

**LOUISIANA  
FUR & WILDLIFE  
FESTIVAL  
COOKBOOK**



**34th Annual Festival  
Hosted By Cameron Parish  
January 11-13, 1990**



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# 1990 Louisiana Fur and Wildlife Festival Officers

Hayes P. Picou, Jr. ....	President
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John Driscoll .....	Vice President
Yvonne Mhire .....	Vice President
Geneva Griffith .....	Vice President
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## Festival Superintendents

Louisiana Fur & Wildlife Queen's Contest .....	Roberta Pinch, Vickie Savoie, Annie Bergeron
Miss Cameron Parish Contest .....	Ruby Dupuis
Little Mr. and Miss Cameron Contest .....	Rosalie Perry, Sue Mhire, Peggy Benoit
Duck and Goose Calling Contest .....	Jules Dronet, Rick Merchant
Retriever Dog Trials .....	Ted Joanen, Howard Romero, David Richard
Trap Setting Contest .....	Oscar Reyes
Nutria and Muskrat Skinning Contest .....	Oscar Reyes
Oyster Shucking Contest .....	Oscar Reyes
Trap Shooting Contest .....	Buck Stephenson, Bill Hargrave, Dudley Venable
Poster Contest .....	Court Mary Olive, Catholic Daughters, Creole
Art Contest .....	Lora Guthrie, Carolyn Thibodeaux
Crafts Contest .....	Miranda Morales
Parade .....	Oscar Reyes II, Gerald Landry, Charles Theriot, Darrell East
Festival Results .....	Mrs. J. W. Broussard and Library Staff
Hostesses, Maryland Group .....	Debbie Theriot, Stacy Miller
Publicity and Photographer .....	Geneva Griffith
Scrapbook .....	Jo Ann Nunez
Trophies .....	Rosalie Perry
Stage Decorations .....	Shirley Chesson, Darlene Taylor
Town Decorations .....	Oscar Reyes II
Cookbook Cover Artist .....	Jan Roberts
Cookbook Editor .....	Roberta Pinch
Cookbook Sales .....	Roberta Pinch, Madeline Salinas, Bobbie Primeaux
Visiting Queens .....	Yvonne Kline
Festival Dances .....	Joe Soileau and Cameron K.C.



President of Fur Festival, Pete Picou, giving an award to Past President, Braxton Blake. The Fur and Wildlife Festival was also named one of the top 20 festivals in Louisiana.

## A MESSAGE FROM THE PRESIDENT

*Welcome to Cameron Parish!*

This year we salute the oil industry. The oil industry is the largest industry in Cameron Parish as well as the state of Louisiana. Oil has opened many avenues for the people of Cameron. It is with great pride we honor this industry and the many people who are an integral part of oil and our parish.

Once again, welcome to the Louisiana Fur and Wildlife Festival's 34th annual celebration.

*Sincerely,*

Hayes P. Picou, Jr.  
President

**This Page Compliments of  
Pete, Mary, T-Rey, and Adrienne Picou  
Kajon Food Store of Cameron, Inc.**



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DISTRICT 5  
RAY GONNER  
DISTRICT 6  
GEORGE L. BOEUF

November 27, 19897

TO: CAMERON PARISH RESIDENTS, FRIENDS & VISITORS

On behalf of the Cameron Parish Police Jury, I consider it a privilege to welcome our many residents, friends and visitors who will participate in the 1990 Louisiana Fur & Wildlife Festival in Cameron.

We are proud of the Festival and what it has done for our Parish. It is one of the outstanding achievements in our area and we are thrilled to be a part of it.

The Cameron Parish Police Jury pledges its full and continued support to the Louisiana Fur & Wildlife Festival. May it continue to be a tremendous success!

Sincerely yours,

*Ernest C. Trahan*  
Ernest Carol Trahan, President  
CAMERON PARISH POLICE JURY

ECT/bc

# 1989 Louisiana Fur and Wildlife Queen

## MICHELE IRENE MORRIS

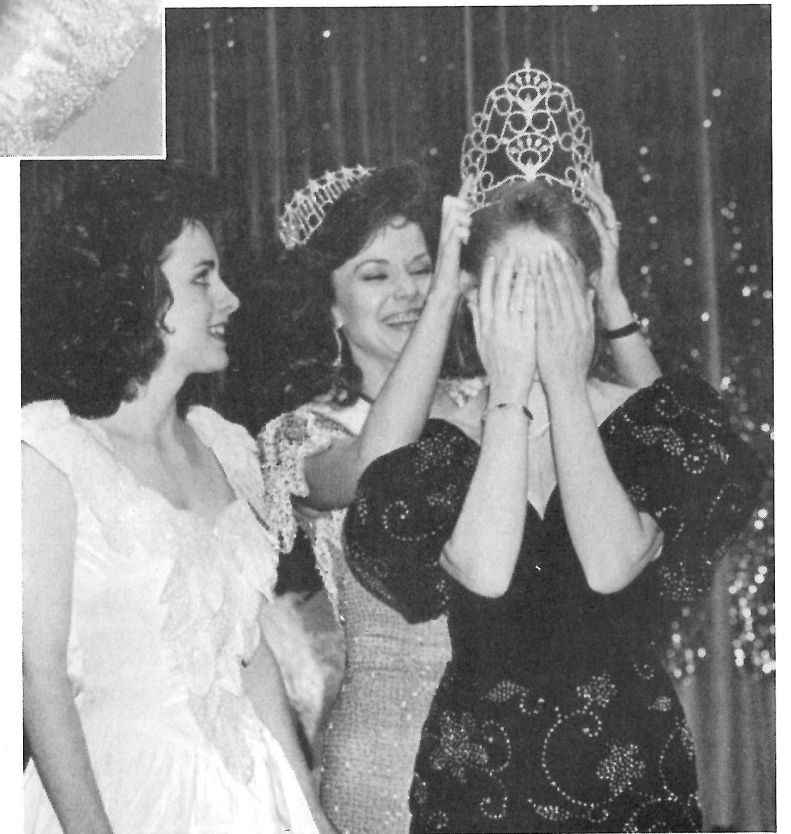
On January 14, 1989, I was crowned the new Louisiana Fur and Wildlife Queen of Cameron, Louisiana. My name is Michele Irene Morris, the 19 year old daughter of Stoney and Bonnie Morris of Raceland. That night began a new and exciting chapter in my life, a chapter sure to be filled with exciting adventures and wonderful memories.

My reign took me to many different places, places that I had never seen before. From Ponchatula and strawberries to Grande Isle and seafood, and the Bogalusa paper mills. I learned about their festivals and extended invitations to ours. The memories of riding in parades, attending banquets and luncheons, and being presented to everyone as visiting royalty will remain in my heart.



I have attended over 45 fairs, festivals, and events throughout my reign, each one holding special memories. One of the highlights of my reign was when I was able to host 38 visiting Queens in my home for the Sauce Piquante Pageant weekend, and as my dear friend Lisa relinquished her title, I realized that my year not only brought exciting memories, but great friends, my weekend sisters.

The Festival Committee has supported me throughout my reign and I thank them. I also would like to extend my thanks to the people of Cameron and everyone else who made my year possible. They will always be a shining star in my heart and a twinkle in my eye. Thank you again, and I remain Michele Morris, 1989 Louisiana Fur and Wildlife Festival Queen.







## 1989 King Fur XXI

### J. B. MEAUX

J. B. Meaux, who represents the cattle industry, was born and reared in Cameron Parish. He has raised cattle all his life, learning the cattle trade from his father, and participating in many cattle drives. J. B. runs an active ranch of commercial purebred cattle.

He is the son of the late Mr. and Mrs. James M. Meaux. The father of two sons Jimmy and Mike, he is married to the former Ann Van Geffen.

J. B. divides his grazing land into summer and winter range in Beauregard and Cameron Parishes. He finds time to be very active in many organizations in Cameron Parish. He especially enjoys working with the FFA and 4-H club livestock shows.

It is with pleasure that I give you J. B. Meaux, King Fur XXI.



## 1989 Miss Cameron Parish

### JENNIFER RHONDA PERRY

When I entered the Miss Cameron Parish Pageant last year, I was unaware of the friendships, fun, and traveling adventures ahead of me. From the moment I was crowned, I became aware of how lucky I was to represent such a unique parish and such wonderful people. It was the warmth of the people of Cameron Parish that made the 1989 Fur and Wildlife Festival one I will never forget.

I would like to thank the Louisiana Fur and Wildlife Festival for giving me the memorable opportunity to represent Cameron Parish and its people at the National Outdoor Show in Cambridge, Maryland, and throughout the state of Louisiana at various festivals this past year. I will always cherish the special friends and memories I have made as Miss Cameron Parish 1989.







## 1989 Little Miss Cameron Parish

### CASI CHERAMI PINCH

Casi is the nine year old daughter of Bobby and Norma Jo Pinch of Grand Chenier. She has one brother, Nicklaus, who's five years old. Casi has brown hair and brown eyes. She is in the 4th Grade at Grand Chenier Elementary. She is an honor roll student, a cheerleader, and a member of 4-H.

Casi enjoyed visiting several surrounding festivals throughout her reign and representing Cameron Parish and the Fur Festival. The one thing Casi enjoyed the most as Little Miss Cameron was the way she was treated like royalty for the entire

weekend of the Fur Festival. A special "Thank You" to all of those who make the Fur Festival such a big success each year.



## 1989 Little Mister Cameron Parish

### SHAUN JOSEPH FAVVOR

Shaun is the eight year old son of Mirinda Morales and Tommy Fawvor. He has a younger brother named Bryan that he enjoys playing with very much.

Shaun has brown hair and brown eyes. Shaun is a second grade student at South Cameron Elementary School. He has been an Honor Roll member in his class. He is a member of the Cub Scouts, Creole Little League Baseball Team and is on the Jet Wrestling Squad.

The thing Shaun enjoyed most he said was riding on the float in the Fur and Wildlife Festival Parade.





# The Cattle Industry In Cameron Parish

by Richard Sturlese

The first settlers of coastal ridges and marshes of Cameron Parish found that their new homeland was a grass paradise for the raising of cattle. Forage was extremely plentiful year round. It is no surprise that the raising of cattle became an important and viable Industry in Cameron Parish.

Before the existence of Oil and Gas Exploration, the residents of these coastal ridges and marshes depended heavily on Trapping and Cattle, along with some small crop farming, as means of providing income.

By the early 1900's, huge herds of cattle were grazing the grass marshes from the Gulf of Mexico north to the banks of Big Lake, Grand Lake, and White Lake, and from the Sabine River east to White Lake in lower Vermillion Parish. Because the roots of the marsh grasses remained under water during the winter months, the forage usually remained productive throughout the mild winters where the temperatures very seldom dipped below freezing. Cattle could flourish year round with practically no help from their owners.

By the 1960's, Cameron Parish had established itself as one of the largest producers of Cattle in the state of Louisiana with Cows and Calves numbering nearly 70,000 head. However, since the Mid 1970's, the inventory of Cattle in the parish has declined, as has been the trend throughout the

United States. Improved Genetics has provided a 30% increase in Carcass weights during the last 15 years. Therefore, in contrast to the past, today's objective in the Cattle Industry is to produce more pounds of beef with less animals and hopefully, less cost. Quality, not quantity, has now become more important. Because of this recent evolution, Cattlemen are now enjoying the highest prices ever.

Cameron Parish has kept pace with these changes. Since 1975, we have seen numerous breeds of Registered Cattle being raised and used to improve the native Cattle in the parish. Some Registered Breeds you may see throughout the parish today are Angus, Beefmaster, Brahman, Brangus, Charolais, Herford, Longhorn, Limousin, and Simmental. Also making a strong impact on the Commercial Cattle industry is the use of the F-1 female, the first-cross offspring from two registered breeds. The F-1 Brahman-Herford (F-1 Braford) and the F-1 Brahman Angus (F-1 Brangus) are the most popular among the parish cattlemen.

As 1989 began, there were 32,000 cows and calves on inventory in Cameron Parish with a total value of \$15,000,000.00. Total cattle sold in 1989 numbered nearly 15,000 head, with a total income to Cameron Cattlemen of over \$5,000,000.00. The Cattle Industry of Cameron Parish is still a very active and viable Industry.



## 1989 Louisiana Fur & Wildlife Photos



Thursday night royalty: Queen Casi Pinch, First Runner-up Mary Henry, King Shaun Fawvor, First Runner-up Ernest Suchanek.



A captured moment for our new "Miss Cameron Parish," Rhonda Perry.



The Fur Festival was very honored to welcome "Miss Louisiana," Elizabeth Primm. Elizabeth is also a past Fur Queen. Left to right: Elizabeth Primm, Lisa Roberts (Fur Queen of 1987) and Jennifer Lynch (National Outdoor Queen.)



Grand Chenier Boy Scouts Troop 201 won Overall for the Talent Show at Thursday Night's Little Mister and Miss Cameron Contest.

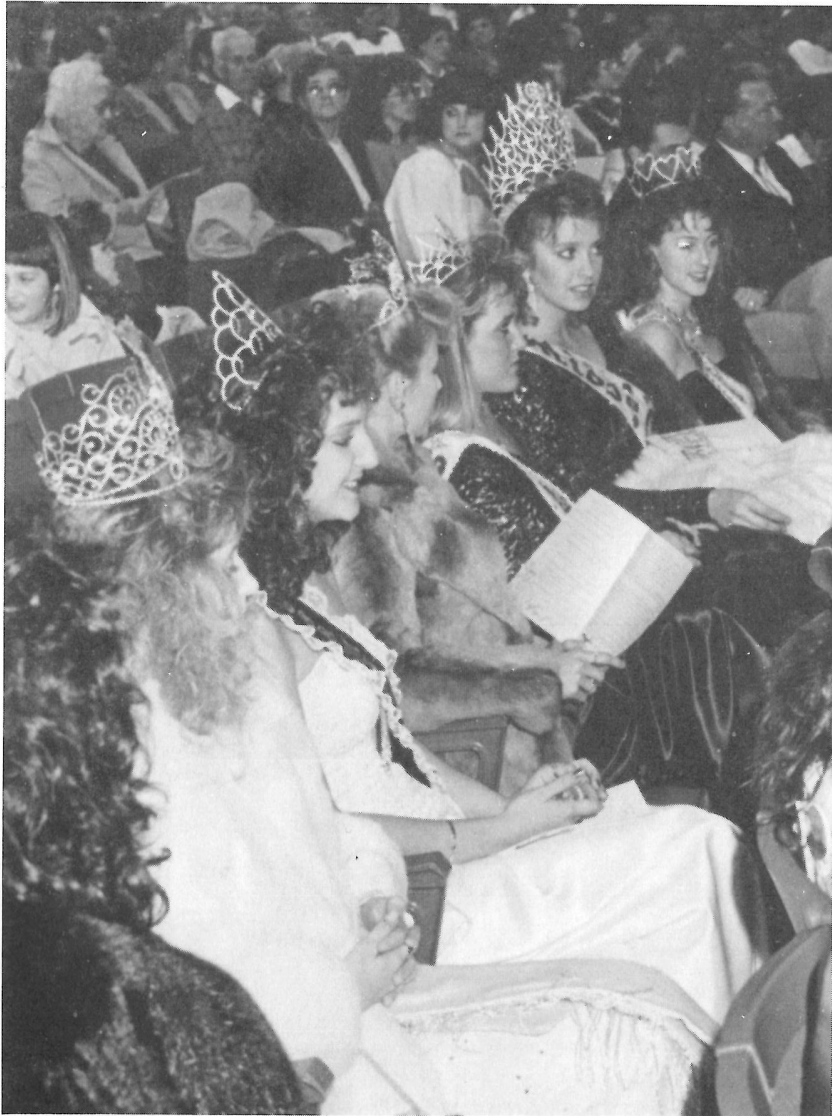




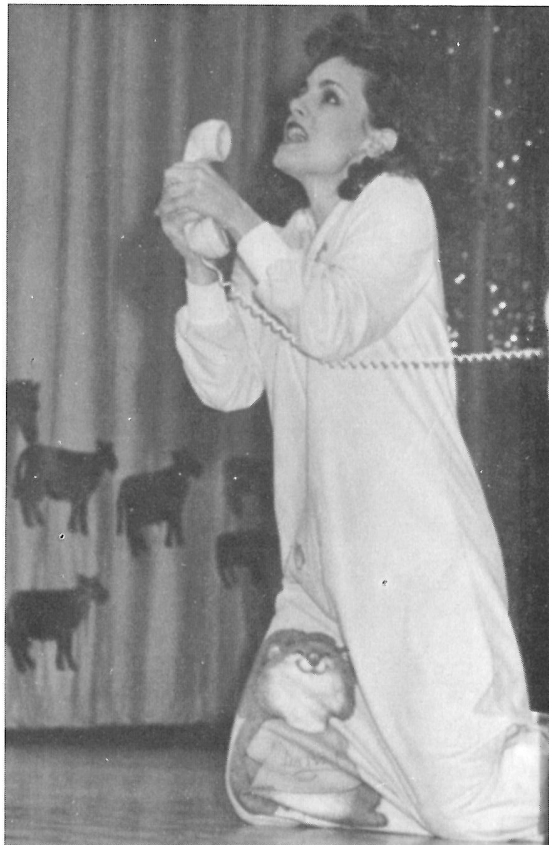
Friday Night Royalty: Queen Rhonda Perry, King Fur J.B. Meaux, First Runner-up Chantell Sturlese, Second Runner-up Patricia Henke, Third Runner-up Joanie Constance, and Little Miss and Mister Cameron Parish.



Trap shooting is a favored event for the festival.



Visiting royalty brought in many beautiful ladies to our festival.



Miss Michele Marie Kliebert won the Talent Award for the Saturday Night Queen's Contest, she was also First Runner-up in the pageant.



"The Fur Sisters", a name given to Rhonda and Michelle while visiting many festivals in 1989.



Gumbo Gator was just one of the many attractions at our parade.



"Church Lady" was an added Talent to our Friday and Saturday Queen's Contest. Here she shows the Saturday night girls how to get down.



Miss Louisiana, Elizabeth Primm crowns Michelle Morris as our new Fur Queen for 1989.





*Little Miss Cameron, Casi Pinch and Little Mister Cameron, Shaun Fawvor also visited various festival throughout the '89 year.*



*The duck and goose calling event draws in many on lookers and "listeners".*



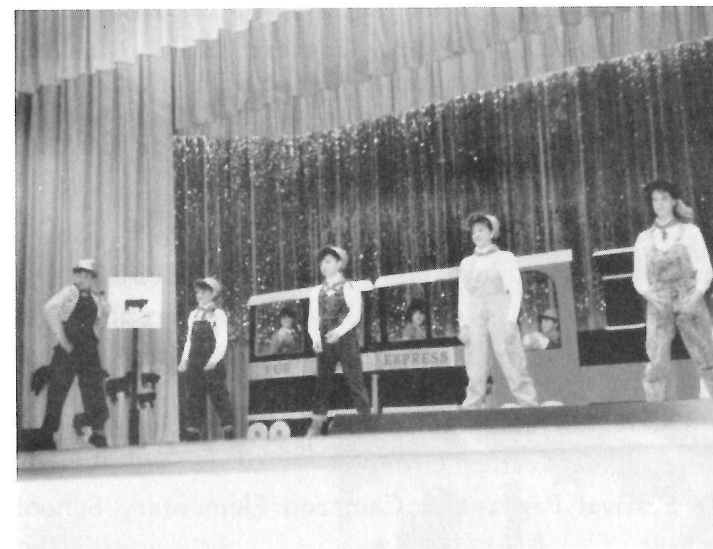
*The Cattle Industry was honored for the parade by local groups, clubs, and organizations.*



*1988 Queen Kathryn Wilkerson crowns our 1989 Miss Cameron Parish, Rhonda Perry.*



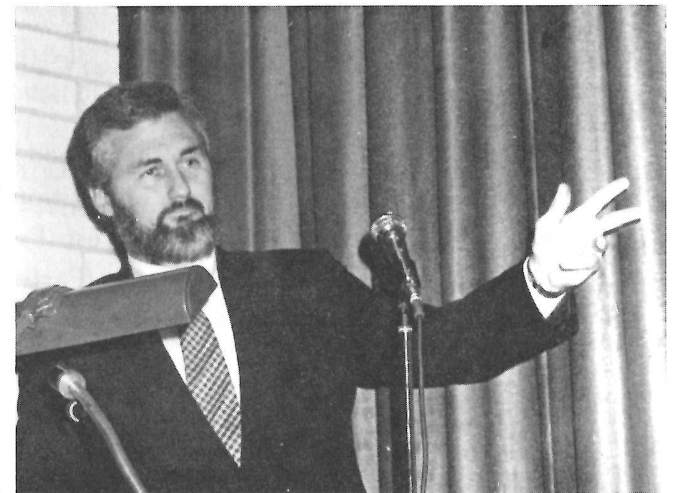
*King Fur and Miss Louisiana rode together in the parade.*



*The Grand Chenier Cheerleaders won First Place in Thursday night's Talent Show.*



*Senior Archery contestants compete for prizes.*



*Reverend Rod Kennedy was our M.C. at the Saturday Night Performance.*



*Alice Welch competes in one of the Skinning contests.*



# 34th Annual LOUISIANA FUR & WILDLIFE FESTIVAL

## Festival Schedule of Activities

### January 11-13, 1990

**All Events to be held at Festival Grounds behind Courthouse  
Cameron, Louisiana unless otherwise specified**

#### THURSDAY, JANUARY 11, 1990

- 7:00 p.m. Little Mister and Miss Cameron Parish Contest at Cameron Elementary School Auditorium
- Talent Competition at Cameron Elementary School Auditorium

#### FRIDAY, JANUARY 12, 1990

- 8:00 a.m. Craft Exhibits Open; Food Booths; Carnival Rides
- 8:00 a.m.-4:30 p.m. Trap Shooting Competition (Parish Elimination)
- 9:00 a.m. Junior Archery Contest (Parish Elimination)
- 9:00 a.m. Retriever Dog Trials (Parish Elimination)
- 10:30 a.m. Senior Archery Contest (Parish Elimination)
- 7:00 p.m. Miss Cameron Pageant and Crowning of King Fur at Cameron Elementary School Auditorium
- 9:30 p.m. Adult Fur Festival Dance
- 9:30 p.m. Youth Dance at Cameron Elementary School Gym

#### SATURDAY, JANUARY 13, 1990

- 8:00 a.m.-4:30 p.m. Trap Shooting Competition (State Contest); Food Booths; Carnival Rides
- 8:00 a.m. Retriever Dog Trials (State Contest) 1/2 mile behind Cameron Parish Courthouse
- 9:00 a.m. National Skinning Contests; 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 begin
- 11:00 a.m. Junior Duck and Goose Calling Contest; Senior Duck and Goose Calling Contest
- 12:00 p.m. Noon (Or immediately following Trap Setting Contests); Ladies Oyster Shucking Contest (registration begins at 11:00 a.m.); Mens Oyster Shucking Contest (registration begins at 11:00 a.m.)
- 2:00 p.m. Parade
- 3:00 p.m. Street Dance immediately following parade, Festival Grounds
- 7:00 p.m. Miss Louisiana Fur and Wildlife Festival Pageant at Cameron Elementary School Auditorium
- 9:30 p.m. Youth Fur Festival Dance at Cameron, Elementary School Gymnasium
- 9:30 p.m. Adult Fur Festival Dance, Festival Grounds

## Editor's Message

Greetings!

It is time once again to welcome all of our friends to the Louisiana Fur and Wildlife Festival to join with us in celebrating the treasures of the marshland.

Each year we focus on a particular industry that has helped our community evolve into the parish as we know it today. This year we call our attention to the Oil Industry.

Even though many consider the "oil boom" to have come and gone, we can still see the evidence of it alive in Cameron Parish. As with any industry, the oilfield has undergone numerous changes, the result of which has led to a greater knowledge and appreciation of a natural resource so vital to the economy of Cameron Parish. We salute the oilfield, from roustabout crews to engineers, from research scientists to gas station attendants, thanks for a job well done.

As always, the 1990 cookbook is filled to the brim with recipes from friends and family, far and wide. It would not be possible without the help from many who give their time and energy to making it a success. I would like to extend my very special thanks to Norma Pinch, Roxanne Conner and Brenda Nash, who have worked diligently with me throughout this year in an effort to produce the "best ever".

*Happy Eating!*

The Editor  
Roberta Pinch





# Opening Act

## Soups and Salads



### CURRIED RICE SALAD ALMONDINE

1 can (14½ oz.) Swanson Ready to Serve Chicken Broth  
¾ cup raw regular rice  
1 cup chopped celery  
1 teaspoon curry powder  
½ cup toasted slivered almonds  
⅓ cup mayonnaise  
Tomato wedges  
Parsley

In saucepan, combine broth, rice, celery and curry powder. Cover; bring to boil. Reduce heat; cook over low heat 20 minutes or until done. Stir occasionally. Chill 6 hours or more. Stir in almonds and mayonnaise (add additional mayonnaise if needed). Garnish with tomato wedges and parsley. Makes about 4 cups.

*Blanche Authement, Cameron, LA*

### HAMBURGER FRENCH ONION SOUP

2 Tablespoons butter  
½ lb. hamburger  
10 medium onions, sliced thin  
1 can beef stock  
1 cup water  
2 beef bouillon cubes

Brown the butter in a large pot. Add the hamburger and cook until brown - stirring frequently. Add onions, beef stock, water and bouillon cubes and simmer for 30 minutes. Serve with squares of buttered toast and Parmesan cheese.

*Dick & Bea Swindell, Morehead City, NC*

### BAYOU TECHE VEGETABLE SOUP

1½ lb. beef brisket  
1½ lb. soup bone  
½ head cabbage, cut or diced  
1 can whole tomatoes  
1 cup diced potatoes  
½ cup minced onion  
1 cup diced carrots  
3 quarts water  
½ cup vermicelli  
Salt to taste  
Pepper to taste

Salt water and put to boil with brisket and soup bone. Let boil for 1 hour. Add vegetables. Cook until meat and vegetables are tender. Add water to maintain desired amount. Add vermicelli for last 15 minutes. Season to taste with salt and pepper.

*Rachel Ann Ryder, New Iberia, LA*

### VEGETABLE SOUP

2 lb. soup meat or 3 lbs. soup bones  
1 large can mixed vegetables (chunky)  
1 large onion  
1 can (no salt) stewed tomatoes  
1 cup (no salt) tomato soup

Cook meat till tender. Add onion; cook 15 to 20 minutes. Add remainder of ingredients and simmer 30 minutes.

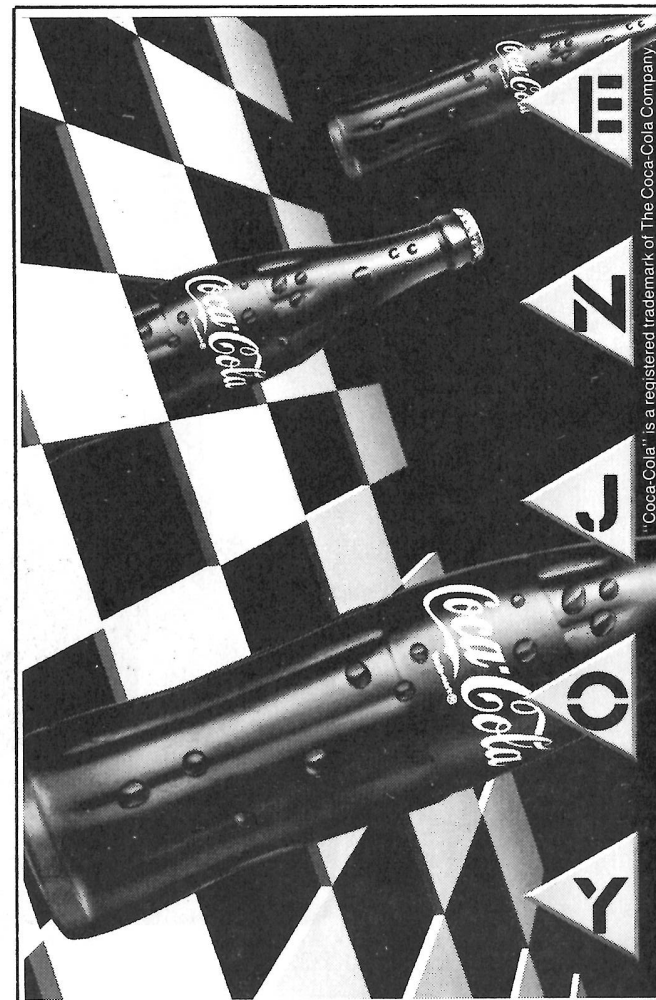
*Ruby M. Nettles, Cameron, LA*

### APRICOT NECTAR SALAD

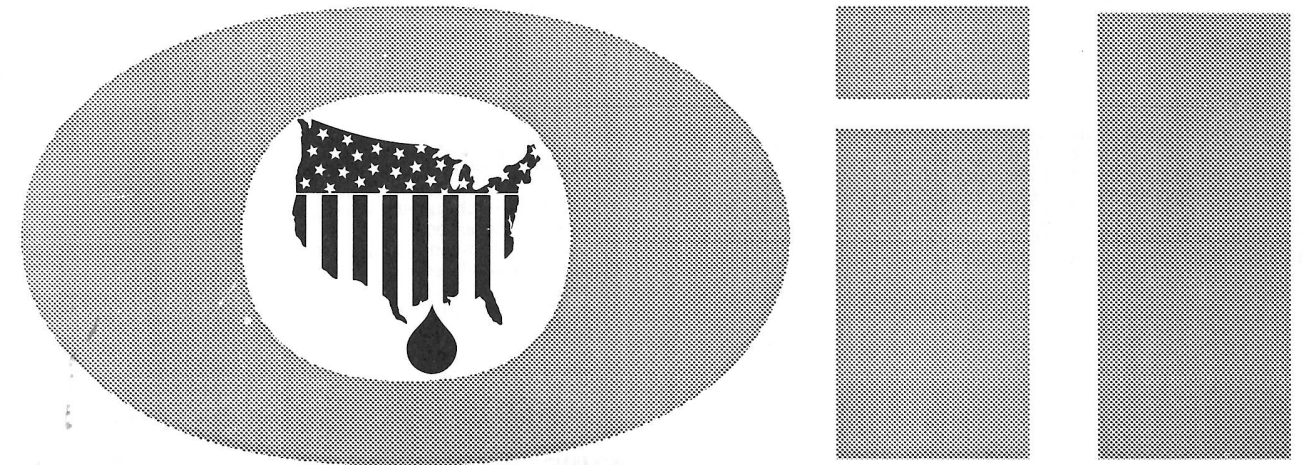
1 (12 oz.) can apricot nectar  
1 (3 oz.) package orange gelatin  
1 (8½ oz.) crushed pineapple with juice  
2 sliced bananas  
½ cup chopped nuts

Bring half the nectar to a boil. Stir gelatin into boiling nectar. Add remaining nectar. Refrigerate until mixture starts to thicken. Add pineapple, bananas and nuts. Chill until firm. Serves 8-10 people.

*Charlotte Knesck, Corpus Christi, TX*



# LOUISIANA



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*Calcasieu Marine joins the Fur and Wildlife Festival in saluting the Oil Industry as an important part of America's strength.*

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## SPINACH SALAD & BACON

1 lb. fresh spinach  
6 green onions, chopped  
4 hard cooked eggs, coarsely chopped  
8 slices bacon, cooked, drained and crumbled  
1 clove garlic, quartered  
½ cup salad or olive oil  
1 teaspoon salt, dash of pepper  
3 Tablespoons fresh lemon juice  
¼ cup cider vinegar  
½ teaspoon sugar

Wash spinach and dry well. Remove stems and break leaves into bite sized pieces. Toss with other ingredients. Cover and refrigerate for 2 hours. Before serving, toss with garlic, olive oil, salt, pepper, lemon juice, vinegar, and sugar. Marinate garlic in oil for one hour. Discard pieces of garlic. In a small bowl, combine salt, pepper, sugar and oil. Mix lemon juice with vinegar. Gradually blend into oil, beating well with rotary egg beater till dressing thickens a bit.

Roberta Rogers, Cameron, LA

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## FRITO SALAD

Lettuce  
Tomatoes  
Onion  
Black Pepper  
Miracle Whip  
Fritos-crushed

Prepare as much salad as needed to serve your family and/or guests. Just before serving, add crushed Frito's to salad vegetables. Season with pepper to taste. Toss all ingredients with enough Miracle Whip to complete "dressing" the salad. Serve immediately. Note: Must be served before Frito's wilt. Will not keep.

Cathy Soileau, Creole, LA

\*\*\*



P.O. Box 118  
Grand Chenier, LA 70643  
(318) 538-2411

## MACARONI & CHEESE SALAD

Celery  
Bell Pepper  
Radishes  
Green Onions  
Macaroni - boiled & cooled  
Sharp Cheddar cheese - grated  
Tuna, shrimp or any meat - chopped

Put together with plenty of Borden's French Onion or Green Chili Dip.

Ruby M. Nettles, Cameron, LA

## TACO SALAD

1 head lettuce, chopped  
3 tomatoes, chopped  
1 bunch green onions, chopped  
1 cup Cheddar cheese, shredded  
1 bottle Italian dressing  
1 box Cheese Nacho tortilla chips, crushed

Combine ingredients, mix well and serve.

Grace Welch, Hackberry, LA

## SUNSHINE SALAD

⅓ cup sugar  
1 (3 oz.) package orange flavored gelatin  
1 cup hot water  
1 cup crushed pineapple with juice  
1 cup diced orange sections (canned)  
¾ cup dairy sour cream

In mixing bowl combine sugar and gelatin, add water and stir until gelatin is dissolved. Mix in crushed pineapple and orange sections. Let cool. Blend in sour cream. Pour in dish and chill until firm.

Grace Welch, Hackberry, LA

## PICKLED SLAW

1 large head cabbage, shredded  
2 green peppers, chopped  
3 medium onions, chopped  
1½ cups vinegar  
2½ cups sugar  
⅔ cup water  
1½ teaspoon mustard seed  
½ teaspoon dry mustard  
1 teaspoon celery seed  
½ teaspoon tumeric  
1½ teaspoon salt  
¼ cup salad oil

Combine cabbage, green peppers, and onions in a large bowl and set aside. Combine remaining ingredients in saucepan and boil 3 minutes. Pour over cabbage and refrigerate at least 4 hours before serving.

Mrs. Calvin Willis, Pine Knoll Shores, NC

\*\*\*

## BROCCOLI - CAULIFLOWER SALAD

2 cups broccoli  
2 cups cauliflower  
1 cup chopped bell pepper  
1 cup chopped celery  
1 cup chopped tomato  
1 cup cubed cheese  
6 green onions, chopped  
1½ cups cooked pasta  
1 cup mayonnaise  
1 cup sour cream  
1 Tablespoon lemon juice  
1 Tablespoon powdered sugar

Combine broccoli, cauliflower, bell pepper, celery, tomatoes, cheese and onions. Blend together mayonnaise, sour cream, lemon juice and powdered sugar. Pour over vegetables and toss until well coated. Add pasta and mix gently until everything is coated. Makes a large salad and is even better after it has set for 24 hours.

Elizabeth Midkiff, Lafayette, LA

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## GREEK GREEN SALAD

1 large head Romaine lettuce  
2 medium tomatoes  
1 large cucumber  
6-8 radishes  
4 green onions  
6 oz. Feta cheese  
¼ lb. black olives

**SAUCE:**  
½ teaspoon mint  
3 Tablespoons lemon juice  
2 Tablespoons red wine vinegar  
1 clove crushed garlic  
½ teaspoon fresh oregano

Tear lettuce in pieces, cut tomatoes in wedges and mix the vegetables all together and pour over sauce or dressing.

Esther Blick, Texas City, TX

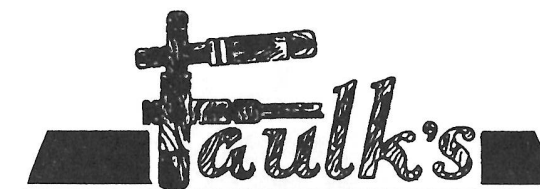
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## MY SALAD

½ head lettuce, bite size pieces  
1 tomato, diced  
1 onion, chopped  
1 lb. ground beef  
1 (8 oz.) can tomato sauce  
2 Tablespoons chili powder  
Salt and pepper to taste  
1 medium package corn chips

Combine lettuce, tomato and onion - set aside in a bowl. Saute the ground beef until lightly browned, then add the tomato sauce, chili powder, salt and pepper. Cook until flavors are blended. Pour beef mixture over salad and toss. Add corn chips and toss lightly. Serve immediately. Serves 6.

Carolyn Young, Westlake, LA



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### DUCK CALLS

Champion  
Deluxe  
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### GOOSE CALLS

Deluxe  
Popular  
Speckle Belly

(Gift Pack — Duck, Goose & Pintail)

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ALL CALLS ARE COMPLETELY HAND TUNED &  
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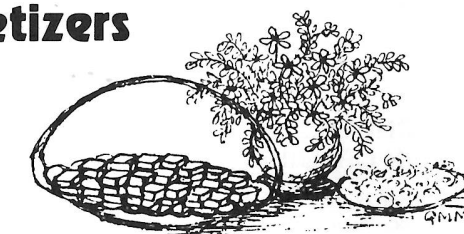
## HOLIDAY SALAD

1 (20 oz.) can crushed Pineapple, drained  
1 (12 oz.) carton cottage cheese  
1 (6 oz.) package strawberry Jello  
1 (9 oz.) carton whipped topping (Cool Whip)

Combine Cottage cheese and pineapple. Sprinkle on dry Jello, toss to mix. Fold in whipped topping and apple. Serves 6-8 people.

Neva Sheffield, Lake Charles, LA

## Party Foods and Appetizers



### SIMPLE ARTICHOKE DIP

In a microwavable bowl combine:  
1 can plain artichoke hearts (quartered)  
1 cup mayonnaise  
1 cup grated Parmesean cheese  
Garlic salt to taste

Cook on high until sides brown and bubble a bit - about 3 minutes. Eat with buttery crackers.

Valerie Precht





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### COTTAGE CHEESE HERB DIP (RICH IN CALCIUM)

1 cup cottage cheese, creamed  
2 Tablespoons lemon juice  
2 Tablespoons milk  
2 Tablespoons salad dressing, mayonnaise type  
2 Tablespoons green onions, chopped  
¼ cup parsley, coarsely chopped  
½ cup tarragon leaves  
Dash of pepper

Mix ingredients in a blender, scraping side of blender jar with a rubber scraper and reblending as required until mixture is smooth and creamy. Serve with fresh vegetable sticks.

Nancy C. Cronan, Cameron Parish

### EASY CHEESE SAUCE (RICH IN CALCIUM)

1 Tablespoon butter  
1 Tablespoon flour  
½ teaspoon salt  
¼ teaspoon pepper  
¾ cup undiluted evaporated milk  
½ cup water  
1 cup shredded Cheddar cheese

Melt butter in small sauce pan. Stir in flour, salt, and pepper. Gradually add evaporated milk and water. Cook over medium heat, stirring constantly, until mixture just comes to a boil. Stir in cheese until melted. Serve over egg dishes or steamed vegetables such as broccoli, cauliflower or asparagus.

Nancy C. Cronan, Cameron Parish

### PEAR RELISH

2 quarts ground pears  
1 quart ground onions  
4 bell peppers  
2 red bell peppers  
8 hot peppers  
6 dill pickles  
4 teaspoons salt

**SAUCE:**  
2 cups sugar  
1 Tablespoon turmeric  
3 Tablespoons dry mustard  
4 Tablespoons flour  
1 pit cider vinegar

Mix first 6 ingredients together and sprinkle with 4 teaspoons salt. Cook 10 minutes.

**SAUCE:** Cook over medium heat until thick. Add ground mixture and bring to a boil for 10 minutes. Fill hot jars and seal.

Reinette Guillory, Holmwood, LA

### VEGGIE BITES

1 package instant vegetable soup  
1 (8 oz.) container of cottage cheese  
3 eggs, beaten  
1 (10 oz.) package frozen broccoli  
1 sheet Pepperidge Farm Puff Pastry  
Seasoning

In a bowl mix instant soup, cottage cheese and eggs. Drain broccoli and add to bowl. Thaw 1 sheet of puff pastry and place in a 9 x 9 pan and poke pastry with a fork. Pour in mixture and season lightly on top, fold pastry edges down onto mixture. Bake at 400° for 30-40 minutes or until pastry and mixture are baked to desired look. Cool 10 minutes and cut into bite sizes. 12-16 servings.

Norma Jo Pinch

### MOO JUICE (RICH IN CALCIUM)

1½ cups milk  
1 (6 oz.) can of frozen juice  
1½ cups water  
1½ teaspoons vanilla

Using a blender, combine all ingredients and blend. Serve at once. Any juice may be used: orange, grape, cranberry, etc.

Nancy C. Cronan, Cameron Parish

### SPECIAL OCCASION SPINACH DIP

1½ cups sour cream  
1 cup mayonnaise  
1 package (10 oz.) frozen chopped spinach,  
thawed and drained  
1 package (1.4 oz.) Knorr Vegetable soup recipe mix  
1 can (8 oz.) water chestnuts, drained and chopped  
3 shallots (green onions), chopped

Stir all ingredients until well mixed. Cover and chill. Makes about 3 cups. Serves with crackers or with raw vegetables.

Monique Taber Pregeant, Grand Isle, LA

### SAUCE FOR GREEN BEANS

4 hard boiled eggs, finely grated  
1 cup mayonnaise  
¼ teaspoon hot sauce  
1 teaspoon prepared mustard  
1 teaspoon paprika  
1 small onion, minced  
4 teaspoons oil  
1 Tablespoon Worcestershire sauce

Combine all ingredients, chill. Serve over hot cooked green beans, also good on asparagus or broccoli. Keeps a week in refrigerator.

Blanche Eagleson, Port Arthur, TX

### CRAWFISH DIP

2 lbs. crawfish tails, deveined & chopped  
3 stalks celery, chopped  
1 cup onions, chopped  
1 bell pepper, chopped  
1 stick margarine  
3 cans mushroom soup  
1 can pimento, chopped  
1 cup grated Cheddar cheese

Simmer chopped crawfish, celery, onions, pepper and butter until seasonings are tender. Add soup, pimento and cheese. Simmer on low heat until cheese is melted. Season to taste with red pepper, black pepper and a little bit of salt. Serve with Melba rounds or assorted crackers. Makes 3 quarts.

Ollie F. Harmon, Grandmother of 1987  
Little Miss Cameron Parish,  
Lizza Bailey  
Branch, LA

### GOLDEN BANANA PUNCH

6 cups water  
4 cups sugar  
5 bananas  
Juice of 2 lemons  
1 (46 oz.) can pineapple juice  
1 (12 oz.) can frozen orange juice  
2 (22 oz.) bottles ginger ale

Combine water and sugar. Heat until sugar is dissolved and then cool. Blend bananas and lemon juice in blender. Combine all ingredients. Freeze in milk cartons or plastic containers with lids. Set frozen mixture out 2-3 hours before serving. Add chilled ginger ale when ready to serve. Serves 20.

Elizabeth Warren, Wickes, AK

### TROPICAL CHOCOLATE SHAKE

2 cups cold chocolate milk  
1 pint chocolate ice cream  
1 ripe banana, sliced  
½ teaspoon almond extract  
¼ teaspoon coconut extract  
2 small scoops of vanilla ice cream, if desired

Place milk, ice cream, banana and extracts in blender container; cover. Blend on high speed until smooth about 1 minute. Serve immediately in tall chilled glasses garnished with a small scoop of vanilla ice cream.

Blanch Authement, Cameron, LA

### STRAWBERRY SPECIAL

2 cups cold milk  
1 pint vanilla ice cream  
1 cup sliced fresh strawberries  
3 Tablespoons strawberry syrup  
30 miniature pink marshmallows  
Whipped cream if desired

Place milk, ice cream, strawberries, syrup and marshmallows in blender container; cover. Blend on high speed of blender until smooth, about 1 minute. Serve immediately in tall chilled glasses garnished with whipped cream and miniature marshmallows.

Blanch Authement, Cameron, LA

### CREAMY CHEESE BALL

6 (3 oz.) packages cream cheese, softened  
½ lb. sharp Cheddar cheese, shredded  
2 teaspoons grated onion  
2 teaspoons Worcestershire sauce  
2 teaspoons finely minced garlic  
Parsley sprigs

Crackers

Combine cheese, onion, Worcestershire sauce, and garlic, and blend well. Refrigerate until firm; shape into a ball. Wrap in plastic or heavy-duty aluminum foil, and let ripen in refrigerator for at least 24 hours. Remove from refrigerator at least 2 hours before serving. Garnish with parsley, and serve with crackers. Yield: about 3 cups.

Blanch Authement, Cameron, LA

### WARMS-YOUR-HEART PUNCH

64 oz. Cranberry-Apple drink  
4 cinnamon sticks  
8-10 whole loaves

Pour all ingredients into a large pot with a lid. Bring to a boil and simmer about 15 minutes with the lid on to prevent evaporation. Serve piping hot in mugs or return mixture to jar. Allow to cool then store in refrigerator. This punch only gets better with age and is nice to have on hand to warm up a cold day.

Pam East, Hackberry, LA

### NO CHOLESTEROL EGG SUBSTITUTE

4 egg whites  
1 Tablespoon oil  
1 Tablespoon nonfat milk powder  
3 drops yellow food coloring

Combine all ingredients. Mix until well blended. Use in place of two whole eggs in your recipes. This substitute may require some experimenting in baking since it will not work in every cake and cookie recipe.

Mayola Wicke, Creole, LA



# CAM MART

Your Friendly Quick Stop

Cameron, LA



## PINEAPPLE CHEESE BALL

2 (8 oz.) packages cream cheese, softened  
 1 (8½ oz.) can crushed pineapple, drained  
 ¼ cup finely chopped green pepper  
 2 Tablespoons chopped onion  
 1 Tablespoon seasoned salt  
 2 cups chopped pecans, divided  
 Crackers

Combine first 5 ingredients; add 1 cup of pecans and mix well. Refrigerate until firm, and shape into a ball. Roll in remaining pecans before serving. Garnish as desired. Serve with assortment of crackers. Yield: about 3 cups.

*Blanch Authement, Cameron, LA*

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## QUICK FRIED CHEESE CUBES

1 (10 oz.) package Cracker Barrel Sharp or Extra Sharp Cheddar Cheese - cut into ¾" cubes  
 2 eggs, beaten  
 1 teaspoon milk  
 ¾ cup dry bread crumbs  
 Oil

Dip cheese in combined eggs and milk; coat with crumbs. Repeat dipping and coating. Chill. Fry in deep hot oil, 375° 1-2 minutes or until lightly browned. Yields: 28 appetizers.

*Blanch Authement, Cameron, LA*

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## HIDDEN VALLEY RANCH OYSTER CRACKERS

16 oz. plain oyster crackers  
 1 package Hidden Valley Ranch original salad dressing  
 ½ teaspoon lemon pepper  
 1 cup Olive oil  
 1 Tablespoon dill weed

Combine Hidden Valley Ranch Mix and oil. Add dill weed and lemon pepper. Pour over crackers, stir and coat well. Bake in 9 x 13" baking pan at 250° for 20 minutes.

*Mrs. Elaine Hebert, Sweetlake, LA*

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## CRAB DIP

1 (8 oz.) cream cheese  
 1 small minced onion  
 1 can crab meat  
 ½ stick butter  
 4 drops Worcestershire sauce  
 ⅓ cup almonds (optional)  
 Seasoning to taste  
 2 teaspoons Tabasco sauce  
 ¼ cup chopped green onions  
 2 Tablespoons parsley

Combine all ingredients except almonds. Simmer on low fire until cheese and butter melts and mixture thickens. Stir in almonds. Serve with crackers.

*Reinette Guillory, Holmwood, LA*

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## CHEESE BALL

½ jar dried beef  
 1 (8 oz.) cream cheese  
 2 spriggs onion tops  
 Chopped pecans

Mix the dried beef, cream cheese and onions together to form a ball. Roll in pecans and serve on crackers.

*Mayola Monvoisin, Lake Arthur, LA*



*Hackberry High School*



*South Cameron High School*

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 State

Representative  
**RANDY  
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*"Your Cameron Parish Representative"*

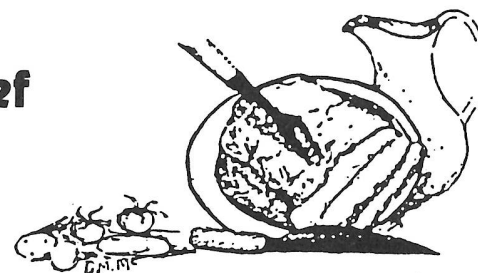
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Myrna Conner  
 Legislative Assistant  
 Local 542-4443  
 Toll Free 1-800-737-2474

Lake Charles Office  
 478-8595

# Main Attractions

## Beef



## MEAT PIES

**CRUST:**  
 3 (3 oz.) packages cream cheese  
 3 sticks margarine  
 3 cups flour

**FILLING:**  
 1 lb. ground meat  
 1 can mushroom soup

Mix all ingredients for crust together. Divide into 2 balls. Wrap in Saran Wrap and put in ice box for ½ hour. Roll on floured board with floured rolling pin till thin. Cut with small glass. Fry ground meat, then add soup and cook till warm. Spoon filling with a spoon. Seal by pressing ends of crust together. Bake at 350°F for about 15 minutes or till a tan color.

*Kim Alexander, Lake Arthur, LA*

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## GROUND BEEF CASSEROLE

**BOTTOM LAYER:**  
 1 onion, chopped  
 1 lb. ground chuck  
 2 cans green beans

**MIDDLE LAYER:**  
 4 large potatoes, boiled  
 1 egg  
 Milk or Pet milk  
 Butter or margarine  
 Seasoning

**TOP LAYER:**  
 1 (8 oz.) package Cheddar cheese

In a skillet or pot sauté onions and brown ground meat. Drain excess fat. Add snap beans (if these are already cooked and seasoned the dish will be better, left over snap beans are the best). Mix beans with meat mixture. Put this into a 9 x 13-inch pan and spread evenly. Prepare mashed potatoes as you normally do but add 1 raw egg while beating your potatoes which will keep them from drying out during baking. Spread mashed potatoes over meat mixture evenly. Top potatoes with shredded Cheddar cheese and bake at 350°F for 30 minutes. Serve with homemade bread or rolls. Very delicious.

*Norma Jo Pinch, Grand Chenier, LA*

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## FAJITAS

1 lb. beef top round steak cut ½" thick  
 1-2 limes  
 1 teaspoon garlic salt  
 ½ teaspoon pepper  
 4 (6 inch) flour tortillas  
 1 cup shredded lettuce  
 1 cup chopped tomato  
 ¼ cup sliced green onions  
 ¼ cup shredded Cheddar cheese  
 8 teaspoons dairy sour cream

Trim excess fat from steak. Pound steak to ¼-inch thickness. Place steak in plastic bag; sprinkle both sides of steak with lime juice, garlic salt and pepper. Tie bag securely and refrigerate 6 to 8 hours. Drain marinade; discard. Broil steak over medium hot coals 2-3 minutes or pan broil 5-7 minutes. Carve across the grain into thin slices. To serve, place equal amount of all ingredients on each tortilla. Makes 4 servings. Preparation time: 20 minutes. Marinating time: 6-8 hours. Cooking time: 4-6 minutes.

*Sussie Trell, Sulphur, LA*

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## FENTON'S GRILLED STEAKS

Steaks  
 Season All Salt  
 Dehydrated onion flakes  
 Worcestershire Sauce  
 1 bottle Italian salad dressing

Sprinkle steaks with Season All Salt, onion flakes, and Worcestershire sauce. Pour salad dressing over steaks. Refrigerate over night. Steaks should be at room temperature before cooking. Grill on barbecue pit. Serve with baked potatoes.

*Fenton Bourque, Pecan Island, LA*

\*\*\*

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# BADON and RANIER

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## CREAMY CHICKEN FRIED STEAK

1 egg slightly beaten  
1 cup milk  
2 cups flour  
1 teaspoon salt  
1 teaspoon pepper  
6 beef cutlets  
vegetable oil  
¼ cup all-purpose flour  
2 cups milk

Combine first 3 ingredients mixing well. Set aside. Combine flour and seasonings mixing well. Dredge cutlets in flour mixture, then milk and egg mixture, then dredge again in flour mixture. Let stand 10 minutes on paper towel. Pour vegetable oil to a depth of ¼ inch into a heavy skillet. Fry steaks over medium-high heat until browned, adding oil as necessary. Remove and drain on paper towel; set aside. Pour off pan drippings, reserving 3 tablespoons in skillet. Add ¼ cup flour to drippings, stir over medium heat until bubbly. Cook about 1 minute, stirring constantly. Add 2 cups of milk and cook until thickened, stirring constantly. Stir in salt and pepper to taste. Add cutlets, cover and simmer 5 minutes. Yield: 3-6 servings.

*Brenda Nash, Cameron, LA*

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## PIZZA BURGERS

1 beaten egg  
1 (8 oz.) can pizza sauce  
¼ cup fine dry bread crumbs  
¼ cup grated Parmesan cheese  
2 Tablespoons snipped parsley  
¼ teaspoon dried oregano, crushed  
¼ teaspoon fennel seed, crushed  
¼ teaspoon garlic salt  
2 lbs. ground beef  
2 Tablespoons chopped onion

2 Tablespoons chopped pimento-stuffed olives  
or chopped pitted ripe olives  
10 slices French bread, toasted and buttered  
10 slices Mozzarella cheese  
10 tomato slices

Combine egg and ½ cup of the pizza sauce; stir in crumbs, Parmesan, parsley, oregano, fennel, garlic salt, and dash of pepper. Add beef; mix well. Divide into 10 equal portions. Shape meat into oval patties ½ inch thick. In a saucepan combine remaining pizza sauce, onion, olives, and 1 tablespoon water. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes; stir occasionally. Grill burgers over medium coals about 7 minutes. Turn and cook about 7 minutes more for medium doneness. Brush with some pizza sauce mixture during the last 5 minutes. Top each bread slice with cheese, a burger, lettuce, and tomato. Pass remaining sauce.

*Roxanne Conner, Creole, LA*

\*\*\*

## DRU'S SPAGHETTI

3 Tablespoons oil  
2 lbs. ground chuck  
2 cans tomato paste  
1 small jar Prego spaghetti sauce  
1 large onion, chopped  
¾ cup chopped bell pepper  
¾ cup chopped parsley  
1 cup chopped mushrooms (optional)  
1 teaspoon salt  
1 teaspoon garlic powder  
½ teaspoon basil

Brown ground chuck in oil until brown then add onion, bell pepper and parsley and cook until onions are soft. Add tomato paste and mix well but do not scorch. Then add remaining ingredients and simmer for 5 minutes. Serve over cooked spaghetti. Serves 6-8 people.

*Mrs. Drusilla Aubey, Cameron, LA*



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## MEAT - RAW RICE CASSEROLE

1 cup raw rice  
1 lb. ground meat, crumbled  
1 celery, chopped  
½ green pepper, chopped  
1 onion chopped  
1 (10¾ oz.) can cream of chicken soup  
1 (10¾ oz.) can onion soup  
salt, pepper and hot pepper to taste

Place all ingredients in a 2 quart greased casserole dish in order given. Do not stir or mix. Cover and bake 1½ hours at 350°F. Stir after taking from oven. This is a good "pot luck" dish. Serves 6-8 people.

*Roberta Rogers, Cameron, LA*

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## BEEF AND CORN CASSEROLE

1½ lbs. ground beef  
1 medium onion, chopped  
2 ribs celery, sliced  
1 (10½ oz.) tomato soup (cream style)  
1 (16 oz.) can ranch style beans  
½ teaspoon black pepper  
1 Tablespoon Worcestershire sauce  
1 teaspoon garlic salt  
1 teaspoon chili powder  
Corn Chips

Brown ground beef and onion, drain well. Add celery, soup, corn and drained beans. Stir together and heat thoroughly. Add spices and Worcestershire sauce. Place in oblong casserole. Bake at 350°F for 30 minutes. Top with corn chips and bake 10 minutes more. Serves 6.

*Blanche Hollister, Lake Arthur, LA*

Compliments of  
**Lindsay, Tara,  
Sandra and  
Marck Smythe**

## OVEN BEEF STEW

2 lbs. beef stew meat  
1 (16 oz.) can tomatoes, drained  
1 (10½ oz.) can condensed beef broth  
1 (8 oz.) can sliced water chestnuts  
1 (4.5 oz.) jar whole mushrooms  
1 cup red wine or water  
2 cups cubed potatoes  
1 cup chopped onion  
1 cup chopped celery  
2 Tablespoons oil  
6 carrots, cut into 1" pieces  
½ cup flour  
1 Tablespoon Worcestershire sauce  
1 teaspoon sugar  
1 teaspoon salt  
1 teaspoon marjoram  
¼ teaspoon garlic powder  
¼ teaspoon pepper

Heat oven to 250°. In 4 quart Dutch oven brown meat in oil. Combine all other ingredients, mix well with browned meat. Cover and bake for 5 hours or until meat is tender. Serves 8.

*Marcy Wiley, Houston, TX*

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## SLOW COOKER BEEF STROGANOFF

2 lbs. steak, cut in ½" strips  
2 Tablespoons lemon juice  
1 teaspoon Worcestershire sauce  
½ teaspoon salt and dash of pepper  
2 Tablespoons butter  
2 onions, finely chopped  
1 (4 oz.) can mushrooms, sliced  
½ cup beef bouillon  
1 cup sour cream mixed with  
2 Tablespoons flour

Place beef strips in slow cooker or crock pot. Add lemon juice, Worcestershire sauce, salt and pepper, stir thoroughly. Add remaining ingredients in order given, stirring thoroughly. Cover and cook on low 6-8 hours. Serve over noodles or rice. Serves 6.

