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NACOGDOCHES COUNTY - ANGELINA COUNTY - SHELBY COUNTY

September 2025

Hearty Fall Soups to Warm Your Tummy

FISH CHOWDER

This hearty fish chowder recipe will make you feel like you're in New England. You can top the chowder with bacon bits and a few shakes of hot sauce for a little spice. Enjoy!

Ingredients:

- 2 Tablespoons butter
- 2 cups chopped onion
- 4 fresh mushrooms, sliced
- 1 stalk celery, chopped
- 4 cups chicken stock
- 4 cups diced potatoes
- 2 pounds cod, diced into 1/2-inch cubes
- 1 cup clam juice
- ½ cup all-purpose flour
- ⅓ teaspoon Old Bay Seasoning, or to taste
- Salt and ground black pepper to taste
- 2 (12 fluid ounce) cans evaporated milk
- ¼ cup cooked crumbled bacon

Directions:

Melt butter in a large stockpot over medium heat. Sauté onions, mushrooms, and celery in butter until tender. Add chicken stock and potatoes; simmer for 10 minutes. Add fish; simmer for another 10 minutes.

Mix together clam juice and flour in a small bowl until smooth; stir into soup and simmer for 1 minute. Season with Old Bay, salt, and pepper. Remove from heat and stir in evaporated milk.

Portion into soup bowls and top with crumbled bacon.

Photo by Bobby Bats

SLOW COOKER VEGETARIAN MINESTRONE

This slow cooker minestrone soup is ideal for a weeknight family dinner! Slow cooking the beans, veggies, and spices allow the flavors to intensify, delivering a delicious, hearty meal that everyone's sure to enjoy.

Ingredients:

- 6 cups vegetable broth
- 1 (28 ounce) can crushed tomatoes
- 1 (15 ounce) can kidney beans, drained
- 1 large onion, chopped
- 2 large carrots, diced
- 2 ribs celery, diced
- 1 cup green beans
- 1 small zucchini, chopped
- 3 cloves garlic, minced
- 1 Tablespoon minced fresh parsley
- 1½ teaspoons dried oregano
- 1 teaspoon salt
- ¾ teaspoon dried thyme
- ¼ teaspoon freshly ground black pepper
- ½ cup elbow macaroni
- 4 cups chopped fresh spinach
- ¼ cup finely grated Parmesan cheese, or more to taste

Directions:

Gather all ingredients.

Combine broth, tomatoes, kidney beans, onion, carrots, celery, green beans, zucchini, garlic, parsley, oregano, salt, thyme, and pepper in a 6-quart slow cooker. Cover and cook on Low for 6 to 8 hours.

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes; drain. Stir macaroni and spinach into the slow cooker; cover and cook for 15 more minutes.

Ladle into bowls and sprinkle with Parmesan cheese.

Photo Dotdash Meredith Food Studios

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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."

CRABMEAT CASSEROLE

(Dorothy Townsend)

and

SEAFOOD SUPREME

(Mrs. Robert Birdwell)

Crabmeat Casserole

2 Cans (6 1/2 oz) Crabmeat
6 Hard boiled eggs
1 Can pimientos
1 Can asparagus tips
2 Cups Cream Sauce
Grated Cheese and buttered bread crumbs

In a Casserole place layers of Crabmeat, sliced eggs, pimientos, asparagus, and Cream Sauce, making two layers of each. Top it with grated cheese and buttered bread crumbs. Bake in moderate oven. Serves 6 to 8

*Dorothy Townsend
(F. G. S.)*

Seafood Supreme

20 oz Canned de-veined Shrimp
26 oz Crabmeat (flaked and cleaned)
3 Cups Shredded day-old bread
1 Cup Chopped onions 2 Tbs Capers
1 Cup Chopped Celery 2 Tbs Capers liquid
2 Tbs Lemon Juice
2 Tbs Parsley Chopped
1 Tbs Worcestershire Sauce
2 Tbs Dry Mustard 1 Cup Mayonnaise
1/2 teaspoon Curry powder

Drain shrimp (save liquid). Mix all ingredients. Moisten with 1/2 cup shrimp liquid. Turn into 3 quart casserole. Cook 1 hour at 350 degrees. Add more shrimp liquid during cooking if necessary.

