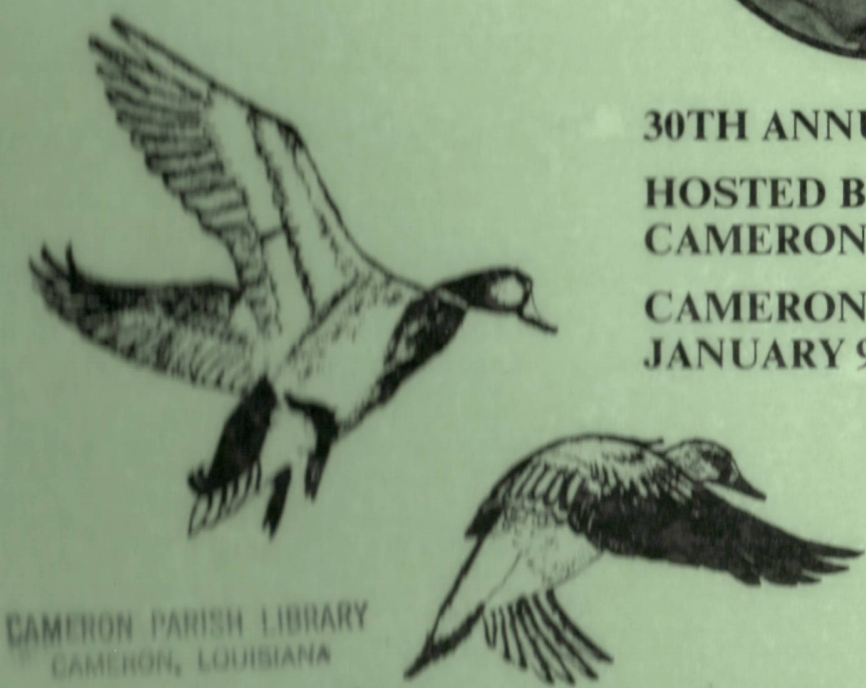


# LOUISIANA FUR & WILDLIFE FESTIVAL COOKBOOK



30TH ANNUAL FESTIVAL  
HOSTED BY:  
CAMERON PARISH  
CAMERON, LOUISIANA  
JANUARY 9 - 11, 1986



CAMERON PARISH LIBRARY  
CAMERON, LOUISIANA

Price: \$5.00

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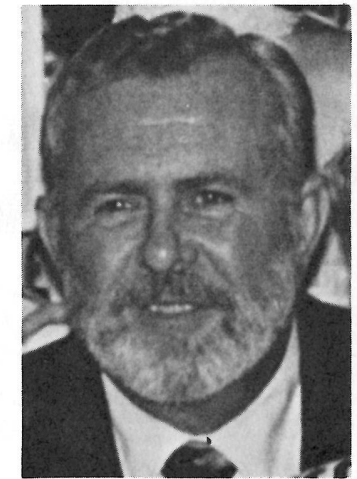
# LOUISIANA FUR AND WILDLIFE FESTIVAL

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Mrs. Bonnie Conner .....	Vice President
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## FESTIVAL SUPERINTENDENTS

Mrs. Roberta Broussard, Mrs. Vickie Savoie .....	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 Mister and Miss Cameron Parish
Jules Dronet, John Merchant, Richard Brothers #176, American Legion .....	Duck & Goose Calling Contest
Ted Joanen, Howard Romero, James Albarado, David Richard .....	Retriever Dog Trials
Oscar Reyes, Doxey-Vincent #10019, VFW .....	Trap Setting Contest
Oscar Reyes, DVP #10019, VFW .....	Nutria & Muskrat Skinning Contest
Oscar Reyes, DVP #10019, VFW .....	Oyster Shucking Contest
Sidney Theriot .....	Archery Contest
Ducks Unlimited .....	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
Phillip Bell .....	Official Escort for Queens
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Mrs. Tina Horn .....	Trophies
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Kirk and Ray Burleigh and Cameron Volunteer Fire Department .....	Town Decorations
Mrs. Nancy C. Cronan, Mrs. Shirley Bonsall, Mrs. Roberta Broussard .....	Editors, Cookbook
Don Menard .....	Artist
Mrs. Shirley Bonsall .....	Cookbook Sales
Mrs. Ward Fontenot .....	Chairman Judges and Poster Committee



## A MESSAGE FROM THE PRESIDENT

Welcome to Cameron, where prime coastal marshland supports and protects some of the highest wildlife populations on the North American continent.

This year we pay homage to the alligator, once a declining species, who has now taken its place among the top money producers of the commercial wildlife resources.

Today Cameron Parish hunters harvest over 4,000 alligators annually, valued at approximately \$420,000; thus making it a valuable industry indeed.

We proudly dedicate this years festival to the Rockefeller and Sabine Wildlife Refuges biologists for their continued study of the alligator and its environment and to the area state and federal wildlife agents who are preserving our heritage for generations to come.

We extend the hand of friendship to you and hope your visit in our community during the Louisiana Fur and Wildlife Festival will be a treasured memory.

Sincerely,

J.B. Blake, Jr.  
President

CAMERON PARISH LIBRARY  
CAMERON, LOUISIANA

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PRESIDENT

RAY CONNER  
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  
LESTER RICHARD, JR.

DISTRICT 5  
RAY CONNER

DISTRICT 6  
J. B. BLAKE, JR.

October 15, 1985

TO: CAMERON PARISH RESIDENTS, FRIENDS & VISITORS

On behalf of the Cameron Parish Police Jury, I express my deep appreciation to all of you who work so diligently each year to make the Louisiana Fur & Wildlife Festival such a tremendous success.

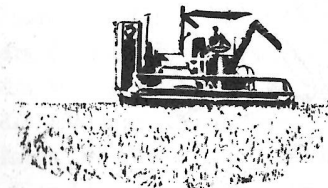
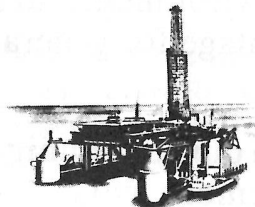
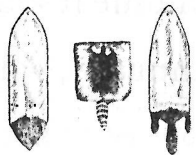
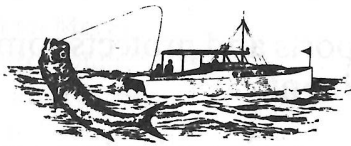
The Police Jury is proud of the Festival and is proud to be a part of it.

Congratulations on a job well done!

Sincerely yours,

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

ECT/bc



**1985**  
**Louisiana Fur & Wildlife Festival Queen**  
**SELIKA MICHELLE MILLER**

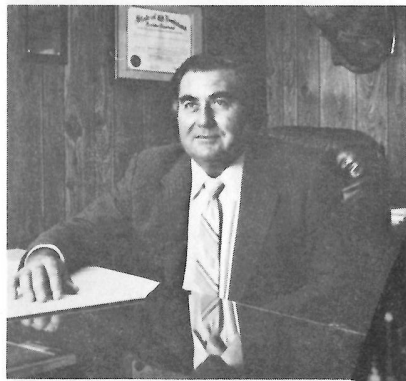
Selika is the 19 year old daughter of Mr. and Mrs. J.A. Miller of Creole. She is presently attending Louisiana State University, majoring in physical therapy. "Through out my year as the Fur and Wildlife Festival Queen, I have traveled to many festivals and made friendships and acquaintances that have undoubtedly enriched my life.

While traveling in this prosperous state of ours, I became aware of the many fine people and resources that we possess. Though giving up my reign brings me great sorrow, it also brings me pride to have represented such a fine and unique festival.

I hope that I have represented the Fur and Wildlife Festival in a way that has pleased all of you. I will always cherish memories and friendships that I have made.

Thank you all for allowing me this wonderful opportunity."

**This page compliments of the law firm of JONES, JONES, & ALEXANDER, JENNIFER JONES BERCIER and MIKE BERCIER.**



**1985  
King Fur XVII  
MALCOLM LYLE CRAIN**

King Fur, M. Lyle Crain, less formally known as "Butch" was elected to represent The Hunting Industry. Son of A.H. Ella Mae Crain, he was born in Grand Chenier, Louisiana in 1940. He is vice-president of Crain Brothers, Inc., which employs 200 people; an oilfield contracting firm that started with a makeshift marsh buggy.

He is a member of the Grand Chenier Methodist Church. Attended Grand Chenier High School and is a graduate of South Cameron High School. He also attended the University of Southwest Louisiana. He is married to the former Hilda Miller, and has two children, Albert and Rachel, who joins him in the business.

An avid hunter and fisherman; appointed in 1984, one of seven members now serving on the Wildlife and Fisheries Commission, which is a six year term, chairs the commissions Hunting Regulations Committee. He and his uncle, John Paul Crain, who served two terms as Wildlife and Fisheries commissioner, owns and operates a deep sea fishing vessel "Thedmae."

He was elected to the Cameron Parish Police Jury in 1967 and during his tenure as Police Juryman, was instrumental in passing a local tax that opened a new channel at the mouth of the Mermentau River at Grand Chenier. He was also instrumental in having a hurricane evacuation route constructed from Grand Chenier northward to Chenier Perdue; in 1974, and completion of a recreational facility derived from federal revenue sharing funds for the area.

He is a connoisseur of fine foods, an excellent cook and uses his ability at many area wide community meetings.



**1985  
Miss Cameron Parish  
STACY DARLENE MUDD**

Stacy Darlene Mudd is the twenty-one year old daughter of Mr. and Mrs. Robert Mudd of Cameron, Louisiana.

A graduate of South Cameron High School, she received many honors such as: Miss South Cameron High School, Homecoming Queen, FHA Court, Class Officer (secretary), Outstanding Catholic Youth Award. She was an active member in FHA, 4-H, Cheerleader and Rodeo Club. During high school she was the State Cutting Champion and placed fourth in National Competition.

Stacy is presently attending McNeese State University in Lake Charles, Louisiana, where she is a senior majoring in Elementary Education. She is very active in the Catholic Center Activities and a member of the Newman Organization on campus.

During her reign as Miss Cameron Parish 1985, she represented Cameron Parish at the National Outdoor Show in Cambridge, Maryland.

*"As my reign comes to an end, I would like to thank all of the people who have helped and supported me throughout the year. But the one I thank most of all is God, Who has given me the chance to represent the people of Cameron Parish. 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 me."*



**1985  
Little Miss Cameron Parish  
SHANNON SURATT**

Shannon is the seven year old daughter of Rick and Leslie Suratt of Cameron. She attends Cameron Elementary School. She enjoys fishing, playing and being in pageants.

Shannon presently holds the titles of Little Miss Cameron, Little Miss Springtime, and Little Miss Winter Queen. She has enjoyed representing Cameron Parish as their Little Miss this past year.



**1985  
Little Mister Cameron Parish  
RYAN LEE MARCEAUX**

Ryan is the eight year old son of James and Donna Marceaux of Cameron, Louisiana. He has an older sister named Vicky.

Ryan is a third grade student at Cameron Elementary School. He is a member of the Cameron T-Ball team, The outlaws. He enjoys music, breakdancing and racing his motorcycle.

Ryan was very proud to represent Cameron Parish as Little Mister Cameron Parish. The thing he enjoyed the most was riding in the Fur and Wildlife Festival Parade.

# HUNTING IN CAMERON PARISH

By Ted Joanen

Cameron Parish encompasses over 750,000 acres of prime coastal marshland and, as a result, supports some of the highest wildlife populations on the North American continent. Countless millions of waterfowl use these marshes on their annual migration from the northern nesting ground to the more tropical climates of Central and South America. Also, large numbers of ducks and geese terminate their migration along the Louisiana coast and overwinter in these vast marshlands. Many wildlife species live out their complete life cycle in Cameron Parish. Due to its location bordering on the Gulf of Mexico on the south for some 80 miles, and the rice producing areas to the north, parish marshlands are graded by salinity and include salt, brackish, intermediate, and fresh marsh types. The vastness of the marshes, combined with many diverse types of habitat, provide ideal conditions for all forms of wildlife requiring a wetland habitat. Cameron Parish ranks among the top in the state in production of muskrat, nutria, and alligators.

No parish in Louisiana compares with the provisions made in Cameron Parish for the protection of migratory waterfowl, shore birds, wading birds, and alligators. In the west half of the parish lies the 149,000-acre Sabine National Wildlife Refuge; and 31,000-acre Lacassine National Wildlife Refuge is in the northeast corner. They are both managed by the United States Fish and Wildlife Service. Under management by the Louisiana Department of Wildlife and Fisheries is the Rockefeller Wildlife Refuge. Of its 83,000 total acres, 62,000 acres are located in the southeast corner of Cameron Parish. These refuges provide sanctuary for migratory waterfowl along with an abundant food supply. This has served to hold countless thousands of ducks in the general area, and has provided excellent waterfowl hunting as these birds periodically move out into the surrounding marshes.

During the warm weather months (spring, summer, and fall), these federal and state lands are open for public use in the form of recreational crabbing, fishing, shrimping, nature study, and bird watching. Each year, many thousands of people use these areas. A recently completed study on Rockefeller Refuge indicated over 50,000 people annually use the sanctuary for some form of outdoor recreation.

Duck and goose hunting are the principal hunting activities parishwide. Literally, thousands of hunters pour into the parish on opening day. Generally, in past years duck hunting has been of the highest quality; however, in more recent years hunting success has declined somewhat. The reason for the decline can be attributed to poor production on the Canadian nesting grounds. Some experts believe that liberal bag limits promulgated by the United States Fish and Wildlife Service added to the decline. In any case, bag limits for the 1985-86 waterfowl season have been reduced sharply, and in some cases cut as much as 50% when compared to the past ten years.

Located at the terminal end of the Mississippi Flyway, Cameron Parish plays host to several million ducks and geese each year. According to the U.S. Department of the Interior's Fish and Wildlife Service, Special Scientific Report No. 254 (1971-80), the average annual harvest of dabbling ducks in Cameron Parish was 296,000. Gadwall ranked as the #1 species with over 68,000 taken annually during that period, followed by green-winged teal - 57,000; then blue-winged teal - 43,000; mallards - 35,000; pintail - 33,000; widgeon - 27,000; shoveler - 17,000; mottled ducks - 11,000; and wood ducks - 1,000. The goose kill (snow/blue) made up approximately 12,000 annually and 7,000 white fronts (speckled belly) were taken each year.

Duck and goose hunters come from all over the United States in order to hunt in Cameron Parish. Throughout the parish, a highly developed system of commercial clubs has been developed which provide lodging, meals, and guides for the visiting hunters. Generally, one or two day hunts are provided by commercial clubs. However, not all lands are leased to commercial hunting clubs. The majority of the marshlands are leased to private individuals on an annual rental basis. These leases provide some of the finest duck hunting on the North American continent.

Both federal refuges, Sabine and Lacassine, open parts of their refuges to waterfowl hunting. However, special rules and regulations are required, and anyone wishing to hunt these areas should check with the refuge managers before entering the refuge.

Although ducks and geese are the principal species hunted, several other birds and animals flourish, which are listed as legal game in Louisiana. During the fall, large flocks of doves invade the beaches and cheniers and remain for short periods before moving westward along the coast. Winter migrants, such as snipe and woodcock, provide hunting opportunity parishwide. Cameron Parish is world renown for its wide diversity and tremendous numbers of passerine and shorebirds. Thousands of birdwatchers flock to Cameron Parish each year to view the birdlife. Tremendous rabbit populations have built up in the higher marshes and along levees and natural ridges. The marshes have consistently produced high rail and gallinule populations. However, because of their secretive habits, only local residents are usually aware of this.

Deer populations are generally on the increase, especially in the western and extreme eastern parts of the parish. Deer are now a common sight throughout Cameron. Hunter accessibility is limited because of landownership and leasing policy and, therefore, deer hunting is fairly restricted and the harvest is considered quite low for the number of animals present. Deer herds are expanding with the increase in oil development. As canals are cut to the various mineral locations in deep freshwater marshes, earthen levees are created. These earthen levees provide food, cover, travel lanes, fawning areas, and escape cover during periods of high water. Levees serve the very important function of providing access routes for deer as they travel and expand their population into new areas. Cameron Parish is also experiencing an expanding coyote population. These animals are using the same route as the deer herds in order to filter out into the remote and inaccessible areas.

Numerous research projects have been conducted and are presently underway on the three major coastal refuges. Studies involve various aspects of marsh management, plant ecology, pond culture, and life history studies of many forms of fish and wildlife found on the refuges, surrounding estuarine bays, and marshes. These studies help shed new light on the many problems incurred in marsh management. Research findings also serve as guidelines for development and management of the many thousands of acres of privately-owned marshlands.

Nutria have replaced the muskrat as the leading fur-producing species. The annual catch averages approximately 120,000 animals, valued at \$750,000 to Cameron Parish trappers. Mink, raccoon, and otter are also taken in good numbers parishwide.

Since trapping is done only during the winter months, most trappers work on other jobs during the rest of the year, such as farming, cattle raising, construction, or oil field work.

The majority of the trappers bring their catch home where the animals are skinned and the pelts are fleshed, washed, stretched, and dried. Generally, the trapper deals directly with one of several local fur buyers. These buyers usually purchase hides from a trapper or another buyer and sell to one of the state fur dealers. The fur dealers in turn ship to their market sources, which are usually in New York or Europe.

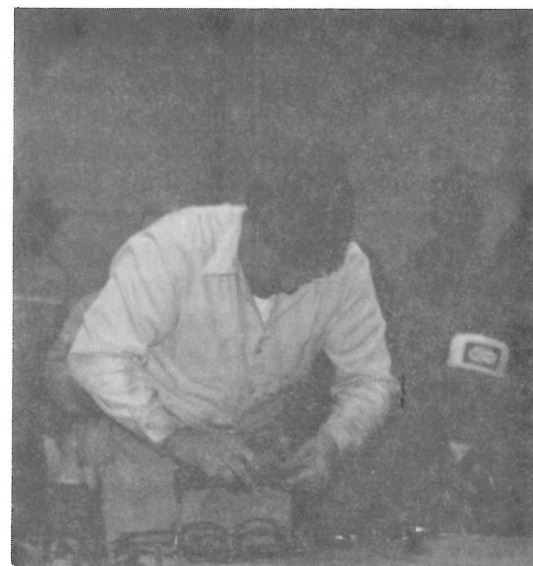
The alligator, once a declining species, has now taken its place among the top money producers of the commercial wildlife resources. Through the cooperation of state and federal agents, the local courts, and a concerned citizenry, alligator poaching was virtually eliminated. Several thousand alligators were transferred from the Sabine and Rockefeller Refuges to privately-owned lands in an effort to increase the recovery rate of the alligator population. The primary objectives for increasing the alligator population were twofold: First, to establish the animal as a permanent part of the natural fauna of the marshes; and secondly, to harvest surplus alligators as a source of continuing revenue from the land. The plan worked almost too well. By the late 1960's, populations expanded to the level where they were becoming a nuisance. Trappers complained that alligators were eating their nutria and other fur animals. They appeared in stock ponds, swimming pools, flower gardens, and garages.

Today, Cameron Parish hunters harvest over 4,000 alligators annually, valued at approximately \$420,000. The majority of these skins are sold to French and Japanese tanneries. The Louisiana skin is considered probably the finest reptile leather in the world. Finished products such as handbags, shoes, and western boots are the primary use for Louisiana alligator skins.

Cameron Parish is blessed with an abundance of prime coastal marshland, flourishing wildlife populations consisting of both resident and migratory species, and marshlandowners with a keen sense of marsh management, preservation, and enhancement. It is hoped that both federal and state permit requirements, necessary for marsh improvements, do not stymie these productive and ongoing marsh enhancement programs. It is also hoped that these programs will be allowed to continue, as in the past, in order that Cameron Parish will continue to be a true sportsman paradise for our generation and generations to come.



15th Annual Poster Contest winners sponsored by the Catholic Daughters of the Americas Court Mary Olive #1463 of Creole.



Peter Dahlen competing in the trap setting contest.



A reunion of the "Swamp Angels" was held during the Fur Festival. Members attending were (seated left to right) Lynex Richard, Cameron; W.W. Hawkins, Lafayette; Saven Miller, Grand Chenier. (Standing left to right) Ray Theriot, Creole, Harris Broussard, Lake Charles; and Watkins Miller of Lake Charles. The "Swamp Angels" were a group of civilians patrolling the beaches during World War II looking for invaders.



1984 Fur Queen Elizabeth Primm of Terrebonne Parish crowns 1985 Queen Selika Miller of Cameron.

## 1985 Fur & Wildlife Festival Pictures



Little Mister and Miss Cameron Parish Contestants.



Viewing painting exhibits is a family affair for Ronnie, Mary and Amanda Johnson.



Tarpon band marches on.



Parade Marshall, J. Burton Angelle, Sr., Department of Wildlife and Fisheries Secretary.

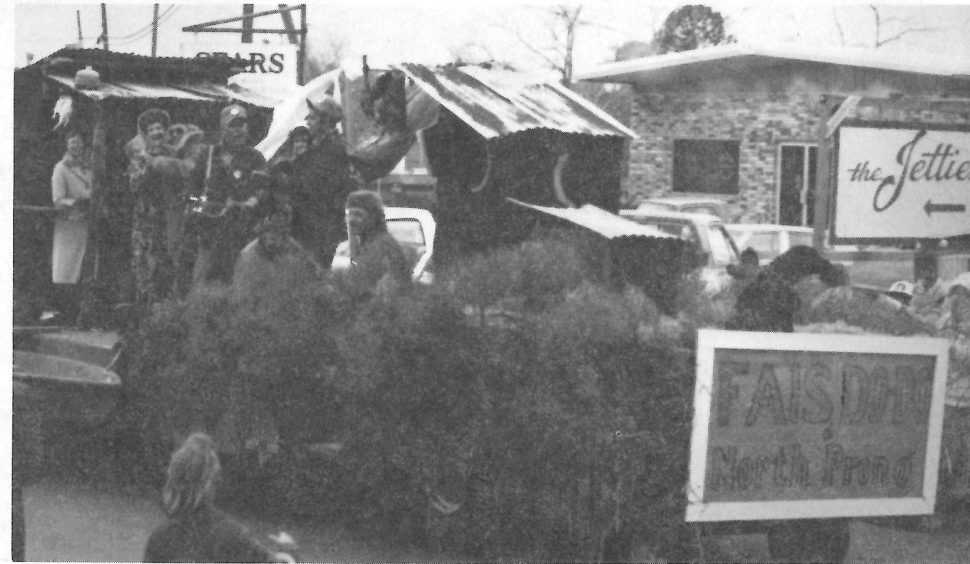


Clyde Doxey feeding a baby nutria.





NAACP Float wins in the Most Beautiful Division.



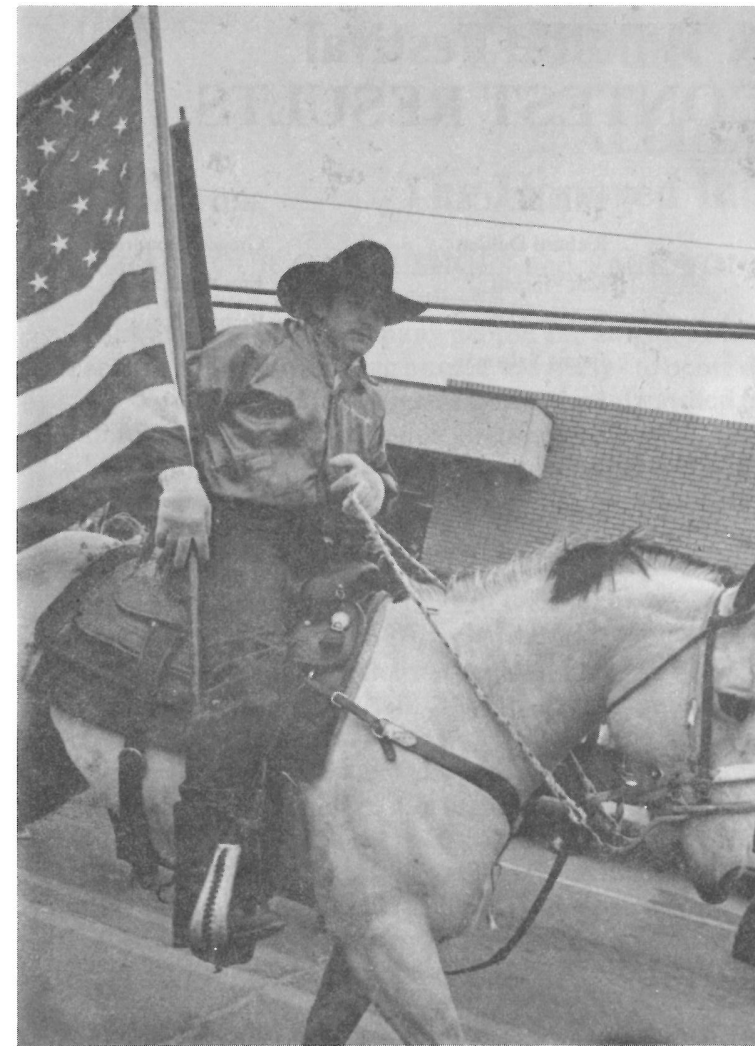
Nell Colligan, "Tat" Faulk, Hilda Henry, Terry Clement, Linda Daulen, and Burton Daigle having an old fashioned Fais Do-Do. Also pictured are: Pervis Clement and "Sing" Faulk.



Receiving first place honors in the Most Original Float, Jr. Division was the Camp Fire Sparks.



