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May 2021

Richard Chamberlain's Sirloin Strip Steak With Caramelized Shallot-Wine Sauce

Here's a recipe submitted by James Aston of Nacogdoches for a great steak. This recipe appeared in a *Dallas Morning News* publication in 2007. The author of the article was Anne Greer McCann, a Dallas author and restaurant consultant. Richard Chamberlain is a steak expert and the chef-owner of Chamberlain's Steak and Chop House in Dallas, named one of *Bon Appetit's* top new restaurants shortly after opening in 1993. This was Richard's favorite steak and simple pan sauce.



EVANS CAGLAGE/STAFF PHOTOGRAPHER, DALLAS MORNING NEWS

Sirloin Strip Steak - page 3

Joe and Areeda Stampley's Old Fashioned Fried Peach Pies

Country Music Star, Joe Stampley, and *Around the Town* Publisher, David Stallings, have been friends since the mid-1960s.

Joe and his beautiful wife, Areeda, appeared on a television series titled *Nashville Country Cookin'* produced by Stallings in 2011.



Areeda's peach pies won the Blue Ribbon at the Tennessee State Fair in 2007 and she's even written a cookbook. It's available at areedasoutherncooking.com. The film crew put on a few pounds the day that we filmed Areeda and Joe making her pies!

Photo L-R: Joe Stampley, David Stallings & Areeda Stampley

OLD FASHIONED FRIED PEACH PIES

- 1 cup peaches, cooked and sweetened
- 1 heaping cup White Lily self-rising flour
- 3 tablespoons Crisco shortening
- 1/2 cup buttermilk
- 1 tablespoon white vinegar

Fried Peach Pies - 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."

MRS. JESSE MILLARD, JR.'S CONGEALED SALAD & HEALTH SALAD

Congealed Salad

1 pkg. Lime Jello
2 - 3oz. pkg. cream cheese
1 small can pimiento
1 #2 can crushed pineapple
1 cup whipping cream (whipped)
1 cup chopped nuts
1 cup diced celery

Bring pineapple to boiling point and add to Jello. When it begins to congeal cream pimiento and cheese and add to mixture. Fold in the cream, nuts and celery.

Mrs. Jesse Millard, Jr.

Health Salad

1 pkg. Lemon Jello
2 cups hot water
1 tsp. sugar
Pinch of salt
1 cup grated pineapple (drained)
1/2 cup grated carrot
1 cup chopped pecans

Dissolve Jello in hot water. Stir in sugar and salt. When partly set, add pineapple and carrot and pecans.
(Pecans may be omitted)

Mrs. Jesse Millard, Jr.

Sirloin Strip Steak

SIRLOIN STRIP STEAK WITH CARAMELIZED SHALLOT-WINE SAUCE

2½ pounds sirloin strip (center cut), prime or certified Black Angus
2 tablespoons olive oil
French ground sea salt and black pepper
4 tablespoons butter (divided use)
½ cup finely chopped shallots
1 teaspoon sugar
1¼ cups good-quality Meritage (California Bordeaux blend wine)
1 teaspoon cracked peppercorns
1 teaspoon finely chopped fresh thyme
Squeeze of fresh lemon juice

Preheat oven to 400° F.

Clean the steak of all silver skin and fat. Portion by cutting first the full length of the strip, then across to make small, thick steaks.

Heat a large, heavy-bottom pan over medium-high heat. When drops of water sizzle on the pan, add oil. Season steaks generously with salt and pepper, and add to the hot pan.

Allow steaks to brown on one side (about 4 minutes). When crusty and well-browned, turn and brown on the opposite side, about 2-1/2 to 3 minutes. Transfer steaks to a rimmed cookie sheet and place in the oven to finish cooking, about 5 to 6 minutes for medium-rare (122° F). Timing varies with the thickness of the steaks, so use a Thermo Fork, if you have one, to test for doneness. (Note: Steaks continue to cook after being removed from the oven.)

Remove from oven to rest; keep covered. Place dinner plates in the oven to warm for 2 minutes while allowing the steaks to rest.

In the browning pan, over medium heat, add 1 tablespoon butter, shallots and sugar, and cook, stirring occasionally, until the shallots are lightly caramelized. Add the wine, peppercorns and thyme. Allow the wine to boil until reduced to about three-quarters of its original volume. Whisk in remaining butter, or more to taste, and a squeeze of lemon juice.

Using hot pad, remove plates from oven, placing a steak on each one. Spoon sauce over the top. Serve with roasted potatoes, creamed spinach and the rest of the wine. Makes 4 to 6 servings.

Notes from Chef Chamberlain:

"The perfect steak is marbled but not fatty, seasoned not rubbed, browned but not blackened. I prefer a marbled prime or certified Black Angus cut." He suggests buying a New York strip or sirloin strip – center cut (aged at least 15 days) in its whole form, 1-1/2 to 2 inches thick – and cutting it into individual portions.

Pan-searing the steaks releases juices that flavor the delicate sauce.

Not, it is sometimes hard to find aged prime sirloin at a regular supermarket; you may need to go to a meat market.

