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**October 2022**

## Mmmm Good, Simple Chicken and Gravy Recipe

Here's a lightened-up take on the classic southern comfort-food dish: chicken and gravy. Try this super easy recipe and see if it's not a hit at your house.

### CHICKEN AND GRAVY

**Ingredients:**

**Chicken:**

- 3/4 cup crushed cornflakes
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- 2 tablespoons fat-free evaporated milk
- 4 boneless skinless chicken breast halves (4 ounces each)
- 2 teaspoons canola oil

**Gravy:**

- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 1/2 cup fat-free evaporated milk
- 1/4 cup condensed chicken broth, undiluted
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 1/2 cup fat-free evaporated milk
- 1/4 cup condensed chicken broth, undiluted



**Preparation:**

In a shallow bowl, combine the first 6 ingredients. Place milk in another shallow bowl. Dip chicken in milk, then roll in cornflake mixture.

**Chicken and Gravy Recipe - page 3**

## Easy and Delicious One Pot Meal – Arroz con Pollo

Arroz con Pollo (chicken with rice) is the perfect weeknight meal and leftovers make terrific lunches.

### TEXAS-STYLE CHILI

**Ingredients:**

- 3 lb. bone-in, skin-on chicken thighs and drumsticks
- Kosher salt
- Freshly ground black pepper
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. garlic powder
- 1/2 tsp. cayenne pepper
- 3 tbsp. extra-virgin olive oil
- 1 large onion, chopped
- 2 bell peppers, chopped
- 4 cloves garlic, minced
- 2 tbsp. tomato paste
- 1 c. long-grain rice
- 2 c. low-sodium chicken broth
- 1 (14-oz.) can diced tomatoes
- 1 bay leaf
- Freshly chopped cilantro, for garnish



**Preparation:**

Pat chicken dry with paper towels, then season all over with salt and pepper. In a small bowl, combine cumin, oregano, garlic powder, and cayenne. Rub mixture into chicken.

In a large skillet over medium-high heat, heat oil. Add chicken and cook until golden, 5 minutes per side. Remove skillet and reserve on a plate.

To same skillet over medium heat, add onion and pepper. Cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more, then stir in tomato paste.

Add rice and cook until well coated and toasted, 3 minutes. Pour in

**Arroz con Pollo Recipe - page 3**

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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."

### NOODLE MEAT DISH PIE

(Genia Sparks)

and

### TALLARINE

(Miss Nan Wright)

*Noodle Meat Dish Pie*

1 small pkg. noodles  
1 bell pepper  
2 onions  
1/2 lbs ground meat  
1/2 lb or less cheese

Boil noodles in plenty of water about 5 minutes. Put meat in skillet. Add onions pepper and bell pepper. Cook until done but not dry or brown. (use beef or pork or mixed) Drain water from noodles. Add 3 cans tomato puree mix. Put in baking dish. Cover with grated cheese. Bake in moderate oven until cheese has boiled together thoroughly.

*Genia Sparks*

*Tallarine*

Saute one big onion in butter add 1/2 lbs ground meat. Cook until white add 1 pkg. egg noodles, 1 can tomato soup, 1 can water, 1 can Rotel, 4 tsp chili sauce. Turn fire low and cook until noodles are tender. Then add 1 can ripe olives and 1 2oz can whole grain corn. Dip all this on top of stove. Place in refrigerator till ready to cook. Put grated cheese on top and cook in oven 350° for 45 min - open oven door and let set for 15 min - then eat it's good!

*Miss Nan Wright*

- 61 -

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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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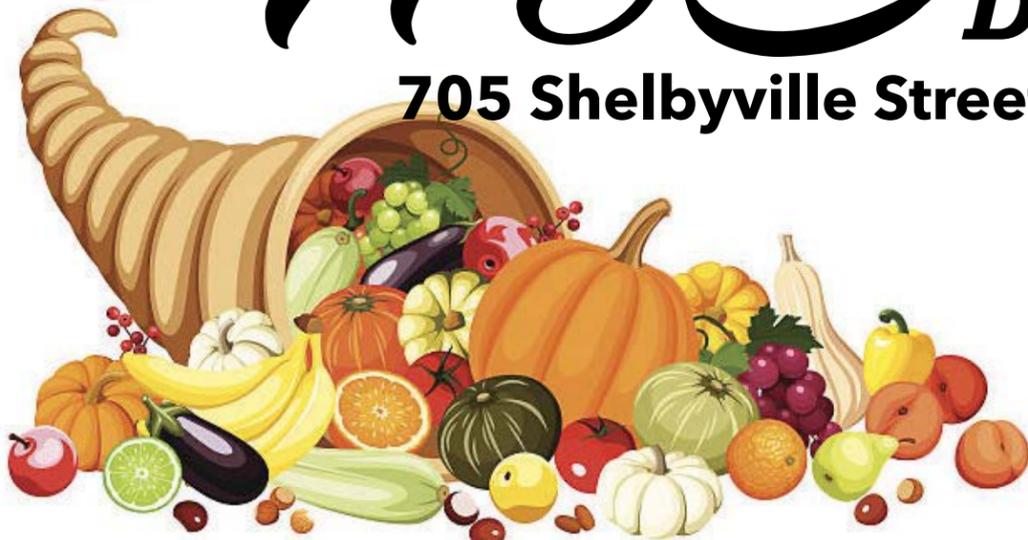
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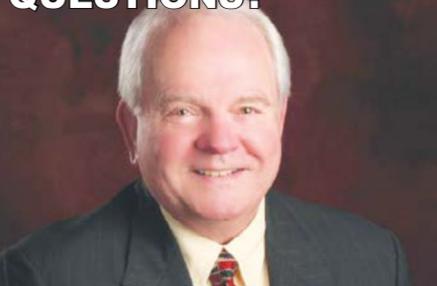
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### Chicken and Gravy Recipe

In a large nonstick skillet, cook chicken in oil over medium heat until a thermometer reads 170°, 6-8 minutes on each side.

