P. L. Billeaud, of Broussard, La., was literally born amid the sugar cane fields near Broussard, and since he's been connected with Louisiana's sugar cane industry ever since, he's a solid choice as King Sucrose XIII of the 1954 Louisiana Sugar Cane Festival and Fair.

Billeaud, 50, is most closely identified with the Billeaud Sugar Factory in Broussard, of which he is now president and general manager. He became associated with the factory in 1925, shortly after leaving Southwestern Louisiana Institute in Lafayette, where he had been studying accounting. He has been with the factory ever since.

P. L. Billeaud is also field manager for five affiliated sugar plantations, which comprise some 2,250 acres in Broussard, and are owned by the Billeaud family.

Billeaud's interest in sugar has seen his selection to many posts throughout Louisiana's sugar industry. He is a long-term member of the American Sugar Cane League, the Louisiana Sugar Producers club (western division), Louisiana Sugar Exchange, Inc., New Orleans, and the Louisiana Farm Bureau Federation.

For the past four years he has served as a member of the executive committee of the American Sugar Cane League, a voluntary organization which numbers more than 90 per cent of Louisiana's cane growers.

He is a member of the board of directors of the Louisiana Sugar Exchange, Inc., and is vice-president of the Louisiana Sugar Producers club (western division). He has been serving as acting chairman of the club in the absence of President Hugh Junca, of St. Mary parish.

Billeaud is a member of the board of directors of the Opelousas Production Credit association which makes loans to farmers in five parishes it serves.

And Billeaud served four years through 1953 on the board of directors of the Louisiana Sugar Cane Festival and Fair association, whose executive committee selected him as King Sucrose XIII this year.

The new king married the former Anna Belle Broussard, of New Orleans, in 1934, and the couple has two sons, Paul, six, and Michael four.
Les Recettes Créoles et
LAGNIAPPE

des Îles Britanniques
de Scandinavie
de Hongrie
d' Allemagne
d' Italie
du Liban
de Chine
de Grèce
du Mexique
de l'Espagne
des Indiens d' Amérique

Soyez Encore Une Fois
Le Bienvenu

A' La

Cuisine Créole

“Vive boire une tasse de café.” This invitation to “have coffee” is often spoken in French Louisiana and is the prelude to many a confidence and the beginning of many a friendship. So sit down and share a friendly cup in the humble kitchen above with two early Acadian homemakers. You'll hear many a secret of Creole-Cajun cookery.

The story of coffee is the story of hospitality in the Creole-Cajun country. As far back as long-time residents can recall, a pot of coffee, hot, bracing and black-black, waits upon every stove to welcome the possible guest.

Just when the early Acadians adopted the sociable custom of coffee-drinking is not known. But for them and the French emigrés living in bayou towns, the coming of the brocanteur by pirogue was a happy event. Eggs, poultry and other farm produce were exchanged for green coffee berries, needles and other refinements of life.

Coffee berries were dear, so the frugal Acadian families often mixed the berries with native grown beans. Enough berries for the day's brew were roasted in an iron pot upon the stove. Many present-day residents recall nostalgically the fragrance of roasting berries in their childhood homes.

Today as yesterday, café noir or café au lait is the natural accompaniment to Creole meals whose everyday dishes are gourmet's fare elsewhere. These famous dishes are a blend of the cooking skills of successive generations of cooks: the American Indian, the Spanish, and the French from Acadia (now Nova Scotia) and from France. In 1955 the contributions of the Acadians whose migrations to Louisiana began 200 years ago will be hailed throughout the state.

The setting for our early Acadian coffee party is an authentic old-time kitchen at Longfellow Evangeline State Park in St. Martinville. La. The Acadian homemakers are portrayed by Miss Jeanne Castille of Breaux Bridge, La., and by Mrs. Frances Standridge of St. Martinville.

“Lagniappe” is an old Creole word which means “something extra.” So in true Louisiana fashion, we are including in this cookbook something extra—the treasured recipes of those other fine nationalities which helped to people Louisiana.

Edited by Frances Andrews Verneu
L’ Heure Sociale a La Creole

Every hour from sun-up to bedtime is the social hour in the Creole country. Coffee, deep black and flavorful, is kept ready for the guest who drops by in the morning for a chat. The afternoon caller may have a choice of beverages: a cup of “small dark” or an iced drink.

