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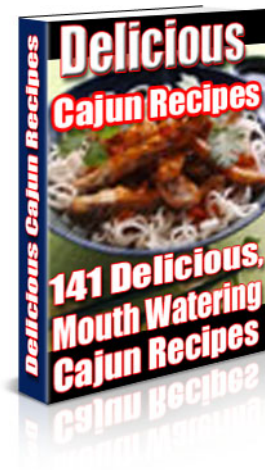
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# **Delicious Cajun Recipes**

**The Cookbook for America's Favorite  
Cajun Recipes**

## **CRAWFISH BISQUE**

(Makes 4 Servings)

### **INGREDIENTS**

1 - 1/2 cup crawfish tails 1 - 1/2 pint cold water  
1 clove garlic, mashed 1 tablespoon green onion  
1/4 cup cooking oil 1 pint cold water mixed with 1/2 cup crawfish fat  
1/4 cup all-purpose flour 1 teaspoon salt  
1 small onion, chopped 1/4 teaspoon sugar  
1 stick celery, chopped 1/4 teaspoon red pepper  
1 bay leaf 1 tablespoon chopped parsley  
3/4 cup whole tomatoes, canned or fresh, chopped

### **Directions**

In a heavy bottomed pot, make a roux by adding flour to heated oil, over low heat, stir constantly until a deep golden brown; take pot away from heat for fear of burning; add onion, garlic and celery; cook about 5 minutes or until tender; stir; return to heat and add 1 pint of water, tomatoes, sugar, salt and pepper; cook over high heat, stirring until sauce simmers; then reduce heat again.

While sauce is simmering, combine remaining water with crawfish fat in a large saucepan, cook over high heat, stirring constantly until it comes to a boil.

Add sauce to fat and water, let simmer 1 hour. Season with salt and pepper again if needed. Add crawfish tails, green onion and parsley. Serve in soup plate over a scoop of cooked rice.

3

## **CRAWFISH ETOUFFEE**

### **INGREDIENTS**

1 heaping teaspoon all purpose flour 1 tablespoon parsley  
1 teaspoon salt 2 very thin slices lemon  
1/4 teaspoon cayenne pepper 1 tablespoon green onion  
1 lb. cleaned crawfish tails, commercial kind  
crawfish fat and water to make 3/4 cup 1 heaping tablespoon tomato paste  
1 stick margarine or butter 1 medium onion, chopped fine

### **Directions:**

Use a saucepan with a tight fitting lid to etouffee, (French for smother). Season crawfish tails with salt and pepper, set aside. Melt butter, add onion, cook over medium heat until tender. Stir in the flour, blend well. Add water, crawfish fat, lemon, tomato and garlic.

Cook slowly, about 20 minutes, and add a little more water occasionally.

When sauce is done, add crawfish tails, cover with lid. Cook 8 minutes. Season again, to taste. Add green onion and parsley, cook 2 minutes longer.

Serve on steamed rice. Garlic bread and green salad is a good companion to crawfish.

4

## ***CRAWFISH PIE***

### **INGREDIENTS**

Salt and red pepper to taste 1 clove garlic, mashed  
Pinch thyme 1/3 cup tomato sauce mixed with 1/3 cup water  
Pinch nutmeg 1 tablespoon green onion  
4 tablespoons cornstarch 1 tablespoons parsley  
Pie dough enough for 4 individual pies (or 2 large)  
1 - 1/2 cups crawfish tails; crawfish fat and water to make 2 cups  
3 tablespoons cooking oil 1 medium onion, chopped fine  
2 tablespoons butter 1/4 cup chopped celery

### **Directions:**

Cook onion, celery, and garlic in cooking oil, stirring until tender. Dish out half the cooked mixture. To the mixture, add tomato sauce, water, and crawfish fat, cook over medium heat and when it boils, slowly add cornstarch and water stirring until sauce thickens, season with nutmeg, thyme, red pepper and salt to taste; set aside.

To the remaining cooked onion mixture in a saucepan add crawfish tails, butter, cook 2 to 3 minutes. Combine sauce, crawfish, green onion and parsley. Cook, then pour into 4 pastry lined pie plates, equally divided. Wet edges of under crust, cover with uppercrust. Press edges together; prick with a fork. Bake in a 450 degree preheated oven 5 minutes; reduce heat to 400 degrees and bake about 15 minutes longer.

5

## ***CRAB MEAT AU GRATIN***

### **INGREDIENTS**

1 pound white crabmeat 1/2 teaspoon prepared mustard  
3 tablespoons butter or margarine 3/4 cup grated cheese (your choice cheddar or American)  
1/2 cup finely chopped onions or scallions 1 small pinch ground nutmeg  
1/4 cup finely chopped celery 3 tablespoons bread crumbs  
1 heaping tablespoon all-purpose flour dash of white pepper  
1 - 1/2 cups milk 1/4 cup extra cheese  
1 egg yolk, well beaten dash of cayenne pepper  
2 tablespoons fresh lemon juice Dash of paprika

### **Directions:**

In a heavy saucepan, over moderate heat, melt butter, add onions and celery. Cook, stirring occasionally until onions are soft and transparent but not brown. Stir in the flour, blend well. Add milk, stir constantly until smooth. Add pepper, nutmeg, mustard, and cheese. Take pot away from heat. Beat egg yolk and add lemon juice. Then add crabmeat – mix well. Butter baking pan or individual baking dishes. Pour mixture, over all.

Combine cheese and bread crumbs, sprinkle over top of mixture, then add a dash of paprika. Bake 15 or 20 minutes until top is au gratin, brown and crusty.

6

### ***SHRIMP CREOLE***

#### **INGREDIENTS**

1/2 pound fresh shrimp, peeled, deveined and washed 1/2 teaspoon sugar  
1 bay leaf 1 small piece of bell pepper, cut fine  
1/4 lemon 1/8 teaspoon sweet basil  
1 - 1/2 cups water pinch nutmeg  
1 - 1/2 tablespoons cooking oil 1 small piece of bayleaf  
1 small onion, chopped 1/8 teaspoon red pepper  
1 clove garlic, mashed 1/2 teaspoon cornstarch  
1 cup whole tomatoes, fresh or canned A small amount of green onion  
1/2 cup tomato sauce Liquid from boiled shrimp

#### **Directions:**

In a stew pan, add water, salt, bay leaf, lemon and shrimp. Cook over medium heat. When water comes to a boil, cover and cook 5 minutes. Drain and reserve liquid.

Saute onion and garlic in oil until tender. Add tomatoes, shrimp broth, sugar, and bell pepper, reduce heat and simmer 15 minutes. Add sweet basil, nutmeg, red pepper and salt to taste. Cook a few minutes more.

.Make a paste with corn starch and 2 tablespoons water. Stir it into the sauce; stir and cook until it thickens. When ready to serve, add the boiled shrimp, parsley and green onion.

7

### ***TROUT MEUNIERE ALMANDINE***

4 Servings

#### **INGREDIENTS**

8 Trout fillets (skinned) 1 Stick of butter (1/4 Pound)  
1 Cup flour 1 Juiced Lemon (keep juice)  
2 Teaspoons of salt or to taste. 1/4 Cup of chopped parsley (Flat leaf preferably)  
3 Teaspoons of red pepper or to taste. 1/2 Cup roasted sliced almonds (Roast at 375 degrees 7 minutes)

#### **Directions:**

Sprinkle trout fillets with seasoning then dredge in flour. Melt butter in shallow skillet; add fish and cook slowly until golden brown on both sides. Remove fish from skillet and set in oven to keep warm. Add lemon juice and parsley to butter and drippings in the skillet. Mix well then pour over cooked fish fillets. Sprinkle sliced almond over the fillets.

8

### ***POMPANO en PAPILOTTE***

Makes Serves 2

#### **INGREDIENTS**

1/2 cup crabmeat 1/2 shell of a beaten egg  
1 pound fillet of pompano 1/2 cup cracker crumbs

4 tablespoons butter salt and red pepper to taste  
1 small onion, chopped fine 1/4 teaspoon ground ginger  
1 stick celery, chopped fine 1 teaspoon chopped green onion  
2 tablespoons flour 1 teaspoon chopped parsley  
1/2 cup milk 2 pieces of parchment paper or aluminum foil  
1 tablespoon sherry wine (optional) juice of a half a lemon

**Directions:**

Season pompano with salt and pepper, put in covered dish in refrigerator for 2 or 3 hours.

Cook onion and celery in butter over low heat, stirring, until tender. Stir in the flour, blend well, add milk, cook and stir until mixture thickens. Pour mixture in a bowl. Let cool.

To the cooled mixture, combine with ginger, egg, cracker crumbs, parsley, green onions, and wine. Beat well and fold in the crabmeat. Divide the fish into 2 equal parts, place half on buttered pieces of paper or foil. Spoon crabmeat filling over each and spread evenly.

Place other halves of fish over filling, squeeze lemon over the top, then dot with butter.

Fold paper or foil over, seal all around, crimp the edges together to make the package air tight.

Arrange the papilottes on a baking sheet, and bake in 350 degree preheated oven for 20 to 25 minutes. Serve fish in their envelopes, garnish with lemon wedges.

9

**COQUILLES ST. JACQUES**

(Scallops)

**INGREDIENTS**

**POACHING**

1 C: dry white wine 1 bay leaf  
1/2 Teaspoon salt 1 Pound Sea Scallops  
1/2 Teaspoon pepper 1/2 Pound sliced fresh mushrooms

**SAUCE**

3 Tablespoons butter 2 Egg yolks  
4 Tablespoons flour 1/2 Cup whipping cream  
1/4 C: scallop liquid or seafood stock 1/4 Lemon juiced  
3/4 C: of whole milk 10 Tablespoons Swiss cheese  
Salt and pepper for taste

**Directions:**

Combine all poaching ingredients except the Scallops and mushrooms. Bring to a simmer for a few minutes; add Scallops and mushrooms and enough water to slightly cover Scallops. Bring back to a simmer and lower heat so that liquid is not boiling but slowly poaching for about 5 minutes.

Melt butter and mix flour to make a white roux. Do not let the flour brown. Cook slowly until mixture is smooth. With the fire turned off blend in the poaching liquid, then the milk. Cook for about 2 minutes on low fire. Blend the egg yolks

and cream in a separate bowl. When blended drip the egg and cream mixture slowly into the hot sauce beating until sauce is smooth. Return sauce to heat and stir for about 2 minutes then add the lemon juice, salt and pepper to taste. Add the Scallops and mushrooms to about 2/3 of the sauce and mix well with fire off. Butter Scallop shells or ramekins and add the Scallop and mushroom sauce mixture. Spoon remaining sauce over Scallops and top with grated Swiss cheese. Broil until cheese is melted and sauce is hot. Should be served immediately from oven.

10

### **CATFISH COURTBOUILLON**

Makes 4 Servings

#### **INGREDIENTS**

2 Pounds of Catfish Fillet cut into 2 inch chunks 1 Bay leaf  
4 Cloves of garlic minced ½ Teaspoon sugar  
1 Large onion chopped fine 1 and a 1/2 Quarts of water  
1 Stick of celery, chopped fine 3 Tablespoons chopped parsley  
1 Cup whole tomatoes chopped 4 Tablespoons chopped green onions  
¼ Cup tomato sauce ½ Lemon sliced thin  
Salt and Red Pepper to taste

#### **Directions:**

Season catfish with salt, red pepper, black pepper and garlic. Let sit in refrigerator until ready to use.

The next thing you want to do is make a roux by heating the oil in a heavy bottomed pot.

Add the flour and stir constantly over medium heat until the color of a penny.

Remove from heat and add onions and celery, stir mixture well and return the pot to the fire. Cook for about 8 to 10 minutes on medium heat.

Add tomatoes, sauce, bay leaf sugar, and water and stir until well mixed and roux dissolved. When the sauce comes to a boil reduce heat and simmer for 45 minutes to 1 hour. Add your Catfish and lemons and bring back to a simmer for 15 minutes. You do not want to overcook the fish. It should flake, but not fall apart. Take the pot off of the fire.

Add parsley and green onions let stand for about 5 minutes and serve in soup bowl with a large scoop of white rice.

11

### **STUFFED CRAWFISH BISQUE HEADS**

#### **INGREDIENTS**

1 - 1/2 cup crawfish tails, cut in small pieces 2 slices stale bread, soaked in 1/4 cup milk  
25 more or less, crawfish heads 2 tablespoons of well beaten egg  
3 tablespoons butter or margarine 1/3 cup water, mixed with crawfish fat  
1 medium onion, chopped 3/4 cup cracker crumbs  
1 stick celery, chopped 1 more tablespoon butter  
1 clove garlic, mashed 2 tablespoon Parmesan cheese



1 teaspoon salt 1/2 teaspoon red pepper

**Directions:**

Cook onion, celery and garlic in butter over medium heat until tender, stirring occasionally; add bread soaked in milk; stir until glossy and bread leaves the pot clean.

Stir in the egg; add salt and pepper, set aside to cool.

In another saucepan, heat water, crawfish fat and remaining butter. Let cool to lukewarm, then add cracker crumbs; stir in the cooked onion and bread mixture.

Beat until smooth, then add crawfish tails; mix well. Season again if needed. Add Parmesan cheese. Stuff crawfish heads with the mixture, then fry.

Coating for frying:

1/2 cup all-purpose flour 3 tablespoon milk

1 egg, mixed with . . 1/2 cup cracker meal or crumbs

**Directions:**

Coat all the heads with flour, then with well beaten egg and milk; then with cracker meal.

Fry them in deep fat.

12

## ***RED BEANS and RICE***

### **INGREDIENTS**

1 pound dried red beans or kidney beans 1 large hamhock from left over ham, or sausage

2 tablespoons margarine or ham fat 1 large onion, finely chopped

1 or 2 clove garlic, finely minced 1 teaspoon salt

1/4 teaspoon red pepper 1 small piece bay leaf

1/2 teaspoon oregano powder 2 large ripe tomatoes or canned whole tomatoes

**Directions:**

Pick and wash red beans.

In a large sauce pan boil 1-1/2 quarts water, drop in the beans, boil 1 minute. Set aside until they cool.

Cook onion in fat until tender. Add to beans, with garlic, hamhock, tomatoes, bayleaf, salt, and pepper. Cook over high heat, then reduce to simmer until tender, about 2-1/2 to 3 hours.

Take out hamhock, cut meat away from bone and add to pot of beans. Add oregano.

Serve in soup plates over rice. Chopped scallions over this is delicious.

13

## ***CREOLE CABBAGE ROLLS***

Makes 2 Servings

### **INGREDIENTS**

12 or 14 cabbage leaves, cut large ones in half along thick ridge

3 tablespoons bacon grease or sausage drippings

1 clove garlic, finely minced 1 small onion, finely chopped

1/2 pound ground beef 3/4 cup cooked rice

1/2 of a well beaten egg 1 teaspoon salt  
1/2 teaspoon red pepper

**Directions:**

Cook onion and garlic in bacon grease until tender.

In a large bowl, thoroughly mix meat, rice, egg, salt, pepper and cooked onion. Place about 1 tablespoon of the mixture in soft end of the cabbage, ending with the large end of the leaf. continue until all are rolled.

In a saucepan that has a tight fitting lid, place a pan rack, crumbled foil, or pieces of cabbage on bottom and add water. Place cabbage rolls hard end down.

**CREOLE SAUCE**

1 cup canned whole tomatoes and juice 1 teaspoon salt

1/2 teaspoon red pepper 1 teaspoon sugar

1/2 lemon (for juice) 1 cup water

Combine tomatoes, salt, sugar and pepper. Pour over cabbage. Squeeze lemon over all.

Cover with a tight fitting lid. Cook 15 minutes, then reduce heat to low. Cook 45 minutes longer.

