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**February 2026**

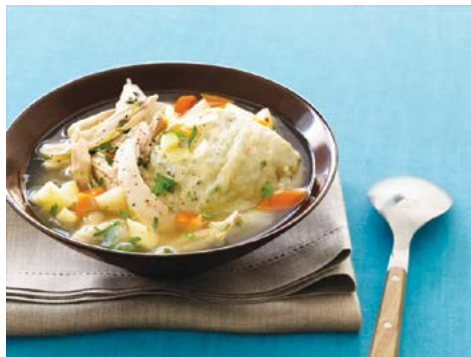
## February Dining With Comfort Food

### CHICKEN-AND-DUMPLING SOUP

*This hearty bowl of soup features fragrant white wine, fresh thyme and tarragon-laced biscuits.*

#### Ingredients:

- 1 Tablespoon unsalted butter
- 4 cloves garlic, minced
- 2 carrots, diced
- 1 bulb celery root, peeled and finely diced
- 1 turnip, peeled and finely diced
- 1 rutabaga, peeled and finely diced
- 1 onion, finely diced
- 1 bulb fennel, finely diced
- Kosher salt
- 4 cups white wine
- 1 Tablespoon fennel seeds, toasted
- 4 sprigs fresh thyme
- 2 bay leaves
- 1 2½-pound organic chicken
- 1 cup milk
- 1/2 cup chicken fat (sold fresh or frozen in tubs at gourmet stores)
- 2 Tablespoons chopped fresh tarragon
- 1/2 teaspoon ground nutmeg
- Freshly ground pepper
- 1¼ cups all-purpose flour
- 3 large eggs
- 1 Tablespoon chopped fresh parsley



*Photo by Yunhee Kim*

#### Directions:

Melt the butter in a 6-quart pot over medium heat. Add the garlic, carrots, celery root, turnip, rutabaga, onion, diced fennel and a large pinch of salt; cook until the vegetables are tender, about 5 minutes.

Add the wine, 6 cups water, fennel seeds, thyme and bay leaves; bring to a simmer. Add the chicken and simmer for 2 hours. Remove the chicken and let cool. Pick off the meat in shreds; set aside.

About 15 minutes before the chicken has finished simmering, prepare the

**SOUP - page 3**

### PENNE WITH TURKEY RAGU

*Simmering the sauce with a Parmesan cheese rind allows the tomatoes to adopt that nutty, salty flavor.*

#### Ingredients:

- Kosher salt
- 1 Tablespoon extra-virgin olive oil
- 2 leeks (white and light green parts only), finely chopped
- 2 cloves garlic, minced
- 6 ounces ground turkey
- 1 28-ounce can San Marzano tomatoes, crushed by hand
- Freshly ground pepper
- 1/4 cup fresh basil, chopped, plus more for topping
- 3 Tablespoons freshly grated parmesan cheese, plus the rind (optional)
- 12 ounces penne
- 2 Tablespoons half-and-half

#### Directions:

Bring a pot of salted water to a boil. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the leeks, garlic and turkey and cook, stirring, until the turkey browns slightly, about 5 minutes. Add the tomatoes, 2 cups water and 1/4 teaspoon each salt and pepper. Increase the heat to high, bring the sauce to a boil and cook 5 minutes. Reduce the heat to medium, add half of the basil and the parmesan rind and simmer, stirring occasionally, until thickened, about 10 minutes.

Add the pasta to the boiling water and cook as the label directs. Reserve 1/2 cup of the cooking water, then drain the pasta. Stir the half-and-half, the remaining basil and 2 Tablespoons cheese into the sauce. Add the pasta and toss to coat, adding some of the reserved pasta water to loosen, if needed. Remove the parmesan rind and season with salt and pepper.



*Photo by Antonis Achilleos*

**PENNE - 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."

### ASPARAGUS LOAF

(Mrs. R. Parrott)

and

### ASPARAGUS CASSEROLE #1

(Mrs. John W. Webb)

*Asparagus Loaf*

1 No. 2 Can cut Green Asparagus  
Shredded Cheese (aged)  
Cracker Crumbs  
4 Hard boiled eggs  
2 1/2 cups thin White Sauce.

Drain asparagus. Use liquid in sauce. Into buttered baking dish put a layer each of Asparagus, hard boiled eggs, Cheese and Crumbs. Pour half of sauce over this. Repeat and top with cracker crumbs. Bake in 350° oven until brown.

