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May 2024

Delicious Salads for Spring Tables

This scrumptious salad features *ribeye steak*. You will grill the steak and red onions and combine with cherry tomatoes, blue cheese, basil and a drizzle of tangy balsamic dressing,

GRILLED STEAK SALAD

Ingredients:

DRESSING

- 4 cloves garlic, peeled, smashed
- 1/2 cup extra-virgin olive oil
- 1/3 cup balsamic vinegar
- 1/2 teaspoon granulated sugar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

SALAD

- 1 medium red onion, cut into 1/2" slices
- 1 teaspoon extra-virgin olive oil
- Kosher salt
- 1 1/4 lb. boneless ribeye steak
- Freshly ground black pepper
- 5 oz. baby arugula and/or baby spinach
- 1 avocado, pitted, sliced
- 1 cup cherry tomatoes, halved
- 4 oz. blue cheese, crumbled
- Torn fresh basil leaves, for serving



Photo by Erik Bernstein

Directions:

DRESSING

Prepare a grill for medium-high heat; heat 5 minutes and clean grates well. Drizzle onion with oil; season with salt. Generously season steak with salt and pepper.

Grill onions, turning once, until char marks appear, 2 to 3 minutes per side, and grill steak, turning occasionally, until an instant-read thermometer inserted into thickest part registers 130° for medium-rare, about 6 minutes per side. Transfer onions and steak to a cutting board. Let cool slightly. Thinly slice steak

GRILLED STEAK SALAD - page 3

This vibrant green salad celebrates the best of spring's produce using new potatoes, asparagus, apples, lettuce, spring onions and peas. It takes only 20 minutes to prepare, but if you really want to impress your friends and family you can make your own mayonnaise to coat the new potatoes.

SPRING CELEBRATION SALAD

Ingredients:

- 2/3 pound Jersey Royal new potatoes, scrubbed clean but not peeled, big ones cut in half
- 1 mint sprig
- 2 eggs
- 1/2 pound asparagus, woody stalks removed and saved
- 1/8 pound fresh peas, podded
- 4 Tablespoons mayonnaise (see recipe below, or use store-bought)
- 1 green apple (we used Granny Smith), cored and finely chopped
- 3 spring onions, finely sliced
- 1 teaspoon capers, drained
- 2 Tablespoons olive oil
- 1 Tablespoon white wine vinegar
- 1 head lettuce, leaves washed and dried, heart split in two
- 3-4 handfuls of soft herbs (we used chervil, tarragon, parsley, mint and chives)



For the garlic croutons:

- 2 slices of sourdough or white baguette
- drizzle of olive oil
- 3 garlic cloves

Directions:

Heat oven to 390 degrees. Drizzle the bread with some olive oil and season, then roast in the oven, turning halfway through, for 12-15 mins or until crisp and golden. Once baked, rub with the raw garlic and break or cut into croutons.

CELEBRATION SALAD - 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."

