

Shipyard Chefs

A Collection of Culinary Creations from our Employees and Family



The cookbook name chosen from all of the entries was Shipyard Chefs: A Collection of Culinary Creations from our Employees and Family submitted by Jared Crosby. Pictured is Danny Richardel, Vice President New Construction Production BLN presenting Jared Crosby, Carpenter at BLN with a collection of Bollinger goodies as his award for naming the cook book.



Memories
are made when
gathered around the table.

TABLE OF CONTENTS

APPETIZERS, BEVERAGES	4
SOUPS, SALADS	8
VEGETABLES	11
MAIN DISHES	15
BREADS, ROLLS	27
DESSERTS	30
MISCELLANEOUS	40
COMMIT TO FIT	42

APPETIZERS BEVERAGES



Interesting Fact: The difference between appetizers and Hors d'oeuvres is an appetizer is food served before a meal whereas Hors d'oeuvres are single bite foods that are usually passed "butler style".

AVOCADO DIP

6 ripe avocados
2 medium onions
6 lg. jalapenos (optional)

½ cup fresh parsley, chopped
1 tbsp. sea salt
2 bags Blue Corn tortilla chips

Cut the avocados into chunks and pour lemon juice over it. Chop onions in a food processor, add the rest of the ingredients, and process until smooth. Refrigerate for 3 hours.

Brandon Sampey
BLN

BACON WRAPPED SHRIMP ON THE GRILL

2 lbs. shrimp, peeled and deveined (16/20 size)
¼ cup olive oil
2 tbsp. Tony's

Pinch of cayenne pepper
1 tbsp. garlic powder
Bacon

Mix shrimp and seasonings in a bowl. Wrap seasoned shrimp with bacon. Grill until bacon is done.

Ricky Fontenot
ALG

BACON WRAP AVOCADOS ON THE GRILL

Avocados
Salt

Pepper
Bacon

Peel avocados. Cut into slices. Salt and pepper to taste. Wrap avocado with bacon. Grill until bacon is done.

Ricky Fontenot
ALG

STUFFED JALAPENO PEPPERS ON THE GRILL

Jalapenos
Cream cheese

Bacon
Fresh sausage, casing removed

Cut jalapeno in half long ways. Clean out seeds and stems. Put cream cheese in jalapeno. Stuff with your favorite fresh sausage to seal the cream cheese in the pepper. Wrap the bacon. Cook until bacon is done.

Ricky Fontenot
ALG

SPINACH AND ARTICHOKE DIP

2 (10 oz.) box frozen creamy style frozen spinach
2 (14 oz.) cans quartered artichoke hearts
1 (15 oz.) jar Alfredo pasta sauce
1 cup mayonnaise

1 ½ tsp. garlic salt
½ white pepper
2 cups Swiss cheese, shredded
Corn tortilla chips and/or crackers

Thaw spinach, after thawed, place in a large bowl and set aside. Drain artichokes and chop in a blender. Add to the bowl with the spinach. Add Alfredo sauce, mayo, garlic salt, and pepper. Mix well. Add shredded cheese, mix again. Place in a Crock Pot and cook on medium for 4 hrs. Serve warm.

Brandon Sampey
BLN

MS. CINDI'S CRAWFISH DIP

1 lb. crawfish tails	Healthy dash of Bollinger Seasonings
4 oz. Velveeta	Healthy dash of garlic powder
1 can Campbell's Cream of Mushroom Soup	½ can Rotel tomatoes

Melt the Velveeta in the mushroom soup. Add the rest of the ingredients. Simmer on low for 15 minutes, stirring constantly as not to stick. Turn off and let sit for 15 minutes. Let the ingredients become friends. Serve with toast point or any cracker. You can cut the crawfish in halves to make it stretch. Option: Add more cream of mushroom soup to thin it a litter and pour over pasta for a meal.

Joe Mayhall
BOS

JEROME'S FAVORITE SHRIMP MOLD

1 can tomato soup	¾ cup onions finely chopped
8 oz. package cream cheese	1 cup mayonnaise
¾ cup of finely chopped green onions	2 cups finely chopped cooked shrimp
1 package unflavored Knox gelatin, softened in ¼ cup warm water	

Blend the soup and cream cheese on low heat in a saucepan; stir until well blended. Remove from heat and add onions, green onions, shrimp and mayonnaise. Mix well. Stir the gelatin mixture to make sure it's mixed well, and then add to the shrimp mixture. Pour into a mold and chill for 4 hours or overnight.

Jerome Eymard
BOS

JALAPENO CHEESE SQUARES

4 cups cheese	4 eggs
4 tbsp. flour	Jalapenos
4 tbsp. milk	

In a mixing bowl, mix eggs, flour and milk together. Add cheese, mix well. Spray 9x11 inch pan with cooking spray. Cover the bottom of the pan with Jalapeno slices. Add cheese mixture to top of jalapenos. Try not to mess the layer of jalapenos. Spread with a fork around the pan. Bake at 400° for 15 minutes or until the top is brown. Let it cool, cut into squares.

Lillian Catalanotto
BOS

YELLOW FRUIT PUNCH

48 oz. Dole Pineapple Juice	3 cups water
48 oz. Sunny D Orange Juice	¼ cup lemon juice
3 cups sugar	3 smashed bananas

Mix all ingredients well. Freeze the day before in small containers. Day of party, about 2 hours before, put mix in a punch bowl and add ½ liter of ginger ale.

P.S. After the minors have partaken their full, add Coconut Rum (Malibu) to the left over mix for the adults to enjoy!

Terry Danos
FCH

RENEE DANOS'S GINGER- ALMOND TEA

1 cup boiling water
5 regular size tea bags
1 ½ cups sugar
4 cups water

¾ cup lemon juice
1 tsp. almond extract
1 liter chilled ginger ale

Pour boiling water over tea bags; cover and steep for 5 minutes. Remove tea bags, squeeze gently. Stir in sugar and next four ingredients; chill thoroughly. Just before serving, stir in ginger ale. Serve over ice. Yields: 3 quarts. Note from Charlotte: Great for Showers, Easter Sunday or anytime. Delicious and refreshing!

Charlotte Bollinger
BOS

HUMP DAY PUNCH

6 oz. Tequila
3 oz. Coconut Rum
2 oz. Triple Sec
2 oz. Peach Schnapps

1 oz. Lime Juice
6 oz. Pineapple Juice
24 oz. Orange Juice

Mix and enjoy!

Terry Danos
FCH

JUNGLE JUICE

3 gal. Hawaiian Punch
1 bottle Strawberry Hurricane Mix

2 cans Pineapple Juice
2 liters rum

Mix and enjoy!

Terry Danos
FCH

RED ROOSTERS

1 – 2 liter Sprite
½ 5th Vodka

32 oz. Cranberry Juice Cocktail
12 oz. can frozen OJ, thawed

Terry Danos
FCH

SOUPS

SALADS



Interesting Fact: Lettuce is a member of the sunflower family, and the lettuce that we eat today started out as a weed around the Mediterranean basin.

CHICKEN TACO SOUP

6 boneless chicken thighs or breast	2 small cans green chili
2 cans black beans	2 pkg. taco seasoning mix
2 cans diced tomatoes	2 pkg. ranch dressing mix
2 cans hominy	1 onion, diced
2 cans cheddar cheese soup	salt and pepper to taste

Boil chicken in about 8-10 cups of water (save water/broth). Shred chicken and return it to the broth. Add all other ingredients and bring to a boil. Then simmer for 45-60 minutes. Optional: top with grated cheese and avocado.

Susan Zamarripa
BAR

SOUTHWEST CHILI SOUP

2 lbs. ground beef, cooked and drained	2 cans whole corn
2 cans black beans	2 cans diced tomatoes
2 cans red beans	2 cans Rotel tomatoes
2 cans pinto beans	2 packs dry taco seasoning mix
2 packs dry ranch dressing mix	

Dump contents of the cans (juice is the stock for the soup) into a large soup pot with the cooked ground beef. Add seasoning packs and water to approximately 1 inch above beef and bean mixture. Heat and eat. Note: To make the healthier, buy salt free beans and corn, there's enough salt in the remaining items for taste.

Elaine LeBeouf
BOS

QUICK & EASY HAM AND CORN SOUP

2 cans cream corn	2-3 cans of water to cover
2 cans whole corn	ham (steak with bone, slices)
2 cans diced tomatoes	2 cans Rotel tomatoes
2 cans sliced or chopped potatoes	

Sear ham on high heat in a large stock pot. Dump all ingredients into the pot. Cook on high heat until boiling. Reduce to simmer and cook to 1-2 hours. Ham should fall apart.

Elaine LeBeouf
BOS

SHRIMP AND CORN SOUP

1 stick butter or margarine
1 onion, chopped
2 tbs. garlic, chopped
1 lb. shrimp, cleaned and veined
1 can Rotel tomatoes, drained
½ pint half & half or heavy cream
1 tsp. thyme

1 can cream of shrimp soup
½ cap-full crab boil
1 can cream corn
1 can whole corn
8 oz. Philadelphia cream cheese
1 tbs. brown sugar
1 ½ tsp. Creole seasoning

Melt butter; add onion and garlic, cook for a few minutes. Add shrimp and cook until pink. Add tomatoes, cream, soup, and crab boil. Bring to a boil. Add corn, cream cheese, sugar, thyme and seasoning. Cook until cream cheese melts. You can add 1 chopped jalapeno to your onion and garlic mix if you like spicy. You can substitute crawfish, chicken or crab-meat for the shrimp.

