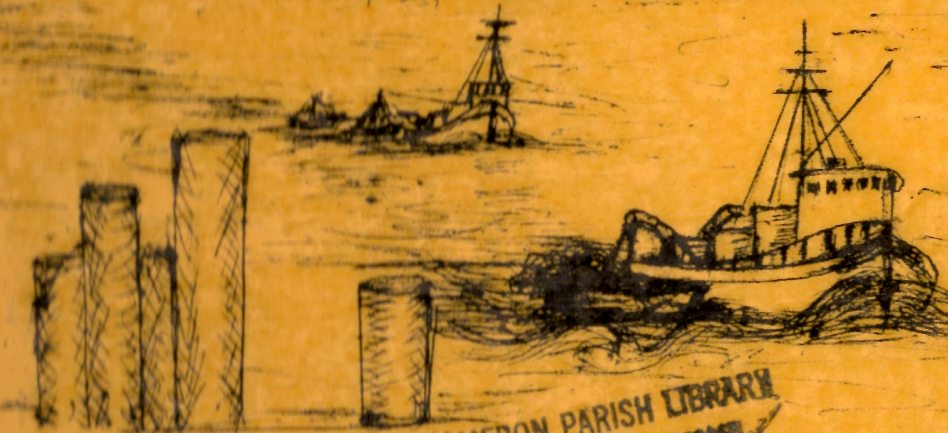
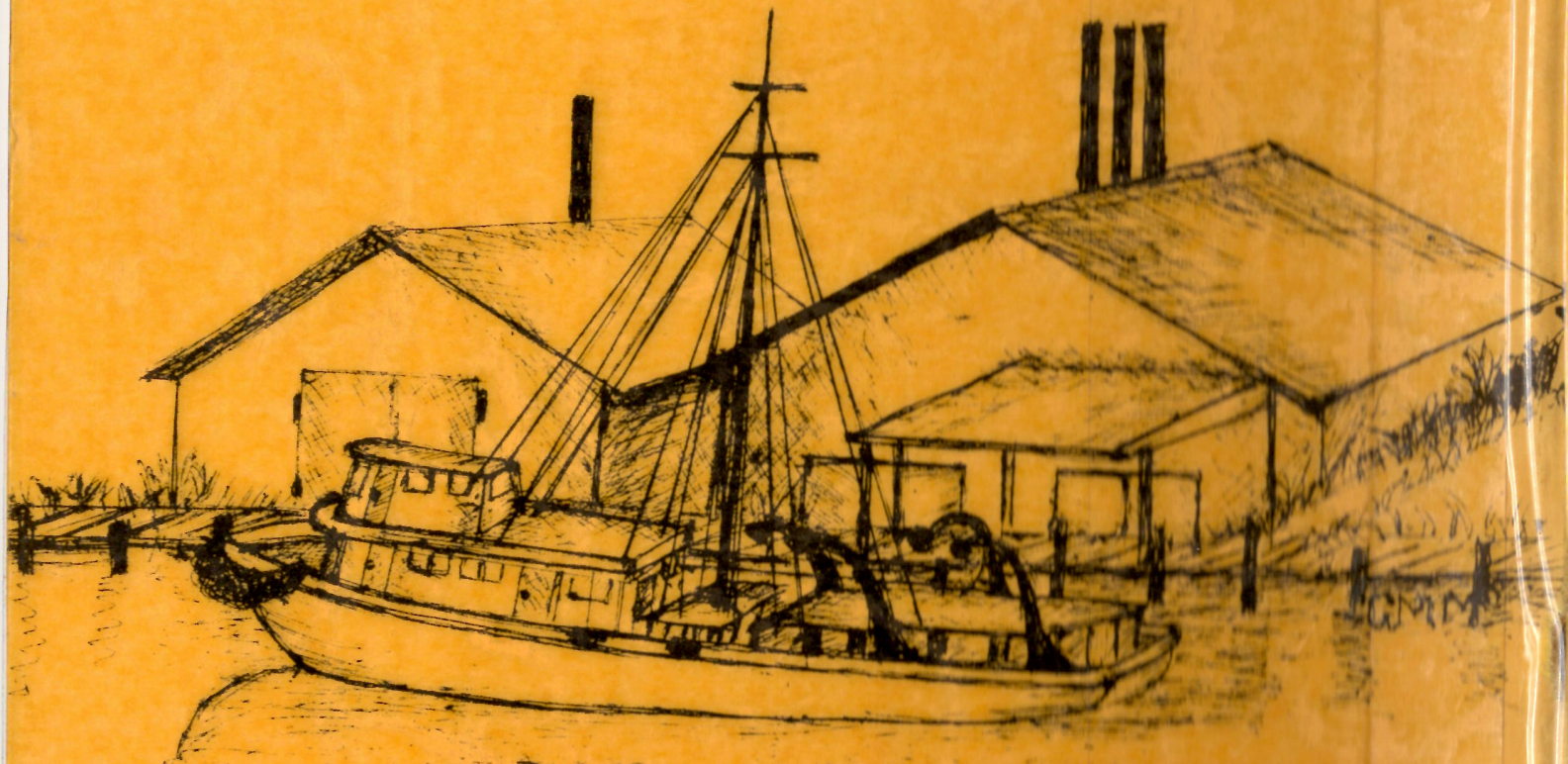


# CAMERON PARISH

22nd ANNUAL  
FESTIVAL

FUR & WILDLIFE  
COOKBOOK

Jan. 13 - 14, 1978



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# LOUISIANA FUR AND WILDLIFE FESTIVAL

REFERENCE

January 13-14, 1978

Cameron, Louisiana

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- Benny Bourge ..... *Goose Calling Contest*
- Gary Wicke ..... *4-H Fur Judging Contest*
- James Albarado ..... *Retriever Dog Trials*
- Roland J. Trosclair, Jr. .... *Parade*
- Ray Stevens & Robert Ortego ..... *Chairman of Outdoor Events*
- J.A. Miller ..... *Men's Nutria & Muskrat Skinning Contest*
- Walden Doxey ..... *Ladies Nutria & Muskrat Skinning Contest*
- Robert J. Schwark ..... *Archery Contest*
- Robert Ortego ..... *Trap Shooting Contest*
- William O. Morris ..... *Trap Setting Contest*
- Sheriff Claude Eagleson ..... *Traffic*
- Mrs. W.J. Broussard ..... *Cameron Library Handicraft Show*
- Thelma Hackett OES 225, Mrs. W.E. Guthrie ..... *Friday Night Program*
- Cameron Lions Club, Ed Kelley ..... *Saturday Night Program*
- Donald Broussard ..... *Historical Data*
- Mrs. Charles Precht, Jr. & Sweetlake HD Club ..... *Stage Decorations*
- Mrs. Geneva Griffith & William O. Morris ..... *Publicity*
- Mrs. Glenn Alexander ..... *Louisiana Fur Queen Contest*
- Cameron Lions Club, Rick Lee, Chairman ..... *Queen's Ball*
- Court Mary Olive CDA 1463 ..... *Wildlife Poster Contest*
- Mrs. Charles F. Hebert ..... *Scrapbook*
- Mrs. Geneva Griffith ..... *Photography*
- Mrs. Lyle Crain, Mrs. Braxton Blake, Ward Fontenot ..... *Editors, Festival Recipe Book*
- Mrs. Guthrie Perry & Mrs. Guy Murphy, Jr. .... *Little Miss Cameron Parish Contest*
- Warner Daigle & Mr. & Mrs. Geo. Wilkerson ..... *Host for Maryland Group*
- Mrs. Jerry Jones ..... *Trophies*
- Ray Burleigh ..... *Town Decorations*
- Mrs. J.W. Broussard & Cameron Library Staff ..... *Compiling Festival Results*
- Mrs. Carolyn Gibbs ..... *Local Artists Showing*
- Mrs. Carolyn Gibbs ..... *Crafts Show*
- Mrs. Glenn Alexander ..... *Visiting Queens*
- Mrs. Gladys McCall ..... *Fur & Wildlife Festival Recipe Book Artwork*
- Mrs. Braxton Blake ..... *Cookbook Sales*
- Mrs. Robert Ortego ..... *"Miss Cameron Parish" Contest*

## EDITOR'S MESSAGE

"Daddy, how can you tell the difference between a shrimp boat and a pogy boat?"  
 "The pogy boats have a crow's nest and shrimp boats don't."

This simple rule of thumb, while not always correct, was useful in distinguishing the native shrimp boats with the "new" fishing vessels which appeared on the Louisiana coast in the 40's, searching for the schools of that particular kind of shad, the correct name of what was Menhaden, but which was introduced to us as "pogy."

The tall-masted pogy boats, with their smaller purse boats hung along side, are now a familiar sight along the Louisiana coast and especially at Cameron. During the season the fleets can be seen coming in at dark, holes brimming over with a catch of pogy, spilling on to the deck, and sometimes numbering more than one million fish per boat. In the plants they are processed for the valuable oil and meal which is transported Northward by slow moving barges or rumbling trucks.

The coming of the pogy boats also meant the coming of the crews, captains and families from the East Coast States, mostly from North Carolina and Virginia. They brought with them their own taste, style of cooking and special methods for handling the abundant seafood gathered in these waters. While our recipe contributors still strongly favor the Cajun-Creole cookery, many of recipes which have made up our cook books reflect the East coast influence. This is particularly true with pies, cakes and other similar goodies.

As usual, the cook book is the result of work and effort from many sources. We want to thank those people whose efforts make this cook book a continuing success.

*The Editors*

## RECIPE SECTION

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### 22nd ANNUAL 1977 FUR AND WILDLIFE FESTIVAL QUEEN

JENNY SUE BIRD

Jenny Sue Bird is the 19 year old daughter of Mr. and Mrs. George W. Bird of Luling, Louisiana.

Jenny was born in Charleston, West Virginia. She lived in Texas City and Brownsville, Texas, Calumet City, Illinois, and Hammond, Indiana, before moving to Louisiana six years ago.

She graduated from Hahnville, Louisiana, High School and is a sophomore, Social Studies Education student at Louisiana Tech. University in Ruston, where she is a member of the University Chorus.

She was the 1975 St. Charles Parish Queen, alternate to the Catfish Queen and first alternate to the 1976 Rice Queen.

As 1977 Fur and Wildlife Queen she represented them at the Louisiana State Society Mardi Gras Ball in Washington, D.C. and participated as visiting queen in various festivals throughout the state.

This has really been a "fun" and rewarding year as the Fur and Wildlife Queen. Jenny really appreciated the opportunity to travel throughout Louisiana and meeting the many warm, wonderful people associated with the various festivals.

A special "thank you" to the Fur and Wildlife Association for the beautiful mink coat that will be a reminder for many years of the nice people in Cameron Parish. Also a special appreciation to her parents for their moral and financial support as she traveled and participated representing you.

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### 1977 KING FUR IX

TED JOANEN



King Fur IX, Ted Joanen of Grand Chenier, Louisiana, is a biologist with the Louisiana Department of Wildlife and Fisheries and represents the alligator industry.

Ted is stationed at Rockefeller Refuge and has been actively engaged in alligator research since his employment by the Department in 1963. In 1967, he assumed the duties of Research Leader for the Refuge Division and expanded his research activities to include marsh ecology, waterfowl, and fur.

The alligator research program initiated in 1959 is directed towards developing management practices for the alligator in order to manage the animal on a renewable resource basis.

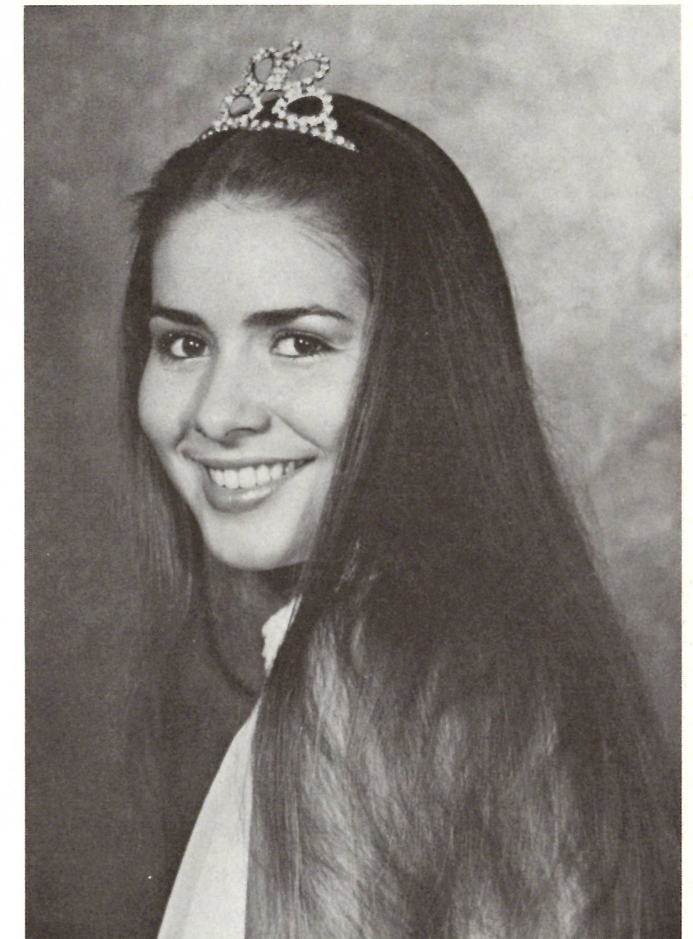
In 1972, Ted was instrumental in assisting the Louisiana Department of Wildlife and Fisheries in formulating the framework for the first experimental alligator harvest program conducted in Cameron Parish. Management and research findings developed at Rockefeller Refuge have helped restore the alligator to a stable and useful segment for the economy of Cameron Parish.

Ted received his M.S. in Wildlife Management from Louisiana State University and is married to the former Miss Mary Lou Stoker of Lake Charles. He is currently serving as Chairman of the Alligator Committee for the Southeastern Association of Game and Fish Commissioners, Leader of the Alligator Recovery Team for the U.S. Fish and Wildlife Service, and a member of IUCN Crocodile Specialist Group, an international organization concerned with survival, conservation, and management of the world crocodilian populations.

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### 22nd ANNUAL 1977 MISS CAMERON PARISH

NANCY CLAIRE NUNEZ



Miss Nancy Claire Nunez is the eighteen year old daughter of Mr. and Mrs. Garner Nunez of Grand Chenier.

Nancy Claire was a 1977 high school graduate of South Cameron High School, where she was a Football Homecoming Maid, 3 years, Tarpon Cheerleader, Who's Who among American high school students 1975-1976, Lettered in Basketball and Track, 4-H, FHA, FBLA, and Beta Club Member.

She is presently attending McNeese State University, majoring in early childhood education.

The highlights of Nancy's reign was to represent this festival at the "Outdoor Festival" in Maryland, The Shrimp and Petroleum Festival in Morgan City and The Christmas Festival in Nachitoches.

Nancy Claire, in ending her 1 year reign as "Miss Cameron Parish" says, very humbly, to the citizens of Cameron Parish, **Thank You** for allowing **Me** to represent **You**.

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**LITTLE  
MISS CAMERON PARISH  
1977**

*TRACY ANN ERBELDING*

Tracy Ann Erbelding, the 8 year old daughter of Mr. and Mrs. Dwight B. Erbelding of Grand Chenier, holds the title of "Little Miss Cameron Parish, 1977." Tracy is a 3rd grade student at

Grand Chenier Elementary School. She was selected to represent her school, as Little Miss Grand Chenier, at the parish contest in 1976 and 1977.

During her year as Little Miss Cameron Parish, Tracy, attended the Junior Dairy Queen Contest in Abbeville where she was awarded a trophy.

Tracy has 3 sisters, Pamela, Janet and Karen. She also, has a pet dog, "Princess." Her hobbies are horseback riding, bike riding, swimming and dancing.

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**LITTLE  
MR. CAMERON  
1977**

*DWAYNE PAUL NUNEZ*

Dwayne Paul Nunez, 8 year old son of Mr. and Mrs. Kenneth P. Nunez, Jr. of Grand Chenier. Dwayne has brown hair and blue eyes. He is in the third grade. Dwayne is a member of the Grand Chenier Pee Wee Football and baseball teams. He also belongs to the Cub Scouts.

Dwayne has one sister, D'Juana Jill. His hobbies are duck and deer hunting. Dwayne has two dogs who are named Missy and Pinkie.

This Page Paid for by CRAIN BROTHERS, INC.



The 1977 parade was crawling with gators!



It didn't rain on our parade!

## 1977 FESTIVAL PICTURES



Young skinners - endangered species?



Sheriff Eagleson presents key to the city to "Miss Outdoors."

## MENHADEN INDUSTRY

Cameron Parish has a well-known reputation for being the source of an abundant supply of shrimp, crabs and oysters. But it is a surprise to most who live away from our area that it is the Menhaden Industry that makes Cameron the major fishing port that it is.

Located at Cameron are three Menhaden processing plants. They are: Louisiana Menhaden Company, Seacoast Products, Inc. (formally Gulf Menhaden Company) and Zapata Haynie.

First time visitors to Cameron Parish are generally unaware of this major industry until their attention is directed to the "pogy-plants" located on the edge of the Town of Cameron. Menhaden fish take their name from an Indian word meaning **that which enriches the earth**. The fish have many local names such as Bony Fish, Bugfish, Porky or Pogy. (The Menhaden Production Plants are known locally as "Pogy Plants.") The Indians used these fish for fertilizing their crops. Menhaden scrap is still used as fertilizer. But modern man has found many more uses. The fish yield a valuable oil which is used in the manufacture of soap, linoleum, oilskin garments, paint varnish and in the tempering of steel. Ground Menhaden meal serves as livestock feed, since the meal is high in protein content.

The production of Menhaden fish is a

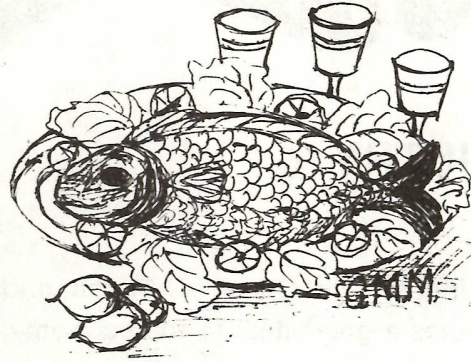
major industry in Cameron Parish and contributes a great deal to the economy. Without citing the impact in dollars, suffice it to say that each plant maintains a fleet of boats numbering between eight and ten boats per fleet. Each boat sails with a crew of seventeen men. On the shore the plants employ more than fifty persons for the processing of the fish. In peak times the number of persons employed on shore increases markedly.

Weather conditions determine the success of the fishing operation. Schools of Menhaden are located by a spotter plane. Then large vessels proceed to the area, where the crew, using smaller "Purse," boats, encircle the school with a long seine. The net is then pulled back in the small boats. The Menhaden vessel moves in and lowers a large suction pump into the pocket. The fish and water are sucked up into a trough, where they are separated, and the water is discharged over the side. The fish are blown into the ship's hold through a chute.

It has been the observation of many veterans in this industry that Menhaden are obviously unaffected by fishing and are able to replenish their population year after year, even under a heavy harvest. Catches brought into the Menhaden plants in recent years have been bigger than ever.

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## SEAFOOD



### STUFFED CRABS

- 1 cup chopped onions
- ½ cup chopped celery
- 2 cloves minced garlic
- ½ cup chopped bell pepper
- ¼ lb. oleo or ½ cup oil
- 1 lb. crabmeat
- ½ tsp. Worcestershire Sauce
- Salt, red and black pepper to taste
- ½ cup chopped green onion tops and parsley
- 4 stale hamburger buns or 6 slices stale bread
- 1 cup evaporated milk
- 3 eggs
- 12 scrubbed crab shells
- Bread crumbs

Saute onions, celery, garlic and bell pepper in oleo or oil, using a heavy pot, until wilted. Add worchestershire sauce, crabmeat and season to taste. Cook over medium heat about 15 minutes, stirring constantly. Add onion tops and parsley. Then add buns which have been soaked in milk and eggs; mixing well. Stuff crab shell with mixture. Sprinkle tops with bread crumbs and bake for 10 minutes at 375°. Serves 12.

Mrs. Gari Bailey, Creole, La.

\*\*\*

### CRABMEAT AU GRATIN

- 1 cup onions chopped fine
- 1 stalk celery chopped fine
- ¼ lb. butter or oleo
- ½ cup all-purpose flour
- 1 (13 oz.) can evaporated milk
- 2 egg yolks
- 1 tsp. salt
- ½ tsp. red pepper
- ¼ tsp. black pepper
- 1 lb. crabmeat
- ½ lb. grated cheddar cheese

Saute onions and celery in butter until onions are wilted; blend in flour. Gradually pour in milk, stirring constantly. Add egg yolks, which have been beaten, salt, red and black pepper and cook for 5 minutes. Put crabmeat in a bowl suitable for mixing and pour the cooked sauce over the crabmeat, blending well. Transfer the mixture into a slightly greased casserole and sprinkle with grated cheddar cheese. Bake at 375° for 10 to 15 minutes or until lightly browned. Serves 6.

Mrs. Gari Bailey, Creole, La.

\*\*\*

### SOUTHERN CRAB CAKES

- 2 cups crab meat
- 1½ tsp. salt
- 1 tsp. mustard

- 2 tsp. worcestershire sauce
- 2 eggs, beaten with ½ cup milk
- 1 T. mayonnaise
- 2 T. chopped parsley
- 1 T. lemon juice
- ½ cup bread crumbs
- Salt and pepper to taste
- ½ cup flour

Mix all ingredients except egg, bread crumbs and flour. Press into cakes. Chill well. Just before serving, dip in flour, then in egg, then in bread crumbs. Melt oil in frying pan. Saute cakes over moderate oven until golden brown, turning once. Serve on warm platter.

Mrs. Lidian Richard, Grand Chenier, La.

\*\*\*

### FRIED, STUFFED HARD SHELL CRABS

- 1 dozen crabs, cleaned with claws removed
- salt and pepper
- 1 stick margarine
- 1 cup crab meat
- 1 onion, chopped
- 2 stalks celery, chopped
- 2 eggs
- 1 cup bread crumbs
- 1 cup milk
- 1 cup corn meal

Season crabs with salt and pepper and set aside. Melt margarine and saute crab meat, onions and celery until brown. Add one raw egg which has been mixed with the bread crumbs. Mix well and season to taste. Stuff body cavities of crabs with the mixture. Dip crabs in egg and milk mixture, roll in corn meal and fry in deep fat (375°) until brown. Serves 4.

Mrs. Charles F. Hebert, Cameron, La.

\*\*\*

### CRAB BISQUE

- ½ doz. boiled fat crabs

#### Bisque:

- ½ cup oil
- ½ cup flour
- 2 med. onions, chopped
- 1 large bell pepper, chopped
- 2 stalks celery chopped
- ½ cup sherry
- 1 can tomatoes
- 2 tsp. sugar
- 2 tsp. red pepper
- 3 whole cloves
- 3 bay leaves, crushed
- 1 lemon
- Fat from crabs
- Salt to taste

Make light brown roux with oil and flour; add onions, bell pepper and celery stirring till onions are clear. Add tomatoes (squeezing through fingers), juice from can, sherry, 2 qts. water, sugar, salt, red pepper and crab fat (strained). Simmer covered until well blended (about 1½ hours). Add juice from lemon and 1 T. finely chopped lemon peel. Tie cloves and bay leaves in cloth bag and place in bisque. Stir and taste until subtle flavor is obtained, then remove bag.

#### Stuffing:

- 3 T. olive oil
- 4 toes garlic, finely grated
- 3 shallots, chopped
- Meat from crabs
- Bread crumbs for topping
- Juice from 1 lemon
- Salt to taste
- Parsley for garnish

Pick crabs and set aside eight largest claws and four smallest shells. (all fat goes into bisque.) Saute garlic in oil until lightly browned. Turn off heat and mix in remaining ingredients; add in enough water to stick it together. Stuff into shells; sprinkle with

bread crumbs and bake in 350° oven for 20 minutes. When spice bag is removed from bisque, add stuffed crabs and claws, and simmer 10 minutes. Place a crab and 2 claws on mound of rice in a bowl, garnish with lemon slice and parsley and pour in bisque. Serves 4.

Ernest Epps, New Orleans, La.

\*\*\*

### CRAB CASSEROLE

- 1 rib celery
- 2 large onions
- 4 cloves garlic
- 2 T. cooking oil
- 3 eggs, well beaten
- 5 slices toasted white bread
- 1 small can Carnation milk
- ¼ can water
- 1 quart crabmeat
- Season to taste with salt & pepper
- 1 T. melted margarine

Chop celery, onions and garlic and cook until wilted in oil. Combine beaten eggs, carnation and water and soak bread, reserving ½ cup crumbs for topping. Combine wilted vegetables, soaked bread mixture and crabmeat. Season to taste. Pour into greased casserole, top with bread crumbs and drizzle melted margarine over all. Bake at 375° about ½ hour or until bread crumbs start to brown.

(This is my own recipe.)

Mrs. Corrine M. Canik, Grand Chenier, La.

\*\*\*

### SHRIMP AND CRAB JAMBALAYA

- 1 large onion, chopped
- 2 T. cooking oil
- 1 cup green onion tops
- 1 stalk celery, chopped
- 1 bell pepper, chopped
- 1 can Rotel tomatoes
- 1 can Golden Cream of Mushroom soup
- 2 lbs. cleaned and deveined shrimp
- 1 lb. lump crab meat
- 3 cups cooked rice
- Season to taste with salt and black pepper

Brown onions in the oil. Add onion tops, celery and bell pepper before onions are browned thoroughly. Drain excess oil from onions, and add rotel tomatoes. A small amount of water may be added if necessary. Cook a short while to thoroughly cook seasonings through. Add soup, shrimp and crabmeat. Cover and cook over low heat until shrimp are well cooked, about 10 minutes after mixture begins to bubble. Add rice; then season to taste, mixing well.

\* This recipe was a 1st place winner in the "Rice" category of the 1977 Favorite Food Show.

Mrs. Roland Trosclair, Jr., Cameron, La.

\*\*\*

### SHRIMP AND CRAB CASSEROLE

- ½ lb. ground shrimp
- ½ lb. crab meat
- 1 cup raw rice
- 1 can Cream of Mushroom soup
- 1 can Onion soup
- ¼ cup chopped onion tops
- 1 stalk celery, chopped
- ¼ cup chopped bell pepper
- 2 pods garlic, minced
- Salt, red and black peppers to taste

Combine all ingredients in two quart casserole; cover tightly. Bake in 350° oven for one hour. Serves 6.

Deborah LaBove, Hackberry, La.

### BOLO'S SHRIMP AND SALT PORK JAMBALAYA

- ¼ cup cooking oil
- 2 large onions chopped fine
- 2 cans tomato paste
- 1 lb. lean salt pork shoulder
- 1 large can mushrooms (bits & pieces)
- 2 stalks celery chopped fine
- 1 medium bell pepper chopped fine
- 1 cup green onion tops chopped fine
- 1 cup chopped parsley
- 2 buds chopped garlic
- 3 lbs. cleaned shrimp
- 2 cups cooked rice
- salt and pepper to taste

Heat cooking oil in skillet. Add onions and brown until very dark. Add tomato paste and let cook down for a few minutes. Cut salt pork into small chunks and in another skillet, fry down; then drain off fat and set aside until later. To first mixture of oil, onions and tomato paste, add remaining ingredients except shrimp, rice and seasonings. Cook over low heat for about 45 minutes. Then add shrimp, fried salt meat and cook for ½ hour on low fire. Add cooked rice and simmer on low fire until rice absorbs the sauce. Salt and pepper to taste. Serves 8 to 10 people.

