Cultural crossroads of the New World . . . famous for its buccaneers and dark Creole beauties. A lusty, turbulent land that has flown ten separate flags since the first Spaniard, Narvaez, put his foot ashore in 1528 for the greater glory of Charles V. Louisiana . . . where tall Ionic columns front mansions that still stand along the Mississippi or on the banks of peaceful bayous like the Teche . . . monuments to the grand manner in the South.

In the making of that modern Louisiana many of the gracious old world traditions are preserved. Of these perhaps the most famous is THE HERITAGE OF FINE COOKING—Creole cooking—a blend of the finest French, Spanish, Negro, and Indian skills that dates American Independence. It is a gift from old world Louisiana to gracious living.

Just as the Creole himself is the blend of French and Spanish racial stock with a culture influenced by the intermingling of backgrounds around New Orleans—so Creole Cooking is not the gift of any one country or any one race. It is the best culinary arts of Europe and Spanish America, influenced by the Negro and the Indian mingled with a dash of the history and habits of the Deep Delta. It has one outstanding characteristic—the skilled use of spices and seasoning, blended in time honored recipes.

We'll bet you never stopped to think that what you do in the kitchen is just as much an art as bookmaking or dress designing or any other of a host of age old skills. Chances are, when you nonchalantly toss off a souffle, or a salad or a rarebit, you are, whether you know it or not, using a recipe that probably had its beginning not in the "Handy Homemakers' Guide" you got when you married but back in the Renaissance.

The other day we came across an old book entitled The Goodman of Paris written by a wealthy Parisian bourgeois gentleman in 1393 who was attempting to tell his young 13-year-old wife how to run their home, manage the servants, tend the garden, and mostly how to cook (men have had their thumb in the soup for centuries).

Imagine it! That was 99 years before Columbus set sail for the new world and the French were already past masters at the art of fine cooking. It is no small wonder then, with that background, that Creole cooking should be so highly touted.

Note: His recipes were so interesting that we thought you might like to see how they prepared CINNAMON BREWETT in 1393.

CINNAMON BREWETT
(Brottet de Canelle)

Break up your poultry or other meat and stew it in water, putting wine therein, and fry it; then take raw dried almonds in their shells unpeeled and grate plenty of cin- namon and bray them well and moisten them with your broth or with beef broth and boil them with your meat; then bray ginger, cloves, and grain (of Paradise) etc., and let it be thick and red.

from an old French manuscript, about 1393.

FIRST START WITH THE FRENCH

When the French came to Louisiana, hot on the heels of the first Spanish explorers, they brought with them culinary arts that were the distillation of six centuries practice and experimentation. That was back in 1722 when the French, under Bienville, established the first tiny settle- ment in the hundreds of thousands of square miles that was the new domain of France in America . . . the territory of Louisiana.
THE PETTICOAT REBELLION WHICH STARTED CREOLE COOKING

Here the few hundred youthful housewives—mostly young wives of the soldiers—soon became up in arms over the lack of wheat flour, familiar garden vegetables, and most of all, the scarcity of all the piquant herbs and spices (such as ginger, cinnamon, pepper, saffron, cloves, and grains of Paradise) which their mothers had taught them to use so skillfully. When they marched on the mansion of Governor Bienville armed with the symbol of their distress—a frying pan—he put his efficient housekeeper, Madame Langlois, in charge of their problem. Lucky for Louisiana that there was a Madame Langlois. These young wives were going back to France on the next boat so tired were they of the monotony of their diet. Every day nothing but the detested Indian com But Madame Langlois had learned from the Choctaw and Squaws how to cook Indian foods. She might well be called the originator of real “Creole Cooking” since she had discovered how to blend native Indian dishes in a tradi- tionally French manner. Over a period of weeks, in informal little “hen parries” she taught her charges how to make hominy and grits out of the dreaded Indian corn with homemade lye. She revealed to them the secret of gumbo file—the crushed and dried leaves of Indian sassafras—which gives that distinctive, thick, tongue tingling, rib clanging body to Louisiana gumbo. Out of this happy mingling of ideas came such famous southern recipes as the “corn pone” scalded bread, creole rice and jambalaya (a delightful French-Indian way of disposing of the left-over) cookbook which have enthralled gour- mets of the world ever since.

NOW ADD A DASH OF THE SPANISH

The next step in the evolution of Creole cooking occurred when the Spanish came to rule Louisiana for nearly fifty years between the French and American regimes. The Spanish came to this new land by way of the colonies of Mexico and Latin America where they had learned the love of spices and hot peppers. Bringing with them ideas from the Incas, spices from the Aztecs, condiments from the Caribbean, the Spanish added “spices of life” to the lore of Creole cooking. Many of their beloved Iberian dishes were added to those they looted from the Indians they had conquered. In the Vieux Carré in New Orleans you can still see many traces of this Spanish influence—in the graceful iron lacework on the balconies as well as in the wistful names of little towns like New Iberia—the home of B. F. Trappey’s Sauce, Inc., one of the only canning companies in America which has preserved the traditions of Southern Creole cooking.

THE CHEFS WHO LOST THEIR JOBS WHEN THEIR MASTERS LOST THEIR HEADS

Before the French Revolution every noble family had its own private chef, with his small army of assistants and his secret file of ingenious dishes for which he was personally famous. All they had been at it since well before 1393 when an unknown French gentleman wrote the first cookbook of which we have any record. In the heyday of French royalty a chef could, with his culinary prowess, greatly advance the progress of his master at court. But the guillotine ruined永久ly so many royal and noble appetites, and the idea of having one’s own personal cook became so unpopular with the Reign of Terror that many of the greatest cooks in the world either opened restaurants or fled with their masters to the West Indies and thence to Louisiana. Luckily many of them gravitated to the Little Paris of America—New Orleans—and Spanish civilization, where they found the same appreciation of their art which often inspired their former masters to pin medals on their flour-stained waistcoats—here in Louisiana they added to Creole cooking the finesse of sauces, the subtlety of seasoning and the treasured recipes of royalty.

PLANTATION DAYS—NOW GONE WITH THE WIND

During the Ante-Bellum days when great plantations flourished in the South, the colored cooks ran leading establishments that often operated on the scale of a modern hotel. These cooks catered to one of the most discriminating class of epicures America has ever known, blending the contributions of so many races with tricks of their own. Few of the plantation owners were Creoles, in the true sense of the word, but it was here that “Creole Cooking” actually came into its own.
World famous recipes such as Omelette Espagnole, French Pancakes ala Geiee, and Fresh Mushrooms Sou Cloche fill the closely guarded cookbooks of New Orleans. The real secret is in the word seasoning. There’s no mystery in using seasoning. They aren’t even complicated. And without savory seasoning even the most artistic culinary creation will fall on its face.

THE COOK’S BEST RULE ...

Fine cooking was already a part of routine life in Louisiana when B. F. Trappey, Sr., opened his canning plant in 1898. His factory produced the now famous hot peppers—which have now become one of the most famous “secrets of Creole Cooking.” Food products, grown and canned in this region by B. F. Trappey’s Sons, smack of the Creole blend of the best French and Spanish cooking skills influenced by the Indian and jungle plantation Negroes. Graphic proof of Louisiana’s interest in the arts culinaire is evidenced in the names of the school yearbooks of its two leading universities. The Louisiana State University’s “Gumbo” and Tulane University’s “Jambalaya” are among the most popular annuals.

SPICES come from the bark, roots, leaves, stems, buds, seeds or fruit of aromatic plants and trees which usually grow only in tropical countries. Pepper, Turmeric, Cumin, Ginger, Mace, Nutmeg and Fennel; Cardamon, Cinnamon, Cloves, Cumin, Ginger, Saffron, and Mustard.

STIMULATING SPICES include those that have an especially strong pungent flavor, such as Pepper, Turmeric, and Mustard.

SALAD HERBS are those plants we use to season salads; they include the Sweet Herbs. Sage, Savory, Tarragon, Thyme, and Bay Leaf are Herbs. (Although Bay Leaf comes from a large tree this seasoning is popularly classed as an “herb.”) Herbs may be used fresh or dried; most are available whole or ground, and some in crushed form.

BLENDs of Spices and Herbs are often used in cookery. Some of the most popular ones are Apple Pie Spice, Poultry Seasoning, Chili Powder, Curry Powder, Pampkin Pie Spice, Minced Meat Spice, Flavor Salt, and Pickling Spice. The formula for a Blend may vary with the spice packer.

Salties and Herbs are classified in many different ways, but some of the most frequently used terms are:

AROMATIC Spices are those that have an especially pronounced, fragrant flavor, such as Anis, Caraway, Cardamon, Cinnamon, Cloves, Cumin, Ginger, Mace, Nutmeg and Fennel.

SALAD HERBS are those plants we use to season salads; they include the Sweet Herbs.

SAVOR Y, Tarragon, Thyme, and Bay Leaf are Herbs. (Although Bay Leaf comes from a large tree this seasoning is popularly classed as an “herb.”) Herbs may be used fresh or dried; most are available whole or ground, and some in crushed form.
PO'T HERBS are not seasonings; they are food plants such as cabbage and spinach.

FINE HERBS (Fines herbes) means a ... boiled or smooth. The quantity to use is directed by taste and can be added during the process of cooking.

-9-

FINE HERBS (Fines herbes) means a combination of the cook but might include Parsley, Chives and Chervil; Egg Parnsey. At one time Tarragon was popular in Fine

-9-

a distinctive sauce. It is our contribution to Creole season- and we thought you would be interested in how that little red bottle with hot sauces came to be on almost every table in America.

**Facts**

**THAT WE SHOULD KNOW IN COOKING**

1. When the word GUMBO is used, it is generally understood that the reference is to an Okra gumbo; to a product for which it is a sure end of peppers. It's our contribution to Creole seasoning.

2. Okra has many times been defined as gumbo. Do not confuse Okra with gumbo, although Okra can be used in making gumbo in which case Okra is stove in the roux with the onions, celery and sweet peppers and when well done chicken, shrimp or crab is added. Crab gumbo indicates the stock as being crab. A seafood gumbo can be made of shrimp, crab, oysters or a combination of any of the seafoods. Gumbos of this nature are usually seasoned after serving with a pinch of Salt and Pepper.

3. To prepare seasoned flour, this formula is used: one cup flour, Table Seasoning and pepper to taste; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

4. What is Spice-Up Table Seasoning? Spice-Up Table Seasoning is a blend of herbs and spices that would produce recipes to which our good friends, who had tried to prepare recipes with various proportions netted results that have proven satisfactory. In the use of Spice-Up Table Seasoning, there is no fail-

5. What is Chef Magic Kitchen Seasoning? Chef Magic Kitchen Seasoning is a blend of herbs and spices used in preparation of foods for more interest in the cooking. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

6. Spice-Up Table Seasoning is not a seasoned flour. It is a blend of vegetable salts and constitutes the basic ingredients into which is added the stock. Therefore, a chicken gumbo indicates chicken stock added to a roux in which has been wilted onions, celery, and sweet peppers and a seasonings, the reference is made to a product very

7. With most famous of all is the Trappey's sauce made from Monosodium Glutamate and Salt. (An Herb-flavored Stock and Chicken Fat, Butter, Meat Drippings, Lem-

8. Measure flour, Table Seasoning and pepper into sifter; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

9. Monosodium Glutamate and Salt. (An Herb-flavored Stock and Chicken Fat, Butter, Meat Drippings, Lem-

10. It is a blend of herbs and spices that would produce recipes to which our good friends, who had tried to prepare recipes with various proportions netted results that have proven satisfactory. In the use of Spice-Up Table Seasoning, there is no fail-

11. In America. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

12. In the use of Spice-Up Table Seasoning, it is generally understood that the reference is to an Okra gumbo; to a product for which it is a sure end of peppers. It's our contribution to Creole seasoning.

13. To prepare seasoned flour, this formula is used: one cup flour, Table Seasoning and pepper to taste; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

14. Chickens, Omelets, Sauces, Green Salads, and

15. There are a few of the various types of seasonings, that's sure sign your cooking isn't in a rut. In fact, an active spice shelf identifies the imaginative cook who takes pride in avoiding monotonous meals.

