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# RECIPES

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

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



**January 2026**

## Delicious Dishes to Start the New Year

### CHEESY BRUSCHETTA DIP

*This creamy, flavorful dip comes together quickly and is a real crowd-pleaser. It is a delicious complement to a meal or a fun appetizer to serve at a party.*

**Ingredients:**

- 8 ounces cream cheese, softened and cubed
- 8 ounces crumbled goat cheese
- 1½ cups grape tomatoes, halved
- 1/2 cup shredded Parmesan cheese
- 2 teaspoons minced garlic
- 1 teaspoon Italian seasoning
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon olive oil
- 1 French bread baguette, sliced and toasted

**Directions:**

Preheat oven to 375°. Spread cream cheese and goat cheese into a greased 13x9-in. baking dish. Evenly distribute tomatoes, parmesan, garlic, Italian seasoning, parsley, salt and pepper over top. Drizzle with balsamic vinegar.

Bake until bubbly and browned, 20-25 minutes. Drizzle with olive oil; serve with toasted baguette slices for dipping.



Photo by Taste of Home

### STUFFED PASTA SHELLS

*These savory shells never fail to make a big impression, even though the recipe is very easy. One or two of these shells makes a great individual serving at a potluck, so a single batch goes a long way.*

**Ingredients:**

- 4 cups shredded mozzarella cheese
- 1 carton (15 ounces) ricotta cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes, optional
- 1 package (12 ounces) jumbo pasta shells, cooked and drained
- 3½ cups spaghetti sauce
- Optional: grated Parmesan cheese

**Directions:**

Preheat oven to 350°. In a large bowl, combine mozzarella, ricotta, spinach, basil, oregano, salt, pepper and if desired, crushed red pepper flakes; stuff into shells. Arrange in a greased 13x9-in. baking dish. Pour spaghetti sauce over the shells. Cover and bake until heated through, 30-45 minutes. If desired, sprinkle with Parmesan cheese just before serving.



Photo by Taste of Home

### Nutrition Facts

1/4 cup: 147 calories, 13g fat (8g saturated fat), 45mg cholesterol, 306mg sodium, 3g carbohydrate (1g sugars, 1g fiber), 6g protein

### Nutrition Facts

1 serving: 314 calories, 13g fat (7g saturated fat), 44mg cholesterol, 576mg sodium, 32g carbohydrate (9g sugars, 3g fiber), 18g protein.

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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 waxed paper lined 8 in square pan in moderate oven 350° 35 min. Cool in pan. Serve with whipped cream. flavored peppermint stick candy sprinkled on cream is very good.

Mary Stripling



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

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Around the Town is published and distributed on the first day of each month. **FREE** copies are available in more than 220 locations in Nacogdoches, Angelina, Shelby & San Augustine Counties. The paper may also be viewed online **FREE** 24/7 at [www.AroundTheTown.us](http://www.AroundTheTown.us).

Publisher - David Stallings - 936.554.5822 - aroundthetown@mail.com  
Advertising Manager - Sharon Roberts - 936.552.6758  
Advertising Sales - David Stallings - 936.554.5822  
Graphic Design - James Aston - 936.553.1927  
Staff Writers - Terri Lacher - 936.488.8701 and Vi Alexander - 936.553.9950  
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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!



#### PEACH-PARFAIT PIE

**Ingredients:**

- 3½ cups sliced peaches sweetened or 1-No. 2½ can
- 13-oz/ package lemon-flavored gelatin
- 1/2 cup cold water
- 1 pint vanilla ice cream
- 1 baked 9-inch pastry shell
- 1/2 cup whipping cream, whipped

**Instructions:**

I using fresh peaches, let stand about 15 minutes after mixing with sugar. Drain peaches, reserving syrup. Add water to syrup to make 1 cup. Heat to boiling. Add gelatin, stir till dissolved. Add cold water.

Cut ice cream in 6 pieces; add to hot liquid. Stir till melted. Chill till mixture mounds slightly when dropped from a spoon (approximately 15 minutes). Fold in peaches. Pour into cooled pastry shell. Chill till firm - 45 minutes (filling will resemble cream pie) to several hours (filling will be firmer). Top with cream, peaches.



