SOMETHING NEW IN BARBECUE

SPICY FARE FOR AL FRESCO FUN

Food smells better cooking outdoors, which is one of the main reasons why Americans have moved to the backyard or patio for much of their summertime dining.

A menu that can't be beat when it comes to popularity includes hamburgers made heavenly tasting with liberal use of Tabasco, the incomparable liquid pepper seasoning. Tabasco figures in this interesting and different recipe for creamed potatoes. Of course, there's a side dish of barbecue sauce for use in basting while the hamburgers broil over glowing coals.

**Barbecued Creamed Potatoes**

3 cups (4 medium) cooked diced potatoes
1/2 teaspoon Tabasco
3 tablespoons butter or margarine
2 tablespoons chopped parsley
3 tablespoons flour
1 1/2 teaspoons salt
2 cups milk
1/2 cup buttered soft crumbs
1/2 cup grated American cheese
1/4 teaspoon paprika

Cook potatoes in skins until tender; peel and dice. Melt butter; add flour and salt; stir to a smooth paste. Add milk and cook, stirring constantly, until mixture thickens and comes to a boil. Stir in Tabasco, parsley and pimiento; add potatoes. Turn into a 1 1/2-quart casserole. Combine bread crumbs, cheese and paprika; sprinkle around edge of casserole. Bake in a moderately hot oven, (400°F) 3 minutes. YIELD: 6 servings.

**Barbecued Glazed Hamburgers**

1/2 teaspoon Tabasco
1 1/2 tablespoons salt
3 pounds ground beef
1 cup tomato juice
1 tablespoon salt

Add Tabasco to tomato juice. Pour over ground beef, sprinkle with salt; mix well with a fork. Shape into 12 large or 18 medium patties. Cook according to directions, brushing on each side with Barbecue Glaze. YIELD: 12 to 18 servings.

NOTE: For 4 to 6 servings, use 1/3 of the recipe.

**Charcoal Grill:** Place patties on grill or in folding wire broiler; grill over hot coals 4 to 5 minutes on each side, or to desired doneness.

**Broil:** Preheat broiler 10 minutes, or as manufacturer directs. Place patties 1 1/2-inches below broiling unit; broil 4 to 5 minutes on each side.

**Pan Broil:** Place patties in a lightly greased skillet over moderate heat, cooking about 8 minutes on first side and 6 minutes on second side. When patties are turned, brush brown side with glaze. When ready to serve, turn and brush second side.

**Barbecue Glaze**

1/2 cup catsup
1/2 cup prepared mustard
1/2 teaspoon Tabasco

Combine all ingredients; mix well. YIELD: 3/4 cup.
Hot News from the Fresh Fish Department.

Butter Sauce Tabasco

4 tablespoons butter or margarine
¼ teaspoon Tabasco
drizzle
1 teaspoon minced parsley
4½ teaspoons lime juice

Melt butter in saucepan. Add lime juice and Tabasco; heat. Add parsley. YIELD: Approximately 1/3 cup.

Fish Sauce Tabasco

1 cup mayonnaise
½ teaspoon dry mustard
¼ teaspoon garlic salt
¼ cup chili sauce
1 teaspoon Tabasco
2 tablespoons tarragon vinegar
3 tablespoons chopped stuffed olives
½ cup chopped sweet gherkins
1 teaspoon minced onion

Blend first four ingredients together in mixing bowl. Stir in Tabasco and vinegar. Add remaining ingredients and mix well. YIELD: 1 1/4 cups.

Going on vacation soon? Nine chances out of ten while you’re away, you’ll be presented with one or another variety of fresh fish to cook, from your own catch or the surplus of a neighbor. Or maybe you’re planning to stay at home this summer. If so, you can still enjoy fresh fish from your local market.

Whatever the case may be, cook the fish with success. To assure success, do not overcook the fish, and serve it with a tangy sauce made with Tabasco.

Directions for broiling fish:

An easy and appetizing way to prepare fish for the table is simple broiling. To serve four, plan on 1 pound of fillets or steaks or four small fish, and 3 to 4 tablespoons of fat. Preheat broiler. Cut fillets or steaks into serving pieces. Grease the broiler rack lightly. Place fish on rack, skin side up; brush with melted fat. Place rack 2 to 3 inches from heat. Broil fish 5 to 8 minutes or until brown, and serve with tangy Tabasco sauce.

Directions for cooking over the coals:

Arrange fish in folding wire broiler; brush with melted fat. Grill to hot coals (cook quickly to prevent drying) about 3 minutes or until golden brown. Turn, brush again and grill on other side until golden brown. Serve immediately with sauce made with Tabasco.

TABASCO Sold at all Leading Grocery Stores

TRADE MARKED BY MCILHENNY CO., Avery Island, La.
WHAT DO YOU KNOW ABOUT....

