

LOUISIANA COMPLEX
QUARANTINE COOKBOOK
2020



RAYMOND JAMES

LOUISIANA COMPLEX

TABLE *of* CONTENTS

APPETIZERS

1-8

BREAKFAST

9-14

SALADS

15-18

SOUPS

19-23

SIDES

24-32

ENTRÉES

33-52

DESSERTS

53-64

COCKTAILS

65-70



Appetizers

Broiled Feta with Garlicky Cherry Tomatoes & Capers

SANDY WINSTON

Baton Rouge 3KL



INGREDIENTS

- One 8 oz. block of feta cheese (I had a little trouble finding this)
- 3 tablespoons extra virgin olive oil
- 2 cloves garlic roughly chopped
- 10.5 oz. of cherry tomatoes (I get the multicolored grape or cherry tomatoes sold in a bag)
- ¼ teaspoon of salt (scant)
- ⅛ teaspoon black pepper
- Pinch of sugar
- 2 tablespoons of capers

INSTRUCTIONS

1. Preheat boiler and set the oven rack in the top position. Place the feta in a small (approximately 1.5 quart) baking dish and set aside.
2. Heat the oil in a medium saucepan over medium heat.
3. Add the garlic and cook, stirring constantly, until lightly golden 1-2 minutes.
4. Add the tomatoes, salt, pepper, and sugar, cook, stirring frequently until the tomatoes are softened and starting to burst, 2-3 minutes.
5. Remove from heat and stir in the capers.
6. Scatter the tomato mixture around the feta and place under the broiler. Watch carefully so it doesn't get too browned.
7. Serve with crackers.

Cheddar Bacon Ranch Dip

CHRISTINA LAJAUNIE
Baton Rouge 3KL



INGREDIENTS

- 8 oz. cream cheese
- 1½ cups sour cream (or plain Greek yogurt)
- 2 cups shredded cheddar cheese
- 1 package ranch dressing mix
- 8 slices of bacon cooked and crumbled
- ¼ cup green onions

INSTRUCTIONS

1. Preheat oven to 400°.
2. Combine all ingredients, mix well.
3. Spoon mixture into baking dish.
4. Bake for 30 minutes until hot or bubbly.
5. Garnish with green onions.
6. Serve with chips, crackers, or veggies.

Creamy Taco Dip



INGREDIENTS

- 2 lbs. of ground hamburger meat
- 2 packages of Taco Seasoning mix
- 2 cans of diced Rotel tomatoes
- 2 cans of cream of mushroom soup
- 2 cans of ranch style beans (optional)
- 1 large can of evaporated milk
- 1 large box of Velveeta cheese

INSTRUCTIONS

1. Brown your hamburger meat and drain grease.
2. Cut the Velveeta cheese into cubes and add to hamburger meat along with all other ingredients.
3. Let cook on low heat in your Crock Pot until all of the cheese has melted completely.
4. Serve with Tostitos.

Houston's Spinach & Artichoke Dip

KRISTIN DANTIN

Mandeville 3LV



INGREDIENTS

- Two 8 oz. packages of chopped spinach (thawed and drained – hot cooked)
- One 8 oz. cream cheese
- One 8 oz. sour cream
- 1 can artichokes (chopped)
- $\frac{3}{4}$ cup parmesan cheese
- 1 block Monterey Jack cheese
- 1 stick butter

INSTRUCTIONS

1. Sauté onions in butter, add spinach, artichokes, cream cheese, sour cream and parmesan cheese – stir.
2. Salt and pepper to taste.
3. Place in a casserole dish and sprinkle with Monterey Jack cheese.
4. Heat in microwave for 5 minutes.

Jalapeno Popper Dip

JULIE WRAY
Baton Rouge 3QX



INGREDIENTS

- Two 8 oz. packages cream cheese, room temperature
- 1 cup mayonnaise
- 1 cup shredded Mexican blend cheese
- ½ cup shredded parmesan cheese
- One 4 oz. can dice green chilies
- One 4 oz. can diced jalapeños
- 1 cup Panko bread crumbs
- ½ cup shredded parmesan cheese
- ¼ cup melted butter

INSTRUCTIONS

1. Mix the first 6 ingredients together and spread the dip into a greased pie pan or a 2 quart baking dish.
2. In a bowl, mix Panko breadcrumbs, remaining ½ cup parmesan cheese, and melted butter until incorporated.
3. Sprinkle crumb mixture evenly over the dip and bake in a preheated 375° oven for about 20 minutes or until top is browned and the dip is bubbly.
4. Serve with chips, crackers, or baguette slices.

Olive Mix

JOHN CLAUSEN
Monroe 3LO



INGREDIENTS

- Two 14 oz. cans black olives, well drained
- 21 oz. pimento stuffed olives, well drained
- ½ cup extra virgin olive oil
- 2 teaspoons garlic, chopped
- 1 teaspoon dried oregano
- 2 teaspoons dried basil
- 4 ribs of celery, chopped small

INSTRUCTIONS

1. Chop the olives in a food processor.
2. Pour in a mixing bowl and add the remaining ingredients.

*This can be used on a sandwich or as an appetizer.
For olive spread appetizer, add ½ to ¾ cup of mixture to 8 oz. cream cheese
plus 1 teaspoon sour cream, and serve with crackers or vegetables.*

Summer Quiche Pie

DANA MITCHELL
Baton Rouge 3KL



INGREDIENTS

- 15 oz. packaged piecrust
- 1 small red bell pepper, chopped
- 2 cloves of garlic
- ½ purple onion
- 2 tablespoons olive oil
- 4 large eggs
- 1 cup half & half
- 1 teaspoon salt & 1 teaspoon pepper
- 8 oz. shredded Monterey Jack cheese
- ⅓ cup shredded parmesan cheese
- 3 roma tomatoes

INSTRUCTIONS

1. Place pie crust in shell and prick holes in bottom with a fork.
2. Bake at 425° for about 10 minutes.
3. Sauté bell pepper, onion, and garlic in olive oil.
4. If using shrimp in recipe, cut up shrimp and sauté in vegetables.
5. Whisk together eggs and mix in vegetables and cheeses.
6. Pour all into pie crust and top with tomatoes.
7. Bake at 375° for 45-50 minutes.
8. Let stand for 5 minutes before serving.

A top-down photograph of a breakfast meal. In the center, a light orange rectangular box contains the word "Breakfast" in a brown, italicized serif font. The background shows a dark grey table with two black plates of food. Each plate features a fried egg with a runny yolk, a golden-brown pancake, and a side salad of green leafy vegetables, shredded carrots, and shredded white cheese. To the left of the plates is a dark bowl filled with black chia seeds. Above the plates is a small orange bowl containing a wooden spoon. To the right is a white ceramic bowl. The entire scene is set against a light green grid background.

