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from **AROUND** the **TOWN...** and **BEYOND!**

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 **NACOGDOCHES COUNTY - ANGELINA COUNTY - SHELBY COUNTY** 

October 2025

Wrapping Up a Delicious Fall Meal

ITALIAN BEEF STEAK WRAP

Ingredients:
1 lb. Beef Flank Steak
1/2 teaspoon coarse sea salt
1 teaspoon black pepper
1 medium yellow onion
1 medium yellow bell pepper
20 cherry tomatoes
1 Tablespoon. + 4 teaspoons Italian seasoning; divided
4 Tablespoon extra virgin olive oil
12 leaves green leaf lettuce, washed and dried
4 ounces blue cheese
4 sun-dried tomato basil wrap tortillas
1/2 cup fresh basil, chopped

Optional Ingredients:
2 Tablespoons balsamic vinaigrette dressing

Directions:
Preheat the oven to 425°F.
Pat Flank Steak dry on both sides, then season with salt and black pepper; press seasoning gently into the steak before flipping to season the other side.
Prepare produce: cut onion and bell pepper into thin slivers, cut cherry tomatoes in half, and chop the basil.
Place onion and bell pepper slices on a sheet pan and drizzle with 1 Tablespoon olive oil, then evenly season with 1 Tablespoon Italian seasoning. Place the pan in the oven and roast vegetables for approximately 10 minutes or until tender, stirring halfway through.
While vegetables are roasting, heat a cast iron pan on the stove on MEDIUM-HIGH heat. Put 1-2 Tablespoon olive oil in the pan and spread it around. Sear Flank Steak for 1½ minutes on each side. Place the cast iron pan with Flank



STEAK AND BLUE CHEESE WRAPS

Ingredients:
1 pound beef Sirloin Tip Steaks, cut 1/8 to 1/4 inch thick
1½ teaspoons seasoned pepper blend or garlic-pepper seasoning
2 teaspoons vegetable oil
Salt
4 Tablespoons reduced-fat or fat-free blue cheese dressing
4 medium flour tortillas (8 to 10-inch diameter), warmed
4 Romaine lettuce leaves

Toppings:
Sliced tomatoes, sliced red onion

Directions:
Stack beef steaks; cut lengthwise in half, then cross-wise into 1-inch wide strips. Combine beef and garlic-pepper in medium bowl; toss to coat.
Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 3 minutes or until an internal temperature of 145°F for medium rare as measured by a meat thermometer (do not overcook). Remove from skillet. Repeat with remaining beef and oil. Season with salt, as desired.
Spread dressing evenly on tortillas; top with lettuce leaf. Divide beef and toppings, as desired, among tortillas. Roll up tightly.



Nutrition Tip
This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Choline.

BEEF STEAK WRAP - page 2



**SHANNON L. SMITH,
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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."

BOSTON BROWN BREAD
(Eva F. Abbott, Lakeport, NH)
and
GINGERBREAD
(Mary Stripling)

Boston Brown Bread
makes 2-1 lb loaves

- 1 c yellow corn meal
- 1 c Rye flour
- 1 c Graham flour
- 2 t baking soda
- 1 t salt

Mix in separate bowl

- 2 c sour milk
- 3/4 c molasses
- 1 c chopped raisins

add the liquid to the dry ingredients and pour the batter into small moulds or baking powder cans, and place in steamer for 1 1/2 to 2 hours.

Eva F. Abbott
Lakeport N. H.

Gingerbread

- 1/2 c boiling water
- 1/4 c shortening
- 1/2 c brown sugar
- 1/2 c light molasses
- 1 well beaten egg
- 1 1/2 c flour
- 1 t salt
- 1/2 t baking powder
- 1/2 t soda
- 3/4 t ginger
- 3/4 t cinnamon (other spices if desired)

Pour water over shortening; add molasses, sugar and egg - beat well. add sifted ingredients - beat until smooth. Bake in well greased paper lined 8 in square pan in moderate oven 350° 35 min. Cool in pan. Serve with whipped cream. powdered peppermint stick candy sprinkled on cream is very good.

