

DREAMS

Dreams are the foundation on which our future is based. Without dreams, there is no hope; and without hope there is no future. For the Cameron farmer, there is always that hope that tomorrow will be just a little bit better.

LOUISIANA FUR & WILDLIFE FESTIVAL COOKBOOK

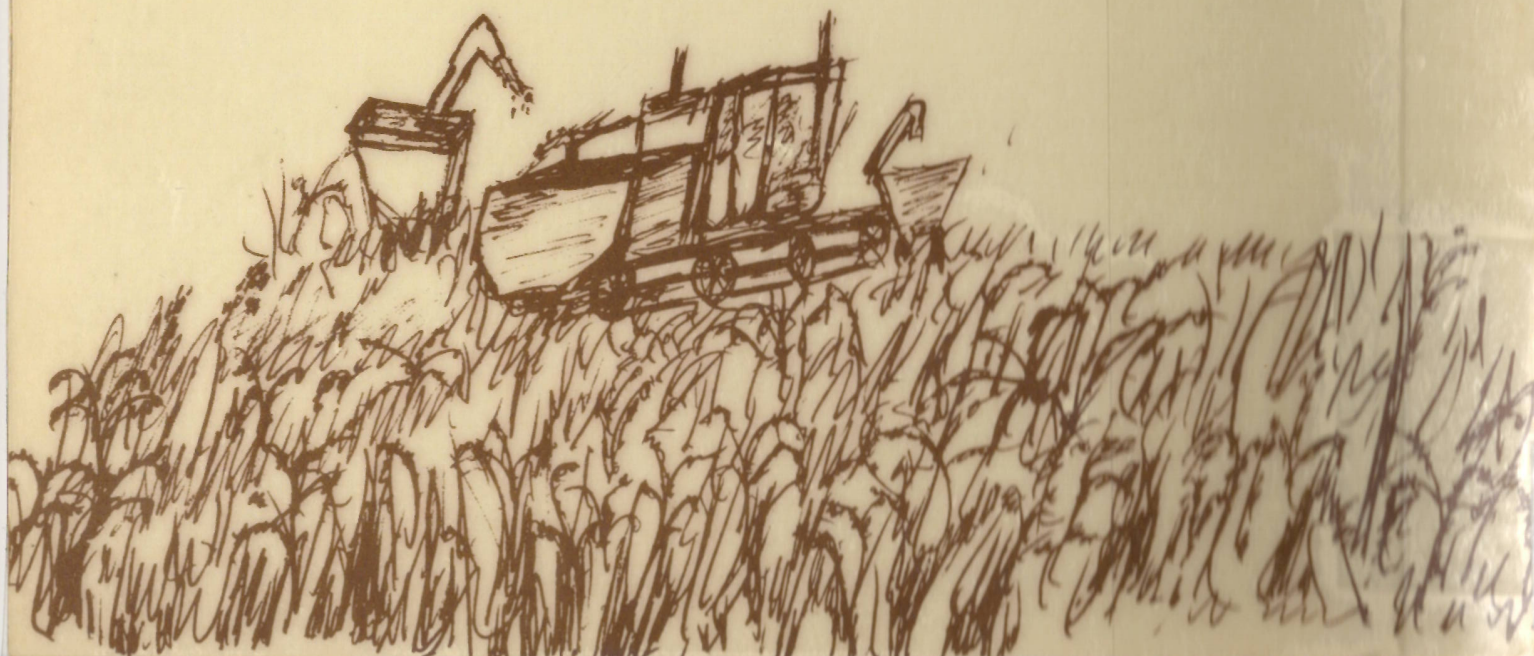


29TH ANNUAL FESTIVAL

**HOSTED BY:
CAMERON PARISH**

**CAMERON, LOUISIANA
JANUARY 10 - 12, 1985**

Price \$5.00



LOUISIANA



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LOUISIANA FUR AND WILDLIFE FESTIVAL

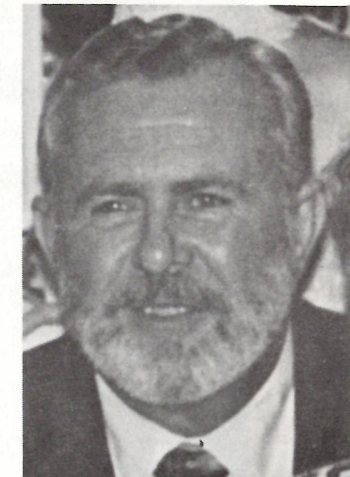
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FESTIVAL SUPERINTENDENTS

Mrs. Molena Skidmore, Mrs. Joe Griffith	Visiting Queens & Louisiana Fur Queen Contest
Edwin A. Kelley, Cameron Lions Club	Saturday Night Program
Mr. and Mrs. Clifford Conner, Mr. and Mrs. Gene Sturlese	Queens Ball
Mrs. D.A. Dupuie, Mrs. Eric Vaughn	Miss Cameron Parish Contest
Mrs. W.E. Guthrie, Sr., Thelma Hackett No. 225, OES	Friday Night Program
Mrs. Rosalie Perry, Mrs. Sue Mhire, Mrs. Shirley Bonsall	Little Mr. and Miss Cameron Parish
Jules Dronet, John Merchant, Richard Bros. #176, Am. Legion	Duck & Goose Calling Contest
Ted Joanen, Howard Romero, James Albarado, David Richard	Retriever Dog Trials
Oscar Reyes, John Kondrup, Doxey-Vincent #10019, VFW	Trap Setting Contest
Oscar Reyes, John Kondrup, DVP #10019, VFW	Nutria & Muskrat Skinning Contest
Oscar Reyes, John Kondrup, DVP #10019, VFW	Oyster Shucking Contest
Sidney Theriot	Archery Contest
Lions Club	Trap Shooting Contest
Court Mary Olive #1463, CDA	Poster Contest
Mrs. Lora Guthrie, Mrs. Mary Johnson	Art Contest
Mrs. Wendell Mhire	Crafts Contest
Mrs. J.W. Broussard and Cameron Parish Library Staff	Compiling Festival Results
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Mr. and Mrs. Warner Daigle	Hosts for Maryland Group
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Ms. Geneva E. Griffith	Publicity and Photography
Mrs. Roberta Broussard	Scrapbook
Mrs. Tina Horn	Trophies
Mrs. Lena Guidry, Mrs. Rose Robicheaux, Mrs. Billie Fruge, Mrs. Cleo Duhon, Mrs. Verna Mae Pettifer, Mrs. Shirley Chesson	Stage Decorations
Kirk and Ray Burleigh and Cameron Volunteer Fire Department	Town Decorations
Mrs. Nancy C. Cronan, Mrs. Shirley Bonsall, Mrs. Roberta Broussard	Editors, Cookbook
Mrs. Rose Robicheaux	Artist
Ricky Guidry	Cookbook Sales
Mrs. Ward Fontenot	Chairman Judges and Poster Committee

A MESSAGE FROM THE PRESIDENT



Welcome to Cameron. Come share with us a festival which we hope you enjoy as much as we do.

In 1984 we honored the Rice Industry. The United States, the world's leading exporter of rice, is known throughout the world for the superior quality of rice. Cameron Parish plays an important part in the growing and exporting of this product.

This year we are honoring a "Fun" industry and one of which we are very proud, hunting.

Some of the best known people in our country, from presidents to senators, movie stars and well known business tycoons have enjoyed hunting in Cameron Parish. They all agree with us that Louisiana is truly a Sportsman's Paradise.

Hunting brings a substantial amount of business into Cameron Parish. It also provides recreation for our citizens and visitors. Sporting goods stores, grocery stores, service stations, motels and hunting clubs all reap the benefits from the great number of people who participate in this sport.

We salute the hunters and sportsmen who partake of our God given renewable natural resource and hope that we can continue to be the "Sportsman Paradise" forever.

Once again, a big thank you to the many fine people in Cameron Parish who worked so hard to make this Festival one of the best anywhere!

Sincerely,

J.B. Blake, Jr.
President

J. B. BLAKE, JR.
PRESIDENT
ERNEST CAROL TRAHAN
VICE PRESIDENT
HAYES P. PICOU, JR.
SECRETARY
E. GARNER NUNEZ
PARISH ADMINISTRATOR
PARISH TREASURER

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

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DISTRICT 4
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DISTRICT 5
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DISTRICT 6
J. B. BLAKE, JR.

September 5, 1984

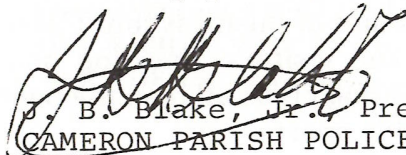
TO: CAMERON PARISH RESIDENTS, FRIENDS & VISITORS

On behalf of the Cameron Parish Police Jury, I would like to take this opportunity to express my deep appreciation to the many people who have worked so hard to make the Louisiana Fur & Wildlife Festival the success it is today. It is truly a tradition of Cameron Parish.

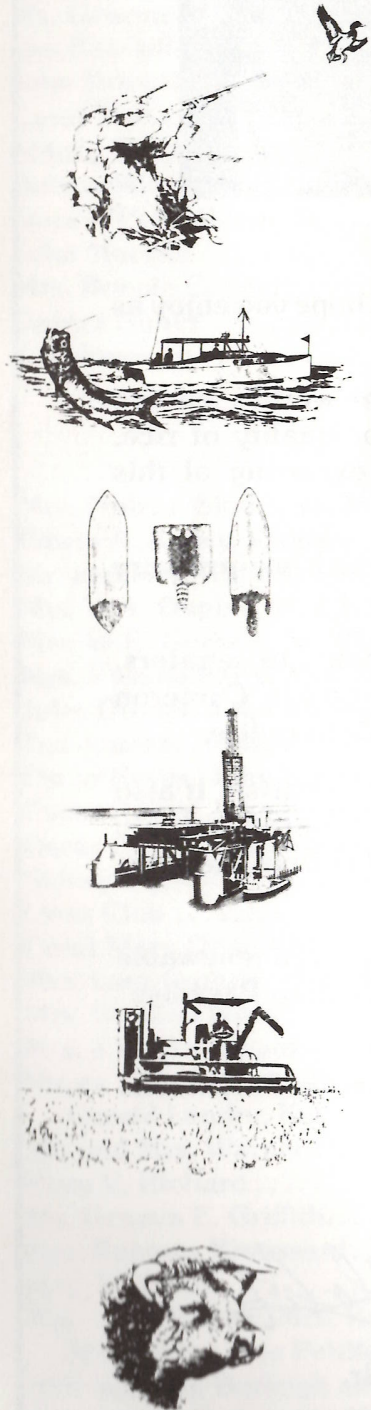
The Cameron Parish Police Jury is proud of the Louisiana Fur & Wildlife Festival and will continue to support it wholeheartedly.

Congratulations to all of you!

Sincerely yours,


J. B. Blake, Jr., President
CAMERON PARISH POLICE JURY

JBBjr/bc



THE HEART OF SPORTSMAN'S PARADISE



1984
Louisiana Fur & Wildlife Festival Queen
ELIZABETH PRIMM

Elizabeth will be attending Nichols State University majoring in broadcasting and is the 19 year old daughter of William and Elaine Primm of Houma, Louisiana.

"Throughout my year as the 'Louisiana Fur and Wildlife Festival Queen', I've made many acquaintances and cherished friendships in which most of them have undoubtedly enriched the paths of my future. Many doors have been opened to me, contributing to my growth and understanding as a person living in this wonderful and prosperous state of Louisiana. I give much credit to you, the people, for being a major part of this exciting experience. Thanking the people of the Fur Association hardly seems like enough after all of the support they've given me, but, from deep within my heart, I sincerely thank them.

Having represented the 'Louisiana Fur and Wildlife Festival' has truly been an honor. Ending my reign gives me sorrow, but I'll always keep the priceless memories. God Bless You."

This Page Compliments of the firm of JONES, JONES, & ALEXANDER, SALLIE JONES SANDERS, and MIKE AND JENNIFER BERCIER.



**1984
King Fur XVI
CHARLES HENRY PRECHT**

Charles Henry Precht was born 1910 at his maternal grandparents home at Big Lake. After moving from the Raymond Community north of Jennings, Louisiana, the Precht family moved to south Lake Charles, Louisiana. Charles finished school at Lake Charles High in 1929. He married the former Ella Mae Flournoy. They were blessed with three children; Charles, Jr., William Wayne, and Barbara Hanchey. The years have added six grandchildren and four great-grandchildren. Charles and Ella Mae are members of the Sweetlake United Methodist Church. Charles also serves as a 32nd Degree Mason in the Masonic Lodge.

Precht moved to Cameron Parish in 1933 and engaged in rice farming with his late Uncle Charles W. Hebert and late brother Herman Precht.

During the years he served on the A.S.C.S. Board, F.H.A. and the Moss Regional Hospital Board in Lake Charles. Charles also served as a three term member of the Cameron Parish Police Jury.

King Fur retired from rice farming in 1974 and has engaged in gardening for the past 10 years, a hobby he didn't have time for when growing rice, operating rice dryers, and working cattle. Charles has enjoyed serving Cameron Parish as 1984 King Fur. "It was an honor to represent the parish which has been so good to us!"

This Page Compliments of CAMERON TELEPHONE COMPANY



**1984
Miss Cameron Parish
SELIKA MICHELLE MILLER**

Selika Michelle Miller is the eighteen year old daughter of Mr. and Mrs. J.A. Miller of Creole.

A graduate of South Cameron High School, she received any honors such as: Miss South Cameron High School, Homecoming Court, and FHA Court. She was an active member in FHA, FBLA, 4-H, Beta and Cheerleader.

Selika is presently attending Bauder Fashion College in Arlington, Texas, where she is majoring in Fashion Merchandising. Upon receiving her degree in merchandising, she hopes to make a career as a buyer in the Fashion Industry.

During her reign as Miss Cameron Parish 1984, she represented Cameron Parish at the National Outdoor Show in Cambridge, Maryland, where she also received the title of World Champion Muskrat Skinner.

"As my reign comes to an end, I would like to thank all of the people of Cameron Parish who helped and supported me throughout the year. My year as Miss Cameron has been very rewarding to me. I will always treasure the many friendships and wonderful memories that being Miss Cameron Parish has brought to me. Again, thank you for allowing me to represent you and this unique parish that we live in."



1984
Little Miss Cameron Parish
JESSICA AZORA LEGER

Jessica is the seven year old daughter of Barbara A. Leger of Johnson Bayou. She is a second grade student at Johnson Bayou High School where she was crowned Elementary Sweetheart Queen and is now the reigning Harvest Festival Queen. Jessica enjoys dancing, skating, fishing, horseback riding, and most of all Talent performances.

During her reign she participated in the Little Miss Dream Angel Pageant in Lake Charles and was selected First Runner-Up.

Jessica says she was proud to represent Cameron Parish.



1984
Little Mister Cameron Parish
KASEY RYAN JINKS

Kasey is a six year old first grader at Hackberry High School. He is the son of Anthony and Melissa Jinks of Hackberry. Kasey has two brothers; Jared, a ten year old fifth grader and Dusty, an eight year old third grader, who was Little Mister Cameron Parish of 1982.

Kasey enjoys playing Atari, playing Army, swimming and riding his bicycle. He is also a member of the Hackberry Pirates Tee Ball Team. Kasey is very thrilled and honored to have been Little Mister Cameron Parish.

"RICE" The Success Story

by Lena Guidry

The cultivation of rice is older than recorded history dating back to 2800 B.C. Tales of rice and its significance to mankind dot the pages of history of the Eastern Hemisphere from China to Ancient Greece and Persia to the Nile Delta.

Like America and her history, the story of rice cultivation in the United States is much newer.

In the days of colonial America, the Carolinas, located midway down the U.S. Atlantic Coast, were considered a most favorable area to produce those things which were in demand by England. Rice was among one of these commodities.

Despite this early production, the cultivation of rice in the Carolinas was not begun in earnest until much later. The introduction of an improved variety was reported from Madecasar when a ship bound from Madecasar was blown off course and landed at Charleston, North Carolina, for repairs. To express his kindness to the people Captain John Thurlee gave the Governor, Dr. Henry Woodward, several parcels of seed rice. The seed rice gave the colonies a new export crop and started the American Rice Industry of today.

From the beginning U.S. rice was geared for export trade. By 1726 the port of Charleston, South Carolina, was exporting almost 4,500 metric tons of rice annually, and from that year through 1730 rice exports doubled in volume.

By the time America gained its independence in 1776, rice had become one of the country's major businesses, operating through a network of agents and shippers. U.S. rice began moving to consumers throughout the world.

Eventually, giving way to the ravages of hurricanes, the American Civil War, and the competition from other crops better suited to the Carolinas, rice moved westward. By the turn of the Century, the culture of rice had spread to what are today's major Southern rice-growing states: Arkansas, Louisiana, Mississippi, Missouri and Texas.

The story of rice in California on the U.S. Pacific Coast is almost opposite to that of the Carolinas. In the Carolinas rice was cultivated to serve the needs of England, but in California, the rice was grown to feed the growing local population.

The 1849 discovery of gold in California brought people of all nations to the territory. By 1856, these included an estimated 40,000 Chinese, whose staple food was short-grained rice, and that rice had to be imported from the Orient since Southern U.S. rice farmers only produced long- and medium-grained rice.

To feed the immigrants, California started its own rice production, and the first commercial

crop of short-grained rice was produced in 1912. That state has been a major producing area ever since.

In Louisiana rice was first grown in the early 1700's. The first species was grown in the New Orleans area. However, enough seed could not be acquired to supply the need. In 1716, Chateanger went to Santo Domingo to get some seed rice. A storm blew their ship off course and the ship landed at Dauphine Island. The New Orleans farmers were very disappointed when only two barrels of seed rice were acquired; in addition more knowledge was needed to farm rice in the Louisiana lowlands. The people sent two ships to Africa to bring back families with knowledge of rice cultivation and also to acquire seed rice suitable for the Louisiana marshes. The ships returned in 1718 loaded with families, thus introducing slaves and plantations to Louisiana.

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

The plantation was originally owned by Alexson Hebert. The home was built in 1830 and today is called the Green House of Lowery, Louisiana. It still serves as a family home.

In 1893, Louisiana was invited to have an exhibit at the Columbian Exposition held in Chicago, Illinois. The exhibit showed the Louisiana land and the profitable crop of rice.

By 1889, Louisiana was leading the United States in the production of rice. Many men came to Louisiana and worked in the Louisiana marshlands.

Jabez B. Watkins made repeated trips to England to interest the Anglo-Saxon in the Southwest Louisiana lands. Mr. Watkins went to the eastern seaboard, and some of the English Quakers were encouraged by the profitable lands. Soon streams of northerners were coming into the area.

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

The story of the H.G. Chalkley family is a story of rice production in Southwest Louisiana and Cameron Parish.

The firm of Chalkley and Sons, an English Investment Company, was founded by the first H.G. Chalkley, who made a trip to Louisiana in 1882 to investigate the sale of state land. Through

his agent, J.B. Watkins, he purchased a million acres. The land for real estate investment in the parishes of Cameron, Calcasieu, Vermillion, and Jeff Davis, was mostly marsh and prairie land. The Chalkley holdings in America then were known as the North American Land and Timber Company with J.B. Watkins as manager.

Most of the original Chalkley purchases were sold to farmers who cultivated the land in rice production.

Among the families of this area who still own land purchased from the Chalkley family are the Helms, Heberts, Schultzs, Primeauxs, and Coxes.

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

A series of canals was dug in an attempt to cultivate rice in the marshland along Calcasieu Lake. Water was pumped off the land in an attempt to condition the soil, but no rice was harvested.

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

The experiment was a great success; so successful that the irrigation siphon placed in use at that time is still being used today.

The Sweetlake Land and Oil Company and the North American Land and Oil Company are still in the rice production business headed by President Henry C. Alexander, a descendent of the Chalkley family.

Seamon A. Knapp, an educator and agriculturist from Iowa, came to Louisiana and settled in the Lake Charles area. Mr. Knapp helped to organize a bank for the benefit of the farmers. He promoted the rotation of crops and encouraged the farmers to form an association in order to have a voice in the governing power. This association was the first "Rice Association." Mr. Knapp helped to start the first rice mills in the Southwest Louisiana area. In 1898, Seamon Knapp went to Japan for improved varieties of seed rice.

J.F. Shoemaker, a farmer, discovered a different type of rice growing in a field, and developed the variety into an improved rice seed called Blue Rice. In 1934 over 50% of the rice production in the U.S. was Blue Rice.

The French settlers who settled in the Southwest Louisiana areas used more or less primitive ways of raising rice.

In 1880, oxen and Creole ponies were used to pull a one share plow. As each year went by, many improvements were made to farm equipment. Today the farmer can purchase air-conditioned tractors with radios, C.B.'s, and all modern conveniences.

The rice industry is one of the most rapidly growing crops in the United States. The produc-

tion of rice expanded rapidly from 1900 to 1972. However, rice has hit a slump in the 1980's. Prices have gone down, equipment costs have gone up, and farmers are struggling for survival. Many farmers have quit and sold out their equipment. However, many still go on looking for a brighter future in rice production.

Rice remains the principal sustenance for half the people of the world. Rice is one of the most versatile foods in existence. Rice goes well with any meal or dish, and it is easy to prepare. There is no scraping, no pulling, no stirring, no watching, no draining, and no waste. One must just add water, cover, and boil. In addition, rice is hypoallergenic and easy to digest.

Based on 100 gram portions, the caloric content of cooked rice is 119 for brown rice, 109 for regular milled and pre-cooked, and 106 for par-boiled.

Rice is considered to be a grain or cereal. Although the protein in rice is limited, it is of good quality since it contains all eight of the amino acids essential to human bodies and in the proper proportion.

Rice is very low in fat, containing only a trace.

Rice contains appreciable amounts of thiamin, riboflavin, and niacin with good levels of phosphorus, iron and sodium.

Not only is rice valuable as a source of food, but it has many valuable by-products.

HUNTING is a very important factor in the rice fields. After rice is harvested, the farmer makes blinds for duck hunting.

RICE HULLS are a very fine abrasive used in manufacture of hand soaps, and fufural used in making ragon and synthetic materials. Also the hulls are used as beading in poultry houses.

RICE BRAN is the outer layer and gum removed in the milling process. It is high in niacin and used in livestock and poultry feed.

RICE OIL is a fine cooking oil, low in cholesterol, and used as a conditioner for leather goods.

RICE POLISH is in demand for livestock feed because it has a high vitamin content and is highly digestible.

RICE FLOUR is rice ground into flour. It is used mostly for people who are allergic to wheat flour.

RICE STRAW is raked after harvest and used for bedding and roughage feed for cattle.

Rice is very versatile; nothing is wasted. The rice farmers of America are the "Backbone of America." They were there yesterday; they are here today, and they will be here tomorrow. There were 9,250 acres planted in rice in Cameron Parish in 1984 bringing in an income of \$2,954,473.13. Rice truly is a success story.

1984 FESTIVAL PICTURES



Sheriff Sono Savoie and Festival President Braxton Blake present Laura Shockley, National Outdoor Queen, with a fur jacket.



Warner Daigle and April Leger with the Maryland Delegation, Bill Doerge, Laura Shockley, Linda and Harry Short and their daughter Rena.



Pete Picou presents "Seymour DeFair" with a plaque of appreciation.



The 1983 and 1984 Fur Festival Queens, Elizabeth Primm and Andre Bergeron with Andre's father.



King Fur, Charles Precht, with his wife, Ella Mae and his pages.



Council on Aging braves the weather.



Cameron Parish District Attorney Jerry Jones enjoys the parade.



Little Miss and Mister Cameron Parish contestants.



Miss Cameron, Selika Miller and the Friday night contestants.



Here come the "old timey cars."



Parade Marshall, Bob Odom, Commissioner of Agriculture.



Xann Murphy, Cameron Parish Cattleman Queen.



Dressed for the cold weather.



Clayton Trahan and his "reindeer."



Grand Chenier cheerleaders have a good aim.



Zapata-Haynie Menhaden Company won first place float with their rice farm scene.



Jared Griffith, 1st place winner in the Junior Art Show.



Mildred Mudd, "Best of Show" adult amateur division of the Art Show.



Archery takes a steady aim.



Ready, Aim, Fire!



Theresa Myers and Mayola Wicke did an excellent job recording memories of the festival in the scrapbook.



Working hard behind the scenes at the Friday night program are Ed and Ruby Kelly.