*Mrs Robert Birdwell
-72-*



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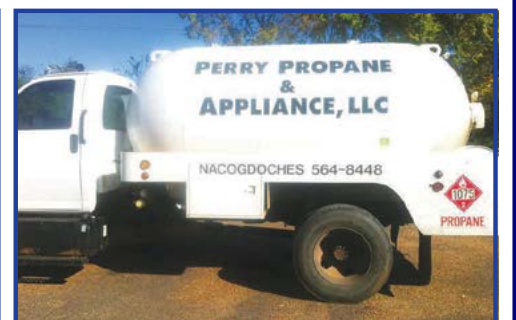
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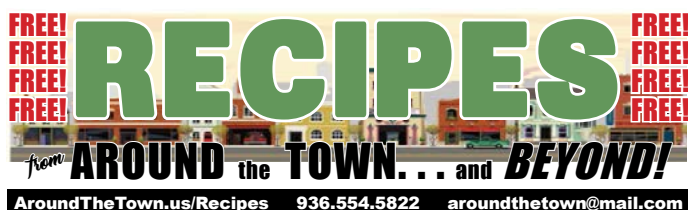


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Many recipes published in this publication are sent in by readers, their friends and family members. Recipes may be handed down from generation-to-generation or written from memory. **RECIPES** publishes these recipes as they are submitted, as a service 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!



CHOCOLATE CRINKLE COOKIES (1/2 Recipe)

Ingredients:

- 4 (1 ounce) squares unsweetened chocolate
- 1/2 cup salad oil
- 2 cups sugar
- 4 eggs
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- About 3/4 cup powdered sugar

Directions:

Combine melted chocolate, oil and sugar. Add eggs, one at a time, beating well after each. Combine flour, baking powder and salt; add to chocolate mixture, mixing well. Chill several hours or overnight.

Roll dough into 1 inch balls; roll each in powdered sugar and again between palms of hands. Place 2 inches apart on lightly greased cookie sheets. Bake at 350° for 10 to 12 minutes (centers will be somewhat soft). Yields 6 dozen.



CLASSIC BEEF STEW WITH ROOT VEGETABLES

INGREDIENTS:

- | | |
|-------------------------------------|--------------------------------------|
| 2 lbs beef stew meat | 2 small onions peeled, cut into 8 |
| 1/3 cup all-purpose flour | 1 teaspoon fresh thyme leaves or |
| Fine sea salt | 1/2 teaspoon, dried |
| Black pepper freshly ground | 1/2 teaspoon dried rosemary crumbled |
| 3 Tablespoons olive oil | 2 cloves garlic minced |
| 3 teaspoons salted butter | 1 lb rutabaga peeled and cut in |
| 3 cups beef stock divided | 1-inch cubes |
| 1/3 cup red wine or beer (optional) | 3 medium carrots peeled and cut |
| 6 French shallots peeled and halved | into coins |
| 1 teaspoon Dijon mustard | |
| 1 Tablespoon Worcestershire sauce | |

DIRECTIONS:

Preheat the oven to 275°F. Adjust oven rack to bottom third so that your pot and lid fit easily. Have your vegetables prepped and ready to go.

Place the beef on a tray. Pat the beef dry with a clean kitchen rag or paper towel. Stir in 1 teaspoon each fine sea salt and freshly ground black pepper to the flour. Sprinkle 4 Tablespoons of seasoned flour over the beef. Using clean hands or tongs, toss the beef thoroughly in the flour, making sure it is well-coated.

Over medium heat, melt 1 Tablespoon olive oil and 1 teaspoon butter together in a large Dutch oven with a tight fitting lid. When the butter is bubbling, add half the beef and brown the meat all over, turning each piece with tongs. It should sizzle when added.

When the beef is browned on all sides, transfer it to a clean bowl. Pour about 1/2 cup of beef stock into the pan to deglaze; scrape the bottom with a firm rubber spatula to get up all the browned bits. Pour this gravy over the browned beef.

Set the pan back over medium heat. Repeat steps 2 and 3 with remaining beef, this time, deglazing with the red wine. Transfer to a bowl.

Over medium heat, melt together the final teaspoon of butter and a tablespoon of olive oil in the pot. Tumble in the shallots and onion. Sauté for 2 minutes. Sprinkle over the dried herbs and garlic; add the rutabaga, carrots as well. Saute for 3-4 minutes until the vegetables have softened around the edges. Sprinkle remaining seasoned flour over the vegetables (about 2 Tablespoons) and stir well to coat. Cook for about a minute, then pour in the remaining beef stock. Scrape the bottom well.