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**GARDEN  
SPINACH DIP**

- 1 ¼ cups sour cream
- 1/3 cup mayonnaise
- 1 teaspoon lemon juice
- 1/4 cup chopped green onions
- 1 (8-oz.) can water chestnuts, drained and finely chopped
- 3/4 teaspoon seasoned salt
- 1/4 teaspoon dried whole dill weed
- 1 large purple cabbage
- 1 (10-oz.) package frozen chopped spinach, thawed and well drained

Combine all except spinach and cabbage. Stir well. Add spinach and stir well. Cover and chill thoroughly.

Trim core end of cabbage (or round loaf of French bread) to form a flat base. Fold back several outer leaves of cabbage, if desired.

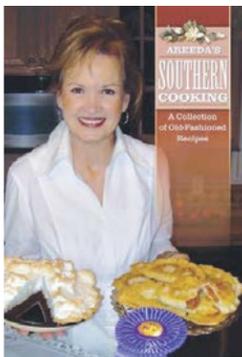
Cut a crosswise slice from the top of cabbage, removing about 1/4 of the head. Lift out enough inner leaves of cabbage to form a shell about 1-inch thick (reserve slice and inner leaves of cabbage for other uses).

Spoon the dip into cavity of cabbage. Serve with fresh vegetables. Yield: 2 ½ cups.

Purchase cookbook with credit card or on PayPal account on secure website at [www.areedasoutherncooking.com](http://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 some memories or maybe you’ll see one of your own recipes some day.

**FESTIVE CHEESE BALL**

**Submitted by Ann Brast,  
for band student Mark Brast**

- 1 8-oz. package cream cheese, softened
- 1 ½ cups grated mild cheddar cheese, softened
- 1 5-oz. jar smoke-flavored processed cheese spread
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- 1 can chopped ripe olives
- 1 can pitted rip olives, cut into halves
- Chopped parsley

Blend into cream cheese, the cheddar cheese, cheese spread, Worcestershire, mustard and salt. Beat until smooth. Fold in chopped olives. Shape into ball. Decorate with halved olives to form petals. Sprinkle with parsley. Chill. Yields 1 ½ pounds.

**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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# Bubba's Original Sophisticated Southern Redneck Cookbook

*"A Redneck's take on sophisticated food!"*

by Ken Stonecipher

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

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



## BURGANDY BEEF

Luke Schmidt wuz depressed. His girlfriend Jessica Sharp caught him doin' the two-step at a country bar over in Texarkana and not only wuz she mad, she took photos with her cell phone and posted 'em on Facebook. That wouldn't have been so bad except that since he wuz choir director at the First Baptist Church, the pastor wadn't too keen on seein' pictures of him, three sheets to the wind, leanin' into an ample bosom and droolin'! He wuz summarily fired from his position and now stood at the stove, a bottle in one hand and a pot of beef on the stove. Little did he know between swigs and stirrin' he wuz makin' one of the faincy dishes that ever'body in town had been makin' for years.

- 5 lbs. heavy chuck, cut in 2-inch pieces
- 10 small white onions, sliced thinly
- 2 Tablespoons all-purpose flour
- Marjoram
- Thyme
- Salt
- Pepper
- Beef bouillon (1 cup made with 2 cubes)
- 1 cup dry red wine
- 1 lb fresh mushrooms

Brown meat in small amount of fat that has been rendered from fat rimmed from the meat. Brown in heavy Dutch oven over high heat until each piece is almost black on all sides. Remove the lid of pan as pieces brown. When all meat is well-browned, simmer sliced onions in remain' fat until soft. Return meat to Dutch oven and sprinkle all with flour and a good dash of the spices. Add wine and bouillon, stir well, cover and simmer slowly for 3-4 hours. Don't oil. More wine and bouillon may be added. Add sliced mushrooms 1-2 hours before done, dependin' on size and freshness. The result should be a very dark brown. Makes a big batch.

