



**LOUISIANA
FUR & WILDLIFE
FESTIVAL
COOKBOOK**

**28th ANNUAL
FESTIVAL HOSTED
BY CAMERON PARISH
CAMERON, LOUISIANA**

January 12 - 14, 1984

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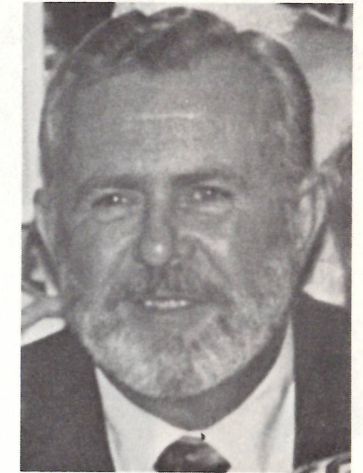
LOUISIANA FUR AND WILDLIFE FESTIVAL

OFFICERS

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Mrs. D.A. Dupuie, Mrs. Eric Vaughn	Miss Cameron Parish Contest
Mrs. W.E. Guthrie, Sr., Thelma Hackett No. 225, OES	Friday Night Program
Mrs. Rosalie Perry, Mrs. Sue Mhire, Mrs. Shirley Bonsall	Little Mr. & Miss Cameron Parish
Jules Dronet, John Merchant, Richard Bros. Post #176, American Legion	Duck & Goose Calling Contest
Ted Joanen, Howard Romero, James Albarado, David Richard	Retriever Dog Trials
Oscar Reyes, John Kondrop, Doxey-Vincent Post #10019, VFW	Trap Setting Contest
Oscar Reyes, John Kondrop, D.V.P. #10019, VFW	Nutria & Muskrat Skinning Contest
Oscar Reyes, John Kondrop, D.V.P. #10019 VFW	Oyster Shucking Contest
Sidney Theriot	Archery Contest
Kyle Howard, Bryan Richard	Trap Shooting Contest
Court Mary Olive #1463, CDA	Wildlife Poster Contest
Mrs. Lora Guthrie, Mrs. Mary Johnson	Art Contest
Mrs. Wendell Mhire	Crafts Contest
Mrs. J.W. Broussard and Cameron Parish Library Staff	Compiling Festival Results
Hayes "Pete" Picou, Jr., Charles Glenn Theriot, Darrell East	Parade
Mr. and Mrs. Warner Daigle	Hosts for Maryland Group
Riley V. Richard	Official Escort for Queens
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Kirk & Ray Burleigh and Cameron Volunteer Fire Department	Town Decorations
Mrs. Nancy C. Cronan, Mrs. Shirley Bonsall, Mrs. Roberta Broussard ...	Editors, Fur & Wildlife Cookbook
Mrs. Lora Guthrie	Artist
Ricky Guidry	Fur & Wildlife Cookbook Sales
Mrs. Ward Fontenot	Chairman Judges Committee



A MESSAGE FROM THE PRESIDENT

Welcome to Cameron! Come share with us our gala winter festival which we conduct with true Southwest Louisiana hospitality and genuine friendship.

Last year we paid tribute to the Shrimp Industry which mushroomed into prominence in Cameron Parish in the early 1930's. For several years past, its total catch has enabled our parish to be named the No. 1 Fishing Port in the nation.

This year the festival honors the Rice Industry -- the single most important agricultural crop in Cameron Parish. The United States, the world's leading exporter of rice in recent years, is known worldwide for the superior quality, uniform grain size and dependable cooking characteristics of its rice.

We proudly salute the rice farmers of Cameron Parish for their important contribution to our society and the Rice Council of America for their worldwide promotion of this valuable, versatile and most delicious product.

A very special "thank you" is extended to the many fine people in our parish who work so hard to make this festival the best in the state!

Sincerely,

J.B. Blake, Jr.
President

This Page Compliments of CAMERON CONSTRUCTION COMPANY

LESTER J. RICHARD, JR.
PRESIDENT
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PARISH OF CAMERON

P. O. BOX 366
CAMERON, LOUISIANA 70631
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October 1, 1983

TO: CAMERON PARISH RESIDENTS, FRIENDS & VISITORS

The Louisiana Fur & Wildlife Festival has become a tradition of Cameron Parish. With each passing year it grows bigger and better. On behalf of the Cameron Parish Police Jury, I extend a sincere thank you to all of the dedicated people who have worked so hard to make the Louisiana Fur & Wildlife Festival the tremendous success it is today.

The Cameron Parish Police Jury is proud of Cameron Parish and its citizens and pledges its full and continued support of the Louisiana Fur & Wildlife Festival.

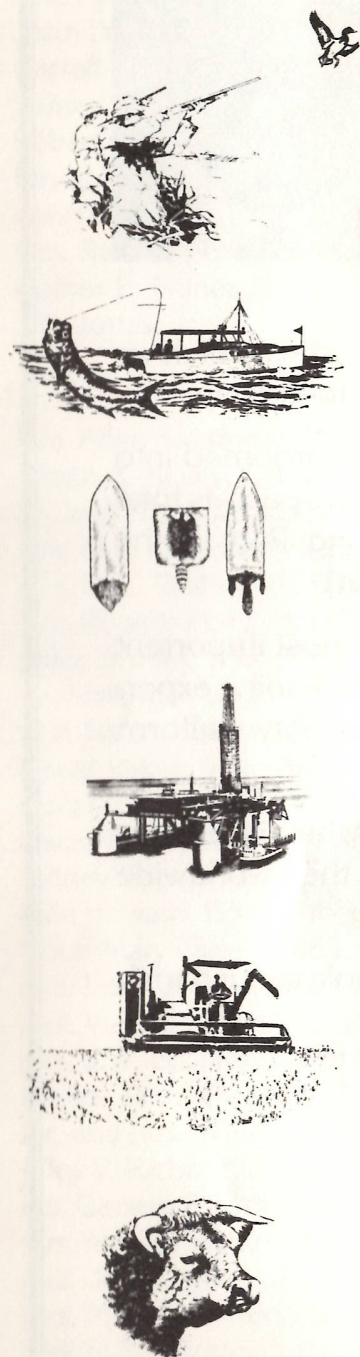
Congratulations on a job well done!

Sincerely yours,

Lester J. Richard, Jr.

Lester J. Richard, Jr., President
CAMERON PARISH POLICE JURY

LJRjr/bc



THE HEART OF SPORTSMAN'S PARADISE



1983
Louisiana Fur & Wildlife Festival Queen
ANDRIE MARIE BERGERON

Andrie is the nineteen year old daughter of Mr. Lucien Bergeron of Houma, Louisiana. She is a sophomore at Louisiana State University, majoring in Broadcast Journalism.

"As I look back on the past year of my life, I'm filled with both sadness and pride. I'm disappointed my reign must come to an end, but at the same time, I'm leaving with a new source of pride.

Traveling throughout the state-as the Fur and Wildlife Queen has allowed me to become more appreciative of Louisiana's most precious resources, wildlife and people. We are privileged to live in an area where both wildlife and warm loving people are so plentiful.

No matter what my future holds, I will remain grateful to the Fur and Wildlife Festival, my family, and my friends for a year filled with education and personal growth. My love and appreciation are extended to all of you."

"A chaque une de vous, pour toutesles ane' de votre vie je vous soit pleins des bonne amis et une table pleins des bonne chose a manger."

This Page Compliments of JONES, JONES AND ALEXANDER and SALLIE JONES SANDERS and JENNIFER JONES BERCIER



1983

King Fur XV

ROLAND J. (T-Bolo) TROSCLAIR, JR.

Roland J. Trosclair, Jr. was only two years old when his family moved from Dulac to Cameron to build a shrimp house. Although he was young, he kept busy all the time in the shop with the workers. His main occupation then was to untie women's aprons or splash water on them with his water pistol.

In 1952, the family added a canning plant so the small shrimp that had been previously been trucked out could be utilized. It also meant additional employment for the people of the community.

Hurricane Audrey destroyed everything they had, but work was begun immediately to rebuild and the plant was back in operation for the 1957 fall shrimp season.

Roland graduated from South Cameron High School and had completed one semester at McNeese State University when his father died in September, 1963. He decided to leave college and return home to assist his mother and grandfather in the management of the shrimp house and canning plant.

The business was expanded when an ice plant was built to serve the shrimp boats in preserving their catch and they began buying and selling nutria meat with the old Cameron Ice House as the base of operations.

For five years, from April 1975 until June, 1980, Roland served on the Cameron Parish Police Jury, once again following in his father's footsteps, who 12 years before served the same district. Those five years on the Jury, he also served in the capacity of President.

Roland is a member of Our Lady Star of the Sea Catholic Church, a Fourth Degree Knights of Columbus of J.P. Boudoin Council No. 3014, a past president of Cameron Lion's Club and its 1972 Lion of the Year. He has also served on the Advisory Board of the Louisiana Canning Association and Louisiana Shrimp Association.

An avid fisherman and hunter, he has killed a trophy elk that lacked only a few points from being in the Boone and Crockett book.

Roland, known to all his friends, as T-Bolo, is the proud father of three sons -- Joey, Benjie, and Stevie. He is married to Sethie LeBlanc and they make their home in Cameron.



1983

**Miss Cameron Parish
WINONA CAROL WIGLEY**

Winona Carol Wigley, known as Wendy, is the eighteen year old daughter of Mr. and Mrs. Billy E. Wigley.

A graduate of South Cameron High School, she was a member of several organizations such as: BETA Club, SAPE Club, FHA, Yearbook Staff, and Pep squad.

Wendy is presently attending McNeese State University where she is majoring in Education. Her future plans include receiving her teaching degree and making a rewarding career out of being a teacher.

During her reign as Miss Cameron Parish 1983, she represented Cameron Parish at the National Outdoor Show in Cambridge, Maryland as well as many other festivals throughout the state.

Her message to everyone is: *"I want to thank all of the people of Cameron Parish for making the past year one of the best years of my life. I hope I have represented Cameron Parish in a way that has pleased all of you. My year of being Miss Cameron Parish has left me with many beautiful memories that I'll treasure forever. Again, thank you, for this very special opportunity."*



1983
Little Miss Cameron Parish
ADRIENNE LARISSA PICOU

Adrienne is the nine year old daughter of Mr. and Mrs. Hayes Picou, Jr., of Grand Chenier. She is a fourth grade student at Grand Chenier Elementary School, where she attends the Gifted and Talented Class and has maintained the Honor Roll and Banner Roll for the past three years.

She is a member of the 4-H Club, Church Choir, the Grand Chenier softball team, and was a student of the Brenda Jouett School of Dance for the past two years. Adrienne enjoys working with her 4-H animals, participating in youth Rodeos, Reading, Dancing, Gymnastics, Swimming, and Pageants.

During her reign, she attended the Little Miss Winter Pageant as Visiting Royalty and participated in the Little Miss Springtime Pageant and was crowned queen for her age division.

"I've enjoyed being Little Miss Cameron very much.", said Adrienne.



1983
Little Mister Cameron Parish
ERIC WADE CONNER

Eric Wade Conner is the son of Wanda Conner of Grand Lake and Donald L. Conner of Holmwood, La. He has one sister and one brother. Eric is 8 years old and an honor roll student at Grand Lake High School. He is in the third grade. His hair is blonde and his eyes are blue.

Eric is a member of the Grand Lake Hornet Pee Wee Team, and an active member of Grand Lake's Little Dribblers' Basketball Team. His hobbies are playing football, fishing, and also playing baseball.

Eric was thrilled to have been picked to represent Cameron Parish. He has enjoyed his reign and he wishes that it was not over yet.

Louisiana Fur & Wildlife Festival Salutes CAMERON SHRIMPING INDUSTRY

By Don Broussard and Paul Coreil

Shrimp remains as one of the most important seafood products worldwide. The Gulf of Mexico is the world's leading producer of shrimp with Louisiana leading all production within this region. Louisiana's supply of shrimp originates along her vast expanse of coastal marshes and estuaries which border the Gulf of Mexico. Of the 3,900,000 acres of coastal estuaries in Louisiana, Cameron Parish holds approximately 500,000 acres or 12.5 percent; thus making the Port of Cameron the leading fishing port in the United States in total pounds of fisheries products landed. The calm waters, long growing season, and the bountiful supply of plankton and other rich marine nutrients found on the sea floor make the Cameron Parish area a haven for shrimp.

The shrimp industry in Cameron Parish is primarily centered around the Port of Cameron and the Port of Hackberry. The exact number of commercial shrimpers utilizing these two ports is unknown; however, well over 1000 boats annually unload and work out of these two ports during the shrimp season. A small number of boats also work out of the Port of Grand Chenier.



Typical commercial "butterfly" rigged shrimp boat. Conventional trawl shrimp gear can also be used as can be seen above back deck.



Large shrimp boat rigged for both "butterfly" and trawl fishing.

Commercial shrimpers in Cameron Parish can be separated into two broad groups: (1) Offshore shrimpers and (2) Inland shrimpers. Offshore shrimpers catch shrimp primarily by 4-rig trawling and may stay out on trips up to 30 days. Inland shrimpers catch shrimp by both trawling and "butterfly" fishing. Usually their fishing trips are limited to one or two days and nights.

In the late 1950's to early 1960's when "butterfly" fishing became popular in Louisiana, many fishermen did not understand this technique. This method of catching shrimp is different from trawling in that two rectangular collapsible metal "wing" frames (hence, the name "butterfly"), are placed on either side of the bow of the boat with a net attached along the frame. When the metal frames are lowered into the water the metal frames hold the mouth of the net open and the shrimp are carried into a bag which is attached to the end of the net.

The "butterfly" boats can either push up the out-going tide with force of engine or anchor in a tidal movement area and allow current to run through the butterfly frames, thus allowing for harvest of shrimp without any fuel consumption.

During the spring season the brown shrimp is the primary shrimp species harvested in

Continued

Cameron Parish. It is not uncommon, however, for good numbers of large white shrimp to also be available in early spring.

White shrimp production is most important during the fall shrimp season. "Seabobs", (a small shrimp caught primarily in shallow waters offshore), are also important during the fall and winter months and provide extra income to many Cameron fishermen.



Inland "skiff" type shrimp boat used in inland waters and along the Cameron Parish beaches.



Large offshore shrimp trawler.

Another very important aspect of the Cameron Parish shrimp industry is the many shrimp processors, ice suppliers and marine equipment supplies. Shrimpers must have available markets for their catch and the shrimp processors and buyers located in the communities of Cameron, Hackberry, and Grand Chenier provide many easily accessible unloading facilities.

According to landing records compiled by the National Marine Fisheries Service, shrimpers in Cameron Parish landed over 8 million pounds of shrimp tails in 1982 valued at almost 12 million dollars.

Many problems currently face the commercial shrimping industry. Imported shrimp compete with our domestic catch and hold shrimp prices down. Pollution continues to threaten marine estuaries. Marsh deterioration (due to increased saltwater intrusions), and coastal erosion currently cause the annual loss of over 40 square miles of coastal wetlands in Louisiana each year.

We are challenged by these problems to continue to seek solutions and marsh management practices which will allow continued shrimp production within our estuaries and a continued viable renewable natural resource for all Cameron Parish residents.



One of the many visiting out-of-state offshore trawlers unloading shrimp at the Port of Cameron.

1983 Fur & Wildlife Festival In Pictures



King Fur XV, Roland Trosclair, Jr. shown with brother, Philip Trosclair, and mother, Adenise Trosclair.



Secretary of State, Jim Brown and Braxton Blake help 1982 Fur Queen Yvonne Savoie greet the visiting queens.



Little Mr. and Miss Cameron Parish Court.



Festival President, Braxton Blake and Sheriff Sono Savoie present "Miss Outdoors", Candi Reed, with a key to the city and a fur coat.



Visiting Royalty: Tara LaBove, Michelle Trosclair, and Bronwen LaLande.



Miss Cameron Parish Contestants.



Fur Festival Queen Contestants: Trudy Landry, Assumption; Susan Sutton, Iberia; Stephanie Haydel, St. Charles; April Leger, Cameron; Queen Andrie Bergeron, Terrebonne; Karla East, Calcasieu; Jamie Covington, Ascension; Julie Comeaux, Vermillion; Terri Rice, St. John; Gretchen Boone, Acadia; Nina Noble, St. James; Andria Pelas, Plaquemine.



Washington High School Band boogie to the beat.



Bayou Girl Scout Council, Brownie Troop No. 152.



Gumbeaux Gator greets the parade crowd.



South Cameron High School Cheerleaders; Karen Savoie, and Dana Richard.



Parade goer's enjoyed seeing The Budweiser Clydesdale's.



Miss 4th of July, Selika Miller.



Space Shrimp



E.T. can't go home so he goes shrimping.



LeMesche Bass Club.



Lady Zapata float.



Ben Welch in the Men's Muskrat Skinning Contest.



Junior Muskrat Skinning Winners are: Willie Wynn, 1st; Johnnie Reina, 2nd; and Gabe LaLande, 3rd. Willie went on to win the world champion title.



Participating in the women's Muskrat Skinning Contest is Alice Welch. Alice is also the World Champion in the Women's Muskrat Skinning Contest.



Organizing the "Fur Festival Queens Contest": Bobbie Primeaux, Corrine Griffith, Molina Skidmore, and Joni Dominique.



Poster Contest Participants.



Workers for the "Little Mr. and Miss Cameron Parish Contest": Mr. and Mrs. Ed Kelley, Mrs. Guthrie Perry, Mrs. Sue Mhire, Miss Karen Savoie, Miss Allison Richard and Mrs. Shirley Bonsall.



Pianist for the Friday and Saturday Programs, Cheryl Arrington.



Warner Daigle and Braxton Blake with the Cambridge, Maryland Delegation.



Ruby Dupuis, Ruby Kelley, Diana Vaughn, Deala Guthrie, Wilma Guthrie, and Lena Dickie coordinated the program for the "Miss Cameron Parish Contest".



Wayne Kershaw and Kathy Guthrie are hard at work during the Friday Night Program.



Busy working at the Saturday Night Program is Mary Jane Sturlese.



Back Stage Scene from Friday Night.

Louisiana Fur & Wildlife Festival 1983 OUTDOOR CONTEST RESULTS

CONTEST	1ST PLACE	2ND PLACE	3RD PLACE
Sr. Duck Calling	Wayne Theriot	Allen Vincent	Theresa Vincent
Jr. Duck Calling	Doug Logan	David Guidry	Jimbo LeBlanc
Sr. Goose Calling	Richard Canik	Bill Domingue	Richard Timpa
Jr. Goose Calling	Jimbo LeBlanc	Doug Logan	Todd Talbot
Jr. Nutria Skinning	Lance McNease	Randall Hebert	Gabe LaLande
Sr. Men's Nutria Skinning	Walter Wainwright	Benny Welch, Sr.	J.A. Miller
Sr. Women's Nutria Skinning	Linda Dahlen	Shirley Guillory	Tina Hebert
Sr. Men's Muskrat Skinning	J.A. Miller	Benny Welch, Jr.	Robert Mudd
Jr. Muskrat Skinning	Willie Wynn	Johnnie Reina	Gabe LaLande
Sr. Women's Muskrat Skinning	Shirley Guillory	Alice Welch	Linda Dahlen
State Bow Hunters Freestyle Sr. Men's (Limited)	Grady Kaough	Donny Nunez	Bob Borel
State Bowhunter	Milton Breseaux	Joe Gaspard	Paul Grady
Men's Oyster Shucking	Billy Doxey	W.C. Doxey	Ruben Doxey
Women's Oyster Shucking	Jean LeBlanc	Donna Smith	Anne Johnson
State Bow Hunter Freestyle State Champion Archery	Sidney Theriot	Chris Comeaux	Terry Ragsdale
Floats Commercial	Zapata-Haynie	Shoreline	Equipment Rentals
Floats Senior Division Most Original	La Meche		
Floats Senior Division Most Beautiful	Miss La Parish	Sturlese American Legion Ladies Auxiliary	NAACP
Floats Junior Division Most Original	Grand Lake Boy Scouts	Grand Chenier 4-H	South Cameron Pep Squad
Floats Junior Division Most Beautiful	Friends of Sunshine Kids	Brenda Jouette Dancers	
Edward Swindell Memorial Award 1983 Best All Around Float	Zapata-Haynie		
Retriever Dog Trials Open State	Mary Lou Chance "Dickens"	Bill Domingue "Jet"	Mary Lou Chance "Rock" 4th Place Lee Broussard "Jeanette"
Parish Retriever Dog Trials Puppies Division	Allen Romero "Tip"	Zeke Wainwright "Rallo"	Philip Richard "Junior"
Parish Retriever Dog Trials Senior Division	Howard Romero "Rome"	Sing Faulk "Joe"	Marshall LaFosse "King"
Jam Awards Retriever Dog Trials Parish	Zeke Wainwright "Rallo"	Allen Romero "Tip"	Glen Durpee "Jock"
Jr. Trap Setting	Willie Wynn	Gabe LaLande	Lance McNease
Sr. Trap Setting	J.A. Miller	Yancy Welch	Benny Welch, Sr.
Parish Archery Men (Unlimited)	Donny Nunez	Lee Whitley	Jay Dickey
Parish Archery Women	Jannell Gaspard	Lucille Hebert	Carolyn Johnson
Parish Champion Archery	Sidney Theriot		

EDITOR'S MESSAGE

The Louisiana Fur & Wildlife Festival Salutes RICE IN '84

In Celebration of a Strong Past and a Growing Future



What better commodity than RICE, to compliment the bountiful seafood industry of our parish. Rice is a household staple to Cameron Parish Homemakers, as well as to homemakers the world over. Rice offers a versatility unsurpassed by any other food. It can provide the basis for any meal and be used with equal success in any dish. Rice is quick, easy to prepare, and is easily recognized as an ideal extender for more expensive dishes or for adding real economy to the daily menu. Rice is a wholesome, nutritious food.

Louisiana ranks third in U.S. Rice Production. The Cameron Parish rice crop was valued at over 5 million dollars this past year. Rice growing areas in the parish are Lowery, Klondike, Gum Grove, and Sweetlake-Grand Lake. The most popular varieties of rice used in Cameron Parish were developed at the Rice Experiment Station in Crowley, Louisiana.

Our "hats off" to you, the rice farmers of Cameron Parish, as we salute RICE in '84. You have been an important part of the growth and development of the rice industry and you are very special to us!

Taking on the editorial task of this cookbook publication, which has been done so superbly in the past, was a big decision. But with the encouragement and assistance of our excellent past editors, Norma Jean Blake and Hilda Crain, we decided to undertake this tremendous task. Of course, we realize that their's is a hard act to follow, yet we have given it our "best shot" during our rookie year. We hope you enjoy the recipes by some of our best culinary artists.

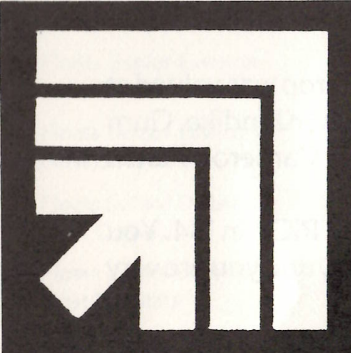
Many people, through their untiring efforts and dedication, have made this publication possible: Mark Fuselier - Typist; Area Businesses - Advertisers; Lora Guthrie - Artist; Geneva E. Griffith - Photographer; Parish Homemakers - Cooks; and many others for their ideas and support. Thanks a "bunch"!

The Editors
Mrs. Nancy C. Cronan
Mrs. Shirley Bonsall
Mrs. Roberta Broussard



**In Appreciation To
NORMA JEAN BLAKE
and
HILDA CRAIN**

For your 12 years of leadership, service and dedication toward the compiling and editing of the *Louisiana Fur and Wildlife Festival Cookbook*, we pay tribute to you, our very special individuals, for your endeavors. Your continuing support of the festival is gratifying and it is comforting to know that you are always ready to lend a "helping hand" to the Louisiana Fur and Wildlife Festival of Cameron Parish.



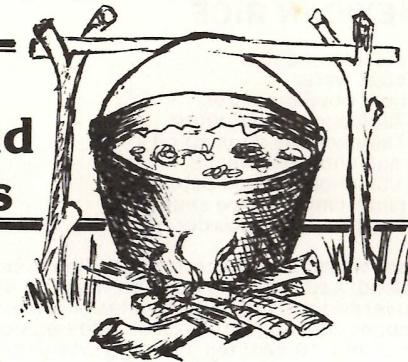
CAMERON

INSURANCE AGENCY

**ONE OF THE
MID-SOUTH AGENCIES**

325 School Street
Cameron, Louisiana 70631

**Rice,
Pasta, And
Dressings**



JAMBALAYA

- 1 cup raw rice
- 1 pound raw shrimp
- 1 pound ground beef
- ½ pound sliced sausage
- 1 medium chopped bell pepper
- 1 large chopped onion
- 1 cup chopped celery
- 1 cup chopped parsley
- 1 can mushroom soup
- 1 can onion soup
- ½ cup chopped green onions
- 2 pods minced garlic
- 1½ teaspoons pepper
- 2 teaspoons salt

Mix all ingredients together thoroughly. Put in pot and cover. Cook 1½ hours in 325 degrees oven. Do not open until done. Serves eight people.

Mrs. Mildred Toups, Hackberry, La.

CRAB AND EGGPLANT RICE

- ¼ cup oleo (or butter)
- 1 chopped large onion
- 1 chopped bell pepper
- ½ cup chopped celery
- 2 medium diced eggplant
- 2 cups Crab Meat
- Salt and pepper to taste
- 1 cup raw rice
- 2 cups water

Saute' onions, bell pepper, and celery in oleo. Add eggplant and smother down, add crab meat and simmer. Season to taste, add rice and 2 cups water and cook until rice grains are cooked.