Sharon Yannini
BQR

BISHOP GRECO'S CHICKEN SALAD

4 cooked chicken breasts
2 green onions, chopped
2 ribs celery, chopped
½ cup coarsely chopped pecans
1 cup mayonnaise

½ tsp. salt
¼ tsp. white pepper
½ tsp. garlic powder
1 tsp. poppy seeds
½ cup seedless green grapes, halved

Cut chicken into bite sized pieces. Combine all ingredients. Stir in mayonnaise and served chilled on lettuce. Yields: 4-6 servings.

Charlotte Bollinger
BOS

ORCHARD CHICKEN SALAD

3 lbs. chicken in a can, drained
½ cup celery, chopped
½ cup Golden raisins

½ cup dried cranberries
1 cup mayonnaise
salt and pepper to taste

Mix all the ingredients until the chicken breaks up. Refrigerate about 3 hours.

Brandon Sampey
BLN

SHRIMP ROMULAUE SALAD

½ cup Mayo
2 TBLS Ketchup
2 TBLS Horseradish
3 TBLS Sour Cream

1 tsp. Corn Syrup
1 tsp Tony's Seasoning
1 tsp Black Pepper
½ tsp liquid crab boil

Mix with shrimp and lettuce.

Terry Danos
FCH

VEGETABLES



Interesting Facts: Apples are more effective than coffee at waking people up in the mornings. The skin of a cucumber can be used to erase pen writing.

PERFECT RICE

1 cup rice
1 ¼ cup water

1 tbsp. butter
salt to taste

Wash rice well, drain. Put rice, water, butter, and salt in a pot; bring to a boil. Cover and simmer for 20 minutes. Turn off heat. Let sit for 5 minutes. Fluff rice and done. (For rice cooker, just add the ingredients and turn on.)

Myron Adams
BLN

PERFECT PASTA

Any size pack of any kind of pasta
Water

1 tbsp. of butter
salt to taste

Bring water, salt and butter to a boil, add pasta. Spaghetti size pasta; boil 18 minutes. Linguine and larger size; boil 20 minutes. Drain and stir to stop the cooking process.

Myron Adams
BLN

CARROT SOUFFLE

2 lbs. carrots
2 tbsp. baking soda
1 block butter or margarine
1 cup sugar

3 tsp. vanilla
4 eggs
confectioner's sugar
2 tbsp. flour

Boil carrots until tender, drain and mash. Add soda, flour, butter, sugar, vanilla, and mix. Add eggs to the mixture one at a time. Pour into a 9x13 inch pan. Bake at 350° for 40 minutes. Sprinkle with confectioner's sugar when done.

Chet Doucet
BLN

MYRON'S MAC AND CHEESE

Large foil pan
1 qt. half & half
1 (12 oz.) can evaporated milk
1 ½ packs #7 old-fashioned macaroni, break in half
¼ cup vegetable oil

1/3 block of American cheese
1 tbs. olive oil
1 pt. whole milk
1 stick butter, cut in small squares
1 egg

Preheat oven 350°. Bring salted water and veg oil to boil in big pot. Add pasta, stir, bringing water back to a boil. Cover and turn fire off. Strain after 15 mins. Set aside to cool. In a bowl combine half & half, cream, milk, and egg in a bowl. Mix well. Coat foil pan with olive oil. Layer half of pasta, then distribute half of butter equally around pan, then half the cheese. Repeat process. Pour milk mixture over layers and cover with foil. Bake 1 hr., check to see if bubbling all over. If not, keep covered and check 15-20 mins. When bubbling, uncover and let cheese brown to light brown all over.

Myron Adams
BLN

MYRON'S BROCCOLI & CHEESE CASSEROLE

52 oz. broccoli florets	4 bags success boil-n-bag rice
½ stick butter	1 cup half & half
¼ cup olive oil	salt and pepper to taste
1 lg. sweet onion, diced	1 (11.75x9.38x2.37 in) foil pan
2 stalks celery, diced	1 ½ lbs. Velveeta cheese
1 can (10.5 oz.) cream of mushroom soup	

Parboil broccoli and let cool. Grease the foil pan. In a large bowl, mix rice and soup. In a separate pot, sauté onions and celery in the butter and olive oil. Melt the cheese in the half & half in the microwave. Mix all ingredients and half of the broccoli together in a large bowl. Fold in the remaining broccoli. Pour into the prepared pan, cover with foil and heat in a 325° oven for a gas oven or 300° for electric, for 1 hour. Check with a toothpick to see if it comes out clean, if not continue to bake until it does. Then uncover and cook until it looks dry.

Myron Adams
BLN

EASY WHOLE FRIED OKRA

1 lb. fresh whole okra	Bollinger Seasoning
Zataran's or Slap Ya Mama Fish meal mixture with flour	

Blanch whole okra in a large pan of boiling water for 2 minutes, no more. Put okra in ice water until good and cool. Pat okra dry. Put okra in a light egg/milk wash. Roll in fish meal flour mix (or just seasoned flour and corn meal). Pat down fish meal mix into the okra for a pretty good stick. Fry in 325-350° grease like you would French fries. Sprinkle some Bollinger Seasoning on it and serve with remoulade and speckle trout.

Joe Mayhall
BOS

TWICE BAKED POTATOES

8 baking potatoes	1 cup of cheddar or jack cheese, grated
3 tbsp. Canola oil	2 sticks salted butter
1 cup of bacon bits	1 cup sour cream
1 cup whole milk	2 tsp. of seasoned salt
3 green onions sliced	ground black pepper

Preheat oven to 400°. Place the potatoes on a baking sheet. Rub them with the canola oil (that will keep them together), and bake for 1 hour, making sure they are cooked through. Slice the butter into pats. In a large mixing bowl, place the butter, bacon bits and sour cream. Remove the potatoes from the oven and lower the heat to 350°. Cut each potato in half, lengthwise. Scrape out the inside into the mixing bowl; be careful not to tear the shell. Leave a small rim of potato in for support. Lay the hollowed out potato shell on a baking sheet. Smash the potatoes into the butter, bacon and sour cream. Add the cheese, milk, seasoned salt, green onions and black pepper. Mix well. Fill the potato shells with the filling. Top each potato with a little more grated cheese. Pop them in the oven until the potato is warmed through, about 15-20 minutes and enjoy. Note: If you are going to freeze them, do not put the green onions on.

Elvin Cheramie
ALG

SPICY RED POTATOES

jalapeno
sour cream
butter
red potatoes

green onions
salt and pepper
bacon

WARNING: I am not a measurer.

Quarter to about a half of a small sack of red potatoes. Cover with water and boil until you can stick a butter knife through them. Cook 2 - 3 strips of bacon while potatoes are boiling. Cut up a jalapeno into small bits. Pat grease off bacon with paper towel and cut into small bits. Chop green onions. Judge quantity to taste. Put bacon, potatoes, jalapeno, and green onions in mixing bowl. Add salt and pepper to taste. Add about a spoonful of sour cream and a spoonful of butter. Mix all ingredients. Taste. Add salt/pepper, butter, sour cream as needed. Eat.

Chris Philips
BOS

GRILLED POTATO AND GOAT CHEESE NAPOLEON

5 large red potatoes, scrubbed
Kosher salt
1/4 cup balsamic vinegar
1 clove garlic
2 teaspoons Dijon mustard

8 oz. fresh Goat Cheese
Fresh Ground Black Pepper
¾ cup Olive Oil
¼ cup Fresh Basil Leaves
Fresh Chives, sliced

Put the potatoes in a pot of salted cold water and bring to a boil. Reduce the heat and simmer until the potatoes are tender, but still firm, 12 to 15 minutes. Drain and let cool before cutting each potato in 1/2-inch-thick slices.

While the potatoes are cooking, combine the vinegar, garlic, mustard, basil and 1/2 cup of the oil in a blender and blend until smooth. Season with salt and pepper.

Heat your grill to medium.

Brush the potato slices on both sides with the remaining 1/4 cup oil and season with salt and pepper. Place the potatoes on the grill, close the cover, and grill until lightly golden brown and just cooked through, about 2 minutes per side.

Carefully transfer the potatoes to a flat surface. Make stacks by layering the following: 1 slice potato, 1 tablespoon goat cheese, 1 slice potato, 1 tablespoon goat cheese, 1 slice potato. Place the stacks back on the grill, close the cover, and grill until the cheese begins to melt, about 1 minute.

Transfer the potatoes to a platter, drizzle some of the vinaigrette on and around the potatoes, and sprinkle with the chives.

Denny Borne
BOS

MAIN DISHES



Interesting Fact: Cajun food was born out of poverty. Cajun cooking was originally developed by poor refugees and farmers that were trying to feed their large families. That’s why adding inexpensive rice can “stretch” food and feed more people.

AUNT JII'S QUICK & EASY SPAGHETTI

2 cans (10 oz.) Rotel, drain
32 oz. block of Velveeta cheese

1 lb. ground beef, brown and drain
1 pkg. (16 oz.) noodles

In a Crock pot: Add cheese, Rotel and ground beef; set to low for all day or overnight. OR set to high until cheese is completely melted. Cook noodles per package directions; add to the cheese sauce and enjoy! On the stove: Add cheese, Rotel and ground beef until cheese is melted, stirring occasionally so the cheese doesn't burn. Cook noodles according to package directions; add to the cheese sauce.

Ashley Rivero
BLN

MYRON'S MEAT AND SAUCE

3 lbs. ground chuck
2 (28 oz.) cans crushed tomatoes
2 (11 oz.) cans tomato paste
2 cups Heinz ketchup
1 can Rotel
1 (28 oz.) can diced tomatoes
3 tbsp. oregano
2 tbsp. dry Italian seasoning

2 stalks celery, chopped fine
½ cup fresh thyme or 1 tsp. dry
½ cup sweet basil or ¼ cup dry
1 cup shallots, chopped
2 lg. sweet onions, chopped
1 head garlic, chopped
1 medium bell pepper, chopped

Brown tomato paste, crushed tomatoes, ketchup, brown, and diced tomatoes. Add all fresh ingredients and stir well. Add dry ingredients and stir well. Add Rotel and stir. In a separate pot, brown the ground chuck with salt and pepper, onion powder and garlic powder to your taste. Drain off grease. Add to the sauce and cook for 2-3 hours on medium/low heat. This sauce can be used for spaghetti, lasagna or add chili powder for chili.

