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August 2026

Summer Dessert Recipes to Refresh

STRAWBERRY-LEMONADE BARS

Warm afternoons beg for refreshing treats, so on the hottest summer day, how about reaching for one of these zingy strawberry-lemonade bars.

Ingredients:

CRUST

Cooking spray

1/2 cup plus 1 Tablespoon granulated sugar

1 teaspoon finely grated lemon zest

1/4 teaspoon kosher salt

2½ cups all-purpose flour

1 cup (2 sticks) plus 2 Tablespoons
unsalted butter, melted

FILLING

1½ cups (8 oz.) fresh strawberries,
washed, hulled

1½ cups granulated sugar

3 Tablespoons cornstarch

1 Tablespoon finely grated lemon zest

1½ cups fresh lemon juice (from 8 to
12 lemons, depending on size)

1/2 teaspoon kosher salt

4 large eggs

3 large egg yolks

Confectioners' sugar, for dusting



Photo by Linda Pugliese

Directions:

CRUST

Arrange a rack in center of oven; preheat to 350°. Grease a 13" x 9" baking dish with cooking spray. Line with parchment, leaving an overhang on 2 opposite long sides.

In a large bowl, using clean fingers, rub granulated sugar, lemon zest, and salt until fragrant and distributed, about 1 minute.

Add flour and butter and stir until combined (a rubber spatula is great for this) and a wet dough forms. Spoon dough into prepared pan, using clean fin-

DESSERT BARS - page 3

BLUEBERRY CHEESECAKE ICEBOX CAKE

This cake is cooling and refreshing; perfect for those too-hot-to-bake days.

Ingredients:

1 lb. fresh blueberries

1/4 cup cold water

3 teaspoons cornstarch

3/4 cup confectioners' sugar, divided

1 teaspoon fresh lemon juice

12 oz. cream cheese, softened

2 teaspoons finely grated lemon zest

1/8 tsp. kosher salt

2½ cups heavy whipping cream

9 graham cracker sheets

Directions:

In a medium pot over medium-high heat, cook blueberries, water, cornstarch, and 1/4 cup confectioners' sugar, mashing down on blueberries, until bubbling and thickened and berries are mostly broken down, 6 to 8 minutes. Remove from heat and stir in lemon juice. Let cool.

Meanwhile, in a large bowl, using a handheld mixer on medium-high speed, beat cream cheese, lemon zest, salt, and remaining 1/2 cup confectioners' sugar until light and creamy, 1 to 2 minutes. Add cream and continue to beat on high speed until mixture is light and fluffy and stiff peaks form, 2 to 3 minutes more.

Line an 8 1/2" x 4 1/2" loaf pan with plastic wrap, leaving an overhang on all sides. Line bottom of pan with 3 sheets of graham crackers, breaking ends as needed to fit and using trimmings to fill pan. Spread 1 cup cheesecake mixture on top. Top with 1/2 cup blueberry sauce, then carefully dollop with another 1

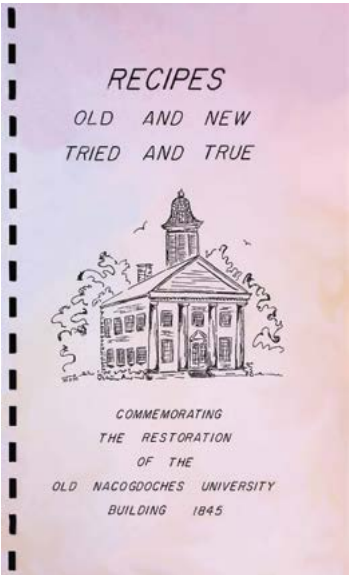


Photo by Rachel Vanni

CHEESECAKE - page 3

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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."

HOT CHEESE COOKIES
(Mrs. Lee Morris)
and
CHEESE NUT ROLL
(Mrs. L. L. Lucas)

Hot Cheese Cookies

Cream together.
1/2 lb. butter or also
1/2 lb. Old English cheese
Add:
2 1/2 cups sifted flour
1 teaspoon salt
1 cup chopped pecans
Red pepper to taste

Roll in waxed paper and place in refrigerator - After roll has become chilled, cut in thin slices and bake in moderate oven until light brown.

Mrs Lee Morris

cheese nut Roll

3 oz. blue cheese
1 lb. cheddar cheese
2 pkg. Philadelphia Cream cheese
1 clove garlic grated
1/2 cup finely chopped nuts

Mix well - Divide in two parts - Roll on waxed paper - Sprinkle with paprika or chili pepper - Place in refrigerator until firm - Slice and serve as needed.