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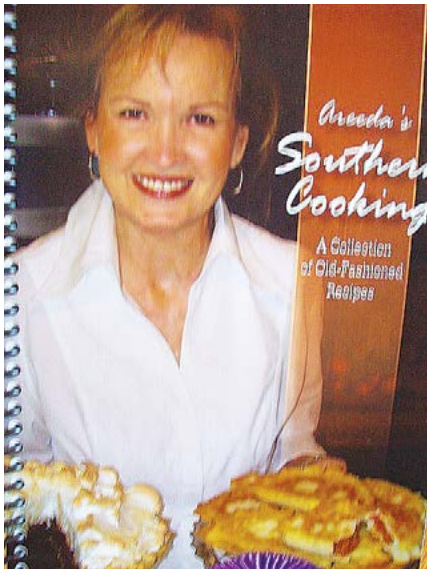
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Fried Peach Pies

Pour flour into mixing bowl and cut in shortening until crumbly. In a one cup measuring cup, pour in buttermilk and vinegar. Stir lightly and gradually pour into flour mixture until completely mixed. Sprinkle with flour until dough is smooth and holds together. Shape into a ball and place on a floured pastry cloth or board. Roll out dough, sprinkling surface and rolling pin with flour as necessary and roll to a thickness of about 1/4 inch. Using a 5 or 6 inch pastry cutter, cut out 7 or 8 pie crusts. Spoon approximately 2 tablespoons of peaches on 1/2 of the crust; fold over the other half and pick edges to securely close.

Heat shortening in electric skillet to 360°. Gently place pies in grease and fry on each side about three minutes until golden brown. Drain on a brown paper grocery bag.



From Terri Lacher of Center, Texas

Growing up, homemade bread was a real treat. When our grandmother would come to visit, she taught me the joys of breadmaking. Those times in the kitchen with her were treasures. She showed me how to carefully measure out the ingredients and explained that a good bread dough would come away, leaving the mixing bowl clean as a whistle. She would make hot tea for us to drink while we waited for the bread to rise, and she would “read” my tea leaves, giving a young girl much to hope for in her future. Those traditions were carried on through my children, and now their children. We found that little fingers were the best at kneading bread dough. I must confess my bowl is rarely dough free when I pour it out to knead, but, the bread is good, and still a family favorite.



HONEY WHEAT BREAD

- 2pkg dry yeast
- ½ cup warm water
- ¼ cup butter flavored Crisco
- 2 cups whole wheat flour
- 1/3 cup honey
- 1 tsp salt
- 1 ¾ cups warm water
- 3-4 cups unbleached flour

Dissolve yeast in ½ cup of warm water. Add next five ingredients, mixing well. Gradually add the unbleached flour, one cup at a time, stirring until well blended, and dough begins to stick together. Turn out on floured bread board or table top, and begin to knead in the rest of the flour until the mixture is no longer sticky to touch. Knead lightly for ten minutes, and the dough becomes springy and elastic to touch. Too much kneading, and a heavy hand can toughen the dough and make a dense loaf. Place in a greased bowl, cover, and let rise until double, usually within 1 ½ hours. Punch down, divide two in half, and roll out to two rectangles, approx. 8 x 12 inches. Roll up, and place into greased bread pans, tucking the ends under. Let rise again until double. Bake at 375° for approx. 35 minutes, basting with butter just before it is done.



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From Phyllis Bentley of Martinsville, Texas



**BROCCOLI
CORNBREAD**

- 1/2 onion
- 5 eggs
- 16 oz. Cottage Cheese
- 2 boxes Jiffy Cornbread Mix
- 10 oz. broccoli
- 1 stick butter
- Grated cheese

Mix together all but cheese. Bake 40 minutes at 375 degrees. Last 10 minutes add cheese. 13 x 9 x 2 pan.



From Dr. Vi Alexander of Nacogdoches

Once a year for 6 decades, I looked forward to this amazing, mouthwatering cake. Mom prepared this cake on one special occasion—Christmas. But don’t limit yourself to just once a year.



ICE BOX FRUIT CAKE

- Ingredients:**
- 1 pound box Honey Graham Crackers
 - 1 pound raisins
 - 1 pound orange slices candy
 - 1 can Eagle Brand Milk
 - 1 pound chopped pecans

Crumble crackers to very fine pieces. Rinse sugar off orange slices and cut into small pieces.

Mix Graham Cracker crumbs, raisins, orange slices, and pecans together.

In double boiler, melt marshmallows in the Eagle Brand Milk. Pour over crumb/raisin/orange slices/pecan mixture and mix really well.

My mom always lined the Graham Cracker box with waxed paper. Then, packed the mixture back into the graham cracker box. Place in “ice box,” aka refrigerator.

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From Lesa Kelley of Nacogdoches

This is a big hit at our house !! Actually this is a family recipe. I got it from my cousin Cindy Alphin. She always brought it to all our family get togethers and our bunch of fun loving Cajuns would fight over itWe will be so glad to be able to get together again soon!



CRAWFISH CORNBREAD

- 1 Lb Cleaned Crawfish Tails
- 1 Box Jiffy Cornbread Mix
- 2 Cups shredded Cheddar Cheese
- 2 Eggs
- 4 Tbsp butter
- 1 tsp Cajun Seasoning
- 1 Can Cream Corn
- 1 Can diced Rotel Tomatoes
- 1 Chopped Onion
- 1 Chopped Bell Pepper
- 1 Small bunch green onion tops chopped

Sauté vegetables in the butter then add the rest of the ingredients. Pour into 9x13 inch pan that has been sprayed with Pam. Bake @ 350 degrees for about 45 minutes.

