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January 2025

Two Chicken Cacciatore Recipes to Prepare for a Hearty Meal

CHICKEN CACCIATORE

Ingredients:

- 1 broiler/fryer chicken (3-1/2 to 4 pounds), cut up
- 1/4 cup all-purpose flour
- Salt and pepper to taste
- 2 Tablespoons olive oil
- 2 Tablespoons butter
- 1 large onion, chopped
- 2 celery ribs, sliced
- 1 large green pepper, cut into strips
- 1/2 pound sliced fresh mushrooms
- 1 can (28 ounces) tomatoes, drained and chopped
- 1 can (8 ounces) tomato sauce
- 1 can (6 ounces) tomato paste
- 1 cup dry red wine or water
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 3 garlic cloves, minced
- 1 Tablespoon sugar
- Hot cooked pasta
- Grated Parmesan cheese



Photo by Taste of Home

Directions:

Dust chicken with flour. Season with salt and pepper. In a large skillet, brown chicken on all sides in oil and butter over medium-high heat. Remove chicken to platter.

In the same skillet, cook and stir the onion, celery, pepper and mushrooms for 5 minutes. Stir in the tomatoes, tomato sauce, tomato paste, wine, herbs, garlic and sugar. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Return chicken to skillet. Cover and simmer for 45-60 minutes or until chicken is tender. Serve over pasta and sprinkle with Parmesan cheese.

EASY CHICKEN CACCIATORE

Ingredients:

- 4 bone-in, skin-on chicken thighs
- 1 cup of flour
- 2 Tablespoons olive oil
- 1/2 of a yellow onion
- 1 small red bell pepper
- 2 cloves garlic
- 5 sprigs of fresh thyme
- 1/2 teaspoon dried oregano
- 1/2 cup dry white wine
- 14-ounce can of diced tomatoes in juices
- 2 Tablespoons drained capers



Directions:

Preheat the oven to 350°F. First, place the chicken pieces on a plate, and sprinkle both sides liberally with salt and pepper. Then, sprinkle the flour evenly over the chicken, turning it to coat it in the flour.

Add the olive oil to a 9" oven-safe skillet, and place it over high heat. Once the oil is hot, add the chicken, skin side down and let it sear for 5-7 minutes. Flip the chicken when its golden brown on the first side, and sear it on the second side. Once both sides of the chicken are golden brown, remove the chicken from the pan and place on a plate. The chicken will not be cooked through at this point.

While the chicken cooks, slice the onion into half-moon shapes, and seed and slice the pepper into strips. Peel and mince the garlic cloves. Drain off about half of the oil from the pan that you just seared the chicken in, and then add the onions and peppers. Cook for about 5 minutes, just to soften, and then stir in the garlic, thyme, oregano, wine, tomatoes and capers.

Nestle the chicken back into the pan, skin side up, and slide it into the oven for 25 minutes. After 25 minutes, test the thickest part of the thigh with a meat thermometer. It should be 165°F.

Serve the chicken on its own, or with pasta, bread or mashed potatoes.

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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."

ITALIAN GRITS (EAST TEXAS STYLE)

(Lucille B. Fouts)

and

BAKED RICE

(Nan Wright - Pittsburg, Texas)

*Italian Grits
(East Texas Style)*

1 qt. of Sweet milk
1 Cup Mequear grits
1 stick of butter
or oil
1 Tablespoon of salt.
1/4 pound mozzarella cheese.

Bring milk, salt and 3/4 of butter to simmering boil.
Add Grits, stirring constantly.
Cook until thick like cream
of wheat, about 5 minutes. Pour
immediately into oblong pan.
When cold slice and stack like
domes in a fancy dish.
Pour remaining butter (melted)
over top. Add grated mozzarella
cheese. Bake in 400° oven 20 min.
or until golden brown.

Lucille B. Fouts

Baked Rice

Chop 1 onion and 1 bell pepper.
Sauté in 1/3 stick of butter. Add
one cup rice, 1 Teaspoon salt, 1 can
consomme or bouillon diluted with
one can water. Cover and bring to
a boil - then turn heat to low
temperature and cook for 1 1/2 to 2
hours. If necessary to stir, use
fork.

