

Cameron Parish Library

CAMERON PARISH

18TH ANNUAL

FUR &
WILDLIFE
FESTIVAL



JANUARY 11-12, 1974
CAMERON, LOUISIANA



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LAKE CHARLES LETTER SHOP

CAMERON PARISH



REFERENCE

LOUISIANA FUR AND WILDLIFE FESTIVAL

January 11-12, 1974

Cameron, Louisiana

OFFICERS

- J. B. Jones, Jr.President
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FESTIVAL SUPERINTENDENTS

- Richard Bros. Post No. 176, Lynex Richard, CommanderDuck & Goose Calling Contest
Uland Guidry4-H Fur Judging Contest
K. C. Council No. 3014, Pat Doland, ChairmanRetriever Dog Trials
Roland Trosclair, Jr.Parade
Mrs. Braxton BlakeMiss Cameron Parish Queen Contest
J. A. MillerMen's Nutria & Muskrat Skinning Contest
Doxey Vincent VFW Post 10019Ladies' Nutria & Muskrat Skinning Contest
Bob SchwarkArchery Contest
Jerry Savoie & Ray Burleigh-Mallard Rod & Gun ClubTrap Shooting Contest
Ellis McWhirter, Doxey-Vincent VFW Post No. 10019Trap Setting Contest
Sheriff Claude EaglesonTraffic
Mrs. W. J. BroussardCameron Library Art & Craft Show
Thelma Hackett, OES No. 225-Mrs. W. E. GuthrieFriday Night Program
Cameron Lions Club, Bob FarleySaturday Night Program
Mrs. Pat Doland & Mrs. J. C. Reina
(South Cameron High School Student Council)Stage Decorations
Alvin DysonFur Garments
Mrs. Geneva Griffith, Wade Vincent & William O. MorrisPublicity
Mrs. Tommy WattsLouisiana Fur Queen Contest
South Cameron Jaycees, Barney Kornegay, PresidentQueen's Ball
Mrs. Whitney Baccigalopi-Court Mary Olive CDA No. 1463-Wildlife Poster Contest
Mrs. Don WagnerBands
Mrs. Charles HebertScrapbook
Dr. Cecil ClarkPhotography
Ward Fontenot, ChairmanFur and Wildlife Festival Booklet
Mrs. Guthrie Perry & Mrs. Guy Murphy, Jr.Little Miss Cameron Parish Contest
Mrs. George WilkersonHostess for Maryland Group
Mrs. Jerry JonesTrophies
Ray BurleighTown Decorations
Mrs. W.J. Broussard & Cameron Library StaffCompiling Festival Results
Mrs. Leo FolseSpecial Art Exhibit

MESSAGE FROM THE PRESIDENT

Welcome to a "sportsman's paradise" and join in the fun of this unique Louisiana Festival!

It's been a real joy for me to work with the folks in this area to put on this event -- to all, many thanks for a grand effort.

And again, a special vote of thanks to the Cameron Parish Police Jury for its faithful support.

Be sure to try the recipes. They represent the experience and tradition of many generations.

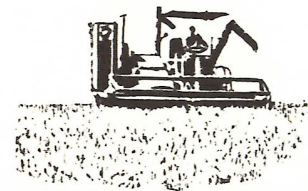
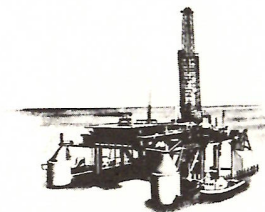
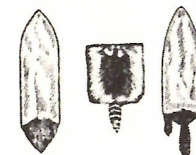
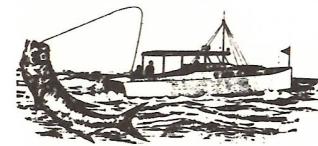
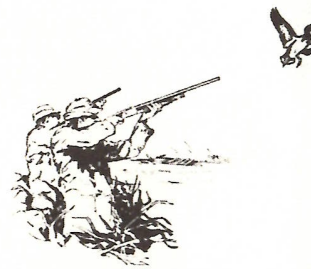
Sincerely,

J. B. JONES, JR., President
Louisiana Fur & Wildlife Festival

M. LYLE CRAIN, PRESIDENT
CHARLES H. PRECHT, VICE-PRESIDENT
JERRY G. JONES, SECRETARY
E. GARNER NUNEZ, TREASURER

POLICE JURY
PARISH OF CAMERON
CAMERON, LOUISIANA 70631

WARD 1-ERNEST MYERS
WARD 2-LYLE CRAIN
WARD 3-NORMAN McCALL
WARD 4-CHARLES H. PRECHT
WARD 5-ARCHIE BERWICK
WARD 6-C. A. RIGGS



TO: Cameron Parish Residents, Friends and Visitors:

We of the Cameron Parish Police Jury want to extend our congratulations to the many citizens who work hard to produce the Louisiana Fur and Wildlife Festival and make it one of the most enjoyable festivals in the state.

We commend the selection of the Rice Industry for recognition this year. Rice is the single most important agricultural crop to Cameron and her sister parishes. Our rice farmers rank with the best in their farming achievements and in community prominence, they are second to none.

Cooperation between the Police Jury and the Festival has resulted in mutual benefits and we pledge our continued support to the Festival and wish for it the continued success it has experienced.

Cameron Parish Police Jury

Lyle "Butch" Crain,
President

GWENDOLYN SHARON PHELPS
18th ANNUAL
1973 FUR AND WILDLIFE FESTIVAL QUEEN



Miss Gwendolyn Sharon Phelps, 18 years old, is the daughter of Mr. and Mrs. Gene Veiron, Jr. from Thibodeaux, Louisiana. Gwendolyn has black hair and brown eyes. She is the 1973 Louisiana Fur Queen of the Louisiana Fur and Wildlife Festival.

Gwendolyn is a student at Nicholes State, enrolled in education and her ambition is to obtain her degree and teach physical education on the high school level.

Miss Phelps is a member of Peppercettes Math Club, Future Homemakers of America, Roarettes (Drill Squad), Future Teachers of America, Ethes (Speech Club), NCOA - Non-Commissioned Officer Auxiliary - rank of Major Coquettes (Nicholls Drill Team).

Her main interests are reading, many outdoor sports such as baseball, football, swimming, and horseback riding.

Miss Phelps has held the following beauty contest titles: Miss Thibodeaux, Miss LaFourche, LaFourche Farm Bureau Queen and Louisiana Farm Bureau Queen (1st runner up) and Miss Congeniality.

This Page Paid for by THE SUPERIOR OIL COMPANY

THOMAS W. STEED
1973 KING FUR V



King Fur V, Tom Steed, born in Lake Charles in 1907 is married to the former Edna Singletary. He is owner and president of Steed's Fish Co., Steed's Ice Co., and Mr. Tom Inc., member of the 32nd degree Scottish Rite Mason, past master of Cameron Lodge 439, past patron of the Eastern Star, member of Wakefield Methodist Church in Cameron, Louisiana, and past president of the Lions Club.

He was president of the Louisiana Shrimp Association in 1969 and 1970, and is presently serving as chairman of the Board of Directors. He has also served two years as the National Shrimp Congress executive committee.

Mr. Steed first became involved in the shrimp industry in 1934 when his father opened a shrimp shop in Cameron. He took over complete management of the shop in 1940. For several years he has rebuilt the shop with the following improvements: shrimp grading machines, freezers for increasing capacity up to 30,000 pounds daily, air conditioned building for employees. He has worked for the betterment of the shrimp industry and working conditions of his employees. He recently built a fiber-glass shrimp boat, Mr. Tom.



*DEBBIE PRECHT
18th ANNUAL
1973 MISS CAMERON PARISH*

Miss Debbie Precht is the 19 year old daughter of Mr. and Mrs. Herman Precht of Sweet Lake, Louisiana. She is the 1973 Miss Cameron Parish of the Louisiana Fur and Wildlife Festival.

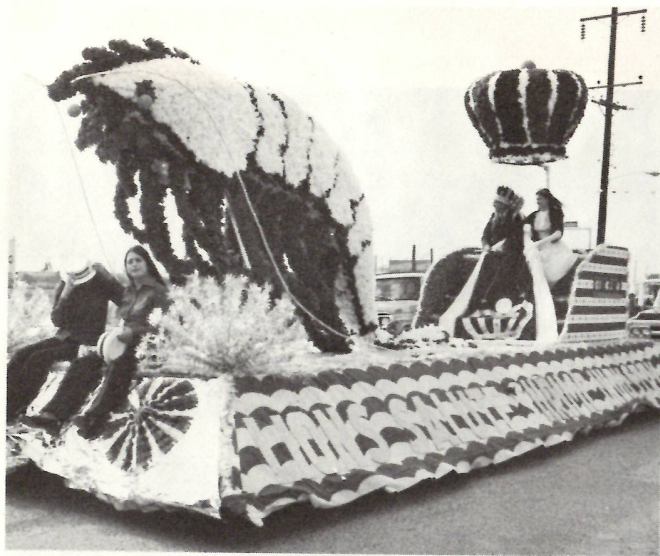
Debbie is a student at McNeese State University, majoring in Elementary Education. She was a sponsor in the R.O.T.C. Pershing Ware Rifle. (The drill team marched in various cities including the Mardi Gras Parade in New Orleans). Debbie was active in sports, band and was a member of the National Honor Society in high school, and valedictorian of her class. Her main interests are piano, flute, sports, swimming and crabbing.

1973 LITTLE MISS CAMERON PARISH



Nine year old Monique Taber, daughter of Mr. and Mrs. Richard Taber of Cameron was crowned as the third annual "Little Miss Cameron."

Miss Taber has brown hair and brown eyes, attends Cameron Elementary School and is in the fourth grade. Miss Tabor's hobbies are reading, baton twirling, and art. She is a member of the pep squad and a maid on the Barracuda homecoming court. She is pictured here with her escort, Master Charles Vincent, Jr., son of Mrs. Leanna Vincent and the late Charles Vincent, Sr.



Lions Club float judged "Most Beautiful" in 1973 parade, saluting Shrimp Industry.



Miss Cameron Parish 1973 contestants in Friday night Fur Festival Program. Left to right: Laura Lynn Hebert, Debbie Precht, Charlene Ann Faulk, Martha Hebert and Rosilie LaBove.



Debbie helps spread the good word!



These young Cameron cooks seem to be enjoying riding their entry in the 1973 parade.



Dan Berg is pictured here earning 2nd place in the Junior Archery Contest.



Trap setting is a serious contest judging from the expressions on the faces of the spectators.



HISTORY OF THE RICE INDUSTRY

by

Mrs. Tom (Una) Taylor and Mrs. Carolyn Gibbs

The story of the small, life infolded, golden grain of rice, from the time it's dropped into fertile soil until it reaches our table in edible form presents a most interesting and fascinating story.

It is a known fact that rice is the most important food crop in the world. The very staff of existence of many people in many lands. It is the number one agricultural crop in Southwest Louisiana.

Agriculture as we know it today is the result of a progressive development of many centuries. It is very interesting to learn that civilization began only after man chose the settled way of living and abandoned his nomadic existence. Farming began to improve and culture grew out of the new industries of farming and livestock raising.

Rice, the world's greatest cereal came out of the Southeastern Asia region ages ago, in fact rice culture began before recorded history.

The first mention of rice in formal history occurred in 2800 B.C. when a Chinese emperor wrote a ceremonial ordinance for rice planting. The word "rice" in Chinese means "agriculture" or "culture." Many historians have traced the history of rice to an even earlier period, 3000 B.C., to a plant called "Newaree" which was grown in India.

Through the ages, rice culture moved westward into Asia, then to Southern Europe by the medieval times. The culture of rice in the European countries is responsible for the spread of rice to the colonies in the New

world.

The Spanish and Portugese in 1646 were responsible parties to bring the first rice to the Virginia Colony. However, the attempts to grow rice made by the colonists were unsuccessful. The knowledge in the culture were very limited, thus rice growing died.

Improved seed rice came to the United States in 1694. A ship sailed from the island of Madagascar bound for England and was blown off course by a storm. It was forced to land at the colony of Charleston, South Carolina for repairs. The people were kind to the Captain and his men. Before sailing the captain, John Thurler, expressed his gratitude to the people for their kindness by giving their governor, Dr. Henery Woodward, several parcels of rough rice grains. These grains were used by the colonists for seed.

From this seed rice the colonists grew enough rice for their colony as well as neighboring colonies. This seed rice gave the colonies a new export crop and soon the export trade with England was highly profitable by 1700.

Soon the growing of rice spread westward into the New Orleans area. However, the people of New Orleans could not get enough seed rice to supply their needs. In 1716 Chateaugue went to Santo Domingo to get some seed rice. A storm caused the ship to go off course and the ship landed at Dauphine Island. The New Orleans farmers were disappointed when they only received two barrels of seed rice. More knowledge was needed to farm the rice in the Louisiana low-lands. The people sent two ship captains to Africa to bring back "families with the cultivation of rice." The captains were also to "trade for three or four hogshead of rice" suitable for planting in the Louisiana marshes. The ships returned in 1718 and each ship was loaded with families, thus the beginning of slaves and many plantations.

The rice which was grown at this time of its Louisiana history was shipped to New Orleans by water for export trade. The old time boat stops was mostly on the naturally deep rivers. One of these rivers in the Cameron Parish area is the Mermentau River. The Hebert Plantation located in Lowery, Louisiana on the river was a stop for the boats enroute to New Orleans and Galveston, Texas.

The plantation was originally owned by Alexson Hebert. The home that was built in 1830 is still housing a family. The house is known today as the "Green House of Lowery, Louisiana." The plantation was taken over by Alexson's brother, Desire' Hebert, at the time of Alexson's death. Desire' Hebert farmed the 6,000 acres of the original Hebert Plantation. The main crop was rice. The plantation was always a meeting place for area farmers and many sacks of rice was shipped from the Hebert Stop. Within a 40 mile radius of the Hebert Stop and Lake Arthur was the only shipping boat stops. The Hebert Plantation was not only a stop to ship from; the boats brought seed rice, flour, sugar, coffee and other household items. The boats were also the mail service for the area.

In 1893, Louisiana was invited to have an exhibit at the Columbian Exposition held in Chicago, Illinois. The Louisianans made the exhibit showing the Louisiana lands and the profitable crop of rice. The climate and the lands were made inviting to the many Northerners.

THE MEN OF ALL MEN

By 1889, Louisiana was leading the United States in the production of rice. This credit is given to the many men who came to Louisiana, but did not return. They stayed and spent many working hours making the Louisiana marshlands productive.

Jabez B. Wakins made repeated trips to England to interest the Anglo-Saxsons in the Southwest Louisiana lands. Mr. Watkins went to the eastern seaboard and some of the English Quakers were encouraged by the news of the profitable lands. Soon the stream of the Northerners were pouring into the area.

The Northerners were coming into the Louisiana lands with new dreams and strong backs. Soon companies were being formed by groups of the same sect and by families, all in order to profit from the soil.

The story of the H. G. Chalkley family is the story of the agriculture development of Southwest Louisiana.

H. G. Chalkley Jr. of Lake Charles, president and manager of Sweetlake Land and Oil Company is the third generation in the story of an aggressive English family which played a dominant role in the development of the Louisiana rice industry.

The firm of Chalkley and Sons, English investment company, was founded by the first H. G. Chalkley who made a trip to Louisiana in 1882 to investigate the rumored sale of state lands. Through his agent, J. B. Watkins, he purchased a million acres, consisting mostly of marsh and prairie lands for the company as investment in real estate. The company's holdings, located in the parishes of Calcasieu, Cameron and Vermilion and what is now Jeff Davis, were to be resold for cattle raising purposes and they were bought with the possibility of raising rice in mind. The Chalkley holdings in America then became known as the North American Land and Timber Company, with J. B. Watkins as manager.

Most of the original Chalkley purchase was sold to farmers who cultivated the land, Mr. Chalkley said. His predecessors early realized that home ownership was a requisite of a sound economy and good business.

Among the few families of this area who still own the land purchased from the firm of Chalkley and Sons are: the Helms, Dolzie (Mau) Hebert, Schultz, Primeaux, and Cox families.

Back in 1887, at great financial cost, an attempt to grow rice in the low, wet marshland was made by the Sweetlake Land and Oil Company's predecessors, the North American Land and Timber Co.

A series of three canals running parallel a half-mile apart were dug in an attempt to cultivate rice on the marshland along Calcasieu Lake. Water was pumped off the land in an attempt to condition the soil. Barges with huge "winding

engines" were placed in the canals and a reversible plow drawn back and forth between barges plowing furrows a half-mile long. But no rice was harvested as a result of the experiment, although the attempt continued for about three years. The soil, they discovered, was too porous and since the levees along the lake were made of the same material the water could not adequately be held back.

About 1905, Mr. Chalkley, Sr., now as manager of the North American Land and Timber Company, interested in cultivating the idle prairie land, successfully prevailed upon the company to conduct an experiment in raising rice on high, well drained land, irrigated by lifting water from the bayou to field level, a system now known as artificial irrigation.

The experiment was a success. So successful in fact that the irrigation system conceived and placed in use at that time is still serving today with added refinements. The rice industry, heretofore, struggling in an arrested infancy, suddenly found itself and with the tremendous influx of farmers, even from as far as the state of Iowa to Southwest Louisiana, it rapidly gained impetus.

Among those coming from out of state were the Schultz brothers from the state of Iowa, the Todd family, father and sons from Kansas. The Helms brothers from Tennessee and the Cox brothers who came from England.

Some of the most prominent farmers of this area are descendants of the families aforementioned.

Seamon A. Knapp, an educator and agriculturalist from Iowa, came to Louisiana and settled in the Lake Charles area. Mr. Knapp helped to organize a bank for the benefit of the farmers. He formed two speculative companies, to set up demonstration farms. Knapp worked to the advantage of the rice farmers. He promoted the rotation of the crops; encouraged the farmers to form an association in order to have a voice in the governing powers and to have more power. This association was the first Rice Association. Knapp organized the paper, *Rice Journal*, and served as its editor. Mr. Knapp helped to start the first rice mill in the Southwest Louisiana area. In 1898 and again in 1902 Seamon Knapp went to Japan for improved varieties of rice seed.

J. F. Shoemaker, a farmer in the Hebert Plantation area, discovered a different type of rice growing in a field and developed the variety into an improved rice seed, called "Blue Rose." In 1934 over 50% of the rice production in the United States was "Blue Rose."

BROADCASTING THE SEED

The French Acadians who settled in the Southwest Louisiana areas used more or less primitive ways of raising rice. Some used a method that was handed down through the generations. Many of the northern Cameron Parish ancestors farmed rice in this method.

They enclosed an area — usually a pond or *coulee'* with cypress *pieux* (stakes or poles). The seed was then sown upon the unbroken soil. The farmers cattle was driven around and around over the soil and the seeds were trampled into the earth. The cattle was then turned out and the *gap* was put up. Nature did the rest. No part of the Acadians rice growing was on a large scale.

The residents of Louisiana from the north gave more effort to the preparation of the land. In March, all the ditches were opened and they commenced with the plowing; mud or not — as long as the oxen could go through it. They used six oxen, two drivers, and one to guide the plow. A Roman plough or the French sock plough was used to break the soil.

In 1880, oxen and "creole" ponies were used to pull one share plows. The seed rice was broadcasted at the rate of 3/4 of a barrel to the acre. Then harrowing was used to cover the seed.

As each year goes by, the improvement of farming equipment changes just as everything does. Today, the farmer can purchase air conditioned tractors with radios and all modern conveniences.

WATER SUPPLY AND THE RICE FIELDS

By the 1899's, the parishes of Acadia, Calcasieu, Cameron and Vermilion boasted in having 25 irrigation canals. These canals served many acres of rice producing land.

In the year of 1902 the rice crop was hampered by the invasion of salt water in the Mermentau River and its tributary bayous. The newly formed Rice Irrigation and Improvement Association met and decided that a dam should be built across the Mermentau River at Grand Chenier, in order to prevent salt water from the Gulf of Mexico coming into the rice canals and fields supplied by the river. The residents of Grand Chenier were angered by the dam and complained of flooding. The dam was dynamited by the Chenier residents on a dark night in 1903.

Cameron and Vermilion Parishes were the hardest hit parishes when the severe drought hit in 1917. Many local farmers remember this drought and look back on it as being the deciding vote for "making and breaking" the farmers.

Many farmers in the Mermentau River Valley suffered great losses when the inflow of salt water destroyed much of the rice crop in 1931. The newly constructed intercoastal Canal was blamed for this disaster. The farmers sought locks and reservoirs. But aid did not come in time to prevent the crop loss in 1951. Soon Federal Aid was received and construction of three major locks were installed to prevent the inflow of the salt water. Locks were constructed on the Vermilion River, on the Mermentau River, at Catfish Lake, and at the junction of the Canal and Calcasieu Lake.

As time rolled by, the rice production became a business for each and everyone interested. The surveyors found they could help the farmers by scaling the land and make levees to keep the same amount of water in each section of the rice fields. Soon, land leveling was successfully proven and was used on a wide scale basis.

Progress moved forward with each year and farmers learned new and much improved ways of farming. In 1967, the farmers were introduced to underground irrigation systems. Many area farmers have this type of irrigation in use today.

THE GOLDEN GRAIN HARVEST

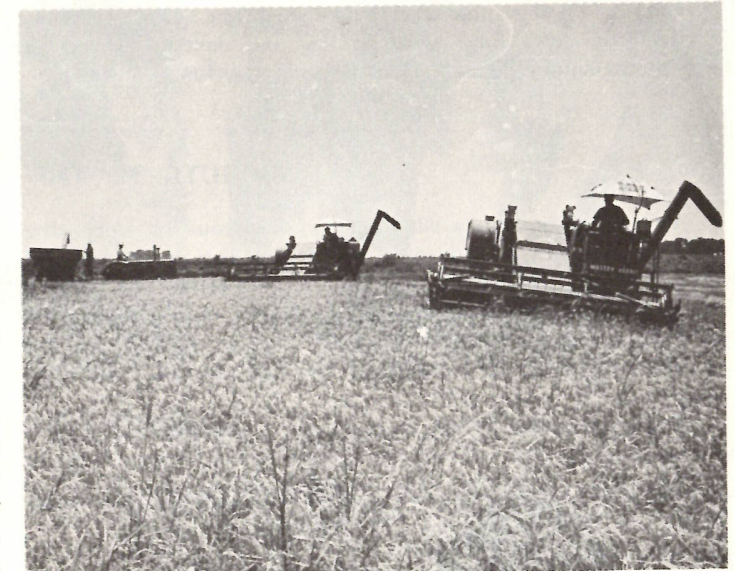
The hand sickles were used by the Acadians and the early rice farmers. By 1870 the reapers were being widely used. Soon the twine binder proved to be helpful in the rice harvest of 1884.

William Derring, manufacturer of the modified "Appleby Twine Binder," thought the binder could be helpful in the Southwest Louisiana rice fields. Soon 300 binders were shipped by special train to Lake Charles in 1890.

Cameron Parish farmers have always been the farmers with some of the most recent and modern equipment. By the time of 1880 was in full swing the Cameron Parish farmers were harvesting their rice with oxen pulled threshers.

Labor was a set back in all farmers' eyes. The harvest of 1943 was at its peak. The farmers complained and the United States tried to help the struggling men. In 1944, German Prisoners of War were brought to the area to help with the harvest. Camps were set up — one on the Contraband Bayou in Lake Charles, and in Bell City on the Columbus Stine farm. Many Sweetlake farmers transported the prisoners from Bell City to work in the area fields.

Combines came into use and eased the labor problem. Many farmers in 1942 pooled the use of combines in the peak of the harvest. Cameron Parish led the rice harvest in 1947 with the self-propelled combines.



RICE ACREAGE AND PRODUCTION

The rice industry is one of the most rapidly growing agricultural crops in the United States. The production of rice has expanded twentyfold from 1900 to 1972.

In 1972 the United States had 1,817,900 acres harvested in rice; Louisiana claimed 522,000 acres of that total. Cameron Parish in 1973 planted 15,177.5 acres in rice. The 1972 rice barrels per acre averaged twenty-five. However, the 1973 rice barrel average is going to fall short this year due to the adverse weather conditions.

Today, rice culture is a highly mechanized crop. Airplanes are used for the seeding, insecticide and fertilizer application. Large tractors are used in the breaking of the soil. Harvest is done by the largest and most modern combines. The only hand work comprises of the maintenance and repair of levies for holding water to the rice paddies.

BY-PRODUCTS OF RICE

Many valuable by-products are obtained from rice, a grain known mostly as a versatile, easy to prepare food.

Rice Hulls: A very fine abrasive for certain polishing operations is made from the rice hulls. They are used in the manufacture of certain other products such as hand soap and furfural, a product used in making synthetic rubber, rayon and many other synthetic materials. Thousands of tons of rice hulls are also used as bedding in poultry houses.

Rice Bran: This is the outer cuticle layer and the germ of the rice grain which is removed in the milling process. It is high in niacin and is used in livestock and poultry feed.

Rice Oil: Rice oil is now being extracted from rice bran. It is a fine cooking oil and low in cholesterol. Rice oil refined to a lesser extent is used as a conditioner for leather goods.

Rice Polish: Rice polish is produced during the final stages of the milling process. It consists of the inner cuticle layer of the grain plus small quantities of the outer layer of the kernel. It is highly digestible and has a high vitamin content. It is in demand as a livestock feed and is coming into use for human consumption.

Rice Flour: Milled rice is ground into flour. This flour can be used in place of wheat for baking. Rice is a non-allergenic and the flour is particularly valuable to persons who are allergic to wheat flour products.

Rice Straw: After rice harvesting is completed, the remaining straw is often baled and used as a roughage feed for cattle.

Many benefits are derived from the last phase of rice culture. The remaining straw in the rice fields is often baled and used as a roughage feed for cattle. It also provides good pasture for cattle; for the hunter it becomes a "hunter's paradise."

Rice is 98% digestible, and the starch in rice is 100% amylpectin, the most rapidly and completely digested grain.

Scientists have long observed that in countries where there is low incidence of high blood pressure, less heart ailment, less kidney disease, rice is the principal food consumed.

TRIBUTE TO THE FARMERS

Yes, the farmers as a whole are a courageous lot. Very often they have to contend with adverse weather conditions often plagued with crop diseases, insects, and this year army worms have created many problems even after spraying they were still evident. All of this they take in their stride with undaunted spirit, and keep on ... "keeping on!"

Many farm youths simply fail to realize that modern farming requires the highest culture of leadership, initiative business acumen and education.

There's been entirely too much dwelling on past hardships — the misery and drudgery that used to be the average farm.

Today's modern farmer is not only a businessman, he is among our best informed citizen. Farming is indeed a honorable occupation and our hats are off to the farmers ... *the backbone of the world!*

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Sherrill Taylor LaVergne, 4-H Record Book, Rice Demonstration, assisted by Miss Patsy Granger, agent.

INTERVIEWS

Webster Todd, Farmer-cattlemán

Donald Todd, farmer-cattlemán

Edmond Helms Sr., farmer-cattlemán

Charles Hackett, ASCS Director

Carroll McCall, Ex-Cameron Parish Agent

Schultz family, farmers

Charles Hebert, farmer-cattlemán

Oliver Primeaux, farmer-cattlemán

Eraste Hebert, farmer-cattlemán

Carradine Cox, farmer-cattlemán



J. A. Miller of Cameron defends his title of World Champion Muskrat Skinner in 1973.



The skeet shooting contest is popular, but competition is stiff!



Muskrat skinning is not exclusively a man's job. These ladies, doing expert skinning, are Mrs. Robert Mudd shown above and Mrs. J. A. Miller, upper right. The winner of the Women's Muskrat Skinning contest receives a fur stole.



"A PINCH OF THIS AND A DAB OF THAT!"

The recipes of South Louisiana cooks are much like old folk songs. They must be learned by heart because they have never been written down. The editors of the 1973 Fur Festival Cookbook did not let it rest at that. We wanted you to be able to share the rich culinary heritage of our area so we sent many good cooks to their kitchens this year with instructions: "Cook it the way you always do, but write it down as you do." It worked!

The following collection of delectable recipes would delight a generation of kings. We have emphasized rice because that noble grain is being honored by the festival this year, but a wider variety of dishes have seldom been published in one book. You may note that we have tried to include the winners in the annual Favorite Food Show held for Cameron Parish cooks. You will also find some old favorites which you requested.

We want to thank the co-chairmen, Mrs. J. B. Blake, Jr. and Mrs. Lyle Crain; the community workers, Mrs. Charles F. Hébert, Mrs. Claude V. "Pete" McCall, Mrs. John S. Prescott, Mrs. Bynum Shove, Mrs. Isaac Fontenot, Mrs. Albert Guidry, Mrs. Mayo Cain, and Mrs. Lloyd Guidry; our artist, Mrs. Gladys McCall; and a host of typists and proof readers too numerous to name. Also, Patsy and Martha.

—The Editors

RECIPE SECTION

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SEASONED RICE

RICE DELICIOUS

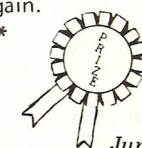
1 can sliced mushrooms
1 can water chestnuts, sliced
1 can onion soup
1 stick butter or margarine
1 cup raw rice

Reserve liquid from mushrooms and water chestnuts. Melt butter in saucepan, and saute mushrooms and chestnuts 1 or 2 minutes. Combine with rice, onion soup, and reserved liquid plus enough water to fill soup can. Bake in 300° in covered dish for about one hour or until rice is done.

This dish is a favorite of so many Cameron Parish cooks, we feel obligated to include the recipe again.

SPANISH RICE

3 c. cooked rice
6 slices bacon, cut into 1" pieces
½ c. minced onion
1 can (16 oz.) tomatoes
2 tsps. salt



Junior
Sweepstakes
Award
1969 Favorite Food Show

" OWNED BY THOSE WE SERVE "

JEFFERSON DAVIS ELECTRIC COOPERATIVE INCORPORATED

Jennings, Louisiana

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R. O. Hackett
Sidney Derouen
Garner Nunez
Alvin Dyson
Fritz Lang

6-8 drops Tabasco
½ cup shredded American cheese

Heat oven to 400 degrees. Fry bacon pieces in large skillet over medium heat until crisp. Lift bacon out of skillet. Place in 1½ qt. casserole. Stir bacon around to grease casserole. Add onion to bacon fat is skillet and cook until yellow and soft. Stir in cooked rice, tomatoes, salt and Tabasco. Pour mixture into casserole. Sprinkle grated cheese over top. Bake 25 to 30 minutes.

—Roberta Carol Blake, Cameron, La.

SCRAMBLED EGGS AND RICE

1/3 c. chopped green onions
1 Tbsp. chopped onions
½ c. chopped green bell pepper
2 Tbsp. margarine
2 c. cooked rice
6 eggs — beaten
1/3 c. milk
1½ tsps. salt
½ tsp. pepper, red or black
1 c. grated cheddar cheese

Saute onions and green peppers in margarine until tender and crisp; add rice. Combine eggs, milk and seasonings. Pour over sauted onion and pepper; cook over medium heat, stirring constantly until eggs are done; sprinkle with cheese. Serves 6.

—Elaine Hebert, Sweet Lake, La.

BAKED RICE

1 stick oleo
1 c. raw rice
1 c. consomme
½ c. water
1 small jar sliced mushrooms
¼ c. dry onion soup mix

Combine all ingredients in casserole. Cover and bake at 375° F. for 45 minutes.

—Kathy Elmer, Grand Chenier, La.

GREEN RICE SUPREME

1 c. rice
4 oz. cheese spread
½ stick margarine
½ c. chopped celery
½ c. chopped onions
1 pkg. chopped broccoli (frozen)
1 can cream of mushroom soup
1 sprig parsley

Boil rice until nearly done, put in colander and drain. Add cheese spread and set aside. Saute onions, celery and parsley in margarine. Add to rice and cheese mixture. Then add soup and bake at 350° F. for 1 hour. Serves 5.

—Hattie Nunez, Cameron, La.

RICE LYONNAISE

¾ c. sliced onion
2 T. margarine
3 c. cooked rice
¼ c. diced pimiento

Saute onion in margarine until golden brown. Add rice and pimiento. Cook over low heat until rice is thoroughly heated, stirring occasionally. Serves 5. Note: This is a great dish to use left-over rice.

—Mrs. Wendell Murphy, Cameron, La.

RICE AND CHEESE CASSEROLE

1 c. rice
1/2 t. salt
1 c. milk
2 c. water
2 c. grated cheese

Cook rice in salted water until tender. Have ready 2 qt. buttered baking dish. Put layer of rice, layer of cheese, etc., ending with cheese. Pour milk over top. Bake 25 minutes at 350 F. Serves 6.

—Mrs. John Prescott, Johnson Bayou, La.

* * *

RICE PILAF

1 medium onion, minced
1/2 c. thinly sliced celery
1 1/2 c. long grained rice
1/4 c. butter or margarine
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. thyme
3 1/2 c. chicken broth

Saute onion, celery, and rice in butter or margarine until vegetables are transparent and rice is golden. Add seasonings and chicken broth. Cover and cook over low heat until broth is absorbed, about 20 to 25 minutes. Makes 8 servings.

Acquired from the kitchen of Millie Allen

—Susan Watts, Cameron, La.

* * *

BROWN RICE FONDUE

1 c. cooked brown rice
1 c. grated cheese
1/2 t. salt
1/2 c. milk
3 eggs, separated

Heat rice in milk, add cheese and heat slowly till melted. Add egg yolks, beaten in slightly, add salt. Fold in beaten egg whites. Pour into buttered casserole and bake at 350 F. until firm.

—Mrs. John Prescott, Johnson Bayou, La.

* * *

MUSHROOM RICE

3 c. hot cooked rice, cooked in chicken broth
1 c. (4 oz.) sliced mushrooms, drained
1/2 c. cooked green peas
1 Tbsp. butter or margarine, melted
Salt and pepper to taste
1 Tbsp. chopped parsley

Combine rice, mushrooms, peas, butter, and seasonings. Heat until vegetables are hot, about 3 or 4 minutes. Toss lightly. Spoon into serving dish, garnish with parsley. Sprinkle with Parmesan cheese. Great with steak.

—Rice Council of America, Houston, Texas

* * *

CHEESE SOUFFLE

3/4 c. cooked rice
1/4 lb. grated cheese
1 c. hot milk
3/4 tsp. salt
3 eggs

Mix first three ingredients thoroughly. Add 3 egg yolks and mix. Beat 3 egg whites stiff and fold in. Bake in buttered dish 30 minutes at 350 F. Serves 6.

—Mrs. John Prescott, Johnson Bayou, La.

BARBECUED RICE

1 stick butter
1 c. chopped celery
2 cans cream of chicken soup
2 c. cooked rice
Salt and pepper to taste
1 medium onion, chopped
1 can chicken broth
1 t. liquid smoke
1/4 t. garlic salt

Melt butter. Cook celery and onion in butter until clear. Add chicken soup, chicken broth, and liquid smoke. Bring to a boil, stir until soup mixture dissolves. Salt and pepper to taste. Add rice, garlic salt. Bake 30 minutes at 350. Serves 6.

—Michael Prescott, Johnson Bayou, La.

* * *

RICE MEDLEY

2 Tbsp. margarine
1 (4 oz.) can deviled ham
1/2 c. diced celery
1 egg, beaten
2 c. cooked rice
1/4 tsp. salt; dash pepper
1/2 c. cheddar cheese, grated
Crumbled bacon (cooked)

Melt margarine in skillet, saute celery until tender, but not brown. Add rice, ham, egg, salt and pepper. Heat thoroughly, stirring constantly. Pour into buttered casserole dish. Top with cheese and bacon. Place under broiler only until cheese is melted. Serves 4. Note: This is great for a quick dinner after church.

—Mrs. Wendell Murphy, Cameron, La.

FRIED RICE WITH VEGETABLES

1 c. cooked rice, cooled
1/4 tsp. salt
4 slices bacon, diced
3 leaves lettuce, diced
1 c. dried onions
2 Tbsp. soy sauce
1 tsp. sherry
1/2 c. water
1/4 tsp. M.S.G.
Dash pepper
1 diced tomato

Using high heat, heat well greased frying pan, add salt. Fry bacon for about one minute. Add lettuce, onions, rice, soy sauce, sherry, water, M.S.G. and pepper. Cook and stir for 2 minutes. Add tomato. Servings: 4 large or 6 small.

—Jeanine Jones, Cameron, La.

* * *

FRIED RICE

2 T. salad oil
1 bunch green onions, chopped
(include some of the green tops)
1 c. diced celery
2 c. cooked rice
Salt to taste
2 T. soy sauce
1 small can chopped blanched almonds

Saute onions and celery in oil but do not brown. Add rice, salt and soy sauce. Mix and place in casserole. Bake in a 350 F. oven for 1/2 hour or less, until thoroughly heated. Brown almonds in butter and toss on top just before serving. This casserole can be made the main dish by adding cooked shrimp, chicken, ham or turkey. It can be made ahead of

time and frozen until needed or it can be made the day before and kept in the refrigerator until baked. Serves 4.

—Mrs. Charles F. Hebert, Cameron, La.

* * *

RICE AND MEAT

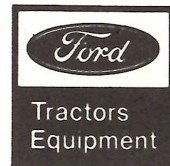
GREEN PEPPER STEAK AND RICE

1 1/2 pounds sirloin, cut in strips 1/8" thick
1 tablespoon paprika
2 cloves garlic, crushed
2 tablespoons butter or margarine
1 cup chopped green onion
2 green peppers, cut in strips
2 large fresh tomatoes, diced
1 cup beef broth
1/4 cup water
2 tablespoons corn starch
1 tablespoon soy sauce
4 cups hot cooked rice

Sprinkle steak with paprika and allow to stand while preparing other ingredients. Cook steak and garlic in butter until strips are browned. Add onions and green peppers; continue cooking until vegetables are wilted. Add tomatoes and broth; cover and simmer about 15 minutes. Blend water with cornstarch and soy sauce. Stir into steak and cook until thickened. Serve over hot rice. Makes 6 servings.