From Diane Bobo of Douglass, Texas

CHOCOLATE SHEET CAKE

- | | |
|-------------------------|-------------------------|
| Cake: | Frosting: |
| 2 C flour | 1 stick margarine |
| 2 C sugar | 2 Tbsp. Hershey’s cocoa |
| 1/2 tsp. salt | 5 Tbsp. milk |
| 2 sticks margarine | 1 box powdered sugar |
| 1 C water | 1/2 C pecans |
| 2 eggs | 1 tsp. vanilla |
| 3 Tbsp. Hershey’s cocoa | |
| 1 tsp. soda | |
| 1/2 C buttermilk | |
| 1 tsp. vanilla | |

Sift flour, sugar, and salt in the same bowl. In a pan, put water, margarine, and cocoa. Bring to a boil. Pour over flour mixture. While still hot, add mixture of buttermilk, eggs, soda, and vanilla. Mix and bake in a 1 inch deep 10x15 cookie sheet that has been greased and floured. Bake at 350° until done, approximately 25 minutes.

To make frosting, heat margarine, cocoa, and milk. Do not boil. Remove from stove. Add powdered sugar, pecans, and vanilla. While cake is still hot, frost. Leave cake in pan. Cut into squares when cool. Serves 25.



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Submitted by Carrie Adams of Nacogdoches

My husband Jarrett Adams makes th BEST Raisin Pie. He makes it for all our Family-Get-Together's.



RAISIN PIE

1-1/4 cup of Raisins in a Med Pot;
Cover with water 1/2 inch above;
Add dash of nutmeg & cinnamon and
simmer for 15-20 min till soft boil and
mushy.

Then add one can of Evaporated
Milk; Mix together in another bowl
1 cup of sugar, 3/4 cup of corn starch;
then add to Raisin mixture.

Add to mixture 1/2 stick of butter, 1 tsp of vanilla.

2 Pie crusts -

One on bottom of pie plate, sprinkle cinnamon and sugar on top,
Pour mixture on top, Add pie crust on top, sprinkle cinnamon and sugar
on top, cut small slits on top, make sure to pinch crust together

Cook at 350° for 30-45 min till crust on top is golden brown.
Enjoy!

He said the KEY to a good Raisin Pie is
Sip On Bourbon while making it.

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From Carolyn Blankenship of Nacogdoches

TACO SOUP

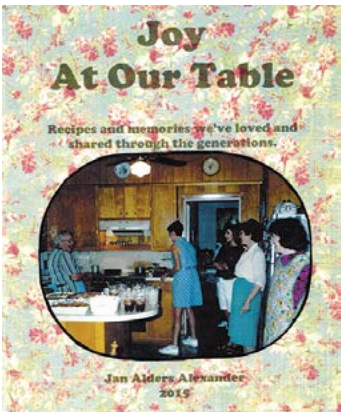
Brown 1 lb. hamburger meat with:
1 pkg. dry Ranch dressing
1 pkd. dry taco seasoning
1 can tomatoes and green chilies
1 chopped onion

Then dump all this in a large pot and add:
1 large can diced tomatoes
1 large can hominy
2 small cans whole kernel corn, undrained
2 cans pinto beans . . . 1 Ranch Style and 1 Jalapeño Beans

Cook slowly for about 30 minutes.

Submitted by Jan Alders Alexander

Some of my family's favorite recipes that we have loved and shared through the generations. New generations, new memories, and new recipes! My prayer for all of you is that you take time for important things-family and friends matter. Hospitality and sharing are the products of love, and that should be our ultimate goal.



MEAT LOVER'S QUICHE

This is one of my favorite take-along breakfast foods for road trips with the girlfriends. It is hardy enough for the guys, but don't call it quiche! This freezes well and is wonderful heated over in the microwave.

1 single crust pie crust	4 slices bacon, cooked and crumbled
6 (lg.) eggs, well beaten	1 cup cooked ground breakfast sausage
1/2 cup milk	1/2 cup diced ham
1/4 tsp. salt	2 large green onions chopped
1/4 tsp. black pepper	1 cup shredded cheese (cheddar or mixture)

Preheat oven to 425°, bake crust just till beginning to brown, about 10 minutes. Sprinkle bacon, sausage, and ham evenly on bottom of pie shell. In a large bowl whisk eggs, milk, salt, pepper and pour over meats. Bake for 20-30 minutes until center is set and toothpick comes out clean. Allow to cool a bit before serving.

From Sarah Traylor of Nacogdoches

Had this recipe in San Antonio, I guess that's why the TEXAS was added to the name; no seafood here.

TEXAS GUMBO

1/2 cup flour
1/2 cup oil
1- bell pepper chopped
1- large onion chopped
4- stalks of celery chopped
1-large can of tomato sauce
1- can original Rotel
1- can mild Rotel
1- box beef broth
1-1/2 lbs. of beef sausage sliced
1- lb of chicken breast shredded

Mix flour and oil to make a roux, stir until it is as dark as you like, add bell pepper, onion and celery and sauté until soft. Transfer to a crock pot and add tomato sauce, rotel tomatoes, broth, sausage and chicken. Add a little water if it seems too thick. Cook on low for 6-8 hours or high for 4 hours. Can be served with rice.

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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 a requirement.

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

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.



I was gifted several heads of cabbage, and my kids “don’t like cabbage.” Trying to find a way to use the cabbage, I made this recipe and the kids not only loved it, but asked for it often. It’s easy too, so busy days are the perfect time to do this. – Julia

CROCKPOT CABBAGE ROLLS

- 1-1/2 lbs of ground beef
- 1 chopped onion
- 1 chopped green pepper
- 2-3 ribs of chopped celery
- 1/2 cup raw rice
- Salt and pepper to taste
- 1 cabbage shredded or chopped small
- 12 oz V8 juice

Sauté beef until no longer pink, then add onion, celery and and pepper. Sauté until tender. Add rice, salt and pepper. In a crockpot layer the cabbage with the meat mixture 2-3 layers deep. Pour in V8 juice. Cook 4 hours on low.