*Jan Shores, Erath, LA*

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## BRAZILIAN POT ROAST

4 lbs. chuck roast (fat removed)  
¼ cup cooking oil  
1 Tablespoon dry mustard  
½ Tablespoon salt  
½ teaspoon pepper  
1 cup sliced onion  
1½ Tablespoons brown sugar  
¼ cup vinegar  
½ cup water  
potatoes, 1 per person, skins on  
1 cup sliced carrots

Slowly brown roast in hot oil in heavy Dutch oven for ½ hour, uncovered. Add seasonings, sugar, onion, water, and vinegar. Cover and simmer slowly 3-4 hours. One hour before serving, add potatoes and carrots to broth. Cover and continue to simmer for the last hour. Turn fire off and let sit for 15-20 minutes before serving. Serves 6-8 people.

*Reverend Rod Kennedy, Clinton, LA*

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## PROCUPINE MEAT BALLS

1 lb. hamburger  
3 Tablespoons chopped onions  
¼ cup uncooked rice  
2 teaspoons baking powder  
¾ cup milk  
salt and pepper to taste

Shape mixture into balls; put in casserole. Pour over this mixture, 1 can tomato soup and ½ can water. Bake at 450°F for 15 minutes covered then, 35 minutes uncovered.

*Bronwen C. LaLande, Cameron, LA*

## ITALIAN ROUND STEAK SPAGHETTI

1 (2-3 lbs.) round steak  
½ can seasoned bread crumbs  
1 (1½ oz.) package Parmesan cheese  
1 bunch green onions, chopped  
1 (12 oz.) package spaghetti  
1 clove garlic, chopped fine  
1 teaspoon salt  
½ teaspoon black pepper  
2 (6 oz.) cans tomato paste  
2 Tablespoons cooking oil

Trim and remove bone from round steak. Mix bread crumbs, cheese, garlic and onions. Season steak with salt and pepper, then pour about half of bread crumbs mixture over steak and pat evenly over steak. Roll steak up as you would a jelly roll, and secure with toothpicks and strings. Brown steak in 2 tablespoons cooking oil turning frequently. Add tomato paste and 4 cans of water, then add remaining bread crumb mixture. Stir frequently and cook slowly over a low flame. Serves 6 people. Boil spaghetti and serve with sauce and slices of stuffed round steak.

*Donna M. LaBove, Cameron, LA*

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## HAMBURGER PIE

1 lb. ground beef  
½ cup chopped onion  
½ cup chopped bell pepper  
½ teaspoon salt  
¼ teaspoon pepper  
1 (8 oz.) can tomato sauce  
5 medium potatoes  
½ cup milk  
1 beaten egg  
½ cup grated American cheese

Brown ground beef, onion, and bell pepper. Add salt and pepper. Stir well. Stir in tomato sauce. Peel and quarter potatoes while meat is browning approximately 15 minutes. Pour meat mixture in 1½ quart casserole dish and spread evenly. Boil potatoes until tender and mash when done. Add milk and eggs to potatoes. Stir well. Spread potatoes over meat mixture. Sprinkle top of casserole with cheese. Bake at 350°F oven for 20 minutes. Makes 6 servings. Preparation time: 55 minutes. Cost: \$4.15.

*Beth Skidmore, Cameron Parish*

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## EASY PIZZA CASSEROLE

1 lb. ground beef  
1 (14 oz.) jar pizza sauce  
1 cup shredded Mozzarella cheese  
1 cup shredded Cheddar cheese  
¾ cup biscuit mix  
1½ cups milk  
2 eggs

Cook ground beef in a skillet over medium heat until browned, stirring to crumble. Drain off pan drippings. Spoon beef into an 8-inch square baking dish. Top with pizza sauce and cheese. Combine biscuit mix, milk and eggs; beat until smooth. Pour mixture over casserole, covering evenly. Bake at 400°F for 30-35 minutes. Yield: 6 servings.

*Hope Nash, Cameron, LA*

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## MEAT LOAF

2 lbs. ground beef  
1 egg  
1 teaspoon salt  
2 Tablespoons Worcestershire sauce  
1 cup catsup  
½ cup Picante sauce  
¾ cup bread crumbs  
1 small chopped onion

Mix all ingredients together. Put in a bread loaf pan and bake at 350°F for 40-60 minutes.

*Lena Authement, Cameron, LA*

# MANNING MENARD OIL COMPANY, INC.

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## ELECTRIC RICE COOKER CASSEROLE

5 cups cabbage  
2 cups cooked ground beef  
2 Tablespoons oil from meat  
1 cup uncooked long grain rice  
1 small can tomato suace  
add salt to taste  
¾ cup chopped onions  
½ cup chopped celery  
1 can Rotel tomatoes and green chillies  
½ cup water  
2 teaspoons sugar

Cut cabbage in 2" strips. Put all ingredients in rice cooker except Rotel. Stir and mix, then pour can of Rotel on top of ingredients and cook as you would a pot of rice.

*Mrs. Elaine Hebert, Sweetlake, LA*

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## QUICK PIZZA CASSEROLE

1 lb. ground beef  
1 (14 oz.) jar Pizza Quick Sauce  
2 cups shredded Mozzarella cheese  
¾ cup biscuit mix (any kind)  
½ cup milk  
2 eggs

Brown ground beef and crumble. Drain and spoon into an 8-inch baking dish. Top with pizza sauce and Mozzarella cheese. Combine biscuit mix, milk and eggs; beat until smooth. Pour casserole, covering evenly. Bake at 400°F for 30-35 minutes.

*Grace Welch, Hackberry, LA*



## BARBECUE BRISKET

8-10 lb. brisket

### MARINADE SAUCE:

4 cups Barbecue Sauce (your favorite)  
1 Tablespoon dry mustard  
1 Tablespoon salt  
1 Tablespoon celery seed  
1 Tablespoon black pepper (ground)  
1 Tablespoon minced garlic

Trim off all fat on brisket and cut into strips. Marinate overnight. Mix marinade sauce ingredients together. Alternate sauce and brisket into glass container. Cover and place in refrigerator overnight. Place brisket with sauce into large baking dish. Cover and bake in preheated oven at 300°F for 5 hours. Uncover and bake for an additional 30 minutes. Serve as meat serving or on buns. Servings: 0-30.

Margurite (Pete) Carter

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## HASH STUFFED PEPPERS WITH CABBAGE

4 large bell peppers  
2 cans (16 oz.) corn beef hash  
1 onion, chopped  
2 Tablespoons margarine  
1 can (10 oz.) condensed tomato soup  
1 can water  
2 teaspoons dark brown sugar  
salt and pepper to taste  
1 small cabbage cut in quarters

Cut top off green peppers; remove seeds and membranes. Cook 4 or 5 minutes in boiling water. Drain. In skillet, cook corn beef hash, onions and 1 tablespoon margarine about 5 minutes. Place peppers in casserole dish. Stuff peppers with hash mixture. Place 1 quarter cabbage between each pepper. Make sauce of 1 tablespoon margarine, tomato soup, water, sugar, salt, and pepper. Pour over peppers and cabbage. Cook in oven about 1 hour at 350°F.

Grace Welch, Hackberry, LA

## TARRAGON BEEF OVER ZUCCHINI STRIPS

¾ lb. beef stew meat  
1 garlic clove  
1 Tablespoon oil  
2 teaspoons sugar  
1 teaspoon instant beef bouillon  
½ - 1 teaspoon tarragon  
1 cup water  
2 quarts boiling water  
½ cup red wine vinegar  
1 cup sliced carrots  
1 Tablespoon cornstarch  
¼ cup cold water  
¼ cup sliced green onions  
4 medium zucchini - cut into long thin strips

Cut meat into ¾" cubes. In large skillet, brown meat with garlic in oil. Stir in sugar, bouillon, tarragon, water and vinegar. Cover and simmer 1 hour. Add carrots; cover and continue cooking an additional 15 minutes or until carrots are tender. Combine cornstarch and water. Stir green onion and cornstarch mixture into meat. Cook over medium heat until mixtures boil and thicken, stirring constantly. Add zucchini strips to boiling water. Cook 3 minutes. Drain. Spoon onto serving platter. Spoon meat mixture over zucchini. Serves 4.

Marcy Wiley, Houston, TX

## BEEF - BEAN - RICE SKILLET MEAL

2 Tablespoons shortening  
½ cup chopped onion  
1 lb. ground beef  
2 cups cooked rice  
1 (15½ oz.) can kidney beans  
1 (14 oz.) can tomatoes  
1 teaspoon salt  
¼ teaspoon pepper  
1 teaspoon chili powder

Brown onion into shortening. Add beef and brown. Add cooked rice, beans and seasonings. Cook on low heat 20-30 minutes. Serves 8.

Wilma Shores, Abbeville, LA

## COMPANY VEAL AND CARROTS

1 lb. veal cutlets  
3 Tablespoons all-purpose flour  
½ teaspoon salt  
½ teaspoon garlic powder  
½ teaspoon pepper  
½ teaspoon dried whole marjoram  
vegetable cooking spray  
1 Tablespoon vegetable oil  
12 baby carrots, scraped and cut in half  
¼ cup dry white wine

Trim excess fat from veal. Flatten veal to ¼-inch thickness, using a meat mallet or rolling pin. Cut veal into 2-inch pieces. Combine next 5 ingredients, dredge veal in flour mixture. Coat a large skillet with cooking spray; add oil, and place over medium - high heat until hot. Add veal and cook 1 minute on each side or until lightly browned. Add carrots and wine; cover and reduce heat and simmer 10 minutes or until veal is tender. Yield: 4 servings. (About 278 calories per serving.)

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## SWEET SOUR MEATBALLS

5 beef bouillon cubes  
1½ lbs. hamburger meat  
1 cup bread crumbs  
¾ cup chopped onions  
1 egg  
1 (20 oz) can pineapple chunks, drained  
1 green bell pepper cut into bite sizes  
¼ cup lemon juice  
3 Tablespoons brown sugar  
2 Tablespoons soy sauce  
1 teaspoon ginger  
2 Tablespoons cornstarch  
½ cup pineapple liquid  
¼ cup hot water

Dissolve bouillon cubes in hot water. Combine meat, bread crumbs, onions, and egg in a large bowl. Form mixture into meatballs and brown in skillet. Set aside on paper towel to drain excess fat. Combine lemon juice, brown sugar, soy sauce, ginger, cornstarch, and pineapple liquid. Add beef bouillon mixture and 1½ cups of warm water. Return meatballs to skillet. Pour liquid mixture over meatballs. Cover and simmer 20 minutes. Add pineapple liquid and cornstarch and remaining pineapple liquid; cover and simmer 5 minutes. Stir gently - add pineapple chunks and bell pepper. Simmer 5 minutes. Serve over steamed rice. Serves 6.

Margurite (Pete) Carter

## HAMBURGER LAYER CAKE

2 eggs, lightly beaten  
2 teaspoons catsup  
¾ cup bread crumbs  
2 teaspoons salt  
6 teaspoons Lea & Perrin  
2 lbs. hamburger meat  
2 Tablespoons oil  
1½ cups chopped onion  
1 cup chopped bell pepper  
1 (4 oz.) can sliced mushrooms  
1 diced tomato

Combine eggs, catsup, bread crumbs, salt and 5 teaspoons Lea & Perrin. Add meat and mix well. Divide mixture in half and shape in an 8-inch circle. Place on lightly greased cookie sheet. Bake for 10 minutes in preheated oven at 450°F. Heat oil in skillet, add onions, green peppers and mushrooms. Sauté for 5 minutes. Add tomato, 1 teaspoon Lea & Perrin and ½ teaspoon salt and cook for 2 minutes. Sandwich half of the vegetables between meat around and top with remaining half of meat mix. Bake until meat is done at 450°F for about 30 minutes.

Brenda Conner, Cameron, LA

## LIVER IN CREOLE SAUCE

¼ cup reduced calorie Italian dressing  
1 lb. (½-inch thick slice) calf's liver  
cut into ½-inch strips  
1 cup chopped onion  
1 cup chopped green pepper  
¾ cup chopped celery  
1 clove garlic, crushed  
2 medium tomatoes, peeled and quartered  
1 (8 oz.) can tomato sauce  
1 teaspoon chili powder  
1 teaspoon dried whole oregano  
½ teaspoon salt  
2 cups hot cooked rice

Combine reduced calorie Italian dressing, liver, onion, green pepper, celery, and garlic in a large skillet, and cook over medium heat until vegetables are tender (2-3 minutes). Add tomatoes, tomato sauce, chili powder, oregano, and salt. Bring to a boil. Cover, reduce heat and simmer 10 minutes or until liver is tender. Serve over rice. Yield 4 servings. (223 calories per ½ cup rice serving.)

## COMPANY BEEF & VEGETABLES

½ teaspoon dried parsley flakes  
½ teaspoon garlic powder  
½ teaspoon dried whole oregano  
1 teaspoon pepper  
1 (4½ lb.) eye-of-round beef roast  
vegetable cooking spray  
2 cups water  
12 potatoes  
12 boiling onions  
2 cups cut carrots

Combine first 5 ingredients in a small bowl; mix well. Divide herb mixture in half and set aside. Trim fat from roast; place roast on a rack coated with cooking spray and place rack in broiler pan. Sprinkle half of herb mixture over roast and bake at 325°F for 50 minutes. Pour water into broiler pan. Arrange potatoes and onions around roast in a single layer; cover with aluminum foil. Bake at 325° for 25 minutes. Remove foil and add carrots. Sprinkle remaining herb mixture over vegetables; cover and bake an additional 45 minutes. Transfer roast to a serving platter; let stand 10 minutes before cutting into slices. Arrange baked vegetables around roast. Yield: 12 servings.



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## GOLDEN NUGGET MEAT LOAF

1 lb. ground round steak  
¾ cup finely cubed American processed cheese  
½ cup chopped onion  
¼ cup chopped green pepper  
½ teaspoon salt  
½ teaspoon celery seed  
¼ teaspoon black pepper  
1 (8 oz.) can tomato sauce  
1 cup milk  
½ cup bread crumbs  
1 egg, slightly beaten

Combine all ingredients in a mixing bowl and stir lightly to a soft mixture. Pour into a greased 9 x 5 x 3 inch loaf pan. Bake at 350°F for 1 hour. Remove from oven and cool 30 minutes or so. Turn on to a platter to serve. This meat loaf is good chilled and sliced for sandwiches

*Roberta Rogers, Cameron, LA*

\*\*\*

## BEEF JAMBALAYA

1½ lbs. round steak, cut into small strips  
1 lb. sausage (beef & pork mixed) sliced  
½ cup oil  
salt and pepper to taste  
¼ teaspoon red pepper  
3 cups chopped celery  
1 cup green pepper, chopped  
1½ cups chopped onions  
1 cup snipped parsley  
2 cups raw rice  
1 cup tomatoes with green chilies  
3 cups water or more as needed  
2 Tablespoons Worcestershire sauce

Brown steak and sausage in oil; season with salt and peppers. Sauté celery, green pepper, onion and parsley in oil until celery is clean. Add rice and brown, stirring constantly. Mix all ingredients together except Worcestershire sauce. Simmer until rice is done, stir in Worcestershire sauce, and serve hot.

*A Tribute to the Memory of  
Floyd Kelley*

\*\*\*

## CREOLE STEAK

¼ cup flour  
2 teaspoons salt  
2 teaspoons paprika  
½ teaspoon pepper  
1 lb. round steak, cut into small cubes  
2 onions, chopped  
½ green pepper, chopped  
3 Tablespoons oil  
½ cup uncooked rice  
2 (16 oz.) cans stewed tomatoes

Combine flour, salt, paprika, and pepper. Dredge steak cubes in flour mixture. Sauté onion and green pepper in hot oil - remove from skillet. Brown meat in remaining oil in skillet; cover with onion mixture and sprinkle with rice. Drain tomatoes, reserving liquid. Add enough water to tomato liquid to make 2 cups. Spoon tomatoes over rice; sprinkle with any remaining flour mixture. Pour liquid over meat mixture. Cover and simmer 1 hour or until meat is fork tender.

*Mrs. Morris Savoie, Dry Creek, LA*

\*\*\*

## SLOPPY JOES (Excellent for Children)

1½ lbs. lean ground beef  
1 teaspoon salt  
2 Tablespoons brown sugar  
2 Tablespoons prepared mustard  
2 Tablespoons Worcestershire sauce

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½ cup catsup

Brown beef well, drain in strainer or colander. Return meat to pan and add all other ingredients - simmer 15-20 minutes. May be multiplied for a crowd, DON'T multiply salt, increase some but taste as you go since Worcestershire is salty. Good to freeze in muffin pans and store the "muffins" in a ziplock freezer bag to be thawed for individual sandwiches.

*Johnelle Kennedy, Clinton, LA*

## BROCCOLI AND BEEF

### MARINADE:

1 Tablespoon cornstarch  
1 Tablespoon oil  
1 Tablespoon Soy sauce  
1 garlic clove, minced  
3-4 slices gingerroot  
1 lb. boneless top round or sirloin steak slightly frozen, cut in thin strips  
2 Tablespoons oil  
4 cups fresh broccoli florets

### SAUCE:

½ cup water  
2 Tablespoons oyster sauce  
1 Tablespoon cornstarch  
1 Tablespoon Soy sauce  
1 teaspoon sugar

In medium bowl, combine all marinade ingredients. Add meat, stir to coat evenly with marinade. Cover, refrigerate at least 30 minutes. Discard gingerroot. In small bowl, combine all sauce ingredients. Set aside. In large skillet heat 1 tablespoon oil. Stir-fry broccoli 2 minutes or until crisp tender. Remove from pan. Heat remaining 1 tablespoon oil, add meat. Stir-fry 5 minutes or until meat is brown. Add sauce to meat. Cook 2-3 minutes or until sauce is hot. Stir frequently. Add broccoli, cook until thoroughly heated. Serves 4.

*Marcy Wiley, Houston, TX*

## HAMBURGER CASSEROLE

1 lb. hamburger  
1 medium onion, sliced in rings cut in half  
1 carton sour cream  
1 (8 oz.) package Cream Cheese  
1 package macaroni  
1 teaspoon salt, pepper to taste

Brown the hamburger and onion until onions are soft and clear - drain off excess fat. Blend sour cream and Cream Cheese together in a skillet over low fire until cheese melts, stirring constantly. Place macaroni in a casserole and top with the hamburger mixture. Pour sour cream mixture on top, season with salt and pepper. Bake at 350°F for 40 minutes or until bubbly.

*Mrs. Charles Rogers, Cameron, LA*

\*\*\*

## HAMBURGER SHISH KABOBS

1 lb. ground beef  
1 egg  
½ cup evaporated milk  
½ cup fine bread crumbs  
1 teaspoon salt  
¼ teaspoon pepper  
¼ cup finely chopped onions  
2 Tablespoons finely chopped green pepper  
onion slices  
tomato slices

Mix all ingredients except onion and tomato slices. Shape into 16 balls. Place on long skewers alternately with onion and tomato slices. Broil until brown on all sides. May be served between long slices of split French bread, if desired.

*Lee Roy Guillory, Welsh, LA*

\*\*\*

## BEEF AND CARROTS

1 lb. ground beef  
1 onion, chopped  
salt and pepper to taste  
1 egg, beaten  
1 cup corn flakes  
6 carrots  
1 can cream of celery soup

Combine beef, onion, salt and pepper, egg and corn flakes and shape into patties. Place in a shallow baking dish. Broil until brown and drain off fat. Cut carrots into 2" pieces and place around patties. Pour soup over all and cover with aluminum foil. Bake at 350°F until carrots are tender. Serves 4.

*Marjorie Rorex, Clute, TX*

\*\*\*

## MEXICAN CORNBREAD CASSEROLE

1½ lbs. ground meat  
2 onions - chopped  
2 cans cream style corn  
1 chopped bell pepper  
4 eggs  
½ cup oil  
2 cups milk  
2 teaspoons baking soda  
4 hot peppers - chopped  
2 cups cornmeal - yellow  
1 cup grated cheese

Sauté meat, onions and bell peppers until dry. Add salt and pepper, then set aside to cool. Mix eggs, cornmeal, milk, corn and baking soda, hot peppers, and ¼ cup of oil. Pour ¼ cup of oil in a 9 x 13 inch pan. Pour half of corn mixture into pan spreading; then spoon meat mixture over top, sprinkle with cheese and top with cornmeal mixture. Bake until golden brown. About one hour. Serves 6 people.

*Brenda Conner, Cameron, LA*





## BURGUNDY BEEF STEW

2 lbs. top boneless round steak  
½ teaspoon pepper  
½ teaspoon garlic powder  
vegetable cooking spray  
¾ cup chopped onion  
2½ cup sliced fresh mushrooms  
3 cups water  
1 teaspoon beef flavored bouillon granules  
1 bay leaf  
1 Tablespoon minced fresh parsley  
½ teaspoon ground  
½ cup Burgundy or other dry red wine  
2 cups cubed potatoes  
1½ cups sliced carrots (½" thick)  
4 small onions, halved  
1½ cups sliced celery  
¼ cup all-purpose flour  
½ cup water  
Minced fresh parsley (optional)

Trim fat from steak; cut into 1-inch cubes. Combine pepper and garlic powder; sprinkle over meat. Coat a Dutch oven with cooking spray. Place over medium high heat until hot. Add meat and chopped onion, sauté until meat is browned. Add sliced mushrooms and sauté 3-4 minutes. Add 3 cups of water and next 5 ingredients and stir well. Cover, reduce heat and simmer 35 minutes. Add potatoes, carrots, onion halves, and celery, and stir well. Cover and simmer 20 minutes or until vegetables are tender. Combine flour, ½ cup water, stirring until smooth. Add to hot vegetable mixture and stir well. Cook 10 minutes or until mixture thickens, stirring often. Remove and discard bay leaf. Spoon beef stew into serving bowls; sprinkle with minced fresh parsley, if desired.

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## BASIC MEAT LOAF

1½ lbs. ground beef  
2 (8 oz.) cans tomato sauce; divided  
1 cup soft bread crumbs  
2 eggs slightly beaten  
2 Tablespoons dried minced onion flakes  
1 teaspoon salt  
½ teaspoon pepper  
2 teaspoons dried parsley flakes  
2 teaspoons Worcestershire sauce

Combine ground beef, ½ cup tomato sauce, and next 5 ingredients and mix well. Shape meat mixture into a loaf. Place on rack of a lightly greased broiler pan. Bake at 350°F for 1 hour. Combine remaining tomato sauce and last two ingredients, stir well. Pour over meat loaf and bake an additional 5 minutes. Yield: 6 servings.

\*\*\*

## COMPANY POT ROAST

½ cup chopped onion  
¼ cup butter or margarine, melted  
1 (3½-4 lb.) chuck roast  
1 bay leaf  
2 Tablespoons dried mint  
¼ teaspoon ground allspice  
½ teaspoon pepper  
1 (10½ oz.) can consommé, diluted

Sauté onion in butter in a large Dutch oven until tender; add meat, and brown on both sides. Combine bay leaf, mint, allspice, pepper, and diluted consommé, pour over meat. Cover and simmer 2½ hours. Remove bay leaf. Yield: 6-8 servings.

\*\*\*

## POT ROAST MEAT LOAF

1 lb. lean ground beef  
¾ cup evaporated milk  
½ cup fine dry bread crumbs  
¼ cup catsup or chili sauce  
2 Tablespoons dried onions  
1½ teaspoons salt - pepper to taste  
2 teaspoons Worcestershire sauce  
6 medium sized potatoes  
6 medium sized carrots  
3 onions, cut in half  
2 teaspoons dried parsley flakes

Mix ground beef, milk, crumbs, catsup, 1 teaspoon salt, Worcestershire sauce, pepper and dried onions. Shape into a loaf and place in center of a 13 x 9 x 2 inch pan. Peel potatoes, onions, and carrots. Cut onions in half and place all vegetables around meat loaf; sprinkle with ½ teaspoon salt and parsley flakes. Cover tightly with foil. Bake at 375°F for 1 hour or until vegetables are tender. Uncover and bake for 10 minutes longer. Serves 6. If you prefer to slice the potatoes and cut the carrots in quarters, it takes less time to bake.

Iris Vinson, Sulphur, LA

\*\*\*



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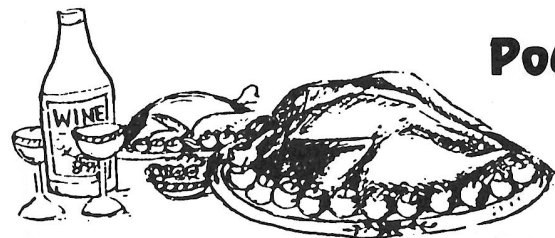
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### STANDING RIB ROAST

1 (8-10 lb) standing rib roast  
garlic powder  
seasoning salt  
pepper  
fresh parsley sprigs

Sprinkle roast on all sides with garlic powder, seasoning salt, and pepper. Place roast, fat side up, on a rack in a roasting pan. Insert a meat thermometer, making sure bulb does not touch fat or bone. Bake, uncovered, at 325°F for about 3 or 4 hours until meat thermometer reaches 140°F for about 3 or 4 hours until meat thermometer reaches 140°. Remove from oven. Trim fat from roast; bake 10 more minutes at 400°F or until browned. Slice roast and place slices on a serving platter. Garnish with parsley. Yield: 16-20 servings.

**NOTE:** Bake roast to an internal temperature of 150°F for medium rare and 160°F for medium.



## Poultry

### BAKED CHICKEN

4 chicken breasts  
1 stick oleo, melted  
Ritz crackers, crushed  
Salt and pepper  
Paprika

Remove skin from chicken. Salt, pepper and sprinkle with paprika. Dip each piece in melted oleo and roll in crushed crackers. Place in pan, cover with foil and bake at 350°F for one hour. Remove foil and bake an additional 15 minutes.

*Vicki Carroll, Lake Charles, LA*

### CHICKEN DRUMMETTES

1 bottle Wishbone Russian Dressing  
1 cup peach, pineapple jam  
1 package dry onion soup mix  
5 packages chicken drummettes

Stir the first three ingredients together. Pour over chicken wings and mix until well coated. Marinate overnight. Place on cookie sheet rack and bake at 325°F for one hour. This can be made ahead of time and frozen and reheated before serving. Double recipe for 60 people.

*Ida Boutte, Lake Charles, LA*

### THELMA'S STUFFED TEAL

1 teal per person  
Salt  
Black pepper  
Garlic powder  
¼ cup chopped onions  
¼ cup bell pepper  
¼ cup celery  
¼ cup mushrooms  
1 Tablespoon French's mustard  
½ teaspoon Kitchen Bouquet  
Margarine

Season teal with salt, pepper and garlic powder inside and out. Mix the chopped vegetables and stuff each teal cavity. Mix mustard and Kitchen Bouquet and rub outside of each teal with this mixture. Place breast side down in baking dish with small amount of melted margarine. If you have some excess stuffing place between teals. Bake covered at 350°F or pot roast on top of stove. Make gravy with drippings. Serve with fluffy rice.

### ELEGANT TEAL

Teal  
Butter  
Black pepper  
Garlic powder  
Finely chopped onion  
Finely chopped celery  
Finely chopped parsley

Debone a teal for each person to be served. Be careful not to cut the skin. Make a mixture of butter, pepper, garlic powder, onion, celery, and parsley. Open teal skin side down and apply a fair amount of butter mixture. Roll enclosing butter mixture and shape to closely resemble a teal. Use a mixture of mustard and Kitchen Bouquet and rub each teal and place in baking dish in which a little butter has been melted to prevent sticking. Bake at 350°F till cooked (about 1½ hours) cover during this time. Uncover and bake 15-20 minutes to brown. Make a thick brown gravy from drippings. Place 1 teal on each plate and pour some of the gravy over each teal. Serve with wild rice dish and a veggie of your choice. I guarantee you'll get plenty compliments.

\*You may add a little wine and mushrooms to your gravy.

### TURKEY CHILI

1 lb. ground turkey breast  
1 medium green pepper, chopped  
1 can kidney beans  
1 medium onion, chopped  
1 large can tomato sauce  
1 package chili mix  
1 can Ro-tel tomatoes

Brown the turkey in a large pan. Spray pan with Pam. Add green pepper and onion, reduce the heat until the pepper is tender. Add the beans, tomatoes, and chili mix. Simmer for 10 minutes and serve. This will freeze well. Store in individual serving size containers.

*Eva Fuselier, Lake Charles, LA*

### CHICKEN DIVAN

6 chicken breasts, halved  
2 (10 oz.) packages frozen broccoli spears  
1 (10 oz.) can cream of mushroom soup, undiluted  
½ cup mayonnaise  
½ teaspoon curry powder  
½ teaspoon lemon juice  
½ (2 oz.) shredded American cheese  
¼ cup bread crumbs  
1 tablespoon butter or oleo

Cook chicken in boiling water to cover 25 minutes or until tender. Drain. Bone chicken and cut meat into bite size pieces and set aside. Cook broccoli according to directions omitting salt. Arrange broccoli in a lightly greased 12 x 8 x 2-inch baking dish. Top with chicken. Combine soup and next three ingredients stirring well. Pour mixture over chicken allowing broccoli to show around edge of dish. Bake at 350° for 15 minutes. Sprinkle cheese over casserole. Combine bread crumbs and butter. Sprinkle down the center of casserole. Bake an additional 10 minutes or until cheese melts. Yield: 6-8 servings.

### DENISE'S TURKEY FLORENTINE

2 (10 oz.) packages frozen chopped spinach,  
thawed and well drained  
2-3 cups chopped or sliced turkey  
½ teaspoon salt  
¼ teaspoon pepper  
1 can cream of mushroom soup  
3 Tablespoons milk  
2 Tablespoons dry sherry

Cover a 9-inch baking dish with spinach. Salt and pepper spinach then top with turkey. Blend remaining ingredients until smooth. Using a spatula, smooth mixture over turkey. Microwave on high for 10-13 minutes, rotating dish every 5 minutes. Let stand 5 minutes.

*Pam East, Hackberry, LA*

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### CHICKEN VELVET SOUP

6 Tablespoons butter  
½ cup flour  
½ cup milk  
½ cup Half and Half  
3 cups chicken broth  
1 cup finely chopped cooked chicken

Melt butter in saucepan. Blend in flour; add milk, Half and Half and broth; cook. Stir until mixture thickens and comes to a boil; reduce heat. Stir in chicken and a dash of black pepper. Heat again and bring to a boil; serve immediately. Garnish with snipped parsley and pimento, if desired.

*Blanche Eagleson, Port Arthur, TX*

### CHICKEN LASAGNA

1 (3-4 lb.) fryer - boiled, deboned and skinned,  
and cut into bite-sized pieces  
1 quart spaghetti sauce  
6 lasagna noodles  
1 (12 oz.) Cream cheese - cut into pats  
about 1" x 1" x ½"  
2 cups grated Mozzarella cheese

Place chicken pieces in large sauce pan and add spaghetti sauce. Cook over medium heat for about 30 minutes. Boil lasagna noodles in reserved chicken stock until tender, then drain. Cover the bottom of a 12 x 8 casserole dish with ½ of the chicken/sauce mixture. Place three lasagna noodles length-wise over the sauce. Cover noodles with the second ½ of chicken/sauce. Press pats of Cream cheese in rows into the chicken/sauce. Sprinkle 1 cup of Mozzarella cheese over this. Repeat layers of noodles, chicken sauce, Cream cheese, and mozzarella. Bake at 350°F until sauce bubbles and top layer of mozzarella turns light to golden brown. Serve while hot. Recipe serves 8.

*Cathy Soileau, Creole, LA*

### CRISPY BAKED BARBECUED CHICKEN

½ cup fine dry bread crumbs  
1 teaspoon brown sugar  
1 teaspoon chili powder  
½ teaspoon garlic powder  
¼ teaspoon dry mustard  
¼ teaspoon celery seed  
⅛ teaspoon cayenne  
1 (2½-3 lb.) broiler-fryer chicken, cup up  
¼ cup butter or margarine melted

Combine bread crumbs, brown sugar, chili powder, garlic powder, dry mustard, celery seed, and cayenne. Season chicken with salt and pepper. Brush each chicken piece with melted butter. Roll in crumb mixture to coat. Arrange chicken, skin side up so pieces don't touch, in a shallow baking pan. Sprinkle with any remaining crumb mixture. Bake, uncovered, in a 375°F oven about 50 minutes or until tender. Do not turn. Makes 6 servings.

*Roxanne Conner, Creole, LA*

### BETTY'S CHICKEN CONTINENTAL

2½ lb. fryer, cooked, deboned  
and cut into bite sizes  
1 pkg frozen whole broccoli (10 oz.)  
1 large onion, diced  
1 cup celery, chopped  
4 Tablespoons oleo  
1 can cream of chicken or mushroom soup  
1 (8 oz.) jar Cheese Whiz  
½ cup grated Mozzarella cheese  
1 cup buttered bread crumbs

Cook broccoli, cut into smaller pieces (not chopped) and set aside. Sauté onions and celery in oleo. Add soup and stir until smooth. Add Cheese Whiz, cooked rice, cut up chicken and season to taste. Pour into 1½ or 2 quart casserole dish. Spoon the broccoli in and "poke" into the rice mixture until fully covered. Top with Mozzarella cheese and bread cubes. Bake at 350°F in a preheated oven, bake 30-40 minutes until bubbly. Serve immediately. If too dry, spoon chicken stock over mixture. May be frozen before baking - thaw to bake.

*Iris Vinson, Sulphur, LA*



## BAKED SHERRY CHICKEN

6 boneless chicken breasts  
1 can mushroom stems  
1 stick butter  
1 cup cooking sherry  
1 cup pancake flour  
½ teaspoon accent  
Salt and pepper to taste

Salt and pepper chicken breasts. Roll in pancake flour and accent. Melt butter in iron skillet; brown chicken breast on each side till golden brown. Drain mushrooms, put in measuring cup, then add up to 8 oz. of cooking sherry. Add to chicken and bake uncovered in 350°F oven for 35 minutes.

*Phyllis Skipper, Houston, TX*

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## KING RANCH CHICKEN

2-3 lbs. boiled chicken  
3 cups cooked rice  
3-4 corn tortillas  
1 can Rotel w/chilies  
1 cup milk  
¾ lb. Velveeta cheese

Prepare chicken and debone. Prepare rice per package instructions. Melt Velveeta combined with milk and Rotel either in microwave or double boiler. Place chicken in bite size pieces in large casserole, tear tortillas and add over chicken, mix in rice and cheese mixture. Stir well. Heat at 375°F for 40 minutes. Serves 4-6.

\*You may add a little wine and mushrooms to your gravy.

*Patricia DeLong, Houston, TX*

\*\*\*

## CHICKEN ACAPULCO

1 onion, chopped  
1 Tablespoon butter  
3 cups chopped chicken  
1 can cream of chicken soup  
1 carton sour cream  
1 jar mushrooms, drained  
1 can chopped green chilies, drained  
½ cup sliced almonds, toasted  
½ teaspoon whole oregano  
Dash of salt  
Dash of pepper  
10 flour tortillas  
1 can cream of chicken soup  
1 cup shredded Cheddar cheese  
½ cup milk

Sauté onion and butter. Mix together chopped chicken, cream of chicken soup, sour cream, mushrooms, green chilies, and almonds. Stir in oregano, salt and pepper. Spoon chicken soup, Cheddar cheese, and milk mixture into tortillas. Roll seam side down. Bake at 350° for 35 minutes.

*Bonnye Theriot, (Southern Living)*

\*\*\*

## TURKEY BREAKFAST SAUSAGE

1 lb. ground turkey  
½ teaspoon salt  
¼ teaspoon sage  
¼ teaspoon pepper  
1 Tablespoon parsley flakes  
½ teaspoon marjoram leaves  
¼ teaspoon nutmeg  
2 Tablespoons skim milk

In medium bowl, combine all ingredients, blend well. Form into 8 patties. In large skillet over medium-high heat, brown patties well on both sides or until no longer pink. Use Pam or oil in skillet.

**MICROWAVE:** Prepare turkey patties as directed above. Place on microwave-safe roasting rack, cover with waxed paper. Microwave on HIGH for 5-6 minutes or until no longer pink, rearranging and turning patties once halfway through cooking. Brush with Worcestershire sauce for a browner appearance.

*Marcy Wiley, Houston, TX*

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## KING RANCH CHICKEN CASSEROLE

3 cans chicken  
1 can Rotel tomatoes  
1 can cream of mushroom soup  
1 large bag Doritos  
1 large onion  
1 can cream of celery soup  
1 can cream of chicken soup  
½ can chicken broth  
1 lb. grated cheese

Mix all liquid ingredients, and half of cheese in pot and heat on top of stove. Place Doritos in a casserole dish. Pour mixture over Doritos and top with chopped onions and grated cheese. Put in microwave until cheese is melted.

*Patsy Horn, DeQuincy, LA*

\*\*\*

## COMPANY SPECIAL CHICKEN

1 large hen cut in pieces  
Salt and pepper to taste  
1 can chopped mushrooms (drained)  
2 large onions  
2 cloves garlic  
2 stalks celery  
1 green pepper  
1 Tablespoon Kitchen Bouquet  
2 cans mushroom steak sauce  
½ cup sherry

Put cooking oil in heavy pot - just enough to cover the bottom. Place rest of ingredients in pot and cook on high heat until it begins to fry. Lower heat but do not remove cover. Let it cook on low heat for several hours. Serve with rice.

*Anita Burleigh, Cameron, LA*

## COUNTRYSIDE CHICKEN BAKE

1 cup uncooked long grain rice  
1 cup sliced celery  
¾ cup chopped onion  
2 Tablespoons margarine  
2 teaspoons salt  
½ teaspoon pepper  
6 chicken breast halves or thighs  
2 teaspoons dried parsley flakes  
1 can cream of mushroom soup  
¾ cup mayonnaise  
¼ cup milk  
1 (16 oz.) can baby carrots, drained  
Paprika

Cook rice according to package directions. Combine rice and next 6 ingredients; mix well. Spoon into lightly greased 13 x 9 x 2 baking dish; top with chicken breast. Mix together soup, mayonnaise and milk; spoon mixture over chicken breasts. Bake uncovered for 45 minutes. Remove from oven; add carrots and sprinkle top with paprika. Bake an additional 15 minutes. Yield 6 servings.

*Jeanette Blake, Cross, SC*

\*\*\*

## CHICKEN BREASTS WITH CARROTS AND SNOW PEAS

1 Tablespoon butter or margarine  
2 whole boneless chicken breasts,  
split and skinned  
2 medium carrots, thinly sliced  
(about 2 cups)  
1 envelope Lipton International Soup Classics  
Chicken and Mushroom Royale Soup Mix  
1 cup milk  
¼ teaspoon tarragon  
4 oz. snow peas, cut in half (about 1 cup)  
4 slices Swiss cheese  
Black pepper to taste

In medium skillet, melt butter and brown chicken. Add carrots and soup mix that has been thoroughly blended with milk and tarragon. Bring just to boiling, stirring frequently then reduce to low heat and simmer about 8 minutes, stirring occasionally. Add snow peas, and simmer 2 minutes more or until chicken is tender. Top with cheese and black pepper. Serves 4.

*Roberta Pinch, Cameron, LA*

\*\*\*

## TURKEY ROLL WITH SPINACH AND CHEESE

1½ lb. ground turkey  
Bread crumbs  
½ cup finely chopped onions  
½ teaspoon oregano  
½ teaspoon red pepper  
1 box chopped frozen spinach,  
thawed and squeeze drained  
2 eggs, slightly beaten  
¼ cup tomato sauce  
1 teaspoon dry mustard  
½ teaspoon garlic powder  
1 cup Mozzarella cheese

Sprinkle spinach and cheese over turkey. Using foil, roll into a log. Pat seam close and close ends. Put on a cookie sheet or jelly roll pan lined with foil. (Seam side down.) Bake in oven at 350° for 55-60 minutes. Remove and let stand 10 minutes before serving. Serve with a tomato sauce or turkey gravy.

### OPTIONAL STUFFINGS:

Cream cheese and cranberries with a cranberry sauce.  
Wild rice with a mushroom gravy.  
Stuffing (bread or cornbread) with turkey gravy.  
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*Marcy Wiley, Houston, TX*

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### TASTY CHICKEN CASSEROLE

4 chicken breasts  
½ of 1 package Shake and Bake  
1 can cream of chicken soup  
½ cup milk

Roll chicken in shake and bake. Place in casserole dish laying chicken side by side. Mix milk and soup in pan. Heat then pour over chicken. Bake 25-30 minutes at 350°F.

Melanie Arthur, Belle Chase, LA

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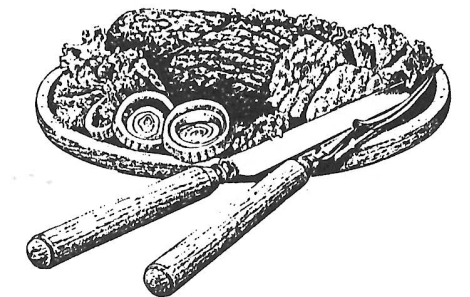
CAMERON, LA.

**BATTER:**  
Add half of water to egg yolk. Stir in flour and remaining water. Fold in egg white.

Diane Warren, Wickes, AK

\*\*\*

### Pork



### ARMADILLO EGGS

1 box Pork Shake and Bake  
1 lb. pork sausage  
Ray Jalapeno  
2 lbs. shredded Monterrey Jack cheese  
Bisquick mix

Mix Bisquick as for biscuits, mix half of the cheese and all of the sausage. Cut peppers in ½ and remove seeds. Wrap with pork, cheese and bisquick mixture. Roll in shake and bake, put on greased cookie sheet and bake in 350°F oven for 12-18 minutes.

Mary Dolinsky, Dickinson, TX



## RED RICE WITH HAM OR SHRIMP

- 1/4 lb. bacon
- 1 onion, chopped
- 1 cup cooked ham or shrimp cut into bite sized pieces (Left over cubed beef roast is good too)
- 1 cup regular white raw rice
- 2 cans (14 1/2 oz. each) tomatoes, undrained, slightly chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon tobasco

Fry bacon until crisp, remove from pan. Saute onion in bacon fat until tender. Add rice, tomatoes, seasoning, crumbled bacon and ham, shrimp or beef roast cubes. Cook over low heat about 10 minutes. Pour into a 2 1/2 quart casserole and cover tightly. Bake at 350°F for 1 hour. Stir with fork and serve. Yield: 4-6 servings.

Mary Lou Guillory, Welsh, LA

## HOT HAM SALAD

- 2 cups chopped boiled ham
- 1 cup chopped celery
- 1/2 cup chopped pecans
- 1 Tablespoon finely chopped onion
- 1/4 cup chopped sweet pickles
- 1 cup mayonnaise
- 1/2 cup grated cheese
- Few drops of lemon juice
- 1 cup crushed potato chips
- 2 Tablespoons Parmesan cheese

Mix together first 8 ingredients, and pour into a greased 2 1/2 quart casserole dish. Mix crushed chips and Parmesan together and sprinkle on top of ham mixture. Bake about 20 minutes in preheated 400°F oven, or until begins to bubble.

Sammie Jo Perkins, DeRidder, LA

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## FAST-N-EASY PORK CHOP OR CHICKEN CASSEROLE

- 2 cups raw rice
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- 1 jar mushrooms
- 2 chicken bouillon cubes
- 1 1/4 cup hot water
- 1/2 stick melted butter
- 1/2 teaspoon dry mustard
- 1/2 cup green onions, chopped
- 2 teaspoons onion soup mix or 1 onion, chopped

In 9 x 13 inch pan add all of the above ingredients and stir well. Season chicken pieces or pork chops and lay on top of mixture. Cover with foil and bake at 375°F for one hour. Last ten minutes, uncover to brown.

Reinette Guillory, Holmwood, LA

## RED RICE WITH SAUSAGE AND BACON

- 5 slices bacon
- 5 links Hillshire sausage
- 1 medium onion, diced
- 1 medium bell pepper, diced
- 1 (6 oz.) can tomato paste
- 2 cups cooked rice
- 1/2 teaspoon Accent
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Fry bacon, remove from fat and set aside. Cut sausage in 1/2 inch slices and brown lightly in bacon fat over moderate heat. Remove from fat and set aside with bacon. Sauté onions and bell peppers about 5 minutes until tender. Stir in tomato paste. Fold in rice - sprinkle in seasoning to taste. Mix all ingredients thoroughly. Add more rice if necessary. Cover and steam over low heat for about 10 minutes.

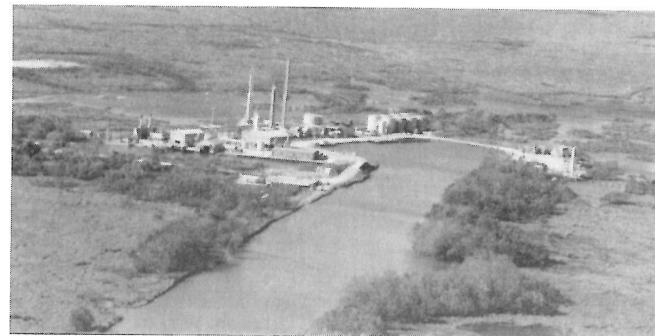
Grace Welch, Hackberry, LA

## SAM RAYBURN OMELET

- 6 eggs
- 1/2 cup Pet milk
- 1/2 onion, chopped
- 1/2 bell pepper, chopped
- 1 cup cheese, chopped
- Ham, chopped
- 1 tomato, chopped
- 4 Tablespoons butter
- Salt and pepper to taste
- Butter

Add two Tablespoons of butter on each side of open omelet pot. With still open sauté onions and bell pepper divided on each half. Beat eggs and milk, half the cheese and half the ham. Add salt and pepper to taste and mix well. Pour half the mixture on each side of pot. Cook open till done. Add tomatoes, rest of ham and cheese on one side of cooked eggs. Close pot and cook till both sides are tan. May add bacon or sausage instead of ham or anything else you like.

Jimmy Monvoisin, Lake Arthur, LA



Amoco Plant in Grand Chenier.

## BARBECUED SPARERIBS

- 4 lbs. pork spareribs
- 1/2 cup corn syrup
- 1/2 cup catsup
- 1/2 cup minced onion
- 1/2 cup orange juice
- 1 clove garlic, minced
- 1 teaspoon grated orange rind
- 1 Tablespoon vinegar
- 1 Tablespoon vegetable oil
- 1/2 teaspoon prepared mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon Kitchen Bouquet
- 1/8 teaspoon tobasco

Cut spareribs into serving pieces. Place in a large saucepan and cover with water. Cover and bring to a boil. Simmer 20 minutes. Drain. Place spareribs in shallow baking dish. Combine corn syrup, catsup, onion, orange juice, garlic, orange rind, vinegar, vegetable oil, mustard, salt, pepper, Kitchen Bouquet, and tobasco and pour over meat in baking dish. Bake in a preheated 350°F oven about 1 hour or until done. Baste and turn spareribs 2 or 3 times. Makes 4 servings.

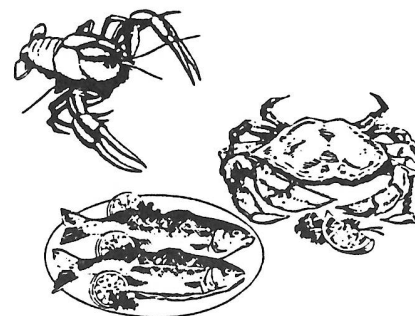
Mrs. Otis Abbott, Weems, VA

## CAJUN COUNTRY PORK OR BEEF SOUTACHE

- 1 lb. ground pork or beef
- 1/2 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup green pepper
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (8 oz.) Cream cheese, cubed
- 2 Tablespoons chopped green onion
- 2 Tablespoons parsley
- 1 teaspoon file'
- 1 (8 oz.) can crescent dinner rolls
- 1 egg, beaten

Brown meat and drain. Add next 5 ingredients. Cook on low fire for 5 minutes. Add Cream cheese, green onion, parsley and file'; stir until cheese is melted. Unroll dough in lightly greased cookie sheet. Roll dough to 12 x 10 inch rectangle. Spoon meat into center. Leave extra dough on ends. Slice the ends into strips and brush with egg. Lay strips over filling. Fold ends over each other and brush top with egg. Bake at 350°F for 25 minutes.

Reinette Guillory, Holmwood, LA



Seafood

## SHRIMP CASSEROLE

- 1 cup chopped onion
- 1 cup chopped bell pepper
- 1 cup chopped celery
- 3 chopped cloves of garlic
- 1 stick oleo
- 1 can Golden Cream of Mushroom Soup
- 1 can Cream of Celery Soup
- 1 cup chopped pimento
- 1 cup water
- 3 cups chopped shrimp

- 2 1/4 cups cooked rice
- 4 slices toasted bread, crumbled
- 1/2 cup chopped parsley
- 1/2 cup green onions

Cook white onions, green peppers, celery and garlic in oleo until tender. Add soups, parsley, green onions, shrimp and pimento and heat thoroughly. Add rice and two slices of toasted bread, crumbled. Season to taste. Cook in a 3 quart casserole at 375° for 45 minutes. Top with crumbs of 2 slices of toasted bread.

Gloria S. Kelley, Cameron, LA

## FLOYD AND SHIRLEY CRAB SOUP

- 1 1/2 cup butter
- 4 small onions, grated
- 1 bay leaf
- 1/4 cup chopped celery leaves
- pinch of thyme
- 2 cloves garlic - minced
- 1 (8 oz.) can tomato sauce
- 1/2 cup flour
- 2 quarts water
- 2 lbs. fresh crabmeat
- salt and cayenne pepper to taste
- 1/2 cup chopped parsley
- lemon slices - garnish

Melt butter in a layer saucepan, add onions and cook until onions are transparent. Add bay leaf, thyme and garlic and mix well. Add tomato sauce and mix again. Stir in flour and mix until well blended. Slowly add water, stirring until mixture is well blended. Slowly add water, stirring until mixture is well blended, add crabmeat, salt and pepper, bring to a boil and simmer about 10-15 minutes. Be careful not to break up crabmeat. Serve in soup bowls. Sprinkle with parsley and top with lemon slices.

Blanche Authement, Cameron, LA

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## SHRIMP AND PARSLEY

3 lbs. cleaned and deveined shrimp  
3 blocks of Parkay margarine  
1 large chopped onion  
½ cup chopped parsley  
1 teaspoon salt  
1 teaspoon cayenne pepper  
½ teaspoon black pepper

Place all of the ingredients in a heavy pot, stir well and cook on low heat for about 40 minutes. Then add another ½ cup chopped parsley and 1 cup water. Cook for another 5 minutes. Serve over hot cooked rice. Serves 6 to 8 people.

Mrs. Drusilla Aubey, Cameron, LA

## OYSTER CASSEROLE

2 cans artichoke hearts  
cut up and drained  
4 dozen oysters  
7 oz. Pepperidge Farm bread crumbs  
soaked in oyster water and chicken broth,  
must be moist  
½ cup chopped onions  
½ cup chopped celery  
2 cloves garlic (optional)  
¼ cup green onions  
¼ cup parsley  
½ teaspoon thyme  
salt and pepper to taste  
¾ stick butter  
3 Tablespoons abisante liqueur

Sauté onions, celery, garlic, green onions in butter. Add bread cubes, oysters, artichokes, thyme, salt, pepper, and parsley and cook for 10-15 minutes. Pour into 10 x 14 x 12 inch casserole dish. Sprinkle abisante over casserole. Also seasoned bread crumbs. Bake 20-30 minutes. \*Always heat oysters in sauce pan before adding to control liquid.

Ruth Hoffman, Metairie, LA

## CRAB CASSEROLE

½ cup finely chopped celery  
½ large bell pepper, chopped  
½ cup chopped green onions  
¼ cup fresh parsley  
1¼ cup crushed cracker crumbs  
⅓ teaspoon dry mustard  
¼ cup heavy cream  
½ cup melted butter or oleo  
few dashes of Tobasco  
1 lb. crabmeat

Divide cracker crumbs in half; save half for topping. Mix the rest of the ingredients into a large bowl until thoroughly mixed. Butter or spray baking dish with Pam. Pour in mixture. Cover top with remaining cracker crumbs. Bake in pre-heated oven at 350°F for 25-30 minutes. Six servings - 269 calories, 98 cholesterol, 21 fat G, 568 sodium.

Grace Welch, Hackberry, LA

## BAKED SEAFOOD SALAD

12 oz. medium shrimp, peeled  
1 (6 oz.) can crabmeat  
1½ cup finely chopped celery  
½ cup finely chopped green pepper  
¼ cup finely chopped onion  
1 cup mayonnaise  
1 teaspoon Worcestershire sauce  
½ teaspoon salt  
1½ cup crushed potato chips  
½ teaspoon paprika  
2 Tablespoons margarine  
salt and pepper to taste

Boil shrimp in seasoned water until pink. Drain off water and combine

with crabmeat, celery, green pepper and onion. Mix mayonnaise with Worcestershire sauce and salt; fold into shrimp and crab mixture. Spread in 2 quart buttered baking dish. Bake at 400° for 10 minutes. Blend potato chips with paprika, sprinkle over mixture. Dot with margarine and bake until potato chips are brown. Yield 6 servings.

Jeanette Blake, Cross, SC

## RICE-IMITATION CRAB MEAT CASSEROLE

1½ cup cooked rice  
1 cup yogurt (plain)  
4-6 chopped eggs (optional)  
2 Tablespoons chopped onions  
¼ teaspoon red pepper  
1 cup imitation crabmeat  
½ cup low fat mayonnaise  
1 Tablespoon chopped parsley  
½ teaspoon salt

**TOPPING:**  
cracker crumbs  
grated cheese  
butter

Sauté onions before adding to other ingredients. Mix all ingredients at one time. Top casserole with bread crumbs and cheese. Grate with butter. Bake at 350° for 20 minutes. 4-6 servings.

Carolyn Thibodeaux, Cameron, LA

## SEAFOOD PIE

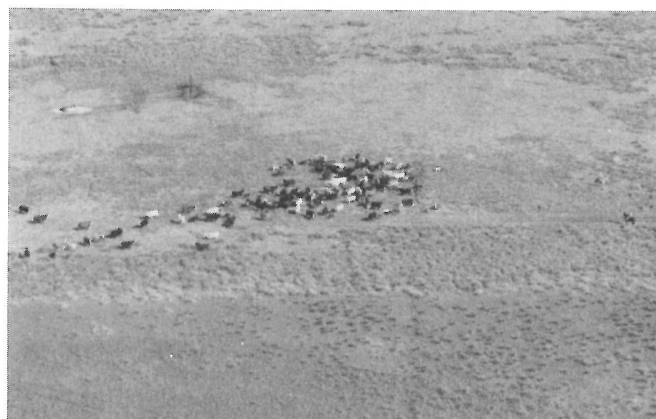
**RICE CRUST:**  
2 cups rice - cooked  
½ cup green onions  
parsley  
1 onion  
¼ cup oleo  
1 egg, slightly beaten

**PIE FILLING:**  
1½ lb. peeled shrimp  
1 stick oleo  
½ cup green onions  
1 onion, chopped  
½ cup celery  
¼ cup bell pepper  
1 can cream of mushroom soup  
1 small jar of Pimento - optional  
1 - 2 cans crabmeat - optional

**RICE CRUST:** Sauté onions and parsley in oleo until wilted. Add rice and egg. Season and press in bottom of 9 x 13 inch pan.

**PIE FILLING:** Sauté onions, celery, and bell pepper in oleo until wilted. Add shrimp, and soup. Simmer about 20 minutes; add seasoning and pimento. Pour on top of rice mixture. Top with bread crumbs. Place the baking dish in a pan of water while cooking to preserve rice mixture. Bake covered at 350°F for 20 minutes. Bake 10 minutes uncovered at 400°F.

Blanche Authement, Cameron, LA



Cattlemen working their animals.

## SHRIMP IN A BLANKET

1 cup shrimp  
Season All Salt  
1 stick margarine  
¼ cup chopped onion  
¼ cup chopped bell pepper  
¼ cup chopped celery  
1 can biscuits

Clean and devein shrimp. Chop shrimp into small pieces. Season with Season All Salt. In a saucepan, melt margarine, add shrimp, onion, bell pepper and celery. Cook over low heat for about 10-15 minutes. Remove from heat. Cool completely. Then roll out biscuits to about a 4-inch circle. Spoon shrimp mixture on half of the biscuit and fold over the other half to cover shrimp mixture. Pinch edge of biscuit together. Chill about 45 minutes before frying. This makes them easier to handle when frying. Drop in hot grease. Brown biscuit on both sides. Serve with fried shrimp and French fries. Yield: 10

Lynne Bourque, Pecan Island, LA

## SISSY'S FRIED SHRIMP

Shrimp  
Season All Salt  
2 Tablespoons dehydrated onion flakes  
1 large can evaporated milk  
2 eggs  
Bisquick Biscuit Mix

Clean and devein shrimp. Sprinkle with season all salt, and onion flakes. Mix well. Beat eggs and milk together. Pour over shrimp and mix well. Refrigerate and let soak about 3-4 hours. Roll in Bisquick and fry until golden brown.

Lynne Bourque, Pecan Island, LA

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## MONIQUE'S CRAWFISH ETOUFFÉE

1 stick butter  
1 package chefs seasoning  
1 small jar Pace Picanté Sauce  
1 can cream of mushroom soup  
1 lb. crawfish tails, peeled  
½ cup onion tops  
½ cup parsley

Sauté chef seasoning in butter until clear. Add picanté sauce, cream of mushroom soup and 2-3 cups of water, season to taste and cook for 35-45 minutes. Add crawfish, parsley, onion tops and tails and cook 15-20 minutes. Serve over rice.

Monique Taber Pregeant, Grand Isle, LA

## LEE'S GARFISH PATTIES SUPREME

4½ cups garfish steaks  
¾ cup lean slab bacon  
2 onions, quartered  
5 pods garlic  
4 medium potatoes, mashed  
Steak seasoning  
Red pepper

Grind garfish, alternating bacon, onion, and garlic in a food grinder. Season and mix well with hands. Add mashed potatoes and mix well. Add more seasoning if needed. Shape into 3 inch patties ½ inch thick. Dip in flour. Fry in hot fat 7-9 minutes. When patties float, turn and fry until golden brown. Makes about 20.

