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NACOGDOCHES COUNTY - ANGELINA COUNTY
SAN AUGUSTINE COUNTY - SHELBY COUNTY



August 2024

Labor Day Grilling at Its Very Best

GRILLED SPARERIBS

Ingredients:

- 3 (3-pound) racks of spareribs, washed and patted dry
- 1 Tablespoon garlic powder
- 3 Tablespoons seasoned salt, preferably Lawry's brand
- 1 red apple, cored and thinly sliced
- Barbecue sauce, served warm on the side (optional)

Directions:

Open the bottom vent of a charcoal grill completely. Light a charcoal chimney starter filled with charcoal. When the coals are covered with gray ash, pour them onto the bottom grate of the grill, and then push to one side of the grill. Adjust the vents as needed to maintain an internal temperature of 300° to 350°F. Coat the top grate with oil; place on the grill. (If using a gas grill, preheat to medium [300° to 350°F] on one side.)



Photo by Andrea Behrends and Helene Dujardin

Prep the ribs by removing the membrane from the bones: Using a small knife and starting at the point of the cut, cut underneath the membrane, but not into the bone. Using a paper towel, grab the loosened membrane and pull it away from the ribs. Continue in this manner until the membrane is removed.

Season both sides of the ribs with the garlic powder and then the seasoned salt.

Add the ribs to the grill, meat-side down, and cook over direct heat for 30 minutes. Flip the ribs bone-side down and continue to cook over direct heat for 30 minutes. Move the ribs to indirect heat and flip once again onto the meat side; cook for 30 minutes. Finish the ribs by flipping back to bone-side down, topping with the apple slices, and cooking over indirect heat for a final 10 minutes. The ribs should be tender and ¼ inch or so of the bone should show on the sides of the ribs. Remove from the grill, tent with foil, and let rest for 30 minutes.

Slice the ribs and serve with sauce on the side, if desired.

GRILLED CHICKEN THIGHS WITH LEMONGRASS GLAZE

Ingredients:

- 1/4 cup water
- 1/4 cup fish sauce
- 1/2 cup light brown sugar
- 3 cloves garlic, minced
- 2 teaspoons fresh red chili, minced
- 1 inch piece ginger, peeled and minced
- 3 stalks lemongrass, tender bottom parts only
- 6 boneless skinless chicken thighs
- 1 handful roughly chopped cilantro
- Juice of 1/2 lime

Directions:

In a large mixing bowl, whisk together the water, fish sauce, sugar, garlic, chili, and ginger. Using a microplane, finely grate two of the lemongrass stalks into the marinade.



Photo by Bobbi Lin

As you are grating the lemongrass, discard any fibrous outer layers that are too hard to grate. Set the final piece of lemongrass aside for later. Add the chicken thighs to the marinade, and refrigerate for 45 minutes.

When the chicken thighs have marinated for 45 minutes, remove them from the marinade and grill them over medium-high heat for a couple minutes on each side. The chicken will caramelize quickly, due to the sugar in the marinade. When the chicken looks nicely charred on each side, grill them over lower heat for an additional 5-10 minutes, flipping them occasionally, until they are fully cooked.

While the chicken is grilling, transfer the leftover marinade to a large skillet, and cook the marinade over high heat for about 3-5 minutes, until the liquid has reduced to a syrupy consistency. This reduced marinade will now be your glaze.

When the chicken is finished cooking, toss it in the glaze. Transfer to a platter and garnish with the chopped cilantro and lime juice. Using a microplane, finely grate the remaining lemongrass over the platter of chicken. Serve immediately. Enjoy!

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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."

