

# CAMERON PARISH

19th ANNUAL

## FUR & WILDLIFE FESTIVAL COOKBOOK

January 10-11, 1975



Louisiana Fur Queen 1974 Ann Elizabeth Guillot  
and King Fur VI Charles W. Hebert



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### LOUISIANA FUR AND WILDLIFE FESTIVAL

January 10-11, 1975

Cameron, Louisiana

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J.A. Miller ..... *Men's Nutria & Muskrat Skinning Contest*  
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Mrs. Tommy Watts ..... *Louisiana Fur Queen Contest*  
South Cameron Jaycees, Warner Daigle, President ..... *Queen's Ball*  
Mrs. Whitney Baccigalopi—Court Mary Olive CDA No. 1463 ..... *Wildlife Poster Contest*  
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Mrs. Guthrie Perry & Mrs. Guy Murphy, Jr. .... *Little Miss Cameron Parish Contest*  
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Mrs. Jerry Jones ..... *Trophies*  
Ray Burleigh ..... *Town Decorations*  
Mrs. W.J. Broussard & Cameron Library Staff ..... *Compiling Festival Results*  
Mrs. Leo Folse ..... *Special Art Exhibit*

MESSAGE FROM THE PRESIDENT

WELCOME TO CAMERON!

Won't you join in the fun of this unique Louisiana festival for all who love the beauty of God's creation . . . NATURE, celebrated in an area that is truly a hunter and fisherman's paradise. This year, we pay tribute to an early sportsman—the hunter.

I commend those many folks who worked so hard to make this event possible; their names are legion.

And again, a special vote of thanks to our Police Jury for their support. Come see us when you can.

Sincerely yours,

J.B. JONES, JR., President  
LOUISIANA FUR AND WILDLIFE FESTIVAL

ERNEST MYERS, PRESIDENT  
ARCHIE BERWICK, 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

Of all of the recreational opportunities, none brings as many people to our Parish as does Hunting. Outdoor sportsmen from all over the United States and from many foreign countries have been attracted by our unspoiled marshlands and the abundant game.

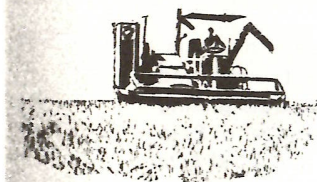
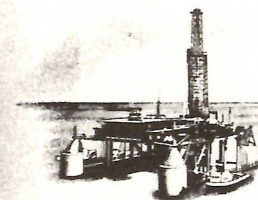
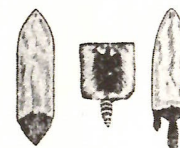
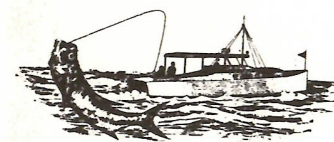
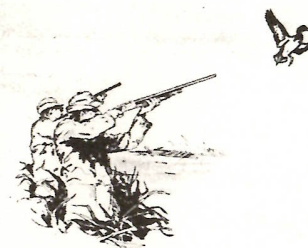
We of the Police Jury applaud the Louisiana Fur and Wildlife Festival and what it has done and continues to do for the promotion of our Parish.

We are especially pleased that Hunting should be honored this year. Cameron Parish's hunting grounds should be recognized as a national asset needing protection and preservation so that our children and their children can enjoy the irreplaceable enjoyment of the hunt.

The Policy Jury pledges its continued support to the Festival. We congratulate all those who contribute for a job well done.

Cameron Parish Police Jury

Ernest Myers, President



ANN ELIZABETH GUILLOT  
19th ANNUAL  
1974 FUR AND WILDLIFE FESTIVAL QUEEN



Miss Guillot is 21 years old and was born in Orange, Texas. She is the daughter of Mr. and Mrs. Floyd M. Guillot and resides in LaPlace, Louisiana.

Ann attended Leon Godchaux High School in Reserve, Louisiana, where she graduated with honors. While in high school she served as head of the dance and drill team, treasurer of the student council and editor of the yearbook. In her senior year she was named to two national organizations, Outstanding American High School Students and Outstanding Teenagers of America. She was a member of Beta Club, Spanish Club, French Club, and Science Club. Ann was named Miss L.G.H.S., Industrial Arts Sweetheart, Most Beautiful and 2nd maid to the school sweetheart. She was 2nd runnerup to Reserve Junior Miss, St. John Sugar Queen and 2nd alternate to Louisiana's Queen Sugar.

Presently she is a senior at LSU in Baton Rouge where she is pursuing a career in Special Education. Upon graduation Ann plans to teach educable mentally retarded and also work on a masters degree in Special Education.

Ann is very active in her sorority which is Delta Zeta. She is presently an officer, Standards Chairman.

This Page Paid for by LORI SUE & MARGARET MELANIE JONES

CHARLES W. HEBERT  
1974 KING FUR VI



King Fur VI, Charles W. Hebert, of Sweetlake, Louisiana is married to the former Elane Blanchard. They are members of the Sweetlake Methodist Church. They have one son, Glenn, and three grand children. Mr. Hebert was selected to represent the rice industry.

King Fur VI was brought up on a rice farm. His father, the late M.D. Hebert farmed the Sweetlake area for many years. Mr. Hebert began farming rice on his own in 1931.

Leasing about 150 acres of land from Amoco Corporation in 1932 a farm partnership called Hebert & Precht Brothers was formed. In 1942 a second partnership was formed between Charles and his two nephews, Charles and Herman Precht, sons of the original partners Henry Precht, this partnership also called Hebert & Precht Brothers still remains today.

Hebert & Precht Brothers farm was the first in Cameron Parish to use combines for rice harvesting. In 1951 rice drying and storage facilities were built as the first operation of its kind in the parish, and at present time has a storage capacity of 43,000 barrels of rice.

Farming is not the only business Mr. Hebert is interested in. There are 14,000 acres of land leased for fur trapping, duck hunting and fishing. He is a strong believer in the preservation and creation of prime breeding grounds for ducks in Canada and has been one of the very early Ducks Unlimited member in Cameron Parish.

Mr. Hebert was active in the formation of the National Rice Growers Association. With a delegation of rice farmers, he made a trip to Washington, D.C. to meet with Senator Allen Ellender to get price support on rice raised. He is a member of Calcasieu Farm Bureau, and also serves on the Board of Directors of Rice Council of America. He has been featured on the cover of "Port of Lake Charles Magazine" with a story of farming, and also in the "Rice Journal". Recently he was featured in an article in the "Annual Farm and Garden Review" Beaumont Sunday Enterprise.

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*SUSAN BACCIGALOPPI*  
*19th ANNUAL*  
*1974 MISS CAMERON PARISH*



Miss Susan Baccigalopi is the 18 year old daughter of Mr. and Mrs. Joseph S. Baccigalopi of Creole, Louisiana. Susan has long black hair and brown eyes and is the 1974 Miss Cameron Parish of the Louisiana Fur and Wildlife Festival.

Susan is presently employed by South Cameron Memorial Hospital in the business office. She graduated from South Cameron High School in 1974. During school Susan was an active member of 4-H, Beta Club, F.H.A., Annual Staff and the Tarpon Marching Band. She was a delegate to Girl's State in 1973, a delegate to shortcourse five consecutive years, and received the City Service Key Award for 1974 in 4-H. Susan's hobbies are sewing, cooking, crocheting and sports of all kinds. She hopes to become a secretary or teacher.

Susan has represented Cameron Parish at the following festivals: National Outdoor Festival in Maryland, Contraband Days in Lake Charles, Howdy Neighbor Day in Jena, Louisiana, Sugar Cane Festival in New Iberia, Rice Festival in Crowley, Pecan Festival in Colfax, Christmas Festival in Nachitoches.

She wants everyone to know that she has thoroughly enjoyed her year as Miss Cameron Parish.

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*1974 LITTLE MISS CAMERON PARISH*



Elda Faye Viator, 9 year old daughter of Mr. and Mrs. Purlis Viator of New Iberia holds the title of Little Miss Cameron Parish 1974. She is a 5th grade student at the Robert J. Pesson Elementary School in New Iberia.

During her year as Little Miss Cameron, Elda Faye participated in the Junior Dairy Queen contest in Abbeville, gaining the title of Junior Dairy Queen 1974.

Elda Faye has 2 sisters and one brother. Her hobbies are skating, swimming and bike riding. She has 2 pet dogs called Shnokum, and Midnight.

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1974 Miss Cameron Parish Susan Baccigalopi, is pictured with her court, Rachel Viator, Ruby Nunez and Marcia Wilkerson.

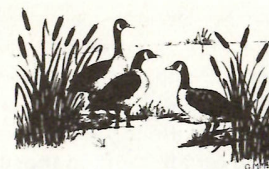


Cameron Parish rice farmers ride float.

Visitors to the 1974 Louisiana Fur and Wildlife Festival were Sharon Goroski "Miss Outdoors" of Cambridge Md. and Nancy Kellher Miss Dominion of Canada.



On your mark . . . Get set . . . The Miller brothers, Wade and Jay, prepare to compete in the Muskrat Skinning Contest.



## HUNTING IN CAMERON PARISH

by Don Broussard



What once used to be a means of survival has today become one of the greatest recreational sports expending enormous sums of money in the marshes of Louisiana — hunting. The state of Louisiana still carries the slogan "A hunter's paradise" to the sports minded people of the world, when considering the hunting of wild game. No other state in the union has the abundance of characteristics conducive to luring wildlife as does Louisiana.

When we hear the word 'hunting' most of us respond mentally to only one thing — ducks and geese. But the arena is much more inclusive in southwest Louisiana and especially so in Cameron Parish even though the greatest amount of income is realized through duck hunting. Many people still enjoy the other hunting fields as well, including deer (although this has been an extremely limited hunting quadruped in the past few years because of its scarcity); squirrel, and rabbit which complete the quadruped hunting, and under the heading of waterfowl, the marshes abound in ducks, geese, and coots, while the prairie lands offer good coverage for snipe and dove.

In the early seventeen hundreds Southwest Louisiana flourished with prairie chicken which was the source of delectable meals for the Indians and the early settlers. Advancing civilization has almost exterminated this game and the last authentically reported prairie chickens were recorded in Cameron Parish in 1919 by A.M. Bailey. The only places today where prairie chickens are located is in the northern plains.

Prior to the early eighteen hundreds very little recorded history is found on wildlife in Southwest Louisiana but gun pressure for food, sport, and the market were so extensive in the nineteenth century that restrictions were placed upon most phases of hunting. Market hunting, however, did not cease in Cameron parish until the 1930's. Ducks and geese were literally slaughtered in the swamp marshes south of the Intracoastal and sold. Prior to the depression birds were sold for 15 to 55 cents a pair. Because of this type of killing, the federal government placed regulations on migratory waterfowl in 1918 with a season of 100 days and a possession limit of 25; then in 1944 it was lowered to 14 ducks; in 1945 to 10; in 1946 to 6; and in 1947 to 4; where it remained until 1961, when it was limited to 3; and in 1962 to 2. It fluctuated somewhat over the next few years and presently the duck limit is on a point system.

Cameron citizens for many years were not considered law breakers but did not adhere strictly to the regulatory rules; but killed waterfowl for their own consumption when needed. When the kills were extra large they preserved them by canning, smoking, and drying the surplus geese and ducks.

Of the 924,474 acres found in Cameron Parish 225,474 acres are found in wildlife refuges namely: Rockefeller Wildlife Refuge in Grand Chenier with 51,605 acres; Sabine National Refuge of the Hackberry area with 142,744 acres, and the Lacassine Incorporation in the north eastern section of the parish with 31,125 acres, thus providing undisturbed resting, feeding, and breeding areas for the millions of waterfowl that migrate south for the

winter months.

The geese begin to arrive here in mid-October; the blue geese come first, followed by the snow geese (these two migrate non-stop from the Hudson Bay Canada area to the Louisiana refuges) and the speckle bellies. These are closely followed by the duck migration namely - mallards, pintails, widgeon, and teals.

Much experimentation has been accomplished through the Cameron refuges. 19,327 birds were caught and banded for studying flights, migrating, and feeding habits in 1960 in the Grand Chenier refuge. The banding was of pintails, mallards, coots, mottled duck, green-winged teal, blue, and snow geese, Canada geese, widgeon, shoveler, and the mourning dove.

In 1966 Mr. Charles D. MacInnes and Mr. Paul Prewitt, zoologists from the University of Western Ontario studied in the Sabine Refuge area the habits of the blue and the snow geese. Their mission was to piece together the complete biology of geese. This study was through the use of neck bands.

Cameron Parish has for many years attracted national personages of every rank and file. Records show such men as Theodore and Franklin Roosevelt, Irvin S. Cobb, Robert Ruark, Gary Cooper and Clark Cable partaking of the seasonal sport in the marshes of Grand Chenier. Dwight D. Eisenhower was enjoying a duck hunt at the Oak Grove hunting club on December 7, 1941, when the Japanese attacked Pearl Harbor.

Hunting clubs have for many years provided the source of income for many Cameron families.

In so far as this writer has been able to research, the following hunting clubs have existed: (it was with regret that time has not allowed us to research extensively the entire parish on this subject and therefore apologize for any omissions)

**Mermentau** — As early as 1924-1925, a Mr. Martin East operated a commercial camp from a quarterboat on the Mermentau River with his hunters hunting in the Big Burn, north of Little Chenier; he had no lease on the property.

**Little Pecan** — After Duncan Crain sold Little Pecan to Vincent and Welch of Lake Charles, they opened a hunting club; and it has been operating for twenty-nine years.

**Holly Beach** — Mr. Alcia Daigle operated a commercial camp in the Holly Beach area from the early 1930's until his death from a boat accident in 1951. Mr. and Mrs. Joe Corbello along with Mr. Daigle entertained national figures here during the hunting season. His house boat was floated here from the Grand Lake area.

**Johnson Bayou** — A Mr. Raymond Hebert and Sullie Menard, Sr., operated a commercial camp in Johnson Bayou from the mid 1930's to the mid 1940's in the Blue Buck area. After this time Raymond Hebert continued to operate alone until about 1962.

Sullie Menard, Sr., after leaving Raymond Hebert, went to work operating a hunting camp for Crain Brothers at Johnson Bayou. Mrs. Menard has cooked for the Crain Brothers camp over thirty years.

**Grand Chenier** — Mr. Sidney Sweeney, who lived in

Lake Arthur, had a commercial camp in Grand Chenier - operated by a Mr. Marquet. It was started in the late 1920's. The camp burned in 1937, and later Mr. Win Hawkins of Lafayette opened his club on the same site.

Carl McCall managed a hunting camp for about five years in Grand Chenier for the Jefferson Island people at his home after the Sweeney camp burned.

Win Hawkins built a camp in the 1940's, and his camp remained operative until Hurricane Audrey destroyed it. His hunters hunted in what was known as the Sea Marsh on property belonging to Dr. M.O. Miller south of the Grand Chenier ridge.

Henry McCall started a camp in the 1930's until the mid 1940's. He operated from his home and an adjacent bunkhouse. He hunted on personal property and some leased property.

**Creole** — Crain Brothers operated a commercial camp either in 1939 or 1940 at Raymond Richard's home in Creole and hunted the Big Burn north of Creole. The club moved its headquarters from the Richard home in 1947 to a newly constructed club in Little Chenier, where it continued to operate as a commercial club for several years under the management of A.H. Crain. It is still in operation as a private club.

After Hurricane Audrey in 1957, Win Hawkins moved his club to the Oak Grove area, where it remains today. He hunts the area of the Big Burn, lands owned by the Miami Corporation.

Joe Rutherford operated a commercial camp from the mid 1940's until about 1969 and hunted the Hackberry Beach area.

Charlie LaBove started a commercial camp in 1958, and it is still in operation. He hunts the sea marsh and other

leased property.

According to old timers few other small camps existed in lower Cameron before this time, but definite information about them was unobtainable. Some hunters were brought to Grand Chenier from Lake Arthur in what was known as speed boats. If a boat could make the trip from Lake Arthur to Grand Chenier in two and a half hours in those days (a distance of about 24 miles), it was considered a speed boat. There were no roads into this area at that time. A Mr. Leazey Roy always had the fastest speed boat in those days. His last speed boat was named the "Ghost" and could make the trip from Lake Arthur to Grand Chenier in 55 minutes.

The hunting industry affects many people of the community in many different ways; it offers many lucrative jobs to approximately 500 people each season. Residents lease their land for hunting, the pirogue and boat makers are very busy each fall, those who care for the grazing areas, the blind builders, those who make the duck and goose callers, the hunting club owners, the workers in the clubs, the guides, the duck pickers, and the law enforcement agencies all find a very busy season during the hunting period.

According to Mr. John Paul Crain and Mr. Charlie Davis, veteran duck hunters, the waterfowl population has been decreasing in recent years. They attribute this decline to many factors — namely, lack of fresh water, lack of food (wild millet), predatory animals, overall hunting, and outlawing.

A hunter's greatest satisfaction comes not from merely killing game but by outwitting the wildfowl. It is a battle between the hunter and the hunted. The wildfowl uses everything at its disposal to protect itself from the hunted.

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### INTERVIEWS

John Paul Crain  
 Charlie "T. Man" Davis  
 Geneva Griffith  
 Elora Montie



Monique Tabor, Little Miss Cameron Parish of 1973, crowns Little Miss Cameron Parish 1974, Elda Faye Viator as Terrell Boudoin, Little Mister Cameron looks on.



Louisiana Fur Queen 1973, Gwendolyn Phelps and King Fur VI Charles W. Hebert ride the Lions Club Float which was judged "Most Beautiful".



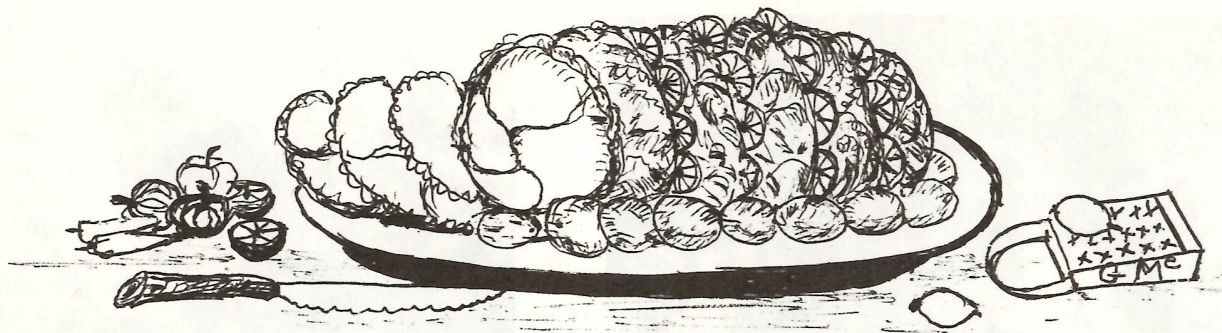
4-H members are eager float builders and are a happy addition to the annual parade.



Three down and eight to go! Robert Mudd raced the clock in the trap setting contest.



Hurry "Pichou!" Mrs. Richard Dahlen participated in the Women's Muskrat Skinning contest.



### MESSAGE FROM THE EDITORS

The Louisiana Fur and Wildlife Festival has chosen to salute **Hunting** for the 1975 Festival. In connection with that choice, your editors this year have attempted to enlarge the Wildgame section to share with you one of the most unique features of South Louisiana cookery.

When America's hardy pioneers forged ahead of civilization's comforts, their meals consisted of whatever they could shoot, trap or outrun. Nowhere was that experience so colorful and nowhere did it contribute so much to the modern culinary repertoire as that which occurred in Louisiana.

Coupled with the need of the early settlers of Louisiana to "make due" with what the land provided, was an amazing variety of cultural backgrounds from which cooking techniques could be drawn. The French, the Spanish, the African, the American Indian and a smattering of other European cultures blended their methods and

techniques with Louisiana's immeasurable bounty and there evolved "Creole-Cajun" cookery which is recognized as the only original cuisine to be created in America. Whatever the Creole or the Cajun found in his explorations of Louisiana, whether it be wild fowl of the air, beasts of the field or creatures from the murky depths, yea, even the lowly mud-bug (crawfish), he showed he could elevate it to a gourmet's delight.

If you are a hunter, or married to a hunter, or have a generous friend who is a hunter, you will occasionally find in your kitchen meat, fowl (or other) straight from nature's own storehouse. Come, use the recipes graciously offered by our good local cooks. But make a complete meal of it by not stopping in the first section; look at all our pages. **CAUTION:** The following is not recommended for calorie counters.

### RECIPE SECTION

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### ALLIGATOR SUPREME

- 1/2 cup chopped onion
- 4 tbsp. minced celery
- 1/2 cup margarine
- 1/2 cup flour
- 2 to 4 tbsp. chili powder
- 2 tbsp. salt
- 1/2 tsp. cinnamon
- 4 cup peeled tomatoes or 2 cans tomatoes
- 2 lbs. ground alligator meat

Cook onion and celery in butter or margarine until soft but not brown. Stir in flour, chili powder, salt and cinnamon. Add tomatoes, stirring to blend. Simmer gently (about 10 min.) Stir often. Just before serving add alligator and cook until alligator is done. Serves 8 to 12.

Mrs. Roland Primeaux, Creole, La.

### ALLIGATOR BALLS

- 2 lbs. ground alligator tail
- 1 egg
- 1/4 cup milk
- 1/2 cup chopped green onions
- 2 tbsp. chopped parsley
- Juice of one lemon
- 1/2 cup bread crumbs
- 2 tsp. salt
- 1 tsp. red pepper
- Mixture of 1 cup flour and 1 cup corn meal

Mix alligator with salt, pepper, beaten egg and milk and add bread crumbs, onions and parsley. Shape into small balls and roll in mixture of flour and corn meal. Fry in deep fat (350°) until golden brown. Drain on paper towel.

Mrs. Roland Primeaux, Creole, La.

### KARO'S SPECIAL RABBIT

- 2 1/2 pound rabbit, cut into pieces
- 1 1/4 cups water
- 3/4 cup vinegar
- 1 onion, sliced
- 3 bay leaves
- 10 whole cloves
- 2 tsp. salt
- 1/2 tsp. pepper
- 1/3 cup all purpose flour
- 1/3 cup oil
- 2 tbsp. brown sugar
- 1 cup sour cream

Place rabbit in bowl and cover with mixture of water and vinegar. Add onion, bay leaves, cloves, 1 teaspoon salt and pepper. Cover tightly and refrigerate 2 to 3 days. Remove rabbit and coat with mixture of flour and salt. Melt oil in heavy skillet. Fry rabbit until golden brown, turning frequently. Gradually add 1 cup strained vinegar mixture and brown sugar. Cover and simmer until tender, about 1 hour. Add sour cream just before serving. Heat, but do not boil.

Carolyn Gibbs, Sweetlake, La.

First catch your hare; then cook it

Old Proverb

### RABBIT CREOLE

- 1 rabbit, cut in pieces
- 1/4 cup olive oil
- 6 green onions and tops, chopped
- 1 clove garlic, chopped
- 1 small can of tomatoes
- 2 cups water
- 1 stalk celery, chopped
- 1 green pepper, chopped
- 1 bay leaf
- 1 tbsp. parsley, chopped
- Tabasco to suit your taste
- Salt to taste
- 4 tbsp. butter
- 2 1/2 tbsp. flour

Saute rabbit pieces in olive oil until brown. Add garlic and onions. Make a brown roux by browning 2 1/2 tablespoons flour in the 4 tablespoons of butter. When desired brownness has been reached add to all other ingredients and the rabbit pieces. Cook at a low temperature with pot covered until the rabbit is tender.

Mrs. Charles F. Hebert, Cameron, La.

### ROAST DUCK

- 2 ducks
- 2 onions
- 1 cup celery
- 1 cup wine
- 1/2 cup orange juice
- Salt and pepper to taste

Season ducks inside and out with salt and pepper. Mix orange juice with onions and celery. Stuff ducks. Bake at 400 and baste with wine during cooking. Serves 6.

Mrs. Judy Lemaire, Lake Arthur, La.

### STUFFED DUCK

- 1 large duck
- 2 large onions sliced
- 1/4 cup chopped celery
- 1 cup chopped bell pepper
- 1/4 cup chopped onion tops
- 1/3 cup Mustard

Rub duck with mustard. Stuff with remaining ingredients. Salt and pepper to taste. Bake in 375 oven for one hour. Serves 4.

Shirley Bonsall, Grand Chenier, La.

### POT ROASTED OR BAKED DUCK OR GOOSE

#### Per Breast:

- 1 slice bacon
- 1/4 cup chopped onions
- 1/4 cup chopped bell pepper
- 1/4 cup chopped garlic
- 2 tbsp. salt
- 1 tbsp. pepper

#### Per Bird:

- 1 small quartered onion
- 2 slices chopped bacon
- 1 tbsp. cooking oil

Cut each side of breast and stuff with chopped onion, bell pepper, garlic, salt and pepper mixture. Finish with a slice of bacon to keep filling in. Salt and pepper inside of duck. Season gizzard, liver and heart. Put into cavity with the quartered onion and chopped bacon. Close cavity with tooth pick. Place duck in iron pot with cooking oil and a little water. It will make a nice gravy. Bake in 350 oven about an hour or cook slowly on top of stove about an hour.

Mrs. Mabel Lacomb, Klondike, La.



## DUCKS AND TURNIPS

2 ducks  
12 turnips sliced and peeled  
½ cup cooking oil  
Salt and pepper  
1 cup water

Cut up duck and brown in cooking oil. Pour off excess fat. Add turnips and water then cook slowly for 40 minutes. Add salt and pepper to taste. Serves 6 people.

*Mrs. Mayo Cain, Klondike, La.*

\*\*\*

## GLAZED DUCKS

2 tsp. salt  
1/8 tsp. pepper  
1 small can orange juice  
Apples, oranges, onions, celery  
2 cups vermouth  
3 oz. Brandy  
6 ducks

Wash and clean ducks. Salt and pepper well inside and out. Stuff with slices of apples, oranges, onions, celery. Brown in melted butter. Place breast side up. Add vermouth and small amount of water. Cover and bake at 275 for 2½ hours to 3 hours. Remove ducks from pan and allow to cool. Save liquids. Debone ducks and place in casserole dish. Add orange juice, reserved liquid, brandy and 3 tbsp. Lea & Perrin Sauce. Cover with orange slices. Bake at 200 for 30 to 60 minutes. Serve over rice.

*Mrs. Norman Davidson*

\*\*\*

## BAKED DUCK

2 - 3 ducks  
1 large onion sliced in rings  
Oleo

Leave skins on ducks. Place in foil lined pan. Take 1 onion cut in rings and place on ducks. Now dab on oleo. Wrap ducks in the foil. Place in 350 oven for 2½ to 3 hours. This is one of my own recipes.

*Mrs. Larry L. McNease, Grand Chenier, La.*

\*\*\*

## MEAL IN ONE DUCK CASSEROLE

1 large duck  
3 medium potatoes  
1 medium onion sliced or whole  
4 carrots  
Mustard greens  
1 bell pepper chopped  
4 tbsp. butter  
4 tbsp. Worcestershire sauce  
Fresh ground pepper

Stuff duck with mustard greens. Place duck in long casserole, add salt and pepper, dot worchestershire sauce, add potatoes, sliced in large pieces, onion, carrots whole or sliced and the bell pepper. Cover casserole with heavy foil. Bake in 350 degree oven for 1 hour and 15 minutes. Remove foil and cook 15 minutes longer until browned. Serve with a salad and your meal is complete.

*Mrs. Jeffery Boudreaux, Creole, La.*

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## WILD DUCK JAMBALAYA

2 ducks, cut in pieces  
1 lb. ham, cubed or sliced smoked sausage  
6 tbsp. olive oil  
tbsp. butter or oleo  
3 medium onions, chopped  
2 cloves garlic, minced  
1½ green bell peppers, chopped  
4 cups rice

2 tbsp. celery chopped  
4 tbsp. parsley, chopped (Optional)  
8 cups canned chicken broth  
2 bay leaves  
Salt and tabasco to taste  
Pinch of thyme

Lightly brown duck pieces and ham or sausage in olive oil and butter or also add onions, garlic and green bell peppers and saute for a minute or two, stirring constantly. Add all other ingredients except the rice and simmer 10 minutes. Wash rice and add to simmering mixture and cook about 15 minutes covered tightly. When done rice should be done but not too soft. Add more of the chicken broth if you find it necessary. (Serves 8). A green salad, a green or yellow vegetable and sweet potato pone goes well with this dish.

*Mrs. Charles F. Hebert, Cameron, La.*

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## DUCK GUMBO

1 cup vegetable oil  
½ cup flour  
1 large hot pepper chopped fine  
1½ tsp. salt  
2 cups onion chopped fine  
¾ cups celery chopped fine  
¼ cup bell pepper chopped fine  
¼ cup green onion tops chopped fine  
1 large duck cut up

Heat oil in large pot. Add flour, stirring constantly until it is dark brown. Add onions, celery, bell pepper, salt and hot pepper. Add 1 cup water, stir and cover and let cook about 15 minutes. Add meat and about 1 gallon water. Let simmer about 1½ hour or until meat is tender. Add chopped green onion tops and parsley. Serve hot with rice and crackers. Makes approximately 8 servings.

*Mrs. Nolton Richard, Grand Lake, La.*



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## BARBECUE WILD DUCKS

1 cup cooking oil  
2 medium onions  
1 bell pepper  
1 stick celery  
½ cup chopped sweet pickles  
½ cup sugar  
1 cup barbecue sauce  
1 can tomato sauce  
1 tsp. salt  
1 tsp. garlic salt  
1 cup water

Combine all ingredients. Cover pot and cook on low fire for 45 minutes. Cut 2 ducks in half and season with salt and pepper to taste. Boil until tender. Baste with barbecue sauce and put on pit and cook for 1 hr. to 45 minutes.

*Mrs. Harley Matte, Grand Lake, La.*

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## DUCK JAMBALAYA

2 ducks cut up  
½ cup cooking oil  
1 medium onion  
½ cup green onions  
¼ cup parsley  
2½ cups rice  
1 gallon water  
Salt and pepper to taste

Add duck to cooking oil and brown. Add onions head chopped and brown. Drain oil and add water. Cook until meat is tender. Add rice, green onions, parsley, salt and pepper. Cook over medium heat until all water is drained, then turn heat low until rice is done.

*Mrs. Junius Granger, Grand Lake, La.*

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## ROAST DUCK

1 or 2 wild ducks  
Sliced bacon  
1 onion sliced  
Hot pepper or bell peppers  
½ cup cooking oil  
1/8 tsp. red pepper and black pepper  
Salt

Wash duck thoroughly and dress. Season well with salt, black pepper and red pepper. Make a 1 inch cut on each side of breast of ducks inserting knife well into breast. Season onion slices into cuts in breast of ducks. If any seasonings are left, put into duck cavity. Put oil and ducks in pot (preferably iron pot) on low heat after ducks are well done. Remove from pot. Add water and bring to a hard boil for a brown gravy. Serve with rice

*Mrs. Joe McDaniel, Grand Lake, La.*

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## DUCKS BAYOU STYLE

2 Mallard Ducks  
½ cup cooking oil  
1 large onion  
1 small pod garlic  
Salt and red pepper  
1 pint cold water

Cut up ducks into serving pieces. Season well with salt and red pepper. In a two quart pot put cooking oil and put cut up ducks to cooking, turning until brown. Bottom of pot will also brown. While duck is cooking chop onion and garlic, add to duck and keep cooking until onion is soft. Add one pint of cold water cover and let cook 1 hour or until duck is tender. Gravy can be thickened with a little flour and water. Serve with rice. Serves 6.

*Mrs. Isaac Fontenot, Grand Lake, La.*

## BAKED DUCK DELICIOUS

4 or 5 teal or ducks  
2 onions  
1 bell pepper  
3 sticks of celery  
Onion tops (handful)  
1 lb. sausage (sliced in 1" pieces)  
1 orange (sliced)  
Bacon slices

Season ducks well inside and out. Place in bottom of roaster. Slice the onions over the ducks. Do the same with the bell pepper, celery, onion tops, sausage and orange slices. Cover with bacon slices. Add ½ C. water, cover and bake at 350 for 3 hours. Remove lid and bake for 10 min. longer. Remove and serve with your favorite trimmings.

*Gail Trosclair, Cameron, La.*

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## DUCK OR CHICKEN GUMBO (Without Roux)

2 ducks or 1 hen  
1 medium onion  
½ cup cooking oil  
1 cup green onions  
½ cup parsley  
5 cups cold water  
Salt and pepper to taste

Heat cooking oil. Add cut up seasoned meat and brown well. Keep adding a little cold water as your meat browns to brown without having burnt taste. When well browned, remove part of the oil if too much. Add chopped onion and brown a little. Add 5 cups of water and let boil until the meat is tender. If more water is needed add hot water. Add green onions and parsley, file and seasonings if needed. Cover and remove from fire. Serve hot with rice.

*Mrs. Joe McDaniel, Grand Lake, La.*

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## SQUIRREL

½ squirrel per person  
1 onion per squirrel  
1 cup water  
1 stalk chopped celery  
¼ cup red wine per squirrel

Allow at least ½ squirrel per person. Clean and quarter squirrels, then season with salt, pepper and flour. Cover bottom of cast iron pot with fat and brown pieces of squirrel in fat. Chop up 1 onion for each squirrel and add to pot after browning squirrel pieces. Add 1 cup water and 1 stalk celery chopped. Cover the pot and cook on top of the stove or in oven for about an hour or until tender. Use a low fire. After 30 minutes of cooking, add about ¼ cup red wine per squirrel.

*Mrs. John Prescott, Johnson Bayou, La.*

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## SAUCE PIQUANT D'ECUREUIL (Squirrel Sauce Piquante)

2 squirrels, cut up  
Salt, red and black pepper  
Shortening  
2 medium onions, chopped  
½ cup chopped green peppers  
1 tbsp. flour  
½ of 8 oz. can tomato sauce  
Water

Rub squirrels well with salt and pepper. Cover bottom of Dutch Oven with ¼ inch shortening. When heated. Brown pieces of meat well on all sides. Remove meat; lower heat to medium and saute onions, green pepper and flour in same pan until brown. Return squirrel to the pan. Add tomato sauce and enough water to cover the meat. Cover with tight fitting lid. Simmer about 1½ hours or until meat is tender. Serve over rice. Rabbit may be substituted for squirrel. As a variation, add ½ lb. of pure pork sausage (fresh or light smoked), cut in one inch pieces, with the onions and green peppers.

*Paul Huval, Cecelia, La.*

## ROASTED SQUIRREL

4 squirrels, cut in pieces  
½ pound smoked bacon, cubed  
2 medium onions, chopped  
1 stalk celery, chopped  
4 cups chicken broth  
Salt to taste  
Pinch of thyme  
Dash or two of tabasco

Brown bacon, remove and set aside. Brown squirrel pieces in drippings left from browning bacon, remove and set aside. Add onions and celery to drippings and saute two minutes. Add squirrel pieces and bacon and enough chicken broth to cover bottom of pot. Cover and cook on a low fire, adding broth a little at a time as it needs replacing until squirrels are tender. This is an ideal way to cook older squirrels that are tough. This recipe serves 4 persons. Rabbit may be cooked in this manner also.

*Mrs. Charles F. Hebert, Cameron, La.*

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## FRIED SQUIRREL

1 or more young squirrels, cut up in pieces  
Vegetable oil (enough to make ½ inch depth in frying pan)  
Flour enough to flour squirrels  
Salt and pepper to taste  
Milk to dip squirrel pieces in  
1 tsp. onion, minced  
1 tbsp. parsley, chopped  
½ cup chicken broth  
½ cup light cream  
¼ stick butter  
3 extra tbsp. flour

Select young squirrels, dip pieces in milk, roll in flour seasoned with salt and pepper and fry in hot vegetable oil until brown and done. Drain pieces on paper towels and set aside. To make gravy, pour off vegetable oil, reserve about 3 tablespoons and the browned flour left in the pan after frying squirrel pieces. Add ¼ stick butter, 3 tablespoons flour, one teaspoon chopped onion and 1 teaspoon chopped parsley, ½ cup chicken broth, ½ cup light cream, salt and pepper to your taste and stir over low flame until hot. Makes one cup of gravy. Serve with a dish of white rice, wild rice or potatoes, green vegetables and a salad.

*Mrs. Charles F. Hebert, Cameron, La.*

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## FROG LEGS

6 pair frog legs  
Salt and pepper  
2 tbsp. butter  
¼ cup parsley  
2 cloves garlic pressed  
1 cup stock or water  
4 medium onions sliced  
6 whole tomatoes, fresh or canned  
1 bay leaf  
1 sprig thyme  
4 sweet pepper diced

Slowly brown legs in butter. Add salt and pepper. Stir in onions. Stir until brown. Add tomatoes, bay leaf, thyme, parsley, garlic. Cover and cook slowly for 30 minutes. Add sweet peppers and liquid. Continue smothering until legs are tender.

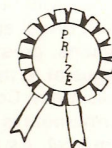
*Mrs. John Prescott, Johnson Bayou, La.*

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## STUFFED WILD GOOSE BREASTS

4 Goose Breasts (Just meat of breast of 2 Geese)  
4 tbsp. margarine  
½ cup chopped onions  
¼ cup chopped bell peppers  
1 clove garlic minced  
1 can cream of chicken soup

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2 cups corn bread (this has already been cooked)  
1 large goose gizzard, chopped  
½ cup oysters chopped  
¼ cup green onions  
1 tbsp. minced parsley  
1 can cream of mushroom soup

Brown breasts in butter and remove. To margarine add onions, bell pepper and garlic and brown. Add oysters and cream of chicken soup and let cook about 3 minutes. Add corn bread, green onions, parsley and put on breasts and roll. Put into baking dish and add cream of mushroom pouring it over meat. Bake in 375 oven for 30 minutes.

*Mrs. Mervin Chesson, Sweetlake, La.*

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## GOOSE GUMBO

1 goose  
1 medium onion  
½ cup cooking oil  
3 tbsp. flour  
5 tbsp. cooking oil  
½ cup green onions  
¼ cup parsley  
1 gallon water  
1 tsp. gumbo file

Cut up goose, cook on medium heat until a little brown. Remove all oil and add water. In a skillet cook the 3 tablespoons flour in 5 tablespoon oil until brown. Add to water and meat. Let cook until meat is tender. Add more water if needed. Add green onions, parsley and cook a little longer. Turn off heat add gumbo file and serve with hot rice.

*Mrs. Junius Granger, Grand Lake, La.*

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## DOVES

14 - 16 doves  
1 clove chopped garlic  
4 stalks chopped celery  
5 medium onions chopped  
4 shallots chopped  
½ bunch chopped parsley  
1 bay leaf  
1 can consomme  
2 sticks butter  
7 slices bacon  
2 large cans mushrooms with juice  
Salt, pepper, cayenne pepper  
Gravy flour

Into a large pot put the chopped celery, onions, garlic, shallots, parsley and butter. Simmer over low fire. Salt and pepper the doves. Stuff each with ½ slice bacon. Place doves in pot. Add both cans mushrooms with juice and the can of consomme and bay leaf. Cover and cook on a low fire 1-3/4 hours. Remove cover and thicken gravy with flour. Serve over rice. Wild rice is even better.