Mrs. Adenise Trosclair, Cameron, La.

\*\*\*

### SHRIMP AND EGG SUPREME

- 4 T. butter
- 4 T. flour
- 1 tsp. salt
- ½ tsp. paprika
- ½ tsp. hot sauce
- ¼ tsp. MSG
- 2 cups milk
- 1 cup shredded cheddar cheese



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¼ cup chopped parsley  
¼ cup chopped green onion tops  
8 sliced hard cooked eggs  
1 cup cooked shrimp  
½ cup butter bread crumbs

Preheat oven to 325°. Melt butter over low heat; stir in flour, salt, paprika, hot sauce and MSG. Add milk, stirring until smooth. Increase heat to medium and cook until bubbly and thickened, stirring constantly. Add cheese and stir until melted; then add parsley and onion tops, mixing well. In buttered 1½ qt. casserole, arrange by layers the sliced hard-cooked eggs, shrimp and cheese sauce. Top with bread crumbs. Bake 15 minutes. (May garnish with egg wedges, whole shrimp and parsley.) Serves 6.

\* First place winner in Egg Cookery at the 1977 Favorite Foods Show.

Betty Dugas, Grand Lake, La.  
\*\*\*

### SHRIMP STUFFED PEPPERS

5 bell peppers  
1 cup chopped onions  
2 toes garlic, chopped  
1 stick margarine  
2 bread slices  
1 cup water  
1 egg, well beaten  
1 T. catsup  
1 tsp. Lea & Perrin  
Salt and pepper to taste  
1 lb. cut-up cleaned shrimp  
Parmesan cheese

Melt oleo in skillet; add onion and garlic. Cook slowly till garlic turns brown. Add bread soaked in water. Add shrimp and simmer for 25 to 30 minutes. Mixture should be moist; add water when needed. Add egg and mix well. Stir in catsup, Lea and Perrin and seasoning. Wash peppers, cut in half. Boil 5 to 10 minutes. Remove from heat and stuff with mixture. Sprinkle with cheese and bake at 350° for 20 minutes. Add a small amount of water when baking.

Mrs. Lidian Richard, Grand Chenier, La.  
\*\*\*

### SEAFOOD STUFFED EGGPLANT

2 cups water  
1 tsp. salt  
3 medium eggplants cut in half  
(scoop center from eggplant, dice)  
2 T. butter or oleo  
½ cup diced celery  
½ cup chopped green onions  
¼ cup chopped parsley  
2 cups cooked rice  
1 lb. small shrimp  
2 cups crabmeat  
½ tsp. salt, pepper to taste  
½ tsp. thyme  
(may be left out if desired)  
1 tsp. Worcestershire sauce

Into a saucepan add two cups water and teaspoon salt to eggplant's shells and boil 5 minutes. Drain.

Melt butter in frying pan, add celery, green onions, bell peppers, and parsley. Saute until tender. Stir in diced eggplant, rice, shrimp, crabmeat, and seasonings, and cook 5 minutes, stirring constantly. Fill eggplant halves and bake in 375° oven for about 25 minutes. Serves 6.

Ruby B. Boudoin, Cameron, La.  
\*\*\*

### SHRIMP ALA MEXICANA

1 onion, chopped  
½ cup bell pepper chopped  
½ cup celery, chopped  
2 tsp. cooking oil  
1 (6 oz.) can whole tomatoes

3 cloves garlic, minced  
1 tsp. grated cumin  
salt to taste  
1 tsp. paprika  
½ cup water  
1 tsp. corn starch  
1 lb. cleaned shrimp

Saute onion, pepper, celery in heated oil. Add tomatoes, garlic, cumin, salt, paprika, water and corn starch. Blend well. Simmer 30 minutes. Add shrimp, simmer until shrimp are done. Serve over rice. Top with grated Longhorn cheese.

Mrs. Wendell Murphy, Cameron, La.  
\*\*\*

### BARBARA'S DEVEILED SHRIMP

½ lb. shrimp  
10 boiled eggs  
1½ T. mayonnaise  
1½ T. sweet pickle relish  
1/3 onion  
Seasoning to taste



Boil shrimp and peel. Reserve 20 boiled whole shrimp for garnish. Halve five eggs lengthwise, remove yolks and set aside. In blender put five whole eggs and the yolks of the other five, remainder of shrimp and onion. Blend for just a second or two to pulverize; then add mayonnaise and relish. Season to taste. Stuff the ten halves with the shrimp mixture, and top each with a whole shrimp.

\* Third place winner in the 1977 Favorite Foods Show.

Mrs. Barbara Boudoin, Cameron, La.  
\*\*\*

### SHRIMP BORDELAISE

Shell and devein 2 lbs. shrimp.  
Melt 2 T. butter in a saucepan  
Add 1 carrot and 1 onion  
each finely chopped  
2 shallots finely chopped  
1 sprig of parsley  
1 clove of garlic, crushed  
a pinch of thyme and  
1 small bay leaf.

Cook slowly until the vegetables are soft - about 15 minutes. Add the shrimp,  
1 tsp. salt  
¼ cup cognac  
½ cup white wine

Cook quickly for about 5-6 minutes or until the shrimp are pink, shaking the pan constantly. Remove the shrimp to a serving dish. Discard the bayleaf. Cook the liquid in the pan until it is reduced to ½ the original quantity, then add beurre maine' made by creaming together 1 tsp. flour and 1 T. butter. Cook the sauce for 1-2 minutes and pour over the shrimp. Sprinkle with chopped parsley. The shrimp and sauce can be eaten separately or poured over rice.

Mrs. Glenn Alexander, Cameron, La.  
\*\*\*

### BAKED SHRIMP

5 lb. shrimp in shells  
6-8 T. black pepper  
juice of 2 large lemons  
1 (16 oz.) bottle Wishbone Italian Dressing  
1 lb. butter

Preheat oven to 400°. Combine ingredients and pour over shrimp in roasting pan. Bake 20 to 30 minutes or until done, stirring every 7 to 8 minutes. This is a good way to fix jumbo shrimp.

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

### SHRIMP WHIZ

2 lbs. cleaned raw shrimp  
1 lb. crab meat

1 onion, chopped  
1 bell pepper, chopped  
1 stalk celery chopped  
1 stick margarine  
2 T. Tony's Creole Seasoning  
or other seasoned salt  
½ T. red pepper, or to taste  
½ T. salt, or to taste  
2 cups of bread crumbs  
1 (6 oz.) jar Cheese Whiz  
1 small can of  
evaporated milk  
3 T. cornstarch

Wilt all vegetables in margarine. Add shrimp. Cook until shrimp are pink. Add crabmeat, 1 cup of bread crumbs and seasonings. Put into buttered casserole dish. In a heavy saucepan, combine cheese, milk and cornstarch. Cook until thickened. Pour on top of seafood mixture, and sprinkle with bread crumbs. Bake at 350° for 35 minutes.

Mrs. Margaret Conner, Creole, La.

\*\*\*

### SHRIMP PILOU

1 lb. clean, deveined shrimp  
¾ stick butter  
1 can onion soup  
1 can cream of chicken soup  
1 can Rotel tomatoes  
1 bell pepper, chopped  
1 tsp. parsley flakes  
1½ cups raw rice with amount  
of water usually used to cook rice

Melt butter, and stir in all ingredients together. Bake for 1 hour.

Mrs. Blackie Taylor, Cameron, La.

### OYSTERS-A-LA-CAMERON

4 slices American cheese  
2 T. butter  
1 med onion, chopped  
¼ tsp. red peper  
1 small can cream  
2 T. corn starch  
5 large shrimp, chopped  
½ lb. king crab meat  
1 dozen raw oysters  
½ cup bread crumbs



Combine first six ingredients to make cheese sauce and heat to a simmer. Add chopped shrimp and crab and simmer until thickened. Drop raw oysters in sauce and let simmer until oysters are puffy. Set oysters in individual half oyster shells and place in casserole. Pour sauce over oysters and sprinkle with bread crumbs and bake in 350° oven only until heated through.

\* Second Place winner in the 1977 Favorite Foods Show.

Cleo Kelley, Cameron, La.  
\*\*\*

### OYSTERS HENRI

4 slices of bacon  
1 cup chopped green onions  
2 T. chopped parsley  
1 cup sour cream  
½ tsp. paprika  
¼ tsp. salt  
¼ tsp. black pepper  
¼ cup Italian cheese, grated  
4 doz. small or 2 doz. med. oysters

Fry bacon until crisp. Remove from pan and set aside. Drain off grease and leave about 3 T. in pan. Saute onions; add parsley and sour cream and remove from heat. Blend well; add paprika, salt and pepper. Broil oysters about 3 or 4 minutes on each side or till edges curl. Remove from broiler and place in 4 small baking

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dishes. Spoon sauce evenly over each dish. Crumble bacon and sprinkle it and Italian cheese over sauce. Bake in 350° oven for 5 to 7 minutes till bubbly. Garnish with sprigs of parsley and serve. Serves 4.

Ada G. Loetzerich, New Orleans, La.  
\*\*\*

### SEAFOOD SUNSHINE

1 onion, chopped  
1 small bell pepper, chopped  
1 cup chopped green onions  
1 stick celery, chopped  
1 stick butter  
1 cup oysters  
1 lb. shrimp, peeled and deveined  
¾ lb. velveeta cheese  
1 small can cream  
1 can lump crabmeat  
1 cup bread crumbs  
Season to taste with salt  
and red and black peppers

Saute onion, bell pepper, onion tops and celery in butter. Add oysters and shrimp and simmer water out of them. Melt cheese in cream; then add to mixture. Fold in crabmeat. Season to taste then pour into casserole and top with bread crumbs. Bake for 20 minutes at 350°.

\* This was the Sweepstakes Award winner in the 1977 Favorite Food Show.

Mrs. Roland J. Trosclair, Jr., Cameron, La.  
\*\*\*

### EVE'S SEAFOOD DRESSING

2 T. cooking oil  
1 tsp. flour  
1 small onion chopped fine  
1 cup green onion tops chopped fine  
½ cup chopped parsley  
1 (6½ oz.) can shrimp  
1 (6½ oz.) can white crab meat  
1 (6½ oz.) can crab claw meat  
2 cups cooked rice  
1 (8 oz.) can oysters

Brown flour in oil; add onions but do not brown. Add a small amount of water and the green onions and parsley; cook until tender. Add shrimp and both kinds of crab meat. Season with salt and pepper, but do so carefully because canned seafoods are usually salty. Add hot rice, stirring well; then add oysters. Cook for a few minutes to blend flavors. (Note: If you wish, instead of using water to cook green onions and parsley, use the oyster liquid)

Eve Billiot, Johnson Bayou, La.  
\*\*\*

### CAROLINA FLOUNDER

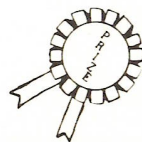
1 medium sized flounder  
1 small onion, sliced thinly  
6 small whole new potatoes, peeled  
(or equivalent amount of Irish  
spuds, peeled and sliced)  
3 T. bacon drippings  
Seasonings to taste

In baking pan, place seasoned fish, and drizzle bacon drippings on top of it. Place onion slices on top of this and arrange potatoes around the fish. Cover and bake at 350° for about 30 minutes or until done.

Mrs. Adrienne Doshier, Cameron, La.  
\*\*\*

### TUNA A 'LA KING

½ tsp. salt  
½ tsp. pepper  
½ tsp. dried mustard  
1 large can evaporated milk



2 T. lemon juice  
3 cups slightly crushed potato chips  
1 large can cooked sweet peas, drained  
1 can drained flaked tuna  
1 cup grated American cheese

Combine salt, pepper, mustard and milk; gradually add lemon juice and stir constantly. Put 2 cups potato chips in casserole, then peas, tuna and cheese. Pour milk mixture over the cheese. Put remaining potato chips on top. Bake at 350° for 25 minutes.

\* Second place winner in 1977 Favorite Food Show in the Sr. 4-H Club division.

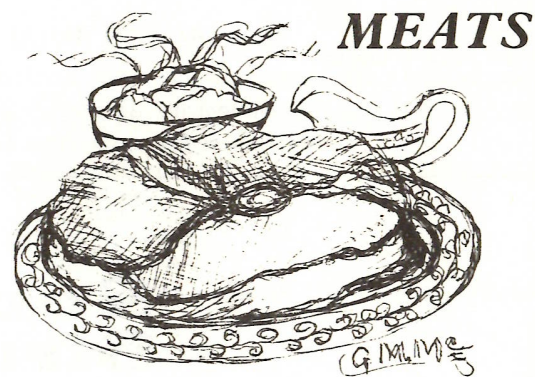
Mary Manuel, Grand Lake, La.  
\*\*\*

### FREEZER TUNA BURGERS

1 large can tuna  
(flaked and drained)  
2 chopped hard-boiled eggs  
¼ lb. American Cheese grated  
½ cup mayonnaise  
2 T. sweet pickle relish  
2 T. minced onion  
3 T. chopped stuffed olives  
6 burger buns

Combine ingredients and spread on buttered buns. Wrap each in foil and freeze. When ready to use, heat oven to 350° then bake about 35 minutes; burgers should be heated through.

Mrs. Edna Bertrand, Cameron, La.



### TATOR TOTS OR BISCUITS TOPPING CASSEROLE

Preheat oven to 400° and grease shallow 2 qt. baking dish.

Brown ½ cup onions  
½ cup celery  
1 lb. ground meat,

in a skillet over medium heat. Spoon off any fat. Add salt and pepper. Spread mixture in a baking dish, pour 1 can condensed cream of celery soup (undiluted) over everything. Top with a layer of Tator Tots or Biscuits. Bake 45 minutes or until bubbly. This is a good camping recipe - easy and good.

Ruby B. Boudoin, Cameron, La.  
\*\*\*

### HAMBURGER AND BISCUITS CASSEROLE

2 lb. ground beef  
2 T. minced onions  
1 can condensed cream of celery soup  
½ can sliced stuffed green olives  
1 cup catsup  
1 Tsp. salt  
1 can pork and beans  
1 pkg. refrigerated biscuits  
1 cup chredded cheddar cheese

Brown ground beef in skillet, pour off fat, lower flame, add onions,

soup, olives, catsup, salt and beans. Continue heating, stirring occasionally, until mixture comes to a boil. Pour into 9 x 9 x 2 pan and top with biscuits. Sprinkle biscuits with cheese. Bake at 425° for 12 to 15 minutes until the biscuits are done. This is a good camping recipe - easy and good.

Ruby B. Boudoin, Cameron, La.  
\*\*\*

### CORN MUFFIN TOPPED CASSEROLE

1 lb. ground beef  
1 med. onion chopped  
¼ cup chopped green peppers  
1 can whole kernel corn (drained)  
1 can (8 oz.) tomato sauce  
1 T. chili powder to taste  
1 tsp. salt, pepper to taste  
1 pkg. (12 oz.) corn muffin mix

In oven proof skillet brown beef lightly, drain off fat. Add onions and pepper and cook until tender. Stir in corn, tomatoe sauce, chili, salt, and pepper. Prepare corn muffin mix as directed on package and spoon onto ground beef mixture. Bake in preheated oven 400° for 20 minutes or until top is browned. This is a good camping recipe - easy and good.

Ruby B. Boudoin, Cameron, La.  
\*\*\*

### CHUCK WAGON SALISBURY STEAK

2 cups corn flakes  
1 egg  
½ cup bottled barbecue sauce  
1 tsp. salt  
½ tsp. pepper  
1 lb. ground beef

Measure corn flakes. Crush to make 1 cup. Place crushed cereal

## BOUDOIN BROTHERS SERVICE STATION

in mixing bowl. Add egg, and 1/3 cups of sauce, then salt & pepper. Beat well; add ground beef. Mix only until combined. Shape into 4 oval patties about ¾ inches thick. Place in single layer in shallow baking pan. Brush patties with remaining barbecue sauce. Bake at 375° about 25 minutes for medium doneness. Baking time may be varied to desired degree of doneness. Serve on heated platter with pickled peppers, garnish.

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

### PEGGY'S HAMBURGER PIE

1 lb. ground meat  
1 onion chopped  
1 bell pepper chopped  
1 can whole kernel corn, drained  
1 small can of sweet peas  
1 can whole tomatoes  
1 recipe thin cornbread batter

Brown meat with onions and bell pepper. Add corn, peas and tomatoes. Put in casserole dish. Pour cornbread batter on top and bake until bread is completely done.

Recipe by: Mrs. Peggy Shelton  
Submitted by: Blackie Taylor, Cameron, La.  
\*\*\*

### DEBRA'S SPAGHETTI SAUCE

2 onions, chopped  
2 cans tomato paste  
1 can tomato sauce  
1 can tomato sauce with mushrooms  
1 can Wolf brand chilli  
1 lb. ground meat

Brown onions lightly. Add canned ingredients and brown a little while. Then add ground meat and simmer as long as you prefer.

Debra Taylor, Cameron, La.  
\*\*\*

### ENCHILADA CASSEROLE

1 lb. ground beef  
1 envelope of enchilada sauce mix  
1 can tomato paste  
½ cup water  
Chili powder, salt and oregano to taste  
1 doz. corn tortillas  
(Broken in quarters)  
Grated cheese  
Chopped onions

Brown meat. Add tomato paste, chili powder, salt, oregano, enchilada mix, and water. Let simmer 10 minutes. In a large greased casserole, place layer of broken tortillas, add ½ of the meat mixture. Top with chopped onions and cheese. Repeat layering ending with cheese on top. Bake for 30 minutes. (freezes well).

Bonnie Conner, Grand Chenier  
\*\*\*

### ROMAN MEAT LOAF

3 beaten eggs  
¼ cup bottled creamy Italian Salad Dressing  
1½ cups soft bread crumbs  
(2 slices of bread)  
2 tsp. instant minced onion  
1½ tsp. Italian herb seasoning  
1½ tsp. salt  
¼ tsp. pepper  
2 lbs. ground beef  
1 cup (4 oz.) shredded  
mozzarella cheese  
¼ cup snipped parsley  
4 hard-cooked eggs  
3 T. bottled creamy Italian Salad Dressing  
1½ tsp. prepared mustard  
½ tsp. sugar



In large bowl, combine beaten eggs, ¼ cup salad dressing, bread crumbs, onion and seasonings. Add ground beef and mix well. In a 12 x 7 x 2 pan or dish, pat half of the meat mixture into a 9 x 4 rectangle. Sprinkle half of the cheese and all of the parsley to within one inch of all sides. Place hard-cooked eggs end to end down center of rectangle. On waxed paper, pat remaining meat mixture into a 9 x 4 rectangle. Sprinkle remaining cheese to within one inch of all sides; press cheese into meat. Invert atop eggs and remove paper. Shape meat mixture to form a loaf about 10 inches long. Seal ends and sides well. Make diagonal cuts in top of loaf, forming diamond shapes. Bake uncovered in 350° oven for one hour. Combine the remaining salad dressing, mustard and sugar; drizzle over the loaf. Bake 15 minutes more or until done. Transfer into serving platter. Let stand about 10 minutes before slicing. Serves 8 to 10.

\* Honorable Mention in the 1977 Favorite Foods Show.

*Cindy Nunez, Grand Chenier, La.*  
\*\*\*

### ENGLISH MEAT PIE

3 lb. beef soup bones  
½ lb. lean cooked ham, chopped  
1 onion, chopped  
1 carrot sliced thin  
2 T. chopped parsley  
4 T. butter  
4 T. flour  
1 dozen oysters, drained  
1 pkg. crescent rolls

Cover soup bones with cold water and boil until tender. Take meat off bone and chop into small pieces. Add to stock with onion, carrots and parsley. Boil down to about 3 cups. Melt butter and add flour; brown and then add to stock along with the chopped ham. Mix well and pour into casserole dish. Place oysters on top, then arrange crescent roll dough on top to make crust. Bake 20 minutes at 350°.

*Mrs. Mayo Cain, Gueydan, La.*  
\*\*\*

### HAM QUICHE

4 eggs, beaten  
½ to ¾ cup milk  
½ tsp. pepper  
¼ tsp. baking powder  
1½ cup ground cooked ham  
1 cup shredded swiss or cheddar cheese  
½ cup chopped green pepper  
½ cup chopped onion  
¼ tsp. garlic powder  
Pastry for 9" quiche pan or pie pan uncooked

Combine eggs, milk, pepper, baking powder, garlic powder, beat well. Stir in ham and cheese, add green pepper and onion. Spoon custard into pastry shell. Bake at 450° for 15 minutes, reduce heat to 350° for 25 to 35 minutes or until firm in center.

#### Whole Wheat Quiche Pastry

1 cup plus 2 T. whole wheat flour  
7 T. salad oil  
½ tsp. salt  
2 T. cold water

Combine all ingredients, blending well. Press onto bottom and sides of pie pan. Fill with quiche custard.

*Mrs. Rebecca M. Vidrine, Grand Chenier, La.*  
\*\*\*

### OVEN BEEF BURGANDY

2 lbs. sirloin or round steak  
1 T. Kitchen Bouquet  
¼ cup Cream of Rice soup  
4 carrots  
2 cups thinly sliced onions  
1 clove garlic, minced  
2 tsp. salt  
½ tsp. pepper  
½ tsp. marjoram (crushed)

½ tsp. thyme (crushed)  
1 cup Burgandy or dry red wine  
1 can (6 oz.) mushroom crown & liquid

Trim fat from meat, and cut in cubes. Place in 2½ qt. casserole and toss with Kitchen Bouquet. Mix in rice soup. Cut carrots in quarter lengthwise, and in half crosswise. Add carrots and remaining ingredients. Mix gently. Bake covered 325° for 2½ hours. Stir about every 30 minutes.

*Mrs. Roy Johnston, Pineville, La.*  
\*\*\*

### STEAK & MUSHROOM SAUCE

1 sirloin or round 1½" thick steak  
3 T. butter  
1 T. Worcestershire sauce  
1 tsp. Kitchen Bouquet  
1 small can of mushroom slices  
(Reserve liquid)  
1 small onion, sliced thinly

Brown steak in a hot skillet. Combine remaining ingredients (Except onion slices). Cover steak with onion, then pour the sauce over meat. Cover and cook in a 325° oven for about 1½ hours. Can be uncovered for the last 15 to 20 minutes for browning.

*Jo Boudreaux, Grand Chenier, La.*  
\*\*\*

### PORK SAUSAGE AND CABBAGE

1 medium cabbage, coarsely shredded  
½ cup chopped green pepper  
Salt and pepper to taste  
¼ cup water  
1 pound Pork sausage, cut in 1 inch slices

Combine cabbage and green pepper in a large skillet; season with salt and pepper. Add water, and heat until water begins to boil.

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Reduce heat and place sausage on top of cabbage mixture. Cover and simmer 15 minutes or until sausage is done. Yield: 4 to 6 servings.

*Gerald Richard, Grand Chenier, La.*  
\*\*\*

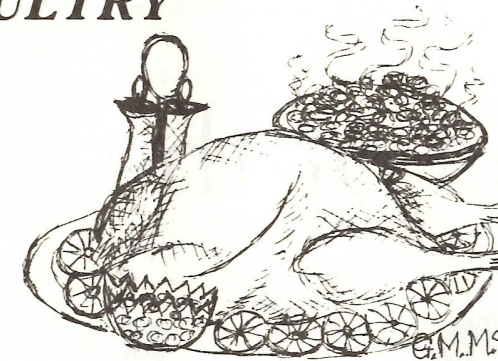
### KABOSKI SANDWICH

2 lb. Polish sausage, sliced in  
½" rounds  
1½ large onions, sliced  
2 large bell peppers, cut in strips  
1 pkg. Kaboski rolls (or any hard buns)

Slice rolls in half. On a large flat grill or electric skillet, heat a small amount of oil. Place sausage on grill first. Cover with onions; then cover onions with bell peppers. Place roll halves on top. Cook slowly over a low fire. Remove rolls to stir occasionally and replace rolls. Cook until sausage is done and vegetables are tender but not overdone. Spoon the sausage mixture on buns and serve hot!

*Recipe by: Larry Carpenter  
Submitted by: Larry Taylor, Cameron, La.*

## POULTRY



### POULET MARENGO

2 fryers, cut-up  
½ cup oil  
1 large onion chopped  
1 clove garlic crushed  
2 cans whole tomatoes  
¼ cup parsley  
4 oz. dry white wine  
2 can mushrooms sliced  
½ cup ripe olives, sliced  
20 boiled shrimp in shells

Brown meat in oil. Remove meat and add onions, smothering down in drippings. When onions are partially cooked, add garlic, tomatoes and parsley. Cook for 10 minutes, then add fryers and wine and cook about 20 minutes longer. About 10 minutes before fryers are done, add mushrooms, olives and season to taste with salt and pepper. Put in casserole and arrange shrimp on top. Serve with hot French bread.

(Mrs. Abshire is from Geneva, France - a war bride. A friend of hers while visiting, translated this recipe from a French cookbook and gave it to her to share with her friends.)

*Mireille "Julien" Abshire, Gueydan, La.*  
\*\*\*

### CHICKEN AND RICE

Salt and pepper to taste  
1 frying size chicken or  
selected pieces  
1 stick oleo  
1 cup dry rice  
2½ cups water  
1 package onion soup mix

Salt and pepper the chicken, but be sparing with the salt. Melt the oleo in a baking dish or skillet. Roll each piece of chicken in the

oleo and arrange in one layer, do not crowd.

Sprinkle the dry rice over the chicken, add water slowly, in and around the chicken. Sprinkle the onion soup mix over all.

Cover the baking dish, tightly. Put in preheated 350° oven. Leave one hour, look at chicken and it is usually done, but as oven temperatures are not all the same, one may need to bake a little longer.

*Mrs. Edna Steed, Cameron, La.*  
\*\*\*

### PARMESAN CHICKEN

¾ cup cracker crumbs  
1/3 cup parmesan cheese  
2 T. green onion tops,  
chopped very fine  
2 T. parsley, chopped very fine  
1 chicken, cut-up  
¼ cup butter

Dip chicken in melted butter. Roll in mixture of the remaining ingredients. Bake at 375° about an hour. Will be brown and crispy, almost like fried.

*Bonnie Conner, Grand Chenier*  
\*\*\*

### MRS. DUHON'S "ROUXLESS" GUMBO

1 large hen  
2 T. cooking oil  
2 heaping T. file'  
1 large onion chopped  
½ cup chopped bell pepper  
Water (to cover chicken)  
1 cup onion tops and parsley  
Salt & pepper to taste

Cut hen in pieces and fry in oil until well browned. Pour off excess fat. Add file', onions and pepper and saute until vegetables are done. Add enough water to cover chicken. Cover and simmer slowly until chicken is tender. Add onion-tops and parsley and cook 15 minutes longer. Serve over rice if desired. NOTE: You will find that by boiling the file' with the chicken, it will not be rosey.)

*Mrs. Clifton "Pete" Duhon, Creole, La.*  
\*\*\*

### CHICKEN FRICASSEE

1 cup flour  
1 cup cooking oil  
1½ cup chopped onions  
½ cup chopped bell pepper  
½ cup chopped celery  
1 large hen cut in pieces  
1 cup chopped parsley  
1 cup chopped green onion tops  
½ tsp. accent  
Salt and pepper to taste

Make a roux with flour and oil; cook until dark brown, stirring constantly. Add onions, bell pepper and celery and cook until vegetables are soft. Add chicken and cook over low fire until chicken is tender. Add enough water for desired gravy consistency; add parsley, onion tops and seasonings to taste. Simmer for a few minutes and serve over rice or alone, as desired.

