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SAN AUGUSTINE COUNTY - SHELBY COUNTY 

May 2025

Two Delicious Cake Recipes to Appeal to Mom on Her Special Day

ITALIAN CREAM CAKE

This italian cream cake recipe is incredibly fluffy, perfectly sweet, loaded with pecans and shredded coconut and topped with a creamy whipped cream cheese frosting. This is a classic!

Ingredients:

Cake:

- 1/2 cup vegetable oil
- 1/2 cup butter, room temperature
- 1 3/4 cup granulated sugar
- 5 eggs, room temperature*, separated
- 1/4 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 2 1/4 cups cake flour
- 1 cup buttermilk
- 1 cup sweetened flaked coconut
- 3/4 cup chopped pecans
- 1/4 teaspoon cream of tartar

Frosting:

- 2 (8- ounce) blocks cream cheese, room temperature
- 1 cup butter, room temperature
- 8 cups powdered sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1 cup chopped pecans, plus more for garnish, if desired

Directions:

Cake: Preheat oven to 325°F. Coat 3, 9- inch round cake pans with baking



ITALIAN CREAM CAKE - page 2

EASY CARROT CAKE

This delicious carrot cake recipe is easy, made from scratch, wonderfully moist in the middle, and has the creamiest cream cheese frosting. Give it a try today!

Ingredients:

Cake:

- 2 cups all-purpose flour, spooned and leveled
- 2 teaspoons baking soda, important to level the teaspoon
- 1/2 teaspoon fine sea salt
- 1 1/2 teaspoons ground cinnamon
- 1 1/4 cups vegetable oil
- 1 cup granulated sugar
- 1 cup lightly packed brown sugar
- 1 teaspoon vanilla extract
- 4 large eggs, at room temperature
- 3 cups grated peeled carrots, 5 to 6 medium carrots
- 1 cup coarsely chopped pecans
- 1/2 cup raisins

Creamy Frosting:

- 8 ounces cream cheese, at room temperature
- 2 teaspoons cornstarch, optional
- 1 1/4 cups powdered sugar
- 1/3 cup cold heavy cream, not plain whipping cream, see tips
- 1/2 cup coarsely chopped pecans, for topping cake

Directions:

Bake Cake:

Position a rack in the middle of the oven. Preheat the oven to 350°F. Grease two 9-inch round cake pans, line the bottom with parchment paper,



CARROT CAKE - page 3

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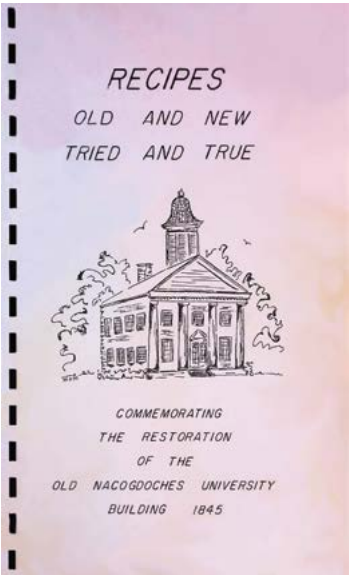
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From *Recipes Old and New Tried and True*



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 SPAGHETTI
(Mrs. J. R. McKinney)
and
TUNA MOUSSE
(Mrs. L. L. Lucas)

Chicken Spaghetti

Cook large hen until tender
Boil 1 package skinners spaghetti
in broth
add 1 can tomatoes - medium size
1 can mushrooms - optional
2 onions chopped
5 buttons garlic chopped
1 green pepper chopped
Salt and pepper to taste
Cook two hours in slow oven
about 1 hr and 45 min before
removing from oven add 1 lb
grated cheese and worchester sauce

Mrs. J. R. McKinney
Mrs. U. D. Lyles
(This recipe was given to me
by Mrs. Belle Coggesworth.)

