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February 2024

Warm Up This Month With These Delicious Cold Weather Recipes

An egg noodle base and warm, four-cheese topping sandwich together a hearty ground beef mix in this easy dinner recipe. Hands-on prep time is 23 minutes. But if you feel that the total recipe time of just under 1 hour and 20 minutes is a bit too long for you after a busy day, feel free to prep ahead and freeze it until you are ready to bake and serve.

HOMESTYLE GROUND BEEF CASSEROLE

Ingredients:

- 1 pound ground round
- 1 (14 1/2-oz.) can diced tomatoes with basil, garlic, and oregano, undrained
- 1 (10-oz.) can diced tomatoes and green chiles, undrained
- 1 (6-oz.) can tomato paste
- 1 teaspoon salt
- 1/2 teaspoon dried Italian seasoning
- 1/4 teaspoon pepper
- 3 cups uncooked medium egg noodles
- 5 green onions, chopped
- 1 (8-oz.) container sour cream
- 3 ounces cream cheese, softened
- 4 ounces shredded sharp Cheddar cheese (about 1 cup)
- 4 ounces shredded Parmesan cheese (about 1 cup)
- 4 ounces shredded mozzarella cheese (about 1 cup)



Photo by Will Dickey

Directions:

Step 1:

Cook beef mixture:

Brown ground round in a large skillet over medium, stirring constantly, 5 to 8 minutes or until meat crumbles and is no longer pink; drain.

Stir in both cans diced tomatoes and next 4 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes. Remove from heat; set aside.

Casserole - page 3

Here's a low-sodium brothy ground turkey vegetable soup that is full of flavor. The turkey gives this soup a heartiness that everyone will enjoy on a cold wintry day. This tasty dish is easy to prepare and will be ready to consume in 1 hour and 15 minutes.

VEGETABLE TURKEY SOUP

Ingredients:

- 1 pound lean ground turkey
- 1 cup chopped celery
- 1/2 cup chopped onion
- 2 to 3 garlic cloves, minced
- 2 cans (14 1/2 2 ounces each) reduced-sodium beef broth
- 2 1/2 cups reduced-sodium tomato juice
- 1 can (14 1/2 ounces) diced tomatoes, drained
- 1 cup sliced fresh mushrooms
- 3/4 cup frozen french-style green beans
- 1/2 cup sliced carrots
- 1 1/2 teaspoons Worcestershire sauce
- 1 teaspoon dried parsley flakes
- 1 teaspoon dried thyme
- 1/2 teaspoon sugar
- 1/2 teaspoon dried basil
- 1/4 teaspoon pepper
- 1 bay leaf
- Minced fresh parsley, optional



Photo by Taste of Home

Directions:

1. In a Dutch oven coated with cooking spray, cook turkey, celery and onion over medium heat until meat is no longer pink, 5-7 minutes, breaking turkey

Soup - 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."

LENTIL CASSEROLE

(Mrs. Karl Schlicher)

and

GREEN BEAN CASSEROLE

(Dorothy Townsend)

Lentil Casserole

1 Cup lentils (dried)
 1 Cup cubed Celery
 1 Cup tomato juice or diluted tomato juice
 1 Cup water
 1/4 pound ground beef
 1/4 pound ground franks
 1 large onion

Soak lentils over night in water and tomato juice. Next day cook lentils and celery in same juice 20 minutes. Salt. Brown meat and onion in bacon fat, mix with lentils and other ingredients. Place in Casserole, baked 1 1/2 hour or longer 350°.

Mrs. Karl Schlicher

Green Bean Casserole

2 pkgs frozen green beans (French cut or 2 cans)
 1 Can cream of Celery soup
 1 Can French onion rings

Cook green beans, if frozen, and put in Casserole dish. A layer of beans, half of the Celery soup and half of the onions; then repeat, finishing with onion rings on top. Bake at 350° for about 30 minutes

Dorothy Townsend (D.B.S.)

- 101 -

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BEEF & SALSA BURRITOS

Ingredients:

- | | |
|--|-----------------------------------|
| 1 1/4 pounds ground beef | 1 1/4 cups chunky salsa |
| 1 1/2 Tablespoons chili powder | 1 cup shredded cheddar cheese |
| 1/2 teaspoon cumin | 8 medium flour tortillas (warmed) |
| 1 pkg. (10-oz.) frozen chopped spinach, thawed | |

Directions:

In large skillet, brown meat over medium heat for 10-12 minutes or until no longer pink. Pour off drippings.
 Season beef with chili powder, cumin, 1/2 teaspoon salt. Stir in spinach and salsa. Heat thoroughly. Remove from heat and stir in cheese.
 Spoon beef mixture into center of tortilla. Makes 8.