Mrs. R. Parrott.

*Asparagus Casserole #1*

1 Can Green Asparagus  
1 Can Cream Mushroom Soup  
2 Hard boiled eggs  
1 package potato chips (25+) (blanched almonds optional)

Place cut asparagus in buttered Casserole alternately with sliced hard boiled eggs and crushed potato chips. (I sprinkle a few blanched almonds on each layer). Save some crushed potato chips for top. Bake 350° for 30 min.

Mrs. John W. Webb.

- 45 -

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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.

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Advertising Sales - David Stallings - 936.554.5822  
Editor & Graphic Designer - James Aston - 936.553.1927  
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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!



### YAM SPICE CAKE

**Ingredients:**

- |                          |                                 |
|--------------------------|---------------------------------|
| 1-3/4 cups sugar         | 3 unbeaten eggs                 |
| 1 cup mashed cooked yams | 1 teaspoon baking soda          |
| 3/4 cup soft shortening  | 1 cup buttermilk                |
| 1 teaspoon cinnamon      | 2 cups sifted all purpose flour |
| 1/2 teaspoon nutmeg      | 1 cup pecans, chopped fine      |
| 1/2 teaspoon salt        | 2 Tablespoons flour             |

**Instructions:**

Combine sugar, yams, shortening, spices, salt and cream well. Add eggs, beat until blended. Combine baking soda, buttermilk, add flour cream mixture. Put floured, coated pecans, with 2 Tablespoons flour. Stir into batter. Turn into loaf or tube pan. Bake in moderate oven 350 degrees, cool and frost with yam topping.

### SOUP

dumplings: Combine the milk, chicken fat, 1 Tablespoon tarragon, the nutmeg and 1/2 teaspoon each salt and pepper in a medium saucepan; bring to a simmer over medium heat. Remove from heat; add the flour and stir vigorously with a wooden spoon until the liquid is absorbed. Whisk in the eggs, one at a time, to make a thick dough.

Bring the soup to a boil. Form the dough into eight dumplings (an ice cream scoop is perfect for this); drop into the soup. Cover and cook until the dumplings float to the surface, about 10 minutes.

Add the chicken meat, parsley and the remaining 1 Tablespoon tarragon to the soup; stir carefully and divide among warm bowls.

### PENNE

Divide the pasta among bowls. Top with the remaining 1 Tablespoon cheese and more basil.

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**BOILED SHRIMP**

- 2 pounds fresh shrimp in shells
- 2 lemons, halved
- 1 celery stalk, cut in large pieces
- 1 bay leaf
- 2 green onions, sliced in large pieces
- 1/2 teaspoon hot pepper
- 1/2 teaspoon salt

Bring approximately a gallon of water and all ingredients except shrimp to a rolling boil. Rinse shrimp good and drop in. Bring water back to a boil and cook for 5-6 minutes. Do not overcook.

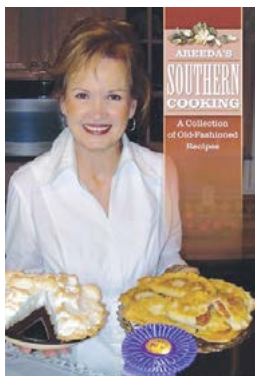
When shell pulls slightly from shrimp, it's done. Drop into the pot lots of ice so shrimp will stop cooking and cool down. After 3-4 minutes, remove shrimp from water, drain and put in refrigerator to chill.

Serve with homemade Shrimp Sauce made from juice of 1 lemon, 1 cup cat-sup, 1/4 cup horseradish (or to taste), small grated onion, a few drops of Worcestershire sauce, garlic powder (to taste) and a pinch of salt. Mix all ingredients and refrigerate. Better if it can set at least 30 minutes before serving. Yields approximately 1 1/2 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.