Nan Wright
Pittsburg, Texas.

- 105 -



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DISCLAIMER

Many recipes published in this publication are sent in by readers, their friends and family members. Recipes may be handed down from generation-to-generation or written from memory. **RECIPES** publishes these recipes as they are submitted, as a service to our readers. It is advised that the reader study the recipe in advance of creating a desired dish and assure that all necessary ingredients are included in the recipe and the reader understands the process for completing the recipe. **RECIPES** does not necessarily approve or have prior knowledge of the individual recipes published in this publication.

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Submitted by *Around the Town* Publisher, David Stallings

Precious Memories Recipes from Jean Stallings

My beautiful wife, Jean, passed away on July 4, 2020. She was an amazing wife, mother, and teacher. She was also a wonderful cook who loved preparing special meals for our family and friends.

Jean left us hundreds of her great recipes and I will share one of our favorites here each month. I hope that you'll enjoy them as much as we always did!



STRAWBERRY AND SOUR CREAM SALAD

INGREDIENTS:

- 1 package strawberry jello
- 1 cup boiling water
- 2 boxes frozen strawberries
- 1 small can crushed pineapple, drained
- 1 cup sour cream
- 1/2 cup pecans
- 2 bananas, sliced

DIRECTIONS:

Thaw strawberries; dissolve jello in boiling water, then add strawberries. Mix rest of the ingredients. Pour half of mixture into mold and congeal. Then spread sour cream. Pour rest of mixture on top of sour cream and place in refrigerator until entire mixture congeals. Yields 4-6 servings.

SHRIMP GUMBO CASSEROLE

- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 2 Tablespoons olive oil
- 1 (14.5 oz) can diced tomatoes
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 1 (10 oz) package frozen cut okra
- 1 teaspoon Lemon-Pepper Seasoning
- 1 1/2 teaspoons House Seasoning (1 cup salt, 1/4 cup black pepper, 1/4 cup garlic powder; mixed well)
- 1 cup or fish stock chicken stock
- 2 cups cleaned, peeled, and deveined shrimp

Topping:

- 1 beaten egg
- 1/3 cup milk
- 1 (12 oz) package corn muffin mix

In an iron skillet sauté onion and celery in oil. Add bay leaves, thyme, lemon-pepper seasoning and House Seasoning. Pour in stock and add tomatoes and okra. Cover pot and gently simmer for 30 minutes. Remove from heat and stir in shrimp.

To prepare the topping, preheat oven to 400 °F. Mix together egg and milk. In separate bowl, place muffin mix and add egg-milk mixture. Mix until just well blended. Drop by tablespoonfuls on top of hot shrimp mixture, leaving the center uncovered. Bake 15-20 minutes.



Cook's Note: This Southern dish usually is prepared and served in an iron skillet, but may be cooked in a frying pan with an ovenproof handle.

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

by Areeda Schneider-Stampley



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GOLDEN MAC N’ CHEESE

- 8 ounces bite-size macaroni
- 1/4 cup butter
- 1/4 cup flour
- 3 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon black pepper
- 1 teaspoon Worcestershire sauce
- 2 cups grated sharp cheddar cheese, divided

Cook macaroni as directed, drain, and set aside.

Melt butter in large saucepan. Blend in flour. Gradually add milk, stirring constantly. Add seasonings. Cook until sauce is thickened.

Add 1 cup of cheese and stir until melted.

Add macaroni to cheese mixture. Mix well. Turn mixture into a buttered 8” square baking dish.

Sprinkle top with 1 cup grated cheese. Bake at 375° for 15 minutes. Remove from oven and place under broiler until cheese is bubbly and lightly browned.

Yield: 6-8 servings.



