



TASTE OF
LOUISIANA

KEAN | MILLER ^{LLP}
ATTORNEYS AT LAW

— People First —

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LOUISIANA



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We hope you and your family
enjoy *Taste of Louisiana*, a
collection of recipes from the
kitchens of Kean Miller.



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CORN DIP

INGREDIENTS

- | | |
|------------------------------------|--|
| 2 - 12 oz. cans Mexicorn | 1 - 10 oz. bag grated cheddar cheese |
| 1 c. sour cream | 3 chopped jalapeño peppers |
| 1 c. mayonnaise | Hot sauce to taste |
| 2 or 3 small green onions, chopped | Generous portion of seasoned salt to taste |
| 1 can chopped green chiles | |

DIRECTIONS

1. Mix all ingredients together.
2. Chill in refrigerator.
3. Best served after several hours of chilling.
4. Serve with Fritos.

Note: I now use more sour cream and less mayonnaise. I usually use one bunch of green onion – just the green tops. I use more cheddar cheese and usually more jalapeño peppers. I add a little Nature’s Seasons seasoning and sometimes a little hot sauce.

CRAWFISH DIP

INGREDIENTS

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

DIRECTIONS

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



FRESH HUMMUS

 8-10 Servings  20 Minutes

INGREDIENTS

2½ Tbsp. fresh lemon juice	1 can chickpeas (<i>garbanzo beans</i>), rinsed and drained
1 Tbsp. tahini (<i>sesame seed paste</i>)	1 clove garlic
½ tsp. freshly ground pepper	Olive oil
½ tsp. salt	Cayenne pepper to taste
¼ tsp. ground cumin	

DIRECTIONS

1. Place all ingredients in food processor; process until smooth adding olive oil as needed.
2. Adjust lemon juice and garlic to taste.
3. Add cayenne pepper to taste.

 10-12 Servings  2 Hours and 30 Minutes - 24 Hours

LAYERED HUMMUS DIP

INGREDIENTS

1 - 8 oz. pkg. cream cheese, softened	½ c. crumbled feta cheese
2 c. prepared hummus (<i>see recipe on facing page</i>)	⅓ c. green onion, sliced
1 c. cucumber, peeled and chopped	1 tsp. dried Greek seasoning (<i>like Cavender's Greek Seasoning</i>)
1 c. tomato, chopped	¼ c. olive oil (<i>extra virgin or light</i>)

DIRECTIONS

1. Spread cream cheese into a shallow serving dish.
2. Evenly spread hummus on cream cheese layer.
3. Top with cucumber, tomato, feta and green onion.
4. Combine olive oil and Greek seasoning, and drizzle over entire dish.
5. Cover and refrigerate 2-24 hours.
6. Serve with pita chips and/or multigrain tortilla chips.

MANGO SALSA

INGREDIENTS

3-4 ripe mangos, peeled and chopped into small chunks	1 tsp. cayenne pepper
1 Tbsp. fresh cilantro, finely chopped	1 Tbsp. garlic, finely minced
	2 Tbsp. fresh lime juice

DIRECTIONS

1. Mix all ingredients and chill.
2. Serve with tortilla chips or with grilled chicken or fish.

OLIVE CHEESE BREAD

INGREDIENTS

French bread	½ c. chopped black olives
½ c. butter or margarine	1 tsp. garlic powder
¼ c. mayonnaise	Green onions or onion powder to taste
2 c. (8 oz.) mozzarella cheese, shredded	

DIRECTIONS

1. Cut French bread.
2. Combine butter and mayonnaise.
3. Stir in remaining ingredients including green onions or onion powder.
4. Spread mixture on bread.
5. Bake at 350° for 10-15 minutes or until cheese melts.



SHRIMP DIP



15 Servings



35 Minutes

INGREDIENTS

- | | |
|--|---|
| 1 - 8 oz. pkg. cream cheese | Mayonnaise |
| Juice of 1 lemon | Hot sauce to taste |
| 2 lbs. boiled shrimp,
coarsely ground | Worcestershire to taste
(like Lea & Perrins) |
| 10 green onions, chopped | Salt and pepper to taste |

DIRECTIONS

1. Soften cream cheese with lemon juice.
2. Add shrimp and green onions to cream cheese mixture.
3. Add enough mayonnaise to give consistency for dipping potato chips or crackers.
4. Season with hot sauce, Lea & Perrins, salt and pepper.
5. Much better if made ahead of serving time.

Family recipe submitted by John C. Funderburk, Litigation and Construction Partner, Baton Rouge



6-8 Servings



30 Minutes

SOUTHERN CANNONBALLS

INGREDIENTS

- | | |
|------------------------------|---|
| 1 lb. bulk sausage | 1½-2 c. sharp cheddar cheese,
shredded |
| 1½-2 c. Bisquick biscuit mix | |

DIRECTIONS

1. 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.
2. Roll into balls (*like meatballs*) and bake on an ungreased cookie sheet for 10-15 minutes at 425°. Enjoy!

By Scott D. Huffstetler, Labor and Employment Law Partner, Baton Rouge

SPINACH & ARTICHOKE DIP

INGREDIENTS

2-3 large bags fresh baby spinach	2 Tbsp. good pesto
¼ c. water	1 tsp. dried basil
1 can artichoke hearts, squeezed and chopped	1 tsp. Cajun seasoning
¼ c. mayonnaise	1 c. mozzarella cheese, shredded
2 Tbsp. real butter	1 c. Parmesan cheese, shredded

DIRECTIONS

1. Microwave spinach and water in a covered dish for 4 minutes.
2. Drain well, chop and set aside.
3. Squeeze water out of artichoke hearts (*this is really important!*) and chop.
4. Mix artichoke hearts, mayonnaise, butter, pesto, basil and Cajun seasoning and microwave for 3 minutes.
5. Stir spinach and artichoke mixture together, add cheese and microwave for 4 minutes.
6. Serve hot with tortilla chips or crackers.

STUFFED MUSHROOMS

INGREDIENTS

1-2 c. medium-size portobello mushrooms (<i>stems removed</i>)	¼ c. minced garlic
½ lb. shrimp, peeled	Olive oil, enough to coat
¼ c. Parmesan cheese, shredded	Basil to taste
¼ c. mozzarella cheese, shredded	Salt and pepper to taste

DIRECTIONS

1. Swirl mushroom caps in a mixture of olive oil, minced garlic, chopped basil, salt and pepper in a large bowl.
2. Once thoroughly coated, place caps in a pan, which has a greased tin foil lining in the bottom.
3. Bake mushroom caps at 350° for about 10 minutes.
4. Take caps out and put a pinch of Parmesan cheese in each cap, then add one shrimp and cover in mozzarella.
5. Bake for 5-10 minutes; broil for 2-3 minutes to create a cheese crust.



SECTION 02
SALADS &
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CRUNCHY ROMAINE SALAD

WITH SWEET & SOUR DRESSING

DRESSING INGREDIENTS

- | | |
|-----------------------|--------------------------|
| ½ c. red wine vinegar | 1 c. vegetable oil |
| 1 c. sugar | Salt and pepper to taste |
| 1 Tbsp. soy sauce | |

DRESSING DIRECTIONS

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

SALAD INGREDIENTS

- | | |
|------------------------|------------------------------|
| 2 pkgs. ramen noodles | 1 bunch of broccoli |
| 1 c. walnuts or pecans | Ice water |
| 4 Tbsp. butter | 4 green onions |
| 1 head of romaine | 1 c. sweet and sour dressing |

SALAD DIRECTIONS

- 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 1 cup of sweet and sour dressing and toss.

RED & GREEN LEAF SALAD

WITH BALSAMIC VINAIGRETTE

SALAD INGREDIENTS

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

VINAIGRETTE INGREDIENTS

- | | |
|-----------------------------|--|
| ½ c. extra virgin olive oil | Dash of garlic salt |
| ½ c. balsamic vinegar | Dash of pepper |
| 2 tsp. Italian herbs | 3 Tbsp. sugar or 3 packets of Equal
<i>(depending on taste)</i> |

DIRECTIONS

- Combine greens, tomatoes, onion, olives and feta in a large bowl.
- Stir together ingredients for vinaigrette and toss with greens right before serving.

