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July 2024

Happy Fourth of July Recipes!



This hamburger recipe is flavorful, juicy and incredibly satisfying!

BEST HAMBURGER EVER

Ingredients:

- 1½ pounds lean ground beef
- ½ onion, finely chopped
- ½ cup shredded Colby Jack or Cheddar cheese
- 1 large egg
- 1 (1 ounce) envelope dry onion soup mix
- 1 clove garlic, minced
- 1 Tablespoon garlic powder
- 1 teaspoon soy sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon crushed dried rosemary
- Salt and pepper to taste

Directions:

Gather all ingredients. Preheat an outdoor grill for high heat and lightly oil the grate.

Meanwhile, combine ground beef, onion, cheese, egg, onion soup mix, minced garlic, garlic powder, soy sauce, Worcestershire sauce, parsley, basil, oregano, rosemary, salt, and pepper in a large bowl.

Use your hands to form the mixture into 4 patties.

Cook patties on the preheated grill until no longer pink in the center and the juices run clear, about 4 to 5 minutes per side.

An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).



Photo by DotDash Meredith Food Studios

GRILLED CHICKEN HALVES

Ingredients:

- 1-3 pound chicken split in half
- 12 cups water
- 3 Tablespoons table salt
- 1 Tablespoon granulated sugar
- 2 Tablespoons olive oil
- 3 Tablespoons BBQ dry rub or your favorite seasoning
- ½ cup chimichurri, optional

Directions:

Completely dissolve salt and sugar into 2 cups of hot water. Then, add the salt water solution to 10 cups of ice cold water in a large vessel. Completely submerge the chicken halves in the brine and place the vessel in the refrigerator for at least two hours. Overnight is fine if you have the time.

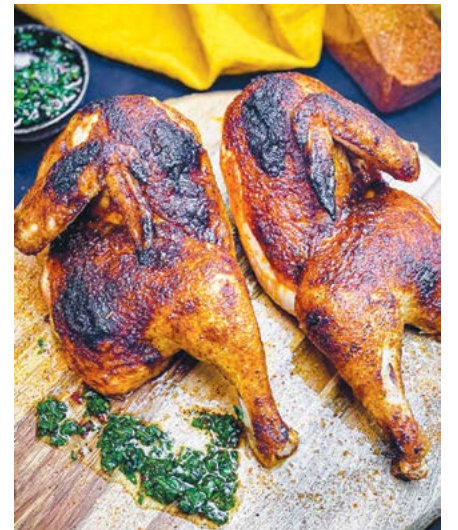
Light your grill and set up for two zone heating. Using a reliable leave-in thermometer, stabilize the indirect heat zone at 425°F.

While grill is preheating, remove chicken from the brine and pat it as dry as possible with paper towels.

Evenly coat the chicken halves with olive oil. Then season the chicken with dry rub, being sure to season under the wings.

Insert a leave-in thermometer into the thickest portion of the breast and place the chicken on the grill over indirect heat. Close the lid and allow the chicken to cook until the internal temperature reaches 150°F. About 45 minutes.

Remove the chicken from the grill, tent with aluminum foil and allow the chicken to rest for ten minutes while carry over cooking continues to cook the chicken.



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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."

WATERMELON RIND PRESERVES

(Mrs. Fewell)

and

PEAR HONEY

(Mrs. Louise Fears)

Watermelon Rind Preserves

Cut watermelon rind into squares one inch to one and fourth inch in size, removing green rind and every trace of red meat.

Soak rind for 24 hours in a salt solution (1 cup salt to 1 gal. of water). Soak overnight in clear water. Boil in clear water until tender enough for a broom straw to pierce rind. Drain off water.

Make a syrup allowing 2 cups sugar, 2 cups water for 1 pound rind. Boil and drop in hot rind. Flavor with 1/2 cup root ginger for whole rind. Soak first. Allow a slice of lemon for each pint jar.

Cook until syrup is thick and rind is amber color. Seal in sterilized jars.

Mrs. Fewell

Pear Honey

8 large cups ground pears
8 scant cups sugar
1 cup crushed pineapple

Cook pears and sugar until rather thick and clear. Add pineapple and cook 15 minutes longer. Pour into jars and seal.