14

**PORK POT ROAST**

**INGREDIENTS**

2 1/2 or 3 pound pork shoulder roast 4 tablespoons cooking oil

1 tablespoon prepared mustard salt and red pepper to taste

1/4 cup all-purpose flour 1 clove garlic, chopped

**Directions:**

One or two hours before cooking the roast, season generously with salt and pepper. Insert slivers of garlic in slits in roast made with a sharp knife. Rub mustard all over the meat.

Wrap well in foil and place in refrigerator until ready to cook.

When ready to cook, coat all sides with flour. Heat cooking oil in a large pot and cook meat to a golden brown on all sides. Cover pot with a tight fitting lid, turn the heat low and cook about 2 more hours. If heat is low enough you should not have to add any water, but turn meat frequently, careful not to prick with a sharp object for fear of losing the precious **juices**.

**MAKE THE GRAVY AS FOLLOWS:**

fat from the meat and pan drippings 1 1/2 cups water

1 medium onion, grated 1 small piece of celery, chopped

1 heaping tablespoon cornstarch with 1/4 cup water

Cook onion and celery in meat drippings until clear and tender, stirring occasionally. Add water. When liquid comes to a boil, add cornstarch mixture.

Cook until thick and smooth. Add more seasoning (salt and pepper) if necessary.

15

**CREOLE GREEN BEANS**

Makes 2 Servings

**INGREDIENTS**

1/2 pound fresh snap beans 3 tablespoons bacon drippings  
4 or 5 new potatoes, soaked in water with a little soda, then scraped 1 small  
onion, chopped  
1 teaspoon sugar 1/2 teaspoon salt  
1/4 teaspoon black pepper 1 cup boiling water

**Directions:**

Combine all the ingredients in a small stew pan; cover with a tight fitting lid; cook over medium heat 5 minutes. Reduce heat; cook about 15 minutes longer. The beans should be tender crisp.

**GREEN BEANS WITH HORSERADISH SAUCE**

Prepare green beans as snapbeans above but omit bacon drippings. After cooking drain off liquid.

1-1/2 tablespoons butter or margarine 1-1/2 tablespoons all-purpose flour 3/4 cup milk 1 tablespoon grated onion 1/4 teaspoon prepared mustard 1/2 teaspoon prepared horseradish Saute onion in butter, add flour, stir, then add milk. Cook until smooth and thick; add horseradish and mustard. Pour sauce over heated beans. Serve hot.

16

***COCONUT CANDIES YAMS***

Makes 2 Servings

**INGREDIENTS**

1 or 2 sweet potatoes, enough for 2 servings; peel and cut in large chunks  
1 tablespoon soda warm water to cover 3/4 cup sugar  
1 cup water a pinch of salt  
a slice lemon, cut in small pieces 1/4 cup shredded coconut  
1 teaspoon butter

**Directions:**

Peel potatoes and cut in diagonal chunks. Sprinkle soda over them and pour warm water to cover. Let soak in solution 5 minutes. Drain in a colander. In a saucepan combine water, sugar, salt, yams, and lemon. Boil, cover. Cook over medium heat 10 minutes, turn over the yams and cook uncovered 10 minutes longer. Add coconut and butter.

17

***CHICKEN ETOUFFEE***

**INGREDIENTS**

1/2 fryer, cut in serving pieces 1 medium onion, finely chopped  
1/4 cup oil paprika salt and pepper

**Directions:**

Season fryer generously with paprika, salt and pepper. Heat oil in heavy bottomed pot with a lid. Fry the chicken to a golden brown, turning the pieces occasionally. When meat is brown cover with lid and reduce heat. Cook about 30 minutes, adding a tablespoon water if necessary. Uncover and add onion. Cover and cook until tender, stirring occasionally. Serve with cooked rice.

## **STUFFED MERLITON**

Makes 2 Servings

### **INGREDIENTS**

2 medium sized merlitons 1/2 pound or 1 cup ground beef

1/2 teaspoon salt 1/4 teaspoon cayenne

1 small onion, finely diced 1/2 cup cooked rice

2 tablespoons bread or cracker crumbs Butter

### **Directions:**

Cut merlitons in half lengthwise; cover with salted water in a pot with a tight fitting lid.

Reduce heat to simmer; cook until tender, approximately 30 minutes. Do not overcook.

With a teaspoon, discard seed, scoop out pulp and set aside, leaving a 1/4 inch shell. Place shell on a shallow greased baking dish. Preheat oven to 350 degrees.

Cook meat and onion with seasoning until tender. Should add water and stir occasionally, brown lightly. Add merliton pulp, cook 10 minutes longer; blend in the rice. Season again to taste. Fill shells with the mixture, sprinkle top with crumbs, dot with butter. Bake 15 or 20 minutes.

## **GRILLADES**

### **INGREDIENTS**

4 Pounds of veal or beef round steak 1 Teaspoon thyme

1/2 Cup bacon drippings or vegetable oil 1 Cup water or beef stock

1/2 Cup flour 1 Cup red wine

2 Cups of chopped onions 3 Bay leaves

1 1/2 Cups of chopped green onions 3 dashes of Worcestershire sauce

1 Cup chopped celery 1/2 Cup chopped parsley

4 Cloves of garlic, chopped fine Salt, red and black pepper to taste.

3 Tomatoes (medium) chopped

### **Directions:**

Start by cutting steaks into serving-size pieces and removing any external fat. In large heavy bottomed pot add bacon drippings or oil and brown meat well. After meat is well -browned (remember the browning gives the flavor) set aside. Add flour to the same pot with drippings and stir continually, making a roux. Cook until the color of a penny; add onions, green onions, celery and cook until soft and limp. Next add the garlic, tomatoes thyme mixing all ingredients together. Add water or stock, wine, bay leaves, salt, pepper and Worcestershire sauce. Simmer all ingredients for 10 minutes add veal or beef pieces of meat back to pot stirring well. Cover and cook until meat is fork tender but not falling apart. You can add water during the cooking process if gravy gets too thick. Taste during the cooking for seasoning (salt and pepper) and add if needed. You can always add if you think Grillades need more seasoning but seasoning is hard to remove. When seasoned and meat very tender add parsley and serve over grits.

20

### **TARTER SAUCE**

#### **INGREDIENTS**

1 cup mayonnaise 1 tablespoon minced onion, or shallots  
1 tablespoon capers 1 teaspoon vinegar  
1 tablespoon chopped sweet pickles 1/2 teaspoon prepared mustard  
1 hard boiled egg, finely chopped

#### **Directions:**

Combine all ingredients and mix well. Chill in covered dish until ready to use.  
Serve with almost any fried fish.

21

### **REMOULADE SAUCE**

(Makes 1 ½ Quarts)

#### **INGREDIENTS**

2 Eggs ½ cup each, shallots & celery  
4 Tablespoons paprika 4 cloves garlic  
2 Teaspoons salt 5 stalks parsley  
½ cup Creole mustard ¼ cup tomato catsup  
1-½ pints of vegetable or olive oil 3 bay leaves  
½ cup vinegar 2 Tablespoons horseradish  
1 lemon 4 shots of Tabasco or to taste

#### **Directions:**

Put eggs, paprika, salt and Creole mustard into a mixing bowl. Add oil slowly; after mixture is thick, add vinegar. Grate lemon rind into mixture; squeeze the juice from the lemon into the mixture. Finely chop celery, garlic, parsley, and shallots, add to mixture. Blend in catsup, bay leaves, horseradish and Tabasco. Chill for 5 hours. Serve with cold shrimp or crabmeat.

22

### **BREAD PUDDING**

(with Whiskey Sauce)

#### **INGREDIENTS**

1 loaf French bread 2 Tablespoons Vanilla  
1 qt. Milk 1 cup golden raisins  
3 eggs 4 Tablespoons butter  
2 cups of sugar  
Whiskey Sauce  
1 stick of butter (1/4 Pound) 1 egg  
1 cup confectioners sugar 1 jigger of bourbon

#### **Directions:**

Preheat oven to 350 degrees. Break French bread into about 8 pieces. In a large bowl, soak bread in milk until well soaked. Mix the bread around before adding the next ingredients.

Beat the egg, sugar and vanilla well then add to bread mixture. Next add the raisins and stir mixture well. Grease a baking pan with butter ; pour the mixture into the pan. Place the pan with the pudding in another shallow pan with about an inch of water in it. Bake at 350 degrees for about 40 minutes or until pudding is firm. When cooked take out of oven and allow to cool.

### **WHISKEY SAUCE**

In a double boiler, cook butter and sugar until completely dissolved. Add egg, beating very quickly so that it won't curdle. When the mixture smoothes add whiskey. If you desire a stronger whiskey taste add more.

Cut bread pudding into serving pieces and place in deep dish. Add whiskey sauce to the top of the pudding.

23

### **BANANAS FOSTER**

Makes 4 Servings

#### **INGREDIENTS**

5 Tablespoons butter 4 Bananas cut in half lengthwise then halve

4 Tablespoons brown sugar ¼ cup of light rum

1 Teaspoon cinnamon 4 scoops of vanilla ice cream

3 Tablespoons banana liquor

#### **Directions:**

Melt butter in a skillet or flambé pan. Add sugar, cinnamon, and banana liquor and stir until sugar melts. Add bananas to sauce and sauté until bananas are soft and browned.

Add rum and allow to get hot so that you can flambé (ignite) the pan. Liquor should ignite if hot and placed near a flame. Tip pan in circular motion. Place ice cream in 4 bowls topping with 4 pieces of banana. Spoon sauce over bananas and ice cream and serve immediately.

24

### **SEAFOOD GUMBO**

#### **INGREDIENTS**

1/2 lb. or more filet of catfish, trout or redfish

2 lbs. shrimp, peeled and deveined 1/2 pint of shelled oysters

2 cups chopped onion 1 cup chopped celery

Gumbo File 1/2 teaspoon finely chopped parsley

1 gallon water 4 cloves minced garlic salt, black and red pepper to taste

#### **Directions:**

1 - 1/2 cups cooking oil 1 - 1/2 cups flour

Place cooking oil in heavy iron pot over medium heat. When oil is hot, stir flour in a little at a time, blending thoroughly with each addition. Lower heat. It is very important that you keep stirring constantly. After all of the flour has been combined with the oil, turn fire down very low and cook until golden brown, stirring constantly. Pour the mixture into another container and continue as follows:

25

## **STEAK ROUILLE**

Makes 4 Servings

### **INGREDIENTS**

1 pound tender beef steak, cut 1/2 inch thick

Salt Red pepper

1/4 cup cooking oil 1 medium onion, finely sliced

Water

### **Directions:**

Season steak with salt and pepper. In a heavy bottomed skillet, place meat in cold oil over medium heat and cook until most of the liquid has cooked out. Turn meat, add 1 tablespoon water and cook until meat starts frying, then turn meat and add water.

Continue with the process of turning, frying and adding water until meat is tender. Add onion, cook until tender. Add a little water; this makes a sauce rouille, or rusty gravy. Serve with cooked rice or creamed potatoes.

26

## **CRAB CAKE**

### **INGREDIENTS**

1 Pound Regular Lump Crabmeat 1-tsp. Dry Mustard

1 Egg 1-tbs. Parsley (chopped fine)

3-tbs. Mayonnaise 1-tbs. Melted Butter

1-tbs. Worcestershire Sauce 1-cup Saltine crackers

1-tbs. Lemon Juice 1-tsp. Old Bay seasoning

### **Directions:**

Combine all ingredients except Crabmeat and Saltine crackers. Mix ingredients very well then add Saltine crackers and blend in. Next add Crabmeat and gently fold into mixture.

Note: Do not over mix because Crabmeat will break apart.

Crab cakes should be made into balls 4, 6 or 8 oz. They are best pan fried in vegetable oil on medium heat, turning as they are golden brown.

27

## **MAGNOLIA BLUEPOINT CRAB TARTS**

### **INGREDIENTS**

1 pound lump blue point crabmeat 1/4 pound unsalted butter

8 ounce package Philadelphia cream cheese 1/3 white onion finely diced

1/4 teaspoon minced garlic Salt and cayenne pepper to taste

100 - 1" tart shells from local bakery

Allow cream cheese and butter to soften at room temperature then add juice from two lemons, and add the following ingredients:

5 ounces French Imported Honey 5 ounces Spanish Imported Paprika

2 ounces Wine Vinegar 2 ounces Tarragon Vinegar

2 ounces Malt Vinegar 5 tablespoons Celery Salt

5 tablespoons onion puree 2 tablespoons garlic puree

10 ounces Lea & Perrin (1 bottle) 2 ounces Tabasco  
4 teaspoons white pepper 4 tablespoons yellow mustard  
4 tablespoons horseradish 4 teaspoons sugar  
4 teaspoons salt

**Directions:**

Mix all ingredients together and blend well and fill tart shells with the mixture.  
Bake for 15 minutes at 350 degrees or until hot.

28

**OYSTER CHOWDER SOUP**

**INGREDIENTS**

24 oysters with liquid 2 cups onions, chopped  
1 quart fish stock 12 ounces heavy cream  
1 cup flour 1/2 cup margarine  
1 teaspoon parsley, chopped Salt and pepper to taste  
2 cups diced potatoes, boiled

**Directions:**

Saute onions and 1/4 cup margarine 2 to 3 minutes. Add oysters and liquid and simmer 4 to 5 minutes. Add fish stock and bring to a boil. Reduce heat and simmer for about 8 minutes. Mix flour with margarine. Add to mixture for thickness. Simmer for 6 minutes.

Add cream, parsley and potatoes; simmer for 3 minutes. Salt and pepper to taste. Serves 10 to 12.

29

**PEPPERY STUFFED CRAB**

**INGREDIENTS**

1 Pound Crab Meat (White & Claw Mixed) 6-8 Empty hard shell crab shells  
2 Tbs. Strained Lime Juice 4 Tbs. Melted Butter  
3 Dashes Angostura Bitters 1 Tbs. Chives  
2 Tbs. Lean Bacon, Minced Fine 1 Cup Cream  
4 Dashes Tabasco Sauce Salt and Pepper to Taste  
1/2 Cup Fine Bread Crumbs 3 Slices of soft Bread

**Directions:**

Figure two parts crab meat to one part soft bread. Moisten bread with cream and bitters mix. Saute garlic, shallots and pepper, with bacon. Mix everything thoroughly, stuff shells previously coated with olive oil. Cover with fine bread crumbs, dot with butter or olive oil, brown around 375 Fahrenheit. Seasoning is always to taste, of course; but these are better if a little peppery.

30

**CRAB MEAT REMICK**

**INGREDIENTS**

1 Pound Lump Crab Meat 1/2 tsp. Celery salt  
6 Strips crisp bacon 1/2 cup chili sauce  
1 Scant tsp. Dry mustard 1 tsp. Tarragon vinegar



1/2 tsp. Paprika 1 1/2 cups of mayonnaise  
1/2 tsp. Tabasco sauce

**Directions:**

Divide crab meat into 6 portions and pile into individual ramekins. Heat in 400 oven and top with strips of crisp bacon. Blend together mustard, paprika, celery salt and vinegar, mix well, blend with mayonnaise. Spread the warm crab meat with this sauce and glaze under the broiler.

31

***BARBECUE SHRIMP***

**INGREDIENTS**

1 1/2 pound butter 1 teaspoon rosemary  
1 teaspoon leaf oregano 1 teaspoon paprika  
1 teaspoon salt 1 teaspoon red pepper  
8 cloves garlic, chopped 4 bay leaves  
Juice of 1 lemon  
12 large shrimp, heads on (16 to 20 to the pound)

**Directions:**

Melt butter in a large saucepan and add all ingredients, except shrimp. Cook over medium heat for approximately 5 minutes. Add shrimp and saute for 4 minutes on each side.