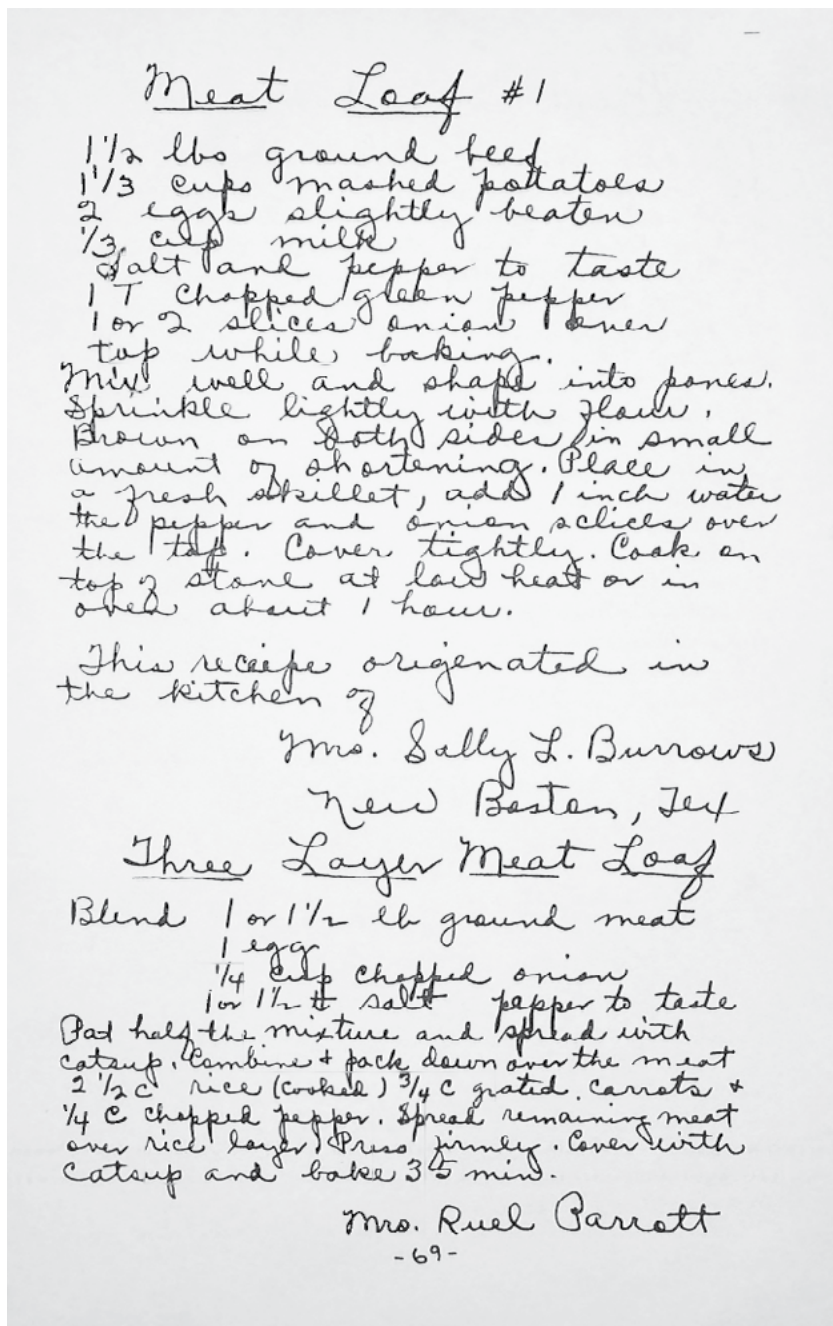
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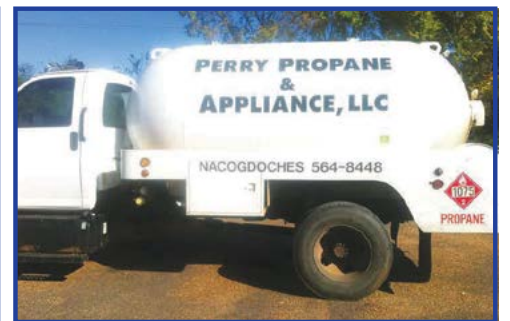
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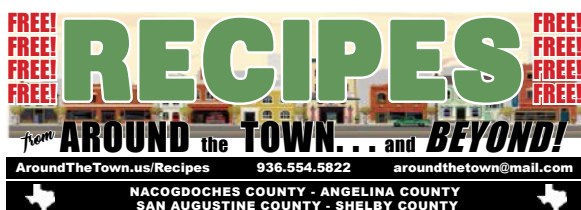
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Many recipes published in this publication are sent in by readers, their friends and family members. Recipes may be handed down from generation-to-generation or written from memory. RECIPES publishes these recipes as they are submitted, as a service 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!