Knowing of the interest that B. F. Trappey's Sons, Inc., had shown in creating a blend of herbs and spices that would produce recipes to which our good friends, who had tried to prepare recipes with a real creole flavor, became discouraged and appealed to us to prepare a seasoning which would embody a blend of herbs and spices that would produce recipes with a real gourmet flavor. A period of experiments in blending various proportions netted results that have proven satisfactory. In the use of Spice-Up Table Seasoning, there is no fail-

Still other ingredients, since our good friends, who are also foods in themselves, are used to season foods: Salt Pork, Chicken Stock and Chicken Fat, Butter, Meat Drippings, Lem-

Don't you have that all seasonings are nature's own products? Is this the spice of cookery. If your spice shelf is stocked with a few of the vari-

8. Measure flour, Table Seasoning and pepper into sifter; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

9. Monosodium Glutamate and Salt. (An Herb-flavored Stock and Chicken Fat, Butter, Meat Drippings, Lem-

10. It is a blend of herbs and spices that would produce recipes to which our good friends, who had tried to prepare recipes with various proportions netted results that have proven satisfactory. In the use of Spice-Up Table Seasoning, there is no fail-

11. In America. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

12. In the use of Spice-Up Table Seasoning, it is generally understood that the reference is to an Okra gumbo; to a product for which it is a sure end of peppers. It's our contribution to Creole seasoning.

13. To prepare seasoned flour, this formula is used: one cup flour, Table Seasoning and pepper to taste; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

14. Chickens, Omelets, Sauces, Green Salads, and

15. There are a few of the various types of seasonings, that's sure sign your cooking isn't in a rut. In fact, an active spice shelf identifies the imaginative cook who takes pride in avoiding monotonous meals.

Knowing of the interest that B. F. Trappey's Sons, Inc., had shown in creating a blend of herbs and spices that would produce recipes to which our good friends, who had tried to prepare recipes with a real creole flavor, became discouraged and appealed to us to prepare a seasoning which would embody a blend of herbs and spices that would produce recipes with a real gourmet flavor. A period of experiments in blending various proportions netted results that have proven satisfactory. In the use of Spice-Up Table Seasoning, there is no fail-

Still other ingredients, since our good friends, who are also foods in themselves, are used to season foods: Salt Pork, Chicken Stock and Chicken Fat, Butter, Meat Drippings, Lem-

Don't you have that all seasonings are nature's own products? Is this the spice of cookery. If your spice shelf is stocked with a few of the vari-

8. Measure flour, Table Seasoning and pepper into sifter; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

9. Monosodium Glutamate and Salt. (An Herb-flavored Stock and Chicken Fat, Butter, Meat Drippings, Lem-

10. It is a blend of herbs and spices that would produce recipes to which our good friends, who had tried to prepare recipes with various proportions netted results that have proven satisfactory. In the use of Spice-Up Table Seasoning, there is no fail-

11. In America. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

12. In the use of Spice-Up Table Seasoning, it is generally understood that the reference is to an Okra gumbo; to a product for which it is a sure end of peppers. It's our contribution to Creole seasoning.

13. To prepare seasoned flour, this formula is used: one cup flour, Table Seasoning and pepper to taste; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

14. Chickens, Omelets, Sauces, Green Salads, and

15. There are a few of the various types of seasonings, that's sure sign your cooking isn't in a rut. In fact, an active spice shelf identifies the imaginative cook who takes pride in avoiding monotonous meals.

Knowing of the interest that B. F. Trappey's Sons, Inc., had shown in creating a blend of herbs and spices that would produce recipes to which our good friends, who had tried to prepare recipes with a real creole flavor, became discouraged and appealed to us to prepare a seasoning which would embody a blend of herbs and spices that would produce recipes with a real gourmet flavor. A period of experiments in blending various proportions netted results that have proven satisfactory. In the use of Spice-Up Table Seasoning, there is no fail-

Still other ingredients, since our good friends, who are also foods in themselves, are used to season foods: Salt Pork, Chicken Stock and Chicken Fat, Butter, Meat Drippings, Lem-

Don't you have that all seasonings are nature's own products? Is this the spice of cookery. If your spice shelf is stocked with a few of the vari-

8. Measure flour, Table Seasoning and pepper into sifter; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

9. Monosodium Glutamate and Salt. (An Herb-flavored Stock and Chicken Fat, Butter, Meat Drippings, Lem-

10. It is a blend of herbs and spices that would produce recipes to which our good friends, who had tried to prepare recipes with various proportions netted results that have proven satisfactory. In the use of Spice-Up Table Seasoning, there is no fail-

11. In America. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

12. In the use of Spice-Up Table Seasoning, it is generally understood that the reference is to an Okra gumbo; to a product for which it is a sure end of peppers. It's our contribution to Creole seasoning.

13. To prepare seasoned flour, this formula is used: one cup flour, Table Seasoning and pepper to taste; sift into small bowl; blend thoroughly. Second, place in a small jar; cover. NOTE: keep this on hand, use for thickening gravies, sauces and stews or coating or dusting of meats. It is well that the word Spice-Up and Chef Magic be used in these suggested recipes. A whole array of delicious

14. Chickens, Omelets, Sauces, Green Salads, and

15. There are a few of the various types of seasonings, that's sure sign your cooking isn't in a rut. In fact, an active spice shelf identifies the imaginative cook who takes pride in avoiding monotonous meals.
6. Mexi-Pep and Trappey's Pepper Sauce—these two pepper seasonings are the result of a concoction of Louisiana peppers that have undergone an aging process of three to four years in oak barrels. During this aging process, the oils, usually referred to as oleoresin, disintegrate to a degree that it is soluble in vinegar. These oils with a blend of grain vinegar, wine vinegar and apple cider vinegar produces the aromatic essence that is detected in these sauces. The ripe pulp of the peppers constitutes the body of the sauces. All seeds, fiber, hulls have been extracted, thereby removing any irritating properties that are commonly found in cheaper pepper sauces. It is an ideal product for general creole seasoning and can be used wherever a peppery or piquant flavor is desired.

7. Remoulade Sauce—Trappey's Remoulade Sauce is made from a secret formula which cannot be reproduced in this cookbook. There are many uses for Remoulade Sauce among which is a spread for seafood cocktails, as a dip for potato chips, Fritos, Ritz Crackers, etc. It can be blended with mayonnaise for an improved quality taste or it can be added to ketchup or French dressing as a salad dressing. It can also be used as a spread for sandwiches, hamburgers, mock chickens, salads, etc. It can be used to Improve barbecues sauce. This product can be developed into many uses.

8. Torrido Brand Pickled Chilies—An imported chili pepper from Lower California and found in the Peninsula belonging to Mexico. Seeds were imported into the Louisiana soils and produced a far superior quality than the original in its native state. These peppers are delightfully hot—can be minced and used in general cooking or can be placed whole in the food and withdrawn before serving. Many uses for both the peppers and the vinegar are permissible.

9. Dulcito, likewise Torrido are Spanish names which signify the characteristics of the pepper. Dulcito meaning sweet, Torrido meaning hot. Dulcito Brand Peppers are generally used for topping salads and hot d'oeuvres and can be served as an appetizer with cocktails. The original seeds of this chili were grown in the Mediterranean area and grown in Louisiana soil where they were perfected. Many uses for Dulcito Brand Peppers are available.

THE SPICE OF LIFE

To those original Creole chefs and to the colored plantation cooks, the phrase "The Spice of Life" meant just one thing—fresh herbs and spices which added so materially to the enjoyment of fine cooking. These pepper products—originally introduced into the cooking culture of America by the Spanish were soon seized upon by the versatile southern cooks and that's how New Iberia came to be the Hottest Town in the United States.

WHO PUT THE PEPPERS IN THE SUGAR BOWL?

When Colonel Beauregard White—a well-known Southern planter from the region around New Orleans, is the heart of America's "Sugar Bowl"—was given some red pepper seed by a Mexican in 1849, no one realized that a major Southern industry would flourish from the "firefly little red devils" at his plantation. Soon the State of Tabasco termed the little red peppers from the State of Tabasco, termed them firefly little red devils. Many acres were dotted with flowers, red peppers which he found possessed an extraordinarily fine flavor. He decided to name this new crop after the State in Mexico from whence the seeds had come.

(Continued on page 50)
Have you ever tried to marinade meats for better flavor by thoroughly rubbing a mixture of Spice-Up Table Seasoning, salt, black pepper and paprika? This can be successfully done 2 to 8 hours before meat is ready for cooking. Depending upon quantity of meat, prepare a mixture of 2 tablespoonsful of Spice-Up Table Seasoning, 1 tablespoonful of salt, ½ tablespoon black pepper, ½ tablespoon paprika—blend together and rub freely on roast, daubes, chicken—& for frying, or barbecueing—on fish. Place in large pan, cover with aluminum foil and keep refrigerated until time to cook. This dry seasoning marinade improves greatly the cooking results.

"First make a roux." A roux is a mixture of fat and flour browned slowly to deep, golden beauty. So measure fat—oil, solid fat, or drippings—into a heavy pot. Keep the heat low to moderate, stir in an equal amount of flour and stir and stir. Keep stirring almost constantly, with only slight pauses, to prevent burning until the mixture becomes golden or deep red-brown. Each recipe will tell you the shade desired! A good roux takes 15 to 30 minutes to make, but some French experts insist on one hour. When the roux is the right color, you’re ready to go to the next step. Now add chopped onion, green pepper, and celery, and cook until clear. You ask, “Cook vegetables in a fat-flour mixture?” They do cook. Just stir them into the roux, and cook and stir until they look clear, somewhat transparent. Begin to be tender, about 15 minutes. Master these two steps take time, and success is yours.

The fame of Creole cookery lies in the artful blending of flavors. Additionally many famous dishes owe their distinctive goodness to a roux or foundation mixture which imparts a subtle “dark-brown roasted” taste not to be found in any other cookery. Gumbos, jambalayas, stews and dishes a la Creole begin with a roux when cooked in the Cajun country.

So important is the proper making of a roux to success with Creole recipes we are reproducing step-by-step directions as set forth in the October 1952 issue of Better Living Magazine.

"Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty. Through Christ our Lord. Amen.

"Lift up your hands toward the sanctuary and bless the Lord. Blessed are those who love the Lord, their God. From Him all blessings come, 

"Bless, O Lord, this food to our use, and us to Thy service, and make us ever mindful of the needs of others. In Jesus Name. Amen."
Famous Creole Sauces

Vinaigrette Sauce (Sauce Vinaigrette)
1.2 shallots bl·bl 2 ta espoons vmegar
.2 ta esooons ... oysters
Line cocktail glass with lettuce, place shrimp 0
within, and spoon Trappey's Remoulade Sauc I
Tomato..Avocado
cold, with cold boiled meat, cold boiled fish,etc.
Mix all together and add the oil and vinegar; serve,
cold, with cold boiled meat, cold boiled fish, etc.

Green Remoulade (Remoulade Verte)
3 hard-boiled eggs 1 tablespoon of tarragon vinegar
1 1/2 yolk of egg 1 tablespoon of olive oil or salad oil
1 small clove of garlic minced very fine
4 tablespoons of olive or salad oil
tablespoons soup base
2 tablespoons chopped parsley
Spice-Up Table Seasoning to taste (Trappey's)

A Remoulade is a cold sauce, and is always served with
cold meats and seafoods, especially shrimp. Boil the eggs
until hard. Remove the shells and set aside the yolk,
which you will have crumbled fine for a garnish. Put the
yolks into a bowl, mash very fine, until perfectly smooth,
add the mustard and mix well, and the seasonings of
vinegar and Spice-Up Table Seasoning to taste. Then
add the olive or salad oil, drop by drop, working in the
egg all the time, and then add the yolk of raw egg,
and work in thoroughly, until light. Mix well, increasing
the quantities of oil or vinegar, according to taste, very
lightly. If the Sauce is not thoroughly mixed, it will

curdle. It is now ready to be served with cold meats,
fish or salads. In coloring, use the juice of spinach or parsley, using
about two tablespoonsfuls of either.

Croole's Sauce "Torride"
1 1/2 egg yolks
tablespoon chopped parsley
1 teaspoon lemon juice
tablespoon mayonnaise
tablespoon white pepper
Mix butter or oleomargarine in aluminum sauce pan,
add flour, stir until smooth, pour stock or hot water in
slowly, stirring to blend smooth, add lemon juice, chili
powder, mayonnaise, white pepper and salt. Whirl with
egg beater and add egg yolks. Can be served hot or cold.
If thinner mixture desired, use vinegar to cut consistency.

Appetizers

Shrimp or Oyster Cocktails
Mix shrimp or 12 medium size oysters
Line cocktail glass with lettuce, place shrimp or oysters
within, and spoon Trappey's Remoulade Sauce on top.

