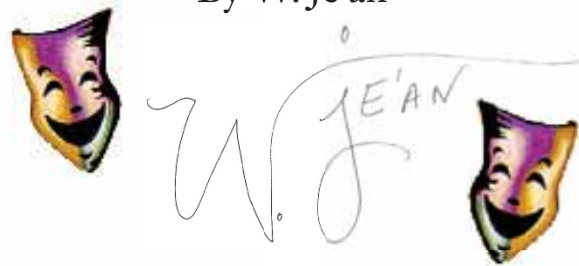


Aunt Marylue's Creole/Cajun Cooking and More*

Aunt Marylue's©
Creole/Cajun Cooking & More*
By W. Je'an



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Note from the Author

I know you will enjoy Aunt Marylue's favorite Creole/Cajun recipes and all the information shared in Aunt Marylue's Creole/Cajun Cooking and More.

My favorite part of New Orleans and the Gulf Coast is wherever I happen to be at the time. Creoles and Cajuns take great pride in their food and culture. The pride we show in the local ingredients used to prepare these delicacies is unsurpassed. As you read and use this book, you'll discover why in a delicious way!

In the words of famous New Orleans jazz great Louis "Satchmo" Armstrong, I am "red beans and ricely yours" ...

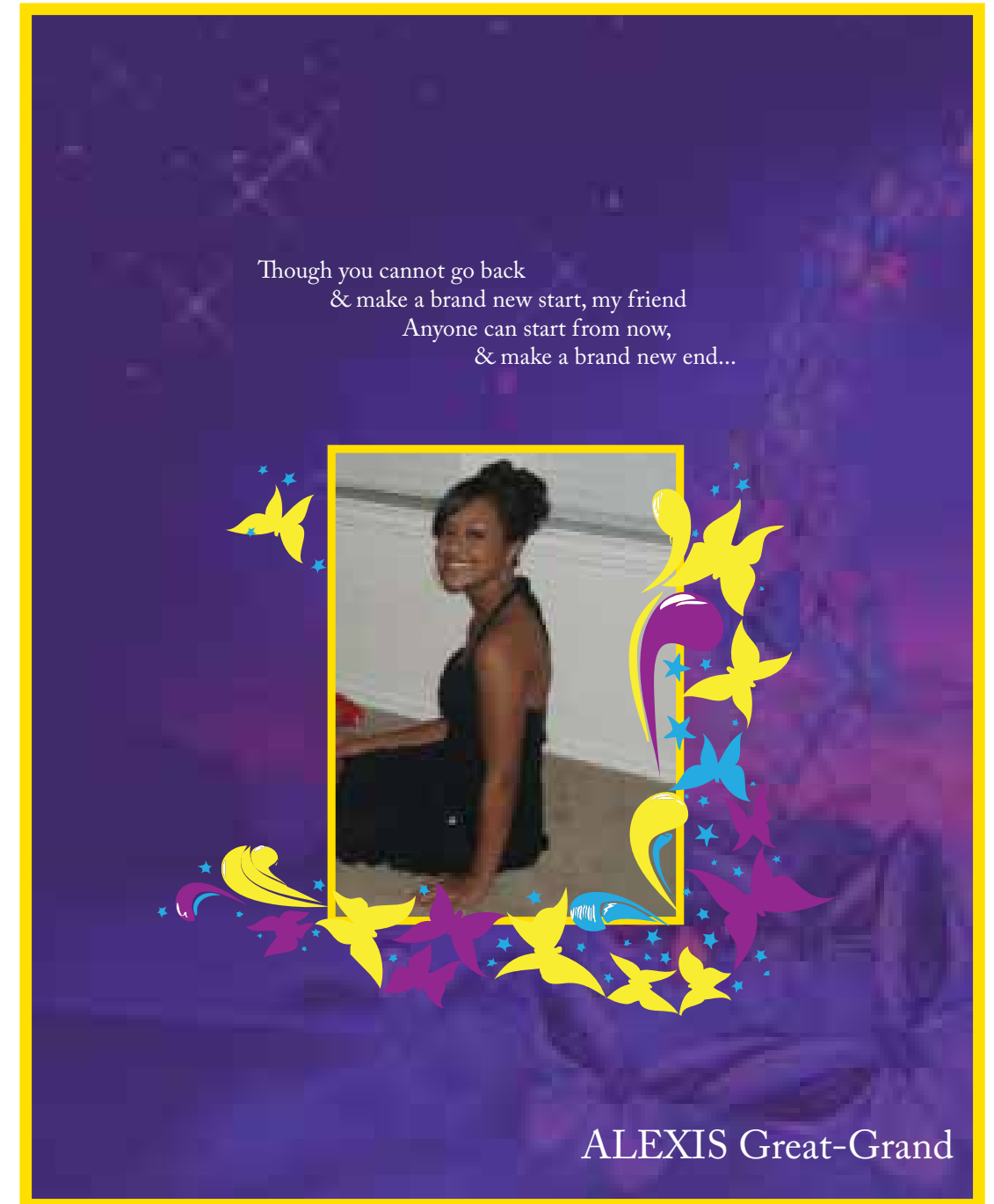
W. Je'an

Chef Je'an Creole/Cajun Queen™





III. New Orleans's Night Life



IV. Though You Cannot Go Back...



The Marylue and Jasper Morgan “Giving Back Foundation,” will provide assistance to victims of Hurricanes Katrina and Rita, the BP Oil Spill, and to assist disaster victims worldwide, especially the children. This is just the first of many books that are planned.

The author W. Je’an said: “I was inspired to write this book because my parents were pioneers and innovators in many areas of business. My mother worked tirelessly behind the scenes while my father was the front runner. My parents loved New Orleans and they were people of true conviction who forged on no matter what!

“I wanted to honor my mother and give back to her some of the gifts she bestowed on me and so many others by writing her story.

“Initially the book was going to be a biography of her life, but after thinking about it, I thought what better way to give her the utmost respect than to write a book and share many of her delicious foods that she poured so much love into. In addition, she used what she referred to as her home remedies for illness, health and beauty. She believed that food, good health, and beauty are truly spiritual parts of the soul.

“Today her herbal remedies could be referred to as alternative medicines or holistic. Her remedies may be considered organic because the herbs she used were grown without fertilizers and pesticides.

“I wanted to give back just a little to my parents and to recognize their life and their hard work and dedication.”

These are recipes that survived Hurricanes Katrina and Rita, as well as the BP Oil Spill.

The book will walk you through many “mouthwatering” recipes and special foods that display the love poured into them by Aunt Marylue. The book “speaks to the heart” of food lovers. W. Je’an said: “Even though I have traveled to many places in the world, my heart remains in New Orleans with the Southern Creole/Cajun cooking legacy.”

Somehow, no matter where we are, the foods of New Orleans and the Gulf Coast seem to hold a special spot in our heart. We are so pleased to share these recipes and Aunt Marylue’s other information with you.

Map of Louisiana



VII. Map Of Louisiana

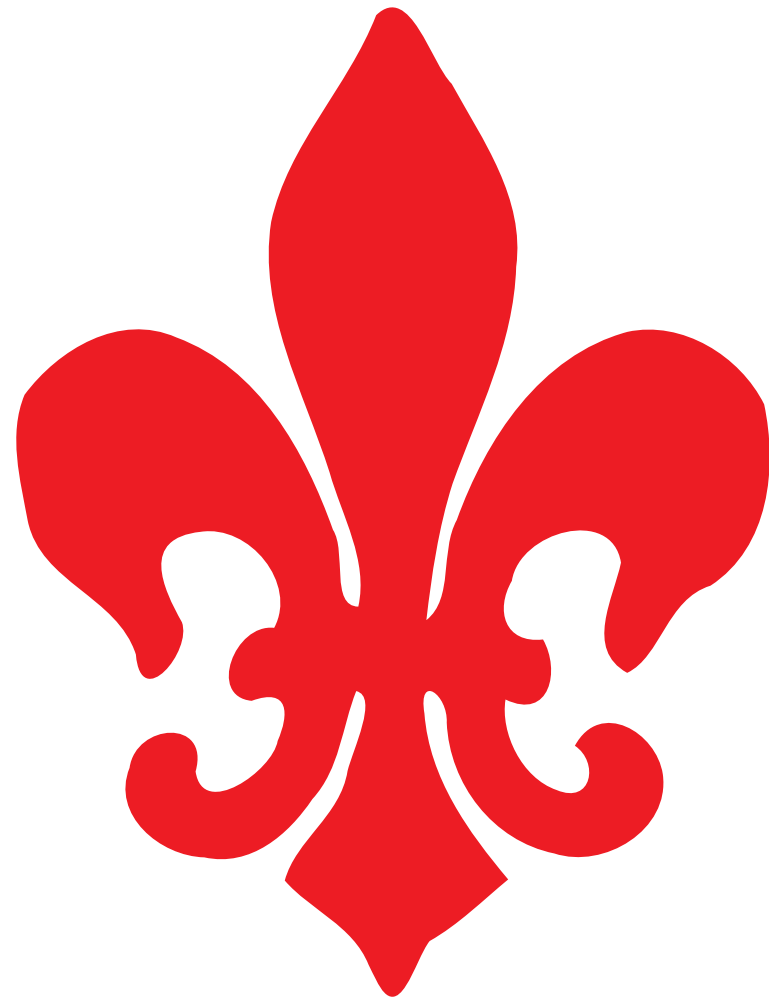
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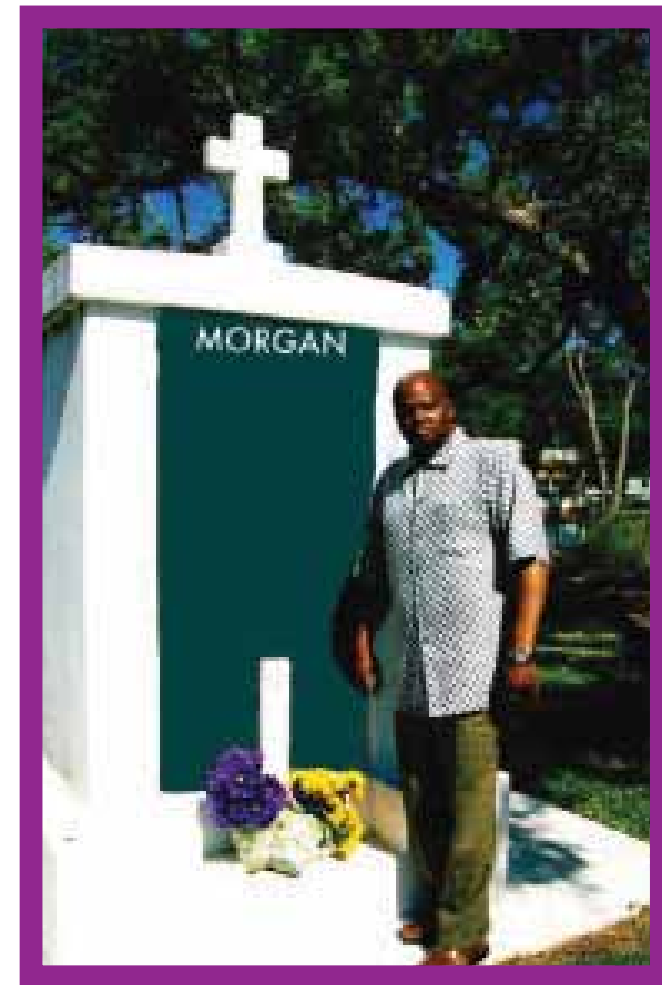
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The Foundation

Marylue and Jasper Morgan's "The Giving Back Foundation" will receive part of the proceeds from the sale of this book to help rebuild the areas of New Orleans and the Gulf Coast that were damaged during Hurricanes Katrina and Rita. Funds will also help the victims of the BP Oil Spill of April 2010. W. Je'an will enlist support from Toastmasters International, an organization where members learn the art of effective communication as well as leadership skills. The author is a Toastmaster member and President of a Toastmaster Club. As a motivational speaker, she will call on other organizations and individuals interested in rebuilding the world-loved New Orleans and the Gulf Coast to support the book's sales. The Foundation will also donate funds to disaster victims worldwide, especially the children.



Thank you, Grandparents, for laying the foundation. You are truly loved and missed.
Love, Your Oldest Grandson

X. The Foundation



I pen this book because
Life is truly what you make it!

I pen this book for all of us
who cherish being alive!

I pen this book thanking GOD for
our bodies ... His temples.
Help us to treat them as such.

I pen this book giving homage to
my beloved Mother, known to many as "Aunt Marylue."
It's her time to shine!

In honoring my Mother, I would be remiss without
Paying tribute to my Father. She would want it
No other way. You see ... they fit together like
Hand-in-glove. I enjoy their memories every
Single day!

Mother Dear, You are the strongest link in
Our family's life. I thank GOD for sharing you.
You exemplify "the virtuous woman" from Proverb 31.

~ W. Je'an



Aunt Marylue's Dossier

This will give you a peek into the life of "Aunt" Marylue and "Uncle" Jasper ...

Aunt Marylue, an original master of Creole/Cajun cooking, hails from Boothville-Venice, located in Plaquemines Parish, Louisiana, the area where Hurricane Katrina, the deadliest natural disaster in American History, tore into the Gulf Coast on August 29, 2005. And most recently, the same area has been devastated by the April 20, 2010 British Petroleum oil rig explosion that has affected the region's wetlands and seafood industry. The area produces about 40% of seafood caught in the continental United States. President Barack Obama traveled by car down Highway 23, the road that fronts Aunt Marylue's birthplace, on his way to the oil spilled community of Venice. He assured the residents, "The government will do whatever it can and for however long it takes to help end this crisis." After hearing this, Parish President Billy Nungesser declared, "This is by far the most no nonsense President I have ever met."

Plaquemines Parish extends down the mouth of the Mississippi River at the Gulf of Mexico. It lies about 70 miles south of New Orleans. Home to the world's most diverse fisheries, it is known for fish such as red snapper, speckled trout, flounder, sheepshead, and striped bass. The Parish has been touted as "the" place to sample some of the finest fishing action anywhere on earth. While fishing, you may see mosquito hawks flitting in the air with their majestic wings.

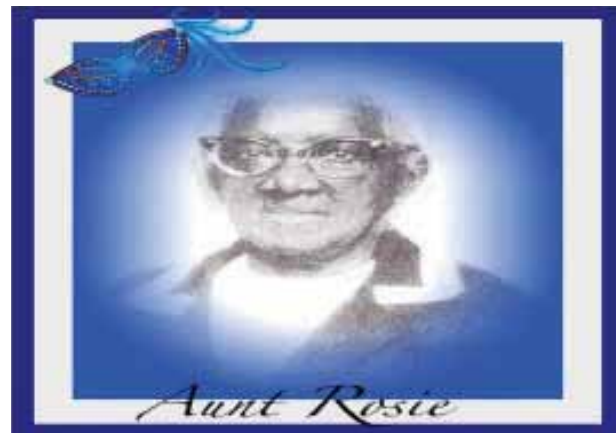
Three of Aunt Marylue's brothers were fishermen; this is the reason Aunt Marylue used the freshest, just-out-of-the-water crabs, shrimp, fish, oysters, and crawfish imaginable. The seafoods she used in the recipes were always fresh caught, and the produce grown locally. Aunt Marylue was a "local-vore" before it was fashionable.

Born during the Depression, Aunt Marylue grew up in a family of 12 children. Her husband, lovingly known as "Uncle" Jasper, called the area "God's country." (They were called "Aunt" Marylue and "Uncle" Jasper by most people because Aunt Marylue's family of nieces and nephews was so large more than 100). They were always MAMA and POP to their Grands.

Uncle Jasper, a carpenter, entrepreneur, and part-time politician who ran for Sheriff of the Parish in his later years, helped to build the area's infrastructure. Even though slavery had ended many years before he entered this life, Uncle Jasper was born in Deer Range, Louisiana on "The Deer Range Plantation." He called his mother Mary, "Mama." His father James died in a fishing accident when Jasper was a small boy.

Aunt Marylue's Dossier

Consequently Uncle Jasper grew up in Woodpark, Louisiana with his mother and stepfather Abe ("Papa") Baker and in New Orleans with Aunt Rosie (Aunt Rosie was Mama's sister) and his fraternal grandmother Anna Green Morgan, known to all who loved her as "Mama Nannie," while he attended school. He had four sisters and two brothers who also lived with Aunt Rosie to attend school. His third brother Abe was the only sibling who did not live with Aunt Rosie. After completing high school, Uncle Jasper continued his education by attending Mr. Martinez School of Carpentry in New Orleans, where he learned to read blue prints.



Shortly after Aunt Marylue and Uncle Jasper were married, they became landowners when they purchased 40 "arpents" of land. Arpent is used in France to measure land acreage. Louisiana and St. Louis are the only places in the United States that use "arpens" or "arpents" instead of acres. An arpen/arpent is 5/6 of an acre.

Uncle Jasper built their homes because he was a carpenter. Aunt Marylue ran the grocery while Uncle Jasper continued his profession as a carpenter. In their first home, he turned one of the bathrooms into a grocery store for customers to walk up and be served by Aunt Marylue while they stood outside. A cowbell he placed on the outside of the door alerted her that a customer was waiting. Later, he changed the living room into a larger grocery and a movie theater. After purchasing equipment to show movies, such as projectors and movie screens, he taught himself to use the equipment. He then extended the movie business to locations such as local churches and festivals. He and Aunt Marylue traveled up to 50 miles from home to show movies. Many times, they took their children with them. They felt this was a learning process for the kids. They were firm believers in teaching the children the mechanics of "growing your own business."

Aunt Marylue's parents were entrepreneurs. They owned orange groves and pecan orchards. Her father, Nathan, was a farmer. He took his oranges and produce to the French Market in New Orleans to sell. This is how the farmers from all over the area sold their oranges and produce, including pecans, during that time to earn a living. Farming, fishing, and cooking sustained the entire community.

Aunt Marylue's Dossier



Aunt Marylue was a young business lady. Her parents gave her permission to pick up the pecans that had fallen from the pecan trees. She set up a roadside stand to sell them for profit. People who knew her said she had a special intuition, but her parents told her she had a keen six sense. She learned early on that it was important to make a profit in business. Later, when her children and grandchildren would eat something to be sold in the store, she would say, "You're eating my profit!"

While Aunt Marylue's father took the oranges and produce to the market to be sold, her mother, Delia, and the other siblings picked the oranges and gathered the pecans and the produce. Therefore, this family did not hire workers.

Aunt Marylue's mother Delia and grandmother Ulalie were great southern Creole/Cajun cooks themselves; so you see, Aunt Marylue learned from the best. She didn't just become a great cook, but also the town's cutting-edge business woman. She would often tell her younger daughter, "You're going to be a business woman like Grandma Ulalie." As a young person, Aunt Marylue did not work in the orange and pecan groves, but she mastered her craft as the best cook in the parish. Uncle Jasper often told the story that when he asked her to marry him, her father said, "You're taking my best cook!" Jasper knew he had a pearl! They were married in 1940.

Cooking became Aunt Marylue's passion. Her cooking was known not only in the Parish and New Orleans, but miles and states away. In addition to being a great cook, she also became the town's hairdresser. Her hairstyles were so perfected and original that when she wasn't cooking, she was styling someone's hair. Doing hair was her second love, but cooking was where she excelled. You would often hear her say, "Styling hair is a science, but cooking is an art."



Aunt Marylue's Dossier

American Indians were the original inhabitants of Louisiana, and Aunt Marylue was of American Indian descent. So the book also features American Indian recipes. We felt it fitting to include them, along with the Creole and Cajun recipes.

Aunt Marylue was a pioneer and innovator who worked tirelessly behind the scenes while Uncle Jasper, a 33rd degree Prince Hall Mason, was the front line person. Here's a prime example of this ... in the early years of being business owners, the name of their business was "Jasper Morgan and Sons," even though Aunt Marylue ran the business. During those times, it was not fashionable for a woman to be in the forefront. Jasper Morgan and Sons was located on Jasper Lane. Through this business, they ran the service station, grocery store, and restaurant. Uncle Jasper continued his profession as a carpenter.



In addition to being a business woman, Aunt Marylue had a special interest in cultural, local, and national events that affected the world. Aunt Marylue and Uncle Jasper worked side-by-side in whatever endeavor they undertook. They were people of true conviction who forged on, no matter what.

Uncle Jasper was the proverbial traveler, always interested in his children having no limits placed on them in the eyes of others. He said traveling gave them the opportunity to "build a sense of community" with others. When traveling by auto, the family could not rent a hotel room or eat in most restaurants because of segregation. So they always traveled with some cooked food. Uncle Jasper would place the boiled ham Aunt Marylue had prepared under the hood of the car on the engine to keep it warm. He challenged the children to learn how others lived by taking them to different places and, exposing them to different cultures. He wanted them to see no color, and to treat everyone the same. Uncle Jasper helped the children do their homework. He taught them when they had tests to take "to read the material over several times", then place the information under their pillow overnight while they slept and they would remember for the test." There is no scientific way of proving his theory, but the kids always did well on the test when using this technique!

Aunt Marylue was a proud and strong woman with a quick wit. She stood with regal poise and was always dressed impeccably. Her impressive style of dress and decorating skills were admired by many. People came not just from the Parish, but from outside the Metropolitan New Orleans area for her famous Creole gumbo, red beans and rice, Cajun fried chicken, Boothville mustard greens, and for dessert, her red velvet layer cake, sweet potato pie, bread pudding, and special three-layer yellow coconut cake. Aunt Marylue was known to always have a towel thrown over her shoulder when she was cooking.

Aunt Marylue's Dossier

The Parish was rural. Aunt Marylue and Uncle Jasper owned one of the only service stations and grocery stores in the area in the 1950's. A Phillips 66 station, it offered "full service." The couple pumped gas, checked auto fluids, and even repaired tires for their customers. In the grocery, there was an area that Aunt Marylue used to cook meals for takeout orders.

She also cooked for the workers who came into the area from other distant places to help build the Parish's infrastructure. She would cook and deliver to them on the road where they were working, hot meals of red beans and rice with smoked sausage, "Po-boy" sandwiches, chicken, and even gumbo with sweet potato pie for dessert. Uncle Jasper would prepare his farm-fresh Plaquemines Parish lemonade. A customer could buy a 50 cent pickle and 25 cents worth of luncheon meat and even the in -famous New Orleans Hubig's Pies that are considered a delicacy by the locals and baked fresh daily since 1922 could be bought in her store too! Her snow ball machine was always running on those hot sticky days of summer. You could enjoy her special "Caribbean Sno-balls" she made by shaving the ice and adding the customer's choice of her homemade flavored syrups, such as World wind Strawberry, Wow Watermelon, and True Blue Blueberry.



The workers would not only enjoy the lunch she delivered, but after getting off from work they would go to her restaurant/grocery for dinner.

In addition to her cooking, Aunt Marylue had a special way with people, and a flair for decorating. When they opened one of their restaurant/lounges, "The Box Inn," she had the most perfectly starched tablecloths and napkins, and the place settings, she was told, were simply "out of this world." She always had fresh cut flowers on the tables. On wash day, which was traditionally Mondays in New Orleans, Aunt Marylue used "Bluing" in her rinse water instead of using bleach in the wash. She said using "Bluing" made the clothes whiter and she didn't need to use chemical bleach. She said, "Not using bleach made the clothes last longer." Monday was also the traditional day to cook Red Beans and Rice.

As a single man, Uncle Jasper was a boat builder in the shipyards of Pass Christian and Pascagoula, Mississippi. He worked with Aunt Marylue's brother Hardin. Jasper met Marylue on a visit home with Hardin. The first boat Uncle Jasper built of his own was the "Effie-B," and one was named after their youngest son, "The Tyronne." They were trolling boats. Uncle Jasper was an avid fisherman. He attended and graduated from Mr. Martinez's school of carpentry in New Orleans, where he learned the construction and boat building business. He also took additional classes to learn to read blueprints. Shipbuilding and skilled carpentry required the reading of blueprints.

Aunt Marylue's Dossier

Uncle Jasper was a boxer before he and Aunt Marylue married. His love of the sport continued after they were husband and wife. On Friday nights, their living room was always filled with families from the area watching Friday Night Fights and enjoying more of Aunt Marylue's cooking. Uncle Jasper's favorite boxers/fighters were: Joe Lewis, Floyd Patterson, Kid Gavilan, Joe Frazier, and Muhammad Ali. He liked Ali's "sting like a butterfly" fast feet and quick jabs. He followed Ali from the time he was known as Cassius Clay, and often said, "Ali is the greatest boxer who ever lived, next to Joe Lewis." Before Ali, Uncle Jasper admired the skillful boxing technique of World Welter Weight Champion from 1951-1954, Kid Gavilan for this 'Bolo Punch' that was a combination of a 'hook' and an 'uppercut'. The boxer said he perfected the motion while cutting sugarcane in his native Camaguey, Cuba. In the light weight category, "Sugar Ray Leonard who was named Ray Charles Leonard after his mother's favorite singer Ray Charles, and the first boxer to earn \$100 million in purses, Uncle Jasper said was one of the best boxers of 'All Time'. Aunt Marylue and Uncle Jasper were one of the few couples in the community to own a television set.

Lots of family and friends would come to Aunt Marylue and Uncle Jasper's home for their "television entertainment." The first TV everyone watched there was black-and-white. Uncle Jasper shared his love of his favorite sport with his two oldest grandsons Charles and Kevin, while Kevin shared his love of NASCAR races and Charles shared his love of football and basketball. They watched football, basketball, the races, and fights together while enjoying Aunt Marylue's favorite dishes. They became fans of Dale Earnhardt, career winner of the Winston Cup Series and the Daytona 500. Earnhardt was called the "Man in Black" because of his black #3 racing car. Later, Kevin and Charles began following the NASCAR career of former NBA star and ESPN analyst and race car driver Brad Daugherty while cheering for the New Orleans Hornets basketball team.

Aunt Marylue's father, Nathan, built the first Mount Olive Baptist Church in the small town of Boothville. Most of the members of the church were family. The church still stands there now after many rebuilding's and the weathering of many hurricanes such as Betsy, Camille, and the most recent of all, Hurricanes Katrina and Rita.



Aunt Marylue's Dossier

Aunt Marylue's grandmother Ulalie Solomon Jones was of Italian and Jewish descent. She came from Sicily, Italy in the late 1800s along with her brother. They settled in Plaquemines Parish. Like Aunt Marylue, she was an entrepreneur with a local grocery store and a land owner. She and her husband Antoine bought land in Plaquemines Parish's Bohemia area on the east bank of the Mississippi River, as well as in Boothville, on the west bank. Most of the deeds were in Ulalie's name because her husband could not own land since he was not a white man. As their children became adults and were married, they gave them land on which to build their own homes if they wanted to live in the area. Aunt Marylue's grandfather Antoine was also a farmer who settled in the Parish after coming to the area from the Caribbean.

STATE OF LOUISIANA, PARISH OF Plaquemines

Be it Remembered, That on the 27 day of November 1904, Mr Nathan Taylor and Miss Delia Jones both residents of the Parish aforesaid personally appeared before me Rev. Andrew Smith together with John Riddle Antoine Mitchell and John Riddle all witnesses of full age and residents of said Parish; and that then and there the said Mr Nathan Taylor and Miss Delia Jones having produced the license required by law, signified their desire and intention before us the said Rev. Andrew Smith and witnesses, to be united in matrimony; whereupon, after due proclamation made, and no impediment being suggested, they, the said Mr Nathan Taylor and Miss Delia Jones were by me the said Rev. Andrew Smith in the presence of the said witnesses, joined in wedlock, according to the laws of the State of Louisiana and Sola Patris duly pronounced to be man and wife.

IN TESTIMONY WHEREOF, the parties to the said marriage herunto affix their signature together with me the said Rev. Andrew Smith and the aforesaid witnesses, on this 27 day of Nov. 1904

Minister of the Gospel
Nathan Taylor
Delia Jones

Witnesses:
John Riddle
John Riddle
Antoine Mitchell

A true copy of the Marriage License as recorded in Marriage Book No. A-1 Folio 228 Parish of Plaquemines on November 27, 1904 Made on Nov 27, 1904 C. W. White BY CLERK OF COURT AND RECORDER

Aunt Marylue's parents Delia and Nathan's marriage certificate

Aunt Marylue's Dossier

The vendor declares she has married once and then to Antoine Jones who departed this life February 25th, 1920.
 The vendor declares he has married once and then to Kilan Jones with whom he is residing in this Parish.
 The vendor not knowing how to write has affixed hereto her usual mark. Revenue stamps in the sum of fifty cents attached and cancelled.

CASH SALE
 No. 373
 Number 6th, 1923. 191

United States of America,
 STATE OF Louisiana
 Parish or County of Plaquemine

Be it Known, That on this twenty eighth day of the Month of November in the year of our Lord one thousand nine hundred and twenty-three and of the Independence of the United States of America, the one hundred and forty eighth

BEFORE ME, MILTON EBEREST SCHAEFER, a Notary Public, duly commissioned and qualified, in and for the City of Plaquemine, Louisiana, Parish of Plaquemine, State of Louisiana therein residing, and in the presence of the witnesses hereinafter named and undersigned.

Personally Came and Appeared:
 Mrs. Uralie S. Jones, widow of Antoine Jones, a resident of this Parish and State

Who declared that she do by these presents, grant, bargain, sell, convey, transfer, assign, set over, abandon and deliver with all legal warranties and with full substitution and subrogation in and to all the rights and actions of warranty which she has or may have against all preceding owners and vendors unto Samson Taylor of full age and a resident of Oshtemo, this Parish and State

Thus done and Passed, in my office at Plaquemine, La. on the day, month and year herein first above written, in the presence of Messieurs Jules Breyer and John Riley, Jr. competent witnesses, who herewith sign their names with the said appears, and me the Notary, after reading of the whole.

(Signed) Mrs. Widow Uralie S. Jones her
Samson Taylor
M. E. Schaefer
 Not. Pub.
 Recorded Parish of Plaquemine on the 6th. day of December, 1923.

Aunt Marylue's Grandmother Uralie Solomon Jones Deed.

The Parish government took part of the land through eminent domain to build a spillway to stop water from coming over the levees during the storms (i.e. to stop the water from storms such as Hurricane Katrina). However, the Parish never built the spillway, but the parish continued to collect many years of royalties from the family's oil-rich land.

Aunt Marylue's Dossier

Something we found out that was of great interest ... Aunt Marylue and her 11 siblings were all married for up to 60 years each. Aunt Marylue and Uncle Jasper renewed their vows in 1990 at the Mount Olive Baptist Church celebrating their 50th wedding anniversary. Four generations of the family was there in witness of the ceremony. Their four children followed the same pattern of only marrying once and never divorcing their spouses. Laughingly, Aunt Marylue would say "That's too many numbers in one bed," when she discussed the many years of marriage tradition her family followed.



Aunt Marylue was also a health and beauty enthusiast. Her remedies today would be considered organic and holistic, since they were grown without the use of pesticides or fertilizers. Her children called her "Mother Dear" when all the other children in the area called their mothers "Mama." She was a trend-setter. Her children were healthy and didn't have a need to see a doctor very often. Aunt Marylue attributed part of her children's wellness to encouraging them to take naps during the hottest part of the day when the heat index could reach 100 degrees with 100% humidity, even though the temperature may have only reached 89°.

Many of her herbal and beauty treatments were very effective and sought after in the community. Some of them are included in this book.. Aunt Marylue used her own tried and true remedies, and as a result, when people met her they could not believe her age. They would often say she looked at least 20 years younger than she was. When asked her age, she would reply in her friendly way, "A little bit older than my teeth" and they knew that she wasn't about to divulge that information.

Wedding & Anniversary Celebrations



Larry and Carol's Wedding



Aunt Marylue's Dossier

When she saw someone smoking cigarettes, Aunt Marylue would say, "There goes a fool at one end and a fire at the other." When she didn't quite believe a story she was being told, she would say, "There's a dead cat on the line somewhere." Uncle Jasper showed his disbelief with one of his favorite sayings, "Ole mouths say anything." Here's another of Aunt Marylue's favorite sayings: "If someone throws you stones, throw them back bread." This statement exemplifies her wisdom and humility. She had many such sayings.

Aunt Marylue and Uncle Jasper were among the first in the community to not only have a television, but also a telephone. The telephone number of their first phone was 6604 - only four numbers were used at that time. Their first phone service was a four-way party line. This meant that there were four families sharing the same telephone line. Each family knew when the other families' phones would ring. Their number 6604 had two short rings; another family on the same party line may have one short and one long ring, and so on. They had telephone service before the use of area codes or even prefixes before the number.



Uncle Jasper sponsored many "Boils" and "Fish Fries" for the entire community. Everyone was welcome. A boil is a variation of the backyard barbecue where seafood, such as crab, shrimp, and crayfish, are cooked outside in a big cast iron pot. The pot could hold up to 150 pounds of seafood, whole pieces of corn on the cob, small whole red potatoes, and Aunt Marylue's seafood boil spice was added. Uncle Jasper passed this legacy down to his sons, who still hold boils today.

One of Aunt Marylue's brothers, Feldman, was a fruit peddler. He would fill his truck with fresh fruit and vegetables, and travel up and down the road singing out:



*Watermelon, watermelon, red to the rind,
Look out your window lady, look out your blind!
Get your watermelons, three for a dime!*

Aunt Marylue's Dossier

Kids would follow him on foot as far as they could, asking him to sing more rhymes. Aunt Marylue's sisters and brothers were full of humor. They always found something to laugh about. They were very friendly people.



Aunt Marylue & her sister Enez

Aunt Marylue and Uncle Jasper owned restaurants and lounges not only in Boothville, but also the "Plantation Grill" in Harvey and "Home Style Cooking" in Gretna.

Uncle Jasper was in constant watch of business leaders such as John H. Johnson, Founder of the noted magazines *Ebony* and *Jet* and of Fashion Fair Cosmetics, and Warren Buffett, Chairman of Berkshire Hathaway. Bob Johnson, one of the world's most influential Business-Men who rose to prominence as Chief Executive of Black Entertainment Television (BET) and owner of a major NBA team "The Charlotte Bobcats," scored high marks with Aunt Marylue and Uncle Jasper. They favored both men's business acumen.

Like many New Orleans and Southern Louisiana residents, Aunt Marylue and Uncle Jasper had a special love of the region. Like the others, they had to rebuild their homes several times after hurricanes such as Betsy and Camille. Prior to Hurricane Katrina, Hurricane Camille was the worst storm to hit the area, which it did on August 17, 1969 with winds up to 125 miles per hour.

New Orleans is located in the heart of the path of the hurricanes. All of Aunt Marylue and Uncle Jasper's worldly belongings were destroyed in Hurricane Camille. All they had left after the storm was the slab of cement where their two-story traditional home, grocery and restaurant had stood. In 1969, property owners in their area did not have home owners insurance because the land was low lying and there was not an option to purchase it.

Aunt Marylue's Dossier



Many of the recipes herein are named after the last names of Aunt Marylue's family, friends, famous Louisiana natives, and Gulf Coast cities. One of Louisiana's famous natives is world-renowned attorney Johnnie Cochran. Born in Shreveport, Louisiana, Johnnie had parents who stressed education and a color blind attitude. Graduating first in his high school class, he was inspired by Supreme Court Justice Thurgood Marshall to study law. He decided early on that one man could use the law to change society. Another Louisiana native is Tom Benson, businessman and owner of the NFL football team, "The New Orleans Saints." Benson purchased the team in 1985 after rumors of the team being sold to out-of-state owners. There are also: the Founding Father of the Blues, pianist/singer Fats Domino, who survived hurricane Katrina; trumpeter Louis "Satchmo" Armstrong (apparently the first person to receive world-wide acclaim for jazz); rock-n-roller Jerry Lee Lewis; Gospel songstress Mahalia Jackson; Ambassador Andrew Young, whose father Andrew Sr. was a dentist and someone Uncle Jasper knew personally. Andrew Young studied the writings of India-born spiritual and political leader Mohandas Gandhi's non-violent resistance concepts.

Well known author Ann Rice, is also a New Orleans native. Another prominent native is Bishop Paul Morton, a gospel singer as well as pastor of the Atlanta-based Changing a Generation Full Gospel Baptist Church Fellowship. He presented his newest CD "My Better Half" to his wife pastor Debra Morton, who serves as pastor of the church they founded, New Orleans based Greater St. Stephen Baptist Church that was rebuilt after being destroyed during Hurricane Katrina. Jesse Duplantis, the humor-filled pastor, hails from historic Houma, Louisiana who played in a rock band before joining the ministry. Then we have the infamous Neville Brothers, known as "The First Family of Funk." The four brothers got their start in 1976. The group consists of Art on keyboard, "playing the sax" Charles, vocalist Aaron, whose angelic voice has been compared to western actor Gene Autry's yodeling and the crooning magic of Sam Cooke, and last but not least Cyril, playing his R&B Bayou Funk. The group toured with Grammy-winner Dr. John on the 2010 Mardi Gras Mambo Tour. All are starring Louisiana natives.

Aunt Marylue, a member of the Order of the Eastern Star (a social service organization whose members share spiritual values), was a visionary with a nurturing spirit and the wisdom to see new possibilities for harmony within families and the community. Her oldest daughter continued her legacy as an Eastern Star. The Eastern Stars help make a difference by helping to change people's lives for the betterment of humankind. Aunt Marylue would say frequently, "Working in harmony, balance, accord, and in divine order are compliments of the Lord."

Aunt Marylue's Dossier

There were many leading and high achieving women that Aunt Marylue admired.

Women such as Madam C.J. Walker, a Louisiana native who, in the 19th century, came up against insurmountable odds to become the first woman millionaire, earning her fame and fortune in the hair care business. She donated vast amounts of money to promote blacks in education. She funded scholarships at Booker T. Washington Institute, and also donated money to the preservation of the home of Frederick Douglass. Born Sarah Breedlove in 1867, she later changed her name to Madam C.J. Walker. (Walker was the last name of her second husband). She died at the age of 52 in 1919. On a visit to Tallulah, you can visit the Hermione Museum and see her many exhibits.



In her lifetime, Aunt Marylue saw many women make positive changes that would affect the masses. She often talked about women like Eleanor Roosevelt and Coretta Scott King. As the wife of President Franklin Delano Roosevelt in the 1940s, Eleanor Roosevelt was in a strategic position to affect change. She made a difference in the lives of many.

Aunt Marylue often said that Coretta Scott King and Jackie Kennedy were beside their husbands until the end. She admired them for their style and quiet manner. In many ways, they reminded Aunt Marylue of herself ... always being there, never complaining; these women were like the many women who forged the trails after them, who Aunt Marylue saw as risk-takers for change like herself. Dr. Martin Luther King Jr.'s "I Have a Dream" speech and President John F. Kennedy's famous quote, "Some people see things that are and ask, 'Why?' I dream of things that never were and say, 'Why not?'" represented much of Aunt Marylue and Uncle Jasper's beliefs. Theirs was a ministry for those with silenced voices. Both men's optimism paralleled Aunt Marylue and Uncle Jasper's perseverance.

Aunt Marylue's Dossier



Other women Aunt Marylue saw as change-makers include Shirley Chisholm, born in Brooklyn, New York. In 1972, after becoming the first woman elected to Congress, Chisholm went on to become the first major-party black candidate for President of the United States on the Democratic ticket. On to Condoleezza Rice, who shocked the world when she became the first African American woman named "Secretary of State" to a Republican President. Also, Congresswoman Maxine Waters, who have always worked for the underdog, was another woman that Aunt Marylue admired.



Aunt Marylue watched and participated in her own way as these women stood up for what was right. She watched as strong women like Donna Brazile, also a Louisiana native, became the Democratic Political Strategist, and Hillary Rodham Clinton, who was the wife of a President Aunt Marylue admired (President Bill Clinton), later became a Senator and then Secretary of State. Aunt Marylue has held these women in high regard, as they've taken their places to evolve into our country's movers and shakers. She also watched, in 1984, as Geraldine Ferraro became the first woman Vice Presidential candidate.

Aunt Marylue and Uncle Jasper were huge proponents of education. She would tell her children, "The friends you meet in college are normally life's friends."

Aunt Marylue's Dossier

It was clearly understood that their children were going to attend college. Nothing made her happier than to see a woman at the helm of schools of higher learning, whether their roles were educational, religious or civic. She admired Jeanetta Cole who became President of the all-female Spelman College in Atlanta. She also admired Joyce Myer, who traveled to help educate the less fortunate and eradicate poverty worldwide. She also held Pastor and Gospel singer Shirley Caesar in high esteem. Aunt Marylue was their cheerleader. Uncle Jasper had plans of having the family's genealogy studies done by Dr. Henry Louis Gates Jr., the world-known Harvard law professor whom he held in high regards.

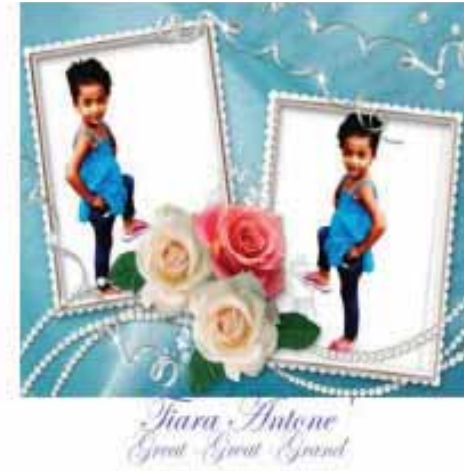


Aunt Marylue followed the works of a Latina woman who fought tirelessly for the voiceless as representative of the farm workers of America. Delores Huerta was instrumental in securing aid for dependent families and disability insurance for farm workers in California. She also stood with the Philipino Grape Farm Workers of the AWOC Union to help them earn higher wages. The successful strike became known as "The Delano Grape Strike."



Another woman Aunt Marylue saw as a change-maker, a "woman Hall-of-Famer," was Wilma Mankiller, the Native American leader and chief of the Cherokee Nation, who made changes that would have been thought of as impossible. Born in 1945 in Tahlequah, Oklahoma, Mankiller became the first woman elected "Principle Chief of the Cherokee Nation"; in this post, she focused on improving education and health care for Native Americans.

Aunt Marylue and Uncle Jasper's Grands-, Great Grands- and Great-Great Grand-Children.



Alexis



Kevin



*Great Grands
Showing Love*



Aunt Marylue's Dossier

As Chief of the Cherokee Nation from 1985 to 1995, she was awarded the "Presidential Medal of Honor" in 1998 for her achievements. The changes she made continue today to uplift the entire community.



Aunt Marylue and Uncle Jasper loved reading poetry and none other than Maya Angelou could fill the bill as their favorite poet.

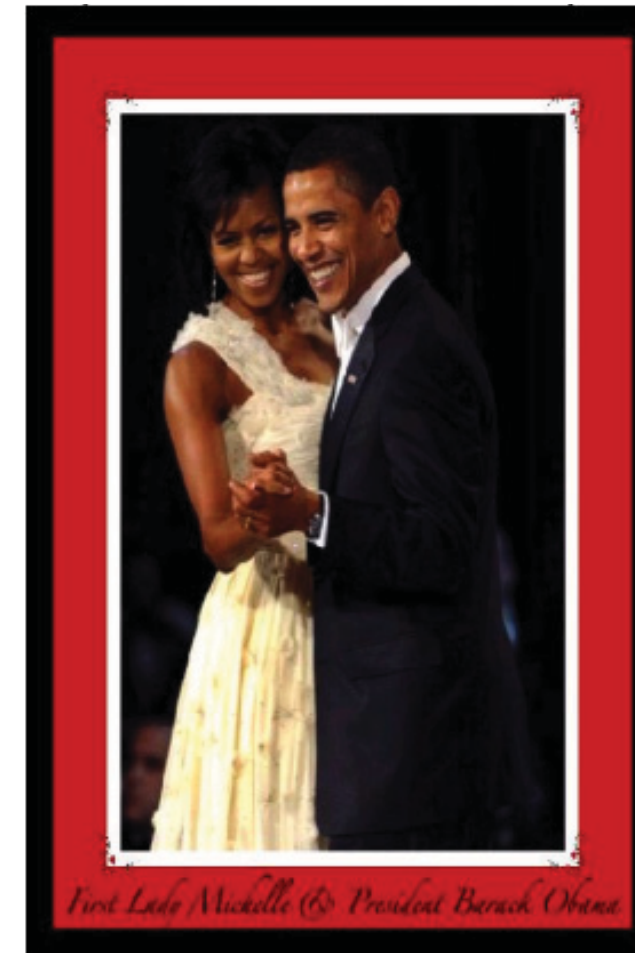
Aunt Marylue, being a humorist, always loved a good laugh. She favored comics like Jackie "Moms" Mabley, billed 'The Funniest Woman in the World', and the oldest person to have a US top 40 hit, and later Whoopi Goldberg. She spoke of Whoopi with such admiration; you would have thought she knew her personally. R&B's Ladies "Soul" singing sensations Irma Thomas, a New Orleans native, and Aretha Franklin were tops on Aunt Marylue's list. Uncle Jasper's favorite singers were Fats Domino and Ernie-K-Doe singing his all-time hit, "Mother-in-law."

When it came to women entrepreneurs, after her mother Delia and grandmother Ulalie, Aunt Marylue saw women like media mogul and philanthropist Oprah Winfrey, journalist Barbara Walters, and prominent businesswoman Martha Stewart as the best in their field. She was in constant "awe" of Oprah Winfrey, a woman who came from little money but much family love and wisdom. Oprah continues to make changes that will help the entire universe.



Aunt Marylue's Dossier

All of these ladies held special places in Aunt Marylue's heart. Like herself, she felt that they were willing to become risk-takers to affect change for the masses and for those with little voice. She and Uncle Jasper would stand up for our President Barack Obama and First Lady Michelle Obama.



Aunt Marylue has left us with a cooking legacy, and her tried-and-true health and beauty remedies. She believed good food, good health, and inner beauty are truly spiritual parts of the soul. We know you will enjoy "Aunt Marylue's Creole/Cajun Cooking and More." Her health and beauty tips will live on forever. As you prepare the recipes, you can taste the love she poured into each of them.

A Tribute from Her Grands*

Aunt Marylue, Ma-Ma as she was affectionately known to us, was a symbol of commitment and a pillar of strength. She influenced four generations as she instilled family values and an undying love of good food.

Ma-Ma, the values you instilled in us will be handed down to many generations to come. You were a wonderful body of stellar wisdom.

We love and miss you,

Your Grands, Great-Grands, and Great-Great-Grand.

Aunt Marylue and Uncle Jasper had 4 children, 11 grandchildren, 11 great-grandchildren, and 2 great-great-grandchildren.



Aunt Marylue's Favorites



Aunt Marylue's Cinnamon Sugar

½ cup sugar

2 teaspoons ground cinnamon

Combine sugar and cinnamon in a small bowl and stir to blend. Place in an airtight container until ready to serve. Sprinkle on warm buttered toast. Sugar will keep in an airtight container at room temperature for up to three months.

Makes ½ cup



Aunt Marylue's Apple Chutney

6 Granny Smith apples, peeled, cored, and dice into ½ inch pieces

¾ cup sugar

¾ cup distilled water

½ cup apple cider vinegar

2 tablespoons fresh lemon juice

1 cinnamon stick

Combine all ingredients in a medium saucepan and bring to a boil. Reduce heat to medium-low; stir and cook until the mixture is thick and nearly all the liquid is evaporated, but the apples are still slightly chunky (8-10 minutes). Remove the cinnamon stick. Serve warm or at room temperature. Mixture will keep refrigerated in an airtight container for up to 5 days.

Makes 4-6 servings

Aunt Marylue's Favorites



Aunt Marylue's Creole Breadcrumbs

3 cups stale French bread (crumbled) 6 tablespoons real butter
4 tablespoons Italian parsley, chopped fine ¼ teaspoon of salt

Mix all ingredients evenly. Ready to serve! To store, place in plastic bag and freeze.

Aunt Marylue's Seasonings, Spices & Butters



Aunt Marylue's Creole Seasoning

1¼ teaspoons garlic powder 1½ tablespoons ground black pepper
¾ tablespoon paprika ½ cup dried parsley
¼ teaspoon marjoram 1/8 teaspoon cayenne pepper
1/8 teaspoon kosher salt

Combine all ingredients. Keep in a tightly closed container. Will keep indefinitely in a cool, dry place.



Blackberry Jam

3½ cups fresh blackberries
3½ cups granulated sugar
¾ teaspoon salt



Mash berries, sugar, and salt in a bowl until sugar is dissolved using a potato masher. Do not use blender to mash berries. Mix well. Place in a cast-iron saucepan and boil for about 5 minutes. Let cool. Cover and place in refrigerator for about 24 hours. Stir mixture once a day during the 24-hour period. Serve on hot rolls or with Café au Lait and Grandma Delia's Buttermilk Biscuits. Jam will keep in refrigerator for up to a month.

Makes 2 pints



Aunt Marylue's Cajun Seasoning

2 tablespoons kosher salt 1 tablespoon onion powder
1 tablespoon black pepper 1 tablespoon garlic powder
½ teaspoon dry mustard 1½ teaspoons finely ground bay leaves
1 teaspoon crushed celery seeds 1 teaspoon ground cayenne pepper
1 tablespoon nutmeg ½ teaspoon paprika

Mix all ingredients together and store in glass jar with tight-fitting lid.

Aunt Marylue's Seasonings, Spices & Butters



Aunt Marylue's Spicy Herb Bouquet

- | | |
|-----------------------------|---------------------------|
| 2 tablespoons dried parsley | 2 tablespoons dried basil |
| 2 finely crushed bay leaves | 2 tablespoons dried thyme |
| ½ teaspoon cayenne pepper | Dash salt |
| Dash pepper | 1 tablespoon allspice |
| 1 tablespoon dried rosemary | ½ teaspoon dried cilantro |

Combine all ingredients and place in 4 inch x 4 inch pieces of cheese-cloth, and tie together with string to make bouquets. Store in tightly sealed jar. Bouquets will last up to one year. Good served with any meat, poultry, seafood, and vegetable dish. When cooking any type of meat or vegetables, you can drop the bouquet into the mixture. When done, you just remove the bouquet and discard. Your dish will have the flavor of the herb seasoning mix.



Aunt Marylue's Creole Seasoning #2

- | | |
|------------------------------------|--------------------------------|
| 1 teaspoon crushed fine bay leaves | ½ teaspoon sea salt |
| 1 teaspoon ground nutmeg | ½ teaspoon paprika |
| 1 teaspoon onion powder | 1 teaspoon garlic powder |
| ½ teaspoon chili pepper | ½ teaspoon crushed celery seed |
| ½ teaspoon dry Creole mustard | |

Mix all ingredients in a large bowl and store in a dark place in a glass container with a tightly sealed lid. Seasoning will last stored up to 1 year.

Aunt Marylue's Seasonings, Spices & Butters



Aunt Marylue's Clarified Butter

- 2 sticks Kerry Gold creamery butter

Heat butter in a small pan, about 20 minutes, until the bubbling stops completely. Spoon foam off top. Pour butter into a separate container with lid. Mixture will remain liquid. Can last 6 weeks when refrigerated in tightly sealed container.



Aunt Marylue's Barbeque Sauce

- | | |
|-----------------------------------|------------------------------------|
| 1 (16 ounce) bottle Heinz ketchup | 8 ounces soy sauce |
| 2 tablespoons dark brown sugar | 2 tablespoons Worcestershire sauce |
| 8 ounces distilled water | 6 ounces fresh lemon juice |
| 1 tablespoon Tabasco sauce | 2 tablespoons apple cider vinegar |

Combine all ingredients in a cast-iron saucepan. Bring to a boil. Simmer 15 minutes; strain. Add salt to taste. Serve on ribs, chicken, beef, pork, or fish.

Makes 2½ pints.



Aunt Marylue's Fresh Mayonnaise

Why purchase jarred mayonnaise when you can make your own? Homemade mayonnaise is a far preferable alternative to the store-bought type, and easy to make!

- | | |
|--------------------------------|---------------------------------------|
| 2 egg yolks | ½ teaspoon fresh squeezed lemon juice |
| ½ teaspoon dried mustard | Pinch of salt |
| ½ teaspoon extra-dry olive oil | |

With electric mixer, beat together egg yolks, fresh lemon juice, dried mustard, salt, and olive oil until the mixture swells, ripples, and fades to a yellow-white color. Store in refrigerator until used. Mayonnaise can be store in refrigerator for 1 week.

Use the freshest ingredients and the most flavorful oil for a mouthwatering mayonnaise. The virgin olive oil will add a zesty flavor to mayonnaise. Always be sure the oil is fresh, and enjoy mixing your mayonnaise to your taste.

Aunt Marylue's Seasonings, Spices & Butters



Aunt Marylue's Simple Syrup

3 cups distilled water
3 cups fine sugar

In a medium saucepan, combine water and sugar. Stir over medium heat until sugar dissolves. Increase heat and bring mixture to a boil; reduce heat and simmer for 3 minutes while continuing to stir. Pour syrup into a bowl and chill thoroughly. Use this syrup to sweeten ice tea, fresh fruit drinks, and flavored cocktails. Syrup can be made two weeks ahead. Keep in a tightly closed container in refrigerator.

Makes 4 cups

A HISTORY OF NEW ORLEANS

New Orleans known as the “Big Easy” and “Crescent City,” and since Hurricane Katrina, the “Soul of America” is the largest city in the state of Louisiana. Also known for the Mardi gras festivals, and Jazz music (considered being America’s only art form), it’s not only known as the Birthplace of Jazz but also believed to be where Blues, Gospel, Zydeco (a combination of Blues and Cajun music) and R&B got their beginnings.



Glorious Times: The Saints' Super Bowl Win!

The New Orleans Saints big win of the 44th Super Bowl against starring quarterback and Crescent City native Peyton Manning and his team the Indianapolis Colts has taken the city and its music to new heights. Being a part of something so large must have given the team a feeling of world pride and inspiration since Hurricanes Katrina and Rita tore the “Lagniappe City” apart. The number 44 has become symbolic not only to the Saints as winners of their first Super Bowl in history, but also President Barack Obama, who shares the number as the 44th United States President. The pre-game show began with a memorable rendition of “America the Beautiful” sung by Queen Latifah, followed by “The National Anthem” led by Carrie Underwood. The Game’s kickoff started with “The Coin Toss Ceremony” by recently elected “Hall of Famer” Emmitt Smith, tossing the coin “Illuminati” which displays a helmet and Super Bowl trophy on the heads side of the coin and the Super Bowl 44 emblem on tails side. The halftimes show was led by rock band The Who.

The Saints #22 Tracy Porter’s fast feet may have sealed the game with his 74 yard intercepted touchdown. After the game, the Saints’ head coach Sean Payton was exuberant as he held up the Lombardi Trophy as high as he could, signifying the Saints’ historical win. The team rode the Mardi Gras Float wearing team jerseys and throwing beads to the excited crowd while Coach Sean Payton blew kisses. Owner Tom Benson from top of the float was shouting “Who Dat?” While experiencing the greatest Mardi gras ever, Mayor Ray Nagin, Senator Mary Landrieu, and Senator David Vitter were cheering the team on, as they passed them on the parade’s route. Bourbon Street was basking in pride by the display of the team’s black and gold colors, visible as far as you could see. The Saints winning quarterback MVP Drew Brees chalked up the Saints winning to “it’s all destiny.” Credit must go to the entire New Orleans Saints organization for the sportsmanship showed on the field, carrying out the plan to a winning Super Bowl, giving New Orleans “The Big Win.”

A HISTORY OF NEW ORLEANS

Hurricane Katrina Brings Disaster

On August 29, 2005, New Orleans suffered the worst natural disaster in American History when Hurricane Katrina made landfall in Plaquemines Parish with the force of a 28-foot tsunami. As Hurricane Katrina destroyed the Parish and left it without infrastructure and void of life, its waters rolled into the levees and eventually landed in the Lower 9th Ward of the city, hitting other coastal communities and disrupting the lives of residents. The only business that did not close during Hurricane Katrina was a bar. The night is always young in the Big Easy; bars and clubs have no mandatory closing time, so you can party all night and sleep it off in morning sun. The residents are Louisiana's most precious treasures. Katrina's displacement of these treasures threatened to tear the very fabric of that great culture. Former Mayor Marc Morial, referring to the 9th Ward as the "Mighty-Nine," said the opening of the Martin Luther King charter school there two years later in August 2007, gave the locals hope. The school's opening was attended by such noted celebrities as Tyler Perry and Tom Joyner, and even President and Mrs. Bush. Dorothy Hicks, Principal of the school, was credited with its opening by her hard work and dedication.

In came "Women of the Storm," led by Ann Milling, with their signature blue umbrellas that they say represent all the many thousands of blue tarpaulins the government issued to residents to cover the roofs of their homes after Hurricane Katrina hit. The group single-handedly made a difference by traveling from New Orleans not just once, but twice to Washington D.C. to convince legislators to personally come to New Orleans and the Gulf Coast and witness for themselves the storm's destruction.



New Orleans has only one daily newspaper, the Times Picayune. It has the largest circulation of all Louisiana newspapers. The Times Picayune provided great coverage on the hurricanes. From 1931 to 1933, New Orleans had four local newspapers: *Times Picayune*, *Morning Tribune*, *New Orleans States*, and *New Orleans Times*.

A HISTORY OF NEW ORLEANS

The two-time Pulitzer-Prize-winning Times Picayune newspaper continued to cover what was happening in the city as a result of Hurricane Katrina's blows from the wind and waters brought into the area.

Please Help Us!



The Beginnings

The first inhabitants of Louisiana were American Indians. The Chickasaw, the Choctaw, and the Natchez Indians lived in what is now New Orleans, before the Europeans arrived. The layout of many streets in the city, such as Esplanade Avenue (pronounced S-plaine—ADE) were built around the curves of ancient Indian trails.

When Jean-Baptiste Le Moyne landed in Louisiana in 1718 from France, he found the American Indians already there. The current Central Business District (CBD) was a part of the plantation given to Le Moyne in 1719, and it was later sold to the Jesuits. The Choctaw-Apache community is located in Zowolle, Louisiana. The Houma Nation Tribe is located in the historic Houma-Thibodaux communities. The area where Houma lies is located an hour southwest of New Orleans, in the heart of the wetlands that are bordered by the Bayou's cypress trees, and the Gulf of Mexico. The wetlands of historic Houma cross twenty-two Southern parishes, and eleven bird trails. The American Indians of Houma settled in the region over 300 years ago. They originally settled opposite the Red River on the East Side of the Mississippi River in an area near Feliciana Parish, Louisiana.



Cypress Trees in bayou

A HISTORY OF NEW ORLEANS

Old world culture and American Indian heritage come alive on a visit to the swamps of Cajun Country. The 250-mile Zydeco Cajun Prairie winds through communities such as Lafayette, New Iberia, and Morgan City.



Pirogues built of cypress wood (these small boats were originally used by the American Indians, later by Cajuns) are still utilized for transportation by the French-speaking Cajuns to navigate the swamps and bayous. While navigating these waterways, you will steer through rice fields and drift under moss-draped oak trees. You may even spot an alligator or two.



A melting pot of American and European ancestry, Cajun Country emits a warm glow that will remain in your heart. To this day, African Americans in New Orleans have among them the highest mixture of European genes in the United States. This happened when Louisiana became a depot for slavery in its beginning. French, Spanish, and other immigrants and the African slaves began intermingling in the boudoir. The babies born from these relationships were known as Creoles. Thus the creation of the Creole/Cajun culture. Creole is a very prominent and confusing culture to understand. Mulattos are referred to as Creoles. They are light-skinned African-Americans whose last names may be the same as white Creoles. Their ancestral lineage is also shared by whites Creoles. Birth certificates of children born to the same mother may list black or white, depending on the baby's complexion and who was present at birth. Cajuns originated in Acadia in Nova Scotia, Canada. They were French-speaking Catholics who left France to avoid religious persecution. The Arcadians arrived in Louisiana after being exiled by the British from Acadia, the present day Nova Scotia, Canada, during "The Great Upheaval," a war between France and Great Britain. After settling in Louisiana, they lived virtually unknown until the French and Indian War. They settled in the swamps, open prairies, and bayou country of Southern Louisiana in the southwest area near Lafayette, Louisiana. They adapted easily to the frogs, alligators, and snakes they encountered on the bayou.

A HISTORY OF NEW ORLEANS

The Cajuns held on to their ethnic pride and retained their French dialect and many other cultural traits. They were officially recognized as a national ethnic group by the United States government in 1980 after a discrimination lawsuit was filed and won in Federal District Court. The Cajuns preferred living with the American Indians than with the Creoles of the city. (Today, many feel Creole cooking is more sophisticated while Cajun cooking is considered country-style, more rural and healthy.) They enjoyed local food from the land such as wild game (duck and rabbit) and veggies such as mirliton, okra and rice. They also like Boudin (a sausage made from pork and cooked rice, which is rolled into a ball and deep fried). The Cajuns learned to build pirogues-style boats from the American Indians, which they then used to access and egress their cottage homes. Famous chef Paul Prudhomme is from the community of Opelousas located in Cajun country.

New Orleans Today

New Orleans is a city forged by many cultures including American Indians, French, Africans, Germans, West Indians, Spanish, Italians, Slavs and Irish settlers. It is filled with diversity. In its spirit of history, you can almost taste the culture. Known as the "Crown Jewel of the South," New Orleans is one of the most extraordinary places on earth with its street cars, carriage rides, plantation mansions, and its shotgun-style homes. Most of the shotgun-style homes are constructed of cypress wood. (Aunt Marylue believed Cypress wood repels termites.)

New Orleans is considered one of the most romantic spots on the planet. This gives us a clue why Scarlett and Rhett of *Gone with the Wind* took a steamboat there for their honeymoon.



Even though it has been known as the "Paris of America," New Orleans was under Spanish rule for several decades beginning in 1762. The French Quarter is dominated by Spanish and French architecture, as well as shotgun houses, with their long narrow design that comes from West Africa. You can really feel the French influence on a visit to the lower third of the state. The metropolitan area of New Orleans extends over eight parishes. They are Jefferson, Orleans, Plaquemines, St. Bernard, St. Charles, St. James, St. John the Baptist, and St. Tammany. It is the leading cultural center of the South. One million people, comprising about one-third of

Louisiana's residents lived in these parishes. The city of Metairie is New Orleans' largest suburban city. It is located southwest of the city, and had a population of more than 150,000 inhabitants before Hurricane Katrina.

A HISTORY OF NEW ORLEANS

The economy of New Orleans relies heavily on shipping to sustain itself. The Port of New Orleans was among the busiest seaports in the United States before Hurricane Katrina, and it was the South's leading export center. The city led in exporting chemicals and cocoa beans, coffee, and petroleum products. The port did more business with Latin America than any other U.S. port.

However, music continues to be New Orleans' loudest and most inexhaustible commodity. New Orleans' excellent climate and low cost of living targets the city as a great place to live. In addition, Louisiana residents have been known to be among the world's friendliest.

In the city of New Iberia, you will find Avery Island, home to the world famous Tabasco Sauce, with its hot taste and unique bottles. Descendants of the inventor, Edmund Avery McIlhenny, offer factory tours. The company is still family-owned.

Rebuilding after Katrina

In radio interviews by Tom Joyner of the "Tom Joyner Morning Show," and on the same day in April 2007 while also being interviewed by Steve Harvey of the "Steve Harvey Show," both Lt. Governor Mitch Landrieu and New Orleans Mayor Ray Nagin expressed concern for the hurting South Louisiana people, especially the elderly, many of whom had never lived in any other homes except the ones destroyed by Hurricane Katrina. Both officials agreed that the slow rebuilding since Katrina has left the state and its residents devastated. Lt. Governor Landrieu shared the reality of how Katrina has not only impacted Louisiana, but also the economy of the entire nation because of the gas pipes exposure on the bayous and wetlands. He said that as a result, gas prices had gone up not only in Louisiana, but all over the country. R. King Milling, the 1993 Rex Parade King and Whitney National Bank (New Orleans Icon Bank) chairman, is one of the leaders in the fight to save Louisiana's wetlands through America's Wetland Foundation.

Both Lt. Governor Landrieu and Mayor Nagin appeared thankful that film and music industry greats, such as famed trumpeter Wynton Marsalis, actor Denzel Washington, and producer Spike Lee, had filmed 22 movies in New Orleans since Hurricane Katrina to help rebuild the state's economy. Favored-son actor, producer and playwright Tyler Perry built Perry Place in New Orleans, a 20 home community for survivors of Hurricane Katrina.

The goal behind rebuilding the New Orleans area and Louisiana is to enable residents and tourists to return here. Mayor Nagin shared that tourism is the number one revenue source in New Orleans, along with music and the arts. Entertainment and music industry moguls Michael Baisden from his syndicated radio talk show, Russell Simmons, Sean "Diddy" Combs, and Sean Penn have truly helped to repair Louisiana's economy after the hurricanes.

The initiative of Brad Pitt's "Pink Project to Make It Right Foundation" is an attempt to rebuild New Orleans' Lower 9th Ward. The pink structures represent new homes for the owners.

A HISTORY OF NEW ORLEANS

On another note, clinical social worker Cecile Tebo, the head of the New Orleans Police Departments' mental health SWAT, and volunteers like Percy Jackson, and others gave their time by responding to the mental health crisis created by the storms. In addition to visiting the many tents where a large population of the cities mentally ill camped after Katrina, they cruised around in battered vans waiting for the police to make calls to them about responding to psychiatric disturbances. After Hurricane Katrina, more than half of the city's mental health employees relocated, while the need for their services increased. Ms. Tebo and her team of volunteers continued the fight to help those who seem to be forgotten.

The animal rescue team had their hands full finding homes for the more than 50,000 displaced pets after Katrina landed in the city. Animal Rescue New Orleans has a "no kill" policy. The shelter's Director Robin Beaulieu reported that the organization had rescued more than 10,000 pets, but almost 70,000 still roamed the streets looking for homes. Actress Pam Grier worked with the "Dream Power Pals" shelter to find a building to house the many animals sent there.

When the need arose to give and donate blood to help the displaced New Orleans families, Reverend Al Sharpton was there volunteering relentlessly to help the hurting people of New Orleans.

Places to See

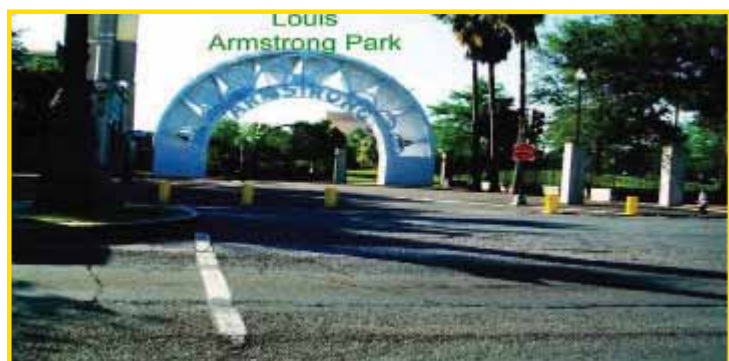
Historic Jackson Square, located in the heart of the French Quarter, is home to such historic sites as the famous St. Louis Cathedral, a Louisiana landmark, and the Cabildo, built in 1851 as the seat of the Spanish Government of the Louisiana territory. The Jackson Brewery was converted into one of the largest malls in the French Quarter. The legendary Café-Du-Monde is a location that has been famous since the 1800s for its beignets (square, powdered doughnuts, New Orleans style) and Café-Au-Lait, New Orleans' famous coffee and chicory made with scalded milk. It's no wonder New Orleans has the most coffee drinkers in the world. Long before gourmet coffee was popularized, New Orleans had its coffee and chicory, and Café-Au-Lait served with beignets. Using chicory in coffee dates back to Napoleonic times in France. Louisiana still operates using Napoleonic laws. The French brought chicory to New Orleans.



No other place exemplifies New Orleans than the seven blocks known as Bourbon Street. Its location smack dab in the middle of the French Quarter makes it a great party spot.

A HISTORY OF NEW ORLEANS

The musical talents of Louis “Satchmo” Armstrong helped make New Orleans the famous center for Jazz that it is today. The grandson of slaves, he had a rough start in the Battlefield section of the city where he grew up. Armstrong developed his musical skills at an early age, and he changed the way that the world viewed Jazz. The sound of his gravelly voice has revolutionized the face of music, and made him the most influential Jazz musician ever. Much of his adult life was spent as goodwill ambassador for the United States, introducing Jazz worldwide. Jazz pianist Jelly Roll Morton wholeheartedly saw himself as the creator of Jazz. He was a Creole of color that many say was the first notable arranger and composer of Jazz.



Sandra Bullock the ‘Grammy Award Winner’ has been abducted into the Warren Easter Charter High School Hall Of Fame. The school is the first major high school for boys in New Orleans. She was selected as a result of her charitable contributions to the school after Hurricane Katrina. She put down roots in the Chocolate City after purchasing a home and naming her newly adopted son ‘Louis’ after Jazz Great Louis Armstrong.

On Bourbon Street, you will find Jazz, Blues, Boogie-Woogie and Zydeco music, the mouth-watering “Po-boy” and muffuletta sandwiches, Creole gumbo, jambalaya, and the best red beans and rice (after Aunt Marylue’s, of course) found within miles. In New Orleans tradition, you will “Laissez le Bon Temps Rouler!” (“Let the Good Times Roll” in Cajun language) while you savor the New Orleans “snowball” made of shaved ice and topped with the fruit syrup of your choice and the Hurricane drink.

You can’t mention New Orleans without talking about its famous above-ground cemeteries. Guided walking tours through the cemeteries can be done seven days a week. Located just outside of the French Quarter, St. Louis No. 1 Cemetery is located near the French Quarter and St. Louis No. 2 on Clairborne near Canal Street. They are known as “Cities of the Dead.” The tombs resemble doll houses without windows. Burial spaces in both cemeteries have been sold out since the 1800s. Many of the families may still re-use the existing tombs but no new burials can take place there. The movie Easy Rider was filmed in St. Louis No. 1 Cemetery and sugar-refining magnet and the first mayor of New Orleans Jean Etienne de Bore and the Voodoo Queen Marie Laveau are buried in St. Louis No. 2 Cemetery. Each New Orleans neighborhood has a cemetery of its own.

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The Creole influence is strong in New Orleans. For example, All Saints Day is a day that honors the dead in November of each year. It holds a tradition of going to the cemetery in family groups. This became a New Orleans custom.

New Orleans’ famous Audubon Zoo is located in historic Uptown New Orleans. It has an abundance of animals. At the Audubon Aquarium of America, you will walk through a 30-foot tube enclosed in 132,000 gallons of water; it will be mesmerizing. No wonder it is ranked one of the five top aquariums in the United States. The zoo is named after John James Audubon, a painter, hunter and naturalist. He was born in Saint Dominique (now Haiti), and was the son of a Creole mother, Jeanne Rabin, a chambermaid and his father’s mistress, and Navy Lt. Jean Audubon. He was a French slave trader and sugar plantation owner. John Audubon was raised in Nantes, France by his father’s wife, Anne Moynet Audubon. His mother Jeanne Rabin died in childbirth giving birth to a sister who was also the child of Lt. Jean Audubon. His mother was said to have been a Creole-of-color.

Louisiana’s Black History

The city of New Orleans has continued to maintain a high population of blacks since Jean-Batiste Le Moyne came to the new world. The first slaves were brought there in the early 1700s from the region near Senegal, West Africa, by French slave owners. The “CODE NOIR” was instituted during this time. It was a set of rules outlining the treatment of slaves. As harsh as “Code Noir” was for the slaves, it made Louisiana a better place for them to live than others who lived in areas under British rule. Even though importing slaves was outlawed in the United States in 1808, New Orleans exemption allowed the city to continue the practice until 1812. Louisiana’s most precious treasure, its people, has long assured it to be a place unique in America. Nearly all the early blacks came from Africa as slaves. New Orleans also had many free

Blacks who came from the Caribbean in the early 1700s, and later, the West in the 1900s. The Census reported from 1840 to 1860 showed there were more than 7,000 Free People of Color (F.P.C.). As many as 750 Free People of Color were slave owners in 1860. There were white and black Creoles in New Orleans. Both groups took much pride in their European descent. Even though slavery did not end until 1865, most of the Creoles and People of Color families living in the Lower 9th Ward had been free as early as the 1700s. The F.P.C. initials for Free People of Color began being used after the last names of light skinned slaves who were descendants of Europeans, Spaniards and Africans. The dark-skinned and light-skinned blacks were treated differently. Light skin usually meant better treatment than dark skin.



Melrose House

A HISTORY OF NEW ORLEANS

The city is known as a place where African Americans have deep roots. In the 20th century, it was a key destination for African American migrants. You can still hear the famous Treme Brass Band, led by seasoned band members such as Lionel Batiste. The Jazz bands created a New Orleans custom in black funerals. They created processions to and from cemeteries while dancing the celebrated dance “second line,” carrying decorated umbrellas and waving handkerchiefs as they strutted in the street.



Plantation Life in Louisiana

Black slaves brought from Africa built much of the city and nearly all of the plantations that showcase the opulent antebellum estates found on the Great River Road between Natchitoches and New Orleans. In the 1850s, two-thirds of the U.S. millionaires lived along the Great River Road. New Orleans was the wealthiest United States city in 1860, because it had the largest cotton market in the world. Cotton was picked by the slave population. Most of the physical work to build New Orleans was done by the slaves.

With all of its splendor, there was, of course, a painful side to plantation life. The slaves were brought against their will to a new country, were made to banish their language, and to build those magnificent mansions with their broad verandas and white porches, while they lived very meager lives in small, hut-like shanties with an entire family living in one room.

Slave labor fueled the plantation economy. Below the copy of the “Code Noir” (the principles concerning slave ownership) is found in the next section of this book. Further information on this Code can be found at the River Road African American Museum in Donaldson, Louisiana. There you will also find a listing of honors and achievements of the blacks who helped build the community, including those who lived along the river.

Melrose Plantation

In Natchitoches, you will find Melrose Plantation, an 18th century plantation house built by Free People of Color. Here you will also see murals by famed folk artist Clementine Hunter. Also found in Natchitoches is Melrose’s “African House,” a hut-like brick and cypress slab structure that represents the only example of early African architecture found in North America.

A HISTORY OF NEW ORLEANS



African House

The Rise of Louisiana’s Cities

The major city of plantation life was Baton Rouge, also the state capitol. A visit to the capitol city will allow visitors to walk in the footsteps of flamboyant Louisiana Governor Hugh P. Long. As Governor in the 1930s, he was affectionately known as the “Kingfish.” He believed that there should be “a chicken in every pot.” He became an icon of the Depression era. With the rise of big oil, Louisiana prospered through much of the 20th century. New Orleans and Lafayette became headquarters for many small and large oil companies. During this period, Louisiana basked in rich economic development.



Louisiana Universities

Baton Rouge is home to Louisiana State University (known as LSU), a university that is part of the Louisiana State University System. For sports enthusiasts, LSU in Baton Rouge showcases the most successful team in the history of baseball.

Grambling State University, another world-class university that is part of the LSU system, has a renowned football team, formerly led by (now deceased) Coach Eddie Robinson. The team continues to enjoy many winning games as a result of Coach Robinson’s leadership. Xavier university is the only historically black Roman catholic institution of higher learning in the United States. Dating back to 1925, it is the university of choice for many of Aunt Marylue and Uncle Jasper’s children and grandchildren. Loyola, University of New Orleans, Dillard, and Tulane Universities are long-standing schools where generations of Louisiana families have received a college education.

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Well-Known Restaurants/Chefs



You will never forget the delicious seafood and special dishes prepared in restaurants like Dooky Chase led by Chef Leah Chase. Aunt Marylue and her family dined there when they were in New Orleans; President Obama has been known to dine at Dooky's. Commander's Palace Restaurant located in the Garden District in Uptown New Orleans is frequented by locals and visitors alike. K-Paul's Restaurant in the By-Water area of the city has become a household name for its original blackened red fish, prepared by Chef Paul Prudhomme himself. The "BAM" man, Emeril Lagasse, who is very popular on the Food Network, got his start in the early 1980s in the kitchen of Commander's Palace Restaurateurs Ella and Dick Brennan.

Those are some of the famous cooks who became well known. However, we can't forget the original great cooks such as Aunt Marylue, and her sister Enez who became equally exceptional at Creole/Cajun cooking. We must also remember Ken Smith, a great chef at JoAnn Clevenger's Upperline Restaurant, where he balances haute and home cuisine. In this Garden District restaurant, Ken prepares many comfort foods that are enjoyed by all who enter. Lest we not forget, Ms. Willie Mae Seaton of Willie Mae's Scotch House in the Treme Neighborhood of New Orleans. Ms. Willie Mae was recognized by the famous James Beard Foundation as another of New Orleans' legendary cooks. Ms. Willie May, at 93-years-old, still cooked the best fried chicken and red beans and rice in New Orleans. Her granddaughter Kerry Blackmon took over the restaurant when it re-opened after Hurricanes Katrina and Rita.

A visit to Southern Louisiana will not be complete without a slice of Aunt Marylue's four-layer yellow coconut cake made with her famous Philadelphia cream cheese icing and pecans on top!

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These days, it is prepared by her sister, Enez. Its taste is one of the best Louisiana has to offer! The recipe is found in this book.

Oops! Let's remember the late "Mr. Cayenne Pepper" himself, Justin Wilson. He was an original Cajun from Arcadia, and was a superb Cajun/Creole humorist cook from the bayou country. He marveled not only in preparing perfect meals on his syndicated PBS cooking shows, but he also enjoyed the meals with a glass of good wine. In Justin Wilson style, Ooh" Ooo Weee!"

Glorious Louisiana Food

Food is a central part of Louisiana's culture, with all the fresh seafood available. Louisiana is ranked as our country's top producer of shrimp, oysters and crawfish. It is also the third largest producer of crabs. You can always enjoy fresh and plentiful seafood in this sportsman's paradise.

And how about a vegetable that was introduced to the French by the American Indians? This lesser known vegetable, mirliton, is a squash sometimes called chayote. A Spanish vegetable, it flourishes and grows in abundance in southern Louisiana. Usually stuffed with shrimp and crabmeat, it is largely unknown to other parts of the country. Aunt Marylue had a special recipe for the mirliton, found in this book. In Louisiana, the mirliton is a true delicacy. Interestingly, the French also learned of dried beans from the American Indians.



Plaquemines Parish grows the best oranges and citrus fruit around, including the Satsuma (originally from Japan, and sometimes called "the seedless Mandarin"), which is usually grown in the winter months.

Visiting Plaquemines Parish

To see the mysteries of the deep delta, a drive through Plaquemines Parish on Highway 23 South is a must.



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Located in the lower Mississippi River Delta, the fishing village of Empire is a fisherman's delight. It's about 60 miles south of New Orleans, Empire is situated in the heart of the most dynamic estuary system in the world, and it has easy access to Breton Sound to the east, to Barataria Bay to the west, the Gulf of Mexico to the south, and the Mississippi River right down the middle. Empire's inshore areas are rich with oyster beds, and filled with redfish and speckled trout. Historic Fort Jackson, about 20 miles north of the Gulf of Mexico and eight miles from Boothville-Venice, was built in 1822. Named after Andrew Jackson, it was built as a stronger fortification to keep storm waters from coming over the levee.

In Plaquemines Parish, Venice is the place where Hurricane Katrina first hit shore. It is known for its custom boat charters and some of the best marinas in the heart of the "Cajun Caribbean," as the area is known. It stands out because of the diverse inshore and offshore game fish found in its waters. Venice is the last community accessible by auto before entering the Gulf of Mexico. Where the southern part of the Great River Road ends, the town was almost completely destroyed by Hurricane Katrina. Many of the residents didn't move back to the area because the infrastructure was completely destroyed by the storm. Homes in the area are built on stilts up to twenty-five feet tall to protect the owners from waters that could roll in from incoming hurricanes.



Lake Hermitage, with its prime location in the Parish off Highway 23 South, about 10 miles north of Point-a-la-Hache (the Parish seat), showcases the scenic excitement of life on the bayou. The moss-draped oaks and cypress trees towering over lazy waterways of this quaint village are truly signs of paradise. This area is also the original stomping grounds of Jean Lafitte and his pirates. "Bayou log cabins" on Lake Hermitage have all the modern conveniences to make bayou life enjoyable. You will experience the tranquil mornings, sitting on the porch while sipping a cup of New Orleans coffee with chicory, or enjoying a warm cup of herb tea with lemon and a cinnamon stick.



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You will experience the sound of the birds while watching the resident fowl and taking in the scent of fresh salt water. It will be a time remembered as laid back, with no stress. Uncle Jasper's step-father Abe worked on Lake Hermitage for many years. His mother Mary and step-father are both buried nearby.

Famous New Orleans Natives

Now, back to the city. New Orleans lays claim to many famous natives. Singer, composer and piano great Fats Domino's song "Blueberry Hill" is still played on juke boxes across America and abroad. Even though author, journalist and anchor (on the morning talk show Good Morning America) Robin Roberts and her sister Sally Ann Roberts of CBS affiliate WWL television in New Orleans hail from Pass Christian, Mississippi, they may still be thought of as Louisiana icons. Sally Ann has been providing excellent news coverage for many years in New Orleans. Uncle Jasper started his day watching her show. Journalist, sportscaster and previous Today Show anchorman Bryant Gumbel and his sportscaster brother Greg Gumbel are New Orleans natives. Richard Simmons, the nation's exercise guru who had his own exercise show on TV with his relentless enthusiasm and charm, hails from the Big Easy. The guests on his show would cry with emotion to think that Richard Simmons himself would help them overcome obesity.