Meanwhile, in a small saucepan, melt butter. Stir in the flour, pepper and salt until smooth. Gradually stir in the milk, broth and sherry. Bring to a boil; cook and stir until thickened, 1-2 minutes. Stir in chives. Serve with chicken.

### Arroz con Pollo Recipe

chicken broth and diced tomatoes, and bay leaf, stirring up any bits from bottom of pan. Bring to a boil, then add chicken back to skillet. Reduce heat and let simmer, covered, until chicken is cooked through and rice is tender, 30 minutes. Stir occasionally to make sure rice is not sticking to bottom of pan. Add more water or broth as necessary.

Remove bay leaf and serve with cilantro.

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

by Areeda Schneider-Stampley



**Let Freedom Ring!**



## HOMEMADE CINNAMON ROLLS

*Delicious on a cool Autumn morning!*

- 1 3-oz box cook & serve vanilla pudding
- 2 cups milk
- 1/2 cup butter
- 2 packages dry yeast (4 1/2 tsp)
- 2 teaspoons sugar
- 1/2 cup warm water
- 2 large eggs, beaten
- 1/2 teaspoon salt
- 1 Tablespoon vegetable oil
- 6 cups bread flour

In a medium saucepan, cook pudding (and 2 cups milk) according to package directions. Add butter and let set until lukewarm and butter is melted. In a small bowl, dissolve yeast and sugar in warm water (115-120°) until foamy.

Using a stand mixer, mix eggs, salt, oil, yeast mixture and the pudding on low speed. Gradually add in 6 cups of flour, one cup at a time stirring between each addition, to make a soft sticky dough. Turn mixer to medium speed, if needed, as flour is added.

Place on floured surface and knead 3 min. Place dough in a greased large bowl, and cover with a towel. Let rise 45 min. in a warm place.

After dough rises, place back on floured surface. Using rolling pin, roll out into a rectangular shape. Spread Filling on top of dough and roll up starting at the long end. Using sharp knife, cut dough into 12 rolls about 3/4" thick. Place in greased 9x13 pan; let rise 45 minutes.

Bake in 350° oven 15-20 minutes or more (depending on your oven). Rolls should be lightly brown. Remove and spread **Frosting** over rolls when they are slightly cool.

**Filling:**

- 1/2 cup (1 stick) butter, softened
- 1 cup packed brown sugar
- 1/4 cup (or little less) cinnamon

Sprinkle with walnuts or pecans (optional). Cream butter with electric mixer. Add brown sugar and cinnamon; mixing until all is combined.

**Cream Cheese Frosting:**

- 8 oz. cream cheese, softened
- 1/2 cup (1 stick) butter, softened
- 4 cups Confectioners' sugar
- 2 teaspoons vanilla extract

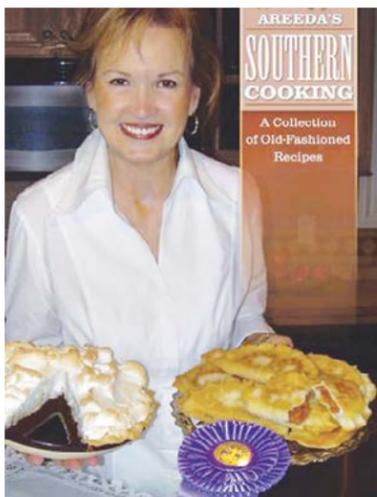
Cream together cheese and butter; work in the sugar. Add vanilla.



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

Contact: [aredaschneider@bellsouth.net](mailto:aredaschneider@bellsouth.net)  
Order Joe Stampley CDs at [www.joestampley.com](http://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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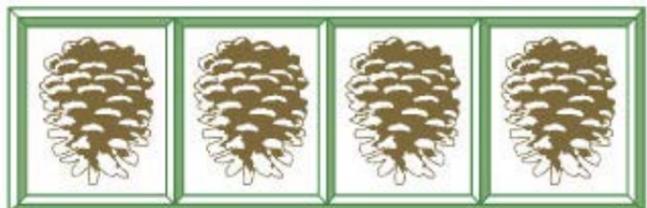
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# Bubba's Original Sophisticated Southern Redneck Cookbook

*"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."