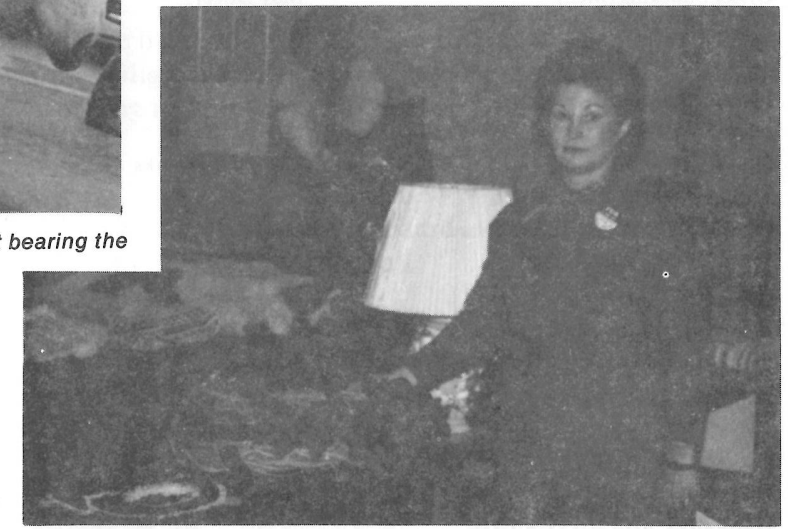
Senator Russell Long greets parade goers.



South Cameron Rodeo Club member, Craig Wainwright bearing the American flag.



Miss Cameron Parish Contest: Becky Conner, Jennifer Tramonte, Stacy Mudd, Queen, Tressa Doxey.



Mrs. Yvonne Mhire, Crafts Contest Chairman, hard at work.



Festival Pages are: Carist Dimuas, Kristi Jo Dupuie, Sarah Henry, and Amanda Johnson.



Fur Queen Contestants during interview session.



Clayton Trahan and his buck "Rudolph".



Wade Carroll in skeet shooting competition.

# Louisiana Fur & Wildlife Festival 1985 OUTDOOR CONTEST RESULTS

CONTEST	1ST PLACE	2ND PLACE	3RD PLACE
Senior Duck Calling	Kenneth Hebert	Richard Dahlen	Gregory Boudreaux
Junior Duck Calling	Tim Dupont	Ken Vincent	Jimmy Saltzman
Senior Goose Calling	Allen Vincent	Tommy Tolbert	Richard Canik
Junior Goose Calling	David Guidry	Jimmy Saltzman	Peter Llanas
Junior Nutria Skinning	Lance McNease	Terry Powell	Chris Nash
Senior Nutria Skinning (Ladies)	Louverta Vincent	Linda Dahlen	Betty LaBove
Senior Nutria Skinning (Mens)	Walter Wainwright	Yancy Welch	Zeke Wainwright
Junior Muskrat Skinning	Lance McNease	Scott Bigner	John LaBove
Senior Muskrat Skinning (Ladies)	Kathy Miller	Alice Welch	Shirley Guillory
Senior Muskrat Skinning (Mens)	Robert Mudd		
State Bowhunter Senior (Mens)	Robert Trahan	Sidney Theriot	Craig Pelleris
State Bowhunter Free Style (Limited)	Jerry Robicheaux	Donny Nunez	Rickey Boudreaux
State Hunter Freestyle	Bob Harris	Terry Ragsdale	Robert Ragsdale
Ladies Bow Hunter	Mary Harris	Nancy Scroggins	Debbie Harris
Oyster Shucking (Women)	Jean LeBleu	Eva Daigle	Tammy Theriot
Oyster Shucking (Men)	Billy Doxey	Davy Doxey	Reuben Doxey
Floats Senior Division (Most Original)	VFW	La Meche Bass	Pentecostal Church
Floats Senior Division (Most Beautiful)	NAACP		
Floats Junior Division (Most Original)	Camp Fire Sparks	Gingerbread House	
Edward Swindell Memorial Award 1985 Best All Around Float	La Meche Bass		
Retriever Dog Trials Open State	Mary Lou Chance "Dickens"	Bob Chance "Rock"	Ben Stoval "Dixie"
Parish Retriever Dog Trials Puppies Junior Division	Sing Faulk "Rex"	Jerry Istre "Lady"	Curtis Tregle "Dusty"
Parish Retriever Dog Trials Senior Division	Tom Hess "Rosco"	Greg Wicke "Beau"	Daniel Lonthier "Bandit"
Jam Awards, Retriever Dog Trials Open State	Bob Chance "Billy"	Mary Lou Chance "Star"	Sheila Anderson "Ray"
Jam Award, Retriever Dog Trials Senior Division	Curtis Tregle "Dusty"		
Jam Award, Retriever Dog Trials Junior Division, Puppies	Chris McCall "Missy"		
Trap Setting Junior	Lance McNease	Scott Bigner	John LaBove
Trap Setting Senior	Wade Miller	Yancy Welch	J.A. Miller
Parish Archery Men Limited	Donny Nunez	Joe Gaspard	Dale Medicis
Parish Archery Men Unlimited	Bob Harris	Terry Ragsdale	
Parish Archery Women	Mary Harris	Debra Harris	
Parish Archery (Boys)	Jared Griffith	Dickie Brasseaux	Tony Constance
Parish Archery Bowhunter	Sidney Theriot	Chuck Savoie	Paul Constance
Parish Trap Shooting (Men)	Wade Carroll	James LaBove	Ray Hay
Parish Trap Shooting (Women)	Diane Oliver	Linda Dahlen	Bonnie Theriot
Parish Trap Shooting (Junior)	Jimmy Saltzman	Gabe LaLande	Darren Richard

## EDITOR'S NOTE:

### ALLIGATOR

#### The Honored Industry In 1986

GRAB YOUR GATOR SHOES and PACK YOUR GATOR BAG - cuz its "Gator Time" at the 1986 Louisiana Fur and Wildlife Festival!!!

Through the efforts of many people, the alligator industry has come into "its own." It has weathered years of set-backs resulting from being hunted too freely - to being declared an endangered species. Hunting ceased in the early 1960's as Louisiana's alligator population dwindled to an estimated 50,000. Today, in the mid-80's, the total alligator population again stands at a formidable 500,000.

Alligator research in recent years has drawn world-wide attention to Louisiana as a leader in devising management practices. The dedicated researchers have proven their contention that the alligator can be utilized "as a renewable resource and it will still flourish . . . so long as proper controls are exercised and suitable habitat is maintained."

In our state today, one can hunt it for sport, hides and meat. In the past only the hide could be sold by the hunter - now the hunter can derive additional revenue by selling the delectable meat.

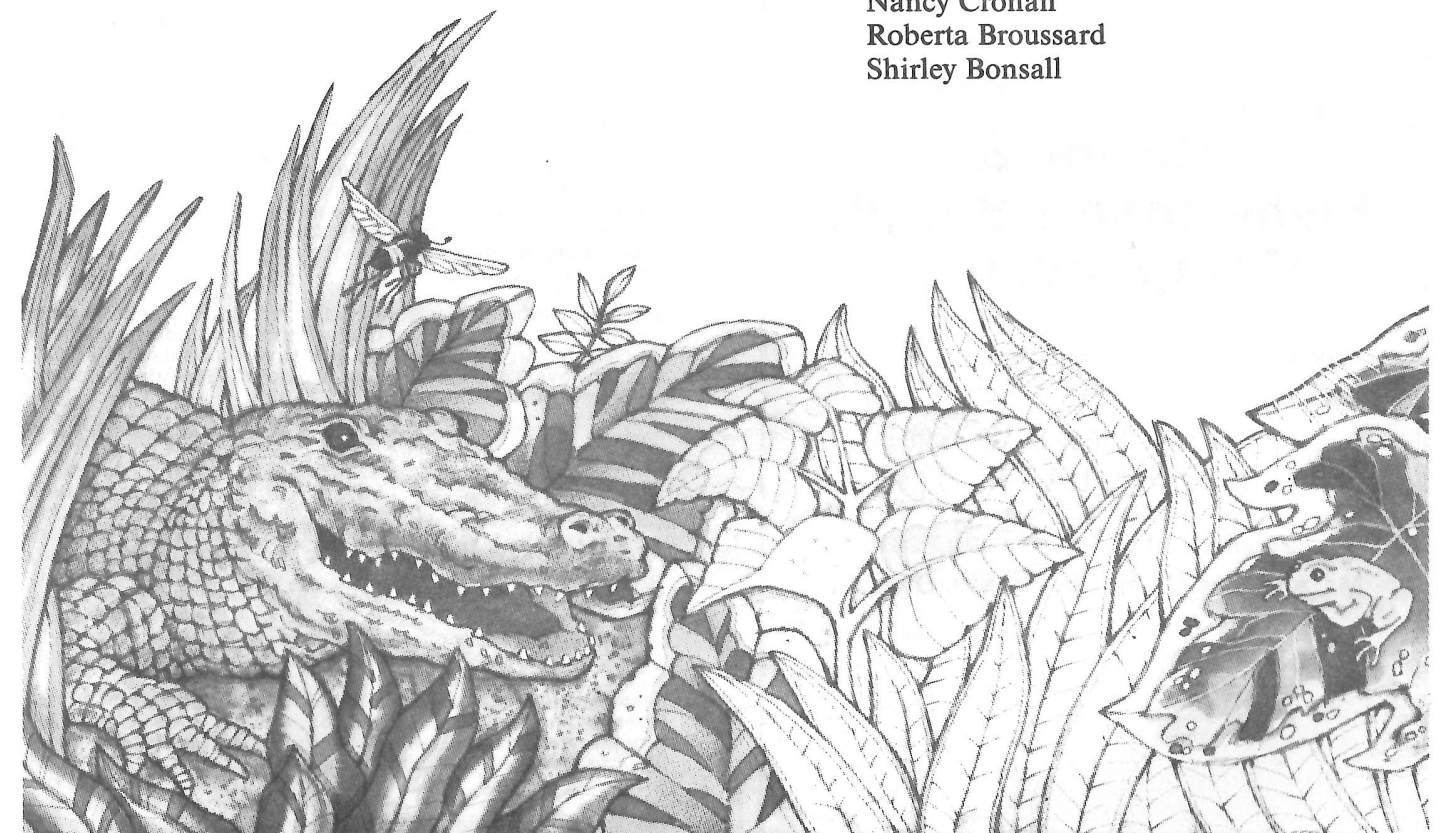
To the gourmet, alligator meat is considered a delicacy. Most all parts are edible with the tail portion being the most popular among chefs, everyday cooks and the consuming public. Some cooks believe that the meat should be marinated for a few hours for best taste and tenderness.

Several years ago restaurants began buying this unique commodity and featuring it on their menus. Whether one wishes to munch or to feast - a variety of gourmet delights such as Alligator Balls, Alligator Dip, Fried Alligator and Alligator Sauce Piquant have passed the culinary test.

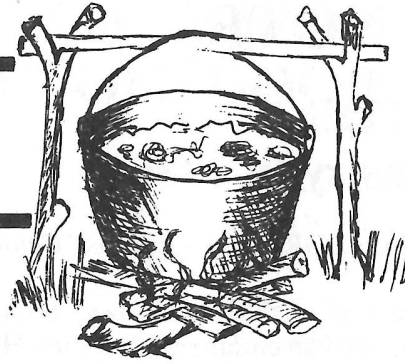
During the 1985 hunting season 16,000 alligators were harvested with skins selling up to \$27 per foot. It is estimated that at least 100,000 pounds of the protein-rich alligator meat was processed.

Yes, the alligator industry is alive, well and flourishing in Louisiana!!!

Editors:  
Nancy Cronan  
Roberta Broussard  
Shirley Bonsall



# Alligator



## GATOR SAUCE PIQUANT

2 pounds alligator meat cubes  
 2 cups chopped onions  
 1/3 cup cooking oil  
 1/2 cup chopped celery  
 1/4 cup chopped bell pepper  
 1/4 cup chopped shallots  
 1/4 cup chopped parsley  
 2 (8 ounce) cans tomato sauce  
 1 can Ro-tel Tomatoes  
 2 Tablespoons Worcestershire Sauce  
 1/4 teaspoon basil  
 1 bay leaf  
 1/4 teaspoon oregano  
 Mushrooms, sliced  
 Salt and pepper to taste

Alligator may be marinated in wine for 1 hour before adding to sauce. Saute onion in oil until a dark golden brown, stirring often. Bell pepper and celery are then added and sauted until tender. Add Ro-tel tomatoes and tomato sauce and seasonings, simmer for 10 minutes, then add mushrooms and drained alligator meat. Cover and cook for 40 minutes, add shallots and parsley and cook uncovered for 4 minutes. Serve with rice.

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## GATOR ETOUFFEE

2 pounds gator meat  
 (chopped into bite sizes)  
 2 large onions, chopped  
 1/2 cup margarine  
 1 clove of garlic  
 1/4 cup chopped bell pepper  
 2 Tablespoons tomato paste

Saute onions, bell pepper and garlic in butter. Add tomato paste and saute until onions are clear. Add gator that has been seasoned with salt and pepper. Cover and steam until meat is tender. Serve meat and sauce over rice.

\*\*\*

## GATOR-MAC SALAD

Start by steaming until tender:  
 2 cups alligator meat  
 1 teaspoon salt  
 Set aside to cool.

In a 2 quart saucepan bring to a boil:  
 6 cups water  
 1 teaspoon salt  
 Add 2 cups macaroni

Stir once then boil uncovered 10 to 14 minutes until tender. Drain off water.

While macaroni is still hot, drizzle with:  
 2 Tablespoons salad oil  
 2 Tablespoons vinegar  
 Add 1 Tablespoon minced onion  
 1/2 teaspoon salt  
 1/2 teaspoon black pepper  
 1 cup diced cheddar cheese

Toss well. Add:

1/2 cup mayonnaise or salad dressing  
 1 (17 ounce) can peas, that have been drained  
 1 cup diced celery  
 2 cups boiled alligator meat (cooled)

Toss well and serve on lettuce leaf.

Ruth C. Hernandez, Home Economist,  
 Calcasieu Parish

\*\*\*

## ROASTED ALLIGATOR

2 (3 inch) slices of tail or the muscle  
 1/4 cup chopped onion  
 1/4 cup diced garlic  
 1/2 stick butter  
 1/2 cup Worcestershire sauce  
 Few sprigs of parsley

Stuff roast with garlic and onions. Pour melted butter and worcestershire sauce over the top of roast and let stand a few minutes. Place in cast iron dutch oven with a small amount of water. Cook in a slow over (225 degrees) for two hours. Garnish with parsley before serving.

John Prescott, Johnson Bayou, La.

\*\*\*

## ALLIGATOR BOULETTES

1 pound chopped alligator meat  
 1 egg  
 2 Tablespoons finely chopped onions  
 2 Tablespoons finely chopped parsley  
 2 Tablespoons chopped shallots  
 2 teaspoons lemon pepper  
 1/2 teaspoon salt  
 1/4 cup bread crumbs  
 Flour to dredge  
 1 cup cooking oil

Combine first 9 ingredients, form into 1 inch balls. Allow to set for 1 hour. Dredge with flour and fry until brown. Serve hot.

## ALLIGATOR SUPREME

1/2 cup chopped onion  
 4 Tablespoons minced celery  
 1/2 cup margarine  
 1/2 cup flour  
 2 to 4 Tablespoons chili powder  
 2 Tablespoons salt  
 1/2 teaspoon cinnamon  
 4 cups peeled tomatoes or 2 cans tomatoes  
 2 pounds ground alligator meat

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

Mrs. Roland Primeaux, Creole, La.

\*\*\*

## ALLIGATOR BALLS

2 pounds ground alligator tail  
 1 egg  
 1/4 cup milk  
 1/2 cup chopped green onions  
 2 Tablespoons chopped parsley  
 Juice of one lemon  
 1/2 cup bread crumbs  
 2 teaspoons salt  
 1 teaspoon red-pepper  
 Mixture of 1 cup flour and 1 cup corn meal

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

Mrs. Roland Primeaux, Creole, La.

\*\*\*

## ALLIGATOR STEW

1/2 cup cooking oil  
 1 quart alligator meat cut in small pieces  
 about 1/2 inch thick  
 1/2 cup chopped onions  
 1/2 cup chopped bell pepper or banana pepper  
 1/2 cup chopped celery  
 2 Tablespoons minced parsley  
 1 (10 ounce) can Ro-tel tomatoes  
 Salt and pepper to taste

Put cooking oil and alligator meat in cooking pot. Add chopped vegetables, Ro-tel tomatoes and season to taste with salt and pepper. Cover pot and cook over medium heat for 30 to 40 minutes.

Mrs. Charlene W. Hebert, Sweetlake, La.

\*\*\*

## ALLIGATOR SAUCE PIQUANT

1 pound of 1 inch cubes of alligator  
 1/2 cup flour  
 1 cup cooking oil  
 1 large onion, chopped  
 1 garlic clove, chopped  
 1/2 bell pepper, chopped  
 1/2 cup onion tops  
 1 large can tomatoes  
 1 can tomato sauce  
 Salt and pepper

Cook flour in oil until medium brown. Add onions, cook until onion wilts. Add garlic, bell pepper, tomatoes, tomato sauce, 3 cans of water and cook over low heat for 30 minutes. Add meat, salt and pepper to taste and add green onion tops. Continue cooking until meat is tender.

John Prescott, Johnson Bayou, La.

## ALLIGATOR DIP

1/2 pound alligator meat  
 1/2 teaspoon liquid crab boil  
 1 teaspoon salt  
 1/2 lemon  
 2 Tablespoons shallots, chopped  
 2 Tablespoons celery, chopped  
 2 Tablespoons onion, chopped  
 1 Tablespoon Teriyaki sauce or Soy sauce  
 2 Tablespoons parsley  
 2 Tablespoons shallots  
 1 Tablespoon sweet pickle relish  
 2 Tablespoons mayonnaise  
 1 teaspoon mustard

Boil alligator meat in first 8 ingredients for 10 minutes, chop meat and vegetables used in boiling in food processor or blender. Add remaining ingredients and continue to mix well. Serve chilled with crackers.

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## SPAGHETTI AND GATOR-MEATBALLS

2 pounds alligator meat, ground  
 1/2 cup onions, chopped  
 1/4 cup chopped celery  
 1/4 cup chopped parsley  
 1/2 teaspoon mustard  
 2 eggs  
 1/4 cup chopped bell pepper  
 2 Tablespoons lemon juice  
 Salt and pepper to taste

Mix all ingredients together and form into small balls. Roll in flour. Fry balls until golden brown. Prepare your favorite plain spaghetti sauce and then add the gator-meatballs to sauce and simmer on a low heat for about 35 minutes. Serve over spaghetti. Sprinkle your favorite grated Italian cheese on top. (No Italian has ever tasted anything quite as delicious.)

Mrs. Roland U. Primeaux, Creole, La.

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## MICROWAVED ALLIGATOR

2 alligator tail chops cut 1/2 inch thick  
1 teaspoon season-all or lemon pepper  
1 medium onion, sliced

Season alligator chops with season-all or lemon pepper. Place in 1 1/2 quart dish and microwave on High for 5 minutes, uncovered. Arrange onion slices over chops, cover with plastic wrap and microwave on Simmer for 30% power for 20 minutes. Allow to stand 5 minutes before serving.

\*\*\*

## FRIED ALLIGATOR FINGERS

1 pound alligator meat  
1 cup sherry  
1 Tablespoon lemon pepper  
1 teaspoon season-all  
1/4 cup lemon juice  
1/2 cup Italian salad dressing  
Flour to dredge  
Cooking oil for frying

Cut alligator meat in finger size strips then marinate in the first five ingredients for 2 hours. Drain and dredge in flour. Fry pieces for about 15 minutes turning often until brown. Drain and serve hot.

\*\*\*

## ALLIGATOR PATTIES

1 (5 pound) piece of alligator tail, rinsed and chopped into frying size pieces  
1 small bottle Tabasco sauce  
1/2 cup water  
Juice of two lemons  
1 small bell pepper, chopped  
1 boiled potato

1 small clove garlic, minced  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Marinate alligator in Tabasco, salt, lemon juice and just enough water to cover. Place in refrigerator for 48 hours. Drain. Grind alligator, then mix with potato, bell pepper, garlic, and pepper. Form into patties. Drop into hot oil, fry until golden brown. Serve while hot.

Roland Perry, Cameron, La.

\*\*\*

## FRIED ALLIGATOR STRIPS

1 (5 pound) piece of alligator tail, rinsed and cut into frying size strips  
1 small bottle Tabasco sauce  
1/2 cup water  
Juice of 2 or 3 lemons  
1/2 teaspoon salt

Marinate alligator in tabasco, salt, lemon juice and just enough water to cover. Place in refrigerator for 48 hours. Drain. Roll pieces in flour or corn meal and fry until golden brown.

Roland Perry, Cameron, La.

\*\*\*

## FRIED ALLIGATOR

1 pound alligator meat sliced thin  
1 (12 ounce) can beer  
1/2 cup flour  
1 teaspoon season-all  
1 teaspoon salt  
1 teaspoon pepper  
Corn meal to dredge  
Oil for frying

Make batter by combining beer, flour, season-all, salt, and pepper. Coat alligator meat with batter and dredge with corn meal. Fry in hot oil for about 15 minutes, turning often, until golden brown.

## SMOTHERED ALLIGATOR

2 pounds alligator meat  
1/4 cup cooking oil  
2 onions, finely chopped  
1 bell pepper, finely chopped  
1/2 cup celery, finely chopped  
1/4 cup parsley, finely chopped  
1/4 cup shallots, finely chopped  
1 bay leaf  
1/4 teaspoon basil  
Salt and pepper to taste

Saute onions in oil until golden brown, add bell pepper, celery and saute until tender, add meat and seasonings, simmer for 40 minutes, add parsley and shallots about 5 minutes before serving.

## Wild Game



## BARBEQUED NUTRIA

20-25 nutria legs (front or back)  
2 onions cut into one-eighths  
3 stalks of celery cut into one-fourths  
5 cloves of garlic  
1 Tablespoon cayenne pepper  
1 Tablespoon black pepper  
1 Tablespoon salt  
1 large bottle Kraft Bar-B-Que Sauce

Wash legs well in salted water. Place in large pot with all ingredients except barbeque sauce. Cover with water and parboil until meat is tender. Remove from water and place in two 9 x 13 pans. Coat with barbeque sauce and marinate for 3-4 hours. These may be barbequed outside, basting often with sauce or baked in the oven at 350 degrees for 45 minutes.

Laurie Anne Duplessis,  
Queens Contestant, Plaquemines Parish

\*\*\*

## VENISON ROAST

4 or 5 pounds venison roast  
Black and red pepper  
Salt  
Garlic salt  
1 medium onion  
Lea and Perrins Sauce  
1/4 cup cooking sherry  
1 small bell pepper  
3 Tablespoons cooking oil

Using a black iron pot, brown venison roast in cooking oil, season to taste adding the remaining ingredients. Transfer to 5 quart pressure cooker. Cook for 35-40 minutes in 2 cups of water under 10 pounds of pressure. Cook, then remove from pot. Serve with rice and vegetables. An unforgettable meal!

Angela Marie Kay,  
Queens Contestant, Terrebonne Parish

\*\*\*

## MALLARD FRICASSEE

1 Mallard Duck  
1 cup flour  
1 teaspoon salt  
1/2 teaspoon black pepper

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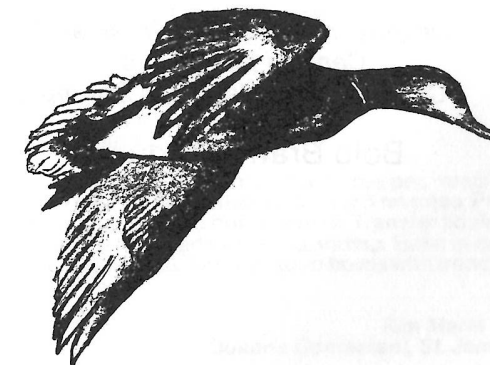
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1/2 teaspoon allspice  
1 Tablespoon bacon drippings  
1 Tablespoon butter  
3/4 cup sherry

Clean duck well, then dry pick by pouring melted paraffin over the duck, letting it cool and then removing it. All the down will adhere to paraffin. Cut the duck into four pieces by cutting across and lengthwise. No marinating or soaking. Next prepare flour with black pepper, salt, and allspice. Put this mixture in clean paper bag and shake each piece of duck in it until it is thoroughly coated with flour.

Heat about 1 Tablespoon of bacon drippings and 1 Tablespoon of butter in heavy iron frying pan or Dutch oven. Put the pieces of duck in, and when they are browned all over pour off some of the fat and replace with sherry. Cover and let simmer for about 1 hour. Make a sauce with what is left of liquid in pan thickening it with a little of the prepared flour, if necessary.

Leslie Ann LeBlanc,  
Queens Contestant, Iberia Parish



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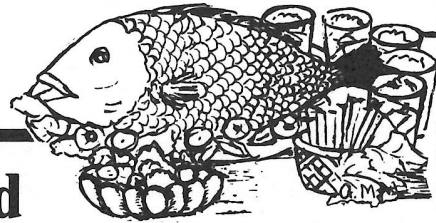
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## Seafood



### CRABMEAT FETTUCINE ALFREDO

- 1 Tablespoon flour
- 1 Tablespoon butter
- 1 cup milk
- Dash of nutmeg
- 1 stick butter or oleo
- 1 cup heavy cream
- ½ cup half and half
- ½ cup chopped fresh parsley
- 1 teaspoon basil
- ½ teaspoon salt
- Freshly ground pepper
- ½ to ¾ cup Parmesan cheese
- 1 pound white crabmeat
- 1 (5 ounce) package fettucine or thin egg noodles, cooked and drained

In saucepan, make a white sauce by combining flour, butter and milk, stirring constantly over medium heat until thickened. Add nutmeg and set aside. In large saucepan, melt butter, then add creams, seasonings, parmesan cheese and white sauce. Blend well, then gently stir in crabmeat. Boil fettucine according to package directions and drain. Toss fettucine in alfredo sauce, which should be juicy, but not thin, so it may be necessary to add more cream and check seasonings. Then serve.