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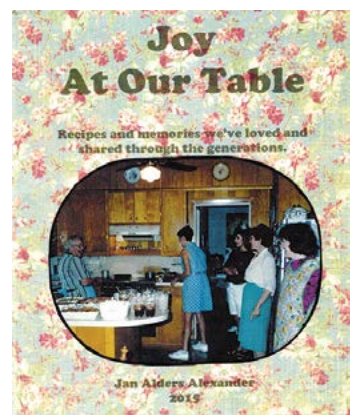
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Submitted by Jan Alders Alexander of Nacogdoches

This is an easy soup and a family favorite. Amy discovered this one in Franklin, Tennessee. It also was a favorite of John Honea, husband of special friend Cheryl, and we often call it “Johnny’s soup.”



SANTA FE SOUP

INGREDIENTS:

- 1 lb ground beef
- 1/2 chopped onion
- 2 cloves chopped garlic
- 1 can Rotel tomatoes
- 1 lb Velveta cheese
- 1 can white hominy
- 1 can whole kernel corn
- 1 can pinto beans
- 1-2 small jalapeños, chopped
- 2 cans green chilies

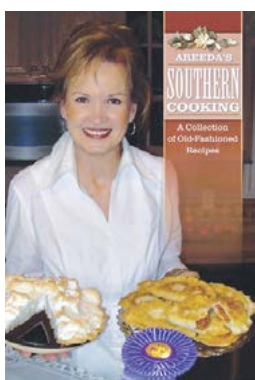
INSTRUCTIONS:

Brown beef and add onions, drain. Add all cans, including juices in crock pot. Heat until cheese is melted and serve over fritos or with cornbread.

Purchase cookbook with credit card or on PayPal account on secure website at www.aredasoutherncooking.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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Look for more recipes, as well as my “Memories of Music Row” column in the monthly *Country Family News* newspaper sponsored by Larry’s Country Diner and Country Family Reunion TV shows.

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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.



EASY CHILI


- 2 lbs. ground beef, cooked and drained
- 1 diced onion
- 1 can Del Monte Mexican tomatoes
- 1 can Ranch Style beans, mashed
- 1 can tomato sauce
- 12 ounces water
- 1 Tablespoons chili powder
- Salt to taste
- Flour and water paste (used to thicken to your desired consistency)

Brown ground beef, adding onion to the skillet for the last few minutes, stirring until onion is tender. Add tomatoes, beans, tomato sauce, water, chili powder, salt and pepper. Cook for about 15 minutes to thicken. Make a thin flour and water paste and add gradually, cooking until thickened to your desired consistency (about 1/4 cup). If you cannot find Ranch Style beans in your area, use refried beans and increase the chili powder to 4 Tablespoons.

IMPACT Cookbook available for purchase at IMPACT, 720 E. Main St., Nacogdoches, TX, 936.205.5921. Proceeds benefit foster children in the area.




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.

WANETTA'S POT PIE

Submitted by Wanetta Peebles, for band student Charlotte Laster

- 2 cups chicken, turkey or ham cooked and diced
- 3/4 cup water
- 2 Tablespoons flour
- 1/2 cup onion, diced
- 1/2 cup celery, diced
- 3 medium carrots, diced
- 2 medium potatoes, diced
- 1 can peas

Crust:

- 2 cups flour
- 2 cups shortening
- 1 teaspoon salt
- 1/4-1/2 cup water (enough to moisten dough away from side of bowl)

Cook meat in large pan until done. Remove meat from broth. Cook onion, celery, carrots, potatoes and peas in broth, being careful not to overcook. Thicken broth with flour and 3/4 cup water. Set aside.

To prepare crust, combine all ingredients in bowl and mix well. Turn out into long cake pan. Pat dough into pan to cover bottom and sides. Pour already prepared soup mixture into crust.

Bake at 350 degrees for 45 minutes.

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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.

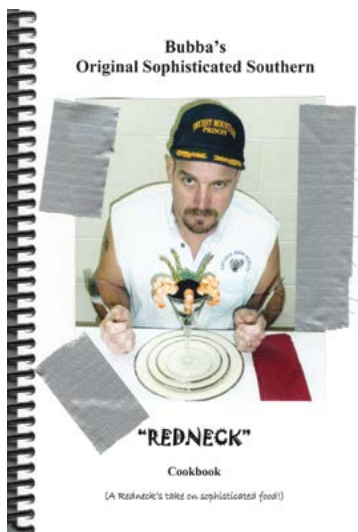


VENISON SPECTABULAR

Junior Head hunts. He didn't fish, play gold or mow the yard. He didn't even drink. He hunts. And he's good at it. Sandra's freezer stays stocked, 365 days of the year. She makes this dish all the time. You will too when you taste it!

