

Lifestyles & Community



KITCHEN SENSE

tips and recipes from
our house to yours

By DIANE EATON
Rains County Leader staff

Did anyone try the "culinary trip" recipes from last week? I made the Alabama Breakfast Souffle. WOW, what a hit at my house!

For this week (courtesy of *Recipe4Living.com*) we will be going to the C and D states and yummo.

Be sure to let us know if you try any of these.

California

California Turkey Wraps

Avocado, sweetened with lime juice, is layered with fresh smoked turkey, tomato, and red onion.

Servings: 4

4 10-inch flour tortillas

8 to 12 trimmed leaves of green leaf lettuce, washed & dried

12 oz. thick-sliced deli smoked turkey breast

1 large tomato, cored and thinly sliced

1 ripe avocado, peeled and thinly sliced

2 tsp lime juice

1 small red onion, thinly sliced

salt and pepper to taste

1 c. arugula, washed and dried

3/4 c. Ranch dressing

Toss avocados with 2 teaspoons lime juice.

Wrap tortillas in barely damp, doubled layers of paper towels and microwave on high for 45 to 60 seconds. Or, heat the tortillas individually in an un-greased large skillet over medium heat. Lay the tortillas on a cutting board and start to layer the ingredients.

Fan the leaf lettuce on the top three-quarters of each tortilla then lay the turkey slices on top, followed by the tomato, avocado and red onion.

Season with salt and pepper to taste. Top with the arugula and some of the dressing.

Fold up the bottom quarter

of the tortilla and then start to roll each sandwich into a cone shape. Secure the tortilla with a toothpick. Serve immediately.

Colorado

Mountain Mama

A pecan crust holds three layers of chocolate and creamy goodness.

Crust:

1 3/4 c. flour

8 oz. pecans, finely chopped

2 sticks margarine

First layer:

1 c. powdered sugar

1 small tub Cool Whip

8 oz. cream cheese, softened

Second layer:

6 oz. instant chocolate pudding mix

6 oz. instant vanilla pudding mix

3 c. cold milk

Third layer:

1 large tub Cool Whip

Chocolate shavings

Mix and spread crust in a 9x13 pan.

Mix and spread first layer on cooled crust. Put in fridge until set.

Mix the second layer and spread on first layer. Return to fridge till pudding mix is set.

Bake 10 minutes at 350 degrees.

Cool completely. Spread Cool Whip on top for final layer and top with chocolate shavings.

Store in fridge.

Connecticut

Connecticut Beef Supper

A full meal in itself, this dish has a little bit of everything.

2 lb. stew beef, cubed

Salt and pepper to taste

2 large onions

2 Tbsp. olive or vegetable oil

1 4-1/2 oz. jar mushrooms

4 medium potatoes, thinly sliced

1 c. cream of mushroom soup

3/4 c. milk

3/4 c. sour cream

2 c. shredded cheddar cheese

1 tsp. salt

1/4 tsp. pepper

Cracker crumbs, corn flakes or bread

Season meat with salt and pepper. Cook meat and onion in oil in a large skillet over medium heat until browned and onion tender. Drain off oil.

Drain mushrooms, saving liquid and add enough water to make 1 cup. Stir liquid and mushrooms into meat and onions. Heat to boiling and then reduce heat and cover. Simmer 2 hours.

Preheat oven to 350 degrees. Pour meat mixture into 13x9 baking dish. Arrange thinly sliced potatoes over the top.

Mix the soup, milk, sour cream, salt and pepper and pour over the potatoes. Sprinkle the grated cheese over all and bake 1 hour. Sprinkle breadcrumbs on top and continue baking 20 minutes or until the potatoes are tender.

Delaware

Crab Stew

With this stew recipe you can use fresh or canned crabmeat. I'd recommend fresh; however, if you're short on time, canned is probably easier. If you're not a fan of crab, substitute chicken or shrimp.

