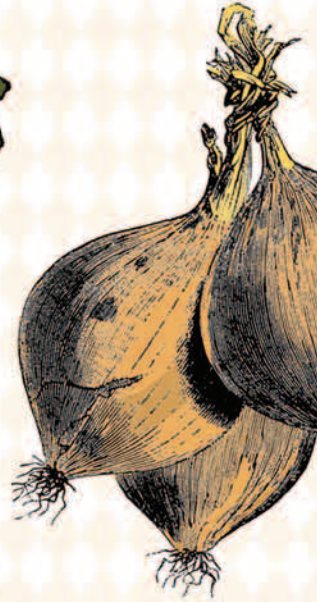


Taste of Louisiana

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We hope you
and your family
enjoy
Taste of Louisiana,
a collection of
our favorite recipes.







Table of Contents

Beverages

Baton Rouge Bloody Mary Mix	Charles McCowan	10
Diet Sour	Charles McCowan	10
Old Fashioneds	Gary Bezet	10
Mocha Party Punch	Dean Cazenave	11
Catherine's Whiskey Snowballs	Amy Berret	11
Margarita on the Rocks	Vic Suane	11
Subpoena Coladas	Kean Miller Team	12
Sangria	Eric Lockridge	12

Appetizers

Southern Cannonballs	Scott Huffstetler	14
Cajun Caviar ("Tabasco Pepper Jelly Cheese Ball")	Melissa Cresson	14
Chocolate Chip Pecan Ball	Gina Banks	14
Jalapeño, Cheese & Sausage Dip	Theresa Hagen	15
Debbie's Crawfish Bread	Vic Suane	15
Stuffed Mushrooms	Linda Akchin	16
Black Bean and Corn Salsa	Shannan Rieger	16
Holiday Cheese Ball	Dwayne Johnson	17
Crawfish Dip	Brad Myers	17
"Miss Rae's" Liver Paté	Mathile Abramson	18
Shrimp Remoulade Hors d'oeuvres	Vance Gibbs	18
Hot Onion Soufflé Dip	Karli Glascock Johnson	18
Bruschetta con Pomodori	Len Kilgore	19
Bruschetta con Funghi	Len Kilgore	19
Crostini	Len Kilgore	19
New York Potato K'nishes	John Jakuback	20
Crabmeat Mornay	Linda Perez Clark	20
John's Tex-Mex Salsa	John Heinrich	21
Baked Garlic-Stuffed Antipasto Bread	Edward Hardin	21
Black Bean Party Dip	Jason Cashio	22
Emeril Lagasses' Hot Jalapeño Crab Dip	Jay Jalenak	22
Spinach and Artichoke Dip	Angela Adolph	23
Texas Caviar	Eric Lockridge	23
Hot Baked Corn Dip	Melissa Cresson	24
Hot Crawfish Dip	Shannan Rieger	24

Soups, Stews & Gumbos

Crawfish Stew	Terry McCay	26
Ron & Melissa's Crawfish and Corn Soup	Melissa Hemmans	26
Smoked Turkey & Andouille Sausage Gumbo	Gary Bezet	27
Shrimp and Corn Soup	Russel Primeaux	28
Aunt Carole's Crab and Broccoli Soup	Barrye Miyagi	28
Hazel's Seafood Gumbo	Blane Clark	29
Microwave Roux	Chuck Talley	29
Chicken and Veggie Soup	Greg Anding	30
Duck and Andouille Sausage Gumbo	Mark Mese	30
Tara's Taco Soup	Tara Madison	31
Mo's Beer Chili	Maureen Harbourt	31

Salads & Pastas

Mrs. Sallye's Sensation Salad	Katie Bell	34
Corn, Cucumber and Black Bean Salad	Michael Garrard	34
4-Step Shrimp Fettuccini	Lyn Savoie	34
Mexican Salad	Linda Rodrigue	35
Chicken Salad	Rob Dille	35
Vegetable Salad	Aileen Johnson	36
Gorgonzola Salad	Jeff Boudreaux	36
Red and Green Leaf Salad with Balsamic Vinaigrette	Kevin Curry	37
Chicken Vegetable Pasta Salad	Ben Miller	37
Southwest Chicken Pasta Salad	Todd Rossi	38
Macaroni Italiano	Brad Myers	38
Spicy Vodka Pasta	Rob Dille	39
Shrimp Spaghetti	Troy Charpentier	39
Pasta Alfredo	Jennifer Thomas	39
Marie's Lasagna	Angela Leonard	40
Crunchy Romaine Salad	Chuck Talley	40
Sweet & Sour Dressing	Chuck Talley	40
Crawfish Pasta	Shannan Rieger	41
Shrimp Fettuccini Alfredo	Angela Leonard	41

Vegetables & Side Dishes

Spinach Madelaine	Amy Berret	44
Carrot Soufflé	Ben Miller	44
Baked Cushaw	Bill D'Armond	45

Sweet Potato Casserole	Alan Berteau	45
Cuban Black Beans	Esteban Herrera	46
Corn Pudding	Jason Cashio	46
Grilled Scallions	Erin Kilgore	46
Mascari's Italian Green Bean Casserole	Pam Mascari	47
Cabbage Casserole	Lana Crump	47
Squash Medley	Jim Doré	48
Stuffed Banana Peppers	Erin Kilgore	48
Red Bell Pepper Risotto	Charlie Patin	49
Bean Curd (Tofu) with Chili Sauce	Yuxian Wang	49
Corn Pudding Casserole	Shannan Rieger	50
Granny's Cornbread Dressing	Jeff Boudreaux	50
Easy Tuna Casserole	David Nelson	51

Main Courses

Pan-Seared Tuna

with Ginger-Shiitake Cream Sauce	Trippe Hawthorne	54
Glazed Pork Tenderloin	Chuck Talley	54
Natchitoches Meat Pies	Gayla Moncla	55
Tara's Tomato Pie	Tara Madison	55
Easy Crawfish Etouffé	Melissa Cresson	56
George's Roast Beef	Bob Hawthorne	56
Panepinto Homemade Meatballs	Barrye Miyagi	57
Chicken a la Bum	Bill Caughman	57
Cajun Chicken Fricassee	Shannan Rieger	58
BBQ Shrimp and Grits	Chuck Talley	58
Gator ("Tiger Bait") Sauce Piquante	Jay Jalenak	59
Overnight Egg Soufflé	Julie Silbert	60
Curry Chicken	Julie Silbert	60
Low Fat Chicken and Broccoli Casserole	Greg Anding	60
Cajun Shrimp Eggplant	Melanie Hartmann	61
Trout L'Orange	Karli Glascock Johnson	61
Spanish Pork	David Nelson	62
Chicken Rosemary	Carol Galloway	62
Stuffed Chicken Breasts	Charlie Patin	63
Grilled Lamb Chops	Len Kilgore	63
Pigs in a Noodle	Linda Rodrigue	64
Louisiana Jambalaya	Mark Marionneaux	65



Crawfish Opelousas.....	Glenn Orgeron.....	65
Chicken-Broccoli-Curry Casserole.....	Eric Lockridge.....	66
Sloppy Joes.....	Benn Vincent.....	66
McCowan Fab Beef Filet.....	Charles McCowan.....	67
Stuffed Beef Tenderloin.....	Katherine King.....	67
Sausage Stuffed French Roll.....	Sonny Chastain.....	68
Kabobs.....	Chris Dicharry.....	68
Cabbage Casserole.....	Chuck Talley.....	69
Cheese Sauce.....	Chuck Talley.....	69
Barbeque Cups.....	Karli Glascock Johnson.....	69
"Just Right" Boiled Crawfish.....	Russel Primeaux.....	70

Desserts

Cheesecake with Strawberry Glaze.....	Randy Young.....	72
Pavlova.....	Deborah Juneau.....	73
Strawberry Soda Pop Cake.....	Jennifer Thomas.....	73
Lemon Lush.....	Bill D'Armond.....	74
Pineapple Muffins.....	Phyllis Sims.....	74
Cinnamon Coffee Cake.....	Sonny Chastain.....	75
Pecan Pie Muffins.....	Shannan Rieger.....	75
Randy's Pecan Pie.....	Randy Cangelosi.....	76
Mathile's Cajun Cake.....	Mathile Abramson.....	76
Bread Pudding and Whiskey Sauce.....	Gary Bezet.....	77
Pecan Cookies.....	Jay Jalenak.....	78
Plum Cake.....	Carey Messina.....	78
Chocolate Chess Pie.....	Scott Huffstetler.....	79
Mummy's Sinfully Good Chocolate Cake.....	Barrye Miyagi.....	79
Chocolate Glazed Brownies.....	Lisa Easterling.....	80
Joel's Kinda Healthy Cookies.....	Mark Mese.....	80
Flan - Cuban Style.....	Esteban Herrera.....	81
Caramel-O Bars.....	Brittany Buckley.....	81
Sour Cream Pound Cake.....	Victor Gregoire.....	81
Key West - Key Lime Pie.....	Brad Schlotterer.....	82



Beverages

Baton Rouge Bloody Mary Mix

Diet Sour

Old Fashioneds

Mocha Party Punch

Catherine's Whiskey Snowballs

Margarita on the Rocks

Subpoena Coladas

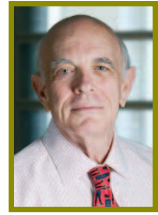
Sangria



Baton Rouge Bloody Mary Mix

1 (46 oz.) can tomato juice
juice of 6 squeezed lemons
1 cup Heinz ketchup
5 to 6 dashes Tabasco
5 oz. Lea and Perrin's Worcestershire Sauce
1 tsp. black pepper
1 Tbsp. celery salt
vodka or gin to taste

Mix all ingredients in a pitcher. Pour over ice in glasses.
Garnish with celery. Serves 8.



by Charles McCowan
(Baton Rouge)
a partner practicing
in litigation

Diet Sour

1½ oz. lemon juice (Louisiana Myer lemon if available)
1 pkg. Sweet 'N Low
1 oz. club soda
1½ oz. Jack Daniel's Bourbon or Johnny Walker Black Label Scotch

Mix all ingredients into a high ball glass. Makes 1 drink.



Old Fashioneds

1 fresh orange wedge
2 cherries
1 pkg. Sweet 'N Low
bitters (Angostura)
1 jigger Jack Daniel's Bourbon
water

In a double old fashioned glass (amateurs can substitute any kind of glass), place orange wedge and cherries. Add one Sweet 'N Low package to the glass. Then add a generous amount (at least 6 drops) of Angostura bitters to the glass. Mash the fruit/Sweet 'N Low/bitters mixture until the Sweet N' Low dissolves (the handle of a wooden spoon will do nicely, although we professionals have special tools for the task). Add Jack Daniel's and a splash of water, then stir. Add ice and start the roux!!!

by Gary Bezet
(Baton Rouge)
the firm's managing
partner also
practicing in
toxic tort



Mocha Party Punch

½ cup instant coffee
2 cups sugar
3 cups hot water
2 quarts whole milk
1 Tbsp. vanilla
1 (15½ oz.) can Hershey's Chocolate Syrup
½ gallon vanilla ice cream
Cool Whip
nutmeg

In a large punch bowl, stir coffee, sugar and hot water together until dissolved; cool. Add milk, vanilla and chocolate syrup and stir. Refrigerate overnight. Stir well, as chocolate will settle to the bottom. When ready to serve, fold in ice cream. Top with Cool Whip and sprinkle nutmeg. Great for parties or showers.

by **Stephanie Cazenave**, wife of
Dean Cazenave (Baton Rouge)
a partner practicing in
commercial real estate and
mergers and acquisitions



Catherine's Whiskey Snowballs

46 oz. pineapple juice
32 oz. 7-Up
6 oz. frozen orange juice concentrate
1 small jar of cherries with juice
2 cups Jack Daniel's Black Label
¼ cup sugar

Mix sugar with whiskey. Pour all remaining ingredients into freezer container and cover. Freeze for at least 7–8 hours. Remove and stir to achieve a slush consistency. Cover any unused portion and return to freezer.

by **Amy Berret**
(Baton Rouge)
a partner practicing in
litigation and medical
malpractice



Margarita on the Rocks

12 oz. Corona
12 oz. frozen limeade
12 oz. Sprite
12 oz. Tequila

Combine all ingredients in a pitcher. Pour over ice into a cocktail glass (salt rim if you prefer). Finish it off with a fresh lime wedge.

By **Vic Suane**
(Baton Rouge) an
associate practicing in
environmental law and
litigation



Subpoena Coladas

Each Fall, the Baton Rouge Bar Association hosts, “Belly Up With the Bar,” an outdoor cooking and drink-making contest and festival. Kean Miller’s team won “Best Elixir” with the following:

Captain Morgan’s Parrot Bay Coconut Rum
Bacardi 151 Proof Rum
pineapple juice
Coco Lopez Cream of Coconut
frozen strawberries
ice

Other than the ingredients, there is no recipe. Trial and error is half the fun. Fill a blender with ice and add the coconut rum to fill about a third of the blender. Add the same amount of pineapple juice and a couple of spoonfuls of cream of coconut. Give it a good shot of 151 rum for a little kick. Blend well. Add frozen strawberries if you like. As you blend, add additional juice and/or rum until the drink is smooth. The secret is to use a powerful blender and to blend until they are very smooth, with no ice chunks. For tailgate parties, make the drinks ahead of time and freeze in zip-lock bags. The alcohol keeps the contents from freezing hard. The contents will defrost to the perfect consistency.

by Kean Miller’s Belly Up with the Bar Team Members:
Jay Jalenak, Karli Johnson, Melissa Cresson, Ed Hardin, Jr.
and Troy Charpentier

Sangria

4 parts burgundy (the cheaper the better for this recipe)
2 parts orange juice
1 part brandy (again, nothing fancy)
(or down to ½ part, depending on your taste)
2 parts club soda
1 orange (optional)
1 lemon (optional)
Sugar or simple syrup (optional)

Mix the burgundy, orange juice and brandy. If you are making this for a party, add thinly sliced orange and lemon. Chill in the refrigerator. Just before serving, add the club soda and the sugar or syrup, sweetening just to taste. This is also a great way to salvage a bottle of red wine when you open one and find that you don’t like it.



by Eric Lockridge
(Baton Rouge)
a partner practicing
in commercial litigation,
business reorganization and
bankruptcy and intellectual
property



Appetizers

Southern Cannonballs
Cajun Caviar
Chocolate Chip Pecan Ball
Jalapeño, Cheese & Sausage Dip
Debbie's Crawfish Bread
Stuffed Mushrooms
Black Bean and Corn Salsa
Holiday Cheese Ball
Crawfish Dip
"Miss Rae's" Liver Paté
Shrimp Remoulade Hors d'oeuvres
Hot Onion Soufflé Dip
Bruschetta con Pomodori
Bruschetta con Funghi
Crostini
New York Potato K'nishes
Crabmeat Mornay
John's Tex-Mex Salsa
Baked Garlic-Stuffed Antipasto Bread
Black Bean Party Dip
Hot Jalapeño Crab Dip
Spinach and Artichoke Dip
Texas Caviar
Hot Baked Corn Dip
Hot Crawfish Dip

Southern Cannonballs

- 1 lb. bulk sausage
- 1½-2 cups Bisquick biscuit mix
- 1½–2 cups shredded sharp cheddar cheese

Mix all ingredients in a large bowl, kneading with your hands much like you do cookie dough. The mixture will be crumbly at first, but keep mixing and it will smooth out. Roll into balls (like meatballs) and bake on an ungreased cookie sheet for 10–15 minutes at 425°. Enjoy!

by **Scott Huffstetler**
(Baton Rouge)
a partner practicing in
labor and employment



Cajun Caviar ("Tabasco Pepper Jelly Cheese Ball")

- 2 cups grated medium cheddar cheese
- 2 cups chopped pecans
- ¼ cup chopped green onions
- ½ tsp. garlic powder
- mayonnaise
- Tabasco Pepper Jelly (red)
- ½ cup sliced toasted almonds (optional)

Combine cheese, pecans, onions and garlic powder in a mixing bowl. Add just enough mayonnaise to "stick" dry ingredients together. Form mixture into a ball and place on serving tray. Spoon Tabasco Pepper Jelly onto top of ball. Finish with toasted almonds or a few pecan pieces. Serve with crackers of your choice.

by **Melissa Cresson**
(Baton Rouge) a
partner practicing in
environmental law



Chocolate Chip Pecan Ball

- 1 (8 oz.) package cream cheese, softened
- ½ cup butter, softened
- ¾ cup confectioners' sugar
- 2 Tbsp. brown sugar
- ¼ tsp. vanilla extract
- ¾ cup miniature semisweet chocolate chips
- ¾ cut finely chopped pecans

In a medium bowl, beat together cream cheese and butter until smooth. Mix in confectioners' sugar, brown sugar and vanilla. Stir in chocolate chips. Cover, and chill in the refrigerator for 2 hours. Shape chilled cream cheese mixture into a ball. Wrap with plastic, and chill in the refrigerator for 1 hour. Roll the cheese ball in finely chopped pecans before serving. Serve with graham crackers.

By **Gina Banks**
(Baton Rouge) an
associate practicing
in litigation



Jalapeño, Cheese & Sausage Dip

1 lb. Jimmy Dean Sausage
1 cup onions
bell pepper (as desired)
1 cup jalapeños (optional)
1 tsp. garlic
Velveeta and Monterrey Jack cheeses, cubed, as desired
¼ cup cream
2 cups mayonnaise
salt, pepper, parsley

Brown the sausage. Stir in the onions, bell pepper, jalapeños, and garlic. Sauté until onions are translucent. Add both cheeses and the cream. Allow cheeses to melt, stirring occasionally. Add mayonnaise, salt, pepper and parsley. Serve with chips or crackers.

by Theresa Hagen
(Baton Rouge)
an associate practicing in
labor and employment



Debbie's Crawfish Bread

2 cloves minced garlic
1 stick butter
8 oz. extra sharp cheese
1 tsp. mayonnaise
1 tsp. lemon juice
1 tsp. Tabasco
Dash of Worcestershire sauce
1 Tbsp. chopped fresh parsley
1 Tbsp. green onions
¼ tsp. fresh thyme leaves
½ lb. peeled crawfish tails (include fat if available)
1 loaf French bread – cut in half lengthwise

Preheat oven to 350°. In a food processor, combine garlic, butter, cheese, mayonnaise, lemon juice, Tabasco and Worcestershire sauce. Process until smooth. Add onions, parsley and available fat. Pulse until blended and transfer to bowl. Fold in chopped crawfish tails. Chill 30 minutes.