Tomato-Avocado
Big red slices of vine-ripened tomatoes topped
with artichoke salad. Serve mayonnaise blended with Trappey's Remoulade Sauce added to taste.

Seafood Cocktail Sauce
2 tablespoon horseradish
2 tablespoon lemon tabasco sauce
Few drops Trappey's Pepper Sauce
1 teaspoon white sugar
tablespoon mayonnaise

tablespoon (Trappey's)
tablespoon Worcestershire Sauce
tablespoon Tabasco sauce
tablespoon celery

1/2 cup vinegar or lemon juice
1/2 cup sugar
1/2 cup water

Famous Creole Sauces

French Dressing
1 tablespoon sugar
1 tablespoon salt
1 teaspoon paprika
1 teaspoon mustard
1 clove garlic, cut crescent
Combine all ingredients and shake well in covered jar.

Spice-Up Table Seasoning
1/4 teaspoon mustard
1/4 teaspoon salt
1/4 teaspoon white pepper
1/2 teaspoon pepper cut ne gives a good flavor.

Celery Sauce
2 quart coarsely chopped celery
1 medium chopped onions
1 small button garlic sliced
1 cup vinegar

Mix all together and cook slowly for about 1 hour. Remove garlic. Shake well before
cutting. It is now ready to be served with cold meats,
Sardine Canapes
1 can sardines 6 stuffed olives
~ lb. cottage cheese /I. t h'I tablespoon pickled onions /2 teaspoon c dill pepper sauce

First make roux by using shortening and flour, stir constantly until dark brown. Add chopped tomatoes. Stir constantly until dark brown. Then sauté onions, celery and bell peppers until vegetables soften or wilt. Add Minced Okra which has been cut fine crosswise. Allow 2 quarts of boiling water gradually. Scald crabs, remove shells and clean them. Then add them to the gumbo mixture, allowing all to boil slowly for about 1 hour. Season occasionally to taste, using salt and Spice-Up Table Seasoning. Serve with boiled rice.

Plain Shrimp Gumbo
3 1/2 lb. of large shrimp (drained)
1 3/4 cups chopped tomatoes (drained)
1/2 lb. dry mild sausage (minced)
1 medium-size (minced)
1 cup celery (minced)
4 small onions (minced)
2 tablespoons chopped parsley
6 cups water

Clean and cut up the fish, chicken, oysters, or crawfish. Put the shrimp into the pan, add the okra, celery, bell pepper, and salt. Scald crabs, remove shells and clean them. Then add them to the gumbo mixture, allowing all to boil slowly for about 1 hour. Serve with boiled rice.

Chicken Gumbo (Gumbo Fevi)
1 1/2 cups cooking oil
3 1/4 cups Trappey's Creole Sauce or canned tomatoes
1 teaspoon salt or Tabasco
1/2 lb. dry mild sausage (minced)
1/2 cup celery (minced)
3 medium-size (minced)
3 small onions (minced)
1 cup chopped bell peppers
1/2 cup chopped parsley

Gumbos
Plain Crab Gumbo
1 dozen hand-disked crabs
1 3/4 cups Trappey's Cut Okra (drained)
1 large or 2 small onions (minced)
1 medium-size (minced)

Chicken and Oyster Gumbo
1/2 cup cooking oil
3 1/4 cups Trappey's Creole Sauce or canned tomatoes
1 teaspoon salt or Tabasco
1/2 lb. dry mild sausage (minced)
1/2 cup celery (minced)
3 medium-size (minced)
3 small onions (minced)
1 cup chopped bell peppers
1/2 cup chopped parsley

Sardine Canapes
1 can sardines 6 stuffed olives
~ lb. cottage cheese /I. t h'I tablespoon pickled onions /2 teaspoon c dill pepper sauce

Mock Pate de Foie Gras
Trim slices of bread cut in th

Gumbos
Plain Crab Gumbo
1 dozen hand-disked crabs
1 3/4 cups Trappey's Cut Okra (drained)
1 large or 2 small onions (minced)
1 medium-size (minced)
Crawfish Gumbo (Gumbo aux Huitres)

4 green onions (cut at onion length) 1 cup celery (minced)
1 large white onion (minced) 1 bell pepper (minced)
salt and Chef-Magic Kitchen Seasoning to taste
3 tablespoons of flour

Put the shortening into a large kettle, and when hot add the flour, stirring constantly, making a brown roux. When quite brown, without burning, add the chopped onions, celery and bell peppers. Stir well, and when wilt, pour into the hot gumbo liquor and then add the hot water. When it comes to a good boil season to taste with Chef-Magic Kitchen Seasoning. Just before serving, add the oysters, which have been well drained, and parsley. Make it quite firm to serve. Season to taste with Chef-Magic Kitchen Seasoning while cooking. Serve in the old time deep-plate with rice or corn bread.

Gumbo de Boeuf (Beef Gumbo)

1 1/2 cups shortening
2 cups celery (minced)
1 cup bell pepper (minced)
1/2 cup flour

In a large cooking utensil place shortening. Allow the shortening to heat; when melted and warm, add both kinds of tomatoes, onions, celery, and skin from fish. Allow to cool—try to keep fish in stock. When it is cool, cut up two onions in this water, a large piece of bell pepper, celery and bell peppers. Saute these, and when wilt, pour into the hot gumbo liquor and then add the hot water. Cook for about three minutes longer and take off the heat. Remove bones, which have been previously cleaned and seasonings and skin from fish. Bring to the table, cover. Bring to the table, and add hot oyster liquor and then add the hot water. When it comes to a good boil season to taste with Chef-Magic Kitchen Seasoning. Just before serving, add the oysters, which have been well drained, and parsley. Make it quite firm to serve. Season to taste with Chef-Magic Kitchen Seasoning while cooking. Serve in the old time deep-plate with rice or corn bread.
Mock Turtle Soup
1/2 pound beef meat
1/2 pound pork meat
1 pound chicken
2 or 3 cups wine
1 cup port wine
1 pound onion
1/2 cup flour
To make roux use 2 tablespoons of oil and 3 tablespoons flour and follow directions for making roux. Boil all ingredients together, Grind onions. Chop meat and lemons in very small pieces. After meat is tender, remove all bones and cut into small pieces. Fry onions in the roux 3 minutes. Add the broth and meats and remainder of ingredients, except wine, and let cook about one-half hour. Just before serving, add sherry wine. Try Mexi-Pep for individual pepper flavor.

Split Green Pea Soup (a good lenten dish)
2 or 3 tbs of celery, cubed
2 tablespoons shortening
1/2 cup diced gulley peas
2 quart water, large onion, diced
1 cup diced carrots
1/2 cup diced celery
1 cup diced potatoes
5 tablespoons flour
2 cups milk
1/2 cup onions, ground
3 tablespoons flour
1/2 cup shortening
3 cups water
Salt, pepper
To make roux, add the oil and flour. When evening color, add the shortening, mix well, and add the water. Boil well, and set on the back of the stove and let it simmer well for about an hour and a half. Season to taste and serve hot, with crusty bread. Use Mexi-Pep for pepper flavor.

Okra Soup (Potage de Fevi)
6 fresh tomatoes
3 tablespoons chopped onion
2 tablespoons butter
1/2 cup diced celery
1 cup diced carrots
1/2 cup diced potatoes
1 cup diced okra
1 quart water
1 bay leaf
Salt, pepper
To make roux, add the oil and flour. When evening color, add the shortening, mix well, and add the water. Boil well, and set on the back of the stove and let it simmer well for about an hour and a half. Season to taste and serve hot, with crusty bread. Use Mexi-Pep for pepper flavor.
Chef-Magic Shrimp Soup

1/2 cup chopped celery
3 tablespoons butter
1 teaspoon pepper
1 cup minced dry milk
3 teaspoons Chef-Magic Kitchen Seasoning
1/2 teaspoon paprika
3 tablespoons broth
(Add additional broth if soup may be used)
1/2 cup (6 oz.) minced cooked shrimp

Simmer celery, onion and seasonings in 3 cups of broth until vegetables are tender. Mix flour, nondiet dry milk and softened butter. Gradually add remainder of broth and blend to a smooth paste. Add this mixture to vegetables and broth until slightly thickened. Add shrimp. (Any other minced seafood may be used.) Serve hot. A few drops of Mexi-Pep will improve the taste. 

Oyster Stew Creole (soups)

1 pint oysters
1/2 cup chopped celery
1/2 cup minced onion
1 egg, beaten
2 tablespoons minced celery
1/2 cup milk
1/2 teaspoon Davis Cream Seasoning
1/4 cup minced oyster or omelette

Beat in three tablespoons butter in hot butter or omelette the onions and celery for five minutes, then add oysters, paprika, milk, salt, pepper, and bring to a boil. Remove from stove, add Chef-Magic Kitchen Seasoning to taste and parley and mix well. Serve.

Creole Stew

1 lb. good stew meat
3 tablespoons butter
1/2 cup chopped onion
1 teaspoon salt
1/4 cup flour
2 cups oyster
1 to 2 teaspoons Worcestershire sauce
1/2 teaspoon paprika
1/2 cup water

Brown stew meat in the butter until very brown. Place in a very hot, greased vegetable mold. Add oysters and broth and cool until slightly thickened. Add okra and tomatoes and Torrido Pepper (minced), salt and rice. Cover and let simmer slowly. Serve piping hot. You can improve the taste by adding Trappey's Chef-Magic Kitchen Seasoning while cooking.

Dumplings

3 cups flour
2 teaspoons salt
1/2 teaspoon Davis Cream Seasoning
1/2 cup milk

Sift dry ingredients, cut in butter, egg, milk and pour mixture into dry ingredients, mix well. After meat or chicken is done, drop dumplings by small spoonfuls into the gently simmering broth. Cover tightly and cook 15 minutes. Remove from flame, leave covered an additional five minutes. The broth should not boil at any time after adding dumplings.

Chicken Fricassee

4 lb. chicken
1/2 cup water
3 tablespoons flour
1/2 cup water
1/2 cup milk

Use a 5 or 6 quart very heavy-iron pot with a cover. To prepare chicken: cut up, wash, and season well with Spicy-UP Table Seasoning. Set aside until ready to use in gravy. Put oil in pot, let get very hot, then add flour and stir vigorously until flour is very brown. Be very careful of burning flour as it burns quickly. (Called a roux.) Add onions, celery, pepper and keep stirring until added ingredients are mixed well. Add paprika. Be sure onions, celery, and pepper are very finely cut before adding to roux. Add chicken, broth, water to mixture and cook over low heat for two to three hours. Add three tablespoons of creamed sweetened chicken into gravy. This is the secret of a very tasty gravy. Let cook over a medium heat until chicken is tender. If gravy gets too thick add three to four drops of water. If gravy is too thin add one tablespoon of corn starch mixed with a little water to make a liquid, add slowly to the gravy it will thicken, stir for 30 minutes or more. Serve with rice or dumplings, will serve six people. A few drops of Mexi-Pep add materially to a piquant flavor.

Yams

For Taste Nutrition

Make a roux, using 1 large kitchen spoon of fat and one-half cup flour, brown to a golden brown. Add chopped vegetable and when limp, add tomato sauce and water. Simmer for forty-five minutes on a very low flame in tightly covered pot. Add peeled shrimp, Worcestershire sauce, lemon slices and Chef-Magic Kitchen Seasoning. Toast for twenty minutes longer and serve with rice.

Chicken Sauce Piquante

1 lb. to 2 pounds stewing hen
1 large onion
3 tablespoons of fresh flour
1/2 cup water
2 tablespoons finely chopped celery
1/2 cup finely chopped green bell pepper
1 can small green peas
1 medium onion
1 cap of whole tomatoes
1 can cream of chicken
1/2 cup water

Place 3 tablespoons of fresh Hour and brown a light brown (roux). Add onions and let cook slowly about 3 minutes of cooking drop cut up seasoned raw chicken into gravy. This is the secret of a very tasty gravy. Let cook over a medium heat until chicken is tender. If gravy get too thick add three to four drops of water. If gravy is too thin add one tablespoon of corn starch mixed with a little water to make a liquid, add slowly to the gravy it will thicken, stir for 30 minutes or more. Serve with rice or dumplings, will serve six people. A few drops of Mexi-Pep add materially to a piquant flavor.
utes. Do not brown onions; just let them cook until well wilted. Then add celery and do not brown onions; just let them cook until well wilted. Then add celery and let this wilt about 1 minute. Add about 1 pint of boiling water and cook until meat is done. Cover and let cook slowly about 1 1/2 hours. If the chicken looks as though it were falling from the bones, just remove it. The gourmet will attempt to arrive at a roux about 1/2 teaspoon of Chili-Magic Kitchen Seasoning. If desired, add contents of one can of Trappey's Yams drained. Serves 6. Season with Meat-Pep for pepper seasoning.