Green Pepper Steak and Rice was found in the September issue of Rural Louisiana. Worcestershire sauce can be used instead of soy sauce and your steak will have a delicious change in taste.

—George Blake, Cameron, La.



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PAM'S SPECIAL RICE FIESTA

- 1 pound ground beef
- 1 teaspoon salad oil
- 1/3 cup diced onions
- 2 teaspoons salt
- 1 teaspoon chili powder
- 1/4 teaspoon black pepper
- 1 12-ounce can whole kernal corn
- 1 16-ounce can stewed tomatoes
- 1/4 cup catsup
- 1 beef boullion cube
- 1/3 cup thin strips green pepper
- 3 cups cooked rice



1st place 1973
Favorite Food Show

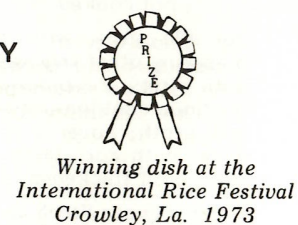
Brown ground meat in oil. Add onion. Cook over low heat (240 degrees) until onion is tender. Add seasonings, corn, tomatoes, catsup and beef boullion cube. Bring to a boil and let simmer for 2 to 3 minutes. Stir in green pepper and cooked rice. Let simmer again for 2 to 3 minutes. Serves 6 persons

—Pamela Duhon, Sweet Lake, La.

PIZZA FROM RICE COUNTRY (Using ground beef)

Crust

- (a) Combine:
 - 3 cups cooked rice
 - 2 eggs, beaten
 - 1 cup shredded Mozzarella Cheese
- (b) Press rice mixture firmly into a 12" greased Pizza pan by spreading evenly with a spatula. Bake at 450 degrees for 20 minutes.



Winning dish at the
International Rice Festival
Crowley, La. 1973

Ground Meat Topping

- (a) Cook the following until lightly browned:
 - 1 pound ground beef
 - 1/2 cup onion, chopped
 - 1 4 oz. can sliced mushrooms
- (b) Add the following:
 - 2 cans (8 oz. each) tomato sauce
 - 1 teaspoon oregano
 - 1 1/2 teaspoons basil
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon salt
- (c) Cook 1 minute
- (d) Spread evenly over rice crust
- (e) Top with 1 cup Mozzarella cheese (shredded or sliced) and 2 tablespoons grated Parmesan cheese.
- (f) Bake at 450 degrees for 10 minutes longer. To serve, cut in wedges.

To Freeze Pizza

Omit last 10 minutes of baking time. Cover and freeze. To serve: Allow pizza to thaw. Remove cover and bake at 450 degrees for 10 minutes.

—Jo Ellen Hebert, Sweet Lake, La.

RICE DRESSING

- 2 lbs. ground beef
 - 1 can cream of celery soup
 - 1 can cream of chicken soup
 - 2 tablespoons Kitchen Bouquet
 - 1/4 cup each bell pepper, onion, green onion and parsley
 - 1 soup can water
 - 2 cups rice
 - Salt and pepper to taste
- Preheat oven to 350 degrees

Brown meat in pot that is oven-proof. Add bell pepper, onion, green onion, and parsley. Simmer 5 minutes. Add soup and water mixed with Kitchen Bouquet. Add rice and stir mixture until well mixed. Cover pot and place in oven. Check after 45 minutes, stir and cook another 50 minutes. Dressing is cooked when rice is tender. Will serve 15 to 20 people. Freeze well in foil. To reheat, punch holes in foil and heat for 45 minutes.

—Mrs. Ronald David, Gueydan, La. (Klondike)

SPANISH DELIGHT

- 1 large onion
- 2 large bell pepper
- 1/4 cup bacon drippings
- 1 No. 2 can tomatoes
- 1 1/2 pounds ground chuck
- 1 No. 2 can cream style corn
- 3 teaspoons chili powder
- Salt and pepper to taste
- 1 pkg. medium width noodles

Saute onion and bell pepper in bacon drippings. Brown the meat, add tomatoes, corn and raw noodles. Cook until done over medium heat. Add seasonings. Place in casserole dish. Grate American cheese on top and bake at 350 degrees until cheese melts. Serves 6.

—Mrs. Wayne Wood, Grand Chenier, La.

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LAST MINUTE RICE CASSEROLE

- 4 cups water
- 1 stick margarine
- 8 boullion (chicken) cubes
- 1/2 cup green onions (chopped)
- 1/4 cup bell pepper (chopped)
- 1/4 cup parsley (chopped)
- 1 lb. pork sausage cut in thin slices

Bring all above ingredients to a boil and then add:

- 2 cups raw rice
- Salt and pepper to taste

Cook on low heat until rice is done. This is a very economical dish. You may substitute ham or diced chicken instead of sausage.

—Mrs. Mervin Chesson, Sweet Lake, La.

RICE HASH

- 1 lb. ground beef
- 3 cups cooked rice
- 3/4 cup water
- 1 can cream of mushroom soup
- 1 teaspoon salt

Brown ground beef, draining off fat. Add salt. Stir in soup and water. Simmer 5 minutes. Then add rice and simmer 15-20 minutes. Serves 6.

—Michael Prescott, Johnson Bayou, La.

PORK CHOP & RICE

- Seasonings to taste
- 5 pork chops
- 2/3 cup uncooked rice
- 1 can tomatoes
- 1 large onion, sliced
- 1 green pepper, sliced

Season and brown pork chops. Place uncooked rice on top of chops; add tomatoes. Place an onion slice and green pepper slice on top of each chop. Season. Cover and cook for 45 minutes. Yields 5.

—Mrs. Ray Beard, Grand Lake, La.

SCRUMPTIOUS RICE AND BEEF

- 1 lb. ground beef
- 1 cup chopped onions
- 1/2 cup chopped bell pepper
- 1 cup raw rice
- 4 T. margarine
- 1 t. salt
- 1 t. black pepper
- 2 t. chili powder
- 1/4 t. oregano
- 2 (16 oz.) cans stewed tomatoes
- 1/4 cup grated cheese
- 1 cup buttered bread crumbs

Brown ground beef, onion, bell pepper, and rice in margarine. Add salt, pepper, chili powder and oregano. Mix well until blended, to distribute the seasonings. Add tomatoes and mix well. Transfer to a 2 qt. buttered casserole. Sprinkle grated cheese on top. Top with buttered crumbs. Cover and bake at 350 F. for 40 to 45 minutes. Garnish with hard cooked eggs (wedges) and parsley. Serves 6.

—Darlene Guidry Taylor, Sweetlake, La.

BEEF & RICE CASSEROLE

- 1 lb. ground beef
- 2 T. cooking oil
- 1/2 cup chopped celery
- 1/2 cup chopped bell pepper
- 1/2 cup chopped onions
- 1 cup raw rice
- 1 T. salt
- 1/2 t. black pepper
- 2 oz. chopped mushrooms
- 1 to 2 cups whole tomatoes

Brown ground beef in cooking oil. Add celery, bell pepper, onion, rice, salt and pepper. Break up tomato slightly and add. Mix ingredients lightly. Simmer for about one minute. Place in a casserole with a tight fitting lid. Bake at 350 F. for 25 minutes. This recipe will yield from 4 to 6 servings. An electric skillet may be used.

—Mrs. Robert Wicke, Creole, La.

CHOP SUEY

- 1 c. cubed lean pork
- 1 c. chopped celery
- 1 medium onion, chopped
- 2 No. 303 cans bean sprouts
- 1 c. chopped mushrooms
- 2 Tbsp. soy sauce
- 1 Tbsp. cornstarch
- 3 c. cooked rice

Cook pork, celery, and onions for 20 minutes or until done. Add bean sprouts and a small amount of water. Cover, simmer for 15 or 20 minutes or until done. Add mushrooms, soy sauce and salt; stir well. Mix cornstarch and water; add to mixture. Remove from heat. Serve at once over cooked rice. Yield 6 servings.

—Mrs. Ray Beard, Sweet Lake, La.

CREOLE RICE CASSEROLE

- 1 c. uncooked rice
- 1/2 lb. raw ground meat
- 1 lb. peeled, deveined shrimp
- 1 c. fine chopped celery
- 1 c. fine chopped green onion
- 1 c. fine chopped white onion
- 1 can whole kernel corn, drained
- pinch of parsley
- 1 can whole tomatoes
- Salt, black and red pepper to taste

Thoroughly mix above ingredients in Dutch oven. Steam cook over low flame 1 hour, 350° F. Serves 4 to 6.

—Marie Kelley, Cameron, La.

SAUSAGE RICE CASSEROLE

- 1 lb. sausage
- 1/2 cup chopped green pepper
- 1/2 cup hot water
- 1 T. worchestershire
- 1 cup grated cheese
- 1 small onion
- 1 cup chopped celery
- 2 cans mushroom soup
- 1 cup uncooked rice

Brown sausage and drain off grease. Put sausage on paper towel. Simmer pepper, water and celery in skillet a few minutes. Add mushroom soup, worchestershire and uncooked rice. Place in a 1 1/2 qt. casserole. Sprinkle with grated cheddar cheese. Bake 1 hour at 350 degrees. Serves 8.

—Mrs. John Prescott, Johnson Bayou, La.

SOUTHERN RICE DRESSING

- 1 T. shortening
- 1 T. flour
- 2 c. broth, chicken or beef
- 1 clove garlic, minced
- 1 c. chopped giblets or ground meat
- 1 onion chopped
- 2 Tb. parsley, chopped
- 4 cups cooked rice
- Salt and pepper to taste

Mix roux using shortening and flour, and cook over low flame until brown. Add broth, garlic, and meat. Let cook for 20 minutes. Add onions and parsley; simmer for 10 minutes. Mix with cooked rice and seasonings; simmer for about 10 minutes. Serves 6.

—Mrs. Nolton Richard, Grand Lake, La.

CHILI WITH RICE

- 1 lb. ground beef
- 2 c. tomato sauce
- ½ t. pepper
- 1 t. worcestershire
- 1 c. uncooked rice
- 1 onion, chopped
- 2 t. salt
- 1 Tb. chili powder
- 1 can kidney beans

Brown ground beef and onion in skillet. Add remaining ingredients. Mix well. Bring to a boil. Simmer 30 minutes. Serves 6.

—Michael Prescott, Johnson Bayou, La.

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NICE 'N EASY RICE CASSEROLE

- 1½ lb. ground beef
- 1 c. chopped onion
- ½ c. chopped bell pepper
- 1½ c. raw long grain rice
- 1 can (16 oz.) cream of mushroom soup
- 2 cups water
- 1½ tsp. lemon pepper marinade
- 1½ tsp. Tabasco
- ½ c. grated parmesan cheese
- Paprika

Brown beef, onion, bell pepper. Stir till wilted in 4 tablespoons margarine. Add rice, soup, water, and seasonings. Fold lightly. Pour all ingredients into buttered casserole. Sprinkle grated parmesan and paprika over top. Cover and bake at 350 F. for 35 to 40 minutes. Serves 6.

—Suzanne Robichaux, Grand Lake, La.

RICE AND POULTRY

CHICKEN — RICE MAGNIFIQUE

- 6 Chicken breasts
- 6 Tbsp. butter
- 1 cup shredded carrot
- ½ cup chopped green onion
- ½ cup chopped parsley
- 3 cups chicken broth
- ½ tsp. salt
- Dash pepper
- 6 drops Tabasco
- 1 cup long grain rice
- 3 slices bacon, halved



1st Place
1972 Favorite
Food Show

In skillet, brown chicken breasts which have been seasoned with salt and pepper in butter. Remove and set aside. In same skillet, saute carrot, onion and parsley until tender, stirring frequently. Add chicken broth, salt, pepper and Tabasco.

Put rice in large casserole (15 x 9 x 2), add liquid mixture and stir. Top mixture with chicken breasts and place a strip of bacon on each. Cover with foil and bake in preheated 350 degree oven for approximately 1 hour or until liquid is absorbed by rice. Remove bacon slices to serve. Serves 6.

—Mrs. Braxton Blake, Cameron, La.

CHICKEN GUMBO

- 1 cup vegetable oil
- ½ cup flour
- 2 cups onions, chopped fine
- ¾ cup celery, chopped fine
- ¼ cup bell pepper, chopped fine
- 1 large hot pepper, chopped fine
- 1½ tsp. salt
- 1 large chicken, cut up
- ¼ cup green onion tops, chopped fine
- 2 Tbsp. chopped parsley

Heat oil in large pot. Add flour, stirring constantly until it is dark brown. Add onions, celery, bell pepper, hot pepper and salt. Add 1 cup water, stir, cover and let cook about 15 minutes. Add cut up chicken and about 1 gallon water. Let simmer about 1½ hours or until meat is tender. Add chopped green onion tops and parsley about 10 minutes before serving. Serve with rice. Makes 6 servings.

—Mrs. George Kelley, Cameron, La.

CHICKEN CASSEROLE

- ½ stick oleo
- 1 cup raw rice
- 1 chicken, cut up
- Salt and pepper to taste
- ½ pkg. dry onion soup mix
- 1 can cream of mushroom soup
- 1 soup can water

Melt oleo in oblong baking dish, and distribute rice evenly. Season chicken pieces with salt and pepper. Lay fryer over rice mixture and sprinkle with dry onion soup mix. Dilute soup with water and pour over chicken. Cover and bake at 350 degrees for 1 hour. Serves 6.

—Mrs. J. D. Fruge, Sweet Lake, La.

PAM'S RICE AND CHICKEN SPECIAL

- 2 Tbsp. butter
- 1 (2½ to 3 lbs.) fryer, cut up
- 2 Tbsp. seasoning salt
- 1 4-oz. can sliced water chestnuts (reserve liquid)
- 1 4-oz. can sliced mushrooms (reserve liquid)
- 1½ cups long grain rice
- 1 10½ oz. can chicken broth
- 1 10½ oz. can cream of celery soup
- 1 10½ oz. can onion soup

Electric Skillet Cookery: Preheat electric skillet to 300 degrees. Lightly brown seasoned fryer in butter. Remove chicken. Saute water chestnuts and mushrooms. Add rice, chicken broth, celery soup, onion soup and reserved liquids from mushrooms and water chestnuts. Heat to bubbly stage. Place browned chicken on top. Cover tightly; heat to

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steaming (300°). Cut skillet back to 220° and cook for 45 minutes.

Casserole Cookery: Proceed as above; transfer to 3 quart casserole and bake at 325 degrees for 45 minutes. Serves 6.

—Pamela Duhon, Sweet Lake, La.

ROAST CHICKEN WITH TOMATO RICE STUFFING

- ½ cup chopped celery
- 1/3 cup chopped green pepper
- ½ cup chopped onion
- 2 Tbsp. oleo
- 1 cup uncooked rice
- 1 1-lb. can of cut-up tomatoes
- ¾ cup water
- ¾ tsp. salt
- ½ tsp. sage
- Dash of pepper
- 1 fryer, cut up
- 4 Tbsp. vegetable oil
- Paprika

Saute celery, green pepper and onion in butter. In mixing bowl combine sauteed vegetables with the rice, undrained tomatoes, water, salt, sage and pepper. Turn into a baking dish. Brown chicken in oil; arrange atop rice mixture. Sprinkle with additional salt, pepper and paprika. Cover and bake for 1 hour at 350 degrees or until chicken is tender. Serves 6.

—Mrs. Gary Kelley, Cameron, La.

CHICKEN JAMBALAYA

- 1 hen (3 - 4 lbs.), cut up
- ½ cup oil
- 2 cups chopped onion
- 1 cup chopped celery
- ½ cup chopped green pepper
- 2 cloves garlic, chopped
- 6 to 7 cups water
- 3 cups raw rice
- 3 Tbsp. chopped green onion
- 2 Tbsp. chopped parsley
- Salt and pepper to taste

Brown chicken in oil. Add onion, celery, green pepper and garlic; cook until tender. Add water, rice, green onion and parsley. Season to taste with salt and pepper. Cook in covered pot on a very low fire about one hour or until done. Serves 8 to 10.

—Mrs. Roland Primeaux, Creole, La.

CAJUN CHICKEN FRICASSEE

- ½ cup cooking oil
- ½ cup all purpose flour
- 1 large onion, chopped
- 1 young hen (3 - 4 lbs.) cut up
- ¼ cup green onion tops, chopped
- ¼ cup parsley, chopped
- Salt and red pepper to taste

Mix oil and flour in large, deep pot. Stir constantly until golden brown. Add chopped onion and cook until soft and transparent. Add cut-up chicken, salt, pepper and about 2 quarts cold water. Bring to boil and cook on low heat about 1 hour until chicken is tender and liquid is consistency of gravy. About ten minutes before serving, add green onions tops and parsley. Serve over hot rice. Serves 6.

—Mrs. Isaac Fontenot, Grand Lake, La.

ORIENTAL RICE CASSEROLE

2 cups chicken, boned and cubed, seasoned with
1 tsp. salt
4 Tbsp. salad oil
¼ tsp. sesame oil
1 cup coarsely chopped onion
¾ cup celery sliced diagonally
1½ cups long grain raw rice
½ cup sliced water chestnuts
1 can (16 oz.) cream of mushroom soup
1½ cups water
2 Tbsp. soya sauce
1½ tsp. Tabasco
1 tsp. salt
¼ tsp. ginger
1/8 tsp. ground cloves
Seasoned bread crumbs

Brown chicken pieces in 2 tbsp. oil. Remove from skillet. Wilt onion, bell pepper and celery slightly in remaining oils. Add rice, water chestnuts, soup, water, seasonings and chicken. Blend well. Transfer to buttered casserole and top with seasoned bread crumbs. Bake, covered, at 350 degrees for 35 to 40 minutes. Serves 8.

(This dish won 2nd place in the Senior 4-H Club Main Dish category)

—Suzanne Robicheaux, Sweet Lake, La.

EASY CHICKEN AND RICE

1 cup raw rice
1 pkg. dry onion soup mix
1 fryer, cut up
1 can cream of chicken soup
(cream of mushroom or cream of celery)
3 soup cans water

Put raw rice in 2 qt. baking dish. Sprinkle soup mix over it. Quick fry chicken in skillet. Place chicken over rice. Pour cream soup and water over chicken and rice. Bake for 1 hour at 350 degrees. Serves 6 to 8 persons.

—Michael Prescott, Johnson Bayou

FOOLPROOF FOWL

1 can cream of mushroom soup, undiluted
1 can cream of chicken soup, undiluted
1 pkg. onion soup mix
1 soup can dry white wine
1 cup wild rice, well washed
3 chicken breasts, boned, skinned and split

Mix soups, wine and rice; let stand several hours. Arrange chicken breasts on top of mixture in ovenproof casserole. Cover. Put in oven at 350 degrees for one hour. After 1 hour, remove cover; stir gravy, and cook for another hour. Makes 6 servings.

—Mrs. Ward Fontenot, Cameron, La.

RICE AND POULTRY

ALIDA'S CHICKEN CASSEROLE

4 Tbsp. butter
1½ cups chopped celery
2 Tbsp. diced green pepper
2 tsp. minced onion



2nd Place
1973 Favorite
Food Show

1½ cups diced cooked chicken
½ tsp. chopped parsley
1½ cups chicken broth
½ tsp. salt
½ tsp. pepper
2 Tbsp. soy sauce

Melt butter and saute until tender the celery, green papper and onion. Add chicken, parsley, broth, salt, pepper and soy sauce. Place in a greased baking dish and bake at 350 degrees for 30 minutes. Serves 4.

—Mrs. Charles F. Hebert, Cameron, La.

ROAST TURKEY WITH HAM AND RICE STUFFING

1 large onion, chopped
¼ cup cooking oil
2 cups raw rice
3 cups chicken stock
½ lb. diced ham
Salt and pepper to taste
10 to 12 lb. turkey

Saute onion in cooking oil. Add rice and mix well. Pour in chicken stock and simmer slowly until all stock is absorbed, but the rice is slightly undercooked. Add ham, salt and pepper. Stuff seasoned turkey with this mixture. Cover with a tent of foil and bake for 3 hours at 325 degrees, then remove foil and allow the turkey to brown. Serves 10 to 12.

—Mrs. Mayo Cain, Klondike, La.

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RICE AND SEAFOOD

RICE AND SHRIMP CASSEROLE

1 stick margarine
1½ cups chopped onion
1 bell pepper
½ cup water
½ tsp. garlic salt
2 stalks celery, chopped
1 small can Rotel tomatoes
3 slickes bread
1 can cream of mushroom soup
2 cups cooked rice
¼ cup chopped parsley
3 cups shrimp



1st Place
1973 Favorite Food Show

Saute chopped seasonings in margarine; add shrimp and Rotel tomatoes. Cook for five minutes. Add soup and water. Cook 5 minutes longer. Soak bread in water, squeeze out all water and add to shrimp mixture. Add 2 cups cooked rice and parsley. Pour in greased casserole, cover with bread crumbs and bake 1/2 hour at 450 degrees.

—Nelvia Murphy, Grand Chenier, La.

CRAYFISH JAMBALYA

3 cups crayfish tails
1 cup plus 2 Tbsp. raw rice
1 Tbsp. flour
2 Tbsp. oil
1½ cup chopped onion
¼ cup chopped parsley
¼ cup chopped green onions
½ cup crayfish fat (optional)
2½ tsp. salt
½ tsp. black pepper
1/8 tsp. red pepper

Brown flour in oil. When almost brown enough, remove from heat and add onions. Stir constantly until onions are almost cooked. Add 2 cups cold water and boil until roux thickens. Add crayfish and other ingredients. Cook approximately 45 minutes to 1 hour, or until rice is cooked, stirring occasionally.

—Mrs. Mervyn Chesson, Sweet Lake, La.

RICE AND SHRIMP CASSEROLE

½ cup margarine
½ cup chopped onion
2/3 cup chopped bell pepper
5 small cloves garlic
1 cup sliced celery
1 can cream of mushroom soup
1 can cream of celery soup
½ cup parsley, chopped
1 cup green onions, chopped
¼ cup chopped pimento
4 slices bread, moistened
2 cups cooked rice
½ cup water
2 cups chopped shrimp
Paprika, red pepper, black pepper and salt to taste

Saute onion, green pepper, garlic and celery in margarine until tender. Add soup, parsley, green onion, shrimp and pimento. Heat until thoroughly hot. Stir in moist bread, rice and water. Cook 5 minutes longer. Season to taste.

Turn into 2 quart buttered casserole. Sprinkle bread crumbs over top of casserole. Bake in a 375 degree oven for 30 minutes. Garnish with parsley. 6 servings.

—Mrs. Absie Duhon, Grand Lake, La.

OYSTER RICE DRESSING

1 cup onions, chopped
2 cups chopped celery
4 Tbsp. margarine
8 cups cooked rice
8 Tbsp. chopped parsley
1 Tbsp. poultry seasoning
4 tsp. salt
Pepper to taste
Ground Giblets
4 dozen oysters (ground)
½ lb. ground pork
Oyster liquid
2 cups stock (gravy or bouillon)

Brown onions, celery, ground giblets, ground pork in margarine. Add rice, parsley, seasonings, oyster liquid and stock. Mix and heat thoroughly.

—Mrs. Roland Primeaux, Creole, La.

SALMON RICE LOAF

1 cup cooked rice
3 Tbsp. butter
½ cup salmon juice
1 can salmon
Dash pepper
1 Tbsp. chopped onion

Butter casserole dish and add layer of rice and alternate layers of rice and salmon. Bake at 350 degrees for 25 minutes. You may also mix and bind with 2 eggs. Cook as a loaf for 25 minutes. Serves 6.

—Mrs. John Prescott, Johnson Bayou, La.

SHRIMP AND EGGPLANT JAMBALAYA

1 medium eggplant
1 cup rice
1 can whole tomatoes
1 lb. shrimp, cleaned
½ cup chopped onions
½ cup chopped celery
½ cup chopped green bell pepper
1 large spoon cooking oil
Salt and pepper
1 clove garlic, chopped

Peel and dice eggplant and fry in oil. When tender add onions, celery, bell pepper, garlic and cook a few minutes. Add tomatoes, and well-washed rice. Season to taste and let it all cook slowly for about 1 hour, adding water if needed. About 20 minutes before serving add the shrimp and cook until done. Serves 6.

—Mrs. Thomas W. Steed, Cameron, La.

GARFISH DRESSING

1 cup green onions
2 large onions, chopped
2 large bell peppers, chopped
1 cup celery, chopped
5 cloves garlic
4 lbs. garfish meat (ground)
3 cups cooked rice
2 cups Bar-B-Que Sauce
1 cup water

Brown meat, add onions, bell pepper, celery and garlic. Simmer until cooked. Add Bar-B-Que sauce and cook for 15 or 20 minutes. Add green onions and cook another 10 minutes. Add cooked rice and 1 cup water, season to taste. Serves large crowd.

—Odessa Cuvillier, Hackberry, La.

BROCCOLI CASSEROLE

1½ cups cooked rice
1 pkg. frozen chopped broccoli
1 jar Cheez Whiz (small)
1 cup mushroom soup
½ cup celery, chopped
½ cup onion, chopped
1 stick oleo
Grated cheese

Cook rice ahead of time. Cook broccoli as directed. Fry celery and onion in oleo til clear. Mix rice, drained broccoli, cheese, soup, celery, onions and oleo. Place in casserole and cover with cheese. Bake at 350 degrees about 30 minutes.

—Katy Elmer, Grand Chenier, La.

HOPPING JOHN

(Rice and Peas)

1 cup dried black-eyed peas — water to cover
¼ lb. smoked bacon or salt pork, diced
1 red pepper pod, diced
3 cups cooked rice
Salt and pepper to taste

Soak peas overnight. Cook with the bacon and pepper pod until peas are very tender. Add rice, salt and pepper to taste. Pour into casserole. Cover. Bake in moderate oven (350 degrees) until liquid is absorbed and dish is thoroughly heated. Serves 8.

—Mrs. J. D. Fruge, Sweet Lake, La.

CABBAGE ROLLS

2 large heads of cabbage (loose leaf)
1 pound ground beef
½ pound ground pork
1 stick oleo
2 cups raw rice (washed)
1½ tsp. salt
½ tsp. black pepper
1/8 tsp. cinnamon
1 clove garlic
½ tsp. lemon juice
2 cups water
1 tsp. salt

To prepare cabbage: Boil water in large pot. Let heads of cabbage soak in water until leaves are wilted enough to remove easily from head (without tearing). Cut leaves in half length ways.

Combine beef, pork, raw rice, salt, pepper, cinnamon and oleo. Mix well. Place small amount of mixture on each leaf. Roll leaf over filling and turn ends under.

To Prepare pot: Rub clove of garlic and small amount of oleo on the bottom and sides of large heavy pot. Place one or two large cabbage leaves in pot.

Stack cabbage rolls neatly in pot. Add water, salt and lemon juice. (Do not cover cabbage rolls with water.) Bring water to a boil, then lower the heat and simmer for 50 to 60 minutes.

Tomato sauce can also be used. The amount of water used would depend on the amount of tomato sauce.

This same recipe can be used for rolled grape leaves, stuffed squash and stuffed bell pepper.

—Mary Jo Canik, Grand Chenier, Louisiana

OKRA PILAU

4 bacon slices, cut in 1" pieces
2 cups okra, cut in rings
1-1½ cups water

1 cup long grain rice
Salt and pepper to taste
Dash Tabasco

Fry bacon until almost crisp in saucepan. Add okra; fry until tender. Add water, rice, salt, pepper and Tabasco. Cover; turn heat very low. Cook, stirring several times, for 30 to 45 minutes or until rice is dry. 4 to 6 servings.

—Mrs. Braxton Blake, Cameron, La.

RICE MUSHROOM PEPPERS

1-1/3 cups water
2/3 cup uncooked rice
½ tsp. salt
1/3 oz. can drained mushrooms
Pat of butter
1 tsp. salt
4 large green peppers
½ cup grated sharp cheese
1/8 tsp. black pepper

Bring water to a boil, add salt and rice. Bring to a boil again, cover and simmer 14 minutes. When rice is cooked, stir in cheese, salt, pepper and mushrooms. Firmly stuff into peppers. Dot with butter.

—Mrs. John Prescott, Johnson Bayou, La.

RICE AND CABBAGE ROLLS

1 lb. ground round steak
3 Tbsp. parmesan cheese
½ tsp. salt
¼ tsp. pepper
1 egg
2 slices bread
½ cup uncooked rice
12 large cabbage leaves
½ tsp. salt
½ tsp. chili powder
1 cup tomato sauce

Place ground meat in large mixing bowl. Add parmesan cheese, salt, pepper, egg and bread which has been placed in water, well drained. Add uncooked rice. Mix well. Divide into 12 equal parts and shape into cones. Wilt cabbage leaves by straining in hot water. Remove from water and drain. Place a cone-shaped meat roll into each cabbage leaf. Roll tight and place close together. Open edge down in a 2 qt. casserole so as not to come apart. Sprinkle 1/2 tablespoon salt and 1/2 teaspoon chili powder over rolls. Mix tomato sauce and 1 cup water together and pour over cabbage rolls. Cover and bake in 375 degree oven for 1 hour and 15 minutes. Serves 6.

—Mrs. J. D. Fruge, Sweet Lake, La.

HARVEST SALAD

2 cups cooked rice
3 Tbsp. finely chopped onions
1 Tbsp. vinegar
2 Tbsp. salad oil
3/4 tsp. curry powder
2 tsp. salt
1 cup chopped celery
1 10-oz. pkg. frozen peas (or canned)
cooked, drained and chilled
3/4 cup mayonnaise

While rice is hot add onion, vinegar, salad oil, curry powder and salt. Chill mixture for at least 3 hours. Just before serving, toss together with celery, peas and amyonnaise. This recipe was given by Mrs. Edward Duff.

—Mrs. Wayne Wood, Grand Chenier, La.

RICE DESSERTS

LEMON CREAM RICE PUDDING

3 cups milk
½ cup uncooked rice
1 cup sugar
grated rind of 1/2 lemon
1½ Tbsp. lemon juice
3/4 tsp. salt
4 eggs, separated

Heat milk in top part of double boiler. Stir in rice, cover and cook over simmering water 30 minutes, or until rice is tender.

Beat 1/2 cup sugar, rind, juice, salt and egg yolks together. Stir in small amount of hot mixture. Put back and cook 2 or 3 minutes. Pour into shallow 1½ qt. baking dish. Beat egg whites, add 1/2 cup sugar and beat until stiff. Pile on pudding. Bake in hot oven (400 degrees) about 5 minutes. Serves 6.

—Mrs. Gary Kelley, Cameron, La.

RICE PIE

1 pkg. vanilla pudding
½ cup chopped pecans
1 cup cooked rice
1 small can crushed pineapple
1¾ cups milk
½ cup chopped, mixed candied fruit peel

Cook pudding and milk until thickened. Cool. Add can of drained pineapple. Add other ingredients. Pour into a baked

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and cooled graham cracker crust. Refrigerate until ready to serve. Serves 6.

—Mrs. John Prescott, Johnson Bayou, La.

RICE PUDDING

1 cup cooked rice
4 Tbsp. sugar
½ cup raisins
2 cups milk
1 Tbsp. butter
½ tsp. vanilla
Dash of nutmeg

Combine sugar, milk and rice in baking dish and cook until thickened. Add well beaten egg yolks, butter, raisins and vanilla. Beat egg whites until they stand in peaks. Add 1 tablespoon sugar. Drop on pudding and set baking dish in oven (400 degrees) until brown.

—French Acadian Cook Book, page 190

CREAM OF RICE PUDDING

4 cups milk
1/3 cup rice
½ tsp. salt
1/3 cup sugar
grated rind of ½ lemon
½ tsp. vanilla or other flavoring

Wash rice, put it and all other ingredients into a buttered pudding dish. Bake in a slow oven about 275°, until firm (about 3 hours). While baking, stir the mixture occasionally. If desired, one half cup of raisins may be added and nutmeg substituted for lemon.

—French Acadian Cook Book, page 190

PEACHY-CREAMY RICE

3 cups cooked rice
3 cups milk
½ cup sugar
¼ tsp. salt
4 eggs, beaten with 1 tsp. vanilla
1 can sliced peaches, drained
2 Tbsp. sugar
1 cup sour cream
1 cup brown sugar, firmly packed
1 tsp. cinnamon

Combine rice, milk, sugar and salt. Bring to a boil. Cook 15 minutes, stirring frequently. Blend some rice mixture into eggs. Gradually stir eggs into rice mixture. Cook 1 minute. Spoon into a buttered oven-proof dish. Arrange peaches on top of pudding. Sprinkle with sugar. Broil until sugar melts (about 4 or 5 minutes). Watch carefully to prevent burning. Remove from oven. Top with sour cream. Sprinkle with brown sugar and cinnamon. Serves 6.

—Rice Council of America, Houston, Texas

RICE PARFAIT

cool cooked rice
fresh or frozen fruit
whipped Dream Whip

Alternate layers of each in a tall glass.

—Mrs. John Prescott, Johnson Bayou, La.



Seafood

SHRIMP & CRAB LOAF

1 cup raw shrimp ground
2 cups cleaned crab
1 large onion, chopped fine
1/3 cup bell pepper, chopped fine
1/4 cup parsley, chopped fine
1/4 cup onion tops, chopped fine
1/3 cup celery, chopped fine
1 slice bread
1 Tbsp. AI Steak Sauce
1 Tbsp. Hines 57 Steak Sauce
1 Tbsp. Lea & Perrin Steak Sauce
1 Tbsp. Worcestershire Steak Sauce
1 cup flour
1 egg (beaten)

Mix all ingredients and wet bread with warm water; add to mixture. Take flour and mix until you get a firm form; put in pan and shape in loaf. Bake in 1/4 lb. butter for 30 minutes at 400 degrees. (Very rich). Salt and pepper to taste. Serves 8.

—Shirley A. Bonsall, Grand Chenier, La.

STUFFED CRABS

2 cups crab meat
1/2 cup celery
1/2 cup bell pepper
1/2 cup white onion
1/2 cup green onion
3 eggs
11 slices bread

Saute celery, pepper and onions until wilted. Add crab meat and bread dampened with water. Season to taste with salt, garlic salt, pepper and red pepper. Add eggs, cooking over low fire, stirring until mixture thickens. Stuff in crab shells, topped with bread crumbs. Bake at 325 degrees until browned. Good served with tartar sauce or catsup. Serves 6.

This recipe was given to me by Mrs. Helen Colligan.

—Mrs. Wayne Wood, Grand Chenier, La.

SUPER FRIED SHRIMP

2 lbs. peeled and deveined shrimp
1 cup Progress Bread Crumbs (this is the seasoned kind)
1 cup dry pancake mix
1 egg, beaten
1/2 cup (small can) evaporated milk

Season shrimp as usual with salt and pepper. A little garlic salt adds to the flavor. Mix egg and cream and pour over shrimp. Mix Bread Crumbs and pancake mix in shallow pan. Roll shrimp in crumb mixture and fry in deep fat until golden brown.

—Margaret Shove, Hackberry, La.

CURRIED SHRIMP

1/4 cup butter
1 1/2 tsp. curry powder

1/2 cup sliced celery
1/2 cup chopped green pepper
1/4 cup snipped parsley
5 Tbsp. flour
3/4 tsp. salt
1/2 tsp. garlic salt
3 cups milk
1 1/2 cups (6 oz.) shredded Cheddar Cheese
2 lbs. deveined and shelled shrimp, cooked
1/4 cup chopped pimento
Hot cooked rice

Stir curry powder into melted butter in a heavy pot. Add celery, pepper and parsley. Cook 2 or 3 minutes, stirring occasionally. Mix in flour, salt and garlic salt. Add milk gradually, stirring until well blended. Bring to boil, stirring constantly and cook 2 minutes. Remove from heat. Add cheese, shrimp, pimento. Heat thoroughly. Serve over rice.

—Mrs. J. W. Broussard, Grand Chenier, La.

PLIE EN PAPIER (FLOUNDER BAKED IN PAPER)

1/2 stick butter
4 Tbsp. flour
1 cup chicken stock
1 egg yolk
2 cups lightly salted water (about 1/4 tsp. salt)
1 cup half & half, or light cream
Flounder Filet (medium large)
1 Tbsp. lemon juice
1 cup crab meat
2 Tbsp. black olives, sliced
Salt to taste
Black pepper
Red pepper
White parchment (butcher's paper)

Use fresh filet and remove skin (an electric knife does a neat job). Season liberally with salt, peppers and lemon juice. Wrap in plastic and refrigerate for several hours. Place filet in deep skillet with water. Simmer for about 5 to 10 minutes, until fish flakes. Remove filet and boil water down to about one cup. Reserve. Rinse and dry skillet and melt butter over low heat and blend in flour and let cook for a few minutes but avoid browning. Pour in chicken stock and reserved fish stock. Stir until blended and boil until slightly thickened.

Beat egg yolk into half and half and add a few tablespoons of hot stock to the half and half. Then slowly pour the mixture into the stock slowly whisking all the while. Simmer until very thick and season with lemon juice and peppers to taste. Fold in crab meat and chipped black olives. Cut large circle (or heart shaped) of parchment paper. Butter one side. Place filet on one half of buttered side. Spoon sauce over filet and fold other half of paper over to enclose. Crimp edges. Put package on greased cookie sheet. Pop into 450 degree oven for 10 minutes. Serve hot or warm. (Serves 3-4).

