**Swiss Steak with Mushrooms**

- ½ cup flour
- Salt and pepper
- 2 pounds round steak (cut 1 inch thick)
- 3 tablespoons bacon drippings or other fat
- 1 medium-size onion (chopped)
- 1 clove garlic (minced)
- 1 cup chopped celery
- 1 cup tomato catchup
- ½ cup cooking sherry
- 1 cup white wine

**Swiss Cookies**

- ½ pound butter
- ½ cup sugar
- 2½ cup flour
- 4 egg yolks
- 1 teaspoon lemon juice
- Rind of 2 lemons
- ¼ teaspoon salt
- 1 tablespoon sugar or brown sugar
- 1 tablespoon cinnamon

**Liver and Onions, Italian Style**

8 thin slices liver
- ¼ cup dry red wine
- 4 medium onions, sliced
- 6 tablespoons imported olive oil
- 1 tablespoon flour
- Salt
- Pepper

**Russian Hamburger**

- 1 pound hamburger
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 medium onion minced
- 2 cups tomato juice
- ⅛ teaspoon chili powder
- 2 cups canned peas
- 2 cups steamed rice
- ½ large green pepper

**Russian Tea**

Hot tea served in a glass with cloves in lemon slices. A Russian would sweeten it with a spoonful of preserves.

Mrs. M. R. Valentine
Jeanerette, La.
Lagniappe de Scandinavie
(Scandinavia)

NORWAY SARDINE PIE
2 3/4-ounce tins Norway sardines
1 1/4 cups milk
1/4 teaspoon salt
Pepper
Dash of nutmeg
Rich pastry for 9/12 inch pie plate.
Turn sardines into colander and allow to drain thoroughly. Scald milk by heating until 111 F. forms over top; beat eggs thoroughly to combine yolks and whites; slowly pour hot milk over eggs beating continuously as you do so. Stir in salt, pepper to taste and nutmeg. Break each sardine into two or three pieces and arrange on bottom of pastry-lined pie plate; pour custard mixture over. Bake in hot (400 F) oven 30 to 35 minutes, or until silver knife inserted near center of pie comes out clean. Serve warm. Makes 6 servings.

Note: When you line pie plate, turn back pastry and then flute to make a stand-up rim for sardine-custard filling.

NORWEGIAN NUT CRESCENTS
(Makes 6 dozen)
1 pound butter
1/2 pound unblanched almonds grown
1/2 cups powdered sugar
3/4 cups bread flour
5 teaspoons cardamom
Cream butter, work in dry ingredients and add the sherry. Use enough so that dough holds together well but is not sticky. Roll small portions of dough between the hands and shape into crescents about 3 inches long. Bake in oven 425 F about 15 min.

NORWEGIAN COOKIES
(Four dozen)
1-1/4 cup butter
2-1/2 cups brown sugar
1 egg
2-1/2 cups flour
1-1/2 teaspoons baking powder
1 teaspoon nutmeg
1 teaspoon cloves
1-1/2 teaspoons soda
1-1/2 cups seedless raisins
1/2 cup chopped walnuts
Cream butter, add sugar and egg and beat until fluffy. Sift flour, spices and soda and combine with first mixture. Add raisins and walnuts. Drop by half spoonfuls 2 inches apart on a greased cookie sheet. Bake 12 minutes at 350 degrees F.

CHRISTMAS COOKIES
(Makes 5 dozen)
3 cups sifted flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup sugar
1 egg unbeaten
2 teaspoons vanilla
1 cup butter or margarine

FROSTING
Add about 2 tablespoons hot water to 1 cup confectioners sugar. Color with vegetable coloring.

SCANDINAVIAN BAKED BEANS
1 lb. dried navy beans
1 teaspoon salt
2 tablespoons minced onion
1/2 to 1 teaspoon dry mustard
3 tablespoons brown sugar
2 tablespoons molasses
1/4 lb. salt pork
1 cup beer
Soak dry navy beans overnight in water to cover. Following morning, add dry salt pork and simmer beans in water to cover until tender.
Mix cooked beans with onion, salt (unless salt pork has seasoned beans sufficiently), dry mustard, brown sugar and molasses. Dice the cooked salt pork and mix with the beans. Turn into a greased baking dish and add beer (to cover beans). Cover dish and bake in a slow oven (350 degrees F.) about one hour, stirring twice during the cooking. Remove cover for the last 15 minutes of the cooking.
Yield: Six servings, generous.

SCANDINAVIAN DROPS
(Makes about 2 dozen)
1/2 cup butter
1/4 cup brown sugar
1 egg separated
1 cup sifted flour
1/2 cup chopped nuts
Tart jelly
Cream butter, blend in sugar, add egg yolk, beat until light. Blend in flour and roll dough into small balls 1 inch in diameter. Roll in flour and roll dough on and place on a greased cookie sheet, making a depression in center. Bake 5 minutes in a slow oven 300 degrees F. Remove from oven and press down centers again. Continue baking for 30-35 minutes. Cool slightly and fill centers with jelly. Candied cherries or small pieces of candied apricot or prune may be used.

DANISH PASTRY
1 cup butter
3/4 cup sugar (or 3 tbsp.)
3 cups sifted flour
1 tsp. vanilla
1 cup finely-chopped pecans
Mold in small ball. Flatten and make small hole in middle. Put in a bit of jelly. Bake in slow oven for forty-five minutes. Sprinkle powdered sugar over when cold.

MRS. J. E. KYLE
New Iberia

SWEDISH PECAN BALLS
1 cup ground pecans
2 lbs. white sugar
3/4 lb. or 1/2 cup butter
1 cup flour
1 tsp. vanilla
Mix together and form in balls size of a walnut. Bake 275 degrees F for 1/2 to 3/4 hours, until light brown in color. Roll in 4X confectioners sugar while hot, and again when cold.

SPRITTS COOKIES
(SWEDISH)
(Makes 3 to 4 dozen)
1 cup butter
1/2 cup sugar plus 1 teaspoonful
1 egg
2 cups flour
1/4 teaspoon salt
Cream butter, add remaining ingredients. Force dough through tube. Bake 8-10 minutes at 400 degrees F.
Lagniappe

de Hongrie

(Hungary)

The first migration of Hungarians came to Louisiana about the turn of the century, and for the most part settled in Tangipahoa parish and surrounding parishes.

Albany, Louisiana, is a prosperous Hungarian community where the folklore and culture of the Old Country are kept alive by town leaders.

PORHANYS KIFLI

1 pound flour
1/2 pound butter
4 egg yolks
1 teaspoon lemon rind
Finch of salt
1/2 cup thick sour cream.
Mix flour with softened butter, working together well. Add remaining ingredients and mix well. Chill for 2 hours. Roll out very thin and cut in approximately 2 inch squares. Spread pecan filling on squares. Roll up and form a half moon squeezing each end together. Brush with beaten egg. Place on greased baking sheet. Bake at 375° F. for 15 to 20 minutes.

Pecan Filling

1 pound finely ground pecans
2 cups sugar
Milk
2 well beaten egg whites
3 teaspoons vanilla
Mix pecans with 2 cups sugar. Add water to milk to make a paste. Fold in egg whites and add vanilla. Mix well.