Spread mixture on open-faced bread. Bake for 15 minutes. Serves 12.

Hint: best when boiled crawfish is used. If boiled crawfish is unavailable, add about ¼ - ½ tsp. liquid Louisiana Fish Fry crawfish, shrimp and crab boil to mixture.

By Debbie Suane, mother of
Vic Suane (Baton Rouge)
an associate practicing in
environmental law



Stuffed Mushrooms

Cheese Sauce:

- 4 Tbsp. butter
- 4 Tbsp. flour
- 1 tsp. salt
- ¼ tsp. pepper
- 2 cups milk
- 2 cups cheddar cheese, grated

Stuffing:

- 24 large mushrooms
- 1 lb. crabmeat
- 1 stick butter
- ½ cup green onion, chopped
- ½ cup Italian style breadcrumbs
- 1 clove garlic, minced
- Creole seasoning

Wash mushrooms; remove and chop stems and set aside.

Cheese Sauce: In medium sauce pan, melt butter over low heat. Add flour, salt and pepper, and stir until the flour and butter are well blended. Remove from heat and stir in milk. Return to heat and bring to a boil, stirring constantly until thick and smooth. Lower heat and gradually add cheese, stirring constantly until cheese is completely melted. Remove from heat.

Stuffing: In a separate pan, melt butter. Add garlic and green onions and sauté until done (about 5 minutes). Add crabmeat, mushroom stems and breadcrumbs. Mix well. Season to taste with Creole seasoning. Add cheese sauce gradually until mixture reaches desired consistency. Stuff mushrooms and place in large, buttered casserole dish. If you like, pour remaining cheese sauce over the mushrooms. Bake at 350° about 15 minutes. Optional: sprinkle more breadcrumbs on top and place under the broiler until browned.



by **Linda Akchin**
(Baton Rouge)
a partner practicing in state and
local tax, land use and litigation

Black Bean and Corn Salsa

- 1 can shoepeg white corn, drained
- 1 can black beans with or without jalapeños, rinsed and drained
- 1 or 2 Roma tomatoes, peeled and diced small
- 1 can diced Rotel tomatoes, drained
- ½ onion, chopped
- juice of 1 lime
- ¼ cup fresh cilantro, chopped
- 1 small can mild diced green chilies, drained and chopped
- Optional: 1 avocado, diced small
- Pace's salsa, to taste



by **Shannan Rieger**
(Baton Rouge)
an associate practicing
in litigation

Combine corn, rinsed black beans, tomatoes, and onion in medium bowl. Stir gently and add lime juice, cilantro and diced green chilies. Add avocado, if desired. Add about ½ cup Pace's salsa or more, if needed. Serve as a dip with tortilla chips or as a relish with grilled chicken or fish.

Holiday Cheese Ball

- ½ cup ground pecans
- 1 (10 oz.) pkg. Cracker Barrel Extra Sharp Cheddar Cheese
- 1 (8 oz.) pkg. Philadelphia Cream Cheese
- 3 Tbsp. frozen “Chef’s Seasoning”
- 2 Tbsp. dried parsley

In food processor, chop the pecans finely. Remove from bowl. Using food processor, grate the cheese and set aside in a bowl. Put cream cheese and drained Chef’s Seasoning in food processor and blend together. Add cheddar cheese to mixture and blend together well. Mix parsley and pecans together on a sheet of wax paper. Scoop out mixture, divide into 2 cheese balls and roll the tops and sides in the pecan and parsley mixture. Wrap in plastic wrap and let sit overnight. Great when it sits on a Ritz !!!!

Note: “Chef’s Seasoning” is sold in the frozen vegetable section. It is pureed celery, onion, garlic, bell pepper, and parsley and is great to use in cooking.



by **Mary Gay Johnson**,
wife of **Dwayne Johnson**
(Baton Rouge)
a partner practicing in
environmental law

Crawfish Dip

- ¼ cup butter
- 1 medium onion, chopped
- 2 bunches shallots, chopped
- ½ green pepper, chopped
- 1 to 2 stalks celery, chopped
- 2 (10 oz.) cans cream of mushroom soup
- 1 lb. crawfish tails, peeled and chopped
- red pepper to taste
- minced garlic to taste (optional)
- 1 whole pimiento, chopped

Melt butter and cook onions, shallots, green pepper and celery over low heat until soft. Add soup and heat. Add crawfish, red pepper and garlic. Heat for 20 minutes or until crawfish are cooked. Add pimiento just before removing from heat. Serve with crackers or chips.



by **Brad Myers**
(Baton Rouge)
a partner practicing
in litigation

“Miss Rae’s” Liver Paté

(Chopped Chicken Liver with a Cajun Twist)

- 1 lb. chicken livers
- 1 stick oleo
- 3 medium-sized yellow onions
- 3 hard boiled eggs
- juice of ½ lemon
- 1 Tbsp. mayonnaise

Fry chicken livers in oleo, not too crisp. (Or, you can use chicken grease if available.) Cut onions in fourths and eggs in fourths. Process the onions, livers and eggs in food processor. Be careful not to overprocess. Then season with salt and red pepper to taste (the red pepper gives it a “BAM”). Add the lemon juice and mayonnaise. Put in round containers and refrigerate overnight. Run a knife around the edge for it to come out. This will feed 6 people easily.

Shrimp Remoulade Hors d’oeuvres

- 5 lbs. shrimp
- 6 cloves garlic, minced
- 4 Tbsp. Creole mustard
- 2 Tbsp. ketchup
- 1 tsp. salt
- ½ cup tarragon vinegar
- 1 tsp. cayenne pepper
- 1 Tbsp. paprika
- 1 cup oil
- ½ cup celery, diced
- ½ cup green onions, diced
- horseradish to taste

Boil 5 lbs. shrimp in Louisiana Fish Fry liquid crawfish, shrimp and crab boil, cool and peel. Mix garlic, mustard, ketchup, salt, vinegar, pepper and paprika. Add oil in thin stream while stirring with fork. Add celery, shrimp and onion. Add horseradish to taste. Mix well. Chill. Serves 20.

Hot Onion Soufflé Dip

- 3 (8 ounce) packages of cream cheese, softened
- 2 cups parmesan cheese
- ½ cup mayonnaise
- 1 package frozen chopped onions

Place all of the ingredients in a casserole dish and mix very well. Bake in a 350° oven for 20-25 minutes. Serve with tortilla chips or crackers.

by **Mathile Abramson**
(Baton Rouge)
of counsel practicing in
litigation and mediation



by **Vance Gibbs**
(Baton Rouge)
a partner practicing in
medical malpractice defense
and litigation



by **Karli Glascock Johnson**
(Baton Rouge) a partner
practicing in
environmental law



Bruschetta con Pomodori

- 2 tomatoes, finely chopped
- 3 Tbsp. fresh basil, chopped
- 1½ Tbsp. olive oil
- 2 tsp. balsamic vinegar
- ½ tsp. coarse salt (or to taste)
- 1 Tbsp. garlic, chopped
- ½ cup fresh mozzarella cheese, diced (optional)

Mix together all ingredients and refrigerate overnight, or at least 4 hours. Serve on crostini. Serves 2–4. (See Crostini recipe, below.)

by Len Kilgore
(Baton Rouge)

a partner practicing in
environmental law and litigation



Bruschetta con Funghi

- 5 Tbsp. olive oil
- 10 whole cloves garlic
- 1 Tbsp. garlic, minced
- 8 oz. fresh mushrooms, chopped
(porcini or portabello if available)
- ½ red bell pepper, diced
- 2 Tbsp. fresh rosemary, finely chopped (optional)
- 4 Tbsp. fresh basil, chopped
- 1 Tbsp. balsamic vinegar
- ⅓ cup Chianti wine
- ½ tsp. salt (or to taste)

Heat the olive oil and garlic in a large skillet on medium heat. Add mushrooms, pepper, rosemary, and basil. When warm, add balsamic vinegar. Cover and simmer over low heat for about 5 minutes, until mushrooms are tender. Add wine. Continue cooking on low heat, uncovered, for about 10 minutes, until liquids are reduced. Add salt to taste. Serve hot or cold on crostini. Serves 4–6. (See Crostini recipe, below.)

Crostini

- 1 loaf Italian or French bread
- olive oil
- 2 cloves garlic, halved (or garlic powder)

Cut bread in ½–¾ inch slices and place on cookie sheet. Broil until lightly browned. Turn slices over and toast other side. Remove from broiler and drizzle with olive oil and rub with garlic. Serve with bowls of pomodori and funghi, or top slices with the toppings and serve on a platter.



New York Potato K'nishes

Crust:

- 2 cups flour
- ½ tsp. baking powder
- ¼ tsp. salt
- 1 egg
- ¼ cup warm water
- ¼ cup vegetable oil

Filling:

- 6 potatoes, cooked and mashed
- 1 onion, minced
- 1 Tbsp. oil
- 2 eggs, beaten
- 3 tsp. salt
- Pepper to taste

Crust: Sift flour, baking powder, and salt into a bowl. Beat egg, oil, and water and add to the flour mixture. Knead lightly until dough is soft; it will be slightly oily but not sticky. Cover and set in a warm place for 1 hour.

Filling: Boil unpeeled potatoes in a pot of salted water until tender (about 20–25 minutes). Mash potatoes while still warm. Sauté onion in oil until golden or soft. Combine mashed potatoes, sautéed onion, two eggs, salt and pepper. Mix well.

Constructing the K'nish: Preheat oven to 375°. Divide dough in half and roll into a rectangle as thin as possible. Spread the filling along the long side of the dough, but not in the center, and roll the dough like a jelly roll. Cut the roll into one inch slices. Pull ends of the dough over the filling and tuck into the k'nish to form small cakes. Place on a well-greased baking sheet. Bake at 375° until brown (about 45 minutes). Best if eaten piping hot with some yellow mustard. Makes 1 dozen.

by John Jakuback
(Baton Rouge)
a partner practicing
in litigation



Crabmeat Mornay

- 1 stick butter
- 1 small bunch green onions, chopped
- ½ cup parsley, finely chopped
- 2 Tbsp. flour
- 1 pint half and half cream
- ½ lb. Swiss cheese, grated
- salt to taste
- red pepper to taste (or Cajun seasoning, like Louisiana Fish Fry Cajun Seasoning)
- 1 lb. white lump crab meat, cleaned to remove shell

Melt butter and sauté green onions and parsley. Blend in flour. Add cream and cheese. Once cheese is melted, add remaining ingredients, gently folding in crab. Keep warm in a chafing dish or crockpot. Delicious over melba toast rounds or in mini pastry shells. Can also cut recipe by one-half, and use as a decadent topping for steaks for four.

by Linda Perez Clark
(Baton Rouge)
a partner practicing in business,
corporate and banking law



John's Tex-Mex Salsa

- 1 medium white onion, quartered
- 2 cloves garlic
- 2 Serrano chilies or fresh jalapeño peppers
- 8 Roma tomatoes (about 1 pound)
- 2 Tbsp. fresh cilantro leaves, finely chopped
- 1 tsp. honey
- 1 tsp. salt
- 1 Tbsp. fresh lime juice

Place onion, garlic and peppers (whole) in food processor and chop until fine. Add tomatoes and lightly chop in food processor. (Do not overdo it.) Remove contents from food processor and strain, saving juice. Chop cilantro by hand or cut with kitchen scissors until fine. Add honey, salt, lime, cilantro and mix in non-metallic bowl. Add back tomato juice to desired consistency. Chill in refrigerator for at least 30 minutes to allow the flavors to mingle. (Better if it is allowed to chill overnight.)

Serving suggestions: Great by itself with chips, as a topping for tacos, dressing for taco salad, or as a garnish with grilled meats.

by John Heinrich
(Baton Rouge)
a partner practicing
in litigation



Baked Garlic-Stuffed Antipasto Bread

- 10 large cloves fresh garlic, chopped
- 1 large crusty loaf of French bread
- ½ cup butter
- ¼ cup olive oil
- 1 (10 oz.) pkg. frozen chopped spinach
- 1 (14 oz.) can artichoke hearts
- ½ cup parsley, coarsely chopped
- 8 anchovy fillets, cut into large pieces
- 1 cup Swiss cheese, grated
- ½ cup mozzarella cheese, grated
- 2 Tbsp. capers
- 1 big pinch each dried tarragon and basil
- 1 tsp. each ground pepper and garlic salt

Cut top off French bread lengthwise. Carefully scoop out inside of loaf, tearing bread into small pieces and placing into large mixing bowl. In large skillet, melt butter in olive oil until slightly bubbling. Add garlic and stir for 30 seconds. Add thawed and squeezed spinach, drained and chopped artichoke hearts, parsley and anchovies. With wooden spoon, lightly stir all ingredients together. When thoroughly mixed, add to bread pieces. Toss until bread is well mixed with spinach mixture. Add cheeses, capers and seasonings, and toss well. Pack mixture into hollow bread crust. Replace top and wrap in aluminum foil. Bake for 30 minutes at 350°. Unwrap and drizzle some olive oil on top of crust. Bake uncovered for 5 minutes. Slice into 1" inch slices and serve warm.

by Ed Hardin,
(Baton Rouge)
a partner practicing in
labor and employment



Black Bean Party Dip

- 2 cans of black beans
- 2 cans mexi or fiesta corn
- ½ purple onion
- 2 tomatoes
- 3 avocado
- ¼ cup olive oil
- ½ cup apple cider vinegar

Place black beans in colander to drain. Pour corn on top. Allow these to sit as you chop the onion, tomatoes, and avocado. Place all ingredients in a large bowl and add olive oil and apple cider vinegar. Serve with scoops chips or use as a summer side.

By Jason Cashio
(Baton Rouge) a
partner practicing in
medical malpractice
and litigation



Emeril Lagasses' Hot Jalapeño Crab Dip

- 1 lb. lump crabmeat, picked over for shells and cartilage
- 1 tsp. chopped garlic
- ½ cup chopped pickled jalapenos
- ¼ lb. Monterey Jack Cheese with jalapenos, grated
- 1 tsp. Worcestershire sauce
- 1 tsp. Louisiana hot sauce
- ½ tsp. salt
- ½ cup mayonnaise
- 2 oz. Parmigiano-Reggiano cheese, grated
- Toasted Melba Toast or Crackers

Preheat oven to 350°. Combine the crabmeat, garlic, jalapenos, Monterey Jack, Worcestershire, Louisiana Hot Sauce, salt, and mayonnaise in a medium-size bowl. Toss gently to mix. Spoon the mixture into a medium-size bowl. Sprinkle the Parmigiano-Reggiano cheese evenly on the top of the crabmeat mixture. Bake until golden brown and bubbly for 25 minutes.



By Jay Jalenak
(Baton Rouge) a
partner practicing in
litigation

Spinach and Artichoke Dip

- 2 large bags fresh baby spinach
- ¼ cup of water
- 2 cans artichoke hearts, squeezed dry and chopped
- ¼ cup mayonnaise
- 2 Tbsp. real butter
- 2 Tbsp. Louisiana Fish Fry Cajun seasoning
- 1 cup shredded mozzarella cheese
- 1 cup shredded parmesan cheese

Microwave spinach and water in a covered dish for 4 minutes. Drain well, chop, and set aside. Mix artichoke hearts, mayonnaise, butter, pesto, basil, and Cajun seasoning and microwave for 3 minutes. Stir spinach and artichoke mixtures together, add cheese, and microwave for 4 minutes. Serve hot with tortilla chips or crackers.



By **Angela Adolph** (Baton Rouge) special counsel practicing in municipal finance and tax litigation

Texas Caviar

- 2 (14 oz.) cans black eyed peas (drained)
- 1 (15 oz.) can white hominy (drained)
- 2 medium tomatoes, chopped
- 2 garlic cloves, minced or put through garlic press
- 1 jalapeno, seeded and chopped finely
- 4-6 green onions, chopped (all of the white part, plus a little green)
- ½ cup cilantro, chopped
- ½ cup Pace's picante sauce
- 1 (8 oz.) bottle vinaigrette (e.g. olive oil vinaigrette)

Mix all ingredients together, and let it marinate for at least one hour before serving. Good the next day too. Works both as a dip for tortilla chips and a cold side dish for burgers or other grilled food.

Optional: 1 medium green pepper, chopped; ½ cup chopped onion (reduce green onion if using)

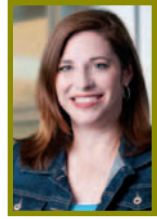
By **Eric Lockridge** (Baton Rouge) a partner practicing in bankruptcy



Hot Baked Corn Dip

- 1 (12 oz.) can white shoepeg corn, drained
- 2 (8 oz.) packages cream cheese, softened
- 2 cups sharp cheddar cheese, grated
- 1 small can green chiles
- 1 jalapeno pepper, chopped
- 1 tsp. garlic powder

By **Melissa Cresson**
(Baton Rouge) a
partner practicing in
environmental law



Combine corn, cream cheese, green chiles, jalapeno, garlic powder and 1 cup of the cheddar cheese and mix together well. Spread into 9" x 13" glass pan and sprinkle remaining cup of cheddar cheese on top. Bake at 350° for 20 – 30 minutes or until mixture is bubbly. Serve with corn or tortilla chips.