*Mrs. Edna Cunningham, Cameron, La.*  
\*\*\*

### CHICKEN CRUNCH

½ cup milk  
2 cans cream of mushroom soup  
4 cups diced cooked chicken  
1 onion minced  
1 cup thinly sliced celery  
1 can water chestnuts, sliced  
1 - 3 oz. can Chow Mein noodles  
2 T. soya sauce  
½ tsp. Tabasco

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1 tsp. salt  
¼ tsp. ginger  
Bread crumbs

Blend milk into soup in a 2 quart casserole. Mix in remaining ingredients and top with bread crumbs. Bake at 325° for 40 minutes. (This is an excellent main dish casserole.) Serves 6 generously.

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

**CHICKEN SPAGHETTI TAUNT DE**

(Serves 50)

4 hens approximately 5 lbs. each  
Celery, onions, salt, pepper and any other seasoning you may like (Beau Monde Seasoning by Spice Islands I like)  
8 chopped onions  
2 bunches celery chopped using the best leaves  
8 - 9 buttons of garlic chopped or use garlic press  
6 bell peppers chopped  
1 and ½ bottles of catsup  
1 and ½ bottles of worcestershire sauce  
8 cans of tomato paste  
4 cans of tomato sauce  
Pepper, salt, and sweet basil leaves to taste (use black and red pepper)  
Mushrooms are nice to add if you so desire  
20 cups of broth  
4 lbs. spaghetti

Boil hens in seasoned water (celery, onions, salt pepper bay leaf and any other you may like to add)

Use 4 - 5 cups of water per hen. Cook till meat is easily removed from the bones. Save broth and fat skimmed from the broth after cooling. Use chicken fat to saute onions, peppers, celery and garlic until soft. Add the tomato paste, sauce, catsup, worcestershire sauce and seasonings. Simmer a few minutes and add 20 cups of chicken broth. Simmer for 2 hours and check seasoning. Chop chicken into bite size pieces. Add the chicken and simmer 30 minutes to blend flavors.

Boil the spaghetti in a large container following package directions. Drain the spaghetti and mix with the chicken and sauce.

This may be stored in the refrigerator overnight and heated in an electric roaster or in large casseroles the next day. Use additional broth to moisten if necessary. Sprinkle with parmesan cheese and heat at 325 until thoroughly heated and cheese is melted.

*Mrs. Jerry Jones, Cameron, La.*  
\*\*\*

**CHICKEN LIVERS IN MUSHROOM-ONION SAUCE**

¾ to 1 lb. chicken livers  
2 T. melted butter, divided  
salt and pepper to taste  
1 medium onion, thinly sliced  
4 medium mushrooms sliced  
½ lb. of green beans, cut in pieces  
1 - 10 oz. can of cream of mushroom soup, undiluted  
½ to ¾ cup milk  
2 T. onion soup mix

Saute livers in 1 T. butter until tender; sprinkle with salt and pepper. Remove from skillet with slotted spoon and set aside. Saute onion, mushrooms and green beans in remaining butter and pan drippings until crisp and tender. Combine soup, milk, and soup mix; blend well. Pour over vegetable mixture, mixing well. Cook, covered, over low heat 15 to 20 minutes or until beans are tender. Add chicken livers and heat thoroughly. Yield: 2 servings.

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

**OVEN BAR-B-QUED TURKEY ROAST**

4 - 5 lb. frozen boneless turkey roast  
1 large onion, chopped (1 cup)  
1 cup finely chopped celery  
2 T. vinegar  
2 tsp. worcestershire sauce  
2 tsp. paprika  
1 tsp. salt  
¼ tsp. chili powder  
1 can (6 oz.) tomato paste  
1 can (6 oz.) unsweetened pineapple juice  
2 cups water

Thaw turkey following directions. Place on rack in roasting pan. Do not cover pan. Combine onion, celery, vinegar, worcestershire sauce, paprika, salt, chili powder, tomato paste, pineapple juice and water in a medium sized bowl. Mix well. Pour over turkey roast. Roast in slow oven 325° for 3 - 4 hours, basting frequently with sauce. Turkey roast is done when meat thermometer reads 175°. Stir additional water into sauce in pan during roasting if it becomes too concentrated. Remove turkey roast to warm serving platter. Tip pan so sauce runs into one corner. Skim off fat with a tablespoon. Carve roast; spoon sauce over each portion.

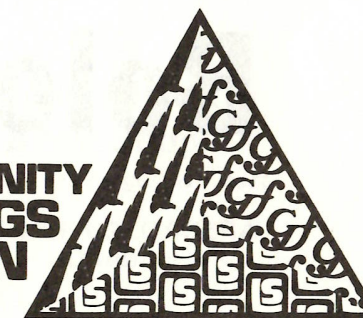
*Mrs. Charles R. Perkins, Cameron, La.*  
\*\*\*

**EGG CROQUETTES**

1 can Cream of Chicken soup  
1 medium bell pepper, minced  
8 hard cooked eggs, grated  
2 T. minced onion tops  
2 T. minced parsley  
3 cups bread crumbs



**COMMUNITY SAVINGS & LOAN LEAGUE**



FIRST FEDERAL  
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LOUISIANA SAVINGS

½ tsp. worcestershire sauce  
 1 Tsp. creole seasoning  
 Tabasco Sauce to taste  
 Red and black pepper to taste  
 2 beaten eggs  
 Bread Crumbs

Mix soup, bell pepper, eggs, onion tops, parsley, bread crumbs, worcestershire sauce and seasonings in mixing bowl. Shape the mixture into croquettes; then roll in bread crumbs, dip in beaten eggs, then again in bread crumbs. Place on a platter and chill until firm. Reshape crouquettes and fry in very hot fat until golden brown - about 2 to 5 minutes. Makes approximately 8 croquettes.

\* Third place winner in the Favorite Foods Show.

*Deborah LaBove, Hackberry, La.*

\*\*\*

### CHICKEN AND BROCCOLI SURPRISE

1 - 10 oz. pkg. frozen chopped broccoli  
 1 (2½ to 3 lb.) fryer, cut up & seasoned with 2 T. seasoning salt  
 2 T. butter  
 1 (4 oz.) can water chestnuts, sliced and drained  
 1 (4 oz.) can sliced mushrooms, drained  
 ½ cup chopped onions  
 1 cup raw long grain rice  
 1 (8 oz.) jar Cheez Whiz  
 1 (10½ oz.) can Cream of Celery soup  
 ¼ cup chopped pimento

Prepare broccoli according to package directions. Meanwhile preheat electric skillet to 300°. Lightly brown fryer in butter. Remove chicken; saute water chestnuts, mushrooms and onions. Add rice, Cheez Whiz, Cream of Celery soup and pimento. Heat to bubbly stage, then add cooked and drained broccoli. Place browned fryer pieces on top and cover. Turn temperature back to



220° and cook for 45 minutes. Serves 11.

(Casserole cookery: Proceed as above. Place browned fryer pieces in bottom of 3 qt. casserole and pour skillet mixture on top. Bake 1 hour and 15 minutes in a preheated 325° oven.

\* This was the Sr. 4-H Club Sweepstakes winner in the 1977 Favorite Foods Show.

*Jolene LaBove, Grand Lake, La.*

\*\*\*

### HONEY BARBECUED CHICKEN

¾ cup melted butter  
 1/3 cup vinegar  
 ¼ cup honey  
 2 cloves garlic, minced  
 2 tsp. salt  
 ½ tsp. dry mustard  
 Dash of pepper  
 1 (2 to 3 pound) fryer, halved

To prepare sauce, combine first 7 ingredients. Hook chicken wing tips behind shoulder joint into back. Place chicken on grill, skin side up about 5 inches above hot coals. Cook slowly for 30 to 35 minutes or until tender, turning frequently and basting with sauce each time. Keep a close watch on chicken so it does not burn. Yield 6 servings.

*June Richard, Grand Chenier, La.*

\*\*\*

### CHICKEN & RICE CASSEROLE

1 cup rice (not cooked)  
 ½ tsp. oregano  
 ½ tsp. salt  
 1 can water  
 1 can chicken & rice soup  
 Fryer, cut up

In 2 qt. casserole add all ingredients except fryer. Salt, pepper and flour the fryer (disjointed) and dip each piece in liquid shortening. Put chicken into casserole mixture and cover. Cook for 2 hours at 350°.

*Karen Belanger, Cameron, La.*

\*\*\*

### KING RANCH CHICKEN

1 fryer, boiled and deboned  
 1 dozen soft tortilles  
 1 large onion sliced

In casserole place one layer tortilles, one layer chicken, one layer onion; repeat layers ending with onion on top.

1 jar jalopena pepper cheez whiz  
 1 can Cream of Mushroom soup  
 1 cup chicken broth

Heat the above until cheese is melted. Pour over layered mixture and bake covered at 350° for 1½ hours.

*Mrs. Corrine M. Canik, Grand Chenier, La.*

## SOUPS & GUMBOS



### REAL FRENCH ONION SOUP

¼ lb. butter  
 2½ - 3 lbs. paper thin onion slices  
 1 can consomme  
 4 cans water  
 2 T. beef extract  
 (Kitchen Bouquet or equivalent)  
 ½ tsp. crushed red pepper  
 1 tsp. sweet basil leaves, crushed  
 salt, white pepper, Louisiana hot sauce to taste (easy on salt)  
 ½ cup seasoned bread crumbs  
 3 oz. white or sherry wine  
 Melba Toast  
 Grated parmesan

Saute onions in butter until clear and tender; add consomme, water, beef extract, and simmer 1 hour; add seasonings and bread crumbs, then simmer 6 hours more. More water if needed.

Half hour before serving, skim and add wine. Float a round of melba toast liberally covered with Parmesan in each bowl.

#### Comments:

Not as much trouble as it looks. If your stove is stable, the simmering may go almost unattended, with an occasional stir as you pass by the kitchen.

A large bowl of soup with relishes, stuffed celery and a good green salad makes a fine light meal.

*W. E. Hunt, M.D., Lake Charles, La.*

\*\*\*

### WEIGHT WATCHERS SOUP

1 large head of cabbage  
 3 bell peppers (chopped up)

2 boxes of frozen cauliflower  
 2 boxes of frozen chopped broccoli  
 1 (48 oz.) can tomato juice  
 2 (16 oz.) can french style green beans  
 6 stalks of chopped up celery  
 6 beef bouillion cubes  
 1 large onion, chopped up

Put cabbage, bell pepper, celery, and onion in large pot. Cook until cabbage is tender. Add rest of ingredients. Don't cook too long after adding other ingredients. Makes 7 to 8 quarts but can be frozen. Salt and other seasonings may be added for non-dieters.

\* This recipe came from Saudia Arabia

*Mrs. Joy Kelley, Cameron, La.*

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### CHILLED AVOCUMBER BISQUE

3 Avocados, not over ripe  
 peeled, mashed  
 1 medium cucumber, peeled and diced  
 2 tsp. grated fresh onion  
 8 oz. sour cream  
 8 oz. half & half sweet cream  
 1 can condensed cream of mushroom soup  
 1 cup water  
 1 T. smooth flour-water paste  
 1 tsp. salt  
 ½ tsp. fresh-ground white pepper  
 ½ tsp. crushed red pepper  
 1 tsp. chopped chives (or chervil)  
 dash garlic powder  
 2 oz. Madeira (sherry if preferred)

In a stewpan gently cook all ingredients except wine about 15 minutes. Puree in blender in batches. Taste first batch and correct

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seasoning. Add wine and chill overnight (or at least 4 hours)

**Comments:**

Since this is a made-up (but tested) recipe, it is subject to infinite changes: (a) Leave one of main ingredients out; (b) Increase or decrease avocado/cucumber ratio; (c) Thin or thicken texture; (d) Change seasoning; (e) etc.

My family prefers it hot. I like it both ways. Keeps well in the refrigerator at least a week. Do not boil and do not freeze.

*W. E. Hunt, M.D., Lake Charles, La.*

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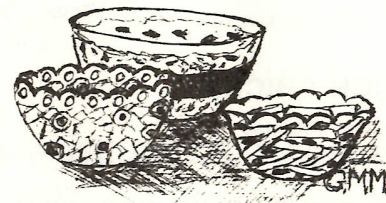
### LOUISIANA STRAWBERRY SOUP

1 lb. La. strawberries  
½ cup strawberry wine  
½ cup claret or similar wine  
Dash of salt  
1 cup water  
¼ to ½ cup sugar  
(depending on tartness of berries)  
Juice of 1 lemon and rind or  
2 tsp. orange rind

Combine and cook 10 minutes in steel or enamel pot, until fruit is soft. Put through blender. If thicker soup desired, add more strawberry puree or 1 tsp. cornstarch mixed with ¼ cup water or wine; if thinner soup desired, add up to 1 cup water or wine or combination. Strain if preferred. Chill. Check flavor and adjust to taste. Serve topped with mound of whipped cream (sweetened cream with 2 T. confectioner's sugar and 1 tsp. vanilla if desired, and sprinkle with nutmeg). Serves 6.

*Mrs. Alvin B. Rubin, New Orleans, La.*

## DRESSINGS



### RICE PILLEAU

1½ cups long grain rice  
1 stick butter  
3 cups chicken broth for fish or  
chicken accompaniment, or  
3 cups consomme for beef roast or  
steak accompaniment  
¾ cup chopped green onions  
¾ cup thinly sliced carrots  
¾ cup chopped parsley  
¾ cup thinly sliced celery  
¾ cup slivered almonds

Cook rice in butter for 5 minutes. Heat broth or consomme and add to rice. Bake at 350° for 40 minutes. Add remaining ingredients and toss lightly to mix. Serve at once. Serves 8.

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

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### BAKED RICE

½ cup long-grain rice  
2 T. melted butter  
1 chicken boullion cube  
1½ cups boiling water  
1 T. chopped parsley

Saute rice in butter until lightly browned, stirring frequently. Spoon into a 1 qt. casserole dish. Dissolve boullion in water; pour over rice. Cover and bake at 350° for 45 minutes or until rice is tender. Sprinkle with parsley. Yield: 2 servings.

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

\*\*\*

### SHRIMP FRIED RICE

2 cups chopped cooked shrimp  
¼ cup oil  
2 eggs slightly beaten  
4 oz. can mushrooms  
1 tsp. salt  
Freshly ground black pepper  
4 cups boiled rice  
2 T. Soy Sauce  
½ cup onions, chopped

Fry shrimp in oil in deep frying pan for 1 minute, stirring constantly, add eggs, mushrooms, salt and pepper, and fry over medium heat for 5 minutes, stirring constantly. Add rice and soy sauce and fry for 5 minutes, stirring frequently. Mix with chopped onions. Serves 6.

Diced cooked chicken, pork or ham may be used instead of shrimp (or all of these for a great taste sensation.)

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

\*\*\*

### RICE DRESSING

1½ lbs. ground chuck  
1½ lbs. ground pork  
¾ lb. liver (Chicken or pork)

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Chicken necks, gizzards  
 2 medium heads onion, chopped  
 1 cup celery, diced  
 ¼ cup bell pepper, diced garlic to taste  
 salt  
 Worcestershire sauce  
 Red pepper in generous amount  
 ¾ cup green onion, chopped  
 ¼ cup parsley, chopped  
 3 T. lemon juice  
 Oysters or shrimp in amount preferred  
 or available  
 Freshly cooked rice

Brown ground meats, pour off excess fat. Boil chicken necks, gizzards, liver in small amount salted water. Cool; cut or tear apart meat, place in blender container with about ½ cup of the broth. Chop in blender, add to ground meat mixture. Season mixture plentifully. Add 2 to 3 cups water and simmer.

In separate skillet, saute onion, celery, pepper, garlic; Add to ground meat mixture; Also add green onion, parsley, lemon juice and oysters or shrimp. Cook a short while until all ingredients are done. At this point, a portion may be spooned into a freezer container, as this keeps very well. Add approximately 4 to 6 cups warm rice; however, use rice sparingly as it soaks up the moisture of dressing. Mix thoroughly, serve at once.

Recommended by: Mrs. Louella Fontenot McCauley, Oberlin, La.  
 Submitted By: Mrs. Rebecca M. Vidrine, Grand Chenier, La.

\*\*\*

### RICE DELIGHT

½ cup raw rice  
 1 cup boiling water  
 ½ stick butter or oleo  
 2 tsp. salt  
 3 T. finely minced onion  
 3 T. finely minced parsley

½ cup grated cheddar cheese  
 1 egg, beaten  
 3 T. sour cream  
 1 T. chives  
 1 tsp. minced bell pepper  
 Garlic salt to taste

Combine rice, oleo and salt in casserole, add boiling water and cover. Bake in 350° oven for 20 minutes. Mix all remaining ingredients together, add to rice mixture, mixing well; sprinkle with garlic salt, cover and bake in 350° oven for 30 minutes. Serves 4.

Ms. Suzanne C. Bell Metairie, La.

\*\*\*

### BAYOU DIRTY RICE

1 lb. chicken livers, frozen  
 1 lb. gizzards  
 3 pork chops  
 ½ lb. ground meat  
 3 T. oil  
 1 cup water  
 1 large onion, chopped  
 ½ cup chopped parsley  
 1 cup chopped celery  
 1 cup chopped green onion tops  
 3 cups hot cooked rice  
 Salt & pepper to taste

While chicken livers are frozen, with a sharp knife slice into thin pieces and set aside so it can thaw while other preparations are being made. Grind gizzards and pork chops. Brown gizzards, pork chops and ground meat in oil; add 1 cup water and cook for about 10 minutes. Stir in chopped vegetables and cook until tender, adding more water if needed. Add hot rice, then chopped liver and cook until liver is done. Season to taste.

Eve Billiot, Johnson Bayou, La.

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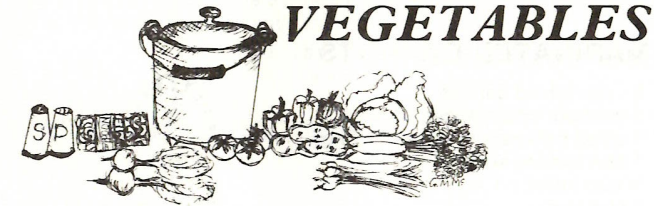
# La. Menhanden Co.

### CORNBREAD DRESSING

1 fryer  
 1 pkg. cornbread mix, prepared  
 1 stalk celery, chopped  
 1 bell pepper, chopped  
 ½ onion, chopped  
 1 cup onion tops  
 4 boiled eggs, chopped  
 Chicken broth  
 ½ cup milk  
 Salt & pepper to taste

Boil fryer until tender and save the broth. Grind the meat and add to the cooked and crumbled cornbread. Add the 4 eggs. Boil the onions, bell pepper and celery in 2 cups water, until tender. Add to the meat mixture. Add onion tops, milk and broth until thin. Add seasoning and bake at 400° until mixture is thickened, approximately 30 minutes.

Mrs. Lidian Richard, Grand Chenier, La.



### SCALLOPED POTATOES

4 cups potatoes (thinly sliced or coarsely grated, RAW)  
 Dash of salt and pepper  
 ¼ cup flour  
 1 T. minced onion  
 ¼ cup butter  
 1¼ cups hot milk

Heat oven to 350°. Arrange raw potatoes in layers in 1½ quart baking dish. Mix salt and pepper with flour. Sprinkle each layer with minced onion and salt-pepper-flour mixture. Dot with butter. Add 1¼ cups hot milk. Bake uncovered about 1¼ hours or until golden brown. Yield: 4 servings (old)

Mrs. Mildredge Broussard, Grand Chenier, La.

\*\*\*

### POTATOES IN A SKILLET

6 medium size potatoes, peeled and cut into ¼ inch slices  
 1 large onion sliced  
 1 large green pepper sliced  
 2 large tomatoes sliced  
 1 cup water  
 2 slices bacon chopped  
 1¼ tsp. salt  
 Dash of black pepper

Layer vegetables in order listed in a skillet or large saucepan; add remaining ingredients. Cover and simmer 45 minutes or until potatoes are done. Yield: 6 to 8 servings.

Mrs. Mildredge Broussard, Grand Chenier, La.

\*\*\*

### STUFFED POTATOES

4 large potatoes  
 4 slices bacon, fried crispy  
 ½ cup finely chopped green onions  
 3 slices American Cheese (grated)  
 2 T. butter  
 1 cup sour cream

Bake potatoes at 350° until done. Scoop out potatoes from skin and mix with bacon, onions, cheese, butter and sour cream. Put



back in potato shell and return to just to heat thoroughly.

\* This was a First Place Winner in the 1977 Favorite Food Show.

Cleo Kelley, Cameron, La.

\*\*\*

### OVEN POTATOES

Boil as many potatoes as you need. Peel and place in buttered casserole. Put pats of butter on each potato and season with salt and pepper. Place in 350° oven about 30 minutes before serving.

Mrs. Edna Bertrand, Cameron, La.

\*\*\*

### BAKED POTATO SLIMS

4 medium baking potatoes or 1 package frozen French fries  
 ½ cup water  
 2 T. vegetable oil  
 ½ tsp. Tabasco pepper sauce  
 ¼ cup grated Romano (or Parmesan) cheese  
 1 envelope seasoned coating mix for chicken salt

Pare potatoes and cut into strips (as for French fries), or crinkle-cut strips, slices, triangles or cubes. Mix water with oil and Tabasco in a small shallow dish; add potatoes to moisten. Mix Romano cheese with coating mix in plastic bag. Shake excess moisture from potatoes and shake in bag, 8 to 10 pieces at a time, until evenly coated. Place potatoes in single layer on baking sheet lined with aluminum foil. Bake 400° for 30-35 minutes (20-25 minutes for frozen potatoes). Sprinkle with salt.

Mrs. Lee J. Harrison, Grand Chenier, La.

\*\*\*

### POTATO BROCCOLI CASSEROLE

4 medium potatoes, peeled and thinly sliced  
 4 T. melted margarine  
 1 tsp. salt  
 ¼ tsp. black pepper  
 1 (10 oz.) Pkg. frozen broccoli spears  
 Cheese sauce (below)

Place potatoe sliced in a greased 13 x 9 x 2 inch baking pan or dish. Combine salt, pepper & butter. Brush on potatoes. Bake uncovered at 425° for 45 minutes or until tender. Arrange broccoli over potatoes, pour cheese sauce over vegetables. Cover and bake at 425° for 10 minutes or until broccoli is tender. Yields 4 to 6 servings.

#### Cheese Sauce

2 T. margarine  
 2 T. flour  
 1¼ cups milk  
 1 cup shredded cheddar cheese or 1 cup cheddar cheese soup  
 ½ tsp. salt  
 ½ tsp. pepper

Melt butter over low heat and blend in flour; cook until bubbly, stirring constantly. Gradually add milk until smooth and thickened. Add cheese and seasonig until cheese melts.

Mrs. Nelvia Murphy, Grand Chenier, La.

\*\*\*

### THERESE'S YAM BAKE

1 large can sweet potatoes, drained  
 ¼ cup sugar  
 ¾ stick butter  
 2 eggs  
 1 large can Pet evaporated milk

Mix all ingredients together in mixer. Place in large flat rectangular baking dish and cook for 45 minutes at 350°.

¾ stick butter



- ½ cup light brown sugar
- ½ cup coconut
- ½ cup chopped pecans
- 1 cup cornflakes crumbs

Combine ingredients, mixing well. Spread on top and cook an additional 15 minutes. This will not be firm when taken from the oven. Cool 15 to 20 minutes before serving.

\* First place winner in Sr. 4-H division of the Favorite Foods Show.

*Therese Powers, Hackberry, La.*  
\*\*\*

### YAM STUFFED APPLES

- 1½ cups mashed yams
- ½ cup light brown sugar
- 1 well-beaten egg
- ¼ tsp. cinnamon
- ¼ tsp. salt
- 1 tsp. vanilla
- 2 T. melted butter
- 6 large apples
- 6 T. marshmallow cream
- 6 T. chopped nuts

#### Syrup:

- 1 cup light brown sugar
- 1 cup water
- 2 T. butter
- ½ tsp. ground cinnamon
- ½ tsp. ground nutmeg

Mash yams and set aside. Mix brown sugar, egg, cinnamon, salt, vanilla and butter. Wash apples, core and scoop out, leaving shells about ¼ inch thick. Preheat oven to 350°. Blend apple meat in electric blender, then combine with mashed yams and sugar-egg mixtures. Fill apple shells with this mixture. Combine ingredients for syrup and bring to a hard boil. Pour some of the



syrup into individual buttered cups in which you will set the stuffed apples. Cook for 50 minutes. Two minutes before done, put marshmallow cream on top and let melt. Cool for 10 minutes, then sprinkle with additional syrup and sprinkle nuts over all.

\* First place winner in the 1977 Favorite Foods Show.

*Yvonne Savoie, Grand Lake, La.*  
\*\*\*

### CANDIED YAMS

- 6 or 8 sweet potatoes, cut into circles
- 1 stick of butter cut into slices
- ½ cup brown sugar
- 2 T. honey
- ½ tsp. vanilla
- 3 tsp. cinnamon
- 1 tsp. lemon juice

Mix all ingredients and boil over medium heat 15 minutes or until tender.

*Euphemie Andrews, Cameron, La.*  
\*\*\*

### MARINATED CARROTS

- 5 cups sliced carrots
- 1 medium onion sliced in rings
- 1 small bell pepper sliced in rings
- 1 can tomato soup
- ½ cup salad oil
- 1 cup sugar
- ¾ cup vinegar
- 1 tsp. prepared mustard
- 1 tsp. Worcestershire Sauce
- 1 tsp. salt
- 1 tsp. black pepper

Cook carrots until barely done; do not let them get soft. Drain and



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cool. Combine cooled carrots, onion rings, bell pepper rings. Mix other ingredients and pour over vegetables. Cover and marinate in the refrigerator for 12 hours before serving. Will keep two weeks refrigerated.

\* First place winner 1977 Favorite Foods Show.

*Mrs. Albert Guidry, Sweet Lake, La.*  
\*\*\*

### CARROTS AND ONIONS

- 1 lb. (about 8) carrots, halved lengthwise
- 1 lb. (about 18) small whole white onions
- 1 can (10½ oz.) Cream of Mushroom soup
- 1 T. parsley
- ¼ tsp. paprika
- ¼ tsp. Season-All
- Toasted slivered almonds

Cut carrots in 3-inch pieces. In covered saucepan, cook carrots and onions in water for 30 minutes or until tender. Drain. Stir in soup, ½ cup water, parsley, paprika and Season-All. Heat. Stir now and then. Garnish with almonds. 6-8 servings.

*Mrs. Lee J. Harrison, Grand Chenier, La.*  
\*\*\*

### CARROT CROQUETTES

- 8 carrots
- 2 eggs
- ½ cup flour, approximately
- ¼ cup sugar
- ¼ cup evaporated milk

Boil carrots until tender. Mash well. Add remaining ingredients and mix well. Drop by spoonfuls into small amount of hot oil. Fry turning once. Serve immediately. Cinnamon and sugar may be

sprinkled on top if sweeter taste is desired.

*Mrs. Margaret Conner, Creole, La.*  
\*\*\*

### KELLEY'S SKILLET CABBAGE

- 1 large cabbage, coarsely shredded
- 3 large tomatoes or 2 cans of tomatoes
- 1 large onion, sliced
- 1 large green pepper, sliced
- 1 cup chopped celery
- 3 T. butter or oleo
- 1 T. sugar
- 1 T. salt
- ½ tsp. pepper
- ½ cup water or a little more

Saute onion, celery, green pepper, and cabbage together in large skillet then add other ingredients. Cover, and simmer 30 minutes or until tender. (I cook 1 lb. of ground meat with the first ingredients. Then combine all other ingredients.) Pour into a casserole dish and cook in oven until cabbage is done. This tastes just like stuffed cabbage. Yield: about 10 to 12 servings.