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

AUNT SISSY'S FAJITAS

Stacy's family's most requested recipe is Aunt Sissy's fajitas, so we wanted to share it with you, too. Enjoy!



- Skirt Steak tenderized with excess fat trimmed
- 1 cup soy sauce
- 4 Tbsp salad oil (I use olive oil)
- 2 Tbsp pressed or minced garlic
- 2 Tbsp dried minced onion
- 3 Large fresh limes-juiced
- 1 small can pineapple juice
- Lawry's Seasoning
- Garlic Powder

Generously sprinkle Lawry's and Garlic Powder over skirt steak. Mix remaining ingredients in a large Ziploc bag. Add skirt steak and limes to Ziploc and marinate overnight. Grill the meat then let it rest for 10 minutes. Slice thinly against the grain.



This marinade is also great with chicken or pork chops!

Stacy Dicks
Human Resources and
Business Development



Submitted by Nedra Burke Pebsworth of Nacogdoches

An old family recipe from Wanda.

CUCUMBER SALAD

- 4-8 Cucumbers, chipped
- 1/2 Onion, chipped
- 1/2-1 pint Sour Cream
- 1 tsp. Parsley Flakes
- 1 tsp. Sugar
- 2 Tbsp. Vinegar

Mix and chill.



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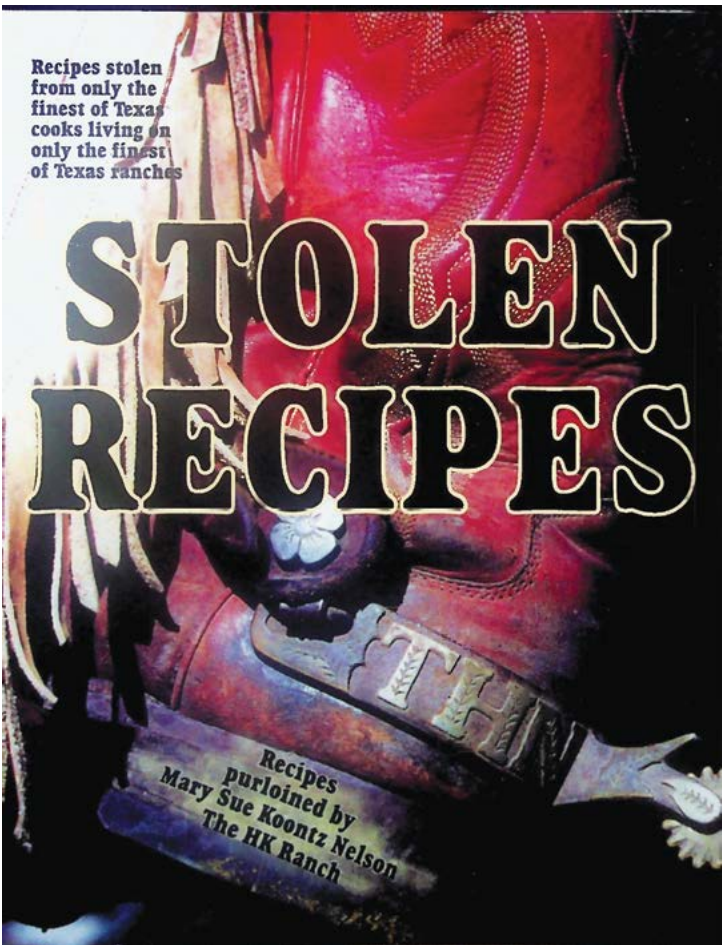
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From *Stolen Recipes*

Jessica Koontzn - The HK Ranch
(Victoria County, Placedo, Texas)



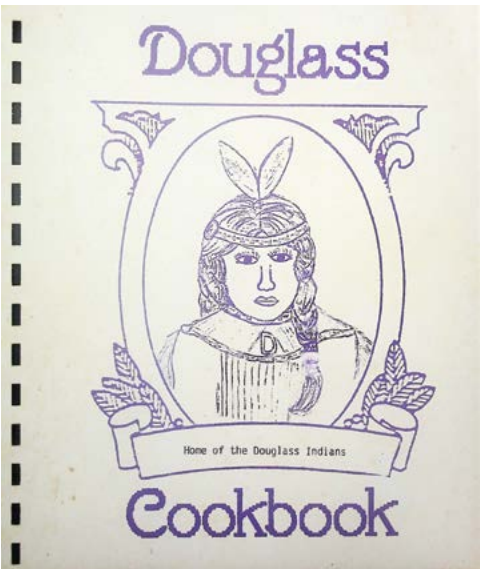
Recipes stolen from only the finest of Texas cooks living on only the finest of Texas ranches.

ARTICHOKE DIP

- 1 (14-ounce) can chopped artichokes, drained
- 1 cup mayonnaise
- 1 cup grated Parmesan cheese, fresh
- cayenne and black pepper, to taste
- paprika

Mix first four ingredients together and pour into small baking dish. Sprinkle with paprika. Bake at 350 degrees for 25 minutes. Garnish with parsley and serve with crackers.

From *1993 Douglass Indian Cookbook*



This book was published in 1993 and sponsored by the 1992-93 Douglass Youth Boosters. It featured a collection of recipes by students, family members and teachers of Douglass School.