Mrs. Lena Guidry, Sweetlake, La.

CHICKEN JAMBALAYA

- 1 (4 pound) chicken, cut up
- ½ cup salad oil
- 2 Tablespoons butter
- 2 cups chopped onion
- ½ cup chopped celery
- ½ cup chopped green pepper
- 1 Tablespoon Steak Sauce
- ½ teaspoon hot pepper sauce
- 4 cups hot water
- ½ cup chopped parsley
- ½ cup chopped green onions
- 2 cups (wild) rice
- 2 teaspoons salt

Lightly sprinkle chicken with salt and pepper. Brown in oil and butter in deep sauce pan. Remove chicken. Add onion, celery, and green pepper, cook until tender. Stir in steak and pepper sauces and add chicken. Cover, simmer until chicken is tender. Add remaining ingredients, bring to boil. Lower heat, cover, simmer until rice is cooked (about 1 hour). Serves 6.

Ella Louise Booth, Grand Chenier, La.

CREOLE JAMBALAYA

- 2 pounds whole shrimp (deveined)
- 2 Tablespoons butter
- ½ cup chopped onions
- 2 Tablespoons chopped green pepper
- 1 clove minced garlic
- ¼ pound cubed ham
- 1 can (16 ounces) tomatoes drained
- Reserving liquid
- 1 cup rice
- 1 bay leaf
- ¼ teaspoon dried thyme
- 3 sprigs parsley
- 1 Tablespoon chopped celery
- 1 teaspoon salt
- ½ teaspoon Mexican peppers
- 1 Tablespoon Worcestershire sauce

Peel and wash shrimp. Melt butter in 3 quart sauce pan over heat. Add onion, green pepper, saute' until tender. Stir in garlic and ham, saute' for five minutes. Chop drained tomatoes, stir in and cook 2 minutes. With a fork, stir in rice to blend, add shrimp and remaining ingredients. Measure tomato liquid, add hot water to total 1½ cups. Pour liquid over all, bring to a boil, but don't stir. Cover, cook over low heat 45 minutes. Serves 4.

Donna Booth, Grand Chenier, La.

BEANS AND RICE

- 3 cups cooked rice
- 1 (15 ounce) can Ranch Style Beans

Heat the can of beans in a sauce pan. Then stir the beans into the cooked rice.

Bonnie D. Miller, Cameron, La.

PAUL'S VIDEO CAMERON, LA

Phone: (318) 775-5428

Paul Boullion

CHICKEN AND RICE SALAD

2 cups chopped, cooked chicken
1½ cups cooked regular rice, cooled
1 cup diced celery
¼ cup chopped green pepper
¼ cup finely chopped onion
½ cup mayonnaise
2 Tablespoons Wesson Oil
1 Tablespoon red wine vinegar
1 teaspoon salt
½ teaspoon curry powder
2 teaspoons lemon juice
Tomato wedges (optional)
Lettuce leaves (optional)

Combine first 5 ingredients in a large bowl; mix well. Combine next 6 ingredients, stirring well; add to chicken mixture, and toss gently. Chill. Serve on lettuce leaves with tomato wedges, if desired. Serves 4 to 6.

June Richard, Grand Chenier, La.

EGGPLANT RICE DRESSING

1 medium large eggplant
1 large chopped onion
1 chopped green pepper
1 small chopped hot pepper
¼ pound ground beef
¼ cup cooking oil
½ teaspoon salt
½ cup raw rice
½ cup water

Heat oil. Add onions, and peppers. Cook until tender. Add ground beef and brown lightly. Add raw diced eggplant. Add raw rice and ½ cup water. Cover and smother, stirring occasionally.

Dorothy Landry, Grand Chenier, La.

TARPON FREEZO

Creole, Louisiana

Phone (318) 542-4567

Mr. and Mrs. Ray Conner, Owners

MEXICAN RICE

1 cup cooked rice
2 cups water
2 beef bouillon cubes
1 Tablespoon margarine
3 Tablespoons cooking oil
½ cup chopped onions
¼ cup chopped bell pepper
1 small can tomatoe sauce
1 teaspoon chili powder

Heat water, margarine, and bouillon cubes until bouillon is dissolved. Add rice, and cook on high fire until water is absorbed. Cover and cook 15 or 20 minutes on low fire. Saute' onion and bell pepper until onions are clear. Add tomatoe sauce and chili powder. Cook 10 minutes stirring occasionally. Mix with the cooked rice. Cover and cook on low fire for 5 minutes.

Mrs. Virginia Guidry, Castro Ville, Texas

SHRIMP JAMBALAYA

1½ pounds shrimp, peeled and deveined
½ stick oleo
2 medium onions, chopped
2 medium chopped bell peppers
1 can Rotel tomatoes
Salt to taste
2 cups cooked long grain rice (cooled)
1 Tablespoon green onion tops
1 Tablespoon parsley

Saute' onions and green peppers in oleo, add 1 Tablespoon flour, stir for a few minutes and keep stirring while adding 1 can Rotel tomatoes and 1 cup water. Cook 20 minutes. Add peeled shrimp and cook 10 minutes longer. Mix in rice, parsley, and onion tops and heat to serve.

Bobbie Fox, Johnson Bayou, La.

Boudoin Brothers

Service Station

Creole, Louisiana

STUFFED CRAB CASSEROLE

3 cups crab meat
2 chopped yellow onions
2 chopped shallots
1 rib celery, chopped
½ chopped bell pepper
¼ cup chopped parsley
¾ cup cooked rice
1 cup water
½ cup cooking oil
½ cup seasoned bread crumbs
Salt and pepper to taste

Preheat oven to 350 degrees. In a heavy dutch oven, brown onions, shallots, pepper and celery in cooking oil until golden brown. Add water and simmer three minutes. Add parsley, rice, salt, pepper and crab meat. Cook over low heat 10 minutes to blend flavors. Pour into greased casserole dish; top with bread crumbs. Bake until bread crumbs turn golden brown. Serve immediately. Serves six.

Shirley Bonsall, Grand Chenier, La.

RIZ AU BREME

(Rice and Eggplant)

3 large eggplants, peeled and cut in medium pieces
1 chopped onion
2 Tablespoons of cooking oil
Salt and pepper to taste
3 cups of cooked rice

Boil eggplant in water to cover until tender; drain. Saute' onion in oil; add eggplant, and seasonings. Smother until moisture has evaporated. Add rice and cook about 12 minutes.

Mrs. Lester (Norma) Hebert, Hackberry, La.

SAUSAGE AND RICE

1 pound sausage cut in small pieces
½ cup chopped onion
½ cup chopped bell pepper
½ cup chopped celery
1 small minced clove of garlic
1 can onion soup
1 cup raw rice
1 cup water
Season to taste

In heavy saucepan put sausage with small amount of water, cook until water is gone and fry sausage. Add vegetables and saute' in sausage fat. Add onion soup, rice and water and season to taste. Cook until rice is done.

Mrs. Lena Guidry, Sweetlake, La

POTATO RICE CASSEROLE

3 potatoes, boiled, chilled and grated
1½ cups cooked cold rice
1 cup shredded mild cheddar cheese
½ cup milk
3 Tablespoons butter or margarine
1 (8 ounce) carton sour cream
¼ cup chopped onion
Salt
¼ teaspoon black pepper
Dash of Tabasco

Put tomatoes and rice in bowl. Combine cheese, milk, 2 Tablespoons butter in small saucepan. Cook over low heat till cheese and butter melts, stirring. Remove from heat, stir in sour cream, onion, salt, pepper and Tabasco. Pour cheese mixture over potatoes and rice, and fold in. Pour in casserole dish, dot with butter and sprinkle with Paprika (if desired). Bake at 350 degrees for 45 minutes.

Mrs. Charles Rogers, Cameron, La.

PIZZERIA RICE

1 cup raw rice
½ cup grated Parmesan cheese
1 can (16 ounce) stewed tomatoes; including liquid
2 Tablespoon cornstarch
1 package (1 pound) weiners, cut into ½ inch pieces
¼ cup chopped green pepper
1 teaspoon oregano
½ cup shredded Mozzarella cheese, or to taste
1 teaspoon seasoned salt

Cook rice following package directions, omitting butter. Add Parmesan cheese; mix well. Grease and flour a 12-inch pizza pan or two 9-inch pie pans. Firmly press hot rice mixture on bottom and ½-inch up sides of pan to form a crust. Bake at 450 degrees for 12 minutes. (Recipe may be prepared to this point and held overnight). Meanwhile, combine tomatoes, cornstarch, and seasoned salt in a saucepan. Cook, stirring over medium-high heat until mixture thickens. Remove crust from oven. Spread tomato mixture over crust. Add weiners and green peppers. Sprinkle oregano and shredded Mozzarella cheese over top. Bake 10 minutes longer. Makes 6 servings.

Pam East, Hackberry, La.

BACON FRIED RICE

4 slices bacon, fried crisp
Drain and crumble
Reserve two Tablespoons drippings
½ cup chopped onion
¼ cup chopped parsley
1 beaten egg
1½ to 2 cups leftover cooked rice

Saute' onion in drippings. Add egg and scramble until lightly set, stirring. Stir in rice and bacon pieces. Heat thoroughly and serve.

Mrs. Charles Rogers, Cameron, La.

FRIED RICE (original recipe)

- 1 (4 ounce) can sliced mushrooms
- 1 (5.25 ounce) can mixed peas and carrots
- 1 bag of bagged instant rice
- 2 Tablespoons peanut oil
- 1 (8 ounce) can water chestnuts, drained
- 1/8 teaspoon salt
- 1 egg
- 1 Tablespoon Soy Sauce

Drain mushrooms and peas and carrots, reserving juice. Add enough water to make 1 cup liquid. In a small saucepan, bring juice to a boil. Remove rice from bag and stir into boiling liquid. Cover pan, and remove from heat and set aside. Heat oil in Wok or in a skillet. Saute' mushrooms about 5 minutes. Add water chestnuts and saute' for 5 minutes. Add salt and peas and carrots and saute' for a few more minutes. Add cooked rice and saute' five minutes. Lightly beat egg. Add Soy Sauce. When mixture in Wok is thoroughly heated, slowly pour in egg, stirring to mix well until egg is cooked. Remove from heat and serve as a side dish. Serves 4.

Pam East, Hackberry, La.

ORIENTAL RICE DELICIOUS

- 1 (4 ounce) can sliced mushrooms
- 1 (4 ounce) can sliced water chestnuts
- 1/4 pound butter or oleo
- 1 cup raw rice
- 1 can of onion soup
- Season to taste

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

Mrs. Lester (Norma) Hebert, Hackberry, La.

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BACON FRIED RICE

- 1 1/2 cups raw rice
- 8 slices bacon
- 3 Tablespoons Soy Sauce
- 1 Tablespoon Sherry
- 2 cloves minced garlic
- 1/2 to 1 teaspoon crushed red pepper
- 1 1/2 cups diced, cooked pork or chicken
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 sliced bell pepper
- 1 large carrot cut into 1/4 inch cubes
- 1/3 cup chopped green onions
- 1 can bean sprouts
- 2 eggs, slightly beaten

Prepare rice ahead of time. Cool. Cook bacon until crisp, remove bacon, and drain well; crumble. Drain bacon drippings reserving at least 1/4 cup. Combine Soy Sauce and Sherry; set aside. Heat 1 Tablespoon bacon drippings in a large skillet over a medium-high heat or a Wok. Add garlic and red pepper; stir fry 1 minute. Add pork and water chestnuts; stir fry 2 to 3 minutes. Remove from skillet and set aside. Heat 1 Tablespoon bacon drippings in skillet; add green pepper and carrots, and stir fry 2 to 3 minutes. Remove from skillet and set aside. Heat remaining drippings in skillet. Add cooked rice and green onions. Stir fry 2 to 3 minutes. Return pork, vegetables, bean sprouts and bacon to skillet; add soy sauce mixture, mixing well. Make a well in center of rice; pour in eggs. Cook stirring occasionally in center of skillet until softly set. Toss mixture thoroughly. Serve immediately. Serves 6 to 8.

Cheryl Stanley, Vinton, La.

RICE DRESSING (for twelve)

- Giblets from one turkey or 3 hens
- 1/2 pound freshly ground pork
- 1 1/2 cups chopped onion
- 2 cups chopped celery
- 1 large chopped bell pepper
- 3 large chopped garlic buds
- 3 cups cooked white rice
- 1/2 cup chopped green onion and parsley

Boil giblets until tender in salted water. Remove the giblets, grind them and place them back in the broth. Saute' the onion, garlic and bell pepper in a little bacon drippings in a large heavy pot. A great deal of liquid cooks out of these vegetables, so continue cooking until most of it has bubbled out, but not until they are dry or brown. Add the pork and let it cook until almost fried but not brown. Add a cup of hot water to this mixture and cook slowly. Repeat as many times as necessary until vegetables are very tender. Add salt, black pepper, red pepper and a little red pepper in the pot, if you have it. Add the ground giblets and broth and simmer down until mushy. Then add the rice. The giblett mixture differs in consistency from time to time, so do not add all the rice at once. Try two cups or more and add rice if there is enough moisture to take it up. Taste for seasoning, add uncooked green onions and parsley. Turn off the heat and cover tightly. Heat thoroughly just before serving. The secret of this dressing is to keep all ingredients moist at all stages of cooking. Never let anything reach a dry or fried stage.

Ms. Dorothy Landry, Grand Chenier, La.

GROUND BEEF JAMBALAYA

- 1 can onion soup
- 1 pound ground meat, 1/2 pound pork and 1/2 pound veal
- 1/2 large green pepper, chopped
- Salt to taste
- 1 cup raw rice
- 1 can mushroom soup
- 1/4 cup chopped parsley
- 1/4 cup chopped onion tops
- 2 chopped celery ribs
- Dash of salt
- 1 large onion, chopped very fine

Brown meat and drain fat. Mix all ingredients, then add raw rice. Put in baking dish. Bake 1 hour and 20 minutes in a 350 degree oven. Keep dish well covered during baking. Serves 4.

Shirley Bonsall, Grand Chenier, La.

JAMBALAYA

- 1 1/2 cups rice
- 1 slice of ham
- 1 pound fresh pork
- 1 dozen pork sausages cut up
- 2 onions
- 1 Tablespoon butter or shortening
- 2 cloves garlic
- 2 sprigs thyme
- 2 sprigs parsley
- 2 bay leaves
- 2 cloves, ground real fine
- 2 quarts beef broth or hot water (Broth preferred by creoles)
- 1/2 teaspoon chili pepper
- Salt
- Black pepper and cayenne pepper to taste

Cut pork into 1/2 inch squares. Chop the onions. Mince the 2 cloves of garlic, the 2 sprigs of thyme, parsley and bay leaves. Grind the cloves. Place a Tablespoon of butter or shortening in a saucepan. Add the onions and pork and brown slowly. Stir frequently and when the onion and pork are slightly brown, add 1 slice of chopped ham and the minced garlic. Then the thyme, bay leaves, parsley, and cloves are added. The whole mixture is left to brown five more minutes. Then add 12 pork sausages that have been cut apart. Allow everything to cook for another 5 minutes before you add 2 quarts of beef broth or hot water. Cook for 10 minutes and when it comes to a boil add 1 1/2 cups of rice, 1/2 teaspoon of chili pepper and enough salt, black pepper and cayenne pepper to suit your taste. Let the Jambalaya boil for one-half hour longer or until rice is firm. Serve Jambalaya hot. This recipe will serve six people.

Ms. Dorothy Landry, Grand Chenier, La.

RICE AND OYSTER DRESSING

- 1 pint chicken giblets (Boil in 3 cups water and 1 teaspoon salt. Cook in covered pot and save broth for dressing)
- 1 bunch of chopped green onions and tops
- 1 medium onion (chopped fine)
- 2 medium green peppers (cut fine)
- 1/2 stalk celery (cut fine)
- 6 to 8 cups rice cooked southern style
- 1 pint oysters and liquid

Simmer in 1/2 cup cooking oil, onions, peppers and celery. When tender, pour part of broth into vegetable mixture and add giblets which have been put through food chopper. Next add cooked rice and mix well. Use all the broth if necessary to make dressing sufficiently moist. Season to taste, add oysters last. Bake dressing in slow oven 45 minutes to one hour. This dressing may also be frozen.

Ms. Dorothy Landry, Grand Chenier, La.

SPINACH RICE

- 1/2 cup finely chopped onions
- 2 Tablespoons butter
- 1 (10 ounce) package frozen chopped spinach, cooked and drained
- 1 clove crushed garlic
- 3 cups cooked rice
- 1/2 cup Parmesan cheese
- 4 slightly beaten eggs
- 1/2 cup milk
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 1 cup shredded Mozzarella cheese

Saute' onions in butter until tender but not brown. Add spinach, garlic, rice and Parmesan cheese. Mix well. Combine eggs, milk and seasonings. Stir into rice mixture. Turn into a well-buttered, shallow 2 quart casserole. Top with shredded cheese. Bake at 350 degrees for 30 minutes, or until set. Serves 6.

Charla Jo Blake, Cameron, La.

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COOL CONTETTI RICE SALAD (original recipe)

- 1 cup uncooked rice
- 2 cups chicken broth
- 1/4 cup chopped bell pepper
- 1/4 cup chopped onion
- 1/4 cup chopped black olives
- 1/4 cup chopped celery
- 1 Tablespoon diced pimentos
- Dash of black pepper
- 1/8 teaspoon salt
- 1/2 cup mayonnaise

Mix rice with bell pepper, celery, onions, olives, pimentos, salt and pepper, and chicken broth. Cook together in a rice cooker or bring to a boil in a medium-sized saucepan. Allow excess liquid to boil out. Cover pan, turn heat to lowest setting and allow to steam about 15 minutes without lifting lid. Remove from heat and allow to cool completely. Mix in mayonnaise and refrigerate until serving time. Serves 4.

Pam East, Hackberry, La.

GIBLET RICE DRESSING

- 4 cups cooked rice
- Fry the following in about 1/2 cup oil;
- 2 diced medium green peppers
- 2 teaspoons mixed parsley
- 1/2 cup diced celery
- 1/2 cup minced onion
- 2 Tablespoons chopped green onions

Boil chicken giblets until tender. Cut or grind up fine. Add to cooked rice and cooked seasonings. Season to taste with salt and pepper and use for stuffing fowl, or serve alone.

Ms. Dorothy Landry, Grand Chenier, La.

EGGPLANT CASSEROLE (original recipe)

2 large cubed eggplants
1½ pounds ground beef
3 cups cooked rice
1 can stewed tomatoes
1 can Rotel tomatoes
Creole seasoning to taste
2-3 slices of bacon
2 medium chopped onions
3 pods minced garlic
1 chopped bell pepper
2 teaspoons cumin powder
1 teaspoon oregano
¼ cup chopped parsley
½ pound grated cheese

Brown the ground beef and season to taste with the creole seasoning and set aside. Fry the bacon and remove from the pan and crumble. Saute' the onions, garlic and bell pepper in the bacon fat. Add the two cans of tomatoes and cook until the tomato liquid cooks out. Add the cubed eggplants and cook them until tender trying not to add liquid. Sprinkle the cumin and oregano over the eggplant mixture. Combine all ingredients along with the chopped parsley and crumbled bacon. Place in a greased casserole dish, cover with grated cheese and bake for 30 minutes at 350 degrees.

Coral Perry, Grand Chenier, La.

BENNIE'S RICE DRESSING (an easy recipe to make for a crowd)

1 can cream of mushroom soup
1 package dry onion soup
2 pounds ground beef
1 pound fresh ground sausage
1 cup water
1 sliced bell pepper
2 chopped medium onions
½ bunch onion tops
½ cup chopped parsley
1 to 2 cups raw rice (1 cup makes a meatier dish).

Mix ingredients well adding salt and pepper to taste. Spray iron pot that has a tight fitting lid with Pam (cooking oil spray). Pour ingredients into pot. Cook in a 325 degrees oven for 90 minutes. Stir only once in the first 45 minutes of cooking time after placing in oven.

Coral Perry, Grand Chenier, La.

CHICKEN WINGS AND RICE SKILLET

6 chicken wings
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
3 Tablespoons butter or margarine
¾ cup diced celery
½ cup chopped green onions
½ cup raw rice
1¼ cups chicken broth
⅛ teaspoon thyme

Wash and dry chicken wings. Combine flour, and pepper in a paper bag. Add chicken wings and shake to coat with flour. Melt butter in heavy skillet. Brown wings slowly, turning them as they brown. Remove wings from skillet. Add celery, onions and rice to broth and thyme. Stir well. Return wings to skillet. Cover and simmer slowly for 20 to 25 minutes. Serves 2.

Pam East, Hackberry, La.

DIRTY RICE

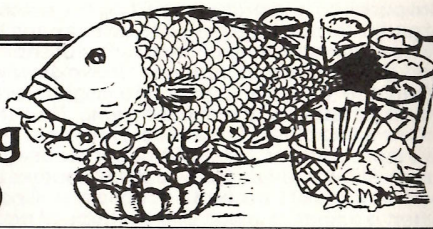
2 Tablespoons butter
1 cup raw long grained rice
¼ cup chopped onion

½ cup chopped celery
½ small minced garlic pod
¼ teaspoon thyme
⅛ teaspoon pepper
¼ teaspoon salt
2 cups chicken broth
½ pound ground beef

Heat butter in 2-quart saucepan, add rice and fry to a golden brown on medium heat. Add onion, celery, and garlic. Saute' until wilted, but not brown. Add ground beef. Stir and break up meat until it loses its pinkish color. Add seasonings and chicken broth. Bring to a boil; turn to lowest heat and cover. Cook for 30 minutes without lifting the lid. Serves 4.

Pam East, Hackberry, La.

Seafood (Including Alligator)



SHRIMP PIE

1 9" pie shell
3 lbs. deveined shrimp (Crab meat may be used)
1 large onion chopped
¼ cup bell pepper chopped
¼ cup celery chopped
¼ cup onion tops chopped
¼ cup parsley chopped
3 Tablespoons flour
½ cup cream mushroom soup
½ cup cream shrimp soup
3 Tablespoon butter
1 cup velveeta cheese shredded
½ cup cheddar cheese (mild) shredded
1 cup Italian bread crumbs
Salt and pepper to taste

Saute' onions, bell pepper, celery in butter, stir in flour, add soups, simmer for 5 minutes, add shrimp and simmer for 10 minutes, add onion tops and parsley, pour into pre-baked pie shell, top with cheese and bread crumbs, bake in a 400 degree oven for 20 minutes or until brown and bubbly.

Barbara LeBlanc, Cameron, La.

STUFFED SHRIMP BOATS

3 lbs. cleaned shrimp (10-15 count)
1 lb. crab meat
½ can cream of mushroom soup
½ can cream of shrimp soup
¼ cup shredded velveeta cheese
1 lg. onion
¼ cup celery chopped
½ medium bell pepper chopped
3 Tablespoon butter
¼ cup parsley
¼ cup onion tops
Salt and pepper to taste
½ cup Italian bread crumbs

Marinate shrimp overnight: see recipe below:

Slice shrimp length wise to form pocket, marinate shrimp overnight. In a sauce pan melt butter, stir in onions, bell pepper, celery, saute until tender, add soups, simmer for 5 minutes, stir in crab meat, onion tops, parsley and cheese, simmer for 5 minutes, stirring so as not to scorch. Fill pockets with mixture, sprinkle tops with bread crumbs. Place in foil lined pan, cover and bake for 30 minutes, uncover and place in broiler until brown, using broth made by shrimp to baste with.

Barbara LeBlanc, Cameron, La.

SHRIMP BOATS

"BOATS"

12 pistolette buns
1 Tablespoon water and
1 beaten egg
3 Tablespoons soft butter
¼ teaspoon garlic powder

Beat egg with water. Hollow out buns, reserving insides. Brush hollowed buns inside and out with egg and water mixture. Bake at 350 degrees for 20 minutes. Remove and set aside.

"CARGO"

1 stick oleo
4 garlic toes, diced
1 (4 ounce) can mushroom, chopped
1 onion, diced
¼ cup each parsley and green onions
4 cups peeled shrimp
1 cup reserved crumbs
⅓ cup cooking wine

In butter, saute' vegetables and mushrooms until wilted. Add shrimp, cooking until pink and tender. Stir in crumbs, mixing well. Stir in wine. Set aside.

SAUCE

1 can cream of mushroom soup
1 (10 ounce) Jalapeno cheese roll
1½ teaspoons Worcestershire sauce
1 teaspoon lemon juice

Combine ingredients, cooking over medium heat until cheese is melted. Combine thoroughly with seafood mixture. Fill boats. Serve warm. Serves 12.

Shirley Bonsall, Grand Chenier, La.

BAKED SHRIMP

3 dozen medium size shrimp
Seasoned bread crumbs
2 eggs
Salt to taste
¼ cup milk
1½ pound bacon

Combine eggs, salt and ¼ cup milk in a small mixing bowl. Mix well. Add shrimp and marinate for about 20 minutes. While shrimp marinates, take bacon strips and cut in half. Use seasoned bread crumbs in another mixing bowl and salt to taste. Take one shrimp at a time and roll in strip of bacon. Cover fully with bread crumbs and place in a baking pan. Bake at 350 degrees for about 35 to 45 minutes, or until shrimp is done. Remove from baking pan and place on serving platter and serve with a toothpick in each one. Serves a small dinner party of six to eight people.

Shirley Bonsall, Grand Chenier, La.