- | | |
|--|-------------------------------|
| 8 lbs venison ham | 1 cup chicken broth |
| 3 cups wine vinegar | 1 cup dry red wine |
| 1 lb salt pork, cut into match size strips | 1 cup water |
| 1/2 cup parsley, sniped extra fine | 1 cup onion, chopped |
| 1/2 cup all-purpose flour | 1 cup green onions, chopped |
| 1 teaspoon salt | 1/2 cup bell peppers, chopped |
| 1 teaspoon cracked black pepper | 1/2 cup brandy |
| 1 cup vegetable oil | 1 lb fresh button mushrooms |
| Flour, 'bout 2 Tablespoons | |

Marinate venison for several hours in wine vinegar. Wipe dry. With a large needle or an ice pick, force holes onto venison at fairly regular intervals and insert strips of salt pork which have been rolled in parsley. Be sure some of the salt pork is as close as possible to the bone. Trim off protrudin' end of pork. Beat 1/2 flour mixed with salt and pepper into roast. Use all of it. Heat oil in iron pot to smokin' point. Carefully brown venison on all sides. Use tongs to turn so juices will not be released. Remove venison. Add to oil 'bout 2 Tablespoons more flour. Stir until roux is deep, rich brown. Add chopped vegetables. Cook until onions are transparent. Add broth, wine and water. Cook 10 minutes. Lower fire to simmer and gently add venison ham to sauce. Cover and simmer 'bout 2 hours or until done, turnin' ham occasionally. Remove ham to platter. Strain gravy; boil it up and add brandy. Simmer a minute or two. Add mushrooms. Cook slowly 4 more minutes. Serve sauce over sliced venison.



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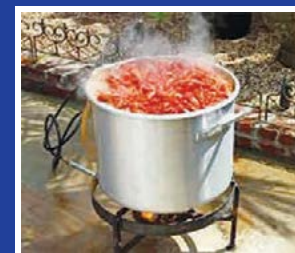
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**OLD FASHIONED HERSHEY
 COCOA FUDGE**

- 2/3 cup Hershey's cocoa powder
- 3 cups granulated sugar
- 1/8 teaspoon salt
- 1½ cups whole milk
- 1/4 cup unsalted butter, softened
- 1 teaspoon vanilla extract

Prepare the Pan:

Line an 8x8-inch square pan with parchment paper or lightly grease it. Set aside.

Cook the Fudge Mixture:

In a large heavy-bottomed saucepan, combine the cocoa powder, sugar, and salt. Gradually stir in the milk until the mixture is smooth.

Place the pan over medium heat and bring the mixture to a rolling boil, stirring constantly.

Boil to Soft-Ball Stage:

Continue cooking without stirring until the mixture reaches 234°F (soft-ball stage) on a candy thermometer. If you don't have a thermometer, drop a small amount of the mixture into a cup of cold water—it should form a soft ball that flattens when removed.



Add Butter and Vanilla:

Remove the pan from heat and add the butter and vanilla extract. Do not stir yet. Let the mixture cool undisturbed until the bottom of the pan is lukewarm (about 110°F).

Beat the Fudge:

Once cooled, beat the mixture with a wooden spoon until it thickens, loses its gloss, and begins to hold its shape. Quickly pour it into the prepared pan, spreading it evenly.

Cool and Cut:

Let the fudge set at room temperature. Once firm, cut into squares and enjoy!

Prep Time: 10 minutes | **Cook Time:** 15 minutes | **Cooling Time:** 1 hour
Total Time: 1 hour 25 minutes

Kcal: 140 kcal per piece | **Servings:** 25 pieces

Tips:

Work quickly during the beating stage as the fudge will harden fast. Store in an airtight container at room temperature for up to a week.

