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NACOGDOCHES COUNTY - ANGELINA COUNTY - SHELBY COUNTY



October 2023

This Month's Recipe Winner Is Vikki Carson-Kezerle of Nacogdoches

CATHERINE'S HOMEMADE CHICKEN N DUMPLINGS

Supplies y'all will need:

- Dutch Oven with lid, or a large boiling pot with lid
- 2 large mixing bowls
- 2 cup glass measure
- 1 cup measure
- Tablespoon and teaspoon
- Rolling pin
- Pizza cutter
- Large cutting board
- Large spoon n ladle

Ingredients y'all gotta have:

- Whole big chicken, or 4 skin-on chicken breasts
- Self-rising flour
- Granulated chicken bouillon
- 3-4 qts. Water, or 3-4 qts. Chicken broth
- 1-large white onion-optional
- Salt

Chicken N Dumplings - page 5

Dress Up Ground Beef With This Savory Recipe

This hamburger steak recipe, complete with onions and gravy, is comfort food at its best. Serve with hot rice or potatoes for an easy-to-make dinner classic.

HAMBURGER STEAK WITH ONIONS AND GRAVY

- 1 pound ground beef
- ¼ cup bread crumbs
- 1 egg
- 1 teaspoon Worcestershire sauce
- ½ teaspoon seasoned salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ⅛ teaspoon ground black pepper
- 1 Tablespoon vegetable oil
- 1 cup thinly sliced onion
- 2 Tablespoons all-purpose flour
- 1 cup beef broth
- 1 Tablespoon cooking sherry
- ½ teaspoon seasoned salt



Photo Naples34102

PREP TIME: 15 Mins. **COOK TIME:** 25 mins. **TOTAL TIME:** 40 mins.
SERVINGS: 4

Mix ground beef, bread crumbs, egg, Worcestershire sauce, salt, onion powder, garlic powder, and pepper together in a large bowl until combined. Form into 8 balls and flatten into patties.

Heat oil in a large skillet over medium heat. Add patties and onion; fry until

Hamburger Steak - page 3

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From Recipes Old and New Tried and True



This book was published in 1962 by the Nacogdoches Federation of Women's Clubs as a fundraiser for the maintenance and upkeep of The Old Nacogdoches University Building.

It features recipes from local residents, most of whom are no longer with us. We hope that you enjoy this monthly feature and that you may remember many of the people who shared their recipes.

The preface reads:

"Nacogdoches has always been famous for gracious East Texas hospitality and good cooking. This collection of old family recipes has been tried and proven many times and comes from our very best cooks. We hope they will add to your cooking pleasure."

CHICKEN WITH ORANGE JUICE

(Mary R.W. McKinney)

and

CRANBERRY SAUCE

(Mrs. W.A. Mize)

Chicken With Orange Juice

- 1 4 lb. fowl cut up for frying
- 1 Cup boiling water
- 1 Cup orange juice
- 1 Cup mushrooms
- Salt and pepper to taste
- 3 tablespoons butter.
- 4 tablespoons flour.

Place fowl in cooker, add boiling water and orange juice. Cook slowly until tender. Remove chicken, sprinkle with salt and pepper, dredge in flour, and saute in bacon fat when brown remove from skillet and keep warm.

Make gravy out of chicken broth blended with butter and flour. Arrange chicken on platter. Add a border of toasted triangles. Pour gravy over all.

Mrs. R. W. McKinney

Cranberry Sauce.

- 4 cups berries
- 3 cups sugar
- 1 cup water

Mix together cook until berries stop popping. Pour in court sider.

Given by Mrs. Carl Heckman to Mrs. W. A. Mize

- 76 -

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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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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!



ICE CREAM PECAN BALLS

- Vanilla ice cream
- Toasted pecans
- Fudge sauce

Form ice cream into balls. Roll in pecans. Wrap, freeze. Serve with Hot Fudge Sauce.

Fudge Sauce:

- 1/2 cup butter
- 2 1/4 cups confectioners sugar
- 2/3 cup evaporated milk
- 6 squares bitter chocolate

Mix butter and sugar in top of double boiler. Add evaporated milk and chocolate and cook over hot water 30 minutes. Do not stir. Remove from heat and beat. May store in refrigerator and reheat.

