermometer inserted into the thickest portion of fish will register 120°F to 125°F.)

Transfer salmon portions to serving plates; garnish with fresh herbs, if using. Spoon tomato mixture and juices evenly over salmon, and serve.

# **COBB SALAD**

Preheat grill to medium-high (400°F to 450°F). Brush corn and onion evenly with 1 Tablespoon oil; sprinkle evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper. Arrange on oiled grates; grill, uncovered, flipping onion slices once and corn occasionally, until lightly charred, about 5 minutes per side for onion and 12 to 15 minutes total for corn. Transfer to a cutting board; let cool 5 minutes. Separate onion slices into rings. Cut corn kernels from cobs; discard cobs. Set onion rings and corn kernels aside until ready to use.

Brush salmon on both sides with reserved bacon drippings; sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper. Place salmon, skin side down, on oiled grill grates; grill until lightly charred, about 4 minutes. Flip salmon, and grill until char marks appear and salmon is cooked through, 3 to 4 minutes. Transfer to a plate; let stand until cool enough to handle, about 5 minutes. Remove and discard salmon skin, and break salmon into large chunks. Cover loosely with aluminum foil to keep warm; set aside.

Whisk together vinegar, mustard, tarragon, honey, 1 Tablespoon water, remaining 1/4 cup oil, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a bowl. Toss together lettuce, watercress, and 1/2 cup dressing on a large platter; season with additional salt and pepper to taste. Arrange bacon, onion, corn, salmon, eggs, avocado, and tomatoes on greens. Serve with remaining dressing.





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#### DISCLAIMER

Many recipes published in this publication are sent in by readers, their friends and family members. Recipes may be handed down from generation-to-generation or written from memory. *RECIPES* publishes these recipes as they are submitted, as a service to our readers. It is advised that the reader study the recipe in advance of creating a desired dish and assure that all necessary ingredients are included in the recipe and the reader understands the process for completing the recipe. *RECIPES* does not necessarily approve or have prior knowledge of the individual recipes published in this publication.



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Submitted by Around the Town Publisher, David Stallings

# **Precious Memories Recipes** from Jean Stallings

My beautiful wife, Jean, passed away on July 4, 2020. She was an amazing wife, mother, and teacher. She was also a wonderful cook who loved preparing special meals for our family and friends.

Jean left us hundreds of her great recipes and I will share one of our favorites here each month. I hope that you'll enjoy them as much as we always did!



# HELLO DOLLIES

# INGREDIENTS:

- 1 cup butter or margarine
- 1 cup Graham cracker crumbs
- 1 cup coconut
- 1 cup chocolate chips
- 1 cup nuts
- 1 cup sweetened condensed milk

#### **DIRECTIONS:**

Melt butter and pour into  $13 \times 9 \times 2$  pan. Sprinkle crumbs over butter, then coconut, chocolate chips and nuts. Pour milk over top. Bake in preheated  $350^{\circ}$  oven for 25 minutes or until top begins to brown lightly. Cool, then cut in squares.

# **PLEASE SEND US YOUR RECIPES!**

We'd love to share your favorites with our readers. If possible, please include a brief story behind the recipe. "My mom's," "My friend's," etc. Your photo and a photo of the completed recipe would be great, but not required.

Please email to: AroundTheTown@mail.com Thank you so much! Metropolitan Cookbook circa 1957

## **CHICKEN FRICASSEE**

# **INGREDIENTS:**

- 4 to 5 pound ready-to-cook stewing chicken, cut up
- 3 cups hot water
- 1 onion, studded with a few whole cloves
- 3 stalks celery, with leaves
- 1 bay leaf
- 1 carrot, cut in chunks
- 2 teaspoons salt
- 6 Tablespoons flour
- 1/2 cup milk or cream
- Baking powder biscuits

## **DIRECTIONS:**

Simmer chicken with water and next 5 ingredients 1½ to 2 hours until tender. Remove chicken to a heated serving dish; keep warm. Strain broth; skim off excess fat. Measure 3 cups brith, adding water if necessary. Mix flour and milk to smooth paste; add slowly to broth; cook over low heat, stirring until thickened. Season to taste with additional salt and pepper; pour over chicken. Serve with hot baking powder biscuits. Makes 5 to 6 servings.

## **SOUTHERN FRIED CHICKEN**

#### **INGREDIENTS:**

- 1/2 cup fat or cooking oil
- 2 Tablespoons butter or margarine
- 1/2 cup flour
- 1 teaspoon salt
- $2\frac{1}{2}$  to 3-pound ready-to-cook broiler-fryer, cut up
- 1/4 cup water

## **DIRECTIONS:**

Melt fat and butter over low heat in a chicken fryer or large skillet. Combine flour and salt.

Coat chicken with flour mixture; fry over low heat until browned on one side; turn to brown on all sides evenly. Add water. Cover; simmer 30 minutes, adding more water if necessary. Incover; cook 15 minutes. Makes 4 servings.



