FROM THE BAYOU COUNTRY OF LOUISIANA

OUTDOOR COOKERY

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At early barbecues, the prepared animals were cooked in their own juices, but as time went on, cooks of various regions added spices, herbs and vegetables to the basting sauce. The tangy flavor of peppers was introduced—and with such permanent success that today the word “barbecue” connotes the cooking of meat, poultry or fish in a highly seasoned sauce. Indeed, the word, “barbecue” is said to come from the Spanish “barbacoa”, meaning a framework of posts on which meat was smoked or dried.

Appropriately, the Spanish heritage continues to exert its influence in New Iberia — the home of the Trappey Company. A glance at a roster of the oldest families will include such obviously Castilian-derived names as Sandoz, Galvez, Segura, Hidalgo and Romero, supplementing a plenteous list of Broussards, LeBlancs and Moutons — descendants of the French-Acadians.

About 15 years or more ago, “kebabs” came onto the outdoor cookery scene. Previously their devotees were gourmets and Americans of foreign extraction. The cooking of meat on a stick goes back to ancient peoples, but a number of nationalities have developed the practice to a fine art. Armenians called their meat-on-a-skewer accomplishment, “shish kebab.” from which we have adopted the word, “kebab,” for all skewered foods. The Russian word for a similar food is “shashlik.” In France, meat cubes cooked on a skewer are described as “en brochette.” But no matter what the name — they are always delicious if prepared properly.

Here in the Bayou Country of Louisiana, famed for the excellence of its cuisine, the fine art of barbecue and rotisserie cooking has been given added impetus by the delicate blends of seasonings produced by B. F. Trappey’s Sons, Inc. of New Iberia, established in 1898. Due to the mixture of French, Spanish, Indian and Negro cooking skills, this fabulous, history-rich land has long been identified with Creole cooking at its finest.

Even though most of the plantation homes have long since disappeared, the aroma and fragrance of the fine kitchen art they nurtured, remains with us as a priceless heritage.

Indeed it can still be found, as truly as “before the war” in gracious atmospheres such as the country home of the Trappey’s — Dulcito — which also serves host to the Annual Dinner of the Ancient Order of Creole Gourmets: legendary Shadows-on-the-Teche: mysterious and hauntingly beautiful Albania; magnificent Oaklawn Manor, with its winding drive. Henry Clay Walk and centuries-old antiques: and the lovely home of the famed thespian, Joe Jefferson, appropriately called “Rip Van Winkle”

You, too, can be a “gourmet” in your own right . . . with these time-honored, treasured recipes from the Trappey family. And, “mes amis”—do not be reluctant to try—unusual though some of them may seem; they are as tried and true as the Bayou Country in which they were born.
Beef and Veal

First quality, tender steaks need no tenderizing and are ready for barbecuing after being trimmed of excess fat and being seasoned with salt and Trappey's MEXI-PEP and SPICE-UP. However, it's a good idea to keep steaks well-drenched with a buttery or oily sauce during the grilling period to prevent their drying out.

Individual steaks should be from 3/4 inch to 1-1/2 inches thick, according to your budget. Family steaks that serve three or more should be 1-1/2 to 2 inches thick. After being broiled, they should stand a few minutes before being carved into 1/4 inch slices.

Less tender cuts of beef, chuck steak, round steak, flank steak, short ribs, chuck roast, rump roast and the like, will be benefited by the use of a commercial tenderizer, and marination in a zesty sauce. One to two hours marination at room temperature is sufficient if you're in a hurry. Overnight marination in the refrigerator is better.

Veal requires longer cooking than many meats. For best results treat cuts with a commercial tenderizer and marinate in a flavorsome sauce for several hours, at least. Marinate overnight, if possible.

Dulcito Marinade and Barbecue Sauce

(Grand with chuck steaks and roasts)

1 can beef bouillon
2 8-oz. cans tomato sauce
1/2 cup salad oil
1/4 cup lemon oil or dry white wine
1 tsp. prepared horseradish

1/2 tsp. Trappey's CHEF-MAGIC
1 tsp. sugar
1 tsp. salt
3 tsp. Trappey's MEXI-PEP

Combine all ingredients except MEXI-PEP. Let simmer together 15 minutes. Add MEXI-PEP to cooling mixture. Store in refrigerator until ready for use.

