FROM THE KITCHENS OF



KEAN MILLER



FROM THE KITCHENS OF

Kean Miller Cookbook

KEAN MILLER

Featuring recipes from the kitchens of Kean Miller

Table of Contents

Appetizers	06
Salads & Pastas	18
Soups, Stews, & Gumbos	32
Main Dishes	48
Vegetables & Side Dishes	68
Desserts	80
Cocktails	92
Index	106
Conversions	108

SECTION 01 Appetizers



Corn Dip		08
Mango Salsa		09
Fresh Hummus		10
Layered Hummus Dip		11
Olive Cheese Bread		12
Shrimp Dip		13
Spinach & Artichoke Dip		14
Southern Cannonballs	A	16
Stuffed Mushrooms		17



10-12 Servings 🛛 🕒 2 Hours 15 Minutes

CORN DIP

INGREDIENTS

2 - 12 oz. cans Mexicorn

1 c. sour cream

1 c. mayonnaise

2 or 3 small green onions, chopped 1 can chopped green chiles 1 - 10 oz. bag grated cheddar cheese
 3 chopped jalapeño peppers

Hot sauce to taste

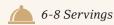
Generous portion of seasoned salt to taste

DIRECTIONS

- 1. Mix all ingredients together.
- 2. Chill in refrigerator.
- 3. Best served after several hours of chilling.
- 4. Serve with Fritos.

Note: I now use more sour cream and less mayonnaise. I usually use one bunch of green onion – just the green tops. I use more cheddar cheese and usually more jalapeño peppers. I add a little Nature's Seasons seasoning and sometimes a little hot sauce.

MANGO SALSA



) 30 Minutes

INGREDIENTS

3-4 ripe mangos, peeled and chopped into small chunks

1 Tbsp. fresh cilantro, finely chopped

- 1 tsp. cayenne pepper
- 1 Tbsp. garlic, finely minced
- 2 Tbsp. fresh lime juice

DIRECTIONS

- 1. Mix all ingredients and chill.
- 2. Serve with tortilla chips or with grilled chicken or fish.

By Shannan Sweeney Rieger, Special Counsel, Baton Rouge

HUMMU



8-10 Servings

20 Minutes

INGREDIENTS

2¹/₂ Tbsp. fresh lemon juice 1 Tbsp. tahini (sesame seed paste) ¹/₂ tsp. freshly ground pepper 1/2 tsp. salt ¹/₄ tsp. ground cumin

1 can chickpeas (garbanzo beans), rinsed and drained 1 clove garlic

Olive oil

Cayenne pepper to taste

- Place all ingredients in food processor; process until smooth 1. adding olive oil as needed.
- Adjust lemon juice and garlic to taste. 2
- 3. Add cayenne pepper to taste.



LAYERED HUMMUS DIP

INGREDIENTS

1 - 8 oz. pkg. cream cheese, softened

2 c. prepared hummus(see recipe on facing page)1 c. cucumber, peeled and chopped1 c. tomato, chopped

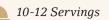
¹/₂ c. crumbled feta cheese

¹/₃ c. green onion, sliced

1 tsp. dried Greek seasoning (like Cavender's Greek Seasoning)

¹/₄ c. olive oil *(extra virgin or light)*

- 1. Spread cream cheese into a shallow serving dish.
- 2. Evenly spread hummus on cream cheese layer.
- 3. Top with cucumber, tomato, feta and green onion.
- 4. Combine olive oil and Greek seasoning, and drizzle over entire dish.
- 5. Cover and refrigerate 2-24 hours.
- 6. Serve with pita chips and/or multigrain tortilla chips.



OLIVE CHEESE BREAD

INGREDIENTS

French bread ¹/₂ c. butter or margarine ¹/₄ c. mayonnaise

2 c. *(8 oz.)* mozzarella cheese, shredded

1/2 c. chopped black olives 1 tsp. garlic powder Green onions or onion powder to taste

- 1. Cut French bread.
- 2. Combine butter and mayonnaise.
- 3. Stir in remaining ingredients including green onions or onion powder.
- 4. Spread mixture on bread.
- 5. Bake at 350° for 10-15 minutes or until cheese melts.

SHRIMP DIP





🔰 35 Minutes

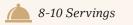
INGREDIENTS

 1 - 8 oz. pkg. cream cheese
 Juice of 1 lemon
 2 lbs. boiled shrimp, coarsely ground
 10 green onions, chopped Mayonnaise Hot sauce to taste Worcestershire to taste *(like Lea & Perrins)* Salt and pepper to taste

DIRECTIONS

- 1. Soften cream cheese with lemon juice.
- 2. Add shrimp and green onions to cream cheese mixture.
- 3. Add enough mayonnaise to give consistency for dipping potato chips or crackers.
- 4. Season with hot sauce, Lea & Perrins, salt and pepper.
- 5. Much better if made ahead of serving time.

Family recipe submitted by John C. Funderburk, Partner, Baton Rouge



SPINACH & ARTICHOKE DIP

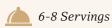
INGREDIENTS

2-3 large bags fresh baby spinach	2 Tbsp. good pesto
¼ c. water	1 tsp. dried basil
1 can artichoke hearts,	1 tsp. Cajun seasoning
squeezed and chopped	1 c. mozzarella cheese, shredded
¼ c. mayonnaise	1 c. Parmesan cheese, shredded
2 Tbsp. real butter	

- 1. Microwave spinach and water in a covered dish for 4 minutes.
- 2. Drain well, chop and set aside.
- 3. Squeeze water out of artichoke hearts (*this is really important!*) and chop.
- 4. Mix artichoke hearts, mayonnaise, butter, pesto, basil and Cajun seasoning and microwave for 3 minutes.
- 5. Stir spinach and artichoke mixture together, add cheese and microwave for 4 minutes.
- 6. Serve hot with tortilla chips or crackers.



SOUTHERN CANNONBALLS

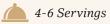


30 Minutes

INGREDIENTS

1 lb. bulk sausage 1½-2 c. Bisquick biscuit mix 1½-2 c. sharp cheddar cheese, shredded

- 1. Mix all ingredients in a large bowl, kneading with your hands, much like you do cookie dough. The mixture will be crumbly at first, but keep mixing and it will smooth out.
- 2. Roll into balls *(like meatballs)* and bake on an ungreased cookie sheet for 10-15 minutes at 425°. Enjoy!



) 30 Minutes

STUFFED MUSHROOMS

INGREDIENTS

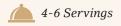
1-2 c. medium-size portobello mushrooms (stems removed)
½ lb. shrimp, peeled
¼ c. Parmesan cheese, shredded
¼ c. mozzarella cheese, shredded ¹/₄ c. minced garlic Olive oil, enough to coat Basil to taste Salt and pepper to taste

- 1. Swirl mushroom caps in a mixture of olive oil, minced garlic, chopped basil, salt and pepper in a large bowl.
- 2. Once thoroughly coated, place caps in a pan, which has a greased tin foil lining in the bottom.
- 3. Bake mushroom caps at 350° for about 10 minutes.
- 4. Take caps out and put a pinch of Parmesan cheese in each cap, then add one shrimp and cover in mozzarella.
- 5. Bake for 5-10 minutes; broil for 2-3 minutes to create a cheese crust.

SECTION 02 Salads & Pastas

CT. S B

Crunchy Romaine Salad With Sweet & Sour Dressing	20
Red & Green Leaf Salad With Balsamic Vinaigrette	21
Mexican Salad	22
Kale Salad	23
Louisiana Sensational Salad	24
Crawfish Pasta	25
Duck Ragu Over Pasta	26
Shrimp Spaghetti	28
Smoked Chicken Salad	30
Pastalaya	31



CRUNCHY ROMAINE SALAD with sweet & sour dressing

DRESSING INGREDIENTS

¹∕₂ c. red wine vinegar

1 c. sugar

1 Tbsp. soy sauce

1 c. vegetable oil Salt and pepper to taste

DRESSING DIRECTIONS -

- 1. Mix vinegar with sugar, add soy sauce. Warm slightly in the microwave to get sugar to dissolve.
- 2. Add oil, salt and pepper.

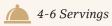
SALAD INGREDIENTS

2 pkgs. ramen noodles	1 bunch of broccoli
1 c. walnuts or pecans	Ice water
4 Tbsp. butter	4 green onions
1 head of romaine	1 c. sweet and sour dressing

SALAD DIRECTIONS

- 1. Brown ramen noodles and walnuts or pecans in butter and cool on paper towels.
- 2. Break up romaine lettuce. Cut off broccoli florets and blanch in boiling water for 1 minute. Cool with ice water immediately.
- 3. Cut up green onions.
- 4. Combine romaine lettuce, broccoli florets and green onions. Add nuts and ramen noodles. Add 1 cup of sweet and sour dressing and toss.

C R LSAM



30 Minutes

SALAD INGREDIENTS

1 head red leaf lettuce, chopped 1 head green leaf lettuce, chopped 4-5 Roma tomatoes, chopped

1 purple onion, chopped 1 small can sliced black olives 1 pkg. crumbled feta cheese

VINAIGRETTE INGREDIENTS

1/2 c. extra virgin olive oil ¹/₂ c. balsamic vinegar 2 tsp. Italian herbs Dash of garlic salt

Dash of pepper 3 Tbsp. sugar or 3 packets of Equal (depending on taste)

- Combine greens, tomatoes, onion, olives and feta in a 1. large bowl.
- 2. Stir together ingredients for vinaigrette and toss with greens right before serving.



