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SERVING NACOGDOCHES and ANGELINA COUNTIES



October 2026

October Is for Sure Pumpkin Month

CREAM OF PUMPKIN SOUP

This soup is smooth and flavorful, and the addition of ginger lends a sweet and spicy flavor to a traditional seasonal dish. The cinnamon croutons are lovely and make the soup reminiscent of pumpkin pie.

Ingredients:

Croutons:

3 Tablespoons butter, softened
1 Tablespoon brown sugar
¼ teaspoon ground cinnamon
4 slices whole wheat bread

Soup:

2 Tablespoons butter
1 cup chopped onion
2 (14.5 ounce) cans chicken broth, divided
1 (15 ounce) can pumpkin purée
1 teaspoon salt
¼ teaspoon ground cinnamon
⅛ teaspoon ground ginger
⅛ teaspoon ground black pepper
1 cup heavy cream



Directions:

Preheat the oven to 400 degrees F (200 degrees C).

Combine 3 Tablespoons softened butter, brown sugar, and ¼ teaspoon cinnamon in a small bowl; spread over 1 side each bread slice. Place bread slices, buttered-sides up, on a baking sheet.

Bake in the preheated oven until bread is crisp and topping is bubbly, 8 to 10 minutes. Cut each bread slice into 8 small triangles or squares. Set croutons aside.

Melt 2 Tablespoons butter in a medium saucepan. Add onion; cook until tender. Stir in 1 can broth; bring to a boil. Cover, reduce heat, and simmer for 15 minutes.

Fill blender or the bowl of a food processor halfway with broth mixture. Cover and hold lid down with a potholder; pulse a few times before leaving on

SOUP - page 3

GRANNY KAT'S PUMPKIN ROLL

This moist rolled cake has a rich cream cheese filling. Serve it cold. This will be a hit! It has a pinwheel look!

Ingredients:

¾ cup all-purpose flour
1 cup white sugar
1 teaspoon baking soda
2 teaspoons pumpkin pie spice
1 cup pumpkin purée
3 large eggs
1 teaspoon lemon juice
2 Tablespoons confectioners' sugar, divided
1 (8 ounce) package cream cheese, softened
¼ cup butter, softened
1 teaspoon vanilla extract
1 cup confectioners' sugar

Directions:

Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13-inch jelly roll pan or line with parchment paper.

Combine flour, sugar, baking soda, and pumpkin pie spice in a large bowl. Stir in pumpkin puree, eggs, and lemon juice until just blended. Spread mixture evenly into prepared pan.

Bake in the preheated oven until cake springs back when lightly touched, about 15 minutes.

Lay a damp linen towel on the counter, sprinkle it with confectioners' sugar, and turn the cake onto the towel. Remove parchment paper if you used it. Carefully roll the towel up lengthwise (starting at the narrow end) with the warm cake in it. Place the cake-in-towel on a cooling rack and let it cool completely,



Photo by Allrecipes Community

PUMPKIN ROLL - page 3



Nikki Evans-Wallace State Farm

(936) 560-4600 phone

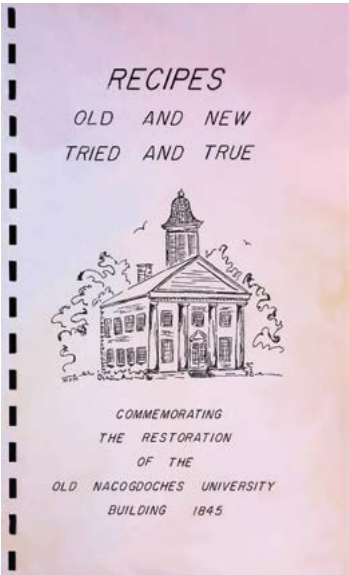
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From *Recipes Old and New Tried and True*



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."

MEAT LOAF #2
(Mrs. J. L. Deadman)
and
Marzetti
(Mrs. E. W. Casburn)

Meat Loaf #2

1 1/2 lbs ground beef
1 C medium cracker crumbs
2 beaten eggs
1 8 oz can (1 cup) seasoned tomato sauce
1/2 C finely chopped onions
2 T chopped green peppers
1 medium bag leaf crushed
Dash thyme and marjoram
2/3 C diced sharp cheese (optional)
Chili sauce.

Combine all ingredients except chili sauce; mix well. Shape mixture in a loaf pan or shallow baking dish. Score the loaf by pressing top with handle of wooden spoon. Fill the score marks with chili sauce. Bake in moderate oven (350°) 1 hour. Makes 6 to 8 servings.

Mrs. J. L. Deadman

Marzetti

1 lb. beef stew meat
8 oz pkg noodles
3 or 4 C tomato juice
1 large onion
4 T melted oleo
Salt and pepper
Sharp cheese grated
1 C mushrooms

Cut meat in small pieces - brown with onions in oleo. Add tomato juice - Cook slowly until meat is tender. Add noodles and mushrooms. Cook 10 min. more - add grated cheese.

Mrs. E. W. Casburn
-70-

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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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from **AROUND the TOWN... and BEYOND!**

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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!

LUSCIOUS APRICOT SQUARES

Ingredients:

2/3 cup dried apricots

1/2 cup butter or margarine, softened

1/4 cup sugar

All purpose flour

1 cup packed light brown sugar

2 eggs

1/2 cup walnuts, chopped

1/2 teaspoon baking powder

1/2 teaspoon vanilla

1/4 teaspoon salt

Confectioners sugar

Instructions:

In covered 1 quart saucepan over low heat, in enough water to cover apricots, cook apricots 15 minutes, drain and finely chop.