Writer Truman Capote, Jazz pianist Jelly Roll Morton, and comedian and talk show host Ellen DeGeneres, who danced her famous dance with the then presidential hopeful Senator Barack Obama on her show, are natives of the City of Soul. We cannot forget long-time Senator Mary Landrieu, a politician who stood up for New Orleans during Hurricane Katrina, nor music mogul/rap genius Master P and his son Romeo, who are both New Orleans natives, nor music great Lil Wayne, an American rapper. With a name like Brittany Jean Spears, this singer-actress might as well be a Louisiana native. She was born in

Mississippi, but raised in Kentwood, Louisiana. Singer and actor Harry Connick, Jr. is too a native to this city of romance and good food. In a dedication ceremony held in the Saint Louis Cemetery No. 1, the Right Reverend Alfred Hughes, Archbishop of the city, honored famed African American descendants of New Orleans by blessing a marble statue. START Honorees included native Harold E. Doley, the first African American member of the New York Stock Exchange and famed New Orleans Pianist Ellis Marsalis, Jr. and his globally recognized sons trumpeter Wynton Marsalis and Jazz saxophonist Bradford Marsalis. Allen Toussaint, known for wearing suits, was musically inspired by Professor Longhair the musical genius of the 20th century. Allen Toussaint is also a well-known soft spoken studio wizard. This songwriter-pianist-producer hails from the Big Easy. During the 60s and 70s, he wrote and produced hit music for native greats such as Ernie K-Doe (who sang the still popular song "Mother-In-Law") and soul queen of New Orleans Grammy winner Irma Thomas. Native pianist, songwriter, singer Dr. John (Malcolm Rebennack, Jr.) sings and plays music from Zydeco to Boogie Woogie. He provides the vocal behind the "Luv Dat Chicken" commercial for "Popeye's Chicken and Biscuits." The production was done by Allen Toussaint. The Popeye's restaurant chain was started by entrepreneur Al Copeland of Arabi, Louisiana. Allen Toussaint's collaborations can be heard in songs by artists such as Paul McCartney, the Rolling Stones, the Who and the Neville Brothers.

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His Sea Saint Studio is located in the Gentilly section of our city. Toussaint once said, "All music started in New Orleans."

And Then There's the MARDI GRAS!

Life in New Orleans would not be complete without Mardi gras or Carnival season. The Mardi gras colors are purple, green and gold. Purple represents justice, gold stands for power, and green signifies faith. It is the longest and largest party in Southern Louisiana, beginning on January 6, twelve days after Christmas, and ending on "Fat Tuesday," the day before Ash Wednesday (Ash Wednesday falling 46 days before Easter). Fat Tuesday is the last day of eating rich foods before the fasting period of Lent.



One of the Mardi gras traditions is the king cake. This cake, served throughout the Carnival season, is baked with a small bean, a coin, a porcelain figurine, or a small plastic doll hidden inside. The male who gets the piece with the hidden object in it becomes the "King for the Day." The winner has to throw the party where the cake is going to be eaten next and buy or bake the cake.

In the French Quarter, from the second floor balconies, occupants can enjoy sipping Mint Juleps while watching the parade go by.



Many beautiful and festive parades take place during Mardi gras. Two of the grandest are the Rex Krewe and Zulu Parades. Brightly costumed float riders toss colored beads and gold doubloons (coins) into the bustling crowd. It is one of the city's most colorful and unique celebrations. There are as many as 65 parades during the Mardi gras season. Mardi gras was said to originate in the middle ages in Paris, France. The Mardi gras we celebrate today with the brass bands, kings and Mardi gras colors is thought to have begun in New Orleans. The first parade was held around 1837.

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After taking a street car ride along the Mississippi River, you can ride the ferry across the river and see the making of the Mardi gras floats at Blaine Kern's Mardi Gras World in historic Algiers.

The downtown Indian parades run from Bayou St. John to Hunter's Field. These are organized by the Indian Council, featuring Uptown Indians. The Indian parades offer masking traditions. The word Mardi-Gras mean Fat Tuesday in French. On Mardi gras day (Fat Tuesday), Indian float riders sport their new costumes. The costumes are elaborating, many using thousands of dollars of material, and they can take up to a year to complete. The Indian costume tradition came about with its ritual dance and song, as a way for African slaves to celebrate their heritage. Some older Mardi Gras Indian chiefs claim American Indians harbored runaway slaves years ago for safe-keeping.

Historic N. O. Collection



A Cooking Legacy from Aunt Marylue

By the late 1960s, Middle Eastern, Vietnamese, Chinese, Mexican and regional Italian cooking began to infiltrate the American kitchen. But nothing beats Creole/Cajun cooking like the recipes found in Aunt Marylue's Creole/Cajun Cooking and More*. From the swamps of Cajun country to the shadowed alleys of the Creole Quarter, Aunt Marylue has left us a cooking legacy. Now you have come to know the region behind this book.

Sources: Plaquemines Parish Government Office of Tourism
Plaquemines Parish Gazette
The Times Picayune

Yahoo.com searches
Wikipedia

1) National archives

2) Family Records and Memoirs

3) New Orleans Historical Society

CODE NOIR

The purpose of the Louisiana Code Noir (1724) primary documents was to regulate relations between slaves and colonists. The Louisiana Code Noir, or Slave Code, was based largely on what had been compiled in 1685 for the French Caribbean colonies, and the Code was introduced throughout Louisiana in 1724. It remained in force until the United States took possession of Louisiana in 1803. The Code's 54 articles regulated the status of slaves and free blacks, as well as relations between masters and slaves. The entire body of laws appears below.

BLACK CODE OF LOUISIANA

I. Decrees the expulsion of Jews from the colony.

II. Makes it imperative on masters to impart religious instruction to their slaves.

III. Permits the exercise of Roman Catholic creed only. Every other mode of worship is prohibited.

IV. Negroes placed under the direction of supervision of any other person than a Catholic are liable to confiscation.

V. Sundays and holidays are to be strictly observed. All Negroes found at work on these days are to be confiscated.

VI. We forbid our white subjects, of both sexes, to marry with the blacks, under the penalty of being fined and subjected to some other arbitrary punishment. We forbid all curates, priest, or missionaries of our secular or regular clergy, and even our Chaplains in our navy to sanction such marriages. We also forbid all our white subjects, and even the manumitted of freeborn blacks, to live in a state of concubinage with blacks. Should there be any issue from this kind of intercourse, it is our will that the person so offending, and the master of the slave, should pay each a fine of three hundred livres. Should said issue be the result of the concubinage of the master with his slave, said master shall not only pay the fine, but be deprived of the slave and of the children, who shall be adjudged to the hospital of the locality, and said slaves shall be forever incapable of being set free. But should this illicit intercourse have existed between a free black and his slave, when said free black had no legitimate wife, and should said black marry said slave according to the forms prescribed by the church, said slave shall be thereby set free, and the children shall also become free of legitimate and in such case, there shall be no application of the penalties mentioned in the present article.

VII. The ceremonies and forms prescribed by the ordinance of Blois, and by the edit of 1639, for marriages, shall be observed both with regards to free persons and to slaves. But the consent of the father and mother of the slave is not necessary; that of the master shall be the only one required.

CODE NOIR

VIII. We forbid all curates to proceed to effect marriages between slaves without proof of the consent of their masters; and we also forbid all masters to force their slaves into any marriage against their will.

IX. Children, issued from the marriage of slaves, shall follow the condition of their parents, and shall belong to the master of the wife and not the husband, if the husband and wife have different masters.

X. If the husband be a slave, and the wife a free woman, it is our will that their children, of whatever sex they may be, shall share the condition of their mother, and be as free as she, notwithstanding the servitude of their father; and if the father be free and the condition of the mother a slave, the children shall be slaves.

XI. Masters shall have their Christian slaves buried in consecrated ground.

XII. We forbid slaves to carry offensive weapons or heavy sticks, under the penalty of being whipped, and of having said weapons confiscated for the benefit of the person seizing the same. An exception is made in favor of those slaves who are sent hunting or a shooting by their masters, and who carry with them a written permission to that effect, or are designated by some known mark or badge.

XIII. We forbid slaves belonging to different masters to gather in crowds either by day or by night, under the pretext of wedding, or for any other cause, either at the dwelling or on the grounds of one of their masters, or elsewhere, and much less on the highways or in secluded places, under the penalty of corporal punishment, which shall not be less than the whip. In case of frequent offenses of the kind, the offenders shall be branded with the mark of the flower de luce, and should there be aggravating circumstances, capital punishment may be applied, at the discretion of our judges. We command all our subjects, be they officers or not, to seize all such offenders, to arrest and conduct them to prison, although there should be no judgment against them.

XIV. Masters who shall be convicted of having permitted to tolerate such gatherings, and to pay, for the first time, a fine of thirty livres, and double that sum on the repetition of the offence.

XV. We forbid Negroes to sell any commodities, provisions, or produce of any kind, without the written permission of their masters, or without wearing their known mark or badges, and any person purchasing anything from Negroes in violation of this article, shall be sentenced to pay a fine of 1500 livres.

CODE NOIR

XVI, XVII, XVIII and XIX provide at length for the clothing of slaves and for their subsistence.

XVI. Slaves who shall not be properly fed, clad, and provided for by their masters may be given information thereof to the attorney general of the Superior council, or to all the other officers of justice of an inferior jurisdiction, and may put the written exposition of their wrongs into their hands; upon which information, and even ex officio, should the information come from another quarter, the attorney general shall prosecute said masters without charging any cost to the complainants. It is our will that this regulation be observed in all accusations for crimes of barbarous and inhuman treatment brought by slaves against their masters.

XVII. Slaves who are disabled from working, either by old age, disease, or otherwise, be the disease incurable or not, shall be fed and provided for by their masters; and in case they should have been abandoned by said masters, said slaves shall be adjudged to the nearest hospital, to which said masters shall be obliged to pay eight cents a day for the food and maintenance of each one of these slaves; and for the payment of this sum, said hospital shall have a lien on the plantations of the master.

XVIII. We declare that slaves can have no right to any kind of property, and that all that they acquire, either by their own industry or by the liberality of others, or by any other means or title whatever, shall be the full property of their masters; and the children of said slaves, their fathers and mothers, their kindred or other relations, either free or slaves, no pretensions or claims thereto, either through testamentary dispositions or donations inter vi-vos; which dispositions and donations we declare null and void, and also whatever promise they may have made, or whatever obligations they may have subscribed to, as having been entered into by persons incapable of disposing of anything, and of participating to any contract.

XIX. Master shall be responsible for what their slaves have done by their command, and also for what transactions they have permitted their slaves to do in their shops, in their particular line of commerce with which they were in trusted; and in case said slaves should have acted without the order or authorization of their masters, said masters shall be responsible only for so much as has turned to their profit; and if said masters have not profited by the doing or transaction of their slaves, the peculium which the masters have permitted the slaves to own, shall be subjected to all claims against said slaves, after deduction made by the masters of what may be due to them; and if said peculium should consist, in whole part or in part, of merchandises in which the slaves had permission to traffic, the masters shall only come in for their share in common with the other creditors.

CODE NOIR

XX. Slaves shall be incapable of all public functions, and of being constituted agents for any other person than their own masters, with powers to manage or conduct any kind of trade; nor can they serve as arbitrators or experts; nor shall they be called to give their testimony either in civil or in criminal cases, except when it shall be a matter of necessity, and only in default of white people; but in no case shall they be permitted to serve as witnesses either for or against their masters.

XXI. Slaves shall never be parties to civil suits, either as plaintiffs or defendants, nor shall they be allowed to appear as complainants in criminal cases, but their masters shall have the right to act for them in civil matters, and in criminal ones, to demand punishment and reparation for such outrages and excesses as their slaves may have suffered from.

XXII. Slaves may be prosecuted criminally, without their masters being made parties to the trial, except they should be indicted as accomplices; and said slaves shall be tried, at first, by the judges of ordinary jurisdiction, if there be any, and on appeal, by the Superior Council, with the same rules, formalities, and proceedings observed for free persons, save the exceptions mentioned hereafter.

XXIII. The slave who, having struck his master, his mistress, or the husband of his mistress, or their children, shall have produced a bruise, or the shedding of blood in the face, shall suffer capital punishment.

XXIV. With regard to outrages or acts of violence committed by slaves against free persons, it is our will that they be punished with severity, and even with death, should the case require it.

XXV. Thefts of importance, and even the stealing of horses, mares, mules, oxen, or cows, when executed by slaves or manumitted persons, shall make the offender liable to corporal, and even to capital punishment, according to circumstances of the case.

XXVI. The stealing of sheep, goats, hogs, poultry, grain, fodder, peas, beans, or other vegetables, produce, or provisions, when committed by slaves, shall be punished according to the circumstances of the case; and the judges may sentence them, if necessary, to be whipped by the public executioner, and branded with the mark of the flower de Luce.

XXVII. In case of thefts committed or damages done by their slaves, masters, besides the corporal punishment inflicted on their slaves, shall be bound to make amends for the injuries resulting from the acts of said slaves, unless they prefer abandoning them to the sufferer. They shall be bound so to make their choice, in three days from the time of the conviction of the Negro; if not this privilege shall be forever forfeited.

CODE NOIR

XXVIII. The runaway slave, who shall continue to be so for one month from the day of his being denounced to the officers of justice, shall have his ears cut off and shall be branded with the flower de Luce on the shoulder; and on a second offense of the same nature, persisted in during one month from the day of his being denounced, he shall be hamstrung, and be marked with the flower de Luce on the other shoulder. On the third offense, he shall suffer death.

XXIX. Slaves, who shall have made themselves liable to the penalty of the whip, the flower de Luce brand, and ear cutting, shall be tried, in the last resort, by the ordinary judges of the inferior courts, and shall undergo the sentence passed upon them without there being an appeal to the Superior council, in confirmation or reversal of judgment, notwithstanding the article 26th of the present code, which shall be applicable only to those judgments in which the slave convicted is sentenced to be hamstrung or suffer death.

XXX. Freed or free-born Negroes, who shall have afforded refuge in their houses to fugitive slaves, shall be sentenced to pay to the masters of said slaves, the sum of thirty livres a day for every day during which they shall have concealed said fugitives; and all other free persons, guilty of the same offence, shall pay a fine of ten livres a day as foresaid; and should the freed or free-born Negroes not able to pay the fine herein specified, they shall be reduced to the condition of slaves, and be sold as such. Should the price of the sale exceed the sum mentioned in the judgment, the surplus shall be delivered to the hospital.

XXXI. We permit our subjects in this colony, who may have slaves concealed in any place whatever, to have them sought after by such persons and in such a way as they may deem proper, or to proceed themselves to such researches, as they may think best.

XXXII. The slave who is sentenced to suffer death on the denunciation of his master, shall, when that master is not an accomplice to his crime, be appraised before his execution by two of the principal inhabitants of the locality, who shall be especially appointed by the judge, and the amount of said appraisalment shall be paid to the master. To raise this sum, a proportional tax shall be laid on every slave, and shall be collected by the person invested with that authority.

XXXIII. We forbid all the officers of the Superior Council, and all other officers of justice in this colony, to take any fees or receive any perquisites in criminal suits against slaves, under the penalty, in so doing, of being dealt with as guilty or extortion.

XXXIV. We also forbid all our subjects in this colony, whatever their condition or rank may be, to apply, on their own private authority, the rack of their slaves, under any pretense whatever, and to mutilate said slaves in any one of their limbs, or in any part of their bodies, under the penalty of the confiscation of said slaves; and said masters, so offending, shall be liable to a criminal prosecution. We only permit masters, when they shall think that the case requires it, to put their slaves in irons, have them whipped with rods or ropes.

CODE NOIR

XXVIII. The runaway slave, who shall continue to be so for one month from the day of his being denounced to the officers of justice, shall have his ears cut off and shall be branded with the flower de Luce on the shoulder; and on a second offense of the same nature, persisted in during one month from the day of his being denounced, he shall be hamstrung, and be marked with the flower de Luce on the other shoulder. On the third offense, he shall suffer death.

XXIX. Slaves, who shall have made themselves liable to the penalty of the whip, the flower de Luce brand, and ear cutting, shall be tried, in the last resort, by the ordinary judges of the inferior courts, and shall undergo the sentence passed upon them without there being an appeal to the Superior council, in confirmation or reversal of judgment, notwithstanding the article 26th of the present code, which shall be applicable only to those judgments in which the slave convicted is sentenced to be hamstrung or suffer death.

XXX. Freed or free-born Negroes, who shall have afforded refuge in their houses to fugitive slaves, shall be sentenced to pay to the masters of said slaves, the sum of thirty livres a day for every day during which they shall have concealed said fugitives; and all other free persons, guilty of the same offence, shall pay a fine of ten livres a day as foresaid; and should the freed or free-born Negroes not able to pay the fine herein specified, they shall be reduced to the condition of slaves, and be sold as such. Should the price of the sale exceed the sum mentioned in the judgment, the surplus shall be delivered to the hospital.

XXXI. We permit our subjects in this colony, who may have slaves concealed in any place whatever, to have them sought after by such persons and in such a way as they may deem proper, or to proceed themselves to such researches, as they may think best.

XXXII. The slave who is sentenced to suffer death on the denunciation of his master, shall, when that master is not an accomplice to his crime, be appraised before his execution by two of the principal inhabitants of the locality, who shall be especially appointed by the judge, and the amount of said appraisalment shall be paid to the master. To raise this sum, a proportional tax shall be laid on every slave, and shall be collected by the person invested with that authority.

XXXIII. We forbid all the officers of the Superior Council, and all other officers of justice in this colony, to take any fees or receive any perquisites in criminal suits against slaves, under the penalty, in so doing, of being dealt with as guilty or extortion.

XXXIV. We also forbid all our subjects in this colony, whatever their condition or rank may be, to apply, on their own private authority, the rack of their slaves, under any pretense whatever, and to mutilate said slaves in any one of their limbs, or in any part of their bodies, under the penalty of the confiscation of said slaves; and said masters, so offending, shall be liable to a criminal prosecution. We only permit masters, when they shall think that the case requires it, to put their slaves in irons, have them whipped with rods or ropes.

CODE NOIR

XXXV. We command our officers of justice in this colony to institute criminal process against masters and overseers who shall have killed or mutilated their slaves, when in their power and under their supervision, and to punish said murder according to the atrocity of the circumstances; and in case the offence shall be pardonable one, we permit them to pardon said masters and overseers without its being necessary to obtain from us letters patent of pardon.

XXXVI. Slaves shall be held in law as movables, and as such, they shall be part of the community of acquests between husband and wife; they shall not be liable to be seized under any mortgage whatever; and they shall be equally divided among the co-heirs without admitting from any one of said heirs any claim founded on preciput or right of primogeniture, or dowry.

XXXVII. Husband and wives shall not be seized and sold separately when belonging to the same master; and their children, when under fourteen years of age, shall not be separated from their parents, and such seizures and sales shall be null and void. The present article shall apply to voluntary sales, and in case such sales should take place in violation of the law, the seller shall be deprived of the slave he has illegally retained, and said slave shall be adjudged to the purchaser without any additional price being required.

XXXVIII. Slaves, fourteen years old, and from this age up to sixty, who are settled on lands and plantations, and are at present working on them, shall not be liable to seizure for debt, except for what may be due out of the purchase money agreed to be paid for them, unless said grounds or plantations should also be distressed, and any seizure and judicial sale of real estate, without including the slaves of the aforesaid age, who are part of said estate, shall be null and void.

XXXIX. Masters, when twenty-five years old, shall have the power to manumit their slaves, either by testamentary disposition, or by acts inter vivo. But, as there may be mercenary masters disposed to set a price on the liberation of their slaves; and whereas slaves, with a view to acquire the necessary means to purchase their freedom, may be tempted to commit theft or deeds of plunder, no person, whatever may his rank and condition, shall be permitted to set free his slaves, without obtaining from the Superior council a decree of permission to that effect; which permission shall be granted without costs, when the motives for the setting free of said slaves, as specified in the petition of the master, shall appear legitimate to the tribunal. All acts for the emancipation of slaves, which, for the future, shall be made without the permission, shall be null; and the slaves, so freed, shall not be entitled to their freedom; they shall, on the contrary, continue to be held as slaves; but they shall be taken away from their former masters, and confiscated for the benefit of the India Company.

CODE NOIR

XL. However, should slaves be appointed by their masters' tutors to their children, said slaves shall be held and regarded as being thereby set free to all intents and purposes.

XLI, XLII are entirely relative to judicial forms and proceedings.

XLI. We declare that the acts for the enfranchisement of slaves, passed according to the forms above described, shall be equivalent to an act of naturalization, when said slaves are not born in our colony of Louisiana, and they shall enjoy all the rights and privileges inherent to our subjects born in our kingdom or in any land or country under our dominion. We declare, therefore, that all manumitted slaves, and all free-born Negroes, are incapable of receiving donations, either by testamentary dispositions, or by acts inter vivo from the whites. Said donations shall be null and void, and the subjects so donated shall be applied to the benefit of the nearest hospital.

XLII. We command all manumitted slaves to show the profoundest respect to their former masters, to their widows and children, and any injury or insult offered by said manumitted slaves to their former masters, their widows or children shall be punished with more severity than if it had been offered to any other person. We, however, declare them exempt from the discharge of all duties of service, and from the payment of all taxes or fees, or anything else which their former masters might, in their quality of patrons, claim either in relation to their persons, or to their personal or real estate, either during the life or after the death of said manumitted slaves.

XLIII. We grant to manumitted slaves the same rights, privileges, and immunities which are enjoyed by free-born persons. It is our pleasure that their merit in having acquired their freedom shall produce in their favor, not only with regard to their persons, but also to their property, the same effects which our other subjects derive from the happy circumstances of their having been born free. In the name of the King, Bienville, De La Chaise. Fazende. Brusle', Perry, March 1724.

🌸 Fleur-de-lis 🌸

The fleur-de-lis (or fleur-de-lys; plural: fleurs-de-lis) is a stylized lily (in French, fleur means flower, and lis means lily) or iris that is used as a decorative design or symbol. It may be “at one and the same time, political, dynastic, artistic, emblematic, and symbolic,” especially in heraldry. It is represented in Unicode at U+269c (🌸) in the Miscellaneous Symbols block.

While the fleur-de-lis has appeared on countless European coats of arms and flags over the centuries, it is particularly associated with the French monarchy in a historical context, and continues to appear in the arms of the King of Spain and the Grand Duke of Luxembourg, members of the House of Bourbon. It remains an enduring symbol of France that appears on French postage stamps, although it has never been adopted officially by any of the French republics. In North America, the fleur-de-lis is often associated with areas formerly settled by France, such as Quebec, St. Louis, Louisville, and Louisiana, and with French-speaking people in other Canadian provinces.

It is also the emblem of the city of Florence, and of the Swiss Municipality of Schlieren.

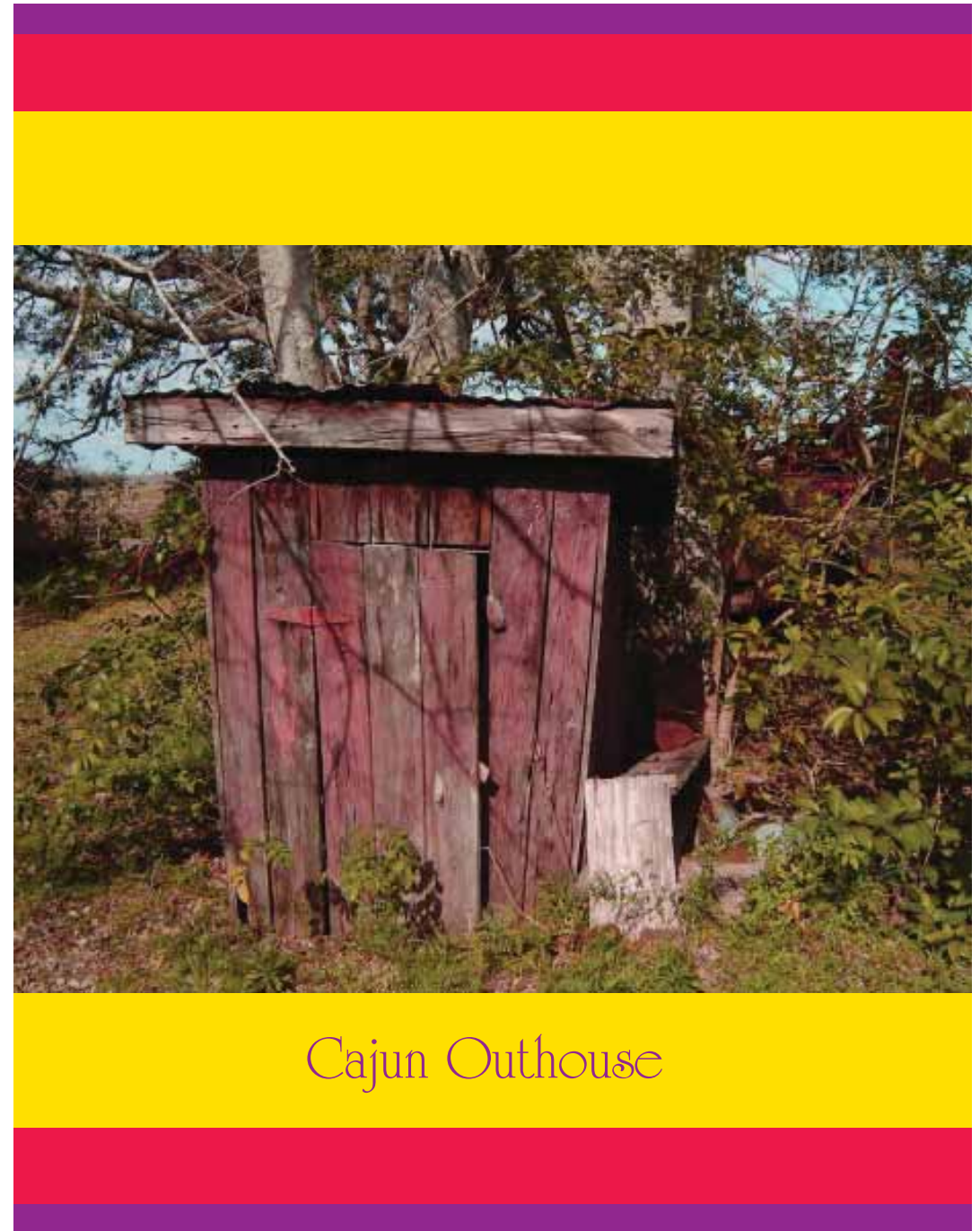
In Bosnia and Herzegovina, the flag of Bosnia-Herzegovina from 1902 to 1998 contained six fleurs-de-lis and is used as a national symbol of Bosniaks.

In the United Kingdom, a fleur-de-lis has appeared in the official arms of the Norroy King of Arms for hundreds of years.

Fleurs-de-lis appear on military insignia and the logos of many different organizations. During the 20th century the symbol was adopted by various Scouting organizations worldwide for their badges. Architects and designers may use it alone and as a repeated motif in a wide range of contexts, from ironwork to bookbinding, especially where a French context is implied. As a religious symbol it may represent the Holy Trinity, or be an iconographic attribute of the archangel Gabriel, notably in representations of the Annunciation. In such contexts, the fleur-de-lis is associated with the Virgin Mary.

The symbol is often used on a compass rose to mark the north direction, a tradition started by Flavio Gioja, a Neapolitan mariner of the fourteenth century.

Note: The Fleur-de-lis was the symbol used to brand runaway slaves.



Cooking Creole or Cajun

Creole and Cajun cooking are best known in Louisiana.

Cajun cooking originated in Southwest Louisiana – in places like Opelousas, Thibodaux, Morgan City, and Lafayette. This is where many of the original French-speaking inhabitants landed in the 18th century. Many of the ingredients they used came from the land in that part of Louisiana.

Creole cooking is derived from a combination of Spanish, Native American, African, French, Italian, German, and Caribbean cooking.

When we combine the Creole and Cajun cooking styles, we have some of the best tasting foods found anywhere!



Snow Ball Stand



Aunt Marylue's Creole/Cajun Cooking and More

**Aunt Marylue's Creole/Cajun Cooking and More
Recipes Flying in the Air**



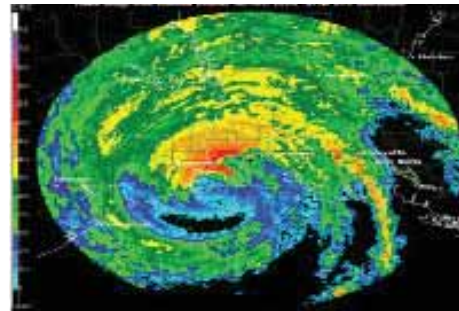
These recipes survived Hurricanes Katrina and Rita.

When the levees broke and one of the worst natural disasters to hit the United States, namely Hurricane Katrina, struck New Orleans and the Southern Gulf Coast, everyone suffered an unbearable loss.

Hurricane Katrina August 2005



Hurricane Rita October 2005



Mayor Ray Nagin



Appetizers



Ironton's Barbeque Riblets and Mustard Glaze

3 pounds pork riblets
1 teaspoon black pepper
Distilled water

1 teaspoon salt
Mustard glaze (see below)

Chop pork ribs into 2-inch lengths. Parboil riblets in pot of distilled water on top of stove for about 20 minutes. Drain water off, and place in a shallow baking dish. Add salt and pepper to taste. Bake at 400-degrees for about 15 minutes, turn riblets over and bake another 15 minutes. Pour mustard glaze over riblets and bake about 10 more minutes, covered.

Makes 8 servings.

Ironton Mustard Glaze

4 tablespoons fresh lemon juice
½ cup Zatarain's Creole mustard
1 teaspoon ginger (ground fine)

2½ tablespoons apple cider vinegar
½ cup orange marmalade
½ teaspoon nutmeg

Combine all ingredients and mix well.

Appetizers



Lincoln Beach Barbeque Chicken Wings

24 chicken wings with tips removed
 Lincoln Beach Sauce (see below)
 2 quarts of distilled water or as much as needed

Place chicken wings into pot half full of distilled water. Parboil, on medium heat. Cook covered about 10 minutes. Drain water into a separate container and save for sauce. Place wings into a baking dish. Prepare Lincoln Beach Sauce.

Lincoln Beach Sauce

2½ cups Heinz ketchup	½ cup apple cider vinegar
½ cup liquid drained from parboiled chicken wings	1 lemon
2¼ tablespoons Worcestershire sauce	2½ tablespoons Tabasco sauce
3 tablespoons Grandma's molasses	2 tablespoons paprika
½ cup chopped red onions	2 teaspoons finely chopped garlic

Squeeze lemon and combine juice with all other ingredients in a saucepan. Cook over medium heat, stirring constantly, about 15 minutes.

Pour sauce over wings and cover. Bake wings about 50 minutes at 350-degrees. Serve with Aunt Marylue's Green Salad.

Makes 6-8 servings

Appetizers



Tauzin Roasted Shrimp Cocktail

20 raw jumbo shrimp (Peel and leave tails on.)	1 tablespoon finely chopped garlic
2 tablespoons Kerry Gold butter	½ teaspoon kosher salt
¼ teaspoon black pepper	

Preheat oven to 450-degrees. Toss shrimp, garlic, butter, salt, and pepper together. Spread shrimp onto baking sheet. Roast 2-3 minutes. Turn shrimp over and roast about 2-4 more minutes. Place shrimp in dish with cover and chill. Serve with cocktail sauce (see below).

Makes 4 servings.

Tauzin Cocktail Sauce

1½ cups of Heinz ketchup	¾ cups prepared horseradish
1¼ cups of lemon juice	1 tablespoon Zatarain's Creole mustard
1 teaspoon Worcestershire sauce	Cayenne pepper to taste
Kosher salt to taste	

Mix all ingredients in small bowl. Refrigerate, covered for 30 minutes. Ready to use.

Bayou Signette Pepper Shrimp



Bayou Signette, located in Westwego across the Mississippi River from New Orleans, is known for boating, fishing, and getting a close-up view of the swampland eco-system.

4¼ cups of distilled water	½ cup freshly chopped scallions
4 garlic cloves, crushed	3 fresh thyme sprigs
2 teaspoons Tabasco sauce	1 tablespoon of kosher salt
1 teaspoon whole allspice	½ teaspoon of black pepper
10 pounds large shrimp in shell (21-25 per pound)	

Combine all ingredients except shrimp in a 4-quart heavy pot and bring to boil. Reduce heat and simmer covered, 20 minutes. Stir in shrimp, making sure they are just covered by liquid. Remove pot from heat. Cool shrimp in liquid to room temperature uncovered, about an hour. Move shrimp to a bowl using a slotted cooking spoon, and pour some of the liquid on top.

Makes 6-8 servings



Appetizers

Raceland Baked Chicken Wings

18 chicken wings
 1½ ounce soy sauce
 1/8 ounce garlic, chopped

1 ounce virgin olive oil*
 ½ ounce ginger root, grated
 ¼ cup honey

Clean chicken wings. Cut off the wings tips. Cut at the joint; mix together the oil, soy sauce, ginger, chopped garlic, and honey. Toss the wings in the marinade and let stand overnight. Place wings in a shallow baking dish and bake at 350-degrees until tender (about 1 hour). Serve with Delgado's Bleu Cheese Dipping Sauce (see recipe).

Makes 4-5 servings.

*Measure an ounce by using a measuring spoon. 6 teaspoons or 2 tablespoons = 1 ounce



Bastrop Meatball Snacks

½ pound ground round
 ½ pound ground veal
 ½ cup distilled water
 1 egg
 ¾ cup chopped fresh parsley
 2 tablespoons olive oil
 1 cup chopped garlic cloves
 1 teaspoon fennel seeds
 1 teaspoon salt
 ½ teaspoon black pepper

½ pound ground pork
 ½ cup Aunt Marylue's Creole bread crumbs
 8 tablespoons freshly grated Romano cheese
 1 egg yoke
 1¼ cup vegetable oil
 1 cup finely chopped Spanish onion
 2 teaspoons fresh basil leaves
 1 (14.5-ounce) can whole peeled tomatoes
 ¼ teaspoon of sugar

Mix all meats, bread crumbs, ½ cup of distilled water, 6 tablespoons Romano cheese, egg, egg yoke (beaten), ¼ cup parsley, 1 teaspoon salt, and ½ teaspoon of black pepper in large bowl and mix well. Form into 18 meatballs. Heat Wesson oil in a large skillet over medium heat. Fry meatballs until brown all over. Transfer to plate. Pour off drippings from skillet. Reduce heat to medium. Add olive oil to skillet. Add onion, garlic, basil, and fennel seeds. Sauté until onion is soft and brown, about 5 minutes. Add tomatoes with juices and sugar. Bring to boil, scrape browned bits and add to mixture. Reduce heat. Cover with lid slightly off top, stirring occasionally, about 30 minutes. Add meatballs. Cover with lid slightly off top and simmer until meatballs are fully cooked, stirring occasionally, about 30 minutes longer.

Makes 4-6 servings

Appetizers



Crawfish Slidell

1/8 teaspoon black pepper
 1 cup sliced mushrooms
 6 tablespoons Gold Medal flour
 ¼ cup chopped green pepper
 4 toasted bread slices

1½ cups cooked crawfish
 6 tablespoons Kerry Gold butter
 1 teaspoon salt
 2½ cups milk

Melt butter in cast-iron skillet on medium heat. Cook mushrooms in butter for a few minutes. Remove mushrooms. Blend flour with butter, add salt and black pepper, then milk, stirring constantly. Add mushrooms back to mixture. Cook until sauce is smooth and thickened. Stir in crawfish and green pepper. Cook stirring constantly about 1 minute until peppers are soft. Serve over toasted bread cut diagonally in half (points).

Makes 4 servings

Little Woods Crab Fingers

2 pounds cooked crab claws
 1½ teaspoons kosher salt
 ½ cup pure creamery butter (melted)
 Dash of cayenne pepper

2/3 cup fresh lemon juice
 1 teaspoon chopped onions
 1 tablespoon Worcestershire sauce
 ¼ teaspoon chopped garlic

In a small bowl, mix all ingredients except crab claws. Place crab claws in serving dish. Pour ingredients over crab claws and cover. Refrigerate overnight. Warm about 10 minutes on top of stove to melt butter before serving.

Makes 6-8 servings

Appetizers



Cabildo Oyster and Sausage on Toothpick

- | | |
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| 18 fresh medium oysters | 1 pound smoked sausage (36 pieces) |
| 1½ cups white port wine | 1 teaspoon Louisiana hot sauce |
| 1 tablespoon Worcestershire sauce | 1 tablespoon honey |
| Box of toothpicks | |

Drain oysters and place juice in air-tight jar. Slice sausage into the 36 pieces. Place sausage and oysters onto toothpicks in this order: sausage, oyster, sausage. In cast-iron skillet, place wine, Louisiana hot sauce, salt, Worcestershire sauce, and honey. Cook over low heat. Place toothpick “sandwiches” in the sauce and heat slowly until oyster edges curl (about 5 minutes). Serve warm.

Note: If you have extra sausage, add to mixture and serve separately.

Makes 18 sandwiches

Appetizers



Rhonda's Welsh Rarebit with Bacon

- | | |
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| 2 tablespoons Worcestershire sauce | 2 teaspoons dry mustard |
| Pinch cayenne | 2½ cups stale Falstaff beer |
| 2 pounds grated sharp cheddar cheese | 12 slices of whole wheat bread |
| 1 pound bacon, fried crisp and drained | 3 beaten eggs |
| ¼ cup flour | 2 tablespoon plain flour |
| Butter (as needed) | |

Melt butter in cast-iron saucepan on medium heat, stir in flour, pour beer into mixture. Mix the Worcestershire sauce and spices into saucepan. Heat mixture almost to a simmer. Set the pan over very low heat. Add the grated cheese, a little at a time. Add beaten eggs to hot cheese mixture, a little at a time, stirring constantly. Continue to stir over low heat until the mixture is smooth and thick. Keep mixture warm. Toast 12 slices whole wheat bread; cut in triangles. Place hot toast on a plate. Pour the cheese mixture over the toast and add bacon strips on top. Serve.

Makes 12 servings



Natchitoches “Oh La La” Shrimp

Natchitoches is the oldest settlement in the Louisiana Purchase territory. Named after the Natchitoches Indians, it is famous for its “Natchitoches Meat Pies” one of Louisiana’s official foods.

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|---|---------------------------------|
| 2 pounds large, fresh raw shrimp peeled and de-veined | 3 tablespoons Kerry Gold butter |
| 1½ tablespoons olive oil | 2 tablespoons chopped onion |
| 1½ tablespoon finely chopped fresh garlic | 1 teaspoon kosher salt |
| ¼ teaspoon black pepper | 3 tablespoons fresh lemon juice |
| Loaf of French bread, cut in slices | |

Place butter and olive oil in cast iron skillet over low heat. Add onion and cook until it is soft. Add garlic; sauté without browning (about 2 minutes). Add shrimp; turn up heat to medium and cover about 2-3 minutes until shrimp are done. Add salt and pepper to taste. Stir all ingredients well. Add lemon juice. Cover and refrigerate up to an hour before serving.

Serve with pieces of crusty French bread.

Makes 4-6 servings



Appetizers

Louisiana Spiced Mixed Nuts

- ½ teaspoon cinnamon
- 2 tablespoons unsalted Kerry Gold butter
- 2 tablespoons Grandma's molasses
- ¼ teaspoon cayenne
- 1½ teaspoon kosher salt
- ½ teaspoon coriander
- 4 cups mixed, unsalted nuts (walnuts, macadamia, pecans, cashews, and/or almonds)

Heat oven to 350-degrees. Place nuts on baking sheet. Sprinkle coriander and cinnamon in cast iron skillet. Add butter, molasses, and cayenne. Place skillet over low heat, stirring until butter melts and molasses dissolves. Place nuts in oven until warmed about 1-2 minutes. Take nuts out of oven and place in warmed bowl. Pour the butter mixture over the nuts, and add salt. Stir mixture. Store in air-tight container up to 2 weeks.

Makes 10-12 servings.

Davant Roasted Pecans

- 2 cups pecans
- ¼ cup butter
- 1/8 teaspoon coarse salt
- ½ cup granulated sugar
- 1 teaspoon cinnamon

Mix all ingredients in a medium-size bowl. Place mixture on baking sheet and roast in a 300-degree oven about 15-20 minutes, stirring every 5 minutes. Serve hot or cold.

Makes 6-8 servings

Triumph Shrimp and Dip

Note: Best made 1 day ahead.

- 8 ounces Philadelphia cream cheese
- 2 cups fresh squeezed lemon juice
- 1 pound fresh, cooked and peeled large shrimp
- 1-½ cup Blue Plate mayonnaise
- 2 dashes Tabasco hot sauce
- 1 medium Spanish onion (chopped fine)
- 1/8 teaspoon of kosher salt
- 1-1/8 teaspoon Worcestershire sauce

Let cream cheese set out to soften. Mix the lemon juice and cream cheese. Chop ¾ pounds of shrimp in little chunks and stir into mixture. Add mayonnaise, hot sauce, Worcestershire sauce, and salt; stir. Peel ¼ pound of shrimp; leave whole to place hanging on side of serving dish to dip into dip. Place in serving dish and refrigerate. Serve with assorted crackers and fresh vegetables.

Makes 4-6 servings



Appetizers

Abita Springs Onion Dip

- 2¼ cups chopped Vidalia onions
- ½ cup Romano cheese
- ½ cup Parmesan cheese
- ½ cup Blue Plate mayonnaise

Mix onions, cheeses, and mayonnaise in a large bowl. Stir. Pour into a 1 quart casserole dish and bake in a 350-degree oven until it bubbles, about 10 minutes. Serve with assorted mixed crackers, chips, or plantains.

Makes 4-6 servings.



Petrovich Artichoke Dip

- 2 cups cut up artichoke hearts, drained (Keep juice.)
- 1 cup virgin olive oil
- 1-¼ cup Parmesan cheese
- Juice of 2 lemons
- 2 cloves garlic, chopped
- 10 ounces bread crumbs
- 2 buttered pie plates

Mix oil, lemon juice, garlic, and cheese. Add water from artichokes. Mix in cut artichokes. Blend in bread crumbs. Pour into buttered pie plates. Bake at 350-degrees, about 20 minutes. Season to taste. Serve with crackers, chicken wings or boiled shrimp.

Makes 6-8 servings.

Note: Artichokes are very common in Louisiana, particularly in New Orleans!



Lulich Crab Dip

- 8 ounces Philadelphia cream cheese, softened
- 1 tablespoon of milk
- 6½ ounces fresh crab meat
- 4 tablespoons minced onion
- ½ teaspoon horseradish
- ¼ teaspoon salt
- 1 tablespoon Louisiana hot sauce

Mix all ingredients until well blended. Pour into 1 quart casserole dish. Bake at 375-degrees for 15 minutes. Serve with Melba toast rounds or with fresh veggies of your choice.

Makes 10-12 servings

Appetizers



Delgado's Bleu Cheese Dipping Sauce

- | | |
|---|-----------------------------------|
| 6 ounce Philadelphia cream cheese, softened | ¼ cup of milk |
| 2 tablespoons Blue Plate mayonnaise | 1 tablespoon lemon juice |
| ½ teaspoon of Tabasco | 1/8 teaspoon Worcestershire sauce |
| 1 cup bleu cheese, crumbled | |

In a mixer, beat the cream cheese at low speed until soft and smooth. Slowly beat in the milk. Add the rest of the ingredients and blend in well. Adjust seasoning to your taste. Chill. Make ½ quart. Serve with Raceland Baked Chicken Wings (see recipe), crackers or fresh vegetables.



Who Dat Guacamole

Who dat? ...What Tom Benson, owner of the New Orleans Saints, said when the team won the 44th Superbowl (their first in history).

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|------------------------------|----------------------------|
| 2 ripe avocados, medium size | 1 tablespoon onion, grated |
| ½ small jalapeno, minced | ½ ounce lime juice |
| 1 ounce olive oil | Salt (to taste) |
| ¼ teaspoon chili powder | |

Pit and peel avocados. Mash the pulp coarsely. The puree should be slightly lumpy rather than smooth. Mix in the onion, jalapeno, chili powder, lime juice, olive oil, and then salt to taste. Cover tightly with plastic wrap. Chill guacamole until ready to serve. Serve with chips or Javonia's plantains.

Makes ½ quart

Appetizers



Jackson Street Buffalo Wings & Dip

- | | |
|-------------------------------------|--|
| 2/3 cup Tabasco sauce | 2/3 cup Kerry Gold butter, melted |
| 1½ teaspoons fresh chopped rosemary | Zest of 1/2 lemon |
| Dash salt | 2 pound chicken wings, cooked and warm |

Combine all ingredients in a bowl. Toss the wings in the sauce. Will cover about 2 pounds of wings.

Makes 4-6 servings



Airline Highway Asian Barbeque Sauce

- | | |
|----------------------------|--------------------------------------|
| 1½ teaspoon brown sugar | ¼ cup green onions, sliced very thin |
| 1½ tablespoon rice vinegar | ¾ cup Heinz ketchup |
| 2½ tablespoon soy sauce | Dash cayenne pepper |

Mix all ingredients in a bowl. Serve over baked ribs, chicken or seafood.

Makes 1 cup



Alcoholic Beverages

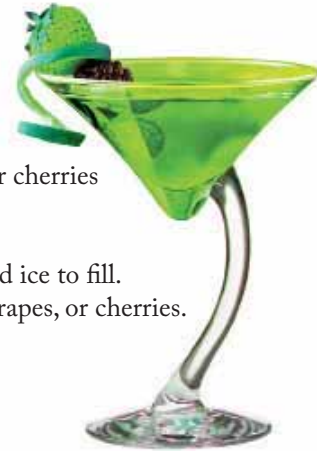
Je'an Lafitte Treat

2 ounces vodka
1 mint sprig
Crushed ice

2 teaspoons Crème de Menthe
2 small clusters of frozen grapes or cherries

Pour vodka and Crème de Menthe into shaker. Shake well. Add crushed ice to fill. Pour mixture into two martini glasses. Garnish with mint and frozen grapes, or cherries.

Makes 2 servings



Lagniappe Punch

Lagniappe – a word mainly used in the Gulf Coast region of the United States and thought to derive from a Native American language family word, “Quecha” or “Yapay,” meaning “something added” or “a gift.”

2 (750 ml) bottles of rum
4 liters chilled ginger ale
2 ounce lime juice
Sliced lime or lemon for garnish

2 liters cranberry juice
16 ounce orange juice
3 ounce lemon juice

Combine rum and fruit juices in a large bowl or container. Chill. Just before serving, add ice and stir in chilled ginger ale. Garnish with lime or lemon slices. Serve in cocktail glasses.

Makes up to 32 servings

Carnival Mint Julep

8 ounce Aunt Marylue's Simple Syrup (see recipe) 8 ounce Bourbon
1 cup crushed ice 1 cup fresh mint leaves

Crush mint leaves with mortar and pestle. Combine Aunt Marylue's Simple Syrup and the mint leaves in cocktail shaker. Add Bourbon. Fill shaker with crushed ice. Shake vigorously with top on shaker. Strain into glasses. Fill glasses with ice. Serve in 8-ounce highball glasses.

Makes 2 servings



Alcoholic Beverages

Landry Passion Fruit Drink

1 (750 ml) bottle Riesling wine, chilled
¼ cup pomegranate juice, chilled

1 can (12 ounces) passion fruit juice, chilled

In a large pitcher, stir together wine, passion fruit juice, and pomegranate juice. Stir well. Divide evenly into six rock glasses.

Makes 6 servings



Destrehan Sangria

2 oranges (1 squeezed for juice and the other sliced) 1 cup distilled water
¼ cup sugar 1(1 liter) bottle Boudreaux wine
1 (1 quart) bottle of sparkling apple cider ¼ cup orange flavored liqueur

Juice one orange, and slice the other. In a saucepan, bring distilled water and sugar to a boil. Cool. In a large pitcher, stir together sugar water, wine, sparkling apple cider, ¼ cup juice from the squeezed orange, and orange liqueur. Chill 2 hours. Add orange slices. Serve in whiskey sour glasses.

Makes 8 servings

Phoenix Lemon Sparkler

1 (22 ounce) bottle of chilled sparkling pear cider
2 cups club soda, chilled
1 cup lemon flavored liqueur

In large pitcher, stir all ingredients together. Divide evenly among six martini glasses.

Makes 6 servings





Alcoholic Beverages

Grande Isle Berry Breeze

- 1 (1 liter) bottle red sparkling wine, chilled
- 1 cup cranberry juice cocktail, chilled
- ½ cup lemonade, chilled
- 24 fresh cranberries and/ or fresh raspberries
- box of toothpicks

In a large pitcher, stir all ingredients together. Divide mixture evenly into six long-stemmed glasses. Garnish with 4 fresh cranberries and/or raspberries threaded alternately on 6 toothpicks. Place toothpick on each glass.

Makes 6 servings



Uptown Fruity White Sangria

- 1 pear, cored and sliced
- 1 cup seedless red and/or green grapes
- 1 (1 quart) bottle Riesling wine, chilled
- ½ orange cut in wedges
- 1 apple, cored and sliced
- ½ cup orange flavored liqueur
- 1(1 liter) bottle sparkling white wine, chilled
- ¼ cup sugar

In a large, reseal-able plastic bag, combine pear slices, apple slices, grapes, orange wedges, and orange flavored liqueur. Chill 1 hour. In a large bowl, mix fruit, wines, and sugar. Stir well. Divide evenly among six highball glasses. Garnish with fresh red grapes and 1 pear slice on each rim.

Makes 6 servings



Alcoholic Beverages

Wood Park Coconut Crème

- 1 box (3.4 ounce) instant French vanilla pudding
- 1 can (13.5 ounce) unsweetened coconut milk
- 1½ cup frozen whipped topping, thawed
- ½ cup light rum
- ½ cup cherry syrup



Prepare pudding according to package directions. In a bowl, combine pudding, unsweetened coconut milk, cherry syrup, and rum. Fold in whipped topping. Chill mixture 1 hour. Chill glasses.



Garnish

- 3 tablespoons light rum
- 1 teaspoon ground cinnamon
- ¼ cup toasted coconut

To garnish, before filling glasses, place 3 tablespoons rum in small saucer and ¼ cup toasted coconut in another. Dip rim of each cocktail glass in rum, then in coconut. Fill glasses to the top with drink mixture and sprinkle top with cinnamon. Serve in 4 cocktail glasses.

Makes 2 servings of garnish

Bayou Blue Bloody Mary

- 2 cans (11.5 ounces each) spicy vegetable juice
- 3 tablespoons fresh lime juice
- ¾ cup gin
- 1 teaspoon Creole seasoning



In shaker, combine all ingredients. Chill four footed wine glasses.

- Garnish
- 2 limes
- 4 celery stalks with leaves
- 2 tablespoon Creole seasoning

To garnish, before filling footed wine glasses with ice, quarter 1 lime; cut slit into each piece. Using wedges, coat each rim with lime juice. Pour 2 tablespoons Creole seasoning in shallow plate. Dip rims of glasses into seasoning. Fill the glasses with ice, and pour drink into glasses. Top with celery stalks with leaves and lime curls.

Makes 4 servings



Alcoholic Beverages



Venice Oil Spill®
Created by Chef W. Je'an

The April 20, 2010 Venice Oil Spill is the worst environmental disaster in history. It occurred 5 miles from Aunt Marylue's birthplace in Venice, Louisiana.

- 4 ounces Southern Comfort
- 8 ounces distilled water
- 8 ounces fresh Plaquemines Parish navel or Satsuma orange juice
- 2 teaspoons Aunt Marylue's Simple Sugar
- 4 navel orange slices

Divide distilled water and fresh orange juice into 2 highball glasses; stir. Almost fill glasses with ice cubes. Pour 2 ounces of Southern Comfort in each glass, along with 1 teaspoon of Aunt Marylue's Simple Sugar; swirl around. Garnish with 2 navel orange slices on each glass.

Makes 2 drinks.

Note: Woodland Plantation, located in West Point a la Hache, Plaquemines Parish seat, was built in 1834 by a river boat pilot. Now a bed and breakfast, it has been featured on the label of Southern Comfort since the end of prohibition and on the National Historic Register since 1998. The oldest cypress tree in Louisiana is thought to be located on Woodland Plantation.



Alcoholic Beverages

Marci's Sangria

- 1 bunch grapes
- 1 pint strawberries
- 1 orange, sliced
- ½ cup sugar
- 1 (1 liter) bottle red wine

- 1 kiwi, sliced
- 1 lime, squeezed
- 1 pear, sliced
- ½ cup orange juice
- ½ cup orange liqueur



Combine all ingredients except orange slices.. Prepare early in the morning and refrigerate. Add orange slices for garnish. Serve in wine glasses.

Makes 8 servings

Cherlyn's Sangria with a Kick

- 1 cup dark rum
- ½ cup orange juice
- Bunch grapes (about 50)
- ½ cup fresh cherries without seeds
- ½ cup orange liqueur

- ½ cup sugar
- 1 pear, sliced
- 1 apple, cored and sliced
- 1 (1 quart) bottle white wine



Combine ingredients in punch bowl. Prepare the night before and refrigerate. Serve in highball glasses.

Makes 8-10 servings



St. Charles Avenue Street Car

- 1½ cup apricot brandy
- Enough fine sugar to coat rim of glass
- Orange twist, for garnish

- ½ ounce Cointreau
- ½ ounce freshly squeezed orange juice

Combine all ingredients in a shaker over ice. Shake vigorously for 10 seconds. Strain into a chilled brandy glass with sugared rim. Garnish with an orange twist.

Makes 1 serving



Alcoholic Beverages



French Quarter Martini

- | | |
|-----------------------------|---------------------|
| 2 tablespoons fine sugar | 2 lime wedges |
| 2 teaspoons ground cinnamon | ½ cup Beefeater gin |
| ½ cup schnapps | ½ cup apple cider |
| 2 cinnamon sticks | 3 cups shaved ice |

Place ice, gin, apple cider, and schnapps in blender. Mix on high speed for 1 minute. Mix ground cinnamon and sugar in a bowl. Rub edge of two martini glasses with juice of lime and dip the two glasses in the cinnamon/sugar mixture to coat the rims. Place 1 cinnamon sticks in each glass for garnish. Pour vodka mixture into martini glasses.

Makes 2 servings

South Africa Treat

South Africa – the country is located on the southern tip of Africa, where the Indian and the Atlantic Oceans meet. The area has been inhabited by humans for more than 100,000 years. At the time of European contact, the region had been inhabited by indigenous tribes for well over a thousand years. AND it is one of the most beautiful places on earth.

Table Mountain in Cape Town, South Africa



This caffeine-free beverage is made with South Africa's Rooibos herb tea.

- | | |
|---------------------------|------------------------------------|
| 1 1/2 cup distilled water | ½ cup fine sugar |
| 6 fresh mint sprigs | 2 teaspoons Rooibos tea bags |
| 1 cup vodka | 1 teaspoon fresh Meyer lemon juice |
| Crushed ice | |

In a saucepan on high heat, boil water, sugar, and four mint sprigs, stirring until all the sugar is dissolved. Let simmer on low heat, stirring constantly, until mixture boils down to about 1 cup full. (This may take 4-5 minutes.) Add tea bags and steep on a very low heat for about 5 minutes. Remove tea bag. Place mixture, vodka, and Meyer lemon juice in shaker. Shake well. Strain mixture into two highball glasses filled with crushed ice. Garnish glasses with the two remaining mint sprigs.

Makes 2 servings



Alcoholic Beverages



Big Play Rene's Mellow Margarita

- | | |
|----------------------------------|----------------------------|
| 1½ ounce silver tequila | ¾ ounce triple sec |
| ¾ ounce fresh lime juice | 2 ounce sweet and sour mix |
| 2 sliced lime (for garnish) | ½ cup shaved ice |
| 4 fresh strawberries cut in half | 2 lime slices |
| Kosher salt for rims of glasses | |

Pour ingredients (except salt, strawberries and lime slices) into blender, and beat on high speed about 10-20 seconds. Place shaved ice in blender, and blend on high speed another 10 seconds. Strain into 2 martini glasses rimmed in salt and garnished with 2 strawberry halves each and a slice of lime.

Makes 2 servings

Note: To vary drink, use 4 raspberries in place of strawberries and instead of rimming glass with salt, substitute fine sugar.



Sherry's Famous Slush

- | | |
|---|---------------------------------|
| 12 ounce can of frozen orange juice | 12 ounce can of frozen lemonade |
| 12½ ounces of Bourbon, vodka, or rum (or the liquor of your choice) | |

Combine all of the ingredients in a large-mouth gallon-sized plastic container, stir, and place in the freezer until almost frozen about 2 hours. Serve in highball glasses with or without a spoon.

Makes 10-12 servings.



Alcoholic Beverages



Aunt Marylue's Katrina Hurricane

- 2½ ounce red fruit punch
- 8 ounce dark rum
- 2 maraschino cherries (one for each glass)
- 2 slices of navel orange or Satsuma's (one for each glass)
- 2½ ounce fresh organic lemon juice
- 2 ounce of the maraschino cherry juice

Place all ingredients into a cocktail mixer, except the orange slices and cherries. Mix together.

Put shaved or crushed ice in two 8-ounce whiskey sour glasses. Pour half of the mixture into each of the glasses.

Garnish each glass with an orange slice and a cherry.

Makes 2 servings.

The Hurricane drink originated at Pat O'Brien's in New Orleans.

“Let the good times roll!”



Cold Beverages

TT's Sun Tea

- 2 large black tea bags
- Sugar
- 1 gallon distilled water



Fill one gallon jar with distilled water. Place tea bags in water. Add sugar to taste. Stir and place cap tightly on jar. Let jar sit on deck or porch, in sunlight, for about 2-4 hours. The longer you leave the tea in sunlight, the stronger it gets. Keep this in mind when making the tea. Serve poured over ice cubes in water glasses. Add optional sugar to taste.

Good when you need a refreshing drink on a picnics or boats, or anywhere you get lots of sunlight!

Makes 16 (8 ounce) servings



Tiger Pass Ginger Tea

- ¾ cups hot distilled water
- 2 tablespoons loose black tea leaves
- ½ cup sweetened condensed milk
- ½ cup finely chopped fresh ginger
- ½ cup PET evaporated milk

Bring water and ginger to a boil in a 1 to 1½ quart saucepan. Remove from heat. Stir in tea leaves and cover. Let stand for 3 to 5 minutes. Stir in evaporated and condensed milk, then pour into a six-cup blender and blend until foamy (use caution when blending hot liquids). Strain, then pour into mugs and sweeten with more condensed milk if desired. Serve with ice.

Makes 4 servings



Uncle Jasper Plaquemines Parish Honey Lemonade

- 6-8 Meyer lemons (1 cup squeezed juice)
- 1 cup sugar
- 2½ lbs. shaved ice
- 1 gallon warmed distilled water
- 1 cup honey

Wash the lemons, and then squeeze them by hand into a two-gallon container. Slice the squeezed lemons and reserve. Add water and sugar. Stir until the sugar dissolves. Add honey. Stir just before serving, adding ice and reserved lemon slices.

Makes 6-8 servings

Cold Beverages

Canal Street Lemonade

2½ cups sugar
1¼ cup fresh squeezed lemon juice
Fresh mint

¾ gallon warm distilled water
ice cubes



Dissolve sugar in warm water in a large punch bowl. Add juice from freshly squeezed lemons. Add ice cubes, sliced lemon (from squeezed lemons), and mint into each glass.

Make 6-10 servings

Note: *Canal Street was once the widest street in the world. It has three lanes of traffic headed north and south on opposite sides of the street with street cars running in both directions down the middle. It was the main shopping district in New Orleans for more than a century. Maison Blanche, Godchaux, Gus Mayer, and Krauss were well known department stores that were staples along Canal Street. The 1980s oil bust began its demise. Today, Canal Street is undergoing redevelopment.*

Gandhi Lemonade

1 gallon distilled water
10 fresh lemons

Fresh mint leaves (for garnish)
Ice (cubes or crushed)



Squeeze lemons into glass bowl. Set aside. Using 8-ounce glasses, pour each half full with distilled water. Add ice and fill the other half of the glasses with the fresh squeezed lemon juice. Slice squeezed lemon and add to each glass. Serve with mint leaves as garnish.

Makes 4-6 servings



Slidell Iced Tea

3 ounce orange pekoe tea leaves
Sugar to taste
Lemons/lime slices

4 quarts of boiled distilled water
Ice
Mint leaves

Place tea leaves in a gallon crock container. Pour the hot distilled water over them. Let the tea steep (about 8 minutes) and cool. Strain the tea through a stainless steel strainer. Pour it into glasses with ice pieces already in them. Tea will not become cloudy by pouring it over the ice. Sweeten to taste. Add sprig of mint and slices of lemon/lime for garnish.

Makes 10-12 servings

Cold Beverages



Batiste Sun Tea

10 cups cold distilled water in Sun Tea jar
Ice (crushed or cubes, for glasses)

3½ tablespoons loose orange pekoe tea
1 quart jar with lid

Pour distilled water over tea in Sun Tea jar. Place in sunlight, preferably outside on deck or porch with bright sunlight for up to 4 hours. Strain; add sugar to taste.

Makes about 10 (8-ounce) servings

Cornin Mint Sweet Tea

4 cups distilled water
¾ cup sugar
Optional: Cornin Mint Simple Syrup

6 black tea bags
Mint sprigs, for garnish



Bring 4 cups of distilled water to a boil in a medium saucepan. Remove from heat. Add tea bags; let steep for 5 minutes. Remove tea bags, and discard them. Stir in sugar until dissolved. Let cool slightly. Refrigerate in closed container at least 1 hour or up to 3 days. Add a touch of Cornin Mint Simple Syrup to the tea for a fresh mint flavor. Serve over ice, garnish with mint sprigs.

Cornin Mint Simple Syrup

1 cup granulated sugar
1 cup distilled water

6 sprigs fresh mint

Heat sugar and 1 cup of distilled water in small saucepan over medium heat, stirring until sugar has dissolved. Bring to a boil. Stir in mint. Remove from heat and let stand 30 minutes. Pour through a strainer into a container. Let cool. Syrup can be refrigerated in an airtight container for up to 1 month. Serve with additional mint sprigs, if desired.

“We believe that whenever one door closes, another one always opens.”

Cold Beverages

Narco Sweet Tea

6 bags black tea
1 sliced lemon
Ice cubes

4 quarts of distilled water
1 cup sugar



Boil 4 quarts of distilled water in pan. Remove from heat. Add tea bags. Let steep (8 minutes), and then take tea bags out of pan. Stir in Narco Mint Simple Sugar. Let cool. Pour in pitcher and refrigerate up to 3 hours. Serve in individual glasses with ice cubes, sprig of mint and lemon slices.

Narco Mint Simple Sugar

1 cup granulated sugar
½ gallon distilled water

6 mint sprigs

Heat distilled water in saucepan. Add sugar, stirring continuously. Bring to a boil, add mint. Let stand 30 minutes. Remove mint and pour into an air-tight container.



Aunt Marylue's Simple Syrup

2 cups sugar
1 cup distilled water



Place sugar and distilled water in saucepan. Boil (about 4-5 minutes). Let cool. Pour into air-tight container and refrigerate.

Note: *Keep on hand for teas, and any other beverage or food that requires simple syrup.*



Toussaint Iced Tea

2 ounces fresh orange pekoe tea leaves
12 cups sugar

3 quarts boiled distilled water

Place fresh tea leaves in a one-gallon container, and pour the boiling distilled water over them. Stir in sugar until dissolved. Let steep 8 minutes, covered. Strain the tea through a strainer over pieces of ice. The tea will not become cloudy if you do this. Add mint leaves to each glass and serve.

Makes 16 servings



Hot Beverages

Coffee, Tea, Cocoa

They say that New Orleans has more coffee drinkers than any other place on earth. Can we guess why?



Coffee with chicory!

Coffee with chicory came to New Orleans from France during the Napoleonic era.

New Orleans' French market has been known for serving the best coffee (Café-au-lait, Café Noir) in the world.

In New Orleans, the Creole/Cajuns believe their coffees are not only a part of their lives, but also contribute to the long lives and good health they enjoy. They say their coffee is a super "brain food"!

Coffee is the number one source of antioxidants in the American diet, according to a 2005 University of Scranton study. Additionally, memory researchers have found that coffee increases short-term recall, the ability to focus attention, and alertness. A 2002 University of Arizona study found that adults over 65 who drank a cup 30 minutes before a memory test scored higher than those drinking decaf.

Coffee drinkers may also gain protection from Alzheimer's and Parkinson's diseases. A ten-year study of elderly European men found that those who drank three cups of coffee daily had measurably less cognitive decline a sign of Alzheimer's than nondrinkers. Also, in a 2001 Harvard School of Public Health study, women who drank one to three cups of coffee daily cut their Parkinson's risk nearly in half.

Aunt Marylue was a great coffee maker. In her opinion, to make a great cup of coffee, the most important ingredients are:

1. A spotless-clean drip coffee pot
2. Freshly boiled distilled water

These items are Aunt Marylue's secret to the best cup of Creole/Cajun coffee in the world.



Hot Beverages

A cup of Café-au-lait is generally served as the last entrée after dinner or supper (as the last meal of the day was frequently referred to in the Creole/Cajun home). Ice tea became popular during the 1904 World's Fair in St. Louis, Missouri. Black tea was the tea originally used. You can buy ice tea in bottles and cans. Any of these fine teas is likely to be refreshing.

Kinds of Coffee

Coffee beans are the berries of a tropical shrub. Coffee is grown in many tropical countries. The finest coffees come from South America. Excellent coffees are grown in Brazil, Columbia, Venezuela, Mexico, Africa, the Middle East, and Indonesia.

Most **ground coffees** are blends of several varieties of coffees. Coffee beans are roasted to develop their flavor. How they are roasted – light, medium, dark – affects the flavor. Americans generally prefer medium roast. Dark roast coffees are more popular in Europe. They are served as after-dinner beverages in France and Italy.

Instant coffee is a powdered, soluble extract from coffee beans. Instant coffee is made by brewing regular coffee and drying it. In the process, the coffee loses some of its flavor and aroma. Most coffee lovers prefer freshly brewed coffee if it is available.

Decaffeinated coffee is coffee in which the caffeine has been removed. Caffeine is a chemical stimulant that occurs naturally in coffee, tea, and chocolate.

Espresso is a strong dark coffee made from beans roasted until they are almost black. It is usually served in small cups as an after-dinner beverage.

Demitasse means “half cup.” It is strong black coffee.

Cappuccino is a combination of equal parts espresso and frothy steamed milk. It is served in tall cups, usually topped with whipped cream and cinnamon or other spices.

Iced coffee is made double strength to make up for the melting ice.



Hot Beverages

Tea

Tea is one of the world's most popular beverages, and it is widely consumed in many countries. In some areas, tea is a more popular beverage in the home than coffee. Also, tea is less expensive than coffee.

Kinds of Tea

All varieties of teas are produced from one species of evergreen shrub. Most of the differences in teas are the result of how it is grown and the processing techniques.

Different regions produce teas of different quality and flavor. Most of the tea consumed in the United States is imported from India or Sri Lanka.

There are three categories of processed tea:

1. Black tea is fermented by allowing the leaves to oxidize in a damp place.
2. Green tea is dried without fermenting.
3. Oolong tea leaves are partially fermented.



Hot Tea

1. Use proper proportions of tea and water. One teaspoon of loose tea or one single-service tea bag makes a 6-ounce cup of tea.
2. Rinse the teapot with hot water to warm it. The best teapot to use is China, glass, or stainless steel.
3. Bring fresh, cold distilled water to a boil. Do not boil water too far in advance, or it will become flat.
4. Place the loose tea or tea bag in the pot and pour the water directly over it.
5. Let the tea steep 3-5 minutes. Then remove the tea bag or strain off tea from the loose leaves.
6. Serve the best tasting cup of tea imaginable.



Hot Beverages

Chocolate and Cocoa

Chocolate and cocoa are derived from cocoa beans.

Cocoa is the dry powder that remains after part of the cocoa butter is removed from chocolate liquor.

Dutch process cocoa is processed. It is slightly darker, smoother in flavor, and more easily dissolved in liquids than regular cocoa powder.

Bitter or unsweetened chocolate comes from straight chocolate liquor. In some brands, some of the cocoa butter may be replaced by another fat.

Sweet chocolate is bitter chocolate with sugar added.

Milk chocolate is sweet chocolate with the addition of milk solids. It is used primarily in making candy.

Cocoa and chocolate are high in starch.



Aunt Marylue's Tea with Honey Favorites



Rooibos: This red bush South African tea has a smooth, mellow, sweet, nutty flavor. It is rich in potent antioxidants that can help the immune system ward off many illnesses, including cancer, according to reports from research at Tufts University. Researchers continue to come up with health benefits of tea. They say it helps to stabilize blood sugar levels, and that tea can assist in keeping osteoporosis and cardio problems at bay.

Add a drizzle of raw honey to give Rooibos an almost chewy texture and a fuller, creamy flavor.

Banchu: This green twig tea from Japan has a sweet, smooth taste. When adding a teaspoon of varietal honey such as lavender, not only will you have a great cup of brew, but the intense floral taste will keep you drinking this tea for a lifetime.



Hot Beverages

For **white tea**, try adding chamomile to White Peony tea. When you want a quiet, thought-provoking mixture, add a spoonful of flavored truffle honey for a perfect match!

For a change for breakfast, start your day with Black tea that is full of flavor: Chai. Add a touch of cinnamon and cardamom to Chai tea, along with a teaspoon of creamed honey, for a perfect taste and a great digestion promoter.

For the perfect cup of brewed tea:

1. Fill a kettle with fresh, cold distilled water. Bring water to a boil.
2. In your tea pot, swirl some hot water and pour out (just to warm the tea pot).
3. Place a teaspoon full of crushed tea leaves of your choice into a tea ball, and place the ball in the teapot.
4. Pour the boiling distilled water over the tea-filled ball and let it steep until it reaches your desired strength of tea.
5. Oolong and black teas steep up to 5 minutes for a perfect cup, and green and white teas take about 3 minutes to steep.

Recipes

Café au Lait

½ cup French market coffee and chicory
6 cups whole milk

8 cups distilled water
Sugar to sweeten

Brew coffee in drip coffee maker. Fill mugs half full with hot, boiled milk. Add sugar to taste and stir in coffee.

Makes 6-8 mugs



Hot Beverages

Café du Monde Coffee

1 teaspoon of Louisiana coffee and chicory for each cup of coffee
Distilled water

Use a drip coffee pot only. Bring distilled water to a boil. When all water has dripped through, remove the grounds. Pour, stir, and serve piping hot.



Cajun Hot Cocoa

3 cups milk
3 tablespoons of sugar
¼ teaspoon of grated nutmeg
3 tablespoons of Hershey's cocoa
1 stick of cinnamon per cup of cocoa
¼ teaspoon of salt

In a double boiler, place milk in top and water in the bottom. Cover and cook, stirring milk constantly (about 5 minutes). Mix cocoa, sugar, and nutmeg in a bowl. When milk is hot, pour the cocoa mixture into the milk. Stir well. Add cinnamon stick. Turn heat off and let cocoa rest over the hot water for about 5 minutes.

Makes 3-4 servings



Mardi Gras Treat

1 small hard mint candy (or 1 shot glass of schnapps)
Distilled water
Instant French vanilla cappuccino
Packet of instant hot cocoa mix
Instant Columbian coffee
Plain Coffee Mate creamer

In a mug, place the candy or schnapps. Fill mug half full with boiled distilled water. Add one rounded teaspoon of instant coffee. Add one rounded teaspoon of instant French vanilla cappuccino (more if desired). Add one round teaspoon of plain Coffee Mate creamer. Add half packet of instant cocoa mix (more if desired). Stir and enjoy.

Makes 1 serving

Great on a cold winter day or evening, in front of the fireplace, or when you're on the run!



Breads

Aunt Alma's Cheesy Garlic Bread

1 (10 ounce) loaf French bread
¼ cup Kerry Gold butter, melted
2 cloves minced garlic
½ cup shredded provolone cheese
2½ tablespoons grated Parmesan cheese

Cut French bread loaf in half, lengthwise. Position broiler rack 4 inches from heat. Heat broiler for 10 minutes. Place French bread halves on baking sheet. Combine melted butter, Parmesan, garlic, and brush over tops of bread halves. Sprinkle bread with provolone and broil until cheese is melted, about 3-5 minutes. Serve with spaghetti and meatballs.

Makes 6 servings



Harahan Whole-Grain Loaf Bread

1 cup stone-ground whole wheat flour
2 envelopes Fleischman's active dry yeast
¼ cup packed dark brown sugar
3 tablespoons whole grain cornmeal
2½-3 cups Gold Medal bread flour
5 old fashioned oats
1 cup warm distilled water
¾ cup PET evaporated milk, warmed
2 tablespoons wheat bran
2 teaspoon salt
2 tablespoons of sugar
Butter for pan

Preheat oven to 400-degrees. Combine whole wheat flour, bran, and warm distilled water in a bowl and let stand 30 minutes. Stir evaporated milk and 1 tablespoon of sugar together in a separate bowl until sugar dissolves. Add yeast and stir. Let stand about 5 minutes. Mix the whole-wheat flour and milk mixtures, and remaining sugar, the salt, and the dark brown sugar into the bowl of an electric mixer. Mix on medium-low speed until combined. Add 2½ cups bread flour and mix dough about 2 more minutes. (If dough becomes too sticky, add more flour using 1 teaspoon at a time.) Add 3 tablespoons of oats and 3 tablespoons of whole grain cornmeal. Begin kneading. Continue kneading until dough is soft and elastic, about 5 more minutes. Coat a large bowl with butter and add dough to bowl. Turn dough in bowl to coat with butter. Cover bowl loosely with plastic wrap and let dough rise in a warm, draft-free place until it doubles in bulk, about 1 hour. Turn dough onto a work surface and shape into a loaf about 9 inches long. Mist dough with distilled water using a spray bottle. Sprinkle top with remaining oats. Coat a 9-inch x 5-inch loaf pan with butter. Transfer loaf to the pan and cover lightly with a clean dish towel. Let stand again until it doubles in bulk, about 45 minutes. Place loaf in preheated oven. Bake, rotating bread once until bread is browned, about 25-30 minutes. Sprinkle remaining 2 tablespoons of oats on top of bread. Place bread onto a wire rack (out of pan) and return to oven. Bake on oven rack an additional 5 minutes. Remove from oven and let cool completely on rack. Bread can be stored up to one week.

89 Makes 1 loaf.

Great served with Black Bayou Chicken Salad.



Breads



Algiers Corn Bread

1½ cups yellow cornmeal	¾ cup plain Gold Medal flour
3 teaspoons Calumet baking powder	2 medium eggs, room temperature
1 cup whole milk	½ teaspoon salt
2 tablespoons Kerry Gold butter, melted	

Heat oven to 350-degrees. Mix all dry ingredients together. Beat eggs and blend into mixture. Add milk slowly, making sure mixture does not become too runny. Beat about 1 minute. Pour mixture into a bread baking pan, and bake until browned, about 15 minutes. Serve hot.

Makes 4-6 servings

Yvonne's Oatmeal Tea Bread

1 large egg	5 tablespoons Kerry Gold unsalted butter, softened
Confectionary sugar	1½ cups Gold Medal all-purpose flour
¾ cup sugar	½ teaspoon salt
2 teaspoons Calumet baking powder	½ teaspoon ground cinnamon
¾ cup whole milk	1 cup old-fashioned rolled oats

Preheat oven to 350-degrees. Lightly butter three 6x6x2 bread loaf pans. In a large bowl, combine flour, sugar, salt, baking powder, and cinnamon and stir thoroughly; set aside. In a small saucepan, melt butter with milk over low heat. Remove from heat and stir in oats. Let cool slightly. Stir whole egg into oat mixture and add to flour mixture. Stir just until flour is all added in. Divide batter evenly among prepared pans. Bake until tops are golden brown, 50-60 minutes. Turn out onto rack and let cool. Sprinkle top with confectionary sugar. Bread can be stored at room temperature for up to three days. Serve hot with a cup of Aunt Marylue's favorite "South African Rooibos tea."

Makes three (6-inch) loaves



Breads

Papa's Shortbread

¾ cup distilled water	1 cup Aunt Jemima self-rising flour
Pinch of sugar	2-3 teaspoons Crisco lard

Combine water, sugar and flour to make mixture similar to biscuit or pizza dough. Cut in lard with a pastry cutter. Roll dough out thinly with a rolling pin or soda bottle. Make dough about the size of thin pizza dough. Place a small amount of lard in a cast iron skillet; let soften. Add rolled out dough to hot skillet and cook, pushing down on dough in skillet with spatula or fingers until cooked on one side, about 5 minutes. Turn dough over, and cook on the other side. When cooked, dough will have some black spots on the crust. Slice bread down middle and add Kerry Gold butter. Serve with hot coffee or tea. It's a great breakfast treat!

Makes 4 servings



Grandma Delia's Buttermilk Biscuits

2 cups plain Gold Medal flour	3 tablespoons Calumet baking powder
½ teaspoon salt	1½ cups buttermilk (at room temperature)
½ teaspoon Arm and Hammer baking soda	2 tablespoons Crisco shortening

Mix all dry ingredients. Blend in shortening with pastry blender. Add buttermilk and mix well. Roll dough on a floured surface. Cut biscuits with a biscuit cutter and bake on a greased cookie sheet at 450-degrees until brown, about 15 minutes.

Makes 4-6 servings.

Desiree's Cheese Biscuits

6½ cups Gold Medal self-rising flour	4 teaspoons Calumet baking powder
2 teaspoons salt	1½ cup Kerry Gold butter (cold)
¾ cup PET evaporated milk	¾ cup distilled water
3 eggs	3 ounces Cheddar cheese, grated and melted

Sift together flour, baking powder, and salt in a large bowl. Cut in butter with pastry cutter. In a separate bowl, combine milk, eggs, and cheese. Pour in dry ingredients and mix together well. Using an ice cream scoop, drop biscuits onto greased baking sheet and bake at 450-degrees for 12-15 minutes, until biscuits are lightly browned. Tasty with a piping hot cup of Café-au-lait.

Makes 3-4 dozen



Breads

Diamond Yeast Rolls

3 cups Gold Medal plain flour, sifted	¾ teaspoon salt
¼ teaspoon sugar	½ cup distilled water, boiled
1 package Fleischman's yeast	1 cup lukewarm distilled water for yeast
1 egg	1 cup shortening
Butter for cookie sheet	

Preheat oven to 350-degrees. Cream shortening, sugar, and salt, beating with electric mixer. Add ½ cup boiling water to mixture. Dissolve yeast in remaining ½ cup lukewarm water. Beat egg and add to shortening, sugar, and salt mixture. Mix flour into mixture slowly ¼ cup at a time and beat well. Set aside in bowl, covered, for 1 hour. Punch dough down, and roll dough out on clean flowered surface and cut into rolls. Place on a buttered cookie sheet. Bake until lightly browned, about 15-20 minutes.

Makes about 2 dozen rolls



French Quarter Breakfast Beignets

Beignets are fried bread, or doughnuts, served in the famous Café Du Monde and other restaurants in the French Quarter of New Orleans.

2 cups Gold Medial plain flour	1 teaspoon salt
1 tablespoon Calumet baking powder	1 teaspoon ground cinnamon
1 large egg	3 tablespoons sugar
1 cup whole milk	¼ teaspoon pure vanilla extract
1 quart Wesson vegetable oil for deep frying	Confectioner's sugar for dusting

Fill a large, deep cast-iron saucepan halfway with oil and heat on medium heat. In a large bowl, sift together flour, salt, baking powder, and cinnamon. In a separate bowl, beat egg, then beat in sugar, milk, and vanilla extract. Pour the egg mixture into the flour mixture and mix until slightly moistened. Turn onto a floured surface and knead gently and lightly. Roll the dough out into a ¼-inch thickness and slice into diamond shapes. Fry in oil, turning once, until they are golden brown and puffed up. Remove from oil and drain on paper towels. Sprinkle with confectioner's sugar. Serve immediately with Café Au Lait, coffee, cocoa, or tea.

Makes 8-10 beignets



Breads

Bayou St. John Spicy Cheese Bread

2 (9 ounce each) loaves French bread	1 cup Blue Plate mayonnaise
6 tablespoons grated Parmesan cheese	¼ teaspoon cayenne pepper

Heat oven to 350-degrees. Cut bread into 5-inch lengths. Slice each piece in half lengthwise. Place bread on oven rack and toast for 3-5 minutes. Combine mayonnaise, Parmesan cheese, and cayenne in a bowl. Turn oven temperature to broil. Spread mixture over toasted bread and broil until top of bread is golden brown, about 2 minutes.

Makes 10-12 servings



Nu-Nu Hush Puppies

1 cup yellow cornmeal	2/3 cup Pillsbury plain flour
2 teaspoons sugar	2 teaspoons Calumet baking powder
½ teaspoon salt	2 eggs, beaten
¾ cup PET evaporated milk	Wesson vegetable oil
¾ cup yellow onion, chopped finely	

Stir cornmeal flour, sugar, baking powder, and salt together in a large bowl. In a separate bowl, beat eggs and add milk and 2 tablespoons oil. Stir into flour mixture. Add onion. In a cast iron skillet, heat ¼ cup Wesson oil over a medium-high heat. Drop rounded tablespoons of mixture into oil and fry until browned, about 2 minutes. Turn and fry other side about 1 minute. Serve with Aunt Dorothy's Fried Speckled Trout.

Makes 10-12 servings



Breads

Opelousas Banana Nut Bread

Opelousas is the third oldest city in Louisiana. It was largely populated by French Creoles and Arcadians and is known as the center of Zydeco music.

- | | |
|---------------------------------------|-----------------------|
| 3 medium ripe bananas | |
| ½ cup Land O'Lakes butter | 1 cup sugar |
| 2 cups plain Gold Medal flour | ½ teaspoon salt |
| 2 teaspoon Calumet baking powder | ½ cup chopped pecans |
| ½ teaspoon Arm and Hammer baking soda | 2 eggs, beaten |
| 1/3 cup buttermilk | Butter for baking pan |

Preheat oven to 350-degrees. Cream butter and sugar by beating with electric mixer. Sift together flour, salt, baking powder, and baking soda in a bowl and then add to creamed mixture. Beat with electric mixer as you add all remaining ingredients and mix. Pour into a buttered loaf pan and bake about 45-55 minutes. Serve with warm butter.

Makes about 10 medium slices

Making Biscuits

Sift all dry ingredients together into a large mixing bowl. Place paddle or pastry knife attachment on your mixer to cut shortening into dry ingredients. You may cut by hand using a pastry blender or by using your fingers, if you prefer. Mix until it looks similar to coarse cornmeal. Mix liquid ingredients together. You can prepare your biscuit batter ahead of time. Mix liquid into the dry ingredients until a soft dough is formed. Be careful not to over-mix. Knead dough on a flat surface by lightly pressing it out and folding it in half, making 2 parts. Repeating this process several times. Be careful not to over-knead, which toughens the dough and takes the lightness out of your biscuits. Dough should be soft and a little bit elastic, not sticky.