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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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Soup

into crumbles. Add garlic; cook 1 minute longer. Drain.

2. Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer 1 hour or until vegetables are tender. Discard bay leaf. Serves 6.

Casserole

Step 2:

Cook egg noodles:

Preheat oven to 350°F. Prepare egg noodles according to package directions. Stir together hot cooked noodles, chopped green onions, sour cream, and cream cheese until blended.

Step 3:

Add casserole ingredients to pan:

Spoon egg noodle mixture into a lightly greased 13- x 9-inch baking dish. Top with beef mixture; sprinkle with cheeses in order listed.

Step 4:

Bake casserole:

Bake, covered, at 350°F for 35 minutes. Uncover and bake 5 more minutes. Let stand 10 to 15 minutes before serving. Serves 6.

Make-Ahead Tip

Label and freeze assembled, unbaked casserole up to 1 month. Thaw in fridge overnight. Let stand 30 minutes; bake as directed.

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!



ORANGE CONGEALED SALAD

- 2 packages orange jello
- 1 8-ounce package cream cheese
- 1 large can peaches, mashed (Penthouse, Freestone peaches are best)
- 2 cans mandarin oranges
- 1 package Dream Whip

Drain juice off peaches and bring to a boil. Dissolve jello in hot juice. Add softened cream cheese to this and let dissolve. Add peaches and oranges and mix. Then fold in whipped Dream Whip. Pour in buttered pan or pyrex dish. Chill until firm.

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by Areeda Schneider-Stampley



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EASY CHICKEN PIE

Tastes like Chicken n’ Dumplings!

- 4 chicken breasts
- 1 cup water
- 6 boiled eggs, sliced
- 1 can cream of chicken soup
- 3 cups broth (from baked chicken)
- 1 cup self-rising flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 stick butter
- 1 cup milk

Spray shallow baking dish with non-stick spray. Add 1 cup water and chicken breasts.

Cover and bake in 350° oven for 45 minutes or until done. Do not over-cook.

Break each chicken breast into 3 or 4 pieces and spread evenly in the bottom of a butter-greased 9x13 casserole dish.



Spread sliced eggs evenly over chicken. Mix soup and chicken broth then spread over eggs.

Mix flour, salt, and pepper and spread over top.

Melt butter and warm milk together. Drizzle over flour mixture. Do not stir.

Bake at 400° until brown - about 45 minutes.

Yield: 6 servings.

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).

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Submitted by Silvia Arnold, Lufkin

JALAPEÑO BREAD

Ingredients:

- 1 package active dry yeast
- 1/4 cup warm water
- 2 cups milk
- 2 Tablespoons sugar
- 1 Tablespoon shortening
- 2 teaspoons salt
- 5 3/4 to 6 1/4 cups all purpose flour



Directions:

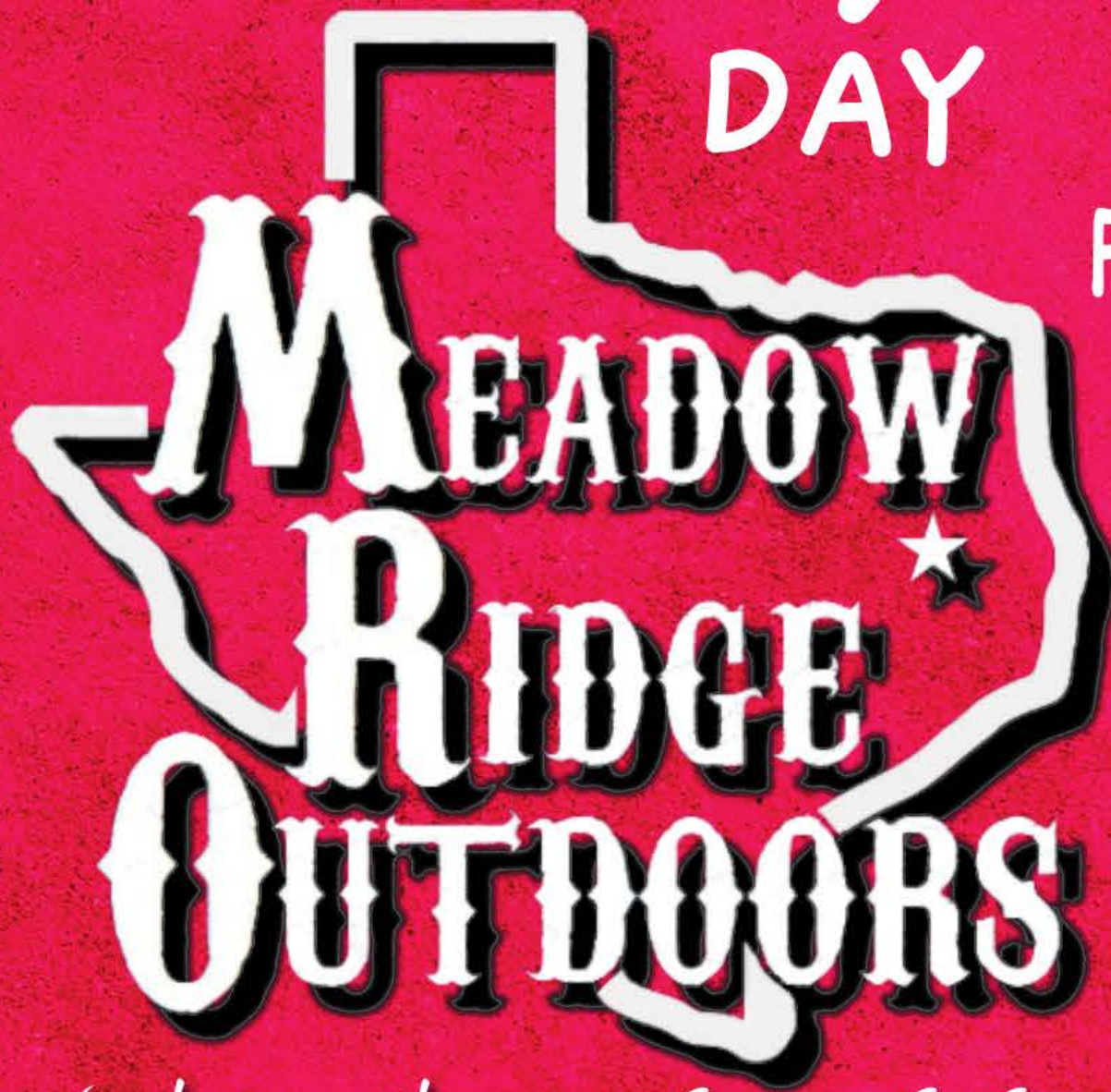
Soften yeast in warm water. In saucepan heat milk, shortening and salt just til warm and shortening almost melted; stir constantly. Turn into large mixing bowl. Stir in 2 cups of the flour, beat well. Add the softened yeast, stir til smooth. Stir in 1 cup grated cheese and 1 small can jalapeños. Add remaining flour as you can with a spoon. Turn out onto lightly floured surface. Kneading enough flour to dough til dough is smooth and elastic. Shape into ball, place in a greased bowl, turn once to grease surface. Cover, let rise in warm place til doubled.

Punch down, turn out on lightly floured surface, divide in half. Shape into two balls. Shape each ball of dough into a loaf and place in greased loaf pans. Brush with melted butter, cover, let rise (45 - 60 minutes). Bake in 350° oven for about 45 minutes or til bread is nicely browned or til bread tests done.

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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.



PECAN PIE COBBLER

- | | |
|---|---|
| <p>1 box refrigerated pie crusts, softened as directed on box</p> <p>2½ cups light corn syrup</p> <p>2½ cups packed brown sugar</p> <p>1/2 cup butter, melted</p> <p>4½ teaspoons vanilla</p> | <p>6 eggs, slightly beaten</p> <p>2 cups coarsely chopped pecans</p> <p>Butter-flavor cooking spray</p> <p>2 cups pecan halves</p> <p>Vanilla ice cream, if desired</p> |
|---|---|

Heat oven to 425°. Grease a 13 x 9-inch (3-quart) glass baking dish with shortening or cooking spray. Remove 1 pie crust from pouch; unroll on work surface. Roll into 13 x 9-inch rectangle. Place crust in dish; trim edges to fit. In large bowl, stir corn syrup, brown sugar, butter, vanilla and eggs with wire whisk. Stir in chopped pecans. Spoon half of filling into crust-lined dish. Remove second pie crust from pouch; unroll on work surface. Roll into 13 x 9-inch rectangle. Place crust over filling; trim edges to fit. Spray crust with butter-flavor cooking spray. Bake 14-16 minutes or until browned. Reduce oven temperature to 350°. Carefully spoon remaining filling over baked pastry; arrange pecan halves on top in decorative fashion. Bake 30 minutes longer or until set. Cool 20 minutes on cooling rack. Serve warm with vanilla ice cream.