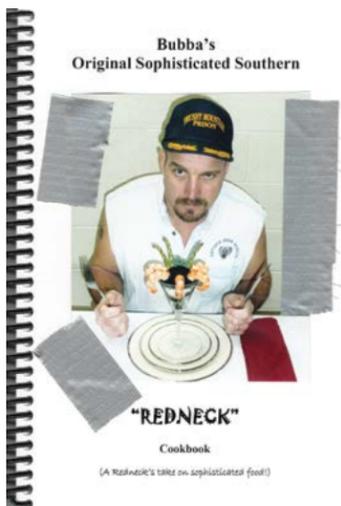


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From Hannah LeBlanc of Indianapolis, IN

## SHEET PAN SMOKED SAUSAGE, POTATOES, BRUSSEL SPROUTS AND ONION

**Ingredients:**

- 2 smoked sausage links
- 3 medium-sized potatoes, diced
- 1 bag brussel sprouts, cut in half lengthwise
- 1 onion, cut into 12 pieces

**Instructions:**

Preheat oven to 425°.

In a large bowl with a lid, add all of the above ingredients. Drizzle with olive oil, and season with salt, pepper, paprika and Adobe seasoning. Top with lid and shake until everything is coated.

Pour onto a baking sheet lined with foil and spread evenly.

Cook for 15 minutes and then toss. Cook another 15-20 minutes until potatoes are tender and everything has a nice color. Toss once again and serve.



## CABBAGE SOUP

**Ingredients:**

- |                                   |  |
|-----------------------------------|--|
| 6 Tablespoons butter or margarine | 1 can Ro-Tel diced tomatoes                |
| 4 pounds cabbage, shredded        | 2 Tablespoons fresh lemon juice            |
| 2 onions, finely chopped          | 2 Tablespoons sugar                        |
| 2 Tablespoons flour               | 1 Tablespoon salt                          |
| 6 cups water                      | 1/2 teaspoon pepper                        |
| 1 (10.5 oz) can chicken broth     | 1 teaspoon caraway seeds (more if desired) |
| 1 (16 oz) can tomatoes, chopped   |  |

**Instructions:**

Melt butter in soup kettle. Sauté cabbage and onions about 15 minutes, stirring constantly. Sprinkle on flour and mix well. Gradually add water while continuing to stir. Heat to boiling point. Add all other ingredients and simmer over low heat for about 1 hour. This is a large recipe, but it freezes well.



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Please email to: [AroundTheTown@mail.com](mailto:AroundTheTown@mail.com)

Thank you so much!

## 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 Tablespoons 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

### Instructions:

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 Tablespoons olive oil in the pan and spread it around. Sear Flank Steak for 1.5 minutes on each side. Place the cast iron pan with Flank 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 ounce 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.

### NOTE:

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.

### Nutrition Information

Nutrition information per serving: 636 Calories; 303 Calories from fat; 33.9 Total Fat (11.7 g Saturated Fat; 15.9 g Monounsaturated Fat); 90.4 mg Cholesterol; 1354.7 mg Sodium; 51.7 g Total Carbohydrate; 2.4 g Dietary Fiber; 38.5 g Protein; 5.3 mg Iron; 948.4 mg Potassium; 0.2 mg Thiamin; 0.3 mg Riboflavin; 13.23 mg Niacin (NE); 0.8 mg Vitamin B6; 1.6 mcg Vitamin B12; 5.7 mg Zinc; 36.1 mcg Selenium; 111.7 mg Choline.

### Nutrition Tip

This recipe is an excellent source of Protein, Iron, Potassium, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline. It is a good source of Thiamin.

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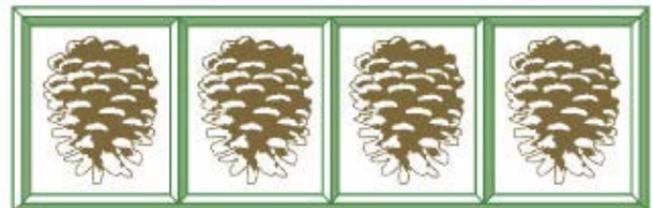
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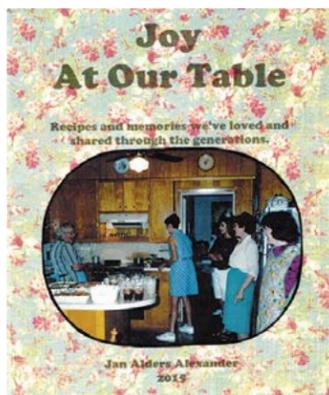
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**Submitted by Jan Alders Alexander of Nacogdoches**

*Mother's pies were very special. Chocolate pie was required for every family gathering, and coconut was usually on the table as well. Banana pudding was also a favorite.*



**FOUNDATION CREAM PIE**

**INGREDIENTS:**

- 3 eggs (save 2 whites for meringue)
- 1 cup sugar
- 1 1/2 cups milk
- 3 Tablespoons flour
- 1 Tablespoon butter
- 1 teaspoon vanilla
- 1 baked pie crust

**INSTRUCTIONS:**

Mix flour, sugar, milk, 2 egg yolks and one whole beaten egg in a double boiler, 8 - 10 minutes until thick.