Preheat oven to 350°. Grease 8" x 8" pan. At medium speed, beat butter, sugar and 1 cup flour until well mixed and crumbly. Pat into pan. Bake 25 minutes or until golden.

At medium speed mix well apricots, brown sugar, 1/3 cup flour and remaining ingredients, except confectioners sugar.

Pour over baked layer, bake 25 minutes.

Cool in pan, cut into squares. Sprinkle with confectioners sugar.

SOUP

to blend. Pour into a saucepan. Repeat with remaining broth mixture.

Stir remaining 1 can broth, pumpkin purée, salt, ¼ teaspoon cinnamon, ginger, and black pepper into puréed broth mixture; bring to a boil. Cover, reduce heat, and simmer 10 minutes, stirring occasionally.

Stir in cream and heat through; do not boil. Divide soup among serving bowls; top with croutons.

PUMPKIN ROLL

about 1 to 2 hours.

To make the icing: Blend cream cheese, butter, vanilla, and sugar in a medium bowl with a wooden spoon or electric mixer. Chill icing until cake has cooled.

Unroll cooled cake and spread icing onto it. Immediately re-roll (not in the towel this time), and wrap it with plastic wrap. Chill the cake to set before slicing.

BRISKET DEVEILED EGGS

Ingredients:

1/2 cup cooked (Leftover) Smoked Beef Brisket, chopped, divided

6 hard-boiled eggs, peeled and halved

1/4 cup reduced-fat mayonnaise

1 Tablespoon yellow mustard

1 teaspoon water

1/8 teaspoon garlic salt

1 jalapeño pepper, seeded and chopped

1/2 teaspoon smoked paprika



Directions:

Reserve 2 Tablespoons brisket; set aside.

In a large mixing bowl, combine egg yolks, mayonnaise, mustard, water and garlic salt until smooth. Stir in remaining brisket and jalapeño.

Divide mixture evenly and spoon into egg whites. Top with reserved brisket and sprinkle with paprika. Refrigerate, covered, until serving.

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.

Please email to: AroundTheTown@mail.com

Thank you so much!

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

by Areeda Schneider-Stampley

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SOUTHERN STYLE BISCUITS

- 2 cups all-purpose White Lily flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup shortening
- 3/4 cup buttermilk

In a bowl, combine flour, baking powder, baking soda and salt; cut in shortening until the mixture resembles coarse crumbs.
Stir in buttermilk; knead dough gently. Roll out to 1/2” thick.
Cut out with biscuit cutter and place on a lightly greased baking sheet.
Bake at 450° for 10-15 minutes or until golden brown.



Yield 8-10 biscuits.

Purchase cookbook with credit card or on PayPal account on secure website at www.areedasoutherncooking.com. Or by check to: Areeda’s Southern Cooking, P. O. Box 202, Brentwood, TN 37024 \$24.50 (price includes shpg/handling).

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From 1989 Cookin’ with the Dragon Band

This book was published in 1989 and sponsored by the Nacogdoches High School Band Boosters Club Boosters. “Cookin’ with the Dragon Band is a collection of favorite recipes from the families of NHS Band Students with additional contributions by community leaders and local restaurants.”
Maybe it will bring back some memories or maybe you’ll see one of your own recipes some day.

MEXICAN CORN

Submitted by Frankie Holder, School Nurse at NHS

- 1 8-oz. package cream cheese
- 2 Tablespoons butter
- 1/4 cup milk
- 1 teaspoon garlic salt
- 2 cans whole kernel corn, drained
- 2 4-ounce cans chopped chilies

In saucepan, heat cream cheese, butter, milk and salt until all is melted. Add corn and chilies. Pour into casserole dish.
Bake at 350 degrees for 30 minutes.

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Bubba’s Original Sophiscated Southern Redneck Cookbook

“A Redneck’s take on sophisticated food!”

by Ken Stonecipher

Ken Stonecipher is a book editor and ghost writer living in Nashville, Tennessee. Among his many writing accomplishments are two cookbooks, “Bubba’s Original Sophiscated Southern Redneck Cookbook” and “Bubba’s Original Full-Fledged Southern Redneck Cookbook.”

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



ITALIAN CREAM PINA COLADA CAKE

Mama Pearl loved her Italian Cream Cake. I think she made one ‘bout once a week after she first got the recipe. We were so tired of ‘em we’d stash our piece in a planter, down in our pockets, down the disposal whenever she wadn’t lookin’. Oh, it wuz good the first 107 pieces we had but law me, make somethin’ else for a change! In fact, make this version. This one you CAN eat over and over!

- 1/2 cup shortenin’
- 2 cups granulated sugar
- 4 egg yolks
- 1 stick butter
- 2 cups sifted all-purpose flour
- 1 teaspoon bakin’ soda
- 1 cup buttermilk
- 1/2 cup pecans, chopped
- 1/2 cup macadamia nuts, chopped
- 1 (7-oz.) can coconut
- 5 egg whites

- Fillin’**
- 1 can pina colada mix, concentrate thawed and undiluted
 - 1/4 cup cornstarch
 - 6 egg yolks
 - 1½ cups half-and-half
 - 3 Tablespoons butter, cut up
 - 1 cup coconut
 - 1 teaspoon vanilla

- Rum Butter Cream Frostin’**
- 1/2 cup butter, softened
 - 1 (16-oz.) powdered sugar
 - 3 Tablespoons light rum
 - 3 Tablespoons heavy cream
 - 1 teaspoon vanilla

Preheat oven to 350°. Mix soda with buttermilk. Cream shortenin’, butter and sugar, addin’ eggs one at a time, beatin’ well after each addition. Alternate flour and buttermilk into butter mixture. Add coconut and nuts. Fold in egg whites. Bake in 3 nine-inch pans for 20-25 minutes.