Lee J. Harrison, Grand Chenier, LA

## CRAB STUFFED POTATOES

4 large baking potatoes  
¾ cup butter or oleo  
¾ cup of whipping or light cream  
Creole seasoning to taste  
½ teaspoon garlic powder  
2 Tablespoons finely chopped onion  
¼ cup chopped parsley  
¼ cup chopped green onions  
½ teaspoon salt  
1½ cups grated sharp Cheddar cheese  
1 lb. white crab meat  
Paprika

Wash potatoes; dry thoroughly. Bake at 325°F until you can easily pierce with fork. Cut potatoes lengthwise; scoop out potatoes, leaving enough potato to hold shell firmly together. Whip potato with butter, cream, Creole seasoning, garlic powder, onion, parsley, green onion, salt and cheese; mix crab into this lightly. Refill the potato shells with mixture; sprinkle generously with paprika. Reheat at 400°F for 20-25 minutes. Serves 8.

Lois Belaire, Lacassine, LA

## SHRIMP AND EGGPLANT CASSEROLE

2 lbs. shrimp  
1 onion, chopped  
1 cup celery  
1 cup bell pepper, chopped  
2 medium white or green eggplants  
¼ cup cooking oil  
2 cups rice slightly undercooked  
1 cup cream of mushroom soup  
1 cup toasted and buttered bread crumbs  
½ lb sharp Cheddar cheese, grated  
Salt, pepper, and garlic powder to taste

Sauté peeled shrimp in oil till pink. Remove from skillet, sauté onion, celery, bell pepper; add peeled and cubed eggplant, cover and steam until tender. Add salt, red pepper and garlic powder to taste. Add shrimp and rice. Mix well and spoon into 2½ quart buttered casserole dish. Pour undiluted soup over the top, then sprinkle with grated cheese and bread crumbs. Heat in 350°F oven for 25-30 minutes.

Ruby M. Nettles, Cameron, LA

## MICROWAVE SHRIMP

1-1½ pounds peeled shrimp  
1 large bell pepper chopped  
4 green onions chopped  
1 large onion chopped  
Tony's seasonings to taste  
¼ stick margarine

Put shrimp in 9" microwavable dish. Sprinkle with Tony's seasonings to taste. Place chopped vegetables on top of shrimp. Dot with margarine. Microwave on high for 4-5 minutes, stir, then cook another 3-4 minutes depending on size of shrimp.

*Alta Silver, Hackberry, LA*

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## CRAWFISH AU GRATIN

1 medium onion, diced  
1 clove garlic, diced  
2 ribs celery, chopped  
4 Tablespoons margarine melted  
¼ cup green onion  
¼ cup chopped pimento  
1 Tablespoon flour  
1 small can evaporated milk  
1 lb. crawfish tails  
Salt and pepper to taste

Sauté onion, garlic, celery and mushrooms in margarine until tender. Add green onions and pimento the last 10 minutes. Mix in flour, add cheese and milk and salt and pepper to taste. Add crawfish. Bake in a greased casserole at 350° for 30-40 minutes. Sprinkle with extra cheese if desired.

*Pam East, Hackberry, LA*

\*\*\*

## SEAFOOD BREAD

1 lb. butter  
Onions  
Green onions  
Garlic  
Bell Pepper  
Shrimp  
Crab meat  
Cheese (American)  
5 loaves French bread

Sauté butter, onions, green onions, garlic and bell pepper. After sauté, combine shrimp and then crab meat and let cook. After cooked, put cheese and mix. Toast inside of bread and crumble into pot. Put mix into bread. Place cheese on top, wrap and bake.

*Janice Baty*

\*\*\*

## DADDY'S REDFISH COURTBOUILLON

1 stick butter  
1 can stewed tomatoes  
1 package chef seasoning  
2 stalks celery  
4 cans V-8 vegetable juice  
2 large fillets red fish

Sauté celery and chef seasoning in butter until clear. Add stewed tomatoes, V-8 juice and seasoning (salt and pepper). Cook for 45 minutes, add small amounts of water if needed. Add fillets and cook about 10 minutes. Be sure not to overcook because fish will fall apart. Serve over rice.

*Monique Taber Pregeant, Grand Isle, LA*

\*\*\*

## FISH STEW

4 lbs. firm fresh fish  
¾ cup shortening  
2 cups finely chopped onions  
¾ cup chopped celery  
¾ cup chopped bell pepper  
4 cloves minced garlic (optional)  
1 cup green onions, chopped  
salt and pepper to taste

Cut fish into 2 or 3 inch squares. Season generously with salt and pepper. Heat shortening and add onions, celery, bell pepper, and garlic. Cook over medium heat in an uncovered pot until onions are wilted, stirring often. Add onion tops and cover. Cook on low fire for about 15 minutes, stirring occasionally. Then in another pot put 1 layer of seasoning mixture and 1 layer of fish, repeat, and end up with a layer of seasonings. Cover pot and cook on low fire for about one hour without stirring. Do NOT put any water. Serve with hot, cooked rice. Will serve 8-10 people.

*Mrs. Ruby H. Hebert, Cameron, LA*

\*\*\*

## SHRIMP JAMBALAYA

4 lbs. fresh shrimp (peeled & deveined)  
4 cups raw rice  
1 cup shortening  
4 cups chopped onions  
1 cup chopped celery  
1 cup chopped bell pepper  
1 cup green onions, chopped  
1 cup parsley, chopped  
2 Tablespoons tomato paste  
4 cups water  
salt and pepper to taste

If large shrimp are used, chop into bite size, season and set aside. Heat shortening. Add onions, celery, bell peppers and tomato paste. Cook over medium heat in uncovered pot until onions are wilted, stirring constantly. Cover pot and let cook for another 15 minutes on low fire. Add shrimp, green onions and parsley and 4 cups water. Bring to a rapid boil. Wash rice thoroughly and add to shrimp. Season with salt and pepper to taste. Cook on medium low fire, stirring often until rice is done. Will serve 8 - 10 people.

*Mrs. Ruby H. Hebert, Cameron, LA*

\*\*\*

## GARFISH BALLS

3 lbs. coarsely ground garfish  
3 eggs  
1½ cups instant mashed potato flakes  
1 cup minced onions  
1 cup chopped green onions  
1 cup shortening  
salt and pepper to taste

Combine fish, eggs, potatoes, onions, and green onions. Salt and pepper to taste and mix thoroughly. Form mixture into 10 or 12 balls. Brown these evenly in shortening, removing them to a bowl until all are browned. Return browned balls to pot and add ½ cup water. Cover tightly and let cook slowly for about 45 minutes. Serve with hot cooked rice. Serves 5-6 people.

*Mrs. Ruby H. Hebert, Cameron, LA*

\*\*\*

## SALMON BALLS

1 can salmon  
1 egg  
½ teaspoon garlic powder  
½ teaspoon black pepper  
½ teaspoon cayenne pepper  
½ cup chopped green onions  
3 Tablespoons flour

Mix ingredients with a fork until well mixed. Then add flour and mix well with a fork after each addition. Drop by Tablespoons in hot oil and fry until golden brown. Serves 4 people.

*Mrs. Drusilla Aubey, Cameron, LA*

## SHRIMP & CRAB CASSEROLE

1 can crab meat  
1 can cream of celery soup  
1 can cream of mushroom soup  
Shrimp amount desired  
1 stick oleo  
2½ cups cooked rice  
Bell pepper  
Small onion  
2 stalks celery

Cook vegetables in oleo until tender. Boil shrimp in seasoning and drain. Mix rice, crab and shrimp together. Stir well. Put in greased casserole dish. Bake at 350°F for 30 minutes.

*Kim Alexander, Lake Arthur, LA*

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## CRISPY BAKED FILLETS

1 lb. fish fillets  
¼ teaspoon salt  
Dash of pepper  
2 Tablespoons oil  
½ cup corn flake crumbs

Preheat oven to 500°F. Wash and dry fillets and cut into serving pieces. Season, dip in oil and coat with cornflake crumbs. Arrange in a single layer in a lightly oiled shallow baking dish. Bake 10 minutes without turning or basting. Serves four.

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## EASY CRAWFISH JAMBALAYA

1 lb. crawfish  
1 can beef broth  
1 medium onion, chopped  
1 bell pepper, chopped  
1½ cups raw rice  
1 can sliced mushrooms  
1 stick margarine melted  
1 pod garlic  
1 cup onion tops

Mix all ingredients in a 10 cup Hitachi. Push lever to cook and let cook until bell rings. Shrimp may be substituted.

**NOTE:** Instant rice works better or pre-cook your raw rice on stove half the normal time, then mix ingredients in your Hitachi.

*Ollie F. Harmon, Branch, LA*

\*\*\*



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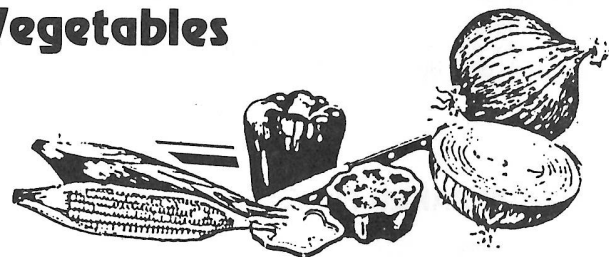


HOLLY BEACH - "THE CAJUN RIVIERA"



# Co-Starring

## Vegetables



### VEGETABLE PIZZA

- 1 roll Pillsbury Crescent Roll
- 1 (8 oz.) softened cream cheese
- 1 package Hidden Valley Ranch Mix
- ½ cup mayonnaise
- ½ onion, minced
- 1 small bell pepper, minced
- Broccoli, chopped, fresh, uncooked
- Cauliflower, chopped, fresh, uncooked

Roll out crescent rolls on a pizza pan, covering it. Bake until golden brown and let cool. Cream Ranch dressing mix, cream cheese and mayonnaise together and spread on cooled "crust." Top with remaining vegetables and enjoy.

*Valarie Precht*

### MOCK STUFFED POTATOES

- Sour cream
- Butter
- Milk
- Salt/Pepper to taste
- Fried bacon crumbled
- Green scallions, chopped
- Cheddar cheese, grated
- Potatoes

Peel potatoes and bake in microwave or boil until cooked. Mash potatoes with lots of butter, sour cream, salt, pepper, and milk until creamy. Put this mixture in a buttered casserole and top with bacon, green onions, and grated cheese. Place casserole in microwave or BAKE or in oven until cheese melts.

*Valarie Precht*

### POTATOES AU GRATIN

- 4 large red potatoes
- 4 Tablespoons margarine
- 1½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon red pepper
- ¼ cup flour
- 2 cups milk
- 1 (10 oz.) package Velveeta cheese, grated
- Seasoned bread crumbs

Peel potatoes and cut into bite size pieces. Boil until tender. Drain and place into a buttered casserole. Melt margarine in heavy sauce pan. Add seasonings and flour. Stir until smooth. Add milk; stir over medium-high heat, stirring constantly until mixture begins to thicken. Remove from heat. Add grated Velveeta and stir until cheese has completely melted. Pour cheese sauce over boiled potatoes. Top with seasoned bread crumbs. Bake at 350°F until cheese bubbles around edges of casserole.

*Cathy Soileau, Creole, LA*

### SPINACH CASSEROLE

- 2 (10 oz.) package frozen chopped spinach
- 1 envelope dry onion soup mix
- 1 cup sour cream
- 1 cup dry bread crumbs
- ½ cup grated sharp cheese

Cook spinach according to directions, omitting salt. Drain well, add soup mixture and sour cream. Pour into well buttered 1½ quart casserole. Top with crumbs and bake 30 minutes at 350°F. Add grated cheese on top and bake 5 minutes longer or until cheese is melted. Serves 4-6.

*Ruth Walter, San Antonio, TX*

### SWISS VEGETABLE MEDLEY

- 1 bag (16 oz.) frozen broccoli, carrots, and cauliflower combination, thawed and drained
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 1 cup (4 oz.) shredded Swiss cheese
- ½ cup sour cream
- ¼ teaspoon Durkee Ground Black Pepper
- 1 jar (4 oz.) chopped pimento, drained (Optional)
- 1 can (2.8 oz.) Durkee French Fried Onions

Combine vegetables, soup, ½ cup cheese, sour cream, pepper, pimento and ½ can Durkee French Fried Onions. Pour into a 1 quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions; bake, uncovered, 5 minutes longer. Preparation time: 5 minutes. Makes 6 servings.

*Roberta Pinch, Cameron, LA*

### STUFFED EGGPLANT

- 6 eggplants
- 1 lb. ground meat
- 1 medium onion
- 1 bunch of green onions
- 1 sweet pepper (green)
- 2 eggs
- ½ loaf of stale french bread

Boil the eggplant until it is soft, let cool, then cut in half, peel, and scoop out insides, saving the shell. Brown ground meat. Once meat is brown, add onion, green onions, and sweet pepper. Continue to cook until the onions and pepper are slightly browned. Take eggplant pulp, eggs and mix in large mixing bowl. Crumble french bread and set aside approximately 1 cup of crumbs. Mix with the eggplant mixture. Season with salt and pepper to taste. Add the ground meat to eggplant mixture. Fill each eggplant shell with mixture and set in butter baking dish. Put remaining french bread crumbs on top of shells. Add 1 pat of butter on top of each shell and bake at 300°F for 60 minutes.

*Sherry Lee Phillips, LaPlace, LA*

### BAKED LIMA BEANS

- 1 lb. big dried lima beans
- 1 cup melted butter
- 1 cup sour cream
- 2 Tablespoons molasses
- 2 teaspoons dry mustard

Soak beans overnight. Cook beans in salted water, covered until done. Drain beans. Mix rest of ingredients with beans. Pour into a 2 quart casserole dish. Place slice of ham or Canadian bacon on top, if desired. Bake uncovered at 300°F for 1½ hours.

*Ella Hebert, Cameron, LA*

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### BAKED PUMPKIN

- ½ stick margarine
- 2 cups pumpkin
- 1 cup sugar
- 1 teaspoon vanilla
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup flour
- 2 eggs
- 1 small can evaporated milk
- ¼ teaspoon soda

Melt margarine in a 2 quart casserole. Mix all ingredients. Pour mixture into dish. If desired sprinkle mixture of ¼ cup sugar and ½ teaspoon cinnamon on top. Bake at 450°F for 25-30 minutes.

*Alta Silver, Hackberry, LA*

### ONION PATTIES

- ¾ cup flour
- 2 teaspoon baking powder
- 1 Tablespoon cornmeal
- ½ cup non-fat dry milk
- 1 Tablespoon sugar
- ½ teaspoon salt
- Cold water
- 2½ cups finely chopped onions

Mix first 6 ingredients. Stir in enough cold water for thick batter. Mix in onions and drop by teaspoonfuls into hot fat. Flatten patties slightly as you turn them. Fry to golden brown. These are much easier to make than onion rings. Serves 8-12.

*Jennie Broussard, Amarillo, TX*

### EGGPLANT CASSEROLE

- 1 eggplant
- 1 can Campbells Golden Mushroom soup
- 1 cup unsalted cracker crumbs
- ½ cup water
- ½ cup grated sharp cheese
- ¼ cup margarine
- Dash of black pepper

Peel eggplant, slice and boil in salted water until tender (about 5 minutes). Drain off water. Put margarine in casserole dish. Place eggplant slices in dish. Mix ½ cup water and can of mushroom soup. Pour over eggplant; add a dash of pepper. Sprinkle cracker crumbs and cheese on top. Bake at 350°F for 30 minutes.

*Grace Welch, Hackberry, LA*

### YELLOW SQUASH PIE

- 1 unbaked pie shell
- 5 medium sized squash, sliced
- ¼ cup melted margarine
- ¾ cup sugar
- 5 Tablespoons lemon extract
- 1 Tablespoon all purpose flour
- 2 egg yolks, beaten
- Dash of salt

Cook squash in small amount of water until tender. Drain well and mash. Combine margarine, sugar, lemon extract, flour, eggs, and salt. Add squash and stir well. Spoon squash into pie shell. Bake at 375°F 20-25 minutes or until firm. Yields 9" pie.

*Grace Welch, Hackberry, LA*

### POTATO CASSEROLE

- 1 (2 lb.) box frozen hash browns
- 1 sour cream
- 10 oz. grated Cheddar cheese
- 4 Tablespoons butter or oleo
- 2 Tablespoons minced onions
- 1 can cream of chicken soup
- Salt and pepper to taste

Mix all ingredients together. Pour in 9 x 13 inch pan. Bake at 350°F until brown.

*Grace Welch, Hackberry, LA*

### GREEN TOMATO BEANS WITH ALMONDS

- ¼ cup sliced almonds
- ¼ cup oleo
- ½ teaspoon salt
- ¼ cup chopped green tomatoes
- 4 cups hot cooked drained green beans

In saucepan cook almonds in oleo on low heat till golden brown, stirring occasionally. Remove from heat, add salt and tomatoes. Pour over hot beans, mix well and serve while hot. Serves 4.

*Catherine Perkins, Baton Rouge, LA*

### MARINATED BROCCOLI

- 3 bunches fresh broccoli, cut in small florets
- 1 cup cider vinegar
- 1 Tablespoon sugar
- 1 Tablespoon dill weed
- 1 teaspoon salt
- 1 teaspoon pepper - coarsely ground
- 1 teaspoon garlic salt
- 1½ cup vegetable oil

Mix ingredients and pour over broccoli. Marinate overnight in refrigerator. Drain to serve. 12 servings. 250 Calories - 27 Fat G - 199 Sodium.

*Grace Welch, Hackberry, LA*

## CABBAGE AND BEEF CASSEROLE

½ - 1 head cabbage  
1 lb. ground beef  
2 cans tomato sauce  
1 cup raw rice  
¼ cup water or 1 can Rotel tomatoes  
1 medium chopped onion  
Seasoning: salt, pepper, garlic powder  
2 Tablespoons parsley  
1 cup chopped green onions

In 9 x 13 inch pan, lay cabbage pieces on bottom, sprinkle rice on top. Brown ground beef with seasonings, onions, and add 1 can tomato sauce and parsley. Put ground beef mixture in 9 x 13 pan. Pour 1 can tomato sauce on top and add water. Cover and bake at 375°F for one hour.

*Reinette Guillory, Holmwood, LA*

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## SWEET POTATO CASSEROLE

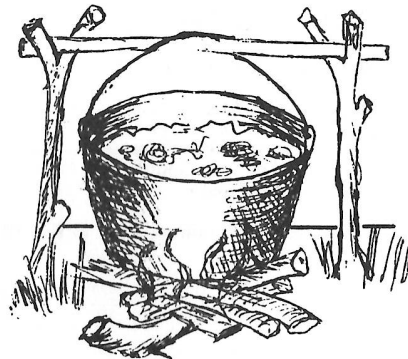
3 large sweet potatoes  
1 cup shredded coconut  
¼ cup peanut butter  
½ cup sugar  
¾ teaspoon salt  
2 Tablespoons oleo

Cook potatoes in boiling water until tender. Cool, peel and mash. Add all other ingredients. Mix well and bake in 1½ quart casserole at 350°F about 30 minutes or until brown.

*Bobbie Jean Blake, Cross, SC*

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## Dressings



## CORN BREAD CASSEROLE

2 cups fresh okra sliced  
1 cup carrots sliced  
1 cup sweet peas  
2 tomatoes, chopped  
1 onion, chopped  
½ cup celery, sliced  
2½ cups cooking oil  
Salt and pepper to taste  
1 package corn bread mix

Cook onion, celery in oil until tender. Mix all vegetables with onion and celery. Mix corn bread as directed on box. Pour vegetables in baking pan. Pour corn bread mix on top. Bake at 350° for 40 minutes.

*Mrs. Mayo Cain, Klondike, LA*

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## HEAVENLY RICE

1 cup raw rice  
1 (3 oz.) can crushed pineapple  
1 (8 oz.) jar cherries  
4 packages Dream Whip

Cook rice and add pineapple and cherries and 3 envelopes of Dream Whip. Let marinate overnight. Next day add the last package of Dream Whip and mix and serve. Be sure to mix Dream Whip according to package directions before adding to rice.

*Mary Dolinsky, Dickinson, TX*

## MAW MAW OLA'S CORN BREAD DRESSING

1 fryer chicken  
1 bell pepper  
1 onion  
3 stalks of celery  
1 package of corn bread mix  
3 shallots (green onions)  
Butter  
4 eggs  
Salt and pepper (season to taste)

In large pot boil whole fryer, cut up bell pepper, cut up onion, and celery and boil until meat starts to fall off the bone. Let cool, debone chicken and put in medium pan along with about 3-4 cups of broth from chicken. Be sure to strain seasoning and include in broth used. Bake corn bread, then crumble in pan with cut up chicken, broth and seasonings. Add cut up shallots and 4 eggs raw and mix all together. Put 8 pats of butter on top of mixture then bake in preheated oven at 375° for 45 minutes or 1 hour until top turns golden brown.

*Monique Taber Pregeant, Grand Isle, LA*

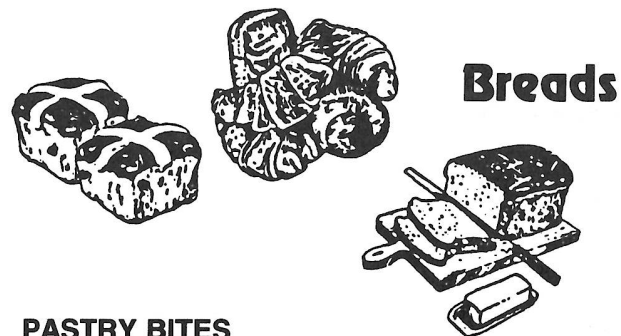
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## WILD RICE

1 box Uncle Ben's Wild Rice  
1 stick butter  
1 bell pepper  
2 onions  
1 bunch green onions  
Sage  
Poultry seasonings  
1 lb. ground chuck  
Salt and pepper to taste  
Add water

Melt butter, brown ground chuck, onions, bell pepper, add water, salt, poultry seasonings and pepper, stirring constantly, turn on low and simmer until done.

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## Breads

## PASTRY BITES

1 cup sifted flour  
½ cup margarine  
2 teaspoons water  
1 cup water  
½ cup margarine  
1 cup flour  
1 teaspoon almond or lemon flavoring  
3 eggs

**ICING:**  
½ cup melted margarine  
2 cups powdered sugar  
1½ teaspoon vanilla  
2 - 4 teaspoons hot water

Cut ½ cup margarine into flour and add 2 teaspoons of water. Shape into balls and divide in half. Make 2-12x3 strips on a large ungreased cookie sheet and set aside. In a large saucepan bring remaining water and margarine to a boil, remove from heat. Add flour and mix together using a wooden spoon until it forms a ball. Add flavoring; beat in one egg at a time until smooth. Spread over the two strips of pastry dough. Bake at 350°F for 1 hour. Cool slightly, then put icing on top.

**ICING:**  
Combine all ingredients and spread on pastry. Sprinkle with chopped nuts.

*Reinette Guillory, Holmwood, LA*

## PAT'S BREAKFAST TAKE ALONGS

⅔ cup butter or oleo  
⅔ cup sugar  
1 egg  
1 teaspoon vanilla  
½ teaspoon each of soda and salt  
¾ cup wheat flour  
1½ cups Quaker Oats  
1 cup (4 oz.) shredded Cheddar cheese  
½ cup wheat germ  
6 crispy cooked bacon slices, crumbled

Beat together butter, sugar, egg and vanilla until well blended. Add combined flour, soda and salt. Mix well. Stir in oats, cheese, wheat germ, and bacon. Drop by rounded teaspoons on greased cookie sheet. Bake at 350°F for 12 - 14 minutes or until edges are golden brown. Makes 3 dozen.

*Iris Vinson, Sulphur, LA*

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## CUBIC'S RING

½ cup brown sugar  
¼ teaspoon nutmeg  
2 cups flaked coconut  
½ cup chopped nuts  
2 cans biscuits  
½ cup melted margarine

Combine brown sugar, nutmeg, coconut. Dip biscuits in melted margarine. Then in coconut mixture, put nuts in bottom of greased bundt pan. Then stand biscuits on edge in pan. Bake at 425°F for 15 - 20 minutes.

*Reinette Guillory, Holmwood, LA*

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## SPIDINI BREAD

1 (16 oz.) loaves of French Bread  
2 packages Swiss cheese  
1 medium onion, diced  
2 sticks melted margarine  
2 teaspoons mustard  
2 teaspoons poppy seed  
2 teaspoons parsley  
1 lb. bacon

Mix onion, margarine, mustard, poppy seed and parsley. Slice bread 1" thick to ¾ the way down the loaf. Spoon onion mixture in between each slice. Put a slice of cheese between each slice. Lay bacon on top of each slice. Bake at 350°F for 20-30 minutes. Uncover last few minutes to brown bacon.

*Reinette Guillory, Holmwood, LA*

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## CAJUN CORN BREAD

2 cups cornmeal  
1 teaspoon salt  
1 teaspoon baking soda  
6 eggs  
2 medium onions, chopped  
½ cup sliced Jalapeno peppers  
1 (16 oz.) package Cheddar cheese, grated  
¾ cup oil  
2 (16 oz.) cans cream style corn  
2 lbs. crawfish tails

In large bowl combine cornmeal, salt and baking soda. In medium bowl beat eggs thoroughly. Add cheese, eggs, onions and Jalapeno peppers together. Mix well. Pour in 12 x 14 inch baking dish. Bake at 375°F for 25 minutes or until golden brown. Yields 12 servings.

*Grace Welch, Hackberry, LA*

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## HOPi FRY BREAD

4 cups all purpose white flour  
5 teaspoons baking powder  
1½ teaspoons salt



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1½ cups water  
Oil for frying

In large bowl, mix flour, baking powder and salt. With fork, gradually stir in just enough water to make soft dough. Continue stirring until all flour has been absorbed. Cover bowl with clean towel and set aside for 30 minutes. Shape dough into approximately 16 balls, each about the size of a small egg. (If dough is too sticky to handle knead it briefly on a heavily floured board, sprinkling on additional flour as needed.) With floured rolling pin, shape each ball on lightly floured board into a disk about 4 inches in diameter and ½ inch thick. Heat 1½" of oil in heavy frying pan until it is just about to smoke. Fry 3 or 4 pieces of bread at a time in the hot fat until they are puffy and brown on both sides. Drain bread on paper towels and continue frying until all bread is done.

*Blanche Authement, Cameron, LA*

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## HUSH PUPPIES

1 beaten egg  
1 cup buttermilk or sour milk  
½ cup finely chopped onion  
¼ cup water  
1¾ cups cornmeal  
½ cup all-purpose flour  
1 Tablespoon sugar  
2 teaspoons baking powder  
1 teaspoon salt  
½ teaspoon baking soda

In a large mixing bowl stir together egg, buttermilk or sour milk, onion, and water; set aside. In another large mixing bowl combine cornmeal, flour, sugar, baking powder, salt, and baking soda. Add egg mixture to cornmeal mixture, stir just till moistened. Drop batter by tablespoons into deep hot fat at 375°F. Fry about 2 minutes or until golden brown. Serve with butter or margarine. Makes about 24.

*Roxanne Conner, Creole, LA*



## POPPY BREAD

3 cups flour  
1½ teaspoon salt and baking powder  
3 eggs  
2¼ cups sugar  
1½ teaspoon vanilla  
Almond extract  
Buttering flavoring  
1½ cups milk  
1½ cups oil  
1½ Tablespoons poppy seed

### GLAZE:

¾ cup powdered sugar  
½ teaspoon vanilla  
¼ cup orange juice

Mix all ingredients, using electric mixer at medium speed for 2 minutes. Lightly grease and flour small individual disposable baking pans. Pour in approximately half full. Bake at 350°F for 1 hour.

**GLAZE:** Mix all together and pour over warm loaves.

*Ida Boutte, Lake Charles, LA*

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## CINNAMON PINWHEEL LOAF

½ cup shortening  
Milk  
½ cup sugar  
1 teaspoon salt  
1 envelope yeast  
¼ cup very warm water  
3¾ cups sifted all-purpose flour  
3 Tablespoons sugar  
1 teaspoon cinnamon  
½ cup sifted powdered sugar  
½ teaspoon vanilla

Combine shortening, milk, sugar and salt in a small sauce pan. Heat to scalding; cool to lukewarm. Dissolve yeast in very warm water in a large bowl. Beat in egg, cooled milk mixture and flour until smooth. Beat in 1½ more cups of flour to make a stiff dough. Turn onto a lightly floured board; knead 5 minutes until smooth and elastic, adding only enough of remaining flour to keep dough from sticking. Shape into ball, place in greased bowl, turn to coat all over with shortening. Cover. Let rise in a warm place, away from drafts, 1 hour or until dough is doubled. Punch down dough, knead a few minutes. Roll out onto lightly floured board to a rectangle 16 x 19". Mix the 3 tablespoons sugar and cinnamon in a cup, sprinkle evenly over rectangle. Starting at a short end, roll tightly, jelly roll fashion. Fold ends of loaf under, place seam side down, in a greased baking pan, 9 x 5 x 3. Cover. Preheat oven to 375°F. Bake 45 minutes, or until golden and loaf sounds hollow when tapped by finger. Loosen around edges with a knife, turn out onto a wire rack, cool. Blend confectioners sugar, vanilla and 1-2 teaspoons milk in a cup to make a smooth thin glaze, drizzle over loaf. Let stand until glaze is firm.

*Mary Dolinsky, Dickinson, TX*

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## FLUFFY FRENCH TOAST

½ cup all-purpose flour  
1 Tablespoon plus 1½ teaspoons sugar  
¼ teaspoon salt  
2 cups milk  
6 eggs  
18 slices bread  
1 Tablespoon margarine or butter

Beat flour, sugar, salt, milk and eggs with hand beater until smooth. Soak bread in egg mixture until saturated. Heat margarine in skillet until melted. Cook bread until golden brown. If using self-rising flour, omit salt.

*Crystal Alexander, Cameron, LA*

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## APPLESAUCE BREAD

2 eggs, slightly beaten  
1 can (16 oz.) applesauce  
2 cups Kroger Raisin Bran Cereal  
2½ cups all-purpose flour

2½ teaspoons baking powder  
1 teaspoon salt  
½ teaspoon baking soda  
1 teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
¼ cup vegetable oil  
1 cup packed brown sugar  
½ cup coarsely chopped nuts

Preheat oven to 350°F. Grease 9 x 5 x 3 inch loaf pan. Combine eggs, applesauce, and Raisin Bran. Let stand 10 minutes. Stir. In large bowl stir together flour, baking powder, salt, baking soda and spices. Stir vegetable oil, brown sugar and nuts into cereal mixture. Add all at once to dry ingredients. Stir just until moistened. Turn into pan. Bake 60-70 minutes or until tester inserted in center comes out clean. Let cool 15 minutes before removing from pan. Makes 1 loaf.

*Shirley Bonsall, Grand Chenier, LA*

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## NUTMEG MUFFINS

3 cups all-purpose flour  
1½ cups brown sugar  
¾ cup butter or oleo  
2 teaspoons baking powder  
2 teaspoons nutmeg  
½ teaspoon baking soda  
1 cup buttermilk  
2 eggs, slightly beaten

Mix 2 cups of flour and brown sugar in a medium size bowl. Cut in butter with 2 knives or a pastry blender until mixture resembles coarse oatmeal. Reserve ¾ of mixture for topping. Add 1 cup of flour, baking powder, nutmeg, soda and salt to remaining mixture in bowl. Add buttermilk and beaten eggs, stirring till moistened. Put butter in greased muffin cups, filling half full; sprinkle each muffin with ½ teaspoon of topping. Bake at 350°F for 20 minutes or until tests done.

*Elizabeth Warren, Wickes, AR*

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## COBBLESTONE PUMPKIN BREAD

⅔ cup shortening  
2⅔ cups sugar  
4 eggs  
1 can (16 oz.) pumpkin  
⅔ cup water  
3½ cups flour  
2 teaspoons baking soda  
1½ teaspoons salt  
½ teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon cloves  
⅔ cup coarsely chopped nuts  
⅔ cup currants, raisins, or white raisins

Heat oven to 350°F. Grease two 9x5x3 inch loaf pans. In large bowl, cream shortening and sugar 10 - 15 minutes. Stir in eggs, pumpkin and water. Blend in flour, soda, salt, baking powder and spices. Stir in nuts and raisins. Pour in pans and bake 70 minutes or until toothpick inserted in center comes out clean. Served in Cobblestone Ordinary Restaurant in Abingdon.

*Kimberly Mahaffey - Janie Shannon, Midlothian, VA*

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## ONION PARSLEY BUTTERFINGERS

2 cups buttermilk biscuit mix  
1 egg  
½ cup milk  
½ cup oleo  
2 Tablespoons onion flakes  
2 Tablespoons minced parsley

Combine mix, egg and milk, beat 20 strokes. Turn dough out on lightly floured board and knead lightly. Roll into 12 x 8 inch rectangle and cut into 4 x 1 inch fingers with floured knife. Melt oleo in jelly roll pan in 450°F oven. Lay fingers in oleo. Turn once to coat both sides. Sprinkle with onion and parsley. Bake at 450°F for 8 minutes or until brown. Serve hot. Makes 2 dozen.

*Jeanette Blake, Cross, SC*

## HOT ROLLS

2½ cups milk - scalded  
2 packages yeast  
½ cup shortening  
1½ teaspoons salt  
½ cup sugar  
2 eggs well beaten  
5 cups flour

Mix well then add flour. Let rise. Make rolls the size you like. Bake at 400°F about 20 minutes or until golden brown.

*Lena Authement, Cameron, LA*

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## SOUR CREAM CORN BREAD

1 cup self-rising corn meal  
1 small can creamed corn  
1 small container sour cream  
¼ cup cooking oil  
3 eggs - beaten

Mix well and bake at 350°F until brown.

*Grace Welch, Hackberry, LA*

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## HOMEMADE BISQUIT MIX

8 cups flour  
8 teaspoons baking powder  
4 teaspoons salt  
1½ cups shortening

Sift flour and measure. Sift again with the baking powder and salt. Cut in the shortening until mixture has a fine even crumb. Place in closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield 5 batches with 2 cups of mixture to the batch. It may be used (similar to Bisquick) for biscuits, dumplings, shortcake, waffles, muffins, pancakes, coffee cake, etc.

*Bobbie Fox, Johnson Bayou, LA*

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## BANANA NUT BREAD

2½ cups all-purpose flour  
½ cup granulated sugar  
½ cup packed brown sugar  
3½ teaspoons baking powder  
1 teaspoon salt  
3 Tablespoons vegetable oil  
½ cup milk  
1 egg  
1¼ cup mashed bananas  
1 cup chopped nuts

Heat oven to 350°F. Grease bottom only of loaf pan, 9 x 5 x 3 inches, or 2 loaf pans, 8½ x 4½ x 2½ inches. Mix all ingredients; beat 30 seconds. Pour into pans. Bake until wooden pick inserted in center comes out clean. Bake 9-inch loaf 65-70 minutes. Cool slightly. Loosen sides of loaf from pan. Remove from pan. Cool completely before slicing. To store, wrap and refrigerate no longer than 1 week.

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## QUICK YEAST ROLLS

½ cup milk  
¼ cup shortening  
2 Tablespoons sugar  
2 teaspoons salt  
½ cup cold water  
1 package yeast  
1 unbeaten egg  
2 cups flour

Scald milk, add sugar, shortening and salt, cool to luke warm. Put into a large mixer bowl and add yeast and egg. Beat on #5 speed until yeast is dissolved. Add 2 cups of flour while beating. Beat about 2 minutes. Remove from mixer and stir in one cup of flour. Turn onto well floured board and mix until smooth. Shape into rolls and put in

greased pans. Brush with melted butter. Cover with damp cloth. Let rise 1 hour. Bake at 425°F for 20 minutes.

*Mary Dolinsky, Dickinson, TX*

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## HELEN'S HUSH PUPPIES

1 box Jiffy Corn Mix  
1 egg  
½ cup milk  
½ white onion, grated well  
Green onion tops

Mix all ingredients together. Sprinkle a little cornmeal in mixture. Fry by teaspoon in hot grease.

*Kim Alexander, Lake Arthur, LA*

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## COUNTRY DOUGHNUTS

4 cups flour  
½ teaspoon salt  
¼ teaspoon nutmeg  
3 teaspoons baking powder  
2 eggs  
¼ cup shortening  
1 cup sugar  
1 cup milk  
½ cup powdered sugar  
2 teaspoons cinnamon

Sift flour, salt, nutmeg and baking powder together. Beat eggs until light with shortening and sugar. Add milk and sifted flour mixture. Roll until ½ inch thick and cut with doughnut cutter. When all are cut out, fry in deep hot fat about 3 minutes. When done, dust with powdered sugar and cinnamon.

*Bernice Denney, Iowa, LA*

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## SOUR CREAM ROLLS

2 packages yeast  
½ cup warm water  
½ cup oleo  
1 cup sour cream  
½ cup sugar  
2 eggs, beaten  
4 cups flour  
1 teaspoon salt

Dissolve yeast in warm water with 1½ teaspoon sugar. Melt oleo and bring to a boil. Remove from heat and stir in sour cream and rest of sugar. Cool to lukewarm. Add yeast mixture and beaten eggs. Mix well. Combine flour and salt, add to yeast mixture, mix well. Refrigerate overnight or longer. Form into rolls and let rise. Bake till brown at 375°F for 15-20 minutes. NOTE: Dough will be soft, so more flour may be added if needed to shape rolls.

*Bernice Denney, Iowa, LA*

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## CAKE DOUGH NUTS

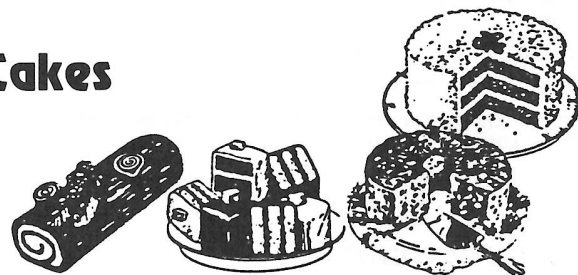
2 cups sugar  
⅔ cup shortening  
4 eggs beaten well  
9 cups flour  
9 teaspoons baking powder  
2 teaspoons nutmeg  
2 teaspoons salt  
2 cups milk  
2 Tablespoons vanilla extract

Cream together sugar and shortening. Add beaten eggs. Mix dry ingredients together and add to creamed mixture, alternating with milk. Add flavoring and mix well after each addition. The dough will be soft. Chill at least 1 hour. Roll dough out onto a floured paper at least ½ inch thick and cut with dough cutter. Deep fry until golden brown. You do not have to use all the dough at one time. Can be kept refrigerated for at least 1 week. Yield around 4-5 dozen. You can also sprinkle confection sugar on top or leave plain. Goes well with coffee.

*Brenda Conner, Cameron, LA*

# The End

## Cakes



### SOCK-IT-TO-ME CAKE

1 package Duncan Hines Butter Recipe Golden Cake Mix  
1 cup dairy sour cream  
1/3 cup Crisco oil  
1/4 cup sugar  
1/4 cup water  
4 eggs

**FILLING:**  
2 Tablespoons reserved cake mix  
2 teaspoons cinnamon  
2 Tablespoons brown sugar  
1 cup finely chopped pecans

Preheat oven to 375°. Combine filling ingredients and set aside. In a large bowl, blend cake mix, sour cream, oil, 1/4 cup of sugar, water and eggs. Beat at high speed for 2 minutes. Pour 2/3 of the batter in a greased and floured 10-inch tube or bundt pan. Sprinkle filling ingredients over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45-55 minutes until cake springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan. **Glaze:** Blend 1 cup of confectioners sugar and 2 Tablespoons milk. Drizzle over cake.

*Crystal Alexander, Cameron, LA*

### JELLO CAKE

1 box lemon cake mix  
3 eggs  
1/2 cup cooking oil  
1 cup water  
1 small box lemon jello  
1 1/2 cups water

Mix cake mix, eggs, cooking oil and 1 cup of water with mixer. Spray 12 x 9 inch pan with Pam. Bake cake mixture at 350°F for 40-50 minutes. Mix 1 cup of hot water with jello. Stir until jello is well dissolved. Add 1/2 cup of cold water. Make holes with wooden spoon handle all over cake. Pour jello on top of warm cake.

*Mrs. Mayo Cain, Klondike, LA*

### VANILLA WAFER CAKE

2 sticks margarine  
6 eggs  
1 (12 oz.) box Vanilla Wafers  
1 cup chopped pecans  
2 cups sugar  
1/2 cup milk  
1 (7 oz.) packaged flaked coconut  
1/2 teaspoon vanilla

Cream butter and sugar. Add eggs, one at a time. Crumble vanilla wafers until fine as meal. Add crumbs alternately to creamed mixture of milk. Add nuts, coconut and vanilla. Put in well greased and floured tube pan. Bake at 275° for 1 1/2 hours. This is a rich festive cake. Top

pieces with whipped cream and cherry.

*Mary Dolinsky, Dickinson, TX*

### ICEBOX FRUIT CAKE

1 1/2 boxes of Vanilla Wafers  
1 can condensed milk  
1 cup cherries, halved  
2 cups walnuts  
2 cups pecans  
1 teaspoon vanilla  
1 cup raisins

Crush vanilla wafers to very fine texture; then add following ingredients folding until they are well mixed and sticky. Put in buttered loaf pan and place in refrigerator over night. Serve thin slices, very rich.

*Phyllis Skipper, Houston, TX*

### NORMA'S CHOCOLATE FUDGE CAKE

3 cups flour  
3 cups sugar  
1 1/2 teaspoons baking soda  
1/2 teaspoon salt  
1 1/2 cup oil  
3/4 cup water  
4 heaping Tablespoons cocoa  
1 1/2 sticks margarine  
3 eggs, beaten  
3/4 cup buttermilk  
1 1/2 teaspoon vanilla

**FUDGE ICING:**  
2 cups sugar  
3 Tablespoons cocoa  
1/4 cup Karo  
1/2 cup milk  
1/2 stick margarine  
1 cup chopped nuts  
1 teaspoon vanilla  
1/2 teaspoon salt

Combine flour, sugar, baking soda and salt and mix well in a large bowl. Set aside. In a thick sauce pot, combine oil, water and cocoa, mix well, then add margarine and cook on medium heat until it boils. Pour this over dry ingredients and blend well. Add beaten eggs, milk and vanilla and mix all well. Pour into a 9 x 13 greased pan. Bake at 350° 45-50 minutes.

**ICING:** In a thick sauce pot combine sugar and cocoa well. Then add milk and Karo. Stir well before cooking. Cook on medium heat until sauce comes to soft ball stage. Remove from heat and let it cool for 15-20 minutes. Add margarine, nuts, salt and vanilla. Stir quickly for a couple of minutes until mixture begins to cool. Pour over warm cake.

*Norma Jo Pinch*

### STRAWBERRY CAKE

1 package white cake mix  
1 box strawberry gelatin  
3/4 cup cooking oil  
1/4 cup chopped nuts  
4 eggs  
1 (10 oz.) package frozen strawberries

Pour cake mix in mixing bowl, add all other ingredients, heat well, and pour into bundt pan. Bake at 350° until tests done. Grease and flour bundt pan.

*Bess Welch, Lake Charles, LA*

### NO BAKE BANANA SPLIT CAKE

1 lb. angel food or pound cake from your baker or grocery  
1 small can crushed pineapple  
1 large container frozen strawberries  
2 bananas, sliced  
1 box instant vanilla pudding  
1 (8 oz.) package cream cheese, (softened)  
1 small container Cool Whip or Dream Whip  
Cherries (optional)

In a 9 x 13 pan, cut up pound cake into small pieces and cover the bottom of your pan. Drain most of the pineapple juice and drop a teaspoon full of pineapples onto cake, then repeat with strawberries, but use all of the juices from them. Slice bananas and lay on top other fruits. In a bowl soften cream cheese and mix vanilla pudding with correct milk, then mix with cream cheese. Spread onto the banana's. Top with Cool Whip and drained cherries. Chill for 30 minutes.

*Norma Jo Pinch*

### TURTLE CAKE

1 box German Chocolate Cake Mix  
1 can Eagle Brand Milk  
1 package Kraft Caramels  
1 package (12 oz.) Nestle's Milk Chocolate Chips  
1 cup pecans

Mix cake as directed on box. Add 1/2 cup of Eagle Brand milk. Grease and flour a 9 x 11 or 11 x 13 pan. Pour half of batter into pan and bake at 325°F for 12 minutes. Cool 5-10 minutes. Melt caramels and remaining Eagle Brand milk. When completely melted, pour over partially baked cake. Sprinkle milk chocolate chips and pecans over caramel mixture. Pour rest of batter over this and bake at 325°F for 30 minutes. Best if cooled over night.

*Belinda Smith, Houston, TX*

### DIRT

2 (3 1/2 oz.) boxes Instant French Vanilla Pudding  
4 cups milk  
1 (8 oz.) cream cheese (softened)  
6 Tablespoons margarine (softened)  
1 cup confectioner's sugar  
1 (12 oz.) Cool Whip  
2 lbs. Oreo Cookies

**PUDDING MIXTURE:** Mix pudding and milk. Stir until thick. Then add cream cheese and margarine. Mix well. Then add confectioners sugar and Cool Whip. Mix well and set aside.

**DIRT MIXTURE:** (Using a food processor) Chop up one row of cookies at a time. Chop until all the white cream disappears. Cookies will then resemble dirt. Use a new sandbucket, a new flowerpot, or a container of your choice. Pour mixture in container, spread around the bottom. Then add a layer of pudding mixture. Alternate a layer of dirt mixture then a layer of pudding mixture. Continue alternating layers. End your top layer with dirt mixture. Cover with plastic wrap. Refrigerate 3-4 hours before serving.

**HINTS:** Try using this recipe and put it in a sandbucket and serve it with a shovel. This is a favorite at a kids birthday party. Or try the flowerpot. Just add a stem of artificial flowers to the center and use it as a centerpiece until desert time.

*Lynne & Fenton Bourge, Pecan Island, LA  
Bonnye Theriot, Creole, LA*

### PINEAPPLE INSIDE OUT CAKE

1 package (18 1/2 oz.) pineapple or lemon cake mix  
1 can (15 1/4 oz.) crushed pineapple  
4 eggs  
1/2 cup salad oil  
1/4 cup sugar  
1 cup sifted confectioners sugar  
2 teaspoons lemon juice  
2 teaspoons pineapple syrup  
Cherries

In large mixing bowl, combine cake mix, one cup undrained crushed

pineapple, eggs, oil and sugar. Beat with electric mixer at medium speed 2-4 minutes. Pour into greased and floured 10" tube pan. Bake for 50 minutes or until center springs back when lightly touched. Cool, right side up, 15 minutes. Remove from pan, cool. Drain remaining pineapple. Combine confectioners sugar, lemon juice, pineapple syrup, drizzle over cake to glaze, allowing some to run over and down sides. Top with drained pineapple and cherries. Heat oven to 350°F.

*Father Robert Shreve, Grand Chenier, LA*

### STRAWBERRY ALASKA CAKE

1 1/2 cups sifted flour  
3/4 cup sugar  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/3 cup Crisco  
1/2 cup milk  
1 teaspoon vanilla  
4 egg yolks, unbeaten  
4 egg whites, beaten  
1/8 teaspoon cream of tartar  
1 cup sugar  
1/2 teaspoon vanilla

Heat oven to 350°F. Sift flour, sugar, baking powder and salt into mixing bowl. Drop in Crisco, add 1/4 cup of milk, vanilla and egg yolks, beat 2 minutes at low speed. Add remaining 1/4 cup of milk and beat 2 minutes more. Grease bottoms only of 2 square 8 x 8 x 2 inch layer pans and pour batter into pans. Make meringue as follows: Beat egg whites until frothy, add cream of tartar, then beat until stiff. Add sugar gradually. Add vanilla. Spread evenly on batter in pans. Bake at 350°F 40-45 minutes. Cool. When cake is put together the meringue should be on top, then add strawberries and cream between layers and on top. A few whole strawberries can be used for decoration.

*Father Robert Shreve, Grand Chenier, LA*

## TARPON FREEZO

P.O. Box 56

Creole, LA 70632

Phone 542-4567 / 542-4341



## RICE CAKE

1 cup rice  
water  
5 eggs, separated  
1 orange rind, grated  
1 quart milk  
¾ cup mayonnaise  
½ cup raisins  
1 cup sugar  
Saltine cracker crumbs  
powdered sugar

Wash rice, put in 4 quart pot. Add enough water to cover. Bring to a boil then drain. Add milk to rice and cook until rice is done. Cream mayonnaise and sugar. Beat egg yolks until thick and lemon colored. Add these to warm rice with orange rind. Beat egg whites until stiff and fold into rice mixture. Pour into well buttered 12 cup tube pan which has been dusted with fine cracker crumbs. Bake at 350°F for 50 minutes. Let cool for 20 minutes. Loosen with knife and invert onto plate. Sprinkle with powdered sugar.

*Blanche Authement, Cameron, LA*

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## CHOCOLATE TRUFFLE CAKE

1 lb. semi-sweet chocolate, coarsely chopped  
10 Tablespoons unsalted butter  
5 eggs, separated, room temperature  
3 cups whipping cream  
2 Tablespoons vanilla  
grated chocolate

Melt chocolate and butter in double boiler over gently simmering water; stir until smooth. Pour into large bowl; cool slightly. Preheat oven to 375°F. Generously butter 9-inch springform pan. Beat yolks to blend. Stir into chocolate mixture. Beat whites to stiff peaks. Gently fold ¼ of whites into chocolate mixture to loosen. Fold in remaining whites. Pour batter into prepared pan. Bake 12 minutes; do not over-bake. Let cool completely in pan. Just before serving, beat cream, sugar and vanilla to stiff peaks. Spoon over cake in pan, smoothing top. Remove springform. Garnish cake with grated chocolate.

*Blanche Authement, Cameron, LA*

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## AUNT EULA'S SYRUP CAKE

1 cup sugar  
1 cup white Karo syrup  
3 eggs  
1 cup oil  
1 teaspoon allspice  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
2 teaspoons baking soda  
2 cups flour  
1 cup boiling water

Beat together sugar, Karo syrup and eggs, then add the rest of the ingredients and mix well. Pour into a greased and floured 9 x 13 inch pan and bake at 350°F until top springs back when lightly touched.

This recipe was given to me by Mrs. John Conner of Creole, mother of J.R. and Bobby Conner.

*Brenda Conner, Creole, LA*

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## APPLE SPICE CAKE

1 package yellow cake mix  
1 package Jello brand vanilla flavor instant pudding  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
1 cup apple sauce  
½ cup water  
¼ cup oil  
4 eggs  
½ cup raisins, finely chopped  
½ cup pecans, finely chopped

Combine all ingredients in large mixing bowl. Blend, then beat at medium speed for 4 minutes. Pour into 2 greased and floured 8 x 4 inch loaf pans. Bake at 350°F for 50-55 minutes or until cake tester

placed in center comes out clean. Cool in pan for 15 minutes. Remove from pan and finish cooling.

*Anita Burleigh, Cameron, LA*

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## RED VELVET CAKE

2½ cups flour  
1½ cups sugar  
1 cup buttermilk  
1½ cups Wesson Oil  
2 eggs  
1 teaspoon vanilla  
1 teaspoon baking soda  
1 teaspoon cocoa  
1 teaspoon vinegar  
1 (1 oz.) bottle red food color

**ICING:**  
1 box powdered sugar  
1 stick oleo  
1 (8 oz.) package cream cheese  
1 teaspoon vanilla

Mix ingredients together, blending well. Bake in 3 9" cake pans for about 35 minutes at 350°F. Let cake cool thoroughly before icing.

**ICING:**  
Mix all ingredients together. Put on sides of cakes and between each layer.

*Lena Authement, Cameron, LA*

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## PINTO BEAN CAKE

1 cup sifted self-rising flour  
2 sticks oleo, melted  
3 eggs, beaten  
2 cups cooked pinto beans  
1½ cups sugar  
1 teaspoon soda  
½ teaspoon salt  
1 teaspoon vanilla  
1 teaspoon cinnamon  
½ teaspoon cloves  
1 cup raisins  
2 cups chopped raw apples  
cream sugar

**FROSTING:**  
½ cup shortening, melted  
1 box powdered sugar  
1 teaspoon vanilla  
3 teaspoons juice from beans  
1 Tablespoon milk or cream

Mix first 13 ingredients together. Put in greased floured tube pan and bake at 350°F for 1 hour and 15 minutes.

**FROSTING:**  
Mix and spread over cooled cake. If too thick add more milk.

*Grace Welch, Hackberry, LA*

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## PUMPKIN CAKE

2 cups sugar  
2 cups flour  
2 teaspoons cinnamon  
4 eggs  
1 cup oil  
1 can firmly packed pumpkin

**FROSTING:**  
1 box powdered sugar  
2 Tablespoons vanilla  
1 stick margarine  
1 (8 oz.) Cream Cheese

Cream sugar and oil; add eggs one at a time. Add cinnamon, pumpkin, flour and beat well. Bake in 9" pan for 30 minutes.

**FROSTING:**  
Mix well and frost cake. Sprinkle nuts over icing.

*Grace Welch, Hackberry, LA*

## RED EARTH CAKE

½ cup butter  
1½ cups sugar  
2 eggs  
2 cups flour (minus 2 Tablespoons)  
¼ teaspoon salt  
1 teaspoon soda  
1 cup buttermilk  
2 Tablespoons cocoa  
1 teaspoon red food coloring  
1 Tablespoon vanilla  
3 Tablespoons brewed coffee

**ICING:**  
½ cup butter  
1 lb. box of powdered sugar

Cream butter and sugar, add eggs and beat well. Sift together flour, salt and soda. Add alternately to creamed mixture with the buttermilk. Make a paste of the cocoa, red food coloring, vanilla, and coffee and add to the above mixture. Mix all together and pour into 2 9" layer cake pans and bake 30 minutes or so at 350°F until tests done. Cool slightly before removing from pans.

**ICING:**  
Cream ½ cup of butter and 1 pound box of powdered sugar. Make the same paste above, and add to butter and powdered sugar mixture. Ice cake. This cake freezes well.

*Roberta Rogers, Cameron, LA*

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## LEMON JELLY CAKE

2¼ cups flour (minus 4 Tablespoons)  
3½ teaspoons baking powder  
1 teaspoon salt  
1½ cups sugar  
½ cup shortening  
1 cup milk  
1 teaspoon vanilla extract  
½ teaspoon lemon extract  
2 medium eggs

**FILLING:**  
1½ cups sugar  
4 Tablespoons cornstarch  
dash of salt  
3 slightly beaten egg yolks  
1½ cups water  
6 Tablespoons lemon juice  
2 teaspoons grated lemon rind  
2 Tablespoons butter

Sift together dry ingredients in large mixer bowl. Add shortening, ⅔ cup milk and extracts; beat two minutes. Add remaining milk and unbeaten eggs. Beat two more minutes. Bake in 2 greased and floured cake pans at 350°F for 30 minutes or tests done. Cool, slice carefully, making 4 layers. Spread each layer and top with jelly filling.

**FILLING:**  
Mix sugar, cornstarch, salt; add egg yolks, water and lemon juice. Cook in double boiler until thick, stirring constantly. Remove from heat, add rind and butter. Cool and spread on cake.

*Eula Holder, Lake Charles, LA*

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## MOM'S BROWN SUGAR SPICE CAKE WITH BAKED ICING

1 cup butter Crisco  
2 cups light brown sugar  
2 egg yolks (save whites)  
2 large whole eggs  
2½ cups all-purpose flour  
1 teaspoon cinnamon  
1 teaspoon cloves  
1 teaspoon soda  
1 teaspoon baking powder  
½ teaspoon salt  
1 cup buttermilk

**ICING:**  
2 egg whites  
1 cup brown sugar  
½ cup chopped pecans  
½ teaspoon baking powder

Cream together the shortening and sugar. Add 2 whole eggs and 2 yolks. Sift together flour, spices, soda, baking powder and salt. Add the sifted dry ingredients alternately with the buttermilk to the creamed mixture. Blend thoroughly and pour into a greased and floured 13 x 9 inch pan.

**ICING:**  
Beat egg whites and baking powder until it stands in peaks. Add the brown sugar and beat. Fold in pecans. Spread on top of cake batter and bake at 350°F for 40-45 minutes. If using glass baking dish, lower temperature 25°.

*Louise Skidmore, Cameron, LA*

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## CHEESECAKE FOR A CROWD

**CRUST:**  
1½ cups graham cracker crumbs  
4 Tablespoons melted butter

**TOPPING:**  
1½ pints sour cream  
4 Tablespoons sugar  
1½ teaspoons vanilla

**FILLING:**  
1½ lbs. Cream Cheese - room temperature  
5 large eggs  
1 cup granulated sugar  
1½ teaspoons vanilla

**CRUST:**  
Mix crumbs and butter. Line bottom of 9 x 13 inch baking dish. Preheat oven to 325°F.

**FILLING:**  
In large bowl with mixer, beat Cream Cheese well. Add eggs one at a time; beat well. Add sugar slowly while beating, mix in vanilla. Pour batter over crust slowly. Bake for 40 minutes. Let cool, spread on topping.

**TOPPING:**  
Mix sour cream, sugar and vanilla. Spread gently on cake. Bake in preheated 475°F oven for 5 minutes. Cool, place in refrigerator to set. This cheesecake may be made a day before serving. 24 servings if cut 3 x 1½" each.

*Roslain Baker, Livingston, AL*

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## SWEET POTATO CAKE SQUARES

½ cup margarine  
2 cups sugar  
1 cup cooked, mashed sweet potato  
1 teaspoon vanilla  
4 eggs  
1½ cups self-rising flour  
1 teaspoon each cinnamon and nutmeg

Cream margarine and sugar, add sweet potatoes and vanilla, mixing well. Add eggs one at a time, mix after each addition. Combine flour, spices, and add to sweet potato mixture, mix well. Pour into a greased 13 x 9 x 2 inch pan. Bake at 300°F for 1 hour or until tester is clean. Cut into squares to serve plain or with sweetened whipped cream or Cool Whip.

*Roberta Rogers, Cameron, LA*

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## CHOCOLATE COVERED CHERRY CAKE

1 box Devil's Food cake mix  
1 (21 oz.) can cherry pie filling  
2 eggs  
1 teaspoon almond extract

**ICING:**  
5 Tablespoons butter  
1 cup sugar  
½ cup evaporated milk  
1 (6 oz.) package chocolate chips

Mix well with fork. Pour into greased and floured 9 x 13 inch pan. Bake at 350°F for 30 minutes. When cool, spread icing on cake.