Marinade and Smoky Barbecue Sauce

1/4 lb. butter
1 medium onion, minced
2 cans tomato soup
2 tbsp. liquid smoke
Juice of 1 clove of garlic
1/3 cup lemon juice or dry wine

1 tsp. Trappey's CHEF-MAGIC
1 tsp. Trappey's WORCESTER-SHIRE SAUCE
Salt to taste
3 tsp. Trappey's MEXI-PEP

Combine all ingredients except MEXI-PEP. Let simmer together until onions are cooked and flavors mingle. Let cool and add MEXI-PEP. Store in refrigerator until ready for use.

"Frenchie" Sauce

(Sauce for steaks and hamburgers)

4 tbsp. butter
6 green onions, finely chopped
1/2 lb. fresh mushrooms, sliced (or 1 can stems and pieces)
1 cup sour cream
Salt and pepper to taste
1/2 tsp. Trappey's CHEF-MAGIC
1/4 tsp. paprika
1/2 cup red or white dry wine (or water)

Saute onions and mushrooms in butter until golden and tender. Add salt and pepper, CHEF-MAGIC and paprika. Add wine (or water) and stir until mixed. Heat through. Just before serving, add sour cream. Heat, but do not boil. Spooned over grilled hamburgers or small steaks, this serves 4 to 6.
Wine Sauce For Steak

1 cup red wine or vinegar
1 clove garlic, minced
1 tbsp. Trappey's WORCESTERSHIRE SAUCE
1 tbsp. prepared mustard
2 tbsps. chili sauce
1 tbsp. olive oil
1 tsp. or more Trappey's SPICE-UP
1 tsp. Trappey's MEXI-PEP

Combine ingredients, mixing well. Place steak on greased grill, and keep drenched with sauce.

Steak Sauce Combinations: (1) Combine 2 tablespoons butter, 1/3 cup red wine, dash of Trappey's WORCESTERSHIRE SAUCE, dash of MEXI-PEP, and sprinkling of SPICE-UP; (2) Combine 1 cup olive oil, juice of 1 lemon, 1/4 teaspoon SPICE-UP and sprinkling of MEXI-PEP; (3) Simmer 1/2 cup dry white wine with 1 finely chopped green onion for about 7 minutes. Add two tablespoons Trappey's CREOLE STEAK and FISH SAUCE, one tablespoon butter, one tablespoon Trappey's WORCESTERSHIRE SAUCE, dash of lemon juice, salt and pepper.

Veal Marinade

1 1/4 cup salad oil
3 tbsps. lemon juice or dry wine
2 tbsps. Trappey's WORCESTER-SHIRE SAUCE
2 tbsps. Trappey's SOYA SAUCE
1/2 tsp. Trappey's SPICE-UP
1 tsp. Trappey's MEXI-PEP

Veal Barbecue Sauce

To Veal Marinade add 3 or more tablespoons of catsup or chili sauce and Trappey's MEXI-PEP to taste.

Barbecued Chuck Roast

Chuck roast can be cooked on an outdoor grill if pre-treated with a commercial tenderizer and left to marinate in a pungent sauce overnight. Select a roast of medium size, not more than 2 inches thick. After marinating, place roast on grill, cover with inverted roasting pan, and let cook until done. Turn frequently and keep well basted with sauce throughout the roasting period. Slice and serve with sauce.

Flank Steak

Score flank steak diagonally and treat with a commercial tenderizer. Spread steak with favorite barbecue sauce. Roll up like jelly roll and fasten at intervals with skewers. Slice into rounds of desired thickness between skewers. Place on greased grill over hot coals. Keep well basted. Turn once.

Savory Roast and Gravy

Wipe a rib, Pikes Peak or crown roast with a damp cloth. Spread Trappey's CREOLE STEAK and FISH SAUCE over top, sides and bottom and let marinate for 2-3 hours or overnight. Season roast with pepper, salt and Accent; place on rack in shallow pan and cook in oven at 275° F., allowing 30 minutes to the pound or until right degree of doneness is attained. Make gravy of drippings by adding salt, pepper to taste. If thicker gravy is desired, add two tablespoons flour to small amount of drippings until well-mixed, then add balance of stock and 1/4 cup of water. Cook until mixture is thick.