Mrs. D. R. Lucas

-8-

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Around the Town is published and distributed the first week of every month. **FREE** copies are available throughout Nacogdoches and Angelina Counties at more than 130 locations. The paper may also be viewed online **FREE** 24/7 at www.AroundTheTown.us.

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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!

CHICKEN ENCHILADAS
(Martha Blake)

Ingredients:

2 fryers
2 lbs. Velveta cheese
2 cans Rotel tomatoes

1 chopped onion
1/2 stick butter
2 cups sour cream

Instructions:

Sauté onions in butter. Drain tomatoes (save liquid) and add to sauce. Chop cheese and add to mixture—let melt. Add chicken.

Dip tortillas in hot grease—stuff, roll and put in large dish. Pour rest of mixture over tortillas. Spread sour cream over this and bake at 350° for about 20 minutes.

Add more cheese and more juice from Rotel tomatoes in order to have extra cheese sauce to pour on top.

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DESSERT BARS

gertips or the back of a measuring cup to press into an even layer.

Bake crust until golden in the center, 20 to 25 minutes. Let cool 20 minutes. Reduce oven temperature to 325°.

FILLING

In a food processor, process strawberries, granulated sugar, cornstarch, lemon zest, lemon juice, and salt until strawberries are completely broken down and liquid is mostly smooth (a few small bits of strawberries are okay).

In a medium bowl or measuring cup, whisk eggs and egg yolks until homogenous. Add to food processor and process until combined (mixture will be very liquid). Pour strawberry mixture over crust.

Transfer carefully to oven to prevent sloshing. Bake bar until set around the edges and just slightly jiggly in the center, 30 to 40 minutes. Let cool.

Loosen bars from short ends of pan with a knife. Using parchment overhang, lift out bar and transfer to a cutting board. Dust with confectioners' sugar and cut into squares.

CHEESECAKE

cup cheesecake mixture, spreading with an offset spatula or the back of a spoon to avoid the layers merging. Add another layer of graham crackers, then repeat layers of cheesecake, blueberry sauce, and cheesecake; reserve any remaining sauce and cheesecake (cover and refrigerate until ready to use). Top with remaining graham cracker sheets.

Cover pan with plastic wrap and refrigerate at least 4 hours or up to overnight.

Remove top layer of plastic wrap from top of cake. Place a rectangular platter upside down on top of pan, then invert pan. Remove pan and peel off plastic wrap.

Frost top and sides of cake with reserved cheesecake mixture. Top with reserved blueberry sauce.

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“Areeda’s Southern Cooking, *A Collection of Old-Fashioned Recipes*”

by Areeda Schneider-Stampley



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PUMPKIN BREAD

Bread to “write home about”!

- | | |
|----------------------------|---------------------|
| 3 ½ cups all-purpose flour | 3 cups sugar |
| 1¼ teaspoons salt | 4 eggs |
| 2 teaspoons nutmeg | 2 cups pure pumpkin |
| 2 teaspoons baking soda | 2/3 cup water |
| 1 teaspoon cinnamon | 1 cup oil |
| 1/2 teaspoon cloves | |

Preheat oven to 350°. Sift together flour, salt, nutmeg, soda, cinnamon and cloves. Add sugar. Mix and make a well in center.

Add remaining ingredients and mix well in mixer. Divide into bread pans (3 regular loaf pans). Fill pans about 2/3 full.

Bake 55 minutes to 1 hour. Check doneness with pastry wooden pick.



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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 some memories or maybe you’ll see one of your own recipes some day.

SALMON LOAF SPREAD

Submitted by Andria Sowell for band student Becky Sowell

1 8-oz. package cream cheese, softened	1 teaspoon garlic salt
1 can salmon, drained and rinsed	3 Tablespoons liquid smoke
1 cup chopped onions	Dried parsley
1 teaspoon salt	Crackers

Beat cream cheese until smooth. Mix in the salmon, onion, salt, garlic salt and liquid smoke. Roll into ball. Roll in dried parsley. Place on a dish and cover in refrigerator for 1 hour. Place crackers around ball and add small knife to serve.

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).

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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 Sophiscated 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 multi-talented 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.



YORKSHIRE PUDDIN’

I’m here to tell ya, ain’t nobody whose ever lived south of the Mason Dixon has ever eaten this stuff! It is strictly a Yankee thang or a British thang. Cause when you hear somebody talk ‘bout makin’ this stuff, you jus wanna turn up yer nose, head to the outhouse and thank ‘bout anythang else UNDER THE SUN and NOT somethin’ like this goin’ into yer mouth.

