

Best Cajun Recipes





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Appetizers

BACON WRAP – AROUNDS

- 10 Strips of bacon, cut in half
- 20 raw oysters

Partially cook bacon. Wrap each bacon slice around a raw oyster and broil until bacon is crisp. Serve with tooth picks. Makes 20 appetizers.

FAVIROTE CRAB MEAT COCKTAIL

- Lettuce leaves (one per person)
- Chilled crab meat
- Cocktail sauce
- Whole stuffed olives

In small nests of lettuce or cocktail glasses, place mounds of chilled crab meat. Pour cocktail sauce over top, garnish with whole stuffed olives and serve at once. Allow 1 heaping tablespoon per person.

CRAB MEAT-CHEESE

- 1 cup finely grated Cheddar cheese
- ¼ cup butter, softened
- 1 7 ½ -oz can crab meat, drained and flaked
- 24 cocktail buns

Mix together cheese and butter; add crab meat. Spread mixture between bun halves; wrap in foil. Place sandwiches on grill over slow coals and heat 10 to 15 minutes, turning frequently, until sandwiches are heated through and cheese begins to melt. Sandwiches can also be heated in a 350-degree oven for 15 minutes. Makes 24 appetizers.



COLD CRAB CANAPE

- 1 7 ½ -oz can of crab meat
- 4 sweet pickles, minced
- juice of 1 lime
- ¼ cup of mayonnaise

Mix crab, pickles and lime juice. Add mayonnaise to moisten. Serve on crackers. Makes 24 appetizers.

HOT CRAB APPETIZERS

- 1 6-oz can of crab meat, drained
- 2 tbsp. sherry
- 1 tsp. salt
- Dash of white pepper
- 1 tbsp. marjoram
- 2 tbsp. butter
- 2 tbsp. flour
- 1 egg yolk
- 1 cup light cream
- 6 slices white bread

Combine first 5 ingredients; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick, Pour sauce on crab mixture and toss. Using a small cookie cutter, cut rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Makes 24 appetizers.

QUICK SHRIMP STICKS

- 4 slices whole wheat bread
- ½ lb. shrimp, cooked
- ½ small onion
- 1 small piece ginger
- 1 tsp. sugar
- Dash of salt and pepper
- 2 egg whites
- Bread crumbs

Cut each bread slice into 4 strips. Combine shrimp, onion and ginger in blender to chop. In medium size bowl mix shrimp with seasonings; add egg whites and beat until stiff. Spread on bread strips; sprinkle



with bread crumbs. Fry in deep fat until golden brown.
Makes 16 appetizers.

CATFISH COURTBOUILLON (Coo-be-ion)

- 1 lb. catfish fillets
- 1 ½ T. flour
- 4 c. water
- 1 sm. onion, chopped
- Pinch thyme
- ½ lemon
- Cayenne pepper to taste (just a dash may be too hot with Ro-Tel)
- 1 ½ T. bacon fat
- 1 c. tomatoes
- 1 can Ro-Tel tomatoes
- 1 clove garlic, minced
- 2 bay leaves
- 1 green pepper, chopped
- 1 tsp. salt

Make roux. Add onion, garlic, herbs, and tomatoes. Simmer 5 minutes. Add remaining seasoning and water. Let simmer 5 minutes longer, then pour over sliced fish in baking dish. Bake in oven at 325° for 45 minutes or place fillets in skillet with roux and cook over very low heat. Serve over hot rice or toast.



HOT SEAFOOD SANDWICHES

CRAB SANDWICHES

- 1 large pkg. cream cheese
- Mayonnaise
- 1 can crab meat
- med. onion , finely minced
- 1 tsp. Worcestershire sauce
- Salt to taste
- 8 Holland Rusks
- 8 slices tomato
- 4 slices American cheese

Combine cream , cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce, and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

FRIED CATFISH FILET SANDWICHES

- 1 lb. catfish filet, cut in sm. strips
- 1 pkg. Gourmet Spices by LaDon Fish Fry
- Hamburger buns or Po Boy buns
- Oil

Wash catfish fillets and cut in small strips and place in a bowl of fresh water. Dip catfish strips into Gourmet Spices Fish Fry; fry in deep fat at 375° until golden brown. Drain. Place on buns and enjoy.