Mrs. Louise Fears

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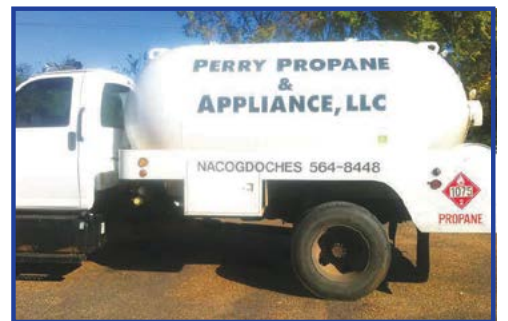
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Many recipes published in this publication are sent in by readers, their friends and family members. Recipes may be handed down from generation-to-generation or written from memory. RECIPES publishes these recipes as they are submitted, as a service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



ICE CREAM PECAN BALLS

- Vanilla Ice Cream
- Toasted Pecans
- Fudge Sauce

Form ice cream into balls. Roll in pecans. Wrap in wax paper or Saran Wrap. Freeze. Serve with Hot Fudge Sauce.

FUDGE SAUCE

- 1/2 cup butter
- 2 1/4 cups confectioners sugar
- 2/3 cup evaporated milk
- 6 squares bitter chocolate

Mix butter and sugar in top of double boiler. Add evaporated milk and chocolate and cook over hot water for 30 minutes. Do not stir. Remove from heat and beat. May store in refrigerator and reheat.

From Silvia Arnold of Lufkin

I found this recipe to be easy. No cooking. Everyone loved it.

PEANUT BUTTER PIE

- 1 prepared chocolate cookie pie crust
- 1 cup creamy peanut butter
- 8 oz. cream cheese, at room temperature
- 12 oz. container of Cool Whip topping, divided
- 1 - 11.75 oz. jar Smucker's Toppings Hot fudge, divided
- 1/2 cup sugar
- Drizzle 2 Tablespoons Smucker's toppings hot fudge
- 2 Tablespoons creamy peanut butter


In medium bowl, beat together creamy peanut butter, cream cheese and sugar. Gently fold in 3 cups whipped topping. (I used my mixer.) Spoon into pie shell. Using a spatula to smooth mixture to edges of pie, reserving 2 Tablespoons of Smucker's Toppings Hot fudge, place remaining hot fudge top-



pung into microwave-safe bowl or glass measuring cup. Microwave for 1 minute. Stir. Spread hot fudge topping over pie to cover the peanut butter layer. Refrigerate until serving time. Just before serving, spread the remaining whipped topping over the hot fudge layer, being careful not to mix the two layers. Place 2 Tablespoons Smucker's hot fudge topping in a small microwave bowl, heat til easy to spread. Place in sandwich bag, cut small hole on corner of bag to squeeze out on top of the pie, do the same with the peanut butter. Microwave til softened enough to spread on top of the pie.



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

by Areeda Schneider-Stampley



Let Freedom Ring!



LAYERED SALAD

A delicious Summer Salad

Use a 2 or 3-quart deep glass serving bowl:

Ingredients:

Chop following vegetables small and start layering, with lettuce on the bottom:

- Shredded lettuce
- Chopped celery
- Chopped onion
- Chopped green bell pepper
- Sliced water chestnuts
- Frozen tiny green peas, uncooked
- Mayonnaise or salad dressing
- Sprinkle 1 Tablespoon sugar evenly over the top; cover tightly and refrigerate overnight.

One hour before serving, spread:

- Layer of chopped hard boiled eggs
- Layer of chopped tomatoes
- Layer of cooked well-done bacon, crumbled
- Sprinkle parmesan cheese evenly over top

Cover tightly and return to refrigerator until time to serve. In serving, use two large serving spoons, scoop straight down and lift, to get a serving of the entire layer.

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This classic tomato sandwich features a lovely combination of sweet juicy tomatoes and herby cream cheese. You can make a big batch of the cream cheese mixture and have it on hand to spread on bagels or crackers. For a boost of protein, add smoked salmon or sliced turkey or chicken.

SUMMER TOMATO SANDWICH

INGREDIENTS:

- 2 ounces cream cheese, at room temperature
- 1 Tablespoon low-fat plain strained (Greek-style) yogurt
- 1 Tablespoon sliced fresh chives
- 1 Tablespoon chopped fresh dill
- ¼ teaspoon ground pepper
- 2 slices whole-wheat sandwich bread, lightly toasted
- 4 slices tomato (about 1/4-inch)

DIRECTIONS:

Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well combined. Spread the mixture evenly on 1 side of each toast slice. Arrange tomatoes on 1 slice; top with the other slice, spread-side down. Cut in half diagonally before serving.