Tuna Mousse

1 T (1 envelop unflavored gelatin)
1/2 C cold water
1/3 C lemon juice
2 C flaked tuna
1 C mayonnaise or salad
dressing
1 C chopped celery
1/4 C chopped green pepper
1/2 t salt
Soften gelatin in cold water add
remaining ingredients mix lightly.
Pour into oiled mould. Chill until
firm. Unmold, garnish with egg
slices and lemon.

Mrs. L. L. Lucas

- 87 -

ITALIAN CREAM CAKE

spray. Cut 3 parchment rounds to fit in the bottoms of the pans. Place the parchment in the pan and coat again with baking spray. Set aside.

In the bowl of your stand mixer fitted with the paddle attachment combine the oil, butter, and sugar together on medium speed until well blended. Add egg yolks, one at a time until combined and smooth, scraping the sides of the bowl as necessary. Add in almond extract, vanilla extract, baking powder, baking soda, and salt and mix for 30 more seconds or until combined.

Turn the mixer to low and add in the flour and buttermilk in alternating additions, beginning and ending with flour. Mix until combined and smooth, scraping the sides of the bowl as necessary. Stir in the coconut and pecans. Set batter aside.

In a clean mixing bowl combine the egg whites and the cream of tartar. Using the whisk attachment on your mixer beat the egg whites for 6-7 minutes on medium speed until stiff peaks form.

Fold the egg whites into the cake batter until evenly combined. Divide the batter between the 3 cake pans and bake for 30-35 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Cool the cakes in the pan for 10 minutes and then transfer the cakes to a wire rack to cool completely.

Frosting: In the bowl of your stand mixer fitted with the paddle attachment combine the cream cheese and butter on medium speed until combined and smooth. Turn the mixer to low speed and slowly add in the powdered sugar until combined, scraping the sides of the bowl as necessary. Add in the vanilla extract, almond extract, and chopped pecans and turn the mixer up to medium and mix until smooth and creamy for 1 minute.

Assembly: Place one cake on a cake plate and cover the top of the cake with a heaping cup of the frosting and spread evenly. Top with another cake and repeat. Top with the remaining cake layer and frost the cake with the remaining frosting, smoothing with an off-set spatula. Garnish with more chopped pecans if desired.

*Make sure your eggs are room temperature to ensure maximum volume when beating the egg whites.



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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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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!



**STRAWBERRY AND
SOUR CREAM SALAD**

INGREDIENTS:

- 1 package strawberry jello
- 1 cup boiling water
- 2 boxes frozen strawberries
- 1 small can crushed pineapple, drained
- 1 cup sour cream
- 1/2 cup pecans
- 2 bananas, diced

DIRECTIONS:

Thaw strawberries; dissolve jello in boiling water, then add strawberries. Mix rest of the ingredients. Pour half of mixture into mold and congeal. Then spread sour cream and place in refrigerator until entire mixture congeals. Yields 4-6 servings.

CARROT CAKE

and then grease the top. Or grease and flour the bottom and sides of both pans. Whisk flour, baking soda, salt, and cinnamon in a medium bowl until very well blended.

In a separate bowl, whisk the oil, granulated sugar, brown sugar, and vanilla.

Add the eggs, one at a time, whisking after each one.

Switch to a large rubber spatula. Scrape the sides and bottom of the bowl, then add the dry ingredients in three parts, gently stirring until they disappear and the batter is smooth.

Stir in the carrots, nuts, and raisins.

Divide the cake batter between the prepared cake pans. Bake until the tops of the cake layers are springy when touched and when a toothpick inserted into the center of the cake comes out clean, 35 to 45 minutes.

Cool the cakes in the pans for 15 minutes, then carefully turn the cake layers out onto cooling racks. Remove the parchment paper and cool completely. If you find that a cake layer is sticking to the bottom of the pan, leave the cake pan upside down and allow gravity to do its thing.

Frost Cake:

In a large bowl, beat the cream cheese with a handheld mixer on medium speed until smooth and creamy, about 1 minute.