But jus hold on a minute! Drippin’s are somethin’ we rednecks know all ‘bout or else we wouldn’t have one of the staples of the Southern Breakfast table... Red-Eye. And I don’t mean no airplane trip across the country. I mean that greasy, slap-yo-sister, somethin’-to-die-for (and many literally have) gravy that’s been spooned onto more biscuits than butter, sorghum, saw-mill, grits and apple jelly combined. Roast drippin’s ain’t too far off ham drippin’s so jus try this stuff.

It’s larapin’ good!!

- 1/2 cup flour
- 1/2 cup water
- 1/2 cup whole milk
- 2 eggs
- Roast drippin’s

Sift flour into bowl and beat in milk. Beat eggs separately until fluffy, then sift into the flour mixture. Add water. Beat well. Let stand one hour, and then beat again. Pour hot drippin’s from roast onto a 10 x 10 pan. Pour in puddin’ mixture and bake at 400° for 20 minutes. Reduce heat and bake 10 more minutes at 350°.

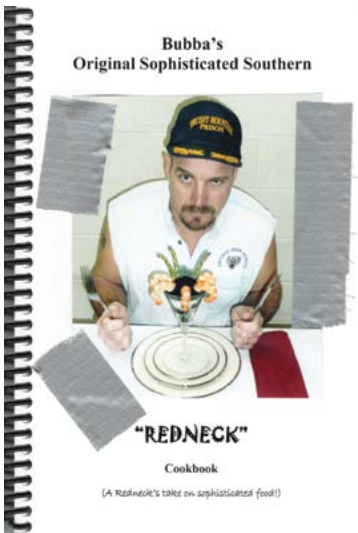


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GARDEN SALAD WITH HONEY FRENCH DRESSING

INGREDIENTS:

- 6 cups bite-size pieces romaine or red leaf lettuce
- 2/3 cup chopped peeled cucumber (about 1/2 medium)
- 3/4 cup chopped tomato (about 1 medium)
- 1/ 4 cup chopped red onion
- 1/4 cup raisins
- 2 Tablespoons sunflower nuts
- 2 ounces blue cheese, crumbled, if desired
- Honey French Dressing (below)

INSTRUCTIONS:

Toss lettuce, cucumber, tomato and onion in large salad bowl. Sprinkle with raisins, sunflower nuts and cheese. Serve with Honey French Dressing. Makes for servings.



HONEY FRENCH DRESSING

INGREDIENTS:

- 1.3 cup ketchup
- 3 Tablespoons seasoned rice vinegar
- 2 Tablespoons noney
- 1 Tablespoon vegetable oil
- 1 Tablespoon water

INSTRUCTIONS:

Shake all ingredients in tightly covered container.

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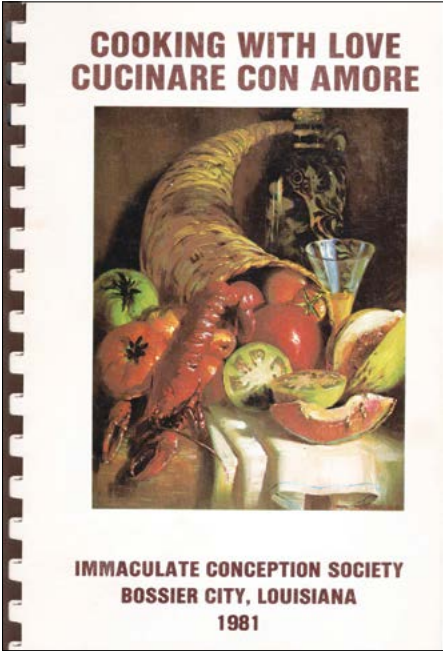
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.



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.

GREEN BEANS PARMESAN (Rose G. Cascio)

- 2 cans (16 oz.) cut green beans and liquid
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 1/2 cup Parmesan cheese
- 3/4 cup grated dry bread crumbs
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1½ Tablespoons olive oil
- 1/4 cup grated cheese for topping (Parmesan)

In medium saucepan, place 1½ Tablespoons olive oil and heat. Sauté onion; add minced garlic. Slowly add 2 cans green beans with liquid; add salt and pepper. Cover; cook over low heat until some of the liquid is cooked down. Remove from heat. Gradually add bread crumbs, absorbing remaining liquid, mixing well. Add cheese, mixing well. Place in sprayed casserole; top with 1/4 cup Parmesan cheese and fried onion rings. Heat in oven till cheese is melted or top is brown.



AVOCADO-PITA SANDWICH

Very light lunch.