Myron Adams
BLN

LASAGNA

1 lb. ground beef
1 clove garlic
1 can tomato sauce
2 tbsp. sugar
1 tsp. basil
½ cup parmesan cheese
15 slices lasagna noodles

1 onion, chopped
1 can whole tomatoes
2 tbsp. fresh parsley, chopped
1 tbsp. salt
1 cottage cheese
1 tsp. oregano
1 lb. mozzarella cheese

Brown ground beef with chopped onion, drain. Add cans of tomato sauce and whole tomatoes. Break whole tomatoes with a fork. Add 1 tsp. parsley, sugar, salt, and basil; bring to a boil, then let simmer for 30 minutes. Separately mix cottage cheese, parmesan cheese, 1 tbsp. parsley, salt and oregano. Layer in pan; noodles, meat, cottage cheese mix; repeat until all is gone. Top with mozzarella cheese. Bake in a 350° oven for about 45 minutes or until the cheese browns.

Brandon Sampey
BLN

MEXICAN BEEF CASSEROLE

2 lbs. ground beef, cook and drain
1 pack taco seasoning mix
Mexican or cheddar cheese

1 lg. can enchilada sauce
tortilla shells
1 tbsp. cumin

Preheat oven to 350°. Spray a 13 X 9 inch pan with cooking spray. Mix the seasoning into the cooked ground beef. Dredge each tortilla in the enchilada sauce. Layer the tortillas, ground beef, enchilada sauce and cheese in the pan, beginning and ending with tortillas. Sprinkle cheese over the casserole and back for 15-25 minutes, melting the cheese and warming the rest.

Elaine LeBeouf
BOS

HAMBURGER CRESCENT RING

1 lb. ground beef
1 onion, chopped
1 can Dawn Fresh Mushroom Steak Sauce
2 cans Pillsbury crescent rolls (8 oz.)

1 pkg. Mexican cheese
2 eggs
parchment paper
French fries

Preheat oven to 375°. Brown the ground beef with onions. Drain the grease. Season to taste. Add the can of Dawn Fresh Mushroom Steak Sauce and let it cook down. Place parchment paper on a round baking sheet. Unroll both cans of crescent rolls and separate into triangles. Overlap dough in a circle making the ring look like the sun, pointed part facing outward. Spoon the ground beef on the half of each triangle close to the center of the ring. Top the meat with cheese. Bring each top of the triangles over the meat. Beat two eggs to make an egg wash. Brush it all over the crescent rolls. Bake for 20-25 minutes or until golden brown. Fry the French Fries while it bakes. Let the ring cool for 5-10 minutes before serving. NOTE: You can place the French Fries in the center of the ring for show.

Tiffany Benoit
BMC

ROAST BEEF PO-BOYS

1 lb. bacon
1 lg. round, shoulder or chuck roast
1 lg. container of Guidry's Season Mix
1 packet Italian salad dressing and recipe mix
1 packet ranch salad dressing and seasoning mix
2 fresh French breads

1 packet gravy mix
1 (4.5 oz.) jar of minced garlic
1 (14.5 oz.) can beef broth
2 tbsp. corn starch
2 tbsp. Tony's seasoning

In a Black Iron Pot; cook down the bacon, we want the grease. Do what you want with the bacon afterwards. (It is good on a grilled cheese sandwich) In a mixing bowl; add ½ can of beef broth, all 3 packets of mix and 1 tbsp. of Tony's; mix well. In Crock Pot; add container of Guidry's Seasonings and the beef broth/packet mixture and set on High. Rub all surface of the Roast with Tony's Seasoning. Sear all sides of the Roast in the Black Pot with the bacon drippings. After meat is seared, place it in the Crock Pot. Spread the minced garlic on top of the roast, let cook for 3 hrs. Flip roast and cook another 3 hrs. After 6 hrs., remove roast and put aside. Mix 2 tbsp. of Corn Starch with the rest of the beef broth and add to Crock Pot, stir in. Back to the roast; now shred it and put it back in the crock pot; stir will. Cook for 1 hr. During this last 1 hr.; this is the time to go get some fresh French bread. Dress Po-boy like you like and enjoy.

Brandon Sampey
BLN

STEAK IN MARINADE

½ cup Balsamic Vinegar
¼ cup Soy Sauce
3 Tbls Minced Garlic
2 Tbls Honey
2 Tbls. Olive Oil

1 tsp Worcestershire Sauce
1 tsp Onion Powder
½ tsp Salt
1 pinch Cayenne
2 Rib Eyes (1 to ½ inch thick)

Mix all ingredients in a bowl with a wire whisk or fork. Pour over steaks. Marinate over night in a shallow, covered dish. Do not marinate more than 12 to 16 hours (vinegar sets and it's over powering).

Terry Danos
FCH

CHARLOTTE'S RAGU POTAT

1 pack of green onion sausage
3 lg. yellow onions, diced
4 lbs. potatoes cut into two inch chunks

½ cup shallot tops
choice of seasoning
water as needed

Cook sausage to a dark brown color. Remove from pot and cut into half inch slices. Sauté the chopped onions in the sausage grease. Place the cut potatoes and sausage in the pot; add water until it barely covers the contents. Add your seasoning and cook on a low fire until the potatoes are soft. Add shallot tops and "gently" stir, stirring will break up some potatoes and thicken the gravy. Serve on Rice. Note: Easier to cook in an oval pot.

Charlotte Mercier
BLN

BEN'S FAVORITE PORK CHOP CASSEROLE

1 medium bag frozen chopped seasoning
1 large pkg. thin cut pork chops, bone in
½ cup chopped parsley

4 cups long grain rice
2 cans French onion soup
3 tbsp. Canola oil

Season chops with salt and pepper. Brown on medium-high heat in a Magnalite roaster. Remove chops and add veggies. Cook till onions are clear. Add 4 cups of washed rice. Add soup and water, enough to equal 8 cups of liquid. Return chops to the mixture and stir. Cook over high heat until liquid starts to boil. Cover with a tight lid and lower heat. Cook 25 minutes until rice is cooked. Toss in parsley and serve.

Charlotte Bollinger
BOS

MYRON'S BBQ TURKEY NECKS

4-5 pkgs. Pre-cut turkey necks
5 large sweet onions, sliced
5 heads of garlic, sliced
1 gallon BBQ sauce
3 lg. bell peppers

¼ cup garlic powder
¼ cup onion powder
salt and pepper to taste
¼ cup Worcestershire sauce

Clean turkey necks, place one layer at the bottom of a nice size soup pot; next place a layer of onions, garlic, bell peppers. Repeat till you are 3-4 inches from the top of the pot. In a large bowl, mix BBQ sauce with the rest of the ingredients. Pour over necks. Add enough water to cover right below the top of the necks. Turn heat on high and cook till a slight boil. Turn down heat to simmer. Cook 4-5 hours. Serve with rice or mashed potatoes.

Myron Adams
BLN

CHICKEN OR TURKEY TETRAZINI

2 sticks butter
1 lb. Vermicelli Spaghetti
14 oz. Frozen Chopped Seasoning Blend
1 med Bell Pepper, chopped.
4 to 5 Green Onions, chopped
4 cups chopped cooked Chicken or Turkey
1 qt. Chicken Broth
1 qt. Milk

1 lb. Velveeta Cheese
1 2.25 oz. can Black Olives, sliced
4 Tbls Worcestershire Sauce
3 cups Parmesan Cheese
½ cup Parsley Flakes
½ cup All-purpose flour
Breadcrumbs as needed

Cook Vermicelli according to package directions, set aside. Sauté butter and the frozen seasonings, the bell pepper and green onion bottoms until the onions are clear. Add ½ cup flour, cook on low for 10 minutes. Add 1 qt. milk and 1 qt. chicken broth, cook approximately 5 minutes. Add the rest of the ingredients except the Chicken or Turkey. Cook approximately 15 minutes, until it starts to bubble. Add the Chicken or Turkey and the vermicelli. Mix well and let sit for 10 minutes. Put in a casserole dish with buttered breadcrumbs on top. Bake at 350° until bubbly. A crowd pleaser for sure!

Charlotte Bollinger
BOS

THE CHAUVIN CHILI

3 lbs. ground beef
2 lbs. ground pork
2 small cans tomato sauce
2 (1.5 oz.) packs chili seasoning mix
1 lb. container Guidry's Creole Seasoning Mix

3 cups water
2 tbsp. garlic powder
salt/pepper or Tony's
3 cans red kidney beans (opt)
2 tbsp. chili powder

Brown beef and pork and strain; place meat back in pot and mix in creole seasonings and cook down for approximately 30 minutes. Add the rest of the ingredients and bring to a boil, cover the pot (you can add the kidney beans if desired) and simmer for 2 hours, stirring occasionally.

Eric "Turtle" Chauvin
BLN

JEROME'S FAVORITE CHILI RECIPE

2 ½ pounds Ground Beef
2 lg. Onions, chopped
¼ bunch of Celery, chopped
¼ bunch of Parsley, chopped
¼ bunch of Shallots, chopped

1 lb. 8oz. jar of Ragu Sauce
2 – 15 oz. cans of tomato sauce
1.75 oz. Yellow Mustard
1.5 oz. Brown Sugar
1 pkg. McCormick's original Chili mix

Brown onions and ground beef together and once complete, drain the grease. Add all ingredients to the beef in a large pot. Do not add water. Bring to a boil, then on a low fire, cover pot and cook for 4 hours stirring occasionally to prevent sticking.