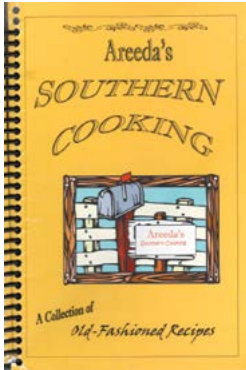


Photo by Greg Dupree

Purchase cookbook with credit card on my PayPal account at www.aredasoutherncooking.com. Or by check to: Areeda’s Southern Cooking, P. O. Box 202, Brentwood, TN 37024 \$24.45 (price includes shpg/handling).

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Submitted by Jan Alders Alexander of Nacogdoches

CHEESE BRUNCH CASSEROLE

I always make this one the day before serving. Originally it was Becky McKernan's recipe, but others have tried to make it their own!

- 6 slices white bread, crusts cut off
- 2 teaspoons butter
- 12 oz. grated sharp cheddar cheese
- 2 cups chopped ham
- 1 lb. cooked crumbled hot sausage
- 3 whole eggs
- 2 cups milk
- 1 teaspoon dry mustard
- 4 shakes Tabasco®

Cut each bread slice in 4 pieces, and place bread in buttered casserole. Mix other ingredients in bowl and pour over bread. Bake at 325° for 45-60 minutes until firm.




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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.



WORLD'S BEST BANANA BREAD

2 cups sugar	2½ cups sifted flour
1 cup butter (2 sticks)	4 very ripe bananas
1 cup chopped pecans	1 teaspoon salt
4 eggs, beaten	2 teaspoons baking soda

Cream butter and sugar. Add banana and eggs. Sift flour, salt and soda together. Add to the banana mixture, then stir in pecan pieces. **Do not** overmix. Bake in a buttered and floured mini loaf pan for 30 minutes or in a large loaf or bundt pan for 45 minutes. Bread will be dark brown when done.





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

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.

MARINATED COUNTRY-STYLE RIBS

Ask any Bubba south of the Mason Dixon what they want on a picnic, at a barbeque and they'll say. . . "Are you kiddin'? Is thar anythang else?" And that's all they say. They don't even go to the trouble to tell you. . . ribs! Ribs are the mainstay of fancy food for men in the south. They's hearty, hopefully tender, sweet-tastin', made for a man, able to be eaten with fingers and smell like a million bucks when they's on the grill. They's somethin' very caveman-like 'bout eatin' somethin' with yer hands and gnawin' it down to the bone.

Now since this is a sophisticated redneck cookbook, they's some sophisticated thangs in this recipe. Don't even ask! Jus go into the liquor store and ask for Grand Marnier and if you don't know how to say it, jus write it down on a piece of paper and show it to the guy behind the counter.



- 5-6 country pork ribs
- 1/2 teaspoon black pepper
- 1/4 cup olive oil
- 1 teaspoon dried parsley
- 1/3 cup Grand Marnier
- 3 cloves garlic, chopped
- 1/2 teaspoon salt

- 1/4 teaspoon cinnamon
- 1/4 teaspoon cayenne
- 1 teaspoon balsamic vinegar

Combine all ingredients into a gallon zip-lock bag, place in fridge and marinate 4-6 hours. Actually, anythang that you marinate is much better if it is left over-night. And I tend to do it for 48 hours. Jus sayin' . . .

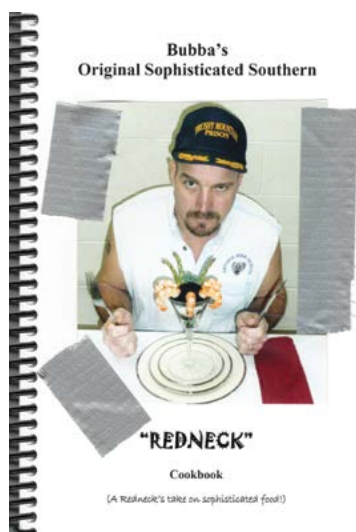
Remove and grill over medium heat approximately 10-15 minutes on each side, dependin' on the thickness of the meat and how black you like yers.