Hamburger Steak

patties are nicely browned, about 4 minutes per side. Transfer beef patties to a plate, and keep warm.

Sprinkle flour over onions and drippings in the skillet. Stir in flour with a fork, scraping bits of beef off of the bottom of the skillet as you stir. Gradually mix in beef broth and sherry. Season with seasoned salt. Simmer and stir over medium-low heat until gravy thickens, about 5 minutes.

Reduce heat to low, return patties to the gravy, cover, and simmer until cooked through, about 15 minutes.

Store the leftover hamburger steaks (and the onions and gravy) in an airtight container for up to three days in the refrigerator. Reheat in the microwave or on the stove.

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

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SOUTHERN FRIED CHICKEN & GRAVY

- 1 fryer chicken, 2 to 3 lbs., 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; then 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 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
- 4 Tablespoons all-purpose flour
- Salt and pepper, to taste
- 2 to 3 cups milk

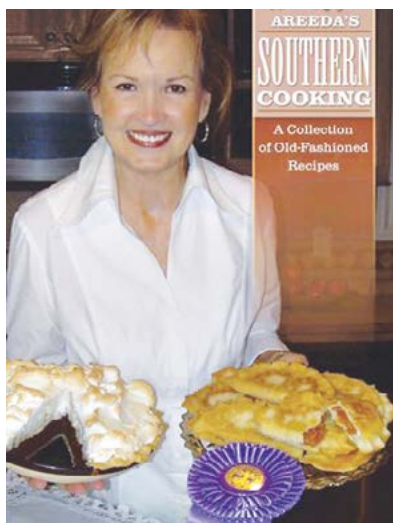
Pour off all chicken drippings (after frying a chicken) from skillet except about 4-5 Tablespoons. Turn skillet back up to about 350°.

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.aredasoutherncooking.com. Or by check to: Areeda’s Southern Cooking, P. O. Box 202, Brentwood, TN 37024 \$24.45 (price includes shpg/handling).

Contact: aredaschneider@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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Chicken N Dumplings

Fresh ground, ground, or white pepper
Morton Season Salt
2-3 teaspoons poultry seasoning
Garlic powder, to yer taste. I love lots!

Place chicken in large mixing bowl, or on cutting board and season well. Turn yer hot water on till ya see steam n fill Dutch Oven 3/4 full, or pour in 3-4 qts. chicken broth n heat till ya see steam. Add chicken n on high heat to a full rolling boil, then to med-low heat with lid n cook until tender n done. **<Don't overcook, makes meat tough>**

Take chicken out n place in large mixing bowl, or cutting board n let cool till u won't burn yer ownself!

- Take a break, relax, make yer fav drink, do whatever makes u feel good!
- De-bone n shred chicken in bite-size pieces. I don't like big chunks.
- Set aside in large mixing bowl.
- On clean, dry, large surface dust with flour, n rub flour on rolling pin.
- In large mixing bowl pour 1 cup self-rising flour n make a well, n season well, mix with fingers well.
- Using glass measure cup fill half with chicken broth n slowly add broth to flour, mixing with yer own fingers, until a semi-moist dough is formed. Pinching off a palm full, shape round n flatten some. Turn out into flour, throw some flour on top n roll in all directions kinda thin. Using the pizza cutter, cut in nice size chunks, n stack n stagger to the side until dough is all cut up.
- Bring broth to full rolling boil n add dough quickly, be careful!; add all chunks, stir, making sure all pieces are under broth n cooking.
- Cook about 20 min until tender, done, n melt in yer jaws yummy!
- Fold in chicken gently, stir well, n heat till hot again.

Make your fav bread, rolls, or cornbread, n pig out! Delicious!!! Y'all don't hurt yerselves!

Serving size-Two big bowls n yer fav bread to soak up that savory broth! If it's so hot out, turn the air to 60 n put yer hoodie n sweat pants on n make like it's winter time!

Calories-I don't know n don't care.