Remove from heat and ladle butter sauce over shrimp. Garnish with fresh parsley and three slices of lemon. Serve with French bread and salad for a classic New Orleans delight. Makes 2 Servings

32

***DUCK SAUSAGE***

**INGREDIENTS**

10 each duck legs 2 pounds pork butt, boneless  
3 ounces vodka 5 basil leaves  
Salt and pepper Sausage skins

**Directions:**

Bone and cut duck legs with 1/2 the fat to fine dice. Grind pork with fat through grinder, 1/8-inch diameter. Chop basil fine. Put meat, vodka, basil, salt and pepper in mixer with paddle, mix until combined. Check seasonings. Clean skins in cold running water inside and out. Use sausage stuffer on mixer and feed about 4 feet of sausage, tie sausage of size desired. Let hang in cooler for 2 days, cook on grill until golden brown.

33

***PASTA ASCUITTA***

Angel hair pasta  
1 teaspoon crushed red peppers  
1/4 cup olive oil 1/2 cup romano cheese, grated

**SAUCE:**

2 cloves garlic, finely chopped 1 medium onion, finely chopped

1/2 green bell pepper, finely chopped 1 cup tomato puree  
1 teaspoon oregano 2 bay leaves, crushed  
1 cup olive oil 1 pint boiling water

Salt and pepper

**Directions:**

Heat olive oil in medium skillet. Saute chopped ingredients. Add tomato puree, water, oregano and bay leaves. Simmer for at least 30 minutes.

Prepare pasta al dente. Fold in olive oil, cheese and crushed red pepper. Add a little sauce at a time to provide a light coating. Add salt and pepper to taste.

Serves 6.

34

## ***TURTLE SOUP***

### **INGREDIENTS**

2 Pounds of Turtle Meat (cubed) 3 Bay leaves  
2 Sticks Butter (unsalted) 1/2 Tsp. Oregano  
Cup All Purpose Flour 1/2 Tsp. Thyme  
1 Cup Celery (diced) 1 Tsp. Course Black Pepper  
2 Cups Yellow Onions (diced) 1 Shot Dry Sherry  
1 1/2 Cups Tomato Puree 3 Tbs. Minced Parsley  
1 Quart Beef Stock Juice of One Lemon  
6 Hard Boiled Eggs (chopped fine) Salt and Pepper to Taste

**Directions:**

In heavy saucepan melt butter. When melted add flour and cook until the flour turns the color of a penny. This roux must be stirred at all times so it will not burn. When roux reaches the desired color add your vegetables and turtle meat and cook until turtle is brown and vegetables are clear. Add the tomato puree and cook for about 15 minutes on low fire. In stock pot simmer beef stock. While boiling add the mixture from your saucepan and stir until soup is mixed and roux is dissolved. Stock should be smooth and have body. Simmer soup until turtle becomes tender at which time you may add your lemon diced eggs and parsley. Each plate should be served with a shot of sherry on the side.

35

## ***REDFISH BEIGNETS***

2 - 3 pounds redfish

Hot sauce

Marinate redfish in hot sauce for 1 hour or more.

Beignet Breeding:

3 cups flour 1 cup cornstarch

1 tablespoon paprika 1 teaspoon cayenne pepper

2 tablespoons salt 1/2 teaspoon garlic powder

Roll redfish in flour mixture and deep fry at 350 degrees until fish pieces float.

Remove

from deep fry and place on a paper towel.

Beignet Sauce:

1 cup mayonnaise 1/4 cup sour cream  
Chopped parsley, to garnish 1 tablespoon Dijon mustard  
Salt and pepper to taste  
Mix together the above ingredients well.

**Directions:**

Place a leaf of bibb lettuce on a salad plate. Spoon beignet sauce onto lettuce.  
Place redfish beignets on plate. Garnish with a carrot curl and serve. Serves 4.

36

## **GRILLED REDFISH**

### **INGREDIENTS**

4 Eight Ounce Fillets of Fish 6 Garlic cloves crushed  
2 Tsp. Grated Lemon Peel 1/3 Cup Olive Oil (extra virgin)  
1 Bunch Basil (thinly sliced) 1/3 Cup Capers ( small ones)  
1 Lemon (juice) Salt and Pepper to taste.

**Directions:**

Whisk lemon juice, olive oil, crushed garlic cloves and grated lemon peel in small bowl to blend. Stir in capers and basil. Season vinaigrette with salt and pepper to taste. Let stand at room temperature.

Prepare your fire on your barbecue, (high heat) or use broiler. Season fillets with salt and pepper and coat fillets with vinaigrette. Cook until fish flakes, be careful not to break fillet when turning. When fish is done place fillet on platter and pour remaining vinaigrette over fish.

37

## **RED SNAPPER FILLETS**

### **INGREDIENTS**

4 (8 -10 oz.) fillet of Red Snapper or similar fish  
3 lemons or limes 1 cup of pine nuts  
1 pound of butter 2 tablespoons of flour  
1 onion 1 ounce of bread crumbs  
1 tablespoon salt 2 tablespoon fresh cracked black pepper

**Directions:**

At start please realize that the fish is not restricted to Red Snapper alone. Any good fresh fish will be great.

First marinate boneless fillets in marinade of lemon or lime juice and dry sherry. Combine juice of the lemons and sherry with puree onion pulp, and let marinate for at least 4 hours.

Blot fish with paper towels.

Dust with a little salt and hand milled black pepper, dip into flour and brown lightly in butter; turn with care, only once. Place in greased oven dish, handling gently.

Chop enough pine nuts to blanket fish at least 1/8 inch thick. Put in bowl, and moisten each cup of chopped Pine Nuts with 2 tsp. lime or lemon juice and a trifle of yellow grated lemon peel, bind with 2 tsp. flour worked smooth with same amount of butter.

Add, then work in enough more butter to make into a stiff paste, using a few bread crumbs if needed to bind better. Now spread this nut paste over your fish fillets. Brown in hot oven at 425 degrees or so for about 5 minutes. Moisten with a bit more butter or white wine if nut spread dries out too much. Do not turn fish.

38

### **CRAWFISH CHEESE PIE**

#### **INGREDIENTS**

1 stick butter 1 cup green onions, finely chopped  
5 stalks celery, finely chopped 2 ounces crawfish fat  
1 can cream of shrimp soup (do not dilute) 1/2 teaspoon Tabasco  
1/4 teaspoon each red, black and white pepper 1 cup water  
1 pound crawfish tails 3 cups cooked rice  
1 cooked pie crust Salt to taste  
5 ounces grated cheddar cheese

#### **Directions:**

Melt butter and saute green onions and celery for 15 minutes. Add fat and cook 5 minutes.

Add soup, black, red and white pepper and tobasco. Cook 5 minutes. Add crawfish tails, rice and water. Stir, making sure mixture is not too dry or too runny. Add a little water if too dry. It must be thick enough to stand as a slice of pie. Add salt to taste. Stir in cheese and put in pie shell. Bake at 350 degrees for 15 minutes. Serves 4 to 6.

39

### **OYSTERS VERSAILLES**

#### **INGREDIENTS**

2 tablespoons fresh butter 2 tablespoons green onions, sliced  
1 tablespoon dry shallots, minced 1/4 tablespoon garlic, minced  
1/2 cup white wine Juice of 1/4 lemon  
1 3/4 cup medium bechamel sauce 1 1/2 tablespoons fresh dill (1 tablespoon dried)  
1 1/2 pounds fresh boiled crawfish tails Salt to taste  
Pinch cayenne pepper 18 oysters, shelled

#### **Directions:**

Saute onions, garlic and shallots in butter for 2 minutes without browning. Add wine and lemon juice, reduce by half. Add bechamel sauce and dill and reduce by another third.

Add crawfish tails and simmer 10 minutes. Salt to taste and add a pinch of cayenne pepper.

To serve put mixture on oysters and place on rock salt. Sprinkle with freshly Grated parmesan cheese and bake in 350 degree oven until cheese is golden. Garnish with a boiled crawfish and serve. Serves 6.

40

## **CRAB MEAT MARLEE**

### **INGREDIENTS**

1 can Pet milk 1 cup escargot  
1/2 teaspoon pepper 1/2 teaspoon salt  
4 teaspoons white wine 1 pound crabmeat  
1 pound large shrimp

### **Directions:**

#### **Cream Sauce**

Heat flour and butter in a medium size saucepan over medium heat. In another pan, bring Pet milk to a slow boil; add the flour and butter mixture. Stir until thickened. Mix 1 cup cream sauce, escargot, pepper and salt in a large saucepan over low heat until warmed through. Add shrimp and crabmeat and simmer for 5 minutes. Serve over angel hair pasta

41

## **MERLITON AND CRABMEAT**

### **INGREDIENTS**

6 medium sized merlitons 1 ounce olive oil  
1 bunch green onions, finely chopped 1/2 teaspoon crushed red pepper  
4 ounces stale bread, soaked in water, drained and chopped  
Salt to taste 12 ounces picked crabmeat  
1/4 bunch parsley, finely chopped Unseasoned bread crumbs  
1 fresh lemon

### **Directions:**

Peel merlitons, cut in half and pit. Cut into approximately 1 inch cubes and boil in unsalted water or until merlitons are tender, approximately 10 minutes. Drain and set aside. In large saucepan heat olive oil over medium heat. Drop in green onions and stir, adding chopped bread, red pepper and salt to taste. Slowly blend in merlitons, being careful not to break up cubes. Fold in crabmeat and reduce heat. Add chopped parsley and the juice of 1 fresh lemon. Place in a casserole dish and sprinkle unseasoned bread crumbs on top. Bake at 360 degrees for 30 minutes. Serves 12.

42

## **SHRIMP CLEMENCEAU**

### **INGREDIENTS**

8 ounces shrimp, peeled and deveined 8 ounces artichoke heart quarters, drained  
1 large potato, diced 8 ounces fresh mushrooms, chopped  
2 green onion tops, chopped 1/2 cup yellow onion, chopped  
1 tablespoon garlic, chopped 4 ounces sweet peas, drained  
1/4 pound margarine 2 tablespoons salt  
2 tablespoons white pepper 1/4 cup white wine

### **Directions:**

Fry potatoes until tender. Set aside. In a 12-inch skillet melt margarine and combine with yellow onions, garlic and mushrooms. Saute until vegetables begin

to get tender. Add shrimp and artichoke quarters and saute until shrimp are 75 percent cooked. Add remaining ingredients and saute until shrimp are done (about 5 minutes) and remove from heat. Serves 3 to 4.

43

### **DIRTY RICE DRESSING**

#### **INGREDIENTS**

2 pounds ground beef 1 pound ground pork  
1/3 cup cooking oil 1 medium onion  
1 cup bell pepper 2 cups broth  
2 teaspoons Creole seasoning 1/2 cup parsley  
1/2 cup green onion tops 1/3 cup celery  
3 cups cooked rice 4 tablespoons of all purpose flour

#### **Directions:**

In large dutch oven, brown flour and meat in oil for about 20 to 25 minutes or until light brown. Add 1 cup broth, onion, bell pepper, celery and cook covered 15 minutes over medium heat. Add Creole seasonings to taste. Add second cup of broth, parsley, onion tops and cook for 5 minutes. Add cooked rice to meat mixture. Let stand for 5 minutes before serving.

44

### **MAQUE CHOUX**

#### **INGREDIENTS**

¼ Pound of butter (1 stick) 6 Ears of fresh corn, cut off cob  
2 Large onions, chopped 2 Medium tomatoes, diced  
2 Cloves of garlic, diced fine ½ Cup milk  
1 Bell Pepper, chopped Salt, black and red pepper to taste

#### **Directions:**

Sauté onions, garlic and bell pepper in heavy bottomed pot with butter for 6 minutes or until mixture starts to soften. Next add the corn that has been cut off of the cob along with its milk (its own juices). Stir to mix all ingredients and cook on medium heat for about 10 minutes then add tomatoes, milk and seasoning to taste. Simmer or about 1 hour covered on low heat. Stir occasionally and if mixture becomes dry add a little water. When finished cooking check seasoning; add black pepper if not spicy enough.

45

### **RED SNAPPER PERNOD**

#### **INGREDIENTS**

6 Red Snapper Fillets (8 oz.) 1/2 Pound Mushrooms sliced  
1 Tbls. Minced Shallots 1 Cup Half-and- Half  
3 Tbls. Butter 1/4 Cup Pernod  
2 Cups Fish Stock 1/2 Stick Butter cold sliced  
Salt and Pepper to Taste 1/2 Cup White Wine

#### **Directions:**

In large heavy skillet cook mushrooms and shallots in butter over moderate heat, stirring, for 5 minutes. Add fish stock and wine and bring liquid to simmer. Add fish fillets and poach 3 minutes on each side, until they just flake when tested with a fork. Transfer fish and mushrooms with slotted spatula to heated platter. Over high heat, reduce poaching liquid by two thirds, add half- and- half, and again reduce by half. Add Pernod and bits of cold butter, 1 piece at a time, whisking will after each addition and adding next piece before preceding one is completely melted. Season sauce with salt and white pepper and pour over fish.

46

### **REDFISH PARMESAN**

#### **INGREDIENTS**

6 Redfish Fillets (8 - 10 ounces)  
2 cups Half & Half Cream 2 eggs  
1 cup of flour 2 tsp. White Pepper  
3/4 cup Cracker Meal 2/3 cup Parmesan Cheese  
1/2 teaspoon Paprika 2 tablespoons Oregano  
1 tablespoon Basil 2 tablespoons Parsley  
1/2 teaspoon Cayenne Pepper 1 cup Olive Oil  
1/4 pound Butter (unsalted) 2 Lemons, cut in wedges, for garnish

#### **Directions:**

Combine all ingredients except the flour, half & half cream, eggs, oil and butter. Dust the fillets in the flour, then dip in cream and egg mixture. Coat with all of the other dry ingredients combined. Saute in olive oil and butter on medium high heat until fillets are golden and fish starts to flake. Garnish with lemon and parsley.

47

### **CRAWFISH OR SHRIMP CHOWDER**

#### **INGREDIENTS**

3 slices ham or uncooked bacon 1 1/2 tablespoons butter or margarine  
1 small onion, chopped very fine 2 tablespoons bell pepper, chopped very fine  
2 tablespoons celery, chopped very fine 2 cups peeled diced raw potatoes  
1 1/2 cups fish or shrimp stock 2 cups heavy cream  
1 pound cooked crawfish tails or 1 -1/2 pounds raw shelled cooked shrimp

#### **Directions:**

If using ham, spray large frying pan with Pam. If using uncooked bacon, use cold frying pan. Remove from pan and either crumble or chop. Retain bacon fat. If using ham, add butter or margarine to pan and add onions, bell peppers and celery. Saute until wilted.

Add stock and potatoes, (if shrimp are used add shrimp), and meat. Cook until potatoes are tender. Add crawfish.

About 10 minutes before serving add cream and seasoning. Cook over a low fire until flavors come together. Do not let cream curdle. Just before serving add 1/2 teaspoon butter, a dash of cayenne and a dash of fresh pinched parsley. Serves 4 to 6.



**OYSTERS ROCKEFELLER****INGREDIENTS**

4 Dozen Raw Oysters 4 Large Cloves of Garlic (minced)  
 3 Packages chopped frozen spinach 2 Ounces of Pernod or Absinthe  
 3 Bunches of Green Onions (chopped) 2 Heaping tsp. Anise seed  
 2 Bunches Flat Parsley (chopped) 3 Tbs. Dark Worcestershire Sauce  
 4 Ribs Celery (fine dice) 3 Tbs. White Worcestershire Sauce  
 2 Ounce can Anchovies (mashed to paste) 1 1-2 Cups of bread crumbs  
 1/2 Pound of butter 1/2 Cup Parmesan Cheese (grated)  
 Salt, Red & Black Pepper to taste

**Directions:**

Thaw out spinach and squeeze out excess water with hands. Melt butter and saute celery for 5 minutes, add green onions and saute for an additional 2 minutes, and then add parsley and garlic and cook 2 more minutes. After these greens are wilted, stir in drained spinach. (no need to cook spinach any further) Remove pot from stove and add anchovies, Pernod, anise seeds, dark and white Worcestershire sauce, seasonings, parmesan cheese and bread crumbs. Blend thoroughly and place a heaping tablespoon on top of the oyster. Mixture should be stiff because oyster will shed some water. Bake 15 -20 minutes in a 350 oven.