Return the beef and all juices to the pot. Add Dijon and Worcestershire. Stir well. The stock should just barely cover the meat and vegetables. Cover the pot with a tight fitting lid and place in the oven.



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

by Areeda Schneider-Stampley



Let Freedom Ring!

“HONORABLE” TEXAS CHILI

This recipe won 14th place, “Honorable Mention,” out of 110 entrants in a Nashville, TN “Chili Cook-off.”

In a large pot, brown:

4 to 5 pounds ground beef or sirloin

2 pounds Italian sausage

Remove from pot; drain well and set aside.

In same soup pot, brown 4-5 pounds of chuck steak, cubed. Remove and drain well.

In same soup pot, chop and combine:

5 medium onions

5 bell peppers

6-10 jalapeño peppers, to taste

6 cloves garlic (crushed)

Sauté in 1/2 cup of olive oil for 15 minutes.

Add:

2 cans (12 ounces) beer

2 cups strong coffee

2 Tablespoons Worcestershire sauce

2 Tablespoons cumin powder

1 Tablespoon basil

2 Tablespoons paprika

2 Tablespoons black pepper

1 Tablespoon celery seed

1 Tablespoon lemon juice

8 Tablespoons chili powder

2 Tablespoons salt

Dash of sugar

Dash of turmeric

Stir well. Simmer for a few minutes.

Add:

56 ounces crushed tomatoes

24 ounces tomato paste

Return meat to soup pot and stir in. Bring to boil then reduce to low heat until bubbles tightly. Stir regularly (every 30 minutes). Cook on low for 2-4 hours.



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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 some memories or maybe you’ll see one of your own recipes some day.

GAY’S CHICKEN ENCHILADAS

**Submitted by Gay Thompson,
for band student Carla Horne**

1 chicken, boiled and deboned

1 pint sour cream

1 can cream of mushroom soup

1 can cream of celery soup

1 can Swanson’s chicken broth

1 small onion, chopped

1 jalapeño pepper, chopped

Cheddar cheese, grated

1 bag plain Doritos

Combine all ingredients except for cheese and a few Doritos. Pour into 9” x 13” baking dish. Sprinkle with remaining cheese and Doritos.

Bake at 350° for 30 minutes.

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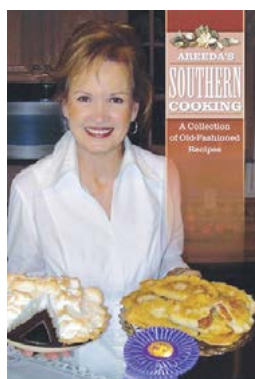
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Look for more recipes, as well as my “Memories of Music Row” column in the monthly *Country Family News* newspaper sponsored by Larry’s Country Diner and Country Family Reunion TV shows.

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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.



MAMA’S SIGNATURE CHICKEN PIE

I guess this recipe might be more appropriate under the “fowl” headin’ but I’m gonna put it here in the casserole section. If they is one dish my Mama is known for it’s her chicken pie. She’s made it for years, taken it to Sunday School parties, bereaved families, potluck luncheons, family reunions and our dinner table. The secret is in the crust which for her always came out flawless, tender, rich and satisfyingly perfect. She never put peas or carrots in hers because it wadn’t a chicken pot pie; it wuz simply chicken pie. It’s simple, hearty, luscious, satisfyin’ and really not that difficult to make. People from all over the country who have tasted it for the first time, proclaim it the best! I do too!

- 3 chicken thighs and 2 breasts
- 1/2 stick butter
- 1 teaspoon salt
- 2 cups all-purpose flour
- 1 cup Crisco
- 1 teaspoon bakin’ powder
- Water



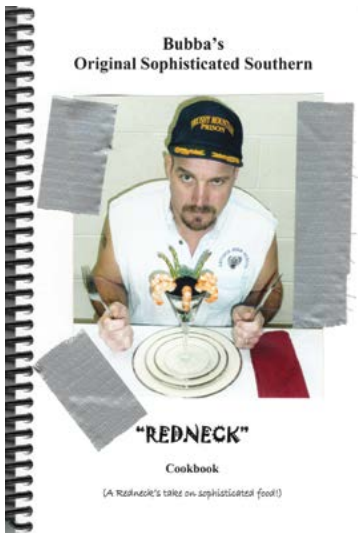
Boil chicken in 1½ quarts water. Remove chicken, de-bone and chop into large chunks. RESERVE CHICKEN STOCK!!!