Louisiana Fur & Wildlife Festival 1984 OUTDOOR CONTEST RESULTS

<u>CONTEST</u>	<u>1ST PLACE</u>	<u>2ND PLACE</u>	<u>3RD PLACE</u>
Sr. Duck Calling	Frank Pickett	Kendall Saltzman	Kenneth Hebert
Jr. Duck Calling	Jimmy Saltzman	Kendall Fortie	Shayne LaBove
Sr. Goose Calling	Kenneth Hebert	Mervis Saltzman	Kendall Saltzman
Jr. Goose Calling	Jimmy Saltzman	Kendall Fortie	Kevin Saltzman
Jr. Nutria Skinning	Lance McNease	Gabe LaLande	None
Sr. Nutria Skinning (Men)	Yancey Welch	Peter Dahlen	None
Sr. Nutria Skinning (Women)	Betty LaBove	Linda Dahlen	Louverta Vincent
Sr. Muskrat Skinning (Men)	J.A. Miller	Pete Trahan	Yancy Welch
Jr. Muskrat Skinning	Johnny Reina	Lance McNease	None
Sr. Muskrat Skinning (Women)	Selika Miller	Alice Welch	Shirley Guillory
State Bare Bow Hunter Sr. (Men)	Sidney Theriot	Terry Ragsdale	Pete Shepley
State Free Sytle Unlimited	Jay Dickey	Jack Cramer	Dean Pridgen
State Bow Hunter Freestyle	Donny Nunez	Jerry Robiceaux	Bob Harris
Oyster Shucking (Men)	Billy Doxey	Davey Doxey	W.C. Doxey
Oyster Shucking (Women)	Jene LeBleu	Tammie Theriot	Donna Smith
Floats Commercial	Zapata	Resource Transport	None
Floats Sr. Division (Most Original)	Lemeche Bass Club	St. Peter's Catholic Church	NAACP
Floats Sr. Division (Most Beautiful) Grand Chenier	Ladies Aux. American Legion	Miss Louisiana Parish	None
Floats Jr. Division (Most Original)	South Cameron Elementary Sch.	Johnson Bayou High School	None
Floats Jr. Division (Most Beautiful)	South Cameron Pep Squad	Sunshine Kids	None
Edward Swindell Memorial Award 1984 Best All Around Float	Lemeche Bass Club		
Retriever Dog Trials Open State	Mary Lou Chance "Dickens"	John Broussard "Powder"	Mary Lou Chance "Star"
Parish Retriever Dog Trials Puppies Jr. Division	Pete Miller "King"	James Doxey "Yellow"	Jerry Istre "Lynn"
Parish Retriever Dog Trials Sr. Div.	J.C. Murphy "Gringo"	Pete Miller "King"	Jerry Istre "Lynn"
Jam Awards, Retriever Dog Trials Open State	Mary Lou Chance "Tank" "Billy"	Bob Chance "Ray"	Mike Good "Kicker"
Jam Award Parish Retriever Sr.	James Doxey "Yellow"		
Trap Setting Junior	Gabe LaLande	Lance McNease	None
Trap Setting Senior	J.A. Miller	Benny Welch	Yancy Welch
Parish Archery Men Limited	Donnie Nunez	Robert Harris	Joe Gaspard
Parish Archery Men Unlimited	Jay Dickey	Pete Shepley	Jack Cramer
Parish Archery Women	Mary Harris	Angela Conner	Michelle Ragsdale
Parish Trap Shooting (Men)	Joey Reina	David David	Kyle Howard
Parish Trap Shooting (Women)	Shirley Guillory	Bonnie Theriot	Diane Oliver
Parish Trap Shooting (Jr.)	Daren Richard	Charles Vincent	Jared Griffith
Parish Archery (Girls)	Angela Conner		
Parish Archery (Boys)	Jamey Carroll	Jared Griffith	Dicky Brasseaux
Parish Archery Bowhunter (Men)	Sidney Theriot	Jimbo LeBlanc	Terry Ragsdale

EDITOR'S NOTE:

Louisiana - A Sportsman Paradise Cameron Parish - A Hunters Dream

WITH PRIDE WE SALUTE THE HUNTING INDUSTRY

Cameron Parish with its vast and fertile marshes, golden rice fields, and cheniers, shaded by magnificent oaks, is truly a hunters dream. As a natural habitat for such game as ducks, geese, doves, quail, rabbits, deer, and alligator, no other section of our country can compare.

A common scene in the marshlands on a cold, crisp morning is the duck hunter. He sits in a frost covered blind awaiting shooting hour, watching in anticipation as a flock of mallards circles his decoy spread.

Another sight to behold is an eight point buck, antlers gleaming, standing in the sunrise, scanning the area for any intruders.

In this territory, dreams of the loyal hunter truly become a reality. We salute the Hunting Industry - Pride of Cameron Parish.

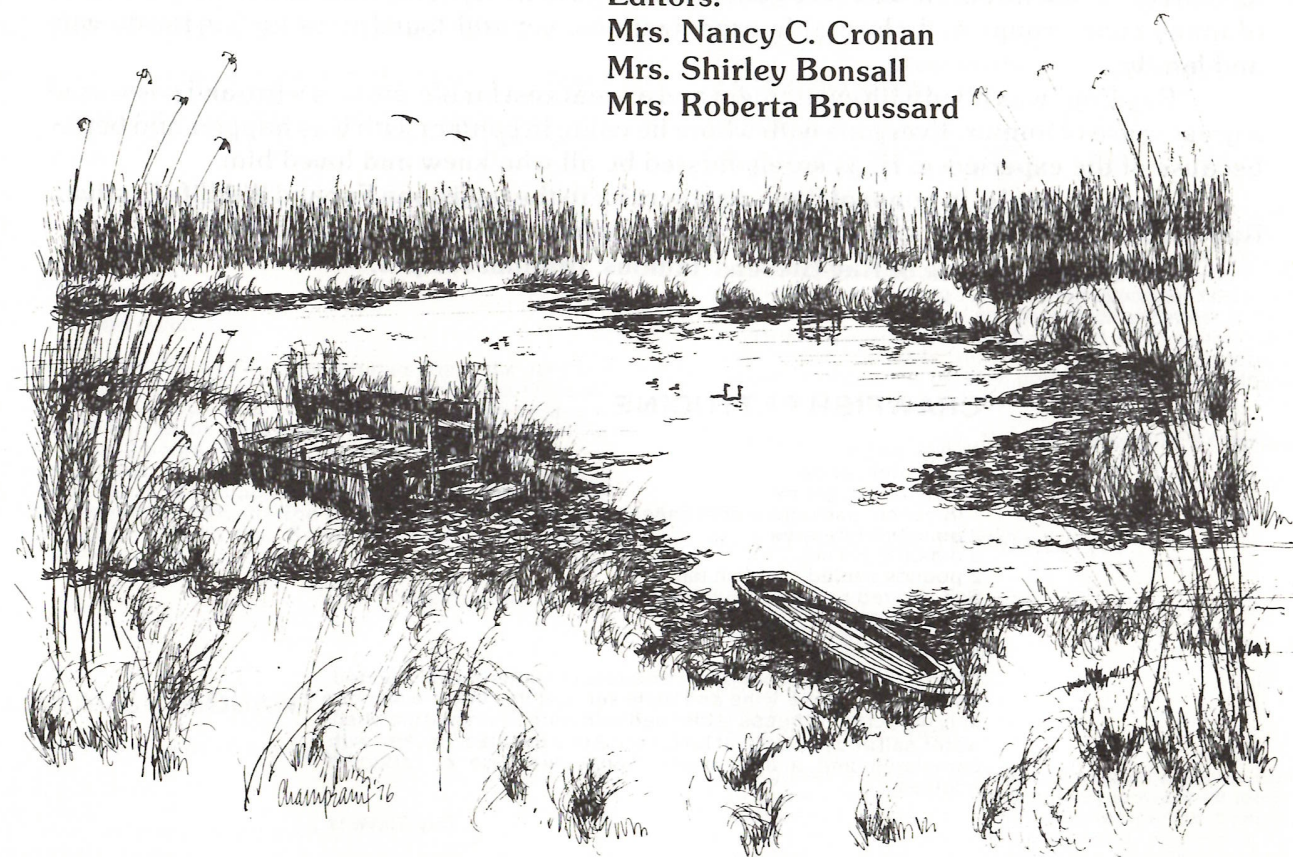
We, the editors, would like to thank the many people who made this publication possible with their diligent and dedicated efforts. Especially, the typist, Angela Leonard; our artist, Rose Robicheaux; photographer, Geneva Griffith; Advertisers, Recipe Submitters, Bonnie Conner, and many others. All their contributions were important to the success of this cookbook.

Editors:

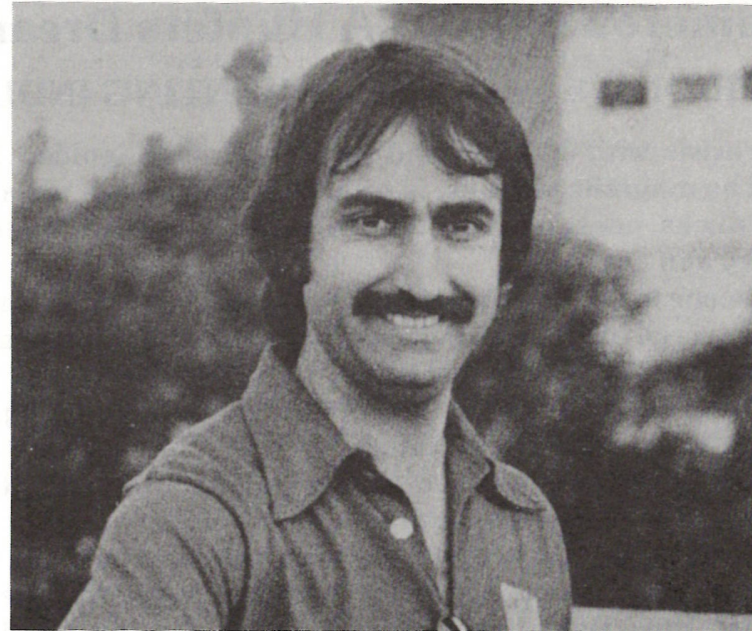
Mrs. Nancy C. Cronan

Mrs. Shirley Bonsall

Mrs. Roberta Broussard



In Fond Memory Of RAY STEVENS



Ray Stevens, affectionately known as "Ray Boy" was cruelly taken from us in the early morning hours of March 26, 1984. A self-made man, he was industrious and filled with a desire to achieve his vocation. He was very generous and gave freely of his time and money in behalf of many civic groups and charitable organizations, yet still found time for his lovely wife and family.

"Ray Boy" was filled with excitement and a great zest for life. He was witty and possessed a great sense of humor. Everyone with whom he came in contact with was happier and better because of the experience. He is sorely missed by all who knew and loved him.

This memorial is in honor of Ray's past service to the Louisiana Fur and Wildlife Festival. Ray Stevens served as an officer for five years and was a cookbook auctioneer.

The following is one of Ray Stevens' famous, original recipes.

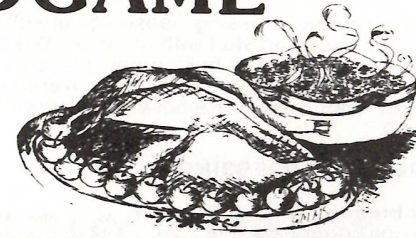
CRAWFISH FETTUCINE

- 1 large onion
- 1 large bellpepper
- 1½ sticks margarine
- 1 (8 ounce) package cream cheese
- 3 ounces white wine
- 3 ounce triple sec
- 2 pounds peeled crawfish tails
- Salt and red pepper to suit taste
- 1 cup water
- Cornstarch to thicken

Chop onion and bellpepper, then saute in margarine until wilted. Add cream cheese, wine and triple sec. Let this mixture simmer only until cream cheese is blended with wine. Then add crawfish, water, salt and pepper. Let boil about 2 or 3 minutes. Thicken with cornstarch and a little water. Serve over rice or fettucine noodles.

Ray Stevens

WILDGAME



WILD DUCK AND OYSTER GUMBO

- 2 ducks
- 1 cup cooking oil
- 1 cup flour
- 1 large chopped onion
- 2 Tablespoons Tabasco sauce
- 2 quarts warm water
- 1 pint oysters
- Cayenne pepper
- Salt, black pepper to taste
- Minced parsley
- Minced onion tops

Make a roux by heating oil and adding flour. Blend well and cook until the flour turns brown, about 5 minutes. Add onions and cook. Season duck well and cut up. Fry duck in the roux until oil comes out around edges. Add warm water and cook slowly about 2 hours until duck is tender. Season with pepper and salt. Add oysters 20 minutes before serving. Serve in a large tureen. Sprinkle with minced parsley and onion tops, and file powder. Serve with rice, french bread and red wine.

Vivian Murphy, Cameron, La.

WILD DUCK AND TURNIP DRESSING

Clean the duck and singe. Soak it for 30 minutes in enough vinegar to partially cover the duck, and turn the duck occasionally. To the vinegar add 4 Tablespoons salt, 4 teaspoons soda; rinse duck well and dry completely. Season duck with salt and pepper inside and out.

Cut the following into quarters:

- 2 turnips
- 1 onion
- 2 carrots
- 1 bell pepper
- 2 stalks celery
- 1 clove chopped garlic

Stuff the duck with this mixture of vegetables. Place the duck in a heavy pot, and put 3 slices of bacon on top of the duck. (This will be all the oil necessary for cooking and making gravy.) Place in oven at 400° F and let the duck brown. Then cover with a tight lid. Cook slowly for 2 hours. Remove duck and place pan on top of stove on high heat. Add ¼ cup flour to drippings and brown to a golden color, then add 1¼ cups water, and let simmer until it thickens. Salt and pepper to taste. The gravy may be used over the duck, wild rice or regular rice. Serve with cranberry sauce or baked sweet potatoes.

Vivian Murphy, Cameron, La.

DEER SAUCE PIQUANTE

- Approximately 4 pounds of deer meat
- Cooking oil
- 1 Tablespoon flour
- 3 large onions
- 3 large finely chopped bell peppers
- 4 cloves finely cut garlic
- 4 ribs chopped celery
- 1 can tomato paste
- 1 can peeled, mashed tomatoes

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- Red pepper to taste
- 1 large and 1 small can mushrooms, include juice
- 3-4 small bay leaves
- ½ lemon, sliced
- 10 stuffed, sliced olives
- Salt and black pepper to taste
- ½ cup cooking sherry (optional)

Cut deer meat into small pieces, salt and pepper to taste. Fry in cooking oil until brown. Remove meat into another pot, and lightly brown flour in oil. Add onions, bell peppers, garlic and celery; let simmer. Add tomato paste, and cook until thick, stirring constantly to keep from sticking. Add mashed tomatoes. Add meat to mixture, let cook slowly until sauce is thick and meat is tender. Stir occasionally to keep from sticking. Add a little water if sauce thickens before meat is tender. About ½ hour before done, add red pepper, mushrooms, parsley, bay leaf, lemon and olives. A little wine may be added just before serving.

Sabrina Ann Bourgeois, Queens Contestant, St. James Parish

WILD GOOSE JAMBALAYA

- 1 goose
- 1 chopped onion
- 1 chopped bell pepper
- ½ cup chopped green onion
- ¼ cup chopped parsley
- 2 cups water
- 3 cups cooked rice
- Salt and pepper to taste

Bake goose in oven until meat comes off the bones. Boil onion, bell pepper, green onions and parsley in water till tender. Take goose out of pan, take meat off the bones and cut in small pieces. Add onions. Bring mixture to running boil for a few minutes. Add meat and rice. Cook a few minutes on a low heat. Serves 4.

Floyd Vincent, Klondike, La.

VENISON MEATBALL FRICASEE

2 pounds ground venison
½ cup oil
2 chopped onions
1 cup chopped celery
1 cup chopped bell pepper
1 clove minced garlic
2 beef bouillon cubes
3 cups water
½ cup roux
Salt and pepper to taste

Shape meat in small balls and fry until brown. Take out of pan and pour off excess fat. Add remaining ingredients to meat balls. Cook about 45 minutes adding more water if needed. Serves 6 people.

Mrs. Mayo Cain, Klondike, La.

BAR-B-QUED DEER TENDERLOIN (Original Recipe)

2 deer tenderloins
Seasoned salt
Seasoned pepper
Garlic salt
Onion salt
2 pounds of slab bacon
1 bottle of worcestershire sauce

Have hot barbeque pit ready. Take deer tenderloins and season well with salt, pepper, garlic salt, and onion salt. Wrap slab bacon around entire tenderloin, secure with toothpicks. Pour worcestershire sauce over tenderloin. Place meat on pit. Let cook approximately 3 hours or until done.

Russel Corley, Cameron, La.

QUAIL STUFFED WITH CORNBREAD DRESSING

Make cornbread dressing. Season quail with salt and pepper. Slit down the back and stuff with dressing. Wrap one slice of bacon around quail. Place in baking pan, place in oven 400° F for 10 minutes. Turn to 350° F and cook covered with foil for about 1 hour or until tender. Remove and brown bacon well before serving.

CORNBREAD DRESSING

Cornbread:
1½ cups cornmeal
¾ cup flour
¾ teaspoon salt
3 teaspoons baking powder
1 large egg
1 cup milk
2 Tablespoons oil

Mix all ingredients and bake in 8" pan, greased, for 30-40 minutes. Crumble and set aside.

1 pound ground beef
1 teaspoon salt
1 teaspoon black pepper
1 clove garlic, minced
2 Tablespoons margarine
1 can mushroom soup
1 small onion, chopped
2 Tablespoons chopped bell pepper
½ cup chopped celery
1 can chicken broth

Cook onion, bell pepper, celery, garlic in 2 Tablespoons margarine. Add to cornbread. Brown beef in heavy pot; add salt and pepper and cook about 30 minutes on low heat. Mix meat, cornbread, seasonings, soup and broth together.

*If using to Stuff Quail, will stuff about 1 dozen quails.

Mrs. Robert Silver, Hackberry, La.

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for about one hour. Combine flour and oil in a large pot to make a roux. Cook over medium heat, stirring constantly, to dark brown stage. Add minced onions to roux and continue cooking 10 more minutes till onions are completely wilted and starting to brown. Now add ducks to roux and fry on both sides; just enough to sear the meat. This gives them a much better flavor. Add salt, pepper, worcestershire sauce, and garlic salt. Pour 2 quarts water into pot, bring to boil, cover, reduce heat to simmer for 2 hours. When done, raise temperature and drop in oysters. Cook 1 minute and remove from fire. Sprinkle file over top; replace cover and let stand 15 minutes before serving.

Elizabeth Mary Primm, Queens Contestant, Terrebone Parish
1984 Louisiana Fur & Wildlife Queen

FRIED QUAIL

12 quail
1 (6 ounce) can frozen orange juice concentrate, thawed
Pioneer Brand Pancake Mix
Cooking oil

Soak quail in orange juice concentrate for 2½ hours, adding enough water to cover the birds. Drain and dredge each in pancake mix and deep fat fry for 5 - 7 minutes. Drain on paper towel and serve hot. Serves 4 - 6.

Mrs. Charles Rogers

SMOTHERED QUAIL

8 quail, dredged in flour
½ cup oil
1 can condensed cream of chicken soup
1 can water
Salt and pepper (black or red)
Pimentos
Coarsely cut green onions and parsley

Brown the quail in oil, and place in a shallow casserole dish. Pour soup and water over quail - sprinkle birds with salt and pepper. Decorate with large pieces of pimento, green onions and parsley. Cover and bake in 350° oven for 1 hour and 45 minutes. Remove cover and broil a few minutes before serving over rice. Serves 4.

Mrs. Charles Rogers

VENISON STOGANOFF

1 pound venison steak, cut in strips ½" x 2"
4 Tablespoons flour
6 Tablespoons butter
1 envelope dry onion soup mix
1 small can mushrooms
3 cups water, including liquid from mushrooms
1 cup buttermilk

Flour venison; (do not salt.) Brown in butter; stir in soup mix, mushrooms and water. Simmer one hour, covered. Stir occasionally and add water if needed. Just before serving, add buttermilk and heat well. (Do not boil.) Serve over noodles. Serves 6.

Mrs. Braxton Blake

VIRGINIA'S DUCK STEW

3 or 4 wild ducks
¼ cup cooking oil
½ cup roux
1 can mushrooms
½ cup chopped green onions
¼ cup chopped parsley
1 cup cooking wine

Cut up ducks. Brown in cooking oil. Cover with water, add roux, cook until tender. Add mushrooms, onions, parsley and wine and cook for 15 minutes. Serve over rice.

Virginia Guidry, Castrville, Tex.

BARBEQUE DOVE

20 skinned dove breasts
Marinade sauce
20 strips bacon
toothpicks

MARINADE SAUCE

2 cups vinegar
2 cups oil
Juice of 2 or 3 lemons
1 onion
4 cloves garlic
Chopped parsley
1 cup chopped green onion
1 cup chopped celery
Salt, black pepper, and cayenne pepper to taste

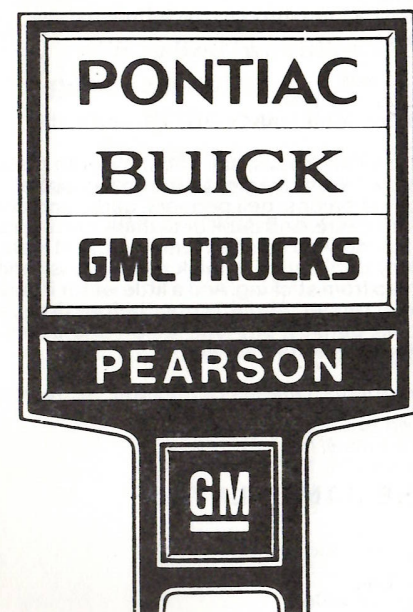
Marinate 20 skinned dove breasts overnight. Take out of marinade and wrap with a strip of bacon and secure with a toothpick. Barbeque. (May be basted while it cooks.) Serve with wild rice.

Shari Lynn Schexnayder, Queens Contestant, Destrehan, La.

WILD DUCK AND OYSTER GUMBO

4 small ducks (Teal)
1 gallon water
1 cup vinegar
¾ cups flour
¾ cup oil
3 minced onions
1 teaspoon garlic salt
1 pint oysters
1 Tablespoon file'
2 quarts water
Dash of worcestershire sauce
Salt and pepper to taste

Clean and quarter ducks. Soak in vinegar and one gallon of water



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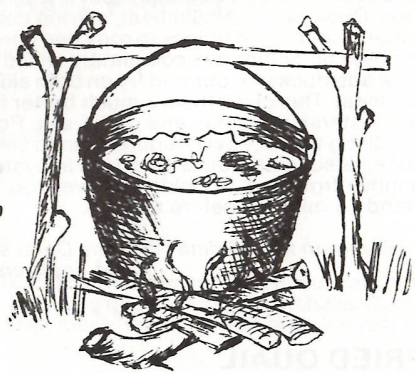
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RICE



MUSHROOM DRESSING

- 1 stick oleo
- 1/2 cup chopped celery
- 1 clove minced garlic
- 1/4 cup minced parsley
- 1 small chopped onion
- 1 (4 ounce) can mushroom pieces
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 1 cup uncooked rice
- 2 chicken boullion cubes
- 2 cups water

Melt butter in skillet. Saute next 5 ingredients until soft. Add salt, pepper, rice, boullion cubes and water. Cover and bring to a boil, then reduce heat. Cook for 40 minutes. Serves 4.

Nancy Cronan, Sweetlake, La.

BROCCOLI CASSEROLE

- 2 boxes of chopped frozen broccoli
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 2 1/2 cups cooked rice
- 1 jar cheese whiz
- 1 onion
- 3 Tablespoons butter

Cook broccoli as directed on package. Saute chopped onion in butter and mix all ingredients in a large bowl. Dish out in a 1 1/2 quart buttered casserole dish. Bake at 350° F, 15-20 minutes.

Laura Carpenter, Tulsa, Ok.

WILD RICE AND PEAS

- 1 Tablespoon butter or oleo
- 2 Tablespoons chopped shallot
- 1 clove minced garlic
- 1 (13 3/4 ounce) can chicken broth
- 1 1/2 cups water
- 1/2 cup wild rice
- 3/4 cup uncooked white long grain rice
- 1/2 teaspoon salt
- 1/4 teaspoon crushed thyme
- 1/4 teaspoon crushed basil
- 1/2 teaspoon pepper
- 1 cup cooked peas

In a medium saucepan, melt butter over medium heat. Add shallot and garlic. Cook stirring for 2 minutes or until soft. Add chicken broth and water, bring to a boil. Add wild rice. Reduce heat, cover and simmer about 15 minutes. Remove cover, increase heat to high and bring to second boil. Add long grain rice, salt, thyme, basil and pepper. Reduce heat, cover and simmer 15 minutes. Add peas, cover and cook about 10 minutes or until rice is tender. 180 calories per serving.

Elouise Booth, Grand Chenier, La.

RICE BROCCOLI CASSEROLE

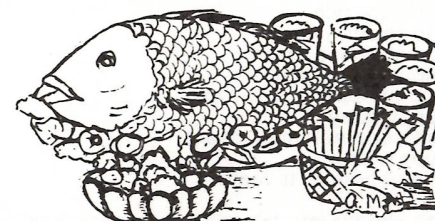
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 2 Tablespoons shortening
- 1 cup cooked rice
- 1 package chopped frozen broccoli
- 1 (10 1/2 ounce) can cream of chicken soup
- 1 (10 1/2 ounce) can cream of mushroom soup
- 1 small jar cheese whiz

Saute onions and celery in shortening until wilted. Cook rice and broccoli separately. Mix all ingredients together in a 2 quart buttered baking dish. Bake at 375° for 15 minutes.

NOTE: Be sure to drain broccoli before adding to casserole. This dish freezes well.

Gwen Huval, Queens Contestant, Vermillion Parish, La.

SEAFOOD



OYSTER HASH

- 2 bunches green shallots
- 1/2 bunch parsley
- 1 large bell pepper, chopped
- 1 cup celery, chopped
- 1 large white or yellow onion, chopped
- 1 stick oleo or butter
- 1 quart oysters drained and chopped
- 1 jar pimentoes

Melt butter in large skillet - add chopped vegetables and saute. When sauted, add oysters - cook for about 5 or 6 minutes on medium heat. Mix with mashed potatoes, add salt and pepper to taste, add one small jar of pimentoes, put in greased casserole, dot with small amount of butter and bread crumbs. Bake at 350° for 45 minutes to one (1) hour until crumbs are crusty and brown.

*Jana Petrovich, Empire, La.
Queens Contestant
Plaquemines Parish*

CRAYFISH AU GRATIN

- 1 medium onion, chopped
- 1 clove garlic, chopped
- 2 ribs celery, chopped
- 4 Tablespoons butter
- 1/4 cup green onions
- 1/4 cup pimentoes
- 1 small jar mushrooms
- 1 Tablespoon flour
- 1/4 pound grated cheddar cheese
- 1 (5.33 oz.) evaporated milk
- 1 pound crayfish tails
- Salt and pepper

Saute onions, garlic, and celery until tender. Add green onions, pimentoes, and mushrooms last 10 minutes. Mix in flour. Add cheese, milk, salt, pepper and crayfish. Bake in greased casserole at 350° for 30 - 40 minutes.

Pam LaFleur

SHIRLEY'S SAUCE PIQUANTE

- 1/2 cup of cooking oil
- 2 pounds peeled and deveined shrimp
- 2 Tablespoons flour
- 1 large can tomato sauce
- 1/2 cup chopped onion
- 1 small can tomato juice
- 1/2 cup chopped celery
- 1 pound crabmeat
- 1 pound catfish

Make a roux with oil and flour; add onion, celery and parsley, and cook until wilted. Add tomato sauce and tomato juice; cook about one hour. Add shrimp and cook for 10 minutes. Add crabmeat and catfish and cook another 30 minutes, stirring frequently.

Shirley Bonsall, Grand Chenier, La.