Servings: 4

1/4 c. margarine or butter

1/2 small onion, chopped

1/2 stem celery, chopped

1/2 c. frozen sliced carrots (optional)

1 c. fresh crabmeat or one 6-oz. can

2 Tbsp. flour

2-1/2 c. milk

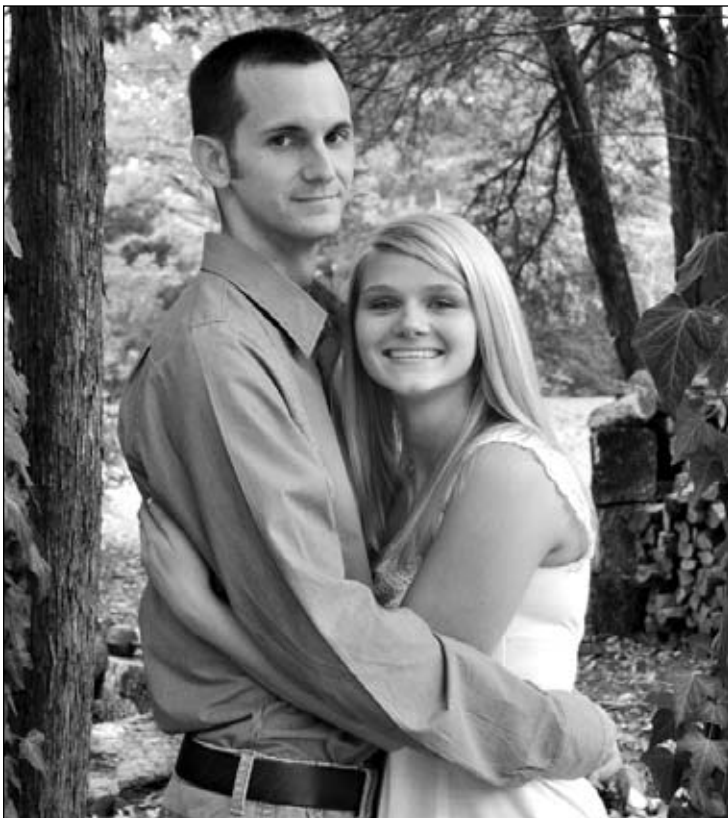
1/2 tsp. salt

dash pepper

Melt margarine in heavy saucepan. Add chopped onion and celery and sauté until tender, but not brown.

Add crabmeat and stir for a minute or two. Sprinkle flour over crabmeat and stir well.

Add milk and carrots. Stir constantly until thickened. Season to taste. Serve in bowls with crisp crackers.



Graham/Melancon engagement announced

Chuck and Terri Melancon of Point announce the upcoming marriage of their son, Charles Harman Melancon, to his best friend, Lauren Denise Graham of Rockwall.

The bride-elect is the daughter of Walt and Cathy Graham of Rockwall. She is a graduate of a high school in Rockwall and is a 2011 graduate of Texas A&M-Commerce with a BS Degree

in education specializing in all levels of Special Education.

The future groom is a 2002 graduate of Rains High School. He has been attending Texas A&M-Commerce while working at Aflac.

The couple will wed on Friday, July 1, at The 1899 Farmhouse in Princeton. They will reside in Point.

POINT

Tamale Fest is comin' July 1-2

Mark your calendar now to get in on the best tamale and barbecue eatin' at this year's TamaleFest on Friday, July 1, and Saturday, July 2, in Point.

Sponsored by the Point Volunteer Fire Department, Tamale Fest is the department's biggest fundraiser.

Again this year, 1,000 dozen tamales will be sold in addition to 350 to 400 pounds of brisket sold in sandwiches and barbecue dinner plates on Saturday night.

New this year will be a fierce competition among the local fire departments in a pumper race on Friday night.

Saturday night is boot scootin' time with a street dance. The country band will tune up and begin playing at 8:00. The barbecue dinner at the Point Community Center precedes the street dance and is by donation.

For more information, call the PVFD at 903-598-2016 or Candice at 903-441-4204.