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# Cooking, A Collection of **Old-Fashioned Recipes**"

by Areeda Schneider-Stampley





# **BEEF STEW**

3 to 4 pounds beef tips or chuck roast Salt and pepper

1 Tablespoon cooking oil

Beef Stew Seasoning Mix (envelope)

- 1 large onion
- 3 ribs of celery
- 1 Tablespoon sugar
- 1/2 teaspoon chili powder or Tabasco Water
- 8-10 carrots
- 4-5 potatoes
- 1 cup tomato juice



Cut up meat to a little larger than bite size. Sprinkle with salt and pepper. Place 1 Tablespoon oil in hot frying pan. Add meat; slightly brown, stirring occasionally.

Transfer to large pot; add seasoning mix, onion, celery, sugar, chili powder or Tabasco, and enough water to slightly cover the mixture.

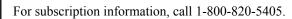
After reaching a boil, cook for about 1½ hours or until meat is tender on medium heat/low boil. (Additional water can be added as needed.)

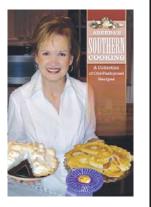
Add carrots, potatoes and tomato juice; continue cooking until they are done (approximately 25-30 minutes).

Yield: 8 servings

Purchase cookbook with credit card or on PayPal account on secure website at www.areedasoutherncooking.com. Or by check to: Areeda's Southern Cooking, P. O. Box 202, Brentwood, TN 37024 \$24.50 (price includes shpg/handling).

Contact: areedaschneider@bellsouth.net Order Joe Stampley CDs at www.joestampley.com. Look for more recipes, as well as my "Memories of Music Row" column in the monthly Country Family News newspaper sponsored by Larry's Country Diner and Country Family Reunion TV shows.





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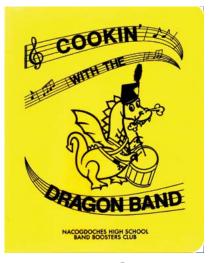


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# From 1989 Cookin' with the Dragon Band



This book was published in 1989 and sponsored by the Nacogdoches High School Band Boosters Club Boosters.

"Cookin' with the Dragon Band is a collection of favorite recipes from the families of NHS Band Students with additional contributions by community leaders and local restaurants."

Maybe it will bring back ome memories or maybe you'll see one of your own recipes some day.

## **SHRIMP CREOLE**

Submitted by mary Beth Hagood, for band students Jed and Julia Hagood

11/2 slices bacon, cut fine

1/2 medium onion, chopped

1/4 green pepper, chopped

1/4 cup celery, chopped

1 clove garlic, minced 1 Tablespoon flour

1 Tablespoon margarine

1 can tomato paste

1/2 teaspoon Worcestershire sauce

1/4 cup catsup

Dash of pepper

1/4 teaspoon ground comino (cumin)

1/2 teaspoon whole comino (cumin)

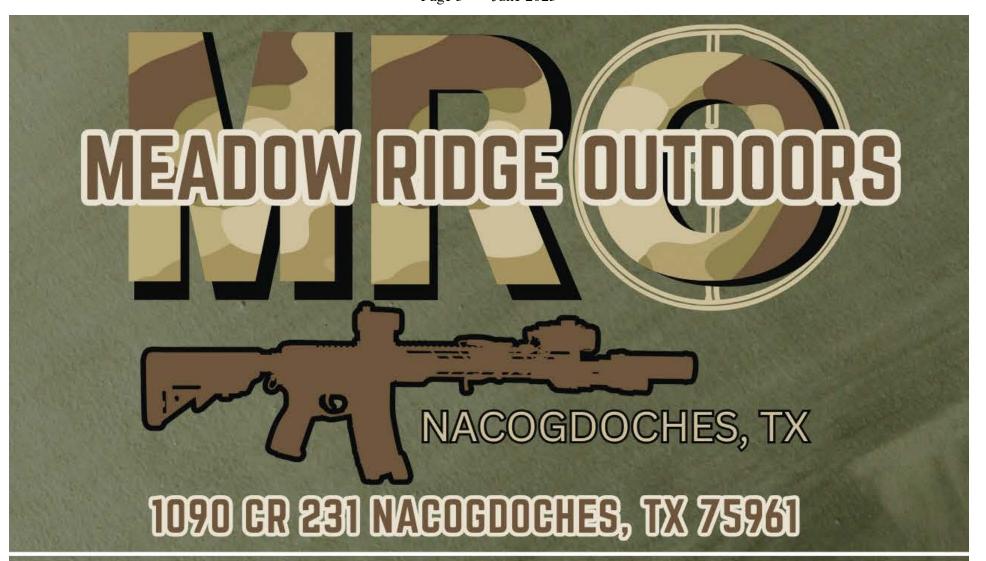
1 1-pound package shrimp

1 cup water

Cooked rice

Sauté bacon, onion, green pepper, celery and garlic. Add flour and margarine, mixing well. Add remaining ingredients. Simmer 1 to 1½ hours. Serve on cooked rice.