Add butter and vanilla, stirring several times while cooking. Any lumps can be eliminated by beating with mixer for a few seconds.

Place filling in baked pie crust and make meringue.

Beat egg whites until they form peaks when beater is lifted. Put on pie, meringue should be spread to edges of crust.

Brown slightly.

**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.



**TWICE BAKED POTATO CASSEROLE**

- 5-lb. bag potatoes, peeled and boiled or baked and scooped out
- 1 box cream cheese, softened
- 1 stick butter
- 1 1/2 cups cheddar cheese (you can use your favorite kind of cheese)
- 1/2 to 1 cup sour cream
- 1/2 package bacon, cooked and crumbled
- Green onions, diced (optional - I use 6)
- Milk as needed for mashing consistency



I peel and boil my potatoes for faster cooking, but you can also bake them and scoop out the insides, however you prefer. Drain potatoes when ready to mash and add the cream cheese, but-

ter, shredded cheese, sour cream and milk (as needed). When you get your right consistency, add 3/4 of the bacon and 3/4 of the green onion. Place in a greased casserole and garnish with the remaining bacon and onion. You can also add more shredded cheese to the top for garnish. Bake at 350° for 15 minutes. Then enjoy!

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

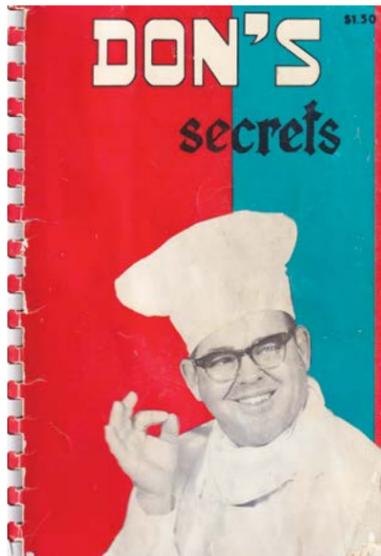
The Landry Family once operated Don's Seafood & Steakhouse Restaurants in Shreveport, Lafayette, Baton Rouge, Morgan City and Beaumont. The restaurants are gone now, but my memories of their amazing food linger on. I hope that you'll enjoy this recipe!



**MARINATED SHRIMP**

Use 1½ quart pyrex dish. Melt 1 stick of butter in dish and add the following, to melted butter, stirring quite often:

- 1/3 cup Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons garlic puree
- 1 teaspoon thyme
- 2 teaspoons rosemary
- 1/2 teaspoon celery salt
- 1 teaspoon olive oil



Cook slowly 10 to 15 minutes (taste for pepper seasoning and add if desired), but do not bring to a rapid boil. Allow to cool slightly, then add 50 to 60 headless shrimp, medium-size (wash shrimp after deheading). In order for seasoning to take effect, do not cook for at least 2 to 3 hours, or refrigerate overnight. I have cooked them immediately and found them very tasty but not as seasoned as when allowed to marinate for 2 to 3 hours or even better overnight. When ready to cook, preheat oven to 400° and when oven is hot, place them in the oven for approximately 18 to 20 minutes stirring several times. Cooking time depends on size of shrimp and I suggest after 12 minutes remove several and taste. Allow to cook further if necessary, but prevent overcooking, as the shrimp are hard to peel if overcooked.