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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PLEASE SEND US YOUR RECIPES!

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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.

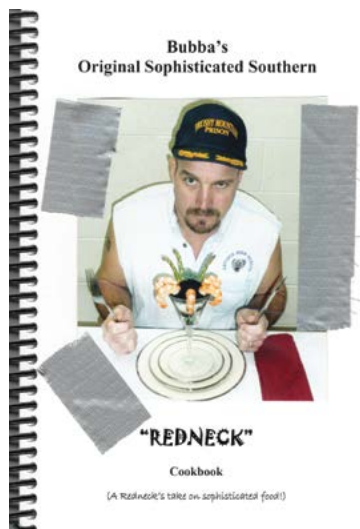
DUCHESS OF WINDSOR CAKE / CHANTILLY CREAM

I never thought of Wallace Simpson as bein' anybody who would spend any time in the kitchen. I figured her main goal wuz to see jus how many martinis she could down while layin' 'round like a big ole whale on the deck of a yacht. Forgit that; apparently, she's a good ole girl who jus loved to git her hands dirty and serve up some of the best fried chicken this side of the Colonel. If you want a good 'read,' Google Duchess of Windsor and read all 'bout her. You'll come away with a whole new view of her!

- | | |
|--------------------------------------|-------------------------------|
| Cake: | Cream: |
| 1 whole egg | 1½ cups heavy cream |
| 5 eggs, separated | 1½ cups sifted powdered sugar |
| 4½ cups powdered sugar | 1½teaspoons vanilla |
| ¼ cups medium coarse chopped walnuts | |
| ¼ cup chopped almonds | |
| 1 cup sifted cake flour | |

Preheat oven to 325°. Butter three (9-inch) round layer cake pans. Line bottoms with buttered paper. Beat egg yolks with one whole egg and sugar, until mixture doubles in volume and sugar is dissolved. Beat egg whites stiff but not dry and add to yolk mixture. Combine almonds, walnuts and flour. Add to egg mixture, 1/3 at a time, foldin' in gently. Pour into pans and bake 25-30 minutes. Cool pans on rack. When ready to serve, put layers together with Chantilly Cream.

For cream, whip heavy cream in bowl, set in ice water for 5 minutes. Add sugar and vanilla. Cake may be prepared one day before servin' but fillin' must be prepared on the day needed. Be sure to keep cake covered tightly and wrapped in cloth if prepared ahead of time.



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CORNBREAD RING

Ingredients:

- 1 cup yellow corn meal
- 1 cup unsifted all-purpose flour
- 2 Tablespoons sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup cooking oil
- 1 cup milk
- 1 egg

Directions:

Stir together dry ingredients. Stir together liquid ingredients and add to dry. Beat until smooth, about 1 minute. Pour into microwave baking ring which has been sprayed with non-stick vegetable coating. Microwave at 312 watts power for 5 minutes, then on High for 3-5 minutes, until toothpick stuck in center comes out clear. Turn out of pan and serve warm.

PASTA PRIMAVERA

Ingredients:

- 1/2 cup butter
- 1 medium onion
- 1 large garlic
- 1 pound aspaagus
- 1/2 pound mushrooms
- 6 ounces cauliflower
- 1 medium zucchini
- 1 small carrot
- 1/2 cup chicken stock
- 2 teaspoons basil
- 1/2 cup tiny frozen peas
- 2 ounces ham, chicken or shrimp
- 5 geen onions, chopped
- 1 pound spaghetti
- 1 cup Parmesan cheese
- Half & half



Directions:

Add butter, onion and garlic to skillet and sauté. Put vegetables in stir fry, about 2 minutes. At this point, remove several pieces of asparagus, mushrooms and zucchini, reserve for garnish. Increase heat. Add stock, cream and basil. Boil about 3 minutes. Stir in pweas, ham and green onions. Cook one minute. Cook pasta per box directions. Add pasta to vegetable and meat mixture, add cheese and garnish.

