

# 75 Cajun Recipes



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## Acadian Peppered Shrimp

1 lb Butter  
1/2 c Lemon juice  
2 t Fresh basil, chopped  
2 t Cayenne pepper  
2 t Fresh oregano, chopped  
5 ea Garlic cloves, minced  
1 ea Bay leaf, crumbled  
1/2 c Black pepper, finely ground  
1 x Salt  
4 lb Large raw shrimp in shells

The shrimp should be of a size to number 30-35 per pound. Melt the butter in a large deep-sided frying pan or iron skillet over low heat. When melted, raise the heat, and add the remaining ingredients except the shrimp. Cook, stirring often, until browned to a rich mahogany color, about 10 minutes. Add the shrimp, stirring and turning to coat well with the seasoned butter. Cook until the shrimp have turned a rich deep pink, about 10 minutes. Serve the shrimp in their shells, peeling them at the table.

## Andouille in Comforting Barbecue Sauce

4 c Onions, finely chopped	3 c Steak sauce
1 c Celery, finely chopped	3 c Ketchup
1 c Bell pepper, finely chopped	3 t Salt, to taste
1 c Parsley, finely chopped	1 c Southern Comfort Liquor
1 c Peanut oil 1 T Garlic, finely chopped	1 lb Andouille sausage
1/2 c Louisiana hot sauce OR 2 T Cayenne pepper	

Saute onions, celery, bell pepper, and parsley in peanut oil until the onions are clear or tender. Add garlic and cook a little longer. Add steak sauce, hot sauce, and ketchup. Add salt to taste. Add Southern Comfort. Bring to a boil. Lower heat and cook for 2 to 3 hours. Makes about 3/4 gallon. This will keep in the refrigerator for weeks. Slice 1 lb. andouille or smoked sausage 1/4 inch thick and combine with 1 cup sauce. Heat well on stove or in a chafing dish. Serve with small pieces of French bread or use toothpicks to spear andouille. You will need plenty of napkins, also, too. Other smoked sausages may be used, but we like andouille.

## Baked Shrimp Creole

2 ea Eggs, slightly beaten  
2 c Shrimp, shelled/deveined  
1 x Oil  
1 x Pepper to taste  
1/4 c Water  
2 c Cornflakes  
1 x Salt to taste

## Shrimp Sauce

1 c Chili sauce  
1/4 c Pickle relish  
1/2 t Mustard, prepared  
1 T Lemon juice  
1 c Mayonnaise  
1 ea Egg, hard-cooked, chopped  
1/2 t Onion, grated

Beat eggs slightly with water. Dry shrimp on paper towels; dip first into crumbs, then eggs, then into crumbs again. Place shrimp in well-oiled shallow baking pan so they do not touch; sprinkle with salt and pepper. Turn once with a broad spatula so that both sides are oiled. Bake in preheated 450°F. oven 6 to 8 minutes. Serve with Shrimp Sauce or your favorite sauce. **Shrimp Sauce** Combine all ingredients; chill. Serve with baked or broiled shrimp. NOTE: You may prefer broiled shrimp. Follow the same recipe, but cook only 2 minutes on each side under the broiler.

**Baked Stuffed Red Snapper**

1/4 c Celery, chopped  
 2 T Parsley, chopped  
 1/8 t Thyme  
 2 T Tomato, chopped  
 2 T Butter or margarine  
 6 ea Bread, slices, soaked in water  
 1/8 t Sage  
 1 ea Red snapper, lg, cleaned(6lb)

**Red Snapper Sauce**

3/4 c Salad oil  
 2 T Lemon juice  
 3 T Worcestershire sauce  
 3 T Butter or margarine, melted  
 1 t Salt  
 3 dr Tabasco sauce

Saute celery in butter until soft.. Add remaining ingredients except fish and sauce; blend well, then stuff into cavity of fish. Sew cavity closed or secure with toothpicks. Bake uncovered in buttered ovenproof serving dish in preheated 350F. oven (allow 10 minutes per pound), basting with sauce. **Red Snapper Sauce** Combine all ingredients. NOTE: Sauce can be made in advance

**Bananas Foster Custard**

1 1/2 c Bananas, firm-ripe, sliced  
 6 Eggs  
 1/2 c Sugar, granulated  
 2 tb Butter or margarine  
 1/4 ts Cinnamon, ground  
 2 tb Lemon juice  
 1 1/2 c Milk  
 2 ts Rum extract  
 1/2 c Brown sugar, firmly packed

Toss banana slices with lemon juice; drain off excess. Set aside 6 banana slices for garnish; divide remaining slices evenly among six lightly buttered 6-ounce custard cups. Set cups in shallow baking pan. Beat eggs, milk, granulated sugar and rum extract until well blended; pour evenly into custard cups. Place pan in preheated 350F. oven; pour VERY hot water into pan to within 1/2 inch of top of cups. Bake about 40 to 50 minutes, until knife inserted near center comes out clean. Remove cups immediately from hot water; cool on wire rack 5 to 10 minutes. To serve, gently loosen custards with thin spatula; invert onto serving plates and garnish with reserved banana slices. Melt butter in small saucepan over low heat; blend in brown sugar, water and cinnamon. Bring to a boil; boil 3 minutes. Spoon about 1 tablespoon hot syrup over each custard and serve immediately. NOTE: This is a variation of the spectacular Bananas Foster served at famous restaurants in New Orleans.

**Baked Vegetable Gumbo Creole**

1 lb Fresh okra, diagonally sliced  
 2 pk Frozen sliced okra(10oz)  
 Boiling salted water  
 1 Rib celery, diagonally sliced  
 2 Bell peppers, in strips  
 2 pk Frozen lima beans(10oz)  
 8 Ears fresh corn kernels  
 2 pk Frozen corn, thawed(10oz)  
 Butter or margarine

Bread crumbs  
 1 Small onion, chopped  
 4 Ripe tomatoes, sliced  
 2 Serrano chiles, thinly sliced  
 1 ts Chopped fresh basil  
 1/2 ts Dried basil, crumbled  
 Salt to taste  
 Black pepper to taste  
 1/2 c Shredded Monterey Jack

Cook fresh okra briefly in boiling salted water; drain. Blanch celery in boiling salted water. Add bell peppers and lima beans and cook until just tender; during last 30 seconds, add corn (do not overcook), then drain vegetables. Butter a large baking dish and sprinkle with bread crumbs; add a layer of corn-bean mixture and okra. Combine onion, tomatoes and basil; spoon layer of onion-tomato mixture over bottom layer in dish. Sprinkle with chiles and season with salt and pepper. Dot with butter and sprinkle with bread crumbs. Repeat layering until casserole is filled. Top with a layer of okra that has been dipped in crumbs and lightly sauteed in butter; sprinkle evenly with shredded cheese if desired. Bake uncovered in preheated 300' oven for 1 hour. NOTE: This can be baked in the morning and reheated slowly before serving. It tastes even better the second day.

### **Bayou Shrimp Creole**

1 c Salad oil	2 cn Tomatoes (#303)
1 Stalk celery, diced	3 lg Green peppers, sliced
5 c Onions, sliced	1 Stalk celery leaves, chopped
1 c Chili sauce	1 t Thyme Salt, red & black pepper
1 t Curry powder	1/2 c Chopped parsley
3 Lge. bay leaf	5 lb Shrimp, cleaned & deveined
2 pk Frozen sliced okra	

Heat oil in lge. frying pan. Add green peppers, celery, celery leaves and onions. Cook over low heat, stirring until vegetables are eslightly softened. Add remaining ingredients except shrimp. Cover and simmer for 1 hour, stirring occasionally. Refrigerate for 24 hours. Add shrimp 1 hour before serving; heat thoroughly. Serve over hot cooked rice.

### **Blackened Chicken**

16 ea 3 oz skinless chicken breast  
3/4 lb Melted unsalted butter

### **Seasoning Mix**

2 T Salt	1 t Onion powder
1 1/2 t Garlic powder	1 t Ground cumin
1 1/2 t Ground black pepper	1/2 t Gound cayenne pepper
1 t White pepper	1/2 t Sweet paprika

NOTE: Recipe calls for 16 (3-ounce) skinless boned chicken breasts, about 1/2 to 3/4 inch thick, or 8 (10-ounce) bone-in leg-thigh pieces, or a combination of these. Skin the leg-thigh pieces, then bone each piece along the length of the two bones, leaving meat in one piece. Trim off excess fat. Pound each breast or leg-thigh fillet to 1/2 inch thick. Let the chicken come to room temperature before blackening. Thoroughly combine the seasoning mix ingredients in a small bowl. Heat a large cast-iron skillet over very high heat until it is extremely hot and just short of the point at which you see white ash or a white spot forming in the skillet bottom, about 8 minutes. (the time will vary according to the intensity of the heat source.) Heat the serving plates in a 250F oven. Just before cooking each piece of chicken, dip it in the melted butter so that both sides are well coated, then sprinkle each fillet evenly with the seasoning mix, using about a rounded 1/2 teaspoon on each, and patting it in with your hands. (If you lay the fillet on a plate or other surface to season it, be sure the surface is warm so the butter won't congeal and stick to the surface instead of to the meat. Wipe the surface clean after seasoning each fillet. Use any remaining seasoning mix in another recipe.) Immediately place the fillet skinned side down in the hot skillet, making sure all meat folds are opened up and the meat is lying flat. Pour about 1 teaspoon butter on the top of the fillet (be careful, as the butter may flame up). If you cook more that 1 fillet at a time, place each fillet in the skillet before buttering and seasoning another one. Cook uncovered over the same high heat until the underside forms a crust, about 2 minutes. (The time will vary according to the thickness of the fillets and the heat of the skillet or fire; watch the meat and you'll see a white line coming up the side as it cooks.) Turn the fillets over and pour about 1 teaspoon more melted butter on top of each. Cook just until meat is cooked through, about 2 minutes more. Serve the chicken fillets crustier side up while piping hot. Clean the skillet after cooking each batch and repeat the blackening procedure with the remaining chicken fillets. To serve, place 2 breast fillets or 1 leg-thigh fillet on each heated serving plate. If you use a large serving platter, do not stack the fillets. Paul Prudhomme warns, "Blackening should be done either outdoors or in a commercial kitchen. The process creates an incredible amount of smoke that will set off your own and your neighbors' smoke alarms. People with really well-installed commercial hood vents at home have gotten away with blackening in their own kitchens.