**CROCKPOT  
BLACK EYED PEAS**

**Ingredients:**

- 1 pound dried black-eyed peas
- 7 cups low-sodium chicken broth, store-bought or homemade
- 14 ounces diced tomatoes (1 can)
- 1 cup fully-cooked diced smoked sausage beef, pork, turkey, or a blend
- 1 onion diced
- 1 rib celery diced
- 1 jalapeño pepper diced, omit for less spice
- 4 cloves garlic, minced
- 1 bay leaf
- 2 sprigs fresh thyme
- 2 teaspoons cajun seasoning
- ½ teaspoon ground black pepper
- Kosher salt to taste

**Instructions:**

To a large crockpot, add all the ingredients except the salt. Stir to combine.

Cover and cook on high for 5-6 hours.

Remove the bay leaf, add salt to taste, and serve!



**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.

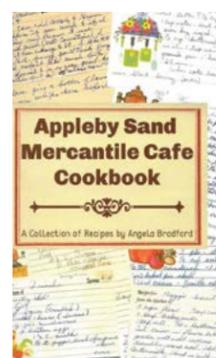
**SCALLOPED POTATOES**

**Ingredients:**

- 4 large Russet potatoes, sliced thinly
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup grated Monterrey Jack cheese
- 1 cup grated cheddar cheese

**Instructions:**

Preheat oven to 350°F. Spray 9x13-inch casserole dish with non-stick cooking spray and set aside. Place potato slices in a bowl of cold water to keep from turning brown while making cream sauce. Melt butter over medium heat in a small saucepan. Whisk in flour until well-combined, then whisk in milk, salt, pepper, and 1 cup of Monterrey Jack cheese. Reduce heat to simmer and continue to whisk until sauce simmers slightly around the edges and has thickened slightly. Stir in cheddar cheese. Arrange potato slices in casserole dish and then pour cream sauce over potato slices. Bake uncovered for 1 hour.



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

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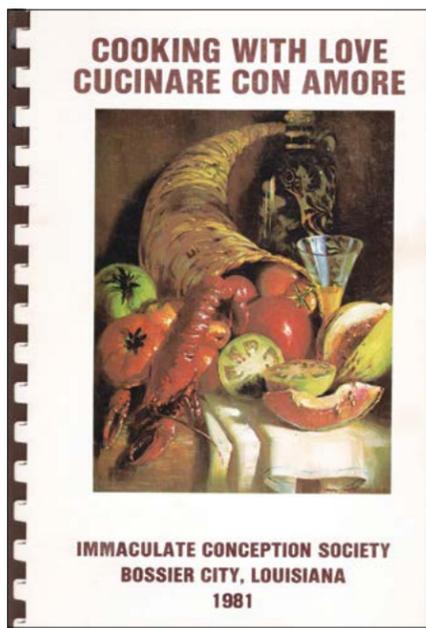
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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.

### CHICKEN NICOISE (Josephine S. Cascio)

- 2 lbs. skinned chicken parts
- 1/4 cup lemon juice
- 1 teaspoon thyme leaves
- 1 teaspoon basil leaves
- 1 teaspoon fennel seeds
- 1 teaspoon salt
- 1 teaspoon coarsely ground pepper
- 1/4 cup olive oil
- 1 cup minced onion
- 2 garlic cloves, minced
- 2 cups canned tomatoes  
(packed in tomato puree)
- 8 fluid ounces dry white wine 2 bay leaves
- 8 pitted ripe olives, thinly sliced
- 1/2 cup chopped fresh parsley



In a baking dish, sprinkle lemon juice over chicken. Add herbs and seasonings; cover and marinate for at least 1 hour. Next, heat 2 Tablespoons olive oil in a large sauté pan. With slotted spoon, remove chicken and herbs from marinade and sauté until golden brown on all sides. With slotted spoon, remove chicken and reserve. Now add remaining 2 Tablespoons olive oil to pan. Add onion and garlic and sauté until lightly browned. Add tomatoes and tomato puree, white wine, bay leaves and half of the olives and simmer for 15 minutes. Return chicken to sauté pan and cook slowly, uncovered, for about 45-50 minutes, or until tender. Remove bay leaves. Garnish with parsley and remaining olives. Makes 4 servings.

### EASY BAKED BRIE

**Ingredients:**

- 8 ounce round French-style brie
- 1/3 cup fig jam
- 1/3 cup sweetened dried cranberries
- 1/4 cup candied pecans, roughly chopped (toasted pecans work too)
- 2 sprigs fresh thyme leaves

**Instructions:**

Preheat the oven to 350°F. Use a sharp knife to cut along the top inside edge of the round of brie, then remove the top rind. If the top is shaggy or uneven, don't worry, it will smooth as it bakes.