BABECUE?

BARBECUE? BARBACOA? BABRACOT? de La barbe a la Queue?

Authorities have never been able to agree on the origin of the word, 'barbecue'. Some dictionary writers claim it was derived from the Spanish word, 'barbacoa', an offshoot from a native Haitian word for a framework used as a grill or rack for drying foods. These writers were apparently mislead, for there isn't any such word in Castilian or any other Spanish dialect.

Sir Edward Burnett Tyler, in his notes on a trip to Mexico in 1856, mentions witnessing a native barbecue and assumes the word had evolved from the native Indian. To quote a passage from Sir Edward's book, he says that one of the Mexicans 'invited a party of neighbors to eat up a kid that had been covered in a hole in the ground with embers upon it after the Sandwich Island fashion. This is called babracot.'

Some authorities claim the word, 'barbecue' was coined by 17th Century French Corsairs, who termed it 'de barbe a cue', which literally means cooked from 'beard to tail.' This contribution is gleaned from a book written by an 18th Century French officer, Jean Bernard Bossu, an adventurer who visited the Mississippi area some two hundreds years ago.

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NEW IBERIA. LOUISIANA
Louisiana's vegetables and seafood do special honor to Farm Bureau Queen, Dolores Vaughn of Cow Island, La., when they're artfully blended to make Creole soups.
**Les Soupes Creoles**

*(Creole Soups)*

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**RED BEAN SOUP**

(Serves 10 or more)

1 pound dry red kidney beans  
4 large onions, chopped  
1 cup celery, chopped  
1 large ham hock  
Worcestershire sauce  
1 can concentrated bouillon soup  
Red and black pepper  
2 cloves garlic, chopped  
Salt

Cook beans, onions, celery and ham hock in plenty of water seasoned with salt, red and black pepper, garlic. until beans become creamy. Remove beans, retaining liquid in which they were cooked, and press beans through sieve or blender until pureed. Return to liquid. Add 1 can bouillon and a dash of Worcestershire sauce. Season if needed again with salt and black and red pepper.

Mrs. Norbert Perret  
Jeanerette, La.

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**SPLIT GREEN PEA SOUP**

(A good Lenten Dish)

2 cups split green peas  
2 quarts water  
2 large onions diced  
2 sweet peppers, diced  
2 or 3 tips of celery, cubed  
2 tablespoons shortening  
2 tablespoons flour  
Seasonings

Boil all ingredients, except shortening and flour, together until all vegetables are cooked to pulp consistency. Strain and press vegetables to obtain puree and stock.

In large vessel place shortening and flour, making a light roux. Add puree and stock to this. Allow to come to boil and cook about 30 minutes. Season. Add water for desired consistency. Serves about eight. Serve with buttered croutons.

Mrs. Owen Southwell  
New Iberia, La.

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**OYSTER STEW**

4 dozen large oysters  
1 tablespoon flour  
1 tablespoon butter  
1 pint oyster liquor  
1 pint rich cream  
Salt and pepper to taste

Drain the oysters, saving the liquor. Over low fire, blend flour into butter, adding oyster liquor and stirring until smooth. Have ready in another sauce pan the heated cream. Add this to the oyster liquid, stirring constantly to prevent burning. Salt and pepper to taste. Let mixture boil up once and then add oysters. When oysters begin to curl, serve. Garnish stew with parsley.

Mrs. Robert Burleigh,  
Loisiel Plantation.

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**FRENCH ONION SOUP**

6 large onions, sliced thin  
6 circles hard, buttered toast  
3 tablespoon butter  
½ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon celery salt  
6 cups brown stock or 6 cups bouillon  
¾ cup grated Parmesan cheese

Brown onions lightly in butter. Add stock or bouillon and cook 20 minutes. If soup is cooked in a deep pottery casserole, float toast, top with cheese and place under broiler until cheese melts. Or place toast in heated soup bowls and pour soup over all. Sprinkle with cheese. Serve. Serves 6.
CREAM OF GROUND ARTICHOKE SOUP

1 large onion minced
1 tablespoon butter
2 cups peeled and cut artichokes
1 tablespoon flour
Salt, sugar, nutmeg
1 cup evaporated milk
1 egg yolk butter

Mince onion and fry in butter. Before onions become golden, add artichokes and fry. Add 1 tablespoon of flour. Season with salt, sugar and nutmeg. Stir and add slowly 2 cups of water and boil slowly until artichokes are tender and easily crushed. Remove artichokes and mash them and return them to the liquid. Add milk. Heat almost to boiling point. When ready to serve, add a little butter and thicken with yolk of 1 raw egg.

Mrs. Larry F. Brown
New Iberia, La.