Mrs. John Duczer
Albany, La.

CREOLE CAJUN COOKERY

HUNGARIAN COFFEE CAKE

1 cake or package yeast
1 1/3 cups plus 1 teaspoon sugar
3/4 cup lukewarm water
1 cup milk scalded
1/4 teaspoons salt
1 egg
1 1/3 cups melted shortening, not hot
About 5 cups flour.
Dissolve yeast in water and add 1 teaspoon sugar. Stir until sugar is dissolved. Scald milk, add remainder of sugar, then salt. Let cool to lukewarm. Add yeast mixture and about half the flour. Stir until well blended. Add egg and melted shortening. Mix well and add remainder of flour or enough to make a smooth dough.

CSIRKEPAPRIKAS

1 frying chicken, cut up
1 minced onion
2 tablespoons fat
1 teaspoon paprika
Black pepper
1/2 cup sour cream.
Salt chicken to taste. Brown onion in fat. Add paprika and a little black pepper. Place chicken in skillet and brown slightly turning occasionally. Add 1 cup hot water and cook until done, adding more water if necessary. When cooked, add sour cream and serve.

CSOROGJE

(Pastry)

2 cups sifted flour
3 tablespoons sugar
Pinch of salt
7 or 8 egg yolks
1 teaspoon vanilla
Enough sour cream to make a dough.

Combine ingredients to make a dough. Roll as thin as possible and cut into 1 inch wide and 2 inch long strips. With knife cut a slit in middle of each strip and pull one corner through slit. Fry in deep fat until golden brown. Drain and sprinkle with powdered sugar.

Mrs. John Duczer
Albany, La.

GULYAS

2 pounds boneless veal meat, cubed
2 minced onions
2 tablespoons fat
1 teaspoon paprika
2 cups cubed potatoes
Salt.

Brown onions in fat. Add paprika and cubed meat. Brown slightly being careful not to burn onion. Add 1 or more cups water and cook until done. Add potatoes, cooking with meat until done. Salt to taste and add more water if necessary.

Mrs. John Duczer
Albany, La.

HUNGARIAN SNAP BEANS

1 pound snap beans
1/4 to 1 cup boiling water
Salt
2 tablespoons butter or margarine
2 tablespoons lemon juice
1 teaspoon poppy seeds
Pepper.

Cut ends from snap beans; scrub in cold water with vegetables brush; drain. Cut beans in thin strips lengthwise and then in about 1/4 inch pieces. Add teaspoon salt to boiling water and cook quickly, covered, until just tender crisp. Drain off any small amount of liquid in pan. Add butter or margarine, lemon juice and poppy seeds; mix until butter melts. Add salt and pepper to taste. Makes 4 to 5 servings.

Mrs. John Duczer
Albany, La.

TOLTOTT Kaposzta

(Stuffed Cabbage)

1 head fresh cabbage
1 1/2 pounds ground meat, half pork, half veal
1/4 cup rice
1 onion, minced
Garlic, minced
1 teaspoon black pepper.

Cut out core from cabbage. Scald head until leaves fall apart. Cool. Mix ground meat with rice. Add finely minced onion and a little garlic, pepper and a little water. Mix well. Separate leaves and fill each with ground meat filling. Roll and push each end in tightly with finger. Place in pot and cook slowly with water about 1 1/4 hours.

Mrs. John Duczer
Albany, La.
Just For Fun, Come to New Iberia, Louisiana
Sugar Cane Capital, Heart of Acadian Country.

NO BETTER FUN THAN FAIS DO-DO, Street Dance held at time of Annual Sugar Cane Festival

* Queen Sugar and King Sucrose *

One of many Floats at Sugar Cane Festival Parade

New Iberia Offers Facilities For Wide Variety of Industries

Two Main Line Railroads
- Southern Pacific
- Missouri Pacific
- Two Truck Lines
- Adequate Electric Power and Natural Gas

Ample Supply Bagasse
- Unexcelled Parks — White and Colored for Recreation.
- Finest Schools, Public and Parochial

Commercial Canal
- Connecting with Intracoastal Canal and Gulf of Mexico. For Sea Food Industries.

CITY of NEW IBERIA
Queen City of the Teche

P. ARMAND VIATOR, Mayor
CITY BOARD OF TRUSTEES
George Mostayer, Mayor pro-tem
John Holbrook
Charles Lopez
S. E. Sorrel
Alpha Cestia
Allen Delabousssaye
Lagniappe

d’ Allegmane

(Germany)

Germans were among the earliest settlers of
Louisiana, some of them arriving as early as 1718.
One of their first settlements on the Mississippi
River above New Orleans is to this day known
as the German Coast.

Some of the early pioneers moved into northern
Louisiana, but the many who remained in the
southern area intermarried with the French set-
tlers and their names have become transformed
by French pronunciation and spelling.

ROAST DUCK WITH
SAUERKRAUT STUFFING

1 5 to 6-pound (ready to eat
weight) duckling
1/2 teaspoon salt
Freshly ground pepper
1 No. 303 can sauerkraut, drained
1/4 cup finely chopped celery
1 pared, cored and chopped apple
Place duckling on rack in roasting
pan; sprinkle with salt and
pepper. Mix sauerkraut, celery
and apple; stuff duck with it. Tie
legs securely together. Roast,
back side up in slow (325 F.) oven,
allowing 25 minutes per pound.
Makes four servings.

FRANKFURTER AND
SAUERKRAUT DISH

1 No. 2 1/2 can sauerkraut (un-
drained)
1 10 1/2-ounce can consomme (un-
1/2 cup grated carrots (2 medium-
sized)
1/2 cup chopped onion
2 teaspoons brown sugar
1 No. 2 can small white potatoes
(drained) or 10 to 12 small white
cooked potatoes
1 pound frankfurters
In 12-inch skillet put sauerkraut,
consomme, carrots, onion and
sugar; mix well. Add potatoes and
frankfurters, poking them down
so they are at bottom of skillet;
cover. Bring to a boil, then sim-
mer 20 minutes. Serve in soup
dishes with soup spoon, knife and
fork; or serve vegetables and
frankfurters on dinner plate and
liquid separately in cups. Makes 5
to 6 servings.

SHORTRIBS SAUERBRATEN

STYLE

2 pounds trimmed beef shortribs
2 teaspoons kitchen bouquet
2 tablespoons fat
1 1/2 teaspoons salt
1/4 cup sugar
1/3 teaspoon pepper
1/4 teaspoon mace
1 1/4 cups hot water
1/4 cup vinegar
12 small white onions
8 small carrots
2 tablespoons cornstarch
1/4 cup cold water

Have shortribs cut between each
piece of bone to make serving
size pieces. (There should be 8
good-sized pieces.) Place cut short-
ribs in a bowl and sprinkle
with kitchen bouquet. Stir until
all pieces are evenly coated. Melt
fat in deep skillet or Dutch oven.
Add shortribs and brown well.
over moderate heat. Sprinkle with
salt, sugar, pepper and mace. Mix
hot water and vinegar and add.
Cover and bring to boil. Cook
over low heat until meat is ten-
der, about 1 1/4 hours. After 45 min-
utes, add peeled onions and car-
rots. Bring to boil again and cook
until vegetables are tender, about
30 minutes longer. Pour off fat.
Add water to broth to make 1 1/2
cups if necessary. Blend together
and stir in the cornstarch that has
been blended with the cold water.
Cook, stirring gently, until sauce
thickens. Correct seasoning if nec-
necessary. Serve at once. Makes 4
servings.

