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July 2023

Hannah LeBlanc of Indianapolis Is This Month's Recipe Winner

This month's recipe winner hails all the way from Indianapolis, Indiana, by way of Nacogdoches. Her recipe is for a delicious quiche. Try it out!

HANNAH'S QUICHE

- 6 eggs
- 3/4 cup heavy whipping cream
- 4 slices of gouda OR 3/4 cup shredded cheese
- 4 mushrooms
- 1/2 bag of spinach leaves
- 3/4 cup of diced ham
- 1 frozen deep dish pie crust (or your own crust)
- Salt and pepper to taste



In a bowl, whip eggs and heavy whipping cream together until well mixed. Set aside.

If using cheese slices, cut them up into small pieces and add to bottom of pie crust (if using shredded, go ahead and add to bottom of pie crust).

Chop spinach up and then wilt in a pan for a few minutes. Add to pie crust on top of cheese.

Chop mushrooms and add to pie crust.

Pour egg mixture on top and place on a baking sheet in case of spill.

RECIPE WINNER—Page 3

A Light and Zesty Pasta Recipe

Tangy marinated peppers (make 'em from scratch or use store-bought) and sweet roasted onions bring big flavor to this vegetarian pasta. Just add a sprinkle of cheese and fresh basil and dinner is done!

MARINATED PEPPER PASTA

- 2 red onions, cut into 1/4-inch-thick wedges
- 1 Tablespoon olive oil, plus more for serving
- Kosher salt and pepper
- 12 oz. rigatoni
- 1/2 cup grated Pecorino Romano, plus more for servings
- 1/2 batch marinated peppers (about 1 1/2 cups)
- 1 cup fresh basil leaves, torn

Step 1

Heat oven to 425°F. On rimmed baking sheet, toss onions with olive oil and 1/4 teaspoon each salt and pepper. Roast until golden brown and tender, 15 to 20 minutes.

Step 2

Cook rigatoni per package directions. Reserve 1/2 cup pasta cooking water, then drain. Toss pasta with 1/4 cup pasta water and Pecorino Romano, adding more water if pasta seems dry. Then toss with onions and marinated peppers and season with salt and pepper. Fold in basil.

Step 3

Drizzle with additional oil and serve topped with grated pecorino if desired.

FIERY FLAVOR: Roast a whole jalapeño or Fresno chile along with your peppers for a hint of heat.



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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."