*Mrs. Joy Kelley, Cameron, La.*  
\*\*\*

### FRIED CABBAGE

- 1 medium head cabbage coarsely shredded
- 2 T. hot bacon grease
- Salt and pepper to taste

About 40 minutes before serving, heat bacon grease in a large saucepan or skillet. Add cabbage and cover. Cook for 30 minutes, stirring occasionally until tender. Add salt and pepper.

*Mrs. Adrienne Doshier, Cameron, La.*  
\*\*\*

### CORN FRITTERS

- 2 cups cut, fresh corn, reserving liquid, or 1 lb. whole kernal corn, drained
- Milk, (add enough to reserve liquid to make 1 cup)
- 1½ cups sifted, all-purpose flour
- 2 tsp. baking powder
- 1 egg, beaten

Sift together flour, baking powder and salt. Combine egg, milk mixture and corn. Add to dry ingredients. Mix just until flour is moistened. Drop batter from tablespoon into deep, hot fat. Fry until golden brown. Drain on paper towels. Serve warm as a side dish, or with syrup for breakfast. Makes about 18.

*Mrs. Bonnie Conner, Grand Chenier, La.*  
\*\*\*

### MAQUE CHOUX

- 12 ears of corn
- 2 T. oil
- 1 med. onion, finely chopped
- 2 chopped tomatoes
- 1 green pepper, chopped fine
- ½ tsp. sugar
- Salt and pepper to taste

Cut corn from cob, scraping cob to remove pulp. Combine corn and remaining ingredients in a heavy saucepan. Cook over low heat about 1 hour until corn is tender, stirring frequently. Yield: 6 to 8 servings.

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

### HOT GREEN BEAN CASSEROLE

- 2 (No. 2) cans French Style green beans drained

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1 cup finely chopped bell pepper  
 1 cup of finely chopped onions  
 1 cup finely chopped celery  
 (use some of the leaves also)  
 ¼ cup ripe olives, sliced  
 1 (3 oz.) can sliced mushrooms  
 ¼ cup slivered almonds  
 2 cans cream of mushroom soup  
 ¾ cup crushed potato chips

**Seasonings:**

Red and Black pepper

**Garnish:**

8-10 sliced stuffed olives  
 2 sliced hard cooked eggs.

Place in ungreased casserole 1 can of beans, ½ cup of celery, ½ cup onions, ¼ cup bell pepper, sliced ripe olives, mushrooms and slivered almonds. Sprinkle with black and red pepper to taste. Cover with 1 can of mushroom soup. Repeat the above and top with crushed potato chips and slivered almonds. Bake in moderate oven (350) for 30-40 minutes. Garnish a few minutes before removing from the oven.

*Mrs. Jenny Jones, Cameron, La.*

\*\*\*

**GREEN BEAN CASSEROLE**

2 cans French Style beans  
 1 can mushroom soup  
 1 (4 oz.) can sliced mushrooms  
 1 (5 oz.) jar Bacon & Cheese spread

1 (3½ oz.) can French Fried Onions  
 3 slices crisp bacon, crumbled

Combine soup, mushrooms and cheese spread. Toss with drained beans. Top with onion rings and bacon. Bake 325° for 30 minutes.

*Mrs. Roy Johnston, Pineville, La.*

\*\*\*

**CHEESY LIMA CASSEROLE**

8 oz. (1 cup) large dry Lima Beans  
 2½ cups water  
 1/3 cup onion, chopped  
 ½ cup (2 oz.) shredded process American cheese

½ tsp. salt  
 ¼ tsp. sage

3 slices bacon, crisp-cooked drained and chopped

Rinse beans; place in large saucepan; add the water. Soak beans overnight. (or bring to boil, cover and simmer 2 min., let stand 1 hour.) Do not drain. Simmer, covered for 1 hour. Add onion, cheese, salt, sage and a dash of pepper. Mix well. Turn into 1 qt. casserole. Bake, uncovered in 350° oven for about 35 minutes. Sprinkle with bacon.

*Mrs. Wendell Murphy, Cameron, La.*

\*\*\*

**BAKED BEANS WITH SMOKED SAUSAGE**

1 lb. Great Northern beans  
 1 cup catsup  
 ½ cup firmly packed brown sugar  
 1½ tsp. salt  
 ½ tsp. pepper  
 1 T. dry mustard  
 ¼ tsp. ground cinnamon  
 1 T. worcestershire sauce  
 ½ lb. smoked sausage

Sort beans, and wash thoroughly; cover with water and soak overnight. Drain beans, and place in a heavy saucepan. Cover with water, and bring to a boil. Reduce heat, cover and simmer 1 to 1½ hours or until skins begin to split. Drain (reserving 2 cups liquid). Place beans in a 4½ qt. casserole, stir in catsup, brown sugar, and seasonings. Cut sausage diagonally into 1 inch slices and place on top of beans. Cover and bake at 350° for 1 hour.

Remove cover, add enough reserve liquid to barely cover beans. Bake uncovered, 30 minutes or until sausage is browned. Yield: 8 to 10 servings.

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

\*\*\*

**CLARA'S EGGPLANT**

2 eggplants  
 2 eggs  
 ½ lb. chicken livers  
 ½ stick butter  
 ¼ tsp. nutmeg  
 Salt & pepper  
 1/3 cup cream  
 1 small can mushrooms  
 ½ cup bread crumbs  
 ½ cup grated cheese

Peel and cut the eggplant into cubes. Cook until tender in salted water. Drain well and mash. Broil livers in small amount of butter, reserving enough butter to dot top of casserole. Season with salt & pepper while broiling. Chop fine. Beat eggs, cream and seasonings together. Add drained mushrooms, eggplant and liver with the butter it was cooked in. Mix well, put in a quart casserole. Cover with bread crumbs, dot with butter. Cook 20-30 minutes at 350°.

*Martha Fontenot, Cameron, La.*

\*\*\*

**SPANISH EGGPLANT**

2 cups cubed eggplant  
 ½ cup chopped onion  
 ½ cup chopped celery  
 ¼ cup chopped bell pepper  
 ¼ cup butter or margarine  
 ½ tsp. salt



Pepper to taste  
 1 cup cubed fresh tomatoes

Soak eggplant in salted water for 10 minutes. Saute onions, celery and green pepper in butter. Add other ingredients and well drained eggplant. Cook, covered, for 20-30 minutes over medium heat.

*Mrs. Adrienne Doshier, Cameron, La.*

\*\*\*

**BEEF AND EGGPLANT BAKE**

2 T. margarine  
 ½ cup chopped onion  
 1 clove garlic, crushed  
 1½ lbs. ground chuck  
 3 cans (8 oz.) tomato sauce or 3 cans tomato soup  
 2 tsp. dried oregano leaves, crushed  
 1 tsp. dried basil leaves, crushed  
 ¼ tsp. anise seed  
 1 large eggplant  
 2 eggs, slightly beaten  
 ½ cup breadcrumbs  
 salad oil  
 Parmesan cheese grated  
 8-10 oz. mozzarella cheese, sliced

(1) In hot margarine in large skillet, saute onion, garlic, and chuck about 5 minutes. Add tomato sauce, oregano, basil, anise, mix well, simmer, stirring, 10 minutes. Set aside.

(2) Peel eggplant, slice crosswise ¼" thick.

(3) Combine eggs and 1 T. water. Dip eggplant into egg, coating well, then into breadcrumbs.

(4) Saute eggplant slices in hot oil till golden brown. Add more oil as needed.

(5) Preheat oven to 350° lightly grease a 2 qt. baking dish.

(6) Place single layer of eggplant in bottom of prepared dish. Sprinkle with Parmesan, top with slices of mozzarella, cover with tomato sauce. Repeat layering with all ingredients, ending with

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mozzarella completely covering top.  
 (7) May be frozen at this point.

(8) Bake uncovered 20-30 minutes or till through heated and cheese is bubbly. Serves six.

*Mrs. Rebecca M. Vidrine, Grand Chenier, La.*

\*\*\*

**EGGPLANT DRESSING**

5 or 6 small eggplants  
 1 tomato  
 1 large onion, chopped  
 1 bell pepper, chopped  
 1 hot pepper, chopped  
 ½ lb. ground meat  
 2 cups cooked rice  
 Salt & pepper to taste

Peel and dice eggplants and tomato. Coat bottom of saucepan with oil and add chopped vegetables; cook until tender. Add ground meat, but do not brown; cook for 15 minutes, then add hot rice. Season with salt and pepper, stirring well. Turn off flame, and let set for a few minutes before serving.

*Eve Billiot, Johnson Bayou, La.*

\*\*\*

**SQUASH SOUFFLE**

12 medium yellow squash  
 2 slices bread  
 ½ cup milk  
 1 egg  
 1 small bunch green onions, chopped

Salt and pepper to taste  
 Bread Crumbs

Cut squash in medium size pieces. Boil in unsalted water until tender. Drain and mash well. Soak bread in milk. Ring out. Add to squash. Beat egg and add to mixture. Add onions and salt and pepper to taste. Bake in greased casserole for 35 minutes at 350°. Sprinkle with crumbs and dot with butter before baking. Serves 6.

*Mrs. Lidian Richard, Grand Chenier, La.*

\*\*\*

**SUMMER SQUASH WITH SOUR CREAM**

4 lb. summer squash  
 2 T. salt  
 ¼ cup butter  
 1 tsp. paprika  
 2 T. flour  
 2 cup sour cream  
 2 medium onions, chopped

Peel squash, cut in matchlike strips. Sprinkle with salt and let stand 1 hour. Drain and saute in butter 5 minutes or until almost soft. Stir flour to a paste with a little of the sour cream and add with remaining sour cream to the squash. Add onions and let simmer 5 minutes, stirring carefully. Serve at once. Serves 6.

*Martha Fontenot, Cameron, La.*

\*\*\*

**FRIED CAULIFLOWER**

1 medium cauliflower  
 1 egg  
 ¼ cup milk  
 1 cup bread crumbs

Divide cauliflower in florets. Clean off brown spots and rinse. Par boil in salted water until they can be easily pierced with a fork. Drain and chill until ready to fry.

Beat egg well; add milk. Dip chilled cauliflower into beaten egg and milk, then into bread crumbs. Deep fry in oil over moderate heat, until golden brown. Serve while warm.

*Mrs. Lidian Richard, Grand Chenier, La.*

\*\*\*

**FRIED GREEN TOMATOES**

3 lbs. green tomatoes  
 2/3 cups flour  
 2 tsp. each salt and pepper, or to taste



Cut tomatoes in 1/2 inch slices. Dredge in seasoned flour. Fry over medium heat in about 1/4-1/2 cup oil, a few slices at a time until golden brown on both sides. Drain on paper towels.

*Adrienne Doshier, Cameron, La.*

\*\*\*

### GRITS AU GRATIN

3/4 cup Quick Grits  
3 cups boiling water  
1 tsp. salt  
1/4 lb. cheddar or American cheese,  
(grated or thinly sliced)  
1/2 cup milk  
1/2 cup buttered bread crumbs  
1/4 tsp. paprika

Cook grits slowly in boiling water, for 2 1/2 to 5 minutes, stirring occasionally. In a buttered 8 x 9 pan, alternate layers of cooked grits and cheese. Pour milk over top; sprinkle with bread crumbs and paprika. Bake 20 minutes at 325°.

*Mrs. Adrienne Doshier, Cameron, La.*

\*\*\*

### MIRLITON WITH SHRIMP PUFFS SUPREME

#### Puffs:

1 cup flour  
1/4 T. salt  
1 stick butter  
1 cup boiling water  
4 eggs

Sift flour; add salt and sift again. Combine butter and boiling water in saucepan. Keep over low heat until butter is melted. Add flour, all at once and stir vigorously until mixture forms a ball and leaves sides of pan. Remove from heat. Add unbeaten eggs, one at a time, beating thoroughly after each and continue beating until thick dough is formed. Drop by tablespoons onto a greased baking sheet, about 2 or 3 inches apart. Bake in hot oven at 425° about 30 minutes or until beads of moisture no longer appear on surface. Do not open door during first 20 minutes of baking. When thoroughly cooked, cut a slit along side of each puff and leave in oven 20 minutes while oven is off.

#### Filling:

2 onions, chopped  
1/2 toe garlic  
3 T. green onions  
3 T. parsley  
2 lb. raw cleaned shrimp  
1 cup bread crumbs  
1 lb. butter  
1 egg  
10-14 scraped mirlitons  
(vegetable pears)  
1/4 cup oil

Brown onions, garlic, green onions with shrimp in oil and add mirlitons, butter and bread crumbs. Whip egg and add in. Cook 45 minutes on low heat. Add parsley. Cut top of puffs and fill with mirliton filling.

#### Sauce:

2 T. butter  
1/2 cup shrimp, finely chopped  
(raw)  
2 T. flour  
1/4 tsp salt  
1 cup milk  
3 T. onion  
3 T. chopped mushrooms  
Dash of white pepper

Melt butter in saucepan over low heat. Saute onions, mushrooms and shrimp. Add and stir in flour, salt and pepper. Add milk all at once. Stir constantly until mixture thickens and bubbles. Pour over capped puff. Serve while hot with main dish. Serves 10-12.

*Penny P. Adams, Harvey, La.*

### SPINACH PUREE WITH SOUR CREAM

3 pkgs. frozen leaf spinach  
Onion Juice  
Salt  
Freshly ground white pepper  
Nutmeg  
1 1/2 cup sour cream  
Drain and squeeze out all  
the liquid

Prepare spinach following pkg. directions. Preheat oven 375°. Puree in electric food processor with the steel blade or use a blender. Season with onion juice, salt and pepper to taste and a couple good dashes of nutmeg.

Mix in sour cream and put in 1 qt. casserole. Take paper towel and wipe off any smears around top of casserole. Bake in preheated oven 375° for 20 to 25 minutes.

*Mrs. Jerry Jones, Cameron, La.*

\*\*\*

### VEGETABLE KEBABS WITH SEASONED BUTTER SAUCE

1 cup cherry tomatoes  
2 medium-sized zucchini squash,  
cut into 1-inch pieces  
6 mushroom caps  
1/2 cup butter or margarine, melted  
1 T. parsley flakes  
1/4 tsp. instant onion powder  
1/2 tsp. instant garlic powder  
1/2 tsp. Season-All  
1/4 tsp. coarsely ground Black pepper

Arrange cherry tomatoes, zucchini and mushrooms on skewers. Combine butter, parsley flakes, onion and garlic powders, season-all and black pepper in a small bowl. Brush over vegetables. Place over hot coals and grill about 10 minutes or until done, turning and brushing with butter mixture occasionally.

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## SALADS



### THREE BEAN SALAD

1 (16 oz.) can cut green beans  
1 (16 oz.) can cut wax beans  
1 (15 oz.) can dark red kidney beans  
1/2 cup chopped green pepper  
1/2 cup chopped purple onions  
1/2 cup sugar  
2/3 cup vinegar  
1/3 cup salad oil  
1 tsp. salt  
1/4 tsp. pepper



Drain green, wax and kidney beans and combine. Add green pepper and onions. Combine sugar, vinegar and salad oil and pour over vegetables. Add salt and pepper and toss lightly to coat. Chill overnight. Before serving, retoss to coat beans and drain. Serves 8.

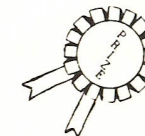
\* First place winner in the Sr. 4-H Club division of the Favorite Foods Show.

*Cindy Nunez, Grand Chenier, La.*

\*\*\*

### SWEET BEAN SALAD

1 can cut green beans  
1 can wax beans  
1 can pinto or kidney beans



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1 cup sugar  
salad oil  
1 cup wine vinegar  
2 T. salt  
1/2 tsp. pepper  
Dash of Tabasco  
1 onion sliced thinly  
1 chopped pimento  
1 stalk chopped celery

Drain beans. Prepare dressing by mixing sugar, vinegar, oil and seasonings. Add onion, pimento and celery. Refrigerate overnight to blend flavors.

\* This was a 1st place winner in the 1977 Favorite Foods Show.

*Mrs. Robert Ortego, Creole, La.*

\*\*\*

### GREEN BEAN SALAD

1 can whole green beans  
4 or 5 boiled eggs, chopped  
1/2 cup chopped celery  
Mayonnaise  
Salt and pepper

Wash green beans and drain. Then combine with other ingredients and season to taste. Chill before serving.

*Mrs. Edna Bertrand, Cameron, La.*

\*\*\*

### SCRUMPTIOUS SALAD

1 - Head lettuce  
2 - Large tomatoes  
1/2 - Cup Green onions  
1 - #303 Can Ranch Style beans  
1 - Bottle Kraft Catalina Dressing  
1 - 39¢ bag fritos  
1 - Cup grated Cheddar Cheese

Rinse beans in colander and put in a bowl. Pour over dressing and set in refrigerator till well chilled. Cut up lettuce, tomatoes and onions. Pour beans and dressing mixture over the vegetables and toss. Sprinkle cheese over this and crumble Fritos on top.

*Yvonne Dalton, DeRidder, La.*

\*\*\*

### SAUSAGE-POTATO SALAD

1 - 12 oz. pkg. smoked sausage links,  
cut in 1 inch pieces  
1/2 cup hot water  
1 cup commercial sour cream  
2 T. prepared mustard  
1 tsp. salt  
1 tsp. sugar  
1/4 cup chopped green onion  
4 cups hot cooked cubed potatoes

Place sausage in hot water in skillet; cover and cook over low heat 10 minutes. Drain. Combine sour cream, mustard, salt, sugar and green onion in a small saucepan; cook over low heat 5 minutes. Do not let boil. Combine sausage and potatoes, add sour cream mixture and toss well. Serve warm. Yield: 6 to 8 servings.

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

\*\*\*

### DELICIOUS POTATO SALAD

8 to 10 small whole red new potatoes

#### Dressing

1 hard cooked-egg  
1/2 cup mayonnaise  
1 T. lemon juice  
1/4 cup half and half cream  
1/2 cup minced green onions  
1/2 cup minced sweet cucumber pickle slices  
1/4 cup minced green pepper  
1 T. minced parsley  
1 tsp. salt

½ tsp. dill weed  
¼ tsp. marjoram  
½ tsp. summer savory  
¼ tsp. pepper

In large saucepan, cook unpeeled potatoes until fork-tender, about 20 minutes. While the potatoes are cooking, mix dressing. In medium bowl, mash the egg thoroughly. Stir in mayonnaise and lemon juice; add cream. Stir in minced onions, pickles, green pepper, parsley and seasonings until well mixed. Taste for flavor. (The dressing may taste salty; do not be concerned, the potatoes will absorb the salt.) After potatoes are cooked, drain; plunge into cold water and drain immediately. Peel and slice into medium bowl; pour dressing over warm potatoes and toss until well coated. Cool. Then cover and refrigerate until chilled. Makes 4 to 6 servings.

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

#### COASTLINE SALAD BOWL

2 cups finely shredded lettuce  
¼ cup finely sliced cucumbers  
½ cup finely sliced celery  
2 green onions, sliced  
1 cup flaked crabmeat  
1 tsp. lemon juice  
1 tsp. Worcestershire sauce  
1 T. catsup  
½ cup mayonnaise  
½ tsp. salt  
4 hard-cooked eggs, cut in wedges  
Leaf Lettuce

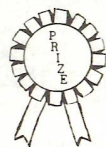
Combine the lettuce, cucumbers, celery, onions and crabmeat. Chill. Blend together lemon juice, Worcestershire sauce, catsup and mayonnaise; add to chilled crabmeat mixture. Season with salt and toss until well blended. Serve on crisp lettuce leaves and

garnish with hard-cooked egg wedges.

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

#### SHRIMP AND EGGS

8 hard boiled eggs  
1 (4 oz.) can shrimp  
¼ cup pickles  
1 tsp. garlic salt  
8 T. mayonnaise



Cut eggs down center, separating yolks and whites. Set whites aside. Mash yolks in small mixing bowl. Chop shrimp and pickles into fine pieces and add to mashed yolks. Season with garlic salt and combine all ingredients with the mayonnaise, mixing well. Stuff into egg whites and arrange on platter to serve.

\* Second place winner in the Sr. 4-H Club Division of the 1977 Favorite Foods Show.

*Renee Boudreaux, Creole, La.*  
\*\*\*

#### SHRIMP SALAD

2 cups cooked shrimp  
1½ cups cooked rice  
1/3 cup chopped green pepper  
2 T. finely chopped onion  
12 pimiento-stuffed olives, sliced  
½ cup mayonnaise  
Juice of ½ lemon  
Dash of hot sauce  
Salt and pepper to taste

Mix, chill and serve on lettuce leaves. Serves 6.

*Euphemie Andrews, Cameron, La.*

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## RAW TURNIP SALAD

½ cup commercial sour cream  
1 T. cider vinegar  
2 T. finely chopped onion  
2 T. finely chopped parsley  
1 tsp. sugar  
1 tsp. salt  
½ tsp. pepper  
4 cups peeled, shredded white turnips  
1 unpeeled apple, cored and diced

Combine all ingredients except apple, stirring well. Cover and chill several hours. Stir in apple before serving. Yield: 6-8 servings.

*Mrs. Rebecca M. Vidrine, Grand Chenier, La.*

\*\*\*

## SOUTHERN SALAD

6 or 8 boiled Irish potatoes, sliced  
6 hard boiled eggs, sliced  
1 can sliced beets  
¼ cup finely chopped onions  
¼ cup chopped parsley  
2 chopped sweet pickles  
½ cup mayonnaise  
Salt and pepper to taste

Mix all in bowl. Serve warm or chilled. Serves 6.

*Euphemie Andrews, Cameron, La.*

\*\*\*

## MACARONI SALAD

1½ cups alphabet macaroni  
1 can mandarin oranges, reserve liquid

1 can pineapple tidbits, reserve liquid  
1 oz. container Cool Whip

### Dressing:

½ cup sugar, mixed with 2 T. flour  
2 beaten eggs  
Salt to taste  
Juice from 2 cans of fruit  
½ tsp. vanilla

Cook macaroni and chill. Combine ingredients for dressing and cook until thickens. Chill. Combine chilled macaroni, dressing, oranges, pineapple and Cool Whip.

*Mrs. M. C. Kelley, Creole, La.*

\*\*\*

## CRISP WINTER SALAD

2 cups shredded cabbage  
2 cups shredded carrots  
1 (15 oz.) can kidney beans, drained  
2 T. chopped onion  
½ tsp. celery seeds  
¼ cup diced green pepper  
½ cup diced celery  
½ cup mayonnaise  
½ cup commercial French dressing

Salt to taste  
Hard cooked eggs, sliced  
Paprika

Combine first seven ingredients. Blend mayonnaise and dressing, add to vegetables and toss lightly. Add salt. Serve salad on lettuce leaves. Garnish with eggs, sprinkle with paprika. Yield: 6 to 8 servings.

*Mrs. Rebecca M. Vidrine, Grand Chenier, La.*

\*\*\*

## SUMMER FRUIT SALAD

2 apples, diced  
2 oranges, diced  
2 bananas, cut up  
½ cup cherries, split in half  
1 cup grapes, split in half  
½ cup pecans, cut up  
1 cup miniature marshmallows  
1 cup coconut  
1 cup diced pineapple  
1 cup Cool Whip

Mix fruit, nuts and marshmallows. Chill until ready to serve. Add Cool Whip and serve immediately.

*Mrs. Lidian Richard, Grand Chenier, La.*

\*\*\*

## HOT FRUIT SALAD

1 medium can of: pears, peaches sliced pineapple, apricots, spiced apple rings.  
1 stick butter  
1 T. flour  
1 cup sherry  
½ cup brown sugar

Drain fruits. Layer them in a 1 qt. casserole and cut up pieces that are too big. Cook remaining ingredients in a double boiler . . . Pour over fruit and refrigerate overnight in covered casserole. Cook at 350° till hot and bubbly.

*Mrs. Roy Johnston, Pineville, La.*

\*\*\*

## CLASSIC FRUIT SALAD

2 (1 lb. 1 oz.) jars Del Monte's fruits for salad

½ pint whipping cream  
2 T. sugar  
1 tsp. grated orange rind  
¼ cup ground pecans  
Lettuce cups

Refrigerate the two jars until ready to serve; then drain well. Whip cream until stiff. Fold in sugar, pecans and rind. Spoon a generous serving of fruit salad into lettuce cups. Top with a dollop of dressing. Serves 6.

*Mrs. James "Dink" Lupton, Beaufort, North Carolina*

\*\*\*

## FRUIT DELIGHT

1 (8 oz.) pkg. cream cheese  
1 T. mayo-mudo whip  
1 lg. carton Cool Whip  
1 can drained fruit cocktail  
1 small can crushed pineapple  
1 can small marshmallows  
Cherries (Optional, but colorful)

Blend cream cheese, mayo-mudo whip and coolwhip. Add remaining ingredients and mix well. Spoon into dessert cups. Keeps well in freezer.

*Charles Kevin Perkins, Cameron, La.*

\*\*\*

## QUICK FRUIT SALAD FOR TWO

2 apples  
2 oranges  
1 snack pack raisins  
½ cup coconut  
7 or 8 maraschino cherries  
2 T. cherry juice

Cut apples in small pieces (do not peel). Peel oranges and cut in small pieces. Chop cherries. Combine all ingredients in bowl and mix with cherry juice. Serve on lettuce leaves.

*Eve Billiot, Johnson Bayou, La.*

\*\*\*

## QUICK & EASY SALAD

1 can crushed pineapple, drained  
1 (8 oz.) pkg. cream cheese, softened  
¼ cup maraschino cherries, chopped  
¼ cup pecans, chopped  
1 (9 oz.) container Cool Whip  
¼ cup reserved pineapple juice

Mix pineapple juice with cream cheese. Add cherries and pecans, and fold in Cool Whip. A few drops of red food coloring may be added if more color is desired. Chill before serving. May be frozen.

*Mrs. M. C. Kelley, Creole, La.*

\*\*\*

## CRANBERRY-GRAPE SALAD

2 cans whole cranberry sauce  
1 cup halved purple grapes with seed removed  
1 cup diced pineapple  
½ cup walnuts

Heat sauce in pan until watery. Then refrigerate until it begins to thicken slightly again. Add remaining ingredients. Pour into a mold and chill. This is one of my family's original recipes and a Thanksgiving favorite.

*Mrs. Adrienne Doshier, Cameron, La.*

\*\*\*

## MACILDA'S SALAD

1 No. 2½ can crushed pineapple  
1 box strawberry jello

3 T. sugar  
1 box small curd cottage cheese  
1 container cool whip (med. size)

Heat pineapple to a boil. Add to jello and sugar, stir and dissolve. Let cool, add cottage cheese and cool whip. Stir well and put in refrigerator overnight.

*Mrs. Charles Theriot, Grand Chenier, La.*

\*\*\*

## CAROLYN'S SWEET SALAD

1 large can pineapple  
1 can condensed milk  
1 can cherry pie filling  
1 large container Cool Whip

Chop cherries, and mix all together. Refrigerate. Easy and tasty. Submitted by: Blackie Taylor, Cameron, La.

*Carolyn Bell*

\*\*\*

## PISTACHIO SALAD

1 Box Pistachio Instant Pudding  
1 large can crushed pineapple +juice

1 - (9 oz.) carton Cool Whip  
1 lb. carton small curd cottage cheese

2 cups miniature marshmallows  
¼ cup chopped nuts

Mix pudding and pineapple well, then add Cool Whip, cottage cheese, marshmallows & nuts. Mix well & refrigerate.

Little Miss Cameron Parish, 1975.