Beef Croque (Croque Creole)

1. Preheat oven to 400°F. 
2. Cook ground beef (chuck or rump) in a heavy skillet. 
3. Add chopped onions, celery, and green pepper. 
4. Pour into iron pot a generous amount of cooking oil. Allow to heat thoroughly and then add flour. See Roux page 13. Use your discretion, but remember you want enough. Stir this over a slow, slow fire for about one-half hour. Do not allow to brown too much or too fast. Then the gourmet will attempt to arrive at a roux about two shades darker than the color of the fat in the crabs. Then add the chopped onions, garlic, sweet pepper, and celery—and cook—always slowly—for about fifteen or twenty minutes. Stir once or twice. Into this concoction put crab which has been cleaned and halved. (Do not discard the fat.) This is most important. Give this a stall-wart turn with the spoon and cover on pot. For quite a while, only at occasional look-see might be necessary. Do not add any water at any time. The dripping from the steam and the water from the crabs will more than suffice. About one-half hour before serving put into pot the meat which has been removed from the claws and all is well blended. Put the pieces of chicken in this gravy. Add tomatoes and 2 whole Torrido Peppers and a small amount of boiling water. Cover and let cook slowly about 1 hour. When hot, place, mix and allow to brown thoroughly on both sides, cover tightly and simmer. If necessary add small quantity of water, cooking on very low fire until meat is done in 2 to 1 hours, depending upon amount of meat. When done, remove meat and, if desired, add contents of one can of Trappey's Yams that have been drained. The combination of pork roast and yams offers a most delightful treat. Use a few drops of Meat-Pep for a pepper seasoning.

Meat's

Bayou Pork Roast

It is best if you use a 3/slice of pork cut from portion of the hind quarter or using any pot roast cut of pork. Prepare meat well by seasoning with salt and black pepper and chop in gravy the contents of one can of Chef-Magic Kitchen Seasoning. Insert knife into meat three or four places, placing in each cut 1/2 small clove garlic. In heavy iron pot or aluminum pot with a tight fitting lid, heat 3 or 4 tablespoonsful of fat. When hot, place, mix and allow to brown thoroughly on both sides, cover tightly and simmer. If necessary add small quantity of water, cooking on very low fire until meat is done in 2 to 1 hours, depending upon amount of meat. When done, remove meat and, if desired, add contents of one can of Trappey's Yams that have been drained. The combination of pork roast and yams offers a most delightful treat. Use a few drops of Meat-Pep for a pepper seasoning.

Dry Hash

3 cups diced celery
3 cups canned tomatoes
1/2 small green pepper, chopped
1/2 chopped onion
1/2 teaspoon salt
1 small clove garlic, mashed
1 tablespoon Worcestershire Sauce

DIRECTIONS: Mix flour with salt and pepper and add to pot roast. Cover and cook slowly for about 20 minutes. When done, cover and let stand for about 1 1/2 hours. Then add.


Meats

Bayou Pork Roast

It is best if you use a 3/slice of pork cut from portion of the hind quarter or using any pot roast cut of pork. Prepare meat well by seasoning with salt and black pepper and chop in gravy the contents of one can of Chef-Magic Kitchen Seasoning. Insert knife into meat three or four places, placing in each cut 1/2 small clove garlic. In heavy iron pot or aluminum pot with a tight fitting lid, heat 3 or 4 tablespoonsful of fat. When hot, place, mix and allow to brown thoroughly on both sides, cover tightly and simmer. If necessary add small quantity of water, cooking on very low fire until meat is done in 2 to 1 hours, depending upon amount of meat. When done, remove meat and, if desired, add contents of one can of Trappey's Yams that have been drained. The combination of pork roast and yams offers a most delightful treat. Use a few drops of Meat-Pep for a pepper seasoning.

Beef Croque (Croque Creole)

1. Preheat oven to 400°F. 
2. Cook ground beef (chuck or rump) in a heavy skillet. 
3. Add chopped onions, celery, and green pepper. 
4. Pour into iron pot a generous amount of cooking oil. Allow to heat thoroughly and then add flour. See Roux page 13. Use your discretion, but remember you want enough. Stir this over a slow, slow fire for about one-half hour. Do not allow to brown too much or too fast. Then the gourmet will attempt to arrive at a roux about two shades darker than the color of the fat in the crabs. Then add the chopped onions, garlic, sweet pepper, and celery—and cook—always slowly—for about fifteen or twenty minutes. Stir once or twice. Into this concoction put crab which has been cleaned and halved. (Do not discard the fat.) This is most important. Give this a stall-wart turn with the spoon and cover on pot. For quite a while, only at occasional look-see might be necessary. Do not add any water at any time. The dripping from the steam and the water from the crabs will more than suffice. About one-half hour before serving put into pot the meat which has been removed from the claws and all is well blended. Put the pieces of chicken in this gravy. Add tomatoes and 2 whole Torrido Peppers and a small amount of boiling water. Cover and let simmer for about 3 hours in heavy iron covered pot or until meat is tender. Add more water as needed. One-half hour before meat is tender, add contents of one can, if desired, of Trappey's Yams drained. Serves 6. Season with Meat-Pep for better flavor.
grind an equal portion of Irish potatoes together with 1 small onion, 14 cup milk, 15 ground beef, 1 bay leaf.

Place the ground potatoes, ground onion, garlic and eggs in a 2 quart iron pot in which has been added enough cooking oil to partly fry potatoes. Add ground meat and mix thoroughly in pot, cover tightly and allow to simmer until cooked. When cooked, do not add any water, remove lid and allow to dry thoroughly, stirring occasionally to prevent sticking. When tasting if additional seasoning is required, add Spice-Up Table Seasoning. This is an excellent meat and potato dish. For a pepper seasoning use Mexi-Pep.

Roast Lamb Leg (Roti de Mouton)

Lamb leg

Smear salt, pepper and Chef-Magic Kitchen Seasoning on leg of lamb well, make holes and place pieces of garlic in. Smear salt, pepper and roast until good and brown. Pour a little water around meat, cover and cook slowly for 40 minutes. Remove spoon from heat but keep the lid on for 10 minutes. To serve, arrange the browned fat over the rice and pour the Creole Sauce over the rice and chops—or serve it in a vegetable dish. This recipe makes 6 servings.

Doboce Glace

If using wild rabbit, plunge into deep pot of boiling water and boil for ten minutes. This is necessary in order to remove the wild taste. Fry each piece of rabbit and bay leaf. Cover pot (preferably Dutch oven because round cans are a little dry and taste better when cooked with meat heat). Add the pork chops and fry out. Add some of the fat from the chops and fry out. Remove the pieces of browned fat. Add the pork chops and brown slowly on both sides. Add the tomato juice, Worcesteshire Sauce, salt, pepper, Trapper's Sauce, lemon juice and green pepper. Cover and cook slowly for 40 minutes or until the chops are tender. While the pork chops cook, put the rice, salt and water in a 2-quart saucepan and bring to a vigorous boil. Turn the heat as low as possible. Cover and leave over this low heat for 14 minutes. Remove saucepan from heat but keep the lid on for 10 minutes. To serve, arrange the browned fat over the rice and pour the Creole Sauce over the rice and chops—or serve it in a vegetable dish. This recipe makes 6 servings.

Pork Chops du leche

6 pork chops

1 cup chopped green pepper

1 cup chopped onion tops

1/2 cup minced parsley

1/2 cup minced garlic

2 tablespoons Trappey's Worcestershire Sauce

1/2 cup milk

2 tablespoons Chef-Magic Kitchen Seasoning to taste

steam the sauce in covered pot. Be sure to check on that. When meat is done remove from fire. Gravy from meat may be strained if a clear gelatine is desired. Seasoning is so well done that it isn't necessary to strain. Serves about 12 people.

Lapin au Sauce Piquante (Rabbit)

3 cups tomatoes

1/2 cup minced parsley

1/2 cup minced garlic

1/2 cup minced onion

1/2 cup water

1/2 cup chopped celery

1/2 cup chopped chilies

2 teaspoons dry unflavored gelatin

9 ounces Trappey's Pepper Sauce

1 tablespoon lemon juice

1/2 teaspoon salt

Pepper to taste

Bay leaf

1 1/2 tablespoons chopped parsley

1 1/2 tablespoons teaspoon table salt

2 teaspoons ground black pepper

2 cups canned tomatoes

1/2 cup minced garlic

1 tablespoon minced onion

2 teaspoons chopped parsley

1/2 cup dry bread crumbs

2 tablespoons chopped onion

1/2 cup dry milk

1 1/2 tablespoons chopped green pepper

1 1/2 tablespoons chopped celery

1 clove garlic

1 teaspoon dried bay leaf

1 cup fresh parsley

1/2 cup ground black pepper

1/2 cup ground pepper

1/2 cup ground onion

1/2 cup ground celery

1/2 cup ground bell pepper

1/2 cup ground chili

1/2 cup water

1/2 cup milk

1/2 cup cream

1/2 cup gelatine

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup chopped parsley

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped bell pepper

1/2 cup...
grind an equal portion of Irish potatoes together with 1 small onion, 1/2 clove of garlic and one or two hard boiled eggs. Place the ground potatoes, ground onion, garlic and eggs in a pot which has been added enough cooking oil to partly fry potatoes. Now add ground meat and mix thoroughly in pot, season to taste with Spicer-Up Table Seasoning, add small quantity of water, cover tightly and allow to simmer until cooked. When cooked, add any other water, remove lid and allow to dry out thoroughly, stirring occasionally to prevent sticking. When tasting if additional seasoning is required, add Spicer-Up Table Seasoning. This is an excellent meat and potato dish. For a pepper seasoning required, add Spice-Up Table Seasoning. This is an excellent meat and potato dish.

Roast Lamb Leg (Roti de Mouton)

Smear salt, pepper and Chef-Magic Kitchen Seasoning on leg of lamb well: make holes and place pieces of garlic, onions and a little chopped garlic. Roast sheep, only on both sides. Add the tomato juice Worcestershire Sauce, and Torrido pepper minced, and cover with hot water. Cook slowly for two hours or until meat is tender. Approximately 3-4 hours, depending on size of roast. A little water may have to be added while cooking. However, steam should form in covered pot. Check on that. When meat is tender, remove from fire. Gravy from meat may be strained if a clear gelatine is desired. Seasoning is so well strained if a clear gelatine is desired. Seasoning is so well

Lobster in Sauce Picante (Rabbit)

(If using wild rabbit, plunge into deep pot of boiling water and boil for ten minutes. This is necessary in order to remove the wild taste.) Fry each piece of rabbit until golden brown in very hot fat. Remove rabbit and set aside. Add chopped onions, garlic, celery and bay leaf. Cook

For a pepper seasoning required, add Spice-Up Table Seasoning. Add chopped parsley and pour over meat. Remove sauce from heat but keep the lid on for 10 minutes. To serve, arrange the rice and pour the sauce over the rice and pour out the meat. Serve sauce over the rice and serve on a platter a

pork chops

Chop the chops, place in pan and fry until they begin to curl, then add the chopped green pepper, chopped onion, garlic and a little beef broth. Add a little water and cover until tender. Approximately 1-1/2 hours, depending on size of roast. A little water may have to be added while cooking. However, steam should form in covered pot. Check on that. When meat is tender, remove from fire. Gravy from meat may be strained if a clear gelatine is desired. Seasoning is so well

Fry each piece of rabbit until golden brown in very hot fat. Remove rabbit and set aside. Add chopped onions, garlic, celery and bay leaf. Cook until tender and allow to dry out thoroughly, stirring occasionally to prevent sticking. When tasting if additional seasoning is required, add Spicer-Up Table Seasoning. This is an excellent meat and potato dish. For a pepper seasoning required, add Spice-Up Table Seasoning. This is an excellent meat and potato dish.