Supreme's French Toast



- | | |
|-----------------------------------|--|
| 1 loaf white Pullman bread | 1 cup milk, cream, or sour cream |
| 1 tablespoon confectioner's sugar | 1 tablespoon vanilla, cinnamon, and nutmeg |
| Butter | to taste |
| | 2 medium eggs |

Combine eggs and milk (cream or sour cream). Mix well. Soak bread slices in batter long enough for batter to penetrate. (Do not just dip the bread in the batter.) Fry in a lightly buttered cast iron skillet on medium-low heat for 1-3 minutes on each side, until golden brown. Dust with powdered confectioner's sugar and serve with butter, pure maple syrup, fruit, or Aunt Marylue's Fig Preserves.

Makes 8-10 servings



Breads

Mama Nannie's Buttermilk Biscuits

- | | |
|---|------------------------|
| 5 cups Aunt Jemima self-rising flour | ½ cup cold Crisco lard |
| ¾ tablespoon salt | 1½ cups buttermilk |
| 3 tablespoons Kerry Gold butter | |
| ½ cup melted butter (to brush on top of biscuits) | |

Preheat oven to 500-degrees. Sift flour, baking powder, and salt in a large bowl. Add lard and cut in with pastry cutter, then blend together with clean hands. Add buttermilk and stir until dough is mixed but not too sticky. Flour your surface and knead dough about 10 times. Roll dough with a floured rolling pin until dough is about 12-inches round. Cut out biscuits with a biscuit cutter dipped in flour. Bake on un-greased baking sheet about 6 minutes. Rotate biscuits and bake another 12-15 minutes until golden brown. Brush tops with melted butter. Serve warm with Aunt Marylue's Blackberry Jam, and Sunrise Sausage and Grits.

Makes about 24 biscuits



Pig's Hoskie Biscuits and Molasses

- | | |
|--------------------------------------|----------------------------|
| 3 cups Aunt Jemima self-rising flour | ¾ cup Crisco lard |
| 1 cup distilled water or as needed | Pinch of salt |
| 1 (16 ounce) jar Grandma's molasses | Butter (for cooking sheet) |

Preheat oven to 400-degrees. Place 2½ cups of flour in a bowl. Cut the lard into the flour using a pastry cutter until it becomes crumbly. Stir in distilled water gradually until all the distilled water is used, making sure the dough is not soggy. Add pinch of salt. Knead the dough with hands until it is completely mixed, about 2-3 minutes. Use the remaining ½ cup flour to dust the cutting surface. Form dough into a ball and divide it in half. Place each half on the floured surface and roll out; using a cookie cutter, cut out biscuits. Place biscuits on a lightly buttered cooking sheet, placing the biscuits close together, and bake for 15 minutes until browned. Serve hot with Grandma's molasses for sopping the biscuits.

Makes about 15 biscuits



Breads



Camille French Bread Rolls

3 cups warm distilled water (110-degrees) 1/8 cup active dry yeast
 1/2 cup white sugar 1/2 tablespoon, plus 1 teaspoon of salt
 8 cups Pillsbury bread flour 1/2 cup Wesson vegetable oil
 1/8 cup butter to grease baking sheet

In a large bowl, stir together warm distilled water, yeast, and sugar. Let stand until creamy (about 10 minutes). To the yeast mixture, add oil, salt, and 2 cups of flour. Stir remaining flour in 1/8-cup at a time until dough pulls away from the side of the bowl. Turn dough out onto a lightly floured surface and knead until smooth and elastic (about 8 minutes). Lightly oil a large bowl; place the dough in the bowl and turn to coat. Cover with damp cloth and let rise in a warm place until dough doubles in size (about 1 hour). Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into 16 equal portions and form round balls. Place each on a lightly greased baking sheet at least 12-inches apart. Cover the rolls with a damp cloth and let rise until they double the size (about 40 minutes). Meanwhile, preheat the oven to 400-degrees. Bake rolls 18-20 minutes until good and brown. If you like your bread crustier, spray with cold water with fine mist from a spray bottle a couple of times during baking. Use bread to make a tasty Po-Boy Sandwich.

Makes 16 rolls



Aunt Marylue's Cornbread

2 cups Quaker yellow cornmeal 1 1/2 cups Gold Medal plain flour
 3/4 cup sugar 1 1/4 teaspoon salt
 2 tablespoons Calumet baking powder 1/2 cup Wesson vegetable oil
 1/2 cup Land O'Lakes butter 4 eggs
 2 1/2 cups whole milk (Use enough to blend mixture without making it too watery.)

In a brown bag, combine cornmeal, flour, sugar, baking powder, and salt. Set aside. In a bowl, beat eggs, milk, oil, and butter until consistent. Add cornmeal and flour mixture to bowl until it is completely combined. Pour into a greased 9-inch loaf pan. Bake at 350-degrees about 25-30 minutes or until lightly brown or when a toothpick inserted in center comes out clean. Good served with hot, fried fish and Beau River Smothered Cabbage.

Makes 8 servings



Breads

Mandeville Tasty Cornmeal Biscuits

1 tablespoon, plus 1/2 cup, Land O'Lakes butter 3 large eggs, beaten
 1 cup cooked Italian sausage, crumbled 3/4 cup grated sharp cheddar cheese
 1/2 teaspoon salt 1/2 teaspoon ground black pepper
 3 cups Pillsbury self-rising flour 1/4 cup yellow cornmeal
 1 1/4 cup PET evaporated milk 1 cup distilled water
 1 (3 ounce) package of Philadelphia cream cheese, softened

Preheat oven to 450-degrees. Lightly grease 24-muffin pans. In a cast iron skillet, melt a tablespoon of butter over medium heat. Add beaten eggs and cook, stirring until firm. Remove pan from heat and add cream cheese, cheddar cheese, salt, and pepper, stirring until mixture is combined and cheese is melted. Set aside for later. In a bowl, combine flour and cornmeal. Cut 1/2 cup of butter into mixture with a pastry cutter until mixture is crumbly. Add the egg and cheese mixture to bowl. Add milk, gradually, stirring until ingredients are moistened. Spoon about 2 tablespoons of cornmeal mixture into each muffin cup, pressing dough into bottom, about one-third of the way up sides of each cup. Spoon crumbled sausage evenly over biscuits and top with remaining biscuit batter, pressing edge to seal. Bake about 15 minutes or until lightly browned. Brush with melted butter. Let cool about 5 minutes, and serve warm with a cup of hot cocoa.

Makes about 24 biscuits

Covington Honey Glazed Cake

1-1/8 cup yellow cornmeal 1-1/8 cup Land O'Lakes butter, softened
 1 cup sugar 4 eggs
 1/4 cup sour cream 1 teaspoon pure vanilla extract
 1/2 cup Gold Medal all-purpose flour 1 1/2 teaspoon Calumet baking powder
 1/4 teaspoon salt

Preheat oven to 350-degrees. Lightly grease a 9-inch baking pan. In a bowl, combine butter and sugar. Beat at medium speed with an electric mixer until creamy. Add eggs, one at a time, beating well. Beat in sour cream and vanilla. In a separate bowl, combine 1 cup cornmeal, flour, baking powder, and salt. Gradually add butter to mixture, beating until all ingredients are mixed together. Pour into baking pan and bake for 30 minutes or until a toothpick inserted into the center comes out clean. Serve with Aunt Marylue's Honey Glaze.

Aunt Marylue's Honey Glaze



1 cup confectioner's sugar 2 tablespoons honey
 2 tablespoons milk

Combine all ingredients and stir until smooth. Serve glaze over the cake.



Breakfast

In most Creole/Cajun homes, fruit is usually served raw with breakfast.

In the New Orleans tradition, a selection of coffee with chicory, Café Noir, Café-au-lait, and even hot cocoa is served.

Note: *One lemon or orange makes ¼ cup of juice.*



Breakfast



Pilottown Cheese Eggs

Settled in 1699, “LaBalize” (or “Pilottown” as it is now known) is one of the oldest French settlements within the boundaries of Louisiana. The active Delta (known as the Birdfoot Delta because it is shaped like the “toes” of a bird’s foot) has historically been occupied by river pilots, fishermen, and their families. The pilots were crucial to ships navigating through the Birdfoot to enter the port of New Orleans. The closest community is Venice, about 10 miles north near Head of Passes where the levees end. Located at the mouth of the Mississippi, Pilottown has been devastated by Hurricane Katrina and now the recent BP oil spill. It is accessible only by boat.



Big Foot Delta

- 4 large fresh eggs
- ½ teaspoon salt
- 1 tablespoon distilled water
- ¼ cup shredded American cheese

- 1 teaspoon fresh ground black pepper
- 1 tablespoon PET evaporated milk
- ½ cup shredded cheddar cheese
- 1 tablespoon Kerry Gold butter

In a cast iron skillet, place butter and let it melt over low heat. Place eggs, milk, water, salt, and pepper in a small bowl and beat together with a fork. Add cheese to mixture and stir. Pour mixture into hot buttered skillet and cook, stirring constantly, until cheese melts. Fold mixture over and place on two warm plates. Enjoy with fresh baked bread and marmalade, or Biscuits.

Makes 2 servings



Oil rig in the Gulf of Mexico



Breakfast

Aunt Teen's Cheese Grits

1 cup Quaker quick grits
¾ pound Velveeta sharp cheddar

1 stick Land O'Lakes butter
½ cup distilled water

Heat water in a medium saucepan until it boils. Pour in quick grits and cook while stirring for about 3-5 minutes. After grits are done, mix in cheese and stir. Add butter. Serve with Aunt Teen's Scrambled Eggs.

Makes 8 servings



Aunt Teen's Scrambled Eggs

6 eggs
6-8 tablespoons PET evaporated milk

2 tablespoons butter
Salt and pepper to taste

Heat a cast-iron frying pan and add butter to the pan. Keep butter on low enough heat that it does not burn. If butter burns, it will make the eggs brownish when cooked. Break eggs into bowl. Beat eggs, adding evaporated milk, salt, and pepper while beating. Over medium heat, pour eggs into frying pan with butter and stir, about 1-2 minutes or until the eggs are fluffy. Remove from heat and serve.

Makes 2-4 servings

Armstrong's Three-Cheese Egg Soufflé

7 eggs
28 ounces shredded cheddar cheese
1 pound cottage cheese
1 teaspoon Calumet baking powder

1 cup PET evaporated milk
4 ounces cream cheese
½ cup Pillsbury plain flour
1 tablespoon Land O'Lakes butter

Coat a 3-quart baking pan with butter. Preheat oven to 350-degrees. Beat eggs and milk together. In a separate pan, melt cheeses and then add to egg mixture. Mix in flour and baking powder. Pour in baking dish and bake about 30-40 minutes or until knife inserted in center comes out clean. Serve with Grandma Delia's Buttermilk Biscuits.

Makes 8-10 servings



Breakfast

Braithwaite Cinnamon Bread

½ cup melted Land O'Lakes butter
½ cup plus 1 tablespoon sugar
2 cups buttermilk
4 cups Gold Medal plain flour
1/8 teaspoon salt

2 cups sugar
2 medium eggs, beaten (at room temperature)
2 teaspoons baking soda
2 tablespoon ground cinnamon
Butter for greasing loaf pans

Preheat oven to 350-degrees. Grease two loaf pans with butter. Mix melted butter, 2 cups of sugar, eggs, buttermilk, baking soda, and flour in a large bowl. Mix ½ cup plus 1 tablespoon sugar, cinnamon, and salt in another bowl. Pour one-fourth of the flour butter mixture into each loaf pan. Sprinkle one-quarter of sugar and cinnamon mixture on top of batter in each pan. Pour remaining batter into each pan equally. Alternate sprinkling remaining sugar/cinnamon mixture equally on top of each loaf. Bake 1 hour or until toothpick inserted in center comes out clean. Serve hot with butter as an afternoon snack.

Makes 2 loaves

Barataria Sourdough Pancakes or Waffles

Make Ahead Starter Mix:

3½ cups Gold Medal plain flour
1 package Fleishman's dry yeast
2 cups warm distilled water



Mix flour and yeast in container. Gradually beat in water to smooth out. Cover loosely and let stand in warm, dry place 2-3 days until dough rises above rim of bowl. Place in container with tight fitting lid. Refrigerate until ready to use.

For pancakes or waffles:

2 cups of the Starter Mix
1 medium egg
½ teaspoon salt
3-4 tablespoons warm distilled water

2 tablespoons of sugar
4 tablespoons Wesson oil
1 teaspoon baking powder

Add egg, oil, sugar, and salt to the Starter Mix. Mix well. Dilute baking powder into 3-4 table-
spoons of warm water and stir. Add to batter. Stir. Do not beat dough. Batter may double in size. Use as waffle or pancake mix. Great with real, warm maple syrup.



Breakfast



Independence Grilled Ham

6 cooked ham slices, each ¼-inch thick
Wesson vegetable oil

Coat heavy skillet with small amount of oil. Place ham in the skillet. Turn heat to low. Cook ham, turning until brown on both sides about a minute per side. Serve with grits and scrambled eggs.

Makes 6 servings



Perez Broiled Grapefruit

2 grapefruits cut in half
½ teaspoon brown sugar

Slice grapefruit with a sharp knife. Sprinkle brown sugar on each half. Place under broiler until sugar starts to melt (1-2 minutes). Ready to serve.

Makes 4 servings



Breakfast

Barthelemy Hawaiian Pancakes

½ stick Kerry Gold soft butter
1 cup Gold Medal plain flour
¼ teaspoon salt
2/3 teaspoon pure vanilla
1 tablespoon confectioner's sugar

1 cup milk (room temperature)
4 eggs
½ teaspoon ground cinnamon
1 teaspoon of fresh squeezed lemon juice
Warmed coconut syrup

Preheat oven to 400-degrees. Mix eggs with electric mixer until light yellow. Add butter, milk, flour, salt, cinnamon, and vanilla in a large bowl. Bake batter about 20 minutes in greased baking pan. Mix lemon juice, confectioner's sugar, and warm coconut syrup, and brush on top of pancake after baking. Cut and serve. Serve with Shreveport Cajun Bacon.

Makes 4 servings

Shreveport-Cajun Bacon

1 pound Hormel thick sliced bacon
½ cup light brown sugar
1 tablespoon Zatarain's Creole mustard

Preheat oven to 350-degrees. Mix sugar and mustard. Place bacon on baking sheet and bake about 10 minutes. Spread half of the sugar and mustard mixture onto bacon and cook until crisp, about 2 minutes. Pour off fat and pour other half of mixture over bacon and bake another 8-10 minutes until golden brown. Remove and serve with Hawaiian Pancakes.

Makes 4-6 servings



Bacon Tip

Don't want your bacon to curl when cooking? Before placing bacon in the pan or microwave to cook, poke holes in the bacon with a skewer or a toothpick. This will help the fat to drain through the holes. The bacon won't curl, and your sandwich (such as a BLT) will be flat enough to place your bread on top of each layer of sandwich!



Breakfast

Willa's Salmon and Bacon with Grits

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|-------------------------|----------------------------------|
| 3 cups distilled water | ¾ cup Quaker quick-cooking grits |
| 8 slices bacon | 1 cup chopped onion |
| 1 (15 ounce) can salmon | |

Bring water to a boil in a 1¼ quart saucepan over high heat. Slowly stir the grits into the boiling water. Reduce the heat to medium-low and simmer for 3-5 minutes, stirring occasionally, until thickened. Set aside. In a large skillet, cook bacon over medium-high heat until browned. Remove from pan and crumble bacon. Discard all but 2 tablespoons of the grease. Add the chopped onion to the skillet and cook on low heat, stirring, until softened (about 4 minutes). Place salmon in a separate bowl. Break up salmon and add to the skillet (include the salmon liquid) and cook, stirring up the browned bits from the bottom of the skillet and until most of the water evaporates, about 5 minutes more. Serve over grits.

Makes 4 servings

Note: *Willa is being honored with this recipe. She passed away while the book was being written. She was a long-time and dear friend to W. Je'an and she is sadly missed.*

Ragas Pumpkin Flapjacks

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|--------------------------------------|-----------------------------------|
| 1¼ cups Gold Medal all-purpose flour | 2 tablespoons sugar |
| 2 teaspoons Calumet baking powder | ½ teaspoon cinnamon |
| ½ teaspoon ground mace | ½ teaspoon salt |
| 1/8 teaspoon nutmeg | 1 cup milk |
| 6 tablespoons canned pumpkin | ¼ cup Land O'Lakes butter, melted |
| 1 egg | |

Mix together flour, sugar, baking powder, cinnamon, mace, salt, and nutmeg. In a separate bowl, mix together milk, pumpkin, 1/8 cup butter, and egg. Mix into dry mixture. Melt butter in a skillet over medium heat. Pour in one cooking spoon of batter for each flapjack. Cook flapjacks about 1-2 minutes per side on medium heat. Serve with butter and real maple syrup.

Makes 8-10 pancakes

Note: *When flapjack is ready to be turned, it will have bubbles in the center.*



Breakfast



Empire Salmon Cakes

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|-------------------------|--|
| 1 (15 ounce) can salmon | 8 slices bacon |
| 1 cup chopped red onion | 1/8 cup red bell pepper (chopped fine) |

Cook bacon over medium heat until crisp. Place grease from bacon in separate container; keep about 1 tablespoon of bacon grease in pan. Crumble bacon into saucepan. Add onion and red bell pepper. Cook stirring until onions and peppers are soft, about 3 minutes. Use juice of salmon and break salmon up in skillet with mixture. Cook, stirring the bacon bits in with mixture until liquid is dissolved. Remove from pan and make into patties. Fry patties on each side until brown over medium heat about 2 minutes per side. Serve with grits or fried potatoes.

Makes 4 servings

Deer Range Maple-Bacon Pancakes

Deer Range, Louisiana, is Uncle Jasper's birthplace.

- | | |
|---|-------------------------------------|
| 12 slices bacon | 2 cups Pillsbury plain flour |
| 2 teaspoons Calumet baking powder | ½ teaspoon Arm & Hammer baking soda |
| ½ teaspoon salt | 2 cups buttermilk |
| ½ cup pure maple syrup (+ more for serving) | 2 large eggs, lightly beaten |
| 6 tablespoons soft unsalted Land O'Lakes butter | |

Cook bacon in two batches in a large skillet over medium-low heat, turning occasionally, until crisp (6-7 minutes). Drain bacon on paper towel; break into ¾ to 1 inch pieces. Reserve drippings and wipe out skillet. Mix together flour, baking powder, baking soda, and salt in a medium bowl. Mix buttermilk, ½ cup syrup, eggs, and butter in a separate bowl. Add to flour mixture and mix it into batter. Batter will have lumps. Heat 1 teaspoon of drippings in skillet over medium-low heat. For each pancake, arrange some of the bacon pieces in a circle in skillet. Slowly pour 1/3 cup batter over bacon, starting in center and moving outward in a swirling motion to prevent bacon from shifting. Cook until small bubbles form on surface of each pancake. Flip and cook until golden brown. Serve with Aunt Marylue's Apple Chutney.

Makes 6 servings



Breakfast



Aunt Me-Me's Shrimp Biscuit

Make biscuits from Grandma Delia's Buttermilk Biscuit recipe.

½ pound medium shrimp, peeled & de-veined
1 small onion, chopped fine
Pinch of sugar
Black pepper to taste

½ stick salted Land O'Lakes butter
¼ - ½ cup distilled water
Salt to taste

Heat butter in a cast iron skillet over low-medium heat until bubbles foams. Add onion to butter, black pepper, and a small amount of salt (butter is salted). Stir until onions are soft. Add small amount of distilled water and continue stirring. Add sugar and shrimp. Cook about 2-3 minutes until mixture is consistent (not soupy) and shrimp are pink. Serve on Grandma Delia's Buttermilk Biscuits or serve shrimp over hot grits.

Makes 4 servings



Riddick Bacon and Cheddar Cheese Grits

¼ pound slab bacon, diced
2 cups distilled water
2 cups grated extra sharp cheddar cheese

½ cup whole milk
1 cup stone ground grits
Salt and pepper to taste

Place bacon in dry skillet. Cook on both sides over medium-high heat until barely crisp (about 4 minutes). Transfer bacon to a paper towel-lined plate. Reserve 1 tablespoon of bacon fat. Combine milk and water in a medium saucepan. Cover and cook over medium-high heat until boiling (about 3 minutes). Uncover; add grits and ¼ teaspoon salt. Reduce heat to medium. Cook, stirring constantly until thickens (about 8 minutes). Reduce heat to low. Simmer, stirring constantly until thick (about 10 minutes). Pre-heat broiler. Then continue cooking grits, stirring constantly until creamy and soft (about 10 minutes more). Remove from heat. Stir in ½ teaspoon pepper, reserve bacon fat, and bacon. Add 1½ cups cheese, and stir. Transfer to pre-heated baking dish or warm cast iron skillet and break up remaining ½ cup cheddar cheese on top. Broil until cheese is brown (about 2-3 minutes).

Makes 4 servings



“Delightful”



Breakfast



Natchez Pancakes

- 2 cups Gold Medal all-purpose flour
- 2 tablespoons Calumet baking powder
- ½ stick Land O'Lakes butter, melted
- 1 quart milk (or buttermilk, depending on your preference)
- 1/4 cup butter to grease griddle
- ½ cup sugar
- 4 eggs, beaten

Sift dry ingredients together. Mix together liquid ingredients and add to dry ingredients. Mix just until dry ingredients are moistened. Be careful not to over-mix. Measure ¼ cup portions and ladle onto a greased, preheated griddle. Cook until the tops bubble and begin to appear dry, and bottoms are golden brown. Turn and lightly brown the other side. Serve warm with blueberry syrup or toppings of your choice.

Makes 8 servings



Crescent City Waffles

- 2 cups Gold Medal all-purpose flour
- 2 tablespoons Calumet baking powder
- 1½ pint milk
- 6 egg whites
- 1 teaspoon salt
- 6 egg yolks, beaten in separate bowl
- 1 stick Land O'Lakes butter, melted
- 2 cups sugar

Sift dry ingredients together. Mix milk, 6 egg yolks, and the melted butter in a separate bowl. Add liquid ingredients to dry and mix just until dry ingredients are moistened. Be careful not to over-mix. Beat egg whites with an electric mixer until they form soft peaks. Add sugar and beat until stiff peaks form again. Fold egg white mixture into batter. Pour batter onto a lightly greased, preheated waffle iron, just enough to almost cover the surface with a thin layer and close iron. Cook waffles until signal light indicated doneness, or until no steam is emitted. Remove and serve with topping of your choice.

Makes 8-10 waffles



Breakfast

Sunrise Eggs, Sausage and Grits

- 1 cup Quaker quick grits
- 1 onion, chopped
- 2 cups grated cheddar cheese
- 4 cups of distilled water
- 1 pound ground Italian hot sausage
- 2 large eggs, beaten
- 1 stick Land O'Lakes butter

Preheat oven to 325-degrees. Cook grits in saucepan on top of stove in 4 cups of boiling salted water, until thick. Sauté sausage in cast iron frying pan, then drain sausage on a paper towel. Break sausage into small pieces. Place sausage in a separate bowl. Sauté onion in sausage fat until soft; drain. Add onion to sausage. Add butter, eggs, and cheese to grits. Combine grits mixture with sausage mixture. Pour into a 13x9-inch casserole dish and garnish with additional sprinkling of cheese. Bake for 1 hour.

Makes 4 servings



Breakfast

Harvey Cheese Grits

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|---------------------------------|----------------------------------|
| 1 cup Quaker quick grits | 1/2 stick of Land O'Lakes butter |
| 4 ounces Velveeta sharp cheddar | 2 cups cup distilled water |
| 1 cup whole milk | |

On medium heat in saucepan add water and milk. Bring saucepan to a boil. Pour in grits and cook while stirring for about 20 minutes. After grits are done, mix in cheese and stir until melted. Add butter. Serve with Harvey Scrambled Eggs.

Makes 4 servings



Harvey Scrambled Eggs

- | | |
|-------------------------------------|--------------------------|
| 6 eggs | 2 tablespoon butter |
| 6-8 tablespoons PET evaporated milk | Salt and pepper to taste |

Heat a cast iron frying pan and add butter to the pan. Break eggs into bowl. Beat eggs, adding evaporated milk, salt, and pepper while beating. Over medium heat, pour eggs into frying pan and stir, about 1-2 minutes or until the eggs are the proper consistency. Remove from heat and serve.

Makes 4- 6 servings



Breakfast

Stack's Microwave Cranberry Apples

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|---------------------------------|---------------------------------|
| 4 large Gala or Fuji apples | 4 teaspoons Land O'Lakes butter |
| 4 tablespoons dried cranberries | 4 teaspoon sugar |
| 1/4 teaspoon pumpkin pie spice | 1/4 cup chopped pecans |

Core apples. Peel apples one-third of the way down from stem. Place them in a 8-inch x 8-inch glass baking dish or 9-inch glass pie plate. Scoop 1 teaspoon butter, 1 tablespoon cranberries, and 1 teaspoon water into each apple. In a separate bowl, combine sugar and pumpkin pie spice, and sprinkle over apples. Cover with waxed paper and cook in microwave on medium-high (70 percent) for 10-12 minutes, until apples are tender. Remove from microwave, remove waxed paper, and let apples stand five minutes. Sprinkle tops with pecans.

Makes 4 servings



Coonie Boy's Apple Muffins

- | | |
|---|---|
| 2 cups Quaker quick-cooking oats (uncooked) | 1 1/4 cups Gold Medal all-purpose flour |
| 1/2 cup packed brown sugar | 2 teaspoons Calumet baking powder |
| 3/4 teaspoon Arm and Hammer baking soda | 3/4 teaspoon salt |
| 1/2 teaspoon ground cinnamon | 1 cup buttermilk |
| 2 tablespoons Wesson vegetable oil | 1 large egg, slightly beaten |
| 1 cup Granny Smith apples, shredded | 1/2 cup walnuts, chopped |

Preheat oven to 400-degrees. Shred apples. Grease 12 muffin pan cups. In a large bowl, combine oats, flour, brown sugar, baking soda, baking powder, salt, and cinnamon. In a separate bowl, beat buttermilk, egg, and oil with whisker until blended. Add shredded apples to buttermilk mixture and stir. Add to flour mixture and stir just until batter is moist (batter will be thick and lumpy). Add chopped walnuts and stir slightly. Spoon batter into muffin cups. Bake 20-25 minutes or until a toothpick inserted into a muffin comes out clean. Remove muffins immediately from pan. Cool on wire rack, or serve immediately.

Makes 12 muffins



Separating yolk from egg white: To separate fresh eggs without breaking the yolk, place a small funnel inside of a cup. Gently crack the egg and let the contents flow into the funnel. The yolk will remain in the funnel while the white flows into the cup. This always worked for Aunt Marylue when cooking eggs. Enjoy the perfect egg omelet!

To test the eggs for freshness: Place eggs in a bowl of cold water; if it floats, then the egg is not good!

To make a **fluffy omelet**, cook the omelet about three-quarters of the way done. Cover the pan, remove from heat, and let it sit about 30 seconds more. This traps the heat and completes the cooking process without over-cooking.

To make the perfect **hard boiled eggs**, place eggs in a pan and cover with cold water. Add a little salt to the water (this speeds the cooking process). Bring water to a boil. Reduce heat and simmer for 10 minutes. To make hard-boiled eggs easier to shell, add a tablespoon of white vinegar to every 4 quarts of water used before bringing water to a boil. Follow these same instructions, limiting the cooking time for **soft cooked eggs** to 1 minute, and **medium-cooked eggs** to 3-5 minutes.



To make **poached eggs**, use fresh Grade AA eggs. If the eggs are not very fresh, add 1 teaspoon salt and 2 teaspoons distilled vinegar per quart of water. The vinegar helps coagulate the egg white faster so that it keeps a better shape. Bring water to a simmer. Break eggs, one at a time, into a dish or small plate and slide the eggs in against the edge of the pan. Simmer 3-5 minutes, until whites are coagulated and yolks are still soft. Remove eggs from the water with a slotted spoon.. To serve immediately, drain very well.

Fried eggs are popular for breakfast. Choice of cooking is a matter of taste and budget. Butter has the best flavor, but margarine or oil may be used. Eggs may be fried in small, individual sauté pans (omelet pans) or on a griddle. Select very fresh Grade AA eggs. Add 2 teaspoons butter (or oil) to the sauté pan and set it over moderate heat, or preheat the griddle to 325-degrees and ladle on a small amount of butter or fat. Break the eggs into a dish to reduce the chance of breaking the yolks. When the butter is hot enough that a drop of water sizzles when dropped on it, slide the eggs into the pan (or on griddle). Reduce heat to low (if using sauté pan) and cook the eggs:



Sunny side up: Cook slowly in butter or the fat of your choice without flipping until white is completely set and yolk is still soft and yellow. Heat must be kept low.

Over easy: Fry and flip over. Cook until the white is just set and the yolk is still liquid.

Over medium: Fry and flip over. Cook until the yolk is partially set.

Over hard: Fry and flip over. Cook until the yolk is completely set.

Shirred eggs are similar to fried eggs, but they are baked in individual serving dishes instead of fried. Butter individual portion casseroles or baking dishes. Break egg into dish. Cook over moderate heat until the eggs begin to coagulate on the bottom about 1 minute. Place in a pre-heated 350-degree oven and cook to desired doneness up to 3 minutes. Serve in the same dish.

For variation, **shirred eggs** may be cooked with any of the following:

Ham or **Canadian bacon**. Use thin slice, lightly browned.

Bacon cooked crisp, 3 or 4 half strips.

Corned beef hash, beef hash, or ham hash.

Cheeses such as cheddar, Swiss, or Gruyere, grated.

Add these ingredients to the buttered dish before adding the egg.

For the best **scrambled eggs**, break eggs into a stainless steel bowl and beat until well blended. (Do not use an aluminum bowl, which may discolor the eggs). Add about 1-1½ tablespoons of milk or cream (optional) for 2 eggs. Be careful though, as too much liquid can make the eggs watery and dilute the flavor. Heat butter in a small sauté pan (for individual portions) or in a large skillet. When fat is just hot enough that a drop of water sizzles, pour in eggs. Cook over low heat, stirring gently. (Too much stirring could cause the eggs to break up into very small pieces). Do not let the eggs turn brown from the fat being too hot; keep the heat low. When eggs are set but still soft and moist, remove from heat and turn out onto a plate.

Flavor variations may be created by adding any of the following ingredients to scrambled eggs before serving:

- | | |
|-------------------------------------|--|
| chopped parsley and/or other herbs | grated cheese (cheddar, Swiss, Parmesan) |
| diced ham | crumbled bacon |
| sautéed diced onion & green peppers | diced smoked salmon |
| sliced cooked breakfast sausage | |



French omelets are an easy, elegant breakfast option. Two elements are necessary for making these omelets: high heat and an omelet pan. The pan must have sloping sides and be the right size so that the omelet can be shaped properly. Plus it must be well-seasoned to avoid sticking. The objective, when seasoning an omelet pan, is to seal the surface of the metal pan with a layer of baked-on oil. Rub the clean pan with a thin film of vegetable oil. Set the pan over moderately high heat until it is very hot. Remove from the heat and let cool. Do not scour or wash the pan with detergent after use. Rub it with salt, which will scour the pan without harming the primed surface. Rinse only after the pan has cooled, or wipe pan out with a clean towel. Re-season as often as necessary, or after each day's use.



To prepare a **French omelet**, first beat 2 or 3 eggs in a small bowl until well mixed. Do not whip until frothy. Season mixture with salt and pepper. To make the omelet lighter, add 1 tablespoon of distilled water. Place the seasoned omelet pan over high heat. When the pan is hot, add 1 tablespoon clarified butter and swirl it around to coat the pan. When the pan is very hot, add the eggs. They should begin to coagulate around the edges and on the bottom in a few seconds. With one hand, vigorously shake the pan back and forth. At the same time, stir the eggs with a circular motion with the bottom side of a fork, being careful not to let the fork scrape the surface of the pan. When the eggs are almost set but still very moist, stop shaking the pan. Tilt the handle of the pan up so that the omelet slides to the opposite side of the pan and begins to slide up the opposite slope. For a filled omelet, spoon the filling across the center of the egg. With a fork, fold the sides of the omelet over the center. The omelet should now be resting in the side of the pan and have a half-oval shape. Tilt the omelet out onto a plate so that it turns upside down and keeps its shape. The whole procedure should take less than a minute. The finished omelet should be moist on the inside, tender on the outside, and yellow or only slightly browned.

Some suggested omelet fillings include:

- | | |
|-----------------------------|--|
| cheese | sautéed onions and diced potatoes or green peppers |
| chicken | sautéed onions with or without bacon |
| creamed or buttered spinach | sautéed mushrooms, creamed or curried |



Recipes



Dugar Hard Boiled Eggs

- 6 eggs
- 2 tablespoons white vinegar

- 4 quarts distilled water
- 1/2 teaspoon salt

Place eggs in 4 quarts of cold distilled water with salt added to speed the cooking process. Add two tablespoons white vinegar. Bring to a boil (about 15 minutes). Immediately drain and immerse eggs in cold water.



St. Tammany Deviled Eggs

- 12 eggs
- 2 teaspoons apple cider vinegar
- 1/4 teaspoon black pepper

- 3/4 cup Blue Plate mayonnaise
- 1 1/2 teaspoons Zatarain's Creole mustard
- Paprika (for garnish)

Boil eggs (see directions above). Let eggs cool about 15 minutes. Once cooled, peel eggs, and cut in half lengthwise. Place yolks from all 12 eggs in a small bowl. Add mayonnaise, black pepper, vinegar, and mustard. Mix thoroughly until yolks are smooth. Fill the 1/2 egg whites with yolk mixture. Sprinkle paprika on top for garnish. Serve on a fancy plate if you're entertaining.

Makes 6-10 servings



Gauthier Scrambled Eggs

9 eggs
2 teaspoons Kerry Gold butter
1/8 teaspoon black pepper
4 tablespoons PET evaporated milk
1/2 teaspoon salt

Place eggs in large glass Mason jar that has a tight-fitting lid. Add salt, pepper, and milk. Shake very well. Pour eggs into a buttered cast iron skillet, stirring until done.

Serve with bacon or sausage and cinnamon toast.

Makes 6-8 servings



All about Cheese

The major components in cheeses are water, salt, fat, and protein. The water content of cheeses can range from 30-80%; this determines the cheese's individual softness or hardness.

The fat content generally refers to the percentage of solids in the cheeses.

Types of Cheeses

Double-crème (60% or more fat) and **triple-crème** (75% fat or more, dry weight) are very rich cheeses. Most double- and triple-crème cheeses originated in France, but are widely made in other countries to keep up with their popularity.

Cheese can be classified according to their particular ripening agent, and by whether the cheese ripens from the inside or the outside:

Ripened from inside: Swiss, cheddar, Gouda, Parmesan, and bleu cheeses including Roquefort and Stilton.

Ripened from outside: Limburger, Liederkranz, Brie, Camembert, and St. Andre.

Unripe: Cottage cheese, cream cheese, baker's cheese.

Soft Ripened Cheeses

Some cheeses ripen from the outside toward the center. They start off firm and cakey with little flavor, but they ripen and slowly become softer and more flavorful.

Brie and Camembert are creamy and flavorful cheeses, covered in crust that ranges in color from straw to white.

Liederkranz is made in the United States. **Limburger**, which is the Belgian version of the same cheese, is ripened in the same way as Liederkranz, using bacteria rather than mold. These cheeses also become softer as they ripen. The aroma becomes stronger as the cheese ripens, and when not over-ripe, it has a pleasant, smooth consistency and can be served as a dessert cheese.

Brie and **Camembert** are other examples of soft ripened cheeses.



All about Cheese

Hard Ripened Cheeses

Cheddar is a popular English cheese that now has many American versions. Cheddar can range in flavor from mild to extra sharp, and in color from light yellow to orange. It is eaten fresh from the block, and can also be used in cooking. **Colby** and **Monterey Jack** are similar to mild cheddars; Monterey Jack is usually sold when it's still quite young, and resembles American Muenster cheese.

Swiss cheese is very popular. The defining holes in Swiss cheese are caused by gases formed during the ripening process. Although Swiss cheese is produced in many countries, it originated in Switzerland. **Emmentaler** is the most flavorful of the Swiss cheeses. It is firm and slightly rubbery with a nutty taste. **Gruyere** is another Swiss cheese made in Switzerland or France. It has smaller holes and a sharper flavor than Emmentaler. Gruyere is widely used in cooking. Both Gruyere and Emmentaler are used for sauces, soufflés, and fondues. **Comte** came from France; **Appenzeller** and **Raclette** came from Switzerland and **Jarlsberg** from Norway, they are all related to Swiss.

Edam and **Gouda** are round Dutch cheeses with yellow and white wax rinds. They are hard in texture, with a mellow, nutty flavor and are often used on appetizer platters and as dessert cheeses.

Provolone is an Italian cheese that is like Mozzarella when it is very young, becoming sharper as it ages. Provolone can be purchased plain or smoked.

Unripe Cheeses

Cottage cheese is a moist, loose-curd cheese that may or may not have cream added. **Baker's cheese** or **Potter's** cheese is similar, but drier. Baker's cheese is used in cheesecakes.

Ricotta cheese is also known as Italian cottage cheese, cream cheese, and Aunt Marylue says it is the same as baker's cheese.

Cream cheese is a smooth, mild cheese that is high in fat. It is popular in sandwiches, canapés, and hors d'oeuvres, as well as in baking.

Neufchatel is similar to cream cheese, but with less fat. An Italian cream cheese called **Mascarpone** is very soft and rich and looks like whipped cream. Its taste is slightly tangy and it goes well with fruit as a dessert.

Feta is a crumbly, curdy cheese from Greece and other Balkan countries. It is pickled in brine, rather than aged or cured like other cheeses. Usually made from goat's milk or sheep's milk, feta has a distinctive flavor.



All about Cheese

Semi Soft Cheeses

The semi-soft cheeses, such as **Fontina** from Italy and **Port Salut** from France along with **American Muenster** and **brick cheeses** are widely enjoyed for hors d'oeuvres and dessert cheeses.

Hard Grating Cheeses

Italian Parmesan and other hard grating cheeses are called **Grana**. The most desirable Grana is **Parmigiano-Reggiano**. It is true Parmesan that is aged at least two years. **Romano** is usually made with cow's milk.

Whenever possible, it is best to grate the cheese yourself just before serving. Pre-grated cheese is not as favorable as freshly grated cheese.

Bleu-Veined Cheeses

Cheese like **Roquefort**, **Gorgonzola**, and **Stilton** are aged with mold, which gives them their blue appearance. Roquefort, from France, is made from sheep's milk. Stilton is made in England and Gorgonzola is a product of Italy.

Goat Cheeses

Goat cheeses are made from – you guessed it! – goat milk. They are produced in many varieties in France, where it is called **Chevre**. It is popular and also produced in the United States.

Cooking with Cheese

When used in cooking, three varieties of cheese are most often included in American recipes:

1. **Cheddar** is an American favorite! It can be used in sauces, casseroles, and as a topping.
2. **Swiss-type cheeses** are often used in European style recipes and Gruyere in particular is used in fondues, quiches, and soufflés.
3. **Parmesan cheese** is essential for grated toppings and excellent for flavoring and seasoning. Used as a topping on spaghetti.

Mozzarella and **Ricotta** are also excellent cheeses to use in pizza, pasta salad, and sandwich recipes.

All about Dairy



Fresh Milk

Whole milk is fresh milk as it comes from the cow, with nothing removed and nothing added (except Vitamin D). It contains 3½ percent nonfat milk solids, and 88 percent water.

Pasteurized milk has been heated to kill disease-producing bacteria, then cooled. Most milk and cream products have been pasteurized.

Raw milk is milk that has not been pasteurized.

Homogenized milk has been processed so that the cream doesn't separate out. This is done by forcing the milk through very tiny holes, which break the fat into particles so small that they stay distributed in the milk.

Dairy Substitutes

If You Need:

1 cup coffee cream (20%)

1 cup heavy cream (40%)

1 cup whole milk

Use This:

3 tablespoons butter & about 7/8 cup of milk

1/3 cup butter & ¾ cup milk

1 cup reconstituted nonfat dry milk, plus
2½ teaspoon butter or margarine
OR

½ cup evaporated milk & ½ cup distilled water
OR

¼ cup sifted dry whole milk powder, plus
7/8 cup water

All about Dairy

If You Need:

1 cup milk

1 cup buttermilk
or sour milk

1 cup butter

Use This:

3 tablespoons sifted nonfat dry milk powder, plus
1 cup distilled water

OR

6 tablespoons sifted nonfat dry milk crystals, plus
1 cup of distilled water

1 tablespoon vinegar or lemon juice, plus
add enough sweet milk to make 1 cup (let stand
5 minutes)

OR

1¼ teaspoons cream of tartar & 1 cup of
sweet milk

1 cup margarine, ,

OR

7/8 cup lard & ½ teaspoon salt

Classic Creole & Cajun



The Difference between Gumbo and Jambalaya

The Creole Jambalaya or the “Red” got its start in the French Quarter of New Orleans while the “Brown” or Cajun Jambalaya began in South and Southwest Louisiana. The Red has tomatoes in its ingredients while the Brown style does not but is cooked with meat that is browned in a cast-iron dutch oven, giving the food its brown color. The Brown version includes the Holy Trinity (50% onions, 25% celery, and 25% green peppers). Both styles of Jambalaya have rice cooked in the main dish.

On the other hand, Gumbo got its beginning from American Indian, African, French, and American traditions. The American Indians gave it the filé, Africans donated the okra, the French gave Gumbo its base, and the Spaniards provided the Holy Trinity. Another main difference in Jambalayas and Gumbos is that rice is cooked as a part of the main dish in Jambalayas while in Gumbo the rice is cooked separately and served as a bed to the Gumbo.

Note: *Aunt Marylue always used long-grain rice and Creole onions in her Jambalayas and Gumbos.*

Roux and Gumbo Filé Powder

Roux is the brown base for gumbo, soups, stews, and even jambalaya. All gumbos begin with roux. Only three ingredients are needed to make this Creole/Cajun base that gives gumbo its depth of flavor and color – flour, vegetable (cooking) oil, and distilled water.

When making roux, it is very important that you do not burn it. Therefore, you must constantly stir the pot while preparing the roux. It should be cooked slowly, as should many of our Creole/Cajun foods.

For a perfect Roux:

½ - 1 cup vegetable (cooking) oil
1½ cup plain flour
3-4 cups distilled water (as needed)

In a cast-iron skillet, heat the oil. Add the flour in parts to the mixture, stirring constantly with a cooking spoon. Then add distilled water slowly and continue stirring until the roux is a silky texture. After adding enough water, reduce heat and continue stirring. Let roux simmer about a half-hour until ready to add to the gumbo pot.

Classic Creole & Cajun

Gumbo represents a melting pot of cultures. The okra in gumbo originated in Africa. Roux’s origin is French. Many of the other ingredients are local to Louisiana, including the seafood, andouille sausage, and filé. Gumbo would not be complete without garlic and cayenne pepper; they are truly Creole/Cajun staples.

Filé (powder) was originally created by the Choctaw Indians of the Bayou Lacombe Reservation in Mandeville, Louisiana. They dried the leaves of the sassafras tree and then ground them to a fine powder to make filé. Then they took the powdered filé to the French market in New Orleans to sell. The Creole/Cajuns began to use the ground sassafras for gumbo and called it “Gumbo Filé.”

When making gumbo, always add the filé after the gumbo is completely cooked, and it has been removed from the stove. If the filé is added to the gumbo while it’s still cooking, the roux will become stringy.

Jambalaya

No dish other than gumbo says Louisiana better than jambalaya. In Creole/Cajun cooking, both are considered delicacies.

Sometimes called Spanish Paella, jambalaya came to the Louisiana Creoles in the late 1700s. Traditionally it is made with rice, ham, chicken, sausage, pork, shrimp, and oysters. Spices usually include onion, garlic, Creole tomatoes, and black and red pepper. Gonzales, Louisiana is considered the Jambalaya Capital of the World. The annual Jambalaya cook-off is held there.

There is a difference between Cajun and Creole jambalayas.

In Creole jambalaya, Creoles use tomatoes. The tomatoes give the Creole jambalaya a red color.

In Cajun jambalaya, Cajuns always use smoked sausage and not tomatoes. Cajun jambalaya gets its brown color from the smoked sausage.

We have included both Cajun and Creole jambalaya recipes in this book. You can decide if you like one better than the other, or both equally.

Classic Creole & Cajun

Pointe Coupee Creole Jambalaya



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|--|------------------------------------|
| 2 chickens (2½ - 3 pounds each), cut up | Olive oil (as needed) |
| 8 large shrimp, peeled and de-veined | 1 pound lean pork, cut into chunks |
| 8 small clams | 8 mussels |
| 8 ounces distilled water | 1 teaspoon saffron |
| Chicken stock (as needed) | 2 small onions, diced |
| 2 cloves minced garlic | dash cayenne pepper |
| 1 pound red tomatoes, chopped | 1 teaspoon rosemary |
| 1 pound Mahatma long-grain rice | 1 teaspoon salt |
| Black pepper (to taste) | 1 lemon cut in wedges for garnish |
| 1 green bell pepper, diced into large pieces | 2 ounces cooked green peas |
| 4 ounces andouille hot sausage | |

Cut each chicken into eight pieces. In a cast-iron skillet, brown the chicken (with skin on) in olive oil. Remove chicken and set aside. Using additional oil as needed, sauté sausage, pork, shrimp, and then green bell peppers, cayenne, and black pepper altogether. Cook each meat ingredient separately, removing them to separate containers. In a large stock pot, combine the clams and mussels and steam them in distilled water just until they open. Remove and set aside. Strain the liquid, then add the chicken stock. Add saffron to the stock mixture. In the same skillet used for browning the chicken, etc., sauté the onion and garlic until soft. Add the tomatoes and rosemary. Cook until most of the liquid has evaporated and the tomatoes form a dry paste. Add the rice and stir. Add the chicken, sausage, pork, and peppers. In a separate pot, bring the stock mixture to a boil. Add the rice mixture to chicken, pork and peppers and stir. Add salt and pepper to taste. Bring to a simmer about 5 minutes, cover, and then put into a preheated 350-degree oven. Cook for about 20 minutes. Remove from oven. Add more stock if needed. (It should be moist but not soupy.) Sprinkle 2 ounces cooked green peas over the roasted rice, and then arrange the shrimp, clams, and mussels on top. Cover loosely and let stand 10 minutes to heat the shellfish. Serve each portion to include rice and vegetables, 1 shrimp, 1 clam, 1 mussel, 2 pieces of chicken, and 1 piece of sausage. Garnish each plate with 1 lemon wedge.

Makes 8 servings

Classic Creole & Cajun

Evangeline's Cajun Jambalaya

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| 1 lb. sliced smoke sausage | 1 lb. Andouille sausage cut ¼ inch thick |
| 1 lb. chicken legs | 1 ½ lb. chicken thighs |
| 1 lb. diced creole onions | 2 tablespoons of fresh minced garlic |
| 1 tablespoon kosher black pepper | 1 tablespoon chopped parsley |
| ½ teaspoon cayenne pepper | 3 bay leaves |
| ½ gallon chicken broth from boiled chicken | 1 ½ lbs. cooked long grain rice |

In a 2 quart cast iron skillet add chicken parts in a gallon of distilled water. Par-boil (about 15 minutes). Drain (keeping the stock for the recipe). Place chicken on the side in a bowl. Fry sausage in cast iron skillet on medium high heat using no grease (the sausage will make its own grease). Fry for 5 minutes. Add sausage to chicken in the bowl. On medium-high heat, place ½ gallon on chicken stock in a 2 quart cast iron Dutch oven. Place sausage and chicken in pot and lower heat to medium. Add onions and garlic. Cook 15 minutes. Add all other ingredients. Cook 15 more minutes (discard bay leaves). Add rice. Cover and let set (about 15 minutes).

Makes 10-12 servings



Toastmaster Pauline's Okra Gumbo

- | | |
|---|---|
| 4 (5.5 ounce) cans of V8 (vegetable juice) | 1 pound of ground beef or ground turkey |
| Small amount of cooking oil | 1 large onion (chopped) |
| 1 (32 ounce) bag of cut okra or 2 (16 ounce) bags of cut okra | |
| Salt and pepper to taste | |

Brown ground beef or ground turkey in a small amount of cooking oil with chopped onion and lightly season with salt and pepper. Add beef or turkey, okra, and V8 juice in large pot and cook on low for a couple of hours or until okra is no longer whole. Serve over rice.

Makes 4-6 servings

Classic Creole & Cajun



Aunt Marylue's Creole Gumbo

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| 1 cup sliced smoked sausage | 2 cups cooked ham (diced) |
| 1 pint fresh oysters | 2 bay leaves |
| 2 tablespoons gumbo filé | 2 tablespoons chopped parsley |
| Distilled water as needed | 3 cups cooked chicken wings and legs |
| 6 boiled crabs, cleaned and broken in half | 3 cups cooked long-grain rice |
| ¼ cup of Wesson oil | 1/3 cup chopped yellow onion |
| 1 pound jumbo shrimp, shelled and de-veined | |
| 2 cups diced, cooked Andouille hot sausage | |
| 1 pound medium shrimp, shelled and de-veined | |

Roux

- ½ cup Wesson oil
- Enough flour to thicken when stirred into oil (about ½ cup)
- Enough distilled water to stir into flour/oil mixture to give consistency to roux.

Start with roux: Place ½ cup Wesson oil in cast-iron skillet. Add flour slowly, stirring as you add. When it begins to thicken and brown, add distilled water slowly and stir some more (cook about 15-20 minutes).

Pan-fry chicken in a cast-iron skillet in ¼ cup of Wesson oil. Turn to cook both sides. Add to roux pot. Fry onion and smoked sausage in oil. Add to pot with roux along with bay leaves. Cook about 20 minutes. Add diced ham. Add diced hot sausage. Cover and simmer about 30 minutes. Add more distilled water slowly as needed. Add shrimp, crabs, and oysters. Continue to cook another 5 minutes. Add parsley about 10 minutes before the gumbo is finished cooking. Add filé; stir pot well so ingredients can meld. Discard bay leaves. Serve over cooked hot rice. You may add extra filé to your plate to taste.

Makes enough for a crowd!

Classic Creole & Cajun

Myrtle Grove Seafood Gumbo



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|--|----------------------------------|
| 1 cup chopped, smoked ham | 1½ pound Andouille sausage |
| 1 pound medium shrimp, peeled and de-veined | 2 bay leaves |
| 1 pound chicken parts (legs and wings with tips cut off) | 2 teaspoons salt |
| 6 crabs cooked, cleaned, and broken in half | ¼ cup flour |
| 12 oysters, shucked, with liquid | 2 cloves garlic, minced |
| 2 tablespoons crushed red pepper | 1 bunch finely chopped scallions |
| 3 tablespoons Wesson vegetable oil | 1 tablespoon gumbo filé |
| 2 large yellow onions, chopped | Distilled water |
| 1 green bell pepper, finely chopped | 2 stalks celery, finely chopped |
| 1 tablespoon Worcestershire sauce | 1 tablespoon hot pepper sauce |
| 6-8 cups cooked long-grained white Mahatma rice | |

Make the roux from the flour and oil by adding warm water and stirring constantly. Once roux is brown in color, place in large gumbo/stock pot half filled with hot distilled water. Boil on low heat. Sauté onions, celery, garlic, scallions, and bell pepper in oil until soft. Add them to the roux mixture in gumbo/stock pot. Add bay leaves. Pan-fry ham, sausage, and chicken parts in a small amount of oil. Add to the boiling roux mixture. Let cook (about 30 minutes until mixture cooks down) on medium heat. Add crushed red peppers and Worcestershire sauce to pot and let cook 5 more minutes. Add crabs, shrimp, and oysters in that order, and let cook about 10 minutes. Add hot sauce to pot, and stir in thoroughly. Turn heat off. Let pot sit before serving, stirring well. Serve over hot cooked long-grained Mahatma rice.

Makes 10-12 servings

Note: For variety when serving Gumbo, instead of cooked rice, add a scoop of Aunt Marylue's Creole Potato Salad to bottom of bowl before adding gumbo. This is some kind of GOOD!!

Classic Creole & Cajun



Aunt Marylue's Red Beans and Rice

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|------------------------------------|------------------------------------|
| 1 pound Camellia dried red beans | ½ cup chopped onions |
| 2 cloves minced garlic | 2 teaspoons salt |
| 2 bay leaves | ½ pound pickle meat or 2 ham hocks |
| ½ pound hot andouille pork sausage | 1 teaspoon fresh parsley |
| ½ pound cut-up beef smoked sausage | |

Clean beans of any debris. Soak the dried red beans overnight in cold distilled water. The next day, pour water off and drain. Add 1 quart of distilled water. Place beans in a gumbo or large cast-iron soup pot; add more water as beans thicken, if needed. Add all ingredients except meat and sausage. Cut up pickle meat or ham hocks; fry along with the andouille sausage and smoked sausage. Before adding to beans, drain the grease from the meat. Cook beans on medium heat about 2 hours or until they become soft, stirring as needed. As beans become soft, smash on inside of pot to break them up and make the beans creamy. Serve over hot cooked rice.

Makes 8-10 servings



American Indian Information



“A Little History”

There are approximately 500 Indian communities officially recognized by the US government through treaty, congressional act, or administrative directive. These communities are entitled to US legal protections of tribal self-employment and rights to tribally owned land. There are approximately 150 non-recognized Indian communities that have not signed treaties or have not had regular legal relations with the US Government. Other Indian communities are not recognized by the federal government but are recognized by state governments. State-recognized tribes have legal protections within their home states but not with the US government.

Indian communities have been petitioning for federal recognition as early as the 1820s. In 1978, Congress, because of pressure from numerous non-recognized Indian communities, enacted a law that allowed federally non-recognized Indian tribes to petition for recognition. The number of communities appealing for recognition continues to grow each year.

Canadians have developed a range of names such as “Native,” “Aboriginal,” “First Nations,” and “First Peoples,” which in many ways more accurately describes the native people. Many Native people in Canada are called “Indian,” and it is appropriate for most Native people below the sub-arctic region, except for the Metis, who consider themselves a distinct ethnic group from Natives as well as non-Native Canadians.

The ultimate problem in these terms is that Native people in North America do not form a single ethnic group but are better understood as thousands of distinct communities and cultures. Many Native people have distinct languages, religious beliefs, ceremonies, and sociopolitical organization. Characterizing this diverse array of cultures and people with one inclusive name presents serious difficulties and no one word can characterize such diversity. The inclusive word “Indian” must be seen as something akin to “European,” where there is clear recognition of people who occupy a contiguous geographic area but have a wide variety of language, culture, and sociopolitical organization.

The best way to characterize Native North Americans is by recognizing their specific tribal or community identities, such as Blackfoot, Cherokee, Choctaw, and Natchez. Such identifications more accurately capture the unique and varied tribal and cultural distinctions found among Native North American people.

American Indian Information

American Indians have lived on the continent for at least the last 10,000 years, maybe much longer. Unlike all other groups that live in North America, American Indians do not have a recent immigration experience but rather live in cultures that predate the present institutions and societies of Canada and the United States. American Indians have legal, cultural, and political claims to priority over Canada and the United States for use of land, for rights to self-government, and for practicing their cultures and religions.

Over the past 500 years, American Indians have experienced considerable changes and dislocation. Many Indian communities have survived. Since they are treated as a homogenous group, there are many situations in which American Indians can act collectively to pursue their economic and political goals. American Indians have indeed operated in North America societies in well-organized national organizations and interest groups. These trends will most likely continue and become a major force in contemporary American Indian affairs.

American Indian Glossary

This glossary includes the definitions of words and concepts that are commonly used in American Indian affairs and history.

Aboriginal: The first people or native people of an area. The Native Americans (American Indians) are the aboriginal people of North America. Under the Canadian Constitution Act of 1982, an aboriginal person is defined as being an Indian, Inuit or Metis. Aboriginal is often used interchangeably with the terms (native) and (indigenous).

Agriculturist: Indian people who depend to a significant extent on crops they planted themselves.

Amargosa Complex: A series of artifacts linked to the ancient hunting and gathering people of the Mohave Desert in the Southwest, dated from 1600 BC to AD 1000.

Anasazi: An early pueblo culture that flourished between AD 900 and 1200. The present-day Hopi Indians are believed to be descendants of the Anasazi, which in Hopi means (ancient ones).

Assimilation: The idea that one group of people, usually a minority, are becoming like another and are being absorbed by a majority society. For example, for many years, it was believed that US Indians were assimilating into the dominant culture, but the idea no longer holds much credence.

Berengia: During the last glacial age, before 15,000 years ago, a land mass between Asia and Alaska in the Bering Sea that served as a land bridge for the first migrations to the continents of the Western Hemisphere.

American Indian Information

Boarding School: Schools run by the government or religious or private organizations, in which the children live, learn by attending classes, and stay overnight, thus being highly influenced by school mentors. Boarding schools designed to educate native children took them away from the influence of their family and culture.

“Booming”: Forceful nineteenth-century advocacy of the desirability of seizing most of the remaining land of Native Americans.

Bosque Redondo: The Navajo reservation in present-day eastern New Mexico where for four years (1864-68), the Navajo were forced to live after being rounded up and concentrated together.

Bureau of Indian Affairs (BIA): A federal agency charged with the trust responsibility for tribal land, education, and water rights.

Cautery: The act of cauterizing, which is to burn with a hot iron or needle, or with a caustic substance, so as to destroy dead or unwanted tissue in order to prevent the spread of infection.

Cession: Giving up of Indian land, often in exchange for a reservation or grant of land set aside for the Indians' permanent and exclusive use and occupancy.

Chiki: A Seminole word for their open-sided, thatched roof shelter which evolved in Florida from the creek cabin of their ancestors.

Cimarrone: A Spanish term for “wild” or “untamed.” Cimarrone was applied to the Lower Creek Indians who migrated into Florida in the latter part of the eighteenth century and later became the Seminole Indians.

Conservatives: Members of an Indian nation who followed traditional ways of living, often claiming the Native American way as preferred. Conservatives often represent a cultural and political segment of an Indian nation and usually live differently. They have political and cultural goals of preserving Indian culture and identity that other members of the nation might be willing to give up.

Contract Health Service (CHS): The purchase of health care by the Indian Health Service (IHS) through contractual arrangements with hospitals, private physicians, and clinic groups, and dentists and providers of ancillary health services, to supplement and complement other health care resources available to American Indians and Alaska natives.

Federally recognized tribes: Those Indian tribes with which the US government maintains official relations, as established by treaty, executive order, or acts of Congress.

American Indian Information

First Nations: A term that came into common usage in the 1970s to distinguish and give recognition to Canada's Indian nations as the original people on the North American continent.

Five Civilized Tribes: A name given to the Cherokee, Choctaw, Chickasaw, Creek, and Seminole tribes during the second half of 1900s because they adopted democratic constitutional governments and schools.

Freedman: Former slaves who were freed after the Civil War and by the Thirteenth Amendment to the US Constitution. The Cherokee, Choctaw, Chickasaw, Creek, and Seminole all held slaves and, after the Civil War, in one way or another included their freedmen into their national institutions.

Haudenosaunee: The name of people often called the "Iroquois," "Five Nations," or "Six Nations" after 1717. Literally, it means "The People of the Long House," referring to the extended multifamily houses in which the Iroquois lived.

Hunters: Indians who depended on hunting, fishing, or gathering, as opposed to farming for their food. Most aboriginal groups in Canada were hunting people.

In Situ: Means "in place." It's a term referring to archeological remains found in their original, undisturbed location or position.

Indian Country: Land where Indian government and custom rule. In more recent times, Indian Country refers to Indian reservations where Indian tribal governments are regulated by federal law and the Bureau of Indian Affairs.

Iroquoian: Indian people who speak an Iroquoian language, such as the Huron, Mohawk, and Onondaga.

Jim Crow Legislation: After 1890, laws passed by many Southern states designed to segregate the US population by race. Many native people were automatically classified as "black."

Lingua Franca (trade language): A mixed language used for communication between people of different native languages.

Long Walk: The 300-mile forced walk in 1864 from the Navajo's home to an assigned reservation, Bosque Redondo, near Fort Sumner, 180 miles southeast of Santa Fe, New Mexico.

Longhouse: In the Northwest Coast, a longhouse is a dwelling in which several nuclear families share the structure. Usually the families are related to one another. The Iroquois or Six Nations of Upstate New York also had a similar tradition of living in longhouses with related extended families.

American Indian Information

Metis: French for "mixed blood." This term has been used in several different ways. Usually it refers to a mixed-blood people in Western Canada who are conscious of belonging to a distinct community. The Canadian Constitution recognizes Metis as aboriginal people. The term is also used to refer to any person of mixed Indian-European descent, more specifically to a descendant of a native parent, usually Cree, and non-native parent, usually French, but also some English, who settled in the Red River area of what is now the province of Manitoba during the days of the fur trade, which lasted from the 1700s to the late 1800s.

Muskogee: A family of related languages spoken by many Indian nations of the Southeast including the Choctaw, Chickasaw, Creek, Seminole, and Natchez.

Native American: Of or relating to a tribe, people, or culture indigenous to the United States.

Non-treaty Indians: Canadian Indian people whose relationship with the government is not affected by any treaties. Non-treaty Indians can be either status or non-status Indians.

Paleo Indians: The ancestors of contemporary Native Americans and the first people to come to North America over four thousand years ago.

Pueblo: A Spanish word for the multi-storied stone or adobe Indian villages of the American Southwest. Also a name used for the Indians who inhabited such communal buildings.

Repatriation: Through court cases and legislative lobbying, tribes have demanded the return of museum- and university-held skeletal remains of Indians and funerary objects for reburial or other appropriate disposition.

Reservation/Rancheria: Lands set aside by US government authority for use and occupation by a group of Indians.

Sacred objects: Specific ceremonial objects needed by Native American religious leaders for the practice of traditional Native American religions.

Sooner: Frontiersmen who illegally squatted on Indian land before the US government had extinguished Indian land claims and title.

Strait of Georgia tradition: An archeological cultural tradition from the western coastal area of Canada believed to be ancestral to the coast Salish and other present-day Native American groups of the area. The Strait of Georgia tradition dated from 3000 to 200 BC.

Sweet lodge: A sacred Indian ceremony involving construction of a lodge made of willow saplings bent to form a dome and covered with animal skins, blankets, or canvas tarps. A hole is dug in the middle of the lodge in which hot rocks are placed and water poured over them, often by a medicine man, in a ceremonial way many times accompanied by praying and singing. The ceremony can have many purposes including spiritual cleansing and healing.

American Indian Information

Sweetgrass Ceremony: A ceremony in which braided sweet grass is buried and participants “smudge” themselves with the smoke, similar to incense in other religions.

Trail of Tears: In the 1830s, a series of forced emigrations by groups of Cherokee, Creek, Seminole, and perhaps some Choctaw, from the Southeast to Indian Territory, present-day Oklahoma, caused by the removal policy.

Tribe: A group of natives sharing a common ancestry, language, culture, and name.

Westward Movement: Name given the displacement of Native American people by the movement of Americans from the eastern shoreline in the seventeenth century to the West Coast in the nineteenth century.

American Indian Health Remedies

Plant	Symptom	Use	How to Prepare
Black Spruce	Cough	Chewed	Soft white inner bark
Spruce Pitch (soft)	Infected wound	Poultice	Applied directly.
Spruce Gum (hard)	Chest infection	Drink	Boiled, mixed.
Wild Rhubarb	Infected wound, Blood poisoning	Poultice	White inner part, chewed/pounded root.
Wild Rhubarb	Arthritis	Drink	Boiled as tea.
Hudson’s Bay Tea	Constipation	Drink as laxative or tonic.	Dried & boiled.
Labrador Tea Strawberry Leaf Raspberry Leaf	Safe pregnancy & easy delivery	Drink	Dried & boiled.
Strawberry Root	Diarrhea	Drink	Boiled.
Spruce Needles	Eye infection	Eye wash Drink as spring tonic.	Needles boiled. Needles boiled.
Willow Leaves	Bee & insect stings	Poultice	Chewed & applied.
Fireweed	Swelling	Poultice	Large infusion steamed.

American Indian Information

Plant	Symptom	Use	How to Prepare
Tamarack Bark (winter)	Stomach trouble	Drink	Beaten & Hudson’s Bay tea added.
Tamarack Bark (summer)	Bad cold, Stomach trouble	Drink	Beaten & Hudson’s Bay tea added.
Balsam Bark	Colds, sore throat	Drink	Boiled.
Lichen (Brown high country)	Ulcers	Chewed	Often mixed with other herbs.
Devil’s Club	Aching muscles	Drink	Boiled.
Bear Root (cow parsnip)	Diarrhea	Eaten	Bark & inner bark chewed or prepared as tea.
Sage	Colds	Inhaled	Boiled.
Soapberry Bush	Constipation	Drink	Bark scraped from shrub & boiled as tea or berries pureed.
Soapberry Bush	Gallstones	Drink	Early leaves, twigs, boiled as tea or berries pureed.
Limestone	Greasy stomach	Eaten	Eaten after a fatty meal to prevent indigestion.
Marrow bone Fishbone Broiled Gristle		Chewed for calcium	Boiled or softened.

This list of Indian remedies still used by traditional Indian people courtesy of MSB, Alberta Region, Health and Welfare, Canada.

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American Indian Information

American Indian Tribes Located in Louisiana



Chitimacha Tribe

P.O. Box 661
Charenton, LA 70523
(318) 923-7215

*Choctaw-Apache Community of Ebarb

Route 1, Box 347
Zwolle, LA 71486
(318) 645-2588

*Clifton Choctaw Indians

P.O. Box 32
Gardner, LA 71431
(318) 793-8796

Coushatta Tribe of Louisiana

P.O. Box 818
Elton, LA 71431
(318) 584-2261

*Houma Nation

Star Rte., Box 95-A
Golden Meadow, LA 70357
(504) 475-6640

*Jena Band of Choctaw

P.O. Box 14
Jena, LA 71342
(318) 992-2717

Tunica-Biloxi Tribe

P.O. Box 331
Marksville, LA 71351
(318) 253-9767



**Federally recognized Indian communities in Louisiana.*

American Indian Recipes

From the Choctaw, Navajo and Zuni Tribes

These recipes were shared with me by my "Sista-Friend," Bella. She is from a New Mexican Navajo tribe.



Hebok'o: MUWE - "Sourdough Bread"

5 pounds plain flour
1 package dry yeast
½ cup distilled water

1/8 teaspoon salt
½ pound lard or Canola oil

Mix dry ingredients by hand. Add water until flour is moist. Add lard. Start kneading until you can smell the sour smell.

Cover dough until it rises to the size of a baseball. Shape the dough into a loaf. Cover and let rise again. Divide dough into two sections. Place each loaf in a 9-inch baking pan.

Place in a preheated 300-degree oven for about 45-60 minutes, or until golden brown.

Now it's ready to eat!

Makes 2 loaves



Choctaw Indian Meatloaf

¾ pound ground beef
1 egg
1 teaspoon salt
¼ cup creamed corn

¾ pound ground pork
½ cup white cornmeal
½ cup chopped onion
1¼ cups canned tomatoes

Combine all ingredients. Mix well. Shape into a loaf in a 9-inch loaf pan. Place in a preheated 350-degree oven for about 75 minutes.

Enjoy!

Makes 4-6 servings

American Indian Recipes

From the Choctaw, Navajo and Zuni Tribes/Page 2

CHU: UPTS' Inna mu'le chikwa - "Yellow Cornmeal Sweet Bread"

2 cups yellow cornmeal	½ cup white flour
½ cup sugar (more if needed)	3 teaspoons baking powder
½ cup whole milk	1 egg
½ cup warm water (more if needed)	

Preheat oven to 350-degrees.

Mix dry ingredients in large bowl. Add the egg and beat. Pour in milk. Add water a little at a time until consistency is like cake batter. Pour batter into 8-inch cake pan. Bake about 30 minutes or until toothpick inserted in center comes out clean.

Great dessert! Serve plain or with fruit topping!

Makes 6-8 servings

Twiss He: yahoni: we - "Blue Corn Pancakes"

2 cups ground blue cornmeal	½ cup white flour
1/8 teaspoon salt	1½ teaspoons baking powder
½ cup Pet evaporated milk	1 cup water (more or less, as needed)

Mix dry ingredients. Pour in water and milk alternately until mix is smooth and thin.

Heat griddle

Pour pancake dough onto griddle in spoonful's to make cakes about 6-inches in diameter. Cook until cake bubbles. Turn them over and do the same to the other side, cooking until each side is done.

Serve with honey, jam, or syrup.

Makes 8-10 pancakes

American Indian Recipes



Choctaw, Navajo and Zuni Tribes K'yawaho: we - "Chili Stew with Potatoes"

2 pounds stew meat	2 tablespoons vegetable oil
8 cups distilled water	8 peeled, diced potatoes
2 cups red chilies	1½ cloves garlic
½ cup chopped fresh cilantro	1 cup water (more or less, as needed for paste)

Cut meat into bite size pieces and brown in oil. Add distilled water. Cook over medium heat until mixture boils. In another pan, blend chilies, garlic, cilantro, and water to make a paste.

When meat and water starts to boil, add chili paste. Keep stirring. Add potatoes to mixture. When potatoes are tender, stew is ready.

Makes 6-8 servings

"Blue Corn Tamales"

8 cups dried whole blue-corn kernels, cut from the cob (available in health food stores)
10 cups wood ashes (available in health food stores)
Water (enough for gravy)
2 bundles of corn husks (2 husks per tamale; there are about 12 husks to a bundle.)
1 gallon boiling water

Sift blue corn kernels to remove debris. Sift ashes to get the big charcoal and bits of twigs out. Place ashes in large pot. Add enough water to make ashes the consistency of gravy. Boil. Add blue corn. Let boil until outer shell comes off. When shell comes off, remove from heat.

Wash corn with cold water to clean. Grind into coarse meal. Clean husks with warm water. Peel one or two corn husks and tear out strings lengthwise, long enough to tie around husks.

Divide corn mush into number of tamales you are making. Put mush inside about 10 corn husk, and cover the top with another corn husk. Tie both ends with husk string. Boil tamales about 10-15 minutes.

They are now ready to eat. Great with chili stew!

Makes about 10 servings

Italian Dishes & Recipes

Boudreaux Spaghetti & Meatballs

Meatballs

¾ pound ground beef
 ½ pound ground pork
 ¼ teaspoon sugar
 1 teaspoon black pepper
 1 clove garlic, chopped
 3 medium eggs
 1 cup Romano cheese
 1 cup Zatarain's Creole bread crumbs
 1 teaspoon salt
 1 tablespoon parsley, chopped
 ½ cup olive oil

Spaghetti Sauce

3 (28 ounce cans) crushed Creole tomatoes
 ¼ cup olive oil
 6 cloves garlic
 1 tablespoon salt
 1 teaspoon fresh bell pepper
 ½ teaspoon oregano



Spaghetti

3-4 cups distilled water (to cook spaghetti)
 1 pound spaghetti

Mix all meats together. Add salt, pepper, garlic, eggs, bread crumbs, sugar, Romano cheese, and parsley. Mix ingredients thoroughly with your hands. Shape into meatballs. When making meatballs, scoop and then roll meat gently. Do not pat meatballs too tight. Place ½ cup olive oil in cast iron skillet on medium heat. Fry meatballs, turning them to brown on all sides. Pour oil off meatballs and set them aside.

Prepare sauce by first placing tomatoes in bowl. In a cast iron skillet, heat ¼ cup olive oil over medium heat. Add garlic and sauté about 2 minutes. Add tomatoes and raise heat to boil; add salt, bell pepper and oregano. Reduce heat to simmer. Cook stirring occasionally for about 10 more minutes.

In a cast iron skillet, place meatballs and pour sauce over the meatballs. Let simmer about 20-30 minutes.

Bring water to a boil. Then boil the spaghetti about 8-10 minutes. Drain.

Tip: To make the perfect spaghetti, spoon sauce over the drained pasta and cook on high heat about 2 minutes to absorb the sauce, being careful not to burn the mixture.

Serve meatballs and sauce over spaghetti with Aunt Alma's Cheesy Garlic Bread.

Makes 8 servings

Italian Dishes & Recipes



Aunt Marylue's Pasta Primavera

1 (6 ounce) package linguine
 1 yellow bell pepper
 2 cloves garlic
 1½ tablespoon fresh chopped mint
 Distilled water (enough to cook the linguine)

1 red bell pepper
 ½ cup fresh grated Parmesan cheese
 ¼ cup olive oil
 ½ pound chopped fresh watercress

Clean, core, seed, and slice the bell peppers. Peel and chop garlic. In a cast iron skillet, heat oil, and then cook the bell peppers and garlic about 3 minutes until tender. Add watercress and cook 1 additional minute. Prepare linguine as directed on package using distilled water. Drain. Place linguine in a large bowl and top with bell pepper and watercress mixture. Sprinkle Parmesan and mint on top; toss and serve.

Makes 6 servings



Ulalie's Italian Chicken

2 pounds chicken breast cut into 2 or 3 pieces
 1 medium yellow onion, sliced
 3-4 hot peppers
 2 teaspoon sugar
 ¾ cups chicken liquid from parboiling
 1 teaspoon fresh thyme, chopped
 1 tablespoon Wesson oil
 1 teaspoon salt

8 ounces sweet Italian sausage, casing removed
 1½ cups red bell pepper (chopped)
 3 garlic cloves, chopped
 ¼ cup wine vinegar
 1 teaspoon Gold Medal plain flour
 1 teaspoon fresh parsley
 2 cups distilled water
 ½ teaspoon pepper

Core and seed bell pepper, and cut into ¼-inch strips. Parboil chicken about 10 minutes in distilled water. Place chicken on plate and save. Set the liquid aside. Heat the oven 350-degrees. In a cast iron skillet, heat 1 tablespoon oil over medium-high heat. Add sausage, stirring to break up sausage into pieces, and cook until browned (about 10 minutes on both sides). Place cooked sausage on plate lined with paper towels. Remove skillet from heat and pour off fat reserving 2 teaspoons of fat. Season the chicken with salt and pepper. Then, place skin side down, into skillet with reserved fat. Cook chicken on both sides, turning until cooked (about 3-5 minutes on each side). Place chicken on plate and set aside. Add onion, hot peppers, and garlic to fat in skillet. Cook until soft. Add sugar, 1/3 cup vinegar, and ¾ cup chicken liquid that were saved from parboiling. Bring mixture to a boil. Add cooked sausage to skillet. Place mixture into a baking dish. Add cooked chicken to top of mixture. Place in oven and bake 20 minutes. Place on serving platter and serve with buttered french toast.

Italian Dishes & Recipes

Sauce to top chicken: Combine flour, thyme and about 1 tablespoon of chicken liquid in skillet. Simmer mixture until slightly thickened about 5 minutes. Turn off heat and add 2 tablespoons of wine vinegar, salt and pepper. Spoon the sauce around chicken on platter. Sprinkle parsley on top of chicken.

Makes 4-6 servings

Cajun Cheese Lasagna



1½ cups shredded Gruyere cheese
 1½ cups ricotta cheese
 3 tablespoons unsalted Land O'Lakes butter
 ¼ cups distilled water
 2-1/8 tablespoons fresh parsley leaves, minced
 1½ cups chicken broth
 1 bay leaf
 8 ounces Fontina cheese, shredded & rind removed
 15 lasagna noodles
 1 cup very hot distilled water for cooking noodles

1 cup grated Parmesan cheese
 1 large egg, lightly beaten
 ¼ cup Pet evaporated milk
 1/3 cup Gold Medal all purpose flour
 1 medium garlic clove, minced
 ½ teaspoon salt
 pinch cayenne pepper
 3 ounces cheddar cheese, crumbled
 1 tablespoon cracked black pepper

Make sauce by placing Gruyere and ½ cup Parmesan in a large bowl. Combine Ricotta, egg, 1 tablespoon black pepper, and 2-1/8 tablespoons parsley in another bowl (medium sized) and set aside. In a medium cast-iron skillet, melt butter over medium heat. Add garlic and cook (about 2 minutes). Add flour and cook, stirring constantly (about 1½ minutes); mixture should not brown. Gradually stir in milk, distilled water, and chicken broth. On medium heat bring to a full boil, stirring frequently. Add salt, bay leaf, and cayenne. Reduce heat to medium-low and simmer until sauce thickens and coats the back of the spoon. Cook for 10 minutes, stirring occasionally with a rubber spatula, making sure to scrape bottom and corners of saucepan. Makes 4 cups sauce. Remove saucepan from heat and discard bay leaf. Gradually stir ¼ cup sauce into ricotta mixture. Spread sauce over noodles to cover over Gruyere mixture and stir until smooth; set aside. Adjust oven rack to upper-middle position and preheat oven to 350-degrees.

Place noodles in baking dish and cover with very hot distilled water; soak about 10 minutes, gently stirring up noodles occasionally to prevent sticking. Remove noodles from water, placing them in a single layer on a kitchen towel and pat dry. Wipe out baking dish with paper towel and grease with butter. Spoon enough sauce to cover bottom of baking dish; place 3 noodles on top of sauce; spread ½ cup ricotta mixture evenly over noodles, and sprinkle evenly with ½ cup Fontina and add 3 tablespoons cheddar. Drizzle ½ cup sauce over cheese. Repeat layering noodles, Ricotta, Fontina, cheddar, and sauce three more times. Place final noodles and cover with remaining Parmesan. Cover with aluminum foil and bake until edges bubble (about 15-30 minutes). Remove from heat, and let cool for 15 minutes, then sprinkle with remaining parsley. Serve with a green salad of your choice.

Makes 8-10 servings

Italian Dishes & Recipes



Aunt Marylue's Cheese Polenta

2½ pints distilled water
 ½ pound sharp cheddar cheese, sliced
 ½ pound polenta (Italian coarse-grained yellow cornmeal)
 ½ tablespoon salt
 ¼ stick Land O'Lakes butter

In a saucepan, bring water and salt to a boil. Slowly sprinkle the polenta into the boiling water, stirring constantly to avoid lumps. Continue cooking over a low heat, stirring constantly until polenta becomes thick and begins to pull away from the sides of the pan (about 20 minutes). Pour a layer of hot polenta into a buttered baking dish and layer sliced cheddar cheese on top. Dot with butter and repeat layering the polenta, cheese, and butter. Bake in a 350-degree oven for about 5 minutes (until very hot). When polenta cools, cut up and serve.

Makes 4 servings



Mount Olive Shrimp Fettuccine

4 cups cooked fettuccine
 3 tablespoons Gold Medal plain flour
 1 teaspoon chopped garlic
 2 tablespoons finely chopped fresh parsley
 Dash Tabasco
 ½ cup Pet evaporated milk mixed with ½ cup distilled water
 2 tablespoons Land O'Lakes butter
 2 tablespoons chopped onion
 ¾ cups grated Parmesan cheese
 2 cups shrimp, peeled and de-veined
 Salt to taste

Boil fettuccine noodles on medium-high heat in large pot until done. Strain in colander and place aside. In a cast iron pan, heat butter over medium heat. Stir in onions. Add flour to make roux, constantly stirring. Add garlic and parsley, and cook until onions are clear. Gradually add milk and water mixture and continue cooking over medium heat until thickened. Add the grated Parmesan cheese and stir until melted. Stir in the shrimp, salt, and Tabasco. Cook until the shrimp are done (about 3-4 minutes). Stir in the cooked fettuccine.

Makes 4-6 servings

Italian Dishes & Recipes



Creole Focaccia with Cheese-Hazelnut Topping

2 packets Fleishman's active dry yeast	¼ cup warm distilled water
5½ cups Gold Medal all-purpose flour	2 teaspoons salt
2 cups distilled water (or as needed)	1 tablespoon extra-virgin olive oil

Focaccia

Dissolve the yeast in ¼ cup warm distilled water in a glass bowl and let it sit for several minutes until it begins bubbling. Combine 5 ½ cups flour and 2 teaspoons salt. Place in a food processor bowl. Add up to 2 cups of warm distilled water to the yeast mixture. Run the processor on low to blend the flour and salt. Pour in the liquid mixture and process on medium speed for about 30 seconds. The dough will be soft. If it is too sticky, add more flour one tablespoon at a time. If the dough is too dry, add distilled water one teaspoon at a time until desired consistency is achieved. Turn dough out on a lightly floured surface; knead about 1 minute until the dough becomes smooth, round, soft, and sticky. Grease a large bowl with one tablespoon of olive oil. Put dough in bowl. Place plastic wrap over bowl and let stand in a warm place while dough rises up to twice its size (about 1 hour). As the dough rises, prepare the topping. After dough rises, roll out on floured surface into an oblong shape until about ½ inch thick and place dimples in bread with your fingertips. Using a brush: coat dough with 1 tablespoon olive oil. Bake on greased cookie sheet on bottom rack of oven at 400-degrees for 15- 20 minutes.

Topping

1 clove garlic, peeled	1 cup hazelnuts, toasted and husked
½ cup fresh basil, coarsely chopped	5 tablespoons extra-virgin olive oil
1½ cups whole milk ricotta cheese	Dash salt
Freshly ground black pepper	1 tablespoon of lemon juice
3 tablespoons Romano cheese, freshly grated	

Run food processor, combining garlic clove, hazelnuts, basil, and 2 tablespoons olive oil. Blend on medium several minutes. Continue processing until all ingredients are blended (about 2-3 minutes). Add ricotta, lemon juice, black pepper, and remaining 3 tablespoons olive oil. Mix in a blender until smooth. Place mixture in a small bowl; add Romano cheese and season with salt and pepper to taste. Refrigerate about 15 minutes covered. Pour topping over cool baked Focaccia and cut into squares.