While cake is bakin’, prepare fillin’. Bring colada mix, cornstarch, egg yolks and half-and-half to a boil in a 3-quart saucepan over medium heat, whiskin’ constantly. Boil for 1 minute, whiskin’ constantly. Remove from heat; whisk in remainin’ ingredients. Pour mixture into a bowl, cover and chill at least 4 hours.

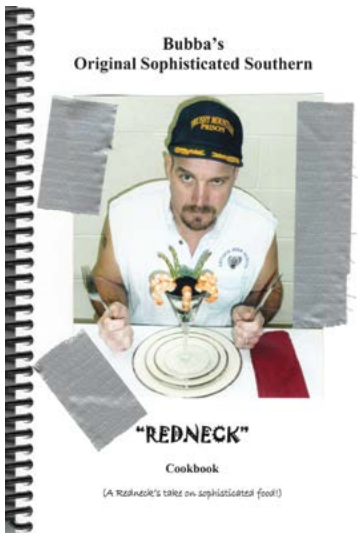
In a mixer, beat butter and powdered sugar until creamy. Add rum, heavy cream and vanilla. Assemble cake with fillin’ between layers and frostin’ on top and sides. You may want to punch holes in layers of cake so fillin’ will seep in.

To order books:

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SLOW COOKER CHICKEN NOODLE SOUP

This cold-weather classic can cook while you're out, enjoying the day!

Ingredients:

- 2 Tablespoons olive oil
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 small onion, chopped
- 3 garlic cloves, chopped
- Kosher salt and freshly ground black pepper
- 1/4 cup dry white wine
- 2½ lb. bone-in, skinless chicken thighs
- 2 (32-ounce) containers chicken stock
- 2½ cups uncooked wide egg noodles (about 4 ounces)
- 3 Tablespoons chopped fresh flat-leaf parsley
- 2 Tablespoons chopped fresh dill
- 2 Tablespoons fresh lemon juice



Photo by Ian Palmer

Directions:

Optional: Heat oil in a 5 to 7 quart slow cooker using the sauté function or in a large pan over medium heat. Add carrots, celery, onion, and garlic and season with salt and pepper. Cook, stirring occasionally, until softened and starting to brown, 8 to 10 minutes. Add wine and cook until reduced, 1 to 2 minutes.

If necessary, transfer ingredients to slow cooker. Add chicken and stock. Season with salt and pepper. Cook until vegetables are tender and chicken is cooked through, 3½ to 4½ hours on high or 7 to 9 hours on low.

Transfer chicken to a cutting board and shred with two forks. Discard bones; return meat to pot. Stir in noodles. Cook until noodles are just tender, 25 to 30 minutes on high and 50 to 60 minutes on low. Stir in parsley, dill, and lemon juice. Season with salt and pepper.

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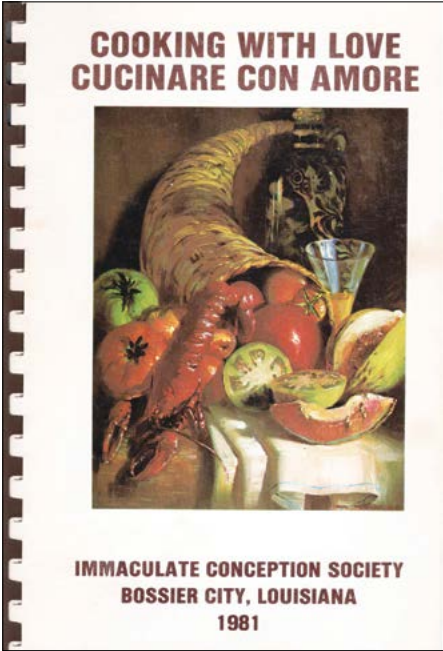
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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.



The authors have dedicated it to their forefathers who came to North Louisiana from Sicily. It is dedicated to preserving the tradition and heritage handed down from that generation of the 1870s.

Most of them came from Cefalu, Sicily, situated 40 miles east of Palermo, on the beautiful Adriatic Sea.

The descendents of these people have remained a close knit community in Shreveport and Bossier City, Louisiana.

To preserve their heritage—with its art of Sicilian cooking—for future generations, this cookbook was created.

PARMESAN CHICKEN (Concetta Cascio)

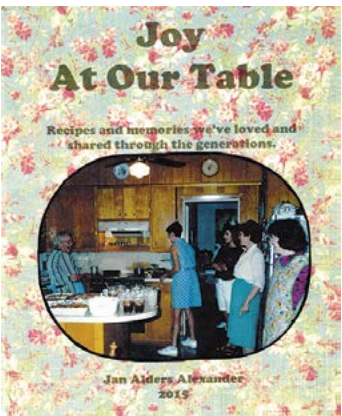
- 1/2 cup dried bread crumbs
- 2 Tablespoons grated Parmesan cheese
- 1 Tablespoon parsley flakes
- 1 teaspoon salt
- 1/8 teaspoon lemon pepper
- 1/8 teaspoon thyme
- 3 chicken breasts, split and skinned (6 halves)
- 3 Tablespoons melted margarine

Preheat oven to 350°. Combine bread crumbs, cheese and seasoning in shallow dish. Dip chicken in crumb mixture. Coat both sides. Melt margarine in baking dish in oven. Add chicken, turning to coat both sides in margarine. Bake, uncovered, for 1 hour.