**SPICY PINTO BEANS**

Submitted by Yolanda Wade,  
for band student Gary L. Horn

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1/4-1/2 pound salt pork          | 1/2 teaspoon oregano            |
| 1 12-oz. package dry pinto beans | 1 teaspoon cumin                |
| Chili powder, to taste           | 1/2 teaspoon thyme              |
| 2 Tablespoons sugar              | Salt, to taste                  |
| 1 1/2 pounds ground beef         | Pepper, to taste                |
| 1 small white onion, chopped     | 1 small can tomato sauce        |
| 1 stalk celery, chopped          | 1 small bottle of ketchup       |
| 1/2 medium bell pepper, chopped  | 1 15/17 oz. can stewed tomatoes |

Cook salt pork in water in large pot for about 20 minutes. Add beans, chili powder and sugar. Cook until beans are tender.

In large skillet, combine ground beef, onion, green pepper, celery, oregano, cumin, thyme, salt and pepper. Cook until ground beef is done. Drain fat. Add ground beef mixture to beans. Stir in tomato sauce, ketchup and stewed tomatoes. Let simmer for 20-30 minutes or until mixture has cooked down low.

**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 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.

## GRASSHOPPER CHEESECAKE

I like mint but am not very partial to this recipe. You mite like it though! This recipe is a good one to do at a St. Paddy's Day celebration when you gotta make all kinds of green thangs. It looks real purty and some folks associate mint with St. Paddy's Day. George Smalley made it one time. The only problem wuz, George had had way way too much tequila before layin' out the ingredients. The folks at the party thought they wuz a mighty strange flavor in that cake. And the texture wuz kinda funny. Ever tasted green paint?

Standard crust

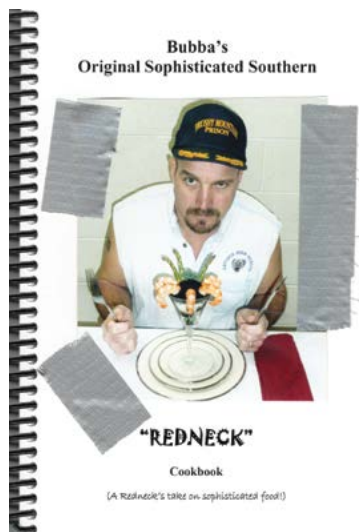
- 4 (8-oz) packages Philadelphia cream cheese
- 1½ cups granulated sugar
- 7 teaspoons crème de menthe liqueur
- 4 large eggs
- 1 cup sour cream
- 4 teaspoons heavy cream
- 1 teaspoon vanilla
- 6 drops green food colorin'



Preheat oven to 350°. Beat cream cheese and sugar until smooth. Stir in 5 teaspoons crème de menthe. Add crème de menthe and eggs, one at a time, beatin' well after each addition. Add the rest of the ingredients and beat until incorporated. Pour into springform pan and place pan on large piece of aluminum foil, bring sides up and crimp. Place in water bath and bake 'bout 75 minutes or until set in center. Remove from oven, let set for 30 minutes.

Top with standard cheesecake toppin', that consists of 1½ cups sour cream, 1/2 cup granulated sugar and 1 teaspoon vanilla (or 1 Tablespoon of any flavored liqueur). Beat these ingredients and spread on top. Bake in a 350° oven for 7-10 minutes. Remove and let come to room temperature and then chill for at least 6 hours. Overnight is really best!

Add a couple of teaspoons of crème de menthe and six drops of green food color. Place back in oven for 7-10 minutes. Remove and let come to room temperature. Chill for 6 hours.



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## GREEK SPAGHETTI CASSEROLE

### Ingredients:

- 8 oz. spaghetti
- 2 Tablespoons olive oil
- 4 cups baby spinach, chopped
- 2 cups cooked chicken, shredded
- 1 (10.5 oz.) can condensed cream of chicken soup
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 rib celery, chopped
- 1 onion, chopped
- 1/2 cup orange bell pepper, chopped
- 2 Tablespoons diced pimientos, drained
- 1 teaspoon Greek seasoning blend
- 1/2 cup Monterey jack cheese, shredded
- 2 Tablespoons breadcrumbs
- 1/4 cup Parmesan cheese, shredded

### Instructions:

Preheat oven to 350°F.  
Prepare spaghetti according to package directions; drain and return to saucepan.

In a medium skillet over medium-low heat, add olive oil. Once warmed add spinach and cook until wilted.

Stir chicken, spinach, soup, mayonnaise, sour cream, celery, onion, bell pepper, pimientos and seasoning together in the saucepan.

Prepare a 9"x9" casserole dish with nonstick cooking spray, then add spaghetti mixture. Top with Monterey jack cheese, breadcrumbs and Parmesan.