Hot Crawfish Dip

- 1 lb. crawfish tails
- 1 ½ sticks of butter
- 1 small bunch green onions, chopped
- ½ cup chopped parsley
- 1 pint half-and-half cream
- 3 Tbsp. white wine
- 3 level Tbsp. all purpose flour
- Salt, pepper, red pepper or Louisiana Fish Fry Cajun seasoning to taste

By **Shannan Rieger**
(Baton Rouge) an
associate practicing
in litigation



Rinse crawfish tails to remove fat and drain. Sauté tails in butter for 10 minutes. In another skillet sauté green onion and parsley in 1 stick butter. Gradually blend in flour and add half-and-half stirring constantly to make a thick sauce. Add white wine and then crawfish tails. Season with salt, pepper, and red pepper to taste. Cook for another 10 minutes and then let it cool down covered. Serve in heated chafing dish with melba rounds.

Soups, Stews & Gumbos

Crawfish Stew

Ron & Melissa's Crawfish and Corn Soup

Smoked Turkey and Andouille Sausage Gumbo

Shrimp and Corn Soup

Aunt Carole's Crab and Broccoli Soup

Hazel's Seafood Gumbo

Microwave Roux

Chicken and Veggie Soup

Duck and Andouille Sausage Gumbo

Tara's Taco Soup

Mo's Beer Chili



Crawfish Stew

- 1 cup roux
- 1½ cups onions, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, chopped
- 2 lbs. crawfish, cooked and peeled
- 3 drops Tabasco Sauce
- 1 tsp. Worcestershire Sauce
- pinch of salt
- pinch red pepper
- pinch black pepper

Stir onion, bell pepper and garlic into roux; add two cups warm water and bring to a boil, stirring constantly. Lower heat and cook approximately 2 hours, stirring occasionally. Add peeled crawfish, Tabasco, Worcestershire, salt and peppers. Cook on medium heat approximately 30 minutes, stirring occasionally. Serve over steamed rice. Serves 6.

by Terry McCay
(Lake Charles)

a partner practicing in litigation
and labor and employment



Ron & Melissa's Crawfish and Corn Soup

- 1 Tbsp. vegetable oil
- 1 yellow onion, chopped coarsely
- 1 green bell pepper, chopped coarsely
- 4 toes of garlic, minced
- 2 cups warm water (separated)
- 1 can cream of mushroom soup
- ½ can cream of shrimp soup
- 1 Tbsp. margarine
- 1 small can fat free cream (condensed milk)
- 1 bag super sweet corn
- 1 lb. crawfish tails, cleaned
- 2 stalks green onion, chopped coarsely

Seasonings:

- 1 Tbsp. Louisiana Fish Fry Cajun seasoning
- ½ tsp. Accent
- 1 tsp. red pepper
- 1 pinch black pepper
- 1 tsp. McCormick Broiled Steak Seasoning
- 1 tsp. garlic powder

In a medium-sized stockpot, heat vegetable oil. Add onion and bell pepper. Cook until the onion is translucent, then add the garlic, stirring frequently until brown. (Be sure not to burn the garlic.) Add ½ cup of the water, the soups and the margarine. Add the cream and stir until all of the ingredients are mixed well. Then add corn and the rest of the water. Let simmer for about 2-3 minutes; add seasonings to taste. Add crawfish and let simmer 10 minutes on low setting. Add the green onion and turn off heat source. You must stir this soup frequently while it is cooking. Set the heat on medium to start. Be careful not to scorch the soup.



by Melissa Hemmans
(Baton Rouge)

an associate practicing
in civil litigation

Smoked Turkey and Andouille Sausage Gumbo

Most gumbo recipes begin with the instruction, "First, you make a roux."

This version begins with the following instruction: "First, you make an Old Fashioned."

For this gumbo, always start off by making and slowly sipping a Jack Daniel's Old Fashioned (see recipe, page 10). By the time you have two, usually the gumbo is finished.

- 1 cup green onions, chopped
- 1 cup white onions, chopped
- 1 cup green bell peppers, chopped
- ¾ cup celery, chopped
- canola oil for frying
- 1 lb. andouille smoked sausage, cut up
- 1¼ to 1¾ cups all-purpose flour
- ½ tsp. salt
- ½ tsp. garlic powder
- ¼ tsp. ground red pepper
- ⅛ tsp. ground white pepper
- 7 cups of chicken stock (homemade or Swanson's Chicken Broth, low sodium. Use 1 cup of water for each cup of Swanson's)
- 2 tsp. minced garlic
- 2 to 3 lbs. smoked turkey breast, cut up
- hot cooked rice

by **Gary Bezet** (Baton Rouge),
the firm's managing partner also
practicing in toxic tort

Combine onions, bell pepper and celery in a bowl and set aside. In a black iron pot, add enough oil to coat the bottom of the pot and heat it to about medium high. Add the sausage and brown thoroughly. This will impart the seasonings and smoky flavor of the sausage to your roux. Remove the sausage pieces with a slotted strainer spoon and set aside. Add about 1¼ cup oil and turn the heat up to high. Slowly start stirring in the flour a little at a time, constantly stirring the flour and hot oil with a wooden spoon. I like a thick roux, so add enough flour until your roux is the consistency of Elmer's Glue (you can always thin it later, but you can't thicken it).

Begin adding the seasoning mix when you start the roux. Generally, one third should be added at that point, then another third when you add the vegetables. Reserve the final third until your gumbo is near complete.

I like to get the roux to the color of Baker's dark chocolate. When the roux gets about the color of a Hershey's bar, lower the heat and continue cooking cautiously. Take the pot off the heat immediately when the roux is the right color and add the vegetables and stir them in. After a couple of minutes, start adding some stock and put the pot back on the fire.

Cook the vegetables on low heat with a little of the stock for about 5 minutes. In a separate pot, heat the stock, then add the roux a large spoonful at a time into the stock pot and stir until dissolved. Return the stock to a boil, reduce to a simmer and then add the andouille and the minced garlic. Simmer uncovered for 45 minutes, stirring every 10 minutes or so. When it is cooked and you are ready to serve, add the smoked turkey pieces so that they can soak up some of the seasonings for awhile before you serve the gumbo over hot rice. Serves 6.

Shrimp & Corn Soup

¼ cup butter
2 Tbsp. flour
1 medium yellow onion, chopped
1 bell pepper, chopped
1 can whole kernel corn
½ can Rotel diced tomatoes (mild)
½ can whole tomatoes
1 lb. raw shrimp, peeled
½ tsp. thyme
½ can tomato sauce
1 tsp. salt
1 tsp. white pepper
1 bay leaf
½ tsp. basil
1 cup water
½ cup green onion, chopped
1 Tbsp. parsley

Heat butter and add flour over medium heat. Make a light brown roux. Add yellow onions and bell pepper and sauté. Add remaining ingredients except green onions and parsley. Let simmer for one hour. Add water, using more or less water for desired consistency. Add green onions and parsley. Simmer for 15 minutes and serve. Serves 8.

by Russel Primeaux
(Baton Rouge)
a partner practicing in
intellectual property



Aunt Carole's Crab and Broccoli Soup

1 stick butter
1 medium onion
½ small bell pepper
1 rib celery
2 toes garlic
1 lb. lump crabmeat
2 cans cream of broccoli soup
1 can cheddar cheese soup
1 pint half and half
1 lb. steamed broccoli
1 cup milk
red and black pepper to taste
salt to taste

Sauté the onion, bell pepper, celery and garlic in butter. Add crabmeat and stir. Add the cream of broccoli soup, the cheddar cheese soup, the half and half, the steamed broccoli and the milk. Add red pepper, black pepper and salt to taste. Cook on low fire for about 20–30 minutes. Serves 6.

by Barrye Miyagi
(Baton Rouge)
a partner practicing in
toxic tort litigation, general
litigation and mediation



Hazel's Seafood Gumbo

One of the Clark family treasures (to be honest, the only Clark family treasure) is this recipe from my mother, Hazel Corcoran Clark.

WARNING—if properly prepared, no other seafood gumbo will ever be acceptable.

- 1 lb. smoked sausage (Manda's mild)
- 1½ lbs. okra, cooked and chopped
- 2 cups oil
- 2 cups brown flour
- 2 cups celery, chopped
- 3 large onions, chopped
- 1 cup bell pepper, chopped
- 1 (16 oz.) can tomato sauce
- 8 qts. homemade chicken stock, boiled
- 10 lbs. leg quarters to make stock
- 2 to 3 lbs. crab meat
- 2 lbs. raw shrimp small
- 3 lbs. raw shrimp medium
- 2 tsp. salt
- 2 tsp. garlic powder
- 2 Tbsp. Louisiana Fish Fry liquid crawfish, crab and shrimp boil
- 2 tsp. thyme
- 8 bay leaves
- ½ cup parsley, finely chopped

Brown sausage and grind in food processor. Sauté cooked okra with a little oil and grind in food processor. (If using frozen okra, follow package directions for cooking, first.) Brown your roux, which is the oil and flour, until it is the color of brown sugar. Add celery, onions and bell peppers. Sauté until onions are clear. Add tomato sauce and cook for 20 minutes on medium until the tomato sauce turns a little brown. If the roux begins to stick, add some chicken stock. Add okra and sausage. Sauté until the ingredients are well mixed (about 10 minutes). Add chicken stock, crab meat, shrimp and remaining ingredients. Cook 30 minutes on low or until shrimp are cooked.



by **Hazel Corcoran Clark**
mother of **Blane Clark**
(Baton Rouge)
a partner practicing
in business, corporate
and banking

Microwave Roux

- 1 cup oil
- 1 cup flour

Mix oil and flour with a whisk in a 2 cup or bigger Pyrex measuring cup. Microwave for 1 minute then whisk. Repeat. Continue this process until the roux is the desired color. If you want a dark brown roux, reduce the cooking time to 30–40 seconds once the roux starts to get dark. It can and will burn. Total cooking time is approximately 8–10 minutes.

When done, pour into cooking pot and add vegetables.



by **Chuck Talley**
(New Orleans)
a partner practicing in
admiralty & maritime
and litigation

Chicken and Veggie Soup

- 1 lb. boneless chicken breast
- ½ head of green cabbage
- ½ bag of peeled baby carrots
- 1 bag of frozen yellow corn
- 2 large onions
- 2 sticks of celery
- 1 turnip
- 1 apple
- 1 can stewed tomatoes
- 1 can tomato sauce
- 1 tsp. salt
- 1 Tbsp. of Louisiana Fish Fry Cajun seasoning

Brown chicken breast (in a separate pan); chop into small sections. In large soup pot, place all chopped veggies; add tomatoes and tomato sauce. Add cooked chicken, salt and seasoning; fill pot with water to top. Cook at slow boil for 1 hour.

by **Greg Anding**
(Baton Rouge)
a partner practicing in
toxic tort defense and
commercial litigation



Duck and Andouille Sausage Gumbo

- olive oil
- 2½ to 3 lb. duck, cut up
- ½ lb. andouille sausage, cut up
- 2 onions, chopped
- 3 Tbsp. garlic, minced
- 1 tomato, chopped
- ½ cup okra, chopped (optional)
- 5 Tbsp. flour
- water
- salt, pepper and parsley to taste
- 2 bay leaves
- cooked white rice

Brown duck and sausage in olive oil in a 4-quart black pot. Remove from oil and set aside. In the same oil, stir chopped onions, garlic and tomato until onions are brown. (If you want a thicker gumbo, add okra at this point.) Remove the onion, garlic and tomato mix and place on the side. Using the same olive oil, add flour to make a roux. Add more oil, if needed.

When roux is dark brown, begin adding warm water slowly to the roux, stirring constantly. Add about 2½ to 3 quarts of water. Bring mix to a boil. Reduce heat and stir in browned duck, sausage, cooked onions, garlic and tomato. Add salt, pepper, parsley to taste. Add bay leaves. Cook mixture uncovered on low for 1-2 hours. Serve with a few spoonfuls of rice in a bowl.



by **Mark Mese**
(Baton Rouge)
a partner practicing in
commercial litigation,
bankruptcy and insurance
coverage litigation

Tara's Taco Soup

- 2 lbs. ground beef or turkey
- 1 small can chopped green chilies
- 1 medium onion, chopped
- 2 cans stewed tomatoes
- 1 can Rotel
- 2–3 cups water (rinsed tomato cans)
- 1 pkg. dried taco seasoning
- 1 pkg. dried Hidden Valley Ranch dressing
- 1 can corn or hominy
- 1 can pinto beans, drained
- 1 (16 oz.) pkg. Velveeta cheese

Brown meat, chilies and onion; drain meat then add remaining ingredients. Simmer for 30 minutes or until thoroughly heated. Serve over tortilla chips.



by **Tara Madison** (Baton Rouge)
a partner practicing in
commercial litigation and
intellectual property

Mo's Beer Chili

- 2 lbs. ground round
(can substitute all or half ground turkey)
- 1 large onion
- 2 Ancho chili peppers
(or 2 jalapeños for a little hotter)
- 2 Tbsp. cumin
- 2 tsp. salt
- 1 tsp. pepper
- 1/3 cup flour
- 2/3 bottle of beer
(best is Corona, use a darker beer if you like a sweeter taste)
- 2 (28 oz.) cans of crushed tomatoes
- 2 cans kidney beans, black beans OR white beans OR some of each

Brown the ground meat at medium temperature in a black iron pot (no substitutions). Chop the onion and peppers very fine and cook with the meat for about 5 minutes. (Wash your hands with a cut lemon to get the pepper oils off before you touch your eyes - or other body parts!) Add the seasonings. Turn heat down to medium low. Add the flour and cook for at least 5 more minutes. Add the beer and cook for about 3 minutes. Add the tomatoes and beans and simmer on low for about an hour while you drink another beer (but it's good after about 15 minutes if you can't wait). Serve over rice and/or with cornbread. (Serves 8–10)

by **Maureen Harbourt**
(Baton Rouge)
a partner practicing in
environmental law







Salads and Pastas

Mrs. Sallye's Sensation Salad

Corn, Cucumber and
Black Bean Salad

4-Step Shrimp Fettuccini

Mexican Salad

Chicken Salad

Vegetable Salad

Gorgonzola Salad

Red and Green Leaf Salad with
Balsamic Vinaigrette

Chicken Vegetable Pasta Salad

Southwest Chicken Pasta Salad

Macaroni Italiano

Spicy Vodka Pasta

Shrimp Spaghetti

Pasta Alfredo

Marie's Lasagna

Crunchy Romaine Salad

Sweet & Sour Dressing

Crawfish Pasta

Shrimp Fettuccini Alfredo



Mrs. Sallye's Sensation Salad

- 1 qt. jar
- Parmesan or Romano cheese
- olive oil
- 2 cloves of pressed garlic
- 1 tsp. of lemon juice
- 1 tsp. of salt
- 1 head of romaine lettuce

Fill jar half full with either parmesan or romano cheese. Fill remainder of jar with olive oil and shake well. Add pressed garlic, lemon juice and salt. Shake well. Fill jar to top with olive oil and shake again. Refrigerate overnight. Place lettuce in large bowl. Drizzle dressing over greens until greens look wet. Sprinkle parmesan cheese over lettuce to taste.

by Katie Bell
(Baton Rouge)
a partner practicing in
litigation



Corn, Cucumber and Black Bean Salad

- 1 large can white corn, drained
- 1 (15 oz.) can black beans, drained and rinsed
- 1 tomato, diced
- 1 cucumber, peeled and diced
- 3 green onions, chopped
- 1/3 cup red onion, diced
- 1/2 cup low fat mayonnaise
- salt and pepper to taste
- *can add lemon juice to taste

Combine all ingredients in a bowl and refrigerate until ready to serve.
Makes about 5-6 servings.



by Mike Garrard
(Baton Rouge)
a partner practicing
in labor and
employment

4-Step Shrimp Fettuccini

- 1 large white onion
- 1 large green bell pepper
- 1 stick butter
- 1/4 cup all purpose flour
- 1 cup half-and-half
- 1 block Mild Mexican Velveeta
- 2 lbs. shrimp
- 1 lb. fettuccini
- 2 Tbsp. minced garlic
- Louisiana Fish Fry Cajun seasoning to taste

Boil fettuccini according to directions on package (tip: add Cajun seasoning to water instead of salt). Chop onion and bell pepper and sauté in large skillet with one stick of butter. Add shrimp, garlic and Cajun seasoning to skillet and continue cooking for approximately 10 minutes. Add flour, half-and-half and Velveeta (cut in small cubes) to skillet and continue cooking on medium heat until Velveeta is melted. Add fettuccini.