Mary Stripling
- 117 -

BEEF STEAK WRAP

Steak in the oven until the steak reaches an internal temperature of 135°F (for medium rare) to 145°F (for medium) using a meat thermometer in the thickest part of the steak. Remove the pan with Flank Steak from the oven. Let stand for at least 3 minutes (temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium).

While the steak is resting, heat the panini press and start assembling a wrap. Lay the tortillas on a clean, dry surface. Layer 1/4 of the lettuce, roasted onion, bell pepper, and cherry tomato halves on each tortilla.

Cut steak across the grain into thin slices.

Place 1/4 of the beef on each wrap. Top steak with 1 teaspoon Italian seasoning, 1/4 of the chopped basil, 1 oz. blue cheese, and drizzle with balsamic vinaigrette dressing, if desired. Gently roll the wrap closed, place the seam down on the panini press, and press wrap. When done, remove from panini press and cut diagonally. Repeat 3 more times until all wraps are pressed.

Wraps can be seared in a hot skillet on the stove if no panini press is available; gently press down with burger press or spatula then flip and repeat.

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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!



RASPBERRY SAUCE

Ingredients:

- 2 (10 ounce) packages quick thaw frozen raspberries, thawed
- 1 Tablespoon sugar
- 1 Tablespoon cornstarch
- 1.2 teaspoon almond extract

Directions:

In a 2 quart sauce pan, stir first three ingredients until blended. Over medium heat, cook mixture, stirring constantly, until sauce is thickened. Stir in almond extract. Serve over pound cake, ice cream or peeled rip or canned pears or peaches.



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CREAMY TOMATO-BASIL SOUP

- 1/2 Tablespoon olive oil
- 2 Tablespoons finely chopped green onions
- 1 teaspoon minced garlic
- 1 can (10½ ounces) condensed chicken broth, fat removed
- 1 soup can of water
- 1 can (28 ounces) crushed or chopped tomatoes
- 1 teaspoon dry basil or 1 Tablespoon chopped fresh basil
- 1/2 teaspoon freshly ground pepper
- 3/4 cup heavy cream

Heat olive oil in heavy 3-4 quart saucepan. Stir in onions, garlic and sauté over medium heat 2-3 minutes, or until softened but not browned.

Stir in chicken broth, water, tomatoes and *dry* basil. (If using fresh basil, stir in later.) Add black pepper.

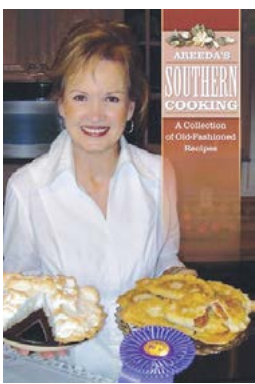
Heat heavy cream for just a minute; and stir into tomato mixture. Bring just to a boil; immediately reduce heat and simmer 5 minutes. If using fresh basil, stir in at this point. Do not allow soup to boil once it’s added. Serve immediately.





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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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.

QUICK BEEF ROULADES

**Submitted by Tory Free,
for band students Greg and Becky Free**

6 bacon slices, fried crisp and crumbled, with drippings	6 Tablespoons chopped dill pickle
6 cube steaks (about 1½ pounds)	1 beef bouillon cube
1/4 teaspoon pepper	3/4 cup water
	1/4 cup all-purpose flour

Drain all but 2 Tablespoons bacon drippings. Set aside. Place steaks on flat surface and sprinkle each with pepper. At narrow end of each steak, crumble 1 slice bacon and top with 1 Tablespoon pickle. Roll each steak, jelly-roll fashion and fasten with toothpick.

Over medium-high heat, heat bacon drippings in skillet. Add meat rolls and brown well. Add bouillon cube and water. Heat to boiling. Reduce heat, cover, and simmer 30 minutes or until tender.

In cup, stir flour, ghradually adding 1/2 cup water until smooth. Gradually stir into hot bouillon liquid and cook, stirring until thickened. Remove toothpickes and serve.

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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.