**ICING:**  
Mix butter and sugar, add evaporated milk and boil for 1½ minutes. Add chips and blend until smooth. Spread on cake. 12-16 servings.

*Carolyn Hayes, Welsh, LA*

## LEMON LIGHT COFFEE CAKE

¾ cup evaporated milk  
1 teaspoon soda  
1 cup sugar  
1 teaspoon grated lemon rind  
2 teaspoons baking powder  
½ cup firmly packed brown sugar  
2 Tablespoons lemon juice  
2 Tablespoons vinegar  
½ cup butter, softened  
2 eggs  
1¾ cups flour (less 2 Tablespoons)  
½ teaspoon salt  
1 Tablespoon cinnamon  
1 cup sifted powdered sugar

Combine evaporated milk and vinegar, stir in soda and set aside. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each and add rind, beating in. Sift together dry ingredients, add to creamed mixture alternately with milk, beating well. Spread one half of batter in a greased and floured 10 inch tube pan. Combine brown sugar and cinnamon. Sprinkle half of mixture over batter. Spoon remaining batter into pan, sprinkle with remaining sugar-cinnamon. Bake at 350°F for about 45 minutes. Cool in pan 5-10 minutes, remove from pan. Combine powdered sugar and lemon juice and pour over warm cake.

Jackie Armentor, Lake Charles, LA

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## FIG COFFEE CAKE

½ cup firmly packed brown sugar  
2 Tablespoons butter  
½ teaspoon cinnamon  
10 Fig Newtons, crumbled  
2 eggs  
1 teaspoon vanilla  
¾ cup sugar  
¾ cup melted butter  
2 cups flour (less 2 Tablespoons)  
1 teaspoon baking powder  
½ teaspoon salt  
½ cup milk

Combine brown sugar, softened butter, cinnamon and crumbled cookies. Mix well and set aside. Beat eggs till frothy, add sugar and melted butter and beat well. Sift flour, baking powder and salt and gradually add alternately with the milk. Stir in vanilla, mixing well. Pour half the batter into a greased and floured 8 inch square pan, top with half of fig mixture. Pour remains of batter over fig layer. Sprinkle remaining fig mixture on top. Bake at 350°F for 40-45 minutes tester comes out clean.

Shelley Richard, Lake Charles, LA

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## LEMON - PECAN CAKE

1½ cups butter or oleo, room temperature  
2 cups sugar  
6 eggs  
3 cups flour, divided teaspoon baking powder  
1 teaspoon baking powder  
½ teaspoon salt  
½ teaspoon soda  
¼ cup lemon extract  
1 quart chopped pecans  
1 lb. sliced candied cherries

In large mixing bowl, cream butter and sugar. Add eggs one at a time, beating well after each addition. Reserve 1 cup of flour to mix with nuts and cherries; sift remaining flour, baking powder, salt, and soda together. Add butter mixture alternating with lemon extract. Stir in flour coated nuts and cherries. Bake in greased and floured 10 inch tube pan at 250°F for 2 hours.

Roberta Rogers, Cameron, LA

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## PUMPKIN ORANGE CAKE SQUARES

½ cup shortening  
1½ cups sugar  
1 cup cooked, mashed pumpkin

2 eggs, beaten  
½ cup frozen orange juice concentrated, thawed, and undiluted  
1½ cups all-purpose flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
¾ teaspoon salt  
½ teaspoon allspice  
½ teaspoon cinnamon  
½ teaspoon ground nutmeg

### FROSTING:

1 (3 oz.) package cream cheese  
1 Tablespoon milk  
1 teaspoon flavoring  
3 cups sifted powdered sugar

Cream shortening; gradually add sugar, beating well. Add pumpkin, eggs, and orange juice; mix well. Combine remaining ingredients, mixing well. Stir into pumpkin mixture. Pour into a greased and floured 13 x 9 x 2 inch baking pan. Bake at 350°F for 30-35 minutes or until a wooden pick inserted in center comes out clean. Cool. Spread frosting and cut into squares. 12-15 servings.

### FROSTING:

Combine Cream Cheese, milk, and flavoring, mixing until well blended. Slowly add powdered sugar mixing well after each addition.

Brenda Nash, Cameron, LA

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## MOMO ANN'S RED VELVET CAKE

¾ cup Crisco  
1½ cups sugar  
2 eggs  
2½ cups flour, sifted 3 times  
1 teaspoon cocoa  
½ teaspoon salt  
1 Tablespoon vanilla  
1 cup buttermilk  
1 teaspoon soda  
1 teaspoon vinegar  
8 small bottles red coloring

### ICING:

2 cups milk  
½ cup flour  
dash of salt  
1 cup Crisco  
2 sticks oleo  
2 cups sugar  
2 teaspoons vanilla

Cream Crisco, sugar and eggs. Add flour, cocoa, salt, vanilla and buttermilk. Fold in red coloring and soda - vinegar mixture. Bake in two 9" pans or 3 8" pans at 350°F for 30-35 minutes.

### ICING:

Cook milk and flour over low fire to pudding stage. Put in refrigerator until completely cold. Cream other ingredients and add to pudding mixtures. Beat until smooth. If the 9 inch pans were used, either split each cake to make two layers each, making flour-layered icing cake.

Reinette Guillory, Holmwood, LA

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## STRAWBERRY NUT CAKE

1 box Duncan Hines white cake mix  
1 cup frozen strawberries  
4 eggs  
1 cup nuts  
1 (3 oz.) box strawberry jello  
1 cup Wesson Oil  
½ cup milk  
1 cup flaked coconut

### ICING:

1 stick butter or margarine  
½ cup coconut  
1 box powdered sugar  
½ cup strawberries  
milk only if necessary

Mix all ingredients and bake at 350° in 3 8" cake pans for 25-30 minutes.

Bonnie Conner, Sweetlake, LA

## CREAM OF COCONUT CAKE

1 box golden butter cake mix  
1 can sweetened condensed milk  
1 (8½ oz.) can cream of coconut  
2 (6 oz.) packages frozen coconut  
1 (9 oz.) carton non-dairy topping

Prepare cake according to package directions and bake in greased 9 x 13 inch pan. While cake is baking, blend condensed milk and cream of coconut in bowl. As soon as cake is removed from oven, puncture it with as many holes as possible, using a fork. Pour the milk - cream of coconut mixture into the holes. Refrigerate the cake overnight. Next day, mix thawed coconut with non-dairy topping and ice the cake with this. Return cake to refrigerator until ready to serve. Refrigerate any left-over cake.

Roberta Rogers, Cameron, LA

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## DEATH BY CHOCOLATE

1 Duncan Hines Chocolate Cake Mix  
1 cup Kaluha Liqueur  
2 packages Chocolate Mousse mix  
2 small cartons of LeCreme Whipped Cream  
8 Skors or Heath candy bars, broken into small pieces

Bake cake as directed on box. After cake has cooled for about 10 minutes, punch holes in cake with a table fork and pour Kaluha in holes. Cover and let sit in refrigerator over night. Next day: Prepare chocolate mousse as directed on box. Break up cake into walnut-size pieces and layer in large glass bowl with pudding, whipped cream and broken candy pieces. Start the layering with cake and end with whipped cream. Save a few candy pieces for decoration atop the whipped cream. This is a very easy desert to make. Chocolate lovers can't get enough of it. This recipe serves 14 ordinary adults or 7 chocolate lovers.

Lois Belaire, Lacassine, LA

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## VANILLA WAFER CAKE

2 sticks margarine melted  
2 cups sugar  
6 eggs  
½ teaspoon salt  
1 (12 oz.) box Vanilla Wafers, crushed  
1 teaspoon baking powder  
1 Tablespoon lemon juice  
1 teaspoon vanilla  
2 cups flaked coconut  
1 cup chopped pecans

Blend margarine and sugar. Add crumbs and baking powder. Beat in eggs one at a time. Stir in other ingredients and turn into greased and floured fluted pan. Bake at 325°F for 1½ hours.

Grace Welch, Hackberry, LA

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## DEVIL'S FOOD DELIGHT

### FILLING:

1 (8 oz.) package cream cheese  
2 Tablespoons oleo  
¼ cup sugar  
1 Tablespoon cornstarch  
1 egg  
2 Tablespoons milk  
½ teaspoon vanilla

### BASE:

1 package Devil's Food cake mix  
3 eggs  
⅓ cup oil  
1 cup hot water

### FILLING:

Beat all ingredients until smooth and creamy and set aside.

### BASE:

Mix all ingredients until moistened and creamy. Pour half of butter in

a greased 9 x 13 inch pan. Pour Cream Cheese mixture over batter, spreading to cover. Pour remaining batter over mixture. Bake at 350°F for 45 minutes. Frost with a fudge frosting.

Brenda Conner, Cameron, LA

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## PEANUT BUTTER CAKE

¾ cup oleo  
¾ cup peanut butter (creamy)  
2 cups brown sugar  
1 teaspoon vanilla extract  
3 eggs  
2 cups flour  
1 Tablespoon baking powder  
½ teaspoon salt  
1 cup milk

### FROSTING:

1 (6 oz.) package chocolate chips  
1½ cup confectioners sugar  
½ cup Pet milk

Combine oleo and peanut butter in a large mixing bowl. Cream well and add sugar and beat well. Add extract and 1 egg at a time, beating well after each egg. Sift together, flour, baking powder, and salt. Gradually add to creamed mixture, alternating with milk, beating well. Pour into a floured 9 x 13 inch greased and floured pan and bake at 350° for 20-30 minutes or until springs back when lightly touched.

### FROSTING:

Combine chips and milk in sauce pan and cook until all chips are melted, about 2 minutes. Stir in sugar and beat until smooth, spread over cooled cake.

Brenda Conner, Cameron, LA

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## MINIATURE CHEESECAKES

2 (8 oz.) packages Philadelphia Cream Cheese  
¾ cup sugar  
3 egg yolks (save whites)  
¾ cups graham cracker crumbs

### TOPPING:

¾ cup sour cream  
2½ Tablespoons sugar  
1 teaspoon vanilla

Butter 4 miniature muffin tins (each holding 12) and sprinkle the bottoms with graham cracker crumbs. In a mixing bowl, mix Cream Cheese, sugar and egg yolks. Beat egg whites until they form a stiff peak, and fold into Cream Cheese mixture. Spoon mixture in tins ¾ full. Bake at 350°F for 15 minutes. Remove from oven, cool, centers will fall.

### TOPPING:

Mix all together and spoon into centers of each cooled cheesecake. Bake at 400°F for 5 minutes.

Kay Hutchinson, Lake Charles, LA

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Cameron industries on the river.



## OLD FASHIONED SYRUP CAKE

½ cup shortening  
1 cup hot water  
1 egg  
1 cup sugar  
1 can cane syrup  
1 teaspoon soda  
1 teaspoon baking powder  
2 cups flour  
½ teaspoon nutmeg  
1 cup raisins

(I soak raisins in warm water until soft.) Cream sugar and shortening. Add egg and blend well. Add hot water and cane syrup. Sift flour, baking soda and nutmeg together and beat thoroughly. Add raisins. Bake in a well greased pan at 350°F until done.

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## OUT OF THIS WORLD CAKE

1 yellow cake mix  
1 stick margarine (melted)  
1 egg (beaten)  
1 cup pecans (broken)

### TOPPING:

1 (8 oz.) Philadelphia Cream Cheese  
2 eggs  
1 box powdered sugar (16 oz.)

Mix first three ingredients well. Add pecans, mix and press in bottom of 9" x 13" cake pan. Mix cream cheese and eggs. Add powdered sugar and mix until smooth. Pour over cake mixture and bake at 350°F for 35 minutes. The baking time varies in different ovens. Take out when light brown on top. When cool cut in squares the size of brownies. (This is a rich cake.)

*Bobbie Fox, Johnson Bayou, LA*

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## PERSIMMON CAKE

2½ cups flour  
2 teaspoons soda  
3 teaspoons baking powder  
1 teaspoon salt  
3 teaspoons melted butter  
2 cups sugar  
1 cup milk  
1 cup bread crumbs  
1 teaspoon vanilla  
2 cups dates, chopped  
2 cups pecans, chopped  
2 cups mashed persimmons

Mix dry ingredients. Stir then add liquids and mix well. Pour into greased and floured 9 x 13 pan. Bake for 1 hour at 350°F.

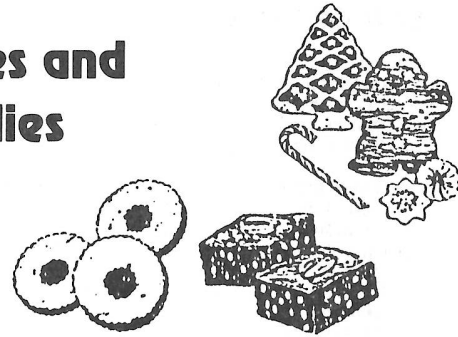
*Alta Silver, Hackberry, LA*

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*Salt Domes in Hackberry*

## Cookies and Candies



### CHEWY'S

2 cups self-rising flour  
1 stick margarine  
2 eggs  
1 (1 lb.) box brown sugar  
1 cup chopped pecans  
1 teaspoon vanilla

Mix all ingredients together; spread in greased 13 x 9 x 2 pan. Bake for 25 minutes at 325°. Cut into squares.

*Bobbie Dixon, Bonneau, SC*

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### MICROWAVE PRALINES

2 tablespoons butter or oleo  
2 cups granulated sugar  
2 cups pecans  
1 small can evaporated milk  
1 teaspoon vanilla

Combine all ingredients except vanilla in a 4 quart glass bowl. Microwave 5 minutes on high, stir; microwave 4 minutes on high, stir, microwave 2 minutes on high. Remove and add a teaspoon of vanilla. Beat until tacky about 1½ minutes. Pour by tablespoonsful onto wax paper to harden.

*Trisha Silver, Little Miss Hackberry 1989*

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### COWBOY PEANUT BUTTER COOKIES

½ cup butter or soft margarine  
½ cup peanut butter (crunchy)  
1 cup sugar  
1 cup firmly-packed light brown sugar  
2 eggs  
2 cups unsifted flour  
1 teaspoon baking soda  
½ teaspoon baking powder  
½ teaspoon salt  
1½ cups quick-cooking oats  
1 (6 oz.) package semi-sweet chocolate morsels

Preheat oven to 350°F. In large mixing bowl, cream together margarine, peanut butter, and sugars; beat in eggs. Combine flour, baking powder, baking soda and salt. Stir into creamed mixture. Mix in oats and morsels. Mixture will be crumbly. Roll into 1" balls; place on lightly greased baking sheet. Flatten with fork. Bake 7-9 minutes or until lightly browned. Makes 6 dozen cookies.

*Jana Bayard, Sulphur, LA*

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### PEANUT BUTTER FUDGE

1 cup peanut butter  
1 cup light Karo syrup  
1½ cups powdered sugar  
1½ cups powdered milk (dry form)  
½ cup chopped pecans

Mix peanut butter and Karo thoroughly. Gradually add combined powdered sugar and powdered milk to peanut butter mixture. Blend thoroughly, kneading is easiest method. Add pecans, roll out to desired thickness and chill; cut into squares.

*Mrs. Victor Cox, Ramstein Air Base, Germany*

## CHEWY CHOCOLATE CHIP BARS

¾ cup margarine, melted  
1 lb. dark brown sugar  
3 eggs  
2¾ cups unsifted flour  
2½ teaspoons baking powder  
½ teaspoon salt  
1 (6 oz.) package semi-sweet chocolate chips

Preheat oven to 350°F. In a large mixing bowl, cream together butter and sugar. Beat in eggs, one at a time, beating well after each addition. Combine dry ingredients; beat into sugar mixture. Stir in morsels. Spread evenly into a lightly greased 15 x 10 inch jelly roll pan. Bake 25 minutes or until toothpick inserted near center comes out clean. Cool. Cut into bars. Makes 40 bars.

*Pam East, Hackberry, LA*

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## HOMEMADE BROWNIES

12 Tablespoons Hershey's Cocoa  
1½ cup flour  
½ teaspoon salt  
2 cups sugar  
1 cup Wesson oil  
4 eggs  
2 teaspoons vanilla extract  
1½ cups chopped pecans

### FROSTING:

1 stick margarine  
3 Tablespoons Hershey's Cocoa  
1 box confectioner's sugar  
6 Tablespoons evaporated milk  
1 Tablespoon vanilla extract

Mix ingredients together. Pour into greased cookie sheet. Bake at 350°F for about 15 minutes or until done. Cool then frost.

**FROSTING:** Melt margarine, then add cocoa. Bring to a boil, then remove from heat. Then add confectioner's sugar, evaporated milk and vanilla extract. Mix well and spread over brownies.

*Lynne Bourque, Pecan Island, LA*

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## LOIS'S PRALINES

3 cups sugar  
1 stick butter or oleo  
1 large can Carnation or Pet milk  
1 teaspoon Mexican vanilla  
2 lbs. shelled pecans

Mix first three ingredients in large heavy saucepan. Place over medium heat and stir very often until mixture reaches soft ball stage. Remove from heat and add vanilla and pecans. Stir until pecans are well coated with mixture and then drop by tablespoonsful on waxed paper. Mixture will start to get sugary during the process of dropping on the paper. All you have to do is add a little more Pet milk to mixture and if needed, heat the mixture a little to make it smooth and shiny and easy to drop. Pralines must cool thoroughly before removing from paper; preferably overnight. \*Mixture will stick and scorch if not mixed almost constantly while cooking.

*Lois Belaire, Lacassine, LA*

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## JILL'S BROWNIES

4 eggs  
2 cups sugar  
¼ cup shortening  
1½ cups flour  
½ cup cocoa  
1 teaspoon baking powder  
1 teaspoon salt  
1 cup pecans

Cream together eggs, sugar, and shortening. Add dry ingredients to cream ingredients. Grease pan; bake at 350°F for 32 minutes.

*Becky Hebert, Cameron, LA*

## RANGER COOKIES

1½ cup Crisco buttered  
flavored shortening  
2 eggs  
1 teaspoon soda  
½ teaspoon salt  
1 teaspoon nutmeg  
2 cups oatmeal  
1 cup coconut  
1 cup white sugar  
1 cup brown sugar  
1 teaspoon vanilla  
1 teaspoon baking powder  
1 teaspoon cinnamon  
2 cups flour  
3 cups Rice Krispies  
1½ cups pecans - chopped

In an electric mixer cream shortening and sugar, add vanilla and eggs and mix well. Add rest of ingredients as listed. Line cookie sheet with tinfoil and do not grease it. Drop cookie mix by teaspoon on baking sheet. Bake at 300° until light brown. Take cookies out of oven when cookies are still soft - do not over bake.

**NOTE:** When I add flour, oatmeal, Rice Krispies, coconut, and pecans, I use a big spoon and finish mixing by hand.

*Mrs. Elaine Hebert, Sweetlake, LA*

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## CHINESE CHEWS

1½ cups flour  
2 cups chopped dates  
2 cups chopped pecans  
2 cups sugar  
dash salt  
4 eggs  
1 teaspoon baking powder

Mix all together - you may wish to mix together with hands. Pour in greased baking pan at 350°F 15-20 minutes or until golden brown. Let cool. Cut in squares.

*Lena Authement, Cameron, LA*

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## CANDY COOKIES

2 cups sugar  
¼ cup cocoa  
1 stick oleo  
½ cup milk  
1 teaspoon vanilla  
½ cup peanut butter  
2½ cups coconut or walnuts

Combine the sugar, cocoa, oleo and milk and bring to a rolling boil; boil for one minute. Remove from heat and add vanilla, peanut butter and walnuts or coconut. Drop from a teaspoon onto wax paper.

*Jennifer Kennedy, Clinton, LA*

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## CHERRY COCONUT BARS

1 cup flour  
½ cup butter  
3 Tablespoons confectioners sugar  
2 eggs, slightly beaten  
¼ cup flour  
½ teaspoon baking powder  
¼ teaspoon salt  
1 teaspoon vanilla  
¼ cup chopped nuts  
½ cup coconut  
½ cup chopped cherries

Heat oven to 350°F. With hands, mix flour, sugar and butter until smooth. Spread this with fingers in 8" square pan. Bake until beginning to brown. Combine rest of ingredients and spread over top of baked pastry. Bake about 10 minutes or until firm. Yields: 32 - 1½" bars.

*Annie Swindell, Morehead City, NC*

## OATMEAL COCONUT CRISPIES

1 cup Crisco  
1 cup granulated sugar  
1 cup brown sugar  
2 eggs  
1 teaspoon vanilla  
2 cups self-rising flour  
3 cups quick cooking oats  
1 cup flaked coconut  
1 cup chopped candied cherries

Mix Crisco, sugar, eggs and vanilla thoroughly; stir in remaining ingredients. Divide dough in 3 equal parts and shape each part into rolls about 1½" in diameter. Wrap and chill at least 8 hours. Heat oven at 350°. Cut rolls into ½" - ¼" slices. Cut carefully as dough will be soft. Place 1" apart on ungreased baking sheet. Bake 12-15 minutes. Immediately remove from baking sheet. Yields: 7 dozen.

Grace Welch, Hackberry, LA

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## SWEDISH BUTTERBALLS

1¼ sticks melted butter or margarine  
4 teaspoons powdered sugar  
2 cups flour  
1 teaspoon vanilla

Mix ingredients and wrap around a piece of walnut or pecan. Bake at 350°F until lightly browned at bottom. Roll in powdered sugar.

Esther Blick, Texas City, TX

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## EASY CHOCOLATE CHIP COOKIES

2 eggs  
1 teaspoon vanilla extract  
¾ cup shortening  
1 package chocolate chips  
½ cup pecans  
1 package yellow Devil's Food OR  
white Butter Recipe cake mix OR  
Sour Cream OR Chocolate Fudge cake mix

Beat eggs, vanilla, shortening and about ½ of cake mix, until light and fluffy. Add remaining cake mix, chocolate chips and nuts. Mix well, batter will be stiff. Drop by teaspoonful about 2 inches apart on an ungreased cookie sheet. Bake at 350°F for about 15-18 minutes or until brown. Cool slightly before removing from cookie sheet. Yield: approximately 4 dozen.

Brenda Conner, Cameron, LA

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## M & M COOKIES

1 cup shortening  
2 teaspoons vanilla  
1 cup brown sugar  
½ cup sugar  
2 eggs  
2¼ cups flour  
1½ cups M & M's  
1 teaspoon salt  
1 teaspoon soda

Cream shortening and sugars. Add eggs and vanilla. Fold in flour. Add M & M's. Drop by teaspoonful on ungreased cookie sheet. Do not overbake. Add an M & M to top of each cookie before baking. Bake at 350°F 10 - 12 minutes.

Blanch Authement, Cameron, LA

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## CREAM CHEESE COOKIES

2 (8 oz.) packages Cream cheese (softened)  
1½ cups margarine  
1 cup granulated sugar  
1 teaspoon vanilla  
3¼ cups flour  
1 Tablespoon milk

1 teaspoon grated orange rind  
3 cups sifted powdered sugar

Combine 1½ package of Cream cheese, margarine, granulated sugar and vanilla, mix in until well blended. Add flour; mix well. Chill several hours or overnight. Shape dough into 1½ inch balls; place on lightly greased cookie sheet. Flatten each to 3-inch circle with bottom of drinking glass dipped in granulated sugar. Bake at 350°F 12-15 minutes or until edges are lightly browned. Combine remaining Cream cheese, milk and rind, mixing until well blended. Gradually add powdered sugar, mixing well after each addition. Frost cookies. Yield: Approximately 3 dozen cookies.

Ryan Nash, Cameron, LA

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## ZELDA'S MYSTERY COOKIES

1 cup sugar  
1 cup powdered sugar  
1 cup margarine  
1 cup oil  
2 eggs  
4½ cups flour  
½ teaspoon salt  
1 teaspoon cream of tartar  
1 teaspoon soda  
1 teaspoon vanilla  
2 cups Rice Krispies  
½ cup nuts chopped  
½ cup coconut  
½ cup butterscotch morsels

Cream together sugars, margarine and oil. Add eggs and mix well. Add flour, salt, tartar, soda, vanilla; mix well. Add Rice Krispies, nuts, coconut and morsels. Drop on ungreased cookie sheet and cook at 350°F for 10-12 minutes.

Reinette Guillory, Holmwood, LA

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## BANANA OATMEAL COOKIES

1½ cups all purpose flour  
1 teaspoon salt  
½ teaspoon soda  
½ teaspoon nutmeg  
¾ teaspoon cinnamon  
¾ cup soft butter  
1 cup sugar  
1 egg  
1 cup mashed bananas (3)  
1 teaspoon vanilla  
1½ cups raw quick cooking oats  
½ cup chopped pecans

Sift flour together with salt, soda, nutmeg and cinnamon and set aside. In large bowl of mixer, beat at medium speed; butter, sugar and egg until light. Beat in banana and vanilla until smooth. Gradually stir in flour mixture and oats until well combined. Stir in nuts and refrigerate 30 minutes. Meanwhile heat oven to 400°F. Lightly grease cookie sheets. Drop batter by rounded teaspoonful 2" apart onto cookie sheets. Bake for 10-12 minutes or golden brown. Remove to wire rack and cool.

Johnelle Kennedy, Clinton, LA

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## LEMONADE COOKIES

1 cup oleo  
1 cup sugar  
2 eggs  
3 cups flour  
1 teaspoon soda  
1 (6 oz.) can frozen lemonade, thawed

Cream together oleo and sugar. Add eggs and beat until light and fluffy. Sift together flour and soda; add alternately to creamed mixture with ½ cup of lemonade concentrate. Drop dough from a teaspoon 2" apart onto a greased cookie sheet. Bake at 400°F for about 8 minutes or lightly brown around the edges. Brush hot cookies lightly with remaining lemonade concentrate. Sprinkle with sugar. Yield: 8 dozen small cookies.

Anne Smith, Beaufort, NC

## MINIATURE PECAN PIES

2 sticks butter  
2 cups flour  
1 (8 oz.) Cream cheese

### FILLING:

1 box brown sugar  
3 Tablespoons melted oleo  
3 eggs, beaten  
2 teaspoons vanilla  
1½ cups chopped pecans

Mix ingredients for crust well and line miniature muffin tins with crust.

**FILLING:** Mix thoroughly and fill crusts about halfway. Bake until golden brown or 10-15 minutes at 350°F.

Lena Authement, Cameron, LA

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## BUTTERSCOTCH PUDDING PRALINES

1 small package butterscotch pudding mix  
1 cup sugar  
½ cup brown sugar  
½ cup evaporated milk  
1½ cups shelled pecan halves  
1 Tablespoon oleo

Mix pudding mix, sugars, milk and oleo in medium sized heavy saucepan. Cook and stir over low heat until sugar dissolves. Add pecans, boil slowly, stirring until reaches soft ball stage. Remove from heat, cool until candy begins to thicken. Drop quickly from tablespoon onto wax paper. Spread at once with spoon to form patties about 3" across. Let sit until firm.

Mary Lou Guillory, Welsh, LA

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## KRAZY CRUNCH

2 quarts popped corn  
2 cups nuts (pecans, almonds)  
1½ cups sugar  
1 cup margarine  
1 teaspoon vanilla  
½ cup Karo white syrup

Mix popped corn and nuts on a cookie sheet. Combine sugar, margarine and Karo in a 1½ quart saucepan. Bring to a boil over medium heat, stirring constantly. Boil, stirring 10-15 minutes or until mixture turns a light caramel color. Remove from heat, stir in vanilla. Pour over popped corn and nuts, mix to coat well. Spread to dry - break apart, store in tightly closed container. Makes about 2 pounds.

Iris Vinson, Sulphur, LA

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## GOOD FOR YOU MUNCHY MIX

2 cups Teddy Bear Graham Crackers  
2 cups O-shaped oat cereal  
3 packages Fun Fruit Snacks  
½ cup chopped dried apricots  
½ cup chopped dried raisins

Mix and store in air tight container.

Roberta Pinch, Cameron, LA

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## ALMOST CANDY BARS

½ cup oleo  
1 package Devil's Food cake mix  
6 oz. package butterscotch chips  
6 oz. package semi-sweet chocolate chips  
1 cup coconut  
1 cup chopped pecans  
14 oz. can condensed milk

Heat oven to 350°F. In large bowl, cut oleo into cake mix with fork or pastry blender until crumbly. Sprinkle evenly over bottom of 15 x 10 x 1 inch pan. Press lightly. Sprinkle with butterscotch chips, chocolate chips, coconut and nuts. Pour condensed milk over all ingre-

dients. Bake for 20-30 minutes or until golden brown. Cool completely, cut into bars. Yield: 48 bars.

Brenda Conner, Cameron, LA

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## CHOCOLATE PRALINES

2½ cups sugar  
1 cup buttermilk  
1 teaspoon baking soda  
1 Tablespoon butter flavor  
1 teaspoon chocolate extract  
1 Tablespoon shortening  
2 cups pecan halves

In a large sauce pan combine sugar, buttermilk, and baking soda. Boil slowly to soft ball stage, 234°F. Stir constantly; mixture will turn brown. Remove from heat and add flavoring, shortening and pecans. Stir until thick, 2-3 minutes. Drop from a tablespoon onto waxed paper. If candy becomes too stiff, add a tablespoon of hot water. Yield: 30 pralines.

Brenda Conner, Cameron, LA

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## BUTTER NUT BALLS

1 cup butter  
1 teaspoon vanilla  
¼ cup powdered sugar  
2¼ cups flour  
¾ cup chopped nuts

Beat butter until soft; add sugar; stir in vanilla. Add flour gradually. Work nuts in thoroughly. Form 1" balls. Bake on ungreased sheet at 400°F 10-12 minutes. Dough should be set but not brown. Roll while warm in sifted powdered sugar - cool, roll in powdered sugar again. May be decorated by pressing candied fruit or nut into top before baking.

Ruby M. Nettles, Cameron, LA

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## CREOLE PRALINES

1 cup brown sugar  
2 cups white sugar  
1 cup pet milk  
2 cups chopped pecans  
½ teaspoon salt  
2 Tablespoons margarine  
1 teaspoon vanilla

Mix brown and white sugar with pet milk in medium size sauce pan. Cook over medium heat until well blended. Next add salt, vanilla, margarine and pecans. Bring to a boil and constantly keep stirring until the mixture forms a soft ball when dropped into a container of water. Once it forms a ball; drop mixture one tablespoon at a time onto wax paper and let set until it hardens. Yields: 5 dozen.

Michele I. Morris, Raceland, LA  
LA Fur & Wildlife Queen 1989

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## CANDY FOREVER AMBER

2 cans condensed milk (Eagle Brand)  
1 lb. candy orange slices, chopped fine  
7 oz. angel flake coconut  
1 cup chopped pecans  
1 box powdered sugar  
1 teaspoon vanilla

Put in a well greased casserole pan (8 x 14 inch). Bake at 275°F for 30 minutes. Take out of oven, stir, put back in oven for 20-25 minutes. Take out, beat in 1 lb. box powdered sugar and 1 teaspoon vanilla. Drop by teaspoonful on wax paper. Makes about 90 pieces.

Iris Vinson, Sulphur, LA  
Marguerite Vinson, Port Neches, TX



## HEDGEHOGS

2 cups pecans  
2 cups coconut  
2 eggs  
1 (7 oz.) package dates  
1 cup brown sugar

Grind pecans, coconut and dates with coarse blade. Beat eggs, add sugar and blend. Add ground mixture and stir together. With dampened hands, shape into oblong pieces about 1 inch long. Place on greased cookie sheet. Bake at 350°F for 12 minutes. Roll in powdered sugar.

Lela Laurents, Port Arthur, TX

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## CHURCH WINDOWS

1 (12 oz.) package chocolate chips  
1 (10 oz.) package multi-colored miniature marshmallows  
½ cup butter  
1 cup finely chopped pecans  
flaked coconut

Melt chocolate chips and butter over low heat, cool. Add marshmallows and nuts - stirring. Shape into 2 rolls 1½ - 2" in diameter; roll each in coconut. Refrigerate. When rolls are thoroughly chilled, slice into ½ inch slices.

Melissa Kennedy, Clinton, LA

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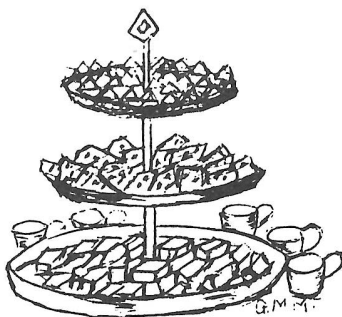
## NO BAKE COOKIES

2 cups sugar  
1 cup milk  
1 stick oleo  
3 cups miniature marshmallows  
4 cups graham cracker crumbs  
1 cup chopped pecans

Cook sugar, milk and oleo over medium heat until a small amount forms a soft ball when dropped into cold water. Add marshmallows and beat until melted. Add graham crumbs and pecans, mix. Drop by teaspoonsful onto wax paper.

Linda Brown, Port Neches, TX

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## Desserts

### CHEWY PECAN PIE SQUARES

1 package yellow cake mix  
5 large eggs  
1 cup corn syrup  
1 cup sugar  
¼ cup melted oleo  
2 cups chopped pecans  
½ cup oil

Preheat oven to 350°F. Grease a 13 x 9 x 2 inch pan. In a large bowl, mix cake mix, 1 egg and oil until crumbly. Press into pan and bake for 20 minutes. In a large bowl beat remaining eggs with corn syrup, sugar and oleo, until well blended, stir in pecans. Pour over cake mixture and bake 45 minutes or until filling has set. Cool and cut into 2 inch squares. Makes 2 dozen.

Brenda Conner, Cameron, LA

## PEACH ICE CREAM

1 - 13 oz. can evaporated milk  
1 pint cream  
3 cups milk  
2 cups sugar  
2 Tablespoons vanilla  
2 cups peaches (peeled & mashed)  
8 Heath candy bars, crushed, may be substituted for peaches.

Mix well and freeze according to freezer directions.

Blanche Authement, Cameron, LA

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## BANANA ICE CREAM

2 cans Carnation Evaporated Milk  
2 cups sugar  
3 eggs  
¼ cup milk  
4-5 mashed bananas

Chill evaporated milk in large mixing bowl. Mix together sugar, eggs, and milk. When evaporated milk begins to form ice slivers in it; beat until smooth and creamy. Fold in mixture of sugar, eggs and milk. Add bananas and freeze.

Blanche Authement, Cameron, LA

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## PEPPERMINT ICE CREAM

1 can Eagle Brand Milk  
2½ pints whipping cream  
2 cups sugar  
1 package King Leo Peppermint Candy, crushed  
½ gallon milk  
1 teaspoon peppermint extract

Mix all ingredients in blender. Pour into freezer can. Freeze according to freezer directions.

Blanche Authement, Cameron, LA

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## PEACH ICE CREAM

3-4 cups mashed fresh ripe peaches  
sugar  
2 cans condensed milk  
2 cups water  
4 cans canned cream  
Pinch of salt

Peel and chop peaches, adding sugar according to sweetness desired; then set aside. Combine the other ingredients and mix well. Stir in peaches and extract. Pour into ice cream freezer container and make according to directions.

Mrs. Norma Jean Blake, Cameron, LA

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## PEACH COBBLER

**FILLING:**  
3 cups peaches  
2 Tablespoons flour  
1¾ cups sugar  
1 stick melted butter

**PASTRY:**  
2 cups sifted enriched flour  
1 teaspoon salt  
¾ cup shortening  
½ cup milk  
½ stick of butter

Mix filling ingredients and pour into 13 x 9 x 2 inch pan. Stir together flour and salt. Cut in shortening with pastry blender until mixture is the size of small peas. Add milk. Roll out. Cut into strips and place over filling. Pour half a stick of melted butter over top. Bake at 350°F for 45 minutes or until golden brown.

Roberta Pinch, Cameron, LA

## STRAWBERRY DESSERT

1 angel food cake  
1 package strawberry jello  
1 container Cool Whip  
1 container fresh strawberries  
½ cup sugar

Crumble angel food cake. Cut strawberries and put into a bowl with sugar and let stand. Best if left over night. Make jello, let congeal but not until firm. Pour strawberries over cake. Mix jello with Cool Whip and pour over cake.

Evelyn Clarke, Moncho Corner, SC

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## MICROWAVE BREAD PUDDING

6 slices bread  
2 cups milk  
1 Tablespoon margarine  
2 eggs, beaten  
1¼ cup sugar  
¼ teaspoon salt  
½ teaspoon cinnamon  
1 teaspoon vanilla  
½ cup raisins (optional)

Place bread in 9" round glass dish. Heat milk and margarine on high for 3 minutes in 4 cup measure. Stir small amount of hot milk into beaten eggs. Return eggs to milk. Add sugar, salt, cinnamon, vanilla and raisins. Pour mixture over bread pieces. Cook on high for 7 minutes. Cook 2 minutes longer if center is not firm.

Trisha Silver, Hackberry, LA  
Little Miss Hackberry 1989

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## MOM'S OLD-FASHIONED VANILLA ICE CREAM

1 can condensed milk  
1 cup sugar  
4 Tablespoons flour  
½ teaspoon salt  
4 eggs, beaten  
5 cups scalded milk  
4 cups evaporated milk  
4½ teaspoons vanilla

Combine sugar and flour; put in saucepan and slowly stir in hot milk. Cover over low heat for about 10 minutes, stirring constantly until mixture thickens. Mix small amount of hot mixture into beaten eggs, then add egg mixture to saucepan ingredients and cook one more minute. Chill in refrigerator. Add condensed milk, evaporated milk and vanilla. Pour into 1 gallon freezer and freeze.

Iris Vinson, Sulphur, LA

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## PINK FRUIT FREEZE

1 (8 oz.) package cream cheese, softened  
1 quart strawberry ice cream, softened  
½ cup mayonnaise  
2 (16 oz.) cans fruit cocktail, drained  
¼ cup chopped pecans  
Mint leaves (optional)  
Cherries (optional)

Combine cream cheese, ice cream, and mayonnaise; blend well. Fold in fruit cocktail and pecans; pour into a 9-inch square pan. Freeze until firm. To serve, place in refrigerator for 15 minutes; cut into squares. Garnish with mint and cherries; if desired. Yield: 6-8 servings.

Blanche Authement, Cameron, LA

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## MOM'S TEA CAKES

1 egg  
1 cup sugar  
½ cup butter  
½ cup sour milk  
¼ teaspoon soda

1 teaspoon vanilla  
1 Tablespoon baking powder  
pinch of salt

Mix all ingredients - beginning with sugar and butter - with a "clean hand". Add enough flour to roll out dough. Cut into round shapes and sprinkle with sugar. Bake at 375°F for 8-12 minutes.

This recipe is over 100 years old. It was handed down from my great-great-grandmother to my great-grandmother to my grandmother to my mom.

Nathan Hunt, East Montgomery Elementary

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## PEANUT BUTTER POPCORN BALLS

Popcorn  
2 cups syrup (for about every 6 quarts popped popcorn)  
¼ cup peanut butter (for every 2 cups of syrup)

Pop popcorn. Sort through popcorn and remove unpopped kernels. Cook syrup to soft ball stage. Remove from heat. Add peanut butter to syrup. Stir well. Then pour over popcorn, mix well. Form into balls.

Lynn & Fenton Bourque, Pecan Island, LA

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## OLD FASHIONED TEA CAKES

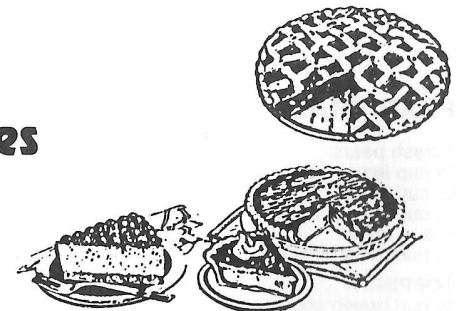
1 cup butter/margarine - soft  
2 cups sugar  
3 eggs  
2 Tablespoons buttermilk  
5 cups all purpose flour  
1 teaspoon baking soda  
1 teaspoon vanilla extract

Cream butter; gradually add sugar beating well. Add eggs, one at a time, beating well after each. Add buttermilk and beat well. Combine flour, and soda - gradually stir into creamed mixture. Stir in vanilla. Chill dough until firm. Roll dough to ¼" thickness on a lightly floured surface, cut into rounds. Place 1 inch apart on a lightly greased cookie sheet. Bake at 400° for 7-8 minutes. Do not overbake - cakes should be soft on top.

Blanche Authement, Cameron, LA

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## Pies



### PEACH COBBLER

8 cups fresh peaches, sliced  
2 cups sugar  
2-4 Tablespoons all-purpose flour  
½ teaspoon almond extract  
¼ cup melted margarine  
Pastry for double 9-inch pie  
1 teaspoon nutmeg

Combine peaches, sugar, flour and nutmeg, set aside until syrup forms. Bring peaches to a boil. Cook over low heat 10 minutes or until tender. Remove from heat, add almond extract and margarine, stir well. Roll out half of pastry to ⅛ inch thickness on a lightly floured board. Cut into 8 x 10 rectangles. Spoon half of peaches into a 8 x 10 inch baking dish; top with pastry. Bake at 475° for 12 minutes or until golden brown. Spoon remaining peaches over baked pastry. Roll out remaining pastry, cut in ½ inch strips. Arrange in lattice design over peaches. Bake 10-15 minutes or until golden brown.

Niobie K. White, Pecan Island, LA

## BROWN SUGAR PEACH PIE

1 - 9" unbaked pie shell  
1 cup brown sugar  
2 Tablespoons white granulated sugar  
½ cup all-purpose flour  
4 - 6 large fresh peaches, peeled and sliced  
½ teaspoon almond extract

Preheat oven to 500°F. Combine 1 cup brown sugar, white sugar, and ½ cup of flour. Line the pastry shell with ½ of this mixture. Place sliced peaches on top. Add almond extract to the rest of brown sugar mixture, then spread it evenly on top of peaches. Bake at 500° for 5 minutes. Reduce heat to 350°F and continue to bake for 45 minutes. Good served warm with ice cream (peach or vanilla).

Margaret Kennedy, Lake Charles, LA

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## NUTTY PINEAPPLE PIE

1 can condensed milk  
¼ cup lemon juice  
1 (16 oz.) can crushed pineapple, drained  
1 cup chopped nuts  
1 (9 oz.) container Cool Whip  
2 graham cracker pie crusts

Mix milk and lemon juice, then add all other ingredients. Pour into graham cracker crusts. Chill in refrigerator several hours before serving.

Mrs. Calvin Willis, Pine Knoll Shores, NC

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## RAISIN NUT PIE

½ cup butter  
1¼ cups sugar  
1 teaspoon cinnamon  
2 eggs  
½ cup chopped pecans or walnuts  
¾ cup raisins  
3 teaspoons vinegar

Cream butter and sugar, add cinnamon, then eggs, mix well. Add nuts, raisins and vinegar. Pour into unbaked 9" pie crust and bake at 350°F until filling is set. Serve warm with vanilla ice cream, if desired.

Susan Fox, Milton, LA

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## PEAR PRALINE PIE

5 fresh pears  
¼ cup lemon juice  
½ cup sugar  
¼ cup flour  
salt to taste  
½ teaspoon ginger

### TOPPING:

½ cup brown sugar  
½ cup flour  
½ cup pecans, chopped  
¼ cup butter

Core and slice pears and coat with lemon juice, sugar, flour and ginger. Combine all topping ingredients. Sprinkle ¼ of the topping in bottom of unbaked 9" pie shell. Add pear mixture, sprinkle the rest of topping on top. Bake at 400° for 40 minutes.

Reinette Guillory, Holmwood, LA

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## APPLE SURPRISE PIE

Pastry for 9-inch 2 crust pie  
¾ cup brown sugar  
¼ cup sugar  
½ cup all-purpose flour  
1 teaspoon cinnamon  
4 cups pared, sliced, tart apples

2 cups fresh or frozen cranberries  
2 Tablespoons butter or margarine  
½ cup chopped pecans

Preheat oven to 425°F. In a large bowl, combine sugars, flour and cinnamons. Add fruit and mix well. Turn into pastry lined pan and dot with butter. Cut slits in top crust. Seal edges. Bake 40 minutes or until golden brown.

Roberta Pinch, Cameron, LA

## EIGHT MINUTE CHEESECAKE

1 package (8 oz.) cream cheese  
½ cup sugar  
1 cup (½ pint) sour cream  
2 teaspoons vanilla extract  
1 (8 oz.) Cool Whip, thawed  
1 Keebler Redi Graham Cracker Crust  
1 can blueberry pie filling

Beat cheese until smooth. Gradually beat in sugar. Blend in sour cream and vanilla. Fold in whip topping, blend well. Spoon into crust. Chill until set about 1 hour. Garnish with blueberry pie filling. If desired layer bottom of pie crust with sliced bananas, add pie mixture. Add blueberries and sprinkle with chopped pecans.

Elaine Picou, Cameron, LA

## IMPOSSIBLE PUMPKIN PIE

¾ cup sugar  
½ cup Bisquick baking mix  
2 Tablespoons margarine or butter  
1 can (13 oz.) evaporated milk  
2 eggs  
1 can (16 oz.) pumpkin pie mix  
2½ teaspoons pumpkin pie spice  
2 teaspoons vanilla

Heat oven to 350°. Grease 10 x 1½" pie plate. Beat all ingredients until smooth, 1 minute in blender on high or 2 minutes with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, 50-55 minutes. Top each piece of pie with one tablespoon of Cool Whip and sprinkle with pumpkin pie spice when served.

Mayola Wicke, Creole, LA

## TOLL HOUSE PIE

2 eggs  
½ cup flour  
½ cup sugar  
½ cup brown sugar  
1 cup butter melted and cooled to room temperature  
1 package (6 oz.) Nestle's Semi-Sweet Morsels  
1 cup chopped walnuts  
1 9-inch pie shell

Preheat oven to 325°. In large bowl beat eggs until foamy. Add flour, sugar and brown sugar, beat until well blended. Blend in melted butter. Stir in semi-sweet morsels and walnuts. Pour into pie shell.\* Bake at 325° for 1 hour.

\*If using frozen pie shell, it is necessary to use deep dish style (thawed). Place on cookie sheet and bake an additional 10 minutes.

Belinda Smith, Houston, TX

## MIRACLE PIE

1 cup sugar  
¼ cup butter  
4 eggs  
½ cup flour  
2 cups milk  
1 cup coconut  
¼ teaspoon salt  
½ teaspoon baking powder  
1 teaspoon vanilla

Mix everything together in a blender. Grease pan and bake at 350°F for 60 minutes.

Becky Hebert, Cameron, LA

## FORTY-KARAT GOLD BRICK PIE

½ cup margarine  
3 cups sugar  
6 eggs  
4 squares of semi-sweet chocolate, melted  
1 teaspoon vanilla  
1 cup chopped pecans, optional

### CRUST:

2 cups graham crackers, crushed  
2 Tablespoons margarine

Cream margarine and sugar. Add melted chocolate and mix. Add eggs one at a time and beat three minutes after adding each egg. Then stir in vanilla and nuts.

### CRUST:

Mix crushed graham crackers and margarine in a 9-inch glass pie plate or 2 7-inch pie plates. Press mixture against bottom and sides of plate to form crust. Pour filling into crusts and top with whipped cream. Chocolate shavings may be added before serving. Freeze the pie for about two hours or until firm.

Michele Marie Kliebert, Vacheria, LA

## PEAR COBBLER

½ cup butter  
1½ cups self-rising flour  
1 cup milk  
2 cups sugar, divided  
2 teaspoons cinnamon, divided

2 teaspoons ground cloves, divided  
4 cups sliced canned pears with juice  
½ cup chopped pecans

Melt butter in a 13 x 9 x 2 inch pan. Combine flour with 1 cup of sugar, 1 teaspoon cinnamon, and cloves and milk. Mix well. Pour batter over melted butter do not stir. Combine pears with pecans, cinnamon, cloves and sugar. Bring to a boil. Pour mixture over batter but do not stir. Bake at 375°F for 30 minutes or until batter is lightly browned.

Pam East, Hackberry, LA

\*\*\*

## LYNDEE PIE

½ packages Cream whip  
1 teaspoon vanilla  
1 (8 oz.) cream cheese  
1 cup sugar  
1 pie shell  
1 banana  
blueberries or cherries

Mix cream whip, vanilla, cream cheese, and sugar together until creamy. Bake pie shell, slice banana in bottom of pie shell, pour Cream Cheese and whip topping over bananas. Top with blueberries or cherries.

Blanche Authement, Cameron, LA

\*\*\*

# Thursday Night Dinner Menu

CATFISH COURTOUILLON  
RICE  
STRING BEAN CASSEROLE  
CRAB DIP  
SHRIMP MOLD  
POUND CAKE  
KING CAKE

CHOCOLATE CHIP COOKIES

GREEN SALAD  
JELLO SALAD  
VEGETABLE TRAY  
with VEGETABLE DIP  
CHEESE DIP  
MOCK OYSTER DIP  
BUTTERMILK PIE



At the reception and dinner Thursday night in the home of Mr. and Mrs. Benny Welch. Members of the house party in the Welch home - Janet Welch, Charlotte Bailey, Frances Taber, Chantay Bailey, Linda Welch, Donna Welch, Alice Welch, and little Jameson Welch (in front) stand by refreshment table.

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# Friday Night Buffet

## Menu

SLICED BRISKET  
SLICED HAM  
RELISH  
HOT ROLLS

SALAD BAR  
FRESH VEGETABLE AND  
RANCH DIP  
MACCARONI SALAD  
SHRIMP SALAD

BREAD PUDDING WITH RUM SAUCE



The Friday Night Buffet was held at the home of Mr. and Mrs. Jimbo Henry of Cameron. Hostesses were Jana Nunez, Charlene Boudreaux, Mary Hebert, and Mr. and Mrs. Henry.

# Saturday Night Buffet

## Menu

*Mrs. Joyce Sturlese*  
*Creole Community*

CABBAGE ROLLS	SCALLOPED POTATOES	SUMMER SQUASH CASSEROLE
PECAN TARTS	CHEESE CAKE	RAW SALAD TRAY
ROASTED PECANS	SHRIMP DIP & CHIPS	MARINATED OYSTERS
	BREAD STICKS	
	NUTS & BOLTS PARTY MIX	

### CABBAGE ROLLS

½ lb ground lean pork  
1 lb ground chuck  
1 onion, chopped  
¼ cup chopped celery  
¼ cup chopped bell pepper  
2 small pods garlic  
Salt and pepper to season - about ¾ teaspoon salt, ¼ teaspoon black pepper, ⅛ teaspoon red pepper, 1 teaspoon Creole seasoning, ½ teaspoon oregano and ½ teaspoon paprika

½ cup green onions, chopped  
½ cup parsley, chopped  
½ teaspoon Worcestershire sauce  
1 teaspoon lemon juice  
1 cup cooked rice  
1 small can chopped mushrooms  
1 can cream of mushroom soup  
12 to 15 large cabbage leaves

#### SAUCE

1 can stewed tomatoes  
1 can (8 oz.) tomatoe sauce  
1 onion, chopped  
1 Tablespoon brown sugar

Sauté onions in small amount of oil. Add stewed tomatoes and tomato sauce and sugar. Cook slowly for 15 or 20 minutes. Add 1 cup water. Wilt 12 to 15 large cabbage leaves by putting in boiling lightly salted water. Cover pot and let stand 15 to 20 minutes.

#### FILLING

Oil bottom of pot. Brown meats lightly, add onions, bell peppers, celery, and garlic. Sauté lightly along with black pepper, salt, red pepper and Creole seasoning, add about ¼ cup water to unstick bottom or pot. Add rice, green onions, parsley, Worcestershire sauce, lemon juice, paprika and oregano. Take off fire and add cream of mushroom soup and mushrooms.

Drain leaves carefully. Grease baking dish. Put enough filling into each leaf only to where you can fold two ends over easily and roll securing with toothpicks. Line dish tightly with rolls, pour sauce over rolls and bake at 375° about 30 to 45 minutes. "For Lagniappe" take the small left over raw cabbage leaves and line bottom of dish with them. Lay the rolls on top of these leaves.

\*\*\*

### SCALLOPED POTATOES

1 gallon of small new potatoes  
½ cup parsley flakes  
½ cup bacon bits  
1 stick margarine

Drain and lay new potatoes in a large baking pan with only small amount of fluid in bottom of pan (from potatoes). Sprinkle parsley flakes and bacon bits evenly over potatoes. Dab with butter, cover pot with foil. Bake one hour at 350°.

\*\*\*

### SUMMER SQUASH

1 lb. yellow summer squash (6 cups sliced)  
¼ cup chopped onion  
1 can dairy sour cream  
1 can condensed cream of chicken soup  
1 cup shredded carrot  
18 oz. package herb Stove Top seasoned stuffing mix  
¼ cup butter or margarine, melted

In sauce pan cook sliced squash and chopped onion in boiling water for 5 minutes. Drain, combine cream of chicken soup and sour cream. Stir in shredded carrot. Fold in drained squash and onion. Combine stuffing mixture in bottom of 12 x 7½ x 2 inch baking dish. Spoon vegetable mixture atop. Sprinkle remaining stuffing over vegetable. Bake in 350° oven for 25 to 30 minutes or until heated through.

\*\*\*

### CARP SALAD

Good for Your Health!

8 large delicious apples, diced  
1 lb. dried raisins  
2 cups pecans, cut up  
4 large carrots, shredded  
Cold slaw dressing to taste  
Mix together. Good served cold.

### MINE PECAN TARTS

#### CRUST

1 - 3 oz. package cream cheese  
½ cup butter or oleo  
1 cup sifted flour

Let cream cheese and butter soften at room temperature. Blend. Stir in flour and chill for about one hour. Shape dough into two dozen balls. Place in ungreased 1¼ muffin pan. Press dough at bottom and sides.

#### FILLING

2 eggs  
2 Tablespoons soft butter or oleo  
1 teaspoon vanilla  
Dash of salt  
½ cup brown sugar  
½ cup white sugar  
½ cup white Karo  
1½ cup chopped pecans

Mix all ingredients in small bowl. Fill cups ½ full with filling. Bake at 350° at 20 minutes.

\*\*\*

### SHRIMP DIP

2 cups shrimp, cleaned and boiled  
8 oz. cream cheese  
8 oz. sour cream  
1 pack dry onion soup mix

Boil shrimp, clean and chop, add cream cheese and sour cream. Mix adding dry onion soup and serve with chips and crackers.

### ROASTED PECANS

1 stick margarine  
4 cups pecans

In a large pan roast in oven at 350° for about 20 minutes. Stir often. Place roasted pecans on paper towels to cool and absorb excess butter.

\*\*\*

### MARINATED RAW OYSTERS

1 gallon raw oysters  
1 large bottle Italian salad dressing  
1 large onion, chopped fine  
1 bell pepper, chopped fine  
Tom's Seasoning to taste  
1 cup vinegar  
¼ cup Worcestershire sauce (or to taste)

Mix in a large glass jar and marinate over night. Serve raw with crackers.

\*\*\*



Saturday Brunch at the home of Mr. W. E. Guthrie of Cameron. Pictured are Mr. Guthrie, Judy Thibodeaux, Yvonne Mhire, Shirley Chesson, Barbara LeBlanc, and Donna LaBove.



Friday Tea at the home of Mr. and Mrs. Jimmy Colligan. Hostesses were Jo Ann Nunez, Mrs. Nell Colligan, Bobbie Primeaux, and Vickie Theriot.



Saturday Night Buffet, Myrna Conner, Brenda Boudreaux, Mayola Wicke, Laurmie Miller, Pat Ortego, Joyce Sturlese, and Bootsy Carter.



The Maryland Delegation — Nancy and Bill Spicer, Tammy Rhea, Jennifer Lynch (National Outdoor Queen), Ginger Brinsfield, with escorts Debbie and Jerry Theriot representing the local festival.

## RECIPE FORMS

For your convenience, we have included this recipe form to assist you in submitting recipes to the Louisiana Fur and Wildlife Festival Cookbook. Your cooperation in using these forms to send in recipes for next year's cookbook is greatly appreciated. Thank you for contributing to this outstanding collection of unique recipes from Louisiana and surrounding areas.

PLEASE PRINT OR TYPE CLEARLY      ONLY ONE (1) RECIPE PER PAGE

RECIPE TITLE: \_\_\_\_\_

Please use these abbreviations: c for cup, tsp for teaspoon, Tbsp for Tablespoon, pkg for package, qt for quart, pt for pint, oz or ounce, lb for pound, etc.

### INGREDIENTS

(List in order used, all ingredients necessary to recipe.)

PLEASE PRINT OR TYPE CLEARLY

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

### METHOD

(Be sure each ingredient is included in directions.)

If your recipe needs more space than allowed below, please complete your recipe on the back of this form. PLEASE BE SURE TO PRINT OR TYPE CLEARLY.

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Submitted by: \_\_\_\_\_

Town or Community: \_\_\_\_\_

Please send no later than July 15, 1990.

SEND TO: **Roberta Pinch**  
P. O. Box 387  
Cameron, LA 70631

CUT ALONG DOTTED LINE



**ORDER FORM**

TO: **Louisiana Fur and Wildlife Cookbook**  
**Roberta Pinch**  
P. O. Box 387, Cameron, LA 70631

Please send me \_\_\_\_\_ copies of the 1990 Louisiana Fur & Wildlife Cookbook at \$7.50 each = \$ \_\_\_\_\_. (Includes Postage and Handling.)

Please allow 2 weeks for delivery. Check enclosed for a total \$\_\_\_\_\_.