Combine flour, shortenin’, bakin’ powder and enough water to make a stiff dough. Divide in two batches. Roll out half of dough in a circle; cut in strips 2x3 inches long. Drop into boilin’ broth. Add butter.

Make a roux of 2 Tablespoons flour and enough water to make a paste; pour that into broth to thicken. Let dumplin’s boil 2-3 minutes, add the chicken back in. Roll out rest of dough in a large circle; big enough to go over top of pan. Spread out over top, keep it against the edge of pan so broth didn’t come through. Bake at 450° for 45 minutes or until well-browned on top.

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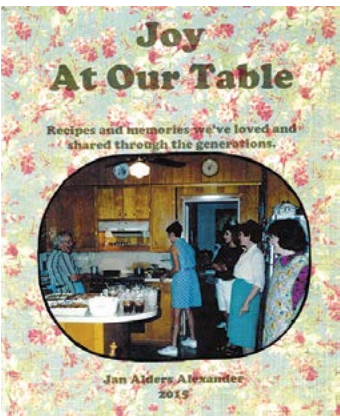
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We’d love to share your favorites with our readers. If possible, please include a brief story behind the recipe. “My mom’s,” “My friend’s,” etc. Your photo and a photo of the completed recipe would be great, but not required.

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

Submitted by Jan Alders Alexander of Nacogdoches

This recipe was given to me by Paula Jacks over 40 years ago. She was one of the sweet people who kept Randy when he was a toddler. We've enjoyed it a very long time.



CHOCOLATE CREAM CHEESE MUFFINS

- INGREDIENTS:**
- 1 box Devil's food cake mix
 - 1 (8 oz.) package cream cheese
 - 1 egg
 - 1/2 cup sugar
 - 6 ounces chocolate chips
 - Cupcake liners and muffin pans

INSTRUCTIONS:

Preheat oven. Mix cake using package directions, mix and fill cupcake liners 1/2 full. Mix cream cheese, egg, sugar and chocolate chips together. Drop about a teaspoon on top of each cupcake. Bake cupcakes using package directions. Bake at 350° for 20 minutes.

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!



CREAMED CAULIFLOWER

- 2 lbs. cauliflower
- 2 slices bread
- 2 cups fresh milk
- 1/8 lb. of oleo or butter, melted
- 1/2 lb. American cheese, sliced thin
- 1/2 cup chopped onions
- 1/2 cup chopped celery
- Salt, black pepper and red pepper, to taste

Cut crusts off bread and soak in milk for about 10 minutes. Add melted butter or oleo, onions and celery. Season to taste and cook over medium heat until mixture forms a thick cream gravy. In separate uncovered pot, cook cauliflower rapidly for 20 minutes in enough boiling water to cover it. Drain well. Cut up cauliflower and cover with cream gravy. Cover with thin cheese slices and bake in 350° oven until cheese is melted.

Serves 8.



Submitted by Kathy McDuffie, Beaumont, Texas

FIRECRACKER DIP

- 16 ounces sour cream
- 1/2 cup mayo
- 1 package spicy ranch dip
- 1 Tablespoon red pepper flakes
- 8 ounces mild grated cheddar cheese
- Bacon bits - amount of your choice

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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.



NATCHITOCHESES MEAT PIES

Filling:

1 teaspoon vegetable oil
1 pound lean ground beef
1/2 pound ground pork
1 onion, finely chopped
1/2 cup chopped bell pepper
1/2 cup chopped celery
1 1/2 teaspoons salt
1 teaspoon Creole seasoning
(in spice aisle)
1/4 teaspoon cayenne pepper
1/2 teaspoon black pepper
2 Tablespoons minced garlic
1 Tablespoon flour
1 cup water
1/4 cup finely chopped green onion



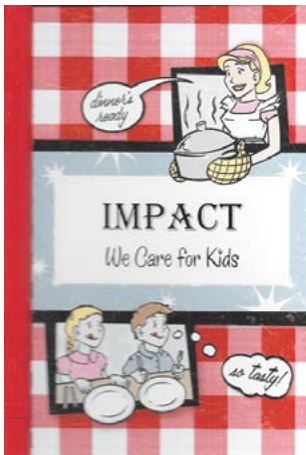
Pastry:

3 cups flour
1 1/2 teaspoons salt
3/4 teaspoon baking powder
6 Tablespoons lard
1 egg
3/4 cup egg wash (1 egg, beaten with 2 Tablespoons water)
Solid Crisco for deep-frying (do not fry in oil, Crisco only)