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

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### CRABMEAT IMPERIAL

- 2 Tablespoons finely chopped onion
- 1 Tablespoon finely chopped green pepper
- 3 Tablespoons melted butter or margarine
- 2 Tablespoons diced pimento
- 1 teaspoon dry mustard
- ¼ teaspoon dried whole thyme
- 3 Tablespoons all-purpose flour
- 1 cup milk
- 1 teaspoon worcestershire sauce
- ½ teaspoon steak seasoning
- 1 pound fresh crabmeat, drained and flaked
- 3 Tablespoons mayonnaise
- Red pepper to taste

Saute onion and green pepper in butter until tender. Stir in diced pimento, mustard, and thyme. Add flour, stirring until smooth; cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Stir in worcestershire sauce and salt. Remove sauce from heat. Stir in the crabmeat and mayonnaise. Spoon mixture into four 6 ounce lightly greased individual baking shells for dishes. Bake at 375 degrees for 20 minutes. Yields 4 servings.

*Elizabeth Richard, Grand Chenier, La.*

\*\*\*

### CHEEZY SHRIMP

- 2 pounds shrimp
- 1 medium bell pepper
- 1 large onion
- 1 clove garlic
- 1 cup chopped celery
- 1 stick butter
- 2 Tablespoons parsley flakes
- ¾ cup half and half
- 1 (8 ounce) jar cheese whiz
- 1 (8 ounce) jar cheese whiz with jalapeno
- 12 ounces wide egg noodles
- 1½ Tablespoons flour
- Parmesan cheese grated
- Romano cheese grated

Saute onions, bell pepper, celery and garlic in stick of butter. Add shrimp, cook ten minutes. Add flour, half and half, cheese and parsley. Salt and pepper to taste. Simmer 30 minutes. Cook noodles separately. Spread shrimp mixture over noodles. Sprinkle Parmesan and Romano cheese on top. Bake at 350 degrees for 20 to 25 minutes.

*Sue Nunez McCardle*

\*\*\*

### FARM RAISED CATFISH UNDER ARTICHOKE SAUCE

- 2-2½ pounds filleted farm raised catfish
- ¼ cup chopped green onion tops
- 2 Tablespoons chopped parsley
- 3 cloves minced garlic
- 1 Tablespoon lemon juice
- 8 ounces fresh sliced mushrooms
- 1 (14 ounce) can artichoke hearts, drained and sliced
- 1 teaspoon salt
- 2 Tablespoons diced pimentos
- ½ teaspoon pepper
- ½ cup butter

Wash and pat catfish fillets dry, place in a round microwave baking dish and set aside. In a 2 quart microwave bowl saute butter, onion tops, parsley and garlic on high for 2 minutes. Add lemon juice, mushrooms, artichokes, pimentos, salt and pepper. Cook on high for 2 minutes. Stir gently to partly break up artichoke hearts. Pour sauce over catfish. Cover with waxpaper and cook on high for 7 to 8 minutes. Check for doneness. Let stand 3 minutes before serving. Serves 4 to 6 people.

*Barbara L. Gary, Jennings, La.*

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### CRAB QUICHE

- 1 pound crabmeat
- ½ pound mushrooms
- 2 Tablespoons butter
- 4 eggs
- 1 cup sour cream
- 1 cup cottage cheese
- 1 cup grated Parmesan cheese
- ¼ cup flour
- 1 Tablespoon onion or garlic powder
- ¼ teaspoon salt
- 5-6 drops tabasco sauce
- 2 cups grated Monterey Jack cheese

Drain crab, squeeze liquid out. Saute mushrooms in butter. In a blender combine and mix eggs, sour cream, cottage cheese, parmesan cheese, flour, onion or garlic powder, salt, and tabasco sauce. Mix thoroughly and pour in a mixing bowl. Fold in Monterey Jack cheese, mushrooms, butter, and crabmeat. Pour in 10 inch pan, bake at 350 degrees for 45-50 minutes.  
NOTE: Small shrimp may be used instead of crab meat.

*Corrine Granger*

\*\*\*

### CRAB HEBERT

- 1 pound crabmeat with a little juice
- 1 can cream of mushroom soup
- 1 small package cream cheese
- 1 teaspoon Sexton's seasoning
- Salt and pepper to taste
- 1½ Tablespoons Lea & Perrins Sauce
- 6 green onions and tops
- 1 stalk celery
- 2 Tablespoons butter
- 5 drops Tabasco sauce
- ½ can milk

½ cup cheese

Saute onions and celery in butter. Add cream cheese and mushroom soup. Stir until cream cheese is smooth. Add seasonings and simmer for 5 minutes. Add crab meat, milk and cheese. If too thick add a little water. Simmer until crab meat is cooked (about 20 minutes). Serve over rice.

*Candace Hebert*

\*\*\*

### TUNA FISH PIE

- 2 Tablespoons cooking oil
- 1 medium chopped onion
- 1 medium chopped bell pepper
- 1 clove minced garlic
- 1 (6½ ounce) can tuna fish

#### Topping

- 1 cup Bisquick
- 1½ cups milk
- 3 eggs

Saute onion, bell pepper and garlic in oil until onion is clear. Flake tuna. Mix well. Pour in baking dish. Mix milk, eggs and bisquick. Pour on top of tuna mixture. Bake at 350 degrees for 45 minutes.

*Mrs. Mayo Cain, Klondike, La.*

\*\*\*

### CRAB MEAT AU GRATIN

- 3 Tablespoons butter or margarine
- ½ cup minced green pepper
- ½ cup chopped onion
- 3 Tablespoons all-purpose flour
- 2 cups milk
- 2 cups crabmeat, shell & cartilage removed
- ½ teaspoon salt
- Dash ground nutmeg
- ½ cup shredded cheese
- Buttered bread crumbs

Melt butter; add pepper and onion and cook for 5 minutes. Add flour and milk, then crabmeat, salt and nutmeg. Cook 10 minutes. Pour in shallow buttered baking dish or use crab shells. Sprinkle with shredded cheese and buttered bread crumbs and bake at 350 degrees or until cheese is brown. 4 - 6 servings.

*Jennifer Lyn Bouchereau,  
Queens Contestant, Ascension Parish*

\*\*\*

### BARBEQUE SHRIMP

- 2 sticks of margarine
- 2 Tablespoons of Lea & Perrin Sauce
- ¼ teaspoon black pepper
- 4 cloves garlic
- ½ cup chopped fine onion
- 1 Tablespoon liquid crab boil
- ½ cup barbeque sauce
- 2 pounds unpeeled shrimp

Melt butter, add Lea & Perrin, black pepper, crab boil, and chopped onions. Saute on medium fire for 5 minutes. Press garlic and add juice and garlic to butter sauce. Transfer liquid to 9 x 12 inch pyrex, add deheaded unpeeled shrimp. Bake in oven for 20 minutes at 400 degrees. Serve in soup bowls with french bread to dip in butter sauce.

*Kim Marie Bordelon,  
Queens Contestant, St. James Parish*



## Meats

### MEATBALL STEW

3/4 cup roux  
 1 medium chopped onion  
 1 pound ground beef  
 Salt  
 4-5 peeled, chopped Irish potatoes  
 Green onion tops and parsley  
 2 quarts of water  
 1 clove garlic  
 1/4 cup bread crumbs  
 Pepper  
 4 Carrots

In a large saucepan, dissolve 3/4 cup roux in about 2 quarts of water, stirring constantly. To this, add one medium chopped onion and one clove garlic, which has also been chopped. While the mixture simmers, season one pound meat with salt and pepper. Add 1/4 cup bread crumbs to meat and form into balls. Place meatballs in stew and cook slowly so as not to break up the meatballs. Add four or five peeled and chopped Irish potatoes and four sliced carrots to stew. 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 can 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, use chopped sirloin rather than ground beef.

*Arlene Coreil, Grand Chenier, La.*

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### NELL'S MEXI-BEEF

#### Beef Mixture

2 pounds ground chuck  
 2 onions, chopped  
 1 bell pepper, chopped  
 3 cloves garlic, minced  
 Seasonings to taste

#### Cornbread topping

1 package Mexican corn bread mix  
 1 egg  
 2/3 cup milk (slightly less)  
 1 cup shredded Cheddar cheese

#### Other ingredients

1 large can corn  
 1/2 bell pepper, chopped  
 Sliced black olives  
 Sliced jalapeno peppers

Brown beef. Saute onions, bell pepper, and garlic, then mix with beef. In a casserole, layer beef, drained corn, bell pepper, black olives, and jalapeno peppers, 2 layers each. Top with corn bread mixture. Bake at 350 degrees for 30 minutes. Serve with green salad and lots of iced tea.

*Nell Colligan, 3rd Place Cameron Parish Beef Cookoff,  
Cameron, La.*

\* \* \*

### BEEFY EGGPLANT PARMESAN

#### Sauce Layer

1 1/2 pounds ground beef  
 1 large onion  
 1 large bell pepper  
 2 ribs of celery  
 2 cloves garlic  
 1 can Rotel tomatoes  
 1 can tomato paste  
 2 beef bouillon cubes  
 1 teaspoon Worcestershire sauce  
 1 1/2 teaspoons salt  
 1 1/2 teaspoons garlic powder  
 1 1/2 teaspoons oregano

#### Eggplant layer

1 large eggplant  
 1 egg  
 1/2 cup milk  
 1 cup Italian bread crumbs  
 Oil for frying

#### Cheese layer

1 (8 ounce) carton sour cream  
 1 (12 ounce) carton cottage cheese  
 1 cup parmesan cheese

Peel eggplant and slice into 1/4 inch thick rounds. Sprinkle with a little salt and let it "weep" in a colander while preparing sauce. Brown meat, add chopped vegetables and cook until crisp tender. Add tomatoes, tomato paste and seasonings and allow to simmer about 20 minutes. Mix cottage cheese, sour cream and parmesan cheese in medium-size bowl. Let stand until ready to assemble dish. Drain eggplant slices and wipe dry with paper towels. Dip in egg and milk then in bread crumbs. Repeat and drop, a few at a time into about 1/2 inch hot oil in skillet. Brown and drain on paper towels.

Assemble dish - Put a layer of meat sauce on bottom. Next a layer of eggplant. Spread the sour cream/cheese layer next. Finish with a layer of meat sauce. Sprinkle top with parmesan cheese and bake, uncovered for 30 minutes.

NOTE: This dish makes one very large casserole that would serve 8-10 people. I always divide and make two, one for the freezer and one to serve. Preparation time - 45 minutes.

*Sallie Sanders, 4th Place Cameron Parish Beef Cookoff,  
Creole, La.*

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## BEEF POCKETS

3 pound round steak cut 1 inch thick  
2 cups cooked wild rice  
1 can sliced, drained mushrooms  
2 medium chopped onions  
¼ cup chopped celery  
¼ cup chopped bell pepper  
¼ cup snipped parsley  
¼ cup chopped onion tops  
1 teaspoon Worcestershire sauce  
1 Tablespoon Italian Dressing  
2 Tablespoons Creole seasoning  
¼ cup cooking oil  
1 Tablespoon cornstarch  
2 cans beef broth  
1 Tablespoon steak sauce  
Salt, red pepper and black pepper to taste

Prepare wild rice according to package directions substituting beef broth for water. When rice is cooked toss with onion tops, celery, bell pepper, mushrooms, parsley, ½ cup chopped onion. Set this mixture aside.

Cut round steak into approximately 3 inch squares, using sharp knife make a pocket out of each piece. Combine Worcestershire sauce, Italian dressing, Creole seasoning and rub inside of pocket, stuff rice into the pocket, close with a toothpick. Season outside with salt, red and black pepper. Heat oil in electric skillet, brown pockets and remainder of chopped onions, stirring in small amounts of water to keep from sticking. Stir the steak sauce into remaining beef broth. After onions and pockets are brown add this and water to make the amount of gravy desired. Cover and simmer for 1½ hours. Thicken with cornstarch. Serve gravy over pockets. I include a salad and hot rolls to complete this meal.

*Barbara L. LeBlanc, 1st Place Winner in Parish Beef Cookoff, 3rd Place Winner in State Beef Cookoff, Cameron, La.*

\*\*\*

## WILD ARAB

2 pounds beef round steak  
1 (6 ounce) package long grain wild rice  
1 cup sliced mushrooms  
2 quartered bell peppers  
4 green onions  
2 Tablespoons cooking oil  
1½ cups chicken bouillon  
2 quartered yellow onions  
2 quartered tomatoes  
4 cherry tomatoes

Cube and season steak and refrigerate overnight. In heavy saucepan or skillet, brown steak in oil. Add uncooked rice and stir well for approximately three minutes. Add bouillon and mushrooms and onions, simmer 45 minutes longer. Garnish with green onions and cherry tomatoes. Serves 6.

*Peggy Heintz, Oberlin, La.*

\*\*\*

## DELANA'S HOMEMADE SOUP

1 pound brisket  
1 pound stew meat  
1 can tomato paste  
1 can mixed vegetables  
1 can whole potatoes  
1 can whole kernel corn  
4 large fresh carrots  
1 package Lipton Soup mix  
1 dash red pepper  
2 teaspoons minced dried onions  
1 teaspoon Kitchen Bouquet  
Season meat with Tony's Creole Seasoning to taste  
Salt and pepper to taste  
Add water as needed

Season meat with Tony's seasoning then brown in large stock pot. After meat is browned, add water and cook until tender. Add tomato paste, mixed vegetables, potatoes, corn and carrots and cook until vegetables are tender. Then add soup mix, red pepper, onions and Kitchen Bouquet.

*Delana Murphy, Miss Cameron Contestant, Cameron, La.*

## EASY CHILI

2 to 3 pounds ground chuck  
1 chopped onion  
2 cloves chopped garlic  
1 can Rotel tomatoes  
2 cans whole tomatoes  
3 cans tomato sauce  
4 Tablespoons chili powder  
Salt to taste  
1 can Kidney beans (optional)

Brown ground chuck, onion and garlic. Pour off excess grease and add all other ingredients. Cook on medium fire about 10 minutes. Add 1 cup water and simmer for 1 hour. Kidney beans can be added for the last 15 minutes of cooking time.

*Jo Boudreaux, Grand Chenier, La.*

\*\*\*

## CORNBREAD TACO PIE

1 pound ground beef  
½ cup chopped onion  
½ cup chopped bell pepper  
1 package taco seasoning mix  
1½ cups milk  
1 cup instant cornbread mix  
3 eggs  
1 (16 ounce) can drained corn  
2 diced tomatoes  
1 cup shredded cheddar cheese

Preheat oven to 400 degrees. Brown meat, onion and peppers in a skillet and drain. Add taco mix and corn to meat. Spread meat mixture in a greased pie pan. Beat milk, cornbread mix, and eggs until smooth, pour over meat. Bake for 30 minutes. Top with tomatoes, then cheese, bake another 15 minutes. Serve with guacamole or sour cream.

*Amy Sue Hebert, Hackberry, La.*

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1903

## BEEF STROGANOV

1 pound boneless sirloin or top loin steak cut ½ inch thick  
2 Tablespoons margarine or butter  
8 ounces sliced mushrooms  
2 medium sliced onions  
1 clove finely chopped garlic  
2 Tablespoons margarine or butter  
½ cup water  
1 teaspoon instant beef bouillon  
1 teaspoon salt  
¼ teaspoon pepper  
1 cup dairy sour cream  
½ teaspoon prepared mustard  
Snipped parsley  
Hot cooked noodles or rice

Cut beef across grain into strips, 1½ x ½ inch. (For ease in cutting, partially freeze beef about 1½ hours.) Heat 2 Tablespoons margarine in 10 inch skillet until melted. Add mushrooms, onions and garlic. Cover and simmer, stirring occasionally, until onions are tender, 5 to 10 minutes. Remove vegetables and any liquid from skillet. Cook and stir beef in 2 Tablespoons margarine over medium heat until brown, about 10 minutes. Add water, bouillon, salt and pepper. Heat to boiling; reduce heat. Cover and simmer until beef is desired doneness, 10 to 15 minutes. Heat to boiling, reduce heat. Stir in sour cream and mustard. Heat just until hot. Garnish with parsley; serve with noodles.

*Priscilla Stoute,*

*Miss Cameron Contestant, Cameron, La.*

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## MEATBALL KEBABS

1 pound ground meat  
½ teaspoon pepper  
½ teaspoon paprika  
1 beaten egg  
1 Tablespoon bread crumbs  
¼ cup chopped onion  
1 Tablespoon chopped parsley  
A little flour  
2 sweet peppers cut in 1/6  
2 quartered white onions  
1 (4 ounce) can button mushrooms  
2 Tablespoons oil

With fork lightly separate ground meat in a large bowl. Sprinkle with pepper and paprika. Mix egg into meat with fork. Add bread crumbs, chopped onion and parsley. Mix lightly until smooth and well-mixed. Using lightly floured hands shape mixture into 12 firm, even meat balls. Thread meat balls and vegetables on to wooden or metal skewers in the following order until all ingredients are used: 1 strip pepper, 1 meat ball, 1 onion, and 1 mushroom, etc. Heat oil in skillet. Cook kebabs in oil, turning occasionally, 10 minutes or until meatballs are cooked through-out.

Kebabs can be broiled also. Brush with oil, broil about 4 inches above the source of heat for 10 minutes or longer or until cooked throughout. Turn occasionally during broiling. This method would cut down the calorie count of this dish to 215 per portion, instead of 250 calories if fried. Serves 4.

*Shawn Bonsall, Grand Chenier, La.*

\*\*\*

## MEXICAN CASSEROLE

4 pounds ground meat  
2 large chopped onions  
1 can cream of chicken soup  
1 can cream of mushroom soup  
1 small can pet milk  
1 can mild enchilada sauce  
1 pound velveeta cheese  
1 jalapeno pepper, chopped  
1 box Old El Paso chips

Fry ground meat and onions then drain. Heat soups, pet milk, enchilada sauce and cheese (this may be done in microwave). Mix sauce with meat. In a 9 x 13 inch pan or casserole dish, layer half of the chips, half of the meat sauce and chopped jalapeno peppers, repeat layers until pan is full. Bake covered at 350 degrees for 30 minutes.

*Enell Nash and Nelvia Murphy*

## TACO CASSEROLE

1 pound ground beef  
1 cup chopped onion  
1 clove minced garlic  
1 (8 ounce) can tomato sauce  
¼ cup water  
1 Tablespoon chili powder  
¼ teaspoon crushed oregano  
1 (15½ ounce) can kidney beans, undrained  
2 cups crushed corn chips  
1¼ cups shredded lettuce

Combine ground beef, onion, and garlic in a large skillet and cook until meat is browned. Drain. Combine meat mixture, tomato sauce, water and seasonings in a medium bowl, stir well. Place half of meat mixture in a lightly greased 2 quart casserole, top with half of kidney beans. Sprinkle with half of crushed corn chips. Repeat layers. Cover and bake at 350 degrees for 30 minutes. Uncover and bake an additional 5 minutes. To serve, top casserole with shredded lettuce. 4 - 5 servings.

*Shirley Murphy, Lake Charles, La.*

\*\*\*

## IRISH STEW

6 large potatoes, peeled and cut into 1½ inch cubes  
2 Tablespoons salt  
1 cup water  
6 large sliced onions  
3 pounds boneless lamb, cut into 1 inch cubes  
½ Tablespoon black pepper

In a heavy saucepan place a layer of potatoes and sprinkle with salt and pepper. Add a layer of onions, season again. Place a layer of lamb on top and season. Repeat until all ingredients are used ending with potatoes on top. Pour water over mixture. Bring to a boil and cook over a low heat for 1½ hours or until lamb is tender. Serve over rice. Serves 6-8.

*Elizabeth Hanley, Queens Contestant, Acadia Parish*

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## BEEF EGGROLLS

- 1 pound ground beef
- 1 Tablespoon oil
- ½ cup chopped onion
- ½ cup chopped celery
- ½ cup chopped water chestnuts
- ½ cup bean sprouts
- 1 cup shredded Chinese cabbage
- Salt and pepper to taste

Brown ground beef in 1 Tablespoon of oil. Add onions and celery. Cook until vegetables are tender. Add remaining ingredients and season to taste. Cool mixture.

- 1 package of eggrolls
- 1 beaten egg

Place eggroll wrap with one corner facing you. Place 1½ to 2 Tablespoons of beef filling in the center. Fold bottom corner over filling then fold side corners toward center. Roll eggroll away from you, folding tightly (like an envelope). To seal brush the top corner with egg. Fry in hot oil till golden brown (about 3 minutes). Eggrolls can be kept in 250 degree oven till all eggrolls are fried. Serve with hot Chinese mustard and a sweet and sour sauce. Eggrolls may be frozen for use within one month or refrigerated for use within 24 hours. Yields 12 to 14 eggrolls. Approximate preparation time 1 hour.

*Madeleine Colligan, 2nd Place Cameron Parish Beef Cookoff, Cameron, La.*

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## SAUSAGE LASAGNE WRAPS

- 6 lasagne noodles
- 1 pound smoked sausage
- 1 package mozzarella cheese
- 1 (16 ounce) jar Italian cooking sauce

Cook and drain 6 lasagne noodles. Divide 1 pound smoked

sausage into pieces. Split lengthwise and stuff with ½ slice mozzarella cheese. Wrap each piece in a noodle. Place in a baking dish and cover with Italian cooking sauce. Bake at 350 degrees for 30 minutes. Serve with grated parmesan cheese.

*Mirinda Morales, Grand Chenier, La.*

\*\*\*

## PORK ROAST

- 4 or 5 pound pork roast
- 3 cloves garlic
- 3 hot pickled peppers
- ½ cup cooking oil
- 1 (10 ounce) can celery soup
- 3 cups water

Cut garlic and peppers in small pieces. With knife, make holes in roast and stuff with garlic and peppers. In a large pot, brown roast in oil, turning until brown all over. Add water to cover roast. Cook until all water is cooked out. Let roast brown all over again. Remove roast from pot and pour off excess fat. Add 3 cups water and bring to boil, stir well. Add one can celery soup and cook 5 minutes longer. Serves 8.

*Mrs. Mayo Cain, Klondike, La.*

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## GREEN PEPPER STEAK

- 1 pound trimmed beef chuck or round
- ¼ cup soy sauce
- 1 clove garlic
- 1½ teaspoons grated fresh ginger or ½ teaspoon ground
- ¼ cup salad oil
- 1 cup thinly sliced green onion
- 1 cup red or green peppers cut into 1 inch squares
- 2 thinly sliced stalks celery
- 1 Tablespoon cornstarch
- 1 cup water
- 2 tomatoes, cut into wedges

With a very sharp knife cut beef across grain into thin strips, ½ inch thick. Combine soy sauce, garlic, ginger. Add beef and toss then set aside while preparing vegetables. Heat oil in large frying pan or wok. Add beef and toss over high heat until browned. Taste meat. If it is not tender, cover and simmer for 30-40 minutes over low heat. Turn heat up and add vegetables. Toss until vegetables are tender crisp, about 10 minutes. Mix cornstarch with water. Add to pan; stir and cook until thickened. Add tomatoes and heat through.

*Aquilla Portie, Creole, La.*

\*\*\*

## ERICA'S LASAGNA

- 1 pound ground beef
- 1 (6 ounce) can tomato paste
- 1 (9 ounce) can tomato sauce
- 1 cup water
- 2 cloves finely chopped garlic
- Dash of parsley
- 1 package lasagna noodles
- 1 teaspoon salt
- 1 carton Ricotta cheese
- ¾ cup Mozzarella cheese

Brown meat in skillet. In another pot, cook tomato paste till it has a brownish tint. Add tomato sauce, water, garlic and parsley. Cook this sauce for about 1 hour and then add meat. Boil lasagna noodles with salt as package directs. Spray a pan with Pam; add 3 Tablespoons of sauce, then a little Ricotta cheese and then noodles. Repeat this step until all sauce, cheese and noodles are gone. Some sauce should be on top. Finish off with Mozzarella cheese. Bake for 1 hour at 350 degrees. Serves 8.

*Carol Baccigalopi, Creole, La.*



## Poultry

### SKILLET BARBEQUE CHICKEN

- 1 medium fryer cut into serving pieces
- Pepper and salt
- ¾ cup Coco Cola
- 1 cup hot catsup

Season chicken pieces with pepper and salt. Place in an ungreased large iron pot or heavy skillet. Combine coke and catsup and pour over chicken. Cover and cook over medium heat about 40-50 minutes or until chicken tests tender. If you prefer to bake in oven, use 1 (14 ounce) bottle catsup and cook one hour at 350 degrees. Serves 4-6.

*Roberta Rogers, Cameron, La.*

\*\*\*

### CHICKEN NOODLE SOUP

- 1 large hen
- 1 chopped onion
- 3 cloves chopped garlic
- 1 can Rotel tomatoes
- 7 chicken bouillon cubes
- 3 stalks chopped celery
- 1 cup frozen sugar peas
- 4 chopped carrots
- 1 (12 ounce) package broad egg noodles
- Salt and pepper to taste

In a large pot brown hen. Remove hen and most of the grease. Brown onion and garlic. Add the Rotel tomatoes and cook, stirring often, until tomatoes are stewed down. Add about 6 quarts of water. Add the bouillon cubes and the hen. Boil the hen until it is tender, then remove and debone, cutting it in bite size chunks. Put the hen chunks back in the pot and simmer about 30 minutes. Add celery, carrots, and peas. Cook until carrots are cooked. Cook the egg noodles before adding them to the soup.