SHRIMP OR OYSTER PO BOY

- 1 lb. cleaned shrimp or
- 1qt. of oysters
- Oil
- Po Boy buns
- 1pkg of Fish Fry (Gourmet Dons Fish Fry)

Dip Shrimp or oysters in Fish Fry;
fry in deep fat at 375° until golden Brown.
Drain. Place on buns and enjoy.

CRAB-CHEESE BURGERS

- 1sm. can crab meat
- 1 c. of celery, chopped fine
- ½ c. processed cheese, diced
- ½ c. onion, chopped
- ¼ c. prepared mustard
- Salt and pepper to taste
- 6 hamburger buns

Mix all ingredients. Place between hamburger buns
Wrap in aluminum foil. Heat at 350° for 15 minutes.
Yield: 6 servings.

OYSTER LOAF

- 1 loaf French bread
- 1 pint fresh shelled oysters
- 2 level tablespoons mayonnaise
- ½ cup cocktail sauce
- 1 large dill pickle, sliced thin
- 1 cup shredded lettuce
- 4 slices tomatoes
- 1 cup white corn meal
- ½ teaspoon salt
- ¼ teaspoon black popper
- ¼ teaspoon Cayenne (red pepper)



Make cocktail sauce.

Season oysters with salt, black pepper and Cayenne. Dip in heavy egg batter. Redip in corn meal and fry two minutes at 380 degrees in deep fat in heavy uncovered pot. When oysters are golden brown, remove and drain on brown paper.

Cut French bread in half, lengthwise. Do this with a sawing motion to avoid bread from wadding up. A serrated edge blade works very well. Put bread in 350 degrees oven for about 5 minutes. Remove bread and spread with cocktail sauce and mayonnaise on one side only. Arrange layers in this order: pickles, lettuce, tomatoes and oysters. Cover with other half of bread and secure with toothpicks. Cut into quarters.



SEAFOOD STEWS, ETOUFEE & CASSEROLES

ANTHONY'S CRAWFISH STEW

- 3 lb. crawfish tails
- 1 c. cooking oil
- 1 c. flour
- 2 lg. onions' chopped
- 1 lg. green bell pepper, chopped
- 4 celery stalks, chopped
- 2 cloves garlic, chopped
- 1 T. Worcestershire sauce
- Cajun Seasoning to taste
- 1/4 c. minced parsley
- 1/4 c. minced green onion

Make a roux until chocolate, but not brown. Cut off fire and add all chopped vegetables. Stir mixture until it stops sizzling. Add seasoned crawfish and enough water to cover all ingredients. Let simmer for 30 minutes. Add green onions and parsley the last 5 minutes. Serve with boiled rice. Serves 9

ANTHONY'S CATFISH STEW

- 4 celery stalks, chopped fine
- 2 lge. onions, chopped
- 2 sm. bell peppers, chopped
- 5 pods of garlic, chopped fine
- Salt & Chinese red pepper to taste
- 3/4 lb. fresh catfish, cut in sm. strips
- Flour
- 5 T. tomato paste
- Cooking oil

Season catfish. Add cooking oil to cover bottom of heavy black pot. Add 1 layer of chopped onion, bell pepper, garlic, and celery and then another layer of catfish. Sprinkle with a little flour, add another layer of onions, bell pepper, garlic and celery, and then another layer of catfish. Catfish should end up on top. Sprinkle with a little flour, and add about 5 T. tomato paste over the mixture. Cover with tight lid and let cook over low fire until onions and other seasonings and fish are done. Do not stir. This will break up the fish. Just shake pot now and then so mixture does not stick to bottom. Serves with rice. Serves 6.