*Mrs. John Prescott, Johnson Bayou, La.*

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## DOVE JAMBALAYA

6 doves  
4 oz. cubed bacon  
1 medium onion  
1½ cups rice  
5 cups canned chicken broth  
Pinch of thyme  
1 bay leaf  
Salt and tabasco to taste  
1 tbsp. parsley  
¼ lb. button mushrooms or  
1 (3 oz.) can, chopped.

Fry bacon over low fire until lightly browned. Add doves and brown, then onions and saute a few minutes. Add all other ingredients, bring to a boil and add washed uncooked rice, cover and cook slowly until rice is tender and broth absorbed, stirring only once. Stir in mushrooms and cook three or four minutes. This is a meal in itself with a salad.

*Mrs. Charles F. Hebert, Cameron, La.*

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## SMOTHERED QUAIL

8 quails  
Salt and pepper  
½ cup cubed bacon  
6 tbsp. flour  
1 medium onion, chopped  
2½ cups chicken broth (canned)  
Pinch of thyme  
½ bay leaf  
1 tbsp. parsley, chopped

Saute bacon until brown and remove from skillet. Put lightly peppered and salted quail in drippings and when browned remove and add flour to brown, then onions, and stir a minute. Add all ingredients and return bacon and quail to gravy, cover and simmer 20 to 30 minutes, turning occasionally until done. Add more chicken broth if needed. Serve with white rice.

*Mrs. Charles F. Hebert, Cameron, La.*

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## DOVE OR QUAIL JAMBALAYA

20 doves or quails  
1 cup oil  
Salt and red pepper  
6 cups water  
4 cups raw rice

Heat oil in heavy iron pot. Fry birds in oil turning often until all of

them are brown. Season with salt and red pepper and add 2 cups water. Cover and cook for about a half hour. Wash rice thoroughly and add remaining 4 cups water with rice and salt rice to taste. Add water and rice to birds, stir well and bring this to a brisk boil and let boil for about 15 minutes stirring constantly. Put burner down to simmer, cover pot and let cook stirring occasionally until rice is done. (serves five)

*Mrs. Roy F. Hebert, Cameron, La.*

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## QUAIL WITH RICE

Cooking time is same for quail or doves.  
(Can use Pork Chops, Fryer or Cornish Hens)

4 small ready to cook quail  
or doves (4 to 6 oz. each)  
4 tbsp. of butter or Oleo  
1 cup shredded carrots  
½ cup sliced green onions  
¼ cup of snipped parsley  
1 cup long grain rice  
3 cups chicken broth  
½ tsp. of salt  
Dash of pepper  
2 slices bacon quartered

In skillet, brown birds in butter or margarine. Remove birds and set aside. In same skillet cook carrot, onion and parsley until tender, stirring frequently. Add rice and stir until well mixed. Add chicken broth, salt and pepper. Add in browned meat until tender for 30 minutes or until birds are tender. Remove bacon slices to serve. Makes 11 servings.

*Barbara LeBlanc, Cameron, La.*

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## QUAIL WITH BACON OR BRAISED TEAL

6 teals or quails  
18 strips bacon  
2 tbsp. butter or margarine  
½ cup hot water  
4 tbsp. flour

Prepare quail or ducks for cooking, cover and let stand overnight in refrigerator. The next day cover with salted water, using 1 tbsp. salt for each quart of water. Let stand 15 minutes, drain and dry inside and out with a cloth. Place 1 strip bacon in cavity of each bird and place in shallow roasting pan. Place a strip of bacon over breast and over legs of each. Bake at 450 for 5 minutes; reduce heat to 350 and continue cooking for 40 minutes, basting frequently with a mixture of the butter and hot water. At the end of the baking time, sprinkle with flour, increase heat to 450 and brown for about 10 minutes. (Yield six servings).

*Mrs. John M. Theriot, Creole, La.*

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## STUFFED QUAIL

6 quail-halved  
Salt and pepper to taste  
1 small loaf french bread cubed  
1 stick butter  
1 tbsp. corn oil  
2 medium onions chopped  
1 clove garlic pressed  
1 lb. ground beef  
2 cups stock or water

Place bread in large shallow covered casserole. Saute onions in butter and oil. Add garlic. Add ground beef, mix and cook until meat is browned. Add liquid, cook, stir until blended. Pour over bread. Salt and pepper quail. Place over stuffing, dot with butter. Cook uncovered in 350 oven until brown. Cover and cook 30 minutes more.

*Mrs. John Prescott, Johnson Bayou, La.*

## FRIED VENISON LOIN

Cut loin into thin strips. Dip in Pan Cake batter and deep fry 3 minutes.

*Michael Prescott, Johnson Bayou, La.*

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## BARBECUED VENISON ROAST

1 4lb. Venison roast  
Salt and pepper  
3 tbsp. fat  
2 cloves garlic, chopped  
1 stalk celery  
6 tbsp. vinegar  
3 tbsp. catsup  
3 tbsp. Worcestershire sauce

Season roast with salt and pepper. Melt fat in heavy pan; add roast and brown slowly on all sides. Add garlic and celery. Combine vinegar, catsup and worchestershire in a one cup measure. Add water to make one cup of liquid. Pour over roast; cover and cook slowly about 3 hours or until tender. Remove roast and prepare gravy. Serves 6.

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## DEER ROAST

5 lb. roast of deer  
2 cloves garlic (sliced)  
1 can of either mushroom or onion soup  
1 can of water

Place roast in foil lined pan. Salt and pepper to taste. Stuff roast with sliced garlic, pour soup on roast. Add water, wrap with foil. Place in 350 oven for 2½ to 3 hours.

**Note:** You may add water if roast tends to dry out before cooking time is up. (The above recipe was given to me by my mother Mrs. Marianne Phillips)

*Mrs. Larry McNease, Grand Chenier, La.*

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## VENISON STEW - BRADY STYLE

2 lbs. venison, cut in 2 inch squares, ¼" thick  
Salt  
Pepper  
Flour  
¼ cup melted butter  
½ cup chopped bell pepper  
1 cup chopped celery  
1 can sliced mushrooms (2 oz.)  
1 can cream of Mushroom soup  
1 small can Brown Mushroom Gravy  
Minced parsley

Salt and pepper venison squares and cover with seasoned flour. Fry quickly in melted butter. Remove venison and set aside. In drippings, saute bell pepper and celery; then add venison, mushrooms, soup and gravy. Check for seasoning - using red and black pepper and salt. If color is not as dark as you like it, add a little Kitchen Bouquet. Sprinkle with minced parsley before serving over hot rice.

*C.A. "Buster" Rogers, Cameron, La.*

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## DEER MEAT PATTIES WITH MUSHROOM SOUP

1 lb. of ground deer meat  
3 tbsp. oil  
1 medium chopped onion

4 soda crackers, crumbled  
1 egg  
Garlic salt, black pepper and salt to taste  
1 4oz. can sliced mushrooms

Blend meat, onion, crackers, egg and seasonings in large bowl. Saute patties in oil until cooked. Remove patties. Add flour to drippings and brown lightly. Add water and mushrooms. Simmer until gravy thickens about 30 minutes. Return patties to gravy. Heat gently. Serve with hot fluffy rice. Serves 4 generously.

### Gravy

2 tbsp. shortening  
2 tbsp. flour  
1 cup water  
Salt and pepper  
1 small can mushrooms

*Mrs. Larry McNease, Grand Chenier, La.*

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## CAMP JAMBALAYA

2 cups raw rice  
10 doves (or quail, blackbirds, etc.)  
¼ cup oil  
2 medium onions, chopped  
2 cups green onions, chopped  
1 cup bell peppers, chopped  
½ cup parsley, chopped  
Water

Salt, red and black pepper to taste

Dress birds. Doves or quail may be split. Smaller birds may be cooked whole. Season with salt and pepper. (Do not be shy). Place oil and birds in deep pot. (An iron pot is traditional, but teflon should work as well). Over medium heat, let birds cook uncovered stirring occasionally until they begin to fry. Then stir well and add ½ cup water to pot. When water cooks away and it again begins to sizzle, add another ½ cup water and stir well. This may be done 4 to 5 times until a thick brown gravy forms when water is added. Then add onions, and continue adding water and frying two more times. Add 1 quart water. Cover and simmer until birds are tender. Taste liquid and adjust seasonings. Add chopped greens and bring to a boil. Then add rice.

**Note:** There should be twice as much water as rice. Add water if necessary.

Cover and simmer until rice is done. You may stir rice if it has a tendency to stick.

*The Editors*

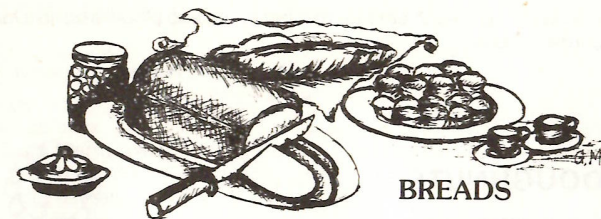
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## WILD GAME STEW

24 doves (or equal quantity of goose parts, rabbit, etc.)  
6 medium onions  
½ cup oil  
1½ cup chopped celery  
1 10oz. can Rotel Tomatoes  
1 small can mushroom steak sauce  
1 can beer (room temperature)  
Salt  
Red pepper  
Garlic Powder  
2 tbsp. A-1 Steak sauce  
1 tbsp. Worcestershire Sauce

Marinate cleaned birds with a sprinkling of salt, pepper and garlic powder, for at least three hours in a cool place. Brown birds in oil in a skillet of sufficient size. Remove birds and reserve. Chop 3 onions and add to skillet (leave in the drippings). Also add celery and while that mixture is allowed to saute, put the Rotel Tomatoes and 3 other onions in a blender and puree for a minute or so. Add to the skillet. Add beer and steak sauce and simmer until gravy is smooth. (Water may be added for liquid if too dry). Re-add birds with the Worcestershire sauce and A-1 Sauce. Bring to boil and taste for seasoning. Simmer until tender. Serve over rice.

*Rev. Alcide Sonnier, Cameron, La.*



## OATMEAL BATTER BREAD

3 tbsp shortening  
½ cup rolled oats  
¼ cup light molasses  
2 tsp salt  
1 cup boiling water  
1 slightly beaten egg  
1 pkg. yeast  
2 ¾ cups flour

Combine oats, shortening, molasses, salt and boiling water in a bowl. Cool to lukewarm, Stir in egg. Mix yeast with flour. Add half to oat mixture. Beat with electric mixer 2 minutes. Stir in remaining flour. Spread batter in greased loaf pan. Let rise 1½ hours. Bake 50-55 minutes at 375.

*Michael Prescott, Johnson Bayou, La.*

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## NUTTY DATE ROLL

1 cup milk  
3 cups sugar  
8 oz. chopped dates  
2 cups chopped pecans  
1 tsp salt  
1 tsp vanilla

Cook sugar and milk to soft boil. Add dates. Cook 5 minutes; stirring



2nd Place  
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constantly. Remove from heat and add other ingredients. Let cool a few minutes. Beat until thick. Roll in damp cloth and chill. Cut in slices. Yields 6 small rolls.

*Pam Duhon, Grand Lake, La.*

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## ORANGE BREAD

2 cups flour  
2 tsp baking powder  
4 tbsp butter  
1 egg well beaten  
1/3 to ½ cup orange peel thinly shredded  
2/3 cups orange juice  
1 cup sugar  
½ cup pecans

Sift dry ingredients. Cut in butter until like coarse meal. Mix peel well with orange juice, egg and sugar. Moisten dry ingredients. Spread evenly in well greased loaf tin. Let stand ½ hour. Bake 50-60 minutes at 350. Yields one medium loaf.

*Pam Duhon, Grand Lake, La.*

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## BANANA NUT BREAD

1 cup shortening  
4 eggs beaten  
2 cups sugar  
6 bananas  
2½ cups flour  
2 tsp soda  
1 tsp salt  
½ tsp ginger  
1 tsp cinnamon

Combine bananas, sugar and shortening. Add eggs one at a time. (I mix all this in the blender). Sift dry ingredients, add above mixture to this stirring just until moistened. Bake 45-50 minutes at 375.

*Linda Gentry, Lake Charles, La.*

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## RAISIN BREAD

1 1/4 cups lukewarm milk  
1/4 cup sugar  
2 tsp salt  
2 pkg dry yeast  
1/4 cup lukewarm water  
2 eggs  
1/4 cup cooking oil  
10 1/2 cups flour  
1 cup raisins

Mix together milk, sugar and salt. Stir yeast and water until yeast is dissolved, mix with other mixture. Stir in eggs, oil and 4 cups flour. Add raisins. Mix with spoon first, then with hands. Add 3-3 1/2 cups sifted flour. Knead and handle dough until well mixed. After second rising let rest for 15 minutes. Then place in loaf pans or make loaf on cookie sheet. Bake at 350 until golden brown. Cool and use favorite glaze. I use Mayhaw jelly as a topping.

Carolyn Gibbs, Sweet Lake, La.

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## CINNAMON MERINGUE COFFEE RING

1 pkg active dry yeast  
3 1/4-3 1/2 cups flour  
2/3 cup milk  
6 tbsp margarine  
1/3 cup sugar  
1 tsp salt  
1 egg  
1 egg yolk

Combine yeast and 1 1/2 cups flour. Heat together milk, margarine, sugar and salt, just till warm stirring to melt butter. Add to dry ingredients in mixing bowl. Add egg and egg yolk. Beat for 1/2 minute on low speed of mixer. Beat 3 minutes at high speed. By hand stir in enough flour to make a moderately stiff dough. Turn onto lightly floured surface and knead till smooth. 3-5 minutes. Place in greased bowl, cover and let rise until doubled in bulk. Punch down. Turn onto lightly floured surface, cover and let rest 10 minutes. Set aside 1/3 of dough. Roll remaining dough into 8 x 10" rectangle.

### Filling:

1 stiff beaten egg white  
1 tsp cinnamon  
1/2 cup sugar  
1/2 cup pecans

Fold sugar and cinnamon into egg white. Spread filling over dough. Sprinkle with pecans. Starting at long side, roll up tightly, jelly roll fashion. Place seam side down on greased baking sheet. Bring ends together in a ring, and seal. Brush with a little water. Twist reserve dough into a rope 24" long. Trim ends. Place atop filled ring sealing ends together. Holding floured scissors parallel to top of rope, cut almost through. Turn petals alternately toward the inside and outside of ring. Let rise until doubled in bulk. Bake at 375 about 25 minutes. Cover loosely with foil the last 15 minutes. Drizzle with brown butter icing.

### Brown Butter Icing:

Heat 2 tbsp butter till browned, stirring often. Cool. Add 1 cup confectioners sugar, 1-2 tbsp milk and 1/2 tsp. vanilla. Mix well.

Darlene Taylor, Sweet Lake, La.

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## ORIELLE de COCHON (Pigs' Ears)

1 cup flour  
1/4 tsp salt  
1/4 cup water  
Oil for deep frying

Sift flour and salt together. Add sufficient water to make a stiff dough. Cut a small portion of the dough about the size of a walnut and roll on a floured board very, very thin . . . Repeat. Drop each in hot, deep fat, giving a swift twist to the center of each with a long handled fork. This forms the ear. Let cook until a very light brown. This can be eaten plain or can be dipped in syrup. Boil one 12 oz. can syrup in a pot until a few drops form a soft ball when dropped in

cold water. Dip each ear into this hot syrup and place around a large platter to cool.

Mrs. Roy F. Hebert, Cameron, La.

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## DOUGHNUTS

4 cups sifted flour  
4 tsp baking powder  
3/4 tsp salt  
1/4 tsp nutmeg  
1 cup sugar  
2 eggs  
1/4 tsp lemon extract  
2 tbsp melted butter or shortening  
1 cup milk

Combine all ingredients. Knead on floured board and roll out. Cut with doughnut cutter. Fry in hot grease. Sprinkle drained doughnuts with 1/2 cup sugar and 2 tbsp. cinnamon. Yields about 3 dozen.

Susan Baccagolopi, Creole, La.

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## NO FRY DOUGHNUTS

2 pkg yeast  
1/4 cup warm water  
1 1/2 cups lukewarm milk  
1 tsp salt  
1 tsp nutmeg  
1/4 tsp cinnamon  
2 eggs  
1/3 cup crisco  
4 1/2 cups flour  
1/4 cup oleo

In a large bowl dissolve yeast in water. Add milk, sugar, salt, cinnamon, eggs, oil and 2 cups flour. Mix until smooth. Let rise until double. Work dough down. Roll 1/2 inch thick and cut with doughnut cutter. Place on cookie sheet and let rise until double in size. Brush with melted oleo. Brush again after baking, for 8-10 minutes in 425 oven. Place in a bag of cinnamon sugar or powdered sugar and shake gently. Or use one of these icings:

### Cinnamon sugar:

1/2 tsp sugar  
1/2 tsp cinnamon

### Chocolate glaze:

4 oz. chocolate  
1/3 cup oleo  
2 cups confectioners sugar  
4-6 tbsp hot water

Mrs. Larry McNease, Grand Chenier, La.

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## BUTTERMILK DOUGHNUTS

2 eggs  
1 cup sugar  
1/4 cup cooking oil  
1 tsp vanilla  
4 cups flour  
4 tsp baking powder  
3/4 tsp salt  
1/4 tsp baking soda  
1 cup buttermilk  
Oil for frying  
Powdered sugar

Beat eggs till thick and lemon colored; add sugar and beat until smooth. Stir in oil and vanilla, mix thoroughly. Stir in dry ingredients to egg mixture alternately with buttermilk. Turn out on a lightly floured surface and roll to 1/2" thickness. Cut and fry in deep oil until golden brown. Coat with powdered sugar. Makes about 3 to 4 doz.

Mrs. John Conner, Cameron, La.

## DOUGHNUTS

3/4 cup milk  
1/4 cup sugar  
1 tsp. salt  
1/4 cup oleo  
1/4 cup warm water  
1 pkg. yeast dry  
1 egg, beaten  
3 1/4 cups flour

Scald milk, stir in sugar, salt and margarine. Cool to luke warm. Measure warm water in large mixing bowl and sprinkle with dry yeast. Stir yeast until dissolved. Add milk mixture, egg and half the flour. Beat until smooth, Stir in additional flour to make a soft dough. Turn dough out on floured board. Knead until smooth and elastic, about 10 minutes. Place in greased bowl, turning to grease top. Let rise until doubled in bulk. Punch down dough. Roll about 1/2" thick, cut with doughnut cutter. Place on greased baking sheet. Let rise until double in bulk. Handle dough as little as possible. Fry in deep fat until brown. Drain. For glaze blend 2 cups confectioners sugar, 1/3 cup milk and 1 tsp. vanilla. Dip warm doughnut in glaze, drain.

Mrs. John Montie, Creole, La.

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## BUTTERMILK WAFFLES

2 cups buttermilk  
2 cups flour  
1 tsp. baking soda  
2 tsp. baking powder  
Large pinch of salt  
2 eggs  
6 tbsp. melted butter/oleo

Sift flour, baking powder, soda and salt into a bowl. Make a well in the center and add the eggs and melted butter. Stir the buttermilk into the well with a whisk or wooden spoon and gradually draw in the flour. Stir until batter is only just smooth. Heat waffle iron and

pour the batter to cover 2/3's of the iron. Close and cook until desired doneness - about 4 minutes. Serve with honey or maple syrup.

Mrs. Jerry Jones, Cameron, La.

\*\*\*

## FRENCH TOAST

2 eggs  
4 tbsp. sugar  
1/2 cup milk  
1 tsp. cinnamon

Beat eggs, add sugar, milk and cinnamon and beat well. Dip bread in batter and fry. When cooked, sift powdered sugar on top. Serve with glass of cold milk.

Lawrence Mhire, Grand Chenier, La.

\*\*\*

## QUICK BUTTERMILK ROLLS

1 cup buttermilk  
3 tbsp. Crisco  
1 yeast cake dissolved in small amount of lukewarm water

2 1/2 cups flour  
1 tbsp. sugar  
1 tsp. salt  
1/4 tsp. soda

Add Crisco to buttermilk and beat until melted; then add yeast mixture. Sift dry ingredients and add. Let rest 15 minutes. Knead on floured board for 5 minutes. Roll out; cut with cutter. Place on greased cookie sheet. Let rise until doubled in bulk. Bake at 425 for 15-20 minutes. Brush with melted butter before removing from oven.

Mrs. Charles Rogers, Cameron, La.



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## BUTTERMILK HOT CAKES

- 1 cup flour
- 1 cup buttermilk
- 1 egg
- ½ tsp. soda
- 1 tbsp. cooking oil

Beat egg with fork, pour in milk. Add flour, soda and oil. Mix well. Pour onto hot griddle in ¼ cup portions. Cook until bubbles form over the top, and turn. Serve with melted butter and syrup.

*Mrs. Blanche Bourg, Hackberry, La.*

\*\*\*

## BREAKFAST MUFFINS

- 2 cups Pioneer Biscuit Mix
- 1 egg
- 1¼ cup milk
- 3 tbsp. sugar, heaping
- 1/3 cup cooking oil

Add milk, eggs and sugar to biscuit mix; then oil. Mix well. Pour into well greased muffin tins. Bake 20-25 minutes at 400.

*Mrs. Tommy Watts, Cameron, La.*

\*\*\*

## DINNER ROLLS

- 1 cup milk
- ¼ cup sugar
- 1 tsp. salt
- ¼ cup oleo
- 2 pkg. dry yeast
- ½ cup warm water
- 2 eggs, beaten
- 5¼ cups flour

Scald milk, stir in sugar, salt and oleo. Cool to lukewarm. Measure warm water into large bowl. Sprinkle yeast on warm water and stir until dissolved. Add lukewarm milk mixture, eggs and 2 cups flour. Beat until smooth. Stir in remaining flour to make a soft dough. Turn on floured board. Knead until smooth and elastic, about 10 minutes. Place in greased bowl, turning to grease top. Let rise until double in bulk. Punch down and again let rise until double in bulk. Shape into rolls. Shape dough in small balls. Drop 3 balls into well oiled muffin cups. Let rise until double in bulk. Bake 10 minutes at 400. Remove from oven and brush top with margarine.

*Mamie Richard, Grand Chenier, La.*

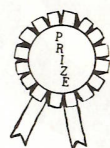
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## HERB PULL APART LOAVES

- 5½ to 6½ cups unsifted flour
- 3 tbsp. sugar
- 2 tsp. salt
- 1 pkg. active dry yeast
- 1½ cups water
- ½ cup milk
- 3 tbsp. margarine
- Melted margarine
- 1 pkg. dry cheese-garlic salad dressing mix

In a large bowl thoroughly mix 2 cups flour, sugar, salt and undissolved yeast. Combine water, milk and 3 tbsp. margarine in a sauce pan. Heat over low heat until liquids are very warm, (120-130 F). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8-10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down; divide in half. Cover and let rest on board 15 minutes. Roll one half to a 12x8 inch rectangle. Brush with melted butter mixed with salad dressing mix. Cut into 4 equal strips, 8" long. Stack strips. Cut into 4 equal pieces, 2" wide. Place on edge in greased 8½x4½x2½" loaf pan so that layers form one long row down length of pan. Repeat with remaining dough. Cover; let rise in warm place, free from draft until doubled in bulk, about 1 hour.

*2nd Place  
1974 Favorite Food Show*



Bake at 400 about 30 minutes, or until done. Remove from pans and cool on wire racks. Serve warm or cold.

*Suzanne Robicheaux, Sweet Lake, La.*

\*\*\*

## CHEESE BREAD

- 7 to 8 cups unsifted flour
- 1/3 cup sugar
- 1 tbsp. salt
- 2 pkg. active dry yeast
- 2 cups water
- 2/3 cup milk
- 3 cups shredded sharp cheddar cheese
- Melted butter or margarine

In a large bowl thoroughly mix 2½ cups flour, sugar, salt and undissolved yeast. Combine water and milk in saucepan. Heat over low heat until liquids are very warm. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add cheese and ½ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out on lightly floured board; knead until smooth and elastic, about 8-10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft until doubled in bulk, about 1 hour. Punch dough down; turn out onto board. Cover, let rest 15 minutes. Divide dough in half. Roll each half to a 14x9" rectangle. Shape into loaves. Place in 2 greased 9x5x3 loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Bake on lowest oven rack position at 375 about 40 minutes. Remove from pans and cool on wire racks. Brush tops with melted butter.

*Mrs. Braxton Blake, Cameron, La.*

\*\*\*

## POTATO BREAD

- 1 medium potato
- Water potato was boiled in
- Hot tap water
- 2 pkg dry yeast
- 2 tsp. softened butter
- 2 tsp. sugar
- 1 tsp. salt
- 1 cup warm milk
- 6½ to 7½ cups unsifted flour

Pare and dice potato; boil in water to cover until tender, about 20 minutes. Drain; reserving liquid. Add hot tap water to potato liquid to make 1 cup; cool to warm. Mash potato, set aside. Pour warm potato water into large bowl. Sprinkle in yeast; stir until dissolved. Add butter, sugar and salt. Stir in mashed potato warm milk and 3 cups flour; beat until smooth. Stir in additional flour to make a stiff dough. Turn out onto lightly floured board, knead until smooth and elastic, about 8-10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until doubled in bulk, about 35 minutes. Punch down dough, turn over in bowl. Cover and let rise again about 20 minutes. Punch dough down. Turn out onto lightly floured board; divide in half. Roll each half to a 14x9 rectangle. Shape into loaves. Place in 2 greased 9x5x3 loaf pans. Cover; let rise in warm place until doubled, about 50 minutes. Dust loaves with flour. Bake at 375 about 35-40 minutes. Remove from pans and cool on wire racks.

*Mrs. Braxton Blake, Cameron, La.*

\*\*\*

## CORNBREAD

- 5 cups cornmeal
- 1 cup flour
- 2 tbsp. sugar
- 3 tbsp. baking powder
- 2 tsp. salt
- ½ tsp. baking soda
- 2 eggs
- 5 cups milk
- 2 sticks margarine melted

Mix thoroughly and bake in a greased pan at 425 for about 45 minutes. Serves 8.

*Mrs. Roy F. Hebert, Cameron, La.*

## SWEET POTATO BREAD

- 5 cups grated sweet potatoes
- 1 cup flour
- 3 eggs
- 1 tsp. soda
- 2 cups brown sugar, firmly packed
- 1 cup melted oleo
- 1 cup sour cream
- 1 tsp. salt
- 1 tsp. cinnamon
- ¼ tsp. cloves
- ½ tsp. nutmeg

To the grated sweet potatoes add flour, then eggs, soda, salt, cinnamon, oleo and finally the sour cream. Mix well. Pour into large baking pan which has been greased and floured. Bake in moderate oven (350) until done.

*June Crain Harper, Grand Chenier, La.*

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## BIG MOMMA'S OLD FASHIONED CAKE CORNBREAD

- 2 cups all purpose flour
- 1 cup yellow corn meal
- ½ cup sugar
- 3 eggs
- ½ cup cooking oil
- 3 tsp. baking powder
- Dash salt
- Milk

Combine ingredients in order. Add enough milk to make a soft batter. Pour batter into a large greased loaf pan. Bake at 350 until top is golden brown. Serve hot with milk. Makes a large cornbread. This recipe comes from my greatgrandmother, Mrs. Theodore Rogers, whom we canned Big Momma. Other variations: Omit sugar and add black pepper to batter. Bake and use for cornbread dressing. Or add these ingredients for Mexican Cornbread —

- 1 cup grated cheese
- 1 large chopped onion
- 1 can cream style corn
- ¼ cup bacon bits
- ½ cup chopped Jalapeno peppers
- 1 tsp. red pepper

*Mrs. John Connor, Cameron, La.*

\*\*\*

## GOLDEN CORN BREAD

- 1 cup corn meal
- 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 1 minute. Do not overbeat. Bake in a greased 8" square pan or muffin pans at 425 for 20-25 minutes. Variations include adding chopped Cheddar Cheese or chopped cooked bacon bits, before cooking.

*Mrs. Shirley Bonsall, Grand Chenier, La.*

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## MEXICAN JALAPENO CORNBREAD

- 1 cup corn meal (white)
- 1 cup milk
- 2 eggs
- ½ lb. grated Cheddar cheese
- ½ tsp. salt
- ½ tsp. soda
- 8 oz. cream style corn
- 1 onion chopped fine or grated

- 5 slices bacon half cooked
- ½ cup oil
- ¼ to ½ cup chopped Jalapeno peppers

Chop bacon, peppers, onion. Use bacon fat and oil to make ½ cup. Mix all ingredients. Cook 45 minutes at 375.

*Barbara LeBlanc, Cameron, La.*

\*\*\*

## HUSH PUPPIES

- 2 cups yellow corn meal
- 1 tbsp. flour
- 1 tbsp. sugar
- 1 tsp. soda
- ½ cup finely chopped onion
- 1¼ cup buttermilk
- 1 egg, well beaten
- Oil for deep fat frying

Mix all ingredients together in a bowl. Using about a heaping teaspoon for each, form into small cakes. Deep fat fry until brown, turning several times during cooking. Do not pierce. Remove and drain on absorbent paper.

*Mrs. Roy F. Hebert, Cameron, La.*

\*\*\*

## CORN FRITTERS

- 1 egg
- ¼ cup milk
- 1 cup pancake mix
- 1 can (12 oz.) whole kernel corn, drained
- Wesson oil to depth of 1" in skillet

Blend egg and milk. Add pancake mix, stirring just until smooth. Fold in corn. To insure lightness do not overbeat. Drop by teaspoonfuls into heated oil. Cook until brown. This is a good way to use left over corn.

*Mrs. Gary Kelly, Cameron, La.*

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## MEXICAN RICE BREAD

- 1 cup cornmeal
- 1 tsp. salt
- ½ tsp. soda
- 1 cup milk
- 2 eggs, beaten
- ¼ cup vegetable oil or bacon drippings
- 2 cups cooked rice
- 1 can (1 lb.) cream style corn
- ½ cup finely chopped onions
- 2 tbsp. chopped Jalapeno or green chilies
- ½ lb. grated Cheddar cheese

Sift dry ingredients together into a large mixing bowl. Add remaining ingredients, stirring only to blend well. Pour into a large 12" oven proof skillet which has been greased and sprinkled with cornmeal. Bake at 350 for 40-45 minutes.

*Mrs. Braxton Blake, Cameron, La.*

\*\*\*

## SOPAIPILLAS (Fried Indian Bread)

- 4 cups flour
- 4 tsp. baking powder
- ½ cup shortening
- 2 tsp. salt
- Enough warm water for form dough

Sift dry ingredients into mixing bowl. Cut in shortening and add water. Roll thin and cut in squares. Fry in very hot lard. Hold down in the lard until they puff up, brown on both sides.

*Mrs. Ray Dimas, Creole, La.*

\*\*\*

## HUSH PUPPIES WITH SHRIMP

- 2 cups corn meal (yellow)
- 1 cup flour
- 3 tbsp. baking powder
- 1 tsp. salt
- 2 tbsp. sugar
- 2 eggs
- 1 large onion chopped fine
- 1 cup partially boiled shrimp chopped fine

Mix all ingredients adding water last. Batter should not be too soft. Drop by spoonfuls into hot fat and fry until golden brown.

*Robinetta Burg, Cameron, La.*

\*\*\*

## MEXICAN CORNBREAD

- 1 cup corn meal
- 1/3 tsp. salt
- ½ tsp. soda
- ½ cup cooking oil
- 1 cup milk
- 2 eggs
- 1 can cream style corn
- ½ lb. ground meat

Combine first 6 ingredients, beating well. Then add corn. Cook ground meat until done, drain on toweling. Prepare the mixture below.

- Grate: ½ lb. cheese  
1 large onion  
Jalapeno pepper (as many as needed to make hot)

Grease a 13x9x12 glass pan. Sprinkle on meat and cheese mixture. Top with remaining cornbread mixture. Bake at 350 for at least an hour. If you use yellow corn meal it will turn darker before the hour is up. Venison may be used in place of beef ground meat. Serves 6-8. Recipe given to me by Mrs. A.L. Elmer.

*Mrs. Larry McNease, Grand Chenier, La.*



## SWEET CHOCOLATE CAKE

- 1 - 4 oz. pkg. Bakers German Sweet Chocolate
- 1 cup butter or oleo
- 2 cups sugar
- 4 eggs
- 2 tsp. vanilla
- 2½ cups sifted cake flour
- 1 tsp. salt
- 1 tsp. soda
- 1 cup buttermilk
- Coconut Pecan Frosting

Melt chocolate over hot water; cool. Cream butter well. Add sugar and beat until well blended. Add melted chocolate, then eggs, one at a time, beating well after each. Add vanilla. Sift flour and salt together. Dissolve soda in buttermilk. Add flour and buttermilk alternately. Pour into 3 greased and floured 9 inch layer pans. Bake at 350 degrees for 30 minutes. Cool. Frost between layers and top with coconut pecan frosting.

### Coconut Pecan Frosting

- 1 cup evaporated milk
- 1 cup sugar
- 3 slightly beaten egg yolks
- ½ cup butter
- 1 tsp. vanilla

Combine all ingredients and stir over medium heat until thickened, about 12 minutes. Remove from heat and add:

- 1-1/3 cup Baker's angel flake coconut
- 1 cup chopped pecans

Beat until cool. Makes 2½ cups filling. Spread between layers and on top.

*Mrs. Alfred Duhon, Sweetlake, La.*

\*\*\*

## DEVILS FOOD CAKE

- 2 cup sugar
- ½ cup butter
- 2 eggs
- ½ cup butter milk
- 2 cup flour
- ½ cup hot water
- 3 tbsp. cocoa
- 1 tsp. soda
- 1 tsp. vanilla

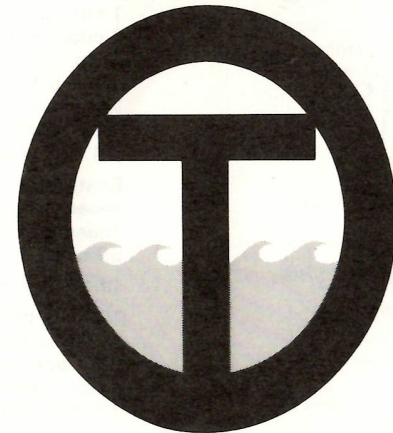
Cream butter and sugar. Add eggs and beat well. Alternate buttermilk and flour in a pint sauce pan with hot water. Add cocoa and soda. Stir well and add to above mixture. Beat well. Add vanilla. Bake in two 9 inch buttered and floured cake pans at 350 for 45 minutes.

### Fudge Frosting and Filling

- 2 cup sugar
- 1/8 tsp. salt
- 2 squares unsweetened chocolate, cut in small pieces
- 1 cup evaporated milk
- 2 tbsp. butter or margarine
- 1 tsp. vanilla

Combine sugar, salt, chocolate and milk in a saucepan. Cook until a few drops will form a soft ball when dropped in cold water. Remove from heat. Add butter and vanilla. Let cool till lukewarm; then beat to spreading consistency.

*Christina V. Nunez, Creole, La.*



# TransOcean Oil, Inc.

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## ROSA'S DEVIL FOOD CAKE

3 eggs  
2½ cups sugar  
1 cup butter  
1 coffee cup chocolate mix with hot water  
1 cup sour cream  
2 cups flour  
1½ tsp. soda  
1 tsp. vanilla  
½ tsp. salt

Mix as any other cake. Bake at 350 degrees in two or three layers, until toothpick is clean. Do not overbake. Frost with 7 minutes icing.

*Mrs. Rosa Mhire, Grand Chenier, La.*

\*\*\*

## CHOCOLATE SHEET CAKE

Mix in large bowl:

2 cups flour  
2 cups sugar

Put in saucepan and bring to a boil:

1 stick margarine  
3½ tsp. cocoa  
½ cup crisco  
1 cup water

Pour sauce over flour mixture adding:

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

Grease and flour a 9 inch baking pan. Bake at 400 for 20 minutes. Size of pan may vary depending on the thickness of cake desired.

*Susan Baccigalopi, Creole, La.*

\*\*\*

Susan is the 1974 Miss Cameron Parish.

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## CHOCOLATE MACAROON CAKE

5 eggs, separated  
2¼ cups sugar  
2 cups fine grated coconut  
1 tbsp. flour  
½ cup cocoa  
¾ cup hot coffee  
1 tsp. soda  
½ cup dairy sour cream  
½ cup shortening or oil  
1 tsp. salt  
2 tsp. vanilla  
2 cups all purpose flour

Grease 10 inch tube pan. Beat 2 eggs whites in small mixing bowl at high speed until soft peaks form. Gradually add ½ cup sugar, and continue beating until stiff peaks form. Add coconut and 1 tsp. flour. Set aside. Beat 3 egg whites in large mixing bowl until soft peaks form. Gradually add ½ cup sugar, and continue beating until stiff peaks form. Add coffee to cocoa; add soda to sour cream. In large mixing bowl beat at medium speed 1¼ cups sugar, shortening, 3 egg yolks, salt, vanilla and half of cocoa mixture until light and creamy, about 4 minutes. Add flour, sour cream and remaining cocoa mixture and blend well. Fold in egg whites. Pour 1/3 of chocolate batter into pan. Place half of coconut mixture on top. Cover with the remaining chocolate batter. Bake at 350 for 55 to 60 minutes. DO NOT INVERT. Cool completely before removing from pan.

### Frosting

1 cup sifted confectioners sugar  
1 tsp. butter  
1 tbsp. Half & Half

Combine all ingredients and blend until smooth. Pour over cake.

*Carolyn Gibbs, Sweetlake, La.*

## FUDGE RIBBON CAKE

2 tbsp. butter  
8 oz. pkg. cream cheese  
¼ cup sugar  
1 tbsp. cornstarch  
1 egg  
3 tbsp. milk  
½ tsp. vanilla

Beat these ingredients at high speed until smooth and creamy. Set aside and combine:

½ cup butter  
2 cups sugar  
2 eggs  
1 tsp. vanilla  
2 cups flour  
1 tsp. salt  
1 tsp. baking powder  
½ tsp. baking soda  
4 oz. powdered chocolate  
1-1/3 cup milk

Beat these ingredients in large bowl four minutes at medium speed. Spread half of this batter in 13x9 inch pan. Then spoon cheese mixture over batter. Top with remaining cake mixture. Bake 50 to 60 minutes.

### Chocolate Frosting

1/3 cup milk  
¼ cup butter  
8 oz. powdered chocolate  
1 tsp. vanilla  
1½ cup confectioners sugar

Beat these ingredients until creamy and easy to spread.

*Mrs. Donna LaBove, Cameron, La.*

\*\*\*

Patty cake, patty cake  
Baker's man, Bake me a  
cake as fast as you can.

-1698 Nursery Rhyme

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## DARK CHOCOLATE CAKE

2 cups flour  
2¼ cups sugar  
1 cup butter  
¾ cup cocoa  
2 tsp. soda  
2 eggs  
1 cup sour milk  
2 tsp. vanilla

Melt cocoa and soda in hot, boiling water. Then combine butter, sugar; add eggs; then melted chocolate, milk and vanilla; then flour. Bake in two greased and floured 9 inch cake pans at 350 degrees 20 - 25 minutes.