By Lyn Savoie
(Baton Rouge) an
associate practicing
in health law



Mexican Salad

white, bite-sized tortilla chips
1¼ lbs. ground sirloin
2 (16 oz.) packages shredded mild cheddar cheese
Jalapeño slices
1 head of green lettuce
1 head of red leaf lettuce
5 medium vine tomatoes
4 medium avocados

Seasonings:

Worcestershire Sauce
salt and pepper
garlic powder
onion powder
garlic salt
lemon juice
Tabasco Sauce

Preheat oven to broil at 550°. Chop lettuce and dice tomatoes. Make a guacamole with avocados, diced tomatoes, lemon juice, Tabasco sauce, salt, pepper, onion powder, and garlic salt. Brown the ground sirloin (to your liking), with Worcestershire sauce, salt, pepper, garlic powder and onion powder added while first in skillet. Line a rectangular or large square metal pan with a full layer of chips. Spread browned ground beef over chips. Spread shredded cheese thickly over all of ground beef. Add jalapeños on top of the cheese (optional). Place in oven (lower rack) and take out when top is light brown. Cut into squares or rectangles. Serve with chopped lettuce, diced tomatoes, guacamole and sprinkled cheese on top. Place a few tortilla chips into the guacamole for effect and serve!



by **Linda Rodrigue**
(Baton Rouge)
a partner practicing
in health law

Chicken Salad

2 pkg. “Pick of the Chick” chicken (8 cups cooked and chopped)
1 cup mayonnaise
5 containers Yoplait red raspberry yogurt
1 cup pecans, chopped
2 pkg. Craisins (Ocean Spray dried cranberries)
4 to 6 stalks celery, finely chopped
¼ to ½ cup green onions, finely chopped
1 Tbsp. lemon juice (or to taste)
1 Tbsp. salt (or to taste)
1 Tbsp. curry (or to taste)
red pepper to taste
20 croissants

Boil, debone, and coarsely chop chicken. Mix all ingredients. Spread on croissants.
Serves 20.



by **Rob Dille**
(Baton Rouge)
a partner practicing
in litigation

Vegetable Salad

2 cans French style green beans, drained
1 can Le Sueur English peas, drained
1 can LaChoy fancy mixed Chinese vegetables, drained
¾ cup green pepper, chopped
1 cup celery
sliced fresh mushrooms (optional)
salt to taste
½ cup Wesson oil
1¼ cup sugar
1 cup vinegar
4 Tbsp. water

In a large glass bowl, mix together green beans, peas, Chinese vegetables, green pepper, celery, mushrooms and salt. In a saucepan, mix oil, sugar, vinegar and water, and bring to a boil until sugar dissolves. Stir 1-2 minutes. Pour oil mixture over vegetables and refrigerate overnight. Drain off marinade before serving. Serve over lettuce.



by **Aileen Johnson**
(Baton Rouge)
an associate practicing in
commercial real estate

Gorgonzola Salad

Salad:

1 large head butter lettuce
2 red Bartlett pears
½ cup walnut halves
1½ oz. Gorgonzola cheese
½ cup raisins

Dressing:

½ tsp. minced garlic
¼ cup of balsamic vinegar
1 Tbsp. sugar
2 Tbsp. extra virgin olive oil
1 Tbsp. Maile Dijon Mustard
salt and pepper to taste

Mix salad ingredients together and refrigerate. Top with dressing just before serving. Mixing dressing in too early will cause lettuce to wilt. Garnish with crushed red pepper and pita bread triangles.



by **Jeff Boudreaux**
(Baton Rouge)
a partner practicing
in litigation and
construction law

Red and Green Leaf Salad with Balsamic Vinaigrette

- 1 head red leaf lettuce
- 1 head green leaf lettuce
- 4 to 5 Roma tomatoes, chopped
- 1 purple onion, chopped
- 1 small can sliced black olives
- 1 pkg. crumbled feta cheese

Vinaigrette:

- ½ cup extra virgin olive oil
- ½ cup balsamic vinegar
- 2 tsp. Italian herbs
- dash of garlic salt
- dash of pepper
- 3 Tbsp. sugar or 3 packets of Equal (depending on taste)

Combine greens, tomatoes, onion, olives and feta in large bowl. Stir together vinaigrette and toss with greens right before serving. Serves 4-6.



by **Kevin Curry**
(Bluebonnet)
a partner practicing in
estate planning, probate
and taxation

Chicken Vegetable Pasta Salad

- 3 to 4 stalks celery, chopped
- 1 onion, chopped
- 1 to 2 toe(s) garlic, minced or pressed
- 1 small can chopped ripe or green olives
- sun-dried tomatoes, chopped (in oil or dried)
- 1 can artichoke hearts, chopped
- 1 can hearts of palm, chopped (optional)
- 1 can shoepeg corn
- 1 bag tri-colored pasta
- 4 chicken breasts, cooked and chopped
- 1 Tbsp. Grey Poupon mustard (optional)
- creamy Caesar or creamy Italian dressing

Mix in a large bowl any or all of the vegetables that you may have in your pantry or fridge. Toss well. Cook pasta in salted water. Drain, do NOT rinse. Add hot, drained pasta to the tossed vegetables. Add chopped chicken and toss. Check for seasoning and to see if you have enough dressing to bind it together. *VOILA* - Let's eat!



by **Ben Miller**
(Baton Rouge)
of counsel practicing in
business, corporate
and real estate

Southwest Chicken Pasta Salad

1 packet taco seasoning
½ cup water
juice of 1 lemon and 1 lime
½ cup olive oil
4 to 5 chicken breasts, cooked
and shredded or cut thin
1 large purple onion, diced
1 to 2 large green peppers, diced
½ bunch cilantro, finely chopped
1 can Mexican corn, drained
1 can black beans, rinsed
1 cup tomatoes, seeded and chopped
½ lb. Mexican cheese, shredded
2 pkg. (12 oz.) pasta of your choice, cooked
6 oz. bottle Catalina dressing

Mix taco seasoning, water, lemon, lime and oil to make a sauce. Combine sauce with chicken, onion, green peppers, cilantro, corn, beans, tomatoes and cheese. In a separate bowl, toss together pasta and Catalina dressing. Add pasta mixture to the other ingredients. Season to taste. Top with sliced black olives and green peppers.

Topping: (optional) Fry thin slices of corn and flour tortillas and sprinkle on top of each serving. Serves 10.



by **Todd Rossi**
(Baton Rouge)
a partner practicing in taxation,
business and commercial litigation,
and insurance coverage litigation

Macaroni Italiano

1 pkg. whole macaroni
1 (16 oz.) can Big R tomatoes
1 large can plain tomato sauce
1 stick butter
10 to 12 oz. cheddar cheese, grated

Melt butter. Add tomatoes and tomato sauce. Cook for about ½ hour, until slightly thickened. (If not cooked long enough, there will be a raw taste.) Cook macaroni until done. Drain. When tomatoes are cooked, add to macaroni and gently toss. In 3 qt. casserole, put one layer of macaroni mixture, then a layer of grated cheese. Repeat, ending with a layer of cheese on top. Cover lightly with foil and bake at 325° until bubbly. Remove foil and bake a few minutes longer.

by **Brad Myers**
(Baton Rouge)
a partner practicing
in litigation



Spicy Vodka Pasta

- 1/3 cup vodka
- 3/4 cup heavy whipping cream
- red pepper to taste
- 1 can good quality plum tomatoes, chopped
- 1/2 cup fresh basil, chopped
- 1/4 cup fresh grated Parmesan cheese and
1/4 cup fresh grated Romano cheese, mixed together
- 2 servings pasta (3 cups dried penne is good)

by Rob Dille
(Baton Rouge)
a partner practicing
in litigation



Heat a sauce pan. Add vodka. Flame vodka and reduce by half (20-30 seconds). Add cream and red pepper and simmer 5 minutes, whisking often. Add tomatoes and fresh basil, simmer 5–8 minutes. Just before serving, add half of the cheese. Add cooked pasta and mix. Put in serving bowls and top with remaining cheese. Serves 2.

Shrimp Spaghetti

- 1 large onion, chopped
- 1/2 cup oil
- 2 cans tomato sauce
- 2 pods garlic
- 1/2 cup bell pepper
- 1 tsp. Louisiana Fish Fry Cajun seasoning
- 1 pint shrimp
- salt and pepper to taste

by Troy Charpentier
(Baton Rouge)
a partner practicing in
commercial litigation



Brown onions in oil until golden brown. Add 1 can of tomato sauce; cook on low for about 15 minutes. Add second can of tomato sauce. Cook on low for an additional 15 minutes. Add garlic, bell pepper and seasoning. Cook 5-10 minutes. Add 3 cups water and cook on medium heat for 30 minutes. Add shrimp and cook 10-15 minutes. In a separate pot, boil spaghetti and drain. Mix spaghetti with sauce. Serves 6.

Pasta Alfredo

- 1 1/2 cups heavy whipping cream
- 1 1/2 cups butter
- 2 cups Parmesan cheese, freshly grated
- garlic powder to taste
- black pepper to taste
- any kind of pasta

by Jennifer Thomas
(Baton Rouge)
a partner practicing in
health law



Combine heavy whipping cream and butter in pot and bring to boil. Once the mixture is boiling, slowly add 1 1/2 cups of the grated cheese. Keep stirring the mixture until cheese is completely melted. The sauce will thicken as it cools. Pour the sauce over cooked pasta. Add the garlic powder and black pepper to taste. You can also add chicken or shrimp if you prefer. Very quick, very easy and very good.

Marie's Lasagna

- 1 onion, finely chopped
- 2 stalks of celery, finely chopped
- 1 bell pepper, finely chopped
- ½ tsp. Louisiana Fish Fry Cajun seasoning
- 2 jars of your favorite Ragu pasta sauce
(my preference is Super Chunky Mushroom)
- 2 lbs. of ground turkey
- 1 box of lasagna
- 1 package of sliced smoked Provolone cheese
- 1 package of shredded Mozzarella cheese

Preheat oven to 350°. Boil noodles and place aside for later. Sauté your onion, celery, and bellpepper with Pam Cooking Spray until limp, but not brown. In a separate skillet, brown your ground turkey with Cajun seasoning. Combine your sautéed vegetables, ground turkey, and Ragu sauce in one pot. Bring to a boil and then reduce to low to medium heat. Cook the meat sauce for 30–35 minutes, stirring occasionally. Now, it is time to assemble your lasagna. You will need a 9" x 13" baking pan to layer your lasagna as follows: meat sauce, lasagna, meat sauce and mozzarella cheese. Cover with aluminum foil and bake for approximately 30 minutes. Remove the foil and place the lasagna back in the oven to slightly brown the top.

by **Angela Leonard**
(Baton Rouge)
an associate practicing in
litigation and medical
malpractice



Crunchy Romaine Salad

- 1 head of Romaine
- 1 bunch of broccoli
- 4 green onions
- 2 packages of Ramen Noodles
- 4 Tbsp. of butter
- 1 cup of walnuts or pecans
- 1 cup sweet & sour dressing

Brown Ramen noodles and walnuts or pecans in butter and cool on paper towels. Break up Romaine lettuce. Cut off broccoli florets and blanch in boiling water for 1 minute. Cool with ice water immediately. Cut up green onions. Combine Romaine lettuce, broccoli florets, and green onions. Add nuts and Ramen Noodles. Add one cup of sweet & sour dressing, toss and serve.

by **Chuck Talley**
(New Orleans)
a partner practicing in
admiralty & maritime
and litigation



Sweet & Sour Dressing

- 1 cup of vegetable oil
- 1 cup sugar
- ½ cup red wine vinegar
- 1 Tbsp. soy sauce
- salt & pepper to taste

Mix vinegar with sugar, then add soy sauce. Warm slightly in microwave to get sugar to dissolve. Add oil, salt & pepper.

Makes approximately 2 ½ cups of dressing.

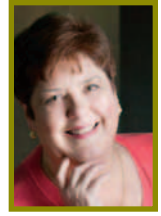
Crawfish Pasta

- 1 yellow onion, chopped
- ½ bunch green onions, chopped
- 1 garlic clove, chopped
- 1 green pepper chopped
- 1 red pepper chopped
- 1 lb. wide egg noodles, cooked and drained
- 1 lb. crawfish tails
- 1 (10 oz.) can cream of mushroom soup
- 1 package Velveeta cheese, light, cut into cubes
- 1 can hot Rotel tomatoes
- 1 can mild Rotel tomatoes
- 1 cup skim milk
- ½ cup butter
- Salt, black pepper, and Louisiana Fish Fry Cajun seasoning to taste
- Vegetable oil spray for casserole dish
- Shredded cheddar cheese or bread crumbs, optional

Cook noodles, drain and set aside to cool. Melt butter in Dutch oven and sauté vegetable until they are tender. Add milk, Rotel tomatoes, mushroom soup and crawfish tails. Bring to a boil and then reduce temperature and simmer for 15 minutes. Add salt, pepper and Cajun seasoning. Remove from heat and add cubed Velveeta cheese. Stir until cheese is melted. Add cooked pasta and mix well. Spray casserole dish with vegetable oil spray and then pour mixture into the dish (you can put optional bread crumbs or some shredded cheddar on top). Bake uncovered on 350° for 25 minutes or until hot in center.

Serves 6 – 8 people.

By Shannan Rieger
(Baton Rouge)
an associate practicing
in litigation



Shrimp Fettuccini Alfredo

- 2 lbs. shrimp
- ½ cup fresh or frozen Creole seasoning mix
(chopped bell pepper, onion and celery)
- Salt and pepper or Louisiana Fish Fry Cajun seasoning to taste
- 1 cup of half-and-half
- 8 oz. package of fettuccini noodles
- Shredded Parmesan cheese
- 8 oz. Velveeta (cut in small blocks)
- 1 stick butter or margarine

Pre-heat oven to 350°. Boil pasta and place aside for later. Sauté bell pepper, onion and celery in melted butter. Add and sauté shrimp until pink. Add half-and-half, Cajun seasoning, and Velveeta cheese. Once the cheese has melted, add fettuccini noodles to the Alfredo sauce and mix thoroughly. Pour mixture into a baking pan and sprinkle shredded Parmesan cheese on top. Cover with aluminum foil and bake 30 – 40 minutes at 350°. Remove foil and place fettuccini back in the oven to lightly brown the top.

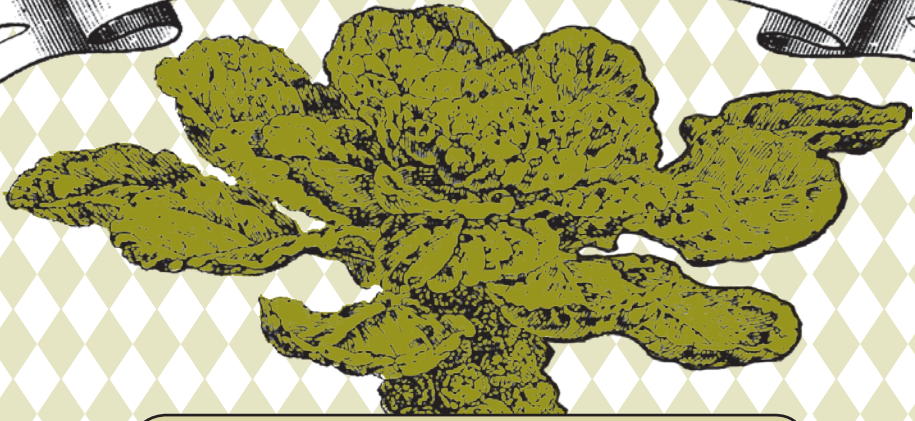
By Angela Leonard
(Baton Rouge) an
associate practicing in
litigation and
medical malpractice





NOTES

Vegetables and Side Dishes



Spinach Madelaine
Carrot Soufflé
Baked Cushaw
Sweet Potato Casserole
Cuban Black Beans
Corn Pudding
Grilled Scallions
Mascari's Italian Green Bean Casserole
Cabbage Casserole
Squash Medley
Stuffed Banana Peppers
Red Bell Pepper Risotto
Bean Curd (Tofu) with Chili Sauce
Corn Pudding Casserole
Granny's Cornbread Dressing
Easy Tuna Casserole:
Mother-in-law/Daughter-in-law "Combo"



Spinach Madelaine

3 packages frozen chopped spinach
4 Tbsp. butter
2 Tbsp. flour
2 Tbsp. chopped onion
½ cup evaporated milk
½ cup vegetable liquor
½ tsp. black pepper
½ tsp. celery salt
¾ tsp. garlic salt
6 oz. roll of garlic cheese or 6 oz. of Jalapeño Velveeta cheese
1 tsp. Worcestershire sauce
red pepper to taste

Cook spinach according to directions on package. Drain and reserve liquid. Melt butter in sauce pan over low heat. Add flour, stirring until blended and smooth, but not brown. Add onion and cook until soft but not brown. Add liquid slowly stirring occasionally to avoid lumps. Cook until smooth and thick; continue stirring. Add seasonings and cheese which has been cut into small pieces. Stir until melted. Combine with cooked spinach. This may be served immediately or put into a casserole and topped with buttered bread crumbs. The flavor is improved if the latter is done and kept in refrigerator overnight. This may also be frozen. Serves 5-6.

by Amy Berret
(Baton Rouge)
a partner practicing
in litigation



Carrot Soufflé

1 lb. carrots, peeled, sliced, cooked and drained
½ cup melted butter
¾ cup sugar
3 Tbsp. flour
1 tsp. baking powder
1 tsp. vanilla
3 eggs

Combine carrots and butter in food processor, blend until smooth. Add the rest of the ingredients, blending the eggs in last, one egg at a time. Process until smooth and well mixed. Cook in a 1 quart baking dish (I usually spray “Pam” on the inside). Bake at 350° for 45–60 minutes. This is best baked in the oven, not in the microwave.

by Ben Miller
(Baton Rouge)
of counsel practicing in
business, corporate
and real estate



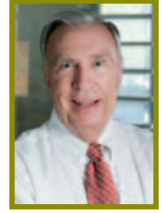
Baked Cushaw

This is an unusual recipe from the Old South—a vegetable dish that is as sweet as dessert. A cushaw is a variety of crookneck squash, available in July and August at the produce stands. A luscious dish.

- 1 medium cushaw (about 6 lbs.)
- 2 eggs
- 2 cups sugar
- 2 Tbsp. flour
- 1 tsp. vanilla extract
- 2 sticks margarine
- ½ tsp. baking powder
- cinnamon and nutmeg to taste

Cut cushaw in half. Scoop out the seeds and strings. Cut into smaller pieces and place in large pot with water to cover. Boil until tender and meat turns golden and soft. Scoop out meat and place in a large bowl. Add above ingredients and mix. Place in 9" x 13" casserole dish. Bake at 350°, 30-40 minutes. Serves 6.

by **Bill D'Armond**
(Baton Rouge)
of counsel practicing in
labor and employment
and litigation



Sweet Potato Casserole

- 1 large can sweet potatoes, drained
- ½ stick butter or margarine
- ¾ cup white sugar
- ½ cup milk
- 1 tsp. vanilla
- 2 eggs, beaten

Topping:

- ½ stick butter or margarine
- 1 cup flour
- 1 cup light brown sugar
- 1 cup pecans, chopped

Mash potatoes after draining. Melt butter. Add sugar, milk, vanilla, eggs and butter to mashed potatoes. Pour into baking dish (greased). Melt butter. Add flour and brown sugar to butter and mix thoroughly. Spread on top of potatoes. Sprinkle chopped pecans on top. Bake 20 minutes at 350°. Serves 4.

by **Alan Berteau**
(Baton Rouge)
a partner practicing in
environmental litigation



Cuban Black Beans

1 lb. black beans
½ large green pepper
⅔ cup olive oil
4 cloves garlic, chopped
1 large onion, chopped
½ tsp. cumin powder
2 Tbsp. vinegar
2 bay leaves
4 tsp. salt (or more to taste)
water to cover the beans (about 10 cups)

Wash beans very well, then drain. Soak beans overnight in water. Cook the beans and green peppers in some of the water used to soak them. (Cook for about 1 hour until tender. To speed the process, you can add some ice from time to time to the beans while they are cooking.)