CREOLE WHITE BEAN SOUP

1 1/2 pounds plain white beans
1/2 pound lean salt pork, chopped fine
1 can lean salt pork, chopped
3 medium tomato sauce
3 medium onions, chopped
Onion tops
Parsley
Salt and pepper

Boil beans until tender enough to mash. Strain through colander, removing hulls. Return to pot adding water to desired consistency. Scald salt meat. Fry, adding chopping onions and tomato sauce. Let simmer hour before adding to soup. Combine with soup and let cook together 1/2 hour before serving. Just before removing from heat, add chopped onion tops and parsley.

Mrs. Everette Gouner, Sr.
Jeanerette, La.

TURTLE SOUP

1 pound turtle meat
3 tablespoons fat
3 tablespoons flour
1 large onion, chopped fine
3 quarts hot water
1 small pod garlic (optional)
2 sprigs thyme, chopped
2 cloves
2 sprigs parsley
Hard cooked egg, chopped
1 tablespoon sherry
1 slice lemon

Put lard in iron skillet, add turtle meat, and fry brown, add flour and stir into a brown roux, add chopped onions, garlic, cook till tender, add small can tomatoes, and cook for 15 minutes, stirring constantly. Add now 3 quarts boiling water, 2 sprigs thyme, chopped, 2 cloves, pinch each of all - spice and nutmeg, 2 sprigs chopped parsley, salt and dash of black pepper. When ready to serve add to each plate a tablespoon chopped hard-boiled egg, tablespoon sherry and 1 thin slice lemon. This soup is a favorite in New Orleans.

CREOLE POTATO SOUP

3 large potatoes
2 large onions, chopped
1 heaping tablespoon flour
1 tablespoon lard
2 cups celery, chopped
1 cup milk

Pare and cook potatoes slowly in 1 1/2 gallons of water. Meanwhile chop onions. Heat lard in skillet, and add flour to make a brown roux. Add onions, cook a few minutes, then add celery. Cook 10 minutes, and then add 2 cups potato water. Pour into large pot with potatoes and water. Mash potatoes, season well and cook 1 hour longer. When ready to serve add 1 cup milk.

SHRIMP SOUP,
Mongold Style

1 can condensed green pea soup
1 can condensed tomato soup
1 can condensed bouillion
2 cans water (using soup can for measure)
1 1/2 cups shredded shrimps
Sherry for flavor (optional)

Combine the tomato soup with the green pea soup and blend well. Then add the bouillon, water and shrimp. Heat and, just before serving, add the sherry to taste. Top with a spoonful of whipped cream, if desired. Makes 6 to 8 servings.

Serve with broiled cheese sandwiches. A dessert as substantial as fruit cake or plum pudding would be welcome. Make plenty of coffee, too.

Cordry Campbell,
1953-54 Delcambre Shrimp Queen.
SPAGHETTI CASSEROLE

2 packages spaghetti
1 quart milk
1 1/2 - 2 pounds sliced American cheese
2 large bell peppers
2 large onions
1/2 stalk celery, ground or minced
1 4-oz. bottle pimento olives
1 No. 2 can mushrooms
3 cans cream of mushroom soup
1/2 block oleo or butter
Salt and pepper to taste

Boil spaghetti and blanch. Saute pepper, onion and celery in oleo or butter. Combine soup, milk and part of cheese and cook in double boiler to make a well-blended sauce. Mix with sauteed vegetables and pour over spaghetti, mixing well. Added chopped olives and mushrooms. Place mixture in casserole, covering entirely with thin slices of cheese. Bake about one-half hour in slow oven, allowing cheese to melt but not to brown. Serves 30 or more people.

CASSEROLE OF SQUASH

2 pounds squash
1/4 cup of equal parts ground celery, chopped green pepper and chopped onions
1 large tablespoon butter
2 cups ground ham
2 eggs, well beaten
3 slices bread
About 1/2 cup milk

Place squash (whole if desired) in a sauce pan and cover with boiling water. Cook rapidly about 15 minutes until squash is tender. Meanwhile saute celery, green pepper and onions in butter. Let simmer but do not brown. Scoop centers from squash, mix with vegetables and ground ham. Continue to cook on moderate heat to reduce juices, stirring frequently. Remove from fire and let cool. Then add 2 well-beaten eggs and bread soaked in milk. Mix all thoroughly. Place mixture in casserole or squash shells. Sprinkle top with bread crumbs, dot with butter and bake 15 to 20 minutes in a moderately hot oven. Shrimp may be used instead of ham if desired. Recipe serves 12-14 persons.

Mrs. Francis J. Voorhies
New Iberia, La.