Hamburgers 'd Opelousas

1-1/2 lbs. ground beef
1-1/2 tbsps. salt
1 tsp. Trappey's MEXI-PEP
2 tbsps. water

Filling:

1/4 lb. blue cheese
1 tbsp. Trappey's WORCESTERSHIRE SAUCE
3 tbsps. mayonnaise
1/2 tbsp. dry mustard
1/4 tsp. Trappey's CHEF-MAGIC

Mix beef with seasonings and water. Mash cheese and blend with other ingredients for filling. Divide meat into four parts. Make two thin patties from each. In the center of four patties put 1-1/2 tablespoons of cheese mixture. Top with remaining patties and pinch edges together well. Broil over moderate heat about 6 minutes on each side.

Dulcy's Hamburger

Press hamburger meat into very thin, flat cakes. Between the two, insert filling made from finely chopped onion (raw) mixed with Trappey's STEAK and FISH SAUCE—crimping the edges firmly together. Broil over coals and serve in buns. Cheese may be substituted for the onion filling.
For proper barbecuing, all pork cuts must be cooked slowly over low to medium heat. The use of a meat thermometer, to be sure meat is completely done, is advised. Pork is well done when a thermometer inserted close to the bone of a cut registers 185°F. Meat should be grayish white and juicy and have no trace of pink color. Suggested cuts for the grill are: chops, steaks, spare-ribs, ham steaks, sausages. Cuts for the spit: loin roast, shoulder roast, pork butt. Cooking time: about 35 minutes per pound.

### Pork Marinade

1 cup sherry wine or lemon juice  
1/2 cup orange juice  
1/4 tsp. powdered ginger  
1/2 tsp. Trappey's SPICE-UP  
1 tsp. Trappey's MEXI-PEP

Combine all ingredients and mix well.

### Barbecued Ham Sauce

1 cup pineapple juice  
1/2 cup brown sugar  
1/2 cup vinegar  
4 tsps. prepared mustard  
1/2 tsp. Trappey's CHEF-MAGIC  
1 tsp. or more Trappey's MEXI-PEP

Heat all ingredients, except MEXI-PEP, together for several minutes. Add MEXI-PEP to sauce when cooling. Use sauce for brushing ham slices as they grill.

### Barbecue Sauce

(For pork roasts and chops)

1/2 cup red wine or vinegar  
1 cup tomato sauce  
1/4 cup lemon juice  
1 onion, minced  
1 clove garlic, minced  
1/2 tsp. dry mustard  
2 tbsps. Trappey's WORCESTERSHIRE SAUCE  
1/4 tsp. brown sugar  
1 tsp. Trappey's CHEF-MAGIC  
1 tsp. salt  
1 tsp. or more Trappey's MEXI-PEP

Combine all ingredients, except MEXI-PEP, in pan. Let simmer until flavors blend and sauce becomes slightly thick. Let cool, and add MEXI-PEP to desired piquancy.
Sauce for Spareribs

3 tbsps. salad oil 3 tbsps. vinegar
3/4 cup onions, chopped 3 tbsps. sugar
1 tbsp. Trappey's WORCESTERSHIRE SAUCE 1 tsp. Trappey's CHEF-MAGIC
1 tsp. salt
1-1/2 cups catsup 1 tsp. Trappey's MEXI-PEP
1/4 cup lemon juice

Cook onions in oil until tender. Then add remainder of ingredients except MEXI-PEP. Heat to blend flavors. Remove from heat and add MEXI-PEP to sauce when cooling.

Grilled Spareribs

Lace spareribs on spit, or cut into serving pieces and place on grill. Cook very slowly over low heat, about 4 inches from coals. Keep drenched with barbecue sauce so meat will not dry out. Ribs will be done when meat shrinks from ends of bones. Grilling time: about an hour.

Plantation Spareribs

Cut 6 pounds lean pork spareribs into individual-sized servings. Broil over coals in barbecue pit, until golden brown. Brush with barbecue sauce (see above). Place in covered roasting pan and let steam on back of barbecue grill for at least one hour. Do not allow ribs to dry out. Baste frequently with sauce and fat from bottom of roaster. Serves 6.

The sauce is made from the following ingredients:

2 large onions, minced
2 tbsps. olive oil
2 8-oz. cans tomato sauce
1 green pepper, sliced
1/4 cup chopped celery leaves

1 tbsp. Trappey's CHEF-MAGIC
Salt and pepper to taste
2 tbsps. wine vinegar
Sherry wine

In a large saucepan sauté onions in olive oil until transparent. Add tomato sauce, vinegar, green pepper, celery leaves, CHEF-MAGIC, salt and pepper and simmer for 25 minutes, covered. When ready to use, dilute with 3/4 cup sherry to 1/2 cup of barbecue sauce. Keep refrigerated.
Lamb is the original “kebab” meat. Almost all cuts lend themselves ideally to barbecuing, whether on the spit, the grill or the skewer. Good quality lamb needs little tenderizing, but interesting and delicious flavors result when the meat is marinated several hours in a zesty sauce before being cooked.