In a frying pan, sauté garlic, onion and cumin in olive oil. Add mixture to beans, then add vinegar and bay leaves. Simmer on low heat for 1 hour. Add salt to taste. Serve with rice.

by **Esteban Herrera**
(Baton Rouge)
a partner practicing
in environmental law
and litigation



Corn Pudding

8 full ears corn OR
one medium-sized pkg. frozen corn
3 Tbsp. flour
4 eggs
½ cup sugar
1 cup whole milk
one stick butter
salt and pepper to taste

Scrape corn from cob. Add flour, eggs, sugar, milk, melted butter and stir as each ingredient is added. Season with salt and pepper. Bake in 2 qt. casserole dish about 30 minutes at 325-350° until brown and bubbly. Mixture should be soupy, not thick. Adjust flour to make it right. Serves 8.

by **Jason Cashio**
(Baton Rouge)
a partner practicing in
medical malpractice defense
and general litigation



Grilled Scallions

1 bunch green onions
Olive Oil
Salt & Pepper
1 lime

Wash the green onions. At the store, pick bunches with vibrant green tops that have some thickness and heft. Remove the roots, but take care to leave as much of the white of the onion as possible. Lay onions on baking sheet. Drizzle olive oil over onions and salt and pepper the onions. Then, toss to spread oil/seasoning. Grill. Place onions directly on clean grill on medium heat. Grill until onions have grill marks (two minutes) and then flip onions. Cook for another minute. Re-season. Once back inside, add a little more salt and squeeze the lime over the onions to coat onions in lime juice. Eat and enjoy.

by **Erin Kilgore**
(Baton Rouge) an associate
practicing in labor and
employment



Mascari's Italian Green Bean Casserole

4 pods garlic, finely chopped
3 cans French-cut style green beans, drained (save juice)
2 cups Italian breadcrumbs
1 cup Parmesan cheese, grated
salt, pepper and oregano to taste
½ cup olive oil

Mix all of the above ingredients (except saved juice) in a casserole dish.
If dry consistency, add a bit of the juice to moisten—not too much.
Bake at 350° for 30 minutes and enjoy. Serves 8.



by Pam Mascari
(Baton Rouge)

a partner practicing in
general litigation, toxic tort
litigation and state and
local tax law

Cabbage Casserole

1 stick butter, melted OR
butter cooking spray
1½ lbs. ground beef
1 cup rice, uncooked
½ tsp. red pepper
½ tsp. black pepper
½ tsp. salt
½ tsp. cinnamon
½ tsp. allspice
½ tsp. garlic powder
1 head of cabbage, chopped (or 2 lb. pkg. shredded cabbage)
1 onion, chopped
2 (8oz.) cans tomato sauce
1 can Rotel tomatoes and green chilies, undrained
2 cups water

Grease 9" x 13" Pyrex dish with melted butter or cooking spray. Combine ground beef, rice and ¼ teaspoon each of the seasonings; set aside. Combine the cabbage, onion, tomato sauce, Rotel, water and remaining ¼ teaspoon of the seasonings. Combine beef and rice mixture with the cabbage mixture. Place in Pyrex dish. Cover and bake at 350° for 1½ hours or until all liquid disappears and the rice is done.

by Lana Crump
(Baton Rouge)
a partner practicing
in litigation

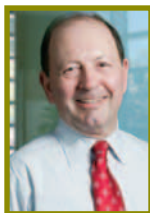


Squash Medley

- 1 stick butter
- 1 cup white onions, sliced
- 3 cups yellow squash, cooked and drained
- 1 cup canned tomatoes, chopped and drained (fresh are even better!)
- 1 cup processed American cheese, grated
- salt and pepper to taste
- ¾ cup breadcrumbs (make in food processor from day old French bread)

Sauté onions in ¼ stick of butter; add cooked squash, tomatoes and cheese. Season with salt and pepper. Pour into casserole dish. Brown breadcrumbs in remaining butter. Spread over casserole. Bake at 325° until heated through and serve. Serves 6.

by Mrs. Mercedes S. Postell
grandmother-in-law of Jim Doré
(Baton Rouge)
a partner practicing
in litigation



Stuffed Banana Peppers

- 12 banana peppers (sweet or hot peppers to taste)
- 1 lb. chorizo sausage
- 1 medium yellow onion
- 3 cloves of garlic
- 1 Tbsp. olive oil
- 12 pieces of Serrano ham (or prosciutto)
- 8-12 oz. mild soft goat cheese (Chevre or similar)
- toothpicks

by Erin Kilgore
(Baton Rouge) an associate
practicing in labor
and employment



Cook sausage/onions. Place chorizo in sauté pan, slice from casing if necessary, and brown loose sausage. Remove from pan and place in mixing bowl to cool. Place chopped yellow onion and three cloves of garlic (chopped) in drippings from sausage and brown onion/garlic mixture. Once brown, place in mixing bowl with chorizo. Clean banana peppers for stuffing. Cut stem and top off of banana pepper. Remove seeds and inner membrane with a small knife. Mix stuffing. Place the goat cheese in mixing bowl with sausage/onion mixture. Stir until mixed thoroughly. Stuff peppers. Take a spoon and stuff the peppers with the sausage/cheese mixture. Cover with ham. Take a strip of Serrano ham, about 2" x 4", and place over the top of each pepper, pulling down along the sides of the pepper. Secure with toothpick. Grill. Use a pre-made pepper grill tray to hold peppers vertical for grilling. An alternative is to take a small foil roasting pan and poke holes in the pan. Peppers will shrink and soften as they cook so be careful to make sure the holes are small. Grill on medium-to-low heat until the pepper softens completely, taking care to keep the pepper vertical so that the stuffing does not leak out. There is nothing wrong with the peppers getting slightly charred on the outside. Allow the peppers to rest for a couple of minutes, but serve warm.

Red Bell Pepper Risotto

5 red bell peppers
2 to 4 cups chicken stock OR
2 to 4 cans chicken broth
1 shallot
extra virgin olive oil
salt and freshly ground black pepper
2 cups Arborio rice, uncooked
¼ stick butter
Reggiano Parmesan cheese, finely grated

by Charlie Patin
(Baton Rouge)
a partner practicing
in litigation



Roast the red bell peppers. Allow them to cool, peel off the skins, and discard all seeds. In a blender, add the roasted bell peppers and 8-12 ounces of the chicken stock and blend. Reserve the liquid. Finely mince the shallot. In a heavy 2-quart sauce pot, add olive oil to a depth of an eighth to a quarter of an inch. Heat to about medium. Add the minced shallot, salt and pepper, and stir until the shallot is translucent. Add the Arborio rice and toast it in the oil with the shallot. (This just means stir it around constantly for about 3-4 minutes.)

Add just enough of the red bell pepper liquid to cover the rice by about one-quarter of an inch and stir constantly until it is just about absorbed. Repeat this step until the Arborio rice is tender. (If you run out of the red bell pepper liquid and the rice is not yet tender, continue by using the chicken stock.) Add the butter and the finely grated Parmesan. (Here the Parmesan Reggiano is a must.) Test for seasoning. Serve with Stuffed Chicken Breasts, shown on page 63. (NOTE: The Risotto takes about 20 or so minutes to cook. The trick is never to stop stirring it until it is done.) Serves 8.

Bean Curd (Tofu) with Chili Sauce

16 oz. medium firm bean curd, cut into half inch cubes
½ lb. ground beef (the leaner, the better)
½ cup onion, finely chopped
½ tsp. minced garlic
1 to 2 tsp. chili sauce OR
fresh pepper with seeds
2 to 3 Tbsp. olive or vegetable oil
½ tsp. sugar
3 Tbsp. soy sauce
2 tsp. cornstarch, dissolved in ¼ cup water
salt and pepper



by Yuxian Wang
(Baton Rouge)
an associate practicing
in toxic tort

Heat oil in a pan and add onion and garlic. Stir-fry for one minute, then add beef. Stir-fry until beef is evenly browned. Add bean curd, chili sauce, sugar and soy sauce. Bring to a boil. Add the cornstarch mixture and simmer, stirring, until the sauce has thickened. Salt and pepper to taste. Serve hot. Serves 4.

Corn Pudding Casserole

- 4 eggs
- ½ stick butter, melted
- 2 cans regular corn, drained
- 2 cans creamed corn
- 2 boxes Jiffy corn bread
- 2 (8 oz.) or 1 (16 oz.) container low-fat sour cream

By Shannan Rieger
(Baton Rouge) an
associate practicing
in litigation



Melt butter in microwave and spread it in bottom of 9" x 11" casserole dish or foil pan. In a large bowl mix all other ingredients together. Pour mixture into pan on top of melted butter. Bake at 375° for about 1 hour or until knife inserted in center comes out clean.

Feeds 10 as a side dish.

Granny's Cornbread Dressing

- 1 large onion chopped
- ½ cup chopped green onion
- 1 pod garlic, chopped (optional)
- ½ stick margarine
- 2 boxes cornbread mix
- 2 lbs. – 2 ½ lbs. ground round / lean ground meat
- 2 lbs. ground chicken gizzards
- 1 can chicken broth
- milk – enough to soak cornbread

By Gloria Marcello,
Grandmother of Jeff
Boudreaux (Baton Rouge) a
partner practicing
in construction law



Dressing Base:

In pot, sauté seasoning in margarine until soft. Add meat and gizzards and cook until done. Drain off any grease. Base can be made ahead of time and put in freezer.

Cornbread:

Bake 2 boxes of cornbread according to packaging directions. It is suggested that you bake cornbread one day ahead of mixing dressing.

To Mix Dressing:

Crumble and soak cornbread in bowl of milk just enough to really moisten it. Let set about 2 minutes. Add moistened cornbread to dressing base (meat mixture) and stir. Transfer mixture into a baking dish. Bake at 350° for about 20 minutes and serve. Makes approximately 6 – 8 servings.

*If dressing is too dry for your taste, just add a little chicken broth to moisten.

Easy Tuna Casserole: Mother-in-law / Daughter-in-law “Combo”

Had the blessing of a great Mother-in-law from who I learned many great recipes! This is one.

- 2 large cans solid white tuna
- 2 cans Rotel “chunky”
(use only 1 can for milder spice, or use Rotel “mild”)
- 2 cans undiluted mushroom soup
- 2 cups chopped celery
- 2 cups chopped onion
- 1 pint sliced mushrooms or 1 can sliced mushrooms
- 2 dozen saltine crackers crumbled
- Chopped parsley and pimento for color
- Louisiana Fish Fry Cajun seasoning to taste
- Black pepper to taste
- Italian style bread crumbs

Pre-heat oven 325°. Combine all ingredients except for bread crumbs. Place in large greased casserole dish. Sprinkle bread crumbs on top. Bake for 30 minutes.

The dish may be made a day ahead, kept in refrigerator until ready to heat.



By **Desiree Nelson**,
wife of **David Nelson**
(Baton Rouge) a partner
practicing in
construction law



NOTES



Main Courses

Pan-Seared Tuna with
Ginger-Shiitake Cream Sauce

Glazed Pork Tenderloin

Natchitoches Meat Pies

Tara's Tomato Pie

Easy Crawfish Etouffée

George's Roast Beef

Panepinto Homemade Meatballs

Chicken a la Bum

Cajun Chicken Fricassee

BBQ Shrimp and Grits

Gator ("Tiger Bait") Sauce Piquante

Overnight Egg Soufflé

Curry Chicken

Low Fat Chicken & Broccoli Casserole

Cajun Shrimp Eggplant

Trout L'Orange

Spanish Pork

Chicken Rosemary

Stuffed Chicken Breasts

Grilled Lamb Chops

Pigs in a Noodle

Louisiana Jambalaya

Crawfish Opelousas

Chicken-Broccoli-Curry Casserole

Sloppy Joes

McCowan Fab Beef Filet

Stuffed Beef Tenderloin

Sausage Stuffed French Roll

Kabobs

Cabbage Casserole

Cheese Sauce

Barbeque Cups

"Just Right" Boiled Crawfish



Pan-Seared Tuna with Ginger-Shiitake Cream Sauce

fresh tuna steaks
2 Tbsp. olive or safflower oil
3 Tbsp. butter
1/3 cup thinly sliced green onions
2 Tbsp. finely chopped peeled fresh ginger
4 garlic cloves, chopped
8 ounces fresh shiitake mushrooms, stemmed, caps sliced
6 Tbsp. soy sauce
1 1/2 cups whipping cream
3 Tbsp. fresh lime juice
Lime wedges (optional)

Sauce:

Add butter, sliced green onions, ginger and chopped garlic to same skillet and sauté until fragrant, about 30 seconds. Mix in the mushrooms and soy sauce and simmer 30 seconds. Add whipping cream and simmer until the sauce lightly coats the back of your spoon, about 3 minutes. Last, stir in the lime juice.

Tuna Steaks:

The tuna can be pan seared or grilled. Either way, sprinkle both sides of the tuna steaks with salt and pepper. If you are pan searing the tuna, heat about 2 tablespoons of olive or safflower oil in a cast iron or other heavy skillet in the oven or on the range. Depending on how rare you want the tuna to be, cook the tuna steaks between 30 seconds and 2 minutes per side.

Serve with brown or wild rice and spoon the sauce onto the tuna and rice. Serves 4.



by **Trippe Hawthorne**
(Baton Rouge)
a partner practicing
in litigation

Glazed Pork Tenderloin

1 package of pork tenderloins (usually 2 pieces)
1/2 cup orange marmalade
1/3 cup Dijon mustard
1 Tbsp. ginger
1 Tbsp. Worcestershire
1/4 tsp. salt
Pepper to taste

Simply stir together all of the ingredients except the pork. Apply your favorite meat rub (if you have one) to the pork and let sit in the refrigerator for 1 hour. Put meat on grill (medium – high heat) and turn often. Baste meat with glaze with every turn. Cooking time approximately 30 minutes or until meat reaches 160°.

This can also be done with a larger pork loin, just double the glaze recipe. I also keep the extra glaze handy around serving time. At a minimum, after removing the meat from the grill, I will baste it one more time on the platter so that there is plenty of glaze with each slice. Enjoy!

by **Chuck Talley**
(New Orleans)
a partner practicing in
admiralty & maritime
and litigation



Natchitoches Meat Pies

Filling:

1 tsp. oil
1 lb. ground sirloin
1 lb. ground pork
1 bunch green onions, chopped
1 onion, chopped
1 pod garlic, minced
1 bell pepper, chopped
salt, black pepper and red pepper to taste
2 to 3 Tbsp. flour

Crust:

1 quart plain flour
2 tsp. salt
1 tsp. baking powder
½ cup + 2 Tbsp. shortening
2 eggs
1 cup milk

Filling Directions: Put oil in heavy pot and add meat and seasonings. Stir often as meat cooks. When meat is done but not dry, remove from heat. Stir in flour.

Crust Directions: Sift dry ingredients together. Cut in shortening. Beat eggs and add milk. Work gradually into dry ingredients until proper consistency to roll. Break into small pieces and roll very thin. Cut into rounds using a saucer as a guide or a 3" pastry cutter for cocktail-sized pies.

To Assemble: Place a large tablespoon of filling along edge and halfway in the center of round dough. Fold the other half of dough over, making edges meet. Firm edges with fork. Place pie in deep oil and fry til golden brown. Drain on paper towels and serve hot. Makes about 18–22 large pies. My mother, a life-long Natchitoches resident, says the secret is to season the filling until “you think you’ve ruined it.”



by Gayla Moncla
(Baton Rouge)
a partner practicing
in litigation

Tara's Tomato Pie

1 can biscuits
2 or 3 large tomatoes, sliced
2 green onions, chopped
Salt
Pepper
Basil
Louisiana Fish Fry Cajun seasoning
1 (8 oz.) pkg. shredded Mozzarella cheese
Mayonnaise

by Tara Madison
(Baton Rouge) a
partner practicing in
intellectual property



Place uncooked biscuits in bottom of pie pan and press together forming a crust. Arrange sliced tomatoes over biscuits and sprinkle with onion and seasonings. In a bowl, mix the cheese and enough mayonnaise to make it spreadable. Top the pie with this mixture and bake until crust is done and cheese is melted at 350° for 30 – 40 minutes.

