A close-up photograph of a hand stirring a large black pan filled with Louisiana-style shrimp and rice. The shrimp are cooked and coated in a reddish-orange sauce, mixed with white rice and small pieces of green and red vegetables. The background is a soft, out-of-focus green and blue.

LOUISIANA

CULINARY DELIGHT

FARM TO TABLE



Message from the Commissioner

In Louisiana, cooking is about family, culture and heritage expressed through longstanding culinary traditions. There is so much more that goes into a pot of gumbo than just ingredients. The perfect dish contains heart and soul.

With the freshest Louisiana ingredients, I invite you to use recipes in this cookbook and make your own memories at the dinner table.

I extend a special thanks to the Louisiana Crawfish Promotion & Research Board, the Louisiana Dairy Promotion Board, the Louisiana Egg Commission, the Louisiana Beekeepers Association, the Louisiana Strawberry Marketing Board, the Louisiana Sweet Potato Commission and the Louisiana Sugarcane League. This cookbook was made possible only through your generous support and commitment to Louisiana's agricultural and forestry industries.

From our family to yours, we hope you and your friends enjoy this little taste of Louisiana.

Mike Strain, D.V.M.
Commissioner
Louisiana Department of Agriculture and Forestry

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Photography by: David Gallent

Compiled, designed and edited by: Mary Gallent, Deana Vickry, Jeremy Hendrix,
Laura Lindsay and Veronica Mosgrove

**APPETIZERS
&
BEVERAGES**



TEXAS SALSA

Submitted by Allison Hauck, Office of Soil & Water

- 10 tomatoes
- 6 jalapenos peppers
- ½ onion, chopped
- ½ bunch of cilantro, chopped
- garlic salt to taste
- 1 tomato and chicken bouillon cube
- ½ teaspoon oregano

Blend all ingredients in a food processor until desired consistency. Season to taste. Place in a 5 quart covered sauce pan and bring to light boil on the stove for 10 minutes. Place in 6 pint sized jars. Refrigerate until ready to use. Serve with tortilla chips.

Tropical Strawberry Smoothie

Submitted by the Louisiana Strawberry Marketing Board

- 1 ½ cups fresh Louisiana strawberries
- ½ cup fresh, frozen or canned pineapple chunks
- 1 container (8 ounces) low-fat Pina colada yogurt
- ½ cup orange juice
- 1 ½ cups ice cubes

In a container of blender, combine all ingredients except ice cubes; blend until smooth. Gradually add ice cubes with motor running; blend until smooth. Serves 2

BAKED CRAB DIP

Submitted by Jeremy Hendrix, Special Advisor on Minority Affairs,
Executive Office

- 1 (8 ounce) package cream cheese, softened
- 1 tablespoon milk
- 1 (6½ ounce) can flaked crab meat
- 2-3 tablespoons onions, minced
- ½ teaspoon creamed horseradish
- ¼ teaspoon salt
- 1 tablespoon picante sauce
- toasted almonds

Mix all ingredients except almonds until well blended. Pour into a one quart casserole dish. Sprinkle with toasted almonds. Bake at 375 degrees for 15 minutes. Serve with Melba toast rounds for dippers.

Strawberry Salsa

Submitted by the Louisiana Strawberry Marketing Board

- 1 cup coarsely chopped Louisiana strawberries
- 1 tablespoon orange juice
- 1 teaspoon grated orange peel
- 1 green onion, finely chopped, top included
- 1 teaspoon Dijon-style mustard
- 2 tablespoons dried currants
- 2 tablespoons red wine vinegar

Mix all ingredients in a bowl. Chill. Serve with grilled chicken or fish. Makes 1 ½ cups.

BLACK BEAN AND CORN SALSA

Submitted by Fran McVay, Administrative Coordinator, AES

- 2 (11 ounce) cans corn, drained
- 2 (15 ounce) cans black beans, rinsed and drained
- 5 Roma tomatoes, cored and scooped out, chopped
- 1 small red onion, chopped
- 5 tomatillos, chopped
- 2 jalapenos (more if you like) cored to remove seeds, chopped
- juice of one lime
- 2 tablespoons cumin
- 2 tablespoons olive oil
- 2 tablespoons red wine
- ½ cup chopped cilantro
- 1-2 chopped avocados (optional)

Mix all ingredients together; season to taste. Best to assemble 30 minutes before serving so flavors can blend.

BROCCOLI DIP

Submitted by Gwen Davis, Supportive Services, OMF, Hammond

- 1 ½ cups fresh broccoli, chopped
- ½ cup onion, chopped
- ½ cup celery, chopped
- 1 clove of garlic, minced
- ¼ cup butter
- 1 (8 ounce) jar of cheese whiz (Use jalapeno cheese whiz for spicy dip)

Boil broccoli for 3 to 5 minutes; drain and set aside. Sauté onions, celery, and garlic in butter. Place all ingredients in a small crockpot and stir well. Cook on low for 2-3 hours, stirring occasionally. Serve with crackers of your choice.

GRANDMA HILDA'S EGGNOG (SERVED HOT)

Submitted by Dr. Susan Strain, D.V.M. (wife of Commissioner Mike Strain, D.V.M.)

- 12 eggs, separated
- 1 cup sugar
- 1 gallon milk
- 1 (12 ounce) can evaporated milk
- 1 teaspoon vanilla
nutmeg

Blend egg yolks and sugar, set aside. In a large heavy pot, bring the milk and evaporated milk to a slight boil; reduce heat. Be careful not to scorch the milk. Mix small amount of hot milk with the egg mixture and then pour back into the remaining hot milk. Add vanilla. Beat egg whites until stiff and fold into the milk mixture. Sprinkle with nutmeg and serve.

LOUISIANA HOT CRAB DIP

Submitted by Sabrina Sentino, Executive Staff Officer, Executive Office

- ¼ pound Louisiana jumbo lump crab meat
- 1 (8 ounce) package cream cheese
- ¼ cup mayonnaise
- ¼ cup grated parmesan cheese
- 3 tablespoons green onion, minced
- 2 large garlic cloves, minced
- 2 teaspoons Worcestershire sauce
- 2 tablespoons lemon juice
- 1 teaspoon Louisiana hot sauce
- ½ teaspoon Tony's seasoning
- salt & pepper to taste

Preheat oven to 325 degrees. Combine all of the ingredients in a small casserole dish and gently stir until thoroughly mixed. Adjust seasoning to taste. Bake for 35-40 minutes until lightly golden on top. Serve hot with crackers. Makes about 1½ cups.

RO-TEL MEAT DIP

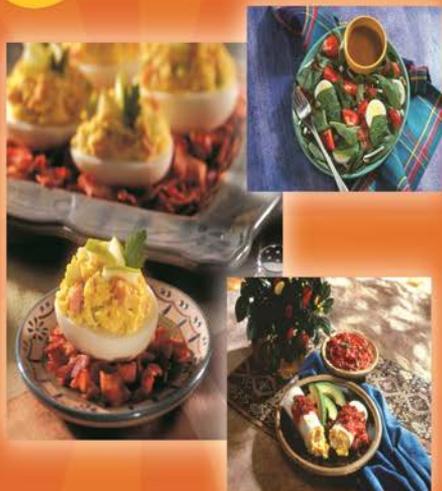
Submitted by Mary Gallent, Marketing Specialist, LAFA

- 1 can diced Ro-Tel tomatoes
- 1 pound Velveeta cheese
- 1 pound ground sausage
- 1 small white onion, chopped

In 9" black skillet, brown sausage and drain. Add onions and sauté until transparent. Add Ro-Tel tomatoes and blend. Slowly add chunks of Velveeta cheese into the mixture until fully melted. Best served hot with corn chips.

Louisiana Egg Commission

www.laeggs.com



Economical



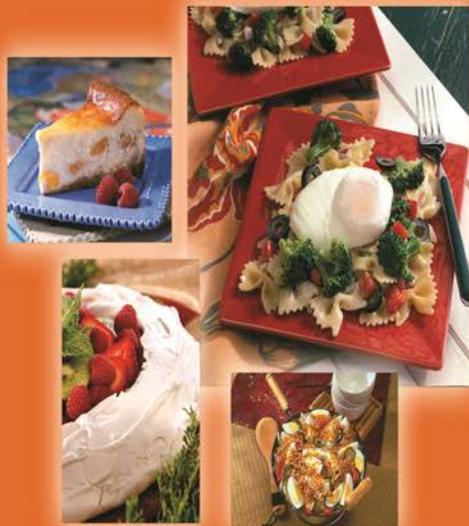
Convenient



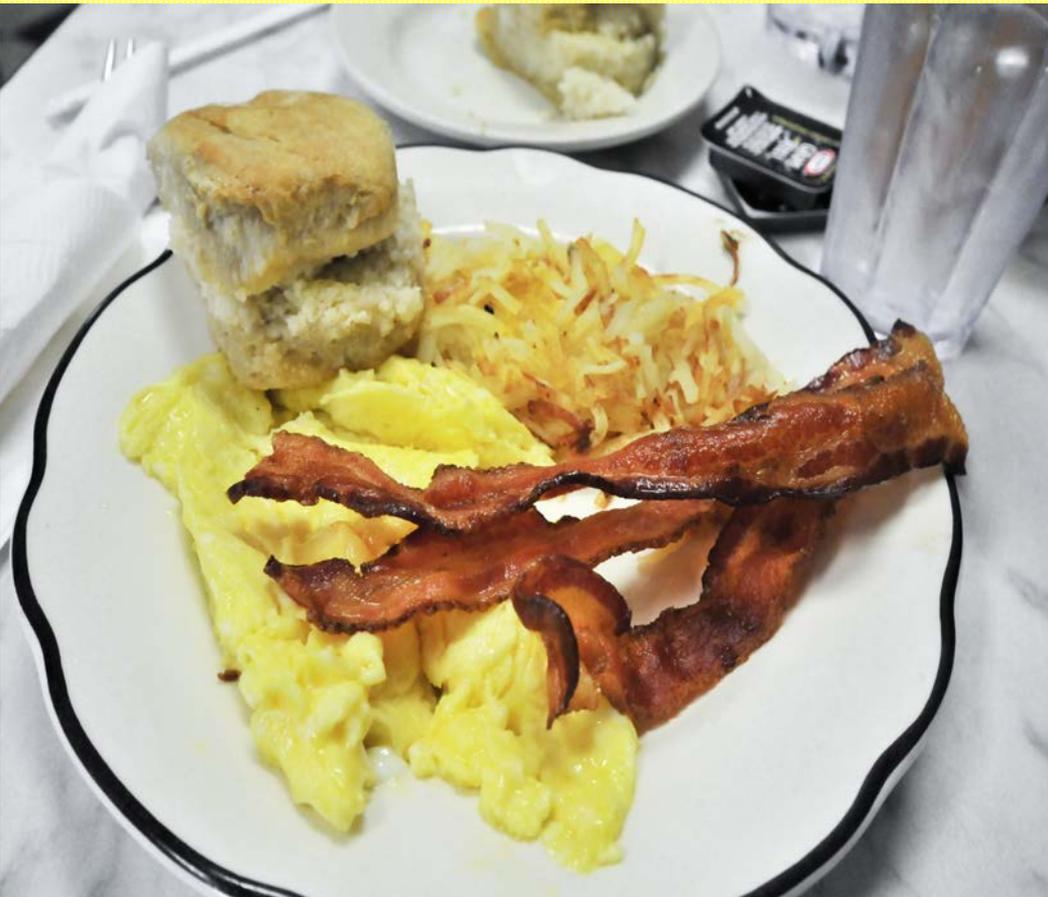
Nutritious



Exquisitely simple,
yet enormously complex,
the egg is one of
nature's marvels.