—H. Ward Fontenot, Cameron, La.

SHRIMP-MACARONI SALAD

1 lb. boiled shrimp
1 cup cooked macaroni
4 oz. cubed American cheese
1/2 cup celery
1/4 cup green pepper
2 Tbsp. onion
1/2 cup sour cream
1/2 cup mayonnaise
3 Tbsp. vinegar
3/4 tsp. salt
Dash hot pepper sauce

Combine ingredients and chill.

—Joyce Jones, Grand Chenier, La.

SHRIMP PATTIES

3 lbs. cleaned and deveined shrimp
1 1/2 cups Carnation milk
1/2 cup green pepper, chopped
3 cloves garlic, minced very fine
Salt, black pepper and red pepper to taste
Flour
Vegetable oil

Combine shrimp, milk, green peppers and garlic. Season to taste. This can be prepared hours earlier and allowed to marinate in the refrigerator. When ready to cook, heat oil and add enough flour to marinating mixture to hold the shrimp together when dropped from spoon into hot oil. Fry until browned.

—Mrs. Mervin Chesson, Sweetlake, La.

SAUCY SHRIMP

2 lbs. fresh shrimp in their shells or defrosted frozen shrimp (May be peeled, but try them this way and peel them when you eat them.)
1 cup olive oil
2 Tbsp. red-wine vinegar
1 Tbsp. tomato paste
1 Tbsp. oregano
1 tsp. minced garlic
3 Tbsp. finely chopped fresh parsley
1 tsp. salt
Freshly ground black pepper
1/2 cup wine
8 Tbsp. melted butter (at room temperature)
1 Tbsp. lemon juice
Dash of Tabasco or other peppery seasoning

Wash the shrimp thoroughly in cold water and pat them dry with paper towels. In a large mixing bowl combine all ingredients. Drop in the shrimp, mix and turn them about in this marinade until they are well coated. Marinate at room temperature for about 2 hours, stirring gently every 1/2 hour or so. Place shrimp and its marinade in a shallow baking pan and bake at 350 degrees for 20-30 minutes. Be careful not to overcook. Run under broiler immediately before serving. Served with hot French or Italian bread which is dunked into the sauce.

—Charles Morazan, New Orleans, La.

SHRIMP CASSEROLE

4 cups shelled, deveined, chopped shrimp
1/2 green pepper, chopped fine
1/2 cup finely chopped onion
1 1/2 cups chopped celery
1/2 can pimento, chopped
3/4 cup sour cream
1 stick butter
1/4 cup mayonnaise
1 Tbsp. lemon juice
1/2 tsp. Worcestershire Sauce
1 tsp. salt
Dash of Cayenne pepper
1 1/2 cups buttered, seasoned bread crumbs

Using medium heat, saute onions, green pepper and celery in butter. Add shrimp and cook until they turn pink and the vegetables are tender. Remove from fire and cool. Add remaining ingredients except 1/2 of the buttered bread crumbs. Place in a buttered casserole. Top with buttered bread crumbs. Bake at 350 degrees for 20 to 25 minutes or until brown and bubbly.

—Mrs. Charles F. Hebert, Cameron, La.

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AVERY ISLAND DEVEILED SHRIMP

1 lb. deveined shrimp
1 egg (beaten slightly)
¼ tsp. salt
½ cup fine bread crumbs
¼ cup butter

DEVEILED SHRIMP SAUCE (below)

3 cups hot cooked rice

Roll shrimp in mixture of egg and salt and then in bread crumbs. Brown in butter over medium heat about 10 minutes, until pink. Remove shrimp. Keep warm. Prepare sauce. Arrange shrimp on rice and pour sauce on all.

Deveiled Shrimp Sauce:

1 medium onion, chopped fine
1 clove garlic, minced
2 Tbsp. butter
1 can (10½ oz.) consomme soup
½ cup water
2 Tbsp. steak sauce
1½ tsp. mustard
½ tsp. salt
¼ to ½ tsp. Tabasco
Juice of 1 small lemon

Saute onion and garlic in butter until tender. Add remaining ingredients, except lemon juice. Bring to boil and simmer 15 minutes or until volume is reduced to half (about 1 cup). Add lemon juice.

—Mrs. Larry McNeese, Grand Chenier, La.

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TONY'S SHRIMP SPAGHETTI SAUCE

¾ cup cooking oil
½ to ¾ lb. lean salt pork
2 Tbsp. sugar
2 or 3 large onions
½ tsp. oregano (optional)
24 oz. tomato paste
12 oz. tomato sauce
1 can Rotel tomatoes
2 or 3 stalks celery
1 pkg. spaghetti sauce mix
1 small can button mushrooms
½ large bell pepper
1 cup green onion tops (cut)
½ cup parsley
4 or 5 lbs. shrimp

Season shrimp to taste. Chunk salt pork and bring to boil. Rinse in hot water and bring to boil again. Rinse, drain, add to hot oil. Mix slices onions and put lid on pot for about 4 or 5 minutes. Remove lid. Stir till golden brown. Add tomato paste, tomato sauce and sugar. (Add oregano if desired.) Bring to boil, then let simmer for 1 to 1½ hours, stirring so as not to stick. Add 4 or 5 cups hot water, Rotel tomatoes, and celery. Simmer for 20 minutes. Add shrimp, cook 20 minutes, add spaghetti mix. Stir well. Add mushrooms and wait a couple minutes then add bell pepper, onion tops and parsley. Stir well. Put lid on pot and cut fire off. Wait about 5 minutes and serve.

—Tony Cheramie, Cameron, La.

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STUFFED FLOUNDER

1 Flounder
¼ cup margarine
¾ cup onion, chopped
¾ cup green onion, chopped
¼ cup bell pepper, chopped
¼ cup celery, chopped
4 slices white bread



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1 egg
Salt and pepper to taste
1 lemon

Simmer the onion, green onion, bell pepper and celery in the margarine. Dampen 4 slices of white bread under tap water. Mix with top ingredients. Season to taste with red pepper, black pepper and salt. Add 1 egg, cooking and stirring over low heat. This makes the stuffing. Prepare flounder, cleaning, etc. Cut gash down backbone and along ribs to within 1½ inches to the tail and the gills. Place stuffing in fish. Rub oleo on outer parts. Season with red pepper and salt. Place in baking dish. Bake at 350 degrees for 25-30 minutes. Serve with lemon juice squeezed on flounder.

—Mrs. Wayne Wood, Grand Chenier, La.

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CRAWFISH BISQUE

Stuffed Heads

1 large onion, chopped
½ cup green onion tops
2 Tbsp. parsley
2 cloves garlic, chopped
½ cup celery, chopped
½ cup bell pepper, chopped
3 slices stale bread
10 lbs. crawfish

Boil crawfish, clean heads and stuff with a mixture made of the chopped tails and above ingredients cooked together and stiffened with the bread. Roll heads in flour and fry until brown.

Gravy

2 heaping spoons bacon fat
1 heaping spoon flour
2 Tbsp. parsley
1 quart water
1 large onion
2 cloves garlic
3 bay leaves
½ cup green onions

Make a roux. Add above and simmer half an hour. Add stuffed heads and reserved dressing. Simmer another half hour. Serve over rice. Serves 8-10.

—Hattie Nunez, Cameron, La.

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OKRA SEAFOOD GUMBO

3 lbs. okra (cut in small slices)
2 Tbsp. cooking oil
2 head onions (large)
3 cloves garlic
1 No. 2 can whole tomatoes
Parsley — salt and pepper
1 lb. crab meat
3 lbs. cleaned & deveined shrimp
½ doz. crabs — cleaned and halved
3 quarts water
1 pint oysters

In large pot fry okra in oil until no longer sticky. Remove from pot. Saute onions and garlic and parsley. Add tomatoes and smother until tomatoes are well cooked. Add okra, crabs and shrimp mixing well. Add water and cook slowly about one hour, adding more water according to thickness desired. Add crab meat and oysters last and simmer 15 minutes more. Serve this over hot rice and what a feast you will have!

If okra is not in season this recipe works as well with frozen okra.

—Mrs. Mervin Chesson, Sweet Lake, La.

SEAFOOD CASSEROLE

1 cup cooked shrimp or crabmeat (or ½ cup of each)
¼ cup grated sharp cheese
½ bay leaf, crumbled well
¼ tsp. paprika
½ tsp. salt
¼ tsp. Worcestershire sauce
¼ tsp. black pepper
2 cups celery, diced
1 large can tomatoes
2 cups cooked rice
2 Tbsp. butter or oleo
1 medium size onion, chopped fine

Cook onion in shortening until browned. Stir in cooked rice. Combine tomatoes, celery, salt, paprika, black pepper, bay leaf and cheese in sauce pan. Heat until cheese is melted. Fold in rice and seafood. Pour into greased or buttered casserole. Bake in a moderate oven (325 degrees) for about 25 to 30 minutes.

—Mrs. Charles F. Hebert, Cameron, La.

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CRAB CAKES

(A Make-Ahead Recipe)

¼ cup mayonnaise
2 eggs
1 Tbsp. prepared mustard
¼ cup minced onion
¼ cup minced bell pepper
2 cups saltine cracker crumbs
2 cups crabmeat
Salt, black pepper and red pepper to taste
4 Tbsp. salad oil

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Combine eggs, mayonnaise, mustard, onion, bell pepper, salt and pepper; blend. Add crumbs and crabmeat, blending well. Using about 1/3 cup of mixture, mold into patties ½ inch thick. Chill 30 minutes. Heat oil in skillet. Cook patties over medium heat until golden brown on both sides, 6 to 8 minutes. Drain and serve immediately. Makes 10-12 patties.

—Adriene Doshier, Cameron, La.

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FRIED HARDSHELL CRABS

2 dozen hardshell crabs
2 eggs
2 cups milk
3 cups cornmeal
1 cup flour
Salt and pepper

Clean crabs by removing backs, claws, lungs, etc. Use brush to clean body. (A toothbrush will do nicely). Mix eggs and milk and dip crabs in this batter to coat. Then combine cornmeal, flour and salt and pepper to taste. Roll crabs in cornmeal mixture and drop in hot grease. Cook over medium heat, turning to brown evenly, until crabs are a golden brown.

—Mrs. Larry Dyson, Cameron, La.

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BAKED EGGS AND SHRIMP

1 can shrimp
1 tsp. parsley
1 cup grated cheese
6 hard boiled eggs
1 cup light cream
2 Tbsp. melted butter
1½ tsp. salt; pinch white pepper

Add melted butter to finely chopped eggs and parsley. Stir well. Afterwards, add shrimp and cream; mix well. Pour this into a baking dish and cover with grated cheese. Bake at 450 degrees until cheese melts and is lightly browned.

—Elizabeth Richard, Grand Chenier, La.

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SHRIMP DEVEILED EGGS

6 boiled eggs
1 tsp. pickle relish
4 Tbsp. mayonnaise
½ tsp. salt
1 tsp. pepper
1 can of shrimp, broken fine

Boil eggs. Cut each egg in half. Scoup yolk out, mash and put into a dish. Mix well with rest of ingredients. Put yolk and shrimp mixture back into egg whites. Garnishing optional.

—Lisa Murphy, Grand Chenier, La.

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EGG AND TUNA SALAD

4 chopped eggs
½ cup chopped celery
½ cup chopped onions
2 Tbsp. chopped pimento
1 can tuna fish
Mayonnaise and pepper

Mix all ingredients together and season to taste. Serve on crisp lettuce leaves with saltines. Serves 5.

—Pamela Duhon, Sweet Lake, La.

CRAB CASSEROLE

1 lb. crabmeat
1 cup white sauce*
1 cup bread crumbs
1 cup shredded sharp cheese
Salt to taste; Sherry or La. hot sauce to taste

*White Sauce:

1 Tbsp. flour
¾ to 1 cup milk
1 Tbsp. margarine

Add flour to butter and gradually blend in milk while cooking over low heat until smooth. Combine sauce with crab meat and add other seasonings. Pour in casserole and top with bread crumbs and cheese. Bake in 375 degree oven until bread crumbs brown and cheese melts.

—Zula Domingue, Hackberry, La.

CRAB AND NOODLE CASSEROLE

1 8-oz. bag noodles
1 can mushroom soup
1½ cups crabmeat
¼ cup chopped onions
¼ cup chopped celery
¼ cup chopped peppers
3 Tbsp. butter

Cook down onions, celery and peppers in butter. Then add mushroom soup and crab. Stir noodles in with combination.

—Emily LaBove, Oak Grove, La.

FRIED STUFFED CRABS

1 dozen hard shell crabs. Take backs and feelers off.
Clean thoroughly and set aside.

Recipe for Stuffing:

1 cup of chopped green onions
1 cup chopped celery
2 lbs. peeled shrimp
1 cup pickled crabmeat
1 can tomato sauce
1 stick margarine
Redi-flavored Progresso bread crumbs

Saute seasoning in oleo, until soft. Add bread crumbs. Stuff crabs with mixture. Fry in deep fat until brown. Steam in a small amount of water in sauce pan for about five minutes. Serve hot.

—Leo P. Folse, Grand Chenier, La.

OYSTER SOUP

2/3 cup oil
2/3 cup flour
1 onion, chopped
2½ cups milk
1½ pt. oysters
Tabasco

Make roux. Cook until golden brown. Add chopped onion and smother; then add milk. Let come to a boil. Boil until roux is dissolved, then add drained oysters. When it bubbles (do not boil) the soup is done. Add salt, pepper and Tabasco sauce to taste. To reheat, be sure and do not boil. If you want it thinner, add more milk.

—Mrs. Steve Canik, Grand Chenier, La.

EGG AND TUNA SALAD

6 hard cooked eggs
1 can flaked tuna
¼ cup chopped onion
¼ cup chopped bell pepper
¼ cup chopped celery
2 Tbsp. pickle relish
2 tsp. prepared mustard
½ cup mayonnaise
Salt and pepper to taste

Chop hard cooked eggs and combine in bowl with all other ingredients. Toss lightly. Serve on lettuce leaves and garnish with tomato wedges.

—Suzanne Robicheaux, Grand Lake, La.

NORTH PRONG FRIED GARFISH

Fresh Garfish
Vinegar
Salt & pepper to taste
2 cups cornmeal
½ cup flour
Cooking oil or lard

Skin and tender loin young fresh garfish. Cut flesh not exceeding 2 inches by about 1 inch thick. Place cut pieces in pan or dish. Pour on this a small amount of vinegar — add salt and pepper (black or red) to taste. Let fish soak in this for approximately 30 minutes. While soaking, pour in paper bag or other container 2 cups cornmeal and the flour. Put about one inch of cooking oil or lard in a skillet and heat to approximately 400 degrees. Roll or shake fish portions in meal mixture. Place just enough pieces to cover bottom of skillet. Fry golden brown and serve hot.

—E. J. Dronet, Cameron, La.

LOUISIANA SEAFOOD PIE

Rice Shell:

2 cups cooked rice
2 Tbsp. butter, melted
1 Tbsp. onions, chopped
1 Tbsp. parsley, chopped
1 Tbsp. pimento
1 egg, slightly beaten

Melt butter, combine rice, onion, parsley, pimento and butter in a mixing bowl. Add slightly beaten egg. Mix well. Butter a 9 inch pie plate. Shape pie crust by using an 8 inch pie plate inside. Fill shell with seafood filling.

Seafood Filling

2 cans shrimp
1 Tbs. lemon juice
1 can crabmeat
¼ cup pimento
½ can cream of mushroom soup
½ can cheddar cheese soup
2 Tbsp. butter
3 Tbsp. chopped onions
¼ cup chopped green peppers
¼ cup chopped celery
1 can sliced mushrooms
2 Tbsp. butter
2 Tbsp. flour
1 tsp. salt
1 cup milk
1/8 tsp. pepper
1 Tbsp. bread crumbs

Combine shrimp, lemon juice, crabmeat, pimento and soup in large mixing bowl. Heat 2 Tbsp. butter in medium size saucepan. Add onions, celery, green pepper and mushrooms. Saute. Add seasonings and flour. Pour in rice shell. Bake at 350 degrees.

—An Acadia Parish 4-H Member

EGGPLANT, CRABMEAT CASSEROLE

1 large eggplant
1 large onion, chopped
1 lb. fresh cleaned shrimp
¼ stick margarine
1 cup bread crumbs
1 cup cooked crab meat
Salt

Peel, cut and dice eggplant and soak in salted water. Cook onion in margarine until wilted. Add raw shrimp and continue cooking over medium heat until onion browns slightly. Add eggplant and cook slowly until very tender. Add crab meat and most of the bread crumbs. Cook over low heat to dressing consistency. Put in a casserole, sprinkle with bread crumbs and bake in 350 degree oven until lightly brown. (Serves 4).

—Mrs. Thomas W. Steed, Cameron, La.

CRAB MORNAY FLORENTINE

3 pkgs. frozen leaf spinach
1 clove garlic
2 Tbsp. onion, grated
6 Tbsp. butter
4 Tbsp. flour
3 cups milk
1 cup Swiss cheese, grated
1 cup light cream
2 tsp. lemon juice
Pinch of garlic powder, dash of nutmeg,
Salt and Cayenne pepper to taste
2 lbs. crabmeat
1 cup fresh bread crumbs

Cook spinach with whole garlic and grated onion. Drain, remove garlic, and finely chop the spinach. Transfer to a buttered 2 quart flat baking dish or 8 ovenproof shells. Preheat broiler. Melt 4 tablespoons butter in sauce pan, stir in flour until smooth. Gradually add milk, stirring constantly until smooth and thickened. Add cheese along with cream and seasonings. Cook over low heat until thick, about 10 minutes. Remove from heat and carefully fold in crabmeat. Pour mixture over spinach, sprinkle with bread crumbs and dot with remaining butter. Broil about 5 minutes or until browned. Serves 8.

1 have layered hard boiled eggs, halved, on spinach. Then top with the sauce.

—Mrs. Braxton Blake, Cameron, La.

OYSTER SPAGHETTI

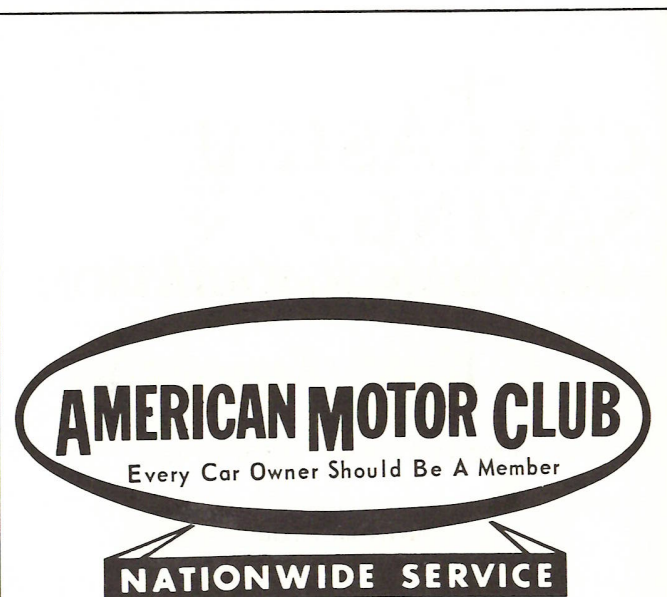
1 gal. oysters
2 10 oz. pkgs. cut spaghetti
4 good sized onions
4 good sized cloves garlic
1 bell pepper
Salt, Black Pepper, Red Pepper, Lea & Perrin Sauce
Onion Tops and Parsley

Roux:

2 cups flour
1 cup cooking oil

Brown flour until medium brown. Add onions, garlic and bell pepper chopped very fine, and saute in roux until done. This has to be cooked on a very low fire. Add: Seasoned oysters, seasoned with salt, black pepper, red pepper and 3 or 4 dashes of Lea & Perrin sauce. Cook very slow. When oysters curl, add hot boiled spaghetti and mix. (Spaghetti should be cooked, drained and still very hot when you add them to oysters.) Just before fire is turned off, add chopped onion tops and parsley. Will serve 12 to 15.

—Mrs. Theda Crain, Grand Chenier, La.



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SHRIMP SAUCE PIQUANT

This recipe was a prize winner in a 1955 contest held by the Lake Charles American Press. In 1957, the Press included it in a recipe booklet.

3 pounds of shrimp
1 large onion, chopped fine
1/2 cup chopped green pepper
1/4 cup chopped celery
1/4 cup finely cut parsley
3/4 cup green onion tops
1 clove garlic
1/2 tsp. red pepper
3 heaping tablespoons tomato paste
1/2 cup cooking oil
1 tablespoon flour
Salt and black pepper to taste

Peel shrimp and wash in cold water several times. Brown flour in cooking oil. Add chopped onions, stir until onions brown slightly, then add a cup of water. When boiling, add tomato paste, green pepper, garlic, celery and red pepper. Cook 15 minutes or until onion and peppers go to pieces, then add shrimp. Season with salt and black pepper. Cook over medium fire about an hour, adding small amounts of water as needed. Stir frequently. Add green onions and parsley when shrimp are almost done. Cut shrimp with spoon to find out when cooked. Serve with hot rice.

—Euphemie (East) Andrews, Cameron, La.

The following recipe is designed for cooking "JUMBO" shrimp. These are shrimp which are more technically called "10-15's" or "15-20's" because it only takes between 10 to 20 shrimp to weigh a pound. The following method of leaving the shrimp in the shell results in a self-basting process which will surprise you in its results. Note: This recipe was submitted by King Fur IV, whose picture is seen on the cover of this booklet.

GOLDEN SHRIMP

1 lb. shrimp, size 10-15, 15-20, heads removed, but with shells on
1/4 lb. of butter
1/2 tsp. garlic powder
Salt and red pepper to taste
3 lemons, sliced in wedges

Preheat oven to 400 degrees. With sharp knife, carefully split shrimp lengthwise into two separate parts, carefully leaving the meat in the shell. At this time, any gritty or unsightly vein can be removed because the vein was exposed in the slicing process. Arrange the sliced shrimp, shell side down upon a cookie sheet. Lightly sprinkle each individual shrimp with garlic powder, red pepper and salt. Melt butter in a sauce pan and dribble butter upon each one as well. Place in the oven and every ten minutes or so, baste the shrimp with the juices that begin accumulating on the bottom of the cookie sheet. After approximately thirty-five or forty minutes, the shrimp will turn a beautiful golden brown and may become darker brown on the edges. Do not overcook. Lift shrimp and serve in the shells. The drippings on the cookie sheet may be spread on French bread to accompany the shrimp. Serve with lemon wedges.

—Thomas W. Steed, Cameron, La.

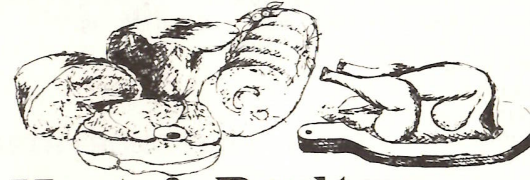
CHEF'S CRAB CAKES

2 thin slices bread, crusts removed and diced fine
1/2 cup mayonnaise
1 egg, separated
1/4 tsp. salt
Dash paprika and nutmeg

1 Tbsp. minced parsley
1 lb. cooked crab meat

In a medium mixing bowl mix bread and mayonnaise and let stand about 5 minutes so mayonnaise moistens bread. Add unbeaten egg yolk, seasonings and crab meat. With a fork mix lightly but well. Beat egg white until stiff, fold into crab meat mixture. Using 1/4 cup of the mix, shape into cakes. Brush a heavy skillet with butter; add crab cakes and over medium heat, turning once or twice; cook until browned on both sides. Serves 4.

—Mrs. Wendell Murphy, Cameron, La.



Meat & Poultry

MEAT LOAF

1 lb. ground meat
1/3 cup bell pepper, chopped fine
1/3 cup onion tops, chopped fine
1 large onion, chopped fine
1 can sweet peas
1 egg
Salt and pepper to taste

Chop bell pepper, onions and tops. Mix with egg and meat. Shape into loaf and put in casserole and bake in 1/4 lb. butter for 30 minutes at 400 degrees. Add sweet peas around loaf and bake for 15 minutes longer.

—Mrs. Shirley A. Bonsall, Grand Chenier, La.

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EXOTIC PORK CHOPS

6 pork chops, 3/4 in. thick
2 Tbsp. lard
1/2 tsp. salt
1/4 cup finely chopped onion
1/4 medium size bell pepper (cut in strips)
1 clove garlic, minced
1 1/2 Tbsp. cornstarch
1 Tbsp. brown sugar
1 can (13 1/2 oz.) pineapple tidbits
1/3 cup water
3 Tbsp. tomato sauce
2 Tbsp. vinegar
1 Tbsp. soy sauce
1 tsp. grated lemon rind
1/2 tsp. salt
1/2 tsp. curry powder
1/2 tsp. pepper
1/4 cup pecan halves



1st Place
1973 Food Show
Meat Category

Brown pork chops in fat, transfer chops to a 13 x 9 inch baking dish and sprinkle with 1/2 tsp. salt, add onion, green pepper and garlic to 2 Tbsp. dripping in frying pan. Stir in cornstarch and brown sugar. Add pineapple tidbits (including syrup), water, brown sugar, tomato sauce, vinegar, soy sauce, lemon rind, 1/2 tsp. salt, curry powder and pepper. Mix well. Cook slowly 5 minutes, stirring constantly. Pour sauce over pork chops. Cover tightly and bake at 350 degrees for 45 minutes. Remove cover, bake 15 minutes. Sprinkle pecan halves. Serves 6.

—Mrs. Claude Eagleson, Cameron, La.

CORNERED BEEF CASSEROLE

Combine. . .

12 oz. can corned beef, broken (about 1 1/2 cups)
1/4 lb. processed American cheese, chopped (about 1 cup)
1 10 1/2 oz. can condensed cream of chicken soup
1 cup milk
1/2 cup chopped onion

Alternate in layers in greased 2 qt. baking dish with:

8 oz. pkg. noodles, cooked and drained

Top with:

3/4 cup buttered crumbs

Bake until heated through; 375 degrees for 30 to 40 minutes. 6 to 8 servings.

—Dinah Nunez

QUICK ITALIAN DELIGHT

1 lb. ground beef
1 large onion, chopped
1 small bell pepper, chopped
1 stalk celery, chopped
2 toes garlic, chopped
2 cans tomato soup
1/2 can water
1 can mushrooms
1 can lima beans
1 tsp. sweet basil
1/2 tsp. oregano
Salt and pepper to taste
1 pkg. spaghetti

Brown meat, add onion, bell pepper, celery and garlic. Saute until onions are soft. Add mushrooms and beans. Cook 5 minutes. Add 2 cans soup, water and seasonings. Simmer 15 minutes. Boil spaghetti according to package directions. Pour sauce in baking dish (13 x 9 x 2); add spaghetti. Mix thoroughly. Sprinkle with grated Romano cheese. Bake for 30 minutes at 350 degrees. Serves 6.

—Rosalie Perry, Grand Chenier, La.

STEAK AND MUSHROOMS

Sirloin, round or porterhouse steak
Salt; ground cracked black pepper
1 1/2 to 2 blocks butter or oleo
1 medium onion, sliced
Fresh mushrooms, 4 or 5
1/4 to 1/2 bottle wine

Season steak with salt and pepper. Melt butter or oleo in pan then put in steak. Place onions and mushrooms on top of steak. Pour wine all over the steak. Dot with butter. Bake in 325 degree oven for 1 1/2 hours. If browning too much, put foil over last cooking period.

I use whatever wine I have handy in the kitchen. A hair designer named Jon was gracious enough to give this recipe to me.

—Susan Watts, Cameron, La.

MEXICAN CHOWDER

2 Tbsp. butter
2 small onions, chopped
1 clove garlic, chopped
1/2 lb. ground pork
1 lb. ground beef
1/2 tsp. salt
1/2 tsp. monosodium glutamate
1/2 tsp. pepper
1/2 lb. diced American cheese
1 (No. 2) can tomatoes
1 4-oz. can pimentoes chopped
1 1/2 cups cooked elbow or shell spaghetti
1 (No. 2) can peas
2 8-oz. cans mushrooms
1 4-oz. can ripe olives, chopped

Melt butter in skillet. Add onions, garlic, and meat. Lower heat and cook until lightly browned. Add remaining ingredients. Cook on high until steaming; switch to low and cook for one hour. Serve hot. Serves 6 to 8.

This recipe was served to us when on a trip to the high mountains around Riverton, Wyoming.

—Mrs. Gary Kelley, Cameron, La.

STUFFED PORK CHOPS

1 box Stuff and Such
8 large pork chops
Salt and pepper

Make slit in pork chops to bone. Season with salt and pepper. Mix Stuff and Such according to directions and place a spoonful in each pork chop. Fasten with toothpicks. Place on broiler pan and bake for 45 minutes at 400 degrees. They may also be coated with flour and fried.

—Margaret Shove, Hackberry, La.

NO PEEK STEW

2 lbs. boneless stew meat (well trimmed)
1 can cream mushroom soup
1 pkg. dry onion soup
1 small can mushroom pieces and juice
Pepper (no salt)
1/2 cup red wine

Place all ingredients in covered casserole and bake for 3 hours at 350 degrees. Do not open during cooking. Serve over rice. Serves 6 to 8.

—Mrs. Marelyn Dowies, Coop. Extension Service

HAMBURGER QUICKIE:

1 unbaked 9 inch pastry shell
½ lb. ground beef
½ cup Hellmann's Real Mayonnaise
½ cup milk
2 eggs
1 Tbsp. Argo Cornstarch
1½ cups cheddar or swiss cheese (½ lb., chopped)
1/3 cup chopped green onions
Dash pepper

Brown meat in skillet over medium heat. Drain fat and set aside. Blend next ingredients until smooth. Stir in meat, cheese, onion and pepper. Turn into pastry shell. Bake in a 350 degree oven for 35 to 40 minutes or until golden brown on top and knife inserted in center comes clean.

—Mrs. Nata Hebert, Hackberry, La.

* * *

CHILI

Brown together. . .

2 lbs. ground meat
2 minced onions
1 minced bell pepper
Spoon off any excess fat.

Add and cook 10 minutes. . .

3 Tbs. chili powder
Salt and pepper to taste
1 can tomato paste
2 cans whole tomatoes (cup-up, with juice in can)

Add. . .

4 cups water; let come to a boil, then cover and simmer for 1 hour. The last 20 minutes of the hour, add 2 cans Van Camp Kidney Beans.

—Adrienne Doshier, Cameron, La.

* * *

CREAMED TACOS

1 lb. ground meat
1 onion, chopped
1 can tomato sauce
1 can green chili peppers
1 small can evaporated milk
1 cup grated cheese (your choice)
1 pkg. frozen tortillas (thawed)
Grated cheese
1 small can enchilada sauce

Brown meat and onion in skillet. Add tomato sauce, peppers, milk, enchilada sauce and cheese. Heat on low flame until cheese melts. Line casserole with tortillas torn in half. Spoon meat mixture on tortillas until covered. Continue layers ending with meat mixture. Sprinkle generously with grated cheese. Bake 350 degrees for 30 minutes. Serves 6.

—Wardella Fontenot, Jennings, La.

* * *

KIBBY

The National Dish of Syria and Lebanon Raw Kibby

2 lbs. lean ground beef or lamb
¾ lb. fine cracked wheat (No. 1 bourghol)
½ cup cold water
3 large onions, ground
1 lb. butter, melted

Salt and pepper to taste

Rinse wheat in a pan of cold water and squeeze dry. Add the ground meat, onions and seasonings. Grind all ingredients together twice or knead together thoroughly. Add ½ cup cold water and knead again. Spoon melted butter over Kibby and serve.

Kibby Patties

Flatten balls of raw Kibby until ½ inch thick and about the same size as hamburger patties. Fry in hot salad oil until brown on both sides. Serve covered with melted butter.

Baked Kibby

Full recipe of Raw Kibby
1 lb. rendered butter* (recipe below)
Cinnamon, salt and pepper to taste
1 lb. ground lamb
3 Tbsp. unrendered butter
2 oz. shelled pine nuts

*To render butter: Melt butter in a sauce pan (1 lb. butter). When ready to boil add 1/8 cup washed cracked wheat. Heat on low flame until steam stops. Put aside to cool for 30 minutes. Pour into another container, leaving salt and residue in original container.

Grease a 10 x 14 baking pan with rendered butter. Spread half of the Raw Kibby over the bottom of pan. Simmer the ground lamb in 1 tablespoon of unrendered butter and add cinnamon, salt and pepper to taste. Brown pine nuts in unrendered butter in another pan and add to the meat mixture. Spread meat mixture over the kibby in the baking pan and cover with the remaining Raw Kibby. Score the top of the kibby lightly with a knife. Loosen edges of entire mixture away from the sides of the baking pan. Cover with remaining rendered butter. Bake at 350 degrees approximately 25 minutes until bottom is golden brown. Put under broiler until top is brown. Baked Kibby may be served either hot or cold.

—Mary Jo Canik, Grand Chenier, La.

* * *

GRILLED CHEESE SANDWICH

2 slices bread
1 slice cheddar cheese
2 pats butter or margarine
2 slices dill pickle

Place cheese between the sliced bread. Butter outside of sandwich with one pat of butter. Place the other pat of butter in heated skillet to melt. Brown sandwich in skillet. Turn to brown other side. Add more butter if needed. Serve with pickles.

—Matthew Fontenot, Cameron, La.

* * *

SMOTHERED LIVER

1 Tbsp. bacon grease
1 large onion (cut in rings)
1 lb. beef liver (cut into thin slices)
Salt and pepper to taste
1 1-lb. can tomatoes
1 tsp. Worcestershire sauce
4 dashes Tabasco sauce
2 to 3 Tbsp. tomato catsup
3 Tbsp. water

Heat the bacon grease in a heavy frying pan. Add the onion rings and cook until transparent. Remove and set aside. Sprinkle liver slices generously with salt and pepper and flour lightly. Place in pan and brown each piece on all sides; then cover with onion rings. Combine remaining ingredients and pour over surface. Cover and cook over low flame for 25 to 30 minutes. Makes 4 servings.

—Leven Harmon, Cameron, La.

VEAL PARMESIAN

Serves 6

2 lbs. veal round (½ inch thick)
1-1/3 cups fine dry bread crumbs
4 oz. grated Parmesan Cheese
4 oz. Olive Oil
2 No. 1 tins Buitoni meatless spaghetti sauce or Quick Italian meat sauce or own sauce
3 eggs, well beaten
1 tsp. salt
¾ tsp. Monosodium Glutamate (Accent)
¼ tsp. pepper
6 slices Mozzarella Cheese

Blot the veal dry on a clean cloth. Cut into 6 equally sized pieces. Combine the bread crumbs and Parmesan cheese in a deep dish. Combine the eggs, salt, MSG and pepper in another. Heat the oil in a skillet. Dip each piece of meat, first, in the egg mixture and then in the bread crumbs, and put in the skillet. Brown slowly. When veal is brown on both sides, remove from the skillet and put into a 11 x 7 x 1½ inch baking dish, arranging each so there is space around it. Cover with tomato sauce. Top each piece of meat with a slice of Mozzarella cheese. Bake at 350 degrees until cheese is melted and lightly browned. Serve with Italian Spaghetti.

—Mary Jo Canik, Grand Chenier, La.

* * *

STUFFED PASTA (MANICOTTI)

Sauce:

2 lbs. ground beef
1 large onion, chopped
½ med. bell pepper, chopped
3 toes garlic, chopped
2 6-oz. cans tomato paste
5-6 cans water (tomato paste cans)
2 tsp. sweet basil
½ tsp. oregano
Salt and pepper

Stuffing:

½ to 1 cup toasted bread crumbs
Grated Romano cheese; parsley
1 cup Mozzarella cheese, shredded
1 cup Provalene, shredded
1 pkg. manicotti noodles
1 cup Mozzarella cheese, grated or shredded
1 cup Provalene cheese, grated or shredded
Romano cheese

Brown ground beef in large heavy sauce pan. Add onions, bell pepper, garlic to meat. Saute until onions are soft. Add two cans tomato paste. Saute 2 to 3 minutes, stirring. Add water, sweet basil, oregano, salt and pepper. Let cook on low fire for 3 to 4 hours. With slotted spoon, remove as much of the ground meat as possible and place in skillet. Add bread crumbs, mixed with grated Romano cheese, finely chopped parsley. Add Provalene and Mozzarella cheese. Stir over very low heat until cheese is melted and mixed throughout mixture. Have manicotti cooked according to package directions. About 5 or 6 at a time until almost done. Drain. Fill with ground beef mixture. Add remaining mixture to sauce. Place a cup of sauce on bottom of baking dish. Arrange filled manicotti in single layers over sauce. Sprinkle Provalene and Mozzarella cheese over manicotti. Top with remaining sauce. Sprinkle grated Romano cheese over all. Bake in a 350 degree oven for 45 minutes. Let stand 5 minutes before cutting. Serves 6 to 8.

Note: Manicotti from Italian to English means "little muffs." In the kitchen these little muffs are squares of noodle dough. The dough is rolled up and filled with a meat mixture and baked in sauce. Now you can buy already shaped manicotti in any supermarket. They are large, pipe-shaped noodles ready to be filled and cooked.

—Mary Jo Canik, Grand Chenier, La.