Beat in the powdered sugar and cornstarch. I like sifting the powdered sugar and cornstarch over the cream cheese to remove lumps. If you do not have a fine mesh sieve, beat in the cornstarch and powdered sugar a 1/4 cup at a time until combined.

Pour in the heavy cream. Beat on medium speed for 2 to 3 minutes or until the frosting is whipped and creamy. This frosting resembles the texture of whipped cream. Chill covered until ready to frost the cake.

When the cake layers are completely cool, frost the top of one cake layer and place the second cake layer on top.

Add the remaining frosting to the top of the carrot cake and use a butter knife or small spatula to swirl the frosting around. Leave the sides of the cake unfrosted. Finish with a handful of nuts on top.

PLEASE SEND US YOUR RECIPES!

We'd love to share your favorites with our readers. If possible, please include a brief story behind the recipe. "My mom's," "My friend's," etc. Your photo and a photo of the completed recipe would be great, but not required.

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Thank you so much!

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

by Areeda Schneider-Stampley



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FRIED PORK CHOPS

- 4 to 6 pork chops, center cut
- 1 cup flour (all-purpose or self-rising)
- 1 teaspoon black pepper
- 1 teaspoon salt
- Canola oil (to cover about 1” of skillet)

Heat electric skillet to 350°. Wash and dry pork chops.

Put flour, salt and pepper in a brown lunch bag and shake pork chops one at a time in mixture; then place in hot grease.

Cook about 30-40 minutes until done. Remove pork chops to drain on paper towels.



Milk Gravy:

Leave about 2 Tablespoons drippings in skillet, and add 2 Tablespoons of flour. Allow flour to brown to a golden brown, adding 1/2 teaspoon each of salt and pepper.

Pour, slowly, about 1 cup of milk into the mixture and lower heat to about 300°. Stir continually for about 3-5 minutes with metal spatula scrapping bottom of skillet, until gravy thickens to consistency desired.

Additional milk (adding small amount at a time) may be needed to keep gravy from being too thick. Serve over a serving of hot mashed potatoes.

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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.

TRIPLE CHOCOLATE CAKE

Submitted by Fran Passerotti,
for band students Clint and Liz Passerotti

- 1 large pkg. chocolate pudding mix, cooked according to pkg. directions
- 1 chocolate cake mix
- 1 12-ounce package semi-sweet chocolate morsels

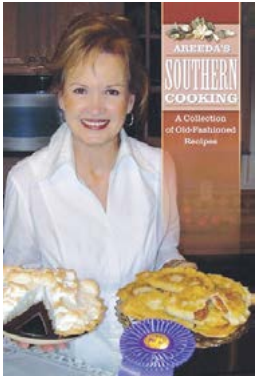
Let cooked pudding cool in pan for 10 minutes, stirring 4 or 5 times. Add cake mix, stirring until smooth. Spread into one ungreased and un-floured 9” x 13” cake pan. Batter will be stiff. Sprinkle chocolate chips on top of batter.

Bake at 350 degrees 30-35 minutes. Test for doneness by inserting toothpick in center to see if it comes out clean. Cool completely before cutting.

Purchase cookbook with credit card or on PayPal account on secure website at www.areedasoutherncooking.com. Or by check to: Areeda’s Southern Cooking, P. O. Box 202, Brentwood, TN 37024 \$24.50 (price includes shpg/handling).

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Submitted by Jan Alders Alexander of Nacogdoches

My precious niece Cindy Chancellor Matcek gave this recipe to me. She was a true blessing to our family and everyone that knew her.