The ever available coffee is distinctive in flavor and in the manner in which it is served. It is made from coffee berries, dark roasted and freshly ground, and is brewed in a small French drip pot slowly, drop by drop, the exact method varying with the taste of the family concerned. It is served in diminutive and delicate cups, known as demi-tasse, not quite filled. Creole coffee is atomic in potency.

Creole coffee making permits no exact regulation, but here are the principles as given by Aime Fortier of Jeanerette, La., whose ancestors played a leading part in Louisiana history.

(Hot and Strong)

If you would have a full-flavored brew, always fill coffee section of your French pot with dark roast coffee to first ring no matter how much coffee is desired. Strength can be established by the amount of water added. Add boiling water gradually, 2 or 3 tablespoons at a time, for desired amount and strength. (Flavor will be improved if a pinch of salt is added to dry grounds. Coffee making will be facilitated if a tablespoon of cold water is poured over dry grounds before boiling water is poured.) Keep coffee hot by setting pot in pan of hot water on stove.

Aime Fortier
Jeanerette, La.

A variation of the famous potion is Cafe Au Lait, made by the addition of milk or cream. Another dramatic variation for festive occasions is Cafe Brulot which pours from a ladle in a flaming stream. According to a long-time resident of French Louisiana, this spectacular potion had its beginning as a treatment for colds. Coals were taken from the grate and put in a small grill on which coffee was heated. Brandy was poured on the beverage and the contents set aflame. The finished potion was said to send the cold packing toute de suite.

Hot Punch

1 1/4 qt. weak tea
1/2 cup water
Juice of 6 oranges
Juice of 3 lemons
1 qt. apple cider
15 whole cloves
Mix ingredients together and heat. Serves 12-14 people.

Mrs. J. O. Fuselier
Jeanerette, La.

Mint Ade

(Makes 4 large glasses)
1/4 cup syrup (1/4 cup sugar and 1/4 cup water)
6 stalks mint
2 tablespoons lemon juice
1/2 cup grapefruit juice
1 cup water
2 cups ginger ale
Combine all ingredients except ginger ale. Chill. Add ginger ale when ready to serve.
GRAPE CIDER PUNCH
Makes 1 gallon
4 2-inch sticks cinnamon
4 cloves
1 teaspoon allspice
5 cups sweet cider or apple juice
4 cups grape juice
1/2 cup lemon juice
1 teaspoon lemon rind, grated
1 teaspoon orange rind, grated
2 cups soda water
1 wine spices and 2 cups of water
In saucepan let boil,
diluted cider
then simmer about 5 minutes. Remove from heat and let stand 1/2 hour. Strain. Add remaining cider, grape juice, lemon juice and
1/2 cup rind. Pour into pitchers.
Serve, pour equal parts of this mixture and soda water over ice
in punch bowl.

RUM PUNCH
Serves 50
1 quart orange juice, canned
1 pint lemon juice
1 quart ginger ale
1 quart white rock
1 quart of tea
4 quarts (5-5) rum
1 quart brandy
Mrs. Wilbur Kramer
Franklin, La.

SARDINE CANAPES
1 can sardines
1 tablespoon pickled onions
2 drops pepper sauce
1/2 teaspoon beefsteak sauce
1/4 lb. cottage cheese
6 stuffed olives
1/4 teaspoon chili powder
4 slices bread, toasted and cut into
4 pieces.
Remove tails from sardines, add pickled onions (finely chopped) to both sauces, cottage cheese. Mix and mash well until smooth enough to spread on toast, garnishing with circular slices of stuffed olives and chili powder. Party motif — Brush edges of canapes with mayonnaise, dip into chopped parsley mixed with paprika.

MOCK PATE DE FOIE GRAS CANAPES
4 slices of toast
1/4 lb. liverwurst or cooked chicken livers
6 pickled onions, minced
1 teaspoon mayonnaise
1/2 teaspoon chili powder
4 ripe olives, minced
1/2 teaspoon chopped parsley
Trim slices of bread, cut in 3 long strips, toast. Mix liverwurst, pickled onions, mayonnaise, chili powder, ripe olives. Spread on finger toast, garnish with parsley.

Much of the elegance of the Old World was retained in the lives of the French emigres here in French costumes. Mrs. Lester Montegut and Mrs. Vivian P. Narreau, both of St. Martinville, re-create an old-time gumbo party.
Three Acadian maidens happily await the completion of a Creole meal they’ve been invited to share. In real life, these beauties are or have been festival queens. Left to right: Sydnie Mae Maraist, St. Martinville, Queen Sugar XI; Betty David, New Iberia, International Rice Queen, and Vera Boudreaux, Franklin, Shrimp Queen.
Les Plats Creoles Favoris

The secret of Creole cookery, a fusion of Indian, Spanish and French skill, lies both in seasoning and in the deft combination of ordinary ingredients.