## **Blackened Pork Chops**

18 5 oz pork chops, 3/4" thick

3/4 lb Melted unsalted butter

### **Seasoning Mix**

1 T Salt

1 T + 2 tsp white pepper

1 T + 3/4 tsp black pepper

2 1/2 t Dry mustard

2 1/2 t Cayenne pepper

2 t Garlic powder

3/4 t Dried thyme leaves

NOTE: The 3/4 pound (3 sticks) unsalted butter, must be kept melted and warm in the skillet. Let the chops come to room temperature before blackening. Combine the seasoning mix ingredients thoroughly in a medium-size bowl. Heat a large cast-iron skillet over very high heat until it is extremely hot and just short of the point at which you see white ash or a white spot forming in the skillet bottom, about 8 minutes. (The time will vary according to the intensity of the heat source.) Heat the serving plates in a 250F oven. Just before cooking each chop, dip it in the melted butter so that both sides are well coated, then sprinkle each side generously and evenly with the seasoning mix (use between 1/4 and 1/2 teaspoon on each side), patting it in with your hands. (If you lay the chop on a plate or other surface to season it, be sure the surface is warm so the butter won't congeal and stick to the surface instead of to the chop. Wipe the surface clean after seasoning each chop. Use any remaining seasoning mix in another recipe.) Immediately place the chop in the hot skillet. If the chop is very lean, pour about 1 teaspoon butter on top. (Be careful, as the butter may flame up.) If you cook more than 1 chop at a time, place each chop in the skillet before buttering and seasoning another one. Cook uncovered over the same high heat until the underside forms a crust, about 2 minutes (the time will vary according to the thickness of the chops and the heat of the skillet or fire). Turn the chops over and pour about 1 teaspoon more butter on top of each, if needed. Cook just until meat is done, about 2 minutes more. Serve the chops crustier side up while piping hot. Clean the skillet after cooking each batch and repeat the blackening procedure with the remaining chops. To serve, place 2 or 3 chops on each heated serving plate. If you use a serving plater, **DO NOT STACK THE CHOPS**. From The Prudhome Family Cookbook Some personal notes: If you do not have a heavy duty commercial range hood, capable of disposing of an incredible amount of smoke, **DON'T** cook this inside. If you live in an apartment, like I do, where your smoke detector is attached to a central fire system, you will very quickly become well known to all your neighbors, and your local firefighters. In all likelihood you will also get to meet your landlord. A good, 40,000 BTU to 50,000 BTU barbecue will do a good job of providing sufficient heat. Be sure you have all your doors and windows closed, and invite your neighbors to the barbecue. This method generates a totally unbelievable amount of smoke. However, the results are worth it. Whatever you are cooking by this method, it is an entirely incredible taste experience.

## **Blackened Red Snapper**

2 ts Onion Powder

1 1/2 ts Garlic Powder

1 t Dry Mustard

1 t Ground Thyme

1/8 ts Pepper

2 ts Crushed Pequin Quebrado Chile 4 (4 Oz.)

Red Snapper OR Other Lean Whitefish Fillets

Combine onion powder, garlic powder, dry mustard, ground thyme, pepper, & chile; sprinkle one side of each fillet with half of this mixture. Coat a large cast iron skillet with cooking spray; place over medium high heat until hot. Add fillets, seasoned side down, & cook 4 min. Sprinkle fillets with remaining onion powder mixture; turn fillets over & cook 3 min. or until fillets are blackened & flake easily when tested with a fork.

### **Broiled Chicken Creole**

3 Pounds Chicken -- pieces  
Salt And Pepper -- to taste  
Paprika -- to  
3 To 4 Green Bell Peppers -- cut in strips  
3 To 4 Tomatoes -- cut in wedges  
1 Spanish Onions , quartered lengthwise and sliced  
1 Stick Butter -- cut into pieces

Turn on broiler to heat. Place the chicken in an ovenproof pan and sprinkle with herbs. Be liberal with the paprika. Place the chicken parts, bone side up, in the pan. Sprinkle the vegetables around the chicken, tucking them in any available spaces. Dot chicken and vegetable with butter. Place in a preheated broiler and cook for 10 minutes. Turn chicken pieces and baste vegetables with juices. Return to broiler for an additional 10 minutes. If the juices run pink when the chicken is pricked with a fork, reduce the temperature to 375 F and bake in the oven for 5-10 minutes. Otherwise, keep in a warm spot until ready to serve. Serve chicken, vegetables and gravy spooned over steamed rice.

### **Broken Shrimp Jambalaya**

1 1/2 lb Broken shrimp (cooked)	5 ea Cloves garlic
2 ts Paprika	1/4 lb Smoked sausage
1 c Peanut oil	3 c Rice
1 x Red, black, white pepper	2 ea Bunches shallots
4 ea Onions, chopped	5 c Water
1 x Salt	1 ea Bell pepper, chopped

Heat oil, add onions, garlic, shallots, bell pepper, smoked sausage, paprika, salt, and peppers and saute well. Add shrimp pieces, rice and water. Bring to boil, cover, and over very low heat, steam for 20 to 25 minutes. Stir with fork and replace cover. Serves 6

### **Cajun Back Ribs**

4 pounds pork ribs	2 teaspoons thyme
3 tablespoons paprika	1/2 teaspoon salt
1/2 teaspoon red pepper flakes	1/2 teaspoon white pepper
1 tablespoon garlic powder	1/2 teaspoon cumin
2 teaspoons oregano	1/4 teaspoon nutmeg

Combine all seasonings and dust all surfaces of ribs with mixture. Prepare medium-hot coals in covered grill, banking coals when hot. Grill ribs over indirect heat 1 to 1 1/2 hours, turning every 15 minutes.

### **Cajun Catfish**

4.00 ea Catfish fillets (4 oz. each)	1/2 ts Cayenne pepper
1oz Wheat flakes cereal	1/2 ts Black pepper
1 tb Paprika	1/2 ts White pepper
1/4 ts Salt	1/2 ts Thyme
1/4 ts Onion powder	1 tb Oil
1/4 ts Garlic powder	

1. Wash the fish fillets and pat dry. 2. In a bowl mix the ground wheat flakes and all the seasonings. Pour the dry mixture onto a piece of foil or wax paper, and dip the fillets into the seasoning, coating both sides. 3. In a heavy cast iron fry pan heat the oil. Fry the fillets for 2 minutes on each side. Lay the fillets on a plate lined with a paper towel, cover with another paper towel, and pat to remove excess oil.

### **Cajun Catfish Remoulade**

1 c Nonfat Mayonnaise  
1/3 c Creole Mustard  
1/3 c Fresh Horseradish  
1 tb Lemon Juice  
1 tb Worcestershire Sauce  
4 dr Tabasco  
1 tb Onion; grated  
8 Catfish Fillets  
1 qt Water  
2 ts Old Bay Seasoning  
2 Bay Leaves  
1/2 ts Cayenne Pepper  
1 Head Butter Lettuce; torn -into bite-sized pieces  
2 Beefsteak Tomatoes; cut into -wedges  
Parsley

Mix first seven ingredients in a glass jar; cover and refrigerate overnight. Cut catfish fillets into bite-sized pieces. Bring water, Old Bay Seasoning, bay leaves, and cayenne pepper to a gentle simmer and add catfish fillets. Cook until the meat flakes, about 10 minutes. Remove from heat, cover and let the fish cool in the cooking liquid. Refrigerate until serving time. To serve, drain the catfish fillets and place them on a lettuce-lined platter. Place the remoulade sauce in a bowl and nestle it in the center of the serving platter and serve. Garnish with tomato wedges and parsley.

### **Cajun Catfish With Spicy Strawberry Sauce**

2 lb Catfish Fillets	1/4 c Seafood Cocktail Sauce
Salt	1 Clove Garlic, minced
Black Pepper	2 ts Horseradish
2 oz Hot Pepper Sauce	3/4 c Cornmeal
1 1/2 c Strawberry Preserves	3/4 c Flour
1/2 c Red Wine Vinegar	1/2 c Safflower Oil Fresh Strawberries
1 tb Soy Sauce	Parsley Sprigs, optional

\* Strawberry Flavored Vinegar may be used instead of Red Wine Vinegar. Place fillets in large shallow dish. Season fish with salt, black pepper and hot pepper sauce; cover and refrigerate 1 hour. In small saucepan, combine preserves, vinegar, soy sauce, cocktail sauce, garlic and horseradish; simmer sauce over low heat stirring occasionally, while preparing catfish. Blend cornmeal and flour in shallow bowl. Drain catfish and dredge in cornmeal mixture, coating on all sides. Heat oil in heavy skillet over medium-high heat; when hot, add catfish and saute' until browned on both sides. Drain well on paper towels; keep warm. Spoon 1/4 cup sauce on each plate; top with catfish fillets. Garnish with sliced strawberries and parsley, if desired.

### **Cajun Chicken Salad**

2 c Cooked chicken, chunked	2 c Iceberg lettuce, torn into - i-inch pieces
1 tb Lemon juice	1 c Romaine lettuce, torn into - 1-inch pieces
1 t Cayenne pepper	1 md Green pepper, chopped
1 t Garlic powder	1 c Mushrooms, sliced
1/2 t White pepper	1 c Cauliflower flowerets
1 t Dried basil	1 c Grated carrots
1/4 t Dried thyme leaves	1/2 c Sunflower seeds

Combine chicken, lemon juice, cayenne pepper, garlic powder, white pepper, basil and thyme in a medium-sized mixing bowl. Mix well. Cover and refrigerate for 1 hour. Combine lettuces, green pepper, cauliflower, mushrooms and carrots in a large salad bowl. Toss to distribute evenly. Add chicken (including marinade). Sprinkle with sunflower seeds.

### **Cajun Coleslaw**

5 Tablespoons Mayonnaise, (heaping)	1 Tablespoon Lea & Perrins
1 Teaspoon Louisiana hot sauce	1 Each Juice of medium-sized lemon
2 Tablespoons Yellow mustard (heaping)	3 Teaspoons Salt (to taste)
2 Tablespoons Ketchup	4 Each Bell peppers, sliced
2 Tablespoons Olive oil	2 Each Onions, medium, shredded
1 Tablespoon Wine vinegar	1 Each Large cabbage, shredded
1 Teaspoon Garlic salt	

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork. Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so. Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.

### **Cajun Corn Soup**

1 c Chopped onion	1 cn Tomato paste (6-oz.)
1 c Chopped green pepper	2 pk Frozen whole kernal corn -(16 oz. each)
6 Green onions, sliced	3 c Cubed cooked ham
1/2 c Cooking oil	1 1/2 lb Fully cooked smoked sausage -sliced
1/2 c All-purpose flour	1/8 ts Cayenne pepper or to taste
3 c Water	Salt to taste
1 cn Cajun-style stewed tomatoes -14 1/2 ounces	Hot pepper sauce to taste
2 c Chopped peeled tomatoes	

In a large kettle or Dutch oven, saute onion, green pepper and green onions in oil until tender, about 5 minutes. Add flour and cook until bubbly. Add water, stewed tomatoes and chopped tomatoes and tomato paste; mix well. Stir in the corn, ham, sausage, cayenne pepper, salt and hot pepper sauce. Bring to a boil, stirring frequently. Reduce heat; simmer, uncovered for 1 hour, stirring occasionally.