POTATO SOUP

INGREDIENTS:

4 cups peeled and cubed potatoes	3 Tablespoons butter
1 cup skiced celery	1 Tablespoon dried parsley flakes
1 cup chopped onion	1/4 teaspoon pepper
2 cups water	1 chicken bouillon cube
2 teaspoons salt	2 Tablespoons flour
2 cups Half & Half	Garnish: cheddar cheese, chopped green onions & crumbled bacon

INSTRUCTIONS:

Combine potatoes, celery, onion, water and salt in large pot. Simmer covered until tender. Mash mixture and stir in remaining ingredients. Return to heat and cook, stirring often until soup is heated and thickened. Pour into bowls and top with shredded cheese, crumbled bacon and a few sprinkles of chopped green onions.

PEACH STRAWBERRY RUSTIC PIE

2 fresh peaches sliced or 1 can of peaches, drained
15 to 20 fresh or frozen strawberries, sliced
3 Tablespoons. flour + more for sprinkling
Sprinkle of sugar
1 ready-made pie crust
1 pizza stone (or a baking sheet)
4 large scoops of vanilla ice cream

Preheat the grill to 375°F using indirect heat - light some of the burners to medium-high, leaving some burners off. If using a pizza stone, place that onto the grill to preheat as well.

In a bowl combine the peaches, sliced berries, flour, and sugar.


Roll out the pie crust on a floured surface or directly onto a floured baking sheet. Pile the peaches and berries in the middle of the crust and fold about 1-inch of crust up and over the berries.

Dust the pizza stone with flour and transfer the pie onto the stone. If using a baking sheet, just place it directly onto the grill, making sure not to put it over lit burners.

Bake with the lid down until the pie crust is beginning to brown and the filling is bubbly.

Serve à la mode.

Serves 4 people.



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Submitted by David Stallings - Around the Town Publisher

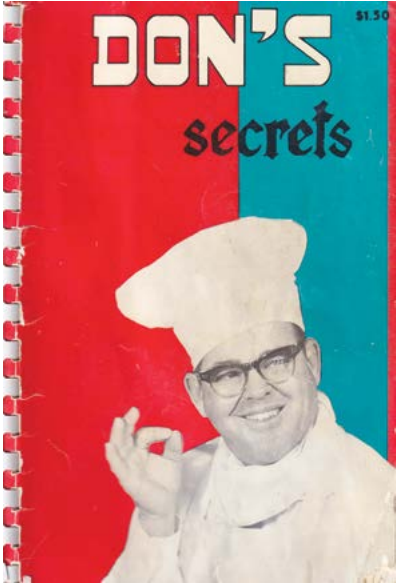

The Landry Family once operated Don's Seafood & Steakhouse Restaurants in Shreveport, Lafayette, Baton Rouge, Morgan City and Beaumont. The restaurants are gone now, but my memories of their amazing food linger on. I hope that you'll enjoy this recipe!



SHRIMP ETOUFFEE

2 lbs. fresh shrimp, peeled & deveined
1/4 lb. oleo or 3 Tablespoons oil
1 cup onions, chopped fine
1/2 cup celery, chopped fine
1/2 cup bell pepper, chopped fine
4 cloves garlic pressed
1 Tablespoon cornstarch
1½ cups water
Salt, black pepper and Cayenne (red pepper) to taste

Split shrimp and season generously with salt, black pepper and Cayenne. Set aside. Melt oleo or oil and add onions, celery, bell pepper and garlic. Cook slowly in uncovered heavy pot until onions are wilted. Add seasoned shrimp and let simmer, stirring occasionally for 20 minutes. Dissolve cornstarch in water and add to mixture. Cook another 15 minutes, stirring occasionally. Serve over cooked rice. Serves 4.



Bubba’s Original Sophiscated Southern Redneck Cookbook

“A Redneck’s take on sophisticated food!”

by Ken Stonecipher

Ken Stonecipher is a book editor and ghost writer living in Nashville, Tennessee. Among his many writing accomplishments are two cookbooks, “Bubba’s Original Sophiscated Southern Redneck Cookbook” and “Bubba’s Original Full-Fledged Southern Redneck Cookbook.”