The distinctive roasted taste which is the signature of many Creole dishes—comes from a foundation mixture of fat and flour, called a ROUX. The two ingredients are cooked together over low heat, being stirred constantly, until deep brown color. The shade varies with the taste preference of the cook.

Chopped onion is invariably added and cooked in the roux until tender. Next additional chopped vegetables are cooked to tenderness. After this beginning, ingredients vary according to the Creole specialty desired.

Creole cookery is easy and fast if all vegetables required are chopped before the cooking begins.

Rice, cooked Creole style, generally accompanies or is an integral part of most famous South Louisiana dishes. Other good companions to a meal are Creole potato salad or a tossed green salad, garlic bread and a sweet dessert.

Following are typical Creole menus:

CREOLE BREAKFAST
La Roulaison
(A breakfast for Sugar Rollers)
Cush Cush
Pork Sausage Cakes
Cafe Au Lait
Mrs. Whitney Delcambre
New Iberia, La.

CREOLE DINNER
Shrimp Creole
with
Boiled Rice or Creamed Potatoes
Tossed Green Salad
Apple or Lemon pie
(winter)
Lime or Pineapple Sherbert
(summer)
Mrs. William Robin, Sr.
Jeanerette, La.
CHICKEN AND OYSTER GUMBO

This prize-winner is a mellow good gumbo and quick to make—
1 large hen, cut as for frying
1 cup cooking oil
1 cup flour
1 large onion, chopped
2 cloves garlic, washed and minced
2 quarts warm water
1 pint oysters
Cayenne pepper
Salt
Black pepper
Parsley, minced
Onion tops, minced

Make a roux by heating oil and adding flour. Blend well and cook until the flour browns, about 5 minutes. Add onions and garlic and cook. Season chicken well. Fry chicken in the roux until oil comes out around edges. Add warm water and cook slowly about 2 hours until chicken is tender. Season with peppers and salt. Add oysters 20 minutes before serving in a large tureen. Sprinkle next with minced parsley and onion tops, and file powder. Serve with rice, French bread and red wine.

Mrs. Lester Montegut
St. Martinville, La.

GUMBO D’HERBES

2 quarts mixed greens—mustard, turnip, beet, spinach
Hot Water
2 tablespoons bacon drippings
1 tablespoon flour
1 cup finely chopped onion
1 cup finely chopped meat
2 cups seafood or chopped meat
2½ teaspoons salt
1 teaspoon black pepper
File

Cook greens until tender in 2 cups water. While greens cook, make a dark-red brown roux of bacon drippings and flour. Add onion and cook slowly until clear, stirring frequently. Stir in 2 cups hot water; cook for 5 to 10 minutes.

Drain greens; reserve liquid and add enough water to make 4 cups. Now stir the following into the roux mixture: the drained greens, the liquid, meat or seafood, and pepper. Continue cooking for 15 minutes for meat, 10 minutes for seafood. Serve in soup bowls with rice. Sprinkle ½ teaspoon file over each. Makes 6 to 8 servings.

Miss Gertrude Hebert
Olivier, La.

October, 1952
Better Living Magazine

SAUCE PIQUANTE FOR CHICKEN

2 ½ to 3-pound frying chickens
3½ cups mixed greens
2 cups mixed vegetables
3 tablespoons flour
6 tablespoons bacon drippings
6 cloves garlic, finely chopped
3 cups cooked meat
4 cups finely chopped green pepper
4 cups cooked fresh tomatoes
2 tablespoons salt
1½ teaspoons black pepper
¾ cup finely chopped celery
2 tablespoons dressing

Sprinkle chicken pieces with ½ teaspoons of the salt. Heat fat in a skillet and brown chicken. Remove chicken and reserve. Measure and be sure to have ½ cup corn meal and 1 cup boiling water. Add a golden brown roux. Add garlic, celery, and green pepper and cook slowly until clear, stirring frequently.

Add tomatoes and cook 15 minutes, then add tomato paste, bay leaf, remaining 2 tablespoons salt, black and red pepper. Cook over low heat for about 2 hours. Stir often and add water at intervals if sauce gets too thick. Forty-five minutes before serving, add the browned chicken. Add mushrooms 15 minutes later. Other chickens may be used. Let them cook in sauce the entire cooking time; 2 hours. Makes 8.