### **Cajun Fettucine**

3 c Cooked spinach fettuccine	1/2 c Lump crabmeat
1/4 lb Butter	1/2 c Cooked crawfish tails
1 tb Chopped garlic	1 oz Dry white wine
1/4 c Chopped green onions	1 tb Lemon juice
1/4 c Sliced mushrooms	1 c Heavy whipping cream
1/2 c Diced tomatoes	1/4 c Diced red bell pepper
1/2 c Diced andouille	1/4 lb Chipped cold butter
1/2 c 50 count shrimp, peeled -and deveined	1 tb Chopped parsley
Salt and cracked black -pepper to taste	

In a two quart heavy bottom sauce pan, melt butter over medium high heat. Add garlic, green onions, mushrooms, tomatoes and andouille. Saute three to five minutes or until all vegetables are wilted. Add shrimp, crabmeat and crawfish. Cook for an additional ten minutes. Deglaze pan with white wine and lemon juice, and continue cooking until volume of liquid is reduced to one half. Add heavy whipping cream and, stirring constantly, reduce until cream is thick and of a sauce like consistency, approximately five minutes. Add diced red bell pepper and chipped butter, two to three pats at a time, swirling pan constantly over burner. Do not stir with a spoon, as butter will break down and separate if hot spots develop in the pan. Continue adding butter until all is incorporated. Remove from heat, add parsley and season to taste using salt and pepper. Gently fold in cooked fettuccine and serve. May be chilled and served as a cold pasta salad.



### **Cajun Gumbo**

1 Chicken, any size	3 Smoked sausage links
6 Eggs	2 1/2 c Peeled shrimp
2 c Oysters	1 1/2 tb File
1 lg Onion, chopped	1/2 c Green onions, chopped
1/2 c Chopped parsley	1 qt Water
Salt and pepper to taste	

No cooking oil is needed; chicken fat will melt. Pre heat large pot over medium heat for 5 minutes. Add cut up chicken and fry abt. 10 min. Add onion and let chicken and onion brown together. When browned, add green onions and parsley. Let cook abt. 15 min. Don't stir chicken too much. Add sausage, shrimp and oysters. Let cook 10 min. and add water. Let mixture come to a boil for 15 min. Break raw eggs, 1 at a time, in boiling mixture in separate places in your pot. Continue to cook for 10 minutes. Do not stir during this time. Add file. Stir and turn heat off. Add salt and pepper to taste. Serves 10 to 12.

### **Cajun Jambalaya**

2 lb Sausage cut 1/4 in. thick	3 tb Salt
1 lb Boneless chicken	1/2 ts Cayenne pepper
1 1/2 lg Onions	3 Bay leaves
1 Bell pepper	6 oz Tomato paste
4 Cloves garlic	1 lb Peeled shrimp
5 c Water	3 c Raw rice

Saute sausage, chicken, onions, bell pepper and garlic until sausage and chicken are browned. Add the water, salt, cayenne, bay leaf and tomato paste. Bring to a boil with the lid on. When water boils add the shrimp and the raw rice. Stir and lower fire. Let rice simmer, stirring every five minutes until rice is cooked. Yield: 6-8 servings.

### **Cajun Maquechou**

1/2 c bacon drippings	1/2 ts black pepper
35 oz corn, can, drained	1 tb sugar
1 lg onion, chopped	1/2 ts cayenne pepper
2 md garlic cloves, minced	1 c chicken broth, canned
1 lg green pepper, chopped	1 c milk
2 md tomatoes, peeled, chopped	2 eggs
1 ts salt	

Heat bacon drippings in a heavy 12-inch skillet over medium heat. Add corn, onion, garlic, and bell pepper; cook until onion is thoroughly wilted and transparent, about 10 mins. Stir often to prevent sticking. Add tomatoes, salt, black pepper, sugar and cayenne; stir until combined. Add broth. Reduce heat. Barely simmer, stirring often, until liquid has almost evaporated, about 30mins. The mixture will be thick and mushy. Stir in milk; cook until reduced by 1/2. Increase heat slightly. In a small bowl, beat eggs until frothy; stirring constantly, add to pan in a slow steady stream. Cook just to thicken, 3 or 4 minutes. serve hot Makes 4 to 6 servings

### **Cajun Mayonnaise**

1/2 c Reduced-calorie mayonnaise  
1/2 c Nonfat plain yogurt  
1/2 t Crumbled dried oregano  
1/4 t Garlic salt  
1/4 t Ground cumin  
2 pn Cayenne pepper  
2 pn Black pepper

Spiced up with the best of the South, this mayonnaise echoes the great seasoning on the crabs. 1. Prepare 24 hours before using, for flavors to blend. Combine all ingredients in a small bowl. Refrigerate, covered, until ready to use. Per tablespoon: 29 calories, 3 grams fat, 3 milligrams cholesterol.

### **Cajun Meat Loaf**

**Seasoning Mix**

2 ea Whole bay leaves  
 1 t Salt  
 1 t Ground cayenne pepper  
 1 t Black pepper

1/2 t White pepper  
 1/2 t Ground cumin  
 1/2 t Ground nutmeg

**Main Ingredients**

4 T Unsalted butter  
 3/4 c Finely chopped onions  
 1/2 c Green bell peppers, chopped  
 1/4 c Green onions, finely chopped  
 2 t Minced garlic  
 1 T Tabasco sauce  
 1 T Worcestershire sauce

1/2 c Evaporated milk  
 1/2 c Catsup  
 1 1/2 lb Ground beef  
 1/2 lb Ground pork  
 2 ea Eggs, lightly beaten  
 1 c Very fine bread crumbs

Combine the seasoning mix ingredients in a small bowl and set aside. Melt the butter in a 1-quart saucepan over medium heat. Add the onions, celery, bell peppers, green onions, garlic, tabasco, Worcestershire and seasoning mix. Saute until mixture starts sticking excessively, about 6 minutes, stirring occasionally and scraping the pan bottom well. Stir in the milk and catsup. Continue cooking for about 2 minutes, stirring occasionally. Remove from heat and allow mixture to cool to room temperature. Place the ground beef and pork in an ungreased 13x9-inch baking pan. Add the eggs, the cooked vegetable mixture and the bread crumbs, remove the bay leaves. Mix by hand until thoroughly combined. In the center of the pan, shape the mixture into a loaf that is about 1-1/2 inches high, 6 inches wide and 12 inches long. Bake uncovered at 350F for 25 minutes, then raise heat to 400F and continue cooking until done, about 35 minutes longer. Serve immediately as is or with Very Hot Cajun Sauce for Beef. This is best using both ground pork and ground beef, as the pork gives more flavor diversity. However, you can make it with ground beef only.

**Cajun Oven-Fried Chicken**

8 each Thighs, chicken -- broiler/ fryer, boned -- skinned  
 1/3 cup Hot pepper sauce  
 1/4 cup Water  
 1 tablespoon Mustard -- Dijon  
 1/2 teaspoon Pepper -- cayenne  
 1 cup Breadcrumbs -- French  
 1/2 cup Flour  
 3 tablespoons Oil, olive -- light

2 teaspoons Garlic powder  
 2 teaspoons Onion powder  
 2 teaspoons Poultry seasoning  
 1 teaspoon Cornstarch  
 1 teaspoon Salt  
 1 teaspoon Sugar  
 1 teaspoon Paprika

**Marinate:** In a large bowl, make the marinade by mixing together hot pepper sauce, water, mustard, and pepper. Add chicken; cover and marinate in refrigerator for 1 hour. While chicken is marinating make the coating.

**Coating:** In a blender, place the breadcrumbs, flour, oil, garlic powder, onion powder, poultry seasoning and cornstarch, salt, sugar and paprika; blend until thoroughly mixed. Put the bread crumb mixture in a shallow dish.

**Assembly:** Remove the chicken from the marinade and add to the crumb mixture, one piece at a time, turning to coat. Place chicken in single layer, in a shallow foil lined baking dish. Bake in 400 F for 20 minutes. Reduce temperature to 350 and bake 20 minutes more or until chicken is fork tender.

### **Cajun Oyster & Scallop Stew**

36 ea Oysters, shucked	1 c Water, HOT
24 ea Bay Scallops	1/4 c Celery, chopped
1 qt Half & Half	1/2 ts Basil
12 ea Scallions, whole, chopped	1/4 ts Thyme
1 T Parsley, chopped	1/2 ts Oregano flakes
2 T Flour	1/2 ts Black pepper
1/2 ts Cayenne pepper flakes	1 oz Sherry
1/2 ts White pepper	1 c Croutons
1 t Salt	1 ea Garlic clove, minced
1/8 lb Butter	1 1/2 T Worcestershire sauce

Melt the butter in a sauce pan at approx. 300 degrees F. Add the vegetables and saute until slightly browned. Remove from the heat. In a separate pan heat the Half & Half being careful not to boil it. Reduce heat to approx. 150 degrees F. and slowly stir in the flour. When it is blended well, add the seasonings & spices. Add the browned vegetables and the drained oysters & scallops. Simmer for 15 minutes, stirring frequently. Add the sherry and continue to simmer until the stew thickens. Add the croutons and serve!

### **Cajun Pork Roast**

10 lb Boneless Boston Pork Roast	2 T Steak Sauce (Lea & Perrins)
1 c Chopped Onion	2 1/2 T Dry Mustard
3/4 c Chopped Garlic	1 x Seasoned Salt (Dry Rub)
1/2 c Tiger Sauce	6 oz Tomato Paste
1 t Chopped Parsley	3 T Brown Sugar
1/2 c Worcestershire Sauce	

**Marinade:** Combine chopped onion, chopped garlic, chopped parsley with the Tiger Sauce Worcestershire sauce, steak sauce and dry mustard. Mix well. Make slits into roast and rub sauce well into and over the roast (a basting syringe works well to place sauce into slits). Allow to sit in the refrigerator for 6 hours (or overnight). Tomato Sauce: Mix tomato paste and the brown sugar very well and set aside. Cook roast in a covered grill until the internal temperature of the roast is 170 degrees. Brush with Tomato Sauce when done and serve. NOTE: Tiger Sauce is a brand name of sweetened hot sauce.