*Catherine Helen Perkins, Cameron, La.*

\*\*\*

## CHERRY COKE SALAD

1 can bing cherries  
1 No. 2 can crushed pineapple  
2 pkg. cherry jello  
2 - 6 oz. bottles cocoa cola  
1 cup chopped pecans  
1 - 3 oz. pkg. creav cheese

Drain juices from cherries and pineapple, heat juices and dissolve jello, cool, add fruits, coke, pecans and chopped cream cheese, congeal. Will serve 14 or more.

*Ruby Boudoin, Cameron, La.*

\*\*\*

## YUM YUM SALAD

1 large can crushed pineapple and juice  
1 cup sugar  
1 cup cold water  
2 enveloped unflavored gelatin  
½ cup cold water  
1 cup grated American cheese  
1 cup chopped nuts  
1 pint whipped cream  
may be added if desired

Combine pineapple and juice, sugar and water. Cook for a few minutes until well heated. Dissolve gelatin in ½ cup cold water and add to hot pineapple mixture. Cool in refrigerator until it starts to gel. Take out and fold in cheese, nuts and whipped cream if desired. Pour into greased mold or tube pan.

*Mrs. Oran Garrie, Klondike, La.*

\*\*\*

## ANGEL SALAD

1 large can crushed pineapple  
1 cup sugar  
2 enveloped Knox gelatin

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6 T. cold water  
 1 - 8 oz. pkg. cream cheese  
 1 large bottle Maraschino cherries,  
 drained and chopped  
 ¼ cup chopped nuts  
 1 pint whipping cream

Drain juice from pineapple. Add 1 cup sugar to juice and let boil 5 minutes. Dissolve gelatin in cold water. Add to hot syrup. Mash cream cheese and pineapple together. Add cherries and nuts. Add to juice mixture. Fold in whipped cream. Pour into pan or glass casserole 12 x 9 x 2 inches. Chill. Serves 12.

Mrs. Charles F. Hebert, Cameron, La.

\*\*\*

### MILLION DOLLAR SALAD

1 - 8 oz. size cream cheese  
 ½ cup mayonnaise  
 1 large can fruit cocktail, drained  
 1 large can crushed pineapple (opt.)  
 1 large bag mini-marshmallow  
 12 cherries or more (cut-up)  
 pecans  
 1 large cool-whip

Cream cream cheese and mayonnaise together. Add fruit cocktail, pineapple, marshmallow, cherries and nuts. Fold in cool-whip. Add coconut if desired.

Mrs. Edna Steed, Cameron, La.

\*\*\*

### DUMP SALAD

1 can cherry pie filling  
 1 can Eagle Brand milk  
 1 small can crushed pineapple  
 1 large carton cool whip  
 1 cup chopped nuts

Dump all ingredients together and mix. Cool overnight before serving.

\* Third place winner in 1977 Favorite Foods Show.

Suzanne Greathouse, Grand Lake, La.



## BREAD



### ROLLS, CARTERET COUNTY STYLE

9½ - 10½ cups all-purpose flour  
 ¾ cup sugar  
 2 T. salt  
 ½ cup Crisco  
 1 pkg. dry yeast  
 3 - 2/3 cups warm water

Combine flour, sugar and salt, mixing well. Using pastry cutter, cut in Crisco. Dissolve yeast in warm water and add to mixture, stirring until well blended. Dough will be slightly sticky. Put in large, greased bowl, cover with a tea towel, and let rise until double in bulk. Grease a black-bottom pan or skillet, and shape rolls. When pan is filled, press down each roll with fingertips to spread. Cover and let rise again until ready to bake. Bake in preheated 350° oven for 30 minutes. The remainder of dough may be stored in the refrigerator for up to a week.

Mrs. James "Dink" Lupton, Beaufort, North Carolina

### CARAMEL-NUT OATMEAL MUFFINS

1/3 cup brown sugar  
 2 T. softened butter  
 36 pecan halves  
 1 cup sifted flour  
 1 T. Baking powder  
 ¼ cup shortening  
 1 egg, beaten  
 ¼ cup sugar  
 ½ tsp. salt  
 1 cup 3-minute oats  
 1 cup milk

Blend sugar and butter. Pat evenly in 12 greased muffin cups. Arrange 3 nut halves in each. Sift together dry ingredients; cut in shortening until mixture is like coarse cornmeal. Blend in oats; lightly stir in egg and milk. Spoon carefully into muffin cups, filling two-thirds full. Bake at 425° for 20 minutes. Remove from pan immediately, tipping upside down so the caramel runs down the sides. Serve hot.

Mrs. Charles A. Rogers, Cameron, La.

\*\*\*

### ORANGE-DATE MUFFINS

2 cups flour  
 ½ cup sugar  
 2½ tsp. baking powder  
 ½ tsp. salt  
 ½ cup chopped dates  
 1½ tsp. grated orange rind  
 1 egg, beaten  
 ¾ cup milk  
 ¼ cup melted butter

Sift together flour, sugar, baking powder and salt into bowl. Add dates and orange rind, coating with flour mixture. Combine egg, milk and butter; add to dry ingredients, stirring just enough to moisten. Spoon batter into greased muffin tins, filling two-thirds

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full. Bake at 400° for 20 minutes. Makes 16. Serve hot.

Mrs. Charles A. Rogers, Cameron, La.

\*\*\*

### COCONUT QUICK BREAD

2 cups pancake mix  
 1 cup coconut  
 ¼ cup sugar  
 ¾ cup chopped pecans  
 1 tsp. cinnamon  
 2 eggs  
 1½ cups milk  
 3 T. butter, melted

Grease loaf pan, line bottom with wax paper and grease again. Combine pancake mix, coconut, sugar, pecans and cinnamon. Beat eggs; add milk and melted butter. Stir in dry ingredients and thoroughly mix until moistened. Pour batter in prepared pan. Bake at 350° for 50 - 55 minutes. Remove from pan and cool. Serve with whipped butter.

### WHIPPED BUTTER

½ cup butter  
 ½ cup maple blended syrup

Beat butter until light and fluffy. Gradually beat in syrup. Serve.

Mrs. Charles A. Rogers, Cameron, La.

\*\*\*

### MAYONNAISE ROLLS

1 cup flour  
 ½ tsp. baking powder  
 ¾ cup milk  
 ½ tsp. salt  
 1 T. mayonnaise

Mix all ingredients and bake in muffin tins at 400° until brown.

Mrs. Charles A. Rogers, Cameron, La.

# ENTEX

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### BREADSTICKS

½ cup butter  
 2 T. green onions  
 ¾ garlic buds (pressed)  
 2 T. Minced parsley  
 Salt and pepper to taste

Cut crust off bread. Combine the above ingredients and spread on bread. Toast bread in oven at 450° until crisp. Slice bread in strips. Serve.

Mrs. Glenn Alexander, Cameron, La.

\*\*\*

### BEEFY JALAPENO CORNBREAD

1 cup yellow cornmeal  
 (or use 1 box Aunt Jermima corn bread mix)  
 1 cup milk  
 2 eggs beaten  
 ¾ tsp. salt  
 ½ tsp. soda  
 ½ cup bacon drippings  
 1 (17 oz.) can cream style corn  
 1 lb. ground beef  
 ½ lb. shredded cheese  
 1 onion chopped  
 4 to 5 jalapeno peppers chopped  
 (use less if desired)

Combine cornmeal, milk, eggs, salt, soda, bacon drippings, and corn in a mixing bowl, blend well and set aside. Saute ground beef until lightly browned, drain thoroughly and set aside. Pour half of cornmeal batter into a greased 13 x 9 x 2 inch pan; sprinkle with cheese. Crumble beef over cheese and sprinkle with onion and peppers. Pour remaining cornmeal batter over top. Bake at 350° for 50 minutes. Yield: 10 to 12 servings.

Mrs. Mildredge Broussard, Grand Chenier, La.

\*\*\*

### PINEAPPLE-NUT BREAD

2¼ cup sifted all purpose flour  
 1 cup sugar  
 2¼ tsp. baking powder  
 ½ tsp. salt  
 ¼ tsp. each of nutmeg and ginger  
 1½ cups Rice Chex cereal crushed to ¾ cup  
 1/3 cup chopped nuts  
 1 egg, slightly beaten  
 2 T. salad oil  
 1 (8 oz.) can crushed pineapple, undrained  
 ¼ cup water

Preheat oven to 350°. Grease 8½ x 4½ x 2½ loaf pan. Sift together flour, sugar, baking powder, salt and spices. Stir in chex and nuts. Combine egg, salad oil, pineapple and water. Add to dry ingredients all at once. Stir just until moistened. Turn into pan and bake 65 to 70 minutes until tester inserted in center comes out clean. Let cool 15 minutes before removing from pan. Makes 1 loaf.

\* First place winner in the Sr. 4-H club division of the 1977 Favorite Foods Show.

Cindy Nunez, Grand Chenier, La.

\*\*\*

### ITALIAN BREAD

1 (1 lb.) loaf frozen bread  
 1 (1 lb.) pkg. hot bulk sausage  
 1 (1 lb.) pkg. smoked sausage links,  
 sliced or pepperoni  
 ½ cup chopped ripe olives  
 1 jalapeno pepper chopped very fine  
 1 cup grated cheddar cheese, swiss, etc.

Brown bulk sausage and sliced smoked sausage; drain. Let frozen loaf thaw enough to roll out (stretch it); cut in half. On half the dough, spread the mixture of cooked sausages, olives, pepper and cheese which have previously been combined. Put other half of dough on top and pinch sides together, being sure to seal the ingredients inside. Place on greased cookie sheet and let rise for



several hours. Bake at 450° for 15 to 20 minutes. Note: any of your favorite ingredients can be substituted - there are limitless possibilities - mushrooms, onions to name a few.

Rita Roy, Lake Charles, La.

\*\*\*

### SPICY NUT SQUASH BREAD

3 cups flour  
1 tsp. cinnamon  
½ tsp. cloves  
½ tsp. ginger  
1 tsp. soda  
1 tsp. salt  
½ tsp. baking powder  
1½ tsp. flour  
3 eggs  
2 cups sugar  
1 cup cooking oil  
2 cups grated squash  
¼ cup finely chopped nuts

Sift first seven ingredients together. Beat eggs well in large mixing bowl; add sugar and oil gradually, mixing well after each addition. Stir in flour mixture in three or four portions and blend thoroughly. Add squash. Mix nuts with 1½ tsp. flour and stir into mixture. Pour batter into 2 greased loaf pans (or a 12 cup bundt pan) and bake at 350° for 1 hour or until done. Cool 10 minutes in pan. Turn loaves onto rack and cool completely before slicing.

(Little Miss Cameron Parish, 1975)

Catherine Helen Perkins, Cameron, La.

\*\*\*

### SAUSAGE SPOON BREAD

½ lb. sausage meat  
¼ cup finely chopped onion  
1 cup finely chopped celery  
2½ cups milk  
1 cup enriched white cornmeal  
2 T. butter or margarine  
1 tsp. salt  
3 eggs, seperated

In a 10 inch skillet, brown the sausage; remove with a slotted spoon. In the sausage drippings, cook the onion and celery until wilted. Scald 1½ cups milk. Mix remaining 1 cup milk with the cornmeal; gradually stir into scalded milk. Cook, stirring often, until thickened, about 5 minutes. Remove from heat and stir in the butter, salt, egg yolks and sausage mixture. Beat egg whites until stiff, and fold into mixture. Turn into a buttered shallow 1½ quart baking dish, mounding slightly in center. Bake in preheated oven at 375° for 40 - 45 minutes. Serve at once. Makes 6 servings

Mrs. Charles R. Perkins, Cameron, La.



## CAKES

### FUDGE CAKE

¾ cup butter or oleo  
2½ cups sugar  
1½ tsp. vanilla  
3 eggs  
3 (1 oz.) squares unsweetened Chocolate, Melted  
3 cups sifted cake flour  
1½ tsp. baking soda  
¾ tsp. salt  
1½ cups ice water

Cream together butter and sugar in mixing bowl until light and



fluffy at medium speed of mixer. Beat in vanilla. Add eggs, one at a time, and beat after each addition. Blend in chocolate. Add sifted dry ingredients alternately with ice water to creamed mixture, beating well after each addition. Pour batter into 3 greased and waxed paper-lined 8" round cake pans or 2 oblong (12 x 7) pans. Bake in 350° oven 30 to 35 minutes or until done. Cool in pans on racks 10 minutes.

### Date Cream Filling

1 cup milk  
½ cup chopped dates  
1 T. flour  
¼ cup sugar  
1 egg, beaten  
½ cup chopped walnuts or pecans  
1 tsp. vanilla

Combine milk and dates in top of double boiler. Heat mixture over low heat. Combine flour and sugar in small bowl. Add egg; beat until smooth. Stir into hot milk mixture; place over simmering water. Cook, stirring constantly, until thick. Cool. Stir in nuts and vanilla. Spread between cooled layers.

### Fudge Frosting

2 cups sugar  
¼ tsp. salt  
1 cup light cream  
2 T. light corn syrup  
2 (1 oz.) squares unsweetened chocolate

Combine all ingredients in 2 qt. saucepan. Cook over low heat stirring constantly until sugar dissolves. Cover saucepan; cook two minutes. Remove cover and cook to soft ball stage. Remove from heat and beat with wooden spoon to spreading consistency. Add a little hot water if frosting becomes too stiff, or confectioners sugar if it becomes too thin. Frost sides and top of cake.

\* This was the first place winner in the Cake category at the 1977 Favorite Foods Show.

Mrs. John M. Theriot, Creole, La.

\*\*\*

### SAD CAKE

4 eggs  
1 box light brown sugar  
2 cups angle flake coconut  
1 cup nuts, chopped fine  
2 cups biscuit mix

Combine all ingredients, mixing well. Pour into greased and floured 9 x 13 baking pan and bake at 350° for 30 minutes. No frosting is necessary.

Mrs. Gari Bailey, Creole, La.

\*\*\*

### WHOLE WHEAT 'N HONEY PECAN CAKE

1 T. vinegar  
about 1 cup milk  
1 cup salad oil  
1½ cups sugar  
3 eggs  
1 tsp. vanilla  
2 cups whole wheat flour  
1 T. baking powder  
½ tsp. soda  
1 tsp. ground cinnamon  
¼ tsp. ground cloves  
½ cup chopped pecans  
¼ cup honey  
1 T. Lemon juice  
1 T. water

Combine vinegar and enough milk to make 1 cup liquids. (the vinegar will sour the milk) Stir well and set aside. Combine salad oil, sugar, eggs, and vanilla. Beat one minute at medium speed of electric mixer. Combine flour, baking powder, soda, cinnamon, and cloves; add to creamed mixture alternated with sour milk; beat one minute. Stir in pecans. Pour batter into a greased and floured 10" bundt or tube pan. Bake at 350 40-50 minutes. Let stand ten minutes; remove from pan and prick holes in cake with large fork. Combine honey, lemon juice and water; drizzle over

cake. Especially good served warm.

Mrs. Rebecca M. Vidrine, Grand Chenier, La.

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### MANDARIN ORANGE CAKE

1 pkg. yellow or Butter cake mix (butter is best)  
1 cup Wesson Oil  
1 can Mandarin oranges (with juice)  
4 eggs

Beat well by hand or mixer and bake at 350° in either 1 sheet pan or 3 layers, that have been greased and floured.

### Frosting

1 pkg. Vanilla Instant pudding  
1 large can crushed pineapple  
1 (9 oz.) carton Cool Whip

Dissolve instant pudding mix in pineapple. Add cool whip, mix well and frost cool cake.

Ruby B. Boudoin, Cameron, La.

\*\*\*

### FRUIT COCKTAIL CAKE

1 (15 oz.) can fruit cocktail  
1 cup sugar  
1 egg  
4 or 5 T. Carnation milk  
1 T. vanilla  
1 cup flour  
2 tsp. soda

Combine fruit cocktail, sugar, egg, milk and vanilla; stirring well. Combine flour and soda and stir into mixture. Pour into ungreased 9 x 13 pan. Bake at 350° until nicely brown and sides pull away from baking pan. Serve with cool-whip.

If not counting calories, top as follows:

1 cup carnation milk  
1 cup sugar  
1 cup coconut  
½ cup chopped pecans  
1 tsp. vanilla

In sauce pan, combine all ingredients and cook over low flame till thick. Add vanilla and then spread over warm cake.

Eve Billiot, Johnson Bayou, La.

\*\*\*

### PINEAPPLE CAKE

1 cup butter  
2 cups sugar  
4 eggs  
3 cups cake flour  
1 tsp. soda  
1 cup buttermilk  
1 cup crushed pineapple

Cream butter and sugar; then add eggs, one at a time, beating after each addition. Sift flour with soda and add to mixture alternately with buttermilk, beating until smooth. Stir in pineap-

ple. Pour into greased and floured 9 x 13 baking pan and bake at 325° for 60 minutes.

### Topping

1½ cups sugar  
4 T. flour  
6 egg yolks  
¾ cup soft butter  
Juice of 2 lemons  
1 large can crushed pineapple (drained)

Combine all ingredients in top of double boiler and cook until thick, stirring constantly. Spread on cooled cake.

Mrs. Gari Bailey, Creole, La.

\*\*\*

### FANNED FIG CAKE

#### Crumb Topping:

¼ cup flour  
2 T. sugar  
½ tsp. cinnamon  
2 T. margarine

In a small bowl combine flour, sugar and cinnamon; cut in margarine until resembles coarse meal and set aside.

½ cup milk  
½ cup sugar  
1½ tsp. salt  
¼ cup margarine  
½ cup warm water  
2 pkgs. dry yeast  
2 eggs, beaten  
4½ to 5½ cups flour  
1½ pints fig preserves, drained

Scald milk, stir in sugar, salt and margarine; cool to lukewarm. Measure warm water into large bowl, sprinkle in yeast and stir until dissolved. Add lukewarm milk mixture, eggs and 3 cups flour. Beat until smooth. Stir in additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover and let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down; turn out onto lightly floured board. Divide dough in half. Roll each half into an oblong 9 x 18. Spread half of prepared filling on 2/3 of length of dough. Fold unsprayed dough over half of spread dough, then fold again, making 3 layers of dough and 2 layers of filling. Seal edges. Place on greased baking sheets. Using scissors, cut 8 strips along length of rectangle to within 1 inch of opposite side. Separate strips slightly and twist so that the filling shows. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Sprinkle with prepared topping. Bake at 350° about 20 minutes, or until done. Remove from baking sheets and cool on wire racks. Makes 2 coffee cakes.

\* Second place winner in the Jr. 4-H Club Division of the 1977 Favorite Foods Show.

Stacie Broussard, Hackberry, La.

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## KATHY'S WATERGATE CAKE

1 pkg. pistachio instant pudding mix  
1 pkg. white cake mix  
1/3 cup oil  
3 eggs  
1 cup Canada Dry or 7-Up

Mix all above ingredients together. Beat for 2 minutes. Bake in 9 x 13 pan, or tube pan. Bake 45 minutes at 350°.

### Cover-up Frosting

2 envelopes Dream Whip  
1 1/2 cup milk  
1 box pistachio instant pudding

Beat together until very stiff. Add mix; spread on cooled cake. Sprinkle with chopped nuts. Refrigerate. Keeps up to 4 days.

*Mrs. Kathy Reeves*

Submitted by: *Blackie Taylor, Cameron, La.*

\*\*\*

## PINEAPPLE CAKE

1 box yellow cake mix  
1 box pineapple or vanilla instant pudding  
4 eggs  
1 cup water  
1 cup drained crushed pineapple  
1/2 cup Wesson Oil

Combine all ingredients and beat until smooth. Divide batter evenly into 3 greased and floured cake pans and bake at 350° 30 to 35 minutes. Cool.

### Pineapple Icing

1 stick butter  
1/2 cup drained crushed pineapple  
1/2 cup chopped nuts  
1/2 cup angel flake coconut  
2 T. white corn syrup  
1 box confectioners sugar

Combine all ingredients and beat. If icing is too thick, add a little pineapple juice. Spread between layers and on top and sides of cooled cake.

*Mrs. Oran Garrie, Gueydan, La.*

\*\*\*

## YUM YUM CAKE

2 eggs  
2 cups sugar  
2 cups crushed pineapple (do not drain)  
2 cups all-purpose flour  
2 1/2 tsp. baking powder

Beat eggs and sugar together until light and fluffy. Stir in pineapple. Add flour which has been sifted with baking powder. Mix well and spread batter into a greased and floured 13 x 9 x 2 inch pan. Bake at 350° for 25 or 30 minutes or until cake tests done. Add topping.

### Topping:

1 cup sugar  
1 stick margarine  
1 small can evaporated milk  
1 cup flaked coconut  
1 cup chopped pecans  
1/2 tsp. vanilla  
1/2 tsp. lemon extract

Put sugar, margarine and milk in a saucepan, boil for 2 minutes. Remove from heat and add coconut, pecans and vanilla and lemon extracts. Spread over hot cake.

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

\*\*\*

## SAUSAGE CAKE

3 cups firmly packed brown sugar  
1 lb. bulk sausage, uncooked  
1 egg, beaten  
3/4 cups all-purpose flour

1/4 tsp. salt  
2 tsp. soda  
1 T. baking powder  
2 tsp. ground cinnamon  
1 tsp. ground nutmeg  
1 cup of strong black coffee  
2 tsp. vanilla  
1 cup raisins  
1/2 cup chopped pecans

Combine brown sugar, sausage (cut in 1/2 inch pieces) and egg. Combine dry ingredients and add to sausage mixture alternately with coffee. Beat well (do not use mixer) after each addition. Stir in vanilla. Fold in raisins and pecans. Spoon into a well-greased 10 inch tube pan. Bake at 350° for 1 1/2 hours. Very good when baked in oven of old wood stove. Yield 1-10 inch cake.

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

\*\*\*

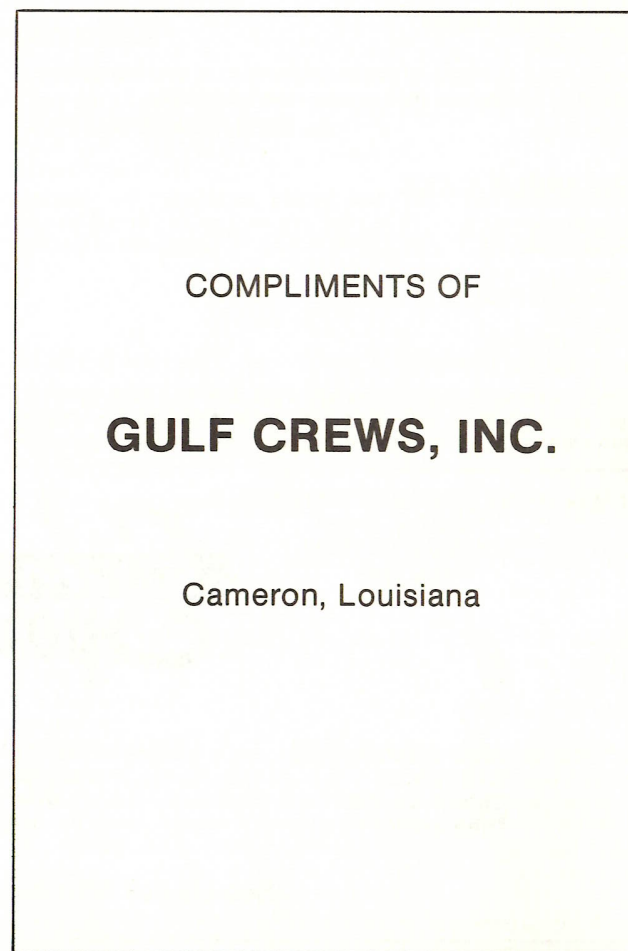
## STRAWBERRY SURPRISE CAKE

1 pkg. strawberry cake mix  
1 can vanilla icing  
1 pkg. frozen strawberries, thawed  
1 envelope unflavored gelatin

Mix cake according to package directions and bake in two layers. When layers have cooled thoroughly, frost. On top of the cake, form a ridge around the edge. Thicken the frozen strawberries with the gelatin, and them pour into the ring formed by the icing. Serve.

\* Honorable Mention at the 1977 Favorite Foods Show.

*Renne Boudreaux, Creole, La.*



## 1-2-3-4 CAKE

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

Cream butter and sugar until light and fluffy. Add well-beaten eggs and beat again. Sift together flour and baking powder. Add vanilla to milk. Combine all ingredients and mix well. Divide batter into three greased and floured pans. Bake at 350° until done (about 30 minutes).

### Filling:

One 20 oz. can crushed pineapple. Add enough sugar to this to sweeten. Bring to a boil, thicken with flour or cornstarch (1/2 cup water and 1 T. cornstarch.) Ice with a seven-minute frosting.

*Mrs. Mary January, Grand Chenier, La.*

\*\*\*

## MOLLY'S DELIGHT

2 cups self-rising flour  
2 cups sugar  
1 cup oil  
3 eggs  
1 tsp. vanilla  
1 tsp. cinnamon  
1 junior-size jar baby food fruit (peaches)  
1/2 cup pecans  
1/2 cup coconut

Put all ingredients in a bowl and mix well. Bake in greased and floured tube pan for 50 to 60 minutes at 350°

### Icing

1 cup confectionary sugar  
2 T. milk  
1/2 cup toasted coconut

Combine all ingredients and beat with mixer. Drizzle over hot cake.

\* Second place winner in the Jr. 4-H Club Division of the Favorite Foods Show.

*Stacy Broussard, Hackberry, La.*

\*\*\*

## FARM FAMILY FRUIT CAKE

4 cups sugar  
1 lb. butter  
10 eggs  
20 oz. can crushed pineapple  
10 cups flour  
2 lbs. dates, chopped  
1 lb. gum drops, orange or mixed, cut up  
1 qt. home preserved figs  
1 1/2 qt. melon rind preserves  
10 heaping cups of nuts, mostly pecans  
2 1/2 boxes of raisins  
4 cups orange peel, homemade.  
2 tsp. each of black-walnut and lemon flavoring

Mix sugar and butter, then eggs and add the crushed pineapple. Put all flour on large piece of paper and pour all the other ingredients into flour and mix well, then add to the mixture in large pan. Bake in 1 tube pan and 3 (9 x 5 x 5) pans, greased. This is very good. I first made it last year for the holidays. I drain the syrup from preserves. Bake at 300° for 1 1/2 hours.

*Mrs. L. M. Garlington, Grant, La.*

\*\*\*

## WISHING WELL CAKE

1 cup soft oleo (1/2 lb. tub)  
2 cups sugar  
5 eggs  
3 to 4 tsp. extract (lemon, almond or vanilla)  
1/2 tsp. salt if oleo is unsalted

2 cups sifted flour

Blend oleo and sugar. Add eggs one at a time and beat after each addition. Beat mixture until quite fluffy. Fold in flavoring then gradually fold in flour. Bake in ungreased tube pan for 1 hour and 20 minutes in 350° oven. Cool a few minutes before taking out of pan.

*Mrs. Edna Steed, Cameron, La.*

\*\*\*

## CHIFFON CAKE

2 1/4 cup sifted cake flour  
1 1/2 cup granulated sugar  
3 tsp. double acting baking power  
1 tsp. salt  
1/2 cup salad oil  
5 eggs yolks unbeaten (one at a time)  
Grated rind of 2 oranges (about 2 T.)  
Juice of 2 oranges and water to make 3/4 cup  
1 cup egg whites (7 or 8)  
1/2 tsp. Cream of Tartar

Heat oven to 350° measure into sifter then sift into a bowl the first 4 ingredients. Make a well in this mixture and add in order, salad oil, yolks, juice and rind. Beat briskly with spoon 150 full strokes counting only actual beating strokes. In large bowl beat egg whites with cream of tartar until whites form stiff peaks much stiffer than for Angel Food or meringue. Do not under beat. Pour yolk mixture slowly over whites, gently fold in with a rubber spatula until just blended. Do not stir.