Mrs. William Robin, Sr.
Jeanerette, La.

From October, 1952
Better Living Magazine

LAPIN AU SAUCE PIQUANTE

(Rabbit)

1 large rabbit, cut in serving pieces
3 cups chopped onions
4 cups tomatoes
1 tablespoon minced garlic
1 cup minced parsley and onion tops
2 medium size pods of hot pepper
2 tablespoons salt
Pepper

Fat

(If using wild rabbit, plunge into deep pot of boiling water and boil for 10 minutes. This is necessary in order to remove the wild taste.) Fry each piece of rabbit until golden brown in deep fat. Remove rabbit and set aside. Retain 6-8 tablespoons fat.

Into fat add chopped onions and fry until onions begin to curl, then add tomatoes, garlic and cook all until fat floats on top. Add fried rabbit, salt and pepper, and pepper pods, and cover with hot water. Cook slowly for 2 hours or until rabbit is tender, adding water as needed.

Cook sauce until thick. Just before serving add minced parsley and onion tops and cook 10 minutes longer.

Serve rabbit and sauce on a platter accompanied by good old steamed rice.

Mrs. Elmore F. Bonin
St. Martinville, La.
**DAUBE GLACE**

1 piece of round steak, 4-5 inches thick
Pork fat
Red and black pepper
Salt
5 cloves garlic

One piece of round steak, cut 4 or 5 inches thick. Thread with pork fat and season well with red and black pepper and salt. Add garlic, cut fine and stuff into meat. Put in bowl and cover. Let stand in ice box for 1 or 2 days.

For Jelly:
4 pigs feet
3 soup bones
1 pound pork skin
2 onions
5 cloves garlic
Red and black pepper to taste
1 gallon cold water

Boil 4 hours. Reduce liquid to ¾ gallon and strain. In Dutch oven, put 1 tablespoon lard, brown meat well on both sides. Add strained jelly and cook slowly until very tender. Remove from fire and let cool. Skim off fat. When cold put in a crock and cover with jelly. Put in ice box until next day. Place on platter and serve and garnish with parsley.

Mrs. Paul N. Cyr
Jeanerette, La.

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**GALLANTINE OF GOOSE**

Mrs. Larry Brown of New Iberia donor of this distinctive dish says, "We serve Gallantine during the Christmas and New Year's holidays. For us it would not be Christmas without it. I usually make two which is ample for our family and for entertaining."

To bone Goose

(8 pounds or more)

Remove feathers, singe and wash, but do not draw. Cut off head, wings up to second joint, legs at knee joint. This loosens skin and flesh for easy removal of bone after it has been worked loose from flesh.

Cut along center back with a pen knife. Keep knife close to the bone, scrape down the side and the bone will come out. When you come to the drum sticks and wings, break at the joint. Pull bone out. Draw carcass, save giblets. Use bones for stock.

To prepare:
Place the completely boned bird skin side down, sprinkle inside with salt and place stuffing in the center on strips of pork fat.

**Stuffing**

2 pounds ground pork
Salt, red pepper, allspice, cloves

Combine ground pork with ground red pepper, salt, powdered allspice and powdered cloves.

Sew up back, turn over, pat into shape, tuck wings under back, lay legs close to body so that top will present a plump surface to carve into slices crosswise with no bones in the way.

Put into a large pot. Cover with seasoned water (seasoning the same as for stuffing) and boil until tender 3½ hours to 4 hours, depending on size and age of goose. Test with toothpick to determine if tender.

**Glace (jelly):**

Boil pigs' feet and a small piece of veal in sufficient water, seasoned highly with herbs, until jelly is formed. Strain. To serve with meal or as a first course; slice goose rather thin and serve with slice of jelly and crackers. Garnish with curly parsley, celery strips.

Mrs. Elmore F. Bonin
St. Martinville, La.
WE, The Following Iberia Merchants,
Are Happy To WELCOME QUEEN SUGAR XIII
AND ALL
FESTIVAL VISITORS
To NEW IBERIA

Miss Sonya LeBlanc, 1953 Miss Louisiana

Miss Loraine Latour (center). Miss Louisiana Farm Bureau of 1953, and maids.
Rice Queen Betty David of New Iberia, La., receives instructions on making courtbouillon from Silvio Broussard, connoisseur of Creole food, also of New Iberia.
Les Plats au Riz
(Rice Dishes)

CREOLE RICE
(estimation of 1 cup of dry rice for 3 cups cooked rice)
For each cup of dry rice to be cooked, add 2 cups of cold water and 1 teaspoon salt. Bring to vigorous boil. Reduce to very low heat and cover. Let rice steam for 15 minutes. Result will be fluff grains of tender rice.