### **Cajun Potato Salad**

2 lb Small red potatoes	6 tb Olive or vegetable oil
1/2 c Chopped red onions	1 tb Dijon mustard
1/2 c Sliced green onions	2 Garlic cloves, minced
1/4 c Fresh parsley, minced	1/2 ts Pepper
6 tb Cider vinegar, divided	1/2 ts Cayenne pepper
1/2 lb Precooked smoked Kielbasa -or Cajun sausage, sliced	

Cook the potatoes in boiling salted water for 20-30 minutes or until tender; drain. Rinse with cold water; cool completely. Cut into 1/4" slices; place in a large bowl. Add onions, parsley and 3 tbs. vinegar; toss. In a medium skillet, cook sausage in oil for 5-10 minutes or until it begins to brown. Remove with slotted spoon and add to potato mixture. To drippings in skillet, add mustard, garlic, pepper, cayenne pepper and remaining vinegar; bring to a boil, whisking constantly. Pour over the salad; toss gently. Serve immediately.

### **Cajun Prime Rib**

4 Pounds Prime rib roast (10-1/2 lbs)  
1/4 Cup Black pepper  
1/4 Cup Garlic powder  
1/4 Cup Salt  
2 Each Onions, thinly sliced

### **Seasoning Mix**

1 Tablespoon Plus 1 tsp, salt  
1 Tablespoon Plus 2 tsp, white pepper  
1 Tablespoon Plus 2 tsp, fennel seeds  
1 Tablespoon Plus 3/4 tsp, black pepper  
2 1/2 Teaspoons Dry mustard  
2 1/2 Teaspoons Ground cayenne pepper

Remove fat cap off top of meat (butcher can do this for you) and save. Place the roast, standing on the rib bones, in a very large roasting pan. Then with a knife make several dozen punctures through the silver skin so seasoning can permeate meat. Pour a very generous, even layer of black pepper over the top of the meat (the pepper should completely cover it); repeat with the garlic powder, then the salt, totally covering the preceding layer. Carefully arrange the onions in an even layer on top so as not to knock off the seasoning. Place the fat cap back on top. Refrigerate 24 hours. Bake ribs in a 550F oven until the fat is dark brown and crispy on top, about 35 minutes. Remove from oven and cool slightly. Refrigerate until well chilled, about 3 hours. (this is done so the juices will solidify and the steaks can be cooked rare.) Remove fat cap and discard. With the blade of a large knife, scrape off the onions and as much of the seasonings as possible and discard. Then with a long knife, slice between ribs into 6 steaks (4 will have bones); trim the cooked surface of meat from the 2 pieces that were on the outside of the roast. Season and cook in your favorite way for steaks. **TO BLACKEN THE STEAKS:** Combine the ingredients of the seasoning mix thoroughly in a small bowl; you will have about 8 tablespoons. Sprinkle the steaks generously and evenly on both sides with the mix. using about 4 teaspoons on each steak and pressing it in with your hands. Heat a cast iron skillet over very high heat until it is beyond the smoking stage and you see white ash on the skillet bottom--at least 10 minutes. (The skillet cannot be too hot for this method.) Place one steak in the hot skillet (cook only one side at a time) and cook over a very high heat until the underside starts to develop a heavy, black crust, about 2 to 3 minutes. Turn the steak over and cook until the underside is crusted like the first, about 2 to 3 minutes more. Repeat with the remaining steaks. Serve each steak while piping hot. (\*NOTE\*: If you don't have a commercial hood vent over your stove, this dish may smoke you out of the kitchen. It's worth it! But you can also cook it outdoors on a gas grill; a charcoal fire doesn't get hot enough to "blacken" the steak properly. If you have a smoke detector in your house, you will be able to determine if it is working correctly. This is NOT a dish to prepare in an apartment building with a central fire alarm system wired into your smoke detector. It causes great excitement!

### **Cajun Red Beans And Rice**

2 Cups red kidney beans -- soaked  
2 bay leaf  
1 1/2 Cups onion -- chopped  
1/2 Teaspoon thyme  
3 garlic clove -- minced  
3/4 Cup parsley -- fresh minced

1 Cup green bell pepper -- diced  
1 Teaspoon salt  
2 tablespoons red miso  
4 cups brown rice -- freshly cooked  
Scallions -- chopped for garnish

Rinse beans & drain well. Cook in 5 cups of water for 50 minutes or until tender, with the bay leaves. Add onion, thyme, garlic, parsley, green pepper & salt to pot, simmer over medium low heat for 15 to 20 minutes. Add miso & simmer for another 5 minutes. Remove bay leaves. Serve over hot rice, garnished with scallions.

### **Cajun Sausage Roast**

1 3 pound Pork Loin Roast  
1 lb Smoked Cajun Sausage  
1 sm Onion -- Chopped fine  
1 sm Green Bell pepper -- Chopped : fine :  
Salt  
Granulated garlic  
Dried Chives  
Parsley Flakes  
Restaurant Black Pepper  
2 TB Soy sauce  
1/2 c Cold Water  
2 3 Tbsp. Cornstarch  
1/2 ts Kitchen Bouquet

Mix Granulated Garlic, Chives, Parsley Flakes and Restaurant Black Pepper to Make SEASONINGS mix. Add salt to mix. Cut the whole loin into smaller roasts, about 6" long, cut a hole through the center of each roast, along the center axis of the roasts and insert the sausage. If the cross-section of the roast is big enough, cut two parallel holes. Open the holes to the size of the smoked sausage and pour about 1 T. of the seasoning mix into the long holes and push something through the roasts to distribute the seasoning. Slide the smoked sausage through the longitudinal holes in the roasts until about 1" of sausage protrudes from each end. Dust inside and outside with seasonings and salt. Allow to sit and marinate at room temperature for 30 mins. Place the roast on a rack, inside a covered roaster, pour the cut up onion and bell pepper into bottom of roaster and place, uncovered in a 425 F. oven for approximately 30 mins. or until seared lightly on the outside. Cover roaster and continue to cook with a meat thermometer until done inside, about 160-165 F. on meat thermometer. Remove roasts, trim end faces of excess sausage and chop fine. Add cornstarch dissolved in cold water, soy sauce and thicken sauce over Med. heat. Adjust color of sauce with Kitchen Bouquet and adjust seasonings.

### **Cajun Shrimp Pasta**

2 TBSP olive oil	1/2 tsp Tabasco sauce
1/2 onion, chopped	2 C. diced peeled and seeded tomatoes
1/2 tsp. thyme	2 TBSP sugar
1/2 tsp. cayenne pepper	1/2 C. green onions, chopped
1/2 tsp. black pepper	3 C. chicken or shrimp stock
1/2 tsp. basil	1 lb. vermicelli pasta or linguine
1 TBSP chopped garlic	1 lb. fresh shrimp, peeled and deveined (can substitute chicken)
1 TBSP Worcestershire sauce	1/2 C. grated Parmesan cheese

Saute the onion in the olive oil for approximately four minutes. Add the garlic and stir. Add thyme, cayenne and black peppers, and basil and cook at low heat for five more minutes. Add everything else except for the pasta, shrimp, and cheese, and cook over lowish heat for an hour. Saute the shrimp in some butter and garlic until three-quarters cooked (pink, but not totally opaque). Add the sauce and cook for an additional two minutes. Add the cooked pasta and toss well with the grated cheese. Serve hot.

### **Cajun Spiced Pecans**

2 tb Unsalted butter	2 ts Powdered Chile
3 c Pecan halves	1 tb Ground cumin
1/2 c Light brown sugar	1/4 c Cider vinegar
1 t Paprika	Salt

Preheat oven to 375 F. Melt butter over medium heat in a large skillet. Add the pecans and saute until lightly browned, about 3 minutes. Add the brown sugar and cook until caramelized. Stir in the paprika, chile powder and cumin. Add the vinegar and cook until all the liquid has evaporated. Season with salt. Spread the pecans on a cookie sheet and bake in an oven until crisp, about 3 to 5 minutes.

### **Catfish Orleans with Creole Sauce**

24 ea Catfish fillets  
1 c Butter or margarine,melted  
1 1/3 c Soy sauce  
12 c Rice,hot,cooked  
1/4 c Liquid smoke  
1 t Garlic powder  
2 t Salt

#### **Creole Sauce**

1/2 c Salad oil	1 c Onions,coarsely chopped
1 c Celery,sliced	1/2 t Garlic,minced
7 c Tomatoes	2 c Tomato puree
1 ea Bay leaf	1/4 t Black pepper
1/4 t Thyme	1/4 t Worcestershire sauce
1 c Green bell peppers,coarsely chopped	1/4 c Lemon juice
1/2 t Hot pepper sauce	

1. Thaw frozen fish according to package directions. 2. Prepare Creole Sauce. 3. Place fillets in shallow baking pans. 4. Combine liquid smoke, butter, garlic powder, soy sauce and salt; brush generously over catfish. 5. Cover with foil; bake in preheated 400°F. oven about 30 minutes. 6. To serve, place fillet on 1/2 cup rice; top with 1/4 to 1/3 cup Creole Sauce. **Creole Sauce** 1. Heat oil in large Dutch oven; add onions, celery and garlic and saute about 15 minutes. 2. Add tomatoes, tomato puree, bay leaf, black pepper, thyme and Worcestershire sauce; cover and simmer slowly 1 1/2 hours. 3. Blanch bell peppers in boiling water 5 minutes; drain well. 4. Remove bay leaf from sauce; add bell peppers, lemon juice, hot pepper sauce and simmer 15 minutes longer

### **Crawfish Etouffe**

1/2 c Butter	1 tb Parsley, dried
1 lg Onion, finely chopped	1/4 ts Red pepper flakes
1 Bell pepper, finely chopped	1/2 ts Pepper
3 Garlic cloves, finely -chopped	3 ds Tabasco sauce
1/2 c Celery, finely chopped	1 lb Crawfish, cleaned
Green onions (one bunch), -finely chopped	4 tb Flour
1 t Lowry's garlic salt	2 c Chicken broth Rice, cooked (for serving)

Melt butter; saute vegetables. Add seasonings and stir well. Add crawfish and saute for a minute. Add flour; mix well, and cook 3 more minutes. Add chicken broth; mix well and simmer 15 minutes. Serve over hot rice.

### **Chicken Etoufee**

3/4 c Onion, half fine cut and -half rough cut	2 ts Cajun chicken spice -mixture
3/4 c Bell pepper, fine cut	3 Pats butter
3/4 c Celery, fine cut	3 tb Dry roux
3 Little green onions, fine -chop	3 c Chicken broth
1 lg Clove garlic, fine chop	2 Chicken breasts

Pre cook the chicken breasts in micro wave for about 10 minutes on high. Set aside to cool. When cool, pull into strips about the size of a small finger. (You could use an equal amount of leftover roast chicken.) Singe the rough cut onions in cast iron skillet over medium high heat. When lightly browned (3-5 minutes). Add the rest of the vegetables, the garlic and the spices. Add butter and sizzle over medium heat until the vegetables are limp, about 5 minutes. Stir in the dry roux. Then stir in the chicken broth and simmer uncovered over low heat for 15 min. Add the chicken and continue to simmer for another 10-15 minutes. The sauce should be about as thick as a thin gravy. Serve over rice.