Enjoy n savor every spoonful!!! ❤️

I hope y'all love it as much as I do!!!

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.

BRISKET

- 5- to 6-pound fresh beef brisket, well trimmed
- 3 Tablespoons cinnamon
- 2 Tablespoons paprika
- 1 Tablespoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper



Preheat oven to 275°F. Mix all the seasonings together to make a dry rub. Rub mixture all over brisket. Put the brisket in large baking dish and pour water in bottom of pan. (Cook brisket with the fat side up so it remains nice and juicy during the cooking process.) Seal the dish tightly with heavy-duty aluminum foil. Bake at 275°F for 5 to 7 hours (about 1 hour and 15 minutes per pound). Remove from oven and allow to stand for 1 hour before slicing. Slice across the grain, and serve.

PLEASE SEND US YOUR RECIPES!

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From Joan Hillin of Nacogdoches

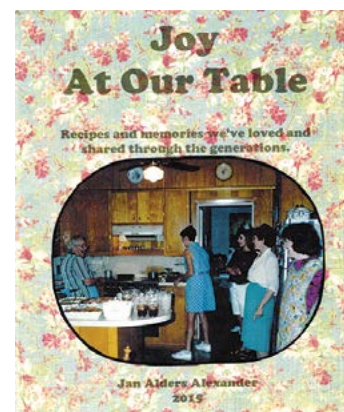
TACO SPAGHETTI

- 8 ounces of spaghetti
- 1 pound of ground turkey or beef
- 1 package of taco seasoning
- 2/3 cup of water
- 1 (10.5 ounce) can of cream of chicken soup
- 1 (10 ounce) can of rotel tomatoes
- 1 (8 ounce) package of Velveeta cheese
- 1½ cups of shredded cheddar cheese

Preheat oven to 350°, lightly spray a 11 x 7 pan with cooking spray. Cook the spaghetti according to package directions. Brown the meat, drain the fat, return to skillet. Add taco seasoning and water, simmer for five minutes. Stir in the soup, Velveeta, and tomatoes. Cook until the cheese melts, stir in the spaghetti and pour into the dish. Top with cheddar cheese and bake for 30 minutes. Enjoy!

Submitted by Jan Alders Alexander of Nacogdoches

My sister, Nancy, gave me this on one of our trips to her wonderful condo in Tapatio. Funney how recipes do remind us of special times and places!



NANCY'S CRAB PUFFS

- 1 package English muffins-halved, then quartered
- 1 jar Old English cheese
- 1 Tablespoon mayonnaise (not Miracle whip!)
- 1 stick butter, softened
- 2 green onions, chopped
- 1 can crab meat, drained

Mix all ingredients and spread on halved English Muffins. Bake at 450° for 10 minutes.

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From Silvia Arnold of Lufkin

HONEY BUTTER ROLLS

1 cup whole milk, warmed to about 110 degrees
2¼ teaspoons active dry yeast (1 packet)
1/2 teaspoon granulated sugar
1/4 cup honey
1 large egg + 1 egg yolk
1/4 cup unsalted butter, melted and slightly cooled
1/2 teaspoon salt
3½ cups bread flour

TOPPING:
1/4 cup unsalted butter, very soft (I melted mine and added my honey in it)
2 Tablespoons honey



Pour warm milk into the bowl of a stand mixer fitted with a dough hook attachment. Sprinkle yeast and 1/2 teaspoon sugar on top of the milk. Give it a light stir with a spoon and allow to sit for 5 minutes. The mixture should be frothy after 5 minutes. If not, start over with new yeast.

With mixer running on low speed, add the honey, egg, egg yolk, melted butter, salt, and 3 cups of bread flour. Beat on low speed for 1 minute as it all combines. The dough should be thick, but soft. And only slightly sticky. It should pull away from the sides of the bowl as it mixes. When it does it is ready to knead. But if dough is too sticky to handle you may add more flour, 1 Tablespoon at a time. Make sure you do not add too much extra flour, you want a soft, slightly sticky dough.

Form dough into a ball and turn it out onto a lightly floured surface. Knead for 2 minutes, then place into a greased bowl. Turn the dough over to coat all sides. Cover and place it in a warm place to rise until doubled, about 2 hours.