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# **Bubba's Original Sophiscated Southern** Redneck Cookbook

# "A Redneck's take on sophisticated food!"

by Ken Stonecipher

Ken Stonecipher is a book editor and ghost writer living in Nashville, Tennessee. Among his many writing accomplishments are two cookbooks, "Bubba's Original Sophisticated Southern Redneck Cookbook" and "Bubba's Original Full-Fledged Southern Redneck Cookbook."

Another cookbook in the writing stage is "All Things Cheesecake." Originally from Magnolia, Arkansas, Ken is a multitalented entertainer as well, performing on stage and behind a piano. A consummate writer, he has collections of short stories, novels, commissioned songwriting and even two musicals to his credit.



# **EXOTIC MUSHROOM PATE**

Time. We spend the first thirty years of our lives wishin' it would move jus a little faster; the last thirty years tryin' to hold on to it.

"Bubba! Grab it around the neck and pull it to the ground and me and Earl'll jump on it. Knock 'im in the head with yer tire iron!"

We don't like to fill up our time with meanin'less and useless activities although that are a passel of people out that who, to some of us, use their time 'bout as worthlessly as dust on the top of a ceilin' fan. Take the game of chess. Jus how long can a person stare at those little thangs on that board? And nine years later when the game is over, what do you have to show for it but a kin' which has no kingdom, nor money and can't even be filed down into a respectable toothpick.

If yer goin' to spend some time doin' somethin', make this dish, one of the few recipes in this book that is either complicated and/or timeconsumin'. The rewards you'll gain from makin' it will far outweigh the hassle involved and the time spent.

1½ cups chicken broth (homemade is best)

1 cup dried porcini mushrooms

1 stick unsalted butter

3/4 cup minced shallots

2 garlic cloves, minced

1/4 cup dry sherry

3/4 lb fresh shiitake mushrooms, stems discarded and caps sliced thin ('bout  $4\frac{1}{2}$  cups)

3/4 lb fresh oyster mushrooms, stems discarded and caps sliced thin ('bout  $4\frac{1}{2}$  cups)

1 cup heavy cream

4 large eggs

1/4 cup whole almonds, toasted golden and ground fine

2 teaspoons chopped fresh thyme leaves

3/4 cup chopped fresh flat-leafed parsley

1/3 cup fine fresh bread crumbs

1½ Tablespoons fresh lemon juice

2 teaspoons salt

1/2 teaspoon freshly ground black pepper

Preheat oven to 350°. Butter a 2-quart terrine. Line terrine with wax paper and butter pepper. In a small saucepan bring broth to a boil and remove pan from heat. Soak porcini in hot broth 30 minutes, remove and squeeze out excess liquid and reserve soakin' liquid. Chop porcini and put in a large bowl. Strain reserved soakin' liquid through a fine sieve lined with a coffee filter (or dampened paper towel) into another small saucepan. Simmer soakin' liquid over moderate heat until reduced to 'bout 1/4 cup and return to bowl with porcini.

In a large non-stick skillet, heat 2 Tablespoons butter over moderate heat and cook shallots and garlic, stirrin', until softened, 'bout 6 minutes. Add sherry and cook, stirrin' 'bout 1 minute. Transfer shallot mixture to a blender.

Continued to right  $\rightarrow$ 

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# **ADVERTISE IN** RECIPES **Sharon Roberts 936.552.6758**

In skillet heat 2 Tablespoons butter over moderately high heat and sauté shiitake and oyster mushrooms in batches, stirrin', 'bout 2 minutes.

Add remainin' 1/2 stick butter, cut into pieces, as necessary. Add 2 cups sautéed mushrooms to shallot mixture in blender and add remainin' sautéed mushrooms to porcini mixture. Add cream, eggs and almonds to mixture in blender and puree 'bout 1 minute or until very smooth. Add puree to porcini mixture and stir in remainin' paté ingredients until combined well.

Pour mixture into terrine and cover with foil. Put terrine in a large bakin' pan and add enough water to bakin' pan to reach halfway up sides of terrine. Bake

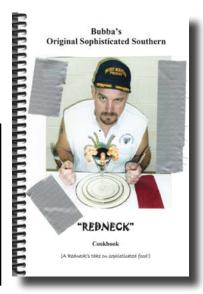
paté in middle of oven 1 hour and 10 minutes. (Pate will not be completely set in center.) Remove terrine from bakin' pan and cool completely on a rack. Chill paté in terrine, covered at least 6 hours and up to 5 days. Bring paté to room temperature before unmoldin'.

# To order books:

Ken Stonecipher 439 Heath Place Smyrna, TN 37167 615-300-5963

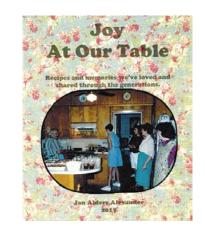
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# Submitted by Jan Alders Alexander of Nacogdoches

This version of cornbread salad is my favorite. It is from Cay McAninch, a friend from SFA. The ingredients below may be used more or less according to taste desired.