Breakfast

Annie Heumann's Biscuits

CLAIRE FRIEDRICHS

Mandeville 3LV



INGREDIENTS

- ½ cup salted butter (1 stick)
- 2½ cups all-purpose flour
- 1½ tablespoons granulated sugar
- 1½ tablespoons baking powder
- 1½ teaspoons salt
- 1¾ cup buttermilk

INSTRUCTIONS

1. Preheat oven to 450°.
2. In a microwave-safe bowl (or you can use the baking dish that you'll be baking these in if it's microwave-safe), melt stick of butter in the microwave.
3. Put melted butter into an 8x8 baking dish.
4. In a medium bowl, mix together the flour, sugar, baking powder and salt. Pour in the buttermilk. Stir until a loose dough forms. Batter will be a bit sticky.
5. Pour biscuit dough into baking dish (right on top of the melted butter). Some of the butter will run over the top of the dough, that's perfectly okay.
6. Cut the dough into 9 squares. This will help with cutting later when they are done.
7. Bake for about 20-25 minutes, rotating dish once during baking.
8. Oven times do vary since different ovens have different hot spots, but basically biscuits should be golden brown on top and spring back to the touch.

Buttermilk Blueberry Breakfast Cake

CHELSEA GRISSOM
Shreveport 3ML



INGREDIENTS

- ½ cup unsalted butter, room temperature
- Zest from ½ small lemon
- 1 cup sugar (set aside 1 tablespoon for sprinkling)
- 1 egg, room temperature
- 1 teaspoon vanilla
- 2 cups all-purpose flour (set aside ¼ cup of this to toss with the blueberries)
- 2 teaspoon baking powder
- 1 teaspoon kosher salt (I like 1.25)
- 2 cups fresh blueberries, picked over
- ½ cup buttermilk

INSTRUCTIONS

1. Preheat the oven to 350°F. Using a stand mixer or hand-held mixer, cream the butter with the lemon zest and the 1 cup minus 1 tablespoon of sugar until light and fluffy.
2. Add the egg and vanilla and beat until combined. Meanwhile, toss the blueberries with ¼ cup of flour, then whisk together the remaining flour, baking powder and salt.
3. Add half of the flour mixture to the batter, and stir with spatula to incorporate. Add all of the buttermilk. Stir. Add remaining flour, and stir until flour is absorbed. Fold in the blueberries. (Leave excess flour from the blueberry bowl behind).
4. Grease an 8 or 9 inch square baking pan with butter or coat with non-stick spray. If you have parchment paper on hand, line the pan with parchment on top of the butter. Spread the batter into the pan. Sprinkle the batter with the remaining tablespoon of sugar.
5. Bake for 35 to 45 minutes — Check with a toothpick for doneness. (Note: Baking for as long as 10 minutes more might be necessary, especially if you're using a smaller pan such as an 8×8-inch.)
6. Let cool at least 15 minutes before serving.

Christmas Breakfast Casserole

BRITT DOYLE
Shreveport 3ML



INGREDIENTS

- 1 loaf of French Bread (couple of days old is best)
- 1 lb. breakfast ground sausage
- 1 onion
- ½ green pepper
- ½ red pepper
- ½ yellow pepper
- ½ orange pepper
- 9 eggs
- 1½ cups whole milk
- 3 teaspoons dry mustard
- 2 teaspoon garlic powder
- 1½ teaspoon black pepper
- ½ teaspoon salt
- 2 cups shredded cheddar cheese

INSTRUCTIONS

1. The night before chop and sauté in butter/oil (whatever your preference) all your peppers and onions until good and caramelized, set aside.
2. In the same pan cook ground sausage until crumbled and well browned mix with onion mixture.
3. In 9 x 13 pan spray non-stick spray, then tear French bread into pieces and put in pan.
4. In separate bowl scramble eggs, milk and add all spices.
5. Sprinkle your sausage onion mixture over your bread then pour egg mixture over that, cover with foil and put in refrigerator overnight.
6. Morning of preheat oven to 375 – 400°, take casserole out of fridge and put directly into oven for about 45-60 minutes.
7. Take off foil and sprinkle cheese on top, put back in oven for about 10-15 minutes.
8. Once out of the oven, let rest. Should come out in pieces, like lasagna.

If you want a crispier crust (top layer) then you can take the foil off earlier or not cover it at all, I've done it both ways and it turns out great either way.

Sausage Bread

AINSLEY TERREBONNE

Mandeville 3LV



INGREDIENTS

- 3 loaves Bridgford Bread, defrost and let rise (for those who need to do it quicker, use pizza crust in the can or crescent rolls pressed together to make a square)
- 1 lb. Jimmy Dean Sausage, cook, crumble, and drain well
- 1 lb. smoked sausage, sliced thin
- 3 cups cheddar cheese, grated
- 3 cups mozzarella cheese, grated
- 1 cup parmesan cheese, grated
- Jalapeno peppers, chopped (to taste)
- Margarine

INSTRUCTIONS

1. Roll each loaf into rectangles on floured surface. Layer ½ of all ingredients down center of each loaf. Fold over ends and seal like an envelope (Freeze now or...).
2. Place on greased baking sheet and put butter on top of loaf.
3. Preheat oven to 350°. Bake 25 minutes or until browned.
4. Let cool for 10 minutes. Slice and serve as an appetizer or dinner with a salad.

"I take no credit... All recipes passed down from my mom!"

- Ainsley



Super Simple Quarantine Muffins

INGREDIENTS

- Any flavor boxed cake mix
- 3-4 ripe bananas
- 2 eggs

INSTRUCTIONS

1. Preheat oven to 350°.
2. Mash bananas.
3. Add dry cake mix, add eggs, and mix.
4. Place in lined muffin tin (makes about 12).
5. Bake for 16-18 minutes.

"My faves are chocolate or spiced
cake!"

- Suzanne



Salads

Easy Caprese Salad

JENNY BERNARD

Baton Rouge 3KL



INGREDIENTS

- 1 container cherry tomatoes sliced in half
- 1 package pearled mozzarella cheese
- Basil - chiffonade (cut into long strips)
- Olive oil
- Salt & pepper



INSTRUCTIONS

1. Combined sliced cherry tomatoes, pearled mozzarella cheese, and chiffonade basil.
2. Drizzle a few tablespoons of olive oil and toss to coat.
3. Salt and pepper to taste.
4. You can also drizzle a little bit of balsamic vinegar over the dish if you like.

Kale Salad with Warm Cranberry Almond Vinaigrette

JENNY BERNARD

Baton Rouge 3KL



INGREDIENTS

- 3 tablespoons olive oil, divided
- 1 shallot peeled and thinly sliced
- 3 cloves garlic coarsely chopped
- 1 cup dried cranberries
- 2 tablespoons red wine vinegar
- Juice and zest of half a lemon
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 bunch kale thinly sliced
- 1/4 cup sliced almonds
- (optional) 1/4 cup crumbled blue cheese or goat cheese

INSTRUCTIONS

1. Heat 2 tablespoons olive oil in a large saute pan over medium high heat. Add shallot and sauté for at least 5 minutes or until tender.
2. Add garlic and sauté for 1 minute. Add the cranberries, red wine vinegar, and the lemon juice and zest. Stir to combine. Season with salt and pepper.
3. In a large bowl, toss the kale with the remaining 1 tablespoon of olive oil and a pinch of salt. Massage the kale with your fingers for 1 minute until tender.
4. Add in the cranberry vinaigrette, almonds, and toss to combine.
5. Serve topped with crumbled cheese if desired.