CHICKEN A L'ORANGE

- | | |
|--------------------------------|-------------------------------|
| 1 2-3 pound fryer, cut up | 1/4 cup green pepper, chopped |
| Flour | 1 cup orange juice |
| Salt | 2 Tablespoons dry sherry |
| Pepper | 1/2 Tablespoon brown sugar |
| Paprika | 1/4 teaspoon salt |
| 1/2 large onion, thinly sliced | |

Heat oven to 375°. Wash and dry chicken. Sprinkle with salt, pepper and paprika and coat with flour. Arrange chicken in baking dish and sprinkle with sliced onion and green peppers.

Mix together orange juice, sherry, brown sugar and 1/4 teaspoon salt. Place over moderate heat until mixture comes to a boil. Pour over chicken.

Cover pans with foil and bake 1 to 1 1/4 hours or until tender. Remove cover and continue heating at 400° until slightly browned.

Here's a summer berry icebox cake that makes good use of sweet summer fruit without having to turn the oven on! You can use almost any fruit or berries you wish.

SUMMER FRUIT ICEBOX CAKE

- 2 1/4 cups cold heavy whipping cream
- 1/4 cup confectioner's sugar
- 1 1/2 teaspoons vanilla extract
- 1 pinch salt
- 7 to 8 whole Graham crackers (about 1 (4.8 ounce) packet), or more as needed
- 1 large peach - peeled, pitted, and thinly sliced
- 1 cup fresh blueberries
- 1 cup fresh black raspberries or blackberries

Line an 8 1/2 x 4 1/2-inch loaf pan with enough plastic wrap to have overhang on all sides.

Add heavy cream, powdered sugar, vanilla, and salt to a large mixing bowl. Starting on low speed, begin whipping the mixture. Gradually increase mixer speed to medium-high and beat until cream holds stiff peaks. Taste whipped cream and add more powdered sugar, if needed or desired.



Spread 3 to 4 Tablespoons whipped cream evenly into the lined loaf pan to cover the bottom with a thin layer of cream. Place 3 to 4 Graham crackers in an even layer over the cream, breaking them to fit as necessary. Spread about 3/4 cup of cream evenly over the Graham cracker layer. Sprinkle half of sliced peach, half of blueberries, and half of black raspberries over cream. Spread another 3/4 cup cream over fruit in an even layer. Add another layer of Graham crackers, breaking as necessary to fit. Top with another 3/4 cup cream and spread into an even layer. Top with remaining peach slices, blueberries, and black raspberries. Spread remaining cream over fruit. The loaf pan will be very full at this point. If desired, sprinkle icebox cake with Graham cracker crumbs.

Carefully cover loaf pan with plastic wrap and place cake into the freezer for about 8 hours or overnight.

When ready to serve, let cake sit at room temperature for 10 to 15 minutes to soften slightly. Carefully lift cake out of the pan using the plastic wrap overhang; peel plastic wrap off. Run a sharp knife under hot water for several seconds, then dry it off with a towel. Cut icebox cake into slices using the hot knife.

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

by Areeda Schneider-Stampley



Let Freedom Ring!



SCHNEIDER GOULASH

Ingredients:

- 1 pound ground beef
- 1 large onion
- 1 medium stalk celery
- 1 medium-size can tomatoes
- 1 can mushrooms
- 8 ounces macaroni, cooked and drained
- Dash of garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Grated mild cheddar cheese

Directions:

Sauté meat and onion until lightly browned; put into a large kettle.

Add celery, tomatoes and mushrooms. Simmer about 30 minutes.

Add macaroni (cooked until almost tender, then drained). Add seasonings and simmer a few minutes more.

In a casserole dish, spread 1/2 of meat mixture. Spread a layer of grated mild cheddar cheese; then layer of meat; then layer of cheese.

Bake in 350 degree oven about 15-20 minutes until cheese melts and is a slight golden brown. Serve hot.



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BEST FRIED GREEN TOMATOES

INGREDIENTS:

- 4 large green tomatoes
- 2 large eggs
- 1/2 cup milk
- 1 cup all-purpose flour
- 1/2 cup cornmeal
- 1/2 cup bread crumbs
- 2 teaspoons coarse kosher salt
- 1/4 teaspoon ground black pepper
- 1 quart vegetable oil for frying

DIRECTIONS:

Gather all ingredients.

Slice tomatoes 1/2 inch thick.

Discard the ends.

Whisk eggs and milk together in a medium-sized bowl.