### Boiled Icing

2 cups sugar  
⅛ tsp. cream of tartar  
½ cup cold water  
2 egg whites, beaten  
1 tsp. vanilla

Combine sugar, cream of tartar and water and boil to 238F., or until a little syrup forms a soft ball when dropped into cold water. Pour hot syrup very slowly into the beaten egg whites, beating constantly. Add vanilla and beat until icing is cool and of proper consistency to spread between and on top of layers.

*Mrs. Diane McCall, Grand Chenier, La.*

\*\*\*

## SAUERKRAUT CHOCOLATE CAKE

1½ cup oleo  
1 tsp. baking powder  
1 tsp. soda  
1½ cup sugar  
3 eggs



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2 cup flour  
¼ tsp. salt  
1 cup water  
1 8oz. can sauerkraut  
½ cup cocoa  
1 tsp. vanilla

Cream and oleo until light. Add eggs, one at a time, vanilla and water, and mix a little at a time to dry ingredients. Rinse and drain sauerkraut well. Chop fine and mix sauerkraut into batter. Bake in 9x13 inch pan at 350 for 35 to 40 min. Cool in pan before icing cake.

### Icing

Melt 4 tbsp. oleo, 16 oz. package of semi-sweet chocolate chips. Heat on low fire. After this is melted, remove from fire. Add ½ cup sour cream, 1 tsp. vanilla, ¼ tsp. salt; gradually add 3 cups powdered sugar. Pour over cool cake. This recipe came from a relative living in Germany.

*Mrs. Alma Trahan, Hackberry, La.*

\*\*\*

## PINEAPPLE CAKE

1 cup butter  
2¼ cups flour  
¼ tsp. salt (omit if using salted butter)  
1 tsp. vanilla  
1½ cups sugar  
3 tsp. baking powder  
1 cup milk  
2 eggs

Cream butter & sugar. Stir in sifted flour and baking powder alternately with eggs and milk 3 minutes by electric mixer. Bake in layers in greased and floured pans.

### Pineapple Filling

1 cup sugar  
2 tbsp. flour  
1/8 tsp. salt  
2 eggs, yolks, beaten  
1 tall can crushed pineapple  
1 cup miniature marshmallows

Mix sugar, flour & salt in heavy pan; add egg yolks and pineapple. Boil over low heat until thickened. Cool; spread between layers.

### White Fluffy Frosting

1¼ cup karo brought to a boil. 2 stiffly beaten egg whites to which a pinch of cream of tartar has been added, and 1 tsp. vanilla. Pour karo over egg whites and continue to beat until frosting is very stiff. Frost on top and sides of cake.

*Mrs. Charles Perry, Lake Charles, La.*

\*\*\*

## PINEAPPLE CAKE

### Combine

2 cups plain flour  
2 cups sugar  
2 tsp. soda  
½ tsp. salt

### Combine

1 #2 can crushed pineapple  
¼ cup oil  
2 eggs beaten  
1 tsp. vanilla

Mix together well & bake in oblong pan at 350 for 40 minutes.

### Topping

Bring to boil: 1 cup pet milk  
1½ cups sugar  
¾ cup oleo  
vanilla  
Then add: 1 cup coconut  
1 cup pecans

Cook this mixture for 10 minutes. Punch holes in cake and pour topping over it.

*Mrs. Mabel Saltzman, Cameron, La.*

## MISSISSIPPI MUD CAKE

4 eggs  
2 cups sugar  
2 sticks melted oleo  
1½ cups sifted flour  
1/3 cup cocoa  
1 tsp. vanilla  
3/4 cup coconut  
½ cups chopped nuts  
1 jar marshmallow

Beat until thick eggs and sugar. Combine melted oleo, flour, cocoa and vanilla; beat. Stir in coconut and nuts. Mix well and add to eggs and sugar. Pour into greased and floured 13x9 inch pan. Bake 30 minutes at 350. Remove from oven and immediately spread over the top one jar marshmallow cream. Let stand a while, but while cake is still warm spread top with chocolate frosting.

### Chocolate Frosting

1 stick melted oleo  
6 tablespoons milk  
1/3 cup cocoa  
1 box powdered sugar  
1 tsp. vanilla  
1½ cups chopped nuts

Combine and beat all at once.

*Mildred Brooks, Jennings, La.*

\*\*\*

## LEMON POUND CAKE

2 cups butter or oleo  
2 cups sugar  
6 eggs  
4 cups sifted all purpose flour  
4 cups chopped pecans  
1 2oz. bottle lemon flavoring

Cream butter and sugar well. Add one egg at a time, then flour, then nuts, then flavoring. Bake in paper lined, greased tube pan at 325 degrees for 1½ hours.

*Randalin Crain, Grand Chenier, La.*

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## PUMPKIN POUND CAKE

1 box Betty Crocker yellow cake mix  
2 eggs  
¼ cup water  
2 tsp. soda  
1 can 16 oz. pumpkin pie filling  
2 tsp. pumpkin pie spices  
Confectioners sugar

Heat oven to 350 degrees. Grease and flour a 12 cup bundt pan. In a large bowl blend all ingredients except confectioners sugar. Beat 4 minutes at medium speed. Pour batter into pan. Bake 40-45 minutes. Cool and remove from pan. Sprinkle with confectioners sugar.

*Mrs. John Conner, Cameron, La.*

\*\*\*

## COCONUT POUND CAKE

6 eggs, separated  
1 cup butter  
½ cup margarine  
3 cups sugar  
1 tsp. almond extract  
3 cups unsifted all purpose flour  
1 cup milk  
2 3½oz. cans coconut

Cream butter and margarine until smooth and creamy. Add sugar and beat until fluffy. Add egg yolks, one at a time, mixing well after each addition; then add extract (vanilla may be substituted). Slowly add flour, mixing well. Pour in milk and mix. Shake coconut in a bag with a little bit of flour (1-2 tbsp.), then fold into batter. Bake in greased and floured angel food pan at 300 about 2 hours.

*June Crain Harper, Grand Chenier, La.*

## PARTY CHIFFON CAKE

2¼ cups flour  
1½ cups sugar  
3 tsp. baking powder  
1 tsp. salt  
½ cup oil  
5 unbeaten egg yolks  
¾ cup cold water  
2 tsp. vanilla  
1 cup egg whites (7 or 8)  
½ tsp. Cream of Tartar

Heat oven to 325. Sift flour, sugar, baking powder and salt. Make a well and add oil, egg yolks, water and vanilla. Beat until smooth. Fold in gently, egg whites, which have been beaten until stiff peaks with Cream of Tartar added. Pour immediately into an ungreased tube pan. Bake 55 minutes at 325; then 10 minutes at 350. Turn pan upside down over the neck of a coke bottle until cooled. Loosen with spatula around sides and center. Cut cake into 4 even slices. Ice with Cherry Nut Icing.

### Cherry Nut Icing

In double boiler combine:

3 egg whites  
2¼ cups sugar  
¼ tsp. salt  
½ tsp. Cream of Tartar  
½ cup water

Beat 7 minutes with rotary beater or until it peaks. Cool. Blend in red food coloring. Spread icing on the layers, sprinkling ¼ cup chopped pecans on middle layer and ¼ cup chopped cherries on bottom and top layers. Decorate top and sides with icing, cherries and pecans.

*Mrs. Wayne Wood, Grand Chenier, La.*

\*\*\*

## FIVE FLAVOR CAKE

2 sticks butter or oleo  
½ cup vegetable shortening  
3 cups sugar  
5 eggs, well beaten  
3 cups flour  
½ tsp. baking powder  
1 cup milk  
1 tsp. each of coconut,  
rum, butter, lemon  
and vanilla extracts

Cream butter, shortening and sugar until light and fluffy. Add eggs and beat well. Combine flour and baking powder and add to creamed mixture 10 inch tube pan and bake at 325 degrees for 1½ hours. Cool in pan about 10 minutes before turning out on rack to cool.

*Mrs. Larry Dyson, Cameron, La.*

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## PERSIMMON CAKE

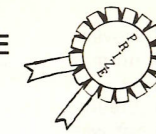
½ cup oleo  
2 cups sugar  
1 egg  
1-¾ cup sifted cake flour  
1 tsp. soda  
¼ tsp. salt  
1 tsp. cinnamon  
1 tsp. cloves  
1 cup dates or raisins, chopped  
1 cup pecans, chopped  
1 cup persimmon pulp

Cream oleo and sugar. Add egg and beat one minute. Sift flour, soda, salt, cinnamon and cloves and stir in dates and pecans. Heat persimmon pulp to boiling; add to creamed mixture, alternately with dry ingredients, beating well after each addition. Bake in two greased and floured pans at 375 degrees for 25-30 minutes, or in bundt pan for 45-60 minutes.

*Ethel L. Watts, Hackberry, La.*

## SOUR CREAM COFFEE CAKE

1 box Duncan Hines yellow cake mix  
¾ cup oil  
4 eggs  
¼ tsp. salt  
1 cup sour cream



3rd Place  
1974 Favorite Food Show

Beat eggs; add cake mix, sour cream, oil & salt. Beat 4 minutes. Pour layer of cake mix in greased & floured bundt pan. Top each layer with brown sugar mixture as follows:

4 tbsp. brown sugar  
2 tsp. cinnamon

Bake in 325 oven for 50 minutes.

*Mrs. Molena Skidmore, Cameron, La.*

\*\*\*

## FIG CAKE

1 cup sugar  
½ cup oil  
1 stick butter  
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 & eggs until creamed together. Add flour, soda and blend. Add water, cinnamon, vanilla & figs. Bake at 350 until top of cake springs back when touched.

*Mrs. Cleo Kelley, Cameron, La.*

\*\*\*

## FIG CAKE

2 cups plain flour  
1 tsp. salt  
1 tsp. soda  
1 tsp. ground cloves  
1 tsp. cinnamon  
1 tsp. nutmeg  
1½ cups sugar  
1 cup oil  
3 eggs  
1 cup buttermilk  
1 cup fig preserves, cut up  
1 cup chopped pecans  
1 tbsp. vanilla

Sift dry ingredients, mix, beat in oil, then eggs, then buttermilk, and vanilla. Stir in preserves and nuts. grease tube pan, flour and bake one hour at 325.

### Sauce

1 cup sugar  
1 tbsp. white karo syrup  
½ cup buttermilk  
1 stick oleo  
1 tsp. vanilla  
½ tsp. soda

Mix sauce and cook for 10 minutes. Pour hot sauce over cake while still in the tube pan and let it cool. It will slowly absorb. After 1½ hours, turn out on plate.

*Mrs. Mabel Saltzman, Cameron, La.*

\*\*\*

## HOLIDAY DATE NUT CAKE

4 eggs, unbeaten  
1 cup sugar  
½ cup salad oil  
1 tsp. salt  
1 cup sifted flour  
4 cups pecan halves  
1 pound pitted dates

Combine eggs, sugar and oil. Beat well. Add remaining ingredients. Place in greased and floured 9x5x3 loaf pan. Bake in slow oven 300 for 1 hour and 45 minutes to 2 hours. DO NOT PREHEAT OVEN. It must be started baking in a cool oven.

*Mrs. Charles Perry, Lake Charles, La.*

\*\*\*

## APPLE NUT CAKE

### Blend

2 cup sugar  
1½ cup wesson oil  
3 eggs

### Add

3 cup sifted flour  
3 cup diced, peeled apples  
1 cup chopped pecans  
1 tsp. soda  
1 tsp. vanilla  
1 tsp. salt

Pour into bundt pan and bake at 325 for 1½ hours.

*Mrs. Joyce Jones, Grand Chenier, La.*

\*\*\*

## BANANA CRUNCH CAKE

5 tbsp. butter  
1 pkg. coconut pecan frosting mix  
1 cup rolled oats  
1 cup dairy sour cream  
4 eggs  
2 large, very ripe bananas  
1 pkg. yellow cake mix

Preheat oven to 350. Grease and flour 10 inch tube pan. In saucepan, melt butter; etc. in frosting mix and rolled oats until crumbly; set aside. In large bowl, blend next 3 ingredients until smooth. Blend in cake mix; beat 2 minutes at medium speed. Pour 1/3 of batter (2 cups) into prepared pan. Sprinkle with 1/3 of crumb mixture. Bake 50 to 60 minutes after alternating the mixtures until all is used. Cook upright in pan 15 minutes before removing from pan. Turn cake so crumb mixture is on top.

*Mamie Richard, Grand Chenier, La.  
and Mrs. Mervin Chesson, Sweetlake, La.*

\*\*\*

## FRESH COCONUT CAKE

Cream together until smooth

1 cup butter  
2 cups sugar

Add and beat well after each

5 eggs

Sift together

2-¾ cup cake flour  
1 tsp. baking powder  
1 tsp. soda  
Dash of salt

Add alternately with

1 cup buttermilk  
1 tsp. vanilla extract  
½ to ¾ tsp. coconut extract

Bake in 3 or 4 greased and floured 9 inch pans at 350. Frost with Snow Peak Frosting.

### Snow Peak Frosting

1¼ cup white karo  
2 egg whites  
Dash salt  
1 tsp. vanilla

Beat egg whites until stiff. Add salt and karo that has been heated to a boil. Add karo slowly and beat until stiff. Add vanilla and frost. Frost with fresh coconut.

*Mrs. Irene Thrasher, Grand Chenier*



## COKE CAKE

2 cups flour  
2 cups sugar  
1 cup coke  
1 cup butter  
2 eggs  
3 tbsp. cocoa  
1½ cups miniature marshmallows  
½ cup butter  
1 tsp. soda  
1 tsp. vanilla

Sift flour and sugar together in a large bowl. Add marshmallows and set aside. Boil butter, cocoa and coke. Remove from fire and add to flour, sugar, marshmallow mixture. Mix well, but do not beat; stir in buttermilk with soda added. Add eggs and vanilla. Bake at 325 for 1 hour in greased and floured tube pan.

### Coke Icing

1 stick butter  
3 tbsp. cocoa  
6 tbsp. coke  
1 box confectioners sugar

Bring butter, cocoa and coke to a boil, then add confectioners sugar and beat until icing is smooth. Use to frost Coke Cake.

*Mrs. Jeanette Blake, Cameron, La.  
and Mrs. Arnold Scheicher, Egg Harbor, Wisc.*

\*\*\*

## OLD FASHIONED GINGERBREAD CAKE

½ cup sugar  
½ cup crisco  
1½ tsp. soda  
1 tsp. cinnamon  
1 tsp. ginger

½ tsp. cloves  
½ tsp. nutmeg  
1 egg  
1 cup (Steen) syrup  
1 cup hot water  
2½ cups flour  
1 cup pecans

Cream shortening and sugar, then add egg, syrup and hot water. Add dry ingredients. Bake in oblong pan which has been greased and floured at 350 degrees until done.

### Almond Sauce

Make sauce while the cake cooks.

½ cup lemon tootsie flavor rolls, cut up  
½ cup vanilla flavor rolls, cut up  
2 tbsp. sliced almonds  
1 tbsp. butter  
2 tbsp. water

Brown almonds in butter. Add candy and water, and heat stirring constantly until candy is melted and mixture is bubbly. Let cool slightly. Makes ½ cup sauce. Spoon over gingerbread to serve.

*Mrs. Ruby Boudoin, Cameron, La.*

\*\*\*

## QUICK PEACH CAKE

1 box yellow cake mix  
4 eggs  
½ cup cooking oil  
½ cup water  
1 15oz. can of peaches

Mix all ingredients and beat at medium speed for 2 minutes. Bake in 2 pans at 350 for 30 minutes. Drain about ½ juice from can of peaches and mash peaches. When cake is cool, spread mashed peaches between layers and frost with favorite frosting.

*Mrs. Mayo Cain, Klondike, La.*

## FROSTED FRUIT COCKTAIL CAKE

1 regular size can fruit cocktail  
2 eggs  
1½ cups sugar  
2 tbsp. salad oil  
½ tsp. salt  
2 tsp. soda  
2 cups flour

Combine all ingredients, stirring just enough to mix well. Bake in two layer pans which have been greased and floured. After pouring batter in pans, sprinkle with:

½ cup brown sugar  
½ cup nuts

Bake at 350 for 30-35 minutes.

### Icing

¾ cup sugar  
½ cup evaporated milk  
1 stick oleo  
1 can flaked coconut

Boil sugar, milk and oleo for 1 minute, then remove from heat. Add coconut and spread on cake while hot.

*Mrs. Wendell Murphy, Cameron, La.*

\*\*\*

## POPPY SEED CAKE

¼ cup poppy seeds  
1 cup buttermilk  
1 cup margarine  
1½ cups sugar  
4 eggs  
1 tsp. vanilla  
2½ cups flour  
½ tsp. salt

1 tsp. soda  
½ cup sugar  
1½ tbsp. cinnamon

Soak seeds in buttermilk 6 to 8 hours or overnight. Cream margarine, add sugar gradually and beat until fluffy. Add eggs one at a time, beating well after each. Add vanilla. Sift flour and salt and soda together. Add to sugar mixture alternately with buttermilk-poppy seed mixture. Blend well. Mix ½ cup sugar and cinnamon together. Grease bundt pan. Sprinkle part of sugar mixture over pan evenly. Put batter in layers, then sprinkle with sugar mixture. Bake at 350 for 50 minutes.

*Mrs. Martha Fontenot, Cameron, La.*

\*\*\*

## PHANTOMSGORIA CAKE

Angel Food Cake  
1 can condensed milk  
1 can frozen lemonade  
1 9oz. cool whip  
½ cup cherries  
½ cup Mandarin oranges

Slice cake into 5 layers with electric knife. Set aside, Mix condensed milk, lemonade and cool whip. Place in refrigerator for 15 minutes. Place this mixture between layers of angel food cake and decorate with cherries and oranges.

*Katy Elmer, Grand Chenier, La.*

\*\*\*

## SPICE CAKE

3½ cups sifted cake flour  
3 tsp. baking powder  
½ tsp. salt  
2 tsp. cinnamon  
2 tsp. ground cloves  
2 tsp. nutmeg  
1 cup butter  
2¼ cups dark brown sugar, well packed  
6 eggs, unbeaten  
1 cup milk  
1/3 cup sweet wine  
Confectioners sugar

Sift together first 6 ingredients. Cream butter while gradually adding brown sugar with electric mixer at medium speed. Beat until well blended. Add eggs, one at a time, beating after each. Add alternately flour mixture and liquids (milk and wine) beginning and ending with flour, beating until just mixed. Pour into a greased and floured bundt or tube pan. Bake 1 hour and 20 minutes at 300. Cook cake in pan for 15 minutes. Dust with confectioners sugar.

*Mrs. John Prescott, Johnson Bayou, La.*

\*\*\*

## MOTHER'S JAM CAKE

Cream  
1 stick oleo  
1 cup sugar  
Add  
3 eggs  
1 cup jelly, jam or figs

Then  
1 cup chopped pecans  
½ cup milk  
2 cups flour  
½ tsp. salt  
1 tsp. soda  
1 tsp. cinnamon  
1 tsp. cloves  
1 tsp. nutmeg

Mix well. Pour into greased and floured loaf pan. Bake at 325 for 1 hour and 20 minutes or longer if needed.

*Mrs. Wayne Wood, Grand Chenier, La.*

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## CHERRY JELLO ICING

- 1 pkg. Cherry Jello
- 1/2 cup water
- 3/4 cup sugar
- 1 tsp. gelatin (unflavored)
- 1 small can crushed pineapple
- 1 pkg. dream whip
- 1 angel food cake  
or other cake of choice

In saucepan, combine jello, water, sugar, unflavored gelatin and pineapple. Let boil 10 to 15 minutes. Put in refrigerator until mixture begins to jell. Whip the dream whip and fold into gelatin mixture. Frost desired cake.

*Mrs. Charles A. Rogers, Cameron, La.*

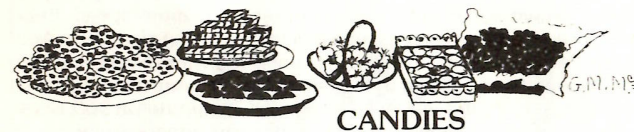
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## YAM CAKE

- 1 cup oleo
- 1/2 tsp. butter extract
- 2 cups sugar
- 2 1/2 cups mashed cooked yams
- 4 eggs
- 3 cups flour
- 1/4 tsp. salt
- 2 tsp. baking powder
- 1 tsp. soda
- 1/2 tsp. ground nutmeg
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- 1 tsp. lemon extract
- 1/2 cup chopped nuts
- 1/2 cup flaked coconut
- Dream Whip

Cream oleo. Add butter extract and sugar; add yams and beat until mixture is light and fluffy. Add eggs, one at a time, beating well after each addition. Combine flour, salt, baking powder, soda, nutmeg and cinnamon. Stir into the creamed mixture. Add vanilla and lemon extracts and mix well. Stir in nuts and coconut. Spread batter in three greased and floured 9 inch cake pans. Bake in a 350 oven for 35 minutes. Cook cake well. Spread Dream Whip between each layer and on top. Garnish with whole or chopped nuts.

*Pamela Duhon, Grand Lake, La.*



CANDIES

## COCOA FUDGE

- 2/3 cups Hersheys cocoa
- 3 cups sugar
- 1 1/2 cups milk
- 1/4 tsp. salt
- 1/4 cup butter
- 1 tsp. vanilla
- 2 cups pecans

Combine sugar, cocoa, and salt in a large saucepan (3 quart pot). Add milk gradually. Mix thoroughly, bring to a bubbly boil on high heat, stirring constantly. Reduce heat to medium and continue to boil the mixture without stirring until a small amount forms a soft ball when dropped in cold water. Remove from heat and add butter and vanilla. Let set about 15 minutes. Add pecans. Beat until fudge loses gloss. Pour and spread in buttered pans. Cut in squares when cool.

*Mamie Richard, Grand Chenier, La.*

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## BUTTERMILK FUDGE

- 1 cup buttermilk
- 2 cups white sugar

- 2 tbsp. white karo syrup
- 2 cups chopped pecans
- 1 tsp. soda
- 1 1/2 stick oleo
- 1 tsp. vanilla

Dissolve soda in buttermilk combine sugar, syrup and oleo over low heat, add buttermilk, stirring well cook over medium heat to the hard boil stage, stirring occasionally. Add vanilla and remove from heat and beat until mixture begins to harden. Add nuts. Pour in a 9x9 pan and cut into square. It takes a long cooking to bring to hard boil stage.

*Mrs. Isaac Fontenot, Grand Lake, La.*

\*\*\*

## JELLO BALLS

- 5 pkgs. dry jello
- 1 can condensed milk
- 1 7oz. angel flake coconut
- 2 cups chopped pecan

Mix together all ingredients. Form in small balls and roll in granulated sugar.

*A Good Cook*

\*\*\*

## CANDY LOUISE

- 1 8oz. box coconut or  
2 1/2 cups fresh coconut
- 2 cups pecans
- 1/2 pound candied cherries, cut up
- 1 8oz. pkg. dates, cut up
- 1 can condensed milk

Mix all ingredients and place in buttered baking dish. Bake at 300 for 1 hour. Cool and cut in squares. Refrigerate.

*Mrs. Charles A. Rogers, Cameron, La.*

# Southwest Louisiana Bankers

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## TAFFY

- 2-3 cups of sugar
- Enough vinegar to dampen sugar
- 1 cup water

Cook until mixture forms a hard ball in tap water. Pour into buttered dish. Let cool until you can handle with buttered hands. Take a small amount and pull; add a little more taffy as you pull. Pull until snow white.

**Note:** This recipe is from my grandmother, Mrs. Fred M. Cummings. As a child I remember the contest we had with friends in her home.

*Mrs. Larry McNease, Grand Chenier, La.*

\*\*\*

## PANOCHA

- 1 tbsp. butter
- 1 1/2 cups brown sugar
- 1 1/2 cups white sugar
- 1/8 tsp. salt
- 1 cup cream or undiluted  
evaporated milk
- 1 tsp. vanilla
- 2/3 cups nuts, coarsely chopped

Put the butter in a deep saucepan. Grease the sides of the pan. Put sugars, salt and cream into the saucepan. Heat over low flame. Stir until sugar dissolves. Cover pan until boiling is rapid enough to keep sugar crystals from forming on side. Cook to 265 F. or until a soft ball forms in water. Remove from heat. Cool, without jarring until only lukewarm. (110F.) Add vanilla and beat until candy loses its gloss. Stir in nuts and pour into a buttered pan. Cut into squares. Now you are finished making this candy. Hope it taste as good as it looks. GOOD LUCK!!!

*Elizabeth Lou Richard*

\*\*\*

*Candy is dandy . . .  
-Ogden Nash*

\*\*\*

## UNCLE JOE'S FUDGE

- 1 cup evaporated milk
- 3 cups sugar
- 3/4 stick butter
- 6 oz. chocolate chips
- 1 jar 7 oz. marshmallow cream
- 1-3 cups toasted peanuts
- 1 tsp. vanilla flavoring

Combine evaporated milk, sugar, and butter. Bring to a soft ball stirring constantly. Remove from heat and stir in the remaining ingredients until well blended. Pour in well buttered 13x9 glass pans.

*Mrs. John Theriot, Creole, La.*

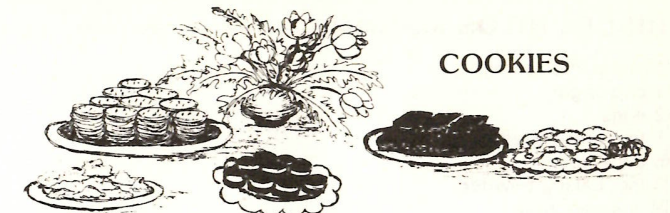
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## HAWAIIAN FUDGE

- 2 1/2 cups sugar
- 1 cup rich milk or cream
- 1 small can crushed pineapple drained
- 1 cup pecans
- Few drops green food coloring

In large saucepan combine sugar, milk or cream and pineapple. Bring to a boil over medium heat and cook until mixture reaches the soft ball stage. Remove from heat and add pecans and coloring. Let cool slightly, then beat until creamy. Pour into greased loaf pan. Cool and cut into squares.

*Mrs. Martin Hebert, Grand Lake, La.*



COOKIES

## HEY! DOLLIE COOKIES

- 1 block margarine. Melt in 9"x12" square pan.

**Arrange following in layers**

- 1 cup crushed graham crackers
- 1 cup chopped pecans (desired type)
- 1 cup flake coconut
- 1 cup chocolate chips

Pour over top 1 can condensed milk. Bake in 375 degree oven 20-25 minutes or until chewy.

*Barbara Boudoin, Cameron, La.*

\*\*\*

## FUDGE SCOTCH SQUARES

Preheat oven at 350 F

**Blend**

- 1 1/2 cup graham cracker crumbs
- 1 cup Borden Eagle Brand  
Condensed milk
- 1 pkg. chocolate chips
- 1 pkg. butterscotch morsels
- 1 cup chopped pecans

Mix well and press mixture into a well-greased 9" square pan. Bake 30-35 minutes. Cut into squares and serve.

*Mrs. John Conner, Cameron, La.*

\*\*\*

## VERSATILE DROP COOKIES

- 1 cup shortening
- 1 1/2 cups sugar
- 2 eggs
- 4 cups sifted flour
- 1/4 tsp. salt
- 1 tsp. cream of tartar
- 1 tsp. soda
- 1 cup milk
- 1 tsp. vanilla

Blend shortening, sugar, eggs. Stir in combined dry ingredients alternately with milk and vanilla. Divide dough into 4 equal parts and vary each part as follows:

**1st part** - Leave one part plain or stir in 1 tsp. cinnamon, 1/2 tsp. nutmeg, add 1/2 tsp. ginger to make spice drops.

**2nd part** - Add 1 cup chopped nuts, dates or seedless raisins.

**3rd part** - Add 1 pkg. (6 oz.) semi-sweet chocolate pieces.

**4th part** - Add 1/2 tsp. cinnamon and one square unsweetened chocolate, melted

Drop batter from teaspoon onto baking sheet rubbed with shortening. Bake at 375 for 10-12 minutes. Makes 8 dozen cookies. This recipe is great for families with children who all like different kinds of cookies. It was given to me by Mrs. La Verna Vickers of Lake Charles.

*Mrs. Guthrie Perry, Grand Chenier, La.*

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## APRICOT BALLS

- 2 cups dried uncooked apricots, ground
- 1 cup pecans, chopped fine
- 1 1/2 cup sugar
- 4 tbsp. orange juice
- Grated rind of 1 orange

Mix all ingredients, roll into small balls. Roll in granulated sugar.

*Mrs. John Prescott, Johnson Bayou, La.*

### BISCOCHITOS (cookies)

1½ cup shortening  
1 cup sugar  
2 eggs  
1 tsp. anise seed (ground)  
5 cups flour  
3 tsp. baking powder  
½ cup red wine  
1 tsp. vanilla  
½ tsp. salt

Cream sugar, shortening and eggs. Add anise seed, red wine and vanilla. Add remaining ingredients. Roll and cut with cookie cutter. Either dip in mixture of cinnamon and sugar, or put cinnamon-sugar mixture in salt shaker and sprinkle over cookies. Bake at 350.

*Mrs. Ray Dimas, Creole, La.*

\*\*\*

### CHOCOLATE CHIP FOOD SHOW COOKIES

2 cup cooking oil  
1½ cup white sugar  
1½ cup dark brown sugar  
3 eggs  
5 cup flour  
1½ tsp. soda  
1½ tsp. salt  
1½ cup chopped nuts  
2 6oz. bags milk chocolate chips  
1 6oz. bag semi-sweet chocolate chips

Mix together cooking oil, white sugar, brown sugar, eggs, and vanilla. Stir until mixed well. Sift in flour, soda, and salt. Mix well again. Then add nuts and chips. Drop by big tablespoons. Bake at 375 to 8-15 minutes on greased sheet.

*Mrs. Glenn Duddleston, Cameron, La.*

\*\*\*

### PECAN LADIES

2/3 cup shortening  
1¼ cup brown sugar  
1 egg  
1 tsp. vanilla  
1¼ cup all-purpose flour  
¼ tsp. baking soda  
¼ tsp. salt  
1 cup chopped pecans

Cream shortening and sugar. Add egg and vanilla; mix well. Sift flour with soda and salt; add to creamed mixture. Stir in nuts. Drop by teaspoons on ungreased sheet. Bake at 375 for 8-10 minutes. Yield 4 dozen.

*Mrs. Gary Kelly, Cameron, La.*

### SNAPPY TURTLE COOKIES

#### Sift together

1½ cup sifted flour  
¼ tsp. soda  
¼ tsp. salt

#### Cream

½ cup butter or margarine; add gradually,  
½ cup firmly packed brown sugar, creaming well

#### Add

1 egg and  
1 egg yolk; beat well. (Reserve white)

#### Blend

¼ tsp. vanilla  
1/8 tsp. maple flavoring, if desired

#### Add

dry ingredients gradually; mix thoroughly. (Dough will be soft. Chill, if desired.)

#### Arrange

Split pecan halves in groups of three or five on greased baking sheets to resemble head and legs of a turtle.

#### Mold

Dough into balls; dip bottoms into unbeaten egg white and press lightly onto nuts. Use a rounded teaspoonful of dough for each, so tips of nuts will show when cookie is baked.

#### Bake

In moderate oven (350) for 10-12 minutes. Do not overbake. Cool and frost tops generously with the following

#### Chocolate Frosting

Combine 2 squares (2 oz.) chocolate or 1/3 cup semi-sweet chocolate pieces, ¼ cup milk and 1 tbsp. butter or margarine in top of double boiler. Heat over boiling water until chocolate melts; blend until smooth. Remove from heat; add 1 cup sifted confectioners sugar. Beat until smooth and glossy. If too thin, add additional confectioners sugar until of desired consistency.

\* Not to be confused with "turtles" brand candies.

*Mrs. Ina Morazan, New Orleans, La.*

\*\*\*

### NO BAKE PEANUT BUTTER COOKIES

¼ lb. parafin wax  
1 cup peanut butter  
1 cup powdered sugar  
2 tbsp. butter  
1½ cup Rice Krispies  
1 pkg. chocolate chips

Combine peanut butter, powdered sugar and butter. Mix well. Add rice krispies and mix with hand and shape into balls. Melt chocolate and wax in double boiler and dip balls into this. Cool on wax paper.

*Lisa C. Murphy, Grand Chenier, La.*

\*\*\*

### OATMEAL MACAROONS

1 cup shortening  
1 cup brown sugar  
1 cup granulated sugar  
½ tsp. vanilla  
2 eggs  
1 2/3 cup flour  
1 tsp. soda  
1 tsp. cinnamon  
½ tsp. nutmeg  
3 cups rolled oats  
½ cup nuts

Mix thoroughly shortening, sugars, vanilla and eggs. Sift together flour, soda, cinnamon and nutmeg and add to other mixture. Fold in rolled oats and nuts. Drop by teaspoonfuls (demitase) onto greased cookie sheet. Bake at 350 10-15 minutes. Yield 4 dozen.

*Mrs. Jerry Jones, Cameron, La.*

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COMPLIMENTS OF

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## CRISP COCONUT OATMEAL PECAN COOKIES

½ cup shortening  
 ½ cup brown sugar  
 ½ cup white sugar  
 1 egg  
 1 tsp. vanilla  
 1 cup flour  
 ½ tsp. baking powder  
 ½ tsp. salt  
 ½ tsp. soda  
 1 tsp. almond flavoring  
 1 ¼ cup coconut  
 1 cup oatmeal  
 Pecans-whatever amount you wish.

Use electric mixer to cream shortening and sugars. Add eggs and flavoring, mix well. Add sifted dry ingredients in a large container. Mix the oatmeal, coconut and pecans in another container. Add this mixture to the other mixture, mixing well. Drop by teaspoon on a greased cookie sheet an inch or so apart. Flatten slightly with the back of a tablespoon. Bake at 375 for 12 to 15 minutes. Remove from oven and place on rack to cool. After 5 minutes, carefully remove cookies from the baking sheet with spatula. After they are cool, store in cookie jars or closed containers. Yield 24. We use to enjoy these cookies Mom made from Mrs. P.G. Williams' recipe.

*Mrs. Arceneau January, Jr., Cameron, La.*

\*\*\*

## MERINGUE BARS

½ cup butter or margarine  
 ½ cup sifted confectioners sugar  
 2 eggs, separated  
 1 ¼ cup unsifted flour, fork-stir  
 to aerate before measuring  
 ¾ cup currant jelly  
 ½ cup granulated sugar  
 ¼ tsp. cinnamon  
 ¾ cup finely chopped pecans

In a medium mixing bowl cream butter and confectioners sugar; blend in egg yolks. Gradually add flour. Spread mixture evenly in bottom of ungreased baking pan (13x9x2). Bake in preheated 350 oven for 10 minutes. Meanwhile, beat jelly with a fork to break up. In a small bowl with clean beaters, beat egg whites until stiff; blend in granulated sugar, 2 tsp. at a time, until meringue is stiff, is glossy, and holds peaks; add cinnamon. Fold in pecans. Spread jelly on hot baked crust. Drop meringue by heaping tbsp. on jelly, spacing the spoonfuls about an inch apart. Very carefully spread meringue to cover jelly. Return to oven and continue baking until topping is slightly browned-about 25 minutes. Cool in pan on wire rack. Cut into 24 bars. Meringue will crack.

*Mrs. Ronald David, Klondike, La.*

\*\*\*

## DATE COOKIES

½ cup margarine  
 ½ cup brown sugar  
 1 egg  
 ½ tsp. vanilla  
 1 tsp. soda  
 1 cup chopped nuts  
 1-¾ cup flour

### Filling

Cook until mushy:  
 1 pound dates  
 ½ cup water  
 ½ cup sugar

Cream margarine; add brown sugar and egg, cream together. Add vanilla. Add soda and flour. Add nuts. This is a very stiff dough. Divide dough in half and roll each portion out. Chill dough slightly and roll out like jelly roll. Put filling on dough and roll like jelly roll. Chill or freeze before slicing. Bake on ungreased cookie sheet at 400 until brown. Figs may be substituted for dates.

*Mrs. Nathan Demarest, Grand Lake, La.*



## DESSERTS

### APPLE SUMPIN

½ cup butter or margarine, softened  
 1 pkg. yellow cake mix  
 ½ cup flaked coconut  
 1 can (20 oz.) pie sliced apples, well drained or  
 2½ cups sliced pared baking apples  
 ½ cup sugar  
 1 tsp. cinnamon  
 1 cup dairy sour cream  
 2 egg yolks or 1 egg

Heat oven to 350 degrees. Cut butter into cake mix (dry) until crumbly. Mix in coconut. Pat mixture lightly into ungreased oblong pan, 13x9x2 inches, building up slight edges. Bake 10 minutes. Arrange apple slices on warm crust. Mix sugar and cinnamon; sprinkle on apples. Blend sour cream and egg yolks, drizzle over apples. (Topping will not completely cover apples). Bake 25 minutes or until edges are light brown. (Do not over bake). Serve warm. 12 to 15 servings. Suggestions: Any well-drained fruit may be substituted.

*Mrs. Bryan Richard, Cameron, La.*

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### PEACH CRUNCH

3 cups peaches  
 ¼ cup brown sugar  
 ½ tsp. cinnamon  
 1 cup sifted flour  
 1 cup sugar  
 1 tsp. baking powder  
 ¼ tsp. salt  
 1 well beaten egg  
 ½ cup melted oleo

Place peaches in an ungreased 9" baking dish. Sprinkle with mixture of brown sugar, flour and cinnamon. To prepare topping, sift flour, sugar, baking powder and salt. Add to beaten egg.

*Katy Elmer, Grand Chenier, La.*

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### STRAWBERRY DELIGHT

1 Angelfood cake  
 1 large pkg. strawberry jello  
 (let set until thick as egg white)  
 2 large pkg. cool whip  
 2 large pkg. frozen strawberries

Break cake in small pieces and put in bottom of pan. Mix strawberry and half of cool whip and jello all together and pour over broken cake. Top with rest of cool whip. Set in refrigerator until ready to use. Cut in squares.

*Mamie Richard, Grand Chenier, La.*

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### STRAWBERRY DESSERT

1 family size strawberry jello  
 1½ cup boiling water  
 1 small can crushed pineapple  
 1 1lb. pkg. thawed strawberries  
 3 sliced bananas

Dissolve gelatin in water. Add fruit. Pour half of mixture in dish. Place in refrigerator to congeal. Spread carton of sour cream over mixture and pour other half of gelatin over top and return to refrigerator to congeal.

*Hattie Nunez, Cameron, La.*

### APPLE CRISP

1 can (1 lb. 4 oz.) pie-sliced apples  
 1 tbsp. lemon juice  
 1 cup brown sugar  
 ½ tsp. cinnamon  
 ¼ tsp. salt  
 ¾ cup flour  
 6 tbsp. butter or margarine  
 ½ cup chopped pecans

Combine apples, lemon juice ½ cup sugar, cinnamon and salt in buttered shallow baking dish. Mix flour and remaining sugar. Cut in butter until mixture is crumbly. Stir in pecans. Sprinkle over apple mixture. Bake at 350 for 30 minutes. Serve warm topped with whipped cream or other topping. Serves 6.