Okra Salad

JENNIFER TAYLOR
Shreveport 3ML



INGREDIENTS

- 1 package frozen, breaded okra (16 oz.)
- ¼ cup green onion, chopped
- ½ cup bell pepper, chopped (yellow & red for colorful salad)
- ½ cup tomato, chopped
- 8 slice bacon, cooked crisp and crumbled

DRESSING

- ¼ cup sugar
- ¼ cup vegetable oil
- ¼ cup white vinegar
- Salt and pepper, to taste

INSTRUCTIONS

1. Fry Okra and drain on paper towel.
2. When cooled slightly, combine with the next four ingredients.
3. Add dressing, salt, and pepper. Toss gently to coat.
4. Best served right away.



Soups

Crawfish Bisque Soup

GIL JOHNSON
Monroe 3LO



INGREDIENTS

- 1 stick butter
- 2/3 cup green onions chopped
- 1 lb. mushrooms sliced
- Two 10.5 oz. cans cream of potato soup
- 1 can cream of mushroom soup
- 2 cans whole kernel corn
- 1 quart of half & half
- One 8 oz. pack of cream cheese
- 1 lb. crawfish tails
- 2 teaspoons cajun seasoning
- 1 can diced potatoes

INSTRUCTIONS

1. Sauté green onions & mushrooms in butter on medium heat.
2. Add both soups and turn heat up until hot.
3. Add cream cheese, corn and seasoning heat until smooth.
4. Add half & half while stirring.
5. Add crawfish and cook until hot.

May substitute shrimps and crabmeat for crawfish.

Green Gumbo

JENNIFER TAYLOR

Shreveport 3ML



INGREDIENTS

- One 10 oz. package frozen seasoning blend (onions, peppers, celery)
- 1 lb. sausage (turkey sausage can be used as well)
- 2 cans navy beans
- 1 can beef consommé
- 1 package frozen chopped mustard greens
- 1 tablespoon minced garlic
- 1 can Rotel (I use the hot)

INSTRUCTIONS

1. Throw all ingredients in the crockpot and cook on low 8 hours.
2. Serve over rice.

Homemade Tortilla Soup

SHIRLEY COOK
Baton Rouge 3QX



INGREDIENTS

- | | | |
|---|------------------------------------|--|
| - 9 large tomatoes | - Water | - 1½ tablespoons salt or to taste |
| - 1 medium yellow onion, peeled and quartered | - 15 (6-inch) white corn tortillas | - 2 tablespoons cumin |
| - 1 fresh jalapeños stem removed | - 4 boneless chicken breast halves | - 1 bunch fresh cilantro |
| - 1 head of garlic, peeled | - 3 ears frozen corn | - Condiments of choice, such as sour cream, chopped avocado, shredded cheddar cheese, chopped fresh cilantro |
| - Olive oil | - One 10 oz. can chicken broth | |

INSTRUCTIONS

1. Place tomatoes, separated onion jalapeños and peeled garlic in roasting pan. Drizzle with olive oil. Place in 450° oven uncovered for 30-40 minutes. Stir throughout roasting time. (I put a good amount of olive oil about a cup).
2. While vegetables are roasting, fill separate pot with 5 cups of water and bring to a boil. Place chicken breasts in water and boil for 30 minutes.
3. Remove chicken from broth and dice into cubes set aside.
4. Cook corn (I use canned whole kernel corn).
5. When vegetables finish roasting remove from oven and puree in food processor. Place pureed vegetables into a large pot on medium heat.
6. Add chicken broth, salt to taste chili powder, cumin. Rinse and chop ½ of the cilantro and add to soup.
7. Place 10 white corn tortillas in food processor and chop until have a medium crumble similar to masa (coarse cornmeal-like flour)
8. When soup starts to bubble, add crumbled tortillas. This will thicken the soup and give it a wonderful authentic flavor.
9. Add chicken, corn cook covered 40 minutes on medium-low.
- 10 (Optional) Cut remaining whole corn tortillas into ⅛ inch strips and coat with olive oil. Spread onto baking sheet and bake for 10-15 minutes at 350° until crispy and golden.
11. Spoon soup into bowls and garnish with sour cream, chopped avocado, shredded cheddar cheese, fresh cilantro and tortilla strips.

Shrimp & Corn Soup

KRISTIN DANTIN
Mandeville 3LV



INGREDIENTS

- 1 bell pepper
- 1 onion
- 2 cans cream of potato soup
- 2 cans cream corn
- 1 block cream cheese
- 1 lb. peeled shrimp/crab
- 1 stick butter
- 2¼ cup half & half
- 3 tablespoons green onions
- 3 tablespoons parsley

INSTRUCTIONS

1. Saute bell pepper and onion in butter. Add shrimp until pink, add cream cheese until melted.
2. Add potato soup, cream corn, half & half, green onion and parsley, mix well.
3. Simmer on low 15-20 minutes.



Sides

Broccoli Cornbread

GIL JOHNSON
Monroe 3LO



INGREDIENTS

- One 10 oz. bag of frozen broccoli, thawed and drained
- 1 small onion, chopped
- One 6 oz. sm. curd cottage cheese
- 1½ sticks of melted margarine
- 4 eggs
- 1 tsp. salt
- 1 box of Jiffy Cornbread mix

INSTRUCTIONS

1. Mix above ingredients.
2. Spray 9 x 13 pan with Pam and pour in mixture.
3. Bake for 30 to 40 minutes at 400°.

Optional: I like to add jalapeno to mix and top with cheese.

Crockpot Mac n' Cheese

CHRISTINA LAJAUNIE

Baton Rouge 3KL



INGREDIENTS

- 2 cups dry elbow macaroni cooked (al dente)
- 2 cups cheddar cheese, shredded
- 1 cup provolone cheese, shredded
- ¼ cup parmesan cheese, shredded
- ½ cup sour cream
- ½ cup mayo
- 4 oz. cream cheese softened
- 14 oz. can evaporated milk
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ teaspoon dry mustard

INSTRUCTIONS

1. Spray a large 5-6 quart crockpot with cooking spray.
2. In a pot cook the macaroni, leaving al dente about 3-4 minutes from being fully cooked.
3. Drain, rinse with cold water, place macaroni in the crockpot.
4. Add in the cheeses, sour cream, cream cheese, mayo and seasonings – stir to combine.
5. Pour the evaporated milk over the mixture.
6. Cook on low for 2 hours, stirring once half way through.

Crunchy, Easy Okra

CLAIRE FRIEDRICHS

Mandeville 3LV



INGREDIENTS

1. Cut only tip of stem off to keep okra whole.
2. Place in a skillet with 1/4" of water and 2 pats butter - bring to boil.
3. Roll around with spatula until water boils off.
4. Remove from heat, add salt and pepper.
5. Eat whole.