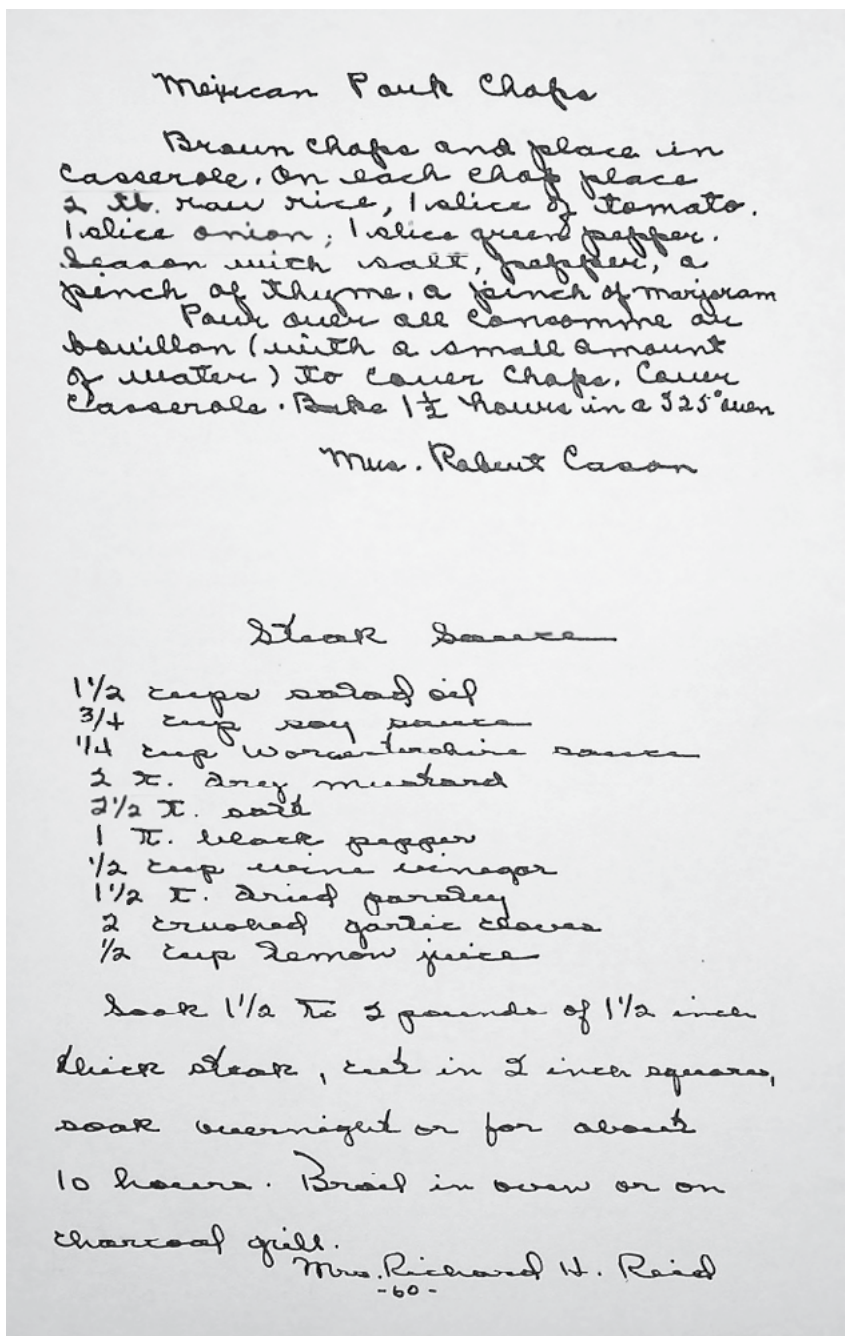
MEXICAN PORK CHOPS

(Mrs. Robert Cason)

and

STEAK SAUCE

(Mrs. Richard H. Reid)



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To be considered, recipes cannot be copied from a cookbook or publication. They cannot be an attachment or a scanned copy of a handwritten or typed recipe. They must be typed out in the body of an email message. Only one recipe per month per person will be permitted for consideration. If you wish to submit more than one recipe, please designate which recipe is for the judging. Recipes will be published as space allows for them. Once available space is filled, any additional recipes will be held over until the next month. Email recipes to AroundTheTown@mail.com no later than the 20th of each month preceding publication on the 1st.

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DISCLAIMER

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

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Happy 4th of July!



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!



VEGETABLE SOUP

1 lb. stew meat cut into small pieces
Water, plenty, after soup comes to boiling (cook slowly)
1 teaspoon salt Black pepper

Add:

1/2 onion chopped, after meat has cooked a little while
1/2 to 3/4 cup chopped celery and 3/4 to 1 cup chopped carrots after meat has cooked about 1 hour (keep well covered with water at all times)
1 medium potato chopped and added after meat has cooked about 2 hours
2-1 lb. cans stewed tomatoes
1 Tablespoon sugar
1/2 cup macaroni or spaghetti after meat has cooked 2 1/2 hours
1 teaspoon salt

Done in 3 hours.

RECIPE WINNER

Cook on 400 degrees Fahrenheit until set (when insert a toothpick in middle it comes out clean), usually about an hour.

Variations:

You can use any cheese, veggies, or protein of your choosing. Just remember any water heavy veggies (like mushrooms) use only about 1/2 a cup instead of 3/4.

If using bacon, use grease in the pan to wilt spinach or sauté any veggies!

You can also use half-and-half, cow's milk, or nut milk in place of heavy whipping cream.

Not a veggie or meat eater? You can make this plain with just egg and cheese.

From Sheryl Davis of Alto, Texas

BANANA PUDDING SUPREME

1-8 ounce package cream cheese
1-14 ounce can Eagle Brand
2 cups milk
2-6 ounce packages instant vanilla pudding
1-8 ounce Cool Whip
4 bananas, sliced and dipped in lemon juice
1-12 ounce box vanilla wafers
2 teaspoons vanilla

Cream the cheese until smooth. Stir in Eagle Brand and pudding mix which has been mixed with milk. Layer pudding, cookies and bananas in dish. Top with Cool Whip.



Sheryl recently made her banana pudding for two-time World Heavyweight Champion George Foreman when he was on a fishing trip to Sam Rayburn Lake. George and all of his friends loved it...So will you! Pictured with Sheryl (In yellow blouse) are: George Foreman, Cheryl's daughter-in-law, Christie Hollis, her son, Tim Hollis and her husband, Charles Davis.

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!**

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

by Areeda Schneider-Stampley



Let Freedom Ring!