Ingredients:

- 6 pita flat breads
- 2 (8-ounce) packages cream cheese, softened
- 3 ripe avocados, peeled
- 2 tomatoes, sliced
- 1/2 pound fresh mushrooms, sliced
- 1/2 pound bacon, cooked and crumbled
- Alfalfa sprouts
- Buttermilk dressing

Instructions:

Open pita bread by cutting across top of loaf. Spread inside with cream cheese. Insert into each pocket 1/2 avocado, sliced and 2-3 tomato slices. Add mushroom slices and bacon. Top opening of sandwich with alfalfa sprouts. Serve with a buttermilk dressing.
Yields 6 sandwiches.

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SEAR-AND-BAKE PORK LOIN CHOPS

A delicious way to prepare pork loin chops is the sear-and-bake method in an oven-safe skillet, like a cast iron pan.

Ingredients:

- 1-inch thick pork loin chops (bone-in or boneless)
- 1 Tablespoon olive oil
- Salt, Black pepper, garlic powder, onion powder and paprika (or you can use a Cajun seasoning, like Tony Chachere’s Creole Seasoning or The Best Stop Original Cajun Seasoning)

Process:

Take the pork chops out of the fridge about 15-20 minutes before cooking to bring them closer to room temperature. Pat them completely dry with a paper towel so seasonings stick and the meat browns well.
Rub both sides (and the fat cap, if bone-in) with olive oil, then generously sprinkle your seasoning blend.
Preheat your oven to 400°F. Place an oven-safe skillet over medium-high heat. Once the pan is hot, add the chops and sear for 2 to 3 minutes until a golden-brown crust forms, then flip and sear for another 1-2 minutes.
Transfer the entire skillet to your preheated oven. Bake for roughly 15 to 20 minutes.

Because pork loin chops are lean, they dry out quickly. Insert a meat thermometer into the thickest part of the chop, it should read exactly 145°F.

Remove from the oven and transfer the chops to a warm plate. Cover loosely with foil and let them rest for 5 to 10 minutes before cutting. This resting step is crucial as it allows the juices to redistribute back into the meat.

(You can baste with a Tablespoon of butter and Rosemary or other herbs while the chops are baking.)



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.
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CHICKEN FRIED CHICKEN

INGREDIENTS:
4 large boneless/skinless chicken breasts (I cut into halves to serve 8)

INSTRUCTIONS:
Tenderize chicken breasts with flat side of meat hammer, making it the same thickness throughout.

Wet Batter:
2 eggs
1 cup buttermilk
1 Tablespoon baking powder

For the wet batter – In a medium bowl whisk together the eggs, buttermilk and baking powder.

Dry Batter:
2 cups flour
1/2 cup cornstarch
1 Tablespoon baking powder
2 Tablespoons garlic powder
2 Tablespoons black pepper
1 Tablespoon salt

For the dry batter – In a separate medium bowl, combine the flour, cornstarch, baking powder, garlic, salt and pepper.

Dip the chicken into the wet mixture and into the dry mixture to generously coat. Shake off any excess, then dip back into the wet mixture followed by the dry mixture to double coat. Lay the chicken pieces on a wire rack and let rest for 5 minutes.

Add enough oil to a deep Dutch oven or fryer to deep fry and heat to 350 degrees F.



APPLE-ROSEMARY PORK AND RICE

The rice is cooked in apple juice instead of water for its subtle, sweet flavor.

INGREDIENTS:
1½ cups apple juice
1½ cups uncooked instant rice
2 Tablespoons chopped fresh or 2 teaspoons crushed dried rosemary leaves
2 teaspoons vegetable oil
3/4 pound pork tenderloin, cut into 1/2-inch slices
1 medium onion, chopped (1/2 cup)
1 clove garlic, finely chopped
1/4 cup apple jelly
1 large unpeeled red cooking apple, sliced
Rosemary sprigs, if desired

INSTRUCTIONS:
Heat apple juice to boiling in 2-quart saucepan, Stir in rice and 1 Tablespoon of the rosemary; remove from heat. Cover and let stand until ready to serve. Just before serving, fluff with fork.

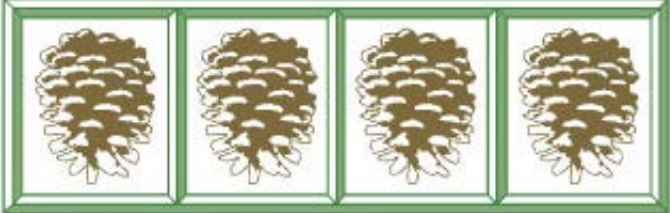
Heat oil in 10-inch nonstick skillet over medium-high heat. Cook pork, onion, garlic and remaining 1 Tablespoon rosemary in oil 6 to 8 minutes, stirring occasionally, until pork is slightly pink in center.