Scoop flour onto a plate. Mix cornmeal, bread crumbs, salt, and pepper on another plate. Dip tomatoes into flour to coat. Then dip tomatoes into milk and egg mixture; dredge in breadcrumbs to completely coat.

Heat oil in a large deep skillet to 375 degrees F. Place tomatoes in hot oil in batches of 4 or 5, to prevent them from touching; fry until crisp and golden brown on one side, then flip and fry on other side.

Transfer fried tomatoes to a paper towel-lined plate to drain. Repeat with remaining tomatoes.

Serve hot and enjoy!



Photo by DotDashMeredith Food Studios

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.

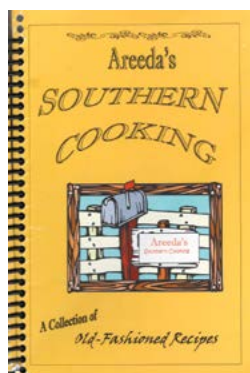
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Order Joe Stampley CDs at www.joestampley.com. Look for more recipes, as well as my "Memories of Music Row" column in the monthly *Country Family News* newspaper sponsored by Larry's Country Diner and Country Family Reunion TV shows.

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Submitted by Jan Alders Alexander of Nacogdoches

PULL APART COFFEE CAKE

My late dear sister-in-law, Becky McKernan, gave me this delicious recipe, and it is great for a family breakfast gathering.



3 cans (large) Texas style biscuits (butter variety, if available)
 1 cup dark brown sugar
 1 cup white sugar
 1 teaspoon cinnamon
 1½ cups pecans
 1 stick butter



Butter a bundt pan. Put sugar and cinnamon in zip lock bag. Cut biscuits (1 can at a time) into 3 strips and coat in sugar mixture. Butter bundt pan and put 1 can of coated biscuits in bottom. Sprinkle 1/3 of pecans on top of them. Place 1/3 stick of butter (cut in pieces) on top. Repeat 2 more times. Pour remaining sugar mixture over the top of cake. Bake at 325° for 45 to 60 minutes.

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.



CHICKEN SPAGHETTI

16 oz. dry spaghetti, cooked (I personally use 2 bags Angel Hair)
 1 lb. Velveeta cheese, cubed
 1 whole chicken, chopped or shredded
 1 family-size can cream of mushroom soup
 1 large can Ro-Tel (do NOT drain)
 4 oz. can mushroom stems and pieces, drained
 1/2 cup milk
 Salt and pepper, to taste
 Garlic salt (optional)

Cook noodles in salt water; drain. Mix all ingredients. Bake in large bakeware at 375° for 45 minutes covered with foil. Take cover off and bake 10 more minutes.




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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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.

CHOCOLATE CHIFFON CAKE

I stole this recipe from Ann Thomas who made this cake one summer and gave me a piece while I wuz helpin' John Allen clear out his carpentry tools. John Allen had been puttyin', paintin', and pleasin' Ann with his professional handyman skills. Ann had been talkin' his head off and crackin' eggs for this cake. I stopped by to lend a hand and git a piece jus after the seven-minute frostin' wuz spread. As she wuz moundin' up that white stuff and my mouth wuz waterin', I told her I did winders and baseboards. She didn't hear me, thank God and sliced John Allen and me a huge piece of that light-as-a-feather cake and sweet, sticky icin'. Hmmmmm! She can talk to me anywhere, anytime, anyplace! Hail to the Chief!

- 1/4 cup sifted cake flour
- Pinch of cream of tartar
- 4 Tablespoons cocoa
- 3/4 cup granulated sugar
- 1/2 cup (12) egg whites
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons vanilla
- 1/4 cup granulated sugar



Preheat oven to 375°. Sift flour with 3/4 cup sugar four (4) times. Beat whites, cream of tartar, salt, vanilla till stiff peaks form but still moist and glossy. Add remainin' 3/4 cup sugar to whites, 2 Tablespoons at a time, beatin' after each addition. Sift 'bout 1/4 of flour over whites. Fold in. Fold in remainin' flour by fourths. Bake in and un-greased 10-inch round tube pan 35-40 minutes. Invert pan and cool. This is great with 7-minute icin'.