Bake 20-25 minutes, or until heated through.



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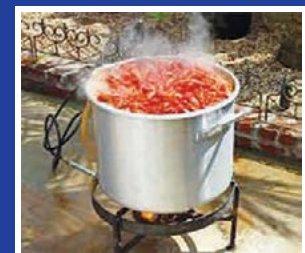
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## SPAGHETTI AND CHEESE MANICOTTI

### Ingredients:

5 ounces frozen spinach, thawed and squeezed dry  
 4 ounces mozzarella cheese, shredded  
 7 ounces ricotta cheese  
 2 ounces cream cheese  
 1/2 cup Parmesan cheese, grated, divided  
 6 ounces tofu, squeezed dry  
 1 large egg  
 1/4 teaspoon salt  
 1 box (8 oz.) (12-14 shells) manicotti noodles  
 3 cups marinara sauce

### Instructions:

Preheat oven to 350°F.

In a large bowl, combine the spinach, mozzarella, ricotta, cream cheese, 1/4 cup Parmesan, tofu, eggs, salt and pepper. Stir together until well blended.

Place 1 1/2 cups of marinara sauce in a 9"x13" baking dish. Spread the sauce over the bottom of the dish.

Place the mixture in a plastic zip bag and cut the bottom corner of the bag. Squeeze the mixture into each uncooked manicotti shell and place the filled shell in the baking dish. Once all of the shells are filled, pour 2 1/2 cups of the marinara sauce over the shells, ensuring that each shell is completely covered.

Sprinkle 1/4 cup Parmesan on top. Cover with foil and bake for 50-60 minutes, then remove the foil and bake for 10 minutes.

To complete the meal, serve with green beans.

Serve and refrigerate leftovers.



## PORK MARSALA

### Ingredients:

1/3 cup all-purpose flour  
 3/4 teaspoon garlic powder  
 1/2 teaspoon dried oregano  
 1/4 teaspoon garlic salt  
 1/4 teaspoon salt  
 1 pound boneless pork loin chops, pounded thin  
 1/4 cup Extra Virgin Olive Oil  
 3 Tablespoons butter  
 2 cups sliced fresh mushrooms  
 1 teaspoon minced garlic  
 1 cup Marsala wine, or more as needed  
 Fresh herbs, for garnish

### Instructions:

Mix together flour, garlic powder, oregano, garlic salt, and salt in a medium bowl. Add pork chops and toss until well coated.

Heat olive oil and butter in a large skillet over medium heat. Cook pork chops in hot oil-butter mixture, turning occasionally, until brown on both sides. Add mushrooms and garlic; cook and stir until mushrooms begin to soften and garlic is fragrant, about one minute.

Pour in wine, scraping the skillet to loosen any brown bits of food on the bottom of the skillet. Cover and simmer over medium heat until pork is tender and sauce is thickened, about 10 minutes. An instant-read thermometer inserted into the center of the pork should read at least 145° F. If the sauce is too thick, adjust by stirring in more wine, a little at a time.

Serve on a platter, and garnish with fresh herbs, if desired.



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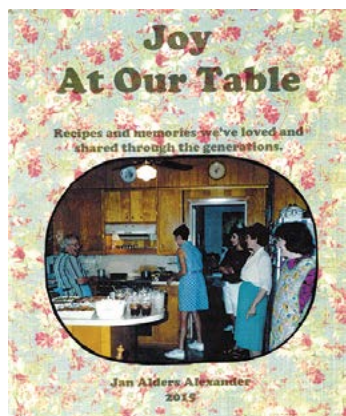


**2025 INVESTOR**

the CHAMBER  
LUFKIN | ANGELINA COUNTY

**Submitted by Jan Alders Alexander of Nacogdoches**

*This one is easy to put together and a new favorite of daughter Amanda. Pimento might be a nice addition.*



**NEIMAN MARCUS DIP**

**INGREDIENTS:**

- 1/4 cup sliced almonds
- 4 slices bacon, cooked, crumbled and cooled
- 1 cup sharp cheddar cheese, grated
- 1 green onion, sliced thinly
- 1/2 cup mayonnaise
- Salt to taste

**INSTRUCTIONS:**

Preheat the oven to 350°F. Spread almonds on a cookie sheet and toast for 10 minutes. Let cool. Combine all ingredients until well mixed. Serve with crackers or apple slices.