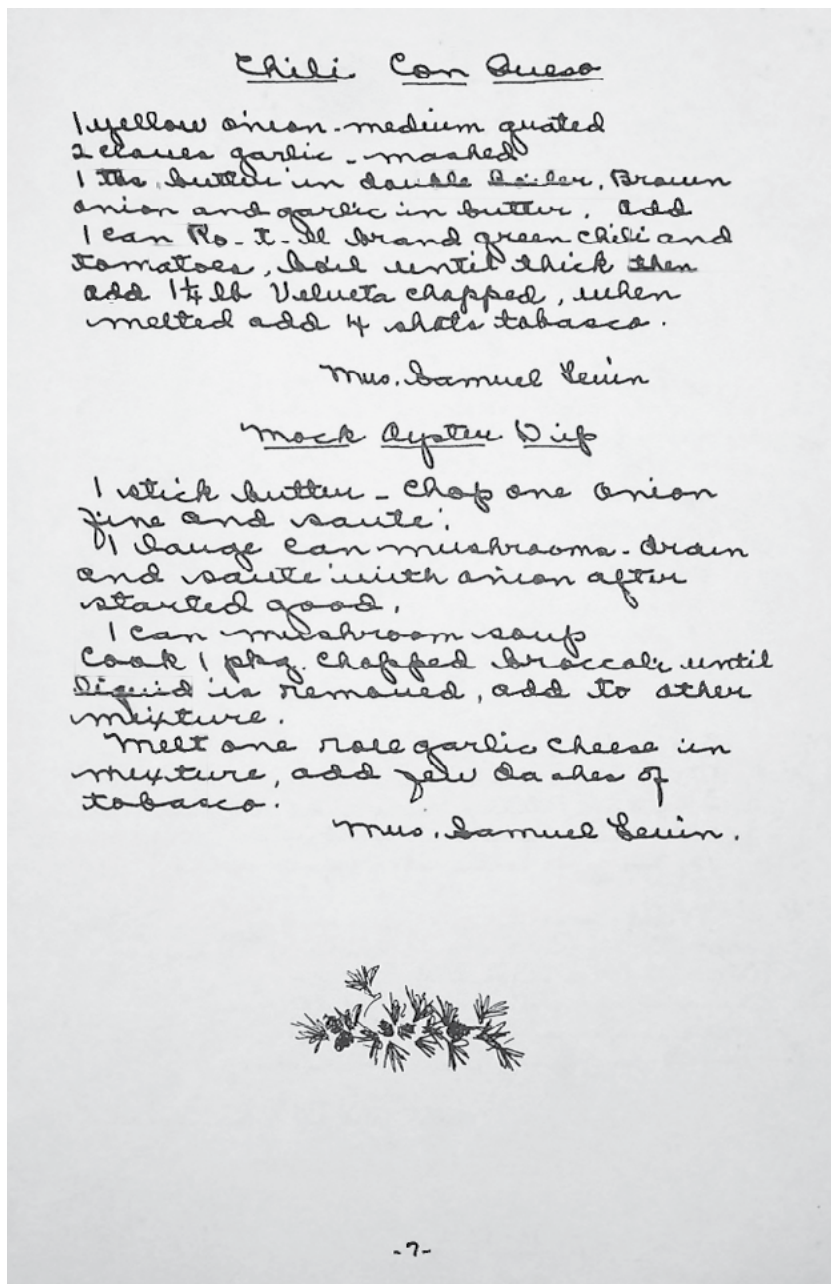
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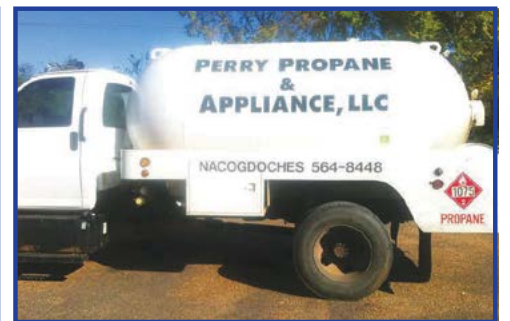
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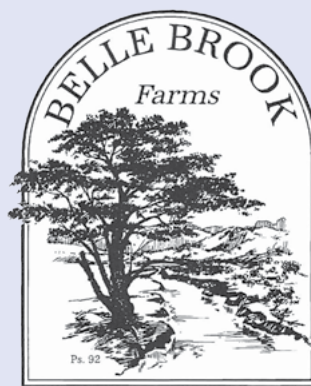
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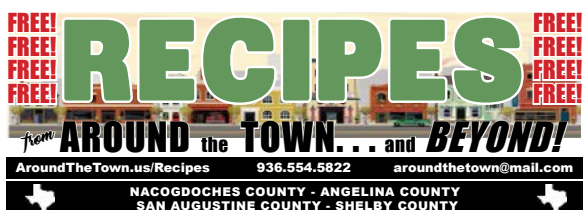


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Many recipes published in this publication are sent in by readers, their friends and family members. Recipes may be handed down from generation-to-generation or written from memory. **RECIPES** publishes these recipes as they are submitted, as a service 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.



Recipes from *Around the Town and Beyond* is published and distributed on the first day of each month. **FREE** copies are available in more than 200+ locations in Angelina, Nacogdoches & Shelby Counties. The paper may also be viewed online **FREE** 24/7 at www.AroundTheTown.us.

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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!



24-HOUR VEGETABLE SALAD

1/2 large or 1 small head lettuce, shredded

Put in casserole and add following:

- 1 cup sliced green onions
- 1 cup finely chopped celery
- 1-6 oz. or 8 oz. can water chestnuts, thinly sliced
- 1 pkg frozen green peas (uncooked)

Seal in with 1 pint Kraft mayonnaise mixed with 1 teaspoon sugar, 1/2 teaspoon salt and 1/2 teaspoon pepper.