*Patsy Granger, Jennings, La.*

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### REFRIGERATOR DESSERT PINEAPPLE SUPREME

1 can crushed pineapple  
 1 pint whipping cream  
 1 cup chopped pecans  
 1 pkg. marshmallows  
 Approximately 24 graham crackers

Crush graham crackers fine to make bottom layer. Place in bottom of 9x9 glass pyrex serving dish - set aside. Drain pineapple juice over marshmallows in top of double boiler, stir over medium heat until marshmallows are melted. Place in refrigerator to cool. Mix whipping cream in blender. When cream is whipped add crushed pineapple and blend. Add this mixture and ¾ cup chopped nuts to marshmallows and fold. Pour over graham cracker crumbs, sprinkle top with remainder of chopped nuts, refrigerate about 4 hours before serving.

*Mrs. John D. Bailey, Creole, La.*

### STRAWBERRY TORTE

1 flaky pie crust  
 1 single flat crust (no sides)  
 ½ pint whipping cream  
 2 pkgs. frozen strawberries (Large size)

Place a layer of sweetened crushed strawberries in crust, add layer of whipped cream. Put single crust on this layer and add another layer of strawberries and layer of whipped cream. Garnish with whole strawberries. Set in freezer 1 hour before serving. This recipe comes from my collection during my Home Economics teaching days. One of the student - teachers from McNeese demonstrated this dessert for her foods class. A good do ahead recipe.

*Mrs. Jerry Jones, Cameron, La.*

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### SHERBERT EN SURPRISE

Orange Sherbert  
 Orange Sauce

#### Recipe for Sauce

1 11oz. can Mandarin oranges  
 2 tsp. flour

Drain liquid from orange segments. Chill orange segments. Heat liquid and thicken with flour. (To prevent chances of lumps - reserve some liquid mix with flour to make a thin paste - add gradually to heated liquid. Cook till consistency of ice cream sauce or syrup. Chill. Scoop orange sherbert into fruit compotes (Stemmed Crystal ones will make the simple dessert more elegant) Arrange orange segments around sherbert mound and rim of compote. Add rest of orange segments to sauce and pour over sherbert. Good after a heavy meal.

*Mrs. Jerry Jones, Cameron, La.*

COMPLIMENTS OF

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## APPLE CRUNCH

1 can apple pie filling  
1 tsp. cinnamon  
1 pkg. white cake mix  
½ cup chopped nuts (if desired)  
½ cup (1 stick) melted butter or margarine

Pour pie filling in bottom of 9" square pan. Sprinkle with cinnamon. Combine dry cake mix, nuts and melted butter. Mixture will be crumbly. Sprinkle over pie filling. Bake at 350 for 40 to 50 minutes until golden brown. Serve with ice cream. If cake mix is too much, about ¾ of package may be enough. Sizes of mixes vary.

*Mrs. Rosalie Perry, Grand Chenier, La.*

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## PEACH JUBILEE

2 fresh peaches  
1 tbsp. lemon juice  
2 tbsp. sugar  
2 tbsp. water  
1 tbsp. kirsch

Peel and slice peaches. Mix in lemon juice and sugar. Heat peaches and water in a saucepan, using medium low heat, let simmer for about 15 minutes. Flame with kirsch and serve. If canned peaches are used simply warm and flame with kirsch and serve. Total time of preparation 20 minutes.

*Mrs. Jerry Jones, Cameron, La.*

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## PEACH COBLER

1 stick butter  
1 large can peaches  
1 cup flour  
1 cup sugar  
1 tsp. baking powder  
Pinch salt  
½ cup evaporated milk  
½ cup milk

Melt stick of butter in pan, add peaches. Mix flour, sugar, baking powder, salt, milk together. Pour mixture into peaches and butter. Bake 350 degrees until brown on top. (This recipe was given to me by Mrs. Harold Priestley of Perryville, La.)

*Rosalie Perry, Grand Chenier, La.*

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## PARFAY JELLO

1 pkg. jello (your flavor)  
1 can fruit cocktail  
1 pt. whipping cream

Prepare jello as on package except use fruit cocktail juice as part of cold water. When jello is about set fold in fruit cocktail and whipped cream.

*C.A. Mhire, Grand Chenier, La. 4-H Member*

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## CREAM CHEESE AT LA FRUIT

1 8oz. pkg. cream cheese  
1 can fruit cocktail, drained (17 oz. can)

Mix cream cheese until smooth. Add Fruit Cocktail and mix well. Chill and serve. Serve 4.

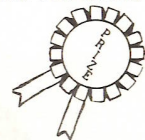
*Darlene Taylor, Sweetlake, La.*

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## CREPES PUERTORRIQUENOS

1 pkg. (3 oz.) creamcheese  
6 tbsp. coconut cream  
1 tsp. grated orange rind  
8 thin pancakes 6 to 7 inches

*3rd Place  
1974 Favorite Food Show*



½ cup orange or pineapple juice  
1 tbsp. cornstarch  
1 tbsp. butter

Blend creamcheese with 2 tbsp. of coconut cream and orange rind. Spread on pancakes, roll up and place in shallow dish. Heat in 400 degrees oven for 10 minutes. Meanwhile combine remaining coconut cream, orange juice, cornstarch and butter. Cook over low heat until thickened and clear, stirring constantly. Add to hot crepes.

*Cleo Kelley, Cameron, La.*

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## DESSERT DUMPLINGS

2/3 cup sifted flour  
2 tbsp. sugar  
3/4 tsp. baking powder  
½ tsp. salt  
1 tbsp. butter  
1 egg beaten  
1 tbsp. milk  
¼ tsp. vanilla  
Dessert Sauce

Sift together flour, sugar, baking powder and salt into a bowl. Cut in butter. Add egg, milk and vanilla and mix until moistened. Bring prepared Dessert Sauce recipe to a boil. Drop dumpling mixture into boiling sauce making 8 dumplings. Cover. Reduce heat to low. Cool for 20 minutes. Do not remove cover for 20 minutes. Do not remove cover during period.

### Cherry Sauce

Drain 1 jar maraschino cherries reserving ½ cup juice. Chop cherries and set aside. Combine ½ cup sugar, 3 tbsp. cornstarch and ¼ tsp. salt in a 10 inch skillet. Gradually stir in ½ cup cherry juice and 1½ cups water. Add cherries, ¼ cup butter, 1 tbsp. lemon juice, ½ tsp. almond flavoring, ½ tsp. grated lemon rind and 3 drops red food coloring. Bring to a boil, stirring constantly. Reduce heat; simmer 1 minute. Set aside. Prepare dumplings.

### Orange Sauce

Combine ¼ cup sugar, 4 tsp. cornstarch and dash salt in a 10 inch skillet. Stir in 1¼ cup reconstituted frozen orange juice, ½ cup water, 1 tbsp. butter and ½ tsp. grated orange rind. Bring to a boil, stirring constantly. Reduce heat, simmer 2 minutes. Set aside. Prepare dumplings.

### Chocolate Sauce

Melt 1 (1 oz.) square unsweetened chocolate with 1½ cups water and 1 tbsp. butter in a 10 inch skillet and bring to a boil. Combine 1 cup sugar, 1 tsp. cornstarch and ½ tsp. salt. Gradually stir into boiling chocolate mixture. Add ¼ tsp. vanilla. Reduce heat and simmer for 2 minutes. Set aside. Prepare dumplings.

*Mrs. Larry Dyson, Cameron, La.*

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## BREAD PUDDING

8 slices of bread  
4 cups milk  
4 egg yolks  
1 egg white  
1 cup evaporated milk  
1 tbsp. vanilla  
1½ cups sugar  
½ stick oleo

Soak bread in warm milk, Beat in egg yolk and 1 egg white. Gradually add evaporated milk, vanilla and sugar. Add bread, milk and oleo. Bake at 300 degrees for 30 minutes.

### Meringue

3 egg whites  
1 tsp. vanilla  
6 tbsp. sugar

Beat egg whites until fluffy, not stiff. Put on pudding and bake at 325 until brown.

*Hilda Henry, Cameron, La.*

## LEMON CHEESECAKE

2 tbsp. oleo  
½ box graham crackers, crushed  
1 8oz. cream cheese  
1½ cup sugar  
1 tall can cream  
1/3 cup lemon juice  
1 3oz. lemon jello  
1 cup hot water

Dissolve jello in hot water. Cool in refrigerator until syrupy. Cream sugar and cream cheese together. Add to jello. Whip can cream until thick — adding lemon juice. Mix all together. Melt oleo in 9x13 inch cake pan. Sprinkle cracker crumbs over bottom. Add filling and top with more crumbs. Set in refrigerator

*Mrs. Gary Kelley, Cameron, La.*

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## DESSERT CASSEROLE

1 cup butter  
1 egg yolk  
1 cup sugar  
1 large can crushed pineapple (drained)  
save juice  
1 cup chopped pecans  
1 lb. vanilla wafers  
½ pt. whipping cream

Cream butter and sugar thoroughly with electric mixer. Put in pineapple juice and beat well. Add well beaten egg yolk and beat more. Add nuts and pineapple. Place a layer of vanilla wafers in casserole and layer of mixture. Put in refrigerator overnight and coat with whipping cream next day. A "make ahead" dessert - very tasty.

*Mrs. James S. Henry, Jr., Cameron, La.*

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## BREAD PUDDING

1¼ cup sugar  
9 slices white bread  
1 tall can evaporated milk  
2 cups milk  
1 tsp. vanilla  
4 egg yolks  
1/3 cup melted butter  
4 egg whites

Break bread into small pieces. Place in mixing bowl with 1 cup sugar, evaporated milk, 2 cups milk, vanilla, egg yolks, and melted butter. Let stand about 1 hour. Mix well and pour into 10x8x2 size baking pan. Bake in preheated oven 450 degrees for 15 minutes. Remove and make meringue. Beat egg whites with ¼ cup sugar until stiff. Cover pudding with meringue and rebake for 3 to 4 minutes until meringue is golden. May be served with rum sauce if desired.

### Rum Sauce

1 cup carnation milk  
1 cup fresh milk  
1 cup sugar  
1½ tsp. cornstarch  
3 tbsp. butter  
2 oz. rum  
3 or 4 drops food coloring

In a double boiler put milk, sugar and butter. When hot dissolve cornstarch in a little water and add to hot milk. Stir until thick. Remove from fire, then add Rum and food coloring.

*Mrs. Roy F. Hebert, Cameron, La.*

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## BREAD PUDDING

3 cups scalded milk  
½ cup butter  
7 eggs (yolks slightly beaten)  
1 cup sugar

½ tsp. salt  
1 tsp. almond flavoring  
12 slices bread, broken up in pieces  
1 cup raisins

Beat eggs and sugar. Add salt and almond flavoring. Stir milk slowly into egg and sugar mixture. Put broken bread and raisins in baking dish; pour milk mixture over; stir gently to moisten bread. Cut butter in bits and scatter all over top of bread mixture. Bake at 350 degrees for 40 to 45 minutes or until firm. Beat 7 egg whites with 1 cup of sugar until stiff, and a few drops of almond flavor, spread on top of cooked pudding and let brown about 1 minute. Serve warm or cold.

*Mrs. Mildredge Broussard, Grand Chenier, La.*

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## SWEET POTATO DELIGHT

3 cup mashed sweet potatoes  
1 cup white sugar  
½ tsp. salt  
1/3 cup melted margarine  
2 eggs  
½ cup milk  
1 tsp. vanilla

Mix and put in casserole. Top with the following ingredients and bake 20-25 minutes.

### Topping (Mix together)

1/3 stick melted margarine  
1 cup chopped pecans  
1 cup coconut  
1 cup brown sugar  
1/3 cup flour

*Mrs. Joyce Jones, Grand Chenier, La.*

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## FIG BARS

1 cup sugar  
½ cup butter or shortening  
1 egg  
½ cup milk  
½ tsp. baking powder  
½ tsp. lemon  
½ tsp. soda  
4 cups flour

Let dough chill for 1 hour. Cream sugar, butter and eggs. Add milk. Add flour, baking powder and soda. Divide dough in three parts. Roll dough out. Put in greased 9" by 12" pan. Bake in 350 oven. When cooked, take out of pan. Roll out another dough and place in same pan, then put drained figs over dough. Put a layer of cooked dough and fig over the top, then another layer of raw dough. Cook until light brown.

Mrs. Margie Savoie, Grand Lake, La.

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## BANANA SPLIT DESSERT

Sweepstake Winner  
1974 Favorite Food Show

Arrange the following layers in a 13-9-2 pan or in dessert glasses.

**1st layer** — 1 stick melted oleo, ½ cup powdered sugar and 2 cups graham cracker crumbs. (Mixed together)

**2nd layer** — 2 egg whites, 1 stick soft oleo and 2 cups powdered sugar. (Beat 10 minutes with mixer).

**3rd layer** — 1 large can (drained well) crush pineapple.

**4th layer** — Slice 4 bananas lengthwise and cover 3rd layer. Bananas should be sliced thin.

**5th layer** — Spread 1 Cool Whip (9 oz.) over bananas. Sprinkle with 1 cup chopped pecans.

Refrigerate until serving time. Can be served in 15 minutes. Serves 8 to 10 persons.

Mrs. Wayne Wood, Hackberry, La.

## BLACKBERRY DROP DUMPLINGS

Cook 3 quarts fresh blackberries in 6 cups sugar and 1 cup water for 45 minutes. (Must be juicy). Remove from fire but do not cool. Mix

½ cup butter  
1 cup sugar  
3 eggs  
½ cup milk  
1 tsp. baking powder  
2 cups flour

Return berries to fire on medium heat. Drop dough mixture by spoonful into berry mixture (so they don't touch each other). Let simmer until each ball of dough is cooked. Lift out each ball and arrange on a platter. Keep dropping more spoonfuls of dough and lifting out until all the dough is used up. Pour some of the berries over each ball. Add sauce if desired. This is a very old recipe.

Mrs. Mildredge Broussard, Grand Chenier, La.

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## RICE PUDDING

2 eggs  
2 cups milk  
1 ¼ cups cold, cooked rice  
1 cup seedless raisins  
½ cup sugar  
¼ tsp. salt  
1 tsp. vanilla extract  
Dash of ground cinnamon and nutmeg

Beat eggs until light and thick, and add to milk. Lightly mix in the other ingredients. Place in a buttered 1 ½ quart casserole. Bake in a shallow pan of water at 350 degrees for 1 hour, or until mixture is firm. Yield: 6 servings.

Mrs. Mildredge Broussard, Grand Chenier, La.

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## FRENCH STRAWBERRY TORTE

1 ½ cups bisquick  
1 ½ cups granulated sugar  
1 egg  
½ cup milk  
2 tbsp. shortening or oil  
1 tsp. vanilla  
1 cup chilled whipping cream  
¼ cup confectioners sugar  
2 ½ cups halved fresh strawberries  
Strawberry Glace'

Heat oven to 350 degrees. Blend baking mix, granulated sugar, egg, milk, shortening and vanilla in large mixer bowl on low speed ½ minute, scraping bowl frequently. Beat 4 minutes medium speed. Pour batter into greased and floured round layer pan, 9x1 ½ inches. Bake 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes. Remove from pan and cool. Beat cream and confectioners sugar in chilled bowl until stiff. Form edge around top and base of cake with whipped cream in decorators' tube. Arrange strawberries on top of cake; pour strawberry Glace' over strawberries. Refrigerate.

### Strawberry Glace'

1 cup fresh strawberries  
½ cup water  
½ cup sugar  
2 tbsp. cornstarch  
2 tbsp. water  
Red food coloring

Combine strawberries and ½ cup water in small saucepan. Simmer about 3 minutes or until berries begin to breakup. Blend sugar, cornstarch and water 1 tbsp. and stir into hot strawberry mixture. Cook stirring constantly, until mixture thickens and boils. Boil and stir for 1 minute. Stir in food color. Cool.

Carolyn Gibbs, Sweet Lake, La.

## EGG CUSTARD

3 eggs  
1/3 cup sugar  
¼ tsp. salt  
2 cups milk  
Preheat oven to 400 degrees

Beat eggs, sugar and salt until well mixed. Heat milk to simmer. Pour flavor of your choice. Vanilla, nutmeg or cinnamon, into egg mixture. Stir well. Leave 5 custard cups in pan of hot water, pour custard and place in oven for 10 minutes at 400 degrees then reduce heat at 350, bake 45 minutes.

Christina V. Nunez, Creole, La.

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## CHERRY CRUNCH

1 can (1 lb. 5 oz.) Cherry Pie filling  
1 tsp. lemon juice  
1 pkg. Duncan Hines White  
Deluxe cake mix  
½ cup chopped nuts  
½ cup oleo  
Sweetened whipped cream

Preheat oven to 350. Spread pie filling in bottom of 9 inch pan. Sprinkle with lemon juice. Combine dry cake mix, nuts and melted butter. Mixture will be crumbly. Sprinkle over pie filling. Bake at 350 for 40 to 45 minutes until golden brown. Serve with Whipped Cream.

Mamie Richard, Grand Chenier, La.

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## CHERRY YUM YUM

### Crust

2 cups flour  
2 sticks oleo (room temp.)

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1 cup chopped nuts

Mix and press in bottom of dish. Bake until brown at 350. Cool and then chill.

### Filling

1 large dream whip (2 envelopes)

Whip as directed. Mix 1 large cream cheese, 2 cups sifted powdered sugar. Fold in dream whip and spread over crust. Spoon 1 can cherry pie filling (Constock). Chill at least overnight.

Betty Chaisson, Lake Charles, La.

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## TIM'S PECAN DELIGHT

3 egg whites  
1 cup sugar  
1 tsp. baking powder  
24 Ritz crackers  
1 cup chopped nuts  
1 cup Cool Whip  
1 tsp. vanilla

Beat egg whites until stiff. Fond 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 Cool Whip. Cut in pieces and serve immediately.

Tim Colligan, Cameron, La. Jr. 4-H Club



## EGGS

### PICKLED EGGS

15 to 18 hard boiled eggs  
3 cup white vinegar  
1 cup water  
1 tsp. salt  
Pickling spices or hot pepper if desired

Carefully shell eggs. Bring vinegar, water, salt and spices or pepper (if desired) to boiling point. Place eggs in hot sterilized jars and cover with boiling liquid. Store in refrigerator. Yield: about 12 quarts.

Mrs. Mildredge Broussard, Grand Chenier, La.

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### EGGS LAGNIAPPE

12 thin slices bacon  
1 (5.5 oz.) box of pre-packaged  
Hash Brown with onions  
1 ¾ cup water  
1 tsp. salt  
12 eggs  
1 tsp. onion salt  
1 tsp. monosodium glutamate  
1 tsp. cream style horseradish  
½ tsp. hot pepper sauce  
½ tsp. black pepper  
¼ cup milk  
1 cup grated American Cheese

In 10 or 12 inch skillet, cook bacon until crisp (280). Remove bacon and crumble. Leave about 4 tbsp. of bacon drippings in skillet. Place contents of hash brown potato package in skillet. Add water and salt. Cook over low heat (260) until the underside is lightly brown. Do not cover or stir. Blend eggs, onion salt, monosodium glutamate, horseradish, hot pepper sauce, black pepper and milk. Pour egg mixture over lightly browned potatoes. Top with crumbled bacon and grated cheese. Cover. Cook over low heat (240) until eggs are set. Serves 6. May be garnished with parsley and radish roses. Use as a Main Dish with crisp green salad, hot buttered rolls and milk.

Mary Ellen Crador



1st Place District Winner  
1974 Egg Cookery

## EGG CROQUETTE

1 can cream of chicken soup  
1 med. minced or grated bell pepper  
8 hard-cooked eggs, grated  
2 T. minced onion tops  
2 T. minced parsley  
3 cup bread crumbs  
½ tsp. Worcestershire sauce  
1 tsp. creole seasoning  
Tabasco sauce to taste  
Red and black pepper to taste  
Bread crumbs  
2 eggs, beaten

Mix soup, bell pepper, grated eggs, onion tops, parsley, bread crumbs, Worcestershire sauce, creole seasoning, Tabasco sauce, red, black pepper in a mixing bowl. Shape the mixture into croquettes. Roll croquettes in bread crumbs, dip in beaten eggs and then again in bread crumbs. Place on a platter and chill until firm. Reshape croquettes and fry in very hot fat until golden brown, approximately 2-5 minutes. Makes approximately 8 croquettes.

*Suzanne Lognion*

State Winner  
4-H Egg Cookery Contest



## HUNTER'S BREAKFAST

½ lb. lean bacon, cut in 1 inch pieces  
1 bell pepper, chopped  
1 large onion, chopped  
¼ cup chopped green onion tops  
¼ cup chopped parsley  
6 eggs, beaten  
1 cup diced Cheddar cheese

Saute bacon pieces until almost done. Pour off drippings, reserving 4 tbsp. Add chopped vegetables and saute until transparent (over very low fire, so as not to burn the bacon). Pour in beaten eggs and cook, stirring constantly, until almost done. Then pour in diced cheese and finish cooking. (Cheese completely melts.)

*Braxton Blake, Cameron, La.*

## QUICK QUICHE LORRAINE

### Pastry

1 1/3 cup all purpose flour  
3/4 t. salt  
½ cup shortening  
3-4 T. ice water

Sift flour and measure; add salt. Cut shortening into flour. Sprinkle with ice water. Form into a ball. Roll out on floured pastry cloth. Fit into 10" pie pan.

### Filling

12 slices crisply fried and crumbled bacon  
1 cup shredded natural Swiss cheese  
2/3 cup minced green onion  
1 cup half and half cream  
1 cup heavy cream  
4 slightly beaten eggs  
3/4 t. salt  
½ t. sugar  
½ t. cayenne pepper

Heat oven to 425 F. Sprinkle pie shell with bacon, cheese and onion. Add cream slowly to beaten eggs, stirring constantly. Add salt, sugar and pepper. Pour liquid slowly over ingredients in pie pan. Bake 5 minutes. Reduce heat to 300 F. Continue baking 30 minutes or until knife inserted 1 inch from edge comes out clean. Cool pie 10-15 minutes before cutting. Serves 6. A tossed garden salad compliments the dish nicely.

*Connie Dennis*

## EGG SALAD DELUXE

6 hard cooked eggs  
½ cup sweet pickles  
¼ cup minced onions.

Salt and pepper to taste  
½ cup mayonnaise  
1 tbsp. mustard

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

*Jack Dugas, Sweetlake, La.*



## STUFFED STEAK

1 round steak, seasoned with salt and pepper  
1 largely chopped onion  
½ cup chopped bell pepper  
2/3 cup chopped celery

(Last three ingredients chopped in large pieces)

Season onions, bell pepper and celery with salt and pepper. Lay on the steak, then roll steak. Fasten with toothpicks. Dredge outside with flour and brown in ¼ cup oil then add enough water to make gravy. Let simmer on low heat for about 2 hours.

*Mrs. Mervin Chesson, Sweet Lake, La.*

## FLANK STEAK NEHRBASS

Flank Steak  
Soy sauce  
Onion chips  
Lemon juice

Marinate steak in 1 part soy sauce and 1 part lemon juice, combined with onion chips for 24 hours. Broil 5 minutes on each side and cut on a bias.

*Sam Gainsburg, Esquire, New Orleans, La.*

## ROULADEN (Rolled Meat)

1 medium size round steak  
1 small onion chopped fine  
½ cup chopped dill pickle  
Sliced bacon, raw  
Salt and pepper to taste  
Flour

Cut steak into several strips. Pound meat strips with meat pounder. Season with salt and pepper. Place 1 strip of bacon across each strip of meat. Add 1 tbsp. each onion and dill pickle. Roll up and tie with string. Roll in flour. Brown in hot oil evenly. Add water and cover. Season gravy with salt, pepper, dash of Lea & Perrin.

*Martha Fontenot, Cameron La.*

## OLD TIME LIVER AND ONIONS

2 lbs. caif liver  
2 medium onions  
½ cup flour  
2 tsp. baking soda  
1 tsp. salt  
½ tsp. pepper  
1 tsp. pepper sauce  
½ cup cooking oil  
2 cups boiling water

Place liver in large flat pan. Sprinkle with soda, then pour rapidly boiling water over liver and stir until well mixed. Pour off hot water and rinse liver well with cold water. Sprinkle salt and pepper on liver and roll in flour. Fry in skillet with hot oil and brown liver rapidly, then remove liver from pan. Pour oil out of skillet and replace liver, alternating with layer of finely chopped onions, sprinkle with pepper sauce, cover and let steam about 15 minutes.

*June Crain Harper, Grand Chenier, La.*

## CHOUROUTE GARNI

2 cans (1 lb., 11 oz. each) sauerkraut  
6 ham hocks  
2 cups dry white wine  
1 bay leaf  
6 whole cloves  
1 medium sized onion, peeled  
1½ lbs. knockwurst (may use pkg. of weiners)  
5 red apples, quartered, cored and sliced  
12 new potatoes (white ones cut may be used)

Soak sauerkraut 5 minutes in cold water in a large bowl. Drain well. Place ham hocks in a dutch oven. Add drained sauerkraut, wine, and bay leaf. Press cloves into onion; press onion down into sauerkraut. Heat to boiling; reduce heat; cover. Simmer very slowly 1½ hours, tossing with a fork once or twice, or until ham hocks are almost tender. Score knockwurst or weiners. Place on sauerkraut; simmer 20 minutes longer. Add apple slices, pushing them down into sauerkraut. Cook 10 minutes longer. Scrub potatoes (if new ones); cook in boiling salted water to cover in a medium size saucepan 20 minutes or until done. Arrange Choucroute with potatoes on a large deep platter. Serve with wholewheat bread and mustard, if you wish. Makes 6 servings.

*Harriette Dyson, Cameron, La.*

## CREOLE PORK AND VEAL STEW

2 lbs. veal stew meat  
1 lb. pork cut in small pieces  
2 tsp. salt  
½ tsp. red pepper  
½ cup chopped celery  
1 cup chopped onions  
2 cloves minced garlic  
½ cup chopped bell pepper  
½ cup all purpose flour  
½ cup cooking oil  
2 cups cold water

Heat oil, stir in flour and cook until dark brown. Season veal and pork. Add to roux and simmer over medium heat in uncovered pot for 15 minutes. Add onions, garlic, celery and bell pepper. Let cook over medium heat in uncovered pot until onions are wilted. Add water and mix well. Let cook over low heat until meat is tender. Serve over cooked rice. Serves 8.

*Mrs. Roy F. Hebert, Cameron, La.*

## PORK CHOP ONION RICE BAKE

6 pork chops cut 1-1½ inch thick  
2 tbsp. oil  
1 cup uncooked rice  
1 envelope onion soup mix  
1 can (4 oz.) sliced mushrooms  
2 tbsp. diced pimento  
Hot water

Brown chops in oil. Spread rice in bottom of rectangular baking dish. Reserve 1 tbsp. of seasonings from envelope of onion soup, mix and sprinkle remaining seasoning over rice. Drain mushrooms, water to mushroom liquid to make 3 cups of liquid and pour over rice. Arrange chops over rice. Sprinkle seasonings over. Cover tightly with foil and bake at 350 for 45 minutes to 1 hour, uncover and cook ten minutes longer.

*Mabel Saltzman, Cameron, La.*

## BAKED HAM

1 ham  
1 cup peach preserves  
½ cup crushed pineapple  
1 cup Coke  
½ cup mustard

Mix all ingredients except ham and put in a sauce pan. Heat until bubbly. Place ham in roaster and pour bubbly sauce over ham. Bake at 350 until tender.

*Mamie Richard, Grand Chenier, La.*

## LAMB SUPREME

4 lbs. lamb chops  
2 tsp. meat tenderizer  
½ cup salad oil  
1/3 cup lemon juice  
1 tbsp. tarragon vinegar  
1 clove minced garlic  
¼ tsp. thyme  
½ cup dry white wine  
¼ cup honey

Marrinate chops in above over night. Reserve marrinate liquid. Remove chops and put on barbeque pit just until well smoked. Remove and place in oven at 250 until tender.

To the reserved marrinate liquid add:

1 cup tomato sauce  
1 tbsp. brown sugar  
1 tbsp. mustard  
1 tbsp. brown sugar  
½ tsp. Tabasco sauce  
¼ cup green onions, chopped  
½ cup celery, chopped  
¼ cup bell pepper, chopped

Cook this slowly until it thickens. Serve as a sauce over the lamb chops.

*Hattie Nunez, Cameron, La.*

## BEEF STROGANOFF

2 lbs. of lean beef, cut in ¾" strips  
2 tbsp. flour  
1 tsp. salt  
White pepper to taste  
8 tbsp. butter or oleo  
2 cups sliced mushrooms  
6 tbsp. cooking sherry  
1 cup sliced onions, thinly sliced  
1 or 2 cloves of garlic  
6 tbsp. flour  
2 tbsp. tomato juice or paste  
2 cans beef consomme or bouillon  
2 cups sour cream

Coat beef strips with combined 2 tbsp. of flour and salt; season with white pepper to taste. Brown strips in 4 tbsp. of butter. Add mushrooms, onions and garlic and cook until onions are tender. Remove meat and onion, etc., and leave drippings in skillet. Add 4 tbsp. butter, 6 tbsp. flour and tomato paste. Cook for 5-10 minutes. Slowly add consomme or bouillon and stir until it thickens. Replace meat. Stir in sour cream and sherry. May serve in electric skillet or chafing dish over noodles or parsley rice. My family enjoys the noodles sprinkled with poppy seeds. Serves 6-8.

*Mrs. Jerry Jones, Cameron, La.*

## BEEF STROGANOFF

2-3 lbs. chuck steak  
½ cup flour  
1 cup tomato juice  
1 cup water  
1½ tsp. salt  
¼ tsp. pepper  
¼ cup salad oil  
2 cups sliced onions  
1 cup mushroom soup or ¼ lb. sliced mushrooms  
1 cup sour cream  
6 cups cooked noodles (optional rice)

Cut meat into thin 2" strips and roll in flour. Brown in hot oil. Add tomato juice, water, salt and pepper. Cook covered over low heat until almost tender, 20-30 minutes, stirring occasionally. Heat salad oil in another skillet. Add onions and sliced mushrooms. Brown over medium heat or if using soup, add after adding onions to mixture. Cover skillet and continue cooking for 10 minutes, or until meat is tender. Stir sour cream into gravy. Pour over meat mixture, mix. Serve over noodles or rice. Serves 6-8.

*Mrs. John M. Vincent, Klondike, La.*

## KARO'S MAGIC COUSIN JACK

### Pastry

4 cups flour  
2 tsp. salt  
1 cup plus 2 tbsp. mayonaise  
6 tbsp. colfwater

Prepare pie crust as usual. Place in large casserole type dish.

### Cousin Jack

2 lbs. stew meat, boneless  
1 onion chopped finely  
1 tsp. garlic juice  
¼ tsp. mace  
Dash pepper  
Dash cloves  
½ cup chopped celery  
½ cup chopped bell pepper  
½ cup corn  
½ cup peas  
½ cup lima beans  
3 tbsp. cornstarch  
¼ cup water  
¼ cup white wine

Cook all ingredients, together, until meat is tender. Place in crust and top with another crust. Bake in 350 oven until crust is golden brown, about ½ to ¾ hour.

*Carolyn Gibbs, Sweet Lake, La.*

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## EGG AND GROUND MEAT SALAD

10 eggs  
1 onion  
½ lb. ground meat  
½ cup mayonaise  
1½ tbsp. mustard

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Salt and pepper to taste

Hard boil the eggs. Then brown the meat. Chop the onion. Peel eggs and mash finely. Put eggs in a serving dish. Add meat and stir. Add onion. Stir so all ingredients are well blended. Add mayonaise, mustard, salt and pepper

*Renee Boudreaux, Creole, La.*

\*\*\*

## CABBAGE ROLLS

1 large green cabbage  
½ lb. ground beef  
½ lb. lean pork  
1 cup raw rice (washed)  
1 can (no. 2) whole tomatoes  
3 tbsp. chopped green onions  
1 clove garlic (optional)  
¼ cup cooking oil

Core center of cabbage and wilt leaves in hot salted water. Drain juice from whole tomatoes. Use ½ of tomatoes and mix together with remaining ingredients. Season well. Spoon filling onto each leaf and roll tightly. Place in a covered skillet, close together. Add tomato juice and remainder of tomatoes over top. Cover and simmer for 1½ hours or until rice is cooked. I make these and freeze in containers. To use, just reheat.

*Mamie Richard, Grand Chenier, La.*

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## CABBAGE ROLLS

1 lb. ground meat  
1 cup raw rice  
1 head cabbage  
1 can Rotel tomatoes  
1 can (6 oz.) tomato sauce  
Salt and pepper to taste

Put cabbage in a large pot and let water boil until leaves get soft and you can bend or lay leaves flat. Mix ground meat and rice together with salt and pepper. Put mixture into leaves and roll tightly. Fasten with toothpicks. Place in electric skillet with tomatoes and sauce. Cook for 40 minutes at 425. Makes at least 8 servings.

*Shirley Bonsall, Grand Chenier, La.*

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## COYBOY LOAF

1 lb. ground beef  
1 can whole kernel corn  
(or desired vegetable)  
1 pkg. instant potatoes  
1 large diced onion  
1 cup dices celery  
½ cup diced bell pepper  
Season to taste

In skillet brown ground meat, then onions, celery, bell pepper. Spread over bottom of 9x12 pan. Heat corn. Spread over ground meat. Prepare instant potatoes according to package directions. Spread over top of dish. Cook in oven 20 minutes.

*Barbara Boudoin, Cameron, La.*

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## HOME MADE CHILI

1 medium chopped onion  
1 lb. ground beef  
1½ tsp. salt  
1½ tsp. chili powder  
2 tbsp. flour  
1 can tomatoes (16 oz.)  
1 cup water

Brown beef and onion in heavy pot. Stir in chili powder, salt, tomatoes, water and flour. Cover and cook over low heat for 1½ hours. Stir occasionally and add water if necessary.

*Carolyn Harper, Grand Chenier, La.*

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## BUSY DAY CASSEROLE

- 1 cup uncooked rice
- 1 12oz. can whole kernel corn
- 1 tsp. salt
- 1 tsp. pepper
- ½ cup finely chopped onion
- ½ cup finely chopped bell pepper
- 2 8oz. cans tomato sauce
- ¾ lb. ground beef
- ¾ cup water
- 3 strips of bacon

Place the rice in a two quart casserole. Add corn. Season with salt and pepper. Pour over 1 can tomato sauce and ½ cup water. Add onions and bell pepper. Spread ¾ lb. ground beef over all which has been seasoned with salt and pepper. Cover with 1 can tomato sauce mixed with ¼ cup water. Top with bacon. Cover and bake at 350 for 1 hour. Uncover and cook 30 minutes longer until bacon is crisped. Serves 4-6.

*A Good Cook*

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## DADDY'S CHILI

- 1½ lbs. ground beef
- 1 small bottle chili powder
- 1 small can tomato paste
- ¼ small bottle Worcestershire sauce
- ¼ small bottle catsup
- 1 large chopped onion
- 5 green chopped onions
- 1 small chopped bell pepper
- 3 stalks chopped celery
- ½ cup chopped parsley
- ½ cup cooking oil
- 1 medium size can kidney beans
- Salt

Heat oil, add chopped onions, parsley, celery, and peppers. Cook in oil until tender, then add beef and brown. Add tomato paste, chili powder, Worcestershire sauce, beans and 2 cups water. Simmer 30 minutes. Turn heat off and add catsup. Serve plain or over rice. Serves 4-6.

*Mrs. Wayne Wood, Grand Chenier, La.*

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## CHALUPAS

- 1 lb. ground meat
- 1 onion, chopped
- 1 clove garlic, minced
- 1 pkg. Taco seasoning mix
- 1 cup water
- 1 can Mexican beans or refried beans
- 6 tortillas
- 4 tbsp. oil
- 1 small head lettuce, shredded
- 1 cup cheese, grated

Brown meat and add onion, garlic, Taco seasoning and water. Stir and cook until all liquid has evaporated. Add beans and cook down again. Fry tortillas in oil. Place tortillas on plate, cover with bean-meat mixture, add shredded lettuce and sprinkle generously with cheese. A quick and filling dish. Good with a bowl of chili on a cold winter night.

*Hilda Henry, Cameron, La.*

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## MEAT AND POTATO ROLL

- 1 lb. ground meat
- 1 tsp. salt
- 1 tsp. pepper
- ¼ cup flour
- ½ cup mashed potatoes

Mix meat, salt, pepper and flour together. Roll out on floured surface very thin. Spread mashed potatoes over the surface of meat and roll like a jelly roll. Seal ends together and place in a long pan, seam side down and bake 30 to 40 minutes in a 350 degree oven.

*Mrs. H.L. Gregory, Pinehurst, Texas*

## NELL'S LASAGNE

- 6 sticks lasagne noodles, boiled as directed on pkg.
- 2 eggs
- 2 cartons cottage cheese or Ricotta Cheese
- 1 pkg. Mozzarella cheese

### Meat Sauce

- ¼ cup cooking oil
- 2 large chopped onions
- 3 cloves finely chopped garlic
- 3 ribs chopped celery
- 1 large chopped bell pepper
- ¼ cup chopped onion tops
- 1 can tomato paste (6 oz.)
- 1 tbsp. sugar
- 1 can tomato sauce (8 oz.)
- ½ can Rotel tomatoes
- 1 pkg. spaghetti sauce mix
- 2 lbs. ground chuck
- 1 lb. smoked sausage, sliced into rounds
- Any left over chicken or roast may be cut up and added

Saute onions and garlic in oil until onions are clear. Add tomato paste, tomato sauce, Rotel and sugar. Simmer about 45 minutes. Stir frequently as sauce will stick. Use low fire. While this is cooking, boil cut up sausage to remove excess fat. Drain and set aside. After tomato mixture has cooked, add ground meat, sausage and any left over meat you desire. Add all other ingredients except onion tops. Simmer about 30 minutes. Add onion tops and remove from heat. Sauce is ready for lasagne. Mix eggs with cottage cheese or Ricotta. Layer meat sauce, lasagne and cheeses in a large baking pan. Begin with meat sauce and end with cheese, alternating until all is used. Baked 30 minutes at 375. Serve with green salad, garlic bread and a little red wine. Lasagne may be made and frozen, thawed and baked when desired.

*Mrs. James Colligan, Cameron, La.*

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## WESTERN CASSEROLE

- 2 cups corn chips
- 1 15oz. can Ranch style beans
- 1 can chili
- 1 cup grated cheddar cheese

In baking dish, spread layer of corn chips, layer of chili and layer of beans. Repeat until filled then top with corn chips and grated cheese. Bake in 350 oven until cheese is lightly browned, about 30 minutes.