MEXICAN SALAD

INGREDIENTS

1 head of green lettuce	Garlic salt to taste
1 head of red leaf lettuce	1¼ lbs. ground sirloin
5 medium vine tomatoes	Worcestershire sauce to taste
4 medium avocados	Garlic powder to taste
Lemon juice to taste	White, bite-size tortilla chips
Tabasco sauce to taste	2 - 16 oz. pkgs. mild cheddar cheese, shredded
Salt and pepper to taste	Jalapeño slices <i>(optional)</i>
Onion powder to taste	

DIRECTIONS

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



CHICKEN SALAD

INGREDIENTS

2 pkgs. "Pick of the Chick" chicken (8 c. cooked and chopped)	4-6 stalks celery, chopped finely
1 c. mayonnaise	¼-½ c. green onion, chopped finely
5 containers Yoplait red raspberry yogurt	1 Tbsp. lemon juice (or to taste)
1 c. pecans, chopped	1 Tbsp. salt (or to taste)
2 pkgs. Craisins (Ocean Spray dried cranberries)	1 Tbsp. curry (or to taste)
	Red pepper to taste
	20 croissants

DIRECTIONS

1. Boil, debone and coarsely chop chicken.
2. Mix all ingredients.
3. Spread on croissants.

LOUISIANA SENSATIONAL SALAD

DRESSING INGREDIENTS

½ c. vegetable oil	1½ Tbsp. white vinegar
½ c. extra virgin olive oil	3-4 pods fresh garlic, pressed
2½ Tbsp. freshly squeezed lemon juice	¾ tsp. sea salt

DRESSING DIRECTIONS

1. Place all ingredients in a jar, cover and shake well until mixed.
2. Refrigerate at least 4 hours – overnight if possible.

SALAD INGREDIENTS

1 head iceberg lettuce, cleaned, dried and torn	1 bunch Italian parsley, cleaned and chopped fine
1 head green leaf lettuce, cleaned, dried and torn	1 c. finely grated Romano cheese
1 head red leaf lettuce, cleaned, dried and torn	¼ c. crumbled blue cheese
	Sea salt and black pepper to taste

SALAD DIRECTIONS

3. Mix all lettuces and parsley together.
4. Pour dressing over lettuce and toss.
5. Add cheeses, salt and pepper and toss again.

CRAWFISH PASTA

INGREDIENTS

1 lb. wide egg noodles	1 can original Rotel tomatoes
½ c. butter	1 can mild Rotel tomatoes
1 yellow onion, chopped	1 - 10 oz. can low sodium cream of mushroom soup
½ bunch green onions, chopped	1 lb. crawfish tails
2-3 garlic cloves, chopped	Salt and pepper to taste
1 green pepper, chopped	Cajun seasoning to taste
1 red pepper, chopped	1 pkg. Velveeta cheese, lite, cut into small cubes
1 c. skim milk	

DIRECTIONS

1. Cook egg noodles, drain and set aside.
2. Melt butter and sauté vegetables until tender. Add skim milk, 2 cans Rotel tomatoes, cream of mushroom soup and crawfish tails. Heat over medium-high heat until bubbly. Reduce temperature and simmer for 10 minutes.
3. Add salt, pepper and Cajun seasoning to taste. Remove from heat and add cubed cheese. Stir until cheese is melted.
4. Add in cooked pasta and toss. Pour mixture into a greased 9" x 11" pan and bake uncovered at 350° for 25-30 minutes or until heated through.



4-STEP SHRIMP FETTUCCINE

INGREDIENTS

1 lb. fettuccine	2 Tbsp. garlic, minced
1 large white onion, chopped	Cajun seasoning to taste
1 large green bell pepper, chopped	¼ c. all-purpose flour
1 stick butter	1 c. half-and-half
2 lbs. shrimp	1 block mild Mexican Velveeta

DIRECTIONS

1. Boil fettuccine according to directions on package. (*Tip: add Cajun seasoning to water instead of salt.*)
2. Sauté onion and bell pepper in a large skillet with 1 stick of butter. Add shrimp, garlic and Cajun seasoning to skillet and continue cooking for approximately 10 minutes.
3. Add flour, half-and-half and Velveeta (*cut into small cubes*) to skillet and continue cooking on medium heat until Velveeta is melted.
4. Add fettuccine and serve.

SHRIMP SPAGHETTI

INGREDIENTS

1 large onion, chopped	1 tsp. Cajun seasoning
½ c. oil	3 c. water
2 cans tomato sauce	1 pt. shrimp
2 pods garlic	Salt and pepper to taste
½ c. bell pepper, chopped	1 - 16 oz. box of spaghetti

DIRECTIONS

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

SPICY VODKA PASTA

INGREDIENTS

⅓ c. vodka	½ c. fresh basil, chopped
¾ c. heavy whipping cream	¼ c. fresh grated Parmesan cheese
Red pepper to taste	¼ c. fresh grated Romano cheese
1 can good quality plum tomatoes, chopped	2 servings pasta (3 c. dried penne)

DIRECTIONS

1. Heat a sauce pan. Add vodka. Flame vodka and reduce by ½ (20-30 seconds).
2. Add cream and red pepper and simmer 5 minutes, whisking often.
3. Add tomatoes and fresh basil, simmer 5-8 minutes.
4. Mix Parmesan and Romano cheeses together. Just before serving, add ½ of the cheese to the pan. Add cooked pasta and mix.
5. Put in serving bowls and top with remaining cheese.

DUCK RAGU COVER PASTA

INGREDIENTS

- | | |
|--|--|
| 1/3 c. extra virgin olive oil | 1 - 28 oz. can crushed tomatoes
<i>(preferably San Marzano)</i> |
| 4 store-bought duck legs and 4 thighs | Salt and freshly ground black pepper to taste |
| 1 small onion, chopped finely | 6 Tbsp. unsalted butter, divided |
| 2 garlic cloves, minced or crushed | 1 lb. pappardelle, tagliatelle or fettuccine |
| 1 carrot, finely diced | 1/2 c. freshly grated Parmigiano-Reggiano cheese |
| 2 stalks celery, finely diced | 1-2 Tbsp. fresh lemon zest <i>(optional, but really good and makes a great presentation)</i> |
| 1/2 c. dry red wine such as Chianti or Merlot | |
| 1 c. chicken stock | |
| 1/2 c. niçoise olives, pitted and halved <i>(optional)</i> | |

DUCK RAGU DIRECTIONS

1. In a large, coated cast iron Dutch oven, heat olive oil.
2. Add the duck legs and thighs and brown on all sides – cooking until done all the way through. Remove duck pieces temporarily to a bowl and pull meat off of bones. Discard bones and skin, and coarsely chop meat – reserve.
3. In the Dutch oven, add onion, garlic, carrot and celery and sauté over medium heat for 5-8 minutes. Add the wine and simmer over medium-high heat for 3 minutes.
4. Add the stock and keep simmering until the liquid is reduced – about 6-8 minutes. Add the duck meat back to the pot and add the olives and tomatoes. Season with salt and pepper.
5. Reduce heat to medium-low and cook 8-10 minutes. Remove from the heat and stir in 3 tablespoons of the butter. Cover with the lid and set aside while pasta cooks.



PASTA DIRECTIONS

6. In a large pot of boiling, salted water, cook the pasta until al dente *(for dry pasta, cook 8-10 minutes, for fresh pasta, cook 2-3 minutes)*; drain well.
7. Add the pasta to the duck ragu and cook over medium heat for 3-4 minutes. Remove pot from heat.
8. Add the remaining 3 tablespoons of butter and the grated Parmesan. Adjust salt and pepper if needed.
9. Ladle into pasta bowls and sprinkle each with a bit of lemon zest.