# CORNBREAD SALAD

#### **INGREDIENTS:**

- 2 boxes or bags of pre-mix cornbread, made according to directions (do not sweet ones, like Jiffy, for this recipe
- 5-8 slices cooked bacon
- 3-4 boiled eggs
- 3 tomatoes
- 1/4 red onion
- 4-6 green onions
- 1 cup corn
- 1 cup Miracle Whip (not mayo)

Salt

Pepper

#### **INSTRUCTIONS:**

Prepare cornbread, cool and crumble. Mix all other ingredients in salad bowl. Add cornbread and gently toss a bit. Season to taste with salt and pepper.

#### Submitted by David Stallings - Around the Town Publisher

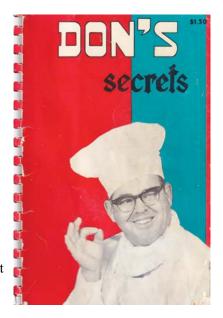
The Landry Family once operated Don's Seafood & Steakhouse Restaurants in Shreveport, Lafayette, Baton Rouge, Morgan City and Beaumont. The restaurants are gone now, but my memories of their amazing food linger on. I hope that you'll enjoy this recipe!



# **SMOTHERED CHICKEN**

1 2-pound dressed fryer
1/2 cup cooking oil
1 cup chopped onions
1/2 cup chopped celery
1/2 cup cold water
Salt, black pepper and Cayenne (red pepper)

Cut chicken in pieces, and season generously with salt, black pepper and Cayenne. Fry in oil over medium heat in heavy uncovered pot, until chicken is golden brown on all sides. Then remove some of the oil. Add the onions and celery to fried chicken. Cook in covered pot over medium heat for about 5 minutes. Add 1/2 cup water, cover pot, and let cook over medium heat, until chicken is tender. Serves 4.



# **PLEASE SEND US YOUR RECIPES!**

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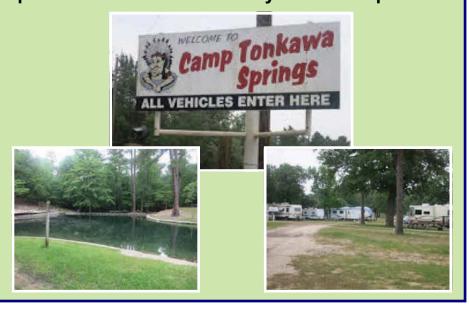
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#### From Julia Jones of Nacogdoches

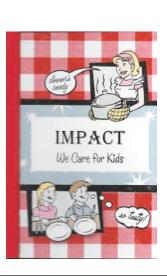
For many years Julia ran IMPACT, a non-profit ministry in downtown Nacogdoches, that served the families of Nacogdoches thanks to the generosity of friends and family. She, along with a bevy of volunteers worked tirelessly to serve foster children and foster families in the Nacogdoches area.



# HAMBURGER TOT CASSEROLE

- 1 medium onion
- 1 green pepper
- 2 ribs celery
- 2 lbs. hamburger meat
- Salt and pepper to taste
- 2 cans mushroom soup
- 1 can cheese soup
- 1 package Tater Tots

Sauté onion, green pepper and celery until tender. Brown ground beef, adding salt and pepper to taste. Pour off drippings, then add onion, celery and pepper. Pour into greased 9 x 13 pan. Mix 2 cans mushroom soup, one can cheese soup and one can water. Pour over meat mixture, then cover with entire package of Tater Tots. Bake, uncovered at 350° about an hour until golden brown. If the tots are not brown enough, bake an additional 10-15 minutes.





IMPACT Cookbook available for purchase at IMPACT, 720 E. Main St., Nacogdoches, TX, 936.205.5921. Proceeds benefit foster children in the area.

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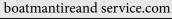


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# Easy Cooking Recipes

## **BANANA-NUT MUFFINS**

These muffins are a great money-saving snack to bring along on your next family picnic. They require no refrigeration and are a welcome change from store-bought cookies!

2 cups all-purpose flour 1/4 cup sugar

1 Tablespoon baking powder 1/2 teaspoon salt

1 cup milk

1 egg, beaten 1 cup water 1/3 cup vegetable oil 3/4 cup mashed banana 1/2 cup chopped walnuts

Preheat oven to 400°F. Grease a 12-cup muffin pan. Sift flour, sugar, baking powder and salt into a medium bowl; make a well in center

Mix milk, egg, water, oil, banana and walnuts in a small bowl. Pour mixture into well.

Mix batter just until moistened; do not overmix.



Spoon batter into prepared muffin cups. Bake until a toothpick inserted in center comes out clean or until muffins are golden brown, about 15 minutes.

# **ANGEL HAIR PASTA** WITH CHICKEN

Ounce for ounce, fresh Parmesan cheese is a better value—and tastes better—than the canned variety. Wrapped well, it will keep for several weeks in the refrigerator and 6 months in the freezer.