**SHRIMP AND ASPARAGUS PASTA**

**INGREDIENTS:**

- Kosher salt and freshly ground black pepper
- 12 oz. fettuccine
- 1 lb. large shrimp, peeled, deveined, and tails removed
- 4 Tablespoon (1/2 stick) unsalted butter, divided
- 3 cloves garlic, finely chopped
- 1/2 cup dry white wine
- 8 oz. asparagus, trimmed, halved, and shaved or thinly sliced lengthwise
- 1 teaspoon lemon zest, plus 2 Tablespoons juice

**INSTRUCTIONS:**

Bring a large pot of salted water to a boil. Cook pasta until just al dente, 1 to 2 minutes shorter than package directions. Reserve 1/2 cup pasta water, then drain.

Meanwhile, pat shrimp dry with a paper towel. Season with salt and pepper. Melt 2 Tablespoons butter in a large skillet over medium heat. Add garlic and cook, stirring occasionally, until fragrant, 1 to 2 minutes. Add shrimp and cook, stirring occasionally, just until cooked through, 3 to 5 minutes. Reduce heat to medium-low. Add wine and simmer, stirring occasionally, until sauce begins to thicken, 1 to 2 minutes.



Add asparagus, fettuccine, 1 Tablespoon reserved pasta water, and remaining 2 Tablespoons butter. Cook, stirring, until sauce thickens and begins to coat pasta. (Add 1 Tablespoon of additional pasta water at a time, if needed, to help create a sauce.) Add lemon zest and juice, and toss to combine. Serve immediately.

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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!



## REMOULADE SAUCE

- 1 pint tomato catsup
- 1/2 pint olive oil
- 1/2 can tomato paste
- 1/2 pint mayonnaise
- 1 large dill pickle
- 1 sprig green onion
- 1 sprig parsley
- 1 bell pepper
- 1 egg white
- 1 Tablespoon powdered horseradish
- 1 Tablespoon A-1 sauce
- 1 Tablespoon Worcestershire sauce
- 1/2 teaspoon hot pepper sauce
- 8 or 9 green olives
- 1 level teaspoon melted butter
- 1 Tablespoon prepared mustard
- 3 cloves garlic, pressed
- 1/2 teaspoon sugar
- 1/2 teaspoon salt



Grind very fine in food chopper the dill pickle, garlic, green onions, parsley, bell pepper and green olives. Add tomato catsup, olive oil, tomato paste, mayonnaise, A-1 sauce, Worcestershire sauce, horseradish, sugar, salt, hot sauce, butter and mustard. Mix well. Add egg white, which has been beaten 2 minutes. Makes 1 quart. Pour Remoulade sauce on boiled shrimp placed on lettuce leaves. Serve as a salad with crackers.

## SLOW COOKER OLD FASHIONED BARBECUE SANDWICH

### Ingredients:

- 3 pounds beef brisket
- Freshly ground pepper
- 1/4 cup brown sugar
- 1/4 cup tomato paste
- 1/2 red onion, chopped (save the other half for slices)
- 1/2 cup tomato ketchup
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon Worcestershire sauce
- 2 Tablespoons molasses
- 3/4 cup water
- 1/2 teaspoon chili powder
- 1 teaspoon yellow mustard
- 1 teaspoon coarse salt
- 6 Kaiser rolls
- 6 dill pickle slices

### Instructions:

Trim all visible fat from brisket; place it on a cutting board and rub with pepper. In a slow cooker, combine brown sugar, tomato paste, chopped red onion, ketchup, vinegar, Worcestershire sauce, molasses, water, chili powder, mustard and salt; stir well. Add meat and cook for 8 hours on LOW.

Remove meat from cooker and shred with two forks. Return shredded meat to slow cooker and stir well to coat with sauce. Spoon meat onto rolls and top with pickle and onion slices.