RICE DATE DESSERT
1-3 cup heavy cream
1-3 cup crushed pineapple
¾ cup chopped dates
¾ cup cooked rice, cold
Whip the cream, Fold it in with the other ingredients to the rice, tossing lightly together with two forks. Place in refrigerator for at least one hour before serving. Serves 6.

APPLE, RASIN, RICE PUDDING
2 medium tart apples
2 cups milk
½ cup sugar
4 tbsp sugar (for meringue)
1 cup cooked rice
2 eggs, separated
1 tspn. vanilla
½ cup raisins
Pare apples, core, slice. Add water, butter, sugar to taste (not included in ingredients), salt. Simmer until tender. Add cooked rice to milk and heat to scalding point in top of double boiler. Beat egg yolks with sugar. Add rice and milk mixture slowly to egg yolks and sugar, beating vigorously until thick. Fold in raisins and apples. Place in buttered casserole. Cover with meringue and bake in 350 degree oven until meringue is lightly browned.
Meringue
2 egg whites
4 tspb sugar
Beat egg whites until stiff. Gradually add sugar, beating until meringue will stand in peaks. Swirl over top of pudding and sprinkle with coconut. Serves four.

SOUTHERN JAMBALAYA
2 tablespoons fat
1 cup finely chopped onion
1 cup finely chopped green pepper
2 cloves garlic, minced fine
1 cup diced cooked chicken
1 cup diced cooked ham
12 tiny pork sausages, cut in pieces
1, No. 2 can tomatoes (2½ cups)
1 cup uncooked rice
2½ cups chicken stock (or 2 cups water and 2 chicken bouillon cubes)
½ teaspoon thyme
1 tablespoon chopped parsley
1 teaspoon chili powder
1½ teaspoon salt
½ teaspoon black pepper
Melt fat in a large saucepan. Add onion, green pepper and garlic. Cook slowly, stirring often until onions and pepper are tender. Add chicken, ham, sausages. Cook 5 minutes longer. Add tomatoes, uncooked rice, chicken stock, thyme, chopped parsley, chili powder, salt and black pepper.

CREOLE JAMBALAYA
1½ pound ham
1 pound of lean pork cut into bits
2 onions
3 cloves (crushed)
3 sprigs of parsley, chopped
1 bay leaf
Hot pepper sauce seasoning to taste
Melt a tablespoon butter or other fat in a pot, add the pork and onions, let brown well. Stir often and add ½ pound of diced ham, one clove of garlic, if you like; be sure to make it hot. Cook this for five minutes and add six small pork sausage cakes and cook until brown. Then pour in two qts. boiling water. Then add 1½ cups of raw rice and boil for one hour.

Contributed by
Mrs. Joseph Perret
St. Martinville, La.

Favorites of Betty David
International Rice Queen
1953-54
New Iberia, La.
Les Poissons

(Fish)

FIRST FACTS ABOUT CREOLE COURTBOUILLON

Pronounced (coo-boo-yon)
Serves 12 People

For this delightful fish entree, experienced cooks select a firm-fleshed fish, such as gaspereau, redfish, catfish, etc. that will withstand long cooking. Fish should be cleaned and scaled, and head, fins and tail chopped off. Some chefs prefer to have the fish filleted, whereas others, favoring the flavor of bone marrow, use the fish chopped in 2-inch cross sections.

10 pounds fish, well seasoned with salt, black and red pepper
1 No. 2 can whole tomatoes
1 can tomato paste
¾ cup fat
1 cup flour
3 cups onions, chopped fine
4 cloves garlic, chopped fine
¼ cup celery, chopped fine
2 lemons, sliced
3 bay leaves
1 teaspoon thyme and allspice
1 bell pepper, chopped fine
1 can (4 oz.) button mushrooms
6 tablespoons chopped parsley
Salt, black and red pepper to taste

Pepper sauce to taste
¼ cup dry wine if desired

PROCEDURE: Place fat in dutch oven or cast iron pot. When hot, add flour and stir over low heat to make a dark brown mixture called a roux. Add onions, stirring constantly until tender.

Put in tomatoes and tomato paste, stirring occasionally, and let cook until fat is seen to rise to surface and mixture is a smooth pulp. Stir in 2½ quarts of water, seasoned fish, lemon slices, garlic, celery, bay leaves, thyme, allspice and bell pepper, let mixture come to a boil for 15 minutes.