SECTION 03
SOUPS, STEWS
& GUMBOS

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CHILI CON "CARNIE"

INGREDIENTS

3 Tbsp. suet (<i>I use 3-4 slices uncooked bacon, cut into small pieces</i>)	2 Tbsp. chili powder
1½ lbs. lean ground beef	½ tsp. cumin
1 medium onion, chopped	1 - 16 oz. can stewed tomatoes
1½ Tbsp. minced garlic	1 - 8 oz. can tomato sauce
1 green pepper, chopped	½ c. water
3 level Tbsp. dark brown sugar	¼ c. ketchup
1½ tsp. ground pepper	1 - 15 oz. can dark red kidney beans, drained
1½ tsp. salt	Cheddar cheese, shredded

DIRECTIONS

1. Cook bacon pieces in a Dutch oven until softened. Add ground beef and cook until brown.
2. Add onion, garlic, green pepper, brown sugar, seasonings, tomatoes, tomato sauce, water and ketchup. Let simmer for several hours.
3. Ten minutes before serving, add beans.
4. Garnish with shredded cheddar cheese and chopped onion if desired. Freezes well.

CRAWFISH CORN CHOWDER

INGREDIENTS

1 green bell pepper, chopped	1 - 12 oz. bag of frozen yellow corn
1 yellow onion, diced	2 medium cans of tomato sauce
3 stalks celery, diced	1 medium can of diced tomatoes (<i>with hot chile peppers if you like it spicy</i>)
4-5 garlic cloves, minced	1 small can of tomato paste
½ c. green onion, chopped	2-3 chicken bouillon cubes (<i>or 2-3 c. of chicken broth</i>)
½ c. parsley, chopped	Salt and pepper (<i>red cayenne, black and white</i>) or Creole seasoning to taste
4 Tbsp. butter (<i>or olive oil</i>)	
1 lb. cleaned Louisiana crawfish tails	
½ lb. smoked pork tasso, diced (<i>or smoked pork sausage, diced</i>)	

DIRECTIONS

1. On medium heat, sauté green pepper, onion, celery, garlic, green onion and parsley in butter or olive oil in a heavy stock pot until the vegetables are translucent, stirring frequently.
2. Add the crawfish tails and smoked tasso and mix well.
3. Add the corn and sauté for about 1 minute, stirring frequently.
4. Add the tomato sauce, diced tomatoes, tomato paste and chicken bouillon cubes or chicken broth.
5. Add salt and pepper (*red cayenne pepper, black pepper and white pepper*) to taste. Or, use Creole seasoning, if available.
6. Turn the heat down to low, cover the pot and simmer for at least 1 hour, stirring occasionally.
7. Serve with warm cornbread (*page 69*) or toasted French bread.



CRAWFISH STEW

 6 Servings  2 Hours 45 Minutes

INGREDIENTS

- | | |
|------------------------------------|-----------------------------|
| 1½ c. onion, chopped | 3 drops hot sauce |
| 1 bell pepper, chopped | 1 tsp. Worcestershire sauce |
| 2 cloves garlic, chopped | Pinch of salt |
| 1 c. roux | Pinch of red pepper |
| 2 c. warm water | Pinch of black pepper |
| 2 lbs. crawfish, cooked and peeled | Steamed rice |

DIRECTIONS

1. Stir onion, bell pepper and garlic into roux; add 2 cups of warm water and bring to a boil, stirring constantly.
2. Lower heat and cook approximately 2 hours, stirring occasionally.
3. Add peeled crawfish, hot sauce, Worcestershire, salt and peppers. Cook on medium heat for about 30 minutes, stirring occasionally.
4. Serve over steamed rice.

 6-8 Servings  45 Minutes

SQUASH BISQUE

INGREDIENTS

- | | |
|------------------------------------|---------------------------------------|
| 1 onion, chopped | 2 c. vegetable broth or chicken broth |
| 1 stick butter | 1 c. half-and-half |
| 4-5 yellow crookneck squash, diced | 1 Tbsp. sugar |
| 4-5 zucchinis, diced | 1 tsp. pepper |
| 1 tsp. salt | 2 cloves garlic, minced |

DIRECTIONS

1. Sauté onion in butter in a 5-quart pot until soft. Add squash, zucchini and salt.
2. Add broth and cover. Cook 25-30 minutes over medium heat, stirring occasionally.
3. Spoon squash and zucchini into a blender and pulse until smooth. Return to pot and whisk in half-and-half, sugar, pepper and garlic.
4. Return to warm over low-medium heat. Adjust seasonings to taste.

MICROWAVE ROUX

INGREDIENTS

1 c. oil 1 c. flour

DIRECTIONS

1. Mix oil and flour with a whisk in a 2-cup or bigger Pyrex measuring cup. Microwave for 1 minute then whisk. Repeat.
2. Continue this process until the roux is the desired color. If you want a dark brown roux, reduce the cooking to 30-40 seconds once the roux starts to get dark. Watch carefully because it can and will burn.
3. When done, pour into cooking pot and add vegetables to start soup or gumbo.

DEER CHILI

INGREDIENTS

2 lbs. ground deer (*can substitute other ground meats like turkey, beef, etc.*) 2 bell peppers, chopped
2 whole onions, chopped Green chiles – diced (*approx. 5 oz.*)
23 oz. can Ranch-style beans (*pinto beans or Bush's "chili" beans work well*) 3 Tbsp. chili powder
2 - 15 oz. cans tomato sauce 2 Tbsp. cumin
2 - 16 oz. cans stewed tomatoes 3 Tbsp. garlic powder
2 Tbsp. Cajun seasoning
2 fresh jalapeños, diced

DIRECTIONS

1. Brown meat with chopped onion. Drain off grease.
2. Add all of the ingredients into a large pot and cook over medium heat for 1 hour, then simmer for 2-3 hours (*the longer, the better as the flavors grow and the chili thickens*).
3. This can also be done in a crock pot. Put everything in before work and let it go all day.
4. The chili is great on its own, but I prefer to eat it on top of sausage or a burger with shredded smoked Gouda and chopped or diced white onions.



CREAM OF CRAB & BRIE SOUP

 4-6 Servings  1 Hour

TOASTED BREAD CRISPS INGREDIENTS

- 1 loaf of thin French or Italian bread
- 1 stick butter, melted
- 1 tsp. garlic powder (*optional*)

TOASTED BREAD CRISPS DIRECTIONS

1. Slice a skinny loaf of French or Italian bread into thin rounds, no more than a 1/2-inch thick.
2. Spread melted butter on 1 side and sprinkle with garlic powder.
3. Spread in a single layer on a baking sheet.
4. Bake at 350° for 15-20 minutes, or until the bread is very crisp.

SOUP INGREDIENTS

- 1/2 white onion, diced very fine
- 1/2 c. green onion, chopped
- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 - 16 oz. container of heavy whipping cream
- 1 - 8 oz. Brie, with rind removed
- Salt and pepper (*white and black*) to taste
- 1 lb. white lump crabmeat
- 1/2 c. dry white wine (*optional*)
- Milk (*optional*)

DIRECTIONS

5. On low heat in a heavy saucepan, sauté the white onion and green onion in butter until translucent, stirring frequently. Do not let the onions or butter turn brown.
6. Add the flour and mix well. Do not let the flour brown.
7. Slowly add the heavy whipping cream, mixing well until the flour mixture has been completely incorporated.
8. Dice the Brie into 1-inch chunks and add to the mixture, stirring occasionally to allow the Brie to melt.
9. Add salt and pepper (*white and black*) to taste.
10. Add the white lump crabmeat and white wine and simmer for about 15 minutes, stirring very gently to avoid breaking up the crabmeat lumps.
11. The soup should be thick and creamy. If it is too thick, use a little milk to thin it to the desired consistency.
12. Serve with toasted bread crisps.

HAZEL'S SEAFOOD GUMBO

INGREDIENTS

1 lb. smoked sausage (<i>Manda's mild</i>)	2 lbs. raw shrimp, small
1½ lbs. okra, cooked and chopped	3 lbs. raw shrimp, medium
2 c. oil	2 tsp. salt
2 c. brown flour	2 tsp. garlic powder
2 c. celery, chopped	2 Tbsp. Louisiana Fish Fry Crawfish, Crab & Shrimp Boil liquid
3 large onions, chopped	2 tsp. thyme
1 c. bell pepper, chopped	8 bay leaves
1 - 16 oz. can tomato sauce	½ c. parsley, finely chopped
8 qt. homemade chicken stock	Cooked rice
2-3 lbs. crabmeat	

DIRECTIONS

1. Brown sausage and grind in a food processor. Sauté cooked okra with a little oil and grind in food processor (*if using frozen okra, follow package directions for cooking first*).
2. Brown your roux, which is the oil and flour, until it is the color of brown sugar.
3. Add celery, onions and bell pepper. Sauté until onions are clear.
4. Add tomato sauce and cook for 20 minutes over medium heat until the tomato sauce turns a little brown.
5. If the roux begins to stick, add some chicken stock. Add okra and sausage. Sauté until the ingredients are well mixed (*about 10 minutes*).
6. Add chicken stock, crabmeat, shrimp and remaining ingredients. Cook 30 minutes on low or until shrimp are cooked.
7. Serve over cooked rice.