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

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From Angela Bradford

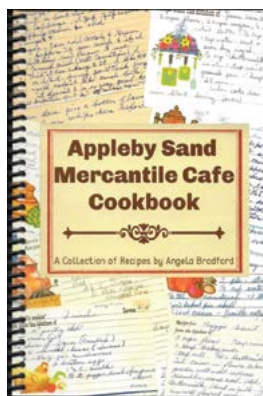
After years of dedicating my life to the bustling world of the restaurant business, I had finally decided to hang up my apron and embrace the quiet life of retirement. However, as I navigated through a challenging period of health issues, I found myself yearning for the clatter of dishes, the chatter of patrons, and the warmth of the kitchen. The cafe wasn't just a part of my career; it was a part of me. As I began to recover, the thought of returning to Appleby Sand Cafe filled me with a renewed sense of purpose and excitement. I missed the aroma of fresh coffee in the morning and the satisfaction of serving a well-loved dish. My journey back to the cafe has been a gradual one, with my health and well-being guiding the pace. It's been heartwarming to see the community rally around us, showing their support on our Facebook page and filling the cafe with friendly faces when we opened our doors for limited hours. Now, as I continue to heal, we're delighted to welcome patrons on Thursdays and Fridays for lunch between 11 a.m. and 2 p.m., and on select Friday evenings. Each day back in the cafe is a reminder of the joy and connection that food can bring. For updates on our hours and special events, I invite everyone to stay connected through the Appleby Sand Cafe's Facebook page. It's a testament to the strength of community and the enduring love for a place that feels like home, not just to me, but to all who walk through its doors.



BLACK EYE PEA PATTIES

- 3 cups left over cooked black eyed peas (these are best cooked with ham hock for flavor)
- 1/2 cup bacon, cooked and chopped
- 1/2 cup roasted red peppers
- All-purpose flour, enough to bind patties
- 1 Tablespoon butter
- 1 Tablespoon vegetable oil

In a medium bowl, coarsely mash peas with a fork adding bacon and roasted peppers to mixture. Add just enough flour to mixture to help bind. Shape pea mixture into 4 patties. Melt butter and oil together in a large skillet over medium heat. Add patties and brown on both sides until crispy.



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

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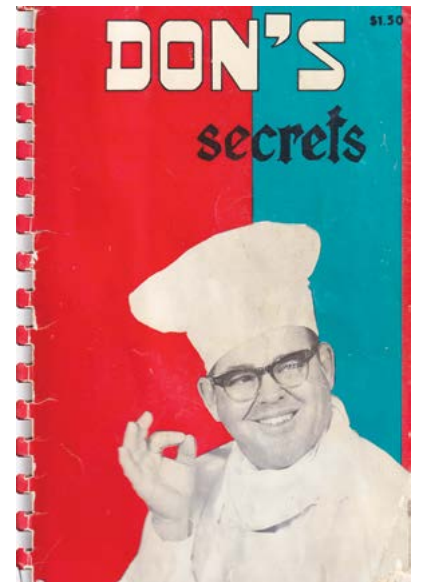
Submitted by David Stallings - Around the Town Publisher

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!



CHICKEN SAUCE PIQUANTE

- 4½ to 5 lbs chicken—cut in pieces
- 1 cup oil
- 1 lb can tomato juice
- 1 lb can whole tomatoes
- 2 cups chopped onions
- 1 cup chopped celery
- 4 cloves garlic, chopped fine
- 1 4-oz can mushrooms
- 5 cups water
- 1/2 cup chopped onion tops & parsley
- 1 teaspoon sugar
- Salt, black pepper & Cayenne (red pepper)
- 1 cup chopped bell pepper



Season chicken and fry in heavy iron pot covering pot and stirring chicken occasionally for about a half hour or until chicken becomes tender. Take chicken out and set aside. Add onions, celery and bell peppers to oil and cook slowly until onions are wilted. Add whole tomatoes, tomato juice and water. Cook over medium heat until oil floats above tomatoes or about 25 minutes.