*Jo Boudreaux, Grand Chenier, La.*

\*\*\*

### CAJUN DEEP FRIED TURKEY LOLA AND MOSE ABLEMAN

*Mose uses a 20 gallon black iron pot and 6 gallons of lard. He uses the following seasoning for his turkey: (This amount will season two to three turkeys.)*

- 1 quart water
- 1 large bottle Italian dressing
- Worcestershire sauce
- Soy Sauce
- Dill seed or mustard
- Maple syrup or brown sugar
- Red pepper
- Tabasco
- Pureed onion
- Garlic
- Lemon
- Salt

Lola says season to your taste - maybe next time she will add some wine. Boil for 20 minutes and strain. Let cool, and you are ready to inject turkey. 12-15 lb. turkey - fry 35 minutes. 18-20 lb. turkey - fry 45 minutes.

*T-Bolo Trosclair, Cameron, La.*

\*\*\*

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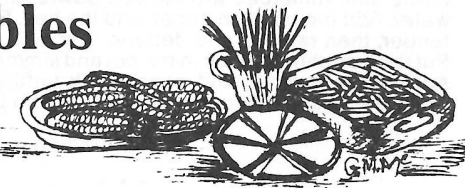
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# Vegetables



## BARBEQUED BAKED BEANS

- 2 (16 ounce) cans of pork and beans drained of liquid
- ¾ cup barbeque sauce
- 1 ounce golden raisins
- 1 small chopped onion
- ½ cup brown sugar
- 1 tart apple, peeled, cored and chopped
- 3 strips uncooked bacon, cut in half (alternate: 2 Tablespoons butter or margarine)

Mix all but the last ingredient in a 2 quart baking dish. Top mixture with strips of uncooked bacon or dot with butter. Bake uncovered in preheated oven at 350 degrees for one hour.

*Shirley Bonsall, Grand Chenier, La.*

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## OKRA FINGERS

- 20 small fresh okra pods
- 1 cup buttermilk
- ¾ cup all-purpose flour
- ¼ cup cornmeal
- 1 teaspoon baking powder
- ½ teaspoon salt
- Dash of pepper
- Vegetable oil

Wash okra, trim stems. Drain well, and place in a shallow container. Pour buttermilk over okra. Set aside. Combine next 5 ingredients, mixing well. Remove okra pod from buttermilk and carefully roll in cornmeal mixture. Drop into deep hot oil 375 degrees and fry 3 to 5 minutes, turning once. Drain on paper towels. Yield: 4 servings.

*Lida Miller, Grand Chenier, La.*

\*\*\*

## SWEET POTATO CASSEROLE

- 1¼ cups cooked sweet potatoes
- 1 cup mashed fig preserves
- ½ teaspoon cinnamon
- 1 cup evaporated milk
- 1 cup graham cracker crumbs
- 20 to 30 miniature marshmallows

Blend sweet potatoes with figs. Add cinnamon, blend in milk, work in crumbs. Pour into greased baking dish. Top with marshmallow. Bake at 350 degrees for 20 minutes or until brown. Serves 6 to 8.

*Selika Miller, Louisiana Fur and Wildlife Queen, 1985, Cameron, La.*

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## BANANA SWEET POTATOES

- 6 medium sweet potatoes (2¼ pounds)
- ¾ cup mashed banana or applesauce
- ¼ cup softened butter or margarine
- ½ teaspoon finely shredded lemon peel
- ½ teaspoon salt
- 2 egg yolks
- 2 stiff beaten egg whites

In a large sauce pan cook sweet potatoes, covered in enough boiling salted water to cook for 30 to 40 minutes or until tender and drain. Peel potatoes, mash on low speed of electric mixer (do not add butter or milk). Add banana, butter or margarine, lemon

peel and salt. Beat until fluffy and add yolks, beat well. Carefully fold stiffly beaten egg whites into potato mixture; turn into a buttered 1½ quart casserole. Bake covered at 350 degrees for 20 minutes; uncover and bake for 25 minutes. Serves 8 to 10.

*Ida Boutte, Lake Charles, La.*

## CAULIFLOWER CASSEROLE

- 1 large or 2 small cauliflowers
- Salt
- Butter for casserole
- ½ pound grated Parmesan cheese
- ½ pound cold cooked left over ham, chopped
- 1 to 1½ cups sour cream

Cut out stem and separate cauliflower into flowerettes. Parboil in salted water for about 8 to 10 minutes. Place a layer of cauliflower in buttered casserole, dust with cheese and chopped ham. Put in another layer of cauliflower and ham and finish with a layer of cauliflower. Pour over the sour cream, allow it to seep down and add more if necessary. Cover sour cream with a heavy layer of grated Parmesan cheese and bake in a 325 degree oven for 15 minutes or until cheese is brown. Serves 4 to 6.

*Ida Boutte, Lake Charles, La.*

## BAKED BEANS

- 1 large onion, finely chopped
- 1 large can pork and beans
- ½ cup ketchup
- 4 Tablespoons brown sugar
- 4 or 5 slices bacon

Place onion in bottom of casserole dish. Pour pork and beans over onions. Pour ketchup over beans. Sprinkle brown sugar on ketchup. Cover with bacon slices. Put in oven, bake at 350 degrees for 45 to 50 minutes or till bacon begins to brown.

*Maxine Poole, Ferriday, La.*

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## HASH BROWN POTATO CASSEROLE

- 1 (32 ounce) package frozen hash brown potatoes, thawed
- ¾ cup melted butter or margarine
- ½ cup chopped onion
- 1 (10¾ ounce) can undiluted cream of chicken soup
- 1 (8 ounce) carton commercial sour cream
- 1 cup shredded cheddar cheese
- 2 cups corn flakes
- Lemon twist (optional)
- Parsley sprigs (optional)
- Salt to taste

Combine potatoes, ½ cup butter, onion, soup, sour cream, and cheese; stir well. Spoon into a greased 2½ quart casserole. Crush cereal, and stir in remaining butter. Sprinkle over potato mixture. Bake at 350 degrees for 50 minutes. Garnish with a lemon twist and parsley, if desired. Yield: 10 to 12 servings.

*Mrs. Percy A. Thibodeaux, Moss Bluff, La.*

## EGGPLANT JAMBALYA

- 1 pound ground meat
- ½ teaspoon white pepper
- ½ teaspoon salt
- 1 Tablespoon worcestershire sauce
- ⅓ cup chopped onion
- ¼ cup chopped bell pepper
- 2 cloves minced garlic
- 1 peeled and chopped medium eggplant
- ¾ cup uncooked rice
- 2 chicken bouillon cubes
- 1½ cups warm water

Cook ground meat with salt, pepper and worcestershire sauce until gray. Drain off fat. Add onion, bell pepper, garlic and eggplant. Cook until onion is wilted. Dissolve bouillon cubes in 1½ cups warm water. Add bouillon and rice to meat mixture. Bring to a boil. Cover; reduce heat. Cook about 20 minutes without lifting lid until rice is done. Serves 4.

*Pam East, Hackberry, La.*

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## CORN BALLS

- 4 ounce pack of crushed saltine crackers
- 1 (8 ounce) can creamed corn
- 1 egg
- ½ cup finely chopped green bell pepper
- Salt and pepper to taste

Combine all ingredients and fry in shortening until golden brown.

*Amy Sue Hebert*

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## SWEET POTATO DELIGHT

- 4 pounds sweet potatoes - fresh or canned
- 1 pound bacon
- ½ pound butter or oleo

Boil unpeeled sweet potatoes (if fresh ones are used) until tender in uncovered pot over medium heat. Peel potatoes and wrap each one in a slice of bacon. If you use canned potatoes, be sure to select high quality whole yams. Pin bacon down with toothpicks. Put potatoes in rows in a baking pan. Drop a sliver of butter on each one. Bake in 350 degree oven until bacon is crisp. Serves 10.

*Mrs. Lynex Richard, Creole, La.*

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## SPECIAL GREEN BEANS

- 2 (10 ounce) packages frozen French-cut green beans
- 2 Tablespoons oleo
- 1 large onion, chopped
- 2 Tablespoons chopped fresh parsley
- 1 teaspoon salt
- ¼ teaspoon white pepper
- Dash of black pepper
- 1 Tablespoon flour
- ¼ teaspoon grated lemon rind
- 1 cup sour cream
- 1 Tablespoon dry sherry
- 1 cup grated cheddar cheese
- ½ cup buttered bread crumbs

Cook beans according to package directions; drain and set aside. In a saucepan, melt oleo and saute onion and parsley until wilted. Add salt, peppers, flour, lemon rind, sour cream and sherry and cook about 5 minutes. Add drained beans to mixture. Pour into buttered 1½ quart casserole, sprinkle with cheese and bread crumbs. Bake uncovered at 350 degrees for 30 minutes.

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

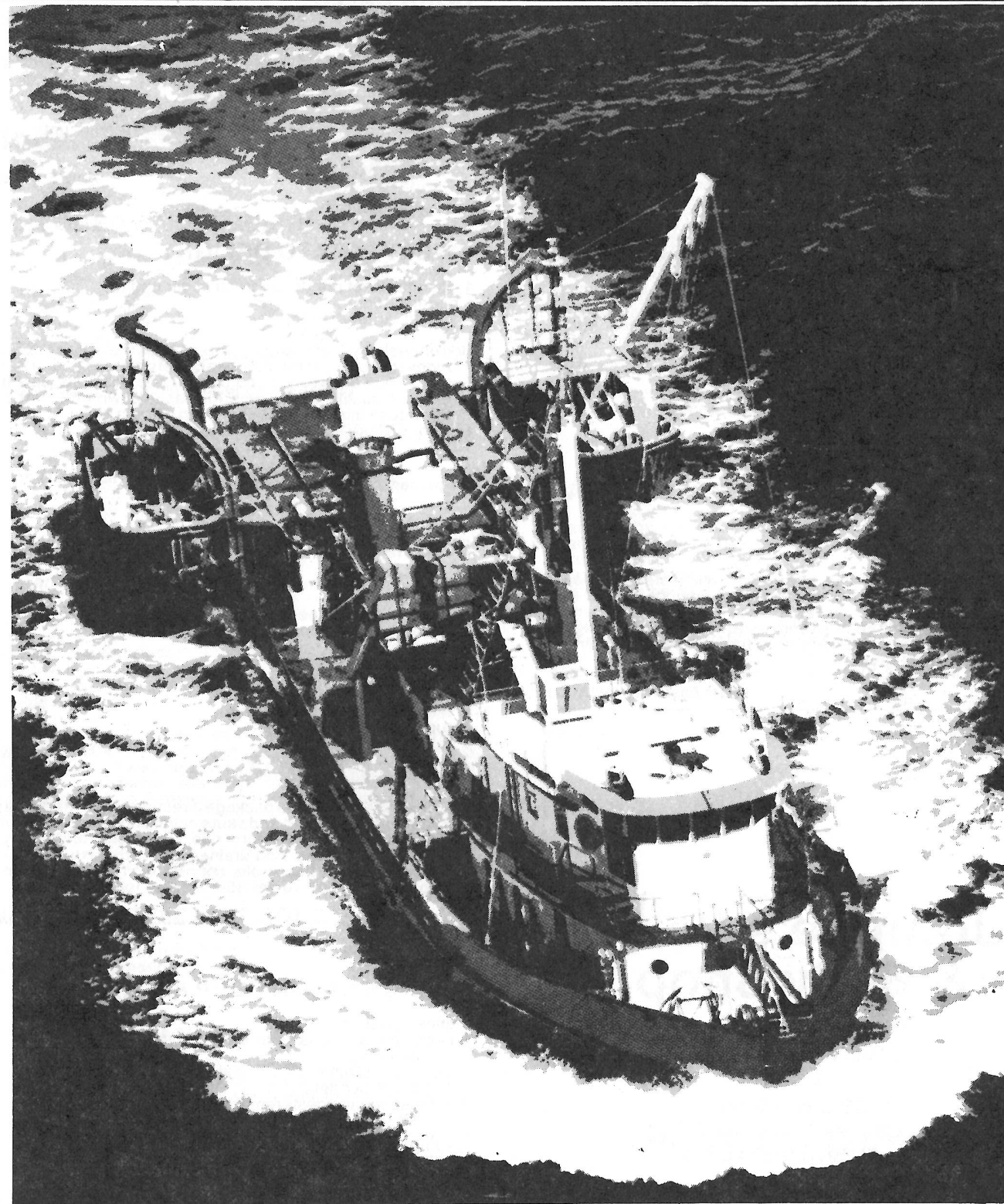
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## FRENCH ONION SOUP AU GRATIN

- 1 stick butter or oleo
- 6 large yellow onions, quartered and thinly sliced
- 1 Tablespoon flour
- 3 cans beef broth or beef consomme
- ¼ tsp. black pepper
- 1 Tablespoon worcestershire sauce
- 6 slices bread
- Butter
- 2 Tablespoons dry sherry
- 2 cups grated Gruyere cheese

In saucepan, melt butter, then add onions and saute until transparent. Sprinkle flour over onions and saute for a few minutes more, then stir in beef broth, pepper and worcestershire sauce. Bring to a boil, turn heat down to simmer and cook for about 1 hour. Just before serving, using biscuit cutter or glass, cut a round for each slice of bread, butter both sides and toast at 300 degrees until crisp and lightly browned. Add sherry to soup and check seasonings. Place a toasted round in each bowl, pour soup over and sprinkle with grated cheese. Place bowl in microwave or oven just long enough for cheese to melt and bubble. Serves 6.

*J.B. Blake, Jr., Cameron, La.  
President, Louisiana Fur and Wildlife Festival*



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### ACORN SQUASH STUFFING

1 medium acorn squash  
¼ cup chopped onion  
½ chopped medium bell pepper  
½ cup chopped celery  
1 Tablespoon margarine  
8 slices of toasted bread  
½ cup milk  
¼ cup toasted bread crumbs  
½ teaspoon salt  
¼ teaspoon white pepper

Cut squash in half and place cut side down in a pan with about ½ inch water. Cover pan and steam squash about 15 minutes or until soft. Allow to cool. Scoop squash out of shell. (If desired, save shell to serve stuffing in.)

Saute onions, bell pepper and celery in margarine. Add squash pulp. Break up toasted bread and soak in milk. When soft add to vegetable mixture. Mix well adding salt and pepper. Spread in a greased 5 x 9 inch baking dish or scoop into squash shell. Sprinkle with toasted bread crumbs. Bake at 350 degrees for 1 hour. Serves 4 - 6.

*Pam East, Hackberry, La.*

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### CARROT SIDE DISH

6 or 7 carrots  
1 small can crushed pineapple  
½ block margarine

Boil carrots until tender. Peel and mash. In sauce pan, melt margarine. Add carrots and pineapple and cook until juice is absorbed. Good with pork. Serves 6.

*Mrs. Mayo Cain, Klondike, La.*

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## Salads

### JELL AND AMBROSIA SALAD

1 (3 ounce) package orange flavored gelatin  
1 (3 ounce) package lime flavored gelatin  
1 small can mandarin orange sections  
1 small can crushed pineapple  
1 cup flaked coconut  
½ cup red maraschino cherries, halved  
\*Sour cream dressing

Prepare gelatin according to directions on package, except omit ½ cup water in each package. Gell in shallow pan, so gelatin will be 1 inch deep. When gelatin is firm, cut into 1 inch squares. Drain cherries on a paper towel. Mix all ingredients together, gently. Serve from a crystal bowl with dressing served on the side to be spooned on individual servings. Sugar free gelatin may be used.

#### \*Dressing

½ cup sour cream  
2 Tablespoons mayonnaise  
½ cup powdered sugar  
1 Tablespoon lemon juice

Mix all ingredients well.

*Barbara L. Gary, Jennings, La.*

### CREAMY COLESLAW

1 small green cabbage  
2 medium, pared and grated carrots

½ cup trimmed and sliced radishes  
1 cup mayonnaise  
2 Tablespoons prepared horseradish  
1 Tablespoon lemon juice  
1 teaspoon sugar  
1 teaspoon salt  
¼ teaspoon paprika

Discard outer leaves from cabbage. Cut into four wedges; remove and discard core. With knife, slice cabbage into ½ inch thick shreds. In large mixing bowl, place cabbage, carrots, and radish slices. Make dressing in a small bowl, combine all dressing ingredients, stir until well mixed. Add to cabbage mixture, toss until vegetables are well coated. Refrigerate, covered, until chilled several hours or overnight. Toss before serving. Makes 16 - ½ cup servings. 112 calories per serving.

*Donna Booth, Grand Chenier, La.*

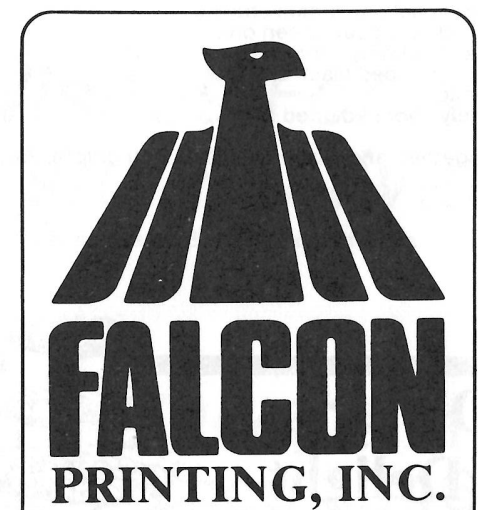
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### CONGEALED CRABMEAT SALAD

2 Tablespoons unflavored gelatin  
1 can tomato soup  
2 cups crabmeat  
2 chopped hard boiled eggs  
1 carton sour cream  
½ cup mayonnaise  
¼ cup chopped celery  
½ cup chopped green onions  
¼ cup chopped parsley  
1 teaspoon basil  
1 Tablespoon Worcestershire sauce  
Salt, pepper and lemon juice to taste

Dissolve gelatin (pre-softened in water first) in tomato soup. Add crabmeat, eggs, sour cream, and mayonnaise. Whip with a fork and cool. Add vegetables and seasoning and mix well. Pour into large mold and chill until firm. Serves 8.

*Mrs. Lynex Richard, Creole, La.*



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## MOCK POTATO SALAD

2 cups boiled, diced cauliflower  
¼ cup chopped onion  
1 cup diced celery  
¼ cup diced red bell pepper  
1 Tablespoon sweet pickle relish  
2 Tablespoons Low-Cal mayonnaise or Kraft lite  
Salt and pepper to taste

Cool cauliflower and combine with other ingredients. Toss lightly. Serve on lettuce leaves, sprinkle with snipped parsley. (When using cauliflower instead of potatoes, you save 200 calories.) Serves 4 at 75 calories per person.

Roberta Rogers, Cameron, La.

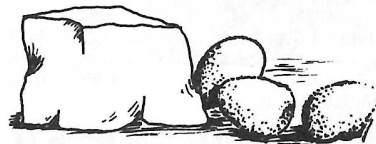
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## EASY FRUIT SALAD

1 large container of Cool Whip  
1 package instant Butterscotch pudding mix  
1 can mandarin oranges, not drained  
1 large sliced banana  
1 can pineapple tidbit, not drained  
1 can sliced peaches, not drained  
1 cup chopped pecans

Mix all ingredients, chill and serve. Serves 12.

Roberta Rogers, Cameron, La.



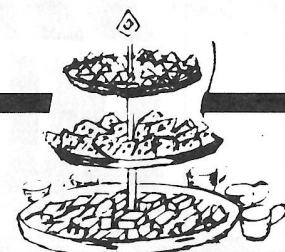
## Eggs and Cheese

## CONFETTI CHEESE BALL

1 (24 ounce) package cream cheese  
1 bunch finely chopped green onions  
1 (2 ounce) can finely chopped mushrooms  
1 small can chopped black olives with juice  
Dash of Accent  
1 jar of finely chopped dried beef

Mix all together and place in mold. Refrigerate. Best if left overnight.

Imogen Frezell,  
submitted by Shirley Bonsall, Grand Chenier, La.



## Dieter's Delight

## CUT CALORIES IN COOKING

When limiting your caloric intake, it is wise to select a cooking method as carefully as you select the foods. The following cooking tips are helpful in keeping calories at a minimum in home food preparation.

1. Prepare meals using the basic ingredients. This way you control the ingredients and avoid hidden calories often found in ready-prepared foods and mixes.
2. Take advantage of low-calorie ingredients. Substitute tomato juice for tomato sauce; buttermilk, skim or dehydrated milk for whole milk or cream; low-fat yogurt for sour cream; cottage cheese for cream cheese.

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3. Rely on herbs and spices for seasoning rather than butter sauces or gravies.
4. Limit the use of fat or sugar in cooking.
5. Trim outside fat from beef cuts before cooking and trim separable fat before eating.
6. Bake, broil or roast on a rack so beef will remain above drippings.
7. When browning beef for stew, pot roast or ground beef, pour off drippings.
8. Panbroil, rather than pan fry. (In panbroiling, drippings are removed as they accumulate.)
9. Select lean beef cuts and extra lean ground beef (80-85% lean).
10. Cool and remove the layer of fat from stews or soups.

Shirley Bonsall, Grand Chenier, La.

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## LEMON-BASIL SHRIMP

¼ cup lemon juice  
½ teaspoon crushed basil leaves  
⅛ teaspoon pepper  
36 shelled and deveined shrimp  
Garnish: watercress and lemon slices

In medium bowl, combine first 3 ingredients. Add shrimp, turning to coat with marinade. Cover and refrigerate for several hours or overnight, turning shrimp occasionally. Remove shrimp from marinade; reserve marinade. On rack in broiler pan broil shrimp, 3 inches from heat source, brushing with reserved marinade until shrimp are pink and plump, about 5 to 8 minutes. Remove to serving dish. Garnish with watercress and lemon slices. Each serving is equivalent to 2 ounces fish. 69 calories per serving.

Shawn Bonsall, Grand Chenier, La.

## MEAT SAUCE WITH SPAGHETTI

1 Tablespoon olive oil  
½ cup chopped onion  
1 minced clove garlic  
2 cups canned crushed Italian plum tomatoes  
¼ cup tomato paste  
1 Tablespoon chopped fresh basil, or  
1 teaspoon dried  
¼ teaspoon salt  
⅛ teaspoon pepper  
8 ounces cooked ground beef, crumbled  
1½ cups cooked enriched spaghetti

Heat oil in a medium saucepan. Add onion and garlic and saute over low heat until onion is tender, about 3 minutes. Add tomatoes, tomato paste, basil, salt, and pepper and bring to a boil; reduce heat. Simmer 30 minutes, stirring constantly. Add ground beef; cook, stirring frequently, until heated throughout, about 2 minutes. Serve half of the meat sauce over ¾ cup hot spaghetti. Each serving equivalent to: 1½ servings fat, ¼ cup limited vegetables, 2 serving vegetables, ½ serving bonus (2 Tablespoons tomato paste), 4 ounces meat group, 1 serving bread substitute. 514 calories per serving.

Shawn Bonsall, Grand Chenier, La.

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## ROAST LEG OF LAMB

1 leg of lamb, about 6 pounds  
and trimmed of fat  
2 large cloves garlic, slivered  
¼ cup prepared mustard  
1 Tablespoon rosemary leaves  
2½ teaspoons red wine  
2½ teaspoons steak sauce  
Garnish: fresh mint leaves and rosemary leaves

With the tip of a sharp, pointed knife, cut slits all over the lamb and insert a sliver of garlic into each slit. In a cup combine remaining ingredients and spread over lamb. Place lamb on rack in roasting

pan; insert meat thermometer into thickest muscle, being careful that thermometer doesn't touch bone. Roast lamb at 325 degrees until thermometer registers 140 degrees for rare, about 25-30 minutes per pound, 160 degrees for medium, about 30-45 minutes per pound; or 170 to 180 degrees for well done, about 40-45 minutes per pound. Remove lamb from oven, let stand about 10-15 minutes. Slice and weigh 4 ounces roast lamb per portion. Garnish with mint or rosemary. Each serving is equivalent to: 4 ounces meat group, ¼ serving extras (¼ teaspoon each wine and steak sauce). 220 calories per serving.

Shirley Bonsall, Grand Chenier, La.

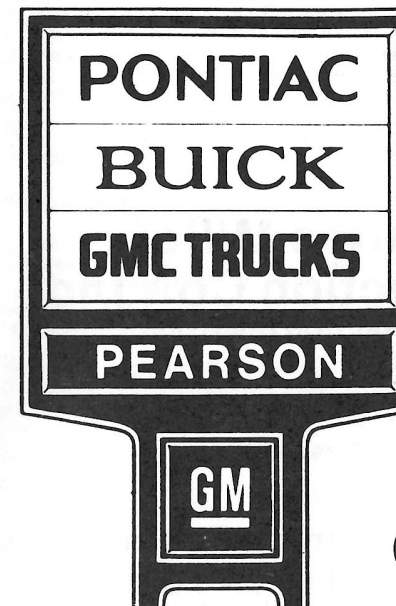
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## LIVER STRIPS IN VEGETABLE PUREE

1 pound beef liver, cut in ½ inch slices  
2 crushed beef bouillon cubes  
1 cup hot water  
2 medium carrots, sliced crosswise  
1 cup sliced onion  
¾ cup sliced celery  
1 bay leaf  
¼ teaspoon salt  
Dash pepper  
¼ cup rose wine  
2 Tablespoons diced pimento  
2 cups cooked rice

Dissolve bouillon cubes in water in large frying pan. Add carrots, onion and celery; cover tightly and cook 15 minutes. Add bay leaf. Place liver slices on top of vegetables; sprinkle salt and pepper over liver and add wine. Cook slowly, covered, 20 minutes or until liver is tender, turning occasionally. Remove liver to cutting board; remove bay leaf and discard. Blend vegetables and liquid in electric blender at high speed until smooth; return to frying pan. Cut liver in strips about ½ inch wide and 1½ to 2 inches long. Add liver strips and pimento to vegetable puree and heat 1 to 2 minutes. Serve on cooked rice, if desired. 4 servings. Total calories: 595 per person.