SHIP'S CREW CHILI

3 slices bacon, cooked and crumbled
1½ lbs. stew meat, cut in ½ inch cubes
2 cloves garlic, minced
½ cup water
2 8-oz. cans tomato sauce w/muchrooms
½ cup coffee
¾ tsp. chili powder
1 tsp. salt
2 cans New Orleans' Red Beans (do not drain)
2 large onions, chopped

Heat oven to 400 degrees. Pour bacon fat in heavy casserole or Dutch oven. Add beef, cover and bake 30 minutes. Add onions, garlic and water. Bake for 1 hour at 350 degrees. Add remaining ingredients and bake for one more hour.

—Mrs. Heyward Peppers, Cameron, La.

* * *

BUCALONI — STUFFED VEAL STEAK

Bucaloni —

1 or 2 veal round steaks — ¼" thick

Stuffing —

Finely chop and mix together (per veal steak) —
2 boiled eggs
¼ cup parsley
2 toes garlic
½ small bell pepper
Celery leaves
1 medium fresh tomato
¾ cup bread crumbs
Grated Romano Cheese

Sauce —

1 medium onion, chopped
2 toes garlic, chopped
2 to 3 cans (6-oz.) tomato paste
2½ tomato paste cans of water to each can of tomato paste used
2 tsp. basil
½ tsp. oregano
Salt and pepper

Brown onions and garlic. Add tomato paste and water and seasonings. Let simmer 3 to 4 hours. Lay steak on wax paper; salt and pepper. Spread mixture (or stuffing) on top of steak and roll up — jelly roll style. Tie with No. 8 white thread. Brown bucaloni in skillet and add to sauce. Let cook in sauce 3 to 4 hours. Before serving, slice in 1 inch slices like a loaf of bread. Serve with spaghetti. Serves 4 to 6.

Note: the spelling may not be correct, but the meal is delicious. We grew up calling this "bush-a-loni." No matter how you spell it, I'm sure you will enjoy it!

—Rosalie Perry, Grand Chenier, La.

* * *

SKILLET SCALLOPED MEAT AND POTATOES

2 Tbsp. butter or margarine
½ lb. bologna, in quartered ¼" slices
1 quart thinly sliced potatoes
Salt and pepper
3 Tbsp. flour
2 or 1½ cups (about) milk
Paprika

Melt butter in heavy 10" skillet. Alternate layers of potatoes and bologna in skillet, sprinkling each layer with salt and pepper and a little flour. Add enough milk to almost cover mixture and sprinkle with paprika. Bring to a boil, cover and simmer 40 minutes. Serves 4 to 6.

—Joanette Blake, Cameron, La.

MORE

1½ lbs. ground beef
1 green pepper
1 med. onion, chopped
1 can cream style corn
1 1-lb. can each of:
ripe olives, mushrooms, tomatoes, peas, drained or
1 pkg. of English peas, frozen
½ lb. ground pork, salt and pepper
½ lb. macaroni
2 to 3 cloves garlic
1 small can pimentoes

Fry beef, pork, pepper, onion and garlic in 2 Tbsp. olive oil until browned. Add salt and pepper to taste. Cook macaroni in salted boiling water until done. Run cold water through it. Drain, add vegetables and meat mixture. Put into a baking dish. Cover with grated or sliced cheese. Bake 20 minutes in moderate oven.

—Mrs. Burgna Koch

Submitted by Corrine Canik, Grand Chenier, La.

GROUND BEEF STROGANOFF

2 Tbsp. butter
1 lb. ground beef
½ cup chopped onion
1 clove garlic, minced
1 Tbsp. flour
1 can (10½ oz.) condensed cream of chicken soup
1 can (4 oz.) mushrooms, undrained
½ tsp. pepper
1 tsp. salt
1 cup dairy sour cream at room temperature
Buttered noodles

In a large skillet melt butter. Add meat, onion and garlic and cook until meat is brown. Stir in flour, then add soup, mushrooms, salt and pepper. Simmer 10 minutes. Stir in sour cream, heat to serving temperature. Serve over buttered noodles. Makes 6 servings.

—Mrs. Irene Turner, L.S.U.

DEVILED-PEANUT SANDWICHES

1/3 cup creamy peanut butter
1 can (4½ oz.) deviled ham
¼ cup dairy sour cream
3 Tbsp. finely chopped sweet pickles
2 Tbsp. finely chopped celery
Bread slices, halved and lightly buttered

Combine all ingredients except bread slices and spread.

There seems to be an increased demand for the serving of palatable, nutritious sandwiches. These may be eaten when prepared or may be wrapped, labeled and frozen until needed. To serve the frozen ones, simply thaw. This recipe was published in *The Lake Arthur Revue* in the September 6, 1973 edition, under "Sur-la-Table" par lola, better known as Bernice Stewart.

—Roberta Rogers, Cameron, La.

MACARONI AND CHEESE

1 cup cooked macaroni
1 cup bread crumbs
1 tsp. chopped onion
1 cup grated cheese

2 eggs, well beaten
1 tsp. green pepper
1 Tbsp. butter
1½ cups milk
Salt and pepper to taste

Combine all ingredients and place in casserole, which has been greased. Bake in moderate oven (300 degrees) about 45 minutes.

—Glenda McPherson, Grand Chenier, La.

CHEESE FONDUE, FRENCH STYLE

2 cups dry white wine
2 garlic cloves, cut up
¾ lb. imported Swiss cheese, freshly grated (about 3 cups)
mixed with 1 Tbsp. cornstarch
2 Tbsp. butter
2 to 6 Tbsp. heavy cream
Salt and pepper
3 Tbsp. Kirsch or Cognac
1 loaf French or Italian bread, cut in 1" cubes

Boil wine and garlic briskly until wine is reduced to 1½ cups. Strain wine into fondue pot or chafing dish. Discard garlic. Return wine to a boil, lower heat and add cheese-cornstarch mixture. When melted, stir in butter and 2 Tbsp. cream. If mixture thickens add more cream. Season with salt and pepper. Stir in the kirsch and serve at once accompanied by platter of bread cubes. To eat the fondue, spear a bread cube with a fork, dip into cheese mixture and twirl to coat evenly. Whoever loses the bread in the pot, owes the host a bottle of wine!

Alternative: Swiss fondue omits the butter and cream.

—Martha Fontenot, Cameron, La.

WELCH RABBIT

4 cups nippy cheddar cheese
¾ cup cream
½ tsp. mustard
¼ tsp. salt
1/8 tsp. pepper

Melt cheese in double boiler over hot, not boiling water. Never allow cheese to reach boiling point. Add remaining ingredients. Serve on toast. Try topping with a slice of tomato or accompanied with cooked sausage links.

Variation: Substitute beer or ginger ale for cream.

The story goes that long ago in Wales the peasants, not allowed to hunt on the estates of noblemen, served melted cheese as a substitute for rabbit, popular prize of the hunt. Hence the name Welch Rabbit.

—The Editors

CHEDDAR CHEESE SOUP

1 small onion, thinly sliced
2 Tbsp. butter
1½ cups chicken broth
1 cup milk
½ tsp. dry mustard
½ tsp. salt
¼ tsp. thyme & pepper
2 cups grated cheddar cheese

Saute onion in 2 Tbsp. butter. Add 2 Tbsp. flour, add broth, milk and spices. Stir till thickens. Add cheese and melt. Serves 4.

—Wardella Fontenot, Jennings, La.

POULTRY

STUFFED BAKED FRYER

1 large fryer
2 large onions
¼ cup chopped celery
1 cup chopped bell peppers
¼ cup chopped onion tops
1/3 cup mustard
Salt and pepper to taste



1st Place

1973 Favorite Food Show

Chop one onion, celery, bell pepper, onion tops and mix with salt and pepper. Stuff inside of fryer and close to keep in. Spread mustard on outside of fryer. Put in roaster with one onion sliced and ½ cup water. For gravy, thicken with flour as desired.

—Mrs. Shirley A. Bonsall, Grand Chenier, La.

GOLDEN CHICKEN

1 3-lb. fryer (cut in parts)
3 Tbsp. milk
3 Tbsp. melted oleo
¼ cup mustard
½ cup honey
1 tsp. curry powder
1 tsp. salt



2nd Place

1973 Favorite Food Show

Thoroughly mix milk, oleo, mustard, honey, curry powder and salt. Coat each piece of chicken with mixture. Place coated pieces in roasting pan. Bake one hour at 350 degrees, basting chicken with drippings in pan. Cover to bake with foil, punching holes with fork to allow browning of chicken.

—Mrs. Wayne Wood, Grand Chenier, La.

GOLDEN EGG AND RICE SALAD

2 cups cooked rice
¼ cup salad oil
2 Tbsp. vinegar
2 tsp. salt
1 Tbsp. mustard
¼ tsp. Tabasco
½ cup celery, chopped
¼ cup onion, chopped
¼ cup sweet pickle relish
¼ cup pimento, chopped
6 hard cooked eggs, chopped
½ cup mayonnaise
1 hard cooked egg, wedged



1st Place

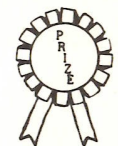
4—H Egg Cookery

Blend with a fork the rice, salad oil, vinegar, salt, mustard and Tabasco. Place in refrigerator to chill. Prepare vegetables — celery, onions, sweet pickles, relish and pimento. Chop hard cooked eggs. Combine chilled rice, vegetables, mayonnaise and eggs. Place in salad bowl, lined with lettuce. Garnish with cherry tomatoes, egg wedges. Lightly sprinkle with paprika. Serves 6 as a main dish.

—Betty Dugas, Sweet Lake, La.

EGG SALAD DELUX

6 hard cooked eggs
½ cup sweet pickles
¼ cup minced onions
Salt and pepper to taste
½ cup mayonnaise
1 Tbsp. mustard



2nd Place

4—H Egg Cookery

Mash eggs well. Add pickles, onions and seasoning. Add mayonnaise and mustard. Use as dip or sandwich spread.

—Jack Dugas, Sweet Lake, La.

THE BARGE TERMINAL, INC.

P.O. Box 476
Cameron, Louisiana

EGG SALAD

12 hard boiled eggs
1 chopped onion
1 chopped dill pickle
Salt and pepper to taste
Mayonnaise

Chop eggs, mix onion, egg, pickle, salt and pepper and mayonnaise.

—Sharon LaBove, Sweet Lake, La.

* * *

SCRUMPTIOUS EGG SALAD

6 hard cooked eggs
¼ cup chopped onion
¼ cup chopped bell pepper
¼ cup chopped celery
2 Tbsp. pickle relish
2 tsp. prepared mustard
½ cup mayonnaise
Salt and pepper to taste

Chop hard cooked eggs. Toss lightly with remaining ingredients. Serve on lettuce leaf. Garnish with tomato wedges.

—Bill Robichaux, Sweet Lake, La.

* * *

TASTY DEILED EGGS

12 peeled hard boiled eggs
¼ cup pickle relish
¼ cup diced onions
3 Tbsp. mayonnaise
5 medium boiled shrimp
Dash Tabasco — Salt and pepper to taste

Slice eggs. Mix yolks with remaining ingredients. Put mixture into white of eggs. Chill.

—Michael Prescott, Johnson Bayou, La.

* * *

DEILED EGGS

4 hard cooked eggs
2 Tbsp. mayonnaise
1½ Tbsp. drained and finely chopped dill pickle
½ tsp. prepared mustard
Salt and pepper to taste

Halve eggs lengthwise, remove yolks. Mash yolks with remaining ingredients. Spoon back into eggs' cavities. Refrigerate until served. Makes 4 servings.

—Irma Broussard, Sweet Lake, La.

* * *

DEILED EGGS

6 hard cooked eggs
1 tbsp. finely chopped onions
1 Tbsp. finely chopped celery
1 Tbsp. finely chopped green pepper
½ tsp. mustard
Mayonnaise — Salt and pepper to taste

Slice eggs in half lengthwise. Remove yolks and mash. Mix yolks with remaining ingredients, using just enough mayonnaise to hold together well. Pile yolk mixture lightly into egg white halves. Sprinkle with paprika.

—Albert Robichaux, Sweet Lake, La.

DEILED EGGS

2 hard boiled eggs
1 pickle
1 Tbsp. mustard
1 Tbsp. mayonnaise

Halve eggs. Combine yolks with all ingredients. Place mixture into whites.

—Debra Dyson, Cameron, La.

* * *

CHICKEN IN SAUCE

6 whole chicken breasts
½ lb. bacon
1 jar dried beef
1½ pints sour cream
1 can mushroom soup

Line pan with 1 jar dry beef. Wrap each breast with slice of bacon. Combine 1½ pt. sour cream and 1 can mushroom soup. Pour over top. Bake uncovered 2½ hours at 275 degrees.

—Mrs. Dewey Bonsall, Port Arthur, Texas

* * *

CHICKEN CACCIATORE

Pan: Heavy pan with cover

1 fryer (about 2 to 3 pounds), cut up
3 Tbsp. cooking oil
½ cup chopped green pepper
½ cup chopped onions
1 to 2 finely minced garlic cloves
1½ cups canned tomatoes
½ cup tomato sauce or ¼ cup tomato paste
¼ tsp. salt
¼ tsp. pepper
¼ tsp. ground allspice
1 bay leaf
¼ tsp. leaf thyme
Dash cayenne pepper

1. Heat the oil in the pan.
2. Add the chicken and brown evenly.
3. Add all of the other ingredients.
4. Cover the pan and simmer until the chicken is tender, about 30 to 40 minutes.
5. Serve over rice. Allow about 1 cup rice per serving. Yields 3 to 4 servings.

—Given to Patsy Granger many years ago by Miss Estelle Fournet, LSU Food Preservation Specialist

* * *

CORN SOUP & CHICKEN

1 5-lb. hen
1 303 can stewed tomatoes
1 small can tomato sauce
1 cup onion, chopped fine
1 cup bell pepper, chopped fine
1 cup celery, chopped fine
1 qt. fresh frozen corn, cut fine
Water — enough for desired thickness, Approx, 3 qts.
Salt and pepper

Bring water to boil. Cut up and salt and pepper hen. Add chicken to boiling water. Skim foam from water as it accumulates. When foam has stopped forming, add tomatoes, tomato sauce, onion, bell pepper and celery. Cook until chicken begins to get tender. Add corn and cook 20 minutes longer. Salt and pepper to your taste.

—Jeanette Benoit, Cameron, La.

SCRAMBLED EGGS AND CORN

2 Tbsp. butter or margarine
1 16 oz. can whole kernal corn, drained
6 eggs
6 Tbsp. milk
1 tsp. salt
1/8 tsp. pepper

Melt butter in medium sized skillet. Add corn. In a bowl beat eggs, milk, salt and pepper together with a fork. Pour into skillet and stir until eggs look done, moist and glossy. Serves 4.

—Susan Baccigalopi, Creole, La.

* * *

CHICKEN CASSEROLE

2/3 cup sliced boiled potatoes
1 can (5 oz.) boned chicken
1 can cream of chicken soup
1 tsp. parsley
½ cup natural cheddar cheese (grated)
Black pepper and salt to taste

Mix together potatoes, chicken, soup and season. Put in casserole dish, sprinkle as much grated cheese evenly on top as you want. Put in oven until cheese is melted.

—Mrs. Wendell Murphy, Cameron, La.

* * *

CHICKEN & DUMPLINGS

1 hen or fryer
½ cup cooking oil
2 onions, chopped
2 bell peppers, chopped
1 cup green onions, chopped
½ cup celery, chopped
1/3 cup milk
1 cup flour
1 egg yolk
¼ tsp. baking powder (optional)

Cut up chicken, season well and in the cooking oil fry chicken until golden brown. Drain excess fat. Add onions, bell pepper, celery and saute. Add 7 or 8 cups water and cook until meat is tender. To make dumplings, combine milk, flour, baking powder, egg, salt and pepper. Drop dumplings by teaspoon on top of chicken and cook till dumplings are tender (12-15 minutes).

—Nelvia Murphy, Grand Chenier, La.

* * *

LEMON HERB ROAST CHICKEN

2 tsp. salt
2 tsp. dried leaf oregano, divided
2 whole broiler-fryer chickens (3-3½ lbs. each)
or chicken breasts (skin up)
1 clove garlic
2 onions, halved
2 lemons, halved

Sprinkle ½ tsp. salt and ½ tsp. oregano inside the cavity of each chicken and the remaining ½ tsp. on the outside of each chicken. Rub outside with garlic, onion and lemon. Place used ½ clove of garlic, one onion and one lemon inside cavity of each chicken. Place breast up in shallow roasting pan and bake in 350 degree oven for 1½ hours or until chickens are tender. To test for doneness, leg should twist easily out of thigh joint and drumstick should feel soft when pressed between fingers. Serve hot or cold. Makes 8 servings. (Cook several and freeze — they're great!)

—Mrs. Susan Watts, Cameron, La.

CHICKEN CASSEROLE

1 5-oz. can chicken
1 can cream of chicken soup
3 hard cooked eggs, sliced
1 cup chopped celery
2 tsp. onion, grated
1 Tbsp. lemon juice
½ cup mayonnaise
½ tsp. salt and pepper
2 cups crushed potatoe chips

Mix all ingredients in order listed, reserving ½ cup chips. Pour into 1½ quart casserole dish. Sprinkle with chips. Bake, uncovered, 375 degrees for 1 hour. Serves 4.

—Mrs. Wendell Murphy, Cameron, La.

* * *

CHICKEN KIEV

8 chicken breasts, split
¼ cup oleo, softened
1 3-oz. pkg. cream cheese, softened
2 eggs, beaten with 1 Tbsp. water & ½ tsp. salt
1 cup bread crumbs
¼ tsp. salt
¼ cup flour
Cooking oil
½ tsp. each onion salt, salad herbs, oregano
1/8 tsp. garlic salt

Cream butter, salt, cream cheese and seasonings. Place in freezer and prepare chicken breasts. Remove skin and bones. Flatten between wax paper with a rolling pin. Divide chilled cheese and butter in eighths. Place portion on widest side of each breast, roll up, cigar-like, folding ends in to hold filling. Fasten with toothpicks. Dip into flour, then egg, then crumbs, coating well. (Recipe can be prepared to this point and refrigerated till ready to fry.) Heat oil to 370 degrees. Place chicken in oil, then immediately reduce temperature to 360 degrees. Fry 10 to 15 minutes, turning once. Eat! Delicious!

—Mrs. Sandra Morazan, New Orleans, La.

* * *

CHICKEN SALAD

3 cups diced cooked chicken
1½ cups celery, chopped
2 Tbsp. chopped parsley
½ cup heavy cream, whipped
1 cup mayonnaise
2 Tbsp. lemon juice
½ cup toasted almonds, coarsely chopped
1 tsp. salt
½ tsp. pepper

In a large bowl toss chicken with celery, parsley, salt and pepper to mix well. Gently fold in whipped cream, mayonnaise, lemon juice and almonds until well combined. Refrigerate until well chilled — about one hour.

—Mrs. Charles F. Hebert, Cameron, La.

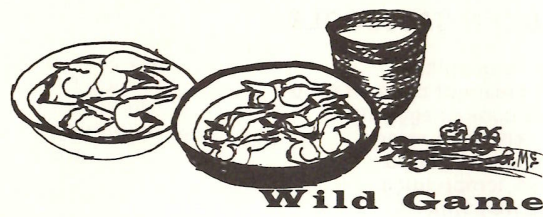
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MARGIE'S CHICKEN

1 fryer
1 small bottle catsup
1 cup water
¾ cup maple syrup
1 onion (cut into rings)
½ tsp. prepared mustard
1 pinch celery seed

Cut and season fryer. Fry as for southern fried. Place in baking dish. Place onion rings over and under chicken. Heat in sauce pan catsup, water, maple syrup, mustard and celery seed. Pour over chicken. Bake in 340 degree oven about 30 minutes, or until gravy is thick. Baste chicken a couple of times during cooking time. Serve with rice or mashed potatoes and green salad.

—Margaret Young, Johnson Bayou



ROAST DUCKLING WITH ORANGE SAUCE

1 duckling
chopped onions, parsley, onion tops
apple — onion, sliced
wine
Salt, pepper, celery salt, red pepper

2nd Place
1973

Favorite Food Show

Stuff duck cavity with chopped onions, parsley, onion tops that have been seasoned with salts and peppers. Stuff breast and legs of duck. Place apple and sliced onions inside duck. Season inside and outside of duck. Put in a baking bag and bake 2½ to 3 hours at 350 degrees. Duck should be marinated in wine at least 24 hours and the wine then used in the baking process.

ORANGE SAUCE

Use pan drippings of duck and thicken with cornstarch and juice of an orange.

—Yolanda Conner, Creole, La.

DEER MEAT PATTIES AND GRAVY

1 lb. ground meat
1 onion chopped
4 crackers crumbled
1 egg beaten
garlic salt
Salt and pepper to taste
2 Tbsp. cooking oil
1 small can mushrooms, drained

Mix ground meat, onion, crackers, egg and seasonings together in a large bowl. Make into patties and fry patties in cooking oil. Remove from heat. Add can of mushrooms. Place meat in gravy. Simmer until gravy thickens. Serve on rice.

—Mrs. Larry McNeese, Grand Chenier, La.

MEAT PIE

Any type of meat — wild game can be used
pie crust
2 Tbsp. flour
Any type drained vegetables

Place drained vegetables, meat, flour and a little water in pie crust. Cover with top pastry, slit top. Cook 30-35 minutes at 300 degrees.

—Mrs. Larry McNeese, Grand Chenier, La.

WILD GOOSE GUMBO

1 cup vegetable oil
½ cup flour
1 large hot pepper, chopped fine
1½ tsp. salt
2 cups onions, chopped fine
¾ cup celery, chopped fine
¼ cup bell pepper, chopped fine
1 large wild goose, cut up
1½ cups wine

Heat oil in large pot; add flour, stirring constantly until it is dark brown. Add onions, celery, bell peppers, salt and hot peppers. Add 1 cup water; stir and cover and let cook about 15 minutes. Add meat and about 1 gallon water, ¾ cup wine and let simmer about 1½ hours or until meat is tender. Add chopped onion tops and parsley and remainder of wine and cook about 10 minutes longer. Serve hot with rice and crackers. Makes approximately 8 servings.

—Hayes Picou, Sr., Cameron, La.

GOOSE OR DUCK CASSEROLE

¼ tsp. liquid crab boil
Salt and pepper to taste
Water
5 or 6 birds
Celery, onions, green pepper — garlic
1 cup cooked wild rice
1 cup cooked white rice
1 can mushroom soup
1 can cream of chicken soup
1 can celery soup
½ cup Worcestershire
4 Tbsp. Tabasco
2 Tbsp. Accent
1 cup red or white wine or 1 cup sherry

Boil birds in liquid crab boil, salt and water until tender. Remove meat from bones and skin except legs. Saute celery, onions, green pepper and garlic. Mix cooked rice in large bowl with bird meat, sauted ingredients and 1 can mushroom soup, 1 can cream of chicken soup, 1 can celery soup, worcestershire, Tabasco, Accent and wine, plenty of salt and pepper. Bake 45 minutes at 375 degrees. Stick legs down in mixture during baking. Use legs for garnishing. If mixture looks dry, pour over more wine.

—Mrs. June Nunez Goddard

POT ROASTED DUCKS

3-4 cleaned ducks
Bacon and onion chopped fine
Salt and pepper
Kitchen Bouquet
Mustard

Season bacon and onion with salt and pepper. Run knife into each side of breast. Stuff with bacon mixture. Close with toothpick. Rub each duck with Kitchen Bouquet and mustard, salt and pepper. Start cooking in about 1" water. After ducks have browned in own fat, add water as needed.

—Mrs. Nancy Nunez, Grand Chenier, La.

FROG LEGS OVER CHARCOAL

Frog Legs
Milk
Flour
Cooking Oil
Salt, black pepper, red pepper — Accent

SAUCE

½ tsp. Tabasco
2 Tbsp. lemon juice
1 tsp. worcestershire sauce
1 clove garlic, crushed

Soak frog legs in milk 20 minutes; drain. Shake well in brown paper bag of seasoned flour. Prepare a hot charcoal fire. Fill heavy kettle half full on grill until hot enough to light a match (375 degrees). Fry quickly, drain. Drizzle sauce over and serve

—John Prescott, Johnson Bayou, La.

VENISON SPECIAL

5-6 lb. venison roast
chopped onions
chopped garlic
chopped bell pepper
chopped celery
chopped green onion tops
Shortening
1 can cream of mushroom soup
1 can water
1 pkg. onion soup mix



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Stuff roast with onions, garlic, bell pepper, celery and onion tops. Brush with shortening and place in oven over 200 degrees for 15 hours. When browned, sprinkle with onion soup mix, then add cream of mushroom soup and water. Simmer approximately 1 hour.

—Hattie, Nunez, Cameron, La.

FROG SAUCE PIQUANT

1 large can whole tomatoes (1 lb-12 oz.)
1 can Rotel tomatoes
1 can tomato sauce
2 large onions, chopped fine
1 garlic pod, chopped
½ cup cooking oil
1 medium size bell pepper, chopped
¼ cup parsley chopped
½ cup onion tops chopped

Cook the tomatoes, tomato sauce, onions, garlic, cooking oil and bell pepper for 4 hours. Then add parsley and onion tops. Add frogs and cook until tender. Salt and pepper to taste.

—Louis Canik, Grand Chenier, La.

TURTLE SAUCE PIQUANT

3 lbs. turtle meat, chopped into small pieces
vinegar
½ lb. chopped onion
2 Tbsp. shortening
2 16-oz. cans whole tomatoes
1 5-oz. can tomato paste
5 8-oz. cans tomato sauce
2 cups chopped celery
1 large chopped bell pepper
2 cloves garlic
1 tsp. Louisiana Hot Sauce
Salt and pepper to taste

Boil meat in a solution of salt water, pepper and vinegar for 35 minutes. Cook onions in shortening until onions are brown. Add tomatoes, sauce, paste, celery, bell pepper, garlic, hot sauce and salt and pepper. Cook three hours, add browned meat and cook until tender. Be sure you use a three gallon pot.

—Mrs. Leo P. Folse, Cameron, La.

ARMADILLO

How to Dress an Armadillo

1. Use a sharp knife and cut the belly skin near the shell, all around behind the head and tail.
2. With knife, separate the meat from the shell on both sides, as far as can be reached.
3. Pull the head from the shell and at the same time cut the meat away from the shell.
4. The carcass should come out and be placed on something clean or left in the shell for cleanliness.
5. Use large tin snips or some type of shears to cut off the feet and head. Leave on the tail.

6. Cut through belly muscle and use snips to cut bones through breast, also snip to cut double pelvis bones.
7. Pick up carcass by tail and either cut or pull out all entrails.
8. Cut around the tail and twist off tail.
9. Remove all fat and sweat glands.
10. It is now ready to cook.

Season meat with salt and pepper and rub with butter. Wrap in foil and bake in oven or grill until done. This animal should be handled the same as pork for cooking time. Remove the foil and add more butter and brown. Barbecue sauce may be used to baste or mustard base sauce is excellent.

—Mrs. B. A. McDonald, Lake Charles, La.

FRIED ALLIGATOR

1 5-lb. piece of alligator tail, rinsed and chopped into frying pieces
1 small bottle Tabasco Sauce
½ cup water
Juice of 2 or 3 lemons
1 small bell pepper
1 boiled potato
1 small clove garlic
½ tsp. salt

Marinate alligator in Tabasco, salt, lemon juice and just enough water to cover. Place in refrigerator for 48 hours. Drain. Pieces may be rolled in flour or corn meal and fried or grind alligator with potato, bell pepper, garlic, salt and pepper. Form into patties. Drop into hot oil until golden brown.

—Roland Perry, Cameron, La.

ROASTED ALLIGATOR

2 3-inch slices of tail or the muscle
¼ cup chopped onion
¼ cup diced garlic
½ stick butter
½ cup worcestershire
Few sprigs of parsley

Stuff roast with garlic and onion. Pour melted butter and worcestershire over top of roast and let stand a few minutes. Place in case iron dutch oven with a small amount of water. Cook in a slow oven (225 degrees) two hours. Garnish with parsley before serving.

—John Prescott, Johnson Bayou, La.

ALLIGATOR SAUCE PIQUANT

1 lb. 1" cubes of alligator
½ cup flour
1 cup cooking oil
1 large onion, chopped
1 garlic pod, chopped
½ bell pepper, chopped
½ cup onion tops
1 large can tomatoes
1 can tomato sauce
Salt and pepper

Cook flour in oil until medium brown. Add onions, cook until onions wilt. Add garlic, bell pepper, tomatoes, tomato sauce, 3 cans of water and cook over low flame 30 minutes. Add meat, salt and pepper to taste and onion tops. Continue cooking until meat is tender.

—John Prescott, Johnson Bayou, La.



Vegetables

VEGETABLES IN GREEK MARINADE

Marinade

- 3 cups chicken stock, fresh or canned
- 1 cup dry white wine
- 1 cup olive oil
- ½ cup lemon juice
- 6 parsley springs
- 2 large garlic cloves, cut up
- ½ tsp. dried thyme
- 10 peppercorns
- 1 tsp. salt



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Vegetables

- 24 very small onions
- 1 lb. small yellow squash, unpeeled, sliced 1" thick
- 3 medium bell peppers, seeded and cut lengthwise into ½" strips
- 1 can whole green string beans
- 2 lemons cut into wedges

Note: Any other firm vegetable may be added or substituted, such as mushrooms, celery, hearts, or zucchini.

Bring marinade to a boil and add onion. Cook over moderate heat for 20 minutes or until the onions are just tender when pierced with tip of a sharp knife. Remove with a slotted spoon to a large glass dish. Add squash and cook slowly, uncovered for 10 to 15 minutes until barely done. Then put in dish with onions. Add pepper strips and string beans, cook uncovered 8 to 10 minutes or just until tender. Vegetables must not be overcooked because they will soften in marinade. Taste and season marinade and pour over vegetables. Place in refrigerator to cool. Then cover with foil or plastic wrap and marinate at least 4 hours. To serve, lift out of marinade with slotted spoon and arrange attractively on platter. Moisten with a little marinade and garnish with lemon slices.

—Mrs. Ward Fontenot, Cameron, La.

BROCCOLI CASSEROLE

- 1 jar oysters (drained but retain liquid), chopped
- 1 pkg. frozen chopped broccoli
- 1 pkg. cornbread stuffing (8 oz.)
- ½ cup water
- ¼ lb. margarine
- 1 egg, beaten
- ½ cup chopped onions
- ½ cup parsley, chopped
- ½ cup celery, chopped
- ½ cup bell pepper, chopped



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Heat water, melt margarine and add dry stuffing. After mixing this together, keep aside about ¾ stuffing for topping casserole. Add beaten egg, chopped vegetables, mixing well. Add chopped oysters and cooked broccoli and the oyster liquid. Season to taste with salt and pepper. Add more water if needed. Put in greased casserole dish and sprinkle remaining ¾ cup stuffing on top. Bake at 400 degrees for about 20 minutes or until top is crisp.

—Nelvia Murphy, Grand Chenier, La.

PRESSURE CABBAGE AND CARROTS

- Cut 1 medium cabbage into quarters
- 4 to 5 carrots, scraped, washed and cut
- Onions (if desired)
- Season to taste

- ¼ tsp. sugar
- 2 Tbsp. bacon fat
- ½ cup water

Place in pressure cooker and cook for 3 minutes. Cool cooker under faucet of water until pressure drops.

—Theresa Myers, Creole, La.

SPANISH DORINNE

- 2 pkg. frozen chopped spinach
- 4 Tbsp. butter
- 2 Tbsp. flour
- 2 Tbsp. chopped onions
- ½ cup evaporated milk
- ½ cup vegetable liquor
- ½ tsp. black pepper
- ½ tsp. salt
- ¾ tsp. garlic salt
- 6 oz. roll of Kraft Jalopena Cheese
- 1 tsp. worcestershire sauce
- Red pepper to taste

Cook spinach according to package directions. Drain and reserve liquor. Melt butter in saucepan over low heat. Add flour, stirring until smooth, but not brown. Add onions, cook until soft, but not brown. Add liquor, slowly stirring constantly to avoid lumps. Add evaporated milk. Cook until thick and smooth, continue stirring. Add seasonings and cheese, which has been cut in small pieces. Stir until melted. Combine with cooked spinach. This may be served immediately or put in casserole and topped with buttered bread crumbs or seasoned Pepperidge Farm bread crumbs. The flavor is improved if the latter is done and kept in the refrigerator overnight. May be frozen successfully. Serves 5 to 6. Heat in moderate oven until hot and bubbly.

—Jeanine Jones, Cameron, La.

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MOTEL**

20 Units

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POTATO CASSEROLE

- 4 large boiled potatoes, sliced
- 1 large onion, sliced thin
- 1 cup evaporated milk
- 3 strips bacon, fried and crumbled
- 3 or 4 slices of cheese, grated
- ½ stick butter or margarine
- 1 cup sour cream



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Boil potatoes until medium done, then slice. Put a layer of sliced potatoes in the bottom of a baking dish. Then add a layer of thinly sliced onions, grated cheese, repeat layers. Salt and pepper to taste. Pour evaporated milk over casserole. Dot with ½ stick butter. Bake 30 minutes at 350 degrees. When done, spread 1 cup sour cream over casserole.

—Yolanda Conner, Creole, La.

SQUASH CASSEROLE

- 2 cups cooked squash
- ¾ stick butter
- 2 eggs
- 1 tsp. salt
- ½ tsp. pepper
- 1 cup chopped onion
- 1 cup grated cheese
- 1 cup evaporated milk
- 2 cups cracker crumbs

Mash squash. Add remaining ingredients and mix well. Pour into a greased casserole dish and bake at 375 degrees for about 40 minutes.

—Hattie Nunez, Cameron, La.

ASPARGUS CASSEROLE

- 1 large can green asparagus tips
- 1 can cream of mushroom soup
- 4 hard cooked eggs, cubed
- ¼ lb. American cheese, coarsely grated
- 12 toasted salted crackers, crumbled
- Salt and pepper to taste
- 1 cup milk

Crumble crackers in bottom of casserole. Add grated cheese, then egg, then asparagus, then soup. Repeat layers, dotting each with black pepper and salt. Sprinkle top with crumbs. Add milk to moisten. Bake 20 to 30 minutes in moderate oven.

—Mrs. Lyle Crain, Grand Chenier, La.

GEORGIA GUMBO

- ¾ cup bacon drippings
- 2 cups fresh tomatoes, peeled and sliced
- 2 cups fresh corn, cut from cob
- 1 large onion, sliced
- 2 cups okra, chipped
- 1 Tbsp. sugar
- Salt and pepper to taste — a bit of garlic, if desired

Put grease in a heavy frying pan. Place sliced onion in pan and fry to a light brown. Add tomatoes, okra (cook okra until done). Add rest of ingredients. Cook until corn is done, about 20 minutes, or until thick enough to serve with a fork.

Note: 1 can of tomatoes may be substituted for fresh tomatoes. 1 can of Mexicorn or Corn Niblets may be substituted for fresh corn. If tomatoes are heavy pack, add 1 cup water.

—Mrs. Heyward Peppers, Cameron, La.

CORN CREOLE

- 1 large onion
- 1 bell pepper
- 3 Tbsp. bacon drippings
- 1 lb. meat or shrimp
- 1 can cream style corn
- ½ cup cornmeal
- 1 egg
- 2 cups milk
- Salt and pepper to taste

Saute onions and bell pepper in drippings, add meat or shrimp and simmer. Mix other ingredients and add to cooked mixture. Place in greased casserole and add 1/3 cup bread crumbs and 1 Tbsp. butter. Bake 40 minutes at 350 degrees. Makes 6 servings.

—Mrs. Shirley A. Bonsall, Grand Chenier, La.

COPPER PENNY CARROTS

- 2 No. 2 cans sliced carrots
- 1 onion, sliced in rings
- 1 green pepper, chopped
- 1 clove garlic, minced

Drain carrots and place the above ingredients in a bowl. Make a sauce of the following:

- 1 cup tomato soup
- ½ cup salad oil
- ½ cup sugar
- 2/3 cup vinegar
- 1 tsp. dry mustard
- Salt and pepper to taste

Bring the last six ingredients to a boil and pour over the vegetables. Do not cook any of the vegetables in the sauce. Marinate overnight or longer, turning now and then. Can be served cold or warm.

—Wardella Fontenot, Jennings, La.

KENTUCKY CABBAGE CASSEROLE

- 1 small head green cabbage, about 1 lb.
- 1 cup thinly sliced celery
- 1 cup boiling water
- ¼ tsp. salt
- 1 can (10½ oz.) condensed cream of celery soup, undiluted
- 1/3 cup milk
- 4 tsp. American-style soy sauce
- 1 Tbsp. minced onion
- Generous dash of Tabasco sauce
- 2 Tbsp. butter
- ½ cup finely crushed round buttery crackers

Knife-shred cabbage coarsely to make 4 cups packed down. Into a large saucepan turn the cabbage, celery, water and salt; cover and boil 5 minutes; drain well. In a 1½ quart round glass casserole (7½ x 2½ inches) or similar utensil, whisk together the soup, milk, soy sauce, onion and Tabasco; add drained cabbage and celery and mix well. In a small skillet melt the butter; mix in cracker crumbs. Sprinkle over cabbage mixture. Bake in a preheated 350 degree oven until bubbly-hot and topping is browned, about 40 minutes. Makes 4 to 6 servings.

—Wardella Fontenot, Jennings, La.

CARMELIZED SWEET POTATOES

- 3 medium sweet potatoes, cooked
- ¼ cup sugar
- ¼ cup butter or oil

Cut cooked yams into strips. Sprinkle sugar over them and fry in butter or oil until browned. Do not deep fat fry.

—Mrs. J. Berton Daigle, Cameron, La.