HAMBURGER CORN CASSEROLE

HAMBURGER CORN CASSEROLE

- | | |
|----------------------------------|---|
| 1-1/2 lbs. ground beef | 1 cup chopped onion |
| 1 can whole kernel corn, drained | 1/2 tsp. salt |
| 1 can cream of chicken soup | 1/4 tsp. pepper |
| 1 can cream of mushroom soup | 3 cups med. egg noodles, cooked & drained |
| 1 cup sour cream | |
| 1/4 cup pimento | |

Brown meat. Add onion & cook until tender but not brown; drain. Add corn, soups, sour cream, pimento & seasonings; mix well. Stir in egg noodles. Bake in a 2-qt. baking dish at 350-degrees for 30 minutes or until hot. Makes 8-10 servings.

-- Kenny Ferguson (7th Grade)
-- Rene Ferguson (DHS Graduate, 1993)

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

Bread Pudding is a favorite at almost every New Orleans-style restaurant. Don's in Shreveport made some of the best we've ever had!



BREAD PUDDING

- 9 slices white bread
- 1-1/4 cup sugar
- 1 tall can evaporated milk (13 oz.)
- 2 cups milk
- 1 teaspoon vanilla
- 4 egg yolks
- 1/3 cup melted butter
- 4 egg whites

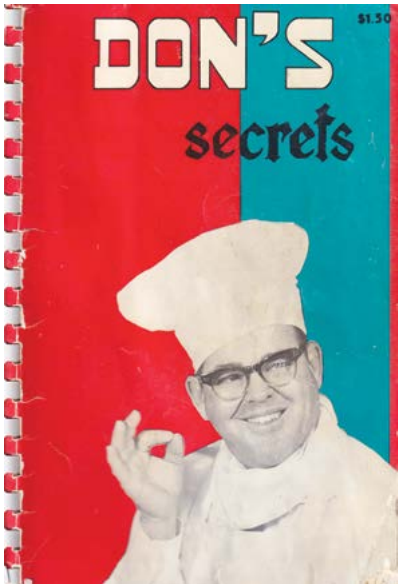
Break bread into small pieces. Place in mixing bowl with 1 cup sugar, evaporated milk, 2 cups milk, vanilla, egg yolks and melted butter. Mix well; pour into 10 x 8 x 2 size baking pan. Bake in preheated oven 450° for 15 minutes. Remove and make meringue.

Beat egg whites with 1/4 cup sugar until stiff. Cover pudding with meringue and rebake for 3 or 4 minutes until meringue is golden. Serves 12. May be served with rum sauce, if desired.

Rum Sauce:

- | | |
|-----------------------------|----------------------------|
| 1 cup Carnation milk | 3 tablespoons butter |
| 1 cup fresh milk | 2 oz. Rum |
| 1 cup sugar | 3 or 4 drops food coloring |
| 1-1/2 tablespoon cornstarch | |

In a double boiler, put milk, sugar and butter. When hot, dissolve cornstarch in a little water and add to hot milk. Stir until thick. Remove from fire, then add Rum and food coloring. Serves 12.



The Food Network's Best Quiche Lorraine

Pastry Crust:

1 cup all-purpose flour, plus more for dusting (see Cook's Note)
Kosher salt
1 stick (8 tablespoons) cold unsalted butter, cut into small pieces
3 to 5 tablespoons ice water

Pastry Crust:

1 tablespoon unsalted butter
1 small yellow onion, very thinly sliced
Kosher salt and freshly ground black pepper
4 ounces slab bacon, cut into 1/2-inch pieces
2 teaspoons fresh thyme leaves
1/2 cup shredded Gruyere (about 2 ounces)
1 cup heavy cream
2 large eggs

Directions:

For the pastry crust:

Pulse the flour and 1/2 teaspoon salt in a food processor until combined. Add the butter and pulse until the flour looks like cornmeal. Sprinkle in 3 tablespoons ice water and pulse until the dough begins to come together. Pinch the dough with your fingers; if it doesn't hold together, add up to 2 more tablespoons ice water, 1 tablespoon at a time, and pulse again.

Transfer the dough to a sheet of plastic wrap and pat into a disc. Wrap tightly and refrigerate until firm, at least 1 hour and preferably overnight.

Lightly flour a work surface, then roll the dough into an 11-inch round, about 1/8 inch thick. Center the dough in a 9-inch fluted tart pan with removable bottom, with an even overhang of dough all around. Press the dough into the edges of the pan and the fluted sides. Roll the rolling pin over the top to cut off the extra dough (discard the extra). Poke the bottom and sides all over with a fork. Chill until completely cold, about 30 minutes.

Meanwhile, position an oven rack in the lower third of the oven and preheat to 375 degrees F.

Press a piece of parchment over the chilled crust, then fill with pie weights, raw beans or rice. Put the pan on a baking sheet. Bake until the crust is set and golden around the edges, about 40 minutes. Carefully remove the parchment and weights. Return to the oven and bake until the crust is dry and slightly golden, about 15 minutes more. Let cool completely, about 30 minutes.

For the filling: Combine the butter, onion, 1/2 teaspoon salt and 1/2 cup water in a medium skillet over medium-low heat. Cook, stirring occasionally, until the onions are completely softened and all the water has evaporated, about 30 minutes.

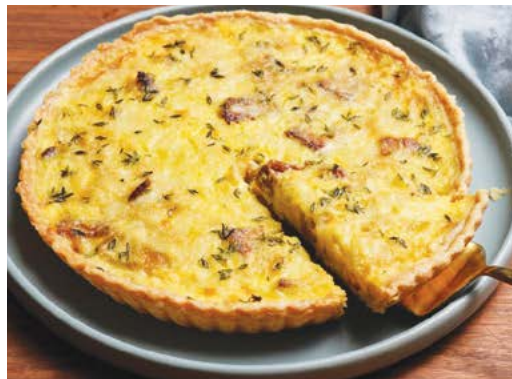
Meanwhile, cook the bacon in a separate medium skillet over medium-low heat, stirring, until the fat has rendered and the bacon is crisp, 10 to 15 minutes.