BREADS & BRUNCH



BREAKFAST CASSEROLE

Submitted by Mary Gallent, Marketing Specialist, LAFA

- 1 pound hot pork sausage
- 5 eggs
- 6 slices bread
- 2 cups half & half
- 1 stick soft butter
- 1 teaspoon salt
- ½ cup shredded sharp Cheddar cheese
- 1 teaspoon dry mustard

Cook sausage over medium heat; stir and crumble. Drain on paper towels. Spread butter on bread and cut in cubes. Layer the bread in a pan or baking dish. Sprinkle with sausage and top with cheese. Combine remaining ingredients; beat well and pour over mixture in dish. Chill for at least 8 hours or overnight. Freezes well before baking. Bake at 350 degrees for 40 - 50 minutes.

Serves: 6 - 8

EGGS IN A MUFFIN

Submitted by Judy Fletcher, Fiscal Officer, OMF

- 6 large eggs
- 1 teaspoon Creole seasoning
- 1 cup shredded sharp cheddar cheese
- 2 tablespoon chopped green onions
- ½ pound Jimmy Dean Sausage, cooked and drained (optional)

Preheat oven to 350 degrees. Spray 6 regular (2 ½ inch) muffin cups with cooking spray. Whisk eggs and seasoning in bowl until well blended. Stir in cheese and onions. Divide egg mixture evenly between prepared muffin cups. Bake 18 to 20 minutes or until mixture is set. Let cool in cups 5 minutes. Carefully remove using a thin metal spatula. Serve warm.

SWEET POTATO BISCUITS

Submitted by Melanie Tullier, Administrative Program Specialist, LAFA

- 4 cups biscuit mix
- 1 tablespoon baking powder
- ¼ pound cold butter, grated
- 1 cup mashed sweet potatoes
- ¾ cup milk

In a mixing bowl, add biscuit mix and baking powder and blend well. Add additional ingredients, mixing after each addition. Place mixture on a floured surface, knead and roll out to approximately ¼" thick. Cut with a three inch biscuit cutter or glass. Bake at 450 degrees for 8 - 10 minutes. Serve hot with butter. Serves: 10-15

GRITS AND GRILLADES

Submitted by Mary Gallent, Marketing Specialist, LAFA

- 3 pounds of beef steak or roast cut into cubes
- 5 tablespoons vegetable oil
- 3 tablespoons flour
- 3 medium onions, chopped
- 1 medium bell pepper, chopped
- 1/3 bunch parsley, chopped
- 1/3 bunch celery with leaves, chopped
- 2 cloves garlic, chopped
- 2 cups canned tomatoes
- 2 tablespoons Worcestershire sauce
- 2 teaspoons Kitchen Bouquet (optional)
- 1 bay leaf
- 1 teaspoon crushed thyme
- salt, pepper and Creole seasoning to taste
- Burgundy to taste (optional)
- 2 cups beef or chicken stock
- 1 bunch green onions, chopped

Brown meat in oil and set aside. Add flour to drippings and stir until a rich brown. Add vegetables, except for tomatoes and green onion; sauté until transparent. Add meat and remaining ingredients, including tomatoes. Cover and simmer for 3 hours adding water as needed. Remove bay leaf before serving. Serve over your favorite grits recipe; garnish with green onions. Serves: 8 -10

LEMON BAKED DONUTS

Submitted by Jeremy Hendrix, Special Advisor on Minority Affairs, Executive Office

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- ½ cup granulated sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 egg
- 1 (6 ounce) container of Chobani lemon Greek yogurt
- 1/3 cup canola oil
- 1/3 cup milk
- zest of one lemon

Glaze

- 1 cup powdered sugar
- 1/4 teaspoon Louisiana honey
- juice of one lemon

Preheat oven to 325 degrees. Lightly grease two 6 count donut pans with cooking spray or vegetable oil. In a medium bowl, whisk together flours, sugar, baking powder, baking soda and salt. Set aside. In a small bowl, whisk together egg, yogurt, oil, milk and lemon zest. Add to dry ingredients and stir until combined. Divide batter evenly into 12 donut cups, filling each about half full. Bake for 10 - 15 minutes, until a tester inserted into the center comes out clean. Remove from oven and cool for a few minutes in the pans. Whisk together powdered sugar and lemon juice to create a thin glaze. Remove donuts from pans and drizzle glaze on warm donuts. Cool on wire rack.

STRAWBERRIES AND CREAM SCONES

Submitted by Sabrina Sentino, Executive Staff Officer, Executive Office

- 8 medium Louisiana strawberries, quartered
- 2 cups unbleached all-purpose flour
- 1 tablespoon baking powder
- 3 tablespoons white granulated sugar
- ½ teaspoon fine sea salt
- 5 tablespoons unsalted butter, cold
- 1 cup heavy cream
- 1 egg

Preheat oven to 200 degrees. Place strawberries on a lined baking sheet and place in the oven; bake for 45 minutes until strawberries are slightly dehydrated. Set aside to cool. Adjust oven rack to middle position and turn oven up to 425 degrees. Place flour, baking powder, sugar and salt in a large bowl. Whisk together until thoroughly combined. Using a box grater, grate the cold butter into the flour mixture. Working quickly, and using your hands, mix the butter into the flour mixture until it resembles a coarse meal. Gently stir in strawberries. Add the heavy cream and mix until the dough begins to form, about 30 seconds. Transfer dough and all dry, floury bits to a lightly floured countertop and knead dough by hand until it comes together into a rough, slightly sticky ball, 5-10 seconds. Pat the scones flat to 1" thickness. Cut the scones into 8 wedges or use a biscuit cutter. Place the scones on a parchment lined baking sheet. Beat the egg with a tablespoon of water and brush the tops of the scones. Place the baking sheet in the oven and bake until scones are light brown, 12-15 minutes. Cool on a wire rack for at least 10 minutes. Serve warm with butter.



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The Louisiana Beekeepers Association works with the scientific community to further research on the health and sustainability of the honeybee as a pollinator and producer of honey and other products of the hive for the purpose of improving the bee and honey industry. The group also works to educate the public on the importance of the honeybee as an environmental and agricultural resource.

The Louisiana Beekeepers Association was formed December 7, 1918, under the direction of E.C. Davis, Louisiana Extension Agent. J.K. Archdekin of Big Bend, Avoyelles Parish was elected as the first president of the newly formed Louisiana Beekeepers Association August 6, 1919.

February 1, 1962, a number

of commercial beekeepers who were unhappy with the state associations stand of not allowing the use of antibiotics to control American Foulbrood disease met in Marksville, Avoyelles Parish. They organized a new beekeepers association called "Progressive Beekeepers Association of Louisiana." Those remaining in the Louisiana Beekeepers Association continued to meet separately until about 1970.

On December 7, 1985, at their annual state convention in Lafayette, Louisiana the membership of the "Progressive Beekeepers Association" voted to change their name to the "Louisiana Beekeepers Association Inc."

The 53rd annual Louisiana Beekeepers Association state convention held December 2014, reflects the date of the formation of the Progressive Beekeepers Association in 1962. The Louisiana Beekeepers Association have come a long way since 1918, and now have 330 members and continues to grow.



SALADS,

**SANDWICHES
& SOUPS**



CHICKEN, SAUSAGE, ANDOUILLE, AND TASSO GUMBO

Submitted by Bobby Fletcher, Director Louisiana Egg
Commission, Office of Animal Health

- 2 32 ounce boxes of chicken broth, low sodium
- 2-4 tablespoons “Louisiana” Roux mix (from the glass jar)
- 1 pound lean smoked sausage
- 1 pound Andouille Sausage
- 2 pounds boneless, skinless chicken thighs
- 1 (16 ounce) bag seasoning blend, frozen
- 16 ounces of Tasso
- ½ cup diced green onions
- Cajun/Creole seasoning plus Louisiana hot sauce to taste

Dissolve roux mix in chicken broth over medium heat, add in all frozen vegetables. Cut chicken thighs in thirds and put in a clean bowl, cover and put in refrigerator. Cut all sausage and Tasso into small pieces, add in, boil on medium heat mixture for 60-75 minutes or until meat is tender. Add in chicken thighs and continue to boil over low to medium heat for 20-30 minutes. Add green onions and parsley about 15 minutes before done and season to taste. Serve over cooked Louisiana rice.

Serves: 8-10

DAVID'S CREOLE SEAFOOD GUMBO

Submitted by David Gallent (son of Mary Gallent, LAFA)

- 1¼ cups all-purpose flour
- 2-3 cups fresh okra, sliced
- 1½ pounds unpeeled, medium-size fresh Louisiana shrimp
- 1 (12-ounce) container fresh Louisiana oysters
- 8 cups seafood or chicken broth
- 3 tablespoons vegetable oil
- 2 yellow onions, chopped
- 1 bell pepper, chopped
- 2 celery ribs, sliced
- 3 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 bay leaves
- Creole seasoning to taste
- 1 pound Louisiana crawfish tails with fat
- ½ pound Louisiana lump crabmeat, picked

Dry roux method: evenly distribute flour over a baking pan. Bake at 350 degrees for 1 hour and 15 minutes or until a dark golden brown; stir every 15 minutes. Set aside; cool. Place okra evenly in one layer on a greased sheet pan; bake 15-20 minutes or until sizzling. Remove from oven and set aside (baking the okra cuts down on stringy texture). Peel shrimp, reserving shells; devein, if desired; set aside.

Continued...

Drain oysters; set aside. Combine oyster liquor, shrimp shells and seafood or chicken broth in a large soup pot; bring to a boil. Reduce heat and simmer, uncovered for 10 minutes. Pour mixture through a wire-mesh strainer into a bowl. Using the back of a spoon, press the shells against the strainer to remove most of the trapped broth; discard shells. Set broth aside and keep warm. Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until lightly brown; add bell pepper, celery, garlic and tomato paste; sauté 5-10 minutes or until desired color is achieved. Sprinkle evenly with dry roux (baked flour); stir well. Slowly add 1 cup warm broth while stirring vigorously; stir well until roux lumps are smooth. Stir in remaining broth; add bay leaves and Creole seasoning. Bring to a low-boil, reduce heat to medium-low and simmer 45 minutes, stirring often along the bottom to prevent any settled roux from burning. Skim the surface as necessary to remove any fat or foam; add small amounts of water if gumbo becomes too thick. Add baked okra; simmer 5-10 minutes or until tender. Discard bay leaves. Add shrimp and crawfish tails to gumbo; return to a low-boil and simmer 3-5 minutes or until shrimp are fully cooked. Add oysters and lump crab; return to a low-boil for 1 minute. Remove from heat; let sit 10 minutes (edges of oysters should be curled). Serve hot with rice, sliced green onions and hot buttered French bread.

EASY CROCK POT POTATO SOUP

Submitted by Heather Harper, Agricultural and Environmental Sciences, Monroe

- 1 (30 ounce) bag frozen hash browns, shredded
- 3 (14 ounce) cans of chicken broth
- 1 can cream of chicken soup
- ½ cup onions, chopped
- ¼ teaspoon ground pepper
- 1 (8 ounce) package of cream cheese {don't use fat free. It WON'T melt!!!}

In a crock pot, combine everything EXCEPT the cream cheese. Cook for 6-8 hours on low heat. An hour before serving, add cream cheese and keep heated until thoroughly melted. Serve with cheese, sour cream, bacon bits and green onions.