For a pepper seasoning required, add Spice-Up Table Seasoning. Add chopped parsley and pour over meat. Remove sauce from heat but keep the lid on for 10 minutes. To serve, arrange the rice and pour the sauce over the rice and pour out the meat. Serve sauce over the rice and serve on a platter a

pork chops

Chop the chops, place in pan and fry until they begin to curl, then add the chopped green pepper, chopped onion, garlic and a little beef broth. Add a little water and cover until tender. Approximately 1-1/2 hours, depending on size of roast. A little water may have to be added while cooking. However, steam should form in covered pot. Check on that. When meat is tender, remove from fire. Gravy from meat may be strained if a clear gelatine is desired. Seasoning is so well

Fry each piece of rabbit until golden brown in very hot fat. Remove rabbit and set aside. Add chopped onions, garlic, celery and bay leaf. Cook until tender and allow to dry out thoroughly, stirring occasionally to prevent sticking. When tasting if additional seasoning is required, add Spicer-Up Table Seasoning. This is an excellent meat and potato dish. For a pepper seasoning required, add Spice-Up Table Seasoning. This is an excellent meat and potato dish.

For a pepper seasoning required, add Spice-Up Table Seasoning. Add chopped parsley and pour over meat. Remove sauce from heat but keep the lid on for 10 minutes. To serve, arrange the rice and pour the sauce over the rice and pour out the meat. Serve sauce over the rice and serve on a platter a

pork chops

Chop the chops, place in pan and fry until they begin to curl, then add the chopped green pepper, chopped onion, garlic and a little beef broth. Add a little water and cover until tender. Approximately 1-1/2 hours, depending on size of roast. A little water may have to be added while cooking. However, steam should form in covered pot. Check on that. When meat is tender, remove from fire. Gravy from meat may be strained if a clear gelatine is desired. Seasoning is so well

Fried Meat (Grillades)

The round of the meat is always selected for Grillades, and one steak will serve six persons. The steak is cut into pieces or about six or eight squares and seasoning highly with salt, pepper and Spice-Up Table Seasoning, rubbing these into the meat thoroughly and letting it soak well into the fibers. Have a hot pan, and place within a tablespoonful of shortening and when hot, a sliced onion and one clove of garlic, chopped very fine. Let this brown, and then add one chopped tomato. Place the grillades in this, letting them soak thoroughly. Cover with a tight cover, and set back, letting them fry slowly, so as to absorb all the fat and juices. Serve on a hot dish, when brown, with garnishes of parsley. This is the recipe for making grillades without gravy. Some also fry simply in boiling shortening, without gravy. Some also fry simply in boiling shortening, and juices.

Season cutlets with Spice-Up Table Seasoning, salt and pepper. Dip into fine bread crumbs, then into eggs and beat with meat mallet thoroughly. Reverse steak and do likewise for the other side. Let stand at room temperature allowing 15 minutes for each side. Then add a half tablespoonful of vinegar and a cup of water. Stir well and set back on the stove and let it simmer slowly for about a half hour. This is very nice served with hominy at breakfast, or with red or white beans and cooked rice at dinner. Use Mexi-Pep for greater flavor.

Breaded Cutlets (Veal, Pork or Lamb)

6 veal cutlets, % inch thick
1 cup bread crumbs
1% tablespoons chili sauce
3 tablespoons chopped onion
1% tablespoons chili sauce or catsup
% cup catsup
3 strips bacon
1% cup tomatoes
% cup onions, chopped
% cup grated cheese
10 minutes
Salt - black pepper

Mix together flour, Chef-Magic Kitchen Seasoning, salt and black pepper, % cup bread crumbs, % cup chopped onion, % cup chili sauce or catsup, and % cup catsup. Combine rice with tomatoes, eggs, garlic-salt, onion, Chef-Magic Kitchen Seasoning, and chili sauce. Mix lightly but thoroughly. Add ground lamb and mix well. Pack into a loaf pan; place bacon strips on top. Bake in a moderate oven (350 degrees) for 1 hour. Serve with oven-browned potatoes. Creamed potatoes or peas. Serves 6.
Bayou Country Jambalaya
From the bayou country of our own Southland has come the inspiration for the recent Hit Parade favorite. Jambalaya—from the same country, to be exact, that long ago gave us Creole Jambalaya, with Jambon (French for ham) and ya (sort of African for rice), now there are jambalayas made of all kinds of seafood, the most popular of which is Shrimp Jambalaya. This dish has become such a favorite, in fact, that the Shrimp Association of the Americas has taken recipes that exist only in the memories of old southern mammys and developed a jambalaya for anybody's home kitchen use.

Creole Jambalaya
2 cups raw rice (washed)
1 lb. fresh pork
2 slices of ham
1 tablespoon butter or shortening
1 clove garlic
dozen shells
2 sprigs thyme
1/2 cup parsley
1/2 bunch celery
2 bay leaves

Make a roux by letting cooking oil get real hot (see Roux page 13). Put in flour, stir until golden brown. Put in about 1/4 of the onion, all celery and saute until soft and wilt. Add tomatoes. Cook again 5 minutes. Set aside. Before this, boil about 1/2 lb. shrimp 10 minutes. Use liquid from oysters also from boiled shrimp. Wash rice well and cook in these liquids until grains are tender. Flavor and tender qualities of shrimp and oysters cook in shrimp for about 5 minutes and oysters 2 minutes. Minutes. Just before serving put Worcestershire sauce and parsley. Put in a covered tureen. Pour mixture into rice mixture, stir well and heat a few minutes. Serve jambalaya hot. Mexi-Pep will add a delightful pepper tang.

GARDEN FRESH OKRA
2 cups raw rice (washed)
1 cup oyster (chopped)
1 large onion
1 cup celery
1/2 cup bell pepper
1/2 cup whole tomatoes
1/2 cup cooked okra

Shrimp and Oyster Jambalaya (au Bayou)
1 1/2 cups raw rice (washed)
1 1/2 cups oyster (chopped)
1 large onion
1/2 cup celery
1/2 cup bell pepper
1/2 cup oyster (chopped)
1/2 quarts beef broth or hot water
1/2 teaspoon chili pepper, salt, and enough salt, black pepper to suit your taste. Let the jambalaya boil for one-half hour longer or until rice and brown slowly. Stir frequently and when the onion and pork are slightly brown add 1 slice of chopped ham and the minced garlic. Then the thyme, bay leaves, parsley and cloves are added. The mixture is well-heated to brown more five minutes. Then add 12 pork sausages that have been cut apart. Allow everything to cook for another 5 minutes before you add 2 quarts of beef broth or hot water. Cook for 10 minutes and when it comes to a boil add 1/2 cups of rice, 1/2 teaspoon chili pepper and enough salt, black pepper to suit your taste. Let the jambalaya boil for one-half hour longer or until rice is firm. Serve Jambalaya hot. Mexi-Pep may be used if a slight pepper flavor is enjoyed. This recipe will serve 6 people.

Chicken Jambalaya
1 large fryer
1/2 cup cooking oil
1/2 teaspoon garlic powder
1/2 teaspoon celery salt
1/2 teaspoon salt
1/4 cup green onion tops

Cut and season chicken using salt and Spice-Up Table Seasoning. Heat oil in frying pan and brown chicken. Add onion and simmer until tender. Cook rice, water and 1 tablespoon salt in separate pan until dry and tender. Add rice, parsley, green onions to chicken and another 5 minutes before you add 2 quarts of beef broth or hot water. Cook for 10 minutes and when it comes to a boil add 1/2 cups of rice, 1/2 teaspoon chili pepper and enough salt, black pepper to suit your taste. Let the jambalaya boil for one-half hour longer or until rice is firm. Serve Jambalaya hot. Mexi-Pep may be used if a slight pepper flavor is enjoyed. This recipe will serve 6 people.

The Famous Southern Green Vegetable
Breaded Fried Chicken

Cut up chicken and season to taste. Brown well in a little shortening (bacon grease if desired). Remove from pot.

Disjoint chicken into frying pieces. Rub chicken thoroughly with Spice-Up Table Seasoning. Use medium size iron frying pot. Add enough cooking oil for deep frying. Roll cuts of chicken in flour, dip in egg and milk mixture of salt, black pepper and Table Seasoning. Fry in heavy iron pot in medium hot fat until well fried. Allow to marinate as long as possible- 18 to 24 hours in ice box. Beat eggs fluffy, add milk. Roll pieces of chicken in egg and milk, remove and roll in flour and corn meal to which is added any left over seasoning. Fry in heavy iron pot in medium hot fat until well fried. It is well to fry as much of chicken at one time as possible.

Creole Smothered Chicken

First have the chicken, broiler size, Table Seasoning. Brush with melted butter and place skin side up. Place in broiler pan, Chicken broth, Table Seasoning. Brush over. When you see signs of browning, remove from broiler and baste with garlic butter, made by pressing garlic and baste with garlic butter, made by pressing garlic and mixed with cream. Place under oven an hour or more. Serve with Relish, Table Seasoning. As soon as you see brown spots, add additional seasonings as required.

Creole Gravy (Creoles are partial to gravy) Use about 2 tablespoons of skillet drippings from fried chicken or meat. Add a sufficient amount of water to make 1/2 cup. Add flour mixture to make mixture to make 1/2 cup. Add flour mixture to make mixture to make 1/2 cup. Add flour mixture to make mixture to make mixture uniform and thick. Cook until mixture is uniformly thick and stir. Grease fowl well and thickly with butter. Place under broiler 6 to 7 inches until light brown.

Fowl

Breaded Fried Chicken

I sl?ringchicken 2-3 lhI. Y2 cup {lour-more if needed
1 egg, well beaten with
2 teaspoons milk
1/2 cup bread crumbs—more if needed
1 teaspoon black pepper
3 teaspoons Spice-Up Table Seasoning

Have chicken cut into pieces (disjointed). Season well with mixture of salt, black pepper and Table Seasoning. Allow to marinate as long as possible—18 to 24 hours in ice box. Beat eggs fluffy, add milk. Roll pieces of chicken in egg and milk, remove and roll in flour and corn meal to which is added any left over seasoning. Fry in heavy iron pot in medium hot fat until well fried. It is well to fry as much of chicken at one time as possible.

Creole Smothered Chicken

1 rosbif, chicken, cut up
1 teaspoon minced celery
1 teaspoon minced parsley
1 teaspoon minced green bell pepper

Cut up chicken and season to taste. Brown well in a little shortening (bacon grease if desired). Remove from pot. Place chopped tomatoes in shortening, adding onion, green pepper, and celery. Cook these until wilted, Season. Place chicken back in pot. Add one-half cup water and place lid on pot. Cook slowly until chicken is tender. Add water as needed. Before serving add parsley. Try the pepper tang of Mexi-Pep for pepper seasoning.

Creole Fried Chicken (au Gourmet)

1 spring fryer, to 1/2 pounds
1 egg, well beaten
2 cups flour
1/2 cup milk
1/2 cup yellow corn meal
3 teaspoons black pepper
3 teaspoons Spice-Up Table Seasoning

Have chicken cut into pieces (disjointed). Season well with mixture of salt, black pepper and Table Seasoning. Allow to marinate as long as possible—18 to 24 hours in ice box. Beat eggs fluffy, add milk. Roll pieces of chicken in egg and milk, remove and roll in flour and corn meal to which is added any left over seasoning. Fry in heavy iron pot in medium hot fat until well fried. It is well to fry as much of chicken at one time as possible.

Chicken with Onions and Mushrooms

1 pound young chicken (1/2-3 lb. ready to cook)
2 tablespoons flour
1/4 cup cream
2 tablespoons water

Cut chicken into serving pieces. Season with salt and powdered red pepper. Flour chicken in paper bag (Flour should be seasoned a little). Heat cooking oil (approximately 2 tablespoons) and 1/2 teaspoon of salt and season required. Cook chicken a little shortening (bacon grease if desired). Remove from pot. Place chopped tomatoes in shortening, adding onion, green pepper, and celery. Cook these until wilted, Season. Place chicken back in pot. Add one-half cup water and place lid on pot. Cook slowly until chicken is tender. Add water as needed. Before serving add parsley. Try the pepper tang of Mexi-Pep for pepper seasoning.

Creole Fried Chicken (au Gourmet)

1 spring fryer, to 1/2 pounds
1 egg, well beaten
2 cups flour
1/2 cup milk
1/2 cup yellow corn meal
3 teaspoons black pepper
3 teaspoons Spice-Up Table Seasoning

Have chicken cut into pieces (disjointed). Season well with mixture of salt, black pepper and Table Seasoning. Allow to marinate as long as possible—18 to 24 hours in ice box. Beat eggs fluffy, add milk. Roll pieces of chicken in egg and milk, remove and roll in flour and corn meal to which is added any left over seasoning. Fry in heavy iron pot in medium hot fat until well fried. It is well to fry as much of chicken at one time as possible.