*Mary LeBlanc, Houston, Texas*

\*\*\*

## PLUM CAKE

2 cups of self-rising flour  
1 cup of cooking oil  
2 (4 3/4 oz.) jars of strained Plum  
3 eggs  
2 cups sugar  
1 tsp. cinnamon  
1 tsp. cloves

Butter pan, sprinkle chopped nuts. Mix all ingredients. Bake for 55 minutes at 350°.

*Mary LeBlanc, Houston, Texas*

\*\*\*

## CHEESE CAKE

1/2 cup graham cracker crumbs  
2 T. melted butter or margarine  
1 (8 oz.) pkg. cream cheese, softened  
1/2 cup sifted powdered sugar  
1 (20 oz.) can crushed pineapple, well, drained  
1 envelope whipped topping mix.

Combine graham cracker crumbs and butter; mix well. Put crumbs in an 8 inch round cake pan. Combine cream cheese and powdered sugar; beat until fluffy. Stir in pineapple. Prepare whipped topping mix according to package directions, and fold into cream cheese mixture. Spoon filling over crust, chill thoroughly. Yield 6 to 8 servings.

*Mrs. Nelvia Murphy, Grand Chenier, La.*

\*\*\*

## BROWN SUGAR-BANANA POUND CAKE

1 box light brown sugar  
1 cup white sugar  
1 cup butter  
5 eggs  
2 large bananas, mashed  
3 cups all purpose flour  
1/2 tsp. baking powder  
1/2 tsp. salt  
1 cup milk  
1 T. vanilla  
1 cup chopped pecans

Preheat oven to 325°. Cream brown and white sugars with butter



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until light and fluffy. Add eggs, one at a time, and beat well after each addition. Stir in mashed bananas. Sift flour with baking powder and salt. Add to first mixture alternately with milk. Stir in vanilla pecans. Pour into a 10 inch well greased tube pan and bake for 1½ hours or until cake tests done with straw.

*Mrs. C. A. Rogers, Cameron, La.*  
\*\*\*

## PECAN POUND CAKE

1 cup Crisco  
3 cups sugar  
6 eggs separated  
3 cups cake flour  
¼ tsp. soda  
1 cup commercial sour cream  
3 cups chopped pecans

Cream crisco and sugar until light and fluffy. Add egg yolks one at a time, beating well after each addition. Set aside about ¼ cup flour. Combine remaining flour and soda. Add to creamed mixture alternately with sour cream, beating well after each addition. Fold in stiffly beaten egg whites. Dredge pecans in reserved flour and fold in batter. Spoon batter into a greased and floured 10 inch tube pan. Bake at 300° for 1½ hours. Cool 15 minutes before removing from pan. Yield: 1 - 10 inch cake.

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

## POUND CAKE

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

Cream butter and sugar. Add eggs, flour and baking powder. Mix well. Add milk little at a time. Pour into greased and floured loaf pan. Bake at 350° for 55 minutes.

### Icing

1 box powdered sugar  
1 tsp. vanilla  
2 T. evaporated milk  
1 T. hot water

Mix all ingredients and beat until smooth and creamy. Spread on cake while cake is still warm.

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

## HOT MILK CAKE

1 cup milk  
1 stick of butter or ½ cup  
4 eggs  
2 cups sugar  
2 cups flour - plain or self-rising  
2 tsp. baking powder  
1 tsp. vanilla  
Dash of salt

Heat milk and butter. Beat the eggs first in bowl. Add sugar and beat well. Then add flour, baking-powder and vanilla. Pour the hot milk and butter and salt last in batter and beat. Bake in oblong pan for 30 minutes at 375°. If using self-rising flour, omit the baking-powder and salt.

THIS IS A VERY GOOD - NEVER FAIL CAKE.

*Mrs. L. M. Garlington, Grant, La.*  
\*\*\*

## CARROT CAKE #1

2 cups sugar  
2 cups flour  
2 tsp. soda  
2 tsp. cinnamon  
2 tsp. salt



4 eggs  
1 cup cooking oil  
3 cups grated raw carrots

Mix all ingredients with electric mixer and bake in two or three greased and floured cake pans about 40 minutes at 350°. Cool.

### Icing

1 (8 oz.) pkg. cream cheese  
1 stick oleo  
2 tsp. vanilla  
1 box powdered sugar  
½ cup chopped pecans

Cream the cream cheese and oleo; mix in powdered sugar and beat until smooth. Add vanilla and pecans. Frost generously between layers, top and sides of cake.

\* First place winner in the 1977 Favorite Food Show in the Sr. 4-H Club Division.

*Cindy Nunez, Grand Chenier, La.*  
\*\*\*

## CARROT CAKE #2

Mix well:

1½ cups salad oil  
2 cups sugar

Add:

4 eggs (one at a time, beating after each)

Sift together and add:

2 cups flour  
1 tsp. baking powder  
1 tsp. baking soda  
¼ tsp. salt  
1 tsp. cinnamon

Mix well:

Stir In:

2 cups grated carrots  
1 cup coconut.

Divide into 3 well greased and floured 9" layer pans. Bake in 350° oven about 30-40 minutes or until done. Fill and frost with nut icing.

### Nut Icing

Combine ½ cup margarine or butter  
8 oz. pkg. cream cheese.

Beat In:

1 lb. confectioner sugar  
1 tsp. vanilla  
1 cup chopped pecans or walnuts

*Leven Harmon, Cameron, La.*  
\*\*\*

## APPLE-NUT CAKE

3 cups flour  
2 cups sugar  
1 tsp. soda  
1 tsp. salt  
1 tsp. cinnamon  
1½ cups chopped nuts  
1½ cups Crisco oil  
2 eggs  
1 tsp. vanilla  
3 cups chopped apples

Mix dry ingredients well; fold in remaining ingredients, being sure to mix well. Bake in preheated 325° oven for 1 hour, using a greased and floured tube or bundt pan.

*Mrs. Willie Miller, Creole, La.*  
\*\*\*

## FRESH APPLE CAKE

1½ cups salad oil  
2 cups sugar  
2 eggs  
3 cups chopped peeled apples

3 cups flour  
2 tsp. cinnamon  
1 tsp. salt  
1 tsp. soda  
1 tsp. nutmeg  
1 tsp. vanilla  
1 cup chopped nuts

Mix oil, sugar and eggs; beat until creamy. Add apples and mix. Mix dry ingredients and add to oil mixture. Stir in vanilla and nuts. Pour into a greased bundt pan and bake for 1 hour at 350°.

\* This was a third place winner in the 1977 Favorite Food Show.

*Mrs. Albert Guidry, Sweet Lake, La.*

\*\*\*

### APPLE DAPPLE CAKE

2 cups sugar (granulated)  
3 eggs (medium)  
1½ cups cooking oil  
2 tsp. vanilla  
3 cups flour  
1 tsp. salt  
1 tsp. soda  
3 cups apples  
1½ cups chopped pecans

In one bowl: cream sugar, eggs and cooking oil together, add vanilla.

In separate bowl: sift flour, soda and salt together, stir in apples and pecans. When thoroughly mixed, combine sugar mixture and bake for 55 minutes at 350° or until done.

#### Glaze

1 stick oleo  
1 cup light brown sugar  
¼ cup milk  
Maraschino cherries and pecan halves to decorate

Stir over medium flame until mixture begins to boil. Boil for 3 minutes then pour over cake. Decorate with cherries and pecan halves.

*Recipe by: Mrs. Datha Landry  
Submitted by: Mrs. Henry Richard,  
and Mrs. Freddie Richard, Grand Chenier, La.*

\*\*\*

### APPLE CAKE

Melt in 9 x 9 x 2 baking pan:  
2 T. butter

Mix together:  
½ cup sugar  
1 tsp. Apple Pie spice

Sprinkle sugar mixture on melted butter in pan. Core and cut into thin slices (unpeeled): 1 large apple. Place apple slices in rows on sugar mixture in pan. Sprinkle over apple slices: small amount of raisins.

Mix together in large bowl:  
1 pkg. dry yeast  
¾ cup warm water

Add to this:  
½ cup sugar  
1 tsp. salt  
1 cup sifted flour  
½ tsp. Apple Pie spice

Beat 2 minutes then add and beat until smooth:

1 egg  
¼ cup shortening  
1¼ cups sifted flour  
½ cup raisins

Drop batter by small spoonfuls over apples and raisins in pan. Cover pan and let rise in warm place until double. Heat oven to 375°. Bake 30 to 35 minutes or until golden brown. Immediately remove cake from pan by turning upside down onto serving dish.

*Mrs. Margaret Arrant, Grand Chenier, La.*

### COCONUT CAKE

2/3 cup butter  
1¼ cups sugar  
2 eggs  
1½ tsp. vanilla  
2½ cups flour  
1 tsp. salt  
2½ tsp. baking powder  
1¼ cups milk

Beat butter, sugar, eggs and vanilla until very smooth. Add flour, salt and baking powder alternately with milk, beating after each addition. Pour into two or three 9 inch cake pans and bake at 375° about 25 minutes, or until golden brown. Cool.

#### Seven Minute Icing

1½ cups sugar  
2 egg whites  
1/3 cup water  
1 T. white Karo syrup  
1 tsp. vanilla  
1 to 1½ cups coconut

Mix first four ingredients in saucepan. Cook over medium heat beating with mixer for about 7 minutes, or until icing holds a peak, then add vanilla. Frost layers, putting coconut between layers as well as on sides and top.

\* This was the second place winner in the Cake category at the 1977 Favorite Foods Show.

*Mrs. Ethelyn Kebodeaux, Cameron, La.*

\*\*\*

### COCONUT LAYER CAKE

1 cup butter or oleo  
2 cups sugar  
4 eggs  
3 cups flour

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3 tsp. baking powder  
1 cup milk  
1 tsp. vanilla

Cream butter and sugar, add eggs and cream well. Add sifted dry ingredients and milk, alternating. Start with flour and end with flour. Add vanilla and bake in 3 9" pans, for about 25 minutes in 350° oven.

#### Coconut Filling

1 can coconut (small)  
1 cup milk  
¾ cup sugar  
1 T. butter

Cook until mixture comes to a boil, then add 1 T. cornstarch to thicken. Cool and spread between layers. Cover tops and sides of cake with 7 minute frosting and sprinkle on coconut.

*Mrs. Edna Steed, Cameron, La.*

\*\*\*

### COCONUT-SOUR CREAM LAYER CAKE

1 pkg. butter-type cake mix  
2 cups sugar  
1 (16 ounce) carton commercial sour cream  
1 (12 ounce) pkg. frozen coconut, thawed  
1½ cups frozen whipped topping, thawed

Prepare cake mix according to package directions, making two layers; when completely cool, split both layers.

Combine sugar, sour cream and coconut, blending well; chill. Reserve 1 cup sour cream mixture for frosting; spread remainder between layers of cake.

Combine reserved sour cream mixture with whipped topping; blend until smooth. Spread on top and sides of cake. Seal cake in an airtight container, and refrigerate for 3 days before serving.

*Charla Jo Blake, Cameron, La.*

\*\*\*

### SOUR CREAM COFFEE CAKE #1

2 sticks margarine  
2 cups sugar  
2 eggs  
1 cup sour cream  
2 cups flour  
1 tsp. vanilla  
1 tsp. baking powder

Cream first 2 ingredients well. Sift dry ingredients together and add after sour cream and beat. Put in greased and floured tube pan half of the dough, then sprinkle half of the topping, then repeat. Bake 50 to 60 minutes at 325° oven. Leave in pan 10 minutes before turning out.

#### Topping

½ cup pecans chopped  
3 T. sugar  
1 tsp. cinnamon

*Leven Harmon, Cameron, La.*

\*\*\*

### SOUR CREAM COFFEE CAKE #2

1 stick butter  
1 cup sugar  
2 eggs, beaten lightly  
1 tsp. soda mixed with  
1 cup dairy sour cream  
1½ tsp. baking powder  
1 T. vanilla

Cream butter, sugar & eggs, add sour cream with soda and dry ingredients. Mix in the large amount of vanilla. Pour in a greased

bundt pan with a tube. Sprinkle on a topping of:

#### Topping

¼ cup sugar  
½ tsp. cinnamon  
½ cup chopped nuts  
dot with extra butter

Bake 45 minutes in a moderate oven of 350°. Open oven door and allow cake to stay in oven until it has cooled. Remove from pan immediately after taking from oven.

*Mary LeBlanc, Houston, Texas*

\*\*\*

### SOUR CREAM CAKE #3

2½ cups sifted cake flour  
2½ cups sifted sugar  
2 tsp. soda  
¾ tsp. salt  
4 or 5 T. Cocoa  
4 eggs  
2 tsp. vanilla  
1 T. lemon  
2 cups thick sour cream

Sift dry ingredients together two times. Put in a large mixing bowl. Make a hole in center of dry ingredients and add the cream, eggs, vanilla, lemon juice and a few drops of red food color. Beat about 3 minutes. Bake in a 14 x 10 inch loaf or in layers 35 to 40 minutes at 350°.

#### Frosting for Sour Cream Cake

2 tsp. butter  
2 or more cups powdered sugar  
½ cup or more Pet Milk  
2 T. Cocoa  
2 tsp. vanilla

Beat all together and add 2 cups nuts, 1 cup raisins, ground. Spread between and on top of layers.

*Mrs. Elrige Buller, Elton, La.*

\*\*\*

### GERMAN CHOCOLATE CAKE

2 cups sugar  
1 cup butter  
1 cup buttermilk  
4 egg yolks  
2½ cups flour  
1 pkg. German chocolate  
½ cup boiling water  
4 egg whites beaten stiff  
1 tsp. soda  
1 tsp. vanilla

#### Filling

½ pint whipping cream  
1 cup nuts, chopped  
1 can coconut  
3 egg yolks  
1 cup sugar  
½ stick butter (½ lb.)  
2 T. cornstarch

Cake-Add soda to buttermilk. Put pkg. of German chocolate in ½ cup boiling water and dissolve chocolate. Mix butter, sugar and egg yolks until cream colored. Mix buttermilk with chocolate mixture and add to above. Add vanilla and flour and beat until flour has been taken up into mixture, then fold in stiffly beaten egg whites. Bake at 350° about 30 minutes, or until cake springs back when you touch it.

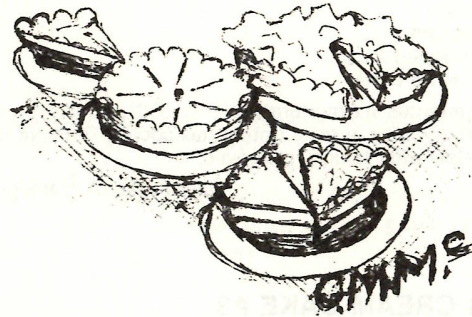
#### Filling

Combine in a sauce pan, cream, yolks, sugar, butter and cornstarch and cook until it becomes a soft custard. Add nuts and coconut and frost cake.

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



# PIES



## JAPANESE PIE

- 1 cup sugar
- 2 eggs
- 1 stick oleo
- 1 T. vinegar
- ½ cup coconut
- ½ cup chopped pecans
- ½ cup crushed pineapple, well-drained
- 1 unbaked pie shell

Combine first four ingredients and beat well. Fold in by hand the last three ingredients. Pour into unbaked pie shell and bake at 325° for 40 minutes.

*Mrs. Earl K. "T-Mae" Booth, Grand Chenier, La.*

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## "PLAIN JANE'S" STRAWBERRY PIE

- 1 baked 8 inch pie crust
- 1 cup sugar
- 3 T. cornstarch
- 2 T. white karo
- 3 T. strawberry jello
- Few drops red food coloring
- 1 qt. washed and drained strawberries
- Whipping Cream or Cool Whip to top pie

Combine sugar, cornstarch and karo and add 1 cup water. Cook slowly, stirring constantly, until mixture becomes thickened and transparent. Remove from heat. Add jello and red food coloring; cool thoroughly. Place strawberries in baked pie crust. Pour cooled mixture over berries and place in refrigerator until firm. Top with whipping cream or cool whip.

\* This was a first place winner in the Pie category at the Favorite Foods Show.

*Mrs. W. L. Duhon, Sweet Lake, La.*

\*\*\*

## BUTTERSCOTCH CREAM PIE

- 2 cups firmly packed light brown sugar
- ¾ cup all-purpose flour
- 4 egg yolks
- 2½ cups Half and Half
- 1 T. butter
- 1 tsp. vanilla
- 1 baked 9 inch pie shell
- Whipped cream

Combine sugar, flour and egg yolks in a large saucepan. Gradually add Half and Half, stirring well. Add butter, cook over medium heat, stirring constantly until thickened. Stir in vanilla, cool. Pour into pie shell, chill several hours or until set. Garnish with whipped cream. Yield: 1-9 inch pie.

*June Richard, Grand Chenier, La.*

## OATMEAL PIE

- 4 eggs
- 2/3 cup white sugar
- 1 cup brown sugar
- 2 T. butter, softened
- 1 tsp. vanilla
- ½ cup oatmeal
- ½ cup shredded coconut
- ½ cup chopped pecans
- 1 unbaked 8-inch pie shell

Beat eggs and when beat in the sugars bit by bit. Beat in butter and vanilla. Stir in oatmeal, coconut and pecans. Pour into unbaked pie shell. Bake at 375° for 35 minutes. Serves 6.

*Mrs. Oliver Burroughs, Cameron, La.*

\*\*\*

## DAFFODIL PIE

### Crust

- 4 egg whites
- ¼ tsp. cream of tartar
- 1 cup sugar

Beat egg whites until frothy. Add ¼ tsp. cream of tartar. Beat until very stiff and holds a peak. Slowly fold in sugar and beat until stiff and glossy. Butter a 9 inch pie plate. Fill with meringue leveling it off with a knife. Bake at 270° for 1 hour. Cool before adding filling.

### Filling:

- 4 egg yolks
- ½ cup sugar
- 3 T. lemon juice
- ¼ tsp. lemon rind
- 1 small container Cool Whip

Beat egg yolks until thick. Gradually beat in sugar. Add lemon juice and rind. Cook in double boiler until thick and creamy, stirring constantly. Cool. Fold in small container of Cool Whip. Fill meringue crust and refrigerate until ready to serve.

*Mrs. Roy Johnston, Pineville, La.*

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## BUTTERMILK PIE

- 1 stick margarine
- 2 cups sugar
- 2 T. flour
- 4 eggs
- 1 cup buttermilk
- 1 tsp. vanilla
- 1 unbaked pie shell

Combine margarine and sugar. Add the flour; beat in the four eggs, one at a time and mix well. Add the buttermilk and vanilla. Pour into pie shell. Bake at 400° for 50 minutes or until toothpick comes out clean.

*Mrs. Charles Theriot, Grand Chenier, La.*

\*\*\*

## CHIFFON PUMPKIN PIE

- 1 cup canned pumpkin
- 2/3 cup milk
- ¾ tsp. pumpkin pie spice
- ½ tsp. vanilla
- 2 cups of prepared dream whip (prepare 1 pkg.)
- 1 pkg. instant vanilla pudding
- 1 baked pie shell

In electric mixer bowl place 1 cup of the Dream Whip, add pudding powder, pumpkin, milk and flavorings. Mix for 1 minute and pour into baked pie shell. Garnish with other cup of dream whip; lightly swirling around edge of pie, the center is left plain.

*Mrs. Jerry Jones, Cameron, La.*

\*\*\*

## PUMPKIN PIE

- 1½ cups pumpkin
- 1½ cups brown sugar

- ½ tsp. salt
- 1 tsp. ginger
- ¼ tsp. allspice
- 3 T. molasses
- 3 large eggs
- 1 cup milk

Mix all ingredients well; pour into unbaked 9 inch pie shell. Bake at 375° until firm, 55 minutes to 1 hour.

*Leven Harmon, Cameron, La.*

\*\*\*

## COCONUT CREAM PIE

- ½ cup sugar
- 5 T. flour
- ½ tsp. salt
- ¼ cup cold milk
- 1½ cups scalded milk
- 3 egg yolks
- 1 tsp. vanilla
- 1 cup shredded coconut
- 1 T. butter
- 1 baked pie shell

Blend sugar, flour and salt with the cold milk; add scalded milk, stirring constantly. Cook slowly until thick. Add beaten yolks; cook 2 minutes longer. Remove from range; add vanilla, coconut and butter. Cool; pour into pie shell. Cover, and top with meringue and bake at 350° 13 minutes. 6 servings.

*Leven Harmon, Cameron, La.*

\*\*\*

## COCONUT PIE

- 1½ cup sugar
- 4 T. cornstarch
- 4 egg yolks
- 4 cups carnation milk

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- 1 can coconut
- 1 baked pie shell

Mix sugar, cornstarch and egg yolks well. Then add milk. Cook until thick. Remove from heat and add coconut. Pour into baked pie shell. Pie may be topped with meringue or whipped cream.

*Mrs. Beverly Dyson, Grand Chenier, La.*

\*\*\*

### CHOCOLATE PIE

- 4 T. cocoa
- 4 T. flour
- 1 cup sugar
- ¼ tsp. salt
- 2 cups scalded milk
- 3 slightly beaten egg yolks
- 2 T. butter
- ½ tsp. vanilla
- 1 baked pie shell

Mix flour, sugar, salt and cocoa. Gradually add milk; stir until boils. Remove from heat. Add egg yolks. Return to heat, boil 2-5 minutes until thick. Add butter and vanilla; pour into cooked pie shell. Top with meringue or whipped cream.

*Leven Harmon, Cameron, La.*

\*\*\*

### PECAN & CREAM CHEESE PIE

- 1 (8 oz.) pkg. cream cheese softened
- 1 egg
- 1/3 cup sugar
- ½ tsp. vanilla
- 1 unbaked 9 inch pastry shell
- 1 cup pecan halves
- 2 slightly beaten eggs
- ¼ cup sugar

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- 2/3 cup dark corn syrup
- ¼ tsp. maple flavoring
- ¼ tsp. vanilla

In small mixer bowl, combine cream cheese, the egg, the 1/3 cup sugar and the ¼ tsp. vanilla. Beat till mixture is light and fluffy. Spread over bottom of unbaked pastry shell. Arrange pecan halves atop the whipped cream cheese mixture. In bowl, combine the 2 eggs, the ¼ cup sugar, the corn syrup, maple flavoring, and vanilla; mix well. Carefully pour over pecans. Bake at 375 oven 40-45 minutes or till done.

*Mrs. Rebecca M. Vidrine, Grand Chenier, La.*

\*\*\*

### LARRY'S MOTHER'S PECAN PIE

- 1 T. flour
- 3 eggs
- ½ cup sugar
- 1 cup corn syrup
- ½ tsp. salt
- ¼ cup butter
- 1 unbaked pie shell

Fill pie shell with pecans. Mix all ingredients. Pour over pecans. Bake at 425° for 10 minutes. Reduce to 350° for 40 minutes.

Lorene Taylor

*Submitted by: Blackie Taylor, Cameron, La.*

\*\*\*

### OLD FASHIONED PINEAPPLE PIE

- 1 No. 302 can crushed pineapple
- ½ cup sugar
- 2 T. cornstarch
- ¼ cup lemon juice
- 1 baked pie shell

Combine sugar with cornstarch in a saucepan. Mix well, then add pineapple and lemon juice. Cook over medium heat for about 10 minutes or until thickened, stirring frequently. Cool thoroughly. Pour pineapple mixture into shell. Bake at 375° for 30-35 minutes. Top with meringue or whipped cream.

*Mrs. Adrienne Doshier, Cameron, La.*

\*\*\*

### ICE BOX PINEAPPLE PIE

- 1 large can evaporated milk
- 2 eggs
- 1 cup sugar
- 1 No. 303 can crushed pineapple
- 1 pkg. lemon jello
- 2 vanilla wafer crumb crusts

Place milk in freezer to cool. Beat eggs and sugar, then add pineapple. Place in saucepan over medium heat and bring to boil. Stir in pkg. of jello, then set away from heat and let cool. Whip evaporated milk, then fold in pineapple mixture. Pour into pie shells and place in icebox. It's good to add 1 T. fresh lemon juice to pineapple mixture. Also 1 pint whipping cream may be used in lieu of evaporated milk.

*Mrs. Charles R. Perkins, Cameron, La.*

\*\*\*

### LEMON/ORANGE PIE

- 1 envelp. unflavored gelatin
- ¾ cup cold milk
- 1 cup sugar
- ¼ tsp. salt
- 3 egg yolks, beaten
- ¾ cup orange juice
- ¼ cup lemon juice
- 1 tsp. grated orange rind
- ½ tsp. grated lemon rind

- 1 cup heavy cream, whipped
- 1 baked pie shell

Soften gelatin in milk. Mix gelatin mixture, sugar, salt and egg yolks in saucepan. Heat, stirring until gelatin dissolves. Stir in juices and rinds. Chill until thickened. Fold whipped cream into gelatin mixture. Turn into pie shell. Chill 2-3 hours or until set.

*Mrs. Sam Warren, Grannis, Ark.*

\*\*\*

### ANGEL LEMON PIE

- 1 small can concentrated lemonade thawed
- 1 can Eagle Brand Condensed milk
- 1 Carton Cool Whip
- 1 graham cracker crust

Blend the lemonade and condensed milk. Fold in the Cool Whip. Pour into crust. Chill before serving. This is a good "spur-of-the-moment" dessert.

*Mrs. Roberta Rogers, Cameron, La.*

\*\*\*

### LEMON MERINGUE PIE

For 9 inch pie:

- 1½ cups sugar
- 1/3 cup cornstarch
- 1½ cups water
- 3 egg yolks, slightly beaten
- 3 T. butter
- ¼ cup lemon juice
- 1 T. grated lemon rind

Mix sugar and cornstarch in a saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil 1 min. Slowly stir at least half the hot mixture into the egg yolks. Then blend into hot mixture in saucepan. Boil 1 minute longer, stirring constantly. Remove from heat. Continue stirring until smooth. Blend in butter, lemon juice and lemon rind. Pour into baked pie shell. Cover with Pie Meringue. Bake until a delicate brown. (400°, about 8-10 min.)

Pie Meringue:

For 9 inch pie:

- 3 egg whites
- ¼ tsp. cream of tartar
- 6 T. sugar
- ½ tsp. flavoring (if desired)

Beat egg whites with cream of tartar until frothy. Gradually beat in sugar, a little at a time. Continue beating until stiff and glossy. Beat in flavoring. Pile meringue onto hot pie filling, being careful to seal the meringue onto edge of crust to prevent shrinking and weeping. Swirl and pull up points for decorative top. Bake 400° 8-10 minutes.

*Mrs. Lee J. Harrison, Grand Chenier, La.*

\*\*\*

### NO-WEEP MERINGUE

- 1 T. cornstarch
- 8 T. sugar
- ½ cup water
- 3 egg whites
- Dash of salt

Mix cornstarch with 2 tablespoons sugar, and water. Cook together until clear; then set aside. Add salt to egg whites and whip until whites stand in peaks. Then add cornstarch mixture. Beat until creamy. Then add remaining sugar gradually, beating until very creamy. Pile on pie and bake 30 minutes, or until golden brown at 325°.