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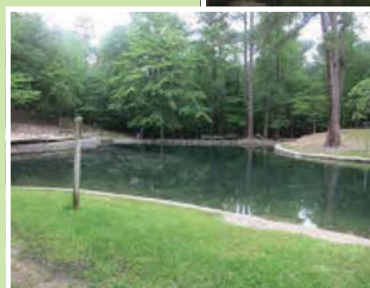
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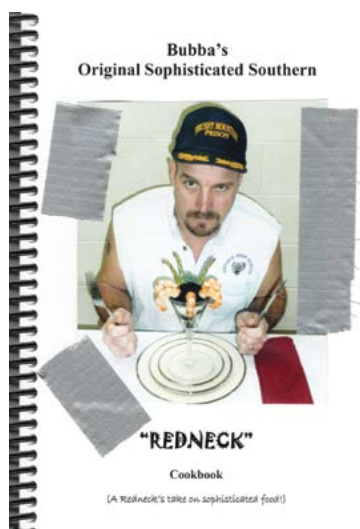
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From Silvia Arnold of Lufkin

BLUEBERRY BISCUITS
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INGREDIENTS:
 2 cups flour
 2 Tablespoons baking soda
 4 Tablespoons sugar
 1 stick shredded frozen butter
 1 cup blueberries
 1 cup buttermilk
 1 egg
 Powdered sugar



DIRECTIONS:
 In a large bowl add the flour, baking soda, and sugar and mix well. Then add the shredded frozen butter. Mix and add the blueberries. Coat the blueberries and add the buttermilk. Mix well enough that the dry ingredients are moistened. Pour out onto floured surface and pat down, fold in half. Pat down and fold in half. Do about 4 times. Dough will be sticky; I sprinkle flour on my hands to not stick as much. I use a glass, dip in flour and cut out the biscuits. Place onto your cookie sheet. Then beat one egg, brush onto biscuits. Cook at 425° for about 14-17 minutes. Drizzle with powdered sugar frosting. Enjoy!




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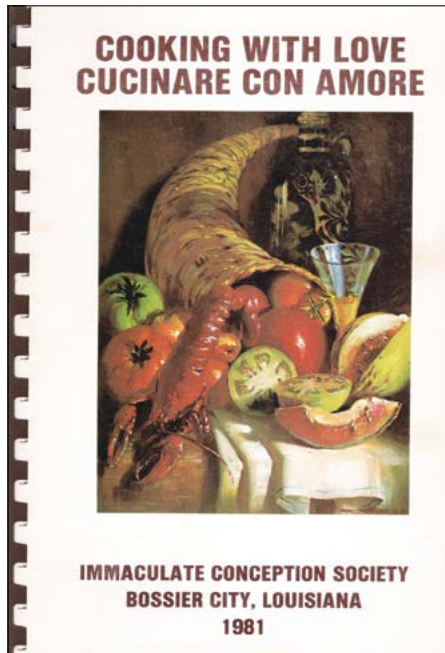
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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 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.

**EGGPLANT-MEAT CASSEROLE
 (Rose G. Cascio)**

- 1 lb. ground round beef
- 1 medium eggplant
- 1/4 cup onion
- 1/2 cup parsley
- 2 cloves minced garlic
- 1/2 cup celery, chopped
- 1/2 cup Parmesan cheese (1/4 for topping)
- 1 egg, beaten
- 6-8 wet crackers
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup dry bread crumbs (for topping)
- 2 Tablespoons butter or corn oil margarine

Wash and peel eggplant; cut in cubes. Boil until tender. Drain and set aside. Put 2 Tablespoons of oil in skillet and brown meat lightly, just to take red out. Sauté with the meat, onion, parsley, celery and garlic; add salt and pepper. Add mashed eggplant with meat and cook 5 to 7 minutes. Beat egg; squeeze water out of crackers and add to eggplant mixture. Add 1/4 cup cheese; mix well. Grease or spray casserole and place mixture in; sprinkle top with 1/4 cup cheese and 1/4 cup bread crumbs. Dot top with butter or corn oil margarine; cover and cook about 25 minutes at 350°. Then uncover and cook 5 minutes more, or until brown. Let set just a few minutes before serving.