*Rosalie Perry, Grand Chenier, La.*

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## CHILI CON CARNE

- 2 lbs. ground beef
- 4 tbsp. chili powder
- 2 tsp. salt
- 1 tsp. sugar
- 1 large chopped onion
- 1 chopped green pepper
- 2 cans tomato sauce
- 1 cup water
- 2 tbsp. vegetable oil
- 2 tbsp. flour
- 2 cans red kidney beans (do not drain)

In a black iron pot brown the ground beef, crumbling it with a fork. Push beef to one side and spoon off any fat. Sprinkle meat with chili powder, salt and sugar. Mix well. Add onion, green pepper, tomato sauce and water. Cover and simmer, stirring occasionally for 1 hour. In a small bowl stir together the oil and flour until smooth. Stir in beans; add to meat mixture. Cover and simmer, stirring occasionally until thoroughly heated and slightly thickened, about 30 minutes. Serves 8-10.

*Mrs. Roy F. Hebert, Cameron, La.*

## CAJUN CHOW MEIN

- 1 lb. ground pork
- 1 lb. ground beef
- 1 chopped green pepper
- 4 ribs chopped celery
- 1 large chopped onion
- 1 cup raw rice
- Salt, red, black pepper to taste
- 1 clove garlic
- 1 can bean sprouts
- 1 small can water chestnuts
- 1 #2 can whole tomatoes
- 1 4oz. can mushrooms

Saute meat in 2 tbsp. bacon drippings. Add celery, pepper, onions, and mushrooms. Add canned tomatoes; 1 cup water. Let come to a boil and add 1 cup raw rice. Turn to simmer and cook 25 minutes. Remove cover and add bean sprouts and 1 can water chestnuts, chopped. Let cook 10 minutes more or until rice is cooked. This is especially good for church suppers and pot luck suppers. Will serve 12.

*Mrs. James S. Henry, Jr., Cameron, La.*

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## PAM'S MEAT WHIRL

- 1½ lbs. ground meat
- 1 cup soft bread crumbs
- 1 egg
- 1 tsp. salt
- 1 tsp. hot pepper sauce
- 1 tbsp. horseradish
- 1 8oz. can tomato sauce
- 2 cups shredded Cheddar cheese
- 1 tsp. dill seed

In a bowl lightly mix meat, crumbs, eggs, salt, hot pepper sauce, horseradish and ½ cup tomato sauce. On waxed paper pat meat into a 10x14" rectangle; sprinkle with cheese. Roll from shorter side, as for jelly roll; press ends to seal. Carefully transfer to baking pan, seam side down. Bake 1 hour in a preheated 350 degree oven. Let stand 5-10 minutes. Remove to warm platter. Heat remaining tomato sauce and pour over meat loaf. Sprinkle with dill seed. Serves 6 generously.

*Pam Duhon, Grand Lake, La.*

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## SPAGHETTI MEAT SAUCE I

- 3 lbs. ground meat
- ¼ cup oil
- 2 medium chopped onions
- 2 cloves chopped garlic
- 1 can mushrooms, if desired
- 1 large and 1 small can tomato paste
- 2 tbsp. sugar
- 2 tbsp. lemon juice or vinegar
- 3 #2 cans tomatoes
- 3 tomato cans of water
- 3 or 4 tbsp. each: A-1 sauce, Lea & Perrin Catsup

Brown meat in oil or make meat balls. Add other ingredients and cook for 2 hours in the same pot. This is one of the best spaghetti sauces I have eaten. This was given to me by Frances LaRocque.

*Hilda Henry, Cameron, La.*

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## SPAGHETTI MEAT SAUCE II

- 1 medium onion
- 1 clove minced garlic
- 1 lb. beef
- 1 can tomatoes
- 2 cans tomato puree
- 1 tbsp. vinegar
- 1 tbsp. brown sugar
- 2 or 3 bay leaves

- Dash of oregano
- 1 tbsp. Worcestershire sauce
- Salt and pepper to taste
- ¼ cup catsup
- 2 cups water

Brown onion, garlic and beef in heavy kettle; stir in remaining ingredients. Simmer for 2-3 hours. Serve over hot spaghetti. Home canned tomatoes and tomato sauce make delicious substitutes for the canned.

*Carolyn Harper, Grand Chenier, La.*

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## MEXICAN CORNBREAD CASSEROLE

- 5 lbs. ground meat
- 2 cups chopped onions
- 1 cup chopped celery
- 2 cans creamed corn
- 1 cup chopped bell pepper
- 4 eggs
- ½ cup shortening
- 2 cups milk
- 2 tsp. baking soda
- 3-4 Jalapeno peppers
- Salt and pepper to taste
- 3 cloves garlic, minced
- ½ tsp. oregano
- 2 cups corn meal
- 1 cup grated cheese

Saute ground meat with onions, celery, and bell pepper until juices run down. Add salt, pepper and oregano (or Tex Joy steak seasoning) then set aside to cool. Mix eggs, cornmeal, milk, corn and soda, then add finely chopped jalapeno peppers and ¼ cup oil. Grease large baking pan with ¼ cup oil and pour in half of corn mixture, then ground meat mixture, then grated cheese, and top with remaining corn mixture. Bake at 375 until done, about 1 hour. Recipe obtained from Ramona Jones.

*June Crain Harper, Grand Chenier, La.*

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## PAM'S RICE AND BEEF FIESTA

1 lb. ground beef  
1 tsp. salad oil  
1/3 cup diced onion  
2 tsp. salt  
1 tsp. chili powder  
1/4 tsp. black pepper  
1 16oz. can stewed tomatoes  
1 12oz. can whole kernal corn  
1/4 cup catsup  
1 cube beef bouillon  
1/2 cup thin strips bell pepper  
3 cups cooked rice

Brown ground beef in oil. Add onion. Cook over medium heat (320). Add seasonings, tomatoes, corn and bouillon cube. Bring to a boil. Stir in rice and let simmer for three to four minutes on low temperature (220). This serves 6 generously.

*Pam Duhon, Grand Lake, La.*

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## STUFFED BELL PEPPERS

6 green peppers, seeded and cored  
1 cup cooked rice  
1 tsp. salt  
1/2 cup tomato juice  
2 tbsp. cooking oil  
1 lb. ground beef  
1 tbsp. minced onion  
2 tbsp. celery, chopped fine  
3/4 cup water or  
3/4 cup tomato juice

Boil green peppers, which have been seeded and cored until just tender enough to prick with a fork. Drain and keep warm. Make stuffing by combining rice, salt and tomato juice. Saute in shortening, the beef, onion and celery. Mix this meat mixture with

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the rice mix, stirring thoroughly, but lightly. Stuff peppers and place in greased baking pan. Either water or tomato juice may be poured into the pan around peppers. Bake for 1/2 hour and serve with sauce. Serves 6.

*Mrs. Charles F. Hebert, Cameron, La.*

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## ENCHILADAS

8 tortillas (corn or flour)  
1 lb. grated longhorn cheese  
1 large chopped onion

Fry tortillas in hot fat until limp. Dip in chili sauce. Place on plate, put cheese and chopped onion and roll as a jelly roll. Place in pan and pour the meat sauce over this. Bake in oven just until heated and cheese is melted.

### Chili Sauce

3 tbsp. oil  
4 tbsp. flour  
1/2 cup chili powder  
1 qt. water  
2 tsp. salt

Brown flour in hot oil. Add water, salt and chili powder, mixed with hot water. Simmer 10 minutes.

### Meat Sauce

3 lbs. ground meat  
1 15oz. can tomato sauce  
1 cup water  
1 large can tomatoes  
3 heaping tbsp. chili powder  
or to taste  
1 tbsp. oregano  
1 tbsp. cumin powder  
2 chopped onions  
Garlic to taste  
1 tsp. salt

Hot peppers may be added if desired  
Brown ground meat and onions, add remaining ingredients and simmer 1 hour. This will make a generous amount for the above amount of tortillas.

*Mrs. Ray Dimas, Creole, La.*

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## MOUSSAKA

1 large eggplant  
Olive oil  
2 medium chopped onion  
2 cloves minced garlic  
1 lb. lean hamburger  
(Greeks use lamb)  
1 tsp. salt  
1/2 tsp. thyme  
1/2 tsp. oregano  
1/4 tsp. nutmeg  
2 tbsp. chopped parsley  
1 cup canned tomatoes  
(fresh are better)

1/2 cup white wine  
1/2 cup bread crumbs  
Pare eggplant, cut into 1/2 inch slices, sprinkle with salt and allow to ripen for 1/2 hour. Rinse and dry thoroughly. Brown meat with onion and garlic. Drain off fat. Add salt, seasonings, parsley, tomatoes and wine. Cover and cook slowly for 30 minutes. Cool. Add half the bread crumbs. Brown the dry eggplant slices in olive oil. Sprinkle bottom of rectangular dish with remaining crumbs. Cover with layer of eggplant, spoon on all the meat mixture, pour sauce over all and top with Parmesan cheese. Bake at 350 for 45 minutes.

### Sauce

3 tbsp. flour  
3 tbsp. butter  
1 1/2 cups milk  
1/2 tsp. salt  
2 egg yolks  
4 tsp. Parmesan cheese, grated

Melt the butter. Add the flour slowly, stirring constantly. Remove from heat. Slowly stir in the milk. Return to heat and stir until sauce thickens. Beat the egg yolks well, add them with salt and pepper to the sauce, stirring constantly until blended. Pour sauce over Moussaka, top with Parmesan cheese and bake as directed. Serves 6.

*Mrs. Howard Cox, Sweet Lake, La.*

## POTATO CRUST MEAT PIE

6 large potatoes  
1/2 lb. ground beef  
1/2 lb. ground pork  
1 tsp. salt  
Pepper to taste  
1 large diced onion  
1 can tomato sauce  
1 large can mixed vegetables  
1 egg

Peel potatoes and add salt to taste. Boil until tender. While potatoes are boiling, brown meats, salt, pepper and onion. Cook over low fire until onions are wilted. Add vegetables and tomato sauce. Simmer for 10 minutes. Put boiled potatoes in a large mixer bowl. Mash well. Add raw egg to potatoes. If too thick for pastry add 2 tbsp. milk to mixture. Line a 9x9x2 pan with 2/3's of potato mixture. Fill with meat and vegetable mixture. Cover with remaining 1/3rd of potatoes. Bake at 350 for 30 minutes.

*Nelvia Murphy, Grand Chenier, La.*

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## PARTY FOODS & BEVERAGES

## HOT OLIVE DIP

1 pt. heavy cream  
1/4 cup butter or oleo  
1 clove garlic (finely chopped)  
1/3 cup chopped stuffed olives

Bring cream to boil and simmer, stirring frequently for about 20 minutes or until reduced to 1 cup. Place butter in 1 quart flame proof casserole over low heat. When butter is melted stir in garlic, chopped olives and reduced cream, bring dip to simmer, stirring constantly (do not allow to boil). Serve dip warm over candle warmer with such vegetables as celery strips, radishes sliced, scallions, cherry tomatoes, cucumber slices, bell pepper strips.

*Mrs. Ruth Derouen, Cameron, La.*

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## RED DEVIL SNACKS

2 medium tomatoes  
1 4 1/2oz. can deviled ham  
1/2 cup grated sharp cheddar cheese  
1 tbsp. chopped dill pickles (Kosher)  
1 tbsp. chili sauce

Cut tomatoes into quarters and remove seeds. In mixing bowl, combine the remaining ingredients. Fill tomato quarters with this mixture. Chill if desired.

*Mrs. Hayes Picou, Sr., Cameron, La.*

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## IRISH ROUNDS

1 4 1/4oz. can corned beef spread  
1/2 cup finely shredded cabbage  
2 tbsp. finely chopped carrots  
1 tbsp. chopped red onion  
2 tbsp. spicy brown mustard  
18-20 slices party rye bread slices

In small bowl, combine corned beef spread, cabbage, carrots and onions. Chill. Spread each slice of bread with mustard, top with corn beef mixture. Serve open-faced as snack or appetizer. Makes 10 rounds.

*Mrs. Hayes Picou, Sr., Cameron, La.*

## APPLE CHICKEN SNACKS

4 medium apples  
Lemon juice  
1 4-3/4oz. can chicken spread  
1/4 cup raisins  
1/4 cup chopped celery  
1 tbsp. mayonnaise

Cut apples in half and remove seeds. Rub with lemon juice to retard browning. Combine remaining ingredients together in a mixing bowl. Fill the cavities of each apple with the "waldorf" mixture. Chill.

*Mrs. Hayes Picou, Sr., Cameron, La.*

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## CRAB MEAT DIP

2 cups crab meat  
1 8oz. can water chestnuts drained and chopped  
2 tbsp. soy sauce  
1/2 cup mayonnaise  
1 tbsp. chopped fresh ginger root  
(ground ginger may be substituted)  
6-8 crab claws for garnish (optional)  
Bread sticks (for serving)  
Celery sticks (for serving)

Combine all the ingredients. Pile in serving bowl and chill. Garnish with crab claws. If you like serve bread sticks or celery sticks for dipping.

*Mrs. Jerry Jones, Cameron, La.*

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## CRAB DIP

1 lb. crab meat, shredded  
4 pkgs. of cream cheese with chives  
1 stick oleo  
Dash of Worcestershire sauce  
Tabasco to taste

It is better to heat this on the stove, then transfer to a chafing dish. Keep it hot. Melt the oleo, then blend in the cream cheese. This takes awhile. Stir it well, Add the crab meat and seasonings. Serve with melba toast rounds or the long bars cut in half.

*Lois Nell Johnston, Tampa, Florida*

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## ARTICHOKE BALLS

1 large can artichoke hearts in water  
1 cup seasoned bread crumbs  
2 eggs  
4 toes garlic, sliced  
2 heaping tbsp. parmesan cheese  
6 tbsp. olive oil

In blender puree olive oil and sliced garlic toes for 3 minutes. Pour into heavy black skillet. Cook on slow fire for a few minutes. In a bowl mix bread crumbs and cheese. In blender chop drained artichoke hearts and eggs for 2 minutes. Add to dry ingredients in bowl. Mix well. Add to olive oil in skillet. Fry on slow fire about 5 minutes. Refrigerate over night. Roll in bite size balls. Roll balls in mixture of 2/3 bread crumbs and 1/3 cheese. May be refrigerated for serving or frozen.

*Anne Kornegay, Cameron, La.*

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## ANCHOVY DIP

1 small tub sour cream  
1 can anchovies  
1 dash Worcestershire sauce  
1 tbsp. Parsley chopped

Mix well. Season to taste. Chill. Serve with raw vegetables and chips.

*Ann Kornegay, Cameron, La.*

## CHEESE OLIVE BISCUITS

1 jar stuffed olives  
1 cup flour  
1 stick oleo, softened  
1 glass jar sharp cheddar cheese  
Cayenne, salt to taste

Mix all together. Pinch off a little dab in your floury hands and roll into a ball. Then punch a stuffed olive in the center. Makes at least 40 little biscuits the size of a walnut. They freeze raw beautifully. Bake at 350. Serve piping hot.

Anne Kornegay, Cameron, La.

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Spread the table and contention will cease.

- Old Proverb

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## OYSTER AND SPINACH DIP

1 can chopped oysters  
1 pkg. frozen chopped spinach  
6 8oz. pkg. cream cheese  
3/4 tsp. Lea and Perrin sauce  
1 tsp. or more Tabasco sauce  
A big pinch nutmet.

Blend spinach in blender. Combine all ingredients in large mixing bowl and blend until smooth. Makes large mixmaster bowl full. Serve with fritos or crackers.

Anne Kornegay, Cameron, La.

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## COCKTAIL MUSHROOMS

1 8oz. can button mushrooms  
1/2 cup olive oil  
1/8 tsp. salt  
3 tbsp. lemon juice  
1 clove garlic  
Generous dash tabasco

Put garlic through press. Mix ingredients together in olive oil. Heat to simmer. Chill at least 24 hours. Serve with toothpicks. Keeps indefinitely in refrigerator.

Anne Kornegay, Cameron, La.

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## QUICK AND GOOD CHILI CON QUESO

1 can Rotel tomatoes with peppers  
1 2lb. brick cheese (Velveeta)

Cut cheese into cubes. Melt in top of double boiler. Puree tomatoes in blender. Stir tomatoes into cheese. Transfer to chafing dish. Serve with large corn chips.

Anne Kornegay, Cameron, La.

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## POPCORN PARTY MIX

1 cup corn for popping  
1/4 cup oil  
3/4 cup melted oleo  
3/4 tsp. each garlic and onion salt  
1/4 tsp. celery salt  
2 tbsp. Worcestershire sauce  
1/4 tsp. hot pepper sauce  
3 cups pretzel sticks  
2 to 3 cups salted peanuts.

Pop corn in the oil. In bowl combine oleo and seasonings. Spread popcorn, pretzel sticks and nuts in large roasting pan. Pour seasoning over all and toss lightly. Bake in preheated oven 275 stirring several times, about 30 minutes. When cold, put in air-tight container and store in cool place.

Mrs. Wendell Murphy, Cameron, La.

## RICE-CHEESE BALLS

2 cups cold cooked rice  
1 (4oz.) pkg. shredded cheddar cheese (1 cup)  
1/2 cup bread crumbs  
2 eggs  
1/4 tsp. salt  
3/4 cup dried bread crumbs  
Salad oil

In medium bowl, combine rice, cheese, eggs, salt and 1/4 cup bread crumbs. With hands, shape heaping teaspoons of mixture into balls. Put bread crumbs on waxed paper, and roll balls in crumbs to coat well. Heat oil and fry balls, for 1 minute until golden brown. Drain on paper towel. (about 4 doz. appetizers). Can be served cold. This recipe was included in a pamphlet handed out by Mrs. Hadley Fontenot of Jennings at the Holiday Foods demonstration.

Mrs. Wendell Murphy, Cameron, La.

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## STUFFED BANANA PEPPERS

1 small tomato, finely chopped  
1/2 cup finely chopped onions  
1/4 cup finely chopped sweet pickle  
2 pods finely chopped hot pepper  
1/4 cup finely chopped bell pepper  
1/2 lb. grated sharp cheese  
1/8 tsp. salt  
1/8 tsp. black pepper  
6 to 8 large banana pepper  
6 to 8 slices bacon

In a large bowl put finely chopped tomato, onion, pickle, bell pepper, hot pepper, grated cheese, salt and black pepper. Cut banana peppers open and remove seeds. Stuff with cheese mixture. Starting at one end wrap bacon around the stuffed pepper until cheese mixture is covered. Fasten with tooth pick at each end. Place in large pan lined with foil. Bake in 400 degree oven 30 to 40 minutes.

Mrs. Ray Dimas, Creole, La.

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## HOME-MADE INSTANT COCOA MIX

10 cups powdered dry milk  
1 lb. Nestle's Quik Cocoa  
8 ounce jar of Creamora  
1/4 cup white powdered sugar

Combine all ingredients in large mixing bowl and stir until well mixed. Store in covered containers in refrigerator until needed. For hot cocoa, use 3 heaping tablespoons of the mixture to each cup of boiling water.

Carolyn Harper, Grand Chenier, La.

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## POUSSE CAFE (Coffee with a Push)

1 cup hot dark roast drip coffee  
1 jigger good whiskey  
2 tsp. sugar  
1 tsp. cream

Serve this as an after dinner liqueur in demi tasse cups.

Mrs. Roy F. Hebert, Cameron, La.

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## CAFE BRULOT

2 oz. brandy or cognac  
2 cubes sugar  
2 cinnamon sticks  
2 seeds allspice  
2 whole cloves  
1 small piece of lemon peel  
1 small piece of orange peel  
2 cups freshly made dark roast drip coffee

Combine the following ingredients, except the coffee in a silver bowl. Ignite and ladle until the sugar has dissolved. Add the coffee and serve in demi-tasse or special Cafe Brulot Cups. Serves 6.

Mrs. Roy F. Hebert, Cameron, La.

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## BROCCOLI DIP

1 box chopped frozen broccoli  
1 pkg. Kraft garlic cheese  
1/2 cup mushroom soup  
1 small can chopped mushroom  
1/2 large onion, chopped  
2 ribs of celery, chopped

Saute mushrooms, onion, celery. Cook and drain broccoli. Melt cheese in top of double boiler. Add other ingredients to melted cheese. Add worchestershire, tabasco, salt to taste. Serve in chafing dish with toast rounds or fritos. Good cold too. Will freeze.

Ann Kornegay, Cameron, La.

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## OYSTER DIP

1 small jar oysters with juice  
1 medium onion chopped  
1/2 of small bell pepper chopped  
2 buttons of garlic chopped  
2 slices bread  
1 beaten egg  
Salt and pepper to taste

Dipped with Ritz crackers

Pour oysters into bowl and lay the bread on top to soak up the juice while you chop the onions, bell pepper and garlic. Saute onions, bell pepper and garlic in enough oil to slightly cover. Remove the bread from oysters and lay aside. Mash oysters (if blender is used leave in chunks). Add mashed oysters to sauted onions etc. Cook over low heat for about 5 minutes, or until oysters are done. Add mashed bread and stir in good. Remove from fire and beat in beaten egg. Salt and pepper to taste. This is served with Ritz crackers so limit the salt. Makes about 2 pints. If too juicy to dip add another slice of bread.

Reba Harper, Lake Charles, La.

## PARTY PUNCH

2 pkgs. grape Kool Aid  
4 qts. water  
3 cups sugar  
1 1qt. (14 oz.) Hawaiian Punch (grape)  
1 1qt. (14 oz.) Pineapple juice  
Juice of 2 lemons  
1 quart ginger ale

Mix all ingredients except ginger ale and chill. Add ginger ale before serving. Frozen fruit rings add party touch.

Peggy Mhire & Friends, Grand Chenier, La.

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## PRALINE PUMPKIN PIE

1 unbaked 9" pastry shell  
3 tbsp. butter  
1/3 cup brown sugar, firmly packed  
1/3 cup chopped pecans

Prepare pie crust for 9" pie plate. Cream butter with brown sugar. Stir in pecans. Press over bottom of shell. Bake for 10 min. at 450 degrees. Cool for 10 min. Reduce oven to 350.

Custard Layer

1 cup evaporated milk  
1/2 cup water  
3 eggs  
1 tsp. pumpkin pie spice  
Whipped cream  
1/2 cups canned pumpkin  
1/2 cup granulated sugar  
1/2 cup brown sugar  
1 tsp. salt

Scald milk with water in saucepan. In larger bowl beat eggs slightly, stir in pumpkin, sugars, spice & salt. Beat in scalded milk. Pour into cooled pastry shell. Bake @ 350 for 50 min. or until center is set but still soft. (Do not over bake) custard will set as it cools. If desired top with whipped cream.

Hattie Nunez, Cameron, La.

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## CHEESE CAKE PIE

Crust

1 1/4 cups crushed graham crackers  
1/3 cup sugar  
1/3 cup melted butter

Filling

2 tbsp. butter  
1 large pkg. cream cheese, softened  
1/2 cup sugar  
2 tbsp. flour  
1 egg  
2/3 cups milk  
1/4 cup lemon juice  
2 tbsp. lemon rind grated

Crust

Mix ingredients with fork and put into greased 9" pie pan. Save 2 tbsp. for top of pie.

Filling

Cream together butter, cream cheese, and sugar. Add flour egg with lemon juice, and lemon rind. Pour into graham cracker crust. Bake at 350 degrees for 35 min. When done sprinkle remaining crumbs on top. Chill 2 hours. 6 Servings.

Anne Kornegay, Cameron, La.

## CHEESECAKE PIE

### Crumb Crust

2 cups fine vanilla wafer or graham cracker crumbs  
6 tbsp. butter, melted  
¼ cup sugar

### Filling

12 oz. cream cheese, softened  
2/3 cup sugar  
3 eggs  
1 can (11 oz.) Campbell's Cheddar cheese soup  
2 tbsp. lemon juice  
1 tsp. grated lemon rind  
1 tsp. vanilla extract  
¼ tsp. almond extract

### Topping

1 cup sour cream  
¼ cup sugar  
1 tsp. grated lemon rind  
1 tsp. vanilla extract

### Garnish

1 can (21 oz.) Cherry Pie Filling

### Crust

Combine crumbs, butter and sugar. Press firmly into 10" pie plate, chill.

### Filling

With electric mixer, beat cream cheese until smooth. Add sugar and eggs alternately. Blend in 1 cup soup, lemon juice, rind, and flavorings. Pour into chilled pie crust. Bake at 350 degrees F., for 50 min. Meanwhile, for topping, blend sour cream, remaining soup, sugar, lemon rind, and vanilla. Spread on pie. Bake 5 min. more, cool; chill. Garnish with cherry, blueberry or other fruit pie filling.

*Mrs. Wendell Murphy, Cameron, La.*

## BRANDIED FRENCH SILK PIE

1 9" pastry shell  
½ cup butter  
¾ cup sugar  
2 squares semi-sweetened chocolate, melted and cooled  
1 tsp. brandy  
2 eggs (unbeaten)

Cream butter in mixing bowl at low speed of mixer. Gradually add sugar, creaming well. Blend in chocolate and brandy. Add eggs one at a time, beating 3-5 minutes after each. Spoon into baked pastry shell. Chill 2 hours. Top with whipped cream.

*Carolyn Gibbs, Sweet Lake, La.*

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## IRIS'S BANANA PIE

3 cups miniature marshmallows  
½ cup peanut butter  
¼ cup oleo  
4 cups corn flakes  
1 pkg. instant vanilla pudding  
2 bananas, sliced  
Whipped cream

Make the crust first and have it well chilled; melt marshmallows, peanut butter and oleo over low heat in a double boiler. Add corn flakes and stir until well coated. Press this mixture in the bottom and on sides of a 9" pie pan. Chill. Prepare instant vanilla pudding according to package directions and add sliced bananas. Pour into crust and cover with whipped cream. Chill before serving.

*Mrs. Charles A. Rogers, Cameron, La.*

\*\*\*

## HEAVENLY PIE

8 egg whites  
½ tsp. cream of tartar  
3 cups sugar  
6 tbsp. shredded coconut

Beat egg whites until stiff but not dry. Add sugar, cream of tartar and beat until stiff. Grease pie pans well. Cover bottom and sides with meringue ½ inch thick. Sprinkle rim with coconut. Bake 1 hour at 275 degree. Cool.

### Filling

In top of double boiler place:

8 beaten egg yolks  
1 cup sugar  
6 tbsp. lemon juice  
2 tbsp. lemon rind (grated)  
½ tsp. salt

Cook until thick. Cool. Whip 3 cups heavy cream. Fold into the lemon mixture. Pour into meringue crusts. Must refrigerate at least 12 hours. Top with whipped cream. This recipe makes 3 pies.

*Mrs. Charles F. Hebert, Cameron, La.*

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## OLD-FASHIONED EGG CUSTARD PIE

4 egg yolks, beaten  
¾ cup sugar  
2 cups milk, scalded  
¼ tsp. salt  
1 tsp. vanilla  
1 unbaked pastry shell  
4 egg whites, beaten  
½ cup sugar

Beat egg yolks well, combine with ¾ cup sugar, and beat until lemon colored. Pour hot, but not boiling water, slowly over this mixture, stirring constantly. Add salt and vanilla. Dry the unbaked shell slightly before pouring in egg mixture. Bake 15 minutes at 400 degrees F., reduce heat to 250 degrees F., and continue to bake until custard is firm. For meringue, beat egg whites until stiff but not dry, then beat in ½ cup sugar; place on custard and bake to a golden brown at 300 degrees F.

*Mrs. Gary Kelley, Cameron, La.*

## LEMON DELIGHT PIE

1 pkg. lemon pie filling (not instant)  
½ cup sugar  
2 cups water  
1 egg  
1 baked 8" pie shell  
1 envelope dessert topping mix  
½ cup cold milk  
½ tsp. vanilla  
2 tbsp. sugar

Combine pie filling mix, sugar and ¼ cup water in a saucepan. Blend in egg. Add remaining water. Cook and stir until mixture comes to a full boil and is thickened about 5 minutes. Cool about 5 minutes, stirring once or twice. Measure 1 cup, cover and chill completely. Pour remaining filling into pie shell. Prepare dessert topping - Mix with milk and vanilla as directed on envelope adding 2 tbsp. sugar. Blend 1-1/3 cups topping mix into chilled pie filling. Spoon over filling in pie shell. Chill thoroughly.

*Mrs. Helen Colligan, Hackberry, La.*

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## COCONUT-PECAN ICE CREAM PIE

1 cup vanilla wafer crumbs  
½ cup shredded coconut  
¼ cup butter or Oleo, melted  
¼ cup sugar  
2 pints softened Vanilla ice cream  
1 cup pecans, coarsely broken  
3 egg whites at room temperature  
½ tsp. salt  
½ tsp. cream of tartar  
6 tbsp. sugar for meringue

At least 5 hours or day before:

In 10 inch pie pan, mix well the first four ingredients. With back of spoon, press mixture to bottom and sides of pie pan. Place in freezer until firm, about 10 minutes. Meanwhile, in large bowl, mix ice cream and pecans. Spoon evenly into chilled crust. Cover with Saran Wrap and freeze until very firm, at least 4 hours. About 15 minutes before serving, preheat oven to 500 degrees. In small bowl with mixer at high speed, beat egg whites, cream of tartar and salt until soft peaks form. Gradually beat in sugar, 2 tbsp. at a time. Beat until sugar is completely dissolved. White should stand in stiff, glossy peaks. Remove pie from freezer and cover with meringue, sealing edges carefully. Bake 3 or 4 minutes until meringue is lightly browned. Serve immediately.

*Mrs. Braxton Blake, Cameron, La.*

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## COCONUT-PECAN ICE CREAM PIE

1 cup vanilla wafer crumbs  
½ cup shredded coconut  
¼ cup butter or oleo, melted  
¼ cup sugar  
2 pints softened Vanilla ice cream  
1 cup pecans, coarsely broken  
3 egg whites at room temperature  
½ tsp. salt — ½ tsp. cream of tartar  
6 tbsp. sugar for meringue

At least 5 hours or day before:

In 10 inch pie pan, mix well the first four ingredients. With back of spoon, press mixture to bottom and sides of pie pan. Place in freezer until firm, about 10 minutes. Meanwhile, in large bowl, mix ice cream and pecans. Spoon evenly into chilled crust. Cover with saran wrap and freeze until very firm, at least 4 hours. About 15 minutes before serving, preheat oven to 500 degrees. In small bowl with mixer at high speed, beat egg whites, cream of tartar and salt until soft peaks form. Gradually beat in sugar, 2 tbsp. at a time. Beat until sugar is completely dissolved. Whites should stand in stiff, glossy peaks. Remove pie from freezer and cover with meringue, sealing edges carefully. Bake 3 or 4 minutes until meringue is lightly browned. Serve immediately.

*Mrs. Braxton Blake, Cameron, La.*

## SYRUP PIE

Makes 10" Pie

1¼ cup sugar  
5 tbsp. flour  
1 tsp. salt  
2 cups dark karo syrup

### Mix well

Beat in 4 eggs, 1 at a time  
1½ cups carnation milk  
1 tsp. vanilla

Bake 375 degree for 50 minutes in your favorite pie shell.

### No Roll Pie Crust

1½ cup flour  
1½ tsp. sugar  
1 tsp. salt

Combine in measuring cup and whip with fork.

½ cup vegetable oil  
2 tbsp. cold milk

Pour over dry ingredients. Press with hand to form crust.

*Mrs. Monroe LeBoeuf, Cameron, La.*

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## CHESS PIE

1 9" pie shell unbaked  
4 eggs whole  
1½ cups sugar  
1 tsp. vanilla  
½ cup oleo

Combine all ingredients and bake in unbaked pastry shell at 300 on lower shelf of oven. To tell if pie is done place a knife in center of pie if it comes out clean, pie is done.

*Mrs. Lary McNease, Grand Chenier, La.*

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## SOUR CREAM PECAN PIE

- 3 eggs
- ½ cup sour cream
- ½ cup dark corn syrup
- 1 tsp. vanilla
- 1 cup sugar
- ½ tsp. salt
- 2 tbsp. butter, melted
- 1¼ cups pecan halves
- 1 unbaked 9" pastry shell

In a medium bowl beat eggs well, stir in sour cream, add corn syrup, vanilla, sugar, salt and butter, mixing well. Stir in pecans, pour into pastry shell. Bake in a preheated 400 degree oven until crust is brown and filling is slightly puffy. 30 to 35 minutes. Cool before cutting.

*Darlene Guidry, Sweet Lake, La.*

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## RUDOLPH'S CHERRY SURPRISE

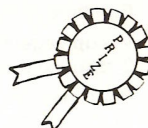
- ½ box of graham crackers
- ¼ cup sugar
- ¼ cup butter or margarine

Roll graham crackers to a fine even crumbs. Pour crumbs into bowl. Add sugar and softened butter or oleo. Blend well. Pour crumb mixture into 9" pie plate. Distribute mixture evenly. Press firmly to make an even layer on bottom and sides of pie plate. Bake in moderate oven (375 degrees) 8 minutes. Set aside to cool.

- 1 8oz. pkg. cream cheese
- 1 envelope Dream Whip
- 2 cups powdered sugar
- 1 cup chopped pecans
- 1 can cherry pie filling

Mix softened cheese with 1 cup powdered sugar until smooth and creamy. Spread mixture evenly over prepared crust. Mix Dream

*1st Place  
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Whip according to directions adding final cup of powdered sugar. Spread evenly over cream cheese mixture. Sprinkle chopped pecans over this. Add cherry pie filling to 1 inch of sides of pie.

*Sylvia Aplin, Grand Chenier, La.*

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## BANANA SPLIT PIE

- 2 cups graham cracker crumbs
- 1 stick oleo, melted
- 2 eggs
- 1 cup oleo, softened
- 1 box confectioner's sugar
- 5 bananas
- 1 large can crushed pineapple, drained
- Cool Whip or Dream Whip
- Chopped nuts, strawberries, cherries or coconut of a combination of these for garnish

Combine graham cracker crumbs with melted oleo. Pat mixture in pie plate bottom and sides. Set aside to cool. Beat for 15 minutes, eggs, softened oleo and sugar. Spread over cooled crust. Slice the bananas and arrange over above mixture. Drain pineapple and spread over bananas. Top with Cool Whip or Dream Whip and garnish with chopped nuts, strawberries, cherries or coconut or a combination of these. (This recipe makes 2 small or 1 large pie. If a square or oblong pyrex dish is used, it can be cut in squares).

*Mrs. Charles A. Rogers, Cameron, La.*

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## CHERRY & PINEAPPLE PIE

- 1 8oz. pkg. cream cheese
- 1 can condensed milk
- 1/3 cup lemon juice
- 1 tsp. vanilla
- 1 cup chopped cherries
- 1 cup crushed pineapple (drained)
- 1 cup chopped pecans
- 1 graham cracker crust

Thoroughly blend condensed milk and lemon juice. Add cream cheese. Blend until smooth. Add rest of ingredients. Pour into graham cracker crust and refrigerate until set. Approximately one hour.

*Nelvia Murphy, Grand Chenier, La.*

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## OLD FASHIONED SYRUP PIE

- 1¼ cups cane syrup
- 1 tbsp. butter
- 3 eggs
- 1 tbsp. all purpose flour
- 2/3 cup sugar
- 1 unbaked 8-inch pie shell

Place cane syrup and butter in sauce pan and let come to a boil. Beat eggs until light and fluffy. Mix flour and sugar and add to eggs. Add this mixture to syrup mixture. Pour in unbaked pie shell and bake at 325 degrees for 30 minutes, or until set.

*Mrs. Mildredge Broussard, Grand Chenier, La.*

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## E-Z CHOCOLATE CHIP PIE

- 1 stick margarine (melted)
- 1 cup sugar
- 2 eggs (beaten)
- ½ cup chopped pecans
- ½ cup coconut
- ½ cup raisins
- ½ cup chocolate chips
- 1 tsp. vanilla

Combine ingredients. Pour into unbaked 9-inch pie shell. Bake 325 degrees, 45 minutes. Found this recipe in Times Picayune.

*Mrs. Byron Richard, Cameron, La.*

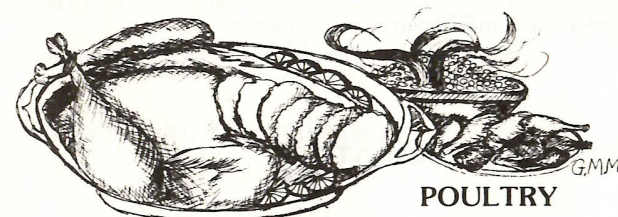
## BLUEBERRY BUCKLE

- 1 can blueberries
- 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 and flour. Sprinkle nutmeg. Roll out place in pie dish. Fill with blueberries and bake until brown on top.

*Cleo Kelley, Cameron, La.*

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## OLD FASHIONED CHICKEN AND DUMPLINGS

Cut up 1 large hen. Salt and pepper well, (red and black pepper). Place in thick pot (Iron or Magnalite) with a little cooking oil and brown real well.

### Add

- 1 tsp. Kitchen Bouquet
- 1 cup chopped onion
- 1 cup chopped celery
- ½ cup chopped parsley
- 1 quart water

Let simmer about 1 hour or until meat is slightly tender, on low fire.

### Mix

- 5 egg yolks well beaten
- 1 pinch salt
- ¼ cup milk
- ¼ tsp. baking powder

Enough flour to make (medium-hard) dough. Remove chicken meat from pot. Add a little water to be sure there is still about a quart of juice in the pot. Let simmer (not boil), drop the egg dough by teaspoonsful in the simmering gravy, and let them start to cook before dropping more (or they will stick together). Drop all dough except 1 tablespoonful. Add ½ cup water to this dough and stir to mix thin paste. When dumplings are cooked, remove them from pot also. Add the thin paste to gravy and stir well to thicken your gravy. Return chicken and dumplings to pot carefully. Cover pot at once and remove from fire. Serve over rice.

*June Richard, Grand Chenier, La.*

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## CHICKEN AND DUMPLINGS

- 1 hen
- 1 cup cooking oil
- 1/3 cup milk
- 1½ cup flour
- 1 egg
- ½ cup chopped onions
- ½ cup chopped onion tops
- ¼ cup chopped celery
- ¼ cup bell pepper
- ½ tsp. baking powder
- 1 tsp. salt
- 1 tsp. red and black pepper

Cut up hen and season. In oil, fry hen to golden brown, draining excess fat. Add onions, bell pepper, celery and wilt. Add 6 cups of water and bring to boil, cooking until tender. To make dumplings - combine milk with flour, egg, baking powder and season to taste. Drop dumplings over chicken by teaspoon. Cook for 10 minutes over medium fire and then simmer for ten minutes longer.

*Nelvia Murphy, Grand Chenier, La.*



*3rd Place  
1974 Favorite Food Show*

## DUMPLINGS FOR CHICKEN AND DUMPLINGS

- 6 egg yolks
- 1 tsp. baking soda
- ¼ cup milk
- 1 tsp. salt
- Flour

Beat all ingredients except flour. Add enough flour to make stiff batter. Drop by teaspoonful in chicken stew. Reserve a little (about a tablespoonful) of the batter in bowl. Mix some of the gravy with the batter in the bowl. Pour in chicken and gravy to thicken. Cook about 15 minutes.