Once doubled in size, punch down the dough to release any air bubbles. Remove dough from bowl and turn it out onto a lightly floured surface. Punch down again to release any more air bubbles if needed. Knead a bit and form into golf size balls. I made mine a bit larger and I came out with 12 rolls. If you make them smaller you may come out with about 16 rolls. Place in a greased baking dish, cover and let rise for about 1 hour.

Preheat oven to 350°, bake rolls for 18-20 minutes until the tops are golden brown and edges of each roll look cooked.

While rolls are baking, mix topping ingredients together to make a creamy honey butter. Remove the rolls from oven when they are done and brush or spread a generous amount of honey butter onto each warm roll. Serve with any remaining honey butter.

From Julia Jones of Nacogdoches

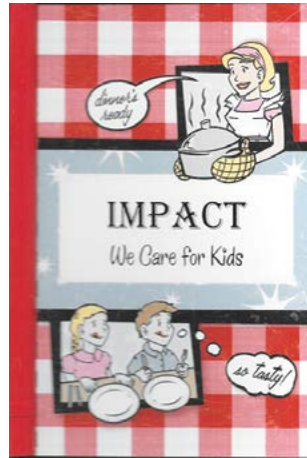
For many years Julia ran IMPACT, a non-profit ministry in downtown Nacogdoches, that served the families of Nacogdoches thanks to the generosity of friends and family. She, along with a bevy of volunteers worked tirelessly to serve foster children and foster families in the Nacogdoches area.



BAKED POTATO SOUP

4 potatoes, cooked, peeled and diced
2/3 cup butter or margarine
2/3 cup flour
6 cups milk
3/4 teaspoon salt
1 teaspoon pepper
4 chopped green onions
8-10 slices cooked bacon, crumbled
1¼ cups shredded cheese
8 ounces sour cream

Melt butter, add flour and stir until smooth. Add potatoes, pepper, salt, onion, 1/2 of bacon, milk and 1 cup cheese. Cook until hot. Remove from heat and stir in sour cream. Add extra milk if you prefer thinner soup. Garnish with remaining cheese and bacon.



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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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.

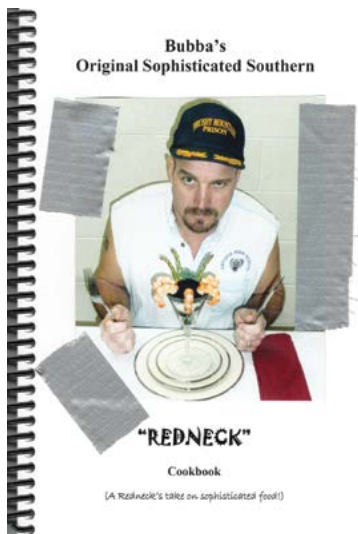
FRIED GREEN TOMATOES

There is nuthin' more southern than cornbread and right after that comes fried green tomatoes. You know it's important when you've got an entire blockbuster hit movie bearin' yer name. When we were growin' up in South Arkansas they wuz fried cornbread, fried potatoes, fried squash, fried okra, fried eggplant and fried catfish and chicken. All these things gave way when Aunt Joyce from next door brought out that huge brown paper sack and stated tossin' sliced green tomatoes in it with the cornmeal and salt and pepper. In the summertime, if her kitchen winder wuz open, the aroma of fried green tomatoes would drift out as if on a cloud across the grass to sit and linger under that honeysuckle vine jus outside her kitchen winder and drool. That's been years ago but I still can remember that incredible smell.

I'm sure thar are all kinds of recipes for these things. This one is the most simple. I tend to use my weight in cayenne pepper and so I would add 'bout 1/2 teaspoon to the cornmeal mix but I like to sweat when I eat. I know some who add a couple of teaspoons of sugar. Some even make a batter with buttermilk, flour and add to the cornmeal. If you've got any brains at all, you can try whatever you want.