### 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.

## BUTTERMILK BISCUITS

### Ingredients:

- 2 cups unbleached all-purpose flour, plus more for dusting the board
- 1/4 teaspoon baking soda
- 1 Tablespoon baking powder
- 1 teaspoon kosher salt
- 6 Tablespoons unsalted butter, very cold
- 1 cup buttermilk

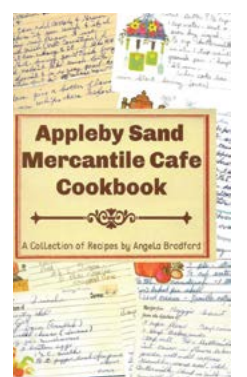
### Instructions:

Preheat your oven to 450°F. Combine the dry ingredients in a bowl. Cut the butter into chunks and cut into the flour until it resembles course meal. Add the buttermilk and mix until combined. If it appears on the dry side, add a bit more buttermilk. It should be very wet. Turn the dough out onto a floured board. Gently, gently PAT (do NOT roll with a rolling pin) the dough out until it's about 1/2" thick. Fold the dough about 5 times, gently press the dough down to a 1 inch thick. Use a biscuit cutter to cut. Place the biscuits on a cookie sheet - if you like soft sides, put them touching each other. If you like "crusty" sides, put them about 1 inch apart - these will not rise as high as the biscuits put close together. Bake for about 10-12 minutes - the biscuits will be a light golden brown on top and bottom.



Printed with permission from Angela Bradford.

Purchase your copy of the cookbook by contacting her at 936.559.5151



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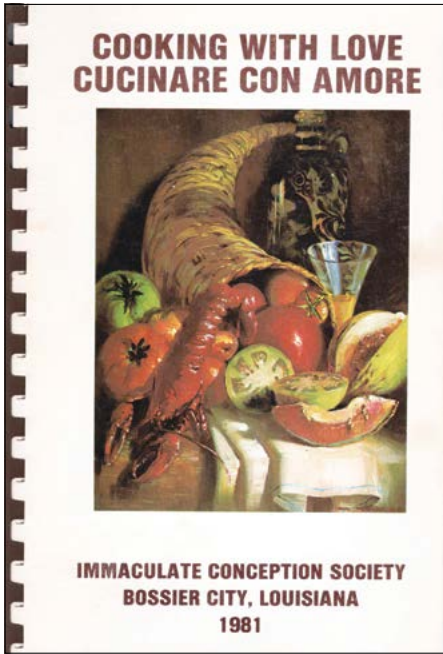
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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.

## FETTUCCINE FLORENTINE (Carmeline L. Sardisco)

- 1 (12 oz.) package fettuccine noodles
- 1 (10 oz.) package frozen chopped spinach
- Boiling water
- 3 Tablespoons salad oil
- 1 (15 oz.) container (2 cups) Ricotta cheese
- 1 small onion, thinly sliced
- 1½ cups milk
- 1½ teaspoons salt
- 2 Tablespoons slivered, cooked ham
- Grated Romano cheese
- Black pepper



In a 6 quart saucepan, prepare fettuccine as label directs; drain. Return fettuccine to saucepan; cover and keep warm. Meanwhile, place frozen chopped spinach in medium bowl; cover with boiling water and let stand 5 minutes to thaw. Drain spinach well; squeeze dry. In 10-inch skillet, over medium heat, in hot olive oil, cook onion, stirring frequently, until mixture is heated through. To fettuccine in saucepan, add spinach mixture, Ricotta cheese, milk and salt over low heat. Heat thoroughly, gently tossing to mix well. To serve, spoon fettuccine mixture onto warm, large platter; top with slivered ham. Pass grated Romano cheese and freshly ground pepper (optional), to be sprinkled over each serving. Makes 8 main servings.

## CRAB CAKE MIX

### Ingredients:

- 1 egg
- 2 Tablespoons mayonnaise
- 2 teaspoon dried parsley
- 2 teaspoons dijon mustard
- 1 teaspoon. Old Bay seasoning
- 1 squeeze of lemon juice, (about 1/2 lemon)
- 16 oz. Crab Meat, (2-8 oz. containers)
- 2/3 cup bread crumbs

### Instructions:

Preheat oven to 375°.

Combine egg, mayonnaise, parsley, dijon mustard, Old Bay seasoning and lemon juice in a bowl and mix well.

Gently fold in crab and bread crumbs.

Form into cakes OR use as filling for stuffed tilapia, salmon or other fish.

Bake 12-14 minutes or until cooked through.