HAM AND CHEESE PURSE POCKETS

Submitted by Mary Gallent, Marketing Specialist, LAFA

- 4 packs dinner rolls
- 2 pounds ham
- 2 cups Cheddar cheese, grated
- 2 cups Swiss cheese, grated
- 2 sticks butter
- 1 medium onion, chopped
- 3 tablespoons poppy seeds
- 3 tablespoons mustard
- 1 tablespoon Worcestershire sauce

Slice rolls in half. Place ham and cheese on the bottom half of the rolls and replace the top half. Sauté chopped onions in butter until transparent. Add remaining ingredients and pour over the rolls. Bake at 350 degrees for 20 minutes or until the cheese is melted.

*You can freeze before baking.

CRAWFISH OR SHRIMP & CORN SOUP

Submitted by Rick Gremillion, IT Technical Support Specialist, OMF

- 2 pounds crawfish or shrimp, bite size
- 1 bunch green onions
- 2 stalks celery
- 1 large yellow onion, chopped
- 1 quart half & half
- 1½ sticks butter
- 4 tablespoons flour
- 2 cans cream styled corn
- 1 small jar garlic, minced
- 1½ teaspoon parsley flakes
- 1 (8 ounce) package of cream cheese

Sauté onions, celery and garlic in half stick of butter until onions are clear. Add remaining butter, add flour to make a white roux and simmer 6-8 minutes. Add remaining ingredients (except the milk and cream cheese) to the roux in small quantities and let simmer for a few minutes. Add milk slowly, stir constantly; add cream cheese, salt, pepper and Tony's seasoning to taste. Let simmer for about 30 minutes.

JYL BENSON'S STUFFED CRAWFISH BREAD

Submitted by Sabrina Sentino, Executive Staff Officer, Executive Office

- ¼ cup butter, plus more (melted) for brushing
- 2 cups onion, finely chopped
- 1 cup bell pepper, finely chopped
- 1 pound peeled Louisiana crawfish tails with fat
- ¼ cup green onions, chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon hot sauce
- 1 (48-ounce) package frozen bread dough, such as Bridgeford (three loaves), defrosted
- 1½ cups mozzarella or Monterey Jack cheese, shredded
- 1½ cups Cheddar cheese, shredded

Preheat oven to 350 degrees. Melt ¼ cup butter in a large skillet over medium high heat. Add onions; sauté 5-10 minutes or until translucent. Reduce heat to medium. Add bell peppers and garlic; sauté 5-8 minutes. Add crawfish, green onions, hot sauce, salt and pepper; sauté 5 minutes to blend flavors. Cover and set aside.

Roll each defrosted loaf of bread dough out on a lightly floured surface to a 20"x 5" rectangle. Cut each rectangle in half width. Spoon about ½ cup of crawfish mixture into center of each piece; top with ¼ cup of each type of cheese. Fold dough over and pinch edges to seal, fully enclosing filling. Cut 2" slits on top of filled dough for venting. Repeat with remaining dough and crawfish mixture. Place loaves on a greased baking sheet and brush tops with melted butter. Bake 25-30 minutes or until golden. Cool 10 minutes. Slice and serve warm.

PECAN VINAIGRETTE SALAD DRESSING

Submitted by Jeremy Hendrix, Special Advisor on Minority Affairs, Executive Office

- 2 shallots, finely chopped
- 3 tablespoons olive oil
- ½ cup toasted Louisiana pecans, chopped
- 3 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon Louisiana honey
- ¼ teaspoon salt
- ¼ teaspoon pepper

Sauté chopped shallots in hot olive oil over medium heat for 3 minutes. Stir in pecans, vinegar, Dijon mustard, honey, salt and pepper. Reduce heat to low; cook, stirring constantly, until warm.

Put in a jar and refrigerate until ready to use. Serve over your favorite salad.

SENSATION SALAD DRESSING

Original recipe from Jake Staples

- 6 tablespoons Romano cheese, grated
- 2 tablespoons crumbled blue cheese
- 2 cloves garlic, pressed
- 1 lemon, squeezed
- 1/3 cup olive oil
- 2/3 cup vegetable oil
- 1/4 teaspoon pepper
- 1/2 teaspoon salt

Mix cheeses and set aside. Mix remaining ingredients. For each individual serving of tossed green salad, sprinkle 1 tablespoon mixed cheeses and 3 tablespoons dressing.

GINGER HONEY MUSTARD SALAD DRESSING

Submitted by the Louisiana Beekeepers Association

- 3 tablespoons Louisiana honey
- 3 tablespoons lime juice
- 2 tablespoons olive oil
- 2 tablespoons Dijon-style mustard
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried mint
- 1/2 teaspoon dried ginger
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Whisk together all ingredients.

SHUT THE DOOR CORNBREAD SALAD

Submitted by Sandra McKibben, Administrative Coordinator, New Orleans

- 1 recipe of your favorite cornbread
- 1 can nibblet corn
- 1 can ranch, chili or kidney beans
- ½ cup sweet onion, diced
- ¼ cup green pepper, diced
- 2 cups Cheddar cheese, grated
- 6 slices bacon, fried crisp
- 1 package ranch dressing mix
- 1 cup mayonnaise
- 1 cup sour cream

In a separate bowl, mix ranch dressing mix, mayonnaise and sour cream; set aside. Cut half of cornbread into cubes. Place in the bottom of a tall trifle dish or a big glass salad bowl (clear so the layers will show). Drain beans and spread over cornbread. Put ¼ cup onion and 1/8 cup green bell pepper over bean layer. Pour half dressing mixture over first layer. Cut remaining cornbread in cubes for a second layer. Drain corn and spread over cornbread; sprinkle with remaining onion and green bell pepper. Finish the top with dressing mixture, grated cheese and crumbled bacon. Cover with plastic wrap and refrigerate for a few hours before serving to blend the flavors. Best if served the same day or cornbread may get too soggy.

SWEET POTATO AND CRAWFISH/SHRIMP BISQUE

Submitted by Rene' Simon, Director LA Ag Finance Authority and Sweet Potato Commission

- 1 tablespoon vegetable oil
- 1½ cups onion, chopped
- 1½ cups green bell pepper, chopped
- 1½ cups celery, chopped
- 1 teaspoon garlic, minced
- 1/3 cup all-purpose flour
- 1/8 cup molasses
- ½-1 teaspoon ground curry powder
- 4 cups chicken broth
- 1 (15-ounce) can Louisiana sweet potatoes (yams), drained,
 or
- 1 cup fresh Louisiana sweet potatoes, cooked, mashed
- ½ cup half & half
- 1 pound Louisiana crawfish tails with fat or cleaned
 Louisiana Gulf shrimp
 salt and pepper to taste

Heat oil in a large pot; sauté onion, green pepper, celery and garlic until tender, 7-10 minutes. Add flour, stir for 1 minute; add molasses, curry powder, chicken broth and sweet potatoes; stir after each addition and bring to a boil. Reduce heat; cook 10-15 minutes, stir occasionally. Add half & half, crawfish or shrimp; season to taste. Continue cooking 5 minutes or until heated thoroughly. Garnish with green onions. Serves: 8

LOUISIANA
SWEET POTATOES
yams





VEGETABLES & SIDES

CABBAGE DELIGHT

Submitted by Mary Gallent, Marketing Specialist, LAFA

- 1 medium head of cabbage, chopped
- $\frac{3}{4}$ stick butter
- 1 onion, chopped
- 1 can cream of mushroom soup
- $\frac{1}{2}$ pound Velveeta cheese, cut into chunks
- 1 teaspoon parsley, chopped
- $\frac{1}{2}$ bread crumbs
- salt and pepper to taste
- crushed Ritz crackers

Boil cabbage in salt water until tender, drain. Sauté onions in butter; add cheese allowing it to melt over low heat. Add soup, cabbage, $\frac{1}{2}$ cup of bread crumbs, parsley, salt and pepper. Mix well and put into a greased 2 quart casserole dish. Top with crushed Ritz crackers. Bake at 350 degrees for 30 minutes.

CAULIFLOWER AND BROCCOLI CASSEROLE

Submitted by Emily Neumann, sister of Mary Gallent

- 1 small cauliflower
- 1 small bunch broccoli
- 1½ cups milk
- ½ stick butter
- 2 tablespoons flour
- ¾ cup Cheddar cheese, grated
- salt and pepper to taste
- Ritz or Cheese Nip crackers, crushed

Cut cauliflower and broccoli and steam for 2 minutes. Place in a greased, 2 quart casserole dish. In a black skillet, melt butter and add flour; stir until blended. Slowly add milk, stir constantly. Add cheese, salt, and pepper and bring to a boil. Pour over vegetables and add crushed crackers on top. Bake at 350 degrees for 20-25 minutes.

CREAMY MACARONI AND CHEESE

Submitted by David Gallent (son of Mary Gallent, LAFA)

- 1 pound elbow macaroni
- 2 tablespoons butter
- 1 garlic toe, minced
- 2 leveled tablespoons flour
- 2½ cups milk
- 1 large egg
- 4 cups sharp Cheddar, shredded
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon hot sauce

Preheat oven to 350 degrees. Boil pasta according to package directions; set aside. Melt butter in a saucepan over medium-high heat; add minced garlic and sauté 1 minute. Sprinkle flour over top and whisk until blended. Gradually stir in milk in ½ cup increments; whisking well after each addition. Bring to a boil; reduce heat to low and simmer 6 minutes, stirring often. Beat egg in a bowl, add 2 tablespoons of hot milk sauce while beating to temper; repeat twice. Pour egg mixture into white sauce while whisking vigorously. Return to a low boil for 1 minute while whisking; remove from heat. Add 2½ cups shredded cheese, salt, pepper and hot sauce; whisk until smooth. Fold the cooked macaroni into the cheese mixture; stir well. Spoon into a 3-quart casserole dish sprayed with nonstick cooking spray. Top with remaining 1½ cup cheese. Bake at 350 degrees for 20 minutes. Broil on low for 2 minutes or until cheese is bubbly and light brown.

GREEN BEAN BUNDLES

Submitted by Heather Harper, Agriculture Environmental Specialist,
Monroe

- 2 pounds whole green beans
- ¼ stick butter
- ½ cup brown sugar
- 1 pound bacon, sliced
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper

Place beans in salted water in Dutch oven, bring to boil. Boil for 7 minutes until green beans are crisp and tender, drain. Plunge into ice water to stop the cooking process. Cut bacon slices in half; wrap 7-8 beans with bacon. Close bundles with toothpicks. Make glaze of butter, brown sugar, garlic, salt and pepper. Pour over green beans. Cover with foil and bake 45 minutes at 375 degrees. Uncover the last few minutes to allow bacon to become brown and crispy. Serves: 8

LOUISIANA MIRLITON CASSEROLE WITH CRABMEAT AND SHRIMP

Submitted by Mark Lovisa, Agriculture Specialist 2, Weights & Measures

- 12 medium to large mirlitons, scrubbed
- 2-3 tablespoons of liquid crab boil
- 2 sticks plus 2 tablespoons butter
- 4 cups yellow onions, chopped
- 1 cup celery, chopped
- 6 large cloves garlic, minced
- 6 medium bay leaves
- ¼ cup parsley leaves, minced
- 2 medium green bell pepper, finely chopped
- 1 pound lump crabmeat, picked over
- 2 pounds shrimp, peeled
- 1 teaspoon salt
- ¾ teaspoon ground black pepper
- ¾ -1 teaspoon Tabasco sauce
- 3 tablespoons Worcestershire sauce
- ¾ -1 tablespoon lemon juice
- 2½ cups Italian-style fine dry bread crumbs

TOPPING:

- ¾ cup Italian-style fine bread crumbs
- 1 stick butter, cut into thin slices

Continued...