MEXICAN SALAD

INGREDIENTS

head of green lettuce
 head of red leaf lettuce
 medium vine tomatoes
 medium avocados
 Lemon juice to taste
 Tabasco sauce to taste
 Salt and pepper to taste
 Onion powder to taste

Garlic salt to taste 1¼ lbs. ground sirloin Worcestershire sauce to taste Garlic powder to taste White, bite-size tortilla chips 2 - 16 oz. pkgs. mild cheddar cheese, shredded Jalapeño slices *(optional)*

- 1. Preheat oven to broil at 550°. Chop lettuce and dice tomatoes.
- 2. Make a guacamole with avocados, diced tomatoes, lemon juice, Tabasco, salt, pepper, onion powder and garlic salt.
- 3. Brown the ground sirloin *(to your liking)* with Worcestershire, salt, pepper, garlic powder and onion powder all added when sirloin is first placed in the skillet.
- 4. Line a rectangular or large square metal pan with a full layer of chips. Spread browned ground beef over chips.
- 5. Spread shredded cheese thickly over all of ground beef. Add jalapeños on top of the cheese *(optional)*.
- 6. Place in oven *(lower rack)* and take out when top is light brown. Cut into squares or rectangles.
- 7. Serve the chopped lettuce, diced tomatoes, guacamole and sprinkled cheese as toppings.
- 8. Place a few tortilla chips into the guacamole for effect and serve.



30 Minutes

KALE SALAD

INGREDIENTS

¹/₂ c. quinoa Salt to taste 3 c. stemmed, slivered kale

1 serrano pepper, minced *(optional)*

2 ripe but firm plums, cut in thin slices

1/2 c. fresh basil leaves, chopped, torn or cut in slivers

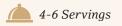
2 Tbsp. chopped chives

1 Tbsp. chopped cilantro *(optional)* 2 Tbsp. seasoned rice vinegar Grated zest of 1 lime 2 Tbsp. fresh lime juice 1 clove garlic, minced 3 Tbsp. sunflower or grapeseed oil

DIRECTIONS

- 1. Rinse the quinoa and cook in a pot of rapidly boiling, generously salted water for 15 minutes.
- 2. Drain, return to pot, place a towel across the top and replace the lid. Let sit for 15 minutes.
- 3. Transfer to a sheet pan lined with paper towels and allow to cool completely.
- 4. To cut the kale, stem, wash and spin dry the leaves, then stack several at a time and cut crosswise into thin slivers.
- 5. Toss in a large bowl with the quinoa, serrano pepper (if using), herbs and half the plums.
- 6. Whisk together the vinegar, lime zest and juice, salt to taste, garlic and sunflower or grapeseed oil.
- 7. Toss with the salad.
- 8. Garnish with the remaining plums and serve.

Notes: The quinoa can be cooked up to 3 days ahead and refrigerated. Save the last step until right before serving the salad.



LOUISIANA SENSATIONAL SALAD

DRESSING INGREDIENTS

¹⁄₂ c. vegetable oil ¹⁄₂ c. extra virgin olive oil ²1⁄₂ Tbsp. freshly squeezed lemon juice 1½ Tbsp. white vinegar3-4 pods fresh garlic, pressed¾ tsp. sea salt

DRESSING DIRECTIONS -

- 1. Place all ingredients in a jar, cover and shake well until mixed.
- 2. Refrigerate at least 4 hours overnight if possible.

SALAD INGREDIENTS ·

1 head iceberg lettuce, cleaned, dried and torn

1 head green leaf lettuce, cleaned, dried and torn

1 head red leaf lettuce, cleaned, dried and torn

1 bunch Italian parsley, cleaned and chopped fine

1 c. finely grated Romano cheese

¹/₄ c. crumbled blue cheese

Sea salt and black pepper to taste

SALAD DIRECTIONS -

- 1. Mix all lettuces and parsley together.
- 2. Pour dressing over lettuce and toss.
- 3. Add cheeses, salt and pepper and toss again.



CRAWFISH PASTA

INGREDIENTS

1 lb. wide egg noodles	1 can original Rotel tomatoes
½ c. butter	1 can mild Rotel tomatoes
1 yellow onion, chopped	1 - 10 oz. can low sodium cream
½ bunch green onions, chopped	of mushroom soup
2-3 garlic cloves, chopped	1 lb. crawfish tails
1 green pepper, chopped	Salt and pepper to taste
1 red pepper, chopped	Cajun seasoning to taste
1 c. skim milk	1 pkg. Velveeta cheese, lite, cut into small cubes

- 1. Cook egg noodles, drain and set aside.
- 2. Melt butter and sauté vegetables until tender. Add skim milk, 2 cans Rotel tomatoes, cream of mushroom soup and crawfish tails. Heat over medium-high heat until bubbly. Reduce temperature and simmer for 10 minutes.
- 3. Add salt, pepper and Cajun seasoning to taste. Remove from heat and add cubed cheese. Stir until cheese is melted.
- 4. Add in cooked pasta and toss. Pour mixture into a greased 9" x 11" pan and bake uncovered at 350° for 25-30 minutes or until heated through.



DUCK RAGU OVER PASTA

INGREDIENTS

^{1/3} c. extra virgin olive oil
⁴ store-bought duck legs and 4 thighs
1 small onion, chopped finely
2 garlic cloves, minced or crushed
1 carrot, finely diced
2 stalks celery, finely diced
^{1/2} c. dry red wine such as Chianti or Merlot
1 c. chicken stock
^{1/2} c. niçoise olives, pitted and halved *(optional)* 1 - 28 oz. can crushed tomatoes (preferably San Marzano)

Salt and freshly ground black pepper to taste

6 Tbsp. unsalted butter, divided

1 lb. pappardelle, tagliatelle or fettuccine

1/2 c. freshly grated Parmigiano-Reggiano cheese

1-2 Tbsp. fresh lemon zest (optional, but really good and makes a great presentation)

DUCK RAGU DIRECTIONS

- 1. In a large, coated cast iron Dutch oven, heat olive oil.
- 2. Add the duck legs and thighs and brown on all sides cooking until done all the way through. Remove duck pieces temporarily to a bowl and pull meat off of bones. Discard bones and skin, and coarsely chop meat reserve.
- 3. In the Dutch oven, add onion, garlic, carrot and celery and sauté over medium heat for 5-8 minutes. Add the wine and simmer over medium-high heat for 3 minutes.
- 4. Add the stock and keep simmering until the liquid is reduced about 6-8 minutes. Add the duck meat back to the pot and add the olives and tomatoes. Season with salt and pepper.
- 5. Reduce heat to medium-low and cook 8-10 minutes. Remove from the heat and stir in 3 tablespoons of the butter. Cover with the lid and set aside while pasta cooks.



PASTA DIRECTIONS

- 1. In a large pot of boiling, salted water, cook the pasta until al dente *(for dry pasta, cook 8-10 minutes, for fresh pasta, cook 2-3 minutes);* drain well.
- 2. Add the pasta to the duck ragu and cook over medium heat for 3-4 minutes. Remove pot from heat.
- 3. Add the remaining 3 tablespoons of butter and the grated Parmesan. Adjust salt and pepper if needed.
- 4. Ladle into pasta bowls and sprinkle each with a bit of lemon zest.



SHRIMP SPAGHETTI

INGREDIENTS

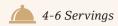
large onion, chopped
 c. oil
 cans tomato sauce
 pods garlic
 c. bell pepper, chopped

1 tsp. Cajun seasoning 3 c. water 1 pt. shrimp Salt and pepper to taste 1 - 16 oz. box of spaghetti

- 1. Brown onion in oil until golden brown. Add 1 can of tomato sauce; cook on low heat for about 15 minutes.
- 2. Add second can of tomato sauce. Cook on low heat for an additional 15 minutes.
- 3. Add garlic, bell pepper and seasoning. Cook 5-10 minutes.
- 4. Add 3 cups of water and cook on medium heat for 30 minutes. Add shrimp and cook 10-15 minutes. Add salt and pepper to taste.
- 5. In a separate pot, boil spaghetti and drain. Mix spaghetti with sauce.



SMOKED CHICKEN SALAD





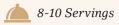
INGREDIENTS

1 lb. smoked chicken, diced or shredded 1 apple, diced ¹/₄ c. walnuts ¹/₄ c. raisins ¼-½ c. mayo 1 Tbsp. mustard 2 boiled eggs, chopped

DIRECTIONS

1. Mix all ingredients together and serve.

By Mark D. Mese, Of Counsel, Baton Rouge



🚺 2 Hours

PASTALAYA

INGREDIENTS

1 lb. sausage (your choice)

1½ lbs. pork (cubed Boston butt or equivalent)

Salt and pepper to taste or other seasonings as desired

- 2 c. + 1 quart water
- 2-3 large onions
- 2-3 large bell peppers

3-4 green onions, chopped

1 can Rotel tomatoes (your choice of heat range)

1 can cream of celery

1 can cream of mushroom

1 lb. uncooked noodles (your choice of style)

1 tub raw mushrooms, sliced

DIRECTIONS

- 1. Brown sliced sausage (it's okay if it is a little burnt; this will help color and rinse off later in the cooking) and set aside.
- 2. Keeping the sausage drippings in the pot, add the cubed meat. Season and mix well.
- 3. Heat to brown, then add 2 c. water, as well as onion, white portion of green onions, peppers and mushrooms.
- 4. Cover and cook at a boil until tender enough to cut the meat with stirring spoon.
- 5. Add sausage back in and stir to mix.
- 6. Add Rotel, cream of mushroom and celery, and remaining water. Stir thoroughly until mixed.
- 7. Add noodles and boil until noodles are tender, stirring often to prevent sticking to bottom of pot.
- 8. Once noodles are al dente, add greens from green onions.
- 9. Serve with Texas Toast or French bread and a green salad.

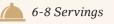
Notes: Use 2 quarts water for every pound of noodles. You should generally have enough water with 1 quart when you boil the meat like I do. You can always add "kitchen bouquet" for more darker color if you like.

SECTION 03 Soups, Stews, & Gumbos



Chili Con "Carnie"	34
Crawfish Stew	35
Squash Bisque	36
Deer Chili	38
Hazel's Seafood Gumbo	39
Debbie's Crawfish Bisque	40
Gumbo Ya-Ya	42
Instant Pot Cajun Chili	44
Vegetarian "Chorizo" Soup	46
Microwave Roux	47





CHILI CON "CARNIE"

INGREDIENTS

- 1. Cook bacon pieces in a Dutch oven until softened. Add ground beef and cook until brown.
- 2. Add onion, garlic, green pepper, brown sugar, seasonings, tomatoes, tomato sauce, water and ketchup. Let simmer for several hours.
- 3. Ten minutes before serving, add beans.
- 4. Garnish with shredded cheddar cheese and chopped onion if desired. Freezes well.