SHRIMP LOAF

- 2 cups of chopped celery
- 1 Tablespoon finely chopped onion
- 2 Tablespoons butter
- 1 cup cooked, chopped shrimp
- 3 cups mashed potatoes
- Salt and pepper to taste
- 2 beaten eggs
- 1/4 cup minced parsley

Cook celery and onion in butter for ten minutes, without browning. Combine with shrimp, potatoes, seasoning, eggs and parsley; blend thoroughly. Pack into a well-greased pan and bake at 350° to 375° for one hour. 1 six ounce serving is 125 calories.

Shawn Bonsall, Grand Chenier, La.

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OYSTER SOUP

4 dozen oysters and juice
2 Tablespoons flour
2 cups finely chopped celery
1 large chopped onion or 6 finely chopped shallots
1 Tablespoon salad oil
1 Tablespoon butter or margarine
1 Tablespoon chopped parsley
3 pints of water
2 cups scalded milk

Place oil and butter in large skillet. Then add flour, stir slowly over moderate heat until roux is a rich brown. Add chopped onions and celery. Cook until onions are lightly browned. Add oyster juice, and water and allow to simmer 30 minutes. Then add oysters and simmer for 5 minutes. Add scalded milk and parsley. Cook until oysters are plump. Season to taste. Serves 8.

Vivian Murphy, Cameron, La.

BOILED CRAWFISH

15 pounds crawfish
6 lemons
4 onions
Salt
Cayenne pepper
3 heads of garlic
Liquid or dry seafood boil
5 pounds of small red potatoes

Wash the crawfish. Fill a pot with enough water to cover the crawfish when you put them in. Put about a box of salt into water. Add potatoes. Add pepper to taste. Add cut lemons, onions, and garlic along with seafood boil. Cover pot and let water boil. Then add crawfish and let boil for about 5 minutes. Turn off fire and let them soak for about 15 minutes.

Shawn Bonsall, Grand Chenier, La.

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SHRIMP QUICHE

2 cups small cooked shrimp (canned shrimp may be used)
8 ounces grated or chopped Velveeta or cheddar cheese
3 Tablespoons butter
Onion tops
1 thinly sliced small onion
1 finely chopped bell pepper
3 beaten eggs
½ teaspoon worcestershire sauce
1 cup sour cream
4 ounces small chopped mushrooms
1 unbaked pie shell

Cook shrimp just enough to cook the water out of them. Saute onions, bell pepper and onion tops in butter. Beat eggs, add worcestershire sauce, sour cream, mushrooms, sauted vegetables, shrimp and cheese. Pour in unbaked pie shell. Bake at 325° for 50 minutes or until knife comes out clean.

Gail Juranka, Lake Charles, La.

UP NORTH SHRIMP JAMBALAYA

4 pounds fresh shrimp
4 cups raw rice
1 cup shortening
1 cup chopped onion
1 chopped bell pepper
½ cup chopped onion tops
1 cup parsley
1 Tablespoon tomato paste
4 cups water
Salt and pepper to taste

Chop shrimp into bite size pieces, season and set aside. Heat shortening, add onions, celery, bell pepper and tomato paste. Cook until onions are tender. Cover and cook 15 minutes longer. Add shrimp, onion tops, parsley, and 2 - 4 cups of water. Bring to a boil. Add rice and season. Cook on low until rice is done. Serves eight.

Martha Miller, Pottstown, Pa.

STUFFED POTATOES WITH SHRIMP

4 medium baked potatoes
4 Tablespoons butter
½ cup milk
½ teaspoon salt
2 cups diced cooked shrimp
1 (2 oz.) can sliced mushrooms, drained
1 cup shredded cheddar cheese

Preheat oven to 450°. Bake potatoes in preheated oven for about 1 hour, or until tender. Remove potatoes; turn temperature to 400°. Cut potatoes in half lengthwise; scoop out pulp, being careful not to break shells. Mash pulp; beat in butter, milk and salt. Fold in diced shrimp and mushrooms. Pile lightly into shells, mounding up slightly. Sprinkle with cheese. Bake in preheated oven for 15 minutes or until cheese is melted. Serves 4.

Gail Delcambre

SHIRLEY'S OVEN SHRIMP

¾ cup butter
1 medium bell pepper, chopped
1 or 2 lbs. peeled shrimp
1 can cream of onion soup
1 can whole tomatoes (Rotel)
2 cups raw rice
Parsley
Salt and pepper to taste

Combine all ingredients and cook in a covered dish in your oven at 350° for one hour. Stir twice while cooking.

Shirley Alleman

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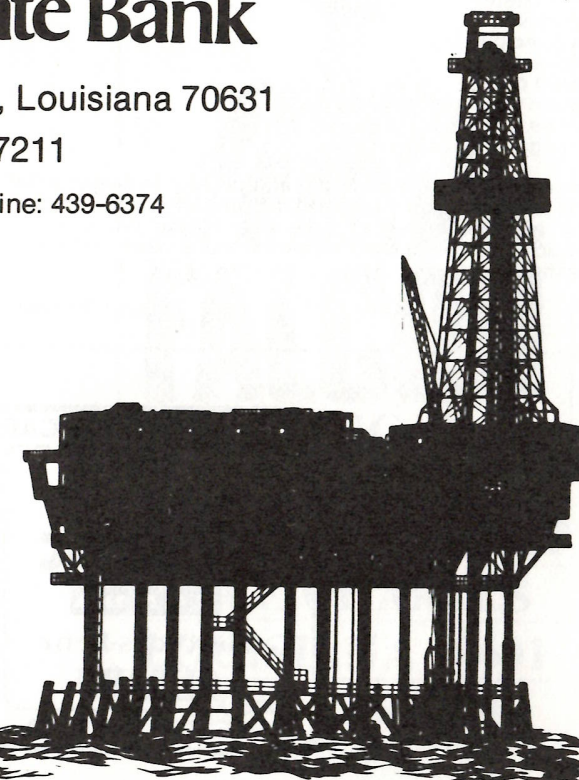
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CRABMEAT QUICHE

1 unbaked 9" pie shell
2 cups Half & Half
2 cups grated swiss cheese
1 pound crabmeat
4 eggs
½ teaspoon red pepper
2 large onions, minced
Salt and pepper to taste

Place crabmeat over bottom of pie shell, sprinkle onion with cheese on top. Beat eggs with salt and cream. Pour egg mixture over all. Bake in preheated 425° oven for five minutes. Reduce heat to 350° and cook until firm. Foil can be placed over crust to prevent burning. Slice and serve with sweet salad.

Karen Hanchey Koelemay, Shreveport, La.

BAR-B-Q CRABS

1 dozen clean crab bodies with feelers left on
1 block butter
1 cup Italian salad dressing
½ cup worcestershire sauce
Tony's Seasoning

Season crabs with Tony's Seasoning. Baste crabs with butter, Italian dressing, and worcestershire sauce. Cook crab bodies on back. Baste crabs 2 or 3 times, putting basting sauce in crab cavity and also on body. Cook approximately 20 to 30 minutes. If cooked too long crabmeat will dry out.

Anita Jo Trahan and Mae Doris Little

CRABMEAT AU GRATIN I

1 large onion
2 stalks celery
2 sticks butter
4 Tablespoons flour
1 large can Carnation milk
2 egg yolks, beaten
½ cup green onions
¼ cup chopped parsley
2 lbs. crabmeat
10 oz. grated cheese
1 Tablespoon worcestershire sauce
Tony's Creole Seasoning
¼ teaspoon garlic powder

Saute onions, celery, green onions and parsley in butter until wilted. Add flour and blend well, add milk and mix well. Remove from heat; add beaten eggs, crabmeat, seasoning, worcestershire sauce, cheese, and garlic powder. Put in casserole dish, and top with more cheese. Bake 30 minutes at 350° F.

Frances Vincent

OYSTER BALLS

2 dozen oysters
2 beaten eggs
½ pound bulk sausage
Salt and pepper to taste
Cracker crumbs

Simmer oysters in their own liquid until edges curl. Drain and chop fine. Fry sausage, stirring while cooking. Combine chopped oysters, fried sausage and half the beaten eggs. Season with salt and pepper and shape into balls. Roll in cracker crumbs. Fry in hot deep fat (380° F) until golden brown. Garnish with sliced lemon and dill pickles. Makes 12 balls.

Vivian Murphy, Cameron, La.

EGGPLANT WITH SHRIMP

2 eggplants
½ cup chopped celery
2 chopped medium onions
1 chopped medium bell pepper
¼ cup minced parsley
4 cloves minced garlic
1 bread slice
2 eggs
1 teaspoon lemon juice
Salt and red pepper to taste
½ cup grated Romano cheese
2 pounds cleaned shrimp
2 strips bacon

Peel, cut and soak eggplant in salt water for 30 minutes, then cook until done. Fry bacon and crumble. In bacon drippings, saute onions, celery, bell pepper, and garlic. Add shrimp and cook for a few minutes. Soak bread in milk, then squeeze. Mix all the ingredients together, reserving ½ of the cheese. Place the mixture in a buttered casserole and sprinkle remaining cheese on top. Bake in 350° oven for 45 minutes. Serves 6.

T. Mae Booth, Grand Chenier, La.

SHRIMP PATTIES

1 pound shrimp
1 bell pepper
1 large onion
1 large potato
2 cloves garlic
1 egg
3 Tablespoons cracker meal or bread crumbs
Salt and pepper to taste

Grind shrimp, bell pepper, potato, onion and garlic. Add salt and pepper. Mix all ingredients with the egg. Form patties and roll in cornmeal. Fry in deep fat. Makes 6 to 8 patties.

T. Mae Booth, Grand Chenier, La.

SICILIAN SHRIMP

2 pounds large raw unpeeled shrimp
¼ cup olive oil
1 Tablespoon rosemary
½ teaspoon oregano
2 crumbled bay leaves
½ squeezed lemon
3 cloves sliced garlic
1 teaspoon Accent
2 large quartered bell peppers
Salt to taste
Lots of black pepper
2 sticks melted butter
Dash Tabasco sauce
2 Tablespoons worcestershire sauce
½ teaspoon thyme
½ teaspoon basil
½ teaspoon crushed red pepper
¼ cup white wine
1 teaspoon sugar
2 large quartered onions
2 ribs celery cut in ½ inch pieces

Melt butter in sauce pan and remove from heat. Combine all ingredients except shrimp and black pepper. Pour sauce mixture into shallow baking pan. Place shrimp over sauce and cover with black pepper. Mix well and refrigerate for several hours or overnight. Stir occasionally to allow shrimp to be well coated with marinade. Preheat oven to 425° and cook shrimp uncovered for about 25 minutes or until shells are loosened around shrimp. Stir twice while cooking. Remove from oven and serve with hot French bread. Serves 4 - 6.

Kathie Hanchey Giacalone, Bossier City

FRIED CRAWFISH

1 pound crawfish tails
2 eggs
Milk
Flour
Salt and pepper

Season cleaned crawfish tails with salt and pepper. Dip each one in mixture of beaten eggs and a little milk. Then dip in flour that has been seasoned with a little pepper. Fry in hot fat.

Shawn Bonsall, Grand Chenier, La.

CRAWFISH ETOUFFEE

1 cup cooking oil
1 cup celery
½ cup bell pepper
2 Tablespoons chopped parsley
2 Tablespoons green onion tops
2 cups onions
Salt and pepper to taste.
1 cup water
10 pounds crawfish tails

In cooking oil, cook onions, celery, and bell peppers until wilted. Add as much crawfish fat as you have and let cook well. Add 1 cup water then 10 pounds boiled, peeled, and deveined crawfish tails. Cook for about 15 minutes. Serve over rice. Serves 12.

Shirley Bonsall, Grand Chenier, La.

STUFFED FRIED CRABS

1 dozen clean crab bodies
1 lb. crab meat
2 slices toast
2 small onions
1 bell pepper
1 pod garlic
2 blocks butter
Tony's Seasoning to taste

Saute vegetables in butter until wilted, add crab meat and

crumbled toast. Mix well. Fill crab cavity with crab mixture. Season crab body with Tony's Seasoning. Dip in batter and fry until golden brown.

Mae Doris Little and Anita Jo Trahan

CRAWFISH AND CORN

2 can Shoe peg corn
1 can cream style corn
1 can Rotel
1 small onion, chopped
1 small bell pepper, chopped
Onion tops, chopped
1 pound cleaned crawfish

Saute onions, bell pepper, and onion tops in a small amount of butter. Add Rotel to onions and cook for 5 minutes. Add shoe peg and cream style corn and crawfish. Pour in casserole dish and bake 25 minutes at 350°.

Gail Juranka, Lake Charles, La.

FISH LOAF

2 cups flaked, cooked fish
1½ cups bread crumbs
½ teaspoon baking powder
¾ cup chopped celery
½ cup chopped onion
1 Tablespoon lemon juice
1 cup milk
1 Tablespoon minced pimento
1 Tablespoon chopped green pepper
Salt and pepper

Mix ingredients and form loaf in an oiled loaf pan. Bake in moderate oven 350° until brown and firm. Serve with desired cream sauce.

Vivian Murphy, Cameron, La.



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DaDa, Paul
Mona, Ricky and TuTu

TUNA BURGERS

1 large can tuna
6 buns
2 hard boiled eggs
½ pound velveeta cheese
½ cup mayonnaise
2 Tablespoons sweet relish
2 Tablespoons minced onion
2 Tablespoons chopped stuffed olives

Butter buns before making salad. Combine remaining ingredients in a large bowl and mix well. Place mixture on buns and wrap in foil and freeze. When ready to use heat oven to 350° and cook for about 35 minutes. This is nice for working people. Pop in oven while you are doing something else.

Edna Bertrand, Cameron, La.

STUFFED SQUASH A LA CRABMEAT

5 stalks chopped celery
¼ cup chopped parsley
½ cup chopped green onions
1 small chopped green pepper
1 stick oleo
4 large white squash
1 pound frozen crabmeat
1 teaspoon Lowrey's seasoning salt
Salt and pepper to taste
3 drops Tabasco
3 slices toasted bread
2 eggs
Cracker crumbs

Saute celery, parsley, green onions, and green pepper in oleo. Cut squash in halves, boil until slightly tender. Cool and scoop out center after discarding seed. Save squash shells. Mash scooped out squash and add to the above mixture. Also add crabmeat,

seasoning salt, salt and pepper, and Tabasco. Cook this mixture for a few minutes. Remove from heat and add bread crumbs and eggs. Mix thoroughly. Fill squash shells with this mixture. Top with cracker crumbs and bake at 325° for 35 to 40 minutes.

Ida Boutte, Lake Charles, La.

CRAB LOAF

1 large onion
2 cloves garlic
½ cup bell pepper
1 stalk celery
1 ½ sticks margarine
1 ½ - 2 lbs. crabmeat
2 loaves of french bread
2 eggs
Tony's Seasoning
Louisiana Red Hot Sauce
Salt and pepper

Chop and cook the first 4 ingredients in 1 stick of margarine until vegetables are fairly well cooked. Add crabmeat to this and cook until warmed. Hollow out loaves of french bread. Toast the part of the bread that has been removed from the loaves. Add this toasted bread to crab mixture. Add eggs and seasonings. Mix well. Place mixture in hollowed bread loaves. Wrap in tin foil and bake at 350° 8 - 10 minutes.

Pat Vaughan

CREOLE SEAFOOD CASSEROLE

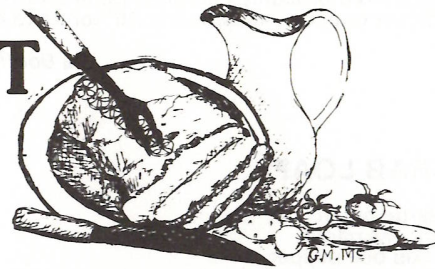
1 large, peeled and diced, eggplant
2 cups water
3 teaspoons salt
½ cup chopped celery
½ cup chopped onions
½ cup chopped green pepper
1 clove minced garlic
2 Tablespoons butter
1 small can drained, sliced mushrooms
1 cup dry bread crumbs
3 cups cooked rice
½ teaspoon Louisiana Hot Sauce
1 teaspoon worcestershire sauce
1 teaspoon creole seasoning
¼ teaspoon black pepper
¼ teaspoon garlic powder
1 cup raw, cleaned, small shrimp
1 cup fresh or canned crabmeat
¼ cup chopped parsley
¼ cup chopped green onions
¼ cup grated cheddar cheese
2 Tablespoons butter
Paprika

Combine eggplant, water and 1 teaspoon salt in a saucepan. Bring to a boil. Reduce heat, and simmer for 5 minutes and drain. Cook celery, onions, and green pepper in butter until tender-crisp, then add mushrooms. Stir in eggplant, rice and remaining salt and seasonings. Cook for 5 minutes more, stirring constantly. Add shrimp, crabmeat, ½ cup of bread crumbs, green onions and parsley. Turn into buttered casserole dish. Sprinkle with mixture of ½ cup of remaining bread crumbs mixed with cheese. Dot with butter and paprika. Bake at 375° for 25 minutes. Serve hot. Makes 6 servings.

Sheila LaBove



MEAT



AFTER THE HUNT CASSEROLE

- 10 strips fried and crumbled bacon
- 1 (5 ounce jar) dried beef cut into strips
- 1 (8 ounce) can drained mushroom pieces
- 1 stick butter
- 1/2 cup flour
- 1/2 teaspoon pepper
- 1 quart milk
- 16 well beaten eggs
- 1 cup evaporated milk
- 4 ounces button mushrooms

Saute dried beef and mushrooms in bacon grease. Make a cream sauce with butter, flour, pepper and milk. Add beef and bacon to the sauce. Soft scramble eggs in 1/2 stick butter and milk. Butter 3 quart casserole (4 inches deep). Add to casserole in layers, 1/3 sauce, 1/2 eggs, 1/3 sauce, last of the eggs, last of the sauce and top with 4 ounces button mushrooms. Bake for 45 minutes covered in 275° oven. Uncover and bake 15 minutes longer. Serves 12.

Malise O'Banion, Dallas, Tex.

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BARBECUE AND BUNS

- 2 pounds ground meat
- 1 green pepper, chopped
- 1 medium onion, chopped
- Salt
- 1 can beef bouillion
- 1 regular size bottle catsup
- 1 cup water
- 2 Tablespoons vinegar
- 2 Tablespoons prepared mustard
- 1 Tablespoon sugar
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 teaspoon cinnamon

Brown meat in large skillet (you may need to add a bit of oil if using a non-Teflon skillet or lean ground meat). Add green pepper and onion and continue cooking until onion is clear. Salt to taste. Add remaining ingredients and simmer about 30 minutes stirring frequently. Serve on hamburger or hot dog buns. Serves about 20. If you don't have beef bouillion on hand, substitute a cup of liquid made with a bouillion cube.

This recipe of Barbecue and Buns is good for a backyard get-together, beach feast or Saturday night supper, but I recommend it for a teen-age party dish. A do it yourself Sloppy Joe mix, it freezes well. This amount serves about 20, so if you don't need that much, divide it among several containers and save some for another occasion.

Ida Boutte, Lake Charles, La.

CORNY SANDWICH SQUARES

- 1 (10 ounce) package cornbread mix
- 1 (8 3/4 ounce) can cream style corn
- 2 eggs
- 2 Tablespoons milk
- 3/4 cup shredded process American cheese
- 2 cups diced cooked roast beef
- 1/4 cup catsup
- 2 Tablespoons sweet pickle relish
- 1/2 cup shredded process American cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup cold water
- 1 Tablespoon cornstarch
- 1 (16 ounce) can chopped stewed tomatoes
- 1 teaspoon worcestershire sauce

In a bowl combine cornbread mix, corn, eggs, and the 3/4 cup American cheese, stir until blended. Spread half of batter in greased 8 x 8 x 2 inch baking dish. Combine beef, catsup, and relish. Spread over the batter. Sprinkle with the 1/2 cup American cheese and Parmesan cheese. Top with remaining batter. Bake at 350° for 35 minutes. Let stand 5 minutes before cutting in squares.

Meanwhile, prepare sauce. In a saucepan, combine water and cornstarch. Stir in tomatoes and worcestershire sauce. Cook and stir till mixture thickens and bubbles. Serve over cornbread squares. Makes 6 servings.

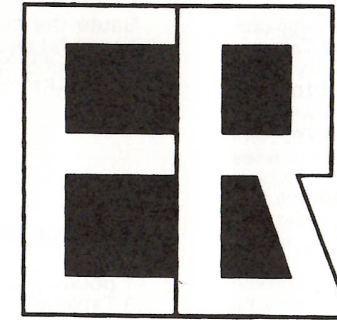
Shirley Murphy, Lake Charles, La.

BEAN POT

- 2 chopped strips bacon
- 1/2 pound ground chuck
- 2 finely chopped garlic buds
- 1 can pork and beans
- 1 can red kidney beans
- 1 small can drained green lima beans
- 1/2 cup brown sugar
- 1/4 cup vinegar
- 1/2 cup catsup
- 2 teaspoon mustard
- Salt and pepper to taste

Fry garlic, onions, and bacon and ground chuck together till meat is done, but not brown. Mix all other ingredients. Pour into a 2 quart baking dish. Bake for 1 hour at 350°. Stir twice. This is very easy to make for camping or barbeque outing.

Harriet Racca, Iowa, La.



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STIR FRIED MOUNTAIN OYSTERS

6 to 12 mountain oysters
3 Tablespoons peanut oil
¼ pound pea pods or 2 cups chopped celery
1 cup sliced mushrooms
4 green onions with tops
1 teaspoon corn starch
½ teaspoon salt
¼ teaspoon ground ginger
⅛ teaspoon white pepper
1 Tablespoon soy sauce
1 Tablespoon dry sherry

Peel skin off mountain oysters and cut into 1 inch pieces. Also cut green onions into 1 inch pieces. In wok or skillet heat 2 Tablespoons oil and add peas, mushrooms, and onions. Stir fry for 2 minutes and remove from wok to a bowl. Add rest of oil and mountain oysters, cook until white. Mix starch, salt, ginger, soy sauce and sherry, add to wok along with vegetables from the bowl. Stir fry until hot and serve over rice. Serves 3 to 4 people.

Ernest Richard, Grand Chenier, La.

MEATBALL STEW

¾ cup roux
2 quarts water
1 medium chopped onion
1 clove chopped garlic
1 pound ground beef
¼ cup bread crumbs
Salt and pepper to taste
4 - 5 peeled, chopped, Irish potatoes
4 sliced carrots
Green onion tops
Parsley

Into a large saucepan, dissolve roux in water, stirring constantly. To this, add onion and garlic. While the mixture simmers, season ground meat and add bread crumbs, mix well. Form into balls. Place meatballs into stew and cook slowly so as not to break up the meatballs. Add potatoes and carrots. Continue to simmer. Drop in onion tops and parsley. Simmer for about twenty minutes or until vegetables and meat are cooked. Serve over cooked rice.

Roux may be either purchased or homemade. The total cooking time is fifty minutes. Serves 4 to 6 adults. Potatoes and carrots are optional. Other variations: Add dumplings or use chopped sirloin rather than ground beef.

*Arlene Coreil, Grand Chenier, La.
1st Place, Parish Beef Cookoff*

CABBAGE CASSEROLE

1 medium sized chopped cabbage
1 pound ground beef
1 can onion soup
1 large can of stewed tomatoes (or 2 small cans)
1 cup of raw rice
2 well beaten eggs
½ cup of cooking oil
1 large chopped onion
1 finely chopped bell pepper
Sprinkle of garlic powder
Salt, black pepper and red pepper to taste
Italian bread crumbs
Grated cheddar cheese
Sprinkle of paprika

Mix in a big bowl by hand, cabbage, ground beef, onion soup, tomatoes, rice, eggs, cooking oil, onion, bell pepper, garlic powder and salt and pepper. Spray Pam on a large casserole dish, add ingredients, sprinkle lightly with bread crumbs. Bake for 2 hours at 325° or until lightly golden brown. After cooked, top with cheddar cheese and paprika. Put back in oven until cheese is melted.

*Bridget Badon, Grand Chenier, La.
2nd Place, Parish Beef Cookoff*

MEAT AND VEGETABLE CASSEROLE

1½ pounds ground meat
1 small onion
1 small bell pepper
½ cup chopped celery
2 Tablespoons bacon fat
Salt and pepper to taste
1 can whole kernel corn
1 can drained sugar peas
1 can drained diced carrots
1 small can tomato sauce
½ can cream of mushroom sauce

Saute the ground meat, onion, bell pepper, and celery in the bacon fat until the meat loses its color. Then add the remaining ingredients. Mix well. Bake in a greased dish for 30 to 40 minutes at 350° F.

Vivian Murphy, Cameron, La.

HAMBURGER SHORTCAKE

1 pound ground beef
3 Tablespoons minced onion
4 Tablespoons fat
1½ teaspoons salt
¼ teaspoon pepper
4½ Tablespoons flour
3 cups milk
3 Tablespoons catsup

Saute the beef and onion in the fat until done but not brown, about 5 minutes. Stir in seasonings and flour. Stir in milk gradually, simmer 5 minutes. Add catsup and cook until thick. Serve between and over split biscuits.

Vivian Murphy, Cameron, La.

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**Betty Savoy
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RANCH STYLE STEW

1 pound ground beef
1 large chopped onion
1 chopped bell pepper
1 Tablespoon chili powder
1 envelope onion soup mix
Salt, pepper and creole seasoning to taste
1 can stewed tomatoes
1 can ranch style beans

Brown ground beef in skillet and add onions, bell pepper and seasonings, and cook until onions are tender. Add tomatoes and ranch style beans and mix well. Place in slow cooker and simmer slowly for 1 hour or until time to serve.

*Dorothy Landry, Grand Chenier, La.
Tied for 3rd Place, Parish Beef Cookoff*

SPICY BARBECUED SPARERIBS

5 pounds spareribs
1 cup firmly packed brown sugar
½ cup catsup
¼ cup soy sauce
¼ cup worcestershire sauce
¼ cup chili sauce
2 cloves crushed garlic
2 teaspoons prepared mustard
½ teaspoon pepper

Cut ribs into serving size pieces. Combine remaining ingredients, mix well. Pour into a large shallow dish. Add ribs; cover and refrigerate at least 2 hours turning ribs occasionally. Drain ribs, reserving marinade. Place ribs, bone side down, on grill over slow coals. Grill 30 minutes, turning ribs frequently. Brush ribs with sauce; cook an additional 30 minutes, basting and turning frequently. Yields 4 to 6 servings.