VEGETARIAN "CHORIZO" SOUP

INGREDIENTS

½ medium onion, chopped finely	1 can petite diced tomatoes, undrained
10-12 baby carrots or 2-3 whole peeled carrots, sliced thin or diced	1-2 cans vegetable broth (2-3 c.)
2-3 stalks celery, halved lengthwise and chopped	1 "can" water (<i>approx. 2 c.</i>)
Olive oil	½ c.-¾ c. acini de pepe (<i>very small pasta beads or grains</i>)
6 oz. Trader Joe's soy "chorizo" (½ pkg.)	1 medium zucchini (<i>quartered or halved, then cut into approx. ½" chunks</i>)
2 cans garbanzo beans, drained	

DIRECTIONS

1. Prepare the onion, carrots and celery. (*For this to be a quickly cooked soup, you want small pieces.*)
2. Sauté the vegetables in a bit of olive oil until soft. Add the "chorizo" and stir until all is mixed and hot.
3. Add drained beans, tomatoes, broth and water, then simmer for about 30 minutes.
4. Add pasta and bring to a high simmer while chopping the zucchini. Add zucchini and simmer for about 6 more minutes.

Note 1: The precise mix of broth and water is flexible. It might depend on how salty the broth is and your own taste preference. You can use one "can" of broth, one "can" of water and one "can" of whichever you prefer. The total liquid added is around 5¼ cups. Add up to 6 cups if you use the larger amount of pasta.

Note 2: The timing of the pasta and the zucchini will depend entirely on the size of the pasta you use and the size of the zucchini pieces. If you use larger pasta, you will simmer it for a few minutes and then add the zucchini with about 6-7 minutes remaining on the pasta cook time according to the pasta's package directions. Be careful not to add the zucchini too early.

DEBBIE'S CRAWFISH BISQUE

STUFFING FOR HEADS

3/4 c. flour	1 small can tomato paste
2 Tbsp. oil	1 tsp. thyme
1 large onion, chopped finely	1 tsp. salt
1 large bell pepper, chopped finely	1/4 tsp. black pepper
2 stalks celery, chopped finely	1/2 tsp. cayenne pepper
2 cloves garlic, chopped finely	1/2 c. bread crumbs
2 bay leaves	2 Tbsp. fresh parsley, chopped
Crawfish tails, chopped (from 12 lbs. of boiled crawfish heads reserved for stuffing)* or (2 - 16 oz. bags of tail meat)**	1 stick butter
	1 c. crawfish tails
	Crawfish heads*

STUFFING DIRECTIONS

1. Make a dark roux with the 1/4 cup of flour and oil.
2. Add onion, bell pepper and celery, cooking until tender, then add garlic and bay leaves and cook for another minute.
3. Add tomato paste, chopped tails and seasonings and simmer on low for 10-15 minutes.
4. Add bread crumbs, parsley and butter. Cook for 2 more minutes. Remove bay leaves.
5. Let cool and fill each head with stuffing. Roll stuffed heads in remaining 1/2 cup of flour and bake in an oven for 15 minutes at 350°. Set aside.

BISQUE INGREDIENTS

1/2 c. oil	1/4 tsp. cayenne pepper
1/2 c. flour	2 bay leaves
1 large onion, chopped finely	1 small can tomato sauce
1 large bell pepper, chopped finely	1 Tbsp. tomato paste
2 stalks celery, chopped finely	2 cloves garlic, chopped finely
1 qt. crawfish or seafood stock (purchased or using recipe below)	2 c. crawfish tails
2 tsp. salt	2 Tbsp. fresh parsley, chopped
2 Tbsp. thyme	Rice or potato salad

STOCK DIRECTIONS

6. To make the stock, boil shells from at least 3 pounds of crawfish along with trimmings from onions and other vegetables.
7. Cover shells with water by 2 inches and boil for 15-20 minutes.
8. Strain the stock.

BISQUE DIRECTIONS

9. Make a dark roux with the oil and flour.
10. Add the onion, bell pepper and celery. Cook until tender.
11. Add stock, seasonings, tomato sauce, tomato paste and garlic. Simmer for 40 minutes.
12. Add the crawfish tails and the stuffed heads. Simmer for 20 minutes. Add parsley. Remove bay leaves before serving.
13. Serve with rice or potato salad.

* 12 lbs. select crawfish yields 144 heads, 12 lbs. non-select crawfish yields 240 heads

** 6 lbs. crawfish equals 1 lb. of tails



SECTION 04
MAIN DISHES

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ASIAN SALMON MARINADE & FINISHING SAUCE

INGREDIENTS

6 Tbsp. olive oil	1 tsp. wasabi paste <i>(if available)</i>
2 Tbsp. soy sauce	2-3 lbs. salmon
2 Tbsp. Dijon mustard	Favorite dry rub
1 tsp. minced garlic	

DIRECTIONS

1. Combine marinade ingredients in a bowl.
2. Slice salmon to desired portions. Sprinkle favorite dry rub on salmon. Marinate salmon for 10 minutes with $\frac{2}{3}$ of the marinade and reserve the rest.
3. Grill salmon at 350° until desired doneness. If possible in your grill, grill directly on a raised rack. If you don't know what this means, grill it normally.
4. In last minute or 2 of grilling, apply half of the reserved marinade to coat and continue to grill. A light glaze will form.
5. Pull salmon at desired doneness *(generally, when the salmon starts to flake if forked)* and coat with remaining marinade.

BBQ SHRIMP & GRITS

INGREDIENTS

Grits	1 tsp. black pepper
Whipping cream	$\frac{1}{2}$ tsp. salt
1-1 $\frac{1}{2}$ lbs. shrimp	$\frac{1}{2}$ tsp. thyme leaves
$\frac{1}{4}$ lb. (1 stick) plus 5 Tbsp. butter	$\frac{1}{2}$ tsp. dried rosemary leaves, crushed
$\frac{1}{2}$ tsp. minced garlic	$\frac{1}{8}$ tsp. oregano
1 tsp. Worcestershire sauce	$\frac{1}{4}$ - $\frac{1}{2}$ c. seafood or fish bouillon
$\frac{1}{2}$ tsp. cayenne pepper	

DIRECTIONS

1. Prepare your favorite grits just before you start the actual cooking of the shrimp. Follow the recipe on the box, except replace $\frac{1}{4}$ of the water with whipping cream.
2. Peel shrimp. Melt 1 stick of butter over medium heat.
3. Add garlic, Worcestershire sauce and seasonings. Simmer for 1-2 minutes.
4. Add shrimp and cook for 2 minutes. Shake the pan, rather than stirring if possible. Flip shrimp with a spoon if necessary.
5. Add remaining butter and bouillon. Cook and shake pan for 2 more minutes.
6. If sauce is thick and buttery, serve. If sauce is thin, cook for 1-2 minutes longer, but don't overcook the shrimp. Serve over grits.



CHICKEN BURGERS WITH FETA CHEESE & SPINACH



4 Servings



45 Minutes

INGREDIENTS

- | | |
|---------------------------|---------------------------------|
| 1½ lbs. ground chicken | 1 tsp. extra virgin olive oil |
| ¾ c. crumbled feta cheese | 2-3 dashes Worcestershire sauce |
| ¾ c. fresh baby spinach | Black pepper to taste |
| ¼ c. Italian bread crumbs | 1 tsp. Cajun seasoning |
| 1 egg | 4 brioche buns |

DIRECTIONS

1. In a large mixing bowl, combine ground chicken, feta cheese, spinach, bread crumbs, egg, oil, Worcestershire sauce, black pepper and Cajun seasoning and blend well.
2. Form mixture into four burger patties.
3. Grill burgers or bake in the oven until done to desired likeness making sure juices run clear.
4. Serve on brioche buns with desired condiments along with lettuce, tomatoes, pickles and red onion.