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APPLE CINNAMON CUPCAKES WITH MAPLE CREAM CHEESE FROSTING

Ingredients:

CUPCAKES:

- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 large eggs, at room temperature
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 1/2 cup canola oil (can use vegetable oil)
- 2 teaspoons vanilla extract
- 2 Granny Smith apples (about 1 lb.), peeled, cored and shredded

MAPLE CREAM CHEESE FROSTING:

- 1/2 cup unsalted butter, room temperature
- 8 ounces cream cheese
- 4 cups icing sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 Tablespoons of maple syrup

Directions:

CUPCAKES:

Preheat oven to 350°F. Line a cupcake pan with paper liners.
In a medium bowl, whisk together the flour, baking powder, cinnamon and salt. In a second medium bowl, whisk together the eggs and both sugars until smooth and well combined, making sure to break up any clumps of brown sugar. Add the oil and vanilla and whisk until completely incorporated. Add the dry ingredients to the wet, and stir just until everything comes together. Fold in the apples until evenly distributed.

Divide the batter evenly among the liners. Bake for 20-25 minutes for regular cupcakes OR 12-15 minutes for mini-cupcakes, or until the cupcakes spring back when lightly pressed with your finger and a toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and let the cupcakes cool for a few minutes before removing them to the rack to cool completely.

FROSTING:

Cream the butter and cream cheese in a stand mixer until light and fluffy.

Gradually add the sugar until incorporated.

Then add the cinnamon, vanilla and maple syrup. Mix for 10 seconds, until evenly combined. Frost cupcakes as desired.




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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.

CHICKEN TETRAZZINI
Submitted by Pat Eibel for band student Jennifer Eibel

3 Tablespoons oil	1 cup water
3 Tablespoons butter	14-ounce elbow spaghetti (4 cups)
1 chicken, cut up	1/2 cup chopped green peppers
1 can cream of chicken soup	1 cup grated Parmesan cheese
1 can cream of mushroom soup	

Heat oil and butter in large frying pan or Dutch oven. Brown chicken on all sides. Cover pan and cook on medium heat until chicken is completely cooked, turning pieces frequently. Add both soups, then water. Simmer on low heat for 30 minutes. Remove chicken from pan and remove bones. Cut into 1-inch chunk-size pieces and return to pan.

Cook spaghetti according to package directions. Drain and add to chicken mixture. Add green peppers and Parmesan cheese. Stir thoroughly. Simmer for 15 more minutes and serve.

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HEART Shaped JEWELRY

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

Here's a recipe that will really warm you up on a blistery day. Made it for a bunch of friends the other night and it was a huge hit!

7-CAN CHICKEN TACO SOUP

- 1 can (12.5 ounces) of chicken breast, drained and flaked
- 1 can (15 ounces) of whole kernel corn, undrained
- 1 can (15 ounces) of black beans, drained and rinsed
- 1 can (10 ounces) of diced tomatoes with green chilies
- 1 can (10.75 ounces) of cream of chicken soup
- 1 can (10.75 ounces) of chicken broth
- 1 can (10 ounces) of enchilada sauce
- 1 packet of taco seasoning mix

In a large pot, combine all the canned ingredients. Mix in the taco seasoning. Cook over medium heat until the soup is heated through, stirring occasionally. Reduce heat to low and let the soup simmer for about 10-15 minutes for flavors to meld. Serve hot with your choice of toppings like shredded cheese, sour cream, avocado or tortilla chips.



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IMMACULATE CONCEPTION SOCIETY
BOSSIER CITY, LOUISIANA
1981

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.

**STUFFED ITALIAN SQUASH (Cucuzzi)
(Josephine S. Cascio)**

Filling:

- | | |
|-------------------------------|---------------------------------|
| 2 long squash | 1 clove garlic, chopped |
| 1 lb. fried hamburger | 1/2 teaspoon sweet basil |
| 1 cup seasoned bread crumbs | 2 eggs, hard-boiled and chopped |
| 1 cup cooked rice | 2 cups tomatoes |
| 1/2 cup grated Italian cheese | Salt and pepper to taste |

Scrape peeling off squash, cut in 3 to 4-inch lengths, scoop out inside. Mix together the other ingredients thoroughly and stuff squash. Fry squash in oil over slow fire until brown.