*Mrs. Angel Conner, Creole, La.*

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## CHICKEN WITH EGGPLANT

- 1 large eggplant, cut into 2 inch cubes
- 1/3 cup olive oil
- 1 cut-up spring chicken (about 3 lbs.)
- 1 large sliced onion
- 1 toe garlic, finely chopped or pressed
- 1 (16 oz.) can tomatoes
- 1 (8 oz.) can tomato sauce
- 1 cup water
- ½ tsp. dried mint
- Salt and pepper to taste

Cut up eggplant and soak in cold salt water about 1 hour. Heat olive oil in large skillet or Dutch oven. Brown chicken pieces, add onions (cooking until limp), and drain off any excess oil. Drain eggplant, adding to chicken and onions. Add all other ingredients and cook, covered, over moderate heat for about 20 minutes, or until eggplant becomes limp. Remove lid and continue cooking over low heat for about 45 minutes. Serve piping hot. Serves 4 to 6.

*Mrs. James T. Kountoupis, New Orleans, La.  
TIMES PICAYUNE*

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## CREAMED CHICKEN

- 1 fryer
- 1 stick butter
- 2 onions
- ¼ bell pepper
- green onions
- Celery
- Garlic powder

### Cream Sauce or White Sauce

Boil fryer with chopped onion until tender. Remove chicken from bone, discarding skin. Tear chicken into small pieces. Saute chopped onion, bell pepper, green onions and celery with butter. Mix in with white sauce, then add chopped chicken. Pour into casserole dish and bake. Add toast squares on top or bread crumbs.

*Cleo Kelley, Cameron, La.*

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## SHIRLEY'S SESAME CHICKEN

- 1 fryer cut up and seasoned with salt and pepper
- ½ cup cooking oil
- ½ cup evaporated milk
- ½ cup sesame seeds
- 2 tbsp. dehydrated onions
- ¼ cup bell pepper
- ¼ cup chopped carrots
- 1½ cup flour

Pour evaporated milk over chicken and let stand for about 30 minutes. Roll in sesame seeds and fry in hot oil. When brown on both sides remove from pan and pour out oil. Add the rest of the seasoning and add enough water so chicken will be partially submerged. Add more salt and pepper then cover and let simmer for 30 minutes.

*Mrs. Mervin Chesson, Sweetlake, La.*

## SWEET 'N SOUR BAKED CHICKEN

- 1/4 cup melted oleo
- 1/2 cup chopped onions
- 1/2 cup coarsely chopped green pepper
- 1/2 cup coarsely chopped carrots
- 3/4 cup ketchup
- 1 cup pineapple juice
- 2 tbsp. vinegar
- 1/4 cup firmly packed brown sugar
- 2 tsp. soy sauce
- 1/2 tsp. garlic salt
- 1/2 tsp. salt
- 1/4 tsp. pepper - dash ground pepper - dash ground ginger
- 1 cup drained pineapple chunks
- 1 3lb. cut-up fryer

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Preheat oven to 400 degrees. In medium skillet, heat oleo, add onions, green pepper and carrots and cook 5 minutes stirring. Stir in ketchup, pineapple juice, vinegar, sugar, soy sauce, garlic salt, pepper and ginger; cook, stirring constantly until mixture boils. Add pineapple chunks. Arrange chicken pieces skin side up in 13x9x2 inch pan. Pour sweet and sour sauce over all. Bake covered 45 minutes. Uncover and bake about 30 minutes longer, or until chicken tests done. 4 servings.

Mrs. Wayne Wood, Grand Chenier, La.

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## CHICKEN CASSEROLE

- 4 cups bite size chicken (remove skin)
- 1 medium chopped onion
- 1 cup chopped celery
- 2 cups chicken broth
- 1/4 cup flour
- 1 small package corn bread mix
- 1 tbsp. prepared mustard
- 1 tsp. worchestershire sauce
- 1/4 cup oleo
- 1 pkg. frozen or cooked green peas

Saute onion and celery in oleo. Add flour and chicken broth and cook until thickened. Add mustard, worchestershire sauce, chicken and peas and place in well greased casserole. Prepare corn bread mix and take a spoon and make a groove around the edge of the mixture in the casserole and spoon in the cornbread mixture. Place in 400 degree oven and bake 20 to 30 minutes. Casserole may be made ahead of time and refrigerated.

Mrs. Don Conner, Creole, La.

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## PAM'S RICE AND CHICKEN SPECIAL

- 2 tbsp. butter
- 1 2 1/2 lb. to 3 lbs. fryer, cut up
- 2 tbsp. of seasoning salt
- 1 4oz. can of sliced water chestnuts (reserve liquid)
- 1 4oz. can of sliced mushroom (reserve liquid)
- 1 1/2 cups of long grain rice
- 1 10 1/2 oz. can chicken broth
- 1 10 1/2 oz. can cream of celery soup
- 1 10 1/2 oz. can of onion soup

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 and onion soup.\* Heat to bubbly stage. Place browned chicken on top, cover tightly heat to steaming (300). Cut skillet back to 220 and cook for 45 minutes.

### Casserole Cookery

Proceed as above; transfer to 3 quart casserole; back at 325 degrees for 45 minutes.

\* Also include reserved liquids from water chestnuts and mushrooms.

Pam Duhon, Grand Lake, La.

## CHICKEN SCALLOPINE

- 8 broiler-fryer chicken thighs, boned
- 1 tsp. Accent
- 1/2 tsp. salt
- 2 tbsp. butter or margarine
- 1 tbsp. lemon juice
- 2 tbsp. chopped parsley
- 1 tbsp. chopped chives
- 1/4 tsp. dried leaf marjoram

To bone chicken thighs, cut along under side of thigh to bone, scrape flesh away from bone and remove bone. Place boned thighs between 2 pieces of foil. Pound with side of cleaver or rolling pin to flatten. Sprinkle with Accent and salt. Melt butter over medium heat in large skillet. Add chicken, skin side down. Cook 10 minutes until lightly browned. Turn; sprinkle with lemon juice and herbs. Cook about 10 minutes until tender. Serve on buttered toast points; garnish with thin lemon slice. 4 servings.

Mrs. Hayes Picou, Sr., Cameron, La.

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## CHICKEN CACCIATORE

- 1 large onion, chopped
- 1 large green pepper, chopped
- 1 clove garlic, minced
- 4 tbsp. salad oil, divided
- 1 3lb. frying chicken
- 1/2 cup all purpose flour
- 1 3/4 cups cooked, drained tomatoes
- 1/2 cup tomato sauce
- 2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ground allspice
- 1 bay leaf
- 1/4 tsp. thyme
- 3/4 tsp. oregano
- 1 pimento, chopped
- 1 4oz. can slices mushrooms

Brown chopped onion, green pepper strips, and minced garlic in 2 tablespoons salad oil. Remove these and set aside for later use. Place pieces of chicken in paper bag with flour, and shake. Remove chicken and place in skillet. add remaining salad oil and fry until golden brown. Return browned onion, pepper, and garlic to the skillet. Mix tomatoes, tomato sauce, salt, pepper, spices, pimento, and mushrooms. Add to chicken. Simmer covered for 30 to 40 minutes, or until chicken is tender. Yield 4 to 5 servings.

Mrs. Barbara LeBlanc, Cameron, La.

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## CHICKEN PIE SUPERB

- 1 4-5 lb. chicken
- 1 carrot, diced
- 1 onion, diced
- 1 stalk celery, chopped
- 1 sprig parsley, chopped
- 1 tsp. rosemary
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 5 tbsp. all-purpose flour
- 1 1/2 cups chicken stock
- 1 cup cream
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 lb. butter or margarine
- 1 (4 oz.) can mushroom slices
- Pastry

Clean and disjoint chicken. Place on rack in container half filled with hot water. Add carrot, onion, celery, parsley, rosemary, 1/2 tsp. salt, and pepper. Partly cover with a lid and simmer for 3 to 4 hours or until tender, turning occasionally. Cook chicken in broth, breast-side down. Skim off excess fat from stock.

Barbara LeBlanc, Cameron, La.

## CHICKEN CRUNCH

- 1/2 cup chicken broth
- 2 cups condensed cream of mushroom soup
- 3 cups diced cooked chicken
- 1/4 cup minced onion
- 1 cup diced celery
- 1 5oz. can water chestnuts (sliced)
- 1 3oz. can chow mein noodles (reserve some for garnish)
- 1/4 cup toasted almonds
- 1/2 cup sherry

Combine all ingredients and bake at 350 degrees for 30 minutes. Chicken is best if boiled in water seasoned with onions, celery, bell pepper, bay leaf, parsley, etc.

Mrs. Charles Perry

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## CHICKEN SAUCE PIQUANTE

- 4 1/2 to 5 lb. chicken - cut in pieces
- 1 cup oil
- 1 can tomato paste
- 1 can whole tomatoes
- 2 cups chopped onions
- 1 cup chopped celery
- 4 cloves garlic, chopped fine
- 1 4oz. can mushrooms
- 4 cups water
- 1/2 cup chopped onion tops and parsley
- 1 tsp. sugar
- Salt and red pepper
- 1 cup chopped bell pepper

Season chicken and fry in oil in heavy iron pot covering pot and stirring chicken occasionally for about a half hour or until chicken becomes tender. Take chicken out and set aside. Add onions, celery and bell peppers to it and cook slowly until onions are wilted. Add tomato paste and whole tomatoes and cook stirring occasionally for about a half hour. Add water and cook for another 20 minutes. Add chicken, mushroom, sugar and chopped garlic. Season to taste with salt and red pepper, leaning heavily on the red pepper to give the sting (which is Piquante). Cook 20 minutes. Add parsley and onion tops. Serve over cooked rice. Serves 8.

Mrs. Roy F. Hebert, Cameron, La.

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## CHICKEN CURRY

- 1 (6 lb.) hen boiled (season)
- 2 large onions, finely chopped
- 2 tbsp. butter or oleo
- 1 clove garlic - pressed through garlic presser
- 2 tbsp. flour
- 1 tbsp. curry powder or to taste
- 1 can evaporated milk or light cream (half and half)
- 4 cups chicken broth

Remove chicken from bone and chop. Saute onions and garlic in butter. Add flour, curry and milk. Cook on medium low until thickens. Add broth and chicken. Simmer 1 hour. Do not boil or milk with curdle. Serve on rice with condiments of chutney, crumbled bacon, coconut, toasted chopped nuts. (We like pecans, chopped hard cooked eggs.) You may boil and debone chicken the day before and prepare the dish the next day.

Mrs. Jerry Jones, Cameron, La.

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## CREOLE CHICKEN AND EGGPLANT

- 1 cut-up fryer
- 2 medium onions
- 4 large eggplants, peeled and cut in cubes

- 2 bell peppers
- 2 tsp. salt
- 1 stick oleo
- Kitchen Bouquet
- Parsley
- Black pepper to taste

Brown 1/2 of the fryer at a time in oleo, then add finely chopped onions and peeled eggplants cut in cubes. (If using green eggplants, do not preboil; if using purple ones, peel, cut in cubes, cover with water and let come to a boil then drain and add to chicken. The purple eggplant is stronger tasting and may be bitter.) Add 1/2 cup water, let come to a boil, reduce heat and simmer for about an hour, or until chicken is tender. About 10 minutes before done add chopped bell peppers and parsley, black pepper if desired. Kitchen Bouquet may be used to deepen color. Serve alone as an appetizer or over rice as we prefer it.

June Crain Harper, Grand Chenier, La.

\*\*\*

## STUFFED BAKED HEN

- 1 large hen
- 1 large onion
- 1/4 cup chopped celery
- 1 cup chopped bell pepper
- 1/4 cup chopped onion tops
- 1/3 cup mustard
- Salt and pepper to taste

Chop one onion, bell pepper, onion tops and mix with salt and pepper. Stuff inside of hen and close to keep in. Spread mustard on outside of hen. Put in roaster with one onion slice and 1/2 cup water. For gravy, thicken with flour as desired. Bake 1 hour at 350.

Shirley Bonsall, Grand Chenier, La.

# Cameron Food Mart, Inc.

YOUR LOCAL GROCERY STORE

Mr. and Mrs. Alvin Murphy  
Owners



## SALADS

### SPAGHETTI SALAD

½ pkg. spaghetti, boiled  
6 green stuffed olives chopped fine  
2 tbsp. chopped pimentos  
½ cup salad dressing  
1/3 cup chopped lettuce  
¼ cup pickles, chopped fine  
4 boiled eggs, chopped fine  
Salt and pepper to taste

Boiled spaghetti and drain. Add to all ingredients above and mix well. Serves 8.

*Shirley Bonsall, Grand Chenier, La.*

\*\*\*

### RICE AND TUNA SALAD

1 cup cooked rice  
1 cup mayonnaise  
3 hard cooked eggs  
¼ cup each red and green peppers  
1 cup tuna fish  
½ cup chopped celery  
1 chopped pickle

Mix all but 2 eggs. Garnish with remaining eggs sliced; olives if desired.

*Michael Prescott, Johnson Bayou, La.*

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### EGG RICE SALAD

6 hard-cook eggs (chopped)  
¼ cup minced green onions  
1 cup diced celery  
¼ cup dices sweet pickles  
¾ cup mayonnaise  
2 cups cold cooked rice  
Salt to taste

Combine eggs, onions, celery, pickles, mayonnaise, rice and salt together. Toss with fork until blended without mashing the rice grains. Serve on a crisp lettuce, garnished with assorted crackers.

*Pam Duhon, Grand Lake, La.*

\*\*\*

### BEAN AND SHRIMP SALAD

1 can green beans  
1 can wax beans  
1 can red kidney beans  
1 cup pickle relish  
1 medium chopped onion  
½ cup vinegar  
½ cup salad oil  
½ cup brown sugar  
1 lb. boiled shrimp

Drain beans. Combine beans, relish and onion. Mix vinegar, oil and brown sugar. Pour over vegetables and shrimp. Marinate at least 12 hours. 12-15 servings.

*Mrs. Morris Abrams, Chambers, La.*

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### SHRIMP SALAD

1½ cup shrimp, lobster or crab meat  
1 cup sliced celery  
½ cup chopped nuts

¼ cup sliced stuffed olive  
¼ cup mayonnaise  
¼ cup French dressing

Combine all ingredients and chill. When chilled mix with blender mayonnaise and serve.

#### Blender Mayonnaise

1 egg  
¾ tsp. salt  
½ tsp. dry mustard  
¼ tsp. paprika  
1 tbsp. vinegar  
1 tbsp. lemon juice  
1 cup salad oil

Place 1-4 ingredients in the blender and mix at high speed until blended. Add lemon juice and start blender at high speed. Slowly add ½ of salad oil. Add vinegar and slowly add remaining oil. Work the ingredients into the processing well with spatula.

*Mrs. Larry Dyson, Cameron, La.*

\*\*\*

### KARO'S "MAC-EZE" SALAD

2 cups cooked shell macaroni  
½ cup chopped celery  
½ cup chopped bell pepper  
¼ cup chopped onion  
1 cup finely chopped meat  
(chicken, spam, ham, etc.)  
1 pkg. Green Chile Dip  
2 tbsp. mayonnaise

Cheddar cheese grated finely - use own judgement as to amount. Mix all ingredients together, refrigerate until serving time.

*Carolyn Gibbs, Sweetlake, La.*

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### THREE BEAN SALAD

1 can cut wax beans  
1 can cut green beans  
1 can red kidney beans  
1 sliced onion  
½ chopped green pepper  
2/3 cup sugar  
1/3 cup salad oil  
1 bottle wine vinegar  
2 tsp. salt  
½ tsp. celery seed  
½ tsp. mustard seed  
About 3 tsp. hot pepper sauce

Drain beans. Do not use juice. Pour all ingredients into large bowl. Cover and chill overnight. Drain well before serving.

*Mrs. Clifford Myers, Creole, La.*

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### TURKEY SALAD

4-5 cups turkey meat  
Celery 3 to 5 rib  
Small jar sweet pickles  
4-5 dill pickles  
5 boiled eggs  
1 small onion  
Mayonnaise  
Mustard  
Worcestershire sauce  
Hot sauce  
Salt and pepper

Run the first six ingredients through a meat grinder. Alternate by putting small portions of each through. This mixture may then be frozen or finished for sandwiches. To complete salad add: Mayonnaise, mustard, worcestershire sauce, hot sauce, salt and pepper to taste. The salad may be served as a sandwich or as hors d'oeuvres with crackers.

*Susan Watts, Cameron, La.*

### SALAD ITALIANE

½ head lettuce  
3 sliced tomatoes  
2 ribs sliced celery  
1 cup capanata  
½ cup Romano cheese  
Anchovies for decoration  
½ cup Italian salad dressing  
Salt and pepper to taste

Tear lettuce in bit size pieces. Add sliced tomatoes, celery and capanata. Add salt and pepper. Sprinkle cheese over and decorate with anchovies. Serves 6.

*Katy Elmore, Grand Chenier, La.*

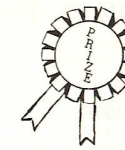
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### FROZEN STRAWBERRY BANANA SALAD

2/3 cup undiluted evaporated milk  
1 8oz. pkg. cream cheese  
½ cup sugar  
1/3 cup mayonnaise  
½ cup chopped walnuts  
2 ripe bananas  
2 tbsp. lemon juice  
½ pint fresh strawberries  
or frozen drained berries.

Chill milk in tray in freezer until ice begins to form. Beat cream cheese until softened. Beat in sugar and mayonnaise. Mix in nuts and strawberries. Slice bananas and stir into strawberry mixture. Beat icy milk and lemon juice until very stiff. Fold in the fruit-nut mixture. Turn into a 9½x5¼x2-¾ inch loaf pan that has been lined with aluminum foil. Freeze salad until firm. Wrap tightly in the aluminum foil and return to freezer until ready to serve. Soften slightly before slicing. Serve on salad greens. Serves 10.

*Hattie Nunez, Cameron, La.*



2nd Place  
1974 Favorite Food Show

### DEL'S LEMON JELLO SALAD

2 small boxes lemon jello  
16 oz. cream cheese

Mix one cup boiling water with jello and one cup boiling water with cream cheese. Mix together and refrigerate until congealed (1 hr. 15 min.) Meanwhile, drain and chop 1 large can peaches, 1 can pears, 1 jar cherries, 1 large can crushed pineapples and 6 small bananas. Combine both by mixing well. Whip 1 pint whipping cream and fold into mixture. Refrigerate. Serves 15.

*Mrs. Ronald David, Gueydan, La.*

\*\*\*

### HARPER SALAD

1 pkg. lime gelatin  
½ cup pineapple juice  
Boil 7 minutes and set aside to cool.

2 cups miniature marshmallows  
8 oz. cream cheese  
2½ cups crushed pineapple, drained  
1 cup whipped cream, or Dream Whip

Blend cream cheese smooth, then fold in other ingredients. Fold in gelatin-juice mixture, then refrigerate till firm.

*Carolyn Harper, Grand Chenier, La.*

\*\*\*

### BLUEBERRY GELATIN SALAD

Cook 2/3 cup sugar and 1 cup evaporated milk for 8 to 10 minutes on medium fire. Take from fire and add:

1 cup sour cream  
1 tsp. vanilla  
1 pkg. plain gelatin dissolved in ¼ cup cold water

Pour this into a pyrex dish and place in refrigerator until set. Dissolve 1 (3 oz.) pkg. black raspberry jello in 1 cup hot water. Add 1 (16 oz.) can blueberries in heavy syrup, place in refrigerator until cold but not set. When second mixture is cold spoon on top of first mixture. Chill until set. Serves 8.

*Nelvia Murphy, Grand Chenier, La.*

\*\*\*

### FRESH STRAWBERRY HOLIDAY SALAD

2 pkg. strawberry flavored gelatin  
2 cups hot water  
1½ cups cold water  
1 (8 oz.) pkg. cream cheese  
½ cup finely chopped nuts  
1 pint fresh strawberries  
quartered (if large) slightly sugared.

Pour hot water over gelatin and stir well to completely dissolve. Add 1½ cups cold water. Shape cream cheese into balls (using 1 tsp. for each) Roll in the chopped nuts. Place cheese balls evenly spaced in 9" ring mold or in a clear bowl. Cover with the lightly sugared strawberries. Pour cooled strawberry gelatin over cheese balls and berries. Chill until the gelatin is set. Unmold on large serving plate. Serves 8.

*Diana McCall, Gand Chenier, La.*

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### CRANBERRY WALDORF SALAD

2 cups raw cranberries  
3 cups miniature marshmallows  
¾ cup sugar  
2 cups diced unpeeled apples  
½ cup seedless grapes  
½ cup broken walnuts  
¼ tsp. salt  
1 cup whipped cream

Grind cranberries, combine with marshmallows and sugar. Cover and chill overnight. Add apples, grapes, salt and walnuts. Fold in whipped cream. Chill.

*T-Mae Booth, Grand Chenier, La.*

# Taylor's Welding Service, Inc.

Larry Taylor, Owner



3rd Place  
1974 Favorite Food Show

## ORANGE-PINEAPPLE FRUIT SALAD

- 1 (3 oz.) pkg. orange-pineapple jello
- 1 (8 oz.) cream cheese
- 1 cup boiling water
- 1 cup evaporated milk
- ½ cup sugar
- 1½ cup drained fruit cocktail
- 1 cup drained crushed pineapple
- ½ cup chopped nuts
- 1 cup marshmallows (optional)

Dissolve gelatin and cream cheese in boiling water. Cool slightly, then add evaporated milk. Set in refrigerator until mixture begins to thicken. Combine fruit cocktail, pineapple, nuts and sugar. Gently stir into congealed mixture. Return to refrigerator to set.

*Mrs. Gary Kelley, Cameron, La.*

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## SHAMROCK SALAD

- 2 (3 oz.) lime flavored gelatin
- 1-2/3 cup boiling water
- 1 tsp. salt
- 1 cup cold water
- ¼ cup vinegar

Mix all ingredients together and let cool.

Then add:

- ¼ cup chopped green pepper
- 1 cup chopped celery
- 1 cucumber chopped
- ½ cup chopped or shredded cabbage
- 1 cup grated or chopped carrots

Mix this with jello mixture and put into mold and refrigerate overnight.

*Mrs. Mervin Chesson, Sweetlake, La.*

## WALDORF SALAD

Cook

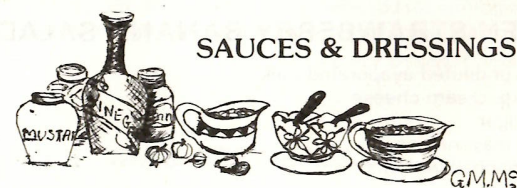
- 2 eggs, beaten
- ½ cup sugar
- ⅛ tsp. salt
- ½ cup pineapple juice

Add

- ½ cup chopped celery
- 2 chopped red apples
- 1 cup chopped red cherries
- ½ cup chopped nuts
- 1 cup whipped cream

Chill and serve. Serves 8.

*Darlene Taylor, Sweetlake, La.*



## SAUCES & DRESSINGS

### OVEN BARBEQUE

- 1 cup ketchup
- ½ cup water
- ¼ cup wine vinegar
- ¼ cup chopped onion
- ½ cup sliced bell pepper
- 1½ tsp. Worcestershire
- 1 tsp. dry mustard
- 2 tbsp. brown sugar

Cook above except the pepper until done, about 5 minutes. Foil line pan and place meat as desired in pan. Cover with sauce and peppers. Cover with foil. Bake for 1½ hours at 350. This given to me by Mae Ann Hebert.

*Mrs. Larry McNease, Grand Chenier, La.*

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### QUICK BARBECUE SAUCE

- 1 large chopped onion
- ¼ cup wesson oil
- 1 can tomato sauce
- ¼ cup water
- ¼ cup lemon juice
- ¼ cup brown sugar, firmly packed
- 3 tbsp. worchestershire sauce
- 2 tbsp. mustard
- 2 tsp. salt
- ¼ tsp. pepper

Cook onion until tender in oil. Add remaining ingredients. Simmer 15 minutes. About 3 cups yield. Hamburgers, chicken, frankfurters, steak or shrimp are delicious simmered in this sauce or use sauce to baste with when you barbecue outdoors.

*Mrs. Gary Kelley, Cameron, La.*

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### LEMONY HERB BUTTER

- ½ cup softened butter
- 1 tbsp. fresh squeezed lemon juice
- 2 tbsp. chopped parsley
- 1 tsp. dried basil or summer savory, crushed

Cream butter. Gradually beat in lemon juice. Continue beating until juice is absorbed. Stir in parsley and herb. Place in covered container and chill. Remove from refrigerator 30 minutes before serving. Delicious as spread on bread round or crackers or as topping for poached eggs or hot vegetables. For an elegant appetizer spread, combine one lemony herb butter recipe with 1 cup finely chopped, cooked shrimp.

*A Good Cook*

## TARTAR SAUCE

- 3 heaping tbsp. mayonnaise
- 1 medium onion (blended)
- 2 tbsp. dill pickle relish
- 1 large tbsp. horseradish

Combine all ingredients together and let stand about 30 minutes before serving. Great with fried fish, shrimp or oysters.

*Brenda Conner, Cameron, La.*

\*\*\*

## LEMON SAUCE

- 2 tbsp. corn starch
- 2-3 tbsp. sugar
- 1 cup water
- 1-2 tbsp. butter

Put cornstarch and sugar in a saucepan with water. Heat, stirring until clear. I crumble pumpkin bread in a serving glass, place peach halves upside down then pour warm sauce over this.

*Susan Watts, Cameron, La.*

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## COCKTAIL SAUCE

- 3 heaping tbsp. mayonnaise
- 1 medium onion (blended)
- 2 tbsp. dill pickle relish
- 1 large tbsp. horseradish
- 2 large tbsp. worchestershire sauce
- ½ to 1 cup catsup to make it a bright pink color.

Mix all ingredients together. Serve with boiled shrimp, crawfish or crabs, also great for raw oysters.

*Brenda Conner, Cameron, La.*

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## HOMEMADE MAYONNAISE

- 1 egg yolk, raw
- 2 hard cooked egg yolks
- 1 cup salad oil
- 1 tsp. salt
- 2 tbsp. vinegar or lemon juice

Mix all 3 yolks real well with fork or spoon in small mixing bowl. Add half the salad oil and stir with mixer until it thickens, add remaining oil and continue stirring, add vinegar and salt, stir well. Should be light and creamy. Yields 1½ cups.

*June Richard, Grand Chenier, La.*

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## COCKTAIL SAUCE

- 3 tbsp. mayonnaise
- 2 tbsp. catsup
- 1 tsp. mustard
- Dash of pepper

Combine all ingredients and mix well. Serve with boiled crabs, shrimp or crawfish.

*Cheryl Miller, Grand Chenier, La.*

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## SALAD DRESSING

- 1 large pod garlic
- 1 tsp. salt
- 8 mint leaves or dried leaves
- ½ cup olive or wesson oil
- Juice of 2 lemons (squeezed for juice)

Combine all ingredients in electric blender until smooth. Put on salad greens at last minute.

*Nancy Mercer*

## PEGGY'S SEAFOOD SAUCE

- ½ cup chili sauce
- ½ cup catsup
- 3 tbsp. freshly squeezed lemon juice
- 1 tbsp. mayonnaise or salad dressing
- 1 tsp. Worcestershire sauce
- ½ tsp. grated onion
- ¼ tsp. salt
- 3 drops Tabasco sauce
- Dash pepper

Combine all ingredients and chill thoroughly. Yields 1½ cups.

*Gerald Richard, Grand Chenier, La.*

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## DRESSINGS

### RICE MEAT DRESSING

- 1 lb. ground pork
- ½ lb. ground beef
- 1 lb. giblets
- 2 tbsp. cooking oil
- 1 large onion
- 1 large green pepper
- 1 cup diced celery
- 3 cups cooked rice
- 2 tbsp. roux
- 1 cup parsley
- 1 cup green onion
- Salt, black and red pepper to taste

Cook meat with onion, celery and pepper until tender. Add a little water and the roux. Add green onion and parsley and cook a little longer. Add rice and season to taste. Heat thoroughly and serve.

*Mrs. Absie Duhon, Lake Charles, La.*

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### EGGPLANT DRESSING

- 2 medium eggplants
- 3 tbsp. oil
- 1 cup chopped onions
- ½ cup chopped bell pepper
- 2 pods garlic, minced
- ½ cup onion tops
- ½ cup parsley
- 1 lb. ground beef
- ½ cup water
- 3 cups cooked rice
- Salt and pepper to taste

Peel and cube eggplants and boil in salted water until tender. Drain in colander and set aside. Brown onions in oil. Add ground beef and fry until brown. Add celery, bell pepper and garlic and cook about 5 minutes. Add eggplant, parsley, and onion tops and water. Salt and pepper to taste. Cover and cook about 30 minutes. ADD COOKED rice. Recover and let set on low fire about 10 minutes, stirring regularly so as not to let it scorch. Serve as a main dish with a salad and dessert.

*Mrs. Roy F. Hebert, Cameron, La.*

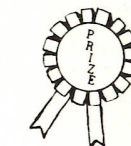
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### RICE DRESSING

- 1 lb. ground beef
- 1 lb. ground pork
- 1 large onion finely chopped
- 1 bell pepper chopped
- ½ cup celery chopped
- ½ can cream of chicken soup
- ½ can celery soup
- 2 cups water
- 4 cups cooked rice

Fry ground meat meats until well browned. Add onions, bell pepper and celery. Cook until vegetables are wilted. Add soups and water. Cook for ten minutes. Add cooked rice and heat until warm.

*Mrs. Nelvia Murphy, Grand Chenier, La.*



1st Place  
1974 Favorite Food Show

COMPLIMENTS OF  
**BROUSSARD'S**  
**MOTEL**

P.O. BOX 212  
CAMERON, LOUISIANA  
TELEPHONE: 775-5115



## SHIRLEY'S RICE DISH

3½ cups water  
2 cups rice  
6 chicken bouillon cubes  
2 tbsp. butter  
½ cup chopped onions  
¼ cup chopped celery  
¼ cup chopped green peppers  
2 tbsp. pimento  
Pepper to taste, no salt

Bring water to boil and add chicken cubes, when melted add rice and stir. When water comes to a boil turn fire low and cover. In a sauce pan saute chopped onions, celery, peppers and pimento in butter. When rice is cooked (about 20 minutes) add sauted mixture. Can be served hot or cold.

*Shirley Bonsall, Grand Chenier, La.*

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## QUICK AND EASY RICE DRESSING CASSEROLE

1 lb. ground shrimp  
1 cup raw rice  
1 can cream of mushroom soup  
1 can onion soup  
¼ cup parsley  
¼ cup onion tops  
1 stalk chopped celery  
¼ cup chopped bell pepper  
2 pods garlic  
Salt, red and black pepper to taste

Combine all ingredients in 2 qt. casserole. Cover tightly. Bake in 350 oven one hour. Serves 6. You can use ground meat instead of shrimp. I prefer ½ lb. crabmeat and ½ lb. shrimp.

*Hattie Nunez, Cameron, La.*

\*\*\*

## CORNBREAD SAUSAGE PECAN DRESSING

1 cup chopped celery  
¾ cup or 1 cup chopped onion  
½ cup chopped green pepper  
1 stick oleo  
5 cups canned chicken broth  
5 cups toasted white bread cubes or 3 cups bread crumbs  
8 cups crumbled cornbread  
½ lb. pork sausage  
½ tsp. salt or salt to taste  
¼ tsp. black pepper  
4 eggs, slightly beaten  
1 cup chopped pecans  
Giblets from turkey or chicken chopped fine (optional)

Cook celery, onion and green pepper until tender in melted oleo in a heavy skillet. Crumble the cornbread into a large bowl, add bread cubes or crumbs. Heat the chicken broth and pour over the crumb mixture. Add the cooked celery, onions and pepper and mix well. Cook sausage until browned adding giblets when it is almost done; add to bread mixture, along with seasonings, eggs, and chopped pecans. Toss lightly to mix well. Dressing may be cooked in an uncovered 13x9x2 pan at 325 for 45 minutes yielding 15-20 servings or enough to stuff an 18-20 lb. turkey.

*Mrs. Charles F. Hebert, Cameron, La.*

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## GREEN RICE I

2 cups uncooked rice  
1½ cups milk  
½ cup oleo  
1 cup fresh chopped parsley  
1 cup chopped green bellpepper

1 cup chopped green onions  
2 cloves garlic  
1 lb. grated cheese  
Salt and pepper to taste

Cook rice. Mix while hot with all other ingredients. Place in oiled casserole. Bake uncovered at 350 for 30-45 minutes. One cup of crab meat may be added to make a main dish.

*Norma Meyers, Sulphur, La.*

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## GREEN RICE II

2 cups cooked rice  
1 cup cooked, seasoned to taste, chopped broccoli  
½ cup chopped onions  
1 can mushroom soup  
1 cup cheddar cheese  
½ cup chopped celery and bell pepper mixed

While broccoli is cooking add onions, bell pepper and celery. Mix all cooked ingredients together. Top with cheddar cheese. Bake for 5-10 minutes in 350 oven, until cheese melts.

*Carolyn Gibbs, Sweet Lake, La.*

\*\*\*

## RICE DRESSING CASSEROLE

1 lb. ground meat  
1 cup raw rice  
1 can cream of mushroom soup  
Dash red pepper  
¼ cup parsley  
Dash salt  
1 stalk celery, diced  
¼ bell pepper, diced  
2 pods garlic, chopped  
¼ cup onion tops, chopped

Combine all ingredients in 2 qt. casserole. Be sure casserole is tightly covered. Bake at 350 for 1 hour. Serves 6 bountifully.

*Mrs. Ronald Theriot, Creole, La.*

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## CAJUN RICE

1½ lb. ground beef  
1 cup chopped onions  
¼ cup chopped bell pepper  
½ cup mushrooms  
1 tsp. salt  
¼ tsp. black pepper  
½ tsp. red pepper  
1 sprig parsley  
1 large can beef broth  
2 cups cooked rice

Brown meat. Add onions, bell peppers and cook until tender. Add remaining ingredients except rice. Let simmer for 5 minutes then add rice. Mix thoroughly and pour into casserole and bake 12 minutes at 350.

*Mrs. Mervin Chesson, Sweet Lake, La.*

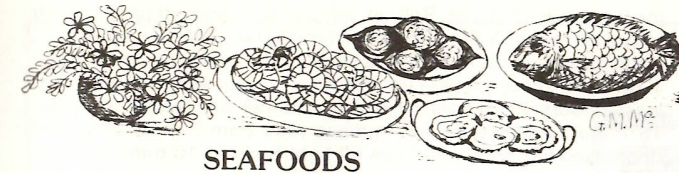
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## RICE WITH JALAPENO PEPPERS

2 cups cooked rice  
2 small cartons sour cream  
1 block or 1 pkg. sliced Monterrey Jack cheese  
1 can Jalapeno peppers  
1 block or 1 pkg. grated cheddar cheese

In a buttered casserole mix 1/3 of the rice and 1/3 sour cream to moisten rice. Sliver, seed and wash Jalapeno peppers. Wrap slivered pepper in slices of Monterrey Jack cheese. Place wrapped peppers on rice. Repeat rice and sour cream layer, then pepper and cheese layer twice. Grate cheddar cheese over all. Heat in oven until cheese melts. Very good with roast beef.

*Anne Kornegay, Cameron, La.*



## SEAFOODS

### SEAFOOD RICE SURPRISE

2 tbsp. margarine  
1 large green pepper, seeded and diced  
1 cup minced onion  
½ cup mayonnaise  
1 can cream of mushroom soup  
2 tbsp. lemon juice  
½ tsp. Worcestershire sauce  
1 tsp. prepared mustard  
½ tsp. salt  
1 (2 oz.) jar pimentos, diced  
3 cup cooked rice  
2 to 3 cups poached, flaked fish or crab meat  
¼ cup seasoned bread crumbs

Melt butter or margarine in skillet over med. heat. Add green pepper and onion. Cook, stirring occasionally until pepper is soft. Combine mayonnaise, lemon juice, worchestershire sauce and soup, mustard and salt. Mix well. Place green pepper mixture, pimentos, rice and fish in large bowl. Mix gently. Spoon into 2 qt. casserole. Sprinkle with seasoned crumbs. Bake 10-15 min. at 375 F. Garnish with green pepper rings and lemon wedges. Serves to eight persons at a cost of 25 cents to 30 cents per serving.

#### This is the surprise

To poach the fish place fish fillets (red snapper, mackerel or any firm fish) in water to which you have added salt and crab boil seasonings. Poach for 5 min. Remove from water and let the seasoned water and fish cool. Return fish to water after cooling and let stand for 10 to 15 min. Drain well and flake. Viola! Instant crab. It's amazing how the fish assumes the flavor of crab.

*Suzanne Robicheaux, Sweetlake, La.*

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### SEAFOOD CASSEROLE

1 lb. crabmeat  
1 lb. shrimp (boiled and diced)  
½ cup onion (diced)  
½ cup bell pepper (diced)  
½ cup celery (diced)  
½ cup green onions  
1 block butter  
3 slices sharp cheese  
1 tsp. red pepper  
Salt to taste  
1 small can mushrooms (diced)  
2 cup white sauce  
1 tbsp. Worcestershire

Saute onions, bell pepper, celery, green onions and mushrooms in butter; add shrimp and crab meat to sauted mixture. Simmer and add salt, pepper and Worcestershire. In white sauce, melt cheese. Combine seafood mixture and white sauce. Put in greased casserole and sprinkle with bread crumbs. Bake at 350 until bubbly. Serve hot.

*Molena Skidmore, Cameron, La.*

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### CRAB & SHRIMP SUZETTE

Batter for crepes  
1/3 cup flour  
Dash of salt  
¾ cup milk  
1 egg  
1 egg yolk  
1 tbsp. melted butter



1st Place  
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Refrigerate till thick. Combine in saucepan and cook till clear:

2 tbsp. butter  
1 tsp. parsley  
1 clove garlic  
¼ cup green onion tops  
¼ cup celery  
¼ cup bell pepper

#### Add

½ cup crabmeat  
½ cup cut up shrimp  
1 tbsp. sherry

Simmer 10 minutes.

#### Make sauce with:

1 tbsp. butter (melted)  
1 tbsp. flour  
Salt & pepper to taste  
½ cup milk

Cook until mixture thickens. Make crepes with batter. Spread filling across each crepe and wrap. Place in oven approximately 10 min. Remove and pour 1 can cream of mushroom soup over crepes. Return to oven for 5 to 10 min. more.

*Hattie Nunez, Cameron, La.*

\*\*\*

### TUNA NUGGETS

2 cans (6½ or 7 oz. each) tuna  
1 tbsp. lemon juice  
2 tsp. horseradish  
2 pkg. (3 oz. each) cream cheese, softened  
¼ tsp. liquid hot pepper sauce  
1 cup chopped parsley

Drain and flake tuna. Cream the cheese. Add seasonings and tuna. Mix thoroughly. Portion tuna mixture with a tablespoon. Shape into small ball. Roll in parsley. Chill. Makes approximately 40 hors d'oeuvres.