**RIVERVIEW CRAB STRUDEL****INGREDIENTS**

1/4 cup onions, diced 3 pounds lump crabmeat  
 1/4 cup shallots, diced 2 teaspoons garlic, minced  
 2 cups mushrooms, sliced 1/4 cup heavy cream  
 1 pound cream cheese 1/4 cup parmesan cheese  
 1 teaspoon thyme 1 teaspoon oregano  
 6 sheets phyllo dough 1/4 cup melted butter  
 Salt and pepper to taste

**Directions:**

Saute shallots, mushrooms and onions in clarified butter. Add crabmeat, spices and cheese. Cool down with heavy cream. Spoon into small individual 8 ounce casserole dishes and top with phyllo dough wrinkles. Brown in 350 degree oven for 7 1/2 minutes. Serves 5.

**CRAB STUFFED EGGPLANT ROYAL****INGREDIENTS**

3 Whole eggplants (medium size) 1/2 Pound Lump Crab Meat  
 1/2 Pound medium shrimp peeled 1/4 Pound Butter  
 2 Medium Onions (chopped fine) 1/4 Cup Parsley (chopped)  
 1 Stalk of Celery (chopped fine) 3 Cloves Garlic (chopped fine)  
 2 Bell Peppers (chopped)  
 Salt and Pepper to taste 1 tsp. Paprika



1/2 Cup Bread Crumbs 2 tps. Olive oil

**Directions:**

Place whole eggplants in large pot with enough water to cover the whole eggplants, and simmer until they are soft. When soft remove from heat and cool in cool water. When cool cut the eggplants in half and scrape the eggplant out. Be careful not to tear skin. Next saute onions, celery, bell pepper in butter until soft. Add the eggplant meat that you scraped out and cook until all the liquid had evaporated. Add shrimp and cook about five minutes. Turn fire off and fold in crab meat and parsley and enough bread crumbs to give the mixture consistency. Fill the empty shells with the mixture and lightly spread bread crumbs on top and sprinkle the olive oil on top of each half eggplant, and bake in 350 degree oven for about twenty-five minutes.

51

***SHRIMP AND CRAB***

***WITH TOMATO, BASIL AND SAFFRON***

**INGREDIENTS**

2 pounds shrimp (21 to 25 count) peeled and deveined. Use 6 to 8 shrimp per person

1 pound lump crabmeat or crawfish tails

1 tablespoon butter 1 tablespoon olive oil

Salt and cayenne pepper 1 ounce brandy

2 dry shallots, finely chopped 2 ounces vermouth

2 ripe tomatoes, peeled, seeded and diced 1/2 bunch fresh basil

1 cup cream, scalded with a pinch of saffron threads

**Directions:**

Lightly season the shrimp with salt and cayenne, and saute in butter and olive oil until pink. Remove from heat and pour in brandy. Return to burner and tilt the pan to flame the brandy. Transfer the shrimp to a warm bowl. Add shallots and tomatoes to the pan and pour on the vermouth. Cook for a few minutes over medium-low heat until liquid is reduced by half. Add saffron-cream and chopped fresh basil. Bring to a boil. Simmer several minutes until creamy, then toss in shrimp and crabmeat or crawfish and heat through. Check seasoning and serve with pasta, rice or zucchini noodles. Serves 6 to 8.

52

***SWEET POTATO AND ANDOUILLE SOUP***

**INGREDIENTS**

1 small onion, diced 3 stalks celery, finely sliced

3 tablespoons butter 2 1/2 cups peeled sweet potatoes, diced

2 quarts chicken broth Pinch of cinnamon

1/2 pound andouille sausage, casings removed and coarsely chopped

1/4 teaspoon cayenne or to taste Pinch of nutmeg

3 drops hot sauce or to taste 1/4 teaspoon white pepper or to taste

Salt to taste

**Directions:**

Melt butter and saute onion and celery until translucent and celery is tender. Add potatoes and cover with chicken broth, then cook over medium heat for 15 minutes. Add 3 cups chicken broth and simmer until potatoes are tender. In the meantime, saute 1/2 pound andouille sausage until it begins to brown. Remove from heat. When sweet potatoes are tender, puree the mixture in batches in a food processor. Return to pan, add the sauteed sausage and more broth or water if necessary to make a velvety smooth consistency. Add cinnamon, nutmeg, cayenne, hot sauce, white pepper and salt. Simmer over low heat for 20 minutes. Verify seasoning and serve piping hot with chopped parsley. Serves 6.

53

***CRAWFISH WITH SPICY LOBSTER SAUCE*****INGREDIENTS**

1/2 pound crawfish tails 4 ounces pork, finely chopped  
1 tablespoon peanut oil 2 white onions, cut in 2-inch strips  
3 green onions (white part cut in 2-inch slices, green fine cut for garnish)  
1/2 tablespoon light soy sauce 3 tablespoons dry sherry or rice wine  
1/2 cup chicken stock

Crush the following five ingredients together:

1/2 teaspoon ginger, chopped 1/2 teaspoon garlic, chopped  
1 teaspoon black beans, rinsed 1/2 teaspoon sugar  
2 to 3 chili peppers

Seasonings:

Mix these ingredients together

1/2 teaspoon sesame seed oil 1/2 teaspoon dark soy sauce  
3/4 tablespoon cornstarch 1/2 teaspoon peanut oil  
Salt

**Directions:**

Heat wok or heavy skillet until hot. Add peanut oil and pork. Saute both sides until slightly brown. Crush together garlic, ginger, chili peppers, sugar and black beans and add to oil.

Add onions and stir for 10 seconds. Add crawfish and saute with wine and light soy sauce.

Add chicken stock and cover. When mixture comes to a boil, add seasonings and corn starch, stir until thickened. Spread beaten egg over mixture. Reduce heat and cover for 10 seconds more. Remove to serving platter and garnish with green onions.

54

***Artichokes and Mushrooms Salad***

Iceberg Lettuce  
Romaine Lettuce  
Purple Cabbage diced  
Medium Mushrooms-boiled

Artichoke Heart Quartered

Julienne onions

Italian Dressing

Tomato Wedges

Trim and boil mushrooms, marinate with julienne onion and quartered artichoke hearts.

55

### ***Blackened Pork Tenderloin Salad with Soy/Mustard Vinaigrette***

Ingredients

12-fresh pork tenderloins ("Bryan" makes an excellent choice)

16 oz butter-melted

#### **Seasoning mix:**

1 oz cayenne pepper

1 oz white pepper

1 oz dustless black pepper

1 oz granulated garlic

1-1/2 oz salt

3 oz paprika

2 oz ground cumin

2 oz ground chili powder

2 oz leaf thyme

2 oz basil

#### **Salad ingredients:**

3 heads iceberg lettuce

3 heads romaine lettuce

5 heads Boston or bibb lettuce

12 oz arugula

2 heads of radicchio

8 tomatoes cut in 6 wedges each (2 per plate)

48 artichoke heart quarters (2 per plate)

#### **Soy/mustard dressing:**

2 c. sugar

2 c. soy sauce

1-1/2 c. white vinegar

2 c light salad oil (safflower or canola work well)

5 tbsp. dijon mustard

Salads:

Clean and shred by hand all greens, dry and place on plates, refrigerate. Garnish each plate with artichokes and tomatoes

1. Combine all dressing ingredients and chill. (dressing must be stirred before every use)

2. Combine seasoning mix

3. Heat a large black iron skillet dry on stove and preheat oven to 350 degrees

4. Roll tenderloins in seasoning mix, shake off, dip in melted butter and blacken outside in dry skillet, rolling over as each side blackens. Note: if all your tenderloins do not fit in the skillet, be sure to clean and dry your skillet before blackening again. 5. Finish in oven until internal temperature of 155 to 160 degrees. Do not overcook ! 6. Allow about 6 minutes to rest before slicing. Slice diagonally and fan out on lettuce

56

beds.

### ***Caesar Salad Dressing***

1 Tbsp chopped Garlic

2 eggs

4 oz grated parmesan cheese

2 oz balsamic vinegar

2 oz red wine vinegar

2 Tbsp Dijon mustard

1 oz anchovies filet

1 Tbsp salt

1 tsp black pepper

24 oz good olive oil

Combine garlic, eggs, cheese, vinegar, mustard, anchovies, salt and pepper in food processor or blender. With the machine running, slowly add oil to form an emulsion.

Continue to add until all oil is incorporated. Store in refrigerator.

57

### ***Crab Louis Salad***

1/2 c. Crabmeat

1 boiled egg

1 lemon wedge

Louis Sauce

1/2 c. Crabmeat

1 c. Mayonnaise

1 c. Heavy cream

1/4 c. Chili sauce

1 boiled egg

1 lemon wedge

1 tsp Worcestershire

1/4 c Chopped bell pepper

1/4 c. Green onion

2 tbsps Lemon juice

Salt and white pepper to taste

On a bed of crisp lettuce, place 1/2 c crabmeat, pour over 1/4 c. Louis Sauce, garnish with sliced boiled egg, lemon wedge, and sprinkle with chopped green onions.

58

### ***Crawfish Tortellini Salad***

2 # Crawfish

2.5 # Cooked Tortellini

2 cups olive oil

2/3 cup vinegar (wine or other)

2 tsp lemon juice

Chopped parsley

Chopped green onions

Salt, pepper cayenne, rosemary and or basil to taste

Combine all ingredients, stir occasionally, let sit 1 hour minimum, overnight if possible. Serve on bed of fresh greens.

59

### ***Creamy Cucumber Salad***

Dressing

1/4 c sour cream

1/3 c plain yogurt

1 1/2 tsp rice wine vinegar

1 1/2 tsp sugar

1/2 tsp salt

1/4 tsp black pepper

3 cucumbers, thinly sliced

1 Vidalia or red onion, thinly sliced

Combine dressing ingredients. Toss with cucumber and onion, chill 2 hours.

60

### ***Grilled Catfish Salad***

Marinate

6- 8 ounce catfish filets

1/2 c melted butter

1/2 c cane syrup

2 tbsp thyme

2 tbsp basil

2 tbsp cracked black pepper

Salt to taste

In a mixing bowl, combine all ingredients and mix well to ensure that spices are blended.

Allow fillets to set in marinade about thirty minutes. Charbroil the filets on a hot grill three to five minutes on each side or until done. Remove and keep warm.

Salad

12 leaves red leaf lettuce

12 leaves romaine lettuce

12 leaves curly endive

12 leaves bibb lettuce

Any other available greens

1 c crumbled blue cheese

2 cups blue cheese dressing

Tomatoes for garnish

Cracked black pepper to taste

Use the leaf lettuce as a base. Mix the remaining leaves and toss, place on top of the leaf lettuce. Cut the grilled catfish in 1" strips and place on top of salad.

Sprinkle with crumbled blue cheese and top with dressing. Garnish with tomato.

61

### ***Pasta Salad Boscoli***

Dice 1 cup onions, 1 cup celery & 1 cup sweet bell pepper. Sauté in Boscoli Herbed Extra Virgin Olive Oil. Add garlic, oregano & black pepper to taste. Chop 1/3 lb. salami, 1/3 lb. ham & 1/3 lb. mortadella or pre-cooked sausage & add to mixture. Cook 3-5 minutes on medium heat. Add 6-8 Tbsp. of Boscoli Italian Olive Salad. Mix well. Pour 1 cup pasta water into mixture. Thicken sauce by adding Italian bread crumbs. Reduce heat. Add sauce to Penne pasta cooked al dente. Grate Parmesan cheese and sprinkle with toasted sesame seeds. Serves 4-6 persons.

62

### ***Potato Salad***

Ingredients

French Dressing

1/2 tsp salt

1/8 tsp black pepper

1/4 c lemon juice

1/2 tsp prepared mustard

3/4 c oil (walnut, Vegetable, peanut or olive)

4 c boiled new (waxy) potatoes

2 c mayonnaise or sour cream, a blend of both, or plain yogurt

Garnish (any, many or none)

Chopped hard boiled eggs

Chopped cucumber

Chopped celery

Pickle relish

Chopped caper

Horseradish

Parsley

Onion tops

Watercress

Olives

Bell pepper

Onion

Marinate warm potatoes in French dressing, cool one hour or more. Add mayonnaise and

any combination of garnishes, finish with watercress.

63

### ***German Potato Salad***

#### **Ingredients**

18 medium potatoes- peeled  
10 strips bacon  
1 c. chopped onion  
1 c. chopped celery  
2/3 c. dill pickle relish  
3/4 c. chicken stock  
1 1/2 c. vinegar  
1 1/2 tsp sugar  
1 1/2 tsp salt  
1/2 tsp paprika  
1 tsp dry mustard  
1/3 c. chopped parsley

Cook potatoes, slice and set aside. Sauté bacon until crisp, mince. in bacon drippings, sauté onion till golden brown and sauté celery. In a separate pot, heat stock, vinegar, sugar, salt paprika and mustard until simmering. Add all ingredients together including parsley, toss lightly, serve hot or warm.

64

### ***Shrimp and Tortellini Salad***

#### **Ingredients**

3 # peeled, deveined 21-25 count shrimp  
3 # cheese Tortellini-cooked  
1 qt heavy whipping cream  
2 bunches of green onions  
4 tbsp chopped parsley  
1 tbsp leaf thyme  
1 tbsp dill  
1 tbsp Lea and Perrins  
1 tsp Cajun Chef hot sauce  
3 tbsp chopped garlic  
Red white and black peppers  
Salt or 1 tbsp shrimp base  
2 tbsp olive oil  
4 oz. pecorino or Parmesan cheese, grated

Sauté onion bottoms and garlic in olive oil. Add shrimp and sauté until pink all around, need not be fully cooked. Remove shrimp, add whipping cream, thyme, dill, Lea and Perrins, and hot sauce and base, if available. Reduce cream until it begins to thicken, add shrimp and Tortellini, bring to a simmer, add onion tops, parsley, season with peppers and salt as needed. Sprinkle cheese and mix thoroughly, serve immediately.

65

### ***Shrimp and Hearts of Palm Salad***

Ingredients

9 Cans Hearts of Palm

5# 40-50 count Shrimp

1 jar capers

Creole mayonnaise (see below)

Onion tops

Romaine and head lettuce

Creole Mayonnaise

1 Qt Mayonnaise

1 1/2 pt Creole mustard

Cayenne pepper

Salt to taste

Chopped parsley

4 tbsp lemon juice

Tabasco to taste

Mix Creole mayonnaise. Cook shrimp in salted and peppered water until done. Cool completely. Cut hearts of palm in six pieces. Mix hearts of palm, shrimp, capers and Creole mayonnaise, add onion tops. Place mixture in refrigerator for at least one hour. Serve on bed of lettuce with lemon garnish. Serves about 30.

66

### ***Spicy Shrimp Salad with Mango Dressing***

1 mango

2 tsp lemon or lime juice

1 # large shrimp

1 tsp chicken stock

1 tsp chili powder

1 tsp Louisiana Gold hot sauce

1 1/2 c pineapple chunks (fresh or canned)

1 c chopped tomato

1 red onion, thinly sliced

Mixed lettuce

Puree peeled mango with lemon or lime juice, reserve. In a sauce pan, combine shrimp, stock, chili, and hot sauce. Cook till the shrimp are done. Remove from heat, add tomatoes, pineapple and onion. Chill. Arrange on lettuce, spoon mango dressing over.

67

### ***Spinach Salad***

Ingredients

Dressing

1 c. Sugar

1 c. Soy Sauce

3 c. White Vinegar



4 C. Salad Oil

Creole or Dijon Mustard to taste

Mix

Salad

Cleaned Spinach

Cooked Bacon Bits

Chinese noodles

Egg Whites and yolks chopped

Toss spinach with bacon bits and Chinese noodles and egg yolks. Garnish with egg whites.