PEANUT CRUNCH YAM CASSEROLE

3 cups mashed Louisiana yams
2 tablespoons butter
1/2 cup warm milk
3/4 to 2/3 teaspoon salt
1/2 to 3/4 cup chopped salted peanuts

Add butter and salt to milk. When butter is melted blend with yams. Beat until fluffy. Add more milk, if needed. Pile lightly into greased casserole. Heat to 375 degree oven 20 to 25 minutes. Top with marshmallows and sprinkle with peanuts. Return to oven, heat until marshmallows brown lightly. Serves six to eight.

BAKED CUSHAW

(Same recipe for Longfellow pumpkin)

Wash outside of vegetable well. Cut and remove the seeds. Cut into slices of desired size for baking, and put in baking pan. (Or cushaw or pumpkin may be peeled and sliced into a buttered casserole). Season with salt and pepper, and sprinkle over with sugar and allspice. Dot liberally with butter or margarine. Sprinkle vanilla and a little water over all to dissolve sugar.
Les Legumes

(Vegetables)

JERUSALEM ARTICHOKEES
Wash and scrape artichokes and let soak for an hour or more. Drain, place in sauce pan with water to cover and boil slowly until tender. Add a pinch of salt. Watch carefully as artichokes will harden easily again. Serve with cream sauce or maitre d'hôtel sauce.

Mrs. Larry F. Brown
New Iberia, La.

FRENCHED STRING BEANS
This easy method makes green beans real party fare.
2½ cups green beans, French cut or No. 2 can French style canned beans
¾ pound salt pork shoulder, cubed
½ cup water
French cut fresh green beans and boil until tender, or use the French style canned beans. Cube salt pork shoulder and brown lightly. Add ½ cup water and parboil until tender. Add beans and cook together 20 minutes. Season to taste with salt and pepper.

Mrs. F. L. Jordan
Weeks Island.

FIESTA GREEN BANNS
1 pound snap beans
¾ cup boiling water
¼ teaspoon salt
1 ounce can cream-style corn
1 tablespoon butter or margarine
1 canned pimiento
Salt and pepper
Cut ends from snap beans and scrub in cold water with vegetable brush; drain. Cut beans in about 1-inch diagonal pieces. Put boiling water, ¼ teaspoon salt and beans in saucepan and cook quickly, covered, until just tender crisp. Drain off any small amount of liquid remaining in saucepan. Add corn, butter, pimiento and salt and pepper to taste. Reheat. Makes 4 servings.

GREEN BEANS AMANDINE
1 10-ounce package frozen green beans
2 tablespoons butter or margarine
2 tablespoons fine dry bread crumbs
¼ cup slivered toasted almonds
Cook beans according to package directions; drain well; turn into serving dish and keep warm. Melt butter over low heat; stir in bread crumbs and almonds; sprinkle almond mixture over beans. Makes 4 servings.

EGGPLANT FRRITERS
(Good with meat dishes or salad plates)
1 eggplant
1 egg
2 teaspoons baking powder
1 cup flour
1/2 cup milk
2 teaspoons salt
Boil eggplant whole until very very soft. Core removing all pulp from shell. Mash pulp until very fine. Make batter of egg, flour, baking powder, milk and salt and add eggplant pulp. Mix well, and drop by spoonfuls into hot fat. Fry until golden brown. Remove. Sprinkle with sugar while hot.

Mrs. Henrietta Russell Cours
Ravenswood near New Iberia.

STUFFED EGGPLANTS
2 medium sized eggplants
1 lb. shrimp
1/2 tsp. onions chopped
1 tbsp. green pepper chopped
1 tbsp. shortening
salt and pepper to taste
3 slices day old bread
1 egg
2 cups eggplants whole until tender and let cool. Peel shrimp and fry slowly in shortening. Add onion and green pepper to shrimp and simmer for 15 minutes. Scoop out eggplant and add to shrimp mixture, cooking slowly until moisture is cooked out. Soak bread in milk and add to mixture. Add egg. Stuff eggplant shells with mixture. Bake in oven. Top with butter and sprinkle with bread crumbs. Brown in hot oven.

Mrs. A. J. Couillard

EGGPLANT AND TOMATOES
Egg plant, sliced thin
Salt
2 Tablespoon olive oil
3 fresh tomatoes, peeled and sliced
¼ cup parmesan cheese
Salt sliced egg plant and let stand about 30 minutes. Dredge in flour and fry in deep fat until brown and crisp. Drain. Meanwhile, cook tomatoes in olive oil slowly. Add fried egg plant, breaking them in tomatoes. Add ½ cup parmesan cheese and serve.

Mrs. Donald Roane, Sr.
Jeanerette, La.

BROILED TOMATOES
3 tomatoes, sliced crosswise
2 tablespoons melted butter
1 cup toasted bread crumbs
Salt and pepper to taste
Brush tomato slices with melted butter, sprinkle with bread crumbs, salt and pepper. Broil 2 or 3 minutes until brown. Serve at once.