SHRIMP ETOUFFEE

- 3 lb. cleaned shrimp
- 1 c. chopped onions
- ½ c. chopped celery
- ¼ tsp. tomato paste
- ¼ lb. oleo
- ¼ tsp. cold water
- ¼ tsp. cornstarch
- Salt, black pepper & Chinese red pepper to taste

Season shrimp and set aside. Melt oleo, add onions, celery and tomato paste. Cook slowly in uncovered pot until onions are wilted. Dissolve cornstarch in water and add to mixture. Add seasoned shrimp and cook over medium heat for about 20 minutes. Serve over rice. Serves 6.

CRABMEAT CASSEROLE

- 1 c. Bisquick Mix
- ¼ c. oleo
- 1 can crab meat
- 3 T. boiling water
- 1 10oz. pkg. frozen chopped broccoli, thawed and drained
- 1 can cream of mushroom soup

Preheat oven to 450 °. Spread broccoli in ungreased square pan, 8 x 8 x 2 inches. Mix crabmeat and soup, pour over broccoli. Heat in oven while preparing topping. Combine Bisquick and oleo in small bowl. Add water, stir until dough forms a ball and cleans bowl. Drop dough by spoonfuls onto hot mixture' spreading to cover the mixture. Bake 15 to 20 minutes.

TROUT ALMONDINE

- 4 lbs. fresh trout, cleaned
- 1 egg
- ½ pint milk
- ¼ lb. butter
- 1 5 oz. can almonds
- ½ cup cold water
- ¼ cup chopped parsley
- ½ teaspoon corn starch
- 1 cup allpurpose flour
- Salt, black pepper and Cayenne (red pepper)
- Cooking Oil

Beat egg and milk together Set aside.

Split trout lengthwise. Season generously with salt, black pepper, and red pepper. Dip in egg and milk mixture, then roll in white flour. Put ½ inch of cooking oil



in heavy pot over high heat. Fry stout in uncovered pot. When trout is golden brown on both side set fish aside.

Grind almonds, and put in a heavy skillet with butter. Fry over medium heat in uncovered skillet, until almonds are brown. Drain off 2/3 of the butter. Dissolve cornstarch in ½ cup cold water, and add to the fried almonds. Season with salt, black pepper, and Cayenne to taste. Pour this mixture over fried trout. Garnish top with parsley. Serves 4.

STUFFED FLOUNDER

- 4 flounders, medium size
- 1 ½ lbs. shrimp, peeled and deveined
- ½ lb. crabmeat, fresh or canned
- ½ cup chopped celery
- 1 cup chopped onions
- 4 cloves garlic, minced
- ½ cup cooking oil
- 3 stale buns soaked in water
- 4 eggs
- ½ cup cracker meal or bread crumbs
- ½ cup green onion tops and parsley, chopped
- Salt, black pepper and Cayenne red pepper)

Boil shrimp.

Put oil, celery, onions and garlic in heavy pot. Cook over medium heat in uncovered pot, until onions are wilted.

Chop shrimp and add to onion mixture. Then add crabmeat, soaked buns and 2 unbeaten eggs Mix well. Add 2 egg whites and mix. Then add 2 egg yolks, cracker meal or breadcrumbs, green onion tops and parsley. Season generously with salt, black pepper, and Cayenne.

Split flounder lengthwise, removing bones. Stuff with the prepared mixture. Brush egg yolk across tops of fish and broil fish 10 minutes on one side. Turn over and broil 10 minutes on the other side. Serve piping hot with drawn butter or garlic butter. Serves 4.



RED SNAPPER AU GRATIN

- ¼ cup chopped celery
- ½ cup chopped onions
- 3 tablespoons oil
- ½ lb. shrimp, peeled, deveined and chopped
- 3 tablespoons allpurpose flour
- 2 cups evaporated milk
- 2 oz. Sauterne wine
- 6, 56 oz. filets of red snapper
- Salt, black pepper, and Cayenne (red pepper)
- 6 slices bacon

Mix oil with onions and celery and cook in heavy iron pot over medium heat until onions are wilted. Add flour and milk, stirring constantly for 10 minutes, or until thick. Add shrimp; cook another 5 minutes. Season with salt, black pepper and Cayenne (red pepper) to taste. Add wine, stir and remove from fire. Set aside. Place each filet of snapper in an individual buttered casserole dish. Cook in preheated oven at 350° for 10 minutes or until fish is cooked. Pour sauce over fish, and sprinkle with breadcrumbs. Bake for another 5 minutes, or until brown. Decorate each fish with 2 crisp slices of fried bacon and garnish with French fried potato sliced round. Serves 6.