Another cookbook in the writing stage is “All Things Cheesecake.” Originally from Magnolia, Arkansas, Ken is a multi-talented entertainer as well, performing on stage and behind a piano. A consummate writer, he has collections of short stories, novels, commissioned songwriting and even two musicals to his credit.



KEN’S EXOTIC

Sometimes I come up with some odd thangs to do. That ccokin’ in the dishwasher wuz my idea although many with more money and power have tried to say they did—can’t fight City Hall or that celebrity on some cookin’ show. Once i had the idea to put turnip greens in the washin’ machine. I figured it would be a really good way to git rid of all the sand. It wuz. It wuz also a really good way to git rid of the greens. I opened the lid and they wuz gone, couldn’t find ‘em anywhure, that is, until I washed the next load of clothes and all my underwear come out green. I looked like a two-ton lep-rechaun. However, this recipe is one I come up with that is still talked ‘bout down at the Miller’s Bend Bow Club. Bow hunters think of themselves as jus a little bit more sophisticated than gun hunters.

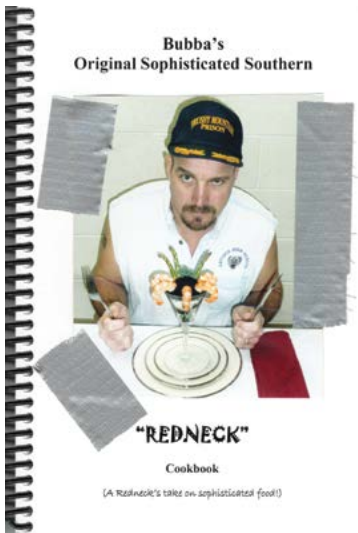
And here’s a hint... you can use all canned items here. The fresh asparagus is good but the canned is jus as.

- 1 bunch of fresh asparagus, trimmed, blanched and chilled
- 2 avocados, sliced and doused with lemon juice
- 1 can artichoke hearts, drained
- 1 large can ripe olives
- 1 can heart of palm, sliced
- 3 Tablespoons extra virgin olive oil
- 3 Tablespoons balsamic vinegar
- 3 Tablespoons sugar
- 1/2 teaspoon Cajun seasonin’s
- 2 Tablespoons dried parsley flakes

Chop asparagus into 10-inch lengths. Group vegetables together side-by-side on platter. Combine last five ingredients and drizzle over vegetables. Serve chilled.

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From Julia Jones of Nacogdoches

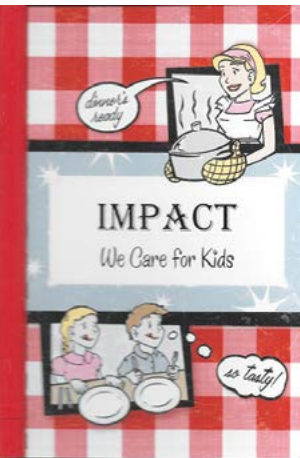
For many years Julia ran IMPACT, a non-profit ministry in downtown Nacogdoches, that served the families of Nacogdoches thanks to the generosity of friends and family. She, along with a bevy of volunteers worked tirelessly to serve foster children and foster families in the Nacogdoches area.



CABBAGE AND NOODLES WITH BACON

- 1 head cabbage, chopped
- 1 lb. bacon
- 1 large onion, chopped
- 2-3 handfuls egg noodles (your choice of kind; I use flat ones)
- Black pepper and salt

In a large skillet over medium-high heat, cook the bacon until crisp. Remove from the pan and drain on paper towels, then break into bite-size pieces. Reserve the bacon fat. Meanwhile, bring a large pot of salted water to boil for the egg noodles. Add the noodles and cook until done. Drain the noodles and set aside. Drain some of the bacon fat from



the pan, reserving enough to cook the onions. Add the chopped onion to the pan and cook for about 1-2 minutes or until the onions begin to soften. Add the cabbage to the skillet and cook until tender, stirring occasionally. When the cabbage is tender, add the egg noodles and bacon, mixing thoroughly. Season with pepper and salt to taste. Serve immediately.