Easy Crawfish Etouffée

1 onion, chopped
1 green bell pepper, chopped
1 clove garlic, minced
1 stick butter or margarine
Juice of one lemon
2 Tbsp. flour
1 cup water
½ bunch green onions, chopped
Louisiana Fish Fry Cajun seasoning
1 can cream of celery soup
1 lb. crawfish tails

Sauté onion, bell pepper and garlic in butter and lemon juice. Cook until onions are soft and clear. Mix the flour with one cup cold water and stir until flour has dissolved. Add flour/water mix to sautéed onions and bell pepper and simmer over medium heat until mixture thickens. Once mixture has started to thicken, add green onions and Cajun seasoning to taste. Then add cream of celery soup and mix well. Finally, add the crawfish tails and simmer over low heat until whole mixture is heated throughout. Serve over rice and garnish with extra green onions, if desired. Yield: 4-6 servings.

by **Melissa Cresson**
(Baton Rouge)
a partner practicing in
environmental law and
toxic tort



George's Roast Beef

beef roast (under 10 pounds)*
cooking oil
Adolph's plain meat tenderizer
black pepper
garlic salt
salt
1 packet of powdered *au jus* mix

Preheat oven to 375° for 40 minutes. Lather the roast liberally with oil, then sprinkle with meat tenderizer. "Jugg" this into the meat with a fork. Sprinkle liberally with pepper and not so liberally with the salts. Place roast on rack in broiler/roaster pan. Start the roasting pan with about ⅜ inches of water in the bottom to keep the drippings from scorching and add later to *au jus*. Cook at 375° for 40 minutes and turn off the oven. DON'T open the oven for the ensuing two hours. Emphasis: Do not open the oven after the cooking starts. The roast will be perfect regardless of the size. Mix the *au jus* mix according to package directions. Slice meat thin and float in the *au jus* (after adding pan drippings) and serve with a baked potato. Try to slice across the grain of the meat. For subsequent meals, save *au jus* and thicken it with a little flour or corn starch. Slice the roast thin and heat it in the *au jus* - enough to cover 1 or 2 pieces of toast. Put the slices of roast on toast and cover with gravy.

*My personal preference is a flat cut boneless rump roast weighing approximately 3 pounds.

by **Bob Hawthorne**
(Baton Rouge)
of counsel practicing in
real estate, probate
and estate planning

"George" was his
father-in-law



Panepinto Homemade Meatballs

- 2 lbs. ground beef
- 1 lb. ground pork
- 1½ large onions, finely chopped
- ½ large bell pepper, finely chopped
- 4 toes garlic, finely chopped
- 1 stalk celery, finely chopped
- 1 small bunch green onions, finely chopped
- 2 tsp. dried parsley
- ½ cup Parmesan cheese
- ¼ cup Romano cheese
- 1 tsp. red pepper
- ½ tsp. black pepper
- 3 tsp. salt
- 3 eggs
- ¼ cup Progresso Italian breadcrumbs
- ¼ cup milk

Mix above ingredients well. Using ice cream scoop, scoop onto a non-stick baking tray. Bake at 350° for 20 minutes (meatballs should begin to brown). These meatballs are great in spaghetti gravy or brown gravy. They should be cooked down in gravy for about 2–3 hours. For quick and easy spaghetti gravy, sauté one onion and two toes of garlic, add three (28 oz.) jars of Ragú Spaghetti Sauce (any kind), add 1½ jars of water and ⅓ cup of sugar. Cook on low to medium fire for about 2–3 hours. Serves 15.



by Barrye Panepinto Miyagi
(Baton Rouge)
a partner practicing in
toxic tort litigation, general
litigation and mediation

Chicken a la Bum

*(Named in honor of its creator,
a deceased chef by the name of Bum)*

- 1 cup vinegar
- 4 tsp. yellow prepared mustard
- 1 tsp. black pepper
- 1 tsp. paprika
- 2 tsp. Worcestershire
- 5 Tbsp. Tabasco sauce
- ½ tsp. sugar

Dissolve mustard into vinegar, then add remaining ingredients to create a sauce. Mix sauce with enough water to make a total of two cups liquid. This should be enough to cook one chicken. Adjust Tabasco to taste. You may want to go a little lighter on the Tabasco if you have guests from up North (anywhere above Alexandria). Brown one chicken (in parts) and place in large pot with sauce. Simmer until chicken is cooked through and fork-tender. Serve with iced tea and towels to wipe the sweat off of foreheads.

by Bill Caughman
(Baton Rouge)
an associate practicing
in business law



Cajun Chicken Fricassee

- 1 pack chicken breasts (with bones)
- 1 pack chicken thighs (with bones)
- salt, pepper and garlic powder to taste
- Louisiana Fish Fry Cajun seasoning (optional) to taste
- ½ cup oil or butter
- ½ cup flour
- 1 onion, finely chopped
- 1 green bell pepper, finely chopped
- 3 stalks celery, finely chopped
- 1 can chicken broth
- ½ to 1 tsp. A-1 Steak Sauce



by **Shannan Rieger**
(Baton Rouge)
an associate practicing
in litigation

Wash, drain, and season chicken with salt, pepper, garlic powder, and Cajun seasoning, as desired. Heat ½ cup oil or butter and add flour to make roux. Stir over low to medium heat constantly until brown. When roux is dark brown, add chopped onion, bell pepper and celery and sauté in roux. Add chicken pieces, ½ can of chicken broth, and A-1 sauce. Cook over medium heat covered, stirring occasionally. Add additional chicken broth and/or water as needed to keep gravy at correct thickness. Cook until chicken is tender and falls off the bone. Serve over hot rice.

BBQ Shrimp and Grits

- ½ tsp. cayenne pepper
- 1 tsp. black pepper
- ½ tsp. salt
- ½ tsp. thyme leaves
- ½ tsp. dried rosemary leaves, crushed
- ⅛ tsp. oregano
- ¼ lb. (1 stick) plus 5 tablespoons butter
- 1 ½ tsp. minced garlic
- 1 tsp. Worcestershire sauce
- ¼ - ½ cup seafood or fish bouillon
- 1 - 1 ½ lbs. shrimp
- Grits

by **Chuck Talley**
(New Orleans)
a partner practicing in
admiralty & maritime
and litigation



Prepare your favorite grits just before you start the actual cooking of the shrimp. Follow the recipe on the box, except replace ¼ of the water with whipping cream.

Peel shrimp. Melt one stick butter over medium heat. Add garlic, Worcestershire sauce and seasonings. Simmer for 1 – 2 minutes. Add shrimp and cook for 2 minutes. Shake the pan, rather than stirring if possible. Flip shrimp with spoon if necessary. Add remaining butter and bouillon. Cook and shake pan for 2 more minutes. If sauce is thick and buttery, serve. If sauce is thin, cook for 1 -2 minutes but don't overcook the shrimp. Serve over grits.

Gator (“Tiger Bait”) Sauce Piquante

In Louisiana, food is spiritual. For example, no one will ever know how the LSU football team managed an upset over the then-No. 1 ranked Florida Gators in 1997. However, many of Kean, Miller’s Tiger faithful attribute the win to a pre-game tailgate party featuring this Gator Sauce Piquante. In keeping with LSU’s war chant, “Tiger Bait,” the gators were eaten up on, and off, the field that Saturday.

3 lbs. alligator tail meat
½ cup oil
½ cup flour
1 cup onions, chopped
1 cup celery, chopped
½ cup bell pepper, chopped
¼ cup garlic, diced
2 whole bay leaves
½ tsp. basil
½ tsp. thyme
1 cup tomatoes, diced
½ cup tomato sauce
2 Tbsp. jalapeños, diced
6 cups chicken broth
1 cup green onions, sliced
½ cup parsley, chopped
salt and cracked black pepper to taste

Cut the alligator meat into pieces, render in a fry pan and set aside. If you don’t have alligator, do not worry. It “tastes like chicken”...so use chicken. You can use either a 5 pound stew chicken cut up or boneless chicken cut into pieces. With chicken, you can skip the rendering process and add the chicken raw.

In a large stew pot, heat the oil over medium heat. Add the flour and stir with a wire whisk until you have a medium brown roux. If you burn the roux (i.e. if any black specs appear), you have to start over. Therefore, constant stirring and medium heat are mandated. Once you have the roux, you are downhill. Add the onions, celery, bell pepper, garlic, bay leaves, basil and thyme. Sauté until vegetables wilt. Add the tomatoes, tomato sauce and jalapeños and cook for 5 minutes. Stir in the alligator. Add the broth, one cup at a time. Stir and incorporate each cup before adding more. Bring to a rolling boil, reduce heat and allow to simmer for 45 minutes. Add the green onions, parsley, salt and pepper and cook an additional 20 minutes. Serve over rice.



by Jay Jalenak
(Baton Rouge)
a partner practicing
in litigation

Overnight Egg Soufflé

8 slices day-old egg bread
1½ cup milk
¼ cup butter, melted
1 tsp. salt
dash of pepper
1 tsp. tarragon
1 tsp. dried mustard
¼ tsp. cayenne
6 eggs, well beaten
6 oz. cheddar cheese, shredded

Remove crusts from bread and cut into 1-inch cubes. Combine with milk, butter, salt, pepper, seasonings and eggs and beat well. Grease a 2-quart souffle dish. Layer bread-egg mixture and cheese, making 3 layers of each. Bread layer should be entirely covered with liquid when finished. Refrigerate overnight. Bake 1 hour at 325°.

Curry Chicken

8 chicken breasts
garlic powder
1 cup honey
¾ cup Grey Poupon mustard
1 tsp. soy sauce
juice of ½ lemon
2½ Tbsp. curry powder

Dry chicken and sprinkle with garlic powder. Mix all other ingredients together in a mixing bowl. Place chicken in baking pan and pour sauce over chicken. Bake uncovered at 350° for about 50 minutes, basting with sauce often, or until chicken is tender. Remove from oven; cover with foil.

by Julie Silbert
(New Orleans)
an associate practicing in
environmental law
and litigation



Low Fat Chicken and Broccoli Casserole

4 chicken breasts
12 to 16 ounces of chopped broccoli
2 cans of 98% fat free cream of chicken soup
2 cups of fat free shredded cheddar cheese
2 cups of fat free or light mayonnaise
1 Tbsp. of lemon juice
1 stick of light butter
crackers

Boil and then chop the chicken breasts. Mix chicken, broccoli, soup, cheese, mayonnaise and lemon juice in a casserole dish. Top with crumbled crackers. Melt butter and pour over top. Cook at 350° until crackers are browned and the casserole is bubbling.

by Greg Anding
(Baton Rouge)
a partner practicing in
toxic tort defense and
commercial litigation



Cajun Shrimp Eggplant

2 lbs. boiled shrimp
3 eggplants, peeled and cut
into one inch squares
1 onion, chopped
2 stalks celery, chopped
1 clove garlic, pressed
1 Tbsp. butter
1 cup seasoned breadcrumbs
1 egg
½ cup Parmesan cheese, grated
salt and pepper to taste
½ tsp. red pepper

Boil shrimp in seasoned water. Let cool and peel. Boil cut eggplant until very tender. Sauté onion, celery and garlic in butter. Place cooked eggplant in food processor and process slightly, leaving coarse. Place eggplant in casserole dish. Add remaining ingredients. Stir. Bake at 400° for 20 minutes. Serves 4.

by **Melanie Hartmann**
(Baton Rouge)
a partner practicing in
labor and employment
and litigation



Trout L'Orange

½ cup white wine
4 trout fillets
Louisiana Fish Fry Cajun seasoning
½ lb. butter (room temperature)
1 lb. raw shrimp (31-35 count)
2 shallots or one small onion
½ cup sweet red peppers, chopped
1 (6 oz.) can orange juice concentrate at room temperature
½ cup demi glaze or beef stock
½ cup small capers
lemon and parsley for garnish

Pour wine in the bottom of a broiler pan. Lightly butter the top of the broiler pan to prevent sticking. Season fish fillets to taste with Cajun seasoning and place them on the buttered surface of the broiling pan. Broil in oven for 6 minutes at 400°. Season shrimp to taste with Cajun seasoning and sauté in small skillet with two tablespoons of butter for three minutes on high heat. Remove shrimp and add shallots/onion and peppers. Sauté until clear. Pour in orange juice and demi glaze (or beef stock) and bring to boil. Remove from heat and add remaining butter to thicken to a cream sauce. Return to medium heat and add shrimp and capers until hot. Place fillets on hot plate, cover with sauce and garnish with lemon and parsley.

by **Karli Glascock Johnson**
(Baton Rouge)
a partner practicing
in environmental law and
toxic tort litigation



Spanish Pork

I married into a wonderful Spanish family. In many ways the Spanish customs and ways of life are similar to what we enjoy as Cajuns. They love their families and they love their food...and not necessarily in that order. Among my favorite dishes is the Spanish pork. This is served every Christmas Eve. I hope you enjoy.

1 (10 to 15 lb.) pork ham with bone
15 lemons
2 (8oz.) bottles minced garlic
oregano
salt
pepper

First lay the pork in a large roasting pan with the fatty side up. Cut back a flap in the fat and stuff it with minced garlic. Fold the flap back down. Next, gently pack the remaining minced garlic all over the top and sides of the pork. Cut the lemons into halves. Squeeze the lemons over the pork and leave the spent rinds in the pot with the pork. Sprinkle the pork with salt, pepper and oregano to taste. Cover the pork with aluminum foil and place in an oven at 350°. Cook until the inside temperature of the pork reaches 180°. When done, serve with yellow rice and black beans.



by **David Nelson**
(Baton Rouge)
a partner practicing in litigation
and construction law

Chicken Rosemary

3 lbs. chicken thighs
1 Tbsp. butter
1 Tbsp. olive oil
salt and pepper
4 cloves garlic
½ cup white wine
1 Tbsp. fresh rosemary
2 Tbsp. tomato paste
½ cup chicken broth

Brown chicken in butter and olive oil. Add salt, pepper and garlic. When almost browned, add wine and rosemary. Cover and cook about 15 minutes. Mix tomato paste with chicken broth, and add to chicken. Cover, and cook about 30 minutes, until chicken is tender. Serves 4-6.

by **Carol Galloway**
(Baton Rouge)
an associate practicing
in litigation



Stuffed Chicken Breasts

*This may sound more difficult than it really is.
Good served with Roasted Red Bell Pepper Risotto,
shown on page 49 of this cookbook.*

8 boneless, skinless chicken breasts
8 prosciutto ham slices (preferably prosciutto di parma)
fontina, grated OR thinly sliced mozzarella cheese
salt
freshly ground black pepper
paprika
dried basil
all purpose flour
seasoned breadcrumbs
Reggiano Parmesan cheese, grated
a 4 egg wash (beat-up the eggs and add a little milk, cream or water)
extra virgin olive oil
butter

Wash and dry chicken breasts and slice each of them just short of in half, length-wise, to form a pocket. Salt, pepper and paprika both sides and the pocket of each breast. Stuff one slice of the ham, folded around a generous portion of the grated fontina or thinly sliced mozzarella cheese, into the pocket of each breast and add a pinch or two of dried basil. Close the pockets and secure them with a wooden toothpick. Set in refrigerator for an hour or so.

Dredge each breast in seasoned all-purpose flour. (Season the flour generously with salt and pepper.) Coat the floured breasts in an egg wash. (It, too, should be seasoned with salt and pepper.) Next, coat each breast with a mixture of seasoned breadcrumbs, finely grated Parmesan cheese and lots of pepper. (3 parts crumbs to 1 part cheese is about right.) Refrigerate until ready to cook.

Add olive oil and a couple of tablespoons of butter to a large frying pan and bring the temperature to about medium-high. Brown both sides of each breast. Place breasts in a roasting pan with the oil and butter used for browning and bake at 400° for about 10-12 minutes. Serves 8.



by **Charlie Patin**
(Baton Rouge)
a partner practicing
in litigation

Grilled Lamb Chops

This marinade also can be used with chicken, pork or rabbit.

¾ cup olive oil
½ cup fresh lemon juice and pulp of lemons
5 sprigs fresh rosemary, chopped
6 large cloves garlic, minced
¼ tsp. black pepper (or to taste)
½ tsp. salt (or to taste)
1 Tbsp. balsamic vinegar
8 lamb chops

Mix all ingredients together and pour into zipper bag with lamb chops. Marinate at least 2 hours. Grill lamb chops on hot fire.

by **Len Kilgore**
(Baton Rouge)
a partner practicing in
environmental law
and litigation



Pigs in a Noodle

(a/k/a Spaghetti with Pork Chops)

1 medium yellow onion, chopped
1 bunch green onions, chopped
garlic (at least 6 pods)
olive oil
3 small cans tomato sauce
2 small cans tomato paste
salt
pepper
garlic powder
onion powder
sugar
water
4 to 5 center cut pork chops
angel hair pasta

Sauté all onions and garlic in a small amount of olive oil in a large pot. Add tomato sauce, tomato paste and a lot of water. Allow to reach a medium boil. Add salt, pepper, garlic powder and onion powder to taste. Add 6-8 tablespoons (this is a guess) of sugar. Keep on medium boil for about 4 hours, adding water from time to time. Then lightly brown pork chops on both sides and add to the sauce. Reduce fire and add water for the last time. Allow dish to cook to desired thickness. Then reduce heat and continue thickening until ready to eat. (Total cooking time for the dish should be no less than six hours.)

Boil angel hair pasta. Pour sauce over cooked pasta. Your dish will be a success if (1) the pork chops fall off the bone and you don't need a knife to cut them; and (2) the sugar has cut the bitterness of the tomato paste while not making the sauce taste too sweet. Serves 4-6. Enjoy!



by Linda Rodrigue
(Baton Rouge)
a partner practicing in
health law

Louisiana Jambalaya

- ½ lb. smoked sausage
- 1 large onion (or 2 medium)
- 2 ribs celery
- 1 small bell pepper
- 1 lb. chicken breasts and/or pork, cut up
- ¼ cup vegetable oil
- ¼ cup flour
- 1 can diced tomatoes OR
Rotel with green chilies (if you like it spicy)
- 3 bay leaves
- 4½ cups water or chicken broth
- salt, pepper, Louisiana Fish Fry Cajun seasonings to taste
- 2 cups uncooked rice, small or medium grain

Slice sausage into ¼ inch rounds and brown in a large pot. Remove sausage from pot and set aside. Place chicken or pork in same pot. Stir until outside of meat has been seared well. Dice onion, celery and bell pepper. Add diced vegetables and sauté until onions are translucent. (About 10 minutes.) While vegetables cook, make your roux in a microwave. That's right—we are making it in the microwave—little mess, little smell and just as good. In a Pyrex measuring cup, mix flour and oil (may be lumpy). Cook on high for 3 minutes. Remove and stir—it should be beige at this point. Keep cooking and stirring at 30 second intervals, then at 15 second intervals until it is dark brown. Add roux to pot with meat and vegetables, stirring well until mixed. Stir in tomatoes and bay leaves. Then add water or broth and bring to a boil. Add seasonings and cook on high heat for 15 minutes. Add sausage and rice and bring to a boil again while stirring. Cover with a tight fitting lid and cook on low heat for 25 minutes. **DO NOT LIFT THE LID** or the rice may be undercooked. When done, stir once with a large spoon and it's ready. Serves 8.

by Mark Marionneau
(Baton Rouge)
a partner practicing in toxic
tort and litigation



Crawfish Opelousas

- 1 bag (12 oz.) crawfish tails
- 1 can (Swanson) beef broth
- 1 stick butter/margarine
- 1 bunch chopped scallions
- 1 chopped green bell pepper
- 1 small can sliced mushrooms with juice
- 1 cup water
- 1½ cup rice
- 2 tsp. Louisiana Fish Fry Cajun seasoning

This recipe calls for putting the ingredients in a rice cooker, but you can mix everything in a casserole dish, cover it and bake in the oven. You can also substitute chicken or shrimp for the crawfish. Sauté chicken or shrimp (if raw) first.