*Mrs. Adrienne Doshier, Cameron, La.*

### CANTALOPE MERINGUE PIE

- 1 large, very ripe cantalope
- 2/3 cup sugar
- 2 T. water
- 2 T. cornstarch
- 3 eggs separated
- 1 T. lemon juice
- Pinch salt

Scoop out melon to make 3½-4 cups; add sugar and cook over low heat, stirring until mixture is smooth (about 10 min.). Combine cornstarch and water, and stir into melon mixture; add egg yolks, cooking slowly and stirring constantly until thick. Remove from fire and stir in salt and lemon juice. Cool. Pour into baked pie shell. Top with meringue made from egg whites stiffly beaten with 2 T. sugar and 1 tsp. vanilla added. Bake at 375° for 15 minutes until golden brown.

*Mrs. Roberta Rogers, Cameron, La.*

\*\*\*

### BLUEBERRY PIE

- 1 cup sugar
- 8 oz. pkg. cream cheese
- 1 large container Cool Whip
- 2 bananas
- 1 can blueberry pie filling
- 1 baked pie shell

Beat sugar and cream cheese until creamy, stir in container of Cool Whip. Slice bananas lengthwise, (thin) on the bottom of pie shell. Add cream cheese mixture. Top with blueberry pie filling and chill until ready to serve.

*Mrs. Lidian Richard, Grand Chenier, La.*

\*\*\*

### CREAM CHEESE CRUST

- 2 sticks oleo
- 2 (3 oz.) pkg. cream cheese
- 2 cups flour
- Pinch of salt

Mix all ingredients together and pat into a ball. Can be refrigerated if desired. Roll out when ready to use. It is especially good for pecan tarts or pies.

*Mrs. Roberta Rogers, Cameron, La.*

\*\*\*

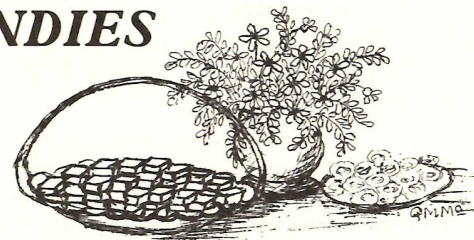
### SOUR CREAM PIE

- 1 cup sour cream
- ½ cup finely snipped raisins
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. cloves
- Pinch of salt
- 2 eggs
- 1 cup chopped pecans
- 1 1/3 cup sugar
- 1 unbaked pie shell

Mix all ingredients and pour into an unbaked pie shell. Bake at 350° until set; about 50-55 minutes.

*Mrs. Louise Skidmore, Cameron, La.*

## COOKIES & CANDIES



### CREAMY RICH FUDGE

1 can sweetened condensed milk  
1 cup sugar  
2/3 cup cocoa  
1/2 tsp. salt  
4 T. butter  
1 tsp. vanilla  
Nuts

Combine milk, sugar, cocoa and salt. Bring to soft ball stage, stirring constantly. Remove from heat; add butter and vanilla. Beat for 2 minutes. Fold in nuts. Pour into 8 inch pan; refrigerate. Cut into squares.

*Karen Belanger, Cameron, La.*  
\*\*\*

### QUICK AND EASY CHOCOLATE FUDGE

1 box powdered sugar  
1/3 cup cocoa  
Pinch of salt  
6 T. butter  
4 T. milk  
1 tsp vanilla  
1/3 of a 1 lb. bag of marshmallows  
1 cup nuts

Mix all ingredients except nuts in a double boiler, and stir until smooth. Add pecans and pour into a buttered pan.

*Jo Boudreaux, Grand Chenier, La.*  
\*\*\*

### COCOA FUDGE

3/4 cups of instant cocoa  
3 cups of sugar  
1 1/2 cups of milk  
1 block of butter  
1/4 tsp. salt  
1 Tsp. vanilla

Mix together and cook, stirring constantly, over medium heat until mixture forms a hard ball when dropped in cold water. Add chopped pecans and pour in shallow buttered dish. Cut before fudge cools.

*Mrs. E. A. Racca, Iowa, La.*  
\*\*\*

### BROWNIES

2 1/2 cups sifted cake flour  
1 1/2 tsp. baking powder  
1/4 tsp. salt  
2 T. cocoa  
3 cups white sugar  
1 cup shortening  
6 eggs, well beaten  
1 tsp. vanilla  
1 1/2 cups chopped pecans

Sift flour once, measure, add baking powder and salt and sift again. Combine cocoa and sugar and cut shortening into cocoa mixture. Add eggs, vanilla, pecans and combine all ingredients together, mix thoroughly. Bake in a greased 9 x 13 pan lined with waxed paper. Bake in a moderate oven 350° for one hour. Turn

over on wax paper and cut into squares.

*Mrs. Grace Graugnard, St. James, La.*  
\*\*\*

### PINK BROWNIES

1/2 cup oleo  
1 cup sugar  
2 eggs  
2 T. cherry juice  
3/4 cup flour  
1/2 tsp. baking powder  
1/2 cup chopped maraschino cherries  
1 cup chopped pecans

Cream oleo, sugar and eggs well. Stir in cherry juice; then add flour and baking powder, mixing well. Fold in cherries and pecans and pour into greased 8 x 8 baking pan. Cook for 30 to 35 minutes at 350°. Cool and cut into squares. If you double recipe, use 9 x 13 baking pan.

*Eve Billiot, Johnson Bayou, La.*  
\*\*\*

### CHOCOLATE CHIP BLONDE BROWNIES

1 cup flour  
1/2 tsp. baking powder  
1/8 tsp. baking soda  
1/2 tsp. salt  
1/2 cup chopped nuts  
1/3 cup butter or other shortening  
1 cup firmly packed light brown sugar  
1 slightly beaten egg  
1 tsp. vanilla  
1 (6 oz.) pkg. semi-sweet chocolate chips

Sift together flour, baking powder, soda and salt; add nuts and



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mix well. Set aside. Melt butter or other shortening in saucepan. Remove from heat and add light brown sugar and mix well. (If some other shortening (Crisco for instance) add 1 T. hot water) Cool slightly; then add egg and vanilla, blending well. Add flour mixture a small amount at a time, mixing well after each addition. Spread in greased 9 x 0 x 2 pan. Sprinkle chocolate chips over top and bake at 350° for 25 to 30 minutes. Cool in pan, then cut in squares. Makes about 2 dozen 1 1/2 inch squares.

\* Second place winner in the 1977 Favorite Foods Show, 4-H Club Boys Division.

*Warren Felio, Grand Chenier, La.*  
\*\*\*

### CHOCOLATE-OATMEAL COOKIES

2 cups sugar  
1/4 cup cocoa  
1 stick butter  
1/2 cup milk

Cook these ingredients until it comes to a rolling boil then add:

1/2 cup peanut butter  
3 cups quick oats  
1 tsp. vanilla

Combine all ingredients well. Drop onto waxed paper and let harden.

*Kim Alexander, Lake Arthur, La.*  
\*\*\*

### LAYERED CARAMEL CHOCOLATE SQUARES

1 pkg. (14 oz.) caramels  
2/3 cup evaporated milk  
1 pkg. (18 1/2 oz.) German Chocolate cake mix

3/4 cup melted butter  
1 cup chopped nuts  
1 pkg. (6 oz.) semi sweet chocolate pieces

Combine caramels and 1/3 cup milk, melt and set-aside. Combine cake mix, butter and 1/3 cup milk and nuts. When caramel mixture is cool add it to cake mixture. Press 1/2 of mixture into well greased and floured 13 x 9 x 2 pan. Put into oven and bake 6 minutes. Remove immediately from oven, sprinkle chocolate over mixture then spread evenly the remaining dough. Bake 18 to 20 minutes more at 325°. Cut into squares to serve when cool. Delicious and easy.

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

### CHOCOLATE PECAN DROPS

3 sq. semi-sweet chocolate  
2 T. milk  
2/3 cups butter or oleo  
1/2 tsp. salt  
1/2 cup granulated sugar  
1 tsp. vanilla  
1 1/4 cup flour  
3/4 cup pecans  
granulated sugar for rolling

Melt chocolate in top of double boiler over hot, not boiling water. Add milk and stir occasionally until chocolate is melted. Set aside to cool. Mix butter or oleo, salt, sugar, stir until creamy. Add vanilla, cooled chocolate, mix-add flour-mix-add pecans-mix-shape mixture into small balls. Roll in granulated sugar. Place on ungreased cookie sheet. Place in preheated oven (350°) for 20 minutes.

*Karen Belanger, Cameron, La.*  
\*\*\*

### CHOCONUT BARS

1 stick of butter or margarine  
1 cup graham cracker crumbs  
1 cup coconut  
1 cup chopped nuts

1 cup or 6 oz. pkg. chocolate chips  
1 can sweetened condensed milk

Melt butter in pan. (I use 7 x 10) spread graham cracker crumbs and mash down. Then spread one at a time, the coconut, nuts, and chocolate chips. Pour the can of condensed milk over the mixture and bake at 350° for 30 to 40 minutes.

*Jo Boudreaux, Grand Chenier, La.*  
\*\*\*

### CHOCO-PEANUT MARSHMALLOW BARS

2 (6 oz.) pkgs. semi-sweet chocolate morsels  
1 cup peanut butter  
2 T. butter  
1 - 10 1/2 oz. bag miniature marshmallows  
1 cup chopped nuts

Heat chocolate morsels, Peanut butter and butter, stirring constantly until well blended. Add marshmallows and nuts to chocolate mixture. Blend well. Pour into a foil-lined loaf pan. Chill about 3 hours until set. Cut in one-inch squares. Keep refrigerated until ready to serve. May be frozen for future use.

*Bonnie Conner, Grand Chenier*  
\*\*\*

### COCONUT DROPS

1 - (14 oz.) can Eagle Brand condensed milk  
1 - (14 oz.) pkg. coconut  
1 tsp. vanilla

Combine all three ingredients, mixing well. Drop by teaspoonful on greased cookie sheet. Bake until slightly brown at 350° for about 8 minutes.

*Eve Billiot, Johnson Bayou, La.*  
\*\*\*

### PINEAPPLE PECAN SQUARES

1 1/2 cups white sugar  
2 eggs  
2 cups flour  
1/2 tsp. salt  
2 Tsp. soda  
1 (#2) can crushed pineapple (minus 1/2 cup of juice, save juice for icing)

Cream the 1 1/2 cups of sugar and eggs. Add flour, salt, soda and can of crushed pineapple. Beat well. Pour in well greased pan (15 x 10 x 1).

#### Topping:

1 1/2 cups chopped pecans  
1/2 cup brown sugar

#### Icing:

1/2 stick oleo  
3/4 cups white sugar  
1/2 cup pineapple juice, boiled for 5 minutes

Mix pecans and brown sugar and sprinkle over batter. Bake at 350° for 45 minutes. Pour icing on cake while hot and return to oven for 5 minutes. Cut in squares.

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

### PECAN CRISPIES

1 cup butter, margarine or shortening  
2 1/2 cups brown sugar  
2 beaten eggs  
2 1/2 cups sifted flour  
1/4 tsp. salt  
1/2 tsp. soda  
1 cup chopped nutmeats

Cream shortening and sugar together; add eggs and beat well. Stir in dry ingredients, then nut meats. Drop from teaspoon about

2 inches apart onto greased cookie sheet. Bake in 350° oven for 15 minutes.

Mrs. Mary January, Grand Chenier, La.  
\*\*\*

### BLACKIE'S GLAZED PECANS

1½ cups sugar  
1½ cups sweet milk  
1 tsp vanilla  
1 qt. pecan halves

Cook first three ingredients on high heat until it gets very thick. Add pecans and mix well. Remove from heat. Pour over wax paper and take apart one by one.

Blackie Taylor, Cameron, La.  
\*\*\*

### QUICK AND EASY PECAN PRALINES

1 cup white sugar  
1 cup light brown sugar  
Pinch salt  
½ cup evaporated milk  
2 T. white corn syrup  
3 T. butter  
1 tsp. vanilla  
2 cups pecan halves

Combine sugars, salt, milk and syrup. Mix and cook over medium heat to soft ball stage. (It cooks rather quickly) Remove from heat, add butter, vanilla and pecans. Beat until it begins to thicken. Drop by spoonfuls on buttered wax paper and allow to cool. If mixture sugars too rapidly, add about 2 T. water and beat.

Mrs. Grace Graugnard, St. James, La.  
\*\*\*

### GRAHAM CRACKER PRALINES

2 sticks margarine  
1 cup light brown sugar, packed  
1 cup chopped pecans  
24 graham crackers



Combine margarine and sugar in saucepan and bring to a boil. Slowly add nuts. Line cookie sheet with crackers and pour mixture over, spreading evenly. Bake 10 minutes in pre-heated 350° oven. Remove from pan immediately.

\* First place winner in desserts category at the Favorite Foods Show, in the Jr. 4-H Club division.

Suzanne Greathouse, Grand Lake, La.  
\*\*\*

### FORTUNE COOKIES

2 eggs  
¾ cup powdered sugar

½ cup sifted flour  
¼ tsp. salt  
¼ tsp. ginger  
¼ cup melted butter

Beat eggs and add sugar. Mix thoroughly. Add remaining ingredients. Grease and flour cookie sheet. Drop on cookie sheet by small spoonfuls about 3" apart. Spread to a 2½" round. Bake at 300° F for 12 min. Leave in warm oven and remove one at a time, working rapidly so they won't harden. Fold each wafer in half over a pencil. Pinch edges together. Remove pencil and let cookies cool over a rack. Just before serving insert fortunes in each cookie (written on small strips of paper.) Makes about 24 cookies.

Beverly Sellers, Liberty, Texas  
\*\*\*

### EDNA'S FIG COOKIES

1 stick oleo  
2 eggs  
1½ cups sugar  
3 cups flour  
½ tsp. cinnamon  
1 tsp. soda  
¼ cups fig preserves  
¼ cup chopped pecans

Combine all the ingredients. Drop onto greased cookie sheet and bake at 375° for 10 to 15 minutes, being careful not to overcook.

Mrs. Edna Bertrand, Cameron, La.  
\*\*\*

### SPICED TEACAKES

1 stick margarine  
1½ cups sugar  
¼ tsp. salt  
2 tsp. vanilla  
3 tsp. baking powder  
¼ tsp. soda  
3 cups flour  
1/3 cup milk  
2 eggs  
1 tsp. Apple Pie spice

Mix all ingredients and roll onto floured board. Cut with cookie cutter and place on well greased cookie sheet, not too close together, and bake at 350° for 25 minutes.

Mrs. Margaret Arrant, Grand Chenier, La.  
\*\*\*

### RANGER COOKIES

1 cup oleo  
1 cup sugar  
1 cup brown sugar  
2 eggs

Cream first three ingredients, then beat in eggs. Sift and add to

mixture:  
2 cups flour  
1 tsp. soda  
½ tsp. baking powder

Add to above mixture:

1 tsp. vanilla  
2 cups oatmeal  
2 cups Rice Krispies  
1 cup coconut.

Bake at 350° until well done.

Mrs. Roy Johnston, Pineville, La.  
\*\*\*

### DOUBLE DIVINITY BARS

2 cups sugar  
2/3 cup water  
½ cup light corn syrup  
2 egg whites, stiffly beaten  
1 tsp. vanilla  
Nuts

Combine ½ cup sugar and 1/3 cup water and cook until mixture forms a soft ball in cold water. Set this mixture aside to cool slightly. In another saucepan, combine corn syrup and remaining water and sugar and cook until mixture forms a hard ball in cold water. After first mixture has cooled slightly, slowly add to egg whites beating constantly for 1 to 2 minutes. Add second syrup mixture in the same way. Stir in vanilla and nuts then pour into greased pan, cut into bars when cool.

Mrs. Karen Belanger, Cameron, La.  
\*\*\*

### MERRY MINCEMENT COOKIES

½ cup shortening  
½ cup margarine, softened  
½ cup firmly packed brown sugar  
¼ cup sugar  
1 egg, well beaten  
1½ tsp. vanilla extract  
1-9 oz. pkg. condensed mincemeat  
2½ cups all-purpose flour  
1 tsp. baking powder  
½ tsp. salt

Cream shortening, margarine and sugar until light and fluffy; add egg and vanilla, beating well. Break mincemeat into small pieces, stir into creamed mixture. Combine flour, baking powder and salt, add to creamed mixture, blending well. Chill at least 2 hours. Shape dough into walnut-size balls, and place on lightly greased cookie sheet. Gently press each cookie flat with the bottom of a glass. Bake at 400° for 5 to 8 minutes or until lightly browned. Remove from cookie sheet at once, and cool on a rack. Makes about 6½ dozen.

Mrs. Wendell Murphy, Cameron, La.  
\*\*\*

### MEXICAN WEDDING RINGS

2 sticks oleo  
½ cup powdered sugar  
1¼ cup sifted flour  
½ cup chopped pecans  
½ teaspoon vanilla

Cream butter and sugar well. Mix in flour, and then add pecans and vanilla. Roll into small balls with damp hands and place 1 inch apart on a lightly greased cookie sheet. Bake in 350° oven for 20 minutes. Immediately remove from cookie sheet and when cool, roll in powdered sugar.

Mrs. Joy Kelley, Cameron, La.  
\*\*\*

### POPCORN BALLS

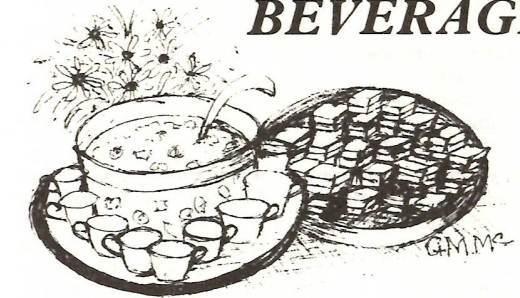
2 cups Steen's Syrup  
¼ tsp. salt  
1 T. butter

2 qts. popped popcorn

Cook syrup and salt over low fire until a drop hardens in cold water. Add butter and pour over popcorn and shape into balls. Happy Eating!

Debra Taylor, Cameron, La.

## PARTY FOODS & BEVERAGES



### SWEDISH MEAT BALLS

3 lbs. ground meat  
Bread crumbs or stale bread  
1 egg beaten  
Salt, pepper, garlic salt  
¼ cup parsley  
¼ cup chopped green onions  
1 small white onion, chopped  
2 stalks celery chopped  
¼ cup chopped bell pepper  
1 small jug Bar-B-Q sauce  
1 can mushroom soup

Combine the first nine ingredients and roll into bite size balls. Fry in small amount of fat. Pour off excess fat and add to Bar-B-Q sauce and soup. Pour sauce over meatballs. Serve in chafing dish. Makes 100.

Mrs. Glenn Alexander, Cameron, La.  
\*\*\*

### MARINATED MUSHROOMS

2 tsp. salt  
1 tsp. freshly ground pepper  
4 T. red wine vinegar  
½ tsp. garlic salt  
Dash Tabasco sauce  
2 tsp. sweet basil  
3 green garden onions, sliced  
6 T. olive oil  
1-lb. can whole button mushrooms

In a large jar, put salt, pepper, vinegar, garlic salt, Tabasco sauce and sweet basil. Put on lid and shake until salt is dissolved. Add onions and olive oil. Drain mushrooms and add to mixture. Shake well and let stand at room temperature for 4 or 5 hours. Then place in refrigerator and allow to marinate for 2 to 3 days. Shake jar occasionally to keep flavors stirred up. This makes a well spiced marinade. For a milder one, dilute with some of the mushroom liquid. These are good served as hors d'oeuvre or in a tossed salad.

Mrs. James Patrick Giblin, (Cherie Griffith), Baton Rouge, La.  
\*\*\*

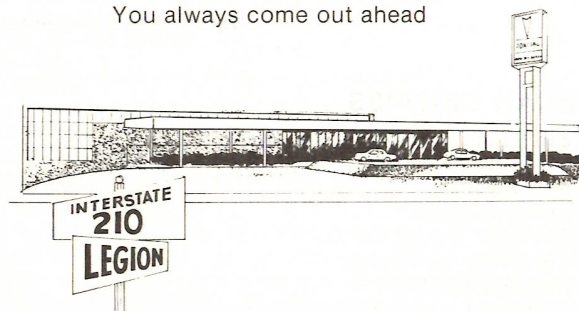
### REFRIED BEAN DIP

1 lb. ground meat  
1 can taco sauce  
1 can refried beans  
4 slices American cheese  
Tabasco to taste

Brown meat, drain; then combine all ingredients and cook over low fire for 15 minutes. Serve in chafing dish. Serve with Doritos-

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### CRAB DIP

1 stick oleo, melted  
2 stems celery, chopped  
5 or 6 green onions (save tops) chopped real fine  
2 (8 oz.) pkgs. cream cheese  
2 cans minced clams, reserve juice  
2 tsp. lemon juice  
½ tsp. Worcestershire sauce  
Salt & pepper to taste  
2 T. parsley chopped real fine  
2 or 3 drops Tabasco  
1 lb. crab meat (fresh, frozen or canned)

Mix together melted oleo, celery and green onion bottoms. Do not cook. Add cream cheese, clams and clam juice plus water to make one can of liquid. Add lemon juice, worcestershire sauce, salt, pepper, parsley, green onion tops and tabasco. Stir in gently the crabmeat. Pour into chafing dish. NOTE: Onions will cook slightly and cheese will melt while in chafing dish, but you do not want to actually cook any of the ingredients, because you want it to be crunchy.

\* This was the Sweepstakes winner in the Jr. 4-H Club division of the 1977 Favorite Foods Show.

Caroline Wilkerson, Cameron, La.

\*\*\*

### GREEN GODDESS DIP

2 (3 oz.) pkgs. cream cheese (softened)  
1 cup mayonnaise (Helmans)  
1 cup sour cream  
2 T. lemon juice  
3 T. tarragon vinegar  
1 scant T. garlic salt  
½ cup chopped green onions  
(use more tops than bottoms)  
2/3 cup chopped fresh parsley

Mix all ingredients together. Serve as a dip with fresh vegetables. Suggested vegetables-cucumbers, squash, turnips, cauliflower, cherry tomatoes, carrots and celery.

Mrs. Glenn Alexander, Cameron, La.

\*\*\*

### TANGY ONION DIP

1 cup sour cream  
1 medium onion, finely grated  
½ cup chili sauce  
1 tsp. mustard  
1 tsp. soy sauce  
1 T. dry sherry

Combine all ingredients. Blend well. Serve with chips or crisp raw vegetables.

Mrs. Shirley Bonsall, Grand Chenier, La.

\*\*\*

### KRISPY PARTY LOGS

1 cup brown sugar  
½ cup butter  
1 cup chopped dates  
1 cup chopped pecans  
½ cup shredded coconut  
2 cups Rice Krispies

Boil brown sugar, butter and dates together for 5 minutes. Remove from heat; add pecans, coconut and Rice Krispies. Cool until mixture can be handled. Shape into small logs. Makes 2½ doz.

Leven Harmon, Cameron, La.

### OLIVE AND CHEESE LOG

1 (8 oz.) pkg. cream cheese (softened)  
1 (8 oz.) pkg. blue cheese (crumbled)  
¼ cup soft butter  
1 (4½ oz.) can chopped ripe olives  
1 T. chopped chives  
½ cup chopped walnuts

Blend cheese and butter. Add olives and chives. Chill slightly for easier shaping. Form ball and roll in the chopped nuts. Serve with assorted crackers.

Mrs. Glenn Alexander, Cameron, La.

\*\*\*

### PARTY CHEESE BALL

1 small pkg. velveeta cheese  
2 (3 oz.) pkgs. cream cheese  
½ tsp. garlic powder  
½ tsp. red pepper  
3 shakes worcestershire sauce

Combine all ingredients and roll in ball; wrap in wax paper. Store in the refrigerator overnight; then remove. Mix together in small bowl, 2 T. parsley flakes and 1 cup pecans. Roll cheese ball in mixture and arrange onto attractive tray. Garnish with curly parsley and serve with Waverly crackers.

Mrs. James Patrick Giblin, (Cherie Griffith), Baton Rouge, La.

\*\*\*

### CHEESE BALL

1 (8 oz.) pkg. Philadelphia Cream Cheese  
1 (5 oz.) jar smoked cheese spread or  
1 roll Lawson's Smokelle  
1 tsp. Worcestershire sauce  
1 T. chopped onion  
1 T. chopped olives  
1 T. chopped parsley  
½ cup finely chopped nuts.

Have cheeses at room temperature. Combine all ingredients except parsley and nuts. Form into a ball and roll in parsley & nuts. Chill thoroughly, then place on an attractive tray surrounded by assorted crackers.

Charles Kevin Perkins, Cameron, La.

\*\*\*

### BACON-WRAPPED WATER CHESTNUTS

2 (10 oz.) cans water chestnuts  
1 (5 oz.) bottle Reese's soy sauce  
Granulated sugar  
1 lb. bacon

Marinate water chestnuts in soy sauce for at least 3 hours, turning often. Roll in sugar. Wrap each water chestnut in ½ strip bacon (don't stretch bacon). Secure bacon with toothpicks. Bake at 400° for 15 to 20 minutes, or until bacon is partially crisp. Serve hot. These can be made ahead and refrigerated until time to bake and serve. Makes about 35.

Roberta Carol Blake, Cameron, La.

\*\*\*

### NATCHITOCHE MEAT PIES

#### Filling:

1¼ lb. ground beef  
Seasoning to taste  
½ cup chopped onion  
½ cup chopped bell pepper  
2 T. flour

#### Crust:

4 cups flour  
2 tsp. salt  
1 tsp. baking powder  
1 egg  
½ cup shortening  
1 cup milk

Brown seasoned meat, add onions, and bell pepper and flour, stirring until vegetables are well wilted. Remove from heat.

Sift the dry ingredients together. Cut in shortening. Beat egg and add to milk. Add to flour mixture and work into dough. Roll very thin and cut into rounds (about 4-inch diameter.)

Place 1 T. meat on one side of each round, fold over and seal edges with fork. Fry in deep fat until golden brown.

Mrs. Robert Ortego, Creole, La.

\*\*\*

### PARTY PUNCH

1 qt. ginger ale  
½ gal. of Sherbet (Pineapple)

Leave sherbet at room temperature for 30 minutes and pour into punch bowl. Cut into large pieces or spoon out in large pieces. Pour in chilled ginger ale. Serve immediately. 6-8 servings.

Leven Harmon, Cameron, La.

\*\*\*

### SHRIMP MOLD

1½ T. unflavored gelatin  
½ cup water  
3 (3 oz.) pkgs. cream cheese  
1 can Tomato soup, heated  
1 cup mayonnaise  
¾ cup finely chopped celery  
¾ cup finely chopped green onions  
Salt and pepper to taste  
2 large cans shrimp or fresh cooked shrimp

Dissolve gelatin in water. Cream the cream cheese and add along with the gelatin to heated soup. Allow mixture to cool; then add mayonnaise, celery, onions and seasonings. Let stand in refrigerator until thickened, about 5 minutes. Add shrimp, slightly broken up. Place in well oiled mold and chill until firm. Serve with Ritz Crackers.

Mrs. Oran Garrie, Klondike, La.

\*\*\*

### TINY SHRIMP PUFFS

½ cup butter or margarine  
1 cup water  
1 cup all purpose flour  
½ tsp. salt  
4 eggs  
2 (5 oz.) cans shrimp, chopped or  
equiv. amount of cooked, devined, and  
chopped fresh shrimp  
2 T. chopped green onions  
1 cup finely chopped celery  
3 hard boiled eggs, chopped  
2/3 cup mayonnaise  
2 T. lemon juice  
Dash of Tobasco sauce

Preheat oven to 400°. Combine butter and water in a medium saucepan; heat to boiling. Stir in flour and salt all at once with a wooden spoon. Continue stirring until batter forms a thick smooth ball that follows spoon around pan. Remove from heat. Cool slightly; beat in eggs, one at a time until mixture is thick, shiny and smooth. Drop by teaspoonfuls one inch apart on greased cookie sheets. Bake 20 minutes, or until puffed and golden and no moisture remains on puffs. Remove from cookie sheets to wire racks; cool completely. Combine well rinsed shrimp, celery, green onions and boiled eggs in a medium bowl. Blend mayonnaise, lemon juice and tobasco in a cup; fold into shrimp mixture; chill.