SOUTHERN FRIED CHICKEN & GRAVY

- 1 fryer chicken, 2 to 3 lb., cut up (or 4-5 individual pieces)
- Shortening
- 2 cups all-purpose flour
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 egg, slightly beaten
- 1/2 cup milk



Skin and wash chicken. Dry on paper towels. Heat 1-2 inches of shortening (not oil) in electric skillet to 350°.

Combine flour, paprika, salt and pepper in brown lunch bag and shake to mix.

Combine egg and milk. Dip chicken in egg mixture; the dredge in flour mixture, coating well.

Place chicken in hot skillet. Put lid on, but tilt lid a little so steam can escape.

After about 10 or 15 minutes, when chicken has browned, turn and brown on other side. When brown, turn heat down to 300°. Close lid and continue cooking until chicken is completely done - 30 to 45 minutes.

Remove and drain well on paper towels. Leave uncovered so it stays crisp. Yield: 4-5 servings.



Chicken Gravy for Fried Chicken:

- 4-5 Tablespoons fried chicken drippings Salt and pepper, to taste
- 4 Tablespoons all-purpose flour 2 to 3 cups milk

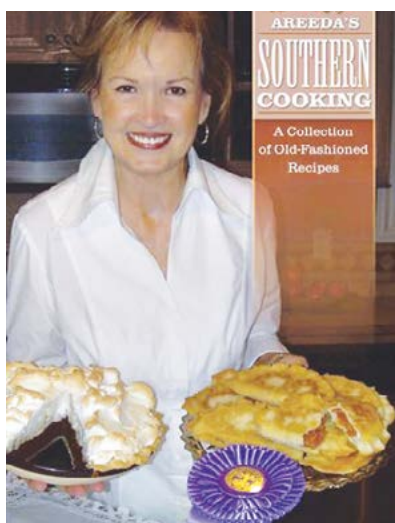
Pour off all chicken drippings (after frying a chicken) from skillet except about 4-5 Tablespoons. Turn skillet back up to about 350°.

Add flour and allow it to get golden to dark brown, continually stirring with a metal spatula to keep from sticking; add salt and pepper. Turn down to approximately 250° and gradually add milk. Cook, stirring constantly, until it reaches desired thickness, about 10 minutes. Serve hot over mashed potatoes.

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 shows.

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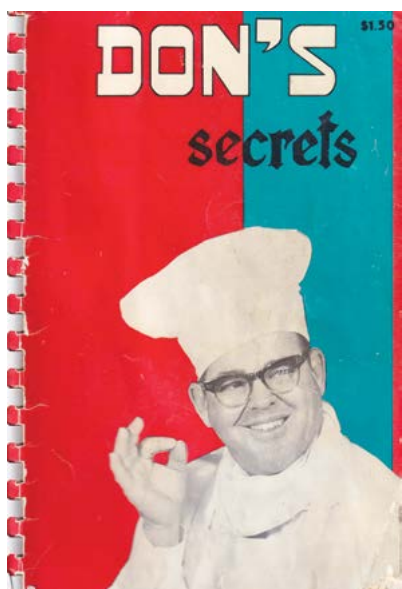
Submitted by David Stallings -
Around the Town Publisher

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!



SEAFOOD GUMBO

- 2 lbs. shrimp, peeled and deveined
- 1/2 lb. or more filet of catfish, trout or redfish
- 1/2 pint shelled oysters
- 1/2 cup all-purpose flour
- 1 cup celery, chopped fine
- 2 cups onion, chopped fine
- 4 cloves garlic, minced (optional)
- 1 gallon water
- 1/2 cup oil
- Gumbo Filé:** 1/2 teaspoon parsley, chopped fine



Make roux by putting oil in heavy iron pot over medium heat. When oil is hot, stir flour in gradually. Lower heat. It is very important that you keep **STIRRING CONSTANTLY**. After all the flour has been combined with the oil, turn fire down very low and cook until golden brown, **STIRRING CONSTANTLY**.

When roux is a golden brown, pour the mixture into another container, until ready for use. Roux will get too dark if it remains in the pot in which it was prepared.

Add onions and celery to roux. Cook until onions are wilted and then add water and garlic. Cook in heavy uncovered pot over medium heat for one hour and season to taste with salt, black and red pepper. Add shrimp, parsley and fish to mixture; cook another 10 to 15 minutes, then add oysters to the Gumbo, then let come to a boil. Serve in soup plates with cooked rice. Serves 6. Use dash of filé in each plate, if desired.