"Best, crunchy, easy okra. All of our toddlers LOVE these - they eat it like candy!"
- Claire

Honey Glazed Brussels Sprouts & Bacon

SCOTT WHITMAN

Shreveport 3ML



INGREDIENTS

- 1½ lbs. of small brussels
- 3 slices of thick cut bacon (we like Wright's)
- 2 tablespoons olive oil
- ½ teaspoon kosher or sea salt
- 1 teaspoon ground pepper
- 1 teaspoon turbinado sugar
- 2 tablespoons balsamic vinegar
- 2 teaspoons local honey

INSTRUCTIONS

1. Preheat oven to 425°.
2. Line a baking sheet with aluminum foil.
3. Wash brussels, then remove any loose or dead leaves and cut in half lengthwise.
4. In a large bowl, toss brussels with olive oil, salt, turbinado and black pepper and then pour onto baking sheet (save the bowl).
5. Take 3 pieces of bacon, cut in half and stacked (this will help with slicing), then cut ¼" – ½" slivers and spread on top of the Brussels.
6. Bake at 425° for about 30 minutes or until the bacon is crispy.
7. Remove Brussels from oven and add back to the original bowl.
8. Toss Brussels with balsamic vinegar and honey. Serve and enjoy!



Orzo with Zucchini & Tomato

INGREDIENTS

- 5 oz. uncooked orzo pasta
- ½ large zucchini, diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed and finely chopped
- 1 tablespoon extra virgin olive oil salt and pepper to taste
- ¼ cup fresh grated Parmesan or Pecorino

INSTRUCTIONS

1. Cook pasta in large pot of salted water as directed.
2. Reserve about ½ cup liquid before draining. Drain orzo in a colander and add the oil to the pot.
3. Sauté garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3-4 minutes.
4. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry.
5. Add freshly grated cheese and stir.

Rice Dressing

ERIC LEBLANC

Lafayette 3LQ



INGREDIENTS

- 1 lb. ground beef
- 1 lb. ground pork
- 1½ onions chopped
- 1 green bell pepper chopped
- 1 celery stalk
- 2½ - 3 heaping tablespoons dark roux
- 1 can beef broth
- 2 cans mushroom steak sauce
- 3 cups water
- 3 cups uncooked rice
- Cajun seasoning
- Salt
- Cayenne pepper
- Garlic powder
- Green onions chopped
- Parsley chopped

INSTRUCTIONS

1. Brown vegetables then brown meat and drain. Add seasonings.
2. Mix roux into mixture until warm and then gradually add water about ½ cup at a time and beef broth until incorporated.
3. Cook on medium for about 2 hours adding more water or broth if necessary (cook rice on the side).
4. Add parsley the last 15 minutes of cooking.
5. Mix cooked rice gradually into roux mixture until it has the consistency you like.
6. Mix in green onions.

Feeds about 6 - 8 people.

Sweet Potato Crunch

CYNDI HARDY
Lafayette 3LQ



INGREDIENTS

- 1 quart mashed yams/sweet potatoes
- 2 eggs
- ½ cup sugar
- ½ cup brown sugar
- 2 teaspoons vanilla
- ½ teaspoon salt
- 1½ teaspoons cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- 1 cup evaporated milk
- ½ pack of Jell-O vanilla pudding (dry mix – cook not instant)

INSTRUCTIONS

1. Bake in greased 9 x 13 inch pan for 30 minutes 350°.
2. Add toppings:
 - ½ cup brown sugar
 - 1 tablespoon flour
 - 1 cup pecans
 - ¼ cup butter
3. Sprinkle on yams and bake 15-20 minutes at 350°.

Zea's Roasted Corn Grits

SUSAN GAUDIN
Lafayette 3LQ



INGREDIENTS

- 2 cups chicken broth
- 2 cups heavy cream
- ¼ stick butter
- 1 cup golden corn
- 1 cup yellow grits (not instant)
- Green onions for garnish

INSTRUCTIONS

1. To grill corn, shuck off husk. Lightly butter corn cob and grill over charcoal or open fire until slightly blackened.
2. Cool corn and cut kernels from cob with sharp knife.
3. Bring chicken broth to a boil. Add heavy cream and return to boil.
4. Slowly whisk in the grits and then the corn.
5. Reduce heat to a simmer, cover, and cook 5-6 minutes.
6. Add salt and pepper to taste.
7. Garnish with thinly sliced green onions.



Entrées

Adult Chicken & Stars

ANDREW HOLMAN
New Orleans 3MD



INGREDIENTS

- 3 tablespoons olive oil
- 1 large onion, sliced
- 1 shallot, sliced
- 3 carrots, coins
- 4 cloves garlic, chopped
- 1 sprig fresh rosemary
- 4 cups low-sodium chicken broth
- 6 boneless, skinless chicken thighs
- Parmesan
- ½ cup pearl couscous (also called Israeli couscous)

INSTRUCTIONS

1. Heat the oil in a large pot or dutch oven over medium heat. Add the onion, shallots, carrots, and couscous. Cook, stirring occasionally, until the onion is soft and the couscous is lightly browned (8-10 minutes). Add the garlic and rosemary. Cook, stirring occasionally, until fragrant (1-2 minutes).
2. Add the broth, chicken, ½ teaspoon salt, and ¼ teaspoon pepper and bring to a boil. Reduce heat and simmer, stirring occasionally, until the chicken is cooked through and the couscous is tender (15-20 minutes). Remove the chicken and, using 2 forks, coarsely shred; return it to the pot. Stir.
3. Serve topped with Parmesan.



Cacio e Pepe

"Cheese & Pepper Pasta"

INGREDIENTS

- 8 oz. pasta (thick spaghetti, linguine, or fettuccine)
- 1 teaspoon black pepper, freshly-cracked coarse pepper
- 3 tablespoons butter
- 2 oz. pecorino or parmesan cheese (freshly grated)

INSTRUCTIONS

1. Cook pasta (according to package directions), drain, and reserve pasta water.
2. Grate the cheese.
3. Melt the butter then add black pepper, simmer 1-2 minutes.
4. Combine with pasta, a ladle of reserved pasta water if needed and toss with grated cheese.

"I like to add a little minced garlic and olive oil to mine which makes it EXTRA tasty!"

- Jennifer

Cedar Plank Salmon

BROOKE BRAUD
Baton Rouge 3KL



INGREDIENTS

- Three 12 inch untreated cedar planks
- 1/3 cup vegetable oil
- 1 1/2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1/3 cup soy sauce
- 1/4 cup chopped green onions
- 1 tablespoon grated fresh ginger root
- 1 teaspoon minced garlic
- Two 2 lb. salmon filets, skin removed

INSTRUCTIONS

1. Soak the cedar planks for at least 1 hour in warm water. Soak longer if you have time.
2. In a shallow dish, stir together the vegetable oil, rice vinegar, sesame oil, soy sauce, green onions, ginger, and garlic. Place the salmon filets in the marinade and turn to coat. Cover and marinate for at least 15 minutes, or up to one hour.
3. Preheat an outdoor grill for medium heat. Place the planks on the grate. The boards are ready when they start to smoke and crackle just a little.
4. Place the salmon filets onto the planks and discard the marinade. Cover, and grill for about 20 minutes. Fish is done when you can flake it with a fork. It will continue to cook after you remove it from the grill.