Shane Broussard, Creole, La.

SWEET AND SOUR PORK WITH MUSHROOMS

1 pound boneless pork
2 cups water
1¼ teaspoons salt
1 whole clove garlic
12 ounces fresh mushrooms
2 Tablespoons vegetable oil
1 cup green pepper strips
½ cup chopped onion
1 (8 ounce) can pineapple chunks
1½ Tablespoons cornstarch
4 teaspoons soy sauce
½ teaspoon sugar
½ teaspoon white vinegar

Cut pork in 1 inch cubes. In a small saucepan, place pork, water, 1 teaspoon of salt and garlic. Bring to a boil. Reduce heat and simmer, covered, until pork is tender (about 30 minutes). Drain, reserving liquid. Discard garlic. Rinse mushrooms, pat dry and slice. In a large skillet, heat oil until hot. Add mushrooms, green pepper and onions, saute about 3 minutes or until tender. Drain pineapple, reserving juice. Combine pineapple juice, cornstarch, soy sauce, sugar, vinegar, ¼ teaspoon salt and reserved pork liquid. Add to skillet along with pineapple and pork. Cook and stir until mixture is thickened, about 2 minutes. Serve over rice. Yield: 4 servings.

Pam East, Hackberry, La.

SMOKED BRISKET

1 12 to 14 pound brisket
1 large bottle Italian salad dressing
Lea & Perrin sauce

Soak brisket in salad dressing and Lea & Perrins for at least 2 days turning meat over daily. Smoke on rack of smoker for 2 hours then wrap in foil and smoke for 4 more hours. (The foil keeps it from drying out.)

Evans Mhire, Grand Chenier, La.

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SHIRLEY'S HOMEMADE CHILI

1½ pounds ground beef
1 cup chopped onion
½ cup chopped bell pepper
2 (15 ounce) cans ranch style beans
½ cup chili powder
¼ teaspoon salt
¼ teaspoon red pepper
2 (8 ounce) cans tomato sauce
2 cups water

Brown ground beef and drain fat. Add all other ingredients and simmer over slow fire for 1 hour.

*Shirley Theriot, Grand Chenier, La.
Tied for 3rd Place, Parish Beef Cookoff*

CABBAGE ROLLS

1 pound ground meat
1 onion
1 pod of garlic
½ bell pepper
1 can tomato sauce
¼ cup cooking oil
½ bottle chili powder
corn meal
1 head cabbage

Mix meat, onions, garlic, bell pepper, tomato sauce, and cooking oil, chili powder, and enough corn meal to hold the rest of the ingredients together. Steam head of cabbage until leaves become soft enough to handle. Break leaves off and roll around meat mixture. Boil for 1 hour. Can pour a can of tomato sauce over rolls when you start to cook them.

Fay Vincent

BEEF RICE CASSEROLE

2 pounds chuck
1 Tablespoon cooking oil
1 cup raw rice
1 can beef consomme
½ teaspoon salt
¼ teaspoon pepper
½ cup flour
1 clove minced garlic
1 thinly sliced onion
1 (4 ounce) can mushroom stems and pieces

Cut beef into strips, season with salt and pepper and coat with flour. Add beef to heated oil in skillet and brown. Place rice in buttered 1 quart casserole. Add salt, pepper, garlic and mushrooms. Arrange browned beef on top. Add beef consomme. Cover with onion pieces. Cover and bake at 325° for 1 hour or until tender. Garnish with peaches and parsley.

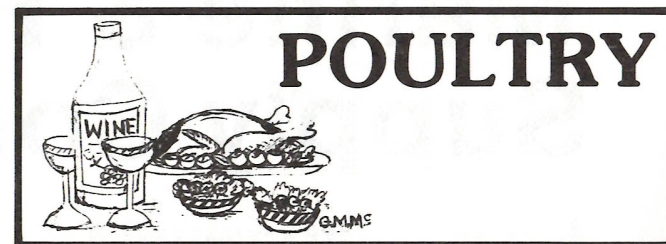
Beverly Precht, Roanoke, La.

DOGPATCH PIE

1 pound ground beef
2 Tablespoons bacon drippings
½ cup chopped onions
¼ teaspoon salt
¼ teaspoon pepper
2 teaspoons chili powder
1 Tablespoon worcestershire sauce
1 cup canned, drained and chopped, stewed tomatoes
1 cup drained, canned kidney beans
1 cup cornbread batter

Brown beef in bacon drippings, and pour off excess fat. Add onions and saute. Add tomatoes and seasonings, simmer for 15 minutes. Add beans, stirring and continuing to simmer for 10 more minutes. Pour mixture in a greased 2 quart casserole. Using a wet knife, spread cornbread batter evenly over the top. Bake until brown and crusty in a 425° oven. (Usually 20-25 minutes.) Serve hot. Make muffins with the rest of the cornbread batter. Pie serves 4 - 6.

Joe Ball, Rocksprings, Tex.



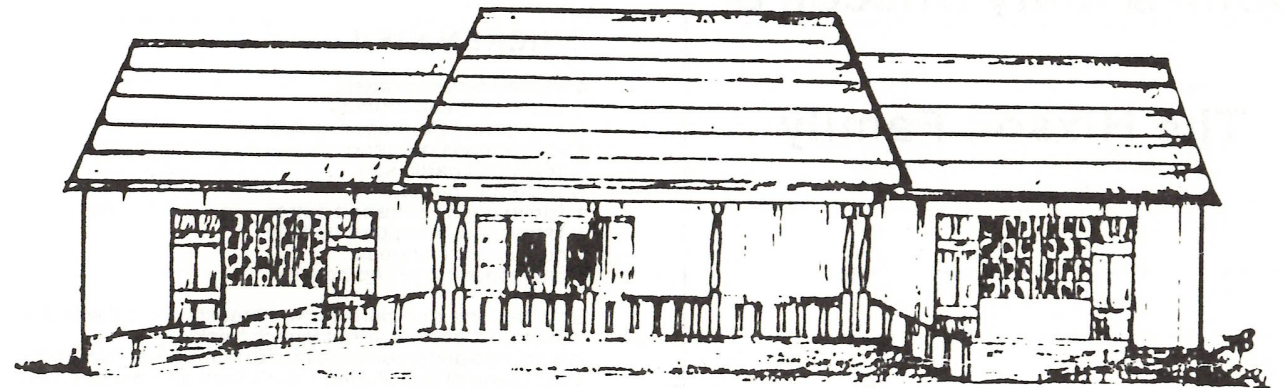
CHICKEN CROQUETTES

4 Tablespoons oleo
¼ cup flour
½ cup milk
½ cup chicken broth
2 Tablespoons parsley
2 teaspoons onion juice
2 teaspoons lemon juice
1 teaspoon salt
1 teaspoon black pepper
2 cups finely diced chicken
1½ cups crushed corn flakes
2 beaten eggs
2 Tablespoons water

Melt oleo and blend in flour. Add milk and chicken broth. Cook until mixture bubbles, stirring constantly. Cook one minute longer. Add parsley and onion juice and lemon juice and salt and pepper. Cool. Add chicken and chill. Wet hands and shape chicken into balls, use about ¼ cup to each ball. Roll in corn flakes. Dip in mixture of eggs and water. Roll in corn flakes again. Deep fry for 2 to 3 minutes or until golden brown. Drain.

Daisy Fontenot, Georgetown, Tex.

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RECIPE FORMS

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

(PLEASE TYPE OR PRINT CLEARLY).

RECIPE TITLE: _____

Please use these abbreviations: C. for cup, tsp., Tbsp., pkg., qt., pt., oz., lb., etc.

INGREDIENTS

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

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

METHOD

(Be sure each ingredient is included in directions)

If your recipe needs more space than allowed below please complete your recipe on the back of this form. Please be sure to print or type clearly.

Submitted by: _____

Town or Community: _____

**SEND TO: Shirley Bonsall
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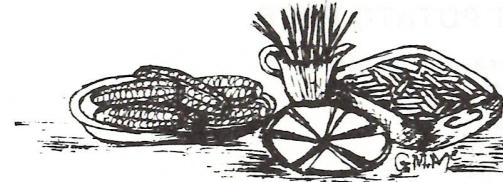
PLEASE SEND IN NO LATER THAN JULY 15, 1985.

COOKING HINT:

To cook chicken in microwave oven: Rinse chicken, its giblets, and neck with running cold water. Place chicken, breast side down, in a 4 to 5 quart casserole dish. Add giblets and neck and 1 cup water and cover with casserole lid or vented plastic wrap. Cook on high for 10 minutes. Turn chicken breast side up; cover and cook on medium 25 minutes or until chicken is tender. Let chicken stand in covered casserole for 10 minutes then refrigerate for 30 minutes or until easy to handle.

T. Mae Booth

VEGETABLES



BROCCOLI CASSEROLE

- 1 (10 ounce) package chopped broccoli
- 1 can cream of mushroom soup
- 2 eggs
- 1½ cup grated cheddar cheese
- 1 (12 ounce) package potato chips

Cook broccoli as directed on package and drain. Combine soup, eggs, mayonnaise and cheese. Mix well. Add broccoli and pour into buttered 1 quart casserole dish and bake in oven 350° F for 30 minutes. Remove from oven. Cover with potato chips and bake until brown.

Daisy Fontenot, Georgetown, Tex.

YELLOW SQUASH CASSEROLE

- 4 medium size thinly sliced yellow squash
- ⅓ cup finely chopped onions
- ⅓ cup melted oleo
- 2 chopped hard cooked eggs
- ½ cup shredded cheddar cheese
- 1 cup cuttery cracker crumbs

Cook squash in small amount of salted boiling water for 10 to 12 minutes. Drain. Saute onions in oleo until tender. Combine all ingredients except cracker crumbs in lightly greased 1 quart casserole dish. Sprinkle cracker crumbs on top. Bake at 350° for 20 to 30 minutes.

Daisy Fontenot, Georgetown, Tex.

SQUASH CASSEROLE

- 6 cups sliced yellow squash
- ¼ cup chopped onions
- ¼ cup chopped bell pepper
- 1 can condensed cream of chicken soup
- 1 (8 ounce) container sour cream
- 1 cup shredded carrots
- 5 or 6 slices of crumbled fried bacon
- ¼ cup melted butter or margarine
- 1 (6 ounce) package chicken stuffing mix

In saucepan, cook sliced squash, onions, bell pepper, and shredded carrots in small amount of water until crisp tender (about 5 or 10 minutes) and drain.

Combine cream of chicken soup, sour cream and crumbled bacon. Fold in drained squash mixture. Combine stuffing mixture and pour half in bottom of 12 x 7½ x 2 inch baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetables. Bake in 350° oven for about 30 minutes or until bubbly.

Mrs. John M. Theriot

TOMATO-SCALLOPED POTATOES

- 3 cups thinly sliced onion
- 1 clove pressed garlic
- 2 Tablespoons olive oil
- ¼ cup butter
- 4 large or 5 medium tomatoes
- 8 large potatoes
- 1½ teaspoons salt
- ½ teaspoon pepper
- 2 Tablespoons minced parsley
- ¼ teaspoon oregano
- 1 cup grated Swiss cheese
- 2 Tablespoons grated Parmesan cheese

Saute onion and garlic in olive oil and 2 Tablespoons of butter. Peel and thinly slice the potatoes. Add tomatoes to onion, also the salt, pepper, parsley, and oregano. Mix gently. Butter bottom and sides of a shallow 3 quart casserole. Preheat oven to 325°. Spoon ⅓ of the tomato-onion mixture on bottom of dish; add half of the potatoes, ½ cup grated Swiss cheese, and 1 Tablespoon Parmesan. Repeat once again. Top with last ⅓ of tomato-onion mixture. Dot with 2 Tablespoons butter. Bake at 325° for 2 hours or until potatoes are tender. Serves 16. Good served with barbeque or wild game.

Mrs. Charles Rogers

BEAN CASSEROLE

- 2 cans french style beans
- 1 can mushroom soup
- 1 can onion rings

Mix beans and soup together and put in casserole dish. Sprinkle onion rings on top and bake for 30 minutes at 350° or microwave for 10 minutes. If your family likes cheese add ½ cup shredded velveeta cheese on top with onion rings.

Peggy Mhire, Grand Chenier, La.

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EGGPLANT-TOMATO CASSEROLE

1 medium eggplant
1 minced onion
2 thinly sliced ribs of celery
1/3 cup minced bell pepper
4 Tablespoons oil
1 (16 ounce) can drained stewed tomatoes
Salt and pepper
Margarine
Worcestershire
1 beaten egg
Corn flakes

Peel and slice eggplant; parboil in salted water until starting to clear. Lightly saute onion, celery, bell pepper in oil. Drain eggplant and add to onion mixture. Add tomatoes, season with salt and pepper. Add a few drops of worcestershire sauce and the beaten egg. Mix well, pour into casserole, dot with margarine and cover with crushed corn flakes. Bake uncovered 40 minutes at 350° F. Serves 6.

Mrs. Charles Rogers

HASH BROWN CHEESE CAKE

1 (32 ounce) package frozen shredded hash brown potatoes
2 (10 3/4 ounce) can undiluted potato soup
2 (8 ounce) cartons commercial sour cream
2 cups shredded sharp cheddar cheese
1 cup grated Parmesan cheese

Thaw hash brown potatoes. Combine all ingredients, stirring well, spoon into a greased 13 x 9 x 2 inch baking dish. Bake at 350° for 40 minutes. Makes 12 to 15 servings.

Shirley Murphy, Lake Charles, La.

CARROT CASSEROLE

2 cups grated carrots
1 cup oleo
1/2 cup brown sugar
1 egg
1 Tablespoon water
1 1/2 cup flour
1/2 teaspoon cinnamon
1/2 teaspoon soda
1/2 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon nutmeg

Mix all ingredients except nutmeg. Pour in a greased ring mold or loaf pan. Refrigerate overnight. Take out 30 minutes before baking. Sprinkle nutmeg on top. Bake at 350° for 1 hour. Serves 8.

Mrs. Charles Rogers, Cameron, La.

SWEET POTATO PUFF

3 cups mashed sweet potato
1 cup sugar
1/2 cup melted butter
1/2 cup milk
1 teaspoon salt
2 beaten eggs
1 teaspoon vanilla

Mix and pour into greased pan.

TOPPING FOR SWEET POTATO PUFF

1 cup brown sugar
1 cup chopped pecans
1/3 cup butter
1 cup flour

Mix topping and spread on top of potatoes. Bake at 350° oven for 35 minutes or more. Put a sheet of foil on top for first 25 minutes.

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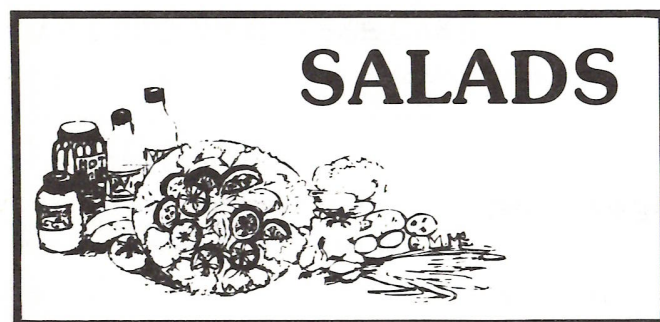
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SUPER CHEF'S SALAD

- 1 can chunk turkey
- 1 can chunk ham
- 1 can chunk chicken
- 3 medium chopped sweet pickles
- 1/2 head shredded lettuce
- 1/2 cup plain croutons
- 1 cup shredded cheddar cheese
- 5 hard boiled eggs
- 1/2 cup Thousand Island Dressing

Mix all ingredients together in large mixing bowl. Serve with crackers.

Deborah Corley, Cameron, La.

CRAWFISH-BEAN SALAD

- 2 cups cooked rice
- 2 cups cooked, seasoned, crawfish tails
- 1 (16-ounce) can white beans, drained and rinsed
- 1/2 cup chopped red onion
- 1 (12-ounce) can pitted black olives, chopped
- 1 Tablespoon Worcestershire sauce
- 1/4 cup lemon juice
- 3 Tablespoons olive oil
- 1 Tablespoon red wine vinegar
- 1 teaspoon salt
- Tony's Creole Seasoning, to taste
- 1/4 teaspoon freshly-ground black pepper
- Lettuce leaves or tomatoes

Combine cooked rice, cooked crawfish tails, white beans, red onions and black olives in a mixing bowl. Lightly toss. Make dressing of lemon juice, olive oil, vinegar, salt, pepper, and Tony's Seasoning. Mix well, toss with salad ingredients and refrigerate. Serve on a bed of lettuce or stuff firm, hollowed tomatoes. Serves 10.

If you like a creamier dressing, just throw in 2 or 3 Tablespoons mayonnaise to make this salad "yours." An unusual and delicious combination.

Shirley Bonsall, Grand Chenier, La.

CHRISTMAS SALAD

- 1 large can drained cocktail fruit
- 1 cup miniature marshmallows
- 1 cup flaked coconut
- 1 cup drained chunk pineapple
- 1 cup drained sliced Mandarin oranges
- 1 cup sour cream

Combine all ingredients in a large mixing bowl. Toss together and add one cup sour cream. Mix well and chill.

Sonny Bertrand, Cameron, La.

TASTY APPLE SALAD

- 4 cups diced apples
- 2 Tablespoons lemon juice
- 1 cup diced celery
- Pinch of salt
- 1/4 cup mayonnaise
- 1 cup white raisins (optional)
- Mild cheese (optional)

Toss apple with lemon juice. Stir in celery and salt. Toss with mayonnaise. Makes six 1 cup servings.

Edna Bertrand, Cameron, La.

ORANGE CONGEALED SALAD

- 1 large bowl Kool-Whip
- 1 large container small curd cottage cheese
- 2 small boxes of orange jello
- 1 can drained mandarin oranges
- 1 small can crushed pineapple

Mix dry jello with cottage cheese. Add Kool-Whip and mix well. Add oranges and pineapple. Chill at least 2 hours.

Jo Boudreaux, Grand Chenier, La.

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GERMAN POTATO SALAD

- 10 or 11 medium potatoes
- 6 slices bacon
- 1/2 cup water
- 1/2 cup vinegar
- 1/4 cup sugar
- 1 1/2 Tablespoons corn starch
- 1/4 cup chopped green onions
- 4 radishes

Peel and cube potatoes. Boil until tender. Drain and set aside. Fry bacon until crisp. Take bacon out of drippings. Then add water, vinegar, and sugar to drippings. Bring to a boil. Thicken with corn-starch. Add onions and cook for 1 minute. Salt and pepper to taste. Combine potatoes and warm mixture. Add bacon when mixture is cooled. Just before serving, garnish with sliced radish.

Mrs. Mayo Cain, Klondike, La.

SENSATIONAL SALAD

- Use the same size frozen package of each:
- Cauliflower
- Broccoli
- Brussel Sprouts (Petite size if available)
- 2 cucumbers, sliced

Boil each separately in salted water, cool, and then mix together. Boil vegetables till tender, do not overcook. Add 2 sliced cucumbers.

Coat the vegetables with *Wishbone* Italian Dressing. (No substitute - it doesn't taste the same.) You do not want too much dressing where the salad is juicy - just enough to coat the vegetables and allow them to remain crisp. Just stir and eat. This keeps well in the refrigerator for several days.

Karen Miller Boudreaux, Creole, La.

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MIXED SALAD

- 1/3 cup olive or vegetable oil
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons white wine vinegar
- 1 small clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon basil, crushed
- 1/8 teaspoon white pepper
- 1/2 head romaine lettuce
- 1/2 head boston lettuce
- 1 cucumber, sliced
- Scallions
- 6 - 8 carrots, sliced

In small bowl combine oil, lemon juice, vinegar, garlic, salt, basil and pepper. Cover and chill at least 1 hour. At serving time wash lettuce leaves and tear into bite size pieces; place in a large bowl, add cucumbers, carrot and scallions. Pour over salad and toss to coat evenly.

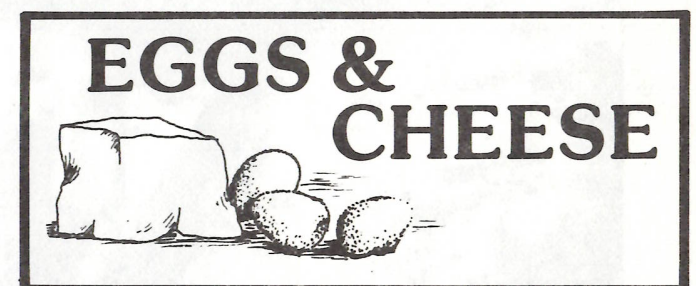
Dona Booth, Grand Chenier, La.

DEBBIE'S SEAFOOD SALAD (Original Recipe)

- 2 cans crab meat
- 2 cans medium shrimp
- 1/2 head shredded lettuce
- 4 chopped hard boiled eggs
- 1/2 cup of plain croutons
- 1/2 cup of shredded cheddar cheese
- 1/2 cup of Thousand Island Dressing

Mix all ingredients in a large mixing bowl. Serve with crackers.

Deborah Corley, Cameron, La.



BAKED STUFFED EGGS

STUFFED EGG MIXTURE:

- 8 cooled boiled eggs
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon mustard
- 1 Tablespoon grated onion
- 1/3 cup finely chopped ham
- 1/2 cup grated cheddar cheese
- 1 teaspoon parsley flakes

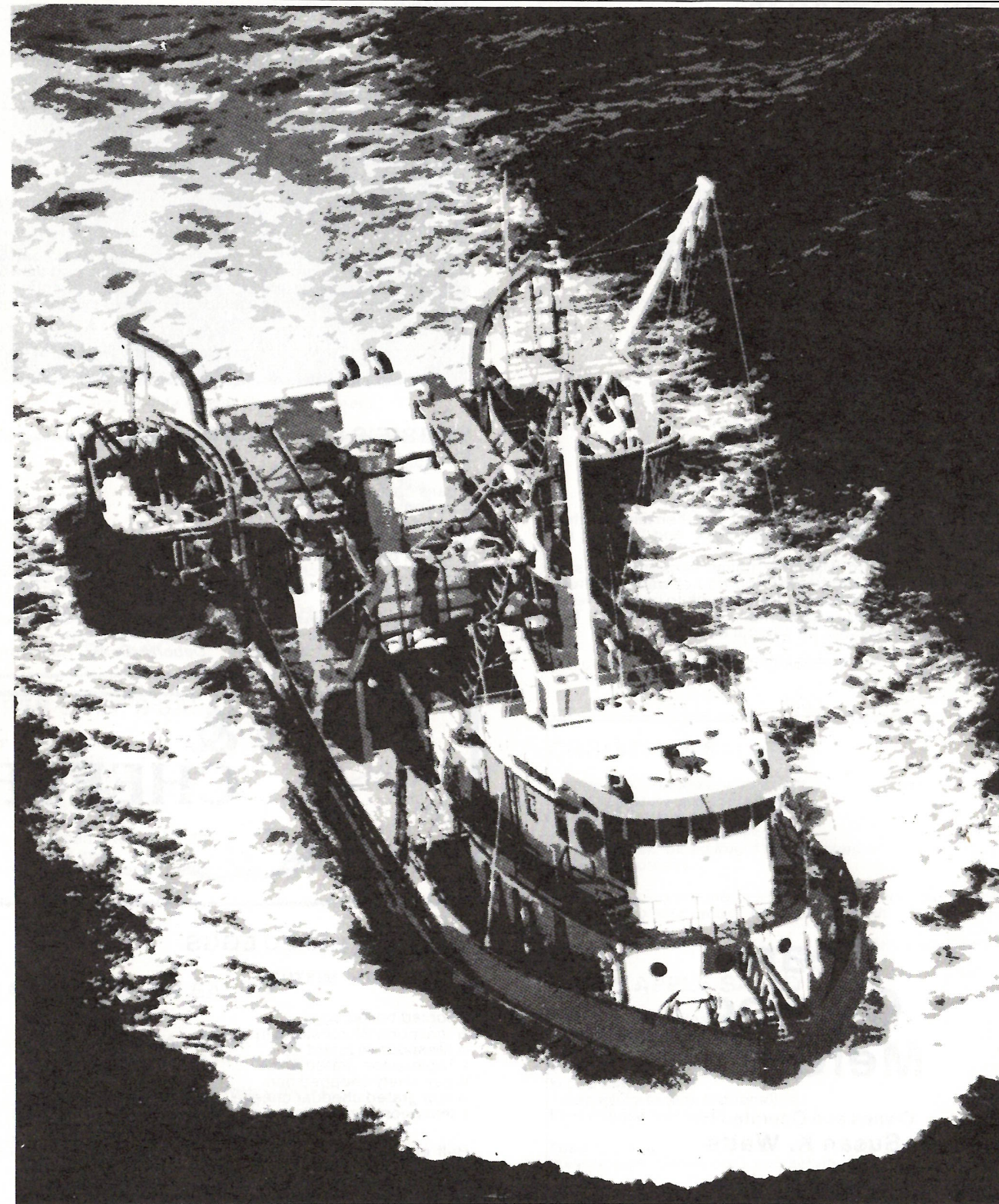
Half eggs lengthwise. Remove yolks and mash with all ingredients. Stuff eggs and put in a single layer in oblong dish.

SAUCE:

- 3 Tablespoons butter
- 3 Tablespoons flour
- 1/2 cup hot chicken bouillon
- 1 small can pet milk
- 1/2 cup grated cheddar cheese
- Paprika

In saucepan, melt butter, blend in flour. Add bouillon, milk and cheese. Cook over low heat until thick. Pour over eggs and sprinkle with paprika. Bake 20 minutes at 350°.

Mrs. Robert Silver, Hackberry, La.