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

PLEASE SEND US YOUR RECIPES!

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From Angela Bradford

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

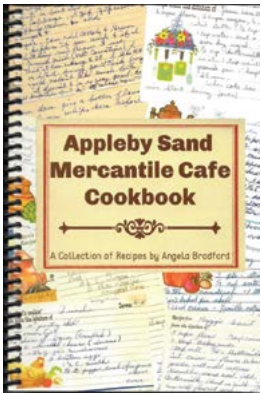


FRIED CATFISH


4-6 whole catfish or catfish fillets, cleaned
1 quart frying oil
1 cup all-purpose flour
1 cup cornmeal
1/4 teaspoon cayenne pepper (optional)
1/2 teaspoon salt
1/4 teaspoon ground black pepper



Rinse catfish and pat dry with paper towels. Pour oil into 5-quart Dutch oven and heat to 350°F on a deep fry thermometer. While oil is heating, whisk together flour, cornmeal, cayenne pepper, salt and black pepper until well-combined. Lightly coat both sides of catfish into flour mixture and then carefully place into Dutch oven, frying only two at a time, until lightly browned, about 5-8 minutes. Remove from Dutch oven and place onto a paper towel lined plate to drain. Serve immediately.



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


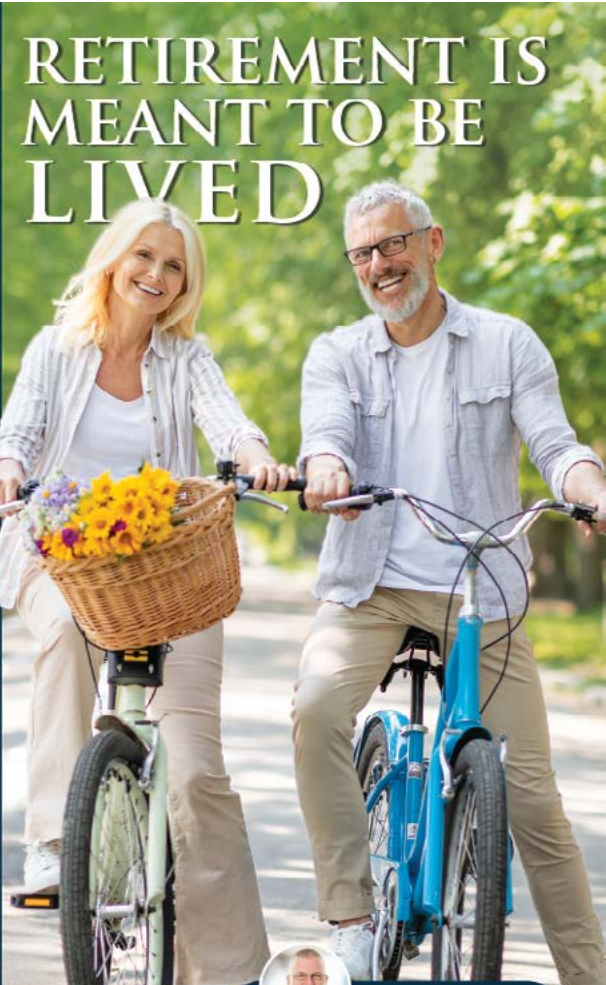


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CHERRY TOMATO SALAD WITH BUTTERMILK-BASIL DRESSING

Ingredients:

- 6 cups red and yellow cherry tomatoes, halved if large
- Kosher salt and freshly ground pepper
- 2/3 cup buttermilk
- 1/4 cup sour cream
- 3 Tablespoons thinly sliced fresh basil leaves
- 1 shallot, minced
- 2 cloves garlic, minced

Directions:

Put the cherry tomatoes in a large serving bowl. Season with salt and pepper and toss.

