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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Texas Pecan Treats

By Phyllis Staff

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by: **Phyllis Staff**

Come August, there is nowhere I'd rather NOT be than in Texas. Steamy, sultry, and hot, living in Texas in August is like trying to breathe in a tightly-covered pressure cooker.

But in November, I remember the joys of Texas. Cool breezes and balmy fall days refresh the senses and invite us outside once again. On streets and in parks, pecans are ripe for gathering and shelling.

Those of you who think pecans come in 6-ounce plastic supermarket packages have missed the true texture and flavor of a real Texas treat. Best of all are the small native pecans with shells like granite. But once you've cracked them, there are no better fall treats to be had.

With the holidays rapidly approaching, we want to share a couple of our favorite recipes using Texas pecans. Even if you're forced to use those supermarket replicas, these recipes are great!

Texas Pecan Pie

Prepare a pie shell and set aside, or use a premade pie shell.

1/3 cup butter

3/4 cup brown sugar, firmly packed

3 whole eggs

one cup light corn syrup

one cup broken pecans

one tsp vanilla

1/4 tsp salt

Cream butter, sugar, and eggs.

Stir in corn syrup, pecans, vanilla and salt.

Pour mixture into prepared pie shell. Spraying the pie pan with PAM or a similar no-stick spray before placing pie shell can help keep the pastry crisp.

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Bake in 375 degree oven for 30–40 minutes, or until just set in center. Cool completely before serving.

Back in the eighties, I spent an unforgettable Christmas with my daughter who was, at the time, studying in Kyoto, Japan. Because of her love of pecan cookies, I made a double batch to take with me, fully aware that taking foodstuffs into Japan was not allowed. I figured I might lose the cookies, but what the heck? I might get lucky and sneak them past customs.

Arriving in Japan after a 26–hour flight, I was confronted with a Japanese customs agent who went through everything in my luggage. Nothing was too small or insignificant to escape his scrutiny. When he came to the tin of tightly packed cookies, he eyed it with a quizzical expression.

"Desu ka (what's this)?" he questioned me.

In my best schoolgirl Japanese, I explained that this was a Christmas present for my daughter, hoping that he would go on to the next item. It was not to be.

As I watched in horror, he opened the tin and was immediately enveloped by a dense cloud of powdered sugar.

"Ah," he announced. "Clismas plesant!" And beaming, he clapped the lid back on the tin and waved me through.

He was right. The holidays just wouldn't be as pleasant without these pecan gems.

Holiday Pecan Cookies

Beat until soft ½ cup butter.

Blend in two tablespoons sugar.

Add one teaspoon vanilla, one cup ground pecan meats, and one cup cake flour or regular flour sifted several times.

Roll into 32 ½ inch balls, one teaspoon full at a time.

Place on greased baking sheet. Bake in 300 degree oven for 45 minutes or 375 for 25 minutes. While cookies are still hot, roll in confectioner's sugar. Roll again after cookies cool.

Stored in air–tight tins, these cookies will keep indefinitely.

Enjoy!

Phyllis Staff, Ph.D. – Phyllis Staff is an experimental psychologist and the CEO of The Best Is Yet.Net, an internet company that helps seniors and caregivers find trustworthy residential care. She is the author of *How to Find Great Senior Housing: A Roadmap for Elders and Those Who Love Them*. She is also the daughter of a victim of Alzheimer's disease. Visit her website at

THE PECAN PIE

By Irvin L. Rozier

THE PECAN PIE by Irvin L. Rozier

This is a short version of story number 14(out of 50) from my book, My Walk with the Lord,
www.selahbooks.com

Psalm 37.4 "Delight thyself also in the Lord, and he shall give thee the desires of thine heart."

One Friday afternoon, I got an intense desire for a slice of homemade pecan pie. I had just read the above scripture verse so I prayed and asked the Lord to give me a piece of pie, the desire of my heart at that time.

Saturday night, I went to a gospel sing at a small country church. After the singing was over, refreshments would be served. I knew a pecan pie would be on the dessert table. The singing was wonderful...a great spiritual blessing was received by all. How that little white church vibrated as the singers and musicians lifted up the name of Jesus.

As someone gave thanks and asked the Lord to bless the food and time of fellowship, my mouth began to water for that slice of pecan pie.

Well, the food was good but I was disappointed because there was no pecan pie in sight...all other kinds were there, but no pecan pie.

Sunday morning, one of my nephews called and invited me to go to a church service honoring high school graduates. He wanted me to pray for the graduates. After the service, refreshments were to be served. I just knew that night, my desire for a slice of pecan pie would be met. I had often been to suppers at that church, and many times I'd seen four or five pecan pies on the dessert table.

The service was beautiful...it honored the graduates and the Lord. As the pastor asked the blessing over the food, I anticipated the first bite of that slice of pecan pie.

We went back to the social hall, and I saved a place on my plate for that pecan pie. I approached the dessert table, and stared with disbelief...no pecan pie in sight! I swallowed my disappointment, and still thanked God for the good food I ate. However, I still wanted that pecan pie...just one slice.

Monday morning, I awoke, made some coffee and read my Bible. The scripture I read was Mark 11.24 ("Therefore I say unto you, what things soever ye desire, when ye pray, believe that ye shall receive them, and ye shall have them.") I had prayed for that slice of pecan pie and I was still looking for it.

I finished my reading and went to get in my truck to go to town. I opened the door, and there, sitting on the front seat, pretty as you please, was a whole fresh homemade pecan pie. As tears of gratitude to the Lord formed in my eyes, the Lord spoke to me and said, "See, you only desired a slice of the pie but I can give you a whole one!" Thank God that He cares for and loves us so much.

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This event happened almost 5 years ago. When I woke this morning, the Lord had me write this true story. Bless God if today, the same neighbor came by and gave me another whole pecan pie as I was writing! That is God's way of confirming that I should write in a book this wonderful true story.

John 3,27 "John answered and said, a man can receive nothing, except it be given him from Heaven."

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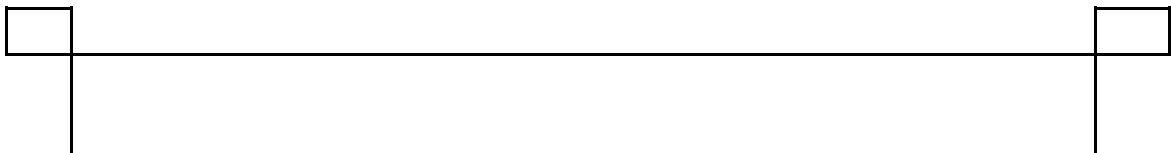
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