CRAWFISH STEW



6 Servings

2 Hours 45 Minutes

INGREDIENTS

1½ c. onion, chopped
1 bell pepper, chopped
2 cloves garlic, chopped
1 c. roux
2 c. warm water
2 lbs. crawfish, cooked and peeled

3 drops hot sauce 1 tsp. Worcestershire sauce Pinch of salt Pinch of red pepper Pinch of black pepper Steamed rice

- 1. Stir onion, bell pepper and garlic into roux; add 2 cups of warm water and bring to a boil, stirring constantly.
- 2. Lower heat and cook approximately 2 hours, stirring occasionally.
- 3. Add peeled crawfish, hot sauce, Worcestershire, salt and peppers. Cook on medium heat for about 30 minutes, stirring occasionally.
- 4. Serve over steamed rice.



SQUASH BISQUE

INGREDIENTS

1 onion, chopped 1 stick butter 4-5 yellow crookneck squash, diced 4-5 zucchinis, diced 1 tsp. salt 2 c. vegetable broth or chicken broth
1 c. half-and-half
1 Tbsp. sugar
1 tsp. pepper
2 cloves garlic, minced

- 1. Sauté onion in butter in a 5-quart pot until soft. Add squash, zucchini and salt.
- 2. Add broth and cover. Cook 25-30 minutes over medium heat, stirring occasionally.
- 3. Spoon squash and zucchini into a blender and pulse until smooth. Return to pot and whisk in half-and-half, sugar, pepper and garlic.
- 4. Return to warm over low-medium heat. Adjust seasonings to taste.





DEER CHILI

INGREDIENTS

2 lbs. ground deer (can substitute other ground meats like turkey, beef, etc.)

2 whole onions, chopped

23 oz. can Ranch-style beans (pinto beans or Bush's "chili" beans work well)

2 - 15 oz. cans tomato sauce

2 - 16 oz. cans stewed tomatoes

2 bell peppers, chopped Green chiles, diced (approx. 5 oz.)

3 Tbsp. chili powder

2 Tbsp. cumin

3 Tbsp. garlic powder

- 2 Tbsp. Cajun seasoning
- 2 fresh jalapeños, diced

DIRECTIONS

- 1. Brown meat with chopped onion. Drain off grease.
- 2. Add all of the ingredients into a large pot and cook over medium heat for 1 hour, then simmer for 2-3 hours (*the longer, the better as the flavors grow and the chili thickens*).
- 3. This can also be done in a crock pot. Put everything in before work and let it go all day.

Note: The chili is great on its own, but I prefer to eat it on top of sausage or a burger with shredded smoked Gouda and chopped or diced white onions.



HAZEL'S SEAFOOD GUMBO

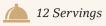
INGREDIENTS

1 lb. smoked sausage (Manda's mild)	2 lbs. raw shrimp, small
$1\frac{1}{2}$ lbs. okra, cooked and chopped	3 lbs. raw shrimp, medium
· · · · · ·	2 tsp. salt
2 c. oil	2 tsp. garlic powder
2 c. brown flour	2 Tbsp. Louisiana Fish Fry
2 c. celery, chopped	Crawfish, Crab & Shrimp
3 large onions, chopped	Boil liquid
1 c. bell pepper, chopped	2 tsp. thyme
1 - 16 oz. can tomato sauce	8 bay leaves
8 qt. homemade chicken stock	¹ / ₂ c. parsley, finely chopped
2-3 lbs. crabmeat	Cooked rice

DIRECTIONS -

- 1. Brown sausage and grind in a food processor. Sauté cooked okra with a little oil and grind in food processor (if using frozen okra, follow package directions for cooking first).
- 2. Brown your roux, which is the oil and flour, until it is the color of brown sugar.
- 3. Add celery, onions and bell pepper. Sauté until onions are clear.
- 4. Add tomato sauce and cook for 20 minutes over medium heat until the tomato sauce turns a little brown.
- 5. If the roux begins to stick, add some chicken stock. Add okra and sausage. Sauté until the ingredients are well mixed (about 10 minutes).
- Add chicken stock, crabmeat, shrimp and remaining ingredients. 6. Cook 30 minutes on low or until shrimp are cooked.
- 7. Serve over cooked rice.

Family recipe submitted by G. Blane Clark, Jr., Partner, Baton Rouge





DEBBIE'S CRAWFISH BISQUE

STUFFING FOR HEADS

³/₄ c. flour
2 Tbsp. oil
1 large onion, chopped finely
1 large bell pepper, chopped finely
2 stalks celery, chopped finely
2 cloves garlic, chopped finely
2 bay leaves
Crawfish tails, chopped (from 12 lbs. of boiled crawfish, heads reserved for stuffing)* or
(2 - 16 oz. bags of tail meat)**

small can tomato paste
 tsp. thyme
 tsp. salt
 tsp. black pepper
 tsp. cayenne pepper
 tsp. crawfish parsley, chopped
 stick butter
 c. crawfish tails
 Crawfish heads*

STUFFING DIRECTIONS

- 1. Make a dark roux with the $\frac{1}{4}$ cup of flour and oil.
- 2. Add onion, bell pepper and celery, cooking until tender, then add garlic and bay leaves and cook for another minute.
- 3. Add tomato paste, chopped tails and seasonings and simmer on low for 10-15 minutes.
- 4. Add bread crumbs, parsley and butter. Cook for 2 more minutes. Remove bay leaves.
- Let cool and fill each head with stuffing. Roll stuffed heads in remaining ½ cup of flour and bake in an oven for 15 minutes at 350°. Set aside.

BISQUE INGREDIENTS

½ c. oil	¼ tsp. cayenne pepper
½ c. flour	2 bay leaves
1 large onion, chopped finely	1 small can tomato sauce
1 large bell pepper, chopped finely	1 Tbsp. tomato paste
2 stalks celery, chopped finely	2 cloves garlic, chopped finely
1 qt. crawfish or seafood stock	2 c. crawfish tails
(purchased or using recipe below)	2 Tbsp. fresh parsley, chopped
2 tsp. salt	Rice or potato salad
2 Tbsp. thyme	-

STOCK DIRECTIONS

- 6. To make the stock, boil shells from at least 3 pounds of crawfish along with trimmings from onions and other vegetables.
- 7. Cover shells with water by 2 inches and boil for 15-20 minutes.
- 8. Strain the stock.

BISQUE DIRECTIONS —

- 9. Make a dark roux with the oil and flour.
- 10. Add the onion, bell pepper and celery. Cook until tender.
- 11. Add stock, seasonings, tomato sauce, tomato paste and garlic. Simmer for 40 minutes.
- 12. Add the crawfish tails and the stuffed heads. Simmer for 20 minutes. Add parsley. Remove bay leaves before serving.
- 13. Serve with rice or potato salad.
- * 12 lbs. select crawfish yields 144 heads, 12 lbs. non-select crawfish yields 240 heads
- ** 6 lbs. crawfish equals 1 lb. of tails

GUMBO YA-YA



10-12 Servings

2 Hours

INGREDIENTS

1 lb. (4 sticks) unsalted butter

3 c. all-purpose flour

2 red bell peppers, diced

3 green bell peppers, diced

2 medium (Louisiana Sweet) onions, diced

2 celery stalks, diced

20 c. chicken stock (freshly made, of course)

2 lbs. andouille sausage (diced or sliced)

3 lbs. roasted and deboned chicken (pulled into bite-sized chunks)

1¹/₂ Tbsp. Best Stop seasoning (or Chef Paul's Poultry Magic)

2-3 tsp. kosher salt (add some if you need some)

1 tsp. fresh-ground black pepper

- 1 tsp. cayenne pepper
- 1 tsp. ancho chili powder
- 1 tsp. diced fresh thyme
- 2 Tbsp. finely-minced garlic
- 2 Turkish bay leaves

- 1. In a large stockpot, melt butter over very low heat, nearly a simmer.
- 2. Slowly sift in 1 cup flour, stirring continuously with a wooden spoon for about a minute.
- 3. Add a second cup of flour, sifting and stirring for about a minute.
- 4. Add the last cup of flour and stir in until well blended.
- Cook the roux on low heat. Never stop stirring. Make fun shapes and patterns with the spoon. When the roux is dark brown, it's done. My roux usually takes about 90 minutes. As long as you always stir the roux, it should not burn. Don't rush it. Some of my best roux went for over two hours.
- 6. Vigorously stir in all bell peppers.
- 7. Next, blend in the onions and celery.
- 8. Stir in each additional ingredient for about a minute.
- 9. Slowly add the chicken stock to the roux. Stir firmly and methodically to prevent lumps.
- 10. In a separate bowl, mix the andouille with the Creole seasoning, salt, black pepper, cayenne, chili powder, thyme, garlic and bay leaves. Once well blended, add mixture to the stock pot and bring the soup to a boil.
- 11. Let the gumbo simmer for about an hour, occasionally stirring to prevent scorching. While I do not skim excess fat from the surface, some do.
- 12. Fold in the chicken and simmer for another 10 minutes. Add hot sauce as desired.
- 13. Serve piping hot with perfectly-boiled long-grain white rice or over homemade potato salad.