Lower heat and let simmer for 20 minutes or until fish is tender and liquid is the consistency of medium gravy. Twenty minutes before serving stir in mushrooms and season to taste with salt, peppers and pepper sauce. Add wine, if desired, at the last moment.

Serve courtbouillon and sauce on Creole Rice and garnish with chopped parsley.

R. D. J. Bulliard
New Iberia, La.

BOUILLABAISE

(bool' ya bas')

8 pounds of fish — two or three kinds (catfish, redfish, drum or any seafood)
2 pounds onions, ground or minced
1 pound bell pepper, ground or minced
Garlic minced, amount according to taste
5 sticks celery, ground or minced
Parsley and onion tops
Salt, black pepper and red pepper
1 can tomato paste
1 can tomato sauce
1 can whole tomatoes

Grind onions, pepper, garlic and celery or mince fine. Place enough cooking oil in large pot to cover bottom. Then place a layer of seasoned deboned fish in pot (pieces about 2 inches long.)

Next place a layer of ground vegetables, seasoned with salt and pepper. Repeat with a layer of fish. Alternate layers of fish and vegetables until ingredients are used. Add tomato paste, tomato sauce and whole tomatoes. (Sliced carrots and potatoes may be added if desired.)

Cover pot and let mixture cook slowly for 3 hours on very low fire. Do not stir at any time. Shake pot frequently to prevent sticking. Add minced parsley and onion tops before serving.

Mrs. Jimmie Brown
Jeanerette, La.

BAKED STUFFED POMPANO

1 three-pound Pompano
1½ cups cooked shrimp
1 cup chopped mushrooms
1 egg
1 cup cream
¼ cup dry white wine
Salt, pepper
Butter

Bone pompano and set aside. Put shrimp through meat grinder twice, using fine blade. Mix ground shrimp with mushrooms, egg, ¼ cup cream. Season, add wine. Stir until smooth. Stuff pompano and sew or fasten with skewers and lay on buttered baking dish. Pour over it other half-cup of cream. Bake in moderate oven 350 degree F. for 45 minutes.

Mrs. Donald Roane, Sr.
Jeanerette, La.
POMPANO EN PAPILLOTE

6 fillets pompano
1 cup onions, chopped fine
½ cup white wine or sherry
Salt and pepper
Parsley

Combine all ingredients in baking dish and bake with cover for 10 minutes in moderate oven.

Make 6 envelopes of parchment paper large enough to hold a pompano filet and a good portion of sauce.

Remove pompano and place in envelope and make sauce in baking dish.

½ cup butter
1 cup ground shrimp, cooked
3 egg yolks, well beaten
1 cup chopped mushrooms
1 clove garlic, minced
Salt and pepper, bay leaf if desired.

Let sauce simmer until thick. Pour over pompano in bag. Seal. Heat pompano under broiler until paper is slightly brown. Serve immediately in envelope. Same recipe may be used with other fish.

Mrs. Norbert Perret Jeanerette, La.

FLOUNDER

Prepare flounder for cooking by scaling then chopping off head, removing entrails and cleaning thoroughly inside. Chop off fins and end of tail.

STUFFED BROILED FLOUNDER

Stuff with same mixture as for stuffed crabs. When flounder has been stuffed, place in pan with small amount of water. Brush with butter and broil. Baste frequently with butter. When serving garnish with lemon sliced or stuffed olive rounds.

FLOUNDER

A LA NOUVELLE ORLEANS

3-pound flounder

Flounder Cream Sauce

2 tablespoons flour
1 tablespoon butter
6 allspice
Salt and pepper to taste
1 sprig of thyme
2 sprigs of parsley
1 spring sweet basil
1 can mushrooms, chopped fine

Select a fine, fresh flounder, parboil by scalding well. Salt and butter and put in baking dish and bake. When it is two-thirds cooked, take out, slit open in scores on top and pour over a cream sauce made of all above ingredients except flounder. Let bake 15 minutes more. Add croutons and serve.

Louisiana Department of Conservation
Les Ecrevisses
(Crawfish)

Crawfish for Sale. This announcement chalked on blackboards in front of seafood shops is as true a harbinger of spring in southern Louisiana as is the first robin elsewhere. Restaurants proudly proclaim that Crawfish Etouffees or Crawfish Bisque is available, and the thoughts of informal party-givers turn to Crawfish boils.