2 Tablespoons olive oil, divided

2 skinless, boneless chicken breast halves, cut into 1-inch cubes

1 carrot, sliced diagonally into 1/4-inch pieces

1 (10-ounce) package frozen broccoli florets, thawed

2 cloves garlic, minced

12 ounces angel hair pasta

2/3 cup chicken broth

1 teaspoon dried basil

1/4 cup grated Parmesan cheese

Heat 1 Tablespoon oil in a medium skillet over medium heat; add chicken. Cook, stirring, until chicken is cooked through, about 5 minutes. Remove from skillet and drain on paper towels.



Heat remaining oil in same skillet. Begin heating water for pasta. Add carrot to skillet; cook, stirring, for 4 minutes. Add broccoli and garlic to skillet; cook, stirring, for 2 minutes longer.

Cook pasta according to package directions. While pasta is cooking, add chicken broth, basil and Parmesan to skillet. Stir to combine. Return chicken to skillet. Reduce heat and simmer for 4 minutes.

Drain pasta. Place in a large serving bowl. Top with chicken and vegetable mixture. Serve immediately. Serves 4.

# From Grace Evans (circa 1983)

# FLANK STEAK WITH **MUSHROOMS**

Any kind os steak on special for the week can be used in this dish.

 $1\frac{1}{2}$  to 2 lbs. beef flank steak

1 lb. fresh mushrooms

4 Tablespoons salad oil

1 medium onion, sliced

1 green pepper, cut into 1/2-inch squares

2 teaspoons Worcestershire sauce

1 clove garlic, minced

2 Tablespoons flour

1 beef bouillon cube

3/4 cup boiling water

1 (8 oz.) can tomatoes, broken up

11/4 teaspoon salt

**Noodles** 

Thinly slice meat on the diagonal (for easy slicing, place meat in the freezer for 1/2 hour). Rinse, pat dry and slice fresh mushrooms (makes about 5 cups). Set aside. Heat 2 Tablespoons of the oil in a large skillet and add a few pieces of beef at a time. Brown on both sides, remove all of the meat and set aside. In the same skillet, heat remaining 2 Tablespoons oil. Add onion, green pepper, garlic and mushrooms; sauté 5 minutes. Stir in flour, cook and stir for 1 minute. Dissolve bouillon cube in boiling water; stir into skillet along with tomatoes, Worcestershire sauce and salt. Bring to boiling, stirring constantly. Reduce heat and simmer, covered, for 3 minutes. Stir in meat and cook another 3 minutes. Makes 6 servings. Serve over cooked noodles. Do not substitute canned mushrooms for fresh ones. It will not be nearly as good.

# SHRIMP AND RICE

#### **Ingredients:**

1 pound deveined shrimp, cut partially down the back, but no "butterfly" open

1 medium onion, coarsely chopped

1 cup chopped celery

Salt and pepper to taste

Creole Hot seasoning (optional)

1 (4-ounce) can sliced mushrooms or 1 cup sliced fresh mushrooms (optional)

1/2 green bell pepper, coarsely chopped

1 can cream of chicken soup (low salt)

1/3 stick margarine

## **Directions:**

Melt margarine and sauté vegetables over medium-low heat. Add shrimp and season lightly with salt and Creole hot seasoning (optional). Cook until the shrimp turn pink, stirring continually. Add cream of chicken soup and mushrooms, cover, and cook over low heat 20 minutes. Stir occasionally. The mixture will thin as it cooks. It is not necessary to add water to this recipe. Add pepper and serve over rice.

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# From Angela Bradford

# Welcome to Appleby Sand Mercantile Café Where Family, Food, and Southern Roots Run Deep

When we opened the doors to Appleby Sand Mercantile back in

2000, we had no idea just how much this little spot would grow or how many stories it would hold. What started out as a small-town hardware store with a pizza kitchen and a salon has turned into something far more special—a place where community gathers, memories are made, and Southern food is cooked fresh every single day.



Today, we've got a full-service restaurant, six salon spaces, a home office for our storage and rental properties, and we still hold onto that same family-owned spirit that got us started. We're proud of how far we've come, but even more proud that we've stayed true to who we are.

We serve lunch every Wednesday through Friday from 11 to 2, and everything we make is from scratch. No shortcuts, no boxes—just the kind of food our grandmothers used to make, with all the flavor and none of the fuss. Think chicken-fried steak, slow-simmered vegetables, fluffy cornbread, and plenty of sweet tea. We also bake pies and cakes to order, and we mean it when we say they're made with love.

Over the years, we've expanded to offer in-house catering, and we rent out our dining hall for all kinds of events—baby showers, rehearsal dinners, family reunions, you name it. We also host vendor markets and seasonal events that bring folks from all around to shop, eat, and visit. It's one of my favorite things—to see new faces and familiar ones, all enjoying the space we've built together.

But one of the most meaningful parts of what we do happens on the third Sunday of each month, when we open up for an old-fashioned homecoming-style lunch from 11 to 2. We pull out all the stops and cook everything we can think of from our grandmothers' Sunday kitchens—roast beef, baked chicken, casseroles, fresh veggies, biscuits, cobblers, banana pudding... if it's comfort food, it's probably on the table. We don't just feed folks that day—we feed their memories too.