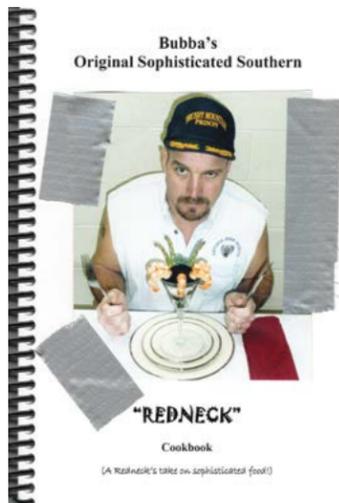
Another cookbook in the writing stage is "All Things Cheesecake." Originally from Magnolia, Arkansas, Ken is a multi-talented entertainer as well, performing on stage and behind a piano. A consummate writer, he has collections of short stories, novels, commissioned songwriting and even two musicals to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

## CHICKEN "VIENNA" FLORENTINE

When Bubba McCoy's fourth wife Flora wuz finally paroled from the lady's prison over in Springhill, he wanted to make somethin' real special for her homecomin'. He come up with this dish after watchin' all those episodes of Rachel Ray on the Food Network. He'd seen her make all kinds of thangs and call 'em "Florentine." She'd stuff a chicken, put it in lasagna, little fried pies, ever'thang it seemed so it weren't nuthin' for him to think of usin' a can of Vienna Sausages. They wuz good—ever'body liked 'em, at least ever'body in the break room at the local Piggly-Wiggly where he worked. So he whipped up a mess of this stuff and stuffed it into a Vienna Sausage and the Viennie Florentine wuz born. He took a mess of 'em to the Rotary Club Cock Fight one Saturday night and they wuz more fightin' over the last one than they wuz in the ring. Try 'em and see if you don't have a fight at yer dinner table. Better make plenty.

- 3 cans chicken Vienna sausages
- 8-oz block Mozzarella cheese, shredded
- 1 (4-oz) block cream cheese
- 1 box frozen spinach, thawed, and WELL-drained
- 1/4 cup heavy cream
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 Tablespoon all-purpose flour

Cut slit in sausages length-wise. Do NOT cut all the way through. Heat cream, add flour and make a thin roux, add salt and pepper and cheeses and spinach. Stir until combined and creamy. Spoon small amount of mixture into sausage. Bake at 350° for 34-4 minutes or until warmed through. Make a batch!



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**From Foodtalk**

**JALAPENO CHEDDAR CORNBREAD**

This cheesy cornbread is super delicious and satisfying. It comes together quickly and makes for easy snacking.

**Ingredients**

- 8 tablespoons unsalted butter
- 1½ cups fine or medium grind cornmeal
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1½ teaspoons kosher salt
- 1/4 cup honey
- 1¼ cups buttermilk
- 2 large eggs room temperature
- 1½ cups extra-sharp cheddar cheese shredded
- ¾ cup jarred jalapeños minced



**Instructions**

Heat oven to 375°F (190°C). On the stove top, in a 12-inch cast iron skillet, melt the butter over medium heat.

Swirl the pan to lightly coat sides and bottom, until the foam subsides and the butter turns a deep nut brown. (Watch carefully to make sure it does not burn).

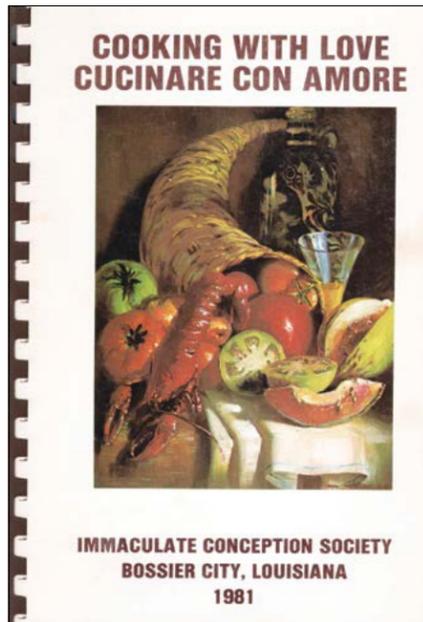
Pour brown butter into a Pyrex measuring cup or heatproof bowl and set aside. (Do not wipe out the pan.) In a large bowl, whisk together cornmeal, flour, baking powder, and salt.

In a separate bowl, whisk honey, buttermilk, eggs, and browned butter together. Stir wet mixture into cornmeal mixture until just combined. Stir in 1 cup shredded cheddar cheese and minced jalapeños until just combined. Set aside while you warm the cast iron pan.

Warm cast iron skillet over medium heat for a minute or two then pour cornbread batter into the skillet. Smooth the top with a spatula and sprinkle with remaining ½ cup shredded cheddar.

Bake until cornbread is deep golden brown, top is firm to touch, and a knife inserted in center comes out clean, about 25-28 minutes. Let cornbread cool in the skillet for 10 minutes.

Run a butter knife around the edges to loosen then cut into triangles and serve.



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.

**CHICKEN CACCIATORE NAPLES STYLE (from Tena M. Namie)**

- 1/2 cup olive oil
- 2 cloves garlic, sliced thin
- 1 (2 to 3 lb.) frying chicken
- 3½ cups (No. 2½ can) tomatoes
- 1¼ teaspoon salt
- 1 teaspoon oregano
- ½ teaspoon pepper
- 1 teaspoon chopped parsley

Heat oil and garlic in a large, heavy skillet until garlic is lightly browned. Cut the fryer and coat with flour. Starting with meaty pieces, place them, skin side down, in skillet containing oil and garlic. Brown all sides. Slowly add tomato mixture and other ingredients and cook slowly 25 to 30 minutes, or until thickest pieces of chicken are tender when pierced with a fork. If mixture tends to become too thick, add a small amount of water.