GERMAN SAUERKRAUT
GERMAN SAUER KRAUT
1 can sauerkraut
½ pound salt meat or spareribs
1 kitchen spoon (3½ T) Fat
Boil sauerkraut in a large amount of water, not salted, about 15 minutes. Drain. Fry in a heavy pot with salt meat and lard. Cook about one-half hour or until fat appears on bottom of pan. Season.

Mrs. Julia Schexnayder
Jeannerette, La.

GERMAN BAKED CABBAGE
(Serves 4)
½ head cabbage, boiled
½ pound chopped pork shoulder
½ teaspoon salt
½ teaspoon pepper
½ cup water from cabbage
1 egg
½ cup bread crumbs
Nutmeg to taste
Cut cabbage, parboil 10 minutes. Strain and chop. Add crumbs, egg, meat, cabbage water, and seasoning. Bake slowly for 1 hour at 350 F.

RED CABBAGE
1 chopped or sliced cabbage
1 tablespoon lard
¼ cup sugar
¼ cup vinegar
2 apples quartered
2 or 3 cloves
Salt and pepper
Place chopped or sliced cabbage and lard in boiling water to cover. Cook cabbage 10 minutes. Add sugar, vinegar, apples, cloves, salt and pepper and cook slowly one hour. Thicken with a little flour and let boil again.

Betty Radeke,
Kankakee, Ill.

GERMAN POTATO SALAD
4 boiled potatoes cold, diced
4 bacon strip
1 minced onion
½ cup vinegar
2 hard-cooked eggs
Minced Parsley
Fry bacon, crisp, remove and add onion, cook until onion is nicely browned. Add ½ cup of vinegar to hot bacon fat. Pour on potatoes and mix. Add bacon broken into pieces and hard-cooked eggs, sliced. Stir and serve hot.

COLE SLAW
1 crisp, firm head of cabbage
1 hard-cooked egg, red and black pepper to taste
¼ cup sugar
1 tablespoon salt
1 tablespoon prepared mustard
1 tablespoon flour
1 block butter or ¼ cup salad oil
¼ cup cider vinegar
Prepare cabbage by chilling and chopping very fine.
To make sauce mix thoroughly, egg, sugar, salt, pepper, flour and vinegar. Put in sauce pan of double boiler and stir constantly over low heat until mixture has consistency of custard. Remove from fire and stir in mustard and butter or salad oil. While hot pour over cabbage. Let chill before serving.

Miss Ge.
Olivier, La.
SAUERBRATEN
3 lbs. beef (rump)
1 cup water
1 cup vinegar
2 bay leaves
4 tablespoons fat
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 large onions
1 tablespoon sugar
12 whole cloves
Wipe meat with damp cloth.
Cover with vinegar, water, onions, bay leaves, cloves, salt, pepper,
and sugar. Let stand for 24 hours.
Remove from the spiced vinegar
mixture and add 1 1/2 cups of the
mixture to the meat. Cover, cook
in pressure cooker or oven. Thicken
gravy by mixing 2 tablespoons
flour with 1-3 cups cold water.
Oven: Cook 3 to 3 1/2 hours at
375 degrees or until done.
Pressure Cooker: Set control at
10 and cook for 1 hour after con-
trol jiggles. Reduce pressure nor-

Mrs. Wm. G. Wolcott
New Iberia, La.

GERMAN NOODLES
1 package noodles
1/3 block butter
Reserve 1/4 package of noodles.
Boil rest in salted water for about
15 minutes. Don't overcook.
Drain. Put into dish. Melt 1/4 to 1/2
block butter. Add dry noodles to
this and brown them evenly stir-
ing constantly. Add to drained
boiled noodles, letting crisp nood-
les be on top.
Mrs. Julia W. Schexnayder
Jeanerette, La.

GERMAN POTATO CAKES
8 medium potatoes
1 onion, chopped very fine
1 egg, beaten
Chopped parsley, onion tops
Salt, black pepper, and red
pepper
Boil potatoes in jackets until
done. Mash them well, add well-
beaten egg, seasonings and
onions. Form into flat cakes,
molding well with hands. Just be-

Mrs. Julia W. Schexnayder
Jeanerette, La.

DUTCH GREEN BEAN SLAW
4 strips bacon
2 tablespoons chopped onion
3 tablespoons flour
1 1-pound can green beans
4 tablespoons cider vinegar
1/4 teaspoon salt
1 tablespoon prepared mustard
1 tablespoon sugar
4 cups shredded cabbage
6 radishes (sliced)
Sauté onions slowly in
butter. Stew until tender not
brown. Cool. Combine beaten eggs
and sour cream. Add onions, salt
to taste. Bake in slow oven in
unbaked pie shell. Serve in afor-
noons with coffee, or use as vege-
table at dinner.

Mrs. Julia W. Schexnayder
Jeanerette, La.

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and sour cream. Add onions, salt
to taste. Bake in slow oven in
unbaked pie shell. Serve in afor-
noons with coffee, or use as vege-
table at dinner.

Cookies

Fry bacon until crisp; drain
and crumble; reserve. Add onion
to drippings and cook until

drink and crumble; reserve. Add onion
to drippings and cook until
tender but not brown. Add flour;
stir to a smooth paste. Drain
beans; add liquid and cook, stir-
ing constantly until mixture
thickens and comes to a boil. Add
vinaigrette, salt, prepared mustard
and sugar; mix well. Add beans;
heat to serving temperature. Re-
move from heat; add to cabbage,
raddishes and crumbled bacon;
toss lightly. Serve warm with
cold cuts. Makes 4 to servings.
Cookies

FILIBERT KISSES
(Make with egg yolks)
4 egg yolks
1½ cups powdered sugar
¾ pound grated filberts
Mix the unbeaten yolks, sugar and filberts. Drop by spoonful on greased baking sheets. Bake 20-30 minutes at 325 F. Makes about 2 doz.
Betty Radeke
Kankakee, Ill.

MONDCHENS
(3 dozen)
½ pound butter
1 cup sugar
1 cup ground almonds
1 cup flour
1 grated lemon rind
¼ teaspoon salt
Cream butter, add sugar and cream well. Add remaining ingredients and finish mixing by kneading lightly with hand. Roll about ¼-inch thick and cut with half moon cutter. Bake at 400 F. for 10 to 12 minutes. Ice while hot.
½ cup powdered sugar
1 teaspoon vanilla
Cream enough to make an icing that spreads easily.