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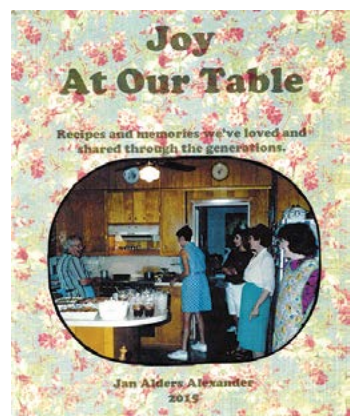
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Submitted by Jan Alders Alexander
of Nacogdoches

This is everyone's favorite way to eat sweet potatoes.



SWEET POTATO CASSEROLE

- 3 cups mashed sweet potatoes (boil until tender)
- 1 cup sugar
- 2 eggs (well beaten)
- 1/3 cup milk
- 1/2 cup melted butter
- 1 teaspoon vanilla

- Topping:**
- 1 cup packed brown sugar
 - 2 1/2 Tablespoons melted butter
 - 1/4 cup flour
 - 1/2 cup pecans



Combine all ingredients, mix well. Spoon into casserole dish. Add topping. Bake at 350° for 25 minutes.

From Silvia Arnold of Lufkin

GREEN BEANS AND NEW POTATOES

Got some fresh green beans and new potatoes cooking in the slow cooker. I mixed in a can of hot rotel tomatoes, sliced onions, bacon, quartered new potatoes, salt, pepper, bouillon beef cubes, mixed in water and poured over beans. Cover, cook on low until potatoes are done. To me this is the best way to cook the green beans. When I cook on stove top, I had a time getting my beans soft. This slow cooker has really changed my way of cooking these fresh green beans. Enjoy!!



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.

"CADDY-LAC" GREEN BEANS

We never owned one 'cause they were faincy. They wuz also expensive and my daddy thought nuthin' could beat a Pontiac. I know the first time I rode in one I thought I had crawled onto my bed, the thang wuz so comfortable. I thought to myself, 'so this is what is meant by a luxury ride.' It wuz also quiet. So ownin' a Cadillac wuz a big deal. You want somethin' faincy to drive yer prom date in, jus borry yer daddy's Sedan De Ville and watch heads turn. You want somethin' faincy to serve to yer rich friends, make these green beans. They'll ask you for the recipe. Don't give it to 'em. Tell 'em you'll trade it for a night out in their Caddy-Lac. It won't be a hard choice for 'em. They'll hand those keys right over.

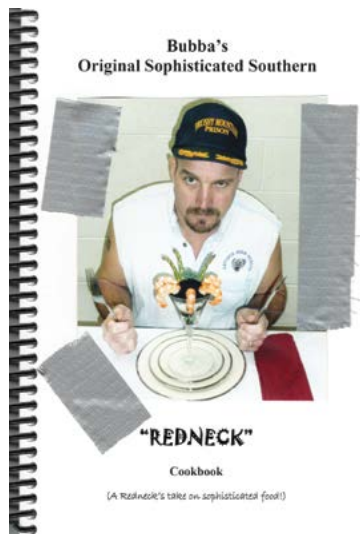
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 1 lb. mushrooms, chopped
- 4 strips of bacon, fried, crumbled and the fat reserved
- 2 cans whole green beans
- 1/2 cup Cabernet
- 2 heapin' teaspoons fresh minced garlic
- 1/4 cup olive oil
- 2 teaspoons sugar
- Salt and pepper to taste

Fry bacon in large skillet until very crisp. Crumble and set aside. To the fat, add wine, oil, garlic, onion, bell pepper and mushrooms; sauté until just tender. Add beans and sugar and simmer uncovered 30 more minutes on low until beans are tender.

The beans are great right by themselves or served with a bland chicken. I've even had 'em with fried catfish. Better yet, make you a big 'ole pan of hot water cornbread and nuthin' else. You'll have to add a new hole to yer belt.

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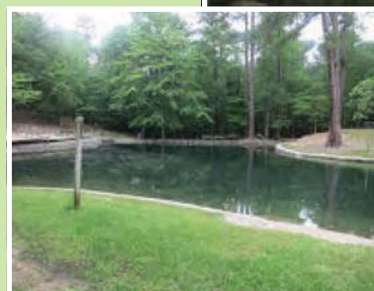
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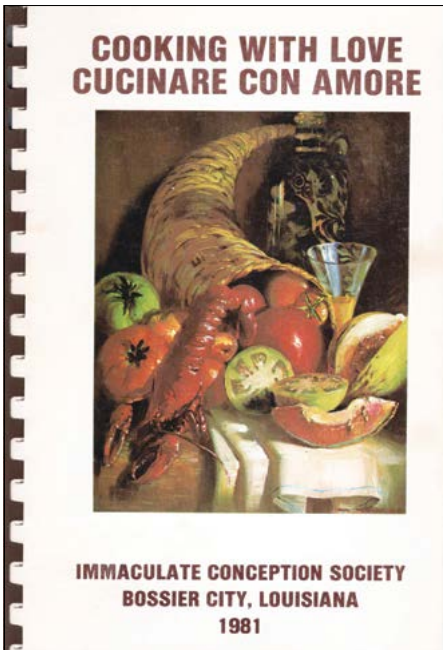


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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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.