Chicken with Onions and Mushrooms

1 pound young chicken (1/2-3 lb. ready to cook)
2 tablespoons flour
1/4 cup cream
2 tablespoons water

Cut chicken into serving pieces. Season with salt and powdered red pepper. Flour chicken in paper bag (Flour should be seasoned a little). Heat cooking oil (approximately 2 tablespoons) and 1/2 teaspoon of salt and season required. Cook chicken a little shortening (bacon grease if desired). Remove from pot. Place chopped tomatoes in shortening, adding onion, green pepper, and celery. Cook these until wilted, Season. Place chicken back in pot. Add one-half cup water and
Roast Chicken (Poulet Roti)

1 chicken 4 lbs. salt, pepper and
1 tablespoon butter or Chef.Magic Kitchen Seasoning

1/2 hour. Uncover and continue to cook about 30 min-
utes to crisp the coating on each piece of duckling.
7 servings.

Canard Paye Frit (Country Fried Duckling)

Select nice spring chicken, clean and split down the
middle of back. Season with salt, pepper and Spice-Up
Table Seasoning. Cook until this is as thick as heavy cream.

Roast Chicken (Poulet Roti)

I chicken 4 lbs. salt, pepper and
1 tablespoon butter or Chef.Magic Kitchen Seasoning

2. Slowly or bake in a moderate oven 350 degrees

Turn. Add water and Cover tightly. Reduce heat and cook
approximately 30 minutes.

Roast Chicken (Poulet Roti)

I chicken 4 lbs. salt, pepper and
1 tablespoon butter or Chef.Magic Kitchen Seasoning

 Place the stock in pot with the milk. Thicken with flour which has
been thinned with a little milk, add Chef-Magic Kitchen Seasoning. Cook
until this is as thick as heavy cream.

Crepes (Crepes de Plaisir)

Add that gourmet flavor to your recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.

Crepes (Crepes de Plaisir)

Add That Gourmet Flavor to Your Recipes

If you've longed for the piquant gourmet

flavor in your gravies, sauces, stews, game
dishes, barbecues... NOW YOU CAN
HAVE IT. Simply add Trappey's Chef-
Magic Kitchen Seasoning to your recipes
while you're preparing the food, during
cooking.
Flounder au Lait
6 filets of flounder
2 cup of milk
1 tablespoon butter
Chive Steak and Fish Sauce or a tomato sauce
parsley to garnish
salt and Chef-Magic Kitchen Seasoning

Have the fish dealer cut the flounder in fliers and trim
nearly removing all the bones. Season well with salt and
Chef-Magic Kitchen Seasoning. Beat an egg with milk
dip and in the slices of fish. Roll in bread crumbs and fry
in butter. Serve with parsley garnish, with a Creole Steak
and Fish Sauce or Tomato Sauce.

Crab Croquettes (Crabs en Croquettes)
1/2 lb. crab meat, well
1/2 cup of milk
1 onion
1 tablespoon grated onion
1/2 cup of flour
1/2 cup of bread crumbs
Chive Steak and Fish Sauce or to taste

Boil the crabs using Trappey's Shrimp and Crab Sauce.
Have the fish dealer cut the flounder in filets and trim
the bones. For all seafoods, Mexi-Pep is a natural
seasoning.

Red Snapper Louisiana
1 lb. fresh snapper
2 tablespoons olive oil
1/2 cup chopped mushrooms
1 clove garlic, crushed
1/4 cup white wine
1/2 tsp. salt
1/4 tsp. pepper

Cook onions, peppers, mushrooms and garlic in olive
oil for a few minutes, add tomatoes to make sauce and
cook for 30 minutes. Season with Chef-Magic Kitchen
Seasoning. Sauce to season Louisiana fish. Remove head and
mid-bone from fish and arrange in a buttered baking dish.
Pour wine over fish and season very lightly with salt and
Mexi-Pep. Add tomato sauce and cook for 30 minutes in a
350 degree F. oven. Garnish with parsley. Serves
8 to 10. For individual seasoning, use Mexi-Pep.

Baked Stuffed Pompano or Flounder
3 lbs. pompano
1 cup chopped mushrooms
1/2 cup dry white wine
1 tablespoon chopped parsley

Place fish fillers on a broiler pan. Brush generously
with melted butter. Sprinkle with salt, pepper, Spice-Up Table
Seasoning and grated onion. Scatter seasonings by one
over the fish. Place pan 4 inches from heat and broil for
18 to 20 minutes or until fish flakes easily when tested
with a fork. Sprinkle cheese over fish and broil for 3
minutes or until cheese melts and browns.

Fish
Seafood Cocktail
Clams, oysters, lobster, crab meat or shrimp may be used
alone or in combination. Chill thoroughly. Arrange in a
baking dish, and serve with Trappey's Remoulade Sauce.

Chill ... cheese over fish and broil for 3
minutes or until cheese melts and browns.
Salt
Pepper
1 tablespoon grated onion

Remove the skin from fish; place in a baking dish, and
sauce with Trappey's Remoulade Sauce.

Fish Fillets Louisiana
1/2 pounds fresh fish fillets
Melted butter or margarine
Salt

Place fish fillets on a broiler pan. Brush generously
with melted butter. Sprinkle with salt, pepper, Spice-Up Table
Seasoning and grated onion. Scatter seasonings by one
over the fish. Place pan 4 inches from heat and broil for
18 to 20 minutes or until fish flakes easily when tested
with a fork. Sprinkle cheese over fish and broil for 3
minutes or until cheese melts and browns.

Mexi-Pep...

Flounder au Lait
6 filets of flounder
2 cup of milk
1 tablespoon butter
Chive Steak and Fish Sauce or a tomato sauce
parsley to garnish
salt and Chef-Magic Kitchen Seasoning

Have the fish dealer cut the flounder in fliers and trim
nearly removing all the bones. Season well with salt and
Chef-Magic Kitchen Seasoning. Beat an egg with milk
dip and in the slices of fish. Roll in bread crumbs and fry
in butter. Serve with parsley garnish, with a Creole Steak
and Fish Sauce or Tomato Sauce.

Crab Croquettes (Crabs en Croquettes)
1/2 lb. crab meat, well
1/2 cup of milk
1 onion
1 tablespoon grated onion
1/2 cup of flour
1/2 cup of bread crumbs
Chive Steak and Fish Sauce or to taste

Boil the crabs using Trappey's Shrimp and Crab Sauce.
Have the fish dealer cut the flounder in filets and trim
the bones. For all seafoods, Mexi-Pep is a natural
seasoning.
Barbecue is a magic word.

Barbecue suggests the mingled aroma of wood smoke hovering lazily over pits and pans, and of brown-crusted meat oozing with spicy goodness ... the cheer of bright, darting flames and the gay chatter of family and friends delightfully hungry ... appetites sharpened by the sight of bright, butter, margarine, or salad oil

NOTE: For oven barbecuing, use same ingredients and add 1 cup water.

---

One or two ounces added to any sauce will produce the barbecue tang. Use according to sort of spice. sparkle, zing, zest, and kick. with more than a hint of wild, woodsy, outdoor flavor.

For small barbecues, make the sauce at home and carry it in a fruit jar or gallon bottle. The quantity of sauce that is produced. This can be determined by taste. Our colonial forebears turned barbecues into day-long shindigs with political overtones. Venison. Perhaps they made a sauce of tallow melted in a clam shell, spiced it with herbs and other flavorings and other spices, then strained the results, and poured it over meat. Long before they learned to boil by the magic of fire was a chunk or joint of meat thrust on a reed or green stick and held over flames or coals. No barbecuing here: simply searing and heating. Ages later, as cayenne's taste progressed from raw to broiled meat, they discovered the tantalizing savors of woodland herbs, roots, and berries. Long before they learned to boil in earthen vessels, they crushed leaves and berries over sizzling fowl, fish, or joint of venison. Perhaps they made a sauce of tallow melted in a clam shell, spiced it with herbs, and drizzled it over cooking meat. Here, barbecue was born.

For small barbecues, make the sauce at home and carry it in a fruit jar or gallon bottle. The quantity of sauce that is produced. This can be determined by taste. Our colonial forebears turned barbecues into day-long shindigs with political overtones.

Freshly-dug pits underlaid with hickory coals and overlaid with succulent meat from spaciously smoked meats.

Barbecue suggests the mingled aroma of wood smoke hovering lazily over pits and pans, and of brown-crusted meat oozing with spicy goodness ... the cheer of bright, darting flames and the gay chatter of family and friends delightfully hungry ... appetites sharpened by the sight of bright, butter, margarine, or salad oil

NOTE: For oven barbecuing, use same ingredients and add 1 cup water.

---

Pot Barbecued Hamburgers

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground beef, ground</td>
<td>3/4 lb.</td>
<td></td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Combine beef, pork, onion, crumbs, salt, Chef-Magic Seasoning and Barbecue sauce.

Serves 6.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.

Pit Barbecue Chicken

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (broiler or fryer)</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoon chopped onion</td>
<td>3</td>
</tr>
<tr>
<td>Tablespoon chopped green</td>
<td></td>
</tr>
</tbody>
</table>

Purchase chicken approximately 12 to 14 hours before barbecuing, clean thoroughly, split in half. Mix all seasoning ingredients thoroughly and apply to chicken using approximately 1 teaspoon to each half of chicken.
Serves six persons. Measure all ingredients in pan or kettle. Heat to boiling. Keep hot for basting meat on grill. Oven barbecuing: pour sauce over meat in roast pan to about one inch deep.

Barbecued Short Ribs

21/2 pounds short ribs of beef, cut into serving-size pieces
1/2 cup Trappey's Creole Barbecue Sauce
1 tablespoon paprika
1 teaspoon Spice-Up Table Seasoning
1/2 cup vinegar
1/2 teaspoon liquid smoke

Rub seasoning well on ribs. Place spareribs in roaster pan to about one inch deep. Brown chops on both side in skillet. Spread 1 tablespoon Barbecue Sauce—See Southern Style Barbecue Sauce season to taste with Chef-Magic Kitchen Seasoning. Cover pan and cook in moderate oven (325 degrees F.), basting occasionally, for 3-4 hours. Remove avocado pulp, mix with diced shrimp, minced pickled onions and asparagus on lettuce leaves and spoon with French Dressing (see recipe on page 14) to which a dab of sauce on top of each chop. Cover and cook very slowly for 5-8 minutes. Turn chops and put one tablespoon sauce on other side of each chop. Cover and cook slowly until tender, 30 to 40 minutes. Turn chops several times so that they are thoroughly covered with sauce. Serves 6. Dab small quantity liquid smoke if smoke taste wanted.

Barbecued Pork Chops

6 pork chops (size of steak fat)
2 tablespoons Barbecue Sauce—See Southern Style Barbecue Sauce

Brown chops on both side in skillet. Spread 1 tablespoon sauce on top of each chop. Cover and cook very slowly for 5-8 minutes. Turn chops and put one tablespoon sauce on other side of each chop. Cover and cook slowly until tender, 30 to 40 minutes. Turn chops several times so that they are thoroughly covered with sauce. Serves 6. Dab small quantity liquid smoke if smoke taste wanted.

Barbecued Pork Spareribs

2 pounds spareribs
salt, black pepper and Spice-Up Table Seasoning

Serves six persons. Measure all ingredients in pan or kettle. Heat to boiling. Keep hot for basting meat on grill. Oven barbecuing: pour sauce over meat in roast pan to about one inch deep. If sauce becomes too thick, add a little hot water or Canada Dry Ginger Ale. For oven barbecue, a small quantity of liquid smoke if desired is recommended.

This sauce is recommended for frankfurters or for weiners using buns for the occasion.

Serves six persons. Measure all ingredients in pan or kettle. Heat to boiling. Keep hot for basting meat on grill. Oven barbecuing: pour sauce over meat in roast pan to about one inch deep.

Salads

Okra Salad

1 can Trappey's Whole Okra
1 cup green onions, chopped

Drain 1 can Trappey's Whole Okra and steam in colander above boiling water for complete tenderizing. Blend remaining ingredients in small bowl; pour over okra and mix well. Cover pan and cook in moderate oven (325 degrees F.), 1/2 hours. Remove cover and roast 20 minutes longer. Serve with cooked rice for 6. A dab of sauce on top of each chop. Cover and cook very slowly for 5-8 minutes. Turn chops and put one tablespoon sauce on other side of each chop. Cover and cook slowly until tender, 30 to 40 minutes. Turn chops several times so that they are thoroughly covered with sauce. Serves 6. Dab small quantity liquid smoke if smoke taste wanted.
dash of Mexi-Pep. Chop the celery fine and mix with crab meat. Place on a dish in pyramidal shape and pour over nicely a sauce added to Remoulade Sauce added to taste. Fill eggplant with chopped hard-boiled eggs, sliced beans, one Dulcito pepper or celery tips on top and around with sprigs of parsley and an aniseed tip, with sliced lemon and sliced hard-boiled egg alternating. This is a delicious salad. Try Trappey’s Crab and Shrimp Ball spikes in boiling crabs.