GERMAN ANISE DROPS
2 whole eggs
1½ cups medium brown sugar
1½ rounded tablespoon anise seed
¼ teaspoon salt
½ teaspoon soda dissolved in 1 tablespoon hot water
2½ cups flour
Beat eggs until very light, add sugar and continue beating. Add anise seed and salt, then dissolved soda and flour. Form dough into small balls the size of hickory nuts, roll in granulated sugar and place on buttered cookie sheets about 1 inch apart. Bake about 12 minutes at 375 F. These cookies improve with age.

NEUREMBERGHS
(Make about 2 dozen cookies)
2 eggs separated
½ cup powdered sugar
¾ cups bread, flour
¼ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon cloves
1 tablespoon finely cut orange peel. Grated rind ½ lemon.
¾ cup blanched and toasted almonds, cut in strips.
Beat egg whites until stiff, add sugar gradually and continue mixing. Add well-beaten yolks and remaining ingredients. Mix equal parts of cornstarch and powdered sugar. Sprinkle cookie sheets with this mixture and drop mixture by spoonful on sheets. Bake about 15 minutes at 350 F.

GERMAN CINNAMON STARS
5 egg whites
2 cups sifted brown sugar
1 teaspoon cinnamon
1 pound almonds, blanched and ground
Powdered sugar
Beat egg whites until stiff. Add remaining ingredients and enough powdered sugar to make stiff dough. Turn out on board covered with powdered sugar and knead, working in powdered sugar. Place dough in refrigerator and let stand overnight or until cold enough to roll easily. Roll out a small amount at a time to ¼-inch thickness on board covered with powdered sugar. Cut with star cutter dipped in powdered sugar. Place on greased cookie sheets. Bake for 15 min. at 325 F. These cookies are apt to be sticky and hard to handle. Makes about 2 doz.
Betty Radeke
Remember: It’s GORDY’S SALT for Better Tasting Meals

There are several kinds of salt. Basically, salt is either mined as a rock salt or evaporated from a brine. However, the mined or rock salt can be secured from deposits close to the surface, or from deep mines. The rock salt is generally mined in large pieces and then crushed to size. Evaporated salt is obtained in two ways, either from a well or from a surface brine. The surface brine can be in the form of a salt lake, seawater, salt spring... and this brine is usually evaporated by the sun in tanks or flats.

Evaporated salt from wells is simply secured by pouring water into a salt mass in the earth to return as a concentrated brine and to be recovered by evaporation in pans, preferably, and usually under vacuum. GORDY’S SALT is this last type. Secured from a well and evaporated in pans under vacuum.

WHY GORDY SALT IS SO PURE

Gordy’s Salt is a pure and better product because it is an evaporated salt in natural brines recovered from salt wells. Salt as mined (rock salt) is not as pure as it contains small quantities of impurities that can not be removed by crushing and grinding.

Surface brines are impure for the same reason. Seawater and lake water have trace impurities that are precipitated under evaporation. In the case of Gordy’s Salt, an evaporated well salt, practically all of the insoluble impurities are left in the well cavity when the brine comes to the surface. AS A MATTER OF ACTUAL IMPARTIAL ANALYSIS, GORDY’S SALT IS 99.48 percent pure.

Truly Gordy’s Salt is purer and better salt.

THE GORDY’S SALT WELL

The Anse LaBute salt dome from which Gordy’s Salt comes is located 200 feet below the surface of the earth. This salt dome has a depth of 10,000 feet or more, and represents an almost inexhaustible supply of salt. It is one of the natural Louisiana salt deposits that can’t be exhausted in the foreseeable future.

Three pipes go into the earth, one inside another. The outer pipe is 10 inches in diameter and only goes a few hundred feet into the earth to act as a protective sheath against the various strata of clay gravel, water, sand, and other materials encountered in drilling.

The innermost pipe is 3 inches in diameter and the brine is returned to the surface for evaporation. Recovery of brine under pressure is accomplished through return between the inside of the 3 and the outside of the 3 inch pipe.

THE GORDY’S SALT PROCESS

Water is pumped into the well as a natural well temperature which is about 74 degrees F. There is little object in heating the water as it is done in the water extraction of some other minerals. Salt is very little more soluble in hot water than in cold.

The water is pumped into the earth under pressure, and this same pressure forces the brine back to the surface through the second shaving of pipe.

As the brine comes to the surface, it is piped into vacuum pans which are heated and to which vacuum is applied to accelerate evaporation. When evaporation has concentrated the brine past the saturation point, salt crystals form and settle to the bottom and drop into a salt catcher. The salt slurry, as it is called at this point, is removed and continuously. The evaporation and crystallization process is continuous as well.

The brine slurry is then dried, screened, packed and shipped in this state, or blended with drying agent for packing and shipping as evaporated table salt. Every bit of Gordy’s Salt packed in cartons or round cans is produced by this method. Gordy’s Salt is truly a pure evaporated salt. Gordy’s Salt is a pure and better product.

This description of Gordy’s Salt process is simplified for the laymen to read and understand. Actually, every step in the process is intricate, requires delicate mechanisms, complicated machinery, and skilled control, that is why Gordy’s Salt is produced with the aid and under the supervision of trained personnel. They, in turn, help to maintain the high quality and extreme purity for which Gordy’s Salt is renowned.
APPLE STRUDEL

2 cups sifted flour
3 teaspoons baking powder
¼ teaspoon salt
2 tablespoons sugar
4 tablespoons butter
¼ cup milk
3 cups chopped apples
1 teaspoon cinnamon
1 cup raisins
1 tablespoon lemon juice
Sift flour, salt, baking powder and sugar together. Mix in shortening until mixture is like coarse meal. Add enough milk to make a soft dough. Turn out on a floured board and knead until it holds together. Roll ¼ inch thick or less, brush with melted butter and cover with finely chopped apples. Sprinkle with sugar, raisins, cinnamon, lemon juice and roll like a jelly roll and form a semi-circle on a greased baking sheet. Bake 20-25 minutes at 425°F. Serve 8. Top with icing and nuts.

SPRUNGERLI

¾ pound butter
2 cups sugar
4 eggs
¼ teaspoon salt
2 tablespoons (rounded) anise
4 cups flour, approximately, for stiff dough
1¼ cup milk
3 teaspoons baking powder
Cream butter, sugar, anise; beat eggs and add to mixture. Sift flour, baking powder, salt, and add to mixture alternately with milk. Chill, roll out thin, cut and bake in moderate oven until light brown.

B. B. Kramer.
Franklin, La.

VIENNESE STRAWBERRY Torte

One and one-third cups flour
One and one-third teaspoons baking powder
2% cup shortening
2% cup sugar
4 egg yolks
5 tablespoons milk
¼ teaspoon almond flavoring
4 egg whites
¼ teaspoon cream of tartar
1 cup sugar
1 pint fresh strawberries
1 pint whipped cream
Work shortening until soft; then add ½ cup sugar; add yolks of eggs one at a time, beating well after each addition. Add flour and baking powder alternately with milk. Stir in flavoring. Spread in two cake pans. (You may substitute already prepared cake mix, if preferred.)
Then top with:
4 egg whites beaten stiff with cream of tartar; add 1 cup sugar.
Bake in oven 250 degrees F. for 25 minutes. Then in 350 degrees F. oven for 20 minutes.
Combine berries with whipped cream and place between layers and on top of cake.