Stir in apple jelly and apple; cook until hot. Serve over rice. Garnish with rosemary sprigs. Makes 4 servings.



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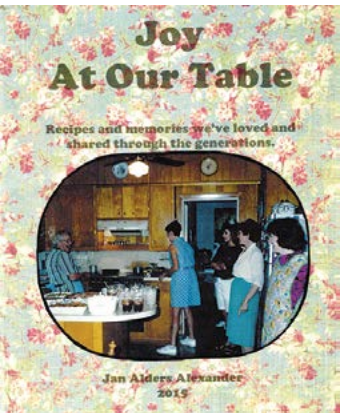
2026 INVESTOR

the CHAMBER

LUFKIN | ANGELINA COUNTY

Submitted by Jan Alders Alexander of Nacogdoches

I loved these growing up, slathered with butter! These warm muffins certainly didn't last 6 weeks in our refrigerator!



6 WEEKS MUFFINS

INGREDIENTS:

- 8 oz. Raisin Bran
- 2½ cups flour
- 2 eggs
- 1/2 cup Wesson oil
- 2 teaspoons soda
- 1½ cups sugar
- 1 pint buttermilk
- 1 teaspoon salt

INSTRUCTIONS:

Mix together. Keep covered in refrigerator. Take out desired amount and bake in muffin tins, slightly greased or use muffin cups. Bake at 400° for 15 to 20 minutes.

CANNELLONI CRÊPES

No leftovers on this one.

Crêpe Ingredients:

- 2 eggs
- 2 egg yolks
- 1 cup all-purpose flour
- 1 cup milk
- 1 Tablespoon oil
- Dash of salt
- Butter



Other Ingredients:

- 2 pound lean ground beef
- 1 cup small curd, cream-style cottage cheese
- 1 (3-ounce) package cream cheese, softened
- 2 Tablespoons margarine or butter, softened
- 2 Tablespoons chopped fresh parsley
- 1 egg, beaten
- 1 Tablespoon chopped green onion
- 1/8 teaspoon salt
- 1 (15-ounce) can Italian-style marinara sauce
- 1/4 cup freshly grated Parmesan cheese

Process:

Preheat oven to 350°.

Place all crêpe ingredients in blender or food processor. Blend until smooth and well mixed. Let batter rest 2-3 hours at room temperature or up to 12 hours in refrigerator. Pour in 1 Tablespoon batter and tilt the skillet immediately so that the batter will spread over the entire bottom of skillet. Cook the crêpe quickly on both sides over medium-high heat.

Brown ground beef in medium-size skillet over medium heat. Drain grease. Combine ground beef, cottage cheese, cream cheese, butter, parsley, egg, onion and salt; mix well. Spread 3 Tablespoons of mixture over center of each crêpe. Roll up and place, seam down, in 8-inch square baking dish. Pour marinara sauce over crêpes and sprinkle with cheese. Bake at 350° for 20-30 minutes.

Variation: Cooked manicotti shells may be stuffed with beef mixture instead of using crêpes.

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Submitted by David Stallings -
Around the Town Publisher

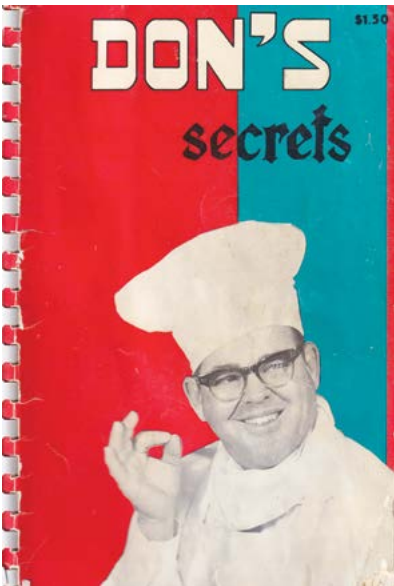
The Landry Family once operated Don's Seafood & Steakhouse Restaurants in Shreveport, Lafayette, Baton Rouge, Morgan City and Beaumont. The restaurants are gone now, but my memories of their amazing food linger on. I hope that you'll enjoy this recipe!



PETIT POIS

- 2 (14 oz.) cans petit pois (small peas)
- 1/2 cup ground onions
- 1/4 cup ground celery
- 1/8 lb. butter or oleo
- 1/2 cup cold water
- 1/2 teaspoon corn starch
- 1 small piece pimiento, diced
- Salt, black pepper and red pepper to taste

Mix butter or oleo, ground onions and celery in heavy pot. Cook uncovered over medium heat until onions are wilted. Add peas and season to taste. Dissolve cornstarch in 1/2 cup cold water and add to mixture, stirring constantly. Cook uncovered over medium heat for about 10 minutes. Add pimiento. Serves 10.