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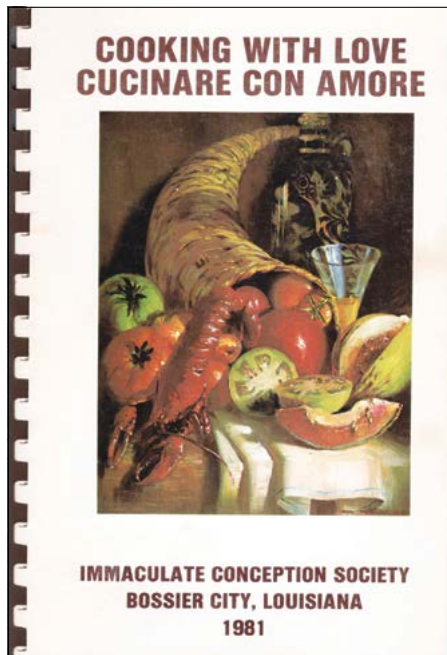
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

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.

**FETTUCINE
(Jada Tuminello Le Beau)**

- 1 lb. fettucine
- 1/2 lb. butter or margarine (or 1 cup olive oil)
- 1/2 cup heavy cream
- 1/2 teaspoon salt
- White pepper
- 2 cups imported Italian cheese, grated



Cook noodles according to package; reserve. Slice half the butter or margarine (or place half the olive oil) into heavy skillet. Add cream, salt and pepper; heat. (Basil and 1/2 cup chopped parsley may be added, if desired.) Drain noodles; add to hot butter sauce. Add remaining butter or olive oil. Toss gently; add cheese. Toss until all noodles are coated. Serve immediately.

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Thank you so much!**

This grilled chicken salad is perfect for summer entertaining.

HIGH-PROTEIN GRILLED CHICKEN SALAD

INGREDIENTS:

1 small red onion
5 Tablespoons red-wine vinegar, divided
2 medium cloves garlic, grated
1 teaspoon Dijon mustard
1½ teaspoons salt, divided
⅔ cup grapeseed oil, plus more for grill grates
½ teaspoon paprika
1 medium zucchini, sliced lengthwise into 1/2-inch-thick planks
1 small yellow bell pepper, cut into 2-inch-thick strips
2 large romaine lettuce hearts, halved lengthwise
3 (8 ounce) boneless, skinless chicken breasts
1 (5 ounce) package fresh baby spinach
2 small tomatoes, cut into 1-inch wedges

DIRECTIONS:

Preheat grill to medium-high (400°F to 450°F). Halve onion lengthwise through root end. Cut 1 half into 1-inch wedges; set aside. Thinly slice the other half. Place the onion slices in a small bowl; add 2 tablespoons vinegar; toss to combine. Set aside to pickle, stirring occasionally, until ready to use. Drain before serving.



Photo by Jen Causey

Whisk garlic, mustard, 1 teaspoon salt and the remaining 3 Tablespoons vinegar together in a large bowl until the salt dissolves. Slowly drizzle in oil, whisking constantly, until the dressing is creamy. Set aside 1/4 cup dressing. Stir paprika into the remaining dressing in the bowl. Combine zucchini slices, bell pepper strips, romaine halves and the reserved onion wedges on a large rimmed baking sheet. Drizzle with 1/2 cup dressing; toss to coat well, making sure to get dressing between the lettuce leaves. Place chicken in the large bowl with the remaining dressing; toss to coat. Sprinkle with the remaining 1/2 teaspoon salt.

Oil the grill grates by holding an oil-soaked paper towel with tongs. Grill the chicken and the vegetables, uncovered, for 1 minute. Continue grilling until the romaine is slightly wilted, about 1 minute more; transfer the romaine to the baking sheet. Continue grilling the chicken and vegetables, covered and turning occasionally, until the vegetables are tender-crisp with grill marks and a thermometer inserted into the thickest portion of chicken registers 165°F, about 6 minutes for the vegetables and 8 to 10 minutes for the chicken. Return the grilled chicken and vegetables to the baking sheet with the romaine; let the chicken rest for 5 minutes before slicing. Cut the romaine and vegetables into 1-inch chunks.

Transfer the chopped romaine to a large bowl. Add spinach and the reserved 1/4 cup dressing; toss well. Arrange the mixture on a large platter; top with sliced chicken, zucchini, bell pepper, tomatoes and pickled onions. Serve immediately.