Spray cooking vessel with Pam. Mix all of the ingredients and pour into rice cooker and cook. If using oven, preheat oven to 350° and bake until rice is done.

I double this recipe all the time but I don't double all of the ingredients. Everything stays the same except the following items: 1 ½ cans broth, 1 ½ cups water, 2 ½ cups rice, 1 Tbsp. Louisiana Fish Fry Cajun seasoning.

by Nancy Orgeron,
wife of Glenn Orgeron
(New Orleans) a partner
practicing in admiralty &
maritime, construction law
and litigation



Chicken-Broccoli-Curry Casserole

(sounds weird, but it is really good!)

- 2–3 cups chopped cooked chicken breasts
(between 2-4 chicken breasts, depending on size)
- 2–3 cups chopped cooked broccoli
(do not overcook – steam or microwave, can use frozen)
- 1 can cream of chicken soup
(Campbell’s Healthy Request works well)
- ½ cups mayonnaise
(reduced fat works; fat-free does not)
- ½ cup evaporated milk
- ¾ cups grated cheddar cheese
(reduced fat works; fat-free does not)
- 2 tsp. curry powder
- 3–4 slices French bread
melted butter

Preheat oven to 350°. Spread chopped chicken and broccoli in a small rectangular casserole dish. Mix soup through curry powder to make a sauce and pour over the chicken and broccoli. Bake for 25 minutes. While casserole is baking, cube the bread and place on a cookie sheet. Brush with small amount of melted butter and toast to make buttered croutons. Top casserole with croutons and then bake for another 5–10 minutes.

This recipe serves 4 and can easily be doubled to make a 9" x 13" casserole.



by **Eric Lockridge**
(Baton Rouge)
a partner practicing
in commercial litigation,
business reorganization,
and bankruptcy and
intellectual property

Sloppy Joes

- 1½ lbs. ground beef
- 1 yellow onion
- 1 red bell pepper
- salt and pepper to taste
- 1½ cup ketchup
- 3 Tbsp. apple cider vinegar
- 3 Tbsp. Worcestershire Sauce
- 2–3 Tbsp. brown sugar
- 3 Tbsp. yellow mustard
- Buns toasted (4 servings)

Brown beef in a nonstick skillet over medium heat 5–7 minutes. Add onions and bell peppers with salt/pepper, cook about 7 minutes. Add remaining ingredients. Simmer until thickened. Approximately 10 minutes.

by **Benn Vincent**
(Baton Rouge)
a partner practicing in
litigation, environmental, and
toxic tort



McCowan Fab Beef Filet

One beef choice (no need to get prime) filet
Trim extra well to remove all fat
Tie any loose parts with butcher string
Use virgin olive oil to cover filet
Rub generously with Amore Italian Garlic Paste
Sprinkle with Cavender's all purpose Greek Seasoning
Sprinkle with Louisiana Fish Fry Cajun seasoning
Sprinkle with course black pepper

by Charles McCowan
(Baton Rouge)
a partner practicing
in litigation



Place in pan and cover with plastic wrap and refrigerate over night. Take out for 30 minutes. Place on bar-b-que pit (medium-high) direct flame. CAUTION: WATCH FOR FLARE UPS BECAUSE OF OLIVE OIL. Cook for 20 minutes, turn and cook for 20 minutes. Cut to be sure it is cooked to taste. Take off the pit and let "rest" for 20 minutes. Feeds 6–8 easily.

Stuffed Beef Tenderloin

1 bunch green onions, finely chopped
1 lb. fresh mushrooms, chopped
½ stick butter
1 pint fresh oysters, drained and quartered
liquid from oysters
½ to 1 cup fresh breadcrumbs
1 egg beaten
½ cup finely chopped fresh parsley
salt, black pepper and red pepper to taste
5 to 6 lb. filet mignon (whole strip); trimmed

Basting Sauce:

1 stick butter, melted
¼ cup hot English mustard
½ cup brandy

Sauté green onions and mushrooms in butter about 5 minutes. Add oysters, cook 5 minutes more; remove from heat and add breadcrumbs to make a moist dressing. Use a little oyster liquid if it needs to be moistened more. Add egg, parsley, salt and pepper to taste. Cut a deep slit lengthwise into the tenderloin filet. Stuff the dressing into the slit and tie with string. Cook in a 450° pre-heated oven for 20–25 minutes, depending on the size. Baste often. Remove from oven and cover loosely with aluminum foil for about 15 minutes to let the juices repose. Slice and serve. Yield: 8-10 servings.



by Katherine King
(Baton Rouge)
a partner practicing in
utilities regulation

Sausage Stuffed French Roll

1 doz. French rolls
¾ lb. ground beef
¾ lb. pork sausage
1 large onion, chopped
½ cup Parmesan cheese
1 egg
2 tsp. mustard
salt and pepper to taste
½ cup seasoned breadcrumbs
1 clove garlic, minced
1 stick butter, melted

Cut French rolls in half and scoop out insides. Brown the meats and pour off grease. Add onion and sauté. Add about half of the inside of the rolls (crumbled up), Parmesan cheese, egg, mustard, salt, pepper and breadcrumbs. Cook over low heat until well mixed. Then, stuff the French roll with the meat mixture, and brush top with garlic butter sauce. Bake at 350° until golden brown.

by **Sonny Chastain**
(Baton Rouge)

a partner practicing in
commercial litigation and
intellectual property



Kabobs

2 lbs. sirloin tip, cut into 2-inch cubes
¼ cup balsamic vinegar
⅓ cup olive oil
salt and freshly ground pepper to taste
2 Tbsp. herbs, finely chopped
1 large onion
1 large green pepper
1 pint fresh mushrooms

Make a marinade by placing the balsamic vinegar in a bowl and then whisking in the olive oil. Once combined, add the herbs. (A combination of thyme, oregano and basil works well.) Place the meat cubes in the marinade and marinate in the refrigerator for 3-4 hours. Alternate meat with the vegetables and mushrooms on skewers. Place on a hot grill and cook until the meat reaches the desired doneness. Baste frequently with marinade while grilling.

by **Chris Dicharry**
(Baton Rouge)

a partner practicing in
state/local taxation and
legislative/administrative
lobbying



Cabbage Casserole

- 1 lb. Pan sausage (Jimmy Dean, spicy or mild)
- 1 lb. ground beef
- 2 – 3 medium heads of cabbage (cut up into small cubes)
- 1 can Rotel tomatoes
- 1 cup raw rice (do not use quick cooking rice)
- 1 cup water
- 1 onion (chopped)
- 1 bell pepper (chopped)
- 6 stalks of celery (chopped)
- 1 clove of garlic (chopped)
- Salt and pepper to taste



by **Chuck Talley**
(New Orleans)
a partner practicing in
admiralty & maritime
and litigation

Brown meat, onions, bell pepper, garlic and celery in large pot. Drain well (very important). Add tomatoes, water, seasoning and rice. Cook about 5 minutes. Add cabbage. Cook covered 10 minutes more. Pour into two 9" x 13" casserole dishes. Top with cheese sauce (work cheese sauce into cabbage mixture). Bake uncovered 20 – 30 minutes at 400°.

Cheese Sauce

(I usually double the cheese sauce so I have plenty to make the casseroles cheesy)

- 1 stick margarine
- 2 cups milk
- 2 Tbsp. flour
- 1 lb. American cheese or Velveeta

Melt margarine and add other ingredients (make sure flour is mixed before the milk gets warm). Heat thoroughly almost to a boil. Pour onto casserole. The casserole can be prepared the day before, then just pop into oven for 30 minutes to heat. Cut recipe in half and make only one casserole if you are not feeding an army.

Barbeque Cups

- 1 pound lean ground beef
- ½ cup barbeque sauce
- ¼ cup brown sugar
- 1 Tbsp. dried minced onion (optional)
- 1 (12 ounce) package refrigerated biscuit dough
- ½ cup shredded Cheddar cheese

by **Karli Glascock
Johnson**
(Baton Rouge) a
partner practicing in
environmental law



Preheat oven to 350°. Grease the cups of a muffin pan. In a large heavy skillet over medium heat, cook beef until evenly brown. Drain excess fat. Stir in barbeque sauce, brown sugar and dried onion. Simmer for a few minutes over low heat. Flatten each biscuit, and press into cups of the prepared muffin pan. Make sure the dough comes to the top of the pan. Spoon a portion of the meat mixture into each dough cup. Bake in preheated oven for 12 minutes. Sprinkle with cheese, and bake for 3 more minutes.

“Just Right” Boiled Crawfish

- 1 sack of crawfish (30 – 35 lbs.)
- 1 cup of oil
- 1 cup of vinegar
- 1 ½ boxes of salt
- 1 bottle of cayenne pepper (8 oz.) (Go with 4 oz. for less “heat”)
- 1 small bottle of Louisiana Fish Fry liquid crawfish, crab & shrimp boil seasoning
- 2 – 3 bags of Louisiana Fish Fry crawfish, crab & shrimp boil seasoning bags
- 3 – 4 whole garlic bulbs, cut in ½
- 3 big onions, cut crosswise in ½
- 6 lemons, cut in ½
- 1 - 10 lb. bag of ice

Potatoes

Mushrooms

Sausage (I prefer Manda skinless sausage in the 1 lb. packs)

Corn

Carrots

(Anything else you would like to throw in)

Use a large pot (60 – 80 quart) with a basket. Wash your crawfish using your pot and your basket like a washing machine. Wash ‘em twice. Do not do the “purge with salt” routine – it is not necessary. Take the crawfish out of the pot and put them in a tub. If you have kids around, put the crawfish in a tub that is too small so some crawfish will get out; tell the kids it is their job to catch the ones trying to escape! Fill the pot about half full with water (or half empty if you’re a pessimist). Start heating your water. Put in your basket. Add oil, vinegar, salt, cayenne pepper, liquid boil, boil seasoning bags, garlic, onion, and lemons. (Note: for less heat on the potatoes, cook and remove them before adding the seasonings.) When the water has come to a rapid boil, add your potatoes. Cover and keep boiling the potatoes until they’re almost done. Then add your crawfish, mushrooms, sausage, etc. and cover the pot again. Some people like to put all of the miscellaneous stuff in a net bag so it does not get lost in the crawfish. Keep heating until you’ve got your water boiling again. With all the stuff in the pot, the water will not come back to a rapid boil, just a boil. Let it boil for 7 minutes and simmer for 3 minutes. Turn your flame off. Add the ice; cover. Let the crawfish and other ingredients soak between 20 – 40 minutes, depending on how seasoned you want them to be. Some folks like to pull the bag o’stuff out before the soaking period so the corn, mushrooms, etc. don’t set your mouth on fire. Take everything out and start eating. Save your water. If you do subsequent batches, only add half as much of your oil, vinegar, and seasonings.

By Russel Primeaux
(Baton Rouge) a partner
practicing in
intellectual property



**Cheesecake
with Strawberry Glaze**

Pavlova

**Strawberry Soda Pop
Cake**

Lemon Lush

Pineapple Muffins

Cinnamon Coffee Cake

Pecan Pie Muffins

Randy's Pecan Pie

Mathile's Cajun Cake

**Bread Pudding
and Whiskey Sauce**

Pecan Cookies

Plum Cake

Chocolate Chess Pie

**Mummy's Sinfully
Good Chocolate Cake**

Chocolate Glazed Brownies

**Joel's Kinda Healthy
Cookies**

Flan - Cuban Style

Caramel-O Bars

Sour Cream Pound Cake

Key West - Key Lime Pie



Desserts



Cheesecake with Strawberry Glaze



by **Randy Young**
(Baton Rouge)
a partner practicing in
utilities regulation and
environmental law

Crumb Crust:

1½ cups vanilla wafers OR
graham cracker crumbs
2 Tbsp. sugar
½ cup margarine or butter

Filling:

3 (8 oz.) pkgs. cream cheese, softened
5 eggs
1 cup sugar
1 tsp. vanilla

Sour Cream Topping:

2 cups sour cream
½ cup sugar
1 tsp. vanilla

Strawberry Glaze:

1 cup fresh strawberries
½ cup water
½ cup sugar
4 tsp. cornstarch

Crust: Combine crust ingredients and press into bottom and 1½ to 2 inches up the sides of a 9" springform pan. Set aside. Preheat oven to 350°.

Filling: Combine filling ingredients in mixer bowl and beat with electric mixer until smooth. Pour into prepared crust. Bake in preheated 350° oven for 45–55 minutes or until center is just set. Remove from oven and cool for 15 minutes, then spread with sour cream topping.

Topping: Combine topping ingredients and pour over baked and cooled cake. Increase oven temperature to 475° and bake an additional 5 minutes.

Glaze: Crush strawberries and place in small saucepan. Add water and cook for 2 minutes. In a separate bowl, mix sugar with the cornstarch, removing all lumps. Gradually stir into strawberry mixture. Cook and stir until clear and thickened. Cool and then spread over cake. Refrigerate. Serves 14.



Pavlova

This is a very light dessert and is like eating a slice of homemade marshmallow with toppings. It is very good and must be healthy since there is no fat in it. Very colorful for Christmas.

Meringue:

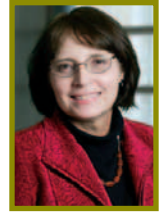
3 egg whites
1 cup granulated sugar
dash of salt
1 tsp. vanilla (optional)

Topping:

1 (16 oz.) container whipped cream
kiwi fruit, sliced
strawberries, sliced (Hence the nice Christmas accents!)

In a medium bowl, add dash of salt to egg whites. Beat egg whites until stiff. Gradually add sugar, continuing to beat the egg whites until stiff peaks form. (The vanilla may be added with the sugar, if desired.) Spread the meringue in a 9" springform baking pan which has been sprayed with a non-stick spray. Bake at 200° for 1 hour. Turn off the oven and let the meringue dry in the oven for another 1½-2 hours. Remove from the oven, let cool. Remove the meringue from the baking pan and place on a serving plate.

Cover the baked meringue with lots of whipped cream and arrange the slices of strawberries and kiwis on top. The pavlova may be served immediately or covered and refrigerated until ready to serve. Serves 6-8.



by Deborah Juneau
(Baton Rouge)
a partner practicing in
litigation and medical
malpractice

Strawberry Soda Pop Cake

1 box yellow or white cake mix
1 large package or 2 small packages strawberry Jell-O
1 package of frozen strawberries
1 cup strawberry soda
1 large container of cool whip
1 package of vanilla pudding mix

By Jennifer Thomas
(Baton Rouge) a partner
practicing in
health law



Prepare cake mix according to package directions. While still warm and in the pan, puncture cake with end of wooden spoon every couple of inches. Combine Jell-O, strawberry soda, and frozen strawberries in pot until Jell-O dissolves. Pour strawberry mixture over cake filling in holes while cake is still in the pan. Let cake completely cool (I usually put the cake pan in the fridge to help the cake firm up before removing from pan). Combine cool whip and package of vanilla pudding in bowl. Once cake is completely cooled, spread the cool whip mixture and chill until time to serve.

Lemon Lush

First Layer:

1 stick margarine, softened
1 cup flour
½ cup pecans, chopped

Second Layer:

1 cup powdered sugar
1 (8-oz.) pkg. cream cheese
1 cup Cool Whip

Third Layer:

2 pkg. (3.4 oz. each) lemon instant pudding
2 cups milk (not skim)

Fourth Layer:

1 cup Cool Whip
½ cup pecans, chopped

Mix first layer ingredients and press by hand into 9" x 13" pan. Bake 12 min. at 400°. Allow to cool. Mix second layer ingredients until creamy and spread over first layer. Mix pudding with milk until it thickens and spread over second layer. For fourth layer, spread Cool Whip over third layer and sprinkle with chopped pecans. Put in refrigerator and chill. Cut into squares to serve. Serves 12.

by Bill D'Armond
(Baton Rouge)
of counsel practicing in
labor and employment
and litigation



Pineapple Muffins

¾ cup oil
¾ cup butter, melted
2 cups sugar
4 eggs, beaten
3 cups flour
2 tsp. baking soda
1 tsp. salt
3 tsp. cinnamon
1 (1 lb. 4 oz.) can crushed pineapple in its own juice
1½ tsp. vanilla
1¼ cups pecans, chopped

Cream oil, butter, and sugar. Add eggs and mix. Sift together flour, baking soda, salt, and cinnamon. Add dry ingredients to sugar mixture and then add crushed pineapple with the juice, mixing until well blended. Add vanilla and stir in pecans. Pour in greased muffin pans and bake at 350° for about 25 minutes. Yield: 3 dozen muffins.

by Phyllis Sims
(Baton Rouge)
of counsel practicing in
taxation and legislative/
administrative lobbying



Cinnamon Coffee Cake

Cake Batter:

1 stick margarine
1 stick butter
1 cup sugar
3 eggs
½ pint sour cream
2½ cups flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. vanilla
1 tsp. lemon extract
dash of salt

Filling:

½ cup brown sugar
1 Tbsp. flour
2 tsp. cinnamon

Topping:

1 cup pecans, chopped
4 Tbsp. butter, melted

Cream margarine and butter together. Add sugar and stir until light and fluffy. Combine eggs and sour cream in a small bowl. Alternate adding sour cream mixture with remaining dry ingredients to the batter. Add flavorings and salt. Pour half of batter into a greased and floured 9" x 13" pan, then half of filling. Repeat with remaining batter and filling. Sprinkle with nuts and drizzle melted butter over all. Bake for 30 minutes at 350°.



by **Sonny Chastain**
(Baton Rouge)
a partner practicing
in commercial litigation and
intellectual property

Pecan Pie Muffins

1 cup packed brown sugar
1 cup chopped pecans
½ cup flour
⅔ cup butter
2 eggs
Paper muffin cups

By **Shannan Rieger**
(Baton Rouge) an
associate practicing
in litigation



Mix the brown sugar, pecans and flour in a bowl. Melt butter and let it cool for a few minutes. Whisk the butter and eggs in a bowl until blended. Pour the butter mixture into the brown sugar mixture and stir until moistened. Fill paper-lined muffin cups 2/3 full. Bake at 350° for 20 minutes. Serve warm.