*Gail Trosclair, Cameron, La.*

\*\*\*

### FISH IN BEER BATTER

2 lbs. frozen or fresh fish fillet of trout, flounder, ling or ocean perch  
1 cup flour  
1 tsp. salt  
1 tbsp. paprika  
1 can beer  
Lemon juice  
Oil for deep frying

Let fillets thaw, if frozen. Combine flour, salt and paprika in a mixing bowl. Gradually add beer, beating until batter is smooth. Sprinkle fillets with lemon juice. Dip lightly in additional flour, then draw fillets carefully through beer batter until completely coated. Drop into hot oil (400) and cook, turning once, about 3-4 minutes or until crackly brown. Drain on absorbent towels. 4-6 servings.

*Mrs. Hayes Picou, Sr., Cameron, La.*

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### CLAM CASSEROLE

1 qt. clams, chopped fine  
½ chopped celery  
2 cans mushrooms drained and chopped  
3 tbsp. flour  
Dash pepper  
½ cup dry bread crumbs  
¾ cup chopped onion  
¼ cup butter  
1 tsp. salt

Saute onions and mushrooms and celery in butter till tender, blend in flour and seasonings. Add clams and cook until thick stirring constantly. Put mixture in casserole (well greased) dish and sprinkle top with butter and crumbs mixed together. Bake in hot oven 400 for 10 minutes or til brown.

*Mrs. James Lupton, Cameron, La.*

## "EGGPLANT" GRILLED OYSTERS

3 tbsp. melted butter  
1/3 cup fresh lemon juice  
1 cup A-1 sauce  
1/3 cup Lea & Perrins  
2 jiggers of Sherry of Madeira

Salt and pepper 24 selected oysters, dredge in flour and grill on a slightly buttered griddle on top of range, not in oven. Sprinkle with butter or cooking oil on both sides while browning. When golden brown on both sides, place in chafing dish, pour sauce over them and keep hot. Very nice as an appetizer or as Hors d'Oeuvres.

*Mrs. James S. Henry, Jr., Cameron, La.*

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## KARO'S DRUNK FISH

2 lbs. of catfish fillets or slices  
1 tsp. salt  
Dash of pepper  
1/2 cup thinly sliced green bell pepper  
1/2 cup thinly sliced celery and onions mixed  
1/2 cup catsup  
1/2 cup chili sauce  
2 tbsp. dry white wine  
2 tbsp. Evan Williams Whiskey

Place in well greased baking dish. Sprinkle fish with salt and pepper. Sprinkle with onions, peppers and celery, top with lemon wedges. Combine remaining ingredients and pour over fish. Bake at 350 oven for 25-30 min.

*Carolyn Gibbs, Sweetlake, La.*

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## WEIGHT WATCHERS RED SNAPPER

3 lbs. dressed snapper or other dressed fish, fresh or frozen  
1 1/2 tsp. salt  
Low-Cal stuffing (below)  
2 tbsp. melted fat or oil  
Lemon/lime wedges

Thaw frozen fish. Clean, wash and dry fish. Sprinkle inside and out with salt. Stuff fish loosely. Close opening with small skewers or toothpicks. Place fish on a greased bake-and-serve platter. Brush with fat. Bake in a moderate oven 350F. for 40-60 minutes or until fish flakes easily when tested with a fork. Remove skewers. Serve with lemon or lime wedges. Serves 6. Approximately 276 calories in each serving.

### Low Cal Stuffing

3/4 cup chopped onions  
1 1/2 tsp. butter or margarine, melted  
2 1/4 cup chopped peeled apple  
1/3 cup chopped celery  
1/3 cup chopped parsley  
2 tbsp. lemon or lime juice  
1/4 tsp. salt  
1/8 tsp. thyme

Cook in butter until tender. Combine all ingredients and mix thoroughly. Makes approximately 3 cup stuffing.

*Gail Trosclair, Cameron, La.*

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## CRAB CASSEROLE

1 can (7 1/2 oz. fresh) crabmeat, drained  
1/4 cup dairy sour cream  
2 tbsp. chili sauce  
1/4 cup chopped green onions  
1/2 tsp. salt  
1/2 tsp. Worcestershire sauce  
12 slices fresh soft bread  
2 tbsp. butter, melted

Mix crab meat, sour cream, chili sauce, onions, salt, worchestershire sauce, set aside. Trim crust from bread. Roll each slice until thin. Cut slices crosswise in half. Spread 1 tsp. crab

mixture on each piece. Roll up, secure with wooden picks. Brush rolls with melted butter. To serve immediately, heat oven to 400F., place rolls on ungreased baking sheet. Bake till light brown - about 10 min. To freeze - Freeze uncovered on ungreased baking sheet at least 2 hours. Place rolls in freezer container, and return to freezer. 15 minutes before serving remove rolls from freezer. Place on ungreased baking sheet. Bake till light brown - 10 min.

*Mrs. James Lupton, North Carolina*

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## CRAB STEW

3 doz. cleaned crabs (reserve fat)  
1/2 cup parsley  
1/2 cup bell pepper chopped  
1/2 cup celery chopped  
1 1/2 cup green onion tops chopped  
2 med. onions chopped fine  
3/4 cup oil  
1 can stewed tomatoes  
(or Rotel Tomatoes)  
2 (6 oz.) cans tomato paste  
4 tbsp. flour  
1 qt. water  
Crab claws (optional)  
Salt and pepper to taste  
2 cup very small shrimp (optional)

If using crab claws, steam briefly and clean. Do not over cook. May either be added to gravy or stuffed in crab cavity over onion tops. Season crabs and stuff with green onion tops then claw meat, prior to making gravy. In heavy wide bottom pot put oil and cook tomato paste until lightly browned and separated. Add onions, bell pepper and celery. Cook until wilted. Drain excess oil add flour to make roux in a separate pot. Cook flour till brown. Add canned tomatoes, water and roux to ingredients in large pot. Cook over med. heat, stirring occasionally for about 30 min. (Oil will come to top). Raise heat. Carefully drop crabs, cavity up into gravy. Bring to a boil, cover and cook 10 min. Baste frequently. Then add crab fat and optional shrimp and/or claw meat. Cover and let stand for 5 min. Serve over rice.

*Mrs. E.J. Dronet, Cameron, La.*

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## CREOLE SHRIMP COURT BOUILLION

1/4 cup cooking oil  
5 tbsp. flour  
4 scallions (onions) and tops, chopped  
2 cloves garlic, minced  
1 bay leaf  
Salt and Tabasco to taste  
Water  
2 lbs. shrimp, peeled and deveined

Cook flour to a deep brown color in cooking oil, add scallions and garlic and saute a few minutes until soft, then add other ingredients, except shrimp. Let simmer 5 min., add shrimp and cook until done with enough to cover. Serve with white boiled rice. A large channel bass, red fish or any large fish cut into thick slices through the backbone may be used instead of the shrimp. Crabs or 2 or 3 doz. oysters may also be substituted for the shrimp.

*Mrs. Charles F. Hebert, Cameron, La.*

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## SHRIMP AND MACARONI SALAD

1 pkg. macaroni (elbo or shell)  
1 lbs. shrimp  
3 boiled eggs  
1/2 cup sweet relish  
1/2 pint mayonnaise  
Salt and pepper to taste

Boil shrimp until almost tender (about 12 min.), add macaroni and cook until tender (about 3 min.). Drain off water and add remaining ingredients. (6 generous servings.)

*Mrs. Elry LaSalle, Cameron, La.*



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## BOUILLABAISSÉ SOUP (Boo-ya-bas')

- 1½ lb. fresh crawfish tails
- ¾ lb. fresh striped sea bass  
or mackerel
- 1½ lb. red snapper or  
bluefish
- 1 doz. uncooked fresh shrimp
- 1 doz. fresh oysters
- ¼ cup chopped carrot
- 2 onions, sliced
- ¼ cup oil
- 3 sliced tomatoes or 2 cup  
canned tomatoes
- 2 cloves minced garlic
- 2 tbsp. chopped parsley
- ¼ tsp. saffron
- 1 bay leaf crumbled
- ¼ tsp. thyme
- ½ tsp. salt

Cut fish in 1 inch slices. Clean and devein shrimp. Clean crawfish. Saute carrot and onion in oil for 10 min. in a large pot. Add tomatoes, garlic and other seasonings. Add two quarts of water, bring soup to boil. Reduce heat and simmer for 15 min. Add bass and snapper and cook 10 min. Add shrimp, oysters and crawfish and cook for 8 min. more. Serve with French Bread. Makes 6 generous servings.

*Mrs. Wayne Wood, Grand Chenier, La.*

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## SHIRLEY'S CATFISH COURT BOULLION

- 1 3lb. catfish (cut into steaks  
and seasoned)
- ½ cup oil
- 3 tbsp. flour
- 1 cup chopped onion
- ½ cup chopped bell pepper
- ¾ cup chopped celery
- 1 large can whole tomatoes
- 1 can tomato sauce (small)
- ¼ cup chopped green onions
- ⅛ cup chopped parsley
- Salt and pepper to taste
- ¼ tsp. garlic

Heat oil in large pot, add flour and let cook but do not brown; add onions, bell pepper, celery and garlic and saute until tender. Add tomatoes and sauce and enough water to form a thick gravy. Let simmer in pot for 15 to 20 min. Then add fish, green onions and parsley. Then add salt and pepper to season gravy, let simmer for about 12 min. Serve over hot rice.

*Mrs. Mervin Chesson, Sweetlake, La.*

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## COURTBOULLION (Short Soup)

- 4 lbs. firm fresh fish
- 1 cup all purpose flour
- 1 cup cooking oil
- 1 cup chopped onions
- ½ cup chopped celery
- ½ cup chopped bell pepper
- 4 cloves garlic, minced
- 1 can tomato paste
- 2 qts. cold water
- Salt and red pepper
- 1 can whole tomatoes

Cut fish into two or three inch squares. Season generously with salt and pepper and set aside. Make a roux with oil and flour. Add onion, celery and bell pepper. Cook over med. heat in uncovered pot until onions are wilted stirring constantly. Cook over med. heat in uncovered pot, until tomatoes and oil separate, or about 40 min. Add 2 qts. of water with garlic to mixture and bring to boil, in uncovered pot. Boil slowly for another 30 min. and then add fish. Cook for 30 min. over med. heat in uncovered pot. Serve in soup plates with cooked rice and garlic bread.

*Mrs. Roy F. Hebert, Cameron, La.*

## SHRIMP CASSEROLE

- 1 cup yellow rice
- 1 lb. shrimp
- ¼ cup each onions, bell pepper & celery
- 1 stick oleo
- 1 can (10 oz.) mushroom soup
- 1 cup water
- Salt and pepper to taste

Cook rice as directed on package. Saute onion, bell pepper and celery in oleo. Add tomatoes, shrimp and water, cook 30 min. Add all ingredients in lightly greased 2 qt. casserole. Cover and bake at 350 for 25 min. Serves 6.

*Mrs. Fredda Bailly, Lake Arthur, La.*

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## STUFFED SHRIMP OR CRABS

- 2 large onions (minced)
- 3 cloves garlic (minced)
- 1 tbsp. oil
- ½ tsp. Lea & Perrins sauce
- ½ tsp. cayenne pepper
- ¼ cup Pet milk
- 1 tbsp. parsley
- 2 bay leaves
- 1 tbsp. salt
- 2 tbsp. green onions
- 1 egg (beaten)
- 1 tbsp. celery
- 6 slices toast

Saute onions, garlic in oil. Add crab meat or shrimp and seasonings. Simmer 10-15 min. Add egg to mixture along with green onions. Mix completely with cheese sprinkle on top or butter. Cook at 350 for 10-15 min. Serves 6-8.

*Mrs. Larry McNease, Grand Chenier, La.*



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## DEVEILED CRABS

- 1 doz. fine, large crabs
- ½ pint cream
- 2 tbsp. all-purpose flour
- 1 tbsp. butter
- Yolks of 4 hard-cooked eggs,  
mashed finely
- 1 tbsp. salt
- 1 tbsp. chopped parsley
- ¼ tsp. of red pepper
- 1 egg beaten
- Bread crumbs

Boil the crabs. Take out and drain after they have cooled in their own water. Break off the claws, separate the shells, remove the spongy portions of the fingers, and then pick out the meat. Put the cream on to boil, rub the flour and butter together well and add to the boiling cream. Stir and cook for 2 min. Take from the heat and add the crab meat and yolk of the hard cooked eggs. Stir well. Add chopped parsley, salt and red pepper. Clean the upper shells of the crabs. Fill them with mixture, brush over with the beaten egg, sprinkle with bread crumbs, and brown in oven at 425; or better still, plunge the crabs into hot shortening until a nice brown. Yield: 6 servings.

*Gerald Richard, Grand Chenier, La.*

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## CRAB CASSEROLE

- 1 lb. crab meat
- 8 slices old bread
- 1 stick butter
- 2 eggs
- ½ cup chopped green onions
- ½ cup chopped parsley
- ½ cup bell pepper, chopped fine
- Salt, pepper (black and red) to taste
- 2 cloves garlic, minced
- 1 can evaporated milk
- 1 cup chopped onions
- ½ cup chopped celery

Saute onions, celery, garlic and chopped bell pepper in a heavy pot in butter until wilted. Add crabmeat, salt and peppers to taste. Cook over med. heat about 15 min., stirring constantly. Soak bread in evaporated milk and beaten eggs. Add to mixture, mix well and then add parsley and onion tops. Place in greased casserole. Place crab mixture in it and place butter and sprinkle with cracker or bread crumbs on top. Bake at 375 oven for 10 min. or until brown. I also use this mixture for stuffing crabs. Will stuff about 12 shells - also for stuffing shrimp and flounder.

*Mrs. James S. Henry, Jr., Cameron, La.*

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## DELUXE STUFFED CRABS

- 2 quarts crab meat
- 1 box plain bread crumbs
- 5 med. onions, coarsely blended
- 1 stick oleo
- 1½ cup bell pepper, coarsely blended
- ½ ounce of Tex-Joy steak seasoning

Or

- 2 cloves garlic
- ½ tsp. oregano
- ¼ tsp. red pepper
- 2 tsp. salt
- 2 cans evaporated milk (13 oz.)
- ½ cup chopped parsley

Boil crabs without salt and pick out crab meat, being careful to leave meat in chunks. Saute onions in oleo until clear; remove from heat and pour into large baking pan. Add bread crumbs and evaporated milk and steak seasoning (or equivalent). Then add uncooked bell pepper and parsley, mix well. Pour in crab meat and mix gently with hands in order not to break meat. Stuff into about 2 doz. clean crab shell, or foil "crabs". Sprinkle paprika and bake at 400 for 20 min.

*June Crain Harper, Grand Chenier, La.*

## CRAB CAKES

- 1 lb. crab meat
- 1 cup mayonnaise
- 3 tbsp. flour
- ¼ cup bell peppers
- ¼ cup onion chopped fine
- Cracker crumbs

Mix all ingredients. Form patties and roll each patty in cracker crumbs. Fry slowly til brown. Drain on paper towel.

*Mrs. James Lupton, Cameron, La.*

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## EGGPLANT WITH CRAB

- 2 med. eggplants
- 1 cup (½ lb.) crab meat
- Salt and pepper
- 4-6 tbsp. oil
- 2 med. onions, sliced
- 2 tsp. paprika
- 1 tbsp. tomato paste
- 2 tomatoes, peeled, seeded and sliced
- ½ tsp. oregano
- Pinch of cayenne or few drops of Tabasco
- 2 tbsp. grated Parmesan or  
Gruyere cheese
- 1-2 tbsp. butter

Wipe the eggplants, trim the stems and cut them in half lengthwise. Score the cut surface with a knife, sprinkle with salt and let stand 30 min. to draw out juices. Set oven at 350. Rinse the eggplants to remove excess salt and pat dry with paper towels. In a skillet heat 2-3 tbsp. oil and fry the eggplants, cut side down, until brown. Remove and set on a baking sheet and bake in heated oven for 10-15 min. or until tender. Cook onions in remaining oil until soft, stir in paprika, cook over low heat for ½ min. and add tomato paste, tomatoes, oregano and cayenne or Tabasco. Season and cook until the mixture is thick and pulpy. Scoop out the flesh from the baked eggplant, reserving the shells, add flesh to the tomato mixture and cook 2-3 min. longer. Flake crab meat with a fork, add to the pan and heat thoroughly. Pile this mixture into the eggplant shells, sprinkle with cheese and melted butter and bake in a hot oven (425) for 6-7 min. or until brown.

*Mrs. Jerry Jones, Cameron, La.*

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## SHRIMP, SHELL AND BEAN DISH

- 1 can (4½ oz.) "Bolo Brand" shrimp
- 1½ cup small shell macaroni
- 1 box (10 oz.) frozen baby green lima beans
- ½ tsp. salt
- 1 tbsp. butter or margarine
- ¼ cup Parmesan or Romano cheese

Drain shrimp, reserving liquid. In a large saucepan combine shrimp liquid with 4 cup water and bring to a rolling boil. Add macaroni, beans (still frozen), and salt. Cook rapidly uncovered 12 min. or until liquid is cooked away. Remove from heat; dot 12 min. or until liquid is cooked away. Remove from heat; dot with butter, stir in cheese. When well mixed, add shrimp. 5 servings.

*Gail Trosclair, Cameron, La.*

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## SHRIMP CROQUETTE

- 1 qt. of peeled and deveined shrimp
- ½ cup chopped green onions
- ½ cup chopped bell pepper
- ½ cup chopped parsley
- 2 eggs
- 2 tbsp. flour
- ½ cup bread crumbs

Grind up shrimp in meat grinder. Combine shrimp and other ingredients. Salt and pepper to taste. Drop by spoonful into hot grease. Fry until brown on both sides. Serves 6.

*Christine Theriot, Grand Chenier, La.*



1st Place  
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## FRIED SHRIMP

- 1 cup all-purpose flour
- ½ tsp. sugar
- ½ tsp. salt
- 1 slightly beaten egg
- 1 cup ice water (leave 1 or 2 cubes in)
- 2 tbsp. oil
- 2 lbs. fresh/frozen shrimp, unpeeled

Combine ingredients, except shrimp; stir until smooth, then set in refrigerator or freezer to chill. Peel shell from shrimp leaving tail intact. Butterfly shrimp by cutting lengthwise to tail. Dry shrimp, dip into batter, fry in deep hot fat (350 to 400) till floating and golden brown (3-5 min.) Serve immediately. Also good for frying soft and hard shelled crabs, eggplants, onions, etc.

*Carolyn Harper, Grand Chenier, La.*

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## NUTE'S BARBECUED SHRIMP

- 2 lbs. of shrimp (heads on)
- Salt and pepper
- Garlic powder
- Worcestershire sauce
- All spice
- 2 bay leaves
- 2 sticks butter or margarine

Take 2 lbs. of shrimp (leave the heads on) and put them in a pan about 12 by 14. Season the shrimp with salt and pepper (use plenty of these two). Also garlic powder, Worcestershire sauce, all spice, and two bay leaves. Take two sticks of margarine or butter and slice them on top of the shrimp. Cover the pan tightly with aluminum foil. Pre-heat oven to 400. Cook the shrimp about 20 min. (or until pink) then stir the shrimp and cover again with foil. Turn off oven and leave shrimp 10 min. in oven. Take out serve in a soup bowl with the butter or margarine sauce that has accumulated in pan. Serve toasted french bread with shrimp. The heads on shrimp gives them flavor.

*Mrs. Edna Bertrand, Creole, La.*

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## BARBECUED SHRIMP

Melt ½ lb. butter in shallow pan or baking dish in oven. Add:

- ¼ cup olive oil
- 1 tbsp. parsley flakes
- ¾ tsp. basil leaves
- ½ tsp. oregano
- ¾ tsp. garlic powder
- ¾ tsp. salt
- 1 tsp. lemon juice
- 2 lbs. large shrimp in shells,

Put in pre-heated 450 oven for 10 min. Baste often.

*Mrs. Anne Kornegay, Cameron, La.*

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## BARBECUED SHRIMP

- 5 lbs. med. shrimp, peeled and deveined
- 1 stick oleo or butter
- 2 large onions, chopped fine
- 2 large garlic cloves, chopped fine
- 4 tbsp. curry powder
- 2 tsp. salt
- 1 tsp. lemon rind, grated
- 6 tbsp. lemon juice
- 4 tbsp. soy sauce
- 3 tbsp. brown sugar

Peel and devein 5 lbs. shrimp. Set aside, do not cook. In an iron skillet place: 1 stick oleo or butter, the onions, chopped fine and the garlic. Saute until yellow. Add curry powder, salt, grated lemon rind, lemon juice, soya sauce, and brown sugar. Cook all together until thick. Add uncooked shrimp and cook 10 min. If the sauce is too thin, remove shrimp at the end of 10 min. Boil down the sauce until of the desired thickness. Add shrimp. Serve on steamed rice.

*Mrs. Charles F. Hebert, Cameron, La.*

## SHRIMP & RICE MAIN DISH

- 3 cups cooked rice
- 1 tbsp. butter
- 3 tbsp. chopped parsley
- 2 tbsp. chopped bell pepper
- 3 tbsp. pimento
- 4 tbsp. chopped onion
- 1½ cups raw shrimp
- 1 can mushroom soup
- 1 beaten egg
- ½ cup milk
- 1 tsp. salt
- ½ tsp. pepper

Mix rice, butter, parsley, bell pepper, pimento, onion and shrimp in an electric skillet. Blend soup, eggs, milk, salt & pepper. Fold gently into rice mixture. Cook 10 min. at 350. This may also be prepared in a casserole dish and baked 30 min. at 375. Serves 6.

*Michael Prescott, Johnson Bayou, La.*

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## GAIL'S SHRIMP DELIGHT

- 1 large chopped onion
- 1 can golden cream of mushroom soup
- Oil
- 2 lbs. cleaned shrimp (seasoned)
- Onion tops (optional)
- Celery (optional)
- Bell pepper (optional)

Brown the onions in the oil. Add onion tops, celery and bell pepper before onions are browned thoroughly. Drain excessive oil from onions. (You may need to add a little water to finish cooking the celery, bell pepper and onion tops). Add soup and shrimp. Cover and cook over low heat until shrimp are done. Serve over rice. (If you do not have fresh shrimp 3-4½ oz. cans of "Bolo Brand" shrimp may be substituted.) This recipe also makes a delicious jambalaya by adding 2 to 3 cups cooked rice.

*Gail Trosclair, Cameron, La.*

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## SHRIMP PIE

- 1 unbaked double pie crust
- 2 lbs. peeled raw shrimp
- 1 stick margarine
- 1 medium chopped onion
- 1 medium chopped bell pepper
- 4 minced garlic buttons
- 3 small ribs chopped celery
- 2 heaping tbsp. flour
- ½ cup chopped green onion tops (optional)
- 1 can mushroom soup
- Salt to taste
- Red pepper to taste

Wilt onions, bell pepper, garlic and celery in oleo. Cut shrimp into bite sized pieces. Add shrimp and cook until pink. Add 2 heaping tbsp. flour. Blend. Add soup (plus 1 small can mushrooms, if desired), salt, pepper, green onion tops. Simmer about 10 min. Pour in crust. Cover with top crust. Bake at 400 about 30 min., or until crust is golden brown.

*Elza Stewart, Jennings, La.*

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## SHRIMP SALAD IN TOMATO

- 2 cans of canned shrimp (drained)
- 3 boiled eggs
- 3 tbsp. mayonnaise
- 1 tbsp. pickle relish
- 2 large tomatoes
- Salt and pepper

Ground shrimp and egg, mix with mayonnaise, salt, pepper, and pickle relish. Stuff into quartered tomatoes with the center scooped out, leaving enough of the tomato to contain its form.

*Lisa Murphy, Grand Chenier, La.*

## JAMBALYA (BASIC RECIPE)

- 1 tbsp. cooking oil
- 1 large onion, diced
- 1 cup onion tops and parsley mixed
- 1 bell pepper diced
- 1 cup celery chopped fine
- Salt & pepper to taste (also red pepper)
- 2 cup uncooked rice
- 1 qt. peeled and deveined shrimp (you can use any meat, poultry or fowl)

Brown onions, celery, bell pepper until dark brown, using small amounts of water to keep from burning. Add 2 qts. water, bring to rolling boil. Then add in onion tops and parsley. Then boil for several minutes; then add shrimp. Season to taste. Add clean washed rice, let come to rapid boil. Lower fire, cover let simmer until rice is cooked, stirring frequently to keep rice from sticking.

*Barbara Boudoin, Cameron, La.*

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## SHRIMP-STUFFED EGGPLANT

- 6 large eggplants
- 1 qt. unpeeled shrimp
- 1 cup chopped onions
- ½ cup chopped bell pepper
- 1 cup chopped celery
- 1 stick oleo
- ½ tsp. oregano
- 1 tsp. salt
- 2 cup left-over cornbread, crumbled

Cut eggplants in half, cover with water and boil until tender enough to scoop out pulp. Peel shrimp, saute in oleo with chopped onions and celery. Add scooped-out eggplant. Remove from heat and add crumbled cornbread, chopped bell pepper, add salt and pepper to taste and stuff back into shell of eggplant. Sprinkle with paprika and put in baking pan with ½ cup water. Bake at 350 for 1 hour.

*Mrs. June C. Harper, Grand Chenier, La.*

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## CRUSTY SHRIMP

- ½ lb. cooked, peeled, cleaned shrimp, fresh or frozen or 2 cans (4½ oz. each) "Bolo Brand" canned shrimp
- 3 tbsp. mayonnaise
- 2 tbsp. lemon juice
- 1 tbsp. chopped sweet pickle
- 1 tsp. horseradish
- 1 tsp. prepared mustard
- 1 tsp. salt
- Pastry for 1 crust (9 inches)
- Paprika

Drain canned shrimp and rinse with cold water. Grind shrimp. Combine all ingredients except pastry and paprika. Mix thoroughly. Roll pastry very thin and cut in 2½ inch circles. Place a teaspoonful of shrimp mixture in the center of each circle. Moisten edges with cold water. Fold over and press edges together with a fork. Place turnovers on a baking pan. Prick top to allow steam to escape. Sprinkle with paprika. Bake in a very hot oven 450 F. for 12 to 15 min. or until lightly browned. Makes approximately 40 hor d'oeuvres.

*Gail Trosclair, Cameron, La.*

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## LOW-CAL SHRIMP CAPER

- ¾ lb. cooked shrimp
- Lettuce
- Caper sauce
- Lemon lime wedges

Arrange lettuce in cocktail glasses. Place shrimp on lettuce; cover with caper sauce. Garnish with lemon or lime wedges. Serves 6.

### Caper Sauce

- 1 cup yogurt

- 2 tbsp. chopped capers
- 1 tbsp. lemon or lime juice
- 2 tsp. instant minced onions
- 1 tbsp. chopped parsley
- 1 tsp. grated lemon or lime rind

Combine all ingredients and mix thoroughly. Chill. Makes approximately 1¼ cup of sauce. Variation: use ¾ lb. cooked or canned fish or shrimp. Approx. 89 calories in each serving of shrimp caper.

*Gail Trosclair, Cameron, La.*

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## RICE AND SHRIMP

- 1 qt. clean peeled and deveined shrimp
- ½ cup chopped thin celery
- ½ cup chopped onion head
- 1/3 cup chopped bell pepper
- 1/3 cup green onion tops - chopped small
- 2 tbsp. paprika
- 1 cup cream of mushroom soup
- 1 cup water
- 2 tsp. Louisiana Hot Pepper sauce
- Salt and black pepper to taste

Heat ¼ cup cooking oil. Add celery, onion head and pepper. Sprinkle 1 tbsp. paprika and 1 tbsp. salt. Cook over slow heat until onions turn clear, cover should be on pot. Add shrimp, rest of paprika, salt, pepper, cream of mushroom soup, green onions and water. Cook about 25 min., until shrimp are tender, then add 1½ cup cooked rice, stir lightly. Cover pot simmer for 10 min. Serve hot.

*Mrs. Charles W. Hebert, Sweetlake, La.*

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## SHRIMP AND OKRA GUMBO

- 2 tbsp. oil
- 3 cup chopped okra
- 1 cup chopped onion
- ½ cup chopped bell pepper
- ½ cup chopped celery
- 2 pods garlic chopped
- Salt and red pepper
- 1 can tomato sauce
- 2 lbs. cleaned shrimp
- ½ cup chopped onion tops
- ½ cup chopped parsley
- 6 cup water

Smother okra, onions, bell pepper, celery and garlic in oil. When done, add tomatoe sauce and cook for about 15 minutes. Season with salt and red pepper and add water, onion tops and parsley. Heat to boiling and cook 15 minutes. Add shrimp and simmer 20 min. Serve with cooked rice. Serves 4.

*Mrs. Roy F. Hebert, Cameron, La.*

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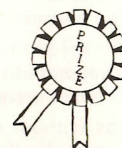
## ANGELO'S "NO-STICK" BOILED SHRIMP

- Salt (non-iodized) 1¼ cup per gallon water
- Crab boil - 1 tsp. per gal. and/or 1 bag of dry boil mix
- Garlic - 6 pods cut up per gallon
- Lemon - 1 cut up per gallon
- Red pepper or other ingredients to taste
- Onions - 2 cut up

Shrimp often have a bad habit of sticking to their shells making them difficult to peel. Once you realize that a batch of shrimp are difficult to peel, try this method of cooking:

Place the rinsed shrimp (heads on) in a pot and cover with 2 inches of water at room temperature. Add all ingredients EXCEPT SALT and bring to vigorous boil. Remove from fire after 1 or 2 min. of boiling and add salt. Let cook for about 15 min., drain off water and they are ready to eat.

*A.W. (Bill) Palmisano, Baton Rouge, La.*



1st Place - Salads  
Girls 4-H

### SHRIMP SALAD

- 2 lbs. boiled shrimp (more or less)
- 8 oz. cream cheese (softened)
- 3 boiled eggs (chopped)
- 3/4 cup equal parts of Mayonnaise & Eagle Brand Milk
- 2 tbsp. pickle relish
- 1 tsp. onion (chopped)
- Salt and pepper to taste
- Celery, chopped green peppers and minced parsley if desired

Combine all ingredients, mix thoroughly and put together with equal parts of mayonnaise and Eagle brand milk. Serve on lettuce leaves, garnish with olives, or thin for sandwiches or dips. Flavor improved by chilling.

*Luella McCormic, Johnson Bayou, La.*

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### BELL PEPPERS STUFFED WITH SHRIMP

- 4 large bell peppers
- 1 lb. peeled shrimp
- 1 cup chopped onions
- 3 slices bread-soaked in water
- 2 tbsp. oil
- 2 tbsp. flour
- Salt, pepper, Worcestershire sauce to taste

Wash, halve and core peppers. Saute shrimp in butter until pink. Make a small light roux with oil and flour. Add onions to roux and cook until onions are tender. Add shrimp and bread (with the water that clings to it.) Then add seasoning to taste. It takes a good bit of seasoning because of the bread. Mix thoroughly, stuff the dressing in pepper halves and top with bread crumbs. Place in a baking dish with 1/2 inch of water around pepper. Bake at 375 for 45 min. to 1 hr.

*Mamie Richard, Grand Chenier, La.*

### EGGPLANT WITH SHRIMP

- 1 large eggplant
- 1 large onion
- 1/2 cup water
- 1 stick butter
- 1 beaten egg
- 2 cup cracker crumbs
- Salt, pepper, tabasco
- 2 cans shrimp or frozen shrimp, or left over boiled shrimp
- 1 cup grated cheddar cheese

Peel and slice eggplant. Add chopped onion, water and butter. Cook until tender. Add egg, cracker crumbs, shrimp and cheese. Season with salt, pepper, and Tabasco. Put ingredients in butter casserole (1 qt. size). Top with grated cheese. Put in oven. Cook till hot and cheese melted.

*Anne Kornegay, Cameron, La.*

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### SHRIMP AND ONION PIE

- 1 can (4 1/2 oz.) "Bolo Brand" Shrimp
- 4 cup thinly sliced onion rings
- 4 tbsp. butter
- 2 tbsp. minced fresh parsley
- 3 eggs, beaten
- 1 cup sour cream
- 1 tsp. salt
- 1/2 tsp. white pepper or other
- 1 (9 inch) pie shell

Drain shrimp. Preheat oven to 400. In a saucepan saute onions in butter 10 min., or until soft. Add parsley and set aside. Combine eggs, sour cream, seasonings and shrimp. Fill pie shell with alternate layers of onion and shrimp mixture. Bake 15 min. Reduce heat to 350; bake 20 min. longer or until filling is set and delicately browned. 6 servings.

*Gail Trosclair, Cameron, La.*

### SHRIMP CREOLE

- 3/4 lbs. shrimp
- 5 tbsp. shortening
- 4 tbsp. flour
- 1 large onion (chopped)
- 1/4 green pepper
- 1/4 cup green onions (chopped)
- 1/4 cup celery
- 1 clove garlic
- 1 tbsp. Lea & Perrins
- 1 tsp. hot sauce
- 1 can (8 oz.) tomato sauce
- 1 can water
- Salt and pepper

Wash and peel raw shrimp. Heat shortening in cooker, add flour. Cook on med. heat until a rich dark brown, stirring constantly. Add onions, garlic, celery, green peppers, tomato sauce and water. Season with salt, pepper, hot sauce and Lea & Perrin. Let simmer for 30 min. Bring to boiling point and add shrimp. Cook for 15-20 min. Serve on rice.

*Mrs. C.B. Miller, Grand Chenier, La.*

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### STUFFED SHRIMP

- 1 lb. peeled and deveined shrimp
- 2 eggs
- 1 cup chopped onion
- 3/4 cup chopped celery
- 1/4 lb. oleo
- 1/2 cup green onion and parsley
- 1/2 cup bread crumbs
- 1/4 cup bell pepper
- 3 slices stale bread
- 1/2 lb. boiled ground shrimp, deveined
- 1/2 lb. ground boiled crab

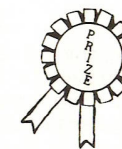
Put oleo, celery, bell pepper and onion in pot, cook slowly until onions are wilted. Add ground crab and shrimp, season to taste. Mix with onion mixture and cook over med. heat. Add bread that has been soaked in two eggs and mix well, add onion tops and parsley and bread crumbs and mix well. Split shrimp and spread out. Stuff center of split shrimp with mixture; squeeze shrimp in hand to form croquette. Roll in all-purpose flour. Then dip in egg and pet milk mixture and roll in bread crumbs. Then fry rapidly in oil for 5 min.

*Nelvia Murphy, Grand Chenier, La.*

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### MARINATED SHRIMP

- 1 lb. cooked, cleaned shrimp
- 2 tbsp. olive oil
- 1/4 onion sliced paper thin
- 1 bay leaf
- 2 tsp. salt
- 1 cup vinegar
- 2 tbsp. water
- 8 whole cloves
- 1 tsp. sugar
- Dash cayenne pepper



*Honorable Mention  
1974 Favorite Food Show*

Drizzle oil over shrimp (Shrimp should be in a shallow pan.) Bring the other ingredients to a boil in a saucepan. Pour it over the shrimp and oil while it is still hot. Let this cool then refrigerate for 24 hours. Serve on lettuce leaves with toothpicks or cocktail fork.

*Susan Watts, Cameron, La.*

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### MARINATED SHRIMP

- 2 qts. peeled raw shrimp
- 1 bottle wine vinegar (12 oz.)
- 4 oz. Wesson oil
- 4 oz. olive oil
- 4 oz. lemon juice
- 2 tbsp. prepared mustard

- 2 tbsp. horse radish
- 1 tsp. French's Italian Seasoning
- 2 tsp. Lea & Perrins Sauce
- 1/4 tsp. mustard seed
- 1/4 tsp. celery seed
- 1 tsp. dill seed
- 3 cloves crushed garlic
- 2 onions, cut in fine chunks
- 2 carrots, cut in small sticks
- 2 stalks celery, in sm. sticks
- 4 bell peppers, in sm. sticks
- 1 hot pepper, cut in sm. chunks
- 3 tsp. salt (at least)

Boil shrimp until tender in small amount of water, then set aside to cool. Mix vinegar, oil, lemon juice with above seasonings, then cut onions, celery, carrots and peppers in small sticks and add to vinegar and spice mixture. Fold in drained, boiled shrimp. Let set in refrigerator several hours before serving. Keeps well in refrigerator and flavor improves with age.

*June Crain Harper, Grand Chenier, La.*

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### FOURSOME SHRIMP SOUP

- 1 average onion
- 2 (10 oz.) cans cream of celery soup
- 1 1/2 cup cooked shrimp and liquid
- 2 tbsp. butter
- 1 tsp. curry powder
- 1/4 cup sherry
- 1 tsp. crab and shrimp boil

Cook shrimp with 1 tsp. crab and shrimp boil in water. Strain liquids and keep. (May use canned shrimp and eliminate cooking) Saute thinly sliced onion in butter until golden. Put celery soup plus two soup cans shrimp liquid in sauce pot. Add shrimp. Heat thoroughly. Mix curry powder and sherry, pour into soup. Bring to boil. Remove from fire. Serve garnished with parsley and sprinkle of curry powder.

*Anne Kornegay, Cameron, La.*

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## SHRIMP SOUFFLE'

- 1½ tsp. butter
- 1 tsp. minced parsley
- 1 small onion, chopped
- 1½ tbsp. flour
- 1 cup milk
- 1 tsp. salt
- 3 tbsp. canned tomato soup
- Pepper to taste
- 1 cup cooked shrimp chopped (or canned shrimp)
- ½ cup cooked rice
- 1 tbsp. curry powder
- 3 egg yolks, well beaten
- 3 egg whites, beaten stiff

Saute parsley and onion in butter. Stir in flour well. Gradually mix in milk and cook until thickened. Add salt, pepper, soup, shrimp, rice, curry powder. Remove from fire and blend in egg yolks. Fold in egg whites. Pour into a greased souffle dish and place in a pan of hot water. Do not allow water to boil during cooking. Bake at 325 F. for about one hour or until firm and pray it rises.

Anne Kornegay, Cameron, La.

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## SHRIMP SPAGATINNI

- 1 can stewed tomatoes
- 1 can Rotel tomatoes
- 1 can mushroom soup (cream)
- 1 tbsp. cooking oil
- 1 large onion chopped
- ½ cup celery chopped
- ¼ cup bell pepper diced
- 1 cup onion tops and parsley mixed
- 1 pkg. spaghetti, cooked

Simmer both cans of tomatoes, cooking oil, onions, bell pepper, celery to a candy. Then add in mushroom soup and one can water.

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Bring to boil; add 1 can water. Bring to boil, add 1 qt. water. Boil add in onion tops and parsley. Season to taste. Boil 1 pkg. spaghetti, slender spagatinni style on side. Just before spaghetti is cooked add strained spaghetti and shrimp to sauce. Cook until shrimp are ready, 20 min. Serve with garlic bread and salad. Serves 6 people.

Barbara Boudoin, Cameron, La.

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## SHRIMP PETITES

- ½ lb. cooked shrimp
- 1 (9¼ oz.) pkg. pie crust mix
- ½ slices crisp-cooked bacon, crumbled
- 2 slices swiss cheese, finely chopped
- 2 eggs, slightly beaten
- 2/3 cup evaporated milk
- 2 tbsp. flour
- ¼ tsp. tabasco sauce
- ¼ tsp. salt
- Dash of pepper

Shell and devein shrimp, then chop. Small shrimp may be left whole. Prepare pie crust mix according to package directions. Roll out thin on a lightly floured surface. cut with a 2-3/4 inc. round cutter. Press pastry into 24 (1-3/4"x1") muffin pans. Place shrimp in pastry cups. Sprinkle with bacon and cheese. Combine remaining ingredients and pour over shrimp mixture carefully. Bake at 425 for 25 min. or until set and pie crust is done. Yield: 24 petites.