FINGER SHRIMP

2 pounds shrimp in shell
1 bottle Thousand Island dressing
1½ cups water
Salt to taste

Wash shrimp, combine other ingredients in large pot and add shrimp. Cook for 10-12 minutes. Drain and serve hot. Serves six to eight.

Shirley Bonsall, Grand Chenier, La.

SHRIMP CECILLIAN

1 chopped onion
¼ cup chopped celery
1 bell pepper cut in ½ inch slices
1 stick butter
1 teaspoon fennel
1 teaspoon basil
2 teaspoon oregano
Salt, and red and black pepper to taste
1 (8 ounce) bottle of Italian Dressing
1½ pounds cleaned shrimp

In black skillet - saute' onion, celery, and bell pepper in butter. Add remaining ingredients, except shrimp, and bring to a light boil. Add shrimp, bring to a boil then cook on medium fire until shrimp are cooked about ten minutes. It is better if cooled than reheated when ready to serve.

Kathy Broussard, Little Chenier, La.

SHRIMP BALLS

1 quart peeled raw shrimp
2 medium onions, chopped
1 medium raw potato
½ bell pepper
3 cloves garlic
1 raw egg
2 Tablespoons biscuit mix
1 Tablespoon plain flour
Salt and pepper to taste
1 onion, finely chopped
2 cups cooking oil

Grind shrimp, onions, potato, bell pepper and garlic in food processor. Place in mixing bowl. Add egg, biscuit mix, salt and pepper; mix well. Heat oil in electric skillet to 380 degrees. Drop mixture by Tablespoons and brown on both sides. Remove and set aside. In same oil, make a roux with plain flour and add one finely chopped onion. Return shrimp balls to skillet and add one cup water. Cover skillet and set heat to simmer about ½ hour. Serve over cooked rice. Makes about two dozen. Serves eight.

Shirley Bonsall, Grand Chenier, La.

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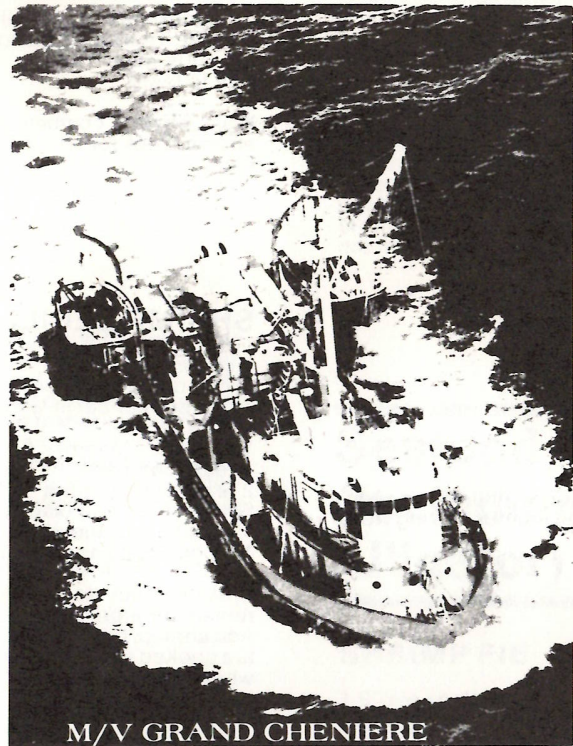
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CRABMEAT AU GRATIN

2 Tablespoon butter
2 cups crabmeat
Salt and pepper to taste
2 well beaten egg yolks
½ cup cream
½ cup grated cheddar cheese

Melt butter, add crabmeat, salt and pepper and cook for 5 minutes. Mix cream with egg yolk and add to hot crabmeat mixture. Cook 5 minutes over low heat, stirring constantly. Pour into casserole dish. Sprinkle cheese over top and bake 350 degree oven until cheese is melted. Makes 4 servings.

Mrs. Lena Guidry, Sweetlake, La.

MOMMA'S STUFFED CRABS

1 chopped green pepper
1 chopped small onion
1 cup chopped celery
½ cup chopped ripe olives
1 pound crab meat
1 pound large shrimp
1 cup mayonnaise
½ teaspoon salt
1 teaspoon Worcestershire sauce
1 cup bread crumbs (mixed with 2 Tablespoons butter)
Season to taste

Combine green pepper, onion, celery, and olives. Flake crab meat. Remove black vein from shrimp. Mix crab, shrimp and vegetables. Add mayonnaise and season with salt, pepper and Worcestershire sauce. Place in buttered shells. Cover with buttered bread crumbs and bake in moderate oven at 350 degrees until top is brown - about 30 minutes. Serves 6.

Bobbie Fox, Johnson Bayou, La.

Snacks for every taste!

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SHRIMP SPAGHETTI

¾ cup oil
2 chopped onions
3 minced cloves of garlic
¾ cup chopped celery
¾ cup bell pepper chopped
1 can tomato paste
1 can tomato sauce
1 can sliced mushrooms
1 cup red wine
3 cups boiled shrimp
Minced parsley and green onions
¼ teaspoon sugar
Pinch of sweet basil

In large heavy pot saute' onions, garlic, celery, and bell peppers in oil until onions are clear. Add paste, sauce, sugar, mushrooms and red wine. Simmer until oil comes to the top. Add cooked shrimp and finely minced parsley and green onions and basil. Continue cooking over low heat about 20 minutes. Serve hot over spaghetti.

Mrs. Ethel Watts, Hackberry, La.

FRIED CATFISH

12 catfish fillets, halved
1 cup prepared mustard, divided
1¼ cup yellow cornmeal
½ teaspoon salt
1 to 1½ teaspoons ground red pepper
½ teaspoon black pepper
Vegetable oil
Parsley
Lemon Wedges
Purple onion cut in rings

Brush fillets lightly with about half the mustard. Place cornmeal, salt and pepper in a plastic bag; drop in catfish one at a time, and shake until completely coated. Brush fillets lightly with remaining mustard; return them to bag and shake again. Fry fillets in deep hot oil until they float to the top and are golden brown. Drain well. Transfer to serving platter, garnish with parsley, lemon wedges, and onion rings if desired. Makes 12 servings.

Gerald Richard, Grand Chenier, La.

STUFFED FLOUNDER

4-5 lb. flounder - fileted
1 stick butter
Juice on 1 lemon
2 lb. shrimp chopped
1 lb. crab meat
2 Medium onion chopped
¼ cup bell pepper
¼ cup celery chopped
¼ cup onion tops chopped
¼ cup parsley chopped
3 Tablespoon flour
½ cup cream mushroom soup

Rub flounder filets on all sides with combination of melted butter and lemon juice, season with salt and pepper to taste. Set aside and prepare stuffing:

STUFFING

Using remaining basting sauce stir in onions, bell pepper and celery, saute until tender, stir in flour, simmer for a few minutes, add soup, shrimp, simmer 5 minutes, then add crab meat, onion tops and parsley, simmer 5 minutes more, season to taste.

Place bottom side of flounder in a foil lined pan, spread stuffing on top, cover with the top side of flounder. Bake in a 400 degree oven, covered for 30 minutes, then remove cover and bake for 15 minutes, using juice to baste. Place under broiler to brown.

Barbara LeBlanc, Cameron, La.

CAJUN CLAM CHOWDER

½ pound bacon diced
1 large chopped onion
¼ cup chopped bell pepper
¼ cup chopped celery
2½ to 3 cups minced clams with juice
3 large diced potatoes
3 to 6 slices Jalapeno pepper, chopped
½ teaspoon salt
¼ teaspoon black pepper
4 Tablespoons white corn meal
⅔ cup chopped green onion tops
1 can biscuits

In dutch oven, saute' diced bacon until crisp. Remove half the bacon and drain on paper towel. Pour off half the grease, then add chopped onion, bell pepper and celery, sauting until tender, but not brown. Drain minced clams, reserving juice. Add clams to pot and saute' about 15 minutes. Strain clam juice and add to pot plus 2 cups water; then add diced potatoes, chopped jalapeno pepper, salt and pepper. Cook over medium heat until potatoes are just done. Add cornmeal and ½ cup green onion tops. Let cook for 5 minutes, then place biscuits in a layer on top of the chowder. Cover and simmer for 15 to 20 minutes until biscuits are done. To serve, place one biscuit in each bowl and then pour chowder. Sprinkle bacon and green onion tops on top and serve. Serves 10 as an appetizer. Serves 4 as an entree'.

J.B. Blake, Jr., Cameron, La.

Meats



SWEET BRAISED BEEF BRISKET WITH STUFFED POTATOES

(1st Place Winner,
1982 Louisiana Beef Cook-off,
Cameron Parish)

5 pounds beef brisket
2 large chopped onions
½ cup chopped celery
½ cup chopped bell pepper
½ cup chopped parsley
½ cup chopped onion tops
4 Tablespoons Italian Dressing
1 stick butter
6 medium potatoes-cored and peeled
salt
black pepper
red pepper
1 cup broth
1 cup grape jelly
2 Tablespoons grape wine

Saute' onions, celery, bell pepper, parsley, onion tops in butter, when cooked stir in 2 Tablespoons Italian dressing. Make slits lengthwise in brisket and stuff (reserve ½ cup for potatoes). Rub outside of brisket with 2 Tablespoons of Italian Dressing and season with salt and pepper. Wrap in tin foil and place in pan and refrigerate overnight. Set oven at 450 degrees and braise for 45 minutes turning once. Stuff potatoes and place around brisket, cover with foil and bake for 30 minutes, uncover and turn brisket and potatoes, recover and bake 30 minutes more. Reserve broth, remove potatoes and baste with sauce. (Melt jelly, wine, and broth to make sauce). Pour over brisket, prick with a fork, cover and bake 30 minutes more. Uncover and glaze for 30 minutes turning twice. Serves 6. To complete meal I serve a salad, and hot rolls.

Barbra Lou LeBlanc, Cameron, La.

MEXICAN CORNBREAD

1 cup cornmeal
⅓ teaspoon salt
½ teaspoon soda
½ cup cooking oil
1 cup sweet mild
2 eggs
1 (17 ounce) can cream style corn
2 pounds cooked, drained and seasoned ground beef

Mix the first six ingredients, then add corn. Prepare this mixture: ½ pound of grated cheese, (cheddar), one large chopped onion, 3-4 large sliced Jalapeno peppers. Grease a 13 x 9 x 2 glass pan. Pour half of the cornbread mixture into the pan. Sprinkle meat mixture, chopped onion, sliced peppers and grated cheese on this. Pour remaining cornbread mixture on this - decorate with sliced peppers. Bake for 1 hour at 350 degrees.

Yvonne McNease, Grand Chenier, La.

HAMBURGER CASSEROLE DINNER

1 can whole kernel corn
¾ pound ground beef
¼ pound ground pork
¼ cup chopped onion
2 toes garlic, minced
¼ cup cooking oil
1 (8 ounce) package Philadelphia Cream Cheese
1 can cream of chicken soup, undiluted
Grated cheddar cheese

Saute' meat with onion and garlic in cooking oil. Season with salt and pepper to taste. When meat is done, put in casserole dish. Add cream cheese, mix well for bottom layer. Spread corn over meat mixture and pour soup over all. Top with grated cheese and bake in 350 degree oven for 45 minutes.

Dorothy Bonsall, Grand Chenier, La.

PORK CHOP SKILLET DINNER

6 lean pork chops
1 teaspoon salt
¼ teaspoon pepper
1 Tablespoon cooking oil
½ teaspoon savory leaves
½ bay leaf
2 cups tomato juice
½ cup water
1 medium size cabbage, cut in 6 wedges
6 carrots, cut in 1 inch pieces
1½ cups coarsely chopped onion
3 medium potatoes pared and quartered

Season pork chops with salt and pepper. Brown in hot oil in large skillet. Add savory, bay leaf, tomato-juice and water. Cover and simmer for 30 minutes. Add cabbage, carrots, onion, potatoes and ½ teaspoon of salt. Cover and simmer for 35 minutes or until vegetables are tender.

Shirley Bonsall, Grand Chenier, La.

SOUTHERN FRIED PORK CHOPS

10 pork chops
Garlic salt to taste
onion salt to taste
Black pepper to taste
4 to 5 cups dry complete pancake mix
Cooking oil

Rinse chops in cool water and let drain. Heat enough oil to cover chops in skillet, approximately 350 degrees. Season chops and dip in pancake mix. Fry until golden brown on both sides. Serves 4 to 5.

Shirley Bonsall, Grand Chenier, La.

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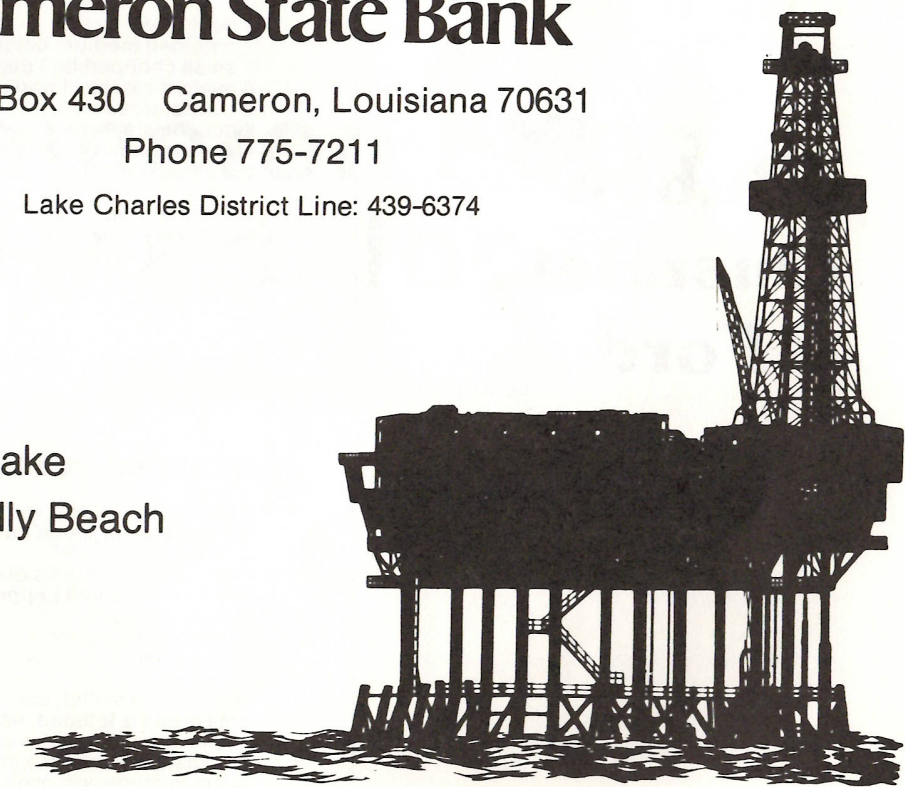
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SAUSAGE SKILLET EXPRESS

1 pound smoked sausage, cut into ¼ inch slices
¾ cup sliced celery
¼ cup chopped green onions
1 (4 ounce) can mushrooms chopped, undrained
1½ cups water
¼ teaspoon salt
¼ teaspoon black pepper
1½ teaspoons chili powder
2 (.75 ounce) envelopes instant tomato soup mix
1½ cups uncooked rice (instant)

Combine sausage, celery, and onions in a large skillet; cook over medium heat, stirring often until vegetables are tender. Drain well. Add the next 6 ingredients; bring to a boil. Stir in rice; remove from heat. Cover and let stand 10 minutes.

Shane Broussard, Creole, La.

SHEPHARD PIE

1 pound ground beef
½ cup chopped onion
½ cup chopped celery
1 (10 ounce) can vegetable soup
½ to 1 teaspoon dried whole thyme
3 cups mashed potatoes
1 cup (4 ounces) shredded Cheddar Cheese

Cook ground beef, onion, and celery in a large skillet until meat is browned, stirring to crumble. Drain off pan drippings; stir in soup and thyme. Spoon meat mixture into lightly greased 2-quart shallow Casserole dish. Spread potatoes evenly over meat mixture. Bake at 350 degrees for 20 minutes. Remove from oven; sprinkle with cheese. Bake 5 additional minutes or until cheese melts.

Janice Broussard, Creole, La.

COUNTRY PORK CHOPS

6 pork chops cut ½ inch thick
1 teaspoon salt
½ teaspoon black pepper
½ cup all-purpose flour
1 egg, lightly beaten
2 Tablespoons water
1½ cups dry bread crumbs
¼ cup vegetable oil
1 Tablespoon butter or margarine

Place pork chops between 2 sheets of plastic wrap. Pound lightly with mallet until meaty portion covers about twice the surface as before pounding. Sprinkle on both side with salt and black pepper. Dip in flour to coat. Beat together egg and water and dip chops into mixture. Spread dry crumbs adhere to chops. Heat oil and butter in heavy skillet. Add chops, cook over medium heat 3 to 4 minutes on each side until golden brown.

Karen Mhire Burchfield, Former resident of Cameron

SLOW COOKER BEEF STEW

4 pounds Lean Boneless Beef stew meat
2 chopped bell peppers 1 rib of celery chopped
2 large chopped carrots
4 minced cloves of garlic
2 large chopped onions
3 cut medium potatoes
salt and pepper to taste
1 envelope beef stew mix (optional)

Place meat and ½ cup water in slow cooker. Cook 3 hours on medium to high heat, add vegetables and seasonings cook 1½ to 2 hours more. Test vegetables and meat for tenderness. When tender serve over hot rice, or alone.

Geneva Dyson, Grand Chenier, La.

ROAST BEEF IN SLOW COOKER

1 beef roast
2 chopped medium onions
1 small chopped bell pepper
6 minced cloves of garlic
2 cut potatoes
2 cut carrots
salt and pepper to taste
cut green onions

Brown roast in iron pot on medium to high fire. Brown fast so as not to lose the meat's juices. Place in slow cooker with ½ cup water. Turn the control half way between medium and high heat. Cook 4 hours add onions, potatoes, carrots, and garlic. Cook 30 minutes. Add green onions and cook another 30 minutes.

Geneva Dyson, Grand Chenier, La.

STUFFED PORK CHOPS

6 pork chops ¾ to 1 inch thick
12 slices stale bread cut in cubes
1 diced onion
2 tender diced stalks of celery
½ small diced bell pepper
½ teaspoon salt
½ teaspoon pepper
½ cup oleo

Melt oleo in skillet, add other ingredients and cook on low heat until bread is toasted. Add vegetable and cook until wilted. Make pockets in pork chops and season well and stuff with dressing and fasten with tooth picks. Bake in covered casserole for 1½ hours in moderate oven.

Dorothy Landry, Grand Chenier, La.

MEXICAN CASSEROLE

2 pounds ground beef
2 large chopped onions
2 chopped bell peppers
2 cans cream of chicken soup
2 cans cheddar cheese soup
1 large can evaporated milk
2 cans chopped green chilies
1 teaspoon cumin powder
1 bag nacho cheese flavor corn chips
½ pound grated cheese

Brown ground beef and drain. Layer in a large casserole dish in the following order: ½ bag chip, ½ meat mixture, ect. Cover with ½ pound of the grated cheese. Bake for 30 minutes in a 350 degree oven. Makes a very large casserole.

Coral Perry, Grand Chenier, La.

PIQUIANT ROUND STEAK

½ cup flour
1 teaspoon salt
½ teaspoon red pepper
1 to 1½ pounds round steak cut into 1 inch pieces
¼ cup cooking oil
3 cups water - divided
2 Tablespoons brown sugar
½ cup shredded cheese
1 (6 ounce) can sliced mushrooms, drained
Hot cooked rice

Combine flour, salt and pepper in a bag; add steak and shake to coat well. Brown steak in hot oil. Add 2½ cups water and onion soup mix; simmer for 30 minutes. Combine tomato paste, remaining ½ cup water and brown sugar; add to steak and simmer 15 to 20 minutes or until tender. Add cheese and mushrooms, simmer 10 minutes. Serve over hot rice.

Darlene Taylor, Sweetlake, La.

ZUCCHINI SAUCED BROILED BURGERS

1 cup chopped onion
¼ cup chopped bell pepper
2 Tablespoons oleo
1 teaspoon Italian seasoning
1 (15 ounce) can tomato sauce
2 medium zucchini, sliced
2 pounds ground round
Steak seasoning
Garlic powder
2 cups Mozzarella cheese, grate
Parsley

Saute' first three ingredients. Add next three, cover and simmer, for 20 to 25 minutes. Shape and season meat. Broil three inches from heat until desired doneness. Top meat with cheese and broil until cheese melts. Cover with sauce. Garnish with parsley and serve.


Bobbie Nunez, Grand Chenier, La.

TAMALE PIE

1 cup cornmeal
1 Tablespoon shortening
⅓ cup chopped green peppers
½ pound ground steak
½ teaspoon salt
½ cup chopped ripe olives
2½ cups cooked tomatoes
1 Tablespoon chili pepper
½ teaspoon garlic salt
½ cup grated American Cheese

Combine cornmeal with 1 cup cold water and 2 cups boiling salted water. Cook 10 minutes. Melt shortening in frying pan. Add green peppers, ground steak and salt. Cook about 5 minutes, stirring constantly. Add olives, tomatoes, chili pepper and garlic salt. Line baking dish with cooked cornmeal. Pour in tomatoes and meat mixture. Sprinkle top with American Cheese. Bake at 350 degrees for 30 minutes. Serves 6.

Bobbie Fox, Johnson Bayou, La.


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BEEF AND GRAVY A LA' CAJUN

2 pounds beef chuck (cut in small pieces)
½ cup white flour
1 large onion (minced)
2 cloves garlic (minced)
½ cup minced celery
½ cup cut green onions
¼ cup minced parsley
¼ cup vegetable oil
1½ cups water
salt black pepper
red pepper

Season cut up pieces of chuck with salt, black pepper, and red pepper. Roll in white flour until all pieces are well covered. Heat ¼ cup vegetable oil in black cast iron pot and fry meat until golden brown. Remove meat from grease and add onions, celery, and garlic in same black pot and cook until translucent. Place fried meat back into pot with cooked vegetables and add water. Let simmer for about 1 hour or until tender. Add green onions and parsley and cook for an additional 15 minutes. If gravy is too thick, add additional water. Serve hot over white rice.

Paul Coreil, Grand Chenier, La.

BEEF ROLL-UPS (MICROWAVE RECIPE)

2 pounds round steak (½ inch thick)
6 slices bacon
¼ cup chopped onion
¼ cup flour, divided
1 cup water
1 (4 ounce) can mushrooms, stems and pieces, drained
1 teaspoon Worcestershire sauce
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon garlic powder
¼ teaspoon gravy aid (optional)
¼ cup water

Cut round steak into 4 rectangles. Pound to ¼ inch thickness with the edge of a saucer or a meat mallet. Place bacon on paper towels. Cover with paper towel. Microwave at high 3 to 5 minutes, or until partially cooked. Place 3 slices of bacon and one Tablespoon onion in each piece of round steak. Roll pieces and secure with wooden picks. Dredge rolls in 2 Tablespoons flour, then place in 8x8 inch baking dish. Sprinkle with any flour remaining from dredging. Microwave at 50% (medium) 40 to 45 minutes, or until beef is tender, turning over and rearranging rolls after 20 minutes. Combine ¼ cup water, 2 Tablespoons flour, and gravy aid. Stir gradually into sauce. Microwave at 50% power 5-7 minutes, stirring once. Let stand covered. Serve immediately.

Nancy Cronan, Sweetlake, La.

BUCALONI A' LA CHENIER

2 round steaks (1 ½ pound each cut ¼ inch thick).
4 hard boiled eggs
½ onion
1 chopped bell pepper
6 garlic toes
garlic powder
salt, pepper
1 stick butter
celery leaves
garlic
¼ pound Mozzarella cheese
1 can tomatoes with chilies

Season steaks with salt, pepper, garlic, and garlic powder. Chop eggs, garlic, bell pepper, onion, celery leaves, and shredded cheese. Mix and spread on steaks. Roll jelly roll style and tie with #8 white thread. Brown steaks in butter. Add tomatoes with chilies and 1 cup water. Let simmer about 2 hours. Serves 12.

Rosalie Perry, Grand Chenier, La.

CREOLE PEPPER STEAK OVER BEEFED UP RICE

2 pounds round steak
1 can tomato sauce
1 can whole tomatoes
1 chopped onion
1 whole onion
1 celery stem chopped
1 large sliced thin bell pepper
3 Tablespoons Italian dressing
4 Tablespoons cooking oil
3 Tablespoons Parmesan Cheese
salt
pepper
red pepper
1 can beef broth
2 cans water
1 can rice - washed
¼ cup parsley, chopped
¼ cup chopped onion tops

Slice steak into small strips, season to taste, sprinkle with Italian dressing and marinate overnight. Brown meat strips in cooking oil, drain off excess oil, add onion and brown. In a blender blend tomatoes, onion, celery, add tomato sauce and pour over browned meat and onions, simmer for 45 minutes stirring occasionally. Cook rice as you usually do, when done remove from pot and toss with onion tops and parsley. Place in a covered casserole dish and keep warm in 250 degree oven. Add bell peppers strips to creole pepper steak and simmer for 10 minutes more stirring only once. Serve over rice. Sprinkle with cheese, and serve.

Barbra Lou LeBlanc, Cameron, La.