Add chicken, mushrooms, sugar, chopped garlic. Season to taste with salt, black pepper and Cayenne, leaning heavily on the Cayenne to give the sting (which is Piquante). Cook 20 minutes. Add parsley and onion tops. Serve over steamed rice. Serves 8.

2024 INVESTOR
the CHAMBER
LUFKIN | ANGELINA COUNTY

Exploring the Culinary Culture and Heritage of Nacogdoches

by Angela Bradford of Appleby Sand Mercantile

Why I Write About Southern Food When I Write About Food, I'm not just sharing recipes—I'm sharing stories. To me, Southern food is so much more than what's on the plate. It's about the people who cooked it, the heritage behind it, and the way it brings us together no matter where we're from. I take pride in preserving the integrity of Southern cuisine. I want to keep the spirit alive of those who prepared these dishes so long ago, often with little more than their hands, their hearts, and whatever they could find. Their creativity and resilience deserve to be celebrated, and I see it as my responsibility to honor their legacy. Food, especially Southern food, is about connection. It's sitting around a table with family, sharing stories, and creating memories. It's passing down recipes and traditions, not just to preserve them but to keep the love and hospitality of the South alive. Through my writing, I aim to show that food is more than sustenance—it's culture, history, and community. I want people to feel the warmth of a homemade biscuit or the comfort of a pot of chili the same way I do. These dishes tell a story, and I'm here to make sure those stories are never forgotten.

Nacogdoches, the oldest town in Texas, is known for more than its history—it's a place where food brings people together and tells the story of generations past. The town's culinary traditions are shaped by a mix of cultures, and every bite offers a connection to its roots.

Where It All Began

Long before settlers arrived, the Caddo people lived in this area and relied on the land for their food. They grew crops like corn, beans, and squash and combined them with wild game and berries. These traditions of using fresh, local ingredients still influence cooking in Nacogdoches today.

When Spanish, Mexican, and French settlers came to the area, they brought their own flavors. From spicy tamales to hearty gumbo, these new dishes blended with local traditions to create something unique. Later, African American cooks brought soul food staples like fried catfish, cornbread, and greens, adding another layer to the region's food history.

Southern Comfort and Local Favorites

In Nacogdoches, food is about more than eating—it's about sharing. Southern staples like barbecue, chicken-fried steak, and fried catfish are not just meals; they're a way to connect. Barbecue stands out as a favorite, with pitmasters perfecting the art of slow-smoking meat over oak for tender, flavorful results.

Catfish baskets with hush puppies and creamy slaw are another classic, offering simple, satisfying flavors. And you can't forget the pies—pecan, peach, and buttermilk are always popular choices.

Fresh from the Farm

The land around Nacogdoches is perfect for farming, and many cooks in the area take pride in using what's fresh and local. You'll find pecans, blueberries, and sweet potatoes at farmers' markets and roadside stands, and these ingredients often find their way onto plates around town.

A Blend of Cultures

Tex-Mex flavors are a big part of the food scene here. Dishes like enchiladas and street tacos showcase the blending of Texas and Mexican traditions. Cajun dishes like gumbo and étouffée are also popular, showing the influence of neighboring Louisiana.

Food and Community

In Nacogdoches, food brings people together. From church potlucks to local festivals, sharing a meal is a way to build community. Events like the Blueberry Festival and local chili cook-offs celebrate the food and the people who make it.

Where to Start

If you're visiting or looking for a local favorite, check out ads and listings for nearby restaurants, diners, and cafés. They offer everything from down-home cooking to creative spins on traditional dishes.

A Taste of Tradition

The food in Nacogdoches is a celebration of its past and a reflection of the people who call it home. It's about fresh ingredients, recipes passed down through generations, and the joy of gathering around the table. Whether it's a plate of barbecue, a slice of pie, or a basket of fried catfish, every meal tells a story worth savoring.

HAPPINESS DOESN'T RETIRE.