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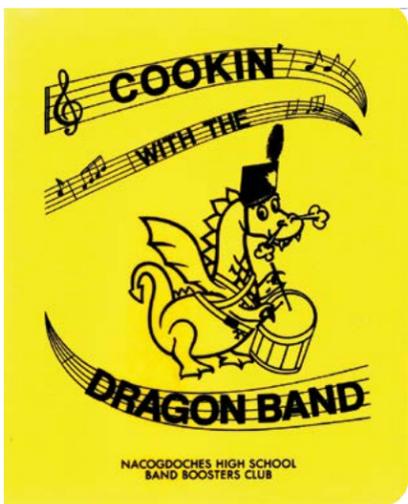
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**From 1989 Cookin' with the Dragon Band**



This book was published in 1989 and sponsored by the Nacogdoches High School Band Boosters Club Boosters.

"Cookin' with the Dragon Band is a collection of favorite recipes from the families of NHS Band Students with additional contributions by community leaders and local restaurants."

Maybe it will bring back some memories or maybe you'll see one of your own recipes some day.

**DONNA'S CHICKEN SPAGHETTI**

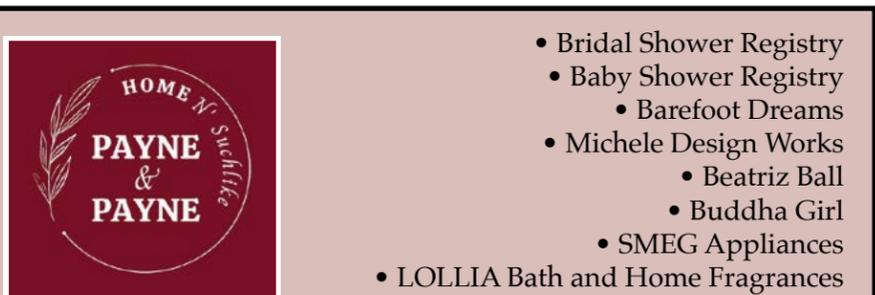
Submitted by Donna Newton, of band student Rachel Newton

- |                              |                         |
|------------------------------|-------------------------|
| 1 large chicken              | 1 pound spaghetti       |
| 2 carrots, peeled and sliced | 1 can stewed tomatoes   |
| 2 medium onions, chopped     | 1 cup sliced mushrooms  |
| Salt and pepper, to taste    | 1 green pepper, chopped |

Place chicken in large kettle and cover with water. Add carrots and half the onions. Season with salt and pepper. Boil until tender. De-bone chicken.

Cook spaghetti in remaining chicken broth, adding water if necessary. In skillet, sauté pepper and remaining onions. Add tomatoes and simmer 2-3 minutes. Combine chicken, spaghetti, and tomato mixture. Add mushrooms just before serving. Serves 8.

Best if cooked the day before serving.



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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!



### HOT ROLLS

- 2 cups warm (not hot) water
- 2 packages yeast (cake or dry)
- 1/3 heaping cup of sugar
- 1 teaspoon salt
- 1/3 cup shortening (I use cooking oil)
- 6 or 6½ cups flour

In large mixing bowl, dissolve yeast in water. Add sugar, salt and shortening and stir well. Add sifted flour a little at a time. (Dough will be rather sticky.) Cover with a damp cloth and set in a warm place to rise. When dough has doubled in bulk, push down and turn out on a well floured wax paper, roll out and cut rolls out. Turn each roll over in cooking oil and place in pan to rise again to double in bulk. Cook in hot oven 12 to 15 minutes.



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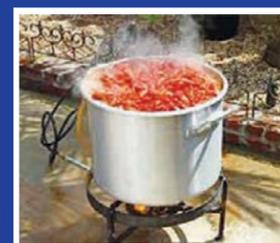
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**From James Aston of Nacogdoches**

A wonderful shrimp pasta dish! You can change the amount of ingredients to your taste.

**SHRIMP ALFREDO PASTA**

Soak pinto beans overnight in water - cover enough so they have room to swell.

- 1 (16 ounce) jar Alfredo-style pasta sauce
- 1 (16 ounce) package angel hair pasta
- 2 pounds fresh shrimp, peeled and deveined
- 1 cup butter, melted
- 1/2 small green bell pepper, diced
- 1/2 small red onion, finely chopped
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin



In a saucepan over low-temperature, heat the Alfredo sauce. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 minutes or until al dente; drain.

Boil shrimp in a large pot of water until they turn orange. Then place in bowl with melted butter. Let shrimp marinate for 15 to 30 minutes; remove. In a large skillet over medium heat, sauté the green pepper and onion in a small amount of oil.

Mix together the cooked pasta, shrimp, pepper-onion mixture and Alfredo sauce. Season with garlic powder and cumin.

# Remembering Lindy's Chicken

This is for you Nacogdoches "Oldies, but Goodies" who remember the amazing rotisserie chickens from Lindy's on North Street back in the 60s. Several years ago, Mrs. Lindy Bousman gave me the recipe for the rub that Mr. Bousman used on the chickens. He sold the chickens for 99 cents. I paid \$11.55 today for the raw whole chicken! With the chicken, you got a cup of BBQ sauce, which Mrs. Bousman told me was Morton's brand. Morton's sauce is no longer available, but Cattlemen's brand is very similar. I finally got around to mixing up the rub and grilled a chicken this afternoon at 450 degrees until it reached an internal temperature of 168 degrees. I let it "rest" for almost an hour before carving it. It was FANTASTIC...tender & juicy! What memories it brought back! Mom would treat us to a Lindy's BBQ chicken every week and it was always so special!