Please make checks payable to **Louisiana Fur and Wildlife Festival.**

Send To: Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
ZIP CODE \_\_\_\_\_ (must have)

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Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
ZIP CODE \_\_\_\_\_ (must have)

(CUT ALONG DOTTED LINE)



**LOUISIANA  
FUR & WILDLIFE  
FESTIVAL  
COOKBOOK**



**34th Annual Festival  
Hosted By Cameron Parish  
January 11-13, 1990**

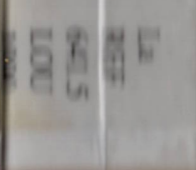


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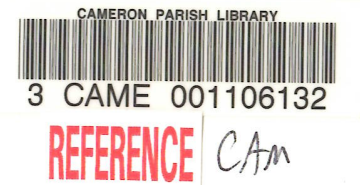
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JANNEY '79





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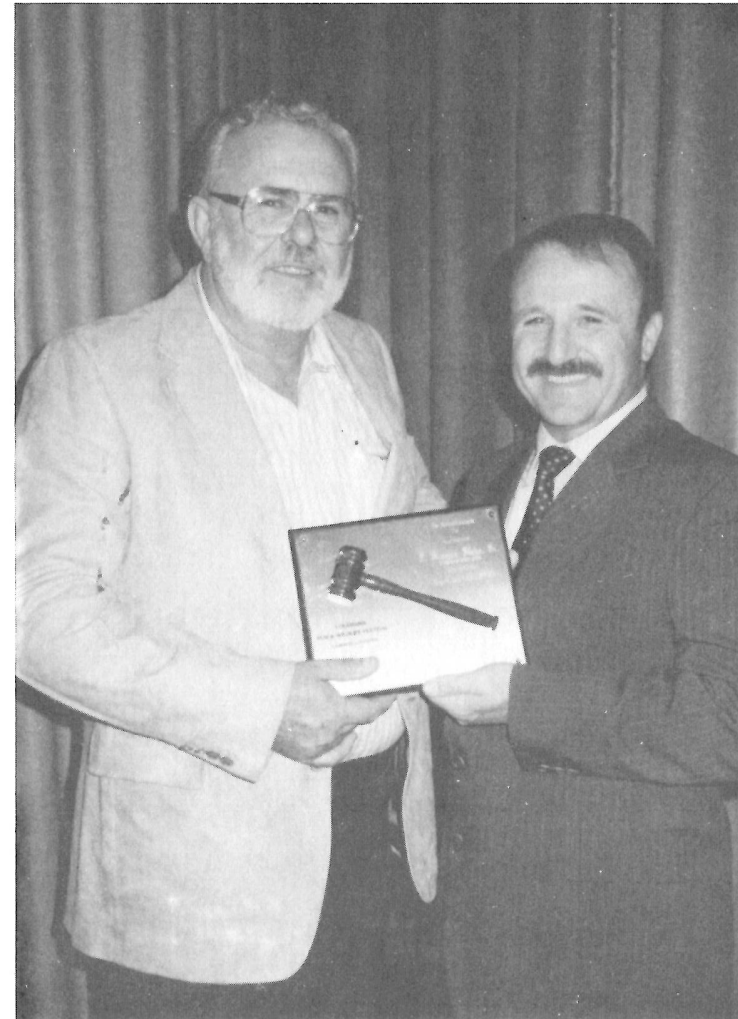


# 1990 Louisiana Fur and Wildlife Festival Officers

Hayes P. Picou, Jr. ....	President
Roberta Pinch .....	Vice President
John Driscoll .....	Vice President
Yvonne Mhire .....	Vice President
Geneva Griffith .....	Vice President
Rosalie Perry .....	Vice President
Carrol Trahan .....	Vice President
Vickie Savoie .....	Vice President
Ruby Dupuis .....	Vice President
Sidney Theriot .....	Vice President
Paul Coreil .....	Vice President
Sue Mhire .....	Secretary
Peggy Benoît .....	Treasurer
Hadley Fontenot .....	President Emeritus
J. B. Jones, Jr. ....	President Emeritus
J. B. Blake, Jr. ....	President Emeritus

## Festival Superintendents

Louisiana Fur & Wildlife Queen's Contest .....	Roberta Pinch, Vickie Savoie, Annie Bergeron
Miss Cameron Parish Contest .....	Ruby Dupuis
Little Mr. and Miss Cameron Contest .....	Rosalie Perry, Sue Mhire, Peggy Benoît
Duck and Goose Calling Contest .....	Jules Dronet, Rick Merchant
Retriever Dog Trials .....	Ted Joanen, Howard Romero, David Richard
Trap Setting Contest .....	Oscar Reyes
Nutria and Muskrat Skinning Contest .....	Oscar Reyes
Oyster Shucking Contest .....	Oscar Reyes
Trap Shooting Contest .....	Buck Stephenson, Bill Hargrave, Dudley Venable
Poster Contest .....	Court Mary Olive, Catholic Daughters, Creole
Art Contest .....	Lora Guthrie, Carolyn Thibodeaux
Crafts Contest .....	Miranda Morales
Parade .....	Oscar Reyes II, Gerald Landry, Charles Theriot, Darrell East
Festival Results .....	Mrs. J. W. Broussard and Library Staff
Hostesses, Maryland Group .....	Debbie Theriot, Stacy Miller
Publicity and Photographer .....	Geneva Griffith
Scrapbook .....	Jo Ann Nunez
Trophies .....	Rosalie Perry
Stage Decorations .....	Shirley Chesson, Darlene Taylor
Town Decorations .....	Oscar Reyes II
Cookbook Cover Artist .....	Jan Roberts
Cookbook Editor .....	Roberta Pinch
Cookbook Sales .....	Roberta Pinch, Madeline Salinas, Bobbie Primeaux
Visiting Queens .....	Yvonne Kline
Festival Dances .....	Joe Soileau and Cameron K.C.



President of Fur Festival, Pete Picou, giving an award to Past President, Braxton Blake. The Fur and Wildlife Festival was also named one of the top 20 festivals in Louisiana.

## A MESSAGE FROM THE PRESIDENT

*Welcome to Cameron Parish!*

This year we salute the oil industry. The oil industry is the largest industry in Cameron Parish as well as the state of Louisiana. Oil has opened many avenues for the people of Cameron. It is with great pride we honor this industry and the many people who are an integral part of oil and our parish.

Once again, welcome to the Louisiana Fur and Wildlife Festival's 34th annual celebration.

*Sincerely,*

Hayes P. Picou, Jr.  
President

**This Page Compliments of  
Pete, Mary, T-Rey, and Adrienne Picou  
Kajon Food Store of Cameron, Inc.**



ERNEST CAROL TRAHAN  
PRESIDENT  
A. BRENT NUNEZ  
VICE PRESIDENT  
HAYES P. PICOU, JR.  
SECRETARY  
E. GARNER NUNEZ  
PARISH ADMINISTRATOR  
PARISH TREASURER

POLICE JURY  
**PARISH OF CAMERON**  
P. O. BOX 366  
CAMERON, LOUISIANA 70631  
318/775-5718

DISTRICT 1  
ERNEST CAROL TRAHAN  
DISTRICT 2  
KENNETH R. DUCOTE  
DISTRICT 3  
A. BRENT NUNEZ  
DISTRICT 4  
DOUAIN CONNER  
DISTRICT 5  
RAY CONNER  
DISTRICT 6  
GEORGE L. BOEUF

November 27, 19897

TO: CAMERON PARISH RESIDENTS, FRIENDS & VISITORS

On behalf of the Cameron Parish Police Jury, I consider it a privilege to welcome our many residents, friends and visitors who will participate in the 1990 Louisiana Fur & Wildlife Festival in Cameron.

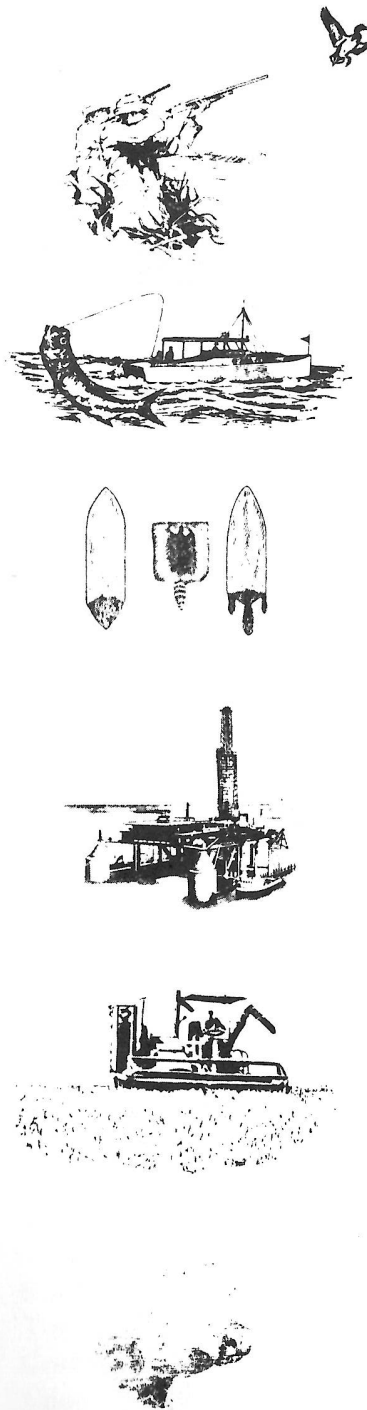
We are proud of the Festival and what it has done for our Parish. It is one of the outstanding achievements in our area and we are thrilled to be a part of it.

The Cameron Parish Police Jury pledges its full and continued support to the Louisiana Fur & Wildlife Festival. May it continue to be a tremendous success!

Sincerely yours,

*Ernest C. Trahan*  
Ernest Carol Trahan, President  
CAMERON PARISH POLICE JURY

ECT/bc



# 1989 Louisiana Fur and Wildlife Queen

## MICHELE IRENE MORRIS

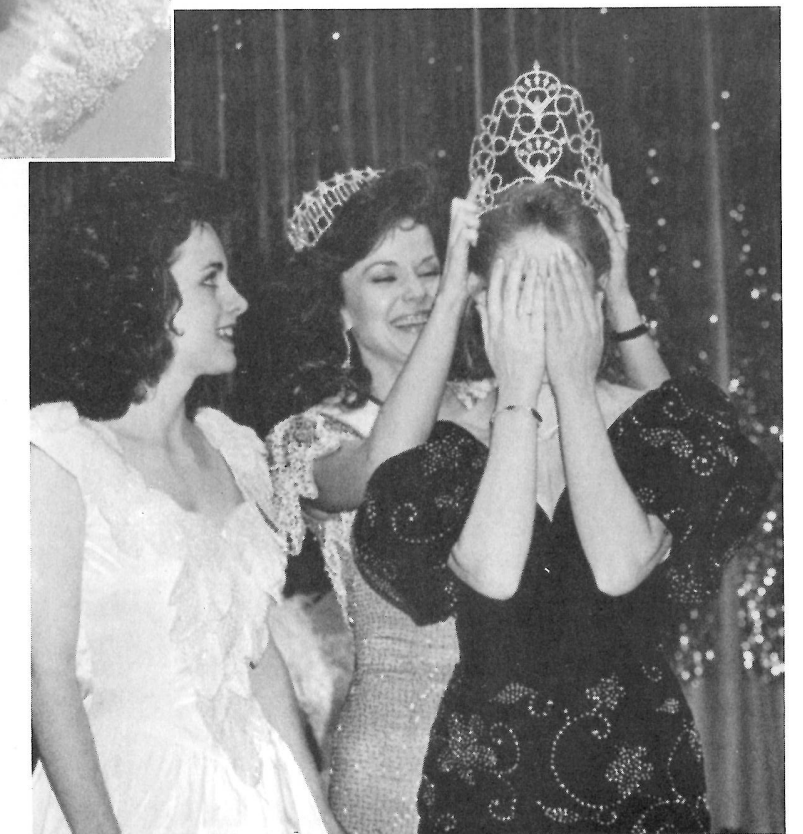
On January 14, 1989, I was crowned the new Louisiana Fur and Wildlife Queen of Cameron, Louisiana. My name is Michele Irene Morris, the 19 year old daughter of Stoney and Bonnie Morris of Raceland. That night began a new and exciting chapter in my life, a chapter sure to be filled with exciting adventures and wonderful memories.

My reign took me to many different places, places that I had never seen before. From Ponchatula and strawberries to Grande Isle and seafood, and the Bogalusa paper mills. I learned about their festivals and extended invitations to ours. The memories of riding in parades, attending banquets and luncheons, and being presented to everyone as visiting royalty will remain in my heart.



I have attended over 45 fairs, festivals, and events throughout my reign, each one holding special memories. One of the highlights of my reign was when I was able to host 38 visiting Queens in my home for the Sauce Piquante Pageant weekend, and as my dear friend Lisa relinquished her title, I realized that my year not only brought exciting memories, but great friends, my weekend sisters.

The Festival Committee has supported me throughout my reign and I thank them. I also would like to extend my thanks to the people of Cameron and everyone else who made my year possible. They will always be a shining star in my heart and a twinkle in my eye. Thank you again, and I remain Michele Morris, 1989 Louisiana Fur and Wildlife Festival Queen.





## 1989 King Fur XXI

### J. B. MEAUX

J. B. Meaux, who represents the cattle industry, was born and reared in Cameron Parish. He has raised cattle all his life, learning the cattle trade from his father, and participating in many cattle drives. J. B. runs an active ranch of commercial pure-bred cattle.

He is the son of the late Mr. and Mrs. James M. Meaux. The father of two sons Jimmy and Mike, he is married to the former Ann Van Geffen.

J. B. divides his grazing land into summer and winter range in Beauregard and Cameron Parishes. He finds time to be very active in many organizations in Cameron Parish. He especially enjoys working with the FFA and 4-H club livestock shows.

It is with pleasure that I give you J. B. Meaux, King Fur XXI.



## 1989 Miss Cameron Parish

### JENNIFER RHONDA PERRY

When I entered the Miss Cameron Parish Pageant last year, I was unaware of the friendships, fun, and traveling adventures ahead of me. From the moment I was crowned, I became aware of how lucky I was to represent such a unique parish and such wonderful people. It was the warmth of the people of Cameron Parish that made the 1989 Fur and Wildlife Festival one I will never forget.

I would like to thank the Louisiana Fur and Wildlife Festival for giving me the memorable opportunity to represent Cameron Parish and its people at the National Outdoor Show in Cambridge, Maryland, and throughout the state of Louisiana at various festivals this past year. I will always cherish the special friends and memories I have made as Miss Cameron Parish 1989.







## 1989 Little Miss Cameron Parish

### CASI CHERAMI PINCH

Casi is the nine year old daughter of Bobby and Norma Jo Pinch of Grand Chenier. She has one brother, Nicklaus, who's five years old. Casi has brown hair and brown eyes. She is in the 4th Grade at Grand Chenier Elementary. She is an honor roll student, a cheerleader, and a member of 4-H.

Casi enjoyed visiting several surrounding festivals throughout her reign and representing Cameron Parish and the Fur Festival. The one thing Casi enjoyed the most as Little Miss Cameron was the way she was treated like royalty for the entire

weekend of the Fur Festival. A special "Thank You" to all of those who make the Fur Festival such a big success each year.



## 1989 Little Mister Cameron Parish

### SHAUN JOSEPH FAVVOR

Shaun is the eight year old son of Mirinda Morales and Tommy Fawvor. He has a younger brother named Bryan that he enjoys playing with very much.

Shaun has brown hair and brown eyes. Shaun is a second grade student at South Cameron Elementary School. He has been an Honor Roll member in his class. He is a member of the Cub Scouts, Creole Little League Baseball Team and is on the Jet Wrestling Squad.

The thing Shaun enjoyed most he said was riding on the float in the Fur and Wildlife Festival Parade.





# The Cattle Industry In Cameron Parish

by Richard Starlese

The first settlers of coastal ridges and marshes of Cameron Parish found that their new homeland was a grass paradise for the raising of cattle. Forage was extremely plentiful year round. It is no surprise that the raising of cattle became an important and viable Industry in Cameron Parish.

Before the existence of Oil and Gas Exploration, the residents of these coastal ridges and marshes depended heavily on Trapping and Cattle, along with some small crop farming, as means of providing income.

By the early 1900's, huge herds of cattle were grazing the grass marshes from the Gulf of Mexico north to the banks of Big Lake, Grand Lake, and White Lake, and from the Sabine River east to White Lake in lower Vermillion Parish. Because the roots of the marsh grasses remained under water during the winter months, the forage usually remained productive throughout the mild winters where the temperatures very seldom dipped below freezing. Cattle could flourish year round with practically no help from their owners.

By the 1960's, Cameron Parish had established itself as one of the largest producers of Cattle in the state of Louisiana with Cows and Calves numbering nearly 70,000 head. However, since the Mid 1970's, the inventory of Cattle in the parish has declined, as has been the trend throughout the

United States. Improved Genetics has provided a 30% increase in Carcass weights during the last 15 years. Therefore, in contrast to the past, today's objective in the Cattle Industry is to produce more pounds of beef with less animals and hopefully, less cost. Quality, not quantity, has now become more important. Because of this recent evolution, Cattlemen are now enjoying the highest prices ever.

Cameron Parish has kept pace with these changes. Since 1975, we have seen numerous breeds of Registered Cattle being raised and used to improve the native Cattle in the parish. Some Registered Breeds you may see throughout the parish today are Angus, Beefmaster, Brahman, Brangus, Charolais, Herford, Longhorn, Limousin, and Simmental. Also making a strong impact on the Commercial Cattle industry is the use of the F-1 female, the first-cross offspring from two registered breeds. The F-1 Brahman-Herford (F-1 Braford) and the F-1 Brahman Angus (F-1 Brangus) are the most popular among the parish cattlemen.

As 1989 began, there were 32,000 cows and calves on inventory in Cameron Parish with a total value of \$15,000,000.00. Total cattle sold in 1989 numbered nearly 15,000 head, with a total income to Cameron Cattlemen of over \$5,000,000.00. The Cattle Industry of Cameron Parish is still a very active and viable Industry.



## 1989 Louisiana Fur & Wildlife Photos



Thursday night royalty: Queen Casi Pinch, First Runner-up Mary Henry, King Shaun Fawvor, First Runner-up Ernest Suchanek.



A captured moment for our new "Miss Cameron Parish," Rhonda Perry.



The Fur Festival was very honored to welcome "Miss Louisiana," Elizabeth Primm. Elizabeth is also a past Fur Queen. Left to right: Elizabeth Primm, Lisa Roberts (Fur Queen of 1987) and Jennifer Lynch (National Outdoor Queen.)



Grand Chenier Boy Scouts Troop 201 won Overall for the Talent Show at Thursday Night's Little Mister and Miss Cameron Contest.





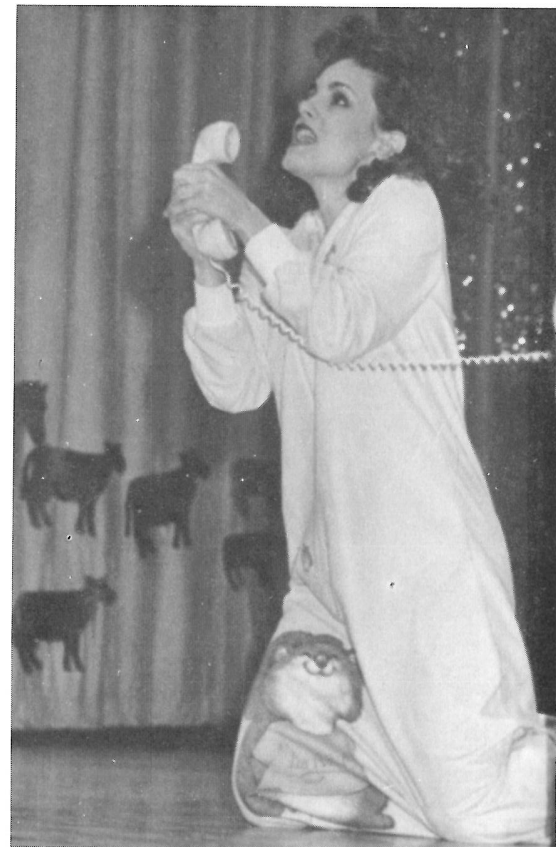
Friday Night Royalty: Queen Rhonda Perry, King Fur J.B. Meaux, First Runner-up Chantell Sturlese, Second Runner-up Patricia Henke, Third Runner-up Joanie Constance, and Little Miss and Mister Cameron Parish.



Trap shooting is a favored event for the festival.



Visiting royalty brought in many beautiful ladies to our festival.



Miss Michele Marie Kliebert won the Talent Award for the Saturday Night Queen's Contest, she was also First Runner-up in the pageant.



"The Fur Sisters", a name given to Rhonda and Michelle while visiting many festivals in 1989.



Gumbo Gator was just one of the many attractions at our parade.



"Church Lady" was an added Talent to our Friday and Saturday Queen's Contest. Here she shows the Saturday night girls how to get down.



Miss Louisiana, Elizabeth Primm crowns Michelle Morris as our new Fur Queen for 1989.





*Little Miss Cameron, Casi Pinch and Little Mister Cameron, Shaun Fawvor also visited various festival throughout the '89 year.*



*The duck and goose calling event draws in many on lookers and "listeners".*



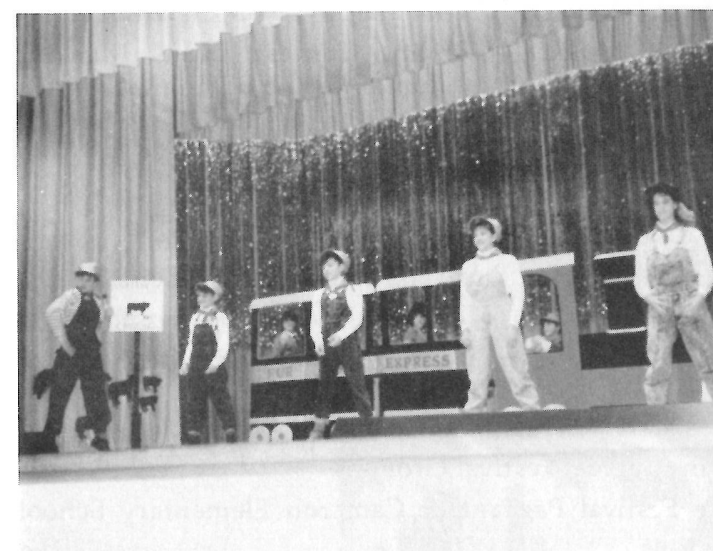
*The Cattle Industry was honored for the parade by local groups, clubs, and organizations.*



*1988 Queen Kathryn Wilkerson crowns our 1989 Miss Cameron Parish, Rhonda Perry.*



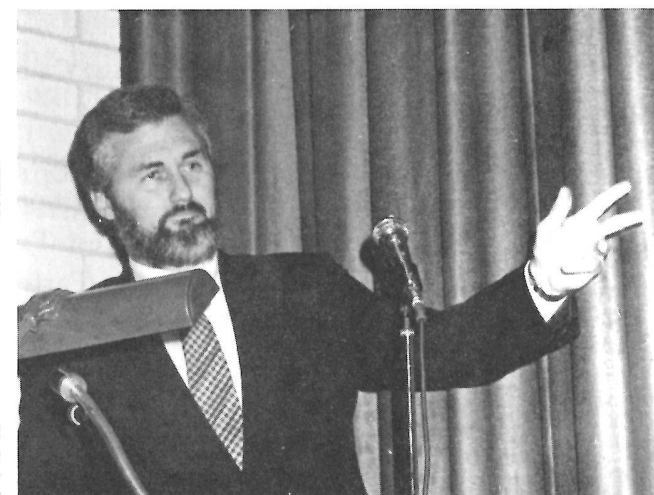
*King Fur and Miss Louisiana rode together in the parade.*



*The Grand Chenier Cheerleaders won First Place in Thursday night's Talent Show.*



*Senior Archery contestants compete for prizes.*



*Reverend Rod Kennedy was our M.C. at the Saturday Night Performance.*



*Alice Welch competes in one of the Skinning contests.*



# 34th Annual LOUISIANA FUR & WILDLIFE FESTIVAL

## Festival Schedule of Activities

### January 11-13, 1990

**All Events to be held at Festival Grounds behind Courthouse  
Cameron, Louisiana unless otherwise specified**

#### THURSDAY, JANUARY 11, 1990

- 7:00 p.m. Little Mister and Miss Cameron Parish Contest at Cameron Elementary School Auditorium
- Talent Competition at Cameron Elementary School Auditorium

#### FRIDAY, JANUARY 12, 1990

- 8:00 a.m. Craft Exhibits Open; Food Booths; Carnival Rides
- 8:00 a.m.-4:30 p.m. Trap Shooting Competition (Parish Elimination)
- 9:00 a.m. Junior Archery Contest (Parish Elimination)
- 9:00 a.m. Retriever Dog Trials (Parish Elimination)
- 10:30 a.m. Senior Archery Contest (Parish Elimination)
- 7:00 p.m. Miss Cameron Pageant and Crowning of King Fur at Cameron Elementary School Auditorium
- 9:30 p.m. Adult Fur Festival Dance
- 9:30 p.m. Youth Dance at Cameron Elementary School Gym

#### SATURDAY, JANUARY 13, 1990

- 8:00 a.m.-4:30 p.m. Trap Shooting Competition (State Contest); Food Booths; Carnival Rides
- 8:00 a.m. Retriever Dog Trials (State Contest) 1/2 mile behind Cameron Parish Courthouse
- 9:00 a.m. National Skinning Contests; 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 begin
- 11:00 a.m. Junior Duck and Goose Calling Contest; Senior Duck and Goose Calling Contest
- 12:00 p.m. Noon (Or immediately following Trap Setting Contests); Ladies Oyster Shucking Contest (registration begins at 11:00 a.m.); Mens Oyster Shucking Contest (registration begins at 11:00 a.m.)
- 2:00 p.m. Parade
- 3:00 p.m. Street Dance immediately following parade, Festival Grounds
- 7:00 p.m. Miss Louisiana Fur and Wildlife Festival Pageant at Cameron Elementary School Auditorium
- 9:30 p.m. Youth Fur Festival Dance at Cameron, Elementary School Gymnasium
- 9:30 p.m. Adult Fur Festival Dance, Festival Grounds

## Editor's Message

Greetings!

It is time once again to welcome all of our friends to the Louisiana Fur and Wildlife Festival to join with us in celebrating the treasures of the marshland.

Each year we focus on a particular industry that has helped our community evolve into the parish as we know it today. This year we call our attention to the Oil Industry.

Even though many consider the "oil boom" to have come and gone, we can still see the evidence of it alive in Cameron Parish. As with any industry, the oilfield has undergone numerous changes, the result of which has led to a greater knowledge and appreciation of a natural resource so vital to the economy of Cameron Parish. We salute the oilfield, from roustabout crews to engineers, from research scientists to gas station attendants, thanks for a job well done.

As always, the 1990 cookbook is filled to the brim with recipes from friends and family, far and wide. It would not be possible without the help from many who give their time and energy to making it a success. I would like to extend my very special thanks to Norma Pinch, Roxanne Conner and Brenda Nash, who have worked diligently with me throughout this year in an effort to produce the "best ever".

*Happy Eating!*

The Editor  
Roberta Pinch



# Opening Act

## Soups and Salads



### CURRIED RICE SALAD ALMONDINE

1 can (14½ oz.) Swanson Ready to Serve Chicken Broth  
¾ cup raw regular rice  
1 cup chopped celery  
1 teaspoon curry powder  
½ cup toasted slivered almonds  
⅓ cup mayonnaise  
Tomato wedges  
Parsley

In saucepan, combine broth, rice, celery and curry powder. Cover; bring to boil. Reduce heat; cook over low heat 20 minutes or until done. Stir occasionally. Chill 6 hours or more. Stir in almonds and mayonnaise (add additional mayonnaise if needed). Garnish with tomato wedges and parsley. Makes about 4 cups.

*Blanche Authement, Cameron, LA*

### HAMBURGER FRENCH ONION SOUP

2 Tablespoons butter  
½ lb. hamburger  
10 medium onions, sliced thin  
1 can beef stock  
1 cup water  
2 beef bouillon cubes

Brown the butter in a large pot. Add the hamburger and cook until brown - stirring frequently. Add onions, beef stock, water and bouillon cubes and simmer for 30 minutes. Serve with squares of buttered toast and Parmesan cheese.

*Dick & Bea Swindell, Morehead City, NC*

### BAYOU TECHE VEGETABLE SOUP

1½ lb. beef brisket  
1½ lb. soup bone  
½ head cabbage, cut or diced  
1 can whole tomatoes  
1 cup diced potatoes  
½ cup minced onion  
1 cup diced carrots  
3 quarts water  
½ cup vermicelli  
Salt to taste  
Pepper to taste

Salt water and put to boil with brisket and soup bone. Let boil for 1 hour. Add vegetables. Cook until meat and vegetables are tender. Add water to maintain desired amount. Add vermicelli for last 15 minutes. Season to taste with salt and pepper.

*Rachel Ann Ryder, New Iberia, LA*

### VEGETABLE SOUP

2 lb. soup meat or 3 lbs. soup bones  
1 large can mixed vegetables (chunky)  
1 large onion  
1 can (no salt) stewed tomatoes  
1 cup (no salt) tomato soup

Cook meat till tender. Add onion; cook 15 to 20 minutes. Add remainder of ingredients and simmer 30 minutes.

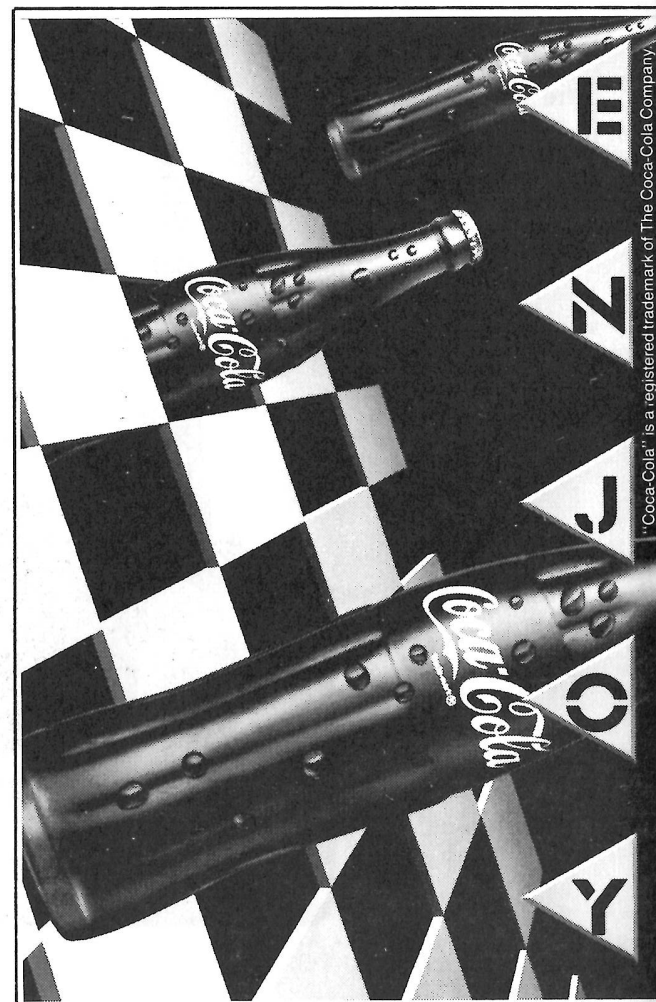
*Ruby M. Nettles, Cameron, LA*

### APRICOT NECTAR SALAD

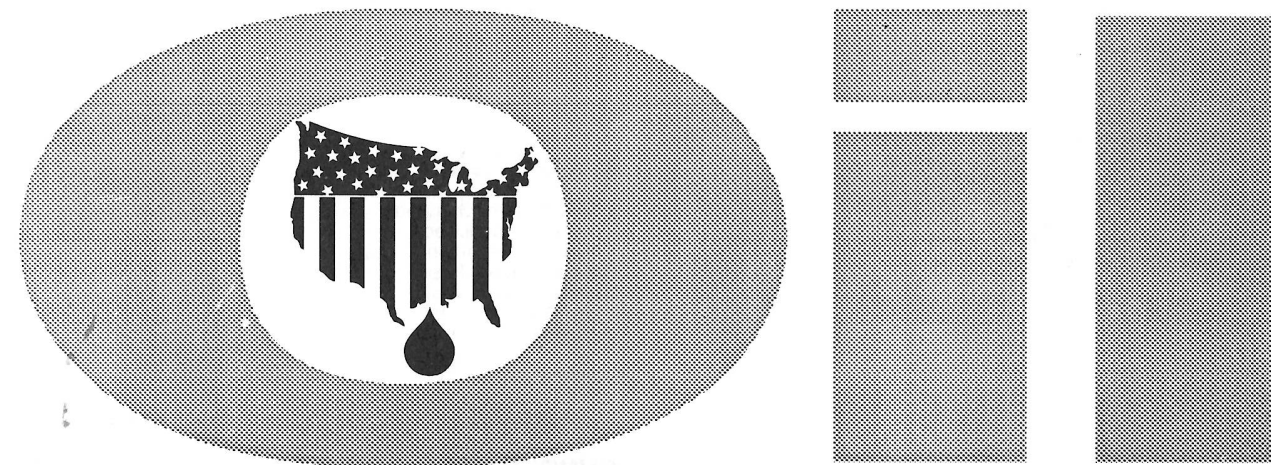
1 (12 oz.) can apricot nectar  
1 (3 oz.) package orange gelatin  
1 (8½ oz.) crushed pineapple with juice  
2 sliced bananas  
½ cup chopped nuts

Bring half the nectar to a boil. Stir gelatin into boiling nectar. Add remaining nectar. Refrigerate until mixture starts to thicken. Add pineapple, bananas and nuts. Chill until firm. Serves 8-10 people.

*Charlotte Knesck, Corpus Christi, TX*



# LOUISIANA



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*Calcasieu Marine joins the Fur and Wildlife Festival in saluting the Oil Industry as an important part of America's strength.*

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### SPINACH SALAD & BACON

- 1 lb. fresh spinach
- 6 green onions, chopped
- 4 hard cooked eggs, coarsely chopped
- 8 slices bacon, cooked, drained and crumbled
- 1 clove garlic, quartered
- 1/2 cup salad or olive oil
- 1 teaspoon salt, dash of pepper
- 3 Tablespoons fresh lemon juice
- 1/4 cup cider vinegar
- 1/2 teaspoon sugar

Wash spinach and dry well. Remove stems and break leaves into bite sized pieces. Toss with other ingredients. Cover and refrigerate for 2 hours. Before serving, toss with garlic, olive oil, salt, pepper, lemon juice, vinegar, and sugar. Marinate garlic in oil for one hour. Discard pieces of garlic. In a small bowl, combine salt, pepper, sugar and oil. Mix lemon juice with vinegar. Gradually blend into oil, beating well with rotary egg beater till dressing thickens a bit.

Roberta Rogers, Cameron, LA

\*\*\*

### FRITO SALAD

- Lettuce
- Tomatoes
- Onion
- Black Pepper
- Miracle Whip
- Fritos-crushed

Prepare as much salad as needed to serve your family and/or guests. Just before serving, add crushed Frito's to salad vegetables. Season with pepper to taste. Toss all ingredients with enough Miracle Whip to complete "dressing" the salad. Serve immediately. Note: Must be served before Frito's wilt. Will not keep.

Cathy Soileau, Creole, LA

\*\*\*

### MACARONI & CHEESE SALAD

- Celery
- Bell Pepper
- Radishes
- Green Onions
- Macaroni - boiled & cooled
- Sharp Cheddar cheese - grated
- Tuna, shrimp or any meat - chopped

Put together with plenty of Borden's French Onion or Green Chili Dip.

Ruby M. Nettles, Cameron, LA

### TACO SALAD

- 1 head lettuce, chopped
- 3 tomatoes, chopped
- 1 bunch green onions, chopped
- 1 cup Cheddar cheese, shredded
- 1 bottle Italian dressing
- 1 box Cheese Nacho tortilla chips, crushed

Combine ingredients, mix well and serve.

Grace Welch, Hackberry, LA

### SUNSHINE SALAD

- 1/3 cup sugar
- 1 (3 oz.) package orange flavored gelatin
- 1 cup hot water
- 1 cup crushed pineapple with juice
- 1 cup diced orange sections (canned)
- 3/4 cup dairy sour cream

In mixing bowl combine sugar and gelatin, add water and stir until gelatin is dissolved. Mix in crushed pineapple and orange sections. Let cool. Blend in sour cream. Pour in dish and chill until firm.

Grace Welch, Hackberry, LA

### PICKLED SLAW

- 1 large head cabbage, shredded
- 2 green peppers, chopped
- 3 medium onions, chopped
- 1 1/2 cups vinegar
- 2 1/2 cups sugar
- 2/3 cup water
- 1 1/2 teaspoon mustard seed
- 1/2 teaspoon dry mustard
- 1 teaspoon celery seed
- 1/2 teaspoon tumeric
- 1 1/2 teaspoon salt
- 1/4 cup salad oil

Combine cabbage, green peppers, and onions in a large bowl and set aside. Combine remaining ingredients in saucepan and boil 3 minutes. Pour over cabbage and refrigerate at least 4 hours before serving.

Mrs. Calvin Willis, Pine Knoll Shores, NC

\*\*\*

### BROCCOLI - CAULIFLOWER SALAD

- 2 cups broccoli
- 2 cups cauliflower
- 1 cup chopped bell pepper
- 1 cup chopped celery
- 1 cup chopped tomato
- 1 cup cubed cheese
- 6 green onions, chopped
- 1 1/2 cups cooked pasta
- 1 cup mayonnaise
- 1 cup sour cream
- 1 Tablespoon lemon juice
- 1 Tablespoon powdered sugar

Combine broccoli, cauliflower, bell pepper, celery, tomatoes, cheese and onions. Blend together mayonnaise, sour cream, lemon juice and powdered sugar. Pour over vegetables and toss until well coated. Add pasta and mix gently until everything is coated. Makes a large salad and is even better after it has set for 24 hours.

Elizabeth Midkiff, Lafayette, LA

\*\*\*

### GREEK GREEN SALAD

- 1 large head Romaine lettuce
- 2 medium tomatoes
- 1 large cucumber
- 6-8 radishes
- 4 green onions
- 6 oz. Feta cheese
- 1/4 lb. black olives

- SAUCE:**
- 1/2 teaspoon mint
  - 3 Tablespoons lemon juice
  - 2 Tablespoons red wine vinegar
  - 1 clove crushed garlic
  - 1/2 teaspoon fresh oregano

Tear lettuce in pieces, cut tomatoes in wedges and mix the vegetables all together and pour over sauce or dressing.

Esther Blick, Texas City, TX

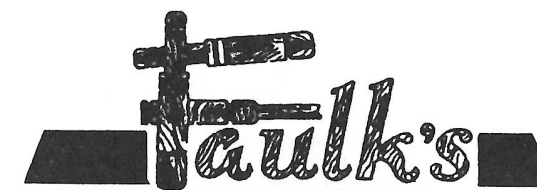
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### MY SALAD

- 1/2 head lettuce, bite size pieces
- 1 tomato, diced
- 1 onion, chopped
- 1 lb. ground beef
- 1 (8 oz.) can tomato sauce
- 2 Tablespoons chili powder
- Salt and pepper to taste
- 1 medium package corn chips

Combine lettuce, tomato and onion - set aside in a bowl. Saute the ground beef until lightly browned, then add the tomato sauce, chili powder, salt and pepper. Cook until flavors are blended. Pour beef mixture over salad and toss. Add corn chips and toss lightly. Serve immediately. Serves 6.

Carolyn Young, Westlake, LA



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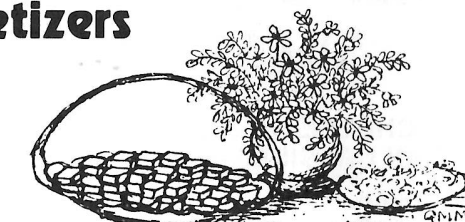
### HOLIDAY SALAD

- 1 (20 oz.) can crushed Pineapple, drained
- 1 (12 oz.) carton cottage cheese
- 1 (6 oz.) package strawberry Jello
- 1 (9 oz.) carton whipped topping (Cool Whip)

Combine Cottage cheese and pineapple. Sprinkle on dry Jello, toss to mix. Fold in whipped topping and chill. Serves 6-8 people.

Neva Sheffield, Lake Charles, LA

### Party Foods and Appetizers



#### SIMPLE ARTICHOKE DIP

- In a microwavable bowl combine:
- 1 can plain artichoke hearts (quartered)
  - 1 cup mayonnaise
  - 1 cup grated Parmesean cheese
  - Garlic salt to taste

Cook on high until sides brown and bubble a bit - about 3 minutes. Eat with buttery crackers.

Valerie Precht



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Betty Savoy

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### COTTAGE CHEESE HERB DIP (RICH IN CALCIUM)

1 cup cottage cheese, creamed  
2 Tablespoons lemon juice  
2 Tablespoons milk  
2 Tablespoons salad dressing, mayonnaise type  
2 Tablespoons green onions, chopped  
¼ cup parsley, coarsely chopped  
½ cup tarragon leaves  
Dash of pepper

Mix ingredients in a blender, scraping side of blender jar with a rubber scraper and reblending as required until mixture is smooth and creamy. Serve with fresh vegetable sticks.

Nancy C. Cronan, Cameron Parish

### EASY CHEESE SAUCE (RICH IN CALCIUM)

1 Tablespoon butter  
1 Tablespoon flour  
½ teaspoon salt  
⅙ teaspoon pepper  
¾ cup undiluted evaporated milk  
½ cup water  
1 cup shredded Cheddar cheese

Melt butter in small sauce pan. Stir in flour, salt, and pepper. Gradually add evaporated milk and water. Cook over medium heat, stirring constantly, until mixture just comes to a boil. Stir in cheese until melted. Serve over egg dishes or steamed vegetables such as broccoli, cauliflower or asparagus.

Nancy C. Cronan, Cameron Parish

### PEAR RELISH

2 quarts ground pears  
1 quart ground onions  
4 bell peppers  
2 red bell peppers  
8 hot peppers  
6 dill pickles  
4 teaspoons salt

**SAUCE:**  
2 cups sugar  
1 Tablespoon turmeric  
3 Tablespoons dry mustard  
4 Tablespoons flour  
1 pit cider vinegar

Mix first 6 ingredients together and sprinkle with 4 teaspoons salt. Cook 10 minutes.

**SAUCE:** Cook over medium heat until thick. Add ground mixture and bring to a boil for 10 minutes. Fill hot jars and seal.

Reinette Guillory, Holmwood, LA

### VEGGIE BITES

1 package instant vegetable soup  
1 (8 oz.) container of cottage cheese  
3 eggs, beaten  
1 (10 oz.) package frozen broccoli  
1 sheet Pepperidge Farm Puff Pastry  
Seasoning

In a bowl mix instant soup, cottage cheese and eggs. Drain broccoli and add to bowl. Thaw 1 sheet of puff pastry and place in a 9 x 9 pan and poke pastry with a fork. Pour in mixture and season lightly on top, fold pastry edges down onto mixture. Bake at 400° for 30-40 minutes or until pastry and mixture are baked to desired look. Cool 10 minutes and cut into bite sizes. 12-16 servings.

Norma Jo Pinch

### MOO JUICE (RICH IN CALCIUM)

1½ cups milk  
1 (6 oz.) can of frozen juice  
1½ cups water  
1½ teaspoons vanilla

Using a blender, combine all ingredients and blend. Serve at once. Any juice may be used: orange, grape, cranberry, etc.

Nancy C. Cronan, Cameron Parish

### SPECIAL OCCASION SPINACH DIP

1½ cups sour cream  
1 cup mayonnaise  
1 package (10 oz.) frozen chopped spinach,  
thawed and drained  
1 package (1.4 oz.) Knorr Vegetable soup recipe mix  
1 can (8 oz.) water chestnuts, drained and chopped  
3 shallots (green onions), chopped

Stir all ingredients until well mixed. Cover and chill. Makes about 3 cups. Serves with crackers or with raw vegetables.

Monique Taber Pregeant, Grand Isle, LA

### SAUCE FOR GREEN BEANS

4 hard boiled eggs, finely grated  
1 cup mayonnaise  
¼ teaspoon hot sauce  
1 teaspoon prepared mustard  
1 teaspoon paprika  
1 small onion, minced  
4 teaspoons oil  
1 Tablespoon Worcestershire sauce

Combine all ingredients, chill. Serve over hot cooked green beans, also good on asparagus or broccoli. Keeps a week in refrigerator.

Blanche Eagleson, Port Arthur, TX

### CRAWFISH DIP

2 lbs. crawfish tails, deveined & chopped  
3 stalks celery, chopped  
1 cup onions, chopped  
1 bell pepper, chopped  
1 stick margarine  
3 cans mushroom soup  
1 can pimento, chopped  
1 cup grated Cheddar cheese

Simmer chopped crawfish, celery, onions, pepper and butter until seasonings are tender. Add soup, pimento and cheese. Simmer on low heat until cheese is melted. Season to taste with red pepper, black pepper and a little bit of salt. Serve with Melba rounds or assorted crackers. Makes 3 quarts.

Ollie F. Harmon, Grandmother of 1987  
Little Miss Cameron Parish,  
Lizza Bailey  
Branch, LA

### GOLDEN BANANA PUNCH

6 cups water  
4 cups sugar  
5 bananas  
Juice of 2 lemons  
1 (46 oz.) can pineapple juice  
1 (12 oz.) can frozen orange juice  
2 (22 oz.) bottles ginger ale

Combine water and sugar. Heat until sugar is dissolved and then cool. Blend bananas and lemon juice in blender. Combine all ingredients. Freeze in milk cartons or plastic containers with lids. Set frozen mixture out 2-3 hours before serving. Add chilled ginger ale when ready to serve. Serves 20.

Elizabeth Warren, Wickes, AK

### TROPICAL CHOCOLATE SHAKE

2 cups cold chocolate milk  
1 pint chocolate ice cream  
1 ripe banana, sliced  
½ teaspoon almond extract  
¼ teaspoon coconut extract  
2 small scoops of vanilla ice cream, if desired

Place milk, ice cream, banana and extracts in blender container; cover. Blend on high speed until smooth about 1 minute. Serve immediately in tall chilled glasses garnished with a small scoop of vanilla ice cream.

Blanch Authement, Cameron, LA

### STRAWBERRY SPECIAL

2 cups cold milk  
1 pint vanilla ice cream  
1 cup sliced fresh strawberries  
3 Tablespoons strawberry syrup  
30 miniature pink marshmallows  
Whipped cream if desired

Place milk, ice cream, strawberries, syrup and marshmallows in blender container; cover. Blend on high speed of blender until smooth, about 1 minute. Serve immediately in tall chilled glasses garnished with whipped cream and miniature marshmallows.

Blanch Authement, Cameron, LA

### CREAMY CHEESE BALL

6 (3 oz.) packages cream cheese, softened  
½ lb. sharp Cheddar cheese, shredded  
2 teaspoons grated onion  
2 teaspoons Worcestershire sauce  
2 teaspoons finely minced garlic  
Parsley sprigs

### Crackers

Combine cheese, onion, Worcestershire sauce, and garlic, and blend well. Refrigerate until firm; shape into a ball. Wrap in plastic or heavy-duty aluminum foil, and let ripen in refrigerator for at least 24 hours. Remove from refrigerator at least 2 hours before serving. Garnish with parsley, and serve with crackers. Yield: about 3 cups.

Blanch Authement, Cameron, LA

### WARMS-YOUR-HEART PUNCH

64 oz. Cranberry-Apple drink  
4 cinnamon sticks  
8-10 whole cloves

Pour all ingredients into a large pot with a lid. Bring to a boil and simmer about 15 minutes with the lid on to prevent evaporation. Serve piping hot in mugs or return mixture to jar. Allow to cool then store in refrigerator. This punch only gets better with age and is nice to have on hand to warm up a cold day.

Pam East, Hackberry, LA

### NO CHOLESTEROL EGG SUBSTITUTE

4 egg whites  
1 Tablespoon oil  
1 Tablespoon nonfat milk powder  
3 drops yellow food coloring

Combine all ingredients. Mix until well blended. Use in place of two whole eggs in your recipes. This substitute may require some experimenting in baking since it will not work in every cake and cookie recipe.

Mayola Wicke, Creole, LA



# CAM MART

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Cameron, LA



## PINEAPPLE CHEESE BALL

2 (8 oz.) packages cream cheese, softened  
 1 (8½ oz.) can crushed pineapple, drained  
 ¼ cup finely chopped green pepper  
 2 Tablespoons chopped onion  
 1 Tablespoon seasoned salt  
 2 cups chopped pecans, divided  
 Crackers

Combine first 5 ingredients; add 1 cup of pecans and mix well. Refrigerate until firm, and shape into a ball. Roll in remaining pecans before serving. Garnish as desired. Serve with assortment of crackers. Yield: about 3 cups.

*Blanch Authement, Cameron, LA*

\*\*\*

## QUICK FRIED CHEESE CUBES

1 (10 oz.) package Cracker Barrel Sharp or Extra Sharp Cheddar Cheese - cut into ¾" cubes  
 2 eggs, beaten  
 1 teaspoon milk  
 ¾ cup dry bread crumbs  
 Oil

Dip cheese in combined eggs and milk; coat with crumbs. Repeat dipping and coating. Chill. Fry in deep hot oil, 375° 1-2 minutes or until lightly browned. Yields: 28 appetizers.

*Blanch Authement, Cameron, LA*

\*\*\*

## HIDDEN VALLEY RANCH OYSTER CRACKERS

16 oz. plain oyster crackers  
 1 package Hidden Valley Ranch original salad dressing  
 ½ teaspoon lemon pepper  
 1 cup Olive oil  
 1 Tablespoon dill weed

Combine Hidden Valley Ranch Mix and oil. Add dill weed and lemon pepper. Pour over crackers, stir and coat well. Bake in 9 x 13" baking pan at 250° for 20 minutes.

*Mrs. Elaine Hebert, Sweetlake, LA*

\*\*\*

## CRAB DIP

1 (8 oz.) cream cheese  
 1 small minced onion  
 1 can crab meat  
 ½ stick butter  
 4 drops Worcestershire sauce  
 ⅓ cup almonds (optional)  
 Seasoning to taste  
 2 teaspoons Tabasco sauce  
 ¼ cup chopped green onions  
 2 Tablespoons parsley

Combine all ingredients except almonds. Simmer on low fire until cheese and butter melts and mixture thickens. Stir in almonds. Serve with crackers.

*Reinette Guillory, Holmwood, LA*

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## CHEESE BALL

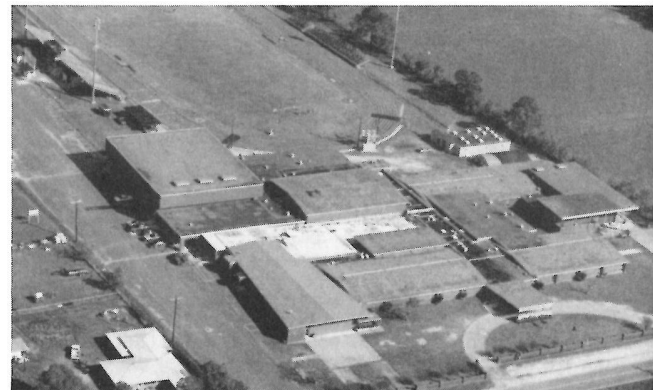
½ jar dried beef  
 1 (8 oz.) cream cheese  
 2 spriggs onion tops  
 Chopped pecans

Mix the dried beef, cream cheese and onions together to form a ball. Roll in pecans and serve on crackers.

*Mayola Monvoisin, Lake Arthur, LA*



*Hackberry High School*



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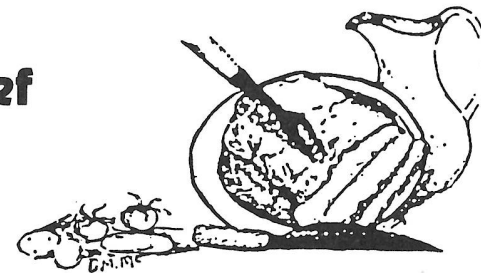
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# Main Attractions

## Beef



## MEAT PIES

**CRUST:**  
 3 (3 oz.) packages cream cheese  
 3 sticks margarine  
 3 cups flour

**FILLING:**  
 1 lb. ground meat  
 1 can mushroom soup

Mix all ingredients for crust together. Divide into 2 balls. Wrap in Saran Wrap and put in ice box for ½ hour. Roll on floured board with floured rolling pin till thin. Cut with small glass. Fry ground meat, then add soup and cook till warm. Spoon filling with a spoon. Seal by pressing ends of crust together. Bake at 350°F for about 15 minutes or till a tan color.

*Kim Alexander, Lake Arthur, LA*

\*\*\*

## GROUND BEEF CASSEROLE

**BOTTOM LAYER:**  
 1 onion, chopped  
 1 lb. ground chuck  
 2 cans green beans

**MIDDLE LAYER:**  
 4 large potatoes, boiled  
 1 egg  
 Milk or Pet milk  
 Butter or margarine  
 Seasoning

**TOP LAYER:**  
 1 (8 oz.) package Cheddar cheese

In a skillet or pot sauté onions and brown ground meat. Drain excess fat. Add snap beans (if these are already cooked and seasoned the dish will be better, left over snap beans are the best). Mix beans with meat mixture. Put this into a 9 x 13-inch pan and spread evenly. Prepare mashed potatoes as you normally do but add 1 raw egg while beating your potatoes which will keep them from drying out during baking. Spread mashed potatoes over meat mixture evenly. Top potatoes with shredded Cheddar cheese and bake at 350°F for 30 minutes. Serve with homemade bread or rolls. Very delicious.

*Norma Jo Pinch, Grand Chenier, LA*

\*\*\*

## FAJITAS

1 lb. beef top round steak cut ½" thick  
 1-2 limes  
 1 teaspoon garlic salt  
 ½ teaspoon pepper  
 4 (6 inch) flour tortillas  
 1 cup shredded lettuce  
 1 cup chopped tomato  
 ¼ cup sliced green onions  
 ¼ cup shredded Cheddar cheese  
 8 teaspoons dairy sour cream

Trim excess fat from steak. Pound steak to ¼-inch thickness. Place steak in plastic bag; sprinkle both sides of steak with lime juice, garlic salt and pepper. Tie bag securely and refrigerate 6 to 8 hours. Drain marinade; discard. Broil steak over medium hot coals 2-3 minutes or pan broil 5-7 minutes. Carve across the grain into thin slices. To serve, place equal amount of all ingredients on each tortilla. Makes 4 servings. Preparation time: 20 minutes. Marinating time: 6-8 hours. Cooking time: 4-6 minutes.

*Sussie Trell, Sulphur, LA*

\*\*\*

## FENTON'S GRILLED STEAKS

Steaks  
 Season All Salt  
 Dehydrated onion flakes  
 Worcestershire Sauce  
 1 bottle Italian salad dressing

Sprinkle steaks with Season All Salt, onion flakes, and Worcestershire sauce. Pour salad dressing over steaks. Refrigerate over night. Steaks should be at room temperature before cooking. Grill on barbecue pit. Serve with baked potatoes.

*Fenton Bourque, Pecan Island, LA*

\*\*\*

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## CREAMY CHICKEN FRIED STEAK

1 egg slightly beaten  
1 cup milk  
2 cups flour  
1 teaspoon salt  
1 teaspoon pepper  
6 beef cutlets  
vegetable oil  
¼ cup all-purpose flour  
2 cups milk

Combine first 3 ingredients mixing well. Set aside. Combine flour and seasonings mixing well. Dredge cutlets in flour mixture, then milk and egg mixture, then dredge again in flour mixture. Let stand 10 minutes on paper towel. Pour vegetable oil to a depth of ¼ inch into a heavy skillet. Fry steaks over medium-high heat until browned, adding oil as necessary. Remove and drain on paper towel; set aside. Pour off pan drippings, reserving 3 tablespoons in skillet. Add ¼ cup flour to drippings, stir over medium heat until bubbly. Cook about 1 minute, stirring constantly. Add 2 cups of milk and cook until thickened, stirring constantly. Stir in salt and pepper to taste. Add cutlets, cover and simmer 5 minutes. Yield: 3-6 servings.

*Brenda Nash, Cameron, LA*

\*\*\*

## PIZZA BURGERS

1 beaten egg  
1 (8 oz.) can pizza sauce  
¼ cup fine dry bread crumbs  
¼ cup grated Parmesan cheese  
2 Tablespoons snipped parsley  
¼ teaspoon dried oregano, crushed  
¼ teaspoon fennel seed, crushed  
¼ teaspoon garlic salt  
2 lbs. ground beef  
2 Tablespoons chopped onion

2 Tablespoons chopped pimento-stuffed olives  
or chopped pitted ripe olives  
10 slices French bread, toasted and buttered  
10 slices Mozzarella cheese  
10 tomato slices

Combine egg and ½ cup of the pizza sauce; stir in crumbs, Parmesan, parsley, oregano, fennel, garlic salt, and dash of pepper. Add beef; mix well. Divide into 10 equal portions. Shape meat into oval patties ½ inch thick. In a saucepan combine remaining pizza sauce, onion, olives, and 1 tablespoon water. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes; stir occasionally. Grill burgers over medium coals about 7 minutes. Turn and cook about 7 minutes more for medium doneness. Brush with some pizza sauce mixture during the last 5 minutes. Top each bread slice with cheese, a burger, lettuce, and tomato. Pass remaining sauce.

*Roxanne Conner, Creole, LA*

\*\*\*

## DRU'S SPAGHETTI

3 Tablespoons oil  
2 lbs. ground chuck  
2 cans tomato paste  
1 small jar Prego spaghetti sauce  
1 large onion, chopped  
¾ cup chopped bell pepper  
¾ cup chopped parsley  
1 cup chopped mushrooms (optional)  
1 teaspoon salt  
1 teaspoon garlic powder  
½ teaspoon basil

Brown ground chuck in oil until brown then add onion, bell pepper and parsley and cook until onions are soft. Add tomato paste and mix well but do not scorch. Then add remaining ingredients and simmer for 5 minutes. Serve over cooked spaghetti. Serves 6-8 people.

*Mrs. Drusilla Aubey, Cameron, LA*



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## MEAT - RAW RICE CASSEROLE

1 cup raw rice  
1 lb. ground meat, crumbled  
1 celery, chopped  
½ green pepper, chopped  
1 onion chopped  
1 (10¾ oz.) can cream of chicken soup  
1 (10¾ oz.) can onion soup  
salt, pepper and hot pepper to taste

Place all ingredients in a 2 quart greased casserole dish in order given. Do not stir or mix. Cover and bake 1½ hours at 350°F. Stir after taking from oven. This is a good "pot luck" dish. Serves 6-8 people.

