By RANDY WHATLEY

Last week's column about the Cajun boucherie de bloc (steer butchering) custom referred to the preparation of the internal organs into a dish called bouilli.

From John and Verbie Benoit of Addis, originally from Church Point and Lawtell respectively, we obtained these Cajun recipes for dedans de corps.

The dedans de corps is sometimes also called grillades. It consists of the beef liver, kidney, heart, spleen and the main arteries of the heart. Grillades are also known as lean pork cuts and can be prepared using these same instructions.

A bouilli can be either a soup or a sauce piquant (highly seasoned gravy). This soup is made with 4 pounds of meat (only a small portion of liver to avoid a bitter taste), 1 gallon of water, 3 large finely chopped onions, 2 large finely chopped bell peppers, 2 cans whole tomatoes, 2 cups rice (optional depending on taste) and ¼ Tbs. black pepper.

If rice is desired, it is washed and added to the soup just before the meat is cooked or about 1½ hours later.

The bouilli sauce piquant contains the same measurements of meat, onions and bell pepper. Added are 2 pods finely chopped garlic, 1 can tomato paste, 1 can tomato sauce, 2 Tbs. salt, 2 Tbs. black pepper, ¾ Tbs. red pepper and 2 cups water.

To make a bouilli sauce piquant, the seasoned meat is browned in a small amount of oil, then the onions, bell pepper and garlic are sauteed and added along with the tomato paste, tomato sauce and roux. All these ingredients are cooked on a low fire for about 2 hours and allowed to simmer until the gravy is at its desired consistency.

Des grillades amarine (marinated grillades) are cooked like the bouilli sauce piquant, except the seasonings are dissolved in ½ pint of water and placed, along with the meat, into a glass jar, sealed and allowed to marinate in the refrigerator for three days to a week before cooking.

In the old days, before refrigerators, the grillades amarine were placed in the glass jar and stored under the house or in the deep water well to prevent their spoiling.

Readers who have information on Cajun personalities, stories or folklore should write to "Du Chicot," Magazine, P.O. Box 588, Baton Rouge, La. 70821.