Boil mirlitons whole with the 2-3 tablespoons of liquid crab boil until they are fork-tender, 50 minutes. Let cool. Peel skins and discard seeds and any stringy pulp. Chop pulp into small pieces and place in a colander to drain. Set aside. In a 7 quart saucepan or Dutch oven, melt butter over high heat. Add the onions and celery, cooking until onions are clear; reduce heat and add garlic stirring constantly for 1 minute. Stir in mirlitons, bay leaves and parsley; simmer for 20 minutes, stirring occasionally to keep mixture from sticking. Stir bell peppers and shrimp into mixture. Add crabmeat; be careful to keep lumps intact as much as possible. Add salt, pepper, Tabasco, lemon juice and Worcestershire sauce, mixing well. Gradually add bread crumbs to absorb all liquid; mixture should be moist but not wet. Continue cooking for 5 minutes, stirring and scraping bottom of pan constantly. Remove the bay leaves and transfer mixture to two buttered 9"x13" baking pans or large casserole dishes. Sprinkle the top of the casseroles evenly with the $\frac{3}{4}$ cup bread crumbs and dot with butter. Bake uncovered in a preheated 375 degrees oven until the casserole is heated and top starts to brown. Serves: 24 - 30

SAVORY AND DECADENT BROILED OYSTER RECIPE

Submitted by Sabrina Sentino, Executive Staff Officer, Executive Office

- 1 French baguette, sliced and toasted
- ½ stick of unsalted butter, slightly softened
- 2 small cloves of garlic, finely minced
- 1 very small shallot (about ½ inch), finely minced
- 2 cups coarse kosher salt or more
- 1 dozen fresh Louisiana oysters on the half shell
- 2 tablespoons parsley, snipped for garnish

Make sure oven rack is in the middle of the oven and preheat to broil. Slice and toast the baguette. In a small bowl using a fork, combine the butter, garlic and shallot. On a cookie sheet, spread the kosher salt evenly so the oysters will rest and not tip over. Add more salt if using a larger sheet. Place the oysters in the salt. Evenly distribute the butter mixture on top of the oysters. Place in oven; stand and watch them until the butter melts and the tops of the oysters are slightly brown. If any of the butter starts to flare, remove them immediately. Please remember to only cook for about 90 seconds! Garnish with parsley and serve immediately.

RUTH'S CHRIS SWEET POTATO CASSEROLE

Submitted by Sabrina Sentino, Executive Staff Officer, Executive Office

- 1 cup brown sugar
- 1/3 cup flour
- 1 cup Louisiana pecans, chopped
- 1/3 stick butter, melted
- 3 cups Louisiana sweet potatoes, mashed
- 1 cup sugar
- ½ teaspoon salt
- 1 teaspoon vanilla
- 2 eggs, well beaten
- 1 stick melted butter

Preheat oven to 350 degrees. Spray an 8"x8" casserole dish with nonstick spray and set aside. Combine brown sugar, flour, pecans and butter in a bowl, mixing well; set aside. Combine sweet potatoes, sugar, salt, vanilla, eggs and butter in another bowl; mix thoroughly. Pour mixture into a baking dish. Sprinkle the surface of the sweet potato mixture evenly with the crust mixture. Bake for 30 minutes. Allow to set at least 30 minutes before serving. Serves: 6

SMOTHERED IRISH POTATOES

Submitted by Jacqueline Henry, Paralegal 2, Executive Office

- 6-8 medium Irish potatoes
- 1 large Vidalia onion, sliced
- 1½ pounds Manda's smoke sausage
- 3 tablespoons olive oil
- 1 teaspoon garlic powder
- ½ cup water
- ½ cup green onions, chopped

Peel and wash potatoes; slice onion and potatoes in wheels. Season with garlic powder and set aside. Slice sausage and cook in olive oil in a skillet over medium heat for 5 minutes; drain. Add potatoes and onions; cook covered for 10-15 minutes, stirring every 3-4 minutes. Uncover, add water and continue to cook and stir until potatoes are soft. Sprinkle with green onions; cook for an additional 2 minutes. Remove from heat. Serves: 6

THE BEST ZUCCHINI CASSEROLE

Submitted by Dr. Susan Strain, D.V.M. (wife of Commissioner Mike Strain, D.V.M.)

- 2 pounds of zucchini, cubed
- ¼ cup chopped green onion
- 1 cup water
- 1 cup grated carrots
- 1 (10¾ ounce) can cream of chicken soup
- 1 cup sour cream
- 1 stick butter or margarine, melted
- 1 (8 ounce) package of Pepperidge Farm herb dressing

Preheat oven to 350 degrees. Boil the zucchini and onion in the water for 5 minutes; drain. Add carrots, soup and sour cream and mix well; set aside. Mix dressing with butter; pour mixture into a greased 2 ½ quart baking dish, reserving ¾ cup. Spoon the vegetable mixture into dish and top with remaining dressing mix. Bake for 20-25 minutes.

YELLOW SQUASH CASSEROLE

Submitted by Sharon Bass (wife of Mr. Fred Bass, Confidential Assistant)

- 1 pound ground meat
- 1 medium onion, chopped
- 4 fresh yellow squash, sliced
- 1 sleeve Ritz crackers, crushed
- 2 cups sharp Cheddar cheese, shredded
- ½ stick melted butter
- 2 beaten eggs
- salt & pepper to taste

Brown ground meat and drain. Add onions and sauté' until clear. Stir in crackers, butter, eggs, salt and pepper. Bake in 9"x 13" casserole dish at 350 degrees for 20 minutes. Top with cheese; bake for an additional 10 minutes.

MAIN DISHES



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WAITING ALL YEAR...**

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**ASK
BEFORE
YOU EAT**

Make sure your crawfish are authentic Louisiana.

HISTORY OF LOUISIANA CRAWFISH

Dating back to the native Americans and the early European settlers, the crawfish has been an inherent part of Louisiana culture. Abundant in the swamps and marshes across south Louisiana, crawfish were a favorite food of early residents. Centuries later, crawfish season in Louisiana is still exciting, with crawfish boils and backyard parties a time-honored tradition.

Commercial sales of crawfish in Louisiana began in the late 1800s. At that time, crawfish were harvested from natural waters throughout the southern region of the state. The first record of a commercial crawfish harvest in the United States was in 1880. That year, a harvest of 23,400 pounds was recorded, with a value of \$2,140. By 1908, a U.S. Census report listed Louisiana's crawfish production at 88,000 pounds, with a value of \$3,600.

Technological advances have explained the growth of the Louisiana crawfish industry to include farming as well as fishing in the wild. In the 1960's, crawfish farming made its debut with the cultivation of crawfish in man-made ponds, using controlled water levels, forage management and water recalculation techniques to produce a highly marketable product.



During the next 35 years, crawfish farming developed into the largest freshwater crustacean aquaculture industry in the United States. Louisiana leads the nation, producing more than 90% of the domestic crop. More than 1,600 farmers produce crawfish in some 111,000 acres of ponds. More than 800 commercial fishermen harvest crawfish from natural wetlands, primarily the Atchafalaya Basin. The combined annual yield ranges from 120 million to 150 million pounds. The total economic impact on the Louisiana economy exceeds \$300 million annually, and more than 7,000 people depend directly or indirectly on the crawfish industry.

Most crawfish are harvested between December and June, but March, April and May are the peak months when Louisiana supplies are greatest and quality is best. On rare occasions, crawfish may be harvested in July and August in the state.

Crawfish are an excellent source of high-quality protein and are low in calories, fat and saturated fat. They also are a good source of vitamin B12, niacin, iron, copper and selenium. Better yet, crawfish are easy to prepare, and they taste great! Try one of our crawfish recipes and wow your family and friends with a terrific crawfish dish.



STEAK DIANE

Submitted by the Louisiana Beef Industry Council

- ½ teaspoon salt, divided
- ¼ teaspoon black pepper
- 6 (4-ounce) beef tenderloin steaks, trimmed
- 1 teaspoon butter
- ½ cup finely chopped shallots
- 1/3 cup water
- 2 tablespoons Worcestershire sauce
- 1 ½ tablespoons fresh lemon juice
- 1 ½ tablespoons dry sherry
- 2 tablespoons chopped fresh parsley

Heat a large, heavy skillet over medium-high heat. Sprinkle 1/4 teaspoon salt and black pepper evenly over steaks. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove from pan; cover and keep warm. Melt butter in pan over medium heat. Add shallots, and cook 2 minutes or until tender, stirring occasionally. Add water and remaining ingredients, stirring with a whisk. Reduce heat, and simmer 1 minute. Stir in the remaining 1/4 teaspoon salt. Spoon sauce over steaks, and sprinkle with parsley.

KYRA'S FINGER LICK'N BARBECUE SHRIMP

Submitted by Kyra Holden, Director of Agricultural Commodities, ACS

- ½ pound butter
- ½ cup canola oil
- 1 cup finely diced onions (preferably yellow)
- ½ cup finely chopped green onions
- ½ cup finely chopped bell pepper
- ½ cup finely chopped celery
- 2 heads diced garlic
- 1 tablespoon whole cloves
- 1½ teaspoons cayenne pepper
- 2 tablespoons black pepper
- 1 tablespoon McCormick's barbecue spice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon rosemary leaves
- 2 lemons sliced
- 1½ cup white wine
- ½ -1 teaspoon sea salt
- 5 pounds jumbo shrimp (heads on or off)

Melt butter and canola oil in five quart cast iron Dutch oven over medium-high heat. Add onions, green onions, celery, bell peppers, garlic and sauté until softened. Add the remaining seasonings and stir well. Continue cooking over medium-high heat for another 5 – 7 minutes to let everything blend together. Do not overcook. Add sea salt.

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Remove sauce from heat and let cool for about 10 minutes. Add wine. Put sauce back on HIGH heat and bring to a boil. Slowly add shrimp and stir; making sure that they are completely covered in sauce. Cook for 5 minutes or until the shrimp have turned pink. Remove Dutch oven from heat and set aside. Stir shrimp every 5 minutes to make sure the shrimp cook evenly. When you see the shell pull away from the shrimp, they are ready to eat. Don't overcook as the shells will stick and make the shrimp very hard to peel. Serve with French bread for dipping. EAT AND ENJOY.

HERBED CRAWFISH AND FETA CHEESE CASSEROLE

Submitted by the Louisiana Crawfish Promotion and Research Board

- 2 eggs
- 1 cup evaporated milk
- 1 cup plain yogurt
- 3 ounces. feta cheese, crumbled
- 1/3 pound Swiss cheese, shredded
- 1/3 cup chopped fresh parsley
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 4 garlic cloves, minced
- 1/2 pound angel hair pasta, cooked
- 16 ounces mild, chunky salsa
- 1 pound Louisiana crawfish tail meat
- 1/2 pound mozzarella cheese, shredded

Preheat oven to 350 degrees. Coat bottom and sides of a 13" x 9" baking dish with vegetable cooking spray. In a mixing bowl, blend eggs, milk, yogurt, feta cheese, Swiss cheese, parsley, basil, oregano and garlic. Spread half the pasta over the bottom of the baking dish. Cover with salsa. Add half the crawfish tail meat. Spread remaining pasta over crawfish. Pour and spread egg and cheese mixture over pasta. Add remaining crawfish tail meat and top with mozzarella cheese. Bake 30 minutes. Remove from oven and let stand 30 minutes before serving. Serves 12.