**MEAT BALLS AND SPAGHETTI
(Constance Watkins)**

Sauce:

- 3 large onions, sliced
- 2 (12 oz.) cans tomato paste
- 2 (15 oz.) cans tomato sauce
- 4 Tablespoons sugar
- 2 Tablespoons salt
- 1 teaspoon sweet basil
- 2 whole garlic cloves
- 1/2 teaspoon pepper
- 1 1/2 cups olive oil



Meat Balls:

- 2 lb. ground beef
- 12 saltine crackers (soak in water and drain)
- 6 eggs
- 1 cup grated Romano cheese
- Salt and pepper to taste
- 1 teaspoon sweet basil
- 1 clove garlic, chopped well
- 1 Tablespoon chopped parsley

Heat olive oil in 6 quart saucepan; add sliced onions. Brown until golden brown; drain remaining oil. Add tomato paste and sauce; use 15-ounce can to measure water. Use 8 cans water. Add sugar, salt, sweet basil and garlic; let simmer and make meat balls.

Add crackers to ground beef, eggs, garlic, cheese, sweet basil, parsley, salt and pepper. Shape into balls. Fry in olive oil until brown on all sides, then add to your sauce and simmer 4 hours, uncovered.

Prepare spaghetti by package instructions.



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From Julia Jones of Nacogdoches

Julia runs IMPACT, a non-profit ministry in downtown Nacogdoches that serves the families of Nacogdoches thanks to the generosity of friends and family. She volunteers full time and has generous ladies who help her make IMPACT possible. Over the years IMPACT has continued to grow and they were able to expand their service to include fire victims, as well as seniors in nursing homes with no family and children, referred to them by social services.



EASY CHICKEN AND RICE

2-3 chicken breasts

Seasonings of your choice (I use McCormick grilled steak seasoning on everything)

1 can cream of chicken or cream of mushroom soup

Cooked rice

Spray 9x13 pan with Pam. Place 2-3 seasoned chicken breasts in pan, cover and bake for 30 minutes. Uncover and pour 1 can cream of chicken soup and one can of milk over the chicken. Bake an additional 15 minutes or until soups are bubbly. Serve over cooked rice. You may add one small dices and sautéed onion to the soup mixture, if you prefer the taste of it.



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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RED, WHITE & BLUE-BERRY FREEZE POPS

Sweet, cool and relatively healthy, these fruity, frozen pops are great pick-me-ups after a Fourth of July parade.

- 10 5-ounce plastic or paper cups
- 1 quart raspberry juice
- 10 Popsicle sticks
- 2 cups cold water
- 1 pint frozen vanilla yogurt
- 3/4 cup fresh or frozen blueberries



Assemble the cups on a cookie tray. Pour 1 inch of the raspberry juice into each cup, then place the tray in the freezer. When the juice is partially frozen, set a Popsicle stick in the center of each cup and let the juice freeze solid. Next, blend 1 cup of the water and 4 large scoops of the frozen yogurt until smooth. Pour 1 inch of the yogurt mix on top of the frozen juice layer in each cup and freeze again. Once the yogurt layer sets, blend the second cup of water, the blueberries and a large scoop of the frozen yogurt. Spoon the blueberry mix into the cups and freeze overnight. To serve, slide the pop out of the cup. Makes 10 pops.

WALDORF SALAD

This salad dresses up a plate nicely. Use fresh ingredients and toss well to coat the apples and prevent them from browning.

- 2 to 3 cups chopped apple
- 1 cup Cheddar cheese chunks
- 1 cup green or red grapes
- 1/2 cup diced celery
- 1/2 cup walnut pieces
- 1/2 cup raisins
- 1/3 cup mayonnaise
- 1 Tablespoon fresh lemon juice

In a large bowl, toss all the ingredients and stir well to coat with the mayonnaise and lemon juice. Refrigerate until ready to serve. Serves 6 to 8.

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.

