AroundTheTown.us/Recipes

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NACOGDOCHES COUNTY - ANGELINA COUNTY SAN AUGUSTINE COUNTY - SHELBY COUNTY



March 2024

Delicious Pasta Recipes You Will Love This Spring and Beyond

Try this rich, lemony pasta dish for an easy weekday meal or for any special occasion.

SHRIMP SCAMPI WITH LINGUINI

Ingredients:

- 1 pound linguini
- 4 Tablespoons butter
- 4 Tablespoons extra-virgin olive oil, plus more for drizzling
- 2 shallots, finely diced
- 2 cloves garlic, minced

Pinch red pepper flakes, optional

1 pound shrimp, peeled and deveined

Kosher salt and freshly ground black pepper

1/2 cup dry white wine

Juice of 1 lemon

1/4 cup finely chopped parsley leaves



Photo by Matt Armendariz

Directions:

For the pasta, put a large pot of water on the stove to boil. When it has come to the boil, add a couple of Tablespoons of salt and the linguini. Stir to make sure the pasta separates; cover. When the water returns to a boil, cook for about 6 to 8 minutes or until the pasta is not quite done. Drain the pasta.

Meanwhile, in a large skillet, melt 2 Tablespoons butter in 2 Tablespoons olive oil over medium-high heat. Sauté the shallots, garlic, and red pepper flakes (if using) until the shallots are translucent, about 3 to 4 minutes. Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink, about 2 to 3 minutes. Remove the shrimp from the pan; set aside and keep warm. Add wine and lemon juice and bring to a boil. Add 2 Tablespoons butter and 2 Tablespoons oil. When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta. Stir well and season with salt and pepper. Drizzle over a bit more olive oil and serve immediately.

Yields 4 to 6 servings.

Flavorful pasta is the perfect pick when you need to use up all those delicious veggies from the farmer's market. Combine bell peppers, mushrooms, zucchini and tomatoes for a veggie-packed, family-friendly meal.

CAJUN VEGGIE PASTA

Ingredients:

- 1 pound fettuccine
- 3 Tablespoons olive oil
- 3 Tablespoons salted butter
- 1 large green bell pepper, sliced
- 1 large red bell pepper, sliced
- 1 pound white mushrooms, quartered
- 3 cloves garlic, minced
- 4 teaspoons Cajun seasoning
- 2 zucchinis, quartered and sliced
- 2½ cups low-sodium vegetable broth
- 1 cup heavy cream
- 4 Roma tomatoes, diced
- 8 scallions, chopped

Kosher salt and freshly ground black pepper

Chopped fresh parsley, for garnish

Directions:

Bring a pot of salted water to a boil. Add the pasta and cook until al dente. Drain the pasta and set aside.

Meanwhile, heat 2 Tablespoons each olive oil and butter in a large cast iron skillet over high heat. Add the green and red bell peppers and mushrooms and sprinkle over the garlic and 2 teaspoons Cajun seasoning. Let the peppers and mushrooms sit a few seconds, so they start to blacken on the bottom, then cook, stirring gently, about 1 minute.

Add the remaining Tablespoon of olive oil and butter. Throw in the zucchini, and another 2 teaspoons of Cajun seasoning and cook, stirring, for an additional 1 to 2 minutes.

Cajun Pasta - 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."

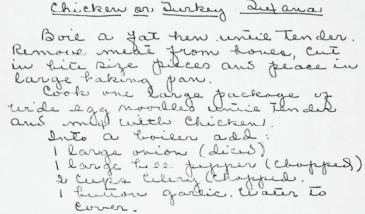
CHICKEN OR TURKEY TEXANA

(Mrs. Travis Holt)

and

CHICKEN BRITTLE

(Edith Williams)



twhen tender drain of train and add to chicken woodle mig. two shew add one large right tomats. Sact and peoper to taste. Sact and peoper to taste. Sact and leddon check and I can much room soup. Bake at 350° unit Thick enough to dip with a spoon.

Mrs. Drawis Hole

Chicken Brittle

Bail hen until meat falls from bones. Dice. Make a cream sauce using the following ingredients; 4 the butter 1 cup chicken broth 4 the flour 21/2 cupe mick. Dash papieka - salt + pepper to taste Mix chicken and cream sauce. Make a rich pie pastry. Rall out 1/2 of pastry to fit bottom of platter you are to use. Cut tother half into Pinch strips rollef thin. Bake pastry until galden brown. Place large pestry on platter, could ruith chicken mixture. Ady stripe of pastry on top + serve hat. Edith Williams



Around the Town 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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Advertising Sales - David Stallings - 936.554.5822
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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.