Submitted by Jan Alders Alexander of Nacogdoches

After wishing for years for mother or Aunt Pauline's recipe for turnip greens, this one is perfect. Thank you Southern Living! They even titled the recipe by the dish's proper name. Pepper sauce is a must to add to these.



A MESS OF GREENS

- INGREDIENTS:**
- 2 Tablespoons butter
 - 3 Tablespoons olive oil
 - 1 small sweet onion, diced
 - 3 garlic cloves, minced (about 1 Tablespoon)
 - 1 smoked ham hock (about 12 oz.)
 - 1 (1 lb.) package fresh collard greens
 - 2 (1 lb.) package fresh turnip greens
 - 1/4 to 1/3 cup diced jarred jalapeño peppers, drained

INSTRUCTIONS:

Melt butter with oil in a large heavy pan on medium high. Add onion and sauté 5 minutes until lightly browned. Add garlic and sauté 1 minute. Add ham hock and gently stir. Add 1/2 of well drained collard/turnip greens (I remove heavy stems and rough chop before adding.) Add 2 cups of water. Cover and cook on medium for 10 minutes. Add remaining greens and 8 cups of water, bring to boil. Cover, reduce heat to low and simmer for 1½ hours. Add salt and pepper to taste. Serve with pepper sauce.

PECAN-CRUSTED CHICKEN WITH HONEY-MUSTARD SAUCE

This easy weeknight dinner is the best new way to make chicken!

- INGREDIENTS:**
- 4 whole chicken legs, skins removed
 - Kosher salt and freshly ground black pepper
 - 1/2 cup all-purpose flour
 - 2 teaspoons finely chopped fresh rosemary
 - 1 teaspoon smoked paprika
 - 1/2 teaspoon ground cayenne
 - 2 large eggs, well beaten
 - 3/4 cup finely chopped pecans
 - 1/2 cup panko breadcrumbs
 - 1/4 cup Dijon mustard
 - 1/4 cup mayonnaise
 - 1/4 cup pure honey
 - 2 Tablespoons apple cider vinegar

INSTRUCTIONS:

Preheat oven to 425°F. Season chicken with salt and pepper. Whisk together flour, rosemary, paprika, and cayenne in a shallow bowl. Season with salt and pepper. Place eggs in a second shallow bowl. Season with salt and pepper. Combine pecans and panko in a third shallow bowl. Season with salt and pepper.

Working with one piece at a time, dredge chicken in flour mixture, turning to coat, then in egg (allowing excess to drip off), then in pecan mixture, pressing to help adhere; place on a rimmed baking sheet. Repeat with remaining chicken, flour, eggs, and pecan mixtures. Bake until the internal temperature on an instant-read thermometer reads 165°F, 30 to 35 minutes.

Meanwhile combine mustard, mayonnaise, honey, and vinegar in a bowl. Serve alongside chicken.

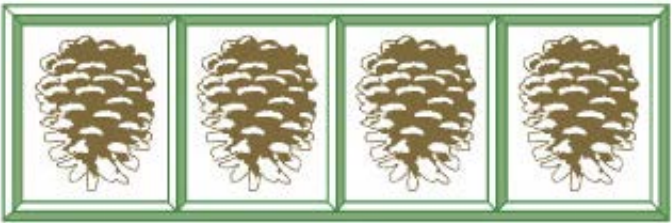


Photo by Becky Luigart-Stayner

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ITALIAN BEEF AND BEAN STEW

Hassle-free, delicious beef stew. Soak dried beans overnight and spend a few minutes mixing ingredients in the morning to come home to a hearty meal in the evening.

Ingredients:

- 2 pounds beef Stew Meat, cut into 1-inch pieces
- 1 package (12 to 14 ounces) dried bean soup mix with seasoning packet
- 1 can (14½ ounces) beef broth
- 1 cup water
- 1/2 cup sun-dried tomato pesto sauce or spread
- Salt and pepper (optional)

Instructions:

- Sort beans and remove any debris or broken beans; rinse and drain to remove grit. Place beans in large bowl and cover with water. Cover and soak overnight in refrigerator. Reserve seasoning packet.
- Drain beans; rinse and remove any shriveled beans. Place Stew Meat, beans, broth, water and contents of reserved seasoning packet in 4-1/2 to 5-1/2-quart slow cooker. Cover and cook on HIGH 5 to 6 hours or on LOW 6 to 7 hours or until beef and beans are fork-tender. (No stirring is necessary during cooking.)
- Stir in pesto; mix well. Season with salt and pepper, as desired. Serve topped with additional pesto, if desired.
- This recipe can be made in a 6-quart electric pressure cooker. Place sorted beans and water in pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 10 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add Stew Meat, seasoning packet and broth. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 25 minutes on pressure cooker timer. Release pressure and carefully remove lid. Continue as directed in **step 3**. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer’s instructions.)

ONE-POT ITALIAN SAUSAGE AND TORTELLINI

Looking for something that is quick but super tasty? This one-pot Italian sausage and tortellini checks all the boxes! Using pantry and refrigerator staples, it comes together quickly and can easily be doubled for a larger group.