Makes 10 servings

International Cuisine



Fiorella's Spanish Paella

3 pounds cut up chicken	½ cup virgin olive oil
4 ounces smoked sausage, cut up	1 pound lean pork diced in large pieces
1 pound large shrimp, peeled and de-veined	1 pound small clams
1 pound mussels	4 ounces distilled water
1 green pepper diced	2 quarts chicken stock
½ teaspoon saffron	1 cup dried onions, chopped
3 cloves garlic, minced	1 pound raw, chopped tomatoes
1 teaspoon rosemary	1 pound Mahatma short grain rice
1 teaspoon salt	Ground pepper to taste
4 ounces cooked green peas	

Preheat oven to 350-degrees. Cut chicken up into 8 pieces. Sauté chicken parts in olive oil; remove from oil and set aside. Sauté sausage, pork, shrimp, and green pepper in oil separately, and place in separate dishes. Steam clams and mussels in distilled water in a pot with a lid, until the clams and mussels open. Remove clams and mussels from water and set aside. Pour 2 quarts chicken stock into a pot. Add saffron. In a cast-iron skillet: sauté onions and garlic in olive oil. Use extra olive oil if necessary. Add tomatoes and rosemary. Cook until most of liquid is evaporated. Add chicken, sausage, pork, and green pepper. Bring chicken stock mixture to a boil in its separate pot; add rice and stir, adding salt and pepper. Simmer, cover and place in oven for about 18-20 minutes. Remove from oven; add more stock if necessary. Mixture should be moist, not soupy. Sprinkle peas over rice; arrange shrimp, mussels, and clams on top of dish. Cover loosely and let stand for 10 minutes to heat. Ready to serve!

Makes 8 servings

International Cuisine



Farouk's South African Koeksisters

A fried treat, South African Koeksisters, is a sweet-tooth pleaser and favorite, not only at home but also a sure winner at sporting events and even cocktail parties.

Dough

2 cups plain flour	2 teaspoons baking soda
1 teaspoon baking powder	1 teaspoon salt
¼ cup butter, at room temperature	1 beaten egg
¼ cup milk	

Syrup

4 cups granulated sugar	1 teaspoon cream of tartar
½ teaspoon tartaric acid	1 cup distilled water
1 teaspoon pure vanilla extracts	¼ teaspoon ground cinnamon
¼ teaspoon orange peel	

Sift flour, salt, and baking powder in a glass mixing bowl. Cut in butter using a pastry cutter. Add beaten egg and milk to ingredients. Mix to combine ingredients, but don't make it too smooth. Place dough in refrigerator up to 2 hours. Roll dough out on floured surface to about ¼ inch thickness. Cut dough into strips about 3½ inches long by 1 inch wide. Cut each strip into 3 strips to plait dough. Plait each strip of dough. Press cut ends together with a fork to seal edges. Deep fry each pastry in vegetable oil until golden brown (about 5 minutes). Drain on paper towel. Dip each pastry in cold syrup while still hot. Take out of syrup quickly so the pastry will not become soggy.

Syrup

Make the night before and refrigerate so the syrup will be cold. Mix sugar, cream of tartar, and tartaric acid to distilled water. Bring to a boil. Add vanilla, cinnamon, and orange peel. Simmer 8-10 minutes. Dip each pastry in cold syrup while still hot. Take out of syrup quickly so the pastry will not become soggy. Let cool and refrigerate. Can be eaten warm or cold!

Makes 3 dozen

International Cuisine



Gramercy Irish Corned Beef and Cabbage

4 pounds corned beef brisket	2½ pounds small new potatoes
½ teaspoon coarsely crushed black peppercorns	1 cup chopped onion
4 fresh medium carrots (cut into bite-size pieces)	½ cup chopped fresh celery
½ head of cabbage cut in wedges, lengthwise	1¼ cup distilled water

Place corned beef in a 6-quart slow cooker and cook about 3-4 hours or until tender. Add celery, carrots, potatoes, peppercorns, onions and cook until vegetables are tender (about 20 minutes). Remove corned beef and place in covered dish. Add cabbage to slow cooker. Place corned beef on top of cabbage and cook up to ½ hour or until cabbage and vegetables are fully cooked. Remove corn beef and let cool about 15 minutes; slice across the grain with a sharp knife. Remove vegetables and place around corned beef on serving platter. Ready to eat!

Serve with Algiers Corn Bread and Morgan's Riesling wine.

Makes 8-10 servings



Jindal's Chinese Stir-Fry

½ pound boneless, skinless chicken breast cut in strips	1 finely chopped medium onion
¼ cup olive oil	2 tablespoon fish sauce
¾ cup broccoli, cut up	1 stick of celery, sliced thin
1½ cups snow peas	1 thinly sliced clove garlic
1 tablespoon fresh ginger (shred thinly)	1 tablespoon soy sauce
1 cup chopped bean sprouts	2 tablespoons chopped fresh basil leaves
1 tablespoon fresh lime juice	½ teaspoon dry chili pepper

In a heated wok, add 2 tablespoons olive oil, add onion and chicken strips. Stir-fry over high heat; until chicken is lightly browned. (About 5 minutes). Add 1 tablespoon fish sauce and stir mixture about 10-15 seconds. Remove chicken from wok and place on plate.

After wok cools, wipe clean, and then place 2 tablespoons of olive oil in wok. Add broccoli, snow peas, ginger, garlic, celery, and bean sprouts. Stir-fry vegetables using high heat, about 4 minutes. Place chicken in wok with its juices. Add 1 tablespoon fish sauce and chili pepper. Stir-fry until the chicken is cooked, about 3 minutes. Add basil, lime juice, and toss. Serve in bowls.

Makes 4 servings

International Cuisine



Sareal's Banh Mi Chicken Sandwich

This Vietnamese chicken sandwich will delight any critic's taste!

1 large rotisserie chicken breast, sliced	1/8 pound sliced liverwurst
1/4 cup sliced red onion	1 tablespoon mayonnaise
4 romaine lettuce leaves	
1 (12-inch) Vietnamese crusty baguette (or French baguette)	

Sauce

1/2 medium peeled carrots	1 1/2 teaspoon sugar
1/4 cup rice vinegar	1/4 pound peeled Daikon radish (found in most supermarkets)

Bread Sauce

1/2 teaspoon fish sauce	1 tablespoon Wesson vegetable oil
1/4 teaspoon soy sauce	

Shred Daikon radish and carrot together. Add vinegar and sugar, and mix together. Set aside.

Mix bread sauce ingredients together and spread on one side of a baguette that is split down the middle. Place the sliced liverwurst on bread and the place sliced onion on top. Place carrot mixture on top of onion; place sliced chicken breast on top of carrot mixture and then place lettuce leaves. Spread the other baguette half with mayonnaise and place it on top of first half. Make four 4-inch sandwiches.

The French influenced Banh Mi sandwich may have a variety of fillings from vegetarian, shrimp, pork, to meat balls. Slice to serve.

Makes four 4-inch sandwiches

International Cuisine



Sadonia's Roasted Chicken Moroccan

2 (2 1/2 - 3 pound) whole fryers split in half	1/2 stick Kerry Gold salted butter, melted
1 1/4 teaspoon cinnamon	1/8 teaspoon turmeric
1/2 cup all natural honey	Dash curry powder
1/2 cup white wine	1/2 cup dark brown sugar

Preheat oven to 400-degrees. Wash chicken parts and place in a roasting pan. Bake about 1/2 hour. Mix honey, melted butter, cinnamon, brown sugar, curry powder, wine and turmeric in a bowl. Mix until all ingredients are well blended. Brush butter/honey mixture onto chicken, but reserve some to pour over chicken at the table. Continue baking with a lid on roaster another 1 1/2 hours, until chicken is tender, basting several times. Remove lid from pan and let chicken brown after it is completely cooked. Pour reserved mixture on chicken before serving.

Makes 4-6 servings



Aunt Marylue's Italian Grilled Cheese



4 thick slices sourdough bread	4 teaspoons Kerry Gold butter, melted
1 1/2 tablespoon Aunt Marylue's Fig Preserves	1-2 slices Italian Fontino cheese
1/4 pound arugula lettuce leaves	Ground black pepper

In a cast iron skillet, heat the melted Kerry Gold butter over medium-low heat. When butter is hot, add the sourdough bread and grill until the bread is golden brown on one side. Remove the bread from pan and place the fig preserves and two slices of cheese on two pieces of the grilled side of the bread. Place the arugula lettuce leaves on top of cheese; place top slices of bread on sandwich and return it to the cast iron skillet. Grill on both sides until the cheese melts.

Makes 2 servings

International Cuisine



Cuban/Mexican Flavors Aunt Vels Grilled Mojo Fish with Red Fish Marinade

6 cleaned and gutted red snappers (about 3 pounds)

Red Fish Marinade

1 cup olive oil	½ cup fresh lemon juice
1 cup fresh squeezed orange juice	5 garlic cloves
1 tablespoon kosher salt	1 tablespoon parsley
1 teaspoon cayenne pepper	1 teaspoon black pepper
2 teaspoons Worcestershire sauce	¼ teaspoon allspice

Make red fish marinade. Place all marinade ingredients in blender and blend until smooth. Place in a glass jar or container with lid, and put in refrigerator. Marinade will last up to 3 weeks.

Score red snappers through skin on both sides with a sharp knife. Place fish in a sealable plastic bag, and pour red fish marinade over fish. Seal bag and place in a glass baking dish. Place in refrigerator for up to 2 hours before grilling. Pour marinade off fish and reserve in bowl. Place fish on grill, basting with the marinade as fish is grilling for (8 - 10 minutes).

Serve with Labot Cuban Mojo drink (coming up in this section!).

Makes 6 servings

Javonia's Plantains



6 ripe plantains, unpeeled but with both ends cut off	2 tablespoons canola oil
1 pound packed brown sugar	2½ cups distilled water
1/8 cup cinnamon	1/8 cup allspice
1/8 teaspoon salt	8 whole cloves

In a cast iron pan, combine sugar, water, and all other ingredients to make marinade except the canola oil. Cook about 20 minutes until the mixture thickens, stirring continuously. Brush un-peeled plantains with 2 tablespoons canola oil. Grill plantains 8 minutes, turning over one time. Remove plantains from grill and slit unpeeled plantains lengthwise. Brush with marinade, peel and eat. Leftover marinade can be kept in refrigerator for more than a month in a sealed container.

Makes 6 servings

International Cuisine



Cuban/Mexican Flavors

Labot Cuban Mojo Drink

1¼ cups Bacardi white rum	¾ cup lemon-lime carbonated water
5 mint leaves	2 lemons cut in wedges
Ice cubes	5 Collin glasses
½ cup fine sugar	

Place sugar and mint leaves in bowl and crush with mortar and pestle. Rub mint leaves around the rim of glasses, and sprinkle mint into the glasses. Place sugar, rum, and lime juice into a bowl and stir until sugar is dissolved. Once sugar is dissolved, place a few ice cubes in glasses and pour rum mixture into glasses, followed by lemon-lime carbonated water. Garnish each glass with fresh mint and lemon wedges.

Makes 4-6 servings



Taste of Germany St. Helena's Bratwurst

10 smoked German bratwurst	1 (12 ounce) can German beer
½ cup distilled water	½ cup finely chopped onions
½ cup green bell pepper	2 tablespoons Kerry Gold butter
10 hoagie rolls	1 (32 ounce) jar sauerkraut

Combine water and beer in a small bowl. On stove, sauté onions and pepper on low heat in a cast iron skillet with butter until soft. Add beer and distilled water blend to mixture, and let simmer about 10 minutes until it cooks down. Add bratwurst and place lid on skillet. Cook about 10 more minutes on low heat. Add sauerkraut to pan and turn heat off. Keep pan covered tightly for about 5 minutes. Serve on hoagie rolls.

Makes 10 servings



International Cuisine

Louisiana Culinary Terms & Other Regional Words/Expressions

alligator pear: Avocado.

andouille (ahn-do-ee): Spicy country sausages used in Red Beans and Rice, breakfasts, and other Creole /Cajun delicacies.

ax: Ask.

back-a-town (back-of-town): Part of New Orleans that runs from the Mississippi River to North Claiborne Street.

banh mi: Vietnamese version of the New Orleans Po-Boy Sandwich.

beignet (bin-yay): Sweet donut, square-shaped minus the hole, which is sprinkled with powdered sugar.

bat'troom: Bathroom.

boudin (boo-dan): Hot, spicy ground pork with onions, cooked rice, and herbs, which is stuffed in sausage casing.

braa: Short for brother

café au lait (caf-ay-oh-lay): Coffee with milk, usually a half-and-half mixture of hot coffee and hot milk.

café bra lot (caf-ay-broo-loh): This after-dinner brew is a blend of hot coffee, spices, orange peel, and liqueurs. It is blended in a chafing dish. Ignited and served in special cups.

Cajun (cay-jun): Slang for Acadian, originally the French-speaking people who migrated to South Louisiana from Nova Scotia in the 18th century. The term now applies to the people, the culture, and the cooking of the region.

cayenne (kai-yann): Hot red chili pepper used in many Creole/Cajun dishes.

chickory (chick-ory): An herb, the roots are dried, ground, roasted, and used to flavor coffee.

chiffarobe: (chif-a robe) A piece of furniture that was a staple in most Southern Louisiana homes before closets became the standard. It combines a long space for hanging clothes and a chest-of-drawers, with the wardrobe on one side and chest-of-drawer on the other.



International Cuisine

Louisiana Culinary Terms & Other Regional Words/Expressions

cold drink: Soda.

Come by my house: Come over to my house.

court bouillon (coo-boo-yon): A rich spicy soup or stew, made with fish filets, tomatoes, onions, and sometimes mixed vegetables.

crawfish: Resembling small lobsters and known as “mudbugs” because they live in the mud of freshwater. They are served in a variety of ways.

creole (cree-ole): The word originally describe people of mixed French, African and Spanish ancestry blood who were born in South Louisiana, now embraces a cuisine and style of architecture.

creole tomatoes: Tomato native to Louisiana. Usually grown in Plaquemines Parish.

daw'lin: Term of endearment; darling.

dat: That.

dirty rice: Pan-fried leftover cooked rice sautéed with green peppers, celery, stock, and giblets or whatever the cook chooses.

doubloons: A silver-dollar-size coin that comes in different colors and is thrown from the Mardi Gras floats to parade goers.

erl: Oil.

erstas: Oysters.

etouff'ee (ay-too-fay): A succulent, tangy tomato-based sauce. Crawfish, shrimp, and oyster etouff'ees are New Orleans specialties.

file (fee-lay): Ground sassafras leaves used to season such things as gumbo. Originally used by Native Americans.

fu-true: Oh really?

grippe: Suitcase or the flu.



International Cuisine

Louisiana Culinary Terms & Other Regional Words/Expressions

grillades (gree-yads): Squares of broiled beef or veal. Grillades and grits combined make a great local breakfast.

grits: Coarsely ground hominy grain (a grain made from corn). Similar in appearance to mashed potatoes, but it tastes like corn. Very popular in Louisiana as a breakfast food and served with eggs, cheese, and ham, bacon, or sausage.

gumbo: A thick soup with many variations, a few of which are Shrimp Gumbo, Okra Gumbo, and Filé Gumbo

holy trinity or Cajun trinity: In Creole/Cajun Southern cooking, most cooks begin their seasoning mixture with onion, bell pepper, and celery (known as the “Holy Trinity” or “Cajun Trinity”). It can be varied to include other vegetables. Aunt Marylue used Creole onions whenever possible, and she added garlic and parsley to her mix many times omitting the celery.

jambalaya (jum-bo-lie-yah): Louisiana chefs toss just about everything into the pot: Tomatoes and cooked rice, plus ham, shrimp, chicken, celery, onions, and a whole lot of seasonings.

lagniappe (lan-yap): Derived from the Creole dialect, meaning an extra or unexpected benefit.

locka: Closet.

Maa-Maa: Grandmother.

make groceries: Go grocery shopping.

mirepoix: A French culinary combination of onions, carrots, and celery. Used in stocks, soups, stews, and sauces.

mirliton: Hard-shelled, pear-shaped, squash-like vegetable, with edible innards, that is cooked like squash. It is often stuffed with ham, shrimp, or crabmeat and served with spicy dressing.

muffuletta: This is a large New Orleans style sub-sandwich made with special cheeses, Italian meats, and olive salad, all stuffed inside loaves of round Italian bread.

mynez: Mayonnaise.

Na-nan: Godparent; specially Godmother. See also Pa-Ran.



International Cuisine

Louisiana Culinary Terms & Other Regional Words/Expressions

N’Awlins: New Orleans.

ornge: Orange.

Pa-ran: (parean) Godparent; specifically Godfather. See also Na-Nan.

parboiled: Partial boiling of food to finish cooking later.

plantain: Think of it as a sort of vegetable/banana side dish. It can be prepared like candied yams, or simmered in sherry, and it’s a great meat accompaniment. Also, plantain can be eaten alone as a chip snack.

po-boy: A sandwich explosion. There are fried oysters po-boys, roast beef and gravy po-boys, fried shrimp po-boys, soft-shell crab po-boys, ham and cheese po-boys, and even fried potato po-boys! All served up on crispy-crustured French bread, and dressed with lettuce, tomato, mayo, and hot sauce.

praline (praw-leen): This New Orleans tradition is a candy patty, the ingredients of which are sugar, butter, evaporated milk, and pecans. There are many variations in the French Quarter candy and gift shops. Aunt Marylue made the best pecan praline candy found anywhere.

red beans and rice: Camellia brand dried kidney beans mixed with “the trinity” seasonings, spices, and big fat chunks of sausage and ham. Cooking continues until the beans become creamy, and the kidney beans are then served with long-grain cooked rice. This is one of the staples of New Orleans cooking, and it was traditionally eaten on Monday (or any other day you got a taste for it). Aunt Marylue kept cooked red beans and rice in the freezer. That way, she had them ready to eat every day.

salt meat: A form of salty pork usually used to season beans and greens in Creole/Cajun cooking.

Who dat?: What Tom Benson, owner of the New Orleans Saints, said when the team won their first in history Super Bowl Football Game (XLIV – 2009).

Yea –Ya-Right: You are correct.



Why Aunt Marylue Used Cast Iron Cookware



Aunt Marylue used cast iron cookware for almost all her dishes. She said it cooks the food more evenly and helps the food retain its flavor. Cast iron also keeps the food warmer longer than other cookware, and the pots are essential for the long slow cooking that many Creole and Cajun dishes require.



Why Aunt Marylue Used Distilled Water



Aunt Marylue said using distilled water in all her recipes made them perfect and next to God!!! New Orleans has mostly hard water and it can have a higher than ordinary levels of dissolved minerals. Aunt Marylue said that this can alter the taste in the recipes but using distilled did not.

Pots & Pans



1. **Bake pan:** Rectangular pan about 2 inches deep. Used for general baking.
2. **Brazier:** Round, broad, shallow heavy-duty pot with straight sides. Used for browning, braising, and stewing meats.
3. **Cast iron skillet:** Very heavy thick-bottomed fry pan. Used for pan-frying when steady even heat is desired. In Cajun/Creole cooking, a much used kitchen staple!
4. **Double boiler:** Lower section holds boiling water. Upper section holds food that must be cooked at low temperatures and cannot be cooked over direct heat. Double boiler comes in various sizes.
5. **Roasting pan:** Large rectangular pan used for roasting meats and poultry.
6. **Saucepan:** Round pot; a medium, shallow, light saucepot, but with one long handle instead of the two loop handles saucepans. Many have straight or slanted sides. Used for general cooking and ranges in size from 1½ to 15 quarts.
7. **Saucepot:** Round pot of medium depth, similar to a stockpot but more shallow. Used for soups, sauces, and other liquids.
8. **Sauté pan:** Also called fry pan, it is used for general sautéing and frying of meats, fish, vegetables, and eggs.
9. **Sheet pan:** Shallow rectangular pan used for baking cakes, rolls, and cookies. also used for baking or broiling some meats and fish dishes.
10. **Stockpot:** A large, deep, straight-sided pot for preparing stocks and simmering large quantities of liquids. Stockpots with spigots allow liquids to drain without disturbing the solid contents, or lifting the pot. Good for gumbo and jambalaya to feed a crowd!

Other Useful Kitchen Equipment

- 1. Colander:** Perforated bowl usually made of stainless steel, aluminum, or plastic. The colander is used to drain liquids off vegetables, salad greens, pasta, etc.
- 2. Cooking fork:** Heavy, two-pronged fork with a long handle, used for lifting and turning meats.
- 3. Cooking spoons:** Large stainless-steel spoons that hold about 3 ounces. You can stir, mix, and serve using these spoons.
- 4. Grater:** Four-sided metal box with grids of varying sizes, used for shredding vegetables, cheese, citrus rinds, coconut, etc.
- 5. Melon ball scoop:** Cup shaped half-sphere, used for cutting fruit and vegetables into small balls.
- 6. Pastry wheel or wheel knife:** A round, rotating blade on a handle, great for cutting pastry and pizza.
- 7. Pastry brush:** Used to brush items with egg wash, glaze, sauces, etc.
- 8. Food mill:** Used for pureeing foods.
- 9. Sandwich spreader:** A short, stubby spatula, excellent for spreading fillings on sandwiches, hence the name “sandwich spreader.”
- 10. Spatula:** Aunt Marylue said the spatula was the most under-rated and most used cooking tool. Three types of spatulas are important for a variety of uses in the kitchen. The straight spatula has a long, flexible blade with a rounded end, and it used most often for spreading icings on cakes, and for mixing and bowl scraping. An offset spatula is bent to keep hands off hot surfaces. It is used for turning and lifting eggs, pancakes, and meats on griddles, grills, and sheet pans. The rubber spatula or scraper has a rubber or plastic tip on a long handle, used to scrape bowls or pans. It is also used for folding in egg foams in egg dishes, and for whipping creams. Aunt Marylue used spatulas for almost everything.
- 11. Pie server:** A wedge-shaped spatula, used to serve pie wedges from pan.

Other Useful Kitchen Equipment



- 12. Skimmer:** Perforated, slightly cupped slotted spoon-like device on a long handle used for skimming and removing solid pieces from soups, stocks, and liquids.
- 13. Tongs:** Used to pick up and handle foods, typically meats.
- 14. Wire whip:** There are two kinds of wire whips. Heavy whips are used for general mixing, stirring, and beating. Balloon whips are used for whipping eggs and creams like egg soufflés.
- 15. Strainer:** Cup-shaped, made of screen-type mesh. Used for straining pasta, vegetables, etc.
- 16. Sieve:** Used for sifting flour and other dry ingredients.
- 17. Zester:** Small hand-tool used for removing the colored part of citrus peels in strips. Good for garnishes and decoration of foods.



Knowing Your USDA Meat Grades



	Beef	Veal	Lamb
Prime: Highest quality	Prime	Prime	Prime
Choice: High in quality, tender, and juicy.	Choice	Choice	Choice
Select: Lean, not as fine or tender. Can be flavorful if cooked carefully.	Select	Good	Good

Note: Add tomatoes to roast beef to naturally tenderize it.

The highest grade of USDA meat is Prime. You can find Prime beef, veal, and lamb.

The second best grade of USDA meat is Choice.

The third best grade of USDA meat is Select.



“The greatest healing is Friendship, Love, and Good Food.”

~ Uncle Jasper

Beef



Avondale Grilled Bacon Cheese Burgers

- | | |
|--------------------------|-------------------------------|
| 8 thin slices of bacon | 2½ pounds ground beef (80/20) |
| 1½ teaspoon salt | 1 teaspoon chili powder |
| ½ teaspoon paprika | 8 ounces Fontana cheese |
| 8 toasted hamburger buns | freshly ground pepper |
| 8 arugula lettuces leafs | 8 slices of Creole tomatoes |

Preheat oven to 350-degrees. Place bacon on a baking sheet. Bake halfway through (about 10 minutes); flip bacon over and cook on other side. Drain on paper towels. Combine ground beef, salt, chili powder, and paprika in a bowl and season with pepper. Shape into eight patties. Preheat grill to medium and grill burgers 4-5 minutes on each side. Flip burgers and top with Fontana cheese. Grill 5-8 minutes more, or until they reach preferred doneness. On toasted hamburger buns, add arugula leafs and a slice of Creole tomato (for all eight hamburger buns). Remove burger from grill and top with bacon. Place on top of prepared buns. Serve with mayo, relish, ketchup, mustard, and Dugas Oven Fries.

Makes 8 burgers



Rousselle Beef Roast Pot

- | | |
|---|---|
| 1 (3 pound) boneless chuck or rump roast | 1½ teaspoon Creole seasoning |
| ¼ cup Wesson oil | 1 onion, thinly sliced |
| 3 bay leaves | 4 medium peeled and diced Russet potatoes |
| 4 beef bouillon cubes | 2 cloves garlic, crushed |
| ½ cup distilled water | 3 raw carrots cut in 1 inch pieces |
| 1 (10¾ ounce) can Campbell's condensed Cream of Mushroom Soup | |

Combine all ingredients in a Crock Pot (except soup) and cook on medium heat (about 6 hours), making sure to test meat for doneness. Add soup 1 hour before done.

Makes 6-8 servings

Beef

Tip: How to Make Roast Beef Tender

Using about 3 pounds of beef roast, cook over medium heat on top of stove until brown, about 15 minutes per side. Place about eight ice cubes in the middle of the roast and allow them to sizzle and melt. Repeat with eight more ice cubes on other side of roast. Then place roast in oven and bake at 350-degrees until done (about 1½ hours). Roast will be very tender.

Note: Adding tomatoes to roast beef is naturally tenderizing.

Bayou Blue Beef Stew

- | | |
|-------------------------------|---------------------------------|
| 2 pounds stew meat | 2 tablespoons vegetable oil |
| 2-4 cups distilled water | 1 teaspoon Worcestershire sauce |
| 1 clove garlic, peeled | 1 bay leaf |
| 1 medium yellow onion, sliced | 1 teaspoon salt |
| 1 teaspoon sugar | ½ teaspoon pepper |
| ½ teaspoon paprika | 3 large carrots, sliced |
| 4 red potatoes, quartered | 3 ribs celery, chopped |
| 2 tablespoons cornstarch | |

In a cast-iron skillet, heat oil and brown meat on all sides. Pour off grease. Add 2 cups of water, Worcestershire sauce, garlic, bay leaf, onion, salt, sugar, and pepper. Cover and simmer (about 1½ hours). Remove bay leaf and garlic clove. Add carrots, potatoes, celery, and paprika. Cover and cook another 20 minutes. Add more water as needed. In a separate bowl, combine cornstarch with ¼ cup distilled water and 2 tablespoons of hot beef stew liquid, and stir until creamy. Pour mixture back into stew pot. Cook, stirring until mixture thickens.

Makes 6 servings



Beef



Algiers Meat Loaf

- | | |
|-------------------------------------|-----------------------------|
| 1 pound ground beef | 1¼ teaspoon salt |
| ¼ teaspoon ground black pepper | ½ cup yellow onion, chopped |
| ½ cup bell pepper, chopped | 1/3 cup ketchup |
| 2¼ tablespoons brown sugar | 1 tablespoon Creole mustard |
| 2 eggs, lightly beaten | ½ cup ketchup for sauce |
| ½ cup quick-cooking oats, soaked in | ¼ cup whole milk |
| ¼ cup brown sugar for sauce | |

Preheat oven to 350-degrees. Mix ground beef, salt, and pepper. Add onions and bell pepper to mixture. Add ketchup, brown sugar, eggs, and Creole mustard and oats. Mix well. Pour the mixture in a 9-inch square loaf pan. Place pan in the middle rack of the oven. Bake about 1 hour. While meatloaf is baking, mix ketchup and brown sugar in bowl for sauce; place aside. Pour juices off meat, spread sauce over loaf, and bake an additional 15 minutes. Serve with Aunt Marylue's Creamed Potatoes.

Makes 8-10 servings



Point Alahache Cajun Meatballs

- | | |
|--------------------------------------|------------------------------------|
| 1 pound ground pork | 4 ounces Pet evaporated milk |
| 3 pounds ground beef (80/20) | 1 cup dry bread crumbs |
| 4 eggs, beaten | 2 tablespoons Worcestershire sauce |
| 1 yellow onion, chopped | 2 cloves garlic, minced |
| 3 tablespoons parsley, chopped | 1 teaspoon salt and pepper |
| 1 teaspoon Zatarain's Creole mustard | |

Preheat oven to 350-degrees. In a large bowl, combine milk, eggs, Worcestershire, and bread crumbs. Add meat and mix well. Add remaining ingredients and mix again. Using 1 ounce scoop, roll into small meatballs. Place meatballs in a baking dish and bake at 350-degrees, turning until brown (about 1 hour). Pour off grease. Transfer meatballs to a covered chafing dish or skillet to keep food warm until serving.

Makes 20-25 meatballs

Beef



French Quarter Swedish Meatballs

- | | |
|---------------------------------|------------------------------------|
| 2 yellow onions, finely chopped | 2 tablespoons Wesson vegetable oil |
| 1¼ cup dry bread crumbs | 1¼ cups milk |
| 5 eggs, beaten | 2½ pound ground chuck |
| ¾ pound ground pork | 1¼ teaspoon dill weed |
| 1/8 teaspoon nutmeg | 1/8 teaspoon allspice |
| 1 tablespoon salt | 2 cups brown gravy |
| 1¼ cup light cream, hot | |

Preheat oven to 325-degrees. Sauté onions in oil in cast iron skillet until soft. Let cool. In a bowl, mix bread crumbs, milk, and eggs; let sit for 15 minutes. Combine cooked onion, crumb mixture, and meat in a large bowl. Add spices (except dill) and salt. Mix thoroughly. Using a 2-ounce ice cream scoop, scoop out meat balls and place in baking pans, single layer. Add dill and light cream to the gravy; pour over meatballs. Cover and bake at 325-degrees for 30 minutes.

Makes 12-15 meatballs

Beef/Page 6



Dillard's Pot Roast

- | | |
|--------------------------------|------------------------------------|
| 4 pounds chuck or rump roast | 5 peeled red potatoes |
| 5 large, fresh diced carrots | 2 medium yellow onions, chopped |
| ½ teaspoon ground black pepper | 1 tablespoon Pillsbury plain flour |
| ¼ cup parsley, chopped | ½ teaspoon salt |
| 1 turkey-size oven cooking bag | |

Preheat oven to 350-degrees. Place flour in cooking bag and shake. Add roast. Add all other ingredients to roast in bag. Poke two hole in top of bag and bake in a 350-degree oven (about 2½ hours), or until tender. If juice dries up, open bag and add distilled water. Slice meat and serve with gravy from roast drippings and the veggies.

Crock Pot Cooking

If you need to go out, you can combine all the ingredients and place in Crock Pot. Cook on medium for 4-4½ hours.

Makes 6-8 servings

Beef



Xavier 7 Smothered Steak

2 pounds beef (7 steaks) or chuck (if 7 steaks are unavailable)
2 tablespoons Wesson oil
1 teaspoon fresh garlic, chopped
½ cup green pepper, chopped
1 teaspoon salt
½ cup Pillsbury plain flour
½ yellow onion, thinly sliced
1 cup distilled water
¼ teaspoon black pepper

Pound steak between sheets of plastic wrap using flat side of meat pounder. Heat oil in a cast-iron skillet until hot. Mix flour, salt, and black pepper in a small bowl and pour into a brown paper bag. Place steak in bag and gently shake to coat. Gently shake off excess flour mixture and fry steaks lightly in oil on both sides until brown, over medium heat. Remove meat from oil and set aside. Add onions, garlic, and green pepper to hot oil and cook until onions are soft; add salt and pepper. Pour off excess oil, and add steaks and 1 cup distilled water. Simmer with tight-fitting lid on pot, over low heat, until tender (about 1-1¼ hours). If flour mixture becomes too thick, add more distilled water and stir. Steak should be very tender. Serve with steamed rice and Boothville Mustard Greens.

Makes 4 servings

Poultry

Poultry Selections

Free-range chicken: Most chicken available on the general market are produced by large operations that raise their poultry indoors in controlled environments and feed them scientifically monitored diets. This allows manufactures to raise chicken fast in large numbers. Free-range chicken is a more natural option, as the animals are raised outdoors, move around freely, and eat in a more natural environment. Many people feel that free-range chicken is tastier. There is, however, no legal definition of “free-range.” Free-range chicken is more expensive than ordinary chicken. Quality varies from one producer to another, and it’s a good idea to taste-test both types of chicken to determine your family’s preference. Free-range chicken is sometimes referred to as “organic.” Generally, a chicken that is advertised to have been raised without chemical growth enhancers and antibiotics is considered organic, although the label “organic” does not guarantee that it is chemical-free.

Light meat and dark meat: Chicken and turkey are usually considered to have two kinds of meat, based on meat color. “Light meat” is the breasts and wings. Light meat cooks faster, and it has less fat than dark. “Dark meat” consists of the drumsticks (legs) and thighs. It is higher in fat and takes longer to cook.

Kinds of Poultry

Chicken

Rock Cornish game hens are a special breed of young chicken, very tender and delicate. They are usually about 5-6 weeks old and weigh ¾-2 pounds.

Broiler or fryers are young chicken of either sex (male or female). They have tender flesh and smooth skin. They are 9-12 weeks old and weigh 1½-2½ pounds.

Roasters are chicken of either sex (male or female). They have tender flesh and smooth skin, and are 3-5 months old. They weigh 3½-5 pounds.

Capon is a castrated male chicken. The flesh is very tender and flavorful, and the breast is large. They are under 8 months old and weigh 5-8 pounds.

Hen or fowl are mature females with tough flesh and coarse skin. They are more than 10 months old and weigh 3½-6 pounds.

Roosters are mature male chickens. They have coarse skin and tough dark meat. They are more than 10 months old and weigh 4-6 pounds.

Poultry

Poultry Selections

Turkey

Fryer-roasters are turkeys that are young birds of either sex. They have tender flesh and smooth skin. They are under 16 weeks old and weigh 4-9 pounds.

Duck

Broiler or fryer ducklings are young, tender ducks with soft bills. They are under 8 weeks old and weigh 2-4 pounds.

Goose

Young goose is young birds with tender flesh. They are under 6 months old and weigh 6-10 pounds.

How to Split Chicken for Broiling

- A.** Hold the chicken up by the tail. Cut through the bones to one side of the backbone, all the way to the neck to allow the chicken to split more easily.



- B.** Split the chicken open.



- C.** Cut off the backbone.



- D.** Pull off the breastbone or Keel bone*. This helps the chicken lie flat and cook evenly.

- *Keel is the bone to which the chicken wing muscle attaches.
- E.** To get one-half chicken, cut the chicken in half down the center of the breast. Make a split in the skin below the legs, and slip the end of the leg through to hold the chicken in shape.

- F.** Cornish game hens are left whole.

Poultry

Poultry Selections

Cutting Chicken with bone into Quarters and Eights

- A.** Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife.



- B.** Spread the chicken open and cut through to the backbone.



- C.** Cut off the backbone completely. Save for stock.



- D.** Cut through the skin between the legs and the breast.



- E.** Pull the legs back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.



- F.** To cut into eights, cut the drumstick and thigh apart at the joint.



- G.** Cut the breast and wing quarter into two equal pieces. (Another method is simply to cut off the wing.)

- H.** The chicken is cut into eighths. Note that the first joint of each wing has been cut off.



Poultry

Poultry Selections

How to Truss a Chicken

Trussing means tying the legs and wings against the body to make a compact, solid unit. It's done to promote even cooking. (Extended legs and wings cook too quickly.) Additionally, the chicken is more attractive in appearance, especially when served whole or carved.

- A. Place the chicken breast up with the neck end toward you. Tuck the first joint of the wings behind the back.



- B. Press the legs forward and down against the body.



- C. Pass the center of a length of twine under the hip bone just ahead of the tail.



- D. Bring the twine up and across the ends of the legs.



- E. Pass the twine under the ends of the legs and pull tight.



- F. Bring the ends of the twine toward the neck end of the bird. Pull firmly on the twine while pressing on the breast portion with the thumbs.



- G. Tie the twine tightly.



- H. The stub of the neck holds the twine in place, preventing it from slipping behind the back.

- I. The trussed chicken.

Poultry



Des Allemond's Southern Fried Chicken

- | | |
|---|-----------------------------------|
| 3½ pound fresh fryer chicken | ¼ teaspoon ground black pepper |
| 1¼ teaspoon seasoned salt | ½ cup Pillsbury all-purpose flour |
| 1-1½ cup Wesson vegetable oil (or enough to fill the pan half full) | |

Fried chicken must be cooked in a deep cast-iron skillet/pot. Rinse chicken and pat dry. Cut into eighths. Place chicken, flour, salt, and pepper in a brown paper bag and shake well. Let bag sit in refrigerator for 2 hours. In a cast iron skillet, heat oil on high heat (until a little flour dropped in oil bubbles). Shake excess flour mixture off each chicken piece and drop each piece into the hot oil and fry. Cook 7-10 minutes or until chicken is browned. Turn chicken and cook on all sides. Cook on the other side another 7-10 minutes. Drain on paper towels. Dig in!!!

Makes 4-6 servings



Aunt Marylue's Broiled Chicken

- | | |
|---|-------------------|
| 4 ounces Land O'Lakes butter, melted | 2 teaspoons salt |
| 2 teaspoons pepper | Juice of 2 lemons |
| ¾ cup honey | |
| 5 broiler chickens about 2 pounds each (Parboiled in distilled water about 10 minutes.) | |

Take chicken out of water and split chicken in half. Brush chicken on both sides with melted butter. Season with salt and pepper. Place chicken skin side down on broiler rack (or grill). Broil at low heat until the chicken is half cooked and well-browned on one side (about 20 minutes). Using tongs, turn chicken over. Do not pierce the flesh with fork or knife. Continue to broil until the chicken is done (about 20 minutes) and browned on the second side. Place lemon juice and honey in a bowl, stir, and then baste chicken on both sides as it cooks. Remove from broiler. To serve, place half a chicken on plate, skin side up. Serve with River Parish Baked Potato.

Makes 10 servings

Poultry



Aunt Sister's Hen with Dressing

- | | |
|--------------------------------|--|
| 1 (5-6 pound) hen | 5-6 stalks celery, cut into large pieces |
| 1 large Spanish onion, chopped | 3 chicken bouillon cubes |
| 1 teaspoon poultry seasoning | 2 tablespoons salt |
| 1 tablespoon pepper | Distilled water as needed |

Remove giblets from hen. Wash hen well, inside and out. Place giblets in roasting bag with hen. Add poultry seasoning, salt, and pepper to hen. Place hen in roasting bag. Slit holes in top of bag. Add chopped onion, celery, and bouillon cubes. Roast (about 2 hours) or until tender. Serve with Ellen's Cornbread Stuffing.

Makes 8-10 servings



Meraux Baked Chicken

- | | |
|--|------------------------------|
| 1-3 pounds whole fryer chicken split in half | 1 stalk of celery, chopped |
| 1 bell pepper, chopped | ½ small onion, chopped |
| 2 tablespoons Wesson vegetable oil | 1 teaspoon poultry seasoning |
| Salt and pepper to taste | ½ cup distilled water |
| 1-2 tablespoons Gold Medal all-purpose flour | |

Preheat oven to 350-degrees. In a cast-iron skillet, fry onion, celery, and bell pepper in oil until soft. Add flour and stir until brown. Mix poultry seasoning, salt, and pepper together, season chicken with mixture. Add ½ cup distilled water to skillet. Place chicken in roasting pan. Pour mixture over chicken. Place a piece of aluminum foil on top of chicken. Bake (about 1 hour 15 minutes) or until tender. Baste chicken at least three times during baking.

Makes 4-6 servings

Poultry

Ms. Encalade's Turkey Wings and Gravy

- | | |
|--|---|
| 8 turkey wings | 3 stalks celery, sliced ½-inch thick |
| 1 small onion, thinly sliced | 1 medium green bell pepper, thinly sliced |
| 2 teaspoons poultry seasoning | 2 teaspoons salt |
| ¼ teaspoon fresh ground black pepper | ½ cup distilled water |
| 2 tablespoons Wesson vegetable oil | |
| ¾ cup Gold Medal all-purpose Flour (for gravy) | |

Preheat oven to 325-degrees. Place wings in baking dish. Season wings with salt, pepper, and poultry seasoning. Fry celery, onion, and bell pepper in 1 tablespoon of vegetable oil. Pour over wings. Make a brown paste using the other tablespoon of vegetable oil and flour. Let oil get hot and spoon in flour. Stir until brown, adding distilled water to make gravy. Add to wings and bake in covered roasting pan about 50-60 minutes or until tender. Turn wings; baste as they cook. Serve over cooked jasmine rice.

Makes 8 servings



East Bank Turkey Wings

- | | |
|----------------------------------|-------------------------------------|
| 6 turkey wings with tips cut off | ½ stick Land O'Lakes butter, melted |
| 1-1 ¼ cup distilled water | 1 onion, cut in halves |
| 2 chopped celery stalks | |
| 1 teaspoon poultry seasoning | Salt and pepper to taste |

Preheat oven to 350-degrees. Season wings with salt, pepper, and poultry seasoning. Place in roasting pan. Pour butter over wings. Add ¼ cup of water to pan. Add onions, celery, and remaining water to pan. Cover and bake at 350-degrees, turning and basting until brown about 40 minutes or until tender.

Makes 6 servings



Poultry

Aunt Anna's Turkey with Oyster Stuffing

- | | |
|--|--|
| ½ stick Land O'Lakes butter, plus 2 sticks Land O'Lakes butter, melted | Distilled water |
| 2 cups yellow ground cornmeal | 1 stalk celery, chopped |
| ¼ cup Wesson Vegetable oil | 3 eggs |
| 1 loaf stale French bread, chopped | ½ teaspoon pepper |
| 1½ teaspoon salt | 1 pint oysters, drained and finely chopped |
| 2 teaspoons poultry seasoning | 1 (12 pound) turkey |
| Liquid from oysters | ½ teaspoon pepper (for turkey) |
| ½ teaspoon salt (for turkey) | |
| 1 cup chopped Creole onion | |

Preheat oven on 325-degrees. Salt and pepper turkey and place in refrigerator. In a bowl, combine cornmeal with enough water to make the consistency of stiff biscuit dough. Heat small amount of oil in a cast-iron skillet over low heat. Add cornmeal and water mixture over entire surface of a baking pan bottom. Cook over low heat until light brown (about 10 minutes). Turn cornmeal mixture on other side. Remove from pan and cool in a large mixing bowl. Crumble when cool. In cast-iron skillet, sauté celery in about 4 tablespoons butter. Add onions to skillet and cook until tender. Combine cornbread mixture, celery, onion, remaining butter, eggs, salt, pepper, poultry seasoning, oysters, and oyster liquid. Mix well. Remove turkey from refrigerator, and stuff mixture into turkey. Bake turkey in a large roaster at 325-degrees for 20-minutes per pound. Tent turkey with foil and baste as it cooks (so that it does not become too dry or brown). Bake any extra stuffing that wouldn't fit into the bird in a greased casserole dish at 325-degrees for 30 minutes.

Makes 10-12 servings

Grand Isle Smoked Turkey and Black Eye Peas

- | | |
|------------------------------------|--|
| 2 (14¼ ounce) cans black eyed peas | 1 (16 ounce) can stewed tomatoes, un-drained |
| 1 medium onion, sliced | 1 teaspoon salt |
| 1½ teaspoon dried basil leaves | ½ teaspoon dried oregano |
| ½ teaspoons dried thyme leaves | ½ teaspoon ground cayenne red pepper |
| 3 pounds smoked turkey drumsticks | 1 teaspoon salt |
| Distilled water (as needed) | |

Bake turkey drumsticks in 350-degree oven for 45 minutes. Combine all other ingredients in a 6-quart stock pot with a lid. Bring to a boil. Reduce heat and simmer for 30 minutes, adding distilled water as needed. Remove drumsticks from oven and slice meat from bones. Stir meat into bean mixture. Let simmer another 10 minutes. Serve over hot cooked white-rice.

Makes 8-10 servings

Poultry



Aunt Carol's Fried Chicken

- | | |
|--|-------------------------------|
| 2-3 pounds frying chicken, cut into 8 pieces | 2 cups plain Gold Medal flour |
| 1 cup Wesson vegetable oil | Salt to taste |
| Fresh ground pepper to taste | |

Wash and trim fat and skin from chicken. Season with salt and pepper. Put flour in brown paper bag. Drop chicken pieces into flour one piece at a time, and shake bag to coat chicken pieces evenly. Shake off excess flour. In a cast-iron skillet, heat 2 inches of oil. Once oil is hot, drop coated chicken pieces into oil, turning chicken until golden brown on all sides and cooked through about 20-30 minutes. Remove cooked chicken and drain on paper towels. Serve with Big Easy Cheesy Mac & Cheese.

Makes 4-6 servings

New Iberia's Fried Chicken

- | | |
|-------------------------------------|-------------------------------|
| 6-7 pieces fryer chicken | 2-3 cups Wesson vegetable oil |
| 3 teaspoons sage | ½ teaspoon garlic salt |
| 1/8 teaspoon salt | ½ teaspoon cracked pepper |
| 1 cup Aunt Jemima self-rising flour | |

Heat oil in a cast-iron skillet on medium-high until hot. In a brown paper bag, mix salt, pepper, sage, garlic salt, and flour. Drop chicken, one piece at a time, into bag and shake gently to coat each piece evenly. Shake off excess flour mixture and place chicken in hot oil. Fry 10-20 minutes per side.

Makes 4-6 servings

Poultry



Aunt Enez's Stewed Chicken

2-3 pounds chicken hen cut up
 ½ teaspoon salt
 ½ cup Wesson vegetable oil
 1 medium onion, chopped

½ cup distilled water & more if needed
 ½ teaspoon black pepper
 ½ cup Gold Medal plain flour
 1/8 teaspoon fresh parsley

In a Dutch oven, partly fry chicken pieces in hot oil, turning to cook on both sides (about 5 minutes). Remove from oil and set aside. Add flour to oil and make gravy. Add distilled water to gravy and stir until cooked. Place chicken, onions, and parsley into Dutch oven and simmer on low heat covered for about 45 minutes. Add distilled water as needed during simmering. Stir chicken while cooking. Chicken is ready when tender. Serve chicken and gravy from Dutch oven over long-grain or brown rice.

Make 4-6 servings



CT's Roast Turkey

1 (10-12 pound) turkey
 1-2 tablespoons poultry seasoning
 1 stick of Land O'Lakes butter
 ½ teaspoon salt
 2 tablespoons plain Gold Medal flour

1 large roasting bag
 2 large onions cut in quarters
 ½ cup celery
 ½ teaspoon black pepper

Preheat oven to 350-degrees. Remove giblets from turkey. Wash turkey inside and out. Pat dry. Place flour in roasting bag. Place ½ of onion in bag. Season outside and inside of turkey with salt, pepper, and poultry seasoning. Place turkey in bag and add celery and giblets. Stuff turkey cavity with remaining onions and butter. Close bag up and bake about 4½ hours (or 20 minutes per pound). Pierce several holes in bag to vent before baking. Turkey will create its own gravy as it cooks. Serve with Aunt Anna's Oyster Dressing and resulting gravy.

Makes 6-8 servings

Poultry



Black Bayou Chicken Salad

1 (3-3½ pound) chicken, quartered (dark and light meat)
 Distilled water (enough to cover chicken in pot)
 ¾ cup Blue Plate mayonnaise
 ¾ teaspoon salt
 ½ cup celery, chopped
 ½ cup yellow onion, chopped
 1/3 cup sweet pickle relish
 ¼ teaspoon white pepper

In a 4-quart cast iron pot, place chicken and cover with distilled water. Bring to a boil, reduce heat to medium, and cook covered (about 35 minutes). Pour off water. Remove chicken from pot and cool. Take chicken off the bones. Discard skin and bones. Dice chicken into small pieces and place chicken pieces in a large bowl. Add onion and celery, and mix together. In a separate bowl, mix mayonnaise, relish, salt, and pepper. Pour over salad and toss together. Serve on whole grain bread.

Makes 6-8 servings

Lady G's Sweet & Sour Turkey Wings

4 pounds fresh turkey wings, split
 2 teaspoon black pepper
 1½ cup onion, chopped
 1 cup celery, chopped
 2 (8 ounce) cans crushed pineapple in juice
 ½ cup dark brown sugar
 ¼ cup cider vinegar

2 teaspoons kosher salt
 1 teaspoon sage
 1½ cups green bell pepper, chopped
 2 cloves fresh garlic, minced
 ½ cup orange marmalade
 ½ cup barbeque sauce
 1/8 teaspoon cayenne pepper

Preheat oven to 350-degrees. Using the entire turkey wings, wash wings, split, and pat dry. In a small bowl, place salt, pepper, sage, and cayenne pepper. Mix together. Sprinkle over turkey wings and let stand (about 20 minutes). Place turkey wings in a 6-quart Dutch oven and cover with onions, green pepper, celery, and garlic. Cover and bake 1½ hours (until wings are tender). Remove wings from pot and place in a roasting pan. To the pot, add pineapple and its juice, orange marmalade, brown sugar, and vinegar. Bring to a boil. Pour mixture over wings in roasting pan and bake 30 minutes at 350-degrees. Serve with Mooch's Macaroni & Cheese.

Makes 4 servings

Poultry



Aunt Ruth's Smothered Chicken Livers

- | | |
|----------------------------------|------------------------------------|
| 2 pounds chicken liver | 1 teaspoon salt |
| 1 teaspoon black pepper | ¾ cup Gold Medal all-purpose flour |
| ¾ cup Wesson vegetable oil | 2 cups onion, sliced |
| 2 cups green bell pepper, sliced | distilled water |

Rinse chicken livers and pat dry. Season with salt and pepper. Coat with flour. Let stand overnight in refrigerator in a covered bowl. In a large Dutch oven, heat ½ cup oil over medium-high heat. Add chicken livers and cook about 5 minutes, turning once. Remove livers from Dutch oven. Place onion and green pepper in the Dutch oven and cook, stirring until the onion and pepper are tender. Add distilled water; cook about 5 minutes. Add livers to pan. Place a tight-fitting lid on pan and let cook about 10 more minutes, stirring occasionally. Add distilled water as needed.

Makes 4-6 servings

Ellen's Giblet Gravy

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|---|------------------------------|
| 4 cups chicken stock | |
| Boiled giblet packet from turkey (liver, gizzard, and neck) finely chopped | |
| 2 chicken bouillon cubes | 1/3 cup warm distilled water |
| 2 tablespoons Wesson vegetable oil | ½ teaspoon salt |
| 2 tablespoons plain Pillsbury flour | ½ teaspoon pepper |
| 2 tablespoons reserved uncooked corn-bread stuffing (see Ellen's Corn Bread Stuffing recipe in "Dressings") | |

Bring stock to a boil along with giblets. Add bouillon cubes and raw stuffing, stirring continuously. Reduce heat and cook 2-3 minutes. Place vegetable oil in a 10-inch cast-iron skillet until hot. Add flour and stir until brown. Add warm distilled water gradually until it becomes gravy; add salt and pepper. Stir in the boiled chopped giblets mixture, and let simmer on low heat, stirring continuously, about 5-10 minutes. Serve over Ellen's Cornbread Stuffing. Serve with hen, or any poultry.

Makes 6-8 servings

Pork



Note: *When roasting pork, allow 25 minutes per pound for cooking.*

Glazed Ham a la New Orleans

- 8-10 pounds smoked ham
- Distilled water

Place ham in a stock pot with enough water to cover the ham. Place lid on pot and boil ham on medium heat (about 1 hour), or until ham is tender (when fork stuck into ham glides easily). Pour off water. Place ham in roasting pan and score the ham with a knife. Set aside.

Ham Glaze

- | | |
|--|---------------------------|
| 1 (16 ounce) can crushed pineapple packed in its own juice | |
| 1 cup Heinz ketchup | ½ cup distilled water |
| ½ cup firmly packed dark-brown sugar | 2 teaspoons chopped onion |
| 2 tablespoons vinegar | ¼ cup soy sauce |
| ¼ teaspoon salt | 10 cloves |

In a medium saucepan, combine juice from pineapple, onion, and ketchup. Bring to a boil; add distilled water (if needed), brown sugar, vinegar, soy sauce, and salt. Cook about 2 minutes. Add pineapples to mixture and cook about 1 minute more. Place cloves in ham scores. Pour mixture over ham and bake in a 350-degree oven for 30-40 minutes, basting ham every 10 minutes. Slice and serve with Garden District Herb Potato Salad.

Makes 10-12 servings



Tulane Cranberry Pork Chops

- | | |
|--|--------------------------|
| 4 (1 inch thick) center-cut pork chops | 2 tablespoons Wesson oil |
| ½ cup distilled water | ½ cup honey |
| 1 cup fresh cranberries | 1 tablespoon season salt |
| 1 tablespoon black pepper | |

Season pork chops with salt and pepper. In a cast iron skillet, brown chops in hot oil (about 2 minutes) on each side. Pour off oil. In a bowl, combine water, cranberries, and honey. Cook until cranberries are soft (about 10 minutes). Pour cranberry mixture over pork chops. Cover and simmer in skillet for 30 minutes. Simmer 10 minutes longer if necessary. Serve with Cameron Fingerling Potato Salad.

Makes 4 servings

Pork



Shreveport's Shrimp-Stuffed Pork Chops

- | | |
|---|---------------------------------|
| 6 (1½ inch thick) center cut pork chops | 1 cup herb stuffing mix |
| 2 tablespoon raisins | 2 tablespoons Kerry Gold butter |
| 1/8 teaspoon ground cinnamon | ½ teaspoon salt |
| Pepper to taste | 2 tablespoons orange juice |
| ½ pound medium shrimp, cleaned, de-veined, and cooked | |
| 2 tablespoons of whole kernel corn | |

Preheat oven to 350-degrees. Make a pocket by splitting down the front along the thickest side of each chop. Season inside and out with salt and pepper. In a bowl, combine stuffing mix, butter, corn, orange juice, salt, raisins, and cinnamon. Gently toss ingredients. Add shrimp to mixture, toss. Stuff chops with mixture. Place stuffed chops in a shallow baking dish. Cover with aluminum foil and bake at 350-degrees for about 50-60 minutes.

Makes 6 servings



Jefferson Parish Pork Roast

- | | |
|-------------------------------------|--------------------------------------|
| 1 (4 pound) boneless top loin roast | 5 clove garlic, peeled & cut in half |
| 1 teaspoon dried sage | ½ teaspoon dried marjoram |
| ½ teaspoon dried thyme leaves | 1-¼ teaspoon kosher salt |
| 1 teaspoon black pepper | |

Rub roast with garlic. Cut slits in roast and stuff with garlic cloves. Combine remaining ingredients and sprinkle over roast. Place roast, fat side up, on rack in a shallow roasting pan. Roast uncovered at 350-degrees about 2½ hours. Allow to sit 15-20 minutes before carving. Great with Jennings Stuffed Baked Potato.

Makes 8 servings

Pork



Steamboat Roast Loin of Pork

- | | |
|--------------------------------|-------------------------------------|
| 7 pounds pork loin, center cut | 1 tablespoon sage |
| 1 whole onion, chopped | 5 small new potatoes, cut in halves |
| 4 stalks celery, chopped | 1 tablespoon Gold Medal flour |
| 1 teaspoon salt | ¼ teaspoon black pepper |

Rub pork with salt, pepper, and sage. Place pork loin in a cooking bag. Add flour to bag. Roast fat side up in a 325-degree oven about 1½ hours. Open bag; place onion, celery, and potatoes into the bag and continue cooking about 1½ hours more or until roast is tender and vegetables are done. Serve with Delacroix Black Eyed Peas.

Makes 10-12 servings

Note: Allow cooking time of approximately 20-25 minutes per pound of pork.

Ville Platte Barbequed Spareribs

- 9 pounds fresh pork baby-back spareribs
- 1¼ quart prepared barbecue sauce
- ½ cup honey
- Distilled water to parboil ribs



Preparing sauce

Add barbeque sauce and honey and mix well. Set aside.

Parboil ribs on top of the stove (about 20 minutes). Place in a roasting pan with the inside of ribs facing down. Bake in 300-degree oven for 1½ hours. Drain fat from pan. Spoon about 1 cup barbeque sauce mixture over the ribs to coat them with a thin layer. Turn them over and coat with more sauce. Bake another 45 minutes. Turn and coat the ribs with the remaining barbeque mixture. Bake another 50-60 minutes or until tender. Serve with Beau River Smothered Cabbage and Luling Sweet Potato Chips.

Makes 10-12 servings

Pork

Ahoskie's Smothered Cabbage & Pig Tails

1½ medium heads fresh cabbage
½ teaspoon cayenne pepper
Dash of salt

½ pound chopped pig tails
Distilled water

Boil pig tails in distilled water until tender (about 30-45 minutes). Skim white fat off water and pour most of the water off, leaving a small amount to cover bottom of pot. Chop cabbage and combine in a bowl with salt. Add cabbage and salt to pig tails and smother covered with lid on pot on low-medium heat (about 20-30 minutes). Add cayenne pepper. Remove cover and let cook on medium heat 10 minutes more. Serve with Algiers Corn Bread.

Makes 4-6 servings



Minnie T's Chitterlings

5 pounds fresh, cleaned chitterlings
3 large yellow onions cut in quarters
3 tablespoons kosher salt
2 teaspoons thyme
1 tablespoon cracked black pepper
1 (16 ounce) bottle white vinegar (extra may be needed)
Distilled water (as needed)

3 cloves garlic
5 bay leaves
2 teaspoons black pepper
2 teaspoons parsley
1 teaspoon cayenne pepper

Soak chitterlings in a large stock pot filled with ½ distilled water and ½ vinegar overnight in refrigerator to clean. The next morning, pour mixture off and pour in new water and vinegar using the same measurements as before. Cook (about ½ hour on medium heat and then pour off water adding fresh water and vinegar). Repeat process two more times. Simmer chitterlings again in a stock pot with water, vinegar, and salt (pot should be about ½ full). When simmering begins, add onion, black pepper, garlic cloves, thyme, parsley, bay leaves, cayenne pepper, and salt. Let simmer until chitterlings are cooked and tender. Check periodically, for about 2-2½ hours. Sprinkle cooked chitterlings with vinegar on serving plate, if desired. Serve with Aunt Marylue's Creole Potato Salad and Boothville Mustard Greens.

Makes 10-12 servings

Pork



Aunt Rosie's Roast Boston Butt

6-7 pounds fresh Boston butt or shoulder with "skin on" at room temperature
2 tablespoons sage
1/8 teaspoon plain Gold Medal flour
5 cloves garlic, chopped
½ cup Pinot Noir red wine
½ teaspoon pepper
1 medium yellow onion
1 teaspoon rosemary, minced
½ teaspoon parsley, chopped
½ teaspoon salt
½ teaspoon Accent

Preheat oven to 350-degrees. Wash and poke holes in roast with a knife. Push 4 pieces of chopped garlic into holes. Sprinkle roast with sage. Chop remaining garlic clove, plus onion and parsley; place in bowl. Place flour in bottom of roasting bag. Add salt and pepper. Place roast in bag. Add wine to bowl of garlic, onion, and parsley, and then pour over roast in bag. Seal bag. Poke holes in bag with a fork to let steam out. Bake at 350-degrees for 3-3½ hours, or until tender. Check, and bake another 20 minutes if needed on 300-degrees or until roast falls off the bone. Save juice in bag and use as "Au Jus" gravy.

Makes 8-10 servings

UNO Oven-Roasted Baby Back Ribs

1 (5 pound) slab baby-back pork ribs
1 teaspoon black pepper
2 tablespoons honey
3 cups distilled water
2 tablespoons salt
1 teaspoon garlic powder
½ cup yellow onion, chopped

Preheat oven to 325-degrees. Parboil ribs in Dutch oven on top of stove with distilled water (about 20 minutes). Pour off water. Season ribs with all ingredients except honey. Place ribs in cooking bag; place in roasting pan. Poke holes in bag and bake in a 325-degree oven for 2½-3 hours or until tender. Add honey to ribs and let sit in bag for 10 minutes. Take out of bag, re-serving juice. Serve.

Makes 6-8 servings



Pork

La Blanche Barbequed Ribs

- | | |
|--|---------------------------------------|
| 7-8 pounds pork spare ribs | 3 (8 ounce) cans tomato sauce |
| 3 tablespoons apple cider vinegar | ½ cup onion, chopped |
| 3 cloves garlic, chopped | 3 tablespoons Worcestershire sauce |
| ½ cup brown sugar | 2 tablespoons honey |
| 1 teaspoon salt | 2 tablespoons prepared yellow mustard |
| Distilled water (enough to cover the spare ribs) | |

Cut pork spareribs in strips and parboil in distilled water on top of the stove (about 30 minutes). Pour off liquid and set aside for later use. Place lid on pot and set aside. Combine all ingredients (including liquid from ribs) in a small pot, and bring to a boil on top of the stove. Reduce heat and simmer about 30 minutes. Place ribs in baking dish and pour liquid over them. Cover with aluminum foil and bake at 300-degrees about 3½ hours. Serve with St. Rose Potatoes Au Gratin and Deridder Collard Greens.

Makes 8-10 servings

Chodie's Chopped Barbeque



- | | |
|---|-----------------------------|
| 5-6 pounds fresh pork shoulder (trim fat) | 1 teaspoon seasoned salt |
| 1 teaspoon black pepper | large yellow onion, chopped |

Preheat oven to 350-degrees. Season pork with salt and pepper. Place pork in baking dish, add onion, and cover with aluminum foil; bake 3½ hours or until pork falls off the bone. Turn pork several times on both sides during baking. Remove from oven and let cool. Remove meat from the bone after cooling. Chop meat.

Chodie's Barbeque Sauce
Prepare while pork is cooking



- | | |
|--------------------------------|-----------------------------|
| 16 ounces tomato paste | 1 yellow onion, chopped |
| ½ cup distilled water | ¼ cup Wesson oil |
| ½ cup apple cider vinegar | ½ cup brown sugar |
| ½ teaspoon chili powder | 1 teaspoon salt |
| ½ teaspoon black pepper | 1/8 teaspoon cayenne pepper |
| 2 tablespoons fresh lime juice | |

In a cast-iron skillet, sauté onion in oil over medium heat. Cook onion until soft. Add tomato paste, vinegar, and water; mix well. Add salt, black pepper, chili powder, and lime juice. Mix well. Let simmer (about 15 minutes). Add brown sugar and cayenne. Let cook down on low heat about another 20 minutes. Add chopped pork to sauce and blend. Ready to serve. Serve on hamburger buns with coleslaw.

Makes 6-8 servings

Pork



Rushville Baked Pork Chops

- | | |
|--|------------------------------------|
| 6 center-cut pork chops, with fat trimmed | 1 tablespoon Wesson oil |
| 1 (14½ ounce) can whole Creole tomatoes, crushed | ½ cup ketchup |
| ¼ cup dark brown sugar | 2 tablespoons Worcestershire sauce |
| 2 tablespoon Zatarain's Creole mustard | ½ teaspoon salt |
| ½ teaspoon Accent | |

Preheat oven to 350-degrees. In a cast iron skillet, brown pork chops in oil. Drain. Place in shallow baking dish. Combine remaining ingredients; spoon over pork chops. Bake 40-50 minutes. Serve with Aunt Marylue's Mixed Green Salad and Mooch's Macaroni & Cheese.

Makes 6 servings



Aunt Marylue's Boiled Picnic Ham

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|-------------------------------|
| 1 (5 pound) smoked picnic ham |
| 1 gallon distilled water |

Place ham in large stock pot and cover with distilled water. Place lid on pot. Pot must be large enough to cover entire ham. Let ham boil on medium-low heat (about 1 hour) or until water becomes cloudy. Pour off water. Add fresh distilled water to ham and cook again (about 45 minutes). Repeat this process, pouring off water and cooking again until ham is tender. Boil ham until it is so tender that the meat almost falls off the bone. Slice and serve after cooling about 20 minutes. Serve with Aunt Marylue's Creole Potato Salad.

Note: You can reserve the boiled ham water for future use in beans and fresh vegetables to add a great flavor.

Makes 10-12 servings

Pork



Picayune Smothered Pork Chops

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|--------------------------------------|------------------------------|
| 4 center cut 1-inch thick pork chops | ½ cup Pillsbury plain flour |
| ½ cup Wesson vegetable oil | 1 medium Creole/yellow onion |
| 1 teaspoon seasoned salt | 1 teaspoon black pepper |
| ¼ teaspoon chopped parsley | 1½ cups distilled water |

Place flour, seasoned salt, and pepper in a brown paper bag. In a cast-iron skillet, heat oil on high heat until hot (to when you drop a little bit of flour into the oil, it bubbles). Drop pork chops one at a time into bag and shake gently to coat. Shake off excess flour, and place pork chops in skillet. Brown on medium heat on both sides (about 6 minutes). Place chops on paper towel to drain. Add chops, onion, and ½ cup distilled water to skillet. Place lid on skillet and reduce to low heat. Cook on low heat (about 40 minutes, turning chops several times). Add water as needed because chops will make their own gravy. Serve with steamed white rice.

Makes 2-4 servings

Dressing



Aunt Anna's Oyster Dressing

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|-------------------------------------|--|
| 1 (16 ounce) cornbread stuffing mix | 1 pint shucked oysters, chopped (save juice) |
| 2 tablespoons Kerry Gold butter | 1 teaspoon salt |
| ½ teaspoon black pepper | ½ cup parsley |
| ½ teaspoon sage | 1 large yellow onion, chopped |
| 2 large eggs, beaten | Distilled water (as needed) |
| Juice from oysters | |

Preheat oven to 350-degrees. Place 1½ tablespoons of butter in cast-iron skillet over medium heat. Add stuffing mix; stir mixture continually about 2 minutes until well mixed. Remove mixture from skillet; place mixture in bowl and set aside. Add remaining ½ tablespoon of butter into the same skillet; add onion and fry over medium heat until onion is soft. Add oysters, cornbread mixture, and salt and pepper to onion mixture, stirring continually. Add sage to mixture, and stir cooking about 10 minutes more. Add a little distilled water (about 1 tablespoon). Add a tablespoon of oyster juice and let cook about 10 minutes, stirring constantly. Place in greased 9-inch baking dish in 350-degrees oven and brown about 10 minutes. Serve with turkey, chicken, or fish.

Makes 6 servings



Naquin's Oyster Cornbread Dressing

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|--|-------------------------------------|
| 3 cups cornbread (2 days old) | 3 cups stale French bread, crumbled |
| 2 cups chicken broth | ¼ cup Wesson vegetable oil |
| ½ cup fresh parsley, chopped | ½ cup celery, chopped |
| 1 cup onion, chopped | 1 cup oysters, chopped |
| Salt and pepper to taste | |
| ½ pound smoked sausage cut into small pieces | |

Preheat oven to 325-degrees. Crumble the cornbread and mix with crumbled French bread in a large mixing bowl. Pour in broth and set aside. Over medium-high heat in a cast-iron skillet, heat the oil and sauté sausage, celery, and onions. Cook (about 5 minutes) until sausage is done, then add to bread crumb mixture. Add oysters and ½ cup juice to mixture in the bowl with bread crumbs. Add salt, pepper, and parsley and mix well. Pour into 9-inch greased casserole dish and bake (about 30 minutes) or until done. Serve with poultry, seafood, or pork.

Makes 6-8 servings

Dressing

Ellen's Corn Bread Stuffing

7 slices dried French bread	2 cups prepared cornbread
2 cups celery, chopped	1 large yellow onion, chopped
1 sticks Land O'Lakes butter	7 cups chicken stock
1 teaspoon sage	4 tablespoon poultry seasoning
5 eggs, beaten	1 teaspoon salt
½ teaspoon pepper	

Preheat oven to 350-degrees. In a bowl, crumble dried bread slices and cornbread; mix together and set aside. Sauté chopped onion in butter (about 2-3 minutes). Pour over cornbread mixture. Add stock and mix well. Add salt, pepper, sage, and poultry seasoning. Add beaten eggs. (Reserve two heaping tablespoons of this mixture for giblets gravy, if making it. See Ellen's Giblet Gravy in Poultry section.) Pour mixture into greased roasting pan. Bake until done (about 30 minutes).

Makes 6-8 servings

One Dish Meals



Bijouterie Macaroni & Cheese

6 cups distilled water	½ teaspoon salt
2½ cups grated cheddar cheese	2 cups uncooked elbow macaroni
2 large eggs	½ stick Land O'Lakes butter, melted
¼ cup Pet evaporated milk	¼ cup distilled water

Preheat oven to 350-degrees. Grease an 8-inch square baking pan with small amount of butter. Boil water and salt in a large pot. Add the macaroni and cook for 7 minutes, stirring occasionally. Drain water from macaroni, then return macaroni to pot and stir in the remaining butter. Add 2 cups of the cheddar cheese. In a separate bowl, beat eggs, then beat in milk and ¼ cup distilled water. Pour mixture into the pot with macaroni and stir until thoroughly mixed. Pour macaroni mixture into the prepared baking dish and sprinkle with the remaining cheddar cheese. Bake uncovered for 20-30 minutes or until the cheese has completely melted.

Makes 6 servings



Liver & Onions Lafayette

2 pounds calf liver, sliced	½ cup Gold Medal flour
2 tablespoons Wesson oil	½-1 cup fresh onions, sliced
Salt and pepper to taste	

Season liver with salt and pepper. Roll liver in flour until coated. In a cast-iron skillet, on medium heat, fry liver in oil until golden brown on both sides. Remove liver and keep warm in oven or microwave. Add onions to pan and fry on low-medium heat in liver drippings. Cook the onions, turning constantly, about 10 minutes or until soft and lightly brown. Add liver to onions and a small amount of distilled water and simmer about 15 minutes until tender.

Makes 4-6 servings

One Dish Meals



Big Easy Cheesy Mac & Cheese

- | | |
|-----------------------------|--|
| 1 pound elbow macaroni | 6 eggs |
| ½ cup cubed Velveeta cheese | 1 stick Land O'Lakes butter, melted |
| ¾ cup Pet evaporated milk | ½ cup distilled water |
| 3 cups grated sharp cheddar | 1 cup grated extra-sharp white cheddar |
| 2/3 cup grated mozzarella | ½ cup grated Asiago |
| ½ cup grated Gruyere | ½ cup grated Monterey Jack |
| ½ cup Muenster | pinches of salt |
| 1 teaspoon black pepper | 6 cups distilled water |

Preheat oven to 325-degrees. In a large saucepan, bring 5 cups of distilled water to a boil. Add salt and macaroni. Cook 7-10 minutes. Drain macaroni and set aside in a warm dish. Lightly butter a large baking dish and set aside. Mix together evaporated milk and 3/4 cup distilled water. Beat eggs in a large bowl. Add Velveeta cheese, butter, evaporated milk/distilled water mixture, and macaroni. Toss together until Velveeta has melted and mixture is smooth. Add remaining ¼ cup distilled water, 2 cups sharp cheddar cheese, and the remaining grated cheeses (except for sharp cheddar). Add salt and pepper. Stir until all ingredients are combined. Transfer mixture into prepared baking dish and sprinkle with the remaining sharp cheddar. Bake 15-20 minutes or until golden brown.

Makes 10-12 servings



Mooch's Macaroni & Cheese

- | | |
|---|-------------------------------|
| 1 (16 ounce) box elbow macaroni | 32 ounces distilled water |
| ¾ pound yellow American cheese cut in cubes | ½ pound grated cheddar cheese |
| ½ can Pet evaporated milk | 2 medium eggs, beaten |
| ½ teaspoon salt | ½ teaspoon white pepper |
| ½ stick Land O'Lakes butter | ½ can distilled water |

Boil elbow macaroni according to package directions, using distilled water. When macaroni is cooked, pour off water and drain macaroni in a colander. Place noodles in medium saucepan after draining. Add butter to hot noodles. In a separate bowl, beat eggs. Add milk, cheese, salt, and pepper to beaten eggs. Pour mixture over macaroni. Place ingredients in baking dish and bake at 350-degrees until cheese bubbles (about 10-20 minutes).

Makes 10-12 servings

Stocks



Stocks can be a great alternative to water in recipes, and they are a listed ingredient in many recipes for soup. Simmer ingredients slowly using distilled water, with only a few bubbles bursting on top. Slow cooked stocks are clear and flavorful; the longer you cook it, the more intense the stock's flavor.

Stocks will last for several days if refrigerated in a tightly sealed container. They last for several months in the freezer if tightly sealed. One way to freeze stocks is in the ice cube trays. They can be used a few cubes at a time or as needed.

Preparing Stocks

Note: *When preparing stocks, use distilled water only.*

All Stock Recipes

Place ingredients in medium cast-iron pot or stock pot, and bring to a boil. Next, simmer up to several hours or for as long as it takes to get the desired consistency. Stir frequently.

Stock Seasoning

- 1 large yellow onion, coarsely chopped
- ½ cup celery, coarsely chopped
- 2 teaspoons fresh parsley
- 2 bay leaves
- 1 teaspoon dried thyme

K-Doe's Beef or Pork Stock

Cook in a cast-iron Dutch oven over medium heat. Add meat and bones, and cook until well browned, turning meat and bones to ensure even browning. For beef stock, add carrots (if desired) after the meat begins to brown, then add up to 2 gallons of distilled water to the pot plus all stock seasonings. Bring to a light boil, and then lower to a simmer. Cook for 2 hours, skimming any foam that rises to the top with a skimmer. Skim fat off. After cooking, strain stock. Discard solids unless you intend to serve meat for use in recipes. Allow stock to cool to lukewarm, then refrigerate unless you are using it right away. Fat will rise and solidify when chilled; remove fat. If stock becomes like gelatin during refrigeration, it will melt when warmed.

Makes 3 quarts

Stocks

Vanessa's Chicken Stock

Add up to 2 gallons distilled water to a stock pot and add chicken and stock seasonings. Bring to a light boil, reduce heat, and simmer for up to 2 hours. As it boils, skim any foam and fat that rises to the top. After cooking, strain through a sieve or cheesecloth.

Makes 3 quarts

Nagin's Seafood Stock

Use crab claws and/or crawfish shells, and break them open. Combine claws and/or shells in a stockpot with seafood seasonings and enough distilled water to cover ingredients. Bring to a light boil, and then lower until it simmers. Cook for 45 minutes, then strain.

Makes 2 quarts

Geraldine's Vegetable Stock

Combine vegetables and seasoning with 1 gallon of distilled water. Bring to a low boil in the stockpot, then lower heat to a bare simmer. Cook for 30 minutes, and then strain through a cheesecloth or sieve. Dispose of solids. Further reduction can be done by continuing to simmer until desired intensity is achieved. Let stock cool to lukewarm, then refrigerate unless you are using it immediately.

Makes 2 quarts

Soup Recipes



Mum Francine's Scrumptious Crab Soup

1 quart of distilled water to boil crabs
5 fresh medium female blue crabs with claws (but have claws taken off)
1½ pounds fresh jumbo lump crabmeat
¼ cup seafood crab boil
½ cup chopped celery
1½ cup chopped onion
1 pound cut up andouille or smoked sausage
½ cup each frozen lima beans and whole kernel corn
2 tablespoons Wesson vegetable oil
5 red potatoes washed and cut in quarters with skin on
Salt and pepper to taste
Hot sauce (optional- to add to individual servings)

In a large soup pot, bring water to a boil. Place 5 medium crabs and claws in distilled water. Add seafood boil. Cook over medium heat (about 5 minutes). Take crabs and claws out of pot and place in a bowl. Keep water from boil. Clean crabs by taking off backs and removing insides; break them in half. In a large stock pot, heat oil on medium heat and sauté onion and celery until soft. Add sausage and fry slightly. Add half of the water from crab boil to pot. Add vegetables and lima beans. Bring to a boil and simmer about 20 minutes or until vegetables are cooked, but not soft. Add more distilled water if necessary. Add crabs, claws, and lump crabmeat. Add salt and pepper to taste. Cook about 10 minutes more. Serve, using hot sauce added to individual soup bowls (optional). Serve with crackers of your choice.

Makes 8-10 servings

St. Claude Cool Tomato-Coconut Soup



1½ pound cubed tomatoes
4 scallions, chopped
1 tablespoon fresh cilantro, chopped
2 (14 ounces each) cans light coconut milk
1 tablespoon curry powder
Salt and pepper to taste

Puree all ingredients except cilantro, salt and pepper. Chill thoroughly in refrigerator for 30 minutes. Divide into four individual serving bowls and garnish with cilantro, salt, and pepper to taste. Serve with Ms. Huff's Chicken Salad.

Makes 4 servings

Soup Recipes

Oakdale Vegetable, Shrimp & Sausage Soup

- | | |
|-----------------------------------|--|
| 2 tablespoons Wesson oil | 1 large yellow onion, chopped |
| 1 garlic clove, chopped | 1 pint chicken broth |
| 1 cup Creole tomatoes, diced | 1 medium bell pepper |
| 2 carrots, cut up | 1½ cups fresh corn (cut off cob) |
| 5 red potatoes, diced (with skin) | 1 cup fresh green beans, chopped |
| 2 tablespoons fresh parsley | ½ teaspoon salt |
| 1 pound smoked sausage | ¾ pound fresh, medium shrimp, peeled & cut in halves |
| 4 cups Distilled water | 1 teaspoon black pepper |



Place large soup pot on stove with 4 cups of distilled water on medium heat (about 10 minutes). Using 2 tablespoons of Wesson oil fry sausage in a cast iron skillet on medium heat; add onions and garlic and stir until soft (about 1-2 minutes). Drain. Add to soup pot. Add broth, tomatoes, bell pepper, carrots, corn, green beans and potatoes. Add salt and black pepper. Simmer (about 20-30 minutes). Add shrimp and cook another 2 minutes. Add parsley. Serve immediately.

Makes 4-6 servings



Cochran's Cheddar Cheese Soup

- | | |
|-------------------------------|--|
| 1 medium chopped Creole Onion | 3½ tablespoons Land O'Lakes butter |
| 1½ cups chicken stock | 3½ tablespoons Pillsbury all-purpose flour |
| 3 cups of whole milk | 1 cup sharp cheddar cheese, grated |
| 1/8 teaspoon pepper | |

DO NOT BOIL MILK. In a cast iron skillet, sauté onion in butter until onion is soft (about 5 minutes). Add flour and stir about 5 minutes; add milk and chicken stock. Cook until thickened; add cheese slowly, stir continuously until melted. Add pepper to taste. Ready to serve! Enjoy with fresh fruit and/or veggies.

Makes 4-6 servings



Soup Recipes

Morton's Chili Con Carne

- | | |
|---------------------------------|------------------------------------|
| 3 pound ground chuck | 1 teaspoon salt (to taste) |
| ½ teaspoon pepper | 1-2 cups warm distilled water |
| 2 medium yellow onions, chopped | 6 garlic cloves, chopped |
| 1 (28 ounce) can diced tomatoes | 2 dashes Tabasco sauce |
| 1-2 tablespoons chili powder | 2 (4 ounce each) cans tomato sauce |
| Distilled water (as needed) | 1 (15 ounce can) red kidney beans |

Season ground chuck with salt and pepper; fry in a cast iron skillet until browned. Remove chuck from skillet, and pour off excess fat. Pour off most of the fat from skillet also, leaving about 2 tablespoons; fry onions and garlic, until soft. Add beans. Add onions and garlic to cooked beef. Transfer to 6 quart stock pot. Add water slowly to mixture in pot. Add diced tomatoes and tomato sauce to pot and stir. Place lid on pot and let mixture cook on low heat (about 20-30 minutes). Add distilled water as needed. Add chili powder and Tabasco to mixture and cook an additional 10 minutes. Serve with Algiers Cornbread.

Makes 6-8 servings



Touro Chicken Noodle Soup

- | | |
|--|-----------------------------|
| 1 (3 pound) cut up fryer | ½ teaspoon salt |
| 3½ cups distilled water | ½ teaspoon pepper |
| 1 yellow onion, whole | ½ cup fresh parsley |
| 2 teaspoons Aunt Marylue's Cajun Seasoning | 2½ cups egg noodles |
| 2 cups chicken stock (from boiled chicken) | 2 cups sliced fresh carrots |

Boil chicken for about 20 minutes in covered cast-iron Dutch oven on medium heat in enough distilled water to cover chicken. Take chicken out of pot (save stock) and set aside. In a soup pot, add all ingredients except parsley, salt, pepper, and noodles to stock. Add chicken back to pot and let cook 20 minutes or until done. Remove onion from pot. Add noodles, salt, pepper, and parsley to pot, and continue to cook until noodles are cooked according to noodle cooking instructions. Serve with assorted crackers and Aunt Marylue's Garden Salad.

Makes 6-8 servings



Soup Recipes

Charity Hospital Vegetable Soup

- | | |
|-------------------------------------|---------------------------------------|
| 6 diced red potatoes | 2½ cups fresh carrots, sliced |
| 2 cups fresh cabbage, chopped | ¾ cup celery, chopped |
| 1 pound bag frozen mixed vegetables | ½ cup bell pepper, chopped |
| 3½ quarts distilled water | 2½ pound stew beef with bones, cut up |
| 3½ cups tomato juice | 6-8 Creole tomatoes |
| 2½ cups onion, chopped | 3 cups turnip bottoms, peeled & cubed |

Place stew beef meat in large gumbo or 6 quart soup pot with distilled water. Boil over medium-high heat; add tomato juice and tomatoes. Then cook about 10 minutes. Reduce to medium heat and let simmer about 1½ hours until meat is tender. Add onion, celery, turnip bottoms, carrots, and potatoes. Cook another 15-20 minutes until vegetables are cooked but not soft. Add bell pepper, cabbage, and frozen vegetables. Stir soup while simmering another 10-15 minutes. Remove from heat and add salt and pepper to taste. Ready to eat! Serve with assorted crackers.

Makes 6-8 servings

Note: Turnips are root vegetables with greens on top and turnip roots on bottom. They look similar to white potatoes.



Duplessis Oyster Stew

- | | |
|---|--------------------------------|
| ½ cup chopped green onions | 2 pints raw oysters with juice |
| 2½ tablespoons Land O'Lakes Butter | 3 cups whole milk |
| 1/8 teaspoon salt | ¼ teaspoon black pepper |
| ¼ cup cream may be added to make soup richer (optional) | |
| 2 tablespoons of butter for serving bowls | |

In a 4-quart Dutch oven, add oysters to butter and simmer about 2-4 minutes or until edges curl. In a separate saucepan on low heat, slowly add milk, optional cream, and oyster juice. Add mixture to oysters, stirring slowly as you are adding. Add green onions to soup as garnish after pouring into individual bowls with a small amount of butter added. Serve with saltine crackers or toasted buttered Italian bread.