## MEATLOAF

### Ingredients:

- 1½ pounds Ground Beef (93% lean or leaner)
- 1 can (8 ounces) tomato sauce, divided
- 1 cup soft bread crumbs
- 1 egg
- 1 small onion, finely chopped
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried thyme leaves, crushed
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 Tablespoon packed brown sugar
- 1 teaspoon dry mustard



### Instructions:

Preheat oven to 350°F. Measure 1/4 cup tomato sauce, brown sugar and mustard into small bowl; set aside for topping. Add remaining tomato sauce, Ground Beef, bread crumbs, egg, onion, Worcestershire, thyme, garlic salt and pepper to large bowl; mix thoroughly but lightly.

Shape beef mixture into 8 x 4-1/2-inch loaf on rack in broiler pan. Spread topping over meatloaf. Bake in 350°F oven 1 hour or until instant-read thermometer inserted into center registers 160°F.

**Cooking Tip:** Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Let stand 10 minutes before cutting. Cut into slices.

*Recipe can be made in a 8-quart Air Fryer. Heat Air Fryer to 350°F. Shape beef mixture into 8 x 4-1/2-inch loaf on a sheet tray. Bake at 350°F for 35 to 45 minutes. For the last 10 minutes of cooking spread topping over meatloaf and continue to cook until instant-read thermometer inserted into center registers 160°F. Let stand 10 minutes before cutting. Cut into slices.*

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# The Barbecue Pit

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

**If You Want to Grill Even When It's COLD Outside!**

## WHAT TO KNOW ABOUT WINTER GRILLING

If you're craving the smoky flavors of your favorite recipes during the chilly season, you'll be happy to know you can grill and smoke year-round. All you have to do is take a few precautions and learn a bit about how your grill will work in the cold weather.

### DOES COLD WEATHER AFFECT GRILLING?

Cold weather does impact grilling. From the process itself to how the grill and fuel behave, aspects of grilling in the winter will be more challenging than summertime grilling. The winter elements could impact:

- **Heating time:** When you preheat your grill, you ensure you get the right cook time for whatever you grill. With cold weather, your grill will take longer to heat up. Give yourself extra time before throwing anything down in the winter.
- **Fuel use:** A longer heating time requires more fuel for your grill or smoker. Cold temperatures also mean your grill has to work harder and use more fuel to maintain the temperature you want.
- **Cooking time:** Because your smoker or grill's temperature may fluctuate with colder weather outside, it could take longer to cook your food. Adjust your cooking plans accordingly for cold weather grilling.
- **Comfort and convenience:** Grilling in the winter is rewarding, but it does come with unique environmental challenges compared to grilling in the summer. You have to deal with cold temperatures and possible bad weather.

## CHOOSING THE RIGHT SMOKER FOR COLD WEATHER GRILLING

If you decide to try smoking meat in cold weather or use a smoker to create other delicious foods, you want to choose the right one for winter grilling. For cold weather grilling, look for a smoker with qualities like these:

- **Insulation:** Good Insulation, quality construction and thicker walls
- **Infrared technology:** Infrared heating components provide uniform heating. That's ideal for grilling any time of year, but especially in the winter.
- **Lots of space:** When you grill during the winter, you likely don't want to go through the trouble of cooking in the cold for one serving of meat. Pick a smoker that has room for different foods to make a large meal.
- **Portability:** You'll want to be able to move your smoker to an area that's safe to grill. A portable smoker makes it easier to have a flexible grilling area.
- **Outside temperature gauge:** A temperature gauge outside of the smoker means you won't need to open the lid to check the temperature inside. You'll also know if you need to add more fuel or adjust anything.

## Apple Butter Ribs

Sweet, smoky, and fall-off-the-bone tender, these St. Louis ribs get layered with rich apple butter and BBQ sauce for a perfect balance of heat and sweetness.

### Ingredients:

2 racks St. Louis-cut spareribs  
 ¾ cup apple butter  
 3 Tablespoons BBQ dry rub  
 ½ cup BBQ sauce

### Instructions:

Remove the membrane from the back of the ribs and trim away any excess fat. Rub both sides of the ribs with a few tablespoons of apple butter — just enough to lightly coat.

Generously season both sides with BBQ dry rub, choosing a blend with a balance of sweet and heat.

Preheat your smoker to 275°F.

Place the ribs on the smoker and cook for 2 hours.