Mrs. J. Norris Hanning
New Orleans, La.

CHERRY TORTE

¾ pounds butter
1 egg
¾ cup sugar
¾ pound flour
Cream butter and sugar and add eggs, fold in flour.
This is a very rich dough which crumbles easily. Pat into spring form and press down so that it is firm.
3 egg yolks
¾ cup sugar
½ pint cream
No. 2½ cans cherries drained
4 egg whites
6 ounces powdered sugar
2 ounces cut almonds
Beat egg yolks until lemon colored; fold in sugar, pour in cream. Pour mixture over drained cherries and place on top of dough. Bake 15 minutes at 375°F. Bake in spring form or 9-inch cake pan with removable bottom.
During this time, beat egg whites stiff but not dry. Add powdered sugar, gradually, blending well. Spread over cherry mixture, sprinkle with almonds. Bake at 350 F. another hour.

PINEAPPLE BAVARIAN CREAM

1 package lemon gelatin
1 cup hot water
1 cup pineapple juice
1 cup grated pineapple
2 cups shipped cream, sweetened
Dissolve gelatin in hot water.
Cool slightly and add pineapple juice from canned pineapple. When mixture cools and begins to thicken, whip until it drop from spoon in lump-like masses. Quickly fold in grated pineapple and whipped cream. Strawberries or other fruit may be used instead of pineapple.

B. B. Kramer.
Franklin, La.
ITALIAN BAKED CHICKEN

 Bake chicken in cooking oil with new potatoes which have been pared. When tender, sprinkle with grated Italian cheese and serve. Mrs. Sam Muffoletto

 JEANERETTE, LA.

 MINESTRA

 1. 1 cup, hot in pieces
 2. ham shank
 3. soup bone (beef)
 4. chopped onion
 5. chopped carrots
 6. chopped celery stalks and leaves
 7. cup tomato paste, chopped
 8. heads endive
 9. small head cabbage
 10. cup chicken, ham shank and soup bone in deep pot, cover with water and bring to boil. Skin top. Remove bones and add onion, carrots, celery, and tomatoes. Salt to taste.

 In separate pan parboil the endive and cabbage. (Cabbage is optional. A few heads of endive may be used.) Drain greens and add to soup. Let all simmer until tender.

 Charlene Boffa, Ashtabula, O.

 SPAGHETTI SAUCE

 NEAPOLITAN

 1. cup chopped onions
 2. cup chopped fresh tomatoes or
 3. can
 4. peeled garlic buds, chopped
 5. cup
 6. cup grated sugar
 7. 4 teaspoon powdered cloves
 8. 1 teaspoon sage
 9. 1 teaspoon
 10. 3 teaspoon paprika
 11. Salt, red and black pepper to taste

 Fry ground meat and onions in cooking oil. Add garlic and tomatoes - and tomato sauce and 

 Sauté the onion in fat until tender and golden brown. Add tomatoes and the garlic. Season with salt, pepper, sugar, cloves, and sage. Let simmer one-half hour, stirring frequently. Pour over cooked spaghetti and sprinkle with grated cheese.

 Francene Vernon Durem

 ITALIAN FISH CREAM

 1. cup shredded fish
 2. gills (3/4 pint) milk, hot
 3. stick olive margarine
 4. cup bread crumbs
 5. lemon, rind and juice
 6. Place ocean, bread crumbs, fish in a bowl and add our in hot milk. Baste with fork until better. Season. Add egg yolks, then sti fish mixture. White fish to a

 Min. Alice Jeffrey
 JEANERETTE, LA.

 ITALIAN PORK ROAST

 Prepare roast for oven. Punch holes in meat and insert bud of garlic and slice of Italian ricotta cheese under salt. Bake at 350 F 20 to 30 minutes per pound.

 Mrs. Sam Muffoletto
 JEANERETTE, LA.

 SPAGHETTI SUPREME

 1. pounds beef round, ground
 2. large chopped onions
 3. large cloves garlic, chopped
 4. small can tomato sauce
 1. No. 2 can whole tomatoes
 2. large can mushrooms
 3. teaspoon paprika, chopped
 4. 4 cup celery, chopped fine
 5. cup bell pepper, chopped
 6. 1/4 pounds American cheese grated
 7. 1/8 package spaghetti
 8. Salt, red and black pepper to taste

 Fry ground meat and onions in cooking oil. Add garlic and tomatoes - and tomato sauce and as follows to serve. Let all simmer until tender.

 Mrs. Tom Billard
 ST. MARTINVILLE, LA.

 SPAGHETTI SAUCE

 AND MEAT BALLS

 Meat Balls

 1. pound ground beef
 2. cups bread crumbs
 3. eggs
 4. tablespoons permesan cheese
 5. teaspoon chopped parsley
 6. Salt and pepper to taste

 Mix all ingredients and form into balls. Brown in fat seasoned with 1 clove garlic. When balls are browned, remove garlic and add:

 SALT

 1. large can strained tomatoes, un-
 2. can tomato paste and equal
 3. amount of water
 4. large bay leaves
 5. 1/2 teaspoon paprika
 6. teaspoon basil
 7. Salt and pepper to taste

 Let simmer for 1 hour at least. If sauce is too thick, add water.

 Sauce is enough for 1 pound of spaghetti. Prepare as above with exception that winner is added. In a mixing bowl, add frozen fish, and lettuce to a

 Charlene Boffa
 ASHTABULA, O.

 ITALIAN GREEN BEAN SALAD

 Cook until tender green beans, new Irish potatoes. Peel potatoes and combine with green beans, cucumber slices, and small onion of baking salted and oil, salt and pepper and a little vinegar. This will be served with the following dishes at the Ideal Lenten Menu. Baked Egg Plant

 Potato Salad

 Garlic Bread

 ITALIAN POTATO SALAD

 1. large potatoes
 1/2. sweet pepper
 3. hard boiled eggs
 3. celery stalks, chopped
 2. teaspoon olive oil
 2. teaspoon vinegar
 Salt

 Boil potatoes while still hot. Dice and combine with chopped celery, sweet pepper and salt and pepper to taste. Add olive oil and vinegar, and toss. Add chopped eggs, Toss and serve while warm.

 Mrs. Angeline Cullotta
 JEANERETTE, LA.

 BRASILIA

 1. round steak, sliced thin
 2. tablespoons permesan cheese
 3. tablespoons chopped parsley
 4. Salt and pepper
 5. tablespoons bread crumbs

 Sprinkle thin sliced round steak with salt and pepper, parmesan cheese, parsley. Dot with hard butter or margarine. Sprinkle with bread crumbs and roll as a jelly roll. Fasten with string or skewer, brown and cook in sauce.

 RAVIOLI

 Dough

 4 eggs (1 egg per person)
 1/2 tablespoon salt
 Flour

 Beat eggs and salt together slightly. Add enough flour to make a stiff dough. Knead well, the better. Here's where you need muscle - let rest 20 minutes, the dough not the muscles. Roll out dough until quite thin and cut in 3 squares. Fill.