Mrs. J. W. Kyle
New Iberia, La.
BAKED OKRA

AND TOMATOES

1 can okra and tomatoes
1 egg, beaten
1 teaspoon salt
3 tablespoons margarine, melted
1 cup bread crumbs

Mix okra and tomatoes with beaten egg. Add seasoning salt. To melted margarine add bread crumbs and mix well. Line bottom of greased baking dish with half the crumbs. Pour vegetables over. Top with remaining crumbs. Bake in a 400 degree oven about 20 minutes. Makes four servings.

CURRIED BROILED TOMATOES

4 medium-size tomatoes
1-3 cup mayonnaise
½ teaspoon curry powder
1 teaspoon finely grated onions (juice and pulp)

Cut out stem ends from tomatoes, cut in half horizontally. Mix together mayonnaise, curry powder and onion until mayonnaise is uniformly colored. Put a heaping teaspoon of the mayonnaise mixture in center of each cut side of tomato halves. Broil under moderate heat, about 4 or 5 inches from source of heat, until tomatoes are hot through and topping is golden-brown. Makes 4 servings.
Silvio Broussard, venerable Creole gourmet of New Iberia, La., shows Betty David, International Rice Queen, how family and guests were summoned to meals by a plantation bell in the old days.
CABBAGE ROLLS
1 lb. ground meat
1 egg
1 large onion, chopped
red pepper, salt to taste
1 cup raw rice
⅛ cup bread crumbs
4 cloves garlic, chopped

Mix all ingredients well. Wilt cabbage until leaves can be rolled. After rolling meat in leaves put layer of leaves, layer of onions and garlic, etc., until pot is filled. Add 1 can whole tomatoes and ½ can tomato paste. Cook 30 minutes in pressure cooker. Makes 15 medium size rolls.

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

CREOLE LIMA BEANS
½ lb. dried lima beans
1 medium onion, peppered with whole cloves
1 can tomato sauce
1 heaping tablespoon flour
1 cup chopped bacon
Chili powder
Salt and black pepper to taste

Cook beans until done, with clove, spiked onion and bay leaf. Fry bacon and add tomato sauce, salt, pepper, chili powder and flour. Take out bay leaf and cloves and pour beans in pan with other ingredients. Cook a few minutes and serve hot.

CREOLE SCALLOPED POTATOES
3 medium large potatoes, sliced crosswise
1 ½ cups milk
½ pound grated cheese
Small amount of flour mixed with salt

Arrange layer of potatoes in casserole or baking dish. Sprinkle over with salted flour, then a layer of grated cheese. Repeat layers until all potato slices are used. Then top all with layer of cheese. Add milk and bake at 350 degrees F.

Mrs. Henrietta Courts.
Ravenswood near New Iberia.

CABBAGE CASSEROLE
Shred or chop about one quart of cabbage. Parboil in slightly salted water about 15 minutes. Add ½ to 1 lb. chopped beef or ham which has been fried with one small onion until well browned.

Mix well and season to taste with salt and pepper, then add about 1 ¼ cups freshly cooked rice. Place in casserole, top with browned crumbs and bake for 3-4 hour.

MUSTARD SAUCE TO ACCOMPANY THIS DISH
Mix to a paste, 2 tablespoons flour, one tablespoon dry mustard by adding cold water. Thin by pouring boiling water over mixture. Cook in double boiler for 10 minutes until the consistency of thick cream. Remove from fire and gradually add vinegar, salt, pepper and cooking oil to suit taste. With each portion of cabbage, serve liberal spoonful of sauce.

Miss Gurne Robert
Olivier, Louisiana

GREEN PEAS WITH MUSHROOMS
1 small onion, chopped
1 tablespoons butter
2 tablespoons flour
1 cup milk
Salt and pepper

1 No. 2½ can of peas
Simmer onion in small amount of butter. Add flour and milk to make a cream sauce. Drain small can of mushrooms and add to sauce. Finally, add one no 2½ can of peas - drained. Season. Heat.

For a quick version, mix peas with contents of can of mushroom soup. Season and heat.

Mrs. Donald Roane, Sr.
Jeanerette, La.
Les Legumes

BAKED TOMATOES
STUFFED WITH TUNA FISH
1 can flaked tuna fish
6 large ripe tomatoes
2 tablespoons chopped parsley
1/2 clove garlic, minced
6 anchovy fillets
2 slices of bread soaked in water and squeezed dry
2 tablespoons melted butter
Salt and pepper
Cut top from tomatoes and scoop out pulp. Force pulp through sieve and combine with flaked tuna, parsley, minced garlic, anchovy fillets, bread which has been soaked in water and squeezed dry and melted butter. Mix well. Salt and pepper to taste. Stuff tomatoes and bake for 20 minutes at 375 degrees F.
Mrs. Donald Reane, Sr.
Jeanerette, La.