68

### *Chicken and Sausage Gumbo*

Ingredients

3 lb. fryer-8 cut

2 lb sausage-fresh or smoked

2 tbsp. oil

4 tbsp flour

1 c onion diced

1/2 c. bell pepper diced

1/2 c. celery diced

2 cloves garlic minced

3 tomatoes diced

2 bay leaves

1/4 c. onion tops diced

1/4 c. fresh parsley chopped

1 c. chicken stock

red, white and black peppers

hot sauce to taste

2 tsp basil

2 tsp thyme

3 dashes Worcestershire sauce

2 cups cooked rice

If the sausage is fresh, brown sausage first, then the chicken in oil. If the sausage is smoked, brown just the chicken, remove from pot. Boil grease until the water evaporates (clarify the fat), then add flour and make a medium dark roux. Add celery, onion, bell pepper, and garlic. Simmer, 4 minutes, add tomato, basil and thyme, ground peppers, Worcestershire sauce, hot sauce, and bay leaves. Put chicken and sausage back in and simmer at least 30 minutes, or until chicken is done. Add cooked rice, onion tops and parsley, adjust seasoning with peppers, bring back to a simmer and serve. Serves 6

69

### *Okra, Shrimp and Andouille Gumbo*

Ingredients

1/3 c. light oil

2# cut okra  
2 c. chopped onions  
1 c. celery  
1 c. bell pepper  
2 c. chopped tomatoes  
1 # smoked or Andouille sausage  
5 # peeled head on shrimp (make a stock with the shells)  
1/2 c. chopped green onions  
2 tbsp minced garlic  
10 c. seafood or shrimp stock

Salt, white pepper, leaf thyme, cayenne pepper, black pepper Saute half the okra in hot oil, season with white, red, and black pepper and cook until browned. Stir in the onions, celery, bell pepper, and garlic. Cook about five minutes. Add 1 c. of the stock and simmer another five minutes. Stir in the tomatoes and two more cups of stock. Simmer, add the remaining okra, leaf thyme, season with red, white and red pepper, and then the last of the stock. Bring to a boil, reduce and add sausage. Simmer 45 minutes, add shrimp and green onions. Skim the surface for excess oil, serve over rice. Serves about 8

70

### ***Blackened Fish***

#### **Ingredients**

Filet of firm fish (Red, Drum, Tuna, Sheephead, Grouper) 3 oz. butter melted  
Seasoning mix (Salt, cayenne, white and black pepper, chili powder, garlic, thyme, cumin and or other seasonings).

Preferably in a cast iron skillet, and outside or under a good hood, heat the skillet extremely hot. Pat the filet dry, press the seasoning into the flesh, pass the seasoned fish through the melted butter and drop into hot skillet. When the fish turns white on the edges, (about 4 minutes) turn it over. Remove the fish and dribble fresh butter on the fish.

71

### ***Blueberry & Seasoned Pork Roast***

#### **Ingredients**

1 ea. - 6 or 7 lb. Boston Butt Pork Roast (trimmed)  
1 packet - Lipton onion / mushroom soup (dry)  
10 oz. - Blueberry fruit spread or Blueberry Jelly

Black Pepper

Garlic powder

#### **Cooking Instructions**

Rub and coat roast with Kitchen Bouquet as to allow seasonings to stick to it. Sprinkle generously with Tony Chachere's Seasonings, garlic powder, and Black Pepper. Sprinkle and pat with Lipton onion / mushroom soup mix. Spread Blueberry jelly or fruit spread over the top of the roast. Wrap very tightly with 3 layers of aluminum foil. Place in preheated oven at 250 °F and cook slowly for 8 hours (overnight is easiest). Leave wrapped until ready to serve as to hold in

juices. The recipe makes its own "Au Jus ". Slice and enjoy ! Makes about 8-10 servings

72

### ***Boiled Crawfish***

Ingredients

10 gallons water

6 whole garlic

10 lemons cut in half

7 large onions, chopped coarsely

1 celery, chopped coarsely

10 bay leaves

2 bags crab boil

2 boxes salt

2 c. cayenne pepper

5 # new potatoes (B-type)

1 sack crawfish well rinsed in cold water

In a 20 gallon pot, add all ingredients except the potatoes and crawfish. Bring to a boil and let blend for about 5 minutes. Add potatoes, let water come back to a boil, cook for about 8 minutes. Add crawfish, return to a boil, cook for 4 minutes only!!!! Turn off burner, let soak for 8 minutes, add ice on the crawfish, let soak another 5 minutes. Test for seasoning, if not seasoned enough, let soak and check about every 5-10 minutes until they reach the desired seasoning. Drain and enjoy.

73

### ***Cajun Hot Buffalo Wings***

10 # Chicken Wings

Red, white and black pepper, granulated garlic

1 1/2 c. Red hot sauce

1 c clarified butter

Sprinkle frozen chicken wings with peppers and garlic, bake at 425 degrees for 20 minutes, turn over, bake another 20 minutes, or until brown. (You can substitute deep frying for 12 minutes total). Mix butter and hot sauce, toss over cooked chicken wings, serve with blue cheese dip and celery sticks. Note- For added heat, reduce butter and increase hot sauce.

74

### ***Crab Cakes***

1 # lump crabmeat

1 # backfin crabmeat

1 # clawmeat

1 tsp dry mustard

1 tsp cayenne

1 Tbsp Worcestershire sauce

1 Tbsp Chopped parsley

3 eggs beaten  
1 cup mayonnaise  
1/2 cup Bread crumbs  
6 oz. clarified butter

Clean crabmeat of any shells. Mix mustard, red pepper, Worcestershire sauce, parsley and eggs with mayonnaise, fold in crabmeat. Add bread crumbs and mix. Using a 4 oz. scoop, form cakes. Saute over medium heat in butter until brown on both sides. Serve with corn relish, mustard, mayonnaise, tartare sauce or cocktail sauce.

75

### ***Crawfish and Garlic Beurre Blanc Sauce***

Ingredients

1/4 c. melted butter  
2 tbsp garlic  
1/4 c. green onions  
1/4 c sliced mushrooms  
1/4 c dry white wine  
1/2 c whipping cream  
1 # crawfish tails  
3/4 # butter chips cold  
Salt and pepper to taste

1/4 c melted butter, add garlic, mushrooms, green onions and sauté until wilted. Add wine and reduce by half. Add whipping cream and reduce by half again. Add crawfish. A little at a time, swirl in the cold butter chips. Remove from heat, season with salt and pepper (red or white). Serve over or under your best fish.

76

### ***Crawfish Etouffee***

Ingredients

1 # crawfish tails (fat pack if available)  
1/4 # butter  
2 tbsp all purpose flour  
1 medium onion - diced  
1/2 bell pepper- diced  
3 stalks celery- diced  
2 pods garlic or 1 tsp- minced  
1 tsp sweet basil  
1 tsp leaf thyme  
1/4 c. diced parsley  
1/4 c. diced onion tops  
1/2 c. shrimp or seafood stock, water if unavailable

Red, white, black pepper, and salt to taste

Sauté flour and butter together to form a blonde roux. Add celery, onion, bell pepper and garlic, sauté until the onions clear. Add shrimp stock and fat if available. Add basil and thyme, some pepper. Simmer 20 minutes minimum. Ten

minutes before serving, add crawfish tails and bring back to a light simmer. Adjust salt and peppers to taste. Immediately before serving, stir in onion tops and parsley. Serve on hot Louisiana rice. Serves up to 4 people.

77

### ***Down South Jambalaya (Chicken and Sausage)***

#### **Ingredients**

6 chicken breasts or one whole chicken, cut up into bite size pieces  
1 pound of sliced sausage  
3 tablespoons of oil  
1 cup chopped green pepper  
1 cup chopped onion  
1 tablespoon chopped or minced garlic  
3 teaspoons Worcestershire sauce  
1 cup tomato sauce  
Salt and Pepper to taste  
4 cups of chicken broth  
2 1/2 cups uncooked rice

In a large pot, brown the meat in the oil. Remove meat and sauté vegetables until onions are clear. Add Worcestershire sauce, chicken broth, tomato sauce, seasonings, and simmer for 15 minutes. Stir in meat and rice. Cover and cook for 30 minutes on medium heat, stirring occasionally. Then cook 20 more minutes on very low heat without stirring. Servings: Approximately 8

78

### ***Mau Mau's Crayfish Etouffee***

5 # crayfish tails (the best are from Louisiana waters)

#### **Vegetables:**

9-10 bunches of green onions (chopped)  
2 onions (chopped)  
1 bunch celery - about 9 pieces (chopped)  
7 toes garlic (chopped) and garlic powder (to taste)  
1 bunch parsley (chopped)  
1 1/2 sticks of butter (to sauté the vegetables) OR canola oil  
5 cans of chicken broth (if too thick add a sixth can)  
1/2 can tomato paste (to color and thicken)  
Approx. 3 lg. cooking spoons flour (not tablespoons)  
A little water from rinsing crayfish bags  
Salt (to taste)  
Pepper (to taste)  
Creole Seasoning (to taste)

Sauté vegetables in butter. Add chicken broth, tomato paste, flour, crayfish, and water.

Add salt, pepper, and Tony Chacherie's to taste. May add a dash of Tabasco. Cook approximately 1 hour on low heat. Serve over rice.

79

### ***New Orleans Muffuletta Sandwich***

On Italian or French Bread, layer thin slices of Genoa Salami (1/4 lb.), Ham (1/2 lb.),

Mortadella (1/4 lb.), Provolone Cheese (1/3 lb.). Top with Boscoli Italian Olive Salad. Heat & Serve.

Traditionally served on an 8 inch round, 2 inch thick, crusty Italian bread made in New Orleans, especially for the Muffuletta Sandwich.

80

### ***Uncle Steven's Bar-B-Q Ribs***

Ingredients

4 racks of Baby Back Pork ribs (1 rack per person)

1 liter Coke

1 liter Pineapple juice

1 cup brown sugar

Bar-B-Q Sauce

2 large onions, chopped

2 cloves of garlic, chopped

1 bell pepper, chopped

1 small can tomato paste

2 tablespoons canola or corn oil

2 tablespoons Worcestershire sauce

1 large tablespoon Dijon mustard

1 cup Balsamic vinegar

1/2 teaspoon cayenne pepper

1/2 teaspoon black pepper

1/2 teaspoon white pepper

1/2 cup lemon juice

1. Boil ribs in mixture of Coke, pineapple juice, brown sugar. If ribs are not submerged in liquid, add water. Boil 1 hour. (Don't throw out the liquid!)

2. Grill ribs on Bar-B-Q for 5-10 minutes on each side.

3. To make sauce...sauté onions, garlic, bell pepper in oil for about 5 minutes.

Then add tomato paste and about 3 cups of the liquid remaining from boiling.

Now add Worcestershire sauce, mustard, vinegar and spices. Let boil down until thick like Bar-B-Q sauce. Add lemon juice at the end. (Here's a little trick...if you like your B-B-Q sauce a little sweeter, add more brown sugar here!)

4. Dip ribs in sauce, then put back on Bar-B-Q pit on LOW HEAT for another 10-15 minutes. Don't let the sauce burn...

5. Now its time to get dirty...the meat will fall off da bones and into yo mouth.

Enjoy!!!

81

### ***Grillades***

Ingredients

2 Tbsp. oil  
5 # beef round cut in 3" squares and pounded thin  
4 tbsp. flour  
2 medium onions diced  
1 bell pepper diced  
3 tbsp. minced garlic  
2 tsp leaf thyme  
3 bay leaves  
3 c. beef stock  
1 can tomatoes  
1 small can tomato paste  
1 c. chopped parsley  
Salt and white pepper to taste

Brown beef in oil, remove from pot (cast iron Dutch oven works best). Clarify the fat by boiling any water out of the oil. Add flour and make a medium dark roux. Add onions and peppers, sauté until onions clear. Add garlic, thyme, bay leaf, beef stock, "Rotel" tomatoes, and browned beef. Bring up to a boil and reduce to a simmer, add tomato paste, cook until beef is tender-45 minutes is about the minimum. Before serving, add fresh parsley and adjust seasoning with salt and white pepper. Traditionally this dish is served over grits, but it does well over pasta, rice, mashed potatoes or staling biscuits. Serves about 12.

82

### ***Hot Crawfish and Cream with Tortellini***

Ingredients

1# cooked Tortellini  
1# crawfish tails  
1 pt. whipping cream  
1 tsp. butter  
1/4 c. diced onion  
1/4 c diced red or green bell pepper  
2 tbsp chopped garlic  
2 tsp chopped parsley  
2 tsp chopped green onion tops  
Salt and cayenne to taste

Melt the butter in a skillet, add onions and bell pepper and sauté until the onions clear.

Add whipping cream and simmer until the cream coats the back of a spoon. Add crawfish tails and reheat to simmer, add Tortellini, parsley, green onions, salt and pepper to taste.

If too thick, add a little more cream, too thin, a tsp of corn starch in cold water can be added while simmering.

83

### ***Mardi Gras Scampi***

Ingredients

60 peeled and de-veined 21-25 count shrimp, tail on  
4 oz. butter  
10 mushrooms sliced  
2 bunches green onions sliced  
5 tbsp garlic  
5 tomatoes wedged  
3 Golden bell peppers, julienne  
3 red bell peppers, julienne  
1/2 c. lemon pepper seasoning  
5 c. white wine  
salt, red pepper, dill  
10 tbsp butter, frozen

5 tbsp grated Parmesan cheese

30 oz cooked pasta- angel hair, cappellini, fettucini

This is a fast sauté item. Put the first 4 oz butter in a heated sauté pan or rondo. Add shrimp, mushrooms, green onions, and garlic, then sauté. When the shrimp begin to turn pink, add the tomatoes, both peppers, lemon seasoning, other seasoning, and sauté for 1 minute on high. Add white wine and blend together. When the wine has heated, lower the fire, add frozen butter, Parmesan cheese and shake/stir. Fold in the pasta. Serves 10 , serve immediately.

84

### ***Oyster and Andouille Pastries***

Ingredients

30 oysters and liquid  
2 sheets of 8.5 x 13 puff pastry  
1 egg beaten  
1/4 c. melted butter  
1/2 c. diced Andouille sausage  
1 tsp garlic chopped  
1/4 c. sliced mushrooms  
1/4 c. green onions  
1/4 c. diced tomatoes  
1/4 c. bell pepper  
2 oz. champagne or white wine  
1 c. heavy whipping cream  
1/4 # cold butter chips  
Salt and pepper to taste

Place one sheet of pastry over the other. Cut out circles with pastry or biscuit cutter. Brush the top with egg wash and bake at 400 degrees about 12 minutes or until golden brown. Set pastry aside and keep warm-do not cover!!! In a saucepan, add 1/4 c. of melted butter. Sauté Andouille sausage and all vegetables until soft. Add oysters, liquid, and wine. Sauté about 2 minutes. Add heavy cream and simmer until reduced by half. When cream is a saucy consistency, add chipped butter a little at a time, swirling the pan as the butter goes in. Continue swirling or the butter may break if left to overheat. Season with



salt and pepper. Remove top half of pastry, spoon mixture over the bottom, and replace the top pastry. Serves 8.

85

### *Oysters Bienville*

Ingredients

1/8 # bacon  
4 oz. sliced mushrooms  
4 cloves garlic-minced  
1/4 bunch green onions-chopped  
1/2 stick butter (1/8 #)  
2 c. flour  
1 1/2 qt. milk  
1/4 tsp. egg shade food color  
1/2 # boiled shrimp diced  
1/2 pt. oyster juice  
1/2 c. lemon juice  
1/2 c. sherry  
1/4 c. chopped parsley  
6 doz. oysters with shells

Cut bacon into small pieces and fry until brown. sauté mushrooms, garlic and green onions. Add butter and when it has melted, blend in flour. Cook slowly 5 minutes, then gradually stir in milk. After sauce thickens, add egg coloring, shrimp, oyster juice, lemon juice, sherry, and parsley. Simmer slowly 15 minutes. Have 12 pie pans half filled with rock salt. Arrange 6 oyster shells in each pie pan. Put a raw oyster ( at room temperature) on each shell and top with sauce. Place under broiler (6 inches from heat) until heated thoroughly and browned on top. Serves 12.