 Filling

 1. pound ground beef
 1. pound ricotta cheese (1/4 pound Philadelphia cheese may be used or bread crumbs.)
 1/4 cup grated parmesan cheese
 1. teaspoon parsley
 Salt and pepper to taste

 Mix ingredients well. Fill half of dough square. Fold over other half and seal edges. Drop into hot water and cook until tender. Serve with spaghetti sauce.

 Charlene Boffa
 ASHTABULA, O.
**d'Italie**

**BRUCEOLONE**

1 round steak  
1/2 cup rice  
2 hard-cooked eggs  
Remove bone from steak. Cook rice until half done. Spread little butter on steak. Season with salt and black pepper. Spread rice, hard-cooked eggs and grated Italian cheese on steak, roll and tie with string. Fry on all sides. Make tomato gravy as for meatballs and cook steak in this. When meat is done, remove from gravy. Let cool. Remove string and slice 1 inch thick.

Mrs. Sam Cartimiglia

**MACARONI AND SARDINES**

1 pound macaroni  
2 cans sardines  
3 onions, chopped  
1 tablespoon cooking oil  
2 cups bread crumbs  
Tomato paste (optional)  
Boil macaroni until half done. Chop onions and fry until brown. Add about 4 cups water (also tomato paste if you like tomato flavor.) Season with salt and black pepper. Let cook until half the amount of liquid is cooked down. Bone sardines and put in gravy. Into a separate skillet put 1 tablespoon cooking oil. Add crumbs and stir well until brown. Remove from skillet. Into casserole put layer of macaroni, then layer of gravy, next bread crumbs. Repeat until all ingredients are used. Bake until macaroni is completely done.

Mrs. Sam Cartimiglia  
New Iberia, La.

**du Liban**

**(Lebanon)**

![Decorative Image]

**KIBBEE**

2 pounds chopped lean lamb or beef  
2 cups cracked wheat  
1 chopped onion  
Salt, pepper and all spice to taste  
Butter  
Combine meat, wheat, onion and seasoning. Put through food chopper. Roll half the mixture in a buttered pan, top with dressing and cover with remaining half of meat mixture. Score with a knife in squares. Top with butter and bake 1 hour.

**LEMON BUTTER**

(For meats)  
Chop a few mint leaves and add to the juice of 1 lemon. Melt 1/4 pound of butter. Heat until brown and add to lemon juice and serve.

**VERMICELLI RICE**

4 tablespoons butter  
2 cups rice  
1 cup crumbled vermicelli  
2 cups water  
Melt butter. Add vermicelli and brown slightly. Stir in the rice and continue frying until rice is slightly browned. Add water and salt. Cover and cook until done.

**LAMB AND OKRA STEW**

1 pound lamb or beef stew  
11/2 pounds small tender okra  
1 large onion, minced  
2 cloves garlic, minced  
1 tablespoon tomato paste  
2 cups water  
Salt and pepper to taste  
Brown meat, remove to a pot. Cut tips and tops off okra, keep whole and brown on all sides. Combine all ingredients and cook about 40 minutes or until meat is tender and gravy thick. Serve with rice.

**CABBAGE ROLLS**

2 cups rice, uncooked  
Salt and pepper to taste  
1 large cabbage  
2 cups minced lean lamb or veal  
Separate leaves from hard center stem and soak for 10 minutes in boiling water.

Combine other ingredients and place on each cabbage leaf. Roll and place in a deep pot. Add water to barely cover the cabbage rolls. Season with salt, pepper and lemon juice. Cook over low fire until done for about 1 hour.

Mrs. A. J. Bowah  
New Iberia, La.

**DRESSING**

1-pound chopped pork or veal  
Salt and pepper to taste  
3/4 pound minced onion  
1/4 teaspoon butter  
Brown meat. Add onion and continue frying until onions are browned. Season to taste.

**SPINACH RICE**

2 large onions, chopped  
3/4 pound butter  
1 bunch spinach, washed and chopped  
Salt and pepper to taste  
1 cup rice  
1 1/2 cups hot water  
Fry onion in butter until slightly browned. Add seasoning and remaining ingredients and cook until rice is done. Serve with meats.
Lagniappe
de Chine

Recipes from Chinese Presbyterian Mission, New Orleans, La.

BEAN SPROUTS
Mung beans: 1 cupful sprouted will serve 6.
Place dry grass or straw in bottom of small basket, colander or tin can with holes. Arrange cupful of beans on grass. Pour water on them (warm if weather is cold). Do this 4 or 5 times a day and keep in warm dark place. Cover with wet cloths. When beans have sprouted about 4-inch, place something heavy on top to weight them down. It will take 4 or 5 days in colder weather for the beans to sprout sufficiently. When beans have sprouted enough, wash to remove outer coverings.

PINEAPPLE SPARRERIBS
2½ pounds spareribs
1 onion
1 bunch celery
1 No. 3 can pineapple
3 tablespoons soy sauce
Dice spareribs. Chop onion and celery and fry. Add spareribs. Cover until spareribs are brown. Lower fire. Add water to keep from being too dry and cook until spareribs are cooked. Add pineapple which has been diced. Stir.

GRAVY
3 spoons flour
3 cups water
Mix flour and water for gravy and add to spareribs. Stir well. Add soy sauce.

SEASAME CAKES
½ cup sugar
1 tablespoons lard
1 cup flour
1 teaspoon baking powder
2 eggs
Sesame seeds
Heat sesame seed in oven until the seeds are slightly brown. Cream sugar and lard. Add flour which has been sifted with baking powder. Beat eggs and stir in.
Drop by very small amounts in sesame seed and roll balls until covered with seed. Place on greased baking sheets and bake until brown and easily removed—about 10 or 12 minutes in 375 F. oven.

CREOLE CAJUN COOKERY

FRIED CHICKEN (Chinese Style)
2 chicken, 3 pounds or more each
1 cup fat
½ cup soy sauce
1 piece garlic
Cut chicken into halves or quarters. Fry in fat until browned nicely. Drain grease, leave chicken in pan. Lower fire. Dice garlic and add to soy sauce and pour over chicken. Cover and cook for 3 or 4 minutes.

CHICKEN AND PORK CHOP SUYE
1½ onions
1 bunch celery
2 pounds bean sprouts
2 green bell peppers
1 chicken
1 pound pork
1 small can mushrooms
1 tablespoon flour
1 cup water
5 tablespoons soy sauce
4 tablespoons fat
Place fat in cooking utensil. Cut onion, celery and pepper and fry in fat. Add pork and chicken. (If using cooked chicken, do not add until later.) Mix in bean sprouts and season to taste. Cover and let cook until tender. Add mushrooms. Lower fire. Stir flour and water together and add, stirring thoroughly. If too thick, add more water. Stir in soy sauce.

CHINESE CHICKEN SOUP
1 chicken
1 stalk celery cabbage
or 1 head lettuce
2 eggs
¼ teaspoon mei jeng
(Chinese white powder sauce)
Boil chicken and remove from stock. Cut celery cabbage or lettuce into 1-inch lengths and add to stock. Cook for a few minutes only. Add mei jeng. If soup is not sufficiently seasoned, add additional salt and pepper. Beat two eggs well and mix into soup while boiling. Serve immediately. Use chicken in chop suey or other dishes.