When the onions have cooked for 30 minutes, add the bacon using a slotted spoon, then stir in 1 teaspoon of the thyme and 1/2 teaspoon pepper. Spread the onion mixture in the bottom of the crust and sprinkle with the Gruyere. Whisk together the cream, eggs and 1/2 teaspoon salt in a medium bowl until combined. Pour the cream mixture over the filling in the crust and top with the remaining 1 teaspoon thyme.

Bake the quiche on the baking sheet until set and golden, about 30 minutes. Let cool at least 30 minutes before serving.

Cook's Note

When measuring flour, we spoon it into a dry measuring cup and level off excess. (Scooping directly from the bag compacts the flour, resulting in dry baked goods.)



Submitted by David Stallings - Around the Town Publisher

This was my mom's favorite ice cream recipe. Like many of you, I can remember we'd take turns with family members turning the hand crank until it wouldn't turn any more. One of the kids would sit on top of the freezer to hold it down. Precious memories of good times and GREAT ice cream.



Hazel Stallings 1923-2020

MOM'S HOMEMADE ICE CREAM

Makes 4 quarts for electric or "hand crank" freezer:

1 pint heavy cream (whipping cream)
2 Tablespoons Vanilla
6 eggs
2 cups sugar
3 Teaspoons flour
1 can Eagle Brand
1 large can Carnation canned condensed milk
Homogenized Whole Milk



Beat eggs, mix with Eagle Brand, Carnation Condensed Milk, heavy cream & vanilla.

Stir in dry ingredients and pour into 4-qt canister.

Finish filling with homogenized whole milk (Not 2% or skim).

Layer ice and rock salt in freezer bucket for best results.

When freezer stops turning, shut off, open canister top and remove paddle. Replace canister top. Add more ice, salt and cover top with a towel or cloth. Let it sit for about 30-minutes before serving.

It's soooooo goood!

From Angela Bradford

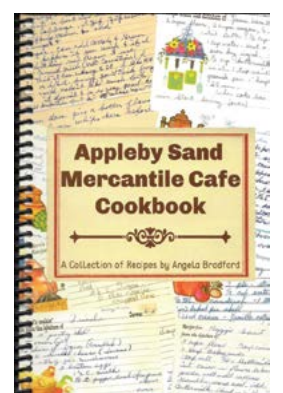
Angela Bradford is the owner/operator of Appleby Sand Mercantile Café in Nacogdoches.



DORITO SALAD

1 lb ground beef
1 packet taco seasoning
2/3 cup water
1 head iceberg lettuce, thinly sliced or chopped into small pieces
1 can pinto beans, rinsed and drained
1 cup cherry tomatoes or 1 large chopped tomato
1/2 cup shredded Mexican cheese
1/2 cup Catalina or French dressing
2 cups crushed Doritos

Cook and crumble ground beef in a large nonstick skillet. Add taco seasoning and water and cook and stir until thickened. Let cool. In a large bowl, toss together lettuce, beans, tomatoes, and cheese. Add dressing. Mix in. Add Doritos and mix them in. Serve immediately.



Printed with permission from Angela Bradford
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Thank you so much!

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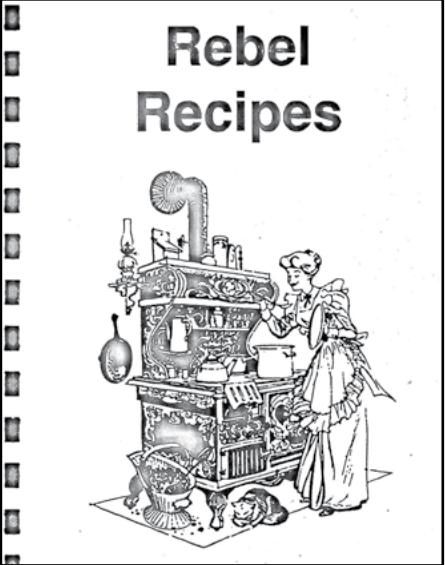
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From Rebel Recipes



This is a collection of recipes published around 1990-1992.



FRESH HOT SAUCE

1 large onion, chopped small	4 hot peppers, chopped small
3 tomatoes, chopped small	1/4 tsp. salt
1/4 tsp. pepper (optional)	enough vinegar to cover

Mix onions, pepper, tomatoes, salt and pepper in a quart jar; cover with vinegar and let set a few minutes. Using a slotted spoon, put on your peas, beans, meats. Great.

Barbara Stockwell

Submitted by David Stallings - Around the Town Publisher

My favorite meal in Nacogdoches Public Schools from the 1st grade through high school was the chili. This recipe has been reduced down proportionally from the original, which called for huge portions of the ingredients. The chili was served over rice and the boys would almost fight over it!



NISD CHILI RECIPE

5 lb meat	2 tsp cumin
3 tsp salt	1 tsp ground oregano
3 tsp garlic powder	8 oz tomato paste
1 tsp black pepper	3 cups or 25 oz crushed tomatoes
7 Tablespoons chili powder	3 cups water
2 tsp paprika	9 Tablespoons flour

Brown ground beef. Drain. Add all of the dry ingredients. Mix water and flour and set aside. Stir in tomatoes with liquid and tomato paste and mix well. Add flour and water mixture. Bring to a boil.

Reduce heat, cover & stir occasionally until thickened for about 40 minutes.