BAKED RED FISH

- 1, 5lb. Red fish
- 1 cup chopped onions
- ½ cup chopped celery
- 4 cloves garlic, minced
- ½ cup cooking oil
- 2 cans tomato sauce
- 1 lemon
- 2 cups cold water
- 1 can whole tomatoes
- Green onion tops and parsley to taste, chopped
- Salt, black pepper and Cayenne (red pepper)

Season fish generously with salt, black pepper and Cayenne. Put in baking dish. Set aside.



Put oil in heavy pot with chopped onions, celery and garlic. Cook over medium heat in uncovered pot, until onions are wilted, stirring constantly. Add whole tomatoes, and tomato sauce. Cook over medium heat in uncovered pot for 40 minutes, or until oil separates from tomatoes. Add 2 cups cold water, and season to taste with salt, black pepper and Cayenne. Cook over medium heat in uncovered pot for 20 minutes.

Pour this mixture over fish. Bake in 325° oven for 30 or 40 minutes, basting several times with the sauce.

When fish is done, cut lemon into thin slices, and place on top. Sprinkle with green onion tops and parsley before serving. Serve with rice. Serves 6.

NOTE: For a complete meal, serve baked Red fish with rice, a green salad, hot French bread, and white wine.

FRIED HARD SHELL CRABS

- 1 dozen crabs
- 6 cups milk (approximately)
- 1 tbsp. lemon juice
- 1 tsp. paprika
- 1 tbsp. soy sauce
- 2 garlic pods, crushed
- Salt, pepper & Chinese red pepper as desired

Preparation: Scald crabs and drain. When cool, remove claws and outer shell. Clean thoroughly, leaving only that portion containing the meat. Place crabs in marinade made from remaining ingredients and leave for about two hours, turning occasionally. Remove from marinade, roll in flour and deep fry at 375 ° until crust is golden brown. This is an unusual method of preparation and gives the crabmeat a distinctive and delicious flavor.

SEAFOOD GUMBO

- 2 pounds shrimp
- ½ pint oysters
- 1 pound can crabmeat
- 2 tbsp. oil
- 2 tbsp. flour
- 3 cups okra, chopped
- 2 onions, chopped
- 2 tbsp. oil
- 1 can tomatoes
- 2 quarts water
- 1 bay leaf
- 1 tbsp. salt
- 3 pods garlic, minced
- Chinese red pepper to taste
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped green onion tops

Peel shrimp and devein. Make a roux of oil and flour, stirring constantly until dark brown. Add shrimp to roux and cook for a few minutes. Set aside. Sauté okra and onions in oil. Add tomatoes when okra is nearly cooked, then add water, bay leaf, garlic, salt, and pepper. Add shrimp and roux and mix well. Cover and cook slowly for 30 minutes. Add oysters and crab meat and simmer for 10 to 15 minutes. Add parsley and green onion tops a few minutes before serving over hot cooked rice. Serves 6 to 8.

OYSTER DRESSING

- ½ cup butter
- 2 medium onions, minced
- ½ cup celery, minced
- ½ cup bell pepper, minced
- 4 tsp. Parsley, minced
- ½ cup green onions, minced (including tops, optional)
- 3 dozen small oysters, chopped
(reserve oyster liquid)
- Salt
- Pepper
- Chinese red pepper
- Worcestershire sauce
- 4 cups French bread, cubed



Melt butter in heavy saucepan. Sauté first five ingredients with seasonings, until onions are transparent. Add chopped oysters and simmer approximately 15 minutes. Add bread cubes and mix well. If mixture seems too thick, add some of oyster liquid you have reserved. Adjust seasoning. Transfer mixture to baking dish and bake about 45 minutes at 350°. Serve immediately.