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!

MEXICAN CORNBREAD II



This savory bread is made easy with a shortcut using cornbread mix with creamed corn. Jalapeño peppers and Monterey Jack cheese give this tasty bread an unmistakable South-of-the-Border flair.

- 1 (8.5 ounce) package self-rising cornmeal
- 1 egg
- 1/2 cup milk
- 1 (8 ounce) can cream-style corn
- 1 cup shredded Monterey Jack cheese
- 1 (4 ounce) can diced green chile peppers, drained

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9 x 9-inch baking pan.

Place cornmeal mix in a large bowl. Stir in egg, milk, creamed corn, cheese and diced green chile peppers. Spread batter into prepared pan.

Bake in preheated oven for 25 minutes, or until golden brown and cornbread pulls away from sides of pan.

Cajun Pasta

Reduce the heat to medium-high. Pour in the broth and bring to a boil. Cook for 5 minutes, scraping the bottom of the pan. Reduce heat to medium-low, pour in the heavy cream followed by the tomatoes and cook, stirring constantly, until thickened, 3 minutes. The sauce should be spicy.

Add the cooked pasta, scallions to the sauce and toss to coat. Season to taste with salt and pepper. Sprinkle over chopped parsley and serve..

Yields 4 to 6 servings.



EKRICH SAUSAGE STEW

Ingredients:

- 2 packages Ekrich Beef Sausage
- 3 cans jalapeño pinto beans (don't drain)
- 2 cans sliced carrots (drain)
- 2 (27-ounce) cans Glory seasoned green beans (drain)
- 2 medium onions, chopped (Optional...some folks don't like onions)
- 4 potatoes cut in cubes with skin on

Directions:

Slice sausage into 1/2" to 1" pieces.

Add pinto beans, drained carrots and drained green beans. Add potatoes. Add 1 Tablespoon of seasoning (Tony's, or other of your choice).

Cook over medium heat for about one hour or until potatoes are tender. During cooking, stir 2-3 times to mix ingredients. If needed, add 1/2 cup water.

"He is risen, have faith in Him. . . and He will always be there for you!" Have a blessed and Happy Easter!

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

by Areeda Schneider-Stampley



"NEXT DAY" HASH

1 cup water (approximately)

2 beef bouillon cubes

Gravy and/or drippings from roast

1 to 2 cups of leftover chuck roast, cubed bite size*

Medium onion or some green onions, chopped

1 to $1\frac{1}{2}$ cups potatoes, cubed bite size **Biscuits**



*If you do not have much leftover roast, then decrease other ingredient quantities.

Crush bouillon cubes in water in a 10" skillet. Add gravy and drippings from leftover roast. Stir together as burner heats up; then add all other ingredi-

Cover and cook on low to medium heat 30-45 minutes until potatoes are done. Add just enough water, if needed, during cooking just to have a slight amount of broth.

Serve over fresh made biscuits, split open.

Note: Delicious! Almost as good as the roast was when originally served.

Purchase cookbook with credit card on my PayPal account at www.areedasoutherncooking.com. Or by check to: Areeda's Southern Cooking, P. O. Box 202, Brentwood, TN 37024 \$24.45 (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

For subscription information, call 1-800-820-5405.

Silvia Arnold of **Lufkin Becomes Our** Final Recipe Winner

JALAPEÑO BREAD

Ingredients:

- 1 package active dry yeast
- 1/4 cup warm water
- 2 cups milk
- 2 Tablespoons sugar
- 1 Tablespoon shortening
- 2 teaspoons salt
- 5 3/4 to 6 1/4 cups all purpose flour

Directions:

Soften yeast in warm water. In saucepan heat milk, shortening and salt just til warm and shortening almost melted; stir constantly. Turn into large mixing bowl. Stir in 2 cups of the flour, beat well. Add the softened yeast, stir til smooth. Stir in 1 cup grated cheese and 1 small can jalapeños. Add remaining flour as you can with a spoon. Turn out onto lightly floured surface. Kneading enough flour to dough til dough is smooth and elastic. Shape into ball, place in a greased bowl, turn once to grease surface. Cover, let rise in warm place til doubled.