Sprinkle with 1 cup grated mozzarella cheese and 4 Tablespoons Parmesan cheese. Cover and place in refrigerator overnight.

Garnish with bacon bits and tomato slices.



Grilled Steak Salad

against the grain.

On a large platter, arrange arugula. Top with steak, onions, avocado, tomatoes, blue cheese, and basil. Drizzle with dressing before serving.

Celebration Salad

Bring a pan of water to boil. Add the potatoes, mint and 1 teaspoon salt and simmer for 15 minutes until the potatoes are tender. Don't be afraid of overcooking them – they're far better tender than chalky. Drain the potatoes and discard the mint sprig.

Meanwhile, bring another pan of water to the boil and lower the eggs into the water. Bring back to the boil and cook for 6 minutes. Drain, then run the eggs under cold water to cool. Tap the eggs on the work surface and peel.

Bring another pan of salted water to the boil. Chop the asparagus spears into three and boil in the water for 3-4 mins until just tender. Scoop out with a slotted spoon and refresh in cold water. Bring the water back to the boil and add a pinch of sugar. Add the peas to the water and cook until tender (about 2-3 minutes). Drain.

Toss the potatoes with 2 Tablespoons mayo and the apple, spring onions and capers. Whisk the olive oil and white wine vinegar together, season, then dress the lettuce and soft herbs along with the asparagus and peas. Spread the remaining mayo across your plate, top with the potatoes and dressed salad, halve the eggs and add more mayo, if you like. Garnish with the croutons and extra herbs.

Homemade mayo

In a large bowl, whisk 2 egg yolks, 1/2 teaspoon salt, 1 teaspoon Dijon mustard and the juice of 1/2 lemon. Still whisking, add 7 ounces vegetable oil a drop at a time, increasing to a stream once it starts emulsifying. If it splits, just add a squeeze of lemon and whisk vigorously – it will come together. Add 3 1/2 ounces extra virgin rapeseed oil, whisking, to finish the mayo, then add 2 Tablespoons water, a pinch of cayenne pepper and a pinch of white pepper. Whisk until creamy.

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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CRAB CAKES

I love these delicious, rich little cakes!

- 1 lb. lump crabmeat
- 1/4 cup fresh cilantro, chopped
- 1 egg
- 1/2 red bell pepper
- 4-5 scallions, chopped
- 1/2 yellow bell pepper
- 1/2 cup low-fat mayonnaise
- 1 jalapeño pepper (seed and finely chop peppers)
- Olive oil, for frying
- 1 cup finely ground bread crumbs, divided



Photo by Melissa’s Southern Style Kitchen

Combine all ingredients except 1/2 cup of the bread crumbs and olive oil. Form into tennis ball size, flatten, and roll in reserved bread crumbs.

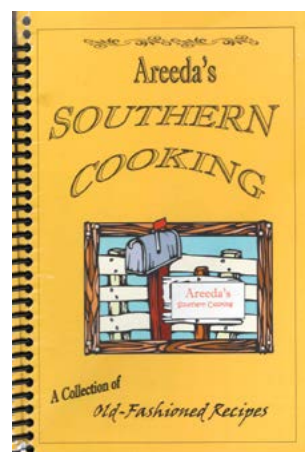
Pour 2 to 4 Tablespoons of olive oil in a large skillet over medium heat. Use a spatula and carefully place cakes in pan. Cook for about 125 minutes, turning once for browning on each side.

Remove cakes and drain on paper towels. Yield: 6-7

Purchase cookbook with credit card on my PayPal account at www.aredasoutherncooking.com. Or by check to: Areeda’s Southern Cooking, P. O. Box 202, Brentwood, TN 37024 \$24.45 (price includes shpg/handling).

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CHICKEN MILANESE

INGREDIENTS:

- 2 large eggs
- Kosher salt and ground black pepper to taste
- 3/4 cup all-purpose flour
- 1 cup Italian seasoned bread crumbs
- 2 skinless, boneless chicken breast halves, thinly sliced
- 1/4 cup vegetable oil for frying
- 1 lemon, cut into wedges

DIRECTIONS:

Preheat the oven to 200 degrees F.

Beat eggs with salt and pepper in a shallow dish. Spread flour in another dish and bread crumbs in a third dish.