BAKED OYSTERS

- ¼ lb. butter
- 2 cups celery
- 1 onion chopped fine
- 1 pint oysters
- 4 hard boiled eggs, grated
- 2 cups toasted bread crumbs
- 1 cup oyster juice or water
- Parsley

Melt butter, add onion, and celery. Cook on slow fire until tender. Add oysters that have been cut up by scissors, and a little oyster juice. Cook about 5 minutes until oysters curl. Take off fire and mix with rolled toasted breadcrumbs and grated eggs and parsley to season. Add salt, pepper, and dampen with oyster juice or water. Put into oyster shells or greased Pyrex dish; sprinkle cracker crumbs on top and dots of butter. Bake at 360 ° about 20 minutes.

STUFFED CRAB

- 4 strips bacon
- 1 med. onion
- 3 stalks celery
- 3 slices bread
- 1 ¾ c. breadcrumbs
- 1 c. water
- 1 lb. crab meat
- 3 green onions and tops
- 10 sprigs parsley
- 1 clove garlic
- 3 eggs, well beaten
- 1 T. salt
- 1 scant tsp. black pepper
- Chinese red popper to taste
- Bread crumbs for topping

Grind the bacon, onion and celery. Brown in a large skillet. Add bread and breadcrumbs moistened with water. Add crabmeat and cook over a low fire. Grind the green onions, parsley and garlic. Add to the beaten



eggs. Add the salt and peppers. Pour this mixture into the crabmeat mixture and mix thoroughly. Spoon into crab shells or ramekins. Sprinkle lightly with breadcrumbs and top with a dot of butter. Bake at 350° for 30 min. or until golden brown. May be baked as a casserole. Yield: serves 8.

CRAB MEAT SUPREME

- 1 lb. crabmeat
- 1/4 lb. oleo
- 1/2 c. onions, chopped
- 1/2 c. celery, chop
- 1/4 c. parsley, chopped
- 1 tsp. salt
- 1 T. Tabasco
- Juice of 1 lemon
- 2 pimentos, cut up
- 1 small can mushrooms
- 1/2 c. bell pepper, chopped
- 1/2 c. sherry
- 1/2 c. cracker crumbs
- 1 tsp. pepper

Wilt onions, peppers and celery in oleo, do not brown. Remove from heat, add remaining ingredients except cracker crumbs.

SHERRIED CRAB MEAT

- 1/2 lb. mushrooms
- 3 T. butter
- 3 T. flour
- 1 c. chicken stock or bouillon
- 1/2 c. cream
- 1 lb. lump crab meat
- 1/2 c. Parmesan cheese
- 1/2 tsp. salt
- Chinese red pepper to taste
- 1/2 tsp. paprika
- 2 T. dry sherry
- 6 patty shells

Sauté mushrooms in a little butter and set aside. Melt butter and stir in flour until well blended. Stir in chicken stock and cream. When sauce is boiling, add crabmeat



and mushrooms. When it comes to a second boil, add cheese and seasonings. Remove from fire. Add sherry and serve in patty shells. Yield 6 servings.

CRAB SOUP

- 2 c. or 1 lb. white crab meat
- ½ c. crab roe
- 4 T. butter
- 2 tsp. flour
- ½ c. sherry
- 1 small white onion, chopped
- 1 qt. milk
- 1 pt. breakfast cream
- Pinch pepper
- Pinch mace

Soften onion in butter in heavy pot. Remove from heat and add flour. Slowly add milk, being careful not to let it lump. Put back on heat, let it come to a simmer and add crabmeat, roe, popper and mace. Cook slowly for 20 minutes. Add pint of cream, stirring well. Remove from heat and add wine. If sherry is not used, try a tsp. of Worcestershire sauce and a pinch of rosemary.

CRABMEAT AU GRATIN

- 1 stalk celery, chopped fine
- 1 cup onion, chopped fine
- ¼ lb. oleo or butter
- ½ cup allpurpose flour
- 1 can evaporated milk (13ozs.)
- 2 egg yolks
- 1 teaspoon salt
- ½ teaspoon red pepper
- ¼ teaspoon black pepper
- 1lb. white crabmeat
- ½ lb. grated cheddar cheese

Sauté onions and celery in oleo or butter until onions are witted. Blend flour in well with this mixture. Pour in the milk gradually, stirring constantly. Add egg yolks, salt, red and black pepper; cook for 5 minutes. Put crabmeat in a bowl suitable for mixing and pour the cooked sauce over the crabmeat. Blend well and then transfer into a lightly greased casserole and sprinkle with grated



cheddar cheese. Bake at 375 degrees for 10 to 15 minutes or until light brown.