BOILED LOBSTER

Becky worked for the university and went to a workshop in Boston one time. She returned with a gigantic box with holes in the side. When I picked her up at the airport and she got in holdin’ that thang, I said, “What’s in the box?” She eased back the lid and I saw a bunch of brown grass.

“You brought back grass?”

“That’s seaweed.”

“You brought back seaweed?”

“It’s not jus seaweed.” She pulled back a mess of it and thar are live lobsters, their huge claws grabbin’ for her fingers.

“We’re gonna EAT tonight.”

We did!

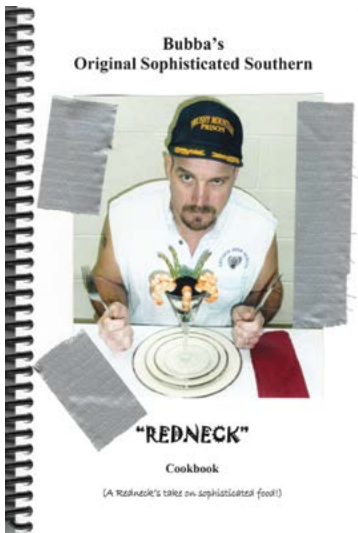
- 4 live lobsters
- 2 gallons water
- 3 cloves garlic
- 3 Tablespoons dried parsley
- 1 teaspoon cayenne pepper
- 1 Tablespoon sea salt
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 2 teaspoons Worcestershire sauce
- 1 teaspoon soy sauce
- 2 teaspoons Tabasco sauce
- 2 large yellow onions, chopped
- Juice of two lemons
- Juice of one lime
- Handful of seaweed



Keep lobsters chilled until ready for use. Mince garlic and drop into a 40-gallon stock pot along with the rest of the ingredients. When a rollin’ boil occurs, drop the lobsters in and cover with a lid. Cook for 5-7 minutes or until lobsters are deep pink. (Seaweed can be purchased from yer local fishmonger for those of us in the south.

To order books:
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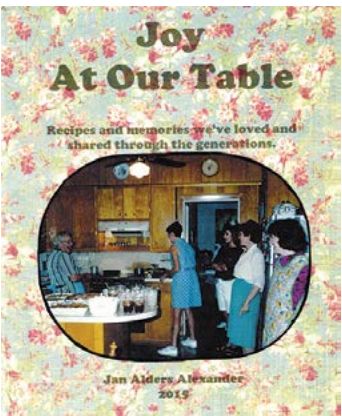
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*We know a thing or two,
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Submitted by Jan Alders Alexander of Nacogdoches

Mother made hot water cornbread often and usually served it with black-eyed peas and turnip greens. I have made it for years, but it seems it is never as good as Mother's. You must have those finger impressions to make them authentic! Serve it piping hot with lots of butter on top.



HOT WATER CORNBREAD

INGREDIENTS:

- 1 cup cornbread
- 1 teaspoon salt
- 1 Tablespoon shortening
- 3/4 cup boiling water
- 1 teaspoon white sugar (optional, don't think Mother used it)

INSTRUCTIONS:

In a medium bowl, combine cornbread, salt and sugar. Add boiling water and shortening; stir until shortening melts. Pour oil or bacon fat to a depth of 1/2 inch in a large skillet and heat till very hot. Shape cornbread mixture into flattened balls using a heaping tablespoon. Fry each in hot oil, turning once, until crisp and golden brown, about 5 minutes. Drain on paper towels. Serve at once with butter.

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!



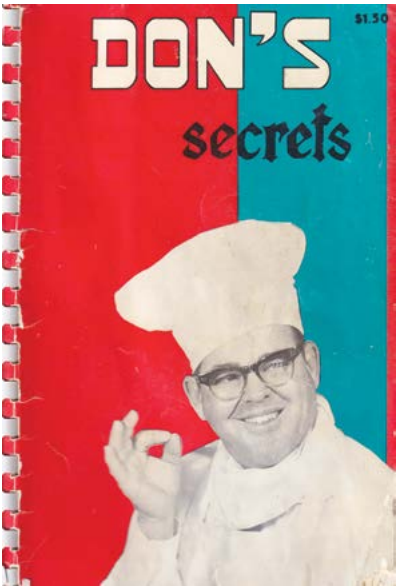
PICKLED SHRIMP SALAD OR LA SALADE DE CHEVERETTE MARINER