CREAMY CRUNCHY GREEN BEAN CASSEROLE

1 1-lb. can French-style green beans, drained
1/2 to 1 (10 1/2 oz.) can Cream of Mushroom soup, undiluted
1 5-oz. can water chestnuts, drained and diced
1/4 tsp. soy sauce

Crushed potato chips or crumbled cheese crackers, enough for topping.

Combine beans and water chestnuts and over this pour the cream of mushroom soup that has been combined with the soy sauce. Fold in lightly with a fork until well mixed. Place this mixture in a 1-quart casserole and bake in a 350 degree oven for 20 to 25 minutes, until bubbly. Top with the potato chip crumbs the last five minutes of baking or use as a garnish.

—Mrs. Chas F. Hebert, Cameron, La.
—Mrs. M. C. Kelley, Oak Grove, La.

CHICKEN BROCCOLI

2 10-oz. pkgs. frozen broccoli
1/2 cup mayonnaise
1/2 tsp. lemon juice
1 can cream chicken soup
2 cup diced cooked chicken
1/2 cup bread crumbs
2 Tbsp. melted butter
1/4 cup cheddar cheese, grated

Grease shallow 1 1/2 quart casserole dish. Cook broccoli as directed on the package. Blend mayonnaise and lemon juice with soup. Arrange broccoli in casserole dish, top with chicken. Over this pour sauce. Sprinkle with a mixture of bread crumbs and butter. Top with grated cheese. Heat in 350 degree oven 25 minutes.

—Mrs. Dewey Bonsall, Port Arthur, Texas

BAKED EGGPLANT

1 large eggplant
1 large onion
1 lb. ground meat
1/2 cup cornflakes
1/2 cup water
1/2 tsp. black pepper
Small amount of red pepper
1/2 cup cooked rice
1/2 cup rolled cracker crumbs
2 Tbsp. bacon drippings
1 egg, beaten
1/4 cup milk
1/2 cup water

Peel and cut eggplant into small pieces. Mix cornflake crumbs and meat. Add enough water to moisten crumbs. Fry this mixture in bacon drippings. When brown, add raw eggplant and onions. Add 1/2 cup water, cover and cook until tender. Cool slightly. Add beaten egg, rice, cracker crumbs and milk together with peppers and salt to taste. Pour in buttered casserole. Sprinkle cracker crumbs on top. Sprinkle a little water over the crumbs. Over the cracker crumbs pour melted butter — about 6 Tbsp. Bake at 375 degrees for 30 to 35 minutes. Freezes well.

—Miss May Schaffer, Jennings, La.

SCALLOPED EGGPLANT

1 medium eggplant
2 Tbsp. butter
1/2 cup buttered bread crumbs or cracker crumbs

1 small onion
1/2 cup milk
1 cup dry bread crumbs

Cut eggplant in one inch cubes. Cook in boiling salted water 8 minutes, drain. Add egg, milk, butter, onion and bread crumbs. Place in greased baking dish. Top with buttered crumbs. Bake in moderate oven, 350 degrees, 30 minutes.

—Mrs. Dewey Bonsall, Port Arthur, Texas

BROCCOLI OR EGGPLANT CASSEROLE

1 pkg. frozen chopped broccoli or 1 med. eggplant
1 can cream of mushroom soup
1 egg, beaten
4 Tbsp. butter
1/4 cup chopped onions
1/4 cup chopped green pepper
2 cups evaporated milk
1 cup grated sharp cheese
1/4 cup stuffing, Kellogg Croutons

Boil broccoli or eggplant until tender. Drain. Saute onions and peppers in 2 Tbsp. butter. Mix all above ingredients together and pour in greased casserole dish. Sprinkle the stuffing and cheese on top. Dot with 2 Tbsp. butter. Bake 30 minutes at 350 degrees. Serves 6 to 8.

This recipe was given to me by Miss Iris Pichnic. I have made extra casseroles for the freezer, as it freezes well. To serve, let thaw, then heat.

—Mrs. Roberta Rogers, Cameron, La.

ONION PIE

Crust: 1 1/2 cups cracker crumbs with 1/3 cup melted oleo. Press this mixture into pie shell.

2 onions sliced and fried in 2 Tbsp. oleo, stir in
2 beaten eggs with 1 cup scalded milk
1/2 tsp. salt
1/4 tsp. pepper
1 1/2 cups grated cheddar cheese

Mix all the above and pour in crust. Bake 300 degrees 40 to 45 minutes. This is good with barbeque or meat.

—Corrine Canik, Grand Chenier, La.

GREEN BEAN AND CARROT CASSEROLE

2 cans green beans (French style or frozen cut, cooked and drained)
1 can carrots (diced or sliced, drained)
1 use cooked fresh 1/2 to 3/4 cups
1 can mushroom soup, undiluted
1 can sliced water chestnuts
1 can French fried onions

Mix all ingredients together except onions, and put in rectangle casserole 10" x 6". Bake at 350 degrees for about 30 minutes, or until piping hot. Sprinkle the french fried onions on top and heat again. Serves 6.

—Jeanine Jones, Cameron, La.

CHEESE GRITS

2 cups boiling water, add
1 tsp. salt
1 cup grits, cook about 5 minutes, add
1 cup milk and cook 5 minutes, add
1 stick oleo

Remove from heat and add 2 beaten eggs, 1 cup grated cheese and bake about 45 minutes in a 350 degree oven.

—Mrs. Dewey Bonsall, Port Arthur, Texas

EGGPLANT CASSEROLE

4 cups cubed eggplant
1 medium-sized onion
1 cup crackers or cooked rice
1/2 cup cup-up cheese (grated)
1 egg, well beaten
2 Tbsp. margarine

Boil eggplant and onion until tender. Drain and mix with next 4 ingredients. Put in casserole dish and sprinkle cracker crumbs over the top. Dot with margarine and bake at 350 degrees for 30 minutes.

—Mrs. Telsmar Bonsall, Creole, La.

CURRIED PEAS

1 can (1 lb., 1 oz.) green peas
2 Tbsp. chopped onion
2 Tbsp. oleo
2 Tbsp. flour
1/2 tsp. curry powder
1/4 tsp. salt
1 1/2 cups milk

In medium pot, saute onion in oleo. Remove from heat. Stir in flour and seasonings. Cook over low heat, stirring until mixture is bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil 1 minute. Gently stir in drained peas and heat through.

—Mrs. Wayne Wood, Grand Chenier, La.

SPANISH LIMAS

1 medium onion, chopped
1 green pepper, chopped
2 Tbsp. butter
1 can tomatoes
1 tsp. worcestershire
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. red pepper
1 large pkg. frozen baby limas, cooked
1 cup grated cheese

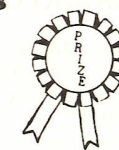
Fry onion and peppers until golden. Add tomatoes and cook 10 minutes. Add beans and seasonings. Alternate bean mixture and cheese in casserole. Bake 350 degrees for 30 minutes.

—Wardella Fontenot, Jennings, La.



LEMON CONGEALED SALAD

1 large lemon gelatin
2 large cream cheese, softened
1 large container whipped cream
1 can mandarin slices, drained
1 can fruit cocktail drained
(or any other canned fruit)



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Mix gelatin with 1 cup boiling water. Add 1 cup fruit juice from those drained fruits. Chill until set. When set, whip cream cheese and gelatin together. Fold in whipped cream. Add drained fruit and mix. Refrigerate. Makes one large mixing bowl of salad, depending on amount of fruit added.

TWENTY-FOUR HOUR SALAD

2 eggs, beaten
4 Tbsp. vinegar
4 Tbsp. sugar
2 Tbsp. butter
1 pint whipping cream, whipped
2 cups cherries, halved and drained
2 cups orange slices drained (mandarin)
2 cups small marshmallows

Put eggs in top of double boiler, add vinegar and sugar. Beat constantly until mixture is thick and smooth. Remove from heat, add butter and cool. When cold, fold in whipped cream, drained fruits and marshmallows. Pour into 2 qt. mold and place in refrigerator for 24 hours. Serves 10-14.

—Mrs. Diana McCall, Grand Chenier, La.

CREAM DELUXE HOLIDAY SALAD

4 cups Borden's whipping cream (beat until stiff)
4 Tbsp. powdered sugar
1 cup drained pineapple
1 1/2 cups sliced strawberries
1 cup chopped seedless grapes
4 sliced bananas
1 1/2 cups miniature marshmallows
1 carton cottage cheese
1 carton strawberry yogurt

Combine all but the cottage cheese and yogurt in a large bowl. Stir in cottage cheese and yogurt. Chill about 1 hour before serving. Serve in a small dessert bowl.

—Mrs. John Conner, Cameron, La.

ORIENTAL RICE SALAD

1 cup uncooked rice
1 1/2 Tbsp. lime juice
1 small onion grated
1/2 cup mayonnaise
4 Tbsp. butter
1 cup sliced celery
1/2 cup toasted almonds

Cook rice as usual. Stir in butter and lime juice. Toss lightly with a fork. Cool to room temperature. Fold in celery, onion, almonds and mayonnaise. Serves 6.

—Mrs. John Prescott, Johnson Bayou, La.

STRAWBERRY SALAD

2 pkg. strawberry jello
2 cups hot water
1 pint fresh strawberries with 1/2 cup sugar
2 bananas mashed with fork
1/2 cup pecans chopped
1 small can crushed pineapple
1 tsp. grated orange peel
1/2 pint whipping cream with 2 Tbsp. sugar
1 tsp. vanilla

Mix jello with hot water and fruit ingredients. Pour half of mixture in a 2 qt. pyrex dish and set in refrigerator until firm. Then spread with cream whipped with sugar and vanilla. Pour rest of mixture on top and chill until firm.

Mrs. Wade Lejeune of Crowley, La. was neighborly enough to share her "Christmas" salad with me.

WALDORF SALAD

2 eggs, beaten
1/2 cup sugar
1/8 tsp. salt
1/2 cup pineapple juice
1/2 cup chopped celery
2 red apples, chopped
1 small can pineapple, crushed
1 cup chopped red cherries
1/2 cup chopped nuts
1/2 pt. whipped, whipping cream

Cook eggs, sugar, salt, pineapple juice. Add remaining ingredients. Chill and serve.

—Mrs. Darlene Taylor, Sweet Lake, La.



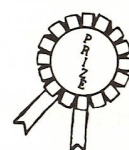
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SPINACH SALAD

1 lb. spinach
6 slices fried bacon

Wash and break into bite size pieces the spinach. Fry the bacon. When cooled, break up onto spinach. Just before serving, pour vinegar and oil dressing onto salad.

—Susan Baccagalopi, Creole, La.



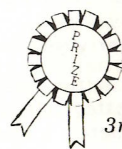
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AVACODO SALAD

4 or 5 large ripe avacodos
3 large Tbsp. mayonnaise
1/2 chopped onion
2 tsp. chopped pimento

Mix all together with egg beater. Salt to taste. Decorate as desired.

—Mrs. Cleo Kelley, Cameron, La.



3rd Place
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FLUFFY RICE SALAD

1 pkg. lime jello
18 marshmallows
1/2 pint whipping cream
1 cup drained crushed pineapple
1 cup cooked rice
1/2 cup nuts

Mix jello as directed on package. For extra flavor use drained pineapple juice as part of the liquid. Cut marshmallows, add to mixture allowing them to dissolve almost completely. Fold in crushed pineapple, rice, nuts and whipping cream. Chill thoroughly in a mold. Serves 8.

—Mrs. John Prescott, Johnson Bayou, La.

FROSTY CRANBERRY SALAD

1 16-oz. can whole cranberry sauce
1 8 3/4 oz. can crushed pineapple
1 cup sour cream
1/4 cup confectioner's sugar

Combine cranberry sauce and pineapple. Mix sour cream and confectioner's sugar; add to fruit mixture. Pour into two greased pyrex pie pans. Cover with aluminum foil and freeze until firm. Remove from freezer and let stand for several minutes at room temperature. Remove foil and cut each salad into 6 wedges; serve on lettuce. Serves 12.

4 BEAN SALAD

1 can red beans
1 can green snap beans
1 can white snap beans
1 can lima beans
1 tsp. salt
1 tsp. pepper
2 onions, sliced thin
1 green pepper, chopped
1 red bell pepper or pimento chopped
1/2 cup white vinegar
1 to 1 1/2 cups sugar
1/2 cup cooking oil

Rinse and drain beans, add onions, peppers, salt and pepper. Mix vinegar, oil and sugar and pour over beans.

—Mrs. Nata Hebert, Hackberry, La.

PAM'S PRINCESS SALAD

Equal parts sour cream and lemon yogurt
3 chopped apples
2 cups baby marshmallows
1 well-drained can fruit cocktail
1 well-drained can chopped pineapple
2/3 cup chopped pecans
1 cup cherries

Mix the equal parts sour cream and lemon yogurt. This is the dressing. Add the chopped apples. The yogurt keeps the apples from turning dark. Add other ingredients and mix well. Serves 10.

—Pam Duhon, Grand Lake, La.

ORANGE PINEAPPLE SALAD

1 15 1/4 oz. can chunk pineapple
1 16-oz. can crushed pineapple
1 lb.-13 oz. can pears, diced
5 oranges cubed
1 small pkg. miniature marshmallows
1 carton sour cream
1 can Angel Flake coconut
Small amount of grated pecans

Drain juice from the oranges, pineapple and pears, then mix all the fruits, marshmallows and sour cream together. Spread the coconut on top. Next sprinkle the grated pecans along the edge. Put this salad in the refrigerator and chill overnight.

—Wilma Savoie, Creole, La.

COLORADO DELIGHT SALAD

8 oz. pkg. Philadelphia Cream Cheese
small pkg. lime jello
1/2 pint whipping cream
1/2 cup sugar
1 cup chopped pecans
1 cup drained fruit cocktail
2 cups miniature marshmallows

Cut cheese in small pieces. Add jello. Dissolve in 1 cup hot water. Mix in blender. Let stand in refrigerator until firm. Add fruits, nuts and marshmallows. Whip cream, add sugar. Fold this into other mixture. Refrigerate. This salad can be made ahead, keeps good 2 days or so.

—Rosalie Perry, Grand Chenier, La.

ORANGE PINEAPPLE (CONGEALED)

1 pkg. orange jello
1 cup hot water
3 Tbsp. sugar
1 cup crushed pineapple, drained
1 pkg. dream whip

Combine above and heat to boiling. Add pineapple and bring again to boil. Refrigerate until thickened. Add whipped dream whip, fold into thickened pineapple mixture. Pour into rectangle pan or pyrex 9 x 9. Chill until firm. Serves 6.

—Jeanine Jones, Cameron, La.

SURPRISE SALAD

1 pkg. lemon jello
1/2 pint whipping cream
1 can crushed or chunk pineapple
2 cups miniature marshmallows
1/2 cup mayonnaise
1/2 cup nuts

Dissolve jello in hot water. Put in freezer or refrigerator to set (almost). Add rest of ingredients and put back in refrigerator until ready to serve.

—Mrs. Larry Eagleson, Sweet Lake, La.

BLUEBERRY SALAD

2 3-oz. pkgs. black cherry jello
2 cups boiling water
1 15-oz. can drained blueberries
1 8 1/4-oz. can crushed pineapple; mix juices

Dissolve the jello in the boiling water. Add the remaining ingredients and let set until jelled. Top with the following mixture:

1 8-oz. pkg. Philadelphia cream cheese, softened
1/4 cup sugar
1/2 pint sour cream
1/2 tsp. vanilla
1/2 cup chopped pecans

Mix all ingredients and spread on top of fruit layer. Chill until set. This salad may be jelled in a square pan and cut in smaller squares to serve or small individual molds can be used. Be sure to use blueberries canned in their own juice — not the pie blueberries which are sweetened and thickened.

—Wardella Fontenot, Jennings, La.

CRANBERRY CREAM SALAD

1 16-oz. can (2 cups) whole cranberry sauce
1 8 3/4-oz. can (1 cup) crushed pineapple, drained
reserve 1/2 cup juice or juice and water to make 1/2 cup
1 cup dairy sour cream
1/4 cup sifted confectioners sugar
2 envelopes unflavored gelatin

Heat 1/2 cup juice to boiling and dissolve gelatin in it. Let cool. Add pineapple and cranberry sauce. Mix sour cream and confectioners sugar together and stir into gelatin mixture. Refrigerate until firm (1 to 2 hours). This makes a good frozen salad by leaving out gelatin and juice.

—Mrs. Dewey Bonsall, Port Arthur, Texas



SUSIE'S YAM CHEESE CAKE

4 cups miniature marshmallows
1/2 cup milk
1 cup vanilla wafer crumbs
1/4 cup chopped pecans
1/3 cup margarine, melted
1 cup heavy cream
1 cup mashed cooked yams
1/3 cup orange juice
1 tsp. vanilla
1/8 tsp. nutmeg
1/4 tsp. ground cloves
1/4 tsp. cinnamon
2 8-oz. pkgs. cream cheese

Non-dairy topping or whipped cream
Toasted pecans

Melt marshmallows with milk in a double boiler over heat; stir until smooth. Chill until slightly thickened (about 15 minutes). While marshmallows cook, prepare the crust. Combine vanilla wafer crumbs, 1/4 cup chopped pecans and melted margarine. Blend well, then press into bottom of a lightly oiled 9 inch spring form pan. Whip the cream in a small mixing bowl and set aside. In a large mixing bowl combine mashed yams, orange juice, vanilla, and spices; beat at medium speed until well blended. Add softened cream cheese and beat well until blended and fluffy (3 to 5 min.) Stir chilled marshmallow mixture until well blended and add to yam-cheese mixture in large bowl. Beat at low speed until well blended. Fold in whipped cream. Pour mixture over prepared crust in spring form pan. Chill until firm. Garnish with non-dairy topping or whipped cream and toasted pecans. Yield: 10 to 12 servings.

—Suzanne Robichaux, Grand Lake, La.

DEWBERRY PUDDING

1/2 cup chopped nuts
1 cup dream whip
1 can dewberry pie filling

Crush 1 1/2 to 2 pkg. 7 oz. waffer cream cookies. Cream together 1 stick margarine, 1 cup powdered sugar, 2 egg yolks. Beat stiff 2 egg whites and fold into cream mixture.

Beginning with the crumbs, layer the following in order in 8 dessert glasses: Crumbs, cream mixture, pie filling, pecans, dream whip, ending with crumbs on top. Chill overnight.

—Mrs. Wayne Wood, Grand Chenier, La.

BREAD PUDDING

1/3 cup butter
3/4 cup sugar
3 eggs, beaten
2 1/4 cups milk
2 tsp. vanilla
Dash of nutmeg
6 slices white bread, crusts removed

Cream butter and sugar. Add eggs, milk, vanilla, nutmeg. Tear bread in small pieces and add to liquid ingredients. Beat until well blended. Pour into buttered pan. Bake at 300 degrees until set.

—Marie Kelley, Cameron, La.

STRAWBERRY BLINTZES

Crepes:

1½ cups flour
1 Tbsp. sugar
½ tsp. baking powder
½ tsp. salt
2 cups milk
2 eggs
½ tsp. vanilla or ½ tsp. grated lemon rind
2 Tbsp. melted butter or margarine

Measure flour, sugar, baking powder and salt into bowl. Stir in remaining ingredients. Beat with rotary beater until smooth.

Filling:

1 cup cottage cheese
½ cup commercial sour cream
1 to 2 Tbsp. sugar
1 tsp. vanilla or almond flavoring
1 pkg. frozen strawberries, thawed
1 Tbsp. lemon juice
2 Tbsp. sugar

Blend cottage cheese, sour cream, lemon peel, sugar and flavoring. Whip until creamy. Place about 1½ Tbsp. of cheese mixture in center of crepe. Fold sides over filling. Place seam side down in chafing dish or baking dish and heat about 10 minutes.

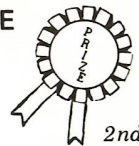
Combine lemon juice, strawberries and sugar and heat. Serve this sauce warm over warm crepes.

Note: Both crepes and sauce may be done ahead of time. When ready to serve, warm them separately, then pour sauce over crepes, and wait for compliments.

—Martha Fontenot, Cameron, La.

MOTHER'S LEMON BISQUE

2 pkg. lemon jello
¾ cup sugar
1½ cups water
Vanilla Wafers
Rind and juice of 2 lemons
Dash of salt
Large can evaporated milk, chilled in freezer



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Boil sugar and water until sugar dissolves. Add lemon juice, grated rind, salt and jello. Chill. When this is partly jelled, add *whipped* cream. Fold together. Crumble enough wafers to cover bottom of 9 x 13 inch pan. Pour mixture into pan, then crumble more wafers on top. Top each section with cherry. Chill. Serves 12.

—Mrs. Wayne Wood, Grand Chenier, La.

NORMA'S BREAD PUDDING

Serves 10 to 12
14 slices leftover bread or biscuits
3 cups milk
1½ cups sugar
4 eggs
4 Tbsp. butter
2 tsp. vanilla
1 cup favorite fruit

(I have used raisins, chopped dates, mincemeat, fresh whole cranberries and crushed pineapple.)

In baking pan, break bread in small pieces. Blend in 1½ cups milk. Add sugar, eggs, one at a time, mixing well after

ing milk and fruit. Bake in 350 degree oven until custard is firm, about 1 hour.

Lemon Sauce

½ cup butter
1 cup sugar
1 Tbsp. flour
1 egg, well beaten
¼ cup + 3 Tbsp. lemon juice
Grated rind of lemon

Combine all ingredients and cook over medium heat, stirring constantly, just until mixture comes to a boil. Remove from heat and serve hot or cold over bread pudding.

—Mrs. Braxton Blake, Cameron, La.

MIXED-QUICK BREAD PUDDING

4 cups bread crumbs
2 cups milk
3 egg yolks
1 cup sugar
Dash Nutmeg
1 tsp. vanilla
1 Tbsp. butter
Any kind of fruit — I use 1 large can peaches

Mix ingredients. Pour into greased casserole dish. Bake at 350 degrees for 40-45 minutes.

Topping: Beat egg whites and 4 Tbsp. sugar to firm stiff peaks. Brown in oven for 12-15 minutes at 350 degrees. Serves 6-8.

—Mrs. Gary Kelley, Cameron, La.

HOT FRUIT

¼ cup margarine, melted
½ cup brown sugar
2 tsp. brown mustard
1 can drained peaches
1 can pineapple chunks, drained
2 large bananas, cut in pieces

Melt margarine and stir in fruit. Bake uncovered ½ hour at 275 degrees.

—Mrs. Dewey Bonsall, Port Arthur, Texas

ANGEL FOOD DELIGHT

1 large or 2 small angel food cakes
2 envelopes plain gelatin
4 Tbsp. cold water
1 cup boiling water
3 boxes Dream Whip
1 cup sugar
Juice of 1 lemon
1 can Angel Flake Coconut
1 large can crushed pineapple

Soften gelatin in cold water, add boiling water. Stir and cool in refrigerator. Add lemon juice, pineapple and sugar. Cool in refrigerator. Prepare 2 packs Dream Whip and combine and fold in with gelatin mixture after mixture is partly set. Cut cake in small pieces and put the larger pieces of cake on bottom of dish and pour half of gelatin mixture over it. Put second layer of cake pieces and cover with rest of gelatin mixture. Chill for 6 hours or overnight. Top with one pack of prepared Dream Whip. Sprinkle with toasted coconut. Keep in refrigerator.

BANANA PUDDING

6 Tbsp. flour
4 eggs
pinch of salt
6 Tbsp. sugar
1 qt. milk
1 Tbsp. vanilla
6 bananas, sliced

Mix flour, sugar and egg yolks; add milk gradually. Cook slowly until thickened. (Double boiler best.) Stir. Cool some and add vanilla and bananas. Top with egg whites and brown in oven.

—Jan Craven, Creole, La.

JELL-O GELATIN DESSERT

Serves 8

1 large box Strawberry-Banana Jello
1 cup hot water
1 can crushed pineapple (small)
2 bananas, mashed
1 box frozen strawberries (small)
1 9-oz. container of Cool Whip

Mix jello with 1 cup hot water. Add pineapple and bananas, also strawberries. Mix well by hand. Pour half of mixture in clear Pyrex dish. Set in refrigerator until firm. Put Cool Whip on top of bottom layer. Add remainder of mixture and set back in refrigerator. Let top layer get firm. Remove 5 minutes before serving.

—Mrs. Shirley A. Bonsall, Grand Chenier, La.

KAY'S CHEESE CAKE

Serves 6

8 oz. cream cheese
6 oz. sour cream
1 pt. milk
1 pkg. instant lemon pudding
1 small Cool Whip
9" vanilla wafer crust

Beat cream cheese until soft. Blend in 1 cup milk; add 1½ cups more milk and pudding. Slowly beat sour cream. Pour mixture into crust. Chill 2-3 hours. Top with cool whip.

—Mrs. Larry McNeese, Grand Chenier, La.

CHEESE CAKE

Crust:

1 cup sifted flour
¼ cup sugar
1 Tbsp. lemon peel
½ cup butter
1 slightly beaten egg yolk
¼ tsp. vanilla

Combine flour, sugar and lemon peel. Cut in butter until mixture is crumbly. Blend thoroughly. Pat 1/3 dough in bottom of pan. Bake in 400 degree oven about 6 minutes or until golden brown. Cool. Butter sides of pans and attach to bottom. Pat remaining dough evenly on sides to 2 inches.

Filling:

5 8-oz. pkg. cream cheese
¼ tsp. vanilla
¼ tsp. salt
¾ tsp. grated lemon peel

3 Tbsp. flour
5 eggs
2 egg yolks
¼ cup heavy cream

Stir cream cheese to soften, beat, add vanilla and lemon peel. Mix sugar, flour and salt, gradually blend into cheese. Add eggs and yolks, one at a time. Gently blend in cream, turn into crust-lined pan. Bake at 500 degrees 5 to 8 minutes or until top crust is golden brown. Reduce heat to 200 degrees. Bake 1 hour longer. Remove from oven. Cool in pan about 3 hours. Remove sides of pans, glaze.

—Mrs. Lynn Jones, Grand Chenier, La.

BANANA SPLIT MUFFINS

2 cups packaged biscuit mix
¼ cup sugar
2 beaten egg yolks
2/3 cup milk
2 Tbsp. shortening, melted
½ small banana
12 maraschino cherries, halved
12 walnut halves
2 egg whites
1/3 cup sugar
2/3 cup flaked coconut

Combine biscuit mix and ¼ cup sugar. Combine egg yolks, milk and shortening. Add to dry ingredients. Stir just to moisten. Put 1½ Tbsp. batter in bottom of greased muffin pan. Cut bananas into 12 cubes. Place a banana cube, cherry half, and walnut half atop batter. Cover with 1 Tbsp. more batter. Beat egg whites till soft peaks form. Add 1/3 cup sugar slowly, beating until stiff peaks form. Fold in coconut. Place 1½ Tbsp. meringue on each muffin. Top with cherry half. Bake in 400 degree oven 15 to 20 minutes.

—Mrs. Ronald David, Gueydan, La.

FLAPPER PUDDING

1 cup fine vanilla wafer crumbs
¾ cup soft butter or margarine
2 cups sifted confectioner's sugar
2 egg yolks
2 stiffly beaten egg whites
1 9-oz. can crushed pineapple, well drained

Spread half of vanilla wafer crumbs on bottom of 10 x 6 x 1½ baking dish. Cream butter or margarine, gradually add confectioner's sugar, beating until light and fluffy. Add egg yolks one at a time, beating well after each addition. Beat 1 minute more. Fold in egg whites (may curdle). Beat at medium speed for a few seconds or until smooth. Fold in well drained pineapple and nuts. Carefully spread mixture over crumbs. Top with remaining crumbs. Place well drained cherries over each 1 inch square. Chill until firm, 5 hours or overnight. Cut in 10 squares when ready to serve. You can keep in freezer until it is all served, for weeks. (Serve on lettuce also.) Have eggs at room temperature.

This recipe was popular in 1929 for ladies' luncheons or for quick dessert.

—Edna Bertrand, Cameron, La.

STRAWBERRY-BANANA DESSERT

Serves 6
3 sliced bananas
1 pt. frozen strawberries
1 8-oz. container sour cream

Mix ingredients together. Chill and serve.

FRESH APPLE SQUARES

1 cup sifted flour
1 tsp. baking soda
½ tsp. salt
¾ tsp. cinnamon
1 cup sugar
¼ cup Crisco
1 egg, well beaten
2 cups chopped apples
1 cup chopped nuts

Combine flour, soda, salt and cinnamon. Cream sugar, Crisco and egg; fold in apples, nuts, then dry ingredients. Pour into 8 x 8 x 2 inch pan. Bake at 350 degrees for 45 minutes. Serve with whipped cream.

My mother varied this recipe by omitting the nuts and adding an additional ½ cup apples. The resulting product is crispier on the outside and somewhat chewy in the middle.

—L. V. Harris, Jr., Lake Charles, La.

HOMEMADE CUSTARD ICE CREAM

2½ qts. milk
8 eggs
2½ cups sugar
1 can condensed milk
1 Tbsp. vanilla

Put milk on to heat. When smoking hot, add to beaten eggs and sugar. Return to heat, let thicken, then add condensed milk and vanilla. Cool. Freeze. Eat as is or with fresh peaches.

Don't forget to invite the neighbors!

—Farrell M. Roberts, County Agent, East Feliciana Parish

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APRICOT DELIGHT

2 large cans peeled apricots
2 boxes light brown sugar
1 large box Ritz crackers
Butter — lots of it

Place apricots in greased baking dish. Cover with sugar, then layer of crushed crackers. Dot thickly with lumps of butter. Repeat to top of dish. Bake slowly in 300 degree oven 1 hour. It should be thick and crusty on top. It is best to drain apricots. Serves 10-12.

—Mrs. John Prescott, Johnson Bayou, La.

BREAD PUDDING

14 slices bread
2½ cups water
10 eggs
2½ cups sugar
2 tsp. vanilla
2 cups milk
1 stick margarine

Soak bread in water. Set aside. In large bowl beat eggs, milk and vanilla, add sugar. Squeeze water out of bread, add to egg mixture and mix well. Melt ½ stick margarine in baking dish. Pour mixture in dish and bake about 30 minutes, or until brown. Makes two baking dishes full. Makes about 12 1-cup servings. Cost per serving: 30 cents.

—Laura Threadgill, South Cameron Elementary

APPLE-NUT DESSERT

1 cup sugar
¼ cup flour
2 tsp. baking powder
1 Tbsp. soft shortening
½ cup evaporated milk (1 small can)
1 tsp. vanilla
½ cup chopped nuts
3 cups apples, peeled, cut-up

Mix with fork: Sugar, flour, baking powder and shortening. Stir in evaporated milk and vanilla. Then stir in nuts and apples until coated with batter. Spread evenly in greased 8 or 9 inch square or round dish.

Topping:

2 Tbsp. brown sugar
1/3 cup flour
2 Tbsp. softened margarine

Mix with fork. Sprinkle over apple mixture. Bake in 400 degree oven for 30 minutes. Serve warm or cold.

—Anne W. Smith, Morehead City, N.C.



Cookies

CRISP COOKIES

1 cup shortening
1½ cups sugar
2 eggs
1 tsp. lemon extract or vanilla or almond
3½ cups flour
2 Tbsp. milk
1½ tsp. cream of tartar
1½ tsp. soda
½ tsp. salt

Combine all ingredients, knead, work into a ball and pinch off about a teaspoon, place on your cookie sheet and press down with a fork. Bake about 15 minutes at 400 degrees.

SOYBEAN CRISPIES

½ cup cooking oil
1 stick margarine
1½ cups sugar
2 eggs
1 cup soy flour
1¾ cups flour
1 tsp. soda
¼ tsp. salt
3 tsp. cream of tartar
1 tsp. almond extract

Cream oil and margarine. Add sugar and continue creaming. Add eggs, mix well. Mix all dry ingredients and add to oil and sugar mixture in small amounts and mix thoroughly. Add flavoring and chill for 1 hour. Roll into balls, then roll in mixture of cinnamon (1½ t.) and sugar (1/3 cup). Place coated balls on greased cookie sheet and bake at 355 degrees until golden brown. Makes about 15 dozen bite-sized cookies.

—Suzanne Robicheaux, Sweet Lake, La.

BROWNIES

½ cup butter
½ cup sugar
1 tsp. vanilla
2 eggs
6 Tbsp. Nestle's Quik Chocolate
½ cup sifted all-purpose flour
½ cup chopped walnuts

Cream butter, sugar, and vanilla; beat in eggs. Blend in chocolate. Stir in flour and nuts. Bake in greased 8 x 8 x 2 inch pan at 325 degrees 30 to 35 minutes. Cool; cut in 16 squares.

Frosting:

1 lb. confectioners sugar
½ cup cocoa
¼ tsp. salt
¼ lb. butter
6 Tbsp. milk
1 tsp. vanilla extract
1 cup chopped pecans

Combine all ingredients, stir frequently until spreading consistency is reached. Spread over brownies and spread some chopped pecans over the frosting.

—Mrs. Charlotte LaBove, Cameron, La.

PECAN CRISPIES

1 cup butter
2½ cups brown sugar
2 eggs
2½ cups flour
¼ tsp. salt
1 cup pecans
½ tsp. soda

Cook at 350 degrees.

—Mrs. Telsmar Bonsall, Creole, La.

MINCEMEAT BARS

1 cup graham cracker crumbs
1 can sweet condensed milk
1 box or jar of mincemeat

If the boxed mincemeat is used, add a little water (about 1/2 cup), cook until a paste. Mix together mincemeat



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crumbs and milk. Spread into greased pan 12 x 8 inches. Cook at 375 degrees about 25 minutes or until it forms a light crust on top. Cut bars desired size.

—Mrs. Angeline Mhire, Grand Chenier, La.

OATMEAL CRISPIES

1 cup shortening
1 cup brown sugar
1 cup granulated sugar
2 well beaten eggs
1 tsp. vanilla extract
1½ cups flour
1 tsp. salt
1 tsp. soda
3 cups quick cooking oatmeal
½ cup pecans

Thoroughly cream shortening and sugars; add eggs and vanilla; beat well. Add sifted dry ingredients. Add oatmeal and pecans; mix well. Shape in rolls; wrap in waxed paper and chill thoroughly or overnight. Slice 1/4 inch thick; bake on ungreased cookie sheet in moderate oven (350 degrees) 10 minutes. Makes 7 dozen cookies.

—Pamela Duhon, Sweet Lake, La.

COCONUT CHEWS

¼ cup butter
1 cup sugar
2 Tbsp. orange-flavored Tang
1 egg
2 Tbsp. water
1 cup unsifted all-purpose flour
1 tsp. double-acting baking powder
½ tsp. salt
1-1/3 cups flaked coconut

Cream butter; combine sugar and tang; gradually blend into butter. Add egg and water; beat until smooth. Mix flour with baking powder and salt; fold into batter. Stir in coconut. Spread batter in greased 8-inch square pan. Bake at 350 degrees for 35 to 40 minutes or until cake begins to pull away from sides of pan. Cool in pan and then cut into bars. Makes about 20 bars.

—Pamela Duhon, Sweet Lake, La.

SUGAR COOKIES

1 cup shortening
2 cups sugar
2 eggs (preferably separated)
1 cup buttermilk
4 cups flour
2 tsp. soda
1 tsp. vanilla or favorite flavoring

Mix ingredients in the order they are listed. Drop by teaspoon on greased cookie sheet. Bake at 375 degrees.

—Mrs. P. H. Montie, Creole, La.

OATMEAL COOKIES

1 cup shortening
1 cup brown sugar
1 cup white sugar
2 eggs or 1 egg plus ¼ cup cold water
1½ cups flour
1 tsp. soda
1 tsp. vanilla
3 cups oats
1 cup nuts

Drop by teaspoon. Bake at 375 degrees.

STIR AND DROP SUGAR COOKIES

2 eggs
3/4 cup cooking oil
2 tsp. vanilla
1 tsp. grated lemon rind
3/4 cup sugar
2 cups flour
2 tsp. baking powder
1/2 tsp. salt

Beat eggs, stir in sugar, oil, vanilla and rind until thick. Blend in flour, baking powder and salt. Drop by teaspoons full on ungreased baking sheet. (to flatten the dough, grease the bottom of a glass and dip in sugar, press down on dough lightly) Bake at 400 degrees for 8 to 10 minutes. Remove from baking sheet at once. Makes 3 dozen cookies.

—Mrs. Mildred Broussard, Grand Chenier, La.

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FIG CAKE

4 Tbsp. sugar
1 egg
1/2 cup cooking oil
1 pt. figs, slightly chopped
1/4 cup milk, sweet
1 tsp. baking powder
1/2 tsp. soda
1 tsp. vanilla, plus any other spices
1 1/2 cups flour

Pour into greased and floured pan. Bake at 350 degrees. Add 1 cup nuts or dates, also very good along with figs.

—Mrs. P. H. Montie, Creole, La.

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OATMEAL COOKIES

1 cup flour
1 tsp. baking powder
1/2 cup sugar
1/4 tsp. salt
Add:
1/2 cup brown sugar
1 egg
1/2 cup shortening
1 tsp. vanilla
1 tsp. water
Beat until smooth. Stir in 1 cup oats.

Shape into small balls, place on ungreased cookie sheet. Flatten with bottom of glass dipped in flour. Bake 10 to 12 minutes in 350 degree oven. Makes 4 dozen cookies.

—Mrs. M. C. Kelley, Oak Grove, La.