- 6 large firm green tomatoes
- 1 cup cornmeal
- Salt and pepper to taste
- Bacon drippin's

Cut tomatoes into 1/4-slices. (Some peel their tomatoes and some don't, it's jus up to you.) Season with salt and pepper; dredge in cornmeal. Heat bacon drippin's in a heavy skillet; add tomatoes and fry slowly until browned, turnin' once. Yield: 6-8 servin's.



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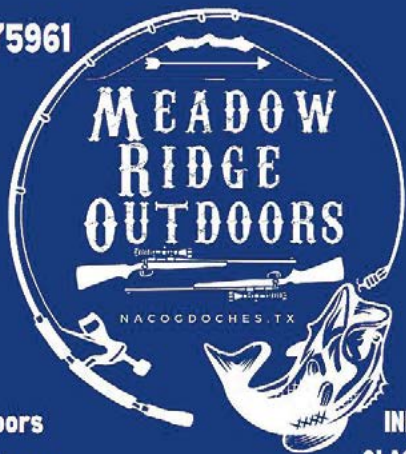
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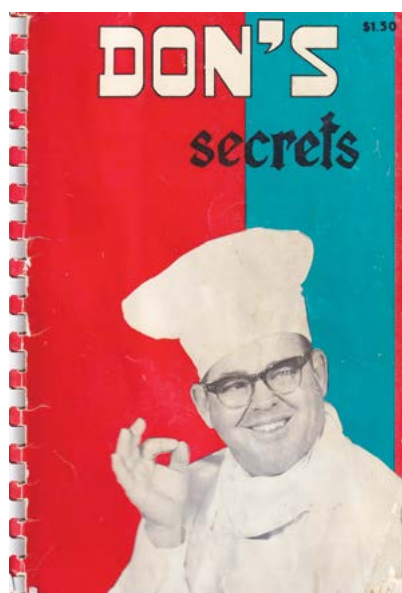
**Submitted by David Stallings -
Around the Town Publisher**

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



TROUT MARGUERY

- 3 lbs. trout (dressed)
- 6 eggs
- 1/2 lb. boiled shrimp
- 1/8 lb. butter
- 1 fifth Sauterne wine
- 12 whole peppercorns
- 3 sprigs celery
- 6 sprigs parsley



Make fish stock using trimming, heads, fins, in 1 quart water with 1 cup Sauterne wine added. Add parsley, celery and peppercorns. Simmer down to 2 cups liquid. Strain thru cheese cloth and set aside.

Boil 1/2 lb. peeled and cleaned shrimp in 2 cups Sauterne wine for 2 minutes. Remove shrimp and set aside.

Season fish inside and outside generously with salt, black pepper and red pepper. Butter bottom and side of baking pan. Put fish in baking pan, cover top of baking pan with heavily buttered brown paper and put in 325° oven for 25 minutes. Use half of the butter for this.



trout decorated with paprika and parsley sprigs. Serves 6.

Into top of double boiler put 1 cup fish stock, 1 cup Sauterne wine, remaining butter (melted), add 1 egg yolk at a time and stir evenly. Keep water hot in bottom of boiler but do not boil. Chop boiled shrimp and add to sauce. When sauce thickens, set aside. Keep warm. Pour over

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

SHIRLEY TEMPLE CAKE

Cake Ingredients:

- 1½ cups butter (softened)
- 3 cups granulated sugar
- 5 large eggs
- 3 cups all-purpose flour
- 2 teaspoons lemon extract
- ¾ cup 7up
- 10 ounces maraschino cherries (drained and juice reserved)

Glaze Ingredients:

- 2 cups powdered sugar
- 1 teaspoon lemon extract
- 3-4 Tablespoons milk

Instructions:

Preheat the oven to 325 degrees. In large bowl mix together your butter (1½ cups or 3 sticks) and sugar until light and fluffy. Add in your eggs and continue to mix until blended. Add in your flour and mix again until smooth. Pour in your lemon extract and 7up and beat to combine. Fold in your cherries. Grease a bundt pan with shortening, then dust it with flour. Spread the batter into a greased & floured bundt pan and bake for 1½ hours or until center is set. Allow the cake to cool for 10-15 minutes in the pan. Turn the cake onto serving dish and let cool slightly and then using a skewer poke holes all over the top of the cake and pour your reserved cherry juice slowly over the top making sure the juice gets soaked up. It's ok for it to seep to the bottom to soak as well. Let cool completely. Meanwhile mix together your glaze ingredients and drizzle over the top of your cake. Top with more cherries if desired.