**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!



KEY LIME PIE

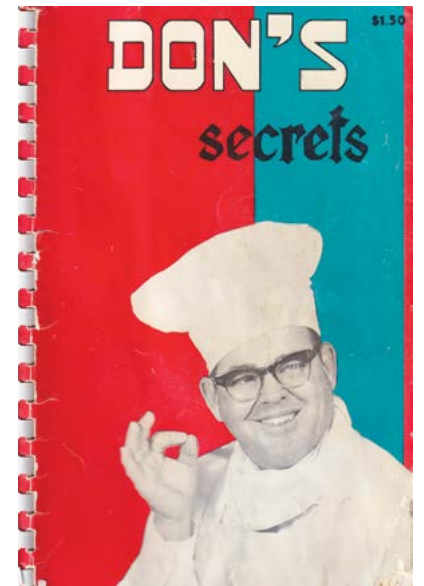
- 1 1/4 cups all-purpose flour
- 1 cup shortening
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 2 Tablespoons cold water
- 1/4 cup lime juice
- 1 can sweetened condensed milk (14 ozs.)
- 3 egg yolks
- 6 egg whites
- 1 teaspoon green food coloring
- 1/4 cup sugar

Pie Crust

Mix flour, shortening, 1 teaspoon sugar, 1/4 teaspoon salt and cold water. Roll out on board. Fit into 9 x 9 pie plate and bake in pre-heated oven (350°) for ten minutes. Remove and let cool.

Filling

Mix lime juice, condensed milk, egg yolk. Fold in three stiffly beaten egg whites, dash of salt and food coloring. Pour in pie crust and bake at 250° for 6 minutes. While this is baking, beat three egg whites until stiff; add 1/4 cup sugar and beat again. Cover pie with this meringue after the six minutes is up and return to the oven for three minutes or until the meringue is golden brown.

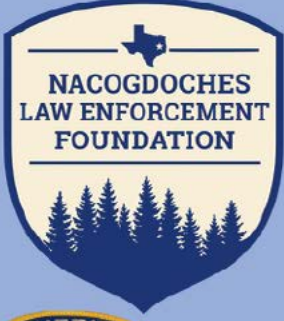


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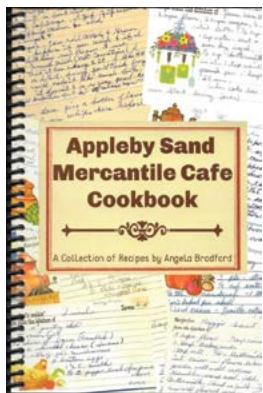
After years of dedicating my life to the bustling world of the restaurant business, I had finally decided to hang up my apron and embrace the quiet life of retirement. However, as I navigated through a challenging period of health issues, I found myself yearning for the clatter of dishes, the chatter 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.



CHICKEN NUGGETS

- | | |
|---|------------------------------|
| 2 lbs. boneless skinless chicken breasts or tenders | 2 Tablespoons seasoning salt |
| Vegetable oil, for frying | 2 Tablespoons garlic powder |
| 3 cups flour | 1 cup milk |
| | 1 egg |

Combine flour and seasonings in bowl. Combine milk and egg in second bowl. Cut chicken into nugget-sized pieces. Dip the chicken pieces in the milk mixture. Put chicken pieces into the dry mixture and coat well. In a frying pan pour in enough vegetable oil to fill the pan about 1/4 inch. Heat oil on medium heat. Once the oil is good and hot add the coated chicken pieces. Brown the chicken pieces on both sides till cooked completely through. Remove from frying pan and put on a paper towel lined plate or bowl to cool.



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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.

BYRD'S CHEESE BALL
Submitted by Howard and Patty Byrd for band student Kim Byrd

- | | |
|--------------------------------------|--------------------------------------|
| 2 large packages cream cheese | 1/2 lb. sharp cheddar cheese, grated |
| 1 Tablespoon bell pepper, chopped | 1/2 onion, grated |
| 4 teaspoons salad olives & pimientos | Dash of Worcestershire sauce |
| Garlic powder to taste | 1 cup chopped pecans |

Blend together all ingredients but pecans, roll into ball, then roll on pecans. Chill and serve with crackers or chips.