### **Chicken and Andouille Gumbo**

1 c Oil	1 ea Chicken; cut up or boned
1 1/2 lb Andouille sausage; or kielbasa	1 c Flour
3 3/4 c Onions; chopped	2 c Celery; chopped
2 c Green pepper; chopped	3 ts Garlic; chopped
8 1/2 c Chicken stock	1 x Salt
1 x Cayenne pepper	2 c Green onion; chopped
1 x File	1 x Cream sherry
1 x Cooked rice	

Season and brown chicken in oil (lard, bacon drippings) over med-hi heat. Add sausage (cut in 1/4" rounds) to pot and saute with chicken. Remove both from pot. Make roux with equal parts of oil and flour to desired color (I make a dark chestnut color). Add onions, celery, green pepper, and later garlic to roux, stir continuously until vegetables reach desired tenderness. Return chicken and sausage to pot and cook with vegetables, continuing to stir frequently. Gradually stir in liquid and bring to boil. Reduce to simmer and cook for an hour or more. Season to taste. Approximately 10 minutes before serving, add green onions. Gumbo may or may not be served over rice. Adding sherry at the table is also an option. File may be placed on the table for individuals to add to their gumbo if they wish. 1/4 to 1/2 tsp per serving is recommended. File - a fine green powder that is young dried and ground sassafras leaves, used in gumbo for flavor and thickening. The word file means to twist or make threads. If you put the file directly into the gumbo while it is cooking, that is what you will end up with, a liquid that is rather stringy as you bring your spoon out of the bowl. Ugh! Do it right, let each person add their own at the table. If making roux over very high heat, the oil you use must be free of food particles to avoid burning. If you scorch your roux, even slightly, while you are making it, throw it out, and start over again after you have thoroughly cleaned the pot. When making an okra gumbo, add 4-6 cups of cut okra to trinity, saute, and cook together with roux. (remember, the Cajun cooking trinity is onions, celery and green pepper).

### **Classic Chicken Gumbo**

2 tb Vegetable shortening	1/2 c Uncooked rice
2 tb Flour, all-purpose	2 Ribs celery, chopped
2 Onions, finely chopped	1 ts Salt
1 Green bell pepper, chopped fine	1/2 ts Pepper
5 c Warm chicken broth	1/4 ts Thyme
8 Tomatoes, peeled/chopped	1 Bay leaf
1/2 lb Okra, cut into 1/4" pieces	1 Broiler-fryer chicken, cooked

1. In large Dutch oven, melt shortening over low heat; add flour and cook, stirring, until brown, about 10 minutes (do not hurry; if flour burns, roux is ruined). 2. Add onions and bell pepper; cook until onion is translucent, about 5 minutes. 3. Slowly add warm broth; stir until broth reaches a boil. 4. Add tomatoes, okra, rice, celery, salt, pepper, thyme and bay leaf; bring to a boil. 5. Add chicken; when mixture boils again, reduce heat to low, cover and cook about 20 minutes. 6. Stir and cook, covered, 20 minutes longer.

### **Crab-Stuffed Crepes**

#### **Crepes**

3 Egg -- beaten  
1 1/2 c Milk  
2 T Butter or margarine, melted  
1 c Flour  
1/2 t Salt  
1 c Swiss cheese -- grated

#### **Crab Filling**

1/2 c Butter or margarine  
1/2 c Scallion -- minced  
2 lb Crabmeat, lump  
Salt & White Pepper to taste  
1 pinch Garlic powder (opt)  
1/2 c Dry vermouth

### Swiss Cheese Sauce

2/3 c Dry vermouth  
1/4 c Cornstarch  
1/4 c Milk  
4 c Heavy cream  
Salt -- to taste  
White pepper -- to taste  
1 1/2 c Swiss cheese -- grated

**Crepes:** Place eggs, milk and butter in blender; add flour and blend about 1 minute, until smooth. Refrigerate batter at least 2 hours and as long as 12 hours before making crepes. To cook crepes, pour 3 tablespoons batter into greased, heated crepe pan or small skillet; cook until done on one side (it is not necessary to cook crepes on both sides). To assemble crepes, blend half the Crab Filling with the Swiss Cheese Sauce; correct seasoning. Place a large spoonful crab mixture on each crepe and roll; place seam side down in two buttered large rectangular glass baking dishes. Spoon remaining crab mixture over crepes; sprinkle with grated cheese and dot with butter. Bake uncovered in preheated 400°F. oven 20 minutes, until hot and bubbly. This dish may be frozen or refrigerated before serving; if chilled, remove from refrigerator 30 minutes before baking. **Crab Filling:** Melt butter in skillet; stir in green onions and crabmeat. Mix lightly and cook a few minutes; add seasonings. Add vermouth and boil rapidly until liquid is almost evaporated. Scrape from skillet into bowl; reserve. **Swiss Cheese Sauce:** Blend cornstarch and milk; reserve. Put vermouth in same skillet that filling was cooked in; boil rapidly until vermouth is reduced to 2 tablespoons. Remove from heat; stir in cornstarch and milk mixture. Return skillet to low heat and add cream slowly, along with salt and pepper; cook several minutes until slightly thickened. Stir in cheese and cook until melted and well-blended; correct seasoning. NOTE: This recipe makes enough crepes to fill two baking dishes.

### Crabby Mushrooms

1 c Crab meat	2 T Parsley, minced
1 T Bread crumbs	12 ea Mushroom stems, chopped fine
1 T Onions, minced	12 ea Mushroom caps
1 T Parmesan cheese, grated	1 ea Egg, beaten
1 t Salt	1 x Louisiana hot sauce, to taste

In a bowl, mix crab meat, bread crumbs, onions, cheese, salt, parsley, and chopped mushroom stems. Add beaten egg and hot sauce, to taste. Stuff mixture into mushroom caps. Bake at 300 degrees until tender, 15 to 30 minutes. Serve it hot.

### Crawfish Chili

2 lb Lean ground beef	3 T Chili powder
2 lb Crawfish tails	1 can (8 oz) tomato sauce
1 t Garlic, chopped fine	1 c Dry white wine
2 t Salt	1 x Water
1 T Soy sauce	1 t Lemon or lime juice
1 t Cayenne pepper	1 c Chopped onions
1 t Dried mint	1 x Bacon drippings
1 T Dried parsley	

Brown meat in bacon drippings. Combine all other ingredients with meat and bring to a boil. Simmer for a few hours.

### Crawfish Stuffing

1/4 c Butter or margarine	1/2 ts Black pepper
1 tb Flour	1/2 ts Cayenne pepper
1/2 c Onion, minced	1 Egg, beaten
1 tb Garlic, minced	4 c White bread, chopped
1/2 c Parsley, chopped	4 c Breadcrumbs
1/2 ts Salt	2 lb Crawfish tails, chopped

1. Melt butter in large saucepan; add flour and stir over heat until light brown. 2. Add onion and garlic; saute. 3. Remove from heat; add parsley, seasonings, egg, chopped bread and crawfish tails and stir until mixed.

### Crawfish Wontons

1/2 c Butter	10 oz Can Rotel tomatoes w/chiles
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2 c Spanish onions -- dice fine  
1 c Celery -- dice fine  
1/2 c Green onion tops -- slice thin  
3 lb Crawfish tails -- peeled  
2 ts Granulated garlic  
1 t Black pepper  
3/4 ts Chili powder  
1/4 ts Cayenne pepper

1 1/2 c Heavy cream  
1/8 c Chicken broth  
1/3 c Blond roux -- recipe follows -below  
8 oz Pk pasteurized process -cheese spread  
1 pk Wonton skins  
3 Eggs -- beaten  
Oil for deep-frying

### **Blond Roux**

3 tb Butter  
3 tb Flour

Melt butter and saute onion and celery for 8 to 10 minutes or until tender. Add green onion and crawfish and saute for 5 minutes. Add garlic, peppers, chili powder and cook for 1 minute. Add tomatoes, cream and chicken broth; bring just to a boil and stir in roux. Cook and stir until thickened. Reduce heat to low and add cheese; stir until melted. Cool in fridge for 1 hour. Lay 4 wonton skins on a clean, dry surface. Brush outer edges of each with beaten egg. Place 1 tb filling in center; put of 4 corners of each over filling and pinch edges together to seal. Place on waxed pepper and repeat with remaining skins. Refrigerate until ready to fry. Heat enough oil for deep-frying to 350~. Fry wontons, a few at a time, for 3 minutes or until golden brown. Drain on paper towels and serve immediately. **Blond Roux**-Melt butter over medium heat. Add flour and cook and stir until roux is the color or honey.

### **Creole Baked Cod**

1 tb Corn oil  
1/2 c Sliced mushrooms  
1/4 c Onion, coarsely chopped  
1/4 c Geern bell pepper, coarsely chopped  
2 c Tomatoes, chopped  
1/2 ts Basil, dried  
1/4 ts Black pepper  
1 lb Cod, cut into 1" cubes

1. In medium skillet, heat corn oil over medium heat. 2. Add mushrooms, onion and bell pepper; stirring frequently, cook 2 to 3 minutes or until tender. 3. Add tomatoes, basil and black pepper; stirring occasionally, cook 10 minutes or until sauce is thick. 4. Place cod in 10x6x2-inch baking dish; spoon sauce over fish. 5. Bake in 350°F oven 15 to 20 minutes or until fish flakes easily.

### **Creole Eggs**

#### **White Sauce**

4 tb Butter  
4 tb Flour  
2 c Milk  
1/2 ts Salt  
1/4 ts Pepper

#### **Tomato Sauce**

4 tb Butter  
4 tb Chopped onion  
4 tb Chopped green pepper  
1 Garlic clove, mashed  
2 1/2 c Canned tomatoes  
1 tb Chili powder (or more)

8 Hardboiled eggs  
1 c Grated American cheese  
1 c Cracker crumbs (9 crackers)

NOTE: Drizzle melted butter over crumbs. Cook white sauce until smooth--set aside. Prepare Tomato Sauce by melting 4 tablespoons butter and cook onion, pepper until soft; add tomatoes, garlic and chili powder. Cook until thick, add a pinch of soda. Add white sauce to this sauce. Place alternate layers of sauce and sliced cooked eggs in a greased casserole. Top with cheese and crumbs. Bake at 350F 15-20 minutes. Serve over rice or Chinese noodles. Serves 6.