Place the brie in a 6-8 ounce gratin baking dish or cast-iron pan. Bake for 15-20 minutes or until the cheese is melted and bubbly.

Top the brie with fig jam, cranberries, and toasted pecans, and sprinkle with fresh thyme leaves. Serve hot with fruit and nut crackers, baguette, or kettle chips.



## THE TRUTH ABOUT RETIREMENT MIGHT SURPRISE YOU.

There are a lot of myths out there – and believing the wrong ones could cost you time, money, and peace of mind. Let's set the record straight.



**1 Myth: It's Too Late to Start.**  
**Truth: It's never too late to take control.**  
*You don't need a time machine to build a better retirement – just a plan. Whether you're 35 or 55, strategic moves today can make a meaningful difference tomorrow. Let's start where you are.*



**2 Myth: I Need to Be Rich to Retire Comfortably.**  
**Truth: It's about strategy, not salary.**  
*You don't need millions – you need a map. With the right financial plan, even modest earners can create a secure, fulfilling retirement. It's not what you make, it's what you make of it.*



**3 Myth: Social Security Will Cover Everything.**  
**Truth: Social Security is just one piece of the puzzle.**  
*Relying on Social Security alone is like going on a road trip with only half a tank. We'll help you build a diversified strategy so you can retire with confidence – and options.*



**4 Myth: My Home Equity Will Be My Retirement Plan.**  
**Truth: A house is a home – not always a retirement strategy.**  
*While your home may be an asset, relying solely on it can be risky. Markets shift, and selling or downsizing might not align with your future plans. A well-rounded strategy keeps you secure.*



**5 Myth: I Don't Trust Financial Advisors.**  
**Truth: One bad experience shouldn't cost you your future.**  
*We've heard the stories – promises made, expectations missed. That's why we do things differently. Our approach is rooted in transparency, education, and relationships, not sales. You deserve a partner who listens, understands, and earns your trust every step of the way.*

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**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.**

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

# The Barbecue Pit

Everything barbecue; from grilling to sauces, recipes to grills and smokers, rubs to meats and veggies.

## Recipes for the Season

### Rum-Smoked Salmon

*This extremely simple smoked salmon recipe takes a little prep time to let the salmon cure, but it is well worth the wait! Make sure to plan ahead to guarantee your dish will be ready when you want it to be.*

#### Ingredients:

1 Salmon Fillet (about 2 pounds) – also good for any type of fatty fish  
1 cup dark rum for the salmon  
1 cup light brown sugar  
½ cup coarse sea salt  
1 Tablespoon coarse black pepper  
4 cups wood chips – alder, apple, or cherry – soaked for 1 hour

#### Additional things needed:

Tinfoil drip pan  
Paper towels  
Plastic Wrap

#### Prep (20 minutes, 4 hrs. to cure):

Skin the fillet and remove any bones. Rinse the salmon under cold water and blot dry with paper towel.

Put the salmon in a baking dish and pour the rum over it. Let it sit for approximately 15 minutes.

After 15 minutes, drain the salmon and blot dry. Wipe out the dish.

Combine the brown sugar, salt, and pepper in a bowl and mix well.

Spread 1/3 of the mixture on the bottom of the dish.

Place the salmon, skin side down, on top and sprinkle the remaining mixture on top. Gently rub it in with your fingers.

Cover the dish with plastic wrap and let cure in the refrigerator for 4 hours.

#### Smoking (approx. 20 minutes):

Set up the grill for indirect smoking (or set up your smoker to 225°F).

Place a drip pan in the center of the charcoal grill and pre-heat to medium-high (400°F).

Rinse the cure off the salmon with cold water and blot dry.

When ready to cook, throw 2 handfuls of wood chips on the coals (or use a pouch if using a gas grill).

Brush and oil the grill grate.

Place salmon in center of the hot grate over the drip pan.

Toss remaining wood chips on the coals and cover the grill.

Smoke the fish for about 20 minutes. (If using a smoker at 225° it will take longer – about 1.5 - 2 hours). To test for doneness press the salmon with your fingers. It should feel firm and break into flakes.