CHIP'S WHITE CHICKEN CHILI

Submitted by Chip Gallent, son of Mary Gallent, LAFA

- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 6 cloves of garlic, minced
- 1 whole roasted chicken, deboned
- 1 (16 ounce) jar of Chile Verde (green salsa)
- 1 (32 ounce) box of chicken broth
- 2 cans of corn, drained
- 2 cans of white beans, drained
- 1 tablespoon ground cumin
- 1 tablespoon oregano
- 1 tablespoon chili powder
- salt, pepper, creole seasoning and hot sauce to taste
- 1-2 tablespoons corn starch

Sauté onion and bell pepper in olive oil over medium-high heat for about 5 minutes or until translucent. Add garlic and sauté 1 minute; add chicken and continue to sauté for 3-4 minutes. Add Chile Verde, spices, corn, beans and continue to sauté for 3-4 minutes. Add chicken broth to about 1" over the top of the ingredients (you may or may not use the entire box.) Bring all to a boil and then turn down to simmer for 45-60 minutes, covered. Mix the corn starch in a small glass or bowl with $\frac{1}{4}$ cup of remaining chicken stock and whisk until blended. Add to the pot and bring to a boil; let it boil for 1 minute until slightly thickened. Reduce heat to simmer and check seasonings. Serve in bowls and top chili with cheese of your choice and green onions.

SAFFRON CRAWFISH RISOTTO

Submitted by the Louisiana Crawfish Promotion and Research Board

- 1/2 cup chopped onions
- 1 tablespoon butter or margarine
- 1 cup uncooked rice
- 1 pinch saffron (or ground turmeric)
- 1/3 cup dry white wine
- 2 cups chicken broth
- 3 cups water
- 1 1/2 cups green peas
- 1/2 pound Louisiana crawfish tail meat
- 1/4 teaspoon salt
- 1/4 cup grated Parmesan cheese
- 1/4 cup heavy cream
- 1 teaspoon lemon juice
- 1/4 teaspoon hot pepper sauce

Cook onions in butter in large skillet over medium-high heat until soft. Add rice and saffron, stir for 2-3 minutes. Add wine and stir until absorbed. Stir in 1 c. broth and cook, uncovered, stirring frequently, until broth is absorbed. Continue stirring and adding remaining broth and water, allowing each cup to be absorbed before adding another, until rice is tender and has a creamy consistency. This will take 25-30 minutes. Stir in remaining ingredients and cook until thoroughly heated, about 2 minutes. Serves 6.



CRAWFISH STEW OVER GRITS

Submitted by the Louisiana Crawfish Promotion and Research Board

- 2 10 ounce cans cream of celery soup
- 1 bell pepper, diced
- 1 onion, chopped
- 1 tablespoon Worcestershire sauce
- 1 tablespoon hot pepper sauce
- 1 bay leaf
- 1/8 teaspoon pepper
- 1 pound Louisiana crawfish tail meat
- cooked, buttered grits

Combine first 7 ingredients in a Dutch oven. Stir well. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, for 20 minutes. Add crawfish and cook 5-7 minutes, stirring occasionally. Remove bay leaf. Serve over hot buttered grits. Serves 8.



Jalapeno Grit Cakes with Crawfish & Sausage

Submitted by the Louisiana Crawfish Promotion and Research Board

- 2 cups water
- 1/4 teaspoon salt
- 1/2 cup quick-cooking grits
- 1 ½ tablespoon minced jalapeno peppers
- 1 ½ tablespoon butter
- 1 pound Louisiana crawfish tail meat
- 8 ounces Andouille sausage, diced
- 3/4 cup whipping cream
- 1/2 cup canned low-salt chicken broth
- 1/2 cup freshly grated Parmesan cheese
- Chopped fresh chives

Combine water and salt in saucepan and boil. Gradually whisk in grits. Reduce heat to low, cover pan and simmer until tender and almost all liquid is absorbed, stirring occasionally, about 8 minutes. Uncover, stir until dry and remove from heat. Stir in peppers. Season with pepper. Let stand until cool but not set, about 30 minutes, stirring occasionally. Drop grits by generous 1/4 cup onto non-stick baking sheet, making 6 mounds. Press to form 2" rounds. Let stand until firm, about 1 hour. Preheat oven to 350 degrees. Bake cakes uncovered, 15 minutes. Melt butter in large skillet, add crawfish and sausage and sauté 3 minutes.

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Remove with slotted spoon. Set aside. Add cream and broth to skillet. Stir until slightly thickened, 3 minutes. Add cheese. Simmer until cheese melts and sauce is thick, about 2 minutes. Return crawfish and sausage to skillet. Season with salt and pepper and remove from heat. Place 1 grit cake on each plate. Spoon sauce over cake and sprinkle with chives. Serves 6.

Craw-Bread

Submitted by the Louisiana Crawfish Promotion and Research Board

- 1 teaspoon baking soda
- 1 onion, chopped
- 1 cup yellow cornmeal
- 1/2 cup chopped jalapeno peppers
- 1 teaspoon salt
- 1 1/3 cup Lou Ana oil
- 8 ounces Cheddar cheese, grated
- 1 large can cream-style corn
- 2 pounds Louisiana crawfish tail meat

Preheat oven to 350 degrees. Mix all ingredients except crawfish in blender. Puree until blended. Pour into greased oblong pan or 9" x 12" baking dish. Add crawfish to mixture in pan. Stir to distribute crawfish evenly. Bake 35-40 minutes. Serves 6-8.



CRAWFISH DELIGHT SPREAD

Submitted by the Louisiana Crawfish Promotion and Research Board

- 1 pound Louisiana crawfish tail meat
- 8 ounce cream cheese, softened
- 1/4 cup mayonnaise
- 2 teaspoon finely chopped green onions
- 1/2 teaspoon white Worcestershire sauce
- 1/4 teaspoon lemon juice
- 1/8 teaspoon hot pepper sauce
- Dash of paprika
- Dash of garlic powder
- Salt & pepper to taste

Remove crawfish tail meat from package and lightly pat dry with paper towels. Coarsely and grind crawfish and set aside. Put remaining ingredients in bowl of food processor and process until smooth. Add cream cheese mixture to crawfish and mix well. This may be used for sandwiches or spread on bread rounds or crackers. For an excellent salad, coarsely chop the crawfish and all other ingredients instead of processing until smooth. Serve over shredded greens. For hors d'oeuvres, spread on 1 1/2" bread round, top with a whole crawfish tail and a sprig of dill. Makes about 1 1/2 cups or 6 dozen hors d'oeuvres.

CRAWFISH STUFFED SOFT SHELLED CRABS

Submitted by the Louisiana Crawfish Promotion and Research Board

- 8 soft shelled crabs

Continued...



- 1/2 onion, diced
- 1/2 bell pepper, diced
- 1 teaspoon minced garlic
- 1/2 pound chopped crawfish tail meat
- 1/4 pound white crabmeat
- 6 ounces bread crumbs
- 1 quart egg wash (egg whites & water)
- 1 pound self rising flour
- Oil for frying

Hollandaise Sauce**

Sauté onion, bell pepper and garlic in butter until tender. Add crawfish and crabmeat. Simmer 5 minutes. Remove from heat and add bread crumbs. Cool completely before stuffing crabs. Place stuffing between body and upper shell. Submerge in egg wash and roll in flour. Repeat for each crab. Deep fry in hot oil (340 degrees) for 10 minutes until golden. Present standing on end with claws in the air. Top with Hollandaise sauce and serve with new potatoes, flavored rice and broccoli. Serves 4.

****Hollandaise sauce**

- 4 egg yolks
- 1 tablespoon lemon juice
- 1 tablespoon tarragon vinegar
- 1/2 pound melted butter
- Salt & white pepper to taste
- Paprika

Beat together first 3 ingredients in double boiler over hot, not boiling, water. Heat until thickened. Remove from heat and whisk in butter, pouring in a thin stream. Season and keep warm in thermos until serving time.



CRAWFISH CHEESE ENCHILADAS

Submitted by the Louisiana Crawfish Promotion and Research Board

- 20 ounces enchilada sauce
 - 12 ounces cottage cheese
 - 8 ounces sour cream
 - 4 ounces can chopped chiles, undrained
 - 1 pound Louisiana crawfish tail meat
 - 1/4 teaspoon salt
 - 8 8-inch flour tortillas
 - 1 cup shredded Monterey Jack cheese
 - 4 tablespoons sliced black olives
 - 1 cup shredded Cheddar cheese
- Garnishes: sour cream, chopped olives, cilantro, chopped
Tomato

Spread 3/4 c. enchilada sauce evenly in a lightly greased 13" x 9" baking dish. Combine cottage cheese and next 3 ingredients. Spoon about 1/3 cup mixture down center of each tortilla. Sprinkle evenly with Monterey Jack cheese. Roll up and place, seam side down in dish. Top evenly with remaining enchilada sauce. Sprinkle with olives. Cover and bake at 350 degrees for 25 minutes. Uncover and sprinkle with Cheddar cheese. Garnish if desired. For a lighter diet, substitute low-fat or non-fat dairy products. Serves 4.



CRAWFISH CAKES WITH RED PEPPER REMOULADE

Submitted by the Louisiana Crawfish Promotion and Research Board

Remoulade Sauce:

- 1 roasted red bell pepper, minced
- 1 cup sour cream
- chopped basil
- salt & pepper to taste
- cayenne pepper to taste
- 1/4 cup olive oil

Crawfish Cakes:

- 1 pound Louisiana crawfish tail meat
- 2 tablespoons minced roasted red bell pepper
- chopped parsley, chives and basil
- 1 tablespoon Creole mustard
- 2 tablespoons mayonnaise
- 2 tablespoons Cajun / Creole seasoning
- salt & pepper to taste
- 1 egg
- 3/4 cup bread crumbs
- juice of 1/2 lime

For sauce: Combine 1/4 c. minced red bell pepper with sour cream, basil, salt, pepper and cayenne. Slowly whisk in olive oil to form a creamy dressing. Refrigerate.

For crawfish cakes: Coarsely chop tail meat. Combine with all ingredients except bread crumbs and mix well. Form into 2" balls, roll in bread crumbs and flatten. Melt some butter on a griddle or skillet over medium heat and sauté cakes until golden brown, about 1 minute per side. Finish cooking in 350 degree oven for 10 minutes. Serve topped with remoulade sauce and sour cream.