### **Creole Corn Muffins**

2 Eggs, beaten	3/4 c Cheddar cheese, grated
1 1/2 c Milk	2 1/2 c Flour, all-purpose
3/4 c Vegetable shortening, melted	1 ts Salt
2 tb Bell pepper, chopped	2 tb Baking powder
2 tb Onion, chopped	2 tb Sugar
2 tb Pimiento, chopped	2 tb Cornmeal
3/4 c American cheese, grated	

1. Mix eggs, milk and shortening. 2. In another bowl, combine remaining ingredients. 3. Add milk mixture and stir just to mix (there will be lumps). 4. Pour into greased muffin cups and bake in preheated 400°F. oven 25 to 30 minutes, or until done.

### **Creole Garlic and Shrimp Appetizer**

1/2 c Butter or margarine, softened	2 T Minced fresh parsley
1 T Minced shallots (heaping)	4 ea Cloves garlic, minced
1/4 t Paprika	1/8 t Cayenne pepper
1/8 t Salt	2 t Pernod
1/2 t Lemon juice	1 1/2 lb Shrimp, shelled and deveined
1 x Flour	1 x Olive oil
1/2 ea Juice of lemon	3/4 c Dry white wine

1. Cream butter with wooden spoon for several minutes. 2. Add parsley, shallots, garlic, seasonings, Pernod and 1/2 teaspoon lemon juice; mix well and set aside. 3. Coat shrimp with flour. 4. Heat olive oil in large skillet; shake flour from shrimp and add shrimp to skillet. 5. Saute shrimp very quickly, about 3 minutes; when they start to turn pink, cook them on other side. 6. Drain oil from skillet. 7. Add 1/2 cup lemon juice and the wine and shake pan briefly over heat, about 1 minute. 8. Add reserved garlic butter and toss shrimp quickly with wooden spoon. 9. When butter is melted, serve shrimp immediately.

### **Creole Okra and Tomatoes**

1/2 c Pareve margarine  
1 Lge. onion, minced  
1/2 Bell pepper, diced  
1 qt Sliced okra  
4 Fresh tomatoes, coarse chop.  
Salt and pepper to taste

Melt margarine in large skillet or heavy pot; add onion and saute over medium heat until transparent. Add bell pepper, okra, and tomatoes and season to taste. Lower heat, cover, and simmer 20 min. Stir occasionally.

### **Creole Seasoning**

1 pk Salt (26oz)  
1 pk Black pepper, ground (1 1/2oz)  
1 pk Cayenne pepper (2oz)  
1 pk Garlic powder (1oz)  
1 pk Chili powder (1oz)

1. Blend ingredients and store in screw-top jar. NOTE: Weights of containers of spices are approximate; slight variations do not matter.

### **Creole Steak Strips (Crockpot)**

1 1/2 pounds boneless round steak  
salt and pepper  
1 onion -- chopped  
1 cup sliced celery  
1 cup seasoned tomato juice  
2 teaspoons Worcestershire sauce

1/8 teaspoon garlic powder  
1 med. green pepper -- chopped  
10 ounce pkg. frozen okra (or 1 1/2 c. fresh  
2 1/2 ounce can sliced mushrooms -- drained  
carrot curls (opt.)

Cut steak into strips, about 1/2" wide and 2" long. Sprinkle with salt and pepper. Place in crockpot with onion, celery, tomato juice, Worcestershire sauce and garlic powder. Cover and cook on Low for 6-8 hours. Turn control to High. Add green pepper and partially thawed okra and mushrooms. Cover and cook on High for 30 minutes until okra is done. Garnish with carrot curls, if desired.

### **Creole White Bean Soup**

1/2 c Minced onion  
1/2 c Minced celery  
1/4 c Chopped bell pepper  
2 tb Butter or margarine  
1 1/2 lb Ham, 1" cubes

1 lb Smoked sausage, 1/2" slices  
1 cn Tomato sauce (8oz)  
2 cn Navy beans w/ bacon(16oz)  
4 c Water  
Salt & Black pepper to taste

1. In large saucepan, cook onion, celery and bell pepper in butter until soft. 2. Add ham and tomato sauce; simmer 15 to 20 minutes. 3. In separate saucepan, bring navy beans with bacon to boil. 4. Puree beans and their liquid in a food processor or blender; add to ham mixture. 5. Add the water; season to taste and simmer for 1 hour. Serve piping hot.

### **Dirty Rice**

3 Cups Chicken Stock  
1/2 Onion -- sliced  
1/2 Cup Celery -- chopped  
1 Clove Garlic -- minced  
1 Tablespoon Butter  
1/2 Tablespoon Oil  
1/2 Onion -- chopped  
1/2 Large Bell Peppers -- chopped  
1/2 Pound Chicken Livers  
Giblets Reserved From Roasting Chicken

1 Celery Stalk -- chopped  
1 Cup Long-Grain Brown Rice  
Salt  
Black Pepper  
Cayenne Pepper  
1/4 Cup Fresh Parsley -- chopped

Bring stock to a boil with onion, celery and garlic. Add giblets and livers, lower heat, and simmer until livers are just done, but still pink inside. Drain, reserving stock. Coarsely chop livers and edible giblets and reserve. Melt butter with oil. Saute onion, celery, and bell pepper for five minutes. Add rice and saute two minutes more, stirring constantly. Add 2-1/4 cups reserved stock, bring to a boil, cover, lower heat, and simmer until rice is almost done, 30-40 minutes. Season with salt, black pepper, and cayenne to taste. Add reserved livers and giblets and continue cooking until rice is done. Garnish with chopped parsley.

### **File Gumbo**

1 3 to 3-1/2 lb. whole chicken  
1 1/2 pounds Andouille sausage -- sliced  
1 cup White onions -- chopped  
1/2 cup Celery -- chopped  
1/4 cup Scallions -- chopped  
1/4 cup Bell pepper -- chopped  
2 Cloves garlic -- minced

1 Bay leaf  
1/2 teaspoon Ground cayenne pepper  
1/2 cup Butter -- softened  
1 gallon Water  
Salt and pepper to taste  
File powder

In a 7 quart stock pot boil whole chicken until meat separates from bone. Remove meat and return bones and all organs except liver and simmer 1/2 hour to make stock. Strain and skim fat. Return stock to pot. Heat butter in cast iron skillet and add flour. Stir with wooden spoon until roux becomes dark brown. Add onions, celery, scallions and bell pepper. Saute for five minutes, then add to stock. In skillet, lightly brown chicken and andouille with garlic, cayenne, salt and pepper. Drain off fat from sausage and add meat to stock with one bay leaf. Simmer for one hour at a very low boil. Immediately before serving sprinkle with file powder and serve over bowl of rice.

### **Fish Marinade**

2 c Chablis wine	2 T Creole mustard
2 T Lemon juice	1/2 t Ground cayenne pepper
2 t Salt	

Mix all ingredients together and stir well. Use as a marinade, Then as a basting sauce when you cook fish.

### **Flank Steak Creole**

2 lb Flank steak	1/4 ts Sugar
1 Salt & pepper	1/2 c Water
2 tb Green pepper; chopped	2 c Stuffing mix, herb-seasoned
2 tb Onion; chopped	1/4 c Water, cold
1 tb Tomato paste	2 ts Cornstarch
1/2 ts Prepared horseradish	1 tb Tomato paste

Score one side of meat. Sprinkle with salt and pepper. Combine green pepper, onion, 1 T tomato paste, horseradish, sugar, 1/2 cup water, and stuffing. Spoon stuffing mixture down middle of unscored side of flank steak. Fold ends over and overlap long sides; skewer together. Place on metal rack or trivet in crockpot. Cover and cook on low for 8 to 10 hours. Remove meat. Turn control to high. Dissolve cornstarch in 1/4 c cold water; stir in 1 T tomato paste. Add to juices in pot. Cook on high for 15 to 20 minutes or until slightly thickened. Slice steak across the grain. Pass sauce with the steak.

### **French Bread**

1 pk Active dry yeast	3/4 c Water hot
1/4 c Water, warm(105-115°F.)	4 c Flour, all-purpose, sifted
2 tb Butter or margarine, softened	Cornmeal or farina
1 tb Sugar	1 Egg white, lightly beaten
1 ts Salt	1 tb Water

1. Soften yeast in warm water; let stand 5 minutes. 2. Meanwhile combine butter, sugar and salt in large bowl; pour hot water over mixture. 3. Cool to lukewarm; stir, then blend in 1/2 cup of the flour, beating until smooth. 4. Stir yeast; add to flour mixture, blending in thoroughly. 5. Add about half the remaining flour and beat until very smooth. 6. Mix in remaining flour to make a soft dough. 7. Turn dough onto lightly floured surface; let rest 5 to 10 minutes. 8. Lightly grease deep bowl large enough to allow dough to double. 9. Knead dough; shape into smooth ball and put in greased bowl; turning to bring greased surface to top. 10. Cover with waxed paper or towel; let stand in warm, draft-free place until doubled, about 1 1/2 hours. 11. Punch down; pull edges to center, then turn dough completely over. 12. Cover; let rise again until almost doubled (about 45 minutes). 13. Meanwhile, grease baking sheet lightly; sprinkle evenly with cornmeal. 14. Punch down dough; turn out onto lightly floured surface. 15. Roll out to 14x8-inch rectangle; roll up rectangle tightly into a long slender loaf and pinch ends to seal. 16. Place loaf diagonally on prepared baking sheet. 17. With sharp knife, make diagonal slashes at 2-inch intervals. 18. Brush top with part of egg white mixture; cover loosely and let rise in warm place until doubled in bulk. 19. Brush loaf again with remaining egg wash; bake in preheated 425°F. oven 10 minutes. 20. Brush again with egg wash; reduce temperature to 375°F. and bake 20 minutes longer, or until golden brown. NOTE: To increase crustiness, place flat pan filled with boiling water in bottom of oven.

### **Fresh Vegetable Scallop Salad**

1 lb Bay scallops	1 ds Tabasco sauce
1/2 c Freshly squeezed lime juice	1 Small head Bibb lettuce
2 tb Sliced scallions	1 Medium red bell pepper
1 tb Coriander leaves, chopped	1 Medium tomato, seeded/strips
1 tb Olive oil	1 Small cucumber, pared/sliced
1 Small clove garlic, halved	Fresh coriander springs(opt)
1/4 ts Salt	

1. In medium bowl, combine uncooked scallops, lime juice (6 limes), scallions, coriander, olive oil, garlic, salt and Tabasco. 2. Cover; let mixture stand 5 hours at room temperature or refrigerate overnight, stirring occasionally. 3. Line a serving plate with lettuce leaves; spoon vegetables and scallop mixture on lettuce, garnishing with fresh coriander if desired. NOTE: This salad can be made with any cooked seafood: shrimp, crayfish, crabmeat or lobster.