**Lamb Marinade**

1/3 cup salad oil  
2 tbsp. Trappey’s SOYA SAUCE  
1/3 cup wine vinegar or red wine  
1 tsp. sugar  
1/2 tsp. or more Trappey’s MEXI-PEP  
1/4 tsp. or more Trappey’s SPICE-UP

**Variation:** Omit SPICE-UP and flavor marinade with a dozen crushed mint leaves. Combine all ingredients and mix well.

**Sweet-Sour Sauce For Lamb**  
(A marinade and basting sauce)  
1/4 cup salad oil  
1/3 cup brown sugar  
3 tbsp. dill pickle liquid  
1/4 cup finely chopped dill pickles  
1/2 tsp. powdered cloves  
1/2 tsp. Trappey’s CHEF-MAGIC  
1 tsp. salt

Combine ingredients. Mix well and heat to boiling point. Brush over chops, roast or lamb-burgers as they grill.

**Barbecue Sauce**

1 8-oz. can tomato sauce  
1 tsp. powdered mustard  
1/2 tsp. Trappey’s CHEF-MAGIC  
2 tsp. lemon juice  
1/2 tsp. or more Trappey’s MEXI-PEP

Combine all ingredients and mix well. Refrigerate until ready to barbecue lamb.

**Individual Lamb Roasts**

Select a split loin of lamb. Have the butcher divide the split loin into about six chops, cutting through the bone, but not completely separating the cuts. Marinate for an hour or more. Roast over glowing coals at grill. Turn as frequently as necessary for even cooking and baste with a favorite barbecue sauce. Roasting time: about 45 minutes. With a sharp knife divide into chops and allow one for each serving.

**Grill-Bound Shish-Kebabs**

6 lamb steaks, cut in 1-inch cubes  
1 lb. salami, cut in 1-inch cubes  
3 cloves garlic, minced  
1/3 cup salad oil  
1 tsp. Trappey’s CHEF-MAGIC  
3 tbsp. Trappey’s SOYA SAUCE  
3 tbsp. vinegar  
1-1/2 tbsp. sugar  
1/4 tsp. pepper  
1/4 tsp. Trappey’s WORCESTERSHIRE SAUCE  
2 large onions, sliced

Arrange lamb and salami cubes alternately on 6 skewers. Place in shallow pan. Combine all ingredients except onion; pour over skewered meat. Top with onions. Cover; let stand in refrigerator several hours or overnight. Broil kebabs over hot coals for 20-30 minutes, turning frequently. Cook onions in remaining sauce until golden; serve with kebabs. Serves 6.

**Luau Lamburgers**

1 lb. ground lamb  
1/2 cup dry bread crumbs  
1 tsp. Trappey’s MEXI-PEP  
1/4 tsp. Trappey’s CHEF-MAGIC  
2 tbsp. Trappey’s WORCESTERSHIRE SAUCE  
1 beaten egg  
1 tsp. salt

Combine all ingredients and shape into patties. Dip into Lamb Barbecue Sauce. Place on foil and broil over coals. Makes 4 or 5 patties.
Marinating broilers and fryers is not essential, but many outdoor chefs like to soak the fowl in a marinating sauce for what they feel is improved flavor and tenderness. The marinade can also be used as a basting sauce.

Deep South Poultry Marinade

(Enough for 2 broiler-fryers)

- 3/4 cup salad oil or melted butter
- 1 cup white vinegar, lemon juice or white wine
- 1/2 tsp. Trappey's SPICE-UP
- 1 tsp. or more Trappey's MEXI-PEP

Acadian Broiled Chicken

Place cut-up chickens in bowl. Cover with marinade and refrigerate about 3 hours.

When ready to barbecue, drain chickens. Place on well-greased grill, skin side up, and broil slowly about 6 inches from coals. Keep well brushed with Deep South Poultry Marinade. Cooking time: about 1-1/2 hours.