EASY SKILLET
EGGPLANT LASAGNA

Eggplant has been called "the vegetarian's beef" because of its meaty texture and its ability to take on the flavors of ingredients that accompaopny it.

INGREDIENTS:

- 1 egg
- 1 medium eggplant (1 pound), cut into eight 1/2-inch slices
- 1/2 cup seasoned dry bread crumbs
- 2 Tablespoons vegetable oil
- 1 jar (14 ounces) spaghetti sauce
- 1 cup shredded mozzarella cheese (4 ounces)

INSTRUCTIONS:

Beat eggs slightly in pie plate or shallow bowl. Dip eggplant slices into egg, then coat with bread crumbs. Heat oil in 12-inch nonstick skillet over medium heat. Cook eggplant in oil 2 to 4 minutes, turning once until golden brown. Pour spaghetti sauce over eggplant; sprinkle with cheese. Heat to boiling; reduce heat to medium. Cover and cook 3 to 4 minutes or until eggplant is tender and hot.



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 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.

HOT WATER CORNBREAD

Ingredients:

- | | |
|--------------------------------|---------------------------|
| 2 cups corn meal | 2 cups boiling water |
| 1 Tablespoon all purpose flour | Vegetable oil, for frying |
| 1 teaspoon salt | |

Instructions:

Heat oil in cast iron skillet over medium-high heat to 350°F. (Oil needs to come half-way up the side of the skillet). Whisk together dry ingredients in mixing bowl. Pour in water and stir. Add just enough water to make a soft dough that sticks to your spoon. Press into patties by hand. Drop into hot oil in skillet. When golden brown on bottom, turn over. When golden brown on both sides, remove from oil onto paper towels for draining.

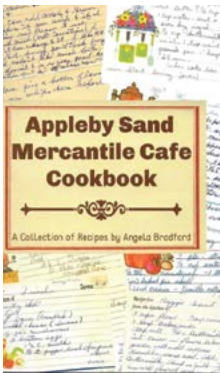
MEXICAN CORNBREAD

Ingredients:

- | | |
|------------------------|---|
| 1 cup yellow cornmeal | 2 eggs, beaten |
| 1 teaspoon baking soda | 1 cup cream style corn (about half a can) |
| 1 teaspoon salt | 2 small cans green chilies |
| 3/4 cup milk | 2 cups grated cheddar cheese |
| 1/3 cup melted butter | |

Instructions:

Preheat oven to 350°F. Mix together all ingredients except cheese. Pour 1/2 mixture into cast iron skillet or greased pan. Cover with 1/2 of cheese. Pour rest of batter in pan, cover with cheese again. Bake for 40 minutes until set and cheese is melted.



Printed with permission from Angela Bradford.
Purchase your copy of the cookbook by contacting her at 936.559.5151

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SFA Lumberjacks		
DATE	OPPONENT	TIME
AUGUST 29	@McNeese State Univ.	TBA
SEPTEMBER 5	East Texas A&M	7:00 PM
SEPTEMBER 12	@Abilene Christian Univ.	7:00 PM
SEPTEMBER 19	@Prairie View A&M	7:00 PM
SEPTEMBER 26	Northeastern State Univ.	5:00 PM
OCTOBER 3	Univ. of the Incarnate Word	5:00 PM
OCTOBER 10	OPEN	
OCTOBER 17	@Nicholls State Univ.	TBA
OCTOBER 24	Southeastern La. Univ.	5:00 PM
OCTOBER 31	Houston Christian Univ.	2:00 PM
NOVEMBER 7	@Lamar University	TBA
NOVEMBER 14	@Univ. of Texas RGV	TBA
NOVEMBER 19	Northwestern State Univ.	6:00 PM

Nacogdoches Dragons		
DATE	OPPONENT	TIME
AUGUST 28	Athens	7:30 PM
SEPTEMBER 4	@Lufkin	7:30 PM
SEPTEMBER 11	Center	7:30 PM
SEPTEMBER 18	@Marshall	7:30 PM
SEPTEMBER 25	Whitehouse* **	7:30 PM
OCTOBER 9	Texas High*	7:30 PM
OCTOBER 16	@Hallsville*	7:30 PM
OCTOBER 23	Mt. Pleasant*	7:30 PM
OCTOBER 30	@Greenville*	7:30 PM
NOVEMBER 6	Terrell* ***	7:30 PM
*District **Homecoming ***Senior Night		