Randy's Pecan Pie

- 1 cup sugar
- 1 cup light Karo syrup
- 1 stick butter, melted (American Beauty)
- 4 eggs, beaten
- 1 tsp. vanilla
- 1 dash of salt
- 1 to 1½ cups pecans
- Optional: use Pillsbury ready-made pie crust

In a saucepan, combine the sugar, Karo syrup and butter. Stir to mix on a low fire; cook until the sauce begins to boil (takes approximately 14 minutes) while stirring constantly. Then, remove the saucepan from heat and let it cool for 20–25 minutes. Add eggs, vanilla, salt and pecans, and stir. Pour into an unbaked pie shell. Finally, bake at 325° for 50-55 minutes. Preparation time is 90 minutes, and this yields 8 servings.

by Randy Cangelosi
(Baton Rouge)
a partner practicing in
general litigation and
medical malpractice



Mathile's Cajun Cake

Batter:

- 1½ cups sugar
- sprinkle of salt
- 1½ tsp. soda
- 2 eggs
- 2 cups flour
- 1 (#2) can crushed pineapple

Topping:

- 1 small can Pet milk
- 1 stick butter
- 1 cup sugar
- 2 tsp. vanilla
- 1 cup pecans, chopped
- 1 cup coconut

Mix batter ingredients together and stir into a 9" x 13" pan. Bake at 300° for 40 minutes. Then stir topping ingredients into a saucepan and boil five minutes. Pour over cake. Cut into squares.

by Mathile Abramson
(Baton Rouge)
of counsel practicing in
litigation and mediation



Bread Pudding and Whiskey Sauce

1 cup sugar
8 Tbsp. butter, softened
5 eggs, beaten
1 pint heavy cream
dash of cinnamon
1 Tbsp. vanilla extract
12 slices, 1 inch thick, of stale French bread

Preheat oven to 350°. In large bowl, cream together sugar and butter. Add eggs, cream, cinnamon and vanilla, mixing well (I don't add raisins although it is an option). Pour into a 9" square pan, 1¾" deep.

Arrange bread slices flat in the egg mixture and push the bread down into the egg mix. Let stand for 5 minutes to soak up some of the liquid. Turn bread slices over and let stand for 10 minutes longer. Then, push bread down again so that most of it is covered by the egg mixture. Do not break the bread apart when you do this.

Set the pan in a larger pan filled with water to ½ inch from the top. Cover with aluminum foil. Bake for 45-50 minutes, uncovering pudding for the last 10 minutes to brown the top. When done, the custard should still be soft, not firm.

The Whiskey Sauce:

1 cup sugar
1 egg
1 stick real butter
¼ cup Jack Daniel's

Melt butter and sugar in a double boiler until the sugar dissolves. It will become creamy and have the consistency of cake batter. Remove from the heat. Quickly whisk in one egg. (Note: If you don't do this quickly, you'll wind up with very sweet scrambled eggs. They're not bad, but certainly don't qualify as sauce). Then, add the whiskey and remove from heat. To serve, spoon the pudding onto dessert plates and pass the sauce separately in a gravy boat. This can be prepared ahead and heated prior to serving.

by Gary Bezet
(Baton Rouge)
the firm's managing
partner also
practicing in
toxic tort



Pecan Cookies

1 cup unsalted butter, softened
1 tsp. vanilla extract
about 2 cups confectioners' sugar
2¼ cups all-purpose flour
1 cup pecans, finely chopped

by Jay Jalenak
(Baton Rouge)
a partner practicing
in litigation



Preheat oven to 350°. Lightly grease 2 baking sheets (or use non-stick sheets). With a mixer, combine the butter and vanilla. Add ½ cup of the sugar, then slowly add the flour and pecans and mix just until combined. Roll the dough into balls about ¾-inch in diameter, and arrange them on the baking sheets. Bake 15-20 minutes, until golden brown. Meanwhile, spread the remaining confectioners' sugar out on a plate. When the cookies are done, remove from the oven, let cool 3-5 minutes. Fill a paper lunch bag with the remaining sugar, and drop a few cookies in to get coated. Let the powered cookies cool completely before sealing in a container. This simple recipe makes about 4 dozen small cookies.

My Mother's Plum Cake

Cake:

2 cups self-rising flour
2 cups sugar
1 tsp. cinnamon
1 tsp. nutmeg
1 cup cooking oil
3 eggs, slightly beaten
2 jars of plum with tapioca baby food
2 cups pecans

Icing:

1 stick melted butter
1 cup powdered sugar
grated rind of one lemon
juice of one lemon

Cake:

Mix cake ingredients in a large bowl. (Do not beat.) Pour into a tube pan and bake at 350° for one hour.

Icing:

Mix icing ingredients together and drizzle over the hot cake while it's still in the pan. Then take the cake out of the pan and drizzle icing on the other side (top of cake). Can use apricot in place of plum if desired.

by Carey Messina
(Bluebonnet)
a partner practicing in estate
planning and taxation



Chocolate Chess Pie

Melt together $\frac{1}{2}$ stick of margarine or butter with 1 square of unsweetened chocolate or 3 Tbsp. of cocoa.

Then stir in the following ingredients:

1 $\frac{1}{2}$ cups sugar

2 eggs

$\frac{1}{4}$ tsp. salt

2 Tbsp. flour or cornmeal to thicken

1 tsp. vanilla

$\frac{2}{3}$ cup evaporated milk

1 cup pecans (optional)

Pour mixture into an unbaked pie shell.

Bake at 350° for 30-35 minutes

(may take longer and may have to put foil around crust).

Bake until center puffs.

Note: If using cocoa, add 1 more Tbsp. butter.

by Scott Huffstetler
(Baton Rouge)
a partner practicing in
labor and employment



Mummy's Sinfully Good Chocolate Cake

1 (18 $\frac{1}{2}$ oz.) chocolate cake mix

$\frac{3}{4}$ cup oil

3 eggs

1 cup sour cream

1 (8 $\frac{1}{2}$ oz.) can cream of coconut

In large mixing bowl combine the above ingredients and mix well.

Pour batter into 3 greased and floured 8" cake pans. Bake at 350° for approximately 30 minutes.

Ice cooled cake with Chocolate Frosting (see recipe below).

Chocolate Frosting:

1 stick butter (use real butter)

2 oz. cream cheese

3 cups powdered sugar

$\frac{2}{3}$ cups cocoa

$\frac{1}{3}$ cup milk (may not be necessary to use all of the milk)

1 scant teaspoon almond extract

Cream butter and cream cheese. Heat just enough to soften then stir in cocoa. Alternately add powdered sugar and milk. Stir in almond extract. Frost cake immediately..



by Barrye Miyagi
(Baton Rouge)
a partner practicing in
toxic tort litigation, general
litigation and mediation

Chocolate Glazed Brownies

1½ cups Crisco
1½ cups plus 6 Tbsp. sugar
7 Tbsp. coco powder
1 tsp. vanilla
1 tsp. salt
5 unbeaten eggs
1½ cups all-purpose flour

Combine all ingredients in a large bowl with mixer until well blended. Put in a greased 9" x 13" pan and bake for 35 minutes at 350°. Frost immediately after taking brownies out of the oven.

Frosting:

½ box powdered sugar (2¼ cups)
½ cup butter
½ cup milk
3 Tbsp. coco powder

Cream sugar, butter and coco powder together, adding milk to achieve the desired consistency. Pour over brownies while they are hot and let the frosting form a glaze.



by Lisa Easterling
(New Orleans)
a partner practicing in
construction and litigation

Joel's Kinda Healthy Cookies

¼ cup Macadamia nuts
1 cup sweetened flaked coconut, toasted
1 cup almond slices (not slivered), toasted
1 ½ cups all-purpose flour
1 ½ cups oatmeal
1 tsp. baking soda
½ tsp. baking powder
½ tsp. sea salt
1 cup Splenda
½ cup light brown sugar Splenda blend (packed tightly)
1 cup Canola oil
2 large eggs
2 tsp. vanilla extract
6 oz. dark chocolate or 1 cup dark bittersweet chips
1 cup cranberries (dried)

Preheat oven to 350°. Toast coconut and almond slices. Whisk together the flour, oatmeal, baking soda, baking powder and set aside. Mix Splenda and Canola oil. Add eggs and vanilla; mix until creamy. Stir in flour and oatmeal mixture. Add dark chocolate, dried cranberries, toasted coconut, macadamia nuts and almond slices. Drop double tablespoonfuls onto non-stick cookie sheet sprayed with non-stick spray. Bake 10-11 minutes, or until lightly browned. Check cookies at 5 and 8 minutes to make sure bottoms are not burning. Remove cookies from cookie sheet immediately using a large spatula.

by Mark Mese
(Baton Rouge) a
partner practicing in
commercial litigation,
bankruptcy and
insurance coverage
litigation



Flan - Cuban Style

- 1½ cups sugar for caramel
- 1 can condensed milk
- ½ can evaporated milk
- ½ can water
- 4 eggs
- 1 Tbsp. vanilla
- ½ tsp. salt

by **Esteban Herrera**
(Baton Rouge)
a partner practicing
in environmental law
and litigation



Use a double boiler. Pour the sugar in a fry pan, and melt to make a caramel. Pour the caramel in the top pan of the double boiler and let cool. Mix all other ingredients with an electric mixer, then pour in the top of the boiler with the caramel. Fill the bottom part of the pan with water, and cook in the oven uncovered at 350° until done (about 2 hours).

Caramel-O Bars

- 14 – 16 oz. caramel candies
- ¼ cup water
- ½ cup peanut butter
- 4 cups Cheerios toasted oat cereal
- 1 cup salted peanuts

- Topping:
- 1 cup chocolate chips
 - ¼ cup peanut butter
 - 2 Tbsp. shortening

By **Brittany Buckley** (New Orleans) an associate practicing in environmental law and litigation



Combine caramels, water and peanut butter in a large mixing bowl (microwave safe). Microwave on high for 3 – 5 minutes or until melted and smooth, stirring after 2 minutes. Stir in cereal and peanuts. Press mixture in a well buttered 13" x 9" or 12" x 8" pan. Place topping ingredients in microwave safe bowl. Microwave, stirring occasionally until melted and blended. Spread over bars and cool. Cut into bite-sized squares and enjoy!

Makes 40 pieces.

Sour Cream Pound Cake

- 3 sticks butter
- 3 cups sugar
- 8 oz. cream cheese
- 8 oz. sour cream
- 3 cups flour
- ¼ tsp. baking soda
- 3 tsp. vanilla extract
- 3 tsp. lemon juice
- 6 eggs, separated

by **Victor Gregoire**
(Baton Rouge)
a partner practicing in
toxic tort litigation



Preheat oven at 350°. Add and mix butter, sugar, cream cheese, sour cream, flour, baking soda, vanilla extract and lemon juice. Blend egg whites separately and add to mixture. Pour mixture into large cake pan. Bake for 90 minutes. Allow to cool for 20–30 minutes.

Key West - Key Lime Pie

On our visits to Key West, my wife and I took it upon ourselves to taste several different versions of Key Lime Pie (if you have visited there – you know that everyone claims to have the “Award Winning” one). We found our favorite at a local restaurant – asked them for their recipe – then did some tampering to come up with our own version. Hope you enjoy. This Key Lime Pie version is less tart than most of the others – and the crust is amazing (don’t use a pre-prepared crust or you’re missing out).



by Molly and Brad Schlotterer (New Orleans) a partner practicing in admiralty & maritime and litigation

Graham Cracker Pie Crust

- 1 ½ cups graham cracker crumbs
- ½ cup melted butter
- ¼ cup white sugar
- 3 tsp. cinnamon

Mix together and press into 8" or 9" pie pan. Bake at 325° for approximately 10 minutes. Cool and fill.

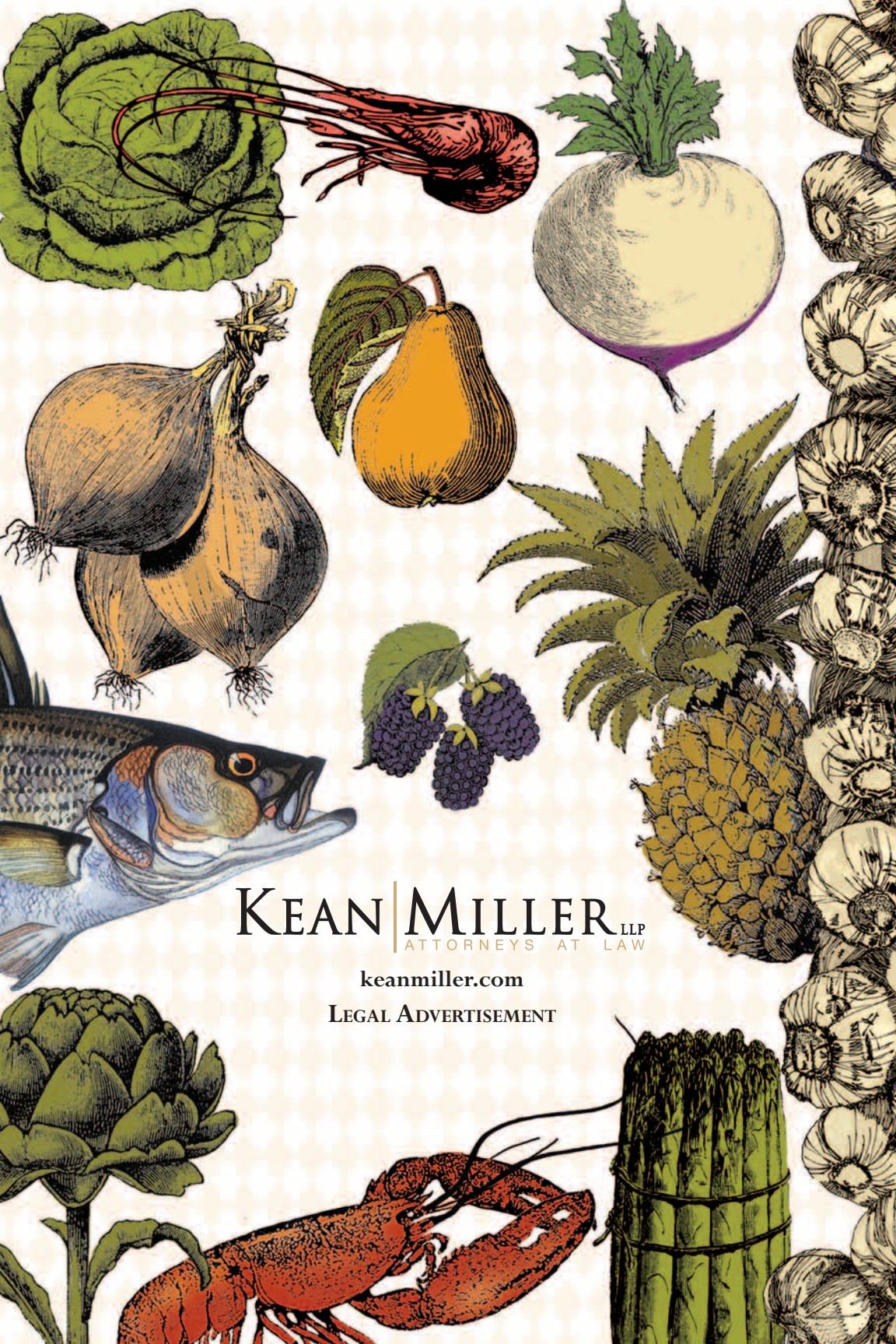
Key Lime Pie

- 1 prepared 8" - 9" graham pie shell
- 4 egg yolks
- 3 egg whites
- 1 (14oz.) can sweetened condensed milk
- ½ cup Key Lime juice, fresh or bottled (can use fresh squeezed Lime Juice if needed – Key Limes are not easy to find)
- 2 bowls, electric mixer, rubber spatula

Preheat oven to 325°. Make sure bowl is very clean or the egg whites will not stay stiff. Then beat egg whites until stiff. Set aside. In another bowl beat egg yolks well. Slowly add sweetened condensed milk and continue beating. Slowly add key lime juice while beating. Fold egg whites into egg yolk mixture with spatula, mixture should be even (no lumps). Pour into pie crust. Bake about 20-25 minutes or until just set. Cool completely before refrigerating. Refrigerate at least 2 hours before serving. Makes 6-8 slices. Top each with whipped cream and serve in a bowl – to be eaten with a spoon. Keeps well for up to 3 days.







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