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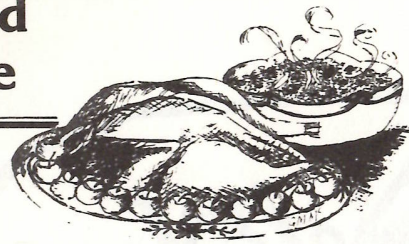
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Poultry And Wild Game



OVEN BARBECUED CHICKEN

3 one-third pound fryer, seasoned with salt, black and red pepper
1 chopped medium onion

Sauce

2 Tablespoons vinegar
¼ cup lemon juice
1½ teaspoons mustard
1 cup water
2 Tablespoons brown sugar
3 Tablespoons Worcestershire Sauce
1 cup ketchup
½ cup chopped celery
salt and red pepper to taste

Combine all ingredients for sauce and cook for one hour in saucepan on top of stove. Brown seasoned chicken and onion. Put chicken and onion in casserole. Pour sauce over chicken and onion, and cook for one hour in 350 degree oven. This sauce is delicious for basting when cooking on pit outdoors, for chicken hamburgers and ribs. Serves 6.

Shirley Bonsall, Grand Chenier, La.

WORKING'S WOMAN'S DELIGHT

4 chicken breasts
6 chicken thighs
1 can cream of chicken soup
½ can water
salt and pepper to taste
Rice
¼ cup butter
Parsley

Rinse, skin breasts and thighs, and put in a slow cooker. Add salt, pepper, butter, water and soup. Cook on low setting for four to five hours. Serve over rice and garnish with parsley. Depending on the hours of a working woman, start in the morning about 7 a.m. and have it ready for lunch; or start at noon and have it ready for supertime. Serves six to eight.

Shirley Bonsall, Grand Chenier, La.

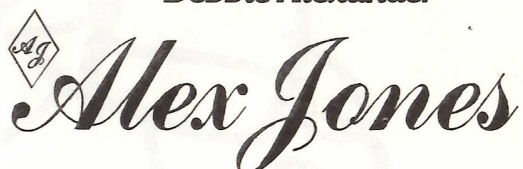
FRIED CHICKEN BREAST

4 boneless chicken breasts
4 Tablespoons butter
4 teaspoons diced onion
4 cloves minced garlic
Salt to taste
Pepper to taste
2 beaten seasoned eggs
¾ cups flour
¾ cup bread crumbs

Pound breasts until thin with wooden mallet. Season top of breasts with salt and pepper. Place 1 Tablespoon of butter, 1 teaspoon onion, and 1 clove minced garlic on each breast. Roll up lengthwise. Dip in seasoned egg, roll in flour, dip in egg again and then roll in bread crumbs. Refrigerate at least 3-4 hours. Deep fat fry until golden brown. Serves 4.

Terry Thibodeaux, Lafayette, La.

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STUFFED CORNISH HENS

6 Cornish Hens
2 cups wild rice
1 can drained button mushrooms
¼ cup pimentos
1 jar orange marmalade
1 small jar prepared mustard
salt and pepper to taste
1 can chicken broth
1 stick butter, melted

Stuffing:

Cook 2 cups of wild rice in chicken broth (use any water necessary) in your usual method. Toss in mushrooms and pimentos. Stuff cornish hens and season to taste. Rub hens with melted butter. Place in a foil lined pan, braise for 10 minutes or until brown. Cover with foil and bake 20 minutes. Heat marmalade and mustard in a sauce pan. Uncover and baste hens with sauce. Cover and bake 20 minutes, uncover and baste hens then continue cooking and baste 2 more times, for 15 minutes. Oven setting 400 degrees.

Barbara LeBlanc, Cameron, La.

CHICKEN LOAF

1 fryer boiled in seasoned water
1 cup of grated cheddar cheese
1 can cream of mushroom soup (and one half can water)
½ cup chopped celery
2 beaten eggs
½ package individual wrapped Ritz crackers (crumbled)

Debone chicken and cut up in small bite sizes. Mix all ingredients and put in a casserole dish. Bake 40 minutes at 350 degrees.

Jackie Watts, New Iberia, La.
And Members of The Watts Family in Alabama

MEXICAN CHICKEN

1 can mushroom soup
2 cans cream of chicken soup
1 small can evaporated milk
1 cup grated cheese
1 large bag Taco Doritos
1 medium chopped onion
1 small can Rotel tomatoes
1 fryer, cooked and deboned

Combine soups, onion, milk and Rotel tomatoes. Warm slightly on stove until blended. In casserole layer Doritos, soup mixture, and chicken until used up. Top with cheese. Bake at about 325 degrees for 30 minutes.

Becky Stanley, Vinton, La.

BAKED CHICKEN AND VEGETABLES

1 fryer
2 potatoes
1 large chopped onion
8 crushed cloves of garlic
salt, pepper
garlic powder (optional)
1 chicken boullion cube

Cut fryers in half. Season with salt, pepper and garlic powder. Place in baking pan, slice potatoes, onions and garlic, place in pan around chicken, melt boullion cube in ½ cup hot water, pour over chicken - sprinkle small amount of salt and pepper on vegetables. Cover with foil. Bake 1 hour at 350 degrees. Remove foil and let chicken brown.

Geneva Dyson, Grand Chenier, La.

Vegetables



SMOTHERED OKRA IN ELECTRIC SKILLET

Put small amount of oil in teflon bottom skiller, chop okra and 1 medium onion. Salt and pepper. Cook at 200 degrees for about 1 hour, stirring often.

Geneva Dyson, Grand Chenier, La.

STUFFED BEEFARONI PEPPERS

4 large green peppers
¼ cup chopped onion
½ cup chopped green peppers
1 minced clove of garlic
2 Tablespoons butter or margarine melted
2 cans (15 ounces) Chef Boy-ar-dee Beefaroni
1 can (8 ounces) whole peeled tomatoes, drained and chopped
1 teaspoon oregano
4 Mozzarella cheese strips

Remove tops, seeds and membranes of green peppers. Cook peppers in boiling water for five minutes; drain. Set aside. Saute onion, green pepper and garlic in butter until tender. Add Chef Boy-ar-dee Beefaroni, tomatoes and oregano. Simmer about 10 minutes; stirring occassionally. Stuff peppers with Beefaroni mixture; place in baking dish and top each pepper with cheese strips. Bake in 400 degrees oven for 15 minutes. Serves 4.

Dorothy Landry, Grand Chenier, La.

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PIZZA PEPPERS

6 large green peppers
1/3 pound bulk Italian sausage
1 (16 ounce) can whole tomatoes, undrained and chopped
1 1/3 cups water
2/3 cups uncooked regular rice
1 teaspoon dried whole oregano
1/2 teaspoon dried Italian seasonings
3/4 cup (3 ounces) shredded mozzarella cheese

Cut off tops of green peppers; remove seeds. Cook peppers 5 minutes in boiling salted water to cover; drain peppers and set aside. Cook sausage until browned, stirring to crumble; drain off excess drippings. Combine sausage and next 5 ingredients; cover and cook over medium heat 20 minutes or until rice is done. Fill green peppers with meat mixture; place in a shallow baking dish. Bake at 350 degrees for 15 minutes. Sprinkle with cheese, and bake 5 more minutes. Serves 6.

Thelma Broussard, Grand Chenier, La.

SQUASH CROQUETTES

3 pounds sliced yellow squash
3 beaten eggs
2 cups cornbread crumbs
2 Tablespoons finely chopped onion
3 Tablespoons butter, or margarine, melted
1 cup cracker crumbs
Vegetable oil

Cook squash, covered in a small amount of boiling salted water 10 to 15 minutes, or until tender. Drain well, and mash. Combine squash and next 4 ingredients; mix well. Shape mixture into 12 croquettes; roll in cracker crumbs. Fry in deep hot oil for 2 to 3 minutes or until golden brown. Drain on paper towels. Serves 12.

Thelma Broussard, Grand Chenier, La.

SQUASH DRESSING

2 pounds of squash
1 (2 ounce) jar of chopped pimento
2 Tablespoons grated onion
2 grated carrots
1 can cream of chicken soup
1 cup sour cream
1 stick margarine, melted
1 (7 ounce) package herb seasoned dressing

Cook squash. Drain. Combine onion, carrot, and pimentos with squash. Blend soup and sour cream. Toss stuffing with margarine. Pour 1/2 stuffing in 9 x 13 inch baking dish. Pour vegetables and sour cream over layer of stuffing. Top with remaining stuffing. Bake at 375 degrees for 30 minutes.

Becky Stanley, Vinton, La.

FRIDAY MEAT BALLS

1 pound cooked eggplant
1 1/4 cup bread crumbs
1/4 cup grated cheese
3 minced cloves of garlic
1 Tablespoon parsley
Salt and pepper to taste
2 Tablespoons water
2 eggs
1/2 cup bread crumbs

Cut eggplant in cubes, number of eggplants depends on size, 2 or 3 medium. Place in pot of boiling water. Cook until tender. Let cool. Mash eggplants real well. Add next 6 ingredients. Add 2 eggs and mix well. Roll into small balls. Roll balls in bread crumbs. Brown the balls in deep fat. Remove and drain on paper towels.

Mrs. J.P. Woods, Lakeside, La.

STUFFED BELL PEPPERS

8 chicken thighs
1/2 pound ground beef
6 bell peppers
1 chopped medium onion
1 stalk chopped celery
1 clove chopped garlic
Parsley
Salt, Accent and pepper to taste
Bread crumbs

Preheat oven to 350 degrees. Boil chicken until tender. Remove from bone and chop fine. Add rest of ingredients and mix well. Cut tops of peppers and remove seeds. Boil for 10 minutes. Drain. Stuff peppers with mixture and bake for 45 minutes to one hour at 350 degrees. Before baking, top peppers with bread crumbs. Serves six.

Dean Pillegram, Dulack, La.
Former Grand Chenier Resident

JALAPENO POTATO CASSEROLE

6 potatoes, peeled and sliced
1/2 pound jalapeno cheese, grated
1 large diced onion
1 diced bell pepper
1 can cream of mushroom soup
1/4 cup of milk
Salt and pepper

In a buttered baking dish, layer potatoes, cheese, soup, milk and seasonings. Cover and bake in a 350 degree oven for 1 1/2 hours. Serves 6.

Coral Perry, Grand Chenier, La.

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ZUCCHINI CASSEROLE

1 pound smoked sausage
1 chopped onion
2 Tablespoons cooking oil
1½ cup water
2 or 3 tomatoes peeled or chopped
4 or 5 zucchini sliced
1 (15 ounce) can jalapeno navy beans
No seasonings needed

Fry sausage and onions in cooking oil till brown add water, cook 30 minutes. Add tomatoes, zucchini and beans. Simmer until zucchini is tender. If too thick add more water. Serve on hot rice.

Mrs. Mayo Cain, Klondike, La.

CAJUN CABBAGE ROLLS

1 medium cabbage
1 Tablespoon oil
½ pound diced ham
½ cup cooked rice
Salt and pepper to taste
¼ cup onion soup
1 (10½ ounce) can of cream of celery soup
or cream of mushroom soup
½ cup cheddar cheese
¼ cup Italian bread crumbs

Parboil the outer tender leaves of the cabbage about 15 minutes; drain. Shred remainder of cabbage. Fry ham in oil. Add shredded cabbage to the ham. Salt and pepper to taste. Smother until tender. Add rice and onion soup to mixture. Stuff each leaf with mixture and hold together with toothpick. Place in ungreased baking pan. Pour cream soup over rolls. Sprinkle cheese and bread crumbs on top. Cover with foil and bake in a 350 degree oven for approximately 30 minutes, until leaves are tender. Serves four.

Shirley Bonsall, Grand Chenier, La.

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FRENCH FRIED ONION RINGS

4 medium sized onions
½ cup milk
1 egg well beaten
¾ cup flour
¼ teaspoon baking powder
½ teaspoon salt

Peel onions and cut into ¼ inch slices. Separate into rings. Add milk to beaten egg. Stir in flour, which has been sifted with baking powder and salt. Dip rings into batter, one at a time. Fry in hot deep fat 380 degrees until a light brown. About 3 minutes. Drain on absorbent paper. Serve with meat vegetable plate or as an appetizer. Serves 6.

Dorothy Landry, Grand Chenier, La.

SWEET POTATO CASSEROLE

3 cups sweet potato (boiled and mashed)
1 cup sugar
2 eggs
1 teaspoon vanilla
½ cup milk
½ cup oleo

Mix above ingredients well and bake 45 minutes at 300 degrees.

TOPPING

1 cup brown sugar
½ cup all purpose flour
½ cup oleo
1 cup ground pecans

Mix above ingredients in bowl and spread on top and brown in oven.

Carolyn Richard, Grand Chenier, La.

SWEET POTATO CASSEROLE WITH CRUNCHY TOPPING

3 cups cooked yams pureed in blender
½ cup sugar
½ cup milk
½ stick melted butter
2 beaten eggs
1 teaspoon vanilla
½ teaspoon butter flavoring

Mix all these ingredients thoroughly and place in buttered casserole dish. Add the following topping.

½ cup brown sugar
1 cup chopped pecans
½ cup flour
½ stick melted butter

Mix together and sprinkle over yam mixture. Bake at 350 degrees for 35 minutes.

Mrs. Howard Cox, Sweetlake, La.

BEAN BUNDLES

2 (16 ounces) cans whole green beans
1 (16 ounce) package bacon
"Season All" to taste

Drain beans. In a shallow dish, season beans and toss to mix. Cut bacon strips into thirds. Take about 4 - 5 beans and wrap a third of a strip of bacon around it and secure with a toothpick. Repeat until finished. Bake at 350 degrees for 30 minutes or until bacon is cooked.

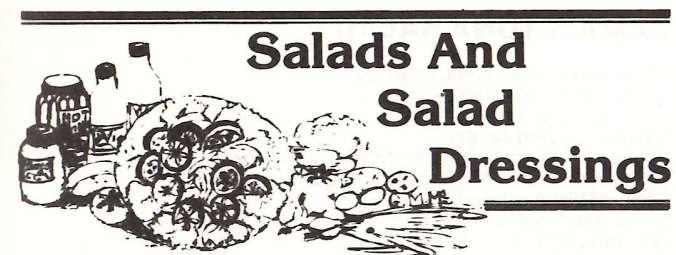
Nancy C. Cronan, Sweetlake, La.

JALAPENO POTATOES

4 medium potatoes
1 small bell pepper
Salt and pepper to taste
½ stick butter
1 Tablespoon flour
1 cup milk
½ roll Kraft garlic cheese
½ roll Kraft jalapeno cheese

Peel potatoes and boil in salted water until tender but not falling apart. When cool enough, slice and layer in buttered casserole with slivered bell pepper. Salt and pepper each layer. Melt butter in saucepan, add flour and stir until well blended. Gradually add milk, stirring constantly. Add cheeses which have been cubed and cook until melted. Pour over potatoes and bake at 350 degrees for 45 minutes to one hour.

Karen Mhire Burchfield, Former resident of Cameron



SHOE PEG CORN SALAD

1 cup Shoe Peg Corn
1 can early June peas
1 can French Style Green Beans
1 large chopped green pepper
1 jar chopped pimentos
1 red onion, chopped fine
1 cup celery, chopped fine

DRESSING FOR SALAD

1 cup sugar
1 Tablespoon water
½ teaspoon salt
½ cup oil
¾ cup cidar vinegar
1 teaspoon pepper

Bring all dressing ingredients to a boil, let cool, pour over vegetables and chill over night.

Darlene Dorsey, Cameron, La.

MARINATED SALAD

6 to 8 medium tomatoes, sliced
3 medium cucumbers, sliced
2 medium onions, sliced
¼ cup prepared mustard
¼ cup cidar vinegar
½ cup vegetable oil
2 teaspoons salt
2 teaspoons sugar
½ teaspoon pepper
1 clove garlic crushed
Parsley sprigs

Layer about ¼ of vegetables in a large deep refrigerator container. Combine mustard, vinegar, oil, salt, sugar, pepper, and garlic; stir well. Pour about ¼ of marinade over vegetables; repeat layers 3 times with remaining vegetables and marinade. Cover salad, and chill 3 to 4 hours, transfer to large bowl. Garnish with parsley.

T Mae Booth, Grand Chenier, La.

RICE AND KIDNEY-BEAN SALAD

6 Tablespoons oil
3 Tablespoons vinegar
1¼ teaspoon prepared mustard
1 clove minced garlic
½ teaspoon salt
¼ teaspoon pepper
2 cups cooked rice
1 can kidney beans
¼ cup chopped onion
2 hard cooked chopped eggs
½ cup sliced celery

In a large bowl mix first 6 ingredients. Pour mixture over hot rice and mix well. Let cool. Add remaining ingredients and mix well.

Terry Thibodeaux, Lafayette, La.

GERMAN POTATO SALAD

½ pound bacon (10 to 12 slices)
½ cup chopped onion
2 Tablespoons all-purpose flour
2 Tablespoons sugar
1½ teaspoon salt
Dash of pepper
1 teaspoon celery seed
½ cup vinegar
1 cup water
6 cups sliced cooked potatoes
(round slices)

Cook bacon till crisp, drain and crumble reserving ¼ cup fat. Cook onion in remaining fat till tender. Blend in flour, sugar, salt, celery seed, and dash pepper; add vinegar and 1 cup water; cook and stir till thickened and bubbly. Add bacon and potatoes, heat thoroughly tossing lightly. Garnish with chopped parsley, pimento and bacon curls. Serves 8-10.

Terry Thibodeaux, Lafayette, La.

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COLE SLAW

1 medium head cabbage (shredded thin)
2 medium chopped onions
½ cup sugar

Arrange in layers, cabbage, onion, sugar then pour sauce over cabbage mixture.

SAUCE

1 cup vinegar
¾ cup oil
2 Tablespoons sugar
1 teaspoon prepared mustard
1 teaspoon celery seed
1 teaspoon salt

Bring to a boil, then cool before pouring over cabbage.

Terry Thibodeaux, Lafayette, La.

* * *

BEAN SALAD

2 (16 ounce) cans cut green beans
1 (15 ounce) can dark red kidney beans
½ cup chopped green pepper
½ cup sugar
½ cup vinegar
⅓ cup salad oil
1 teaspoon salt
¼ teaspoon pepper

Drain both kinds of beans. Add green pepper. Combine sugar, vinegar and salad oil; pour over beans. Add salt and pepper; toss, chill over night. Before serving, toss to coat beans; drain. Serves 6 to 8.

Terry Thibodeaux, Lafayette, La.

ARTICHOKE - JALAPENO RICE SALAD

16 ounce pack of chicken flavored rice mix
4 green onions, sliced
¼ cup Jalapeno peppers, chopped
12 pimento olives, sliced
2 (6 ounce) jars marinated artichoke hearts
¾ teaspoon curry powder
½ cup mayonnaise (not salad dressing)

Cook rice according to directions on package but omit butter. Cool in large bowl. Add olives, onions and peppers. Drain artichokes and reserve the marinade. Cut artichokes in half and add to rice. Mix curry with mayonnaise and add marinade. Pour over rice mixture and toss. Chill and serve cold. Serves 6. A very good substitute for potato salad.

T Mae Booth, Grand Chenier, La.

* * *

MAMA'S TUNA SALAD

1 (6½ ounce) can tuna, drained
¼ cup chopped onion
½ cup chopped sweet pickle
¼ cup chopped celery
2 slices American cheese, diced
½ medium apple, peeled and diced
1 Tablespoon pimentos
½ cup mayonnaise
Salt and pepper to taste

Mix well all ingredients. Use for sandwiches or serve on lettuce or stuffed in a tomato as a salad. Serves 4 to 6.

Pam East, Hackberry, La.

* * *

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SURPRISE STRING BEAN SALAD

¾ cup of peeled and diced potatoes
2 cans of (drained) string beans
½ cup sliced onions
2 Tablespoons of vinegar
2 Tablespoons of oil
Salt and pepper to taste

Boil potatoes until almost done; add string beans and boil ten minutes longer; drain. Add onions, vinegar, oil, salt and pepper. Serve hot or cold.

Mrs. Norma Hebert, Hackberry, La.

FROSTED SALAD

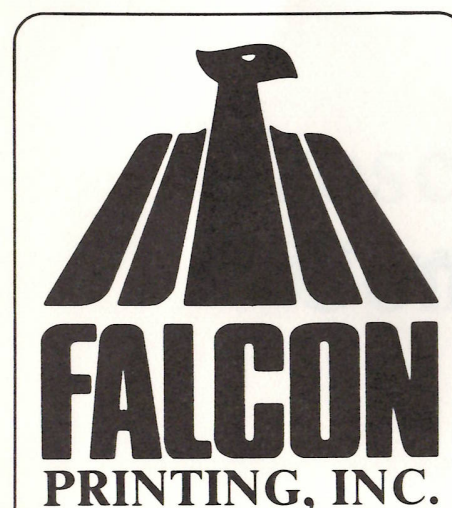
1 small head lettuce, chopped
1 package frozen sweet peas
1 package frozen chopped spinach
6 boiled eggs, chopped
12 slices bacon cooked and crumbled

Layer in a casserole dish. Top with the following dressing: ½ pint mayonnaise, ½ pint sour cream, 1 package hidden valley dressing mix. Mix together and pour over salad.

Darlene Taylor, Sweetlake, La.

TACO SALAD

1 pound ground beef
1 chopped onion
1 chopped tomato
1 pound grated cheddar cheese
1 bottle creamy Italian dressing



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1 can drained kidney beans
1 head torn lettuce
2 (¾ pound) bags regular size corn chips

Saute' onion, add ground beef and brown. Let cool. Add tomato, cheese, dressing and beans and mix well. Just before serving add lettuce and chips. Serves 6-8.

Nancy Cronan, Sweetlake, La.

PEA SALAD

1 can sweet peas (drained)
2 Tablespoons onions (grated, puree)
½ cup cubed cheddar cheese
Pimento (optional)
¼ cup mayonnaise
Salt and pepper to taste

Add all ingredients together and mix well.

Terry Thibodeaux, Lafayette, La.

SHRIMP SALAD

1 cup small shrimp, cooked and peeled
½ cup diced celery
2 Tablespoons green onion, chopped
1 Tablespoon lemon juice
½ cup mayonnaise
Dash of salt

Combine shrimp, celery, green onion, lemon juice and mayonnaise. May be stuffed in a hollowed out tomato or half of an avocado.

Nancy Cronan, Sweetlake, La.

HOT MEXICAN SALAD

MEAT LAYER:

1 pound lean ground beef
1 onion, chopped
½ bell pepper, chopped
1 (15 ounce) can Ranch Style Jalapeno Pinto Beans
½ teaspoon salt
¼ teaspoon black pepper

SALAD LAYER:

½ head lettuce, chopped
2 tomatoes, chopped
1 onion, chopped
1 avocado, diced

CHILI CON QUESO LAYER:

1½ pounds velveeta cheese
1 (10 ounce) can Ro-Tel tomatoes

1 (¾ pound) package Fritos or Corn-flavor Doritos

Brown the meat, onion and bell pepper in a small amount of oil. Let cook for 15 minutes, then stir in pinto beans with jalapeno peppers, chopping the pepper slices finely. Season with salt and pepper. Combine all salad ingredients and set aside. Melt the queso ingredients together. In a warm plate, layer the following: Fritos or Doritos on the bottom, then the salad mix, then hot meat-bean mixture and finally top with hot cheese mixture. Serve immediately. Serves 6.

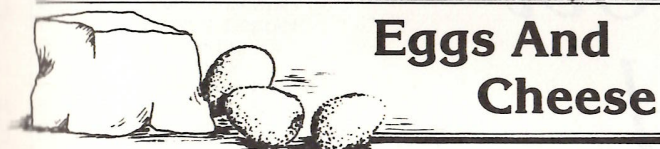
Mrs. J.B. Blake, Jr., Cameron, La.

*A man seldom thinks with more an earnestness
of anything than he does of his dinner.*

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Eggs And Cheese

SHRIMP DEILED EGGS

(1st Place Winner,
Parish Egg Cookery Contest)

6 hard cooked eggs
½ pound boiled chopped shrimp
3 Tablespoons sweet pickle relish
3 Tablespoons mayonnaise
Salt to taste
Pepper to taste

Cut eggs in half lengthwise. Scoop out yolk and mash. Add relish, mayonnaise, salt, and pepper. Mix together. Fill egg whites with shrimp and yolk mixture. Sprinkle top of eggs with paprika. Serves 6.

Becky Theriot, Grand Chenier, La.

TUNA STUFFED EGGS

(1st Place Winner,
District Egg Cookery Contest)

12 large hard cooked eggs
1 (6½ ounce) can water packed, drained tuna fish
¼ teaspoon salt
½ cup mayonnaise
1 Tablespoon prepared spicy brown mustard
¼ teaspoon pepper
2 teaspoons minced onion

1 ounce chopped pimento

Cut eggs in half lengthwise, remove yolks, force through sieve. Break up tuna with a fork until there are no lumps. Combine salt, egg yolks, tuna, mayonnaise, mustard, pepper, onion, and pimento, blend well. Remove excess moisture from egg white shells, spoon egg mixture into shells and arrange on plate. Garnish with paprika, fresh parsley or olives. Serves 12.

Kirk Fruge, Grand Lake, La.

SPAGHETTI SALAD

(1st Place Winner,
Parish Egg Cookery Contest)

6 hard cooked egg yolks
½ cup mayonnaise
1 teaspoon mustard
2 large chopped tomatoes
1 stalk diced celery
6 hard cooked diced egg whites
Salt to taste
Pepper to taste
16 ounces cooked spaghetti
5 whole leaves of lettuce
Sliced radishes to garnish

In small bowl mix egg yolks, mayonnaise, and mustard. Add tomatoes, celery, and egg whites to above mixture. Season with salt and pepper to taste. In large bowl mix above mixture with spaghetti. Line serving dish with lettuce. Pour salad mixture on to lettuce. Garnish with radishes. Serves 6.

Theresa Mouton, Cameron, La.