*Roberta Rogers, Cameron, LA*

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## BEEF AND CORN CASSEROLE

1½ lbs. ground beef  
1 medium onion, chopped  
2 ribs celery, sliced  
1 (10½ oz.) tomato soup (cream style)  
1 (16 oz.) can ranch style beans  
½ teaspoon black pepper  
1 Tablespoon Worcestershire sauce  
1 teaspoon garlic salt  
1 teaspoon chili powder  
Corn Chips

Brown ground beef and onion, drain well. Add celery, soup, corn and drained beans. Stir together and heat thoroughly. Add spices and Worcestershire sauce. Place in oblong casserole. Bake at 350°F for 30 minutes. Top with corn chips and bake 10 minutes more. Serves 6.

*Blanche Hollister, Lake Arthur, LA*

*Compliments of*  
**Lindsay, Tara,**  
**Sandra and**  
**Marck Smythe**

## OVEN BEEF STEW

2 lbs. beef stew meat  
1 (16 oz.) can tomatoes, drained  
1 (10½ oz.) can condensed beef broth  
1 (8 oz.) can sliced water chestnuts  
1 (4.5 oz.) jar whole mushrooms  
1 cup red wine or water  
2 cups cubed potatoes  
1 cup chopped onion  
1 cup chopped celery  
2 Tablespoons oil  
6 carrots, cut into 1" pieces  
½ cup flour  
1 Tablespoon Worcestershire sauce  
1 teaspoon sugar  
1 teaspoon salt  
1 teaspoon marjoram  
¼ teaspoon garlic powder  
¼ teaspoon pepper

Heat oven to 250°. In 4 quart Dutch oven brown meat in oil. Combine all other ingredients, mix well with browned meat. Cover and bake for 5 hours or until meat is tender. Serves 8.

*Marcy Wiley, Houston, TX*

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## SLOW COOKER BEEF STROGANOFF

2 lbs. steak, cut in ½" strips  
2 Tablespoons lemon juice  
1 teaspoon Worcestershire sauce  
½ teaspoon salt and dash of pepper  
2 Tablespoons butter  
2 onions, finely chopped  
1 (4 oz.) can mushrooms, sliced  
½ cup beef bouillon  
1 cup sour cream mixed with  
2 Tablespoons flour

Place beef strips in slow cooker or crock pot. Add lemon juice, Worcestershire sauce, salt and pepper, stir thoroughly. Add remaining ingredients in order given, stirring thoroughly. Cover and cook on low 6-8 hours. Serve over noodles or rice. Serves 6.

*Jan Shores, Erath, LA*

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## BRAZILIAN POT ROAST

4 lbs. chuck roast (fat removed)  
¼ cup cooking oil  
1 Tablespoon dry mustard  
½ Tablespoon salt  
½ teaspoon pepper  
1 cup sliced onion  
1½ Tablespoons brown sugar  
¼ cup vinegar  
½ cup water  
potatoes, 1 per person, skins on  
1 cup sliced carrots

Slowly brown roast in hot oil in heavy Dutch oven for ½ hour, uncovered. Add seasonings, sugar, onion, water, and vinegar. Cover and simmer slowly 3-4 hours. One hour before serving, add potatoes and carrots to broth. Cover and continue to simmer for the last hour. Turn fire off and let sit for 15-20 minutes before serving. Serves 6-8 people.

*Reverend Rod Kennedy, Clinton, LA*

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## PROCUPINE MEAT BALLS

1 lb. hamburger  
3 Tablespoons chopped onions  
½ cup uncooked rice  
2 teaspoons baking powder  
¾ cup milk  
salt and pepper to taste

Shape mixture into balls; put in casserole. Pour over this mixture, 1 can tomato soup and ½ can water. Bake at 450°F for 15 minutes covered then, 35 minutes uncovered.

*Bronwen C. LaLande, Cameron, LA*

## ITALIAN ROUND STEAK SPAGHETTI

1 (2-3 lbs.) round steak  
½ can seasoned bread crumbs  
1 (1½ oz.) package Parmesan cheese  
1 bunch green onions, chopped  
1 (12 oz.) package spaghetti  
1 clove garlic, chopped fine  
1 teaspoon salt  
½ teaspoon black pepper  
2 (6 oz.) cans tomato paste  
2 Tablespoons cooking oil

Trim and remove bone from round steak. Mix bread crumbs, cheese, garlic and onions. Season steak with salt and pepper, then pour about half of bread crumbs mixture over steak and pat evenly over steak. Roll steak up as you would a jelly roll, and secure with toothpicks and strings. Brown steak in 2 tablespoons cooking oil turning frequently. Add tomato paste and 4 cans of water, then add remaining bread crumb mixture. Stir frequently and cook slowly over a low flame. Serves 6 people. Boil spaghetti and serve with sauce and slices of stuffed round steak.

*Donna M. LaBove, Cameron, LA*

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## HAMBURGER PIE

1 lb. ground beef  
½ cup chopped onion  
½ cup chopped bell pepper  
½ teaspoon salt  
¼ teaspoon pepper  
1 (8 oz.) can tomato sauce  
5 medium potatoes  
½ cup milk  
1 beaten egg  
½ cup grated American cheese

Brown ground beef, onion, and bell pepper. Add salt and pepper. Stir well. Stir in tomato sauce. Peel and quarter potatoes while meat is browning approximately 15 minutes. Pour meat mixture in 1½ quart casserole dish and spread evenly. Boil potatoes until tender and mash when done. Add milk and eggs to potatoes. Stir well. Spread potatoes over meat mixture. Sprinkle top of casserole with cheese. Bake at 350°F oven for 20 minutes. Makes 6 servings. Preparation time: 55 minutes. Cost: \$4.15.

*Beth Skidmore, Cameron Parish*

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## EASY PIZZA CASSEROLE

1 lb. ground beef  
1 (14 oz.) jar pizza sauce  
1 cup shredded Mozzarella cheese  
1 cup shredded Cheddar cheese  
¾ cup biscuit mix  
1½ cups milk  
2 eggs

Cook ground beef in a skillet over medium heat until browned, stirring to crumble. Drain off pan drippings. Spoon beef into an 8-inch square baking dish. Top with pizza sauce and cheese. Combine biscuit mix, milk and eggs; beat until smooth. Pour mixture over casserole, covering evenly. Bake at 400°F for 30-35 minutes. Yield: 6 servings.

*Hope Nash, Cameron, LA*

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## MEAT LOAF

2 lbs. ground beef  
1 egg  
1 teaspoon salt  
2 Tablespoons Worcestershire sauce  
1 cup catsup  
½ cup Picante sauce  
¾ cup bread crumbs  
1 small chopped onion

Mix all ingredients together. Put in a bread loaf pan and bake at 350°F for 40-60 minutes.

*Lena Authement, Cameron, LA*

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## ELECTRIC RICE COOKER CASSEROLE

5 cups cabbage  
2 cups cooked ground beef  
2 Tablespoons oil from meat  
1 cup uncooked long grain rice  
1 small can tomato suace  
add salt to taste  
¾ cup chopped onions  
½ cup chopped celery  
1 can Rotel tomatoes and green chilies  
½ cup water  
2 teaspoons sugar

Cut cabbage in 2" strips. Put all ingredients in rice cooker except Rotel. Stir and mix, then pour can of Rotel on top of ingredients and cook as you would a pot of rice.

*Mrs. Elaine Hebert, Sweetlake, LA*

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## QUICK PIZZA CASSEROLE

1 lb. ground beef  
1 (14 oz.) jar Pizza Quick Sauce  
2 cups shredded Mozzarella cheese  
¾ cup biscuit mix (any kind)  
½ cup milk  
2 eggs

Brown ground beef and crumble. Drain and spoon into an 8-inch baking dish. Top with pizza sauce and Mozzarella cheese. Combine biscuit mix, milk and eggs; beat until smooth. Pour casserole, covering evenly. Bake at 400°F for 30-35 minutes.

*Grace Welch, Hackberry, LA*

## BARBECUE BRISKET

8-10 lb. brisket

### MARINADE SAUCE:

4 cups Barbecue Sauce (your favorite)  
1 Tablespoon dry mustard  
1 Tablespoon salt  
1 Tablespoon celery seed  
1 Tablespoon black pepper (ground)  
1 Tablespoon minced garlic

Trim off all fat on brisket and cut into strips. Marinate overnight. Mix marinade sauce ingredients together. Alternate sauce and brisket into glass container. Cover and place in refrigerator overnight. Place brisket with sauce into large baking dish. Cover and bake in preheated oven at 300°F for 5 hours. Uncover and bake for an additional 30 minutes. Serve as meat serving or on buns. Servings: 0-30.

Margurite (Pete) Carter

## HASH STUFFED PEPPERS WITH CABBAGE

4 large bell peppers  
2 cans (16 oz.) corn beef hash  
1 onion, chopped  
2 Tablespoons margarine  
1 can (10 oz.) condensed tomato soup  
1 can water  
2 teaspoons dark brown sugar  
salt and pepper to taste  
1 small cabbage cut in quarters

Cut top off green peppers; remove seeds and membranes. Cook 4 or 5 minutes in boiling water. Drain. In skillet, cook corn beef hash, onions and 1 tablespoon margarine about 5 minutes. Place peppers in casserole dish. Stuff peppers with hash mixture. Place 1 quarter cabbage between each pepper. Make sauce of 1 tablespoon margarine, tomato soup, water, sugar, salt, and pepper. Pour over peppers and cabbage. Cook in oven about 1 hour at 350°F.

Grace Welch, Hackberry, LA

## TARRAGON BEEF OVER ZUCCHINI STRIPS

¾ lb. beef stew meat  
1 garlic clove  
1 Tablespoon oil  
2 teaspoons sugar  
1 teaspoon instant beef bouillon  
½ - 1 teaspoon tarragon  
1 cup water  
2 quarts boiling water  
½ cup red wine vinegar  
1 cup sliced carrots  
1 Tablespoon cornstarch  
¼ cup cold water  
¼ cup sliced green onions  
4 medium zucchini - cut into long thin strips

Cut meat into ¾" cubes. In large skillet, brown meat with garlic in oil. Stir in sugar, bouillon, tarragon, water and vinegar. Cover and simmer 1 hour. Add carrots; cover and continue cooking an additional 15 minutes or until carrots are tender. Combine cornstarch and water. Stir green onion and cornstarch mixture into meat. Cook over medium heat until mixtures boil and thicken, stirring constantly. Add zucchini strips to boiling water. Cook 3 minutes. Drain. Spoon onto serving platter. Spoon meat mixture over zucchini. Serves 4.

Marcy Wiley, Houston, TX

## BEEF - BEAN - RICE SKILLET MEAL

2 Tablespoons shortening  
½ cup chopped onion  
1 lb. ground beef  
2 cups cooked rice  
1 (15½ oz.) can kidney beans  
1 (14 oz.) can tomatoes  
1 teaspoon salt  
¼ teaspoon pepper  
1 teaspoon chili powder

Brown onion into shortening. Add beef and brown. Add cooked rice, beans and seasonings. Cook on low heat 20-30 minutes. Serves 8.

Wilma Shores, Abbeville, LA

## COMPANY VEAL AND CARROTS

1 lb. veal cutlets  
3 Tablespoons all-purpose flour  
½ teaspoon salt  
½ teaspoon garlic powder  
½ teaspoon pepper  
½ teaspoon dried whole marjoram  
vegetable cooking spray  
1 Tablespoon vegetable oil  
12 baby carrots, scraped and cut in half  
¼ cup dry white wine

Trim excess fat from veal. Flatten veal to ¼-inch thickness, using a meat mallet or rolling pin. Cut veal into 2-inch pieces. Combine next 5 ingredients, dredge veal in flour mixture. Coat a large skillet with cooking spray; add oil, and place over medium - high heat until hot. Add veal and cook 1 minute on each side or until lightly browned. Add carrots and wine; cover and reduce heat and simmer 10 minutes or until veal is tender. Yield: 4 servings. (About 278 calories per serving.)

## SWEET SOUR MEATBALLS

5 beef bouillon cubes  
1½ lbs. hamburger meat  
1 cup bread crumbs  
¼ cup chopped onions  
1 egg  
1 (20 oz) can pineapple chunks, drained  
1 green bell pepper cut into bite sizes  
½ cup lemon juice  
3 Tablespoons brown sugar  
2 Tablespoons soy sauce  
1 teaspoon ginger  
2 Tablespoons cornstarch  
½ cup pineapple liquid  
¼ cup hot water

Dissolve bouillon cubes in hot water. Combine meat, bread crumbs, onions, and egg in a large bowl. Form mixture into meatballs and brown in skillet. Set aside on paper towel to drain excess fat. Combine lemon juice, brown sugar, soy sauce, ginger, cornstarch, and pineapple liquid. Add beef bouillon mixture and 1½ cups of warm water. Return meatballs to skillet. Pour liquid mixture over meatballs. Cover and simmer 20 minutes. Add pineapple liquid and cornstarch and remaining pineapple liquid; cover and simmer 5 minutes. Stir gently - add pineapple chunks and bell pepper. Simmer 5 minutes. Serve over steamed rice. Serves 6.

Margurite (Pete) Carter

## HAMBURGER LAYER CAKE

2 eggs, lightly beaten  
2 teaspoons catsup  
¾ cup bread crumbs  
2 teaspoons salt  
6 teaspoons Lea & Perrin  
2 lbs. hamburger meat  
2 Tablespoons oil  
1½ cups chopped onion  
1 cup chopped bell pepper  
1 (4 oz.) can sliced mushrooms  
1 diced tomato

Combine eggs, catsup, bread crumbs, salt and 5 teaspoons Lea & Perrin. Add meat and mix well. Divide mixture in half and shape in an 8-inch circle. Place on lightly greased cookie sheet. Bake for 10 minutes in preheated oven at 450°F. Heat oil in skillet, add onions, green peppers and mushrooms. Sauté for 5 minutes. Add tomato, 1 teaspoon Lea & Perrin and ½ teaspoon salt and cook for 2 minutes. Sandwich half of the vegetables between meat around and top with remaining half of meat mix. Bake until meat is done at 450°F for about 30 minutes.

Brenda Conner, Cameron, LA

## LIVER IN CREOLE SAUCE

¼ cup reduced calorie Italian dressing  
1 lb. (½-inch thick slice) calf's liver  
cut into ½-inch strips  
1 cup chopped onion  
1 cup chopped green pepper  
¾ cup chopped celery  
1 clove garlic, crushed  
2 medium tomatoes, peeled and quartered  
1 (8 oz.) can tomato sauce  
1 teaspoon chili powder  
1 teaspoon dried whole oregano  
½ teaspoon salt  
2 cups hot cooked rice

Combine reduced calorie Italian dressing, liver, onion, green pepper, celery, and garlic in a large skillet, and cook over medium heat until vegetables are tender (2-3 minutes). Add tomatoes, tomato sauce, chili powder, oregano, and salt. Bring to a boil. Cover, reduce heat and simmer 10 minutes or until liver is tender. Serve over rice. Yield 4 servings. (223 calories per ½ cup rice serving.)

## COMPANY BEEF & VEGETABLES

½ teaspoon dried parsley flakes  
½ teaspoon garlic powder  
½ teaspoon dried whole oregano  
1 teaspoon pepper  
1 (4½ lb.) eye-of-round beef roast  
vegetable cooking spray  
2 cups water  
12 potatoes  
12 boiling onions  
2 cups cut carrots

Combine first 5 ingredients in a small bowl; mix well. Divide herb mixture in half and set aside. Trim fat from roast; place roast on a rack coated with cooking spray and place rack in broiler pan. Sprinkle half of herb mixture over roast and bake at 325°F for 50 minutes. Pour water into broiler pan. Arrange potatoes and onions around roast in a single layer; cover with aluminum foil. Bake at 325° for 25 minutes. Remove foil and add carrots. Sprinkle remaining herb mixture over vegetables; cover and bake an additional 45 minutes. Transfer roast to a serving platter; let stand 10 minutes before cutting into slices. Arrange baked vegetables around roast. Yield: 12 servings.



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## GOLDEN NUGGET MEAT LOAF

1 lb. ground round steak  
¾ cup finely cubed American processed cheese  
½ cup chopped onion  
¼ cup chopped green pepper  
½ teaspoon salt  
½ teaspoon celery seed  
¼ teaspoon black pepper  
1 (8 oz.) can tomato sauce  
1 cup milk  
½ cup bread crumbs  
1 egg, slightly beaten

Combine all ingredients in a mixing bowl and stir lightly to a soft mixture. Pour into a greased 9 x 5 x 3 inch loaf pan. Bake at 350°F for 1 hour. Remove from oven and cool 30 minutes or so. Turn on to a platter to serve. This meat loaf is good chilled and sliced for sandwiches

*Roberta Rogers, Cameron, LA*

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## BEEF JAMBALAYA

1½ lbs. round steak, cut into small strips  
1 lb. sausage (beef & pork mixed) sliced  
½ cup oil  
salt and pepper to taste  
¼ teaspoon red pepper  
3 cups chopped celery  
1 cup green pepper, chopped  
1½ cups chopped onions  
1 cup snipped parsley  
2 cups raw rice  
1 cup tomatoes with green chilies  
3 cups water or more as needed  
2 Tablespoons Worcestershire sauce

Brown steak and sausage in oil; season with salt and peppers. Sauté celery, green pepper, onion and parsley in oil until celery is clean. Add rice and brown, stirring constantly. Mix all ingredients together except Worcestershire sauce. Simmer until rice is done, stir in Worcestershire sauce, and serve hot.

*A Tribute to the Memory of  
Floyd Kelley*

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## CREOLE STEAK

¼ cup flour  
2 teaspoons salt  
2 teaspoons paprika  
½ teaspoon pepper  
1 lb. round steak, cut into small cubes  
2 onions, chopped  
½ green pepper, chopped  
3 Tablespoons oil  
½ cup uncooked rice  
2 (16 oz.) cans stewed tomatoes

Combine flour, salt, paprika, and pepper. Dredge steak cubes in flour mixture. Sauté onion and green pepper in hot oil - remove from skillet. Brown meat in remaining oil in skillet; cover with onion mixture and sprinkle with rice. Drain tomatoes, reserving liquid. Add enough water to tomato liquid to make 2 cups. Spoon tomatoes over rice; sprinkle with any remaining flour mixture. Pour liquid over meat mixture. Cover and simmer 1 hour or until meat is fork tender.

*Mrs. Morris Savoie, Dry Creek, LA*

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## SLOPPY JOES (Excellent for Children)

1½ lbs. lean ground beef  
1 teaspoon salt  
2 Tablespoons brown sugar  
2 Tablespoons prepared mustard  
2 Tablespoons Worcestershire sauce

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½ cup catsup

Brown beef well, drain in strainer or colander. Return meat to pan and add all other ingredients - simmer 15-20 minutes. May be multiplied for a crowd, DON'T multiply salt, increase some but taste as you go since Worcestershire is salty. Good to freeze in muffin pans and store the "muffins" in a ziplock freezer bag to be thawed for individual sandwiches.

*Johnelle Kennedy, Clinton, LA*

## BROCCOLI AND BEEF

### MARINADE:

1 Tablespoon cornstarch  
1 Tablespoon oil  
1 Tablespoon Soy sauce  
1 garlic clove, minced  
3-4 slices gingerroot  
1 lb. boneless top round or sirloin steak slightly frozen, cut in thin strips  
2 Tablespoons oil  
4 cups fresh broccoli florets

### SAUCE:

½ cup water  
2 Tablespoons oyster sauce  
1 Tablespoon cornstarch  
1 Tablespoon Soy sauce  
1 teaspoon sugar

In medium bowl, combine all marinade ingredients. Add meat, stir to coat evenly with marinade. Cover, refrigerate at least 30 minutes. Discard gingerroot. In small bowl, combine all sauce ingredients. Set aside. In large skillet heat 1 tablespoon oil. Stir-fry broccoli 2 minutes or until crisp tender. Remove from pan. Heat remaining 1 tablespoon oil, add meat. Stir-fry 5 minutes or until meat is brown. Add sauce to meat. Cook 2-3 minutes or until sauce is hot. Stir frequently. Add broccoli, cook until thoroughly heated. Serves 4.

*Marcy Wiley, Houston, TX*

## HAMBURGER CASSEROLE

1 lb. hamburger  
1 medium onion, sliced in rings cut in half  
1 carton sour cream  
1 (8 oz.) package Cream Cheese  
1 package macaroni  
1 teaspoon salt, pepper to taste

Brown the hamburger and onion until onions are soft and clear - drain off excess fat. Blend sour cream and Cream Cheese together in a skillet over low fire until cheese melts, stirring constantly. Place macaroni in a casserole and top with the hamburger mixture. Pour sour cream mixture on top, season with salt and pepper. Bake at 350°F for 40 minutes or until bubbly.

*Mrs. Charles Rogers, Cameron, LA*

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## HAMBURGER SHISH KABOBS

1 lb. ground beef  
1 egg  
½ cup evaporated milk  
½ cup fine bread crumbs  
1 teaspoon salt  
¼ teaspoon pepper  
¼ cup finely chopped onions  
2 Tablespoons finely chopped green pepper  
onion slices  
tomato slices

Mix all ingredients except onion and tomato slices. Shape into 16 balls. Place on long skewers alternately with onion and tomato slices. Broil until brown on all sides. May be served between long slices of split French bread, if desired.

*Lee Roy Guillory, Welsh, LA*

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## BEEF AND CARROTS

1 lb. ground beef  
1 onion, chopped  
salt and pepper to taste  
1 egg, beaten  
1 cup corn flakes  
6 carrots  
1 can cream of celery soup

Combine beef, onion, salt and pepper, egg and corn flakes and shape into patties. Place in a shallow baking dish. Broil until brown and drain off fat. Cut carrots into 2" pieces and place around patties. Pour soup over all and cover with aluminum foil. Bake at 350°F until carrots are tender. Serves 4.

*Marjorie Rorex, Clute, TX*

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## MEXICAN CORNBREAD CASSEROLE

1½ lbs. ground meat  
2 onions - chopped  
2 cans cream style corn  
1 chopped bell pepper  
4 eggs  
½ cup oil  
2 cups milk  
2 teaspoons baking soda  
4 hot peppers - chopped  
2 cups cornmeal - yellow  
1 cup grated cheese

Sauté meat, onions and bell peppers until dry. Add salt and pepper, then set aside to cool. Mix eggs, cornmeal, milk, corn and baking soda, hot peppers, and ¼ cup of oil. Pour ¼ cup of oil in a 9 x 13 inch pan. Pour half of corn mixture into pan spreading; then spoon meat mixture over top, sprinkle with cheese and top with cornmeal mixture. Bake until golden brown. About one hour. Serves 6 people.

*Brenda Conner, Cameron, LA*



## BURGUNDY BEEF STEW

2 lbs. top boneless round steak  
½ teaspoon pepper  
½ teaspoon garlic powder  
vegetable cooking spray  
¾ cup chopped onion  
2½ cup sliced fresh mushrooms  
3 cups water  
1 teaspoon beef flavored bouillon granules  
1 bay leaf  
1 Tablespoon minced fresh parsley  
½ teaspoon ground  
½ cup Burgundy or other dry red wine  
2 cups cubed potatoes  
1½ cups sliced carrots (½" thick)  
4 small onions, halved  
1½ cups sliced celery  
¼ cup all-purpose flour  
½ cup water  
Minced fresh parsley (optional)

Trim fat from steak; cut into 1-inch cubes. Combine pepper and garlic powder; sprinkle over meat. Coat a Dutch oven with cooking spray. Place over medium high heat until hot. Add meat and chopped onion, sauté until meat is browned. Add sliced mushrooms and sauté 3-4 minutes. Add 3 cups of water and next 5 ingredients and stir well. Cover, reduce heat and simmer 35 minutes. Add potatoes, carrots, onion halves, and celery, and stir well. Cover and simmer 20 minutes or until vegetables are tender. Combine flour, ½ cup water, stirring until smooth. Add to hot vegetable mixture and stir well. Cook 10 minutes or until mixture thickens, stirring often. Remove and discard bay leaf. Spoon beef stew into serving bowls; sprinkle with minced fresh parsley, if desired.

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## BASIC MEAT LOAF

1½ lbs. ground beef  
2 (8 oz.) cans tomato sauce; divided  
1 cup soft bread crumbs  
2 eggs slightly beaten  
2 Tablespoons dried minced onion flakes  
1 teaspoon salt  
½ teaspoon pepper  
2 teaspoons dried parsley flakes  
2 teaspoons Worcestershire sauce

Combine ground beef, ½ cup tomato sauce, and next 5 ingredients and mix well. Shape meat mixture into a loaf. Place on rack of a lightly greased broiler pan. Bake at 350°F for 1 hour. Combine remaining tomato sauce and last two ingredients, stir well. Pour over meat loaf and bake an additional 5 minutes. Yield: 6 servings.

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## COMPANY POT ROAST

½ cup chopped onion  
¼ cup butter or margarine, melted  
1 (3½-4 lb.) chuck roast  
1 bay leaf  
2 Tablespoons dried mint  
¼ teaspoon ground allspice  
½ teaspoon pepper  
1 (10½ oz.) can consommé, diluted

Sauté onion in butter in a large Dutch oven until tender; add meat, and brown on both sides. Combine bay leaf, mint, allspice, pepper, and diluted consommé, pour over meat. Cover and simmer 2½ hours. Remove bay leaf. Yield: 6-8 servings.

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## POT ROAST MEAT LOAF

1 lb. lean ground beef  
¾ cup evaporated milk  
½ cup fine dry bread crumbs  
¼ cup catsup or chili sauce  
2 Tablespoons dried onions  
1½ teaspoons salt - pepper to taste  
2 teaspoons Worcestershire sauce  
6 medium sized potatoes  
6 medium sized carrots  
3 onions, cut in half  
2 teaspoons dried parsley flakes

Mix ground beef, milk, crumbs, catsup, 1 teaspoon salt, Worcestershire sauce, pepper and dried onions. Shape into a loaf and place in center of a 13 x 9 x 2 inch pan. Peel potatoes, onions, and carrots. Cut onions in half and place all vegetables around meat loaf; sprinkle with ½ teaspoon salt and parsley flakes. Cover tightly with foil. Bake at 375°F for 1 hour or until vegetables are tender. Uncover and bake for 10 minutes longer. Serves 6. If you prefer to slice the potatoes and cut the carrots in quarters, it takes less time to bake.

Iris Vinson, Sulphur, LA

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Crain Brothers, Inc. in Grand Chenier, La.

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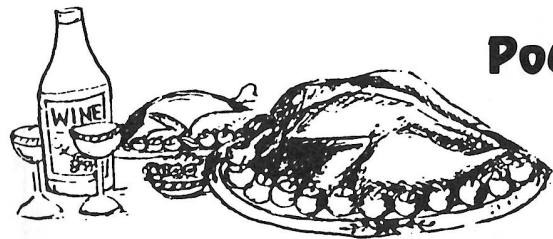
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### STANDING RIB ROAST

1 (8-10 lb) standing rib roast  
garlic powder  
seasoning salt  
pepper  
fresh parsley sprigs

Sprinkle roast on all sides with garlic powder, seasoning salt, and pepper. Place roast, fat side up, on a rack in a roasting pan. Insert a meat thermometer, making sure bulb does not touch fat or bone. Bake, uncovered, at 325°F for about 3 or 4 hours until meat thermometer reaches 140°F for about 3 or 4 hours until meat thermometer reaches 140°. Remove from oven. Trim fat from roast; bake 10 more minutes at 400°F or until browned. Slice roast and place slices on a serving platter. Garnish with parsley. Yield: 16-20 servings.

**NOTE:** Bake roast to an internal temperature of 150°F for medium rare and 160°F for medium.



## Poultry

### BAKED CHICKEN

4 chicken breasts  
1 stick oleo, melted  
Ritz crackers, crushed  
Salt and pepper  
Paprika

Remove skin from chicken. Salt, pepper and sprinkle with paprika. Dip each piece in melted oleo and roll in crushed crackers. Place in pan, cover with foil and bake at 350°F for one hour. Remove foil and bake an additional 15 minutes.

*Vicki Carroll, Lake Charles, LA*

### CHICKEN DRUMMETTES

1 bottle Wishbone Russian Dressing  
1 cup peach, pineapple jam  
1 package dry onion soup mix  
5 packages chicken drummettes

Stir the first three ingredients together. Pour over chicken wings and mix until well coated. Marinate overnight. Place on cookie sheet rack and bake at 325°F for one hour. This can be made ahead of time and frozen and reheated before serving. Double recipe for 60 people.

*Ida Boutte, Lake Charles, LA*

### THELMA'S STUFFED TEAL

1 teal per person  
Salt  
Black pepper  
Garlic powder  
¼ cup chopped onions  
¼ cup bell pepper  
¼ cup celery  
¼ cup mushrooms  
1 Tablespoon French's mustard  
½ teaspoon Kitchen Bouquet  
Margarine

Season teal with salt, pepper and garlic powder inside and out. Mix the chopped vegetables and stuff each teal cavity. Mix mustard and Kitchen Bouquet and rub outside of each teal with this mixture. Place breast side down in baking dish with small amount of melted margarine. If you have some excess stuffing place between teals. Bake covered at 350°F or pot roast on top of stove. Make gravy with drippings. Serve with fluffy rice.

### ELEGANT TEAL

Teal  
Butter  
Black pepper  
Garlic powder  
Finely chopped onion  
Finely chopped celery  
Finely chopped parsley

Debone a teal for each person to be served. Be careful not to cut the skin. Make a mixture of butter, pepper, garlic powder, onion, celery, and parsley. Open teal skin side down and apply a fair amount of butter mixture. Roll enclosing butter mixture and shape to closely resemble a teal. Use a mixture of mustard and Kitchen Bouquet and rub each teal and place in baking dish in which a little butter has been melted to prevent sticking. Bake at 350°F till cooked (about 1½ hours) cover during this time. Uncover and bake 15-20 minutes to brown. Make a thick brown gravy from drippings. Place 1 teal on each plate and pour some of the gravy over each teal. Serve with wild rice dish and a veggie of your choice. I guarantee you'll get plenty compliments.

\*You may add a little wine and mushrooms to your gravy.

### TURKEY CHILI

1 lb. ground turkey breast  
1 medium green pepper, chopped  
1 can kidney beans  
1 medium onion, chopped  
1 large can tomato sauce  
1 package chili mix  
1 can Ro-tel tomatoes

Brown the turkey in a large pan. Spray pan with Pam. Add green pepper and onion, reduce the heat until the pepper is tender. Add the beans, tomatoes, and chili mix. Simmer for 10 minutes and serve. This will freeze well. Store in individual serving size containers.

*Eva Fuselier, Lake Charles, LA*

### CHICKEN DIVAN

6 chicken breasts, halved  
2 (10 oz.) packages frozen broccoli spears  
1 (10 oz.) can cream of mushroom soup, undiluted  
½ cup mayonnaise  
½ teaspoon curry powder  
½ teaspoon lemon juice  
½ (2 oz.) shredded American cheese  
¼ cup bread crumbs  
1 tablespoon butter or oleo

Cook chicken in boiling water to cover 25 minutes or until tender. Drain. Bone chicken and cut meat into bite size pieces and set aside. Cook broccoli according to directions omitting salt. Arrange broccoli in a lightly greased 12 x 8 x 2-inch baking dish. Top with chicken. Combine soup and next three ingredients stirring well. Pour mixture over chicken allowing broccoli to show around edge of dish. Bake at 350° for 15 minutes. Sprinkle cheese over casserole. Combine bread crumbs and butter. Sprinkle down the center of casserole. Bake an additional 10 minutes or until cheese melts. Yield: 6-8 servings.

### DENISE'S TURKEY FLORENTINE

2 (10 oz.) packages frozen chopped spinach,  
thawed and well drained  
2-3 cups chopped or sliced turkey  
½ teaspoon salt  
¼ teaspoon pepper  
1 can cream of mushroom soup  
3 Tablespoons milk  
2 Tablespoons dry sherry

Cover a 9-inch baking dish with spinach. Salt and pepper spinach then top with turkey. Blend remaining ingredients until smooth. Using a spatula, smooth mixture over turkey. Microwave on high for 10-13 minutes, rotating dish every 5 minutes. Let stand 5 minutes.

*Pam East, Hackberry, LA*

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### CHICKEN VELVET SOUP

6 Tablespoons butter  
⅓ cup flour  
½ cup milk  
½ cup Half and Half  
3 cups chicken broth  
1 cup finely chopped cooked chicken

Melt butter in saucepan. Blend in flour; add milk, Half and Half and broth; cook. Stir until mixture thickens and comes to a boil; reduce heat. Stir in chicken and a dash of black pepper. Heat again and bring to a boil; serve immediately. Garnish with snipped parsley and pimento, if desired.

*Blanche Eagleson, Port Arthur, TX*

### CHICKEN LASAGNA

1 (3-4 lb.) fryer - boiled, deboned and skinned,  
and cut into bite-sized pieces  
1 quart spaghetti sauce  
6 lasagna noodles  
1 (12 oz.) Cream cheese - cut into pats  
about 1" x 1" x ½"  
2 cups grated Mozzarella cheese

Place chicken pieces in large sauce pan and add spaghetti sauce. Cook over medium heat for about 30 minutes. Boil lasagna noodles in reserved chicken stock until tender, then drain. Cover the bottom of a 12 x 8 casserole dish with ⅓ of the chicken/sauce mixture. Place three lasagna noodles length-wise over the sauce. Cover noodles with the second ⅓ of chicken/sauce. Press pats of Cream cheese in rows into the chicken/sauce. Sprinkle 1 cup of Mozzarella cheese over this. Repeat layers of noodles, chicken sauce, Cream cheese, and mozzarella. Bake at 350°F until sauce bubbles and top layer of mozzarella turns light to golden brown. Serve while hot. Recipe serves 8.

*Cathy Soileau, Creole, LA*

### CRISPY BAKED BARBECUED CHICKEN

½ cup fine dry bread crumbs  
1 teaspoon brown sugar  
1 teaspoon chili powder  
½ teaspoon garlic powder  
¼ teaspoon dry mustard  
¼ teaspoon celery seed  
⅛ teaspoon cayenne  
1 (2½-3 lb.) broiler-fryer chicken, cup up  
¼ cup butter or margarine melted

Combine bread crumbs, brown sugar, chili powder, garlic powder, dry mustard, celery seed, and cayenne. Season chicken with salt and pepper. Brush each chicken piece with melted butter. Roll in crumb mixture to coat. Arrange chicken, skin side up so pieces don't touch, in a shallow baking pan. Sprinkle with any remaining crumb mixture. Bake, uncovered, in a 375°F oven about 50 minutes or until tender. Do not turn. Makes 6 servings.

*Roxanne Conner, Creole, LA*

### BETTY'S CHICKEN CONTINENTAL

2½ lb. fryer, cooked, deboned  
and cut into bite sizes  
1 pkg frozen whole broccoli (10 oz.)  
1 large onion, diced  
1 cup celery, chopped  
4 Tablespoons oleo  
1 can cream of chicken or mushroom soup  
1 (8 oz.) jar Cheese Whiz  
½ cup grated Mozzarella cheese  
1 cup buttered bread crumbs

Cook broccoli, cut into smaller pieces (not chopped) and set aside. Sauté onions and celery in oleo. Add soup and stir until smooth. Add Cheese Whiz, cooked rice, cut up chicken and season to taste. Pour into 1½ or 2 quart casserole dish. Spoon the broccoli in and "poke" into the rice mixture until fully covered. Top with Mozzarella cheese and bread cubes. Bake at 350°F in a preheated oven, bake 30-40 minutes until bubbly. Serve immediately. If too dry, spoon chicken stock over mixture. May be frozen before baking - thaw to bake.

*Iris Vinson, Sulphur, LA*

## BAKED SHERRY CHICKEN

6 boneless chicken breasts  
1 can mushroom stems  
1 stick butter  
1 cup cooking sherry  
1 cup pancake flour  
½ teaspoon accent  
Salt and pepper to taste

Salt and pepper chicken breasts. Roll in pancake flour and accent. Melt butter in iron skillet; brown chicken breast on each side till golden brown. Drain mushrooms, put in measuring cup, then add up to 8 oz. of cooking sherry. Add to chicken and bake uncovered in 350°F oven for 35 minutes.

*Phyllis Skipper, Houston, TX*

\*\*\*

## KING RANCH CHICKEN

2-3 lbs. boiled chicken  
3 cups cooked rice  
3-4 corn tortillas  
1 can Rotel w/chilies  
1 cup milk  
¾ lb. Velveeta cheese

Prepare chicken and debone. Prepare rice per package instructions. Melt Velveeta combined with milk and Rotel either in microwave or double boiler. Place chicken in bite size pieces in large casserole, tear tortillas and add over chicken, mix in rice and cheese mixture. Stir well. Heat at 375°F for 40 minutes. Serves 4-6.

\*You may add a little wine and mushrooms to your gravy.

*Patricia DeLong, Houston, TX*

\*\*\*

## CHICKEN ACAPULCO

1 onion, chopped  
1 Tablespoon butter  
3 cups chopped chicken  
1 can cream of chicken soup  
1 carton sour cream  
1 jar mushrooms, drained  
1 can chopped green chilies, drained  
½ cup sliced almonds, toasted  
½ teaspoon whole oregano  
Dash of salt  
Dash of pepper  
10 flour tortillas  
1 can cream of chicken soup  
1 cup shredded Cheddar cheese  
½ cup milk

Sauté onion and butter. Mix together chopped chicken, cream of chicken soup, sour cream, mushrooms, green chilies, and almonds. Stir in oregano, salt and pepper. Spoon chicken soup, Cheddar cheese, and milk mixture into tortillas. Roll seam side down. Bake at 350° for 35 minutes.

*Bonnye Theriot, (Southern Living)*

\*\*\*

## TURKEY BREAKFAST SAUSAGE

1 lb. ground turkey  
½ teaspoon salt  
¼ teaspoon sage  
¼ teaspoon pepper  
1 Tablespoon parsley flakes  
½ teaspoon marjoram leaves  
¼ teaspoon nutmeg  
2 Tablespoons skim milk

In medium bowl, combine all ingredients, blend well. Form into 8 patties. In large skillet over medium-high heat, brown patties well on both sides or until no longer pink. Use Pam or oil in skillet.

**MICROWAVE:** Prepare turkey patties as directed above. Place on microwave-safe roasting rack, cover with waxed paper. Microwave on HIGH for 5-6 minutes or until no longer pink, rearranging and turning patties once halfway through cooking. Brush with Worcestershire sauce for a browner appearance.

*Marcy Wiley, Houston, TX*

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## KING RANCH CHICKEN CASSEROLE

3 cans chicken  
1 can Rotel tomatoes  
1 can cream of mushroom soup  
1 large bag Doritos  
1 large onion  
1 can cream of celery soup  
1 can cream of chicken soup  
½ can chicken broth  
1 lb. grated cheese

Mix all liquid ingredients, and half of cheese in pot and heat on top of stove. Place Doritos in a casserole dish. Pour mixture over Doritos and top with chopped onions and grated cheese. Put in microwave until cheese is melted.

*Patsy Horn, DeQuincy, LA*

\*\*\*

## COMPANY SPECIAL CHICKEN

1 large hen cut in pieces  
Salt and pepper to taste  
1 can chopped mushrooms (drained)  
2 large onions  
2 cloves garlic  
2 stalks celery  
1 green pepper  
1 Tablespoon Kitchen Bouquet  
2 cans mushroom steak sauce  
½ cup sherry

Put cooking oil in heavy pot - just enough to cover the bottom. Place rest of ingredients in pot and cook on high heat until it begins to fry. Lower heat but do not remove cover. Let it cook on low heat for several hours. Serve with rice.

*Anita Burreigh, Cameron, LA*

## COUNTRYSIDE CHICKEN BAKE

1 cup uncooked long grain rice  
1 cup sliced celery  
¾ cup chopped onion  
2 Tablespoons margarine  
2 teaspoons salt  
¼ teaspoon pepper  
6 chicken breast halves or thighs  
2 teaspoons dried parsley flakes  
1 can cream of mushroom soup  
¾ cup mayonnaise  
¼ cup milk  
1 (16 oz.) can baby carrots, drained  
Paprika

Cook rice according to package directions. Combine rice and next 6 ingredients; mix well. Spoon into lightly greased 13 x 9 x 2 baking dish; top with chicken breast. Mix together soup, mayonnaise and milk; spoon mixture over chicken breasts. Bake uncovered for 45 minutes. Remove from oven; add carrots and sprinkle top with paprika. Bake an additional 15 minutes. Yield 6 servings.

*Jeanette Blake, Cross, SC*

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## CHICKEN BREASTS WITH CARROTS AND SNOW PEAS

1 Tablespoon butter or margarine  
2 whole boneless chicken breasts, split and skinned  
2 medium carrots, thinly sliced (about 2 cups)  
1 envelope Lipton International Soup Classics Chicken and Mushroom Royale Soup Mix  
1 cup milk  
¼ teaspoon tarragon  
4 oz. snow peas, cut in half (about 1 cup)  
4 slices Swiss cheese  
Black pepper to taste

In medium skillet, melt butter and brown chicken. Add carrots and soup mix that has been thoroughly blended with milk and tarragon. Bring just to boiling, stirring frequently then reduce to low heat and simmer about 8 minutes, stirring occasionally. Add snow peas, and simmer 2 minutes more or until chicken is tender. Top with cheese and black pepper. Serves 4.

*Roberta Pinch, Cameron, LA*

\*\*\*

## TURKEY ROLL WITH SPINACH AND CHEESE

1½ lb. ground turkey  
Bread crumbs  
½ cup finely chopped onions  
½ teaspoon oregano  
½ teaspoon red pepper  
1 box chopped frozen spinach, thawed and squeeze drained  
2 eggs, slightly beaten  
¼ cup tomato sauce  
1 teaspoon dry mustard  
½ teaspoon garlic powder  
1 cup Mozzarella cheese

Sprinkle spinach and cheese over turkey. Using foil, roll into a log. Pat seam close and close ends. Put on a cookie sheet or jelly roll pan lined with foil. (Seam side down.) Bake in oven at 350° for 55-60 minutes. Remove and let stand 10 minutes before serving. Serve with a tomato sauce or turkey gravy.

### OPTIONAL STUFFINGS:

Cream cheese and cranberries with a cranberry sauce.

Wild rice with a mushroom gravy.

Stuffing (bread or cornbread) with turkey gravy.

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*Marcy Wiley, Houston, TX*

\*\*\*

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### TASTY CHICKEN CASSEROLE

4 chicken breasts  
½ of 1 package Shake and Bake  
1 can cream of chicken soup  
½ cup milk

Roll chicken in shake and bake. Place in casserole dish laying chicken side by side. Mix milk and soup in pan. Heat then pour over chicken. Bake 25-30 minutes at 350°F.

Melanie Arthur, Belle Chase, LA

\*\*\*

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### MONTE CRISTO SANDWICH

8 slices bread  
4 slices turkey  
4 slices Swiss cheese  
4 slices American cheese  
4 slices ham

**BATTER:**  
1¼ cups water  
1 egg yolk, beaten  
1½ cups self rising flour  
1 egg white, beaten

Make 4 sandwiches by assembling in this order: Bread, cheese, ham, turkey, cheese, bread. Cut in fourths and secure with toothpicks. Dip in batter and fry at 365°F until golden brown. Drain, sprinkle with powdered sugar. Serve with fruit salad.

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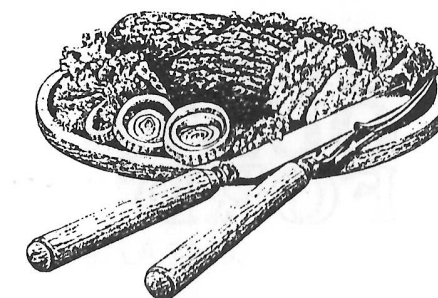
CAMERON, LA.

**BATTER:**  
Add half of water to egg yolk. Stir in flour and remaining water. Fold in egg white.

Diane Warren, Wickes, AK

\*\*\*

**Pork**



### ARMADILLO EGGS

1 box Pork Shake and Bake  
1 lb. pork sausage  
Ray Jalapeno  
2 lbs. shredded Monterrey Jack cheese  
Bisquick mix

Mix Bisquick as for biscuits, mix half of the cheese and all of the sausage. Cut peppers in ½ and remove seeds. Wrap with pork, cheese and bisquick mixture. Roll in shake and bake, put on greased cookie sheet and bake in 350°F oven for 12-18 minutes.

Mary Dolinsky, Dickinson, TX

## RED RICE WITH HAM OR SHRIMP

- ¼ lb. bacon
- 1 onion, chopped
- 1 cup cooked ham or shrimp cut into bite sized pieces (Left over cubed beef roast is good too)
- 1 cup regular white raw rice
- 2 cans (14½ oz. each) tomatoes, undrained, slightly chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon tabasco

Fry bacon until crisp, remove from pan. Saute onion in bacon fat until tender. Add rice, tomatoes, seasoning, crumbled bacon and ham, shrimp or beef roast cubes. Cook over low heat about 10 minutes. Pour into a 2½ quart casserole and cover tightly. Bake at 350°F for 1 hour. Stir with fork and serve. Yield: 4-6 servings.

Mary Lou Guillory, Welsh, LA

## HOT HAM SALAD

- 2 cups chopped boiled ham
- 1 cup chopped celery
- ½ cup chopped pecans
- 1 Tablespoon finely chopped onion
- ¼ cup chopped sweet pickles
- 1 cup mayonnaise
- ½ cup grated cheese
- Few drops of lemon juice
- 1 cup crushed potato chips
- 2 Tablespoons Parmesan cheese

Mix together first 8 ingredients, and pour into a greased 2½ quart casserole dish. Mix crushed chips and Parmesan together and sprinkle on top of ham mixture. Bake about 20 minutes in preheated 400°F oven, or until begins to bubble.

Sammie Jo Perkins, DeRidder, LA

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## FAST-N-EASY PORK CHOP OR CHICKEN CASSEROLE

- 2 cups raw rice
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- 1 jar mushrooms
- 2 chicken bouillon cubes
- 1¼ cup hot water
- ½ stick melted butter
- ½ teaspoon dry mustard
- ½ cup green onions, chopped
- 2 teaspoons onion soup mix or 1 onion, chopped

In 9 x 13 inch pan add all of the above ingredients and stir well. Season chicken pieces or pork chops and lay on top of mixture. Cover with foil and bake at 375°F for one hour. Last ten minutes, uncover to brown.

Reinette Guillory, Holmwood, LA

## RED RICE WITH SAUSAGE AND BACON

- 5 slices bacon
- 5 links Hillshire sausage
- 1 medium onion, diced
- 1 medium bell pepper, diced
- 1 (6 oz.) can tomato paste
- 2 cups cooked rice
- ½ teaspoon Accent
- ½ teaspoon salt
- ½ teaspoon black pepper

Fry bacon, remove from fat and set aside. Cut sausage in ½ inch slices and brown lightly in bacon fat over moderate heat. Remove from fat and set aside with bacon. Sauté onions and bell peppers about 5 minutes until tender. Stir in tomato paste. Fold in rice - sprinkle in seasoning to taste. Mix all ingredients thoroughly. Add more rice if necessary. Cover and steam over low heat for about 10 minutes.

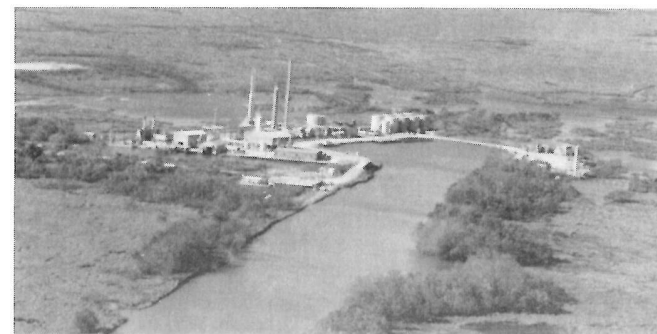
Grace Welch, Hackberry, LA

## SAM RAYBURN OMELET

- 6 eggs
- ½ cup Pet milk
- ½ onion, chopped
- ½ bell pepper, chopped
- 1 cup cheese, chopped
- Ham, chopped
- 1 tomato, chopped
- 4 Tablespoons butter
- Salt and pepper to taste
- Butter

Add two Tablespoons of butter on each side of open omelet pot. With still open sauté onions and bell pepper divided on each half. Beat eggs and milk, half the cheese and half the ham. Add salt and pepper to taste and mix well. Pour half the mixture on each side of pot. Cook open till done. Add tomatoes, rest of ham and cheese on one side of cooked eggs. Close pot and cook till both sides are tan. May add bacon or sausage instead of ham or anything else you like.

Jimmy Monvoisin, Lake Arthur, LA



Amoco Plant in Grand Chenier.

## BARBECUED SPARERIBS

- 4 lbs. pork spareribs
- ½ cup corn syrup
- ½ cup catsup
- ½ cup minced onion
- ½ cup orange juice
- 1 clove garlic, minced
- 1 teaspoon grated orange rind
- 1 Tablespoon vinegar
- 1 Tablespoon vegetable oil
- ½ teaspoon prepared mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon Kitchen Bouquet
- ½ teaspoon tabasco

Cut spareribs into serving pieces. Place in a large saucepan and cover with water. Cover and bring to a boil. Simmer 20 minutes. Drain. Place spareribs in shallow baking dish. Combine corn syrup, catsup, onion, orange juice, garlic, orange rind, vinegar, vegetable oil, mustard, salt, pepper, Kitchen Bouquet, and tabasco and pour over meat in baking dish. Bake in a preheated 350°F oven about 1 hour or until done. Baste and turn spareribs 2 or 3 times. Makes 4 servings.

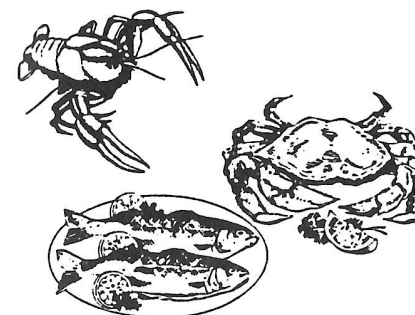
Mrs. Otis Abbott, Weems, VA

## CAJUN COUNTRY PORK OR BEEF SOUTACHE

- 1 lb. ground pork or beef
- ½ cup chopped onion
- ¼ cup chopped celery
- ¼ cup green pepper
- 1 garlic clove, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 (8 oz.) Cream cheese, cubed
- 2 Tablespoons chopped green onion
- 2 Tablespoons parsley
- 1 teaspoon file'
- 1 (8 oz.) can crescent dinner rolls
- 1 egg, beaten

Brown meat and drain. Add next 5 ingredients. Cook on low fire for 5 minutes. Add Cream cheese, green onion, parsley and file'; stir until cheese is melted. Unroll dough in lightly greased cookie sheet. Roll dough to 12 x 10 inch rectangle. Spoon meat into center. Leave extra dough on ends. Slice the ends into strips and brush with egg. Lay strips over filling. Fold ends over each other and brush top with egg. Bake at 350°F for 25 minutes.

Reinette Guillory, Holmwood, LA



Seafood

## SHRIMP CASSEROLE

- 1 cup chopped onion
- 1 cup chopped bell pepper
- 1 cup chopped celery
- 3 chopped cloves of garlic
- 1 stick oleo
- 1 can Golden Cream of Mushroom Soup
- 1 can Cream of Celery Soup
- 1 cup chopped pimento
- 1 cup water
- 3 cups chopped shrimp

- 2¼ cups cooked rice
- 4 slices toasted bread, crumbled
- ½ cup chopped parsley
- ½ cup green onions

Cook white onions, green peppers, celery and garlic in oleo until tender. Add soups, parsley, green onions, shrimp and pimento and heat thoroughly. Add rice and two slices of toasted bread, crumbled. Season to taste. Cook in a 3 quart casserole at 375° for 45 minutes. Top with crumbs of 2 slices of toasted bread.

Gloria S. Kelley, Cameron, LA

## FLOYD AND SHIRLEY CRAB SOUP

- 1½ cup butter
- 4 small onions, grated
- 1 bay leaf
- ¼ cup chopped celery leaves
- pinch of thyme
- 2 cloves garlic - minced
- 1 (8 oz.) can tomato sauce
- ½ cup flour
- 2 quarts water
- 2 lbs. fresh crabmeat
- salt and cayenne pepper to taste
- ½ cup chopped parsley
- lemon slices - garnish

Melt butter in a layer saucepan, add onions and cook until onions are transparent. Add bay leaf, thyme and garlic and mix well. Add tomato sauce and mix again. Stir in flour and mix until well blended. Slowly add water, stirring until mixture is well blended. Slowly add water, stirring until mixture is well blended, add crabmeat, salt and pepper, bring to a boil and simmer about 10-15 minutes. Be careful not to break up crabmeat. Serve in soup bowls. Sprinkle with parsley and top with lemon slices.

Blanche Authement, Cameron, LA

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## SHRIMP AND PARSLEY

3 lbs. cleaned and deveined shrimp  
3 blocks of Parkay margarine  
1 large chopped onion  
½ cup chopped parsley  
1 teaspoon salt  
1 teaspoon cayenne pepper  
½ teaspoon black pepper

Place all of the ingredients in a heavy pot, stir well and cook on low heat for about 40 minutes. Then add another ½ cup chopped parsley and 1 cup water. Cook for another 5 minutes. Serve over hot cooked rice. Serves 6 to 8 people.

Mrs. Drusilla Aubey, Cameron, LA

## OYSTER CASSEROLE

2 cans artichoke hearts  
cut up and drained  
4 dozen oysters  
7 oz. Pepperidge Farm bread crumbs  
soaked in oyster water and chicken broth,  
must be moist  
½ cup chopped onions  
½ cup chopped celery  
2 cloves garlic (optional)  
¼ cup green onions  
¼ cup parsley  
½ teaspoon thyme  
salt and pepper to taste  
¾ stick butter  
3 Tablespoons abisante liqueur

Sauté onions, celery, garlic, green onions in butter. Add bread cubes, \*oysters, artichokes, thyme, salt, pepper, and parsley and cook for 10-15 minutes. Pour into 10 x 14 x 12 inch casserole dish. Sprinkle abisante over casserole. Also seasoned bread crumbs. Bake 20-30 minutes. \*Always heat oysters in sauce pan before adding to control liquid.

Ruth Hoffman, Metairie, LA

## CRAB CASSEROLE

½ cup finely chopped celery  
½ large bell pepper, chopped  
½ cup chopped green onions  
¼ cup fresh parsley  
1¼ cup crushed cracker crumbs  
½ teaspoon dry mustard  
¼ cup heavy cream  
½ cup melted butter or oleo  
few dashes of Tobasco  
1 lb. crabmeat

Divide cracker crumbs in half; save half for topping. Mix the rest of the ingredients into a large bowl until thoroughly mixed. Butter or spray baking dish with Pam. Pour in mixture. Cover top with remaining cracker crumbs. Bake in pre-heated oven at 350°F for 25-30 minutes. Six servings - 269 calories, 98 cholesterol, 21 fat G, 568 sodium.

Grace Welch, Hackberry, LA

## BAKED SEAFOOD SALAD

12 oz. medium shrimp, peeled  
1 (6 oz.) can crabmeat  
1½ cup finely chopped celery  
½ cup finely chopped green pepper  
¼ cup finely chopped onion  
1 cup mayonnaise  
1 teaspoon Worcestershire sauce  
½ teaspoon salt  
1½ cup crushed potato chips  
½ teaspoon paprika  
2 Tablespoons margarine  
salt and pepper to taste

Boil shrimp in seasoned water until pink. Drain off water and combine

with crabmeat, celery, green pepper and onion. Mix mayonnaise with Worcestershire sauce and salt; fold into shrimp and crab mixture. Spread in 2 quart buttered baking dish. Bake at 400° for 10 minutes. Blend potato chips with paprika, sprinkle over mixture. Dot with margarine and bake until potato chips are brown. Yield 6 servings.

Jeanette Blake, Cross, SC

## RICE-IMITATION CRAB MEAT CASSEROLE

1½ cup cooked rice  
1 cup yogurt (plain)  
4-6 chopped eggs (optional)  
2 Tablespoons chopped onions  
¼ teaspoon red pepper  
1 cup imitation crabmeat  
½ cup low fat mayonnaise  
1 Tablespoon chopped parsley  
½ teaspoon salt

**TOPPING:**  
cracker crumbs  
grated cheese  
butter

Sauté onions before adding to other ingredients. Mix all ingredients at one time. Top casserole with bread crumbs and cheese. Grate with butter. Bake at 350° for 20 minutes. 4-6 servings.

Carolyn Thibodeaux, Cameron, LA

## SEAFOOD PIE

**RICE CRUST:**  
2 cups rice - cooked  
½ cup green onions  
parsley  
1 onion  
¼ cup oleo  
1 egg, slightly beaten

**PIE FILLING:**  
1½ lb. peeled shrimp  
1 stick oleo  
½ cup green onions  
1 onion, chopped  
½ cup celery  
¼ cup bell pepper  
1 can cream of mushroom soup  
1 small jar of Pimento - optional  
1 - 2 cans crabmeat - optional

**RICE CRUST:** Sauté onions and parsley in oleo until wilted. Add rice and egg. Season and press in bottom of 9 x 13 inch pan.

**PIE FILLING:** Sauté onions, celery, and bell pepper in oleo until wilted. Add shrimp, and soup. Simmer about 20 minutes; add seasoning and pimento. Pour on top of rice mixture. Top with bread crumbs. Place the baking dish in a pan of water while cooking to preserve rice mixture. Bake covered at 350°F for 20 minutes. Bake 10 minutes uncovered at 400°F.

Blanche Authement, Cameron, LA



Cattlemen working their animals.