Jerome Eymard
BOS

CHILI WITH ROASTED POBLANO PEPPER

½ lb. bacon
1 lb. ground round
1 lb. fresh ground onion sausage, casing removed
1 medium bell pepper, chopped
1 medium yellow onion, chopped
1-2 jalapeno peppers, seeded and chopped
1 Poblano pepper, fire roasted, seeded and chopped
2 cloves garlic, minced

1 ½ tbsp. cumin
1 tbsp. crushed red pepper flakes
3 tbsp. chili powder
2 tbsp. beef bouillon granules
1 (28 oz.) can crushed tomatoes
2 (16 oz.) can diced peeled tomatoes
1 (12 oz.) Abita Amber beer
3 oz. tomato paste

Place bacon in Dutch oven on stove and cook over medium/high heat until evenly brown. Drain excess grease, leaving enough to coat the bottom of the pot. Drain bacon on paper towels, and chop. Brown beef and sausage in pot over medium high heat. When meat is brown, stir in the bell pepper, onion, jalapeno, Habanero pepper, garlic, cumin, red pepper flakes, chili powder, bouillon, crushed tomatoes, diced tomatoes, beer, tomato paste, and chili paste. Bring to slight boil, reduce to low heat and simmer for 45-60 minutes, stirring occasionally. Add bacon, continue simmering for another 30 minutes. Serve.

Denny Borne
BOS

RICE COOKER JAMBALAYA

1 ½ cups Rice
1 lb. browned Smoked Sausage
1 cup chopped onions

½ stick real Butter
1 lb. peeled shrimp
1 can beef broth

Put all ingredients into the rice pot and set. Do not add any more liquids.

Terry Danos
FCH

JAMBALAYA (8 QUARTS)

1 ½ container of Guidry's Mixed Seasonings	1 ½ tbsp. Kitchen Bouquet
1 lb. of smoked sausage	32 oz. chicken stock
1 lbs. Andouille sausage	1 can cream of mushroom soup
2 lbs. rice	1 pack of bacon
2 tbsp. Tony's Seasoning	2 ½ lbs. of boneless chicken thighs
1 ½ oz. Louisiana Hot Sauce	2 1/3 cup water

In a 9 quart Black Iron pot; start by cooking down the bacon (used to make oil in the bottom of the pot). Throw in the sausage and cook down. Add 1½ container of Guidry's Seasonings, and cook down until greens are wilted. Add cream of mushroom soup. Pour in the chicken broth, water, Kitchen Bouquet, hot sauce and Tony's. Add in the chicken and bring to a boil. Once it is boiling, add rice and cook until the liquid is the pot is ¾ to 1 inch below the rice, stirring occasionally. Once the liquid is below the rice, lower the fire to a simmer and place the cover on the pot. Let it cook for approximately 45 minutes without stirring and DO NOT UNCOVER. After 45 minutes, turn off fire and serve.

Brandon Sampey
BLN

JAMBALAYA A LA ALLEGREAUX

½ cup vegetable oil	½ stick Andouille, chopped
24 chicken thighs	¼ tsp. Cayenne pepper
6 medium yellow onions, chopped	1 tsp. chili powder
4 stalks celery, stalks & leaves, chopped fine	1 whole bay leaf
½ cup fresh parsley, chopped fine	½ tsp. powdered thyme
1 lg. bell pepper, chopped fine	1/8 tsp. powdered cloves
2 bunches green onions, sliced, separate tops and bottoms	½ tsp. dried basil
3 toes garlic, chopped fine	1/8 tsp. mace
2 tsp. kitchen bouquet	4 cups long grain rice
1 ½ lb. Veron's green onion	1 tsp. liquid crab boil
Sausage, cut into bite size	4 cups water
chicken bouillon cubes	salt and pepper and Cayenne

Prepare the water to be used by dissolving bouillon cubes and adding the liquid crab boil and the kitchen bouquet. Wash and dry chicken pieces thoroughly. Salt and pepper both sides with black and cayenne pepper. Heat oil, brown chicken on medium/high heat in black iron pot, turning frequently to brown evenly. When chicken is brown, remove and drain/cool on paper towels. Add onions, green onion bottoms, celery and bell pepper. Sauté until tender. About halfway through this process, de-bone the chicken and cut into chunks. Add to sautéing seasonings. When seasonings are tender, add sausage, Andouille, rice, parsley, green onion tops, and dry ingredients (cayenne pepper, chili powder, bay leaf, thyme, cloves, basil and mace). Cook slowly for about 15 minutes stirring often. Add the 4 cups of season water/stock and stir well, then cover. Simmer on low heat for roughly 1 hour or until rice is done. May be uncovered for the last 10-15 minutes if it is too wet.

Original by Phil Giroir with a twist by Denny Borne
BOS

MAMA'S CRABMEAT AU GRATIN

1 stalk of celery, chopped fine
1 cup onions, chopped fine
1 stick of butter
¼ cup of flour
1 cup pet milk

2 egg yolks
1 tsp. salt
½ tsp. red pepper
¼ tsp. black pepper
1 lb. crab (white or lumps)

Sauté celery and onions in the butter. Gradually add flour, stirring constantly. Slowly add the pet milk, then eggs, salt and peppers, thoroughly mix and immediately add the crab meat, cook for 5 minutes. Pour into lightly greased and breaded pan. Bake at 375° for 10-15 minutes. Top with ½ lb. of grated cheddar cheese and serve. NOTE from Charlotte: This recipe freezes beautifully for up to 6 months.

Charlotte Bollinger
BOS

CRAB-GRUMP

2 med. Onions
1 med. Bell Pepper
1 sm. Bunch Green Onions
3 to 4 cups Crab Meat

1 pt. Half & Half, whipping cream
32 oz. Velveeta Cheese
1 can Rotel, diced, hot
12 oz. Cooked Fettuccine

Sauté' onions and bell peppers until wilted. Add half & half along with the chopped green onions. Turn fire to low and add Rotel and Velveeta (chopped in medium chunks). Once the cheese is melted, add in crab meat and fettuccine. Mix thoroughly, taste for seasoning (add Tony's if so desired). Pour into a large baking dish and lightly sprinkle Italian Bread Crumbs on top. Bake at 350° for 30 to 45 minutes. Take out and let sit for 30 minutes before serving. NOTE: you can substitute the Rotel with 1 can of Jalapeno relish or add chopped jalapeno with the Rotel.

Debbie Chaisson
BAO

CRAWFISH/CRAB BOIL

1 bushel crabs or 40 lbs. crawfish
2 ½ boxes salt
8 large onions
1 bunch celery
7 cloves garlic
2 medium bottles liquid crab boil or 1 medium bottle liquid crab boil & 6 bags potatoes, corn mushrooms to liking

1 medium bottle Cayenne pepper
1 hand-full bay leaves (optional)
¼ cup black pepper
1 cup garlic powder
8 large lemons

1 cup onion powder

Put all the ingredients in a large boiling pot. Light the fire. Put potatoes in. Bring to a boil. Boil 5 minutes. Add crawfish or crabs. Bring back to a boil. Add sausage, corn, mushrooms, etc. Boil ten minutes. Turn off fire. Soak 10 minutes. Take out. For second batch, just add ½ box salt.

Myron Adams
BLN

CRAWFISH FETTUCCINI

1 cup Butter

4 med. Onions, diced

2 sm. Bell Peppers, diced

4 cloves garlic, minced

1 block Velveeta Cheese, cubed

2 pints $\frac{1}{2}$ & $\frac{1}{2}$

2 lbs. Crawfish

2 pkgs. Fettuccine Noodles

In a large sauce pan, melt butter and sauté' onions, bell peppers and garlic. Cook until vegetables are clear, not browned. Add $\frac{1}{2}$ & $\frac{1}{2}$ and cubed cheese. Cook until cheese melts and combines with the $\frac{1}{2}$ & $\frac{1}{2}$. Add crawfish and stir until sauce begins to bubble. Prepare noodles according to package directions. Pour sauce over noodles and stir well.

Terry Danos

FCH

SEAFOOD LOADED POTATO PAN

Ingredients:

3 lbs. peeled Shrimp

3 lbs. Smoked Sausage (I use HOT)

3 lbs. small Red Potatoes

1 lg. Vidalia Onion

$\frac{1}{2}$ to $\frac{3}{4}$ cup Louisiana Crawfish Boil

Parsley

Crabmeat and crawfish optional

Seafood Sauce

2 cans cream of celery soup

4 to 6 oz. Velveeta Cheese, cubed

$\frac{3}{4}$ cup Milk

First preheat oven to 400 degrees.

Slice your sausages into round bite size pieces. Then cut your potatoes into small bite size pieces also. Slice onions into quarters and then smaller portions after that until you can pull them into strips. Fry down sausage on a medium to low heat just till browned. Let it drain.

Fill a pot with 3 cups of water pour in Louisiana Crawfish boil (your preference on how much, the more the spicier). Once you get a boil going place in potatoes and onions. Boil until potatoes are soft (not mushy) place shrimp in the pot and turn off burner. Stir to keep shrimp under and cooking. Shrimp usually cook within 2.5 mins depending on size, keep in mind the longer you let your shrimp, potatoes, and onion sit in the boil the spicier it will be.

*If you are adding crab I suggest you keep it separate and heat it in a small skillet with a dash of Old Bay then place it on the bottom of the pan before placing the cooked sausage in the pan.

Take a large pan and line with aluminum foil, place sausage in pan.

Take pot of shrimp, potatoes and onions and pour into strainer. Once strained Take the shrimp, potatoes and onions and place in pan.