Working with one piece at a time, gently press chicken into flour to coat and shake off any excess. Dip into beaten eggs, then press into bread crumbs. Gently toss between your hands so excess bread crumbs can fall away. Place breaded chicken onto a plate while breading the rest; do not stack.

Heat vegetable oil in a large skillet over medium heat. Pan-fry chicken in batches of 2 or 3 pieces until golden brown and no longer pink in the center, 2 to 4 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F. Transfer cooked chicken to a baking sheet and keep warm in the preheated oven while cooking remaining chicken.

Serve with lemon wedges.



Photo by Naples34102

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Submitted by Jan Alders Alexander of Nacogdoches

TED'S EGGS

This is my absolute favorite breakfast! Ted, my dear brother-in-law spoils me with these when I visit. I love him dearly.

- 1/4 stick butter
- 1 small package of fresh baby spinach
- 2 slices of bread
- 2 eggs

In an 8-inch Wok pan or fry pan with high sides, melt 1/4 stick butter. Add a small package of baby spinach to the top of the pan, or even a little over as it wilts quickly. Put two pieces of toast in toaster and begin toasting. Immediately add two eggs on top of the spinach. Cover with lid and cook the eggs until barely cooked. The yellow should still be runny. Usually the length of time it takes the toast to pop up will be about the time the eggs and spinach are ready. Salt and pepper the eggs and spoon egg and spinach mixture on a buttered piece of toast or a croissant. Serve and enjoy!

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From Julia Jones of Nacogdoches

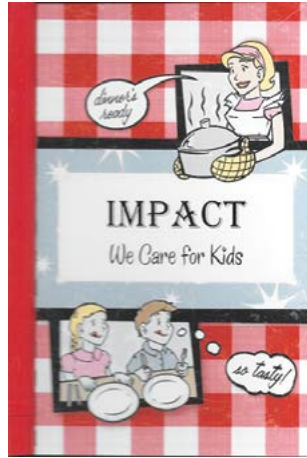
For many years Julia ran IMPACT, a non-profit ministry in downtown Nacogdoches, that served the families of Nacogdoches thanks to the generosity of friends and family. She, along with a bevy of volunteers worked tirelessly to serve foster children and foster families in the Nacogdoches area.




BEEF ENCHILADAS

<ul style="list-style-type: none"> 1 package corn tortillas 1 package shredded cheese 1 can enchilada sauce 1 onion, chopped 	<ul style="list-style-type: none"> 1 pound lean ground beef 1 teaspoon salt 1/4 teaspoon garlic salt 1/4 teaspoon pepper
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Brown beef, seasoned with salts and pepper. Dip tortillas in hot fat to soften. Drain on paper towel. Spread beef and onion on each tortilla, topping with small amount of cheese. Continue to roll up each tortilla, placing seam side down on a cookie sheet sprayed with Pam. Pour enchilada sauce over tortillas. Sprinkle on remaining cheese and diced onion. Bake 30 minutes at 350°.





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

Bubba's Original Sophisticated 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 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.

WIENER SCHNITZEL

I used to snow ski durin' the earlier part of my life and the stories are too priceless to tell—I'll save 'em for another cookbook. But one time at the Hotel Jerome in Aspen my friend Anna Ruth and I had the wiener schnitzel. She'd had it before on a trip to Germany and suggested it. It wuz boondabar!

It's not hard to make, really easy in fact and though you may think it's jus a modified chicken-fried steak, it's not. Jus git over the fact that yer eatin' little, bitty cow which grows up into great, big cow which is eaten the world over and you'll enjoy this spectacular culinary feast!

- 1 pound veal cutlets cut into 6 pieces
- 3 eggs
- 1 teaspoon salt
- 3/4 teaspoon coarsely ground pepper
- 3/4 cup all-purpose flour
- 1 1/2 cups soft breadcrumbs
- 3/4 cup butter
- 5 ounces Gruyere cheese, thinly sliced



Place cutlets between sheets of wax paper; flatten to 1/8-inch thickness usin' a meat mallet or rollin' pin or yer fist or yer mother-in-law's head. Combine eggs, salt and pepper; beat well. Dredge cutlets in flour, dip in egg mixture and coat with breadcrumbs.

Melt butter in a large skillet over medium heat; add cutlets. And cook 45 minutes. Turn cutlets and top with cheese. Cover and cook an additional 3-4 minutes. Sprinkle with parsley and serve with lemon wedges.