### **Fried Oysters Wrapped in Bacon**

1 Dozen fresh, shucked oysters	2 c Oil (for frying)
1 Bay leaf	4 sl (1/2 oz each) lean, Bacon
1 c Bread crumbs	12 Toothpicks (for wrapping Raw bacon Bacon)
1 ts Worcestershire sauce	1/2 c Unbleached white flour
2 Eggs (beaten in a small 1/4 c Oyster liquor (from jar) Bowl)	

In a 1 quart saucepan, on a medium flame, poach oysters in oyster liquor with bay leaf and Worcestershire (about 2 minutes, until the edges of the oysters curl). Remove oysters from liquor and set aside. Discard liquor. Cut bacon strips in thirds. Wrap each oyster with bacon and fasten with a toothpick. Roll in flour, dip in eggs, and then roll in bread crumbs. Heat oil in a 9 inch skillet. When oil smokes, reduce heat and fry oysters for 5 minutes. Drain on paper bag and serve immediately. Yields 12 oysters.

### Gingersnap Gravy

#### Seasoning Mix

1 Teaspoon Black pepper  
 1/2 Teaspoon Salt  
 1/2 Teaspoon White pepper  
 1/2 Teaspoon Ground ginger  
 1/2 Teaspoon Dried thyme leaves  
 1/4 Teaspoon Rubbed sage  
 1/4 Teaspoon Ground cayenne pepper  
 1/8 Teaspoon Ground cumin

#### Main Ingredients

2 Tablespoons Chicken, pork, or beef fat  
 2 Tablespoons Unsalted butter  
 3/4 Cup Finely chopped onions  
 1/2 Cup Finely chopped celery  
 1/2 Teaspoon Minced garlic  
 6 Cups Basic chicken stock  
 1 Cup Pan drippings from chicken  
 8 Gingersnap cookies  
 1 Teaspoon Light brown sugar, to taste  
 1 Teaspoon Ground ginger, to taste

Combine the seasoning mix ingredients in a small bowl and set aside. Melt the fat and butter in a large skillet over medium heat. When almost melted, add the onions, celery, and garlic; saute 5 minutes, stirring occasionally. Stir in the seasoning mix and cook 5 minutes more, stirring occasionally. Add the stock and pan drippings; bring to a boil over high heat and boil rapidly until liquid reduces to about 1 quart, about 25 minutes. Then crumble the gingersnaps into the stock mixture and whisk with a metal whisk until they are dissolved. Continue cooking 10 minutes, whisking frequently and making sure the gingersnaps are thoroughly dissolved. During this time, taste the gravy; if the ginger flavour is not pronounced, add the 1 tablespoon brown sugar and the 1 teaspoon ginger or add both to taste. Strain the gravy.

### Grand Marnier Souffle

Butter	1/2 ts Cream of tartar
Sugar, granulated	1/2 c Sugar, granulated
3 tb Butter	1/4 c Grand Marnier liqueur
3 tb Flour	1 Orange rind, grated
1/4 ts Salt	Sugar, confectioners'
1/2 c Milk	Whipped cream
4 Eggs, separated at room temp.	

1. Butter 1 1 1/2- to 2-quart souffle dish or casserole; dust with sugar and set aside. 2. Melt 3 tablespoons butter in medium saucepan over medium-high heat; blend in flour and salt. 3. Cook, stirring constantly, until mixture is smooth and bubbly; stir in milk all at once. 4. Cook, stirring, until mixture boils and is smooth and thickened; set aside. 5. In large mixer bowl, beat egg whites with cream of tartar at high speed until foamy. 6. Add granulated sugar, 2 tablespoons at a time, beating constantly until sugar is dissolved and whites are glossy and stand in soft peaks. 7. Thoroughly blend in egg yolks, liqueur and orange rind into reserved sauce. 8. Gently, but thoroughly, fold yolk mixture into whites. 9. Carefully pour into prepared dish; bake in preheated 350°F. oven until souffle is puffy, delicately browned and shake slightly when oven rack is gently moved back and forth, about 45 to 55 minutes. 10. Dust with confectioners' sugar and serve at once with whipped cream.

### Gulf-Style Creole Fish

2 T Butter or margarine	1/2 c Green bell pepper, chopped
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1/4 c Onion, finely chopped  
1 cn Tomatoes, stewed(14.5oz)  
1/2 c Sliced mushrooms  
1 cn Clams, minced, drained(6.5oz)  
1 x Lemon wedges

1 lb Turbot or other white fish  
1 cn Tomato paste(6oz) 1  
1/2 t Creole seasoning blend  
Hot cooked rice

1. Melt butter in a large skillet over medium heat; add bell pepper and onion and cook 6 to 8 minutes or until tender, stirring occasionally. 2. Add fish and cook 5 minutes or until fish is opaque, stirring occasionally. 3. Stir in tomatoes, tomato paste, mushrooms and seasoning. 4. Bring to a boil, reduce heat and simmer 10 to 15 minutes or until slightly thickened. 5. Stir in minced clams and cook, uncovered, 2 minutes until thoroughly heated, stirring occasionally. 6. Serve with rice, garnished with lemon wedges.

### Ham Skillet Gumbo

2 c Dice cooked ham  
1 c Chopped green bell pepper  
1 c Chopped  
1 pk Cut okra(10oz)  
1 cn Tomatoes(15oz)

1 c Chicken broth  
1 c Water  
1 ts Salt  
1/4 ts Black or cayenne pepper  
1 c Uncooked rice

1. Combine all ingredients except rice in a large, heavy skillet; bring to a boil. 2. Cover and simmer 10 minutes. 3. Stir in rice and simmer, covered, 20 minutes longer, or until rice is tender.

### Ham & Shrimp Jambalaya

1 onion , coarsely diced  
1 large green bell pepper, chopped  
2 cloves garlic, minced  
1/2 teaspoon cayenne pepper or to taste  
1 tablespoon butter or margarine AND cooking oil  
2 cups cubed cooked ham (about 1-1 1/4 pound)  
1 can peeled tomatoes (16 ounces) -- undrained & chopped  
2 cups large shrimp (about 1 pound) -- cleaned & cooked

1/2 teaspoon dried oregano, crushed  
1/2 teaspoon dried thyme, crushed  
1 teaspoon natural hickory seasoning  
1 teaspoon Cajun seasoning  
6 dashes Tabasco sauce -- or to taste  
1/2 teaspoon dried basil, crushed  
3 cups cooked rice  
1 bay leaf

In large skillet over medium heat, cook onion, bell pepper, garlic, cayenne pepper and herbs in butter and oil until tender. Stir in remaining ingredients. Cook for 10-15 minutes or until heated through, stirring occasionally. Serve immediately.

### Jambalaya With Pork Loin

2 Onion -- finely chopped  
1 Red Bell Pepper -- finely chopped  
3 Celery Leaves -- finely chopped  
1 Small Carrot -- finely chopped  
2 Slices Bacon  
1 Tablespoon Oil  
240 Grams Parboiled Rice -- (3 dl.)  
1/2 Teaspoons Salt

1 Teaspoon Paprika  
1/4 Teaspoon Cayenne Pepper -- or more to taste  
1/2 Teaspoon Thyme  
1 Clove Garlic -- crushed  
Pepper -- to taste  
5 Deciliters Chicken Bouillon  
1 Pound Pork Loin -- (lean)  
Fresh Dill Weed -- for garnish

Cut bacon in small cubes and brown in oil. Add vegetables. Add rice and spices let brown for about 1 minute. Add bullion. Mix well and boil covered for approximately 15 minutes. Trim pork loin of any excess fat and cut in thin 1 1/2 strips. Add these to the the rice mixture. Let cook for 5-7 minutes. Let stand 3-4 minutes. Garnish with dill if desired.

### **Louisiana Roast Beef**

1/4 Cup Onions -- chopped	3/4 Teaspoon Black pepper
1/4 Cup Celery -- chopped	3/4 Teaspoon Minced garlic
1/4 Cup Bell peppers -- chopped	1/2 Teaspoon Dry mustard
2 Tablespoons Unsalted butter	1/2 Teaspoon Ground cayenne
1 Teaspoon Salt	4 Pounds Boneless sirloin roast
1 Teaspoon White pepper	

In a small bowl combine the onions, celery, bell peppers, butter and seasonings, mix well. Place roast in a large roasting pan, fat side up. With a large knife make 6 to 12 deep slits in the meat (to form pockets) down to a depth of about 1/2 inch from the bottom; do not cut all the way through. Fill the pockets to their depths with the vegetable mixture, reserving about 1 tablespoon of the vegetables to rub over the top of the roast. Bake uncovered at 300F until a meat thermometer reads about 160F for medium doneness, about 3 hours. For rarer roast, cook until thermometer reads 140F. Serve immediately topped with some of the pan drippings if you like.

### **Seafood Stuffed Flounder**

#### **Seasoning Mix**

1 t Salt  
1/2 ts Sweet paprika  
1/2 ts Black pepper  
1/2 ts Dried thyme leaves  
1/2 ts Sweet basil  
1/2 ts Gumbo file (optional)

#### **Main Ingredients**

3 Slices bacon, diced  
1 1/2 c Onions, chopped very fine  
1 c Green bell peppers, chopped  
1/4 lb + 1 Tbsp unsalted butter  
3/4 ts White pepper  
3/4 ts Ground cayenne pepper  
1/2 lb Small shrimp  
1 1/2 c Basic seafood stock  
6 Shucked oysters (med. size)  
3/4 c All-purpose flour  
1/2 c Green onions, chopped fine  
1/4 c Grated Parmesan cheese  
6 Flounders (see note)  
Vegetable oil for frying

#### **Flounder Seasoning Mix**

2 ts Salt  
1 t Sweet paprika  
1/2 ts White pepper  
1/2 ts Onion powder  
1/2 ts Garlic powder  
1/2 ts Dry mustard  
1/4 ts Ground cayenne pepper  
1/4 ts Dried thyme leaves  
1/4 ts Dried sweet basil leaves  
1 1/2 c Grated cheddar cheese