## SHRIMP IN A BLANKET

1 cup shrimp  
Season All Salt  
1 stick margarine  
¼ cup chopped onion  
¼ cup chopped bell pepper  
¼ cup chopped celery  
1 can biscuits

Clean and devein shrimp. Chop shrimp into small pieces. Season with Season All Salt. In a saucepan, melt margarine, add shrimp, onion, bell pepper and celery. Cook over low heat for about 10-15 minutes. Remove from heat. Cool completely. Then roll out biscuits to about a 4-inch circle. Spoon shrimp mixture on half of the biscuit and fold over the other half to cover shrimp mixture. Pinch edge of biscuit together. Chill about 45 minutes before frying. This makes them easier to handle when frying. Drop in hot grease. Brown biscuit on both sides. Serve with fried shrimp and French fries. Yield: 10

Lynne Bourque, Pecan Island, LA

## SISSY'S FRIED SHRIMP

Shrimp  
Season All Salt  
2 Tablespoons dehydrated onion flakes  
1 large can evaporated milk  
2 eggs  
Bisquick Biscuit Mix

Clean and devein shrimp. Sprinkle with season all salt, and onion flakes. Mix well. Beat eggs and milk together. Pour over shrimp and mix well. Refrigerate and let soak about 3-4 hours. Roll in Bisquick and fry until golden brown.

Lynne Bourque, Pecan Island, LA

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## MONIQUE'S CRAWFISH ETOUFFÉE

1 stick butter  
1 package chefs seasoning  
1 small jar Pace Picanté Sauce  
1 can cream of mushroom soup  
1 lb. crawfish tails, peeled  
½ cup onion tops  
½ cup parsley

Sauté chef seasoning in butter until clear. Add picanté sauce, cream of mushroom soup and 2-3 cups of water, season to taste and cook for 35-45 minutes. Add crawfish, parsley, onion tops and tails and cook 15-20 minutes. Serve over rice.

Monique Taber Pregeant, Grand Isle, LA

## LEE'S GARFISH PATTIES SUPREME

4½ cups garfish steaks  
¾ cup lean slab bacon  
2 onions, quartered  
5 pods garlic  
4 medium potatoes, mashed  
Steak seasoning  
Red pepper

Grind garfish, alternating bacon, onion, and garlic in a food grinder. Season and mix well with hands. Add mashed potatoes and mix well. Add more seasoning if needed. Shape into 3 inch patties ½ inch thick. Dip in flour. Fry in hot fat 7-9 minutes. When patties float, turn and fry until golden brown. Makes about 20.

Lee J. Harrison, Grand Chenier, LA

## CRAB STUFFED POTATOES

4 large baking potatoes  
¾ cup butter or oleo  
¾ cup of whipping or light cream  
Creole seasoning to taste  
½ teaspoon garlic powder  
2 Tablespoons finely chopped onion  
¼ cup chopped parsley  
¼ cup chopped green onions  
½ teaspoon salt  
1½ cups grated sharp Cheddar cheese  
1 lb. white crab meat  
Paprika

Wash potatoes; dry thoroughly. Bake at 325°F until you can easily pierce with fork. Cut potatoes lengthwise; scoop out potatoes, leaving enough potato to hold shell firmly together. Whip potato with butter, cream, Creole seasoning, garlic powder, onion, parsley, green onion, salt and cheese; mix crab into this lightly. Refill the potato shells with mixture; sprinkle generously with paprika. Reheat at 400°F for 20-25 minutes. Serves 8.

Lois Belaire, Lacassine, LA

## SHRIMP AND EGGPLANT CASSEROLE

2 lbs. shrimp  
1 onion, chopped  
1 cup celery  
1 cup bell pepper, chopped  
2 medium white or green eggplants  
¼ cup cooking oil  
2 cups rice slightly undercooked  
1 cup cream of mushroom soup  
1 cup toasted and buttered bread crumbs  
½ lb sharp Cheddar cheese, grated  
Salt, pepper, and garlic powder to taste

Sauté peeled shrimp in oil till pink. Remove from skillet, sauté onion, celery, bell pepper; add peeled and cubed eggplant, cover and steam until tender. Add salt, red pepper and garlic powder to taste. Add shrimp and rice. Mix well and spoon into 2½ quart buttered casserole dish. Pour undiluted soup over the top, then sprinkle with grated cheese and bread crumbs. Heat in 350°F oven for 25-30 minutes.

Ruby M. Nettles, Cameron, LA

### MICROWAVE SHRIMP

- 1-1½ pounds peeled shrimp
- 1 large bell pepper chopped
- 4 green onions chopped
- 1 large onion chopped
- Tony's seasonings to taste
- ¼ stick margarine

Put shrimp in 9" microwavable dish. Sprinkle with Tony's seasonings to taste. Place chopped vegetables on top of shrimp. Dot with margarine. Microwave on high for 4-5 minutes, stir, then cook another 3-4 minutes depending on size of shrimp.

*Alta Silver, Hackberry, LA*

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### CRAWFISH AU GRATIN

- 1 medium onion, diced
- 1 clove garlic, diced
- 2 ribs celery, chopped
- 4 Tablespoons margarine melted
- ¼ cup green onion
- ¼ cup chopped pimento
- 1 Tablespoon flour
- 1 small can evaporated milk
- 1 lb. crawfish tails
- Salt and pepper to taste

Sauté onion, garlic, celery and mushrooms in margarine until tender. Add green onions and pimento the last 10 minutes. Mix in flour, add cheese and milk and salt and pepper to taste. Add crawfish. Bake in a greased casserole at 350° for 30-40 minutes. Sprinkle with extra cheese if desired.

*Pam East, Hackberry, LA*

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### SEAFOOD BREAD

- 1 lb. butter
- Onions
- Green onions
- Garlic
- Bell Pepper
- Shrimp
- Crab meat
- Cheese (American)
- 5 loaves French bread

Sauté butter, onions, green onions, garlic and bell pepper. After sauté, combine shrimp and then crab meat and let cook. After cooked, put cheese and mix. Toast inside of bread and crumble into pot. Put mix into bread. Place cheese on top, wrap and bake.

*Janice Baty*

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### DADDY'S REDFISH COURTBOUILLON

- 1 stick butter
- 1 can stewed tomatoes
- 1 package chef seasoning
- 2 stalks celery
- 4 cans V-8 vegetable juice
- 2 large fillets red fish

Sauté celery and chef seasoning in butter until clear. Add stewed tomatoes, V-8 juice and seasoning (salt and pepper). Cook for 45 minutes, add small amounts of water if needed. Add fillets and cook about 10 minutes. Be sure not to overcook because fish will fall apart. Serve over rice.

*Monique Taber Pregeant, Grand Isle, LA*

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### FISH STEW

- 4 lbs. firm fresh fish
- ¼ cup shortening
- 2 cups finely chopped onions
- ¼ cup chopped celery
- ¼ cup chopped bell pepper
- 4 cloves minced garlic (optional)
- 1 cup green onions, chopped
- salt and pepper to taste

Cut fish into 2 or 3 inch squares. Season generously with salt and pepper. Heat shortening and add onions, celery, bell pepper, and garlic. Cook over medium heat in an uncovered pot until onions are wilted, stirring often. Add onion tops and cover. Cook on low fire for about 15 minutes, stirring occasionally. Then in another pot put 1 layer of seasoning mixture and 1 layer of fish, repeat, and end up with a layer of seasonings. Cover pot and cook on low fire for about one hour without stirring. Do NOT put any water. Serve with hot, cooked rice. Will serve 8-10 people.

*Mrs. Ruby H. Hebert, Cameron, LA*

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### SHRIMP JAMBALAYA

- 4 lbs. fresh shrimp (peeled & deveined)
- 4 cups raw rice
- 1 cup shortening
- 4 cups chopped onions
- 1 cup chopped celery
- 1 cup chopped bell pepper
- 1 cup green onions, chopped
- 1 cup parsley, chopped
- 2 Tablespoons tomato paste
- 4 cups water
- salt and pepper to taste

If large shrimp are used, chop into bite size, season and set aside. Heat shortening. Add onions, celery, bell peppers and tomato paste. Cook over medium heat in uncovered pot until onions are wilted, stirring constantly. Cover pot and let cook for another 15 minutes on low fire. Add shrimp, green onions and parsley and 4 cups water. Bring to a rapid boil. Wash rice thoroughly and add to shrimp. Season with salt and pepper to taste. Cook on medium low fire, stirring often until rice is done. Will serve 8 - 10 people.

*Mrs. Ruby H. Hebert, Cameron, LA*

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### GARFISH BALLS

- 3 lbs. coarsely ground garfish
- 3 eggs
- 1½ cups instant mashed potato flakes
- 1 cup minced onions
- 1 cup chopped green onions
- 1 cup shortening
- salt and pepper to taste

Combine fish, eggs, potatoes, onions, and green onions. Salt and pepper to taste and mix thoroughly. Form mixture into 10 or 12 balls. Brown these evenly in shortening, removing them to a bowl until all are browned. Return browned balls to pot and add ½ cup water. Cover tightly and let cook slowly for about 45 minutes. Serve with hot cooked rice. Serves 5-6 people.

*Mrs. Ruby H. Hebert, Cameron, LA*

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### SALMON BALLS

- 1 can salmon
- 1 egg
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper
- ½ cup chopped green onions
- 3 Tablespoons flour

Mix ingredients with a fork until well mixed. Then add flour and mix well with a fork after each addition. Drop by Tablespoons in hot oil and fry until golden brown. Serves 4 people.

*Mrs. Drusilla Aubey, Cameron, LA*

### SHRIMP & CRAB CASSEROLE

- 1 can crab meat
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- Shrimp amount desired
- 1 stick oleo
- 2½ cups cooked rice
- Bell pepper
- Small onion
- 2 stalks celery

Cook vegetables in oleo until tender. Boil shrimp in seasoning and drain. Mix rice, crab and shrimp together. Stir well. Put in greased casserole dish. Bake at 350°F for 30 minutes.

*Kim Alexander, Lake Arthur, LA*

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### CRISPY BAKED FILLETS

- 1 lb. fish fillets
- ¼ teaspoon salt
- Dash of pepper
- 2 Tablespoons oil
- ½ cup corn flake crumbs

Preheat oven to 500°F. Wash and dry fillets and cut into serving pieces. Season, dip in oil and coat with cornflake crumbs. Arrange in a single layer in a lightly oiled shallow baking dish. Bake 10 minutes without turning or basting. Serves four.

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### EASY CRAWFISH JAMBALAYA

- 1 lb. crawfish
- 1 can beef broth
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1½ cups raw rice
- 1 can sliced mushrooms
- 1 stick margarine melted
- 1 pod garlic
- 1 cup onion tops

Mix all ingredients in a 10 cup Hitachi. Push lever to cook and let cook until bell rings. Shrimp may be substituted.

**NOTE:** Instant rice works better or pre-cook your raw rice on stove half the normal time, then mix ingredients in your Hitachi.

*Ollie F. Harmon, Branch, LA*

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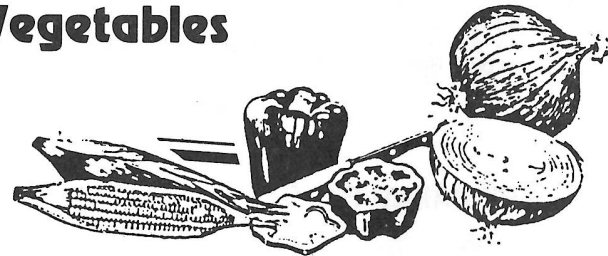


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# Co-Starring

## Vegetables



### VEGETABLE PIZZA

- 1 roll Pillsbury Crescent Roll
- 1 (8 oz.) softened cream cheese
- 1 package Hidden Valley Ranch Mix
- 1/2 cup mayonnaise
- 1/2 onion, minced
- 1 small bell pepper, minced
- Broccoli, chopped, fresh, uncooked
- Cauliflower, chopped, fresh, uncooked

Roll out crescent rolls on a pizza pan, covering it. Bake until golden brown and let cool. Cream Ranch dressing mix, cream cheese and mayonnaise together and spread on cooled "crust." Top with remaining vegetables and enjoy.

*Valarie Precht*

### MOCK STUFFED POTATOES

- Sour cream
- Butter
- Milk
- Salt/Pepper to taste
- Fried bacon crumbled
- Green scallions, chopped
- Cheddar cheese, grated
- Potatoes

Peel potatoes and bake in microwave or boil until cooked. Mash potatoes with lots of butter, sour cream, salt, pepper, and milk until creamy. Put this mixture in a buttered casserole and top with bacon, green onions, and grated cheese. Place casserole in microwave on **BAKE** or in oven until cheese melts.

*Valarie Precht*

### POTATOES AU GRATIN

- 4 large red potatoes
- 4 Tablespoons margarine
- 1 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper
- 1/4 cup flour
- 2 cups milk
- 1 (10 oz.) package Velveeta cheese, grated
- Seasoned bread crumbs

Peel potatoes and cut into bite size pieces. Boil until tender. Drain and place into a buttered casserole. Melt margarine in heavy sauce pan. Add seasonings and flour. Stir until smooth. Add milk; stir over medium-high heat, stirring constantly until mixture begins to thicken. Remove from heat. Add grated Velveeta and stir until cheese has completely melted. Pour cheese sauce over boiled potatoes. Top with seasoned bread crumbs. Bake at 350°F until cheese bubbles around edges of casserole.

*Cathy Soileau, Creole, LA*

### SPINACH CASSEROLE

- 2 (10 oz.) package frozen chopped spinach
- 1 envelope dry onion soup mix
- 1 cup sour cream
- 1 cup dry bread crumbs
- 1/2 cup grated sharp cheese

Cook spinach according to directions, omitting salt. Drain well, add soup mixture and sour cream. Pour into well buttered 1 1/2 quart casserole. Top with crumbs and bake 30 minutes at 350°F. Add grated cheese on top and bake 5 minutes longer or until cheese is melted. Serves 4-6.

*Ruth Walter, San Antonio, TX*

### SWISS VEGETABLE MEDLEY

- 1 bag (16 oz.) frozen broccoli, carrots, and cauliflower combination, thawed and drained
- 1 can (10 3/4 oz.) condensed cream of mushroom soup
- 1 cup (4 oz.) shredded Swiss cheese
- 1/3 cup sour cream
- 1/4 teaspoon Durkee Ground Black Pepper
- 1 jar (4 oz.) chopped pimento, drained (Optional)
- 1 can (2.8 oz.) Durkee French Fried Onions

Combine vegetables, soup, 1/2 cup cheese, sour cream, pepper, pimento and 1/2 can Durkee French Fried Onions. Pour into a 1 quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions; bake, uncovered, 5 minutes longer. Preparation time: 5 minutes. Makes 6 servings.

*Roberta Pinch, Cameron, LA*

### STUFFED EGGPLANT

- 6 eggplants
- 1 lb. ground meat
- 1 medium onion
- 1 bunch of green onions
- 1 sweet pepper (green)
- 2 eggs
- 1/2 loaf of stale french bread

Boil the eggplant until it is soft, let cool, then cut in half, peel, and scoop out insides, saving the shell. Brown ground meat. Once meat is brown, add onion, green onions, and sweet pepper. Continue to cook until the onions and pepper are slightly browned. Take eggplant pulp, eggs and mix in large mixing bowl. Crumble french bread and set aside approximately 1 cup of crumbs. Mix with the eggplant mixture. Season with salt and pepper to taste. Add the ground meat to eggplant mixture. Fill each eggplant shell with mixture and set in butter baking dish. Put remaining french bread crumbs on top of shells. Add 1 pat of butter on top of each shell and bake at 300°F for 60 minutes.

*Sherry Lee Phillips, LaPlace, LA*

### BAKED LIMA BEANS

- 1 lb. big dried lima beans
- 1 cup melted butter
- 1 cup sour cream
- 2 Tablespoons molasses
- 2 teaspoons dry mustard

Soak beans overnight. Cook beans in salted water, covered until done. Drain beans. Mix rest of ingredients with beans. Pour into a 2 quart casserole dish. Place slice of ham or Canadian bacon on top, if desired. Bake uncovered at 300°F for 1 1/2 hours.

*Ella Hebert, Cameron, LA*

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### BAKED PUMPKIN

- 1/2 stick margarine
- 2 cups pumpkin
- 1 cup sugar
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup flour
- 2 eggs
- 1 small can evaporated milk
- 1/8 teaspoon soda

Melt margarine in a 2 quart casserole. Mix all ingredients. Pour mixture into dish. If desired sprinkle mixture of 1/4 cup sugar and 1/2 teaspoon cinnamon on top. Bake at 450°F for 25-30 minutes.

*Alta Silver, Hackberry, LA*

### ONION PATTIES

- 3/4 cup flour
- 2 teaspoon baking powder
- 1 Tablespoon cornmeal
- 1/2 cup non-fat dry milk
- 1 Tablespoon sugar
- 1/2 teaspoon salt
- Cold water
- 2 1/2 cups finely chopped onions

Mix first 6 ingredients. Stir in enough cold water for thick batter. Mix in onions and drop by teaspoonfuls into hot fat. Flatten patties slightly as you turn them. Fry to golden brown. These are much easier to make than onion rings. Serves 8-12.

*Jennie Broussard, Amarillo, TX*

### EGGPLANT CASSEROLE

- 1 eggplant
- 1 can Campbells Golden Mushroom soup
- 1 cup unsalted cracker crumbs
- 1/2 cup water
- 1/2 cup grated sharp cheese
- 1/4 cup margarine
- Dash of black pepper

Peel eggplant, slice and boil in salted water until tender (about 5 minutes). Drain off water. Put margarine in casserole dish. Place eggplant slices in dish. Mix 1/2 cup water and can of mushroom soup. Pour over eggplant; add a dash of pepper. Sprinkle cracker crumbs and cheese on top. Bake at 350°F for 30 minutes.

*Grace Welch, Hackberry, LA*

### YELLOW SQUASH PIE

- 1 unbaked pie shell
- 5 medium sized squash, sliced
- 1/4 cup melted margarine
- 3/4 cup sugar
- 5 Tablespoons lemon extract
- 1 Tablespoon all purpose flour
- 2 egg yolks, beaten
- Dash of salt

Cook squash in small amount of water until tender. Drain well and mash. Combine margarine, sugar, lemon extract, flour, eggs, and salt. Add squash and stir well. Spoon squash into pie shell. Bake at 375°F 20-25 minutes or until firm. Yields 9" pie.

*Grace Welch, Hackberry, LA*

### POTATO CASSEROLE

- 1 (2 lb.) box frozen hash browns
- 1 sour cream
- 10 oz. grated Cheddar cheese
- 4 Tablespoons butter or oleo
- 2 Tablespoons minced onions
- 1 can cream of chicken soup
- Salt and pepper to taste

Mix all ingredients together. Pour in 9 x 13 inch pan. Bake at 350°F until brown.

*Grace Welch, Hackberry, LA*

### GREEN TOMATO BEANS WITH ALMONDS

- 1/4 cup sliced almonds
- 1/4 cup oleo
- 1/2 teaspoon salt
- 1/4 cup chopped green tomatoes
- 4 cups hot cooked drained green beans

In saucepan cook almonds in oleo on low heat till golden brown, stirring occasionally. Remove from heat, add salt and tomatoes. Pour over hot beans, mix well and serve while hot. Serves 4.

*Catherine Perkins, Baton Rouge, LA*

### MARINATED BROCCOLI

- 3 bunches fresh broccoli, cut in small florets
- 1 cup cider vinegar
- 1 Tablespoon sugar
- 1 Tablespoon dill weed
- 1 teaspoon salt
- 1 teaspoon pepper - coarsely ground
- 1 teaspoon garlic salt
- 1 1/2 cup vegetable oil

Mix ingredients and pour over broccoli. Marinate overnight in refrigerator. Drain to serve. 12 servings. 250 Calories - 27 Fat G - 199 Sodium.

*Grace Welch, Hackberry, LA*

## CABBAGE AND BEEF CASSEROLE

½ - 1 head cabbage  
1 lb. ground beef  
2 cans tomato sauce  
1 cup raw rice  
¼ cup water or 1 can Rotel tomatoes  
1 medium chopped onion  
Seasoning: salt, pepper, garlic powder  
2 Tablespoons parsley  
1 cup chopped green onions

In 9 x 13 inch pan, lay cabbage pieces on bottom, sprinkle rice on top. Brown ground beef with seasonings, onions, and add 1 can tomato sauce and parsley. Put ground beef mixture in 9 x 13 pan. Pour 1 can tomato sauce on top and add water. Cover and bake at 375°F for one hour.

*Reinette Guillory, Holmwood, LA*

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## SWEET POTATO CASSEROLE

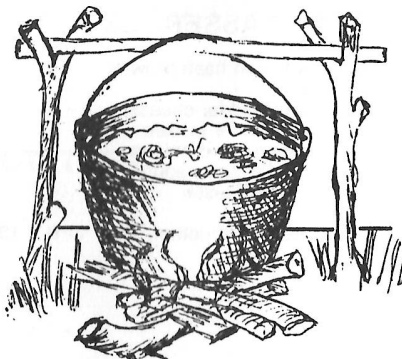
3 large sweet potatoes  
1 cup shredded coconut  
¼ cup peanut butter  
½ cup sugar  
¾ teaspoon salt  
2 Tablespoons oleo

Cook potatoes in boiling water until tender. Cool, peel and mash. Add all other ingredients. Mix well and bake in 1½ quart casserole at 350°F about 30 minutes or until brown.

*Bobbie Jean Blake, Cross, SC*

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## Dressings



## CORN BREAD CASSEROLE

2 cups fresh okra sliced  
1 cup carrots sliced  
1 cup sweet peas  
2 tomatoes, chopped  
1 onion, chopped  
½ cup celery, sliced  
2½ cups cooking oil  
Salt and pepper to taste  
1 package corn bread mix

Cook onion, celery in oil until tender. Mix all vegetables with onion and celery. Mix corn bread as directed on box. Pour vegetables in baking pan. Pour corn bread mix on top. Bake at 350° for 40 minutes.

*Mrs. Mayo Cain, Klondike, LA*

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## HEAVENLY RICE

1 cup raw rice  
1 (3 oz.) can crushed pineapple  
1 (8 oz.) jar cherries  
4 packages Dream Whip

Cook rice and add pineapple and cherries and 3 envelopes of Dream Whip. Let marinate overnight. Next day add the last package of Dream Whip and mix and serve. Be sure to mix Dream Whip according to package directions before adding to rice.

*Mary Dolinsky, Dickinson, TX*

## MAW MAW OLA'S CORN BREAD DRESSING

1 fryer chicken  
1 bell pepper  
1 onion  
3 stalks of celery  
1 package of corn bread mix  
3 shallots (green onions)  
Butter  
4 eggs  
Salt and pepper (season to taste)

In large pot boil whole fryer, cut up bell pepper, cut up onion, and celery and boil until meat starts to fall off the bone. Let cool, debone chicken and put in medium pan along with about 3-4 cups of broth from chicken. Be sure to strain seasoning and include in broth used. Bake corn bread, then crumble in pan with cut up chicken, broth and seasonings. Add cut up shallots and 4 eggs raw and mix all together. Put 8 pats of butter on top of mixture then bake in preheated oven at 375° for 45 minutes or 1 hour until top turns golden brown.

*Monique Taber Pregeant, Grand Isle, LA*

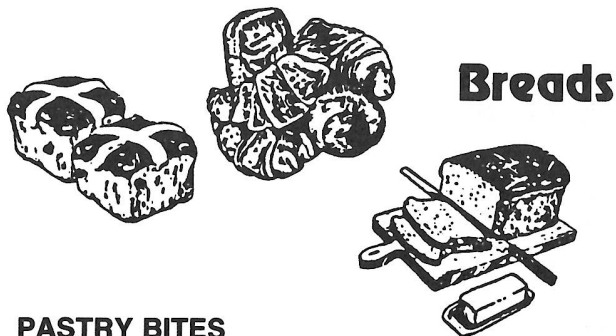
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## WILD RICE

1 box Uncle Ben's Wild Rice  
1 stick butter  
1 bell pepper  
2 onions  
1 bunch green onions  
Sage  
Poultry seasonings  
1 lb. ground chuck  
Salt and pepper to taste  
Add water

Melt butter, brown ground chuck, onions, bell pepper, add water, salt, poultry seasonings and pepper, stirring constantly, turn on low and simmer until done.

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## Breads

## PASTRY BITES

1 cup sifted flour  
½ cup margarine  
2 teaspoons water  
1 cup water  
½ cup margarine  
1 cup flour  
1 teaspoon almond or lemon flavoring  
3 eggs

**ICING:**  
½ cup melted margarine  
2 cups powdered sugar  
1½ teaspoon vanilla  
2 - 4 teaspoons hot water

Cut ½ cup margarine into flour and add 2 teaspoons of water. Shape into balls and divide in half. Make 2-12x3 strips on a large ungreased cookie sheet and set aside. In a large saucepan bring remaining water and margarine to a boil, remove from heat. Add flour and mix together using a wooden spoon until it forms a ball. Add flavoring; beat in one egg at a time until smooth. Spread over the two strips of pastry dough. Bake at 350°F for 1 hour. Cool slightly, then put icing on top.

**ICING:**  
Combine all ingredients and spread on pastry. Sprinkle with chopped nuts.

*Reinette Guillory, Holmwood, LA*

## PAT'S BREAKFAST TAKE ALONGS

⅔ cup butter or oleo  
⅔ cup sugar  
1 egg  
1 teaspoon vanilla  
½ teaspoon each of soda and salt  
¾ cup wheat flour  
1½ cups Quaker Oats  
1 cup (4 oz.) shredded Cheddar cheese  
½ cup wheat germ  
6 crispy cooked bacon slices, crumbled

Beat together butter, sugar, egg and vanilla until well blended. Add combined flour, soda and salt. Mix well. Stir in oats, cheese, wheat germ, and bacon. Drop by rounded teaspoons on greased cookie sheet. Bake at 350°F for 12 - 14 minutes or until edges are golden brown. Makes 3 dozen.

*Iris Vinson, Sulphur, LA*

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## CUBIC'S RING

½ cup brown sugar  
¼ teaspoon nutmeg  
2 cups flaked coconut  
½ cup chopped nuts  
2 cans biscuits  
½ cup melted margarine

Combine brown sugar, nutmeg, coconut. Dip biscuits in melted margarine. Then in coconut mixture, put nuts in bottom of greased bundt pan. Then stand biscuits on edge in pan. Bake at 425°F for 15 - 20 minutes.

*Reinette Guillory, Holmwood, LA*

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## SPIDINI BREAD

1 (16 oz.) loaves of French Bread  
2 packages Swiss cheese  
1 medium onion, diced  
2 sticks melted margarine  
2 teaspoons mustard  
2 teaspoons poppy seed  
2 teaspoons parsley  
1 lb. bacon

Mix onion, margarine, mustard, poppy seed and parsley. Slice bread 1" thick to ¾ the way down the loaf. Spoon onion mixture in between each slice. Put a slice of cheese between each slice. Lay bacon on top of each slice. Bake at 350°F for 20-30 minutes. Uncover last few minutes to brown bacon.

*Reinette Guillory, Holmwood, LA*

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## CAJUN CORN BREAD

2 cups cornmeal  
1 teaspoon salt  
1 teaspoon baking soda  
6 eggs  
2 medium onions, chopped  
½ cup sliced Jalapeno peppers  
1 (16 oz.) package Cheddar cheese, grated  
¾ cup oil  
2 (16 oz.) cans cream style corn  
2 lbs. crawfish tails

In large bowl combine cornmeal, salt and baking soda. In medium bowl beat eggs thoroughly. Add cheese, eggs, onions and Jalapeno peppers together. Mix well. Pour in 12 x 14 inch baking dish. Bake at 375°F for 25 minutes or until golden brown. Yields 12 servings.

*Grace Welch, Hackberry, LA*

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## HOPi FRY BREAD

4 cups all purpose white flour  
5 teaspoons baking powder  
1½ teaspoons salt



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1½ cups water  
Oil for frying

In large bowl, mix flour, baking powder and salt. With fork, gradually stir in just enough water to make soft dough. Continue stirring until all flour has been absorbed. Cover bowl with clean towel and set aside for 30 minutes. Shape dough into approximately 16 balls, each about the size of a small egg. (If dough is too sticky to handle knead it briefly on a heavily floured board, sprinkling on additional flour as needed.) With floured rolling pin, shape each ball on lightly floured board into a disk about 4 inches in diameter and ½ inch thick. Heat 1½" of oil in heavy frying pan until it is just about to smoke. Fry 3 or 4 pieces of bread at a time in the hot fat until they are puffy and brown on both sides. Drain bread on paper towels and continue frying until all bread is done.

*Blanche Authement, Cameron, LA*

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## HUSH PUPPIES

1 beaten egg  
1 cup buttermilk or sour milk  
½ cup finely chopped onion  
¼ cup water  
1¾ cups cornmeal  
½ cup all-purpose flour  
1 Tablespoon sugar  
2 teaspoons baking powder  
1 teaspoon salt  
½ teaspoon baking soda

In a large mixing bowl stir together egg, buttermilk or sour milk, onion, and water; set aside. In another large mixing bowl combine cornmeal, flour, sugar, baking powder, salt, and baking soda. Add egg mixture to cornmeal mixture, stir just till moistened. Drop batter by tablespoons into deep hot fat at 375°F. Fry about 2 minutes or until golden brown. Serve with butter or margarine. Makes about 24.

*Roxanne Conner, Creole, LA*



## POPPY BREAD

3 cups flour  
1½ teaspoon salt and baking powder  
3 eggs  
2¼ cups sugar  
1½ teaspoon vanilla  
Almond extract  
Buttering flavoring  
1½ cups milk  
1½ cups oil  
1½ Tablespoons poppy seed

### GLAZE:

¾ cup powdered sugar  
½ teaspoon vanilla  
¼ cup orange juice

Mix all ingredients, using electric mixer at medium speed for 2 minutes. Lightly grease and flour small individual disposable baking pans. Pour in approximately half full. Bake at 350°F for 1 hour.

**GLAZE:** Mix all together and pour over warm loaves.

*Ida Boutte, Lake Charles, LA*

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## CINNAMON PINWHEEL LOAF

½ cup shortening  
Milk  
½ cup sugar  
1 teaspoon salt  
1 envelope yeast  
¼ cup very warm water  
3¾ cups sifted all-purpose flour  
3 Tablespoons sugar  
1 teaspoon cinnamon  
½ cup sifted powdered sugar  
½ teaspoon vanilla

Combine shortening, milk, sugar and salt in a small sauce pan. Heat to scalding; cool to lukewarm. Dissolve yeast in very warm water in a large bowl. Beat in egg, cooled milk mixture and flour until smooth. Beat in 1½ more cups of flour to make a stiff dough. Turn onto a lightly floured board; knead 5 minutes until smooth and elastic, adding only enough of remaining flour to keep dough from sticking. Shape into ball, place in greased bowl, turn to coat all over with shortening. Cover. Let rise in a warm place, away from drafts, 1 hour or until dough is doubled. Punch down dough, knead a few minutes. Roll out onto lightly floured board to a rectangle 16 x 19". Mix the 3 tablespoons sugar and cinnamon in a cup, sprinkle evenly over rectangle. Starting at a short end, roll tightly, jelly roll fashion. Fold ends of loaf under, place seam side down, in a greased baking pan, 9 x 5 x 3. Cover. Preheat oven to 375°F. Bake 45 minutes, or until golden and loaf sounds hollow when tapped by finger. Loosen around edges with a knife, turn out onto a wire rack, cool. Blend confectioners sugar, vanilla and 1-2 teaspoons milk in a cup to make a smooth thin glaze, drizzle over loaf. Let stand until glaze is firm.

*Mary Dolinsky, Dickinson, TX*

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## FLUFFY FRENCH TOAST

½ cup all-purpose flour  
1 Tablespoon plus 1½ teaspoons sugar  
¼ teaspoon salt  
2 cups milk  
6 eggs  
18 slices bread  
1 Tablespoon margarine or butter

Beat flour, sugar, salt, milk and eggs with hand beater until smooth. Soak bread in egg mixture until saturated. Heat margarine in skillet until melted. Cook bread until golden brown. If using self-rising flour, omit salt.

*Crystal Alexander, Cameron, LA*

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## APPLESAUCE BREAD

2 eggs, slightly beaten  
1 can (16 oz.) applesauce  
2 cups Kroger Raisin Bran Cereal  
2½ cups all-purpose flour

2½ teaspoons baking powder  
1 teaspoon salt  
½ teaspoon baking soda  
1 teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
¼ cup vegetable oil  
1 cup packed brown sugar  
½ cup coarsely chopped nuts

Preheat oven to 350°F. Grease 9 x 5 x 3 inch loaf pan. Combine eggs, applesauce, and Raisin Bran. Let stand 10 minutes. Stir. In large bowl stir together flour, baking powder, salt, baking soda and spices. Stir vegetable oil, brown sugar and nuts into cereal mixture. Add all at once to dry ingredients. Stir just until moistened. Turn into pan. Bake 60-70 minutes or until tester inserted in center comes out clean. Let cool 15 minutes before removing from pan. Makes 1 loaf.

*Shirley Bonsall, Grand Chenier, LA*

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## NUTMEG MUFFINS

3 cups all-purpose flour  
1½ cups brown sugar  
¾ cup butter or oleo  
2 teaspoons baking powder  
2 teaspoons nutmeg  
½ teaspoon baking soda  
1 cup buttermilk  
2 eggs, slightly beaten

Mix 2 cups of flour and brown sugar in a medium size bowl. Cut in butter with 2 knives or a pastry blender until mixture resembles coarse oatmeal. Reserve ¾ of mixture for topping. Add 1 cup of flour, baking powder, nutmeg, soda and salt to remaining mixture in bowl. Add buttermilk and beaten eggs, stirring till moistened. Put butter in greased muffin cups, filling half full; sprinkle each muffin with ½ teaspoon of topping. Bake at 350°F for 20 minutes or until tests done.

*Elizabeth Warren, Wickes, AR*

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## COBBLESTONE PUMPKIN BREAD

⅔ cup shortening  
2⅔ cups sugar  
4 eggs  
1 can (16 oz.) pumpkin  
¾ cup water  
3½ cups flour  
2 teaspoons baking soda  
1½ teaspoons salt  
½ teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon cloves  
⅔ cup coarsely chopped nuts  
⅔ cup currants, raisins, or white raisins

Heat oven to 350°F. Grease two 9x5x3 inch loaf pans. In large bowl, cream shortening and sugar 10 - 15 minutes. Stir in eggs, pumpkin and water. Blend in flour, soda, salt, baking powder and spices. Stir in nuts and raisins. Pour in pans and bake 70 minutes or until toothpick inserted in center comes out clean. Served in Cobblestone Ordinary Restaurant in Abingdon.

*Kimberly Mahaffey - Janie Shannon, Midlothian, VA*

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## ONION PARSLEY BUTTERFINGERS

2 cups buttermilk biscuit mix  
1 egg  
½ cup milk  
½ cup oleo  
2 Tablespoons onion flakes  
2 Tablespoons minced parsley

Combine mix, egg and milk, beat 20 strokes. Turn dough out on lightly floured board and knead lightly. Roll into 12 x 8 inch rectangle and cut into 4 x 1 inch fingers with floured knife. Melt oleo in jelly roll pan in 450°F oven. Lay fingers in oleo. Turn once to coat both sides. Sprinkle with onion and parsley. Bake at 450°F for 8 minutes or until brown. Serve hot. Makes 2 dozen.

*Jeanette Blake, Cross, SC*

## HOT ROLLS

2½ cups milk - scalded  
2 packages yeast  
½ cup shortening  
1½ teaspoons salt  
½ cup sugar  
2 eggs well beaten  
5 cups flour

Mix well then add flour. Let rise. Make rolls the size you like. Bake at 400°F about 20 minutes or until golden brown.

*Lena Authement, Cameron, LA*

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## SOUR CREAM CORN BREAD

1 cup self-rising corn meal  
1 small can creamed corn  
1 small container sour cream  
¼ cup cooking oil  
3 eggs - beaten

Mix well and bake at 350°F until brown.

*Grace Welch, Hackberry, LA*

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## HOMEMADE BISQUIT MIX

8 cups flour  
8 teaspoons baking powder  
4 teaspoons salt  
1½ cups shortening

Sift flour and measure. Sift again with the baking powder and salt. Cut in the shortening until mixture has a fine even crumb. Place in closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield 5 batches with 2 cups of mixture to the batch. It may be used (similar to Bisquick) for biscuits, dumplings, shortcake, waffles, muffins, pancakes, coffee cake, etc.

*Bobbie Fox, Johnson Bayou, LA*

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## BANANA NUT BREAD

2½ cups all-purpose flour  
½ cup granulated sugar  
½ cup packed brown sugar  
3½ teaspoons baking powder  
1 teaspoon salt  
3 Tablespoons vegetable oil  
½ cup milk  
1 egg  
1¼ cup mashed bananas  
1 cup chopped nuts

Heat oven to 350°F. Grease bottom only of loaf pan, 9 x 5 x 3 inches, or 2 loaf pans, 8½ x 4½ x 2½ inches. Mix all ingredients; beat 30 seconds. Pour into pans. Bake until wooden pick inserted in center comes out clean. Bake 9-inch loaf 65-70 minutes. Cool slightly. Loosen sides of loaf from pan. Remove from pan. Cool completely before slicing. To store, wrap and refrigerate no longer than 1 week.

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## QUICK YEAST ROLLS

½ cup milk  
¼ cup shortening  
2 Tablespoons sugar  
2 teaspoons salt  
½ cup cold water  
1 package yeast  
1 unbeaten egg  
2 cups flour

Scald milk, add sugar, shortening and salt, cool to luke warm. Put into a large mixer bowl and add yeast and egg. Beat on #5 speed until yeast is dissolved. Add 2 cups of flour while beating. Beat about 2 minutes. Remove from mixer and stir in one cup of flour. Turn onto well floured board and mix until smooth. Shape into rolls and put in

greased pans. Brush with melted butter. Cover with damp cloth. Let rise 1 hour. Bake at 425°F for 20 minutes.

*Mary Dolinsky, Dickinson, TX*

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## HELEN'S HUSH PUPPIES

1 box Jiffy Corn Mix  
1 egg  
½ cup milk  
½ white onion, grated well  
Green onion tops

Mix all ingredients together. Sprinkle a little cornmeal in mixture. Fry by teaspoon in hot grease.

*Kim Alexander, Lake Arthur, LA*

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## COUNTRY DOUGHNUTS

4 cups flour  
½ teaspoon salt  
¼ teaspoon nutmeg  
3 teaspoons baking powder  
2 eggs  
¼ cup shortening  
1 cup sugar  
1 cup milk  
½ cup powdered sugar  
2 teaspoons cinnamon

Sift flour, salt, nutmeg and baking powder together. Beat eggs until light with shortening and sugar. Add milk and sifted flour mixture. Roll until ½ inch thick and cut with doughnut cutter. When all are cut out, fry in deep hot fat about 3 minutes. When done, dust with powdered sugar and cinnamon.

*Bernice Denney, Iowa, LA*

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## SOUR CREAM ROLLS

2 packages yeast  
½ cup warm water  
½ cup oleo  
1 cup sour cream  
½ cup sugar  
2 eggs, beaten  
4 cups flour  
1 teaspoon salt

Dissolve yeast in warm water with 1½ teaspoon sugar. Melt oleo and bring to a boil. Remove from heat and stir in sour cream and rest of sugar. Cool to lukewarm. Add yeast mixture and beaten eggs. Mix well. Combine flour and salt, add to yeast mixture, mix well. Refrigerate overnight or longer. Form into rolls and let rise. Bake till brown at 375°F for 15-20 minutes. NOTE: Dough will be soft, so more flour may be added if needed to shape rolls.

*Bernice Denney, Iowa, LA*

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## CAKE DOUGH NUTS

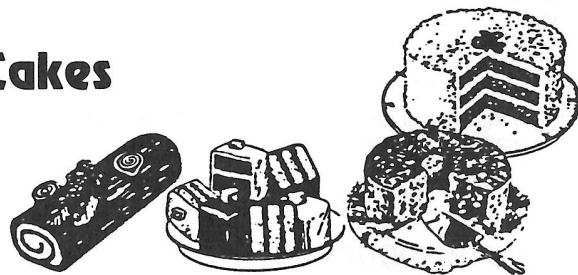
2 cups sugar  
¾ cup shortening  
4 eggs beaten well  
9 cups flour  
9 teaspoons baking powder  
2 teaspoons nutmeg  
2 teaspoons salt  
2 cups milk  
2 Tablespoons vanilla extract

Cream together sugar and shortening. Add beaten eggs. Mix dry ingredients together and add to creamed mixture, alternating with milk. Add flavoring and mix well after each addition. The dough will be soft. Chill at least 1 hour. Roll dough out onto a floured paper at least ½ inch thick and cut with dough cutter. Deep fry until golden brown. You do not have to use all the dough at one time. Can be kept refrigerated for at least 1 week. Yield around 4-5 dozen. You can also sprinkle confection sugar on top or leave plain. Goes well with coffee.

*Brenda Conner, Cameron, LA*

# The End

## Cakes



### SOCK-IT-TO-ME CAKE

1 package Duncan Hines Butter Recipe Golden Cake Mix  
1 cup dairy sour cream  
1/3 cup Crisco oil  
1/4 cup sugar  
1/4 cup water  
4 eggs

#### FILLING:

2 Tablespoons reserved cake mix  
2 teaspoons cinnamon  
2 Tablespoons brown sugar  
1 cup finely chopped pecans

Preheat oven to 375°. Combine filling ingredients and set aside. In a large bowl, blend cake mix, sour cream, oil, 1/4 cup of sugar, water and eggs. Beat at high speed for 2 minutes. Pour 2/3 of the batter in a greased and floured 10-inch tube or bundt pan. Sprinkle filling ingredients over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45-55 minutes until cake springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan. **Glaze:** Blend 1 cup of confectioners sugar and 2 Tablespoons milk. Drizzle over cake.

*Crystal Alexander, Cameron, LA*

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### JELLO CAKE

1 box lemon cake mix  
3 eggs  
1/2 cup cooking oil  
1 cup water  
1 small box lemon jello  
1 1/2 cups water

Mix cake mix, eggs, cooking oil and 1 cup of water with mixer. Spray 12 x 9 inch pan with Pam. Bake cake mixture at 350°F for 40-50 minutes. Mix 1 cup of hot water with jello. Stir until jello is well dissolved. Add 1/2 cup of cold water. Make holes with wooden spoon handle all over cake. Pour jello on top of warm cake.

*Mrs. Mayo Cain, Klondike, LA*

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### VANILLA WAFER CAKE

2 sticks margarine  
6 eggs  
1 (12 oz.) box Vanilla Wafers  
1 cup chopped pecans  
2 cups sugar  
1/2 cup milk  
1 (7 oz.) packaged flaked coconut  
1/2 teaspoon vanilla

Cream butter and sugar. Add eggs, one at a time. Crumble vanilla wafers until fine as meal. Add crumbs alternately to creamed mixture of milk. Add nuts, coconut and vanilla. Put in well greased and floured tube pan. Bake at 275° for 1 1/2 hours. This is a rich festive cake. Top

pieces with whipped cream and cherry.

*Mary Dolinsky, Dickinson, TX*

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### ICEBOX FRUIT CAKE

1 1/2 boxes of Vanilla Wafers  
1 can condensed milk  
1 cup cherries, halved  
2 cups walnuts  
2 cups pecans  
1 teaspoon vanilla  
1 cup raisins

Crush vanilla wafers to very fine texture; then add following ingredients folding until they are well mixed and sticky. Put in buttered loaf pan and place in refrigerator over night. Serve thin slices, very rich.

*Phyllis Skipper, Houston, TX*

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### NORMA'S CHOCOLATE FUDGE CAKE

3 cups flour  
3 cups sugar  
1 1/2 teaspoons baking soda  
1/2 teaspoon salt  
1 1/2 cup oil  
3/4 cup water  
4 heaping Tablespoons cocoa  
1 1/2 sticks margarine  
3 eggs, beaten  
3/4 cup buttermilk  
1 1/2 teaspoon vanilla

#### FUDGE ICING:

2 cups sugar  
3 Tablespoons cocoa  
1/4 cup Karo  
1/2 cup milk  
1/2 stick margarine  
1 cup chopped nuts  
1 teaspoon vanilla  
1/2 teaspoon salt

Combine flour, sugar, baking soda and salt and mix well in a large bowl. Set aside. In a thick sauce pot, combine oil, water and cocoa, mix well, then add margarine and cook on medium heat until it boils. Pour this over dry ingredients and blend well. Add beaten eggs, milk and vanilla and mix all well. Pour into a 9 x 13 greased pan. Bake at 350° 45-50 minutes.

**ICING:** In a thick sauce pot combine sugar and cocoa well. Then add milk and Karo. Stir well before cooking. Cook on medium heat until sauce comes to soft ball stage. Remove from heat and let it cool for 15-20 minutes. Add margarine, nuts, salt and vanilla. Stir quickly for a couple of minutes until mixture begins to cool. Pour over warm cake.

*Norma Jo Pinch*

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### STRAWBERRY CAKE

1 package white cake mix  
1 box strawberry gelatin  
3/4 cup cooking oil  
1/4 cup chopped nuts  
4 eggs  
1 (10 oz.) package frozen strawberries

Pour cake mix in mixing bowl, add all other ingredients, heat well, and pour into bundt pan. Bake at 350° until tests done. Grease and flour bundt pan.

*Bess Welch, Lake Charles, LA*

### NO BAKE BANANA SPLIT CAKE

1 lb. angel food or pound cake from your baker or grocery  
1 small can crushed pineapple  
1 large container frozen strawberries  
2 bananas, sliced  
1 box instant vanilla pudding  
1 (8 oz.) package cream cheese, (softened)  
1 small container Cool Whip or Dream Whip  
Cherries (optional)

In a 9 x 13 pan, cut up pound cake into small pieces and cover the bottom of your pan. Drain most of the pineapple juice and drop a teaspoon full of pineapples onto cake, then repeat with strawberries, but use all of the juices from them. Slice bananas and lay on top other fruits. In a bowl soften cream cheese and mix vanilla pudding with correct milk, then mix with cream cheese. Spread onto the banana's. Top with Cool Whip and drained cherries. Chill for 30 minutes.

*Norma Jo Pinch*

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### TURTLE CAKE

1 box German Chocolate Cake Mix  
1 can Eagle Brand Milk  
1 package Kraft Caramels  
1 package (12 oz.) Nestle's Milk Chocolate Chips  
1 cup pecans

Mix cake as directed on box. Add 1/2 cup of Eagle Brand milk. Grease and flour a 9 x 11 or 11 x 13 pan. Pour half of batter into pan and bake at 325°F for 12 minutes. Cool 5-10 minutes. Melt caramels and remaining Eagle Brand milk. When completely melted, pour over partially baked cake. Sprinkle milk chocolate chips and pecans over caramel mixture. Pour rest of batter over this and bake at 325°F for 30 minutes. Best if cooled over night.

*Belinda Smith, Houston, TX*

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### DIRT

2 (3 1/2 oz.) boxes Instant French Vanilla Pudding  
4 cups milk  
1 (8 oz.) cream cheese (softened)  
6 Tablespoons margarine (softened)  
1 cup confectioner's sugar  
1 (12 oz.) Cool Whip  
2 lbs. Oreo Cookies

**PUDDING MIXTURE:** Mix pudding and milk. Stir until thick. Then add cream cheese and margarine. Mix well. Then add confectioners sugar and Cool Whip. Mix well and set aside.

**DIRT MIXTURE:** (Using a food processor) Chop up one row of cookies at a time. Chop until all the white cream disappears. Cookies will then resemble dirt. Use a new sandbucket, a new flowerpot, or a container of your choice. Pour mixture in container, spread around the bottom. Then add a layer of pudding mixture. Alternate a layer of dirt mixture then a layer of pudding mixture. Continue alternating layers. End your top layer with dirt mixture. Cover with plastic wrap. Refrigerate 3-4 hours before serving.

**HINTS:** Try using this recipe and put it in a sandbucket and serve it with a shovel. This is a favorite at a kids birthday party. Or try the flowerpot. Just add a stem of artificial flowers to the center and use it as a centerpiece until desert time.

*Lynne & Fenton Bourge, Pecan Island, LA*  
*Bonnye Theriot, Creole, LA*

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### PINEAPPLE INSIDE OUT CAKE

1 package (18 1/2 oz.) pineapple or lemon cake mix  
1 can (15 1/4 oz.) crushed pineapple  
4 eggs  
1/2 cup salad oil  
1/4 cup sugar  
1 cup sifted confectioners sugar  
2 teaspoons lemon juice  
2 teaspoons pineapple syrup  
Cherries

In large mixing bowl, combine cake mix, one cup undrained crushed

pineapple, eggs, oil and sugar. Beat with electric mixer at medium speed 2-4 minutes. Pour into greased and floured 10" tube pan. Bake for 50 minutes or until center springs back when lightly touched. Cool, right side up, 15 minutes. Remove from pan, cool. Drain remaining pineapple. Combine confectioners sugar, lemon juice, pineapple syrup, drizzle over cake to glaze, allowing some to run over and down sides. Top with drained pineapple and cherries. Heat oven to 350°F.

*Father Robert Shreve, Grand Chenier, LA*

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### STRAWBERRY ALASKA CAKE

1 1/2 cups sifted flour  
3/4 cup sugar  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/3 cup Crisco  
1/2 cup milk  
1 teaspoon vanilla  
4 egg yolks, unbeaten  
4 egg whites, beaten  
1/8 teaspoon cream of tartar  
1 cup sugar  
1/2 teaspoon vanilla

Heat oven to 350°F. Sift flour, sugar, baking powder and salt into mixing bowl. Drop in Crisco, add 1/4 cup of milk, vanilla and egg yolks, beat 2 minutes at low speed. Add remaining 1/4 cup of milk and beat 2 minutes more. Grease bottoms only of 2 square 8 x 8 x 2 inch layer pans and pour batter into pans. Make meringue as follows: Beat egg whites until frothy, add cream of tartar, then beat until stiff. Add sugar gradually. Add vanilla. Spread evenly on batter in pans. Bake at 350°F 40-45 minutes. Cool. When cake is put together the meringue should be on top, then add strawberries and cream between layers and on top. A few whole strawberries can be used for decoration.

*Father Robert Shreve, Grand Chenier, LA*

## TARPON FREEZO

P.O. Box 56

Creole, LA 70632

Phone 542-4567 / 542-4341



## RICE CAKE

1 cup rice  
water  
5 eggs, separated  
1 orange rind, grated  
1 quart milk  
¼ cup mayonnaise  
½ cup raisins  
1 cup sugar  
Saltine cracker crumbs  
powdered sugar

Wash rice, put in 4 quart pot. Add enough water to cover. Bring to a boil then drain. Add milk to rice and cook until rice is done. Cream mayonnaise and sugar. Beat egg yolks until thick and lemon colored. Add these to warm rice with orange rind. Beat egg whites until stiff and fold into rice mixture. Pour into well buttered 12 cup tube pan which has been dusted with fine cracker crumbs. Bake at 350°F for 50 minutes. Let cool for 20 minutes. Loosen with knife and invert onto plate. Sprinkle with powdered sugar.

*Blanche Authement, Cameron, LA*

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## CHOCOLATE TRUFFLE CAKE

1 lb. semi-sweet chocolate, coarsely chopped  
10 Tablespoons unsalted butter  
5 eggs, separated, room temperature  
3 cups whipping cream  
2 Tablespoons vanilla  
grated chocolate

Melt chocolate and butter in double boiler over gently simmering water; stir until smooth. Pour into large bowl; cool slightly. Preheat oven to 375°F. Generously butter 9-inch springform pan. Beat yolks to blend. Stir into chocolate mixture. Beat whites to stiff peaks. Gently fold ¼ of whites into chocolate mixture to loosen. Fold in remaining whites. Pour batter into prepared pan. Bake 12 minutes; do not over-bake. Let cool completely in pan. Just before serving, beat cream, sugar and vanilla to stiff peaks. Spoon over cake in pan, smoothing top. Remove springform. Garnish cake with grated chocolate.

*Blanche Authement, Cameron, LA*

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## AUNT EULA'S SYRUP CAKE

1 cup sugar  
1 cup white Karo syrup  
3 eggs  
1 cup oil  
1 teaspoon allspice  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
2 teaspoons baking soda  
2 cups flour  
1 cup boiling water

Beat together sugar, Karo syrup and eggs, then add the rest of the ingredients and mix well. Pour into a greased and floured 9 x 13 inch pan and bake at 350°F until top springs back when lightly touched.

This recipe was given to me by Mrs. John Conner of Creole, mother of J.R. and Bobby Conner.

*Brenda Conner, Creole, LA*

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## APPLE SPICE CAKE

1 package yellow cake mix  
1 package Jello brand vanilla flavor instant pudding  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
1 cup apple sauce  
½ cup water  
¼ cup oil  
4 eggs  
½ cup raisins, finely chopped  
½ cup pecans, finely chopped

Combine all ingredients in large mixing bowl. Blend, then beat at medium speed for 4 minutes. Pour into 2 greased and floured 8 x 4 inch loaf pans. Bake at 350°F for 50-55 minutes or until cake tester

placed in center comes out clean. Cool in pan for 15 minutes. Remove from pan and finish cooling.

*Anita Burleigh, Cameron, LA*

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## RED VELVET CAKE

2½ cups flour  
1½ cups sugar  
1 cup buttermilk  
1½ cups Wesson Oil  
2 eggs  
1 teaspoon vanilla  
1 teaspoon baking soda  
1 teaspoon cocoa  
1 teaspoon vinegar  
1 (1 oz.) bottle red food color

**ICING:**  
1 box powdered sugar  
1 stick oleo  
1 (8 oz.) package cream cheese  
1 teaspoon vanilla

Mix ingredients together, blending well. Bake in 3 9" cake pans for about 35 minutes at 350°F. Let cake cool thoroughly before icing.

**ICING:**  
Mix all ingredients together. Put on sides of cakes and between each layer.

*Lena Authement, Cameron, LA*

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## PINTO BEAN CAKE

1 cup sifted self-rising flour  
2 sticks oleo, melted  
3 eggs, beaten  
2 cups cooked pinto beans  
1½ cups sugar  
1 teaspoon soda  
½ teaspoon salt  
1 teaspoon vanilla  
1 teaspoon cinnamon  
½ teaspoon cloves  
1 cup raisins  
2 cups chopped raw apples  
cream sugar

**FROSTING:**  
½ cup shortening, melted  
1 box powdered sugar  
1 teaspoon vanilla  
3 teaspoons juice from beans  
1 Tablespoon milk or cream

Mix first 13 ingredients together. Put in greased floured tube pan and bake at 350°F for 1 hour and 15 minutes.

**FROSTING:**  
Mix and spread over cooled cake. If too thick add more milk.

*Grace Welch, Hackberry, LA*

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## PUMPKIN CAKE

2 cups sugar  
2 cups flour  
2 teaspoons cinnamon  
4 eggs  
1 cup oil  
1 can firmly packed pumpkin

**FROSTING:**  
1 box powdered sugar  
2 Tablespoons vanilla  
1 stick margarine  
1 (8 oz.) Cream Cheese

Cream sugar and oil; add eggs one at a time. Add cinnamon, pumpkin, flour and beat well. Bake in 9" pan for 30 minutes.

**FROSTING:**  
Mix well and frost cake. Sprinkle nuts over icing.

*Grace Welch, Hackberry, LA*

## RED EARTH CAKE

½ cup butter  
1½ cups sugar  
2 eggs  
2 cups flour (minus 2 Tablespoons)  
¼ teaspoon salt  
1 teaspoon soda  
1 cup buttermilk  
2 Tablespoons cocoa  
1 teaspoon red food coloring  
1 Tablespoon vanilla  
3 Tablespoons brewed coffee

**ICING:**  
½ cup butter  
1 lb. box of powdered sugar

Cream butter and sugar, add eggs and beat well. Sift together flour, salt and soda. Add alternately to creamed mixture with the buttermilk. Make a paste of the cocoa, red food coloring, vanilla, and coffee and add to the above mixture. Mix all together and pour into 2 9" layer cake pans and bake 30 minutes or so at 350°F until tests done. Cool slightly before removing from pans.

**ICING:**  
Cream ½ cup of butter and 1 pound box of powdered sugar. Make the same paste above, and add to butter and powdered sugar mixture. Ice cake. This cake freezes well.

*Roberta Rogers, Cameron, LA*

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## LEMON JELLY CAKE

2¼ cups flour (minus 4 Tablespoons)  
3½ teaspoons baking powder  
1 teaspoon salt  
1½ cups sugar  
½ cup shortening  
1 cup milk  
1 teaspoon vanilla extract  
½ teaspoon lemon extract  
2 medium eggs

**FILLING:**  
1½ cups sugar  
4 Tablespoons cornstarch  
dash of salt  
3 slightly beaten egg yolks  
1½ cups water  
6 Tablespoons lemon juice  
2 teaspoons grated lemon rind  
2 Tablespoons butter

Sift together dry ingredients in large mixer bowl. Add shortening, ⅔ cup milk and extracts; beat two minutes. Add remaining milk and unbeaten eggs. Beat two more minutes. Bake in 2 greased and floured cake pans at 350°F for 30 minutes or tests done. Cool, slice carefully, making 4 layers. Spread each layer and top with jelly filling.

**FILLING:**  
Mix sugar, cornstarch, salt; add egg yolks, water and lemon juice. Cook in double boiler until thick, stirring constantly. Remove from heat, add rind and butter. Cool and spread on cake.

*Eula Holder, Lake Charles, LA*

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## MOM'S BROWN SUGAR SPICE CAKE WITH BAKED ICING

1 cup butter Crisco  
2 cups light brown sugar  
2 egg yolks (save whites)  
2 large whole eggs  
2½ cups all-purpose flour  
1 teaspoon cinnamon  
1 teaspoon cloves  
1 teaspoon soda  
1 teaspoon baking powder  
½ teaspoon salt  
1 cup buttermilk

**ICING:**  
2 egg whites  
1 cup brown sugar  
½ cup chopped pecans  
½ teaspoon baking powder

Cream together the shortening and sugar. Add 2 whole eggs and 2 yolks. Sift together flour, spices, soda, baking powder and salt. Add the sifted dry ingredients alternately with the buttermilk to the creamed mixture. Blend thoroughly and pour into a greased and floured 13 x 9 inch pan.