Fried Chicken in Foil

- 1 cup flour
- 2 tsps. salt
- 1 tsp. Trappey's CHEF-MAGIC
- 2 chickens, cut up

Fat

Raw vegetables

Place flour, salt and CHEF-MAGIC in paper bag. Add chicken. Shake bag to coat each piece of chicken thoroughly. Remove chicken from bag and brown in fat.

From roll of aluminum foil, tear strips twice as long as wide. On one-half of foil, place individual serving of chicken and fresh vegetables. Season generously with butter, Trappey's MEXI-PEP, SPICE-UP and salt.

Cover serving with other half of foil and seal the three open sides with a double fold, making a compact flat packet. Follow same procedure with other servings. Place packets on grill and let cook about 45 minutes. Turn over during grilling time.

Vermilion Poultry Barbecue Sauce

- 1/2 cup salad oil
- 1 large onion, minced
- 1-1/2 cups catsup
- 3/4 cup vinegar or lemon juice
- 2 tps. sugar
- 1/2 cup water
- Juice of 1 clove garlic

Saute onion in oil until translucent. Add remaining ingredients except MEXI-PEP and let simmer together about 15 minutes. To cooling sauce, add MEXI-PEP to taste.

Butter
Salt
Trappey's MEXI-PEP to taste
Trappey's SPICE-UP to taste

2 tbsps. Trappey's WORCESTERSHIRE SAUCE
2 tps. salt
1 tsp. Trappey's CHEF-MAGIC
3 or more tps. Trappey's MEXI-PEP
Grilled Duckling

Clean and split the duckling into halves or quarters. Marinate the duckling an hour at room temperature, or all night in a refrigerator. Drain duck. Place pieces on grill, flesh side toward coals. Turn frequently. Keep basted with Rip Van Winkle Marinade and Basting Sauce.

Rip Van Winkle Marinade and Basting Sauce for Duckling

1/4 cup lemon juice
1/4 cup orange juice
1/4 cup Trappey's SOYA SAUCE
1 tsp. honey
1/4 tsp. or more Trappey's SPICE-UP
1 tsp. or more Trappey's MEXI-PEP

Combine all ingredients and mix well.

Barbecued Turkey

Young tender turkeys (4-8 pounds) may be successfully barbecued-roasted whole on a spit, quartered or cut up into small pieces.

For spit roasting, clean and prepare the turkey as you would for the oven. Rub inside cavity with salt, SPICE-UP and brush with marinating sauce. Place turkey in spit so that it is perfectly balanced and well secured. Truss drumsticks and wings to bird's body.

As the turkey turns on the spit, baste frequently with marinating sauce or barbecue sauce. Meat thermometer thrust into thickest part of thigh should register 195°F when turkey is done. Cooking time: about 1-1/2 to 2 hours.
Seafood

All of Louisiana's fresh-water fish, in addition to salt water species from the Gulf, make tempting fare for outdoor cooking. The use of foil is advised, for fish meat is very tender and has a tendency to break up while cooking. Marinating is not usually necessary, but a tasty basting sauce is suggested— together with a thorough rubbing inside and out with MEXI-PEP or SPICE-UP.

Seafood Marinade Gourmet

1 cup oil or melted butter
2 tbls. Trappey's SOYA SAUCE
1/2 cup lemon juice
1/2 tsp. or more Trappey's SPICE-UP
1 or more tbls. Trappey's MEXI-PEP

Combine all ingredients and mix.

Seafood Marinade Exotique

1/2 cup Trappey's SOYA SAUCE
1/4 cup sherry wine
1/4 cup salad oil
1 tsp. powdered ginger
1 tbls. honey
1/4 tsp. or more Trappey's SPICE-UP
1 tsp. or more Trappey's MEXI-PEP

Combine all ingredients and mix well.

Barbecued Trout: Brush trout inside and out with lemon or lime juice before refrigerating. This keeps fish fresh in appearance and aroma. Place fish in shallow pan; pour on Marinade Gourmet or Exotique and let stand an hour before barbecuing. Use drained Marinade for basting during barbecuing. Sprinkle 1/4 teaspoon Trappey's CHEF-MAGIC in cavity. Place on grill over bed of coals and barbecue until done, about 10 to 15 minutes.

Bayouland Barbecue Sauce

1/4 cup cooking oil
1/4 cup finely chopped celery
3 tbls. finely minced onion
2 tbls. dry white wine or lemon juice
2 tbls. prepared mustard

Place ingredients in jar and shake well to mix. Store in refrigerator. Shake well before using as sauce for fish.