SAUCE:

- 2 lbs. freshly boiled shrimp, peeled and deveined
- 2 cups sliced onions
- 7 or 8 bay leaves
- 3/4 cup white vinegar
- 1½ teaspoons salt
- 2½ Tablespoons celery salt
- 2½ Tablespoons capers with juice
- 1½ cups olive or vegetable salad oil

Alternate layers of peeled shrimp, sliced onions and bay leaves in shallow dish.

Mix sauce well and pour over shrimp, onions and bay leaves. Cover and store in refrigerator at least 24 hours before serving. Pickled shrimp will keep at least a week in refrigerator. Delicious when mixed with salad made of chopped lettuce, tomatoes, celery and bell peppers.



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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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.



BREAKFAST BURRITOS

- 1 package hash brown potatoes
- 8-9 eggs
- 1 onion, chopped
- 1 green pepper, diced
- 1/2 pound browned sausage
- 12 tortillas
- 2-3 cups shredded cheese

Fry hash browns until crisp and brown. Fry sausage until no longer pink. In same pan, sauté onion and pepper until tender. In large bowl, whisk eggs until blended. Stir eggs into pepper and onion mixture and cook until eggs are set. Remove from heat and add hash browns and sausage. Wrap tortillas in paper towels and warm 10 seconds to soften. Put 3/4 cup of filling in each tortilla, top with cheese and roll up. Place seam side down on greased cookie sheet and bake 15 minutes at 350°.



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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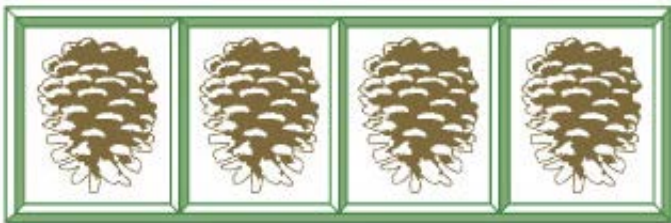


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From Angela Bradford
Welcome to Appleby Sand Mercantile Café
Where Family, Food, and Southern Roots Run Deep

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.

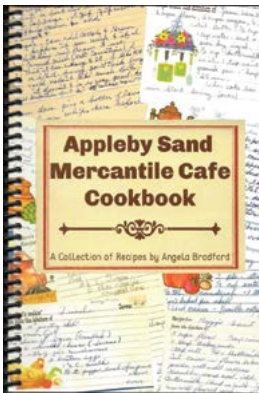
FRIED SQUIRREL

- Ingredients:**

 - 8 strips bacon
 - 16 meaty squirrel legs
 - Salt and pepper, to taste
 - 1/2 cup all-purpose flour
 - 1/2 cup cornstarch
 - 2 eggs
 - 2 Tablespoons milk
- 1 cup thinly sliced onions
 - 2 Tablespoons minced garlic
 - 2 Tablespoons minced shallot
 - 1 cup chicken stock
 - 1 bay leaf
 - 1 teaspoon minced fresh thyme

Instructions:

Cook the bacon and set aside. Reserve grease in the skillet. While the bacon is cooking, season the squirrel with salt and pepper, and set aside. In a resealable bag, add flour and cornstarch. Whisk together eggs and milk until smooth. Dredge the squirrel in the flour mixture, shake off excess flour, then dip into egg mixture, shaking off excess egg. Dredge again in the flour, and set aside. Discard all but two Tablespoons of bacon fat from the skillet, and bring back to medium-high heat. Cook the squirrel pieces until golden brown, 3 to 4 minutes per side, then set aside. Turn heat down to medium; add the onions, garlic and shallot and cook for 3 minutes, until soft. Pour in the chicken stock, and add the bay leaf and minced thyme. Increase heat to medium-high and bring to a simmer. Add the squirrel, return to a simmer, cover, then turn heat to medium-low. Cook until very tender, about 30 minutes. Remove the squirrel legs to a serving platter and spoon the sauce over them. Sprinkle with crumbled bacon and serve.