CRAWFISH PIE

Submitted by the Louisiana Crawfish Promotion and Research Board

- 1 1/4 cups minced celery
- 1 bunch green onions, finely chopped
- 1/2 bell pepper, minced
- 3 cups Louisiana crawfish tail meat
- 1/2 teaspoon seafood seasoning
- 1 bay leaf
- salt & pepper to taste
- Worcestershire sauce
- 1 clove garlic, pressed
- hot pepper sauce to taste
- 3 cups cooked rice
- 1 1/4 cups water
- 1 can Golden Mushroom soup
- 2 slices well buttered bread
- dash of paprika

Sauté the celery, green onions and bell pepper in oil for 5 minutes. Add crawfish, garlic, seasoning and bay leaf and sauté 5 minutes longer. Add Worcestershire, hot sauce, salt and pepper. Mix well. Add rice, water and soup. Pour into a buttered 2-quart casserole. Remove crusts from bread and cut into triangles. Arrange in a circle on top. Sprinkle with paprika. Bake, uncovered at 350 degrees for 30 minutes. Serves 8



CRAWFISH CARBONEAUX

Submitted by the Louisiana Crawfish Promotion and Research Board

- 3 cups cooked angel hair pasta
- 1 cup Louisiana crawfish tail meat
- 1/4 pound butter
- 1 ounce dry white wine
- 1 tablespoon chopped garlic
- 1 tablespoon lemon juice
- 1/4 cup chopped green onions
- 2 cups heavy whipping cream
- 1/4 cup sliced mushrooms
- 1/4 cup diced red bell pepper
- 1/2 cup diced tomatoes
- 1 tablespoon chopped parsley
- 1/2 cup chopped Andouille or bacon
- salt and cracked black pepper

In a heavy saucepan, melt butter over high heat. Add garlic, green onions, mushrooms, tomatoes and Andouille or bacon. Sauté 3-5 minutes or until vegetables are wilted. Add crawfish and cook 2 minutes. De-glaze pan with white wine and lemon juice and continue cooking until liquid is reduced by half. Add whipping cream and, stirring constantly, reduce until cream is thick and of a sauce-like consistency, about 5 minutes. Add bell pepper and cook 1 minute. Remove from heat, add parsley and season to taste with salt and pepper. Gently fold in cooked pasta and serve. May be served hot or chilled as a pasta salad. Serves 4-6



CRAWFISH & ANDOUILLE CHEESECAKE WITH MUSTARD-TOMATO COULIS

Submitted by the Louisiana Crawfish Promotion and Research Board

Crust:

- 1 cup plain, unseasoned bread crumbs
- 1 cup coarsely grated Parmesan cheese
- 1/4 teaspoon Creole seasoning
- 1 stick unsalted butter, melted

Filling:

- 1 pound Andouille sausage, diced
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1/2 cup diced green bell pepper
- 1/2 cup diced red bell pepper
- 1 tablespoon minced garlic
- 1/2 tablespoon Creole seasoning
- 1 pound Louisiana crawfish tail meat, chopped
- 1 1/2 pounds cream cheese, softened
- 1 1/2 cups grated smoked Gouda cheese
- 1/2 cup heavy cream
- 4 whole eggs, beaten
- 1/2 teaspoon salt
- freshly ground black pepper to taste

Coulis:

- 1 teaspoon olive oil
- 1 tablespoon minced garlic
- 2 tablespoons minced shallots
- 8 creole tomatoes, peeled, seeded and diced, with juice
- 1/2 teaspoon Creole seasoning
- 3 tablespoons Creole mustard

Continued...



For crust: Combine dry ingredients in a bowl. Add warm melted butter and mix just until butter is evenly incorporated and mixture is moist. Press into bottom of 9" spring form pan.

For filling: In a large skillet, sauté the Andouille until lightly browned. Drain off fat. In another skillet, heat olive oil and sauté onions, peppers and garlic 3-4 minutes until onions are translucent. Add crawfish and sauté lightly. Add the Andouille and mix well. In electric mixer bowl, combine cream cheese, Gouda and cream. Beat until smooth. Add crawfish-Andouille mixture. Add eggs and mix well, scraping down sides of bowl as needed. Add salt and pepper. Pour into prepared spring form pan. Seal bottom and sides of pan with foil. Place in baking pan containing 1" hot water and bake at 350 degrees for 65 minutes, or until set. It should be browned on top and firm to the touch.

For coulis: Heat olive oil in saucepan and sauté the garlic and shallot until tender, about 3 minutes. Add tomatoes and cook 5 minutes. Add seasoning and mustard and stir. Puree' in blender and strain. Cool to room temperature. To serve, pour about 1/4 c. tomato coulis on each plate. Place a slice of cheese-cake in the middle and garnish with chopped chives and additional grated Parmesan cheese. Serve with salad and crisp French bread. Serves 8.

CRAWFISH ELEGANTE

Submitted by Mary A. Woodyear, sister-in-law of Mary Gallent, LAFA

- 1 pound crawfish tails
- 1½ sticks of butter
- 1 small bunch green onions, chopped
- ½ cup parsley, chopped
- 1 pint half & half
- 3 tablespoon flour (level)
- 3 tablespoon sherry
- salt and red pepper to taste

Continued...

In one skillet, sauté crawfish in ½ stick of butter for 10-15 minutes. In a second skillet, sauté onions and parsley in one stick of butter. Blend in flour and gradually add half & half; stirring constantly to make a thick sauce. Add sherry and crawfish tails. Season with salt and pepper to taste. This may be used with pasta, patty shells, in a chafing dish with Melba toast or over chicken, fish or steaks.

CROCK POT TURKEY WINGS

Submitted by Jacqueline Henry, Paralegal, Executive Office

- 4-6 turkey wings or drum sticks
- onion powder to taste
- garlic powder to taste
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- rosemary (optional)
- 1 package Lipton onion soup mix
- ¾ cup water

Wash meat and pat dry. Rub with olive oil; set aside. Mix seasonings together. Rub seasoning mixture thoroughly on meat. Sprinkle on Lipton soup mix. Place meat in medium to large crock pot, add water, cover and cook on high 1-2 hours or until tender.

DAVID'S CHICKEN & SAUSAGE JAMBALAYA

Submitted by David Gallent (son of Mary Gallent, LAFA)

- 1 rotisserie chicken
- 5 cups chicken broth
- 1 pound smoked sausage, sliced
- 1 large yellow onion, chopped
- 1 green bell pepper, chopped
- 3 garlic cloves, minced
- 2 cups uncooked long-grain rice
- ½ (14½-ounce) can tomatoes, diced
- 1 teaspoon hot sauce
- 2 bay leaves
- 1 tablespoon Cajun seasoning
- ½ bunch green onions, chopped

Remove chicken from bones and skin (do not discard). Chop chicken into bite size pieces and place to the side. Place bones and skin in a large sauce pot and cover with chicken broth or water; bring to a boil. Reduce heat to medium-low, cover with lid; simmer 30 minutes.

Remove from heat and let stand 10 minutes. Use a fine-mesh strainer to strain broth; discarding bones and skin. Measure broth, add water if needed to make 4 cups; set aside. Sauté the sausage in a large Dutch oven over medium-high heat until lightly browned; remove and set aside. Combine chopped onion, celery, bell pepper and garlic; sauté 5-15 minutes (depending on desired caramelization).

Continued...

Add rice; sauté 3 minutes. Add reserved chicken broth, chopped chicken, diced

tomatoes, hot sauce, bay leaves and Cajun seasoning; stir well. Bring to a boil; reduce heat to medium-low, cover with a tight lid; simmer 25 minutes. Stir once to break up the jambalaya accumulating on the bottom. After 25 minutes, give it a good stir and check the rice to see if it is cooked; if not, let it sit on low heat for 5-10 minutes longer.

Remove from heat, stir in green onions and let stand 10 minutes. Serves: 4-6

HONEY SPICED RUBBED PORK TENDERLOIN

Submitted by Heather Harper, Agriculture Environmental Specialist, Monroe Office

- ¼ cup Catalina Dressing, divided
- 1 large pork tenderloin
- 1 teaspoon red pepper
- 1 teaspoon garlic powder
- 1 teaspoon dry mustard
- ½ teaspoon paprika
- ¼ teaspoon dried thyme leaves
- 1 tablespoon honey

Brush two tablespoons of the dressing over pork. Mix dry ingredients and rub onto pork. Let stand 10 minutes; marinate for 24 hours. Preheat grill to medium heat. Place pork on grill; cover. Grill 20 minutes turning occasionally. Mix remaining dressing and honey. Brush some of the honey mixture over pork. Contin-

BBQ SHRIMP

Submitted by Rick Gremillion, IT Tech Support Specialist , OMF

- 3 pound Louisiana headless shrimp
- 1 can Ro-Tel
- 1 bunch green onions, chopped
- ½ onion, chopped
- 3 sticks butter
- ½ cup olive oil
- 4 tablespoons Worcestershire sauce
- 1 teaspoon black pepper
- 1½ bay leaves
- 2 tablespoons parsley
- 1½ tablespoon salt
- 3 tablespoons basil
- 2 tablespoons thyme
- dash of Crystal hot sauce
- dash of crab boil
- dash of beer or wine

Simmer all of the “wet” ingredients until onions are cleared. Add all of the dry ingredients and simmer about 10 more minutes. Add the headless shrimp and bring to a hard simmer for 10-15 minutes or until shrimp peels easily. Serve with buttered French bread to dip into the gravy. Serves: 8

LOADED POTATO & BUFFALO CHICKEN CASSEROLE

Submitted by Lee Ann Fields (wife of David Fields, Retired
Director, Pesticides)

- 2 pounds boneless chicken breasts cut in 1" cubes
- 9 medium potatoes
- 1/3 cup olive oil
- 1½ teaspoons salt
- 1 tablespoon black pepper
- 1 tablespoon paprika
- 2 tablespoons garlic powder
- 6 tablespoons Louisiana hot sauce
- 2 cups Fiesta blend cheese
- 1 cup bacon, crumbled
- 1 cup green onion, diced

Preheat oven to 500 degrees. Spray 9"x13" baking dish. In a large bowl, mix olive oil, salt, pepper, paprika, garlic powder and hot sauce. Add cubed potatoes and stir to coat. Carefully scoop the potatoes into the dish, leaving behind as much oil and hot sauce mixture as possible. Bake potatoes 45-50 minutes, stirring every 10-15 minutes until cooked crispy and brown on outside. While potatoes are cooking, add cubed chicken to the bowl with remaining olive oil and hot sauce mixture. Cook cubed chicken in a skillet until seared; set aside. Once potatoes are cooked, remove from oven and reduce oven temperature to 400 degrees.

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Top potatoes with seared cubed chicken. In a bowl, mix cheese, bacon and green onions and sprinkle mixture on top the chicken. Return casserole to oven and bake 15 minutes or until chicken is fully cooked and topping is bubbly. Serve with extra Louisiana hot sauce. Serves: 8

SPICY HONEY MARINADE FOR GRILLED STEAKS

Submitted by the Louisiana Beekeepers Association

- ¼ cup Louisiana honey
- 3 tablespoons soy sauce
- 2 tablespoons orange juice
- 1 can of chipotle chile, finely chopped or
- 1 teaspoon red pepper sauce

Combine all ingredients. Use as a marinade for filled or broiled steaks or seafood.

QUICK CORNED BEEF AND CABBAGE

Submitted by Dr. Susan Strain, DVM (wife of Commissioner Mike Strain, DVM)

- ½ cup chopped onion
- 2 tablespoons vegetable oil
- 3 cups cabbage, shredded
- 1 (12 ounce) can corned beef
- ½ teaspoon salt
- ¼ teaspoon pepper

Sauté onion in oil until tender; add remaining ingredients. Cover and simmer over medium-low heat for 6-8 minutes.

SHRIMP FRIED RICE

Submitted by Yolanda Vaughn, Accountant 3, LAFA

- 1 pound Louisiana shrimp
- 4 cups of Louisiana cooked rice
- 1 stick butter
- 1 (8 ounce) bag frozen Cajun seasoning
- 2 tablespoons parsley flakes or real parsley
- 1 teaspoon filé
seasoning to taste

Sauté Cajun seasoning, parsley and butter until onions are transparent. Add shrimp and filé; sauté until shrimp turn pick. Add Creole seasonings, cayenne pepper, and garlic powder to taste. Add rice one spoon full at a time. Serves: 8 - 10

SAVORY GULF COAST CASSEROLE

Submitted by Lee Ann Fields (wife of David Fields, Retired Director, Pesticides)

- 1 pound Louisiana gulf shrimp
- 3 heads of fresh broccoli
- 1 pound of Velveeta cheese
- 1 bell pepper
- 1 stick of butter
- 1 onion
- 1 clove garlic
- 1 package of Lipton's onion soup mix
- 2 cans of cream of mushroom soup
- 4 cups cooked rice

Cut cheese block into cubes and set aside. Chop onion, garlic and bell pepper into small pieces and set aside. Prepare rice as directed. Separate, wash and cut broccoli; boil in water until tender. Season shrimp to taste and set aside. In a heavy skillet, melt butter over medium heat. When butter is completely melted and bubbly, add chopped onions, bell peppers and garlic. Sauté until vegetables are tender and translucent. Add shrimp and sauté with vegetables and butter until fully coated. Add package of onion soup mix, 1/3 cup water and let simmer until sauce has thickened. In 9"x13" pan, combine cooked rice, cheese, drained broccoli and cream of mushroom soup. Stir and smash broccoli into the mixture. Add the cooked shrimp and stir mixture until everything is evenly distributed. Place pan in a 350 degree oven for 20-25 minutes or until cheese is fully melted and edges of casserole start to brown. Serve hot as stand-alone dish or with meat of your choice. Serves: 12

SHRIMP AND CRAB STEW

Submitted by Johnnie Landry, sister of Deana Vickry, Safety Director

- 5 pounds Louisiana shrimp, peeled & deveined
- 1 pound lump Louisiana crab meat
- 2 large onions, chopped
- 1 bunch green onions, chopped
- 5 stalks celery, chopped
- 1 head garlic, chopped
- 1 (14.5 ounce) can diced tomatoes
- 3 tablespoons tomato paste
- 1 cup all-purpose flour
- 1 cup vegetable oil
- 1 gallon water
- BeaZell's Cajun Seasoning
- cayenne Pepper to taste

In a pot, add oil and heat on medium heat. Add flour and make a roux to a dark brown roux. Add onions, green onions, celery and garlic and sauté for 15 minutes. Add tomatoes, tomato paste, water. Bring mixture to a boil. Season generously with BeaZell's Cajun Seasoning and Cayenne Pepper. Cook uncovered for 1 hour. Add shrimp and crab meat, and continue cooking for another 30 minutes. Add additional seasoning if necessary. Serve over Louisiana rice.