Punch down, turn out on lightly floured surface, divide in half. Shape into two balls. Shape each ball of dough into a loaf and place in greased loaf pans. Brush with melted butter, cover, let rise (45 - 60 minutes). Bake in 350° oven for about 45 minutes or til bread is nicely browned or til bread tests done.





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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.



BLACK-EYED PEA SALAD

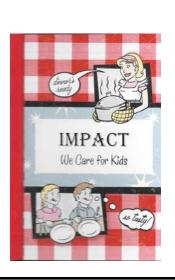
16-oz. pkg. frozen peas or 3 cups fresh cooked peas

- 1 pkg. frozen green peas, thawed and drained
- 4 green onions, sliced
- 2 celery ribs, diced
- 1 green or yellow pepper, diced
- 2 carrots, coarsely chopped

1/2 cup oil

- 1/3 cup red wine vinegar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 cup halved cherry tomatoes
- 1/4 lb. bacon, cooked and crumbled (microwave pre-cooked bacon makes this easy)

Cook peas until tender; drain and place in large bowl. Add peas, onion, celery, pepper and carrots. In a large jar with a lid, combine oil, vinegar, garlic, salt and pepper. Shake well to blend. Drizzle over salad, tossing gently to coat. Cover and refrigerate overnight. Top with tomatoes and bacon just prior to serving.

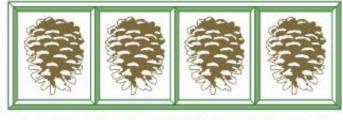




IMPACT Cookbook available for purchase at IMPACT, 720 E. Main St., Nacogdoches, TX, 936.205.5921. Proceeds benefit foster children in the area.

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This crockpot chicken noodle soup is hearty and comforting, yet incredibly easy to make! No need for a can full of preservatives, homemade is the best!

HOMEMADE CROCKPOT CHICKEN NOODLE SOUP

- 1-1½ lbs. boneless, skinless chicken breasts, trimmed of excess fat
- 1 medium to large yellow onion, diced
- 3 large carrots, peeled and sliced into circles
- 2 stalks celery, sliced
- 3-4 cloves garlic, minced
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon dried rosemary leaves
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 bay leaf (optional)
- 2 teaspoons Better Than Bouillon base, chicken flavor
- 8-9 cups reduced sodium chicken broth
- 8 oz. egg noodles (wide or extra wide)
- Fresh parsley, minced (for garnish)

Salt and pepper, to taste

To a 6-quart or larger slow cooker, add trimmed chicken breasts. Top with onion, carrots, celery, garlic, dried thyme, dried rosemary, salt and pepper, and bay leaf (if using).

Dollop Better Than Bouillon chicken base over the top, then pour in chicken broth. Gently stir to combine. Cover and cook on LOW for 6-8 hours, or HIGH for 3-4 hours.

Remove chicken from slow cooker to a large mixing bowl. Shred chicken. Discard bay leaf (if using), and return shredded chicken back to slow cooker.

Add egg noodles, stir, then cover and cook on LOW for 10-15 minutes, until pasta is tender. Taste, and add salt and pepper as needed.

Serve garnished with minced fresh parsley and a sprinkle of black pepper.

ADVERTISE IN RECIPES
Sharon Roberts 936.552.6758

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.



BEEF STROGANOFF

Patruka Plavnonovich moved to town with her husband Dimitri when he wuz transferred with the new Firestone addition. It wuz quite a cultural change for a cosmopolitan couple from St. Petersburg. It took 'em 'bout a year to become accustomed to the lifestyle of livin' in the south! For one thang, Patruka soon realized she didn't need all those fur coats she'd brought. Another thang wuz the absence of good Vodka. However, she looked like a Mexican Jumpin' Bean once she took to tequila. She brought with her lots of new dishes that she readily shared with her neighbors up and down Dogwood Lane. People took 'em in and invited 'em to parties and some of the rich folks even found a Vodka distributor who would start stockin' her favorite. We soon started seein' her smile in public instead of lookin' like she'd jus swallowed a bug.

1/4 cup butter

1 lb. top round steak or sirloin (Sometime, try boneless pork ribs!)