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SOUTHERN BAKED MAC & CHEESE

1/2 cup (1 stick) unsalted butter, melted, plus more for dish
Kosher salt
1 lb. macaroni
Freshly ground black pepper
4 cups shredded extra-sharp cheddar, divided
2 cups shredded Colby Jack-cheddar blend
3 large eggs
2 cups whole milk

Preheat oven to 350°. Grease a large, deep baking dish with butter. In a large pot of boiling salted water, cook macaroni, stirring occasionally, until just al dente according to package instructions. Drain, then rinse with cold water.

In a large bowl (or same pot you used to cook the pasta), toss pasta and butter; season with salt and pepper. Stir in 2 cups cheddar.

Add half of macaroni mixture to prepared baking dish. Sprinkle Colby-cheddar over pasta mixture, then top with another layer of macaroni mixture (similar to making a lasagna).

In a medium bowl, beat eggs and milk until combined. Pour over macaroni mixture.

Cover baking dish with foil and bake macaroni and cheese until cheese is melted and edges are bubbling, 25 to 35 minutes. Do not over-bake! It may be a bit jiggy when you take it out of the oven.

Turn on broiler. Top with remaining 2 cups cheddar. Broil, watching closely, until cheese is melted and golden, about 3 minutes. Let cool slightly to firm up.




Photo by Andrew Bui

BEEF NOODLE CASSEROLE

Kosher salt	3 cloves garlic, finely chopped
12 oz. egg noodles	1 (15-oz.) can tomato sauce
2 Tablespoons unsalted butter	1 (10.5-oz.) can cream of mushroom soup
2 Tablespoons extra-virgin olive oil	1/3 cup heavy cream
1 lb. (85% lean) ground beef	8 oz. sharp cheddar, shredded, divided
1 large yellow onion, finely chopped	1 Tbsp. chopped fresh parsley

Preheat oven to 350°. In a large pot of boiling salted water, cook noodles, stirring occasionally, until 1 minute less than al dente according to package directions. Drain; reserve 1 cup pasta water. Add butter to noodles and toss to combine.

Meanwhile, in another large pot over medium-high heat, heat oil. Cook beef, breaking up with a wooden spoon, until no longer pink, about 6 minutes; season with salt.

Reduce heat to medium. Add onion and garlic and cook, stirring, until onion is translucent, 4 to 5 minutes. Add tomato sauce, soup, cream, and one-third of cheese. Bring to a simmer and cook, adding 1/2 to 1 cup pasta water, until cheese is melted and desired consistency is reached, about 1 minute; season with salt, if needed. Add noodles to pot and mix with meat mixture. Pour into 13" x 9" baking pan and sprinkle with remaining cheese.

Bake casserole until center and edges are bubbly, 30 minutes. Top with parsley.




Photo by Charlie Gillette



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Texas October Recipes

TEXAS TACO SALAD

INGREDIENTS:

- 1 lb Ground Beef (95% lean)
- 1 cup shredded carrot (about 1 large carrot)
- 3/4 cup salsa
- 1 (15 oz.) can black beans, drained and rinsed
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 8 cups mixed salad greens
- 1/2 cup low-fat shredded Cheddar cheese
- 1 medium tomato, chopped (about 1 cup)
- 1/2 cup diced bell pepper
- 1/4 cup thinly sliced red onion

OPTIONAL INGREDIENTS:

- Sliced black olives
- Salad dressing of choice

INSTRUCTIONS:

Heat a large non-stick skillet over **ME-DIUM** heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally until meat is no longer pink. Pour off drippings, if any.



Stir in carrots, salsa, beans, cumin, chili powder and garlic powder; cook for 2 minutes. Remove skillet from heat.

Divide salad greens between 4 plates and top each with a quarter of the beef mixture. Top with cheese, tomato, pepper and onion. Garnish with sliced olives and dressing, if desired.