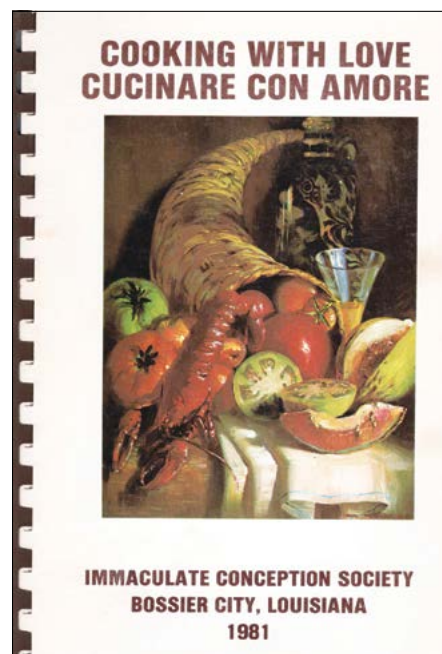


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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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 descendants 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.

BAKED FISH IN TOMATO SAUCE (Agnes Gregorio, Cathy Gregorio Bradley)

- 3 lb fish
- 1 stick butter
- 2 small cans tomato sauce
- 1 cup catsup
- 1 Tablespoon lemon juice
- 1/2 cup chopped onion
- 2 Tablespoons chopped bell pepper
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon Tabasco sauce
- 1/2 cup brown sugar
- 3 whole cloves
- Salt and pepper to taste

Season fish with salt and pepper and lemon juice. Place fish in well greased pan and cover with sauce. Bake at 325° for 1 to 1½ hours. Serve over rice.

Sauce: Melt butter in skillet. Add onion and pepper; brown slightly. Add other ingredients. Simmer 10 minutes. Pour over fish.



The Barbecue Pit

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

Barbecue Recipes for Your Winter Grilling

Whole Grilled Lobster

Lobster is known as a delicacy, and it's super easy to grill. Get a whole lobster and in just a few minutes, you'll have a mouth-watering meal that just feels luxurious.

Ingredients:

1 whole lobster
1 cup of butter, melted
Salt
Pepper
Garlic powder



Photo by PhaiApirom via Shutterstock

Instructions:

Heat water until it is boiling. Place whole lobster in the water for about three minutes. Remove lobster and allow it to cool enough to handle it. Flip lobster to expose the underside. Cut vertically, going through the shell and meat. Remove the dark gray organ and the soft green organ. Season the exposed meat with salt and pepper. Season the butter with garlic powder. Brush butter on the meat liberally. Place lobster halves on a medium heat grill, meat side down. Grill for five to eight minutes with the lid closed, turning over once.

Soda Pop Ribs

You don't need fancy ingredients to create a great meal. In fact, your favorite soda pop has the sweetness and the flavor you want to taste in your BBQ ribs! Use soda to glaze your meat before it goes on the grill, and you'll be surprised by the results. Serve ribs on a bed of mustard greens to add a pop of fresh flavor and a distinct tangy taste that complements the meat well.

Ingredients:

Three racks of baby back ribs

Spice rub:

1/3 cup brown sugar
1 Tablespoon garlic powder
1 Tablespoon onion powder
Salt and pepper to taste

Sauce:

1 can of soda, 12 ounces
1 cup ketchup
1 Tablespoon apple cider vinegar
1/4 cup brown sugar
1/4 cup maple syrup

Instructions:

Cover the ribs with seasoning on both sides. Cover meat in plastic wrap and refrigerate for at least four hours. Mix sauce ingredients together over medium heat in a saucepan. Heat to a near-boil, then reduce and let the sauce simmer. Slather ribs generously with the sauce. Cook ribs in the oven at 225 degrees F, covered, for about two hours. Remove ribs from the oven and apply the remaining sauce. Grill ribs on medium-high heat for 10 minutes to give them a crispy outer finish.



Photo by amenic181 via Shutterstock

Grilled Jerk Chicken Wings

Fire up the grill to make these juicy chicken wings marinated overnight in an aromatic mix of Scotch bonnet pepper, allspice, scallion and thyme.