In a large skillet, heat oil and cook beef and pork, stirring occasionally, until browned, about 5-6 minutes. Add the onions, bell peppers, celery, salt, Creole seasoning, cayenne and black pepper. Cook, stirring often, until the vegetables are wilted, about 10-12 minutes. Add the garlic and cook for 2-3 minutes. Dissolve the flour in the water and add to the meat mixture. Stir until the mixture thickens slightly, about 3 minutes. Remove from the heat and add the green onions. Mix well and let cool. In a mixing bowl, sift together flour, salt and baking powder. Cut in the lard until mixture resembles coarse meal. In a small bowl, beat the egg with the milk. Gradually add the egg mixture to the flour mixture, working it to make a thick dough. Divide the dough into 12 equal portions and roll each portion

of dough into a thin round about 5 inches in diameter. Place about 1/4 cup of meat filling in the center of each round and brush edges lightly with egg wash. Fold edges together and crimp closed with a fork. Heat shortening in a deep pot or electric deep-fryer to 360°. Fry the pies, in batches, until golden brown. Drain on paper towels and 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.



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SHELBY COUNTY
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— Theodore Roosevelt

From Angela Bradford
Welcome to Appleby Sand Mercantile Café
Where Family, Food, and Southern Roots Run Deep

When we opened the doors to Appleby Sand Mercantile back in 2000, we had no idea just how much this little spot would grow or how many stories it would hold. What started out as a small-town hardware store with a pizza kitchen and a salon has turned into something far more special—a place where community gathers, memories are made, and Southern food is cooked fresh every single day.



Today, we’ve got a full-service restaurant, six salon spaces, a home office for our storage and rental properties, and we still hold onto that same family-owned spirit that got us started. We’re proud of how far we’ve come, but even more proud that we’ve stayed true to who we are.

We serve lunch every Wednesday through Friday from 11 to 2, and everything we make is from scratch. No shortcuts, no boxes—just the kind of food our grandmothers used to make, with all the flavor and none of the fuss. Think chicken-fried steak, slow-simmered vegetables, fluffy cornbread, and plenty of sweet tea. We also bake pies and cakes to order, and we mean it when we say they’re made with love.

Over the years, we’ve expanded to offer in-house catering, and we rent out our dining hall for all kinds of events—baby showers, rehearsal dinners, family reunions, you name it. We also host vendor markets and seasonal events that bring folks from all around to shop, eat, and visit. It’s one of my favorite things—to see new faces and familiar ones, all enjoying the space we’ve built together.

But one of the most meaningful parts of what we do happens on the third Sunday of each month, when we open up for an old-fashioned homecoming-style lunch from 11 to 2. We pull out all the stops and cook everything we can think of from our grandmothers’ Sunday kitchens—roast beef, baked chicken, casseroles, fresh veggies, biscuits, cobblers, banana pudding... if it’s comfort food, it’s probably on the table. We don’t just feed folks that day—we feed their memories too.

Running Appleby Sand Mercantile Café has been a labor of love for our family, and we’re honored to share it with yours. If you’ve never been, we’d love to have you. And if you’re already a part of our story—thank you. You’re the reason we do what we do.

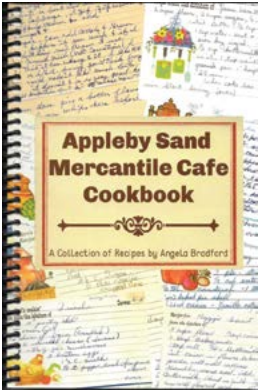
Come hungry. Come often. And always know—you’ve got a seat at our table.

PINEAPPLE UPSIDE DOWN CAKE

- Ingredients:**
- 12 slices of pineapple (drained)
 - 12 Maraschino cherries
 - 1 cup brown sugar
 - 1 stick of butter
 - 2 cups flour
 - 1 Tablespoon baking powder
 - 1¼ cups sugar
 - 1 teaspoon salt
 - 2 eggs
 - ¾ cup milk
 - 1 teaspoon vanilla

Instructions:

Preheat oven to 350°F. In a 9 x 13 pan, melt butter in oven. Sprinkle brown sugar evenly over melted butter. Arrange pineapple slices over brown sugar. Place cherry in center of each pineapple slice. Beat remaining ingredients with electric mixer on medium speed until well mixed. Pour batter over pineapple and cherries. Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Immediately place heatproof serving plate upside down over pan and then turn plate and pan over. Leave pan over cake a few minutes so brown sugar mixture can drizzle over cake; remove pan. Serve warm.