4-6 Servings



1 Hour

OYSTER PIE

INGREDIENTS

- | | |
|---------------------------------------|---------------------------------|
| 1 clove garlic, minced | ½ c. green onion |
| 1 stick butter | Salt and pepper to taste |
| 4 Tbsp. or ½ c. flour | 2 pt. oysters, drained |
| ⅓ c. parsley | Oyster water or milk, if needed |
| ⅓ c. celery leaves and stems, chopped | Unbaked pastry shell |

DIRECTIONS

1. Put minced garlic in a pot with butter. Let simmer about 5 minutes.
2. Add flour. Brown flour and butter to the color of a paper bag.
3. Add parsley, celery, green onion, salt, pepper and drained oysters. Let oysters cook in roux roughly 5 minutes or until they begin to curl. Remove from fire.
4. If too thick, add oyster water or milk to thin a little. The sauce should still be thick because oysters will throw off water while the pie is baking.
5. Season well.
6. Pour into unbaked pie shell and bake at 350° for 30-45 minutes. Let set a few minutes before serving.

GRILLADES

Pronounced gree-yads (grē'yäd), grillades are a Creole brunch necessity. Grillades are meat medallions with gravy served over grits.

INGREDIENTS

2½ lbs. round steak (approx. 3 round steaks)	1½ c. canned chopped tomatoes	½+ c. red wine
Creole seasoning	1 Tbsp. tomato paste	1 tsp. salt
½ c. flour	1 Tbsp. garlic, chopped	¼ tsp. cayenne pepper
¼ c. vegetable oil	5 bay leaves	¼ tsp. ground black pepper
2 c. onion, chopped	¼ tsp. dried thyme	3 Tbsp. green onion, chopped
1 c. bell pepper, chopped	¼ tsp. dried oregano	2 Tbsp. parsley, chopped
1 c. celery, chopped	¼ tsp. dried basil	Grits
	2 c. beef stock	

DIRECTIONS

1. The steaks need to be pounded with a meat mallet on both sides to tenderize fully. Or, you can ask your butcher to do this for you. Cut the meat into 2-inch pieces, about a ¼-inch wide. Season the meat with the Creole seasoning and then coat with the flour.
2. Heat ¼ cup oil in a large pot over medium-high heat. Cook the meat in batches until brown, and drain on paper towels.
3. Once the meat is cooked and set aside, add onion, bell pepper and celery to the oil. Stir, scraping the bottom and sides of the pot. Cook for 5-6 minutes, or until the vegetables are wilted.
4. Add tomatoes, tomato paste and garlic. Cook, stirring often and scraping the bottom and sides of the pot for 3-4 minutes.
5. Add bay leaves, thyme, oregano, basil, stock and wine. Return the browned meat to the pot and season with a teaspoon of salt, cayenne pepper and black pepper.
6. Bring to a simmer, cover partially and reduce the heat to low. Cook for 1½-2 hours, stirring occasionally, or until the meat is very tender.
7. Remove the bay leaves and stir in green onion and chopped parsley. Serve over grits.

CHARLES' TENDER TENDERLOIN

INGREDIENTS

1 whole beef tenderloin, trimmed well to remove the fat and "back" piece	Black pepper
Extra virgin olive oil	Herbes de Provence
Cavender's All Purpose Greek Seasoning	Lea & Perrins Marinade for Chicken
	Lea & Perrins Worcestershire sauce

DIRECTIONS

1. Use fork to make holes throughout the tenderloin.
2. Rub with extra virgin olive oil.
3. Sprinkle with Greek seasoning and black pepper.
4. Rub with Herbes de Provence.
5. Drip lightly with both Lea & Perrins sauces.
6. Cover with aluminum foil. Marinate in refrigerator for 3 hours and then bring to room temperature.
7. Cook on a three-burner grill, with meat on the middle grill and side burners on medium and the middle burner on low.
8. Cook 15 minutes on each side and take off and "rest" for 15 minutes before cutting into 1-1½-inch slices.

CRUNCHY CATFISH TACOS

WITH CHIPOTLE MAYONNAISE & APPLE SLAW



APPLE SLAW INGREDIENTS

- | | |
|--|---|
| 1 - 10 oz. bag angel hair coleslaw mix | 1 jalapeño pepper, seeded and thinly sliced |
| 1 Granny Smith apple, peeled, cored and finely chopped | ¼ c. fresh lemon juice |
| 1 c. carrot, thinly sliced | ¼ c. olive oil |
| ½ c. red onion, thinly sliced | 2 tsp. sugar |
| | 1 tsp. kosher salt |

APPLE SLAW DIRECTIONS

1. In a large bowl, combine slaw mix, apple, carrot, onion and jalapeño.
2. In a small bowl, whisk together lemon juice, oil, sugar and salt until smooth.
3. Pour dressing over slaw mixture, tossing to combine.
4. Cover and refrigerate at least 2 hours.

TACO INGREDIENTS

- | | |
|--|---|
| 1 c. mayonnaise | 1 tsp. baking powder |
| 2 Tbsp. honey | 1 c. club soda |
| 1 Tbsp. fresh lime juice | 1½ Tbsp. hot sauce |
| 1 Tbsp. minced chipotle peppers in adobo sauce | 3 c. panko (<i>Japanese bread crumbs</i>) |
| Vegetable oil for frying | 1½ lbs. catfish fillets, cut into 2" pieces |
| 1 c. flour | 1 - 10 oz. package flour tortillas |
| 1½ Tbsp. kosher salt | Nonstick cooking spray |

TACO DIRECTIONS

5. In the work bowl of a food processor, combine mayonnaise, honey, lime juice and chipotle. Pulse until smooth. Cover, and refrigerate at least 2 hours.
6. Preheat oven to 200°.
7. In a large Dutch oven, pour oil to a depth of 4 inches, and heat over medium-high heat until deep-fry thermometer registers 375°.
8. In a shallow dish, combine flour, salt and baking powder. Whisk in club soda and hot sauce until smooth.
9. Place bread crumbs in a shallow dish. Dip fish pieces in batter allowing excess to drip off; coat in bread crumbs.
10. Fry fish in batches, 1-2 minutes per side or until browned. Let drain on paper towels; keep warm in oven.
11. Spray both sides of tortillas with nonstick cooking spray.
12. In a large skillet over medium heat, cook tortillas 1-2 minutes per side until lightly browned.
13. To assemble tacos, spread tortillas with mayonnaise mixture, and top with fish pieces and apple slaw. Serve immediately.



RED BEANS & RICE

 4-6 Servings  9 Hours

INGREDIENTS

- | | |
|--|-------------------------------------|
| 1 lb. red beans | 5 c. water |
| 2 lbs. green onion sausage, cooked | 1 can cream of garlic mushroom soup |
| Worcestershire sauce to taste | Salt and pepper to taste |
| 1 tsp. minced garlic | 2 Tbsp. dried green onion |
| 1 holy trinity mix (2 c. <i>chopped onion</i> , 1¼ c. <i>chopped bell pepper</i> , 1½ c. <i>chopped celery</i>) | Cooked rice |

DIRECTIONS

1. Soak red beans overnight.
2. Drain and combine all ingredients.
3. Cook on low heat for 8-9 hours.
4. Serve over cooked rice.

 4-6 Servings  2 Hours 40 Minutes

NENE'S EGGPLANT PARMESAN

INGREDIENTS

- | | |
|-------------------|---|
| 3 large eggplants | 1 c. Parmesan cheese, shredded |
| Salt | 1 - 8 oz. bag mozzarella cheese, shredded |
| Olive oil | 1 - 24 oz. jar of Prego spaghetti sauce (<i>any flavor</i>) |
| 1 lb. ground meat | |

DIRECTIONS

1. Cut eggplant into small cubes. Salt and then wrap with paper towels or a dish cloth. Set aside for about 2 hours (*the salt will pull the moisture out of the eggplant, and the eggplant will not absorb as much olive oil when frying*).
2. After 2 hours, fry the eggplant cubes in olive oil and set aside.
3. In the same skillet, cook ground meat until done. Drain meat.
4. Line the bottom of a baking dish with some of the eggplant. Sprinkle generously with Parmesan cheese and then mozzarella cheese.
5. Next, top with some of the ground meat and then cover with Prego sauce. Sprinkle more Parmesan cheese and mozzarella cheese over the meat sauce.
6. Repeat the procedure with the remaining eggplant, cheeses, meat and sauce. Top generously with mozzarella cheese.
7. Bake at 325° for about 25 minutes.