Ingredients:

- 1/2 pound Italian sausage
- 2 Tablespoons butter
- 2 teaspoons minced garlic or garlic paste
- 1 teaspoon freshly ground black pepper
- 1 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon red pepper flakes
- 2 cups beef broth
- 1/4 cup heavy cream
- 8 ounces fresh cheese tortellini
- 2 ounces garlic, chive, and onion cream cheese
- 1/4 cup grated Parmesan cheese
- Fresh basil, for garnish

Instructions:

Gather all ingredients.

Set a large skillet over medium heat. Break up sausage into bite-sized chunks, removing any casings. Add to the pan and cook until browned on all sides, about 5 minutes. Remove sausage to a plate; set aside.

Let the skillet cool down for about 3 minutes; place back over medium heat and add butter, then garlic. Saute for 1 minute, then add black pepper, onion powder, Italian seasoning, and red pepper flakes; stir.

Pour in beef broth and heavy cream; stir to combine.

Add tortellini, cream cheese, and browned sausage to the skillet and stir to combine. Bring to a simmer, cover, reduce heat, and cook until tortellini is tender, about 5 minutes. Check for doneness, and simmer for 2 or 3 minutes more if needed.

Remove from heat and stir in Parmesan cheese. Serve in bowls with fresh basil on top.

Photo by Allrecipes / Qi Ai

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SLOW-COOKED WHISKEY-MOLASSES SHREDDED BEEF

Bottom Round Roast slow-cooked in sweetness and served with a carrot-apple slaw.

Ingredients:

- 1 beef Bottom Round Roast (about 2½ pounds), cut into 1-inch pieces
- 1/2 cup whiskey
- 1/4 cup plus 2 Tablespoons apple cider vinegar, divided
- 1 can (6 ounces) tomato paste
- 4 Tablespoons packed brown sugar, divided
- 1/4 cup molasses
- 1½ teaspoons salt
- 1/2 teaspoon ground red pepper
- 1 Tablespoon Dijon-style mustard
- 2 cups shredded carrots
- 2 cups diced Granny Smith apple

Preparation:

- Place beef Bottom Round Roast in 4½ to 5½ quart slow cooker. Combine whiskey, 1/4 cup vinegar, tomato paste, 2 Tablespoons brown sugar, molasses, salt and pepper; pour over roast. Cover and cook on HIGH 4 to 6 hours or on LOW 8 to 10 hours, or until beef is, fork-tender.
- Remove roast from slow cooker; shred with 2 forks. Skim fat from sauce as needed. Return beef to slow cooker; stir to combine with sauce.
- Meanwhile, combine remaining 2 Tablespoons vinegar, remaining 2 Tablespoons brown sugar and mustard in large bowl. Add carrots and apples; mix well. Season with salt and black pepper, as desired. Refrigerate until ready to serve. Serve beef with slaw.

Cooking Tip:
Thinly sliced pears, celery, red cabbage, green cabbage or bell peppers, or a pre-packaged slaw mix can be used in place of the carrots or apples.

Serving Suggestion: Sandwiches, tacos, nachos or sliders.

- This recipe can be made in a 6-quart electric pressure cooker. Place beef Bottom Round Roast in pressure cooker; add 1/2 cup beef broth. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Shred beef; return to pressure cooker. Combine cooking liquid, whiskey, 1/4 cup cider vinegar, tomato paste, 2 Tablespoons brown sugar, molasses, salt and pepper in small saucepan. Simmer 20 to 25 minutes until desired consistency is reached. Combine sauce and shredded beef. Continue as directed in **Step 3**. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)



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

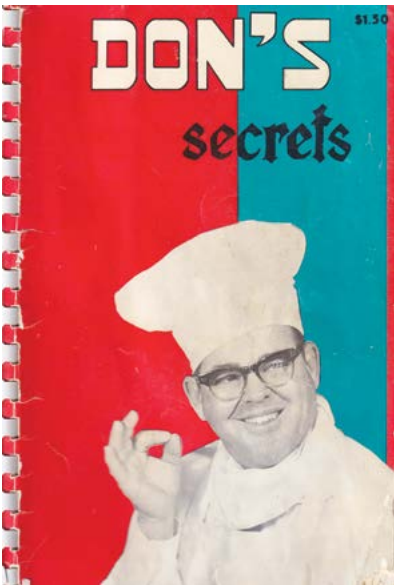
The Landry Family once operated Don's Seafood & Steakhouse Restaurants in Shreveport, Lafayette, Baton Rouge, Morgan City and Beaumont. The restaurants are gone now, but my memories of their amazing food linger on. I hope that you'll enjoy this recipe!



**BOILED
LOBSTER**

Put lobster in 1½ gallons of water in a heavy pot over high heat. Season the water with black pepper and Cayenne (red pepper). (Do not use salt, as it will toughen the meat.) Bring to a boil. Let boil in uncovered pot over medium heat for 20 minutes.

NOTE: When Acadians entertain at an old fashioned “shrimp, crab or crawfish boil,” they buy from 15 to 25 pounds of shrimp, crabs or crawfish, build a fire in the back yard and boil them in large heavy pots in highly seasoned water.



With the boiled shrimp, crabs or crawfish they serve tossed green salad and French bread, spread with garlic butter.



ULTIMATE TWO-BEEF CHILI

Warm, hearty, and easy to keep hot in a slow cooker or on the stove, chili makes the perfect dish for a tailgate or game-day gathering at home.