86

### *Oysters Rockefeller*

Ingredients

1 to 2 stalks celery  
1/2 to 1 # frozen spinach  
1 bunch shallots  
Anise seed to taste  
1 to 1/2 # butter (melted)  
1 to 2 oz. Lea and Perrins  
salt, pepper and cayenne to taste  
6 doz. oysters

Grind or chop vegetables very fine. Add anise seed to achieve desired flavor. Add melted butter and Lea and Perrins sauce to desired consistency. Blanch oysters at 300 degrees for 3 minutes, discard liquid. Put one oyster in each shell and top with a spoonful of sauce.

Broil until heated throughout. Serves 8-12 Please note that this freezes well without the oysters.

87

### ***Oysters Rockefeller (Single Serving)***

#### Ingredients

6 oysters  
1/4 lemon-juiced  
1/4 # butter softened  
1 tbsp anchovy paste  
1/2 tsp minced garlic  
1 tbsp diced pimento  
1 tbsp minced onion  
1 tbsp minced bell pepper  
1/2" strips of bacon raw

Shuck oysters, coarsely chop the meat and spoon back into 4 shells. Sprinkle with lemon juice. In a bowl, combine butter, anchovy paste, garlic, pimento, onion and bell pepper.

Mix thoroughly. Fill shells with equal amounts of mixture, top each with strip of bacon.

Bake at 450 degrees for 6 minutes on a bed of rock salt. Serves 1.

88

### ***Panneed Veal with Hunter's Sauce***

#### Ingredients

2- 2 oz. veal scallopinis  
4 oz.. veal demi glace or light espanole sauce  
3 sliced mushrooms  
2 tbsp chopped shallots or green onion  
1/2 c. dry white wine  
1/2 tbsp butter  
Bread crumbs  
1 egg  
1/4 c milk  
Tarragon  
Parsley

Salt pepper garlic to taste

Seasoned flour

Clarified Butter, Olive or other oil for sautéing

Beat egg and add milk, season (eggwash). Have all ingredients chopped and ready for use.

Pound the veal. Heat the pan for use, add oil or clarified butter. Dust veal in seasoned flour, dip in eggwash, cover with Bread crumbs and sauté, turning once. Should take about 3-4 minutes total. Remove the veal and set aside in a warm oven. Add 1/2 tsp butter to pan, add shallots and mushrooms and sauté. When wilted, deglaze the pan with wine, add tarragon and espanole sauce. Simmer 3 minutes, add parsley, spoon over veal on a bed of rice, pasta, or other starch.

### *Pasta Jambalaya (Pastalaya)*

#### Ingredients

- 1-1/2 Lbs. - Boneless Skinless Chicken Thigh Meat - Chopped
- 1-1/2 Lbs. - Manda (or your favorite) smoked Pork Sausage - Sliced
- 1-1/2 Lbs. - Boneless Boston Butt Pork - Cubed
- 1-1/2 Lbs. Onions - Chopped
- 4 - Stalks of Celery - Chopped
- 2 - Small Bell Peppers (Green, Red, Or Yellow) - Chopped
- 1 - Bunch Of Green Onions (Shallots) - Chopped
- 1/2 Cup - Parsley Flakes
- 1 - Tablespoons of Sweet Basil
- 3 - Bay Leaves
- 3 - Tablespoons of Fresh Garlic - Minced
- 1 - 14oz. Can Of Delmonte Cajun Recipe Stewed Tomatoes
- 1 1/2 Lbs. - No.3 Luxury Spaghetti
- 4 1/2 Cups - Water
- Dash of your Favorite Hot Sauce (Crystal or Tobasco)
- Dash of Black Pepper
- Dash of Cayenne Pepper
- Dash of Tony Chachere's Creole Seasoning
- 2 tbs - Garlic Powder
- 2 tbs - Worcestershire Sauce
- 2 tbs - A1 Steak Sauce

Brown the chicken sprinkled with Tony's seasonings then remove from pot. Brown pork first, then boil down with some water till tender (about 30 minutes) and most of the water has reduced. Add sausage to pork and brown for about 10 minutes on medium heat while constantly stirring. Next add onions, bell pepper, celery, Cajun recipe, bay leaves, basil, parsley flakes, fresh garlic, and dash of hot sauce. Let cook down on medium heat while carefully stirring to prevent sticking. Vegetables will make extra water. When cooked thoroughly and vegetables are wilted, add the water (4-1/2 cups) and return chicken to the pot. Next season mixture with pepper, garlic powder, Worcestershire, A1 and Tony's. Remember that pasta will absorb the seasonings, so make sure the water tastes just a little more salty and peppery than you would like. Next, raise the heat to medium high so water starts boiling. Break pasta in half and sprinkle into mixture. Be careful that pasta does not stick together and clump. When all the pasta has softened and absorbs most of the water, lower heat to medium low and add the green onions. Stir carefully; place lid on pot for 3 minutes. Next lift the lid, stir pot completely then replace the lid. Lower heat to very, very low and cook covered for 15 minutes. Finally, turn the heat off, do not remove the lid, and let sit for 30 minutes. After this, lift the lid, stir the pot over, and your dish is ready to serve....Enjoy !!!

### ***Pork Tournedos Bayou Teche***

12-3 oz port loin or tenderloin medallions

1/4 c. oil

1/4 c diced onion

1/4 c diced celery

2 tbsp chopped garlic

1/4 c sliced mushrooms

1/4 c green onions

2 oz red wine

3 cups of brown sauce

Salt and black pepper to taste

Stale french bread

Season medallions with salt and pepper. Saute in oil over medium high heat, browning on both sides. Add onion, celery, garlic, mushrooms, and green onions. Saute until vegetables wilt, deglaze with red wine, reduce by half, and add brown sauce. Cook until done. Slice and toast stale french bread, serve one medallion per slice of bread (2) and cover with sauce. Serves 6

91

### ***Shrimp Fettuccine from Fresh Shrimp***

5 # head on Shrimp

1/2 # butter

1/2 # flour

1 bunch onion tops, chopped, white and green separated

1 carrot

2 sprigs celery

1 qt heavy whipping cream

4 tbsp butter

4 tsp chopped garlic

Black pepper, salt

Chopped fresh parsley

3 # fettucini, linguini, angel hair pasta, or other pasta, cooked and set aside

Peel and devein shrimp. Put heads, shells, celery, root ends and cutoff of the onion tops, carrot in small stock pot, cover with water and bring to a simmer.

Turn off fire and let steep for 20 minutes, strain and replace into stock pot, bring to simmer, allow to reduce by half. Combine flour and butter and cook to a light blond roux. Add small amounts of roux to hot stock until it reaches a thick but not pasty sauce. Simmer 10 minutes or more.

Saute onion whites and garlic in 4 oz butter. Add peeled shrimp. When lightly cooked add shrimp to sauce and bring to a simmer. Add heavy cream, return to simmer, add Parmesan cheese, black pepper and salt to taste.

Reheat your pasta (hot water or steamer) and spoon shrimp sauce over drained pasta. Garnish with fresh parsley.

92

## ***Traditional Red Beans and Rice***

Ingredients:

- 1 # red kidney beans
- 1/2 c. bacon drippings (or other oil)
- 1 c. chopped onions
- 1 c. chopped celery
- 1/2 c. chopped bell pepper
- 1/4 c. diced garlic
- 1 c. sliced green onion tops
- 1/2 c. chopped parsley
- 2 c. diced ham
- 3 links Andouille or other smoked sausage

Salt, cayenne, Worcestershire sauce and Cajun Chef liquid hot sauce to taste

The beans will cook faster if they have been allowed to soak overnight. You can either cook them long and slow, as in a crock pot, or, by the following method. If the beans have not been soaked overnight, prep the beans only by covering them with about 2 inches, bring them to a boil, cover and remove from the heat and let soak for 1 hour. Cook as follows if whether the beans have soaked overnight or for the 1 hour.

Heat the bacon fat and sauté the onions, celery and bell pepper, garlic and ham. Sauté until the onions are clear, (about 5 minutes) add the sausage and beans. Cook another 5 minutes. Cover the beans with water or chicken stock, bring to a boil and allow to boil for about 2 hour. Stir occasionally to avoid burning the bottom of the pot. Reduce heat and let simmer about another hour. Stir occasionally during this hour (no stirring is needed in a crock pot, throw in the ingredients, turn it on and come back in six or seven hours). Add salt, cayenne, Cajun Chef hot sauce, Worcestershire sauce. If the beans have not creamed, take a spoon and smash them on the side of the pot. Add parsley and onion tops just before serving over cooked rice. Note: This dish gets better the second day.

93

## ***Seafood Sauce Piquante***

Ingredients:

- 1 # 21-25 count Shrimp
- 1 # crabmeat
- 1 # firm flesh fish (Red, Drum, Grouper)
- 1/2 c. oil
- 1/2 c. flour
- 1 c. chopped onion
- 1/2 c. chopped celery
- 1/2 c. chopped bell pepper
- 3 tbsp chopped garlic
- 1 can Rotel Tomatoes
- 1 can tomato sauce
- 1 tbsp chopped jalapenos or chili peppers
- 2 bay leaves

1/2 tsp thyme

1/2 tsp basil

1/2 qt seafood stock

1 c. chopped green onion

1 c. chopped parsley

salt and pepper to taste

2-3 cups cooked rice or pasta

Make a medium dark roux with flour and oil. Add onion, bell pepper, celery and garlic.

Sauté until onions clear. Add tomato sauces and herbs. Slowly add seafood stock until all is in. Simmer 30 minutes. Add seafood except crabmeat, simmer 8 minutes. Add onion tops and parsley, add crabmeat, Adjust salt and pepper, serve over rice or pasta. Serves 8.

94

### ***Shrimp Creole***

Ingredients

4 tbsp butter

5 tbsp flour

1/2 c. chopped onion

1/4 c. chopped bell pepper

1/4 c. chopped celery

2 tbsp chopped garlic

1 - 8 oz can tomato sauce

3 c. water

Chopped parsley and onions tops

Salt, cayenne to taste

3 # fresh shrimp peeled and deveined

Melt butter, add flour and cook to a medium brown roux. Add onion, celery, bell pepper, garlic and cook until tender. Add tomato sauce, simmer about 5 minutes. Add water and seasoning, simmer 15 minutes. Add shrimp and simmer 15-20 minutes, adjust seasoning, garnish with onion tops and parsley, serve over fresh rice.

95

### ***Shrimp with Proscuitto***

6-Jumbo shrimp Peeled and deveined

6-Proscuitto slices

seasoned flour

1 oz. butter

2 oz. orange liquor

juice of 2 oranges

Roll shrimp with Proscuitto, coat with flour. Sauté shrimp in butter about 2 minutes each side or until done. Remove shrimp from pan and add liquor to pan and ignite, when flame subsides, add orange juice and simmer until creamy, spoon sauce over shrimp, garnish and serve.

***Soft Shell Crabs Broussardville*****Ingredients**

1 # Margarine  
 6 medium soft shell crabs  
 Cajun seasoning blend  
 Sliced french bread  
 Bordelaise sauce  
 Pesto sauce  
 Bordelaise Sauce  
 Margarine  
 2 tbsp olive oil  
 7 cloves of garlic chopped  
 1/2 tsp salt  
 1/4 tsp black pepper  
 1 tbsp minced fresh parsley  
 Pesto Sauce  
 2 cups fresh basil  
 4 cloves garlic minced  
 1 c. walnuts  
 1 c. olive oil  
 1 c. freshly grated Parmesan cheese  
 1/4 c. freshly grated Romano cheese  
 Salt and ground pepper to taste

In a food processor, chop basil, garlic and walnuts. With it running, slowly add olive oil in a steady stream. Add cheeses, salt and pepper and pulse the mixer a couple times. Set aside.

Dredge the cleaned crabs in margarine and place in a hot skillet. Add about 1/3 of the margarine and sauté crabs about 2- 3 minutes per side. Season to taste with blend during the sautéing. Remove the crabs and place on warm platter, add all ingredients for Bordelaise except the parsley, sauté 3-4 minutes, remove from heat and add parsley.

Lay slices of french bread on the plate, cover with Bordelaise, add crabs and top with pesto, season to taste.

***Soft Shell Crabs Juliette*****Ingredients**

12 medium soft shell crabs  
 3 c. light oil  
 2 cups milk and 2 eggs or just 2 cups buttermilk  
 4 cups fish fry or seasoned corn flour  
 2 cups seasoned flour  
 salt, granulated garlic, red-white-black pepper to taste, thyme and basil.  
 3 large tomatoes

2 eggplant

#### Béarnaise Sauce

Wash crabs thoroughly under cold water. Lift the end points on the crabs and remove the gills (dead man). Wash again. flip crab over and remove the back flap. Wash again. Cut off the mouth and cut out the eyes and eye stems. Wash again. Let crabs drain in colander about 30 minutes to drain. Season them with salt, peppers, basil, thyme and garlic.

Peel and slice eggplant, soak eggplant in salted water about 30 minutes. If you have a grill, thickly slice tomato and grill the slices, keep warm. If you have no grill, just lightly warm them in a buttered sauté pan. Fry the eggplant by dipping in eggwash or buttermilk and seasoned flour. Dip crabs in egg wash then corn flour, shake off, repeat then pan fry in 375 degree oil. Place two eggplant slices on the plate, top with grilled tomato, then the crab, top with béarnaise sauce.

98

### ***Tamale Balls***

#### Ingredients

1# ground meat

1# pork sausage

1 pack chopped crawfish tails

1 ½ cup cornmeal

¾ cup V8 vegetable juice

4 cloves chopped garlic

2 tsp chili powder

2 tsp cumin

2 tsp cayenne

#### Sauce

5 cups V8 vegetable juice

2 tsp chili powder

2 tsp cumin

2 tsp salt

Mix top ingredients for the tamale balls together and form 1½ inch balls. Mix sauce ingredients together and pour over uncooked balls. Cook over medium to low heat for 45 to 60 minutes.

99

### ***Trout Pontchartrain***

#### Ingredients

12- 7 ounce filet of speckled trout

2 # lump crabmeat

36- 21/25 shrimp peeled and deveined

1 pt whipping cream

salt, white pepper, cayenne, granulated garlic to taste

1 cup flour

6 tbs oil

4 tbs butter



Make the Hollandaise sauce, set aside. In a sauce pan, bring to a boil the heavy cream and reduce to a simmer. Let cook until it thickens and coats the back of a spoon. Add the lump crabmeat and return to a simmer. Season with cayenne and garlic. Set aside.

Season the flour and the fish with salt and white pepper. Heat the oil in a skillet, dust the filets lightly with flour and saute in the oil. While the fish sautes, saute the shrimp in the butter. When the fish and shrimp are cooked, top the fish with the crab and cream mixture, garnish with 3 shrimp, and top with hollandaise.

100

### ***Trout and Shrimp Capellini with Beurre Blanc Sauce***

Ingredients

6 oz. Filet of Trout

6 - 21 to 25 count shrimp

8 oz Capellini

Garlic

Butter

Clarified butter for sautéing

Salt and white pepper

Chopped parsley

Seasoned flour

Cook the cappellini and put aside. Sauté the shrimp in butter and season to taste with salt and white pepper. Season the trout with salt and white pepper, then dust the trout with seasoned flour and pan fry in clarified butter. Toss the Capellini in garlic butter, add parsley and put on plates. Put the trout filet on the Capellini, garnish with shrimp around the edge of the Capellini, and top with Beurre blanc sauce.