INSTANT POT CAJUN CHILI

INGREDIENTS

1½ Tbsp. olive oil, divided
1 green pepper, diced
½ c. diced onion
⅓ c. diced celery
1 Tbsp. minced fresh garlic
1 lb. ground chicken or turkey
2 links andouille sausage, sliced
2½ Tbsp. Cajun seasoning
1 - 14 oz. can crushed tomatoes
1 - 14.5 oz. can fire-roasted tomatoes

1 - 15 oz. can red kidney beans, drained and rinsed

2 Tbsp. tomato paste

½ tsp. sea salt

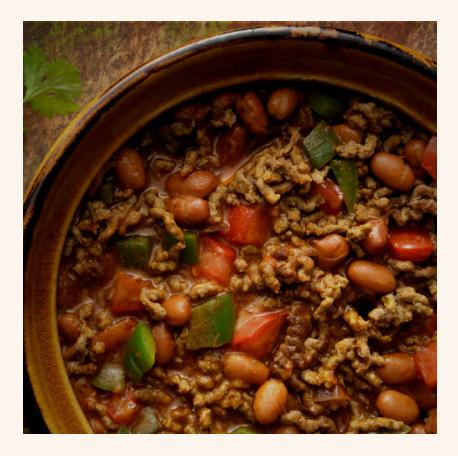
2 bay leaves

7 oz. raw shrimp, peeled and deveined

Fresh parsley for garnish

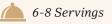
Sour cream or Greek yogurt for garnish, optional

- 1. Turn your Instant Pot to sauté and heat 1 Tbsp. of the olive oil.
- 2. Once hot, add in the green pepper, onion, celery, and garlic. Cook until they begin to soften, about 4 minutes.
- Add in the remaining ¹/₂ Tbsp. of olive oil, as well as the chicken. Cook, breaking up the chicken, until it is no longer pink and has released all its juices, about 2-3 minutes. Drain and discard the liquid.
- 4. Add the sausage and Cajun seasoning and cook, stirring frequently, until the sausage begins to brown, about 5 minutes.
- 5. Add all the ingredients, up to the shrimp, and stir until well mixed.



DIRECTIONS CONT.

- 6. Cover the Instant Pot (making sure it's set to "sealing") and press "manual." Cook on high pressure for 10 minutes (this should be the setting it automatically goes to once you press "manual").
- 7. Once cooked, let pressure release naturally.
- 8. Remove the lid and turn the Instant Pot to sauté. Add in the shrimp and cook, stirring occasionally, until the shrimp are opaque and the chili has reduced and thickened slightly, about 5-7 minutes.
- 9. Garnish with parsley if desired.



VEGETARIAN "CHORIZO" SOUP

INGREDIENTS

¹/₂ medium onion, chopped finely 10-12 baby carrots or 2-3 whole peeled carrots, sliced thin or diced

2-3 stalks celery, halved lengthwise and chopped

Olive oil

6 oz. Trader Joe's soy "chorizo" (½ pkg.) 1 can petite diced tomatoes, undrained

1-2 cans vegetable broth (2-3 c.)

1 "can" water (approx. 2 c.)

¹/₂ c.-³/₄ c. acini de pepe (very small pasta beads or grains)

1 medium zucchini (quartered or halved, then cut into approx. ½" chunks)

2 cans garbanzo beans, drained

DIRECTIONS

- 1. Prepare the onion, carrots and celery. *(For this to be a quickly cooked soup, you want small pieces.)*
- 2. Sauté the vegetables in a bit of olive oil until soft. Add the "chorizo" and stir until all is mixed and hot.
- 3. Add drained beans, tomatoes, broth and water, then simmer for about 30 minutes.
- 4. Add pasta and bring to a high simmer while chopping the zucchini. Add zucchini and simmer for about 6 more minutes.

Note 1: The precise mix of broth and water is flexible. It might depend on how salty the broth is and your own taste preference. You can use one "can" of broth, one "can" of water and one "can" of whichever you prefer. The total liquid added is around 5¹/₄ cups. Add up to 6 cups if you use the larger amount of pasta.

Note 2: The timing of the pasta and the zucchini will depend entirely on the size of the pasta you use and the size of the zucchini pieces. If you use larger pasta, you will simmer it for a few minutes and then add the zucchini with about 6-7 minutes remaining on the pasta cook time according to the pasta's package directions. Be careful not to add the zucchini too early.

MICROWAVE ROUX



One Soup/Gumbo

Until Desired Color

INGREDIENTS

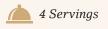
1 c. oil

1 c. flour

- 1. Mix oil and flour with a whisk in a 2-cup or bigger Pyrex measuring cup. Microwave for 1 minute then whisk. Repeat.
- 2. Continue this process until the roux is the desired color. If you want a dark brown roux, reduce the cooking to 30-40 seconds once the roux starts to get dark. Watch carefully because it can and will burn.
- 3. When done, pour into cooking pot and add vegetables to start soup or gumbo.

section 04 Main Dishes

Grilled Lamb Chops	50
NeNe's Eggplant Parmesan	51
BBQ Shrimp & Grits	52
Chicken Burgers With Feta Cheese & Spinach	54
Oyster Pie	55
Crunchy Catfish Tacos	56
Charles' Tender Tenderloin	59
"Just Right" Boiled Crawfish	60
Asian Salmon Marinade & Finishing Sauce	63
Uncle Frank's Red Gravy (Bolognese)	64
Grillades	65
Nana's Famous Stuffed Bell Peppers	66



🧯 Overnight

GRILLED LAMB CHOPS

INGREDIENTS

12 lamb chops ¹/₂ c. balsamic vinegar 12 fresh basil leaves, cut in strips Black pepper 1 garlic (all cloves chopped into 2 or three pieces, just to release the juices)

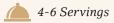
Olive oil (sufficient to completely cover the lamb chops in a bowl)

PREPERATION DIRECTIONS -

- 1. Put the 12 lamb chops in a large bowl along with the chopped garlic, sliced basil and cracked pepper.
- 2. Completely cover the chops with olive oil.
- 3. Add the balsamic vinegar and stir.
- 4. Cover with plastic wrap and put the bowl into the refrigerator overnight to marinate.

COOKING DIRECTIONS

5. Discard the marinade and cook the lamb chops on a very hot grill for 2-3 minutes per side, or to personal taste.



NENE'S EGGPLANT PARMESAN

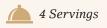
INGREDIENTS

3 large eggplants Salt Olive oil 1 lb. ground meat 1 c. Parmesan cheese, shredded

1 - 8 oz. bag mozzarella cheese, shredded

1 - 24 oz. jar of Prego spaghetti sauce *(any flavor)*

- 1. Cut eggplant into small cubes. Salt and then wrap with paper towels or a dish cloth. Set aside for about 2 hours (the salt will pull the moisture out of the eggplant, and the eggplant will not absorb as much olive oil when frying).
- 2. After 2 hours, fry the eggplant cubes in olive oil and set aside.
- 3. In the same skillet, cook ground meat until done. Drain meat.
- 4. Line the bottom of a baking dish with some of the eggplant. Sprinkle generously with Parmesan cheese and then mozzarella cheese.
- 5. Next, top with some of the ground meat and then cover with Prego sauce. Sprinkle more Parmesan cheese and mozzarella cheese over the meat sauce.
- 6. Repeat the procedure with the remaining eggplant, cheeses, meat and sauce. Top generously with mozzarella cheese.
- 7. Bake at 325° for about 25 minutes.





30 Minutes

BBQ SHRIMP & GRITS

INGREDIENTS

Grits Whipping cream 1-1¹/₂ lbs. shrimp ¹/₄ lb. *(1 stick)* plus 5 Tbsp. butter 1¹/₂ tsp. minced garlic 1 tsp. Worcestershire sauce ¹/₂ tsp. cayenne pepper

1 tsp. black pepper 1/2 tsp. salt ¹/₂ tsp. thyme leaves 1/2 tsp. dried rosemary leaves, crushed ¹/₈ tsp. oregano ¹/₄-¹/₂ c. seafood or fish bouillon

- 1. Prepare your favorite grits just before you start the actual cooking of the shrimp. Follow the recipe on the box, except replace ¹/₄ of the water with whipping cream.
- 2. Peel shrimp. Melt 1 stick of butter over medium heat.
- 3. Add garlic, Worcestershire sauce and seasonings. Simmer for 1-2 minutes.
- 4. Add shrimp and cook for 2 minutes. Shake the pan, rather than stirring if possible. Flip shrimp with a spoon if necessary.
- 5. Add remaining butter and bouillon. Cook and shake pan for 2 more minutes.
- 6. If sauce is thick and buttery, serve. If sauce is thin, cook for 1-2 minutes longer, but don't overcook the shrimp. Serve over grits.



CHICKEN BURGERS WITH FETA CHEESE & SPINACH



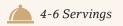
45 Minutes

INGREDIENTS

1½ lbs. ground chicken
¾ c. crumbled feta cheese
¾ c. fresh baby spinach
¼ c. Italian bread crumbs
1 egg

tsp. extra virgin olive oil
 2-3 dashes Worcestershire sauce
 Black pepper to taste
 tsp. Cajun seasoning
 brioche buns

- 1. In a large mixing bowl, combine ground chicken, feta cheese, spinach, bread crumbs, egg, oil, Worcestershire sauce, black pepper and Cajun seasoning and blend well.
- 2. Form mixture into four burger patties.
- 3. Grill burgers or bake in the oven until done to desired likeness making sure juices run clear.
- 4. Serve on brioche buns with desired condiments along with lettuce, tomatoes, pickles and red onion.



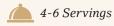
🕒 1 Hour

OYSTER PIE

INGREDIENTS

1 clove garlic, minced 1 stick butter 4 Tbsp. or ½ c. flour ⅓ c. parsley ⅓ c. celery leaves and stems, chopped 1/2 c. green onion Salt and pepper to taste 2 pt. oysters, drained Oyster water or milk, if needed Unbaked pastry shell

- 1. Put minced garlic in a pot with butter. Let simmer about 5 minutes.
- 2. Add flour. Brown flour and butter to the color of a paper bag.
- 3. Add parsley, celery, green onion, salt, pepper and drained oysters. Let oysters cook in roux roughly 5 minutes or until they begin to curl. Remove from fire.
- 4. If too thick, add oyster water or milk to thin a little. The sauce should still be thick because oysters will throw off water while the pie is baking.
- 5. Season well.
- 6. Pour into unbaked pie shell and bake at 350° for 30-45 minutes. Let set a few minutes before serving.