Transfer to a rack to cool. When cool, wrap it with aluminum foil and refrigerate until cold. Serve cold or at room temperature.



### Smoked Whole Chicken

*For juicy flavor and crispy skin, this is a smoky upgrade to store-bought chicken.*

#### Ingredients:

1 whole chicken  
1 Tablespoon olive oil  
2 Tablespoons chicken seasoning  
1 lemon, sliced  
1 small onion, quartered  
3 rosemary sprigs

#### Instructions:

##### Food Prep

First, remove any giblets from the chicken. Optionally, if you have time, place the chicken on a wire rack with a baking sheet underneath and allow it to dry in the refrigerator for 2 to 4 hours or overnight. This will further dry the chicken skin and promote browning.

Next, brush the chicken skin with olive oil and lightly season the inside of the cavity, reserving the majority of the chicken seasoning for the skin. Stuff the chicken with lemon slices, onion and rosemary sprigs.

Then, cross the two chicken legs and tie them together using butchers' twine to secure them in front of the cavity for even cooking. Optionally, you can tuck the wings under the chicken by pushing the flats down toward the rear of the chicken and tucking them underneath.

Finally, season the exterior of the chicken with the remaining chicken seasoning so it's well covered.



##### Grill Prep

**Fuel:** Your favorite flavored pellets for pellet grill.

**Temp:** 225°(Low Heat) & 375°F (Medium Heat)

##### The Cook

Place the thermometer probe into the thickest part of the chicken breast without touching any bones and position it at the center of your pellet grill.

Smoke for 1 hour at 225°F.

Increase the heat on your grill to 375°F and continue roasting approximately 30-60 minutes, or until the white and dark meat reach an internal temperature of 165°F.

Remove the chicken from the grill and allow it to rest for 15-20 minutes. Snip and discard the butchers' twine, carve and enjoy.

### Honey-Glazed Grilled Ham

*Ham is a holiday favorite, and grilling it with a honey glaze adds a smoky-sweet flavor that pairs perfectly with the tender, savory meat. The caramelization from the honey glaze gives the ham a beautiful golden-brown color and adds a festive touch to your barbecue.*

#### Ingredients:

1 bone-in ham  
½ cup honey  
¼ cup Dijon mustard  
½ cup brown sugar  
1 teaspoon cinnamon

#### Instructions:

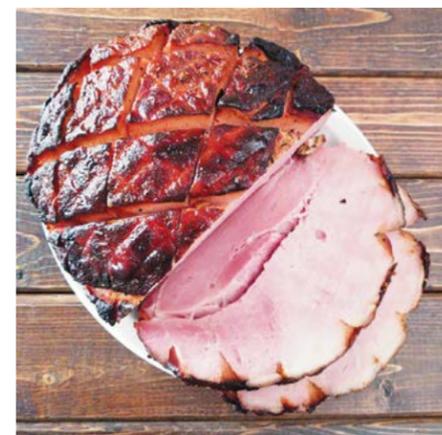
Combine honey, mustard, brown sugar, and cinnamon to make the glaze.

Preheat your grill to medium heat.

Score the surface of the ham and brush it generously with the glaze.

Place the ham on indirect heat, basting every 15 minutes with the glaze.

Grill for 1.5 to 2 hours, or until the internal temperature reaches 140°F.



#### Tip:

Keep a close eye on the glaze to prevent it from burning. Grilling on indirect heat ensures the ham stays moist while the glaze caramelizes beautifully. This method gives the ham a delicious crust without drying it out.

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 Chen's - 302 S. Timberland Dr.  
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 Food Mart Exxon - 6480 Hwy 69S  
 JR Food Mart - 1114 E. Denman Ave.  
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 Lucky's Valero - 1707 N. John Redditt Dr.  
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 Maytag Laundry - 601 S. 1st  
 Mexico Express - 1603 W. Frank Ave. (Hwy 94W)  
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 Diboll Depot - 1605 N. Temple Dr. (U.S. Hwy 59)  
 On The Road - 1580 N. Temple Dr. (US Hwy 59)

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 Brookshire Brothers Express - 6564 Ted Trout Dr. (Hwy 94W)

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 Nacogdoches Arts Collaborative - 320 North St - Suite 307  
 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 Mail - 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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