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From Mary Beth Garrett of Nacogdoches

MICROWAVE MEATLOAF

2 lb ground round	
1 cup oatmeal (uncooked)	
1 egg	
1 8 oz can tomato sauce	
1/2 cup boiling water	} mix together and let stand for approx 5 min
1 pkg onion soup mix	

Mix the above ingredients together. Put into a tube pan for the microwave. You can make one by putting an inverted glass in the center of a round pan. Cook 10 minutes on high if you have a turntable. If not, cook for 5 min., turn and cook for 5 min. more. Drain off any grease. For a spicier meatloaf, you can add 1/2 to 1 cup of chopped bell pepper.



In a separate bowl prepare a topping by mixing together:

2/3 cup catsup
1 T Worcestershire sauce
2 T (scant) yellow (prepared) mustard
4 T brown sugar

Cook for an additional 8 minutes on high, turning at least once. Cool and serve!

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Ruth’s Baking Mistake

A simple cooking error led to the creation of the now-classic Nestlé Toll House Chocolate Chip Cookie. In 1930, Ruth Wakefield, who ran the Toll House Inn in Massachusetts, added chopped pieces of a semi-sweet chocolate bar to her Butter Drop Do cookie dough, expecting the chunks to melt. But the chocolate only softened and held its shape. The cookies were a hit at her inn. Eventually Ruth’s recipe was published in a Boston newspaper and ended up on the wrapper of the Nestlé semi-sweet chocolate bar.



Submitted by James Aston of Nacogdoches
(from his uncle Anthony Cascio of Shreveport, La.)



I come from a large Sicilian family on my mother’s side. There are, of course, a lot of great cooks in the family. Sometimes which is the better cook comes up in some *friendly* conversations. My Uncle Anthony loves to cook and is always preparing dishes for special occasions at church and other gatherings. Here’s a recipe for Rice Dressing he sent to my mother several years ago.

RICE DRESSING

Need 10 inch skillet and 5 quart pot.

Vegetable Mixture:
3-5 stalks celery, diced
1 medium onion, diced
1 medium bell pepper, diced
2-3 green onions, tops & bottoms, diced
(Set above aside)

Meat Mixture:
1 lb. ground chuck
1 egg
1 cup Parmesan cheese
1/4 sleeve saltine crackers, soak in water and drain well
1 small clove garlic, diced
1/4 onion, diced

Mix up well as if making meatballs. Put meat mixture in skillet and break it up very small and sauté. Drain in colander. Set aside.
Put all vegetables in 5 quart pot, cook 5-10 minutes until translucent, add salt and pepper to taste.
Put meat mixture in with cooked vegetables; add poultry seasoning, sage, black pepper and salt.
Cook 2 cups 5-Minute rice with 2 cups of chicken broth for about 5 minutes and let stand 5-7 minutes until fluffy. Fold rice mixture into the above ingredients.



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Submitted by Craig Stripling of Nacogdoches
(from Vera Stewart in *Southern Living*)

MAMA’S EGG SALAD

Place 8 large eggs in a medium saucepan: cover completely with water. Cover saucepan with lid and cook over high heat until the water comes to a complete boil. Turn off the heat and let eggs sit 20 minutes. Remove the lid and run cold water over eggs until they are cool to the touch, about 3 minutes. Peel immediately. Coarsely chop eggs. Stir together 1/3 cup sweet pickle relish (drained of juice), 1/4 cup mayonnaise, 1 heaping Tbsp. Durkee Famous Sauce, 1/4 tsp. kosher salt, and 1/4 tsp. black pepper in a large bowl. (If you can’t find Durkee locally, substitute yellow mustard and extra mayonnaise.) Add the chopped eggs and gently mix until incorporated. Store in an air tight container in the refrigerator up to 6 days. Serve the egg salad on toasted white bread with bacon and tomato, if desired.
ACTIVE 20 MIN. - TOTAL 45 MIN. - SERVES 4



From Marilyn Mills of Martinsville, Texas

HOSTESS TWINKIE SURPRISE

1 pkg Twinkies
2 small tubs of Frozen Strawberries
1 can Eaglebrand Milk
1 pkg. Instant Vanilla Pudding Mix
1-1/2 c milk (I use 1 C evaporated milk and 1/2 C water)
1 small carton of Cool Whip

Slice Twinkies in half, long wise. Place in oblong pan. Pour strawberries over the twinkies (I usually cut the larger pieces of strawberries into smaller pieces). Mix the next 4 ingredients, folding in cool whip last. Pour over the Strawberries, and chill for several hours or overnight.

Tastes like Strawberry Shortcake!

STRAWBERRY ICEBOX PIE

1 small pkg Strawberry Jello
1-16oz tub of Frozen Strawberries
1/2 C Sugar
2 TLBSP water
Small can Evaporated Milk (Chilled)

Heat to dissolve, the Jello, Sugar, Strawberries and water. Let cool. Pour the evaporated milk in a med. sized glass or ceramic bowl, use electric mixer to beat until it thickens somewhat. Fold in the Strawberry mixture.

Pour into a vanilla wafer or Graham Cracker crust, then chill until firm.

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From Sherril Crisp of Nacogdoches

COWBOY COOKIES

Mix:

1 cup butter	1 cup Quick Oats
1 cup sugar	1/2 cup coconut
1 cup brown sugar	1 cup Cornflakes
1 egg	1/2 cup chopped nuts
1 cup oil	1 tsp vanilla

Add:

3-1/2 cups all purpose flour
1 tsp baking soda
1/2 tsp salt

Place first 10 ingredients in bowl. Add last dry mixture. Make into balls; mash with fork. Bake at 350° till bottoms turn lightly brown.