SCALLOPED OKRA AND CORN
1 can cut okra
4 tablespoons butter or fat
1 cup milk
2 tablespoons flour
1/4 lb. sharp cheese
1 cup fine, dry bread crumbs
Salt
Pepper
1 can corn
Drain the water from the okra. Fry the okra in two tablespoons of the fat for about ten minutes, stirring frequently to prevent scorching. Place the okra and corn in alternate layers in a greased baking dish. Sprinkle each layer with salt and pepper. Make a sauce of the two remaining tablespoons of fat, the two tablespoons of flour and the milk. Add the cheese and salt, and stir until the cheese has melted. Pour over the okra and corn, and cover with the crumbs. Bake in a moderate oven (350 degrees F.) until the mixture is hot through and the crumbs are brown.

OKRA FRITTERS
1 can cut okra
1 tablespoon butter or other fat
1 egg
1/4 cup milk
1 cup sifted flour
2 teaspoons baking powder
Fat for frying
Cut top from okra. Melt the fat in a frying pan and brown the okra slightly, stirring frequently. Combine the beaten egg and milk, add gradually to the sifted dry ingredients, stirring only until the batter is smooth. Then stir in the okra. Drop the batter by spoonfuls into deep fat heated to 365 degrees to 370 degrees F. Remove when light brown on absorbent paper. Or if the fritters may be fried in shallow fat.
Mrs. A.H. Romaine
New Iberia, La.

SPINACH SOUFFLE
3 1/2 cups cooked or canned spinach
1 cup milk
2 tablespoons butter
3 tablespoons flour
1/2 tablespoons salt
1/2 tablespoons pepper
2 cups grated cheese
6 eggs
Force spinach through a sieve. Melt butter in a saucepan, blend in flour. Add milk and cook until mixture is thick. Stir in cheese and strained spinach and continue cooking until cheese melts. Pour mixture over well-beaten egg yolks. Fold in egg whites which have been beaten stiff but not dry. Pour into 2 quart buttered casserole. Place dish in pan of hot water. Bake at 375 F for about 45 minutes or until a knife when inserted comes out clean.

SWEET POTATO PUDDING
5 large sweet potatoes, peeled and grated
1 cup brown sugar
1/2 cup Louisiana molasses
1 1/2 cups milk
1 cup butter
Grated rind of 1 lemon
1/2 teaspoonful each of nutmeg, cloves, cinnamon
1/4 teaspoon salt
Cream butter and sugar together and add well beaten eggs. Add grated potatoes, spices, milk and salt. Stir in the molasses and grated orange and lemon rind. Beat all together well and pour mixture into a well-buttered pan. Bake in a slow oven for about an hour.
Mrs. Robert Burleigh, Loise Plantation

CRANBERRY YAM PUDDINGS
Here's something different to make to serve with chicken, turkey or pork roast. Use canned yams that are firm and colorful and very tasty.
1 can Louisiana yams
3/4 cup drained crushed pineapple
3/4 cup chopped salted peanuts
1/4 cup cranberry sauce
4 tablespoons butter
1 beaten egg
Salt, pepper and nutmeg to taste
Cranberry sauce for top
If mixture seems too dry, stir in one-fourth cup evaporated milk. Divide mixture into four or six well-buttered custard cups. Dot top with butter and a spoonful of sauce. Bake in 400 degree oven 45 minutes or until set. Loosen with spatula and turn out around roast. Makes four to six servings.
Mrs. Wilbur Kramer
Franklin, La.

CORN PUDDING
Kernels from 1 dozen ears of tender corn
1 quart of milk
4 egg yolks, well beaten
4 egg whites, well beaten
2 tablespoons buttered
1 tablespoon white sugar
1/4 teaspoon salt
Score the corn down each row of grains and remove from cob. Set aside.
Cream sugar and butter together. Add well beaten egg yolks and beat all until very light. Add milk and salt. Blend well and stir in grated corn. Next add egg whites which have been beaten to stiff froth. Combine well and put into baking pan, placing a piece of brown paper on top. Bake slowly for about 60 minutes. Serve hot.
Mrs. Robert Burleigh, Loise Plantation

POTATOES AU GRATIN
6 Idaho potatoes
3 eggs
3 teaspoons salt
1/2 jar cheese with bacon flavor
1 1/2 cups grated American cheese
Bread crumbs
Mrs. Wilbur Kramer
Franklin, La.
Lagniappe

'des Isles Britanniques
(British Isles)

Lagniappe is the term used for the old Creole custom of giving something extra. On this and the following pages are recipes that are extra special — favorite dishes of the nationalities which helped settle Louisiana.

At the time of the Louisiana Purchase most of the white inhabitants were French. There was a goodly number of Spaniards, a lesser number of Germans and a sprinkling of other nationalities.