Mrs. Absie Duhon, Grand Lake, La.  
Mrs. John Prescott, Johnson Bayou, La.

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## STUFFED PEPPER WITH SHRIMP

- 1 lb. shrimp chopped
- 2 med. onions, chopped
- 6 bell peppers
- 2 tbsp. chopped celery
- 1 pod garlic
- 2 slices French bread
- 1 tsp. parsley
- 1 tbsp. onion tops
- 2 tbsp. Mazola Corn oil

In fry pan, saute onions, chopped peppers and celery in Mazola Corn Oil. Let fry slowly till tender and brown. Add chopped shrimp and cook together for 10 min. Salt and pepper to taste. Soak French Bread in water, squeeze and add to shrimp mixture. Stir well. Add parsley to onion tops. Stir in 2 eggs, cook for 5 min. longer. Turn off heat. Sprinkle Parmesan cheese over mixture, stir slightly. Stuff peppers which have been cleaned. (Cut off stem end and remove seeds. Boil in water 10 min., drain and stuff). Arrange in baking pan.

### Sauce

Saute one onion, one pod garlic in oil till tender not brown. Add one large can tomato sauce, ½ cup water and cook 20 min. Pour over stuffed peppers. Cook peppers 30 min. in oven. This recipe can be served over noodles to make a one dish meal.

Mrs. Hayes Picou, Sr., Cameron, La.

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## EGGPLANT & SHRIMP CASSEROLE

- 2 to 2½ lb. shrimp
- 1 large onion, chopped
- 3 eggplants, cut into pieces
- 1½ stick margarine
- 3 eggs
- ¼ cup bread crumbs
- 1½ tsp. salt
- 1 tsp. pepper

Peel eggplants, cut into pieces; Cook in salted water until tender, drain, remove large seeds and cut into small pieces. Cook shrimp in salted water, peel and devein. Cut into small pieces. Fry onion in one-half margarine until onions are clear; add remaining margarine and let melt, then add eggplant, shrimp, salt and pepper and slightly beaten eggs. Mix gently until well blended. Pour into casserole, top with bread crumbs. Bake 40 min. at 350.

Mrs. Hayes Picou, Sr., Cameron, La.

## SHRIMP REMOULADE (Appetizers)

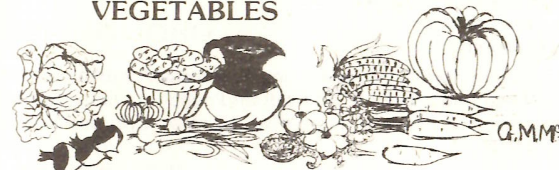
- ½ cup plus 2 tbsp. salad oil
- ¼ cup prepared mustard
- 3 tbsp. vinegar
- 1 tsp. salt
- ¼ tsp. red pepper sauce
- 2 tbsp. paprika
- 1 hard cooked egg yolk
- ½ cup minced celery
- 2 tbsp. grated onion
- 2 tbsp. snipped parsley
- 2 tbsp. minced green pepper
- 1 hard cooked egg white, chopped
- 1 lb. cleaned cooked med. shrimp
- Crisp lettuce leaves

Beat oil, mustard, vinegar, salt, red pepper sauce, paprika and egg yolk with rotary beater until thick and blended. Fold in celery, onion, parsley, green pepper and egg white. Gently stir in shrimp. Cover, chill, stirring occasionally. Just before serving, spoon shrimp mixture into lettuce-lined cocktail sherbets. Recipe may be doubled.

Mrs. Wendell Murphy, Cameron, La.

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## VEGETABLES



## DILL PICKLES

- 2 quarts water
- 1 cup salt
- 1 quart vinegar
- ½ box dill seeds

Heat vinegar, water, salt and dill seeds until boiling. Put cucumbers in jars, pour hot mixture over cucumbers. Seal jars.

Mrs. Edmond Bertrand, Grand Chenier, La.

\*\*\*

## 11 DAY SWEET PICKLE CHUNKS

- 14 cucumbers, 5" long
- Boiling water
- 1 qt. vinegar
- 8 cups sugar
- 2 tbsp. mixed whole pickling spices in cheesecloth bag
- 2 tbsp. salt

Wash cucumbers; pour boiling water over them and let stand overnight. Drain. On 4 successive days, repeat the process: add fresh boiling water; let stand overnight, drain. On the 6th day, cut the drained cucumber in ¼ inch slices. Combine vinegar, sugar, spices and salt; heat to boiling. Pour over cucumber slices and let stand overnight. The next morning, drain the vinegar syrup, reheat and again pour over the cucumber slices. Repeat this process 3 more days. On the 11th and last day, pack cucumber slices in sterile jars. Heat the vinegar syrup to boil, remove spice bag and pour over the slices in the jars, filling to the top. Seal immediately. Makes 6 pints.

Mrs. Braxton Blake, Cameron, La.

\*\*\*

## AUNT ANNIE'S SWEET PICKLES

- 1 box pickling spices
- ½ gallon vinegar
- Sugar to taste
- Cucumbers

Wash and slice cucumbers. In a 16-20 quart pot put ½ gallon vinegar and sweeten to taste. Add 1 box pickling spices, cook for

about 30 minutes. Fill pot 3/4's full with cucumbers, stir occasionally. Cook until cucumbers start to turn color. Pack and seal jars. These are real crisp and hard to beat for so little trouble.

Mrs. Evans Mhire, Grand Chenier, La.

\*\*\*

## LYE HOMINY

- 8 cups sweet flat corn
- 2 oz. concentrated lye
- 1 gallon boiling water

Dissolve 2 ounces of concentrated lye in a gallon of boiling water in an iron kettle. Drop corn into this solution and boil rapidly for 25-30 minutes. Drain and put into a pot of cold water. If possible wash it for 3-4 hours to remove all traces of lye. If this isn't possible, wash through about 15 changes of fresh water. After this place corn in a corn barrel churn or ice cream freezer and turn the churn for 10 minutes to remove hulls and black eyes. After removing the hulls place the corn in an enamel kettle, cover with clear boiling water and cook until tender. Wash again and remove any hulls or eyes that failed to come off in the churn. The hominy may now be seasoned for serving. Also wonderful for soups.

Mrs. Mildredge Broussard, Grand Chenier, La.

\*\*\*

## CORN CHOWDER

- 4 ears of corn or 1 pt. frozen cream style corn
- 2 small onions chopped fine
- 2 small green peppers chopped fine
- 1 cup coffee cream
- 4 tbsp. butter or oleo
- 1 qt. milk
- 4 fresh tomatoes or 1 can drained

Scrape corn, cook corn, onions and pepper in oleo for 5 minutes, stirring constantly. Sprinkle with flour and mix until smooth and add milk and tomatoes. If mixture has a tendency to curdle, add a pinch of soda and stir. Boil gently for about 30 minutes stirring often and season to taste with salt and pepper. When ready to serve add cream and 2 tbsp. butter. Serves 6-8. Freezes well. Cook in heavy pot.

Mrs. Jerry Jones, Cameron, La.

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## QUICK CORN PUDDING

- 1 1lb. can cream style corn
- 1 1lb. can whole kernel corn (drained)
- 1 egg slightly beaten
- 1/3 cup bread crumbs
- ½ cup sour cream
- ½ tsp. salt
- ½ tsp. pepper

Mix all ingredients and turn into a buttered casserole. Bake in moderate (350) oven about 40 minutes or until firm.

T Mae Booth, Grand Chenier, La.

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## CORN CREOLE

- 1 large onion
- 1 bell pepper
- 3 tbsp. bacon drippings
- 1 lb. ground meat
- 1 can cream style corn
- ½ cup corn meal
- 1 egg
- 1 small can pet milk
- Salt and pepper to taste
- 1 small can buttered up flaky biscuits

Saute onions and bell pepper in drippings. Add meat and simmer. Mix other ingredients and add to cooked mixture. Place in greased casserole and add 1 tbsp. melted butter over top. Bake for 40 minutes at 350. For the last 10 minutes put a thin layer of biscuits over top and bake.

Shirley Bonsall, Grand Chenier, La.

## POTATO CASSEROLE

4-5 medium potatoes  
1 can cheddar cheese soup

Peel and slice potatoes, place in a 9x9 baking dish, salt and pepper to taste. Add cheddar cheese soup to potatoes, place in 350 oven and bake 1 hour, stirring occasionally. Potatoes should be tender before removing from oven.

*Mrs. Gari Bailey, Creole, La.*

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## POTATOES A LA LANTHIER

4 medium potatoes  
3 eggs  
1 medium onion chopped  
¼ cup cooking oil

Boil potatoes and eggs. Slice potatoes and eggs and alternate in layers in casserole. Saute onion in oil and pour over potatoes. Serves 4.

*Mrs. Jessie Lanthier, Lake Arthur, La.*

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## SCALLOP POTATOES

2 cups potatoes  
1 can mushroom soup  
1 soup can milk  
¼ cup sausage  
½ cup cheese  
Salt and pepper

Put potatoes, sausage and cheese into layers in pot; salt and pepper. Add soup and milk. Cover and bake at 400 for 1 hour stirring once. Do not fill pot to top as it will boil over.

*Mrs. Peggy Mhire, Grand Chenier, La.*

\*\*\*

## BAKED POTATO

Wash potatoes, take a fork and punch about 6 holes in potato. Rub with butter and bake at 350 for 1 hour. No need to wrap in foil, just bake on oven rack.

*Dennis Mhire, Grand Chenier, La.*

\*\*\*

## POTATOES TEMPURA

3 potatoes, sliced or grated  
3 onions, sliced or grated  
1 recipe shrimp batter

Peel potatoes and cut shoestring style or grate. Cut onions in similar manner. Salt and pepper to taste, then fold into shrimp batter. Let chill in refrigerator. Drop by teaspoonfuls into skillet with ½ cup of hot oil.

*Carolyn Harper, Grand Chenier, La.*

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## STUFFED POTATOES

4 medium potatoes  
1 8oz. carton sour cream  
6 strips fried bacon  
1 tbsp. margarine  
3 tbsp. chopped parsley  
Salt and pepper to taste

Bake potatoes until done. Slit lengthwise and scoop out inside. Add salt, pepper, and margarine and mash. Add sour cream and beat well. Add chopped bacon and parsley. Chives may be used instead of parsley. Stuff into potato shell and bake 10-15 minutes at 350.

*Irene Thrasher, Grand Chenier, La.*



3rd Place  
1974 Favorite Food Show

## BROCCOLI CASSEROLE

2 cups cubed and toasted bread  
3 tbsp. melted oleo  
2 10oz. pkg. frozen chopped broccoli  
1 cup water  
1 tsp. salt  
1 cup cubed cheese  
1 10oz. can cream of mushroom soup

Heat oven to 350. Measure bread cubes, toss with melted oleo. Set aside. Place broccoli, water and salt in saucepan. Bring to a rolling boil, separating broccoli with a fork. Remove from heat. Drain well, set aside. Place cheese in saucepan; add soup. Cook over medium heat until cheese is melted. Stir in broccoli. Pour into ungreased shallow 1½ quart baking dish. Sprinkle bread cubes on top. Bake about 20 minutes or until bubbly and hot. Serves 6.

*Mrs. Wayne Wood, Grand Chenier, La.*

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## BROCCOLI CASSEROLE

1 large onion grated  
½ stick margarine  
3 pkg. chopped frozen broccoli  
1 can cream of mushroom soup  
1 pkg. garlic cheese  
6 slices American cheese  
¼ tsp. garlic powder  
½ cup bread crumbs

Saute onion in margarine, add broccoli and cook until tender. Add soup, cheese and mix well. Add salt and pepper to taste, sprinkle with crumbs and dab with margarine. Bake at 325 until bubbly. Serves 8-10.

*A Good Cook*

\*\*\*

## BROCCOLI AND OYSTERS AU GRATIN

1 pkg. frozen chopped broccoli  
3 cups cooked rice  
1 pint oysters, drained  
¾ cup sour cream  
2 tbsp. catsup  
¼ cup milk  
2 tsp. sherry  
2 tsp. lemon juice  
1 tsp. cream style horseradish  
1½ tsp. Lea & Perrins  
6-8 drops hot pepper sauce  
1½ tsp. onion salt  
½ cup buttered bread crumbs

Cook broccoli, drain, toss lightly with rice. Spoon into a greased casserole. Arrange oysters on rice mixture. Combine remaining ingredients except bread crumbs. Sprinkle with the bread crumbs. Bake at 350 for 20 minutes. Serves 6.

*Martha Fontenot, Cameron, La.*

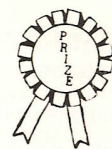
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## BROCCOLI CASSEROLE

2 pkg. frozen broccoli  
4 chicken breasts cooked and boned or 1 whole chicken  
2 cans cream of chicken soup  
1 cup mayonnaise  
1 tsp. lemon juice  
¾ tsp. curry powder  
½ cup shredded sharp American Cheese  
½ cup toasted bread crumbs  
1 tbsp. melted butter

Cook broccoli and drain, arrange in greased baking dish. Place the chicken on top. Mix soup, mayonnaise, lemon juice and curry powder and pour over chicken. Sprinkle with cheese. Combine bread crumbs with melted butter and sprinkle on top. Bake at 350 for 30 minutes or until heated thru.

*Faye Henderson, DeRidder, La.*



1st Place  
1974 Favorite Food Show

## CREAMED CARROTS

1 can carrots drained  
1 tsp. parsley flakes  
1 tsp. paprika  
2 cups white sauce  
2 slices Jalapeno cheese  
Dash red pepper  
Salt to taste

Combine all ingredients and bake 15-20 minutes at 350.

*Molena Skidmore, Cameron, La.*

\*\*\*

## SOUTHERN STYLE VEGETABLES

1/3 lb. bacon  
2 cups shelled peas  
2 cups butter beans  
1 lb. whole baby okra

Brown bacon in dutch oven. Add peas and beans and enough water to cover mixture. Simmer one hour. Add okra and continue to cook 20 minutes longer. Salt to taste.

*Sylvia Aplin, Grand Chenier, La.*

\*\*\*

## HOPPING JOHN

1 1lb. pkg. dried blackeyed peas  
Cold water  
¼ cup bacon drippings  
1 large onion chopped  
¼ cup chopped green onions  
1 bell pepper, chopped  
6 sprigs chopped parsley  
3 cups cooked rice

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Pick and wash thoroughly the dried peas. Cover with 3" of cold water and bring to a boil. Boil for 1 minute, remove from fire and let set 1 hour. In large kettle, saute bacon drippings, onion, green onions, bell pepper, parsley until transparent. Add peas and water mixture and simmer until done - 1½ to 2½ hours. Season to taste with salt, black pepper, red pepper and tabasco. When peas are cooked, mix in cooked rice and sausage chunks. Pour into greased casserole and bake uncovered about 30-40 minutes until bubbly.

*Mrs. Braxton Blake, Cameron, La.*

\*\*\*

## GREEN BEANS AU GRATIN

4 tbsp. butter or oleo  
4 tbsp. all purpose flour  
1 tsp. salt  
½ tsp. dry mustard  
1½ cup milk  
½ cup diced processed cheese  
3 cups green beans (fresh, frozen or canned)  
Parmesan cheese  
Paprika  
Slivered almonds

Melt butter; add flour, salt and mustard, cook over low heat until bubbly. Add milk slowly and cook until thick and smooth. Add cheese and stir until melted. Add beans cooked in salted water until just underdone. Pour into buttered 1½ qt. casserole dish; sprinkle with parmesan cheese and paprika. Bake at 350 for 30 minutes. Add almonds. Yields 6 servings.

*Barbara LeBlanc, Cameron, La.*

\*\*\*

## BAKED STUFFED MUSHROOMS

Clean and dry about 50 fresh mushroom caps. Combine ¾ cups soft bread crumbs with one recipe Lemony Herb Butter and fill mushroom caps. Place mushrooms, filling side up, in baking dish. Add ¼ cup hot water. Bake uncovered at 375 for 15-20 minutes. Serve immediately.

*A Good Cook*

\*\*\*

## JELLIED WHOLE TOMATO ASPIC

2 cans whole tomatoes  
2 3oz. pkg. lemon gelatin  
1 cup boiling water  
Cold water as needed  
2 tbsp. fresh lemon juice  
½ tsp. bottled pepper sauce  
¼ cup chopped green onion  
1½ tbsp. finely chopped parsley

Drain tomatoes; reserve juice. Dissolve gelatin in boiling water. Add cold water to reserved tomato juice to make 2 cups liquid. Stir into dissolved gelatin. Add remaining ingredients and stir until well mixed. Pour small amount of gelatin mixture into lightly oiled ring mold. Arrange whole drained tomatoes in mold then add remaining gelatin. Chill until firm. Unmold on bed of lettuce leaves.

*Suzanne Robicheaux, Grand Lake, La.*

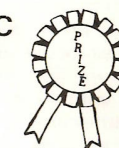
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## EGGPLANT PATTIES

4-6 medium eggplants  
1-1½ cups sugar  
2 eggs  
½ cup flour  
Nutmeg to taste

Peel eggplants, slice and boil in water until tender. Drain and mash eggplant with fork. Mix in sugar and eggs. Add flour until mixture is thick. Add nutmeg. Spoon mixture into hot grease by using a tablespoon. Fry until brown.

*Mrs. Martin Hebert, Grand Lake, La.*



1st Place  
1974 Favorite Food Show

## BRUSSEL SPROUTS

2 pkg. frozen brussel sprouts  
2 tbsp. chopped onion  
2 tbsp. butter  
1 cup sour cream

Use a steamer to steam your vegetables or put in a strainer, add water in the bottom of a pot and cover. Do not let vegetables sit in the water. Steam brussel sprouts about 10 minutes or until tender. Saute the onion in butter. Add the sour cream and heat. Add brussel sprouts and mix well. Goes well with baked duck. Serves 4-6.

*Mrs. Jerry Jones, Cameron, La.*

\*\*\*

## BRUSSEL SPROUTS IN CHEESE SAUCE

½ stick butter  
1 tbsp. flour  
1 tsp. salt  
1 tsp. pepper  
½ cup grated cheese  
1 cup milk  
1 pkg. frozen brussel sprouts

Boil sprouts until tender in salted water, drain. Combine in sauce pan flour, salt, pepper and butter. Cook for awhile, do not brown. Add grated cheese and let melt add milk and stir until smooth. If too thick add more milk. Pour in sprouts and cut fire off, cover, let stand at least 5 minutes.

*Mrs. Peggy Mhire, Grand Chenier, La.*

\*\*\*

## STUFFED ZUCCHINI

6 medium zucchini  
1 pkg. cream cheese (8 oz.)  
2 tbsp. butter  
1 minced onion  
Salt and red pepper to taste  
Parmesan cheese

Place whole unpeeled zucchini in boiling water to cover, do not cover pan; reduce heat and simmer until nearly tender (about 10 minutes). Allow to cool until you are able to handle them, then cut each zucchini in half lengthwise and scoop out seeds into a bowl. While the zucchini are simmering, melt the butter in a heavy skillet and saute the onions. Add the zucchini pulp and seasonings. To this mixture, add the softened cream cheese. Fill the zucchini halves, top with Parmesan cheese and paprika and bake for about 10 minutes in a 325 oven. Serves 6. This is an original recipe from the kitchen of my mother, Mrs. Oscar Evans of Clairborne Plantation at White Castle.

*Mrs. Howard Cox, Sweet Lake, La.*

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## CABBAGE CASSEROLE

1 large cabbage head  
1 can mushroom soup  
1 small jar pimento  
¼ cup milk  
½ cup chopped Velveeta type cheese

Cook cabbage in salted water until tender. Drain and arrange in covered casserole, alternating with other ingredients. Add the milk to the soup. Sprinkle tops with black pepper. Cover and bake 1 hour at 350.

*Michael Prescott, Johnson Bayou, La.*

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## CABBAGE ALA MANWICH

1 lb. ground beef  
¼ cup chopped onions  
¼ cup chopped bell pepper  
2 tbsp. oil

1 can Manwich sandwich mixture  
2 cups shredded cabbage  
1 cup grated cheese

Brown the beef, onions, pepper in oil. Then add the Manwich mixture, cabbage and cheese. Cook until cabbage is tender. Pour in casserole and top with cheese. Bake until cheese is melted. This is a very fast vegetable dish you can prepare when unexpected company arrives.

*Mrs. Mervin Chesson, Sweet Lake, La.*

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## BAKED TURNIP CASSEROLE

½ lb. chopped bacon  
12 turnips  
2 onions, chopped  
1 clove garlic, chopped  
1 bell pepper, chopped  
Salt and pepper  
½ can (small) milk  
2 egg yolks  
3 slices bread, toasted and crumbled  
½ stick oleo  
2 tsp. onion tops  
2 tsp. parsley

Pare and boil turnips, drain and mash. Saute chopped bacon in heavy pot. When lightly browned, add onions, bell pepper and garlic. Cook over low heat until tender. Then add turnips and cook mixture about ½ hour. Beat egg yolks, mix with milk and bread crumbs and add to mixture. Add onion tops, parsley and seasoning. Pour into casserole, sprinkle with minced bacon. Bake at 350 for ½ hour.

*Hattie Nunez, Cameron, La.*

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## ROASTED POTATOES

12 potatoes, peeled and quartered  
Oil, enough to cover potatoes  
Salt and pepper to taste  
¼ cup water

Do not season potatoes before cooking. Use a deep pot with a lid for frying (an iron pot is best). Heat oil as for french fried potatoes. Carefully drop potatoes in hot oil. Lower flame and cover. Fry over medium heat until potatoes are tender and golden in color (about 20 minutes). When done, turn off heat and allow oil and potatoes to cool. Add water. Be sure oil has cooled to avoid bubbling over. After water has been added, cover again and place on medium heat. Grease well until oil takes on a "milky" look. Cook until oil becomes clear and potatoes are crisp and a deep golden brown. If you prefer softer potatoes remove before oil completely clears. Drain, season and serve hot. Serves 4.

*Mrs. Tony Cheramie, Cameron, La.*

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## SICILIAN POTATO BAKE

1 pkg. (24 oz.) frozen chopped hash brown potatoes with butter sauce  
2 tomatoes sliced  
1 large onion sliced  
1 pkg. (8 oz.) Mozzarella cheese  
1½ tsp. seasoned salt  
1 tsp. leaf oregano crumbled  
¼ cup milk or cream

Layer half the potatoes, tomatoes, onions, cheese, salt, oregano and pepper in shallow 6 cup casserole. Repeat ending with tomato and cheese. Pour milk or cream over, cover loosely with foil. Bake in 425 oven for 25 minutes, remove foil and bake 5 minutes longer or until vegetables are tender and top is golden brown. Cheddar cheese may be used for a completely different taste as can Italian seasoning be substituted instead of oregano.

*Jeanette Blake, Cameron, La.*

## POTATOES IN GRAVY

10-15 new potatoes  
3 tbsp. flour  
Water

Peel potatoes, cook in water for about 2 hours on low heat. Now remove 1 cup of water from potatoes, to this add 3 tbsp. flour to make paste. Add paste to water. Stir while you add paste to water. Cook at least another hour. You may add fresh sugar peas to this or serve on cornbread.

*Mrs. Larry McNease, Grand Chenier, La.*

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## CANDIED SWEET POTATOES

6 medium sweet potatoes  
1 cup pineapple juice  
2 cups firmly packed brown sugar  
3 tbsp. margarine  
Dash salt

Wash potatoes and bake until tender. Cool and peel potatoes and cut into 2 inch slices (or leave whole). Place in a 2 quart casserole dish. Combine remaining ingredients in a saucepan. Boil until mixture begins to thicken. Pour over sweet potatoes and bake at 350 about 20 minutes, basting often. Serves 8.

*Ethel Watts, Hackberry, La.*

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## SWEET POTATO PONE

1 qt. grated or ground raw sweet potato  
1 egg, beaten  
2/3 can syrup  
½ stick butter or oleo  
1½ cup milk  
½ cup flour  
½ tsp. nutmeg, grated  
1 tsp. ground cinnamon  
½ tsp. salt  
Grated rind of 1 orange

Sift together all dry ingredients. Mix with potato and all other ingredients. Pour into 2 quart baking dish. Bake 2½ hours at 300. Stir every 30 minutes. The last hour do not stir, allow to brown. If pone appears too dry, add ½ cup milk during the baking. Originally in the Deep South this usually accompanied game.

*Mrs. Charles F. Hebert, Cameron, La.*

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## FLAMBE' YAMS

1/3 cup butter  
1 cup packed dark brown sugar  
½ cup orange juice  
½ tsp. salt  
¼ tsp. nutmeg  
6 medium cooked, peeled, cut into rounds, yams  
1/3 cup toasted slivered almonds  
1/3 cup brandy

Into a large skillet place butter, sugar, orange juice, salt and nutmeg. Bring to a boil, stirring until butter melts and sugar dissolves. Add yams and cover; cook until hot - about 5 minutes. Sprinkle with almonds. In a small saucepan heat brandy, but do not boil. Remove yams from heat and pour the hot brandy over them; at once hold a long match over the yams to ignite brandy. Bring to table while flaming.

*Carolyn Gibbs, Sweet Lake, La.*

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## CANDIED SWEET POTATOES

Bake sweet potatoes in foil. Remove from the oven but leave in foil. When cool place in plastic bag, place in freezer. Use as needed.

1 cup white sugar  
2 cups water  
2 tbsp. oleo

Peel yams. Place sugar and water in a saucepan. Bring to a boil. Cook until slightly thick. Add oleo, bring to a boil again. Add potatoes. Cook 5 minutes and remove from heat. Cover and wait a few minutes before serving.

*Mrs. Larry McNease, Grand Chenier, La.*

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## APPLE SAUCE SPUDS

2½ cups cooked or canned sweet potatoes, drained  
½ tsp. salt  
1 cup applesauce  
1/3 cup brown sugar, packed  
½ cup quick cooking rolled oats  
½ tsp. cinnamon  
2 tbsp. melted margarine

Slice sweet potatoes in baking pan, sprinkle with salt. Pour applesauce over potatoes. Mix brown sugar, oats and cinnamon. Sprinkle over sweet potatoes. Dot with melted butter or margarine. Bake at 375 about 45 minutes, until lightly browned.

*Mrs. Hayes Picou, Sr., Cameron, La.*

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## SQUASH CASSEROLE

4-5 squash peeled and sliced  
1 large onion chopped  
Oleo

Cook squash in water until tender. Drain off water. Take a potato masher and mash squash. Add oleo and onion. Place in casserole dish and bake at 350 for 20 minutes.

*Mrs. Larry McNease, Grand Chenier, La.*

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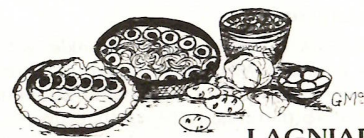
## FRANCHIA

1 cup Italian cheese (Mozzarella)  
3/4 cup bread crumbs  
3 pods garlic crushed  
1 bunch green onions chopped  
3 eggs, beaten  
Salt and pepper to taste

This recipe may be used with cabbage, carrots, snap beans, eggplant or spinach. Boil selected vegetable and drain. Combine all other ingredients and mix with vegetable. Heat skillet with small amount of olive oil. Pour in skillet, pancake style and fry until brown on one side then turn over and brown on other side. The lady who shared this with me, Mrs. LaVerna Vickers of Lake Charles, usually uses cabbage.

*Rosalie Perry, Grand Chenier, La.*

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LAGNIAPPE

## FETTUCINI ALFREDO

1 lb. fettucini or egg noodles if  
fettucini not available  
1 cup unsalted butter, softened  
1 cup freshly ground parmesan cheese  
1/2 cup heavy cream  
Black pepper, freshly ground

Warm serving dish in oven. Cook noodles 8-10 minutes in boiling salted water until al dente (slightly resistant to the bite) and drain.

1. Heat the butter in a sauce pan until creamy, add the noodles and toss, off the heat.
2. Add the cheese and toss again over low heat.
3. Add the cream and continue tossing until mixture is very hot. Sprinkle with black pepper.

Pour into serving dish and serve at once. You may serve additional grated cheese for those who would choose a cheesier flavor. Good with charcoal steak and salad. Will also dress up a plain hamburger steak dinner. This is a dish my family first enjoyed at Moran's in New Orleans so we added a new dish to our home meals.

*Mrs. Jerry Jones, Cameron, La.*

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## ORANGE MARMALADE

2 cups oranges  
1 1/2 cups lemons  
6 cups water

Sugar

Slice fruit real thin, removing seed. Add 6 cups water to sliced fruit. Let stand, over-night. Next day cook till tender (about 30 min.) Let stand over-night. On third day add 1 cup sugar for each 1 cup orange liquid. Cook to jelly stage. Pour in jars; seal while hot. Do not use Certo or sure jell. To test for jell; when a cool spoon dipped in boiling syrup and is held up, drops will run together and flake or sheet from the side of spoon. A jelly or candy thermometer may also be used.

*Mrs. Monroe LeBoeuf, Cameron, La.*

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## PEAR RELISH

18 hard pears  
4 bell peppers  
4 lemons  
1 cup seedless raisins  
1 cup brown sugar  
2 cups white sugar  
1/2 tsp. cayenne pepper  
1 cup cider vinegar

2 tbsp. onion flakes  
1 tbsp. salt  
1 tbsp. powdered ginger  
1 tbsp. dry mustard

Peel, core and slice pears; seed and slice bell peppers; slice lemons (remove seeds when possible). Combine all these and add raisins. Put into kettle with brown and white sugar, vinegar, mustard, ginger, onion flakes, salt and cayenne. Simmer gently until pears are translucent, and tender and syrup is thick — about 2 hours. Seal in sterile jars. Makes a delicious chutnery type relish. Serve with wild game and other meats.

*Mrs. John Prescott, Johnson Bayou, La.*

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## PEAR RELISH

7 1/2 lbs. pears  
3 bell peppers  
3 red hot peppers  
6 small onions  
1 1/2 cups prepared mustard  
1 1/2 tbsp. celery seeds  
1 1/2 tbsp. salt  
1 1/2 cup sugar  
1 cup white vinegar

Peel and cut pears in pieces. Grind pears, peppers and onions. Mix with other ingredients, bring to a boil and simmer for 30 min., put in hot jars and seal. This relish tastes like cucumber relish.

*Mrs. Charles W. Hebert, Sweetlake, La.*

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## FIG PICKLES

1 tbsp. baking soda  
1 gallon water  
7 lbs. of fresh figs  
3 lbs. of sugar  
1 pint vinegar  
1 tbsp. vinegar  
1 tbsp. cinnamon  
1/2 tsp. cloves  
3 lemons, sliced thin

Dissolve soda in water, heat to boiling and pour over figs. Let stand a few minutes, drain and rinse thoroughly in cold water. Dissolve sugar in vinegar, add cinnamon, cloves and lemons and heat to boiling. Add figs that are well drained and cook until clear. Lift out figs and pack in sterile jars. Boil down vinegar syrup until thick and pour over figs. Seal jars at once. Makes 7 pints. This recipe is included to provide one more way to use the over supply of figs we enjoy each year.

*Mrs. Charles F. Hebert, Cameron, La.*

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## SHRIMP OR CHICKEN BATTER

1 cup flour  
1 tsp. salt  
1 tsp. red pepper  
1/2 tsp. sugar  
1 egg beaten  
2 tbsp. oil  
1 cup ice water

Mix all ingredients together, be sure to use ice water.

*Peggy Mhire, Grand Chenier, La.*

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## PICKLED PIG'S FEET

Singe pig's feet, wash and scrape. Cover with boiling water. Season with 1 tsp. salt for each quart of water. Simmer for about 4 hours, or until feet are tender. Split each feet in half, stack in jars, cover with vinegar mixture of 3 parts vinegar and 1 part water.

*Mrs. Mildredge Broussard, Grand Chenier, La.*

## HOUSEHOLD HINTS

1. To prevent salt from lumping in salt shakers - Mix with corn starch, allowing one tsp. corn starch to six tsp. salt.
2. To remove fruit stains from cloths - Pour boiling water over stain, having it fall from a distance of three feet. Also wring article out of cold water and hand out of doors on a frosty night.
3. To remove grass stains from cloths - Wash in alcohol.
4. To remove ink stains - Wash in solution of Hydrochloric acid and rinse in amonia water. Wet the spot with warm water, put on sapolio, rub gently between hands and generally the spot will disappear.

*Mrs. Mayo Cain, Klondike, La.*

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After chopping sweet or hot peppers, and your hands begin to burn, pour a little syrup in a dish and wash your hands in this syrup for about 10 minutes. The burning will stop.

*Mrs. Mildredge Broussard*

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*Whether you eat or drink or whatsoever ye do, do all to the glory of God.*

*- Corinthians X 31*

## BEST TOMATO CATSUP

1 1/2 tsp. whole cloves  
1 1/2 inches stick cinnamon, broken  
1 tsp. celery seed -  
1 cup white vinegar  
8 lbs. (25) medium tomatoes  
1 medium onion, chopped  
1/4 tsp. cayenne

1 cup sugar  
4 tsp. salt

In small saucepan, combine cloves, cinnamon, celery seed, and vinegar. Cover; bring to boiling. Remove from heat; let stand. Wash, remove stem ends and quarter tomatoes into large kettle. Add onion and cayenne. Bring to boiling; cook 15 minutes, stirring occasionally. Drain off excess liquid. Put tomatoes through food mill or coarse sieve. Add sugar to juice; bring to boiling. Simmer briskly 1 1/2 to 2 hours or till reduced by half (measure depth with ruler at start and end). Strain spiced mixture into tomato mixture; discard spices. Add salt. Simmer about 30 minutes or to desired consistency, stirring often. Ladle into hot pint jars, leaving 1/2 inch headspace. Adjust lids. Process in boiling water bath 5 minutes (start counting time when water returns to boiling). Makes 2 pints.

*Mrs. Marianna Tanner, Cameron, La.*

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## TOMATO SAUCE

8 lbs. (25) medium tomatoes  
1 cup chopped green pepper  
1 medium onion, chopped  
1 tsp. celery seed  
1/4 tsp. cayenne  
2 tbsp. white vinegar  
1 tbsp. sugar  
1 tsp. salt

Cut out stem ends and quarter tomatoes into colander; let stand to drain. In large saucepan, combine tomatoes, green pepper, onion, celery seed, and cayenne. Bring to boiling; simmer 40 to 45 minutes, stirring occasionally. Put tomato mixture through food mill or coarse sieve. Add vinegar, sugar, and salt. Return to boiling; simmer 30 minutes or till desired consistency, stirring often. Ladle into hot pint jars, leaving 1/2 inch headspace. Adjust lids. Process in boiling water bath 10 minutes (start counting time when water boils). Makes 2 pints.

*Mrs. Marianna Tanner, Cameron, La.*

Compliments of

# La. Menhanden Co.

## HOG'S HEAD CHEESE

Reserve the head, feet, and ears of 1 hog. Remove eyes and brains. Slit head in half. Wash and scrape thoroughly, and remove excess fat. Singe pig feet, wash, and scrape. Singe, wash, and clean ears thoroughly with hot water. Cover meat with hot water, and boil until meat drops from bones. Remove all bones, and run meat through food chopper. For 5 lbs. meat, use the following:

- 2 cups broth in which meat was boiled
- 3 tsp. salt
- 3 tsp. black pepper
- 3 tsp. red pepper
- 3 cups finely chopped green onions
- 2 cups finely chopped parsley

Mix thoroughly. Put into pans, Press with weight and refrigerate overnight. Slice, store in glass jars and cover with vinegar.

*Mrs. Mildredge Broussard, Grand Chenier, La.*

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## GARDEN SPECIAL

Use as a basic for vegetable soup; in a meat stew or casserole dish with hamburger or chopped meat and cooked rice; spaghetti or potatoes or as a sauce when baking fish. Add Italian seasonings for a spaghetti sauce and perhaps additional tomato paste or catsup.

- 6 sweet pepper, green or red
- 1 qt. diced onions

- 1 qt. celery
- 1 qt. water or tomato juice
- 4 qt. ripe tomatoes, peeled and quartered
- 3 tbsp. salt
- 2 tbsp. sugar
- ½ tsp. pepper or few pepper corns

Prepare all ingredients before measuring. Cook peppers, onions and celery (coarse stalks and leaves also) with water or tomato juice 20 minutes. Add tomatoes and seasonings. Bring to a boil and put into hot jars. Process in boiling water bath, 40 minutes for quarts or 30 minutes for pints.

### Soup

Cook 2 lbs. ground meat until done. Add 1 quart of soup mixture. About 1 qt. water. Simmer about 20 minutes. Add diced potatoes, small amount of sliced okra.

*Mrs. Marianna Tanner, Cameron, La.*

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## EASY SENA GALESE SOUP

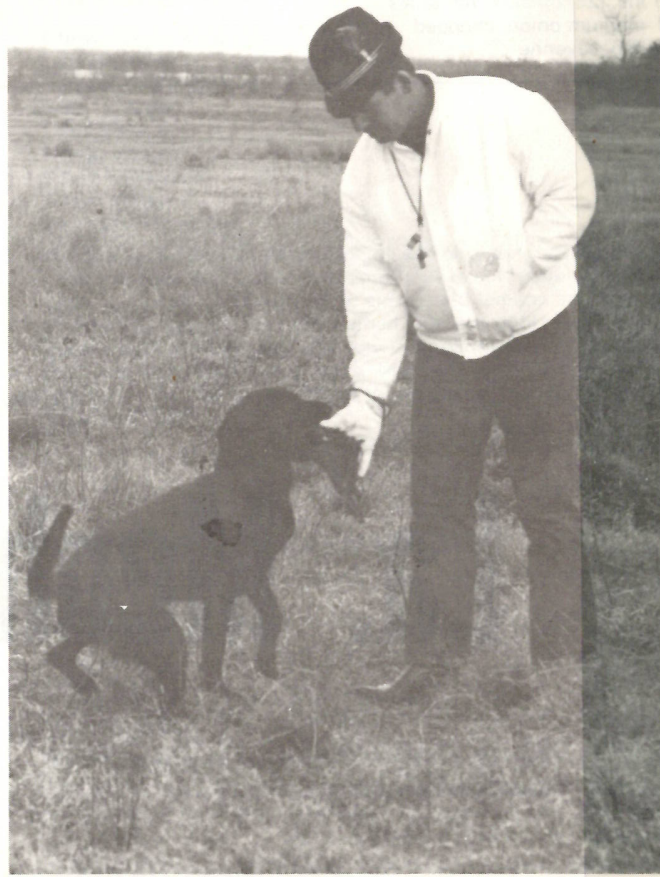
- 2 cans cream of chicken soup
- 1 scant cup milk
- 1 small carton sour cream
- Curry powder to taste

Blend in blender. Chill well. Serves 6.

*Anne Kornegay, Cameron, La.*



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