STUFFED GREEN PEPPERS

Submitted by Elizabeth Buchanan, for band student Jamie Buchanan

- | | |
|--------------------------------------|--|
| 1 pound ground beef | 1 teaspoon salt |
| 1/3 cup chopped onion | 1/8 teaspoon pepper |
| 2-8 ounce cans tomato sauce | 1/2 cup pre-cooked rice |
| 1/4 cup water | 4-5 medium green peppers, tops and insides removed |
| 3 Tablespoons grated Parmesan cheese | |

In skillet over moderate heat, cook ground beef and onions until pink is gone from meat. Drain excess grease. Stir in 1 can tomato sauce, water, 1 Tablespoon cheese, salt and pepper. Simmer 15 minutes. Stir in rice and fill green peppers with mixture. Place in shallow baking dish and pour the remaining can of tomato sauce over peppers. Sprinkle with remaining 2 Tablespoons cheese.

Bake at 350 degrees for 30 minutes.

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BENNIGAN'S COPYCAT MONTE CRISTO SANDWICH

Ingredients:

Sandwich

- 9 slices honey wheat bread
- 9 slices roasted turkey, deli meat – we prefer a thick cut
- 9 slices honey ham, deli meat – we prefer a thick cut
- 3 slices mild cheddar cheese
- 3 slices Swiss cheese

Batter*

- 1½ cups (187.5 g) all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon kosher salt
- 1½ cups water
- 1 large egg, beaten
- vegetable or canola oil, for deep frying
- ¼ cup (31 g) confectioners' sugar

Dipping Sauce

- red raspberry preserves, for dipping
- honey mustard, (optional) for dipping



Instructions:

Sandwich – Assemble sandwiches on a work surface. Start with one slice of bread, three slices of turkey, 1 slice of Swiss cheese, another slice of bread, three slices of ham, 1 slice of cheddar cheese and one final slice of bread.

Slice the sandwich diagonally and then wrap tightly in plastic wrap and chill for 2-3 hours (up to overnight). Chilling allows the sandwich to firm up which will help it hold together in the frying process.

Batter – After chilling the sandwiches, make the batter*. In a large bowl combine flour, baking powder, and salt. Whisk to combine.

In a separate bowl combine water and egg, whisking to combine. Pour the wet mixture into the dry mixture and whisk well until all ingredients are incorporated and the batter is smooth. Set aside while you heat the oil.

Frying the Sandwiches – Pour about 2 inches (or more) of oil into a large pot (enough to cover the sandwich) and set it over medium heat. Heat the oil to a temperature between 325°F-350°F.

Working one half a sandwich at a time, remove the plastic wrap from the chilled sandwich and dip it into the batter with your hands. Then, use metal tongs to dip the sandwich into the hot oil. You may have to hold down the sandwich to submerge in oil or flip it. Fry until golden brown (4-5 minutes with homemade batter or closer to 4 minutes with pancake batter). Remove from the oil and set on a paper towel-lined plate to drain slightly. Repeat with the remaining halves.

Sprinkle the fried sandwich lightly with confectioners' sugar and serve with a side of raspberry preserves for dipping.

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Submitted by *Around the Town* Publisher,
David Stallings

BIG MAMA'S BLACKBERRY PRESERVES

Some of my favorite childhood memories are of spending summer days at the home of my maternal grandparents, "Big Mama" and "Paw Paw" Briley in the Little's Chapel Community between Melrose and Chireno, Texas. As the late humorist, Jerry Clower, once said of some folks, "They were so country that they made Loretta Lynn seem like a city slicker!" I absolutely loved being with them. Big Mama was an amazing cook and I can still remember the aromas coming from her kitchen.

An experience that I'll never forget was picking blackberries along the "bob wire" fence rows around their home. My sisters and I would gather them in a tin bucket, run to the house and hand them over to Big Mama so that she could make her delicious preserves. She would make huge "cat head" biscuits and serve them slathered with real butter, topped with her preserves. I'd almost eat myself into a "sugar coma!"

Her recipe is simple and does not require sealing the jars in a pressure cooker. The same recipe ratios may be used for peach, strawberry, fig or blueberry preserves. I loved that the seeds were in the preserves, but you may strain them out if desired.

No pectin is required.

Ingredients:

4 cups blackberries (fresh or frozen)
1 cup sugar

Directions:

Gently rinse the blackberries in a strainer with cold water. Place strainer in sink and let dry.

Place berries and sugar in a large pot, stir together and let sit for two hours or until berries release their liquid.

Bring the mixture to a simmer on medium heat for 30 to 45 minutes. Gently stir; Cook the berries until reduced by half or the mixture reaches jam thickness.

Jar the preserves right out of the kettle, filling each jar to the top. Place a top on each jar as tight as possible.