From the early 1800's on, people of Scotch, Irish and English descent began to arrive in increasing numbers. They made good settlers, working with a will to establish good homes and bringing with them the refinements and culture of their former home lands.

Lagniappe
d' Ecosse
(Scotland)

SCOTCH SHORT BREAD

1/2 pound butter
3/4 pound sugar (a little more than 1/2 cup)
1 pound flour (4 cups)

Cream butter with sugar thoroughly. Then work into it with hands the pound of flour. Knead long and faithfully, turning over and over and round and round to treat every part alike. Then turn out on a pastry board and press into a flat sheet 1/2 inch thick. Cut into squares and bake in a moderate oven until light brown and crisp.
SCOTCH CURRANT BUNS
(Wi's here's ta ye, and ye take it yer self)

PAstry
1 1/2 breakfast cup flour
4 ounces butter
3/4 teaspoon baking powder

Combine flour and baking powder and cream in butter, mixing to a fine paste with cold water. Roll out to thin sheet. Line greased tin with pastry, reserving a piece the size of tin for topside of bun.

FILLING
1 pound of flour
3/4 pound sugar
1 pound blue raisins stoned and minced
2 pounds currants, minced
1 pound sultana raisins, minced
3/4 pound orange peel chopped
1/4 pound almonds, chopped
1/4 ounce each ginger, spice, cinnamon, pepper and Jamaica pepper
1 teaspoon soda
2 teaspoon cream of tartar
Milk (about 1 breakfast cup)

Combine and add enough milk to moisten.

Pour mixture into lined pan evenly. Wet edges of pastry and place on top pastry. Prick top. Burnish top with beaten egg mixture. Bake for 3 hours.

Lemon Shape

(Trimble Tam)
2 ounces cornstarch
1 lemon, rind and juice
6 ounces sugar
1 pint boiling water
3 eggs, well beaten
Mix cornstarch, sugar, lemon juice and rind with boiling water. When cold add 3 well beaten eggs and boil over hot water until thick and clear. Pour into mold and let stand until it congeals.

APPLE PUDDING

1 cup bread crumbs
1 cup chopped apples
1 cup sugar
1 cup raisins
1 egg
Milk

Combine all ingredients with enough milk to moisten. Steam for 2 hours. Serve hot with hard sauce or cream.

MARMALADE

3 pounds bitter oranges
9 pounds of sugar
18 cups water
Quarter oranges, then cut into fine strips. Put into pan of water and let stand for three days and nights, then boil for 1 1/2 hours with seeds in a bag. Remove seeds, add sugar and boil for 1/2 hour. To improve, soak seeds in 1 pint of the water when soaking the peel and add to the peel before cooking.

PERKINS

1/4 pound butter
1/4 pound syrup
1/4 pound sugar
1/4 pound oatmeal
1/4 pound flour
1 teaspoon ginger
1 teaspoon cinnamon
1/2 teaspoon mixed spices
1 1/2 teaspoon baking soda

Melt butter and syrup. Add oatmeal and sugar, then sift in flour, soda and seasonings. Form into balls and lay on greased pan well apart. Bake about 15 minutes in moderate oven until brown.

LONDON BUNS

1 pound flour
1/4 pound butter
1/4 pound sugar
3 eggs
2 oranges, orange peel
2 teaspoon baking powder
1 lemon, grated rind and juice
1 teaspoonful milk

Rub butter into flour until free from lumps, add peel chopped, sugar and baking powder. Beat eggs and work into mixture, keeping back a small quantity of egg for top of the buns. Add milk and make into a stiff paste. Mould and bake in a greased pan after brushing the top with sugar and cinnamon.

OATMEAL CAKES

1/4 pound sugar
1/4 pound butter
1/4teaspoon soda in 1 teaspoon of water
1 pound oatmeal
Pinch of salt
Essence of almond
Cream butter and sugar. Add soda and almond extract, then oats. Roll and cut into round cakes and bake.

SCONES

1 pound flour
1 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cream of tartar
Buttermilk
2 teaspoons syrup
Butter, size of walnut

Rub butter, size of walnut, into a little of the flour. Sift remainder of dry ingredients. Combining dry ingredients with butter, flour mixture, add enough buttermilk to make a soft dough. Stir in syrup. (If sweet milk is used, use 1 1/2 teaspoons cream of tartar)

APRICOT MARMALADE

1 pound dried apricots
1 can sliced pineapple
3 cups sugar
1/4 teaspoon salt

Chop apricots and soak overnight in just enough water to cover. Cut the pineapple into small pieces and add to the apricots with sugar and salt. Cook slowly about one-half hour or until mixture thickens.