101

### ***Beurre Blanc Sauce***

1 c. white wine

1/4 c. vinegar

2 tsp shallots

2 tsp parsley

2 tbsps garlic

Salt and white pepper to taste

1 # cold butter chips

Combine the first five ingredients in a sauce pan. Reduce to about 2 tablespoons, add the chipped butter slowly while swirling the pan. Do not stir with a metal spoon. Season to taste with salt and pepper.

102

### ***Veal a la Teche***

Ingredients

24 oz milk fed veal cut in 2 oz scallopini

Flour

Red pepper, white pepper, granulated garlic, salt to taste

1 qt heavy whipping cream

2 tbsp shrimp base

2 oz tasso

Parsley

Green onions- cut and separate tops from bottoms.

Butter

2 # crabmeat, picked well for shells

In a heavy saucepan, sauté onion bottoms in a little butter, add cream and reduce until it coats a spoon. Add shrimp base and tasso, season with salt, garlic and white pepper. Set aside.

Pound veal lightly. Season flour with peppers, salt and garlic. Melt butter in sauce pan and sauté lightly dusted veal in butter.

While veal is sautéing, add picked crabmeat to cream and bring back to a simmer. Check seasoning, pour over 2 veal scallopini, garnish with green onion tops and parsley.

103

### ***Veal Andre'***

Ingredients

8 oz. Veal Strip

1 onion chopped

Heavy cream

Dijon mustard

Salt and white pepper

Brandy

Brown the chop in a sauté pan. Remove and sauté onions. Deglaze with brandy.

Finish with heavy cream and dijon mustard.

104

### ***Candied Yams***

Ingredients

8 Medium Yams

1 red apple, sliced and cored

1 green apple-s&c

1 cup seedless grapes

1/2 c. Brown sugar

1/2 c. Cane Syrup

1/2 tsp cinnamon

1/2 tsp Nutmeg

1 lemon zested then juiced

Shot of brandy

2 tbsp corn starch

1/2 c chopped pecans

Peel, slice and boil yams for about 1/2 hour. Drain and reserve 3 cups liquid.

Bring liquid to a boil, add sugar, cane syrup, spices, brandy and lemon. cook

about 5 minutes. Add fruits and simmer another 10 minutes. Add corn starch dissolved in a little water, cook for 10 minutes. Test and add sugar if desired. Place yams on the bottom of a roasting pan, pour syrup over and bake until bubbly hot. Add marshmallows if desired about 5 minutes before removing from oven.

105

### *Creole Cabbage*

#### Ingredients

1 head cabbage  
2 tsp salt  
2 tsp butter  
1 onion diced  
3 c. tomatoes, diced  
6 pods okra, cross cut  
1 bell pepper, diced  
1 tasso or ham  
2 cloves garlic  
1 bay leaf

Cayenne to taste

Cook cabbage in boiling water covered with 1 tsp salt-10 minutes, drain. Saute' onions, tomatoes, okra, peppers, and meat. Add garlic, bay, salt and cayenne to taste, simmer 15 minutes. Remove bay leaf, pour over cabbage and toss lightly.

106

### *Deep Fried Carrot Fritters*

#### Ingredients

10 carrots cleaned  
2 eggs  
3 tbsp flour  
2 tbsp chopped pecans  
1 tbsp sugar  
1 tbsp baking powder  
Salt and cracked black pepper to taste  
1 c flour

Oil for deep frying

Boil carrots in a pot of lightly salted water until tender. Place in food processor and puree.

Add eggs, 3 tbsp flour, nuts, sugar and baking powder. Using the pulse button, blend about 5 seconds. Season with salt and pepper. Adjust sweetness with sugar to taste. Roll mixture into three inch oblong fritters, dust in flour and fry in oil until they float. Drain on towel. Note: for breakfast, saute in butter instead of deep frying and top with cane sugar.

107

## ***Maque Choux Corn***

### **Ingredients**

2 # whole corn  
1/2 stick butter  
1 tbsp flour  
1/2 c. onion-diced  
1/4 c. celery-diced  
1/4 c. bell pepper-diced  
1/2 c. fresh tomatoes-diced  
1/4 c. diced parsley  
1/4 c. diced onion tops  
1 tbsp oregano  
1 tbsp basil  
1 tbsp minced garlic

Salt, black red and white pepper to taste

Saute butter and flour together to form a blonde roux. Add onions, celery, and bell pepper. Saute until the onions clear. Stir in tomatoes and corn, garlic, oregano, basil and simmer about 10 minutes. Adjust the salt and peppers to taste, add onion tops and parsley, serve. (Note-this dish lends itself well to the addition of any meats or fish. Add meat after the onions have cleared, add fish later depending on the size and texture of the fish. Try it with crawfish and tasso for a great combination.) Serves up to 8 people.

108

## ***Sauteed Red Cabbage***

### **Ingredients**

3 # red Cabbage- coarsely shredded  
7 tbsp lemon juice  
7 tbsp butter  
2 tart apples, peeled, cored and diced  
3 tbsp brown sugar  
1 tbsp cider vinegar  
1/2 tsp salt  
1/4 tsp pepper  
1/4 tsp ground cloves

Pour the 5 tbsp. lemon juice into a large pot of boiling water. The juice is important as it seals the color in the cabbage. Cook the cabbage slightly, about 5 minutes. Drain thoroughly. Melt butter in a skillet over medium heat. Add apple and slightly soften. Add remaining lemon juice, sugar, vinegar, salt, pepper, and cloves. Add cooked cabbage and reheat stirring frequently for about 5 minutes. Serve immediately.

109

## ***Sweet Potato Pone***

### **Ingredients**

2 c. grated sweet potato

1 c. sugar  
1/2 tsp. salt  
1/4 c. butter  
1/2 c. milk  
1 egg  
Curry powder  
(options include nuts, dry sherry, or marshmallows)  
Blend all ingredients together and bake in a greased shallow baking pan for 1 hour at 350 degrees.

110

### ***Crab Stuffed Mushrooms***

2 Dozen large mushrooms  
1/2 onion, finely diced  
4 tbsp diced celery  
4 tbsp diced bell pepper  
2 tbsp garlic  
1/2 # crabmeat  
Bread crumbs  
2 tsp flour  
One Egg  
Butter for sautéing  
Salt and cayenne  
1 c. seafood stock

Pull the stems out of the mushrooms and dice very finely (stems only, not the caps). Sauté onions, celery, bell pepper, mushrooms, and garlic in butter until onions clear. Add flour and blend. Add seafood stock and simmer 10 minutes. Add crabmeat and bread crumbs, season with salt and cayenne to taste. Add one egg. Pipe into mushroom caps. Top with a few bread crumbs and bake at 350 for 12 minutes.

111

### ***Corn Casserole***

Ingredients:

8 cups cut corn  
2 tsp sugar  
1 tsp salt  
black and red pepper-about 2 tsp each  
2 onions diced  
1 bell pepper diced  
4 stalks of celery diced  
1 pt whipping cream  
1/4 # butter

Parmesan cheese and Bread crumbs

Pre-heat oven to 350 degrees. Season corn with salt, black and red pepper, sugar celery, onion, and bell pepper. Place in casserole to fit. Pour 1/4 # melted

butter over, and mix thoroughly. Pour enough whipping cream to fill evenly with the corn. Mix Parmesan and Bread crumbs, sprinkle over the corn. Bake 1 hour at 350 degrees.

112

### *Holiday Sweet Potato Casserole*

Ingredients:

Casserole:

4 cups mashed sweet potatoes or use 4 - 1 lb. cans of sweet potatoes.

3/4 cups sugar

3/4 cup half and half cream

1/2 cup melted butter

1 1/4 tea vanilla

Topping:

1/2 cup melted butter

1/2 cup flour

1 cup brown sugar

3/4 cups chopped pecans

Boil and mash sweet potatoes. Add the remaining casserole ingredients and combine. Put into a casserole dish. In a separate mixing bowl, combine the topping ingredients. Place the topping on top of the potatoes. Bake at 350 degrees uncovered for about 30 minutes or until topping seems crisp.

113

### *Hushpuppies*

Ingredients

1-1/4 c yellow corn meal

1/2 c flour

3 tsp baking powder

1 tsp sugar

Pinch salt

1 tsp black pepper

1 onion diced very fine

1 egg beaten

1/2 c milk

1/2 c whole corn

1/4 c green onion or chopped jalapenos

Mix corn meal, flour, baking powder, sugar, salt and pepper. Blend well. Add onion, egg, milk, corn and green onion/jalapenos. Mix until well blended. Using double spoons or an ice cream scoop, sample one pup in a 350 degree deep fryer. Adjust seasonings and continue to fry away.

114

### *Louisiana Dirty Rice*

Ingredients

1 c. rice

Salt, red pepper, white pepper, black pepper

1/2 # chicken livers

1/2 # Ground Beef

1/2 c chopped onion

1/4 c. chopped celery

3 green onions

2 tbsp chopped parsley

Butter

1/3 c. oil

Cook rice with butter. Brown ground beef in oil, add chopped livers, cook until thoroughly browned, add onion and celery, sauté until tender, add cooked rice, mix in parsley and onion tops, season to taste with salt and peppers. © 1984 John Albrecht, CEC

115

### ***Oyster Dressing***

Ingredients

1 loaf stale french bread

2 dozen Louisiana Oysters

1/2 # chicken or turkey liver

1/2 tsp cayenne pepper

1/2 tsp white pepper

1 tsp paprika

1/2 c. pecan meat

Pinch of sage

1 tsp thyme

1 c. cornmeal

2 eggs beaten

3 medium onions chopped

2 cups chopped celery

3 tsp butter or oil

Break bread into small pieces, soak in strained oyster juice. Squeeze out extra juice, mix in cornmeal. Sauté onion, celery, chopped liver, nuts, thyme, and sage in 3 tsp butter until the onions clear. Mix in cornmeal/bread mixture and mix well. Season to taste with salt and peppers, chop large oysters or add small ones, remove from fire, add 2 beaten eggs. Bake at 350° until the internal temperature reaches 140°.

116

### ***Bearnaise Sauce***

Ingredients

1/4 c. white wine or vinegar

2 tbsp tarragon vinegar

1 tbsp chopped shallots or onion

2 crushed peppercorns

2 sprigs tarragon, chopped

1 sprig chervil or parsley minced

3 egg yolks

3/4 cups melted butter

Cook first 6 ingredients over medium heat and reduce by half. Cool. Over hot water, slowly beat in egg yolks, then butter until the consistency of hollandaise.

117

### ***Beurre Blanc Sauce***

Ingredients

1 c. white wine

1/4 c. vinegar

2 tsp shallots

2 tsp parsley

2 tbsp garlic

Salt and white pepper to taste

1 # cold butter chips

Combine the first five ingredients in a sauce pan. Reduce to about 2 tablespoons, add the chipped butter slowly while swirling the pan. Do not stir with a metal spoon. Season to taste with salt and pepper.

118

### ***Bourbon Pecan Sauce***

Ingredients

1 cup half & half or whipping cream

2 cup granulated sugar

2 cup water

2 cup brown sugar

Pinch of salt

2 cup bourbon

2 tsp vanilla

1 cup pecans

Scald the cream and set aside. Combine water and sugar, and boil until the mixture turns a golden brown. Add brown sugar and salt, pour in cream and bourbon, and simmer until blended. Add vanilla and pecans.

119

### ***Hollandaise Sauce***

Ingredients

4 tbsp. water

egg yolks

3/4 cups clarified butter

Cayenne pepper to taste

Lemon juice to taste

Combine the egg yolks and water. Over a water bath and in a stainless steel bowl, cook the egg yolks slowly until they thicken and lighten in color. Slowly begin to whisk in the clarified butter. As more butter is absorbed, you may add



more faster. When a good consistency, season to taste with cayenne and lemon juice. © 1984 John Albrecht, CEC

120

### ***Rum Sauce***

Ingredients

2 egg yolks

1 c. confectioner's sugar

6 tbsp rum

1 c. whipping cream

1 tsp vanilla

Beat egg yolks, add confectioner's sugar, continue beating, slowly add rum. Beat whipping cream separately until it gets firm, add vanilla. Fold egg mixture into whipping cream.

121

### ***Baked Apples with Bourbon Pecan Sauce***

Ingredients

12 Golden Delicious Apples-Peeled and cored (dip in lemon juice and water to preserve)

1 lemon peel grated

2 cup brown sugar

2 lbs. raisins

2 cup pecans

2 tsp cinnamon

1/4 tsp nutmeg

1 cup white wine

1/2 stick melted butter

Mix lemon, raisins, pecans, cinnamon, nutmeg, and fill the apple cores. Brush the apples with butter and place in a baking pan. Add white wine and bake covered until nearly done. Remove the cover and allow apples to brown. Place on a sauced plate, garnish if desired.

122

### ***Bourbon Pecan Sauce***

Ingredients

1 cup half & half or whipping cream

2 cup granulated sugar

2 cup water

2 cup brown sugar

Pinch of salt

2 cup bourbon

2 tsp vanilla

1 cup pecans

Scald the cream and set aside. Combine water and sugar, and boil until the mixture turns a golden brown. Add brown sugar and salt, pour in cream and

bourbon, and simmer until blended. Add vanilla and pecans and serve on warm plates.

123

### ***Banana Nut Quick Bread***

Ingredients

1 3/4 c. sifted flour  
2 1/4 tsp double acting baking powder  
1/3 c. shortening  
2/3 c. sugar  
3/4 tsp lemon zest  
2 eggs beaten  
1 c. pureed banana pulp  
1/2 c. nuts  
1/4 c apricots or other dried fruits

Resift the flour and baking powder. Cream shortening and sugar, add zest. Beat in Banana and eggs. Fold in flour in 3 phases. Fold in nuts and fruits. Bake at 350 in a greased baking pan for about 1 hour or until a toothpick inserted in the center comes out clean.

124

### ***Bread Pudding***

Ingredients

3-2# loaves french bread (stale)  
4 eggs  
1 1/4 c. sugar  
1/2 tsp vanilla  
1 1/4 tsp nutmeg  
1 1/4 tsp cinnamon  
1/4 c. butter melted  
3 c. milk  
1/2 c. nutmeats (optional)  
1/2 c. raisins (semi-optional)

Beat eggs, add sugar and spices and beat again. Add milk and beat again. Stir in raisins an nutmeats or any other canned or dried fruit except pineapple(eggs must be increased if pineapple is added.) Cube bread, pour beaten mixture over bread in baking pan. Let rest 15 minutes. Bake in a preheated 350 degree oven until the center firms.

125

### ***Rum Sauce***

Ingredients

2 egg yolks  
1 c. confectioner's sugar  
6 tbsp rum  
1 c. whipping cream

1 tsp vanilla

Beat egg yolks, add confectioner's sugar, continue beating, slowly add rum. Beat whipping cream separately until it gets firm, add vanilla. Fold egg mixture into whipping cream.

126

### *Bananas Foster*

Ingredients

1 c. brown sugar (light or dark)

1/4 # butter

2 bananas

2 oz. banana liquor

1 oz. rum

1/2 tsp vanilla extract

1/2 tsp cinnamon or 1 cinnamon stick

1 oz. Rum (if it is to be flambéed)

Vanilla ice cream

Cook the sugar and butter for about 5 minutes. Add bananas, simmer another 2 minutes, add cinnamon, vanilla flavoring, banana liquor and 1 oz. rum, simmer another 2 minutes.

If flambéing, pull the sauté pan back and super heat the front edge of the pan, add another 1 oz rum with a jigger, (do not pour out of the bottle!!) and light with a long match, or roll the flame over the edge of the pan if using gas, jiggling the sauté pan will increase the flame. Serve over vanilla ice cream.

127

### *Crepes Suzette*

Crepe Batter

3 eggs

2 tbsp AP flour

1 Tbsp Milk

1 Tbsp Water

Pinch of salt

Add enough batter to a sauté pan to make very thin pancakes. Lightly brown, turn and brown again. Fold twice in half to form wedge.