KENTUCKY BUTTER CAKE

Cake Ingredients:

- | | |
|--------------------------------|-----------------------------|
| 1 cup of softened butter | 1 teaspoon of baking powder |
| 2 cups of sugar | 1/2 teaspoon of baking soda |
| 4 eggs (at room temperature) | 1/2 teaspoon of salt |
| 2 teaspoons of vanilla extract | 1 cup of milk |
| 3 cups of all-purpose flour | |

Butter Sauce Ingredients:

- 1 cup of sugar
- 1/2 a cup of butter, cubed
- 1/4 cup of water
- 1 to 1/2 teaspoons of almond extract
- 1 to 1/2 teaspoons of vanilla extract

Instructions:

Step 1 First, beat the butter and sugar together in a bowl until light and fluffy, then, add eggs one at a time, beating well after each addition, and incorporate the winning ingredient, vanilla extract.

Step 2 Then, combine the flour, baking soda, baking powder, and salt in a separate bowl, and gradually add this dry mixture to the creamy mixture, alternating with buttermilk, then, beat well after each addition to ensure thorough incorporation.

Step 3 Next, grease and flour a 10-inch tube pan, place the prepared pan and bake at 350°F until a toothpick inserted into the center comes out clean, which should take around 55-70 minutes.

Step 4 Then allow the cake to cool for 10 minutes, after that run a knife along the edges of the pan and around the center tube, and carefully invert the cake onto a wire rack placed over waxed paper.

Step 5 To prepare the sauce, take a small saucepan and combine the sugar, butter, and water, then place the saucepan over medium heat and cook until the butter melts and the sugar completely dissolves, and once done, remove the saucepan from the heat source and stir in the desired extracts.

Step 6 Next, punch holes in the top of the warm cake and spoon 1/4 cup of sauce over it, allowing it to absorb. Repeat this process twice. Then, poke holes in the sides of the cake and spread the remaining sauce over them.

Tips: Make sure to properly grease and flour the tube pan to prevent the cake from sticking. Let the cake cool for about 10 minutes before removing it from the pan to avoid it breaking apart. Poke holes in the cake while it's still warm to allow the butter sauce to penetrate evenly.

Variations: Add a teaspoon of cinnamon or nutmeg to the cake batter for a warm and aromatic twist. Top the cake with cream cheese frosting for an extra layer of creamy goodness. Sprinkle toasted coconut flakes over the butter sauce for a tropical touch. Drizzle melted chocolate or caramel sauce over the cooled cake for a decadent finish. Serve the cake with a scoop of vanilla ice cream or a dollop of whipped cream for a delightful contrast in textures.



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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.

BEER-BRAISED BEEF

Submitted by Phyllis Schubert, NISD Food Service Director

3 pounds beef chuck, cut in 1” cubes	1 Tablespoon vinegar
1/4 cup flour	2 teaspoons sugar
1/4 teaspoon salt	1 clove garlic, minced
3 Tablespoons cooking oil	1 teaspoon dried thyme, crushed
2 large onions, thinly sliced	1 bay leaf
1 8-oz. can whole mushrooms, drained	1 Tablespoon flour
1 10.5-oz. can condensed beef broth	2 Tablespoons water
1 12-oz. can beer	1 Tablespoon snipped parsley
	Buttered noodles, cooked

Shake beef cubes in mixture of flour and salt. In Dutch oven, brown beef in hot oil, one-half at a time. Combine onions, mushrooms, broth, beer, vinegar, sugar, garlic, thyme and bay leaf with meat. Simmer covered in Dutch oven 1¼ to 1½ hours or until meat is tender. Remove bay leaf. Thicken slightly, using 1 Tablespoon flour and water, if desired. Stir in parsley. Serve over buttered noodles. Yields 8 servings.