The happiest of people don't necessarily have the best of everything; they just make the most of everything they have.

ACKNOWLEDGEMENTS

Stone graduates USAF basic

Airman Chance C. Stone recently graduated from basic military training at Lackland Air Force Base in San Antonio.

Airman Stone completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare principles and skills.

Those who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Stone is the son of Gary and Rheann Stone of Emory. He is a 2007 graduate of Rains High School.



Wolford to report for active duty

Kurt Wolford, a 2007 graduate of Rains High School, recently reported for active duty with the U.S. Army at Fort Lewis, Washington.

Wolford, along with wife Marissa, graduated May 13 from Texas A&M at College Station, where he was a member of the Corps of Cadets for four years.

Following the completion of initial training in Logistics, Lieutenant Wolford is scheduled for assignment at Fort Sill, Oklahoma.

Lt. Wolford is the son of Ken and Janice Wolford of Point.

Cara Clarkson named to SAU Dean's List

Cara Clarkson of Emory was named to the Dean's List at Southern Arkansas University following the spring 2011 semester.

Clarkson is a Senior Agriculture Business major. In all, 336 students were named to the list.

To qualify, a student must complete 12 or more semester hours and attain a grade point average of 3.50 or higher.

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ACROSS

1 TX Meat Loaf sang " — Anything for Love" ('93)

5 Joe — Grandee was the 1st "Official State Artist" of TX

6 everything — big in TX

7 astonish

8 TXism: " — hot" (active guy)

17 TX-filmed in '85: " — wee's Big Adventure"

18 McLean, TX has "Devil's" — about barbed wire history

21 TX Kenny Rogers tune: "Love — Something Like It"

22 San —, TX

23 a recording label for TX Robert Earl Keen

24 TXism: "feel like I had a long drop on — rope" (sore throat)

29 apt radio station call letters for Tye, TX

30 what PGA is to golf, this is to rodeo

31 this Belfour was Dallas Stars goalie ('97-'02)

32 sellers of new vehicles (2 wds.)

34 the TX governor can use this to nullify bills

35 this protects a car's bumper and hood

36 TX Red Steagall got this Reba started in country music

37 paddles

38 TXism: "you're reading my —" (thinking alike)

39 diarrhea is a symptom of this malady (2 wds.)

41 TXism: "hifalutin"

42 ooze or trickle

43 TX-born "Raiders" actress Capshaw

44 TXism: " — elbow" (drink)

45 money makers for the Dublin Citizen

46 make a mistake

47 Post-it

48 UT tower — in 1999

50 George W.'s '07 Iraq War strategy

51 TXism: "run it — lawyer"

52 Victoria, TX crowns "Miss Vacant — of the World"

53 poetic "before"

DOWN

1 vegetables grown in TX (2 wds.)

2 houses are usually — in West TX

3 Mineral Wells "Baker Hotel" has fallen into —

4 Crockett Co. seat

9 images of inside of the body

10 external part of ear

11 environ. agcy. with Dallas region. office dir. from Abilene

12 dir. from Abilene to Coleman

13 TXism for "intelligence"

14 early guide for Spain in TX: "El —"

15 world's largest continent

16 TXism: "does a fat man sweat?"

19 TX Benjamin Capps novel: "The Brothers of —" ('67)

20 TX atheist: —

22 Baylor University cultural museum

24 TX summer necessity (abbr.)

25 TX ABC reporter, Donaldson

26 oil baron Cullen who supported UH (init.)

27 Ector Co. seat

28 Irving owned Texas Stadium & — to the Cowboys

29 Dallas public TV

30 UT grad Fernando Belaunde Terry was pres. of this country

33 TXism: " — as a dish rag"

34 Dallas suburb: Sunny —, TX

35 marching —

37 TXism: "in a heap —" (difficult situation)

38 TX zoo mammal: — wolf

40 jackrabbits

41 fancy word for festival

44 TXism: " — up on" (study)

47 invalidate

49 in Zavala Co.: La —, TX

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