Ingredients:

1 cup scallions, whites and greens roughly chopped (6 to 8 scallions), plus extra sliced for garnish
1/3 cup vegetable oil, plus additional for oiling the grill grates
1/3 cup soy sauce
2 Tablespoons roughly chopped fresh ginger
2 Tablespoons light brown sugar, packed
1 Tablespoon fresh thyme leaves, plus a small handful of sprigs
3/4 teaspoon ground allspice
1/2 teaspoon ground cinnamon
3 cloves garlic, roughly chopped
2 Scotch bonnet peppers, halved and seeds removed (see Cook's Note)
Zest and juice of 1 lime, plus wedges for serving
Kosher salt and freshly ground black pepper
3 pounds chicken wings, wingettes and drumettes separated and tips discarded



Photo by Matt Armendariz©

Instructions:

Combine the scallions, oil, soy sauce, ginger, brown sugar, thyme leaves, allspice, cinnamon, garlic, Scotch bonnet peppers, lime zest and juice and 1/2 teaspoon ground black pepper in a food processor. Pulse until smooth. Reserve 1/2 cup marinade for basting later. Put the chicken wings and remaining marinade in a large resealable plastic bag. Rub the thyme sprigs between your hands and add to the bag. Seal the bag and massage to distribute the marinade evenly. Refrigerate for at least 4 hours or up to overnight. Remove to room temperature 30 minutes before grilling.

Preheat a grill for indirect and direct grilling over medium heat. For gas grills (with 3 or more burners), turn all the burners to medium-high heat; after about 15 minutes turn off one of the middle burners and turn the remaining burners down to medium. For charcoal grills, bank one chimney starter-full of lit and ashed-over charcoal briquettes to one side of the grill. Set up a drip pan on the other side to avoid flare-ups. (Be sure to consult the grill manufacturer's guide for best results.)

Lightly oil the grill grates. Remove the wings from the bag and season all over with salt. Add the wings to the indirect-heat side. Cover and cook, flipping halfway through, about 20 minutes (the wings will be almost completely cooked at this point). Uncover the grill and baste the wings with some of the reserved marinade. Flip the wings onto the hot side of the grill to crisp up and cook, about 3 minutes, then baste, flip and cook until the wings are cooked all the way through, about 4 minutes more.

Sprinkle with sliced scallions and serve with lime wedges.

Cook's Note

Be very careful when handling Scotch bonnet peppers and seeds. Wear food-grade gloves if your skin is sensitive.

Chargrilled Masala Chicken with Cucumber and Tomato

Indian-style chicken fillets with cucumber and tomato for a delicious versatile meal that's easy on the purse.

Ingredients:

6 skinless chicken thigh fillets, trimmed of fat, halved
120g skim-milk yoghurt
3 Tablespoons masala curry paste
3 Tablespoons roughly chopped coriander leaves, plus 1/2 firmly packed cup whole leaves to serve
3 vine-ripened tomatoes, sliced
1 telegraph cucumber, sliced on an angle
1 small white onion, thinly sliced
Juice of 1 lemon
2 teaspoons olive oil

Instructions:

Combine the chicken, yoghurt, curry paste and chopped coriander leaves in a large bowl, season with sea salt and toss well to combine.

Preheat a barbecue or chargrill pan on medium-high heat and cook the chicken fillets, turning occasionally, for 6 minutes or until cooked through. Transfer chicken to a large plate, cover with foil and leave to rest for 3 minutes.

Meanwhile, divide sliced tomato, cucumber, onion and coriander leaves among 4 serving plates, drizzle with lemon juice and olive oil and season with sea salt and black pepper. Top with chicken and serve immediately.



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 Big's - 3122 Adkinson Dr. (Hwy 103E)
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In Redland:

JOC Stop Exxon - 5389 US Hwy 59 N

In Zavalla:

Brookshire Brothers - 198 E. Main St.
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 Horman Power Tire - 222 South St.
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 Magnolia Court - 5902 North St.
 Martin Kennel - 512 CR 217
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 Nacogdoches County Expo/Civic Center - 3805 NW Stallings Dr.
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 Nacogdoches Senior Center - 1601 W. Austin St.
 Napoli's Restaurant - 2119 North St.
 North Food Mart Exxon - 5105 North St.

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