Shirley Bonsall, Grand Chenier, La.



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## MOCK BEEF STROGANOFF

- ¾ pound boneless beef round steak
- ¼ pound fresh mushrooms
- ½ cup sliced onion
- 1 cup beef broth
- 1 Tablespoon catsup
- ½ teaspoon pepper
- 2 Tablespoons flour
- 1 cup buttermilk
- 1½ cups cooked, unsalted noodles

Trim all the fat from steak. Slice streak across the grain into thin strips, about ¼ inch wide and 3 inches long. (It is easier to slice meat if partially frozen.) Wash and slice mushrooms. Cook beef strips, mushrooms, and onion in nonstick frypan until beef is lightly browned. Add broth, catsup and pepper. Cover and simmer until beef is tender, about 45 minutes. Mix flour with about ¼ cup of the buttermilk until smooth; add remaining buttermilk. Stir into beef mixture. Cook, stirring constantly, until thickened. Serve over noodles. Makes 4 servings, ½ cup stroganoff and ⅓ cup noodles each; 220 calories per serving.

Shirley Bonsall, Grand Chenier, La.

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## ITALIAN GROUND BEEF AND MACARONI

- ¾ pound extra lean ground beef
- ½ cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup chopped celery
- 1 (16 ounce) can tomatoes
- 1 (10½ ounce) can tomato puree
- 1 teaspoon oregano leaves
- 1 teaspoon basil leaves
- ¼ teaspoon salt
- ½ teaspoon pepper
- 3 cups (about 1 cup uncooked) cooked, unsalted elbow macaroni

Cook beef, onion, green pepper, and celery in large frypan until beef is slightly browned and onion is clear. Drain. Break up large pieces of tomatoes, tomato puree and seasonings of beef mixture. Simmer 15 minutes to blend flavors. Stir macaroni. Heat to serving temperature. Makes 4 servings, about 1½ cups each; 330 calories per serving.

Shawn Bonsall, Grand Chenier, La.

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## STEAK ORIENTAL

- 2 Tablespoon oil
- 1 Tablespoon vinegar
- 1 Tablespoon soy sauce
- ¼ cup sherry (see note)
- 1 Tablespoon honey
- 1 Tablespoon very finely chopped onion
- 1 clove garlic, cut in fourths
- ½ teaspoon ground ginger
- 1 pound London Broil

The day before serving, mix all ingredients except steak. Place steak in shallow dish. Pour oil mixture over steak. Cover and refrigerate 18 to 24 hours, turning steak over several times.

The day of serving remove steak and garlic pieces from oil mixture. Discard garlic. Place steak on broiler pan. Brush with oil mixture. Broil about 2 inches from heat, allowing about 7 minutes per side. Brush with oil mixture when steak is turned. To serve slice into thin pieces, cutting across the grain on diagonal from top to bottom of the steak. Makes 4 servings; 185 calories with sherry, 175 without sherry.

NOTE: Sherry may be omitted if desired. Increase vinegar to 2 Tablespoons and add 1 Tablespoon worcestershire sauce and 2 Tablespoons water to the other ingredients.

Shirley Bonsall, Grand Chenier, La.

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## GINGER BEEF

- ¼ cup soy sauce
- 2 teaspoons cornstarch

- 1 teaspoon sugar
- ½ teaspoon ginger
- 1 pound trimmed steak, cut in strips
- 3 Tablespoons vegetable oil
- 1 cup green pepper, cut into thin strips
- 1 (20 ounce) can drained pineapple chunks
- 3 cups cooked rice

Mix soy sauce, cornstarch, sugar and ginger. Coat meat with soy sauce mixture. Heat 1 Tablespoon oil in a large frypan. Add green pepper strips. Cook for 2 minutes, stirring constantly. Remove green pepper from pan. Heat remaining 2 Tablespoons oil. Add meat. Cook for 1 to 2 minutes, stirring constantly, until beef is lightly browned. Add green pepper and pineapple, heat thoroughly. Serve over rice. Makes 6 servings; ¾ cup each. Calories per serving, about 355 with rice.

Shirley Bonsall, Grand Chenier, La.

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## CORN STICKS

- 3¾ ounces uncooked enriched yellow cornmeal
- ½ cup instant nonfat dry milk powder
- 2 Tablespoons plus 1½ teaspoons enriched all-purpose flour
- 1 Tablespoon granulated sugar
- 1½ teaspoon double-acting baking powder
- ½ teaspoon salt
- ½ cup skim milk
- 3 eggs
- 1 Tablespoon melted margarine

In a large bowl combine first 6 ingredients; add milk, eggs, and margarine. Using a fork, beat until combined, about 1 minute. Spray a corn-stick pan with non stick cooking spray and heat. Divide batter equally into 6 sections of heated pan; partially fill remaining sections with hot water. Bake at 425 degrees until set, 12 to 15 minutes. Each serving is equivalent to: 1 serving bread, ¼ serving milk, 1 serving extras (sugar), ½ egg, ½ serving fat. 163 calories per serving.

Shirley Bonsall, Grand Chenier, La.

## Charles Miller Construction Co., Inc. GENERAL CONTRACTORS

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## CHINESE PEPPER STEAK

- 1¼ pound top round steak, cut ¾ to 1 inch thick
- 1 Tablespoon cornstarch
- ½ teaspoon sugar
- ¼ teaspoon ginger
- ¼ cup soy sauce
- 3 medium green peppers
- 3 small tomatoes
- 2 Tablespoons cooking oil
- 1 clove minced garlic
- ¼ cup water

Partially freeze steak to firm and slice diagonally across the grain into very thin strips. Combine cornstarch, sugar and ginger and stir. Cut green pepper into thin strips and cut tomatoes into wedges. Quickly brown beef strips (½ at a time) in hot oil and remove from pan. Reduce heat; add green pepper, garlic and water to pan and cook until green pepper is tender crisp, 5 to 6 minutes. Stir in meat and tomatoes and heat through. 4 servings. Total calories: 610 per person. (1 flank steak - approximately 1¼ pounds - can be used.)

Shirley Bonsall, Grand Chenier, La.

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## CHEESY BEEF BURRITOS

- 1 pound ground chuck
- ½ cup chopped onion
- 3 ounces softened Neufachatel cheese
- ¼ teaspoon salt
- ½ teaspoon dried whole oregano
- ½ teaspoon ground cumin
- ¼ teaspoon garlic powder
- 10 (6 inch) flour tortillas
- Vegetable cooking spray
- 5 cups shredded lettuce
- Tomato sauce (recipe follows)
- Plain low-fat yogurt
- Sliced fresh green chilies (optional)

Combine ground chuck and onion in a large skillet; cook until beef is browned. Drain off pan drippings. Add cheese and seasonings; stir until combined. Fill each tortilla with ¼ cup beef mixture. Roll up; place seam side down in 12 x 7 x 2 inch baking dish coated with cooking spray. Cover and bake at 350 degrees for 20 minutes. Place each burrito on ½ cup shredded lettuce; top with tomato sauce and a dollop of yogurt. Garnish with fresh chilies, if desired. Yield: 10 servings (about 233 calories per serving plus 4 calories per Tablespoon of sauce, and 9 calories per Tablespoon of yogurt.)

### Tomato Sauce

- 1 (16 ounce) can undrained whole tomatoes
- 1 (4 ounce) can drained green chilies
- 1 teaspoon cornstarch
- 1 teaspoon sugar
- 1 teaspoon ground coriander

Combine all ingredients in blender and process until smooth. Pour mixture into a saucepan; bring to a boil. Reduce heat. Simmer 2 minutes; stir occasionally. Yield: 2 cups.

Shawn Bonsall, Grand Chenier, La.

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## ZUCCHINI LASAGNA

- 1 pound ground chuck
- 2 (16 ounce) cans undrained and chopped whole tomatoes
- 2 bay leaves
- 2 cloves crushed garlic
- 1 (6 ounce) can tomato paste
- ½ cup chopped onion
- ¼ cup chopped fresh parsley
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried whole thyme
- ¼ teaspoon dried whole basil
- 6 medium zucchini (about 2½ pounds) unpeeled and thinly sliced
- 1 cup shredded Mozzarella cheese
- Vegetable cooking spray

Cook beef in a skillet until browned, stirring to crumble; drain off pan drippings. Stir in next 10 ingredients; bring to a boil. Reduce heat, and simmer, uncovered about 30 minutes or until thickened, stirring occasionally. Remove bay leaves. Layer half each of zucchini, meat sauce, and cheese in a 13 x 9 x 3 inch baking dish coated with cooking spray; repeat layers, except cheese. Top with remaining cheese, and bake 5 minutes. Let stand 10 minutes. Yield - 8 servings. About 212 calories per serving.

Shirley Bonsall, Grand Chenier, La.

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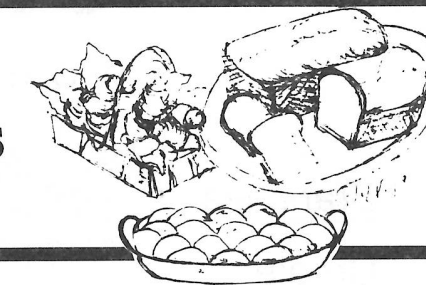
## WALNUT CHICKEN AND VEGETABLES

- 1 pound boneless skinned chicken breast
- 1 egg white
- 1 Tablespoon cornstarch
- ¼ cup reduced sodium soy sauce
- ¼ cup dry sherry
- 2 Tablespoons water
- 1 Tablespoon red wine vinegar
- ½ teaspoon sugar
- 1 Tablespoon cornstarch
- ¼ cup vegetable oil
- ½ teaspoon minced garlic
- 1½ cups broccoli flowerets
- 1½ cups cauliflower flowerets
- 1 small onion, sliced and separated into rings
- 1 small green pepper, cut into thin strips
- 1 small sweet red pepper, cut into thin strips
- ½ cup walnut pieces
- 3 cups hot cooked rice (cooked without fat)

Cut chicken into strips. Combine egg white and 1 Tablespoon cornstarch; beat until smooth. Add chicken, tossing to coat well. Cover and refrigerate 30 minutes. Combine soy sauce, sherry, water, vinegar, sugar and 1 Tablespoon cornstarch; stir until cornstarch dissolves. Set aside. Pour oil into a preheated wok; heat to medium high (325 degrees) for 2 minutes. Add garlic, stir fry 1 minute. Add chicken to wok; stir fry 1 minute or until lightly browned. Add broccoli and cauliflower; stir fry 2 minutes. Add onion and pepper; stir fry 2 minutes. Add walnuts. Pour cornstarch mixture over chicken mixture. Cook, stirring constantly, until slightly thickened. Serve over rice. Yield 6 servings (about 320 calories per serving plus 90 calories per ½ cup cooked rice).

Shirley Bonsall, Grand Chenier, La.

## Breads



## BREAD PUDDING

- 7 egg yolks
- 3 cups sugar
- 4 teaspoon vanilla
- 1 (12 ounce) can evaporated milk
- 2 cups whole milk
- 1 large loaf sliced bread
- 3 Tablespoons melted margarine

You may bake plain or add 2 cups of either pineapple, raisins, coconut, or bananas.

Separate eggs - keep whites for meringue, add sugar to yolks. Beat with mixer, until yolks and sugar are well mixed. Add vanilla, evaporated milk, whole milk, and mix well, add margarine and mix well. Add sliced bread and mix with fingers until you can squeeze all bread to pieces and is mushy. Pour in two 10 x 13 inch pans and cook at 350 degrees until it is firm and begins to brown on top. Beat egg whites with 7 Tablespoons sugar until fluffy and spread on top. Return to oven and brown. Feeds 25-30 people.

Audry Wainwright, Grand Chenier, La.

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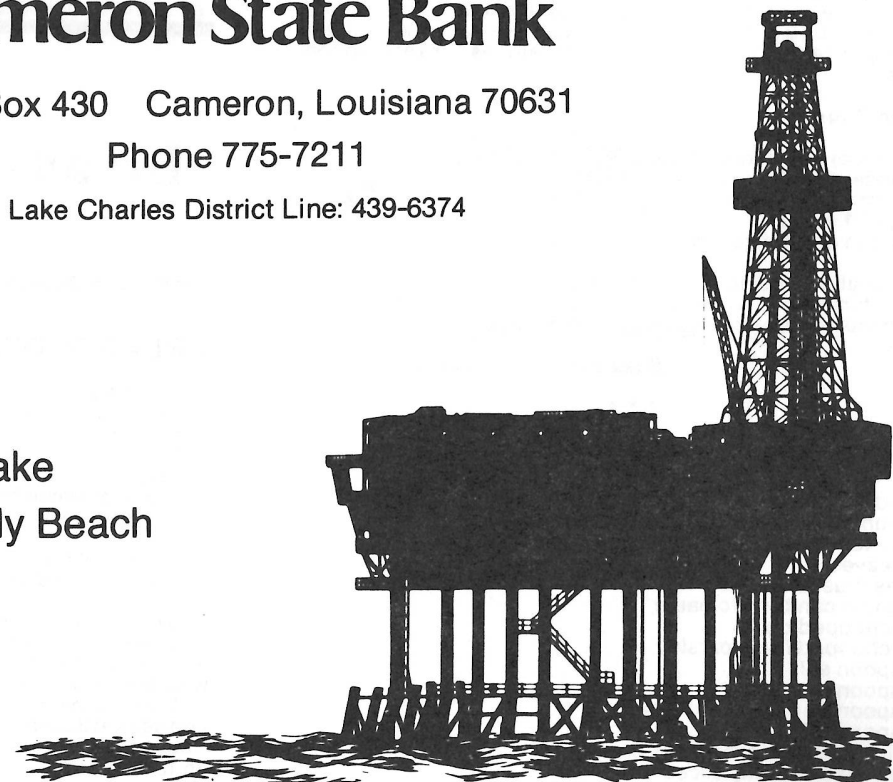
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### FRY BREAD A LA PEB

Corn oil  
2 cups all purpose flour  
1/3 cup nonfat dry milk powder  
1/4 cup warm water  
2 teaspoons baking powder  
1 teaspoon salt  
1 Tablespoon shortening

Add enough oil to 10 or 12 inch electric skillet to have it 1/2 full. In large bowl, stir flour, dry milk, baking powder and salt. With fingers, work in shortening until it's not visible. With fork, gradually stir in enough water to form soft dough. On lightly floured surface, knead till smooth and springy about 5 minutes. Form into 6 inch roll. Let rest uncovered for 45-60 minutes. Slice crosswise into six 1-inch pieces; form each into a ball. On lightly floured surface, with floured rolling pin, roll each ball into a thin 6 inch round; less than 1/4 inch thick. Pick up round of dough; holding close to edge, start pressing and rotating between thumbs and fingers. First press close to edges of dough, move thumbs down slightly and press to stretch and rotate until round is 7 or 8 inches in diameter. Heat oil to 375 degrees. Add 1 round with tongs, push down often into oil to submerge. Fry, turning once, till puffed and golden brown. Makes 6.  
Can be used for breakfast or a taco.

Teresa Hicks, Hackberry, La.

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### BRAN MONKEY BREAD

1 cup all bran cereal  
1/4 cup vegetable shortening  
1/2 cup sugar  
1 cup boiling water  
1 cup lukewarm water  
2 cakes compressed (or dry) yeast  
2 well beaten eggs  
2 teaspoons salt  
6 1/2 cups all purpose flour  
1 stick melted margarine

Place cereal, shortening and 1/2 cup minus 3 teaspoons sugar, into large bowl. Pour 1 cup boiling water over mixture. Stir until shortening is melted and let stand until mixture is lukewarm. Crumble yeast into 1 cup warm water along with 3 teaspoons sugar. Beat eggs well and add salt. Mix the beaten eggs into the cereal mixture. Add the yeast mixture and blend well, using low speed on electric mixer. Gradually, add 3 cups flour and beat thoroughly, still using mixer. Add remaining flour, mixing by hand. Place half of the dough on a floured board and knead lightly until smooth. Roll out to 1/4 inch thickness. Cut in 2 inch diamond shaped strips with a sharp knife. Dip each strip in the warm melted margarine and let drain a moment. Stack strips in ring mold or tube cake pan, filling not more than half full. This will make two loaves in bundt pans or angel food pans. Cover and let rise in a warm place for 1 1/2 hours. Preheat oven and bake at 300 degrees for 10 minutes, then raise temperature to 400 degrees and bake until golden brown, about 15 minutes. Remaining dough may be kept in refrigerator or made into a second loaf.

Ida Boutte, Lake Charles, La.

### PUMPKIN BREAD

2 1/2 cups sugar  
4 beaten eggs  
3 1/2 cups flour  
1/2 teaspoon baking powder  
2 teaspoons soda  
1/2 teaspoon cloves  
1/2 cup chopped dates  
1/2 cup shortening  
2 cups pumpkin  
1 1/2 teaspoons salt  
1 teaspoon cinnamon  
1/2 cup water  
1/2 cup chopped nut meats

Cream shortening and sugar. Add eggs, pumpkin, and water. Mix well. Sift dry ingredients and add to pumpkin mixture. Stir in nuts and dates. Bake in two greased bread loaf pans at 350 degrees for 1 hour or one can bake them in four 1 pound coffee cans.

Mrs. Ida Boutte, Lake Charles, La.

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## OKRA BREAD

1 cup chopped fresh okra  
1 cup chopped fresh tomatoes  
1 cup chopped onions  
2 eggs  
1 box Jiffy corn muffin mix  
Salt and pepper to taste

Mix above ingredients until it sticks together with muffin mix. Pour into greased pan. Dot with butter and bake at 375 degrees for 30-45 minutes or until brown.

*Genelle S. Pickett, Jacksonville, Fla.*

\*\*\*

## WHIZZER ROLLS

1 3/4 cups flour  
1 Tablespoon sugar  
3/8 teaspoon salt  
1 envelope yeast  
1/2 cup milk  
1/4 cup water  
1/4 cup shortening  
2 eggs  
3 Tablespoons melted butter or oleo

In large mixer bowl, stir flour, sugar, salt and yeast. Heat milk, water and shortening till medium warm, not hot. Pour over flour mixture, add eggs and beat at medium speed 4-5 minutes or until well blended and smooth. Cover with towel and let rise in a warm place about an hour. Spoon dough into 16 greased 2 1/2 inch muffin pans, filling about half full. Let rise until doubled in bulk usually about 1/2 hour. Pour 1/2 teaspoon melted butter over each roll. Bake in a preheated oven 375 degrees about 20-25 minutes until golden brown.

*Roberta Rogers, Cameron, La.*

\*\*\*

## NEVER FAIL BISCUITS

3 cups all purpose flour  
4 1/2 teaspoons baking powder  
2 Tablespoons sugar  
1/2 teaspoon salt  
3/4 teaspoon cream of tartar  
3/4 cup butter or margarine  
1 beaten egg  
1 cup milk

In bowl combine dry ingredients. Cut in butter until mixture resembles coarse meal. Add egg and milk mixing quickly and briefly. Knead lightly on floured board. Roll or pat gently to 1 inch thickness. Cut into 1 or 2 inch biscuits. Place on cookie sheet or 9 inch square pan. Bake at 450 degrees for 12 to 15 minutes.

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## FAVORITE BUTTERMILK BISCUITS

2 1/2 cups all purpose flour  
3 teaspoons baking powder  
1 teaspoon salt  
1/2 teaspoon baking soda  
1/3 cup melted butter  
1 cup buttermilk

Combine dry ingredients. Add butter and buttermilk and mix to make a sticky dough. Knead, just a little, on a floured board. Form a smooth ball, roll to 1/2 inch to 1 inch thickness and cut with a biscuit cutter. Place on baking sheet that has been greased with bacon drippings. Bake at 450 degrees for 10-12 minutes. (I like a fat biscuit, but you could roll your dough out flatter, if you'd like.)

*Veronica East, Hackberry, La.*

\*\*\*

## ACADIAN COUCH-COUCH

2 cups corn meal  
1 1/2 teaspoons salt  
1 teaspoon baking powder

1 1/2 cups milk or water  
1/2 cup lard

Mix thoroughly corn meal, salt, baking powder, milk or water and add to hot lard in hot skillet over high heat. Let a crust form. Give a good stir and lower heat to simmer. Cover and cook 15 minutes. Serve with milk and sugar as a cereal or with cane syrup and crisp bacon.

*Mrs. Charlie LeBlanc, Sulphur, La.*

\*\*\*

## MEXICAN CORN-RICE CASSEROLE

4 cups cooked rice  
4 Tablespoons butter  
1 large can cream style corn  
1 small can cream style corn  
1 can chopped green chilies  
1 can chopped red chilies  
2 cups grated Monterey Jack cheese  
4 eggs, slightly beaten  
3 cups milk  
1/2 teaspoon salt  
1/2 cup toasted bread crumbs

Layer half of rice in 9 x 13 x 2 inch casserole. Layer butter in thin pats, then corn, chilies and cheese. Add a second layer of rice. Combine eggs, milk and salt and pour over rice. Let casserole rest several hours or overnight in the refrigerator. When ready to bake, sprinkle bread crumbs on top, then bake at 350 degrees for 45 - 50 minutes.

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

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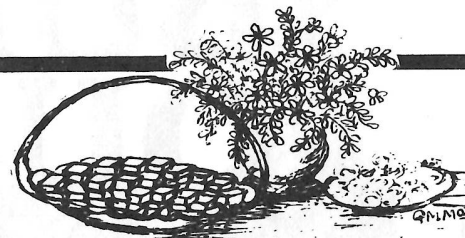
## MEXICAN RICE BREAD

1 cup cornmeal  
1 teaspoon salt  
1/2 teaspoon soda  
1 cup milk  
2 eggs, beaten  
1/4 cup bacon drippings or oil  
2 cups cooked rice  
1 (1 pound) can cream style corn  
1 Tablespoon finely chopped jalapeno pepper  
1/2 pound grated Cheddar cheese

Combine dry ingredients in large mixing bowl. Add remaining ingredients, stirring only until well mixed. Pour into a 12 inch iron skillet which has been greased and sprinkled with cornmeal. Bake at 350 degrees for 40 to 50 minutes. Makes about 8 to 10 servings.

*Charla Jo Blake, Cameron, La.*

## Party Foods



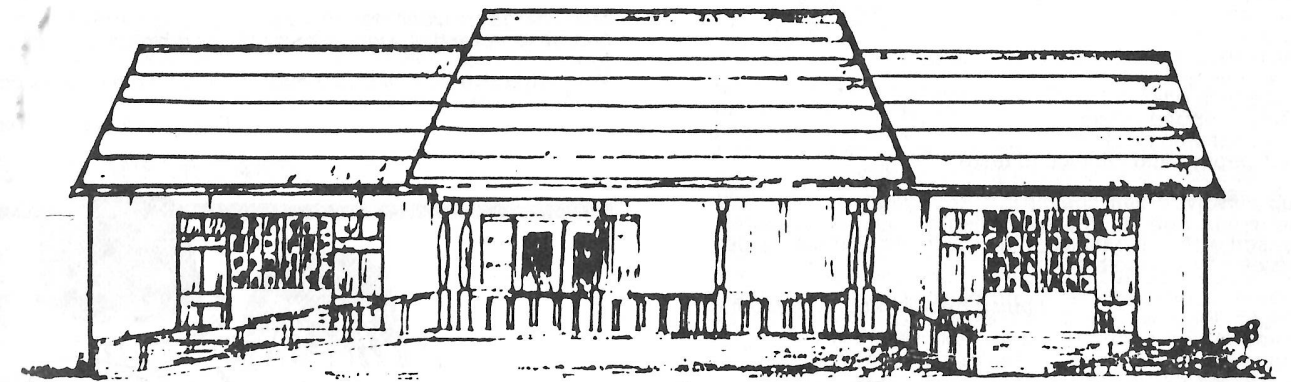
## GLAZED NUTS

1 cup sugar  
1/2 cup boiling water  
Pinch of cream of tartar  
1/2 pound shelled pecans

Combine sugar, water, and cream of tartar to make a syrup. Cook syrup to hard crack (295 degrees). Drop the nut meats into the syrup one at a time or several together for a cluster. Remove with a fork and drain off excess syrup. Place on wax paper to cool.

*Mrs. Lynex Richard, Creole, La.*

# Pat's Seafood and Steak Restaurant



Marshall Street  
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## LEMON BALLS

1 cup butter  
¾ cup corn starch  
½ cup confectioner's sugar  
¼ teaspoon salt  
1¼ cup all purpose flour

Combine all ingredients and mix well. Roll into small balls. Bake at 375 degrees for 12 - 15 minutes. Frost with confectioners sugar and fresh lemon juice. Makes 3½ dozen cookies.  
For variations: Drop dough by teaspoonfuls on a cookie sheet to bake or add nuts, or roll dough into balls and make thumb print cookies, filling them with jam or icing when cool.

*Ida Boutte, Lake Charles, La.*

\*\*\*

## SHRIMP MOLD

1 (10 ounce) can tomato soup  
3 (3 ounce) packages cream cheese  
1 envelope plain gelatin  
¼ cup cold water  
2 pounds, boiled, peeled and chopped shrimp  
1 cup mayonnaise  
1 grated medium onion  
½ cup finely chopped celery  
1 Tablespoon lemon juice  
Garlic, salt, pepper and tabasco to taste

Heat soup, dissolve cream cheese in it. Soak gelatin in water and add to soup mix. Add all other ingredients. Pour into prepared mold greased with mayonnaise. Chill overnight. Garnish as desired parsley, olives, whole shrimp.