CRUNCHY CATFISH TACOS with chipotle mayonnaise & apple slaw

APPLE SLAW INGREDIENTS

 1 - 10 oz. bag angel hair coleslaw mix
 1 Granny Smith apple, peeled, cored and finely chopped
 1 c. carrot, thinly sliced
 ½ c. red onion, thinly sliced 1 jalapeño pepper, seeded and thinly sliced ¼ c. fresh lemon juice ¼ c. olive oil 2 tsp. sugar 1 tsp. kosher salt

APPLE SLAW DIRECTIONS

- 1. In a large bowl, combine slaw mix, apple, carrot, onion and jalapeño.
- 2. In a small bowl, whisk together lemon juice, oil, sugar and salt until smooth.
- 3. Pour dressing over slaw mixture, tossing to combine.
- 4. Cover and refrigerate at least 2 hours.

TACO INGREDIENTS

1 c. mayonnaise

- 2 Tbsp. honey
- 1 Tbsp. fresh lime juice

1 Tbsp. minced chipotle peppers in adobo sauce

Vegetable oil for frying

1 c. flour

1¹/₂ Tbsp. kosher salt

1 tsp. baking powder

1 c. club soda

1½ Tbsp. hot sauce

3 c. panko (Japanese bread crumbs)

1½ lbs. catfish fillets, cut into 2" pieces

1 - 10 oz. package flour tortillas

Nonstick cooking spray



TACO DIRECTIONS

- 1. In the work bowl of a food processor, combine mayonnaise, honey, lime juice and chipotle. Pulse until smooth. Cover and refrigerate at least 2 hours.
- 2. Preheat oven to 200°.
- 3. In a large Dutch oven, pour oil to a depth of 4 inches, and heat over medium-high heat until deep-fry thermometer registers 375°.
- 4. In a shallow dish, combine flour, salt and baking powder. Whisk in club soda and hot sauce until smooth.
- 5. Place bread crumbs in a shallow dish. Dip fish pieces in batter allowing excess to drip off; coat in bread crumbs.
- 6. Fry fish in batches, 1-2 minutes per side or until browned. Let drain on paper towels; keep warm in oven.
- 7. Spray both sides of tortillas with nonstick cooking spray.
- 8. In a large skillet over medium heat, cook tortillas 1-2 minutes per side until lightly browned.
- 9. To assemble tacos, spread tortillas with mayonnaise mixture, and top with fish pieces and apple slaw. Serve immediately.





CHARLES' TENDER TENDERLOIN

INGREDIENTS

1 whole beef tenderloin, trimmed well to remove the fat and "back" piece

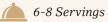
Extra virgin olive oil

Cavender's All Purpose Greek Seasoning Black pepper Herbes de Provence

Lea & Perrins Marinade for Chicken

Lea & Perrins Worcestershire sauce

- 1. Use fork to make holes throughout the tenderloin.
- 2. Rub with extra virgin olive oil.
- 3. Sprinkle with Greek seasoning and black pepper.
- 4. Rub with Herbes de Provence.
- 5. Drip lightly with both Lea & Perrins sauces.
- 6. Cover with aluminum foil. Marinate in refrigerator for 3 hours and then bring to room temperature.
- 7. Cook on a three-burner grill, with meat on the middle grill and side burners on medium and the middle burner on low.
- Cook 15 minutes on each side and take off and "rest" for 15 minutes before cutting into 1-1¹/₂-inch slices.



"JUST RIGHT" BOILED CRAWFISH

INGREDIENTS

1 sack of crawfish (30-35 lbs.) 1 c. olive oil 1 c. vinegar 1½ boxes of salt 1 - 8 oz. bottle of cayenne pepper (go with 4 oz. for less "heat") 1 small bottle of Louisiana Fish Fry Crawfish, Crab & Shrimp Boil liquid 2-3 bags of Louisiana Fish Fry Crawfish, Shrimp & Crab Boil powder (go with 1 bag for less "heat")

3-4 whole garlic bulbs, cut in half

3 big onions, cut in half 6 lemons, cut in half Potatoes Mushrooms Sausage Corn Anything else you want to throw in 1 - 10 lb. bag of ice

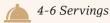
- 1. Use a large pot (60-80 qt.) with a basket. Wash your crawfish using your pot and your basket like a washing machine. Wash them twice. Do not do the "purge with salt" routine it is not necessary.
- 2. Take the crawfish out of the pot and put them in a tub. If you have kids around put the crawfish in a tub that's too small so some crawfish will get out; tell the kids it's their job to catch the ones trying to escape.
- 3. Fill the pot about ¹/₂-full. Start heating your water. Put in your basket.
- Add oil, vinegar, salt, cayenne pepper, liquid boil, boil bags, garlic, onions and lemons. When the water has come to a rapid boil, add your potatoes. Cover and keep boiling the potatoes until they're almost done.
- 5. Add crawfish, mushrooms, sausage, etc. and cover the pot again. Some people like to put the miscellaneous stuff in a net bag so it doesn't get lost in the crawfish. Keep heating until you've got your water boiling again. With all of the stuff in the pot, the water will not come back to a rapid boil, just a slow boil.



DIRECTIONS CONT. -

- Let it boil for 7 minutes and simmer for 3 minutes. Turn your 6. flame off.
- 7. Add the ice and cover. Let the crawfish and other ingredients soak 20-40 minutes, depending on how seasoned you want them to be. Some folks like to pull the bag of stuff out before the soaking period, so the corn, mushrooms, etc. don't set your mouth on fire.
- Take everything out and start eating. Save your water. If you do 8. subsequent batches, only add ¹/₂ as much of your oil, vinegar and seasonings.





ASIAN SALMON MARINADE & FINISHING SAUCE

INGREDIENTS

6 Tbsp. olive oil 2 Tbsp. soy sauce 2 Tbsp. Dijon mustard 1 tsp. minced garlic 1 tsp. wasabi paste *(if available)* 2-3 lbs. salmon Favorite dry rub

- 1. Combine marinade ingredients in a bowl.
- 2. Slice salmon to desired portions. Sprinkle favorite dry rub on salmon. Marinate salmon for 10 minutes with ²/₃ of the marinade and reserve the rest.
- 3. Grill salmon at 350° until desired doneness. If possible in your grill, grill directly on a raised rack. If you don't know what this means, grill it normally.
- 4. In last minute or 2 of grilling, apply half of the reserved marinade to coat and continue to grill. A light glaze will form.
- 5. Pull salmon at desired doneness *(generally, when the salmon starts to flake if forked)* and coat with remaining marinade.



UNCLE FRANK'S RED GRAVY (BOLOGNESE)

INGREDIENTS

1 - 6 oz. can good quality tomato paste

3 - 8 oz. cans of good quality tomato sauce

1 - 28 oz. large can good quality crushed tomatoes

1-2 onions, finely chopped

6 garlic cloves, minced

1-2 lbs. ground sirloin, browned and drained (or mix of sirloin and veal)

6-8 fresh basil leaves, chopped

 $\frac{1}{2}$ c. sugar

Kosher salt to taste

Freshly ground black pepper to taste

2-3 c. water

- 1. Sauté onions with ¹/₂ of the garlic.
- 2. Add tomato paste and cook down for 10-15 minutes on low heat, stirring frequently.
- 3. Add tomato sauce, crushed tomatoes, browned meat, fresh basil and remainder of garlic.
- 4. Add salt and pepper to taste.
- 5. Add ¹/₄ c. sugar to begin and add remainder of sugar as the gravy cooks down.
- 6. Add water to thin the gravy as it cooks.
- 7. Cook for one hour on low to medium heat.
- Serve family-style with good quality rigatoni or other pasta 8 cooked al dente.
- Garnish with freshly grated Pecorino Romano or 9. Parmigiano-Reggiano.



🔰 4-6 Servings 🛛 🦲 2 Hours 15 Minutes

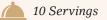
GRILLADES

INGREDIENTS

2½ lbs. round steak (approx. 3 round steaks) Creole seasoning ½ c. flour ¼ c. vegetable oil	 1½ c. canned chopped tomatoes 1 Tbsp. tomato paste 1 Tbsp. garlic, chopped 5 bay leaves 	¹ / ₂ + c. red wine 1 tsp. salt ¹ / ₄ tsp. cayenne pepper ¹ / ₄ tsp. ground black pepper
2 c. onion, chopped 1 c. bell pepper, chopped 1 c. celery, chopped	 ¼ tsp. dried thyme ¼ tsp. dried oregano ¼ tsp. dried basil 2 c. beef stock 	3 Tbsp. green onion, chopped 2 Tbsp. parsley, chopped Grits

- The steaks need to be pounded with a meat mallet on both sides to tenderize fully. Or, you can ask your butcher to do this for you. Cut the meat into 2-inch pieces, about a ¼-inch wide. Season the meat with the Creole seasoning and then coat with the flour.
- 2. Heat ¹/₄ cup oil in a large pot over medium-high heat. Cook the meat in batches until brown, and drain on paper towels.
- Once the meat is cooked and set aside, add onion, bell pepper and celery to the oil. Stir, scraping the bottom and sides of the pot. Cook for 5-6 minutes, or until the vegetables are wilted.
- 4. Add tomatoes, tomato paste and garlic. Cook, stirring often and scraping the bottom and sides of the pot for 3-4 minutes.
- 5. Add bay leaves, thyme, oregano, basil, stock and wine. Return the browned meat to the pot and season with a teaspoon of salt, cayenne pepper and black pepper.
- 6. Bring to a simmer, cover partially and reduce the heat to low. Cook for 1¹/₂-2 hours, stirring occasionally, or until the meat is very tender.
- 7. Remove the bay leaves and stir in green onion and chopped parsley. Serve over grits.