MAKING THE SAUCE:

On medium-low heat pour the two cans of cream of celery into a pot (I use the same pot I just boiled everything in) add in the Velveeta cubes (once again the amount will depend on your preference) I use the full 6 oz. because my family likes the cheese taste and gives it a good color. Now slowly add in $\frac{3}{4}$ cup of milk while cooking the sauce down (take your time you don't want to rush your sauce). Keep it a thicker consistency, try not to let it get runny. Once the cheese is melted in take off heat and let sit for 2 minutes. After 2 minutes, spoon the sauce over the pan of seafood and bake in oven at 400 degrees for 15 minutes. Garnish with parsley. Serve hot and with fresh garlic or butter rolls! Enjoy!

Terry Danos
FCH

MYRON'S CRAWFISH PASTA

2 lg. sweet onions, chopped fine	1 cup parsley, chopped fine
6-10 toes garlic, chopped fine	¼ cup bell pepper, chopped fine
1 stalk celery, chopped fine	1 bunch shallots, chopped fine
8 oz. Portabella Mushrooms, sliced	2 (1 lb.) pkg. linguine
½ cup Italian Cheese (5 cheese blend) shredded	¼ - ½ cup heavy whipping cream
¼ cup sundried tomatoes, chopped fine	¼ cup olive oil
1 lb. Andouille sausage, cut bite size	½ stick of Butter (optional)
½ cup mild cheddar cheese, shredded	
1-2 quarts pre-boiled crawfish tails, seasoned & deveined	

Bring Seafood stock to a raging boil, add Pasta, return to a boil, cover, and remove from heat. Let sit 20 minutes, then drain. If the crawfish are not seasoned, bring water and Zatarain's pre-mix boil to a boil, add the crawfish tails, bring back to a boil. Remove from heat and let soak 10 minutes. Sauté onions and celery in olive oil and butter, if desired, until butter is clear. Add bell pepper and continue sautéing until all vegetables are semi-soft. Add whipping cream, mushrooms, and sundried tomatoes, continue sautéing for another minute or two. Add parsley, continue sautéing another minute or two. Gradually add all the cheese and stir until ribbon consistency. If it gets too thick, add some more whipping cream. Add Andouille, continue sautéing another minute or two. Add crawfish tails, continue sautéing until well blended. Add the pasta and mix well. Add salt and pepper to taste. Serve on a plate with a sprinkle of thin slices of shallots on top. Serve with garlic bread.

Myron Adams
BLN

TOOTIE'S FISH PIE

1 lb. fish fillet	4 tsp. tomato sauce
1 tsp. salt and pepper each	¼ cup parsley, chopped
½ bell pepper, chopped	1 egg
½ cup onion, chopped	¾ cup milk
¾ tsp. garlic powder	½ tsp. crab boil
½ cup margarine (1 stick)	½ cup bread crumbs
1 can cream of celery soup	

Boil fish in salted water for 10 minutes. Drain and mash fish. Cook onions, bell pepper, and garlic powder in the margarine until limp. Add cream of celery soup, tomato sauce, fish and parsley. Cook on low for 10 minutes. Turn off heat. Add bread crumbs, pepper and egg. Add milk and crab boil. Mix well. Pour in a baking dish and bake at 425° for 30-40 minutes.

Melinda Dufrene
BLN

SHRIMP SAMPLER ON THE GRILL

2 lbs. shrimp peeled (16-20)	1 stick butter
1 lb. Andouille sausage	Tony's seasoning
1 pkg. of 12 corn on the cob	1 onion, chopped
Pre-boiled potatoes and cut into bite size pieces	1 tbsp. minced garlic
Pinch Cayenne pepper	

Pre-boiled potatoes and cut into bite size pieces. Mix all ingredients in an aluminum pan. Grill until shrimp is done. Stir from time to time and roll corn for flavoring.

Ricky Fontenot
ALG

MY AUNT'S ARLETTE'S STUFFED PEPPERS

1 onion	1 tbsp. ketchup
2 garlic pods	1 tsp. Worcestershire sauce
1 block margarine	2-3 tbsp. oil
3 slices bread	1 lb. shrimp
1 cup water	2 bell peppers hollowed out, tops off
1 egg	

Melt margarine, add onion and garlic, sauté. Soak bread in water, then squeeze. Add soaked bread to margarine. Simmer with raw shrimp for 25 or 30 minutes. Add beaten egg and mix. Add ketchup, Worcestershire sauce, salt and pepper to taste. Bake in raw peppers for 30-35 minutes at 350°. Add water to pan and bread crumbs to peppers.

Charlotte Bollinger
BOS

JAKE GIARDINA'S SHRIMP MOSCA

2 lbs. whole fresh shrimp	2 tsp. oregano
1 cup olive oil	2 tsp. rosemary
2 tsp. salt and pepper each	3 bay leaves
25 cloves unpeeled garlic mashed	1 cup dry white wine

Place all ingredients, except the wine, in a large skillet. Cook over medium heat for 15-20 minutes or until shrimp are pink and liquid produced by shrimp has almost completely disappeared. Stir occasionally. Reduce the heat and add the wine. Cool at low simmer until the liquid is reduced by one half, about 5-7 minutes. Serve on a platter with French bread.

Charlotte Bollinger
BOS

BOYSIE'S EGGPLANT CASSEROLE

8 eggplants	1 can Rotel original
10 onions, chopped	2 pkgs. Jimmy Dean sausage
5 bell peppers, seeded and chopped	2 lbs. shrimp, peeled and deveined
2 celery, chopped	parmesan cheese
2 cans stewed tomatoes	bread crumbs

Peel and cube eggplant. Boil until tender, drain in colander. Sauté all chopped veggies in ¼ cup of canola oil. Add stewed tomatoes and Rotel. Cook until most of the water has steamed out. Add the eggplant to the other veggies. In a separate frying pan, break up the 2 lbs. of sausage and cook until brown. Drain the fat. Add the sausage and shrimp to the veggies. Cook until Shrimp turn pink. Put the mixture in a casserole pan or ramekins. Sprinkle with bread crumbs and Parmesan cheese. Bake at 375° until cheese is light brown and casserole is very hot, approximately 20-25 minutes.

Charlotte Bollinger
BOS

MYRON'S OYSTER STUFFING

½ gallon oysters, liquid reserved
1 lb. ground beef
Salt and pepper to taste

2 cups homemade breadcrumbs
1 lg. onion, diced small
2 stalks celery, diced small

In a 5 quart pot, brown the ground beef with the salt and pepper. Drain the fat. Add onions and celery, cook until onions are clear. Cut oysters in half and add to meat, mix, add oyster liquid. Cook 30-45 minutes. Add breadcrumbs, mix well. Let sit until cool and stuff in your turkey or bake in a casserole dish for 30 minutes at 350°.

Myron Adams
BLN

BREADS ROLLS



Interesting Fact: Historically a person's social status could be discerned by the color of bread one consumed. The darker the bread, the lower ones status. Whiter flours were more expensive and harder to mill.

CRAWFISH BREAD

½ stick of real butter
1 pint chopped seasoning mix
1 lb. crawfish (rinsed)
2 boxes Jiffy cornbread mix
8 oz. shredded cheddar cheese

1 lg. creamed corn
2 lg. eggs
½ cup oil
½ cup chopped pickled jalapenos

Sauté butter, chopped seasonings, and crawfish. Cook until onions are clear. In a separate bowl, mix Jiffy cornbread mix, eggs, and oil. Add the cheese, corn and jalapenos. Add crawfish mixture to the cornbread mixture and mix well. In an un-greased 9x12 pan, bake for 50-60 minutes at 350° uncovered. Serve hot or cold. Serve as a meal with salad or cut into small squares as an appetizer.

Renee Gautreaux
Wife of Mike Gautreaux
BLR

PUMPKIN BREAD

3 cups sugar
2 cups pumpkin (cooked)
1 cup oil
2 tsp. vanilla
1 cup nuts, chopped

4 eggs
3 ½ cups all-purpose flour
1 tsp. cinnamon
2 tsp. baking soda

Put all the ingredients in a large bowl and mix with an electric mixer until well blended, approximately 2 minutes. Spray 4 loaf pans with Pam Spray. Fill each pan ½ way. Bake at 350° for 1 hour.

Charlotte Bollinger
BOS

MYRON'S CRAWFISH BREAD

2 qts. Crawfish tails
16 oz. cream cheese
1 cup mayonnaise
Tony Chachere's to taste
1 can artichoke hearts, chopped small

10 oz. frozen spinach, thaw and drain
8 oz. milk cheddar cheese, shredded
1 loaf French bread
Red pepper flakes to taste

Preheat oven to 375°. Mix all ingredients in a large bowl (keeping enough cheese out to sprinkle over the top). Bake approximately 30 minutes or until cheese is lightly browned. Let cool for 5 minutes.

Myron Adams
BLN

MEXICAN CORN BREAD

1 cup yellow cornmeal	4 tsp. baking powder
1 cup milk	1 large onion, thinly sliced
2 eggs	¼ cup bacon drippings
1 can (14.5 oz.) creamed style	1-1 ½ lbs. ground beef
1 8oz. pkg. shredded American cheese	4-5 jalapenos

Brown ground beef with salt, pepper, minced garlic, garlic powder, onion powder, Tony Chachere's to taste. Mix cornmeal, milk, eggs, bacon drippings, canned corn, and baking soda to make batter. Pre-heat oven to 400°. Spray a 9x9 inch pan with Pam or grease lightly (do not use flour on the pan). Layer the pan with ½ of the batter mix. Layer with ground beef. Add one layer of thinly sliced onions. Add one layer of shredded cheese. Add one layer of jalapenos. Add remaining batter to the pan (make sure the batter is spread evenly throughout). Bake at 400° for approximately 45-50 minutes or until golden brown. Let cool and serve with red beans or soup.