Tomato Sauce:

- | | |
|----------------------|-------------------------|
| 1 large can tomatoes | 1 large onion, chopped |
| 2 cups water | 5 Tablespoons olive oil |

Brown onion with olive oil in saucepan; add tomatoes. Let simmer until tomatoes are well done. Add water, salt and pepper to taste. Add stuffed squash. Cook about 45 minutes, or until done.

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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.



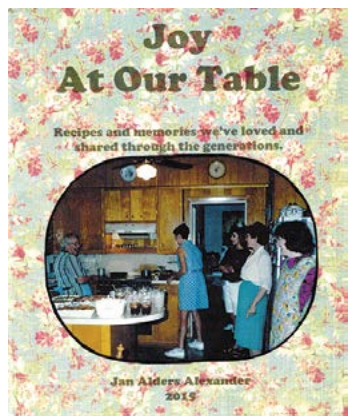
PEACH COBBLER

- | | |
|-----------------------------------|---------------------------------|
| 1/2 stick butter | 1 heaping Tablespoon cornstarch |
| 1 28-ounce can peaches, undrained | 1½ cups self-rising flour |
| 3 cups sugar, divided | 2 teaspoons vanilla |
| 1/2 teaspoon cinnamon | Milk, as needed |
| 1¼ cups water | |

Preheat oven to 350°F. Melt 1/2 stick butter and grease 13 x 9-inch metal baking pan, leaving any remaining butter in the pan. In heavy saucepan, combine 1 (28-ounce) can peaches with liquid, 1 cup sugar, and 1/2 cup water. Bring to a boil. In small bowl, combine 3/4 cup water and 1 heaping Tablespoon cornstarch, and add to peach mixture. Return to boil. In mixing bowl, combine 1½ cups sugar, 1½ cups self-rising flour, 2 teaspoons vanilla and enough milk to make a thin batter. The mixture should be a little thinner than a pancake batter. Pour hot peaches into pan with melted butter and pour batter all over peach mixture. Top with cinnamon-sugar mixture made from combining 1/2 cup sugar and 1/2 teaspoon cinnamon. Bake for 30 minutes or until golden brown.

Submitted by Jan Alders Alexander of Nacogdoches

Coffee cans made the best storage containers! These were and are my favorite cookies. I think I could really eat a whole recipe!



SANDIES

- | | |
|------------------------------|-------------------------------|
| 1 cup butter | 1 Tablespoon eater |
| 1/2 cup confectioners' sugar | 2 cups flour, sifted |
| 2 Tablespoons vanilla | 1 cup coarsely chopped pecans |
| | 1 cup powdered sugar |

Cream butter and sugar together. Add vanilla and water. Add flour to mixture, a little at a time. Mix in pecans. Roll into small ovals (coat hands with flour, if necessary). Bake for approximately 20 minutes at 350°. Sift 1/2 box powdered sugar in bowl. Coat Sandies as soon as they are removed from the oven. Line coffee can with wax paper and sprinkle with powdered sugar. Separate layers with wax paper.

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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!



FRENCH CABBAGE ROLLS

- 1½ cups chopped onion
- 1 cup chopped celery
- 1/4 lb. oleo
- 1 cup chopped cooked cabbage
- 1 cup cooked rice
- 1 5-oz. can lobster
- 1 teaspoon tomato paste
- 1 lb. shrimp, peeled and deveined
- 1 small can tomato paste
- 1 small can tomato sauce
- 3 lb. head cabbage
- 1/2 cup cooking oil
- Salt, black pepper and Cayenne (red pepper) to taste



Remove 12 outer leaves from cabbage. Par boil these for 15 to 20 minutes. Drain and set aside. Cut up center of cabbage to equal one cup. Cook it until tender and set aside. Melt oleo in heavy pot; add 1 cup onions and 1/2 cup celery and teaspoon tomato paste. Cook until onions are wilted. Add shrimp and cook 7 minutes. Fold in cooked cabbage center, lobster, rice and season to taste. Fill each cabbage leaf with mixture, roll securely and pin with toothpick.



Sauce:
Cook tomato sauce, tomato paste, 1/2 cup celery and 1/2 cup onions in cooking oil. Cook until oil comes to the top. Drop in cabbage rolls, cover pot and let steam for 7 to 10 minutes. Serves 6.