Grill outdoors, or if you don't have a grill, it works with a broiler, too. Just place a rack 5 inches from the element. Line a rimmed baking sheet with foil. Broil 12 to 15 minutes per side, and serve.

GARLIC-PARMESAN CHICKEN WINGS

INGREDIENTS:

2½ pounds chicken wings
3 teaspoon kosher salt, divided
¾ teaspoon freshly ground black pepper, divided
¾ ounces Parmesan cheese, grated (about ½ cup)
¼ cup olive oil, plus more for grill grates
¼ cup finely chopped fresh flat-leaf parsley
½ teaspoon lemon zest plus 2½ Tablespoons fresh juice (from 2 lemons)
1 large clove garlic, grated
½ teaspoon sugar

DIRECTIONS:

Preheat grill to high (450°F to 500°F). Toss wings with 2 teaspoons salt and ½ teaspoon pepper in a large bowl. Place on oiled grates; grill, covered, turning often, until browned and a thermometer inserted in thickest portion registers 170°F, 12 to 16 minutes. Transfer to a large bowl; add cheese and toss to coat.

Stir oil, parsley, lemon zest and juice, garlic, sugar, and remaining 1 teaspoon salt and ¼ teaspoon pepper in a small bowl. Drizzle over wings and serve.

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This icebox cake is cool and refreshing with its layers of softened graham crackers, luscious cream filling and fresh berries. But it just looks too good to eat!

4TH OF JULY ICEBOX CAKE

INGREDIENTS:

1 box graham crackers
1 package cream cheese, softened
2 packages INSTANT vanilla pudding mix (see notes*)
2½ cups milk
¾ cup heavy cream
2 cups sliced strawberries
2 cups blueberries

DIRECTIONS:

In a medium bowl and using an electric mixer; beat the heavy cream until stiff. Set aside.

In a large bowl, beat the cream cheese and the dry pudding mix until combined. Slowly and gradually beat in the milk until smooth. Fold in the whipped cream.

Spread a thin layer of the cream mixture onto the bottom of a 9 x 13" baking dish. Layer the graham crackers on top. Spread 1/3 of the cream onto the crackers. Sprinkle half of the blueberries over the cream.

Repeat with another layer of crackers, cream, and half of the strawberries.

Repeat with a final layer of crackers and the remaining cream. Decorate with the rest of the berries. Cover and chill for 4 hours or overnight. Serve cold.



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This versatile and quick pesto shrimp can be served alongside a hunk of crusty bread, over pasta or rice, or even used as a topping for pizza.

15-MINUTE PESTO SHRIMP

INGREDIENTS:
 2 Tablespoons extra-virgin olive oil, divided
 1½ pounds large peeled, deveined raw shrimp
 1 teaspoon no-salt-added Italian seasoning
 1 pint grape tomatoes
 2 cups loosely packed fresh basil leaves
 ½ cup refrigerated basil pesto



DIRECTIONS:
 Heat 1 Tablespoon oil in a large nonstick skillet over medium-high heat. Add shrimp and Italian seasoning; cook, stirring often, until the shrimp are just cooked through and turn opaque, 3 to 5 minutes. Transfer the shrimp to a plate. Wipe the pan clean.
 Add the remaining 1 Tablespoon oil to the pan; heat over medium heat. Add tomatoes; cook, stirring occasionally and pressing the tomatoes down lightly with tongs or a wooden spoon, until the tomatoes begin to break down and juices are released, about 5 minutes. Add basil and return the shrimp to the pan. Cook, stirring constantly, until the basil is wilted and the shrimp are warm, about 1 minute. Remove from heat; stir in pesto.

Photo by Jen Causey

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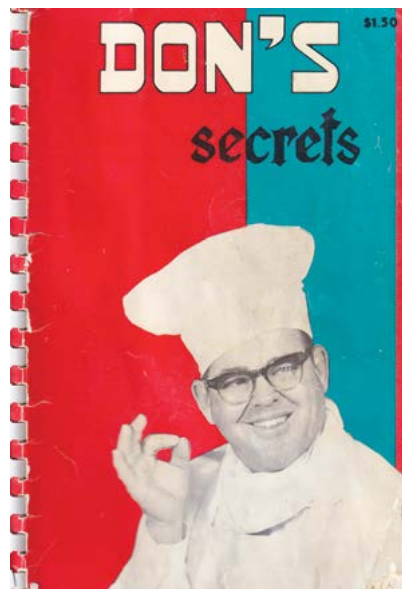
**Submitted by David Stallings -
 Around the Town Publisher**

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!