**ICING:**  
Beat egg whites and baking powder until it stands in peaks. Add the brown sugar and beat. Fold in pecans. Spread on top of cake batter and bake at 350°F for 40-45 minutes. If using glass baking dish, lower temperature 25°.

*Louise Skidmore, Cameron, LA*

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## CHEESECAKE FOR A CROWD

**CRUST:**  
1½ cups graham cracker crumbs  
4 Tablespoons melted butter

**TOPPING:**  
1½ pints sour cream  
4 Tablespoons sugar  
1½ teaspoons vanilla

**FILLING:**  
1½ lbs. Cream Cheese - room temperature  
5 large eggs  
1 cup granulated sugar  
1½ teaspoons vanilla

**CRUST:**  
Mix crumbs and butter. Line bottom of 9 x 13 inch baking dish. Preheat oven to 325°F.

**FILLING:**  
In large bowl with mixer, beat Cream Cheese well. Add eggs one at a time; beat well. Add sugar slowly while beating, mix in vanilla. Pour batter over crust slowly. Bake for 40 minutes. Let cool, spread on topping.

**TOPPING:**  
Mix sour cream, sugar and vanilla. Spread gently on cake. Bake in preheated 475°F oven for 5 minutes. Cool, place in refrigerator to set. This cheesecake may be made a day before serving. 24 servings if cut 3 x 1½" each.

*Roslain Baker, Livingston, AL*

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## SWEET POTATO CAKE SQUARES

½ cup margarine  
2 cups sugar  
1 cup cooked, mashed sweet potato  
1 teaspoon vanilla  
4 eggs  
1½ cups self-rising flour  
1 teaspoon each cinnamon and nutmeg

Cream margarine and sugar, add sweet potatoes and vanilla, mixing well. Add eggs one at a time, mix after each addition. Combine flour, spices, and add to sweet potato mixture, mix well. Pour into a greased 13 x 9 x 2 inch pan. Bake at 300°F for 1 hour or until tester is clean. Cut into squares to serve plain or with sweetened whipped cream or Cool Whip.

*Roberta Rogers, Cameron, LA*

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## CHOCOLATE COVERED CHERRY CAKE

1 box Devil's Food cake mix  
1 (21 oz.) can cherry pie filling  
2 eggs  
1 teaspoon almond extract

**ICING:**  
5 Tablespoons butter  
1 cup sugar  
½ cup evaporated milk  
1 (6 oz.) package chocolate chips

Mix well with fork. Pour into greased and floured 9 x 13 inch pan. Bake at 350°F for 30 minutes. When cool, spread icing on cake.

**ICING:**  
Mix butter and sugar, add evaporated milk and boil for 1½ minutes. Add chips and blend until smooth. Spread on cake. 12-16 servings.

*Carolyn Hayes, Welsh, LA*

## LEMON LIGHT COFFEE CAKE

¾ cup evaporated milk  
1 teaspoon soda  
1 cup sugar  
1 teaspoon grated lemon rind  
2 teaspoons baking powder  
½ cup firmly packed brown sugar  
2 Tablespoons lemon juice  
2 Tablespoons vinegar  
½ cup butter, softened  
2 eggs  
1¾ cups flour (less 2 Tablespoons)  
½ teaspoon salt  
1 Tablespoon cinnamon  
1 cup sifted powdered sugar

Combine evaporated milk and vinegar, stir in soda and set aside. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each and add rind, beating in. Sift together dry ingredients, add to creamed mixture alternately with milk, beating well. Spread one half of batter in a greased and floured 10 inch tube pan. Combine brown sugar and cinnamon. Sprinkle half of mixture over batter. Spoon remaining batter into pan, sprinkle with remaining sugar-cinnamon. Bake at 350°F for about 45 minutes. Cool in pan 5-10 minutes, remove from pan. Combine powdered sugar and lemon juice and pour over warm cake.

Jackie Armentor, Lake Charles, LA

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## FIG COFFEE CAKE

½ cup firmly packed brown sugar  
2 Tablespoons butter  
½ teaspoon cinnamon  
10 Fig Newtons, crumbled  
2 eggs  
1 teaspoon vanilla  
¾ cup sugar  
½ cup melted butter  
2 cups flour (less 2 Tablespoons)  
1 teaspoon baking powder  
½ teaspoon salt  
½ cup milk

Combine brown sugar, softened butter, cinnamon and crumbled cookies. Mix well and set aside. Beat eggs till frothy, add sugar and melted butter and beat well. Sift flour, baking powder and salt and gradually add alternately with the milk. Stir in vanilla, mixing well. Pour half the batter into a greased and floured 8 inch square pan, top with half of fig mixture. Pour remains of batter over fig layer. Sprinkle remaining fig mixture on top. Bake at 350°F for 40-45 minutes tester comes out clean.

Shelley Richard, Lake Charles, LA

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## LEMON - PECAN CAKE

1½ cups butter or oleo, room temperature  
2 cups sugar  
6 eggs  
3 cups flour, divided teaspoon baking powder  
1 teaspoon baking powder  
½ teaspoon salt  
½ teaspoon soda  
¼ cup lemon extract  
1 quart chopped pecans  
1 lb. sliced candied cherries

In large mixing bowl, cream butter and sugar. Add eggs one at a time, beating well after each addition. Reserve 1 cup of flour to mix with nuts and cherries; sift remaining flour, baking powder, salt, and soda together. Add butter mixture alternating with lemon extract. Stir in flour coated nuts and cherries. Bake in greased and floured 10 inch tube pan at 250°F for 2 hours.

Roberta Rogers, Cameron, LA

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## PUMPKIN ORANGE CAKE SQUARES

½ cup shortening  
1½ cups sugar  
1 cup cooked, mashed pumpkin

2 eggs, beaten  
½ cup frozen orange juice concentrated,  
thawed, and undiluted  
1½ cups all-purpose flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
¾ teaspoon salt  
½ teaspoon allspice  
½ teaspoon cinnamon  
½ teaspoon ground nutmeg

### FROSTING:

1 (3 oz.) package cream cheese  
1 Tablespoon milk  
1 teaspoon flavoring  
3 cups sifted powdered sugar

Cream shortening; gradually add sugar, beating well. Add pumpkin, eggs, and orange juice; mix well. Combine remaining ingredients, mixing well. Stir into pumpkin mixture. Pour into a greased and floured 13 x 9 x 2 inch baking pan. Bake at 350°F for 30-35 minutes or until a wooden pick inserted in center comes out clean. Cool. Spread frosting and cut into squares. 12-15 servings.

### FROSTING:

Combine Cream Cheese, milk, and flavoring, mixing until well blended. Slowly add powdered sugar mixing well after each addition.

Brenda Nash, Cameron, LA

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## MOMO ANN'S RED VELVET CAKE

¾ cup Crisco  
1½ cups sugar  
2 eggs  
2½ cups flour, sifted 3 times  
1 teaspoon cocoa  
½ teaspoon salt  
1 Tablespoon vanilla  
1 cup buttermilk  
1 teaspoon soda  
1 teaspoon vinegar  
8 small bottles red coloring

### ICING:

2 cups milk  
½ cup flour  
dash of salt  
1 cup Crisco  
2 sticks oleo  
2 cups sugar  
2 teaspoons vanilla

Cream Crisco, sugar and eggs. Add flour, cocoa, salt, vanilla and buttermilk. Fold in red coloring and soda - vinegar mixture. Bake in two 9" pans or 3 8" pans at 350°F for 30-35 minutes.

### ICING:

Cook milk and flour over low fire to pudding stage. Put in refrigerator until completely cold. Cream other ingredients and add to pudding mixtures. Beat until smooth. If the 9 inch pans were used, either split each cake to make two layers each, making flour-layered icing cake.

Reinette Guillory, Holmwood, LA

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## STRAWBERRY NUT CAKE

1 box Duncan Hines white cake mix  
1 cup frozen strawberries  
4 eggs  
1 cup nuts  
1 (3 oz.) box strawberry jello  
1 cup Wesson Oil  
½ cup milk  
1 cup flaked coconut

### ICING:

1 stick butter or margarine  
½ cup coconut  
1 box powdered sugar  
½ cup strawberries  
milk only if necessary

Mix all ingredients and bake at 350° in 3 8" cake pans for 25-30 minutes.

Bonnie Conner, Sweetlake, LA

## CREAM OF COCONUT CAKE

1 box golden butter cake mix  
1 can sweetened condensed milk  
1 (8½ oz.) can cream of coconut  
2 (6 oz.) packages frozen coconut  
1 (9 oz.) carton non-dairy topping

Prepare cake according to package directions and bake in greased 9 x 13 inch pan. While cake is baking, blend condensed milk and cream of coconut in bowl. As soon as cake is removed from oven, puncture it with as many holes as possible, using a fork. Pour the milk - cream of coconut mixture into the holes. Refrigerate the cake overnight. Next day, mix thawed coconut with non-dairy topping and ice the cake with this. Return cake to refrigerator until ready to serve. Refrigerate any left-over cake.

Roberta Rogers, Cameron, LA

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## DEATH BY CHOCOLATE

1 Duncan Hines Chocolate Cake Mix  
1 cup Kaluha Liqueur  
2 packages Chocolate Mousse mix  
2 small cartons of LeCreme Whipped Cream  
8 Skors or Heath candy bars, broken  
into small pieces

Bake cake as directed on box. After cake has cooled for about 10 minutes, punch holes in cake with a table fork and pour Kaluha in holes. Cover and let sit in refrigerator over night. Next day: Prepare chocolate mousse as directed on box. Break up cake into walnut-size pieces and layer in large glass bowl with pudding, whipped cream and broken candy pieces. Start the layering with cake and end with whipped cream. Save a few candy pieces for decoration atop the whipped cream. This is a very easy desert to make. Chocolate lovers can't get enough of it. This recipe serves 14 ordinary adults or 7 chocolate lovers.

Lois Belaire, Lacassine, LA

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## VANILLA WAFER CAKE

2 sticks margarine melted  
2 cups sugar  
6 eggs  
½ teaspoon salt  
1 (12 oz.) box Vanilla Wafers, crushed  
1 teaspoon baking powder  
1 Tablespoon lemon juice  
1 teaspoon vanilla  
2 cups flaked coconut  
1 cup chopped pecans

Blend margarine and sugar. Add crumbs and baking powder. Beat in eggs one at a time. Stir in other ingredients and turn into greased and floured fluted pan. Bake at 325°F for 1½ hours.

Grace Welch, Hackberry, LA

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## DEVIL'S FOOD DELIGHT

### FILLING:

1 (8 oz.) package cream cheese  
2 Tablespoons oleo  
¼ cup sugar  
1 Tablespoon cornstarch  
1 egg  
2 Tablespoons milk  
½ teaspoon vanilla

### BASE:

1 package Devil's Food cake mix  
3 eggs  
⅓ cup oil  
1 cup hot water

### FILLING:

Beat all ingredients until smooth and creamy and set aside.

### BASE:

Mix all ingredients until moistened and creamy. Pour half of butter in

a greased 9 x 13 inch pan. Pour Cream Cheese mixture over batter, spreading to cover. Pour remaining batter over mixture. Bake at 350°F for 45 minutes. Frost with a fudge frosting.

Brenda Conner, Cameron, LA

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## PEANUT BUTTER CAKE

¾ cup oleo  
¾ cup peanut butter (creamy)  
2 cups brown sugar  
1 teaspoon vanilla extract  
3 eggs  
2 cups flour  
1 Tablespoon baking powder  
½ teaspoon salt  
1 cup milk

### FROSTING:

1 (6 oz.) package chocolate chips  
1½ cup confectioners sugar  
½ cup Pet milk

Combine oleo and peanut butter in a large mixing bowl. Cream well and add sugar and beat well. Add extract and 1 egg at a time, beating well after each egg. Sift together, flour, baking powder, and salt. Gradually add to creamed mixture, alternating with milk, beating well. Pour into a floured 9 x 13 inch greased and floured pan and bake at 350° for 20-30 minutes or until springs back when lightly touched.

### FROSTING:

Combine chips and milk in sauce pan and cook until all chips are melted, about 2 minutes. Stir in sugar and beat until smooth, spread over cooled cake.

Brenda Conner, Cameron, LA

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## MINIATURE CHEESECAKES

2 (8 oz.) packages Philadelphia Cream Cheese  
¾ cup sugar  
3 egg yolks (save whites)  
¾ cups graham cracker crumbs

### TOPPING:

¾ cup sour cream  
2½ Tablespoons sugar  
1 teaspoon vanilla

Butter 4 miniature muffin tins (each holding 12) and sprinkle the bottoms with graham cracker crumbs. In a mixing bowl, mix Cream Cheese, sugar and egg yolks. Beat egg whites until they form a stiff peak, and fold into Cream Cheese mixture. Spoon mixture in tins ¾ full. Bake at 350°F for 15 minutes. Remove from oven, cool, centers will fall.

### TOPPING:

Mix all together and spoon into centers of each cooled cheesecake. Bake at 400°F for 5 minutes.

Kay Hutchinson, Lake Charles, LA

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Cameron industries on the river.



## OLD FASHIONED SYRUP CAKE

½ cup shortening  
1 cup hot water  
1 egg  
1 cup sugar  
1 can cane syrup  
1 teaspoon soda  
1 teaspoon baking powder  
2 cups flour  
½ teaspoon nutmeg  
1 cup raisins

(I soak raisins in warm water until soft.) Cream sugar and shortening. Add egg and blend well. Add hot water and cane syrup. Sift flour, baking soda and nutmeg together and beat thoroughly. Add raisins. Bake in a well greased pan at 350°F until done.

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## OUT OF THIS WORLD CAKE

1 yellow cake mix  
1 stick margarine (melted)  
1 egg (beaten)  
1 cup pecans (broken)

### TOPPING:

1 (8 oz.) Philadelphia Cream Cheese  
2 eggs  
1 box powdered sugar (16 oz.)

Mix first three ingredients well. Add pecans, mix and press in bottom of 9" x 13" cake pan. Mix cream cheese and eggs. Add powdered sugar and mix until smooth. Pour over cake mixture and bake at 350°F for 35 minutes. The baking time varies in different ovens. Take out when light brown on top. When cool cut in squares the size of brownies. (This is a rich cake.)

*Bobbie Fox, Johnson Bayou, LA*

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## PERSIMMON CAKE

2½ cups flour  
2 teaspoons soda  
3 teaspoons baking powder  
1 teaspoon salt  
3 teaspoons melted butter  
2 cups sugar  
1 cup milk  
1 cup bread crumbs  
1 teaspoon vanilla  
2 cups dates, chopped  
2 cups pecans, chopped  
2 cups mashed persimmons

Mix dry ingredients. Stir then add liquids and mix well. Pour into greased and floured 9 x 13 pan. Bake for 1 hour at 350°F.

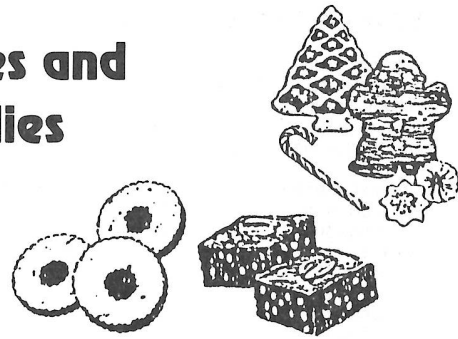
*Alta Silver, Hackberry, LA*

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*Salt Domes in Hackberry*

## Cookies and Candies



### CHEWY'S

2 cups self-rising flour  
1 stick margarine  
2 eggs  
1 (1 lb.) box brown sugar  
1 cup chopped pecans  
1 teaspoon vanilla

Mix all ingredients together; spread in greased 13 x 9 x 2 pan. Bake for 25 minutes at 325°. Cut into squares.

*Bobbie Dixon, Bonneau, SC*

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### MICROWAVE PRALINES

2 tablespoons butter or oleo  
2 cups granulated sugar  
2 cups pecans  
1 small can evaporated milk  
1 teaspoon vanilla

Combine all ingredients except vanilla in a 4 quart glass bowl. Microwave 5 minutes on high, stir; microwave 4 minutes on high, stir, microwave 2 minutes on high. Remove and add a teaspoon of vanilla. Beat until tacky about 1½ minutes. Pour by tablespoonsful onto wax paper to harden.

*Trisha Silver, Little Miss Hackberry 1989*

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### COWBOY PEANUT BUTTER COOKIES

½ cup butter or soft margarine  
½ cup peanut butter (crunchy)  
1 cup sugar  
1 cup firmly-packed light brown sugar  
2 eggs  
2 cups unsifted flour  
1 teaspoon baking soda  
½ teaspoon baking powder  
½ teaspoon salt  
1½ cups quick-cooking oats  
1 (6 oz.) package semi-sweet chocolate morsels

Preheat oven to 350°F. In large mixing bowl, cream together margarine, peanut butter, and sugars; beat in eggs. Combine flour, baking powder, baking soda and salt. Stir into creamed mixture. Mix in oats and morsels. Mixture will be crumbly. Roll into 1" balls; place on lightly greased baking sheet. Flatten with fork. Bake 7-9 minutes or until lightly browned. Makes 6 dozen cookies.

*Jana Bayard, Sulphur, LA*

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### PEANUT BUTTER FUDGE

1 cup peanut butter  
1 cup light Karo syrup  
1½ cups powdered sugar  
1½ cups powdered milk (dry form)  
½ cup chopped pecans

Mix peanut butter and Karo thoroughly. Gradually add combined powdered sugar and powdered milk to peanut butter mixture. Blend thoroughly, kneading is easiest method. Add pecans, roll out to desired thickness and chill; cut into squares.

*Mrs. Victor Cox, Ramstein Air Base, Germany*

## CHEWY CHOCOLATE CHIP BARS

¾ cup margarine, melted  
1 lb. dark brown sugar  
3 eggs  
2¼ cups unsifted flour  
2½ teaspoons baking powder  
½ teaspoon salt  
1 (6 oz.) package semi-sweet chocolate chips

Preheat oven to 350°F. In a large mixing bowl, cream together butter and sugar. Beat in eggs, one at a time, beating well after each addition. Combine dry ingredients; beat into sugar mixture. Stir in morsels. Spread evenly into a lightly greased 15 x 10 inch jelly roll pan. Bake 25 minutes or until toothpick inserted near center comes out clean. Cool. Cut into bars. Makes 40 bars.

*Pam East, Hackberry, LA*

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## HOMEMADE BROWNIES

12 Tablespoons Hershey's Cocoa  
1½ cup flour  
½ teaspoon salt  
2 cups sugar  
1 cup Wesson oil  
4 eggs  
2 teaspoons vanilla extract  
1½ cups chopped pecans

### FROSTING:

1 stick margarine  
3 Tablespoons Hershey's Cocoa  
1 box confectioner's sugar  
6 Tablespoons evaporated milk  
1 Tablespoon vanilla extract

Mix ingredients together. Pour into greased cookie sheet. Bake at 350°F for about 15 minutes or until done. Cool then frost.

**FROSTING:** Melt margarine, then add cocoa. Bring to a boil, then remove from heat. Then add confectioner's sugar, evaporated milk and vanilla extract. Mix well and spread over brownies.

*Lynne Bourque, Pecan Island, LA*

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## LOIS'S PRALINES

3 cups sugar  
1 stick butter or oleo  
1 large can Carnation or Pet milk  
1 teaspoon Mexican vanilla  
2 lbs. shelled pecans

Mix first three ingredients in large heavy saucepan. Place over medium heat and stir very often until mixture reaches soft ball stage. Remove from heat and add vanilla and pecans. Stir until pecans are well coated with mixture and then drop by tablespoonsful on waxed paper. Mixture will start to get sugary during the process of dropping on the paper. All you have to do is add a little more Pet milk to mixture and if needed, heat the mixture a little to make it smooth and shiny and easy to drop. Pralines must cool thoroughly before removing from paper; preferably overnight.

\*Mixture will stick and scorch if not mixed almost constantly while cooking.

*Lois Belaire, Lacassine, LA*

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## JILL'S BROWNIES

4 eggs  
2 cups sugar  
¾ cup shortening  
1½ cups flour  
½ cup cocoa  
1 teaspoon baking powder  
1 teaspoon salt  
1 cup pecans

Cream together eggs, sugar, and shortening. Add dry ingredients to cream ingredients. Grease pan; bake at 350°F for 32 minutes.

*Becky Hebert, Cameron, LA*

## RANGER COOKIES

1½ cup Crisco buttered  
flavored shortening  
2 eggs  
1 teaspoon soda  
½ teaspoon salt  
1 teaspoon nutmeg  
2 cups oatmeal  
1 cup coconut  
1 cup white sugar  
1 cup brown sugar  
1 teaspoon vanilla  
1 teaspoon baking powder  
1 teaspoon cinnamon  
2 cups flour  
3 cups Rice Krispies  
1½ cups pecans - chopped

In an electric mixer cream shortening and sugar, add vanilla and eggs and mix well. Add rest of ingredients as listed. Line cookie sheet with tinfoil and do not grease it. Drop cookie mix by teaspoon on baking sheet. Bake at 300° until light brown. Take cookies out of oven when cookies are still soft - do not over bake.

**NOTE:** When I add flour, oatmeal, Rice Krispies, coconut, and pecans, I use a big spoon and finish mixing by hand.

*Mrs. Elaine Hebert, Sweetlake, LA*

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## CHINESE CHEWS

1½ cups flour  
2 cups chopped dates  
2 cups chopped pecans  
2 cups sugar  
dash salt  
4 eggs  
1 teaspoon baking powder

Mix all together - you may wish to mix together with hands. Pour in greased baking pan at 350°F 15-20 minutes or until golden brown. Let cool. Cut in squares.

*Lena Authement, Cameron, LA*

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## CANDY COOKIES

2 cups sugar  
¼ cup cocoa  
1 stick oleo  
½ cup milk  
1 teaspoon vanilla  
½ cup peanut butter  
2½ cups coconut or walnuts

Combine the sugar, cocoa, oleo and milk and bring to a rolling boil; boil for one minute. Remove from heat and add vanilla, peanut butter and walnuts or coconut. Drop from a teaspoon onto wax paper.

*Jennifer Kennedy, Clinton, LA*

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## CHERRY COCONUT BARS

1 cup flour  
½ cup butter  
3 Tablespoons confectioners sugar  
2 eggs, slightly beaten  
¼ cup flour  
½ teaspoon baking powder  
¼ teaspoon salt  
1 teaspoon vanilla  
¼ cup chopped nuts  
½ cup coconut  
½ cup chopped cherries

Heat oven to 350°F. With hands, mix flour, sugar and butter until smooth. Spread this with fingers in 8" square pan. Bake until beginning to brown. Combine rest of ingredients and spread over top of baked pastry. Bake about 10 minutes or until firm. Yields: 32 - 1½" bars.

*Annie Swindell, Morehead City, NC*

## OATMEAL COCONUT CRISPIES

1 cup Crisco  
1 cup granulated sugar  
1 cup brown sugar  
2 eggs  
1 teaspoon vanilla  
2 cups self-rising flour  
3 cups quick cooking oats  
1 cup flaked coconut  
1 cup chopped candied cherries

Mix Crisco, sugar, eggs and vanilla thoroughly; stir in remaining ingredients. Divide dough in 3 equal parts and shape each part into rolls about 1½" in diameter. Wrap and chill at least 8 hours. Heat oven at 350°. Cut rolls into ⅛" - ¼" slices. Cut carefully as dough will be soft. Place 1" apart on ungreased baking sheet. Bake 12-15 minutes. Immediately remove from baking sheet. Yields: 7 dozen.

*Grace Welch, Hackberry, LA*

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## SWEDISH BUTTERBALLS

1¼ sticks melted butter or margarine  
4 teaspoons powdered sugar  
2 cups flour  
1 teaspoon vanilla

Mix ingredients and wrap around a piece of walnut or pecan. Bake at 350°F until lightly browned at bottom. Roll in powdered sugar.

*Esther Blick, Texas City, TX*

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## EASY CHOCOLATE CHIP COOKIES

2 eggs  
1 teaspoon vanilla extract  
¾ cup shortening  
1 package chocolate chips  
½ cup pecans  
1 package yellow Devil's Food OR  
white Butter Recipe cake mix OR  
Sour Cream OR Chocolate Fudge cake mix

Beat eggs, vanilla, shortening and about ½ of cake mix, until light and fluffy. Add remaining cake mix, chocolate chips and nuts. Mix well, batter will be stiff. Drop by teaspoonsful about 2 inches apart on an ungreased cookie sheet. Bake at 350°F for about 15-18 minutes or until brown. Cool slightly before removing from cookie sheet. Yield: approximately 4 dozen.

*Brenda Conner, Cameron, LA*

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## M & M COOKIES

1 cup shortening  
2 teaspoons vanilla  
1 cup brown sugar  
½ cup sugar  
2 eggs  
2¼ cups flour  
1½ cups M & M's  
1 teaspoon salt  
1 teaspoon soda

Cream shortening and sugars. Add eggs and vanilla. Fold in flour. Add M & M's. Drop by teaspoonsful on ungreased cookie sheet. Do not overbake. Add an M & M to top of each cookie before baking. Bake at 350°F 10 - 12 minutes.

*Blanch Authement, Cameron, LA*

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## CREAM CHEESE COOKIES

2 (8 oz.) packages Cream cheese (softened)  
1½ cups margarine  
1 cup granulated sugar  
1 teaspoon vanilla  
3¼ cups flour  
1 Tablespoon milk

1 teaspoon grated orange rind  
3 cups sifted powdered sugar

Combine 1½ package of Cream cheese, margarine, granulated sugar and vanilla, mix in until well blended. Add flour; mix well. Chill several hours or overnight. Shape dough into 1½ inch balls; place on lightly greased cookie sheet. Flatten each to 3-inch circle with bottom of drinking glass dipped in granulated sugar. Bake at 350°F 12-15 minutes or until edges are lightly browned. Combine remaining Cream cheese, milk and rind, mixing until well blended. Gradually add powdered sugar, mixing well after each addition. Frost cookies. Yield: Approximately 3 dozen cookies.

*Ryan Nash, Cameron, LA*

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## ZELDA'S MYSTERY COOKIES

1 cup sugar  
1 cup powdered sugar  
1 cup margarine  
1 cup oil  
2 eggs  
4½ cups flour  
½ teaspoon salt  
1 teaspoon cream of tartar  
1 teaspoon soda  
1 teaspoon vanilla  
2 cups Rice Krispies  
½ cup nuts chopped  
½ cup coconut  
½ cup butterscotch morsels

Cream together sugars, margarine and oil. Add eggs and mix well. Add flour, salt, tartar, soda, vanilla; mix well. Add Rice Krispies, nuts, coconut and morsels. Drop on ungreased cookie sheet and cook at 350°F for 10-12 minutes.

*Reinette Guillory, Holmwood, LA*

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## BANANA OATMEAL COOKIES

1½ cups all purpose flour  
1 teaspoon salt  
½ teaspoon soda  
½ teaspoon nutmeg  
¾ teaspoon cinnamon  
¾ cup soft butter  
1 cup sugar  
1 egg  
1 cup mashed bananas (3)  
1 teaspoon vanilla  
1½ cups raw quick cooking oats  
½ cup chopped pecans

Sift flour together with salt, soda, nutmeg and cinnamon and set aside. In large bowl of mixer, beat at medium speed; butter, sugar and egg until light. Beat in banana and vanilla until smooth. Gradually stir in flour mixture and oats until well combined. Stir in nuts and refrigerate 30 minutes. Meanwhile heat oven to 400°F. Lightly grease cookie sheets. Drop batter by rounded teaspoonsful 2" apart onto cookie sheets. Bake for 10-12 minutes or golden brown. Remove to wire rack and cool.

*Johnelle Kennedy, Clinton, LA*

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## LEMONADE COOKIES

1 cup oleo  
1 cup sugar  
2 eggs  
3 cups flour  
1 teaspoon soda  
1 (6 oz.) can frozen lemonade, thawed

Cream together oleo and sugar. Add eggs and beat until light and fluffy. Sift together flour and soda; add alternately to creamed mixture with ½ cup of lemonade concentrate. Drop dough from a teaspoon 2" apart onto a greased cookie sheet. Bake at 400°F for about 8 minutes or lightly brown around the edges. Brush hot cookies lightly with remaining lemonade concentrate. Sprinkle with sugar. Yield: 8 dozen small cookies.

*Anne Smith, Beaufort, NC*

## MINIATURE PECAN PIES

2 sticks butter  
2 cups flour  
1 (8 oz.) Cream cheese

### FILLING:

1 box brown sugar  
3 Tablespoons melted oleo  
3 eggs, beaten  
2 teaspoons vanilla  
1½ cups chopped pecans

Mix ingredients for crust well and line miniature muffin tins with crust.

**FILLING:** Mix thoroughly and fill crusts about halfway. Bake until golden brown or 10-15 minutes at 350°F.

*Lena Authement, Cameron, LA*

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## BUTTERSCOTCH PUDDING PRALINES

1 small package butterscotch pudding mix  
1 cup sugar  
½ cup brown sugar  
½ cup evaporated milk  
1½ cups shelled pecan halves  
1 Tablespoon oleo

Mix pudding mix, sugars, milk and oleo in medium sized heavy saucepan. Cook and stir over low heat until sugar dissolves. Add pecans, boil slowly, stirring until reaches soft ball stage. Remove from heat, cool until candy begins to thicken. Drop quickly from tablespoon onto wax paper. Spread at once with spoon to form patties about 3" across. Let sit until firm.

*Mary Lou Guillory, Welsh, LA*

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## KRAZY CRUNCH

2 quarts popped corn  
2 cups nuts (pecans, almonds)  
1½ cups sugar  
1 cup margarine  
1 teaspoon vanilla  
½ cup Karo white syrup

Mix popped corn and nuts on a cookie sheet. Combine sugar, margarine and Karo in a 1½ quart saucepan. Bring to a boil over medium heat, stirring constantly. Boil, stirring 10-15 minutes or until mixture turns a light caramel color. Remove from heat, stir in vanilla. Pour over popped corn and nuts, mix to coat well. Spread to dry - break apart, store in tightly closed container. Makes about 2 pounds.

*Iris Vinson, Sulphur, LA*

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## GOOD FOR YOU MUNCHY MIX

2 cups Teddy Bear Graham Crackers  
2 cups O-shaped oat cereal  
3 packages Fun Fruit Snacks  
½ cup chopped dried apricots  
½ cup chopped dried raisins

Mix and store in air tight container.

*Roberta Pinch, Cameron, LA*

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## ALMOST CANDY BARS

½ cup oleo  
1 package Devil's Food cake mix  
6 oz. package butterscotch chips  
6 oz. package semi-sweet chocolate chips  
1 cup coconut  
1 cup chopped pecans  
14 oz. can condensed milk

Heat oven to 350°F. In large bowl, cut oleo into cake mix with fork or pastry blender until crumbly. Sprinkle evenly over bottom of 15 x 10 x 1 inch pan. Press lightly. Sprinkle with butterscotch chips, chocolate chips, coconut and nuts. Pour condensed milk over all ingre-

dients. Bake for 20-30 minutes or until golden brown. Cool completely, cut into bars. Yield: 48 bars.

*Brenda Conner, Cameron, LA*

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## CHOCOLATE PRALINES

2½ cups sugar  
1 cup buttermilk  
1 teaspoon baking soda  
1 Tablespoon butter flavor  
1 teaspoon chocolate extract  
1 Tablespoon shortening  
2 cups pecan halves

In a large sauce pan combine sugar, buttermilk, and baking soda. Boil slowly to soft ball stage, 234°F. Stir constantly; mixture will turn brown. Remove from heat and add flavoring, shortening and pecans. Stir until thick, 2-3 minutes. Drop from a tablespoon onto waxed paper. If candy becomes too stiff, add a tablespoon of hot water. Yield: 30 pralines.

*Brenda Conner, Cameron, LA*

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## BUTTER NUT BALLS

1 cup butter  
1 teaspoon vanilla  
¼ cup powdered sugar  
2¼ cups flour  
¾ cup chopped nuts

Beat butter until soft; add sugar; stir in vanilla. Add flour gradually. Work nuts in thoroughly. Form 1" balls. Bake on ungreased sheet at 400°F 10-12 minutes. Dough should be set but not brown. Roll while warm in sifted powdered sugar - cool, roll in powdered sugar again. May be decorated by pressing candied fruit or nut into top before baking.

*Ruby M. Nettles, Cameron, LA*

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## CREOLE PRALINES

1 cup brown sugar  
2 cups white sugar  
1 cup pet milk  
2 cups chopped pecans  
½ teaspoon salt  
2 Tablespoons margarine  
1 teaspoon vanilla

Mix brown and white sugar with pet milk in medium size sauce pan. Cook over medium heat until well blended. Next add salt, vanilla, margarine and pecans. Bring to a boil and constantly keep stirring until the mixture forms a soft ball when dropped into a container of water. Once it forms a ball; drop mixture one tablespoon at a time onto wax paper and let set until it hardens. Yields: 5 dozen.

*Michele I. Morris, Raceland, LA  
LA Fur & Wildlife Queen 1989*

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## CANDY FOREVER AMBER

2 cans condensed milk (Eagle Brand)  
1 lb. candy orange slices, chopped fine  
7 oz. angel flake coconut  
1 cup chopped pecans  
1 box powdered sugar  
1 teaspoon vanilla

Put in a well greased casserole pan (8 x 14 inch). Bake at 275°F for 30 minutes. Take out of oven, stir, put back in oven for 20-25 minutes. Take out, beat in 1 lb. box powdered sugar and 1 teaspoon vanilla. Drop by teaspoonsful on wax paper. Makes about 90 pieces.

*Iris Vinson, Sulphur, LA  
Marguerite Vinson, Port Neches, TX*



## HEDGEHOGS

- 2 cups pecans
- 2 cups coconut
- 2 eggs
- 1 (7 oz.) package dates
- 1 cup brown sugar

Grind pecans, coconut and dates with coarse blade. Beat eggs, add sugar and blend. Add ground mixture and stir together. With dampened hands, shape into oblong pieces about 1 inch long. Place on greased cookie sheet. Bake at 350°F for 12 minutes. Roll in powdered sugar.

Lela Laurents, Port Arthur, TX

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## CHURCH WINDOWS

- 1 (12 oz.) package chocolate chips
- 1 (10 oz.) package multi-colored miniature marshmallows
- ½ cup butter
- 1 cup finely chopped pecans
- flaked coconut

Melt chocolate chips and butter over low heat, cool. Add marshmallows and nuts - stirring. Shape into 2 rolls 1½ - 2" in diameter; roll each in coconut. Refrigerate. When rolls are thoroughly chilled, slice into ½ inch slices.

Melissa Kennedy, Clinton, LA

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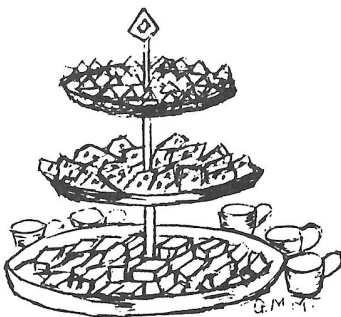
## NO BAKE COOKIES

- 2 cups sugar
- 1 cup milk
- 1 stick oleo
- 3 cups miniature marshmallows
- 4 cups graham cracker crumbs
- 1 cup chopped pecans

Cook sugar, milk and oleo over medium heat until a small amount forms a soft ball when dropped into cold water. Add marshmallows and beat until melted. Add graham crumbs and pecans, mix. Drop by teaspoonsful onto wax paper.

Linda Brown, Port Neches, TX

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## Desserts

### CHEWY PECAN PIE SQUARES

- 1 package yellow cake mix
- 5 large eggs
- 1 cup corn syrup
- 1 cup sugar
- ¼ cup melted oleo
- 2 cups chopped pecans
- ½ cup oil

Preheat oven to 350°F. Grease a 13 x 9 x 2 inch pan. In a large bowl, mix cake mix, 1 egg and oil until crumbly. Press into pan and bake for 20 minutes. In a large bowl beat remaining eggs with corn syrup, sugar and oleo, until well blended, stir in pecans. Pour over cake mixture and bake 45 minutes or until filling has set. Cool and cut into 2 inch squares. Makes 2 dozen.

Brenda Conner, Cameron, LA

### PEACH ICE CREAM

- 1 - 13 oz. can evaporated milk
- 1 pint cream
- 3 cups milk
- 2 cups sugar
- 2 Tablespoons vanilla
- 2 cups peaches (peeled & mashed)
- 8 Heath candy bars, crushed, may be substituted for peaches.

Mix well and freeze according to freezer directions.

Blanche Authement, Cameron, LA

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### BANANA ICE CREAM

- 2 cans Carnation Evaporated Milk
- 2 cups sugar
- 3 eggs
- ¼ cup milk
- 4-5 mashed bananas

Chill evaporated milk in large mixing bowl. Mix together sugar, eggs, and milk. When evaporated milk begins to form ice slivers in it; beat until smooth and creamy. Fold in mixture of sugar, eggs and milk. Add bananas and freeze.

Blanche Authement, Cameron, LA

\*\*\*

### PEPPERMINT ICE CREAM

- 1 can Eagle Brand Milk
- 2½ pints whipping cream
- 2 cups sugar
- 1 package King Leo Peppermint Candy, crushed
- ½ gallon milk
- 1 teaspoon peppermint extract

Mix all ingredients in blender. Pour into freezer can. Freeze according to freezer directions.

Blanche Authement, Cameron, LA

\*\*\*

### PEACH ICE CREAM

- 3-4 cups mashed fresh ripe peaches
- sugar
- 2 cans condensed milk
- 2 cups water
- 4 cans canned cream
- Pinch of salt

Peel and chop peaches, adding sugar according to sweetness desired; then set aside. Combine the other ingredients and mix well. Stir in peaches and extract. Pour into ice cream freezer container and make according to directions.

Mrs. Norma Jean Blake, Cameron, LA

\*\*\*

### PEACH COBLER

- FILLING:**
- 3 cups peaches
  - 2 Tablespoons flour
  - 1¾ cups sugar
  - 1 stick melted butter

- PASTRY:**
- 2 cups sifted enriched flour
  - 1 teaspoon salt
  - ¾ cup shortening
  - ½ cup milk
  - ½ stick of butter

Mix filling ingredients and pour into 13 x 9 x 2 inch pan. Stir together flour and salt. Cut in shortening with pastry blender until mixture is the size of small peas. Add milk. Roll out. Cut into strips and place over filling. Pour half a stick of melted butter over top. Bake at 350°F for 45 minutes or until golden brown.

Roberta Pinch, Cameron, LA

### STRAWBERRY DESSERT

- 1 angel food cake
- 1 package strawberry jello
- 1 container Cool Whip
- 1 container fresh strawberries
- ½ cup sugar

Crumble angel food cake. Cut strawberries and put into a bowl with sugar and let stand. Best if left over night. Make jello, let congeal but not until firm. Pour strawberries over cake. Mix jello with Cool Whip and pour over cake.

Evelyn Clarke, Moncho Corner, SC

\*\*\*

### MICROWAVE BREAD PUDDING

- 6 slices bread
- 2 cups milk
- 1 Tablespoon margarine
- 2 eggs, beaten
- 1¼ cup sugar
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- 1 teaspoon vanilla
- ½ cup raisins (optional)

Place bread in 9" round glass dish. Heat milk and margarine on high for 3 minutes in 4 cup measure. Stir small amount of hot milk into beaten eggs. Return eggs to milk. Add sugar, salt, cinnamon, vanilla and raisins. Pour mixture over bread pieces. Cook on high for 7 minutes. Cook 2 minutes longer if center is not firm.

Trisha Silver, Hackberry, LA  
Little Miss Hackberry 1989

\*\*\*

### MOM'S OLD-FASHIONED VANILLA ICE CREAM

- 1 can condensed milk
- 1 cup sugar
- 4 Tablespoons flour
- ½ teaspoon salt
- 4 eggs, beaten
- 5 cups scalded milk
- 4 cups evaporated milk
- 4½ teaspoons vanilla

Combine sugar and flour; put in saucepan and slowly stir in hot milk. Cover over low heat for about 10 minutes, stirring constantly until mixture thickens. Mix small amount of hot mixture into beaten eggs, then add egg mixture to saucepan ingredients and cook one more minute. Chill in refrigerator. Add condensed milk, evaporated milk and vanilla. Pour into 1 gallon freezer and freeze.

Iris Vinson, Sulphur, LA

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### PINK FRUIT FREEZE

- 1 (8 oz.) package cream cheese, softened
- 1 quart strawberry ice cream, softened
- ½ cup mayonnaise
- 2 (16 oz.) cans fruit cocktail, drained
- ½ cup chopped pecans
- Mint leaves (optional)
- Cherries (optional)

Combine cream cheese, ice cream, and mayonnaise; blend well. Fold in fruit cocktail and pecans; pour into a 9-inch square pan. Freeze until firm. To serve, place in refrigerator for 15 minutes; cut into squares. Garnish with mint and cherries; if desired. Yield: 6-8 servings.

Blanche Authement, Cameron, LA

\*\*\*

### MOM'S TEA CAKES

- 1 egg
- 1 cup sugar
- ½ cup butter
- ½ cup sour milk
- ¼ teaspoon soda

- 1 teaspoon vanilla
- 1 Tablespoon baking powder
- pinch of salt

Mix all ingredients - beginning with sugar and butter - with a "clean hand". Add enough flour to roll out dough. Cut into round shapes and sprinkle with sugar. Bake at 375°F for 8-12 minutes. This recipe is over 100 years old. It was handed down from my great-great-grandmother to my great-grandmother to my grandmother to my mom.

Nathan Hunt, East Montgomery Elementary

\*\*\*

### PEANUT BUTTER POPCORN BALLS

- Popcorn
- 2 cups syrup (for about every 6 quarts popped popcorn)
- ¼ cup peanut butter (for every 2 cups of syrup)

Pop popcorn. Sort through popcorn and remove unpopped kernels. Cook syrup to soft ball stage. Remove from heat. Add peanut butter to syrup. Stir well. Then pour over popcorn, mix well. Form into balls.

Lynn & Fenton Bourque, Pecan Island, LA

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### OLD FASHIONED TEA CAKES

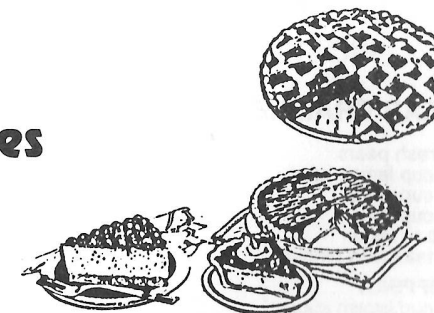
- 1 cup butter/margarine - soft
- 2 cups sugar
- 3 eggs
- 2 Tablespoons buttermilk
- 5 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract

Cream butter; gradually add sugar beating well. Add eggs, one at a time, beating well after each. Add buttermilk and beat well. Combine flour, and soda - gradually stir into creamed mixture. Stir in vanilla. Chill dough until firm. Roll dough to ¼" thickness on a lightly floured surface, cut into rounds. Place 1 inch apart on a lightly greased cookie sheet. Bake at 400° for 7-8 minutes. Do not overbake - cakes should be soft on top.

Blanch Authement, Cameron, LA

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## Pies



### PEACH COBLER

- 8 cups fresh peaches, sliced
- 2 cups sugar
- 2-4 Tablespoons all-purpose flour
- ½ teaspoon almond extract
- ⅓ cup melted margarine
- Pastry for double 9-inch pie
- 1 teaspoon nutmeg

Combine peaches, sugar, flour and nutmeg, set aside until syrup forms. Bring peaches to a boil. Cook over low heat 10 minutes or until tender. Remove from heat, add almond extract and margarine, stir well. Roll out half of pastry to ⅛ inch thickness on a lightly floured board. Cut into 8 x 10 rectangles. Spoon half of peaches into a 8 x 10 inch baking dish; top with pastry. Bake at 475° for 12 minutes or until golden brown. Spoon remaining peaches over baked pastry. Roll out remaining pastry, cut in ½ inch strips. Arrange in lattice design over peaches. Bake 10-15 minutes or until golden brown.

Nobie K. White, Pecan Island, LA

## BROWN SUGAR PEACH PIE

1 - 9" unbaked pie shell  
1 cup brown sugar  
2 Tablespoons white granulated sugar  
½ cup all-purpose flour  
4 - 6 large fresh peaches, peeled and sliced  
½ teaspoon almond extract

Preheat oven to 500°F. Combine 1 cup brown sugar, white sugar, and ½ cup of flour. Line the pastry shell with ½ of this mixture. Place sliced peaches on top. Add almond extract to the rest of brown sugar mixture, then spread it evenly on top of peaches. Bake at 500° for 5 minutes. Reduce heat to 350°F and continue to bake for 45 minutes. Good served warm with ice cream (peach or vanilla).

Margaret Kennedy, Lake Charles, LA

\*\*\*

## NUTTY PINEAPPLE PIE

1 can condensed milk  
¼ cup lemon juice  
1 (16 oz.) can crushed pineapple, drained  
1 cup chopped nuts  
1 (9 oz.) container Cool Whip  
2 graham cracker pie crusts

Mix milk and lemon juice, then add all other ingredients. Pour into graham cracker crusts. Chill in refrigerator several hours before serving.

Mrs. Calvin Willis, Pine Knoll Shores, NC

\*\*\*

## RAISIN NUT PIE

½ cup butter  
1¼ cups sugar  
1 teaspoon cinnamon  
2 eggs  
½ cup chopped pecans or walnuts  
¾ cup raisins  
3 teaspoons vinegar

Cream butter and sugar, add cinnamon, then eggs, mix well. Add nuts, raisins and vinegar. Pour into unbaked 9" pie crust and bake at 350°F until filling is set. Serve warm with vanilla ice cream, if desired.

Susan Fox, Milton, LA

\*\*\*

## PEAR PRALINE PIE

5 fresh pears  
¼ cup lemon juice  
½ cup sugar  
¼ cup flour  
salt to taste  
½ teaspoon ginger

### TOPPING:

½ cup brown sugar  
½ cup flour  
½ cup pecans, chopped  
¼ cup butter

Core and slice pears and coat with lemon juice, sugar, flour and ginger. Combine all topping ingredients. Sprinkle ¼ of the topping in bottom of unbaked 9" pie shell. Add pear mixture, sprinkle the rest of topping on top. Bake at 400° for 40 minutes.

Reinette Guillory, Holmwood, LA

\*\*\*

## APPLE SURPRISE PIE

Pastry for 9-inch 2 crust pie  
¾ cup brown sugar  
¼ cup sugar  
½ cup all-purpose flour  
1 teaspoon cinnamon  
4 cups pared, sliced, tart apples

2 cups fresh or frozen cranberries  
2 Tablespoons butter or margarine  
½ cup chopped pecans

Preheat oven to 425°F. In a large bowl, combine sugars, flour and cinnamons. Add fruit and mix well. Turn into pastry lined pan and dot with butter. Cut slits in top crust. Seal edges. Bake 40 minutes or until golden brown.

Roberta Pinch, Cameron, LA

## EIGHT MINUTE CHEESECAKE

1 package (8 oz.) cream cheese  
½ cup sugar  
1 cup (½ pint) sour cream  
2 teaspoons vanilla extract  
1 (8 oz.) Cool Whip, thawed  
1 Keebler Redi Graham Cracker Crust  
1 can blueberry pie filling

Beat cheese until smooth. Gradually beat in sugar. Blend in sour cream and vanilla. Fold in whip topping, blend well. Spoon into crust. Chill until set about 1 hour. Garnish with blueberry pie filling. If desired layer bottom of pie crust with sliced bananas, add pie mixture. Add blueberries and sprinkle with chopped pecans.

Elaine Picou, Cameron, LA

## IMPOSSIBLE PUMPKIN PIE

¾ cup sugar  
½ cup Bisquick baking mix  
2 Tablespoons margarine or butter  
1 can (13 oz.) evaporated milk  
2 eggs  
1 can (16 oz.) pumpkin pie mix  
2½ teaspoons pumpkin pie spice  
2 teaspoons vanilla

Heat oven to 350°. Grease 10 x 1½" pie plate. Beat all ingredients until smooth, 1 minute in blender on high or 2 minutes with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, 50-55 minutes. Top each piece of pie with one tablespoon of Cool Whip and sprinkle with pumpkin pie spice when served.

Mayola Wicke, Creole, LA

## TOLL HOUSE PIE

2 eggs  
½ cup flour  
½ cup sugar  
½ cup brown sugar  
1 cup butter melted and cooled to room temperature  
1 package (6 oz.) Nestle's Semi-Sweet Morsels  
1 cup chopped walnuts  
1 9-inch pie shell

Preheat oven to 325°. In large bowl beat eggs until foamy. Add flour, sugar and brown sugar, beat until well blended. Blend in melted butter. Stir in semi-sweet morsels and walnuts. Pour into pie shell.\* Bake at 325° for 1 hour.

\*If using frozen pie shell, it is necessary to use deep dish style (thawed). Place on cookie sheet and bake an additional 10 minutes.

Belinda Smith, Houston, TX

## MIRACLE PIE

1 cup sugar  
¼ cup butter  
4 eggs  
½ cup flour  
2 cups milk  
1 cup coconut  
¼ teaspoon salt  
½ teaspoon baking powder  
1 teaspoon vanilla

Mix everything together in a blender. Grease pan and bake at 350°F for 60 minutes.

Becky Hebert, Cameron, LA

## FORTY-KARAT GOLD BRICK PIE

½ cup margarine  
3 cups sugar  
6 eggs  
4 squares of semi-sweet chocolate, melted  
1 teaspoon vanilla  
1 cup chopped pecans, optional

### CRUST:

2 cups graham crackers, crushed  
2 Tablespoons margarine

Cream margarine and sugar. Add melted chocolate and mix. Add eggs one at a time and beat three minutes after adding each egg. Then stir in vanilla and nuts.

### CRUST:

Mix crushed graham crackers and margarine in a 9-inch glass pie plate or 2 7-inch pie plates. Press mixture against bottom and sides of plate to form crust. Pour filling into crusts and top with whipped cream. Chocolate shavings may be added before serving. Freeze the pie for about two hours or until firm.

Michele Marie Kliebert, Vacheria, LA

## PEAR COBBLER

½ cup butter  
1½ cups self-rising flour  
1 cup milk  
2 cups sugar, divided  
2 teaspoons cinnamon, divided

2 teaspoons ground cloves, divided  
4 cups sliced canned pears with juice  
½ cup chopped pecans

Melt butter in a 13 x 9 x 2 inch pan. Combine flour with 1 cup of sugar, 1 teaspoon cinnamon, and cloves and milk. Mix well. Pour batter over melted butter do not stir. Combine pears with pecans, cinnamon, cloves and sugar. Bring to a boil. Pour mixture over batter but do not stir. Bake at 375°F for 30 minutes or until batter is lightly browned.

Pam East, Hackberry, LA

\*\*\*

## LYNDEE PIE

½ packages Cream whip  
1 teaspoon vanilla  
1 (8 oz.) cream cheese  
1 cup sugar  
1 pie shell  
1 banana  
blueberries or cherries

Mix cream whip, vanilla, cream cheese, and sugar together until creamy. Bake pie shell, slice banana in bottom of pie shell, pour Cream Cheese and whip topping over bananas. Top with blueberries or cherries.

Blanche Authement, Cameron, LA

\*\*\*

# Thursday Night Dinner Menu

CATFISH COURTOUILLON  
RICE  
STRING BEAN CASSEROLE  
CRAB DIP  
SHRIMP MOLD  
POUND CAKE  
KING CAKE

CHOCOLATE CHIP COOKIES

GREEN SALAD  
JELLO SALAD  
VEGETABLE TRAY  
with VEGETABLE DIP  
CHEESE DIP  
MOCK OYSTER DIP  
BUTTERMILK PIE



At the reception and dinner Thursday night in the home of Mr. and Mrs. Benny Welch. Members of the house party in the Welch home - Janet Welch, Charlotte Bailey, Frances Taber, Chantay Bailey, Linda Welch, Donna Welch, Alice Welch, and little Jameson Welch (in front) stand by refreshment table.

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# Friday Night Buffet

## Menu

**SLICED BRISKET**  
**SLICED HAM**  
**RELISH**  
**HOT ROLLS**

**SALAD BAR**  
**FRESH VEGETABLE AND**  
**RANCH DIP**  
**MACCARONI SALAD**  
**SHRIMP SALAD**

**BREAD PUDDING WITH RUM SAUCE**



The Friday Night Buffet was held at the home of Mr. and Mrs. Jimbo Henry of Cameron. Hostesses were Jana Nunez, Charlene Boudreaux, Mary Hebert, and Mr. and Mrs. Henry.

# Saturday Night Buffet

## Menu

*Mrs. Joyce Sturlese*  
*Creole Community*

<b>CABBAGE ROLLS</b>	<b>SCALLOPED POTATOES</b>	<b>SUMMER SQUASH CASSEROLE</b>
<b>PECAN TARTS</b>	<b>CHEESE CAKE</b>	<b>RAW SALAD TRAY</b>
<b>ROASTED PECANS</b>	<b>SHRIMP DIP &amp; CHIPS</b>	<b>MARINATED OYSTERS</b>
	<b>BREAD STICKS</b>	
	<b>NUTS &amp; BOLTS PARTY MIX</b>	

### CABBAGE ROLLS

½ lb ground lean pork  
1 lb ground chuck  
1 onion, chopped  
¼ cup chopped celery  
¼ cup chopped bell pepper  
2 small pods garlic  
Salt and pepper to season - about ¾ teaspoon salt, ¼ teaspoon black pepper, ⅛ teaspoon red pepper, 1 teaspoon Creole seasoning, ⅛ teaspoon oregano and ½ teaspoon paprika  
½ cup green onions, chopped  
½ cup parsley, chopped  
½ teaspoon Worcestershire sauce  
1 teaspoon lemon juice  
1 cup cooked rice  
1 small can chopped mushrooms  
1 can cream of mushroom soup  
12 to 15 large cabbage leaves

#### SAUCE

1 can stewed tomatoes  
1 can (8 oz.) tomatoe sauce  
1 onion, chopped  
1 Tablespoon brown sugar

Sauté onions in small amount of oil. Add stewed tomatoes and tomato sauce and sugar. Cook slowly for 15 or 20 minutes. Add 1 cup water. Wilt 12 to 15 large cabbage leaves by putting in boiling lightly salted water. Cover pot and let stand 15 to 20 minutes.

#### FILLING

Oil bottom of pot. Brown meats lightly, add onions, bell peppers, celery, and garlic. Sauté lightly along with black pepper, salt, red pepper and Creole seasoning, add about ¼ cup water to unstick bottom or pot. Add rice, green onions, parsley, Worcestershire sauce, lemon juice, paprika and oregano. Take off fire and add cream of mushroom soup and mushrooms.  
Drain leaves carefully. Grease baking dish. Put enough filling into each leaf only to where you can fold two ends over easily and roll securing with toothpicks. Line dish tightly with rolls, pour sauce over rolls and bake at 375° about 30 to 45 minutes. "For Lagniappe" take the small left over raw cabbage leaves and line bottom of dish with them. Lay the rolls on top of these leaves.

\*\*\*

### SCALLOPED POTATOES

1 gallon of small new potatoes  
½ cup parsley flakes  
½ cup bacon bits  
1 stick margarine

Drain and lay new potatoes in a large baking pan with only small amount of fluid in bottom of pan (from potatoes). Sprinkle parsley flakes and bacon bits evenly over potatoes. Dab with butter, cover pot with foil. Bake one hour at 350°.

\*\*\*

### SUMMER SQUASH

1 lb. yellow summer squash (6 cups sliced)  
¼ cup chopped onion  
1 can dairy sour cream  
1 can condensed cream of chicken soup  
1 cup shredded carrot  
18 oz. package herb Stove Top seasoned stuffing mix  
¼ cup butter or margarine, melted

In sauce pan cook sliced squash and chopped onion in boiling water for 5 minutes. Drain, combine cream of chicken soup and sour cream. Stir in shredded carrot. Fold in drained squash and onion. Combine stuffing mixture in bottom of 12 x 7½ x 2 inch baking dish. Spoon vegetable mixture atop. Sprinkle remaining stuffing over vegetable. Bake in 350° oven for 25 to 30 minutes or until heated through.

\*\*\*

### CARP SALAD

**Good for Your Health!**

8 large delicious apples, diced  
1 lb. dried raisins  
2 cups pecans, cut up  
4 large carrots, shredded  
Cold slaw dressing to taste  
Mix together. Good served cold.

### MINE PECAN TARTS

#### CRUST

1 - 3 oz. package cream cheese  
½ cup butter or oleo  
1 cup sifted flour

Let cream cheese and butter soften at room temperature. Blend. Stir in flour and chill for about one hour. Shape dough into two dozen balls. Place in ungreased 1¼ muffin pan. Press dough at bottom and sides.

#### FILLING

2 eggs  
2 Tablespoons soft butter or oleo  
1 teaspoon vanilla  
Dash of salt  
½ cup brown sugar  
½ cup white sugar  
½ cup white Karo  
1½ cup chopped pecans

Mix all ingredients in small bowl. Fill cups ½ full with filling. Bake at 350° at 20 minutes.

\*\*\*

### SHRIMP DIP

2 cups shrimp, cleaned and boiled  
8 oz. cream cheese  
8 oz. sour cream  
1 pack dry onion soup mix

Boil shrimp, clean and chop, add cream cheese and sour cream. Mix adding dry onion soup and serve with chips and crackers.

### ROASTED PECANS

1 stick margarine  
4 cups pecans

In a large pan roast in oven at 350° for about 20 minutes. Stir often. Place roasted pecans on paper towels to cool and absorb excess butter.

\*\*\*

### MARINATED RAW OYSTERS

1 gallon raw oysters  
1 large bottle Italian salad dressing  
1 large onion, chopped fine  
1 bell pepper, chopped fine  
Tom's Seasoning to taste  
1 cup vinegar  
¼ cup Worcestershire sauce (or to taste)

Mix in a large glass jar and marinate over night. Serve raw with crackers.

\*\*\*



Saturday Brunch at the home of Mr. W. E. Guthrie of Cameron. Pictured are Mr. Guthrie, Judy Thibodeaux, Yvonne Mhire, Shirley Chesson, Barbara LeBlanc, and Donna LaBove.





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(CUT ALONG DOTTED LINE)