Makes 4-6 servings



All about Fruit

Kinds of Fruit

Apples: Mature apples have a fruity fragrance and brown seeds. They also are slightly softer than unripe fruit. Over-ripe apples are soft and sometimes show signs of dryness and wrinkling. Do not use apples with bruises, blemishes, signs of decay, or mealy texture. Fall and winter varieties of apples keep very well, unlike summer varieties.

To prepare apples for salads: Wash thoroughly and pare (if desired). Cut into quarters using a stainless-steel knife and core. Dip into lemon or other tart fruit juice to prevent browning.

Apricots: Use only tree-ripened, golden, yellow, firm, and plump apricots. Do not use fruit that is blemished, too soft, decayed, or cracked. Wash, cut in half, and remove pit. Apricots do not need to be peeled to be eaten.



Bananas: Use bananas that are plump and smooth with no bruises. Do not use over-ripe bananas in your fruit salads. A fully ripened banana is yellow with small brown flecks and no green. Do not refrigerate bananas or they will discolor. After peeling, dip bananas into fruit juice to prevent browning.

Berries: All berries, including blackberries, blueberries, cranberries, currants, raspberries, and strawberries, should be plump and with a fully ripe color. No mold or signs of spoilage should be apparent. Wet spots appearing on the carton can indicate spoilage. Refrigerate berries in their original container until you are ready to use them. With the exception of cranberries, berries do not keep for too long and should be used quickly after purchasing. Wash berries with a gentle spray and sort out debris and imperfect pieces of fruit. Remove stems from strawberries. Handle all berries with care to prevent bruising.

Cherries: The best cherries are plump with a bright red color. The darker red the cherry, the riper the fruit (with the exception of Royal Ann cherries, which are white with a red blush). Make sure cherries have no bruises or blemishes. Refrigerate cherries in their original container until you are ready to use them. Remove the stems and imperfect fruit, rinse, and drain well. Remove pits with a cherry-pitter.



All about Fruit

Kinds of Fruit

Coconuts: Shake the coconut to make sure you hear liquid inside. Do not use coconuts that are cracked or have wet eyes. Pierce eyes with a pick or nail and drain the liquid (which can be used in curries and other dishes). Crack coconut with a hammer and remove meat from inside the shell. This procedure is easier if you first heat the coconut in a 350-degree oven for 10-15 minutes. Peel off brown skin with a vegetable peeler or paring knife.

Figs: Use plump, soft figs with no signs of spoilage or sour odor. Calimyrna figs are light green when ripe, while mission figs are nearly black. Gently rinse and drain, being careful not to bruise the delicate fruit. Remove stem ends. Figs are extremely perishable and not meant to be stored for any length of time.

Grapefruit: Use firm, heavy grapefruits with no signs of puffiness, softness, or pointed ends. Cut and taste to check sweetness. For grapefruit halves, cut in half and use a paring knife or grapefruit spoon to free flesh from membranes. For sections, peel and section, or slice.

Grapes: The best grapes are firm, well-colored, and ripe fruits which are securely attached to the stems and do not fall off when shaken. Avoid grapes that appear to be showing signs of rot at the stem ends. Refrigerate grapes in their original container until served. Wash and drain thoroughly. Grapes can be served in bunches or pulled from stems. If your grapes are not seedless, cut in half and remove seeds before serving.

Kiwi Fruit: Kiwi should be firm but slightly soft to the touch. Avoid kiwi with excessive soft spots or bruises. Pare the thin outer skin with a paring knife and cut crosswise into slices.

Kumquats: Kumquats look like tiny elongated or round oranges. They should be full and firm; avoid shriveled or soft fruit. Wash, drain well, and cut as desired. The skins and seeds of kumquats can be eaten; the skin is sweet, and the meat and juice are tart in elongated kumquats and sweet when fruit are round.

Lemons and Limes: Look for smooth, firm skins with no signs of shriveling. Limes may be yellow and green, while lemons can be yellow or yellow with some green on the skin. Cut these fruit in wedges, slices, or other shapes for garnishes. Cut in half for juicing. The skin can be used for zest. Lemon juice or lime juice is refreshing and thirst-quenching when served in a glass of distilled water.



All about Fruit

Kinds of Fruit

Mangoes: Use plump, firm mangoes with clear coloring and no blemishes. Do not purchase hard mangoes. They may not ripen properly. Allow mangoes to ripen at room temperature until they are slightly soft. Feel and cut the flesh away from the large center pit, or cut in half before peeling.

Melons: Cantaloupes should have a smooth scar on the stem end, with no trace of the stem (called full slip, which means it was picked ripe). It should have a yellow rind with very little or no green. It should be heavy with a good scent.

Honeydew: should have a good fragrance, feel heavy, and slightly soft with a creamy white to yellowish rind (not green). The larger honeydews have the best flavors and textures.

Crenshaws, Casabas, and Persians should be heavy with a rich aroma and slightly soft blossom end.

Watermelon: should have a yellow underside (not white). It should be firm and symmetrical, with velvety (not shiny) surface. Large watermelons have the best yield. When cut, watermelon should have hard, dark brown seeds and no white streak running through the center.

Note: *When preparing hollow types of melon such as muskmelons, wash them, cut them in half, and remove seeds. Cut into portion-size wedges or use a melon ball cutter to cut small balls of fruit. When preparing watermelon, wash first, then cut into desired portions or cut in half and use melon ball cutter to cut out balls.*

Nectarines: Look for fruit that are plump and firm with no blemishes or bruises. Avoid nectarines with green skins. They are unripe and will not ripen well. Nectarines can be eaten with the peel left on.

Oranges and Mandarins: Use firm, heavy fruit with no signs of softness, puffiness, or pointed ends. Peel by hand and separate into sections.

Papayas: Use papayas that are firm and symmetrical, with no bruises or rotten spots. Do not purchase green papayas, since they may not ripen properly. Let papayas ripen at room temperature until slightly soft and nearly all yellow, with just a touch of green. Wash and cut in half lengthwise and scrape seeds out. Serve peeled or cut like cantaloupe.



All about Fruit

Kinds of Fruit

Passion Fruit: Use fruit that is the size of an egg or larger; it should be heavy for its size. If the skin is heavily wrinkled, it is ripe. If the skin is smooth, let it ripen at room temperature. Cut your passion fruit in half, being careful to retain all the juices. Scrape out seeds, juice, and pulp. Seeds can be eaten, so do not toss away.

Peaches: Use plump, fragrant, firm peaches with no bruises or blemishes. Do not use peaches if they are green. They are unripe, immature. Freestone varieties are easier to work with than cling-stone. Let peaches ripen at room temperature and then refrigerate in their original container. Blanch them in boiling water for 10-20 seconds until skins slip, and then cool in ice water. Peel, cut, and remove pit and drop into fruit juice, sugar syrup, or ascorbic acid solution to prevent darkening. Fresh peaches can be eaten with skin on or off.

Pears: Look for clean, firm pears with bright coloring and no bruises or blemishes. Wash and peel as desired. Cut in half or quarters and remove core. Pears can also be eaten fresh with skins.

Pineapples: Use fresh-looking, plump pineapples with orange-yellow coloring and good aroma. Avoid pineapples with soft spots, bruises, and dark watery spots. Large pineapples have the best yields. Store pineapples at room temperature for a day or two before serving to allow some tartness to disappear, and then refrigerate. Pineapple may be cut into slices, chunks, and dice. Cut off the top and bottom. Remove all eyes. Cut the pineapple into quarters lengthwise and remove the hard center core. Slice or cut as desired.

Persimmons: Use firm, smooth, plump fruit with a good red color with stem cap still attached. Ripen at room temperature until the fruit is very soft, then refrigerate. Remove the stem cap, seeds, and cut as desired.

Plums: Look for plump and firm (but not hard) plums, with good color and no bruises or blemishes. Wash plums, cut in half, and remove pits. You can also serve them whole and eat plums with the skin on.

Pomegranates: Use fruit with a good, red color; fruit should be firm but not hard, with no bruises. Lightly score the skin without cutting into the seeds. Carefully break the pomegranates into sections and separate seeds from the membranes. The seeds can also be eaten.



All about Fruit

Kinds of Fruit

Prickly Pear or Cactus Pear: Look for good skin color, which can range from magenta to a greenish red. The fruit should be tender but not mushy, with no bruises or rotten spots. If necessary, let the fruit ripen at room temperature. Pare off the ends by holding the fruit with a fork (not with the hands) to avoid the tiny thorns that may remain on the skin. Cut the pulp as desired. Pulp should be red. You may also press the pulp through a sieve to puree it and remove seeds.

Quince: This pear-shaped fruit is typically lumpy, but it should have firm flesh and yellow skin, with no more than a few small blemishes. Pare, quarter, remove seeds, and core. Quince is always cooked, usually in sugar syrup since the raw fruit is hard and dry. The fruit will turn slightly pink when cooked with sugar.

Rhubarb: Look for firm, crisp, tender rhubarb with thick stalks. The only edible part of the rhubarb is the stalk. Discard the leaves and roots. Avoid stalks that are thin and shriveled. Rhubarb is not actually a fruit, but a stem. Cut off all traces of the leaves and roots (which are poisonous) and trim the end if necessary. The stems can be eaten raw or cooked as in desserts such as rhubarb pie. Cut rhubarb into desired lengths.



All about Fruit

Kinds of Apples

The chart listed below is recommended to determine which apples are best for snacks, salads, pies, sauces, baking, and freezing.

Please refer to lettering: **E** = EXCELLENT **G** = GOOD **N** = NOT RECOMMENDED

	SNACKS	SALADS	PIES	SAUCES	BAKE	FREEZE
Braeburn	E	G	G	G	G	G
Cameo	E	E	E	E	E	G
Cortland	E	E	E	E	E	G
Empire	E	E	G	G	G	G
Fuji	E	E	G	G	G	E
Gala	E	E	G	G	G	E
Ginger Gold	E	E	G	G	G	N
Golden Delicious	E	E	E	E	E	E
Granny Smith	E	E	E	E	E	E
Honey Crisp	E	E	E	E	G	E
Idared	G	G	E	E	E	G
Jonagold	E	E	G	E	E	G
Jonathan	G	G	E	G	E	G
McIntosh	E	G	E	E	N	G
Newtown Pippin	G	G	E	E	G	G
Pink Lady*	E	E	E	E	G	G
Red Delicious	E	E	N	N	N	N

*A trademarked variety of Cripps Pink

Source: U.S. Apple Association

Citrus Fruit

Let's see what we know about these special fruits.

The **orange** is among the leading fruit crops in the United States, it is used in flavor liqueurs like Grand Marnier, Cointreau and is used in W. Je'an's Venice oil spill beverage.

The **kumquat** is a member of the orange family, and it grows on shrubs. Unlike an orange, you can eat the peel along with the fruit.



All about Fruit

Kinds of Fruit

The **grapefruit** is a superior source of carotene and lycopene, the nutrients that help protect against heart disease, cancer, and macular degeneration. If you take any prescription medications, you should check with your physician before eating this fruit, as grapefruit is known to interfere with some prescriptions.

The **lime** has antibiotic effects that help protect us against cholera and other bacterial infections.

The **pomelo** came from Indonesia originally, and it was crossbred with the orange to produce the grapefruit.

The **satsuma** is a seedless citrus orange originating in Japan, but grown profusely in Plaquemines Parish, Louisiana. It was found growing in the parish around 1850.

The **tangerine** is a reddish-orange seeded mandarin with a citrus taste.

The **tangelo** is a combination of the tangerine and the grapefruit or pomelo. The **Minneola** is named for a town in Florida, and it is characterized by a "little nose" on one end.

The **ugly fruit** is a member of the citrus family. It is a cross between a tangerine, an orange and either a grapefruit or a pomelo. It is originally from Jamaica.

The **clementine** has been a citrus favorite, especially around the holidays. A type of mandarin orange, the clementine is seedless, and it has a loose skin that is easily peeled.

All citrus fruits offer vitamin C to a degree. The lemon is the most potent and concentrated source of vitamin C of any of the citrus fruits.

In addition, all citrus fruit have shown cancer-fighting ability when used in clinical trials.



All about Fruit

Citrus in Louisiana



The juicy and tasty **Louisiana Washington navel orange** is grown in abundance in Plaquemines Parish, Louisiana. It came to the United States from Brazil in the early 19th century, as early as 1838. It is thought to have come to the Parish from California. The navel orange trees can grow up to 30 feet in height. About 35% of the Parish's citrus crop was from the navel crops. The Becnel family of Plaquemines Parish are one of the largest growers of citrus including oranges in Louisiana.

Louisiana grows the most **mandarin oranges** in the U.S. and some believe the first mandarin tree was grown in what is now the Naval Station in Algiers, which is located in Orleans Parish.

Other popular citrus fruits grown in Plaquemines Parish are **temple oranges, Valencia oranges, kumquats, the Meyer lemon, the Duncan grapefruit, and the Ruby Red grapefruit.** The navel is the Parish's mainstay citrus fruit.



All about Fruit

Determining Quality of Fruit

	Signs of Good Quality	Signs of Bad Quality/ Spoilage
Apples	Firmness, crispness, bright color	Softness, bruises, irregular shaped brown or tan areas do not usually affect quality.
Apricots	Bright, uniform color; plumpness	Dull color; shriveled appearance
Bananas	Firmness; brightness of color	Grayish or dull appearance (indicates exposure to cold and inability to ripen properly).
Blueberries	Dark blue color with silvery bloom	Moist berries
Boysenberries	Flesh should be plump and tender.	Wet spots on container are a possible sign of decay.
Cantaloupes	Stem should be gone; netting or veining should be yellow-gray or pale yellow.	Bright yellow color, mold, large bruises
Cherries	Very dark color; plumpness	Dry stems, soft flesh, gray mold
Cranberries	Plumpness, firmness; ripe cranberries should bounce.	Leaky berries
Grapefruit	Should be heavy for its size.	Soft areas, dull color
Grapes	Should be firmly attached to stem; bright color and plumpness	Drying stems, leaking berries
Honeydew Melon	Soft skin, faint aroma, yellowish white to creamy rind color	White or greenish color, bruises or water-soaked areas, cuts or punctures in rind



All about Fruit

Determining Quality of Fruit

	Signs of Good Quality	Signs of Bad Quality/ Spoilage
Lemons	Firmness, heaviness; should have a rich yellow color.	Dull color, shriveled skin
Limes	Glossy skin, heavy weight	Dry skin, molds
Oranges	Firmness, heaviness, bright color	Dry skin, spongy texture, blue mold
Peaches	Slightly soft flesh	A pale tan spot (indicates the beginning of decaying); very hard or very soft flesh
Pineapples	“Spike” at top should separate easily from flesh	Mold, large bruises, unpleasant odor, brown leaves
Plums	Fairly firm to slightly soft flesh	Leaking, brownish discoloration
Raspberries	Stem caps should be absent	Mushiness. Wet spots on container are a possible sign of decay.
Strawberries	Stem cap should be attached; a rich, red color for berries	Gray mold, large uncolored areas
Tangerines	Bright orange or deep yellow color, it has loose skin.	Punctured skin, mold
Watermelon	Smooth surface; creamy underside, bright red flesh	Stringy or mealy flesh (spoilage is difficult to detect on the outside).



Berries

Berries keep better in a cooler spot in the refrigerator. Place them in the back where it remains cooler.



Melons

Wrap melons in plastic wrap to protect them from the ethylene gas emitted by the other fruits, especially non-tropical fruits like apples and lemons. Keep non-tropical fruits in a separate drawer in the refrigerator.

Guidelines for Making Fruit Salads



Fruit salads should be arranged, rather than tossed or mixed, to protect the delicate shapes and textures of the fruit.

Place broken or less attractive pieces of fruit on the bottom of the salad. Certain fruit discolor soon after cutting. To prevent this, those fruit subject to discoloration should be dipped in an acid such as tart fruit juice (lemon juice or orange juice); for example, apples could be dipped in lemon juice immediately after cutting to retain a fresh appearance. Cut the fruit for salad last since they are not as hardy as vegetables. Make sure to drain canned fruit very well before adding them to your salad. Keep dressing light and sweet. A bit of tartness is always good in a fruit salad; fruit juices added to the dressing accomplish this flavor enhancement.

Fruit Tips

Green Salad Information

Always use the freshest ingredients available when preparing green salad.. Lettuce leaves begin to wilt when they lose moisture. Restore crispness to your greens by washing, draining, and refrigerating. Make sure to drain them thoroughly before refrigerating, as excess moisture will dissolve flavor and nutrients.

Don't seal your greens too tightly or pack them too firmly, since air circulation is critical to keeping them fresh. Refrigerate greens in colander covered with a clean, damp towel or store in specially perforated salad bin.

When greens are kept too long, they can begin to turn brown. To help avoid this "rusting" of your fresh greens, rinse them in a mild anti-oxidant using only stainless steel knives to cut them. The best option is to use your greens as soon as possible after purchasing.

Wash greens thoroughly. Strike the core of your head of lettuce gently against the side of the sink then twist it out to remove. Make sure to gently strike the core - don't smash it hard, or you will bruise the entire head of lettuce. While cleaning other greens, separate leaves or cut through the core to make sure all traces of dirt is removed. Wash in several changes of cold water until the greens are completely clean. When cleaning iceberg lettuce, run cold water into the core and remove core before turning lettuce over to drain.

Drain greens in a colander. Make sure greens are thoroughly drained to prevent sogginess. Special salad bowls are available to spin moisture out of salad, and to store greens for proper air circulation.

Although many people tear their lettuce and greens to prepare salads, tearing can bruise the lettuce. Instead, cut your greens with a sharp stainless steel knife into bite sized pieces.

When mixing the greens, toss gently until they are evenly mixed. When using raw vegetables that are not juicy such as green peppers or shredded carrots, mix them in with the greens. Using broad thin slices of vegetables are better in salads than small, uniform chunks that can be lost in the bottom of the salad bowl. If you are serving your tossed green salad immediately, add dressing to the bowl just before serving. Toss the greens for even coating. Adding dressing too quickly can cause wilting.

If you're serving salad in plates, make sure to use cold plates. Add dressing just before serving. Add croutons, avocados, and other garnishes that may get soggy or turn colors quickly just before serving. Keep your salads refrigerated until serving.

The Best of the Fresh





Lettuce & Salad Greens

Iceberg lettuce is the most popular salad ingredient. It should have a firm, compact head with crisp, pale green leaves and a mild flavor. Iceberg remains crisp longer than other lettuces.

Romaine lettuce comes in a loosely packed head with long, dark green leaves. It has a crisp texture and full sweet flavor that makes it a favorite among salad lovers. Romaine is a must for Caesar salads.

Boston lettuce comes in small, round heads with delicate leaves. Outside the leaves are a deep green, fading to almost white on the inside. Its leaves have a rich, delicate flavor and buttery texture. Boston lettuce is best used immediately after purchasing when it is very fresh. It is usually used as a base for layer salads.

Bibb or Limestone lettuce is similar to Boston lettuce, but it is smaller and more fragile. Ranging in color from a dark green on the outside to a creamy yellow inside, a head may be only a few inches wide. Because of its tenderness and delicate flavor, Bibb lettuce is considered a luxury item in some markets.

Loose leaf lettuce grows in bunches, instead of heads. It has soft, delicate leaves with curly edges. Loose leaf lettuce may be all green, or green with shades of red.

Escarole or Broad leaf endive has thick, broad leaves and also comes in bunches rather than heads. It has a coarse texture and slightly bitter taste. It is most often served with sweeter greens to distinguish flavor and texture of a salad. Escarole is also often served with olive oil and with Italian cuisine.

Chicory or Curly Endive comes in twisted leaves that are narrow and curly with a firm texture and bitter flavor. The outside leaves are dark green, and the core is yellow or white.

Frisee is the same plant as chicory or curly endive, but it is grown differently in a way that makes it tender and less bitter.

Belgian endive or Witloof Chicory comes in tightly packed, narrow, pointed heads measuring on 4-6 inches long. Its color is a pale green to white. The leaves are crisp, with a waxy quality and a pleasantly bitter taste.

Chinese cabbage comes in long, light green heads with broad, white center ribs. The narrow, elongate type is often referred to as celery cabbage. The thicker, blunt form is

called Napa cabbage. Both forms are tender, crisp, and have a mild cabbage flavor which makes them excellent additions to mixed green salads. It is also used in Chinese cooking.



Lettuce & Salad Greens

Spinach leaves are excellent additions to salads. Their small, tender leaves can be served alone or mixed with other greens. Spinach greens with crumbled bacon is popular choice for salad lovers.

Watercress consists of small, dark green oval leaves with a strong, peppery flavor. It is also a welcome addition to salads.

Arugula greens have a sharp, distinct flavor similar to Watercress and mustard. Tender and perishable, Arugula is considered a tasty luxury.

Mesclun is a mixture of tender baby lettuces.

Tatsoi is a small, round, dark-green leaf with a taste similar to Arugula, Watercress, and other mustard family members.

Mache is a small, tender green with spoon shaped leaves. It is also called lamb's tongue, lamb's lettuce, corn salad, and field salad. It offers a delicate, nutty flavor.

Radicchio is red-leafy Italian type of chicory with a crunchy texture. Radicchio has creamy white ribs and comes in small round heads. Its slightly bitter flavor means that only a leaf or two need to be added to contribute its flavor and color to a salad.

Treviso is a red-leafed plant similar to radicchio, with elongated leaves and a slightly bitter flavor. Triviso belongs to the chicory family.

Dandelion greens are best in spring. Use only the young, tender leaves.

Precut greens are sold in sealed plastic bags. They should be refrigerated until they are ready to be served. Unopened bags keep two to three days.

To give your salad greens that great look:

Place the salad greens in a plastic, pint-sized container and pack them loosely. Then turn the greens upside down onto the plate. When you lift up the container, the greens look beautiful on the plate.



Lettuce & Salad Greens

Guidelines for making cooked salads:

Cool all cooked ingredients thoroughly before mixing with mayonnaise, and refrigerate the mixed salad or keep it chilled at all times.

Use leftover chicken, meat, or fish to make cooked salads; it's a creative way to serve leftovers.

Do not cut your salad ingredients too small. Chunky bites are best.

Add crisp vegetables, such as celery, green peppers, carrots, chopped pickles, onions, water chestnuts, and apples for texture.

To avoid crushing or breaking delicate ingredients, make sure to fold thick dressing in gently.

A bound salad is a salad that is mixed with thick dressing to bind it together, making it good for sandwich filling. Tuna, egg, or chicken salads are the most popular versions of a bound salad. Bound salads are dished up with a small scoop to distribute even portions and to give height and shape to your salad.

Be creative with your cooked salads; garnish with lettuce and other colorful salad items to make it more interesting when served.

Note *When* using and preparing cilantro, don't thin out the stems. The stems are very flavorful. Chop them thinly along with the leaves for great flavor.



Salads



Vinaigrette/Basic French dressing

½ pint wine vinegar
2 tablespoon garlic, minced
2 tablespoons oregano
2-4 ounces prepared mustard

1 cup parsley, chopped
1 tablespoon salt
1½ pints extra virgin olive oil

Combine all ingredients in a bowl and mix well. Stir before serving.

Makes 1 quart



To make varieties of different dressings:

1. Add 2-4 ounces of prepared mustard (French or Dijon) and mix with vinegar before adding oil.
2. Add 1 cup of chopped parsley and 4 teaspoons of dried thyme.
3. Add 4 teaspoons dry mustard, ¼ cup finely chopped onion, and 4 teaspoons paprika to the basic recipe. This gives you a great Piquant dressing.
4. Add four finely chopped hard-boiled eggs, 8 ounces cooked or canned beets (drained) 4 table spoons parsley, and 2 ounces of onion or scallion to the basic recipe.
5. Mix in 2 pints of avocado to the basic or herbed recipe and beat until smooth. This makes a mouth-watering dressing. Increase salt to taste.
6. Combine 8 ounces bleu or Roquefort cheese and 8 ounces heavy cream in a bowl and mix with a paddle attachment. Gradually add 3 pints of the basic vinaigrette and beat into the cream and cheese mixture for unbeatable bleu cheese or Roquefort dressing.

Kenner Roquefort Dressing

¾ cup red wine vinegar
½ teaspoon dried dill
1-1/8 tablespoons Dijon mustard
2 tablespoons distilled water

1-1/8 cup olive oil
½ teaspoon Tabasco sauce
4-1/8 ounces Roquefort or bleu cheese

In a bowl, combine vinegar, mustard, and water together and stir. Slowly add oil, whisking constantly, until dressing becomes smooth and almost opaque. Add Tabasco and dill, and then crumble the cheese into the dressing. Using a fork, stir well. Dressing can be refrigerated up to a week in a tightly covered container.

Makes 1¼ cups



Salads

Iberville Pepper Pasta Salad

- | | |
|--|-----------------------------------|
| 2 red bell peppers | 2 yellow bell peppers |
| 2 orange bell peppers | ¼ cup plus 1 tablespoon olive oil |
| 12 pitted black olives, coarsely chopped | ½ cup ricotta cheese, crumbled |
| Salt and pepper to taste | 1 pound cooked penne pasta |
| ¼ cup broken pecan and walnut pieces | |

Coat bell peppers with olive oil, and cut into wedges, removing stems and seeds. Cut into strips and sauté (about 1-2 minutes). Combine pasta, oil, olives, and ricotta and toss gently. Add bell peppers and nuts. Add salt and pepper to taste.

Makes 6-8 servings



Avist Spinach & Mango Salad

- | | | |
|---------------------------------|--|--|
| 2 red peppers | 1 mango | |
| 8 ounces fresh spinach, chopped | 3 tablespoons raspberry vinaigrette | |
| Salt and pepper to taste | 3 tablespoons walnuts and pecans, salted and toasted | |

Cut red peppers into ½ inch pieces, discarding the stems and seeds. Peel and pit mango, and cut into ½ inch pieces. Toss with spinach, vinaigrette, pecans, and walnuts; salt and pepper to taste. Serve with Sareal's Banh Mi Chicken Sandwich.

Makes 4-6 servings



Vacherie BLT Salad with Bleu Cheese

- | | |
|-----------------------------------|------------------------------------|
| 1 large head fresh Boston lettuce | 8 slices bacon, cooked |
| 2-3 medium Creole tomatoes | 4 tablespoons bleu cheese dressing |
| Salt and pepper to taste | |

Fry bacon until crisp. On each of four dinner plates, place lettuce leaves, two slices bacon, and three thick slices of tomato. Sprinkle 1 tablespoon of bleu cheese dressing on top of each. Season the salad with salt and pepper to your taste.

Makes 4 servings



Salads



Fort Jackson Corn & Shrimp Salad

- | | |
|---|--------------------------------|
| ¼ cup extra virgin olive oil | 2 ears corn, cooked |
| 8 ounces medium shrimp, cooked and peeled | 2 cups cooked rice |
| 1 teaspoon rice vinegar | 2 scallions, sliced |
| 1 teaspoon garlic, grated | ½ teaspoon fresh grated ginger |
| Salt and pepper to taste | |

Remove cooked kernels from ears of corn. Toss with other ingredients, seasoning with salt and pepper to taste.

Makes 4 servings



Aunt Marylue's Caesar Salad

- | | |
|--------------------------------|---------------------------------|
| 2½ pounds romaine lettuce | 2 ounces olive oil |
| 6 ounces white bread | 12 anchovy fillets |
| 2 eggs, beaten | 1 teaspoon garlic, crushed |
| 3 ounces lemon juice | 1¼ cup olive oil (for dressing) |
| 1 ounce grated Parmesan cheese | Salt to taste |

Wash and drain the romaine leaves thoroughly. Chill in the refrigerator. Trim the crusts from the bread and cut bread into small cubes. In a cast iron skillet, heat a thin layer of olive oil over medium-high heat. Add bread cubes and sauté until crisp and golden. Add more oil as needed. Remove the bread crumbs from the pan and set aside (do not refrigerate). Mash anchovies and garlic together until they form a paste for dressing. Beat in the lemon juice and eggs until the mixture is smooth. Using a wire whip, slowly beat in 1¼ cup of olive oil. Season the dressing with salt to taste. Cut romaine into bite-sized pieces and place in a large serving bowl. Immediately before serving, pour the dressing over greens and sprinkle with Parmesan. Toss until all leaves are coated evenly. Add the bread crumbs and toss again immediately before serving. Make sure to add bread crumbs just before serving, because this prevents them from becoming soggy. Serve with lunch or dinner.

Makes 6-8 servings



Salads



Aunt Marylue's Garden Salad

- 1 (¾ pound) bag mixed salad greens
- 1 cup iceberg or romaine lettuce
- 2 ounces celery
- 2 ounces scallion's
- ¾ pound Creole tomatoes
- 4 ounces cucumbers
- 2 ounces radishes
- 2 ounces carrots

Mix lettuce and greens of your choice, making sure to include some firm, crisp varieties such as romaine or iceberg. Wash and drain greens thoroughly and chill in refrigerator. Score cucumbers lengthwise with a fork and peel. Cut them into thick slices. Cut celery into thin slices. Trim radishes and cut into thin slices. Trim roots and tops of scallions and cut in half crosswise; slice lengthwise into thin shreds. Trim and peel carrots, then shred on a medium grater. Remove core of the tomatoes and cut into bite-size wedges. Set tomatoes aside. Cut salad greens into bite-size pieces and toss together in a large bowl. Add all remaining ingredients except the tomatoes, and gently toss to combine thoroughly. Place salad in individual chilled bowls or serving plates. Garnish with tomato wedges. Serve with dressing of your choice.

Note: Scoring the cucumber makes it easy to peel.

Makes 6-8 servings



Aunt Marylue's Mixed Green Salad

- 1 head iceberg lettuce
- ¼ head curly endive (chicory)
- 4 hard-boiled eggs
- 1 head romaine lettuce
- 1 bunch watercress

Prepare greens by washing and draining them thoroughly. Chill in refrigerator. Cut greens into bite-size pieces and place them in a large bowl. Toss gently until uniformly mixed. Finely chop four boiled eggs and add to greens, tossing well. Place salad portions in chilled bowls or plates. Refrigerate until serving time. Serve with dressing of your choice, either added to whole salad just before serving, or in a separate serving container.

Makes 6-8 servings



Salads



Aunt Marylue's Spinach Salad



- 1½ pound spinach leaves, trimmed with stems removed
- ½ pound fresh white mushrooms
- 6 ounces bacon
- 3 hard-boiled eggs

Cleanse spinach thoroughly and drain well. Store cleaned leaves in the refrigerator. Cook bacon until crisp. Drain and allow cooling. Crumble the bacon. Using a clean damp cloth, wipe mushrooms clean, and trim the bottom of the stems. Do not run mushrooms under water, as they will absorb the water and this ruins the flavor. Cut the mushrooms into thin slices. Chop the eggs and set aside. Place spinach in a large bowl. Tear large leaves into bite-size pieces. Smaller leaves may be left whole. Add the mushrooms and toss gently. Sprinkle the salad with chopped eggs and crumbled bacon immediately before serving. Serve with a vinaigrette or French dressing of your choice.

Makes 6-8 servings



Aunt Marylue's Cucumber & Tomato Salad



- 5 medium Creole tomatoes
- ¼ cup chopped parsley
- 12-14 lettuce leaves (for lining bottom of serving plate)
- 1½ cucumbers
- ¼ cup scallions, chopped (optional)

Wash tomatoes and cut out core at the stem end. Cut tomatoes into five slices each of uniform thickness. Wash cucumbers; score with a fork and peel them. Arrange the washed, crisp lettuce leaves on individual salad plates. On the lettuce leaves, place two slices of tomato, alternating with two slices of cucumber. Sprinkle salad with chopped parsley. Top each salad with 1 table-spoon dressing of your choice or scallions just before serving.

Makes 6-8 servings



Salads

Denham Springs Bean Salad

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|--|--------------------------|
| 1½ pounds mixture fresh green & yellow beans | Distilled water |
| 1 medium red onion | 3 tablespoons olive oil |
| 1 tablespoon red wine vinegar | 1 tablespoon fresh basil |
| Salt and pepper to taste | 1 hard-boiled egg |

Trim beans and cook in boiling salted distilled water for 3-5 minutes. Drain. Cut onion into thin wedges and toss with beans, basil, olive oil, and vinegar. Finely chop the egg and toss into salad. Season salad with salt and pepper to taste.

Makes 4-6 servings

Cousin Mazey's Green Bean & Potato Salad

- | | |
|--------------------------------|--------------------------|
| 1 pound red potatoes | Distilled water |
| 1 pound fresh green beans | 3 tablespoons olive oil |
| 2 tablespoons red wine vinegar | 1 sweet white onion |
| 1 cup cherry tomatoes | Salt and pepper to taste |

Cube potatoes and cook in boiling salted distilled water for 10 minutes. Trim and cut green beans and add to potatoes. Boil another 5 minutes. Drain. Toss potatoes and green beans with olive oil, vinegar, and cherry tomatoes. Cut onion into small, thin slices and toss with salad. Add salt and pepper to taste.

Makes 4-6 servings



Galvez Street Beans & Tomatoes

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|-----------------------------------|--------------------------|
| 1½ pounds fresh green beans | Distilled water |
| 2 Creole tomatoes | 2 tablespoons olive oil |
| 2 tablespoons fresh mint, chopped | ¼ pound onions, chopped |
| 1 cup Parmesan cheese (optional) | Salt and pepper to taste |

Trim and cut green beans, and boil in salted water for 3-5 minutes. Drain and rinse. Cut tomatoes into wedges, and toss together with beans, olive oil, mint, and chopped onions. Add salt and pepper to taste. Top with Parmesan cheese (optional).

Makes 4 servings



Salads

Jones Family Chicken Salad

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|--|--|
| 1 tablespoon Wesson vegetable oil | 2 tablespoons fresh lime juice |
| 1 teaspoon soy sauce | 1 teaspoon fresh ginger, peeled and grated |
| 1 cup cooked chicken breast, cooked and diced | |
| ½ red bell pepper, thinly sliced into 2-inch strips | |
| 2 ounces fresh snow peas, ends trimmed, thinly sliced lengthwise | |
| 1 medium carrot, thinly sliced crosswise | |
| Salt and pepper to taste | |

Dressing

Combine lime juice, soy sauce, ginger, and oil in a small bowl. Season the salad with salt and pepper. Set aside in an airtight container.

Salad

Combine chicken, peas, bell pepper, and carrot in a separate airtight container. Refrigerate salad and dressing separately until just before serving. Toss chicken and dressing together and serve.

Makes 2-4 servings

Sandy's Pesto Primavera Salad

- | | |
|--|--|
| 12 ounces bow tie pasta | 1½ pounds extra-large shrimp, peeled and de-veined |
| 3 cups broccoli florets | 8 ounces sugar snap peas |
| 2 lemons | ½ cup fresh basil |
| 1/3 cup virgin olive oil | ¼ cup grated Parmesan cheese |
| 2 cloves garlic | 1¼ teaspoon salt |
| ¼ teaspoon white pepper | |
| 1 yellow squash, halved lengthwise and diagonally cut into ¼-inch slices | |

Cook pasta according to package directions. Add shrimp to cooking pasta during the final 4 minutes of cooking; add peas, squash, and broccoli during the final 2 minutes of cooking time. Drain, rinse with cold water, and drain again on paper towels to remove excess water. Set aside. In a small bowl, grate 2 teaspoons of zest from the lemons and squeeze 3 tablespoons of juice from them. Combine juice and zest with Parmesan, garlic, olive oil, basil, salt and pepper in a separate bowl. Puree in a food processor. Toss pasta and vegetable mixture with herb mixture. Serve.

Makes 6-8 servings



Salads



Salads



Uncle Herman's Grilled Sirloin Caesar Salad

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|--------------------------------------|---|
| 2 pounds sirloin steak, 1 inch thick | 4-5 small red potatoes, halved |
| 1 teaspoon steak seasoning | 1 red bell pepper |
| 1 green bell pepper | 1 medium red onion |
| 8 cups romaine lettuce leaves | ½ cup Parmesan cheese shavings |
| 1 lemon | ¾ cup bottled Caesar vinaigrette salad dressing |

Cut peppers and onion into ½ inch thick rings. Prepare grill for direct-heat cooking. Over high heat, boil potatoes on stove for about 5 minutes in salted water (use enough water to cover potatoes). Turn heat down to medium and cook until potatoes are tender (10-12 minutes); drain. In a small bowl, grate ¾ teaspoon lemon zest and squeeze 1½ teaspoons juice from lemon. Add dressing and seasoning. Brush 2 tablespoons of the lemon mixture on steak, and grill 6-8 minutes or until cooked, then slice. Toss onion and peppers with 1 tablespoon of lemon mixture. Grill until softened (about 5 minutes), turning once. Let cool (5 minutes). Toss lettuce, steak, potatoes, peppers, and onions with the remaining lemon mixture. Sprinkle with Parmesan cheese.

Makes 6-8 servings



Ms. Huff's Chicken Salad

- | | |
|---|------------------------------------|
| 1½ pounds boneless, skinless chicken breast, halved | ¼ cup bottled ranch salad dressing |
| 1 tablespoon Zatarain's dry Cajun seasoning | 1 tablespoon dark brown sugar |
| 2 scallions, chopped | ¼ cup fresh parsley, chopped |
| 2 tablespoons Dijon mustard | 6 ounces mixed salad greens |
| 2 avocados, pitted, peeled, halved, and sliced | 1/8 teaspoon salt |
| ½ pound Cherry tomatoes cut in half | 2 tablespoons distilled water |
| Vegetable cooking spray | |

Combine sugar, seasoning, and salt. Coat chicken with mixture. Mist a large cast-iron skillet with cooking spray and heat over medium-high heat. Add chicken and cook, turning until browned and cooked through on both sides (about 5-7 minutes). Cool and slice. In a bowl, combine dressing, parsley, mustard, scallions, and distilled water. Blend together well. Place salad greens, avocado, and tomato in the serving bowl. Place sliced chicken on top of each. Sprinkle with dressing mixture.

Makes 4-6 servings



Port Sulphur Shrimp & Cherry Tomato Salad

- | | |
|--|---------------------------|
| 1/3 cup extra virgin olive oil | 2 cloves garlic, chopped |
| 2-1/8 cups cherry tomatoes, halved | 2 teaspoons fresh oregano |
| ½ teaspoon salt | 1 cup baby lettuce |
| Dash freshly ground cayenne pepper | |
| 2 tablespoons white wine vinegar | |
| 4 jumbo shrimp, peeled, de-veined, leaving tails and first segment of shell on | |

Heat a large cast-iron skillet over medium-high heat. Add olive oil and swirl to coat pan bottom. Add shrimp and garlic. Sauté until shrimp turns bright orange (about 3-4 minutes). Add oregano and tomatoes. Cook stirring occasionally, just until tomatoes begin to soften (about 1 minute). Season the salad to taste with salt and cayenne pepper. Remove from heat. On four salad plates, arrange a few lettuce leaves. Add one shrimp and some tomatoes. Add vinegar to the oil and juices remaining in the skillet, and divide mixture over the four salads.

Makes 4 servings



Salads



Mary Mac's Beet Salad

6 medium raw beets
 2 tablespoons fresh lemon juice
 1 red onion
 ½ cup drained mandarin orange slices
 Salt and pepper to taste

3 tablespoons olive oil
 3 large fresh basil leaves
 1 cup Parmesan cheese

Peel, slice, and boil beets about 10 minutes. Add salt and pepper to taste. Spread onto a serving platter. Top with olive oil and lemon juice mixed together. Chop 2 basil leaves and sprinkle on top. Add the third basil leaf, red onion slices (separated into rings), Parmesan cheese, and sliced mandarin orange slices to garnish. Add salt and pepper to taste.

Makes 4-6 servings



Willie Ann's Memphis Coleslaw

4 cups shredded green cabbage
 1/3 cup white raisins
 2 tablespoons sugar
 ¼ teaspoon salt

½ cup shredded fresh carrots
 ½ cup Blue Plate mayonnaise
 1 teaspoon apple cider vinegar

In a large bowl, mix the cabbage, carrots, and raisins. In a small bowl, combine mayonnaise, sugar, vinegar, and salt. Pour mixture over the cabbage mix and toss together. Let ingredients marinate (about 1 hour) before serving. Delicious with Chodie's Chopped Barbeque or hot Red Bean Alley Fried Flounder and Algiers Cornbread!

Make 6-8 servings

Kinds of Seafood

Fish

Fish are divided into two categories: *fish with fins* and *shell fish*. Fin fish and shellfish have very little connective tissue, and fish is naturally tender. Fish should be cooked just to doneness to preserve its moisture and taste.

Seafood from the Gulf has been unparalleled in freshness, taste, and preparation. That reputation is now threatened by the BP oil spill and aftermath.



Shrimp

Shrimp are small crustaceans that look a bit like tiny, clawless lobsters. The tail is the only part eaten. In Creole/Cajun country, they suck the juice out of the heads. Shrimp come in many varieties, depending on where they are caught. They are classified by count per pound – the higher the count, the smaller the shrimp. For example, 10 shrimp per pound cost more than 20 shrimp per pound, but they require less work to peel and de-vein because they are larger and easier to peel.

Note: *One pound of raw shrimp (tails) in the shell makes about ½ pound peeled, cooked shrimp.*

Large shrimp are sometimes called *prawns*. This term varies depending on the region.

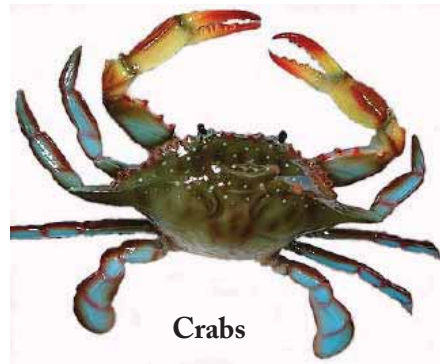
Peeling and De-veining Shrimp

To peel and de-vein shrimp, begin by pulling off the legs. Next, peel back the shell and remove. For deep-fried and broiled shrimp, leave the tail on. This gives you something to hold while dipping the shrimp in batter. For most other preparations, remove the tail section of the shell. Using a paring knife, make a shallow cut down the back of the shrimp and pull out the intestinal vein (which is just below the surface). To butterfly a shrimp, make the previous cut deeper so that the shrimp can be spread open, like a butterfly.

Kinds of Seafood

Grilling Shrimp

Cooks will tell you that the secret to great grilled shrimp is cooking them in their shells. This prevents the flesh from drying out and burning. This way, you can spend more time eating and less time peeling. Wash the shrimp before they go onto the grill. De-vein the shrimp by cutting down their backs with kitchen shears.



There are six *kinds* of crabs:

1. **Alaskan king crab:** Largest of the crabs, they can weigh between 6 to 20 pounds. The meat can be removed in large chunks. They are more expensive than other crabs.
2. **Alaskan snow crabs:** These are smaller than the king crab, weighing in between 1 to 12 pounds.
3. **Blue crab** are small crabs usually found on the East Coast and in Gulf waters. They can weigh up to 5 ounces. Most crabmeat we purchase is from blue crabs and the blue crab claws. Blue crabs are found in Louisiana waters in abundance.
4. **Dungeness crab:** A West Coast crab, they can weigh between 1½ to 4 pounds. The meat is very sweet.
5. **Soft-shelled crab:** A molted blue crab that is harvested before its new shell has hardened. When cooking, it is usually sautéed or fried and eaten shell and all. Soft shell crabs are available almost year round in Louisiana. After the crab is cleaned, 98% of it can be eaten.
6. **Stone crab:** They are popular in the Southeast United States. Only the claws are eaten from the stone crab.

Kinds of Seafood



Crawfish (also referred to as crayfish) are freshwater relatives of the lobster. They were once used almost exclusively in Southern regional (such as New Orleans) cooking, and in French restaurants. With the growing popularity of Creole/Cajun cooking, crawfish have become very popular. This is not surprising because crawfish are especially delicious. There are many excellent ways to eat crawfish. They are often enjoyed in “boils,” which is the New Orleans version of the backyard barbeque. Uncle Jasper and his sons prepare special “crawfish boils.”

Crawfish walk forward and backwards (backwards when they’re frightened). They are sold live or frozen.

How to eat boiled crawfish with heads and legs still attached:

how do you eat a boiled crawfish which is placed before you, with its head and legs still attached? Hold the head between the thumb and forefinger of the one hand. Slightly twist, and pull firmly with other hand until the head and tail are separated. Discard the head. Squeeze tail between thumb and forefinger until the shell cracks. Lift and loosen the three shell segments and pull around the meat. Take the tail fin and the last shell segment between the thumb and forefinger of one hand, and the meat with the other. Gently separate the meat from the shell and pull the vein out. Discard shell and vein, and eat the meat.

Shellfish

Shellfish are different from fin fish because they have outer shells. They do not have backbones or internal skeletons.

There are two kinds of shellfish:

1. **Mollusks** fall into three main categories:

- Bivalves, which have a pair of hinged shells. Clams and oysters are examples.
- Univalves have a single shell (e.g. abalone and conch).
- Cephalopods do not have a shell (e.g. octopus and squid).

2. Crustaceans are animals with segmented shells and jointed legs (e.g. crab and crawfish).

The most popular mollusks in the U.S. are oysters, clams, mussels, scallops, squid, and octopus.

Kinds of Seafood



Oysters

Oysters have rough irregular shells. The bottom shell is slightly bowl shaped. The top shell is flat. The flesh of the oyster is extremely soft and delicate, and contains a lot of water. Oysters are available all year. They are at their best in the fall, winter, and spring.

Oysters can be purchased live, in the shell, shucked, fresh, and frozen. Shucked oysters are graded by size.

Oysters in the shell must be alive to be good to eat. Tightly closed shells indicate live oysters. Live oysters and shucked oysters have a mild, sweet smell. Strong odors indicates spoilage.

To Open Oysters

Scrub shell thoroughly.

To be served raw, oysters must be opened in a way that leaves the bottom shell intact and the oyster undamaged.

To be cooked, oysters may be opened by spreading them on a sheet pan and placing the pan in a hot oven placed on broil (just until the shells open). Remove from shell and cook the oysters immediately.

To open live oysters for immediate eating, first run the shell under cold running water. Hold the oyster in one hand, and with the other hand, hold the oyster knife near the tip of the oyster shell. Insert the knife between the shells near the hinge. Twist the knife to break the hinge. Slide the knife under the top shell and cut through the adductor muscle (which closes the shell) near the top shell. Try not to cut the oyster flesh, or it will lose plumpness. Remove the top shell. Carefully cut the lower end of the muscle from the bottom shell to loosen the oyster. Remove any particles from oyster before serving.

Oyster Trivia

Oysters have been favored as an aphrodisiac of mollusk food lovers since the Neolithic period (last part of the Stone Age). Roman Emperors paid for them as if they were gold. Casanova, the famous lover, is said to have started his meals by eating 12 dozen oysters. We can't attest to oysters making people fall in love but we can vouch for people's love of oysters.

Aunt Marylue served raw oysters with two special sauces. One is them was made with vinegar and shallots and her variations of chili sauces. She served oysters fried, grilled, baked, marinated, steamed, and raw. You can find oyster recipes in the section of this book titled "Seafood, Dressings and Sandwiches."

Kinds of Seafood



Mussels

The most common mussels resemble small black or dark-blue clams. Their shells are not as heavy as clam shells. Their flesh is yellow to orange in color. They are firm but tender when cooked. Mussels are available worldwide.

To clean mussels, start by scrubbing the on the outside under cold running water. Use a clam knife to scrape off any barnacles. Pull out the beard (a fibrous organ that extrudes from between the shells).

Like oysters and clams, mussels must be alive when cooked to be good to eat. Check for tightly closed shells or shells that close when nudged. Discard any mussels that are very light in weight or seem hollow. Also throw away any that seem too heavy – they are probably full of sand.

Mussels are almost never served raw. They are usually steamed and served as ingredients in soups, gumbos, and jambalayas. Cook mussels only until shells just open and mussels are heated through. Do not overcook them. Discard any mussels that do not open in the cooking process.



Scallops

Scallops are usually sold shucked. There are two main types of scallops:

1. **Bay scallops** are small and have a delicate flavor and texture. They usually come 32 to 40 to a pound.
2. **Sea scallops** are larger than bay scallops and very tender. They are usually 10 to 15 sea scallops per pound.

Scallops are creamy white in color and have a sweet flavor. They are available year-round.

If scallops have a strong fish odor or brown color, they are spoiled and not good to eat.

Kinds of Seafood

Preparing Scallops

Scallops can be cooked in all the same ways that fish is cooked. Sautéing is a good way to prepare scallops. Deep frying, broiling, and poaching are also methods popular with scallop lovers. When buying scallops, ask for “diver-caught” scallops. These are gathered by hand and have not been treated with phosphates, the chemical used to bloat the scallops and make them appear 20% larger.



Lobster

The Northern Lobster is most highly regarded of all shellfish. It has a large, flexible tail, four pairs of legs, and two large claws. Seafood lovers eat the meat from the tail, claws, and legs. The white, sweet meat has a distinctive flavor. Claw meat is a favorite. The coral (eggs or roe) is edible, and it is dark green when raw and turns red when cooked.

Lobsters have four weight classifications:

1. **Chicken lobster** weighs up to 1 pound.
2. **Quarter lobster** weighs up to 1¼ pounds.
3. **Select lobsters** are 1½ to 2¼ pounds.
4. **Jumbo lobsters** are over 2½ pounds.

A 1-pound lobster yields about ¼ pound of cooked meat. To tell males from females, look at the pair of tiny legs under the tail. If the pair closest to the front is soft and flexible, the lobster is a female. If they are hard, it is a male. Also, the female lobster has coral (roe) which can be eaten, while the male does not.

Lobsters must be cooked alive to be eaten. Do not eat a lobster that is dead before cooking.

To split a lobster after broiling, place the lobster on its back on a cutting board. With a firm thrust of a French knife, cut into the lobster beginning at the head through the center of the lobster to split it in half. With your hands placed firmly on both sides of the lobster, crack the back of the shell by spreading the lobster open. Remove and discard the stomach, which is a sac just behind the eyes. Discard the tomalley. Crack the claws with a lobster cracker to get meat out to eat.

Kinds of Seafood

To cut a lobster for sautéing or stews, take off the head after you've broiled the lobster. Next, cut off the legs and claws. Remove the tail section from the thorax, either by breaking it off or by inserting the knife behind the thorax and cutting through the flesh. Cut the thorax in half lengthwise. Remove and discard the stomach (again, a sac just behind the eyes). Remove the tomalley and discard. Cut the tail into pieces where the segments join. Small lobsters can be cut into three pieces; larger lobsters can be cut into at least four or five pieces.



Fin Fish

In the past, fresh fish could be enjoyed only in limited areas – along the sea coast, and around lakes and rivers. Today, fish and shellfish can be enjoyed almost anywhere. Fish from Louisiana's waters and the Gulf Coast have been among the finest caught anywhere in terms of freshness and taste before the BP oil spill.

Helpful hints: When scaling fish, rub white vinegar on the scales to make them come off easier. Also, when grilling fish, allow grilling time of 5 minutes on each side per inch of thickness.

Broiling & Grilling Fish

Broiled and grilled seafood are very popular everywhere. When seafood is grilled, it is in its purest form. It can be simple and easy to prepare. By mixing sauces and vegetable accompaniments, you can enjoy many kinds of grilled fish meals. The sauces can be prepared ahead of time so you can enjoy a quick and evenly prepared meal.

You can use small sliced fish or large fillets for broiling. However, fat fish (see “Kinds of Fish” below) is the best for broiling. All fish (fat or lean) can be coated after dipping them in melted butter. The flour (or bread crumbs) helps make a tasty browned crust. With fish such as red snapper and black sea bass, you can leave the skin on while broiling; this helps hold the fish together.

Remember to turn thick cuts when broiling in order to cook evenly. But do not score small fish. Serve immediately when done.

Sautéing & Pan-Frying

Sautéing and pan-frying are very similar. A common method for sautéing fish is to dredge it first in flour and then to sauté the fish in butter or virgin olive oil. Next, place the fish on a plate and moisten with lemon juice and chopped parsley. Add melted butter or olive oil to the lemon and parsley. When the butter hits the lemon, it creates froth. The fish should be served while still hot.

Kinds of Seafood

You can also sauté shrimp and scallops using this same method.

Lean fish (see “Kinds of Fish” below) are well suited to sautéing because sautéing provides fat that the fish does not have. Fat fish may also be sautéed.

To prepare fish for sautéing, it may be soaked in milk briefly before dredging in flour. Milk helps it remain tender and keeps the fish from breaking up when cooking. Use enough butter or olive oil to cover the bottom of the pan.

Shrimp and scallops are sautéed over high heat. Whole fish requires lower heat to cook evenly. Large fish may be browned in butter or olive oil, then complete the cooking in the oven, with the fish uncovered. Be careful when handling fish to avoid breaking. Serve immediately.

Kinds of Fish



Black Sea Bass: A lean fish with sweet and firm flesh. Average weight up to 3 pounds.



Bluefish: A fatty fish with lots of flavor when cooked. It starts out bluish but turns grayish when it is cooked. Average weight 1 to 10 pounds.



Catfish: Catfish is very popular in all of Louisiana and the Gulf Coast area. The catfish have no scales, and they are usually skinned before cooking. The most popular cooking method for catfish is frying. Catfish can be farmed or caught in the wild. The average weight 1 to 8 pounds.



Cod: A small, lean white fish with large, delicate-tasting flakes. Small young cod is called scrod. Normally fish sticks are made of cod. Average weight 2½ to 25 pounds.



Flatfish: Salt water flatfish have lean, white flesh and a mild, delicate flavor. Flatfish are indeed flat, oval-shaped fish with both eyes on one side of the head. This fish can be cooked fried, baked, or broiled.



Flounder: A lean flatfish with white flesh, a fine, flaky texture, and a mild, sweet flavor. Average weight ½ to 5 pounds.



Grouper: A lean, firm white fish with a number of different skin colors. It has a taste much like red snapper. Since grouper doesn't have much fat, it can become dry and crumbles easily. Average weight 5 to 15 pounds.

Kinds of Seafood



Halibut: A lean flatfish that looks similar to a flounder but has thicker flesh. Use as fillets or steaks. Average weight 4 to 100 pounds.



Jack: There are many varieties of this fatty fish, including yellowtail, kingfish, blue runner, golden thread, amberjack, and pompano. Jack has smooth, shiny skin, firm, oily flesh, and a strong flavor. Average weight varies depending on variety.



Mackerel: A fatty fish that includes Spanish and Boston mackerel. The most common variety, king mackerel, is usually cooked as steaks. Makes a great mackerel wrap. Average weight ½ to 5 pounds.



Mahi-Mahi: A firm, pinkish lean fish with a sweet taste. If overcooked, it becomes very dry. Grilling or baking is preferred. Average weight 5 to 40 pounds.



Ocean Perch: This is a lean, bony mild fish, very popular and a bit expensive. Average weight is 5 to 50 pounds.



Porgy/Scup: A small lean fish that can be sweet and mild; very bony. Average weight is up to 2 pounds.



Red Snapper: Red snapper is a fish found in the Gulf waters, and is best baked, fried or broiled. It can be used in various Creole dishes. It is a lean, delicate fish that is sweet, tasty, and firm. It has large, flaky flesh. This is a very popular fish in Louisiana homes. The red snapper can weigh up to 15 pounds.



Salmon: A fatty fish with pink to red flesh, with a meaty texture and flavor. It is one of the most prized of all fish. Salmon is considered a fresh-water fish because they swim up river to spawn. The salmon is great baked or grilled. They can weigh between 4 to 25 pounds.



Sole: Sole, another flatfish, is expensive, and it has a firmer texture than flounder. Average weight 1 to 2 pounds.



Striped bass: A lean white fin-fish, flaky, with a delicate taste and texture. Average weight 1 to 10 pounds.



Tilapia: A small, lean fish that has a firm white flesh. Tilapia weighs no more than 3 pounds.



Tilefish: A lean, firm, sweet and tasty fish, used mostly for steaks but can also be filleted, and weighs between 4 to 8 pounds.

Kinds of Seafood



Triggerfish: A lean, tough-skinned white fish with firm, meaty flesh. Because a triggerfish has such a large head, it yields a small amount of edible fish. Average weight about 2 pounds.



Trout: Trout is a favorite fish in New Orleans cuisine. It is served at breakfast with grits as often as it is served for lunch or dinner. Trout is a fatty fish found in lakes and rivers. It is soft and finely textured, and has a delicate, rich flavor. Trout are good served fried or baked. Average weight 4 to 10 pounds. Lake trout weigh ½ to 3 pounds.



Tuna: A fatty fish. There are different varieties of tuna including yellow fin and blue fin. Albacore tuna is pinkish-white when it is cooked, and it can be grilled as steaks. Tuna has a meaty texture and appearance, and should not be overcooked. One tuna may weigh up to several hundred pounds.



Whiting: A very popular lean fish with fragile white flesh and a mild flavor. Average weight ¼ to 3 pounds.

How to Know If Your Fish Is Fresh

Fresh fish have clear, shiny, bulging eyes. The flesh is firm, the scales are tight and shiny, and the fish does not have a “fishy” odor.

How to Fillet a Flatfish (e.g. Flounder, Sole, and Halibut)

Use a thin-bladed knife. Cut off the head behind the gills. Cut the fish from the head incision to the tail just to one side of the center line, down to the backbone. Turn the knife so that it is almost parallel to the table. Make long, smooth cuts, cutting horizontally against the backbone toward the outer edge of the fish. Separate the fillet from the bone. Remove the fillet completely, and repeat to remove the three remaining fillets. (All flatfish have four fillets.)

To skin the fish, place the fillet to skin-side-down on your work surface with the tail pointing toward you. Holding the skin at the tail, slide the knife between the skin and flesh, scraping against the skin to avoid cutting into the fillet.

How to Fillet a Round Fish (e.g. Cod and Trout)

Cut off the head behind the gills, as in flatfish (see above). Cut into the top of the fish along one side of the backbone from head to tail. Cut next to the bone with smooth strokes of the knife to separate the flesh from the bone. Cut under the flesh toward the tail; cut tail off. Cut along the curved rib bones and finish detaching the fillet at the head end. Turn the fish over and repeat to remove the second fillet. Round fish have two fillets. Run your finger along the flesh side of the fillets to make sure all bones are removed. Pull out any that you find. Skin the fillets the same as you do with the flatfish.

Kinds of Seafood

How to Dress a Fish

1. Scale the fish after laying it flat on your work surface. From the tail to the head of the fish rub the back of the knife against the scales. Repeat until all scales are removed. Rinse the fish. (Exceptions: scale-less fish like catfish are not scaled.)
2. Slit the belly and pull out the insides.
3. Cut off tail and fins using kitchen shears.
4. Begin to remove the head, by cutting through the flesh just behind the gills. Cut the backbone at the cut and pull off the head.

Baking Fish

Baking is an excellent and delicious way to prepare whole fish and fish portions. Baking is used most with steaks and fillets, as well as with small fish. Shellfish, such as stuffed clams and oysters, can also be baked. Baking can be combined with broiling and other cooking methods. For example, if the fish is partially broiled, it can be finished by baking.

Fat fish, such as tuna, salmon, and trout, are best for baking because they're less likely to dry out.

Lean fish may be baked with good results if care is taken not to overcook it. Basting with Aunt Marylue's sauces or marinades (see “Sauces, Salsas & Gravies” section of book) helps prevent drying of these types of fish.

Note: *When baking fish, the ideal temperature is 350 to 400 degrees. Larger fish usually require a lower temperature to bake evenly. Thin fillets or slices of fish can be baked at very high temperatures but with one rule of thumb. That is to measure the thickness of the fish at its thickest point. When baking in a 400-degree oven, baking time will be approximately 10 minutes per inch thickness.*

Procedures for Baking Fish

1. Collect all ingredients and necessary kitchen tools.
2. Prepare and season the fish as directed in the recipe.
3. Place the fish on an oiled or buttered baking sheet; brush tops with Aunt Marylue's Lemon Butter Sauce or use oil of your choice. (Dip fish to coat both sides before placing it on cooking sheet.)
4. Apply toppings, such as mushrooms, bread crumbs, lemon slices, and vegetables to vary the taste of the seafood.

Kinds of Seafood

5. Bake at 350 to 400 degrees until done. If you're preparing a lean fish without a moist topping, baste it with oil or melted butter during baking.

When Aunt Marylue ate something that tasted exceptionally good, she would say, "That taste pretty good" and pretty good is hard to beat!

Seafood



Seafood



Crawfish

One of the Cajuns' favorite foods was lobster. When they began their journey from Nova Scotia, Canada to Louisiana, they brought the lobster along. The journey was so long and arduous that the lobster died en route. However, when the Cajuns reached South Louisiana, they found the crawfish. They fell in love with crawfish and learned to cook them in many ways: stewed, boiled, etouff'ee, etc.

There are more than 300 varieties of crawfish available worldwide. The only continents where you can't catch this delicious fresh water crustacean are Africa and Antarctica.

The crawfish walk on their legs forward and backward. When they are startled, they walk backward very fast. An expression used in Louisiana, "Crawfished," means you renege or back out of a deal you previously made.

Crawfish season is usually November through June. Six pounds of unclean crawfish make about a pound to eat. Also called "mudbugs," the crawfish has its own festival. The Mudbug Madness Festival, which began in Shreveport in 1984 as a two-day street festival, has become one of the most popular Cajun festivals celebrated in Louisiana.

Seafood

Hurricane Rita's Crab Cakes

- 1½ tablespoons fresh lemon juice
- 1½ tablespoons vegetable oil
- 1 tablespoon finely chopped red pepper
- ½ tablespoon garlic powder
- 1 pound jumbo lump crabmeat
- 1 pound blue-crab claw meat
- 6 tablespoons Zatarain's fine Creole bread crumbs
- 1 large egg, beaten
- 2 tablespoons Pet evaporated milk mixture (½ milk & ½ distilled water)
- 1 tablespoon finely chopped Creole onion
- ½ teaspoon salt
- 1/8 teaspoon cayenne
- ½ cup Wesson oil
- 4½ tablespoons melted butter
- 3 tablespoons Blue Plate mayonnaise



Mix mayonnaise, lemon juice, and 1½ tablespoons melted cooled butter, red pepper, and garlic powder in a bowl. Add crabmeat, bread crumbs, egg, evaporated milk mixture, onion, salt, and cayenne. Blend mixture well. Proceed to make into crab cakes. Fry in a cast-iron skillet in ½ cup heated Wesson oil and the remaining butter on medium-high heat. Fry until browned on both sides. Drain and eat warm.

Makes 6-8 crab cakes

Chauvin Sheepshead La Espanol

- 4 Sheepshead fillets (about 2 pounds)
- 1 tablespoon dried fennel
- 2 large cloves garlic, peeled and chopped
- 1 tablespoon olive oil
- 1 bag (10 ounces baby spinach), chopped
- 1 cup halved grape tomatoes
- ¼ cup white wine
- 1 tablespoon salt
- 1 tablespoon black pepper

Preheat oven to 425-degrees. In a cast-iron skillet over medium-high heat, cook the chopped garlic in oil until tender (about 5 minutes). Add fennel. Add salt and black pepper. In a casserole dish, combine fennel-garlic mixture, spinach, grape tomato halves, and wine. Arrange fillets over spinach mixture. Bake until fish flakes with a fork (about 20 minutes).

Makes 4 servings

Seafood



Bayou Lafourche Crab Cakes

1 pound lump crabmeat
1 medium egg, slightly beaten
½ cup bread crumbs
1 tablespoon finely chopped green pepper
1 tablespoon chopped onion
¼ cup Blue Plate mayonnaise
1 tablespoon prepared mustard
½ teaspoon salt
1/8 teaspoon black pepper
1 sticks Kerry Gold butter
Dash Louisiana hot sauce

Slightly flake crabmeat. Add remaining ingredients except butter. Form into cakes and brown on both sides in butter on medium-high heat. Serve with St. Rose Potatoes Au Gratin and a green salad.

Makes 8-10 medium crab cakes

Seafood



St. Landry's Parish Fish Stew

2 pounds fish steaks or fillets
10 clams in shell
20 mussels in shell
10 crawfish tails, small (or 10 small shrimp), uncooked
4 ounces olive oil
2 ounces onions, sliced
2 teaspoons garlic, chopped
12 ounces canned tomatoes, drained and chopped
2 quarts fish stock
2 bay leaves
2 tablespoons chopped parsley
¼ teaspoon thyme
2 teaspoons salt
¼ teaspoon pepper
20-30 thinly sliced French bread slices, toasted

Cut the fish into 3-ounce serving pieces. Wash the clams and mussels. Cut the crawfish tails in half lengthwise using a chef's knife. Heat the oil in a large heavy saucepot. Add onion and garlic; cook for a few minutes. Add the pieces of fish to pot. Cover and cook about 10 minutes. Add the crawfish tails. Cover and cook over low heat for about 5 minutes more (until fish and crawfish make a juice). Begin extracting the juices from the fish and crawfish. Place in bowl. Add the clams, mussels, tomatoes, fish stock, bay leaves, parsley, thyme, salt, and pepper to pot. Cover and bring to a boil on high heat about 2 minutes. Add fish juice back to pot. Reduce heat and simmer until the clams are open (about 5-7 minutes). To serve, place two or three thin slices of French bread in the bottoms of soup plates. In each soup plate, serve one piece of fish, one clam, two mussels, and half of a crawfish tail. Pour broth from stew over the fish.



Seafood

Uncle Jasper's Cajun Seafood Boil

- 2 gallons distilled water
- 2 whole onions cut in half
- 2 tablespoons of kosher salt
- 18 small red potatoes, cut in half
- 12 ears corn
- 3 pounds fresh, unpeeled large (31-35 count) shrimp
- 1 (13 ounce) package Zatarain's seafood boil mix
- ½ cup Pure Kelly Gold butter, melted (for corn)
- 2 lemons cut in half
- 2 tablespoons cracked black pepper
- 6 (12 ounce) cans Falstaff beer
- 5 cloves garlic
- 24 hard-shell blue crabs
- 3 pounds smoked sausage, sliced
- 5 bay leaves

In a large 10-12 quart stock pot, combine the water, onions, bay leaves, beer, seafood boil mix, lemon halves and squeezed juice from lemons, sausage, potatoes, garlic, salt, and pepper. Cover and bring to a boil over high heat. Add the corn and return to a boil. Cook about 15 minutes. Reduce heat to medium and add the crab and shrimp. Cook until the crabs turn red (about 5-7 minutes). Drain and serve with butter for the corn. Place newspaper on table to eat seafood. Use a slotted spoon to serve along with Uncle Jasper Plaquemines Parish Honey Lemonade or cold Jax beer.

Makes 10-15 servings



Uncle Larry's Pan-Fried Shrimp

- 1½ pounds raw jumbo shrimp (11-15 count per pound, peeled)
- ½ teaspoon salt
- 1 tablespoon Wesson oil
- 1-2 tablespoons Kerry Gold butter
- ½ cup yellow corn-meal
- 1 tablespoon course black pepper
- 1/8 teaspoon of finely chopped parsley

On medium, heat the oil and butter in a cast-iron skillet. Place salt, pepper, parsley, shrimp, and corn meal in a brown paper bag. Shake mixture, and then shake excess mixture off shrimp before you place them into skillet. Cook until done (about 2-3 minutes each side) turning on both sides. Serve with Aunt Marylue's Creole Potato Salad and crusty French bread.

Makes 4-6 servings



Seafood

Uncle Leo's Fried Catfish

- 5 pounds catfish, skinned
- 1½ cups yellow corn meal
- Black pepper to taste
- ½ cup Gold Medal plain flour
- 1 teaspoon garlic powder
- 1 cup Wesson vegetable oil
- Salt to taste
- 1½ cups whole milk
- Lemon (enough to squeeze on fish), optional

Soak catfish in milk about 2 hours before cooking. Mix dry ingredients thoroughly and place in a brown paper bag. On high, heat the oil in a deep cast-iron skillet. Place fish one piece at a time in the brown paper bag and shake gently to coat the fish. Shake excess mixture off each piece of fish. Place fish in the hot oil and fry (about 3-5 minutes). Fish is done when it floats. Serve with sliced lemons (optional). Provide Tabasco or hot sauce with fish.

Makes 8-10 servings

Billot Shrimp Stir-Fry



- 3 tablespoons Wesson vegetable oil
- 5 cloves garlic, pressed
- 1 tablespoon finely chopped, peeled fresh ginger
- 1¼ pound peeled and de-veined large shrimp (21-30 count per pound), patted dry
- 2 small carrots (cooked), cut horizontally
- ½ pound stir-fry noodles or ½ cup white rice
- Stir-fry sauce (see below)

In a cast-iron skillet, heat oil on medium-high heat just until hot. Stir in garlic, carrots, and ginger. Add shrimp and stir-fry until almost cooked (about 3 minutes). Stir sauce (see below) and add to stir-fry. Let simmer while stirring (about 2 minutes). Serve over white rice or stir-fry noodles.

Makes 4-6 servings

Billot Shrimp Stir-Fry Sauce



- 1/3 cup chicken broth
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon maple syrup
- 1½ teaspoons cornstarch
- ½ teaspoon cayenne pepper

241 In a small bowl, stir together all sauce ingredients. Ready to use in above recipe!

Seafood

Miss Chewee's Crab Imperial

- 2 pounds lump crab meat
- 1 teaspoon garlic powder
- ½ cup Creole bread crumbs
- 1 medium onion chopped finely
- 2 beaten eggs
- 4 tablespoons melted salted butter
- 1 teaspoon salt
- ½ cup finely chopped green pepper
- 1 teaspoon dry mustard
- 2 tablespoons Worcestershire sauce
- 1 cup mayonnaise
- ½ teaspoon cayenne pepper
- 8-10 cooked/clean crab shells to bake Crab Imperial



Preheat oven to 350-degrees. Place 3 tablespoons of butter in cast-iron skillet on medium heat. Mix lump crab, green pepper, salt, onion, garlic powder, Worcestershire sauce, and cayenne pepper in a large bowl add to skillet and stir. Mix well, and then add mayonnaise, mustard, and eggs. Stir ingredients together thoroughly for a few minutes. Place mixture in crab shells; sprinkle each with Creole bread crumbs and distribute equal amounts of remaining butter over each crab. Bake 5-6 minutes or until the tops brown.

Make 8-10 servings

Boutte's Speckled Trout Amandine

- 3 speckled trout fillets
- 1 cup whole milk, cold
- 1 cup flour with ½ teaspoon salt and ½ teaspoon white pepper added
- 1¼ sticks butter
- ½ cup slivered almonds
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped Italian parsley

Place ¾ stick of butter in cast-iron skillet and add almonds. Stir until almonds are brown. Add parsley and lemon juice. Let mixture simmer about 5 minutes on medium heat. Move skillet off stove and set aside. Place speckled trout in cold milk for about 5 minutes. Drain milk off fish. Place fish in brown bag with seasoned flour. Shake off excess flour as you add fillets to remaining heated butter (½ stick that's left) in cast-iron skillet. Fry fillets on medium-high heat long enough to cook on both sides until golden brown. Place fish on serving platter and pour butter, almonds, lemon, and parsley mixture over fillets.

Makes 3 servings

Seafood



First Street Cajun Crab Claws

- ½ gallon of distilled water to boil crab claws
- 3½ pounds blue crab claws, boiled in distilled water (Pour water off and save.) (Place claws on the side in bowl.)
- 1 medium Spanish onion, chopped fine
- 1 (13 ounce) package Zatarain's seafood boil mix
- Tabasco sauce
- ½ cup fresh chopped parsley
- 2 fresh squeezed lemons
- 1¼ tablespoons Worcestershire sauce
- Salt to taste
- Fresh ground black pepper to taste
- ½ cup Land O'Lakes butter

Place all ingredients except crab claws, salt, pepper, and butter in a large 10-12 quart stock pot, using saved water from cooked claws. Cook over low heat about 5 minutes. Add salt and pepper to mixture. Soften butter in saucepan and pour into mixture. Pour mixture over crab claws. Serve warm with crusty French bread to sop the juice.

Makes 6-8 servings

Seafood

Ms. Causey's Shrimp & Smothered Okra

2-3 pounds fresh okra chopped
½ pound salt meat, diced and fried
½ pound boiled ham, diced
½ pound smoked sausage
2 pounds cooked medium shrimp
4 crabs boiled, cleaned, and split and halved
½ teaspoon salted distilled water
1 medium onion, sliced thin
3 cloves of garlic, chopped
½ teaspoon sugar

In a cast-iron skillet, fry salt meat first (salt meat makes its own grease), then fry sausage and ham in the same grease. Set aside in bowl. Pour off half of drippings. Sauté the onion and garlic in the drippings; on medium heat; until soft. Add okra and cook stirring constantly until okra cooks down and browns (about 20 minutes). Add ham and sausage to mixture and simmer on low-heat adding water as necessary (about 10-15 minutes). Add sugar and crabs stirring constantly. Cook over low-heat about 35 minutes, and then add shrimp cooking one minute more. Serve over cooked rice.

Make 6-8 servings

Seafood

Uncle Tyronne's Crawfish Boil

2 (4 ounce) packages of Zatarain's crawfish, shrimp, and crab boil mix
15 red potatoes, whole
10 ears of freshly shucked corn cut in half
2 pounds Louisiana hot sausage, cut up in 1-inch pieces
2 pounds smoked sausage, cut up in pieces
8-10 pounds fresh crawfish
Salt and pepper to taste
2 gallons distilled water

Fill a large stockpot with distilled water about half full. Add boil mixes. Wash, then add potatoes, and next, the sausage. Cook over medium heat about 15 minutes. Add corn and cook about 8 more minutes. Add crawfish and cook about 5 minutes or until the crawfish turns red. Drain water off. Spread lots of parchment paper on top of newspaper on table, place boil in middle, and eat up. Serve with cold Jax Beer and Lagniappe Punch.

Makes 10-12 servings



Seafood



Ancar Baked Snapper Fillets

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| 5-8 red snapper fillets | 1½ stick salted Land O'Lakes butter |
| 1 fresh lemon, juiced | 1½ cup lump jumbo crabmeat |
| 1-1/8 teaspoon Gold Medal plain flour | ½ cup Pet evaporated milk |
| ¼ teaspoon Worcestershire sauce | ½ cup Creole bread crumbs |
| 1 teaspoon salt | ¼ teaspoon black pepper |
| 2 tablespoons butter, melted | |

Preheat oven to broil. Line the baking sheet with aluminum foil. Place rack about 4 inches from broiler. Combine butter, lemon juice, and Worcestershire sauce in a small saucepan and cook over medium heat, stirring butter mixture until it is melted (about 3-5 minutes). Pour half of the mixture into a small bowl and add Creole bread crumbs. Lightly coat aluminum foil covered baking sheet with butter. Place the fish fillets onto baking sheet. Brush them over with butter. Broil fish until brown (about 3-5 minutes). Remove from oven. Melt 1½ teaspoons butter in cast iron saucepan over medium heat. Add flour and cook, stirring constantly. Bring to a boil. Reduce heat to low and continue stirring until thickened (about 3 minutes). Add salt, pepper, and crabmeat mixture and stir well to mix the ingredients. Place crabmeat mixture on top of one snapper fillet and place another snapper fillet on top of crabmeat mixture, then sprinkle each with bread crumb mixture. Broil until golden brown (about 2-3 minutes). Serve immediately with Etie'ne's Asparagus with Creole Mustard Sauce.

Makes 8-10servings

Seafood



Aunt Glenda's Baked Trout with Shrimp & Oyster Stuffing

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| 2 medium trout about 2 pounds each, cleaned and split down the middle | |
| ½ teaspoon garlic powder | 1 teaspoon salt |
| ½ clove garlic, finely chopped | 1 teaspoon freshly ground black pepper |
| 1 cup chopped onions | ½ cup chopped green bell pepper |
| 1 package cornbread stuffing mix | ½ teaspoon poultry seasoning |
| 5 oysters (fresh or canned) diced | ¼ cup Wesson oil |
| ¼-½ cup distilled water | 1 lemon, sliced (optional) |
| 10 small shrimp, peeled, de-veined, and diced | |

Preheat oven to 350-degrees. Rinse trout and pat dry. Season the fish with salt, pepper, and garlic powder. Place in a bowl and let stand for at least 15 minutes in the refrigerator. In a cast-iron skillet, fry onion, green pepper, and garlic using a small amount of oil, until soft. Add cornbread stuffing mix; add water as needed. Add oysters, shrimp, and poultry seasoning to cornbread mixture. Let cook about 5 minutes, stirring continuously. Fill the cavities of the fish with the stuffing mixture. Wrap each individual piece of fish in aluminum foil. Place in a 9x13-inch baking pan. Place extra stuffing in pan around the fish fillets. Bake about 20 minutes. Garnish with lemon slices. Serve with Beau River Smothered Cabbage.

Makes 4-6 servings

Seafood



Red Bean Alley Fried Flounder

- 4 flounder fillets
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 cup yellow cornmeal
- ¾ teaspoon garlic powder
- ¼ teaspoon paprika
- ½ cup Wesson vegetable oil

In a brown paper bag, place all dry ingredients including cornmeal. Rinse fish and pat dry. Drop fish pieces into the bag and shake gently to coat evenly. Shake excess off gently before dropping each piece into a cast-iron skillet with oil on medium-high heat. Cook the fish on each side until fish is browned (about 2-3 minutes). Drain on paper towels. Serve hot with Willie Ann's Memphis Coleslaw and French fries.

Makes 4 servings

Hurricane Betsy Hollandaise Sauce

- 4 egg yolks
- ¼ teaspoon red pepper flakes
- 4 teaspoons distilled water
- ½ cup ham, finely chopped
- 2 sticks Land O'Lakes butter
- 2 tablespoons warm distilled water
- 2 tablespoons fresh lemon juice
- ¼ teaspoon salt

Place egg yolks in the top of a double boiler with water in bottom. Add lemon juice and 2 teaspoons of distilled water. Cook until egg yolks become thick. Remove pot from heat and slowly add butter, stirring constantly. Add warm distilled water to mixture so that it will pour (not too thick). Add ham, salt, and red pepper flakes; mix well. Hollandaise can be stored in a tightly sealed container up to three days. Great served with any kind of seafood or served over vegetables.

Makes 2 cups

Seafood



Zydeco Baked Red Snapper

Zydeco music, derived from Blues, Jazz, Louisiana Creole and Cajun, was popularized by accordion player and 1983 Grammy-award-winner Clifton Chenier. He was a French Creole from Oppolusas, the third oldest city in the state. The undisputed "King of Zydeco," Chenier was the first Creole to be awarded a Grammy on television.

- 4 red snapper fillets (about 12 ounces each)
- 1 small yellow onion, diced
- 1 (4 ounce) can tomato sauce
- 1 cup dry white wine
- ½ cup distilled water
- ½ teaspoon fresh thyme
- Pepper to taste
- ½ cup parsley sprigs
- ½ cup Creole tomatoes
- Salt to taste
- ½ cup olive oil
- 1 tablespoon chopped scallions

Preheat oven to 400-degrees. Scale and clean the fish. Leave the heads on and split down the middle. Season the fish inside and out with salt and pepper, and put a small pinch of thyme and a sprig of parsley in the cavity of each. In fry pan over medium heat, sauté Creole tomatoes, tomato sauce and yellow onions in olive oil; add ½ cup distilled water. Place in the bottom of the baking pan. Place the fish in the pan on top of the vegetables. Brush the tops lightly with olive oil. Pour in the wine. Bake at 400-degrees, basting often with the pan liquid, until the fish is done (about 15-20 minutes). Remove the fish and cover to keep warm. Remove the vegetables from the pans with a slotted spoon. Serve a spoonful of the vegetables with the fish, placing them alongside each fish or on top. Spread sauce over fish. Garnish with chopped scallions.

Makes 6-8 servings

Seafood

Denet Crabmeat Stuffed Drum Fish

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| 1 whole cleaned Drum fish (7-8 pounds), split down the middle | 2 large eggs, beaten |
| 2 pounds lump crabmeat | 1 cup French bread, cubed |
| 1 medium yellow onion, chopped | 2 slices lemon |
| 6 slices bacon | Salt and pepper to taste |
| 1 tablespoon fresh parsley, chopped | Butter (to grease baking pan) |
| Garlic powder to taste | |

Preheat oven to 350-degrees. Grease baking pan with butter so fish won't stick. Lay the fish open in the pan. Season inside on both sides with salt, pepper, and garlic powder. Make two small slits on the side of the fish facing up so fish will cook throughout. Mix the crabmeat, beaten egg, chopped onion, French bread, salt, and pepper. Toss to mix well. Stuff this mixture in the fish cavity. Place remaining mixture around the fish. Lay slices of bacon and lemon on top of fish, cover with aluminum foil, and bake for 1 hour. During the last 5 minutes of baking, remove the aluminum foil so fish will brown.

Makes 6-8 servings



Donaldsonville Seafood Au Gratin

Artist Alvin Batiste is one of the most sought-after self-taught African American primitive artists since Clementine Walker. He was commissioned to create the cover design for Billy Bob Thornton's Oscar-winning album. He was born and raised in Donaldsonville, Louisiana, near the Great River Road. He continues to live and work there.

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| ¼ cup Land O'Lakes butter | 1 cup chopped onion |
| ½ cup all-purpose Gold Medal flour | ½ cup chopped fresh parsley |
| 1 tablespoon minced garlic | 2 cups whole milk |
| 1 tablespoon Worcestershire sauce | 1 pound claw crabmeat |
| 1½ pounds red snapper, cut into 1-inch pieces | 1 cup grated mozzarella cheese |
| 1 pound medium shrimp, peeled and de-veined | Dash of salt |
| 1 cup grated cheddar cheese | 2 tablespoons lemon juice |
| Tabasco sauce to taste | |

Preheat oven to 350-degrees. In a large saucepan, heat the butter and flour on medium heat to make a light brown roux. Add onions and parsley. Sauté until onions are clear. Add garlic. Slowly stir in the milk and Worcestershire, stirring continuously until mixture begins to thicken. One at a time, add crabmeat, fish, shrimp, cheeses, salt, and Tabasco. Place ingredients into a large greased casserole dish. Cover with aluminum foil and bake 15-20 minutes. Remove cover and pour the lemon juice over the top, and broil a few minutes or until top is brown and crusty.