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OATMEAL DROP COOKIES

1 cup shortening
1 cup white sugar
1 cup brown sugar
2 eggs
1 tsp. vanilla
1 1/2 cups wheat flour
1 tsp. salt
1 tsp. soda
3 cups quick cooking oatmeal
1/2 cup grated carrots
1/2 cup pecans, chopped
1/2 cup wheat germ

Mix shortening and sugars; add egg and vanilla, then salt and soda and flour. Mix well, then add remaining ingredients. Drop by teaspoonful on greased cookie sheet. Bake about 10 minutes at 350 degrees. Make 5 dozen.

—Mrs. Isaac Fontenot, Grand Lake, La.

BUTTER PECAN COOKIES

1/2 cup butter
1 1/2 cups ground pecans
1 1/2 cups confectioners sugar
2 Tbsp. vanilla
2 cups flour
1 Tbsp. water

Mix butter, pecans and 1 cup of sugar, blend lightly. Add vanilla, flour and water. Dip hands in flour and work ingredients together thoroughly. Place on lightly floured board and shape into a log. Wrap in waxed paper and refrigerate until well chilled, at least 30 minutes. Preheat oven to 350 degrees. Cut log into 1/2 inch slices. Bake on lightly greased cookie sheet until firm, about 10 to 12 minutes. Roll cookies in remaining confectioners sugar while still warm. Makes about 2 1/2 dozen cookies.

—Leven Harmon, Cameron, La.

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CHINESE CHEWS

3/4 cup sifted enriched flour
1 cup sugar
1 tsp. baking powder
1/4 tsp. salt
1 cup chopped dates
1 cup pecans
3 well-beaten eggs

Sift dry ingredients. Stir in remaining ingredients. Pour into greased 10 1/2 x 15 1/2 x 1 inch pan. Bake in slow oven 30 minutes. Makes 3 dozen.

—Mrs. Gary Kelley, Cameron, La.

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SAND TARTS

1 cup soft butter
1/4 tsp. salt
2 cups sifted flour
1/2 cup sifted powdered sugar
2 tsp. vanilla
1 cup finely chopped nuts

Cream butter and sugar together until fluffy. Add salt, vanilla, flour and nuts. Blend well. Refrigerate until easy to handle. Shape dough into 1 inch curved strips. Place on ungreased cookie sheet. Bake at 350 degrees for 12 to 15 minutes. While still warm, roll in sifted powdered sugar.

—Pamela Duhon, Sweet Lake, La.

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BOURBON BALLS

3 cups vanilla wafers
1 cup confectionary sugar
1 1/2 Tbsp. cocoa (Hershey)
3 Tbsp. white Karo
1 cup ground pecans
2 jiggers bourbon

With a nut grinder sift vanilla wafers or roll with a rolling pin until the wafers become mealy. Mix wafers, sugar, coco, karo, and nuts. After you have mixed them well, add bourbon. The bourbon saturates the mixture. Make the balls about the size of a quarter or bite size. Put the balls into a bowl of white confectionary sugar, powder them, do not pack the sugar around the ball. Juggle the balls to knock excess sugar. You may add a drop of two of bourbon if your mixture gets too dry. Put them in a sealed container so as to keep the balls moist. I store my Bourbon Balls in Maxwell House Coffee Cans.

—Mrs. Leo P. Folse, Cameron, La.

PRALINE COOKIES

1 cup light brown sugar
1 Tbsp. flour
1/3 tsp. salt
1 egg, white beaten
1 tsp. vanilla
2 cups pecans

Mix sugar, flour and salt. Put through colander. Add beaten egg white, vanilla and pecans. Drop by teaspoons on cookie sheet heavily greased with shortening. Bake at 275 degrees for about 25 minutes or until brown. Remove from cookie sheet before cookies are cold.

—Iberville Homemakers Council

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PECAN KISSES

1/3 cup egg whites, beat until frothy
1 1/4 cups sugar, gradually beat in, continue beating until stiff & glossy
1/4 tsp. salt
1/2 tsp. vanilla
2 cups finely chopped pecans

Drop heaping teaspoonfuls 2 inches apart on ungreased brown paper on baking sheet. Bake until set and delicately brown. Bake 325 degrees oven about 20 minutes.

—Marie Kelley, Cameron, La.

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SAND TARTS

1/2 lb. oleo
4 heaping Tbsp. powdered sugar
4 cups flour
2 Tbsp. cold water
1 cup nuts, chopped fine

Bake at 350 degrees. When very lightly brown, coat with powdered sugar.

—Marie Kelley, Cameron, La.

BROWNIES

* * *

1/2 cup cocoa
2/3 cup shortening
2 cups sugar
4 eggs
1 1/2 cups flour
1 tsp. baking powder
1 tsp. salt
1 cup chopped pecans (if desired)

Cream shortening, sugar and eggs well. Gradually add flour, chocolate, baking powder and salt. Then add nuts, if desired. Bake at 350 degrees for 30 to 35 minutes.

—Mrs. Uland Guidry, Creole, La.

FRESH APPLE BARS

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1 1/4 cups sugar
1 1/2 cups flour
1 tsp. cinnamon
1 tsp. soda
3/4 cup cooking oil
2 eggs
1 tsp. vanilla
1 cup chopped nuts
2 cups chopped apples

Into a large bowl sift sugar, flour, cinnamon and soda. Stir in cooking oil, eggs, vanilla and mix well. Stir in nuts and apples. Pour mixture into greased and floured 9 x 13" pan. Bake at 350 degrees about 50 minutes. When slightly cool, cut into bars.

—Mrs. Joe LeBouef, Sweet Lake, La.

COMPLIMENTS OF
CAMERON MARINE
SERVICE, INC.

BOURBON BALLS

2½ cups finely crushed vanilla wafers
1 cup powdered sugar
1 cup finely chopped nuts
1 cup coconut (angel flake)
3 Tbsp. white corn syrup
¼ cup bourbon
Powdered sugar

Mix first 4 ingredients well. Add syrup and bourbon. Mix well. Roll into 1 inch or smaller balls. Roll into powdered sugar. These may be made several weeks ahead of time.

—Mrs. Mervin Chesson, Sweet Lake, La.

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PECAN ROLL

3 25-cent pkg. vanilla wafers
¾ box raisins
1 can coconut
1 quart pecans
1¼ cans Eagle Brand Milk

Mix above in large bowl and shape into a roll. Wrap and put in freezer until hard. Slice as you need.

—Marie Kelley, Cameron, La.

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FORGOTTEN COOKIES

2 egg whites
2/3 cup sugar
1 tsp. vanilla
Pinch salt
1 cup chopped nuts
1 cup chocolate chips

Beat egg whites until foamy. Add sugar and beat until stiff. Add the vanilla, salt, nuts and chips. Preheat oven to 350 degrees. Drop by teaspoon on foil. Place in oven, and turn off heat. Leave in overnight or several hours. Makes 3 dozen. Remove from foil, and store. This recipe was given me by Miss Ruth Walter of San Antonio, Texas in 1969. I have used it many times.

—Mrs. Roberta Rogers, Cameron, La.

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LEMON-COCONUT MERINGUE BARS

½ cup butter or margarine
½ cup sugar
2 egg yolks
¼ tsp. salt
1 cup all-purpose flour
1¼ cups cookie coconut
½ cup chopped pecans
2 tsp. lemon rind
2 egg whites
¼ tsp. cream of tartar
½ cup sugar
1 Tbsp. lemon juice

Cream butter. Add ½ cup sugar gradually, cream well. Beat in egg yolks one at a time, beating thoroughly after each addition. Blend in salt and flour. Stir in 1 cup of coconut, pecans and lemon rind. Spread evenly in a lightly greased 13 x 9" pan. Bake at 350 degrees about 20 minutes or until golden brown around edges. Meanwhile, beat egg whites with cream of tartar until foamy throughout. Gradually add ½ cup sugar, beating thoroughly after each addition. Gradually add lemon juice and beat well until meringue peaks. Spread in pan over pastry. Sprinkle top with remaining ¼ cup coconut. Bake at 375 degrees for 10 to 15 minutes, or until topping is golden brown. Cool and cut.

—Mrs. Floyd Istre, Klondike, La.

KISSES

(Moist, chewy, macaroon like)

½ cup egg whites (4 medium)
1¼ cups sugar
¼ tsp. salt
½ tsp. vanilla
2½ cups shredded coconut or
2 cups chopped nuts

Heat oven to 325 degrees. Beat egg whites until frothy. Gradually beat in sugar. Continue beating with mixer until stiff and glossy. Stir in salt, vanilla and coconut. Drop heaping teaspoonfuls of dough 2" apart on ungreased brown wrapping paper on baking sheet. Bake about 20 minutes, or until set and delicately browned. Remove paper with baked kisses, lay wet towel on hot baking sheet. Place paper of kisses on towel, let stand 1 minute. Steam will loosen kisses. Slip off with spatula. Makes 3 dozen.

—Mrs. Albert Guidry, Sweet Lake, La.

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PECAN PIE BARS

1 pkg. yellow cake mix (reserve 2/3 cup)
½ cup butter

Filling:

2/3 cup reserved cake mix
½ cup firmly packed brown sugar
1½ cups dark corn syrup
1 tsp. vanilla
3 eggs
1 cup pecans

Grease 13 x 9" pan. Combine cake mix, butter and 1 egg and mix until crumbly. Press in pan and bake for 15 to 20 minutes (until brown). Prepare filling. Pour this over baked crust, sprinkle with pecans. Return to oven and bake 30 to 35 minutes, until filling is set. Cool and cut into bars.

Filling: Combine all ingredients, beat at medium speed 1 to 2 minutes. Makes 3 dozen.

—Mrs. Hattie Nunez, Cameron, La.

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FROSTED COOKIES

1¾ cup sifted flour
1 tsp. baking powder
½ cup shortening
1 cup brown sugar
1 whole egg, plus 1 egg yolk
½ tsp. vanilla
1 cup chopped nuts

Sift together flour and baking powder. Cream shortening and sugar. Add slightly beaten eggs and vanilla. Add dry ingredients. Stir in nuts and spread in 13 x 9" greased and floured baking pan.

FROSTING: Beat egg whites stiff, but not dry. Add sugar and vanilla to egg whites and mix thoroughly. Spread thickly over cookie dough. Bake in moderate oven, 350 degrees, for 30 minutes or until done. Cut in squares.

—Mrs. Joe LeBouef, Sweet Lake, La.

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HELLO DOLLIES

2 sticks butter
2 cups graham cracker crumbs
2 6-oz. pkg. chocolate chips
2 3-oz. cans angel flake coconut
2 cups chopped pecans
2 cans condensed milk

Melt butter in pan. Add ingredients in layers in order listed. Bake at 350 degrees for 30 minutes. Cut in squares.

—Mrs. Telsmar Bonsall, Creole, La.

CHRISTMAS TEA CAKES

1 cup butter
2 cups sugar
3 eggs
4 cups flour
3 tsp. baking powder
1 tsp. vanilla
4 Tbsp. milk

Cream sugar and butter. Add eggs 1 at a time. Add liquid. Add flour gradually (baking powder added). Mix thoroughly. If dough is too stiff, add more milk a little at a time until dough is about like biscuit dough. Knead gently on floured board. Roll 1/3 or 1/2 dough at a time until thin. Cut in desired shapes. Place on cookie sheet. Bake in moderate oven for about 12 minutes. Let stand a few minutes. Remove from pan. Decorate as desired.

—Jan Craven, Creole, La.

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CHOCOLATE CHIP COOKIES

3 cups flour
1 tsp. salt
1 tsp. soda
1 cup sugar
½ cup brown sugar
1 cup shortening
2 tsp. vanilla
2 well beaten eggs
7 or 8 ozs. chocolate chips
1 cup pecans or other nuts

Cream shortening well. Add sugars gradually and beat well. Add eggs and vanilla. Add the dry ingredients slowly. Add chips and pecans. Bake in 375 degree oven until golden brown (the nuts aren't necessary, coconut can be used instead of chocolate).

—Mrs. W. L. Duhon, Sweet Lake, La.

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SWEDISH PECAN BALLS

1 cup ground pecans
2 Tbsp. sugar
½ cup butter
1 cup flour
1 tsp. vanilla
1/8 tsp. salt
Powdered sugar

Combine all ingredients except powdered sugar. Mix well. Shape dough into dough the size of walnuts. Place on ungreased cookie sheet and bake at 275 degrees about 30 minutes, or until light brown. Roll in powdered sugar while hot and again after they have cooled. Yield — 2 dozen.

—Mrs. Malena Skidmore, Cameron, La.

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TINY FUDGE TARTS

1½ cups flour
¼ tsp. salt
½ cup butter or margarine
3 Tbsp. water
1 tsp. vanilla
Fudge Filling

Measure flour by dipping method or by sifting. Mix flour and salt, cut in butter. Sprinkle with water and vanilla, mix well with fork. Using 1/2 of dough at a time, roll out 1/16" thick on cloth covered board generously sprinkled with sugar. Cut in 2½" squares. Spread 1 level tsp. filling in center of each square. Bring corners to center and seal together. Place sealed side up or down on ungreased baking sheet. Bake 15 to 20 minutes. Makes 2½ dozen tarts.

Filling:

Mix thoroughly ½ cup butter or margarine, 1 egg yolk, ½ cup sugar, 1 tsp. vanilla, ¼ cup cocoa and ½ cup finely chopped nuts or flaked coconut.

—Mrs. Albert Guidry, Sweet Lake, La.

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BUTTERSCOTCH CHIP COOKIES

½ cup margarine
1 cup sugar
2 eggs
1 tsp. vanilla
½ tsp. nutmeg
2 cups unsifted flour
2 tsp. baking powder
3 Tbsp. canned milk
3 oz. butterscotch chips
¾ cup chopped pecans

Cream margarine and sugar. add eggs, vanilla, spices, milk, flour and baking powder. Add chips and pecans. Drop cookies by teaspoon on greased baking sheet. Bake at 375 degrees for 12 minutes or until cookies begin to turn light golden. Makes 3 dozen.

—Mrs. Elaine Hebert, Sweet Lake, La.

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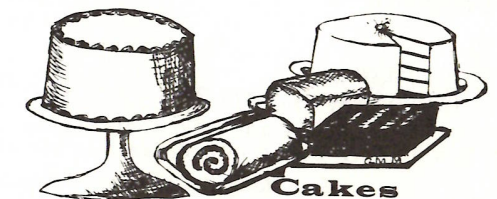
HELLO DOLLIES

(A good Christmas Cookie)

1 stick margarine
1 cup graham cracker crumbs
1 pkg. chocolate semi-sweets (6 oz.)
1 cup chopped pecans
1 3-oz. can angel flake coconut
1 can Eagle Brand Milk

Combine margarine and graham cracker crumbs for crust. Press in 8 x 2 x 6 pan. Press in bottom of pan. Place in the semi-sweets, coconut, pecans and milk. Cook in 350 degree oven for 25 to 30 minutes. Do not overcook. Cut in squares and lift out with spatula.

—Mrs. Larry McNeese, Grand Chenier



MILLIONAIRE POUND CAKE

1 lb. butter at room temperature
2¾ cups sugar
6 eggs
4 cups flour
¾ cup milk
1 tsp. butter flavor
1 tsp. lemon or vanilla



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Cream butter until consistency is like mayonnaise. Add sugar, a little at a time, and cream well after each addition. Add eggs one at a time and beat well. Add milk and flour, alternately, starting and ending with flour. Add all of extract. Pour into greased and floured tube pan. Bake at 325 degrees for 1½ hours.

Icing:

Mix 1½ cups confectioners sugar with ¼ cup lemon juice. Pour over cake while it is still warm.

—Lena Guidry, Sweet Lake, La.

GERMAN CHOCOLATE CAKE

1 pkg. Baker's German Sweet Chocolate
1/2 cup boiling water
1 cup butter or margarine
2 cups sugar
4 egg yolks
1 tsp. vanilla
2 1/2 cups sifted Swans Down Cake Flour
1 tsp. baking soda
1/2 tsp. salt
1 cup buttermilk
4 egg whites, stiffly beaten



2nd Place
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Melt chocolate in boiling water and cool. Cream butter and sugar until fluffy. Add yolks, one at a time, beating well after each yolk. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten whites. Pour into three 8 or 9 inch pans that have been greased and floured. Bake at 350 degrees for 30-40 minutes. Cool. Frost.

Coconut Pecan Frosting:

Combine 1 cup evaporated milk, 1 cup sugar, 3 slightly beaten egg yolks, 1/2 cup butter or margarine, 1 teaspoon vanilla. Cook and stir over medium heat until thickened about 12 minutes. Add 1-1/3 cups Baker Angel Flake Coconut and 1 cup chopped pecans. Cool until thick enough to spread, beat occasionally.

—Nelia Murphy, Grand Chenier, La.

STRAWBERRY PECAN CAKE

1 box Duncan Hines yellow cake mix
1 box strawberry Jello (mix together dry)
1 cup Wesson Oil
1/4 cup pure Pet milk
1/4 cup regular milk
4 eggs (1 at a time)
1 pkg. frozen strawberries (thawed)
1 cup chopped pecans



2nd Place
1972
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Mix dry ingredients, add oil and milk, beat until smooth, add eggs beating after each, add strawberries and pecans, beat until well mixed. Grease and lightly flour three cake pans and pour batter into pans. Bake in preheated oven at 350 degrees until done.

Icing:

3/4 container Cool Whip
1 pkg. frozen strawberries (thawed)

Mix the two together in Cool Whip container and spread between warm layers. Cool cake and spread on top of cake.

—Mrs. Diana McCall, Grand Chenier, La.

CARROT CAKE

2 cups sugar
2 cups flour
2 tsp. soda
2 tsp. cinnamon
Dash salt
1 1/2 cups cooking oil
4 eggs
3 cups carrots (grated)

Thoroughly mix ingredients except carrots. Fold in carrots. Bake at 350° 45-60 minutes. Use round tube pan, lightly-greased.

Topping For Carrot Cake:

1 8-oz. pkg. cream cheese
1 box powdered sugar
1 tsp. vanilla

1 cup chopped nuts

Mix well and spread on cake.

—Mrs. Wendell Murphy, Cameron, La.

JAM CAKE

6 eggs
2 cups sugar
1 cup jam, any flavor
1 cup sour milk
1 cup butter or shortening
2 1/2 cups flour
1 tsp. soda
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. cloves

Mix butter, sugar, then add eggs. Add milk and jam, then flour sifted with soda and spices. Bake in layers at 375 degrees for 25 to 30 minutes.

Filling and Topping for Cake:

2 cups nuts
1 cup raisins
1 cup butter
1 6-oz. box dates
1 cup sweet milk
3 cups sugar

Cook on low fire: Milk, sugar and butter for 15 minutes. Cool and add nuts, raisins and dates. Stir well. Use as filling and icing.

—Mrs. Harley Matte, Grand Lake, La.

DATE CAKE

1 cup sugar
4 eggs, beaten, add separately
1 tsp. vanilla
1 lb. chopped pecans or English Walnuts
1 lb. dates
2 level tsp. baking powder
1 cup flour

Add these ingredients in order listed. Pour in greased and floured tube pan. Steam 2 hours, then bake until brown in oven. 20 servings.

—Ethel L. Watts, Hackberry, La.

HAWAIIAN CAKE

1/2 cup shortening
1/4 cup brown sugar
1 egg
1 cup flour
1/2 tsp. baking powder
2 1/2 cups crushed pineapple

Topping:

2 eggs
1 cup sugar
3 Tbsp. melted butter
1 1/2 cups coconut
1/2 cup chopped nuts

Cream shortening and sugar. Add beaten egg and dry ingredients. Pat butter in greased 9 x 9 inch baking pan. Drain pineapple well. Mix topping as listed. Place drained pineapple over batter, add topping. Bake 40 minutes at 350 degrees. Cut in squares. Serve plain or with whipped cream and cherry garnish. Serves 12.

—Jeanine Jones, Cameron, La.

RUM COCKTAIL CAKE

1 1/2 cups sugar
2 cups flour
1 No. 2 can fruit cocktail with liquid
1/2 tsp. salt
2 tsp. soda
2 eggs
1/2 cup brown sugar
1/2 cup ground or finely chopped pecans

Combine first 6 ingredients in mixer; beat for 3 minutes. Pour into 9 x 13 inch shallow pan; sprinkle with brown sugar and pecans. Bake for 35 minutes at 350 degrees.

Topping:

1/3 stick butter or oleo
3/4 cup sugar
1/2 cup evaporated milk
2 tsp. rum flavoring

Combine all ingredients. Bring to a boil; spoon over cake. Let cake sit for 2 hours or so. 10 to 12 servings.

—Mrs. B. A. McDonald, Lake Charles, La.

BUTTERMILK CAKE

1 stick margarine
1 cup Crisco
2 1/2 cups sugar
5 eggs
3 cups all-purpose flour less 6 Tbsp.
(or 3 cups cake flour)
1 cup buttermilk
1/2 tsp. salt
1/2 tsp. baking soda
1 Tbsp. hot water
1 tsp. vanilla
2 1/2 tsp. Almond extract

Do **not** preheat oven. Cream butter, Crisco and sugar. Add eggs one at a time, beat after each. Mix buttermilk, flour and salt together, and add to sugar-butter mixture. Add vanilla and almond extracts and finally the dissolved soda (dissolved in about 1 Tbsp. hot water). Bake at 325 degrees for about 1 hour and 10 minutes in tube or bundt pan.

Icing:

1 box confectioners sugar
1/8 tsp. salt
2/3 stick margarine
1 tsp. vanilla or butter-nut extract
1/2 tsp. Almond flavoring
3-5 Tbsp. cold milk

Mix well and spread over cold cake.

—Mamie Richard, Grand Chenier, La.

EGGLESS RAISIN CAKE

Boil together for 5 minutes:

1/3 cup shortening
1 cup water
1 cup sugar
2 cups raisins
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. allspice

Remove from fire and let cool. Then add 1 level tsp. soda dissolved in a little hot water. Add 2 cups flour with 1/2 tsp. of baking powder. Bake in moderate oven 325 degrees for 30 minutes in sheet cake pan. Serves 20.

—Ethel L. Watts, Hackberry, La.

PINEAPPLE CARROT CAKE

1 1/2 cups salad oil
3 eggs
2 cups sugar
2 1/2 cups all-purpose flour
2 tsp. soda
1 tsp. salt
2 tsp. cinnamon
2 tsp. vanilla
1 cup grated carrots
1 cup crushed pineapple, well drained
1 cup coconut
1 cup chopped nutmeats



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Place the oil, eggs and sugar into a large mixing bowl and beat well, stir in flour, soda, salt and cinnamon into the egg mixture until well blended. Fold in the vanilla, carrots, pineapple, coconut, nutmeats and blend well. Pour batter into well-greased and floured 13" x 9" x 2" pan and bake 45 minutes in 350 degree oven. When cake is done, remove from pan and place on cooling rack. Have the following frosting ready to frost the cake.

Frosting

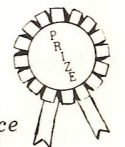
1 box confectioners sugar
1 8-oz. cream cheese
1 cup pecans

Mix just before using.

—Mrs. Wayne Wood, Grand Chenier, La.

7-UP CAKE

1 box Lemon Supreme Cake Mix
1 box Vanilla Instant Pudding
4 eggs
3/4 cup cooking oil
1 cup 7-Up



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Junior Sweepstakes Award

Mix all ingredients well. Preheat oven to 300 degrees. Grease and flour 9" cake pans. Pour batter in. Bake for 35 minutes.

Filling:

2 eggs
2 Tbsp. flour
1 1/2 cups sugar
1 stick oleo
1 cup coconut
1 small can crushed pineapple

Beat eggs and mix with flour and sugar. Add other ingredients. Cook over low heat until thick. Serves 10.

—Pamela Duhon, Sweet Lake, La.

SKIPPER'S PUMPKIN CAKE

1 cup oleo (2 sticks)
3 cups sugar
3 eggs
1 No. 2 can pumpkin (2 cups)
3 cups flour
2 tsp. baking powder
1/2 tsp. soda
2 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice



2nd Place
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Cream first 4 ingredients. Add dry ingredients. Mix well. Pour into greased and floured tube pan. Bake one hour at 350 degrees (maybe longer).

Sugar Glaze:

Blend 1 cup confectioners sugar with 2 Tbsp. milk. Drizzle over cooled cake.

—Skipper McDonald, Grand Chenier, La.

LEMON WONDER CAKE

1 pkg. yellow cake mix
4 eggs
½ cup Mazola oil
7/8 cup water
2 Tbsp. lemon juice
1 3/4-oz. pkg. lemon instant pudding mix
2 tsp. lemon peel

Blend, then beat 4 minutes at medium speed. Bake in bundt pan at 350 degrees for 45 to 55 minutes. Dust with powdered sugar.

—Joyce Jones, Grand Chenier, La.

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NECTAR CAKE

1 box Duncan Hines Orange Supreme Cake Mix
1 12-oz. can peach nectar
¾ cup Crisco oil
½ cup sugar
4 eggs

Combine all ingredients. Bake at 350 degrees for 50 minutes in greased bundt pan.

—Kathy Guilbeau, Cameron, La.

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CINNAMON SWIRL CAKE

1 box butter cake mix
1 pkg. instant vanilla pudding mix (3¾ oz.)
½ cup oil
4 eggs
1 cup sour cream

Mix according to directions on cake mix. Combine: ¾ cup brown sugar, firmly packed, 2 tsp. cinnamon, and 1 cup chopped nuts. Grease, but do not flour bundt pan. Spread ½ cake batter, then ½ nut and sugar mixture. With spatula, swirl lightly through batter. Add remainder of batter, then nut and sugar mixture. Bake 40 to 50 minutes. Test for doneness with straw. Spread with a glaze made of 1 cup powdered sugar mixed with 3 Tbsp. cream.

—Ethel L. Watts, Hackberry, La.

* * *

DEVIL'S FOOD CAKE

2 cups flour
2 cups sugar
1 cup butter
2 tsp. soda
3 eggs, well beaten

Spices of any kind, cinnamon, cloves, or vanilla extract

To creamed sugar and butter, add eggs. Add 1 tsp. soda to cup sour milk or clabber, 1 tsp. soda to cup cocoa. Mix with hot water to make paste. Then add above mixture, add flour and spices. Makes 3 layers.

—Mrs. Telsmar Bonsall, Creole, La.

* * *

TUNNEL OF FUDGE

(Famous Bake-Off Winner)

1½ cups butter
6 eggs
1½ cups sugar
2 cups flour

2 cups black walnuts, chopped

Cream shortening in large mixer bowl at high speed. Add eggs, one at a time, beating well after each addition. Gradually add sugar; continue creaming at high speed until light and fluffy. By hand, stir in flour, frosting and walnuts until well blended. Pour batter into well greased and floured bundt pan. Bake at 350 degrees for 1½ hours. Cool 2 hours before removing from pan. Cool completely before serving.

Note: Since the cake has the soft tunnel of fudge, ordinary doneness test cannot be used. Test after 60 minutes by observing a dry, shiny brownie-type crust. Cake will have a wet center.

—Jeanette Blake, Cameron, La.

* * *

CHOCOLATE-MARSHMALLOW CAKE

Mix:

2 cups sugar
2 cups flour (in large bowl)

Bring to a boil:

1 stick oleo
1 cup water
4 Tbsp. cocoa
½ cup Wesson oil

Pour this over dry ingredients and stir.

Beat together:

½ cup buttermilk
2 unbeaten eggs
1 tsp. soda
1 tsp. vanilla

Add this to the other ingredients and pour all this into a greased and floured 13 x 9 x 3 inch cake pan.

Bake 20 to 25 minutes at 400 degrees.

Frosting:

Mix:
1 stick oleo
6 Tbsp. milk
4 Tbsp. cocoa

Bring to a boil. Remove from heat. Add one box of powdered sugar, stir together. Beat with mixer until smooth. Add ½ cup to 1 cup chopped pecans and 1 tsp. vanilla.

When you take cake out of oven, sprinkle with miniature marshmallows and let set for a few minutes. Pour frosting over this.

—Mrs. Dorothy O'Quain, Hackberry, La.

* * *

BROWN SUGAR POUND CAKE

Cream

1 cup butter
1 cup shortening
1 lb. dark brown sugar
1 cup sugar

Add:

5 eggs — 1 at a time
1 cup milk
3 cups flour
1 tsp. vanilla
1 cup nuts

Bake 1 hour and 15 minutes at 350 degrees.

HAWAIIAN POUND CAKE

1 box graham cracker crumbs (Nabisco, 13½ oz.)
1 lb. can crushed pineapple, undrained
2 sticks oleo
2 cups sugar
1 cup pecans, chopped
5 eggs
1 tsp. vanilla

Mix all in one bowl. Bake in tube or bundt pan at 325 degrees for 1½ hours.

—Mrs. M. C. Kelley, Grand Chenier, La.

* * *

IRMA DOLAND'S POUND CAKE

1 cup country butter (at room temperature)
1¾ cups sugar
5 medium eggs
2 cups sifted Swans Down Cake Flour (sift 3 times)
¼ tsp. salt
1 tsp. vanilla extract, if desired
½ tsp. lemon extract, if desired

Cream butter, add sifted sugar slowly and beat until creamy and light. Add eggs, one at a time, beating well after each. Sift together flour and salt; slowly fold in dry ingredients in three parts, gently folding in after each addition. Pour in well greased and floured bundt pan, and bake one hour at 325 degrees.

This recipe was given to me on March 5, 1964 by Mrs. Corinne Stevens of Lake Arthur. Her friend, Irma Doland, gave it to her — a tried and true recipe.

—Roberta Rogers, Cameron, La.

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CHOCOLATE POUND CAKE

3 cups sifted all-purpose flour
½ cup unsweetened cocoa
½ tsp. baking powder
¼ tsp. salt
1 cup butter or margarine, softened
½ cup soft shortening
3 cups sugar
5 eggs
1¼ cup milk
2 Tbsp. grated unsweetened chocolate
1 tsp. vanilla extract

Sift flour with cocoa, baking powder and salt; set aside. Lightly grease a 10" tube pan. Preheat oven to 325 degrees. In a large bowl of mixer, at medium speed, beat butter, shortening and sugar until light and fluffy, about 5 minutes. Add eggs, one at a time, beating well after each. With mixer at low speed, beat in flour mixture, in 4 additions, alternately with milk, in 3 additions, beginning and ending with flour mixture. Add grated chocolate and vanilla. Turn batter into pan. Bake 1 hour and 15 to 20 minutes or until cake tester inserted in center comes out clean. Let cool in pan on wire rack.

I obtained this delicious recipe from Mrs. Millie Allen. It is great with coffee or after a hearty meal.

—Susan Watts, Cameron, La.

* * *

POUND CAKE

2 sticks butter
1 stick oleo
1 8-oz. pkg. cream cheese
3 cups sugar
6 eggs
3 cups flour

Cream butter, cream cheese and oleo well. Add sugar and 3 eggs. Mix well. Alternate 3 cups flour and 3 eggs. Place in cold oven and cook for 1½ hours at 300 degrees. Makes 3 loaf pans.

—Jan Craven, Creole, La.

* * *

MA MAW CUMMINGS POUND CAKE

2 cups sugar
2 cups cake flour
½ lb. butter
5 eggs
1 tsp. vanilla

Cream butter and sugar. Add eggs, one at a time, beat well after each. Fold in flour. Flour pound cake pan. Cook 1 hour at 350 degrees.

—Mrs. Larry McNeese, Grand Chenier, La.

* * *

POUND CAKE

1 18-oz. carton sour cream
2 sticks oleo
2 cups sugar
6 eggs
2 cups of plain flour
1 tsp. vanilla

Cream sugar and butter. Add 1 egg at a time. Add flour, little at a time and a 18 oz. carton of sour cream. Cook 1 hour at 300 degrees or 350 degrees.

CHOCOLATE SHEATH CAKE

2 cups flour
2 cups sugar
1 stick oleo
¼ tsp. salt
4 Tbsp. cocoa
1 cup water
½ cup shortening or cooking oil
2 beaten eggs
½ cup buttermilk
1 tsp. soda
1 tsp. vanilla
¼ tsp. cinnamon

Sift together flour and sugar in bowl. In a small boiler, bring to boil 1 stick oleo, salt, cocoa, water and shortening. Mix in a small bowl and add to cocoa mix the following: eggs, buttermilk, soda, vanilla, and cinnamon. (The cinnamon gives it the different taste.) Beat until smooth and add to the flour and sugar mixture. Put in oblong pan and bake 25 to 30 minutes at 400 degrees.

Frosting:

In a boiler put 1 stick oleo, 4 Tbsp. cocoa, 6 Tbsp. milk. Bring to boil and remove from heat. Add 1 pkg. of sifted confectioners sugar, 1 tsp. vanilla and 1 cup chopped pecans. Smooth on cooled cake.

—Mrs. Cherie (Griffith) Giblin, Baton Rouge, La.
Mrs. Telsmar Bonsall, Creole, La.
Mrs. Cleo Kelley, Cameron, La.

* * *

HOT MILK CAKE

2 eggs
1 tsp. vanilla
½ cup milk
1 cup sugar
1 Tbsp. oleo
¼ tsp. salt
1 tsp. baking powder
1 cup flour

Cream eggs and sugar, add flour, baking powder and salt. Heat oleo in milk and blend well. Add vanilla. Cover bottom of 8 x 8 pyrex with oleo, brown sugar and crushed pineapple. Pour cake batter on top. Bake about 45 minutes at 325 degrees. Invert on plate while still hot.

—Mrs. Dewey Bonsall, Port Arthur, Texas

* * *

LANE CAKE

1 cup butter
2 cups sugar
1 tsp. vanilla
¾ cups sifted flour
¾ tsp. baking powder
¾ tsp. salt
1 cup milk
8 egg whites

Cream butter well. Add sugar gradually. Beat light and fluffy. Add vanilla, dry ingredients, alternating with milk. Beat smooth. Beat egg whites stiff. Fold in. Bake 15 minutes at 375 degrees. Let stand 5 minutes before removing from pan.

Filling:

8 egg yolks
1¼ cups sugar
½ cup butter
1 cup chopped pecans
1 cup seedless raisins

1 cup shredded coconut
1 cup finely cut candied cherries
¼ tsp. salt
1/3 cup Whiskey

Beat egg yolks slightly. Add sugar and butter. Cook slowly, stirring constantly for 5 minutes or until sugar dissolves and mixture is slightly thickened. Do not overcook or let egg yolks get scrambled. Yolks should remain clear. Remove from heat, add other ingredients and let cool before spreading on cake layers.

—Mrs. W. L. Duhon, Sweet Lake, La.

* * *

COLONIAL HOLIDAY RING CAKE

1 cup butter
2 cups sugar
4 eggs
4 cups flour (sifted if not Wondra)
1 tsp. soda
½ tsp. salt
1½ cups buttermilk
1 Tbsp. grated orange rind
1 cup chopped pecans
1 8-oz. pkg. dates, chopped

Cream together butter and sugar. Beat eggs and add to butter-sugar mixture. Beat together. Sift together flour, soda and salt. Add to creamed mixture, alternating with buttermilk. Add orange rind, dates and pecans. Pour into greased tube pan. Bake at 325 degrees for 1½ hours or until tests done. When cake is done and before removing from pan, while still hot, punch many holes in cake all the way to the bottom with ice pick or skewer (right away).

Glaze:

2 cups sugar
1 cup orange juice
2 Tbsp. orange rind

Dissolve sugar and orange juice in small saucepan over fire. Do not boil. Add orange rind. Pour hot glaze over cake. Let glaze drip into holes in cake. If cake has not pulled away from sides of tube pan, loosen with a knife, so that some of the glaze runs down sides and center of cake. Let cake stand in pan for several hours (or overnight). Cake must be entirely cool before removing from pan. Decorate top of cake with pecans.

This is a great treat for holiday visitors!

—Susan Watts, Cameron, La.

* * *

SOUR CREAM POUND CAKE

2¾ cups sugar
1 cup butter
6 eggs
3 cups sifted all-purpose flour
½ tsp. salt
¼ tsp. baking soda
1 cup sour cream
½ tsp. lemon extract
½ tsp. orange extract
½ tsp. vanilla

Cream together sugar and butter. Add eggs, one at a time, beating well after each egg. Sift together flour, salt and soda, add to creamed mixture alternately with sour cream, beating after each addition. Add extracts and vanilla, beat well. Pour batter into greased and floured bundt pan. Bake in 350 degree oven for 1½ hours or until cake tests done. Cool 15 minutes; remove from pan. When cool, frost or glaze, if desired.

—Mrs. Molena Skidmore, Cameron, La.

PECAN POUND CAKE

1 cup shortening
1½ cups sugar
2 Tbsp. milk
5 eggs
½ tsp. mace or ¼ tsp. cinnamon & ¼ tsp. cloves
1 tsp. salt
¾ cup toasted chopped pecans
2 tsp. lemon juice
1 tsp. lemon rind

Cream together shortening, add sugar, add milk. Mix well. Add eggs, one at a time, beating after each addition. Sift together flour, mace, and salt, add to creamed mixture. Add pecans, lemon juice and rind. Pour into greased 9" tube pan and bake at 325 degrees for 1 hour and 15 minutes. Cool 5 minutes in pan. Remove cake from pan and cool on wire rack.

—Jeanine Jones, Cameron, La.

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CHOCOLATE POUND CAKE

2 sticks butter
½ cup Crisco
3 cups sugar
5 eggs
1 cup canned milk
3 cups plain flour
5 Tbsp. cocoa
1 tsp. vanilla

Cream butter, Crisco and sugar. Add other ingredients. Bake for 1 hour and 40 minutes in 350 degree oven.

—Mrs. J. D. Fruge, Sweet Lake, La.