Crawfish Eggplant Casserole

AMY CONQUE
Lafayette 3LQ



INGREDIENTS

- 1 large onion, chopped
- 1/2 cup margarine
- 1 large eggplant, peeled & sliced
- 1 stalk celery, chopped
- 1 large bell pepper, chopped
- 3 cloves garlic, chopped
- 1 lb. peeled crawfish tails
- 1/4 cup breadcrumbs
- Salt, black pepper, cayenne pepper (to taste)

INSTRUCTIONS

1. Sauté onion, celery, bell pepper in margarine. Add garlic and eggplant, simmer stirring frequently.
2. When eggplant is done, add crawfish and cook for 10 minutes. Add breadcrumbs and stir thoroughly until moistened. Add salt, pepper, and cayenne pepper - season to taste.
3. Pour mixture into glass casserole dish coated with Pam. Sprinkle top with breadcrumbs (if desired).
4. Bake at 350° for 10 minutes.

Crawfish Pie

PAULA GAUDET

New Orleans 3MD



INGREDIENTS

- 1 lb. crawfish tails
- 1 bunch green onions
- ¼ cup flour
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 stick butter or margarine
- 2 tablespoons cooking sherry or white wine
- 16 to 20 pastry shells

INSTRUCTIONS

1. Bake pastry shells according to package directions.
2. While pastry shells are browning in oven, melt butter on medium heat.
3. Chop onions fine and cook in butter 5 minutes.
4. Add flour and blend until bubbly. Add soups and continue to cook 5 minutes longer.
5. Add all other ingredients (including any crawfish juice), simmer until warm.
6. Fill shells and bake on 350° for approximately 12-15 minutes.

Crawfish Pie

WENDY ST. ROMAIN
New Orleans 3MD



INGREDIENTS

- 1 large onion chopped
- ¼ cup green onions chopped
- 2 cloves of garlic
- ½ bell pepper chopped
- 2 stalks celery
- ½ cup butter
- 1-10¾ can cream of mushroom soup
- 4 tablespoons tomato sauce
- 1½ lbs. crawfish tails or shrimp
- ¼ cup parsley
- ½ cup seasoned breadcrumbs
- ½ teaspoon salt
- ½ teaspoon red peppers
- 1 teaspoon black or white pepper
- 1 egg beaten
- Double crust 10-inch pie shell or 2 boxes of party shells.

INSTRUCTIONS

1. Sauté onions, garlic, pepper, & celery in butter until tender.
2. Add soup, tomato sauce, crawfish and parsley, cook slowly for 10 minutes.
3. Turn off heat and add breadcrumbs, salt, pepper, and eggs - mix well.
4. Add to pie shells.
5. Bake for 35-40 minutes at 350°.

If filling is too thick, add a little milk.

Étouffée

PRESTON PEREZ

Mandeville 3LV



INGREDIENTS

- 5 green bell peppers
- 4 medium yellow onions
- 6 celery stalks
- 2 bunches green onions
- 4.2 sticks butter for roux
- 0.6 stick butter to sauté vegetables
- Two 14 oz. can petit diced tomatoes
- 1.7 quarts salted chicken stock
- 1 quart seafood stock
- 5 bayleaf
- 5 tablespoons chopped garlic (from glass jar)
- 2 tablespoons thyme
- 1.2 tablespoons oregano
- 7 shakes Crystal Hot Sauce
- 5 lbs. crawfish tails (thawed)
- Flour
- Cajun seasoning

INSTRUCTIONS

1. Make a roux with the butter and enough flour for the amount of butter. Stir constantly until the roux is the color of peanut butter. Put in a metal bowl and set aside.
2. In a large enough pot to hold the final amount, set to medium-high heat and add butter to sauté onion/bell pepper/celery. Sprinkle with Cajun Seasoning and stir.
3. Add garlic about 5 minutes after you add vegetables.
4. When onions are translucent, add tomatoes, bay leaf, thyme, and oregano.
5. Add roux and stir until hot. Add stock slowly, constantly stirring, removing all clumps. Once this forms a sauce, add crawfish tails and stir.
6. Add hot sauce and salt/pepper/cajun seasoning to taste. Serve over rice.

Serves 20 - Makes 7½ quarts

Gil's Country Baked Fish

GIL JOHNSON
Monroe 3LO



INGREDIENTS

- Fish filets (deboned bass, crappie, or catfish)
- Stove top stuffing mix
- Butter
- Garlic salt
- Lemon pepper
- Philadelphia cream cheese
- Parsley flakes
- Hollandaise sauce (McCormicks packets are good)

INSTRUCTIONS

1. Place fish in baking dish and baste in melted butter. Sprinkle fish with garlic salt, lemon pepper and parsley flakes. Bake in pre-heated oven for 15 minutes at 400°.
2. Remove from oven and cover filets with Philadelphia cream cheese.
3. In separate dish cook Stove Top Stuffing per microwave instructions. Top cheese with healthy helpings of prepared Stove Top Stuffing. Cook for 15 more minutes.
4. Prepare hollandaise sauce (according to package directions), then pour over servings.

*Excellent served with wild rice, sautéed vegetables,
yeast rolls & white zinfandel.*

Good Ole' Rump Roast & Gravy

DANA MITCHELL

Baton Rouge 3KL



INGREDIENTS

- 1 lb. large rump roast
- Minced garlic
- Chopped onions
- Chopped bell peppers
- Chopped celery
- ½-1 can cream mushroom soup
- 1-2 cups beef broth

INSTRUCTIONS

1. Mix vegetables in a bowl and season with salt, pepper, Slap Ya' Mama, etc.
2. Cut slits in roast and stuff with seasoning mixture. Season outside of roast as well with salt, pepper, Slap Ya' Mama, etc. Heat small amount of oil in pan to sear roast on all sides.
3. Add left over seasoning mixture and a bit of water to pan and scrape the bottom of pan to get the browned bits off of the pan.
4. Add soup and broth and stir to combine, then add more water to almost cover roast. Cover roast and cook in oven for approximately 2-3 hours on 350°.
5. Once tender, remove from oven and remove roast from pan then cut into slices.
6. Add cornstarch to gravy mixture and place on stove on medium heat. Stir until thickened to your liking. Pour gravy over roast.