Running Appleby Sand Mercantile Café has been a labor of love for our family, and we're honored to share it with yours. If you've never been, we'd love to have you. And if you're already a part of our story—thank you. You're the reason we do what we do.

Come hungry. Come often. And always know—you've got a seat at our table.

# A Taste of Tradition: Celebrating the Blueberry Festival in Nacogdoches County

As we eagerly anticipate the annual Blueberry Festival here in Nacogdoches County, there's a certain buzz in the air, a mixture of excitement and community spirit that makes this time of year truly special. Being part of this community for over two decades, it's a joy to witness the celebration of our heritage and the sharing of our love for Southern flavors.

To honor this delightful event, I'd love to share a couple of blueberry recipes that capture the essence of our culture and taste. Whether you're a longtime resident or a visitor joining us for the festivities, these dishes are sure to add a little sweetness to your day.

# CLASSIC BLUEBERRY CHEESECAKE

## **Ingredients:**

1½ cups graham cracker crumbs

1/4 cup melted butter

2 cups cream cheese, softened

1 cup sugar

3 eggs

1 teaspoon vanilla extract

2 cups fresh blueberries

#### **Instructions:**

- 1. Preheat your oven to 325°F (165°C).
- 2. Mix graham cracker crumbs with melted butter and press into the bottom of a 9-inch springform pan.

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- 3. Beat cream cheese and sugar until smooth. Add eggs one at a time, then stir in vanilla
- 4. Pour over crust. Sprinkle blueberries on top.
- 5. Bake for 50-60 minutes or until the center is set. Cool and refrigerate before serving.

# SOUTHERN BLUEBERRY COBBLER

## **Ingredients:**

1 cup all-purpose flour

1 cup sugar

1 teaspoon baking powder

½ teaspoon salt

½ cup milk

1/4 cup melted butter

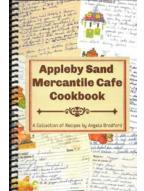
2 cups fresh blueberries

#### **Instructions:**

- 1. Preheat your oven to  $350^{\circ}F$  ( $175^{\circ}C$ ).
- 2. Combine flour, sugar, baking powder, and salt. Stir in milk and melted butter until smooth.
- 3. Pour batter into a greased 9x9 inch baking dish. Sprinkle blueberries evenly over the batter.
- 4. Bake for 45-50 minutes until golden brown. Serve warm with vanilla ice cream.

I hope these recipes bring as much joy to your table as they do to mine. Let's enjoy the festival with family, friends, and, of course, those delicious blueberries!

Happy Blueberry Festival, Y'all!

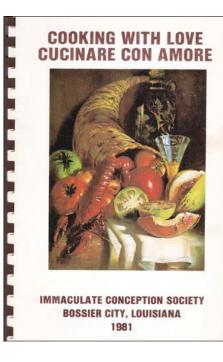


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Purchase your copy of the cookbook by

contacting her at 936.559.5151

RECIPES
Sharon Roberts 936.552.6758



This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

The authors have dedicated it to their forefathers who came to North Louisiana from Sicily. It is dedicated to preserving the tradition and heritage handed down from that generation of the 1870s.

Most of them came from Cefalu, Sicily, situated 40 miles east of Palermo, on the beautiful Adriatic Sea.

The descendents of these people have remained a close knit community in Shreveport and Bossier City, Louisiana.

To preserve their heritage—with its art of Sicilian cooking—for future generations, this cookbook was created.

# MANICOTTI (Gina G. Mahaffey)

12 manicotti shells

1 Tablespoon olive oil

Cook manicotti shells in 4 quarts water and olive oil.

#### Filling:

1 lb. Ricotta cheese

1 (10 oz.) package frozen chopped spinach cooked, drained and squeezed dry

1/2 cup grated Parmesan cheese

2 eggs, slightly beaten

1 Tablespoon fresh parsley, minced

1/4 teaspoon freshly grated nutmeg

Salt

Freshly ground pepper

1 cup grated Mozzarella cheese

Combine all ingredients and blend well. Divide among manicotti and arrange in  $9 \times 13$  inch dish.

#### Sauce:

3/4 lb. lean ground beef

1 medium onion, chopped

2 garlic cloves, minced

1 Tablespoon fresh parsley, minced

1/2 teaspoon dried oregano, crushed

1 (28 oz.) can crushed tomatoes, packed in puree

1 (6 oz.) can tomato paste

6 mushrooms, sliced

1 small green pepper, diced

Grated Parmesan cheese

Combine first 5 ingredients and cook meat until it loses pink color. Add remaining ingredients, except for cheese. Top with cheese and bake at 350° for approximately 20 minutes.



# **PLEASE SEND US YOUR RECIPES!**

We'd love to share your favorites with our readers. If possible, please include a brief story behind the recipe. "My mom's," "My friend's," etc. Your photo and a photo of the completed recipe would be great, but not required.