SPAGHETTI AND MEATBALLS

Submitted by Yolanda Vaughn, Accountant 3, LAFA

- 1 pound package of spaghetti noodles
- 1 (48 ounce) bag of frozen Italian meatballs
- 1 pound package of Hillshire Farm's beef smoke sausage
- 1 stick butter
- 2 tablespoons of sugar
- 2 tablespoons of Parsley flakes
- 1 pound bag of frozen Cajun seasoning
- 1 (16 ounce) jar Ragu vegetable spaghetti sauce
- 1 (8 ounce) can of basil tomato sauce
- 1½ cups of water
- 1 teaspoon of filé
- 1 pound of cleaned Louisiana Gulf shrimp
- 2 slices of American cheese

Boil spaghetti noodles and set aside. In a 5 quart sauce pan, add meatballs, smoke sausage, butter, sugar, parsley and frozen Cajun seasoning. Add dry Cajun seasoning, Cayenne pepper, garlic powder, onion powder, oregano, basil and black pepper. Stir until the meatballs are brown; drain. Return to stove; add Ragu vegetable spaghetti sauce, basil tomato sauce, water, filé and any other Italian seasoning you like. Boil until mixture thickens. Add shrimp and cheese and continue cooking until shrimp turns pink. Serve HOT!!!

CHICKEN SPAGHETTI

Submitted by Johnnie Landry, sister of Deana Vickry, Safety Director

- 1 whole chicken-boiled and deboned
- 1 can rotel
- 1 can cream mushroom
- 1 block Velveeta cheese
- 2 small onions-chopped
- 1 bell pepper-chopped
- 1 cup celery -chopped
- 1 package angel hair spaghetti
- 1 teaspoon Beazell's
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon parsley
- 1 can sliced mushrooms drained

Boil chicken, debone and reserve chicken broth. Bring broth back to boil, add onions, bell pepper, and celery. Boil for 5 minutes and add spaghetti and cook till done. In 11 X 13 inch pan mix rotel, mushroom soup, mushrooms, chicken, cheese, and mushrooms. Drain spaghetti keeping vegetables. Add to pan with chicken. Mix in vegetables. Bake for 30 minutes at 350 degrees. Remove and stir . Add grated cheese on top and bake for 10 minutes at 375 degrees .

LOUISIANA SUGARCANE

MIRLITON PIE

- 2 cups cooked, mashed mirliton
- 2 eggs
- 1 cup biscuit mix
- 1 cup sugar
- 1 stick margarine, softened
- 1 teaspoon vanilla
- Dash of salt
- 1 9-inch pie shell



Mix all ingredients together. Pour into baked 9-inch pie shell. Bake at 350 F for 40 minutes. Yield: 6-8 servings

Recipe by Katherine Arean, New Orleans. Recipe appears *From the Sugar Bowl*, published by the American Sugar Cane League.

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DESSERTS

APRICOT NECTAR CAKE

Submitted by Loraine Dunkley, Louisiana Beekeepers Association

- 1 package yellow cake mix
- 1 package vanilla instant pudding
- 4 eggs
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup cold water
- $\frac{1}{2}$ cup apricot nectar
- $\frac{1}{4}$ cup Louisiana honey
- 1 cup ground Louisiana pecans

Mix all the ingredients except the pecans. Beat with an electric mixer for 10 minutes on medium speed. Stir in $\frac{3}{4}$ cup pecans. Sprinkle $\frac{1}{4}$ cup pecans into the bottom of a greased and lightly floured tube pan. Bake at 350 degrees for 1 hour. Top with powdered sugar or glaze.

Glaze:

Boil together for 1 minute – $\frac{3}{4}$ stick butter, $\frac{3}{4}$ cups sugar, and $\frac{3}{8}$ cup water. Add $\frac{3}{8}$ cup apricot nectar. Pour over the warm cake slowly, so the glaze soaks into the cake.

APPLE POUND CAKE OR MUFFINS

Submitted by Luda Trichel, Louisiana Beekeepers Association

- 3 cups plain flour
- 1 teaspoon baking soda and salt
- 2 cups sugar or 1 ½ cups sugar and ½ cup honey
- ½ cup vegetable oil
- 3 eggs beaten
- 1½ teaspoon coconut flavoring
- 3 cups diced apples
- 1 cup chopped pecans
- ¾ cup coconut

Mix flour, soda, salt, and sugar/honey. Blend in eggs, oil, and flavoring. Blend in apples, pecans, and coconut. Bake in loaf or bundt pan at 325 degrees for 1½ hrs. If using mini muffin pan bake at 325 degrees for 20 minutes. If using honey lower temperature by 10 or 15 degrees.

HONEY CHOCOLATE CHIP COOKIES

Submitted by Art Prell, Louisiana Beekeepers Association

- 2¼ cups flour (all purpose)
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cups butter
- 1 ½ cups sugar
- 3 tablespoons Louisiana honey
- 2 eggs
- 2 teaspoon vanilla
- 2 cups semisweet chocolate chips

In a small bowl, combine flour, baking soda, and salt. In a large mixing bowl cream together the butter, sugar, honey, eggs, and vanilla; gradually add dry ingredients until combine. Stir in chocolate chips. Drop by spoonful onto baking sheet. Bake 7-9 minutes. Place on cooling rack.

BLUEBERRY COBBLER SQUARES

Submitted by Kelly Ransome, Administrative Assistant 5, OMF

- 1 box yellow cake mix
- 2 cups quick cooking oats
- ¼ cup ground flaxseed
- 1 cup butter, melted
- 1 (12 ounce) package fresh Louisiana blueberries
- ½ cup blueberry preserves

Preheat oven to 350 degrees. Line 9"x13" baking pan with foil and lightly coat with cooking spray. Mix cake mix, oats and flaxseed. Add butter and mix until crumbly dough forms. Reserve 1½ cups dough; press remaining dough into bottoms of prepared pan. In bowl, gently toss blueberries and preserves to coat; spoon into pan.

Sprinkle with reserved dough. Bake 30 minutes or until golden brown. Refrigerate before cutting.

BLUEBERRY COBLER

Submitted by Jeanette P. Barnett, Administrative Coordinator 3,
Woodworth

- 1 cup flour
- 1 stick butter brought to room temperature
- ½ cup finely chopped pecans
- 1 (8 ounce) package cream cheese brought to room temperature
- 1 cup sugar
- 1 (8 ounce) container cool whip thawed
- 2 cups fresh Louisiana blueberries
- 1 cup sugar
- ½ cup water
- 3 tablespoons water with 2 tablespoons corn starch

Combine first three ingredients until crumbly; press into bottom of a 9"x13" glass casserole dish or deep baking pan sprayed with Pam. Bake at 350 degrees for 20 minutes or until golden brown. Set aside to cool. Beat together cream cheese and sugar; fold in cool whip and spoon over cooled crust. In a sauce pan, cook sugar, ¼ cup water and blueberries on low heat until berries are soft. Add remaining water and cornstarch mixture to berries and cook until thickened. Set aside to cool. Pour over cream cheese mixture. Refrigerate for 1 hour and enjoy. Serves: 10

Carol McCray's Humming Bird Cake & Cream Cheese Icing Blend

Submitted by Carol McCray, Dr. Gibbe's Café

- 3 cups of flour
- 2 cups of sugar
- 3 eggs
- 1 cup of crushed pineapples
- 2 cups of chopped bananas
- 1 cup of chopped Louisiana pecans
- 1 cup of vegetable oil
- 1 teaspoon of salt
- 1 teaspoon of vanilla
- 1 teaspoon of baking soda
- 1 teaspoon of cinnamon

Preheat oven to 350 degrees. Mix dry ingredients, stir in eggs and oil with spoon. Add fruits and pecans. Pour into pan and bake 35 to 45 minutes.

Cream Cheese Icing

- 1 (8 ounce) package cream cheese
- 1 (16 ounce) bag of powder sugar
- 2 sticks of margarine or butter (soften)
- 1 teaspoon of vanilla extract

In mixing bowl, blend cream cheese and butter until creamy. Add vanilla blend and slowly add powdered sugar until well blended and creamy.

DIANNE'S CARROT CAKE

Submitted by Laura Lindsay, Public Information Director, Executive Office

- 2 cups flour
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 2 cups sugar
- 1½ cups vegetable oil
- 3 eggs
- 2 cups finely grated carrots
- 1 cup well drained crushed pineapple
- 1 cup coconut
- 1 cup Louisiana pecans, chopped
- 1 teaspoon vanilla

Preheat oven to 350 degrees. Sift flour, baking soda, cinnamon and salt into a bowl and set aside. Beat sugar, oil and eggs with electric mixer. Gradually add flour mixture, carrots, pineapple, coconut, Louisiana pecans and vanilla. Bake in 9"x12" pan for one hour. Cool completely, then frost with cream cheese frosting.

Cream Cheese Frosting

- ½ (8 ounce) package cream cheese, softened
- ½ box powdered sugar
- ½ stick butter
- 1 teaspoon vanilla

Combine cream cheese, powdered sugar, butter and vanilla. Mix

STRAWBERRY CAKE

Submitted by the Louisiana Strawberry Marketing Board

- 1 marble cake mix
- 2 containers white frosting (or, your own home maderecipe, if you prefer)
- 1 pint Louisiana strawberries, sliced
- 1 pint Louisiana strawberries, halved

Prepare marble cake mix per directions on the box. Pour cake mix into two round cake pans and bake per directions on the box. Cool cakes to room temperature. Remove one cake for the bottom layer. Frost with one container of white frosting and place half of the sliced strawberries over the frosting. Add the second cake as the top layer. Frost with the second container of frosting and garnish the top of the cake with the remaining sliced strawberries. Place the halved strawberries on the serving plate at the bottom of the cake.