CRAWFISH STEW

- 20 lbs. fresh crawfish
- 2 cups chopped onions
- 1 cup chopped celery
- 1/2 can whole tomatoes
- 4 cloves garlic, minced
- 1 level Tablespoon tomato paste
- 1 cup all-purpose flour
- 1 cup cooking oil
- 1/2 cup green onion tops, and parsley, chopped
- 1 gallon cold water
- Salt, black pepper and Cayenne (red pepper)



Scald crawfish. (Put enough water in a heavy pot so that crawfish will be covered with four inches of water. Bring to boil. Drop crawfish into boiling water, and turn heat off immediately. Let crawfish set in hot water for 5 minutes in uncovered pot. Drain off the water.) Peel crawfish and save fat in jar. (After scalding crawfish, separate tails from head. Inside the crawfish head is a yellow substance, which is the fat. Remove this fat from all of the crawfish heads.) Put crawfish tails in bowl. Set aside.

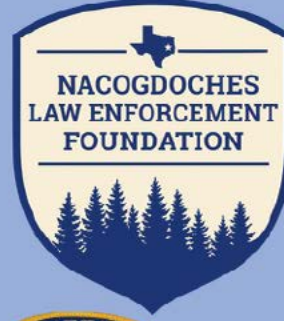


Put crawfish tails in bowl. Set aside.

Make roux. (Put 1 cup cooking oil in a heavy iron pot over medium heat. When oil is hot, stir 1 cup flour in gradually. Lower heat. It is very important that you keep STIRRING CONSTANTLY. After all of the flour has been combined with the oil, turn fire down very low and cook until golden brown, STIRRING CONSTANTLY. Add onions, celery, whole tomatoes and tomato paste to roux. Cook in uncovered pot over medium heat for about

40 minutes, or until oil separates from tomatoes. Set aside.
 Put 1 gallon of water, garlic and the crawfish fat to boil in uncovered pot over medium heat, stirring constantly, until it boils. Season generously with salt, black pepper and Cayenne. Add roux mixture. Cook in uncovered pot slowly for 1 hour. Add crawfish tails and continue boiling slowly in uncovered pot for another 20 minutes. Add green onion tops and parsley. Serve in soup plates with cooked rice. Serves 6. For Crawfish Bisque — Add Heads.

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*Kathleen's Kitchen
 Comments*



Kathleen's mother, Nancy Hinson, cooked at mess halls and boarding houses near oilfield camps beginning in 1918 at Tiffin Switch near Ranger; this meant that Kathleen grew up preparing food for others. In El Dorado, Arkansas, probably from 1927 to the fall of 1929, on the Calleon Road, she helped her mother cook meals daily for twelve men. Little wonder, then, when she and Hershel Dixon moved to Lufkin in 1936 on Shepherd Avenue across the street from Rev. Emma Irick, she cooked lunches for six men every day for 15 cents a meal, out of which she paid for the family's groceries and house rent. When they moved to 609 Finley near Yancy Rhodes, she continued her lunch meals, augmenting her income by selling milk, eggs, and butter from the cow they pastured where Timberland Drive and Chen's are now. *We offer our readers these comments in the spirit of Kathleen's culinary skills.*

Papi's Restaurant and Cantina on 422 East Main Street in downtown Nacogdoches (on the brick street) offers ambiance and great Mexican food at great prices. The high ceilings and exposed interior brick walls set the tone with ambiance for a great meal, and great service seals the deal. On two occasions, our diners ate there and ordered #42 Tostadas, #31 Enchilada Dinner, and #41 Taco Salad, and they thoroughly enjoyed them. #42 Tostadas had 2 chicken fajita tostadas with beans, cheese, lettuce, tomato, guacamole, and sour cream for only \$10.95. The #31 Enchilada Dinner included 3 beef or cheese enchiladas covered with gravy and cheese, and they were served with rice and beans, all for only \$11.95. #41 Taco Salad was a large fried flour tortilla with beans, ground beef, American cheese, Monterrey cheese, lettuce, tomatoes, guacamole, and sour cream for only \$10.95.

For a great dining experience, call them for a pickup order or go in and dine. The number is (936) 305-3714.