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Winter Barbecuing Recipes for the Grill or Oven

Bushman's Steak with Outback Sauce

Ingredients:

2 - 3¼ pounds tomahawk steaks (ask your butcher)
2 teaspoons rice bran oil
1½ Tablespoons unsalted butter
3 garlic cloves, smashed (you can leave the skin on)

Outback Sauce:

1 cup whole egg mayonnaise
¼ cup tomato sauce (ketchup)
¼ cup hot chili sauce
2 teaspoons Worcestershire sauce
1 teaspoon smoked paprika (pimenton)
1 teaspoon garlic powder
½ teaspoon sauce from canned chipotle chilies in adobo

Instructions:

Take the meat out of the fridge 1 hour before cooking so it comes to room temperature. Preheat the oven to 350°F. Season steaks well with salt (we don't like to add pepper at this stage as the pepper just tends to burn in the hot pan) and drizzle with the oil.

Heat an extra large ovenproof cast-iron fry pan over high heat until smoking. Cook steaks for 3 minutes each side, then top with butter and garlic, and transfer pan to oven. Cook, turning halfway, for a further 15 minutes for medium-rare, or until cooked to your liking. Remove from the oven, then loosely cover with foil and set aside to rest for at least 10 minutes.

For the outback sauce, combine all the ingredients in a bowl or large jar. If making ahead of time, cover and keep refrigerated until needed.

Place the steaks and garlic on a large board with a good dollop of the sauce on the side. Slice and season well to serve.



Herb and Lime Marinated Chicken

Ingredients:

6 limes, plus extra wedges to serve
2 Tablespoons olive oil
1 green chili, seeds removed, finely chopped, plus extra to serve
Handful mint leaves, finely chopped
Handful coriander leaves, finely chopped, plus extra leaves to serve
12 chicken thigh fillets, trimmed

Instructions:

Finely grate the zest of 2 limes into a glass or ceramic bowl and squeeze in the juice of the 6 limes, reserving the squeezed lime halves. Add the oil, chili and herbs, then season. Add the chicken and coat in the marinade. Scatter all the squeezed lime halves over the chicken pieces, then cover and marinate in the fridge for at least 4 hours or overnight.

Bring the chicken back to room temperature before cooking. Heat a chargrill pan over medium-high heat. Remove chicken from the marinade and season. In 2 batches, chargrill the chicken, turning, for 10-12 minutes until charred and cooked through.

Place the chicken pieces on a warmed serving platter, top with extra coriander and green chili, then serve immediately with lime wedges.



Chargrilled Rare Sirloin of Beef

Ingredients:

4½ - 5½ pounds sirloin (ask your butcher)
Sunflower oil, to brush

Instructions:

Remove the beef from the fridge 30 minutes before cooking to come to room temperature. Preheat the oven to 400°F and the grill to medium-high (if using).

Brush beef with oil, then season well with sea salt and pepper. Sear beef in a flameproof roasting pan over medium-high heat (or cook on the grill), for 10 minutes, turning it now and then until really well colored all over (allow about 2-3 minutes each side). Transfer the beef to a roasting pan if necessary, then roast in the oven for 25 minutes for rare, or until done to your liking.

Lift the beef onto a board, then leave it to rest and cool to room temperature. Slice thinly and serve with salad.



Chargrilled Chili Beef with Avocado

Ingredients:

4 - 1/3 pound lean beef rump steaks
1 garlic clove, crushed
1/3 cup red wine
1 teaspoon dried chili flakes
2 small avocados, flesh sliced
1/2 cup small basil leaves
1 cucumber, chopped
1 small red onion, thinly sliced
1 teaspoon olive oil
1½ Tablespoons red wine vinegar

Instructions:

Place the steaks in a bowl with the garlic, red wine and chili flakes. Toss to coat, then cover and refrigerate for 10 minutes to marinate.

Meanwhile, for the avocado salad, combine the avocado, basil, cucumber and red onion in a bowl. Add the olive oil and vinegar, then toss to coat.

Heat a lightly oiled grill to medium-high heat. When hot, add the drained steak and cook for 5 minutes on each side for lightly charred on the outside and cooked to medium-rare inside. Divide the avocado salad between 4 plates and top with steak.



IS IT DONE YET? (FOR BEEF ONLY)

INTERNAL TEMPERATURE	Doneness
130°	Very Rare – Red cool center
140°	Rare – Red center
145°-150°	Medium Rare – Red/pink center
155°-160°	Medium Done – Pink center
165°	Medium Well Done – Light gray center
170°-180°	Well Done – Gray hot center

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