EGG FOO YONG
Fat for deep fat frying
Ham, shrimp, pork or any cooked meat
1 cup beans sprouts
5 eggs
1 onion or 1 whole green onion
Cut meat in pieces. Chop onion or green onion and tops fine. Beat eggs. Add other ingredients and season to taste. Heat deep fat. Lower fire. Drop egg mixture by kitchen spoonful in fat and cook until egg is well done.

CHAR SHAO (Roast Pork)
4 or 5 pounds shao pork shoulder
½ cup sugar
Soy sauce
Salt and pepper
Cinnamon
Remove meat from bone and cut into chunks approximately 3 x 2 x 3 inches. Sprinkle meat lightly with salt and pepper and cinnamon.
Mix together soy sauce and sugar. Soak meat in this for several hours, preferably overnight and barbecue in moderately hot oven until well cooked and tender. (Place pan of water underneath meat to catch drippings.)

CHINESE TEA
Boil water thoroughly. Place 1 teaspoonful of dry leaves in tea pot and pour the boiling water over them. Serve without sugar, cream or lemon.

(Continued on Page Seventy)
When Greek traders and merchant seamen came into the port of New Orleans more than 100 years ago on cotton buying expeditions, they liked what they saw and the hospitality offered them. They returned again—not to buy cotton—but to settle in Louisiana with their families.

Louisiana gave them a welcome and the newcomers adapted themselves to their new land. In many towns of Louisiana, they lent the culture of their native country and became valuable members of their communities. In New Orleans, the city of their first welcome, they built the first Greek Orthodox church in America.

Gust Catsulis who told me of the beginnings of his country in Louisiana and who generously shares his native recipes on these pages is a restaurateur and civic leader of New Iberia, La. He is an honorary colonel on the staff of Gov. Robert F. Kennon, and is a commissioner on the state welfare board.

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**PASTITSIO**

(For six people)

- 2 pounds hamburger or ground meat
- 2 pounds spaghetti
- Grated cheese
- Milk or Cream
- 6 eggs
- Tomato sauce (optional)

Boil about two pounds spaghetti. Fry ground meat in pan until it separates. Season well. Pour half of cooked spaghetti in baking pan. Sprinkle with grated cheese. Cover with hamburger. Then with remainder of spaghetti and top with grated cheese. Combine a little milk or cream with six eggs, beat thoroughly. Pour over top of spaghetti and bake. (If you like, pour cream gravy, tomato gravy, or barbecue sauce over all after it is cooked.) Cut into squares to serve.

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**CHICKEN GRECIAN STYLE**

Lemon juice

1 1/2 pound chicken

- Salt
- Pepper
- Oregano or thyme
- Tomato paste
- Lemon juice

Split 1 1/2-2 pound chicken in half. Grill until brown. After browning, put it in roasting pan and season with salt, pepper, oregano or thyme. Spread with butter and squeeze lemon juice generously over chicken. Using tomato paste, dilute with water or chicken broth and pour over chicken. Bake at 375 F. until done. Keep basted with enough juice to make chicken tender unless you prefer dry chicken.

(Continued on Page Seventy)

Gust Catsulis, restaurateur and civic leader, is a good cook and a good judge of food of any country. He emphasizes proper nuance of flavoring and cooking at correct temperatures.
**Lagniappe de Grece**

**Chicken Pilafée**
- Hen or rooster cut up
- Tomato paste
- 1 cube butter
- Salt, and pepper

Cut hen or rooster in small pieces. Put in pot with small chopped onion, braise in pan with chicken fat or butter. Dilute 1 can of tomato paste for each chicken and use part for basting while braising.

When rice is brown, add rest of tomato paste and enough water to cover. Let cook down over slow heat. When chicken is done, take chicken out with part of sauce of chicken.

Strain remaining liquid, add sufficient water to cook in it one-half pound of washed rice. When rice is almost done, lower heat, and let cook slowly so rice will absorb all juice.

When done, heat cube of butter in pan until sizzling hot. Test by dropping piece of rice in it. If rice sizzles, pour hot butter over rice. Stir. Put lid on so rice will absorb the fragrance of butter. Serve chicken at side of rice dish or in center of ring of rice.

**Greek Vegetable Plate**
- Eggplant, cubed
- Fresh carrots
- String beans
- Celery, chopped
- Tomatoes, quartered
- Parsley

Other vegetables in season

Place prepared vegetables in roasting pan. Season well with thyme, salt and pepper and touch of garlic. Add slice of lemon if you like. Add cooking oil or olive oil. Bake at 350-375 F. 1 hour.

Good summer dish, hot or cold. Can be used as vegetable plate or with other foods.

**Chicken Kapama**
- Hen or rooster cut up
- Salt, pepper
- Lemon juice
- Tomato paste
- Allspice to taste
- 5 eggs
- 4 lemons

Cut up hen or rooster, season with salt and pepper and lemon juice. Brown in frying pan in butter. When brown, dilute 1 can tomato paste with water or broth and pour over meat.

Add ground allspice to taste and let meat cook until done. Leave enough broth to cover chicken.

When ready to serve, beat five eggs well and add juice of 4 lemons gradually. Then add juice from broth a little at a time and stir so mixture won't curdle. Pour sauce which results over chicken. This must be served immediately. Sauce must not be boiled to reheat.

**Lamb Kapama**

Make as you would Chicken Kapama. Use shoulder or neck of lamb, split and sliced.

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**Lagniappe de Chine**

**Chicken Chow Mein**

This amount makes 10 or more people very, very happy.

- 2 cups diced cooked chicken, dark meat
- ½ cup chopped onion
- ½ cup celery and celery leaves
- 3 tablespoons fat
- 4 cups cooked celery
- 1 No. 2 can bean sprouts
- 1 No. 2 can water chestnuts
- ⅛ cup flour
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon sugar
- 2 cups water
- 3 tablespoons soy sauce
- 2 cups chicken broth
- 2¼ cups shredded chicken breast
- ¾ cups shredded cooked egg

Cook onions and celery leaves in fat until brown. Add celery and chicken broth and let simmer 15 minutes. Combine flour, sugar, salt and pepper with water and stir in mixture. Cook 5 minutes. Add dark meat of chicken, drained sprouts, water chestnuts and soy sauce. Let simmer 15 minutes. Serve over Chinese noodles and top with shredded chicken breast and eggs.

Mrs. Beldon Fox
New Iberia

**Sweet Sour Gravy**

Take stock. Add soy sauce, flour, sugar, vinegar, pepper and water in the following proportions:

- Stock 25 percent; soy sauce 30 percent; water 30 percent; flour 5 percent; sugar 5 percent; vinegar 5 percent.

Decrease or increase quantity according to taste. Pour over Egg Foo Young.