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Purchase your copy of the cookbook by
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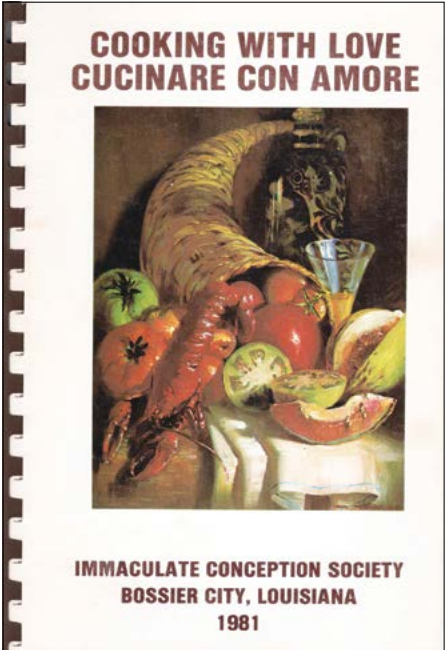
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Thank you so much!



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.

ITALIAN STYLE SAUSAGE (Agnes Gregorio)

- 4 lbs. boneless pork butts (lean)
- 2 ice cubes
- 4½ teaspoons salt
- 1½ teaspoons sugar
- 1 teaspoon black pepper
- 5 teaspoons fennel seed
- ¾ teaspoon Accent
- ½ teaspoon garlic powder
- 1½ teaspoons crushed chile peppers
- Hog casings (about 4-5 yards)

Cut meat into cubes and grind through the ¾ inch diameter hole plate of the food chopper. Crush ice and scatter over meat. Mix together the salt, sugar, pepper, fennel seed, Accent, garlic powder and chile peppers and mix well with the meat. Stuff into hog casings. Cut into links; package and refrigerate or freeze. Makes about 4 pounds of sausage.



Favorite Recipes From Our Best Cooks

Compiled by Baptist Women Group
of First Concord Baptist Church

SQUASH ONION CASSEROLE (Laura Vaughn)

- 8 to 10 medium squash
- 2 eggs
- 1/2 teaspoon salt
- 1/2 cup cracker crumbs
- 1 small onion, sliced
- 1/8 teaspoon black pepper
- 2 Tablespoons butter

Steam squash with onion slices on top. When tender, remove onion; mash squash. Measure 2 cups mashed squash. Beat 2 eggs in separate bowl until frothy. Season squash with pepper and salt. Fold in eggs. Place in 9 inch round casserole. Dot with butter; sprinkle with cracker crumbs. Bake at 300 degrees for 30 minutes or until golden brown. Makes 6 to 8 servings.

SWEET AND SOUR CARROTS (Mae Jordan)

- 1 lb. carrots, peel & cut diagonally
- 1/3 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons vinegar
- 2 teaspoons soy sauce
- 1 medium-size green pepper, chopped
- 1 Tablespoon cornstarch
- 1 (8 oz.) can pineapple chunks

Cook carrots covered in a small amount of boiling salted water until tender. Add green pepper and cook 3 minutes, drain. Combine sugar, cornstarch and salt in a medium size saucepan. Drain pineapple and reserve juice. Add water to reserved pineapple juice to make 1/3 cup liquid. Stir into sugar mixture. Stir in vinegar and soy sauce. Cook over low heat until bubbly, stirring constantly. Stir in vegetables and pineapple. Cook until heated throughout. Yield: 6 to 8 servings.

HAMBURGER STROGANOFF (Mary Burks)

- 1 pound ground beef
- 2 Tablespoons oil
- 1/8 teaspoon pepper
- 1 cup boiling water
- 2¼ cups cooked noodles (about 4 oz. dry)
- 2 Tablespoons chopped onion
- 1/4 cup flour
- 3 beef bouillon cubes
- ¾ cup buttermilk

Brown beef and onion in the fat in a large fry pan. Stir in flour and pepper. Stir bouillon cubes into water. Add to beef mixture. Gradually stir in buttermilk. Reheat 3 to 4 minutes. Serve over noodles. Makes 3 cups.