"Enjoy with mashed potatoes, rice, or as a good ole' fashioned roast beef poboy!" - Dana

Grilled Redfish

BILL FREIBERG

New Orleans 3MD



INGREDIENTS

1. When cleaning your freshly caught redfish, do not clean the scale side. Keep the scales on.
2. Cut slits into the fish meat side about ¼ inch apart.
3. Cover the fish with a light layer of olive oil. Put some salt and pepper, along with Tony Chachere's Creole Seasoning, over the entire side.
4. Grill it, scale side on the grill. You will know when it is ready when you can stick it with a fork and remove it without any sticking or resistance. Just prior to removing it from the grill, sprinkle it with parmesan cheese.
5. The meat should just pull right out of the skin - squeeze lemon juice all over fish.

The main guideline for all barbecuing is that one hand has to always be holding a very cold beer, usually Budweiser!"

- Bill

Korean Lettuce Wraps

JEFF LYONS
Shreveport 3ML



INGREDIENTS

- ¾ cups short-grain rice
- 1 tablespoon cilantro leaves, finely minced
- 1 jalapeño, ½ finely diced ½ sliced into rounds
- 1 cucumber, finely chopped
- 1 tablespoon rice vinegar
- 1 lime, juiced
- Salt and pepper
- 1 shallot, peeled and minced
- 2 teaspoons miso
- 2 teaspoons sriracha
- 1 tablespoon vegetable oil
- One 8 oz. pack seitan, patted dry and finely chopped
- 1 head butter lettuce

INSTRUCTIONS

1. Cook the rice according to package instructions.
2. In a small bowl, combine the cilantro, finely diced jalapeño, cucumber, rice vinegar, and lime juice. Season with salt and stir to combine.
3. In another small bowl, combine the shallot, miso, as much sriracha as you'd like, and 2 tablespoons water. Whisk to combine.
4. Place a large nonstick skillet over medium-high heat and add 1 tablespoon vegetable oil. Once the skillet is hot, add the seitan and a pinch of salt, and cook until browned in places, about 6 to 8 minutes. While the seitan is cooking, separate the butter lettuce leaves.
5. To build your wraps, divide the cooked rice between the butter lettuce leaves. Top with seitan, sliced jalapeño, and layers of the miso sauce and cucumber sauce.

Mudgie's Crab Cakes

ANDY LOVELL
New Orleans 3MD



INGREDIENTS

- 3 tablespoons mayonnaise
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 large eggs slightly beaten
- ¾ cup crushed saltine crackers
- 1 lb. lump crabmeat
- 2 tablespoons fresh leaf chopped parsley
- 3 tablespoons butter
- 3 tablespoons olive oil (for frying)

INSTRUCTIONS

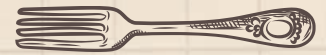
1. Mix mayonnaise, Dijon mustard, salt, black pepper, eggs, and saltine crackers.
2. Fold in crabmeat and parsley being careful not to break up the crabmeat.
3. Using a dry ½ measuring cup, dip up crabmeat mixture and press to pack. Drop on plastic wrap and wrap up tightly into a ball. Place all wrapped cakes on a plate and refrigerate for at least an hour. This will help to make the cakes stick and not break up when frying. Dust with flour when ready to fry.
4. Melt butter and oil to fry crab cakes.

Serve with tartar sauce if desired.

Parmesan Chicken

DAYLA SPARKS

Texarkana 3NT



INGREDIENTS

- 4 boneless chicken breasts

MIX

- 1 cup mayo (I use Duke's)
- ½ cup parmesan cheese (I use shredded)
- ½ teaspoon season salt
- 1 teaspoon garlic powder
- ½ teaspoon pepper

INSTRUCTIONS

1. Spread mixture over the chicken in a glass baking dish.
2. Bake uncovered on 375° for 45 minutes.

Great with pasta and broccoli.

Pascal's Manale's Oyster Spaghetti

JUDE HUVAL
Mandeville 3LV



INGREDIENTS

- 4 tablespoons butter
- 6 green onions, minced
- 4 tablespoons flour
- 1 cup oyster water
- 3 cloves of garlic
- ¼ teaspoon hot sauce
- ½ teaspoon Lea & Perrins Worcestershire sauce
- ¼ teaspoon white or black pepper
- ½ teaspoon salt
- 2 dozen shucked oysters
- 1 tablespoon finely chopped parsley
- 1 lb. hot cooked spaghetti

INSTRUCTIONS

1. Heat butter in large skillet or saucepan.
2. Add green onions. Cook 5 minutes.
3. Slowly whisk in flour. Cook about 5 minutes.
4. Add oyster water, hot sauce, Worcestershire sauce, white pepper and salt. Simmer 5 minutes.
5. Spoon over spaghetti and serve.

Quinoa Black Bean Burgers

LAURA JONES
Lafayette 3LQ



INGREDIENTS

- One 15 oz. can black beans, rinsed and drained
- 1/4 cup quinoa
- 1/2 cup water
- 1/2 cup bread crumbs
- 1/4 cup minced yellow bell pepper
- 2 tablespoons minced onion
- 1 large clove garlic, minced
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1 teaspoon hot pepper sauce
- 1 egg
- 3 tablespoons olive oil

INSTRUCTIONS

1. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
2. Roughly mash the black beans with a fork, leaving some whole black beans in a paste like mixture.
3. Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands.
4. Form the black bean mixture into 5 patties. Heat the olive oil in a large skillet. Cook the patties in the hot oil until heated through, 2 to 3 minutes per side.

"I like to serve these with guacamole and chips. Even the meat eaters in your family will love these burgers!" - Laura

Red Beans

PRESTON PEREZ

Mandeville 3LV



INGREDIENTS

- 2 large cans blue runner red beans
- 2 lbs. DD brand smoked sausage
- 2 onions
- 2 bell peppers
- 3 stalks of celery
- Cajun seasoning
- Garlic powder
- Chicken stock

INSTRUCTIONS

1. Dice vegetables into $\frac{1}{3}$ inch cubes.
2. Brown sausage in pot and remove most of the fat that has been rendered from the meat.
3. Cook vegetables.
4. Add meat and most of the rendered fat back into the pot.
5. Add red beans.
6. Thin out with a little chicken stock and thicken by cooking on low heat.

Shrimp Scampi

HOLLY SALAZAR
Mandeville 3LV



INGREDIENTS

- 1½ lbs. of shrimp
- 4 cloves of garlic (minced)
- 2 teaspoons lemon zest
- 3 tablespoons parsley (chopped)
- 1 shallot (minced)
- 1 tablespoon lemon juice
- ¼ teaspoon red pepper flakes
- ½ cup butter (cubed)
- Salt and pepper
- French bread loaf

INSTRUCTIONS

1. Melt butter in a large skillet over medium heat. Add garlic, shallot, and red pepper and cook, stirring frequently, until fragrant (roughly 2 minutes).
2. Add shrimp, season with salt and pepper. Cook, stirring occasionally, until pink and cooked through (3 to 4 minutes).
3. Stir in parsley, lemon juice, and lemon zest. Serve

Pool left over butter sauce into bowl for bread dipping the French bread.