1/2 cup minced onion

1/4 cup water

3 Tablespoons all-purpose flour

1½ teaspoons salt

1/4 teaspoon pepper

1 can cream of chicken soup

1 (8-oz.) can mushrooms

1 clove garlic, minced

1 cup sour cream

1 lb. cooked egg noodles

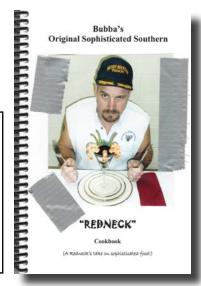
Combine flour, salt and pepper. Cut meat into bite-size pieces. Melt butter and brown meat in it. Add onion, sauté until golden. Stir in flour mixture and water. Add soup and mushrooms and garlic. Cook, uncovered, over very low

heat for 1-1½ hours. Jus before servin', stir in sour cream. Serve over egg noodles.



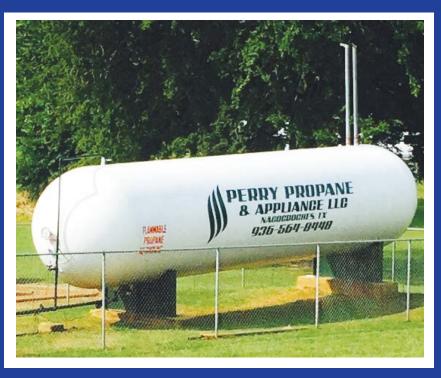
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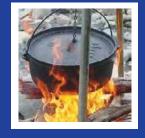
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Crockpot Beef and Noodles is classic Midwestern comfort food that sticks to your ribs. Rich and flavorful, this family favorite recipe is affordable and easy to prepare in the slow cooker.

CROCKPOT BEEF AND NOODLES

- 2-3 pound chuck roast (or similar cut)
- 1 Tablespoon canola oil
- 2 cups beef broth
- 2 teaspoons Worcestershire sauce (or soy sauce)
- 1 medium onion, chopped
- 2 cloves garlic (or 1 teaspoon garlic powder)
- 1 Tablespoon Italian seasoning
- 1 pound egg noodles
- 1 cup mushrooms, sliced (optional)

Salt and pepper, to taste

1/2 cup heavy cream

Optional: Brown the roast. Place a skillet over medium-high heat. When hot, add 1 Tablespoon canola oil and the beef. Fry for 1-2 minutes per side



until slightly browned. Place the beef in the crockpot along with the broth, onion, garlic, Worcestershire sauce and Italian seasoning. Seal the lid and set to cook for 6-7 hours on LOW or 4 hours on HIGH, or until the meat is tender.

Use two forks to shred the beef into bite-size pieces in the crockpot. Season with salt and pepper to taste. Then add the noodles.

Cover and set the crockpot to cook on HIGH for 10-20 minutes until al dente (Note: the time will vary based on the noodles you're using).

To thicken the sauce, stir in the cream or a cornstarch slurry. Let it bubble for a few minutes until thick enough to coat the back of a spoon. The gravy will thicken as it cooks. Serve warm.

This easy salmon recipe is a delicious way to prepare fresh fillets using just a few ingredients from your pantry. It needs little in the way of seasoning or marinade to make it shine. This salmon recipe is cooked with just a bit of lemon and butter, as well as a sprinkle of basil and garlic powder. To finish it off, you need only serve a light and fresh salad or any other seasonal vegetable you have on hand.

EASY 5-INGREDIENT SALMON

- 1 Tablespoon garlic powder
- 1 Tablespoon dried basil
- ½ teaspoon salt
- 4 (6 ounce) fillets salmon
- 2 Tablespoons butter
- 4 lemon wedges

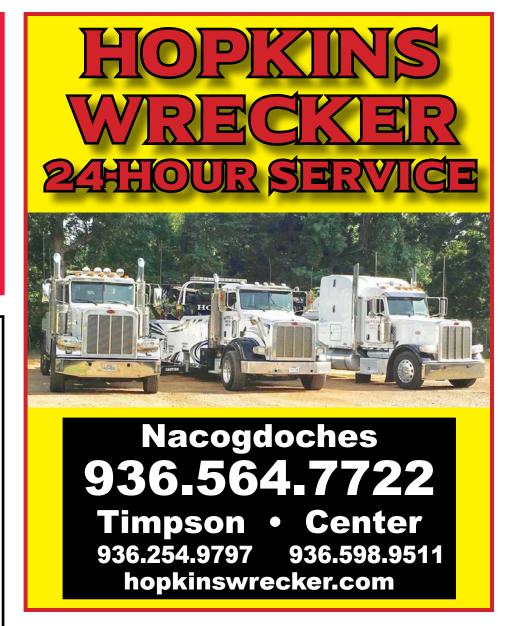
Stir garlic powder, basil, and salt together in a small bowl. Rub the mixture evenly over salmon.