A Crawfish Boil is an unbeatable kind of get-together. Men get their chance to prove their cooking skill, and the cooking and eating is done outdoors.

First the crustaceans are hosed down and washed. Then they’re placed in an enormous pot filled with water and an unbelievable amount of salt and red pepper. About 3 boxes of salt and 2 bottles of red pepper is right for 50 pounds—enough for 10 or 12 persons.

A boil doesn’t call for damask napkins and the family Spode. Instead the outdoor table is spread with newspapers. Running down the center is a steaming line of red crawfish. Everyone reaches for his own and a man’s best friends are his fingers.

Good accompaniments to crawfish are potato salad, garlic bread, an iced drink and a sweet dessert.

You don’t have to worry about cooking too many crawfish. There are all sorts of ways of using up the extras—in bisques, in croquettes, in cocktails or salad.

CRAWFISH

Kill and wash crawfish by dumping them into the kitchen sink and running hot water over them until they are still. Then wash thoroughly.

Enjoying crawfish on the breezeway porch of the John Switzer home in Jeanette are: (left to right) the host, Brian Allain, Edward Smith, Mrs. Edward Smith, Dr. Kennell Brown, Mrs. Brian Allain, partially hidden. With back to camera are Mrs. John Switzer and Mrs. Kennell Brown.
CRAWFISH

Kill and wash crawfish by dumping them into the kitchen sink and running hot water over them until they are still. Then wash thoroughly.

To clean, separate heads and tails from body.

Peel tails removing black line as in shrimp and place meat in bowl. Into another bowl, shake crawfish fat (brown thick fluid) from head, squeezing head slightly.

For crawfish bisque, clean heads thoroughly and save for stuffing. Crawfish claws may be cleaned for meat if one has ample time, but body is worthless.

CRAWFISH ETOUIFFEE

3 cups crawfish tails
4 medium onions, minced
2 stalks celery, minced
3 medium bell peppers, minced
2 cloves garlic, minced
Chopped onion tops
Chopped parsley
Salt
Pepper
Cooking oil

Crawfish fat saved when cleaning crawfish.

Mince onions, celery, bell peppers, and garlic. Fry in enough cooking oil to cover vegetables and cook until golden brown. Pour off excess fat, and add crawfish tails with crawfish fat. Salt and pepper to taste. Add 1 cup or more hot water according to desired thickness of gravy. Let simmer in a covered pot until tails are tender. Add onion tops and parsley and serve with rice.

Mrs. Jimmie Brown, Jeanerette, La.

DEEP SOUTH CRAWFISH PIE

Ingredients:
2 cups meat from crawfish, lobster or shrimp
2 cups cooked rice
1 10 1/2 ounce can condensed cream of mushroom soup
1 cup water
1/4 cup celery leaves, chopped
2 bay leaves
1/8 teaspoon salt
1/8 teaspoon pepper
2 egg yolks, hard-cooked
2 slices of bread spread with butter or margarine
Paprika

Method: Mix together the fish meat, rice, mushroom soup, water, celery leaves, bay leaves, salt and pepper. Pour into a greased baking dish. Crumble the egg yolks over the top. Remove the crusts from the slices of bread and cut each slice into four triangles. Arrange the eight bread triangles in a circle on top of the fish and rice mixture. This makes an interesting design on top of the dish. Sprinkle paprika over the top of the dish. Place uncovered in a 350 degree F. oven for 30 minutes or until the bread is toasted. This recipe makes 6 servings.
CRAWFISH BISQUE
For Stuffed Heads
1 1/2 cups crawfish tails
5 medium onions, minced
3 stalks celery, minced
4 medium bell peppers, minced
4 cloves garlic, minced
6 slices stale bread
Cooking oil
Red pepper
Salt
Combine minced vegetables and brown well in enough cooking oil to barely cover. Pour off excess oil when vegetables are browned. Grind crawfish tails. Soak bread in water and wring out water. Combine bread and ground tails with browned vegetables and cook all together for 20 minutes. Season with salt, black pepper and red pepper to taste. Cool and stuff into washed crawfish heads, roll in flour and fry heads in deep fat.