Serves 6.

STUFFED CRABS

- 1 lb. white crabmeat
- 4 stale hamburger buns or 6 slices stale bread
- ¼ lb. oleo or ½ cup oil
- 3 eggs
- ½ cup chopped green onion tops and parsley
- ½ cup bell pepper, chopped
- Salt, black pepper, and Cayenne (red pepper) to taste
- 2 cloves garlic, minced
- 1 cup evaporated milk
- ½ teaspoon Worcestershire sauce
- 1 cup chopped onions
- ½ cup chopped celery

Sauté onions, celery, garlic and chopped bell pepper in a heavy pot in the oleo or oil until wilted. Add Worcestershire sauce, crabmeat and season to taste with salt, red pepper and black pepper. Cook over medium heat about 15 minutes, stirring constantly. Add onion tops and parsley. Then add buns which have been soaked in the milk and eggs. Mix well. Stuff crab shells with mixture. Use artificial crab shells. Sprinkle tops of stuffed crabs with bread crumbs and bake in 375 degree oven for 10 minutes or until well brown. Stuffs 12 crab shells.

CRABMEAT A LA LANDRY

- 1 cup onions, chopped fine
- 1/3 cup celery, chopped fine
- pinch of sage
- pinch of thyme
- ¼ lb. butter or oleo
- 2 cups Cornflakes
- 1 can evaporated milk
- 1 lb. white crabmeat
- 1 cup Ritz Crackers, crumbled
- 1 tablespoon of flour

Sauté onions and celery in oleo or butter until onions are wilted. Add sage, thyme, nutmeg, evaporated milk and flour. Toast the Cornflakes and crumble; then mix with the above crabmeat. Mix well. Put into individual



ramekins or casseroles. Sprinkle crumbled Ritz crackers. Add a pat of butter and bake for 20 minutes to 25 minutes at 375 degrees . Serves 6.

ALLIGATOR STEW

- ½ cup cooking oil
- 1 quart alligator meat cut into small pieces
- about ½ inch thick
- ½ cup onions, chopped
- ½ cup bell peppers or banana peppers, chopped
- 2 cup celery, chopped
- 2 tablespoons minced parsley
- 1 (10 oz.) can tomatoes with green chilies
- Salt and pepper to taste

Put cooking oil and alligator meat in cooking pot. Add chopped vegetables, tomatoes and season to taste with salt and pepper. Cover pot and cook over medium, heat for 30 to 40 minutes.

SHRIMP OR CRAWFISH AND CHEESE CASSEROLE

- 1/3 c. butter
- 1/3 c. flour
- 3 c. milk
- 2 c. sharp American cheese, grated
- 2 lb. boiled shrimp or crawfish peeled and drained
- ½ tsp. salt
- Dash Chinese red popper
- ½ c. bread crumbs
- Garlic to taste

Melt butter; blend in flour. Add milk. Cook, stirring constantly until sauce thickens. Add 1 ½ cup cheese, shrimp or crawfish, salt and pepper. Turn into buttered baking dish; sprinkle top with bread crumbs mixed with remaining cheese. Bake at 400° for 20 minutes. Yield: 810 servings.