About an hour before serving, cut a thin slice from the top of each puff; spoon out any soft centers from bottoms. Spoon about 1 T. of the shrimp mixture into each; replace tops. Arrange on a serving tray. Makes about 4 dozen appetizers.

Mrs. Seth Williams, Jr. Poplarville, Miss.

### CRAB SPINACH SPREAD

7½ oz. can crab meat  
10 oz. pkg. frozen chopped spinach  
¼ tsp. salt  
1 T. olive oil  
½ cup finely chopped green onion  
1 clove garlic, crushed  
2 T. dry Vermouth  
1/3 cup grated Parmesan cheese  
freshly ground pepper to taste  
¼ tsp. dried crushed oregano  
½ cup commercial sour cream  
Crackers

Drain canned crab. Cook spinach, using ¼ tsp. salt, according to package directions; drain thoroughly. Heat oil in skillet, add green onions, garlic, crab and spinach and cook gently for a few minutes. Stir in Vermouth, cheese, pepper and oregano; cook gently for a few minutes. Stir in sour cream and heat gently. Serve warm or chilled as a spread for crackers. Makes about 2 cups.

Mrs. Wendell Murphy, Cameron, La.

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### CRAWFISH OR SHRIMP DIP

1 stick (¼ lb.) butter or oleo  
¼ cup flour  
1 can Mushrooms (drained)  
1 small onion (or green onions)  
½ pint - sour cream  
1 lb. crawfish or shrimp  
Salt, pepper and tabasco

Saute crawfish or shrimp in half of the butter or oleo. In another skillet saute onions in the other half of the butter or oleo, then add flour to make a paste. Cook a few minutes more but do not brown. Add drained mushrooms and stir this mixture in sauted crawfish or shrimp. Add sour cream and season with salt, pepper and tabasco to taste. Heat and serve. (Keep in a fondue pot or keep on a warmer while serving).

Yvonne Dalton, DeRidder, La.

\*\*\*

### DIP FOR RAW VEGETABLES

1 pkg. onion soup mix  
¼ tsp. paprika  
1 cup sour cream  
½ cup dry sherry

Warm sherry and pour over pkg. of onion soup mix. Allow to stand at least one hour and then stir and fold in sour cream and paprika. Cover and refrigerate until serving time. (It is even better if made the day before serving.)

Mrs. H. L. Dickins, Cameron, La.

\*\*\*

### PAPRIKA CHEESE ROLLS

8 oz. process American Cheese,  
shredded  
1 (3 oz.) pkg. cream cheese, softened  
1/3 cup chopped pimento  
stuffed olives  
¼ tsp. onion powder  
dash ground red pepper  
1 tsp. commercial sour cream  
paprika  
Melba Toast rounds

Combine American cheese and cream cheese, blending until smooth. Stir in olives, onion powder, red pepper and sour cream. Shape into three 4 inch rolls. Sprinkle paprika heavily on waxed paper. Roll each cheese roll in paprika, coating well. Wrap each roll in foil, refrigerate several hours, then cut into thin slices and serve on melba toast rounds. Yields three 4-inch rolls.

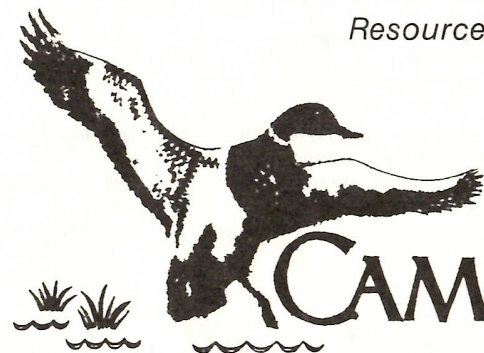
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## DESSERTS



### STUFFED BANANAS

4 bananas (sliced in half)  
1 - 8 oz. pkg. cream cheese  
3 T. butter for frying

#### Sauce:

¼ cup pecans  
1 stick butter (melted)  
2 T. rum  
1 cup sugar  
1 cup Half & Half cream

Slice bananas in half and add cream cheese to middle, putting back together (like a sandwich). Melt butter (3T.) and fry bananas in butter rolling them as they fry and are heated through. Take them into casserole and pour sauce over them which is made by combining all of the sauce ingredients.

\* This won Honorable Mention in the 1977 Favorite Foods Show.  
*Cleo Kelley, Cameron, La.*



### MOUSSE AU CHOCLAT A LA NORMANDE

2 qt. charlotte mold  
24 lady fingers  
¼ lb. chopped semi sweet chocolate  
5 T. amaretto (vanilla liquor)  
2 T. water  
1½ sticks butter, softened  
½ cup confectioner's sugar  
3 egg yolks  
½ cup ground almonds  
2 cups heavy cream  
2 inch vanilla bean  
¼ cup confectioner's sugar  
3 egg whites, beaten  
fresh strawberries  
whipped topping

Line bottom of mold with parchment. Line sides with lady fingers, stuck to side with a dab of butter. Place mold in refrigerator while continuing recipe. Melt chocolate, amaretto and water together, cool slightly. Cream butter, ½ cup confectioner's sugar and yolks. Combine butter mixture and chocolate. Grind almonds and add to mixture. Combine heavy cream, ¼ cup confectioner's sugar and vanilla and mix well into chocolate mixture. Add beaten egg whites and mix. Fold mixture into cold mold and place in freezer for two hours until very firm. Turn mousse out of mold and top with whipped cream rosettes and fresh strawberries. Tie a red ribbon around for an even more elegant desert.

*Randolph Williams, New Orleans, La.*

\*\*\*

### PINK CLOUD DESSERT

2 cups fresh strawberries  
¾ cup confectioner's sugar  
1 tsp. grated lemon rind

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3 egg whites  
Dash of salt

Melt gelatin in hot water. Add cold water & lemon juice. Pour into cream cheese a little at a time. Blend well. Chill until slightly firm. Add other ingredients and chill until firm.

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

\*\*\*

## PUDDING CAKE

### 1st Layer:

1 cup flour  
1 stick oleo  
1 cup chopped pecans

Blend all ingredients and press into a 9 x 13 greased pan. Bake for 15 minutes at 350°; cool.

### 2nd Layer:

1 cup powdered sugar  
1 (8 oz.) pkg. cream cheese  
1 tsp. vanilla  
1 cup of a (9 oz.) carton cool whip

Blend sugar, cream cheese and vanilla; add 1 cup whipped topping and spread over cooled first layer. Chill.

### 3rd Layer:

2 (3 oz.) pkgs. instant  
chocolate pudding  
3 cups cold milk  
1 tsp. vanilla

Beat together these ingredients until smooth. Pour over chilled layers. Top with remainder of the whipped topping. Garnish with grated chocolate if desired.

\* This delightful dessert has been submitted with several variations which include using both vanilla and chocolate puddings, substituting lemon or coconut pudding, adding



coconut to the topping and using Dream Whip instead of Cool Whip. Contributors are:

*Mrs. Geneva Griffith, Grand Chenier, La.*  
*Mrs. Roland Trosclair, Jr., Cameron, La.*  
*Mrs. Janice Shannon, Seabrook, Texas*  
*Mrs. Joy Kelley, Cameron, La.*  
*Mrs. Rebecca Vidrine, Grand Chenier, La.*

\*\*\*

## ICE BOX FRUIT CAKE

1 lb. box graham crackers,  
crushed  
1 stick butter or margarine  
1 lb. marshmallows  
1 small jar cherries, chopped  
1 cup chopped pecans

Line graham cracker box with foil. Melt marshmallows in the butter. Mix cherries and pecan. Add marshmallow mixture, and cherries mixture to graham cracker crumbs. Pour into box and keep in refrigerator.

*Beverly Dyson, Grand Chenier, La.*

\*\*\*

## VANILLA WAFER CAKE

6 eggs  
2 sticks margarine  
1 cup pecans  
2 cups sugar  
½ cup milk  
1 (7 oz.) pkg. coconut  
1 (12 oz.) pkg. vanilla wafers

Crush vanilla wafers in plastic bag. Cream sugar and margarine. Add eggs; then wafer crumbs; milk; nuts; and coconut. Bake in tube pan at 275° for 2 hours. (Grease and flour pan.)

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

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## BLUEBERRY-ANGEL DESSERT

1 angel food cake  
1 (5 oz.) pkg. cream cheese,  
softened  
2 enveloped Dream Whip  
1 can blueberry pie filling, chilled

Whip dream whip in mixer, according to directions. Add cream cheese. Cut angel food cake in half. Pour cream cheese mixture over the bottom half. Replace top half and add the rest of the mixture on top. Cover with blueberries. Refrigerate until ready to serve.

*Mrs. Blackie Taylor, Cameron, La.*

\*\*\*

## BLUEBERRY SUPREME

### Crust:

2 cup graham cracker crumbs  
1 cup powdered sugar  
1 stick of melted oleo  
1 cup finely chopped nuts

Mix and press into oblong 9 x 13 pan; set aside.

### Filling:

1 (8 oz.) pkg. cream cheese softened  
to room temperature  
1 cup sugar  
3 T. condensed milk  
2 eggs slightly beaten  
4 T. lemon juice

Combine filling in electric mixer bowl and beat until smooth. Spread over crust and bake at 350° for 20 to 25 minutes. Remove and pour blueberry pie filling over crust. Cool and spread with Cool Whip using swirling motions. (Medium size container of Cool Whip.)

\*\*\*

## BLACKBERRY DUMPLINGS

1 qt. blackberries  
½ qt. water  
sugar to taste

### Dumplings:

1¼ tsp. baking powder  
½ tsp. salt  
1 tsp. sugar  
1¼ cup flour  
1 egg  
milk  
1 tsp. melted butter

Boil berries, water and sugar together until berries turn red. For dumplings, add baking powder, salt and sugar to flour, then the beaten egg with enough milk to make a stiff batter. Add butter and drop by teaspoon into boiling berries and cook 5 minutes. Serve berries and juice poured over dumplings. The dumplings should be added to berries as soon as made.

*Karen Belanger, Cameron, La.*

\*\*\*

## QUICK FRESH DEWBERRY COBBLER

1½ cups sugar  
2 eggs  
½ cup carnation milk  
2 tsp. vanilla  
2 tsp. baking powder  
1 - 1½ cups flour  
3 - 4 cups berries  
1 cup sugar

Preheat oven to 350°. Stir together first six ingredients. Pour into greased 9 x 13 baking pan. Wash fresh berries and sprinkle with sugar. Let set for a few minutes, then spoon on top of dough. Bake until done-when toothpick comes out clean. Serve with a dollup of sour cream. HINT: Fresh peaches can be used also, but cook

them till tender in 1 cup sugar and a little water, before spooning on top of dough. With peaches, always use almond extract, sparingly though.

*Eve Billiot, Jhonson Bayou, La.*

\*\*\*

## HOMEMADE ICE CREAM

8 eggs  
1½ cup sugar  
(2½ cup if using Evap. milk)  
2 cans condensed milk (or evap. milk)  
½ tsp. salt  
1½ T. vanilla  
Homogenized milk  
1 can fruit, drained OR fresh fruit  
(optional)

Beat the eggs in large bowl. Add sugar, condensed milk (or evap. milk), salt, vanilla. Mix. Add 1 qt. homogenized milk and cook over low fire until mixture will coat a spoon, stirring often. Chill in refrigerator ½ hour. Pour in ice-cream-maker can and add fruit. Add more milk if necessary to bring level up to 2½" from top. Turn and freeze.

*Yvonne Stevens, Cameron, La.*

\*\*\*

## STRAWBERRY ICE CREAM

6 egg yolks  
2 cups sugar  
½ tsp. salt  
3 cups milk, scalded  
1 T. vanilla extract  
¾ cups heavy cream  
2 pints fresh strawberries,  
pureed (2 cups)  
1 tsp. ascorbic acid powder  
(Fruit Fresh)  
12 drops red food coloring

Make custard base by beating together egg yolks, 1 cup of sugar and ½ tsp. salt. Slowly stir in scalded milk. Pour into medium saucepan and stir over medium heat until mixture coats a metal spoon. Remove from heat. Add vanilla and refrigerate until cool. Stir in heavy cream and refrigerate until very cold.

Puree strawberries in electric blender. Stir in remaining cup of sugar and 1 tsp. Fruit Fresh. Let stand for several hours or until sugar is completely dissolved.

Combine strawberry mixture with chilled custard. Pour into container of churn type freezer and freeze. Makes 4 quarts.

*Mrs. Leroy Dyson, Grand Chenier, La.*

\*\*\*

## VANILLA ICE CREAM

4 eggs  
2¼ cups sugar  
6 cups milk  
3 cups evaporated milk  
4½ tsp. vanilla  
½ tsp. salt

Add sugar gradually to beaten eggs. Continue to beat until mixture is very stiff. Add remaining ingredients and mix thoroughly. Pour into a gallon freezer and freeze as directed. Makes 4 quarts.

*Leven Harmon, Cameron, La.*

\*\*\*

## PEGGY'S HOMEMADE ICE CREAM

6 eggs  
1½ cups sugar  
1 tall can evaporated milk  
1 pkg. instant pudding  
(any flavor)  
Milk-enough to fill ice cream  
container

Mix all ingredients well. Pour into can and add enough milk to fill container. Freeze.

Mrs. Peggy Shelton

*Submitted by: Blackie Taylor, Cameron, La.*

\*\*\*

## PINEAPPLE SHERBET

1 No. 3 can crushed pineapple, drained (reserve liquid)  
Juice of 2 lemons  
1 small can Pet milk  
4 egg whites

Put pineapple juice, lemon juice and milk in ice cream freezer (one gallon) and fill freezer to  $\frac{3}{4}$  full with water. Sweeten to taste. Churn until soft, then open and add crushed pineapple and the egg whites which have been stiffly beaten. Close freezer and continue churning until sherbet is hard. Set for an hour to ripen.

*Mrs. Edna Bertrand, Cameron, La.*

\*\*\*

## FROZEN PINEAPPLE TORTE

Serves 8 - 12 as it is very rich

3 egg yolks  
dash of salt  
 $\frac{1}{2}$  cup sugar  
1 (9 oz.) can crushed pineapple drained (reserve juice) Pineapple in syrup; not natural juice  
2 T. lemon juice  
3 egg whites  
2 T. sugar  
1 cup whipping cream  
2 cup vanilla wafer crumbs

Prepare a 10 $\frac{1}{4}$  x 7 x 1 $\frac{1}{2}$  pan; or a spring form pan (which ever you desire). Coat sides and bottom with butter and sprinkle crumbs on all sides of pan; coating well. Spread  $\frac{1}{2}$  of the remaining crumbs over bottom of the pan. Beat egg yolks, salt and  $\frac{1}{2}$  cup sugar. Add syrup from drained pineapple and lemon juice. Cook over hot, not boiling water, until mixture coats the spoon, stirring constantly. Add drained pineapple and set aside to cool.

**Prepare meringue:**

3 egg whites and 2 T. sugar

Beat egg whites till foamy and gradually add sugar and beat till stiff. Whip cream and fold into meringue; then fold in cooled custard mixture. Pour custard mixture into prepared pan and cover with remaining crumbs. Cover with plastic wrap and freeze till firm-about 3 to 4 hours. Will keep at least one week in freezer well. Remove from freezer shortly before serving to allow to soften a little for cutting.

*Mr. Jerry Jones, Cameron, La.*

\*\*\*

## CHERRY TART

**Crust:**

2 cup flour  
1 cup chopped nuts  
 $\frac{1}{2}$  cup brown sugar  
1 cup butter

Mix as a pie crust and press in 2 pie pans or a 9 x 13 pan. Bake at 400° for 8 to 10 minutes. Cool and crumble up crust and press back in pan.

**Filling:**

1 (8 oz.) pkg. cream cheese (soften to room temperature)  
1 cup confectioners sugar  
1 tsp. vanilla flavoring  
1 large Cool Whip

Combine above ingredients and spread on cooled crumb crust.

**Topping:**

Spread can of cherry pie filling over the above and chill. You may use 1 can of cherries drained and reserve the juice. To the cherry

juice add 2 T. cornstarch mixed with  $\frac{2}{3}$  cup of sugar and cook till thick.

This dessert may be prepared 3 to 4 days in advance.

*Mrs. Jerry Jones, Cameron, La.*

\*\*\*

## STRAWBERRY PARFAIT

$\frac{1}{2}$  pt. whipping cream  
1 can condensed milk (not evaporated)  
 $\frac{1}{2}$  cup light cream  
1 cup frozen strawberries, Thawed

Whip the whipping cream until nearly stiff, then add condensed milk and fruit. Rinse out condensed milk can with light cream before adding to strawberry mixture. Place in freezing compartment for 1 hour. Then beat well in freezing pan and return to freezing compartment. Raspberry jam, or fresh peaches may be substituted for the strawberries. Serves 6.

*Martha Fontenot, Cameron, La.*

\*\*\*

## COFFEE PARFAIT

$\frac{1}{2}$  cup coffee  
26 marshmallows  
1 tsp. vanilla  
 $\frac{1}{2}$  cup whipping cream

Pour coffee over cut up marshmallows and melt in a double boiler. Cool thoroughly and add vanilla. Whip cream and fold into above mixture. Put in freezer and freeze until firm. Serves 6.

*Martha Fontenot, Cameron, La.*

\*\*\*

## CANTALOUPE FRAPPE

4 cantaloupes  
1 cup sugar  
 $\frac{1}{2}$  cup water  
4 T. lemon juice  
 $\frac{1}{2}$  cup port wine

Scoop out the pulp from 4 ripe cantaloupes and rub as much as possible of it through a coarse sieve. This should give you about 2 cups of pulpy juice. Boil the sugar moistened with the water for 5 minutes, and when it has cooled add it to the cantaloupe. Then add lemon juice and the port. Freeze in the usual manner until stiff, remove dasher and pack. When ready to serve, fill centers of 8 cantaloupe halves which have previously been chilled. Just before serving pour a few drops of cognac over each and serve at once. Serves 8.

*Martha Fontenot, Cameron, La.*

\*\*\*

## HAWAIIAN CHEESECAKE

2 cups flake coconut  
3 T. melted butter  
1 small can crushed pineapple  
2 eggs, separated  
 $\frac{3}{4}$  cup sugar, divided  
 $\frac{1}{4}$  tsp. salt  
1 T. lemon juice  
1 envelope (1 T.) unflavored gelatin  
 $\frac{1}{4}$  cup water  
2 (3 oz.) pkgs. cream cheese, softened  
 $\frac{1}{2}$  pt. whipping cream, whipped  
Toasted coconut

Combine 2 cups coconut and butter; press in bottom and about 1 inch up sides of an 8 inch springform pan. Bake at 350° about 10 minutes or until lightly browned.

Drain pineapple, reserving juice. Add enough water to pineapple juice to make 1 cup liquid. Beat egg yolks; add  $\frac{1}{2}$  cup sugar, salt, lemon juice and pineapple liquid. Place over low heat; cook, stirring constantly, until slightly thickened.

Sprinkle gelatin over cold water; add to cooked mixture, stirring

until dissolved. Beat cream cheese until smooth; slowly add cooked mixture, beating until smooth. Chill until slightly thickened; fold in pineapple.

Beat egg whites until foamy; gradually add remaining  $\frac{1}{4}$  cup sugar, beating until stiff. Fold into cream cheese mixture. Spoon filling into prepared crust, and chill until firm. Top with whipped cream, and sprinkle with toasted coconut. Yield: 8 generous servings.

*Charla Jo Blake, Cameron, La.*

\*\*\*

## ANGEL SURPRISE

$\frac{1}{2}$  cups milk  
1 (3 oz.) pkg. softened cream cheese  
1 (3- $\frac{3}{4}$  oz.) pkg. instant vanilla pudding  
4 cups angel food cake cubes  
1 (13 $\frac{1}{4}$  oz.) can crushed pineapple, drained  
1 large carton cool whip

In a small mixer bowl, gradually blend milk into cream cheese, beating until smooth. Add pudding mix and beat at low speed til smooth and slightly thickened. Pour mixture over angel cake cubes, stirring to coat. Spread drained pineapple on top; then spread cool whip over all. Chill several hours or overnight.

\* This was a second place winner in the 1977 Favorite Foods Show.

*Mrs. Buddy Skidomre, Cameron, La.*

\*\*\*

## BAKED APPLES

6 baking apples (Rome)  
Sugar-cinnamon mixture (3 to 2)

Oleo

"Red-Hots" candy  
Preheat oven to 350° F.

Wash and core apples, paring only the top 1/3 of each. Set in baking dish. Place a dab of oleo in each hole, then a few "Red-Hots", then fill to overflowing with sugar-cinnamon mixture. Dot top of each with more oleo. Sprinkle handful of Red-Hots over all, bottom of pan included. Sprinkle sugar-cinnamon in pan. Pour 1/3 -  $\frac{1}{2}$  cup water in pan. Bake at 350° F. for 1 hour or until tender when pierced with a fork.

*Yvonne Stevens, Cameron, La.*

\*\*\*

## FRUIT SWIRLS

2 T. butter  
1 can pie filling (apple, cherry, or blueberry)  
 $\frac{1}{2}$  cup fruit juice  
 $\frac{1}{3}$  cup chopped pecans  
1 can refrigerated Carmel nut rolls

Combine butter, pie filling, juice, nuts and topping from carmel nut rolls in small sauce pan and bring to a boil over medium low flame. Pour into 9 x 9 x 2 inch pan and top with rolls. Bake in oven at 375° for 20 or 25 minutes.

*Ruby B. Boudoin, Cameron, La.*

\*\*\*

## LOUISIANA YAM SPICE CUPCAKES

$\frac{1}{3}$  cup butter  
1 cup sugar  
1 cup mashed Louisiana yams  
1 egg  
1 cup flour  
 $\frac{3}{4}$  tsp. cinnamon  
 $\frac{3}{4}$  tsp. nutmeg  
 $\frac{1}{4}$  tsp. allspice  
 $\frac{1}{4}$  tsp. cloves  
 $\frac{1}{4}$  tsp. salt

$\frac{1}{2}$  tsp. baking soda  
 $\frac{1}{2}$  tsp. baking powder  
1 cup chopped nuts  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{3}$  cup buttermilk

Cream butter and sugar; add mashed yams and egg, mixing well. In a small mixing bowl, measure all dry ingredients; then dredge nuts and raisins in this mixture. Add dry ingredients alternately with the buttermilk, mixing well. Pour into muffin tin liners and bake 25 to 30 minutes at 350°.

*Mrs. Earl K. "T-Mae" Booth, Grand Chenier, La.*

\*\*\*

## PUMPKIN CUPCAKES

1 cup flour  
2 tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{8}$  tsp. ground cloves  
 $\frac{1}{4}$  cup shortening  
 $\frac{2}{3}$  cup sugar  
1 egg  
 $\frac{1}{2}$  cup cooked, mashed pumpkin  
2 T. milk

Mix all ingredients in mixing bowl and beat well. Spoon into greased muffin cups, filling about  $\frac{2}{3}$  full. Bake at 350° about 30 minutes. Cool 5 minutes and drizzle with lemon glaze.

**Lemon Glaze:**

$\frac{1}{2}$  T. melted butter  
 $\frac{1}{2}$  cup powdered sugar  
1 T. lemon juice  
 $\frac{1}{8}$  tsp. grated lemon peel

Combine butter and sugar; add lemon juice and lemon peel. Drizzle over cupcakes.

*Euphemie Andrews, Cameron, La.*

## LAGNIAPPE



## GREEN-PEPPER JELLY

$\frac{1}{4}$  cup ground hot green peppers  
 $\frac{3}{4}$  cup ground bell peppers  
1 $\frac{1}{2}$  cups apple cider vinegar  
 $\frac{6}{8}$  cups sugar  
1 bottle certo

Mix peppers, vinegar, sugar and boil for 10 minutes. Remove from heat; add certo. Stir well; cool. Put in hot, sterilized jars.

*Mrs. Earl K. "T-Mae" Booth, Grand Chenier, La.*

\*\*\*

## MICROWAVE OVEN ROUX

Combine equal parts of cooking oil and flour in glass bowl. Put in microwave oven and set for about 4 minutes. Watch closely, as time may vary. Stop oven after 2 minutes and stir. Stir once more, before time is up.

*Mrs. Earl K. "T-Mae" Booth, Grand Chenier, La.*

\*\*\*

## JELLY-MAKING HINTS

When making grape juice jelly, if you find it has no flavor (as I do sometimes), for each four cups of juice add two small packages of



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cool-aid in raspberry or grape flavor. Do this after the jelly is ready to pour into glass jars-just stir in well.

I also make fig strawberry jam by using the strawberry cool-aid instead of strawberry jello. It is very good, and makes the jam redder in color.

*Eve Billiot, Johnson Bayou, La.*

\*\*\*

#### JERUSALEM ARTICHOKE RELISH

3 qts. Jerusalem artichokes - chopped  
1 qt. onions - chopped  
6 green bell peppers - chopped  
2 red onions - chopped  
3 lbs. cabbage - chopped  
2 cauliflowers - chopped

Soak vegetables over night in crock covered with 1 cup salt to 1 gal. water. Use plain or ice cream salt.

Next day bring to boil and boil for 5 minutes.

1½ qts. vinegar  
3 lbs. sugar  
3 T. mustard seed  
1 T. black pepper

Make a paste of:

1 pt. vinegar  
¾ cup flour  
½ cup dry mustard  
1 T. tumeric

Stir till smooth, add to boiling brew and stir until thick. Add well drained vegetables and bring to a boil, but DO NOT let boil. Stir well. Pour into sterilized jars and seal properly. This is great with melba rounds and only meats for a condiment. A very old Alexander family recipe, first time anyone besides family has seen it to my knowledge. Usually not given out.

*Mrs. Glenn Alexander, Cameron, La.*

\*\*\*

#### PA'S SAUCE

2 cups mustard  
1½ tsp. salt  
2¼ cup catsup  
¾ cup vinegar  
2 tsp. horseradish  
1 medium onion, chopped lengthways very thin  
3 cloves garlic, chopped lengthways very thin

Combine all ingredients and put in jar or bottle and store in refrigerator.

(My father H. A. Miller worked up this recipe himself and called it "his sauce." It is equally good on fish or meat.)

*Mrs. Corrine M. Canik, Grand Chenier, La.*

\*\*\*

#### TARTAR SAUCE

2 cups mayonnaise  
1 tsp. Lea and Perrin  
3 T. minced onion  
4 chopped olives  
3 T. chopped pickles  
1 tsp. lemon juice

Combine all ingredients and chill until ready to serve with seafood.

*Lidian Richard, Grand Chenier, La.*

\*\*\*

#### PICKLED KUMQUATS

4 qts. Kumquats  
Cloves  
1½ cups sugar  
3 cups water  
¼ cup cider vinegar  
2 sticks cinnamon

Pour 4 cups boiling water over Kumquats. Steep about five

minutes. Pour off water. Stick a whole clove in each Kumquat. Combine in pan 1½ cups sugar, 3 cups water, ¼ cup cider vinegar and 2 sticks cinnamon and mix well. Pour over Kumquats bring to a boil for 20 minutes. Cover and let stand over night in syrup. Next day add 1 more cup sugar and boil for five minutes and put in hot sterilized jars. This recipe yields four ½ pints.

*Mrs. L. M. Garlington, Grant, La.*

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