Here's the recipe for the rub:

- 1.25 lbs salt (20 oz), .75 lb light brown sugar (12 oz), .25 lb black pepper (4 oz), .25 lb paprika (4 oz), 1 heaping tablespoon garlic powder, 1 heaping tablespoon red pepper. This is enough rub to do several chickens. You should try it!



**From Julia Jones of Nacogdoches**

Julia runs IMPACT, a non-profit ministry in downtown Nacogdoches that serves the families of Nacogdoches thanks to the generosity of friends and family. She volunteers full time and has generous ladies who help her make IMPACT possible. Over the years IMPACT has continued to grow and they were able to expand their service to include fire victims, as well as seniors in nursing homes with no family and children, referred to them by social services.



**THREE-CHEESE MANICOTTI**

- 3 cartons ricotta cheese
- 20 ounces shredded mozzarella cheese, divided
- 1 cup grated Parmesan cheese
- 2 eggs, beaten
- 3-4 teaspoons Italian seasoning, to taste
- 2 jars spaghetti sauce
- 20 manicotti shells, cooked and drained

In a large bowl, combine cheeses using only 3 cups of mozzarella, eggs and seasoning. Spoon one cup of spaghetti sauce into each of two 9x13 baking pans. Stuff manicotti shells with cheese mixture and arrange over sauce. Top with remaining sauce. Cover and bake at 375°



for 35-40 minutes. Uncover and sprinkle on remaining mozzarella cheese. Bake 10 minutes more until cheese is melted and bubbly. Makes about 10 servings.



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



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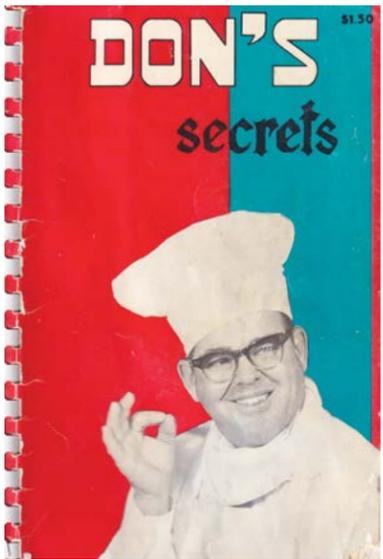
**Submitted by David Stallings -  
Around the Town Publisher**

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



**STUFFED RED SNAPPER**

- 1 1/2 cups chopped onions
- 1/2 cup chopped celery
- 1/4 lb. margarine
- 1/2 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon Cayenne (red pepper)
- 1/2 cup bread crumbs
- 1/4 teaspoon black pepper
- 4 lbs. filet of red snapper
- 1 lb. shrimp, peeled & deveined
- 3 stale hamburger buns
- 4 eggs
- 1 heaping Tablespoon all-purpose flour



Boil shrimp, drain water and chop them—not too fine. Dice one pound of filet of red snapper and set aside. Wilt onions and celery in margarine. Add sugar, black pepper and salt. Add shrimp and diced red snapper to wilted onions. Cook for 5 minutes. Put buns and eggs in a bowl; mix well and add flour and bread crumbs. When well mixed, add shrimp, diced red snapper and onion mixture. Stir well and it will be ready to stuff into the filets.

Stuff filets; season and butter each side of them and broil in oven 10 minutes on each side. Serve piping hot with drawn butter or garlic butter. Serves 6.

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**From Angela Bradford**

Angela Bradford was the owner/operator of Appleby Sand Mercantile Café in Nacogdoches.

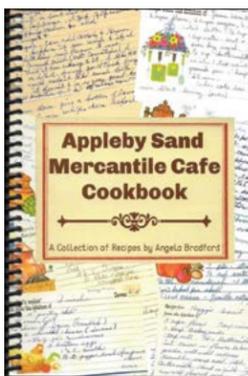
**KING RANCH CASSEROLE**

- 4 boneless, skinless chicken breast (cooked and shredded)
- 1 medium onion, chopped
- 1 can chicken broth
- 1 (10-3/4 ounce) can cream of mushroom soup
- 1 (10-3/4 ounce) can cream of chicken soup
- 1 (10 ounce) can Rotel tomatoes
- 1/2 teaspoon salt
- 8-10 (8-inch) corn tortillas



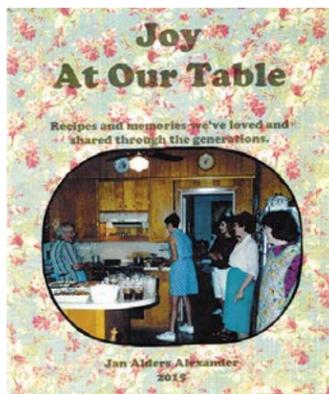
Preheat oven to 350°F. Spray a 13 x 9 inch baking dish with a non-stick cooking spray and line bottom with corn tortillas. In large bowl, combine cooked, shredded chicken, both soups, Rotel tomatoes, and chopped onion. Layer tortillas with half of the chicken mixture. Top with 1 cup of cheese. Repeat layers. Cover and bake at 350° for about 30 minutes. Let stand 10 minutes before serving.