BREAKFAST CASSEROLE

(1st Place Winner,
Parish Egg Cookery Contest)

6 slices bread
Margarine
1 pound ground pork sausage
1½ cups grated longhorn cheese
6 beaten eggs
1 cup half and half
Salt to taste
Pepper to taste
Parsley to garnish

Remove crusts from bread, spread bread slices with margarine. Place in a greased 13 x 9 x 2 inch baking dish, and set aside. Cook sausage until browned, drain well. Spoon over bread slices, sprinkle with cheese. Combine eggs, half and half, and salt and pepper, mix well, and pour over cheese, cover casserole and chill overnight. Remove from refrigerator 15 minutes before baking. Bake casserole uncovered, at 350 degrees for 45 minutes or until set. Parsley to garnish. Serves 6.

Kris Vidrine, Grand Chenier, La.

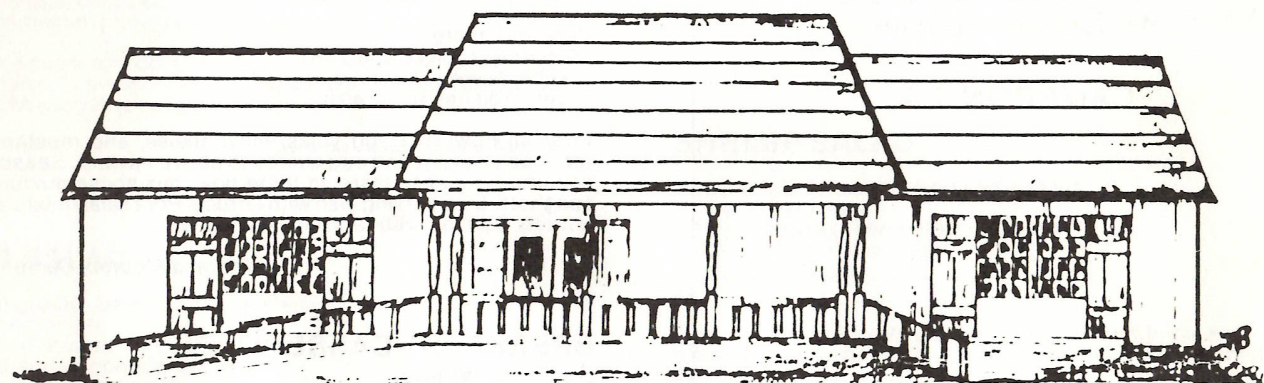
CHINESE OMELET

1 Tablespoon oleo or margarine
3 Tablespoons flour
½ Tablespoon dry mustard
Dash of paprika
¾ teaspoon salt
¾ cup cold milk
¾ cup grated cheddar cheese
Dash of Tabasco sauce
3 egg yolks
3½ cups cooked rice
3 egg whites

Blend oleo, flour and seasonings over a low heat until smooth. Add milk slowly, cook stirring constantly until thickened. Stir in grated cheese. Beat egg yolks until light and fluffy. Combine rice, egg yolks and cheese sauce. Beat egg whites until stiff but still moist. Fold in rice mixture. Pour into a greased baking pan. Set pan in hot water. Bake at 325 degrees for 45 minutes. Cut into serving pieces and serve while hot. Makes 6 servings.

Lena Guidry, Sweetlake, La.

Pat's



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CRABMEAT EGG SUPREME

4 eggs, hard cooked
2 Tablespoons mayonnaise
1 Tablespoon milk
½ teaspoon salt
1 teaspoon lemon juice
1 cup canned crab meat
2 slices bread, quartered and toasted
¼ cup grated sharp cheese

Remove shells from eggs and cut in half; remove yolks and blend them with mayonnaise, milk, salt, lemon juice and crab. Stuff egg whites and place on toasted bread in baking dish. Pour tomato sauce over and top with cheese. Bake at 375 degrees 15 to 20 minutes. Makes eight stuffed eggs.

TOMATO SAUCE

½ teaspoon green pepper
1 Tablespoon chopped celery
2 Tablespoons butter
¼ teaspoon onion juice
1 (10½ ounce) can tomato soup
½ teaspoon salt
½ teaspoon sugar

Saute' pepper and celery in butter. Add other ingredients and stir well. Heat to boiling. Pour over egg mixture.

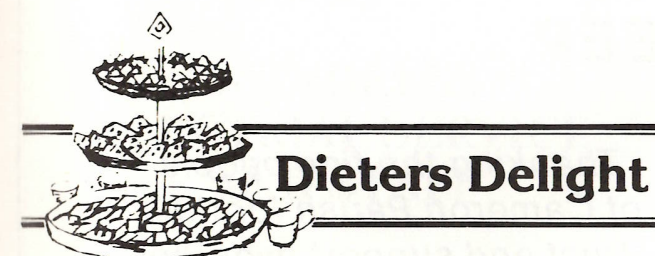
Shirley Bonsall, Grand Chenier, La.

CRAB MEAT QUICHE

½ white onion, thinly sliced
¼ bell pepper, finely chopped
4 Tablespoons butter
1 unbaked 10" pie shell
3 eggs, slightly beaten
½ teaspoon Worcestershire sauce
½ teaspoon salt
¼ teaspoon dry mustard
¼ teaspoon red pepper
¼ teaspoon white pepper
¼ teaspoon black pepper
¼ teaspoon nutmeg
1 cup Half and Half
1 cup grated Swiss cheese
2 bottle caps of Dry Sherry
2 cups fresh crab meat

Saute' onion and bell pepper in butter and place in pie shell which has been brushed with a little of the beaten egg. Blend well the remaining ingredients and pour into pie shell. Bake, uncovered, at 300 degrees 50 to 60 minutes or until custard is set. Let set for 10 minutes before slicing in wedges. Serves 6.

Mrs. J.B. Blake, Jr., Cameron, La.



Dieters Delight

YOGURT DIP

½ cup plain unflavored yogurt
1 pack instant vegetable broth and seasoning mix
½ teaspoon sesame seeds, toasted

Combine yogurt and broth mix in a bowl. Cover and chill. Transfer to serving dish; sprinkle with toasted sesame seeds. Serves 2. Per serving 43 calories.

Shirley Bonsall, Grand Chenier, La.

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MUSHROOM CANAPES

6 drained canned whole mushrooms (about ½ cup)
¾ cup red wine vinegar
¼ teaspoon chopped fresh parsley
¼ teaspoon basil leaves (thyme or oregano leaves may be substituted)
1 garlic clove, minced
6 saltine crackers
1 teaspoon seafood cocktail sauce

In a small glass or enamel bowl combine mushrooms, vinegar, and seasonings. Cover and let marinate in refrigerator overnight or a minimum of 4 hours. Drain mushrooms and cut into 4 slices (if desired, reserve marinade for salad dressing); place 4 mushroom slices on each saltine. Top each with 1/6 of the cocktail sauce. Serves 1. Per serving 135 calories.

Shirley Bonsall, Grand Chenier, La.

LEMON-BASIL SHRIMP

¼ cup lemon juice
½ teaspoon crushed basil leaves
¼ teaspoon pepper
36 shelled and deveined small shrimp
Garnish: watercress and lemon slices

In medium bowl combine first 3 ingredients. Add shrimp, turning to coat with marinade. Cover and refrigerate for several hours or overnight, turning shrimp occasionally. Remove shrimp from marinade; reserve marinade. On rack in broiler pan broil shrimp 3 inches from heat source, brushing with reserved marinade until shrimp are pink and plump, about 5 to 8 minutes. Remove to serving dish. Garnish with watercress and lemon slices. Serves 6. Per serving 69 calories.

Shirley Bonsall, Grand Chenier, La.

TUNA-STUFFED TOMATOES

4 medium tomatoes
12 ounces drained, canned tuna, flaked
2 ounces grated Swiss cheese
¼ cup mayonnaise
3 Tablespoons seasoned dried bread crumbs
2 Tablespoons chopped fresh parsley
2 teaspoons lemon juice
Garnish: capers, lemon wedges and parsley sprigs

Cut a thin slice from top of each tomato; scoop out pulp and discard or save for another use. In a medium bowl combine tuna, cheese, mayonnaise, bread crumbs, chopped parsley, and lemon juice. Stuff ¼ of tuna mixture into each tomato shell. Top each with capers to garnish; cover and chill about 1 hour. Arrange on serving platter; garnish with lemon wedges and parsley sprigs. Serves 4. Per serving 372 calories.

Shirley Bonsall, Grand Chenier, La.

CREAMY HORSERADISH DIP

½ cup plus 2 teaspoons buttermilk
¼ cup reduced-calorie mayonnaise
1 Tablespoon prepared horseradish
2 teaspoons wine vinegar
2 teaspoons granulated sugar
⅛ teaspoon salt
Dash white pepper
Garnish: chopped fresh parsley

Combine all ingredients except parsley in a bowl. Cover and chill. Transfer to serving dish; sprinkle with parsley. Serves 4. Per serving 54 calories.

Shirley Bonsall, Grand Chenier, La.

SPICED PEACHES 'N' SHRIMP

1 cup canned sliced peaches, no sugar added
1 cup orange juice
1 Tablespoon plus 2 teaspoons firmly packed light brown sugar
2 Tablespoons vinegar
½ teaspoon ground nutmeg
½ teaspoon basil leaves
1 garlic clove, minced
1 pound drained canned shrimp
2 cups cooked enriched rice, hot
1 teaspoon sesame seeds, toasted if desired
Garnish: parsley sprigs

In a ½ quart saucepan combine first 7 ingredients; bring to a boil. Reduce heat and simmer for 10 minutes. Add shrimp and continue to cook until heated. Serve over rice; sprinkle with sesame seeds and garnish with parsley. Serves 4. Per serving 324 calories.

Shirley Bonsall, Grand Chenier, La.

ALMOST PIZZA

½ English muffin
2 teaspoons tomato sauce
1 Tablespoon grated onion
¼ teaspoon oregano leaves
Dash garlic powder
2 ounces cooked ground beef, crumbled
1 ounce shredded mozzarella cheese

Place muffin half on double thickness of foil. In a small bowl combine tomato sauce, onion, oregano, and garlic powder. Spread half of sauce mixture of muffin; top with beef, then remaining sauce and cheese. Broil until cheese is melted. 3 to 5 minutes. Serves 1. Per serving 284 calories.

Shirley Bonsall, Grand Chenier, La.

SALMON LOAF

10 ounces skinned and boned drained canned salmon, flaked
1 cup cooked enriched rice
1 egg, beaten
¼ cup skim milk
¼ cup reduced-calorie mayonnaise
1 Tablespoon chopped fresh parsley
2 teaspoons chopped fresh dill or ½ teaspoon dill weed
2 teaspoons lemon juice
¼ teaspoon salt
⅛ teaspoon pepper
1 ounce grated Cheddar cheese
1 hard-cooked egg, sliced
Garnish: paprika

Combine all ingredients except cheese, hard-cooked egg, and garnish in a medium bowl. Spray a medium loaf pan with nonstick cooking spray; add salmon mixture, pressing down with back of spoon to fill evenly. Bake at 375 degrees until firm and golden, about 50 minutes. Sprinkle with cheese; bake 10 minutes longer. Serve warm or chilled, topped with egg slices and sprinkled with paprika. Serves 4. Per serving 273 calories.

Shirley Bonsall, Grand Chenier, La.

PARTY PITA PIZZA

1 pita bread, (2 ounces), sliced in half horizontally
½ cup tomato sauce
¼ cup chopped green bell pepper
¼ cup sliced mushrooms
¼ teaspoon Italian seasoning
4 ounces mozzarella cheese, shredded
2 teaspoons grated Parmesan cheese

Place pita halves, cut-side up, on sheet of foil. Spread ¼ cup tomato sauce evenly over each pita half. Top each with half of

each of the remaining ingredients, in order listed. Bake at 375 degrees until cheese is melted and sauce is hot and bubbly, about 8 minutes. Serves 2. Per serving 270 calories.

Shirley Bonsall, Grand Chenier, La.

PARTY BURGERS

1½ pounds ground beef
¼ cup minced onion
2 Tablespoons ketchup
1 teaspoon each Worcestershire sauce and soy sauce
½ teaspoon salt
¼ teaspoon garlic powder, divided
⅛ teaspoon pepper
1 teaspoon margarine
2 cups sliced mushrooms
⅛ teaspoon onion salt
Garnish: parsley sprigs and lemon wedges

In a mixing bowl combine ground beef, onion, ketchup, Worcestershire, soy sauce, salt, ⅛ teaspoon garlic powder, and pepper. Form into 4 square patties. Broil on a rack, 4 inches from source of heat, 10 minutes, turn and broil 5 to 6 minutes longer or until done to taste. While beef broils, melt margarine in a 9 or 10 inch skillet. Add mushrooms; saute' over low heat until accumulated liquid evaporates, about 6 to 8 minutes. Sprinkle with onion salt and ⅛ teaspoon garlic powder. Place broiled patties on a serving platter; top each with ¼ of the cooked mushrooms. Garnish with parsley and lemon. Serves 4. Per serving 283 calories.

Shirley Bonsall, Grand Chenier, La.

SWEDISH MEATBALLS

1 slice enriched white bread, torn into pieces
¾ cup buttermilk, divided
6 ounces ground beef
½ cup chopped onion
¼ teaspoon paprika
⅛ teaspoon each sage leaves and powdered mustard
Dash pepper
½ cup water
1 Tablespoon tomato paste
2 teaspoons enriched all-purpose flour
1 packet instant beef broth and seasoning mix

In a medium bowl combine bread and ¼ cup buttermilk; let stand 5 minutes. Add beef, onion, paprika, sage, mustard, and pepper to bread mixture; mix well and form into small balls, each about 1 inch in diameter. Place meatballs on rack in a pan; bake at 400 degrees until browned, 15 to 20 minutes. While meatballs are baking in a small nonstick saucepan combine remaining ½ cup buttermilk, water, tomato paste, flour, and broth mix. Cool over low heat, stirring constantly until thickened, 5 to 8 minutes. Serve over meatballs. Serves 1. Per serving 464 calories.

Shirley Bonsall, Grand Chenier, La.

LAMB STEAKS WITH BAR-B-Q SAUCE

2 leg or shoulder lamb steaks, 8 ounces each
¼ teaspoon each salt, coarsely ground pepper, and mint flakes
½ cup tomato sauce
1 Tablespoon minced onion
2 teaspoons molasses
2 teaspoons tarragon vinegar
1 teaspoon steak sauce
⅛ teaspoon powdered mustard
2 drops hot sauce
Dash salt
4 lemon wedges
Garnish: fresh mint leaves

Sprinkle lamb steaks on both sides with salt, pepper, and mint flakes. Broil on a rack, 4 inches from source of heat, 8 to 10 minutes; turn and broil 5 to 6 minutes longer or until done to taste. While lamb is broiling, in a small saucepan combine tomato sauce, onion, molasses, tarragon vinegar, steak sauce, mustard, hot sauce, and salt. Bring to boil; reduce heat, cover and simmer 5 minutes. Place steaks on serving platter; top with sauce mixture. Serve with lemon wedges and garnish with fresh mint leaves. Serves 2. Per serving 282 calories.

Shirley Bonsall, Grand Chenier, La.



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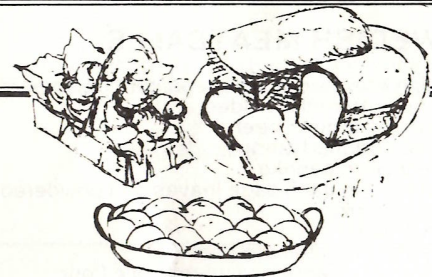
CALIFORNIA MISSION CHICKEN

10 small seedless grapes, cut into halves
 1 canned peach half with 1 Tablespoon juice
 (no sugar added)
 1 Tablespoon water
 1 teaspoon lemon juice
 1/2 teaspoon granulated sugar replacement
 1 1/2 teaspoon enriched all-purpose flour
 1/2 teaspoon grated pared ginger root or dash
 ground ginger
 1/4 teaspoon each paprika and garlic powder
 1/8 teaspoon salt
 12 ounces chicken parts skinned

In a medium bowl combine first 5 ingredients; cover and set aside. In a shallow dish or on a piece of wax paper combine flour, ginger, paprika, garlic powder, and salt; add chicken parts, 1 piece at a time, and coat with flour mixture. Place chicken in a shallow 1-quart flameproof casserole, skinned-side down; sprinkle with any remaining flour mixture. Place casserole under broiler 4 to 6 inches from heat source and broil 5 minutes; turn chicken over and broil until lightly browned about 5 minutes longer. Remove casserole from broiler. Drain fruit mixture and pour liquid over chicken, reserving fruit; cover and bake at 375 degrees until chicken is tender, about 20 minutes. Add fruit to casserole and bake, uncovered, until fruit is heated through, about 5 minutes. Serves 1. Per serving 294 calories.

Shirley Bonsall, Grand Chenier, La.

Breads



HONEY WHEAT MUFFINS

2 cups whole wheat flour
 2 teaspoons baking powder
 1 teaspoon salt
 1 egg
 3/4 cup milk
 1/4 cup vegetable oil
 1/4 cup honey

Combine first 3 ingredients in a large bowl; make a well in center of mixture. Combine egg, milk, oil and honey; add to dry ingredients stirring just until moistened. Spoon into greased muffin pans, filling two-thirds full. Bake at 400 degrees for 20 minutes. Makes 10 muffins.

Karen Mhire Burchfield, Former resident of Cameron

JOE'S BEEFY JALAPENO CORNBREAD

1 cup yellow cornmeal
 1 cup milk
 2 eggs, beaten
 3/4 teaspoon salt
 1/2 teaspoon soda
 1/2 cup salad oil
 1 (17 ounce) can whole kernel corn
 1 pound ground beef
 1/2 pound shredded cheddar cheese
 1 onion, chopped
 4 to 5 Jalapeno peppers, seeded and chopped

Combine cornmeal, milk, eggs, salt, soda, oil and corn. Brown ground beef with onions and pepper in a skillet. Pour half the batter in a 13 x 9 x 2 inch pan. Sprinkle with cheese. Crumble beef over cheese and batter. Add remaining batter. Bake at 350 degrees for 50 minutes. Serves 6.

Pam East, Hackberry, La.

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PECAN MUFFINS

1/2 cup sugar
 1 1/2 cups all-purpose flour
 1/2 cup chopped pecans
 2 teaspoons baking powder
 Pinch of salt
 1 beaten egg
 1/2 cup milk
 1/4 cup vegetable oil

Combine first five ingredients in large bowl, milk, and oil, and stir until moistened. Fill greased muffin tins 2/3 full. Bake at 400 degrees for 25 minutes. Remove from pan quickly, as they may stick.

Mrs. Charles Rogers, Cameron, La.

HUSH PUPPIES

Mix together:

3 Tablespoons flour
 8 Tablespoons corn meal
 1 teaspoon baking powder
 1/4 cup powdered milk
 1 teaspoon salt

Add:

1 medium onion chopped fine
 1/4 cup grated cheese
 1 cup cream style corn
 1 beaten egg
 3 or 4 small chopped chili peppers (if desired)

Mix all ingredients thoroughly. Drop by teaspoonful in deep hot fat. Hush puppies are done when they bob to the surface.

Frances LeBeouf, Cameron, La.

BLACKBERRY DUMPLINGS

1 quart blackberries
 1/2 cup sugar
 1 cup flour
 2 teaspoons baking powder
 1 egg
 4 Tablespoons sugar
 1 teaspoon vanilla
 1/4 cup milk

Cook berries and sugar for about 15 minutes. Strain through Handi-Wipe, squeezing all juice out. Return to heat and cook slowly. Mix the remaining ingredients into a thick paste. Drop by teaspoon into hot juice, cooking until done. When cooked remove and place in serving dish and continue cooking until all dough is used up. Pour leftover juice over cooked dumplings. Can be served with whipped cream or ice cream.

Dorothy Bonsall, Grand Chenier, La.

OLD FASHIONED BREAD PUDDING

4 cups milk
 8 slices of stale bread
 4 eggs, separated
 1 1/2 cups of sugar
 1 small can of evaporated milk
 1 teaspoon vanilla
 1 cup Coconut (optional)
 4 Tablespoons sugar

Heat the milk, pour over bread and mash. Cream yolks and sugar; add to bread mixture. Add evaporated milk, vanilla and coconut. Mix well. Bake uncovered in buttered pan at 375 degrees for one hour. Beat egg whites with 4 Tablespoons of sugar until stiff and sugar is dissolved. Pour over pudding; return to oven to brown at 350 degrees.

Mrs. Lester Hebert, Hackberry, La.

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BRAN BANANA BREAD

2 cups all-purpose flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 1 1/2 cups mashed ripe banana
 2 1/2 cups Kellogg's Bran Flakes cereal
 1/2 cup margarine or butter softened
 3/4 cup sugar
 2 eggs
 1/2 cup coarsely chopped nuts

Stir together flour, baking powder, soda, and salt. Combine mashed bananas and cereal; let stand 2 minutes. In large mixing bowl, beat margarine and sugar. Beat in eggs and cereal mixture. Stir in flour mixture and nuts. Spread in greased 9 x 5 x 3 inch pan. Bake at 350 degrees for about 1 hour, or until tested for doneness. Let cool 10 minutes before removing.

Sadie Little, Hackberry, La.

EASY FRENCH PASTRIES

1 package (9 ounce) flaky-refrigerator biscuits
 1 can (15 ounce) sweetened condensed milk
 1/3 cup lemon juice
 1/2 teaspoon vanilla
 1/2 teaspoon almond extract
 2 cups blackberries
 1 Tablespoon cornstarch
 1/4 cup water or fruit juice
 1/2 cup sugar (depending on tartness of berries)

Open can of biscuits and carefully split each biscuit in half crosswise. Press each biscuit half into a tiny tart pan, about 2 1/2 inch diameter, to make pastry shell. Press a small piece of aluminum foil over top of shell and fill with dried beans or peas. Place tart pan on baking sheet. Bake for 8 minutes. Remove from oven. Remove foil and beans from each shell. Return shells to oven and bake about 5 minutes longer or until inside of shells are slightly brown and firm. Remove from oven and cool thoroughly before filling. In a mixing bowl combine sweetened condensed milk, lemon juice, vanilla and almond extract. Stir until well blended and thickened. Spoon mixture into cooled shells. Refrigerate 30 minutes or longer. Top each pastry with blackberry sauce. Refrigerate until ready to serve. To make sauce put blackberries in saucepan. Combine remaining ingredients, mixing well. Stir into hot berries. Cook until thick and clear. Let cool and use as topping or for individual pies. For individual pies, fill each shell with berry mixture and top with whipped cream.

Shirley Bonsall, Grand Chenier, La.

ORANGE DATE MUFFINS

1 egg
 3/4 cup orange juice
 1/3 cup vegetable oil
 1 1/2 cups bite size bran cereal
 1/2 cup packed brown sugar
 1/2 cup chopped dates
 1 cup all-purpose unsifted flour
 1 1/2 teaspoon baking powder
 1/4 teaspoon salt

In medium size bowl beat together egg, orange juice, and oil. Stir in cereal to moisten. Let stand for 5 minutes. Stir in brown sugar and dates. Mix together flour, baking powder and salt. Add to liquids. Mix together. Fill paper muffin cups 1/2 full. Sprinkle with chopped nuts if desired.

Conventional oven:

Preheat oven to 400 degrees and bake muffins for 20 minutes.

Microwave Oven:

6 muffins 2 to 2 3/4 minutes on high setting
 2 muffins 60 to 70 seconds. Rotate 1/4 turn 1/2 the way through cooking time.

Any unused batter will store well in the refrigerator.

Coral Perry, Grand Chenier, La.

WHOLE MEAL CORN BREAD

1½ cups self-rising flour
1½ cups self-rising corn meal
2 eggs
½ cup cooking oil
1½ cups milk
1 cup ground ham
2 cups sweet peas
4 Tablespoons butter
3 Tablespoons flour
2 cups milk
¼ teaspoon salt
A pinch of white pepper

Mix flour and corn meal together. Add milk, cooking oil and ham. Mix well. Add eggs and mix. Spray bundt pan with Pam (cooking oil spray). Add mixture and bake at 350 degrees for 50 to 60 minutes or until done. Cool and turn on platter. Fill hole of bread with cooked sweet peas. Cook according to taste. Pour on white sauce.

WHITE SAUCE:

Last 5 ingredients listed.

Melt butter in sauce pan add flour stirring constantly for 3 minutes. Add milk, salt and pepper. Cook on low heat, stirring constantly until thick.

Mrs. Mayo Cain, Klondike, La.

BEER BISCUITS DELEUX

1 (12 ounce) can of hot beer
3 cups of biscuit mix
2 Tablespoons sugar

Mix ingredients. Drop in a well greased muffin tin. Bake at 375 degrees until brown. You can let biscuits rise in muffin tin from 20 minutes to 1 hour, before baking. They are "light, puffy and fluffy".

Norma Hebert, Hackberry, La.

OPAL'S ROLLS

8 cups (2 pound bag) all-purpose flour
4 teaspoons salt
Almost ½ cup sugar
2 packages yeast
½ cup Crisco shortening
Enough lukewarm (not hot) water to make dough form.
Around 2½ cups.

Place flour in a large bowl. Add other ingredients and enough lukewarm water to form a soft dough. Mix by hand until mixed well. Extra flour may be added if dough is too sticky. Knead until smooth. The longer you knead, the better. Cover and place in warm place to rise (about 3 hours). Then remove desired amount and knead again. Shape into rolls and place in greased pans. Let rise 3 more hours. Bake at 400 degrees about 20 minutes. Keep extra dough in refrigerator. Knead each time you use it.

Bonnie Conner, Grand Chenier, La.