GRILLED SIRLOIN STEAK WITH SPAGHETTI SQUASH AND ADAMAME

INGREDIENTS:

- 1 pound beef Top Sirloin Steak, cut 3/4 inch thick (about 1 pound)
- 1 large spaghetti squash
- 1 cup frozen shelled edamame, thawed
- 1/2 cup beef broth
- 1 to 2 Tablespoons butter
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 cup grated Parmesan cheese
- 2 Tablespoons chopped fresh basil



INSTRUCTIONS:

Preheat oven to 350°F. Cut squash lengthwise in half; remove and discard seeds. Place squash, cut-side down, in baking dish. Bake about 1 hour or until tender. Cool slightly. Scrape pulp out of shells with fork into strands; set aside.

Cooking Tip: If squash is too tough to cut in half, puncture it with the point of a sharp knife about five times then microwave 3 minutes to soften.

Place steak in center of grid over medium, ash-covered coals; Grill steak, covered, 11 to 15 minutes (over medium heat on pre-heated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Let stand 5 minutes. Carve steak across the grain into thin slices.

Cooking Tip: Spaghetti squash can be cooked in a microwave oven. Place squash halves, cut-sides down, in a microwave-safe dish. Add 1/4 cup water, cover with vented plastic wrap and cook on **HIGH**, 10 to 12 minutes, or until tender.

Meanwhile, combine edamame, broth, butter, salt and garlic powder in a 12-inch nonstick skillet; bring to a boil. Reduce heat and simmer until edamame are heated through. Add squash and toss to coat strands. Cook just until squash is heated through. Remove from heat; add Parmesan cheese and basil, tossing until squash is coated.

Divide squash mixture evenly among 4 plates. Arrange steak slices on top of squash mixture.



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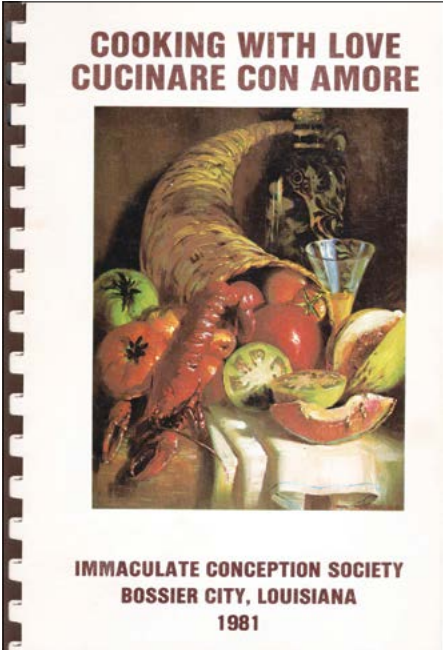
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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.

PORK CHOPS NEAPOLITAN
(Vita Mandina Gregorio)

- 6 loin pork chops
- 2 Tablespoons olive oil
- 1 cup chopped onions
- 1 clove garlic, crushed
- 1 (1 lb. 10 oz.) can Italian tomatoes (undrained)
- 1 teaspoon salt
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon dried basil leaves
- 1/8 teaspoon pepper
- 1 large green pepper, cut in 6 wedges
- 1 (4 oz.) can button mushrooms (drained)

Wipe chops with damp paper towel.
In hot skillet, brown chops well on both sides. Remove from skillet.
Drain all but 1 Tablespoon drippings from skillet. Add onions and garlic; sauté until onions are tender, about 5 minutes. Add tomatoes, salt, oregano, basil and pepper. Mix well, mashing tomatoes with fork.
Place pork chops in skillet. Arrange green pepper wedges, spoke fashion, between chops. Simmer, covered, 1 1/4 hours, or until chops are tender. Add mushrooms and simmer 5 minutes longer.
Makes 6 servings.

Favorite Recipes
From Our Best Cooks

**Compiled by Baptist Women Group
of First Concord Baptist Church**

SWEET POTATO PIE
(Mary Burks)

- | | |
|-------------------------|-----------------------|
| 2 medium sweet potatoes | 2 eggs |
| 3/4 cup sugar | 1/2 teaspoon salt |
| 1/3 stick margarine | 1 can evaporated milk |
| 1 teaspoon vanilla | Dash of cinnamon |

Cut and boil potatoes till tender. Mash potatoes and add margarine, add eggs and beat well. Add remaining ingredients and beat till creamy. Pour into two unbaked pie shells. Bake 45 minutes at 350 degrees.