Printed with permission from Angela Bradford. She owned and operated the Appleby Sand Mercantile Café in Nacogdoches for more than 20 years. Her “comfort food” was absolutely amazing and the atmosphere at the café was almost like a daily family reunion. Angela has decided to “retire” from the food business so that she may spend more time with her family. The cookbook is available by mail order. Please mail checks for \$20 for each book payable to Angela Bradford - 6530 FM 2609 - Nacogdoches, TX 75965.



**Submitted by Jan Alders Alexander of Nacogdoches**

I always double this recipe, and freeze one meatloaf. There is nothing better than a meatloaf sandwich on white bread with a little mustard the next day.



**OLD FASHIONED MEATLOAF**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>1 pound ground beef</li> <li>1 1/4 teaspoons salt</li> <li>1/4 teaspoon ground black pepper</li> <li>1/2 cup chopped onion</li> <li>1/2 cup chopped bell pepper</li> <li>1 egg, lightly beaten</li> </ul> | <ul style="list-style-type: none"> <li>8 oz. canned diced tomatoes with juice</li> <li>1/2 cup quick-cooking oats</li> <li><b>Topping:</b></li> <li>1/3 cup ketchup (I always use 1/2 spicy ketchup)</li> <li>1 Tablespoon brown sugar</li> <li>1 Tablespoon prepared mustard</li> </ul> |
|--|--|

Preheat oven to 375°. Mix all meatloaf ingredients well and place in a baking dish. Shape into a loaf. Bake about 1 hour. Mix topping ingredients and put on top of meatloaf before and during baking.

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## CARNE ASADA TACOS

Prep time: 15 minutes Cook time: 10 minutes Servings: 4

Happy Taco Tuesday, or whatever day of the week you're reading this on! We're bringing the beef with a classic Mexican dish, carne asada. The sliced steak is loaded into corn tortillas and topped with pico de gallo for some delicious street taco flavor without too much fuss. Just remember to get that meat marinating the night before, and you'll be on your way to an evening flavor fiesta in less than 30 minutes!

- |   |                                       |
|---|---------------------------------------|
| 1 lb. beef flank or skirt steak                                       | Salt and pepper to taste              |
| 1/2 bunch fresh cilantro  | 16 small corn tortillas               |
| 1/4 cup olive or vegetable oil  | Lime wedges                           |
| 1 lime, juiced  | Chopped cilantro                      |
| 1 clove garlic, smashed   | Pico de gallo or salsa of your choice |
| 1 Tablespoon chili powder   |                                       |
| 1 Tablespoon cumin  |                                       |
| 1 Tablespoon dried cilantro<br>(sometimes called coriander), optional |                                       |

Wash fresh cilantro thoroughly. Set aside half the bunch to dry and chop later for topping. Roughly chop or break up the other half, stems and all. I usually grab it, break it in half, then break in half again.



Pour oil, lime juice, garlic and spices into a gallon-sized plastic storage bag or other sealable container and mix well. Add cilantro and mix again. Then add meat, turning to coat thoroughly. Store in refrigerator for at least one hour but preferably overnight for best flavor and tenderizing.

Cold meat will stick to the grilling surface more readily, so set the meat out at least 30 minutes prior to cooking to allow it to come to room temperature.

When ready to cook, heat either grill or a heavy pan to medium-high heat for about three minutes. If using a pan, heat up a teaspoon or two of cooking oil to help get that nice char on the meat's surface.

Cook the steak over medium-high heat for about five minutes per side for medium to medium-rare doneness. Add or subtract cooking time depending on the thickness of the cut—more for thicker pieces, less for thin cuts. A meat thermometer can help to more precisely determine the level of doneness your family prefers.

While the steak is cooking, warm tortillas. I use two of the smaller corn tortillas per taco to catch all the delicious juices while keeping the taco structurally sound.

Allow the steak to rest for at least six minutes before slicing thinly against the grain. Aim for slices about 1/4 inch thick.

One pound should be enough meat to fill about eight small tortillas, so adjust the recipe to fit your family. Serve warm with lime wedges, pico de gallo, sour cream, cheese and any other toppings your family loves.

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# The Barbecue Pit

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

## Going In Whole Hog

Try some of these delicious pork recipes.

### Fire Cook's Pork Chops

- 8 pork chops, 1-inch thick
- Large resealable plastic bag
- 3/4 cup ketchup
- 3/4 cup maple syrup
- 1/4 cup Worcestershire sauce or steak sauce
- 3 Tablespoons butter
- 3 Tablespoons prepared mustard
- 2 Tablespoons vegetable oil
- 2 Tablespoons vinegar
- 1 teaspoon salt
- 1/4 teaspoon ground cloves
- 1/4 teaspoon black pepper

Place chops in bag. Combine remaining ingredients in a small saucepan. Bring to a boil over medium heat; reduce heat and simmer 5 to 10 minutes.

When cool, pour sauce over chops and refrigerate at least 2 hours or overnight.

Preheat grill to medium heat.

Remove chops from bag. Grill about 25 minutes, turning and basting frequently with sauce.

Pour remaining sauce into a small saucepan. Bring to a boil over medium heat; serve with chops.

Makes 8 servings.



### Barbecued Pork Roast

- 3 to 4 pounds pork shoulder blade Boston roast (boneless)
- Salt
- Pepper
- 1/4 cup sugar
- 1/3 cup ketchup
- 3 Tablespoons vinegar
- 1 Tablespoon prepared mustard
- 1 Tablespoon vegetable oil



Season roast with salt and pepper. Insert meat thermometer into thickest part of roast. Grill over medium hot coals or gas heat using indirect heat and an aluminum foil hood to help provide reflective heat.