NOTE: Flounder should be 1 to 1-1/4 pounds each, boned, heads removed and brown side split down the center. Combine the first seasoning mix ingredients in a small bowl; mix well and set aside. In a large skillet fry the bacon over high heat until crisp. Add onions, celery and bell peppers. Stir well and saute until vegetables start to get tender, about 5 minutes, stirring occasionally. Add 3 tablespoons of the butter and the white and red peppers; stir until butter is melted. Stir in the shrimp and the first seasoning mix. Continue cooking for about 3 to 5 minutes, stirring occasionally and scraping pan bottom well. Stir in the stock and the oysters; cook and stir about 6 to 8 minutes. Remove from heat. Use a slotted spoon to spoon the seafood vegetable mixture into a food processor or blender, leaving the liquid in the skillet; process mixture until smooth, about 15 to 30 seconds. Return mixture to skillet, stirring to blend with liquid; turn heat to high, and cook until mixture starts sticking excessively, about 5 minutes, stirring occasionally and scraping pan bottom well. Remove from heat. Meanwhile, in a 1-quart saucepan melt the remaining 6 tablespoons butter over high heat; when almost melted, remove from heat, then add 1/4 cup of the flour and stir until mixture is smooth. Return to high heat for 1 minute, stirring constantly. Turn heat to high under the stuffing mixture; gradually add the butter-flour mixture, stirring constantly until well blended. If mixture starts "weeping" oil at this point, stir in about 2 tablespoons more stock or water.) Continue cooking until very thick, about 1 to 2 minutes, stirring constantly. Add the green onions and cook 1 minute more, stirring constantly. Remove from heat and stir in the Parmesan. Cool slightly, then refrigerate until chilled, about 30 minutes. In a small bowl thoroughly combine the flounder seasoning mix ingredients. Open the flounders for stuffing. Sprinkle 1/4 teaspoon of the seasoning mix on the inside of each flounder. Mound 1/4 cup of the cheddar cheese in the center of each, then spoon a scant 1/2 cup chilled stuffing on top of the cheese. Close the fish so the stuffing doesn't show. Cover and refrigerate for 1 to 2 hours. Sprinkle 1/4 teaspoon of the seasoning mix on each side of each chilled flounder, patting it in with your hands. In a pan (cake and pie pans work well) combine the remaining seasoning mix with the remaining 1/2 cup flour. In a large, heavy skillet heat 1/4 inch oil over high heat to about 350F. Meanwhile, place each flounder (split side up) in the seasoned flour to coat only the bottom surface. Carefully slide each flounder into the hot oil and fry the bottom until it's crispy, crunchy and brown-brown!-- about 3 to 4 minutes. Without draining, place the flounder, still split side up, on an ungreased cookie sheet. Bake at 550F until the fish are cooked and well browned on top, about 10 minutes (after about 4 minutes, drape a piece of aluminum foil over the tails so they won't burn). Serve immediately as is, or topped with Hollandaise Sauce, Shrimp and Crab Buttercream Sauce, or Bearnaise Sauce

### Shrimp Crab Rolls

3/4 c Chopped raw shrimp	1/4 c Celery, chopped
3/4 c Crabmeat, cooked	1/4 c Onion, chopped
1 Egg	1/4 c Bell pepper, chopped
2 sl Dry bread	1 t Worcestershire sauce
ds Cayenne pepper or to taste	Salt & Pepper to taste

Mix all ingredients together. Pick up small handful and squeeze into 2 1/2" roll. Mix about 1 cup corn meal with 1/2 cup pancake mix. Coat shrimp patty in corn meal and fry in deep fat.

### Shrimp Diane

1 c Butter, unsalted	1/4 ts Thyme
2 lb Shrimp, medium,shelled	1/8 ts Oregano
1/4 c Green onion, minced	1/2 lb Mushrooms,1/4" slices
3/4 ts Salt	1/4 c Fish stock
1/2 ts Garlic, minced	1/4 c Clam broth
1/2 ts Cayenne pepper	3 tb Parsley, fresh,chopped
1/4 ts White pepper	French bread
1/4 ts Black pepper	Pasta or Rice
1/4 ts Basil	

1. Heat 1/2 cup butter in large skillet over high heat. 2. When butter is almost melted, add green onion, salt, garlic, ground peppers, basil, thyme and oregano; stir well. 3. Add shrimp and saute until they turn pink, about 1 minute, shaking the pan instead of stirring. 4. Add mushrooms and stock; add remaining 1/2 cup butter in chunks, continuing to shake skillet, cooking until butter sauce is creamy and smooth. 5. Garnish with parsley and serve immediately with French bread, or over pasta or rice.



### **Shrimp Divan**

2 pk Broccoli, frozen(10oz ea)  
Salt to taste  
1 pinch Mixed herbs  
1 c Mayonnaise  
1/2 c Cheese, shredded

1 lb Shrimp, medium,shelled  
Pepper to taste  
1 can Cream/celery soup(10.5oz)  
1 T Lemon juice  
1 c Crumbs, buttered

1. Arrange broccoli in greased 7x11-inch baking dish; cover with shrimp and sprinkle with salt pepper and herbs. 2. Combine soup, mayonnaise, lemon juice and cheese and pour over shrimp. 3. Top with buttered crumbs; bake in preheated 350F. oven 40 minutes. NOTE: Crumbs may be fine dry bread, fine fresh bread, cornflake crumbs or packaged stuffing; mix with about 3 tablespoons melted butter.

### **Shrimp Etouffée**

1 stick butter -- unsalted  
2 medium onions -- chopped  
1 celery rib -- finely chopped  
3 garlic cloves -- minced  
1 1/2 teaspoons jalapeño pepper -- minced  
2 tablespoons all-purpose flour  
1 14 ounce can Italian chopped tomatoes -- juices reserved  
1 tablespoon sweet paprika

1/2 teaspoon salt  
1/2 teaspoon black pepper -- freshly ground  
1 pinch cayenne pepper  
2 pounds medium shrimp, shelled & deveined  
4 scallions -- chopped  
1/2 cup parsley -- chopped  
3 cups rice -- cooked

1. In a heavy nonreactive 14 inch skillet, melt the butter. Add the onions and celery and cook over moderate heat until translucent, about 5 minutes. 2. Add garlic and jalapeño and cook for 2 minutes. Add flour and cook, stirring constantly, for 5 minutes. 3. Stir in tomatoes and their juice, the paprika, salt, black pepper and cayenne. Bring to a simmer, cover and cook for 5 minutes. 4. Add shrimp and stir until they curl and turn pink, 2-3 minutes. Stir in the scallions and parsley and serve over cooked rice.

### **Shrimp Newburg**

2 tb Butter  
1/4 ts Salt  
2 tb Flour  
1/4 ts Pepper  
1 c Milk  
2 tb Lea & Perrins sauce  
2 lb Raw shrimp  
2 ea Beef bouillon cubes

2 cans Pimentos and 1 can liquid  
1/2 ts Dry mustard  
1 Egg  
1 x Onion tops  
1/2 c Cream  
1 x Tabasco sauce  
1 Small onion  
1/4 c Hot water

Make white sauce by melting butter, add flour and cook until it bubbles, add onions, simmer a minute. Add hot milk and cook until sauce thickens. Add peeled raw shrimp, pimentos and liquid from one whole can, 2 tablespoons Lea & Perrins sauce and beef bouillon cubes dissolved in hot water, dry mustard, chopped onion tops, dash of tabasco sauce. Before removing from fire, add beaten egg and cream. Mushrooms optional.

### Smoked Turkey Gumbo

1 Smoked turkey, carcass -including any skin	1/2 c Finely diced celery
10 c Water (approximately)	1/2 c Finely diced green or red -bell pepper
1 Onion, sliced	1 ts Chile powder
1 Stalk celery, sliced	1/2 ts Salt
3 Sprigs parsley	1/4 ts Pepper
1 Sprig fresh thyme, or 1/4 -teaspoon dried thyme	1/4 ts Dried thyme, crumbled
1 Bay leaf	1/4 ts Dried oregano, crumbled
1/4 c Vegetable oil	1/8 ts Cayenne (optional)
1/4 c All-purpose flour	2 lb Assorted, shellfish *
1/2 c Finely diced onion	2 c Cooked long-grain rice

\* Small raw shrimp, peeled and deveined; cooked crab meat; small shucked oysters. Place the carcass in a stock pot, breaking it up, if necessary, to make it fit. Add water to cover. Bring to a boil, reduce to a simmer, and skim off any foam that comes to the surface. Add the sliced onion, celery, parsley, thyme sprig and bay leaf; simmer, uncovered, skimming occasionally, for 2 to 4 hours. (The longer you cook it, the richer the stock will be.) Do not let the stock boil or it will turn cloudy. Heat the oil in a large, heavy skillet (preferably cast iron), over medium heat. Stir in the flour and cook, stirring and scraping the entire bottom of the pan at least every 10 seconds, until the resulting roux cooks to a deep mahogany color, 10 to 15 minutes. Adjust the heat to prevent scorching, which can give a bitter taste. Turn off the heat and continue stirring a minute or two until the mixture no longer gets darker on the bottom. Carefully stir in the diced vegetables tables; don't let the roux splatter it can cause nasty burns. Stir to coat the vegetables evenly with roux; stir in the chile powder, salt, pepper, herbs and cayenne; set aside. (The roux may be prepared to this point while the stock cooks.) Strain the stock, let it stand until the fat rises to the top, and skim off the fat. Bring 8 cups of the stock to a boil in a large pot, stir in the roux vegetable mixture and simmer until slightly thickened, about 15 minutes. Add the shrimp, crab and/or oysters and simmer just until done, about 5 minutes. Taste for seasoning and correct if necessary. Serve in soup bowls over small scoops of rice.

### Chicken And Sausage Jambalaya

1 sm Fryer	2 lg Onions
1 Rib of celery	3 Garlic cloves
2 c Long grain rice	1 lb Smoked sausage
1 lb Ham, cubed	1/2 Stick of margarine
1 c Onion, chopped	1 c Green pepper, chopped
3/4 c Fresh parsley, chopped	1 cn Tomato paste 6 oz.
1 lg Bay leaf	1/4 ts Thyme
2 ts Salt	1/2 ts Pepper
1/4 ts Tabasco	1/4 c Green onion, chopped

Put chicken, 1 onion, (cut in half), celery and 1 garlic clove in pot. Cover with water. Cook for approximately 1 hour or until chicken is tender. Cook 2 cups of rice in 5 cups chicken broth (20 to 25 minutes or until liquid is absorbed.) Debone chicken and cut sausage into 1/2 inch cubes. Fry sausage and ham in Dutch oven until lightly browned. Remove meat from pot and add margarine. Saute 1 chopped onion, pepper and 1/2 cup chopped parsley until tender. Add chicken, sausage and ham to vegetables. Stir in 2 minced garlic cloves, tomato paste, bay leaf, thyme, salt pepper and Tabasco. Add cooked rice and mix thoroughly. Simmer over low heat for 15 minutes. Stir frequently. Remove bay leaf and toss in 1/4 cup chopped parsley and 1/4 cup chopped green onion tops.

### Southern Hush Puppies

1 c Cream style corn	1 1/2 c Flour
1 c Corn meal	1 Egg
Green onions; chopped	1/4 sm Bell pepper; chopped
1 tb Beer	2 ts Baking powder
1 ts Salt	

Mix ingredients until you have a good thick consistency, adding more corn meal or flour if needed. Drop by tb.spoon full into deep hot fat. Fry until golden brown.