Makes 8-10 servings

Seafood



English Turn Shrimp and Rice

- | | |
|--|--|
| 2½ cups distilled water | 1 cup precooked converted rice |
| 1¼ pounds shrimp, peeled and de-veined | ½ stick Kerry Gold butter |
| 1½ cup chopped onion | 1½ teaspoon Cajun seasoning |
| ½ cup stewed tomatoes | 1 teaspoon freshly ground black pepper |
| 1 teaspoon salt | |

In a cast-iron pot, bring water to a boil. Add rice and return to a boil. Reduce heat and simmer, covered, for 20-25 minutes. Set aside. In a cast-iron skillet, melt butter over medium-high heat. Add onion. Cook while stirring until the onions are transparent (about 3 minutes). Add tomatoes and cook about 2 minutes. Add shrimp and cook another 3 minutes. Add rice, salt, and black pepper. Cook on low heat, stirring rice mixture thoroughly into mixture (about 5 minutes).

Makes 6-8 servings



Uncle Poley's Creole Shrimp Stew

- | | |
|---|--|
| 3 tablespoons Land O'Lakes butter | 1 cup chopped onion |
| 1 cup sliced green bell pepper | ¾ cup chopped celery |
| 1 clove garlic, minced | 2 tablespoons Gold Medal all-purpose flour |
| 1 cup distilled water | ½ tablespoon crushed red pepper |
| ½ teaspoon salt | 2 cups fresh Creole tomatoes, diced |
| 1 tablespoon Aunt Marylue's Creole seasoning (see "Seasonings, Spices & Butters") | |
| 1 (10 ounce) package frozen mixed vegetables | |
| 1 pound medium shrimp, peeled and de-veined | |
| 3-4 cups cooked Mahatma Rice | |

In a cast-iron pot, melt butter over medium-high heat. Add onion, bell pepper, celery, and garlic, while stirring (about 3 minutes). Stir in flour until blended. Stir in distilled water, Aunt Marylue's seasoning, red pepper, and salt. Bring to a boil; add tomatoes and mixed vegetables. Return to a boil, and then reduce heat. Place a lid on the pot and simmer about 20 minutes. Add shrimp and cook, while stirring, for 5 more minutes. Serve over Mahatma Rice.

Makes 6-8 servings



Shuckulant

Oysters Ready to EAT!

Seafood



Celia's Stuffed Red Fish-a-Bake

- 8-10 pounds clean, fresh red snapper (split down the middle to stuff)
- 2 pounds medium boiled shrimp
- 2 pounds crawfish tails
- 24 fresh chopped oysters
- 2 medium Creole (or yellow) onions, chopped
- ½ cup Land O'Lakes butter, melted
- 2 cups stale, crumbled French bread
- 2 large, fresh tomatoes, chopped
- ½ cup Aunt Marylue's spicy Ooh La La Seasoning Mix (in "Seasonings, Spices & Butters")
- ½ cup distilled water (or enough to moisten stale French bread)
- 1 cup Kendall-Jackson white Riesling wine

Preheat oven to 350-degrees. Rub inside and outside of fish with ¼ cup of Aunt Marylue's Ooh La La Spicy Herb Seasoning Mix, then sprinkle with salt and pepper. Slit both sides of fish on top twice (2 slits) with a sharp knife. Place fish in glass baking-dish, cover, and place in refrigerator.

To make stuffing

Place 2 tablespoons butter in cast-iron skillet. On low heat, caramelize one chopped onion. Add 12 oysters, 1 cup moistened French bread (with excess water squeezed out), and 1 pound shrimp. Add 1 pound crawfish tails to pan and cook over low heat for 10-15 minutes, stirring constantly. Place mixture inside cavity of fish and use skewers to close. Place in glass baking dish.

To make sauce

Place remaining butter in cast-iron skillet and fry remaining onion until soft. Add ¼ cup of Aunt Marylue's Ooh La La Spicy Herb Seasoning Mix and chopped tomatoes. Add 12 remaining oysters, additional pound of shrimp, and remaining crawfish tails. Add wine to sauce. Pour sauce over stuffed fish, placing extra stuffing mixture around fish in baking dish. Bake fish 10-15 minutes. Ready to serve!

Makes 10-12 servings

Seafood

Uncle Richard's Pan-fried Oysters

1 pint shucked oysters
4 tablespoons butter
½ cup yellow cornmeal
3 tablespoons vegetable oil

Place oil and butter in cast-iron skillet on medium-high heat. Drain oysters on paper towels. Place corn meal in brown paper bag; add oysters. Shake cornmeal off as you add oysters to hot oil to fry. Fry oysters until golden brown, about 5 minutes, turning on both sides. Serve hot with Etie'anne's Asparagus with Creole Mustard Sauce.

Makes 2-4 servings



Octavia's Salmon Patties

1 (16 ounce) can salmon
½ cup Creole bread crumbs
½ teaspoon pepper
1 egg
½ teaspoon salt
½ cup vegetable oil

Drain salmon and remove bones. In a bowl, combine salmon with remaining ingredients (except oil) and mix well. Make mixture into 4-6 patties. In a cast-iron skillet, fry salmon mixture in oil and until brown on both sides, about 10 minutes. Serve for breakfast with Cheese Grits or Gert's Roasted Sweet Potato Fries.

Makes 4-6 servings



Capote's Oven Barbecued Salmon

½ cup mango nectar
4 tablespoons fresh squeezed lemon juice
8 (6 ounce) salmon fillets
4 tablespoons apricot marmalade
4 teaspoons chili powder
1½ teaspoons ground turmeric
1 teaspoon salt
½ teaspoon ground cinnamon
1/8 teaspoon butter (to coat baking dish)
4 teaspoons grated lemon rind

Preheat oven to 400-degrees. Combine mango nectar, fresh lemon juice, and salmon fillets in a Ziploc plastic bag and place in refrigerator to marinate for about 1½ hours, turning them once. Combine apricot marmalade, chili powder, grated lemon rind, turmeric, salt, and cinnamon in a bowl. Remove fish from marinade and discard marinade. Brush apricot mixture over fish and place in a baking dish that has been coated with butter. Bake for 10-12 minutes, until fish flakes easily. Ready to serve! Serve with a tossed green salad.

Makes 4-6 servings

Seafood



Uncle Carl and Aunt Gerri's Shrimp Scampi

1 pound fresh, peeled, medium de-veined shrimp (with tails on)
¼ pound Land O'Lakes butter
¼ cup yellow onion, chopped very fine
Dash of salt
1 tablespoon lemon juice
¼ cup fresh chopped parsley
1 tablespoon minced garlic
Dash of Tabasco sauce

In a medium-sized cast-iron skillet, heat butter. Add parsley and onion, and sauté. Add lemon juice and garlic. Stir, and cook for 5 minutes. Add shrimp, salt, and Tabasco. Stir mixture thoroughly. Sauté until the shrimp are opaque. Serve with crusty bread and Aunt Marylue's Spinach Salad.

Makes 2-4 servings
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Aunt Dorothy's Fried Speckled Trout

8 speckled trout fillets (about 3 pounds)
2 cups Gold Medal all-purpose flour
1 teaspoon black pepper
Wesson oil (enough to cover fish while cooking)
2 cups yellow cornmeal
2 cups buttermilk
1 tablespoon garlic salt

In a cast-iron Dutch oven, heat oil over medium-high heat. Slice fish down middle and place in a large Ziploc plastic bag with the buttermilk. Soak for 1 hour in the refrigerator. Drain buttermilk from fish. In a brown paper bag, combine cornmeal, garlic salt, pepper, and flour; gently add fish pieces and shake to coat each piece of fish evenly. Remove from paper bag and fry, turning fish in hot oil for 3-5 minutes or until golden brown. Drain on paper towels. Serve with Southern Hush Puppies and Deridder Collard Greens.

Makes 6-8 servings

Seafood



Bogalusa Shrimp Bisque

- 1 (10-¾ ounce) can Campbell's Condensed Cream of Mushroom Soup
- 1 (10-¾ ounce) can Campbell's Condensed Cream of Chicken Soup
- 2-3 pounds cooked, peeled, de-veined medium shrimp, chopped
- 1 cup distilled water
- ¼ cup salted butter
- ¼ teaspoon Tabasco
- 6 ounces Pet evaporated milk
- ¼ teaspoon Worcestershire sauce
- Salt and black pepper to taste

In top of double boiler, cook milk, water, and butter over boiling water about 15 minutes. In the bottom of double boiler pot after pouring out water, add shrimp, Worcestershire sauce, and Tabasco. Cook until shrimp turns pink (about 10 minutes). Add salt and black pepper to taste. Pour shrimp mixture into soup mixture and stir.

Makes 6-8 servings



Taylor's Tasty Crab Cakes

- 1 pound jumbo lump crabmeat
- ½ cup bread crumbs
- 2 teaspoons green onions, finely chopped
- ¼ cup finely chopped red bell pepper
- ½ lemon, juiced
- ½ teaspoon salt
- ¼ cup Gold Medal Flour (for dusting crab cakes)
- ½ cup Wesson oil
- ¼ cup Blue Plate mayonnaise
- 1 egg, beaten
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dry mustard
- ¼ teaspoon garlic powder
- dash of cayenne pepper

Mix all ingredients except flour and oil. Shape patties and dust with flour. Pan fry in oil over medium-low heat, until browned (about 4-5 minutes). Turn and pan fry other side until golden brown. Serve with Taylor's Tasty Tartar Sauce.

Makes 4-6 medium cakes



Seafood

Ms. Catalon Shrimp Casserole

- 2 large eggs
- 1½ cup sour cream
- 1/3 cup crumbled feta cheese
- ¼ teaspoon fresh parsley
- 9 ounces cooked angel hair pasta
- 2 pounds shrimp, cleaned, peeled, and de-veined
- ½ cup grated Monterey Jack cheese
- Butter (to grease baking dish)
- 1½ cups heavy whipping cream
- ½ cups grated Swiss cheese
- 1 teaspoon dried basil
- 1 teaspoon dried oregano, crumbled
- 16 ounces mild chunky salsa

Preheat oven to 350-degrees. Grease a 12x8 inch pan or glass baking-dish with butter. Combine eggs, heavy whipping cream, sour cream, Swiss and feta cheeses, parsley, basil, and oregano in a medium bowl. Mix well. Spread half the prepared pasta on the bottom of greased pan. Cover with salsa. Add ½ of the shrimp. Cover with the Monterey Jack cheese and remaining shrimp and pasta. Spread egg mixture over the ingredients. Bake for 30-40 minutes until casserole bubbles. Remove from oven.

Makes 6-8 servings



Money's Soft-Shelled Crabs

- 4 (4 ounces each) soft shell crabs
- ¼ teaspoon cayenne pepper
- 2 large eggs
- Wesson vegetable oil, for frying
- 2 tablespoons Worcestershire
- 2 tablespoons fresh lemon juice
- 1 cup Gold Medal all-purpose flour
- 1 cup buttermilk
- 1 cup yellow cornmeal
- 1½ sticks unsalted Land O'Lakes butter
- 1 teaspoon plus 1 pinch of salt

Cut each crab across the face to remove eye sockets and lower mouth. Carefully lift up the apron (back) and remove gills. Rinse gently under cold running water, pat dry, and set aside. Combine the flour, 1 teaspoon salt, and cayenne pepper in a shallow bowl. Combine buttermilk and eggs in a separate bowl. Place corn meal in a third bowl. In a cast-iron skillet, heat oil over medium-high heat until hot but not smoking. Place the seasoned flour in a brown paper bag. Add crabs to bag, one at a time, and shake gently to coat. Next, dip each crab in the buttermilk mixture, and then dredge crabs in the cornmeal. In two batches, add the crabs to the pan, top side down at first, and cook until golden brown and just cooked enough (about 1-2 minutes per side). Drain on paper towels. Pour fat from the pan and wipe clean with paper towel. Add butter to brown, about 1 minute. Remove from heat. Add lemon juice. Return the pan to low heat and cook until the butter is lightly brown. Remove from heat. Place one crab in the center of each plate. Pour butter mixture over each. Serve immediately with Gert's Roasted Sweet Potato Fries and Mary-To-Kooksie's Stewed Okra & Tomatoes.

Makes 4 servings



Seafood

Pokey Plant Shrimp Po-Boy

- | | |
|----------------------------------|-------------------------------------|
| 1 loaf French bread, cut in half | ½ cup shredded lettuce |
| 6 slices of Creole tomatoes | 2 tablespoons Blue Plate mayonnaise |
| Dash hot sauce for each sandwich | Slices of dill pickle |
| 1 teaspoon salt | 1 teaspoon black pepper |
| ½ cup vegetable oil | 1 cup yellow corn meal |
| 2 pounds medium shrimp, raw | |

Cut French bread down the middle. Spread with mayonnaise. Place yellow corn meal, salt, and pepper in a brown paper bag. Add shrimp, close top of bag, and shake. Shake off excess corn meal. Fry on medium heat in vegetable oil about 1 minute on each side. Remove shrimp; drain on paper towel. Pile lettuce and shrimp on each half of bread. Add tomato slices, dill pickle slices, and a dash of hot sauce on each bread half. Close sandwich with a toothpick so filling doesn't fall out of sandwich. Cut in half. Eat up!

Makes 2 sandwiches



Uncle Hardin's Crawfish Bisque

- | | |
|------------------------------------|---|
| 2 pounds crawfish tails | ¼ cup Wesson oil |
| 1 pint cold distilled water | 1½ cup water |
| 2 tablespoons of butter | 1 cup crawfish fat from heads* |
| ¼ cup Gold Medal all-purpose flour | 1 small yellow onion, chopped |
| ¼ teaspoon chopped parsley | ¾ cup whole tomatoes, fresh and chopped |
| 1 teaspoon salt | ½ cup finely chopped green bell pepper |
| 2 bay leaves | |

In a cast-iron pot, make roux by adding flour to heated oil. Cook over medium heat, stirring continuously until flour turns a deep golden brown. Remove from heat and set aside. Place butter in skillet on high heat. Add onion, parsley, bell pepper, and bay leaves; cook, stirring occasionally, until onions become soft. Add 1 pint of distilled water, tomatoes, and salt. Cook over high heat, stirring until sauce simmers. Reduce heat. While sauce is simmering, combine remaining water with crawfish fat in a large saucepan and cook over high heat, stirring continuously until it boils. Add sauce to fat and water. Add crawfish tails. Let simmer on low heat 5-10 minutes. Remove bay leaves and discard. Let bisque cool and chill so ingredients can blend before serving for a great flavor.

***Note:** Get crawfish fat out of the cooked crawfish heads. This is where the crawfish fat is found. Take the fat out of the heads of the crawfish to use in this recipe.

Makes 4-6 servings

Seafood



Feldman's Shrimp Creole for Two

- | | |
|---|-----------------------------|
| 1½ cups distilled water, plus 2 tablespoons distilled water | 1 teaspoon maple syrup |
| ½ pound fresh shrimp, peeled, de-veined, washed | 2 bay leaves |
| ¼ cup green bell pepper, chopped fine | ¼ lemon |
| 1/8 teaspoon sweet basil | 1/8 teaspoon cayenne pepper |
| 1½ tablespoons Land O'Lakes butter | 1 small onion, chopped |
| 1½ teaspoons salt | 1 clove garlic, mashed |
| ½ teaspoon cornstarch | ¼ cup green onions, chopped |
| 1 cup cut up fresh tomatoes | Liquid from boiled shrimp |
| ½ cup tomato sauce | |

In a pot, combine 1½ cups distilled water, 1 teaspoon of salt, one bay leaf, lemon, and shrimp. Cook over medium heat until it comes to a boil. Cover and cook another 5 minutes. Drain the liquid into another container and set aside the liquid and the pot with the shrimp mixture. In a cast-iron skillet, sauté onion and garlic in butter until tender. Add tomatoes, shrimp liquid, maple syrup, bell pepper, second bay leaf, and basil. Reduce heat and simmer 15 minutes. Add cayenne pepper and remaining salt. Cook about 5 more minutes. Make a paste with the cornstarch and 2 tablespoons distilled water. Add tomato sauce. Stir into shrimp liquid mixture, and cook until it thickens. Stir in shrimp mixture. Cook 2 minutes more. Serve over cooked white rice. Add green onions (optional) and stir.

Makes 2-4 servings



Seafood

Uncle Lawrence's Crawfish Etouff'ee

- 2 pounds boiled crawfish tails (remove heads and place in bowl)
- ½ cup fat from heads of crawfish
- ¼ cup distilled water, plus more (as needed)
- 1 tablespoon Italian tomato paste
- 1 medium yellow onion, freshly chopped
- 1 tablespoon fresh parsley, chopped fine
- 1 tablespoon green onion, chopped
- Dash white pepper
- ½ clove finely chopped fresh garlic
- 1 stick Land O'Lakes butter
- 1 teaspoon plain Gold Medal flour
- ¼ teaspoon Tabasco sauce
- 1 teaspoon salt
- 1 bell pepper chopped
- 1/2 cup bell pepper, chopped

In a saucepan with a tight-fitting lid, melt butter on low heat. Add yellow and green onions, bell pepper, and garlic. Cook over medium heat until tender. Season crawfish tails with salt and pepper, and set aside. Stir flour into onion butter mixture and blend well. Add Tabasco sauce and parsley. Add water, crawfish fat, tomato paste, and garlic. Cook slowly on low heat about 20 minutes. Add more water as needed. When sauce is done, add crawfish tails and heads (adding crawfish heads now will help give Etouff'ee a good flavor). Cover with lid, and cook 5-10 minutes on low heat. Remove crawfish heads before serving. Serve over cooked white rice or pasta of your choice.

Makes 6-8 servings

**Note: Etouff'ee is a Cajun dish that is considered a delicacy. Etouff'ee is similar to gumbo and is typically served in the bayou area of southern Louisiana. It is a Cajun dish that is usually served with chicken or shellfish over rice.*

Morial Pan-Fried Shrimp

- 1 pound large shrimp, peeled and de-veined
- 4 tablespoons Land O'Lakes butter
- Coarsely ground salt
- Ground black pepper

Season the shrimp with salt and pepper. In a large cast-iron skillet, heat 2 tablespoons of butter over medium-high heat. Add ½ of seasoned shrimp and cook about 2-3 minutes turning on both sides. Remove to serving dish, and add the other 2 tablespoons of butter to skillet. Cook remaining shrimp in the butter. Serve with Cheese Grits or eat as a sandwich.

Makes 4 servings



Seafood



St. Bernard Boiled Shrimp

- 2½ pounds large raw unpeeled shrimp
- 2 tablespoons salt
- 1 lemon
- 1 medium Creole onion, cut in half
- 1 small bag Zatarain's seafood boil
- 2 cloves garlic
- ½ teaspoon fresh ground black pepper
- 5 quarts boiling distilled water

Bring distilled water to a boil in a large cast-iron Dutch oven. Add everything except shrimp and salt. Let pot boil about 5-10 minutes with lid on. Add salt and shrimp, and boil with lid on pot 5 minutes. Take pot off stove and let sit up to 30 minutes. Drain water off shrimp. Spread newspaper liberally on table and dig in.

Makes 4-6 servings

Aunt Enez's Trout LA-Sunrise

- 3 cups chopped parsley
- 4 ounces lump crabmeat (cooked)
- Dash of Worcestershire sauce
- 4 (8 ounce) speckled trout fillets
- 1/8 teaspoon salt
- 2 cloves garlic, chopped fine
- 2 ounces medium shrimp (cooked)
- 2 tablespoons fresh lemon juice
- ½ cup Land O'Lakes butter
- 1/8 teaspoon pepper

Turn oven to broil. Combine the parsley, garlic, crabmeat, and in a bowl. Add Worcestershire and lemon juice. Gently toss. Season the fish fillets with salt and pepper. Broil fish fillets about 4 inches from flame for about 6 minutes until slightly brown around the edges, turning on both sides. Check fish in the center of the thickest part to see if it is cooked. If not, broil a minute more. Use a toothpick inserted in center to check doneness. Place fish on a serving platter. Garnish with the crabmeat and herb mixture placed around fish. In a small saucepan, heat butter until a flake of parsley immediately sizzles when dropped into it. Spoon hot butter over fish and serve.

Makes 4 servings

Seafood

Jerry Lee's Striped Sea Bass with Veggie Cheese Sauce

Note: The Delta Music Museum, located in Ferriday, Concordia Parish, Louisiana, honors Jerry Lee Lewis along with singer Irma "Queen of Soul" Thomas as great "Mississippi Delta performers."

Sea Bass

Juice of ½ lemon	4 (6 ounce) striped bass fillets
1 cup Pillsbury plain flour	½ tablespoon salt
1/8 teaspoon ground white pepper	3 eggs, beaten (for dredge)
½ stick Land O'Lakes butter	

Sprinkle lemon juice over fillets. Combine flour, salt, and pepper in a large bowl. Dredge the fillets in the seasoned flour, shaking off excess. Place beaten eggs in large bowl. Dip the fillets in the eggs and then dredge again in the seasoned flour, shaking off excess. Melt 4 tablespoons of butter over medium-high heat in a large cast-iron skillet. Sauté fish fillets in butter until cooked (about 3 minutes per side). Remove from pan, keep warm.

Sauce

1/3 cup dry white vermouth	4 medium red potatoes cut in quarters
1 cup grated cheddar cheese	2 tablespoons chopped green onion
¼ teaspoon chopped garlic	½ cup lemon juice
½ stick Land O'Lakes butter	

Add vermouth to the pan in which you sautéed the fish and stir to dissolve the pan juices. Bring to a boil and add all of the remaining sauce ingredients except the butter. Add potatoes and cook until potatoes are soft (5-10 minutes). Reduce heat to low and add ½ stick of butter, 1 tablespoon at a time, shaking the skillet until the butter has blended. Pour sauce over fish. Ready to serve!

Makes 4-6 servings



Seafood

Aunt Marylue's Shrimp-Stuffed Mirlitons

4 whole fresh mirliton	1/8 teaspoon fresh parsley
1 teaspoon thyme	Salt and pepper to taste
1 medium Creole onion, chopped	1/8 teaspoons cayenne pepper
1 clove garlic, minced	1 pound small raw peeled shrimp
3 tablespoon butter	1 cup chopped boiled ham
1 cup soft bread crumbs	½ cup buttered bread crumbs
1 egg	1/8 teaspoon fresh parsley

Preheat oven to 350-degrees. Boil Mirlitons in salt water until cooked (about 20-30 minutes). Drain, cut in half, and scoop out the pulp. Leave shell/pulp about ¼ inches thick. Reserve the pulp. Sauté the onion, garlic, ham, and shrimp about 10 minutes in cast-iron skillet. Add soft bread crumbs, mirliton pulp, salt, black pepper, and cayenne. Cook about 5 minutes. Cool slightly. Add egg, parsley, and thyme. Stuff shrimp mixture into the mirliton shells; sprinkle tops with buttered bread crumbs. Bake in 350-degree oven about 15- 20 minutes.

Makes 6-8 servings



Landrieu Shrimp Creole

2 tablespoons Wesson oil	2 cups chopped onion
¼ cup chopped green bell pepper	1 cup chopped fresh parsley
½ cup distilled water	4 cups chopped fresh tomatoes
1 tablespoon minced garlic	1 tablespoon Worstershire sauce
1 cup tomato sauce	2 pounds large raw peeled, de-veined shrimp
Ground cayenne pepper to taste	1/8 teaspoon salt, plus salt to taste
1 teaspoon sugar	

In a large, deep cast iron skillet, heat the oil over medium-high heat. Add onions, garlic, bell pepper, and parsley, and sauté until the onions are clear. Stir in the water and tomato sauce. Cook stirring for up to 5 minutes. Add garlic, Worcestershire sauce, tomatoes, salt, sugar, and cayenne pepper. Cover and cook over medium heat until the sauce comes to a boil. Reduce heat to low, cover, and simmer for 15-20 minutes or until tomatoes fall apart. Add shrimp and continue cooking (about 5 minutes) over low heat, stirring occasionally. Serve over cooked Mahatma long-grain rice.

Makes 6-8 servings

Seafood



La Place Shrimp Patties

- 2 pounds uncooked shrimp, peeled and de-veined
- ½ cup chopped Creole (or yellow) onion
- ½ teaspoon cayenne pepper
- 1½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ cup Wesson oil
- Plain flour as needed

Grind shrimp in a meat grinder. Mix the ground shrimp, onions, garlic powder, cayenne pepper, and salt together in a large bowl. Add just enough plain flour to hold mixture together. Heat Wesson oil in a large skillet on medium heat. Shape mixture into patties. Fry on each side until done. Serve with mayonnaise or sauce of your choice on a grilled bun.

Makes 8 (4-inch) patties

Port Fourchon Oysters Etouff'ee

- ½ cup Wesson oil
- ½ cup chopped fresh parsley
- ½ cup chopped celery
- 1 teaspoon finely chopped garlic
- 2 tablespoons lemon juice
- Salt to taste
- 2 cups chopped yellow onion
- ½ cup chopped green bell pepper
- 2 pints shucked oysters (reserve the liquid)
- 1 teaspoon Worcestershire sauce
- Tabasco sauce to taste
- ¾ cup oyster liquid



In a cast-iron skillet over medium heat, sauté onion, parsley, bell pepper, and celery until the onions are soft. Add the oyster liquid, garlic, and Worcestershire. Bring to a boil. Reduce heat to low. Cook about 15 minutes more. Add the oysters, lemon juice, Tabasco, and salt, and cook uncovered slowly 10 minutes. Serve with rice and green salad.

Makes 4-6 servings

Seafood



Aunt Lillie's Oyster Loaf

- 1 quart Wesson oil
- ½ cup Gold Medal plain flour
- 1 teaspoon onion powder
- 1 pint shucked oysters, drained
- ½ head lettuce, shredded
- 2 Creole or red tomatoes, sliced
- Tabasco sauce to taste
- Tartar sauce and ketchup to taste
- ½ cup yellow cornmeal
- ¼ teaspoon garlic powder
- ½ teaspoon ground cayenne pepper
- 1 large loaf of French bread, sliced lengthwise
- 1 cup dill pickles, sliced
- 1 lemon cut in quarters
- salt to taste

Place flour, cornmeal, cayenne pepper, onion powder, and garlic powder in a brown paper bag. Put oysters one at a time in brown paper bag and shake until coated well. Shake off excess coating. Pour the oil into a cast-iron skillet and heat on medium-high heat. Drop oysters one at a time into the hot oil. Fry until oysters are golden brown and float in oil. Drain on paper towels. Scoop middle out of French bread and discard. Spread the hollowed out bread with tartar sauce and ketchup. Add oysters. Arrange lettuce, pickle slices, and tomato slices on top. Add Tabasco to your taste. Cut loaf into 6-8 pieces. Serve oyster loaf with lemon quarters.

Makes 6-8 servings



Nungesser Gulf Coast Deep-Fried Seafood Platter

- 1 teaspoon salt
- ½ cup yellow cornmeal
- 1 cup Wesson oil
- 1 pound large shrimp de-veined
- 1 teaspoon white pepper
- ½ cup plain Gold Medal flour
- 2 trout filets (4 ounces each)
- 6 large fresh oysters (drained in colander)

Heat Wesson oil in cast-iron skillet. In a brown paper bag, combine salt, pepper, cornmeal, and flour and shake to mix thoroughly. Place seafood one piece at a time into brown paper bag and shake gently until completely covered in mixture. Take seafood out of bag and gently shake off excess mixture. Add seafood to heated oil and fry until browned. Place on paper towels to drain oil. Ready to serve!

Makes 6-8 servings

Seafood Feast



Seafood



Le Blanc Soft-Shell Crabs

2 quarts Wesson oil

8 small soft-shell crabs

Drench

2 small eggs

1 cup milk

Dredge

1 cup yellow cornmeal

½ cup Creole bread crumbs

1 cup Gold Medal all-purpose flour

Dash cayenne pepper

Dash onion powder

Dash garlic powder

Salt and pepper to taste

Preheat the oil in a cast-iron skillet on medium-high heat. Clean the crabs by placing them on counter with top shell upward. Gently lift the pointed sides of the top of the shells to expose the “dead man” (tubular lungs) which lie on the main body of meat. Brush away lungs and replace upper shell. Repeat on other side. Using kitchen shears, cut out the mouth and eyes. In a small mixing bowl, beat the eggs and milk together. Sift the cornmeal and flour dredge into another bowl. Carefully drench the crab in the egg mixture. Place it next in the dredge and cover the entire body of the crab completely with the dredge mixture. Using tongs, in a cast-iron skillet, fry crabs in hot oil for 2-3 minutes until the crab comes to the surface and turns a golden brown. Turn over while still in the oil so that the legs point upward, and cook about 2 minutes more. Using a slotted spoon, remove crabs from the oil and drain on paper towels.

Makes 6-8 servings

Seafood



Atchafalaya Creole Seafood Pasta

Note: *Atchafalaya is a Native American word meaning "long river." The Atchafalaya River is 135 miles long, reaching 100 feet deep. It is the only active growing delta in the world, making the basin the largest overflowing swamp in the United States.*

2 tablespoons Land O'Lakes salted butter	½ cup chopped scallions
½ cup dry white wine	2 cups heavy whipping cream
Pinch of saffron	½ teaspoon salt
½ teaspoon black pepper	1 pound large scallops cut in half
½ teaspoon fresh basil	2 pounds cooked pasta of your choice
1 pound lump crabmeat	½ cup chopped yellow onions
2 dozen fresh, shucked oysters, chopped	
1 pound medium shrimp, peeled and de-veined	

Melt butter in a large cast-iron skillet over medium heat. Add scallions and cook about 2 minutes. Add the wine, and then the onion; reduce heat and cook until most of the liquid is gone. Add whipping cream, saffron, salt, and pepper. Bring to a light boil. Add scallops and shrimp. Cook for about 4 minutes. Add oysters. Cook until the edges of the oysters curl; add crabmeat. Shake the skillet (don't stir) to spread the sauce over the seafood. Remove from heat. Add the cooked and drained pasta, and toss until well combined. Serve.

Makes 8-10 servings

Seafood

Plantation Grill Stuffed Flounder

Note: *The Plantation Grill, located in Harvey, Louisiana, is one of the clubs/lounges that Aunt Marylue and Uncle Jasper owned.*

2 pounds Flounder filet cut in 4 pieces	6 tablespoon plan bread crumbs
6 tablespoons Blue Plate mayonnaise	1 cup lumb crabmeat
¼ teaspoon paprika	1/2 teaspoon Worcestershire sauce
3 crushed saltine crackers	1 egg
2 teaspoons finely chopped green pepper	1 teaspoon fresh parsely
¼ teaspoon Old Bay seasoning	
¼ cup Land O' Lakes butter, plus 2 tablespoons melted butter	

Preheat oven to 400-degrees. Rinse and pat-dry flounder. In a medium bowl, place crabmeat, green peppper, Worcestershire sauce, saltines, Old Bay seasoning, and parsley. Mix well. Combine egg white and 2 tablespoons mayonnaise. Add to crab mixture. Brush fillet with 1/4 cup of melted butter on both sides. Place each in baking dish. To each fillet with crab mixture. Drizzle remaining butter on top each fillet. Bake in oven for about 15 minutes. Remove from oven. Sprinkle bread over fish fillets. Mix egg yolk and remaining buttter together, spread on top of bread crumbs. Sprinkle even amounts of paprika on each and place in broiler about 1 minute, until bubbly and golden brown on top.

Makes 4 servings



Seafood



Blueberry Hill Barbeque Shrimp

- | | |
|---|--------------------------------------|
| 3 pounds large fresh shrimp (16-20 count) | 1 teaspoon paprika |
| 4 ounces black pepper | 3 sticks Kerry Gold butter, softened |
| ¼ cup Creole seafood seasoning | ½ cup white wine |
| Pinch of saffron | ¼ cup Worcestershire sauce |
| 1 lemon (juiced) | |
| 3 cloves garlic | |

Rinse the shrimp and place in a large cast-iron skillet over medium heat. Add wine, lemon juice, Worcestershire sauce, garlic, and saffron. Bring to a light boil and cook, shaking the skillet until the shrimp turn pink. Cover the shrimp with the black pepper. Continue to cook another couple of minutes; sprinkle with paprika and Creole seasoning. Lower the heat. Cut the butter into small pieces and add to the skillet, a few pieces at a time, swirling the butter over the skillet as it melts. When the butter is completely melted, add another three pieces of butter, and keep going until the butter is all used. Keep shaking the skillet to make a sauce. When all the butter is added, place the shrimp sauce in a bowls and serve for dipping. Place shrimp in serving dish. Pour butter sauce over shrimp. Serve with crusty French bread to dip into the sauce. Delicious!

Makes 6-8 servings

Sauces, Salsa & Gravy



Making Pan Gravies

Pan gravy is a sauce made with drippings or juices from the meat or poultry with which it is being served. Standard pan gravies are similar to brown sauces. When a roast is served with its natural juices, it is called au jus, meaning “with juice.” Preparing both gravy and jus are parts of cooking meat.

How to Make Au jus Pan Gravy

After roasting meat or poultry, remove meat from roasting pan. Set the roasting pan over high heat and cook until all the moisture evaporates, leaving only the fat. Pour off and save the fat. Pour stock or distilled water into the roasting pan. Stir over heat until caramelized drippings are dissolved. Pour liquid into a large pot with desired amount of stock. Simmer. Skim surface well to remove fat. Stir and serve.

Lutcher Fresh Tomato-Olive Sauce

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|--|-------------------------------------|
| 1½ pounds fresh plum tomatoes cut in quarters | 12 Kalamata olives |
| ½ cup extra-virgin olive oil | ¼ cup red onion, finely chopped |
| 3 garlic cloves, minced | 2 tablespoons fresh lemon juice |
| 2 tablespoons fresh Italian parsley, chopped | 1 tablespoon fresh oregano, chopped |
| ½ teaspoon dried crushed red pepper | |
| ½ cup diced roasted yellow or red bell peppers (jarred peppers are okay) | |
| Salt and pepper to taste | |

In a large bowl, combine all ingredients and sprinkle with salt and pepper. Let stand at room temperature for 1-2 hours for flavors to blend. Serve with ribs, chicken, thick sliced French bread, and/or seafood.

Makes 5 cups

Sauces, Salsa & Gravy



Aunt Marylue's Barbecue Sauce

- | | |
|-------------------------|-----------------------------------|
| 8 ounces tomato paste | 8 ounces ketchup |
| 16 ounces tomato sauce | 12 ounces Sprite or seltzer water |
| ½ cup white vinegar | 1 cup brown sugar |
| 1 teaspoon salt | 2 teaspoon black pepper |
| 1 lemon, finely chopped | ¼ cup honey |
| 1 white onion, chopped | ¼ cup Wesson vegetable oil |

Heat stove on medium. Using a cast iron skillet, add vegetable oil. Sauté the onions for about 10 minutes; or until soft. Combine tomato sauce, tomato paste, ketchup, Sprite/seltzer water, and vinegar; mix well. Add salt, pepper, and brown sugar; mix well. Cook on high heat until it boils. Reduce heat to low. Let simmer (for 15-20 minutes), stirring until mixture thickens. When ready, brush over meat of your choice.

Makes 2 cups

Note: *While in North Louisiana's sportsman paradise of Monroe-Ruston, stop in at Restaurant Sage, where Chef Cory Bahr serves the most delicious wood-grilled oysters along with his many steak and seafood mouth-watering delicacies.*

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|-------------------------------------|----------------------------|
| 4 (3½" x 3½") slices Italian bread | 1/2 cup white wine vinegar |
| 4 cups fresh parsley leaves | 1½ cups olive oil |
| 15 cornichons* / or gherkin pickles | 5 anchovy fillets |
| ¼ cup drained capers | Dash sea salt |
| 1 teaspoon black pepper | |

Remove crust from bread and place bread slices in a medium bowl. Pour vinegar over bread and let stand 15 minutes until bread softens. Transfer bread to food processor; add parsley, olive oil, cornichons* or gherkin pickles, anchovy fillets, and salt. Continue to process until almost smooth. Place salsa in a medium bowl and season with sea salt and pepper. Refrigerate in a covered bowl.

Note: Dip can be made up to one day in advance. Before serving, let salsa stand at room temperature for one hour. Stir briskly with a fork before serving.

Serve dip with wheat crackers, tortilla chips, or over grilled shrimp, fish, and chicken.

Makes 3 cups

*Tiny, brine-packed French pickles.

Sauces, Salsa & Gravy



Aunt Marylue's Remoulade Sauce

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|-----------------------------|-------------------------------|
| 1 cup Blue Plate mayonnaise | 2 garlic cloves, minced |
| ½ cup green onions, minced | 1 tablespoon yellow mustard |
| ½ cup light olive oil | Dash Aunt Marylue's hot sauce |
| ½ cup ketchup | 2 tablespoons Worcestershire |
| ½ teaspoon salt | ½ cup vinegar |
| ½ teaspoon Creole seasoning | |

Combine all ingredients in a bowl and stir. Cover and chill in the refrigerator. Serve over fish or chicken.

Makes 2 cups

Arabi Spicy Barbeque Sauce

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|---------------------------|------------------------------------|
| 1 cup Heinz ketchup | 3½ tablespoons dark brown sugar |
| ½ teaspoon garlic powder | 1½ teaspoon coarse salt |
| ½ cup onion, chopped | 3 tablespoons Creole mustard |
| ¾ cup distilled water | 3 tablespoons Worcestershire sauce |
| ½ cup apple vinegar | ½ cup Wesson vegetable oil |
| ¼ cup fresh lemon juice | 1 teaspoon black pepper |
| 2 tablespoon chili powder | |

Place all ingredients in a sauce pot on stove and mix well. Simmer on low heat (about 15-20 minutes). Serve over cooked hamburgers, chicken, ribs, steaks, or salads.

Makes 1 quart

Monroe Non-Cooked Italian Salsa Verde

Note: *While in North Louisiana's sportsman paradise of Monroe-Ruston, stop in at Restaurant Sage, where Chef Cory Behr serves the most delicious wood-grilled oysters along his many steak and seafood mouth-watering delicacies.*

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|--|----------------------------|
| 4 (31/2" x 31/2") slices Italian bread | 1/2 cup white wine vinegar |
| 4 cups fresh parsley leaves | 1½ cups olive oil |
| 1/5 cornichons* / or gherkin pickles | 5 anchovy fillets |
| 1/4 cup drained capers | Dash sea salt |
| 1 teaspoon black pepper | |



Remove crust from bread and place bread slices in a medium bowl. Pour vinegar over bread and let stand 15 minutes until bread softens. Transfer bread to food processor; and parsley, olive oil, cornichons* or gherkin pickles, anchovy fillets, and salt. Continue to process until almost smooth. Place salsa in a medium bowl and season with sea salt and pepper. Refrigerator in a covered bowl.

Sauces, Salsa & Gravy

Note: Dip can be made up to one day in advance. Before serving, let salsa stand at room temperature to one hour. Stir briskly with a fork before serving.

Serve dip with wheat crackers, tortilla chips, or over grilled shrimp, fish, and chicken.

Makes 3 cups

*Tiny, brine-packed French pickles.



Etie'anne's Asparagus with Creole Mustard Sauce

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|--|--|
| 1 pound fresh asparagus | 1 cup Gold Medal all-purpose flour |
| 1 cup buttermilk | 1 large egg |
| 1 tablespoon Tabasco sauce | 1½ cups self-rising cornmeal mix |
| Wesson oil (for frying) | DeGeneres Creole Mustard Sauce (see next recipe) |
| 1 tablespoon Aunt Marylue's Cajun seasoning (see "Seasonings, Spices & Butters") | |

Rinse asparagus with cold water. Snap off ends of asparagus. Leave asparagus damp after rinsing. In a reseal-able plastic bag, place flour and asparagus. Seal and shake gently to coat. In a dish (shallow enough to dredge asparagus), mix the egg, buttermilk, and Tabasco sauce together with a whisk. In another shallow dish, mix together cornmeal mix and Cajun seasoning. Dip asparagus in buttermilk mixture, and then dredge in cornmeal mixture. In a large cast-iron pot, pour 2 inches of Wesson oil and heat over medium heat. Fry asparagus in small batches for 4-5 minutes or until golden brown. Drain on paper towels. Serve with DeGeneres Creole Mustard Sauce.

Makes 10-15 servings

DeGeneres Creole Mustard Sauce

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| 1½ cups sour cream | 6 tablespoons Zatarain's Creole mustard |
| 3 teaspoons dry ranch dressing mix | 2 teaspoons fresh lemon juice |
| ½ teaspoon onion powder | ½ teaspoon garlic powder |
| ½ teaspoon Aunt Marylue's Creole Seasoning | |

Combine all ingredients in a bowl and stir. Cover and chill.

Makes 2 cups



Sauces, Salsa & Gravy



Marrero's Hot & Spicy Fruit Salsa

- 1 (8 ounce) honey dew melon, seeded and rind removed
- 1 (8 ounce) papaya, seeded and peeled
- 1 (8 ounce) mango, peeled and pitted
- 1 small red bell pepper, cored and seeded
- 1 small jalapeno pepper, stemmed and seeded
- 1 small red onion, cut finely
- 4 ounces fresh lime juice
- 2 tablespoons cilantro, chopped
- Salt to taste

Chop melon, papaya, mango, bell pepper, and jalapeno into a fine dice. Save juices that are released during dicing. Combine the chopped fruit (and their juices) and peppers with remaining ingredients and season with salt to taste. Refrigerate until ready to serve. Serve over grilled fish, chicken, pork chops, and steaks or pound cake.

Makes 2 pounds

Gramercy Never-Ending Barbeque Sauce

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|---------------------------------------|----------------------------------|
| 1 quart tomatoes puree | 2 ounces sugar |
| 1 pint distilled water | 1 tablespoons Creole mustard |
| 2/3 cups Worcestershire sauce | 2 teaspoons chili powder |
| ½ cup apple cider vinegar | 1 teaspoon black pepper |
| ½ cup Wesson vegetable oil | 4 teaspoons garlic, chopped fine |
| 8 ounces yellow onion, finely chopped | Salt to taste |

Place all ingredients in a cast-iron saucepan and bring to a boil. Reduce heat and simmer 20 minutes or until slightly reduced and flavors are blended together. Stir occasionally while simmering to prevent scorching. Adjust seasoning to taste.

Makes ½ gallon

Sauces, Salsa & Gravy



Nicholl State Sweet and Sour Orange Glaze

- ¾ cup orange marmalade
- 1½ teaspoon chili powder
- 1/8 cup rice vinegar
- 1 tablespoon soy sauce

Mix all ingredients in a medium bowl. Chill or serve immediately over baked, fried, or hot wings.

Makes 1-2 servings



Rivera's Barbeque Sauce

- ¼ cup olive oil
- 16 ounces tomato sauce
- 2 cups cider vinegar
- 2 teaspoons dry mustard
- 2 tablespoons black pepper
- 2 teaspoon Tabasco
- 1 medium onion, finely chopped
- 8 tablespoon fresh lemon juice
- 2 cloves garlic, minced
- 2 teaspoons paprika
- 2 teaspoons salt

Heat the olive oil; sauté onion in a cast-iron skillet until transparent. Add lemon juice, Tabasco, mustard, paprika, salt, and black pepper; mix well and simmer over medium heat (about 5 minutes). Add tomato sauce and vinegar; reduce heat to low. Simmer another 15 minutes.

To make a sweet sauce

Add honey, brown sugar, or molasses to taste.

To make a spicy sauce

Add cayenne pepper and/or chili peppers to taste.

Make 2 quarts

Sauces, Salsa & Gravy



Lake Charles Roast Beef Gravy

Note: While in Lake Charles, check out the Sea Scallops with Mustard Greens served up with a hint of Steen cane syrup at the Pujos Street Café.

- Pan drippings from roast beef
- ½ stalk celery, chopped
- 1 quart brown stock (from roast beef)
- 2 teaspoons plain flour
- 4 ounces onion, chopped
- ½ carrots, chopped
- ½ can tomato puree
- Salt and pepper to taste

Preparing roast to cook

Preheat oven to 350-degrees (or desired temperature). Prepare meat for roasting. Use low-sided pans just large enough to hold the roast. Season the meat several hours ahead of time, or even the day before. When ready to cook, place meat fat side up on roasting rack inside pan. The rack will hold the roast out of the pan drippings. Insert a clean meat thermometer so that the bulb is in the center of the roast, not touching bone or fat. Do not cover or add water to the pan, as roasting is a dry-heat cooking. Place meat in oven in roasting pan and roast to desired doneness (rare has a thermometer reading of 120°F, and medium is 130°F), then add vegetables and tomato puree. Let cook until vegetables are done (about 20 minutes). Place vegetables in a separate bowl. Remove meat from oven and let stand for 15-30 minutes (reserve 1 cup of drippings for gravy). This “standing time” lets the juices re-absorb through the meat and less juice is lost when the meat is sliced. It also makes the meat easier to slice. Prepare au jus or gravy from the pan drippings. Slice the roast as close as possible to serving time. Slice meat against the grain for tenderness. Add vegetables to serving plate with roast just before serving.

Preparing gravy

After cooking roast and removing it from oven, add drippings to a saucepan. Place saucepan on high heat and add 2 teaspoons flour and cook until brown adding water as needed making a roux. Pour into a cast-iron saucepot with the remaining stock. Bring to a boil and then reduce heat to a simmer. Cool roux slightly and beat it into the simmering stock to thicken using a wire whip. Simmer 15-20 minutes or until liquid is slightly reduced. Season gravy with salt and pepper to taste.

Makes 2-3 cups of gravy

Sauces, Salsa & Gravy

Taylor's Tasty Tartar Sauce

½ cup finely chopped green onion
½ cup finely chopped dill pickle
1 cup Blue Plate mayonnaise

Combine all ingredients in a small bowl. Mix well. Serve with Taylor's Tasty Crab Cakes.

Makes 2 cups



Aunt Marylue's Lemon Butter Sauce

2 cups distilled water
2 tablespoons minced rosemary
1 cup heavy whipping cream
4 sticks Kerry Gold unsalted butter, cut into tablespoons

6 lemons, peeled and quartered
2 tablespoons minced garlic
¼ teaspoon black pepper

Combine water, lemons, rosemary, and garlic in a medium saucepan and bring to a boil. Add cream. Reduce heat to medium-low and simmer until cooked down to half (about 10 minutes), stirring occasionally. Mash lemons with the back of a spoon to break them up. Add the cream and cook down to about half (about 5 minutes). Stir in butter, 1 tablespoon at a time. Cook until sauce thickens. Strain the sauce through a strainer into a saucepan. Cover until ready to serve, stirring occasionally. Lemon butter will keep up to two weeks in a tightly sealed refrigerated container. Good served with fish, poultry, pasta, and vegetables.

Makes 3 cups



Joyful and juicy

Sauces, Salsa & Gravy

Vieux Carré Barbeque Sauce

Note: *The French Quarter is the oldest and best known neighborhood in New Orleans. Also called the Vieux Carré (pronounced Voo Ca Rey), it is sometimes referred to today as just the "Quarters."*

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|------------------------------|-------------------------------------|
| 2¼ cups Heinz ketchup | 1½ tablespoons Worcestershire sauce |
| ¾ cup apple cider vinegar | ½ cup distilled water |
| Juice of 1 lemon | 2 tablespoons Tabasco sauce |
| 3 tablespoons yellow mustard | ¼ cup dark brown sugar |
| 2 tablespoons chili powder | 2 teaspoons finely chopped garlic |
| 1¾ teaspoon paprika | Salt and pepper to taste |

Place all ingredients in a 3 quart cast-iron Dutch oven; cook over low-medium heat, stirring constantly. Cook about 25 minutes. Sauce is now ready to serve over meat or seafood. Sauce will keep in refrigerator up to two weeks.

Makes 1 quart



Bayou Teche Sweet & Spicy Salsa

Note: Bayou Teche is a Native American word meaning "snake."

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|----------------------------------|--------------------------------------|
| 1 large tomato, chopped | 1 large nectarine, chopped |
| 1 cup whole sweet onion, chopped | 1 tablespoon fresh cilantro, chopped |
| 1 tablespoon olive oil | 1 tablespoon fresh lime juice |
| 1 teaspoon minced jalapeno | |

Combine all ingredients, gently tossing to mix thoroughly. Serve over grilled seafood or with chips as a dip.

Makes 2 cups



Marinades

Zwolle Beef, Chicken & Pork Marinade

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|------------------------------------|--------------------------|
| 2 pounds meat (any of the above) | ½ cup Heinz ketchup |
| 1/3 cup Wesson oil | 1 tablespoon brown sugar |
| ¼ cup vinegar | 1½ teaspoon chili powder |
| 1½ teaspoon salt | 1 teaspoon onion salt |
| ¼ cup Aunt Marylue's Fig Preserves | |

Place meat in a large, plastic Ziploc bag. In a bowl, combine all ingredients and pour over meat in bag. Refrigerate up to 8 hours, turning meat in the marinade once or twice. Drain marinade from meat and pour into a roaster. Place meat on rack in roaster and cook covered about 1½ hours.

Makes 1-2 cups



Aunt Marylue's Fig Preserves

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|---------------------------|---------------|
| 10 firm red or white figs | 1½ cups sugar |
| 1½ whole cinnamon sticks | |

Cut figs in quarters and place in a bowl. Add sugar, tossing figs as you add the sugar. Add cinnamon sticks. Let stand overnight, covered. In the morning, place mixture in saucepan and bring to a boil. Lower heat and simmer, stirring constantly for about ½ to 1 hour until the figs are tender and well mixed. Cool mixture and discard cinnamon sticks before serving. Serve on warm toast or waffles. Great served with chicken, beef, seafood, or pork.

Makes 2 cups

Benson's Marinade for Meat

- | | |
|-------------------------------|--------------------------------|
| 2 cups soy sauce | 1 cup distilled water |
| ¼ cup brown sugar | ¼ cup apricot marmalade |
| 1 teaspoon Grandma's Molasses | ¼ cup fresh scallions, chopped |
| 1 teaspoon salt | |

Mix together all ingredients and boil in a saucepan. Let cool. Pour over meat and let stand in refrigerator 4-5 hours. Pour off and cook meat as desired. This marinade can be used on poultry, pork, or any other meat desired.

281 Makes 4 cups



Marinades

P's Marinating Sauce

- ½ cup soy sauce
- 4 tablespoons orange marmalade
- 2 teaspoons fresh ginger, peeled and mashed
- 2 tablespoons pear nectar
- 3 cloves garlic, mashed

Combine all ingredients in a bowl and pour over meat. Make enough to cover about 2½ pounds of meat. Allow to marinate overnight before cooking.

Makes 1 cup

Pascagoula Pork Chop Marinade

- ¼ cup soy sauce
- 2 tablespoons fresh lemon juice
- ¼ teaspoon ground black pepper
- 1 tablespoon light brown sugar
- 1 clove garlic, crushed
- ¼ cup guava paste
- 2 tablespoons Wesson oil
- ½ cup distilled water
- ¼ teaspoon cayenne pepper

Combine all ingredients. Pour over pork chops and marinate as little as 2 hours, up to overnight.

Marinade will cover 4-6 pork chops

Gulfport Meat Marinade

- ¼ cup crushed pineapple
- 1 cup soy sauce
- ½ cup firmly packed brown sugar
- ¾ cup Heinz ketchup
- ½ cup pineapple juice (from crushed pineapple)
- ½ cup apple cider vinegar
- 1 teaspoon fresh garlic, chopped
- 1 tablespoon fresh lemon juice

Combine all ingredients in a saucepan and bring to a simmer. Pour over meat and allow marinating in refrigerator for 2-5 hours. Cook meat of your choice with marinade coating.

Makes 2-3 cups



Marinades

Gretna's Cherry Marinade

- ¼ cup cherry marmalade
- 1/8 cup maraschino cherry juice
- 2 tablespoons soy sauce
- 1 teaspoon apple cider vinegar
- ½ teaspoon garlic salt
- ¼ cup Pepsi cola
- 1 tablespoon fresh lime juice
- ½ teaspoon fresh lemon juice
- 2 teaspoons red wine

Combine ingredients in a large Ziploc plastic bag and mix well. Pour over meat, poultry, or seafood, and let marinate overnight in a bag.

Marinates 2 pounds of meat



French Quarter Mimes Marinade

- 4-4½ pounds meat (eye of round or beef brisket)
- ¼ cup chopped Creole or yellow onion
- ¼ cup chopped scallions
- 1 teaspoon oregano
- 1 bay leaf
- 3 teaspoons salt
- ½ cup Wesson oil (to fry meat)
- 5 cloves garlic, crushed
- 1 teaspoon steak sauce
- ½ teaspoon marjoram
- 1 teaspoon rosemary
- ½ teaspoon pepper

Combine all ingredients and blend well. Pour over meat and marinate overnight in refrigerator in a Ziploc bag. In a cast-iron Dutch oven, heat ½ cup oil. Add meat and fry on both sides until brown; remove meat. Add marinade and then place the meat on top of marinade. Cover pan and cook for 3-4 hours over low heat, turning every 30 minutes. Discard bay leaf before serving.

Makes about 1 cup of marinade



Marinades

Tchoupitoulas Marinating Barbeque Sauce

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|------------------------------------|--|
| 1 medium onion, chopped | 1 tablespoon Land O'Lakes butter, melted |
| ¼ cup peach nectar | 2 tablespoons vinegar |
| 1 tablespoon brown sugar | 4 tablespoons fresh lemon juice |
| 1 cup Heinz ketchup | ½ cup fresh parsley |
| ½ teaspoon Creole mustard | ½ cup distilled water |
| 3 tablespoons Worcestershire sauce | Salt and pepper to taste |

Combine all ingredients and pour over chicken or ribs. Allow to marinate refrigerated overnight. Cook meat on grill or in the oven. Brush meat with sauce while cooking.

Makes 2-3 cups

Lagniappe Steak Marinade

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|--------------------------|----------------------------|
| 1 cup olive oil | ½ cup Worcestershire sauce |
| ½ cup soy sauce | ¼ cup apple juice |
| 2 cloves garlic, chopped | 1 teaspoon green pepper |

In a blender, combine all ingredients and mix thoroughly. Pour over steak and let stand 4-8 hours before cooking.

Makes about 2 cups

Grilling Guide for Vegetables



Many vegetables can be grilled, including asparagus and tomatoes! Spray grill with vegetable oil spray before grilling.

Below you will find valuable information on vegetables that can be cooked on the grill.

Vegetable	How to Prepare	Cooking Time
Asparagus	Placed directly on grill.	Up to 8 minutes
Bell peppers (cut up)	Placed directly on grill.	6-8 minutes
Bell peppers (whole)	Placed directly on grill.	10-12 minutes
Eggplant (sliced)	Placed directly on grill.	8-10 minutes
Garlic (whole)	Wrapped in foil & placed on grill.	45 minutes - 1 hour
Mushrooms	Placed directly on grill.	12-15 minutes
Potatoes	Wrapped in foil & placed on grill.	6-8 minutes
Squash	Placed directly on grill.	6-8 minutes
Tomatoes (halved)	Placed directly on grill.	6-8 minutes
Zucchini (sliced)	Placed directly on grill.	6-8 minutes



Grilling and Barbeque



Lincoln High's Grilled Pork Chops

6 pork loin chops (1½ inches thick each)
1 tablespoon ground peppercorns
½ cup honey
2 fresh red bell peppers, sliced (optional)

Dash of kosher salt
¾ cup teriyaki sauce
3 cloves of garlic, chopped

Marinade

Combine salt, peppercorns, teriyaki sauce, honey, and garlic, and mix well. Add pork chops and marinate overnight.

To cook

Remove chops from marinade and place on grill. Cook about 10 minutes (turning when needed) or until chops are done. When finished cooking, brush chops with the remaining fresh (unused) marinade sauce.

(Optional) Place sliced red peppers over the chops in a glass dish and cover tightly about 10 minutes so steam from chops is absorbed into peppers.

Makes 6 servings

Grilling and Barbeque



Trish Ann's Shrimp & Scallop Kabobs

1 pound large shrimp
2 red bell peppers cut into 1½-inch pieces

1 pound sea scallops
½ pound mushroom caps

Marinade

2/3 cup soy sauce
½ cup orange juice
2 teaspoons fresh lemon juice

½ teaspoon garlic powder
1/8 teaspoon salt
2 teaspoons Land O'Lakes butter, melted

Mix all marinade ingredients together. Place shrimp and scallops in a shallow glass dish; pour marinade mixture over seafood. Arrange shrimp, scallops, and mushroom caps on metal skewers in that order; brush with marinade and grill until done (7 to 8 minutes). While cooking, turn kabobs continuously while brushing with marinade.

Makes 4-6 servings

Grilling and Barbeque



Ms. Chatty Chat's Toastmasters Burgers on the Grill

2 pounds ground beef
1 large egg
1 teaspoon black pepper
½ cup bread crumbs
1 teaspoon salt
½ cup finely chopped onion

Place ground beef in bowl with bread crumbs. Beat egg in a separate bowl and mix in with beef and bread crumbs. Add salt, black pepper, and onion; mix well. Roll out into 1-inch patties and grill 8-10 minutes, turning as necessary, until done.

Makes 6-8 burgers

Ms. Chatty Chat's Toastmaster Sauce

4 teaspoons Land O'Lakes butter, salted
½ cup brown sugar
1 cup Heinz ketchup
1/8 teaspoon cayenne pepper
½ cup chopped onion
4 tablespoons red vinegar
1½ teaspoons dry mustard

Mix all ingredients well and brush on burgers as they are cooking.

Makes 2 cups

Grilling and Barbeque



Veta's Grilled Squash, Peppers & Eggplant

1 summer squash, sliced
1 purple eggplant, sliced
1 medium red pepper, sliced
½ cup chopped onion
2 cloves garlic
¼ teaspoon black pepper
1 sliced zucchini
1 medium green pepper, sliced
¾ cup Wesson oil
½ teaspoon rosemary
1 teaspoon honey
¼ teaspoon dried basil

Place vegetables in a shallow baking dish. Combine oil and all other ingredients in a small bowl and pour over vegetables; marinate about 30 minutes. Place on grill in covered bowl, until vegetables are cooked (about 10 minutes).

Makes 4-6 servings

Donnice's Stuffed, Grilled & Baked Potatoes

4 large baking potatoes
¾ cup sour cream
1 tablespoon yellow American cheese (diced)
1/2 teaspoon salt
4 tablespoons Land O'Lakes salted butter, softened
2 tablespoons sharp cheddar cheese (diced)

After washing potatoes with brush, prick with fork on all sides. Grill potatoes about an hour, until they're soft when you squeeze them (this means they are done). Cut potatoes in half lengthwise; scoop potato pulp out of skins and save the skins. Mash potato pulp with the butter, sour cream, and salt. Mix well; place back into potato skins. Place on grill about 5 minutes. Mix cheeses together and place on top of each potato once they are heated. Keep potatoes on grill until cheese has melted.

Makes 4 servings

Grilling and Barbeque



Jenny Mae's Grilled Corn on the Cobb

6 ears white or yellow corn in husk cold distilled water

Remove husk from each ear of corn. Save husk. Remove silk from each piece of corn. Place corn in a deep cast-iron pot and cover with cold distilled water; let soak about 1 hour. Remove corn from water, shaking off excess water. Place corn in husk and grill for about 20-25 minutes until tender, turning a few times. Corn is now ready to serve with butter topping.

Makes 6 servings

Butter Topping

1 cup Land O'Lakes butter 2 teaspoons sugar

Put butter and sugar in a saucepan, and place on the grill while corn is cooking. The butter will melt and be ready to pour over corn when corn has completed cooking.

Makes 6 servings

BB's Grilled Steak, Sausages & Chicken

2 pounds flank steak/or steak of your choice 2 pounds chicken breast & legs
2 pounds andouille sausage Distilled water

Parboil steak, sausage, and chicken in the same medium cast-iron pot about 15 minutes on top of stove using distilled water. Remove, place on paper towel, and reserve water to use in BB's Barbeque Sauce.

Grilling and Barbeque

BB's Barbeque Sauce

½ cup water from parboil	2 tablespoons Land O'Lakes butter
½ cup chopped onion	3 garlic cloves, chopped
1 tablespoon apple cider vinegar	2 tablespoons brown sugar
1 cup ketchup	1 teaspoon dry mustard
Juice of ½ satsuma or orange	

Melt butter in a cast-iron skillet; fry onion and garlic in butter. Add all remaining ingredients and cook about 15 minutes on a low heat until mixture is cooked and slightly thickened. Grill chicken 8-12 minutes on each side, steaks 12-15 minutes per side, and sausages 5-10 minutes per side. While grilling meat, spread sauce generously on both sides over all pieces of BB's grilled steak, sausage, and chicken with a brush and place meat in a covered bowl after cooking.

Makes 8-10 servings



Laine's Grilled Lobster Tails

4½ pounds thawed lobster tails Land O'Lakes salted butter, melted

Brush tails with butter after cutting them with kitchen shears lengthwise through the center of the top shell. Grill lobster about 8-10 minutes, turning on both sides. Brush with butter as they cook. Remove lobster meat from shells and serve with dipping sauce.

Dipping Sauce

2 tablespoons Land O'Lakes salted butter, melted	2 tablespoons fresh lemon juice
½ teaspoon fresh ground pepper	1/8 teaspoon garlic powder

Combine all ingredients and mix well. Serve over lobster tails.

Makes 1-2 servings

Grilling and Barbeque



KiKi's Cheese-Butter Grilled Bread (& Cheese-Butter)

1 loaf of French bread, sliced diagonally

Cheese-Butter

¼ cup soft butter

¼ teaspoon garlic powder

½ cup grated Parmesan cheese

¼ teaspoon oregano

Mix all cheese-butter ingredients together and spread onto the sliced French bread. Wrap each slice of buttered bread in aluminum foil and place on grill for about 5-10 minutes or until bread is warm and cheese melts. Serve with Laine's grilled lobster tails.

Makes 4-6 servings



Aunt Marylue's Favorite Barbeque Chicken

2 medium whole fryer chickens, cut up

1 tablespoon coarse black pepper

Distilled water (as much as needed to completely cover chicken)

In a large stock pot, place chicken pieces in distilled water and add the coarse black pepper. Parboil chicken on stove for about 10-20 minutes on medium-high heat. Remove chicken from water and place on grill. Turn chicken; brush with Aunt Marylue's Barbeque Sauce. Grill for up to 10 minutes or until chicken is done.

Makes 8-10 servings



Aunt Marylue's Barbeque Sauce #2

½ cup finely chopped onion

4 cloves of garlic

½ cup packed dark-brown sugar

½ cup soy sauce

1 cup distilled water

½ cup apple-cider vinegar

2 bay leaves

1 cup orange juice

½ cup bourbon

1 cup Heinz ketchup

½ cup peach marmalade

Mix all ingredients together well; brush onto chicken. As the meat is cooking, turn chicken and brush on sauce frequently. Reserve extra sauce to pour over chicken after it is placed in a covered bowl.

Makes 2-4 cups

Grilling and Barbeque

On the Fourth of July or just about any time there's a barbeque, hot dogs will be a "hit" with guests.



Sherne's Street-Grilled Hot Dogs

12 beef hot dogs

1 cup distilled water

12 hot dog buns

Yellow mustard

½ cup chopped onion

½ cup red bell pepper

Heinz ketchup

Relish

Start grill and let it become hot. In a separate bowl, place water, and then add bell pepper and chopped onion. Place hot dogs into a separate pan with enough water to cover and let cook on grill about 5 minutes. After water heats up, remove hot dogs from pan and place on aluminum foil. Grill hot dogs turning as they cook about 6-8 minutes. Pour water off peppers and onions. After hot dogs are cooked, place in pan on top of the peppers and onions. Add ½ cup of Aunt Marylue's Barbeque Sauce and cover. Let marinate about 10 minutes. Place hot dogs, grilled onions, and peppers on buns, adding ketchup (or marinade), relish, and mustard (optional) to bun. Ready to eat!

Makes 12 servings



Keeping Veggies Fresh

Keep veggies in their own crisper drawer. Also, they will last up to 20 times longer if you line the drawers with paper towels and place the vegetables directly on top of the dry paper towels.

Vegetables & Side Dishes



There was a time when vegetables were rejected, neglected, and considered an unimportant side dish. You could take it or leave it, and more often than not, they wound up being left out of meals.

Vegetables have gained a certain reverence on today's tables, recognized for their nutritional value. Nowadays they are available in a wide variety of preparation and presentation options. The various methods of cooking vegetables take into account the unique quality of each one.

Freshness is the most desirable quality of vegetables, whether they are served cooked or raw. The best cooks strive to present these side dishes in a manner that preserves maximum color, flavor, and texture, all critical in assuring an exceptional taste experience.

Vegetable Tips

For the crisp effect when cooking fresh vegetables, steam them no more than 3 minutes.

When cooking, add sugar to greens to help them keep a fresh vibrant color.

Do not soak vegetables after slicing because they lose vital nutrients.

When boiling vegetables that grow above the ground, keep a tight fitting lid on the pot to help them stay tender and full of vitamins.

How to Steam Vegetables

Trim and chop vegetables as desired. Depending on what type of steamer you use, follow instructions to preheat the steamer. Arrange vegetables in shallow layers inside pans or baskets. Perforated pans allow steam to circulate evenly; solid pans should be used if there is a need to retain the cooking liquid for a recipe. Insert pan or basket containing vegetables into the steamer and put lid in place. Steam according to time tables provided with your steamer or recipe. If you are using a pressure steamer, be careful to make sure the pressure has returned to zero before removing the vegetables. Complete the cooking process according to your recipe requirements. If you are not serving immediately, cool quickly for later use.

Vegetables & Side Dishes

Some vegetables cook unevenly when steamed. Some of these include spinach and/or other greens, whole kernel corn, frozen pureed squash, and peas.

The following vegetables are great steamed or boiled:

Asparagus	Cabbage	Parsnips
Beans (green, Lima, yellow)	Carrots	Peas
Beets	Cauliflower	Rutabagas
Broccoli	Celery	Spinach
Brussels sprouts	Corn (cob or whole kernel)	Turnips
	Kohlrabi	

Note: *When serving broccoli, cauliflower, or any large vegetable, add butter just before serving.*

Preparation Variations for Veggies

It's fun to experiment with different approaches for preparing your vegetables. Here are some styles to try out:

Amandine vegetables: For 2 pounds of vegetables, sauté 2 ounces of slivered or sliced almonds in 2½-3 ounces of butter, until lightly browned. Be careful not to overcook, as almonds can darken quickly. Amandine is great to combine with green beans, broccoli, cauliflower, and celery.

Polonaise vegetables: For 5 pounds of vegetables, sauté 3 cups of bread crumbs in about 6 ounces of butter until the bread crumbs turn a golden color. Chop 2-4 hard-boiled eggs (use whites and yolks); combine with the bread crumbs and 1 tablespoon of chopped parsley. Sprinkle the mixture over cooked asparagus, broccoli, Brussels sprouts, cauliflower, or green beans. Serve immediately. Yummy!

Hollandaise vegetables: Just before serving, pour 2 ounces of "Hurricane Betsy" hollandaise sauce over each individual serving of asparagus, broccoli, Brussels sprouts, cauliflower, celery, artichoke hearts or bottoms, or leeks.

Herbal vegetables: You can use fresh chopped parsley or other fresh herbs; you may desire to season buttered vegetables by sprinkling them with herbs. If you're using dried herbs, heat them with the vegetables for several minutes to release the flavor.



Vegetables & Side Dishes

Determining the Quality of Vegetables

	Signs of Good Quality	Signs of Bad Quality/ Spoilage
Artichokes	Plumpness, green scales, clinging leaves	Brown scales, grayish-black discoloration, mold
Asparagus	Closed tips, round spears	Spread-out tips; spears with ridges, spear that are not round
Beans (snap)	Firm, crisp pods	Extensive discoloration, tough pods
Beets	Firmness, roundness, deep red color	Gray mold, wilting, flabbiness
Brussels sprouts/leaves	Bright color, tight-fitting	Loose, yellow-green outer leaves; ragged leaves (may indicate worm damage).
Cabbage	Firmness, heaviness for size	Wilted or decayed outer leaves (leaves should not separate easily from base).
Carrots	Smoothness, firmness	Soft spots
Cauliflower	Clean, white curd; bright green leaves	Speckled curd, severe wilting, loose flower clusters
Celery	Firmness, crispness, smooth stems	Flabby leaves, brown-black interior discoloration
Cucumber	Green color, firmness	Yellowish color, softness
Eggplant	Uniform, dark purple color	Softness, irregular dark brown spots



Vegetables & Side Dishes

	Signs of Good Quality	Signs of Bad Quality/ Spoilage
Greens	Tender leaves free of blemishes	Yellow-green leaves; evidence of insect decay
Lettuce	Crisp leaves, bright color	Tip burn on edges of leaves; slight discoloration of outer leaves is not harmful.
Mushrooms	White, creamy, or tan color on tops of caps	Dark color on underside of cap; withering veil
Onions	Hardness, firmness, small necks, papery outer scales	Wet or soft necks
Onion (green)	Glossy appearance, dark green color	Thin walls, cuts, punctures
Potatoes	Firmness	Green rot or mold, large cuts, sprouts
Radishes	Plumpness, roundness, red color	Yellowing of tops (sign of aging), softness
Squash (summer)	Glossy skin	Dull appearance, tough surface
Squash (winter)	Hard rind	Mold, softness
Sweet potatoes	Bright skins	Wetness, shriveling, sunken and discolored areas on sides of potato. (Sweet potatoes are extremely susceptible to decay.)
Tomatoes	Smoothness, redness. (Tomatoes that are pink or slightly green will ripen in a warm place.)	Bruises, deep cracks around the stem scar
Watercress	Crispness, bright green color	Yellowing, wilting, decaying of leaves

Guidelines for Making Vegetable Salads

To make sure your vegetable salad is appealing, be careful to cut your vegetables in neat, bite-sized pieces. Design the arrangement of your salad based on the vegetable's varying shapes and sizes; for instance, use long and thin asparagus, whole green beans, tomato wedges, cucumber slices, strips or rings of green or red peppers, and classic radish flowers.

Cut vegetables just before serving to maintain freshness. Cooked vegetables being used in a salad should have a firm texture, crispness, and good color. Make sure the vegetable is not mushy or soggy. After vegetables are cooked, they should be drained and completely chilled before being added to the salad. Make sure to drain them thoroughly before chilling.

If you decide to marinate some of your salad vegetables, soak them in a seasoned liquid first. Marinades usually involve some form of oil and vinegar mixture (that will serve as the dressing for the salad). Marinated salads should be placed on the plate just before serving, because the lettuce may wilt.

Variations of Salad Mixtures

Make sure to use crispy, firm-textured greens (such as iceberg, romaine, or chicory) as a base for your salads. These do not wilt as quickly as more delicate greens. Then add one of the combinations below:

Tomatoes and cucumber salad with capers: Leave out chopped parsley and sprinkle with capers.

Tomato salad: Omit cucumbers and serve three slices of tomato per portion.

Tomato and spinach salad: Use spinach instead of lettuce as the salad base.

Tomato and watercress salad: Replace lettuce with watercress as the salad base.

Tomato and onion salad: Use sweet Bermuda onion slices, alternated with tomato slices, instead of cucumber.

Tomato and green pepper salad: Instead of cucumbers, alternate slices of tomato and pepper rings.

Tomato and avocado salad: Substitute avocado for the cucumber. Dip avocado slices in vinaigrette or lemon juice to prevent darkening. Alternate tomato and avocado on plates.

Vegetables



Deridder Collard Greens

½ pound smoked turkey parts (wings or necks)	3 cups distilled water
1 tablespoon Wesson vegetable oil	½ teaspoon salt
½ teaspoon black pepper	½ teaspoon sugar
½ teaspoon cayenne pepper	
1½ pounds fresh collard greens, cleaned and chopped	

In a 4-quart Dutch oven, bring water and smoked turkey pieces to a boil over high heat. Reduce heat and simmer covered for ½ hour. Take meat out and place aside in bowl. Wash collard greens thoroughly, until all dirt and grit are removed (adding table salt to water when cleaning greens helps remove grit). Chop greens into ½-inch pieces. Add greens, salt, sugar, black pepper, and cayenne to water. Return to a boil, and then reduce heat, and simmer, covered, for another 20-30 minutes. Place oil in another skillet and take greens out of water – drain. Fry greens in oil until water starts to dissolve. Place greens in a bowl and add turkey parts, placing them on top of greens. Serve with St. Rose Potatoes Au Gratin and Ancar Baked Snapper Fillets.

Makes 4-6 servings

Barataria Collard Greens

3 pounds fresh collard greens	1½ cups distilled water
2 teaspoons sugar	1 teaspoon salt
2 ham hocks	1 teaspoon black pepper
½ teaspoon cayenne pepper	

Wash collard greens thoroughly until all dirt and grit is removed. Break up leaves into small pieces. In a covered 4-quart saucepan, boil ham hocks in water until tender (about 20 minutes). Add greens and cook with a lid on pot (about 10 minutes). Add sugar, salt, and black pepper. Cook about 30 minutes more until greens are done. Pour water off greens and add cayenne pepper. Serve with Nungesser Deep Fried Seafood Platter and Aunt Marylue's Creole Potato Salad.

Makes 6 servings



Vegetables

Boothville Mustard Greens

½ pound salt meat cut in strips
1½ cup distilled water
½ teaspoon sugar

2 pounds fresh mustard greens
½ teaspoon fresh ground black pepper

Wash greens thoroughly until all dirt and grit is removed. In a 3-quart cast-iron Dutch oven on top of the stove, boil distilled water. In a frying pan, fry salt meat on both sides. Add salt meat, grease from pan and sugar to boiling water. Add mustard greens and black pepper. Cook about 20 minutes on medium heat covered. Pour off liquid and save it.

Note: *Some people like to drink the liquid, which is known as “pot-likka.”*

Makes 4-6 servings



Sapp's Grilled Eggplant & Red Pepper

2 red bell peppers
4 tablespoons olive oil
1 tablespoon fresh oregano, chopped
Salt and pepper to taste

1 medium-large eggplant
1 tablespoon red wine vinegar
½ cup feta cheese, crumbled

Coat bell pepper with ½ tablespoon olive oil, and cut into wedges, removing seeds and stems. Coat eggplant with ½ tablespoon olive oil, and cut into ½ inch slices. Grill peppers and eggplant until soft. Arrange on a serving plate and top with the remaining olive oil and vinegar (mixed together). Sprinkle with oregano and feta cheese. Use salt and pepper to taste. Serve with Uncle Richard's pan-fried oysters.

Makes 2-4 servings

Vegetables



Delacroix Black-Eyed Peas

1 pound bag Camellia dried black eyed peas
½ pound salt meat or 2 large ham hocks, cut up and fried
1 large Creole onion, chopped
9 cups distilled water, or as needed

Place black eyed peas in a colander and clean them of any debris. Cut salt meat into strips, fry, and keep grease. If using ham hocks, boil ham hocks (about 30 minutes) until they are tender (keep water). Add salt meat or ham hocks to peas in a heavy 3-quart cast-iron pot, filled about halfway with water. If using ham hocks, cook peas in water ham hocks were cooked in. If using salt meat, add about ¼ of the meat grease to the peas and cook (about 30 minutes) or until peas are done. Serve hot with Aunt Alma's Cheesy Garlic Bread.

Note: *Traditionally eaten on New Year's Day to bring good luck!*

Makes 6-8 servings



Bluebonnet Spicy Fried Corn

2 tablespoons Land O'Lakes butter
2 cups whole kernel corn (cut fresh from cob)
¼ teaspoon cayenne pepper
1 cup distilled water

½ cup chopped red bell pepper
1 teaspoon salt
1 teaspoon plain Gold Medal flour
½ cup chopped onion

In a large cast-iron skillet, heat butter until melted; stir in flour. Add onion and bell pepper and cook, stirring until onions are soft. Add corn, salt, and cayenne pepper. Cook on low heat, stirring (about 20-30 minutes) and adding distilled water as needed. Serve with Aunt Dorothy's fried speckled trout.

Makes 4 servings

Vegetables

Al Too's String Beans with New Potatoes

½ pound smoked sausage, cut up
1 pound quartered new potatoes
1 teaspoon black pepper
2 pounds fresh string beans, ends broken off and beans broken in half

¼ cup chopped onion
1 teaspoon salt
1 cup distilled water

In a cast-iron 3-quart Dutch oven, on medium heat, cook the smoked sausage without oil (sausage makes its own grease) until browned; remove from pot. Add onion to sausage grease in the pot and cook until softened (about 2 minutes). Add distilled water and bring to a boil. Stir in potatoes, salt, and pepper. Reduce heat to simmer, covered (about 10 minutes). Add string beans and simmer, uncovered (about 15 minutes) or until cooked to your specifications. Place lid on pot and simmer on low heat about 5 minutes more. Serve with Aunt Carol's fried chicken or fried fish.

Makes 4 servings

Beau River Smothered Cabbage

2 pounds fresh green cabbage, chopped
½ cup chopped green bell pepper
½ teaspoon black pepper

1/8 cup Land O'Lakes salted butter
1/2 pound fresh cut-up pickle meat

Place pickle meat in cast-iron skillet and fry turning on both sides. Take out of pan. Place cabbage and butter into pan. Cover with a tight-fitting lid. (Do not add water as cabbage makes its own water while cooking.) Cook on medium-high heat about 10 minutes, stirring halfway through the cooking process. Add pickle meat and bell pepper. On medium heat; with the lid on the pot; Cook (about 10-20 minutes) stirring occasionally. Serve with Lady G's Sweet and Sour Turkey Wings, and Aunt Marylue's Cornbread.

Makes 2-4 servings

**Note: Pickle meat is a form of seasoned pork that is used in many Creole and Cajun dishes. Pickle meat is very tender and breaks up while cooking making a great flavoring for beans and vegetables. In Creole Cajun kitchens many cooks will not cook red beans and rice unless they use pickle meat because of the great flavoring it contributes to the dish.*

Vegetables



By-Water Sweet Summertime Corn Sauté

4 ears fresh corn
1 clove garlic, grated
1 medium zucchini
Salt and pepper to taste

1 tablespoon extra-virgin olive oil
2 diced plum tomatoes
1 teaspoon fresh basil

Cut uncooked kernels from each ear of corn. In a cast iron skillet, sauté garlic clove in oil (about 2 minutes). Dice zucchini, add corn along with tomatoes. Sauté the ingredients (for 2 minutes) Add basil. Season Corn Sauté with salt and pepper to taste.

Makes 4 servings



Mary-to-Kooksie's Stewed Okra & Tomatoes

½ pound cut-up Louisiana hot or smoked sausage
½ cup chopped onion
1 (15½ ounce) can of stewed tomatoes
½ teaspoon salt
½ teaspoon sugar

1 tablespoon Pillsbury all-purpose flour
3 cups fresh okra
½ teaspoon black pepper

In a large cast-iron pot, fry sausage using no grease. Remove sausage from the pot and drain on paper towels. Add onion to the pot and cook over medium-high heat until transparent (about 2-3 minutes). Add flour and continue cooking and stirring for 1-2 minutes. Add okra, salt, pepper, and sugar, and cook, stirring pot often for 45 minutes. Reduce heat and simmer (about 15 minutes), with lid in place. Add tomatoes and continue to simmer (10 minutes) or until okra smothers down and has a brownish color. Serve over white rice.

Makes 4 servings

Vegetables

Pearl River Collards & Dumplings

Note: Hurricane Katrina uprooted cypress and oak trees, causing a lot of damage to marsh vegetation in the Pearl River located near Slidell, Louisiana.

3 pounds fresh collard greens	1 pound salt meat or ham hocks
½ cup plain Gold Medal flour	3 quarts distilled water
½ cup Quaker yellow corn meal	2 teaspoons light brown sugar
1 teaspoon Calumet baking powder	1 tablespoon soft Kerry Gold unsalted butter
1 teaspoon black pepper	¼ teaspoon salt
¼ cup distilled water and ¼ cup Pet evaporated milk, mixed together	

In a 6-quart covered heavy pot Boil salt meat or ham hocks in 3 quarts of distilled water for 1 hour; keep water. Clean collard greens and discard stems. Chop into small pieces. Add greens and pepper to salt meat or ham hocks. Cook uncovered 20-25 minutes. While these are cooking, make dumplings. Combine flour, cornmeal, brown sugar, baking powder, and ¼ teaspoon salt in a large bowl. Blend in butter and mix together with clean hands. Stir milk/water combination into mixture just until blended in. Let dough stand (about 5 minutes). Make dough into small balls using a tablespoon. Drop dough (dumplings) on top of greens and cook uncovered over low-medium heat (about 20 minutes) or until greens are tender and dumplings are cooked. Pour off water. Remove salt meat or ham hocks (if using ham hocks, slice), then place greens in serving bowl. Place ham hocks on top of greens in a serving bowl.

Makes 6 servings

Vegetables

Dulac Stuffed Eggplant Parmesan

1 (26 ounce) jar marinara sauce	1¼ cups shredded mozzarella cheese
1 (15 ounce) container ricotta cheese	½ cup grated Parmesan cheese
½ teaspoon garlic powder	2 tablespoons fresh parsley, chopped
¼ teaspoon freshly ground black pepper	½ cup distilled water
2 pounds frozen or fresh eggplant, sliced	Cooking spray

Preheat oven to 375-degrees. Cut eggplant to fit into a 2-quart baking dish. Coat dish with cooking spray. In a bowl, mix marinara sauce and ½ cup distilled water. In another bowl, combine mozzarella (1 cup), ricotta, Parmesan, garlic, parsley, and black pepper. Pour ½ cup of the sauce mixture into baking dish, spreading it evenly. Place 1/3 of the eggplant on top of sauce and spread with ½ of the cheese mixture, followed by ½ cup of the sauce. Place ½ of the remaining eggplant on top, and spread the remaining cheese and ½ cup of the sauce. Place the remaining eggplant on top again, and top with the remaining sauce. Cover with aluminum foil and bake about 30-40 minutes. Remove foil and sprinkle remaining mozzarella cheese on top, and then bake another 5-10 minutes or until the cheese is melted and sauce bubbles.

Makes 6 servings

Note: Eggplant makes an excellent main course for vegans and non-vegetarians alike. It is low in calories, and high in fiber and potassium. With almost no fat content, eggplant makes a filling and healthy meal. It comes in many varieties, sizes, shapes, and colors.