On a large sheet of heavy-duty foil, spread a few tablespoons of apple butter and about ¼ cup BBQ sauce.

Lay the ribs on top, wrap tightly, and return them to the smoker for 1 more hour. Carefully unwrap the ribs and brush with the remaining sauce from the foil. Slice and serve hot.



## Cajun Smoked Turkey Breast

Moist, buttery, and boldly seasoned, this Cajun-injected turkey breast is packed with deep, smoky flavor.

### Ingredients:

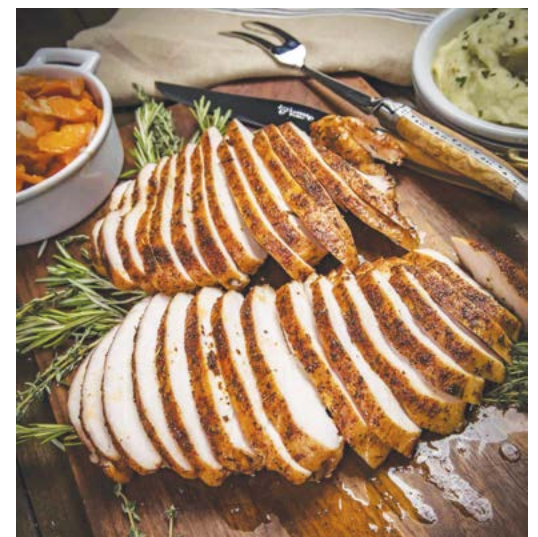
1 whole turkey breast

### Injection:

1 stick unsalted butter - melted  
 ¼ cup chicken stock  
 2 Tablespoon Worcestershire  
 2 Tablespoons lemon juice  
 1–2 Tablespoons Cajun seasoning  
 (adjust for saltiness)

### Additional Ingredients:

Cajun seasoning, for coating  
 Butter pats  
 ¼ cup BBQ sauce



### Instructions:

Preheat your smoker to 250–275°F.

In a bowl, whisk together melted butter, chicken stock, Worcestershire, lemon juice, and Cajun seasoning to make the injection.

Inject the turkey breast evenly throughout.

Season the outside liberally with additional Cajun seasoning.

Place on the smoker and cook for 3–4 hours, or until the internal temperature reaches 155°F.

Lay out a sheet of foil and add several pats of butter and ¼ cup BBQ sauce.

Place the turkey breast-side down onto the butter and sauce, then wrap tightly.

Allow the turkey to rest in the foil for 30 minutes.

Slice and serve.

## Smoked Jalapeño Popper Pretzels

These smoky, cheesy pretzels take classic jalapeño poppers to the next level.

### Ingredients:

6 Bavarian pretzels  
 16 oz. cream cheese – softened  
 2 cups of shredded cheese  
 1 Tablespoon BBQ dry rub  
 6 diced jalapeños

### Instructions:

Preheat the pellet grill to 250°F with preferred wood pellets.

Mix the cream cheese, shredded cheese, BBQ rub, and jalapeños, then spread over each pretzel.

Top with extra cheese and press the cheese down into the mixture, then dust with more of your BBQ rub.

Place on smoker and smoke for about 35–45 minutes until melty, golden, and irresistible.



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 Kline's Wrap-It-Up - 628 N. University Dr.  
 Kroger - 3205 N. University Dr.  
 Kyle Brasher Insurance - 212 South St.  
 Lehmann Eye Center - 5300 North St.  
 Linda's Cutting Edge - 2211 S. University Dr.  
 Loblolly Properties, LLC - 1326 N. University Dr. - Suite 101  
 Lone Star Farm & Home Center - 608 W. Main St.  
 M & S Pharmacy - 917 E. Austin St.  
 Ma's Jewelry - 2423 North St.  
 Martin Kennel - 512 CR 217  
 McCoy's Building Materials - 4009 NW Stallings Dr.  
 Meadow Ridge Outdoors - 1090 CR 231  
 Memory Lane - 3205 N. University Dr. - Suite F  
 Mike Perry Motors - 3812 South St.  
 Mike's BBQ - 1622 South St.  
 NacBurger - 3205 N. University Dr.  
 Nacogdoches Arts Collaborative - 320 North St - Suite 307.  
 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 Jalisciense - 3217 North St.  
 Taqueria El 21 - 1422 Douglass Road  
 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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