For Bisque
1 1/2 cups crawfish tails
5 onions, minced
3 stalks celery, minced
4 peppers, minced
4 cloves garlic minced
1 cup flour
1 cup cooking oil
1/2 teaspoon black pepper
1/2 teaspoon red pepper
3 teaspoons salt
Crawfish fat saved when cleaning
Chopped parsley
Chopped onion tops
Combine flour and cooking oil over a low heat to make a dark golden brown roux. Add minced vegetables and let cook for 20 minutes. Stir and add small amount of water if necessary. Add 2 quarts of hot water and cook 20 minutes more at least. Add crawfish tails and crawfish fat. Season with salt and black and red pepper and cover pot. Cook on a low fire until crawfish tails are tender. When done, add the stuffed heads and chopped onion tops and parsley and let cook 10 minutes more and serve with steaming rice. Serves about 8.

CRAWFISH SALAD
2 cups boiled crawfish, diced
1 cup celery chopped
2 hard-cooked eggs, chopped
2 tablespoons dill pickles, chopped
1/4 teaspoon Worcestershire sauce
Mayonnaise
Salt
Pepper
Combine all ingredients thoroughly and mix with mayonnaise to desired consistency. Season, remembering that crawfish have already been seasoned in boiling.

CRAWFISH STEW
(15 pounds for 6 persons)
Tails, 15 pounds crawfish
6 tablespoon cooking oil
1/2 large cup flour
2 medium size onions, chopped
Green onion tops, parsley, red pepper
Black pepper, salt
6 hard-cooked eggs
Make roux of flour and fat. Brown thoroughly, then add onions, and crawfish tails and let simmer on low heat for 10 minutes. Add 6 to 8 cups water and let cook for about 30 minutes before adding onion tops, parsley, hot pepper, black pepper and other seasoning as desired. Cut hard-cooked eggs in half and put in stew before serving.

Mrs. Everette Goumer, Jr.
Jeanerette, La.

CRAWFISH GUMBO
1 cup shortening
1 cup flour
1 small onion
2 gallons live crawfish
8 cups water
Season to taste
Heat shortening, add flour, stir until brown. Add onions and garlic, stir until onions are soft. To this add the fat that has been extracted from the crawfish heads stirring constantly until shortening floats on top. Add water and season and let simmer on slow fire for 30 minutes. Thirty minutes before serving add shell crawfish and let simmer for 30 more minutes. Just before serving add parsley, onion tops, celery gumbo file and hot sauce to improve the flavor.

Les Poissons

FLOUNDER A LA ORLY
Flounder, cut in fillets
1 egg, well beaten
1 cup milk
Bread crumbs
Butter
Combine egg and milk and dip slices of fish in it. Roll slices in bread crumbs and fry in butter. Serve with parsley garnish and a good tomato sauce.

TROUT MARGUERETY
3 pounds tenderloin of trout
3 tablespoons olive oil
2 egg yolks
1 cup melted butter
20 cooked shrimp, chopped
1/4 cup cooked crabmeat
Juice of 1/4 lemon
Salt, pepper and paprika to taste
1/4 cup sliced mushrooms
1/4 cup oyster liquor
1 teaspoon flour
1 tablespoon water
Place fish in pan, add olive oil and bake at 375 degrees F. for 30 minutes. While fish is cooking make hollandaise sauce. For the sauce beat egg yolks well. Pour melted butter into yolks very slowly, stirring until it thickens. When thick add lemon juice, flour, water, salt, pepper, paprika, shrimp, crabmeat, mushrooms and oyster liquor. Heat thoroughly. Place fish on platter add oil to sauce, mix and pour over fish.

Mrs. Jimmie Brown
Jeanerette, La.

TOMATO SAUCE FOR FISH
2 cups tomatoes
1/4 cup finely cut onion
2 teaspoons salt
White pepper and paprika to taste
1 tablespoon cornstarch
2 tablespoons butter or drippings
2 tablespoons chopped parsley
Put the butter and onion into a pan and cook until onion is tender but not brown. Add the tomatoes and seasonings and cook for 2 minutes. If the tomatoes are firm, add 1/2 cupful water. Strain: add the cornstarch dissolved in a little cold water, and cook for 3 minutes.

BORDELAISE SAUCE
(CREOLE STYLE)
1 onion or 2 shallots, chopped fine
1 tablespoon olive oil
Salt and pepper to taste
Sauté onion well in olive oil. Season. Pour over tenderloin fillets or sirloin steaks.

MAITRE D'HOTEL BUTTER
1/4 cup butter
1/2 teaspoon salt
Pepper
1 tablespoon lemon juice
1/4 tablespoon minced parsley
Cream butter until soft. Add salt, pepper, parsley and lemon juice. May be served with pommard.

Sauce recipes,
Louisiana Department of Conservation