"JUST RIGHT" BOILED CRAWFISH

INGREDIENTS

- | | |
|--|-------------------------------------|
| 1 sack of crawfish (30-35 lbs.) | 3-4 whole garlic bulbs, cut in half |
| 1 c. olive oil | 3 big onions, cut in half |
| 1 c. vinegar | 6 lemons, cut in half |
| 1½ boxes of salt | Potatoes |
| 1 - 8 oz. bottle of cayenne pepper
(go with 4 oz. for less "heat") | Mushrooms |
| 1 small bottle of Louisiana Fish Fry
Crawfish, Crab & Shrimp Boil liquid | Sausage |
| 2-3 bags of Louisiana Fish Fry
Crawfish, Shrimp & Crab Boil
powder (go with 1 bag for less "heat") | Corn |
| | Anything else you want to throw in |
| | 1 - 10 lb. bag of ice |

DIRECTIONS

1. Use a large pot (60-80 qt.) with a basket. Wash your crawfish using your pot and your basket like a washing machine. Wash them twice. Do not do the "purge with salt" routine – it is not necessary.
2. 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's too small so some crawfish will get out; tell the kids it's their job to catch the ones trying to escape.
3. Fill the pot about ½-full. Start heating your water. Put in your basket.
4. Add oil, vinegar, salt, cayenne pepper, liquid boil, boil bags, garlic, onions and lemons. When the water has come to a rapid boil, add your potatoes. Cover and keep boiling the potatoes until they're almost done.
5. Add crawfish, mushrooms, sausage, etc. and cover the pot again. Some people like to put the miscellaneous stuff in a net bag, so it doesn't get lost in the crawfish. Keep heating until you've got your water boiling again. With all of the stuff in the pot, the water will not come back to a rapid boil, just a slow boil.
6. Let it boil for 7 minutes and simmer for 3 minutes. Turn your flame off.
7. Add the ice and cover. Let the crawfish and other ingredients soak 20-40 minutes, depending on how seasoned you want them to be. Some folks like to pull the bag of stuff out before the soaking period, so the corn, mushrooms, etc. don't set your mouth on fire.
8. Take everything out and start eating. Save your water. If you do subsequent batches, only add ½ as much of your oil, vinegar and seasonings.





SECTION 05
VEGETABLES &
SIDE DISHES

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BEAN CURD (TOFU) WITH CHILI SAUCE

INGREDIENTS

- | | |
|---|---|
| 2-3 Tbsp. olive or vegetable oil | 1-2 tsp. chili sauce or fresh pepper with seeds |
| ½ c. onion, chopped finely | ½ tsp. sugar |
| ½ tsp. minced garlic | 3 Tbsp. soy sauce |
| ½ lb. ground beef (<i>the leaner, the better</i>) | 2 tsp. cornstarch, dissolved in ¼ c. water |
| 16 oz. medium firm bean curd, cut into ½" cubes | Salt and pepper to taste |

DIRECTIONS

1. Heat oil in a pan and add onion and garlic. Stir-fry for 1 minute; add beef. Stir-fry until beef is evenly browned.
2. Add bean curd, chili sauce, sugar and soy sauce. Bring to a boil.
3. Add the cornstarch mixture and simmer, stirring, until the sauce has thickened.
4. Salt and pepper to taste. Serve hot.

CABBAGE CASSEROLE

INGREDIENTS

- | | |
|--|---|
| 1 stick butter, melted or butter cooking spray | ½ tsp. allspice |
| 1½ lbs. ground beef | ½ tsp. garlic powder |
| 1 c. rice, uncooked | 1 head of cabbage, chopped (<i>or 2 lbs. pkg. shredded cabbage</i>) |
| ½ tsp. red pepper | 1 onion, chopped |
| ½ tsp. black pepper | 2 - 8 oz. cans tomato sauce |
| ½ tsp. salt | 1 can Rotel tomatoes and green chiles, undrained |
| ½ tsp. cinnamon | 2 c. water |

DIRECTIONS

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

SOUTH LOUISIANA RICE

INGREDIENTS

1 c. uncooked rice	1 can water
2 Tbsp. chive	1 tsp. salt
2 Tbsp. green onion	1/3 tsp. red pepper
2 Tbsp. parsley	1/3 tsp. black pepper
1/3 stick butter, melted	1 small can mushrooms, drained
1 can beef consommé	

DIRECTIONS

1. Mix all ingredients.
2. Bake at 375° for 50 minutes.
3. Stir and bake for 10 more minutes.



CORN PUDDING

INGREDIENTS

8 full ears corn or one medium-sized pkg. frozen corn	1/2 c. sugar
3 Tbsp. flour	1 c. whole milk
4 eggs	1 stick butter
	Salt and pepper to taste

DIRECTIONS

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

SISSY'S GARLIC CHEESE GRITS

INGREDIENTS

- | | |
|--|--|
| 1 c. old-fashioned grits
<i>(not instant)</i> | ½ garlic cheese roll or 4 oz. Velveeta |
| 3½ c. water | Dash of Worcestershire sauce
or hot sauce |
| 3 eggs, beaten | ¼ tsp. garlic salt |
| ¼ c. butter | Dash of salt |
| ¼ lb. cheddar cheese, shredded | Dash of paprika for garnish |

DIRECTIONS

1. Stir 1 cup of grits into water, cover, and cook for 15-20 minutes or until done.
2. Add a small amount of grits at a time to beaten eggs until all have been added.
3. Add butter and cheese.
4. Add Worcestershire sauce or hot sauce, garlic salt and salt to the mixture, then place the mixture into a greased casserole dish.
5. Bake at 350° for 30-40 minutes.
6. Let sit for 5 minutes before serving. Top with paprika and additional shredded cheese if desired.

SPINACH MADELINE

INGREDIENTS

- | | |
|---------------------------------|---|
| 2 pkgs. frozen spinach, chopped | ¾ tsp. celery salt |
| 4 Tbsp. butter | ¾ tsp. garlic salt |
| 2 Tbsp. flour | ½ tsp. salt |
| 2 Tbsp. onion, chopped | 6 oz. roll of jalapeño cheese,
cut into small pieces |
| ½ c. evaporated milk | 1 tsp. Worcestershire sauce |
| ½ c. liquid from spinach | Bread crumbs, optional |
| ½ tsp. black pepper | |

DIRECTIONS

1. Cook spinach; drain and reserve liquid.
2. Melt butter; add flour, stirring until blended. Add onion and cook until soft.
3. Add liquid slowly (*evaporated milk and spinach liquid*), constantly stirring to avoid lumps. Cook until smooth and thick.
4. Add seasonings, Worcestershire and cheese. Stir until melted.
5. Combine with cooked spinach.
6. It may be served immediately or put into a baking dish and topped with bread crumbs.
7. Flavor improves if allowed to sit in the refrigerator overnight. May be frozen.



MASCARI'S ITALIAN GREEN BEAN CASSEROLE

 4-6 Servings  45 Minutes

INGREDIENTS

- 4 pods garlic, chopped finely
- 3 cans French-style green beans, drained (*save juice*)
- 2 c. Italian bread crumbs
- 1 c. Parmesan cheese, grated
- Salt, pepper and oregano to taste
- ½ c. olive oil

DIRECTIONS

1. Mix all of the ingredients (*except saved juice*) in a casserole dish.
2. If dry consistency, add a bit of the juice to moisten – not too much.
3. Bake at 350° for 30 minutes and enjoy.