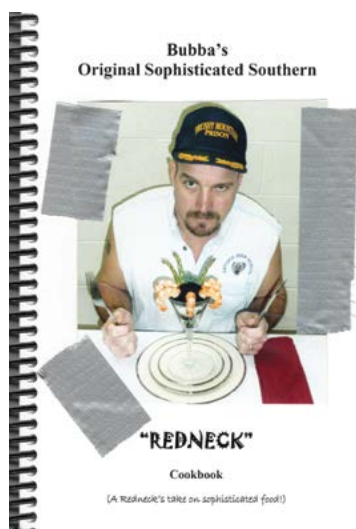
Again, if you serve this with garlic mashed potatoes or garlic cheese grits, you'll never stop eatin'!

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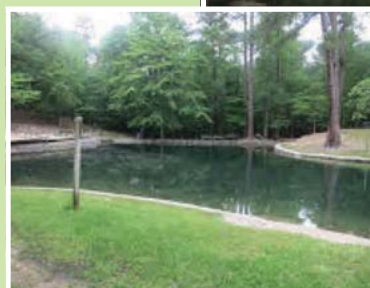
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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 descendants 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.

**ARTICHOKE SOUP
(Jean Moseley Cordaro)**

- 1/4 cup butter
- 1 medium onion, chopped
- 1 bunch green onions, chopped
- 2 cloves garlic, minced
- 2 Tablespoons parsley, chopped
- 2 jars (or 2 dozen) oysters, chopped

- 2 large cans artichoke hearts, quartered
- 1 cup oyster liquor
- 1 can cream of mushroom soup
- 1 bay leaf
- 2-3 cups chicken broth
- Salt and pepper, to taste

Cook onion in butter till clear. Add garlic and parsley; cook a few minutes longer. Add oysters and cook 3 minutes. Add drained and quartered artichoke hearts; cook 3 more minutes. Add oyster liquor, cream of mushroom soup, bay leaf and chicken broth. Cook 20-30 minutes. If too thick, add more chicken broth to desired consistency and salt and pepper to taste. Let rest before serving, allowing flavors to blend. Makes 4 large or 6 small bowls.



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"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."
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HAMBURGER STEW
Submitted by Elizabeth Buchanan
for band student Jamie Buchanan

- | | |
|-------------------------|----------------------------|
| 1½ cups water, boiling | 1 can whole tomatoes |
| 1 pound hamburger meat | 1 can tomato sauce |
| 1 large onion, diced | 3 Tablespoons chili powder |
| 3 cans mixed vegetables | Salt and pepper, to taste |

In boiling water, boil hamburger meat until it loses its color. Add remaining ingredients and simmer 50 minutes. Serve with cornbread or crackers.

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From Silvia Arnold of Lufkin

This recipe I have had for over 30 years. Always a crowd pleaser. Delicious and moist.

CARROT CAKE

Beat 4 eggs into 2 cups sugar, one at a time


Mix together:
 2 cups flour
 2 teaspoons baking soda
 2 teaspoons cinnamon

Add above alternately with 1½ cups oil and mix well. Add 1 teaspoon vanilla. Add 3 cups grated carrots and 1 cup chopped nuts


Pour into 3 baking round cake pans. Bake at 350 degrees for about 45 minutes to 1 hour.

FROSTING:
 1 stick butter, softened
 1 8 oz. pkg cream cheese, softened
 1 box powdered sugar, may need more to get to your desired consistency
 2 teaspoons vanilla

Mix, butter and cream cheese, add powdered sugar and vanilla. Mix well until smooth. Spread on cooled cake.



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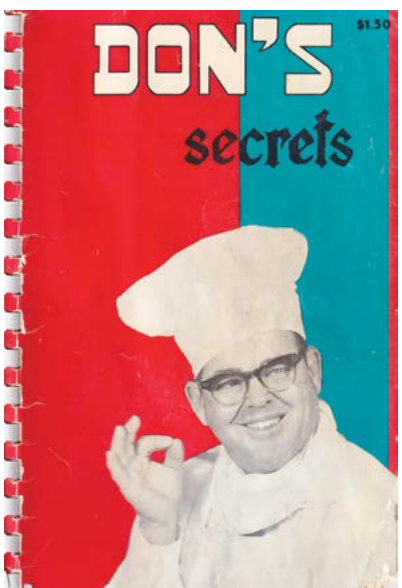
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**Submitted by David Stallings -
Around the Town Publisher**

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!