In another bowl, whisk the buttermilk, sour cream, basil, shallot and garlic. Season with pepper. Drizzle the dressing over the tomatoes and toss.




Photo by Kat Teutsch

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

The authors have dedicated it to their forefathers who came to North Louisiana from Sicily. It is dedicated to preserving the tradition and heritage handed down from that generation of the 1870s.

Most of them came from Cefalu, Sicily, situated 40 miles east of Palermo, on the beautiful Adriatic Sea.

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

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

VEAL PARMIGIANA
(Cathy Gregorio Bradley)

2 lbs. veal cutlets
1 clove garlic, minced
Olive oil
1 egg, slightly beaten
Italian bread crumbs
Grated Parmesan cheese
2 cups tomato sauce
Salt and pepper
Mozzarella cheese



Pound the cutlets thin. Dip the pieces in the egg, seasoned with salt and pepper. Dip pieces into bread crumbs, mixed with a little grated Parmesan cheese. Pour enough oil to cover the bottom of a shallow baking pan and scatter the pieces of garlic. Place the pieces of meat in the pan. Bake in 400° oven. When the meat has browned on one side, turn. Pour the tomato sauce over the meat; top each piece with Mozzarella cheese and sprinkle a little grated Parmesan cheese. Bake 10 to 15 minutes or more, until cheese melts.

PLEASE SEND US YOUR RECIPES!

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**PORK CHOPS STUFFED WITH
SUN-DRIED TOMATOES
AND SPINACH**

Ingredients:
1 Tablespoon olive oil, plus 1 Tablespoon
2 cloves garlic, minced
6 sun-dried tomatoes, diced
1 (10-ounce) bag of frozen spinach, thawed and excess water squeezed out
1/2 teaspoon salt, plus more for seasoning
1/2 teaspoon freshly ground black pepper, plus more for seasoning
1/4 teaspoon dried thyme
1/4 cup (2 ounces) goat cheese
1/3 cup reduced-fat cream cheese
4 (4-ounce) center-cut pork chops
1½ cups chicken broth
1/2 lemon, zested
2 Tablespoons lemon juice
2 teaspoons Dijon mustard



Directions:
Warm the 1 Tablespoon olive oil in a medium sauté pan over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add the sun-dried tomatoes, spinach, salt, pepper, and thyme. Cook until combined, about 2 more minutes. Transfer the mixture to a medium bowl. Add the goat cheese and the cream cheese. Stir to combine and set aside.

Use a sharp knife to cut a pocket into the thickest portion of the pork chop. Stuff each pocket with 1/4 of the spinach and sun-dried tomato mixture and close the pork around the stuffing. Season the outside of the pork with salt and pepper.

In a small bowl combine the chicken broth, lemon zest, lemon juice, and mustard.

Warm the remaining 1 Tablespoon olive oil in a large, heavy skillet over medium-high heat. When the pan is hot add the pork. Cook until golden and cooked through, about 4 minutes per side. Transfer the pork to a side dish and tent with foil to keep warm. Add the chicken broth mixture to the skillet over medium-high heat. Scrape up the brown bits from the bottom of the pan as the chicken broth simmers. Reduce the broth by half to make a light sauce, about 8 minutes. Spoon some sauce over the pork before serving.

The Barbecue Pit

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Mother's Day Grillin' Recipes

Grilled Salmon with Dill Butter

Salmon is officially in season and is the perfect meal to celebrate Mother's Day this year. Add a little something different with bright and bold flavors, including this buttery dill and salmon recipe! Dill is perfect with salmon because it's light and enhances its flavor.