STRAWBERRY BREAD

3 cups flour
1 teaspoon baking soda
1 teaspoon salt
3 teaspoons cinnamon
2 cups sugar
2 cups strawberries, drained
4 eggs, well-beaten
1¼ cups oil
1 cup chopped nuts

Mix together first 5 ingredients, then add next 4 ingredients. Stir until just mixed (dampened). Pour into 2 loaf pans which have been greased and floured. Bake at 350 degrees for 45 minutes to 1 hour. (This makes a delicious cake. Just pour batter into 3 nine inch cake pans and bake at 350 degrees for 35 to 40 minutes. Frost with cream cheese frosting.)

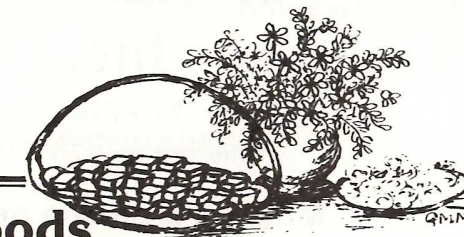
Mrs. Anne Swindell Smith, Beaufort, N.C.

NEW ORLEAN'S STYLE EASY COFFEE BIEGNET'S

1 (10 ounce) can any type oven ready biscuits
1 cup cooking oil
1 cup powdered confectioner's sugar

Heat cooking oil in skillet. Cut each canned biscuit in 4 and shape each piece into a little ball. Drop into hot grease and fry until golden brown. When your grease is hot this takes only about 2 to 3 minutes, so watch them closely. Drain beignets on plate with paper towels over it. Roll each beignet in confectioner's sugar after they drain. These are delicious served hot.

Bobbie Fox, Johnson Bayou, La.



Party Foods And Beverages

HAM AND CHEESE BALLS

1 cup finely chopped ham
¼ cup finely chopped Swiss cheese
2 chopped green onions
1½ teaspoons prepared mustard
1 (8 ounce) can refrigerated crescent rolls
1 Tablespoon water
1 egg beaten
½ teaspoon Poppy seeds

Combine ham, cheese, onions and mustard. Mix well. Separate rolls into 8 triangles, place 2 heaping Tablespoons of the ham mixture in center of each triangle. Bring tips of triangles together in center of ham mixture. Press edges together to seal. Place on greased baking sheet. Combine water and egg, brush over rolls, sprinkle with poppy seeds. Bake at 375 degrees for 12 minutes or until golden.

Susie Strahan, Hackberry, La.

CAJUN SHRIMP DIP

2 (8 ounce) packages Philadelphia cream cheese, softened
in a little warm water
1 quart peeled shrimp
1 teaspoon lemon juice
2 teaspoons of Worcestershire sauce
2 packages McCormick's onion and garlic dip
3 Tablespoons mayonnaise

Boil shrimp with just a pinch of salt. After shrimp is boiled, strain and grind. Put shrimp aside for a second, then mix packages of dip according to package directions. Add to cheese; mix thoroughly. Pour in shrimp, stir and add lemon juice, Worcestershire sauce and mayonnaise. Refrigerate for about one hour. Delicious dipped with ruffled potatoe chips or corn chips. Serves 12 - 18.

Shirley Bonsall, Grand Chenier, La.

CHEESY ONION DIP

1 (8 ounce) package cream cheese, softened
1 cup (4 ounce) shredded sharp Cheddar cheese
1 (1½ ounce) envelope onion soup mix
¼ cup half-and-half cream

Combine first three ingredients; beat at medium speed of an electric mixer until smooth. Gradually add half-and-half, beating well. Chill. Serve with assorted crackers or chips. Makes 2½

cups.

Thelma D. Broussard, Grand Chenier, La.

ORANGE CHEESE CAKE SANDWICHES

1 package cream cheese, softened
1 small can concentrated orange juice, thawed
½ cup sugar
2 envelopes unflavored gelatin
½ cup boiling water
1 small carton frozen whipped topping
Ginger Snaps

Whip cream cheese until fluffy. Add orange juice and sugar and beat well. Dissolve gelatin in the boiling water and add to cream cheese mixture and mix well. Fold in whipped topping. In cupcake papers, place one ginger snap, top side down. Spoon in one Tablespoon or more of the filling. Freeze. Peel papers off, top each with a ginger snap, top side up. Wrap in plastic wrap and freeze. Serve slightly softened.

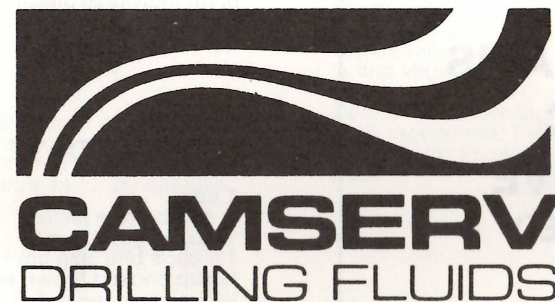
Coral Perry, Grand Chenier, La.

BROCCOLI DIP

3 stalks minced celery
½ minced onion
1 stick margarine
1 package frozen broccoli
1 can cream of mushroom soup
1 roll garlic cheese
1 small can mushroom stems and pieces
Season with salt and pepper

Saute' celery and onion in the stick of margarine. Cook the broccoli according to package directions; chop and drain. Add to the sauteed mixture. Add the remaining ingredients and heat. Serve warm with chips.

Coral Perry, Grand Chenier, La.



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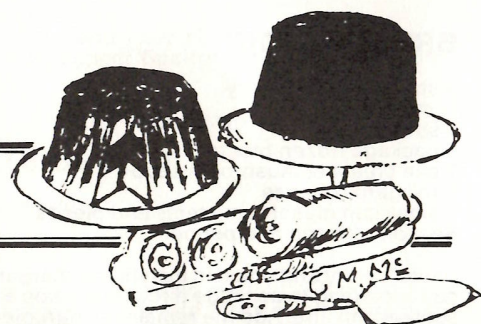
CRAB MOLD (original recipe)

½ cup water
½ can condensed cream of celery soup
3 (3 ounce) packages of cream cheese
4 envelopes unflavored gelatin
3 cups of crab meat
¼ cup chopped green pepper
1 Tablespoon chopped parsley
1 cup chopped celery
1 cup chopped green onion tops
1 cup mayonnaise
2 Tablespoons Tabasco sauce
2 Tablespoons Worcestershire sauce

Mix soup with ½ cup water in a saucepan. Add cream and mix until softened. Allow to cool. Dilute gelatin in a little warm water. Add to cream cheese mixture. Add remaining ingredients. Pour into a mold. Allow to set for several hours. Makes about 2 quarts.

Pam East, Hackberry, La.

Cakes



CREAM CHEESE POUND CAKE

2 sticks butter
1 stick oleo
1 (8 ounce) cream cheese
6 large eggs
3 cups sugar
3 cups flour
1 teaspoon vanilla
1 teaspoon lemon extract

Mix all ingredients together, bake for one hour and 25 minutes in 325 degree oven. Do not open oven door to peek until done.

Raye Phifer, by Nina Mae Lebouef
Cameron, La.

APPLE COCONUT CAKE

3 cups all-purpose flour
1 teaspoon soda
½ teaspoon salt
1 cup vegetable oil
3 eggs
2¼ cups sugar
1 Tablespoon vanilla
2 cups pecans, finely chopped
3 cups apples, peeled and finely chopped
½ cup flaked coconut

Combine flour, soda, salt and mix, set aside. Combine oil, eggs, sugar and vanilla, beat at medium speed of a mixer for two minutes. Add flour mixture, mixing at low speed till blended. Fold in pecans, apples and coconut, forming stiff batter. Spoon into a greased and floured 10 inch tube pan. Bake at 350 degrees for one hour and 20 minutes, or until cake tests done. Allow to cool and remove from pan. Drizzle glaze on cake.

GLAZE

½ cup packed light brown sugar
¼ cup milk
½ cup butter

Combine ingredients in a heavy saucepan, bring to a boil, and stir while cooking 2 minutes. Let cool to lukewarm, and glaze cake.

Mrs. Charles Rogers, Cameron, La.

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GLADYS' FRUIT CAKE

3 eggs
1 cup sugar
2 sticks margarine
5 cups flour
2 teaspoons soda
1 teaspoon salt
1 teaspoon butter extract
1 teaspoon vanilla extract
1 quart fig preserves
1 quart watermelon rind preserves
1 quart pecans, chopped
1 cup white raisins
1 cup cherries

Drain figs and watermelon rind. Save juice. Chop figs, beat eggs, and add sugar. Beat until creamy. Melt margarine and add to egg mixture. Measure 2 cups of watermelon and fig juice. Add extracts. Sift 3 cups flour, soda and salt in separate bowl. Then blend all ingredients together. Mix all fruits together, add 1 cup flour and toss. Add to top ingredients to mix well. Spray Pam (spray cooking oil), in loaf pan. Cut brown paper bag, line pan and spray Pam again. Pour mixture and bake at 325 degrees for one hour and 25 to 30 minutes. Cool, take out of pan and peel paper off. Wrap in aluminum foil. Put in ice box or freezer.

Mrs. Mayo Cain, Klondike, La.

BLUEBERRY CRUNCH

1 can blueberry pie filling
1 small package yellow cake mix
¼ cup melted margarine

Pour pie filling into a standard size pie plate or pan. Over this sprinkle the dry cake mix. Pour melted margarine over the mixture. Bake at 350 degrees for 40 to 50 minutes.

Bobbie Fox, Johnson Bayou, La.

FROSTED RASPBERRY SALAD

1 (6 ounce) package raspberry flavored gelatin
1 cup boiling water
1 (16 ounce) can cranberry sauce
1 (15 ounce) can crushed pineapple, undrained
¼ cup port wine
1 (8 ounce) package cream cheese, softened
¼ cup sugar
1 (8 ounce) carton commercial sour cream
1 cup chopped pecans

Dissolve gelatin in boiling water; add cranberry sauce, stirring with a wire whisk until smooth. Stir in pineapple and wine, and spoon into a lightly oiled 12 x 8 x 2 inch dish. Chill until set. Combine cream cheese and sugar, mix well. Stir in sour cream. Reserve 2 Tablespoons pecans for garnish. Stir remaining pecans into cream cheese mixture. Spread topping over salad. Sprinkle with reserved pecans. Chill well. Serves 8 to 10.

Darlene Taylor, Sweetlake, La.

BROWNIE FUDGE SQUARES

1½ cups margarine
1 cup cocoa
6 eggs
3 cups sugar
1½ cups flour
1½ teaspoons vanilla
2 cups chopped pecans

Combine butter and cocoa in a small saucepan; cook over medium heat, stirring frequently, until butter melts. Set aside. Combine eggs and sugar in a large bowl, beating well. Add flour and vanilla, mixing well. Add chocolate mixture, beating until just blended. Stir in pecans. Pour mixture into a greased and floured 16 x 11 x 1 inch jelly roll pan. Bake at 325 degrees for 30 to 35 minutes, or until done. Cool. Cut into squares. Makes 4 dozen.

Darlene Taylor, Sweetlake, La.

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THE TURTLE CAKE

1 (18½ ounce) German Chocolate Cake mix
1 small can evaporated milk
1 pound bag caramel squares
1 cup chocolate chips
1 cup chopped pecans
Chocolate frosting (optional)

Prepare cake mix according to directions. Pour ½ of batter into 9 x 13 inch greased pan. Bake at 350 degrees for 10 minutes, until set and slightly firm. Meanwhile, melt caramel squares in evaporated milk. Spread on top of partially baked cake. Top with chocolate chips and pecans. Pour remaining unbaked cake batter on caramel topping and pecans and bake an additional 25 minutes or until top batter is baked. Cool and frost with chocolate icing, if desired.

Geneva Griffith, Oak Grove, La.

RAISIN CAKE

½ cup butter
¼ cup shortening
1½ cup sugar
3 eggs
1½ cup buttermilk
2½ cups flour (all purpose)
1½ teaspoons soda
¾ teaspoon salt
1 Tablespoon orange peel
1¼ teaspoon vanilla
1 cup raisins
½ cup nuts

Preheat oven to 350 degrees. Lightly grease and flour two 9-inch round or three 8-inch round cake pans. Cream butter, shortening and sugar. Gradually beat in eggs and buttermilk alternately with the dry ingredients. Add the orange peel and vanilla. Beat until smooth. Add raisins and nuts. Pour in pans, bake at 350 degrees for 35 minutes, or until test shows cake is done. Cool.

RAISIN CAKE FROSTING

½ cup soft butter
4½ cups powdered sugar
4-5 Tablespoons orange juice
2 Tablespoons orange peel

Blend ingredients until creamy, fill and frost cake.

Geneva Dyson, Grand Chenier, La.

MINIATURE CHEESECAKES

MIX
1½ cups graham cracker crumbs and
1 stick melted butter

Press in the bottom of a 9 x 13 glass pan

MIX together until smooth -
4 eggs, well beaten
1 cup sugar
1½ pounds cream cheese, room temperature
1 teaspoon vanilla

Pour over crust; bake at 350 degrees for 25 minutes or until cracking a little. Remove and cool for 10 minutes.

TOPPING:

MIX together:
½ pint sour cream
2 Tablespoons sugar
½ teaspoon vanilla

Spoon over 2nd layer and bake for 5 minutes, at 450 degrees. Chill 24 hours. Cut into 1 inch squares and put each piece in a paper muffin cup. Refrigerate 1 can pie filling (any flavor) and spoon a dematasse spoonful on top of each square.

Cherie Griffith Giblyn, Baton Rouge, La.

CHOCOLATE DELIGHT

1st Layer

Crust -
1 cup flour
1 stick melted margarine
½ cup chopped pecans

Mix together and press into a baking dish. Bake at 350 degrees for 20 minutes.

2nd Layer

1 (8 ounce) package of cream cheese
1 cup confectioners sugar
½ of a large container of Cool Whip

Mix together and pour over first layer.

3rd layer

2 small boxes of instant chocolate pudding
3 cups milk

Mix together and pour over 2nd layer.

4th Layer

Top with remaining cool whip and pecans

Darlene Taylor, Sweetlake, La.

FIG CAKE

1½ cup sugar
1 cup cooking oil
3 beaten eggs
2 cups plain flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon vanilla
1 teaspoon cinnamon
1 teaspoon allspice
1 cup buttermilk
1 cup fig preserves
1 cup chopped nuts

Sift dry ingredients, mix sugar and oil, add eggs, (one at a time). Add the next 6 ingredients. Then add buttermilk, figs and nuts. Mix well. Bake an hour at 300 degrees.

GLAZE FOR FIG CAKE

1 cup sugar
¾ stick oleo
½ cup buttermilk
1 teaspoon vanilla

Boil until thick and pour over hot cake.

Mrs. Jim Gray, Hackberry, La.

ZUCCHINI CAKE

3 cups grated or shredded zucchini
3 cups sugar
4 eggs
1½ cups oil
3 cups flour
1½ teaspoons cinnamon
1 teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
1 cup broken nuts
1 cup raisins

Combine the first four ingredients and mix until blended. Sift together the dry ingredients and combine with the first mixture until smooth. Bake in a well greased and floured 10 inch tube pan at 300 degrees for about 1½ hours or until the cake tests done with a toothpick. Cool completely before turning out of pan.

Nina Mae LeBouef, Cameron, La.

HICKORY NUT CAKE

2 cups sugar
¾ cups butter
3 eggs, separated
½ cup pecans
1 teaspoon baking powder
3 cups flour
1 teaspoon vanilla flavoring
1 cup milk

Cream sugar and butter well. Then add egg yolks, cream until well blended. Add flour and baking powder. Slowly add milk and vanilla, then eggwhites, add pecans last. Bake at 350 degrees for 30 to 35 minutes or until done.

FILLING FOR HICKORY NUT CAKE

1 cup ground raisins
1½ cups pecans, ground
2 cups sugar
1 cup milk

Bring to a hard boil. Spread between layers and on top of cake.

Macilda Theriot, Grand Chenier, La.

WHITE FRUIT CAKE

1 pound halved red and green candied fruits
1 pound pineapple
1 pound pecans
½ pound butter
2 cups sugar
6 eggs
3 cups flour
3 teaspoons vanilla

Cut fruits and mix well, add nuts. Then add 1 cup flour, mix well. Beat butter and sugar gradually, one cup at a time. Add eggs, that are well beaten, add flour gradually, add vanilla and mix with other ingredients. Bake at 275 degrees for 3 hours.

Mrs. Alfred Walters, New Iberia, La.

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FIG CAKE

2 cups flour
1 teaspoon salt
1 teaspoon soda
1½ cups sugar
1 cup cooking oil or oleo
3 eggs
1 cup buttermilk
1 cup fig preserves
1 cup chopped pecans
1 Tablespoon vanilla

Sift together flour, salt, soda, and sugar. Add oil and beat well. Add eggs, then add buttermilk gradually. Add figs, nuts and vanilla. Pour into greased rectangular loaf pan. Bake at 325 degrees for 45 minutes.

SAUCE FOR FIG CAKE

1 cup sugar
1 stick oleo
1 Tablespoon corn syrup
1 Tablespoon vanilla
½ cup buttermilk
½ teaspoon soda

Mix ingredients and boil for three minutes. Pour over cake while sauce is still hot and cake is in the pan. Makes 15 servings.

Shirley Bonsall, Grand Chenier, La.

DELUXE PULL-APART CAKE

2 or 3 cans biscuits
2 teaspoons cinnamon
2 cups brown sugar
1 stick butter or Oleo
½ cup chopped pecans
½ cup preserves or pie filling, (any flavor, more may be added)

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Blend brown sugar and cinnamon in blender until fine like powdered sugar. Cut biscuits into quarters and dip in melted butter, then in brown sugar mixture. Drop in greased bundt pan in layers. Drop preserves or pie filling by spoon over top and sprinkle with chopped pecans. Bake at 350 degrees for 30 minutes. Be careful not to overcook. Remove immediately and serve. Pull apart and enjoy hot.

Shirley Bonsall, Grand Chenier, La.

BETTY'S COCONUT SOUR CREAM CAKE

CAKE RECIPE:

1 box white cake mix
1 small carton (8 ounce) sour cream
¾ cup cream of coconut
¼ cup oil
3 beaten eggs

Mix all ingredients. Beat 2 minutes. Bake in greased 9 x 13 inch pan at 350 degrees or until tested done.

ICING:

1 can coconut
8 ounces cream cheese
1 Tablespoon milk
1 box Powdered sugar
1 Tablespoon vanilla

Blend cheese, add milk, sugar, and vanilla. Sprinkle with the coconut.

Coral C. Perry, Grand Chenier, La.

FUDGY CHOCOLATE SHEET CAKE

2 cups unsifted flour
2 cups sugar
2 sticks butter or oleo
7 Tablespoons cocoa
1 cup water
2 eggs, lightly beaten
1 teaspoon baking soda
½ cup buttermilk
1 Tablespoon vanilla
½ teaspoon salt

ICING:

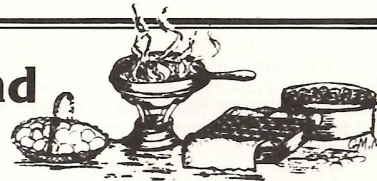
1 stick butter or oleo
4 Tablespoons cocoa
¼ teaspoon salt
6 Tablespoons milk
1 pound box Confectioner's sugar
1 cup chopped pecans

Grease and flour 10 x 15 x 1 inch jelly roll pan. Preheat oven to 400 degrees. In large mixing bowl combine flour and sugar. Measure into large saucepan, butter, cocoa and water. Heat to boiling, stirring well. Add to flour-sugar mixture, blending well. In medium bowl beat eggs. Stir soda into buttermilk; add to eggs along with vanilla and salt. Add this buttermilk-egg mixture to flour-cocoa mixture, mix well. Pour batter into prepared pan. Bake about 25 minutes. During the last 5 minutes of baking time, measure into large saucepan, 1 stick butter, 4 Tablespoons cocoa and ¼ teaspoon salt and milk. Heat to boiling, stirring well. Add Confectioner's sugar, vanilla and chopped pecans. Mix well. Pour hot frosting over hot cake. Spread evenly. Cool. Cut into 24 squares.

Mrs. Howard Cox, Sweetlake, La.

All people are made alike. They are made of bone, flesh, and dinners. Only the dinners are different.

Cookies And Candies



PEANUT BUTTER COOKIES

- ¼ cup butter
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg
- 1 cup flour
- 1 teaspoon soda
- ½ cup peanut butter

Mix in order given, adding soda to flour before sifting. Mix well and roll 1 teaspoon of dough into small ball for each cookie. Place on greased cookie sheet and spread by dipping fork in cold water and pressing ball flat. Bake at 350 degrees until brown.

Patrick Landry, Grand Chenier, La.

MACILDE'S PRALINES

- 2½ cups sugar
- 1 package Coffee Cream or Whipping Cream
- 1½ cups sugar
- 4 cups pecans

Mix together 2½ cups sugar and coffee cream in saucepan, bring to a hard boil. Let cook 2 or 3 minutes, in a different saucepan, cook 1½ cups sugar until melted. Slowly pour into cream and sugar, stirring constantly. Add pecans and stir until they begin to get hard. Drop on waxed paper by teaspoons full.

Macilde Theriot, Grand Chenier, La.

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BROWNIES

- 1 stick margarine
- 1 cup sugar
- 2 eggs
- ¾ cup flour
- 3 Tablespoons cocoa
- 1 cup pecans, chopped
- 1 teaspoon vanilla

Melt margarine, add sugar and eggs. Beat well. Add flour, cocoa, and vanilla. Mix well. Add nuts. Pour into 8 x 12 x 1 inch greased and floured pan. Bake at 350 degrees for 15 to 20 minutes. Makes approximately three dozen.

Shirley Bonsall, Grand Chenier, La.

LEMON BARS

- 1 cup oleo
- ½ cup powdered sugar
- 2 cups flour
- 4 eggs
- 2 cups sugar
- 2 Tablespoons flour
- 4 Tablespoons lemon juice

Preheat oven to 350 degrees. Mix oleo, powdered sugar and flour. Beat together and put the mixture into an 11 x 18 inch pan with sides. Bake 20 minutes. While crust is baking, prepare filling. Mix together the eggs, sugar, flour, lemon juice and blend well. Remove crust from oven. Spread filling mix on top of crust and return to oven and bake again for 20 minutes, at 350 degrees. When done sprinkle top with powdered sugar and cut into squares.

Sadie Little, Hackberry, La.

CHOCOLATE CHIP COOKIE STICKS

- ½ cup sugar
- ½ cup brown sugar
- ½ cup oil
- 1 teaspoon vanilla
- 1 egg
- 1½ cup flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup semi-sweet chocolate chips
- ½ cup chopped nuts

Heat oven to 375 degrees. Mix sugar (both), oil, vanilla, and egg in large bowl with spoon. Beat until smooth. Stir in flour, soda and salt. Divide dough into halves. Shape one half into 2 strips, about 15 x 3 inches, about 3 inches apart on lightly greased cookie sheet. Sprinkle each strip with chips and nuts; press lightly. Bake until golden brown, 7 to 9 minutes; cool for 2 minutes. Cut each strip crosswise into 1 inch pieces. Remove from cookie sheet. Repeat with remaining half dough. Store loosely covered. Makes about 5 dozen cookies.

Shirley Bonsall, Grand Chenier, La.

M AND M COOKIES

- 1 cup Crisco
- 1 cup Brown Sugar
- ½ cup white sugar
- 1 teaspoon vanilla
- 2 teaspoons water
- ½ cup M & M's plain (pecans if desired instead of M & M's)
- 2 eggs
- 2 cups + 4 Tablespoons all-purpose flour
- 1 teaspoon soda
- ½ teaspoon salt

Mix sugar and Crisco. Add vanilla, water and egg stirring well. Add flour, soda and M & M's. Drop from teaspoon on an ungreased cookie sheet. Bake at 375 degrees 10 to 12 minutes or until golden brown. For additional color add some M & M's on top of the cookies, and press with fingertips before baking.

Mrs. Monroe Wicke, Lake Charles, La.

RITZ GOODIES

- 1 box Ritz crackers
- 1 small jar peanut butter
- 1 bag of miniature marshmallows

Spread peanut butter on each cracker, place three marshmallows on each cracker, put in heated oven, when marshmallows look soft, put a cracker on top and mash together. You can make a cookie sheet full to put in the oven.

Bonnie D. Miller, Cameron, La.

CRUNCHY CHOCOLATE CHIP COOKIES

- 3½ cups flour
- 3 teaspoons baking soda
- 1 teaspoon salt
- ½ cup butter
- ½ cup margarine
- 1 cup brown sugar
- 1 cup white sugar
- 1 egg
- 1 Tablespoon milk
- 2 teaspoons vanilla
- 1 cup vegetable oil
- 1 cup corn flakes
- 1 cup quick oatmeal
- 1 (12 ounce bag) chocolate chips

Preheat oven to 350 degrees. Sift dry ingredients. Beat batter, margarine, sugars, egg, milk and vanilla. Stir in flour mixture alternately with vegetable oil until mixture is mixed. Stir in remaining ingredients. Bake for 12 minutes at 350 degrees. Drop by the teaspoonfuls on cookie sheet.

Coral Perry, Grand Chenier, La.