**SHRIMP & OYSTERS
EN BROCHETTE**



3 dozen oysters, shelled
1 lb. large shrimp, peeled & deveined
1/4 lb. butter or oleo
2 cloves of garlic
1/2 slice bacon for each shrimp
Salt
Cayenne (red pepper), to taste
1 lemon

Melt butter or oleo and add two cloves of garlic which have been pressed an the juice of one lemon. Heat to boiling and stir. Then reduce heat. Split shrimp, if desired. Season each individually with salt and Cayenne to taste. Wrap each shrimp with one-half slice of bacon secured with toothpick. Alternate shrimp with oysters on six skewers. Place skewers in shallow pan about 5 inches from flame of broiling oven and broil 15 to 20 minutes until bacon is crisp. Baste with butter sauce and turn frequently. Serve with tartar sauce.
Serves 6.

**CINNABON CINNAMON
ROLL CAKE**

Ingredients:

BOTTOM LAYER
3 cups all-purpose flour
1 1/2 cups milk
1 cup white sugar
2 eggs
4 teaspoons baking powder
2 teaspoons vanilla extract
1/4 teaspoon salt
1/4 cup butter, melted

TOP LAYER
1 cup butter, softened
1 cup brown sugar
2 Tablespoons all-purpose flour
1 Tablespoon ground cinnamon

GLAZE
2 cups confectioners' sugar
5 Tablespoons milk
1 teaspoon vanilla extract




Photo by DotDash Meredith Food Studios

Directions:
Preheat oven to 350 degrees F. Grease a 9x13-inch baking pan.
Mix 3 cups flour, milk, white sugar, eggs, baking powder, 2 teaspoons vanilla extract, and salt together in a large bowl until well-combined. Stir in 1/4 cup melted butter. Pour batter into the prepared baking pan.
Beat 1 cup softened butter, brown sugar, 2 Tablespoons flour, and cinnamon together in a large bowl until smooth. Drop by spoonfuls over the batter in the baking pan.
Swirl the top layer into the bottom layer with a knife to create a marble effect.
Bake in the preheated oven until a toothpick inserted into the center comes out nearly clean, 25 to 30 minutes.
Mix confectioners' sugar, milk, and 1 teaspoon vanilla extract in a large bowl until smooth.
Drizzle over warm cake.

May, more than any other month of the year, wants us to feel most alive.
— Fennel Hudson

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From Angela Bradford

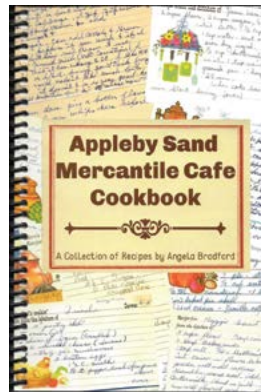
After years of dedicating my life to the bustling world of the restaurant business, I had finally decided to hang up my apron and embrace the quiet life of retirement. However, as I navigated through a challenging period of health issues, I found myself yearning for the clatter of dishes, the chatter of patrons, and the warmth of the kitchen. The cafe wasn't just a part of my career; it was a part of me. As I began to recover, the thought of returning to Appleby Sand Cafe filled me with a renewed sense of purpose and excitement. I missed the aroma of fresh coffee in the morning and the satisfaction of serving a well-loved dish. My journey back to the cafe has been a gradual one, with my health and well-being guiding the pace. It's been heartwarming to see the community rally around us, showing their support on our Facebook page and filling the cafe with friendly faces when we opened our doors for limited hours. Now, as I continue to heal, we're delighted to welcome patrons on Thursdays and Fridays for lunch between 11 a.m. and 2 p.m., and on select Friday evenings. Each day back in the cafe is a reminder of the joy and connection that food can bring. For updates on our hours and special events, I invite everyone to stay connected through the Appleby Sand Cafe's Facebook page. It's a testament to the strength of community and the enduring love for a place that feels like home, not just to me, but to all who walk through its doors.



CORN FRITTERS

- | | |
|---------------------------|-----------------------------|
| 2 eggs, beaten | 3/4 cup milk |
| 2½ cups all-purpose flour | 2 Tablespoons melted butter |
| 2 teaspoons baking powder | 1 can creamed style corn |
| 1 teaspoon salt | oil, for frying |

Mix all ingredients together to form a wet dough. Heat oil in a deep skillet or deep fryer to 365°. Drop by small spoonfuls into oil and cook 2-3 minutes per side, until deep golden brown. Remove to paper towel-lined plate to drain. Serve warm.