Bar-B-Cued Fish

2 red snappers or trout (about 4 pounds)
1/4 lb. butter
3 tbls. grated onion
2 tbls. parsley
2 tbls. Trappey's WORCESTERSHIRE SAUCE
2 dashes Trappey's MEXI-PEP
2 lemons

Salt and pepper fish. Place on sheet of heavy foil. Pour sauce over fish. Seal foil, making sure that there is no leakage. Place on grill (one with hood, if possible). Turn every 20 minutes, being careful not to tear foil. Cook for 1-1/2 hours. Remove from foil and place fish on grill. Leave on grill for 10 minutes; turn and leave on another 10 minutes, basting with sauce saved from package or make up a little more.
**Grilled Oysters A La Gulf of Mexico**

Dip oysters in marinade, then roll through bread crumbs flavored with Trappey's SPICE-UP. Place in hinged broiler and grill. Serve with Trappey's BARBECUE SAUCE or one of the other recipe sauces featured in this category.

**Variation:** Wrap oysters in strips of bacon and fasten with toothpick. Broil in foil on grill, or place in hinged broiler.

**Grilled Shrimp-in-the-Shell**

Cut through shell of de-headed shrimp and remove the black vein. Wash shrimp thoroughly and drain. Place in bowl and cover with Seafood Marinade Exotique or Gourmet. Keep refrigerated until ready for use.

Drain shrimp and spread in hinged broiler or broil on foil. Cook slowly on low heat until shrimp are pink and opaque.

**Seafood Cocktail Sauce**

Mix together thoroughly the following ingredients and serve chilled:

- 1 tbsp. horseradish
- 1 tbsp. Trappey's WORCESTERSHIRE SAUCE
- 1 cup catsup
- 3 tbsp. chili sauce
- 1/4 tsp. Trappey's MEXI-PEP
- 1 tbsp. lemon juice
- 1/4 tsp. salt
- Dash of Angostura Bitters

**Oysters A La Cabildo**

Place fresh scrubbed oysters on flat pan about six inches over coals. Cover with wet burlap sack and steam until the shells crack open slightly. Pry open with flat edged chisel and serve with Seafood Cocktail Sauce, or Trappey's REMOULADE SAUCE. Be prepared for repeat orders for these are simply delicious.

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**Frankfurters and Sausage**

**Tricks with Franks**

Slit frankfurters and insert strips of cheese before broiling on foil. Cut into rounds and thread on skewers, alternating with stuffed olives or dill pickle chunks.

**Barbecued Bologna Roll**

Use 3-pound piece of bologna. Remove casing and score deep. Spread with mustard and sprinkle with Trappey's CHEF-MAGIC. Push two long skewers through roll and grill over hot coals, basting with barbecue sauce.

**Allons Barbecue Sauce**

1 small onion, minced
2 tbsps. bell pepper, minced
2 tbsps. salad oil
1/2 cup catsup
1 tsp. prepared mustard

1 tbsp. vinegar
Salt to taste
1/2 tsp. Trappey's CHEF-MAGIC
1 tsp. or more Trappey's MEXI-PEP

Saute onion and bell pepper in oil for about 5 minutes. Add remaining ingredients, except MEXI-PEP, and let simmer several minutes to blend flavors. Add MEXI-PEP to cooling sauce. Recipe for 1 pound of frankfurters.
Acadianland Barbecue Sauce

1/4 cup salad oil
1/4 cup vinegar
1/2 cup Trappey’s SOYA SAUCE
1/2 cup catsup
1 tsp. dry mustard
1 tsp. or more Trappey’s SPICE-UP

Combine all ingredients, mixing well. Brush on frankfurters and other sausages when grilling. Makes 1-1/2 cups sauce.

Accompaniments

No meal is complete unless it includes hearty, outdoor accompaniments. For perfect compliments to barbecue or patio meals, try any one of these rich appetite-teasing vegetable dishes or robust salads.

Spice-up Salad Dressing

1 cup salad oil
1/2 cup wine vinegar
1 tsp. salt
1/4 tsp. black pepper
2 tsps. Trappey’s MEXI-PEP
1/2 tsp. dry mustard
1/2 tsp. grated
1/2 tsp. Trappey’s garlic
SPICE-UP

Combine all ingredients, mixing well. Chill in refrigerator. Shake jar of dressing vigorously before mixing with salad greens.