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SFA Lumberjacks

DATE	OPPONENT	TIME
AUGUST 31	North American Univ.	7:00 PM
SEPTEMBER 7	@Univ. of North Texas	6:30 PM
SEPTEMBER 14	@McNeese State Univ.	7:00 PM
SEPTEMBER 21	Univ. of Northern Colo.	7:00 PM
SEPTEMBER 28	OPEN	---
OCTOBER 5	Northwestern St. Univ.	7:00 PM
OCTOBER 12	@Lamar Univ.	3:00 PM
OCTOBER 19	@Southeastern La. Univ.	4:00 PM
OCTOBER 26	Houston Christian Univ.	6:00 PM
NOVEMBER 2	@Nicholls State Univ.	3:00 PM
NOVEMBER 9	@Texas A&M-Commerce	3:30 PM
NOVEMBER 16	Univ. of the Incarnate Word	2:00 PM
NOVEMBER 23	Abilene Christian Univ.	2:00 PM

Nacogdoches Dragons

DATE	OPPONENT	TIME
AUGUST 30	Palestine	7:30 PM
SEPTEMBER 6	@Lufkin	7:30 PM
SEPTEMBER 13	Livingston	7:30 PM
SEPTEMBER 20	@Bryan-Rudder	7:30 PM
SEPTEMBER 27	@Jacksonville*	7:30 PM
OCTOBER 11	Hallsville*	7:30 PM
OCTOBER 18	@Whitehouse*	7:30 PM
OCTOBER 25	Marshall*	7:30 PM
NOVEMBER 1	@Mt. Pleasant*	7:30 PM
NOVEMBER 8	Texas High*	7:30 PM

*District

Cushing Bearkats

DATE	OPPONENT	TIME
AUGUST 15	Frankston-SCRIMMAGE	6:00 PM
AUGUST 22	@Hemphill-SCRIMMAGE	6:00 PM
AUGUST 30	@Colmesneil	7:00 PM
SEPTEMBER 6	@Deweyville	7:00 PM
SEPTEMBER 13	Union Grove	7:00 PM
SEPTEMBER 20	Evadale**	7:00 PM
SEPTEMBER 27	Alto*	7:00 PM
OCTOBER 4	@Mt. Enterprise*	7:00 PM
OCTOBER 11	Bye	Bye
OCTOBER 18	Grapeland*	7:00 PM
OCTOBER 25	@Tenaha*	7:00 PM
NOVEMBER 1	Lovelady*	7:00 PM
NOVEMBER 8	@Overton*	7:00 PM

*District **Homecoming

Garrison Bulldogs

DATE	OPPONENT	TIME
AUGUST 30	@Waskom	7:00 PM
SEPTEMBER 6	Arp	7:30 PM
SEPTEMBER 13	Anahuac	TBA
SEPTEMBER 20	@Lovelady	7:30 PM
OCTOBER 4	North Webster (LA)	7:00 PM
OCTOBER 11	@Shelbyville*	7:30 PM
OCTOBER 18	@San Augustine*	7:30 PM
OCTOBER 25	Hemphill*	7:30 PM
NOVEMBER 1	@Timpson*	7:30 PM
NOVEMBER 8	@Joaquin*	7:30 PM

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GRILLED Veggies for August

Grilling is not just for meats. Try these delicious vegetable recipes the next time you want to try something different on the grill.

Honey Lime Grilled Corn

Nothing says summertime like the smell of corn on the grill. Try these ears with an irresistible honey-lime butter.

Ingredients:

Vegetable oil, for grill
4 ears of corn, shucked
1/2 cup (1 stick) unsalted butter, softened to room temperature
1 jalapeño, seeded and finely chopped
1 clove garlic, minced
2 Tablespoons chopped fresh cilantro
2 Tablespoons honey
1 Tablespoons chopped fresh oregano
1 teaspoon finely grated lime zest
2 teaspoon fresh lime juice
1/2 teaspoon kosher salt
1/4 teaspoon fresh ground black pepper

Instructions:

Prepare a gas or charcoal grill for medium-high heat (alternatively, heat a grill pan over medium-high heat); clean and oil grates and preheat 5 minutes. Grill corn, rotating frequently, until starting to char on all sides, 18 to 20 minutes.

Meanwhile, in a small bowl, whisk butter, jalapeño, garlic, cilantro, honey, oregano, lime zest, lime juice, salt, and black pepper.

Transfer corn to a 13"-by-9" baking dish. Spread 1 Tablespoon honey-lime butter onto each ear of corn. Cover with foil and let sit 5 minutes. Serve with remaining butter alongside.