 4-6 Servings  45 Minutes

LITTLE MAMA'S HOT WATER CORNBREAD

INGREDIENTS

- 3 c. self-rising cornmeal
- 3 tsp. salt
- 7 tsp. sugar
- 2 c. boiling hot water (*maybe a little more*)
- ¼ c. cooking oil (*Crisco*)

DIRECTIONS

1. Mix cornmeal, salt and sugar together.
2. Add hot water; mix well. Add more water if needed. Do not make the mixture soupy. Get to a consistency where you can form cakes the size of your hand or smaller.
3. Add cooking oil and form cakes.
4. In a hot skillet or frying pan with oil in the bottom (*probably a ¼-inch in the bottom of the pan*), fry 1 side until golden brown. Turn over and cook the other side until golden brown.

Note: When handling and forming cakes, this mixture will be hot to the touch. Now and then run hands under cool water in between forming your cakes for cool down while rolling.

SWEET POTATO CASSEROLE

CASSEROLE INGREDIENTS

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

TOPPING INGREDIENTS

½ stick butter or margarine 1 c. light brown sugar
1 c. flour 1 c. pecans, chopped

DIRECTIONS

1. Mash potatoes after draining.
2. Melt butter. Add sugar, milk, vanilla, eggs and butter to mashed potatoes. Pour into a greased baking dish.
3. For the topping, melt butter. Add flour and brown sugar to butter and mix thoroughly.
4. Spread on top of potatoes. Sprinkle chopped pecans on top. Bake for 20 minutes at 350°.



INGREDIENTS

1 c. white onion, sliced 1 c. processed American cheese, grated
1 stick butter
3 c. yellow squash, cooked and drained Salt and pepper to taste
1 c. canned tomatoes, chopped and drained (*fresh are even better*) ¾ c. bread crumbs (*make in food processor from day old French bread*)

DIRECTIONS

1. Sauté onion in ¾ stick of butter; add cooked squash, tomatoes and cheese. Season with salt and pepper.
2. Pour into a casserole dish. Brown bread crumbs in remaining butter. Spread over casserole.
3. Bake at 325° until heated through and serve.



SECTION 06
DESSERTS

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CARAMEL-O BARS

INGREDIENTS

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

TOPPING INGREDIENTS

1 c. chocolate chips 2 Tbsp. shortening
¼ c. peanut butter

DIRECTIONS

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

CUBAN-STYLE FLAN

INGREDIENTS

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

DIRECTIONS

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

CAZALEE'S SOUR CREAM POUND CAKE

INGREDIENTS

2 sticks butter	1 c. sour cream
3 c. sugar	1 tsp. vanilla
6 eggs, separated	1 tsp. butter extract
3 c. flour, sifted with ½ tsp. soda	Pinch of cream of tartar

DIRECTIONS

1. Cream butter and sugar.
2. Add egg yolks and beat well.
3. Add flour and sour cream alternately.
4. Add vanilla and butter extract.
5. Add a pinch of cream of tartar to egg whites and beat until stiff.
6. Fold egg whites into batter.
7. Pour into greased and floured tube pan.
8. Bake at 300° for about 2 hours or until done.



LEMON SQUARES

CRUST INGREDIENTS

½ c. powdered sugar
2 c. all-purpose flour

1 c. butter, softened
Pinch of salt

CRUST DIRECTIONS

1. Mix all ingredients well.
2. Pat out in a greased and floured 9" x 13" pan.
3. Bake for 20 minutes at 350°.
4. While crust is cooking, prepare topping.

TOPPING INGREDIENTS

4 eggs
2 c. granulated sugar
6-8 Tbsp. lemon juice

Rind of 1 lemon
Powdered sugar

TOPPING DIRECTIONS

5. Beat eggs slightly.
6. Beat in sugar, lemon juice and rind.
7. Pour on top of the crust as soon as it comes out of the oven.
8. Cook for 25 minutes more at 325°.
9. Cool completely and cover with powdered sugar before cutting into squares.

7-UP POUND CAKE

INGREDIENTS

3 sticks butter
3 c. sugar
5 eggs

3 c. flour, sifted
¾ c. 7-Up
1 tsp. lemon flavor

DIRECTIONS

1. Cream butter and sugar together until fluffy.
2. Beat eggs into mixture, 1 at a time.
3. Blend in flour, alternating 7-Up.
4. Add lemon flavor.
5. Bake at 350° for 1 hour or until done.
6. Cool, and enjoy.



KEY WEST KEY LIME PIE

PIE CRUST INGREDIENTS

- | | |
|-----------------------------|------------------|
| 1½ c. graham cracker crumbs | ¼ c. white sugar |
| ½ c. melted butter | 3 tsp. cinnamon |

PIE CRUST DIRECTIONS

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

KEY LIME PIE INGREDIENTS

- | | |
|---|---|
| 3 egg whites | 1 - 14 oz. can sweetened condensed milk |
| 4 egg yolks | 1 prepared 8"-9" graham pie shell |
| ½ c. Key lime juice, fresh or bottled
<i>(can use fresh squeezed lime juice if needed; Key limes are not easy to find)</i> | Whipped cream |

KEY LIME PIE DIRECTIONS

2. Preheat oven to 325°.
3. Make sure the bowl is very clean or the egg whites will not stay stiff. Beat egg whites until stiff. Set aside.
4. In another bowl, beat egg yolks well. Slowly add sweetened condensed milk and continue beating. Slowly add Key lime juice while beating.
5. Fold egg whites into egg yolk mixture with a spatula; the mixture should be even (*no lumps*). Pour into pie crust.
6. Bake 20-25 minutes or until just set. Cool completely before refrigerating.
7. Refrigerate at least 2 hours before serving. Top each slice with whipped cream and serve in a bowl.

STRAWBERRY SODA POP CAKE

INGREDIENTS

- | | |
|---|-----------------------------|
| 1 box yellow or white cake mix | 1 pkg. frozen strawberries |
| 1 large pkg. or 2 small pkgs. strawberry Jell-O | 1 large container Cool Whip |
| 1 c. strawberry soda | 1 pkg. vanilla pudding mix |

DIRECTIONS

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

RANDY'S PECAN PIE

INGREDIENTS

- | | |
|--|--|
| 1 c. sugar | 1 dash of salt |
| 1 c. light Karo corn syrup | 1-1½ c. pecans |
| 1 stick butter, melted
<i>(American Beauty)</i> | 1 unbaked pie shell
<i>(Optional: use Pillsbury ready-made pie crust)</i> |
| 4 eggs, beaten | |
| 1 tsp. vanilla | |

DIRECTIONS

1. In a saucepan, combine the sugar, Karo syrup and butter. Stir to mix on a low fire; cook until the sauce begins to boil *(approximately 14 minutes)* while stirring constantly.
2. Remove the saucepan from heat and let cool for 20-25 minutes. Add eggs, vanilla, salt and pecans, and stir.
3. Pour into an unbaked pie shell. Bake at 325° for 50-55 minutes.

 6-8 Servings

 1 Hour 30 Minutes

FIG CAKE

CAKE INGREDIENTS

1½ c. light brown sugar	1 tsp. cinnamon	1 c. buttermilk*
2 c. flour	1 stick butter, melted	2 tsp. vanilla
2 tsp. baking soda	½ c. oil	1 c. fig preserves
½ tsp. salt	3 eggs, beaten	1 c. chopped pecans

CAKE DIRECTIONS

1. Heat oven to 325°. Grease and flour a Bundt pan.
2. Combine dry ingredients. Add butter and oil and beat well.
3. Add eggs and beat until well blended.
4. Beat in buttermilk and vanilla. Stir in fig preserves and pecans.
5. Pour into the prepared pan. Bake for 55 minutes to 1 hour.

* One cup of regular milk mixed with 2 tablespoons vinegar can be substituted for buttermilk.

GLAZE INGREDIENTS

1 c. brown sugar	¼ c. milk	¾ c. butter
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GLAZE DIRECTIONS

6. Mix and cook for 3 minutes over medium heat.
7. Pour over cake while cake is still hot.
8. Insert butter knife between the pan and edge of the cake and gently pull cake away from the side of the pan to allow glaze to soak down into sides of cake. Repeat around entire edge of cake.
9. Let cake cook in the pan before removing.