**FOLDING INSTANT POTATO
BISCUITS**
(Laura Vaughn)

- | | |
|--|------------------------------|
| 1 cup prepared instant mashed potatoes | 2 cups all purpose flour |
| 1 teaspoon salt | 1 cup butter |
| 2 Tablespoons sour cream | 3 egg yolks, slightly beaten |
| 1 egg yolk, slightly beaten | Sesame or caraway seeds |

Prepare 1 cup instant mashed potatoes according to package. Refrigerate until cold. Sift together flour and salt; cut in butter. Add sour cream, chilled instant mashed potatoes and 3 egg yolks; stir to mix. Knead. Roll thin and fold in quarters; chill 30 minutes. Roll again and fold. Repeat 3 times. Roll 1/2-inch thick and cut with 2 1/2-inch cutter. Place on ungreased cookie sheet, brush with egg yolk and sprinkle with seeds. Bake at 400 degrees for 15 to 20 minutes.

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Spicy Jalapeño Strip Steak

Even though summer is coming to an end, cooler temperatures make for more pleasant grilling. Next time you fire up your grill, try this jalapeño spice rub on your strip steaks. Serve with grilled vegetables.

Ingredients:

- 4 - 4 oz Strip Steaks, cut 1 inch thick
- 1 teaspoon salt
- 1/2 teaspoon jalapeño powder
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin

Instructions:

Preheat gas or charcoal grill to 400°F.
In a bowl, combine salt, jalapeño powder, garlic powder and cumin. Season steaks generously on both sides with seasoning mixture.
Place steaks on oiled grates and grill for approximately 8 minutes on one side, or until moisture starts to pool on the top and beef releases easily from grates with tongs. Flip once, grilling on the other side for 8 minutes or until internal temperature reaches 135°F with meat thermometer inserted into the thickest part of the steak.
Transfer steaks to a platter and let rest for 5-10 minutes before slicing against the grain. Let stand for at least 3 minutes (temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium).



Carne Asada

Marinate, grill, and enjoy. This Carne Asada can be served as a main dish with sides like grilled veggies and pinto beans, or it can be used to make tacos or another family favorite.

Ingredients:

- 2 beef Strip Steaks Boneless, cut 1 inch thick (about 8 ounces each)
- 2 teaspoons ground cumin
- 1 Tablespoon garlic
- 1 lime, cut into 6 wedges

Instructions:

Combine cumin and garlic; press evenly onto beef Steaks.
Place Steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
Cooking Tip: To broil, place Steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 13 to 17 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
To cook in a grill pan on the stovetop, place Steaks in a preheated pan over medium heat. Grill 12-15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
Squeeze juice from 1 lime wedge over each Steak. Carve Steaks into thin slices. Garnish with remaining lime wedges, if desired.



Beef Top Sirloin & Potato Kabobs

A delicious recipe for simple and savory kabobs.

Ingredients:

- 1 pound beef Top Sirloin Steak boneless, cut 1 inch thick
- 1 pound red-skinned potatoes
- 2 medium yellow or zucchini squash

Sauce:

- 3/4 cup steak sauce
- 2 teaspoons minced garlic

Instructions:

Cut potatoes into 1½ -inch pieces. Place in microwave-safe dish; cover with vented plastic wrap. Microwave on HIGH 6 to 8 minutes or until just tender, stirring once. Cool slightly.
Combine sauce ingredients in 1-cup glass measure. Microwave on HIGH 1½ minutes, stirring once.
Cut squash lengthwise in half. Cut beef Top Sirloin Steak and squash into 1¼-inch pieces. Combine beef, squash, potatoes and 1/3 cup sauce in large bowl; toss. Alternately thread beef and vegetables onto metal skewers.
Place kabobs on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once and brushing with remaining sauce during last 5 minutes.



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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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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