In a small saucepan, combine remaining ingredients and simmer five minutes. After one hour of grilling, begin basting with the barbecue sauce. Baste every 15 minutes. Grill 1½ to 2 hours (or until thermometer reads 170 °F).

Makes 8 to 10 servings.

### Grilled Pork Kebabs

#### With Hawaiian Filipino Adobo

*This delicious Filipino recipe draws on the Iberian cuisine of the Spanish and the vibrant flavors of the Far East. Traditionally adobos are stewed, not grilled, but using the sauce as a marinade gives pork a terrific flavor and it cooks down to make an interesting barbecue sauce.*

- 1½ pounds pork loin or tenderloin (2 to 3 tenderloins)
- Coarse salt (kosher or sea) and freshly ground black pepper
- 1 medium-sized onion, thinly sliced
- 3 cloves garlic, thinly sliced
- 1 piece (1 inch) fresh ginger, peeled and cut into matchstick slivers
- 2 scallions, trimmed, white parts minced, green parts thinly sliced
- 1 cup soy sauce
- 2/3 cup rice vinegar or white wine vinegar, or more to taste
- 1 Tablespoon sweet paprika
- 3 bay leaves
- 2 Tablespoons Asian (dark) sesame oil
- 1 large onion, peeled
- 2 Tablespoons (1/4 stick) butter
- 2 Tablespoons vegetable oil

#### You'll also need:

- 8 long bamboo or metal skewers (12 inches long)

Place a tenderloin on your work surface. Remove the silver skin (the thin, translucent, sinew-like covering on the outside) by using a knife to trim it away from the meat. Cut the meat into 1-inch cubes and place these in a non-reactive baking dish.

Generously season the pork on all sides with salt and pepper, rubbing them onto the meat with your fingertips. Add the sliced onion, garlic, ginger scallion whites, soy sauce, vinegar, paprika, bay leaves, and sesame oil to the baking dish. Turn the pork several times to coat it with the marinade. Let the pork marinate in the refrigerator, covered, for at least 2 hours or as long as 8 hours, stirring the cubes several times so that they marinate evenly.

Cut the large onion lengthwise into quarters, then cut each quarter in half crosswise. Break the onion pieces into individual layers (this will give you flatfish pieces for threading onto the kebabs).

Drain the marinade from the pork, place it in a saucepan, and bring to a boil over medium heat. Let simmer briskly until the mixture is reduced by about a third and syrupy, about 5 minutes. After 3 minutes, add the butter. Stir the sauce as it cooks. Taste for seasoning, adding salt and pepper, plus a splash of vinegar if necessary; the sauce should be piquant and highly seasoned. Keep the sauce warm until serving.

Thread the marinated pork cubes onto skewers, placing a piece of onion between each cube.

Set up the grill for direct grilling and preheat to high.

When ready to cook, brush and oil the grill grate. Place the pork kebabs on the hot grate and grill until golden brown and cooked through, 2 to 3 minutes per side (8 to 12 minutes in all). Baste the kebabs with the vegetable oil as they cook. During the last 2 minutes of grilling, brush the kebabs with a little of the sauce.

Transfer the kebabs to a platter or plates and spoon the remaining sauce on top (or spoon sauce on plates and arrange the pork on top). Sprinkle the scallion greens over the kebabs and serve at once.

Makes 4 servings.



### Honey Apple Pork Chops

- 4 pork loin chops (8 oz. each and about 1-inch thick)
- 1½ cups apple cider
- 1/4 cup lemon juice
- 1/4 cup soy sauce
- 2 Tablespoons honey
- 1 clove garlic (minced)
- 1/4 teaspoon pepper

Combine all ingredients, EXCEPT pork chops. Mix well. Place chops in a shallow dish; pour marinade over chops. Cover and refrigerate overnight, turning meat occasionally.

Remove pork chops from marinade. Place on grill approximately six inches above low to medium coals or gas heat. Grill for 40 to 50 minutes, turning and basting with marinade every 10 to 15 minutes.

Makes 4 servings.