FANTASTIC PIE

Submitted by Heather Harper, Agricultural Environmental Specialist 2, Monroe Office

- ¼ cup butter
- 1 (7 ounce) package flaked coconut
- 1 can sweetened condensed milk
- ½ cup pecans, chopped
- 1 (8 ounce) package cream cheese, softened
- 1 (16 ounce) container cool whip thawed
- 1 (12 ounce) jar caramel ice cream topping
- 2 8"baked pie shells

Melt butter in skillet, add coconut and pecans. Sauté 10 minutes until golden. In a large mixing bowl, combine cream cheese and condensed milk; beat until smooth. Fold in cool whip. Layer ¼ of mixture in pie shells, drizzle ¼ of caramel and top with ¼ of coconut pecan mixture. Repeat process; finishing with coconut pecan mixture. Cover and freeze. Remove from freezer 10-15 minutes prior to serving.

FRESH PEAR CAKE

Submitted by Sharon Bass (wife of Mr. Fred Bass Confidential Assistant)

- 1 cup canola oil
- 2 cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 3 cups self-rising flour
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 3 cups cooking pears, cubed
- 1 cup Louisiana pecans, chopped

Preheat oven to 300 degrees. Stir oil, eggs and vanilla until well blended. Gradually stir in flour, cinnamon, nutmeg, pears and pecans. Spray Bundt pan with non-stick spray and pour in mixture. Bake for 1-1½ hours.

LAURA'S SWEET POTATO PIE

Submitted by Laura Zuelke, IT Technical Support Supervisor, OMF

- 2 medium baked Louisiana sweet potatoes
- ¼ cup soft butter
- ¼ cup dark honey
- ¼ cup granulated sugar
- 1 large egg, beaten
- 1 teaspoon vanilla
- ½ cup half and half
- 1 9" unbaked pie crust
- pinch of salt

Preheat oven to 350 degrees. Peel and mash baked sweet potatoes; mix with butter, honey and sugar. Beat in salt, egg, vanilla and half and half until fluffy. Bake in pie crust for 30 minutes.

STRAWBERRY PIZZA

Submitted by the Louisiana Strawberry Marketing Board

Pizza Crust

- 1 cup plain flour
- ¼ cup confectioners' sugar
- 1 stick melted butter
- 1 teaspoon vanilla
- 4 tablespoons cornstarch

Pizza Filling

- 8 ounces softened cream cheese
- 1 can sweetened condensed milk
- 1/3 cup lemon juice
- 1 quart sliced Louisiana strawberries with juice
- 1 tub Cool Whip

CRUST: Melt butter; mix with confectioners' sugar; add flour; mix well. Pat out on pizza pan. Bake at 350 degrees for about 15 minutes, or until lightly browned.

FILLING: Beat cream cheese and condensed milk together; add lemon juice and vanilla; pour over cooled crust.

TOPPING: Combine strawberries and cornstarch in a medium saucepan. Cook, stirring, over medium heat until thickened. Cool and spread over cream cheese filling. Top with Cool Whip. Refrigerate at least 4 hours.

MISSISSIPPI MUD PIE

Submitted by Marilyn Mayeux, Advertising Assistant, Market Bulletin

- 1 stick butter
- 1 cup flour
- 1 cup Louisiana pecans, chopped
- 1½ (8 ounces) packages cream cheese
- 1 cup powdered sugar
- 1 teaspoon vanilla
- 2 cups cool whip
- 2 (3.9 ounce) boxes instant chocolate pudding mix
- 2 cups cool whip

Preheat oven to 350 degrees. Mix butter, flour and chopped pecans. Spread in the bottom of a 9"x13" greased baking dish. Bake for 25 minutes or until brown. Set aside and cool. Mix cream cheese, powdered sugar, vanilla and cool whip. Pour over cooled crust. Mix instant chocolate pudding according to directions on the box and spread over cool whip layer. Top with 2 cups cool whip and pecans, if desired.

Refrigerate overnight. Serves: 24

OREO BALL RECIPE

Submitted by Patricia Dayberry, Administrative Coordinator 4,
Forestry

- 1 package of Oreo cookies
- 1 (8 ounce) package of cream cheese
- 1 package of white almond bark

Crush Oreo cookies in a food processor and add cream cheese, mixing well. Refrigerate for an hour. Roll mixture into balls; place balls on a cookie sheet and freeze overnight. Melt almond bark and dip cookie balls. Place balls in paper cup wrappers or parchment paper to harden.

WARM BANANA STRAWBERRY SHORTCAKE

Submitted by the Louisiana Beekeepers Association

- 1/3 cup Louisiana honey
- 3 tablespoons orange juice
- 2 tablespoons lemon juice
- 2 tablespoons grated lemon peel
- 1 teaspoon vanilla extract
- 1 ½ cup Louisiana strawberry
- 1 ½ cup banana
- 4 slices pound cake
- 4 scoops Louisiana homemade ice cream

In large skillet, combine honey, juices, peel and vanilla. Over medium heat bring to a boil; cook and stir for 2 minutes. Mix in strawberries and bananas; cook and stir for an additional 1 minute. Place a slice of pound cake in each bowl and top with ice cream. Spoon warm fruit over cake. Serves 4

HONEY WALNUT BAKLAVA

Submitted by Sharon Hebert, Louisiana Beekeepers Association

- 4 cups finely chopped walnuts
- ¼ cup sugar
- 1 tablespoon ground cinnamon
- 1 cup butter, melted
- 1 package (16 Ounces) frozen phyllo dough, thawed

Syrup:

- 1 cup sugar
- ½ cup water
- ¼ cup Louisiana honey
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract

Combine walnuts, sugar, and cinnamon in bowl (set aside). Grease 13 in. x 9 in. x 2 in. baking dish with some of the melted butter. Unroll phyllo dough sheets (keep dough covered with plastic wrap while assembling). Place one sheet of phyllo in baking dish; brush with butter. Top with a second sheet; brush with butter. Fold short ends under to fit dish. Sprinkle with about ¼ cup nut mixture. Repeat 18 times, layering two sheets, brushing with butter, and sprinkling with nut mixture. Top with remaining dough; brush with butter. Cut into 2 in. diamonds. Bake at 350 degrees for 45 to 55 minutes or until golden brown. Meanwhile, in a saucepan, combine the syrup ingredients; bring to a boil. Reduce heat; simmer, uncovered for 10 minutes. Pour over warm baklava. Cool on wire rack. Yields about 3 dozen.

HONEY PECAN SQUARES

Submitted by Louisiana Beekeepers Association in loving memory of Mary Jo Brantley

- 1¼ pounds butter, unsalted, at room temperature
- ¾ cup sugar
- 3 eggs (extra-large)
- 1 teaspoon vanilla
- 4½ cups flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 pound butter, unsalted, at room temperature
- 1 cup Louisiana honey
- 3 cups light brown sugar
- 1 teaspoon vanilla
- 1 teaspoon lemon zest (grated)
- 1 teaspoon orange zest (grated)
- ¼ cup heavy cream
- 2 pounds Louisiana pecans, coarsely chopped

Preheat oven to 350 degrees .

Crust: beat butter and granulated sugar in electric mixer bowl with paddle attachment, until light, approximately 3 minutes. Add eggs and vanilla and mix well. Sift flour, baking powder, and salt together. Mix dry ingredients into batter with mixer on low speed until just combined. Press dough evenly into two ungreased 18X12 X1-inch baking sheets, making an edge around the outside. It will be very sticky; sprinkle dough and hands lightly with flour. Bake 15 minutes, until crust is set but not browned. Cool. **Topping:** combine butter, honey, brown sugar, vanilla, and zests in a large heavy-bottomed saucepan. Cook over low heat until butter is melted, using a wooden spoon to stir. Raise heat and boil 3 minutes. Remove from heat. Stir in heavy cream and pecans. Pour over crusts (avoid getting filling between crust and pan). Bake 25 minutes, until filling sets. Remove from oven and cool. Wrap in plastic wrap and refrigerate until cold. Cut into bars and serve.

SWEET POTATO BREAD PUDDING

Submitted by David Gallent, son of Mary Gallent, for the Louisiana Sweet Potato Commission

- 1 (1 pound) loaf French bread
- 3 large eggs
- 1 cup sugar
- 1 cup brown sugar
- 2 cups half and half
- 2 cups milk
- 1½ tablespoons vanilla extract
- ½ stick melted butter
- ¼ teaspoon ground nutmeg
- 3 cups fresh grated Louisiana sweet potatoes

Preheat oven to 325 degrees. Tear French bread into 1"square pieces and set aside. Beat eggs, sugar and brown sugar with a whisk or mixer until smooth. Add eggs, milk and half and half mixing well. Add vanilla, butter, nutmeg and sweet potatoes mixing well. Combine bread pieces and egg mixture, mixing well. Cover and chill 30 minutes, stirring occasionally. Spoon bread mixture into a buttered 9"x13"baking dish. Bake uncovered for 55-65 minutes or until it springs back when touched.

Glaze

- 4 tablespoons butter
- 3 tablespoons brown sugar
- 3 tablespoons sugar
- 6 tablespoons apple juice (bourbon or rum may be substituted)
- 2 tablespoons half & half

Continued...

Melt butter in a small saucepan and stir in both sugars. Add remaining ingredients, stir and bring to a boil. Reduce heat slightly and cook for 4 minutes. Remove from heat and cool slightly. Pour over warm bread pudding. Makes 1½ cups glaze.

SWEET POTATO BROWNIES

Submitted by David Gallent, son of Mary Gallent, for the Louisiana Sweet Potato Commission

1½ cups flour
4 eggs
2 cups sugar
2 teaspoons vanilla
1 teaspoon salt
2 cups grated sweet potatoes
1 cup butter, softened
1 cup pecans, chopped

Mix sugar and butter. Add remaining ingredients and stir after each addition. Bake at 350 degrees in a 10"x13"greased pan for 30-40 minutes until toothpick comes out clean.

GLAZE

1 cup powdered sugar
¼ stick melted butter
milk

Mix powdered sugar, butter and enough milk to make a thin glaze. Spread on brownies while hot. Cool and slice when ready to serve.

MARGARET'S HONEY CREAM PRALINES

Submitted by Margaret Gaudet Prell, Louisiana Beekeepers Association

- 1 box (1 pound) Domino's pure cane light brown sugar. Make certain it is Domino's pure cane sugar, some brown sugar has molasses and the pralines will not get hard with molasses in the brown sugar.
- 2 tablespoons butter
- $\frac{1}{8}$ teaspoon salt
- $\frac{3}{4}$ cup evaporated milk
- 1 tablespoon Louisiana honey
- 2 cups Louisiana pecan halves

Mix sugar, butter, salt and milk in a in a 2-quart saucepan. Cook and stir over medium heat until sugar dissolves. Add honey and pecans, cook over medium heat. After the pralines come to a rolling boil; cook 5 minutes, stirring often until softball stage (232 degrees). Remove from heat and continue stirring for two or three minutes. Work quickly to drop on fiberglass baking sheet, foil or waxed paper. I use a small ice cream scoop to drop the pralines on the fiberglass sheet or you may use a tablespoon.

A HONEY OF A PECAN PIE

Submitted by Faye Hollier, Louisiana Beekeepers Association

Brown 1 stick salted butter in medium saucepan -- do not burn!!!

(Swirl in saucepan on medium high heat until golden brown)

Add:

- ½ cup light Karo corn syrup with vanilla flavoring
- ½ cup honey
- 1 cup sugar
- 3 large eggs, beaten
- ½ teaspoon lemon juice*
- ½ teaspoon salt
- 3 cups pecans, lightly parched (about 1½ to 2 min. in microwave) and halved or chopped

Mix well and pour into two 8" pie crusts. Bake 10 minutes at 425 degrees, then 40 minutes at 325 degrees. (During baking, cover pie crusts with strips of aluminum foil when they become golden brown.) *In place of lemon juice, I use one packet of True Lemon granules.



LOUISIANA DEPARTMENT OF AGRICULTURE & FORESTRY

MIKE STRAIN DVM, COMMISSIONER

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