Makes 4 cups.



ITALIAN PASTA BAKE

1 pound ground beef
8 oz. broken spaghetti or 3 cups penne or rotini pasta, cooked, drained
1 jar (26 to 28 oz.) spaghetti sauce
3/4 cup grated Parmesan cheese, divided
1 pkg. (8 oz.) shredded Mozzarella cheese

Brown meat in a large skillet; drain. Stir in spaghetti, sauce and 1/2 cup of the Parmesan cheese.

Spoon into 13 x 9 inch baking dish. Top with Mozzarella cheese and remaining 1/4 cup Parmesan cheese.

Bake at 375°F for 20 minutes. Makes 6 servings.



Try serving with garlic bread and a salad with your favorite prepared salad dressing mix, such as Zesty Italian.

Variation: Prepare as directed, substituting ground turkey for ground beef.

FILET MIGNON WITH SHALLOT BUTTER

Recipe Tip: To get everything on the table at the same time, start the potatoes first, since they take the longest to cook. Save the spinach to make last, while the beef rests.

2 teaspoons plus 1 Tablespoon vegetable oil
1 small shallot, finely chopped
1/8 teaspoon dried rosemary
1/4 cup dry red wine
2 Tablespoons butter (no substitutions), room temperature
1 Tablespoon fresh parsley leaves, chopped
2 beef tenderloin (filet mignon) steaks (about 1 inch thick and 6 oz. each)

In 10-inch skillet, heat 2 teaspoons oil on medium. Add shallot and rosemary; cook 2 minutes or until shallot is golden, stirring. Add wine. Cook 2 to 3 minutes or until most of wine has evaporated, stirring occasionally. Cool slightly. In small bowl, combine butter and shallot mixture. Stir in parsley. Refrigerate.

Wipe out skillet; add remaining 1 Tablespoon oil. Heat on medium-high until very hot. Season steaks with 1/8 teaspoon each salt and pepper. Place steaks in skillet. Cook 3 minutes or until browned. Turn over; cook 3 minutes or until desired doneness (145°F for medium-rare). Transfer to plate; let stand 5 minutes.

To serve, top steaks with red wine-shallot butter. Serve with oven fries and creamed spinach.



Oven Fries

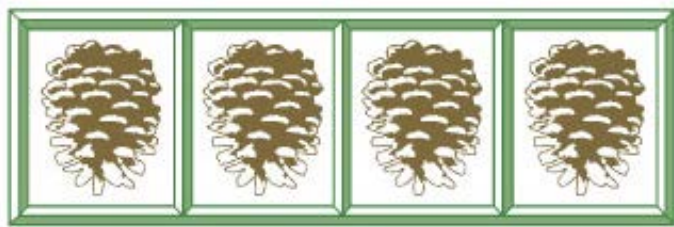
Preheat oven to 425°F. In jelly-roll pan, toss 12 oz. fingerling potatoes, cut lengthwise into quarters, with 2 teaspoons olive oil, 1/8 teaspoon paprika, and 1/8 teaspoon each salt and pepper. Arrange in single layer on pan; roast 15 minutes. Stir potatoes; roast 15 to 20 minutes or until golden brown and tender.

Creamed Spinach

In 2-quart saucepan, heat 1/4 cup half-and-half, pinch of nutmeg, and 1/8 teaspoon each salt and pepper to simmering on medium. Stir in 1 box (10 oz.) frozen chopped spinach, thawed and squeezed dry; 2 Tablespoons grated Parmesan cheese; and 2 Tablespoons light sour cream. Cook 2 minutes or until hot, stirring occasionally. Serve immediately.

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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.



CHICKEN AND DRESSING

- 1 Whole chicken
- 5 cups cornbread, broken into pieces
- 3 boiled eggs, chopped
- 2 cups celery, finely chopped
- 1½ cups onion, finely chopped
- Salt to taste
- Pepper to taste

Preheat oven to 350°F. Boil chicken until done (about 45 minutes) and debone. In chicken stock, cook onions and celery until tender. Crumble cornbread in large bowl. Add chopped boiled eggs and chopped chicken to cornbread. Add stock with celery and onions to cornbread mixture. Add salt and pepper to taste. Stir until just mixed together. This mixture should be slightly stiff, not soupy. Bake in a 9x13 baking pan at 350°F for about 45 minutes.

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SUMMER GRILLIN'

Summertime is for grilling. Here's a few grilling recipes that taste great for your outdoor grilling fare! So dust off that grill and start grillin'!