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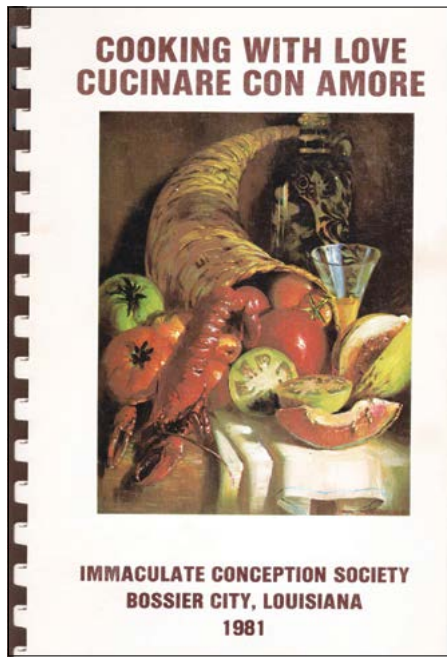
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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 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.

BAKED MANICOTTI (Grace B. Pedro)

Sauce:

- | | |
|--------------------------------------|---------------------------------|
| 1/4 cup olive oil | 1/4 cup chopped parsley |
| 1 cup finely chopped onion | 1 Tablespoon salt |
| 1 clove crushed garlic | 1 teaspoon sugar |
| 1 (2 lb. 3 oz.) can Italian tomatoes | 1 teaspoon dried oregano leaves |
| 1 (6 oz.) can tomato paste | 1/2 teaspoon dried basil leaves |
| | 1/4 teaspoon pepper |

Shells:

- | | |
|---------------------------|---------------------------|
| 5 eggs | 1/4 teaspoon salt |
| 1 1/4 cups unsifted flour | 1 teaspoon butter or oleo |

Filling:

- | | |
|---|--------------------------------|
| 2 lb. Ricotta cheese | 1 Tablespoon chopped parsley |
| 1 (8 oz.) pkg. Mozzarella cheese, diced | 1 teaspoon salt |
| 1/3 cup grated Parmesan cheese | 1/4 teaspoon black pepper |
| 2 eggs | 2 Tbsp. grated Parmesan cheese |

Make sauce. In hot oil, in 6-quart kettle, sauté onion and garlic until golden brown.

Add tomatoes, tomato paste, 1 1/2 cups water, parsley, 1 Tablespoon salt, the sugar, oregano, basil and 1/4 teaspoon black pepper. Mix well, mashing tomatoes with fork.



Bring to boiling; reduce heat. Simmer, covered and stirring occasionally, for 1 hour.

Meanwhile, make shells. In medium bowl, combine 5 eggs, the flour, 1/4 teaspoon salt and 1 1/4 cups water with portable electric mixer; beat until smooth.

Melt butter in 7-inch skillet. Pour in 2 Tablespoons batter, rotating pan quickly to spread batter evenly over bottom of pan. Cook over medium heat until top is dry, but bottom is not brown. Turn out on wire rack to cool.

Continue cooking batter, 2 Tablespoons at a time, until all is used. As shells cool, stack them with waxed paper between them.

Preheat oven to 350°.

Make filling in large bowl. Combine Ricotta cheese, Mozzarella cheese, 1/3 cup Parmesan cheese, 2 eggs, the chopped parsley, 1 teaspoon salt and 1/4 teaspoon pepper; beat with wooden spoon until well blended.

Place about 1/4 cup filling in center of each shell and roll up.

Spoon some of sauce in bottom of 2 (13x9x2-inch) baking dishes. Place shells, seam side down, in single layer in dishes. Cover with remaining sauce; sprinkle with 2 Tablespoons Parmesan cheese.

Bake, uncovered, 30 minutes, or until bubbly. Makes 8 to 10 servings. May be made with meat filling.