Myron Adams
BLN

DESSERTS



Interesting Fact: Boxed cookies weren't how the Girl Scout cookie phenomenon started. Originally, the cookie baking was an at-home activity, and the cookies were sold as a fundraiser at a classic bake sale for the first time in 1932. The response was so popular, the scouts started producing commercially.

APPLE PECAN CRUNCH

2 cans apple pie fillings
1 box yellow cake mix

1 cup chopped pecans
1 ½ sticks butter

Heat oven to 325°. Pour apple pie filling into 13x9 inch greased pan. Layer dry cake mix on top of the apples. Sprinkle with chopped pecans. Melt butter and pour over dry cake mix. Do not mix together. Bake for 1 hour.

Kim Benoit
BLN

CREAM CHEESE SQUARES

1 box yellow cake mix
1 stick of butter (½ cup)
1 egg

3 eggs
1 (8 oz.) pkg. softened cream cheese
1 box powdered sugar

Mix cake mix, butter and 1 egg until flaky. Spread in 9 X 13 inch greased pan. Mix powdered sugar, 3 eggs and cream cheese. Spread over first mixture. Bake for 45 minutes at 325° or until golden in color. Cool and cut into squares and serve.

Lillian Catalanotto
BOS

CHEESE SQUARES

1 box cake mix
1 egg
1 stick butter

1 (8 oz.) pkg. cream cheese
1 (16 oz.) powdered sugar
3 eggs

Mix cake mix, butter and 1 egg. Press into the bottom of a 9 X 13 inch pan. Set aside. Next, beat cream cheese, 3 eggs, and powdered sugar in a bowl. Pour over dough mixture. Bake in a preheated 350° oven for 45 minutes. Let cool and cut into squares and serve.

Chet Doucet
BLN

RASPBERRY FLAVORED FIGS

6 cups water
4 cups sugar
1 tbsp. Mexican Vanilla

2 qts. peeled figs
6 oz. pkg. raspberry Jell-O
pinch of salt

Mix water, sugar, salt, figs and bring to a boil, let simmer for 3 hrs. Add vanilla and simmer ½ hour more. Then add Jell-O, cook for 10 more minutes. Turn off heat.

Myron Adams
BLN

CANDIED FIGS

6 cups water
4 cups sugar
2 qts. figs, stems removed

1 tbsp. Mexican vanilla
pinch of salt

Mix water, sugar and salt; add whole figs; bring to a boil, then turn down to a simmer. When figs get dark and the mixture thickens, add vanilla. Mix and cook for 10 minutes. Turn off heat. Put in mason jars and tighten lids while figs are still warm.

Myron Adams
BLN

PEANUT BUTTER CARAMEL BARS

1 (12 ¼ oz.) jar caramelized cream topping
2 tbsp. cornstarch
½ cup butter or margarine, softened
20 miniature peanut butter cups, chopped

1 yellow cake mix
1 egg
¼ cup peanut butter
½ cup salted peanuts

Topping:

1 (16 oz.) can milk chocolate frosting

½ cup chopped salted peanuts

In a mixing bowl, combine the dry cake mix, butter, and egg; beat until no longer crumbly. Stir in the peanut butter cups. Press into a greased 13x9 inch baking saucepan, combine cornstarch, caramel topping, and peanut butter until smooth. Cook over low heat, stirring occasionally, until mixture comes to a boil, about 25 minutes. Cook and stir 1-2 minutes longer. Remove from the heat; stir in peanuts. Spread evenly over warm crust. Bake 6-7 minutes longer or until almost set. Cool completely. Spread evenly over warm crust. Bake 6-7 minutes longer or until almost set. Cool completely. Spread with frosting; sprinkle with peanuts. Refrigerate for at least 1 hour before cutting. Store in the refrigerator.

Kim Benoit
BLN

PECAN CHEWIES

4 eggs
2 cups Bisquick baking mix

1 lb. light brown sugar
2 cups pecans, chopped

Beat eggs and sugar until foamy. Add Bisquick and stir in pecans. Pour into a 9x13 inch pan coated in Pam cooking spray. Bake until brown, about 40-45 minutes at 350°.

Patti Callais
BLN

FUDGY BONBONS

12 oz. semi-sweet chocolate chips
¼ cup butter or margarine
14 oz. sweetened condensed milk
2 cups all-purpose flour
½ cup nuts, finely chopped

1 tsp. vanilla extract
60 milk chocolate candy kisses
2 oz. white chocolate
1 tsp. vegetable shortening

Preheat oven to 350°. Melt chocolate chips and butter in saucepan over low heat. Remove from heat and stir in condensed milk. Stir in flour, nuts, and vanilla until combined. Cover each candy kiss completely with 1 level tablespoon dough. Place cookies 1 inch apart on ungreased cookie sheet. Bake 6-8 minutes. (Cookies will appear soft and shiny.) Cool on wire racks set over waxed paper. Melt white chocolate and shortening, stirring in saucepan over low heat. Drizzle over cookies. Cool. Makes 5 dozen. servings: 60

Kim Benoit
BLN

LEMON YUM YUM

2 cups flour
1 cup pecans, chopped
1 ½ sticks margarine, melted
1 (8 oz.) pkg. cream cheese

1 (12 oz.) container Cool Whip
2 small pkg. lemon instant pudding
3 cups milk
1 cup powdered sugar

First Layer: Mix 2 cups flour, ½ cup chopped pecans, and 1½ cups melted margarine together and spread in 9x13 inch baking pan. Bake at 350° for 30 minutes. Allow to cool.

Second Layer: Mix cream cheese (allow to soften), powdered sugar, and ½ of container of Cool Whip together. Spread over first layer, and then sprinkle with chopped pecans.

Third Layer: Mix the two packages of lemon instant pudding with 3 cups of milk and spread over Second Layer.

Fourth Layer: Spread remaining Cool Whip over third layer. Sprinkle with chopped pecans. Chill a few hours before serving for best results.

Patti Callais
BLN

PECAN BARS

1 cup butter
1 cup light brown sugar

1 cup chopped pecans
graham crackers

Place graham crackers (side by side) on a baking sheet, lined with foil. Melt butter in a small sauce pan. Add brown sugar to the melted butter and heat until dissolved. Be careful not to boil. Stir pecans into the sugar and butter mixture. Pour the mixture over the graham crackers. Bake for 8 minutes at 350°. Let cool and then divide into individual servings.

Jodi Satches
BOS

BOURBON BALLS

1 ½ cup ground toasted pecans
3 cups ground vanilla wafers
1 cup powdered sugar
1 tbsp. unsweetened cocoa powder

½ cup bourbon
1 tsp. vanilla extract
3 tbsp. Karo syrup

Set powdered sugar aside. Mix all other ingredients in a bowl. Roll into balls and roll in powdered sugar.

Brandon Sampey
BLN

MIZ' CHARLOTTE'S BREAD PUDDING

9 slices white bread (half stale is better)
4 lg. eggs
1-1/3 cups sugar

1 tall can pet milk
1 tbsp. vanilla
1/3 stick real butter, melted

PUDDING: Separate eggs. Save whites for meringue. Beat yokes by hand, then add sugar -- a little bit at a time. Stir in Pet milk, butter and vanilla. Break bread into quarters and fold into mixture. Mix well. Turn into 8 inch pan. Bake at 350° for 15-20 minutes depending on preferred consistency (the longer you bake it, the firmer it becomes).

MERINGUE: Add 4 rounded tbsp. sugar to egg whites and beat until soft peaks are formed. Top warm pudding with meringue and bake at 325° until meringue tips turn brown. About 8 minutes. Serves 4-6.

Charlotte Bollinger
BOS

BREAD PUDDING

4 eggs
8 tbsp. butter, melted
2 tbsp. vanilla
2 cups sugar

1 qt. milk
1 can evaporated milk
1 loaf French bread

Prepare 9 X 13 inch pan with Pam Spray. Preheat oven to 375°. In a bowl, mix eggs, sugar, vanilla, butter, milk and evaporated milk. Mix well. Break French bread into pieces in the pan. Pour mixture on top of the bread. Let it soak for 10 minutes. Bake for 45 minutes.

Chet Doucet
BLN

BRENNAN'S BREAD PUDDING

½ cup butter or margarine, melted
6 eggs, beaten
1 French bread loaf
1 tbsp. vanilla
4 cups milk

2 cups sugar
½ pt. whipped cream
1/3 cup sugar
¼ cup butter

Grease a 9x12 inch pan. In a large bowl, mix eggs and sugar. Add milk, vanilla, and margarine. Mix well. Add bread pieces. Let soak 10 minutes. Pour into pan. Bake 40-45 minutes at 375°. Remove from oven and top with cream. Sprinkle with sugar and dot with butter. Bake 10 minutes at 425° or until top is brown and marbled. Servings: 20.

Andie Bollinger Suard
Lockport

DORIS'S POUND CAKE

4 blocks butter
2 $\frac{3}{4}$ cups sugar
6 tbsp. for egg whites
3 $\frac{1}{2}$ cups flour, sifted

8 eggs
 $\frac{1}{2}$ cup cream or homogenized milk
2 tsp. vanilla

Separate eggs. Beat egg whites until frothy. Add 6 tablespoons sugar. Beat stiff, but not dry. Put whites in refrigerator. Cream butter and sugar. Add egg yolks. Add flour and cream alternately. Fold in the egg whites. Add vanilla. Bake in buttered tube pan exactly 1 $\frac{1}{2}$ hours in 300° oven.

Doris Bollinger
Submitted by Charlotte Bollinger, BOS

CREAM CHEESE CAKE

First step:

1 box yellow cake mix
1 egg

1 tbsp. water
1 stick melted butter

Second step:

1 (8 oz.) cream cheese
3 eggs, beaten separately

1 box powdered sugar
1 tsp. vanilla

First Step: Mix above ingredients together and spread into an oblong pan.