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SOUR CREAM CAKE

1 box Duncan Hines Yellow Butter Cake Mix
¾ cup salad oil
4 eggs, beaten
¼ tsp. salt
1 cup sour cream
4 Tbsp. brown sugar
1 cup nuts, chopped
2 tsp. cinnamon

Beat eggs well. In large mixer bowl, pour in the box of mix. Make a well, add the oil, beaten eggs, salt and sour cream. Beat at medium speed for 4 minutes, until well mixed and batter is light and fluffy. In a small bowl, mix the brown sugar, nuts and cinnamon. Grease and flour a bundt or Angel Food pan. Pour some of batter in pan, sprinkle some of the sugar-cinnamon-nut mixture in, and continue to pour batter, and sprinkle the mixture as in layers; until all batter is in pan. Sprinkle with rest of sugar and nut mixture. Bake at 325 degrees for 50 to 60 minutes.

Annie Swindell went visiting to New Orleans, and brought this recipe back with her. She shared it with us, and it quickly became a favorite. I like to serve it while still warm, with coffee or spiced tea.

—Roberta Rogers, Cameron, La.

* * *

PAT HACKETT'S APPLE PAN WALNUT CAKE

1 can apple pie filling
2 cups flour
1 cup granulated sugar
1½ tsp. soda

1 tsp. salt
2 eggs
1 tsp. vanilla
1 tsp. cinnamon
2/3 cooking oil
¾ cup walnut meats

Spread pie filling in bottom of 13 x 9 x 3 inch pan. Combine flour, sugar, soda and salt. Sprinkle over apples. Beat eggs and combine with oil, vanilla and cinnamon and ½ cup nuts. Mix well. Pour over the ingredients in pan, stir only until well mixed. Smooth evenly in pan. Bake at 350 degrees for 40-45 minutes or until cake springs back when touched lightly with finger. Prick warm cake all over with fork. Pour hot topping over warm cake. Sprinkle remaining ¼ cup nuts over top. Other pie fillings may be used instead of apple.

Topping:

1 cup granulated sugar
½ cup sour cream

Cook over medium heat, stirring constantly until mixture boils. Pour over warm cake.

—Mrs. Charles Hackett, Sweet Lake, La.

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RUM CAKE

2 sticks oleo
3 cups sugar
½ cup Wesson oil
3 cups Wondra flour (use only Wondra)
5 eggs
1 cup sweet milk
1 tsp. coconut extract
1 tsp. butter extract
½ tsp. rum extract

Cream oleo and sugar, add oil, and eggs. Beat well. Add flour alternately with milk, stirring well. Add extracts. Pour in tube pan and bake at 350 degrees till straw comes out clean when inserted through center of cake. Bake 40 to 60 minutes.

This recipe originally came from Mrs. Era Shively Easley. Mrs. Lena Stratton gave it to me. We like to eat this cake while still warm.

—Roberta Rogers, Cameron, La.

* * *

SPONGE CAKE

6 eggs
1½ cups sifted cake flour
½ tsp. salt
1 tsp. baking powder
1½ cups sugar
½ tsp. cream of tartar
1/3 cup cold water
1 tsp. lemon extract
1 tsp. vanilla

Separate eggs; let stand at room temperature 1 hour. Combine cake flour, salt, baking powder and 1 cup sugar; sift. Whip egg whites and cream of tartar in large bowl until whites form soft peaks. Add remaining ½ cup sugar, gradually whipping constantly. Combine egg yolks, water and flavorings in small bowl. Add dry sifted ingredients; beat for 1 minute or until well blended. Carefully fold egg yolk mixture into beaten egg whites. Pour batter into ungreased 10 x 4 inch tube pan. Bake in moderate oven (375 degrees) 35 minutes or until done. Invert cake in pan on cake rack and cool. When cold, remove cake from pan and frost, if desired. Yield: One 10" tube cake.

—Mrs. Mildred Brannon, Sweet Lake, La.

FIG CAKE

1 cup sugar
½ cup cooking oil
1 stick butter or oleo
2 eggs
2 cups flour
2 tsp. soda
1 cup boiling water
2 tsp. cinnamon
1 tsp. vanilla
2 cups or 1 pint figs

Mix sugar, oil, butter and eggs and beat until fluffy. Add flour, soda and blend well. Add boiling water, cinnamon, vanilla and figs. Turn into large oblong cake pan and bake at 350 degrees until top of cake springs back when touched. This cake is very good without a frosting, but can be used with the following frosting.

Sour Cream Frosting:

1 cup sour cream
1 cup granulated sugar
1 cup walnuts or pecans, chopped
3 egg yolks
1 Tbsp. cornstarch

Beat yolks, add cream, sugar, cornstarch and nuts. Cook in double boiler, on low heat, stirring constantly until thick. Cool slightly and spread over cake.

—Mrs. Mervin Chesson, Sweet Lake, La.

FRESH APPLE CAKE

3 eggs
3 cups raw apples, chopped
2 cups sugar
1½ cups cooking oil
2½ cups sifted flour
1 tsp. salt
1 tsp. soda
2 tsp. baking powder
1 tsp. vanilla
1 cup nuts

Peel apples and chop, then set aside. Pour oil into large mixing bowl. Add sugar and eggs and beat well. Sift flour with salt, soda and baking powder. Add flour, a little at a time, to creamed mixture. Add vanilla. Gently fold in chopped apples. Grease pan and line with waxed paper. Pour in batter. Bake at 350 degrees for 1 hour or until done. When cake is cool, remove from pan and put on sugar glaze. (A bundt pan may be used.)

Sugar Glaze:

1½ cups sifted powdered sugar
3 Tbsp. water
2 tsp. vanilla

Mix together all above, and if too stiff, add a little more water.

—Mrs. Mayo Cain, Klondike, La.

FRESH APPLE CAKE

1¼ cups Wesson oil
2 cups sugar
2 eggs
3 cups fresh apples, peeled and chopped
1 cup chopped nuts
3 cups flour
1 tsp. soda
½ tsp. salt
1 tsp. cinnamon

2 tsp. vanilla

Cream sugar and oil, add eggs. Add chopped apples and nuts. Add combined flour, salt, soda, cinnamon, then add vanilla. Bake at 350 degrees for 1 hour.

—Mrs. Willard Savoie, Creole, La.

OLD FASHION CUP CAKE

1 cup butter
2 cups sugar
4 eggs, separated
1 cup milk
3 cups flour
3 tsp. baking powder
1 tsp. vanilla
½ tsp. lemon flavoring

Cream 1 cup butter, add sugar, then beat egg yolks and add. Add milk alternately with dry ingredients. Add flavorings. Fold in beaten egg whites. Bake at 375 degrees. Makes a 3 layer cake, use icing you prefer. Cook until the cake leaves the pan (about 20 minutes).

This recipe was used by my mother, Mrs. H. A. Miller, about 55 years ago.

—Mrs. Angeline Mhire, Grand Chenier, La.

COFFEE CAKE

1½ cups sugar
½ cup lard
1 cup syrup
1 cup hot coffee with 1 tsp. soda
2 tsp. cocoa
3 cups flour
½ tsp. salt
½ tsp. cinnamon
½ tsp. ginger

Cream sugar and lard. Add syrup. Add hot coffee and soda alternately with dry ingredients. Bake in loaf pan at 350 degrees. Bakes real moist cupcakes, also.

This recipe came from my mother, Mrs. D. A. Bertrand.

—Mrs. Rose Carter, Creole, La.

FRUIT CAKE

2 cups flour
1 tsp. soda
¼ tsp. salt
¼ tsp. cloves
½ tsp. nutmeg
1 tsp. cinnamon
½ cup butter
1 cup sugar
1 egg
1 cup dark raisins
1 cup white raisins
2 cups nuts, mixed
1 cup applesauce
1 8-oz. pkg. chopped dates
1 16-oz. pkg. fruit & peel
1 8-oz. pkg. green cherries
1 8-oz. pkg. red cherries

Sift all dry ingredients together three times, set aside. Work butter with spoon till creamy, add sugar, applesauce and egg. Combine all fruit and nuts with butter, sugar, applesauce and egg, then add dry ingredients a little at a time, mix gently with hands. Bake at 350 degrees for 1 hour and 10 minutes.

—Elsie Erbelding, Johnson Bayou, La.

GINGERBREAD

½ cup sugar
½ cup butter & Crisco mixed
1 egg
1 cup molasses
2½ cups sifted flour
1½ tsp. soda
1 tsp. cinnamon
½ tsp. cloves
1 tsp. ginger
½ tsp. salt
1 cup boiling water

Cream shortening and sugar, add beaten egg, add molasses, then add dry ingredients which have been sifted together. Add hot water last and beat until smooth. Bake in shallow pan about 40 minutes at 350 degrees. Serve warm with Cool Whip.

An old Southern recipe used in the Carolina's by the Belding family for years and passed on to friends.

—Jeanette Blake, Cameron, La.

OL' SYRUP CAKE

1½ cups Pure cane syrup
1½ cups hot water
1½ cups cooking oil
1½ cups sugar
3 cups flour
3 tsp. soda
5 eggs

Mix all liquid ingredients in large bowl and pour in dry ingredients, stirring mixture all the while. Preheat oven to 350-375 degrees. Grease and flour one large cake pan or

two small ones before pouring mixed ingredients in them. Cook for approximately one hour. Check with toothpick to see if done. Eat and enjoy!

—Riley V. Richard, Johnson Bayou, La.

NUT CAKE

2 cups sugar
½ cup butter
1 cup sour milk
1 Tbsp. soda dissolved in milk
1 Tbsp. vanilla
3 cups flour
1 Tbsp. baking powder
2 cups shredded coconut
2 cups raisins
2 cups pecans

Cream sugar and butter. Add sour milk with soda dissolved in it. Add vanilla. Slowly add flour and baking powder, beating well. Add coconut, raisings and pecans. Bake in loaf pan at 350 degrees for 1 hour.

Topping:

Mix 2 cups sugar with ½ cup cold water and boil until thick syrup. Pour sugar over 2 stiffly beaten egg whites. Add 1 cup raisins, 1 cup pecans, 1 cup coconut and 1 tablespoon vanilla. Pour over cake.

—Mrs. Edmond Bertrand, Grand Chenier, La.



Pies G.M.M.

CHOCOLATE RUM PIE

1 baked 9 inch pie shell
6 egg yolks
7/8 cup sugar
2 ozs. unsweetened chocolate, melted
1 Tbsp. unflavored gelatin
¼ cup cold water
½ pint heavy cream, whipped
¼ cup rum



1st Place
1973
Favorite Food Show

Beat egg yolks until thick and lemon colored. Gradually beat in sugar. Add melted chocolate along with gelatin that has been softened in cold water, then dissolved over hot water. Stir briskly. Fold in whipped cream and rum. Cool until mixture just begins to congeal, then spoon into pie shell. Refrigerate 3 or 4 hours; garnish with whipped cream, if desired, before serving.

—Mrs. Claude Eagleson, Cameron, La.

DARLENE'S STRAWBERRY PIE

1 cup sugar
2 Tbsp. cornstarch
Pinch salt
1 cup water
Red food coloring
2 Tbsp. strawberry jello
2 cups fresh strawberries
1 baked, cooled pie shell

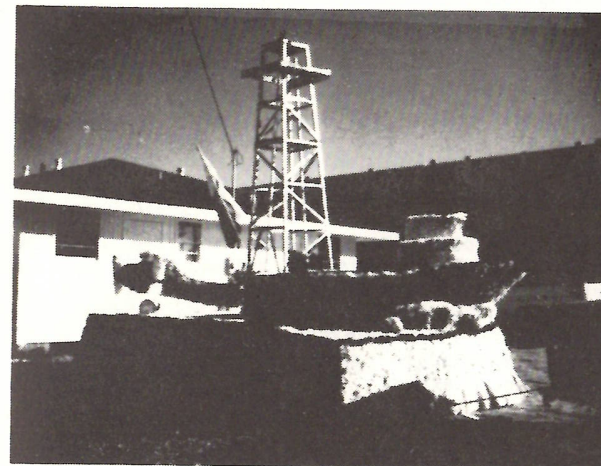


3rd Place
1973
Favorite Food Show

Combine sugar, cornstarch, salt, water and cook until thick and clear. Add a few drops red food coloring and strawberry jello. Let cool. Arrange fresh strawberries in 9" baked pie shell. Pour sauce over strawberries and chill. Serve with whipped cream.

—Mrs. Darlene Taylor, Sweet Lake, La.

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CRUNCHY APPLE COCONUT PIE

Pastry for 1 crust pie
2 tbsp. flour
¾ cup sugar, divided
1 can (3½ oz.) flaked coconut, divided
1/8 tsp. salt
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. allspice
2 cans (20 oz. each) pie sliced apples
1 Tbsp. lemon juice
5 Tbsp. butter, divided
½ cup flour

Line 9 inch pie pan with pastry; flute edge. Combine 2 Tbsp. flour, ½ cup sugar, 1 cup coconut, salt and spices. Place a layer of apple slices in pie shell; sprinkle part of flour-sugar-coconut mixture over apples. Add remaining apples in layers alternately with flour-sugar-coconut mixture. Sprinkle lemon juice over top of pie; dot with 1 Tbsp. butter. Bake at 425 degrees for 35 minutes, or until crust is lightly browned. Combine remaining sugar and ½ cup flour. Melt remaining butter, add; mix well until crumbly. Add remaining coconut. Sprinkle this mixture over top of baked pie. Return to oven; bake about 7 minutes longer or until topping is browned.

—Mrs. Hadley Fontenot, Jennings, La.

LEMON MERINGUE PIE

7 Tbsp. cornstarch
1½ cups sugar
½ tsp. salt (I omit)
2 cups boiling water
3 eggs, separated
1/3 cup lemon juice
2 Tbsp. butter or oleo
1 Tbsp. grated lemon peel (I omit)
1 pie crust, any kind

Combine cornstarch, sugar and salt. Add water and cook until thick, stirring constantly. Beat egg yolks slightly and add to mixture. Remove from heat and stir in lemon juice, butter or oleo, and grated peel. Pour into cooked pastry shell. For meringue, add 1 tsp. lemon juice to egg whites and beat until just stiff enough to hold peaks. Sprinkle 6 Tbsp. sugar, one at a time, and beat until glossy. Pile lightly on pie and bake in moderate oven (350 degrees) about 15 to 20 minutes or until lightly browned. Cool.

(This is an original and very old recipe.)

—Mrs. Edna Bertrand, Cameron, La.

LEMON PIE

1½ cups sugar
1-7/8 cups water
1½ Tbsp. butter
6 Tbsp. cornstarch
4 Tbsp. water (cold)
½ cup lemon juice
1½ tsp. grated lemon peel
4 egg yolks
3 Tbsp. milk
1 10" baked pastry shell

Combine sugar, water and butter. Heat until sugar dissolves. Add cornstarch blended with cold water. Cook slowly until clear (about 8 minutes). Add lemon juice and peel. Cook 2 minutes. Slowly add egg yolks beaten with milk. Bring to boil. Cool. Pour into cooled baked pie shell.

Meringue:
4 egg whites

4 Tbsp. sugar

Beat egg whites till peaks form. Beat in sugar and place on pie. Bake for 13 minutes at 350 degrees.

(I first tasted this in the home of Judge and Mrs. Edmund Reggie of Crowley, La. Dessert was often served with cups of rich, dark Lyons Blue Label coffee.)

—Mrs. Ward Fontenot, Cameron, La.

ORANGE-PUMPKIN CHIFFON PIE

Pie Shell:

1 cup Gold Medal flour
½ cup Crisco shortening
1/3 cup orange juice or amount to mix flour and shortening well.

Combine ingredients and place in pie tin. Bake at 450 degrees for 8 to 10 minutes and cool.

1 cup sugar
1 envelope (1 tbsp.) unflavored gelatin
1 tsp. cinnamon
1 tsp. nutmeg
½ tsp. salt
1 tsp. ginger (ground)
2 eggs, separated
1½ tsp. grated orange rind
1 cup evaporated milk
2 cups cooked pumpkin
Orange sections for garnish, if desired

Combine ½ cup sugar, gelatin, spices and salt. Blend in egg yolks and grated orange rind. Add evaporated milk and blend thoroughly. Cook over low heat, stirring constantly, until thickened, 10 to 15 minutes. Chill until mixture just begins to set. Stir in cooked pumpkin and set aside. Beat egg whites until stiff. Gradually add ½ cup sugar, continuing to beat until stiff and glossy. Fold into pumpkin mixture. Turn into cooled pie shell. Chill until set, 2 to 3 hours, before serving. If desired, garnish with orange sections.

—Mrs. Vernon McCain, Grand Lake, La.

BANANA CREAM PIE

1 baked pie crust
1 pkg. vanilla pudding (not instant)
2 bananas, sliced
1 cup miniature marshmallows
1½ cups Cool Whip

Prepare pudding and set aside to cool. When cool, fold in 1 banana sliced, marshmallows and 1 cup Cool Whip. Spoon into prepared crust and garnish with remaining banana and Cool Whip.

—Mrs. Bynum Shove, Hackberry, La.

ALL THE WAY CHOCOLATE PIE

2 boxes chocolate instant pudding
3 cups Borden's chocolate milk
1 baked pie shell or dish
2 envelopes Dream Whip
1 cup Borden's chocolate milk
¾ carton Borden's sour cream
½ tsp. almond extract

Whip instant pudding and milk and pour in baked pie shell or dish. Whip Dream Whip and chocolate milk. Fold in sour cream and extract. Pour on pie and decorate with chocolate chips.

—The Editors

SWEET POTATO PIE

3 pounds sweet potatoes
4 Tbsp. butter
3 eggs, lightly beaten
1 cup sugar
1 Tbsp. flour
1 tsp. nutmeg
1 Tbsp. lemon juice
1 tsp. vanilla
1 unbaked 9" pie shell with top crust
Whipped cream

Boil sweet potatoes in water to cover, until tender. Drain. Hold each under cold running water (so they can be easily handled) then peel while still hot. Place in large mixing bowl and add remaining ingredients. Blend until light and smooth. Pour into pie shell and top with second crust. Place in a preheated 300 degree oven and bake for 45 minutes. Serve with sweetened whipped cream.

—Mrs. Leven Harmon, Cameron, La.

SWEET POTATO PIE

1 cup mashed sweet potatoes
1 stick melted butter
1½ cups sugar
3 Tbsp. flour
2 eggs
1 small can evaporated milk
1 tsp. lemon extract
1 tsp. vanilla extract

Combine above ingredients. Pour into unbaked pie shell and bake for 1 hour at 350 degrees.

—Mrs. Hadley Fontenot, Jennings, La.

BUTTER PIE

½ cup butter
1¼ cup sugar
3 egg yolks
1 whole egg
2 Tbsp. vanilla
2/3 cups cream or Half and Half

Stir all ingredients together; do not overmix. Pour in unbaked crust, and put into previously heated 400 degree oven. Bake until brown and lower heat to 325 degrees. Bake until firm. Cool, while preparing meringue.

Meringue

3 egg whites
1/8 tsp. cream of tartar
1 tsp. vanilla
6 Tbsp. sugar

Beat whites with cream of tartar and vanilla. Add sugar slowly, beating until stiff. Cover pie and bake till browned in 350 degree oven.

(This recipe was given to me by my aunt, Mrs. T. O. Sweeney of Grand Chenier. She says the original recipe was given her by Mrs. Thompson McCall many years ago. Mrs. McCall used the whole eggs in the filling, and used no meringue on top.)

—Mrs. Charles Rogers, Cameron, La.

BUTTERMILK PIE

1 unbaked crust
1¼ cups sugar
2 Tbsp. cornstarch

1½ cups buttermilk
3 eggs, slightly beaten
2 tsp. vanilla
1½ tsp. lemon juice
1 stick melted butter

Sift sugar and cornstarch. Add buttermilk, eggs, vanilla, lemon juice and mix well. Add melted butter. Bake in pie crust for 1 hour at 350 degrees.

—Mrs. Zula Domingue, Hackberry, La.

FAVORITE BUTTERMILK PIE

1½ tbsp. oleo
5 Tbsp. flour
4 eggs, separated
1¼ cups sugar
2¼ cups buttermilk
1½ tsp. vanilla
1 tsp. grated nutmeg
2 unbaked pie shells

Cut in and blend well butter and flour. Beat egg yolks and sugar until creamy. Add egg-sugar mixture to butter-flour mixture and blend. Add buttermilk, vanilla and nutmeg. Pour into unbaked pie shells. Bake at 360 degrees until partially set, about 30 minutes. Beat egg whites with 4 Tbsp. sugar until stiff and glossy. Spread on pies and brown.

—Mrs. Elwood Robicheaux, Sweet Lake, La.

OLD-FASHIONED EGG CUSTARD PIE

1 unbaked pie shell
3 eggs
1/8 tsp. salt
5 Tbsp. sugar
¼ tsp. nutmeg
2 cups scalded milk
½ tsp. vanilla

Beat eggs; add salt, sugar and nutmeg. Add milk and vanilla. Mix well and pour into unbaked crust. Bake at 425 degrees until knife comes out clean when inserted in filling.

—Mrs. Bynum Shove, Hackberry, Louisiana

AUNT JANE'S HOT WATER PASTRY

1½ cups shortening
½ tsp. baking powder
½ cup boiling water
3 cups flour

Mix together in large bowl. Chill for 30 minutes then roll out. Makes 2 9" pie crusts.

—Mrs. Larry McNeese, Grand Chenier, La.

DIET PIE CRUST

½ cup Wesson Oil
2 cups flour
2 Tbsp. water
2 Tbsp. Pet Milk
Salt to taste

Mix all ingredients together and roll between wax paper. If it is too dry, add more cooking oil. Bake at 475 degrees.

DREAMY PIE

1 small can peaches, chopped
1 small can apricots, chopped
1 small can crushed pineapple
1 small bottle cherries, chopped
½ cup pecans, chopped fine
1 can condensed milk
1 large Cool Whip
6 Tbsp. lemon juice
2 graham cracker crusts

Combine all ingredients and spoon into pie crusts. Refrigerate for several hours before serving.

—Mrs. Jennings Jones, Grand Chenier, La.

* * *

Tarte A Bouillie

CAJUN PIE

Sweet Dough Crust

½ cup sugar
1/3 cup shortening
1 egg
1½ cups flour
1 tsp. baking powder
¾ tsp. nutmeg
1 pinch salt

Cream sugar and shortening. Add beaten egg, then flour and baking powder, nutmeg and salt. Knead slightly (ten times) with a bit of flour. Roll out to size of pie plate. (This makes a thick crust.) Put custard in crust and bake at 400 degrees until brown.

Custard Filling:

1 cup milk
2 eggs
3 Tbsp. sifted flour
½ cup sugar
1 pinch salt
1 tsp. vanilla
½ tsp. nutmeg

Put 2/3 cup of milk to boil. Stir into 1/3 cup of cold milk, the eggs, flour, sugar and salt. When milk boils, carefully combine the two mixtures and cook until thickened. Remove from fire and add vanilla and nutmeg.

—Mrs. Elwood Robicheaux, Sweet Lake, La.

* * *

GERTRUDE'S SWEET DOUGH PIE

Custard:

1 egg
1/3 cup sugar
1 Tbsp. flour
1½ cups milk
¾ cup pet cream
nutmeg

Cream egg, sugar and flour. Combine milk and cream and scald (heat until almost at boiling point.) Gradually add hot milk mixture to egg mixture, stirring constantly. Return to fire after milk and egg mixtures are combined. Cook over medium heat, stirring constantly, until thick. Sprinkle in a little nutmeg. (Note: this custard is excellent for banana pudding, substituting vanilla for nutmeg, and make a little thinner.)

Dough:

1 stick butter
2 cups sugar
2 eggs
1 tsp. baking powder
½ tsp. soda

3½ cups flour
Nutmeg

Cream butter and sugar; add eggs. Combine baking powder, soda with flour. Sprinkle in nutmeg. Alternate adding flour mixture and milk. (Dough will be stickier than regular pie dough.) When mixed, roll out about 3 Tbsp. dough at a time on heavily floured freezer paper. Place these pieces of rolled dough into pie pan, covering bottom and side high. Add cooked filling. Roll out more squares of dough to top pie, with spaces between pieces. Fold edges of crust over filling at edge. Bake 350 degrees about 30 minutes or until brown.

—Mrs. J. Albert Colligan, Cameron, La.

* * *

PIE CRUST

(Enough for 5 portions)

4 cups flour
1 Tbsp. sugar
2 tsp. salt
1¼ cups shortening
1 large egg
½ cup water
1 Tbsp. vinegar

Combine dry ingredients; add shortening and mix well. Beat egg slightly; add water and vinegar. Add to dry ingredients. Divide into 5 portions. Wrap in wax paper and flatten slightly. Keep in refrigerator at least ½ hour or as long as needed.

—Mrs. J. M. Theriot, Creole, La.

* * *

CHERRY PIE SUPREME

1 9" unbaked pie shell
1 can cherry pie filling
4 3-oz. pkg. soft cream cheese
½ cup sugar
2 eggs
½ tsp. vanilla
1 cup sour cream

Heat oven to 425 degrees. Prepare pie shell and spread half of cherry pie filling in bottom. Set remainder of filling aside. Bake shell with cherry filling for 15 minutes or until crust is brown. Remove from oven. In small bowl beat cheese with sugar, eggs and vanilla until smooth. Reduce heat to 350 degrees. Pour over hot cherry pie filling and bake for 25 minutes. Filling will be slightly soft in center. Cool completely. To serve, spoon sour cream around edge and fill in center with remaining cherry pie filling.

—Mrs. Zula Domingue, Hackberry, La.

* * *

FRESH STRAWBERRY PIE

1 baked, cooled pie crust
1 small bottle 7-Up
1 cup sugar
4 Tbsp. cornstarch
Red food coloring
1 pint fresh strawberries

Combine 7-Up, sugar and cornstarch and cook until thick. Add food coloring and cool. When mixture is cool, fold in fresh strawberries and put into baked, cooled pie crust. Place in refrigerator and serve with topping -- Cool Whip, Dream Whip or whipped cream.

(Mrs. Eula Holder of Lake Charles gave me this recipe several years ago and it has become a favorite during strawberry season.)

—Mrs. Charles Rogers, Cameron, La.

FRENCH COCONUT PIE

1 stick oleo
1½ cups sugar
3 eggs
1½ tsp. vanilla
1 cup coconut (angel flake)
3 Tbsp. vinegar
1 unbaked pie shell

Melt oleo. Stir in sugar, then eggs. Add vinegar, vanilla and coconut. Pour into unbaked pie shell and bake at 325 degrees for 1 hour.

—Mrs. George Kelley, Cameron, La.

* * *

MRS. BERGNA KOCH'S FRESH PEACH PIE

1 unbaked pie shell
6 fresh peaches, sliced
½ stick butter
1 cup sugar
1/3 cup flour
1 egg

Cover bottom of unbaked pie shell with the sliced fresh peaches. Melt butter and add sugar, flour and eggs. After removing from heat, pour over peaches. Bake for 1 hour at 350 degrees. (This pie may be made with canned, drained peaches; however, omit some of the sugar.)

—Mrs. Corrine Canik, Grand Chenier, La.

* * *

RED PEACH PIE

2 sticks pie crust mix
½ cup sugar
2 Tbsp. cornstarch
¼ cup peach syrup
3½ cups peach slices (canned)
1 jar cinnamon candies (1¾ oz.)
1 Tbsp. butter

Heat oven to 425 degrees. Mix pie crust and line 9" pie pan. Mix sugar, cornstarch, and peach syrup together in sauce pan. Cook until mixture thickens and boils. Pour hot syrup over drained peaches. Add cinnamon candies and mix lightly. Pour into pie shell; dot with butter. Cover with top crust and bake 40 to 45 minutes.

—Mrs. Gary Kelley, Cameron, La.

* * *

PECAN PIE

Pie Crust:

2 cups sifted flour
1 tsp. salt
2/3 cup shortening
3 to 4 Tbsp. cold water

Sift flour and salt into a medium size bowl. Cut in shortening with a pastry blender until mixture is crumbly. Sprinkle water over, a tablespoon at a time, mixing lightly with a fork just until pastry holds together and leaves sides of bowl.

Filling:

2 Tbsp. butter
½ cup white sugar
2 eggs
2 Tbsp. flour
½ tsp. salt

1 tsp. vanilla
1 cup white Karo syrup
1½ cups chopped pecans

Cream butter; add sugar, beaten eggs, flour, salt, extract and syrup. Stir well; add pecans. Pour into pie crust and bake ½ to ¾ of an hour or until done.

—Mrs. Mabel LaComb, Klondike, La.

* * *

DEE'S PECAN DELIGHT

3 egg whites
1 cup sugar
1 tsp. baking powder
24 Ritz crackers
1 cup chopped nuts
1 pt. whipping cream
1 tsp. vanilla

Beat egg whites until stiff. Fold in sugar, baking powder and crumbled Ritz crackers. Add nuts and vanilla. Place in pie tin and bake 25 to 30 minutes in 350 degree oven. Let cool. Spread with whipping cream, cut in pie slices and serve.

—Ms. Deanne Colligan, Cameron, La.

* * *

SQUASH PIE

Boil 6 small squash until tender.

Cream ¼ cup margarine, add and beat 4 egg yolks and 2 cups sugar until creamy. Add squash and beat. Add 1 tsp. vanilla, 1 can pineapple, 3 Tbsp. flour. Blend well. Cook at 375 degrees until brown. Beat 4 egg whites and put on top and brown in oven.

—Mrs. Margaret Hebert, Grand Chenier, La.



PLANTATION PRALINES

3 cups firmly packed Light Brown Sugar
¼ tsp. cream of tartar
1/8 tsp. salt
1 cup milk
2¼ cups pecan halves
2 Tbsp. butter or margarine
1 tsp. vanilla extract

Combine sugar, cream of tartar, salt and milk. Stir over low heat until sugar dissolves. Wipe crystals occasionally from sides of pan. Cook to 236-238 degrees or soft ball stage. Add butter, extract and pecans. Beat until creamy. Drop from large spoon onto buttered surface on wax paper.

—A Good Cook

PECAN PRALINES

2 cups sugar
1 cup buttermilk
1 tsp. soda
Pinch of salt
1½ cups nuts
2 Tbsp. butter

Mix all together and bring to soft ball stage. Add nuts, and drop by tablespoons onto plate or cookie tin.

—Marie Kelley, Cameron, La.

DIVINITY

2½ cups sugar
½ cup white corn syrup
½ cup water
2 egg whites, beaten stiff
1 tsp. vanilla
1 cup coconut or nuts

Cook sugar, syrup and water until it spins a thread. Then pour one-half mixture into the beaten egg whites. Cook remainder of mixture until it hardens in water. Mix the two portions together. Beat until smooth and creamy. Pour into buttered dish or drop from spoon.

—Mrs. Jerry Schaller, Johnson Bayou, La.

FUDGE NOUGATS

2 cups sugar
1 cup evaporated milk
½ cup butter
1 6-oz. pkg. Nestle Morsels
¾ cup all purpose flour
1 cup crushed graham crackers
¾ cup chopped nuts
1 tsp. vanilla

Combine sugar, milk and butter in saucepan. Bring to a full rolling boil, stirring occasionally. Boil hard for 10 minutes. Blend in Morsels, flour, crackers, nuts and vanilla. Mix well. Spread in well-buttered 12 x 8 inch pan. Cool. Cut into squares. Makes about 40 pieces.

—Mrs. Gary Kelley, Cameron, La.

PATSY'S FAVORITE FUDGE RECIPE

4½ cups sugar
1 large can evaporated milk
1 stick butter
Pinch of salt

Let the above ingredients come to a boil and cook from 8 to 9 minutes. Remove from fire and add the following and stir:

3 pkgs. chocolate chips
4 cups nuts
1 pt. marshmallow cream
1 tsp. vanilla

Pour into greased pans and let cool, then cut, or drop by spoonfuls onto a greased surface. (Try using foil lined paper plates and storing in the freezer.) Makes 5 lbs. of candy.

—Patsy Granger, Cameron, La.

JIFFY BUTTERSCOTCH FUDGE

1-2/3 cups granulated sugar
2 Tbsp. butter or margarine
½ tsp. salt
2/3 cup evaporated milk
2 6-oz. pkgs. butterscotch chips
(or any flavor chips)
2 cups miniature marshmallows
¾ cup chopped nuts
1¼ tsp. vanilla

Combine sugar, butter, salt and milk. Bring to a boil, stirring constantly. Continue to boil for 5 minutes. Turn off heat; add vanilla, nuts, chips and marshmallows. Beat hard with spatula until marshmallows are melted and everything is well blended. Drop by teaspoons onto wax paper; let harden. Or, pat out onto wax paper, let harden and cut into small bite size pieces. Yield: 64 pieces.

—From the Test Kitchen of Joan Oster

PEANUT BRITTLE

2 cups sugar
½ cup white Karo syrup
½ cup water
2 cups raw peanuts
2 Tbsp. butter
1 tsp. baking soda

Cook sugar, syrup and water to hard ball stage on candy thermometer. Add peanuts, and keeping the fire high, cook until it begins to turn caramel color -- about 10 minutes. Stir frequently. Take off fire and add butter. Then add soda. Stir well and pour quickly onto a greased cookie sheet. Spread out thin. Let set, then break into pieces.

—Harriette Dyson, Cameron, La.

CHOCOLATE CANDY

2 cups sugar
3 Tbsp. cocoa
Dash salt
1½ cups whole milk
2 Tbsp. margarine
2 cups pecans
2 Tbsp. vanilla

Combine first 5 ingredients in sauce pan. Cook on low fire until candy forms soft ball in cup of cold water. Remove from fire, add pecans and vanilla flavoring. Put one tray ice cubes in sink with about one gallon of water. Set pot of candy in ice water and beat until candy loses gloss. Spoon on wax paper. Enjoy!

—Elsie Erbelding, Johnson Bayou, La.

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MAMIE'S HALLOWEEN TREAT

¼ cup butter
1 pkg. miniature marshmallows
6 cups Rice Krispies

Melt butter, add marshmallows. Cook over low heat, stirring constantly, until marshmallows are melted and mixture is well blended. Remove from heat. Add Rice Krispies, stir until well coated. Press warm mixture into two buttered pans.

3 cups sugar
2 cups semi-sweet chocolate chips
1 cup marshmallow cream
½ cup margarine
1-1/3 cups evaporated milk
1 cup chopped pecans
1 tsp. vanilla

Combine sugar and evaporated milk. Bring to a boil, and boil 10 minutes over low heat, stirring frequently. Meanwhile, combine remaining ingredients in a bowl. Stir in the boiling mixture. Stir until the chocolate melts and mixture is smooth. Pour over Rice Krispies in pans.

Make another recipe of Krispie Treats and pour over fudge. You may have to flatten with hands to put over fudge.

—Mrs. Mamie Richard, Grand Chenier, La.

CHOCOLATE COVERED CANDY

1 box powdered sugar
1 stick butter
1 can (Eagle Brand) condensed milk
1 qt. chopped pecans

Mix first four ingredients well, and form into little balls and

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chill overnight. Melt 2 packages chocolate chips and 1/4 lb. sealing wax over boiling water; dip balls on tooth picks in chocolate mixture. Cool on cookie sheets.

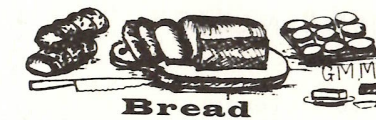
—Mabel Lacomb, Klondike, La.

CHOCOLATE TURTLES

1/2 lb. soft caramels
2 Tbsp. heavy cream
1 cup (about) pecan halves
4 sq. semi-sweet chocolate

Melt caramels with cream over hot water. Cool about 10 minutes. Place pecan halves on wax paper in groups of three, one for head and 2 for legs. Spoon caramel mixture over nuts, leaving 3 pecan tips showing. Let stand until set -- about 30 minutes. Partially melt chocolate over hot water. Remove from heat, stir until melted. Cool, spread or drop over caramel. Makes 24 turtles.

—Mrs. Jerry Jones, Cameron, La.



FRENCH BREAD

2½ cups warm water (105-115 degrees)
2 pkg. or cakes yeast, active dry or compressed
1 Tbsp. salt
1 Tbsp. melted margarine
7 cups unsifted flour
Cornmeal
1 egg white
1 Tbsp. cold water

3rd Place

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Measure warm water into large warm mixing bowl. Sprinkle or crumble in yeast; stir until dissolved. Add salt and margarine. Add flour and stir until well blended. Dough will be sticky. Place in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Turn dough out onto lightly floured board. Divide into 2 equal portions. Roll each into an oblong 15 x 10 inches. Beginning at wide side, roll up tightly; seal edges by pinching together. Taper ends by rolling gently back and forth. Place loaves on greased baking sheets sprinkled with cornmeal. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour. With razor, make 4 diagonal cuts on top of each loaf. Bake in hot oven (450 degrees) 25 minutes. Remove from oven and brush with egg white mixed with cold water. Return to oven, bake five minutes longer.

—Mrs. Wayne Wood, Grand Chenier, La.

BUTTERHORN ROLLS

1 pkg. dry yeast
1 cup plus 3 Tbsp. warm water
1 tsp. salt
2 eggs, beaten
½ cup sugar
½ cup shortening
4 cups sifted flour
Melted butter

Dissolve yeast in 3 Tbsp. water. Mix sugar, shortening, water, salt and eggs. Stir in yeast and flour. Refrigerate overnight. Roll out into circle; brush with butter. Cut into 16 wedges. Roll each wedge from large end to point. Place on greased baking sheet. Let rise until double. Bake at 350 degrees.