Southern Pasta

KEVIN PHILLIPS
New Orleans 3MD



INGREDIENTS

- 1 bag of pasta (shells, rigatoni, fusilli, penne, etc.) - NOT spaghetti
- 2 bags of Chisesi cubed ham
- 1 bundle of asparagus
- 1 jar of alfredo sauce or quasi-bechamel sauce (make a white roux with $\frac{1}{4}$ cup of butter, add heavy whipping cream to desired consistency and then add parmesan cheese and garlic to taste)

INSTRUCTIONS

1. Bring the water for the pasta to a boil, then add the pasta and asparagus. This allows for the asparagus to hopefully leach some of its nutrition into the pasta, which is desired because the kids will pick around the asparagus missing out on its vitamins and nutrients.
2. In separate pot either 1) heat up the alfredo sauce with the ham in it or 2) make a white roux, add the cream till the desired consistency, (at this point start the pasta) add the ham chunks, garlic, and cheese. Let simmer till the pasta and asparagus are done.

"Feeds one powerlifting rugby player, his wife, and four kids. Adjust amount according to your own needs."

- Kevin

Two-Hour Brisket

CHRIS CRIFASI

Baton Rouge 3QX



INGREDIENTS

1. Trim meat and season well with dry rub.
2. 400° on pit, sear, then indirect heat for 1 hour.
3. When finished, place meat in disposable pan.
4. 1 cup rice wine or apple cider vinegar.
5. BBQ sauce to coat on top.
6. Tightly cover pan and cook at 400° for another 1 hour.
7. Let rest for a half-hour and slice.



Desserts



Brown Sugar Squares

INGREDIENTS

COMBINE:

- 1 pound box of brown sugar
- ¼ cup white sugar
- Dash of salt
- 1½ sticks of butter melted

ADD:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon almond extract
- 1 teaspoon vanilla extract

ADD:

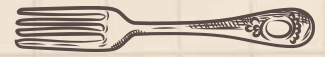
- 4 eggs well beaten and mix well with above

INSTRUCTIONS

1. Pour batter into a 9"x13" pan that has been greased and floured (or sprayed with Baker's Joy).
2. Bake 40-50 minutes in an oven preheated at 300°.
3. Let cool, dust the top with powdered sugar and cut into squares.

Buttercream Frosting

JENNIFER GATES
Monroe 3LO



INGREDIENTS

- 2 sticks of salted butter (room temperature)
- 2 teaspoons vanilla extract
- 3 cups powdered sugar
- 2 tablespoons heavy whipping cream

INSTRUCTIONS

1. Start with butter and whip with mixer, then add vanilla extract and combine.
2. Then add 1 cup of powdered sugar at a time.
3. Add heavy whipping cream and mix until fluffy.
4. I usually mix each step only 30 seconds to 1 minute. Don't over mix.
5. Fill piping bag and decorate your favorite cake or cupcakes. Double recipe for larger cake or 2-dozen cupcakes.



Butter Pecan Praline Sheet Cake

INGREDIENTS

- 1 box butter pecan cake mix
- 1 stick melted butter/margarine
- 4 tablespoons "LIGHT" corn syrup
- 1 cup LIGHT Brown Sugar (Packed)
- 2 cups chopped pecans
- 1½ cups water
- ⅓ cup vegetable oil
- 3 eggs

INSTRUCTIONS

1. Mix melted margarine, brown sugar, corn syrup and pecans in bowl.
2. Spray a 9 x 13 pan with Baker's Joy spray (because it has "flour" in it), spread this mixture in the bottom of the pan. Keep mashing down till covers bottom of the pan.
3. Mix cake together with the rest of the ingredients. Pour over the pecan mixture.
4. Bake at 350 degrees (a preheated oven) for approximately 45 minutes. Check cake with a toothpick in the middle to see if done.

Immediately invert pan on another try or pan. Leave it set for 5 minutes then lift the original pan up. Make sure something is under the pan while in the oven so it does not mess up bottom of the oven up.

Chardonnay Cake (Smith Lake Cake)

JENNIFER TAYLOR
Shreveport 3ML



INGREDIENTS

- One 15.25 oz. package yellow cake mix
- One 3.4 oz. package vanilla instant pudding mix
- $\frac{3}{4}$ cup water
- $\frac{3}{4}$ cup vegetable oil
- $\frac{1}{4}$ cup packed light brown sugar
- 2 teaspoons ground cinnamon
- 4 large eggs
- $1\frac{1}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup white wine (any kind but I like Chardonnay)
- 4 oz. ($\frac{1}{2}$ cup) salted butter

INSTRUCTIONS

1. Preheat the oven to 350° . Beat the cake mix, pudding mix, water, oil, brown sugar, cinnamon, eggs, $\frac{1}{4}$ cup of the granulated sugar, and $\frac{1}{2}$ cup of the wine with an electric mixer at medium speed until just blended, about 30 seconds. Increase speed to medium-high and beat 2 minutes.
2. Pour the batter into a greased and floured 10-cup Bundt pan. Bake in the preheated oven until a long wooden pick inserted in the center comes out clean, about 1 hour.
3. While the cake is baking, melt the butter in a saucepan over medium. Stir in the remaining 1-cup granulated sugar and $\frac{1}{4}$ cup wine. Pour the butter mixture over the hot cake in the pan, and cool completely, about 1 hour. Turn the cake out onto a serving plate.

Chocolate Chip Bundt Cake

ALYSSA KLEIN
New Orleans 3MD



INGREDIENTS

- Betty Crocker Pound Cake Mix
- 6 oz. sour cream
- One 3.4 oz box of Jell-O French Vanilla Instant Pudding Mix
- 2/3 cup milk
- 1/2 stick of softened butter
- 2 eggs
- 3/4 cup dark chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°. Grease bundt pan.
2. Follow the cake mix instructions then add in the sour cream, pudding mix and chocolate chips.
3. Mix well then pour into greased bundt pan.
4. Bake for 35-45 minutes (times varies depending on Bundt pan and oven) until golden brown or until a toothpick comes out clean.

"Let cool then serve by itself or with a scoop of ice cream!"

- Alyssa

Four Layer Dessert

DONNA BOND
Shreveport 3ML



INGREDIENTS

- | | |
|------------------------------|---|
| - 1 cup flour | - 1 small box chocolate instant pudding |
| - 1 stick margarine (melted) | - 1 small box vanilla instant pudding |
| - ½ cup pecans | - 2 cups milk |
| - 8 oz. pkg. cream cheese | |
| - 2 tablespoons of milk | |
| - 1 cup Cool Whip | |
| - 1 cup powdered sugar | |



INSTRUCTIONS

1. Pour butter over pecans and flour, mix, and pat out in pan. Bake for 25 minutes at 325° - let cool.
2. Mix cream cheese, milk, cool whip, and powdered sugar together until creamy and spread over crust.
3. Mix puddings together with milk and spread over cream cheese mixture. Top with Cool whip... and (optional) decorate with crushed pecans and chocolate chips.

"Husband's favorite dessert... given to me from a cookbook made by some special ladies for a wedding gift for me... some 31 years ago."