Second Step: Cream the cream cheese and add 1 egg (beaten) at a time. Mix in the rest of the ingredients. Beat until smooth. Pour into the pan with the above ingredients already in it. Bake at 350° until golden. Don't overdo, about 40-45 minutes.

Debra Theriot
BOS

GERMAN CHOCOLATE UPSIDE DOWN CAKE

1 box German chocolate cake mix
1 cup coconut flakes
1 cup pecans, chopped

1 block margarine
1 box powdered sugar
1 (8oz.) pkg. cream cheese

Spread coconut and pecans in bottom of greased 13x9 inch pan. Make cake according to directions on box. Pour over coconut and pecans. Melt butter and cream cheese together. Stir in powdered sugar until smooth. Pour over cake. Bake at 350° for 40-50 minutes.

Kim Benoit
BLN

BUTTERSCOTCH CHOCOLATE CAKE

1 chocolate cake mix
1 (17 oz.) jar butterscotch cream

3 Butterfingers, crushed coarsely
1 (8 oz.) container whipped topping

Prepare and bake cake according to package directions, using a greased 13x9 inch pan. Cool for minutes. Using the end of a wooden spoon handle, poke holes in warm cake. Pour butterscotch topping over cake. Cool completely. Spread with whipped topping; sprinkle with candy bars. Refrigerate for at least 2 hours before serving.

Kim Benoit
BLN

PINEAPPLE SUNSHINE CAKE

1 box yellow cake mix
3 eggs

½ cup butter
1 cup of milk

In a mixing bowl, melt butter 1 minute in microwave. Add cake mix, milk and eggs. Mix well with hand mixer. Bake according to box directions.

Frosting:

20 oz. canned crushed pineapple, drained
3.4 oz. instant French vanilla pudding

16 oz. Cool Whip

In a mixing bowl, mix together the Cool Whip, dry pudding mix and the drained pineapple with a hand mixer. When frosting the cake, you can use a lot in the middle and the outside of the cake. Keep cake refrigerated.

Lillian Catalanotto
BOS

CARROT CAKE

2 cups sugar
2 cups flour
2 tsp. soda
2 tsp. cinnamon

1 tsp. salt
4 eggs
1 ½ cups Wesson oil
3 cups carrots, grated

Combine dry ingredients and mix well. Add eggs and oil; mix well. Now add carrots and beat on medium speed with electric mixer for about 2 minutes. Grease and flour three 9 inch cake pans. Preheat oven for 10 minutes at 350°. Pour mixture into the three cake pans and bake 25-30 minutes.

Carrot Cake Frosting:

8 oz. cream cheese
1 stick butter
1 box confectioner's sugar

1 tsp. vanilla
1 cup pecans, chopped

Beat cream cheese and butter with mixer until light and fluffy. Add sugar gradually. Add vanilla and pecans. Spread between layers on top. Do not frost sides.

Patti Callais
BLN

RED VELVET CAKE

Cake Ingredients:

1 box White Cake Mix
1 block Butter, softened
1 bottle Red Food Color
1 tsp Vanilla Extract

Icing Ingredients:

1 block Butter, softened
4 to 5 tsp Evaporated Milk
8 oz. Philadelphia Cream Cheese
1 box Confectioner's Sugar

Preheat oven according to direction on the cake box. Mix cake ingredients, bake and let cool. Mix icing ingredients, adding small portions of the confectioner's sugar at a time until completely blended. Spread icing on cool cakes and enjoy!

Tina Gravois
CHAND

UNBAKED COOKIES

1 lb. sugar
¼ cup cocoa
3 cups oats

8 tbsp. butter
½ cup water
2 tbsp. peanut butter

Blend sugar, cocoa, and water; add butter in a pot. Bring to a boil and let boil for 5 minutes. Mix in the peanut butter, then the oats. Mix well with a mixer. Spoon onto wax paper and let dry.

Chet Doucet
BLN

COCOONS COOKIES

2 sticks of butter
¼ cup powdered sugar
1/8 cup granulated brown sugar
2 tsp. vanilla

3 cups ground pecans
3 cups all-purpose flour
1/8 cup evaporated milk
1 cup powdered sugar

In a large bowl, add melted butter, ¼ cup of powdered sugar, brown sugar, pecans and vanilla. Mix well. Stir in flour, add the milk "a little at a time", and keep mixing until all ingredients are mixed together. Put a little butter on your hands and form into cocoon shape (crescent shapes). Bake on greased cookie sheet at 300° until golden brown (about 20-25 minutes). Let them cool for 5 minutes. Roll each one in powdered sugar.

Brandon Sampey
BLN

SNICKER DOODLES

1 ½ cup sugar
½ cup butter, softened
1 tsp. vanilla
2 eggs
2 2/3 cup all-purpose flour

1 tsp. cream of tartar
½ tsp. baking soda
¼ tsp. salt
2 tbsp. sugar
2 tbsp. cinnamon

Heat oven to 400°. In a large bowl, combine first 4 ingredients; mix well. Stir in flour, cream of tartar, baking soda and salt. Mix well. Shape dough into 1" balls. Combine sugar, cinnamon and mix well. Roll balls in the sugar/cinnamon mixture. Place 2 inches apart on an ungreased cookie sheet. Bake for 8-10 minutes. Remove immediately from the cookie sheet. Makes about 48 cookies.

Brandon Sampey
BLN

CREAMY PEANUT BUTTER FUDGE

1 (7 oz.) marshmallow cream or 8 jumbo marshmallows	3 cups sugar
1 stick butter (½ cup)	1 tsp. vanilla
1 lg. can pet milk	16 oz. peanut butter

In a saucepan, mix and cook first 3 ingredients to softball stage. Remove from heat and add marshmallow cream, peanut butter and vanilla. Beat until thick and glossy. Pour into greased pan and cool.

Lillian Catalanotto
BOS

MYRON'S PEANUT BUTTER FUDGE

3 cups white sugar	1-2 tbsp. real vanilla
1 ½ cans carnation evaporated milk (cream)	¼ tsp. salt
1 ½ cups creamy peanut butter	

Grease a 9x12 pan. Put peanut butter in simmering water to soften/liquefy, stir occasionally. Mix sugar, salt in 3 qt. pot. Add cream, mix. Turn heat on medium, start to finish. Stir constantly, start to finish, except when adding vanilla and peanut butter. Mixture will rise, then settle back down. Mixture will thicken in time. When mixture starts pilling from the side of the pot, and the bubbles get smaller, and it kinda almost wants to start scorching at the bottom, add vanilla, stir constantly. Wipe wooden spoon on side of pot, starts to get sugary and kinda sticks to the side. When this happens easily, add peanut butter, mix quickly, pour into pan. Kinda shake pan to level mixture. Cool to fire enough to cut. Timing depends on humidity. Always under 60%

Myron Adams
BLN

LEMON ICEBOX PIE

1 can condensed milk	¼ tsp. cream of tartar
Juice of 2 lemons or ½ cup lemon juice	¼ cup sugar
Graham cracker pie shell	2 eggs, separated

Mix together condensed milk, 2 egg yolks and lemon juice. Pour in pie crust. Put egg whites, cream of tartar and sugar in a bowl. Beat on high speed until stiff, but not dry. Spread on top of pie. Brown in 325° oven. Cool and serve. Keep in refrigerator.

Lillian Catalanotto
BOS

NO BAKE PEANUT BUTTER PIE

4 oz. cream cheese, softened	1 cup powdered sugar
½ cup milk	1/3 cup smooth peanut butter
1 (12 oz.) container of whipped cream	2 9-inch graham cracker crusts

Beat cream cheese until soft and fluffy. Beat in sugar and peanut butter. Slowly add milk in mixture. Fold whipped topping into mixture. Pour mixture into the pie crusts and freeze until firm. Remove from the freezer 10 minutes before serving. This recipe makes 2 pies.

Chet Doucet
BLN

CREAM CHEESE BROWNIE PIE

1 Pillsbury refrigerated pie crust, softened	3 eggs
8 oz. pkg. cream cheese, softened	3 tbsp. sugar
¼ cup oil	1 tsp. vanilla
2 tbsp. water	
15 oz. pkg. Pillsbury Thick'N Fudgy Hot Fudge Swirl Deluxe Brownie Mix	

Heat oven to 350°. Prepare pie crust as directed on package. In medium bowl, combine cream cheese, sugar, vanilla, and 1 egg; beat until smooth. Set aside; Reserve hot fudge packet from brownie mix for topping. In large bowl, combine brownie mix, oil, 1 tablespoon water, and remaining 2 eggs; mix together. Spread cheese mixture over brownie layer. Top with remaining brownie mixture; spread evenly. Sprinkle with pecans. Bake at 350° for 40-50 minutes or until center is puffed and crust is golden brown. Place hot fudge from packet in microwave safe bowl. Microwave on HIGH for 30 seconds. Stir in remaining tablespoon water. Drizzle fudge over top of pie. Cool 3 hours or until completely cooled. Store in refrigerator.

Kim Benoit
BLN

THE BEST RICE KRISPY TREATS

1 large box of Rice Krispy Treat cereal (18 oz)	1 stick of Crisco (butter flavored)
3 bags of marshmallows	large pot with thick bottom

In a large pot, melt stick of Crisco. Once melted, add bags of marshmallows. Make sure you stir constantly as to not have marshmallows burn. Make sure you melt the marshmallows on a medium heat. Add Krispys and stir. Once everything is mixed, pour in a large pan. Wait to harden and enjoy.

Heather Chiasson
CHAND

MISCELLANEOUS



Interesting Fact: Chocolate is as healthy as fruit, yet there is currently a shortage in cacao trees to meet the demand of global chocolate consumption.