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KIRK'S KASSEROLE

EGG MIXTURE:

8 hardcooked eggs
4 Tablespoons butter
½ teaspoon worcestershire sauce
¼ teaspoon prepared mustard
¼ teaspoon hot sauce
1 teaspoon minced parsley
1 teaspoon chopped green onions
1½ cups cooked crabmeat
Salt and pepper to taste

Cut eggs in half lengthwise; remove and mash yolks. Heat butter, worcestershire sauce, mustard, hot sauce, parsley, green onions, crabmeat, and seasonings in skillet until butter is melted. Mix yolks with this mixture. Fill whites with mixture.

WHITE SAUCE:

4½ Tablespoons butter
4½ Tablespoons flour
1 can cream of mushroom soup
1 cup milk
Dash of salt and pepper
½ cup bread crumbs
Parsley to garnish

Melt butter in saucepan. Blend in flour and cook until bubbles. Add soup, milk, and seasonings. Cook over low heat stirring constantly, until mixture is smooth and thickened throughout. Pour sauce in casserole dish. Set filled egg halves into sauce. Sprinkle with bread crumbs. Bake at 300° for 15 minutes. Garnish with parsley.

Kirk Fruge
4-H Egg Cookery Contest Winner

SHRIMP-TACULA EGG MOLD

1 envelope unflavored gelatin
½ cup water
3 ounces cream cheese
4 Tablespoons mayonnaise
3 Tablespoons milk
¾ cup coarsely chopped celery
1 chopped medium bell pepper
2 whole chopped dill pickles
Salt and pepper to taste
¾ cup sliced olives with pimientos
1½ cups boiled shrimp
6 coarsely chopped hard cooked eggs
Lettuce leaves to garnish
Parsley to garnish
2 sliced hard cooked eggs to garnish

Soften gelatin in water; blend cream cheese, mayonnaise, and milk until creamy. Add gelatin mixture. Stir. Add celery, bell pepper, dill pickles, and olives. Mix well and chill for 30 minutes. Place in mold and chill until set. When set, unmold and garnish with lettuce leaves, parsley, boiled shrimp and egg slices. Serve with crackers as a party dish.

Rhonda Perry
4-H Egg Cookery Contest Winner

EGG-SHRIMP APPETIZERS

FILLING:

6 hard cooked eggs
½ cup chopped boiled shrimp
¼ teaspoon onion powder
¼ teaspoon garlic powder
1 Tablespoon sweet relish
1 Tablespoon finely chopped bell pepper
1 Tablespoon finely chopped celery
¼ teaspoon finely chopped parsley
¼ cup mayonnaise
Salt and pepper to taste
Paprika to garnish
Sliced olives to garnish

Remove shells from eggs. Grind eggs. Add shrimp, onion powder, garlic powder, sweet relish, bell pepper, celery and parsley; mix well. Add mayonnaise to moisten. Salt and pepper to taste. Fill miniature pastry shells with mixture. Sprinkle with paprika and place an olive slice on each appetizer.

MINIATURE PASTRY SHELLS:

1 cup flour
¾ teaspoon salt
½ cup softened butter or margarine
4 ounces softened cream cheese

Sift flour and salt onto wax paper. In medium bowl, with fork, blend butter with cream cheese until there are no streaks. Now blend in flour mixture. Divide into 26 small balls. Press into miniature muffin tins. Bake at 350° until light brown. Let cool 1 or 2 minutes in pan. Remove from pan carefully. Cool on rack. Yields: 26.

Jenny Theriot
4-H Egg Cookery Contest Winner

EGGS-TRA SPECIAL DESSERT

1 cup sugar
¼ teaspoon salt
½ cup water
1 teaspoon unflavored gelatin
1 Tablespoon cold water
1 teaspoon vanilla
¾ cup crushed coconut macaroon cookies
1¼ cups chopped pecans
6 beaten egg yolks
½ cup chopped maraschino cherries
2 cups whipped cream
Whipped cream to garnish
Cherries to garnish

Boil sugar and salt in ½ cup water until it spins a thread. Soften gelatin in 1 Tablespoon water. Pour sugar mixture over this. Add remaining ingredients. Fold in whipped cream. Chill overnight in a shallow pan or parfait glasses. Garnish with whipped cream and cherries. Number of servings: 8-10.

Kris Vidrine
4-H Egg Cookery Contest Winner

FESTIVE LOG

CAKE:

¾ cup sifted cake flour
¼ cup cocoa
¼ teaspoon salt
6 separated eggs
1 cup granulated sugar
1 Tablespoon lemon juice
3 Tablespoons powdered sugar
Candied cherries for garnish

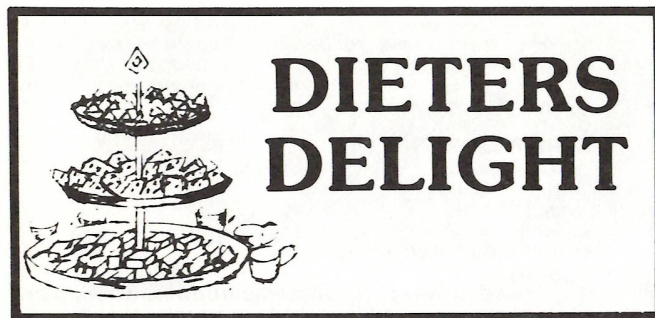
Use a 15 x 10 x 1 inch jelly roll pan lined with wax paper. Combine flour, cocoa, and salt. Beat egg yolks at high speed for 5 minutes or until thick. Gradually add granulated sugar, beating well. Stir in lemon juice and set aside. Beat egg whites until stiff but not dry. Fold egg whites into yolk mixture. Combine flour mixture and egg mixture. Spread in pan. Bake at 350° for 15 minutes. Sift powdered sugar on towel. Roll up cake in towel. Let cool, seam side down. Unroll cake and remove towel. Spread cake with frosting. Reroll. Place on plate seam side down. Spread frosting over cake roll. Garnish with candied cherries.

CHOCOLATE FROSTING:

8 Tablespoons evaporated milk
4 Tablespoons cocoa
1 box powdered sugar
1 stick softened margarine
1 teaspoon vanilla

Blend all ingredients together until smooth enough to spread. Number of servings: 10-12.

Becky Theriot
4-H Egg Cookery Contest Winner



SPLIT BANANA SPLIT

3 medium bananas, peeled and cut into halves lengthwise
6 scoops chocolate dietary frozen dessert, 3 ounces each
¼ cup reduced calorie strawberry spread (16 calories per 2 teaspoon)
1 Tablespoon shredded coconut

Cut each banana half in half again crosswise. Line each of 2 banana split or dessert dishes with 6 banana quarters. Arrange 3 scoops of frozen dessert in each dish; top each scoop with 2 teaspoons strawberry spread and ½ teaspoon coconut. *Each serving is equivalent to: 2 servings Fruit, ½ serving Milk, 16 calories Specialty Foods (strawberry spread), ½ serving Extras (coconut). Per serving: 171 cal, 5 g pro, 1 g fat, 37 g car, 70 mg sod, 2 mg chol. Makes 6 servings.*

Shirley Bonsall, Grand Chenier, La.

PICKLED CARROTS

4 medium carrots, pared and cut into 3 x ¼ inch sticks
1½ cups water
½ cup cider vinegar
2 Tablespoons granulated sugar
1 teaspoon whole mustard seeds
¼ teaspoon salt
2 whole cloves

Combine all ingredients in a medium saucepan. Bring to a boil; reduce heat and simmer until carrots are just tender, about 8 minutes. Remove from heat, cool in liquid. Cover and chill. Drain before serving. *Each serving is equivalent to: 2 serving Vegetables, 3 servings Extras (1½ teaspoons sugar). Per serving: 66 cal, 1 g pro, 43 g fat, 16 g car, 172 mg sod, 0 mg chol.*

Shirley Bonsall, Grand Chenier, La.

PICKLED BEETS

1 cup drained canned sliced beets, reserve ½ cup beet liquid
¼ cup cider vinegar
2 Tablespoons minced onion
1 Tablespoon granulated sugar
¼ teaspoon salt
1 whole clove

Combine all ingredients in a small saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Remove from heat; cool in liquid. Cover and chill. Drain before serving. *Each serving is equivalent to: ¼ cup plus 1½ teaspoons Limited Vegetables, 1½ servings Extras (¾ teaspoon sugar). Per serving: 37 cal, 64 g pro, .07 g fat, 9 g car, 281 mg sod, 0 mg chol. Makes 4 servings.*

Shirley Bonsall, Grand Chenier, La.

WEIGHT WATCHERS BARBEQUE CHICKEN

1 cup diet cola
¼ cup tomato paste
1 Tablespoon onion flakes
1 teaspoon worcestershire sauce
1 teaspoon lemon juice

1 teaspoon salt
1 clove minced garlic

Cook in a saucepan for about 30 minutes on a low fire. Pour over cut up chicken taking skin off chicken. Bake for 1 hour at 425°.


Beverly Dyson, Grand Chenier, La.

MEATBALL STEW

12 ounces ground beef
½ cup plus 2 teaspoons seasoned dried bread crumbs
¼ cup minced onion, divided
2 Tablespoons red wine
¼ teaspoon salt
⅛ teaspoon pepper
2 teaspoons olive oil
1 garlic clove, minced
1 can crushed tomatoes
1 can tomato puree
½ teaspoon basil leaves
½ teaspoon granulated sugar
¼ teaspoon oregano leaves

In a bowl combine beef, bread crumbs, 2 Tablespoons onion, wine, salt and pepper. Form into meatballs, each about 1 inch in diameter. Bake on a rack in baking pan at 350 F until cooked throughout, 20 to 25 minutes. In a medium saucepan heat oil. Add remaining 2 Tablespoons onion and garlic; saute until onion is softened, about 3 minutes. Add crushed tomatoes, tomato puree, basil, sugar, and oregano; bring to a boil. Reduce heat; add meatballs. Cook to blend flavors, about 15 minutes. *Each serving is equivalent to: 4 ounces Meat Group, 1 serving Bread, 2 Tablespoons Limited Vegetables, 2 servings Extra (1 Tablespoon wine and ¼ teaspoon sugar), 1 serving Fat, 1 serving Vegetables, 1 serving Bonus (½ cup tomato puree). Per serving: 469 cal, 37 g pro, 19 g fat, 35 g car, 1144 mg sod, 108 mg chol. Makes 2 servings.*

Shirley Bonsall, Grand Chenier, La.



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CALIFORNIA MISSION CHICKEN

10 small seedless grapes, cut into halves
1 canned peach half with 1 T. juice (no sugar added)
1 Tablespoon water
1 teaspoon lemon juice
½ teaspoon granulated sugar replacement
1½ teaspoon enriched all purpose flour
½ teaspoon grated pared ginger root or dash ground ginger
¼ teaspoon paprika
¼ teaspoon garlic powder
⅛ teaspoon salt
12 ounces chicken parts, skinned*

In a medium bowl combine first 5 ingredients; cover and set aside.

In a shallow dish or on a piece of wax paper combine flour, ginger, paprika, garlic powder, and salt; add chicken parts, 1 piece at a time, and coat with flour mixture. Place chicken in a shallow 1-quart flameproof casserole, skinned-side down; sprinkle with any remaining flour mixture. Place casserole under broiler 4 to 6 inches from heat source and broil 5 minutes; turn chicken over and broil until lightly browned, about 5 minutes longer. Remove casserole from broiler. Drain fruit mixture and pour liquid over chicken, reserving fruit; cover and bake at 375° F until chicken is tender, about 20 minutes. Add fruit to casserole and bake uncovered until fruit is heated through, about 5 minutes. *Each serving is equivalent to: 1 serving Fruit, 1½ servings Extras (flour), 4 ounces Poultry. Per serving: 295 cal, 34 g pro, 9 g car, 384 mg sod, 101 mg chol.*12 ounces chicken parts will yield about 4 ounces cooked meat. Makes 1 serving.*

Shirley Bonsall, Grand Chenier, La.

CHICKEN MARENGO

4 skinned and boned chicken breasts, 6 ounces each
Salt and pepper

2 Tablespoons vegetable oil
½ cup chopped onion
1 garlic clove, minced
1 cup sliced mushrooms
1 cup canned whole tomatoes
¼ cup white wine
Garnish: parsley sprigs

Sprinkle each chicken breast with dash each of salt and pepper. Heat oil in a 9 or 10 inch skillet and add chicken. Cook over low heat, turning once, until golden brown on both sides. Remove chicken to a 1½ quart casserole. Add onion and garlic to skillet and saute until onion is tender, about 3 minutes. Add mushrooms and continue to saute 3 minutes longer. Add tomatoes, wine and dash each of salt and pepper. Break up tomatoes with back of a spoon and cook 10 minutes, stirring frequently. Pour over chicken in casserole; bake at 350 F until chicken is cooked throughout, about 20 minutes. Transfer to serving platter and garnish with parsley. *Each serving is equivalent to: 4 ounces Poultry, 1½ servings Fat, 2 Tablespoons limited vegetables, 1 serving vegetables, 1½ servings (Extras) 1 Tablespoon wine. Per serving: 298 cal, 37 g pro, 12 g fat, 6 g car, 203 mg sod, 96 mg chol. Makes 4 servings.*

Shirley Bonsall, Grand Chenier, La.

DIABETIC ICE CREAM

2 packages vanilla Dezerta
1 package Knox Gelatin
1 cup of milk
4 eggs
¾ cup Fructose
1 teaspoon vanilla
1 can milnot

Dissolve Knox gelatin in milk. Mix with Dezerta and cook until pudding is cooked. Set aside to cool. Add eggs, fructose, vanilla, and milnot to first mixture and then add enough milk to fill ice cream freezer. Pour into freezer and turn until ice cream is done.

Daisy Fontenot, Georgetown, Tex.

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PEPPERED ROAST BEEF

5 pounds beef round roast, well-trimmed
2 tablespoons oil
1 teaspoon ground or coarsely ground pepper
1 medium onion, sliced
1 medium carrot, sliced
1 large stalk celery, sliced
½ cup dry red table wine

Rub meat with oil and pepper and place in an open roasting pan. Insert meat thermometer so bulb reaches center of thickest part. Arrange onion, carrot and celery slices around meat. Pour red wine over all. Roast uncovered in 350° F oven for 1½ hours or until thermometer registers desired degree of doneness. If more liquid is needed, baste with additional wine during the roasting period. Do not use drippings from the roast for basting. Skim fat from pan juices or remove juices with bulb baster and discard fat. Spoon pan juices over thinly sliced meat. 160 calories per serving. Makes 18 servings.

Shirley Bonsall, Grand Chenier, La.

FANTASTIC BEEF GOULASH

1 cup cooked macaroni
1 pound lean ground beef
½ pound fresh mushrooms, sliced
1 cup chopped onion
1 garlic clove, minced
1 can (6 ounces) unsalted tomato paste
¾ cup water
1 cup unsalted catsup
1 small bay leaf
1 teaspoon sugar
½ teaspoon pepper
¼ teaspoon oregano
¼ teaspoon basil

Cook macaroni as directed on package, omitting salt. Drain and set aside. Brown ground beef with mushrooms, onion and garlic. Pour off fat. Add remaining ingredients. Simmer gently about 15 minutes. Add cooked, drained macaroni. Simmer 5 minutes. Re-

move bay leaf before serving. 225 calories per serving. Makes 6 servings.

Mae Ann Hebert, Grand Chenier, La.

VEGETABLE ENCHILADAS

¼ cup chopped onion
2 Tablespoons chopped celery
2 Tablespoons chopped bell pepper
2 Tablespoons sliced mushrooms
1 small garlic clove, minced
3 ounces drained canned red kidney beans
½ cup tomato sauce
¼ teaspoon oregano leaves
¼ teaspoon chili powder
⅛ teaspoon basil leaves
Dash each pepper and ground allspice
2 corn tortillas (6 inch diameter each)
1 ounce shredded Cheddar cheese

In a 9 inch nonstick skillet combine first 5 ingredients and cook, stirring frequently, until soft, about 5 minutes. Add remaining ingredients except tortillas and cheese; mix well and let simmer 5 minutes. Spread a small amount of bean mixture over bottom of a 1 quart casserole. Layer 1 tortilla, half of remaining bean mixture and half of cheese in casserole; repeat layers. Bake at 350° F for 20 minutes. Each serving is equivalent to: ¼ cup Limited Vegetables, ¾ serving Vegetables, 3 ounces Legumes, 1 serving Bonus (tomato sauce), 2 servings Bread, 1 ounce Hard Cheese. Per serving: 372 cal, 18 g pro, 11 g fat, 53 g car, 1175 mg sod, 30 mg chol. Makes 1 serving.

Shirley Bonsall, Grand Chenier, La.

CORN BRAN-RAISIN MUFFINS

¾ ounce corn bran cereal, crushed
⅓ cup instant nonfat dry milk powder
1½ teaspoon firmly packed light brown sugar
¼ teaspoon double-acting baking powder
¼ teaspoon ground cinnamon
Dash salt
1 egg
1 teaspoon corn oil
½ teaspoon vanilla extract
2 Tablespoons raisins

In a medium bowl combine first 6 ingredients. In a separate bowl combine egg, oil, and vanilla; beat lightly. Add egg mixture to dry ingredients; blend thoroughly and stir in raisins. Spray 4 cups (2½ inch diameter of each) of a nonstick muffin pan or four 6 ounce custard cups with nonstick cooking spray; spoon ¼ of the batter into each prepared cup. (If using muffin pan, partially fill unused cups with water.) Bake at 350° F about 10 minutes (until a toothpick, inserted in center of muffin, comes out clean.) Each serving is equivalent to: 1 serving Bread, 1 serving Milk, 3 servings Extras (sugar), 1 Egg, 1 serving Fat, 1 serving Fruit. Per serving: 378 cal, 16 g pro, 11 g fat, 52 g car, 438 g sod, 278 mg chol. Makes 1 serving.

Shirley Bonsall, Grand Chenier, La.

OLD FASHIONED BEEF STEW

1½ pounds boneless beef for stew, cubed
2 Tablespoons plus 1½ teaspoon enriched all purpose flour
2¼ cups beef bouillon, divided
1 cup pearl onions
1 cup peas
½ cup drained, canned whole tomatoes

Broil beef on a rack in broiling pan until rare, about 15 minutes, turning once. In a medium saucepan dissolve flour in ¼ cup bouillon, then stir in remaining bouillon. Add beef and bring to a boil. Reduce heat and simmer, stirring occasionally, until meat is very tender, about 45 minutes. Add remaining ingredients, stirring to break up tomatoes with back of spoon. Return to a boil; reduce heat and simmer until vegetables are tender, about 15 minutes. Each serving is equivalent to: 4 ounces Meat Group, ¼ serving Bread, ¾ serving Extras (9 Tablespoons Bouillon), ½ cup Limited Vegetables, ¼ serving Vegetables. Per serving: 311 cal, 38 g pro, 11 g fat, 13 g car, 796 mg sod, 103 mg chol. Makes 4 servings.

Shirley Bonsall, Grand Chenier, La.

CARROT-BANANA BREAD

2 eggs
2 slices whole wheat bread, torn into small pieces
½ cup instant nonfat dry milk powder
¼ cup plain unflavored yogurt
2 Tablespoons brown sugar replacement
1 teaspoon each baking soda and ground cinnamon
1 teaspoon vanilla extract
½ teaspoon imitation butter flavoring
¼ teaspoon pumpkin pie spice
¼ teaspoon salt
1 cup grated carrots
½ medium banana, mashed

In a medium bowl, beat eggs with electric mixer until frothy; add bread and mix well. Add remaining ingredients except carrots and banana; mix on low speed 1 minute. Fold in carrots and banana. Pour mixture into a 7 x 4 x 2 inch loaf pan that has been sprayed with a nonstick cooking spray. Bake at 350° F until a toothpick inserted in the center comes out clean, 40 to 45 minutes. Each serving is equivalent to: 1 Egg, 1 serving Bread, 1 serving Milk, 1 serving Vegetables, ½ serving Fruit. Per serving: 286 cal, 17 g pro, 8 g fat, 37 g car, 819 mg sod, 282 mg chol. Makes 2 servings.

Shirley Bonsall, Grand Chenier, La.

SLOPPY JOE'S SURPRISE

12 ounces ground beef
2 teaspoons vegetable oil
¼ cup chopped onion
¼ cup chopped green bell pepper
½ cup tomato sauce
⅓ cup plus 2 teaspoons seasoned dried bread crumbs
½ teaspoon oregano leaves
½ teaspoon salt
¼ teaspoon pepper
½ cup canned crushed pineapple, no sugar added

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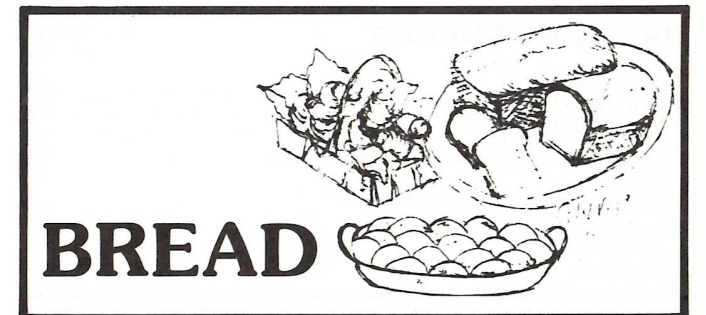
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2 slices whole wheat bread
Garnish: parsley sprigs

Broil beef on a rack until rare; cool, crumble, and set aside. Heat oil in a 9 or 10 inch skillet. Add onions and green pepper and saute over low heat until vegetables are very tender but not brown, about 4 to 5 minutes. Add crumbled beef, tomato sauce, bread crumbs, oregano, salt and pepper; stir to combine. Add pineapple; cook, stirring constantly, until mixture is piping hot, about 2 minutes. Toast bread; place 1 slice on each of 2 plates. Spoon ½ of beef mixture over each slice of toast. Garnish with parsley. Each serving is equivalent to: 4 ounces Meat Group, 1 serving Fat, 2 Tablespoons Limited Vegetables, ¼ serving Vegetables, ½ serving Bonus (¼ cup tomato sauce), 2 servings Bread, ½ serving Fruit. Per serving: 493 cal, 38 g pro, 20 g fat, 42 g car, 1179 mg sod, 108 mg chol. Makes 2 servings.

Shirley Bonsall, Grand Chenier, La.



D'S STUFFED CORNBREAD

PART 1

1¼ cup yellow corn meal
1 cup milk
1 (16 ounce) can cream style corn
2 eggs, well beaten
½ teaspoon baking soda
½ cup bacon drippings (liquid shortening)
½ teaspoon salt

Beat the eggs in a bowl. Add the corn meal, milk, soda, salt, corn and bacon drippings. Mix and set aside. Be sure to stir again before pouring into skillet.

PART 2

1 lb. ground meat (beef, veal or venison) seasoned with salt & pepper to taste
½ lb. cheddar cheese, shredded (2 cups)
1 large white or yellow onion, chopped
2 canned jalapeno peppers, seeded and chopped fine (optional)
1 pack taco seasoning mix
½ cup water

Saute the ground meat in a skillet until crumbled, add onions and continue browning until meat loses its red color. Add jalapeno peppers, taco seasoning mix and ½ cup water. Mix thoroughly and bring to a boil, lower heat and simmer 10 to 15 minutes (until very thick, stirring often so not to burn.) Set aside.

Grease a large (10") skillet (deep iron chicken fryer.) Heat it and then sprinkle about 2 teaspoons corn meal slightly over bottom. Let it brown slightly. Pour half the batter from Part 1 into the skillet. Spread ground meat mixture and then cover with cheese. Pour remaining batter over all. Bake at 350° for 45 minutes to 1 hour.

Add a green salad and have a satisfying luncheon meal for six.

Dolores Olivier Lantz, Sulphur, La.

CHEESE TOAST

Place 2 slices of white bread on cookie sheet. Top with a slice of cheese on each and bake at 350° for 3 to 5 minutes or until cheese bubbles. Serves 1. Total calories - 330.

Shawn Bonsall, Grand Chenier, La.

NEDIA'S BANANA BREAD

½ cup butter or margarine
1 cup sugar
1 egg
¾ teaspoon baking soda
1½ cups sifted flour
1 Tablespoon baking powder
½ teaspoon salt
3 large ripe bananas
Chopped nuts, optional

Cream butter and sugar until light and fluffy. Beat in egg. Blend in sifted dry ingredients and mashed bananas. Pour into greased and floured 8 x 4 x 2½ loaf pan. Bake at 350° for 50 to 60 minutes.

Nedia Paine, Philadelphia, Pa.

RAISIN-NUT BREAD

1 cup raisins
1 cup water
1 beaten egg
¾ cup sugar
½ teaspoon vanilla
1½ cups flour
¼ teaspoon baking powder
¼ teaspoon soda
¼ teaspoon salt
1 cup nuts

Place raisins and water in saucepan and bring to a boil. Remove and cool. Mix together egg, sugar and vanilla and stir in raisin mixture. Add remaining ingredients and beat well. Place in 2 medium loaf pans or 2 (16 ounce) vegetable cans. Bake at 350° for 50 to 60 minutes.

Cindy Morris Core, Folsom, La.

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COUCHE-COUCHE (Fried Mush, Acadian Style)

2 cups corn meal
1 teaspoon baking powder
1½ teaspoon salt
1½ cups milk or water
½ cup shortening

Mix thoroughly in a bowl, the corn meal, baking powder, salt, milk or water. Heat shortening until hot in heavy skillet. Add corn meal mixture to hot shortening. Place skillet over high heat. Let a crust form and then stir well once or twice. Lower heat to simmer. Cover skillet and cook for 15 minutes.

Serve with pure cane syrup and crispy bacon or as a cereal with milk and sugar.

Mrs. Robert Silver, Hackberry, La.

MARTHA'S MUFFINS

1 package English muffins
8 ounces grated American cheese
½ cup chopped ripe olives
¼ cup chopped scallions
2 teaspoons curry powder
Softened butter

Lightly butter the English muffins. Combine the cheese, olives, scallions, curry powder and mayonnaise. Spread the mixture on the muffins and cut each muffin into quarters. Bake at 350° for 10 - 15 minutes, or until they are lightly browned and bubbly.

Note: Mixture (without muffins) keeps well in refrigerator for several days. I have used same spread on split loaves of French bread and served with barbecued chicken.

Ducie Carter, Lake Charles, La.