HOT FUDGE PIE

If you love chocolate, then this is for you. It is oh so gooey and delicious...

Ingredients:

1 stick butter, softened	3 Tbsp cocoa powder
1 cup sugar	1 tsp salt
2 eggs	1/2 cup all purpose flour
1 tsp vanilla	

Instructions:

Preheat oven to 350 degrees. Cream together butter and sugar with electric mixer until fluffy, about 3 minutes. Add eggs and vanilla and mix well. Add cocoa powder, salt and flour and stir until well combined. Grease 8 inch pie pan with butter or cooking spray, pour mixture into pie pan. Bake 30 to 35 minutes until center is set.



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From Sharon Pinkston Roberts of Nacogdoches

“Good for You” Recipes Corner



After owning two fitness franchises for 18-years and receiving my Cleveland Clinic Certification in exercise and nutrition I collected a lot of great recipes. “Good for you Food” does not have to be bland to be healthy. Enjoy! 🍷 SKR

BREAK OUT THE SLOW COOKER



This is a great-tasting meal with minimal effort. A savory Greek-inspired meatloaf that is 390 calories per serving. Plus, 40 g protein and only 5 carbs. Take away that one gram of fiber from your carbs and you have only 4 carbs in this meal.

GREEK MEATLOAF

- 3 eggs, beaten
- 2 lbs lean ground beef
- 2 tsp Oregano
- 6 oz crumbled feta cheese
- 10 oz frozen chopped spinach, thawed and drained
- 1 Tbs. dried finely chopped onion
- 1 tsp. ground black pepper
- 1/2 tsp - red pepper flakes

Combine all ingredients in large bowl and mix well with hands. Coat slow cooker with cooking spray. Transfer mixture to cooker and form into loaf shape inside. Cover. Cook on low 8hours. Let loaf stand uncovered 5 minutes before slicing and serving. Serves 6. 🍷

Per serving: 390 calories
40 g protein
5 g Carbohydrate, 1 g fiber
22 g fat
510 mg sodium

Simply recipes

Skillet Chicken Thighs with Potatoes, Carrots, and Greens

Crispy skillet chicken is cooked in a flavorful lemon broth and served on a bed of Swiss chard, potatoes, and carrots. This bistro-style oven braised chicken with vegetables has everything you love about cozy comfort food.



While strictly speaking this is not a French dish, it has all the characteristics of a warm and cozy meal you could imagine having at a local corner café in France. If you can't travel, you might as well eat like you are!

This bistro-style crispy chicken is braised with carrots, potatoes, and, for good measure, greens in a mustard and lemon seasoned chicken broth. It all comes together easily in a skillet and adds up to a satisfying, flavorful meal.

The Bonus to Braising Chicken

Braising is one way to cook meat with moist heat. It cooks food gently, keeps it from drying out, and requires only a small amount of liquid in the pan. Stewing, on the other hand, contains a lot more liquid, enough to submerge the meat.

The real bonus here, though, is that the small amount of braising liquid on the bottom of the skillet allows the chicken skin to become crisp in the oven, while the vegetables cook in the juices. The liquid in the skillet creates a kind of flavor exchange—the vegetables give the broth extra richness, and the chicken permeates the vegetables.

Winner, Winner Skillet Dinner

After you brown the chicken on one side, set it aside on a plate and give the potatoes and carrots a head start. Return the chicken to the pan with the stock and pop it in the oven for half an hour or so. The chicken takes another turn on a clean plate while you cook the chard leaves in the pan on top of the stove. Finally, set the chicken atop the vegetables and serve with a squeeze of lemon.

Ways to Adapt This Recipe

- When it comes to cooking, you can always find ways to tweak recipes.
- No big skillet? No problem! Cook the chicken in batches in the skillet and transfer them to a baking dish or use two skillets and divide the ingredients between them or use a Dutch oven.



- Swiss chard substitute? Use greens of your choice such as kale, baby kale, or spinach. If you stick with chard, know that it's much sweeter than kale, and if you're not used to cooking with it, I strongly urge you to try it. Trim the leaves from the stems and cut the stems into pieces. They're sweet and delicious, and the stems add another element to the dish.
- Not a fan of chicken thighs? Thighs stay moist and make a delicious change from chicken breasts, but you could use chicken breasts, too. Look for small breast halves with the skin and bone, so you can dig into that crispy skin. Boneless breasts will take a lot less time to cook, so if you use them, you will need to cook the vegetables in the oven for about 25 minutes first, sauté the chicken separately, and then add it to the pan to finish cooking for a few minutes.



How to Prepare This Dish Ahead of Time

I recommend cooking this dish all the way through, cooling it, then freezing it to reheat at a later date. This is a perfect make and reheat meal if you're caring for someone or bringing a dish to friend who may not need to eat it now but could reheat it later.

Although you could safely freeze this for up to four months, two months is optimal for preserving good flavor and texture.

- **One to two days ahead:** Cook the entire recipe to the end. Store the chicken and vegetables in separate containers in the fridge. About 30 minutes before serving, spread the vegetables in the bottom of a baking dish, place the chicken on top, and heat, uncovered, at 375 F until the vegetables are hot all the way through and the chicken is crispy. The same goes for leftovers!
- **Freeze for up to 2 months:** Cook the chicken and vegetables. Place the vegetables in a freezer bag and place the chicken on top of the vegetables. (You will need at least two bags.) Seal the bags so they are airtight. Freeze flat. Defrost in the refrigerator overnight and reheat as per the method above.

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