FOIL DINNERS (Nancy Stuart)

- 1 lb. ground round
- 4 carrots (sliced round)
- Cabbage
- 4 medium potatoes (sliced round)
- 2 medium onions (sliced round)

Tear off 4 sheets of foil approximately 18 inches long. Divide hamburger into 4 patties. Place cabbage leaves on foil. Put patty on cabbage. Put 1/2 of onion slice on patty, then one potato slice. Next the carrot slices. Cover with another cabbage leaf. Make sure all ingredients are covered with cabbage leaves, this is to keep them from sticking to foil. Season to taste with salt and pepper. Wrap in foil and place in heated oven. Repeat for other patties. Great for outdoor cooking on the grill.



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Cajun Grilled Turkey Breast

Grilled Turkey Breast is tender and full of flavor. If you're cooking for a smaller crowd and looking for an alternative to a larger turkey roast, this Grilled Turkey Recipe is just the thing.

Ingredients:

- 1 3-4 pound turkey breast roast, (should be two breasts)
- 2 Tablespoons unsalted butter at room temperature
- ¼ cup Cajun seasoning, Plus 1 teaspoon for butter

Instructions:

Prepare grill for direct/indirect (or two-zone cooking). Target 350 degrees Fahrenheit in the cooking chamber.

Place 1 teaspoon of Cajun seasoning in the butter and mix. Using your fingers, slowly separate the skin from the meat on each breast to make a pocket. Add the butter into the pocket and press down to make smooth. Finish seasoning the rest of the breast with the 1/4 cup of Cajun rub.

Place the seasoned turkey breast over the direct heat skin side down. Grill 6 – 8 minutes or until the skin shows a little browning. Flip and grill the other side of the turkey for 4 – 6 minutes. Once a little browning occurs, move to indirect side of heat.

Continue grilling turkey breast over indirect heat until the internal temperature of the thickest part of the breast reads between 160 to 165 degrees Fahrenheit using an instant read thermometer. This should take between 30 – 45 minutes depending on the size of the breast.

Remove the breast from the grill, and let rest for 10 minutes. Slice and serve with your favorite sides, cheese and beans, or use your favorite taco filling!



Smoked Beef Short Rib Stew

Here's a recipe to cook incredibly tender beef short ribs on the smoker and finish them in a rich and indulgent stew.

Ingredients:

For the Short Ribs:

- 2 pounds beef short ribs
- 2 Tablespoons olive oil
- 2 Tablespoons salt
- 2 Tablespoons pepper

For the Spritz:

- 1 cup apple cider vinegar
- 1 cup water
- Combine in a food safe spray bottle

For the Stew:

- 1 Tablespoon olive oil
- 3 slices bacon, diced
- 1 small yellow onion, diced
- 2 medium carrots, peeled and sliced
- 1 rib of celery, sliced
- 2 cloves of garlic, minced
- 1 Tablespoon tomato paste
- 1 cup red wine
- 3 cups beef broth (more or less depending on pot as the liquid needs to cover the ribs)
- 1 bay leaf
- Reserved Smoked Beef Short Ribs, from above
- 10 sprigs thyme, wrapped in kitchen string
- 1 lb cremini mushrooms, stems removed and thinly sliced
- 3 Tablespoons butter (separated into 1 Tablespoon for mushrooms, and 2 to finish the stew)
- 1½ Tablespoons flour



Instructions:

To Smoke the Beef Short Ribs

Preheat smoker to 225 degrees Fahrenheit. Trim excess fat and membrane off of the ribs, coat in olive oil and salt and pepper. Be sure to get all sides of the beef.

Place beef on the smoker for about 3 hours, until the color is mahogany and a nice crust has set. After the first hour during the smoke period, start spraying the meat every 15 minutes with your spritz. When the internal temperature of the meat reaches 165 degrees pull it from the smoker (it will continue cooking in the stew to 203 degrees, our desired final temperature).

For the Stew

Preheat a large ovenproof pot (like a cast iron Dutch oven) to medium heat. Add 1 Tablespoon of olive oil then the bacon. Cook until bacon is crispy (8-10 min) then remove bacon and discard most of the bacon drippings.

Add onions, carrots, and celery to that same pot and cook for 8-10 min, to soften. Add garlic and cook for 1 additional minute. You want the veggies softened, not caramelized.

Next add the tomato paste, wine, and enough broth to cover the short ribs. Add your reserved smoked beef short ribs, bay leaf, thyme and reserved bacon. Bring to a simmer and cover.

In a separate medium saucepan, set to medium heat, add 1 Tablespoon of butter and the mushrooms and cook for approximately 10 minutes, or until nicely browned. You may need to do this in two batches. When cooked add the mushrooms to the pot of stew and cover again.