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HUSH PUPPIES

1 package hush puppy mix
1 egg
Garlic powder
½ cup chopped onions
Green onion tops
1 small can cream style corn

Combine all ingredients. Drop by teaspoon into hot grease until brown.

T. Michon, Church Point, La.

FRENCH MARKET DOUGHNUTS

3 cups flour
3 teaspoons baking powder
¼ teaspoon salt
2 Tablespoons sugar
1 egg
¾ cup water
1 teaspoon vanilla

Sift all dry ingredients, and add egg, water and vanilla. Place dough on floured surface and roll flat. (About ½ inch thick.) Cut into squares and fry in deep fat until lightly browned on both sides. Sift powdered sugar on top. Yields - 1-1½ dozen.

Edna Bertrand, Cameron, La.

MEXICAN CORNBREAD

1 cup yellow corn meal
1 cup buttermilk
½ cup wesson oil
2 eggs
1 chopped onion

¾ Tablespoon baking soda
3 canned, chopped jalapeno peppers
1 can cream style corn
Grated cheese

Mix first seven ingredients in mixer. Add corn. Mix again. Pour ½ of mixture in dish. Sprinkle with cheese, then pour remainder of mixture over cheese. Bake at 350°F for 45 minutes.

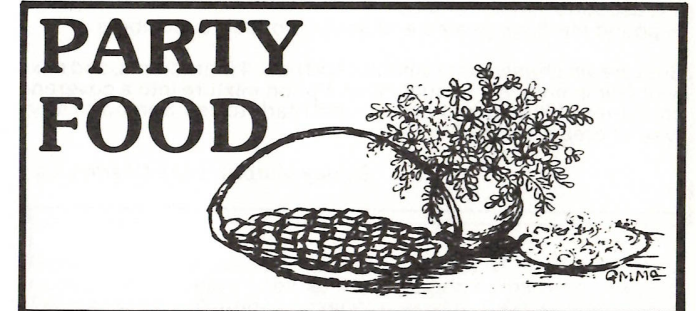
Yvonne Richard, Grand Chenier, La.

FRENCH TOAST

6 slices bread
2 well beaten eggs
2 Tablespoons sugar
1 Tablespoon cinnamon
½ teaspoon vanilla
½ pint milk
2 cups oil

Mix eggs, sugar, cinnamon, and vanilla and beat well by hand with a fork. Pass bread slices in mixture and deep fry until brown on both sides. Let drip on a paper towel then eat with your favorite syrup and cold milk. Serves 3. Each serving has 210 calories.

Shawn Bonsall, Grand Chenier, La.



SEAFOOD DIP

1 (8 ounce) package cream cheese
2 Tablespoons finely chopped onions
1 Tablespoon lemon juice
¼ teaspoon Tabasco pepper sauce
¼ teaspoon worcestershire sauce
1 (4½ ounce) can drained and finely chopped shrimp
1 (6½ ounce) can drained crabmeat
2 Tablespoons mayonnaise

Mix all ingredients together. Chill for 1 hour or overnite. Serve with chips. May be frozen for later use.

T. Michon, Church Point, La.

MEXICAN DIP

1ST LAYER

Cream together 8 ounces cream cheese, 8 ounces sour cream and 1 package taco mix.

2ND LAYER

8 ounce bottle taco sauce

3RD LAYER

Chopped tomatoes, bell pepper, green onions, grated cheese and black olives.

Chill and serve.

Gail Juranka, Lake Charles, La.

VIETNAMESE WON TON'S

5 carrots
 1/2 head cabbage
 1 1/2 onions
 1 stem green onion
 Dash of fish or soy sauce
 1 pound hamburger meat
 1 can bean sprouts
 1 handful mushrooms
 2 eggs
 3 capfuls vinegar
 Won ton wrappers

Shave carrots; finely chop cabbage, onions, mushrooms. Chop bean sprouts a little less finely than other vegetables. Set aside in a bowl. Brown meat in a skillet, then add meat, eggs, and vinegar to the vegetables and mix thoroughly. Add fish or soy sauce and mix. Put mixture in wonton wrappers, fold wrappers, and deep fry until a light golden brown.

*Shannon Leah Dopson, Crowley, Acadia Parish
 Queens Contestant*

CUCUMBER AND CREAM CHEESE SPREAD

2 (8 ounce) packages softened cream cheese
 2 teaspoons lemon juice
 1/2 teaspoon prepared horseradish
 1/4 teaspoon salt
 1/8 teaspoon hot sauce
 2 teaspoons minced onions
 1/2 pound medium, peeled and finely chopped cucumbers

Beat cream cheese until smooth. Add next 4 ingredients, and mix well. Stir in onions and cucumber. Spoon mixture into a covered container; chill at least 1 hour or until ready to use. Spread on any type of bread. Yield - 2 cups.

Shirley Murphy, Lake Charles, La.

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BONBONS

1/4 cup melted margarine
 1 can sweetened condensed milk
 1 pound powdered sugar
 1 (14 or 16 ounce) package coconut
 1 (6 ounce) package chocolate chips
 1/2 cake Parowax

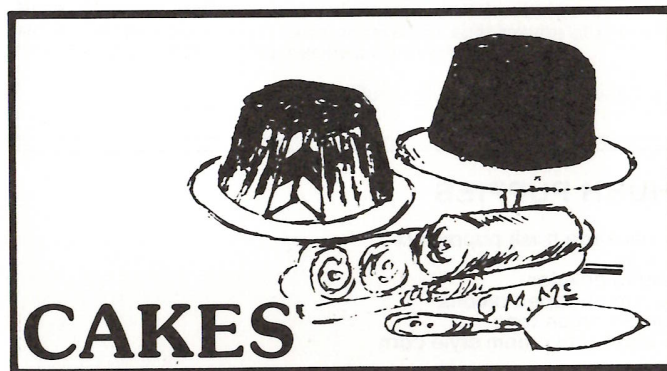
Combine margarine, milk, sugar and coconut. Chill at least 30 minutes. Form into small balls and chill again. Melt chocolate chips and wax over hot water. Dip balls into chocolate mixture. Put on waxed paper to cool.

Martha Cobell, Hackberry, La.

CREAMY CRABMEAT SPREAD

1 (7 or 8 ounce) can crabmeat
 1 (8 ounce package) softened cream cheese
 1 Tablespoon milk
 2 Tablespoons minced onion
 1 teaspoon horseradish
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1/4 cup roasted slivered almonds

With a fork blend crabmeat into cream cheese. Mix milk, onion, horseradish, salt and pepper. Spread into a pie plate. Sprinkle with almonds. Bake at 375° F for 20 minutes.



KENTUCKY JAM CAKE

1 1/2 cups room temperature butter
 1 cup packed brown sugar
 3 eggs
 1 3/4 cups flour
 1 teaspoon soda
 1 teaspoon ground nutmeg
 1 teaspoon cinnamon
 1/2 teaspoon ground cloves
 1 1/2 cups blackberry jam
 3 Tablespoons buttermilk
 1/2 cup golden raisins
 1/2 cup chopped walnuts or pecans

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine flour, soda, nutmeg, cinnamon and cloves. Add flour mixture alternately with jam and buttermilk, to butter and sugar mixture, beating well. Stir in raisins and nuts. Pour in greased and floured bundt or tube pan. Bake at 350° for 1 hour. Remove from pan immediately. Let cool. Frost with caramel icing.

Roberta Rogers

CARAMEL ICING

2 cups brown sugar
 1 stick butter or oleo

5 Tablespoons milk
 1/2 teaspoon baking powder
 1 teaspoon vanilla

Mix sugar, butter or oleo and milk in heavy pot. Bring to a boil, and cook for 2 minutes only. Remove from heat and add baking powder and vanilla. Beat until thick enough to spread. Dribble over top and sides of cake. Serves 20.

Roberta Rogers

COCONUT SOUR CREAM CAKE

1 package white cake mix
 1/4 cup oil
 3 eggs
 1 (8 ounce) carton sour cream
 1 (8 1/2 ounce) can cream of coconut
 1 (8 ounce) package softened cream cheese
 1 teaspoon vanilla
 2 Tablespoons milk
 1 box powdered sugar
 1 cup coconut

Combine first five ingredients. Pour into pan. Bake at 350° for 30-40 minutes, or until done. Combine the next four ingredients, then stir in coconut, and frost cake.

Anita Jo Trahan

PECAN POUND CAKE

1 cup butter
 2 cups sugar
 5 eggs
 2 cups all purpose flour
 1 teaspoon vanilla
 1 teaspoon butter flavoring
 1 cup chopped pecans

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in flour, add vanilla and butter flavoring and pecans. Pour in greased and floured bundt pan. Bake at 325° for 1 hour. Remove from pan immediately. Serves 10 - 12.

Mrs. W.A. Shores, Abbeville, La.

OLD FASHIONED RAISIN CAKE

1 1/2 pounds raisins
 1 cup butter
 2 cups sugar
 1 cup sour milk
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 2 eggs
 4 cups flour
 2 teaspoons soda
 2 Tablespoons water

Boil raisins in enough water to cover for 20 minutes. Drain in collander. Dissolve soda in water and mix all other ingredients, stirring raisins in last. Pour into greased and floured tube or bundt pan. Bake at 350° for 1 hour. (May be baked in a 9 x 13 inch pan. If this size is used I use a caramel icing.) Serves 12 to 15.

Roberta Rogers

FUDGE RIBBON CAKE

1/2 cup butter, plus 2 teaspoons
 1 (8 ounce) package cream cheese
 2 1/4 cups sugar
 1 Tablespoon cornstarch
 3 eggs
 1 1/3 cups milk, plus 3 Tablespoons
 1 1/2 teaspoons vanilla
 2 cups flour
 1 teaspoon salt
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 4 ounces unsweetened cocoa

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Grease and flour cake pan. Using a small bowl, combine 2 teaspoons butter, cream cheese, 1/4 cup sugar, cornstarch, 1 egg, 3 Tablespoons milk and 1/2 teaspoon vanilla. Beat at high speed until smooth and creamy. Combine remaining ingredients in large bowl. Beat for 4 minutes at medium speed. Spread 1/2 of batter in pan. Spoon cheese mixture over batter. Top with remaining batter. Bake at 350° for 50 to 60 minutes.

Donna LaBove

ICING FOR FUDGE RIBBON CAKE

1/3 cup milk
 1/4 cup butter
 8 ounces chocolate
 1 teaspoon vanilla
 1 1/2 cup confectioners sugar

Combine milk with butter adding chocolate and vanilla. Beat in sugar until able to spread easily.

Donna LaBove

TEXAS PECAN CAKE

2 cups butter
 2 cups sugar
 6 well beaten eggs
 1 Tablespoon lemon juice
 4 cups sifted plain flour
 1 1/2 teaspoons baking powder
 2 cups yellow raisins
 4 cups pecans

Cream butter and sugar. Add eggs, lemon juice and blend. Sift dry ingredients together and combine with raisins and pecans. Add to creamed mixture and blend well. Pour in well greased and floured tube pan. Bake at 275° for 1 1/2 hours or until done.

Cindy Morris Core, Folsom, La.

RUM CAKE

1 cup shortening
2 cups sugar
4 eggs
1 teaspoon vanilla flavoring
1 teaspoon lemon flavoring
1 teaspoon rum flavoring
3 cups sifted all purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
1 teaspoon salt
1 cup buttermilk

Cream shortening and sugar. Add eggs, vanilla flavoring, lemon flavoring, rum flavoring and beat for two minutes with mixer. Sift together dry ingredients and add to mixture. Add buttermilk. Turn into greased 10 inch tube pan. Bake in moderate oven at 350° for 60 to 70 minutes.

Florence Brown, Lake Charles, La.

TOPPING FOR RUM CAKE

1 cup sugar
½ cup water
½ stick butter or margarine
½ teaspoon rum flavoring

Bring sugar and water to a rolling boil over full flame. Then remove from fire. Add butter and rum flavoring. Blend and let cool. Pour over cake as soon as it is removed from oven.

Florence Brown, Lake Charles, La.

COCONUT DREAM CAKE

1 butter cake mix
1 (16 ounce can) cream of coconut
1 can condensed milk
1 (9 ounce) carton whipped cream
1 can coconut

Make cake according to package directions. Pierce top of cake and pour cream of coconut and condensed milk over cake. Let stand for 2 hours. Spread with whipped topping. Sprinkle with coconut.

Anita Jo Trahan

CHERRY PECAN CAKE

CAKE:

1 box white cake mix
Eggs (use amount called for on box)
Cooking oil
Cherry juice
Milk
½ bottle cherries
½ cup pecans

Mix cake according to instructions on box but substitute ½ cherry juice and ½ milk for water. Bake cake in 9 inch pans according to instructions on box.

ICING:

½ cup Crisco shortening
2½ Tablespoons flour
½ teaspoon salt
½ cup milk
½ cup brown sugar
2 cups powdered sugar
½ cup cherries
½ cup pecans

Melt shortening. Remove from heat. Blend in flour and salt. Stir milk in slowly. Bring to a boil stirring constantly for about 1 minute. Stir in the brown sugar. Remove from heat and add powdered sugar, cherries and pecans.

Pat Vaughan

 Alex Jones

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CAJUN CAKE

2 cups flour (Softsilk)
1½ cups sugar
2 teaspoons baking soda
2 eggs
1 large can crushed pineapple

Combine above ingredients, mixing well. Pour into greased and floured pan. Bake at 350 - 375° until golden brown and done.

TOPPING:

¾ cup sugar
½ cup evaporated milk
1 stick butter
1 cup coconut

Cook first 3 ingredients together until bubbling. Stir in the coconut and 1 cup of chopped pecans. Pour onto cake and allow to cool.

*Deedra Hammond, Calcasieu Parish
Queens Contestant*

AUNT MINA'S CAKE

1 box yellow cake mix
1 stick margarine
1 egg
1 box powdered sugar
1 (8 ounce) package cream cheese
2 eggs
1 teaspoon vanilla
Pecans

Combine cake mix, margarine and 1 egg together and pour into greased 9 x 12 inch cake pan. Mix sugar, cream cheese, 2 eggs and vanilla together and pour over cake mix batter. Press down with a spoon. Sprinkle with pecans. Bake at 350° F for 30 - 40 minutes.

T. Michon, Church Point, La.

OLD FASHIONED SYRUP CAKE

3 well beaten eggs
1½ cups oil
1½ cups sugar
1½ cups cane syrup
1½ cups buttermilk
3 cups flour
1½ teaspoons baking soda
1½ teaspoons cinnamon
½ teaspoon salt

Combine eggs, oil, sugar, and syrup. Combine dry ingredients and add alternately with the buttermilk. Bake in a greased and floured 10 x 14 x 2 inch baking pan at 350° F for 1 hour and 10 - 15 minutes. Serves 24.

Roberta Rogers

LILLIAN'S DESSERT

CRUST

1 cup flour
1½ stick oleo
4 Tablespoons sugar
1 cup chopped pecans

Melt oleo and mix with remaining ingredients. Press into a 9 x 13 inch pan and bake at 350 F for 10 to 20 minutes or until light brown.

FILLING:

8 ounces cream cheese
1 can of eagle brand milk
1 medium container cool whip
½ cup lemon juice
1 cup chopped pecans
1 small can of drained, crushed pineapple

Beat cream cheese with mixer then fold in remaining ingredients. Pour into cool crust. Then refrigerate until ready to serve.

Charlotte Henson, Hemphill, Tex.

MILKY WAY CAKE

8 (1½ ounce) Milky Way candy bars
½ cup melted butter
2 cups sugar
½ cup softened butter
4 eggs
1 teaspoon vanilla
1¼ cups buttermilk
½ teaspoon soda
3 cups flour
1 cup chopped pecans

Combine candy bars and the melted butter in a heavy saucepan until candy bars melt. Cream the ½ cup butter and sugar until fluffy. Add eggs and cream well. Add vanilla. Combine buttermilk and soda. Add buttermilk and soda alternately with flour. Fold in pecans. Pour batter into a greased and floured 10 inch tube pan and bake at 325° F for 1 hour and 20 minutes. Let cool in pan for 1 hour. (If oleo is substituted for butter, add ½ teaspoon salt.)

MILKY WAY FROSTING

2½ cups sugar
1 cup pet milk
1 (6 ounce) package semisweet chocolate chips
1 cup marshmallow cream
½ cup melted butter

Combine sugar, milk and butter in heavy sauce pan and cook over medium heat to soft ball stage. Remove from fire and stir in chocolate chips and marshmallow cream. If too thick to spread, add a little cream.

Lisa Dyson, Grand Chenier, La.

BANANA NUT CAKE

1¾ cup flour
1 teaspoon soda
½ teaspoon salt
2 or 3 mashed well ripened bananas
1 teaspoon lemon juice
½ cup butter
½ cup shortening or 1 stick margarine
1½ cups sugar
2 eggs
1 teaspoon vanilla
1 cup chopped nuts

Grease 2 cake pans or 1 long pan. Line bottom with waxed paper. Grease paper. Sift flour and measure. Resift with soda and salt. Mash bananas with fork. Add lemon juice, buttermilk and bananas. Cream shortening, add sugar gradually, cream thoroughly. Add egg one at a time beating well after each addition. Stir in vanilla. Add dry ingredients alternating with banana mixture in 3 or 4 portions beginning and ending with flour and beating well after each addition. Fold in nuts. Bake about 30 minutes at 350° F then remove to cool rack. **Filling:** 1 or 2 mashed bananas with small portions of butter and sugar added.

Anita Jo Trahan

QUICK CAKE

3 eggs
1½ cups sugar
2 sticks melted margarine
1 can crushed pineapple
1 teaspoon vanilla
2½ cups self rising flour

Beat eggs and sugar till creamed. Add melted margarine, pineapple and vanilla and mix well. Add flour and mix together. Pour in 13 x 9 x 2 inch pan, well greased. Bake at 350° F for 1 hour.

Virginia Guidry, Castroville, Tex.

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FRESH PEAR CAKE

4 cups grated fresh pears
1 cup chopped nuts
½ teaspoon salt
½ teaspoon cinnamon
1 cup cooking oil
2 cups sugar
3 cups flour
2 large beaten eggs
1 teaspoon vanilla

Mix pears, sugar and nuts and let stand for 1 hour. (This makes a juice.) Add oil, vanilla, and eggs to pear mixture. Mix by hand. (Do not stir too long.) Pour into greased and floured tube pan and bake at 350° F for 1 hour or until done. Let stand for 5 minutes and invert.

Peggy Mhire, Grand Chenier, La.

FUDGE CAKE

2 cups sugar
2 cups Crisco
1½ cups cake flour
6 eggs
4 melted squares Baker chocolate
2 teaspoons vanilla

Cream sugar and crisco. Add melted chocolate. Add eggs one at a time. Add vanilla and flour. Pour into 13 x 9 inch pan. Bake about 45 minutes in 350° F oven.

Florence Brown, Lake Charles, La.

LEMON POUND CAKE

1 cup butter flavored Crisco
3 cups sugar
6 large eggs
1 teaspoon vanilla
1 teaspoon lemon extract
3 cups all purpose flour
¼ teaspoon salt
¼ teaspoon soda
1 cup buttermilk
1 cup sifted confectioners sugar
Juice of 2 lemons
Grated lemon rind (optional)

Preheat oven to 350°. Grease and flour a 10 inch bundt pan. Cream shortening, slowly add sugar and cream well. Add eggs one at a time, beating well after each addition. Add vanilla and lemon extract. Mix flour, salt, and soda with low speed on mixer, add alternately with buttermilk, beginning and ending with flour mixture. Bake for 1 hour. While cake is baking, mix confectioners sugar and lemon juice. Spoon the mixture over the cake as soon as it is done. Put a plate over the cake and wrap the cake in towels and let steam for 4 hours, then invert the cake on a plate. (Cake will still be hot.)

Mrs. Charles Rogers

COOKIES & CANDIES



PEANUT BUTTER COOKIES

1 cup peanut butter
1 cup sugar
1 egg

Mix all ingredients. Bake 10 minutes at 350°.

Gail Delcambre, Eugene Sallier

HEAVENLY HASH CANDY

¼ cup toasted sliced almonds
1 cup dried roasted peanuts
1 cup Captain Crunch cereal
1 cup Rice Crispies cereal
1 cup miniature marshmallows
1 pound white chocolate

Put all ingredients in large bowl. Mix well. Melt chocolate and pour over all. Stir well. Drop by spoonful onto wax paper.

Daisy Fontenot, Georgetown, Tex.

PECAN PRALINES

2 cups sugar
¾ cup evaporated milk

Cook to soft ball stage then add 1 quart ground pecans. Pour in greased pan.

Evelyn Vincent, Klondike, La.

CARAMEL CORN

2 cups brown sugar
½ cup light Karo syrup
2 sticks butter (not margarine)
Dash of salt
Dash of cream of tartar
½ teaspoon soda

Melt together brown sugar, syrup and butter. Bring to a boil. Boil 5 minutes and remove from heat. Add salt, cream of tartar and soda. Stir and immediately pour over approximately 7 quarts of popped corn. Mix thoroughly, place on cookie sheet and put in 200° F preheated oven for 1 hour. Pour on waxed paper, separate corn and let cool.

Karyl O'Banion, Lake Charles, La.

SAUCEPAN BROWNIES

½ cup shortening
2 squares unsweetened chocolate or 2 envelopes of no-melt unsweetened chocolate
½ teaspoon vanilla extract
1 cup sugar
2 eggs
¾ cup sifted all purpose flour
¼ teaspoon salt
¾ cup chopped nuts

Melt shortening and chocolate in a saucepan over low heat, stirring constantly; cool. (If no-melt chocolate is used, stir into melted shortening.) Beat in vanilla and sugar. Add eggs, one at a time. Beat well after each addition. Sift flour and salt and add nuts. Stir into chocolate mixture. Spread into a buttered 8 x 8 x 2 inch pan. Bake at 325° about 25 minutes. Cool and cut into squares. Makes 16.

Pam East, Hackberry, La.

PRALINES

2 cups sugar
1 cup milk
8 large marshmallows
2 Tablespoons butter
½ teaspoon vanilla
1 cup pecans

Combine sugar, milk, and marshmallows in 4 quart saucepan. Cook on medium heat until soft ball stage, stirring constantly. Remove from heat and add butter, beat until creamy, add pecans and beat until mixture begins to thicken. Drop on wax paper.

Vida Boudreaux, Creole, La.

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BUTTERSCOTCH CHEESECAKE BARS

1 (12 oz.) package butterscotch flavored morsels
1/3 cup margarine or butter
2 cups graham cracker crumbs
1 cup chopped nuts
1 (8 oz.) package cream cheese, softened
1 (14 oz.) can condensed milk (not evaporated)
1 teaspoon vanilla
1 egg

Preheat oven to 350° (325° for glass dish). In medium saucepan, melt morsels and margarine; stir in crumbs and nuts. Press half of the mixture firmly onto bottom of greased 13 x 9 inch baking pan. In large mixer bowl, beat cream cheese until fluffy; beat in condensed milk, vanilla and egg. Mix well. Pour into greased pan. Top with remaining crumb mixture. Bake 25 to 30 minutes or until toothpick inserted near center comes out clean. Cool to room temperature; chill before cutting into bars. Keep refrigerated.

Bonnie Conner, Grand Chenier, La.

APPLE STREUDEL

1 egg
3/4 cup sugar
1/3 cup flour
1 Tablespoon baking powder
1/8 teaspoon salt
1 cup cooking apples
1/2 cup chopped nuts
1 teaspoon vanilla

Beat egg well. Add sugar. Cream together. Combine flour, baking powder and salt. Add to egg and sugar mixture, stirring well. Blend in apples and nuts until just mixed. Add vanilla. Pour in greased 9 inch square pan. Bake for 30 minutes at 325°.

Bonnie Conner, Grand Chenier, La.

COCOA FUDGE

2/3 cup cocoa
3 cups sugar
1/8 teaspoon salt
1 1/2 cups milk
1/4 cup butter
1 teaspoon vanilla

Combine cocoa, sugar and salt in a large saucepan (3 quart size.) Add milk gradually, mix thoroughly; bring to a "bubbly boil" on high heat, stirring continuously. Reduce heat to medium and continue to boil the mixture, without stirring until it reaches a temperature of 232° (soft ball stage). Remove saucepan from heat; add butter and vanilla to mixture. *Do not stir.* Allow fudge to cool at room temperature until it reaches 110°. Beat by hand or with electric mixer until the fudge thickens and loses some of its gloss. Quickly pour and spread fudge in lightly buttered 8 x 8 x 2 inch pan. Cool, cut into squares. Yields about 3 dozen.

Pam East, Hackberry, La.

CHOCOLATE DIVINITY CANDY

3 Tablespoons shortening
1/2 cup Hershey's Cocoa
2 1/2 cups sugar
1/4 teaspoon salt
1/2 cup light corn syrup
1/3 cup water
2 egg whites
1 teaspoon vanilla
3/4 cup chopped pecans

Melt shortening in top of double boiler over hot water; add cocoa and stir until smooth. Set aside over warm water. Combine sugar, salt, corn syrup and water in a 2 quart saucepan. Cook over medium heat stirring constantly, until sugar dissolves and mixture boils. Boil without stirring to 246°F. Beat egg whites in large mixer bowl until stiff peaks form. Continue to cook until syrup reaches 260°F. (Hard ball stage) or until small amount of syrup dripped into very cold water forms a hard ball; remove from heat. Immediately pour syrup in a thin stream into egg whites. Beat on high speed. Add vanilla; beat until candy begins to hold its shape. Quickly blend in cocoa mixture; stir in pecans. Drop by teaspoons onto wax paper covered dish. Store in airtight container. Makes 3 1/2 dozen candies.

Mrs. Robert Silver, Hackberry, La.

CANDY ROLLS

1 small potato
1 box of powdered sugar
1 (16 ounce) jar of peanut butter
1/2 cup of chopped pecans

Boil potato until it is well done. Peel and mash. Add sugar and mix well. Roll flat and add peanut butter. Sprinkle pecans on top. Roll into a round cylinder shape. Put in wax paper and chill before cutting. Each slice has 48 calories.

Shawn Bonsall, Grand Chenier, La.