BROWNIES (Big Batch)

- 1¼ cups unsifted flour
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup soft butter
- 1½ cups brown sugar, packed
- 3 eggs
- 2 teaspoons vanilla
- 3 (1 ounce) squares unsweetened chocolate, melted and cooled
- ¼ cup milk
- ¼ cup chopped walnuts or pecans
- Creamy Chocolate Frosting

Stir together flour, baking soda and salt; set aside. Place butter, brown sugar, eggs, vanilla, and cooled chocolate in mixing bowl. Beat with electric mixer until thoroughly mixed, about 1½ minutes. Beat in milk. Stir in dry ingredients and walnuts. Spread batter evenly in greased 15½ x 10½ x 1 inch jelly roll pan. A smaller pan will make a more cake like product. Bake in a 350 degree oven for 25 minutes, or until the brownies spring back when touched. Cool in pan on rack. Frost with chocolate frosting.

Coral Perry, Grand Chenier, La.

PEANUT BUTTER COOKIES

- ½ cup crunchy peanut butter
- ½ cup butter or margarine
- ½ cup granulated sugar
- ½ cup firmly packed light brown sugar
- ½ teaspoon salt
- 1 egg
- ½ teaspoon vanilla extract
- 1 cup sifted all-purpose flour
- ½ teaspoon soda

Blend peanut butter and butter. Cream mixture with sugars and

salt thoroughly. Beat egg and extract into creamed mixture until light and fluffy. Sift together flour and soda. Gradually blend into creamed ingredients. Form into 1 inch balls. Place 2 inches apart on ungreased cookie sheet. With floured fork, make a criss-cross design to flatten cookies. Bake in moderate oven 350 degrees, 18-20 minutes, or until light brown around the edges. Makes 3 dozen cookies.

Carolyn Richard, Grand Chenier, La.

OLD FASHIONED SUGAR COOKIES

- 4 cups sifted flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup shortening
- 1 teaspoon vanilla extract
- 2 cups sugar
- 2 egg yolks
- 1 cup undiluted evaporated milk
- 1 Tablespoon lemon juice
- 2 egg whites

Blend first three ingredients thoroughly; set aside. Cream shortening and extract together. Add sugar gradually, creaming until fluffy. Add egg yolks, one at a time beating thoroughly after each addition. Mix until well blended after each addition, alternately adding dry ingredients in fourths and a mixture of the evaporated milk and lemon juice in thirds to the creamed mixture. Beat egg whites until stiff (but not dry) peaks are formed; fold into the batter. Drop by rounded Tablespoons 3 inches apart onto a greased cookie sheet; flatten tops with back of spoon. Sprinkle lightly with a mixture of sugar and spice (nutmeg or cinnamon). Bake at 375 degrees for about 10 minutes or until edges are lightly browned. Remove cookies to cooling racks. Makes about 4 dozen cookies.

Carolyn Richard, Grand Chenier, La.

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Charles W. Miller, President

PEANUT BUTTER MARSHMALLOW FUDGE

1 cup white sugar
1 cup brown sugar
¼ teaspoon salt
½ cup milk
1 cup bite-size marshmallows
½ cup smooth peanut butter
1 teaspoon vanilla extract

Combine the sugars, salt and milk in a large saucepan. Set the pan on medium heat and stir until the sugar is melted. Continue cooking until the soft ball stage or until 240 degrees is reached on a candy thermometer. To test without a thermometer, spoon a drop of mixture into cold water. If it forms a soft ball, it is ready. Remove from the heat. Now add the marshmallows, peanut butter and vanilla, stir until blended. Pour into buttered 9 inch square pan. When cool, cut into squares.

Carolyn Richard, Grand Chenier, La.

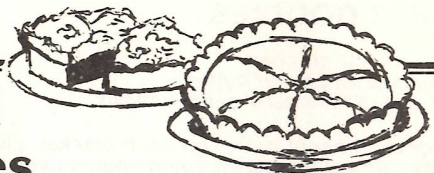
RAISIN BRAN JUMBLES

⅓ cup butter
½ cup brown sugar firmly packed
1 beaten egg
½ cup Raisin Bran Cereal
1 cup all-purpose flour
½ cup rolled oats
½ teaspoon baking powder
½ teaspoon soda
½ cup raisins
½ cup chopped pecans
½ cup chopped dates

Cream butter and sugar. Add egg, and beat well. Stir in raisin bran, flour, oats, baking powder, soda. Then add raisins, nuts and dates. Drop by Tablespoonfuls onto a slightly greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes. Cool. Serve or store in air tight container.

Mrs. Charles Rogers, Cameron, La.

Pies And Pastries



PECAN PIE

3 eggs
½ cup sugar
1 cup syrup (white Karo)
1 cup pecans

Beat eggs and sugar together; add syrup and pecans and mix well. Pour into nine-inch pie shell. Bake for one hour at 300 degrees. Serves 8 to 10.

Shirley Bonsall, Grand Chenier, La.

FRESH STRAWBERRY PIE

1 quart fresh strawberries, hulled

MIX:

1½ cup water
¾ cup sugar
2 teaspoons cornstarch
dash salt

Cook until clear and thicken. Add box of strawberry Jello while boiling. Cool. Put strawberries in baked 9-inch pie crust. Pour gelatin over strawberries and refrigerate. Put Cool Whip on top. Garnish with whole strawberries if desired.

Becky Stanley, Vinton, La.

PECAN COCONUT PIE

Make pastry for 2 nine inch pie and line pie plates with pastry.

Combine the following:

6 eggs, beaten
1½ sticks melted butter
1 cup packed brown sugar
½ cup white sugar
½ cup coconut
1 Tablespoon vanilla
1 cup oatmeal
2 cups chopped pecans
1 cup white Karo

Mix and pour into pie shells and bake at 325 degrees for 45-60 minutes.

Coral Perry, Grand Chenier, La.

STRAWBERRY PIE

FOR CRUST:

1 cup flour
1 stick of butter, softened
1 cup chopped pecans

Cut butter into flour until the mixture is crumbly and well blended. Add the pecans and mix. Press into a 10 inch pie pan and bake in a 350 degree oven for 20-25 minutes. Cool completely before adding the filling.

FILLING

1 (8 ounce) package of cream cheese, softened
1 (14 ounce) can condensed milk
½ cup lemon juice
1 teaspoon vanilla

GLAZE:

1 package frozen strawberries
1 Tablespoon of cornstarch
1 Tablespoon of lemon juice
sugar to taste
red food coloring

Mix cornstarch with a small amount of the liquid from the strawberries. Mix all the ingredients in a medium size sauce pan and heat until mixture appears clear and thickened. Cool. Spread on filling.

1 package frozen dessert topping
½ pint fresh strawberries, sliced

Top pie with the dessert topping and the sliced strawberries.

Stacy Perry, Grand Chenier, La.

DATE PECAN PIE

1 (8 ounce) package chopped and sugared dates
¾ cup chopped pecan
¼ cup all purpose flour
2 cups sugar
¾ cup butter, room temperature
2 teaspoons vanilla
½ teaspoon salt
4 eggs, separated
¾ cup milk or Half-and-Half
2 unbaked 9 inch pie shells

Combine dates, pecans and flour, mixing enough to coat. Combine sugar, butter, vanilla and salt into mixing bowl, beating at medium speed until well mixed. Add egg yolks and milk, stir in pecans and dates. Beat egg whites till stiff, and fold into mixture. Pour into the 2 pie shells. Bake at 300 degrees for 30 minutes, then at 325 degrees for 45 minutes, or until firm.

Mrs. Charles Rogers, Cameron, La.

PECAN PIE

1 cup of white corn syrup
1 cup of dark brown sugar
⅓ cup of melted butter
1 heaping cup of shelled pecans chopped small
3 whole eggs (beaten)
a dash of vanilla and a pinch of salt

Mix above ingredients well. Pour into unbaked 9-inch pie shell and bake in 350 degree oven for 45 to 50 minutes. Cool. Top with whipped topping or serve plain.

Susie Strahan, Hackberry, La.

IMPOSSIBLE PUMPKIN OR PEAR PIE

¾ cup sugar
½ cup Bisquick baking mix
2 Tablespoons margarine
1 can (13 ounces) pumkin pie filling or cooked pears
2½ teaspoon pumkin pie spice
2 teaspoons vanilla

Heat oven to 350 degrees. Grease pie plate 9 x 1¼ or 10 x 1½ inches. Blend all ingredients until smooth, for one minute or in blender on high or 2 minutes with a hand mixer. Pour into plate and bake until knife inserted in center comes out clean; 50 to 55 minutes.

Madie Pierce, Hackberry, La.

KARO PECAN PIE

4 eggs
1 cup sugar
1 cup red karo
1 Tablespoons butter
½ teaspoon salt
1 teaspoon vanilla
1 cup pecans

Beat eggs, add sugar and karo and beat until mixed. Add butter, salt, vanilla, and pecans. Pour into unbaked pie crust. Cook for 45 minutes in oven that has been preheated to 300 degrees.

Dorothy Landy, Grand Chenier, La.

CLAIBORNE PLANTATION PECAN PIE

3 eggs, beaten well
1 cup sugar
1 cup white Karo syrup
1½ cups chopped pecans
1 Tablespoon flour
1 Tablespoon butter, melted
1 teaspoon vanilla
½ teaspoon salt
1 uncooked pie shell

Beat eggs until light. Mix the sugar and flour together. Add to the eggs and mix well. Add the Karo, vanilla, butter, salt and pecans. Pour into uncooked pie shell and bake at 425 degrees for 10 minutes, reduce heat to 325 degrees and finish baking for about 45 minutes.

Mrs. Howard Cox, Sweetlake, La.

CLAIRBORNE PLANTATION PUMPKIN PIE

2 cups fresh pumpkin or 1 large can of pumpkin filling
2 cups sugar
1¼ cups Carnation Milk
4 eggs
1 level teaspoon salt
2 teaspoons cinnamon
1 stick butter

Melt butter. In food processor bowl, fitted with steel blade, put sugar, pumpkin and cinnamon. Blend. Add beaten eggs. Blend. Add milk. Blend. Pour into 2 unbaked pie shells. Bake at 425 degrees for 10 minutes. Lower heat to 325 degrees and bake for 45-50 minutes or until inserted knife blade comes out clean. This recipe makes 2 pies.

Mrs. Howard Cox, Sweetlake, La.

Albert K. Newlin, Inc.

ENGINEER & CONTRACTOR

ELECTRICAL INSTALLATIONS
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REFRIGERATION

540 Eleventh Street
Lake Charles, Louisiana 70601
439-8438 or 433-0917

Lagniappe



LOUISIANA CORN BREAD DRESSING

- 5 cups of a rich corn bread
- 6 slices whole wheat bread, toasted lightly
- 2 cups finely cut celery
- 1 1/2 cups finely cut shallots and tops
- 1/2 cup finely cut onion
- 1/2 cup minced parsley
- 4 Tablespoons butter or margarine
- 4 Tablespoons salt
- 1/4 teaspoon cayenne
- 1/2 teaspoon black pepper
- 1 teaspoon celery seed
- Giblets

Grind the gizzard and heart and simmer in a quart of water until tender. Saute' celery, shallots and onion in the butter until done but not brown. Add most of the seasonings. Mix well the crumbled corn bread and the toasted whole wheat bread which has been soaked in cold water and squeezed dry. Combine these two mixtures adding parsley and liver that has been minced, cooked gizzard and as much of the liquid from the gizzard as is needed to make a moist dressing. Add rest of seasonings in amounts suggested to suit individual taste and stuff turkey. Allow about 8 cups of stuffing for a 10-pound turkey.

Dorothy Landry, Grand Chenier, La.

KARO BARBECUE SAUCE

- 1 Tablespoon Corn oil
- 1 cup finely chopped onions
- 1/2 cup Karo Dark Corn Syrup
- 1/2 cup catsup
- 1/4 cup cider vinegar
- 1/4 cup Prepared mustard
- 1/4 cup Worcestershire Sauce

In 1 1/2 quart saucepan heat corn oil over medium heat, add onions, stirring constantly. Cook for one minute. Stir in remaining ingredients, stirring occasionally. Bring to boil on medium heat. Reduce heat. Stirring occasionally. Simmer for 20 minutes. Brush over chicken, beef, or pork during the last 15 or 20 minutes of grilling or broiling.

Nadie Pierce, Hackberry, La.

RICH PECAN STUFFING

- 1 pound loaf of bread (2 to 4 days old)
- 3/4 to 1 pound butter or margarine
- 1/4 cup minced onion
- 2 cups broken pecan nutmeats
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon poultry seasonings

Cut bread into 3/4 inch cubes and drop into a large mixing bowl. Meanwhile cook onion in 2 Tablespoons of the butter until softened, but not browned. Cut remaining butter into 1/2 inch dice. Toss together bread, onion, diced butter, pecans, salt, pepper, and poultry seasoning. To stuff bird: Place breast end down in large bowl. Drop dressing into cavity shaking bird to settle dressing but do not pack it in. Close opening with skewers and lacing string. Turn turkey and stuff neck cavity; fasten neck skin to back with skewer. Truss. Makes enough stuffing for a 16 to 20 pound (market dressed) turkey.

Dorothy Landry, Grand Chenier, La.

HOMEMADE BABY FOOD (PEACHES AND CREAM)

- 1/2 peach, pureed and refrigerated from preceeding day
- 1/4 cup whole milk
- 1 egg yolk
- 1 teaspoon of wheatgerm

Blend all ingredients at high speed for 30 seconds, or until foamy. Serve chilled in baby cups.

Mrs. Lester Hebert, Hackberry, La.

HOMEMADE BABY FOOD (GRITS AND CHEESE)

- Grits
- 1 Tablespoon cheese of your choice (grated)
- 1/2 Tablespoon butter

For one serving, cook grits as directed on package. Let cheese and butter melt into grits. Stir and mix.

'Popa' Lester Hebert, Hackberry, La.

BANANNA FRUIT SHAKE

- 2 bananas
- 3 cups of any type of fruit juice

Mix well in blender and chill

Mrs. Norma Hebert, Hackberry, La.

SQUASH RELISH

- 10 cups shredded squash
- 1/2 cup hot pepper (chopped)
- 2 large chopped bell peppers
- 4 large shredded onions
- 3 Tablespoons salt

Put salt over shredded ingredients and let stand overnight in refrigerator. Next morning drain and pour 2 1/2 cups vinegar and 3 cups sugar over it. Add 1 1/2 teaspoon tumeric, 1 1/2 teaspoon celery seed and 2 1/2 teaspoons of black pepper. Bring to a boil for 30 minutes. Put in jars and seal. Be sure lids are in hot water.

Nina Mae LeBouef, Hackberry, La.

CREAMY CHOCOLATE FROSTING

- 2 (1 ounce) squares unsweetened chocolate, melted and cooled
- 6 Tablespoons butter
- 2 cups sifted confectioner's sugar
- 1 1/2 teaspoon vanilla
- 2 Tablespoons milk

Combine cooled chocolate with the butter in a mixing bowl. Stir in the confectioner's sugar. Add the vanilla and milk and beat. Add a small amount of additional milk if the frosting seems to be too thick.

Microwave the chocolate squares in a glass measuring cup for 3 minutes. On high setting.

After a good dinner, one forgives everyone - even relatives.

Menu and Recipes From THURSDAY NIGHT BUFFET

*Mr. and Mrs. Brent Nunez
Sweetlake Community*

**SHRIMP DIP
RAW OYSTERS WITH SAUCE
SAUSAGE AND CHEESE BALLS
BOILED SHRIMP**

**POTATO SALAD
CORN
SWEET POTATOES**

**PLUM POUND CAKE
MELBA'S PINK FLUFF
PICCADILLY PIE
PUMPKIN ROLL**

**RICE DRESSING
GREEN BEAN CASSEROLE**

**SHRIMP JAMBALAYA
RIBEYE ROAST
CRAB AND STEW
STUFFED CRABS**

**CHICKEN GUMBO
DEER ROAST
POT ROAST DUCK
GREEK SHRIMP**

**BAKED HAM
BOUDIN
GARFISH BALLS
ALLIGATOR BALLS**

GREEK SHRIMP

- 3 Tablespoons olive oil
- 1/2 cup green onions, chopped
- 1 large crushed garlic clove
- 1 chopped bell pepper
- 2 medium wedge cut tomatoes
- 1 (6 ounce) can ripe pitted drained olives
- 1 pound cleaned shrimp
- Lemon pepper
- Tony's Creole seasoning

Saute' green onions and garlic in olive oil until glossy. Add bell pepper, then a few tomatoes. Cook for 2 minutes. Add the rest of the tomatoes, shrimp, and ripe olives. Season well with Lemon pepper and the Tony's Seasoning. Cook until shrimp are done.

Shirley Nunez, Sweetlake, La.

STUFFED CRABS

- 1 pound crab meat
- 1 medium chopped onion
- 1 chopped rib of celery
- 1 medium chopped bell pepper
- 1/2 cup chopped green onions
- 1/4 cup cooking oil
- 8 slices of bread, toasted and broken into small pieces
- Salt and black pepper to taste
- Red pepper to taste
- Yellow corn meal
- Butter

Saute' onion, celery, and bell pepper in oil until wilted. Add crab meat and green onions, salt, black pepper, and red pepper. Cook for 5 minutes on low heat. Add small pieces of toast and toss until mixed. Spoon into cleaned crab shells. Sprinkle lightly with yellow corn meal, and dot with butter. Bake at 350 degrees until brown. Serve hot.

Shirley Nunez, Sweetlake, La.

SWEET POTATOES

- 5 or 6 sweet potatoes
- 2 Tablespoons butter
- 1 1/2 or 2 Tablespoons Blackberry jelly
- 2 Tablespoons brown sugar
- 1/4 cup chopped pecans
- 1/4 teaspoon salt

Wash, boil, and peel sweet potatoes. Put in a baking dish and add butter, jelly, sugar and salt. Add pecans on top of potatoes and place in oven at 350 degrees for 15 to 20 minutes. Serve hot.

Gale Hebert, Sweetlake, La.

CRAB STEW

- 1 1/2 cups oil
- 3 cups flour
- 2 chopped onions
- 1 chopped bell pepper
- 1/4 cup chopped parsley
- 1/2 cup chopped celery
- 1 large clove crushed garlic
- 1 can tomato soup
- 1/2 teaspoon Louisiana hot sauce
- 3 cup water
- 3 dozen cleaned crabs, seasoned with:
- Salt
- Black and red pepper

Clean and drain crabs and season with salt and peppers. On a medium heat, heat the oil and flour, stirring until it becomes a dark brown. Add onion, garlic, bell pepper, celery. Stir constantly until onions slightly brown. Then add tomato sauce. When mixture is perfectly blended, add 3 cups of water and crabs. Your crabs will add some 40% of water. Add chopped parsley and cook for 30 minutes on a low flame. Gravy may be thickened by adding corn starch. Serve hot, alone or over rice.

Gale Hebert, Sweetlake, La.

GARFISH BALLS LENA STYLE

3 pounds ground garfish
2 cups chopped onion
1 cup chopped celery
1 cup chopped bell pepper
3 cloves minced garlic
2 teaspoons Wine and Pepper Worcestershire sauce
1 teaspoon mustard
Salt and pepper to taste

Blend all ingredients and form into 1 inch balls and fry in hot oil. Drain and serve. May also be used in a sauce. SEE BELOW.

GARFISH SAUCE:

1 cup chopped onion
1 cup chopped celery
1 cup chopped bell pepper
2 minced cloves of garlic
2 cans tomato sauce
2 cups water
2 Tablespoons catsup
2 Tablespoons Wine and Pepper Worcestershire sauce
Creole seasoning to taste

Saute' vegetables until tender. Add other ingredients and simmer until thick. Drop garfish balls that have been pre-cooked and simmer for 20 minutes in gravy. Serve hot over rice.

Lena Guidry, Sweetlake, La.

ALLIGATOR BALLS

2-5 lbs. alligator meat cubed boiled and ground
5 beaten eggs
6 medium boiled potatoes
1 cup onion flakes
Garlic salt
Red Pepper
Black pepper
Salt

Combine ingredients and season to taste. Roll in the size meat balls you desire, and fry in cooking oil.

Della Nunez, Sweetlake, La.

CHICKEN GUMBO

2 hens cut up
Salt and pepper
1 large chopped onion
1 cup chopped green onions
½ cup minced parsley
½ cup Gumbo file'

Brown chicken in a small amount of oil. Remove chicken and excess oil and add file' and continue to stir them. Add white onion and saute'. Add water, chicken and let cook until tender. Add green onions and parsley and cook until tender.

Della Nunez, Sweetlake, La.

PLUM POUND CAKE

2 cups self-rising flour
2 cups sugar
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon vanilla
1 cup cooking oil
3 whole eggs
2 jars plum baby food

Sift dry ingredients and add; eggs, baby food. Add oil, vanilla. Grease and flour a bundt pan, and bake in a 325 degree oven for one hour and ten minutes. Ice with glaze made with confectioner's sugar, lemon flavoring and margarine.

Della Nunez, Sweetlake, La.

DEER ROAST

Marinate roast over night in (water to cover, one cup of hot pepper, vinegar, and ½ cup lemon juice). Next day stuff with salt, red pepper, black pepper, hot pepper, garlic and onions. Cook in the oven about 2 hours in a tightly closed pot with a small amount of oil, then remove and put on a smoker until cooked.

Della Nunez, Sweetlake, La.

GREEN BEAN CASSEROLE

1 quart snap beans
3 slices of bacon
1 chopped onion
1 can cream of mushroom soup

Cut up bacon and fry, saute' onions with bacon and add snap beans, soup and put in casserole dish and top with bread or canned onion rings. And bake until top is a light brown.

Della Nunez, Sweetlake, La.

MELBA'S PINK FLUFF

10 ounce container of whipped cream
1 can (large) crushed pineapple - (drained)
1 can condensed milk
1 can of pie filling - strawberry or whatever type preferred

Blend all ingredients thoroughly, and chill in large deep dish container.

Billie Fruge, Sweetlake, La.



Brent and Shirley Nunez.



Host and Hostess for the Thursday Night Buffet: Della Nunez, Brent Nunez, Shirley Nunez, and Paula Benoit.

Menu and Recipes From FRIDAY TEA

*Mrs. Roberta Broussard
Creole Community*

**COFFEE
PUNCH
JELLY ROLLS
SHRIMP MOLD
PECAN PIE BAR**

**PEANUT BUTTER PIES
RAW VEGETABLES AND DIP**

**CRAWFISH SALAD
HAM-ASPARAGUS ROLL
BROWNIES**

BUBBLE PUNCH

1 (46 ounce) can apple juice - chilled
1 (46 ounce) can pineapple juice - chilled
2 large Sprite or 7-Up

Make fruit ring with large can of fruit cocktail and some of the juice. Freeze. When ready to serve ad frozen fruit ring into punch bowl. Then add juice mixture. Add one or two pieces of dry ice for the smoky effect.

Pat Ortego, Creole, La.

SHRIMP MOLD

1½ teaspoons plain gelatin
¼ cup cold water
12 ounces cream cheese
1 can tomato soup
1 cup American Whipped Salad Dressing
¾ cup finely chopped green onions
Salt and pepper to taste
2 pounds boiled shrimp, peeled and deveined

Dissolve gelatin in water. Cream gelatin with cream cheese; then add hot soup and allow mixture to cool. Stir in salad dressing, celery, green onions, and season to taste. Let stand in ice box for 5 minutes. Add shrimp. Butter mold with a mixture of butter and salad dressing. Place shrimp mixture into mold and refrigerate overnight. Unmold on lettuce leaves and serve.

Bobbie Primeaux, Creole, La.

BROWNIES

½ cup chocolate
¾ cup shortening
2 cups sugar
4 eggs
1½ cup flour
1 teaspoon black pepper
1 teaspoon salt
1 cup broken nuts

Cream together shortening and sugar. Beat eggs and melted chocolate over hot water, add eggs and beat thoroughly. Mix flour, salt and nuts and add to mixture. Add vanilla and mix well. Bake at 350 degrees for 30 minutes.

Mrs. Butsy Carter, Creole, La.

PEANUT BUTTER REESE-CUP PIE

1 package of peanut butter cookies dough
(This is the long thin rolls that are in the frozen food section)

Slice and divide in four. Press ¼ of the slice in the tins. Bake as directed on package. As soon as baked place a small peanut butter reese-cup in this and it will melt a small amount. Uses one small bag reese-cups.

Brenda Boudreaux, Creole, La.

JELLY ROLL

¾ cups cake flour
1 teaspoon baking powder
¼ teaspoon salt
4 eggs
¾ cup sugar
1 teaspoon vanilla
2 Tablespoons water
Jelly to fill roll

Sift flour, measure; add baking powder and salt, sift again. Beat egg whites until stiff but not dry gradually beat in half of the sugar. Beat egg yolks until thick, add remaining sugar and vanilla, slowly adding water. Gently fold in beaten egg whites, then dry ingredients sifting about ¼ cup at a time over the surface. Spread in a 8 x 16 inch jelly roll pan that has been greased and lined with wax paper. Bake at 375 degrees for 15 to 20 minutes. Sprinkle powdered sugar onto clean cloth. Turn jelly roll out on to the cloth, fill with any type of jelly. Roll cake gently.

Alice Labove, Creole, La.

ASPARAGUS - HAM SLICES

2 cans long asparagus
2 packs sliced ham (thin enough to roll easily)
2 packs Philadelphia cream cheese (softened)
Worcestershire sauce to taste
Hot sauce to taste (if desired)

Open can of asparagus, drain and set aside. Cream remaining ingredients in large bowl. Apply thinly to each ham slice with knife, set asparagus across creamed ham slice and roll tightly. Refrigerate over night. Cut each rolled ham sliced with electric knife approximately 1 inch in size. Lay on platter and serve.

Mrs. Myrna Conner, Creole, La.