Ingredients:

- 2 Tablespoons olive oil
- 3 lb. chuck, cut into 1-inch pieces
- Kosher salt and freshly ground black pepper
- 1 yellow onion, chopped
- 2 lb. ground beef
- 8 cloves garlic, minced
- 2 Tablespoons chili powder
- 2 Tablespoons ground cumin
- 2 teaspoons red pepper flakes
- 2 cups beef broth
- 2 (28-ounce) cans diced tomatoes
- Chopped scallions, grated Cheddar, sour cream, and diced avocado, for serving

Directions:

Heat oil in a large Dutch oven or pot over medium heat. Season chuck with salt and pepper. Cook, in batches, until brown on all sides, 6 to 8 minutes; transfer to a plate. Add onion to pot and season with salt and pepper. Cook, stirring occasionally, until soft, 8 to 10 minutes. Add ground beef and cook, stirring occasionally, just until beef is no longer pink, 10 to 12 minutes. Add garlic, chili powder, cumin, and red pepper flakes. Cook, stirring, 1 minute. Add broth, tomatoes, and browned chuck. Cover and cook, stirring occasionally, until chuck is very tender, 2 to 2 1/2 hours. Serve with desired toppings alongside.



Photo by Becky Luigart-Stayner

**From Angela Bradford
Welcome to Appleby Sand Mercantile Café
Where Family, Food, and Southern Roots Run Deep**

When we opened the doors to Appleby Sand Mercantile back in 2000, we had no idea just how much this little spot would grow or how many stories it would hold. What started out as a small-town hardware store with a pizza kitchen and a salon has turned into something far more special—a place where community gathers, memories are made, and Southern food is cooked fresh every single day.



Today, we've got a full-service restaurant, six salon spaces, a home office for our storage and rental properties, and we still hold onto that same family-owned spirit that got us started. We're proud of how far we've come, but even more proud that we've stayed true to who we are.

We serve lunch every Wednesday through Friday from 11 to 2, and everything we make is from scratch. No shortcuts, no boxes—just the kind of food our grandmothers used to make, with all the flavor and none of the fuss. Think chicken-fried steak, slow-simmered vegetables, fluffy cornbread, and plenty of sweet tea. We also bake pies and cakes to order, and we mean it when we say they're made with love.

Over the years, we've expanded to offer in-house catering, and we rent out our dining hall for all kinds of events—baby showers, rehearsal dinners, family reunions, you name it. We also host vendor markets and seasonal events that bring folks from all around to shop, eat, and visit. It's one of my favorite things—to see new faces and familiar ones, all enjoying the space we've built together.

But one of the most meaningful parts of what we do happens on the third Sunday of each month, when we open up for an old-fashioned homecoming-style lunch from 11 to 2. We pull out all the stops and cook everything we can think of from our grandmothers' Sunday kitchens—roast beef, baked chicken, casseroles, fresh veggies, biscuits, cobblers, banana pudding... if it's comfort food, it's probably on the table. We don't just feed folks that day—we feed their memories too.

Running Appleby Sand Mercantile Café has been a labor of love for our family, and we're honored to share it with yours. If you've never been, we'd love to have you. And if you're already a part of our story—thank you. You're the reason we do what we do.

Come hungry. Come often. And always know—you've got a seat at our table.

HUSHPUPIES

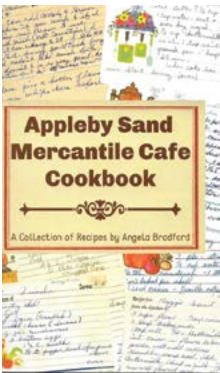
- | | |
|--|--|
| 1-2/3 cups cornmeal, finely ground | 1/8 teaspoon ground cayenne pepper |
| 1/3 cup unbleached all-purpose flour | or more to taste (optional) |
| 2 teaspoons baking powder | 2 extra large eggs, lightly beaten |
| 1/2 teaspoon baking soda | 1 cup buttermilk |
| 1 Tablespoon granulated sugar | 2 green onions, trimmed and finely chopped |
| 1/4 teaspoon freshly ground black pepper | Vegetable oil for frying |
| 3/4 teaspoon kosher salt | Tabasco to serve |

Instructions:

In a large bowl, whisk together the cornmeal, flour, baking powder, baking soda, sugar, pepper, salt and cayenne. Add the eggs, buttermilk and green onion. Whisk to combine. Allow the mixture to rest for 5 minutes. In a heavy bottom fry pot, add 1½ inches of oil and heat to 365°F. Using a 1-ounce ice cream scoop (about 2 Tablespoons), gently drop the batter into the hot oil. Fry several hushpuppies at a time without overcrowding,



turning them with a slotted spoon until golden brown on both sides, about 1½ to 2 minutes total. Transfer to a wire rack set over a rimmed baking sheet and keep warm in a 200°F oven. Repeat with the remaining batter, maintaining oil temperature. Serve immediately with hot sauce. Makes about 2½ dozen.