After about 90 minutes, in a small bowl mash together 2 Tablespoons butter and the flour. Mix into the stew. Continue simmering the dish on the stovetop for an additional 10 minutes to thicken.

You know the meat is done when it reads 203 degrees Fahrenheit internal temperature. If the meat isn't to your desired tenderness feel free to continue simmering in 20 minute increments until you get to the tenderness and texture you're looking for. If it reduces too much, add more beef stock.

Just before serving, pull out the thyme and bay leaf and season with a little salt and pepper to taste.

Serve with your favorite puree to soak up the juices.

NOTES

For more servings (6-8 people) adjust meat to 3-4 lbs. Figure roughly 1/2 lb per person. The stew is enough for up to 8 people, but the meat will shrink down. The meal itself is quite rich. About 2 short ribs per person, served with the stew and side (like a puree) is a hearty serving.

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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Nacogdoches County Expo/Civic Center - 3805 NW Stallings Dr.
Nacogdoches CVB - 200 E. Main St.
Nacogdoches Senior Center - 1601 W. Austin St.
Napoli's Restaurant - 2119 North St.
Nikki Evans-Wallace State Farm Insurance - 332 N. University Dr.

NACOGDOCHES COUNTY

In the City of Nacogdoches

On The Road Valero - 1304 NW Stallings Dr.
Papi's Mexican Restaurant - 422 E. Main St.
Perry Propane - 6500 Franklin St
Pike Saw & Tool - 2502 NW Stallings Dr.
Pineywoods Financial - 303 Creek Bend Blvd - Suite B
R & K Distributors - 6821 North St.
Red House Winery - 108 E. Pilar St.
Renfro's Glass - 714 North St.
Rick's Valero/Dickies BBQ - 3505 South St.
Roma's Italian Kitchen - 124 E. Main St.
Sam's Southern Eatery - 1220 North St.
Simpson Real Estate - 104 North St.
Sombreros - 3000 North St..
Sunshine Food Mart - 2013 North St.
Taquitos El Jaliscience - 3217 North St.
Taqueria El 21 - 1422 Douglass Road
Texas Bank - 500 North St.
Texas State Optical - 4729 NE Stallings Dr.
Thrall's Grocery, Deli & Cafe' - 7144 Hwy 21 East
VIP Cleaners - 4515 North St. - Suite 1
Walmart - 4810 North St.
Windhill Apartments - 1324 Pruitt Hill Dr.
Woden Rd. Qwik Stop - 2500 Woden Rd

In Appleby:

Gimme's Exxon - 14542 North U.S. Hwy 59
Stuckey's - 14084 North U.S. Hwy 59

In Central Heights:

Brookshire Brother's Express - 9855 U.S. Hwy 259 North
Central Heights Depot/Whataburger - 10175 U.S Hwy 259 North

In Garrison:

Bulldog Express/J & S Food Mart - 381 N U.S. Hwy 59
Garrison Gas & Convenience Store Exxon - 432 N U.S. Hwy 59

In Martinsville:

L & M Quick Stop - 13101 Hwy 7

In Woden:

Dollar General Store - 5130 FM 226

SHELBY COUNTY

In the City of Center:

Boles Feed Co. - 101 Porter St.
Boyd Adams Barber Shop - 424 U.S. Hwy 96N
Brookshire Brothers - 105 Hurst St.
Covington Lumber & Bldg Materials - 1595 Tenaha St.
Farmers State Bank - 115 Shelbyville St.
H & S Discount Foods - 705 Shelbyville St..
Rancho Grande - 816 Tenaha St.
ReSale Mall - 730 Shelbyville St.
Shelby County Chamber of Commerce - 100 Courthouse Square A-101
T/R's Steaks & More - 892 Hurst St.

In Huxley:

Trail's End Grocery & RV Park - 5437 FM 3172

In Joaquin:

Bink's Joaquin Quick Stop - 12762 U.S. Hwy 84
Brookshire Brothers - 113 Haslam Sawmill Rd. - Hwy 84

In Shelbyville:

Shelbyville Grocery and Valero - 5270 Hwy 87S

In Tenaha

Bink's Quick Stop - 300 S. George Bowers Dr. (Hwy 59)

In Timpson:

Bink's Timpson Quick Stop - 674 N. 1st St. - Hwy 59
Brookshire Brothers- 829 N. 1st St. - Hwy 59
Tie & Timber Lodge & Event Center - 397 Jacob St.

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