Cushing Bearkats		
DATE	OPPONENT	TIME
AUGUST 14	Huntington-SCRIMMAGE	6:00 PM
AUGUST 20	@Frankston-SCRIMMAGE	6:00 PM
AUGUST 28	@Colmesneil	7:00 PM
SEPTEMBER 4	Maud	7:00 PM
SEPTEMBER 11	Evadale**	7:00 PM
SEPTEMBER 18	@Alba Golden	7:00 PM
SEPTEMBER 25	Grapeland* (Black Out)	7:00 PM
OCTOBER 2	@Mt. Enterprise*	7:00 PM
OCTOBER 9	Bye	Bye
OCTOBER 16	Alto*	7:00 PM
OCTOBER 23	@Tenaha*	7:00 PM
OCTOBER 30	Crossroads* ***	7:00 PM
NOVEMBER 6	@Overton*	7:00 PM
*District **Homecoming ***Senior Night		

Garrison Bulldogs		
DATE	OPPONENT	TIME
AUGUST 27	Maroon & White*	7:00 PM
SEPTEMBER 4	@Arp	7:30 PM
SEPTEMBER 11	DeKalb	7:00 PM
SEPTEMBER 18	West Rusk	7:30 PM
SEPTEMBER 25	@Westwood	7:30 PM
OCTOBER 2	Bye	Bye
OCTOBER 9	@Hemphill*	7:30 PM
OCTOBER 16	@San Augustine*	7:30 PM
OCTOBER 23	Joaquin*	7:30 PM
OCTOBER 30	@Shelbyville*	7:30 PM
NOVEMBER 6	Timpson*	7:30 PM
*District		



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DATE	OPPONENT	TIME
AUGUST 22	Huntsville (Scrimmage)	
AUGUST 28	Longview	7:30 PM
SEPTEMBER 4	Nacogdoches	7:00 PM
SEPTEMBER 11	Port Arthur Memorial*	7:00 PM
SEPTEMBER 18	@Baytown Sterling*	7:00 PM
SEPTEMBER 25	Beaumont United*	7:00 PM
OCTOBER 1	@New Caney	7:00 PM
OCTOBER 9	BYE	BYE
OCTOBER 16	Galveston Ball	7:00 PM
OCTOBER 23	@Goose Creek Memorial	7:00 PM
OCTOBER 30	Beaumont West Brook	7:00 PM
NOVEMBER 6	@LaPorte	7:00 PM

*District

Diboll Lumberjacks

DATE	OPPONENT	TIME
AUGUST 14	Jasper (Scrimmage)	TBD
AUGUST 20	Liberty (Scrimmage)	TBD
AUGUST 28	@Troup	7:30 PM
SEPTEMBER 4	@West Rusk	7:30 PM
SEPTEMBER 11	Tatum	7:30 PM
SEPTEMBER 18	Kirbyville	7:30 PM
SEPTEMBER 25	Brook Hill	7:30 PM
OCTOBER 2	OPEN	OPEN
OCTOBER 9	@Crockett*	7:30 PM
OCTOBER 16	Huntington*	7:30 PM
OCTOBER 23	@Trinity*	7:30 PM
OCTOBER 30	@Fairfield*	7:30 PM
NOVEMBER 6	Westwood*	7:30 PM

*District

Huntington Red Devils

DATE	OPPONENT	TIME
AUGUST 28	@Evadale	7:00 PM
SEPTEMBER 4	@Warren	7:00 PM
SEPTEMBER 11	Buna	7:00 PM
SEPTEMBER 18	Hemphill	7:00 PM
SEPTEMBER 25	@Anderson-Shiro	7:00 PM
OCTOBER 2	Bye	Bye
OCTOBER 9	@Trinity*	7:30 PM
OCTOBER 16	@Diboll*	7:30 PM
OCTOBER 23	Fairfield*	7:30 PM
OCTOBER 30	@Westwood*	7:30 PM
NOVEMBER 6	Crockett*	7:30 PM

*District



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Tender Grilled Flank Steak

Ingredients:

- 1 cup reduced-sodium soy sauce
- 1/4 cup lemon juice
- 1/4 cup honey
- 6 garlic cloves, minced
- 1 beef flank steak (1-1/2 pounds)

Directions:

In a large dish or shallow bowl, combine the soy sauce, lemon juice, honey and garlic; add steak. Turn to coat; cover and refrigerate for 6-8 hours.

Drain and discard marinade. Broil 4-6 in. from the heat or grill over medium heat until meat reaches desired doneness, 8-10 minutes on each side (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Thinly slice steak across the grain.