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

CHEESY MASHED POTATOES

- 6 large potatoes, peeled and cut into pieces
- 8 ounces cream cheese
- 4 ounces shredded cheese
- 1/2 cup sour cream
- 1/3 cup chopped onion
- 1 egg
- 2 teaspoons salt
- 1/2 teaspoon pepper
- Additional shredded cheese for topping (if desired)

Cook potatoes until tender and drain. In large bowl, mash potatoes, then add cream cheese, Cheddar cheese, sour cream, onion, egg, salt and pepper. Beat until fluffy. Transfer to a greased 2-quart baking dish. Cover and bake 45 minutes at 350°. Sprinkle with additional cheese, if desired. Serve warm.



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Michael Kenney
President-Manager
mkenney@hotmail.com

Serve over egg noodles, mashed potatoes, rice, or alongside your favorite vegetables. These delicious lemon garlic chicken thighs are low carb, keto friendly and easy enough for a weeknight meal.

BAKED LEMON BUTTER CHICKEN THIGHS

Ingredients:

- 4 Tablespoons butter, divided
- 4 cloves garlic
- 2 Tablespoons lemon juice
- ¼ teaspoon onion powder
- 4 (8 ounce) skin-on, bone-in chicken thighs
- Salt and ground black pepper to taste
- 2 Tablespoons fresh parsley, chopped



Photo by DotDash Meredith Food Studios

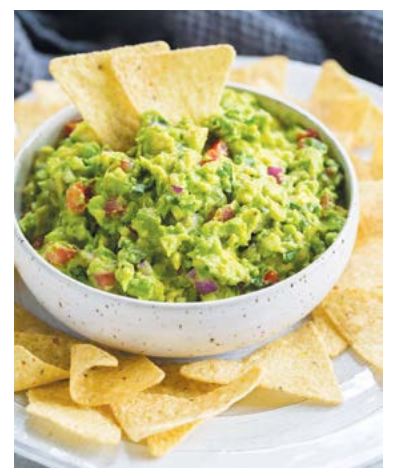
Directions:

Preheat the oven to 375 degrees F. Place 3 Tablespoons butter in a microwave-safe bowl and heat in a microwave oven until melted, 1 to 2 minutes. Smash garlic cloves with the side of a chef's knife and add garlic to the warm butter. Stir in lemon juice and onion powder; set aside. Sprinkle both sides of chicken thighs with salt and pepper. Heat remaining 1 tablespoon butter in a medium oven-safe skillet over medium-high heat. Brown chicken, skin-side down, for 3 to 4 minutes. Flip chicken over and brush skin with lemon-butter mixture. Pour remaining butter mixture into skillet and remove from heat. Bake in the preheated oven until chicken is no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F. Brush skin every 10 minutes with pan juices. Remove skillet from the oven and place chicken on a serving platter. Drizzle chicken with pan juices and garnish with parsley.

GUACAMOLE DIP

- 2 to 3 large avocados, peeled and diced
- 1 Tablespoon finely chopped fresh onion
- 1 Tablespoon lemon juice
- 1 teaspoon salt or to taste
- 1/4 teaspoon chili powder
- 1/2 cup diced tomatoes
- 1/4 cup Miracle Whip or mayo (optional if you like a creamier dip)

Blend all ingredients in a small bowl and mash with a potato masher. Chill until ready to serve.



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Spring GRILLING IDEAS

Vegetable, Steak and Eggs

(Serves 4)

- 1 beef skirt steak or flank steak (1 pound)
- 1 teaspoon Montreal steak seasoning
- 2 Tablespoons butter or coconut oil, divided
- 1 medium zucchini, halved lengthwise and cut into 1/4-inch slices
- 1 medium yellow summer squash, halved lengthwise and cut into 1/4-inch slices
- 1 medium sweet red pepper, chopped
- 5 ounces fresh baby spinach (about 6 cups)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 large eggs
- 1/4 cup shredded Parmesan cheese

Rub steak with seasoning. Grill steak, covered, over medium-high heat or broil 3-4 in. from heat 3-5 minutes on each side, until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Let stand 5 minutes.