Melt butter in a large skillet over medium heat. Add salmon

and cook until browned and flaky, about 5 minutes per side.

Serve salmon with lemon wedges.







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A light seafood dish that pleases the taste buds and the eyes!

SCALLOPS MASCARPONE

Ingredients:

- 1 (16 ounce) package medium seashell pasta
- 8 Tablespoons butter, divided
- 1 Tablespoon olive oil
- 1 Tablespoon chopped fresh parsley
- 1 clove garlic, chopped
- 1 (10 ounce) package sliced fresh button mushrooms
- 1 bunch asparagus, trimmed and cut into 1 inch pieces

Salt and ground black pepper, to taste

- ½ teaspoon onion powder
- 1 pound scallops, rinsed and patted dry
- ½ cup milk
- 1 (8 ounce) container mascarpone cheese

Directions:

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until tender yet firm to the bite, 7 to 9 minutes. Drain and keep warm.

Meanwhile, melt 6 Tablespoons of butter with the olive oil in a large skillet over medium heat. Mix in parsley and garlic and cook until fragrant, about 2 minutes. Add mushrooms and asparagus and



season with salt, pepper, and onion powder; cook, stirring occasionally until asparagus is tender, about 5 minutes depending on the thickness.

Place scallops in the pan, and cook briefly on each side until lightly browned and the center is cooked through, about 3 minutes per side. Remove from the heat when scallops are just finished.

While the scallops are cooking, combine milk, mascarpone cheese, and remaining 2 Tablespoons butter in a small saucepan over medium heat. Cook and stir until sauce is warm and butter is completely melted and blended in.

Stir sauce into the scallop and vegetable mixture along with the drained pasta. Mix to combine and serve immediately.

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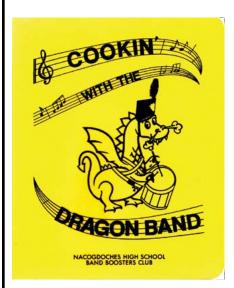
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From 1989 Cookin' with the Dragon Band



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 FRIED RICE

Submitted by Leon Bridges, **Medical Center Hospital**

3-5 slices bacon

1 medium onion, chopped

1 small carrot, chopped

1 rib celery, chopped

1 cup bean sprouts

1½ cups small salad shrimp

3 cups leftover cooked rice (Long Grain is best)

Cooking oil, if needed

2 Tablespoons soy sauce

1 Tablespoon Accent®

Salt, to taste

2 eggs, whipped lightly

Fry bacon, remove, drain, and chop into small pieces. Set aside. Cook onion, carrot and celery in bacon fat until onion turns color; leave celery and carrot crisp. Add shrimp and bean sprouts and cook until hot. Add rice, stirring until rice is thoroughly mixed with vegetables. If sticking occurs, add cooking oil. Add soy sauce, Accent and salt. Add eggs, mixing with rice until rice is coated. Cook until egg is done. Sprinkle bacon on top. Yields 4-5 servings.

PLEASE SEND US YOUR R

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!

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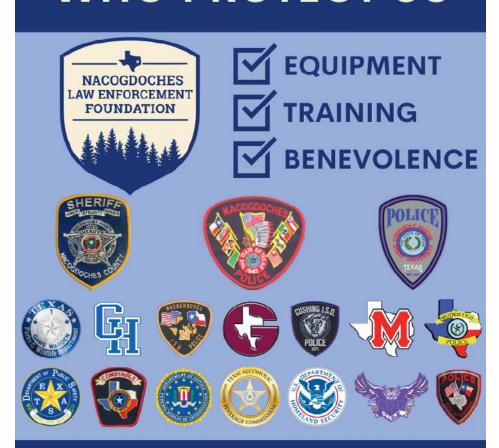




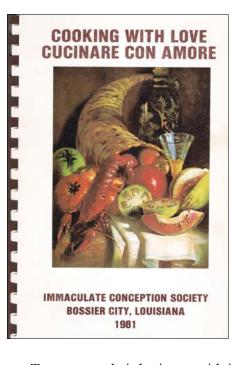




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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEP-TION SOCIETY, which was founded on April 27, 1941.