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Good Ole Kentucky Barbecue Sauce

Ingredients:

1 cup cider vinegar
1/4 cup water
1/4 cup coarsely chopped onion
1/4 cup coarsely chopped green bell pepper
1/4 cup coarsely chopped celery
1 teaspoon minced garlic
2 teaspoons whole peppercorns
1 bay leaf
1 cup ketchup
2 Tablespoons butter or margarine
2 Tablespoons lemon juice
1 Tablespoon sugar
1 Tablespoon Worcestershire sauce
2½ teaspoons chili powder
2½ teaspoons paprika
1/2 teaspoon dry mustard
1/4 teaspoon Tabasco® sauce
1/4 teaspoon liquid smoke
1/4 teaspoon ground red pepper



Instructions:

In a large saucepan, combine the vinegar, water, onion, bell pepper, celery, garlic, peppercorns and bay leaf. Bring to a boil. Reduce heat to low and simmer for 20 minutes.

Strain, and discard solids. Return liquid to saucepan. Add remaining ingredients. Stir over medium heat until butter melts. Simmer 5 minutes longer. Serve warm.

Refrigerate unused sauce up to several weeks. Makes about 1½ cups.

Bourbon Marinade

Ingredients:

1/4 cup Bourbon
1/4 cup soy sauce
1/4 cup Dijon mustard
1/4 cup brown sugar
1 small onion, chopped fine
1/4 teaspoon garlic powder
Dash of Worcestershire sauce

Instructions:

Combine all ingredients in a small bowl, mix well and refrigerate. Use this marinade on all types of meat, chicken, fish, vegetables, etc. Makes 1 cup.

Creole Seasoning and Barbecue Rub

This is considered a creole seasoning because of the capsicums (peppers), garlic and black pepper.

Ingredients:

1/2 cup salt
2 Tablespoons cane sugar
2 Tablespoons paprika
1 Tablespoon black pepper
2 teaspoons cayenne
1 teaspoon garlic powder
1/4 teaspoon MSG (optional)

Instructions:

Combine all of the ingredients in a sifter, and sift to blend well. Store in an airtight jar in the refrigerator for 2 to 3 weeks or in the freezer for up to 6 months. Makes about 1 cup.

How to use it: You can use this rub just like salt and sprinkle it on just about any food to which you want to give a little creole lift. Or, use it as a rub—it's particularly good on ribs.

Variation: Adding a teaspoon of thyme, ground parsley, and/or ground bay leaf to this seasoning keeps with the theme and adds some nice herb flavors.

Tropical Barbecue Shrimp Sauce

Ingredients:

1/4 cup vegetable oil
1/4 cup packed brown sugar
1 medium white onion, chopped
1 medium red onion, chopped
3 cloves garlic, minced
1 large orange, peeled, seeded and chopped
1 29-ounce can tomato sauce
1 5-ounce bottle Pickapeppa sauce
Juice of 2 lemons
2 Tablespoons ground cumin
1 Tablespoon coarsely ground black pepper
1 Tablespoon ground white pepper
1/4 teaspoon ground red pepper
Marinade reserved from shrimp (optional; recipe to follow)
Tabasco® sauce to taste (optional)

Instructions:

In a large saucepan, heat oil over medium heat. Add brown sugar, and stir constantly until sugar melts and begins to caramelize.

Add onions and garlic, and sauté 1 minute. Add orange, and let mixture simmer for 10 minutes over medium-low heat.

Add tomato sauce, Pickapeppa sauce and lemon juice. Continue to cook over medium-low heat until sauce begins to thicken.

Add cumin and peppers, and simmer 5 to 10 minutes longer.

Sauce may be made up to several weeks ahead at this point, covered and refrigerated.

Before using, add marinade reserved from shrimp and hot sauce, if desired. Cook long enough to heat through.

Tropical Marinade:

4 cloves garlic, minced
2 green onions, finely chopped
Juice of 4 oranges
1/4 cup Worcestershire sauce

In a large plastic or glass bowl, combine ingredients.

Uses: Cubed pork or chicken would work well in both the sauce and marinade, but shrimp is its true match.

Tropical Shrimp:

In a large container, combine marinade and 3 pounds large, peeled and deveined shrimp. Cover, and refrigerate at least 1 hour.

Place shrimp on skewers, alternating with chunks of onion, green pepper and peeled orange. Grill over hot coals for about 5 minutes per side, liberally basting with the barbecue sauce.

Serve with extra sauce on the side.



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