Bayou Gauche Creole Eggplant

2 purple (globe) eggplants	2½ tablespoons butter
1 large yellow onion, chopped	2 stalks celery, chopped
1 pound medium cleaned fresh shrimp	½ pound lump crabmeat
1 fresh medium Creole tomato	¼ teaspoon Tabasco sauce
¼ teaspoon Worcestershire sauce	¼ teaspoon parsley
½ teaspoon fresh lemon juice	1 cup Creole bread crumbs
1-2 cups distilled water or enough to fill the pot	

Preheat oven to 325-degrees. Dice eggplant into large chunks. Place eggplant in a large pot of boiling distilled water (about 15 minutes). Drain and set eggplant aside. Melt 2 tablespoons of butter in a cast-iron skillet. Add onion, celery, and shrimp. Cook until done (about 2 minutes). Add eggplant, remaining ingredients, and ½ of bread crumbs; cook, stirring gently (about 5 minutes). Place mixture into baking dish. Mix together second ½ of bread crumbs and remaining ½ tablespoon butter. Spread over top of dish and bake 20-25 minutes).

Makes 4-6 servings

Vegetables



Mo-Mo's Grilled Corn on the Cob

4 ears corn
Pinch chili powder
1 fresh lime (optional)

4 tablespoons Blue Plate mayonnaise.
½ cup grated Asiago cheese

Cut lime into wedges. Grill corn. While hot, spread 1 tablespoon of mayonnaise on each ear, and sprinkle with a small amount of chili powder. Roll each ear in the grated cheese. Garnish with lime wedges.

Makes 4 servings

Sorrento Zucchini

4 medium zucchini
2 tablespoons Land O'Lakes butter
Salt and pepper to taste
Parmesan cheese

1 clove garlic, grated
1 teaspoon grated lemon zest
2 teaspoon fresh tarragon, minced

Using a vegetable peeler, slice the zucchini into long, thin slices. In a cast-iron skillet, melt butter; add garlic and lemon zest. On medium heat Sauté ingredients about 2 minutes stirring gently. Add zucchini; cook 5 minutes on medium heat. Add salt and pepper to taste. Sprinkle with tarragon and Parmesan cheese. Serve with Trish Ann's shrimp and scallop kabobs.

Makes 4 servings

Schwegmann's Grilled Zucchini

4 medium zucchini
4 tablespoons crumbled goat cheese, chilled
Salt and pepper to taste

1 tablespoon olive oil
2 tablespoons fresh mint, chopped

Trim zucchini and cut in half, lengthwise. Brush each piece on both sides with olive oil. Grill on the exposed cut sides for about 5 minutes. Turn and sprinkle with 1 tablespoon each of the goat cheese. Continue grilling until cheese melts and zucchini is tender. Sprinkle with the mint. Use salt and pepper to taste.

Makes 4 servings

Vegetables

Cut-Off Zucchini-Tomato Melt

4 medium zucchini
2 teaspoons olive oil
1 fresh basil leaf, chopped
Salt and pepper to taste

1 medium chopped fresh tomato
1 garlic clove, grated
½ cup shredded mozzarella

Cut zucchini and tomato into ½-inch chunks. Place in a cast-iron skillet, with olive oil; sauté garlic and basil in skillet with zucchini (about 5 minutes). Sprinkle with the mozzarella and cook (2 minutes). Add salt and pepper to taste. Serve with Plantation Grill stuffed flounder.

Makes 6-8 servings



Baby's Caramelized Onions

4 tablespoon extra-virgin olive oil
2 teaspoon salt

5 pounds Vidalia onion
few drops of distilled water (optional)

Slice onions and pile into a cast-iron skillet with olive oil and salt. Cook on low to medium heat, turning often. They will shrink significantly, darken, and sweeten like a marmalade consistency. If the onion sticks to the pan, add a few spoons of distilled water. Cook for up to an hour until the onions are browned and sweet. Store onions covered in the refrigerator for later use. Good with soups, roasted meat, poultry, pizzas, and sandwiches.

Makes 2 cups

All about Potatoes

The potato is one of the most popular foods in North America and Europe. It is among the most important staple foods in any kitchen. Potatoes can be used as a vegetable and as a starch. Americans see potatoes at more meals than any other vegetable. Because potatoes can be prepared in so many different ways, they add variety to the table. Usually potatoes are served either baked, mashed, or French fried.

Types of Potatoes

Potatoes are classified according to their starch content. The amount of starch determines their most suitable use in the kitchen.

New potatoes: Usually small and round in shape, some can be large and some can be elongated in shape. Their flesh is white, yellow, or even blue or purplish. Their skin is white, red, yellow, or blue. New potatoes are best used for boiling whole, for salads, soups, or hash browns. These potatoes are also low in starch.

Russets or Idaho potatoes: These are starchy potatoes. They can be long, regularly shaped potatoes with slightly rough skin. They are ideal for baking. Russets/the Idaho are also the best potatoes for French fries because of the high starch content, which provides for a good texture and an even golden color.

Note: *Starchy potatoes are high in starch content and low in moisture and sugar.*

All-purpose potatoes: You find that all-purpose potatoes are usually not as dry and starchy as Russet potatoes. They are irregularly shaped and less expensive than Russets. All-purpose potatoes are best for pureeing or mashing.

How to Store Potatoes

Store potatoes in a cool, dry place, at about 55-60° F. If you're using them right away, they may be stored in your refrigerator. Otherwise, never refrigerate potatoes, as temperatures below 45° F converts the starch to sugar. If you do refrigerate them, store the potatoes at room temperature for two weeks for the sugar to change back to starch. New potatoes do not keep well so the best idea is to purchase potatoes only when you will be using them right away.



All about Potatoes

Boiling & Steaming Potatoes

Boiled potatoes should generally be started in cold water. This will allow for more even cooking and heat penetration from outside to inside during the cooking process. Never cool potatoes in cold water because they will become soggy.

To bake the perfect potato, start out by selecting Russet or Idaho potatoes. Scrub them well and pierce ends with a fork for steam to escape. For crisp skins, rub lightly with butter. Place on sheet pan in a preheated 400-degree oven, and bake (about 1 hour). To check for doneness, gently squeeze potatoes to check for hard spots. Remove from oven and serve with butter and sour cream.

Baking Potatoes in the Microwave

When baking potatoes in the microwave, there is no need to prick the skins because the potatoes will steam cook inside the skins.

Potatoes



Aunt Marylue's Creamed Potatoes

5-6 medium peeled red potatoes
¾ cup Pet evaporated milk
½ teaspoon salt

½-¾ sticks Land O'Lakes butter, softened
1/8 teaspoon white pepper

Boil potatoes until soft in medium cast-iron pot on low to medium heat (about 15-20 minutes). Pour water off potatoes. Mash them using an electric mixer. Add butter; slowly add milk to desired consistency. Add salt and pepper to taste. Serve warm with Algiers Meat Loaf and Slidell Iced Tea.

Makes 4-6 servings



Potatoes

St. Rose Potatoes Au Gratin

- 1½ cups milk
- 1 cup extra sharp cheddar cheese grated
- 3 pounds Yukon Gold potatoes (or any all-purpose potato), peeled and thinly sliced
- 1 cup butter
- 1 cup heavy whipping cream
- Salt and freshly ground black pepper to taste

Preheat oven to 325-degrees. Butter a shallow three-quart baking dish. In a bowl, place potatoes and season with salt and pepper. Toss gently. Spread potatoes evenly in baking dish. In a bowl, stir together milk and cream. Pour evenly over potatoes. Bake for 1½ hours or until potatoes look like they're melting into cream. Place in broiler. Take potatoes out of oven. Sprinkle grated cheese over potatoes. Place under broiler until cheese is melted and top is lightly browned (about 5 minutes). Let stand 5-10 minutes before serving. Great served with Steamboat Roast Loin of Pork.

Makes 6 servings

Tip: For a tender, moist, and golden top on your Au Gratin potatoes, press down on the potatoes with a spatula several times during baking.



River Parish Baked Potato

- 1 Idaho or baking potato
- Land O'Lakes butter

Preheat oven to 400-degrees. Scrub potato well and pierce ends with a fork to allow steam to escape. Rub potato with butter. Place on a sheet pan in oven for about 1 hour. Test for doneness by gently squeezing potato. If it is not done, it will have hard spots. Continue baking at 5 minute intervals until done. Serve topped with creamery butter, sour cream, cheese and cooked broccoli. Try this one with Laine's Grilled Lobster Tail.

Makes 1 serving

Note: *The River Parishes of Louisiana are: Ascension, Assumption, St. John, St. James, and St. Charles. They are all located near the Great River Road.*

Potatoes



Gert's Roasted Sweet Potato Fries

- 1 tablespoon orange juice
- ¼ teaspoon ground nutmeg
- Salt (to taste)
- 1 tablespoon Land O'Lakes butter, melted
- 1¼ pounds sweet potatoes, peeled & cut into strips

Preheat oven to 450-degrees. Mix juice, butter, and nutmeg together in a bowl. Combine juice mixture and potatoes in a large, sealable plastic bag. Gently toss to coat. Spread in a single layer on a buttered baking sheet. Add salt to taste. Bake for 25 minutes or until lightly brown.

Makes 4 servings

Cameron Fingerling Potato Salad

- 2 pounds fingerling potatoes (such as Russian Banana or Ruby Crescent), cut in quarters lengthwise
- 4 (3-5 inch) sprigs of fresh thyme
- ¾ teaspoon salt
- 4 cloves garlic, coarsely chopped
- 2 tablespoons red wine vinegar
- 2 ounces Parmigiano-Reggiano, finely grated
- ½ cup Land O'Lakes butter, melted
- ½ teaspoon black pepper
- ¾ cup red onion, chopped
- 1 bay leaf

Place oven rack in middle position and preheat oven to 300-degrees. Combine potatoes with thyme, bay leaf, butter, ¼ teaspoon salt, and ¼ teaspoon pepper. Toss gently. Transfer mixture to a shallow baking pan, spreading potatoes out in one layer, and roast 20-30 minutes. Stir in 2 cloves of garlic and spread more potatoes in one layer again. Roast until tender (another 20-30 minutes). Drain potatoes in a colander set over a large bowl and reserve liquid. Discard thyme and bay leaf. Heat the reserved liquid in a large skillet over medium heat until hot, then sauté onion with remaining garlic, ¼ teaspoon salt, and remaining ¼ teaspoon pepper, stirring until onions are softened (3-5 minutes). Cook, until garlic is just golden (3-5 minutes), stirring continuously. Transfer all ingredients to a large bowl. Add cheese and vinegar, and toss gently. Real tasty with Meraux Baked Chicken!

Makes 4-6 servings

Potatoes

Jennings Stuffed Baked Potatoes

10 baking potatoes	3 ounces Land O'Lakes butter, melted
4 ounces whole milk, hot	3 tablespoons Creole bread crumbs
3 tablespoons Parmesan cheese, grated	Salt and pepper to taste

Bake potatoes in a 400-degree oven (about 1 hour). Remove from oven. Slice off both ends of each potato, and slice in half length-wise. Scoop out the pulp, leaving a shell that is about ¼ inch thick. Set pulp aside in a bowl. Combine pulp, 2 ounces butter, and milk. Beat with an electric mixer until it's like a smooth puree. Season puree with salt and pepper to taste. Using a spoon, fill the potato shells with the potato filling. Place potatoes on a baking sheet. Mix bread crumbs and Parmesan cheese together. Place mixture on top of each potato half. Sprinkle with 1 ounce of melted butter. Place baking sheet with potatoes in a 400-degree oven. Bake until potatoes are heated through and tops are browned (5-10 minutes). Serve hot.

Makes 10 servings

Variations of Jennings Stuffed Baked Potatoes

These optional toppings may be substituted for the cheese and bread crumb topping, varying the taste of the potato.

- ½ cup cooked ham, diced
- 1 green bell pepper, chopped and sautéed in butter
- ½ cup mushrooms, chopped and sautéed in butter
- ½ cup bacon, cooked crisp and crumbled
- ¾ cup minced onion, sautéed in butter



Garden District Herb Potato Salad

5-6 pounds Yukon Gold potatoes, with skins on, diced	¼ cup white vinegar
1 teaspoon salt	2 tablespoons virgin olive oil
2 tablespoons fresh parsley	1/8 cup fresh rosemary
Distilled water	Black pepper to taste

Place potatoes in saucepan and cover with distilled water. Using high heat, bring to a boil. Reduce heat and simmer until tender (about 10-20 minutes). Drain. Mix vinegar and salt in a bowl. Add oil in a slow, steady stream, stirring until mixed. Coarsely chop the parsley and add it to the vinegar mixture, along with the rosemary and black pepper. Add warm potatoes to mixture and toss.

Makes 8 servings

Potatoes

New Roads Oven-Roasted Potatoes

5 pounds Russet or Idaho potatoes	Wesson vegetable oil, as needed
Salt to taste	White pepper to taste

Preheat oven to 400-degrees. Peel potatoes. Cut in half lengthwise into 10 portions. Dry potatoes and place on greased baking sheet. Brush with oil and season with salt and pepper. Place in a 400-degree oven and bake until browned and cooked through (about ½ hour). Turn potatoes and brush with additional oil, and then bake about another ½ hour if necessary.

Makes 10 servings

Luling Sweet Potato Chips

4 medium sweet potatoes	1 tablespoon salt
1 to 1½ cups vegetable oil	Distilled water



Using a mandolin, slice potatoes with skins on lengthwise, less than 1/8 inch thick. Place in a large bowl and cover with distilled water. Let stand about 20 minutes, stirring occasionally. Drain potatoes. Lay between paper towels to dry completely. Next, deep fry about 5 minutes in hot oil until cooked. Take potatoes out of oil and drain on paper towels. Served warm or cold for the best sweet potato chips found anywhere! Let Ms. Chatty Chat's Toastmaster "Burgers on the Grill" tag along with these chips for the tastiest treat found anywhere!

Makes 8 servings



Aunt Marylue's Creole Potato Salad

5-6 medium red potatoes (boiled in jacket)	3 boiled eggs
1 large yellow onion, finely chopped	½ teaspoon salt
2 tablespoons prepared yellow mustard	½ cup fresh parsley, chopped
½ teaspoon white pepper	½ cup sweet relish
3 tablespoons Blue Plate mayonnaise (or enough to achieve consistency)	
1 tablespoon celery seed or ½ cup celery, finely chopped	



Place raw eggs and potatoes in the jackets in cold water using a medium-size cast iron Dutch oven. Boil about 30 minutes, or until potatoes are soft. Peel potatoes and mash them up with a potato masher. Add chopped onion, sweet relish, mustard, celery seed or celery, salt and pepper. Peel eggs and mix yolks with a little mayonnaise in a separate bowl. Add egg mixture to chopped egg whites. Mix all ingredients well. Taste and adjust seasoning as needed. Great served with hot fried fish or add a scoop to the bottom of a bowl of steaming hot Gumbo. Delish!

Makes 6-8 servings

Potatoes



Uncle Jasper's Candied Yams

1 cup granulated sugar	½ cup brown sugar
1 teaspoon nutmeg	½ teaspoon cinnamon
1 stick Land O'Lakes butter, melted	1 tablespoon pure vanilla extract
½ fresh orange	1 fresh lemon
6 medium sweet potatoes, raw, peeled and cut into slices lengthwise	
Distilled water	

Preheat oven to 300-degrees. Wash potatoes in distilled water. Place in shallow baking dish. In a saucepan, heat butter and brown sugar; pour mixture over sweet potatoes. In a bowl, combine nutmeg, cinnamon, vanilla and granulated sugar. Mix well. Pour mixture over potatoes. Squeeze orange juice over potatoes and cover with aluminum foil. Bake at 300-degrees (about 30-40 minutes). Remove from oven and lift aluminum foil; squeeze juice from lemon onto potatoes and slice the lemon. Place lemon slices on top of potatoes. Cover with aluminum foil and bake another 20-30 minutes or until potatoes are cooked. Yams are a great side dish served with a meal or separate as a dessert.

Makes 6-8 servings



Aunt Marylue's Mashed Potatoes

4½ pounds peeled red potatoes	1 stick Land O'Lakes butter
½ cup Pet evaporated hot milk	Salt to taste
Black pepper to taste	Distilled water

Peel potatoes and cut them into chunks. In a pot, place potatoes and cover with salted distilled water. Cook on medium-high heat until potatoes are tender. Drain. Let potatoes steam-dry for a few minutes. Place potatoes in mixing bowl and mix well. Beat in butter and evaporated milk. Add enough hot milk so that potatoes will be soft and moist. Add salt and pepper to taste. Whip at high speed until potatoes are light and fluffy.

Makes 8-10 servings

Potatoes

Dugas Oven Fries

3 pounds Russet potatoes, raw with skins on	1½ teaspoons salt
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Preheat oven at 450-degrees. Peel and cut potatoes lengthwise (like French fries). Rinse potatoes in cold distilled water. Drain in colander. Boil in salted distilled water on high heat in medium saucepan (about 3-5 minutes). Drain water and place fries on baking sheet sprayed with non-stick oil. Bake at 450-degrees turning once (about 6-8 minutes) or until fries are golden brown on each side. Test for doneness by breaking one fry apart and check for hard spots. Serve these fries with Bayou Lafourche Crab Cakes and T T's Sun Tea.

Makes 10-12 servings

Riverwalk Boiled Potatoes

5 pounds new potatoes	½ cup melted butter
1/8 cup fresh parsley sprigs (garnish)	1½ teaspoon salt
Distilled water	

Peel and remove all dark spots from potatoes. Cut potatoes in chunks. Place in a pot and cover with salted distilled water. Bring to a boil, lower heat, and simmer until tender. Drain and let potatoes steam-dry in a colander. Place potatoes in bowl and add melted butter to potatoes. Garnish with fresh parsley sprigs. Serve immediately.

Makes 12 servings

Grand Isle Tarpon Rodeo Potatoes

Note: *The Grand Isle Tarpon Rodeo, established in 1928, is the oldest fishing rodeo in the United States. However, this late-July event was cancelled in 2010 because of the BP Oil Spill.*

2 pounds Idaho potatoes	5 tablespoons Kerry Gold butter, melted
½ cup chicken broth	½ teaspoon salt
½ teaspoon white pepper	

Preheat oven to 425-degrees. Peel potatoes and slice them very thin. In a large bowl, toss potatoes with melted butter, salt, and pepper. Spread the potatoes evenly in a 2-quart baking dish. Add chicken broth. Cover baking dish tightly with aluminum foil. Bake covered 30 minutes. Remove aluminum foil and bake another 10-15 minutes, or until top is browned. Makes a delicious meal when served with Xavier 7 Smothered Steak or with Money's Soft-Shelled Crabs and a green salad!

Makes 4-6 servings

Potatoes



Cajun Country Candy Yam Soufflé

Note: *Singer, songwriter, and cultural activist Zachary Richard is deeply rooted in Cajun Country. While listening to his music, you can hear his Cajun pride.*

2 pounds sweet potatoes	1 stick Kerry Gold butter
¾ cup sugar	3½ cup distilled water
Light brown sugar	1 tablespoon fresh lemon juice
¼ cup whole milk	2 tablespoons cornstarch
1 teaspoon nutmeg	1 teaspoon pure vanilla extract
2 cups mini marshmallows	

Preheat oven to 350-degrees. Grease a 1½-quart baking dish with butter. Peel and cut the sweet potatoes into chunks. In a cast-iron pot, half full with boiling distilled water, cook potatoes (about 20-30 minutes). Drain off water. Return drained potatoes to pot. Do not turn on heat. Stir in butter until it melts; mix well using electric mixer. Stir in the sugar, light brown sugar, and lemon juice. Continue mixing. In a separate bowl, combine milk, cornstarch, nutmeg, and vanilla, and mix well. Stir this mixture into the potatoes, and mix. Pour into baking dish. Bake for 45 minutes to 1 hour in 350-degree oven. Remove from oven. Sprinkle marshmallows over the top and bake for an additional 1 minute, until marshmallows are melted and brown. Serve with Independence Grilled Ham.

Makes 4-6 servings

Potatoes



Aunt Early's Potato Yeast Rolls

½ pound peeled baking potatoes, baked, cut up	3 cups Gold Medal plain flour
2 tablespoons sugar	1 package Fleischmann's active dry yeast
½ cup whole milk	1 teaspoon salt
½ stick Land O'Lakes butter, cut in half, melted (contains 4 tablespoons), plus	
1 tablespoon butter to add to bowl while dough rises	
Distilled water	

Place potatoes in a small sauce pan and cover with cold distilled water. Bring water to a boil, then reduce heat and simmer until potatoes are tender (about 10 minutes). Drain off cooking water and keep it. Melt 2½ tablespoons butter in a small pan and place to side. Meanwhile, mash hot potatoes in a large bowl. Stir in milk, salt, sugar, and the 2½ tablespoons melted butter. Let mixture cool. Stir yeast into mixture and let stand (about 5 minutes). The yeast/potato mixture will form soft dough. Roll dough out onto a floured surface and knead until smooth (about 10 minutes). Add 1 tablespoon melted butter to bowl and place dough into bowl. Cover with plastic wrap and place in refrigerator while dough rises completely (about 8-12 hours). Once dough has completely risen, punch dough down (do not knead). Split dough in half and roll each half out on a floured surface and form a 12-inch log. Cut each log into 12 equal parts and roll into balls. Place each roll on a buttered 13x9x2 inch baking pan. Cover pan with a clean cloth. Let the rolls rise in a warm room until they double in size (about 1½ hours). Preheat oven to 375-degrees. Place rack in middle of oven. Melt 1½ tablespoons butter and brush top of each roll. Bake; about 25 minutes or until golden brown. Serve hot. Rolls will keep about a month if frozen and well wrapped.

Makes 24 rolls

General Guidelines for the Making of Dough

The dough should be cool and firm when it is rolled and cut. If too soft, the layers may stick together at the cuts, preventing proper rising.

1. Cut with straight, firm, even cuts, using an even sharp knife.
2. Avoid touching the cut edges with your fingers, otherwise the layers may stick together.
3. For best rising, place each roll upside down on baking sheets. Using a sharp knife, press top layers of dough together. Baking upside down puts the stuck-together layers at the bottom.
4. If using egg wash avoid letting wash run down the edges. Egg wash can cause the layers to stick together at the edges.
5. Place in the refrigerator before baking. This relaxes the gluten and reduces shrinkage.
6. Press trimming together, keeping the layers in the same direction.
7. Baking temperatures of 400°-425°F (200°-220°C) are best for most dough products. A cooler temperature doesn't create enough steam. Higher temperatures set the crust too quickly.

Potatoes



Minnie T's Tater Jacks

5 grated raw medium peeled sweet potatoes
3/4 teaspoon nutmeg (more or less, to taste)
1 tablespoon Gold Medal plain flour

1 1/2 cups sugar
1 teaspoon pure vanilla
1 teaspoon cinnamon

Boil sweet potatoes until done (about 20 minutes). Add sugar gradually and mix with fork. Add cinnamon, nutmeg, and vanilla. Blend mixture (do not beat with electric mixer, because mixture will become too smooth). If mixture is too runny, add a small amount of flour just to make mixture consistent.

Dough for Tater Jacks

1 cup Aunt Jemima self-rising flour
1/2 cup distilled water
1/2 cup butter, and 1/2 cup vegetable oil mixed together as needed to fry jacks

1/2 teaspoon salt

In a bowl, combine salt, flour, and water to make dough come together but not too sticky or wet. Roll dough out into squares on a clean surface. You should have 10 squares. Place desired portion (about 1 tablespoon of potato mixture) onto 4-inch squares of dough. Fold over into a half-moon shape and seal edges with a floured fork.

On medium-high, using a cast-iron skillet, heat about 1-inch of butter/oil mixture until oil bubbles. Mixture will bubble when you sprinkle a small amount of flour in it. Place jacks in pan two at a time and cook (about 3-4 minutes) on each side. Check jacks as you fry them to make sure they do not burn.

Makes 8-10 servings

Procedure for Making Tater Jacks

1. Roll out pastry dough to 1/8 inch (3mm) thick.
2. Cut dough into 4-inch (10-cm) squares.
3. Portion the desired filling into the center of each square.
4. Fold diagonally and shake dough into half moon shape, press the edges together using a clean fork.
5. Puncture the tops with fork in two or three places to allow steam to escape. Let Jacks rest for 5 minutes after making fork punctures.
6. Fry in cast-iron skillet on medium-high heat two at a time (about 3 minutes) on each side being careful not to burn the jacks.

Potatoes



Monique's Baked Sweet Potatoes

6 medium sweet potatoes
Land O'Lakes butter (as needed)

Wash potatoes by scrubbing them with a vegetable brush. Pat potatoes dry with paper towels. Grease potatoes jacket with butter; this will make the skins soft and edible when cooked. Prick potatoes with a fork several times on both sides. Place on a greased cookie sheet and bake at 350-degrees (30-40 minutes) or until potatoes feel soft when squeezed gently. Serve hot or with a slit down the middle, lengthwise, and a slice of butter stuffed in the slit. Eat just like that or with whatever suits your fancy!

Makes 6 servings



Sandwiches

Nawlin's Super Bowl Best PO-Boy Sandwich



The most important part of the Po-Boy sandwich is the *French bread*.

If you can't find New Orleans-style French bread, which is difficult to do unless you're in the "Mardi Gras City," your Po-Boy is half done! The Vietnamese community bakers make a superb French bread that is ideal for the Po-Boy. The French bread must be crispy on the outside and have a light but not too chewy inside.

The Po-boy sandwich is said to originate when workers were on strike and could not pay for lunch. A local restaurant made them sandwiches because they said they were poor boys. In Creole/Cajun dialect, the name for the sandwich became "Po-boys."

Favorite Po-Boys are fried shrimp & oyster separate or as a combo, fried fish, roast beef and gravy, and fried Creole red-hot sausage. You can add cheese and ham, too. The best sandwiches come "dressed," as we say in "the Big Easy." This means we add mayonnaise ("mynez"), lettuce, sliced Creole tomatoes, and dill pickles. You can even add a dash of Aunt Marylue's Louisiana hot sauce, if you like your Po-Boy with a kick.

Building the Po-Boy Sandwich

1. Split a loaf of French bread down the middle (diagonally).
2. Spread Blue Plate "mynez" generously on both sides of the bread.
3. Place lettuce leaves or shredded lettuce on top of the "mynez"; add slices of Creole tomatoes and dill pickles on top of the lettuce.
4. Fill the Po-Boy with a heaping of fried shrimp or oysters (or make it a combo and add ½ shrimp and ½ oysters), fried fish, roast beef and gravy, fried Creole red hot sausage, or ham and cheese. If the last version, the ham should be grilled or warmed in a pan before placing on the sandwich. Then place the cheese on top of the warmed ham, and add Aunt Marylue's hot sauce if you like it hot!!



Sandwiches

5. Fold the top piece of bread over the ingredients and wrap in wax paper as you fold the bread over because the sandwich will be overflowing with ingredients. Cut sandwich in half or in quarters. The overflowing Po-Boy will taste delicious.

Sandwich Basics

When sandwiches are on the menu, traditional loaves of white sandwich bread, sliced square at about 3/8-5/8 inch thick, come to mind. However, even the most casual cooks know there are plenty of options for deliciously encasing your filling of choice.

Types of Sandwich Bread

Cinnamon bread
Cracked wheat
French bread
Fruit and nut bread
Hamburger buns
Hard rolls
Hoagie rolls
Italian bread

Pita bread
Pumpernickel bread
Raisin bread
Rye bread
Sourdough bread
White bread
Whole wheat bread

Bread Spreads

Butter is the most commonly used spread on sandwiches. Make sure the butter is soft (room temperature) or whipped before using it as a spread. Otherwise, the cold solid butter will tear the bread during spreading.

In New Orleans, the most popular sandwich spread is Blue Plate mayonnaise. It provides more flavor than butter, but doesn't shield the bread from moisture like butter does. Mayonnaise needs to be served straight from the refrigerator; sandwiches already prepared with mayonnaise should be refrigerated until served.

Another all-time favorite spread is mustard. Dijon and Creole mustards are great as a sandwich spread, too.



Sandwiches

Famous Sandwich Fillings

Corned beef	Crispy fried bacon	Beef bologna
Hamburger patties	Canadian bacon	Salami
Pastrami	Aunt Marylue's boiled ham	Hot dogs
Roast beef	Roast pork	Liverwurst
Steak	Chicken breast	Luncheon meats
Sliced chicken	Turkey breast	Tuna
Sardines	Smoked salmon	Lox
Shrimp	Anchovies	Fried fish
Cheddar cheese	Swiss cheese	Provolone cheese
Cream cheese	American cheese	Cheese spreads
Peanut butter and jelly	Jelly	Fried shrimp
Fruit (fresh or dried)	Fried oysters	Crab cakes
Eggs	Egg salad	

Hot sandwiches are made with meats, cooked eggs, or any hot filling you choose, placed between two slices of bread or two halves of a roll. They can always be loaded with lettuce, tomato, onion, and/or a condiment of your choice.

Open-faced sandwiches are made by placing meat or any other filling on top of a single slice of bread. An open-faced sandwich can be served hot with gravy.



Sandwich Trivia

It is said that in the 1700s, English nobleman John Montagu, the fourth Earl of Sandwich, was too busy gambling to stop and eat. What was his solution? He asked that roast beef be placed between two pieces of bread so he could continue gambling non-stop.

This is thought to be the story of the beginning of the "sandwich" as we know it.

John Montagu financed Captain John Cook's expeditions which lead to the discovery of the "Sandwich Islands." Today, these islands are known as Hawaii.

In 2003, the 11th Earl of Sandwich, John Edward Montagu, began a business selling sandwiches at his shop, The Earl of Sandwich, in Walt Disney World Resorts.

The sandwich was introduced to America in 1840 in the cookbook, *Directions for Cookery*, authored by Eliza Leslie. By the 1900s, bakeries in the US began selling pre-sliced bread, and as a result, the sandwich exploded in popularity in America. Today, there is nothing more American than enjoying a good sandwich!



Sandwiches

Ponchatoula Shrimp Burger

3/4 cup medium shrimp, boiled and chopped	1 1/2 teaspoons fresh dill, chopped finely
1/8 cup Blue Plate mayonnaise	1 teaspoon fresh lemon juice
4 sourdough buns	4 slices Creole tomatoes
2 tablespoons butter	1 cup shredded lettuce
1/8 teaspoon Aunt Marylue's Louisiana hot sauce	

In a medium bowl, combine shrimp, mayonnaise, lemon juice, dill, and hot sauce. Stir the mixture well to blend together. Grill buns on a grill or in a cast-iron skillet on top of stove. If grilling on top of stove, add a small amount of butter to pan before adding buns so they don't stick. Grill buns until golden brown (about 1 minute) on each side on medium-high heat. Spread buns with mayonnaise mixture. Place shrimp mixture on bun and top with tomato slices and lettuce.

Makes 4 servings



Gonzales Cuban Sandwich

1/2 pound Aunt Rosie's roast pork, thinly sliced	1/4 pound Provolone cheese, sliced
4 Cuban rolls	2 tablespoons yellow mustard
1/2 cup dill pickles	1 small red onion, sliced
2 tablespoons Land O'Lakes butter, room temperature	

Spread mustard and butter evenly over rolls. Place pork, pickles, onions, and cheese slices on rolls. Place sandwich in a cast-iron fry pan with a small amount of butter, and press down with spatula for 1-2 minutes on each side to heat sandwich and melt the cheese. Serve with Luling Sweet Potato Chips.

Makes 4 servings



Ulalie's Muffuletta Sandwich

Note: Aunt Marylue's grandmother, Ulalie Solomon, immigrated to the United States from Sicily, Italy in the late 1800s. She brought her version of the Muffuletta sandwich with her. Muffuletta is a type of Sicilian sesame bread.

1 round Muffuletta bread loaf	3-4 slices Chisesi ham or smoked ham
3-4 slices Genoa salami, thinly sliced	2 slices mozzarella cheese
2 slices Provolone cheese	2 slices Swiss cheese

Split bread down the middle and build sandwich in the order of the ingredients listed above.



Sandwiches

Ulalie Muffuletta Olive Salad

- | | |
|-------------------------------------|-----------------------------|
| 1/8 cup fresh carrots | 1/8 cup cauliflower |
| 1/8 cup roasted bell peppers | 3 large green pitted olives |
| 1/8 teaspoon extra virgin olive oil | 1 teaspoon wine vinegar |
| 1 clove garlic | 1 rip celery |
| 2 springs parsley | 2 teaspoons dried basil |
| 1/8 teaspoon red pepper | |

Place ingredients in a blender and blend just enough to mix together. Do not cream mixture. Pour over the Muffuletta sandwich and place slice of loaf on top. Slice in half or even in fourths. Ready to eat.

Makes 2-4 servings

Hirt's Grande Muffuletta Sandwich

- | | |
|---|------------------------------------|
| 1/2 cup pitted Spanish olives | 1/2 cup pitted Kalamata olives |
| 1 cup jarred giardiniera, stemmed and drained | 1 (8-9 inch) round loaf soft bread |
| 1/4 pound Hormel sliced ham | 1/4 pound Hormel sliced salami |
| 3 cloves garlic | 1/4 cup extra virgin olive oil |
| 1/4 pound Provolone cheese, sliced | Pepper to taste |
| 1/4 pound Hormel Mortadella or bologna of your choice | |

Puree the giardiniera (pickled vegetable relish), olives, garlic, and olive oil into a coarse paste using a food processor. Season with pepper; set aside. Slice the loaf of bread in half horizontally; remove some of the soft inside bread to replace with filling. Spread the pureed paste on both insides of the bread loaf. On one half of the loaf, layer the Mortadella, ham, salami, and provolone; place the other half on top. Wrap tightly in aluminum foil. Refrigerate for at least 1 hour (up to overnight) with a heavy pan placed on top to press the sandwich down. Cut into four pieces

Makes 4 servings

Mama's Friday Night Fried Fish Sandwich

- | | |
|--|------------------------------|
| 3/4 cup yellow cornmeal | 1 teaspoon salt |
| 1 teaspoon black pepper | 8 slices Sunbeam white bread |
| 1 cup Wesson vegetable oil | |
| 2 1/2 pounds Trout or Redfish, cleaned and split down the middle | |

Wash fish and pat dry with a paper towel. In a brown paper bag, place cornmeal, salt, and pepper. Drop in fish pieces one at a time and shake gently. Shake off excess cornmeal. In a cast-iron skillet, heat oil on high. Drop coated fish pieces into hot oil and fry for 2-3 minutes per side. Drain fish on paper towels. Place fish on the soft white bread. Serve hot with Zatarain's Louisiana hot sauce.

Makes 4-6 servings



Sandwiches

Esplanade Sausage and Onion Panini

- | | |
|-------------------------------|---|
| 4 slices Italian bread | 2 large links cooked Italian sausage (sliced) |
| 2 slices red onion | 1 Creole tomato, sliced |
| 4 leaves of arugula lettuce | 1 cup grated Swiss cheese |
| 2 teaspoons Kerry Gold butter | 1 teaspoon of olive oil |

Place butter in a cast-iron skillet on medium-low heat. Add 2 slices of Italian bread and grill on both sides. Place one slice of onion on each piece of bread. Drizzle small amount of olive oil onto onion. Place slices of tomato on top of onion. Place sliced sausage on top of tomato; sprinkle cheese on top. Top each with lettuce leaf. Place second piece of bread on top of each sandwich and turn over; grill on other side to melt cheese. Cut in half and serve.

Makes 2 servings

Marcel's Street Reuben

- | | |
|-------------------------|---|
| 2 slices dark rye bread | 4 teaspoons Russian or Thousand Island dressing |
| 3 slices corned beef | 1 tablespoon sauerkraut, well drained |
| 1-2 slices Swiss cheese | Land O'Lakes butter, softened |

Spread each bread slice with dressing. On one slice of bread, place the corned beef, sauerkraut, and cheese. Top with the second slice of bread. Spread softened butter on top of sandwich and place buttered side down on heated griddle. Allow bread to brown evenly on both sides. When sandwich is golden brown on both sides, remove from griddle, slice in half and serve.

Makes 1 serving

Aunt Rosemary's Monte Cristo

- | | |
|---|---|
| 2 slices white sandwich bread | Land O'Lakes butter, softened (as needed) |
| 3 slices turkey or chicken breast or 3 slices ham | 1-2 slices Swiss cheese |
| 1 egg, beaten | 2 tablespoons milk |
| Olive oil (to fry sandwich) | |

Spread one side of each bread slice with butter. Place turkey or chicken, or ham and cheese on one slice of bread and top with the remaining bread slice, buttered side down. Beat egg and milk together. Dredge sandwich in the egg/milk batter until it is thoroughly coated and bread is soaked. In a cast-iron skillet, fry the sandwich in olive oil until golden brown. Cut sandwich in half and serve immediately.

Makes 1 serving





Sandwiches



LaFrance Pork or Beef Sandwich

- 1½ pounds pork or beef, cooked
- 10 hamburger rolls
- ½ cup Rivera barbecue sauce
- Land O'Lakes butter, softened (as needed)

Cut meat into very thin slices. In a saucepan, combine meat and barbeque sauce and simmer over low heat (10-15 minutes). Check for doneness (when the meat has absorbed some of the sauce and the liquid has reduced and slightly thickened). Remove from heat, but cover to keep warm. Spread butter on each hamburger roll. Divide the meat mixture evenly among the rolls and serve immediately.

Makes 5 servings



CT's Turkey BLT Wrap

- 1 flour tortilla (10-inch diameter)
- 1-2 lettuce leaves
- 2 slices cooked bacon, crumbled
- 1 teaspoon Blue Plate mayonnaise
- 3 tomato slices
- 3 slices turkey breast

In microwave warm tortilla for 1-2 seconds. Spread mayonnaise on the tortilla. Place lettuce leaves in the center of tortilla. Arrange turkey, bacon, and tomato on top of lettuce. Fold the rim of the tortilla on opposite edges toward the center. Roll the tortilla tightly.

Makes 1 serving

Charlie's Beef Burger

- ¼-½ pound ground beef
- Salt
- 1 hamburger bun
- 2 teaspoons Blue Plate mayonnaise
- 1 red onion, thinly sliced
- Onions, chopped
- Dash of paprika
- Land O'Lakes butter, softened (as needed)
- 1 lettuce leaf
- 1 tomato slice



Combine ground beef, chopped onion, salt, and paprika and form into a burger. Cook on top of stove in skillet or grill burger to desired doneness. Lightly butter the bottom half of roll. Spread top of roll with mayonnaise. Place roll halves side by side on a dinner plate. Place the cooked hamburger patty on the buttered bottom of roll. On the top of roll, place lettuce, onion slices, and tomato slice. Serve open-faced.

Makes 1 serving



Sandwiches



Uncle Baby's Submarine Sandwich

- 1 Italian submarine roll
- 2 slices salami
- 2 slices Provolone
- 2 slices red onion
- Shredded lettuce
- Virgin olive oil (in squirt bottle)
- 2 tablespoons Blue Plate mayonnaise
- 2 slices ham
- 2 slices tomato
- 3 green pepper rings
- Oregano (as needed)

Slice the submarine roll lengthwise, keeping bread connected on one side. Spread mayonnaise inside roll on both sides. Place the meats and cheese in layers by Alternating. Try folding slices of meat in half if they are too wide. Top with tomato, lettuce, onion, and pepper slices. Season the sandwich with oregano. Squirt olive oil on sandwich. Close the sandwich and cut in half to serve.

Makes 1-2 servings



Alexis's New Orleans Club Sandwich

- 3 slices white bread, toasted
- 2 leaves lettuce
- 3 strips bacon, cooked crisp
- Blue Plate mayonnaise
- 2 slices tomato
- 2-3 slices turkey or chicken breast

Spread the tops of each piece of toast with mayonnaise. On one slice, place the first lettuce leaf, 2 slices of tomato, and 3 strips of bacon. Place the second piece of toast, mayonnaise side down, on top of bacon. Spread the new top with mayonnaise. Place turkey or chicken, then place second lettuce leaf on top this slice. Top with the remaining bread slice, mayonnaise side down. Cut sandwich from corner to corner into four triangles. Place a toothpick in the center of each triangle to secure the sandwich.

Makes 1 serving



Tiara's Grilled Cheese Sandwich

- 2 slices of white bread
- Land O'Lakes butter, softened (as needed)
- 2 slices of cheddar or American cheese

Spread butter on the outside of bread and place on a pre-heated griddle. Place cheese slices on bread. Cook until bread becomes golden brown, then flip and grill on the other side until bread turns golden brown and cheese begins to melt. Remove from grill and serve.

Makes 1 serving

Po Boy Sandwiches



Sandwiches



Van Counts Turkey and Cheese Sandwich with Herbed Cheese

- | | |
|---------------------------------|--|
| 2 slices Provolone cheese | 3 tablespoons plain yogurt |
| 1 teaspoon fresh lemon juice | 1 teaspoon fresh parsley, coarsely chopped |
| 1/8 teaspoon kosher salt | 3/4 teaspoon fresh thyme, coarsely chopped |
| 4 slices whole grain bread | 2 slices roast turkey |
| 1 medium tomato, thickly sliced | 1/2 teaspoon of freshly ground pepper |

In a small bowl, combine yogurt, lemon juice, herbs, salt, and pepper. Generously spread mixture on each slice of bread. Place turkey, cheese and tomato slices over two pieces of bread. Season with a dash of pepper and top each with one of the remaining bread slices.

Makes 2 servings

Me-Me's Nawlins Turkey Club



- | | |
|--------------------------------|--------------------------------|
| 2/3 cups Blue Plate mayonnaise | 3 tablespoons chopped cilantro |
| 1 lime, juiced | 6 pita breads |
| 1/2 pound turkey, sliced | 1/2 avocados, sliced |
| 1 tomato, sliced | 6 slices bacon, cooked |
| Lettuce, shredded | |

Combine mayonnaise, cilantro, and lime juice in bowl. Spread the insides of 6 pita breads with mayonnaise mix. Place turkey, 1/2 avocado slices, 4 tomato slices, and lettuce into Pita. Top with mayonnaise dressing. Place another layer of turkey and avocado on each. Top with 3 slices bacon, lettuce, and remaining pitas. Place long toothpicks through sandwich.

Makes 4 servings

Lex-E's White Cheese Pizza Pitas

- | | |
|------------------------|-----------------------------|
| 4 (6 inch) pita breads | 2 tablespoons olive oil |
| 1 clove garlic, minced | 3/4 teaspoon salt |
| 3/4 cup ricotta cheese | 1/4 cup shredded mozzarella |

Preheat oven to 450-degrees. Place pitas on a greased baking sheet. In a cast-iron skillet, heat olive oil over medium heat. Add garlic, salt, and cheeses, and cook until cheeses melt. Evenly spoon the cheese mixture into the pitas. Bake for 9-10 minutes or until golden brown, turning on both sides.

Makes 4 servings



Sandwiches



Grammie's Chicken Caesar Pitas

- | | |
|---------------------------------|---|
| 4 (6 inch) pita breads | 2/3 cup bottled Caesar vinaigrette dressing |
| 2 tablespoons grated Parmesan | 1 lemon, juiced |
| 4 cups romaine lettuce, chopped | 2 cups cooked chicken, chunked |
| 1 cup cherry tomatoes, halved | |

Place each individual pita on its own plate. Mix together Caesar dressing, Parmesan, and lemon juice. Toss in romaine lettuce, chicken, and tomato halves. Distribute evenly into each pita.

Makes 4 servings



Aunt Jean's Reuben Pita

- | | |
|----------------------------|------------------------------------|
| 4 (6 inch) pita breads | 3/4 cup Russian dressing |
| 1/2 teaspoon caraway seeds | 1 pound cooked corned beef, sliced |
| 2 cups sauerkraut | 4 slices Swiss cheese |
| Fresh dill, chopped | |

Preheat oven to 350-degrees. Place pitas on a greased baking sheet. In a small bowl, combine Russian dressing and caraway seeds. Set 1/4 cup of mixture aside and spoon remaining into pitas. Heat and drain the sauerkraut. Place corned beef and sauerkraut into pitas. Top each pita creation with Swiss cheese and bake just until cheese melts. Top with remaining mixture and dill.

Makes 4 servings



Sandwiches



Little Woods Oyster Sandwich

- | | |
|--|---------------------------------------|
| 1 loaf French bread, cut in thin slices | 1 stick Land O'Lakes butter, softened |
| 2 tablespoons garlic, chopped | 1 tablespoon parsley, chopped |
| 1/2 teaspoon lemon juice | 3 dozen medium, fresh shucked oysters |
| 1 tablespoon Zatarain's Creole seasoning or salt and pepper to taste | |
| 1 cup yellow cornmeal | 1 cup vegetable oil |

Preheat oven to 300-degrees. Melt 1 tablespoon of butter in a cast-iron skillet on medium heat. Add garlic and parsley. Cook for a few minutes. Add lemon juice and remove from heat. Put remaining butter in a bowl and stir in the butter-garlic-parsley mixture. Coat bread slices with the mixture, and place on baking sheets. Toast bread in the preheated oven (about 5 minutes). Pour oil in a cast-iron skillet, about 1-inch deep. On medium, heat oil until hot. Combine cornmeal and seasoning in a large brown paper bag. Toss the wet oysters, 6 at a time, into the brown bag. Remove the coated oysters from the bag, shaking off excess cornmeal, and fry in skillet in batches until golden brown and crisp (about 5 minutes). Place oysters onto the slices of French bread. Serve with Gert's Roasted Sweet Potato Fries.

Makes 8-10 servings

Know Your Butters, Fats & Oils

Butter and **margarine** are used similarly, but with different results. Aunt Marylue used butter exclusively in her recipes. She said butter had a richer taste than margarine, making her food taste better.

Butter

Fresh butter is about 80% milk fat. The other 20% consists of milk solids. In the United States, butter is graded according to USDA standards for flavor, body, color, and salt content. Grades are AA, A, B, and C. Most kitchens use AA and A grades for consistent taste quality. Butter is mostly available lightly salted. Sweet or unsalted butter has a fresher and sweeter taste. Butter is the preferred cooking fat for most recipes because of its flavor. It's a key ingredient in the best sauces, and butter can be used as a sauce all by itself. When cooking at high temperatures, vegetable oil should be used instead of butter because butter burns at that level.

Butter absorbs odor and flavor easily. It must be kept wrapped and separate from other foods stored in the refrigerator that may affect its odor. Store butters at 35° F.

Margarine

Margarine is a manufactured product that resembles butter in taste, texture, and appearance. It consists of vegetable and animal fats, flavoring, emulsifiers, coloring, preservatives, and added vitamins. It is about 80% fat. Flavors can vary among different margarines. It is less expensive than butter.

Oils

Oils are simple liquid fats. They are rarely used in baking because oil tends to thin the batter or dough.

Flavored oils are a tasty alternative to some sauces and vinaigrette. They work well with steamed, sautéed, or grilled foods. They also work well with many cold foods. Flavored oils can be drizzled over or around the plated food. The easiest way to flavor oils is to add herbs, garlic, etc. Let it stand while the flavoring soaks in. With dry spices, it helps to heat them in the oil to release the flavor.

Extra virgin olive oil has many uses at meals and with appetizers. For a treat, drizzle it over crusty French bread or roasted and/or mashed potatoes.

When making tasty stews and hardy soups, olive oil is great to mix in. It also contributes an unparalleled flavor when added to marinades and salad dressings.

Know Your Butters, Fats & Oils



Fats

Fats are used in baking to tenderize, soften the texture, and to add moistness and richness.

Fats are supplied to our bodies in highly concentrated forms. Saturated fats come from meat, poultry, fish, eggs, and dairy products, as well as tropical oils such as palm and coconut. Nutritionists believe saturated fats are the least healthy. Two alternatives for fat, polyunsaturated and monounsaturated are liquid at room temperature. They are found in corn, safflower, sunflower, and cottonseed oils. Olive oil and canola oil contain high levels of monounsaturated fats. Aunt Marylue said that monounsaturated fats are the best ones to consume.

Cholesterol is fatty substance found in animal products. It is found in egg yolks, organ meats, and butterfat. Since the body also manufactures cholesterol, it is best to try to keep dietary cholesterol to a minimum.

How to Make Your Plain Flour into Self-Rising

Want to make your plain flour into a self-rising flour? Follow Aunt Marylue's simple tips below and you will have self-rising flour in no time!

You will need the following ingredients:

- 4 cups of plain flour
- 2 teaspoons of salt
- 2 teaspoons of baking soda

Mix all ingredients together in a bowl.
Walla! You now have self-rising flour.



Desserts



Aunt Marylue's Red Velvet Cake

- | | |
|--|------------------------------------|
| 2¼ cups Swans Down cake flour, sifted | 2 teaspoons Hershey's cocoa powder |
| 1 teaspoon Arm & Hammer baking soda | 1½ cups sugar |
| 1 teaspoon salt | 2 large eggs |
| 1 stick Land O'Lakes unsalted butter, softened | 2 ounces red food coloring |
| 1 cup buttermilk | 1¼ teaspoon pure vanilla extract |
| 1 teaspoon distilled white vinegar | |

Frosting

- | | |
|---|---------------------------------|
| 1 (8 ounce) package Philadelphia cream cheese, softened | |
| 1 stick Land O'Lakes unsalted butter, softened | ½ cup pecan halves for topping |
| 1 (1 pound) box 3X confectioner's sugar | 1 teaspoon pure vanilla extract |
| 1 tablespoons of Pet cream | |

Preheat oven to 350-degrees. Grease then flour two 9-inch cake pans. Sift flour, cocoa, baking soda, baking powder, and salt into a medium bowl and set aside. In a separate bowl, cream the sugar and butter, Beating after each addition. Beat in one egg at a time to the sugar/butter mixture. Then, alternate, adding the flour mixture and the buttermilk, beating after each addition. Add the vinegar and food coloring. Add vanilla. Beat after adding. Spread batter evenly between the two cake pans. Bake for about 25 minutes, or until a toothpick inserted into the middle of cakes comes out clean. Let cake sit out to cool. In a fresh bowl, make frosting. Combine butter and cream cheese, then, add cream. Add the confectioner's sugar, beating until fluffy, then add vanilla and beat thoroughly. After the cake is completely cool, frost. Finally, place the pecan halves on top (optional).

Makes 8-10 servings

Desserts



Aunt Enez's Sour Cream Pound Cake

- | | |
|---|------------------------------------|
| 2 cups Gold Medal all-purpose flour | 1 cup Gold Medal self-rising flour |
| 1 (3.4 ounce) package vanilla instant pudding | 3 cups sugar |
| 4 sticks Land O'Lakes butter, softened | 6 large eggs |
| 1 (5 ounce) can Pet evaporated milk | 1 (8 ounce) container sour cream |
| 1 tablespoon pure vanilla extract | |

Preheat oven to 325-degrees. Grease and flour a 10-inch tube pan. In a medium bowl, sift together the self-rising flour, all-purpose flour, and vanilla pudding mix. In a separate bowl, beat the butter for 3 minutes with an electric mixer. Slowly add sugar to butter, and beat another 5 minutes. Add eggs slowly, one at a time, and then add milk and flour and pudding mixture. Beat until smooth. Add vanilla and sour cream, and mix well using electric mixer. Bake 1 hour and 45 minutes. Test doneness by inserting a toothpick or a clean broom straw in middle of cake; if there is mix on the toothpick or straw; continue baking at 5 minute increments, checking often until done.

Serve with Cabildo Pears and vanilla ice cream.

Makes 10-12 servings



Rue Chartres Coconut Pound Cake

- | | |
|--------------------------------|----------------------------------|
| 2½ cups sugar | 1 stick Land O'Lakes butter |
| 2/3 cup Wesson oil | 4 eggs |
| 3 cups Pillsbury plain flour | 1 teaspoon Calumet baking powder |
| 1/8 teaspoon salt | ½ cup Pet evaporated milk |
| ½ cup distilled water | 1 teaspoon pure vanilla extract |
| 1 teaspoon coconut flavoring | 1 teaspoon butter flavoring |
| 1 (7 ounce) can flaked coconut | |

Preheat oven to 350-degrees. Using an electric mixer; cream together sugar, butter, and oil in a medium bowl. Add eggs one at a time, beating well after each addition. In a separate bowl, sift together flour, baking powder, and salt. In a small bowl, combine evaporated milk and distilled water, and mix together. Add dry mixture and milk/water mixture to creamed mixture, and mix well. Stir in flavorings, vanilla, and coconut flakes. Pour into a greased, floured tube pan, and bake for 90 minutes at 350-degrees or until toothpick inserted in center comes out clean.

Makes 10-12 servings



Desserts

Nairn Key Lime Pie

Crust

- 1¼ cups graham cracker crumbs
- 1½ tablespoons brown sugar
- 4 tablespoons Kerry Gold butter, melted

Filling

- 4½ limes
- 1 cup whipping cream
- 1 (14 ounce) can condensed milk

In a medium bowl, combine graham crackers crumbs, butter, and sugar. Spread into a 9-inch pie plate. Bake in a preheated 375-degree oven for 10 minutes and set aside.

Squeeze fresh limes to make ½ cup juice. Add condensed milk and blend well with an electric mixer. Beat whipping cream in a separate bowl until stiff. Then fold it into lime mixture. Pour mixture into pie crust and refrigerate 2 hours or until firm.

Makes 8 servings



Cabildo Pears & Vanilla Ice Cream

- 4½ cups distilled water
- 2 cinnamon sticks
- 4 fresh Bartlett pears, ripe and firm
- ½ gallon vanilla ice cream
- 2 cups brown sugar, packed
- 2½ mandarin oranges
- 1 vanilla bean

Break cinnamon sticks in half. Peel and core pears. Cut pears into quarters. In a large saucepan, combine water, brown sugar, and cinnamon sticks. Peel oranges and add chopped peel to pan. Cut oranges in half; squeeze ¾ cup orange juice from them and add juice to pan. Cut vanilla bean in half lengthwise and scrape seeds into pan, and then discard vanilla bean pod. Over high heat, bring mixture to a boil, stirring often. Take out and discard the orange peels. Place pears in mixture and reduce heat; simmer until pears are tender (about 10 minutes). With a slotted spoon, transfer pears to a bowl. Boil syrup over high heat until reduced to 2 cups (about 15-20 minutes). Place one pear on each dessert plate and top with vanilla ice cream. Drizzle the warm syrup you made (or another syrup of your choice) on top.

Makes 4 servings



Desserts

Naquin Lemon Sherbet

- 1¾ cups sugar
- 1 vanilla bean cut in half lengthwise
- 1 tablespoon lemon zest
- 1¾ cups distilled water
- 1 cup mascarpone, room temperature
- ¾ cup fresh lemon juice

In a medium saucepan, combine sugar and water. Bring to a boil, stirring constantly until sugar is dissolved (about 2 minutes). Remove from heat. Scrape vanilla bean seeds into mixture, and add the vanilla bean pod. Add mascarpone, lemon zest, and lemon juice; mix thoroughly about 10 minutes. Pour into ice cream maker and freeze according to manufacturer's instructions (about 1 hour). Store in 2 quart container and cover with plastic wrap.

Make 8 servings



Aunt Marylue's Yellow Cake with Coconut Frosting

- 2½ cups Swan's down cake flour
- 1 cup Land O'Lakes unsalted butter, softened
- ½ teaspoon salt
- 5 eggs, yolk and whites placed in separate bowls
- 2 teaspoons pure vanilla extracts
- Land O'Lakes butter (to grease cake pans)
- 2 teaspoons Calumet baking powder
- 2 cups sugar
- 1 teaspoon grated lemon zest
- 2 teaspoons fresh lemon juice
- 1- 8 ounce container sour cream

Preheat oven to 350-degrees. Grease two 9-inches round cake pans with butter. In a large bowl, combine flour, baking powder, and salt. In a separate bowl, beat butter with an electric mixer until creamy. Gradually add sugar and beat an additional 5 minutes until light and fluffy. Beat in egg yolks one at a time; continue beating, adding lemon zest, lemon juice, and vanilla. On low speed, beat in flour mixture and sour cream, alternately, until thoroughly mixed. In a separate bowl, beat egg whites at a high speed until they form stiff peaks. Fold beaten egg whites into batter and spread mixture evenly into the two pans. Bake for 35 minutes. Let cake cool in pans (about 10 minutes) and turn cake out to cool completely. After cake cools, frost with Aunt Marylue's Coconut Frosting.

Note: To separate eggs, place a small funnel in a bowl. Break eggs over the funnel. The whites of the egg will drain down the funnel, leaving the yolk still in place. Place yolks in a separate bowl for future use.

Makes 10-12 servings



Desserts

Coconut Frosting

- | | |
|----------------------------|---|
| 3 egg whites | 3 tablespoons distilled water |
| ¼ teaspoon cream of tartar | ¼ teaspoon pure vanilla extract |
| ¼ teaspoon almond extract | 1½ cups coconut, sweetened and flaked |
| 1 cup confectioner's sugar | 2 tablespoons Land O'Lakes butter, melted |

Combine egg whites, confectioner's sugar, and distilled water in a bowl and beat (1 minute) using an electric mixer on high speed; beat mixture until it forms stiff and shiny peaks. Add extracts, cream of tartar, and melted butter. Beat an additional 5 minutes or until frosting cools. Frost the cake. Sprinkle with shredded coconut.

Covers one 9-inch double-layer cake



Desserts

Miss Dee's Dessert Apple Cake

- | | |
|--|---------------------------------|
| 1¼ sticks Land O'Lakes butter, melted | 2 McIntosh apples |
| ½ teaspoon ground cinnamon | ½ teaspoon ground nutmeg |
| 1 tablespoon granulated sugar | 1-1/8 cup Pillsbury plain flour |
| ½ teaspoon kosher salt | 1 egg, lightly beaten |
| 3½ cups coarsely chopped walnuts | ½ cup brown sugar |
| Land O'Lakes butter, softened (to grease pans) | |

Preheat oven to 350-degrees. Grease three (5¼ inch x 3¼ inch) loaf pans with butter. Peel, core, and slice apples into ¼ inch thick wedges and place in a medium bowl. Add cinnamon, nutmeg, and granulated sugar. Toss all ingredients together gently to coat apples. Place apple pieces in a line down the center of each pan, making sure the slices are sitting up. In a large bowl, combine flour, brown sugar, and salt. Whisk together. Add the lightly beaten egg and 1¼ sticks of melted butter, stirring until ingredients are mixed well. Add walnuts and stir thoroughly. Pour batter over apples, distributing evenly between the three pans. Using a rubber spatula or wooden spoon; smooth tops of batter. Bake for 35-40 minutes or until a toothpick inserted in the center of cakes comes out clean. Cool in pans about 25 minutes. Cut each cake into six pieces and serve with Aunt Grace's Homemade Vanilla Ice Cream.

Makes 8-10 servings



Bohemia Pineapple Upside-Down Cake

- | | |
|---|-------------------------------------|
| 1-2/3 cups Gold Medal all-purpose flour | 1½ teaspoons Calumet baking powder |
| ¼ teaspoon salt | ¼ teaspoon Arm & Hammer baking soda |
| 1 teaspoon pure vanilla | 2/3 cups granulated sugar |
| ½ cup light brown sugar | 2 eggs |
| 2/3 cups buttermilk (room temperature) | ½ fresh pineapple, cored and sliced |
| 1¼ sticks butter | |

Preheat oven to 350-degrees. In a large bowl, sift together flour, baking soda, baking powder, and salt. Cut pineapple into ¼ inch thick slices and set aside. Lightly butter a 9-inch round cake pan. Sprinkle brown sugar evenly over bottom of pan, using all the brown sugar, and arrange pineapple slices on top of the brown sugar, starting in the center of the pan and overlapping pineapple slightly. In a bowl, combine remaining stick of butter, granulated sugar, and vanilla. Beat together on medium speed using an electric mixer, until light and fluffy. Add eggs, one a time, beating well after each egg is added. On low speed, add flour mixture and buttermilk, alternating each, until mixture is smooth. Spread mixture evenly over pineapple and brown sugar. Bake (40-45 minutes). Let cool in pan for 15 minutes. Place upside down on serving plate. Serve warm with Wayne's 9th Ward Peach Ice Cream.

Makes 8-10 servings



Desserts



Rozelia's Sunrise Chocolate Cake

Wesson oil cooking spray	1 cup Gold Medal flour
½ teaspoon Arm & Hammer baking soda	½ teaspoon salt
2 ounces chocolate, unsweetened & chopped	½ cup granulated sugar
½ cup Pet evaporated milk & ½ cup distilled water	2 egg yolks, plus 1 egg white
½ stick Kerry Gold unsalted butter	½ cup light brown sugar
¾ teaspoon pure almond extract	¾ teaspoon pure vanilla extract
Gold Medal flour for dusting	¼ cup distilled water

Preheat oven to 350-degrees. Grease 2 8-inches round cake pan with cooking spray. Lightly sprinkle pan with flour. In a medium bowl, sift together flour, baking soda, and salt. Set a heat proof bowl over a pan of simmering water and add chocolate, ½ of the evaporated milk/distilled water mixture, granulated sugar, and one egg yolk. Stir ingredients until thickened. Combine butter and brown sugar in a bowl and mix using electric mixer (with paddle attachments) on medium speed until smooth. Add remaining yolk and mix well. Reduce speed to medium-low and add flour mixture in three batches, alternating with 1/4 cup of remaining evaporated milk / distilled water mixture, almond extract and vanilla extract. Add chocolate mixture and combine thoroughly. In a separate bowl, beat egg white to form a stiff peak. Fold beaten egg white into chocolate batter with a spatula and pour mixture into cake pans. Bake (25 minutes); let cool down in pan (20 minutes). Cut cake in half horizontally and place ½ cakes on serving plate. Frost with: Rozelia's Sunrise Chocolate Frosting.

Makes 8-10 servings

Rozelia's Sunrise Chocolate Frosting

1½ cups 3X confectioners' sugar	2/3 cup sour cream
4 ounces Philadelphia cream cheese, softened	Pinch of salt
3-1/8 tablespoons unsweetened Dutch cocoa powder	
5 tablespoons Kerry Gold unsalted butter, softened	

In a medium bowl, sift together confectionery sugar, cocoa powder, and salt. In a separate bowl, mix butter and cream cheese together using an electric mixer on medium-high speed until fluffy; reduce mixer speed to low. Gradually add sugar mixture, chocolate, and sour cream to mixture. Spread onto cooled cake.

Covers Rozelia's two layer Sunrise Chocolate Cake



Desserts

Thibodaux Chocolate Whiskey Cake

1 cup unsweetened cocoa powder (not Dutch process)	1½ cups brewed coffee
1 cup Land O'Lakes unsalted butter, cut into	1-inch pieces 2 cups sugar
2 cups plain flour	1¼ teaspoon baking soda
½ teaspoon salt	2 eggs
1 teaspoon pure vanillas extract	½ cup whiskey
3 tablespoons unsweetened cocoa powder (for dusting)	

Preheat oven to 325-degrees. Butter a Bundt pan, and then dust with 3 tablespoons cocoa powder. Heat coffee, whiskey, butter, and the remainder cup of cocoa powder in a 3-quart heavy saucepan over medium heat, stirring until butter is melted. Remove from heat and add sugar, stirring until sugar is dissolved (about 1 minute). Place mixture into a large bowl and let cool (5 minutes). In a separate bowl, combine flour, baking soda, and salt. Whisk together. In another bowl, mix together eggs and vanilla, then mix into cooled chocolate mixture until well combined. Add flour mixture and mix until blended in (batter will be thin and bubbly). Pour batter in prepared Bundt pan and bake (about 40 minutes). Cool cake completely in pan (about 2 hours). Remove cake from pan and turn cake out onto rack. Let cake cool further (if needed). Frost cake with: Rozelia's Sunrise Chocolate Frosting or serve cake plain. Enjoy!

Makes 8-10 servings

Sonya's Coconut Topped Cupcakes



Sonya was Aunt Marylue and Uncle Jasper's granddaughter who God called as a young professional. She was married, a pharmacist, and the mother of three sons.

1 cup granulated sugar	2 large eggs
¾ teaspoon pure vanilla extracts	1½ cups cake flour
½ teaspoon baking soda	¼ teaspoon kosher salt
½ cup milk	1 cup confectioner's sugar
2 teaspoons pure coconut extracts	2 cups sweetened flaked coconut
1½ sticks of unsalted butter (room temperature)	1 cup cream cheese

Preheat oven to 350-degrees. Grease each of the tins of a 12-cup muffin pan with butter. Using an electric mixer on medium speed, beat 1 stick of butter and granulated sugar, alternating the addition of each until all used, until pale and fluffy. Beat in eggs (one at a time), add vanilla extract. Mix in flour, baking soda, salt, and milk (in that order). Spoon mixture into cups and bake (15-16 minutes) until a toothpick inserted into the center of cupcake comes out clean. Let cupcakes cool. Beat cream cheese, ½ stick of remaining butter, confectioner's sugar, and coconut extract together until fluffy. Frost cupcakes and sprinkle generously with coconut flakes.

Makes 12 cupcakes

Desserts



Aunt Freda's Butter Cake

2 cups sugar	4 eggs
1 cup buttermilk (room temperature)	3 cups Pillsbury flour, sifted
2 teaspoons pure vanilla extracts	1 teaspoon salt
½ teaspoon Arm & Hammer baking soda	1 teaspoon Calumet baking powder
2 sticks Land O'Lakes butter (room temperature)	

Glaze

1 cup granulated sugar	¼ cup distilled water
1 stick of Land O'Lakes butter	1 teaspoon pure vanilla extract

Preheat oven to 325-degrees. In a large bowl, using an electric mixer, cream together butter and sugar. Add eggs (one at a time), mixing well after each egg is added. Add buttermilk and vanilla, and mix well. In a separate bowl, sift together flour, baking powder, baking soda, and salt. Gradually add flour mixture to creamed mixture, mixing well. Pour batter into a greased and floured 10-inch tube pan. Bake at 325 degrees (60 minutes).

To glaze: In a saucepan, combine sugar, distilled water, and butter. Heat by simmering until sugar is dissolved. Remove from heat and add vanilla. Mixture will turn to a glaze.

Remove cake from oven. Using a fork, poke holes in top of cake while cake is still hot. Pour glaze over hot cake and let cool. Remove cake from pan to serve.

Makes 16 servings

Desserts



Aunt Marylue's Old Fashioned Shortcakes



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|---|--|
| 1 cup of fresh blueberries in ½ cup sugar | 1 teaspoon vanilla |
| 2 cups sugar | ½ cup Crisco shortening |
| 2 eggs | 1 cup milk |
| 2½ cups Pillsbury plain flour | 3 teaspoons Arm & Hammer baking soda |
| 1/8 teaspoon nutmeg | 1 tablespoon butter to grease muffin pan |
| 1 teaspoon pure vanilla extract | |

Preheat oven to 350-degrees.

Cook blueberries and ½ cup sugar in saucepan about 5 minutes until sugar dissolves. Let blueberries and sugar mixture sit out at room temperature while preparing shortcake.

In a large mixing bowl, cut Crisco shortening into 2 cups sugar until batter is crumbly. Add eggs and milk, stirring ingredients together. In a separate bowl, combine flour and baking soda. Mix well. Slowly add flour mixture to shortening/sugar batter until well blended. Add vanilla and mix thoroughly. Pour batter into a greased muffin pan. Bake at 350-degrees (about 40 minutes) or until a toothpick inserted in the middle comes out clean. Cut each cupcake in the middle to make two halves. Place blueberries in middle of each and place other half of cupcake on top.

Makes 12 servings



Bertha's Two-Egg Cake

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|---|---|
| 2 cups Pillsbury self-rising cake flour | 1 cup granulated sugar |
| 1 cup milk | 2 eggs |
| 1 teaspoon pure vanilla extracts | 1 stick Land O'Lakes butter, melted |
| ¼ cup cinnamon sugar | Extra Land O'Lakes butter (to grease pan) |

Preheat oven at 375-degrees. In a large bowl, combine flour, sugar, milk, eggs, 1 stick of melted butter, and vanilla. Beat ingredients until smooth. Pour batter into a greased and floured 8x10 inch pan, and bake at 375-degrees (about 20-25 minutes). Sprinkle hot cake with cinnamon sugar. Allow cake to cool (about 10 minutes) before serving.

Makes 8-10 servings

Desserts



Acadia Buttermilk Pound Cake

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|--|-------------------------------------|
| 2 sticks Land O'Lakes butter, softened | 2 cups sugar |
| 4 eggs | 2 teaspoons pure vanilla extract |
| 3 cups Pillsbury flour | ½ teaspoon Arm & Hammer baking soda |
| ½ teaspoon salt | 1 cup buttermilk (room temperature) |
| 1 tablespoon butter to grease pans | |

Glaze

- | | |
|---------------------------------|-------------------------------------|
| 1 cup 3X powdered sugar, sifted | 1-2 tablespoons Pet evaporated milk |
| ½ teaspoon pure vanilla extract | |

Preheat oven to 325-degrees. In a medium bowl, combine butter and sugar. Using an electric mixer; cream together until light and fluffy. Add eggs and vanilla. Mix well. In a separate bowl, combine flour, baking soda, and salt. Add dry ingredients and buttermilk, alternating the two, to the butter mixture. Mix well. Pour into a greased and floured fluted tube pan, and bake at 325-degrees for 60-65 minutes or until toothpick comes out clean when placed in center of cake.

Makes 14-16 servings



Lake Ponchartrain Pound Cake

Lake Ponchartrain is the second largest saltwater lake in the United States. It is about 24 miles long from the shore to shore. It reaches depths of 12-14 feet. The lake runs through a number of parishes, namely Orleans, St. Tammany, Jefferson, Tangipobia, St. John the Baptist, and St. Charles.

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|--------------------------|--|
| 3½ cups granulated sugar | 4 sticks Land O'Lakes butter, softened |
| 10 eggs | 4 cups Pillsbury plain flour |
| 1½ teaspoons nutmeg | 2 cups walnuts |

Preheat oven to 325-degrees. In a medium bowl, combine sugar, butter, and eggs, alternating and beating well after each egg addition. With an electric mixer Cream mixture together. Add flour and nutmeg, mixing well. Mix in walnuts, beating well after adding. Pour batter into three greased and floured loaf pans. Bake at 325 degrees about 60 minutes or until toothpick inserted in middle comes out clean.

Makes 3 loaves

Desserts



Conjetta's Pound Cake

2 sticks Land O'Lakes butter, softened	½ cup Wesson vegetable oil
3 cups sugar	4 eggs
3 cups Pillsbury plain flour	½ cup Pet evaporated milk
½ cup distilled water	1 teaspoon pure vanilla extract
1½ teaspoon lemon extract	pinch of salt

Preheat oven to 300-degrees. In a medium bowl, cream together using an electric mixer butter, oil, sugar, and salt. Add eggs (one at a time), beating thoroughly after each egg is added. In a small bowl, combine evaporated milk and distilled water. Add flour and evaporated milk/distilled water mixture alternatively to creamed mixture, mixing well. Add vanilla and lemon extracts and beat well. Flour and grease a tube pan; pour mixture in. Bake at 300-degrees for 90 minutes. Test for doneness by inserting a toothpick in the center of cake. If toothpick comes out with mixture on it, continue baking another 5 minutes or until toothpick comes out clean. Remove from oven and let cool for 10 minutes. Remove from pan.

Makes 16 servings

Whirling Top Cheesecake

1-1/3 cups Nabisco graham cracker crumbs	2 tablespoons sugar
¾ cup sugar	1/3 cup butter, melted
1 (16 ounce) container cream cheese, softened	2 eggs
1 (16 ounce) container sour cream	½ cup half & half
2 tablespoons Pillsbury plain flour	2 teaspoons fresh lemon juice
1 teaspoon pure vanilla extracts	1 can whipping cream

Preheat oven to 325-degrees. Grease a 9-inch spring foam pan with butter. Combine graham cracker crumbs and 2 tablespoons sugar in a large bowl, and stir together with a fork. Add melted butter and stir well. Press mixture into the spring form pan to make a crust.

In a bowl, combine cream cheese and remaining ¾ cup sugar and mix together until mixture is light and fluffy. Add the eggs, sour cream, flour, half & half, lemon juice, and vanilla. Mix well. Pour the batter into the crust. Bake 30-35 minutes. Remove from oven and refrigerate several hours to chill. Serve plain or add whipped cream topping.

Makes 8-10 servings



Whirling Top Raspberry Cheesecake



Desserts



Aunt Marylue's Pecan Pie



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|--------------------------------------|------------------------------------|
| 2 cups pecan pieces | ½ stick melted Land O'Lakes butter |
| 1 cup white Karo syrup | ½ cup distilled water |
| 2 tablespoons Gold Medal plain flour | ½ cup sugar |
| 3 eggs (room temperature) | 1½ teaspoons pure vanilla extract |
| ½ teaspoon salt | 1 cup firmly packed brown sugar |
| 9-inch deep dish pie crust | |

Preheat oven to 350-degrees.

Mix sugar, flour, and salt together by placing in a large closable plastic bag and shaking it well. Place mixture in a bowl and add distilled water. In a separate medium bowl, combine egg and vanilla, then add Karo syrup slowly. In a saucepan, melt butter with brown sugar over medium heat; stir in flour mixture. Add eggs (one at a time). Cook, stirring constantly, over medium heat until mixture has a pudding-like consistency (about 6 minutes). Arrange pecans on bottom of pie crust and pour mixture over pecans; add remaining pecans to top of mixture, alternating layers until all ingredients are used. Bake (about 40-50 minutes).

Ready to eat!

Makes 8 servings

New Orleans Sweet Potato



(Or Is It a Yam?)

Just in case you may think that they are the same, be aware that they are not! What's the difference? Yams came to America from Africa along with the slaves. Sweet potatoes originated in the Southern part of the United States.

Even though we use the terms "sweet potatoes" and "yams" interchangeably, many of us have probably never seen a yam. They are unrelated vegetables that are roots of a tropic vine.

Sweet potatoes are American plants of the morning glory family, and yams are of the genus *Dioscorea batatas*. Yams can grow up to seven feet long, and they can weigh as much as 80 pounds.

What we see in the supermarkets labeled "yams" are usually sweet potatoes with the bright orange color and moist texture. There are two types of sweet potatoes: the moist, bright orange ones (usually sold as yams) and the dry, yellow-fleshed (sold as sweet potatoes).

This phenomenon was started in Louisiana by the farmers of the 1930s. They were trying to make a distinction between the sweet tuber potato and the dry pale one.

George Washington Carver made a mucilage (a type of adhesive) for the U.S. postal stamp from the sweet potato, along with 118 different products that include an alternative to corn syrup.

Sweet potatoes are higher in beta-carotene than raw carrots, but they also contain significant doses of vitamins A, C, and B6, and the minerals potassium, and manganese (according to studies at Kansas State University as well as ones by Beth Reames, Ph.D., a registered dietician at Louisiana State University's Agricultural Center). These same studies claim that the vitamins and nutrients in sweet potatoes contribute to memory preservation, help control diabetes, and may even reduce the risk of heart disease and cancer.

A sweet potato contains only 117 calories per 4 ounces of servings, an amount which provides half of your daily Vitamin C requirement.

In addition, sweet potatoes are low in fat and sodium, and they maintain maximum amounts of nutrients when cooled in their skins. They can be great kid-loving snacks when prepared baked, and they don't need fatty toppings such as butter and sour cream to make them tasty.

The sweet potato can last two weeks when kept in a cool, dark place; however, if they are refrigerated, they will lose their sweet taste. Once cooked, they can last more than a week in the refrigerator.

Desserts



Aunt Marylue's Sweet Potato Pie



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|---|--------------------------------|
| 2 quarts distilled water | 1 pound sweet potatoes, peeled |
| 1½ sticks Land O'Lakes unsalted butter | 1 cup sugar |
| ½ teaspoon allspice | 1 teaspoon cinnamon |
| 1 teaspoon pure vanilla extracts | ½ cup Pet evaporated milk |
| 2 large eggs, beaten | ½ teaspoon ground nutmeg |
| ¼ teaspoon salt | |
| 1 (9-inch) unbaked pie shell or 9-inch deep-dish frozen pie shell | |

Preheat oven to 350-degrees.

Boil potatoes in jacket in distilled water until done (about 20-30 minutes). Pour off water. Peel. Slice and mash potatoes. Add butter, milk, sugar, cinnamon, nutmeg, and allspice. Beat with an electric mixer until smooth. Add vanilla and stir into mixture. Pour into uncooked pie crust and bake (50-60 minutes) at 350-degrees or until knife inserted in center comes out clean. Pie will puff up as it cooks, but sink down as it cools. Cool pie.

Makes 8 slices

Irene's Sweet Potato Pie



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|--|-------------------------------------|
| 5 medium sweet potatoes, cooked whole in jackets | ¾ teaspoon cinnamon |
| 1¼ cups sugar | 3 medium eggs |
| ½ teaspoon ground nutmeg | 1 stick Land O'Lakes butter, melted |
| 2 tablespoons pure vanilla extracts | ¾ cup cinnamon |
| 1-2/3 cups Pet evaporated milk | |
| 2 cups distilled water to boil potatoes | |

Preheat oven to 350-degrees. Boil potatoes in jackets. Remove from jackets, and mix all ingredients together using electric mixer until smooth. Pour into 9-inch pie shell and bake at 350-degrees (about 50-60 minutes) or until pie center is baked (when a toothpick inserted comes out clean).

Makes 8 slices



Desserts

Honey Island Buttermilk Sweet Potato Pie

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|--|----------------------------------|
| 2 tablespoons fresh lemon juice | ¾ teaspoon freshly grated nutmeg |
| ¾ teaspoon ground cinnamon | ½ teaspoon kosher salt |
| 3 large egg yolks | 3 large egg whites |
| ¾ cup sugar | ¾ cup buttermilk |
| 2 tablespoons Pillsbury all-purpose flour | 2 cups whipping cream (optional) |
| 3 cooked sweet potatoes, peeled and chopped into ½ inch dice | |
| 4-1/8 tablespoons Land O'Lakes unsalted butter, melted | |
| 1 (9-inch) pie crust | |

Preheat oven to 350-degrees.

In a large bowl, add cooked sweet potatoes and mash to a smooth puree using an electric mixer. Add butter, lemon juice, nutmeg, cinnamon, and salt, mixing thoroughly with a wooden spoon. Beat egg yolks slightly in a small bowl, then add sugar and beat until mixture is a creamy yellow color (about 1½ minutes). Add yolk mixture to sweet potato mixture and stir with a wooden spoon until mixture turns bright orange. Add flour slowly, stirring with each addition until all is combined. Stir in buttermilk. In a medium bowl, beat egg whites until soft peaks form (about 1½ minutes). Gently fold egg whites into sweet potato mixture with a wooden spoon. Pour into Honey Island Pie Crust (see next recipe) and bake until the center is firm (about 40-50 minutes) at 350-degrees. Cool and serve with whipped cream if desired.

Makes 8 servings

Honey Island Pie Crust

- | |
|---|
| 1½ cups Gold Medal all-purpose flour, plus extra for dusting |
| 1 tablespoon sugar |
| ½ teaspoon salt |
| 2-4 tablespoons iced distilled water |
| 4 tablespoons Crisco lard, chilled and cut into small pieces (or can use vegetable oil) |
| 4 tablespoons Land O'Lakes butter, cold, cut into small pieces |

Preheat oven to 325-degrees. In a medium bowl, mix together sifted flour, sugar, and salt. Top with lard and butter. Refrigerate (30 minutes). Cut lard and butter into flour mixture with a pastry cutter or fingers until mixture forms coarse crumbs. Add 2 tablespoons of the iced distilled water and toss with a fork. Add more iced water, 1 teaspoon at a time, until dough holds together when pinched. Shape into a disc and wrap in plastic; refrigerate (30 minutes). Turn dough out onto a lightly floured surface and roll out, using a floured rolling pin, making a 12-inch circle. Fit into a 9-inch pie plate and crimp edges with fingers. Bake (15 minutes). Prick bottom with fork and bake another 8 minutes or until brown but not over-cooked.

Makes one 9-inch pie crust

Desserts



Audubon Park Banana Cream Pie

- | | |
|--|--|
| 1¼ cups graham cracker crumbs | ¼ teaspoon cinnamon |
| ½ cup dark brown sugar, packed | 8 ounces Philadelphia cream cheese, softened |
| 1 teaspoon lemon zest, finely grated | 1 cup heavy cream, chilled |
| 4 teaspoons dark Bourbon | 4 firm ripe bananas |
| 5 tablespoons Land O'Lakes unsalted butter, melted | |

Crust: Preheat oven to 350-degrees. In a bowl, combine graham cracker crumbs, butter, cinnamon, and 2 tablespoons brown sugar, stirring with a fork until mixed well. Set aside 1 tablespoon of crumb mixture for garnish and press remaining crumb mixture into a 9-inch pie pan evenly to form a crust. Bake crust (10 minutes), and cool completely on rack.

Beat together cream cheese, lemon zest, and remaining brown sugar using an electric mixer at high speed until fluffy (about 1 minute). Beat heavy cream and Bourbon together in a separate bowl at medium speed until it forms and holds soft peaks. Thinly slice bananas and arrange them evenly over crust bottom. Spread cream filling over top. Spread Bourbon and heavy cream on top of cream filling. Bake 12-15 minutes. Sprinkle reserved graham cracker mix over top of pie. Refrigerate about 1 hour before serving.

Makes 8 servings



Toastmaster Pauline Carr's Lemon Delight

- | | |
|-------------------------------|--|
| 2 (10-inch) pie shells, baked | 3 (14 ounce) cans sweetened condensed milk |
| 10 egg yolks | 12 large lemons squeezed and juice put to the side |
| Yellow food coloring | Whipping cream, whipped |
| Extra lemon slices to garnish | Grate one lemon skin and reserve |

Bake pie shells and cool. Whip egg yolks thoroughly. Add condensed milk. Add the lemon juice to the egg mixture and blend thoroughly. Add the grated lemon skin. Stir in a few drops of yellow food coloring. Pour into pie shells and smooth. Place in freezer for three hours. Before serving, cover top of pie with whipped cream if desired and garnish with extra lemon slices.