**Printed with permission from Angela Bradford.
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SFA Lumberjacks

DATE	OPPONENT	TIME
AUGUST 29	@McNeese State Univ.	TBA
SEPTEMBER 5	East Texas A&M	7:00 PM
SEPTEMBER 12	@Abilene Christian Univ.	7:00 PM
SEPTEMBER 19	@Prairie View A&M	7:00 PM
SEPTEMBER 26	Northeastern State Univ.	5:00 PM
OCTOBER 3	Univ. of the Incarnate Word	5:00 PM
OCTOBER 10	OPEN	
OCTOBER 17	@Nicholls State Univ.	TBA
OCTOBER 24	Southeastern La. Univ.	5:00 PM
OCTOBER 31	Houston Christian Univ.	2:00 PM
NOVEMBER 7	@Lamar University	TBA
NOVEMBER 14	@Univ. of Texas RGV	TBA
NOVEMBER 19	Northwestern State Univ.	6:00 PM

Nacogdoches Dragons

DATE	OPPONENT	TIME
AUGUST 28	Athens	7:30 PM
SEPTEMBER 4	@Lufkin	7:30 PM
SEPTEMBER 11	Center	7:30 PM
SEPTEMBER 18	@Marshall	7:30 PM
SEPTEMBER 25	Whitehouse* **	7:30 PM
OCTOBER 9	Texas High*	7:30 PM
OCTOBER 16	@Hallsville*	7:30 PM
OCTOBER 23	Mt. Pleasant*	7:30 PM
OCTOBER 30	@Greenville*	7:30 PM
NOVEMBER 6	Terrell* ***	7:30 PM

*District **Homecoming ***Senior Night

Cushing Bearkats

DATE	OPPONENT	TIME
AUGUST 14	Huntington-SCRIMMAGE	6:00 PM
AUGUST 20	@Frankston-SCRIMMAGE	6:00 PM
AUGUST 28	@Colmesneil	7:00 PM
SEPTEMBER 4	Maud	7:00 PM
SEPTEMBER 11	Evadale**	7:00 PM
SEPTEMBER 18	@Alba Golden	7:00 PM
SEPTEMBER 25	Grapeland* (Black Out)	7:00 PM
OCTOBER 2	@Mt. Enterprise*	7:00 PM
OCTOBER 9	Bye	Bye
OCTOBER 16	Alto*	7:00 PM
OCTOBER 23	@Tenaha*	7:00 PM
OCTOBER 30	Crossroads* ***	7:00 PM
NOVEMBER 6	@Overton*	7:00 PM

*District **Homecoming ***Senior Night

Garrison Bulldogs

DATE	OPPONENT	TIME
AUGUST 27	Maroon & White*	7:00 PM
SEPTEMBER 4	@Arp	7:30 PM
SEPTEMBER 11	DeKalb	7:00 PM
SEPTEMBER 18	West Rusk	7:30 PM
SEPTEMBER 25	@Westwood	7:30 PM
OCTOBER 2	Bye	Bye
OCTOBER 9	@Hemphill*	7:30 PM
OCTOBER 16	@San Augustine*	7:30 PM
OCTOBER 23	Joaquin*	7:30 PM
OCTOBER 30	@Shelbyville*	7:30 PM
NOVEMBER 6	Timpson*	7:30 PM

*District

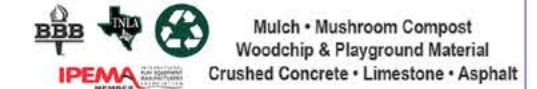
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Lufkin Panthers

DATE	OPPONENT	TIME
AUGUST 22	Huntsville (Scrimmage)	
AUGUST 28	Longview	7:30 PM
SEPTEMBER 4	Nacogdoches	7:00 PM
SEPTEMBER 11	Port Arthur Memorial*	7:00 PM
SEPTEMBER 18	@Baytown Sterling*	7:00 PM
SEPTEMBER 25	Beaumont United*	7:00 PM
OCTOBER 1	@New Caney	7:00 PM
OCTOBER 9	BYE	BYE
OCTOBER 16	Galveston Ball	7:00 PM
OCTOBER 23	@Goose Creek Memorial	7:00 PM
OCTOBER 30	Beaumont West Brook	7:00 PM
NOVEMBER 6	@LaPorte	7:00 PM

*District

Diboll Lumberjacks

DATE	OPPONENT	TIME
AUGUST 14	Jasper (Scrimmage)	TBD
AUGUST 20	Liberty (Scrimmage)	TBD
AUGUST 28	@Troup	7:30 PM
SEPTEMBER 4	@West Rusk	7:30 PM
SEPTEMBER 11	Tatum	7:30 PM
SEPTEMBER 18	Kirbyville	7:30 PM
SEPTEMBER 25	Brook Hill	7:30 PM
OCTOBER 2	OPEN	OPEN
OCTOBER 9	@Crockett*	7:30 PM
OCTOBER 16	Huntington*	7:30 PM
OCTOBER 23	@Trinity*	7:30 PM
OCTOBER 30	@Fairfield*	7:30 PM
NOVEMBER 6	Westwood*	7:30 PM

*District

Huntington Red Devils

DATE	OPPONENT	TIME
AUGUST 28	@Evadale	7:00 PM
SEPTEMBER 4	@Warren	7:00 PM
SEPTEMBER 11	Buna	7:00 PM
SEPTEMBER 18	Hemphill	7:00 PM
SEPTEMBER 25	@Anderson-Shiro	7:00 PM
OCTOBER 2	Bye	Bye
OCTOBER 9	@Trinity*	7:30 PM
OCTOBER 16	@Diboll*	7:30 PM
OCTOBER 23	Fairfield*	7:30 PM
OCTOBER 30	@Westwood*	7:30 PM
NOVEMBER 6	Crockett*	7:30 PM

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Beef Up for October Grilling

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Bourbon- and Cola-Glazed Steak Kebabs

Ingredients:

- 1 cup cola soft drink (such as Coca-Cola)
- 3/4 cup bourbon
- 2 Tablespoons brown sugar
- 2 Tablespoons Worcestershire sauce
- 2 teaspoons balsamic vinegar
- 2 teaspoons kosher salt, divided
- 2 lb. boneless rib-eye steaks, trimmed and cut into 1-inch pieces
- 1/2 teaspoon black pepper
- 1½ Tablespoons unsalted butter

Directions:

Marinate steak:

Whisk together cola, bourbon, brown sugar, Worcestershire sauce, balsamic vinegar, and 1 teaspoon of the kosher salt in a medium bowl until sugar has dissolved. Place steak pieces in a large ziplock plastic freezer bag. Pour 1 cup of the cola mixture over steak; seal bag, and refrigerate 4 to 12 hours. Refrigerate remaining cola mixture in an airtight container until ready to use.



Photo by Victor Protasio

Grill steak:

Remove steak from refrigerator; let stand at room temperature 30 minutes. Preheat grill to high (450°F to 500°F). Remove steak from marinade, and place on a paper towel-lined plate; discard marinade. Thread steak onto 8 skewers (about 5 pieces of steak per skewer). Pat kebabs dry with paper towels, and sprinkle with pepper and remaining 1 teaspoon kosher salt. Place kebabs on oiled grates. Grill, uncovered, turning every 2 minutes, until steak is medium-rare and charred on all sides, about 8 minutes. Remove to a plate, and cover loosely with aluminum foil. Let rest 15 minutes.

Prepare sauce:

Meanwhile, pour reserved cola mixture into a small saucepan, and bring to a boil over medium-high. Reduce heat to medium, and simmer, stirring occasionally, until mixture is reduced to about 1/4 cup, 10 to 12 minutes. Stir in butter, and continue to cook over medium, stirring often, until sauce thickens slightly and lightly coats the back of a spoon, 1 to 2 minutes. Drizzle sauce over kebabs. **Suggestion:** serve with Smashed-Cucumber Salad.

***USDA Safety Guidelines:** Recommend cooking beef to the well-done temp of 145°F and 3 minutes of rest time to make sure any harmful bacteria are destroyed.

****Cooking times are approximate and based on a 1½” Angus beef filet.**

Cast-Tron Cowboy Steak

Ingredients:

- Kosher salt and freshly ground black pepper
- 1 (1½- to 2-lb.) bone-in rib-eye or porterhouse steak (about 2 inches thick)
- 1 teaspoon vegetable oil
- 4 Tablespoons butter
- 8 - 10 fresh herb sprigs, such as thyme, oregano, and rosemary
- 3 garlic cloves, peeled and smashed

Directions:

Preheat grill to 400°F to 450°F (high) heat. Heat a 12-inch cast-iron skillet on grill, covered with grill lid, 15 minutes. Sprinkle salt and pepper generously over steak.

Add oil to skillet. (Oil should smoke.) Using tongs, place steak in skillet, and cook on grill, without grill lid, 10 minutes or until dark brown and crusty. Turn steak on fatty edge in skillet, holding upright with tongs, and cook 2 minutes. Place steak, uncooked side down, in skillet. Cook on grill, covered with grill lid, 8 to 10 minutes or to desired degree of doneness. (We recommend an internal temperature of 120°F to 125°F for medium-rare; temperature will rise as steak rests.)

Add butter, herbs, and garlic to side of skillet, and cook 2 to 3 minutes or until butter foams. Tilt skillet slightly, and spoon butter mixture over steak 20 times (being careful not to splatter). Transfer steak, herbs, and garlic to a platter; let stand for 5 to 10 minutes. Slice against the grain.



Photo by Hector Sanchez

Grilled Filet Mignon

Ingredients:

- 4 thick-cut filets
- Coarse salt to taste
- Freshly ground pepper to taste

Directions:

FOOD PREP:

First, remove your filets from the refrigerator and let them reach room temperature — this should take around 30 minutes. Finally, liberally apply coarse salt and freshly ground pepper on both sides of your filets.

GRILL PREP:

Fire up the grill to high heat using a Two-Zone Method.

COOKING:

Fully open all vents on your grill.

When you’re at temp, put cooking oil on a folded paper towel. Grab the oiled paper towel with long-handled tongs and oil the grate thoroughly.

Place your filets directly above the coals and sear for 2 to 3 minutes per side. To ensure perfect grill marks, resist the urge to move the steak while cooking. Close the lid to prevent flare-ups.

Once your filets are seared, move them to the cooler side of the grate and close the lid.

Using a digital instant-read meat thermometer, check the internal temperature of your steaks while they’re still on the grill. When your filets are 5° below your ideal internal temperature, pull them from the grill, and cover them loosely with aluminum foil.

Allow them to rest for 5 minutes to allow the temperature to continue rising to your ideal internal temperature. Serve as is or top your filet mignon with your favorite garlic and herb butter.



FILET MIGNON DONENESS CHART		
Internal Temp*	Cook Times**	
Rare	120°F - 125°F	3-4 minutes per side
Med. Rare	125°F - 135°F	5 minutes per side
Medium	135°F - 145°F	5-7 minutes per side
Med. Well	145°F - 155°F	7-9 minutes per side
Well Done	Above 155°F	10 minutes per side



Come worship with us at the
oldest Baptist Church in Texas!

Old North Baptist Church

Established 1838

Sunday School - 10 a.m.
Morning Service - 11 a.m.

*If you're unable to attend,
watch the live stream on*



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