(Recipes from Daniel F. Jeffrey
Family, Jeanerette, La.)
Lagniappe d'Angleterre (England)

ENGLISH PLUM PUDDING
4 cups chopped suet
2 cups chopped apples
4 cups currants
2 cups raisins
2 cups prunes
2 pounds mixed crystallized fruit
1 pound crystallized pineapple
1 pound crystallized cherries
4 cups pecans, broken in about quarters
Mix above together. Add to this the following dry ingredients that have been sifted together.
7 cups flour,
1 teaspoon baking powder
1 tablespoon each salt, cloves, all spice, nutmeg
4 tablespoons cinnamon
2 tablespoons soda
Then mix together
2 cups syrup
2 cups cold water
1 cup wine
Add to the dry mixture, stirring well until blended. Grease pudding moulds, fill two-thirds full, cover tightly and steam at least 6 hours, 225°F. For this recipe, it's handy to use six 1-pound coffee cans. To reheat for serving steam about 1 hour. Serve with hard sauce.
Mrs. Eugene J. Mensch
Jenarette, La.

ENGLISH MUFFINS
1 cake of yeast
¾ cup water
1 egg slightly beaten
1 cup milk scalded
2 tablespoons sugar
1 teaspoon salt
3 tablespoons butter
4 cups sifted all-purpose flour
Softens cake of yeast in ¾ cup lukewarm water. Scald 1 cup milk and add to it 2 tablespoons sugar, 1 teaspoon salt and 3 tablespoons butter. Cool the milk to lukewarm, stir in 2 cups of the sifted all-purpose flour, and mix well.
Add the softened yeast and 1 egg beaten slightly, and beat thoroughly. Add about 2 more cups sifted flour, or enough to make a moderately soft dough. Turn the dough onto a lightly floured board and knead well until smooth and satiny.
Place in a buttered bowl. Butter the surface lightly and cover with a light towel. Let rise in a warm place for about 1 hour or until double in bulk. Punch down the dough and let it rest for 10 minutes. Roll it out ¼ inch thick on a board lightly covered with corn meal and cut dough into 3-inch rounds. Sprinkle the surface and roll the edges of the dough tightly around the stuffing. Place minutes 45 minutes or until done in bulk. Bake the muffins in oven slowly, 375°F. On a greased heavy griddle. Have griddle hot at first, then reduce to brown muffins shownly. Bake for 7 or 8 minutes on each side. Or bake on top of stove on a fairly hot, greased griddle, turning muffins frequently until they are done.
Mrs. Robert Burleigh
Beloit Plantation

LONDON BROIL
One 2-pound top-quality flank steak,
1 clove garlic
Salad oil
Margarine
Salt and pepper
Place flank steak on broiler pan. Peel garlic clove, cut in half and crush slightly with heavy wide-blade knife; rub both sides of steak with garlic and brush with a little salad oil or melted butter. Preheat broiler. Place steak on broiler rack about 1½ to 2 inches from source of high heat. Broil 5 minutes sprinkle with salt and pepper; turn and broil 5 minutes. Sprinkle second broiled side with salt and pepper. Place steak on heated platter and cut in very thin slices diagonally across the grain. Makes 6 servings.
NOTE: The steck will be tender and delicious if it is top-quality and if the directions for quick broiling and careful carving are followed.
Beverly McBlanchard
New Iberia

BRAISED BEEF KIDNEYS
2 beef kidneys
¾ cup fat
3 tablespoons flour
2 teaspoons salt
3 cups (24 oz.) beer
1 teaspoon Worcestershire sauce
¼ teaspoon basil or summer savory
Cut kidney into small cubes, removing membrane and fat. Cover with cold water; bring to boiling point; drain; repeat drain well. Saute in fat until golden brown. Blend in flour. Add salt, beer, and Worcestershire sauce. Simmer, stirring frequently, for 20 minutes. Add herbs. Simmer 15 minutes longer or until sauce has thickened. Serve on toast points or toasted English muffins. Yield: 4 generous servings.

MRS. CORNMAN'S FRUIT CAKE
(Makes a 9-pound cake)
1 pound butter
1 pound flour
½ cup sugar, sifted, cut small
1 pound English walnuts, cut small
½ teaspoon ginger
1 dozen eggs, separated and beaten
1 lemon, grated rind and juice
1 orange, grated rind and juice
1 pound sugar
3 pounds seedless raisins, cut small
½ pound conserved cherries, cut small
½ teaspoon nutmeg
½ teaspoon cinnamon
1 teaspoon baking powder
Cream butter and sugar well. Stir in yolks of eggs. Then fold in whites beaten stiff. Add spices, baking powder, and one-half the flour. Stir in lemon and orange rind and juice. Coat figs, nuts, raisins and cherries in remainder of flour and stir into mixture. Line cake pans with waxed paper. Place in a slow oven 3¼ to 4 hours to bake. Set pan of water in oven to keep moist.
Mrs. Robert Cornman
Jenarette, La.