- Donna

Molton Chocolate Cake

CYNDI HARDY

Lafayette 3LQ



INGREDIENTS

- 4 tablespoons of unsalted butter
- 1 tablespoon of flour
- 1/3 cup bittersweet chocolate chips
- 1 large egg plus 1 large egg yolk
- 2 tablespoons of granulated sugar



INSTRUCTIONS

1. Heat oven to 450°. Butter two 6-oz ramekins and dust the inside with flour.
2. Place the butter and chocolate in a glass bowl and microwave on high in 20-second intervals, stirring after each, until melted and smooth.
3. Using an electric mixer, beat the egg, egg yolk and sugar in a medium bowl until thick and lighter in color, about 1 minute. Add the melted chocolate mixture and flour and beat until fully incorporated and smooth.
4. Divide the batter between the prepared ramekins. Bake until edges are set and center still jiggles slightly, 8-10 minutes. Let stand for 15 seconds. Run a knife around edge, then invert each cake onto a plate. Dust with confectioners' sugar and serve with fresh mint or berries, if desired. Serve immediately.

Old School Skillet Blackberry Cobbler

DANA MITCHELL

Baton Rouge 3KL



INGREDIENTS

- 1 box Pillsbury Pie Crust
- Two (10-14 oz.) bag frozen berries (or fresh)
- 1 stick melted butter
- 1 1/3 cup sugar (for the berries)
- 1/2 cup flour
- 1/4 cup sugar (to sprinkle on top of crust before baking)
- 1/2 stick butter, cut into small cubes to dot top of crust before baking
- 1/2 cup water

INSTRUCTIONS

1. Heat oven to 350°.
2. Place 1 piecrust in bottom of 12" skillet; pierce bottom & sides with fork.
3. Bake 7 minutes & remove from oven.
4. Increase oven to 375°.
5. Mix berries with 1 1/3 cup sugar. Stir gently to coat berries.
6. Stir in flour and melted butter into berry mixture, and then add water.
7. Stir gently until all are covered.
8. Pour mixture into skillet and top with 2nd piecrust.
9. Dot top with pieces of cut butter, then sprinkle top with remaining sugar.
10. Cut slits in top crust and bake for about 45 minutes or until bubbly at edges.

Oreo Cheesecake Balls

CHRISTINA LAJAUNIE
Baton Rouge 3KL



INGREDIENTS

- 1 package cream cheese, softened
- 1 package Oreos
- 1 package bakers chocolate (I like to buy one white chocolate and one milk chocolate)

INSTRUCTIONS

1. Crush up Oreos lightly in a Ziploc bag.
2. Mix with cream cheese.
3. Roll into bite sized balls.
4. Freeze for 10 minutes.
5. Melt bakers chocolate, dip the Oreo balls and let harden.

Rhenda Saporito

Ice Box Pie

CLAIRE FRIEDRICHS

Mandeville 3LV



INGREDIENTS

- One 9 inch prepared graham cracker crust
- Two 8 oz. packages cream cheese, softened
- One 14 oz. can sweetened condensed milk
- 2 lemons, juiced
- 1 teaspoon lemon zest

***I used a Shortbread crust and only one block of cream cheese.*

INSTRUCTIONS

1. In a medium mixing bowl, beat cream cheese until fluffy.
2. Add condensed milk, lemon juice, and lemon rind. Mix until smooth.
3. Pour mixture into crust.
4. Refrigerate at least 2 hours before serving.
5. Garnish with whipped cream and mint leaves if desired.

Strawberry Shortcake

BROOKE BRAUD

Baton Rouge 3KL



INGREDIENTS

- 1 small prepared angel food cake
- 1 small prepared angel food cake
- 1 large box of vanilla instant pudding
- 1 can of pie filling (strawberry and blueberry are the best)
- 1 container of cool whip

INSTRUCTIONS

1. Crumble the angel food cake in the bottom of a glass or trifle dish, prepare the box of pudding and pour that on top, layer the pie filling on top of that, spread the cool whip over everything.
2. Refrigerate overnight or for a few hours.



Cocktails

Bourbon Berry Smash

HOLLY MAYATTE

New Orleans 3MD



INGREDIENTS

- 2 oz. Bourbon (I used Maker's Mark)
- 1 oz. Ginger Beer
- 1 teaspoon honey
- 1 teaspoon fresh basil
- 1 tablespoon mixed berries

INSTRUCTIONS

1. Add all ingredients to a shaker with a few cubes of ice.
2. Shake vigorously.
3. Use a fine strainer to strain into glass.
4. Add fresh basil for garnish.

Fate Cocktail

JENNY BERNARD
Baton Rouge 3KL



INGREDIENTS

- 1½ oz. St. Germain
- ½ oz. Orange Juice
- ½ oz. Pineapple Juice
- 1½ oz. Prosecco

INSTRUCTIONS

1. Combine St. Germain liqueur, orange and pineapple juice.
2. Top with Prosecco sparkling wine.
3. Serve in a martini glass.

"Great summer cocktail from Buddakan Restaurant in NYC!"

- Jenny

Olive Cheese Balls



INGREDIENTS

- 1 cup grated cheddar cheese
- 3 tablespoon butter or margarine
- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon paprika
- Stuffed green olives

INSTRUCTIONS

1. Thoroughly blend cheese, butter, flour, salt and paprika together in a food processor or by hand.
2. Mold small pieces of dough around each olive, making a ball.
3. Refrigerate until ready to bake.
4. Preheat oven to 400°. Bake olive cheese balls for 15 minutes, until golden brown (serves 6 - 8).

Try using black olives for variation!

Rosemary St. Germain Champagne

MARY ELLISON SEWELL
New Orleans 3MD



INGREDIENTS

- 1 oz St. Germain Liqueur
- 2 tsp. Rosemary (or regular!) Simple Syrup
- 1½ parts Champagne (Brut or Prosecco)
- Frozen Cranberries
- Rosemary Sprigs

INSTRUCTIONS

1. Pour 1 oz St Germain into champagne glass.
2. Add 2 tsp of Rosemary Simple Syrup (1 cup sugar, 1 cup water boiled with 4 rosemary sprigs, then cool and strain)
3. Top with Champagne.
4. Add rosemary sprig and frozen cranberries to help keep drink chilled.

Skinny *Margarita*

MADELINE SANCHEZ

Baton Rouge 3KL



INGREDIENTS

- Solana Agave Blanco Tequila
- Cointreau
- Fresh limes (or pre-made limejuice)
- Simple Syrup
- Coconut water
- Tajin or kosher salt

INSTRUCTIONS

1. Fill your cocktail shaker with minimal ice and juice limes if needed.
2. Add 1 cup tequila, $\frac{1}{4}$ cup Cointreau, $\frac{1}{2}$ cup fresh lime juice, $\frac{1}{2}$ cup Simple Syrup, and a splash of coconut water into the shaker (if you cant find Simple Syrup boil water and sugar over stove instead).
3. Shake and then pour over ice in a glass and top with a sprinkle of either Tajin or kosher salt based on preference!

"For LSU game-days I add purple or yellow food coloring for to be festive!"

- Madeline