PECAN PIE BARS

1½ cups flour
½ cup packed brown sugar, divided
½ cup butter
2 eggs
½ cup light corn syrup
¾ cup chopped pecans
2 Tablespoons butter, melted
1 teaspoon vanilla
⅛ teaspoon salt

In small bowl mix well flour and 2 Tablespoon brown sugar. With fingers work in ½ cup butter until dough begins to hold together. Press onto bottom of greased 9 inch square pan. Bake in preheated oven at 350 degrees, for 12 to 15 minutes, or until just firm. In medium bowl lightly beat ½ cup brown sugar and the eggs; add corn syrup, pecans, melted butter, vanilla and salt. Mixing well. Pour over crust. Bake 25 minutes or until edges are lightly browned. Cool. May be taken out of pan or left in. Cut in 3 inch by one inch bars. Makes 27 bars.

Mayola Wicke, Creole, La.

RAW VEGETABLE DISH

1 pack of Ranch Style Dressing

Mix ranch style dressing as directed on pack, and then refrigerate. Cut the following vegetables into bite size pieces and set in individual bowls; Broccoli, bell pepper, cauliflower, cucumbers, carrots, celery, zucchini, radishes. Set vegetables in dishes with dip in center. Dip individual vegetables in dressing.

Brenda Boudreaux, Charlotte Bonsall, Creole, La.

RAW VEGETABLES AND DIP

Mix 1 pack Ranch Style Dressing as directed on package. Cut into bite-size pieces the following vegetables: Cauliflower, carrots, cucumbers, celery and broccoli. Arrange onto dish in individual sections the above vegetables. Pick up vegetable with finger and dip in ranch style dressing.

Charlotte Bonsall, Creole, La.

CRAWFISH SALAD

4 pounds of crawfish tails, boiled, peeled and coarsely ground
8 - 10 boiled eggs, chopped
1 (12 ounce) bottle of pickle relish
2 stalks of finely chopped celery
1 onion finely chopped
Tony's Creole Seasoning
Salt and pepper to taste
Mayonnaise (enough to make the salad moist and spreadable)

Combine above ingredients and mix well. Serve like chicken salad, either on sandwiches or in lettuce lined crystal bowl with assorted crackers.

Jo Boudreaux, Creole, La.

As the kitchen goes, so goes the rest of the house.



Hostesses for the Friday Tea Honoring the Miss Cameron Parish Contestants: Roberta Broussard, Mayola Wicke, Pat Ortego, Brenda Boudreaux, Alice Faye LaBove, Charlotte Bonsall, Bobbie Primeaux, Myrna Conner, Jo Boudreaux, Butsy Carter.

Menu and Recipes From FRIDAY NIGHT BUFFET

Mr. and Mrs. Gilbert Mudd
Cameron Community

SHRIMP BALLS
SHIRLEY'S STUFFED BREAD
SAUSAGE BALLS
PARTY MIX
PEANUT BLOSSOMS

ASSORTED PARTY CHEESES
DILL VEGETABLE DIP WITH A
VARIETY OF FRESH VEGETABLES
DATE NUT BALLS

SWEDISH MEATBALLS IN SWEET
AND SOUR SAUCE
CHEESE LOAF WITH ASSORTED
CRACKERS

SHRIMP BALLS

1 pound small shrimp
4 Tablespoons butter
4 Tablespoons flour
1 cup milk
½ teaspoon ground red pepper
1 teaspoon salt
¼ cup chopped flat leaf parsley
¼ cup chopped green onion tops
6 eggs
6 cups seasoned Italian bread crumbs
Vegetable oil for deep frying

Simmer shrimp for about five minutes in a small amount of water. Drain and set aside to cool. In a heavy 1 to 1½ quart saucepan, melt butter over moderate heat. Add flour, mix well and cook for about a minute. Do not allow the flour to brown. Add the milk in a steady stream, stirring constantly with a wire whisk. Continue the whisking until mixture boils and thickens heavily and is smooth. Reduce heat and continue cooking for two to three minutes. Stir in the red pepper and salt with a rubber spatula, scrape the entire contents of the pan into a large bowl. Add the parsley and green onions, and mix thoroughly. Taste for seasoning. Break the eggs into a bowl and beat to a froth with a fork or wire whisk. Scoop up about a heaping teaspoon of the shrimp mixture, and form a ball using your hands. Roll each ball first in crumbs and then in the eggs and again in the crumbs. Arrange balls on a tray and freeze or refrigerate for at least 30 minutes. The balls may be packaged for freezing at this time. Heat deep fat to 350 degrees. Deep-fry balls for about 3 minutes or until golden in color. Fry about 5 balls at a time turning them with a slotted spoon. Transfer the balls to a paper lined dish or pan and place in oven to keep warm while you fry the remainder. These will keep 2 - 3 weeks in the freezer. Serve hot. Makes 3½ dozen.

Coral Perry, Grand Chenier, La.

DILL VEGETABLE DIP

1 (8 ounce) carton sour cream
1 cup mayonnaise
1 Tablespoon dill weed
1 Tablespoon chives, chopped
1 Tablespoon chopped parsley
¼ teaspoon garlic powder
1 Tablespoon tarragon vinegar

Combine all ingredients. Serve with a variety of fresh vegetables.

Rebecca Shirley, Grand Chenier, La.

SHIRLEY'S STUFFED BREAD

DOUGH INGREDIENTS:

⅓ cup yeast
½ cup warm water
¾ cup powdered milk
2 cups warm water
¾ cup melted butter
½ cup sugar
1 Tablespoon salt
2½ pounds flour

STUFFING INGREDIENTS:

1 pound ground beef
2 pounds sausage
1 cup chopped bell pepper
½ cup chopped onion
1 large can mushroom slices
¼ cup onion tops chopped
¼ cup chopped pimientos
2 cups grated velveeta cheese
2 cups grated mozzarella cheese

Brown ground meat and season to taste. Boil sausage and cut into thin slices. Set aside. In a large mixer put ⅓ cup yeast and ½ cup warm water, set aside. In another bowl use ¾ cup powder milk and mix with 2 cups warm water, mix well with wire whisk, add ¾ cup melted butter, ½ cup sugar, and 1 Tablespoon salt, mix well with whisk. By this time your yeast should be ready, add this to yeast mixture and mix well on low speed. Add 2½ pounds flour a little at a time, till dough leaves side of bowl. Put on a floured board, roll out thin, and on half of dough put in layers; cheeses, ground beef, sausage, bell pepper, onions, mushrooms, onion tops, pimientos, and remainder of cheese. Take other half of bread dough and fold over top and seal edges together. Place on buttered pan and cook in preheated oven on 400 degrees for 25-30 minutes. Cook bread until a golden brown, remove from oven and brush with melted butter and serve warm.

Shirley Bonsall, Grand Chenier, La.

CHEESE LOAF

2 (8 ounce) packages of cream cheese (softened)
1 large Kraft Cheddar Cheese Mellow Medium
3 Tablespoons chopped pimientos
3 Tablespoons chopped onions

Mix all of above together. Shape in a long loaf (13 inches long). Roll in (Roasted) chopped pecans.

Emma Nunez, Grand Chenier, La.

SAUSAGE CHEESE BALLS

3½ cups Bisquick
1 pound Jimmy Dean Pork Sausage
1 (10 ounce) package of cheddar cheese, grated

Have sausage and cheese at room temperature for easier mixing. Blend all ingredients together until well mixed. Pinch off small pieces (about marble size) and roll into balls. Place on cookie sheet and chill. Bake at 350 degrees for about 25 minutes. Serve hot from the oven. Makes approximately 100 balls.

Shirley Duhnam, Grand Chenier, La.

PEANUT BLOSSOMS

1¾ cups flour
1 teaspoon soda
½ teaspoon salt
½ cup sugar
½ cup brown sugar firmly packed
½ cup shortening
½ cup peanut butter
1 beaten egg
2 Tablespoon milk
1 teaspoon vanilla
48 Hershey Kisses

Combine all ingredients except candy in a large mixing bowl. Mix on lowest speed of mixer until dough forms. Shape dough into balls using a rounded teaspoon for each. Roll balls in sugar, place on ungreased cookie sheet. Bake at 375 degrees for 10 - 12 minutes. Top each cookie immediately with a candy kiss. Press down firmly so cookie cracks around edges.

Jana Kay Nunez, Grand Chenier, La.

DATE NUT BALLS

1 stick margarine
1 beaten egg
1 small package of dates
¾ cup sugar
1 teaspoon vanilla

Combine and cook the above over low heat until thick.

Add to date mixture:
1 cup nuts
2 cups Rice Krispies

Shape into balls, roll in coconut or powdered sugar.

Betty McCall, Grand Chenier, La.



Friday Night Buffet Hostesses: Geraldine Canik, Rebecca Shirley, Shirley Bon-sall, and Charlene Boudreaux.

SWEDISH MEATBALLS IN SWEET-SOUR SAUCE

SAUCE:
Coats 25 - 30 meatballs

¼ cup sugar
2 Tablespoon cornstarch
2 Tablespoons soy sauce
2 Tablespoons vinegar
½ cup water
½ cup pineapple juice (from can)
2 chopped bell peppers
1 can pineapple chunks, drained

Mix sugar and cornstarch. Add soy sauce, vinegar, water and pineapple juice. Cook over medium heat in saucepan until thick. Add pepper and pineapple chunks. Cook about 15 minutes - until bell pepper is wilted but not cooked well. Add meatballs. Heat. Serve in fondue pot or chafing dish. Season meatballs with salt and pepper.

Charlene Boudreaux, Grand Chenier, La.

PARTY MIX

2 Tablespoons seasoned salt
½ teaspoon red pepper
4 Tablespoons Worcestershire sauce
½ teaspoon garlic powder
1 stick oleo

Melt the oleo in pan and add the above ingredients.

2 cups wheat chex
2 cups corn chex
2 cups rice chex
2 cups cheerios
1 box pretzels
1 pound mixed nuts
½ cup pecans

Mix well with oleo mixture. Bake at 225 degrees for 45 minutes, stirring every 10 minutes.

Corrine Canik, Grand Chenier, La.



Judges for the Miss Cameron Parish Contest.



Braxton Blake and Frances Mudd.



Mr. and Mrs. Bill Morris.

Menu and Recipes From SATURDAY BRUNCH

Mr. and Mrs. Gilbert Mudd
Cameron Community

PISTACIO SALAD MINI SMOKIES

RICE BALLS

FILLING:

7 cups chicken stock (fresh or canned)
4 Tablespoons butter
½ cup finely chopped onions
2 cups plain white raw rice
½ cup dry white wine
4 Tablespoons soft butter
½ cup grated parmesan cheese

Bring stock to simmer. Keep simmering on low heat. In heavy saucepan melt 4 Tablespoons butter on moderate heat. Add onions and cook for 7-8 minutes, stirring frequently. Do not brown. Add rice and cook stirring for 1-2 minutes, until grains glisten and are opaque. Pour in wine and boil until almost absorbed. Add 2 cups simmering stock to wine. Cook uncovered, stirring occasionally until almost completely absorbed. Add 2 more cups of stock stirring occasionally. Pour next 2 cups over rice then cook until stock is completely absorbed. By now rice should be tender. If still firm add remaining stock ½ cup at a time until tender. Stir in 4 Tablespoons soft butter and grated cheese with a fork taking care not to mash rice.

2 eggs
2 cups filling
4 ounces mozzarella (½ inch cubed)
¼ cup fine dry bread crumbs
Vegetable oil or shortening for frying

Beat eggs. Add filling and stir - Do not mash rice. Scoop 1 Tablespoon - place cube of cheese in middle and top with another spoon of filling. Press 2 spoons together and use hands to shape ball. Roll in bread crumbs and place on wax paper. Balls may be fried or chilled until fried. Heat oil and deep fat fry until golden brown. Makes about 24.

Rosalie Perry, Grand Chenier, La.

CRISPIE CHEESE WAFERS

2 sticks oleo or butter
2 cups of flour
2 cups rice crispies
1 cup grated cheddar cheese
1½ teaspoons red pepper
1 teaspoon salt

Cream oleo and flour, salt and pepper together. Mix in cheese. Blend in rice crispies. Roll into small balls and place on a cookie sheet. Press each down with a fork to shape into flat round wafers. Bake 10 minutes at 375 degrees. Will keep in well sealed container for several weeks. Real good with drinks and beer. Makes 4 to 5 dozen.

Patty Hernandez, Baton Rouge, La.

CRISPIE CHEESE WAFERS GLENDA'S EGG BRUNCH DISH ANGEL FLAKE BISCUITS

ORANGE JUICE
COFFEE
MILK

PETITE PECAN PIES RICE BALLS

PETITE PECAN PIES

CRUST:

1 (3 ounce) package cream cheese
½ cup oleo
1 cup sifted flour

Let cheese and oleo soften - blend and add flour. Shape into 2 dozen 1 inch balls. After chilling alls for 1 hour, place balls in an ungreased miniature muffin tin. Press dough on bottom and up sides.

FILLING:

2 eggs
2 Tablespoons softened butter
1 cup brown sugar
2 teaspoons vanilla
1 cup coarsely broken pecans
Dash salt

Beat all ingredients together. Put 1 teaspoon of filling in unbaked shell. Bake at 350 degrees for 15-20 minutes. Reduce to 250 degrees and bake 15-20 minutes longer or until light brown.

Glenda Tarver, Baton Rouge, La.

GLENDA'S EGG BRUNCH DISH

4 slices bacon
½ pound dried beef
1 (4 ounce) can sliced mushrooms
¼ cup butter
1 cup evaporated milk
½ cup flour
1 quart milk
Pepper to taste
16 eggs
¼ teaspoon salt
¼ cup butter

Chop and saute bacon. Add dried beef and mushrooms. Add butter and flour. Stir well. Cook for 2-3 minutes. Add 1 quart of milk and stir quickly. Add pepper but no salt. Cook until thick as pudding. (Cornstarch may be added if not thick enough). Lightly beat 16 eggs with salt and evaporated milk. Melt butter in large skillet and scramble eggs. Butter a casserole dish. Place a layer of sauce, layer of eggs, and repeat until all ingredients are used. End with layer of sauce on top. Cover with foil. Bake 275 degrees for 1 hour. May be prepared the day before. Serves 12.

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Cameron, LA 70631

Glenda Tarver, Baton Rouge, La.

ANGEL FLAKE BISCUITS

1 Tablespoon yeast
 ¼ cup + 1 teaspoon warm water
 1¾ cups flour
 1¾ teaspoon baking powder
 ½ teaspoon baking soda
 2 Tablespoon sugar
 ½ teaspoon salt
 ½ cup shortening
 ½ pint buttermilk
 ¼ cup melted butter

Dissolve yeast in warm water; set aside. Mix flour, baking powder, soda, sugar and salt together. Cut in shortening. Add buttermilk to yeast mixture and combine with flour mixture. Knead slightly. Roll out in ½ inch thickness and cut with a floured 2 inch biscuit cutter. Brush 18" x 26" pan with butter and place biscuits in pan, brushing lightly with remaining butter. Let rise slightly overnight. Bake in 350 degree oven for 30 minutes.

Mrs. Shirley Bonsall, Grand Chenier, La.



Hostesses for the Saturday Brunch: Kris Vidrine, Patty Hernandez, Becky Vidrine, Glenda Tarver, Shirley Bonsall, Rosalie Perry, and Nelvia Murphy.

Menu and Recipes from SATURDAY NIGHT BUFFET

Mr. and Mrs. Enos J. (Buster) Sturlese
 Creole Community

STUFFED TURKEY
CRAB PIES
BOILED SHRIMP

SHRIMP CREOLE
24 HOUR SALAD
SOUR DOUGH BALL ROLLS

MARINATED OYSTERS
CHOCOLATE PIE
CONGELED SALAD

RAW VEGETABLES AND DIP
GERMAN CHOCOLATE CAKE
CORN

BROCCOLI CASSEROLE
TUNA DIP
SHRIMP DIP
ROLLED HAM

STUFFED TURKEY

1 (10 to 12 pound) fresh or thawed turkey
 1 package cooked corn bread mix
 1 large chopped onion
 1 chopped bell pepper
 2 stalks chopped celery
 ½ cup chopped parsley
 1 can cream of mushroom soup
 Salt and pepper to taste
 1 teaspoon paprika
 3 teaspoons butter

Place turkey, breast side down. With a very sharp knife make a cut through skin down center back. Holding knife with blade angled toward bone, separate meat and skin from carcass down to the leg and wing joint. First on one side, then the other. With knife, cut through connective tissue, but leave leg and wing on body. Turn turkey onto one side and carefully continue to cut meat from bone to center breastbone. Turn and repeat on other side. Very carefully remove center breastbone from skin, and spread boned turkey open and season. Wrap and refrigerate until ready to cook. In large pot boil carcass along with neck and giblets in water. Add onions, bell pepper, celery and parsley to carcass. Cook until tender. Cool. Remove meat off of the bones. Chop giblets. Set aside. Boil turkey stock and cream of mushroom soup. Add chopped meat. Crumble cornbread in large bowl, mix turkey stock and meat with cornbread. Season Spread deboned turkey open on a

board. Mound stuffing on breast area of turkey. Pull sides over stuffing, over lapping at center back. Sew or pin securely with poultry pins. Tuck wing tip under back. Tie legs together. Rub butter over skin of turkey. Bake at 450 degrees until tender. To serve remove legs and wings then slice through breast.

Alice LaBove, Creole, La.

CRAB PIES

½ cup butter
 1 cup chopped onion
 ½ cup chopped bell peppers
 ¼ cup chopped parsley
 2 Tablespoons flour
 1¼ cup cream
 1 large jar cheese whiz
 1 pound crab meat
 3 dozen tart pie shells, (cooked)
 Salt and pepper to taste

Melt butter in saucepan, cook onions, bell peppers, and parsley until clear. Blend in flour, then milk and cheese. Cook over a slow fire until cheese is melted, add crab meat and mix just until well blended, and heated. Just before serving spoon into tart shells.

Alice LaBove, Creole, La.

SHRIMP CREOLE

2 cups cooking oil
 6 medium chopped onions
 1 stalk chopped celery
 2 chopped bell peppers
 ½ small jar mustard
 1 bottle Worcestershire sauce
 1 small bottle Italian dressing
 1 gallon catsup
 1 gallon tomato sauce
 4 cans tomato paste

Combine and cook above ingredients and cook for 3 to 6 hours, then add 15 to 20 pounds of shrimp. After this comes to a boil cook slowly for 15 to 20 minutes. Salt and pepper to taste. Chili powder may also be added, as well as a dash of sugar, for a subtle sweet taste.

Telsmar Bonsall, Creole, La.

MUD PIE

1 chocolate cookie pie crust
 1 pint of coffee ice-cream
 ½ cup fudge sauce
 2 cups whipped cream
 ¼ cup slivered almonds

Soften ice cream, spread in pie crust. Freeze until firm. Spoon fudge sauce over pie, top with whipped cream. Sprinkle with almonds. Freeze until ready to serve.

Alice LaBove, Creole, La.

HOT CORN

1 stick margarine, melted
 1 cup chopped onions
 ½ cup bell pepper, chopped

Saute' onions and bell pepper in margarine.

Then add:
 1 can of Ro-Tel tomatoes

Cook down until mixture is thickened.

Then add:
 1 can of cream style corn
 1 can of kernel corn

Let simmer for about 10 minutes.

Put corn in a dish which has a cover to it (so as to put in microwave), slice Velveeta cheese and cover the corn with the cheese. Put in microwave on medium for about 3 minutes or until the cheese is melted.

Myrna Conner, Creole, La.

SHRIMP DIP

1 onion chopped
 Celery
 1 bell pepper chopped
 1 pint of ground-up shrimp
 1 stick butter
 3 cans Golden Mushroom Soup
 ½ Tablespoon Kitchen Bouquet (for coloring)

Simmer your onion, celery and bell pepper with butter. Add shrimp and let this mixture simmer until the vegetables are cooked, (tender but not brown). Add the Mushroom soup. Cook for about 15 minutes. Season to your taste with salt, pepper, garlic salt. Thicken the mixture with 1 teaspoon of cornstarch.

Charlotte Bonsall, Cameron, La.

BROCCOLI CASSEROLE

1 stick oleo
 1 medium chopped onion
 1 package of frozen chopped broccoli
 1 small jar Cheez-Whiz
 2 cups cooked rice
 1 can Cream of Mushroom soup

Saute' the chopped onion in the oleo. Cook the broccoli for 10 minutes in boiling water. Drain. Combine all ingredients. Mix well and pour into casserole dish. Cook in 350 degree oven for 30 minutes or until mixture starts to bubble. Can be served with any meat, fowl, or seafood. Serves 8.

Mayola B. Wicke, Pat Ortego, Creole, La.

GERMAN SWEET CHOCOLATE CAKE

1 package (4 ounces) BAKERS GERMAN SWEET CHOCOLATE
 ½ cup boiling water
 2 cups sugar
 1 cup butter or margarine
 1 teaspoon vanilla
 4 egg yolks
 2¼ cups sifted all-purpose flour
 1 teaspoon baking soda
 ½ teaspoon salt
 1 cup buttermilk
 4 egg whites, stiffly beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add yolks, 1 at a time, beating well after each. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten whites. Pour into three 9 inch layer pans, lined on bottoms with paper. Bake at 350 degrees for 30 to 35 minutes. Cool. Frost tops only.

COCONUT-PECAN FROSTING

Combine 1 cup evaporated milk, 1 cup sugar, 3 slightly beaten egg yolks, ½ cup butter or margarine and 1 teaspoon vanilla. Cook and stir over medium heat until thickened, about 12 minutes. Add 1½ cups Bakers Angel Flake Coconut and 1 cup chopped pecans. Cook until thick enough to spread, beating occasionally. Makes 2½ cups frosting.

Joyce Sturlese, Creole, La.

SOUR DOUGH BALL ROLLS

¼ cup dry yeast
 1 cup warm water
 ¼ cup sugar
 ¾ cup dry milk
 ⅛ cup salt
 ¾ cup of melted butter
 1 quart of warm water
 5 pounds of flour

Dissolve yeast in 1 cup warm water. Let soak until it bubbles, about 5 to 10 minutes. In another bowl mix together sugar, milk, salt and butter. Add 1 quart warm water to this. Then add to yeast mixture and mix well. Add flour and mix well until dough leaves sides of bowl and stays clean. Put into large bowl and let stand for about 1 hour. As dough rises, knead bread in bowl, never add any more flour. Butter pan and form rolls in pan. Let stand for about 1 hour before baking. Bake at 350 degrees for 30 minutes, or until golden brown. Remove and baste tops with melted butter and serve hot. You may use the remaining dough for cinnamon rolls. Flour board and roll 1 pound of dough thin. Using a pastry brush, paint melted butter (about ½ cup butter and 1 teaspoon vanilla) and vanilla over dough. Sprinkle cinnamon all over this and layer a thin coat of brown sugar over this. Roll up into a roll and cut into 1 inch slices. Lay flat in a buttered pan and let stand for about 1 hour to rise. Bake at 350 degrees for 12 to 15 minutes until done. Remove from oven and ice with a powdered sugar and butter icing.

Mrs. Shirley Bonsall, Grand Chenier, La.



Hostesses for the Saturday Night Buffet: Roberta Broussard, Butsy Carter, Charlotte Bonsall, Shirley Bonsall, Mayola Wicke, Brenda Boudreaux, Alice Faye LaBove, and Joyce Sturlese.

Compliments of

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P.O. Box AA
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775-5770 or 775-5825

Louisiana Fur & Wildlife Festival FESTIVAL SCHEDULE OF ACTIVITIES

THURSDAY - JANUARY 12, 1983

Evening - Little Mister and Miss Cameron Parish Contest
Talent Competition

FRIDAY - JANUARY 13, 1983

8:00 a.m. - 4:30 p.m. - Trap Shooting Competition (Parish Elimination) at Cameron Elementary School Playground.

9:00 a.m. - Junior Archery Contest (Parish Elimination) behind Cameron Elementary School

9:00 a.m. - Retriever Dog Trials (Parish Elimination) behind Cameron Parish Courthouse.

10:30 a.m. - Senior Archery Contest (Parish Elimination) behind Cameron Elementary School

Evening - Miss Cameron Parish Pageant

SATURDAY - JANUARY 14, 1983

8:00 a.m. - 4:30 p.m. - Trap Shooting Competition (State Contest) at Cameron Elementary School East Playground

8:00 a.m. - Retriever Dog Trials (State Contest) behind Cameron Parish Courthouse

8:00 a.m. - Registration for the following events which will be held at the Cameron Elementary School - Starting time 9:00 a.m.

Junior Muskrat Skinning Contest

Ladies Muskrat Skinning Contest

Mens Muskrat Skinning Contest

Junior Nutria Skinning Contest

Ladies Nutria Skinning Contest

Mens Nutria Skinning Contest

Junior Trap Setting Contest

Senior Trap Setting Contest

9:00 a.m. - Archery Contest (State Elimination)

9:00 a.m. - Registration for Duck and Goose Calling Contests begin

11:00 a.m. - Junior Duck and Goose Calling Contest

Senior Duck and Goose Calling Contest

(Both behind the Cameron Elementary School)

12:00 - Noon (or immediately following Trap Setting Contests)

Ladies Oyster Shucking Contest

Men's Oyster Shucking Contest

2:00 p.m. - Parade

Evening - Miss Louisiana Fur and Wildlife Festival Contest

THE LOUISIANA FUR AND WILDLIFE FESTIVAL

During the last 28 years, individuals from the cattle, oil, fur, rice, shrimp and wildlife industries have pooled their efforts to make this Festival one of Louisiana's most outstanding events. We salute these people and the success they have achieved for this annual celebration and for the community of Cameron.


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