Photo by Lucy Schaeffer

Grilled Green Tomatoes

Long a Southern staple in famous dishes like fried green tomatoes, green tomatoes are equally delicious in a lighter, healthier preparation that's perfect for summer.

Ingredients:

4 medium green tomatoes (about 2 lb. total), sliced 1/2" thick
2 1/2 teaspoons kosher salt, divided
3/4 teaspoon freshly ground black pepper, divided
2 Tablespoons extra-virgin olive oil, divided, plus more for grill and drizzling
4 oz. goat cheese, softened
2 Tablespoons heavy cream
Zest of 1 lemon (about 2 teaspoons)
1/2 teaspoon agave or honey
1/2 teaspoon red pepper flakes, plus more for garnish
1/2 cup fresh basil leaves
Flaky sea salt, optional

Instructions:

Season tomatoes on both sides with 1 teaspoon kosher salt and 1/2 teaspoon black pepper. Drizzle with 1 Tablespoon oil. Set aside.

In a medium bowl, mix goat cheese, cream, lemon zest, agave, red pepper flakes, and remaining 1 Tablespoon oil, 1 1/2 teaspoons kosher salt, and 1/4 teaspoon black pepper until well combined. Spread on a platter or plate.

Preheat a gas grill to high; clean and oil grates. Grill tomatoes until well-charred but not overly soft, 2 to 3 minutes per side.

Arrange tomatoes over goat cheese mixture. Drizzle with oil, then top with basil, sea salt, if using, and red pepper flakes.



Photo by Andrea Monzo

Grilled Avocados

If you love avocados, you have to try grilling them. Grilling avocados gives them a charred and smoky flavor and it makes them incredibly tender and extra creamy.

Ingredients:

2 Tablespoons extra-virgin olive oil, plus more for grill
1 clove garlic, grated
1 teaspoon finely grated lime zest
1 Tablespoon fresh lime juice
1 teaspoon dried oregano
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
Pinch of red pepper flakes
2 avocados, pitted and quartered lengthwise (skin on)
Fresh cilantro, flaky sea salt, and lime wedges, for serving

Instructions:

Prepare a grill for high heat; clean and oil grates. In a small bowl, whisk oil, garlic, lime zest, lime juice, oregano, kosher salt, black pepper, and red pepper flakes.

Lightly drizzle avocados with oil. Grill, turning once, until char marks are visible on flesh side and avocados have slightly softened, about 2 minutes per side.

Scoop out flesh from avocado and transfer to a plate. Whisk vinaigrette again, then drizzle over avocados. Garnish with sea salt and cilantro. Serve with lime wedges alongside.



Photo by Andrew Bui

HELPFUL TIPS FOR GRILLING VEGETABLES

PREHEAT THE GRILL: Preheat the grill before adding vegetables to prevent sticking and ensure even cooking. You can also oil the grill grates.

CUT INTO SMALLER PIECES: Smaller pieces cook faster. Harder vegetables like carrots should be cut into smaller pieces, while softer vegetables like eggplant and squash can be sliced in half lengthwise or into strips.

USE A GRILL BASKET OR SKEWERS: These can help prevent vegetables from falling into the grill, especially if you're using a variety of different sizes. If you're using skewers, you can run two skewers side by side through the vegetables so they don't spin.

OIL THE VEGETABLES: Lightly coat vegetables with olive or vegetable oil to prevent sticking, help seasonings stick, and improve the final result.

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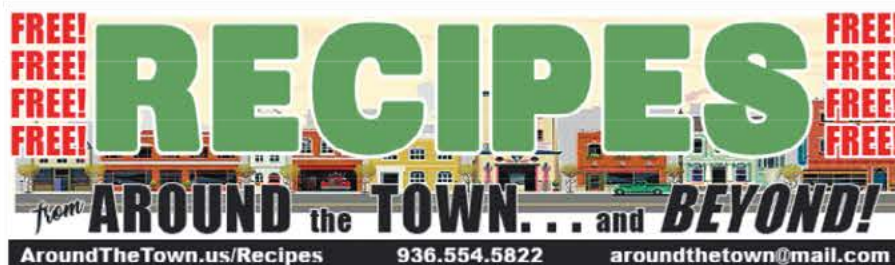
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