Photo by Josh Rink

Molasses Ginger Salmon

Ingredients:

- 1 12 ounce wild salmon filet
- 4 Tablespoons fresh ginger, grated or finely chopped
- 2 cloves garlic, chopped
- 2 Tablespoons unrefined sesame oil
- 2 Tablespoons unrefined blackstrap molasses
- 1 teaspoon chili powder
- Sea salt and pepper to taste

Directions:

Preheat oven to 350°F, or preheat a grill to medium heat. In a bowl, mix together sesame oil, chili powder, sea salt, pepper and garlic. Add molasses and chopped ginger, and whisk ingredients together, melting the molasses if necessary. Rinse the salmon, pat dry with a paper towel and place on parchment lined baking sheet. Pour the molasses-ginger marinade over the fish. Cook on the grill at a medium temperature about 8-10 minutes, or until the thicker part of the fish is almost opaque. Broil for 1-2 minutes at the end to caramelize the natural sugars. Remove from the oven and let sit covered, for 2-3 minutes before serving.



Spice-Rubbed Baby Back Ribs with Chipotle Bourbon Barbecue Sauce

Ingredients:

- 2 racks baby back ribs (each 2 to 2½ pounds)
- 1/4 cup Dijon mustard

FOR THE RUB:

- 2 Tablespoons chili powder
- 2 Tablespoons dark brown sugar
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1/2 teaspoon celery seed
- 1/2 cup apple cider in a spray bottle (optional)



Chipotle Bourbon Barbecue Sauce

Directions:

Place the ribs on a rimmed baking sheet. Remove the papery membrane on the concave side of the ribs (pry it up at the end of the bones with the tip of the meat thermometer, then pull it off with a paper towel). Note: Some ribs come with the membrane already removed.

Lightly brush the ribs on both sides with mustard.

Combine the chili powder, brown sugar, salt, pepper, and celery seeds in a small bowl and mix with your fingers to make a rub. Sprinkle most of the rub on the ribs, coating both sides, reserving 1½ teaspoons for serving.

Place the apple cider in a spray bottle (if using). Make the Chipotle Bourbon Barbecue Sauce and set aside.

Meanwhile, set up your smoker for indirect grilling and heat to 300 degrees.

Arrange the ribs meat (rounded) side up on the grate. Cover the smoker.

Smoke the ribs for 1 hour. Spray on both sides with apple juice (if using), turning the ribs with tongs.

Continue smoking the ribs, rounded side up, until sizzling, browned, tender, and the meat has shrunk back from the ends of the bones by 1/4 to 1/2 inch. This normally takes 3 to 3½ hours in all, but sometimes you'll need a full 4 hours. The last 20 minutes, brush the ribs with some Chipotle Bourbon Barbecue Sauce. When ready, the meat should be tender enough so you can pull the individual ribs apart with your fingers.

Brush each rack with more barbecue sauce and smoke for an additional 15 minutes, or until the sauce sets.

Transfer the ribs to a platter for serving. Brush once more with barbecue sauce and sprinkle the ribs with the remaining rub. Serve the remaining sauce in a bowl on the side.

Chipotle Bourbon Barbecue Sauce

Ingredients:

- 1¼ cups ketchup
- 1/4 cup Thai sweet chili sauce
- 1/4 cup bourbon
- 1/4 cup dark brown sugar
- 1/4 cup molasses
- 1 Tablespoon Dijon mustard
- 1 Tablespoon Worcestershire sauce
- 1/2 teaspoon liquid smoke
- 1 to 2 canned chipotle chiles, minced with 1 to 2 teaspoons can juices
- 1 teaspoon freshly and finely grated lemon zest
- 1 Tablespoon fresh lemon juice
- Sea salt and freshly ground black pepper

Directions:

Place the ingredients in a heavy saucepan and whisk to mix. Bring to a boil over medium-high heat, whisking often. Reduce the heat to obtain a gentle simmer and simmer the sauce, uncovered, until thick and richly flavored, 5 minutes or as needed. Correct the seasoning, adding salt and pepper to taste.

Charred Lemon Gin and Tonic

Ingredients:

- 4 oz. gin
- 8 oz. indian tonic water
- 1 lemon, sliced
- Fresh thyme sprigs

Directions:

Start by bringing your grill to high heat, around 400-500 degrees.

Use tongs to place the lemon slices on the grill grates.

Sear for a few minutes until the lemons start to char.

Remove the lemons from the grill and let them cool slightly.

Fill two large goblet or wine glasses with ice, then 2 oz. of gin each. Top with 4 oz. of tonic water and garnish with the charred lemons and fresh thyme.





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