Meanwhile, in a large nonstick skillet, heat 1 Tablespoon butter over medium-high heat. Sauté zucchini, squash and red pepper until crisp-tender, 5-7 minutes. Add spinach, salt and pepper; cook and stir until wilted, 2 minutes. Divide among 4 plates; keep warm.

In the same skillet, heat remaining butter. Break eggs, 1 at a time, into pan; reduce heat to low. Cook to desired doneness. Thinly slice steak across the grain; serve over vegetables. Top with egg and cheese.



Photo by Taste of Home

Barbecue Sliders

(Serves 8)

- 1 pound ground beef
- 1 pound bulk pork sausage
- 1 cup barbecue sauce, divided
- 16 Hawaiian sweet rolls, split
- Optional: Lettuce leaves, sliced plum tomatoes and red onion

In a large bowl, mix beef and sausage lightly but thoroughly. Shape into sixteen 1/2-in.-thick patties.

Grill patties, covered, over medium heat or broil 4-5 in. from heat until a thermometer reads 160°, 3-4 minutes on each side. Brush with 1/4 cup sauce during the last 2 minutes of cooking. Serve on rolls with remaining barbecue sauce; top as desired.



Photo by Taste of Home

Burnt Ends with Bourbon Sauce

(Serves 6-8)

Horn Rub:

- 1/4 cup packed dark brown sugar
- 2 Tablespoons kosher salt
- 1 Tablespoon coarsely ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper

Bourbon Sauce:

- 2 cups ketchup
- 1 cup (8 ounces) bourbon
- 1/4 cup packed dark brown sugar
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon honey
- 1 Tablespoon kosher salt
- 1 Tablespoon black pepper
- 1 Tablespoon liquid smoke



Photo by Victor Protasio

Burnt Ends:

- 1 (4-pound) beef brisket point, fat cap trimmed to 1/4 inch thick
- 1 Tablespoon plus 1 teaspoon kosher salt
- 1/4 cup Horn Rub
- 1 1/2 cups Bourbon Sauce
- 2 Tablespoons honey
- White sandwich bread slices (optional)

Make the Horn Rub:

Whisk together all ingredients in a medium bowl until well combined. Set aside.

Make the Bourbon Sauce:

Whisk together all ingredients in a medium saucepan until well combined. Bring to a boil over medium-high. Reduce heat to low; simmer, stirring occasionally, until sauce thickens and reduces by half, 25 to 30 minutes. Set aside.

Make the Burnt Ends:

Sprinkle brisket evenly with salt. Sprinkle evenly with Horn rub, gently massaging into brisket to adhere. Let stand at room temperature until ready to use.

Prepare a charcoal fire in smoker according to manufacturer's instructions. Place oak chunks on coals. Maintain internal temperature at 250°F for 15 to 20 minutes. Smoke brisket, covered with smoker lid, until a thermometer inserted in center of brisket registers 150°F, about 4 hours. Remove brisket, and wrap tightly in aluminum foil. Return brisket to smoker, and smoke, covered, until a thermometer inserted in brisket registers 185°F, about 2 hours.

Remove brisket from smoker; unwrap and cut into 3/4-inch cubes, discarding any large seams of fat. Place brisket cubes in a deep 13- x 9-inch aluminum foil baking pan; add bourbon sauce, and stir to coat. Drizzle brisket evenly with honey.

Increase smoker temperature to 275°F, adding more hot coals and wood chunks as needed. Place baking pan with brisket in smoker, and smoke, covered, until liquid has reduced and caramelized, 2 to 3 hours. Remove brisket from smoker, and serve immediately with white bread, if desired, and additional Bourbon Sauce, or cover and keep warm up to 30 minutes.

Make Ahead:

Burnt ends may be kept warm up to 30 minutes before serving. Horn Rub can be stored in an airtight container in a cool, dark place for up to 6 months. Bourbon sauce can be stored in an airtight container in the refrigerator for up to 1 month.

Calling All Meat Lovers

Bang For The Buck

Don't want to spend a fortune on a tenderloin? Make tougher cuts like flank steak and round tip more flavorful by marinating them before grilling.

Serve It Up Right

Before carving and serving, let grilled steaks stand for 2 to 3 minutes. The juices at the center will work their way throughout the meat.

Put It On Ice

When meat goes on sale, stock up and freeze it. If you're going to use it within 2 weeks, keep it store-wrapped. For longer storage, rewrap it in plastic wrap and foil. Also, always thaw out frozen meat in the fridge—NEVER at room temperature.

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