*Louise Hebert, Mobile, Alabama*

\*\*\*

## EASY BANANA PUDDING

1 large or 2 small boxes instant vanilla pudding  
2¾ cups milk  
1 can condensed milk  
1 container cool whip  
1 bag vanilla wafers  
2 or 3 large bananas

Mix pudding and milk, fold in condensed milk and cool whip. Pour over cookies and bananas. Refrigerate until set.

*Enell Nash and Nelvia Murphy*

\*\*\*

## BANANA PUDDING

3 egg yolks  
½ cup sugar  
1 scant teaspoon corn starch  
2 cup milk  
4 or 5 bananas  
1 package vanilla wafers

Beat 3 egg yolks slightly. Add to the egg yolks, sugar, and corn starch. Add milk and cook until thick. When cooked enough, slice bananas and add to custard and pour over vanilla wafers.

*Beverly Dyson, Grand Chenier, La.*

\*\*\*

## GUACAMOLE DIP

2 mashed or processed avocados  
2 or 3 Tablespoons lemon juice  
Salt and pepper to taste

Mix all ingredients well.

Gently pat all these ingredients onto a large serving platter in the following order:  
Guacamole  
1 pint sour cream

Chili chow-chow or picante sauce (enough to taste)  
1 large or 2 medium chopped tomatoes  
½ cup chopped green onions  
1 cup grated cheddar cheese  
1 cup black olives  
1 cup grated Monterey Jack cheese  
½ cup shallot tops

*Evelyn Lee, New Iberia, La.*

\*\*\*

## CRANBERRY DELIGHT

1 large box raspberry jello  
2 cups hot water  
1½ cups applesauce  
1 can jellied cranberries

Dissolve jello in hot water. Add applesauce and cranberries and chill until set.

### Topping:

Mix 1 large box dry instant vanilla pudding with enough sour cream to spreading consistency. Spread on chilled jello mixture.

Very attractive for holidays if made in a large clear glass bowl.

*Evelyn Lee, New Iberia, La.*



## Cakes

## SNOW ON THE MOUNTAIN

1 angel food cake  
(cut in bite size pieces)  
2 packages strawberry jello  
2 cups boiling water  
½ cup sugar  
2 packages frozen strawberries  
2 medium size sliced bananas  
1 pint heavy whipped cream

Mix jello, water and sugar together until jello is dissolved. Add frozen berries and bananas. Chill until set. Fold in whipped cream and cake pieces and transfer to a casserole. Chill several hours. Serve in dessert dishes and top with more whipped cream and add strawberry on top to garnish.

*Blackie Taylor, Cameron, La.*

\*\*\*

## TURTLE CAKE

1 box German Chocolate Cake Mix  
(with pudding in the mix)  
1 pound caramel candy pieces  
1 small can evaporated milk  
1 cup chocolate chips  
1 cup chopped pecans

Preheat oven to 350 degrees. Pour half of cake batter in greased and floured 9 x 13 inch pan which has been prepared by box instructions. Bake until semi firm, about 15 to 20 minutes. Melt caramels in milk and pour over cake, sprinkle chips and pecans over this and pour remaining half of cake batter on top. Bake til cake is done, about 20 minutes. Cool before frosting.

## PINEAPPLE ORANGE SUNSHINE CAKE

1 (18½ ounce) package yellow cake mix  
½ cup salad oil  
4 eggs  
1 (11 ounce) can undrained mandarin orange sections

Combine all ingredients and mix at medium speed of electric mixer for 1 to 2 minutes or until almost smooth. Spoon into 3 greased and floured 9 inch cake pans. Bake at 325 degrees for 15 to 20 minutes or until done. Cool cake in pans for 10 minutes, remove from pans, and cool completely on wire racks. Spread frosting between layers and on top and sides of cake. Store in refrigerator. Yield: one 9 inch layer cake.

### Pineapple Cheese Cake Frosting

1 (20 ounce) can undrained crushed pineapple  
1 Tablespoon sugar  
1 (10½ ounce) package cheesecake filling mix  
1 (8 ounce) carton commercial sour cream  
1 (9 ounce) container whipped topping

Combine pineapple, sugar, cheesecake filling mix, and sour cream; stir until mixture thickens. Fold in whipped topping and mix thoroughly. Yield: Enough for one 3 layer cake.

*Mrs. Percy A. Thibodeaux, Moss Bluff, La.*

\*\*\*

## JEWISH APPLE CAKE

5 or 6 chopped baking apples  
2 teaspoons cinnamon  
5 Tablespoons sugar  
3 cups flour  
1 cup Crisco oil  
2½ teaspoons vanilla  
4 eggs  
1¼ cups orange juice  
1 teaspoon salt  
3 teaspoon baking powder

Preheat oven to 350 degrees, combine apples, cinnamon and

sugar, set aside. Mix remaining ingredients well. Pour ⅓ of batter into greased bundt pan. Arrange ½ of apples over batter. Pour another ⅓ batter and cover with the rest of the apples. Cover with remaining batter. Bake for 1½ hours.

*Martha L. Miller, Pottstown, Pa.*

\*\*\*

## CHOCOLATE WALNUT UPSIDE DOWN CAKE

10 Tablespoons of butter or margarine  
¼ cup firmly packed light brown sugar  
½ cup light corn syrup  
¼ cup heavy cream  
1 cup broken walnuts  
1¾ cups sifted cake flour  
2 teaspoons baking powder  
¼ teaspoon salt  
1½ cups sugar  
2 separated eggs  
3 squares melted unsweetened chocolate  
1 teaspoon vanilla  
1 cup milk

Melt 4 Tablespoons butter in small saucepan; stir in brown sugar; heat just until bubbly. Stir in corn syrup and cream; heat stirring constantly, just to boiling. DO NOT COOK. Add nuts, mixture will be thin. Pour into a generously buttered 10 inch 12 cup bundt pan. Let stand while preparing cake batter. Sift flour, baking powder and salt onto wax paper. Beat remaining butter - 6 Tablespoons - until soft in a large bowl. Gradually beat in granulated sugar until well combined. Beat in egg yolks, chocolate and vanilla until thoroughly combined. Add flour mixture alternately with milk, beginning and ending with flour. Beat egg whites in a small bowl until stiff and fold into cake batter. Spoon batter evenly over nut mixture in pan. Bake in moderate oven, 350 degrees, for 45 minutes or until cake tester inserted in center comes out clean. Loosen cake from edges with small knife. Cover pan with serving plate; invert - shake gently and lift off pan. Serve with whip or sour cream if desired.

*Diana Pursel, Pottstown, Pa.*

# TARPON FREEZO

Creole, Louisiana

Phone (318) 542-4567

Mr. and Mrs. Ray Conner, Owners

## LOUISIANA APPLE CAKE

3 cups peeled and chopped Delicious apples  
1 Tablespoon lemon juice  
1 Tablespoon lemon rind  
1 cup chopped pecans  
2 1/4 cups sifted flour  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon mace  
2 cups sugar  
1 1/4 cups salad oil  
2 teaspoons vanilla  
2 large eggs  
1/4 cup sifted powdered sugar

Chop apples small. Put in bowl with lemon rind and pecans. Sift flour with soda, salt, cinnamon, nutmeg and mace. Combine sugar, oil, vanilla and eggs in large bowl. Beat at medium speed for 1 minute. Add dry ingredients, beat for 2 minutes longer. Quickly add apples and pecans and stir. Pour into greased and floured tube or bundt pan. Bake at 350 degrees for 1 1/2 hours. Dust with powdered sugar.

*Cindy Morris Core, St. Tammany Parish*

\*\*\*

## SQUASH CAKE

2 eggs  
1 cup of sugar  
1/2 cup oil  
1 1/2 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1/2 teaspoon salt  
2 cups grated squash  
1/4 cup chopped nuts  
1/4 cup raisins

Beat eggs with sugar until very light; gradually beat in oil. Combine 1 1/4 cups flour with other dry ingredients; add to egg mixture alternately with squash. Toss nuts, raisins and remaining flour, stir in. Pour into a greased, floured eight inch square pan. Bake at 350 degrees until done, about 45 minutes. Cool five minutes; invert on rack to complete cooling. If desired, top with cream cheese frosting or dust with confectioners sugar.

*Shirley Bonsall, Grand Chenier, La*

\*\*\*

## LOUISIANA PEAR CAKE

1 stick softened margarine  
1 cup sugar  
1 egg  
1 1/2 cups flour  
1/4 teaspoon salt  
1 teaspoon baking soda  
1/2 teaspoon cinnamon  
1 teaspoon vanilla  
2 cups grated raw pears  
1/2 cup chopped pecans

Mix margarine, sugar and egg together. Sift flour, salt, soda and cinnamon together; add to sugar and egg mixture. Add vanilla, pears and nuts. Pour into a greased and floured baking dish or pan 8 x 8 x 2 inches. Bake at 300 degrees for one hour; serve with cool whip or whipped cream.

*Shirley Bonsall, Grand Chenier, La.*

\*\*\*

## HEATHER'S SYRUP CUPCAKES

1 cup boiling water  
1 cup cut-up pitted uncooked prunes  
2 cups all purpose flour  
1 1/2 cups sugar  
1 1/4 teaspoons baking soda  
1 teaspoon salt

1 teaspoon cinnamon  
1 teaspoon cloves  
1/2 cup oil  
3 eggs  
1 teaspoon vanilla

Pour boiling water on prunes in large bowl. Set aside. Heat oven to 350 degrees. Mix all other ingredients then add prunes and water, mix well. Put in cup cake holders, filling each 1/2 full. Bake for 15 minutes in preheated oven.

*Heather Sturlese, Grand Chenier, La.*

\*\*\*

## LEMON LOVES

1 cup flour  
1/2 cup butter  
2 Tablespoons sugar  
1 cup sugar  
5 Tablespoons flour  
1/2 teaspoon baking powder  
2 eggs  
3 Tablespoons lemon juice

Mix flour, butter and eggs. Press into a 9 x 9 inch pan. Bake at 350 degrees for 15 minutes. Sift sugar, flour and baking powder. Beat eggs with lemon juice. Mix with flour and pour in crust. Bake for 25 minutes. Remove from oven and frost.

### Frosting

1 1/2 cups sifted confectioners sugar  
1/2 stick butter  
2 - 3 Tablespoons lemon juice

Cream butter and powdered sugar. Add enough lemon juice to make a good spreading consistency.

*Mrs. Lee Roy Guillory, Welsh, La.*

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## CHOCOLATE BUTTER CREAM FROSTING

1/4 cup Hershey's cocoa  
2 1/2 cups confectioners sugar  
6 Tablespoons margarine or butter  
4-5 Tablespoons milk  
1 teaspoon vanilla

Combine cocoa with sugar. Cream margarine with 1/2 cup cocoa mixture in a small bowl. Add remaining cocoa mixture alternately with milk, beating to spreading consistency. Blend in vanilla.

*Mrs. Robert Silver, Hackberry, La.*

\*\*\*

## YAM PECAN CAKE

1 box orange gelatin  
1/2 cup boiling water  
1 box yellow cake mix  
4 eggs  
1/4 cup of salad oil  
1 cup mashed yams  
1/4 cup orange juice  
1 teaspoon of grated orange rind  
1 cup pecans

Dissolve gelatin in boiling water. Place cake mix in bowl; add pecans and mix well. Add dissolved gelatin, eggs, salad oil, yams, orange juice and rind to cake mix; mix according to directions in cake mix bowl. Pour into greased bundt pan; bake at 350 degrees for one hour. Can be glazed if desired.

*Shirley Bonsall, Grand Chenier, La.*

\*\*\*

## PETITES GAUTEAUX SEC (LITTLE DRY TEA CAKE)

1 1/2 cups sugar  
4 cups flour  
1 1/2 cups butter  
2 eggs  
1 1/4 cups milk  
1 teaspoon soda  
1 teaspoon vanilla

Cream butter and sugar well. Add other ingredients and mix well. Form into rolls, wrap in wax paper and refrigerate for two hours. Slice thin and bake on a greased cookie sheet at 350 degrees until light brown.

*Mrs. Lynex Richard, Creole, La.*

\*\*\*

## PIG PICKING CAKE

1 box yellow butter cake mix  
1/2 cup oil  
4 eggs  
1 (11 ounce) can mandarin oranges, chopped with juice

Mix and bake at 325 degrees for 40 to 45 minutes in a 9 x 13 inch pan.

### Icing

1 (3 ounce) package instant vanilla pudding  
1 (9 ounce) container of Cool Whip  
1 (20 ounce) can crushed pineapple with juice

Beat with mixer and ice cake. Refrigerate 2 to 24 hours before serving.

*Ida Boutte, Lake Charles, La.*

\*\*\*

## VANILLA WAFER CAKE

2 sticks oleo  
2 cups sugar  
1/4 cup evaporated milk

1 (12 ounce) box crushed Nilla Wafers  
6 eggs  
7 ounces coconut  
1 cup chopped pecans

Cream sugar and oleo. Add eggs 1 at a time, beating after each. Add Nilla Wafers and milk alternately. Stir in coconut and pecans. Grease bundt pan with unmelted shortening and flour well. Pour mixture in pan. Bake in preheated 300 degree oven for 1 1/2 hours.

*Louise Hebert, Mobile, Alabama*

\*\*\*

## BILLY'S CARROT CAKE

2 cups sugar  
1 1/2 cups cooking oil  
4 eggs  
2 cups sifted flour  
2 teaspoons cinnamon  
2 teaspoons baking soda  
2 teaspoons baking powder  
1 teaspoon salt  
3 cups grated carrots  
1/2 cup chopped pecans

Beat sugar and oil until blended. Add eggs, one at a time, beating after each addition. Sift flour, cinnamon, baking soda, baking powder, and salt into mixture. Add carrots and pecans; mix well. Pour batter into 3 greased 9 inch cake pans. Bake in 350 degree oven for 45 minutes. Cool and frost with cream cheese frosting.

### Cream Cheese Frosting

1 box sifted confectioners sugar  
1 (8 ounce) package cream cheese  
1/2 stick softened butter  
2 teaspoons vanilla

Combine all ingredients and beat until mixture is of spreading consistency. This filling will appear to be stiff at first but after thorough mixing it will soften. Spread over top of one cake, top another cake and spread icing, and put the last cake on top and finish icing.

*Mrs. Inez Bergeron, Lake Charles, La.*

\*\*\*

## BUTTER BRICKLE CAKE

12 egg yolks  
2 cups sugar  
2 1/4 cups sifted cake flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 1/2 teaspoons vanilla  
1/2 cup melted butter  
1 cup scalded milk

Beat yolks until light, gradually beating in the sugar. Beat until very light and fluffy. Sift dry ingredients together 3 times, while cooking the milk and butter slightly. Add milk to egg and sugar mixture, beating well. Add vanilla. Add about 1/4 of the dry ingredients at a time, sprinkling over surface of batter with mixer at low speed. Blend thoroughly, but do not over mix. Fold in the melted butter with a rubber scraper until no streaks of butter remain. Quickly pour into two 8 inch square pans which have been greased. Do not grease the sides of the pans. Have rack low in oven and bake at 350 degrees for 50 minutes or until done. Invert on rack until cold. Be sure cake tests done or it may drop from sides of pan before cooking.

### Butter Brickle Frosting

1/4 cup butter  
2 cups sifted powdered sugar  
2 Tablespoons hot water  
2 Tablespoons light cream  
1 teaspoon vanilla

Brown the butter slowly in sauce pan. Add the sugar, water and cream. Mix until nice and smooth. Blend in vanilla.

*Ida Boutte, Lake Charles, La.*



### STRAWBERRY TRIFLE

3 boxes instant vanilla pudding (must be instant)  
2 containers frozen strawberries  
2 containers cool whip  
1 box butter recipe cake mix

Mix cake mix as directed. Divide batter into two round pans. After the cake is done, put one layer of cake in bottom of bowl, followed by a layer of pudding then add strawberries. Repeat once more. Add cool whip topping. Decorate with fresh strawberries. Great for parties, showers and weddings.

*Selika Miller,  
La Fur & Wildlife Queen 1985, Creole, La.*

\*\*\*

### NEVER FAIL SEVEN MINUTE FROSTING

1½ cups sugar  
½ cup water  
6 large marshmallows  
2 egg whites  
¼ teaspoon baking powder or cream of tartar

Beat egg whites and cream of tartar until stiff. Cook sugar and water until soft ball stage then add marshmallows. When melted add to egg white and beat until fluffy.

*Vida Boudreaux, Creole, La.*

\*\*\*

### RUM CAKE

1 box yellow cake mix  
¾ cup Wesson Oil  
4 eggs  
½ cup brandy fruit (see below)  
1 cup of nuts

1 cup coconut

Mix the cake mix in oil, drain the juice from this fruit, then add the juice and oil to the mix. One after the other, add the whole eggs. Beat for three minutes. Following this add nuts, coconut, and the fruit that has been drenched in flour, bake in a bundt pan at 310 degrees for 45 minutes to an hour.

### Brandy Fruit

1 cup pineapple chunks  
1 cup sugar  
2 weeks later, add 1 cup cherries and the juice  
1 cup of sugar  
2 weeks later, add 1 cup drained and chopped peaches  
1 cup sugar

Do not close the container too tightly for the fruit storage.

*Julie Cady, Queens Contestant, Westlake, La.*

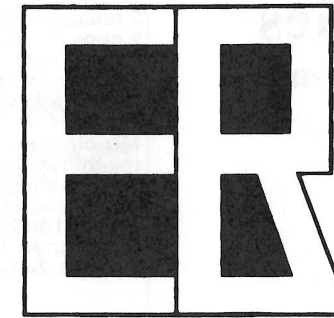
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### FIG CAKE

2 cups sugar  
4 eggs  
1 cup pecans  
2 cups smashed figs  
2 cups flour  
¾ cup shortening  
4 teaspoons cinnamon  
1 teaspoon allspice  
¼ teaspoon salt  
1 teaspoon baking soda

Cream eggs, sugar, and shortening. Add remaining ingredients. Bake at 350 degrees until done. This recipe was given to me by my Uncle Adam. He is now 84 years young.

*Peggy Mhire, Grand Chenier, La.*



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# Cookies and Candies

## FRUIT CAKE COOKIES

- 1 box Betty Crocker yellow cake mix
- 2 eggs
- 2/3 cup oil
- 1 (1 pound) crumbled fruit cake
- 1 Tablespoon rum flavoring

Mix all ingredients, crumble fruit cake into mixture. Drop by teaspoonfuls onto cookie sheet. Bake 10 - 12 minutes in 350 degree oven. Makes about 3 big cookie sheets. (I have used several brands of cake mix, but prefer Betty Crocker.)

*Jo Boudreaux, Grand Chenier, La.*

\*\*\*

## PUMPKIN FUDGE

- 1 cup milk
- 3 cups sugar
- 1/2 cup pumpkin
- 3 Tablespoons corn syrup
- 1 teaspoon pumpkin pie spice
- 1 1/2 teaspoons vanilla
- 1/4 cup butter
- 1/2 cup chopped nuts

Combine milk, sugar, pumpkin, corn syrup and salt in a large 3 quart sauce pan and mix thoroughly. Bring to a bubbly boil on high heat, stirring constantly. Reduce heat to medium and continue to boil mixture without stirring, until it reaches 232 degrees or until small amount of mixture forms a soft ball when dipped in cold water. Remove from heat and stir in pumpkin pie spice, vanilla, butter and nuts. Let cool until lukewarm 110 degrees. Beat until glossy. Pour into a buttered 8 inch square pan. When firm cut into squares. This makes about 1 1/4 pounds of fudge.

*Ida Boutte, Lake Charles, La.*

\*\*\*

## CARAMEL CANDY

- 6 cups sugar
- 1 pint half & half
- 1 stick butter
- 1 teaspoon vanilla
- 1 quart pecans

Place 4 cups sugar in boiler, add half and half; bring to a boil. Brown remaining sugar in pan on another burner, sugar should be brown by the time first mixture comes to a boil. Pour brown sugar into boiler, cook to soft ball stage. Add butter, vanilla and pecans. Beat until almost cool; pour into dish. Yield: About 2 pounds.

*Roslain Baker, Livingston, Alabama*

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## ORANGE COCONUT BALLS

- 1 small can undiluted frozen orange juice
- 1 box confectioners sugar
- 1 stick butter
- 1 large package vanilla wafers
- 1 large can angel flake coconut

Let orange juice thaw. Cream butter and sugar. Crush wafers fine, and add to sugar mixture. Blend in orange juice, mixing well. Form into small balls and roll in coconut. Refrigerate. Makes about 100 balls.

*Mrs. Elizabeth Warren, Wickes, Arkansas*

## CARAMEL SQUARES

- 2 sticks oleo or butter
- 1 package dark brown sugar
- 2 eggs
- 1 1/2 cups all purpose flour
- 2 teaspoons baking powder
- 2 cups chopped pecans
- Dash of salt
- 1 Tablespoon vanilla
- Powdered sugar

Mix oleo or butter with the brown sugar in a pot (double boiler recommended) and melt. Cool the mixture. Add eggs one at a time, beating well after each addition. Add flour and baking powder mixing in well. Stir in pecans, salt and vanilla. Pour into a greased and floured 13 x 9 x 2 inch pan. Bake at 350 degrees for 30 minutes. Let cool. Dust with powdered sugar and cut into squares. Serves 15-20.

*Mrs. Carolyn Hayes, Welsh, La.*

\*\*\*

## GRANDMA'S CHOCOLATE FUDGE

- 2 1/4 cups sugar
- 3 Tablespoons Hershey's cocoa
- 1 small can evaporated milk
- 1/4 cup whole milk
- 2 Tablespoons margarine
- 1 teaspoon vanilla
- 1/2 cup chopped pecans

Mix sugar and cocoa together, add evaporated and whole milk. Cook on medium high heat, stirring constantly till mixture reaches soft ball stage. Remove from heat, add margarine, vanilla and nuts. Beat until mixture starts to thicken. Pour into greased platter.

*Dana Marie Aucoin, Queens Contestant, Assumption, Parish*

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## BUTTER FINGERS

- 1 cup butter
- 5 Tablespoons confectioners sugar
- 2 cups flour
- 2 cups chopped nuts
- 1 teaspoon vanilla

Mix butter, sugar and flour in bowl. Add vanilla, stir. Add nuts. Roll into fingers. Bake at 300 degrees until brown. Makes 2 to 3 dozen.

*Roberta Rogers, Cameron, La.*

\*\*\*

## YAM OATMEAL COOKIES

- 1 cup oleo
- 1 1/4 cups light brown sugar
- 2 beaten eggs
- 1 1/2 cups mashed yams
- 1 teaspoon vanilla
- 1 teaspoon butter flavoring
- 1 1/2 cups self rising flour
- 1 teaspoon cinnamon
- 3 cups oatmeal
- 1 cup chopped nuts

Blend oleo and sugar together. Add eggs, yams, vanilla and butter flavoring. Beat well. Add dry ingredients. Fold in oatmeal and nuts. Drop by teaspoonfuls on greased baking sheet. Bake in 375 degree oven for 12 to 15 minutes. Yields: 4 dozen.

*Frances Faulk*

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## CHESS SQUARES

- 1 package German chocolate cake mix
- 1 stick melted oleo
- 1 cup chopped pecans
- 1 slightly beaten egg

- 1 (8 ounce) package cream cheese
- 1 stick melted oleo
- 1 box confectioner sugar

Mix first 4 ingredients and pat into a 9 x 13 inch baking pan. Then mix the last 4 ingredients and pour on top of cake mix. Bake in 325 degree oven until golden brown. Cool and cut into squares.

*Jo Boudreaux, Grand Chenier, La.*

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## FUDGE CANDY

- 2 cups sugar
- 10 large marshmallows
- 1 (6 ounce) can evaporated milk
- 1 small package chocolate chips
- 1/4 pound margarine
- 1 cup chopped nuts

Mix first 3 ingredients. Bring to a boil. Boil 6 minutes, stirring constantly. Take from heat, add margarine and chocolate chips. Stir until melted, add nuts and pour at once into a greased pan.

*Suzanne Marie Entremont, Queens Contestant, St. John the Baptist Parish*

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## PECAN BARS

- 2 blocks of margarine
- 1/2 cup powdered sugar
- Pinch of salt
- 2 cups flour
- 4 beaten eggs
- 2 cups sugar
- 1/4 cup white corn syrup
- 1 cup chopped pecans
- 1 teaspoon vanilla extract

Mix first 4 ingredients well and pat in cookie sheet. Make sure the pan is 1 inch deep. Bake at 350 degrees for 20 minutes. Mix remaining ingredients well. Pour on crust and bake at 350 degrees for 25 minutes.

*Monica Lynn Duhon, Queens Contestant, Vermillion Parish*

\*\*\*

## SKILLET COOKIES

- 2 egg yolks
- 1 stick butter or margarine
- 1/2 cup sugar
- 1 to 2 cups chopped pecans
- 8 ounces chopped dates
- 2 cups Rice Krispies
- Coconut

Cook first three ingredients in skillet for 5 minutes. Add dates and pecans. Cook 5 minutes longer. Remove from heat. Add Rice Krispies, mix well. Cook enough to handle. Then shape into small balls and roll in coconut.

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## OATMEAL COOKIES

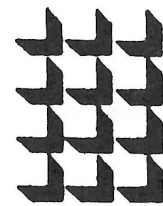
- 1 1/2 cups unsifted all purpose flour
- 1 teaspoon baking soda
- 1 cup softened butter or margarine
- 1/2 cup granulated sugar
- 3/4 cup firmly packed light brown sugar
- 1 package (4 serving size) Jello brand vanilla flavor Instant pudding and pie filling
- 2 eggs
- 3 1/2 cups quick cooking rolled oats
- 1 cup of either: Raisins, Pecans, Chocolate Chips or Butter Scotch

Mix flour and baking soda, combine butter then sugar and pudding mix in a large bowl. Beat until smooth and creamy. Beat in eggs gradually. Add flour mixture, then stir in oats. Bake for 10 to 12 minutes at 375 degrees.