Cajun BBQ Shrimp Skewers

- 2 lbs. shrimp, uncooked, peeled and deveined, tails on
- Large resealable plastic bag
- 1 onion, finely chopped
- 1 cup peanut oil
- 2 Tablespoons Cajun seasoning
- 1 Tablespoon chopped garlic
- 2 teaspoons cumin
- 1 teaspoon rosemary
- 1 teaspoon thyme
- Wood or metal skewers



Place shrimp in bag. Combine remaining ingredients in a small bowl. Pour over shrimp and refrigerate 1 to 2 hours. Preheat grill to medium heat. Remove shrimp from marinade and thread onto skewers. Grill 5 to 7 minutes, turning and basting frequently with marinade. Serve hot with Cajun Butter (see recipe below).

Makes 6 to 8 appetizer servings or 4 main servings.

Cajun Butter:

- 1/2 lb. (2 sticks) unsalted butter, melted
- 1 teaspoon basil
- 1 teaspoon tarragon
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon garlic powder
- 2 to 3 drops Tabasco® sauce

Combine all ingredients in a small bowl.

Adding Sauce

Doctor up any store-bought BBQ sauce by gradually adding one or more of these ingredients to taste: honey, brown sugar, hot sauce, orange juice, mustard, soy sauce, chili sauce or garlic.

Cheap Marinade

Give your food extra flavor for next to nothing: Combine one bottle Italian salad dressing and 1 clove chopped garlic (or lemon juice, to taste) in a large bowl. Place meat or poultry in a large resealable plastic bag and add marinade. Refrigerate for 2 hours before grilling.

If you like trout, here's a super quick and easy lemon and dill trout recipe for the smoker, offered by Camp Chef.

Grilled Fresh Lake Trout Fillets

Compound Butter:

- 1/2 cup unsalted butter, softened
- 1/2 cup olive oil
- 3 cloves of garlic, minced
- 2 Tablespoons fresh dill, divided (1 Tablespoon chopped, 1 Tablespoon whole for garnish)
- 1 teaspoon black pepper
- 1 teaspoon coarse Kosher salt
- 1 lemon (Use 1/2 of lemon for juice and zest and the other 1/2 for garnish)

6 trout fillets, skin on

Mix all ingredients for compound butter. Preheat pellet grill on low smoke.

Completely smother meat side of trout with compound butter. Place trout skin side down in grill, smoke until internal temperature reaches 105°F.

Turn grill up to high (400°F). Leave trout skin side down, do not turn over. Finish grilling trout until internal temperature reaches 140°F. It will raise to safe temperature of 145°F while resting.

Serve immediately with fresh dill and a lemon wedge.



Fajitas

- 2 lbs. flank or skirt steak
- Large resealable plastic bag
- 1/2 cup balsamic vinegar or red wine vinegar
- 1/3 cup olive oil
- 1/3 cup tequila or lemon juice
- Juice of 1 lime
- 1 teaspoon garlic powder
- 1 teaspoon chipotle pepper powder or chili powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- Flour tortillas
- Grilled onions and peppers
- Pico de gallo



Place steak in bag. Mix vinegar, olive oil, tequila, lime juice, garlic powder, chipotle pepper powder, onion powder and salt in a small bowl. Pour over steak. Refrigerate at least 1 hour or overnight.

Preheat grill to medium-high heat using mesquite chips. Remove steak from bag; grill 8 to 10 minutes per side or until done. Remove and let meat rest several minutes; slice into strips. Serve with grilled flour tortillas, grilled onions and peppers and pico de gallo.

Makes 4 to 6 servings.

Spicy Prairie Beef Brisket

- 1 trimmed brisket, about 6 lbs.
- 1 14-ounce jar sliced jalapeño peppers, reserve juice
- Garlic salt and black pepper to taste
- 2 large onions, sliced

Preheat grill for indirect cooking over medium heat. Prepare brisket by placing in a large pan and poking about 40 holes in each side with a fork. Season with garlic salt and black pepper. Pour juice from peppers on each side of brisket. Cover pan with heavy-duty aluminum foil and cook indirectly for about 1 1/2 to 2 hours.

On a large double layer of heavy-duty foil, place 1/2 of the onions and 1/2 jar of jalapeño pepper slices. Remove brisket from grill and lay it on top of the onions and peppers. Brush brisket with 1/3 cup BBQ sauce (your favorite). Top with remaining onions and peppers and wrap tightly in foil. Place on the grill and cook indirectly another 1 to 2 hours. Remove from the grill and unwrap. To serve, cut into thin slices against the grain. Serve with remaining sauce.

Makes 8 to 10 servings.



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