Ingredients:

- 4 6-ounce slices of salmon with the skin on
- ¼ cup of unsalted butter
- 2 teaspoons of chopped fresh dill
- One thinly sliced lemon for garnish
- Peanut/sunflower/coconut oil
- Salt to taste

Instructions:

- Preheat the grill for cooking over high heat (450°F-550°F).
- Salt the salmon to taste.
- Mix the chopped dill with the unsalted butter.
- Now it's time to grill the salmon. Lightly grease the grill grates with a bit of peanut/sunflower/coconut oil. Coat the salmon in oil as well before placing the salmon skin side up on the grill grates. The grill time is about 2-4 minutes.
- Turn the salmon and reduce the heat to medium. Close the lid and allow the salmon to cook for another 3-5 minutes until the flesh is opaque and flakes easily.
- Serve the salmon with the thin lemon slices and the salad of choice.
- Serves 4 people.



Grilled Stuffed Chicken

This grilled chicken recipe isn't your usual weekday meal. This Mother's Day, add a little extra love and care into your cooking with this delicious stuffed chicken recipe. Nothing complements the taste of grilled chicken quite like cheese, spinach, and sundried tomatoes.

Ingredients:

- 4 boneless and skinless chicken breast
- 2 ounces of sundried tomatoes that are cut into strips
- 4 ounces of baby spinach
- 4 thick slices of mozzarella cheese
- 4 Tablespoons of BBQ rub
- Peanut/sunflower/coconut oil

Instructions:

- Preheat your grill to medium-high heat (350° F - 400° F).
- Split the chicken breasts to create a pocket in each breast and season the outside with BBQ rub.
- Stuff the pocket of the chicken breast with the spinach, cheese, and sundried tomato strips.
- Use toothpicks to close the pockets.
- Lightly grease the grill grates with a bit of oil. Add the chicken breasts and close the lid. Allow the chicken to cook for 8 minutes.
- Flip the chicken over and close the lid once again. Reduce the heat to medium. Allow the chicken to cook for 7-10 minutes more.
- And presto! Serve the stuffed chicken with the salad of choice. Remember to remove the skewers.
- Serves 4 people.



Garden Salad with Garlic Dressing

Garden salad with garlic dressing is a side dish that pairs fairly well with salmon dishes. It incorporates the same hints of dill as the salmon recipe to the left. This salad is also quite easy to make at home!

Ingredients:

- 1 head romaine lettuce, rinsed, dried, and chopped
- 1 green bell pepper, chopped
- 1 small cucumber, sliced
- 1 large tomato, chopped
- 1 carrot, shredded
- 2 green onions, sliced
- 1 radish, sliced
- 3 cloves garlic, grated/minced
- ¼ cup lemon juice
- 2 teaspoons. dill, dried
- ½ cup quality olive oil
- 3 to 6 Tablespoons mayonnaise
- ¼ cup of shredded parmesan cheese
- Salt & pepper to taste

Instructions:

- In a bowl combine the garlic, lemon juice, and dill.
- Slowly pour in the olive oil while whisking constantly to create an emulsification (the dressing will thicken).
- Once all of the oil is in, fold in mayonnaise 1 Tablespoon at a time until you are satisfied with the flavor.
- Stir in the parmesan cheese and season to taste with salt and pepper.
- Serves 4 people.



Grilled Peaches with Vanilla Ice Cream

Nothing says welcome to spring more than grilled fruit and ice cream. Stone fruits are great for grilling because the heat and char will increase the sweetness by caramelizing those juicy fruits. The whole family is sure to enjoy this delicious dessert.

Ingredients:

- 2 - 4 peaches or nectarines
- 4 large scoops of vanilla ice cream
- ¼ cup canola oil
- 2 Tablespoons honey
- 1 teaspoon of sea salt

Instructions:

- Preheat the grill to medium-high heat (350° F - 400° F).
- Brush the peaches and nectarines with a bit of oil. Grill the peaches and nectarines for about 4-5 minutes then turn them and continue to cook for 3-4 minutes.
- Remove the fruits from the grill and serve them with a scoop of ice cream on top. Drizzle with honey and a pinch of sea salt.
- Serves 4 people.



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