Cabbage Salad A La Gabriel

4 cups finely shredded cabbage
1 apple, chopped with skin
Dressing:
1 tbsp. lemon juice
1 cup mayonnaise
1/2 tsp. Trappey’s MEXI-PEP
1/2 cup crushed pineapple
1/2 tsp. salt

Combine cabbage and apple, and toss with dressing made of remainder of ingredients. Serves 8 or more.

Jean Lafitte’s Kidney Bean Salad

1 No. 1 can Trappey’s KIDNEY BEANS
3 hard-cooked eggs, chopped
1/3 cup sweet pickles, chopped
2 tbsps. pickle liquid
1 cup celery, chopped
3 green onions, minced
1/4 cup Spice-Up Salad Dressing

Seasoning with MEXI-PEP

The Queen of ALL SEASONINGS!
TRAPPEY'S MEXI-PEP

ADD ZEST AND FLAVOR TO YOUR FOOD

ADD ZEST AND FLAVOR
**APPETIZERS**

Tomato, V-8, or other vegetable juices, bouillon or consomme—Add 1 to 3 drops of MEXI-PEP and slice of lemon. 1/4 teaspoon MEXI-PEP or more to taste to your favorite spread or dip with cream cheese.

**SALAD DRESSINGS AND MARINADES**

For a tantalizing flavor, mix 1/2 teaspoon MEXI-PEP with a cup of salad dressing or marinade. Delicious on vegetable salads, and as an ingredient in marinade for beef, chicken, lamb, pork and seafood.

**CHEESE AND EGG DISHES**

Add 1 to 3 drops MEXI-PEP for each egg before cooking, or sprinkle to taste on cheese dishes.

Add devilment to deviled eggs by using a dash or two of MEXI-PEP to the seasonings.

**POTATOES, BEANS, TURNIPS, ALL CANNED VEGETABLES**

Sprinkle MEXI-PEP in potatoes while they're sizzling in the pan. Add 1 to 3 drops to vegetables to spark up the taste. Turnips, green beans are especially delicious with MEXI-PEP.

**SAUCES AND GRAVIES**

Add 1/8 to 1/4 teaspoon MEXI-PEP to white sauce or gravy while cooking, plus a final "gourmet dash", before serving. Good for mild and hearty dishes alike.

**MEAT, POULTRY**

Rub steaks, chops, roasts, with MEXI-PEP and salt or with marinade seasoned with MEXI-PEP before cooking. Brush chicken with MEXI-PEP-seasoned marinade before broiling, frying or baking.

**SEAFOOD**

Rub fish inside and out with MEXI-PEP and salt or add MEXI-PEP to fish sauce before cooking. A few drops of MEXI-PEP for each serving of oyster stew enhances the flavor. Try a dash of MEXI-PEP in cocktail sauce for shrimp or fish.

**SOUPS, BOUILLONS GUMBO**

Add 2 or 3 drops of MEXI-PEP per serving while cooking. A truly delightful change.
herbs and spices. CHEF-MAGIC is wonderfully tantalizing in foods that must undergo cooking. A rare, intriguing flavor that hints of Old South Gourmet cuisine.

Measure several pinches of CHEF-MAGIC into main dish casseroles or holiday dressing and taste the exciting results.

Try a small portion of CHEF-MAGIC in your special vegetable dish while cooking. Excellent in combination with beans, limas, corn, squash, peas, cabbage, and nearly all others. Add CHEF-MAGIC in cooking water along with salt.

Season meatballs, meatloaf, patties, stews generously with CHEF-MAGIC before cooking. No more flat, uninteresting dishes when you use CHEF-MAGIC. Rub steaks, chops, roasts with salt, pepper, and CHEF-MAGIC before cooking. Adds a distinctive flavor to all meats.

Dip chicken in mixture of milk and beaten egg, seasoned with salt, pepper and CHEF-MAGIC, then into flour and fry.

Rub chicken, turkey or duck (other game) with a mixture of CHEF-MAGIC and salt and pepper both inside and out before baking.

Sprinkle CHEF-MAGIC in flour, that has been seasoned with salt and pepper and dredge fish, shrimp, oysters with mixture and fry.

Add CHEF-MAGIC to any fish or seafood sauce for an extra-special spicy flavor. Try a dash in cocktail sauce, too.