Makes 16 slices

Desserts



Neville's Blackberry Cobbler

Pastry

- 2¼ cups Pillsbury plain flour, sifted
- ¾ cup Crisco lard
- ¼ cup light cream (to brush on top of crust)

- ½ teaspoon salt
- ¼ cup granulated sugar
- 4-8 tablespoons cold distilled water

Filling

- 5½ cups fresh blackberries
- 1 cup granulated sugar

- 4 slices Land O'Lakes salted butter
- 2½ teaspoons cornstarch

Preheat oven to 425-degrees.

Combine flour and salt in a large bowl. Add lard using a pastry cutter until mixture is fine. Sprinkle distilled water into the mixture and mix through. Make dough into a ball and divide in half. Roll half of the mixture out with a rolling pin and line the bottom of an 8x8x2 inch baking pan. Sprinkle about 3 teaspoons of sugar over the dough and cover with wax paper and refrigerate. Place the other half of dough in refrigerator also.

Combine filling ingredients in a bowl and toss lightly. Roll out the second half of dough. Place filling in the dough-lined pan and place the second rolled-out dough on top. Seal to bottom half of dough in pan with a fork, pressing edges. Place slits in top of the dough. Brush the light cream on top of the dough and bake cobbler at 425-degrees (40-45 minutes). Sprinkle sugar on top when removing the cobbler from oven. Let cool, and eat.

Make 8-10 servings



Aunt Enez's 3 Layer Yellow Cake

- 3 cups of Swans Down cake flour
- 4 eggs
- 1 cup of buttermilk
- 1 teaspoon pure vanilla

- 2½ cups sugar
- 2½ sticks of softened butter
- ½ teaspoon of baking soda

Preheat oven to 350-degrees.

Place sugar and flour in mixing bowl, alternating and stirring after each portion. Add baking soda. Mix all together with a cooking (large) spoon. Then add eggs one at a time, beating with electric mixer after each addition. Add butter and beat well. Add buttermilk slowly as you beat on low speed until mixture is a smooth texture. Add vanilla and stir into mixture with a cooking spoon until it is blended. Pour into three 8-inch round cake pans. Bake on 350 about 30-40 minutes or until a toothpick inserted in the middle of the cake comes out clean. Let cool and serve with Enez's Creamy Icing. Enez's Creamy Icing page 356



Desserts

West Bank Cinnamon Peach Treat

2 (1 pound) packages frozen sliced peaches
 3/4 cup granulated sugar
 1 1/2 teaspoons ground cinnamon
 1/2 cup Land O'Lakes butter, melted
 1/3 cup Gold Medal all-purpose flour
 1 1/2 cups Gold Medal all-purpose flour

1/4 teaspoon salt
 1/2 cup crushed pecans
 1/2 cup old-fashioned rolled oats
 1/2 cup light brown sugar
 Vanilla ice cream (to top treat)

Preheat oven to 400-degrees.

Place peaches, 3/4 cup granulated sugar, 1/3 cup flour, and 1 teaspoon cinnamon in a bowl and combine. Pour mixture into a greased, shallow 1 1/2 quart baking dish and bake (15 minutes). In a bowl, combine pecans, oats, brown sugar, 1 1/2 cups flour, remaining cinnamon, and salt. Mix by hand until crumbs form. Remove peach mixture from oven and stir; sprinkle with crumb mixture. Bake until bubbly (about 30 minutes). Cool and serve with ice cream or a dollop of whipped cream.

Makes 8-10 servings



Violet Peach Cobbler

3/4 stick Land O'Lakes butter
 1/2 teaspoon nutmeg
 4 cups fresh sliced peaches (about 10)
 2 teaspoons pure vanilla extract
 1/3 cup Crisco shortening
 1/3 cup distilled water

3 tablespoons Pillsbury plain flour
 1/2 cup distilled water
 1 cup sugar
 1 1/4 cups Pillsbury self-rising flour
 1/3 cup Pet evaporated milk

Preheat oven to 400-degrees. Grease a 2-quart baking dish. In a saucepan, melt butter over medium heat. Add plain flour and nutmeg, and stir. Add 1/2 cup distilled water. Stir in peaches, 3/4 cup sugar, and vanilla. Boil (about 1 minute). Remove from heat. Pour into baking dish and set aside. In another bowl, combine self-rising flour and 2 tablespoons sugar. Cut shortening into flour/sugar mixture with a pastry cutter until crumbly. Add to peach mixture, stirring in to mix together until blended. Save 1/4 of dough for topping strips. In a bowl, mix evaporated milk and 1/3 cup distilled water and stir until mixture is moist. Pour into the greased baking along with the peach mixture. Roll dough for strips into a ball, and then roll dough out on a floured surface. Cut dough into 2-inch strips and place on top of cobbler mixture. Bake (30-45 minutes) or until crust browns.

Makes 8-10 servings

Desserts



Decatur Street Praline Candy

4 1/2 cups sugar
 1 can condensed milk
 2 tablespoons Land O'Lakes butter
 6 cups shelled, cleaned, chopped pecans
 3 sheets of wax paper, butter paper

4-1/8 tablespoons white Karo syrup
 1 can Pet evaporated milk
 1/2 - 3/4 teaspoons pure vanilla extract
 1 tablespoon Pillsbury plain flour

Mix sugar, flour, and Karo syrup in a saucepan and heat over medium heat until sugar melts. Add condensed milk, stirring constantly, then add evaporated milk gradually to hot mixture; cook until mixture is creamy. Add butter, pecans, and vanilla. Stir over low heat until the mixture thickens, being careful not to burn it. Quickly drop a tablespoon full of hot mixture onto wax paper and spread out to make candy. Let cool and store candies in air-tight container.

Makes about 20 3-inch pralines



River Road Gingerbread

2 1/2 cups Pillsbury all-purpose flour
 1-1/8 teaspoon ground cinnamon
 1/2 teaspoon salt
 2/3 cup brown sugar
 3 tablespoons grated, fresh ginger
 1 stick Kerry Gold unsalted butter, softened
 1 teaspoon butter for greasing baking pan

1 teaspoon Arm & Hammer baking soda
 1/4 teaspoon ground nutmeg
 1 cup molasses
 2 eggs
 2/3 cup hot distilled water

Preheat oven to 350-degrees. In a medium bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Beat well. In a separate bowl, combine molasses, butter, brown sugar, eggs, and ginger. Mix at medium speed with an electric mixer until thoroughly mixed. Reduce mixer speed to low and slowly add flour mixture, beating until smooth. Add hot distilled water and continue to mix until all ingredients are mixed well. Pour batter into a greased 9-inch square baking pan and bake 1 hour or until toothpick inserted comes out clean.

Makes 8-10 servings

Desserts



Belle Chasse Blueberry Pudding Cake

- | | |
|--|---------------------------------------|
| 1/3 cup sugar | 1/4 cup distilled water |
| 1 tablespoon fresh lemon juice | 1 teaspoon cornstarch |
| 1 cup Gold Medal plain flour | 1 3/4 teaspoons Calumet baking powder |
| 1 teaspoon salt | 1 large egg |
| 1/4 cup Pet evaporated milk | 1/4 cup distilled water |
| 1 teaspoon pure vanilla extracts | 2 cups fresh blueberries |
| 1/2 cup sugar | Butter for greasing pan |
| 1 stick Land O'Lakes unsalted butter, melted & cooled slightly | |

Preheat oven to 375-degrees. Grease a 9-inch square baking pan with butter. Combine 1/3 cup sugar with water, lemon juice, and cornstarch in a small saucepan, stirring; stir in blueberries. Bring to a simmer, stirring continuously (about 3 minutes) and remove from heat. Blend together flour, baking powder, salt, and remaining 1/2 cup sugar in a medium bowl. Combine egg, milk, melted butter, and vanilla in a large bowl. Add flour mixture, blending until ingredients are mixed together. Spoon batter into baking pan; spreading evenly, and then pour blueberry mixture into batter. Mix in well. Bake on center rack. About 45 minutes; or until a toothpick inserted into center of cake comes out clean. Cool in pan on rack for 5 minutes before serving.

Makes 8-10 servings

Enez's Creamy Icing

- | | |
|------------------------------------|---------------------------|
| 1 box 16xx confectionary sugar | 1/2 cup butter |
| 6 teaspoons of Pet evaporated milk | 1/2 teaspoon pure vanilla |
| 1/2 cup pecans, chopped | |

Pour confectionary sugar into bowl; add butter, milk, and pecans. Mix on high speed until it looks shiny (about 2 minutes). Add vanilla, folding into batter. Ice cooled layers of cake and EAT UP!

Makes 16 slices

Desserts



Happy Jacks Apple Tarts

- | | |
|--|------------------------------------|
| 6 medium apples (preferably red) | 1/2 cup distilled water |
| 1/2 cup granulated sugar | 1/2 vanilla bean; split lengthwise |
| Pillsbury flour (for dusting) | Butter for greasing baking sheets |
| 1 1/2 tablespoons Land O'Lakes unsalted butter, melted | |
| 1 (17 1/4 ounce) package frozen puff-pastry sheets, thawed | |

Preheat oven to 400-degrees. Grease two large baking sheets with butter. Peel apples, reserving skins; place apples and skins in separate bowls. Stir together water and 6 tablespoons sugar in a heavy 1-quart saucepan; scrape seeds from vanilla bean and add pod. Add reserved apple skins and bring to a boil, stirring until sugar is dissolved. Remove from heat and let stand 10 minutes. Pour through a medium mesh sieve into a bowl, pressing hard to extract maximum juice. Discard solids, keeping syrup.

Roll out one pastry sheet into a 10-inch square on a lightly floured surface with a lightly floured rolling pin. Cut pastry square in half and transfer both pieces to one of the greased baking sheets. Repeat with the second pastry square, transferring pieces to remaining greased baking sheet. Halve apples lengthwise and core with a melon ball cutter or a small spoon and cut into very thin slices (1/8 inch thick or less) while keeping apple halves intact. Fan apple slices slightly, keeping apple shape, then arrange three halves in a row on each piece of pastry, leaving a 2/3-inch border on all sides. Brush border lightly with syrup and fold over about 1/3-inch to touch edges of apples. Crimp edges with a fork, then brush apples and edges of pastry with syrup. Reserve the remainder syrup.

Brush apples completely with butter, and then sprinkle evenly with remaining 2 tablespoons of sugar. Bake tarts on rack placed in upper and lower thirds of oven (20 minutes), then switch position of baking sheets and reduce temperature to 375-degrees. Bake tarts until edges are golden. (About 15-20 minutes more). While tarts bake, boil remaining syrup over moderate heat until reduced to about 1/4 cup for 30 seconds to 1 minute. Let tarts stand after removing them from the oven (5 minutes), then brush apples with remaining syrup.

Makes 10-12 servings

Desserts

Doc. Beal's Banana Pudding

- | | |
|--------------------------------------|---------------------------------|
| 1½ cups sugar | ¼ cup plain flour |
| 1½ cups Pet evaporated milk | |
| ½ stick Kerry Gold butter | 3 eggs |
| 2½ teaspoons pure vanilla extracts | 4-6 real ripe bananas |
| 2½ cups Nabisco Nilla Vanilla wafers | Butter for greasing baking dish |
| 2 teaspoons sugar | |



Preheat oven to 400-degrees. Separate egg yolks and whites, and place in different bowls. Grease a 3-quart baking dish with butter. Mix together flour and sugar in a bowl. Heat milk in a small saucepan; stir in the butter, and then the sugar and flour mixture slowly, until butter is melted. Beat egg yolks and gradually stir into the heated butter, sugar, flour mixture, adding a little at a time so eggs will not curdle. Stir, cooking until mixture thickens for the custard. Remove from heat and stir in vanilla. Thinly slice bananas and place in bottom of baking dish, followed with a row of vanilla wafers. Top wafers with the custard mixture. Alternate bananas, wafers, and custard until all are used.

Topping for Banana Pudding

Beat egg whites from above and 2 teaspoons sugar with electric mixer until egg whites are stiff. Spread over pudding and bake on broil about 2 minutes or until the white topping is lightly browned.

Makes 8-10 servings



Aunt Marylue's Bread Pudding

- | | |
|--|-----------------------------------|
| 1 loaf stale French bread | 2 cups sugar |
| 2 (8 ounce) cans Pet evaporated milk | 1 can (16 ounces) distilled water |
| 3 large eggs | 1 (16 ounce) can fruit cocktail |
| 3 tablespoons pure vanilla extracts | 1 tablespoon nutmeg |
| 1½ tablespoons cinnamon | ½ cup raisins |
| Enough warm distilled water to cover bread | |

Break French bread into pieces over large bowl, and pour warm water over it to cover. Let stand (1 hour). Squeeze water out of bread by hand. Add evaporated milk and 16-ounce can of distilled water. Beat eggs, add to mixture. Stir well. Mixture will be soupy. Add fruit cocktail, vanilla, nutmeg, cinnamon, and raisins; bake at 350-degrees (about 60-70 minutes) or until middle of pudding bubbles. Serve with ice cream of your choice.

Makes 8-10 servings

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Desserts



Aunt Marylue's Rum Bread Pudding Sauce

- | | |
|----------------------------------|-----------------------------|
| 1 cup milk | 1 stick Land O'Lakes butter |
| 1 cup sugar | 1 tablespoon orange juice |
| 1 tablespoon lemon juice | 1 egg |
| 1 teaspoon pure vanilla extracts | 2 tablespoons rum |

Melt butter in a saucepan over low to medium heat; add milk, sugar, orange juice, and lemon juice, stirring as you add each. Add vanilla and continue stirring; add rum and stir until smooth. Pour over bread-pudding and serve.

Makes 8-10 servings

Mardi Gras Bread Pudding

- | | |
|-------------------------------------|---|
| 2 dozen glazed donuts | 3 eggs, beaten |
| 1 can of condensed milk | 2 teaspoons pure vanilla extract |
| ¾ stick Land O'Lakes butter, melted | 2 teaspoons cinnamon (or enough to taste) |
| 1 large can fruit-cocktail | |



Preheat oven to 350-degrees. In a large bowl, mix ingredients beginning with beaten eggs, adding condensed milk slowly. Add vanilla, butter, and cinnamon, tasting as you go for desired flavor. Add fruit cocktail to mixture and stir. Tear doughnuts into small pieces and place in a 13x9-inch glass baking pan. Pour mixture over donuts. Bake 30 minutes. If necessary, continue baking at 5 minute increments until done.

Makes 10-12 servings

Mommy Carmen's Famous Peanut Butter Cookies

- | | |
|---|---------------------|
| 2½ cups plain flour | ½ teaspoon salt |
| ½ teaspoon baking soda | 1 cup peanut butter |
| 1 cup butter | 1 cup white sugar |
| 1 cup brown sugar | 2 eggs |
| 1 teaspoon vegetable oil for oiling cooking sheet | |

Preheat oven to 375 degrees. In a bowl, mix flour, salt, and baking soda. In a separate bowl, mix butter, eggs, and peanut butter. Add brown sugar and white sugar to peanut butter mixture. Mix well. Stir flour mixture into peanut butter mix. Using a teaspoon, drop dough and flatten with fork on a lightly oiled cookie sheet. Bake on medium heat (about 375 degrees) for 10-15 minutes. Remove from oven and let cool before serving.



Makes about 24 cookies

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Ice Cream and Dessert Toppings



The sauces can be served on ice cream, pound cake, pancakes, and waffles.

Monica's Peach, Lime and Cardamom Sauce

- | | |
|---|------------------------------|
| 1 tablespoon fresh lime juice | 1 cup distilled water |
| 3/4 cup of sugar | 1/2 teaspoon ground cardamom |
| 4 fresh peaches, peeled, halved, pitted and thinly sliced | |

In a medium bowl, combine lime juice and peaches; toss to coat. Add water, sugar, and cardamom to peach mixture. Place mixture in saucepan over medium heat, and cook until sugar dissolves. Increase heat and boil until syrup is reduced to 1/3 cup (about 8 minutes), stirring and often. Cover and chill. Sauce can be made one day in advance of serving if it is stored and covered in refrigerator.

Makes 2 cups

Ice Cream and Dessert Toppings



The sauces can be served on ice cream, pound cake, pancakes, and waffles.

Napoleon Nectarine-Red Wine Sauce

- | | |
|--|------------------------------------|
| 1/2 cup dry red wine | 1 cup sugar |
| 1/2 cup distilled water | 1 (3-inch) cinnamon stick |
| 1 (3 x 1/2 inch) strip lemon peel | 1 (3 x 1/2 inch) strip orange peel |
| 4-5 fresh quartered unpeeled nectarines cut into cubes | |

In a medium saucepan, combine wine, water, sugar, cinnamon stick, lemon peel, and orange peel. Stir over medium heat until sugar dissolves. Increase heat and boil until mixture becomes syrup (about 1 minute). Reduce heat and add nectarines; simmer until nectarines are tender but retain their shape (about 10 minutes). Cool in a serving bowl; cover and chill. Sauce can be made up to one day in advance of serving.

Makes 4 cups



Buras Dark Carmel Sauce

- | | |
|------------------------------|-------------------------|
| 2-1/8 cups sugar | 1/2 cup distilled water |
| 1/8 cup heavy whipping cream | |

Combine sugar and water in a heavy, deep saucepan. Stir over medium heat until sugar dissolves. Bring syrup to a boil, occasionally brushing down interior sides of the pan with a moistened pastry brush. Boil without stirring until syrup becomes a dark amber color (about 13 minutes), swirling pan occasionally. Remove from heat and stir in heavy whipping cream until mixture bubbles. Cool, cover, and chill. Sauce can be made up to three days in advance of serving; store covered in refrigerator.

Makes 2 cups

Desserts/Ice Cream

Peach Swamp Ice Cream

2 cups whole milk	1/3 cup honey
3/4 cup fresh peaches	5 large egg yolks
1/2 cup sugar	1 cup heavy cream

In a medium cast-iron saucepan, combine milk and honey. Bring to a low boil over medium-high heat; remove from heat and cover. In a bowl, combine egg yolks and sugar. Using an electric mixer beat on medium-high speed until very thick. Bring honey mixture to a simmer over medium-low heat, stirring constantly. Add half of the hot honey/milk mixture to the yolk mixture; mix well. Pour mixture back into saucepan, add other half of honey/milk mixture, and cook over low heat, stirring constantly, until the mixture coats a wooden spoon. Remove from heat, stir in cream. Let stand until cool, stirring occasionally. Add mixture to an ice cream maker and freeze according to ice cream maker manufacturer's instructions. Great served with Conjetta's Pound Cake.

Makes 10-12 servings



Wayne's Hollygrove Peach Ice Cream

2 cups whole milk	1 teaspoon pure vanilla
4 egg yolks, beaten	1/2 cup fine sugar
1/2 teaspoon salt	1 quart Pet evaporated milk
3 cups fresh peaches (very ripe)	1 3/4 cups sugar

Aluminum bowl with ice cubes

Scald whole milk in a cast-iron saucepan on stove by heating on medium heat (about 5-10 minutes), stirring constantly. Add vanilla. Do not boil. In a separate small bowl, beat yolks of eggs with fine sugar and salt. Pour evaporated milk into the yolk mixture, stirring constantly. Add egg yolk mixture over medium heat to milk mixture and cook until it all heats up (about 3 minutes). Next, place pan with hot mixture into ice water to halt the cooking process. Pour mixture into ice cream maker and follow manufacturer's directions. As mixture hardens (about 30-35 minutes), add peaches and 1 3/4 cups sugar mixed together. Fold into custard mixture and freeze until mixture is completely churned and ready. Serve with Mommy Carmen's Famous Peanut Butter Cookies.

Makes 10-12 servings

Desserts/Ice Cream



Je'an Lafitte Watermelon Sorbet

5 pounds of peeled watermelon, seedless	1/4 cup finely granulated sugar
1/2 cup Karo white corn syrup	1 teaspoon lime juice
Pinch of salt	1 teaspoon fresh grated lime peel

Cut watermelon into small chunks to make about 6 cups. In a blender, add lime juice and puree watermelon to make 4 cups puree. Transfer 1 cup watermelon puree to a saucepan; add sugar, salt, and lime peel. Bring to a simmer over medium-low heat, stirring until the sugar dissolves. Add salt. Pour remaining 3 cups of watermelon puree into the hot mixture. Add corn syrup and blend with a whisk until well blended. Pour mixture into a 9-inch cake pan and freeze at least 4 hours until firm. Once frozen; let mixture soften at room temperature (5 minutes). With a butter knife, carefully break up the frozen mixture into 2-inch pieces. Place pieces in a food processor in batches, and pulse until smooth. Sorbet can be stored in a freezer-safe container for up to a week. Before serving, let stand for 5 minutes.

Makes 1 quart



Aunt Grace's Homemade Vanilla Ice Cream

2 cups milk	1 vanilla bean, split and seeds scraped out
4 large egg yolks, beaten	1 cup granulated sugar
1/4 teaspoon salt	1 tablespoon pure vanilla extract
1 quart heavy cream	

Collect seeds from the vanilla bean, and then discard the pod.

Mix all ingredients and beat well using an electric mixer about 5-10. Place ingredients in ice cream maker and follow manufacturer's instructions.

To make Peach Ice Cream:

3 cups fresh peaches, cut up and crushed with potato masher
1 1/2 cup sugar

Sprinkle peaches with the sugar after they are peeled and crushed. When the ice cream mixture begins to freeze, spoon in the peach mixture and follow manufacturer's instructions to freeze ice cream.

Makes 1 quart

Syrups & Sugars



Sugar is used mostly in baking. It adds flavor and sweetness, creates fine textures and tenderness, provides pie crust with its color, retains moisture to enhance keeping qualities, and combines with fats to act as creaming agents.

Granulated sugar is also known as regular sugar. Fine granulated sugar and table sugar are the most commonly used types of sugar. Very fine and ultra-fine granulated sugars are best used for cakes and cookies. They make a more uniform batter.

Confectioner's sugar or powdered sugars are sugars that are ground to a fine powder and mixed with small amounts of starch to avoid caking. They are classified according to their coarseness and fineness:

10X is the best and gives icings their smooth textures.

6X is the standard confectioner's sugar, and can be used in cream fillings, icings, and toppings.

4X and XX are coarser types of confectioner's sugar, and they are used for dusting on cakes, pies, and cookies.

Molasses and brown sugar are closely related; both contain acids and can be used with baking soda to achieve leveling. Molasses is the concentrated juice from sugar cane. Sulfured molasses is a by-product of sugar refining; unsulfured molasses is a specially manufactured sugar.

Brown sugar is made up mostly of sucrose, but also contains molasses.

Since molasses retains the moisture in baked goods, it prolongs freshness. Molasses in brown sugar gives soft cookies their texture.

Corn syrup is a liquid sweetener that consists mostly of sugar glucose. It is made by converting cornstarch into sugar. Corn syrup also retains moisture and can be used in some icing and in making candy.

Syrups & Sugars

Recipes

Serve these syrups with coffee, tea, waffles, pancakes, and drizzle them over ice cream, sherbet, or even a cocktail. Syrups will keep up to 2 weeks in a tightly covered jar. For additional ice cream and dessert toppings, see the Dessert section.



Jeanerette Cherry Syrup

4 cups fresh sour cherries, pitted
¼ cup distilled water

¾ cup sugar
pinch of salt

Boil cherries and sugar in water, using a cast-iron saucepan. Add a pinch of salt and continue boiling, stirring occasionally (about 10 minutes). Strain through a mesh sieve, pressing gently on the pulp to extract all liquid. Cool, and then chill in a covered dish. Drizzle over vanilla ice cream.

Makes 1 cup syrup



Cousin Henrietta's Mango Lime Syrup

2 (1 pound) mangos, chopped to make 4 cups
½ cup distilled water

¾ cup sugar
2 tablespoons fresh lime juice

Make sure your mangos are ripe and juicy. Add mangos (minus the seed) to your food processor and pulse until finely chopped. Place chopped mangos and their juices in a saucepan, adding sugar and water, and bring to a boil. Stir until sugar is dissolved, then reduce heat to simmer. Simmer covered, stirring occasionally (about 30 minutes) or until fruit becomes very soft. Add lime juice and stir thoroughly. Strain through cheesecloth. Cool, and then chill in a covered container. Stir a teaspoon of this tasty treat into cocktails.

Makes 1¼ cups

Syrups & Sugars



Chalmette Blueberry Blackberry Syrup

2 cups fresh blueberries
1 cup sugar
1 (3 inch) cinnamon sticks
Pinch of salt

2½ cups fresh blackberries
½ cup distilled water
1 whole clove

In a heavy saucepan, combine berries, sugar, water, spices, and pinch of salt. Bring to a boil, stirring until sugar dissolves. Reduce heat and simmer, uncovered, until fruit is very soft (about 15-30 minutes), stirring occasionally. Strain through a mesh sieve into a bowl, pressing on pulp to retrieve maximum juice. Cool, chill in covered container. Great served over warm waffles or pancakes.

Makes 1¾ cups



Rice & Grain

Rice is a staple in recipes from New Orleans and Southern Louisiana.

Types of Rice and Their Characteristics

Regular White Rice

Regular white rice has been milled to remove the outer bran coating. While this process removes some vitamins and minerals, it produces white, lighter-texture rice that most people like.

Enriched rice has a coating of vitamins added to make up for some of the nutrients lost in the milling process.

Short-grain and **medium-grain** rice have small, round kernels that become sticky when cooked. They are used in most puddings. Short-grain rice or regular boiled rice is used in Japanese recipes for everyday meals and for sushi.

Long-grain rice has long, thin grains that stay separate and fluffy when cooked. It is used in side dishes, entrees, and casseroles.

Parboiled or Converted Rice

These are specially processed long-grain rice's that have been partially cooked under steam pressure, re-dried, and then milled. They have a high vitamin and mineral content when cooked.

Parboiled rice is the most widely used in Southern Louisiana cooking. The grains remain firm, separate, light, and hold well without becoming mushy or sticky.

Converted rice requires a little more liquid and cooking time.

Instant Rice

Instant rice has been precooked and dried so that it can be prepared quickly.



Rice & Grain

Brown Rice

Brown rice has had the bran layer left in place, which gives it a light brown color and slightly coarse, crunchy texture with a nutty flavor. Brown rice can be short, medium, or long grain. It takes twice as long to cook as white rice.

Tip: To keep rice from sticking, add a few drops of lemon juice to rice as it simmers.

Specialty Rice

Many different types of rice are used in international cooking. Perhaps the most widely used is **Arborio rice**, which is one of several varieties of Italian short-grained rice that are essential for making the highest-quality risotto.

Basmati rice is extra-long grain rice with a unique nutty flavor. Basmati rice is used often in India and surrounding countries.

Jasmine rice is long-grain rice from Thailand. Jasmine rice is fragrant, much like basmati rice but more delicate.

Wehani rice is also aromatic rice. It has a red coloring and a rich earthy flavor.

Glutinous rice is sweet tasting, short-grain rice used in Chinese and Japanese recipes. Glutinous rice, however, is not the rice used in sushi; sushi is made with regular Japanese short-grain rice.

Washing Rice

Regular rice can be rinsed in cold water before boiling or steaming to remove excess starch.

Note: *The American rice industry recommends not washing rice because it removes some of the vitamins coating from enriched rice.*

How to Store Rice

Keep raw rice at room temperature in a tightly sealed container. White rice will keep for many months, while brown rice does not last as long.



Rice & Grain

Grains & Grain Products

Wild rice is not really rice. It is harvested from a certain kind of grass native to North America. The grains are long, slender, hard and dark brown or nearly black in color. Wild rice has a unique, nutty flavor. Always wash wild rice before cooking. To prepare wild rice, simmer it in three times its volume in water. The grains will burst open during the cooking process.

Barley or **pearl barley** is milled to remove the outer layer of bran. It is used extensively in soups, and can also be cooked like pilaf and served like rice. Barley has a longer cooking time than rice.

Wheat Products

Cracked wheat is actually whole-wheat grains that have been cut into smaller pieces. It can be cooked like pilaf.

Bulgar is a type of cracked wheat that has been partially cooked or parched. Bulgar is available in coarse, medium, and fine grain. Its cooking time is shorter than regular cracked wheat. It can be served cold, mixed with lemon juice, fresh herbs, olive oil, and chopped scallions.

Whole wheat berries are the whole grain without the hulls. Soak whole wheat berries overnight to reduce the cooking time to about an hour; it can be cooked by boiling or simmering.

Couscous (pronounced koose koose) is not a grain, but actually a type of granular pasta made from wheat. To cook couscous, soak and then steam.

Specialty Grains

Kasha is whole buckwheat groat (groat is popular in Jewish and Eastern European cooking). Kasha comes cooked, like pilaf.



Rice & Grain

Corn Products

Creole and Cajun cooking came alive when using **polenta** (an Italian style cornmeal).

Hominy is corn that is treated and processed to become grits; it is a Southern staple.

Native Americans cultivated early varieties of corn, including blue corn, which is most often available as **blue cornmeal**.

Pazole is whole grain hominy used in many Mexican dishes. When using, hominy it must be simmered for several hours.

How to Cook Fried Rice

Ingredients

½ pound cooked chicken or meat of your choice cut into shreds	
2 pounds rice, cooked and cold	2-4 ounces canola oil
½ pound soaked seafood, flaked or sliced	2-4 eggs, beaten
½ ounce scallions, sliced thin	½ pound veggies of your choice, small diced
2-4 ounces soy sauce, optional	Salt to taste

Procedure

1. Break up the rice to remove all lumps.
2. Divide the rice and other ingredients into two or more batches, depending on the size of the pan or wok. Do not prepare more than 1-2 pounds of rice at one time. If you fry too much at once, it will not fry properly.
3. Heat a small amount of oil in the wok. Add the meat and stir-fry for 1-2 minutes.
4. Add the scallions and stir-fry for 1 minute.
5. Add any raw vegetables and stir-fry until almost done.
6. Add the rice and stir-fry until it is hot and lightly coated with oil.
7. Add any cooked vegetables and mix in.
8. Add soy sauce, if used, and salt.
9. Add beaten egg and mix in. Stir-fry lightly to cook the egg, and then serve.



Rice & Grain

Variations for Fried Rice

The quantities given in the basic recipe are only guidelines, but rice should be the predominant ingredient. You can omit the meat or seafood items. For plain fried rice, you can omit the vegetables, too.

Eggs can be omitted, or they can be added to fried rice in several other ways:

1. Remove the meat and vegetables from the pan after they are cooked. Add the egg to the pan and scramble. Add the rice, return the meat and vegetables to the pan, and continue with the recipe.
2. Referring to Step 9 in the procedure instructions, push the rice to the sides of the pan. Add the egg to the well in the middle. When it starts to set, gradually mix in the rice.
3. Cook scrambled eggs separately and add to the rice at the end.
4. Mix the raw beaten egg with the cold cooked rice before cooking.

Suggested Ingredients

Meats: Cooked pork, beef, chicken, duck, ham, bacon, and/or Chinese sausage

Seafood: Shrimp (diced or whole), crab, and/or lobster

Vegetables: Bamboo shoots, bean sprouts, celery, peas, mushrooms, onions, peppers, and/or water chestnuts.



Back-a-Town Dirty Rice

14 ounce can beef broth	1 cup long grain rice
4 tablespoons butter	1 cup chopped Creole onion
½ cup finely chopped green peppers	1 teaspoon garlic salt
½ pound cooked chicken livers, chopped	½ pound small cooked shrimp
½ pound andouille sausage sliced and diced	
½ cup distilled water	

In a pan, combine broth and rice. Cook rice according to rice instructions. Take off heat and place on side after cooking. Melt butter in a cast-iron skillet. Stir in onion; cook until soft. Fry sausage with onions until cooked. Add bell peppers; cook with onions about 1 minute. Add chicken livers; cook stirring until livers are done (about 6-8 minutes). Add shrimp and garlic salt to mixture, and cook for about 1 minute, stirring. Add rice to mixture, stirring about 2 minutes on low-medium heat. Add water as needed while mixture is cooking.

Makes 4-6 servings



Health & Beauty



*When health is absent
 Wisdom cannot reveal itself
 Art cannot become manifest,
 Strength cannot be exerted,
 Wealth is useless, and
 Reason is powerless.
 ~ Herophilies, 300*

You May Think It's a Cold ... But It May Be the Flu

If it's a cold, it may take two to three days to manifest itself. But if it's the flu, it could happen overnight. The flu can sock you between the eyes before you know it's there.

With a cold, you can usually keep moving. However, that old flu virus may make you want to stay in bed because you feel so tired and achy. With the flu, you usually end up with a cough. But with a cold, you have more sinus congestion, sneezing, and your nose may be runny. **If it's the flu, you may run a fever up to 102° but usually no fever with a cold.**

A cold may last 5-7 days but the flu may last up to 5 weeks.

When Aunt Marylue felt a cold coming on, she would pop 2-3 *zinc lozenges* for several days. She said that the lozenges stop the cold. Sometimes, she would take the herbs of echinacea along with Goldenseal for a cold. But, with the flu, she recommends seeing a doctor right away for antiviral medication.



Health & Beauty



Picking up Germs

When we use a public toilet, some of us cover the seat with toilet paper or use a toilet seat cover if available. **But guess what?** We pick up more germs from using a copy and fax machine in public places, or even the mouse to the office computer, from getting that drink from the common area water fountain, using public telephones, pushing buttons in the elevator, door handles after using public restrooms, and from that sponge we use to keep the kitchen clean. Aunt Marylue replaced the kitchen sponges weekly to help keep germs away. She also made it a habit to carry her own pen to write with, especially during travel.

The Wonders of Apple Cider Vinegar

Aunt Marylue called **vinegar** "Her Miracle." She said her mother Delia used vinegar for almost everything, from food to health. Grandma Delia used apple cider vinegar to diminish arthritis, strep throat, to lose weight while controlling the appetite, and to aid digestion.

Aunt Marylue found different ways to use vinegar. She used it for beauty treatments. She said that it removed age spots and blemishes. Also, when someone had an upset stomach, she recommended apple cider vinegar. She even used it to clean and get rid of mildew in the bathroom and kitchen.

Aunt Marylue said, "Vinegar tonic was used before biblical times by ancient healers to ensure long life, strength, and endurance." She said it was good for everything from hiccups to sunburn, and that vinegar also helps keep blood pressure and high cholesterol at bay.



Health & Beauty



Benefits of Fish

When it came to **fish**, Aunt Marylue cooked a lot of it. She believed the omega 3 content kept everyone who ate her delicious fish dishes laughing because it helped keep their mood lifted. She also said that this was another reason why her hair was so shiny and her skin remained ageless. Aunt Marylue also believed that the fish oil helped to keep her “slim and pretty” (a favorite saying she used to encourage others) because the oil help trim off body fat.



Aunt Marylue’s Teas

Aunt Marylue, a self-proclaimed “tea expert,” began her tea-making process using a sparkling clean tea kettle and boiling hot distilled water. Below is a list of her favorite health and happiness brews.

She said **Green Tea**, with its clean taste and rich immune-system-building content, has been known to help reduce cancer growth and support a good blood sugar. One of the things she really liked about teas is that most of them helped to keep her skin supple and slow the aging process. Green tea also helps digestion, boosts the immune system, and helps prevent cavities.

Rooibos, her favorite tea, was organically grown in Cape Town, South Africa. It is very low in caffeine and is filled with lots of vitamin C, making it good for improving allergies. It helped to keep her skin youthful looking and smooth, too.

She would say, “Most Americans are familiar with green tea and are not aware that Rooibus has so much more immune-system-boosting antioxidants.” She felt that it kept her teeth healthy, too.

Sweet **White Tea**, with its very low caffeine content, helped to ward off dehydration of Aunt Marylue’s body and skin. Her daily ritual of drinking the tea, she said, also kept those wrinkles away and her skin looking at least 20 years younger. It is also great for keeping the immune system strong. She sipped White Tea daily.

She referred to **Oolong** as her “diet and weight loss miracle,” even though it has about 9% more caffeine than White Tea. She also found it to be an excellent breakfast drink. She felt Oolong tea increased her metabolism while helping to reduce her cholesterol.

At the end of a long day, Aunt Marylue would pull out her organically grown **Herb Teas** such as *Peppermint*, *Chrysanthemum*, *Chamomile* or *Kukicha twig* (ban-cha). They are caffeine-free so she could enjoy a cup or two before bedtime, promoting a calming of the mind and restful sleep.



Health & Beauty



For breakfast, Aunt Marylue would linger over her much loved **Black Tea** with cream and sugar (or honey, which she preferred especially on a cool morning). She also enjoyed a slice or two of buttered toast with her morning drink. Black Tea has more caffeine than most of the other teas (about 20%), making it a good alternative to coffee drinking. Because of it being a gentle stimulant, Aunt Marylue felt that she could count on Black Tea to get her heart pumping. She believed that it helped to lower her cholesterol and blood pressure, while preventing strokes and keeping her arteries clear.

Aunt Marylue’s family has a history of high blood pressure, diabetes, and strokes. She relied on her favorite teas to help combat illnesses. She would steep Black Tea about 2-3 minutes, Green Teas about a minute (because it becomes too strong if steeped much longer). Her Herb Teas would steep about 5-6 minutes, Oolong 3-4 minutes, Rooibus about 6 minutes, and her delicate White Tea 4-5 minutes. Try Aunt Marylue’s favorite brews and for sure you will find the taste of most of them enjoyable, healthy, and beautifying.

Health Tips



Garlic

Do you know how valuable **garlic** is to our bodies? Aunt Marylue used garlic in a lot of foods she prepared. She said that it can lower blood pressure by thinning the blood, and by doing so, it lessens our risk of blood clots to prevent heart attacks.

Garlic also aids in digestion, acts as a natural antibiotic, and it can guard against fungal infections, including athlete’s foot. It also guards women against yeast vaginitis and candidiasis while improving circulation.



Olive Oil

To keep her arteries from getting clogged and her skin supple, Aunt Marylue drank a spoonful of cold pressed virgin **olive oil** almost daily.



Who Wants to Be More Beautiful?

In 2006, the American Society for Aesthetic Plastic Surgery said that 21.5% of cosmetic surgeries were performed on 19-34 year olds, and get this ... lipo was a man's thing, not baby boomers as we thought.



Want to Beat Stress?

Jog or cycle weekly, and walk 30-40 minutes every other day to beat stress. Just two or three intense workouts a week can beat stress, says Researcher Mark Hamer, PhD.

Want other stress beaters? Turn off your cell phone, and eat a handful of almonds and let the magnesium kick in.

Work & Your Weight

Our jobs can make us fat. Highly demanding jobs where we do not have much control can make us 50% more obese. If you're in these occupations, you may want to think twice: Human Resources, Finance, Education, Sales and Marketing, Medicine, Engineering, and Internet Technology. This information is based on a 19-year-long British study. They found these to be the most stressful occupations.



Aunt Marylue's Nutrients

Vitamin D

This mineral may help prevent cancer, osteoporosis, heart disease, and even type 1 diabetes.

When your body's muscles hurt and your bones ache, you may need to eat oily fish like cod, sardines, tuna, salmon, or even eggs or liver. Also, staying out in the sun up to 10 minutes, two to three times a week, can help diminish these aches.

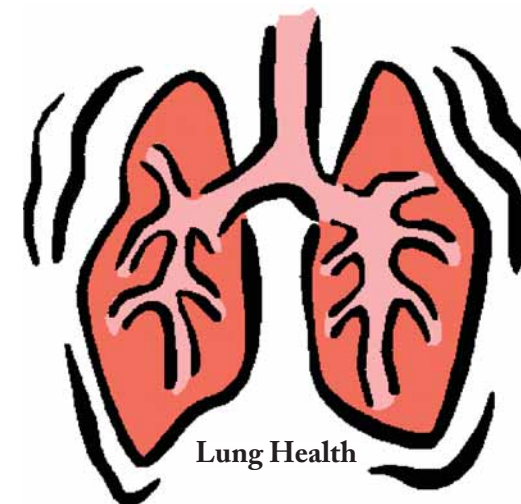


What about E?

To get more Vitamin E, eat tomato products, peanut butter, and fortified cereals.

Iron

If you become exhausted, confused in your thoughts and your immune system has become lowered, you may need iron. We can get an adequate amount of iron by eating meats, beans, nuts, and fish.



The Power of Juice

Eating more spinach, broccoli, and sprouts lowers the risk of women developing lung cancer by approximately 46%. A University of North Carolina research team found that instead of drinking soda with no nutritional value, one 8-ounce can of V-8 vegetable juice twice a day for three weeks lessened lung cell damage by 20%.

Clean Air Reduces Stress

Did you know ... we can live without eating for a few days, but we cannot live more than a few minutes without air? Inhaling fresh, clean air clears our brains by bringing oxygen in, and making us more alert and optimistic. Deep breathing, especially in fresh air, is nature's antidepressant.

Try this exercise:

Sit in a relaxed position either inside or outside. Inhale deeply and slowly through your nose. Exhale through your mouth. Relax your face as you do this. Do these exercises for a few minutes daily to help reduce stress.



Health & Beauty



Aunt Marylue's Beauty Tips



Help for Morning Eyes

Do you have those baggy morning eyes or are your allergies kicking up? Beat an egg white and dab it onto the area under the eye. Let it set for 15 minutes, and then rinse with cool water. The Vitamin B in the whites helps those bags disappear.



A Lil' Help from Lemons



The citrus acid in lemons help flush and purify the kidneys, and while we're at it, drinking lots of fresh distilled water – up to 8 glasses a day – also helps those kidneys work smoother.



Feel Brand New with a Foot Bath

Fill a large bowl half full with warm-hot distilled water or enough to place and cover both feet. Add rose petals, half cup of Epsom salt, and a few drops of peppermint oil or a cup of fresh peppermint. Let your tired feet soak while you relax in a comfortable chair for about 15 minutes. Those tired feet will feel brand new, as well as yourself.



Wrinkle Fixers

Cut back on sugar products and increase high-fiber fruits such as kiwi, berries, melons, and whole grains and root vegetables.



Health & Beauty



Aunt Marylue's All-Natural Facial



Gather these ...

- 4 ounces virgin olive oil
- Course kosher sea salt
- Distilled water
- 1 fresh ripe mango
- All-natural organic honey
- Ice cubes
- 3 white washcloths

- Cotton swabs
- Aunt Marylue's chamomile eye bouquet
- 1 fresh orange or grapefruit
- 1 fresh ripe banana
- All-natural rolled oats
- Small saucepan
- Small, clean bowl

When getting the facial ...

Lay on a flat surface, preferably a bed, or sit in a chair that goes back far enough so the face can be reclined completely. Relax, keeping legs and feet uncrossed.

Begin the facial by wiping the face and neck areas with warm virgin olive oil to clean off any traces of dirt or makeup.

To open pores: Heat a clean, white washcloth, using hot distilled water. Place on face and neck area. When washcloth cools, repeat the process three times.

Prepare the masque using the course sea salt, olive oil, and a small amount of distilled water. Rub on face being careful not to get any in eyes. Wash off using warm distilled water.

Check skin for blackheads. If found, gently squeeze them out.

Wipe face, using a washcloth soaked in warm distilled water.

Make a fruit masque using fresh ripe mango and a ripe banana by placing these in a small bowl and mashing them together. Spread on face being careful not to get any in the eyes. Leave on about 10 minutes, while relaxing in a chair or bed with eyes closed. Wash mango-banana masque off using warm distilled water and a white washcloth.

Place two chamomile tea bags in a cup of hot, distilled water. Let excess water drip off and place them on eyelids while eyes are closed.



Health & Beauty

Foods that Provide Our Nutrients

Nutrient	Where we get them	How they work
Carbohydrates	Grains (including breads & pasta) i.e.: Potatoes sugar, dried beans, & rice	Major source of energy (calories) for all body functions. They are necessary for proper utilization of fats. Fiber is important for proper waste elimination
Fats	Meats, poultry, & fish dairy products, cooking fats & shortening, salad dressings, & eggs.	These supply food energy. They supply essential fatty acids and carry fat soluble vitamins through our bodies.
Proteins	Meats, Poultry, fish, milk, cheese, nuts, dried beans, peas eggs.	They are the major building material of all body tissues, and they supply energy. They help make up enzymes & hormones that regulate body function.
Vitamin A	Liver Egg yolks, green & yellow fruit, vegetables, butter & cream.	Good for skin and mucous membranes, and they help the body to resist infection. They also promote healthy eyes and improve night vision.
Thiamin (Vitamin B1)	Pork, green vegetables nuts, legumes, whole & fortified grains.	They are used for utilization of carbohydrates for energy. They promote normal appetite and a healthy Nervous System.
Riboflavin (Vitamin B2)	Organ meats, Whole grains fortified grains, & milk products.	These help the body use carbohydrates and other nutrients. They promote healthy skin and eyes.



Health & Beauty

Foods that Provide Our Nutrients

Nutrient	Where we get them	How they work
Niacin (a B vitamin)	Liver, legumes, meat fish & poultry	They help the body to use energy in foods. They promote a healthy nervous system, skin, & aid digestion.
Vitamin B12	Found in most animal & dairy products.	They promote healthy blood & nervous system.
Vitamin C (Ascorbic Acid)	Citrus fruit, dark green leafy veggies, cantaloupe, potatoes, tomatoes, peppers, cabbage, broccoli, & berries.	These nutrients promote healing and resistance to infection.
Vitamin D	Fortified milk Sunlight exposure	They give us calcium and promote calcium absorption that help our bones, teeth, & muscle tissue to be healthy.
Vitamin E	Unsaturated fats such as vegetable oils, nuts, and whole grains.	They help to form strong bones & teeth.
Calcium	Milk products, canned fish with bones, & leafy vegetables.	These help to form strong bones & teeth. They are necessary for healthy muscles & nerves.
Iron	Liver, red meat, dried beans, egg yolks, whole grains, raisins, prunes, & leafy vegetables.	Helps form red blood cells.



Health & Beauty

Proteins

Proteins are the building blocks of the body. They are essential for growth and building body tissues. Some foods, when eaten together, supply all the amino acids our bodies need. Amino acids provide the structure of proteins. There are eight amino acids that the body cannot manufacture, and must receive from foods. Meats, poultry, fish, eggs, and Dairy are all complete proteins. Cornmeal tortillas topped with chili beans, for example, supply a complete protein meal. Beans and rice are another good example of complementary proteins.

Vitamins

Vitamins are present in foods in very small quantities. They are essential for regulating body functions. Vitamins supply no energy, but some of them must be present in order for energy to be utilized in the body. Vitamins are qualified as water soluble and fat soluble. The water soluble vitamins should be prepared and served in a form that vitamins are not absorbed into cooking water and lost. Fresh is best! Fat soluble vitamins (A, D, E, and K) can be stored in the body and do not need to be taken daily.

Minerals

Minerals, like vitamins, are also consumed in very small quantities, but are essential for regulating certain body processes. The most important minerals in the diet are calcium, phosphorus, iron, copper, iodine, sodium, and potassium.

Sodium, a form of table salt, is somewhat of a health problem because many people absorb too much. Too much sodium has been found to contribute to high blood pressure. When we are about to eat, we should taste food before adding salt. This may help many maintain a normal blood pressure.

A Must Have Home Kitchen Staple The Mortar & Pestle



One of Aunt Marylue's trusted kitchen helpers was the mortar and pestle. Aunt Marylue preferred the mortar and pestle over the coffee mill for grinding spices. She used it to grind all her spices and herbs. She said she could grind them finer with the mortar and pestle than when she used the coffee mill as a grinder. The mortar and pestle dates back over 10,000 years.

Herbs & Spices

Flavoring & Seasoning Basics

The function of spices, herbs, flavorings, and seasonings is to heighten and give extra interest to the natural flavors of foods. At the same time, your main ingredients are your main source of flavor.

The difference between seasoning and flavoring is often one of degree. Salt is usually used only to season, not to flavor. However, there are exceptions. For instance, in the case of potato chips or pretzels, the salt is so predominant that it can be considered an added flavor.

Herbs are the leaves of certain plants. **Spices** are the buds, fruits, flowers, bark, seeds, and roots of plants and trees.

A variation of some of the most widely used seasonings and flavorings:

1. **Salt** is the most important seasoning. Salt plays an important role in baking and cooking. It improves the texture of breads, and also inhibits yeast growth. The amount of salt in a recipe must be carefully controlled.
2. **Pepper** comes in three forms: white, black, and green. They come from the same berry but are processed differently. Black pepper is picked unripe. White is ripened and the hull is removed. Green peppercorns are picked unripe and preserved before their color darkens.

Whole and crushed **black pepper** is used mostly in seasoning and flavoring stocks and sauces, and sometimes red meats. Ground black pepper is used at the table and in cooking.

Ground **white pepper** is slightly different in flavor from that of black pepper. It blends well with many foods. It is usually used when cooking light-colored foods.

Green peppercorns are fairly expensive and are used in special recipes.

3. **Red pepper** or **cayenne** is completely unrelated to black and white pepper. It belongs to the same family as paprika and fresh sweet bell peppers. Used in small amounts, it gives a spicy hotness to sauces and soups without actually altering the flavor. In large amounts, it gives both heat and flavor to many spicy foods.
4. **Lemon juice** is an important seasoning. It is particularly good for enlivening the flavor of sauces, soups, and seafood.
5. **Fresh herbs** are almost usually better than dried herbs. They should be used whenever available.
6. **Onion, garlic, shallots**, and other members of the onion family, as well as carrots and celery, are used as flavorings in most kitchens.

Herbs & Spices

7. Wine, brandy, and other alcoholic beverages are used to flavor sauces, soups, and many entrees. Wines like Sherry and Madeira may be added as flavorings at the end of cooking.
8. Prepared mustard is a blend of ground mustard seed, vinegar, and other spices. It is used to flavor meats, sauces, and salad dressings, and also used as a table condiment.
9. Grated lemon and orange rinds are used in meats, sauces, and poultry, as well as in baking. The zest (colored outer portion) contains the flavorful oils of these fruits.
10. MSG or monosodium glutamate is a flavor enhancer widely used in Asian cooking. It doesn't actually change the flavor of foods, but acts on the taste buds to increase the intensity of the flavor.
11. Vanilla flavoring is usually used in baking to enhance the flavor.
12. Nutmeg is used for its distinctive flavor. Just a dash can perk up the flavor of a cream sauce without being detectable to most people. Nutmeg, vanilla, and cinnamon are the cornerstone of Aunt Marylue's sweet potato pies.
13. Mirepoix is a French culinary combination of onion, carrots, and celery. It is usually used in stocks, soups, stews, and sauces.

Spices & Herbs Rack

Herb or Spice	How to use it	What it looks like	Use in
Allspice	Whole, ground	Small brown berry; Flavor resembles blend of cinnamon, cloves & nutmeg.	Fruit, stews, marinades, meats, poached fish, cakes, cookies, soups, meat loaf.
Anise Seed	Whole, ground	Small seed; licorice flavor.	Cookies, pastry.
Basil	Crushed leaves	Aromatic leaf	Tomatoes & dishes, pesto, lamb, egg dishes, peas & squash.

Herbs & Spices

Bay Leaf	Whole	Dark green, oblong leaves; pungent aroma.	One of the most important herbs; use in stocks, sauces, stews, gumbo, braised meats.
Caraway Seed	Whole	Dark brown, curved seeds; rye bread seasoning.	Rye bread, cabbage, sauerkraut, pork, cheese spread, European dishes.
Cardamom	Whole pod, ground seed	Tiny brown seeds inside white or green pod; sweet & aromatic; expensive.	Curries, pickling, Danish pastries.
Cayenne (red pepper)	Ground	Ground form of hot red pepper; looks like paprika; very hot.	In small amounts in sauces, soups, meat, fish, egg, cheese dishes.
Celery Seed	Whole, ground, mixed with salt to become celery salt.	Tiny brown seeds with strong celery flavor.	Salads, coleslaw, salad dressings, tomato products.
Chervil	Crushed leaves	Herb with mild flavor of parsley & tarragon.	Egg & cheese dishes, soups, salads, sauces.
Chili Powder	Ground	Mixture of spices including cumin, chili peppers, oregano, garlic.	Chili & Mexican dishes, egg dishes, appetizers, ground meat.
Chive	Fresh, dried, & frozen	Grass like herb with onion flavor.	Salads, egg & cheese dishes, soups, fish.
Cilantro (Fresh coriander)	Fresh leaves	The plant that produces coriander seeds; delicate texture.	Used a lot in Asia & Southwestern cooking & in dishes with many ethnic influences.

Herbs & Spices

Clove	Whole, ground	Dried flower buds of a tropical tree; pungent, sweet flavor.	Ground: cakes, fruits, & pastries. Whole: stocks, sauces, marinades, braised meat, ham & pickling.
Coriander	Whole, ground	Round, light-brown hollow seed, slightly sweet, musty flavor.	Pickling, sausage, pork, curried dishes & gingerbread.
Cumin Seed	Whole, ground	Small seed resembling caraway, lighter in color.	Curry, chili powders, sausages, meats; eggs & cheese dishes.
Curry Powder	Ground blend	A mixture of 16 to 20 spices, including red pepper, turmeric, cumin, coriander, ginger, cloves, cinnamon, black pepper.	Soups, fish, rice, eggs, vegetables, curried dishes.
Dill	Crushed leaves & whole seed dill Weed.	Herb & seed with dill pickle flavor; seed is more pungent than the herb.	Herb: salads, cheese dishes, fish, shell fish, & vegetables. Seed: soups, pickling.
Epazote	Fresh & dried leaves	A pungent herb with course-textured leaves.	Used in Mexican dishes; many times cooked with beans.
Fennel	Whole seed	Greenish-brown seeds; similar in flavor to anise, larger in size.	Italian sausage, tomato sauce, fish.
Garlic	Fresh whole bulbs; dried, granulated powder, & mixed with salt.	Member of onion family; fresh bulbs consist of many small cloves.	Many kinds of foods, including pork & beef.

Herbs & Spices

*Ginger	Whole, ground (fresh & candied)	Light-brown, root of ginger plant.	Baked goods & desserts, fruits, curried dishes, braised meats; fresh used in Chinese dishes.
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*Great as a tea for an upset stomach.

Note: *To peel fresh ginger, the easiest method is to use a spoon instead of a knife. Scrape the side of the spoon along the ginger and the skin comes off easily, leaving the flesh intact. You will never peel ginger with a knife after trying this easy trick.*

Juniper Berry	Whole	Slightly soft, purple berries, piney flavor; major flavoring of gin.	Marinades, game & sauerkraut.
Lemongrass	Fresh stalks	A tropical grass with an aroma of lemon.	In Southeast Asian dishes
Mace	Whole (blade), ground	Orange outer covering of nutmeg; similar flavor, milder than nutmeg.	Fish, spinach, squash, pork, vegetables, sausages, fruits, desserts, baking.
Marjoram	Crushed leaves	Gray-green herb with pleasant aroma & slightly minty flavor; similar to oregano, but milder.	Poultry & poultry stuffing, roasts, lamb, sauces, braised meats, pates, ground meats.
Mint	Leaves	Aromatic herb with familiar cool flavor; two main kinds: peppermint & spearmint.	Lamb, fruits, tea, fruit beverages, peas, carrots, garnish & potatoes.

Herbs & Spices

Nutmeg	Whole, ground	Sweet, aromatic kernel of nutmeg fruit.	Soups, cream sauces, chicken, veal, vegetables such as squash & potatoes. Desserts, custards, bread & pastries.
Oregano	Leaves, ground	Pungent herb usually used in pizza.	Italian & Mexican dishes, tomato dishes.
Paprika	Ground	Ground, dried sweet red pepper. Spanish variety is brighter in color, mild in flavor; Hungarian variety is darker & more pungent.	Spanish: used primarily as garnish on light-colored foods. Hungarian: goulash, braised meats poultry, sauces.
Parsley	Fresh: whole sprigs in bunches; dried; in flakes	Most widely used herb. Dark-green curly or flat leaves with delicate, sweet flavor.	Almost all meats, beans & used as garnish.
Pepper, Black & white	Whole (peppercorns); ground fine, medium or course.	Small black or creamy white, hard berry. pungent flavor & aroma.	Most widely used spice. Use in most meat, poultry, seafood, & vegetables.
Pepper, red Peppercorn, pink	Cayenne, whole	Bright pink, dried seed or berry; pungent floral taste, not related to black pepper.	Used in meat, poultry & fish dishes; used in peppercorn mixture.

Herbs & Spices

Rosemary	Whole	Light-green leaves resembling pine needles.	Tomato & meat sauces, soups, braised meats, poultry & lamb.
Saffron	Whole (thread)	Red stigma of saffron crocus. Gives bright-yellow color to foods. Mild flavor.	Should be steeped in hot liquid before use in rice dishes, poultry, seafood & baked goods.
Sage	Whole, rubbed ground	Pungent gray-green herb with fuzzy leaves	Pork, poultry, stuffing, sausage, beans & tomatoes.
Savory	Crushed leaves	Fragrant herb of mint family.	Meat, poultry, fish, eggs & vegetables.
Sesame Seed	Whole	Small, yellowish seed with nut-like taste; hamburger bun garnish.	Bread & roll garnish.
Sichuan Peppercorn	Whole	Brown seed pod, usually partially opened; spicy, peppery flavor, but unrelated to black peppercorns.	Chinese & Asian dishes; spicy meat & poultry dishes.
Star Anise	Whole or broken	Dried, star-shaped seed pod, with an anise-like flavor.	Used to flavor stewed/braised Chinese dishes.
Tarragon	Crushed leaves	Delicate green herb with flavor that is minty & similar to licorice.	Salads & dressings, eggs, fish, chicken, vinegar, tarragon, béarnaise sauce.

Herbs & Spices

Thyme	Crushed leaves ground	Tiny, brownish - green leaves; very aromatic.	One of the most important & versatile of herbs; used in soups, stocks, sauces, meats, poultry, & tomatoes.
Turmeric	Ground	Yellow root of ginger family; mild & peppery flavor.	A basic ingredient of curry powder; used in pickles, eggs, rice, salads & relishes.
Vanilla	Bean Pod	Vanilla originates in Mexico. Pure Vanilla Extract is The most expensive spice/flavoring after saffron.	The baking, Ice Cream beverages including alcoholic, and Milk Shakes

Spice Tip: Want to grind your spices, but your grinder is broken or you just don't have one? Place spices like cloves, mustard seed, and peppercorns in a re-sealable plastic bag and roll a rolling pin or a soda bottle over the bag enough to crush the spices. Perfection!



Measuring Tools

1. **Ladles:** Used for measuring and portioning liquids. The size, in ounces, is stamped on the handle.



2. **Measuring cup:** Can be used for both liquid and dry measures. They are available in 2-, 1-, ½-, 1/3, and ¼-cup sizes.



3. **Measuring spoons:** Can also be used for both liquid and dry measures. Utilized for measuring very small volumes, they are most often used for spices and teas. They come in the following sizes: 1 tablespoon, 1 teaspoon, ½ teaspoon, ¼ teaspoon, and 1/8 teaspoon.



4. **Scales:** Most recipe ingredients are measured by weight, making an accurate scale very important.



5. **Scoops:** These come in standard sizes, and they are used for portioning soft solid foods.

6. **Thermometers:** A meat thermometer indicates the internal temperature of meats. It is inserted before cooking and left in the meat during cooking. An instant-read thermometer gives a reading within a few seconds of being inserted into meat. Instant-read thermometers must not be left in meats during cooking because they will be damaged. Fat thermometers and candy thermometers test the temperatures of frying fats and sugar syrups.

7. **Volume measures:** Used for liquids, these measures have lips for easy pouring. Sizes are pints, quarts, half gallons, and gallons. Each size is marked off into fourths by ridges on the side.

Measurement and Conversion Charts



Measurement Conversion Chart - Formula for Measurements

	When You Know	Multiply By	To Find
(Weight)	Ounces	28.35	Grams
	Pounds	0.45	Kilograms
	Grams	0.035	Ounces
	Kilograms	2.2	Pounds
(Volume)	Teaspoons	5	Milliliters
	Tablespoons	15	Milliliters
	Fluid ounces	29.57	Milliliters
	Cups	0.24	Liters
	Pints	0.47	to 2.12 Liters
	Quarts	0.95	to 1.06 Liters
	Gallons	3.785	to 0.26 Liters
Milliliters	0.034	Fluid ounces	
(Weight)	Fahrenheit	5/9 (after subtracting 32)	
	Celcius	9/5 (then add 32)	

Measurement and Conversion Charts



Conversions

1 Gallon = 4 quarts
8 pints
16 cups (8 ounce cups)
128 fluid ounces

1 Fifth Bottle = about 1½ pints or exactly 26.5 ounces

1 Measuring Cup = holds 8 ounces (a coffee cup generally holds 6 ounces)

1 Large Egg White = 1 ounce (average)

1 Lemon = 1 to 1¼ ounces of juice

1 Orange = 3 to 3½ ounces of juice

Rounded Measures

1 oz = 30g
4 oz = 120g
8 oz = 225g
16 oz = 1 lb = 450g
32 oz = 2 lb = 900g
36 oz = 2¼ lb = 1000g (1 kg)

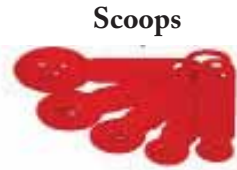
1 cup = 8 oz = 250ml
2 cups (1 pint) = 16 oz = 500ml
4 cups (1 quart) = 32 oz = 1 lt
4 quarts (1 gallon) = 128 oz = 3¾ lt

¼ tsp = 1/24 oz. = 1 ml
½ tsp = 1/12 oz. = 2 ml
1 tsp = 1/6 oz. = 5 ml
1 Tbsp = ½ oz. = 15 ml

32° F = 0° C
122° F = 50° C
212° F = 100° C

3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce
4 tablespoons = ¼ cup
8 tablespoons = ½ cup
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon

Measurement and Conversion Charts



Scoops

This Scoop size*		Yields this much volume
4 scoops	=	1 cup
6 scoops	=	2/3 cups
8 scoops	=	½ cup
12 scoops	=	1/3 cup
16 scoops	=	¼ cup
24 scoops	=	1½ oz.

Metric Conversion Chart

Multiply this unit	by this amount	to get this unit
Liter	0.946	quart
Quart	1.057	liter
Gallon	3.785	liter
Ounce	0.352	gram
Pound	0.454	kilogram
Kilogram	2.204	pound

Measurement and Conversion Charts



Weight & Volume Equivalency Chart

Bread flour, sifted 1 lb = 4 cups 1 cup = 4 oz	Cornstarch, un-sifted 1 lb = 3½ cups 1 cup = 4.5 oz	Salt 1 oz = 5 tsp ¼ oz = 1¼ tsp
Bread flour, un-sifted 1 lb = 3-1/3 cups 1 cup = 4.75 oz	Cocoa, un-sifted 1 lb = 5 cups 1 cup = 5 tbsp 1 oz = 5 tbsp	Cinnamon 1 oz = 17 tsp ¼ oz = 4¼ tsp
Cake flour, sifted 1 lb = 4½ cups 1 cup = 3.75 oz	Gelatin, unflavored 1 oz = 3 tbsp ¼ oz = 2¼ tsp 1 tbsp = 0.33 oz	Other ground spices 1 oz = 14 tsp ¼ oz = 3 ½ tsp
Granulated sugar 1 lb = 2¼ cups 1 cup = 7 oz	Baking soda Baking powder (phosphate type and sodium aluminum sulfate type) 1 oz = 2 tbsp ¼ oz = 1½ tsp 1 tbsp = 0.5 oz	Grated lemon zest 1 oz = 4 tbsp
Confectioner's sugar, sifted 1 lb = 4 cups 1 cup = 4 oz		Dried beans 1 cup = 6.5 oz 1 lb = 2¼ cups
Confectioner's sugar un-sifted 1 lb = 3½ cups 1 cup = 4.5 oz	Cream of Tartar 1 oz = 4 tbsp ¼ oz = 1 tbsp	Rice long grain 1 cup = 7 oz 1 lb = 2¼ cups 1 lb = 8 cooked cups
Cornstarch, sifted 1 lb = 4 cups 1 cup = 4 oz 1 oz = 4 tbsp = ¼ cup 1 tbsp = 0.25 oz.		

Household Staples



How long can you keep these?

Aunt Marylue's recommended Maximum Storage Period If Unopened

Food

Baking

Baking powder	8-12 months
Baking soda	2 years
Chocolate, baking	6-12 months
Chocolate, sweetened	2 years
Cornstarch	2-3 years
Dried bread crumbs	6 months
Flour	6-8 months
Honey	12 months
Rice, white	2 years
Yeast, dry	18 months

Beverages

Coffee, canned	2 years
Coffee, ground (Not vacuum packed)	2 weeks
Coffee, instant	8-12 months
Tea bags	18 months
Tea, loose	2 years
Tea, instant	3 years

Canned goods

Fruit (in general)	1 year
Fruit, acidic (citrus, berries, sour cherries)	6-12 months
Fruit juices (unopened)	9 months
Seafood (in general)	1 year
Pickled fish	4 months
Soups	1 year
Vegetables (in general)	1 year
Vegetables, acidic (tomatoes, sauerkraut)	7-12 months

Dairy foods

Cheese, parmesan (grated)	10 months
Milk (condensed)	1 year
Milk (evaporated)	1 year
Non-dairy creamer	9 months

Household Staples

Fats and oils

Mayonnaise	2 months
Salad dressing	10-12 months
Salad oil	6-9 months
Shortening, solid	8 months

Grains and Grain Products

Cereal grains for cooked cereal	6 months
Cereals, ready-to-eat	6-12 months
Flour, bleached	9-12 months
Macaroni, spaghetti, and other dry pasta	2 years
Rice, white	2 years
Rice, flavored or herb	6 months

Seasoning

Flavoring extracts	2 years
Monosodium glutamate	indefinite
Mustard, prepared	2-6 months
Salt	indefinite
Sauces (steak, soy, and etc.)	2 years
Whole dried spices and herbs	2 years to indefinite
Packaged paprika, chili powder, cayenne, seasoning salts, and vinegar	1 year

Sweeteners

Sugar, granulated	2 years
Sugar, confectioner's	18 months
Sugar, brown	4 months
Syrup, corn, honey, and molasses	1 year

Miscellaneous Unopened

Dried beans	1-2 years	Gelatin	2-3 years
Cookies, crackers	1-6 months	Ketchup	1 year
Dried fruit	6-8 months	Jams, jellies	1 year
Dried prunes	6 months	Nuts	6 months
Pickles, relishes	1 year	Potato chips	1 month

Alexis & the Kids in the Kitchen

"I always say, every household needs a pair of young hands and feet to help speed up the process!" ~ Aunt Marylue



Things Kitchen Helpers Can Do

5-6 years old

1. Tear leafy vegetables.
2. Mix dry ingredients.
3. Spread toppings on cookies and cakes.
4. Squeeze lemons and oranges.
5. Wash vegetables and fruits using a colander.
6. Get utensils out to cook with.
7. Help clear the kitchen table.

7-9 years old

1. Measure ingredients.
2. Peel skins from veggies and fruit using a peeler, not a knife.
3. Crack and separate eggs for breakfast and baking.
4. Frost cakes and pies.
5. Set the dining table
6. Get utensils out to cook with.
7. Help clear the kitchen table.
8. Load the dishwasher.
9. Roll out lemons and limes to prepare for squeezing.

10-13 years old

1. Help plan the menu for meals.
2. Chop veggies and fruit.
3. Use stove to cook low heat tasks with adult supervision.
4. Use blenders and mixers with adult supervision.
5. Shred cheese and vegetables.
6. Get utensils out to cook with..
7. Help clear the kitchen table.
8. Load the dishwasher.
9. Roll out lemons and limes to prepare for squeezing.



Party Time

When you're making arrangements for a great party or special celebration, let us help you plan for your use of wine.

Cocktail parties: When a bartender is serving wine at your party, reserve half a bottle of wine per person for every two hours. If you're serving alcoholic beverages other than wine, then plan on half a bottle of wine per person for every three hours of attendance.

If the guests serve themselves, add 10% more wine per guest for the same time periods.

A 750 milliliter bottle of wine will serve 5 (5 ounce) servings to each guest.

Glassware: (See our list.)

When having a cocktail party, allow 1.5 glasses for each guest for every 3 hour period. If the party runs longer, count on using 2 glasses per guest.

For a dinner party: Allow 1 glass for each of the white and red wines served. For instance, if you're serving two whites and one red, you would allow three glasses for each guest. Always have an additional glass on hand for water. When reusing glasses, wash and rinse them thoroughly (at least 2 times) in hot water. Even the slightest residue of dish detergent will alter the wine taste. For large gatherings, we suggest you hire help to handle the party; you can rent glassware from a large party rental shop.

For a party outside in warm weather: If the weather is warm and the event is outside, serve 70% white wine and 30% red wine. On a warm day, you might serve a refreshing Sauvignon Blanc. For an inside event or in cooler outdoor weather, count on using 40% white wine and 60% red wine.

Appetizers to serve: The white wine of choice for most guests is Chardonnay. It is excellent paired with fruity desserts and sweet appetizers. To kick the party off, keep lots of Louisiana spiced mixed nuts and Davant Roasted Pecans on hand along with Lulich Crab Dip with melba toast rounds for appetizers. AND ... for that sweet tooth ... Nairn Key Lime Pie, Conjetta's Pound Cake, or the delightful Aunt Marylue's Bread Pudding. A crisp Riesling is a perfect match for spicy entrees and appetizers.

Great "whites" such as Sauvignon Blanc, Riesling, and Chardonnay are ideal for summer get-togethers. The red wine boss, "Pinot Noir," is the most versatile of all the red wines, and it is a great choice for warmer weather wine drinking. Next in line is Merlot, also a great crowd pleaser with its chocolate taste and soft finish.



C.T. at Grand-daughter Alexis' graduation.



Party Time

When serving appetizers at your party: If the meal is to immediately follow the appetizers, allow 4-6 appetizers per guest. If the meal is not to immediately follow the appetizers, allow 8-10 appetizers per guest.

For outdoor grilling: Zinfandel can be a favorite with its fruity flavor.

The full-bodied Cabernet Sauvignon and Syrah are best when paired with beef or pork. For starters, try Bastrop Meatball Snack, and as the main course, hearty Dillard's Pot Roast, ending with the delicious dark chocolate dessert, Thibodaux Chocolate Whiskey Cake.

When serving white wine: Pour glass half full.

When serving red wine: Fill glass two-thirds full.

Note: *To chill wines fast, add water to the ice in the bucket. The water will fill in the air spaces, allowing the ice cubes to cool the bottle faster.*

Before serving wine, taste it. If it has a young or closed taste, decant it or let the bottle sit open for 15-20 minutes before serving. This will give it all the body it needs.

The Grande Finale: If you're having a big celebration, make sure you have a gold or silver pen for guests to sign your wine bottles, and what party will not be complete without a camera for pictures. Take pictures of all guests for future reminiscing. What a keepsake!!



“Snapping That Keepsake”



Party Time

Glassware

Beautifully crafted, simple, economical glasses for the bar are what every party host wants to have.

1. Aperitif glass
2. Port or sherry glass
3. Sour glass
4. Sparkling wine
5. Cocktail glass
6. Martini glass
7. Whiskey glass, tumbler, or old-fashioned glass
8. Small highball glass
9. Large highball glass
10. Collins glass
11. Balloon wine glass
12. Irish coffee glass (heat resistant)
13. Punch, grog, or toddy glass (heat resistant)



Aunt Marylue's Family & Friends enjoying the holidays!!



Wines

The fermenting of the grapes happens after they are crushed in the de-stemming process and pumped through hoses to fermentation tanks. The tanks are large vats that are made of wood, concrete, or even stainless steel. The fermentation begins almost immediately when the yeast begins to mix with the sweet grape juices and turns the sugar of the grapes into alcohol, producing carbon dioxide. This process can last from a few weeks to a few months, depending on the temperature and the type of wine being made.

To extract the juices, the wine makers use a stainless steel tool. In the process of extracting the juice from the red wine grapes, they may take the skin that floats to the top of the vat and make more tannin and a more flavorful taste. White wines do not usually need more tannin because they are not aged very long. When aging wines, the favorite kind of barrels used are oak.

Oak's affinity for wine-making dates back over hundreds of years. Wine makers seem to feel the oak has an ideal finish that enhances and amplifies the flavor, aroma, color, and body of the wine. The age of the oak can affect its taste; when a more moderate flavor is desired, the wine makers will not use new oak barrels, but will use the older ones.

When wine is bottled, it is placed in sterilized decanter bottles. The space between the cork and the wine is supposed to be less than ten millimeters. After bottling, some wines are set aside to mature more. This is called "reductive aging." However, at this point, some wines are ready to be labeled, packed, and shipped.

*"Producing wine is an art and a science. Maybe even it's our language."
~ Winemaker's saying*

The most recommended wines from Morgan are two cornerstones: Pinot Noir and Chardonnay.

Morgan wines are produced from grapes grown via pure organic farming methods in the "Double L" Vineyard located in Monterey, California

The vineyard is located in the northern end of Santa Lucia Highlands where the soil is perfect for growing great quality wine grapes. Morgan wines stand out from others because of its cloning qualities; cloning makes the most advanced wine quality.

The new planting of Pinot Noir clone 828 came from the Double L Vineyard.

Cakebread Cellars Winery has more than a 30-year history of showcasing fine wines from Napa Valley. They even grow many varieties of fruit and vegetables in the winery's garden. Some of the outstanding wines that come from Napa Valley include Chardonnay, Pinot Noir, and Cabernet Sauvignon.

On to **Fat Bastard**. Named for its colorful, rich taste, Fat Bastard is a wine originating in France.



Wines

The name “Fat Bastard” emerged during a wine experiment. The resulting wine was being tasted by the producer’s taste tester, who yelled out, “Now that is what you call a fat bastard!” It is an expression used to describe a full quality wine. The brand was said to be a marketing phenomenon because of its rapid sales when first introduced to the U.S. market. There are many varieties from which to choose for both the novice and the experienced wine drinker.

Kendall-Jackson wines are great for food pairing. Kendall-Jackson are said to be made from the eight noble grape varieties: Sauvignon Blanc, Chardonnay, Riesling, Pinot Noir, Syrah, Merlot, Cabernet Sauvignon, and Zinfandel.

Our wine connoisseur, Marci, lists her favorites as Kendall Jackson’s Grande Reserve wines. She says that the Grande Reserves are created from 100% estate grown grapes from vineyards located along the cool California wine-growing region. As the wines mature, you experience the changing of the wines to a vintage state. Wine techniques used by experienced artisans are used in the aging of the wines which are stored in small French oak barrels to acquire an impeccable taste.

Delicious Wines & Delightful Food Picks

Sauvignon Blanc (*sa veen yaww blanc*): This is a deliciously dry white wine. Experience the crisp taste of Sauvignon Blanc, one of the world’s most enchanting yet zesty wines. It offers a taste of citrus, figs, and lemon. There are many affordable bottles of the tart, zesty blend available from South Africa to California, Washington State to New Zealand.

**Wine has been produced in the cape of South Africa over 300 years*

Foods to share with Sauvignon Blanc: Fiourella’s Spanish Paella, Buttery Blueberry Hill Barbeque Shrimp, and Etie’anne’s Asparagus, accompanied by Opelousas Banana Nut Bread, and top it off with Je’an Lafitte’s Watermelon Sorbet or a slice of Aunt Marylue’s Red Velvet Cake!

Chardonnay (*shahr-dough-nay*): With its smooth finish, Chardonnay is the easiest charmer of them all. Native to California and France, it has a medium body with a creamy flavor of vanilla, peaches, and red apples.

Foods to share with Chardonnay: Enjoy Chardonnay with Uncle Jasper’s Candied Yams and Aunt Rosie’s Roast Boston Butt Shoulder of Pork; or Miss Chee-wee’s Crab Imperial coupled with piping hot fresh baked American Indian Sourdough Bread accompanied by Irene’s Sweet Potato Pie.

Riesling (*rees-ling*): This white wine is presumed to date back to 1435. Offering a light to medium body, it is made from very old grapes. Riesling can have a taste of apricot entwined with the flavor of honeysuckle and pear and with a lasting dry flavor. When Riesling is aged 5-15 years, it is a dry wine. If Riesling is aged 10-20 years, it has a sweet flavor. And if aged 18-30 years, it will have an even sweeter taste.



Wines

Foods to share with Riesling (aged 5-15 years): It is best with sweet meats such as Lady G’s Sweet and Sour Turkey Wings served with Algiers Corn Bread. A cool glass of Riesling Wine also goes perfectly with Capote’s Oven Barbequed Salmon, Billots Shrimp Stir-Fry, or Veta’s Grilled Squash, Peppers and Eggplant. And for dessert, try Neville Blueberry Cobbler.

Pinot Noir (*pea-know-nwahr*): With this, you’ll discover a red wine with a medium body and silky red cherry and strawberry earth tones. Pinot Noir is the most versatile of the red wines. It is a fantastic wine to drink in the warmer climates. Pinot Noir can thrive in cooler regions too, especially Northern California and Oregon where its superb taste equals that of French wine makers.

Foods to share with Pinot Noir: Pinot Noir is especially tasty with roasted chicken. The fruits that bring out Pinot Noir’s flavor are figs, cherries, and strawberries. As a starter, try Little Woods Crab Fingers as an appetizer, and for the main course, try Sadonia’s Roasted Chicken Moroccan, Bayou Gauche Creole Eggplant, or Le Blanc’s Soft Shell Crabs served with Boothville Mustard Greens. On a lighter note, choose Ms. Huff’s Chicken Salad. Topping it off, enjoy Naquin Lemon Sherbet for dessert.

Cabernet Sauvignon (*cab-air-nayso-veen-yaww*): Cabernet Sauvignon is a rich red wine that is perfect for serving with a hearty meal such as Pointe Coupe’ Jambalaya. This wine’s full-bodied, fruity flavor stands head and shoulders with meat’s robust taste. For many, it is the definitive red wine experience. It has a full-bodied, black currant taste.

Foods to share with Cabernet Sauvignon: This wine is great enjoyed with Hurricane Rita’s Crab Cakes along with Aunt Marylue’s Creole Potato Salad. Or share this rich red wine with Wayne’s Hollygrove Peach Ice cream.

Merlot (*mair-low*): A red wine that stands on its own because of its chocolaty flavor and soft body. It is loved and enjoyed by many. Merlot takes the prize as the crowd pleaser of red wines in the U.S. Its velvety chocolate nuance with a rich character has blends of mulberry, plum, and violet. Merlot has a medium to heavy body.

Foods to share with Merlot: It pairs well with Toastmaster Pauline’s Okra Gumbo, along with Cammile French Bread Rolls. Also, sweet desserts like Aunt Marylue’s Pecan Pie is fantastic paired with this charmer.

Zinfandel (*zin-fan-dell*): This red wine adapts well with Cajun menus; the red grapes in Zinfandel’s sturdy personality are a dark purple color and rich in flavor.

Foods to share with Zinfandel: It is great served with heartier foods such as the spicy Cajun dish Rousselle’s Beef Pot Roast or for the best stew on the bayou, Bayou Blue Beef Stew. For seafood, try Donaldsonville Seafood Au Gratin, with a dash of Tabasco hot sauce.. And for dessert try the Mardi Gras Bread Pudding or Whirling Top Cheesecake.



Wine Cork Fell Inside? Here's What You Do

When you're opening your favorite bottle of wine and the cork begins to break up and fall inside the bottle, what do you do? Should you fish for the cork? No!! Instead get a piece of clean cheesecloth and cut it into a 2-3 inch square. Place the cheesecloth square over the mouth of the wine bottle and secure it with a rubber band. Now you can enjoy your wine because as you pour from the bottle, the cheesecloth will catch the cork pieces.

About the Author

W. Je'an Author, Chef and Motivational Speaker

W. Je'an grew up in the Louisiana restaurant business, beginning in Boothville-Venice. Her family then moved to Harvey and Gretna, Louisiana. Her parents began in the business before she was born. The author was always curious, and she asked many questions of her parents about cooking Creole/Cajun and running a business.

Her mother worked tirelessly in the background, never complaining, but always encouraging. W. Je'an wanted to give her mother what she felt is her "just due" place in the world, and she said gives honor to both her mother and father by writing this book.



Author, Chef and Motivational Speaker



Outdoor Scene

DEDICATION

This book is dedicated to the Louisiana Gems, its residents who were hurt by the Gulf Disasters – natural and manmade.

And to the many cooks like “Aunt Marylue and Aunt Enez” who have always been there but were never properly recognized.

ACKNOWLEDGEMENTS

First and foremost, I thank GOD in his infinite wisdom for placing such a wonderful family and talented friends in my life to make the completion of this book possible. Thanks and Love to my children, Charles Jr. (Uncle Baby), Mia (Aunt MeMe), and D. Kevin (KT, Supreme) for their constant encouragement, strength, and inspiration to “keep moving no matter what.” Thanks to daughter-in-law Monique (Mo-Mo), my frontline soldier for her tireless assistance, continually doing research for this project and daughter-in-law Glenda (Grammie) for offering words of kindness. To my grands Charles III, Alexis Marie, and great-granddaughter Tiara Antoine who were always in my thoughts to “leave their legacy.” Special thanks to my sister and brothers, cousins Irene, Wilbur, Elaine, and Vanessa for providing family pictures and memoirs. To my valued and trusted friends, Cherlyn, Veta, Pat and Sheena for listening to all my stories. To my sista-friend Bella for her American Indian recipes. Thanks to my newly acquired friend and typist Monique (Mo) who typed and re-typed the manuscript, my second set of eyes. Much Gratitude to cover designer and Houma, Louisiana native Joseph Crawford, editor Robin Quinn, and typesetter/graphic designer Tyreek Miles. To Mr. Charles, my husband, partner, and visionary; my rock through it all who kept me writing with his saying, “If you can’t run with the big dogs get out the kitchen.” Without his emotional and day-to-day support Aunt Marylue’s Creole/Cajun Cooking and More would still be “my dream.” It has been an amazing Journey.

W. Je’an

Chef Je’an Creole Cajun Queen TM

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Ready for a Mouth-Watering Cooking Experience?

Aunt Marylue's Creole/Cajun Cooking and More is an unabridged **Coffee Table Cook book** of New Orleans cooking styles that spans three generations of the greatest cookery in South Louisiana. The book is filled with an array of influences and information that includes foods of:

- French
- Caribbean
- Spanish
- Native American
- African
- Italian
- Jewish origins
- International

and when it's all mixed together, the food becomes **DOWNRIGHT AMERICAN and DELICIOUS!**

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