BUTTER PECAN BREAD

2¼ cups enriched all purpose flour
2 tsp. baking powder
½ tsp. salt
½ tsp. soda
½ tsp. cinnamon
¼ tsp. nutmeg
1 cup brown sugar
1 beaten egg
1 cup buttermilk
2 Tbsp. butter, melted
1 cup broken pecans

Sift together flour, baking powder, soda, salt, spices. Blend in brown sugar. Combine egg, buttermilk and butter. Add to the flour mixture, stirring well. Stir in nuts. Fill a greased 9½ x 5 x 3 inch loaf pan. Bake 45 to 50 minutes at 350 degrees. Cool slightly, then remove from pan and finish cooling on wire rack.

—Mrs. Charles F. Hebert, Cameron, La.

GARLIC PARMESAN LOAF

(2 loaves)

1 pkg. yeast, compressed or dry
¼ cup water (lukewarm for compressed yeast, warm for dry)
2 cups milk
1 cup grated Parmesan Cheese
2 Tbsp. sugar
2 Tbsp. shortening or oil
2 tsp. salt
1/8 tsp. cayenne pepper
5½ cups sifted enriched flour (about)
Butter or margarine, melted
2 tsp. garlic salt

Dissolve yeast in water. Heat milk until almost simmering. Into large mixing bowl measure cheese, sugar, shortening or oil, salt and cayenne. Stir in milk until sugar dissolves and shortening melts. Cool to lukewarm. Stir in about 2 cups flour and beat until smooth. Beat in yeast. Stir in enough more flour to make a moderately stiff dough. Onto lightly floured board or pastry cloth, turn out dough and knead until smooth and satiny, 5 to 8 minutes. Shape into ball and place in lightly greased bowl, turning to grease all sides. Cover and let rise in warm place (80 to 85 degrees) until doubled about 1½ hours. Punch down. Divide dough in half, shape each into ball. Cover and let rest 10 minutes. Meanwhile, grease two 4½ x 8½ inch loaf pans. Roll out half of dough to 10 x 16 inch rectangle. Brush with butter or margarine. Sprinkle with 1 teaspoon garlic salt. Cut into four 4 x 10 inch rectangles. Stack rectangles together, spread side up. Cut into 5 stacks, 2 inches wide and 4 inches long. Arrange stacks in roll in pan, placing one long, cut-side down. Repeat with remaining dough, filling second pan. Let rise in warm place until doubled, about 1 hour. Meanwhile, preheat oven to 400 degrees. Bake loaves 30 to 35 minutes, or until deep golden brown. Immediately remove from pans; cool slightly before serving. To serve, pull "slices" of bread from loaf. No need to add butter or margarine at serving time.

—Mrs. Jerry Schaller, Johnson, Bayou, La.

REFRIGERATOR BREAD

2 pkg. yeast
2 cups warm water
½ cup sugar
½ cup shortening
1 egg
2 tsp. salt
6½ to 7 cups flour



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Dissolve yeast in water. Stir in water, salt, shortening and egg. Mix in flour until well blended. Place in large greased bowl and cover to rise. 2 hours before needed, rework portion of dough desired. Shape into rolls or loaves and place in greased pans. Let rise 1½ to 2 hours. Bake at 350 degrees to 400 degrees until brown, about 30 minutes. Dough will keep well in refrigerator for several days.

—Anne W. Smith, Morehead City, N.C.

HARVEST BREAD

2 pkg. dry yeast
1 cup soy flour
1 cup whole wheat flour
1½ cups all purpose flour
¼ cup wheat germ
¾ cup non-fat dry milk
2 Tbsp. sugar
4 tsp. salt
3 cups warm water
2 Tbsp. shortening melted in the water

Mix thoroughly first 8 ingredients; then add the last two. Beat well for 2 minutes at medium speed, using an electric mixer, scraping the bowl occasionally. Add ½ cup flour, beat 2 minutes, scraping bowl occasionally. Add gradually up to 3 cups of flour (may take less). Beat by hand, until enough flour has been added to make a dough which can be kneaded. Knead for 10 minutes on floured cloth. Let rise until double in bulk. Punch down. Cover and let rest 15 minutes. Knead for about 3 minutes. Shape into loaves or rolls. Let rise until double in bulk (30 to 40 minutes). Bake in preheated oven, 375 degrees, for about 50 minutes. Remove from pan and cool on wire rack. Makes 2 large loaves or 24 to 32 rolls.

—Suzanne Robichaux, Sweet Lake, La.

ROLLS

1 cup scalded milk
3 Tbsp. sugar
1 tsp. salt
6 Tbsp. salad oil
1 cup warm water
1 pkg. yeast
6 cups flour

Scald milk, pour in bowl, add sugar, salt, oil and water. When cool, add yeast. Add half of flour to ingredients. Stir until smooth by hand. Add remaining flour. Knead on lightly floured board. Place in greased bowl. Let rise in warm place until double in size. Cover with cloth...about 1½ hours. Knead about 10 to 15 minutes. Shape dough as desired. Let rise. Bake at 450 degrees. Grease rolls just before done — on top.

—Leven Harmon, Cameron, La.

CHRISTMAS ENGLISH SHORT BREAD

½ lb. plus 3 Tbsp. butter or margarine
3 cups flour
Dash of salt
1 cup confectioner's sugar
1 tsp. vanilla

In a large bowl, mix flour, sugar and salt. Mix well, place butter in center of flour mixture, knead with both hands until mixture comes to a ball. It will crack a little. It is now ready to roll in cooky fashion, but not too thin. Or, pat into a pan, and prick with fork. Bake at 350 degrees until golden brown. These are tastier if made 2 weeks before Christmas.

—Mrs. Helen Dyson, Grand Chenier, La.

WHITE BREAD LOAF

1 cup milk
2 Tbsp. sugar
½ Tbsp. shortening
2 tsp. salt
1 cup warm water (not hot)
1 pkg. dry yeast
6 cups sifted flour (about)
(for faster rising, use 2 pkg. yeast)

Scald milk. Stir in sugar, salt and shortening. Cool to lukewarm. Measure warm water into mixing bowl. Sprinkle yeast over water; stir until dissolved. Add lukewarm milk mixture. Stir in 3 cups flour. Beat until smooth. Stir in remaining flour, until dough can be handled easily. Turn out on lightly floured board. Knead until smooth and elastic. Place in greased bowl; brush lightly with melted shortening. Cover with clean towel. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour and 20 minutes. Punch down and divide in half. Roll or pat out each portion, removing air bubbles, to a 9 x 7 inch rectangle. Then roll firmly, as for jelly roll, starting on 7 inch side. Sprinkle corn meal over bread loaves. Place in greased 8½ x 4½ x 2½ inch loaf pan. Cover with clean towel and let rise in warm place, free from draft, until doubled in bulk — about 55 minutes. Bake in hot oven (400 degrees) about 50 minutes. Remove from pans immediately. Brush top crusts with melted margarine or butter. Makes 2 loaves bread.

—Eldie Cheramie, Cameron, La.

FESTIVAL BANANA BREAD

1 egg
1 cup granulated sugar
½ cup shortening
3 ripe bananas, mashed
1 tsp. vanilla
2 cups flour
1 tsp. soda
½ cup dates
½ cup maraschino cherries
½ cup nuts

In large bowl beat eggs, sugar, shortening, bananas and vanilla until smooth. Sift flour and soda together and blend in banana mixture. Stir in other ingredients. Pour batter into greased and floured 9 x 5 x 3 inch pan. Cook in 350 degree oven about 1 hour.

—Mrs. Dewey Bonsall, Port Arthur, Texas

PUMPKIN BREAD

3½ cups flour
2 tsp. soda
1½ tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
3 cups sugar
1 cup vegetable oil (1 use corn oil)
4 eggs
2/3 cups water
2 cups canned pumpkin (1 lb. can)
1½ cups chopped nuts
1 cup raisins

Mix flour, soda, salt, spices and sugar in large mixer bowl. Make a well in center, add the well mixed oil, eggs, water, pumpkin, nuts and raisins. Blend well to make batter. (1 mix eggs, oil, water and pumpkin with rotary beater and add to flour mixture, and mix in with mixer) beating until well mixed on low speed. Pour into 3 well greased and floured loaf pans. Bake at 350 degrees for 1 hour or until done. Cool slightly in pans, then turn out on rack. It slices

better the second day and freezes well. I bake two with raisins and nuts — and 1 plain. Just pour some in one pan — then mix raisins and nuts with rest of batter and pour into two pans. This is a tried and tested recipe given to me by Mrs. Millie Allen of Dallas, Texas.

—Roberta Rogers, Cameron, La.

WHITE BREAD

(2 loaves)

2 pkg. active dry yeast
¾ cup warm water
2-2/3 cups warm water
¼ cup sugar
1 Tbsp. salt
3 Tbsp. shortening
9-10 cups flour
Soft butter or margarine

Dissolve yeast in ¾ cup warm water. Stir in 2-2/3 cups warm water, sugar, salt and shortening; stir in 5 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto floured surface. Knead until smooth and elastic — about 10 minutes. Place in greased bowl; turn greased side up. Cover. Let rise in warm place until double, about 1 hour. Punch down dough. Divide dough in half. Roll up, beginning at short side. With side of hand, press each end to seal. Fold ends under loaf. Place seam side down in greased loaf pan 9 x 5 x 3. Brush loaves lightly with butter. Let rise 1 hour. Heat oven to 425 degrees. Bake 30-35 minutes or until brown. Remove from pans. Brush loaves with butter.

—Darlene Taylor, Sweet Lake, La.

CRESCENT ROLLS

¾ cup milk
½ cup sugar
1 Tbsp. salt
½ stick margarine
1 cup warm water
1 pkg. dry yeast
5½ cups flour

Scald milk, add sugar, salt and margarine. Cool to lukewarm. Measure warm water in warm bowl. Add yeast and stir until dissolved. Add milk mixture to yeast mixture. Add flour till soft dough forms. Turn out onto lightly floured board. Knead for 10 minutes. Place dough into greased bowl, turning to grease top. Cover with towel and let it rise until double in bulk. Punch down and let rise again. Shape rolls. Bake at 400 degrees until brown. Makes 2 dozen.

—Elizabeth Richard, Grand Chenier, La.

GOLDEN CORN BREAD

1 cup cornmeal
1 cup flour
¼ cup sugar
½ tsp. salt
4 tsp. baking powder
1 egg
1 cup milk
¼ cup soft shortening

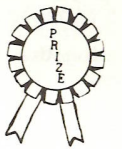
Mix all dry ingredients. Add egg, milk and shortening. Beat with egg beater about one minute. Do not overbeat. Bake in greased 8 inch square pan or greased muffin pans at 425 degrees for 20-25 minutes. Note: For variety, add chopped cooked bacon to batter before cooking.

—Shirley A. Bonsall Grand Chenier, La.



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MEXICAN CORNBREAD

1½ cups yellow cornmeal
1 cup chopped onions
1 cup grated cheese
½ cup cooking oil
1 can cream style corn
2 eggs
½ tsp. baking soda
½ tsp. garlic salt
4 to 5 chopped hot peppers

Mix altogether and bake in greased pan at 350 degrees until brown.

—Blackie "Verna" Taylor, Cameron, La.

GRANOLA

Mix together in large bowl:

2 to 3 lbs. rolled oats
2 cups shredded coconut
2 cups chopped nuts
2 cups soybean granules (optional)
2 cups wheat germ
1 Tbsp. salt

In another bowl:

1½ cups vegetable oil (safflower or soybean)
2/3 cup water
3 Tbsp. vanilla extract
1½ cups honey

Mix these ingredients thoroughly with a whip or hand mixer. Pour over oats mixture and mix thoroughly with hands until oats mixture is evenly coated. Spread mix about ½ inch thick on oiled cookie pans. Bake in slow oven (250 degrees) for 1 to 1½ hours. Turn mix thoroughly after first

half hour and then every 15 minutes until oats are a light golden brown. Remove from oven and turn again. Let cool thoroughly. When mix has cooled, add raisins or other dried fruit. Store in a tightly covered container in a cool dry place.

Serve as a cereal with milk; as a "sprinkle on" topping for ice cream or as an after school snack.

—Mrs. Elwood Robichaux, Sweet Lake, La.

SALLY LUNN

2 pkg. granular yeast
½ cup warm water
1½ cups milk
1 cup shortening
½ to 2/3 cups sugar
2 tsp. salt
5 eggs
6 cups flour (sifted)

Stir yeast into warm water. Scald milk, add shortening, sugar and salt. Stir in about 2 cups flour. Beat well. Add eggs, beat well, add yeast mixture and mix well. Stir in remaining flour, beating thoroughly. Cover and let rise in warm place (80 to 85 degrees) until doubled in bulk (about 1 hour). Stir down. Spoon into well greased 9 inch ring mold, tube or bundt pan, or two loaf pans. Let rise until doubled again. Bake in moderate oven (350 degrees) about 45-60 minutes for large pan, less time for loaf pans. Makes 12-20 servings. It is best served warm, from the oven, or with leftover cold bread sliced, toasted and buttered for breakfast. Great with fruit preserves.

—Made available by
Dr. Ruth Patrick, Nutrition Specialist
LSU, Baton Rouge, La.

LEMON BREAD

1 cup sugar
1/3 cup plus 1 Tbsp. shortening
1 Tbsp. grated lemon rind
2 eggs
1½ cups sifted flour
Juice of 1 lemon (3 Tbsp.)
½ tsp. salt
1 tsp. baking powder
½ cup milk
½ cup pecans, chopped
¼ cup sugar

Preheat oven to 325 degrees. Cream 1 cup sugar with shortening. Add lemon rind. Beat in eggs. Sift flour, salt and baking powder together, add alternately with milk, beginning and ending with flour mixture. Stir in nuts. Pour into greased 9 x 5 x 3 inch loaf pan. Bake 40 to 45 minutes. In saucepan heat ¼ cut sugar in lemon juice, stirring until dissolved and pour over hot bread. Allow to cool in pan. When cold, remove from pan, slice and serve.

—Made available by
Dr. Ruth Patrick, Nutritional Specialist
LSU, Baton Rouge, La.

SOUTHERN BISCUITS

2 cups flour
3 tsp. baking powder
1 tsp. salt
6 Tbsp. shortening
2/3 cup milk

Mix flour, salt, baking powder, add shortening, mixing until it looks like coarse meal. Add milk. Turn on lightly floured board. Roll out dough to ½ inch thickness. Cut out biscuits. Bake in an ungreased pan at 450 degrees for 10 to 12 minutes. Makes about 12.

—Leven Harmon, Cameron, La.

NO-KNEAD REFRIGERATOR ROLLS

¼ cup boiling water
2 Tbsp. sugar
1¼ tsp. salt
¾ cup shortening
¾ cup warm water
1 pkg. yeast
1 beaten egg
3½ cups sifted flour

In mixing bowl, add 1 cup boiling water and ¼ cup shortening. Sift in 2 Tbsp. sugar and ¼ Tbsp. salt. Let this cool to lukewarm. Dissolve 1 pkg. yeast in ¼ cup warm water. Combine the two mixtures. Stir in 1 beaten egg and half of the sifted flour. Beat 2 minutes until smooth. Stir in rest of flour. Place in greased bowl. Brush top lightly with melted shortening to prevent from drying out. Chill in refrigerator for 2 hours. Shape into rolls and place on greased baking sheet. Cover and let rise in warm place for 1 hour. Bake at 425 degrees about 20 minutes.

—Made available by
Dr. Ruth Patrick, Nutrition Specialist
LSU, Baton Rouge, La.

A VARIETY OF SHAPES Use the same baking temperature and time for all of these rolls.

OLD-FASHIONED BISCUITS: Form dough into balls 1/3 size desired. Place close together in a greased round pan.

PARKERHOUSE ROLLS: Roll dough ¼ inch thick, cut with biscuit cutter. Brush with melted butter. Make crease

across each. Fold so top half slightly overlaps. Press edges together at crease. Place close together on pan.

CLOVERLEAF ROLLS: Form bits of dough into balls about 1 inch in diameter. Place 3 balls in each greased muffin cup. Brush with butter for flavor.

PICNIC BUNS: Use 1/2 of no-knead refrigerator roll dough. Divide into two parts. Roll each into 7½ inch squares; ¼ inch thick. Cut into 2¼ inch squares. Yield: 1½ dozen buns.

CRESCENTS: Roll dough into a 9 inch circle. Brush with melted butter. Cut with a sharp knife into 8 pie-shaped pieces. Roll up, beginning with wide end and seal ends firmly. Place on greased baking sheet about 2 inches apart. Curve in half circles.

CINNAMON ROLLS: Roll dough into 6 x 16 inch rectangle. Brush with melted butter. Sprinkle with 1/4 cup sugar and 1 teaspoon cinnamon, mixed. Roll up tightly. Cut into 1 inch slices. Bake on greased baking sheet.



WHITE SAUCE

Ingredients	Thin	Medium	Thick
Fat	1 Tbsp.	2 Tbsp.	3 Tbsp.
Flour	1 Tbsp.	2 Tbsp.	3 Tbsp.
Milk	1 cup	1 cup	1 cup
Salt	¼ tsp.	¼ tsp.	¼ tsp.

Melt fat. Pour all but ½ cup milk into fat and heat it. Mix flour and ½ cup milk until smooth and pour it into the hot fat and milk. Cook until thickened, stirring, constantly. Stir in salt. Yields 1 cup. Serve over vegetables.

—The Editors

FRENCH DRESSING

1 cup Wesson oil
½ cup catsup
¼ cup vinegar
¼ cup sugar
1 tsp. mustard
1 tsp. celery seed
1 Tbsp. grated onion
¼ tsp. salt

Mix ingredients and shake well. Keep in refrigerator.

—Mrs. Gary Kelley, Cameron, La.

GREEN GODDESS SALAD DRESSING

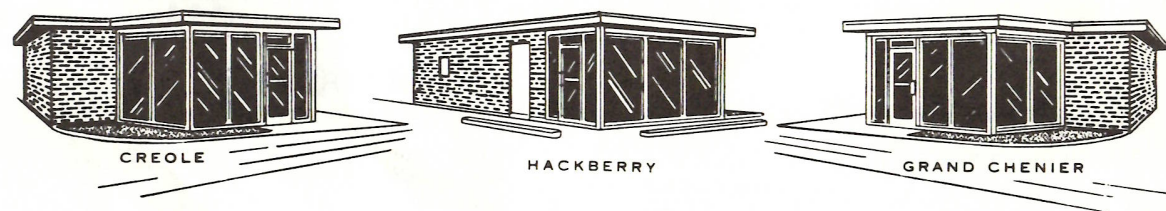
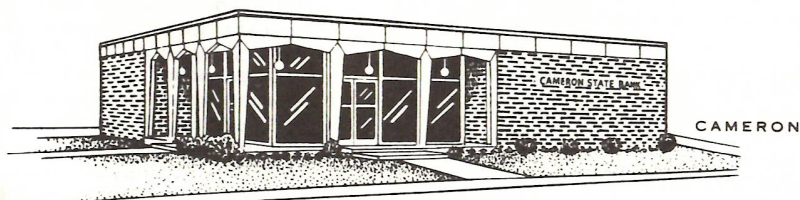
1 cup mayonnaise
1 cup sour cream
2 green onions and tops
2 Tbsp. lemon juice
¼ cup fresh parsley
½ cup green pepper
4 pods garlic
2 Tbsp. vinegar
¼ tsp. black pepper
Dash worcestershire sauce

Blend all ingredients at high speed. Mixture should be pale green.

—Joyce Jones, Grand Chenier, La.



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HELPING CAMERON PARISH GROW

TARTAR SAUCE

3 Tbsp. lemon juice
1 cup mayonnaise
1 large dill pickle, chopped
1 small onion
1 Tbsp. capers
1 Tbsp. chives
1 boiled egg

Blend all ingredients for 2 minutes at high speed.

—Mrs. Wayne Wood, Grand Chenier, La.

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ALL-AROUND BAR-B-QUE SAUCE

6 lbs. onions
1 bulb of garlic
2 bell peppers
3 cans tomato paste
3 bottles catsup
1 small jar mustard
1 small bottle of Lea & Perrins Sauce
1 gal. cooking oil
Salt, red and black pepper to taste
La. Red Hot Sauce, to taste

Grind onions, garlic, bell peppers in a food chopper. Put in large pot, add cooking oil, put on low fire, add catsup, tomato paste, L. & P. sauce and mustard; add salt, black and red pepper and La. Red Hot Sauce. Let cook on simmer for 6 to 8 hours, stirring often. When cooked, draw off all oil and use to baste with. Re-season to taste. This Bar-B-Que sauce is good enough to be eaten with just bread.

—James L. (Jimmie) Derouen, Cameron, La.

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BARBEQUE SAUCE

2 sticks butter or margarine
1 6-oz. jar prepared mustard
½ cup catsup
Dash salt, black pepper, parsley and thyme
1 Tbsp. dehydrated onion

Melt butter, add mustard and catsup. Add seasonings. Stir thoroughly and use for basting. Yields about 2 cups.

—Mrs. B. A. McDonald, Lake Charles, La.

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QUICK REMOULADE SAUCE

(For Shrimp)

1 cup French dressing
1 cup creole mustard
2 Tbsp. paprika
1 Tbsp. horseradish
Juice of 1 lemon
1 Tbsp. grated onion
1 tsp. worcestershire sauce
½ tsp. celery salt

Combine ingredients in a jar and shake well to blend. Clean, boil in seasoned water and peel the required amount of shrimp or use canned ones, if desired. Allow them to marinate and chill in this sauce overnight if need be. This recipe makes quite a bit but it will keep, refrigerated, for weeks.

—Wardella Fontenot, Jennings, La.



Party Foods

MARINATED CARROTS

2 bunches carrots
1 can tomato soup
¾ cup vinegar
½ cup salad oil
1 Tbsp. dry mustard
1 cup sugar
1 small onion
Salt and red pepper to taste
Dash of Worcestershire Sauce
Dash of Tabasco

Wash and scrape carrots, then steam in very little water until tender. Cut in rounds about ½ to ¾ inch. Combine remainder of ingredients and pour over carrot rounds and marinate in the refrigerator for several hours, preferably overnight. This can be jarred and stored in the refrigerator for several weeks. Serves 12.

—Mrs. Braxton Blake, Cameron, La.

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CHEESE ROUNDS

1 stick butter
2 cups grated sharp cheese
(Cracker barrle or Wisconsin)
1 cup flour
1 tsp. salt
Tabasco or red pepper to taste

Blend ingredients together. Divide into about 4 balls. Work each ball into long roll about 1" thick. Wrap in waxed paper and chill. Slice very thin. Put pecan half on top of each. Place on ungreased baking sheet and bake at 350 degrees for 10 to 15 minutes. Makes 100 or more, usually more!

—Jan Craven, Creole, La.

* * *

RICE CHEESE BALLS

1 cup cooked rice
1 cup Rice Krispy crumbs
½ lb. grated cheese

Cook rice by usual method. While still hot, add grated cheese and mix well. Form into small balls, roll in crumbs. Deep fat fry until golden hue. Serve hot with sprigs of parsley and any meat dish or as hors d'oeuvres.

—Mrs. John Prescott, Johnson Bayou, La.

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SAUSAGE BALLS

1 lb. sharp cheddar cheese, shredded
1 lb. uncooked hot bulk pork sausage
3 cups dry biscuit mix

Heat together shredded cheese and sausage in large sauce pan. Stir until cheese has melted; use wooden spoon. Stir in 3 cups biscuit mix until smooth. Cool, then chill for about 1 hour, for easier handling. Form into balls about size of small walnut. Place on ungreased baking sheet; bake 400 degrees for 8 to 10 minutes. Drain on paper towels, serve warm. These sausage balls freeze beautifully after baking. To heat, place in slow oven. Yield 4 dozen or more.

—Jeanine Jones, Cameron, La.

COCKTAIL SAUSAGE-SWEET & SOUR SAUCE

1 6-oz. jar prepared mustard
1 10-oz. jar currant jelly

Heat and mix above till syrupy; only to melt and mix stage. Serve over 4 4-oz. cans viena sausage.

Or you may use smoked sausage of your choice. I use "Little Smokies" from Penny's (packaged by Penny's — the type you only heat and brown to serve).

—Jeanine Jones, Cameron, La.

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GARLIC DIP

2 8-oz. cream cheese
7 to 8 cloves garlic (put through garlic press)
Red pepper (for color and taste)
Table cream (enough to soften dip)

Put ingredients in blender and blend until well creamed.

—Mrs. Margaret Doland, Grand Chenier, La.

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HOT CRAB DIP

1 stick butter
1 large onion, chopped fine
1 can cream of celery soup
3 cans cream of mushroom soup
1 Tbsp. worcestershire sauce
2 Tbsp. Tabasco
1 clove garlic (mashed)
1 quart white crab meat

Cook onions in butter until wilted. Add soups and other seasonings and simmer about 30 minutes. Add crab meat just before serving. Serve in large chafing dish.

—Mary Jo Canik, Grand Chenier, La.

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TUNA DIP

6½ oz. can tuna, crab meat or boiled shrimp
1 envelope Lipton onion soup
1 8-oz. sour cream
1 8-oz. cream cheese

Whip cream cheese. Add sour cream, whip. Add tuna and onion soup. Whip; chill and serve.

—Mrs. Robert Wicke, Creole, La.

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OYSTER DIP

1 pint oysters (approximately 3½ dozen)
2 cups green onions
2 cups celery
1 cup bell pepper
2 sticks butter or margarine
3 Tbsp. oyster liquid

Wash, drain and chop until very fine onions, celery and bell pepper. Add, along with the oyster liquid, to melted butter and simmer over very low flame for 1½ hours. Stir occasionally to prevent sticking. Meanwhile, drain oysters and carefully remove any remaining shell fragments. Chop each oyster into 2 or 3 pieces, depending on size. Add oysters to mixture and continue to simmer for 45 minutes or until thick enough to dip. Add salt if necessary. Makes a full pint or more of dip.

This was a favorite at LSU Library Social Functions prepared by Mrs. Marguerite Broussard of Baton Rouge, La.

—Mrs. Ward Fontenot, Cameron, La.

PICKLED EGGS

2 cups white vinegar
2 Tbsp. mustard
½ cup water
1 cup sugar
1 Tbsp. salt
1 Tbsp. celery seed
1 Tbsp. mustard seed
6 whole cloves
12 hard boiled eggs
2 onions, sliced

Slowly blend vinegar and mustard. Add water, sugar, salt, celery seed, mustard seed. Add cloves. Simmer for 10 minutes. Cool. Pour over eggs and onions. Cover and refrigerate overnight.

—Blackie Taylor, Cameron, La.

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PICKLED SHRIMP

1 small box pickling spice
5 lbs. cleaned shrimp
4 large onions
10 bay leaves
2 cups salad oil
2 cups vinegar
3 tsp. celery seed

Tie in cheese cloth pickling spices. Add this to pot of boiling water which you have seasoned with salt and pepper. Boil 10 minutes. Add shrimp, bring back to boil and cook five minutes. Let shrimp set in water five more minutes after fire is off. Drain and cool. Slice onions in rings. Arrange onions and shrimp and bay leaves alternately in bowl or jug. Mix together salad oil and vinegar and celery seed. Pour over shrimp and onions. More oil and vinegar may be added if needed to cover shrimp. Cover and chill. Keeps well under refrigeration.

—Mrs. Hadley Fontenot, Jennings, La.

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SHRIMP DIP

1 8-oz. pkg. cream cheese
3 Tbsp. mayonnaise
1 can "Bolo" brand shrimp
3 sweet pickles
½ cup chopped celery
¼ cup bell pepper
¼ tsp. salt
¼ tsp. black pepper
1 garlic clove

Allow cream cheese to get soft. Then cream well with mayonnaise. Grind shrimp, pickles, celery, bell pepper, garlic; add salt, black pepper and ground ingredients to creamed cheese and mayonnaise mixture. Mix well and serve with potato chips, corn chips, tortillas, etc.

—Mrs. Hayes Picou, Sr., Cameron, La.

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FROSTY ORANGE NOG

1 cup cold milk
1 pint vanilla ice cream
1½ Tbsp. orange drink powder
1 tsp. honey
1/8 tsp. freshly ground nutmeg

Mix all ingredients in blender for 1/2 minute. Makes 2 super servings or 3 average servings.

—Suzanne Robichaux, Grand Lake, La.

TUNA DIP

1 8-oz. pkg. cream cheese
1 6½ oz. can tuna, drained and flaked
½ cup cream
2 Tbsp. finely chopped green onion
2 tsp. horseradish, cream style
1 tsp. worcestershire sauce
4 Tbsp. sweet pickle relish
½ tsp. salt
Dash pepper sauce

Soften cheese and blend in other ingredients. Chill 2 to 4 hours before serving.

—Mrs. Hadley Fontenot, Jennings, La.

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SUGAR PECANS

1 cup sugar
½ cup water
2 cups pecans
½ tsp. salt

Cook sugar, water, and salt. When it comes to a soft boil, add pecans.

—Marie Kelley, Cameron, La.

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SLUSHY PUNCH

3 small pkgs. lime gelatin
9 cups boiling water
4 cups sugar
4 cups warm water
1 16-oz. bottle lemon juice
2 46-oz. cans pineapple juice
2 quarts ginger ale
18 oz. crushed pineapple

Dissolve gelatin in boiling water. Mix sugar into warm water and bring to a boil. Add to gelatin mixture and let cool. Add lemon and pineapple juices. Mix well. Add crushed pineapple. Freeze in half gallon cartons. To serve, remove cartons and let thaw. Put in punch bowl and add ginger ale.

The recipe, given to me by Mrs. Lena Stratton of Lake Charles, is very good and serves a crowd.

—Mrs. Roberta Rogers, Cameron, La.

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INSTANT SPICED TEA

1/3 cup instant Nestea
7 oz. jar Tang
3 oz. pkg. instant lemonade mix (twist)
(If unsweetened, use ½ cup sugar)
1 tsp. cinnamon
1 tsp. cloves

Mix all together and make by cup or pot full.

—Elsie Erbeling, Johnson Bayou, La.

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OLD FASHIONED CHOW CHOW

2 gallons ground or chopped cucumbers
3 dozen green and red sweet peppers
1 quart onions
1 pint water
1 cup salt
1 cup flour
5 lbs. sugar
1/2 gallon vinegar
2 Tbsp. tumeric
1 quart prepared mustard

Chop or grind coarse cucumbers, peppers, onions. Mix together but do not drain. Add water and salt, let stand for 2 hours. Drain well, then soak in ice water for 30 minutes, drain well again.

Mix flour with sugar real well. Add vinegar and tumeric. Cook this mixture until it thickens, add prepared mustard, mix well, add cucumber mixture and cook over low fire just until hot enough to seal jars when capped; pour in jars at once and seal. Yields about 18 pints.

—Mrs. Mildred Broussard, Grand Chenier, La.

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14-DAY SWEET PICKLES

6 lbs. tender cucumbers
3¼ cups salt
3 quarts water
2 Tbsp. powdered alum (especially for pickles)
1 quart vinegar
6 cups sugar
1 tsp. each of mace, tumeric, whole cloves and mixed pickling spice

Wash cucumbers, put in stone jar, cover with brine made from water and salt, cover with cloth and let stand for 14 days. Remove cucumbers, wash, cut seeds out and spots off, cut up as desired, wash well again, put back in clean jar, cover with water, add alum, stir well, cover with cloth and let stand overnight. Remove cucumbers, wash well and return to clean jar. Bring to a boil the sugar, vinegar and spice, pour over cucumbers, cover and let stand overnight. Remove cucumbers and reheat the sugar and vinegar, return to jar, next morning repeat this process. The 4th morning, place cucumber chunks in jars and boil vinegar mixture, pour in jars and cap. Yields about 8 pints. To save time, use large stone jar and put 6 or 8 recipes at one time.

—Mrs. Mildred Broussard, Grand Chenier, La.

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SHRIMP DIP

1 8-oz. pkg. Philadelphia Cream Cheese
1/3 cup cream
2 tsp. lemon juice
½ small onion, grated fine
Dash worcestershire sauce
1 cup cooked shrimp, finely chopped
(I often use 1 small can of shrimp because it is easier.)

Let cream cheese set out of refrigerator until room temperature. Gradually mix cream into cream cheese until smooth and blend in remaining ingredients and mix well. Refrigerate at least 24 hours before used, so that flavors may blend.

—Mrs. Hadley Fontenot, Jennings, La.

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SHRIMP GLAZE

(Molded dip — great!)

2 cans tomato soup
1 8-oz. Philadelphia cream cheese
1 cup chopped onions
1 cup chopped celery
2 lbs. chopped boiled shrimp
1 cup mayonnaise
1 box (4 envelopes) gelatin
1 cup hot water
Salt and pepper to taste

Boil tomato soup. Add cream cheese and stir until well blended. Add onions, celery, shrimp, mayonnaise and gelatin which has been melted in hot water. Season with salt and pepper. Pour in mold and chill thoroughly.

—Mrs. Wanda Breaux Landry, Breaux Bridge, La.

SHRIMP SALAD

3 lbs. cleaned shrimp
1-1/8 tsp. salt
4 boiled eggs
1 cup chopped celery
¼ cup minced green peppers
¼ cup finely chopped sweet pickles
1/8 cup finely chopped olives
¾ cup mayonnaise

Boil shrimp until done. When cool, grind shrimp and eggs. Add to celery, peppers, pickles, olives, mayonnaise. Season to taste. This is exceptionally good to serve at parties on crackers as appetizers.

—Mrs. Mervin Chesson, Sweet Lake, La.

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CHICKEN GLACE

1 6 lb. hen boiled and cut
6 cups chicken broth
3 large onions, chopped fine
½ cup celery chopped fine
½ cup bell pepper chopped fine
Parsley
3 pkg. unflavored gelatin

Dissolve gelatin in some water. Saute onion, celery, and bell pepper until tender. Add chicken, broth, and gelatin. Add salt and pepper. Oil mold (6 cup mold). In bottom of mold, add chopped pimento, stuffed olives and parsley. Pour mixture in mold.

—Mrs. Albert Guidry, Sweet Lake, La.

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HOT BROCCOLI DIP

3 stalks celery, chopped medium fine
½ large onion, chopped
1 small can mushrooms (pieces) or button
1 pkg. frozen chopped broccoli
1 can cream of mushroom soup
1 roll garlic cheese

Saute celery and onion and mushroom pieces in butter or oleo. Cook broccoli as directed on pkg. and drain well. Add mushroom soup to above ingredients. Melt cheese in double boiler. Combine all in chafing dish to serve. Serves 12-14. Dip with Fritos, Doritos, etc. or in miniature patty shells or toast cups.

—Jeanine Jones, Cameron, La.

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CHICKEN TURNOVER

3 sticks oleo
3 cups sifted flour
3 3-oz. pkg. soft cream cheese
1 flat can chicken
1 can mushroom soup
Paprika

Prepare pastry by mixing together oleo, flour and cream cheese. Chill. Roll thin and cut into 2 inch rounds. Put dab of chicken mixed with soup on rounds and fold over. Press together edges with a fork and prick pastry. Sprinkle with paprika before baking. Bake in 400 degree oven for 20 minutes.

—Jeanine Jones, Cameron, La.

HOT PEPPER JELLY

6½ cups sugar
¼ cup hot red pepper (chopped fine)
¾ cup green bell pepper (chopped fine)
1 bottle Certo
1¼ cups apple cider vinegar

Bring peppers, sugar and vinegar to a rolling boil and boil a few minutes. Take off fire and let stand 5 minutes. Add Certo. Put in jars and punch peppers down before it jells. Seal while hot. Have your jars sterilized and hot.

—Edna Bertrand, Cameron, La.

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HOT PEPPER JELLY

6 large green peppers, quartered
¼ cup minced red, hot peppers
6 cups sugar
½ tsp. salt
1½ cups cider vinegar
1 bottle liquid fruit pectin

Remove seeds from peppers, chop, then blend until smooth. Add red peppers, sugar, salt and vinegar. Bring to boil and boil for 2 minutes, stirring constantly. Add pectin, bring to boil and boil hard for 1 minute, stirring constantly. Remove from heat, stir in few drops of food coloring (red or green); skim to remove any foam. Pour into hot, sterilized glasses or jars and seal. Yield: 5 glasses (4 ozs.)

—Mrs. Maida Tabor, New Orleans, La.

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ROSE WINE JELLY

1 quart apple jelly
½ cup Rose wine
4 drops red food coloring
½ bottle liquid fruit pectin

In top of double boiler melt apple jelly, add wine and cook, stirring to remove any jellied portion. Remove from heat and stir in food coloring. Add pectin, stir and pour immediately into hot sterilized jars. When cool, pour melted paraffin over top. Cool completely. Cover with lids.

—Mrs. Maida Tabor, New Orleans, La.

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CREME DE MENTHE JELLY

4 cups apple juice
4 Tbsp. lemon juice
3 cups sugar
¼ cup green Creme de Menthe
Few drops green food coloring, if desired
½ bottle liquid fruit pectin

Combine apple juice, sugar, and lemon juice. Cook over medium heat to 220 degrees. Remove from heat; add Creme de Menthe and food coloring, stirring to blend. Add pectin, mix well and pour immediately into hot sterilized jars. Let stand until set. Pour hot paraffin over top and cool completely. Cover with lids.

—Mrs. Maida Tabor, New Orleans, La.

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KUMQUAT JAM

3 lbs. kumquats
6 cups sugar

Wash fruit well, slice as thin as possible, cover with sugar, and cook slowly until thick. Pack into clean, dry glasses and seal with paraffin. Makes 8 glasses. Good meat accompaniment.

—Mrs. Katherine Hood, Baton Rouge, La.

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