*"Democracy is the government of the people,
 by the people, for the people." - Thomas Jefferson*

From Angela Bradford

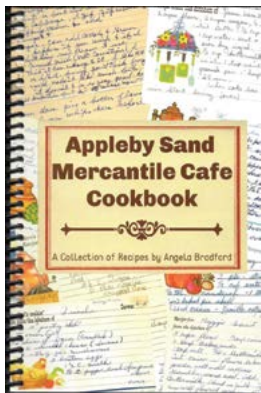
After years of dedicating my life to the bustling world of the restaurant business, I had finally decided to hang up my apron and embrace the quiet life of retirement. However, as I navigated through a challenging period of health issues, I found myself yearning for the clatter of dishes, the chatter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



POTATO SALAD

- 2 lbs. of potatoes, peeled and diced
- 1/4 cup chopped onions
- 7 hard boiled eggs, chopped
- 4 Tablespoons of sweet pickle relish
- 1 cup of mayonnaise
- Salt and pepper to taste
- 1 teaspoon yellow mustard

Boil, peel and dice eggs, then set aside. Peel and dice the potatoes into about 1 inch pieces. Cover them with water and bring them to a boil for about 15 minutes or until tender. Drain in a colander. Let the potatoes cool before mixing so they won't crumble. In a separate bowl, mix the other ingredients together. Then add the potatoes and mix gently. Plan to give your potato salad several hours in the fridge before serving. The flavors get better and better as the hours go by. (Usually 4-6 is plenty of time.)



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

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.

APRICOT CHICKEN

Submitted by Donna Newton for band student Rachel Newton

- 12 boneless chicken breasts
- 8-oz. Russian dressing
- Salt and pepper, to taste
- 1 envelope onion soup mix
- 18-oz. apricot preserves

Season chicken with salt and pepper. Mix together remaining ingredients. Pour over chicken. Cover and bake at 350° for 50 minutes.

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4th of July HITS

Try out these great 4th of July grilling ideas! They are sure to please and light up your holiday meal.

Apple Cinnamon Brined Baby Back Ribs

This brine for pork ribs is not only easy to make, but will give you consistently juicy and delicious results every time. This brine works as well for St. Louis-cut ribs (spare ribs) as it does for baby back ribs, pork loin, pork chops, etc.

Ingredients:

3 racks baby back ribs

Brine:

6 cups water
3 cups apple cider or apple juice
2 cups white sugar
½ cup kosher salt
6 sticks cinnamon
2 Tablespoons black peppercorns
1 Tablespoons whole cloves
2 bay leaves

Rub:

½ cup brown sugar
⅓ cup paprika
1 Tablespoon kosher salt
1 Tablespoon garlic powder
1 Tablespoon onion powder
2 teaspoon ground cinnamon
2 teaspoon chili powder
2 teaspoon black pepper
1 teaspoon dry mustard



Instructions:

Combine water and apple cider in a large pot and bring to a rolling boil, then add remaining brine ingredients. If you don't have apple cider, apple juice will also work.

Cover the brine and let boil for 10 minutes. Remove the brine from heat and allow it to cool to room temperature. Pour one cup of brine into a spray bottle.

Remove the membrane from the backside of the ribs. Think of this membrane as an impenetrable flavor barrier.

Neither your rub nor your brine can get through this membrane, so removing it will make all the difference in the world to your finished ribs.

Submerge ribs into the room-temperature brine, making sure they are completely covered. I find it's easiest to use a cheap disposable aluminum chafing pan for this, but use what you have.

Place ribs in the refrigerator for 24 hours.

While the ribs are brining, combine rub ingredients and put into a shaker bottle—set aside. You can make more of this if you like, I use this rub on other things as well; the cinnamon brings a unique flavor to various meats.

Light your grill and set up for two-zone cooking, establishing temperature at 285–300 °F.

Rub a very thin coat of vegetable oil onto the ribs. This will act as a binder for the rub. Sprinkle the rub generously onto the racks of ribs. Ensure you cover the front, back, and sides of each rack.

Cook for about 3 hours, spritzing with the brine every 45 – 60 minutes. If you're using a Kamado-style grill or kettle grill, just ensure you place the ribs over indirect heat.

Allow to rest for about 10 minutes uncovered before slicing and serving.