NANA'S FAMOUS STUFFED **BELL PEPPERS**

INGREDIENTS

 $2\frac{1}{2}$ -3 lbs. mix ground chuck 2 c. soft bread crumbs soaked in and ground beef milk Tony Chachere's to taste 11 bell peppers, de-seeded and cut in half Red pepper to taste 2 large onions, finely chopped Salt and black pepper to taste 2-3 celery stalks, finely chopped 1 Tbsp. garlic Green onions, finely chopped 1-2 Tbsp. oil Parsley, finely chopped

- In a large black iron pot, brown meat. 1.
- 2 Add vegetables and cook down until wilted in with the meat.
- 3. Add bread crumbs and stir all together.
- 4. Add green onions and parsley.
- 5. At the same time, begin boiling a large pot of water for the bell pepper halves. Cook until you can easily pierce with a fork. Immediately take out and set aside.
- 6. Stuff the peppers and place on a baking sheet. You may freeze or bake at this point.
- 7. If you bake, sprinkle the tops with breadcrumbs and bake at 350 degrees until warm.



SECTION 05 Vegetables & Side Dishes



Bean Curd (Tofu) With Chili Sauce	70
Cabbage Casserole	71
South Louisiana Rice	72
Corn Pudding	73
Spinach Madeline	74
Mascari's Italian Green Bean Casserole	75
Sweet Potato Casserole	76
Squash Medley	77
Okra & Tomatoes	78
Granny's Cornbread Dressing	79



BEAN CURD (TOFU) WITH CHILI SAUCE

INGREDIENTS

2-3 Tbsp. olive or vegetable oil
½ c. onion, chopped finely
½ tsp. minced garlic
½ lb. ground beef (the leaner, the better)
16 oz. medium firm bean curd, cut into ½" cubes

1-2 tsp. chili sauce or fresh pepper with seeds

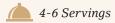
1⁄2 tsp. sugar

3 Tbsp. soy sauce

2 tsp. cornstarch, dissolved in ¼ c. water

Salt and pepper to taste

- Heat oil in a pan and add onion and garlic. Stir-fry for 1 minute; add beef. Stir-fry until beef is evenly browned.
- 2. Add bean curd, chili sauce, sugar and soy sauce. Bring to a boil.
- 3. Add the cornstarch mixture and simmer, stirring, until the sauce has thickened.
- 4. Salt and pepper to taste. Serve hot.



CABBAGE CASSEROLE

INGREDIENTS

1 stick butter, melted or butter cooking spray 1½ lbs. ground beef 1 c. rice, uncooked ½ tsp. red pepper ½ tsp. black pepper ½ tsp. salt ½ tsp. cinnamon ½ tsp. allspice 1/2 tsp. garlic powder

1 head of cabbage, chopped (or 2 lbs. pkg. shredded cabbage)

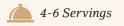
1 onion, chopped

2 - 8 oz. cans tomato sauce

1 can Rotel tomatoes and green chiles, undrained

2 c. water

- 1. Grease a 9" x 13" Pyrex dish with melted butter or cooking spray.
- 2. Combine ground beef, rice and ¹/₄ teaspoon of each of the seasonings; set aside.
- 3. Combine the cabbage, onion, tomato sauce, Rotel, water and remaining ¼ tsp of seasonings.
- 4. Combine beef and rice mixture with the cabbage mixture. Place in the Pyrex dish. Cover and bake at 350° for 1½ hours or until all liquid disappears and the rice is done.



SOUTH LOUISIANA RICE

INGREDIENTS

c. uncooked rice
 Tbsp. chive
 Tbsp. green onion
 Tbsp. parsley
 stick butter, melted
 can beef consommé

1 can water 1 tsp. salt ¹/₃ tsp. red pepper ¹/₃ tsp. black pepper 1 small can mushrooms, drained

- 1. Mix all ingredients.
- 2. Bake at 375° for 50 minutes.
- 3. Stir and bake for 10 more minutes.

CORN PUDDING



ngs

45 Minutes

INGREDIENTS

8 full ears corn or one medium-sized pkg. frozen corn

3 Tbsp. flour 4 eggs

½ c. sugar

1 c. whole milk 1 stick butter Salt and pepper to taste

- 1. Scrape corn from the cob. Add flour, eggs, sugar, milk and melted butter and stir as each ingredient is added. Season with salt and pepper.
- 2. Bake in a 2-quart casserole dish for 30 minutes at 325°-350° until brown and bubbly. Mixture should be soupy, not thick. Adjust flour to make it right.



SPINACH MADELINE

INGREDIENTS

2 pkgs. frozen spinach, chopped		
4 Tbsp. butter		
2 Tbsp. flour		
2 Tbsp. onion, chopped		
½ c. evaporated milk		
½ c. liquid from spinach		
½ tsp. black pepper		

¾ tsp. celery salt
¾ tsp. garlic salt
¼ tsp. salt
6 oz. roll of jalapeño cheese, cut into small pieces
1 tsp. Worcestershire sauce
Bread crumbs, optional

DIRECTIONS

- 1. Cook spinach; drain and reserve liquid.
- 2. Melt butter; add flour, stirring until blended. Add onion and cook until soft.
- 3. Add liquid slowly *(evaporated milk and spinach liquid),* constantly stirring to avoid lumps. Cook until smooth and thick.
- 4. Add seasonings, Worcestershire and cheese. Stir until melted.
- 5. Combine with cooked spinach.
- 6. It may be served immediately or put into a baking dish and topped with bread crumbs.

Note: Flavor improves if allowed to sit in the refrigerator overnight. May be frozen.

MASCARI'S ITALIAN GREEN BEAN CASSEROLE



🍯 45 Minutes

INGREDIENTS

4 pods garlic, chopped finely

3 cans French-style green beans, drained *(save juice)*

2 c. Italian bread crumbs

1 c. Parmesan cheese, grated Salt, pepper and oregano to taste ½ c. olive oil

- 1. Mix all of the ingredients *(except saved juice)* in a casserole dish.
- 2. If dry consistency, add a bit of the juice to moisten not too much.
- 3. Bake at 350° for 30 minutes and enjoy.



🕒 45 Minutes

SWEET POTATO CASSEROLE

CASSEROLE INGREDIENTS

1 large can sweet potatoes, drained1 tsp. vanilla½ stick butter or margarine2 eggs, beaten¾ c. white sugar½ c. milk

TOPPING INGREDIENTS ·

¹/₂ stick butter or margarine 1 c. flour 1 c. light brown sugar 1 c. pecans, chopped

- 1. Mash potatoes after draining.
- 2. Melt butter. Add sugar, milk, vanilla, eggs and butter to mashed potatoes. Pour into a greased baking dish.
- 3. For the topping, melt butter. Add flour and brown sugar to butter and mix thoroughly.
- 4. Spread on top of potatoes. Sprinkle chopped pecans on top. Bake for 20 minutes at 350°.

SQUASH MEDLEY



45 Minutes

INGREDIENTS

1 c. white onion, sliced

1 stick butter

3 c. yellow squash, cooked and drained

1 c. canned tomatoes, chopped and drained *(fresh are even better)* 1 c. processed American cheese, grated

Salt and pepper to taste

³/₄ c. bread crumbs (make in food processor from day old French bread)

- 1. Sauté onion in ³/₄ stick of butter; add cooked squash, tomatoes and cheese. Season with salt and pepper.
- 2. Pour into a casserole dish. Brown bread crumbs in remaining butter. Spread over casserole.
- 3. Bake at 325° until heated through and serve.



OKRA & TOMATOES

INGREDIENTS

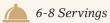
2 Tbsp. olive oil ¹/₂ c. organic, unsalted chicken broth

1 pound of tender okra, cut into $\frac{1}{2}$ " rounds

1 onion, chopped

1 garlic clove, minced 3 tomatoes 2 bay leaves 1 Tbsp. oregano Salt and pepper to taste

- Washing the tomatoes, dunk them each in rapidly boiling water for 5-10 seconds and then rinse them in cold water. This process will make the skins easy to remove.
- 2. After peeling, cut the tomatoes into 1 inch pieces.
- 3. In a large skillet, sauté the chopped onion in the olive oil until clear.
- 4. Add the minced garlic and stir for about a minute.
- 5. Add the okra and sauté for about 2-3 minutes.
- 6. Add the broth, tomatoes, bay leaves, oregano and pepper.
- 7. Cover and cook for 15 minutes (or longer, depending upon how tender the okra is).
- 8. Add salt to taste and serve.



🕒 1 Hour

GRANNY'S CORNBREAD DRESSING

INGREDIENTS

large onion, chopped
 c. green onions, chopped
 pod garlic, chopped (optional)
 stick butter or margarine
 boxes cornbread mix

2-2½ lbs. ground round/lean ground meat2 lbs. ground chicken gizzards1 can chicken brothMilk, enough to soak cornbread

DIRECTIONS

- 1. Bake 2 boxes of cornbread according to packaging directions. It is suggested that you bake cornbread one day ahead of mixing dressing.
- 2. Start the dressing base by sauteeing seasoning in margarine until soft. Add meat and gizzards, cook until done and drain off any grease. Base can be made ahead of time and put in the freezer.
- 3. To mix dressing: crumble and soak cornbread in a bowl of milk just enough to really moisten it. Let it set about 2 minutes. Add moistened cornbread to the dressing base (meat mixture) and stir. Transfer mixture to a baking dish, bake at 350 for about 20 minutes, and serve.

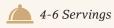
* If the dressing is too dry for your taste, just add a little chicken broth to moisten.

SECTION 06 Desserts

Ć

Cuban-Style Flan	82
Lemon Squares	83
Strawberry Soda Pop Cake	84
Pecan Pralines	85
Key West Key Lime Pie	87
Randy's Pecan Pie	88
Fig Cake	89
Simple Chocolate Chip Bundt	Cake 90
Blueberry Pie	91

UBAN-STYLE



ngs 🛛 🧴 2 H

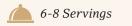
2 Hours 20 Minutes

INGREDIENTS

1½ c. sugar for caramel
1 can condensed milk
½ can evaporated milk
½ can water

4 eggs 1 Tbsp. vanilla ½ tsp. salt

- 1. Use a double boiler. Pour the sugar into a frying pan and melt to make a caramel.
- 2. Pour the caramel into the top pan of the double boiler and let cool. Mix all other ingredients with an electric mixer and pour into the top of the boiler with the caramel.
- 3. Fill the bottom part of the pan with water, and cook in the oven uncovered at 350° until done *(about 2 hours)*.