Please email to: AroundTheTown@mail.com Thank you so much!

# From Hannah LeBlanc of Indianapolis, Indiana

# **PEASANT STEW**

#### **Ingredients:**

6 boneless skinless chicken thighs

2 cloves garlic

1 zucchini

1 large carrot or 2 medium

1 tomato

1/2 cup chicken broth

2 cups water

2 Tablespoons butter

1 cup cooked elbow noodles

Salt

Pepper

Rosemary

Thyme

Olive oil

#### **Directions:**

In a large skillet heat 2 Tablespoons of olive oil over medium heat. Season chicken with salt and pepper, on one side add rosemary, on the other add thyme.

Once oil is shiny add thighs and cook each side until browned.

Cut up tomatoes, zucchini, and carrot.

Once chicken is browned remove from skillet and set aside.

Add carrots to skillet and cook until browned, then add zucchini and cook until brown.

Add 1 Tablespoon of butter, garlic and tomatoes and cook until garlic is fragrant about 3-4 minutes.

Season veggies with salt and pepper.

Add chicken back to skillet and veggies and add 1/2 cup of broth. Stir and cover until liquid has reduced down.

Add 1 Tablespoon of butter and 2 cups of water, stir and add in noodles. Cover and cook until liquid has reduced to 3/4, remove chicken and shred or cut up. Add chicken back and stir. There should be a small amount of liquid left, but not much.

## From Silvia Arnold of Lufkin

# **BLACKBERRY COBBLER**

Blackberry cobbler this morning!! Smells so good. My daughter picked the berries and I make the cobbler. I used maybe 1 gallon blackberries. Place in large pan. Add my sugar, stir over medium heat. I do usually need to add more liquid, instead of water I add grape juice or grape soda works good too. Stir til you got all the good juices from the berries. I only use the juice. I do not like to dodge the seeds so I strain it. No seeds, may bite into a very few or none at all. I still simmer over medium heat, then I add just a about 1 Tablespoon of flour mixed in with some grape juice, stir and pour over the juice. Stir enough to mix and then add 1 stick of butter and vanilla, stir and pour into your baking pan. I put a crust on the bottom of the pan, pour my mixture in and then start adding the rest of the crust into the mixture. You will need to take a spoon and push down the crust. When ready for top lay your strips of crust on top and I use my cookie cutters to decorate the top. We like a lot of crust in our cobbler.

Sprinkle sugar on top. Place in oven at 350° and bake til crust is nicely browned. I had a lot of splatter and overspill on this one. But it sure eats good. Enjoy!!





Everything barbecue; from grilling to sauces, recipes to grills and smokers, rubs to meats and veggies.



# **Perfect Smoked Pork Ribs**

Smoking then baking yields meltingly tender, deeply flavored ribs that are incredibly satisfying to eat — moist and meaty but not falling off the bone. A dry rub of warm red spices and gochugaru (Korean red chile flakes) add peppery heat to partner with the natural sweetness of pork. The ribs start over a two-zone charcoal fire perfumed with a few wood chunks. After the ribs have absorbed a couple of hours of smoke, they're wrapped in foil and parchment and finished in the oven, where the low heat allows the meat to gently braise in the seasoned juices. These ribs are perfect for barbecues, delicious eaten out of hand with hot sauce or a touch of barbecue sauce, but great on their own, too. This Memphis-style rib recipe relies on St. Louis-style spareribs, but the method works for any rack.

#### Ingredients:

- 2 racks St. Louis–style pork spareribs (about 4½ pounds)
- 3 Tablespoons kosher salt
- 4 teaspoons sweet paprika
- 1 Tablespoon granulated garlic
- 1 Tablespoon ground coriander
- 1 Tablespoon black pepper
- 2 teaspoons gochugaru (Korean red chile flakes)

Barbecue sauce or hot sauce, for serving

# **Instructions:**

Pat both sides of rib racks dry with paper towels. Using a sharp knife, remove thin membrane from back of each rack by slicing into it and pulling it off with a paper towel. (This will make the ribs more tender and will help the meat to absorb the rub; you can also ask your butcher to remove the membrane for you.) Stir together salt, paprika, garlic, coriander, black pepper, and gochugaru in a bowl. Sprinkle mixture on both sides of each rib rack. Using



Photo by Victor Protasio

your hands, rub ribs with spice mixture until evenly coated. Place ribs on a rimmed baking sheet, and let stand at room temperature 30 minutes. (Alternatively, double-wrap rib racks in plastic wrap, and refrigerate up to 2 days. Let meat come to room temperature before grilling.)

Open bottom vent of a charcoal grill completely. Light charcoal chimney starter filled with briquettes. When briquettes are covered with gray ash, pour them onto bottom grate of grill, and push to one side of the grill. Adjust vents as needed to maintain an internal temperature of 400°F to 450°F. (If using a gas grill, preheat to high [450°F to 500°F] on one side.) Remove cooking grate, and place a drip pan with 1 inch of warm water on side without coals. Add hardwood chunks (such as hickory, oak, or pecan) or wood chips to coals.