SHRIMP & CRAWFISH **DISHES**

VERSATILE CREAMED SHRIMP OR CRAWFISH

¼ c. butter or margarine
½ c. thinly sliced green onions
2 3 oz. cans sliced mushrooms drained
3 T. flour
1 c. heavy cream
½ c. milk
¼ c. sherry or Madeira wine
1 tsp. salt
Chinese red popper to taste
1 ½ lb. cooked, cleaned shrimp or crawfish
2 T. chopped parsley or dried flakes

Heat butter or margarine in heavy skillet. Add onion. Cook, stirring constantly until limp, not brown. Add mushrooms, mixing well with onions. Sprinkle flour evenly over mushrooms and mix. Stir in cream milk and wine. Cook slowly until thickened, stirring constantly. Season with salt and red pepper. Fold in seafood and heat, stirring often. Serve as an entrée in patty shells, on toast rounds or over catfish filet that have been lightly salted and peppered and broiled in butter, or as an appetizer in tiny patty shells or on Melba toast rounds. Sprinkle parsley over each serving or over all when serving from chafing dish. Yield: 6 to 8 large patty shells; 3 to 4 dz. in small.

CREOLE SHRIMP OR CRAWFISH

- ¼ c. oleo
- 1 lg. garlic clove, chopped fine
- ½ c. celery, chopped
- 1 tsp. salt
- Chinese red popper to taste
- 4 sm. green onions, chopped fine
- ½ c. water
- 1 lg. onion, chopped
- ½ c. green pepper, chopped
- 2 T. flour
- ½ tsp. black pepper
- few sprigs parsley
- 3 ½ c. tomatoes
- 1 lb. cleaned shrimp or crawfish

Melt oleo In skillet. Sauté onion, garlic, bell pepper and celery until onion is lightly browned. Blend in flour. Add remaining Ingredients, except shrimp or crawfish. Mix well. Cover and simmer for 20 minutes. Stir In seafood. Cover and cook 10 minutes longer. Serve over hot rice.

SWEET & PUNGENT FRIED SHRIMP OR CRAWFISH

Sauce:

- 1 9 oz. can crushed pineapple
- ½ c. green pepper, finely chopped
- 1/3 c. pimento, finely chopped (opt.)
- 1 clove garlic, minced
- ½ c. vinegar
- ½ c. sugar
- ½ tsp. salt
- T. soy sauce
- dashes Tabasco sauce
- ¾ c water
- 3 T. cornstarch

Combine all Ingredients except ¼ cup cold water and cornstarch; bring mixture to a boil. Blend corn



starch and water stir into sauce. Boil for 3 minutes.

Shrimp or Crawfish:

- 1 lb. shrimp or crawfish
- ½ c. Louisiana Fish Fry
- T. water
- egg, beaten
- Oil

Shell and clean shrimp or crawfish. Add water to egg, then add Louisiana Fish Fry; stir until smooth. Dip shrimp or crawfish in batter; fry in deep fat at 375° until golden. Drain. Arrange shrimp or crawfish with hot sauce in serving dish. Serve with rice or noodles. Yield: 4 servings.

FRESH SHRIMP & RICE CASSEROLE

- ¾ c. evaporated milk
- 1 ½ c. sharp cheese, grated
- ½ tsp. salt
- Dash of Chinese red pepper
- Dash of onion salt
- 2 2/3 c. cooked rice
- 1 cup buttered bread crumbs
- 2 lb. fresh shrimp, cooked and deveined or crawfish tails

In a double boiler heat milk and cheese; heat into smooth sauce. Add seasoning. Pour half of the sauce into a buttered casserole; add half the rice and all the shrimp or crawfish. Add remaining rice and cheese sauce; top with crumbs. Bake at 350 degrees for 20 minutes. Yield: 6-8 servings.

EGGPLANT SHRIMP CASSEROLE

- 1 eggplant
- Worcestershire sauce
- Tabasco sauce
- Garlic salt (opt.)
- Salt and Chinese red pepper to taste
- green pepper chopped
- Margarine or butter
- 1 lb. shrimp, peeled
- can mushroom soup
- can mushroom stems
- 1/3 lb. cheese, grated
- c. cracker crumbs or breadcrumbs

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- Slivered almonds (opt.)

Cook eggplant; drain and add seasonings. Cook green pepper and onion in margarine. Add to egg plant. Add shrimp, soup, mushrooms and half of cheese; stir well. Pour mixture into casserole; top with crumbs, remaining cheese and a few almonds. Bake at 325 degrees for 40-60 minutes. Yield: 6 servings

Note: Crawfish may be substituted for shrimp.