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.

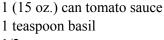
The descendents of these people have remained a close knit community in Shreveport and Bossier City, Louisiana.

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

EGGPLANT PARMIGIANA (Concetta Cascio)

- 1 large eggplant (about 1½ lbs.) 2 eggs, beaten
- 1½ cups fine, dry bread crumbs, mixed with 3/4 tsp. salt & 1/2 tsp. pepper Oil

Wash eggplant and cut crosswise in 1/2-inch slices. Dip into eggs; coat with seasoned bread crumbs. Place on platter and refrigerate 1/2 hour. Heat about 1/8-inch oil in skillet. Fry eggplant on both sides until golden and crisp. Drain on paper towel. Heat tomato sauce, basil and oregano in small saucepan. Spread a third of the



1/2 teaspoon oregano

1 lb. Mozzarella cheese, sliced

1½ cups grated Parmesan cheese

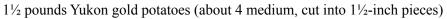


sauce in greased 12x8x2-inch or other shallow baking dish. Layer half the eggplant, half the Mozzarella cheese, a third of the sauce and half the Parmesan cheese. Repeat layers. Bake in pre-heated 350° oven for 30 minutes, or until hot and bubbly. Makes 6 servings.

This Instant Pot Beef Stew is filled with tender pieces of beef, potatoes and carrots in a rich and flavorful broth. This pressure cooker beef stew is a quick and easy twist on the classic recipe!

INSTANT POT BEEF STEW

- 2 pounds boneless beef chuck roast (or beef stew meat)
- 2 Tablespoons olive oil, divided
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 3 cups unsalted beef stock (or low sodium beef broth)
- 2 Tablespoons tomato paste
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon dried Italian seasoning
- 1 teaspoon dried thyme
- 1 bay leaf
- 4 carrots, cut into 1-inch pieces diagonally



- 2 Tablespoons cornstarch
- 2 Tablespoons water

If using chuck roast and not already cut stew meat, cut the beef into 1½ to 2-inch cubes.

Heat 1 Tablespoon of the olive oil in the Instant Pot using sauté mode. When the pot is hot, add half of the beef in a single layer. Sprinkle the beef with half of the salt and pepper.

Brown the beef on the first side, without moving it, for 4 minutes or until it is browned and releases easily from the bottom of the pot. Flip the beef pieces and brown on the second side for about 4 minutes more. Remove the beef to a clean bowl.

Add the remaining 1 Tablespoon olive oil to the pot. Brown the second half of the beef, seasoning with the remaining salt and pepper, about 4 minutes per side. Remove the browned beef to the bowl with the first half of the beef.

Add the onion to the Instant Pot and sauté for 2-3 minutes, until it begins to soften. Add the garlic to the pot, press cancel to turn off the heat, and cook, stirring, for 30 seconds.

While the Instant Pot is hot, deglaze the pot by pouring in 1 cup of the beef broth and scraping up any browned bits from the bottom of the pot. Pour in the remaining 2 cups of broth.

Add the tomato paste, Worcestershire sauce, Italian seasoning, thyme and bay leaf and stir to combine. Add the beef back to the pot, along with any juices from the bowl. Place the carrots and potatoes on top of the beef. Do not stir.

Close the Instant Pot lid and turn the steam release valve to the sealing position. Press the Manual/Pressure Cook button and set the cook time to 35 minutes at high pressure. The Instant Pot will take 10-15 minutes to reach pressure and then the cook time will begin counting down. When the cook time ends, allow the pot to naturally release for 10 minutes by leaving the Instant Pot alone. Then quick release any remaining pressure by carefully turning the steam release valve to the venting position using the handle of a long spoon.

Open the Instant Pot lid. Remove the bay leaf.

Thicken the stew by stirring together 2 Tablespoons cornstarch and 2 Tablespoons water in a small bowl. Pour this mixture into the Instant Pot and turn on sauté mode. Allow the stew to simmer, stirring occasionally, until slightly thickened. Be careful to not break up the vegetables as you stir.