*Mary Theriot, Creole, La.*

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## Pies and Pastries



### PECAN PIE

1 cup white Karo syrup  
½ cup sugar  
1 Tablespoon flour  
1 cup pecans  
3 beaten eggs  
½ block butter  
½ teaspoon vanilla  
Unbaked pie shell

Mix sugar and flour. Add butter. Add beaten eggs, syrup, and vanilla. Line crust with pecans and pour mixture over pecans. Bake at 425 degrees for 10 minutes then turn oven down to 325 degrees and bake for 40 minutes, or until mixture doesn't adhere to knife.

*Doreen Elizabeth Becnel,  
Queens Contestant, St. Charles Parish*

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### BLACKBERRY AND APPLE COBBLER

1 pint blackberries  
4 tart, peeled, cored and sliced apples  
¼ cup sugar  
¼ cup brown sugar  
1 Tablespoon cornstarch

Wash and drain berries. Mix them with apples, sugars and cornstarch. Spread fruits about 1½ inches thick in a shallow buttered baking dish. Set oven at 400 degrees.

#### Topping:

1 cup flour  
1½ teaspoons baking powder  
½ teaspoon salt  
2 Tablespoons sugar  
¼ cup butter  
½ cup cream

Sift flour into bowl and add baking powder, salt and sugar. Rub in butter with finger tips until mixture resembles crumbs. Stir in the cream lightly to form a rough dough. Turn out dough on a floured board and roll out to cover fruit. Lift dough on top of the baking dish. Trim edges. Bake in preheated oven 30 minutes or till topping is crisp and golden, and the fruit is soft when tested with a skewer. Serve hot with vanilla ice cream. Serves 6-8.

*Roberta Rogers, Cameron, La.*

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### BEST EVER APPLE PIE

#### Pastry

1½ cups flour  
Dash salt  
½ cup shortening  
1½ cups shredded cheddar cheese  
4-6 Tablespoons cold water

Combine flour and salt, cut in shortening until mixture resembles coarse crumbs. Stir in cheese, and sprinkle with water. Divide in half and roll a 12 inch circle. Place in 9 inch pan.

#### Filling

6 cups peeled, cored, and sliced apples  
½ cup honey

2 Tablespoons flour  
½ teaspoon cinnamon  
2 Tablespoons margarine

Toss apples with honey and combined dry ingredients. Place in pastry shell and dot with margarine. Roll rest of dough and place on top, seal and flute edges. Cut slits for steam to escape. Bake at 425 degrees for 35 minutes. Reduce temperature to 350 degrees and bake until nicely browned. Serves 6-8.

*Mary Lou Guillory, Welsh, La.*

\*\*\*

### IMPOSSIBLE FRENCH APPLE PIE

6 cups sliced, pared, tart apples  
1¼ teaspoons ground cinnamon  
¼ teaspoon ground nutmeg  
1 cup sugar  
¾ cup milk  
½ cup Bisquick baking mix  
2 eggs  
2 Tablespoons butter or margarine  
Softened streusel (recipe below)

Heat oven to 325 degrees. Grease pie plate 10 x 1½ inches. Mix apples and spices; turn into pie plate. Beat remaining ingredients, except streusel, until smooth, (15 seconds in blender on high or 1 minute with hand beater.) Pour into pie plate. Sprinkle with streusel. Bake until knife inserted in center comes out clean. About 55-60 minutes.

#### Streusel

½ cup chopped nuts  
1 cup Bisquick baking mix  
¾ cup packed brown sugar  
3 Tablespoons firm butter or margarine

Mix all ingredients until crumbly.

*Aquilla Portie, Creole, La.*

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*Ervin, Gearldine, Sherrie, Randall Richard,  
also Pam and Laura Savoie, Patty LeBleu and  
Buchla Boudreaux*

## GRANDMA BUSH'S PECAN PIE

½ cup butter  
½ cup sugar  
3 well beaten eggs  
1 cup dark Karo syrup  
1 cup finely chopped pecans  
½ cup sweet milk

Cream together butter and sugar. Add remaining ingredients and mix well. Pour in 10 inch deep pie plate. Cook for 45 minutes at 350 degrees.

*Yvonne McNease, Grand Chenier, La.*

## FLUFFY COCONUT PIE

5 eggs  
1 stick butter or margarine  
¾ cup buttermilk  
2 cups sugar  
2 cups coconut  
1 (9 inch) unbaked pie shell

Mix all ingredients well. Beat really hard. Bake at 350 degrees about 30 minutes or until pie is done. Makes a very thick and fluffy pie.

*Mrs. Lynex Richard, Creole, La.*

## STRIPED DELIGHT

1½ cups graham cracker crumbs  
¼ cup sugar  
½ cup melted butter or margarine  
1 (8 ounce) package softened cream cheese  
¼ cup sugar  
2 Tablespoons milk  
1 (8 ounce) container cool whip  
2 packages (4 serving size) chocolate instant pudding  
3½ cups cold milk  
or use 1 package (6 serving size) instant pudding and 2½ cups cold milk

Combine graham cracker crumbs, ¼ cup sugar and melted butter. Press firmly into bottom of 13 x 9 inch pan. Beat cream cheese with sugar and 2 Tablespoons milk until smooth. Fold in half the whipped topping. Spread over crust. Using 3½ cups cold prepared pudding as directed on package. Pour over cream cheese layer. Chill several hours or overnight. Spread remaining whipped topping over pudding. Garnish with grated chocolate or chopped nuts, if desired. Makes 12 to 15 servings. Try striped delight in Pistachio, Lemon or Butterscotch flavors too.

*T. Mae Booth, Grand Chenier, La.*

## RITZ CRACKER DESSERT

6 egg whites  
¾ cup cream of tartar  
2 cups sugar  
2 cups crushed Ritz crackers  
1 cup nuts  
1 (9 ounce) container cool whip  
1 can pineapple pie filling

Beat the egg whites with the cream of tartar until stiff but not dry. Add the sugar, gradually, beating well. Fold in the crushed crackers and nuts. Pour into a buttered 12 x 8 pyrex pan and bake for 25 minutes in a 350 degree oven. Cool and cover with the cool whip. Chill thoroughly. Cover with pie filling. (Other kinds of pie filling can be used.) Chill until serving time.

*Ida Boutte, Lake Charles, La.*

## HEAVENLY PIE

4 separated eggs  
¼ teaspoon cream of tartar  
1 cup sugar  
3 Tablespoons fresh lemon juice  
1 Tablespoon grated lemon rind  
¼ teaspoon salt

2 cups whipped cream

Beat room temperature egg whites until frothy; add cream of tartar, beating slightly. Gradually add 1 cup sugar, beating well after each addition; continue beating until stiff and glossy. Do not under beat. Spoon meringue into a well greased 9 inch pie plate. Use spoon to shape meringue into a pie shell, swirling sides high. Bake at 275 degrees for 50 minutes. Cool. Beat egg yolks until thick and lemon colored. Gradually add remaining sugar, lemon juice, lemon rind and salt. Cook in top of double boiler, stirring constantly, until smooth and thickened. Cool. Fold half of whipped cream into lemon mixture; spoon into meringue shell and spread evenly. Cover and refrigerate at least 12 hours. Top with remaining whipped cream.

*Ida Boutte, Lake Charles, La.*

## FRIED PIE CRUST

5 cups plain flour  
1 cup Crisco  
2 Tablespoons sugar  
2 Tablespoons salt  
1 large can pet milk  
1 package dried, mashed fruit cooked with sugar

Mix all ingredients. Roll out to desired size. Will make about thirty 5 inch pies. Use 1 package dried fruit. Cook fruit, add sugar to taste. Fry in butter flavor Crisco. Fry on one side turn and fry on other side until brown.

*Roslain Baker, Livingston, Alabama*

## ESTER'S SWEET DOUGH

1½ cups sugar  
¼ teaspoon salt  
4 eggs  
1 stick melted margarine  
¼ cup vegetable oil  
¼ cup milk  
2 teaspoons vanilla  
5 cups flour  
5 teaspoons baking powder

Mix first seven ingredients well. Then add 1 cup flour and 1 teaspoon baking powder at a time. Mix well after each addition. (Pour each cup flour and teaspoon baking powder into a sifter and sift into bowl.) Dough will become increasingly difficult to stir, but must be hard and rollable before you stop adding flour. Roll out and fill. You may make regular pie crusts in pans with this dough or roll out and fill to make little individual pies. Delicious filled with figs, apples, pineapple, strawberries, etc. ENJOY!

*Mrs. Pierre East*

## HONEY BUNS

1 (10 ounce) package refrigerated biscuits  
½ cup cocktail peanuts  
¼ teaspoon ground cinnamon  
¼ teaspoon ground coriander  
½ - 1 cup honey

Lightly grease 10 muffin pan cups (each 2½ x 1¼ inches.) Put 1 teaspoon of peanuts and 1 teaspoon of honey in each cup and sprinkle with a mixture of the cinnamon and coriander, add a biscuit to each cup. Bake in a preheated 400 degree oven until golden brown. About 12 minutes.

*Mirinda Morales, Grand Chenier, La.*

## PECAN PIE

2 cups sugar  
½ cup butter  
6 eggs  
1 cup Karo  
2 cups pecans

Cream sugar and butter together then add eggs, Karo and mix well. Add pecans to uncooked pie shells. Makes 2 pies.

*Beverly Dyson, Grand Chenier, La.*

## STRAWBERRY DELIGHT

1½ to 2 cups crushed pretzels  
½ cup butter or oleo  
1½ cups sugar  
2 (8 ounce) packages cream cheese  
1 (12 or 16 ounce) Cool Whip or LeCreme  
2 (3 ounce) packages strawberry jello  
2 cups boiling water  
2 (10 ounce) packages frozen strawberries with juice

Combine pretzels, butter and ½ cup sugar. Spread into 9 x 13 inch cake pan. Bake at 350 degrees for 8 to 10 minutes. Do not over-bake. In bowl, blend cream cheese, then fold in cool whip and 1 cup sugar. Spread over pretzel crust, covering all edges. Cool. Add boiling water to jello then stir in strawberries and juice. Pour over cool whip mixture and store in a refrigerator until firm.

*Mrs. Edward Shelton, Spring Branch, Texas*



## KAYLA'S HOT SAUCE

3 whole jalapenos  
1 onion  
1 large can tomatoes (fresh tomatoes are delicious)  
Dash of tabasco  
1 teaspoon lemon juice  
1 teaspoon sugar  
1 teaspoon Worcestershire sauce

½ teaspoon salt

Put jalapenos and onion in blender. Process until finely chopped. Add remaining ingredients to blender and blend only a few seconds - just enough to mix. Ready to serve. Use as a dip with chips or serve as topping for Mexican dishes.

*Kayla Hoffman, Dallas, Texas*

## FINISHING TOUCH FISH SAUCE

1 stick butter  
6 green thinly sliced onions with tops  
2 minced garlic buds  
1 can quartered artichoke hearts  
1 cup fresh sliced mushrooms  
¼ cup lemon juice

Saute onions and garlic in butter. Add rest of ingredients, simmer until tender. Serve over fresh fish filets which have been seasoned, floured and cooked in butter.

*Betty O'Banion, Ruston, La.*

## HAM RAISIN SAUCE

1 cup raisins  
1 cup orange juice  
1 cup water  
½ cup orange marmalade  
2 Tablespoons cornstarch  
½ cup sugar  
Pinch salt  
¼ teaspoon cloves

Combine raisins, ¾ cup water, orange juice and marmalade in a pot. Cook for 10 minutes. Dissolve cornstarch in remaining ¼ cup water. Add to pot with sugar, salt and cloves, and cook five minutes more, or until thickened. Makes 2½ cups. Serve over ham slices.

*Roberta Rogers, Cameron, La.*



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# Menu and Recipes from THURSDAY NIGHT BUFFET

Mr. and Mrs. Brent Nunez  
Sweetlake Community

CRAB RING MOLD  
DEVEILED EGGS  
CHEESE NUT BALL  
MARINATED TRAY  
MARINATED CARROTS  
DEER ROAST  
SOUTHERN FRIED QUAIL  
GREEN BEANS A LA NANCY  
SHRIMP AND CRAB CASSEROLE  
TURKEY ROLL  
CRAB AND SHRIMP STEW  
POT ROAST DUCK

RAW OYSTERS COCKTAIL & SAUCE  
BOILED SHRIMP COCKTAIL & SAUCE  
ASSORTED CHEESE, BEEF STICKS  
& CRACKERS

CRAWFISH HEADS STUFFED WITH SHRIMP  
BROCCOLI CASSEROLE  
SHRIMP JAMBALAYA  
SWEET POTATOES

BAKED RABBIT  
CRAWFISH BISQUE  
STUFFED CRABS  
BAKED HAM  
SHRIMP CREOLE  
DUCK JAMBALAYA  
COLD SLAW  
CHAMPAGNE SALAD  
HUMMING BIRD CAKE  
PICCADILLY PIES  
DACQUIRI PIES

## WILD DUCK JAMBALAYA

2 ducks cut into serving pieces  
½ cup cooking oil  
1 medium onion, chopped  
½ cup bell pepper, chopped  
½ cup celery, diced  
½ cup green onions, chopped  
½ cup parsley, chopped  
2½ cups rice  
Salt and pepper to taste  
4 cups water

Brown duck in cooking oil. Add onion, bell pepper, celery, and saute ducks. Add water and cook until ducks are tender. Add rice, green onion, parsley and season. Cook until rice is cooked.

Lena Guidry, Sweetlake, La.

\*\*\*

## MARINATED CARROTS

5 cups sliced carrots  
1 medium onion sliced in rings  
1 small bell pepper sliced in rings  
1 can tomato soup  
½ cup salad oil  
1 cup sugar  
¾ cup vinegar  
1 teaspoon prepared mustard  
1 teaspoon worcestershire sauce  
1 teaspoon salt  
1 teaspoon black pepper

Cook carrots until crispy, do not let them get soft. Drain and cool. Combine cooled carrots, onion rings, bell pepper rings. Mix other ingredients and pour over vegetables. Cover and marinate in the refrigerator for 12 hours before serving. Will keep 2 weeks in refrigerator.

Lena Guidry, Sweetlake, La.

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## BROCCOLI CASSEROLE (Microwave)

3 Tablespoons oil  
½ cup chopped onion  
2 (10 ounce) packages frozen chopped broccoli  
6 slices of your favorite cheese or

6 ounces of grated cheese  
1 (10¾ ounce) can undiluted cream of mushroom soup (prefer golden)  
1½ cups plain bread crumbs  
½ cup butter

Saute onion in oil in a 1½ quart dish on high for 3 minutes. Add broccoli, cover with wax paper or lid, and continue cooking on high for 7 minutes. Spoon half the broccoli mixture into a 2 quart casserole. Layer with ½ the cheese and ½ of the undiluted soup. Combine bread crumbs with butter until well coated and layer ½ the crumbs over soup. Repeat layers topping with bread crumbs. Cover with lid or wax paper. Microwave on High for 8 minutes. Turn dish two times during cooking time. Total cooking time: 18 minutes - 6 servings.

Nanette Kline, Sweetlake, La.

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## CHAMPAGNE SALAD

1 (8 ounce) package cream cheese  
¾ cup sugar  
1 large can of drained pineapple tidbits  
1 small can crushed pineapple  
1 (10 ounce) package frozen strawberries, thawed  
3 sliced bananas  
1 cup of nuts  
1 large carton Cool Whip  
1 teaspoon vanilla

Cream together cream cheese and sugar. Combine all remaining ingredients and freeze. All to thaw a few minutes before serving.

Nanette Kline, Sweetlake, La.

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## GREEN BEANS A LA NANCY

1 can vertical pack whole green beans  
Salt and pepper to taste  
Strips of 2 to 3 inch bacon.

Drain beans and towel dry on paper towel. Salt and pepper the beans. Wrap 3 beans in strip of bacon and line them up in cooking dish. Bake at 350 degrees. Cook until the bacon is done about 30-45 minutes. Don't over cook.

Darlene Taylor, Sweetlake, La.

## CRAB MOLD

1 teaspoon unflavored gelatin  
¼ cup cold water  
2 (8 ounce) packages softened cream cheese  
¼ teaspoon creole seasoning  
1 (2 ounce) jar drained dromedary pimentos, sliced or chopped  
2 pounds crab meat, thawed and drained if frozen  
¼ teaspoon ground black pepper  
¼ cup snipped parsley  
Garlic juice to taste  
Tabasco sauce to taste

Sprinkle gelatin over water to soften, stir over hot water until dissolved. Beat into cream cheese until smooth. Stir in next ingredients and 2 Tablespoons parsley. Pour into a 3 cup ring mold. Refrigerate at least 4 hours to until set. To serve, turn out on plate, garnish with remaining parsley.

Mary Louise LaBove, Sweetlake, La.

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## GRANDMA'S PINEAPPLE CAKE

1 stick butter or margarine  
½ cup crisco  
3½ cups sugar  
6 eggs  
2 teaspoons vanilla  
2 cups milk  
4 cups cake flour  
5 teaspoons baking powder

Cream margarine and crisco. Add sugar and beat until fluffy. Add eggs, one at a time, beating after each addition. Combine dry ingredients and add alternately with milk. Add vanilla. Beat for 4 minutes. Using Pam or greased and floured pans. Use 4 round cake pans and bake at 350 degrees until toothpick inserted in cake comes out clean.

### Filling

1 can crushed pineapple  
1 cup sugar  
2 Tablespoons cornstarch  
¼ cup water

Cook for 10 minutes on low fire then add 2 Tablespoons cornstarch in ¼ cup of water. Cook until thick.

### Icing

1 box powdered sugar  
1 stick butter  
¼ cup milk

Combine butter and milk blend well. Add powdered sugar gradually. Mix well and ice cake.

Donna Verserywelt, Sweetlake, La.

\*\*\*

## CAJUN COUNTRY CASSEROLE

4 ounces cream cheese  
4 Tablespoons butter  
1 pound cleaned shrimp  
1 cup chopped onion  
½ cup chopped bell pepper  
½ cup chopped celery  
1 can golden mushroom soup  
¼ cup pimentos  
1 Tablespoon garlic salt  
1 teaspoon tabasco sauce  
1 pint crab meat  
2 cups cooked rice  
½ cup buttered bread crumbs  
¼ cup grated cheddar cheese

Melt cream cheese and 2 Tablespoons butter in double broiler. Melt remaining 2 Tablespoons butter in skillet and saute shrimp until they turn pink. Add vegetables and continue to saute until vegetables are slightly wilted. Add melted cream cheese, butter and soup. Mix well. Add pimentos, seasonings, crab meat, and rice. Mix well and place in a 2 quart casserole. Top with bread

crumbs that have been lightly tossed in butter. Top with sharp cheddar cheese. Bake at 350 degrees about 20-30 minutes to until bubbly. Garnish with cherry tomatoes and parsley. Serves 8.

Ina LaBove, Sweetlake, La.

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## LENA'S CRAB STEW

½ cup flour  
½ cup cooking oil  
1 cup chopped onion  
1 cup chopped celery  
½ cup chopped bell pepper  
2 or 3 cloves finely minced garlic  
½ cup tomato sauce  
2 or 3 cups water  
1 dozen cleaned crab bodies  
1 cup crab meat  
¼ cup finely chopped parsley  
¼ cup green onion tops  
Salt and pepper to taste

Brown flour in cooking oil using a heavy pot until light tone stirring often. Add chopped vegetables and cook until wilted. Add tomato sauce and add water to make a slightly thick gravy. Add seasoning to taste. Simmer 15 to 20 minutes. Add crab bodies and crab meat, simmer for 20 minutes. Add parsley and onion tops and cook 5 to 10 minutes more. Serve on rice.

Lena Guidry, Sweetlake, La.

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## STUFFED CRABS

1 pound crab meat  
1 medium chopped onion  
1 chopped rib of celery  
1 medium chopped bell pepper  
½ cup chopped green onions  
¼ cup cooking oil  
8 slices of bread, toasted and broken into small pieces  
Salt and black pepper to taste  
Red pepper to taste  
Yellow corn meal  
Butter

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

Shirley Nunez, Sweetlake, La.

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## 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 hads 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.

## FRUIT TOPPED VANILLA CREAM PIE

- 1 cup sugar
- 1/3 cup cornstarch
- 1/4 teaspoon salt
- 1 quart milk
- 4 beaten egg yolks
- 2 Tablespoons butter or margarine
- 1 1/2 teaspoon vanilla extract
- 1 basic pastry shell
- 2 to 3 kiwi, peeled and sliced
- 1 cup fresh sliced strawberries
- 1 whole strawberry
- 1/2 cup strawberry jelly

Combine sugar, cornstarch, and salt in a heavy saucepan. Combine milk and egg yolks; gradually stir into sugar mixture. Cook over medium heat stirring constantly, until mixture thickens and boils. Boil 1 minute, stirring constantly. Remove from heat; stir in butter and vanilla. Immediately pour into baked pastry shell. Cover filling with wax paper. Let cool 30 minutes; then chill until firm. Arrange fruit attractively on pie. Cook jelly over heat until jelly melts, stirring constantly. Spoon jelly evenly over fruit. Refrigerate 1 hour before serving. Yield one 9 inch pie.

Preston Smith, Sweetlake, La.

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## DAIQUIRI PIE

- 1 package (4 serving size) Jell-O Lemon Flavor Pudding and Pie Filling
- 1 package (3 ounce size) Jell-O Lime Flavor Gelatin
- 1/2 cup sugar
- 2 1/2 cups water
- 2 slightly beaten eggs
- 1/2 cup Bacardi light rum
- 2 cups Cool Whip Non-Dairy Whipped Topping, thawed
- 1 baked 9 inch crumb crust, cooled

Mix pudding, gelatin and sugar in saucepan. Stir in 1/2 cup water and eggs; blend well. Add remaining water. Stir over medium heat until mixture comes to full boil. Remove from heat; stir in rum. Chill about 1 1/2 hours. (To hasten chilling, place bowl of filling mixture in larger bowl of ice and water; stir until mixture is cold.) Blend topping into chilled mixture. Spoon into crust. Chill until firm, about 2 hours. Garnish with additional whipped topping, lime or lemon slices, grated lime or lemon peel, or graham cracker crumbs.

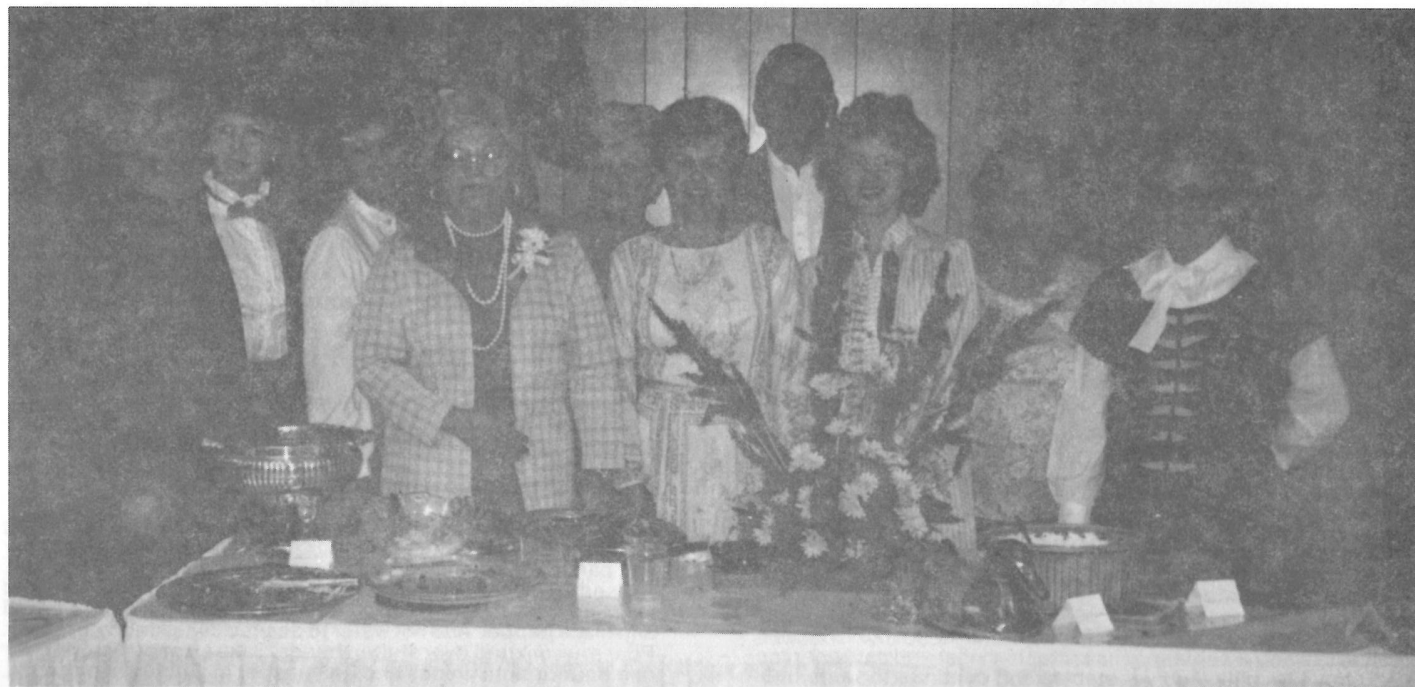
Billie Smith, Sweetlake, La.



Festival President, Braxton Blake and Thursday Night Hosts Shirley and Brent Nunez chat with our visiting artist Elton Louviere and his lovely wife.



Mr. and Mrs. Nunez warmly welcome the National Outdoor Queen, Missy Frasier, and her family.