 6-8 Servings

 1 Hour 15 Minutes

INGREDIENTS

1 pkg. chocolate cake mix	4 eggs
1 c. canola oil	1½ tsp. vanilla
1 c. sour cream	1 c. semi-sweet Ghirardelli chocolate chips
1 - 3.9 oz. pkg. instant chocolate pudding	Powdered sugar
½ c. hot water	

DIRECTIONS

1. Preheat oven to 350°. Grease and flour a Bundt pan.
2. Combine first 7 ingredients. Beat until smooth.
3. Stir in chocolate chips. Pour batter into the prepared pan. Bake for 1 hour.
4. Allow to cool. Sprinkle with powdered sugar.



SECTION 07
COCKTAILS

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 1 Serving

 5 Minutes

TEQUILA MULE

INGREDIENTS

1½ shots (1.5 oz.) chilled tequila (my favorite is Herradura Blanco/Silver) 4 oz. chilled ginger beer (my favorite is Gosling's Ginger Beer)
1 shot (1 oz.) fresh lime juice (from about 1 lime) 1 lime wedge

DIRECTIONS

1. Add all ingredients to an 8-ounce cocktail glass with ice.
2. Gently stir and garnish with a lime wedge.

Variations:

In a pinch when you don't have ginger beer, this is also good with regular ginger ale.

If you don't have fresh limes for lime juice, add a teaspoon of concentrated sweetened lime juice like Rose's lime juice, which is especially good if you use ginger ale instead of ginger beer.

This is also delicious with a few thin slices of jalapeño (seeds removed) and muddled in the glass before mixing. It adds a little extra spice.



 1 Serving

 5 Minutes

INGREDIENTS

10-12 fresh blueberries 3 oz. vodka
1 oz. simple syrup 1 thin lemon slice
1 oz. freshly squeezed lemon juice

DIRECTIONS

1. Add blueberries, simple syrup and lemon juice to the shaker. Using a muddler, muddle the blueberries completely.
2. Add the vodka and some ice to the shaker. Shake until thoroughly mixed and chilled.
3. Strain into a martini glass and garnish with a lemon slice and blueberry.

CATHERINE'S WHISKEY SNOWBALLS

INGREDIENTS

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

DIRECTIONS

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

MOCHA PARTY PUNCH

INGREDIENTS

½ c. instant coffee	1 - 5½ oz. can Hershey's chocolate syrup
2 c. sugar	½ gal. vanilla ice cream
3 c. hot water	Cool Whip
2 qt. whole milk	Nutmeg
2 Tbsp. vanilla	

DIRECTIONS

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

RD'S FAMOUS BELGIAN BLOODY MARY

INGREDIENTS

1 qt. Clamato	1 Tbsp. hot sauce
3 Tbsp. Worcestershire sauce	1 Tbsp. Pickapeppa
1 Tbsp. lime juice	1 Tbsp. Tiger Sauce
1 Tbsp. lemon juice	2 oz. vodka of your choice

DIRECTIONS

1. Mix all ingredients together.
2. Serve over ice.

Note: I usually eyeball $\frac{1}{3}$ vodka and $\frac{2}{3}$ mix.

Variations: Use tequila for a Bloody Maria, gin for a Bloody Bull and bourbon for a Bloody Derby.

Optional garnishes and seasonings: celery, cucumber, bell pepper, horseradish, ketchup, olive juice, celery salt, Cajun seasoning, lemon pepper, cucumber infused vodka is preferred, but you can also use tomato, citron, pepper or plain vodka



CLASSIC SAZERAC

INGREDIENTS

- ½ oz. simple syrup
- Herbsaint or absinthe
- 2½ oz. Sazerac Rye whiskey
- 1 lemon peel
- Peychaud's Bitters

DIRECTIONS

1. Fill a lowball glass with ice to chill. Set aside.
2. In a mixing glass, add simple syrup*, rye whiskey, 3 dashes of bitters and ice. Stir until chilled and combined (20-30 seconds).
3. Empty the ice from the lowball glass. Pour a splash of Herbsaint into the glass and swirl to coat the inside of the glass. If any Herbsaint remains in the glass after swirling, discard the remaining Herbsaint.
4. Strain the whiskey combination into the lowball glass.
5. Twist the lemon peel over the glass and run the peel on the rim of the glass. Peel can also be dropped into the drink or discarded.

**Add more simple syrup if you prefer a sweeter Sazerac.*

SPARKLING BLACKBERRY ROSEMARY PUNCH

This can be made as an alcoholic or nonalcoholic punch.

INGREDIENTS

- 2 pints (4 c.) fresh blackberries
- 4 bottles (750 mL each) champagne, Prosecco or other sparkling wine (substitute ginger ale for nonalcoholic version - chilled)
- 1 Tbsp. minced fresh rosemary, plus sprigs of fresh rosemary for garnish
- ⅔ c. sugar
- Ice ring or ice cubes
- 1⅓ c. water

DIRECTIONS

You will need a punch bowl that will hold at least 1 gallon of liquid.

If using an ice ring, make sure to make it the night before. Use no more than a ½-cup of the blackberries and a few sprigs of rosemary in the ice ring.

1. Place 3 cups of blackberries in a saucepan with the minced rosemary, sugar and water.
2. Mash the blackberries a bit. Let simmer over medium heat for approximately 20 minutes until somewhat reduced.
3. Strain the mixture through a fine-meshed sieve to remove the solids. The solids can be discarded (or put on top of ice cream!).
4. Cool the sauce to at least room temperature in the refrigerator. Place the cooled sauce in a punch bowl and add the sparkling wine (or ginger ale if making nonalcoholic punch).
5. Add the ice ring or 2 cups of ice cubes. Float the extra blackberries (those that were not used in the sauce or the ice ring) and rosemary sprigs on top.



 4-6 Servings  4 Hours

CHAMPAGNE SANGRIA

INGREDIENTS

2 lbs. strawberries, hulled and sliced 4 c. lemonade
1 lemon, sliced 1 c. white rum
1 bottle white wine 1 c. champagne

DIRECTIONS

1. Combine all ingredients in a glass pitcher, except 1 cup of champagne. Refrigerate for 4 hours.
2. Add 1 cup of champagne. Pour into glasses and add fruit.
3. Top off with more champagne, if available, and add garnish.

 4-6 Servings  5 Minutes

CAJUN MARGARITA

INGREDIENTS

1 - 12 oz. package of Minute Maid limeade frozen concentrate
Tequila (*preferably silver tequila*)
Water
1 - 16 oz. bottle of Corona Extra beer

DIRECTIONS

1. Empty limeade concentrate into a pitcher.
2. Fill empty concentrate container with water and add to the pitcher.
3. Fill at least $\frac{1}{2}$ of the empty frozen concentrate container with tequila and add to the pitcher.
4. Add Corona beer. Stir contents thoroughly.
5. Serve on the rocks.



 2 Servings  5 Minutes

INGREDIENTS

2½-3 c. watermelon
Ice
½ lime
4 oz. good ginger beer or ginger ale
4 oz. Pimm's
1 cucumber, sliced

DIRECTIONS

1. In a blender, pulse and then strain watermelon.
2. Add juice from $\frac{1}{2}$ lime, Pimm's and ice to a shaker. Shake well for 1 minute.
3. Pour into glasses until $\frac{3}{4}$ full and top with the ginger beer, ice (*cucumber or regular*) and sliced cucumber.

Cucumber ice: Quarter part of a cucumber and place in an ice tray with water. Freeze for at least 12 hours. Slice the remaining cucumber for additional garnish.

DRY VOLUME MEASUREMENTS

Measurement	Equivalent
1/16 Teaspoon	Dash
1/8 Teaspoon	Pinch
3 Teaspoons	1 Tablespoon
1/8 Cup	2 Tablespoons
1/4 Cup	4 Tablespoons
1/3 Cup	5 Tablespoons plus 1 Teaspoon
1/2 Cup	8 Tablespoons
3/4 Cup	12 Tablespoons
1 Cup	16 Tablespoons
1 Pound	16 Ounces

LIQUID VOLUME MEASUREMENTS

Measurement	Equivalent
8 Fluid Ounces	1 Cup
1 Pint	2 Cups (= 16 Fluid Ounces)
1 Quart	2 Pints (= 4 Cups)
1 Gallon	4 Quarts (= 16 Cups)

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