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From Angela Bradford

Angela Bradford was the owner/operator of Appleby Sand Mercantile Café in Nacogdoches for more than 20 years. Her "comfort food" was absolutely amazing and the atmosphere at the café was almost like a daily family reunion.

Angela has decided to "retire" from the food business so that she may spend more time with her family. This recipe is printed with her permission.

45-MINUTE YEAST ROLLS (Bake or Deep Fry)

1 cup + 2 Tablespoons warm water 1/3 cup oil

2 Tablespoons active dry yeast

1/4 cup sugar

1½ teaspoon salt

1 egg

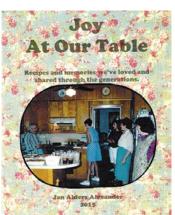
3½ cups bread flour



In bowl, mix water, oil, yeast and sugar. Let rest for 15 minutes. This is called "proofing" the yeast. Mix in salt, egg and flour. Knead until soft and smooth. To BAKE: Preheat oven to 400°F. Form into 12 balls and place onto 9x13-inch greased baking dish. Allow to rise for 10 minutes. Bake for 15 minutes or until golden brown. To DEEP FRY: Preheat grease to 350°F. Let kneaded ball rest and rise 10 minutes. Pinch off ping pong ball amount of dough and drop unto deep fryer. Use slotted spoon to evenly rotate. Remove when all sides are golden brown, about 2 minutes. Sprinkle with salt as soon as removed from grease.

Submitted by Jan Alders Alexander of Nacogdoches

Coffee cans made the best storage containers! These were and are my favorite cookies. I think I could really eat a whole recipe!



SEAFOOD BISQUE

This came from a friend at work; thank you Leah! It is wonderful, but VERY RICH!

1 (8 ounce) cream cheese, very "melty" and soft

2 cans cream style corn 1 can cream of celery soup

2 cans cream of potato soup

1 stick butter, very "melty" and soft 1 pint Half & Half

1 pkg cooked/frozen crawfish tails

1 pkg cocktail shrimp, cooked, peeled, deveined (approx. 40-50) Tony Chacheries Cajun seasoning,

Combine everything but the crawfish and shrimp in a crockpot. Cook on high setting for about two hours. Add frozen seafood and cook on high for about another hour. **Note:** If cooking for a crowd, double everything except the seafood, and I use 3 cans of cream style corn. I put in a stick and a half of butter.

ADVERTISE IN RECIPES **Sharon Roberts 936.552.6758**



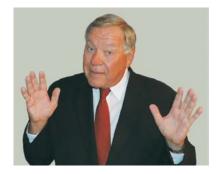
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Michael Kenney President-Manager mkenney@hotmail.com

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!

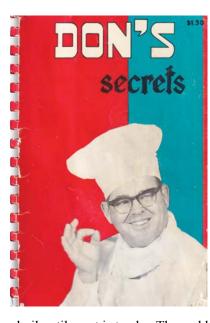


VEGETABLE SOUP

- 2 lbs. beef brisket or soup bone
- 1 gallon water
- 1 cup chopped onions
- 2 stalks celery, chopped fine
- 1 #1 can whole tomatoes
- 2 cups chopped cabbage 2 turnips, chopped
- 1/2 cup chopped bell pepper
- 2 carrots, chopped
- 1 Irish potato, diced
- 2 ounces twisted vermicelli
- 1/2 teaspoon Cayenne (red pepper)

2 teaspoons salt

Boil meat, tomatoes, celery, onions, bell pepper, salt and pepper over medium heat in uncovered pot for



one hour. Add carrots, turnips and cabbage; boil until meat is tender. Then add potatoes and vermicelli and boil slowly for 20 minutes. Serves 6.

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



Chinese Baby Back Ribs (Serves 4)

2 sides pork baby back ribs or your favorite type of ribs

Chinese Barbecue Sauce:

1 cup hoisin sauce

1/2 cup plum sauce

1/2 cup oyster sauce

1/4 cup wine vinegar

1/4 cup honey

2 Tablespoons dark soy sauce

2 Tablespoons dry sherry or Chinese rice wine

1 Tablespoon dark sesame oil

1 Tablespoon Asian chile sauce

1/2 teaspoon five-spice powder

1 Tablespoon grated or finely minced orange zest

10 cloves garlic, finely minced

1/4 cup finely minced ginger

1/4 cup finely minced green onion, green and white parts

Remove the membrane from the underside of the ribs. Then place the ribs in a rectangular dish or baking pan.