Hosts and hostesses for Thursday Night Buffet: Preston Smith, Donna Verzwylt, Mary Louise LaBove, Betty LaBove, Billie Smith, Shirley Nunez, Brent Nunez, Darlene Taylor, Annie Young, Della Nunez, not pictured - Lena Guidry.

# Menu and Recipes from FRIDAY LUNCHEON

Dr. and Mrs. Richard Sanders  
Creole Community

## CHICKEN SALAD SANDWICHES SHRIMP & CRAB GUMBO

## CRAB DIP CHOCOLATE REVEL BARS CREAM PUFFS ANGEL FLAKE BISCUITS

## SHRIMP AND CRAB GUMBO

- 1 pound margarine
- 4 large chopped onions
- 4 chopped celery sticks
- 2 chopped bell peppers
- 4 chopped fresh tomatoes
- 5 pounds peeled, raw shrimp
- 3 pounds crab meat
- 4-6 cups smothered okra
- 3 quarts water
- Tony's Seasoning

Saute onions in margarine until golden brown. Add celery, bell pepper and tomatoes, cook until wilted, stir often. Then add shrimp. Stir lightly until shrimp are pink, then add water, okra and crab meat. Simmer for one hour. Serve hot with rice.

\*\*\*

## CATFISH COURTBOULLION

- 1 pound margarine
- 1 cup flour
- 3 large onions, chopped
- 3 chopped celery stalks
- 1 bell pepper, chopped
- 2 large cans tomato sauce
- 10 pounds catfish
- 1 (16 ounce) can tomato juice

Brown flour in margarine. Add onions, celery and bell pepper. Saute until wilted. Add tomatoes (juice and sauce), and simmer for 30 minutes. May add some water as desired. Season catfish with Tony's Seasoning and add to gravy, simmer slowly for 20 minutes. Serve over hot rice.

\*\*\*

## CHOCOLATE REVEL BARS

- 1 cup softened butter or margarine
- 2 cups packed brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 3 cups quick-cooking rolled oats
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 ounce) package semi-sweet chocolate pieces (2 cups)
- 2 Tablespoons butter or margarine
- 1/2 teaspoon salt
- 1 cup chopped walnuts
- 2 teaspoons vanilla

In large bowl cream together 1 cup butter and brown sugar until fluffy; beat in eggs, oats, flour, soda and 1 teaspoon salt; stir in creamed mixture till blended; set aside. In heavy saucepan stir milk, chocolate, 2 Tablespoons margarine, and remaining salt over low heat till smooth. Remove from heat; stir in nuts and vanilla. Pat 2/3 of the oat mixture into ungreased 15 1/2 x 10 1/2 x 1 inch baking pan. Spread chocolate mixture over oat layer; sprin-

## RICE

## CHEESE BALL THUMB PRINTS PUNCH BOWL CAKE COFFEE

## CATFISH COURTBOULLION SEVEN LAYER SALAD

## SWEDISH MEATBALLS PECAN COCOONS

## ICED TEA FRUIT PUNCH

kle with remaining oat mixture. Bake at 350 degrees for 25 to 30 minutes. Cool; cut into bars.

\*\*\*

## CREAM PUFFS

- 1 cup water
- 1/2 cup butter or margarine
- 1/4 teaspoon salt
- 1 cup all purpose flour
- 4 eggs

In 2 quart saucepan over medium heat, heat water, butter or margarine, and salt until butter melts and mixture boils. Remove saucepan from heat. With wooden spoon, vigorously stir in flour all at once until mixture forms a ball and leaves sides of saucepan. Add eggs to flour mixture, one at a time, beating after each addition, until mixture is smooth and satiny. Cool mixture slightly. Pre-heat oven to 400 degrees. Lightly grease and flour large cookie sheet. Drop batter by heaping Tablespoons for about 12 large puffs, or by teaspoons for approximately 2 dozen small ones. Bake 40 minutes or until golden. Turn off oven; let puffs remain in oven 15 minutes. Remove from oven and let cool on wire rack. When cooled, slice each horizontally in half. Prepare almond-cream filling; spoon into bottom of puff and replace top. Refrigerate. Prepare Chocolate Glaze and spoon over puffs.

## Almond Cream Filling

Prepare one 3 1/2 to 3 3/4 ounce package vanilla-flavor instant pudding and pie filling as label directs but use only 1 1/4 cups milk. Fold in 1 cup heavy or whipping cream, whipped, and 1 teaspoon almond extract.

## Chocolate Glaze

In double boiler over hot, not boiling, water, heat 1/2 cup semi-sweet chocolate pieces with 1 Tablespoon butter or margarine, 1 1/2 teaspoon milk and 1 1/2 teaspoons light corn syrup until smooth, stirring constantly.



Friday Luncheon Hostesses: Bobbie Primeaux, Sally Sanders, JoAnn Nunez, Jo Boudreaux, and Vickie Theriot.

# Menu and Recipes from FRIDAY NIGHT BUFFET

Mr. and Mrs. James S. Henry, Jr.  
Cameron Community

## HILDA'S OYSTER PIQUART

SEAFOAM LIME MOLD  
CORN CASSEROLE  
SHRIMP CHEESE BALL

All recipes prepared by: Shirley Bonsall, Charlene Boudreaux,  
Jana Kay Nunez, Dorothy Landry, Elizabeth Richard

## HILDA'S OYSTER PIQUART

36 large oysters  
1 cup margarine  
2 Tablespoons chili sauce  
1 Tablespoon melted butter  
1½ Tablespoon lemon juice  
3 to 4 drops tabasco sauce  
½ teaspoon pepper  
1 teaspoon paprika  
1 Tablespoon prepared mustard  
1 cup bread crumbs

Arrange oysters in casserole. Mix all ingredients and pour over oysters, sprinkle bread crumbs on top. Cook at least 5 minutes or until oysters begin to curl.

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## SMOKED TURKEY CHEESE BALLS

1 cup finely chopped smoked turkey  
1 (8 ounce) package cream cheese  
3 Tablespoons mayonnaise  
½ cup or more finely chopped pecans  
or pecan meal

Combine first 3 ingredients. Chill well. Shape into one or two balls and roll in pecans. Wrap well. Freeze or refrigerate. Serves 12 to 15.

\*\*\*

## SEAFOAM LIME MOLD

1 package (3 ounce size) lime gelatin  
1 cup hot water  
½ cup cold water  
1 (8 ounce) package softened cream cheese  
1 Tablespoon lemon juice  
1½ cups drained crushed pineapple  
1½ cup miniature marshmallows  
½ cup pecans

Melt gelatin in hot water. Add cold water and lemon juice. Pour into cream cheese a little at a time. Blend well. Chill until slightly firm. Add other ingredients and chill until firm.

\*\*\*

## SHRIMP CHEESE BALL

3 (8 ounce) packages cream cheese  
1 (8 ounce) jar cheese whiz  
4 Tablespoons chopped onions

SMOKED TURKEY CHEESE BALLS  
SHRIMP MOLD  
BACON WRAP

EGGS STUFFED WITH CRAB MEAT

1 teaspoon garlic salt  
2 cups chopped or grated shrimp  
Chopped pecans

Blend ingredients. Refrigerate and let harden slightly. Form in ball and roll in chopped pecans.

\*\*\*

## CORN CASSEROLE

1 can drained corn  
1 stick butter  
1 (8 ounce) package cream cheese  
½ teaspoon salt

Melt butter and mix in cream cheese until blended. Add corn and salt.

\*\*\*

## GATOR CASSEROLE

2 Tablespoons butter or margarine  
½ cup minced onion  
3 cloves minced garlic  
¼ cup chopped green onion tops  
¼ cup chopped celery  
2 cups ground alligator meat  
1 beaten egg  
2 teaspoons salt  
¼ teaspoon black pepper  
¼ teaspoon cayenne pepper  
3 mirlitons, peeled, cubed, cooked  
and drained  
3 Tablespoons butter or margarine  
3 slices bread, moistened, drained and squeezed  
1 Tablespoon chopped parsley  
Italian Bread Crumbs

Melt 2 Tablespoons butter or margarine in skillet. Saute onions, garlic, onion tops, celery and alligator for 6 minutes. Set aside in 2 quart baking dish. To skillet add eggs, salt, peppers, mirlitons, 3 Tablespoons butter and bread. Mix and cook for 10 minutes on medium low. Stir in parsley. Add to mixture in baking dish and mix well. Sprinkle with bread crumbs. Bake at 350 degrees until crumbs are slightly browned. 12 servings.

\*\*\*

## HERSHEY PIE

1 graham cracker crust  
7 Hershey bars  
2 (6 ounce) package cool whip

Melt 6 Hershey bars, and mix with cool whip. Pour in pie crust. Top with 6 ounces of cool whip and grate a Hershey bar on top. Refrigerate and serve. Serves 6 to 8.

## FLASH-UN-KAS

GATOR CASSEROLE  
HERSHEY PIE  
SHRIMP STUFFED EGGS

## SHRIMP STUFFED EGGS

8 hard cooked eggs  
2 Tablespoons mayonnaise  
1 cup boiled and shredded shrimp  
2 Tablespoons minced celery  
2 Tablespoons minced onion (optional)  
2 Tablespoons chopped pickles  
Salt and pepper or seasoned salt to taste  
Garnish with shrimp, lemon wedges and paprika

Cut eggs in half lengthwise and carefully remove yolks. Mash yolks with mayonnaise; blend in next 5 ingredients. Fill eggs with shrimp and egg mixture. Garnish with a shrimp on top of each and a light sprinkling of paprika. Arrange lemon wedges around platter. Chill. 6 to 8 servings.

\*\*\*

## BACON WRAP

2 packages chicken livers or  
2 cans water chestnuts  
1 pound bacon

Take chicken livers or water chestnuts and wrap ½ bacon slice around it. Hold with a toothpick. Place in baking dish and microwave for 3 minutes, drain. Return for 2 minutes more. Spread Sweet and Sour Sauce over and serve.

\*\*\*

## SHRIMP MOLD

2 pounds shrimp  
2 cans tomato soup  
8 ounces cream cheese  
1 box non-flavor jello  
1 cup hot water  
1 cup mayonnaise  
Hot pepper to taste

Boil, peel and grind shrimp. Set aside. Boil 2 cans tomato soup and add 8 ounces cream cheese. Remove from heat and mix with 1 box non-flavor jello, and hot water. Mix with shrimp and mayonnaise. Add hot pepper to taste. Put in bundt pan and chill. Better is made the day before.

\*\*\*

## FLASH-UN-KAS

1 cup softened butter  
1 (8 ounce) package softened cream cheese  
2 cups sifted all-purpose flour

Cream butter and cream cheese together until well blended. Add flour and mix until smooth. Chill pastry thoroughly (overnight if possible). Using a small portion of pastry at a time, roll pastry about ¼ inch thick on a lightly floured surface; cut out rounds with a 2 inch cookie cutter. Make fillings. Spoon a rounded ¼ teaspoonful of filling onto half of each round. Fold dough over filling and press together with a fork. Transfer to baking sheet. Bake at 400 degrees for 8 to 10 minutes or until lightly browned. Serve hot. Makes about 9 dozen. (Use your favorite filling in these delicious little pastries.)

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## EGGS STUFFED WITH CRABMEAT

6 hard cooked eggs  
1 teaspoon dry mustard  
½ teaspoon salt  
1 cup canned crab meat, flaked  
1 cup chopped celery  
1 cup chopped green pepper  
¾ cup mayonnaise  
Paprika

Cut eggs into halves, crosswise. Remove yolks, mash and mix with other ingredients. Fill whites, sprinkle with paprika. Makes 12 egg halves. Suggestion: the leftover filling can be used for a snack. Serve with crackers, stuffed tomatoes or sandwiches.



Friday Night Buffet Hostesses: Jana Nunez, Charlene Boudreaux, Jimbo Henry, Hilda Henry, and Shirley Bonsall.

# Menu and Recipes from SATURDAY BRUNCH

James and Deala Guthrie  
Cameron Community

**HAM AND CHEESE OMELETS**  
**GRITS**  
**COUNTRY SAUSAGE**  
**CRESENT ROLLS**

**COFFEE**  
**HOT CHOCOLATE**  
**BANANA NUT BREAD**  
**SAUSAGE AND CHEESE BISCUITS**

**WINTER FRUIT PLATTER**  
**MIMOSA'S**  
**SEASONED TOAST**  
**CRANBERRY BREAD**

Hostesses: Nancy Cronan, Judy Griglow, Becky Vidrine, Barbara Lou LeBlanc, Lori LeBlanc, Kris Vidrine, and Anita Walther

## CRANBERRY BREAD

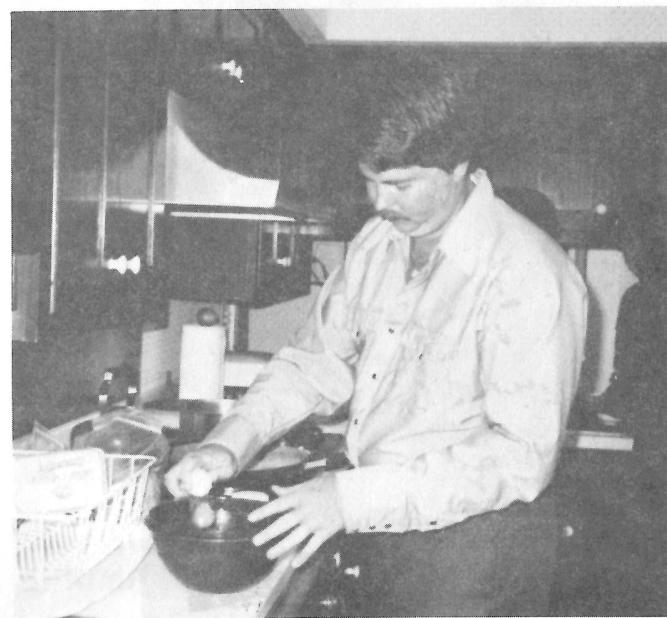
1 package yellow cake mix  
1 small lemon instant pudding  
4 eggs  
¼ cup oil  
1 cup sour cream  
½ cup chopped pecans  
1 can Ocean Spray Cranberry Sauce, chilled

Mix cake mix and instant pudding. Add oil and eggs one at a time. Fold in sour cream and nuts. Mixture will be a little stiff. Cut cranberry sauce in little cubes and fold into cake mixture. Pour into two loaf pans. Bake at 350 degrees - usually one hour. Be sure it's done. Let cool. It falls easily. After cake is cool, mix a little powdered sugar and 1 to 2 Tablespoons lemon juice. Drizzle over cake and top with nuts.

\*\*\*

## MIMOSA'S

1 bottle of champagne  
1 large orange juice concentrate, thawed



Hard at work is Chef Jamie with his Ham and Cheese Omelets.

Add amount of water directed on can of orange juice. Combine orange juice and champagne in pitcher. Serve chilled.

Wilma Guthrie

\*\*\*

## HAM AND CHEESE OMELETS

12 dozen eggs  
Salt and pepper to taste  
1 pound grated American cheese  
2½ pounds shredded ham

To make an individual omelet, scramble 3 eggs, salt and pepper to taste. Sprinkle about ¼ cup cheese and ½ cup ham onto eggs, when set, fold over. Slice into about 5 pieces.

Jamie Guthrie

\*\*\*

## SEASONED TOAST

1 loaf of bread  
1 stick of oleo  
Garlic powder  
Red pepper to taste

Cut bread into small slices. Dry sticks overnight or 8 hours. Melt oleo, garlic powder, and red pepper to taste. Brush sticks with melted mixture after sticks are dried. After brushing sticks sprinkle with dried parsley flakes and paprika. Bake in oven at 250 degrees for 1 hour.

Lori LeBlanc

\*\*\*

## BANANA NUT BREAD

2 cups shortening  
4 teaspoons soda  
2 teaspoons salt  
12 mashed ripe bananas  
4 cups sugar  
8 well beaten eggs  
1½ cups of nuts  
8 cups sifted flour

Cream shortening and sugar. Add eggs and beat until creamy. Add soda and salt to flour. Mix all ingredients together adding bananas and nuts. Bake 1 to 1½ hours at 350 degrees. Makes 4 or 5 loaves.

Lori LeBlanc

## WINTER FRUIT PLATTER

4 kiwi  
5 oranges  
5 apples  
Fruit Fresh  
3 pineapple  
4 large bunches grapes

Wash all fruit. Peel and slice kiwi. Slice oranges, then quarter each slice. Do not peel oranges. Before cutting apples, prepare a solution of Fruit Fresh according to package directions. This keeps apples from turning brown. Immediately after cutting apples in wedges, place a solution. Cut pineapple in quarters lengthwise, do not remove leaves. Slice into meat of pineapple without cutting through shell. Then cut lengthwise to separate pineapple meat from shell. Use pineapple shells as serving dish for pineapple slices. Break bunch of grapes into several pieces. Arrange fruit in an attractive manner on platter.

Nancy C. Cronan, Sweetlake, La.



Saturday Brunch Hosts and Hostesses: Becky Vidrine, Kris Vidrine - 4-H'er, Anita Walther - 4-H'er, Nancy Cronan, Deala Guthrie, Lori LeBlanc, Barbara Lou LeBlanc, Jamie Guthrie, and not pictured Judy Griglow.

# Menu and Recipes From SATURDAY NIGHT BUFFET

Mrs. Joyce Sturlese  
Creole Community

**CHEESE CAULIFLOWER AND BROCCOLI**  
**CHOCOLATE MOUSSE**  
**CONGEALED SALAD**

**CRAB IMPERIAL**  
**BARBEQUED OYSTERS**  
**PINEAPPLE CAKE**

**STRAWBERRY PIE**  
**MARINATED OYSTERS**  
**SHRIMP DIP**

## SHRIMP DIP

1 quart shrimp  
2 (8 ounce) packages softened cream cheese  
1 grated onion  
2 Tablespoons sweet pickle relish  
2 Tablespoons mayonnaise  
1 teaspoon horseradish

Clean, boil, and grind shrimp. Mix all ingredients well. Serve with crackers.

Brenda Boudreaux

\*\*\*

## CONGEALED SALAD

1 large lemon gelatin  
1 large cream cheese  
1 large whipped topping  
Fruit (I use a large can of drained, sliced peaches)

Mix jello with 2 cup hot water. Chill until set. Mix with cream cheese and whipped topping and fruit. Chill until ready to serve.

\*\*\*

## MARINATED OYSTERS

1 gallon oysters  
1 large bottle Italian Salad Dressing  
1 onion sliced in rings  
1 bell pepper sliced in rings  
1 Tablespoon Tony's Seasoning  
2 teaspoons worcestershire sauce  
4 sliced jalapeno peppers  
1 clove garlic

Mix all ingredients over night. Serve with crackers.

## STRAWBERRY PIE

1 baked pie shell  
4 cups strawberries  
1½ cup sugar  
1 pack unflavored gelatin  
1 large cool whip

In blender, put 2 cups strawberries and sugar. Blend well. Put in pot with unflavored gelatin and bring to a boil for 3 minutes. Cool. Put 2 cups strawberries in baked pie shell. Pour boiled mixture over this and place in refrigerator. Put cool whip on top. Before serving decorate with whole strawberries.

\*\*\*

## BARBEQUED OYSTERS

1 egg  
2 Tablespoons milk  
12 ounces oysters  
½ cup flour  
1 cup cracker crumbs  
½ cup chopped onions  
1 Tablespoon butter  
½ cup sherry  
1 cup catsup  
1 Tablespoon brown sugar  
1 Tablespoon worcestershire sauce  
2 Tablespoons vinegar  
2 Tablespoons prepared mustard  
1 to 2 teaspoons liquid smoke  
2 teaspoons Tony's seasoning

Combine egg and milk in a small bowl, mix well. Dredge each oyster in flour; dip in egg mixture and coat with cracker crumbs. Set aside. Saute onions in butter in a large skillet until tender. Add next 7 ingredients; and mix well. Bring to a boil, then simmer for 10 minutes. Heat 1 inch of oil to 350 degrees. Fry oysters in oil until golden brown; drain on paper towels. Place oysters in sauce and simmer for 5 minutes.



## CHOCOLATE MOUSSE

- 1 chocolate crust (recipe follows)
- 1 pound semi sweet chocolate
- 2 eggs
- 4 separated eggs
- 2 cups whipped cream
- 8 Tablespoons sifted powdered sugar
- 1 cup whipped cream
- 4 Tablespoons sifted powdered sugar

Melt chocolate in double boiler. Cool until temperature is 95 degrees. Beat whole eggs and egg yolks until lemon colored. Mix melted chocolate with beaten eggs. Whip cream until stiff. Add powdered sugar 1 Tablespoon at a time. Beat egg whites until stiff but not dry. Fold whip cream and beaten egg whites into chocolate mixture. Pour into prepared pan. Chill overnight. Unmold, beat cream until stiff, add sugar, spread whipped cream on top.

### Chocolate Pie Crust

- 1½ cup chocolate cookie crumbs
- ½ cup butter
- 1 Tablespoon sugar

Melt butter. Combine cookie crumbs, sugar and butter. Press in 9 inch springform pan.

\*\*\*

## PINEAPPLE CAKE

- 1 cup shortening
- 2 cups sugar
- 4 eggs
- ¼ cup milk
- 1 cup crushed pineapple
- 2 teaspoons butter extract
- 2 teaspoons baking powder
- ¾ cups flour

Cream shortening and sugar, then add eggs and beat until mixture is fluffy. Add milk, crushed pineapple, butter extract, baking powder and flour. Makes three 9 inch layers. Bake at 350 degrees for 25-30 minutes.

### Filling

- 1 medium can crushed pineapple
- 1 cup sugar
- 1 Tablespoon cornstarch or thicken as desired.

Mix all ingredients and cook until thick. Put mixture between layers.

### Frosting

- 1 large can crushed pineapple
- 1 small box vanilla instant pudding
- 1 (9 ounce) container cool whip

Dissolve instant pudding mix in pineapple and add cool whip. Mix well and frost cake.

\*\*\*

## CHEESY CAULIFLOWER AND BROCCOLI

- 1 cauliflower bunch
- 1 broccoli bunch
- 6 slices bacon
- 1 minced onion
- 1 minced bell pepper
- 3 Tablespoons flour
- 1 can Evaporated Milk
- 1 jar cheese whiz

Boil cauliflower bunch whole with broccoli flowerettes until tender and set aside. Fry bacon, drain, crumble and set aside. Saute onion and bell pepper in bacon drippings until clear. Add flour to onion and bell pepper and mix well. Then add evaporated milk and cheese whiz and stir until smooth. To arrange dish - place whole cauliflower bunch in center of dish, place broccoli flowerettes around it. Pour cheese sauce over vegetables and sprinkle bacon on top.

## CRAB IMPERIAL

- 1 Tablespoon English Mustard
- 1 cup mayonnaise
- 2 beaten eggs
- 2 diced pimentoes
- 1 green pepper
- 2 teaspoons Tony's seasoning
- 3 pounds crab meat

Mix mustard, eggs, pimentoes, mayonnaise, peppers and seasoning. Then stir in crab meat. Bake for 20 minutes at 350 degrees.

\*\*\*



Saturday Night Hostesses: Joyce Sturlese, Betsy Carter, Jo Boudreaux, Pat Ortego, Myrna Conner, Shirley Bonsall, Alice Fay LaBove, Larmae Miller, Brenda Boudreaux, Mayola Wicke.



Visiting Queens enjoy the Saturday Night Buffet.



Pictured at the Saturday Night Buffet: Harry Conner, Harold Carter, Butch Crain, Jeffery Boudreaux.

# 30th Annual LOUISIANA FUR & WILDLIFE FESTIVAL

## Festival Schedule of Activities

### January 9-11, 1986

#### THURSDAY, JANUARY 9, 1986

- 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 10, 1986

- 8:00 a.m. - 4:30 p.m. - Trap Shooting Competition (Parish Elimination) Behind Cameron Masonic Lodge, Cameron
- 9:00 a.m. - Junior Archery Contest (Parish Elimination) at Cameron Elementary School Parking Lot
- 9:00 a.m. - Retriever Dog Trials (Parish Elimination) behind Cameron Parish Courthouse
- 10:30 a.m. - Senior Archery Contest (Parish Elimination) at Cameron Elementary School Parking Lot
- 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 11, 1986

- 8:00 a.m. - 4:30 p.m. - Trap Shooting Competition (State Contest) Behind Cameron Masonic Lodge
- 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 Gym, 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 (behind Cameron Elementary School)
- 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.) (Event held at Cameron Elementary Gym)
- 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)

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# CM Calcasieu Marine National Bank

### ORDER FORM

TO: Louisiana Fur and Wildlife Cookbook  
Shirley Bonsall  
Route 1, Box 56E  
Grand Chenier, LA 70643

Please send me \_\_\_\_\_ copies of the 1986 Louisiana Fur & Wildlife Cookbook at \$6.50 each = \$\_\_\_\_\_. (Includes Postage & Handling).

Please send me \_\_\_\_\_ copies of the 1984 and/or \_\_\_\_\_ copies of the 1985 Louisiana Fur & Wildlife Cookbook at \$6.50 each = \_\_\_\_\_. (Only a limited supply of the 1984 and 1985 Cookbooks are still available at \$6.50 each.)

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

Please make check payable to Louisiana Fur and Wildlife Festival.

Send to: Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

ZIP CODE \_\_\_\_\_ (must have)

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CAMERON, LOUISIANA



**RECIPE FORMS**

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

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

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

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

**INGREDIENTS**

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

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**METHOD**

(Be sure each ingredient is included in directions.)

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

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

Please send no later than July 15, 1986.

**SEND TO: Nancy Cronan  
P.O. Drawer H  
Cameron, LA 70631**

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