CHOCOLATE FUDGE

3 cups sugar
3 Tablespoons butter
3 Tablespoons white Karo
1/4 teaspoon salt
1 cup evaporated milk
1 teaspoon vanilla
2/3 cup cocoa
1 cup chopped pecans

Mix sugar, cocoa, milk and salt in saucepan. Cook till it forms a medium ball. Remove from heat. Add butter and vanilla. Beat till creamy. Add pecans. Pour into greased pan. Cut while still warm.

Melanie Meche, Iberia Parish
Queens Constestant

DATE SQUARES

1 cup butter
4 cups brown sugar
1 cup milk
4 cups flour
1 teaspoon baking powder
2 1/2 cups chopped dates
3 cups chopped pecans
4 eggs

Preheat oven to 350°F. Grease a 9 x 13 inch baking pan. Combine butter, sugar, and milk; cover over low heat for 10 minutes. Let cool. Add remaining ingredients and mix well. Pour into pan. Bake for 35 minutes. Makes 3 dozen squares

Mrs. Sam Warren, Wickes, Ark.

APPLES N' CREAM SQUARES

1 package Pillsbury Plus yellow cake mix
1/2 cup coconut
1/2 cup room temperature, butter or oleo
1 (20 ounce can) prepared apple pie filling
1/2 cup sugar
1 teaspoon cinnamon
1 cup sour cream
1 egg

Heat oven to 350°F. In large bowl, combine cake mix, coconut, and butter or oleo. Blend until crumbly. Press in bottom of 13 x 9 inch pan. Spread apple pie filling evenly over crust. In a small bowl, mix sugar and cinnamon and sprinkle over filling. In same bowl, combine sour cream and egg. Spoon over sugar and cinnamon. Bake at 350° for 35 minutes or until edges are golden brown. (Filling will not be set.) Serve warm or cold. Serves 12-15.

Mrs. Cindy Richardson, Nederland, Tex.

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WHITE FUDGE

2 1/4 cups sugar
1/2 cup sour cream
1/4 cup milk
2 Tablespoons butter
1 Tablespoon white syrup
1/4 teaspoon salt
2 teaspoons vanilla
1 cup chopped nuts
1/3 cup chopped cherries

Mix first six ingredients and cook to a soft ball stage. Remove from heat. Let stand for 15 minutes. Add vanilla and beat then add nuts and cherries. Pour into buttered 8 x 8 inch pan.

Florence Brown, Lake Charles, La.

COUNTRY COOKIES

2 cups vegetable shortening
2 cups granulated sugar
2 cups firmly packed dark brown sugar
4 large eggs
2 teaspoons vanilla
3 cups all purpose flour
2 teaspoons baking soda
2 teaspoons salt
4 cups quick cooking oats
2 cups shredded coconut

In the large bowl of an electric mixer cream shortening, granulated sugar and brown sugar. Add eggs and vanilla; beat until blended. Add flour; sprinkle with baking soda and salt over top; beat until no traces of flour can be seen. With a wooden spoon work in oats and coconut. Drop by 1 1/2 Tablespoons, 3 inches apart, onto ungreased cookie sheet. Bake in a preheated 350° oven until edges just begin to brown about 10 to 12 minutes; center will be soft. With a thin metal spatula, carefully remove to brown paper to cool. Makes about 5 dozen 3 inch cookies.

Dorothy Landry, Grand Chenier, La.

BEST YET SUGAR COOKIES

1 cup powdered sugar
1 cup granulated sugar
1 cup butter
2 eggs
1 cup cooking oil
1 teaspoon vanilla
1 teaspoon cream of tartar
1 teaspoon salt
1 teaspoon soda
4 cups flour (may need more for stiff dough)

Cream powdered sugar, sugar and butter. Add eggs and beat well. Add remaining ingredients. Mix well and chill. Shape into small balls, roll in sugar and place on ungreased cookie sheet. Press down with meat tenderizer mallet for interesting design. Otherwise, use bottom of a glass. Bake at 350°F until lightly brown. Watch closely.

Karyl O'Banion, Lake Charles, La.

CHEWY CHOCOLATE CHIP BARS

3/4 cup melted butter or margarine
1 pound dark brown sugar
3 eggs
2 3/4 cups unsifted flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 (6 ounce) package semi-sweet chocolate morsels

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

Pam East, Hackberry, La.

OATMEAL CANDY

2 cups sugar
1 teaspoon margarine
4 Tablespoons cocoa
½ cup milk
3 cups oatmeal
½ cup peanut butter
1 cup pecans

Boil sugar, margarine, cocoa, and milk for 1 minute and pour over oatmeal, peanut butter and pecans. Mix well. Drop by spoonfuls on wax paper.

Peggy Mhire, Grand Chenier



PEAR PRALINE PIE

5 fresh pears
½ teaspoon grated lemon peel
⅔ cup granulated sugar
¼ cup flour
Dash salt
½ teaspoon ginger
Unbaked 9 inch pie shell
½ cup brown sugar
½ cup flour
½ cup chopped pecans
¼ cup butter

Core and slice pears. Coat pears with combined lemon peel, sugar and ¼ cup flour, salt and ginger. For pecan praline topping, combine brown sugar, ½ cup flour and pecans. Cut in butter. Sprinkle ¼ of pecan mixture in pastry lined pie plate. Add pear mixture. Sprinkle top with remaining pecan mixture. Bake at 400° for 40 minutes. Serve warm or cold. Top with whipped cream, if desired. Makes one 9 inch pie.

Ida Boutte, Lake Charles, La.

CREAM CHEESE DESSERT

2½ cups graham cracker crumbs
1 stick butter
½ pound cream cheese
1 cup confectioner's sugar
1 teaspoon vanilla
8 ounce tub whipped topping
1 can cherry pie filling

With graham cracker crumbs and butter, make a crust in a 13 x 9 inch pan. Bake until brown. Allow to cool. Cream together cream cheese, confectioner's sugar and vanilla. Fold in whipped topping. Spread mixture over crust and refrigerate a few minutes until set. Spread cherry pie filling over whipped topping layer. Refrigerate until serving time.

Margaret Bacque, Lake Charles, La.

CHERRY PIE

1 (8 ounce) Philadelphia cream cheese
1 can condensed milk
½ cup lemon juice
1 can cherry pie filling
1 graham cracker crust

Mix cream cheese, condensed milk and lemon juice and pour in pie shell. Pour on cherry pie filling and chill.

Edna Bertrand, Cameron, La.

BLACKBERRY PIE

1 cup sugar
1 cup water
3 Tablespoons cornstarch
½ package blackberry Jello
3 cups cooked blackberries
1 baked pie shell
Dairy topping

Cook sugar, water and cornstarch together until thick. Mix in Jello and blackberries. Pour into baked pie shell. Cool in refrigerator and then top with dairy topping.

Shirley Bonsall, Grand Chenier, La.

BLACKBERRY COBLER

1 quart cooked blackberries
1 cup Bisquick mix
¾ cup sugar
1 beaten egg
½ cup margarine

Preheat oven to 350°. Empty blackberries in 8 x 10 inch baking dish. Combine mix with sugar. Add eggs and mix until well moistened. Crumble mixture on top of blackberries. Melt margarine and pour over top. Bake 35 to 40 minutes.

Kim Alexander, Lake Arthur, La.

PEACH COBLER

½ cup butter
1 cup self-rising flour
2 cups sugar
1 cup milk
1 (13 ounce) can sliced peaches with juice
1 cup whole pecans

Melt butter in a 13 x 9 x 2 inch baking dish. Combine flour, 1 cup sugar and milk. Mix well. Pour over melted butter in baking dish, DO NOT STIR. Combine peaches, pecans and 1 cup of sugar in a sauce pan. Bring to a boil. Pour over batter in the baking dish. DO NOT STIR. Bake at 375° F for 30 minutes or until top is brown.

Joe East, Hackberry, La.

FRENCH COCONUT PIE

3 eggs (beaten)
1½ cups sugar
1 teaspoon vanilla
1 stick butter (melted)
1 cup coconut

Heat pie shell for 1 minute. (Add a little egg white to shell before heating.) Pour filling into heated pie shell. Bake at 400° for 10 minutes, 375° for 15 minutes, and 350° for 15 minutes.

*Sharla Kay Smith, Abita Springs, St. Tammany Parish
Queens Contestant*

PINEAPPLE PIE

½ cup butter
1½ cups sugar
2 Tablespoons flour
3 beaten eggs
1 cup canned crushed pineapple
1 9 inch unbaked pie shell

Preheat oven to 400° F. Cream butter and sugar, slowly add flour and continue to stir. Slowly pour in beaten eggs and pineapple. Pour in shell and bake for 15 minutes. Lower heat to 350° F and bake for 35 minutes or longer, or until center is firm.

Mrs. Charles Rogers

COUSHAW PIE

FILLING:

Peel and boil coushaw, as it boils it will soften. Mash all lumps. Cook over medium heat. Add about 3½ cups sugar. Let this cook until it becomes crystal like. Make smooth paste with corn starch and water. Add gradually to coushaw. Note: You may add coconut to coushaw but this is optional. Set aside to cool.

SWEET CRUST:

1 cup sugar
½ cup oil
2 eggs
½ cup milk
4 cups all purpose flour
3 teaspoons baking powder

Mix sugar, oil and eggs well. Add milk, flour and baking powder. Roll part of mixture out on floured board to form a pie crust. Put on bottom and sides of deep dish pan. Pour coushaw mixture in and cover with more pie crust. Bake at 325° F oven for 50 minutes to 1 hour or until nicely brown.

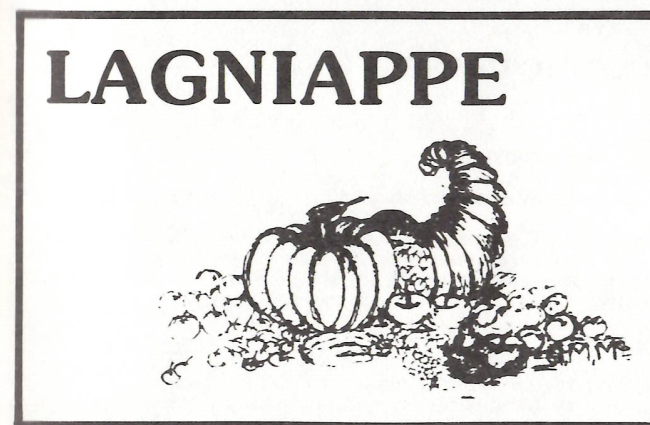
Sammie Stelly

BLUEBERRY PIE

1 small carton cool whip
1 large package cream cheese
1 pint blueberries
1 cup sugar (when using fresh berries)
Crushed vanilla wafers

When using fresh blueberries bring to a boil using about 1 cup sugar. Let cool. Cover bottom of 9 inch pie plate with crushed vanilla wafers. Blend cool whip and cream cheese. Make a layer using half of this mixture. Spread blueberries on this. Then use the rest of the cool whip-cream cheese mixture for the last layer. Cover top with vanilla wafer crumbs. Chill for 2 hours or overnight before serving.

Jo Boudreaux, Grand Chenier, La.



PEAR RELISH

8 large pears, peeled and cored
8 sweet red bell peppers
3 red hot peppers
3 large onions
3 cups vinegar
3 cups sugar
1 teaspoon each salt, celery seed, white mustard seed

Grind pears, peppers and onions. Add vinegar, sugar and seasonings. Cook for about 45 minutes to one hour (or until thick). Pack in hot, sterilized jars and seal. Use stainless steel or enamel vessel - not aluminum - for cooking. (This is especially good with blackeyed peas or cream peas and meats.)

Ida Boutte, Lake Charles, La.

EVELYN'S RICH & EASY ICE CREAM

2 boxes ice cream mix
1 large bowl cool whip
1 can sweetened condensed milk
2 large cans pet milk

Finish filling gallon freezer with whole milk (For a special occasion we tried fresh blueberry ice cream and it was delicious. We used about a cup of cooked blue berries and about 1 cup of mashed uncooked berries.)

Jo Boudreaux, Grand Chenier, La.

DON'S BREAD PUDDING

9 slices white bread
1¼ cup sugar
1 (13 ounce) can evaporated milk
2 cups whole milk
1 teaspoon vanilla
4 egg yolks
4 egg whites
½ cup melted butter

Break bread into small pieces. Place in mixing bowl with 1 cup sugar, evaporated milk and whole milk, vanilla, egg yolks, and melted butter. Mix well, pour into 10 x 8 x 2 baking pan. Bake in a preheated oven 450° for 15 minutes. Remove and make meringue. Beat egg whites with ¼ cup sugar till stiff and cover pudding with meringue and rebake for 4 minutes or until golden brown.

T. Mae Booth

WISCONSIN SLUSH WITH STRAWBERRIES

7 cups water
1½ cups sugar
Boil & let cool

2 cups water
4 tea bags
Boil & let cool

Combine the above. Then add:
4 or 5 pounds strawberries
1 (12 ounce) frozen orange juice
1 (12 ounce) frozen lemonade
2 cups of rum or whiskey or brandy

Mix all together and freeze. Ready to serve anytime after frozen.

Martha Miller, Pottstown, Penn.

PEAR JAM

2 pounds fully ripe pears
1 orange
1 lemon
1 (8¾ ounce) can crushed pineapple
½ cup finely chopped citron
¾ cup chopped maraschino cherries
1 box Sure-Jel fruit pectin
2¼ lbs. sugar

Peel, core and grind pears. Remove rinds from orange and lemon in quarters; discard about half the white part or rinds. Slice rinds; chop orange and lemon and discard seeds. Combine all fruits. Measure 4½ cups into large saucepan. Mix pectin into fruit. Place over high heat; stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil; boil hard one (1) minute, stirring constantly. Remove from heat; skim off foam. Stir and skim for 5 minutes. Ladle quickly into glasses; cover at once with ½ inch hot paraffin. Yields 8 glasses.

Ida Boutte, Lake Charles, La.

OLD TIME FREEZER CUSTARD ICE CREAM

6 eggs
1 1/4 cups sugar
1/2 teaspoon salt
1 1/2 quarts milk
3 Tablespoons vanilla extract
1 1/2 tall cans evaporated milk

Beat the eggs until the yolks and white are blended. Add sugar and salt. Scald milk. Add sugar-egg mixture to milk stirring constantly. Cook over hot water until mixture coats a spoon. Remove from heat. Cool by placing pot in cool water or by refrigerating. Pour into one gallon freezer. Add vanilla and evaporated milk. (One should allow about three inches of custard from top of freezer since it will expand as it freezes.) Freeze in hand freezer. When frozen, serve in water glasses.

Bobbie Fox, Johnsons Bayou, La.

PEAR MARMALADE

3 diced ripe Bartlett pears
1 can crushed pineapple
1 orange, pulp and grated rind
1/2 cup chopped maraschino cherries
1 box Sure-Jell
3 1/2 cups sugar

Mix diced pears and other fruits and Sure-Jell. Bring mixture to a boil rapidly over high heat, stirring constantly. Add sugar, bring to full rolling boil. Boil exactly 2 minutes. Stir for 2 more minutes. Pour into jars, seal. Yields eight 8 ounce glasses.

Ida Boutte, Lake Charles, La.

PUMPKIN BUTTER

6 pounds ground pumpkin
2 Tablespoons cinnamon
1 teaspoon allspice
5 pounds light brown sugar
2 cups water

Mix pumpkin, cinnamon, allspice, and sugar; let sit overnight.

The next morning add water, bring to a boil and cook gently until the vegetable is soft and clear. Continue to cook until the butter is the desired consistency. Pour into jars and seal. Makes about 6 quarts.

Mrs. Robert Silver, Hackberry, La.

GREEN TOMATO RELISH

1 peck green tomatoes
1 quart onions
1 1/2 dozen green and red peppers
4 stalks celery
2 pounds white or brown sugar
1 or 2 quarts vinegar
2 Tablespoons whole mustard seed

Put all ingredients through meat chopper. Boil for 1 hour. Put in jars and seal with wax or lid or freeze.

Nancy Bonsall Schultz, Media, Pen.

STRAWBERRY DAIQUIRIS

1 large can frozen lemonade
4 packages strawberries
1 cup water or 7-Up
1 cup rum

Mix together in blender. Freeze. Serve as needed. This is a very good frozen drink without the rum.

Peggy Mhire, Grand Chenier, La.

POP ROUGE (STRAWBERRY) ICE CREAM

2 cans evaporated milk, tall size
2 cans Eagle Brand Condensed milk
3 bottles strawberry pop

Pour into gallon freezer bucket by alternating first with the evaporated milk, then the pop, then the condensed milk until all containers have been emptied. Freeze in hand or electric freezer. Allow to stand for a half hour before serving.

Bobbie Fox, Johnsons Bayou, La.

BERRY WINE

1 quart berries, any kind
3 pounds sugar
1 yeast cake
1 gallon water
1 lemon

Boil water. Turn off fire. Add the 3 pounds sugar and cook until mixture reaches boiling point. Turn fire off. Wash berries and remove stems. Add berries to hot sugar-water mixture. Let stand one hour, drain. Add lemon and yeast and let stand 24 hours, then drain again. Permit to stand 21 days, then cap in sterilized bottles.

Bobbie Fox, Johnsons Bayou, La.

WHISKEY SOURS

1 can frozen lemonade
1 can orange juice
1 can whiskey or brandy
8 ice cubes

Mix in blender and freeze.

Peggy Mhire, Grand Chenier, La.

PUDDING DESSERT

CRUST:

3 blocks melted butter
2 1/4 cups plain flour
1 1/2 cups finely chopped pecans

Mix above (except pecans) in a bowl. Mixture will be thick. Spread evenly in an ungreased 14 x 10 x 2 pan. Then sprinkle half of the pecans over mixture and bake at 350°F until brown (about 15 minutes). Cool crust before adding puddings.

PUDDINGS:

3 boxes 4 1/8 ounces chocolate instant pudding
3 boxes 4 1/8 ounces vanilla instant pudding

Mix each pudding in a bowl. (Each flavor separate) using directions on box. Pour each over crust using either one first.

TOPPING:

1 large cool whip
1 small Philadelphia cream cheese
1/4 cup powdered sugar
1/4 cup milk

Start with softened cream cheese, powdered sugar and milk. If too thick add more milk. May be lumpy so use mixer. Then add cool whip and blend well.

Spread this over pudding. Sprinkle remaining pecans over this. Chill about 1 hour before serving.

*Stacy Renee Blanchard, Assumption Parish
Queens Constestant*

FLOPPER PUDDING

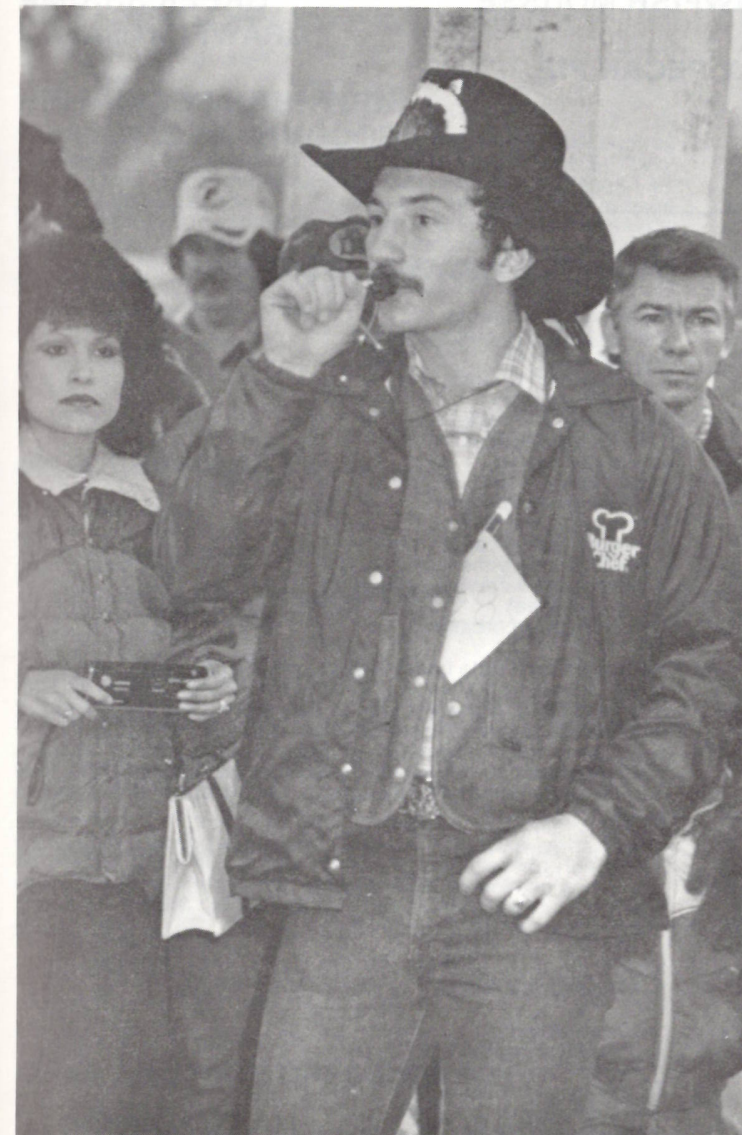
1 cup fine vanilla wafer crumbs
1/2 stick butter
1/4 cup soft butter or oleo
2 cups confectioners sugar
2 egg yolks
2 stiffly beaten egg whites
1 can (9 ounces) crushed pineapple
1/2 cup walnuts or pecans

Spread half of vanilla wafer crumbs on bottom of a 10 x 6 x 1 1/2 baking dish, mix with butter for a crust. Cream oleo or butter gradually. Add confectioners sugar, beat until fluffy. Add egg yolks one at a time. Beat well after each addition. Beat 1 minute more, fold in egg whites which have been beaten. If it curdles beat until smooth. Fold in well drained pineapple and nuts carefully, spread over crumb crust. Top with remaining crumbs. Chill until firm or overnight. Cut into 10 squares and place a cherry on each piece, when you are ready to serve. May be frozen in the freezer for several weeks.

Edna Bertrand, Cameron, La.



Norma Jean Blake and Hilda Crain were recognized for their work as editors of the cookbook.



There was stiff competition in the duck calling contest.



Joanna Perry and Janay Giblin practice for the future.

Menus and Recipes from THURSDAY NIGHT BUFFET

Mr. and Mrs. Brent Nunez
Sweetlake Community

VEGETABLE TRAY SAUSAGE BITES CHIPS AND DIPS

SHRIMP DIP
BACON ROLL-UPS
BAKED HAM
STUFFED CRABS
CRAWFISH BISQUE
SHRIMP CREOLE
RICE DRESSING
CRAB SALAD

MEXACORN
ASPARAGUS WITH MUSHROOMS
CANDIED YAMS
CORNBREAD DRESSING
SUPREME CRAWFISH MOUSSE

PICCADILLY PECAN PIE

RAW OYSTERS
BOILED SHRIMP
CRAB AND RICE DRESSING
CRAB DRESSING
SHRIMP PILOU
SHRIMP JAMBALAYA
GREEK SHRIMP
CRAWFISH SALAD

SOUTHERN PECAN PIES
COCONUT PECAN CAKE

FUR FESTIVAL CAKE
WATERGATE PUDDING

SHRIMP DIP

5 pounds peeled shrimp
1 cup mayonnaise
1 cup can milk
2 (8 ounce) packages cream cheese
2 Tablespoons worcestershire sauce
1 teaspoon black pepper
1 teaspoon red pepper
1½ teaspoons salt
1 teaspoon garlic salt
½ cup pickle relish
1 medium onion
Tabasco to taste

Chop shrimp in food processor. Chop onion in blender. Mix all ingredients together until well blended.

Della Nunez, Sweetlake, La.
(Mary LaBove's Recipe)

BACON ROLL-UPS

1 pound thinly sliced bacon
1 can cream of mushroom soup
Sliced bread

Cut crust off bread. Cut bread in half. Spread soup on bread. Wrap with bacon slice. Broil until golden brown. Serve hot.

Della Nunez, Sweetlake
(Margie Savoie's Recipe)

ASPARAGUS WITH MUSHROOMS

1 (16½ ounce) can whole asparagus
1 (4½ ounce) can sliced mushrooms
Salt and pepper to taste

Drain asparagus and mushrooms. Line serving dish with asparagus. Sprinkle mushrooms on top. Chill and serve.

Brent Nunez and Lena Guidry, Sweetlake, La.

SUPREME CRAWFISH MOUSSE

1½ cups tomato soup
1 large package cream cheese
¼ teaspoon salt
1 Tablespoon onion juice
Tabasco to taste
Lemon juice to taste
1¼ packages gelatin
¼ cup cold water
½ cup mayonnaise
1 chopped bell pepper
¼ cup chopped celery
½ cup stuffed sliced olives
2 Tablespoons pimento
2 cups cooked crawfish, chopped
1 cup crabmeat
½ cup whipped cream

Heat soup in double boiler. Add cream cheese, salt, onion juice, tabasco sauce and lemon juice. Heat until cheese softens, stirring frequently. Soften gelatin in cold water. Add gelatin to hot mixture and stir until dissolved. Cool. Add mayonnaise, bell pepper, celery, olives, pimento, crawfish and crabmeat. Fold in whipped cream and turn into greased mold. Chill until firm. May be used as a salad or party spread. This is pretty in a crawfish mold.

Billie Smith, Sweetlake, La.

CRAB SALAD

2 cups crabmeat
4 boiled chopped eggs
1 Tablespoon chopped onion
½ cup sweet pickle relish
Salt and pepper to taste
Paprika for garnish

Mix all ingredients together and serve on lettuce leaves. Sprinkle top with paprika.

Darlene Taylor, Sweetlake, La.

SHRIMP JAMBALAYA

2 large chopped onions
1 chopped bell pepper
3 stalks chopped celery
1 stick margarine
½ teaspoon garlic salt
3 pounds peeled raw shrimp
1 can cream of mushroom soup
¼ cup parsley
2 cups cooked rice
Salt and pepper to taste

Saute onions, bell pepper, and celery in margarine. Add garlic salt. Add shrimp and cook ten minutes. Add soup and parsley; cook five minutes. Add rice. Season with salt and pepper.

Della Nunez, Sweetlake, La.