**Louisiana Salad (Salade Luisianaise)**

- 2 lettuce heads
- 6 pickled cucumbers
- 6 whole Dulcito Peppers
- 1 can Trappey’s Red Kidney Beans, plain French dressing

**Use** in this fancy salad, lettuce, pickled cucumbers, pickled onions, cut in dice, whole Dulcito Peppers, and serve with a French dressing, to which Trappey’s Remoulade Sauce has been added to taste.

**Bourbon Red Kidney Bean Salad**

1 can Trappey’s Red Kidney Beans, plain
2 tablespoons diced sweet pickles
1/2 cup chopped Dulcito Peppers
1 teaspoon chopped parsley
1/2 cup mayonnaise with 1 teaspoon Trappey’s Remoulade Sauce added
1 hard boiled egg, diced

Empty one can Trappey’s Red Kidney Beans Plain in a large mixing bowl. Add onion, pickles, celery, Dulcito pepper, mayonnaise, salt and pepper, Chill, then serve on lettuce, garnishing with chopped parsley and slices of hard-boiled egg.

**Grecian Salad**

Cut all necessary vegetables as for a tossed or kitchen salad as: lettuce, celery, tomatoes, Dulcito Peppers, etc. The sauce is what really makes the salad. Mix together thoroughly some anchovy paste, lemon juice and Spice-Up Table Seasoning to a spicy taste. Alter mixing, add some anchovy paste, lemon juice and Spice-Up Table Seasoning to a spicy taste. After the mayonnaise, add to it:

- 2 tablespoons mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1 teaspoon Chef-Magic Kitchen Seasoning

Serve.

**Okra Shrimp Casserole**

- 1 can Trappey’s Cut Okra
- 1 teaspoon chili powder
- 1/2 cup chopped onions
- 1/2 cup chopped green pepper
- 1/4 cup mayonnaise
- 1 tablespoon mayonnaise
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/2 cup bread crumbs
- 1/2 cup grated Parmesan cheese

Use casserole dish, place layer of okra on bottom, add shrimp, cover with half of bread crumbs, place remaining okra on top of shrimp, add lemon juice, shrimp stock mixed with baking powder, chili powder, salt and Chef-Magic Kitchen Seasoning. Dot over with mayonnaise, sprinkle remainder of bread crumbs on top. Bake in hot oven for twenty minutes.

**Okra and Tomatoes—Mentur**

- 1 tablespoon fine
- 4 slices bacon, rubbed with
- green pepper, sliced
- 1 teaspoon black pepper
- 1 teaspoon Creole Stock
- 1 teaspoon Trappey’s Creole Stock and Fish Sauce
- 1 teaspoon Creole Steak and Fish Sauce
- 1 teaspoon Chef-Magic Kitchen Seasoning
- 1/2 cup bread crumbs
- 1/2 teaspoon Trappey’s Creole Stock
- 1/2 cup fresh or canned okra
- 1 teaspoon Chef-Magic Kitchen Seasoning
- 1/2 cup bread crumbs
- 1/2 teaspoon grated Parmesan cheese

Cut eggplants in half lengthwise, boil 15 minutes, then place under cold water to cool. In a large aluminum frying pan, melt butter or heat cooking oil, sauté bacon, green peppers, onions, and chopped parsley until well done. Remove pulp from eggplants and mix well with Trappey’s Okra and Tomatoes, crab meat, salt, Chef-Magic Kitchen Seasoning, and several dashes of Trappey’s Pepper Sauce. Add to frying pan and cook for 6 minutes. Fill eggplant shell with mixture, sprinkle Parmesan Cheese, then breadcrumb, place in a well-greased shallow pan, bake in a preheated 250 degrees F. until thoroughly cooked, estimated time from 3/4 to one hour.

**Okra**

- 1 tablespoon fine
- 4 slices bacon, rubbed with
- green pepper, sliced
- 1 teaspoon black pepper
- 1 teaspoon Creole Stock
- 1 teaspoon Trappey’s Creole Stock and Fish Sauce
- 1 teaspoon Creole Steak and Fish Sauce
- 1 teaspoon Chef-Magic Kitchen Seasoning
- 1/2 cup bread crumbs
- 1/2 teaspoon Trappey’s Creole Stock
- 1/2 cup fresh or canned okra
- 1 teaspoon Chef-Magic Kitchen Seasoning
- 1/2 cup bread crumbs
- 1/2 teaspoon grated Parmesan cheese

Cut eggplants in half lengthwise, boil 15 minutes, then place under cold water to cool. In a large aluminum frying pan, melt butter or heat cooking oil, sauté bacon, green peppers, and chopped parsley until well done. Remove pulp from eggplants and mix well with Trappey’s Okra and Tomatoes, crab meat, salt, Chef-Magic Kitchen Seasoning, and several dashes of Trappey’s Pepper Sauce. Add to frying pan and cook for 6 minutes. Fill eggplant shell with mixture, sprinkle Parmesan Cheese, then breadcrumb, place in a well-greased shallow pan, bake in a preheated 250 degrees F. until thoroughly cooked, estimated time from 3/4 to one hour.

**Okra Shrimp Casserole**

- 1 can Trappey’s Cut Okra
- 1 teaspoon chili powder
- 1/2 cup chopped onions
- 1/2 cup chopped green pepper
- 1/4 cup mayonnaise
- 1 tablespoon mayonnaise
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/2 cup bread crumbs
- 1/2 cup grated Parmesan cheese

Use casserole dish, place layer of okra on bottom, add shrimp, cover with half of bread crumbs, place remainder of okra on top of shrimp, add lemon juice, shrimp stock mixed with baking powder, chili powder, salt and Chef-Magic Kitchen Seasoning. Dot over with mayonnaise, sprinkle remainder of bread crumbs on top. Bake in hot oven for twenty minutes.

**Okra and Tomatoes—Mentur**

- 1 tablespoon fine
- 4 slices bacon, rubbed with
- green pepper, sliced
- 1 teaspoon black pepper
- 1 teaspoon Creole Stock
- 1 teaspoon Trappey’s Creole Stock and Fish Sauce
- 1 teaspoon Creole Steak and Fish Sauce
- 1 teaspoon Chef-Magic Kitchen Seasoning
- 1/2 cup bread crumbs
- 1/2 teaspoon Trappey’s Creole Stock
- 1/2 cup fresh or canned okra
- 1 teaspoon Chef-Magic Kitchen Seasoning
- 1/2 cup bread crumbs
- 1/2 teaspoon grated Parmesan cheese

Cut eggplants in half lengthwise, boil 15 minutes, then place under cold water to cool. In a large aluminum frying pan, melt butter or heat cooking oil, sauté bacon, green peppers, and chopped parsley until well done. Remove pulp from eggplants and mix well with Trappey’s Okra and Tomatoes, crab meat, salt, Chef-Magic Kitchen Seasoning, and several dashes of Trappey’s Pepper Sauce. Add to frying pan and cook for 6 minutes. Fill eggplant shell with mixture, sprinkle Parmesan Cheese, then breadcrumb, place in a well-greased shallow pan, bake in a preheated 250 degrees F. until thoroughly cooked, estimated time from 3/4 to one hour.

**Okra Shrimp Casserole**

- 1 can Trappey’s Cut Okra
- 1 teaspoon chili powder
- 1/2 cup chopped onions
- 1/2 cup chopped green pepper
- 1/4 cup mayonnaise
- 1 tablespoon mayonnaise
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/2 cup bread crumbs
- 1/2 cup grated Parmesan cheese

Use casserole dish, place layer of okra on bottom, add shrimp, cover with half of bread crumbs, place remainder of okra on top of shrimp, add lemon juice, shrimp stock mixed with baking powder, chili powder, salt and Chef-Magic Kitchen Seasoning. Dot over with mayonnaise, sprinkle remainder of bread crumbs on top. Bake in hot oven for twenty minutes.
Creole Browned Okra
3 pounds cut okra or 2 cans Trappey's Cut Okra (drained)
2 large firm tomatoes, cut small
2 tablespoons fat
1 teaspoon Chef-Maestro Kitchen Seasoning
1 teaspoon salt
1 teaspoon pepper

Nuts: avoid using pot and spoon in cooking okra (iron not harmful, but blanch okra)

Place finely cut okra in fat in heavy pot or skillet. If canned okra, drain well and wash. Stirring frequently to prevent scorching. Add lemon juice (this prevents roping), and onion. Continue cooking and stirring until mixture has cooked down and is brown. Add tomato, salt and Kitchen Seasoning. Place cover on pot and steam 3 minutes. Okra will stick to pot and form crust, keep lifting and turning with spatula as it browns.

Yams
Trappey's Yam Croquettes
Mash one can Trappey's Sweet Potatoes. Season with one tablespoon butter or oleomargarine, one-half tea spoon salt and a dash of ginger. Mix with one tablespoon flour. Roll cylinder like, dip in beaten egg then in cracker crumbs (or bread crumbs), Fry in deep fat.

NOTE: FOR ADDITIONAL RECIPES ON YAM AND OKRA, WRITE FOR SPECIAL FOLDER ON THESE PRODUCTS.

Crushed Yams Deluxe
3 cups Trappey's Sweet Potatoes, mashed or Trappey's canned yams
2 cups apple sauce
1 cup sugar
1 teaspoon salt
1 teaspoon nutmeg
1/2 cup (or 1/4 cup dry wheat, 1/4 cup)

Combine Yams, apple sauce, eggs, salt, cinnamon and nutmeg; mix well and turn into greased 1 quart casserole. Fry sausages until browned. Arrange sausage over yam mixture. Bake in moderate oven (350 degrees) 30 minutes. Heat gravy to serving temperature and serve with yam casserole.

Baked Candied Yams
1 can Trappey's Sweet Potatoes
1/2 cup chopped pineapple
1/2 cup chopped nuts
1/2 cup chopped marshmallows
1/2 cup sausage
1/2 cup ham
1/2 cup brown sugar
1/2 cup butter or oleomargarine
1 cup flour
1/2 teaspoon salt
1/4 teaspoon pepper

Covered baked pan, brown ham on both sides (ten minutes) in hot butter or oleomargarine. Spread peanut butter on top side, pour lemon juice over and sprinkle croutons on top. Cover and cook in moderate oven for forty minutes, basting several times with hot water. Place yams around pan, add milk and cook for 15 minutes with cover off. Serve with gravy from roaster. Bake for twenty minutes in 400 degrees F. oven.

Yam 'n' Sausage Dinner
6 medium fresh Louisiana yams, cooked, peeled and mashed or Trappey's canned yams
1 cup apple sauce
1/2 cup sugar
1/2 cup sugar
1/4 cup sugar
1/4 cup sugar
1/4 cup sugar

Remove whole yams (save syrup), place in 11/2 quart greased casserole, brown, and serve with a rolling pin and mix with yam syrup, adding mashed butter or oleomargarine, and baking powder. Sauté gently over each yam brown sugar, add lemon juice. Bake in hot oven twenty minutes, serve.

Yam Puffs
1 cup Trappey's canned Sweet Potatoes
1/2 cup chopped brown sugar
1/2 cup flour
1/2 cup flour
1/2 cup flour
1/2 cup flour
1/2 cup flour
1/2 cup flour

Drain yams with syrup, beat egg well, add melted butter or oleomargarine, flour and baking powder, salt (mixed with syrup). Stir into the mashed yams and pineapple. Place in a well greased pan, dot over with marshmallows. Bake in moderate hot oven (400 degrees F.) until marshmallows melt and brown.

Yammy Ham
2 tablespoons butter or oleomargarine
1/2 cup mashed ham (chick)
1/2 cup mashed ham (chick)
1/2 cup mashed ham (chick)
1/2 cup mashed ham (chick)
1/2 cup mashed ham (chick)

Drain yams from can of whole yams. Cut yams in circle slices, mix corn starch with yam syrup, lemon juice, peanut butter. Put layer of yams on bottom, half the liquid mixture then another layer of yams, and pour remaining liquid over this. Cover with pie crust, bake for twenty minutes in 400 degrees F. oven.