Carefully wipe preheated grates with a lightly oiled paper towel. Using a grill brush, scrape grill grates clean, then carefully wipe with a lightly oiled towel again. Replace cooking grate.

When the fire begins to produce a steady stream of smoke, place ribs over unlit side of grill. Cover, vent grill for smoking, and smoke 30 minutes, using vents to maintain an internal temperature of 275°F to 300°F.

Using tongs, flip and rotate ribs so that the opposite side is facing the coals.

Cover and smoke, flipping and rotating ribs every 30 minutes and adding more coals and wood as needed to maintain a steady temperature and smoke flow, until ribs are deeply fragrant and have a crisp crust, about 1 hour and 30 minutes.

Preheat oven to 225°F. Line a large rimmed baking sheet with heavy-duty aluminum foil and 2 layers of parchment paper. Stack rib racks on top of each other on prepared baking sheet. Wrap racks tightly in the layers of parchment and foil, and bake in preheated oven 2 hours.

Remove from oven, and let ribs rest in parchment-foil packet at least 10 minutes or up to 30 minutes. Unwrap racks, slice into individual ribs, and serve with your favorite barbecue sauce or hot sauce on the side.

# **Tavern Burgers with Drunken Mushrooms**

Dad will love these thick, pub-style burgers, topped with sautéed mushrooms, white cheddar cheese, and a smear of garlicky mayonnaise, served alongside a frosty beer. A hard sear followed by a quick braise in beer gives these mushrooms a caramelized exterior, lightly chewy texture, and malty finish.

#### Ingredients:

#### Garlic Mayonnaise

- 1/3 cup mayonnaise
- 1 Tablespoon whole-grain mustard
- 1/2 teaspoon soy sauce
- 1 large garlic clove, grated (about 1/2 teaspoon)

#### **Drunken Mushrooms**

- 3 Tablespoons olive oil 8 ounces cremini mushrooms, thinly sliced
- 1 small shallot, chopped (about 1/4 cup)
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon kosher salt, plus more to taste
- 1/4 teaspoon black pepper
- 1/2 cup light lager beer

# Tavern Burgers

- 2 pounds high-quality 80% lean ground beef
- 2 teaspoons kosher salt
- 1<sup>1</sup>/<sub>4</sub> teaspoons black pepper
- 4 extra-sharp white cheddar cheese slices
- 2 Tablespoons unsalted butter, softened
- 4 sesame seed hamburger buns, split

Butter lettuce, sliced red onion, Drunken Mushrooms, and bread-and-butter pickle chips, for serving

Photo by Victor Protasio

#### Instructions:

## Make the mayonnaise

Stir together mayonnaise, mustard, soy sauce, and garlic in a small bowl. Cover, and chill until ready to serve.

# Make the drunken mushrooms

Heat oil in a large skillet over medium-high. Add mushrooms, spreading in an even layer, and cook, undisturbed, until well browned, about 8 minutes. Stir mushrooms, and continue cooking, stirring occasionally, until tender and browned, 2 to 4 minutes. Reduce heat to medium, and add shallot, thyme, salt, and pepper; cook, stirring often, for 1 minute. Add beer; cook, stirring occasionally, until liquid is completely reduced, 3 to 4 minutes. Season with additional salt to taste.

#### Make the burgers

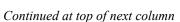
Divide beef into 4 (8-ounce) portions. Working with 1 portion at a time, shape into a loose ball. Flatten ball between your palms to form a 41/2-1nchwide patty (about 1 inch thick). Press your thumbs into the center of the patty to create an indentation (about 1/2 inch deep). Transfer patty to a parchment paper-lined baking sheet; repeat process with remaining beef portions. Cover, and chill while preparing grill.

Preheat grill to medium (350°F to 400°F); place a large cast-iron skillet or griddle on grill to preheat. (Alternatively, heat a large cast-iron skillet or griddle on the stove over medium.) Remove patties from refrigerator, and sprinkle evenly with salt and pepper; place patties in skillet, spacing at least 1 inch apart. Cook, undisturbed, until patties have formed a deep golden brown crust on the bottom, 6 to 7 minutes. Flip patties; cook, undisturbed, until patties are well browned on both sides and a meat thermometer inserted into center of patty registers 118°F, about 3 minutes.

Place 1 cheddar slice on each patty. Cover skillet with a baking sheet, and let stand just until cheddar is melted, about 1 minute. Uncover skillet, and transfer patties to baking sheet to rest for 5 minutes. Do not wipe skillet clean.

Meanwhile, spread butter evenly on cut sides of hamburger buns. Working in batches, toast buns in beef drippings in skillet over medium until golden brown, about 1 minute.

Spread garlic mayonnaise on cut sides of buns. Top bottom buns with lettuce, red onions, patties, drunken mushrooms, and pickle chips. Sandwich with top buns, and serve immediately.





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