LEMON SQUARES

🕒 1 Hour

CRUST INGREDIENTS -

¹/₂ c. powdered sugar 2 c. all-purpose flour 1 c. butter, softened Pinch of salt

CRUST DIRECTIONS -----

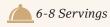
- 1. Mix all ingredients well.
- 2. Pat out in a greased and floured 9" x 13" pan.
- 3. Bake for 20 minutes at 350°.
- 4. While crust is cooking, prepare topping.

TOPPING INGREDIENTS -

4 eggs	Rind of 1 lemon
2 c. granulated sugar	Powdered sugar
6-8 Tbsp. lemon juice	

TOPPING DIRECTIONS

- 1. Beat eggs slightly.
- 2. Beat in sugar, lemon juice and rind.
- 3. Pour on top of the crust as soon as it comes out of the oven.
- 4. Cook for 25 minutes more at 325°.
- 5. Cool completely and cover with powdered sugar before cutting into squares.



STRAWBERRY SODA POP CAKE

INGREDIENTS

1 box yellow or white cake mix

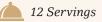
1 large pkg. or 2 small pkgs. strawberry Jell-O 1 pkg. frozen strawberries

1 large container Cool Whip

1 pkg. vanilla pudding mix

1 c. strawberry soda

- 1. Prepare cake mix according to package directions. While still warm and in the pan, puncture cake with end of a wooden spoon every couple of inches.
- 2. Combine Jell-O, strawberry soda and frozen strawberries in a pot until Jell-O dissolves.
- 3. Pour strawberry mixture over cake, filling in holes while the cake is still in the pan. Let cake completely cool. (*I usually put the cake pan in the fridge to help the cake firm before removing from the pan.*)
- 4. Combine Cool Whip and package of vanilla pudding in a bowl. Once cake is completely cooled, spread the Cool Whip mixture on top and chill until time to serve.



PECAN PRALINES

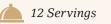
20 Minutes

INGREDIENTS

2 c. chopped pecans 1¼ c. white sugar ½ c. dark brown sugar ¼ c. light brown sugar ½ c. PET evaporated milk (you may use more but no more than ²/₃ cup)
½ stick butter or margarine
1 tsp. "Big Chief" vanilla
Wax paper

- 1. Cook sugars and milk until a soft ball is formed when dropped in tap water.
- 2. Add and stir margarine until melted.
- 3. Remove from the heat and add the vanilla and pecans.
- 4. Briskly beat until mixture thickens and loses it gloss.
- 5. Drop by spoonfuls on wax paper. Pralines will harden as they cool.





KEY WEST KEY LIME PIE

PIE CRUST INGREDIENTS -

1½ c. graham cracker crumbs ½ c. melted butter ¹/₄ c. white sugar 3 tsp. cinnamon

PIE CRUST DIRECTIONS -

1. Mix ingredients and press into an 8" or 9" pie pan. Bake at 325° for approximately 10 minutes. Cool and fill.

KEY LIME PIE INGREDIENTS -

3 egg whites

4 egg yolks

¹/₂ c. Key lime juice, fresh or bottled (*can use fresh squeezed lime juice if needed; Key limes are not easy to find*) 1 - 14 oz. can sweetened condensed milk

1 prepared 8"-9" graham pie shell Whipped cream

KEY LIME PIE DIRECTIONS

- 1. Preheat oven to 325°.
- 2. Make sure the bowl is very clean or the egg whites will not stay stiff. Beat egg whites until stiff. Set aside.
- 3. In another bowl, beat egg yolks well. Slowly add sweetened condensed milk and continue beating. Slowly add Key lime juice while beating.
- 4. Fold egg whites into egg yolk mixture with a spatula; the mixture should be even *(no lumps)*. Pour into pie crust.
- 5. Bake 20-25 minutes or until just set. Cool completely before refrigerating.
- 6. Refrigerate at least 2 hours before serving. Top each slice with whipped cream and serve in a bowl.

RANDY'S PECAN PIE



8 Servings

1 Hour 45 Minutes

INGREDIENTS

 c. sugar
 c. light Karo corn syrup
 stick butter, melted (American Beauty)
 4 eggs, beaten

1 tsp. vanilla

1-1½ c. pecans 1 unbaked pie shell (Optional: use Pillsbury ready-made pie crust)

1 dash of salt

- 1. In a saucepan, combine the sugar, Karo syrup and butter. Stir to mix on a low fire; cook until the sauce begins to boil *(approximately 14 minutes)* while stirring constantly.
- 2. Remove the saucepan from heat and let cool for 20-25 minutes. Add eggs, vanilla, salt and pecans, and stir.
- 3. Pour into an unbaked pie shell. Bake at 325° for 50-55 minutes.

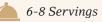


FIG CAKE

CAKE INGREDIENTS

1½ c. light brown sugar
2 c. flour
2 tsp. baking soda
½ tsp. salt 1 tsp. cinnamon 1 stick butter, melted ½ c. oil 3 eggs, beaten 1 c. buttermilk* 2 tsp. vanilla 1 c. fig preserves 1 c. chopped pecans

CAKE DIRECTIONS

- 1. Heat oven to 325°. Grease and flour a Bundt pan.
- 2. Combine dry ingredients. Add butter and oil and beat well.
- 3. Add eggs and beat until well blended.
- 4. Beat in buttermilk and vanilla. Stir in fig preserves and pecans.
- 5. Pour into the prepared pan. Bake for 55 minutes to 1 hour.
- * One c. of regular milk mixed with 2 Tbsp. vinegar can be substituted for buttermilk.

GLAZE INGREDIENTS

1 c. brown sugar ¹/₄ c. milk ³/₄ c. butter

GLAZE DIRECTIONS

- 1. Mix and cook for 3 minutes over medium heat.
- 2. Pour over cake while cake is still hot.
- 3. Insert butter knife between the pan and edge of the cake and gently pull cake away from the side of the pan to allow glaze to soak down into sides of cake. Repeat around entire edge of cake.
- 4. Let cake cool in the pan before removing.

SIMPLE CHOCOLATE CHIP BUNDT CAKE



6-8 Servings

1 Hour 15 Minutes

INGREDIENTS

1 pkg. chocolate cake mix 1 c. canola oil 1 c. sour cream 1 - 3.9 oz. pkg. instant chocolate pudding ½ c. hot water 4 eggs 1½ tsp. vanilla 1 c. semi-sweet Ghirardelli chocolate chips Powdered sugar

- 1. Preheat oven to 350°. Grease and flour a Bundt pan.
- 2. Combine first 7 ingredients. Beat until smooth.
- 3. Stir in chocolate chips. Pour batter into the prepared pan. Bake for 1 hour.
- 4. Allow to cool. Sprinkle with powdered sugar.



1 Hour

BLUEBERRY PIE

INGREDIENTS

5-6 c. blueberries (1-2 quarts) 2 pie crusts (*Pillsbury roll-out type*) ½ c. flour Dash of salt 2-3 tsp. lemon juice ½ tsp. lemon peel or lemon zest *(optional)* 1 Tbsp. butter

DIRECTIONS

³/₄ c. sugar

- 1. Put one pie crust into 9-10" pie dish.
- 2. Mix all ingredients except butter and put into pie.
- 3. Cut up butter and dot pie with pieces.
- 4. Use second pie crust to make a lattice top crust.
- 5. Brush crust with egg whites.
- 6. Cover edge of pie with foil.
- 7. Bake at 375 degrees for 40-45 minutes or until crust is golden brown.

SECTION 07 Cocktails

Tequila Mule	94
Blueberry Lemon Drop Martini	95
Classic Sazerac	97
RD's Famous Belgian Bloody Mary	98
Mocha Party Punch	100
Sparkling Blackberry Rosemary Punch	101
Champagne Sangria	103
Cajun Margarita	104
Watermelon Pimm's Cup	105
	A



TEQUILA MULE

INGREDIENTS

1¹/₂ shots (1.5 oz.) chilled tequila (my favorite is Herradura Blanco/Silver) 4 oz. chilled ginger beer (my favorite is Gosling's Ginger Beer) 1 lime wedge

1 shot (1 oz.) fresh lime juice (from about 1 lime)

DIRECTIONS _____

- 1. Add all ingredients to an 8-ounce cocktail glass with ice.
- 2. Gently stir and garnish with a lime wedge.

VARIATIONS

In a pinch when you don't have ginger beer, this is also good with regular ginger ale.

If you don't have fresh limes for lime juice, add a teaspoon of concentrated sweetened lime juice like Rose's lime juice, which is especially good if you use ginger ale instead of ginger beer.

This is also delicious with a few thin slices of jalapeño (seeds removed) and muddled in the glass before mixing. It adds a little extra spice.

BLUEBERRY LEMON DROP MARTINI





INGREDIENTS

10-12 fresh blueberries1 oz. simple syrup1 oz. freshly squeezed lemon juice

3 oz. vodka 1 thin lemon slice

- 1. Add blueberries, simple syrup and lemon juice to the shaker. Using a muddler, muddle the blueberries completely.
- 2. Add the vodka and some ice to the shaker. Shake until thoroughly mixed and chilled.
- 3. Strain into a martini glass and garnish with a lemon slice and blueberry.



CLASSIC SAZERAC

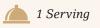
INGREDIENTS

½ oz. simple syrup 2½ oz. Sazerac Rye whiskey Peychaud's Bitters Herbsaint or absinthe 1 lemon peel

DIRECTIONS

- 1. Fill a lowball glass with ice to chill. Set aside.
- 2. In a mixing glass, add simple syrup*, rye whiskey, 3 dashes of bitters and ice. Stir until chilled and combined (20-30 seconds).
- 3. Empty the ice from the lowball glass. Pour a splash of Herbsaint into the glass and swirl to coat the inside of the glass. If any Herbsaint remains in the glass after swirling, discard the remaining Herbsaint.
- 4. Strain the whiskey combination into the lowball glass.
- 5. Twist the lemon peel over the glass and run the peel on the rim of the glass. Peel can also be dropped into the drinkor discarded.

*Add more simple syrup if you prefer a sweeter Sazerac.