Cordry Campbell,
Delcambre Shrimp Queen 1953-54
MEXICAN CHOCOLATE
2 squares grated sweet chocolate
1/2 cup boiling water
2 cups milk
1 cup cream
2 tablespoons sugar
pinch salt, nutmeg, allspice
1 tablespoon cinnamon
1 egg, well beaten
1 teaspoon vanilla

Boil sweet grated chocolate in boiling water for 5 minutes. Add milk, cream, sugar, salt and spices. Cook in double boiler one hour, beating hard at 5 or 10 minute intervals. Add 1 well beaten egg last and 1 teaspoon vanilla.

EMPENADAS
2 cups flour
1 teaspoon salt
1 teaspoon baking powder
1/2 cup fat
1/3 cup milk

Sift together flour, salt and baking powder. Cut in the fat and add milk. Roll out to 1/4 thickness. Cut in 3-inch circles. Fill with fruit, mencemmet, meet mixture, etc. Moisten edges, fold over and press together. Fry in deep fat and drain.

GUACAMOLE SALAD OR DIP
1 medium onion, chopped
2 medium tomatoes, chopped
1 small hot pepper
1 clove garlic, crushed
2 teaspoons salt
2 avocados
2 tablespoons lemon juice

Grind or chop onion, tomatoes and pepper together. Blend in garlic and salt. This mixture may be kept in refrigerator several hours before serving. When ready to serve, add avocados and remove seed. Mash avocados and blend with lemon juice. Combine tomato mixture with avocado mixture and serve on lettuce leaf or chichory leaves or in dish to be used as dip with corn chips. Makes 3 cups dip. Add hot sauce as desired.

CHILI AND SQUASH
1 cup green corn
2 pounds summer squash, cut up
1 small green chili pepper
1 tomato cubed
1 teaspoon salt
1/2 teaspoon chili powder

In skillet, cook green corn, squash, chili pepper, tomato, onion, salt, garlic and mint. Over and cook slowly for about 10 minutes, stirring occasionally. Serve with milk and let simmer 1 hour. A short time before serving add 1/4 cup grated cheese.

POSOLÉ
2 onions, chopped
1 tablespoon fat
2 pounds cubed pork
1 cup hominy
4 to 5 tablespoons chili powder

Fry onion in fat, add cubed pork, chili powder, bay leaf, oregano and salt. Add water and let simmer until pork is tender—about 4 hours. Add hominy and let mixture cook down. If homemade dried hominy is used, cook with pork and other ingredients.

TAMALES PIE
1 cup cornmeal
1 tablespoon shortening
1/2 cup cubed green pepper
1/2 cup chopped onions
1/3 cup cubed oil
1/2 cup chopped tomatoes
1/2 cup chopped chili powder
1/2 cup chopped garlic
1/4 cup grated American cheese

Combine cornmeal with 1 cup cold water and 2 cups cubed boiled water. Cook 10 minutes. Mix shortening in frying pan and add green pepper, ground meat and salt. Add water and stir constantly. Add cheese. Add tomatoes, chili pepper and garlic salt.

Line baking dish with cooked cornmeal. Pour in mixture and pour water in dish to be used as dip with corn chips. Makes 3 cups dip. Add hot sauce as desired.
di Espagne

Spanish, Mexican and Indian cookery are all first cousins to Creole cooking, for they all have a common heritage — peppery powders and sauces and tangy condiments. In fact, it was from a blend of Spanish and Indian cooking secrets combined with the French lore that Creole dishes were born.

With palates already accustomed to peppers and hot sauces, Louisianans love Mexican food. Also Mexican culture and art. And in these days of easy transportation, many a vacation is happily spent in popular vacation spots in Old Mexico.

Louisiana buffet tables and everyday meals often include a tasty dish or two of Mexican origin. On these pages are given recipes for some of the most popular dishes. Displaying the vegetables commonly used in Mexican cookery is Miss Beatrice Gonzales, resident of Jeanerette, La. She with her parents, Dr. and Mrs. B. Gonzales, and three brothers moved to Jeanerette 9 years ago. Miss Gonzales is a gifted dancer and a student of the Mexican folk dance.

TORTILLAS
2 cups cornmeal
1 teaspoon salt
Warm water
Flour

Add enough water to cornmeal to make stiff dough. Needs little moisture. If you add 1 cup of flour, mixture will be easier to handle.

Set dough aside for 20 minutes. Moisten hands, mold balls of dough, size of eggs. Pat into thin cakes. Bake on greased griddle turning until brown on both sides.

TACOS

When serving, fill taco openings with finely chopped, seasoned lettuce.

1 big can of tortillas
1 pound pure lard
1 pound ground pork
2 tomatoes, chopped
1 onion chopped
1 bell pepper chopped
1/4 clove garlic, chopped
Salt and pepper to taste.

Fry ground meat until brown, then add onion, tomatoes, bell pepper and garlic, all well chopped. Season to taste and let cook for 15 minutes or until vegetables are tender.

Melt lard into another pan. When well heated, dip tortilla into hot grease to soften. Then place inside tortilla 2 tablespoons meat filling, fold over and fry until crispy.
CHILI SAUCE FOR ENCHILADAS
(Very Hot)

9 tablespoons chili powder
1 tablespoon lard
1 clove garlic
Salt to taste
flour to thicken

Place chili powder in skillet and cook, stirring constantly, until it smells roasted. Then fill skillet with hot water, add salt and a clove of garlic. Mix (mixture will look like pink water) and let cook down. Then fill with water again. On second cooking, when liquid is half down, add 1 tablespoon of lard, remove garlic and thicken mixture with flour. To make chili con carne, add cooked pork or beef.

SOPAIPILLLOS

4 cups flour
1 teaspoon baking powder
¾ teaspoon salt
2 eggs well-beaten
1 cup milk

Sift dry ingredients together. Add to mixture of eggs and milk as much flour as mixture will absorb. Roll as thin as possible, cut in diamond shapes. Fry in deep fat.

MEXICAN FUDGE

4 cups sugar
2 cups cream
2 cups of pecans
1½ block of butter
½ teaspoon vanilla

Mix well together 3 cups sugar and cream, setting aside 1 cup of sugar in skillet. Caramel to light brown, add to first mixture, cook until a soft ball is formed. Add vanilla, butter and pecans. Beat well, turn into buttered pan and spread. Cut into 1 inch squares.

Mrs. Joseph Borel
Jeanerette, La.
**Indian Pudding**

1 quart milk  
1-3 cup cornmeal  
½ cup raisins  
½ teaspoon cinnamon  
½ cup brown sugar  
½ teaspoon salt  
½ teaspoon ginger  
1 egg  

Place milk in double boiler. While scalding hot, add corn meal moistened with a little cold water. Stir to avoid lumps. Cook for 20 minutes and turn into casserole, adding all other ingredients except the egg. Stir well and when the mixture begins to thicken, stir in beaten egg. Bake for 1 hour in a rather slow oven and serve with hard sauce or any desired sauce. Dates or figs may be used instead of raisins.

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**Chili Con Queso**

2 tablespoons chopped green chilli pepper  
1 onion, chopped  
Salt to taste  
2 well-beaten eggs  
1 cup milk  
1 cup grated cheese  

Cook green pepper and onion together in fat until tender. Salt to taste. Add milk and grated cheese to well-beaten eggs and stir into green pepper and onion mixture. Reheat for serving.