To make the sauce, combine all the sauce ingredients and stir well. Makes 3 cups.

Coat the ribs evenly on both sides with the marinade. Marinate the ribs, refrigerated, for at least 15 minutes. For more flavor, marinate for up to 8 hours.

To grill the ribs, if using a gas grill, preheat to medium (325°). If using charcoal or wood, prepare a fire.

Cover the grill. Regulate the heat so it remains at a medium temperature. Occasionally during cooking, baste the ribs with extra marinade, stopping 15 minutes before removing the ribs from the grill. Grill the ribs until the meat begins to shrink from the ends of the rib bones. Approximate grilling times: pork baby back ribs and country-style spareribs, 75 minutes; spareribs and beef ribs, 90 minutes; lamb ribs, 40 minutes.

To smoke the ribs, Preheat the smoker to 200° to 220°. Place the ribs meaty side up in the center of the smoker or stand them

upright in a rib rack. Cover the smoker. Occasionally baste the ribs with extra marinade. Smoke the ribs until the meat begins to shrink away from the bones. Approximate smoking times: pork baby back ribs, spareribs, beef ribs, 3 hours; country-style spareribs, 3 to 4 hours; beef short ribs, 4 to 5 hours.

To serve, cut each side of ribs in half, into 3 sections, or into individual ribs. Transfer to a heated serving platter or 4 heated dinner plates and serve at once.



Pork Baby Back Ribs with Spicy Peanut Butter Slather

(Serves 4)

2 sides pork baby back ribs or your favorite type of ribs

Spicy Peanut Butter Marinade:

1/2 cup chunky peanut butter, salted

1/2 cup dry sherry or Chinese rice wine

1/4 cup dark soy sauce

1/4 cup wine vinegar

1/4 cup honey

1/4 cup flavorless cooking oil

2 Tablespoons dark sesame oil

2 Tablespoons Asian chile sauce

Grated zest of 1 lime

6 cloves garlic, finely minced

1/4 cup finely minced ginger

1/4 cup minced green onion, green and white parts

1/4 cup minced cilantro sprigs

Remove the membrane from the underside of the ribs. Then place the ribs in a rectangular dish or baking pan.

To make the marinade, combine all the marinade ingredients and stir well. Makes $2\frac{1}{2}$ cups.

Coat the ribs evenly on both sides with the marinade. Marinate the ribs, refrigerated, for at least 15 minutes. For more flavor, marinate for up to 8 hours.

To grill the ribs, if using a gas grill, preheat to medium (325°). If using charcoal or wood, prepare a fire.

Cover the grill. Regulate the heat so it remains at a medium temperature. Occasionally during cooking, baste the ribs with extra marinade, stopping 15 minutes before removing the ribs from the grill. Grill the ribs until the meat begins to shrink from the ends of the rib bones. Approximate grilling times: pork baby back ribs and country-style spareribs, 75 minutes; spareribs and beef ribs, 90 minutes; lamb ribs, 40 minutes.

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To serve, cut each side of ribs in half, into 3 sections, or into individual ribs. Transfer to a heated serving platter or 4 heated dinner plates and serve at once.



A Memphis Dry Rub

(Makes 3/4 cup)

- 3 Tablespoons sweet paprika
- 3 Tablespoons pure chile powder
- 1 Tablespoon salt
- 2 teaspoons freshly ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano
- 2 teaspoons yellow mustard seeds
- 1 teaspoon ground coriander
- 1 teaspoon celery seed
- 1 teaspoon cayenne pepper

Place the paprika, chile powder, salt, black pepper, garlic and onion powders, thyme, oregano, mustard seeds, coriander, celery seed, and cayenne in a bowl and stir to mix. (Actually, if you don't have sensitive skin, your fingers work better for mixing a rub than a spoon or whisk does.) Store the rub in an airtight jar away from heat and light; it will keep for at least 6 months.

If you have a smoker, set the temperature at 200°-250°. It will take anywhere from 2 to 6 hours, but they are so juicy and tender. If you are using a grill, you will cook them at a higher temperature, usually around 325°-350°.

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