Combine:

1 tsp sugar

1 Lemon Zested

1 Orange Zested

Maraschino Cherry Juice, Curacao, Kirsch.

1/2 c sweet butter

Juice of Zested orange, Juice of lemon

Put butter in sauté pan and melt, when bubbling, add 1 shot each Maraschino juice, Kirsch and Curacao. Light. When the flame dies down, add shot of both juices and sugar mix. Add crepes when sauce boils, one shot of Maraschino, Kirsch and Curacao. Relight.

128

### ***Chocolate Truffle Cake***

Ingredients

2 c heavy cream

2 lbs. high quality bittersweet chocolate, small pieces

1/4 bourbon or other liquor

Optional whipped cream for topping

Heat the cream in a double boiler until warm to the touch. Add chocolate and stir constantly until smooth and melted. Refrigerate the ganache until it sets. Remove 3/4 of the ganache to a strong mixer. With the paddle attachment, slowly beat the mixture while adding the bourbon. As the mixture whips, it begins to soften. Stop often and scrape. As the mixture softens, increase the speed to medium. The mixture will lighten, then begin to thicken again. Stop at this point to avoid a grainy texture. Press the mixture into a film lined 9" cake pan and remove any air at the corners. Refrigerate about an hour. Invert the cake onto a serving dish, rewarm (don't get it hot, it will melt the cake) the remaining ganache and drip it over the cake. Refrigerate again for service.

129

### ***Homemade Louisiana Kahlua***

Ingredients:

4 cups Sugar

5 cups Water

2 ounces instant coffee

A 5th of Vodka (entire bottle)

4 tsp Vanilla

Mix sugar and water and simmer 45 minutes. Then add 2 oz. instant coffee.

Simmer 15 minutes. Let cool. Add vodka and vanilla. Rebottle and let stand 2 weeks.

130

### ***King Cake using Mam Papaul's King Cake Kit***

Ingredients

Mam Papaul's King Cake Kit

1 egg

1 cup warm water

1/2 cup margarine

2 tablespoons melted butter

Mix and knead in bag

1. Place cake mix (large bag) and yeast in large reclosable bag. Lock reclosable bag and shake vigorously.

2. Add 1 cup very warm tap water and 1/2 cup margarine. Lock bag. With fingers outside bag, mix by squeezing and pulling dough until margarine can no longer be seen.

3. Add 1 egg. Press air from bag and lock. With fingers on outside of bag, mix and knead ingredients by squeezing and pulling dough for approximately 12 minutes. Be careful not to puncture bag.

4. Unlock bag. Set bag of dough in a bowl in a warm place for 15 minutes. (see warm place hint below)

Warm Place Hint -- Turn oven on to lowest setting for 2 minutes ONLY. Then turn oven off.

Shape and Rise

1. Place dough on lightly floured surface. Flour rolling pin and roll dough into a 5" x 30" rectangle.

2. Mix 2 tablespoons melted butter and brown sugar praline mix in a small bowl. Add nuts if desired. Spread evenly on dough. From 20: side, roll dough jellyroll fashion.

Pinch ends to seal.

3. Place on large cookie sheet. Shape into an oval. Let rise in a warm place (see warm place hint below) approximately 30 minutes or until dough doubles in size.

Bake and Decorate

1. Bake in a preheated oven at 375 degrees for 20 - 25 minutes or until nicely browned.

Cool.

2. Mix 1 tablespoon water and white glaze mix in a small bowl. Spread over cooled cake. Decorate with Mardi Gras crystals. Place golden baby under cake.

Makes 12 servings.

131

### *Lemon Meringue Pie*

Pie:

1 c granulated sugar

1/4 c cornstarch

1/4 tsp salt

1 c water

3 egg yolks, well beaten

1/2 to 2/3 c fresh lemon juice

1 to 2 teaspoons lemon zest

1 tbsp butter

1 baked 9 " pie shell

Meringue:

3 egg whites-room temp.

1 tsp vanilla

1/4 tsp cream of tartar

1/2 c and 1 tbsp sifted confectioners sugar

Pie:

Whisk sugar, cornstarch and salt in saucepan. Place over low heat and slowly add water.

Add yolks, stirring constantly. Bring to a boil for 1 minute.

Remove from heat and stir in lemon juice, lemon zest, and butter. Return to low heat and cook and stir until mixture thickens. Pour filling into pie shell.

To prepare Meringue, beat egg whites in a large bowl until foamy, using electric beater.

Add vanilla and cream of tartar and beat until whites for soft peaks. Add powdered sugar gradually and continue beating until stiff but not dry. Do not over beat.

Spread Meringue on cooled pie filling, sealing outer edges first. Using spatula, cover center of pie with Meringue, making sure pie is completely sealed. Bake on lower third of oven at 350 degrees until Meringue is light golden brown, eight to 12 minutes. Serves 8.

132

### *Louisiana Pralines (1 of 3 recipes)*

Ingredients

1 # dark brown sugar

1 c sugar

1/2 tsp salt

3/4 c. milk

2-3 c. whole pecan halves

2 tbsp butter

1/2 tsp vanilla

Cook sugars, salt, and milk until temperature reaches 238 degrees or soft ball stage. Add pecans and bring to a rolling boil. Remove mixture and add vanilla and butter. Let stand in the saucepan for 20 minutes. Spread wax or parchment paper on table. Beat mix slightly until it glosses, drop by spoonfuls onto paper. Cool 20 minutes and wrap individually in plastic. Makes 20-30.

132

### *Louisiana Pralines (2 of 3 recipes)*

Ingredients

2 cups light brown sugar

1 cup white sugar

1 cup water

1 c heavy cream

1 tbsp vanilla

1-1/2 cups chopped pecans

1/2 cup pecan halves

In a heavy bottomed pan, combine sugars, water and cream. Cook and stir until soft ball stage. (238 degrees) Remove from heat, whip with a heavy whip for ten to fifteen minutes, add nuts and vanilla, drop by spoonfuls onto buttered pan or parchment. Cool, wrap in film.

133

### *Louisiana Pralines (3 of 3 recipes)*

Ingredients

1 1/3 c sugar  
2/3 c brown sugar  
1 1/3 c water  
1/8 tsp salt  
2 cups nuts

Bring all but nuts to a boil, simmer covered 3 minutes. Uncover and cook to soft ball stage. Let cool to 110 degrees, beat until thickens and loses gloss, add nuts, drop from spoon.

134

### ***Peaches Patty Ann***

Ingredients

12 oz can peaches  
1 tbsp cinnamon  
1/2 tsp nutmeg  
4 oz butter  
4 oz sugar  
2 oz peach schnapps or peach liquor  
Ice cream

Melt the butter and add sugar, cook for 3 minutes. Strain peaches and add juice. simmer.

Add cinnamon, nutmeg, and peaches. Simmer for 2 minutes. Add peach liquor and serve over ice cream.

135

### ***Pecan Pie***

Ingredients

3 eggs  
1 cup sugar  
1/2 tsp salt  
1/3 c. melted butter  
1 cup light corn syrup  
1 cup pecan pieces or halves  
1 tsp vanilla or rum  
1 9" unbaked pie crust

Thoroughly beat the eggs, add the sugar, salt, melted butter, and corn syrup. Stir in the pecans and vanilla or rum. Pour in the pie shell and bake for 40-50 minutes at 375 degrees or until a toothpick comes out of the center clean.

136

### ***Profiteroles***

Ingredients

1# 3 oz. Flour  
1# Butter  
3 3/4 c. Milk  
15 Eggs

Heat butter and milk together, when boils, add flour, stir until a ball is formed that does not stick to the side of the pan. Put in a bowl, add eggs two at a time at medium speed. Pipe out on parchment paper. Bake at 350 in convection oven for 30 minutes. Do not open the oven until done!! They may fall. Cool, split and add Ice cream, top with strawberry or chocolate syrup.

137

### ***Sour Cream Pound Cake***

Ingredients

1/2 # butter

2 c. Sugar

2 eggs

1/2 tsp vanilla

2 c. Cake Flour

1 tsp baking Powder

1/4 tsp salt

1 c. Sour Cream

1/2 c. Chopped pecans

1-1/2 tsp cinnamon

2 tbsp sugar

Cream Butter, 2 c. sugar, eggs and vanilla. In a separate bowl, combine flour, baking powder and salt. Alternately fold in sour cream and dry ingredients into the butter mix.

Mix pecans, cinnamon and 2 tbsp sugar. Grease a bundt pan. Pour in half of the mix.

Sprinkle with half the pecan mix, pour in remaining batter and finish with remaining nuts.

Bake at 350 for 55 minutes.

138

### ***Sweet Potato Pecan Pie Filling***

Filling

1 cup cooked sweet potato

1/4 cup light brown sugar packed

2 tbsp sugar

1 egg beaten

1 tbsp heavy cream

1 tbsp butter softened

1 tbsp vanilla

1/4 tsp salt

1/4 tsp cinnamon

1/8 tsp ground nutmeg

Syrup

3/4 cup sugar

3/4 cup dark corn syrup

2 eggs



1 1/2 tbsp butter melted

2 tsp vanilla

Pinch of salt

Pinch of cinnamon

3/4 cup pecan pieces or halves

Combine all the filling ingredients, mix with electric mixer until smooth, and set aside Mix all syrup ingredients except nuts, mix thoroughly on low speed for one - two minutes.

When mixed, add in nuts and mix gently.

In a pie shell or pie crust in a cake pan, spoon in the sweet potato mixture and spread evenly. Pour syrup on top. Bake at 325 until set in center. Cool and serve

139

### ***CAJUN-STYLE SEAFOOD BAKED EGGPLANT***

#### **INGREDIENTS**

1/2 cup butter 1/4 pound hot link sausage, diced

1/4 pound chicken gizzards, diced 3 medium eggplants, peeled and diced

3 green bell peppers, seeded and chopped 3 medium onions, chopped

2 garlic cloves, minced 1 bunch green onions, chopped

1/2 cup celery, chopped 1/2 pound fresh small shrimp, peeled and deveined

1 cup cooked rice 1/4 cup fresh parsley, chopped

1 teaspoon Italian seasoning Salt to taste

1/2 pound lump crabmeat 1/3 to 1/2 cup Italian bread crumbs

2 to 3 tablespoons butter

Lemon slices and chopped fresh parsley for garnish

#### **Directions:**

Melt 1/2 cup butter in Dutch oven or large saucepan over medium-high heat. Add sausage and gizzards and saute until browned, about 5 minutes. Stir in eggplant, bell pepper, onion, garlic, green onion and celery. Continue to cook about 15 minutes, stir- ring occasionally. Add shrimp, rice, parsley, Italian seasoning and salt. Cook, stirring occasionally, until shrimp is pink and translucent, about 15 minutes. Remove from heat.

Preheat oven to 350 degrees. Add crabmeat to eggplant mixture with enough bread crumbs to absorb remaining butter. Spoon into individual ramekins.

Sprinkle with remaining bread crumbs and dot with butter. Bake until tops are browned. Garnish with lemon and parsley. Serve immediately. Serves 8 to 10.

140

### ***STUFFED FLOUNDER LA FOURCHE***

#### **INGREDIENTS**

4 Flounders (1-1/2 Pound Each) 2 garlic cloves (minced)

1/2 lb lump crab meat 1/2 cup celery (finely diced)

1/2 lb shrimp (small) 3 TBL. parsley (chopped)

1 egg (beaten) 1/2 cup green onions (sliced)

1 lemon (juice) salt, black pepper, cayenne

1 cup bread crumbs 1 lb. butter (unsalted)

1 -1/2 cup white wine (dry) 1/2 tsp. paprika

**Directions:**

In heavy pan saute onions, celery, garlic in the butter over medium heat. When vegetables are soft add shrimp, crab, egg, parsley and egg mixture to the vegetables. Slice each flounder on the dark side down the middle. Slice toward the sides making a pocket under the meat large enough to place the seafood stuffing. Season the stuffing to taste, and fill the pocket leaving a mound on top. Place in pan with 1 1/2 cups of dry white wine. This will keep flounder moist , and keep from sticking. It also helps to rub butter on bottom of the pan. Sprinkle Paprika on top and bake for 25 minutes at 375 in oven.

141

***BROILED RED SNAPPER VERA CRUZ SAUCE***

**INGREDIENTS**

1 1/2 Pound Red Snapper 1 Lemon or Lime (juice)  
1 Tsp. Oil or Butter 1 Tbls. Finely chopped green pepper  
1 Tbls. Chopped scallions 3 Mushrooms, finely chopped  
1 Large shallot 3 Cloves garlic diced fine  
1 Tomato peeled and chopped 1 Tsp. Red Salsa or to taste  
1 Tbls. Chopped celery 1 Tsp. Salt and cayenne pepper

**Directions:**

Season fish with salt, pepper, and lemon or lime juice. Combine all other ingredients in the butter and simmer covered, until flavors are blended. Broil fish about 6 minutes on each side on rack closest to heat. Test with fork. When fish flakes, it is done. Do not overcook.

Add juice from broiler pan to sauce. Pour Vera Cruz Sauce over the broiled red snapper. Serve with rice

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***SHRIMP JAMBALAYA***

**INGREDIENTS**

4 cups cooked rice 8 tablespoons butter  
1 cup chopped onion 1 cup chopped celery  
1 cup chopped bell pepper 4 cloves garlic, minced  
2 tablespoons tomato paste 2 cups water  
1 teaspoon sugar 1/2 teaspoon cornstarch  
Salt, black pepper, cayenne pepper to taste  
1 pound peeled and deveined medium-size shrimp (raw)  
1 cup green onion, chopped fine cup parsley, chopped fine

**Directions:**

Cook rice while making jambalaya (or use leftover rice). Melt butter in heavy 3-quart pot.

Saute onion, celery, pepper and garlic until onion is wilted, 3 to 5 minutes. Add tomato paste, stirring constantly 3 minutes over low heat. Add 1 - 1/2 cups of water and sugar.

Season to taste with salt, pepper and cayenne. Cook uncovered over medium-low heat 20 minutes, stirring occasionally. Add shrimp. Cook until shrimp are pink and cooked through (3 to 5 minutes). Dissolve cornstarch in 1/2 cup water and add. Cook another 2 minutes. Mix ingredients with cooked rice. Add green onion and parsley. Mix again. Serves eight as a side dish.

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### **CRAB BISQUE**

#### **INGREDIENTS**

6 Hard Crabs, cleaned and cut into 24 pieces  
1 1/2 Gallons of Chicken Stock 1 Onion, diced  
2 Quarts of Half and Half 3 Ribs of Celery, diced  
1 Pound of Butter 2 Cups of Flour  
1 Pound of Regular Lump Crab Meat

#### **Directions:**

Melt butter in soup pot, and add crabs, cook until crabs are dry, and add onions and celery, cook until tender, add flour and blend the roux, and chicken stock, let simmer at least thirty minutes. Heat half and half and blend in soup. Strain soup, and add lump crab meat and serve.

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### **CRAB MEAT FAR HORIZONS**

#### **INGREDIENTS**

1 Pound Regular Lump Crab Meat 1 Pinch salt  
2 Cups light cream 4 tsp. Butter  
1 tsp. Coleman's prepared mustard 4 tsp. Hollandaise Sauce  
6 tsp. (heaping) Small capers Italian bread crumbs

Combine all ingredients in a thick aluminum pan and bring to a simmer. Add melted butter. When mixture starts to thicken, add Hollandaise Sauce (two egg yolks can be substituted). Fold lightly without using spoons or stirrers. This is to avoid breaking the crab meat lumps. When consistency is right, spoon into shell or serving dish. Sprinkle with Italian bread crumbs and then dot with small lumps of butter. Place coquille into 350 degree oven for about 5 minutes or place under a broiler until golden.

**The End**

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