CRAWFISH BISQUE

30 pounds live crawfish
5 to 6 onions
2 bell peppers
Parsley
Green onion tops
½ of a large loaf of bread, toasted
2 raw eggs
1 small can tomato sauce
1 cup roux
Salt, red and black pepper to taste

Scald and clean crawfish. Save and clean heads. To make stuffing for heads, grind together cleaned crawfish tails, onions, bell pepper, parsley, green onions and toasted bread. Add raw eggs, salt, red and black pepper. Mix well. Stuff clean heads with mixture and layer in a large roaster. Make roux and add tomato sauce, salt, red, and black pepper. Add hot water to desired consistency for gravy. Pour roux mixture over stuffed heads. Bake in moderate oven for one hour or until onions and bell pepper in stuffing are cooked. Serve over hot rice.

Shirley Nunez, Sweetlake, La.

RICE DRESSING

1 cup cooking oil
5 pounds ground beef
2 pounds ground pork
3 pounds finely chopped onions
2 or 3 finely chopped bell pepper
2 cups finely chopped celery
Season to taste
8 cloves minced garlic
2 cans cream of mushroom soup
2 cans onion soup
6 cups raw rice
1 gallon water
1 cup chopped green onion
1 cup chopped parsley

Brown beef and pork in oil until very brown. Add onions, celery, garlic and bell pepper and saute until wilted. Add soups and water and bring to a boil. Simmer 10 to 15 minutes. Add rice, green onion, parsley, and season to taste. Bring to boil, cover pot and lower fire to low. Cook until rice grains are tender. Don't over cook.

Lena Guidry, Sweetlake, La.

CRAB AND RICE DRESSING

½ cup chopped onion
¼ cup chopped bell pepper
2 small cloves garlic
1 cup diced celery
4 sprigs parsley
¼ cup pimento

1 cup bread crumbs tossed in 2 Tablespoons of butter
½ cup butter
2 teaspoons salt
½ teaspoon red pepper
1 can mushroom soup
2 cups crabmeat
2 cups cooked rice

Saute vegetables in butter. Add soup and stir well. Add seasonings. Add crabmeat and rice. Mix with fork and pour into a greased casserole dish. Top with bread crumbs. Bake 20 minutes in a moderate oven at 400°. Garnish as desired.

Lena Guidry, Sweetlake, La.

SOUTHERN PECAN PIE

1 cup sugar
½ cup corn syrup
¼ cup butter (melted)
½ teaspoon vanilla
3 eggs (well beaten)
1 cup pecans
1 unbaked pie shell

Combine all ingredients except pie shell and mix thoroughly. Pour into pie shell. Bake in oven for 45 minutes.

Billie Smith, Sweetlake, La.

PICCADILLY PECAN PIE

20 ritz crackers, crushed
1 cup chopped pecans
¼ teaspoon cream of tartar
3 egg whites, room temperature
1 cup sugar
1 teaspoon vanilla
⅛ teaspoon almond extract

Combine crackers and pecans in a bowl, set aside. Beat egg whites until foamy, add cream of tartar, beat until stiff. Add sugar slowly. Add vanilla and almond extracts. Then fold in cracker and pecan mixture. Put into a buttered pie plate and bake at 350° for 15 to 20 minutes. When cool, top with whipped topping. Chill until ready to serve.

Betty LaBove, Sweetlake, La.



Thursday Night Buffet Hosts and Helpers: Ina Beard, Betty LaBove, Shirley Chesson, Brent Nunez, Darlene Taylor, Lena Guidry, Della Nunez and Shirley Nunez.

Menu and Recipes from FRIDAY TEA

Mr. and Mrs. Dale LeBoeuf
Creole Community

VEGETABLE SANDWICHES
RAW VEGETABLES AND DIP
ISLAND CHEESE BALLS
SHRIMP ONION DIP

FRESH FRUIT
PEANUT BUTTER CANDY
CONGO BARS
PUNCH
COFFEE

HUNGARIAN STYLE CAKE
PECAN STICKS
BLACK EYED SUSANS
MINTS AND NUTS

VEGETABLE SANDWICHES

2 - 3 carrots
2 cucumbers
5 - 6 ribs celery
1 medium green pepper
3 - 4 tomatoes
1 (3 ounce) package cream cheese, softened
Mayonnaise
Salt, cayenne pepper, black pepper
Dash tabasco
Worcestershire sauce
1 loaf very thinly sliced white bread
1 loaf very thinly sliced brown bread

Clean and/or peel all vegetables. Place in food processor and chop finely. Place in colander to drain. Squeeze out all liquid. Peel and chop tomatoes very finely. Mix together vegetables and cream cheese. Add tomatoes and enough mayonnaise to make mixture spreadable. Season with salt, peppers, tabasco and worcestershire sauce. To make sandwiches, spread 1 slice of white bread and 1 slice of brown bread lightly with mayonnaise and then a little vegetable mixture. Put together, slice off crust, and cut into triangles or small rectangles. The vegetable spread can be made ahead and refrigerated. Drain well before spreading on bread. Serves 60 to 80.

Roberta Broussard, Creole, La.

PECAN STICKS

1 cup shortening
1 cup sugar
1 egg yolk
1 teaspoon vanilla
1 teaspoon cinnamon
2 cups sifted flour
1 egg white
1 cup chopped pecans

Cream shortening and sugar together, add egg yolk, vanilla, cinnamon and flour. Mix thoroughly. Spread ¼ inch thick in a well greased 15½ x 10½ x 1 inch pan. Beat egg white lightly and brush over top of dough. Cover with thick layer of pecans or add the cup of pecans to dough and add additional nuts on top. Bake 30 minutes at 350°. Cut while warm and remove when cool. Makes 75 1 x 2 inch sticks.

Myrna Conner, Creole, La.

ISLAND CHEESE BALL

16 ounces cream cheese, softened
1 (8 ounce) can crushed pineapple, drained
¼ cup minced bell pepper
2 Tablespoons minced onion

1 Tablespoon seasoned salt
2 cups pecans, chopped

Blend all ingredients together, using only 1 cup of pecans. Chill. Shape into 2 balls and roll in remaining pecans. Surround with assorted crackers and watch it disappear.

Bobbie Primeaux, Creole, La.

SHRIMP ONION DIP

1 (8 ounce) package cream cheese
1 (8 ounce) carton sour cream
1 envelope onion soup mix
1 cup ground shrimp

Mix cream cheese and sour cream together, whip with mixer. Add shrimp and onion soup and mix. Chill and serve.

Jo Boudreaux, Creole, La.

BLACK EYED SUSANS

1 cup butter or margarine
2 Tablespoons dark brown sugar
2 teaspoons vanilla
1 Tablespoon water
2 cups all purpose flour
1 cup quick cooking oatmeal
Raisins
Powdered sugar

Combine all ingredients and mix well. Form into small balls. Place on ungreased cookie sheet, press a raisin into center of each. Bake in preheated 300° oven about 20 minutes. While warm, roll in powdered sugar. Makes 36 cookies.

Shirley Bonsall, Grand Chenier

PEANUT BUTTER CANDY

3 cups sugar
⅛ teaspoon salt
1½ cups milk
¼ cup butter
1 teaspoon vanilla
2 cups peanut butter

Combine sugar and salt in saucepan, stir in milk. Bring to bubbly boil on medium heat, stirring constantly. Boil without stirring until 234° (soft ball stage). Remove from heat. Add butter, vanilla and peanut butter. Stir until it loses some of its gloss and thickens. Spread on buttered dish. Cool. Cut into squares.

Brenda Boudreaux



Friday Tea Hostesses: Butsy Carter, Jo Boudreaux, Myrna Conner, Shirley Bonsall, Bobbie Primeaux, Alice Faye LaBove, Brenda Boudreaux, Mayola Wicke and Debbie LeBoeuf.



Hard at work are: Brenda, Shirley, Alice Faye, Bobbie and Jo.

Menu and Recipes from FRIDAY NIGHT BUFFET

Frances and Gilbert Mudd
Cameron Community

TACO DIP
SHRIMP DIP
CRAB DIP
CHIPS

CURRIED COCKTAIL TOAST
MUSHROOM CANAPES
CHERRY TOMATOES STUFFED
WITH BAKED MUSHROOM RICE
CHEESE BALLS
PICKLED RELISH TRAY

MINI SEAFOOD PIES
FILLED WITH CRAWFISH,
AND SHRIMP CASSEROLE
PORCUPINE MEATBALLS
IN BAR-B-QUE SAUCE

TACO DIP

3 medium avocados
2 teaspoons lemon juice
½ teaspoon salt
¼ teaspoon pepper
1 cup sour cream
½ cup mayonnaise
1 package taco seasoning mix
2 (10½ ounce) cans Jalapeno bean dip
1 large bunch chopped green onions
3 cored, halved and chopped medium tomatoes
2 cans chopped ripe olives
1 package shredded cheddar cheese
Large round tortilla chips

Mash together avocados, lemon juice, salt and pepper. Combine with sour cream, mayonnaise, taco seasoning mix. Layer as follows: bean dip, avocado mix, sour cream - taco mix, cheese, olives, green onions, tomatoes.

Shirley Bonsall, Grand Chenier, La.

SHRIMP DIP

8 ounces shrimp
3 ounces cream cheese
1 Tablespoon lemon juice

1½ teaspoons tabasco sauce
1 clove minced garlic
1½ Tablespoons Worcestershire sauce

Mix all ingredients well. Chill and serve with chips.

Shirley Bonsall

MUSHROOM CANAPES

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

In a small glass or enamel bowl combine mushrooms, vinegar, and seasonings. Cover and let marinate in refrigerator overnight or a minimum of 4 hours. Drain mushrooms and cut each into 4 slices; place 4 mushroom slices on each saltine. Top each with 1/6 of the cocktail sauce.

Shirley Bonsall

CURRIED COCKTAIL TOAST

¼ cup melted reduced -calorie margarine
1 teaspoon curry powder
3 drops hot sauce
6 slices enriched white bread

Preheat oven to 375° F. In a small bowl stir together margarine, curry powder, and hot sauce. Using a pastry brush, spread 1/6 of mixture evenly over each slice of bread. Cut each slice into 5 fingers; transfer fingers to baking sheet. Bake until fingers are browned and crisp, about 15 minutes. Cool on a wire rack before serving.

Charlene Boudreaux

BAKED MUSHROOM RICE

1 cup uncooked rice
½ cup sliced green onions
1 Tablespoon butter or margarine
1 (2½ ounce) can sliced mushrooms with liquid
¼ cup chopped pimentos
1½ cups chicken broth
¼ cup dry sherry
1 teaspoon salt
½ teaspoon seasoned pepper

Sprinkle rice in a buttered baking dish. Cook onions in butter until soft. Add remaining ingredients. Bring to a boil. Pour over rice; stir. Cover with a tight-fitting lid or foil. Bake at 375° F for 25 - 30 minutes or until rice is tender and liquid is absorbed. Fluff lightly with a fork.

MICROWAVE INSTRUCTIONS

Place butter in a 2 quart microproof baking dish. Cook on HIGH (maximum power) 1 minute. Add onions and cook on HIGH 2 minutes. Add remaining ingredients. Cover; cook on HIGH 5 minutes. Reduce setting to 50% power and cook 15 minutes. Fluff lightly with a fork.

Charlene Boudreaux

CHEESE BALLS

2 sticks softened oleo
2 cups flour
¼ teaspoon red pepper
1 jar Kraft Old English Sharp cheese
2 cups Rice Krispies

Mix softened oleo, cheese and flour. Work in pepper and Rice Krispies. Form into small balls and bake at 350° F for 15 minutes. Makes 100.

Elizabeth Richard

PORCUPINE MEATBALLS

SAUCE:

4 cups tomato juice
2 teaspoons chili powder
¼ teaspoon allspice
½ teaspoon celery seed
1 teaspoon worcestershire sauce
1 teaspoon brown sugar

PORCUPINES:

1 pound lean ground meat
½ cup uncooked rice
½ cup chopped onions
½ cup chopped bell pepper
1 beaten egg
2 teaspoons prepared mustard
1½ teaspoons salt

¼ teaspoon pepper

Combine ingredients for sauce, cover and simmer for 10 minutes. Meanwhile, combine ingredients for porcupines. Mix well. Form into 1½ inch balls. Place in a large baking dish. Pour sauce over balls. Cover and bake at 350° F for one hour. (Serves 6.)

Charlene Boudreaux

CRAWFISH OR SHRIMP CASSEROLE

1 cup chopped onion
1 cup chopped sweet peppers
2 pounds peeled and salted to taste, crawfish or shrimp
1 or ½ can Ro-tel tomatoes
1 cup uncooked rice
1 can cream of celery soup
1 can cream of mushroom soup

Saute the onion and peppers. Add all remaining ingredients and place in large casserole. Cover and bake at 350° F for one hour. Fill baked pie shells with mixture.

PIE SHELL

3 cups flour
1 well beaten egg
1¼ cups shortening
5 Tablespoons cold water
1 teaspoon salt
1 Tablespoon vinegar

Mix flour and salt, cut in shortening. Combine egg, water and vinegar together in a small bowl. Make a well in the center of the flour mixture. Pour egg mixture in center and stir until a ball is formed. Do not overwork. Shape in pie pan 8 x 10 or miniature muffin tins. Bake at 400° F for 5 to 10 minutes.

Shirley Bonsall and Charlene Boudreaux

CRAB DIP

1 pound crab meat
1 (8 ounces) cream cheese
1 ground onion
Garlic juice
Tabasco
Salt
Chopped green onions

Mix all ingredients well. Chill. Serve with chips.

Shirley Bonsall



Hostesses of the Friday Night Buffet were: Frances Mudd, Charlene Boudreaux, Shirley Bonsall, Janet Mhire, and Jana Nunez.



Charlene Boudreaux displaying her rice stuffed tomatoes.



Shirley's crawfish and shrimp look delicious.

Menu and Recipes from SATURDAY BRUNCH

Frances and Gilbert Mudd
Cameron Community

SAUSAGE BALLS PUMPKIN MUFFINS SALTED PECANS

PUMPKIN BREAD

3 cups sugar
1 cup salad oil
4 beaten eggs
1 (16 ounce) can pumpkin
3½ cups flour
2 teaspoons baking soda
2 teaspoons salt
1 teaspoon baking powder
1 teaspoon nutmeg
1 teaspoon allspice
1 teaspoon cinnamon
½ teaspoon ground cloves
¾ cup water
Pecans and raisins (optional)

Cream sugar and oil. Add eggs and pumpkin. Sift together flour, baking soda, salt, baking powder, nutmeg, allspice, cinnamon, and cloves. Add to pumpkin mixture alternately with water. Mix well after each addition. Bake at 350° F for 1½ hours. Yields two

SCRAMBLED EGG CASSEROLE WITH CHEESE SAUCE FRUIT SALAD

CREAM PUFFS BLUEBERRY MUFFINS CHEX PARTY MIX

9 x 5 inch loaf pans or 12 dozen mini muffins.

Glenda Tarver

SALTED PECANS

1 stick butter
2 Tablespoons Lea and Perrin sauce
2 pounds pecan halves
Salt

Melt butter and Lea and Perrin sauce. Coat pecan halves well. Place in shallow pan. Sprinkle liberally with salt. Roast at low heat until lightly browned and crunchy. Stir occasionally. Cool before serving.

Glenda Tarver

SCRAMBLED EGG CASSEROLE

1 cup cooked ham
1 cup diced fried potatoes
½ cup diced onions
½ cup chopped green onions
¼ cup melted butter
1 dozen beaten eggs
1 (4 ounce) can sliced and drained mushrooms
2½ cups soft bread crumbs
½ teaspoon paprika
Cheese sauce
Salt and pepper to taste

Fry diced potatoes until golden brown, set aside. Saute ham and onions until onions are tender. Add eggs, potatoes and green onions. Cook over a medium heat, stirring to form large soft curds; when eggs are set, stir in mushrooms and cheese sauce. Spoon eggs into a greased 13 x 9 x 2 inch baking pan. Combine ¼ cup melted butter and bread crumbs, mix well. Spread evenly over egg mixture. Sprinkle with paprika. Cover and chill casserole overnight. Uncover and bake at 350° F for 30 minutes or until heated thoroughly.

CHEESE SAUCE

2 Tablespoons butter
2½ Tablespoons all purpose flour
2 cups milk
½ teaspoon salt
⅛ teaspoon pepper
1 cup shredded cheese

Melt butter in heavy saucepan over low heat. Blend in flour and cook for 1 minute. Gradually add milk; cover over medium heat until thickened, stirring constantly. Add salt, pepper and cheese, stirring until cheese melts and mixture is smooth.

Glenda Tarver

SAUSAGE BALLS

3 cups Bisquick mix
1 pound pork sausage
10 ounces grated sharp cheddar cheese

Crumble the sausage and mix with cheese. Add biscuit mix one

cup at a time. Form into small balls (about 1 inch in diameter) and place on an ungreased cookie sheet. Bake in preheated 350° to 375° F oven until light brown (13 to 15 minutes). Serve warm. May be frozen prior to baking.

Glenda Tarver

CHEX PARTY MIX

1 stick butter
1¼ teaspoons seasoned salt
4½ teaspoons Worcestershire sauce
2¾ cup Corn Chex
2¾ cup Rice Chex
2¾ cup Wheat Chex
1 cup salted nuts

Preheat oven to 250° F. Heat butter in large shallow roasting pan in oven until melted. Remove. Stir in seasoned salt and Worcestershire sauce. Add Chex and nuts. Mix until all pieces are coated. Heat in oven for 1 hour. Stir every 15 minutes. Spread on absorbent paper to cool.

Glenda Tarver

CREAM PUFFS

SHELLS

1 cup water
½ cup butter or margarine
¼ teaspoon salt
1 cup bread flour
4 eggs

Heat water, butter and salt in saucepan to boiling. Add flour all at once. Stir vigorously until mixture no longer clings to the side of the pan. Remove from stove. Cool slightly. Add eggs one at a time; beat vigorously after each egg is added. Take up small teaspoon of mixture; with another teaspoon push mixture onto a well buttered baking sheet. Leave sufficient space to allow for spreading. Bake at 450° F for 10 minutes, reduce the heat to 320° F and bake for about 10 minutes longer. Remove from baking sheet; cool. Fill with vanilla pudding and sprinkle with powdered sugar or chocolate pudding and top with Gold Brick topping.

Glenda Tarver



Workers at the Saturday Brunch held in the home of Mrs. Gilbert Mudd: Glenda Tarver, Rosalie Perry, Patty Hernandez, Kris Vidrine, Becky Vidrine and Francis Mudd.

Menu and Recipes from SATURDAY NIGHT BUFFET

Mrs. Joyce Sturlese
Creole Community

RAW VEGETABLES SHRIMP FRITTERS WITH RED SAUCE ARMADILLO EGGS PORK DE LA CREOLE

STUFFED ROAST CRAWFISH BISQUE WHITE RICE SWEET POTATO WITH PECANS FRESH SPINACH SALAD CORN-RICE CASSEROLE

DIPS AND CHIPS ROLLS GERMAN CHOCOLATE CAKE MUD PIE FLANDEE COCO

SPINACH SALAD DRESSING

1 quart olive oil
1 pint wine vinegar
3 beaten egg yolks
1 ounce lemon juice
½ teaspoon white pepper
½ teaspoon salt
2 teaspoons sugar
2 Tablespoons chives
⅛ teaspoon garlic powder
2 teaspoons Grey Poupon mustard

Combine oil and egg yolks, mixing slowly with electric mixer. Occasionally add a little vinegar while mixing. When oil is well mixed, add remaining vinegar. Add other ingredients, continuing to mix slowly. Let stand overnight for best results. Toss with salad.

Pat Ortego

SHRIMP FRITTERS WITH RED SAUCE

2 cups peeled, deveined, and chopped raw shrimp
2 cups cooked rice
1 cup flour
1 teaspoon sugar
3 teaspoons baking powder
1 teaspoon salt
¼ to ½ teaspoon cayenne pepper
½ teaspoon garlic powder
6 chopped green onions
2 slightly beaten eggs
½ cup milk
Cooking oil for deep frying

Combine rice, flour, sugar, baking powder, salt, cayenne pepper, garlic powder, and green onions in medium bowl. Mix eggs and milk and add to rice mixture. Blend in chopped shrimp. Drop by teaspoonful in hot cooking oil and fry until golden brown. Drain on paper towels. Mixture may be made in advance and refrigerated. This makes about 5 dozen fritters to serve as hors d'oeuvres with red sauce.

RED SAUCE

1 cup tomato catsup
2 teaspoons lemon juice
1 teaspoon prepared horseradish
1 Tablespoon Worcestershire sauce
¼ teaspoon hot sauce

Combine ingredients. Serve in a side dish for dipping shrimp fritter. Makes 1 cup.

Prepared by the hostess

PORK DE LA CREOLE

1 (6 ounce) package long grain and wild rice mix
½ cup boiling water
½ cup chopped dried apricots
2 finely chopped green onions
½ cup chopped fresh mushrooms
¼ cup chopped green pepper
2 Tablespoons butter or margarine
3 Tablespoons chopped pecans
1 Tablespoon chopped fresh parsley
½ teaspoon salt
Dash of red pepper
Dash of garlic powder
4 (1½ pound) boneless pork tenderloins
4 slices bacon
Canned apricot halves
Fresh parsley prigs

Cook rice according to package directions. Set aside. Pour boiling water over apricots; let stand 20 minutes to soften. Drain. Saute green onions, mushrooms, and green pepper in butter until tender. Add rice, apricots, pecans, parsley, and seasonings; stir until combined. Cut a lengthwise slit on top of each tenderloin, being careful not to cut through bottom and sides. Spoon half of stuffing into the opening of one tenderloin; place cut side of second tenderloin over stuffing. Tie tenderloins together securely with string, and place on a rack in a roasting pan. Top with bacon slices. Repeat procedure with remaining tenderloins. Place an aluminum foil tent over tenderloins; bake at 325° F for 1½ to 2 hours or until meat thermometer registers 170° F. Remove foil the last 30 - 40 minutes of baking. Remove from oven; let stand 5 minutes. Remove string; slice and garnish with apricot halves and parsley. Yield: 8 to 10 servings.

Alice Faye LaBove, Creole, La.

COATNEY'S ARMADILLO EGGS

½ pound grated Monterey Jack cheese
½ pound Hot Owens or Jimmy Dean Sausage
12 small jalapeno peppers or 1 can chili peppers cut in half
Monterey Jack or Kraft Jalapeno Cheese
1½ cups Bisquick

Divide Bisquick in 3 parts and add separately. Mix together ½ pound Monterey Jack cheese, sausage, and Bisquick. Stuff each pepper with cheese and close pepper around cheese. Wrap each pepper with patty ¼" (or less) thick of Bisquick mixture. Seal carefully by rolling in hands. Roll each in Shake and Bake for Pork. Bake 20 - 25 minutes at 325° F.

Dr. Barbara D. Coatney

CORN-RICE CASSEROLE

1 can cream style corn
1 can whole kernel corn
1 onion
1 small bell pepper
1 small jar pimentos
1 cup cooked rice
1 stick margarine
Grated cheese

Saute onion and bell pepper in butter. Combine remaining ingredients. Sprinkle with cheese and melt. Bake for 25 minutes.

Busty Carter

SPINACH SALAD

2 bunches fresh spinach
3 sliced boiled eggs
1 cup fresh sliced mushrooms
Bacon bits
Salt and pepper to taste

Wash and tear spinach. Toss with other ingredients.

Pat Ortego



Alice Faye putting on the finishing touches.



Saturday Night Buffet Hostesses: Joyce Sturlese, Alice Faye LaBove, Myrna Conner, Larmae Miller, Jo Boudreaux, Shirley Bonsall, Brenda Boudreaux, Pat Ortego and Mayola Wicke.

29th Annual LOUISIANA FUR & WILDLIFE FESTIVAL

Festival Schedule of Activities January 10-12, 1985

THURSDAY - JANUARY 10, 1985

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

FRIDAY - JANUARY 11, 1985

- 8:00 a.m. - 4:30 p.m. - Trap Shooting Competition (Parish Elimination at Cameron Elementary Playground
9:00 a.m. - Junior Archery Contest (Parish Elimination) behind Cameron Elementary School
9:00 a.m. - Retriever Dog Trials (Parish Elimination) behind Cameron Parish Courthouse
10:30 a.m. - Senior Archery Contest (Parish Elimination) behind Cameron Elementary School
7:30 p.m. - Miss Cameron Parish Pageant and Crowning of King Fur at Cameron Elementary School Auditorium.
9:30 p.m. - Fur Festival Dance at Cameron Recreation Center

SATURDAY - JANUARY 12, 1985

- 8:00 a.m. - 4:30 p.m. - Trap Shooting Competition (State Contest) at Cameron Elementary School East Playground
8:00 a.m. - Retriever Dog Trials (State Contest) behind Cameron Parish Courthouse
8:00 a.m. - Registration for the following events which will be held at the Cameron Elementary School Starting at 9:00 a.m.

Junior Muskrat Skinning Contest
Ladies Muskrat Skinning Contest
Mens Muskrat Skinning Contest
Junior Nutria Skinning Contest
Ladies Nutria Skinning Contest
Mens Nutria Skinning Contest
Junior Trap Setting Contest
Senior Trap Setting Contest

9:00 a.m. - Archery Contest (State Elimination)
9:00 a.m. - Registration for Duck and Goose Calling Contest
11:00 a.m. - Junior Duck and Goose Calling Contest
Senior Duck and Goose Calling Contest
(Both behind Cameron Elementary School)
12:00 p.m. - Noon (Or Immediately following Trap Setting Contests Ladies Oyster Shucking Contest (registration begins at 11:00 a.m.)
Mens Oyster Shucking Contest (registration begins at 11:00 a.m.)
2:00 p.m. - Parade
7:00 p.m. - Miss Louisiana Fur and Wildlife Festival Contest at Cameron Elementary Auditorium
9:30 p.m. - Fur Festival Dance at Cameron Recreation Center
10:00 p.m. - Queens Ball at Creole Community Center
(Formal - Admission \$20.00 per couple)

Calcasieu Marine National Bank Salutes The Louisiana Fur and Wildlife Festival

Since 1955, people from the cattle, oil,
fur, rice, shrimp, and wildlife industry have
worked together to make this celebration one
of Louisiana's most outstanding events.



Calcasieu Marine Bank ^{NA}

Cameron