RD'S FAMOUS BELGIAN BLOODY MARY

INGREDIENTS

1 qt. Clamato 3 Tbsp. Worcestershire sauce 1 Tbsp. lime juice 1 Tbsp. lemon juice 1 Tbsp. hot sauce 1 Tbsp. Pickapeppa 1 Tbsp. Tiger Sauce 2 oz. vodka of your choice

DIRECTIONS

- 1. Mix all ingredients together.
- 2. Serve over ice.

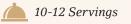
Note: I usually eyeball ¹/₃ vodka and ²/₃ mix.

VARIATIONS -

Use tequila for a Bloody Maria, gin for a Bloody Bull and bourbon for a Bloody Derby.

Optional garnishes and seasonings: celery, cucumber, bell pepper, horseradish, ketchup, olive juice, celery salt, Cajun seasoning, lemon pepper, cucumber infused vodka is preferred, but you can also use tomato, citron, pepper or plain vodka





MOCHA PARTY PUNCH

🕒 8 Hours

INGREDIENTS

¹/₂ c. instant coffee 2 c. sugar 3 c. hot water 2 qt. whole milk 2 Tbsp. vanilla 1 - 5½ oz. can Hershey's chocolate syrup ½ gal. vanilla ice cream Cool Whip Nutmeg

- 1. In a large punch bowl, stir coffee, sugar and hot water together until dissolved; let cool.
- 2. Add milk, vanilla and chocolate syrup and stir. Refrigerate overnight.
- 3. Stir well, as chocolate will settle to the bottom. When ready to serve, fold in ice cream.
- 4. Top with Cool Whip and sprinkle nutmeg. Great for parties or showers.



SPARKLING BLACKBERRY ROSEMARY PUNCH

This can be made as an alcoholic or nonalcoholic punch.

INGREDIENTS

2 pints (4 c.) fresh blackberries

1 Tbsp. minced fresh rosemary, plus sprigs of fresh rosemary for garnish

4 bottles (750 mL each) champagne, Prosecco or other sparkling wine *(substitute ginger* ale for nonalcoholic version chilled)

Ice ring or ice cubes

²/₃ c. sugar

1¹/₃ c. water

DIRECTIONS

You will need a punch bowl that will hold at least 1 gallon of liquid.

If using an ice ring, make sure to make it the night before. Use no more than a ¹/₂-cup of the blackberries and a few sprigs of rosemary in the ice ring.

- Place 3 c. of blackberries in a saucepan with the minced rosemary, 1. sugar and water.
- 2 Mash the blackberries a bit. Let simmer over medium heat for approximately 20 minutes until somewhat reduced.
- 3. Strain the mixture through a fine-meshed sieve to remove the solids. The solids can be discarded (or put on top of ice cream!).
- 4. Cool the sauce to at least room temperature in the refrigerator. Place the cooled sauce in a punch bowl and add the sparkling wine (or ginger ale if making nonalcoholic punch).
- Add the ice ring or 2 c. of ice cubes. Float the extra blackberries 5. (those that were not used in the sauce or the ice ring) and rosemary sprigs on top.





CHAMPAGNE SANGRIA

INGREDIENTS

2 lbs. strawberries, hulled and sliced

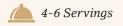
1 lemon, sliced

1 bottle white wine

4 c. lemonade 1 c. white rum

1 c. champagne

- 1. Combine all ingredients in a glass pitcher, except 1 cup of champagne. Refrigerate for 4 hours.
- 2. Add 1 cup of champagne. Pour into glasses and add fruit.
- 3. Top off with more champagne, if available, and add garnish.



CAJUN MARGARITA

INGREDIENTS

1 - 12 oz. package of Minute Maid limeade frozen concentrate

Water

Tequila (preferably silver tequila) 1 - 16 oz. bottle of Corona Extra beer

- 1. Empty limeade concentrate into a pitcher.
- 2. Fill empty concentrate container with water and add to the pitcher.
- 3. Fill at least ½ of the empty frozen concentrate container with tequila and add to the pitcher.
- 4. Add Corona beer. Stir contents thoroughly.
- 5. Serve on the rocks.

WATERMELON PIMM'S CUP



5 Minutes

INGREDIENTS

2½-3 c. watermelon	Ice
½ lime	4 oz. good ginger beer or ginger ale
4 oz. Pimm's	1 cucumber, sliced

DIRECTIONS

- 1. In a blender, pulse and then strain watermelon.
- 2. Add juice from ½ lime, Pimm's and ice to a shaker. Shake well for 1 minute.
- 3. Pour into glasses until ³/₄ full and top with the ginger beer, ice *(cucumber or regular)* and sliced cucumber.

Cucumber ice: Quarter part of a cucumber and place in an ice tray with water. Freeze for at least 12 hours. Slice the remaining cucumber for additional garnish.

Index

Α

Andouille 42, 43, 44 Apple 30, 56, 57 Avocados 22

В

Beans 10, 34, 38, 44, 46, 70, 75 Beef, Ground 22, 34, 38, 66, 70, 71 Beef Tenderloin 59 Bell Pepper 28, 31, 35, 38, 39, 40, 41, 42, 43, 65, 66, 98 Blackberries 101 Black Olives 12, 21 Blueberries 91, 95 Bread Crumbs 40, 54, 56, 57, 66, 74, 75, 77 Broccoli 20 Butter 12, 14, 20, 25, 26, 27, 36, 40, 42, 43, 52, 55, 71, 72, 73, 74, 76, 77, 79, 83, 85, 87, 88, 89, 91

С

Cabbage 71 Caramel 82 Carrot 26, 46, 56 Catfish 56 Celery 26, 31, 39, 40, 41, 42, 43, 44, 46, 55, 65, 66, 74, 98 Cheese 8, 11, 12, 13, 14, 16, 17, 21, 22, 24, 25, 26, 34, 51, 54, 74, 75, 77 Chicken 9, 26, 30, 36, 39, 42, 43, 44, 54, 59, 78, 79 Chili Powder 34, 38, 42, 43 Cilantro 9, 23 Corn 8, 60, 61, 73 Crabmeat 39 Crawfish 25, 35, 39, 40, 41, 60, 61 Cream Cheese 11, 13

D

Dijon mustard 63 Duck 26, 27

Е

Eggplant 51 Eggs 30, 54, 73, 76, 82, 83, 87, 88, 89, 90, 91

F

Fig 89 Fish Catfish 56 Salmon 63 Flour 39, 40, 41, 42, 43, 47, 55, 56, 57, 65, 73, 74, 76, 83, 89, 90, 91

G

Garlic 9, 10, 12, 17, 21, 22, 23, 24, 25, 26, 28, 34, 35, 36, 38, 39, 40, 41, 42, 43, 44, 50, 52, 55, 60, 63, 64, 65, 66, 70, 71, 74, 75, 78, 79 Green Beans 75 Green Onion 8, 11, 12, 13, 20, 25, 31, 55, 65, 66, 72, 79 Grits 52, 65

J

Jalapeños 8, 22, 38, 56, 74, 94

Κ

Kale 23

L

Lamb 50 Lemon 10, 13, 22, 24, 26, 27, 56, 60, 83, 91, 95, 97, 98, 103 Lime 9, 23, 56, 57, 87, 94, 98, 105

Μ

Mango 9 Mayonnaise 8, 12, 13, 14, 30, 56, 57 Milk 25, 55, 66, 73, 74, 76, 79, 82, 85, 87, 89, 100 Mushrooms 17, 31, 60, 61, 72 Mustard 30

0

Okra 39, 78 Olive Oil 10, 11, 17, 21, 24, 26, 44, 46, 50, 51, 54, 56, 59, 60, 63, 70, 75, 78 Onion 12, 21, 22, 25, 26, 28, 31, 34, 35, 36, 38, 39, 40, 41, 42, 43, 44, 46, 54, 56, 60, 64, 65, 66, 70, 71, 74, 77, 78, 79 Green Onion 8, 11, 12, 13, 20, 25, 31, 55, 65, 66, 72, 79 Oysters 55

Ρ

Pecan 20, 76, 85, 88, 89 Pesto 14 Pie 55, 87, 88, 91 Potatoes 41, 43, 60

Q

Quinoa 23

R

Raisins 30 Red Wine 26, 65 Rice 35, 39, 41, 43, 71, 72 Roux 35, 39, 40, 41, 43, 47, 55

S

Salmon 63 Sausage 16, 31, 38, 39, 42, 44, 60 Shrimp 13, 17, 28, 39, 44, 45, 52 Simple Syrup 95, 97 Sour Cream 8, 44, 90 Soy Sauce 20, 63, 70 Spinach 14, 54, 74 Squash 36, 77 Steak 65 Strawberry 84, 103 Sugar 20, 21, 34, 36, 39, 56, 64, 70, 73, 76, 82, 83, 85, 87, 88, 89, 90, 91, 100, 101 Sweet Potatoes 76

т

Tequila 94, 98, 104 Turkey 38, 44

V

Vanilla 76, 82, 84, 85, 88, 89, 90, 100 Vinegar 20, 21, 23, 24, 50, 60, 61, 89 Vodka 95, 98

W

Walnuts 20, 30 Wasabi 63 Watermelon 105 White Wine 103

Ζ

Zucchini 36,46

Dry Volume Measurements

Measurement	Equivalent
¹ / ₁₆ Teaspoon	Dash
1/8 Teaspoon	Pinch
3 Teaspoons	1 Tablespoon
¹ / ₈ Cup	2 Tablespoons
1⁄4 Cup	4 Tablespoons
¹⁄₃ Cup	5 Tablespoons plus 1 Teaspoon
½ Cup	8 Tablespoons
³⁄₄ Cup	12 Tablespoons
1 Cup	16 Tablespoons
1 Pound	16 Ounces

Liquid Volume Measurements

Measurement	Equivalent
8 Fluid Ounces	1 Cup
1 Pint	2 Cups (16 Fluid Ounces)
1 Quart	2 Pints (4 Cups)
1 Gallon	4 Quarts (16 Cups)





Kean Miller