Drain Sweet Potatoes. Mash and mix yams, with melted butter or oleomargarine, baking powder, lemon juice, cinnamon and egg yolk. Shape into 8 balls, wrapping mixture around nuts or a whole marshmallow (to be in middle of yam ball). Roll in flour, fry in deep fat until brown (about two minutes).
Louisiana Griddle Cakes

2 eggs, well beaten
1 1/2 cups milk
1 cup sifted Louisiana flour
3 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon nutmeg

1 cup mashed cooked Louisiana fresh yams or 1 can Trappey's Candied Yams
1/2 cup melted butter or margarine

Sift flour, baking powder, salt and nutmeg together. Combine remaining ingredients and mix well; add to dry ingredients and mix only until ingredients are blended. Drop by spoonfuls on hot griddle. Bake on both sides until browned. Serve with butter and jelly or honey, as desired.

Grilled Ham Steaks and Yams au Gourmet

2 ham steaks, about 1/2 inch thick
1/2 cup melted butter or margarine
1/2 teaspoon anchovy paste
1 teaspoon grated onion
1 cup soft bread crumbs
1 can Trappey's Whole Yams (drain)

Brush ham steaks with 1 tablespoon butter or margarine. Broil 4 inches from source of heat 4 to 5 minutes, or until browned. Meanwhile, combine remaining butter or margarine, anchovy paste, onion and bread crumbs; mix well. Turn ham steaks and top with yams. Sprinkle with crumb mixture. Broil until crumbs are golden brown and yams are thoroughly heated.

Delicacies and Desserts

Peach Yam Custard

cups milk
2 eggs, well beaten
1/2 cup sugar
2 cups Trappey's Candied Yams (drained)
1/2 cup melted butter or margarine
1/2 cup canned peaches

Scald milk. Combine eggs, sugar, yams, salt and peaches; add milk and mix well. Pour mixture into 6 greased custard cups and place in pan of hot water. Bake in moderate oven (350 degrees) 1 hour and 10 minutes or until custard is set. Makes 6 servings.
Miscellaneous Specialties
MODERN DEVELOPMENTS FROM THE YOUNG CREOLE WORKSHOP
Chili Con Carne-au Creole

When oil well heated, fry onion, celery and green pepper, until well done, add ground beef and saute well. Add cooking oil, very small quantity cooking oil and salt. Cook, then add three teaspooons of Chef-Magic Kitchen Seasoning. Add 1/4 cup diced celery, 1/4 cups raw milk, tabasco celery and black pepper sauce, 1/2 cups raw milk and salt and pepper to taste. Thin out gravy to the desired consistency. Add sherry wine and allow to simmer approximately 5 to 8 minutes. Serve with cooked cracked rice. Serve approximately 3 to 4 persons to serve.

Alternates: For ground beef, use one can corn beef.

Herb Omelet
2 eggs
3 oz. milk

Whip until creamy; egg, milk, Kitchen Seasoning and cooking oil. In heavy iron skillet, add very small quantity cooking oil or deonagurates. Pour mixture, add onion tops, parsley and salt and stir continuously until done. Serve one. Increase in proportion for number persons to serve.

Oyster Superb
2 doz. medium or large oysters
2 doz. strips bacon
Chef-Magic Kitchen Seasoning

Powder thoroughly oysters with Chef-Magic Kitchen Seasoning. Wrap in strips of bacon, tie with toothpick. Place in broiler approximately 5 to 6 inches from fire and broil until bacon is done. Turn occasionally. Serve 3 to 4.

Kidney Stew

8 to 10 persons.

Through years of experimentation and planting, the house of Trappey has achieved the knack of blending fine peppers together into a variety of sauces until today you can go almost anywhere in the world and find a bottle of this fiery red sauce awaiting you at the table. Millions of pounds of these various type of peppers are grown in the few Parishes around New Iberia and you will certainly agree these pepper sauces are one of the real "secrets" of seasoning for seafood, vegetables, soups and omelets. In huge pepper vats along the bayou Teche behind the modern plant of B. F. Trappey's Sons, Inc., millions of red, green and yellow peppers are processed together in stainless steel blenders (a far cry from Col. White's barrels) to make the famous line of pepper sauces - Trappey's Pepper Sauce, Mexi-Pep, Red Devil sauce and others. For those who like it mild Mexi-Pep blended and aged from selected Louisiana Peppers. For you who like it HOT ask for Trappey's Pepper Sauce. From the few Parishes around New Iberia, Louisiana - the only spot in America where these little red Tabasco Peppers, Chili Corridos, Sports and other peppers are successfully grown - hot sauces are shipped all over the United States. There are no substitutes, for wherever you see the label "Trappey's" you'll know it is the original Creole hot sauce. We know you will love them with many of the fine old recipes we have preserved for you in this little book.

(Continued from page 11)
### APPETIZERS
- Mornay Pork Peas
- Smoked Corn Beef
- Shrimp or Oyster Cocktails

### BARBECUE
- Beef Barbecue
- Grilled Barbecue Chicken
- Charbroiled Steaks and Chops
- BBQ Chicken
- Creole Coffee

### COFFEE
- Creole
- Cafe au Lait

### DELICACIES AND DRESSINGS
- Ambrosia
- Creole Rice Custard
- Creole Potatoes
- The Queen of Puddings
- Trappey's Yamettes

### MEAT
- Baked Stuffed Poppin' Corn
- Catfish en Croquettes
- Creole Fish
- Fissh fillets, Louisiana
- Red Snapper Louisiana
- Sea Food Cocktail

### DESSERTS
- Flan
- Cake
- Pudding
- Ice Cream

### SAUCES
- Barbecue Sauce
- Green Remoulade
- Vinaigrette Sauce
- Creole’s Sauce "Torrldo"
- Arnaud Sauce for Shrimp
- Sauce Remoulade (Used Straight as a Dip or as an additive for Distinctive Flavoring)

For your Free Personal copy of The Secret of Creole Cooking, send three labels from any of our products, shown on reverse side, to: B. F. Trappey's Sons, Inc., P. O. Box 400, New Iberia, La. 70560

### CONDIMENTS
- Proud Creole Sauce
- Smoked Hamburger Sauce
- Louisiana Grilled Okra
- Trappey's Tomato Sauce
- Trappey's Smoked Sausage
- Baby Okra Pods Pickled in Vinegar
- Baby Green Lima Beans Flavored
- Great Northern Beans Flavored
- Smoked Sausage
- Louisiana Grilled Okra Casserole

### PRODUCE
- Okra Shrimp Gumbo
- Cut Okra with Tomatoes and Tomato Sauce
- Creole.
- Okra Fried Chicken
- Creole French Fried Duckling
- Chicken Fried
- Chicken Breast Chops
- Chicken Breasts
- Chicken Roulade
- Chicken Breasts, (Marrow to gravy)
- Breaded Chicken
- Breaded Cutlets
- Chef-Magic Meat Loaf
- (Veal, Pork or Lamb)
- Chef-Magic Meat Loaf
- (au Creole)

### SAVORIES
- Charcoal Broiled Steaks and Chops
- Barbecued Short Ribs
- Pit Barbecue Chicken
- Creole Fish
- Crab Croquettes
- Baked Stuffed Pompano
- Creole Fish Fillets

### GUMBO
- Sea Food Cocktail
- Flounder
- Gumbo

### GRITS
- Rice Grits

### RICE
- Barbecue Sauce
- Green Remoulade
- Vinaigrette Sauce
- Creole’s Sauce "Torrldo"
- Arnaud Sauce for Shrimp
- Sauce Remoulade (Used Straight as a Dip or as an additive for Distinctive Flavoring)

### STEWS
- Mock Turtle Soup
- Red Bean Soup
- Vegetable Soup
- Creole Stew
- Dumplings
- Stewed Crabs
- Oyster Stew Creole
- Creole Stew

### MISCELLANEOUS SPECIALTIES
- Crushed Yams Deluxe
- Grilled Ham, Smoked and
d Scottish Yams
- Louisiana Grilled Okra
- Trappey's Tomato Sauce
- Trappey's Tomatoes
- Yams W' Sauce
- Dinner
- from Pie
- Yams Puffs

### DESCRIPTION OF PRODUCTS ILLUSTRATED ON BACK COVER

<table>
<thead>
<tr>
<th>ROW NO.</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>All-Purpose Kitchen Seasoning (Use When Cooking)</td>
</tr>
<tr>
<td>2.</td>
<td>Green Scott Peppers in Vinegar (Hot)</td>
</tr>
<tr>
<td>3.</td>
<td>Liquid Red Pepper Sauce (Made Expressly for Pepper Lovers)</td>
</tr>
<tr>
<td>4.</td>
<td>West Indian Style Liquid Hot Sauce (Sauce Only)</td>
</tr>
<tr>
<td>5.</td>
<td>Liquid Red Hot Sauce</td>
</tr>
<tr>
<td>6.</td>
<td>Red Hot Sauce: An Exclusive Formulation Depending Peppers</td>
</tr>
<tr>
<td>7.</td>
<td>Worcestershire Sauce</td>
</tr>
<tr>
<td>8.</td>
<td>Tobacco Peppers in Vinegar (Hot)</td>
</tr>
<tr>
<td>9.</td>
<td>Sauce Remoulade Used Straight as a Dip or as an additive for Distinctive Flavoring</td>
</tr>
<tr>
<td>10.</td>
<td>Table Seasoning (For Additional Flavoring By the Individual)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROW NO. 2</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.</td>
<td>Barbecue Sauce (Table Type Use)</td>
</tr>
<tr>
<td>12.</td>
<td>Baby Okra Pods Pickled in Vinegar ( Mildly Hot)</td>
</tr>
<tr>
<td>13.</td>
<td>Baby Okra Pods Pickled in Vinegar (Mild Type—No Pepper)</td>
</tr>
</tbody>
</table>

### DESCRIPTION OF PRODUCTS ILLUSTRATED ON BACK COVER

<table>
<thead>
<tr>
<th>ROW NO.</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.</td>
<td>Okra Shrimp Gumbo</td>
</tr>
<tr>
<td>15.</td>
<td>Cut Okra with Tomatoes and Tomato Sauce</td>
</tr>
<tr>
<td>16.</td>
<td>Cut Okra with Tomatoes and Tomato Sauce</td>
</tr>
<tr>
<td>17.</td>
<td>Cut Okra with Tomatoes and Tomato Sauce</td>
</tr>
<tr>
<td>18.</td>
<td>Cut Okra with Tomatoes and Tomato Sauce</td>
</tr>
<tr>
<td>19.</td>
<td>Cut Okra with Tomatoes and Tomato Sauce</td>
</tr>
</tbody>
</table>

### ROW NO. 4

<table>
<thead>
<tr>
<th>Field Peas Flavored with Slab Bacon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lady Cream Peas Flavored with Smoked Sausage</td>
</tr>
<tr>
<td>Blackeye Peas Flavored with Slab Bacon</td>
</tr>
<tr>
<td>New Orleans Style Red Kidney Beans Flavored with Slab Bacon</td>
</tr>
<tr>
<td>Barbecue Sauce</td>
</tr>
<tr>
<td>Great Northern Beans Flavored with Smoked Yams</td>
</tr>
<tr>
<td>Red Kidney Beans with No Seasoning</td>
</tr>
<tr>
<td>Navy Beans Flavored with Slab Bacon</td>
</tr>
<tr>
<td>Large White Lima (Butter!) Beans Flavored with Smoked Sausage</td>
</tr>
<tr>
<td>Pinto Beans Flavored with Slab Bacon</td>
</tr>
<tr>
<td>Baby Green Lima Beans Flavored with Slab Bacon</td>
</tr>
<tr>
<td>Red Kidney Beans with Chili Gravy</td>
</tr>
</tbody>
</table>

### DESCRIPTION OF PRODUCTS ILLUSTRATED ON BACK COVER

<table>
<thead>
<tr>
<th>ROW NO.</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>20.</td>
<td>Okra Shrimp Gumbo</td>
</tr>
<tr>
<td>21.</td>
<td>Cut Okra with Tomatoes and Tomato Sauce</td>
</tr>
<tr>
<td>22.</td>
<td>Cut Okra with Tomatoes and Tomato Sauce</td>
</tr>
<tr>
<td>23.</td>
<td>Cut Okra with Tomatoes and Tomato Sauce</td>
</tr>
</tbody>
</table>

### ROW NO. 5

<table>
<thead>
<tr>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description</td>
</tr>
</tbody>
</table>
For detailed description of these products, see back side of this page.