PIZZA SAUCE

1 (15 oz.) can tomato sauce
¼ cup water
1 tsp. sugar
1 tsp. dried oregano
1 tsp. dried basil leaves

¼ tsp. dried thyme
¼ tsp. garlic powder
¼ tsp. salt
1/8 tsp. black pepper

Combine all ingredients in a small pot. Cook over medium heat until sauce starts to boil. Lower heat and simmer covered for 30-45 minutes or until it is as thick as you like it. Makes enough for 2 pizzas or dipping for bread sticks.

Brandon Sampey
BLN

HOMEMADE THOUSAND ISLAND DRESSING

1 qt. mayonnaise
4 hard-boiled eggs, chopped
Shallot, chopped fine
1 onion, chopped fine
Dill pickets to taste, chopped fine

½ tsp. white wine Worcestershire
Tabasco to taste
2 tsp. chili powder
lemon juice
½ cup ketchup

Put all in a blender and blend on medium speed. Great on salads or with seafood.

Charlotte Bollinger
BOS

COMMIT TO BE FIT



Interesting Fact: Cilantro is good for digestion and also soothes many common ailments such as headaches, coughs, and nausea.

Gluten-Free Pancakes or Waffles

Ingredients (listed in order of addition)

6 tbsp. unsalted butter (melted)

½ cup honey

1 tsp. pure vanilla extract

4 eggs

3 tsp. baking powder

1 ½ cups gluten free flour

1 ½ cups fine or super fine almond flour

pinch of salt

2 ¼ cups almond milk

In a large bowl, melt butter. Add honey and whisk until combine. Add vanilla, eggs, and milk. Whisk until combined. Add baking powder and whisk briskly to remove baking powder lumps. Add remaining ingredients and combine. Cook on griddle or waffle iron, as you would any pancake or waffle (for pancakes- look for consistent bubbles across the surface of the pancake before flipping; for waffles- following appliance directions). You may add additional milk or flour 1 teaspoon at a time to achieve a thicker or thinner batter consistency. Note: These freeze well. Reheat in microwave.

Margaret J. Savoye

SCALLOP PICCATA ON ANGEL HAIR PASTA

1 lb. dry sea scallops, tough muscle removed

1/4 tsp kosher salt

1/4 tsp freshly ground pepper

1 tsp capers, rinsed and chopped

1 tsp extra-virgin olive oil

8 oz. whole-wheat angel hair pasta

1/2 cup white wine

2 Tbls. chopped fresh parsley

2 tsp butter

3 Tbls. lemon juice

1/4 cup garlic, chopped

2 tsp cornstarch

1/2 cup clam juice

Put a large pot of water on to boil. Sprinkle scallops on both sides with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and add the scallops; cook, turning once, until browned on both sides, about 6 minutes total. Transfer to a plate. Cook pasta in the boiling water until not quite tender, about 4 minutes. Drain and rinse. Whisk wine, clam juice and cornstarch in a small bowl until smooth. Cook garlic in the pan over medium-high heat, stirring often, until softened, 1 to 2 minutes. Add the wine mixture; bring to a boil and cook until thickened, about 2 minutes. Stir in lemon juice, capers and butter; cook until the butter melts, 1 to 2 minutes.

Return the scallops to the pan, add the pasta and cook, stirring gently, until heated through and coated with the sauce, about 1 minute. Stir in parsley and serve immediately.

American Heart Association Recipe

Denny Borne

BOS

GARLIC SHRIMP WITH ZUCCHINI NOODLES

1 lb. shrimp, shelled and deveined	2 Tbsp. fresh lemon juice
2 medium zucchini, sliced into noodles	2 tbsp. fresh green onion tops, sliced
4 garlic cloves, minced	2 tbsp. olive oil
Sea salt and freshly ground black pepper	1/4 cup white wine

Heat some cooking fat in a skillet over medium heat. Add the garlic and cook for 2 to 3 minutes. Add the shrimp. Cook until pink and cooked through, 2 to 4 minutes, and remove from the pan. Pour the wine and lemon juice and scrape up the bottom of the pan. Bring to a boil and let simmer until significantly reduced. Add the zucchini and cook for another 3 to 4 minutes. Return the shrimp to the pan, season to taste, and give everything a nice stir. Sprinkled with fresh green onion tops and serve.

Denny Borne
BOS

ORANGE AND WILD RICE WITH CRANBERRIES

1 cup wild rice	1 cup water
¾ fresh orange juice	1 tbsp. butter
¼ tsp. salt	1/8 tsp. black pepper
1 cup orange sections (or use canned Mandarin oranges)	1/3 cup nuts of your choice
1/3 cup dried cranberries	

Bring rice, water, and orange juice to a boil in a saucepan. Reduce heat and simmer covered about 45 minutes, or until rice is tender. Remove from heat and add butter, salt, and pepper. Let stand covered for 10 minutes. Stir in orange sections, nuts and cranberries. Serve garnished with parsley.

Jody Williford
FCH

Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry Meat Alternatives	<ul style="list-style-type: none"> Lean cuts of meat with fat trimmed, such as beef-round, sirloin, rump steak, loin, bison, venison, veal Poultry without skin Pork Tenderloin Whole soy foods such as tofu, tempeh, edamame, soy burgers 	<ul style="list-style-type: none"> “Prime” grade meats Fatty cuts like corned beef, brisket, short ribs, spare ribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	<ul style="list-style-type: none"> Skim milk, low-fat buttermilk, low-fat evaporated or nonfat milk Low-fat or nonfat yogurts (and Greek yogurts) and cheeses Fortified soy milk Low-fat or nonfat cottage cheese 	<ul style="list-style-type: none"> Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese like brie, Swiss, American, cheddar
Eggs	<ul style="list-style-type: none"> Egg whites, cholesterol-free and fat-free egg substitutes 	<ul style="list-style-type: none"> Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	<ul style="list-style-type: none"> Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe or substitute applesauce or non-hydrogenated margarine for fat) 	<ul style="list-style-type: none"> Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	<ul style="list-style-type: none"> Whole grain breads like whole wheat, whole pumpernickel, rye, pita, 	<ul style="list-style-type: none"> Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack

	bagels, English muffins, rice cakes <ul style="list-style-type: none"> • Low-fat crackers and bread sticks • Low-sugar whole grain cereals (hot and cold) • Spaghetti and macaroni (choose tomato-marinara based sauces) • Any whole grain • Dried peas and beans • Air-popped popcorn 	crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces <ul style="list-style-type: none"> • Buttered, salted popcorn
Vegetables Fruits	<ul style="list-style-type: none"> • Fresh, frozen, canned (no salted added), freeze-dried 	<ul style="list-style-type: none"> • Vegetables prepared in butter, cream, or sauce • Fruits served in glazes

“Heart Healthy” Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES		
		TF	SF	C
1 pound ground beef	<ul style="list-style-type: none"> • 1 lb. 96% (or more) • 1 lb. ground turkey breast 	✓	✓	✓
1 oz. cheddar, Swiss, or American cheese	<ul style="list-style-type: none"> • 1 oz. low-fat cheese • 1 oz. part-skim cheese 	✓ ✓	✓ ✓	✓ ✓
1 egg	<ul style="list-style-type: none"> • 2 egg whites • ¼ cup low-cholesterol egg substitute 	✓ ✓	✓ ✓	✓ ✓
1 cup whole milk	<ul style="list-style-type: none"> • 1 cup skim milk 	✓	✓	✓
1 cup cream	<ul style="list-style-type: none"> • 1 cup evaporated skim milk 	✓	✓	✓
1 cup sour cream	<ul style="list-style-type: none"> • 1 cup nonfat sour cream • 1 cup plain nonfat yogurt or Greek yogurt • 1 cup low-fat cottage cheese plus 1-2 tsp. lemon juice, blended smooth 	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
1 oz. cream cheese	<ul style="list-style-type: none"> • 1 oz. nonfat cream cheese • 1 oz. Neufchatel cheese 	✓ ✓	✓ ✓	✓ ✓
1 cup butter	<ul style="list-style-type: none"> • 1 cup non-hydrogenated margarine • 1 cup vegetable oil 		✓ ✓	✓ ✓
1 cup mayonnaise	<ul style="list-style-type: none"> • 1 cup nonfat, plain yogurt; nonfat sour cream or nonfat/low-fat cottage cheese (pureed in blender) 		✓	✓
1 cup shortening	<ul style="list-style-type: none"> • 7 fluid oz. vegetable oil 		✓	
1 oz. baking chocolate	<ul style="list-style-type: none"> • 3 tbsp. cocoa powder plus 1 tbsp. vegetable oil 		✓	

Roux: 1 part fat 1 part starch	<ul style="list-style-type: none"> • ½ part fat to 1 part starch 	✓		
1 can condensed cream soup	Mix together: <ul style="list-style-type: none"> • ½ cup nonfat dry milk • 2 tbsp. cornstarch • 2 tsp. low sodium chicken bouillon • ¼ tsp. onion powder • 1/8 tsp. garlic powder • ¼ tsp. basil • ¼ tsp. thyme • ¼ tsp. white pepper • 9 oz. cold water *Heat to a boil; stir frequently	✓	✓	✓

KEY:

TF = total fat
SF = saturated fat
C = cholesterol

Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet, but surprisingly has a lower sodium content than fast foods and processed foods. Table salt is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,300mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- ❖ Taste food before salting. Salt food only sparingly at the table.
- ❖ Cut back on sodium slowly to give the body time to adjust to less salty flavors. Salt-craving taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ❖ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ❖ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low-sodium substitutes for high-sodium ingredients.
- ❖ Read labels on food packages. Compare the sodium content to similar items and to take recommended sodium intake for an entire day.
- ❖ Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, prepackaged snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- ❖ When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side. As an alternative ask for lemon wedges, rice vinegar, pepper or garlic to season foods.
- ❖ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.