Sprinkle CHEF-MAGIC sparingly in eggs before scrambling or preparing omelets.

Mix favorite cheese with a dash of CHEF-MAGIC for dips, hors d'oeuvres and cheese dishes.

Use 1 teaspoon CHEF-MAGIC in chili con carne for a wonderful piquant taste. Oyster Superb . . . .

Powder oysters thoroughly with CHEF-MAGIC, wrap in strips of bacon and tie with toothpicks. Broil 5 to 6 inches from fire until bacon is done, turning occasionally.

Add 1 to 3 dashes SPICE-UP to seasonings for green salads, potato salads, and meat, or seafood salads for new excitement in old recipes.

For gelatine treats, try 1/2 teaspoon SPICE-UP in tomato or bouillon aspics. Use SPICE-UP with vinegar and oil for a 'different' French Dressing.

Add minced onions, mayonnaise seasoned with salt, pepper, paprika and SPICE-UP to taste to your favorite cheese, and cream well. Wonderful for canapes or as a dip.

Sprinkle SPICE-UP on scrambled eggs or omelets before serving. For an extra good taste treat, add 1 to 3 slices of cheese, minced parsley, 3 strips crisp bacon, crumbled in eggs before scrambling. Sprinkle on a generous amount of SPICE-UP to top off.

Add SPICE-UP to the seasonings when breading cutlets for extra flavor. SPICE-UP is marvelous on meat prepared with gravy, too.

Measure about 1 teaspoon SPICE-UP into a mixture of beaten eggs and milk, salt, red and black pepper. Dip pieces of chicken into mixture, then into flour and fry in deep fat. Southern fried chicken at its finest.

Broiled fish fillets brushed with butter seasoned with salt, pepper and SPICE-UP, and topped with diced tomatoes and grated onion makes a truly mouth-watering dish. Broil about twenty minutes, add grated cheese and broil for 3 to 5 minutes more. Sprinkle SPICE-UP atop a steaming dish of oyster stew. Try SPICE-UP on stuffed crabs, too, for a bonus of delightful eating.

Sprinkle SPICE-UP generously in piping hot soup, gumbo or bouillon immediately before serving.

SPICE-UP is an excellent companion to gravy and sauces of all kinds.
Try these other favorites of the Bayou Country...they'll add "zip and zest" to all your outdoor meals.

★ **Trappey's Navy Beans With Bacon Slab** - Slowly cooked in heavy iron pots and delightfully seasoned in the Creole manner.

★ **Trappey's Black-Eyed Peas** - Generously seasoned with bacon slab and spices...truly a Creole favorite.

★ **Trappey's Red Kidney Beans** - Creole or with chili gravy—the "must" accompaniment for successful barbecues.

★ **Trappey's Canned Sweet Potatoes** - Golden Louisiana "Yams" packed to a king's taste in heavy sugar syrup. Heat and they are ready to serve.

★ **Torrido Pickled Peppers** - Hot! Zesty! Good! This torrid, green chili pepper, aged in distilled vinegar, provides that extra "flavor" for salads, vegetables, meats and other foods.

★ **Dulcito Salad Peppers** - Mild-tasting, green sweet peppers that add spice to your salads or appetizers...and try them in your next martini—terrific!

★ **Trappey's New Orleans Style Steak and Fish Sauce** - Truly the finest "gourmet" sauce in the world. A sauce so flavorful that connoisseurs of fine food delight in extolling its virtues.

★ **Trappey's New Orleans Style Barbecue Sauce** - No other like it! Tangy and flavored with spices...a blend of only the finest ingredients.

★ **Trappey's New Orleans Style Remoulade Sauce** - The exciting taste of this secret formula is as mysterious as old New Orleans. The only "perfect" remoulade sauce made today!

★ **Trappey's SOYA SAUCE and Trappey's WORCESTERSHIRE SAUCE** - Real flavor from the very finest ingredients.

★ **Trappey's Tabasco Peppers** - Red and green tabasco peppers bottled in distilled vinegar for that extra flavor appeal!

★ **Trappey's Pepper Sauce** - Made from an original formula using only top grade Louisiana peppers, fully aged for flavor and zest...delightful on meats and seafood cocktails or as a seasoning in your favorite dish.

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A 96-page complete cook book on Creole Cooking can be obtained for the nominal price of $1.00. If interested, write for information.  

B. F. Trappey's Sons, Inc. New Iberia, La.