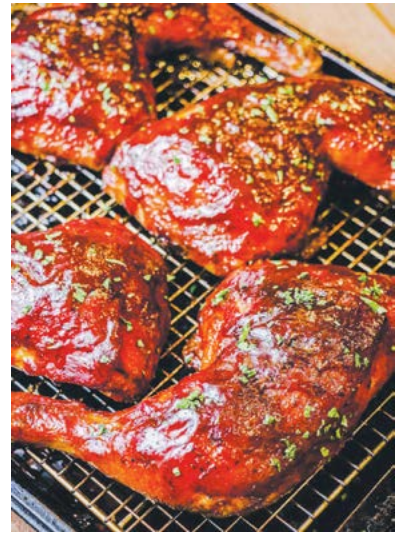
Juicy BBQ Chicken Quarters

Ingredients:

4-6 chicken leg quarters
¼ cup avocado oil
1 cup BBQ Sauce
¼ cup BBQ Dry Rub

Instructions:

1 cup quick-cooking oats
1 cup packed brown sugar
1/2 cup all-purpose flour
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/2 cup cold butter
Whipped cream, optional



Light grill and set up for two zone cooking.

Pour dry rub into a shaker bottle and set aside.

Lightly coat the chicken with avocado oil, then place it skin side down over direct heat. Flip every 2 minutes for 10 minutes.

Move the chicken over to the indirect heat side of the grill, skin side down. Lightly brush the bottom side of the chicken with avocado oil, then season with the rub in a shaker bottle. Flip the chicken to skin side up, brush with more avocado oil and season the skin.

Close the lid and establish the cooking temperature at 375 °F.

Allow the chicken to cook until the internal temperature reaches 160 °F before brushing on the first coat of optional bbq sauce. Close the lid and repeat the optional bbq sauce process at 170° and 180 °F.

Remove chicken from the grill when the internal temperature reaches 185°F. Feel free to give one last coating of bbq sauce or a light dusting of the rub, that's optional.

Serve hot with your favorite BBQ sides.

Smoked and Seared Tri-Tip

An inexpensive cut of meat that is packed with flavor and can be cooked countless different ways. This smoked and seared recipe is simple and fun, and the results are amazing.

Ingredients:

1 tri-tip roast, about 2 lbs
2 teaspoon olive oil

For the Rub:

2½ Tablespoons kosher salt
2 Tablespoons finely ground espresso
3 teaspoon white sugar
3 teaspoon granulated garlic
2 teaspoon onion powder
2 teaspoon paprika
1 teaspoon fine ground black pepper
1 teaspoon chipotle chili pepper



Instructions:

Step 1: Light your grill and set up for two zone cooking. Using a reliable leave-in thermometer, establish grill temperature at 225 °F.

Step 2: While the grill is preheating, combine all ingredients for the rub into a shaker bottle. Evenly coat the entire tri-tip with olive oil, and then liberally season all sides of the roast with the rub.

Step 3: Add one hickory wood chunk to the hot coals of your grill, and place the tri-tip over indirect heat. Insert a reliable leave-in thermometer into the thickest portion of the meat and close the grill's lid. Allow the meat to smoke until the internal temperature reaches 115 °F, about one hour.

Step 4: Remove the meat from the grill and stoke the coals for high direct heat. Get coals as close to the grill grate as possible. Meat should have the beginnings of a nice bark starting to set by this point.

Step 5: Place the meat directly over high heat and flip every 20 seconds. Continue this for about five minutes, or until the internal temperature reaches 127 °F.

Step 6: Remove meat from grill, tent with foil, and allow it to rest for at least 10 minutes before slicing and serving with chimichurri sauce or herb butter.

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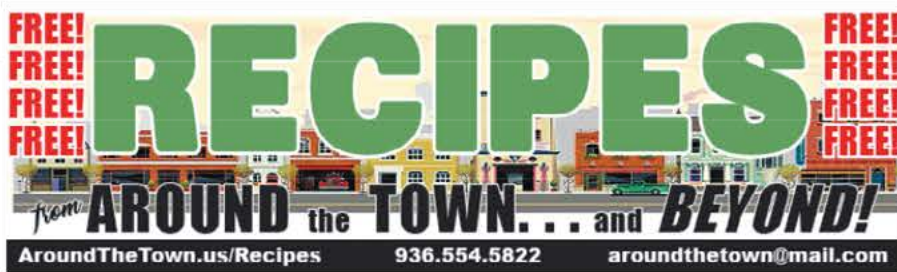
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