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 Hampton Inn - US 59 South  
 Harry's Building Material - 7008 North St.  
 Herman Power Tire - 222 South St.  
 Holiday Inn Express - US 59 South  
 IMPACT Store - 720 E. Main Stree  
 J & S Small Engine Repair - 12769 State Hwy 7W  
 Java Jack's - 1122 North Street  
 Johnson Furniture - 106 E. Main  
 K.J.'s Convenience Store/Exxon - 5713 South St.  
 Kinfolks - 4817 NW Stallings Dr.  
 Kline's Wrap-It-Up - 628 N. University Dr.  
 Kroger - 3205 N. University Dr.  
 Lehmann Eye Center - 5300 North St.  
 Lugnutz - US 59 South  
 Luquette Chiropractic - 4712 North St.  
 M & S Pharmacy - 917 E. Austin  
 Ma's Jewelry - 2423 North St  
 Martin Kennel - 512 CR 217  
 McCoy's Building Materials - 4009 NW Stallings Dr.  
 McWilliams & Son Air Conditioning - 2915 NW Stallings Dr.  
 Meadow Ridge Archery & Gun - 1090 CR 231  
 Memory Lane - 3205 N. University Dr. - Suite F  
 Mike Perry Motors - 3812 South Street  
 Mike's BBQ - 1622 South Street  
 Milford's Barber Shop - 110 N. Church St.  
 JP's & CC's Cajun Meats - 2709 Westward Dr.  
 Morgan Oil Chevron - 428 W. Main St.  
 Morgan Oil Chevron - Appleby Sand Rd. @ Austin St.  
 Morgan Oil Chevron - 1000 N. University Drive  
 Morgan Oil Chevron - 3325 North St.  
 Morgan Oil Chevron Truck Stop - 4919 NE Stallings  
 Mustard Seed - 1330 N. University Dr.  
 NacBurger - 3205 N. University Dr  
 Nac Cocina Mexican Restaurant - 1315 North St.  
 NacSpace - 2400 N. Stallings Dr.  
 Nacogdoches Expo Center - 3805 NW Stallings Dr.  
 Nacogdoches Floral - 3602 North St.  
 Nacogdoches CVB - 200 E. Main St.  
 Nacogdoches Senior Center - 621 Harris St.  
 Napoli's Restaurant - 2119 North St.  
 Northview Condos - 4100 North St.

### NACOGDOCHES COUNTY

#### *In the City of Nacogdoches*

Perry Propane - 6500 Franklin St.  
 Pike Saw & Tool - 2502 NW Stallings Dr..  
 Renfro's Glass - 714 North St.  
 Red House Winery - 108 E. Pilar St.  
 Rhinestone Rifles Botique VIP - 404 E. Main St.  
 Rick's Valero - US 59 South  
 Sam's Southern Eatery - 1220 North St.  
 Smokehouse - 2709 Westward Trail  
 Sombreros - 3000 North St.  
 Ables-Land Office Supplies - 412 North St.  
 Sunshine Food Mart - 2013 North St.  
 Super 8 Motel - US 59 South  
 Taquitos El Jaliscience - 3217 North St.  
 Taqueria El 21 - 1422 Douglass Road  
 Thrall's Grocery, Deli & Cafe - 7144 SH 21 East  
 VIP Cleaners - 4515 North St.  
 Walgreens - 3004 North St.  
 Windhill Apartments - 1324 Pruitt Hill Dr.  
 Woden Rd. Quick Stop - Woden Rd @ SE Stalling

#### *In Appleby:*

Sammy's Mini Mart - U.S. Hwy 59 N.  
 Tom's Grocery & Shell - U.S. Hwy 59 N.

#### *In Central Heights:*

Morgan Oil Chevron/Whataburger - Hwy 259 North  
 Polk's Pick It Up Truck Stop - Hwy 259 North  
 Taco Riendo - Hwy 259 North

#### *In Chireno:*

Chireno's Cafe' - Downtown on FM 95

#### *In Cushing:*

7th St. Cafe - 754 7th St.  
 Clyde Partin Monument Co. - Hwy 204  
 Cushing Food Mart - Hwy 204  
 Rawhide's Tire Service - 470 6th St.

#### *In Douglass:*

Douglass Cafe' - State Hwy 21  
 Douglass General Store - State Hwy 21

#### *In Etoile:*

Etoile Shell - Hwy 103 @ FM 226  
 Sue's Country Store - 13093 E. State Hwy 103

#### *In Garrison:*

Bulldog Express/J & S Food Mart - U.S. Hwy 59  
 Garrison Gas & Convenience Store Exxon - U.S. Hwy 59

#### *In Martinsville:*

L & M Quick Stop - 13101 Hwy 7  
 Martinsville Cafe' - Hwy 7 L & M

### SAN AUGUSTINE COUNTY

#### *In the City of San Augustine:*

Chamber of Commerce - 611 W. Columbia  
 Heart of Texas Grill - 409 E. Columbia St.  
 Jail Museum - On the Square  
 Mike Perry Motors - 101 W. Main  
 San Augustine Drug. Co. - 104 E. Columbia St.  
 Sunshine Food Mkt - Hwy 103 @ Hwy 147  
 Tasha's Country Kitchen - 806 Hwy N  
 Thrifty Bull - 1107 Hwy 103 @ Hwy 147  
 Tootie's Cafe' - 129 E. Columbia

### SHELBY COUNTY

#### *In the City of Center:*

Ace Hardware - 5438 Loop 500 East  
 Boles Feed Co. - 101 Porter St.  
 Boyd Adams Barber Shop - 504 Hurst St.  
 Brookshire Brothers - 105 Hurst St.  
 Chamber of Commerce - In the old jail on the square  
 Covington Lumber & Bldg Materials - 1595 Teneha St.  
 H & S Discount Foods - 705 Shelbyville St.  
 Mathews Realty - 616 Teneha St.  
 Piney Woods Seafood - 1003 Hurst St.  
 Rancho Grande - 816 Teneha St.  
 Shady Oaks Convenience Store - 1521 Shelbyville St.  
 TR's Steaks & More - 892 Hurst St.

#### *In the City of Joaquin:*

Brookshire Brothers - 113 Haslam Sawmill Rd. - Hwy 84  
 Quick Stop - 12762 U.S. Hwy 84

#### *In the City of Timpson:*

Brookshire Brothers- 829 N. 1st St. - Hwy 59  
 Quick Stop - 674 N. 1st St. - Hwy 59

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