SHRIMP SALAD CASSEROLE

- 2 cans mushroom soup
- 2 pimentos, sliced
- 2/3 T. Worcestershire sauce
- 1-2 garlic buds or garlic powder
- 3 hardcooked eggs, sliced
- ½ -1 c. mayonnaise
- 1 lb. or more of shrimp or crawfish
- Bread crumbs
- c. sliced almonds
- Butter

Mix ingredients except crumbs, almonds and butter. Put Into greased casserole; top with bread crumbs and almonds. Dot with butter. Bake 20 minutes in 350 degrees oven, or until brown. Yield: 6-12 servings.

CRAB BROCCOLI CASSEROLE

- 1 pkg. frozen broccoli
- 1 can crab meat
- 1 10 ½ oz. can mushroom soup
- 4-5 oz. milk
- 1 ½ c. potato chips, crushed

Split broccoli stalks. Cook three minutes; drain. Place in 1 ½ quart baking dish. Cover with crab meat. Mix soup and milk; pour over crab meat. Sprinkle with potato chip crumbs. Bake at 450 degrees for 15 minutes. Yield: 4 servings.

SHRIMP NEW ORLEANS

- ½ c. green pepper, chopped
- ½ c. onion, chopped
- 2 T. butter
- 3 c. cleaned cooked or canned shrimp
- 1 T. lemon juice
- 2 c. cooked rice
- 1 can condensed tomato soup
- ¾ c. light cream
- ¼ c. cooking sherry
- ¾ tsp. salt
- ¼ tsp. nutmeg
- ¼ c. toasted slivered almonds

Cook green pepper and onion in butter until tender, but not brown. Stir in remaining ingredients except almonds. Pour into 2 quart casserole. Bake at 350 degrees for 30 minutes or until bubbly. Top with almonds. Yield: 6-8 servings.

SHRIMP PINWHEEL CASSEROLE

- 1/3 c. green pepper, chopped
- ¼ c. onion, chopped
- ¼ c. butter or margarine
- 2 T. enriched flour
- ½ tsp. salt
- Dash of Chinese red pepper
- 1 1lb. can tomatoes
- 3 c. process American cheese, shredded
- 1 ½ c. cooked and cleaned shrimp or crawfish
- ¾ c. cooked or canned peas, drained
- Biscuit dough
- ¼ c. pimento, chopped

Cook green pepper and onion in butter until tender, but not brown. Blend in flour, salt and pepper. Add tomatoes and cook, stirring constantly until thick. Add 1 ½ cups cheese; stir until melted. Add shrimp or crawfish and peas. Pour into greased 2 quart casserole. Roll biscuit dough in rectangle ½ inch thick. Sprinkle with remaining shredded cheese and pimento; roll as for jelly roll. Cut in 1 inch slices. Place 5 or 6 biscuits, outside down, on top of hot cheese casserole. Brush tops with melted butter. Bake at



450 degrees 15 to 20 minutes or until biscuits are done and golden brown. Yield: 6 servings.

SHRIMP'N'NOODLES

- 2 oz. med. fine uncooked noodles
- ¼ c. onion, minced
- 2 T. green pepper, minced
- 2 T. butter or margarine
- 1 can condensed cream of celery soup
- 1 c. milk
- 1 c. sm. shrimp, split lengthwise or crawfish
- 2 T. pimento, diced
- ¼ c. buttered crumbs

Cook noodles according to directions on package. Cook onion and green pepper in butter until lightly browned. Combine with soup, milk, drained shrimp, noodles and pimento in 1 ½ quart casserole. Sprinkle buttered crumbs on top. Bake in preheated 375 degrees oven for 25 minutes or until hot. Yield: 6 servings.

SWEET & PUNGENT SHRIMP

- 1 lb. fresh, canned or frozen shrimp or crawfish
- 1 9oz. can sliced or chunk pineapple
- ½ c. brown sugar
- ½ c. vinegar
- 2 T. soy sauce
- 1 ¼ c. water
- 3 T. cornstarch
- 1 green pepper, cut in strips
- 1 tomato, cut in wedges

Cook and clean shrimp. Drain pineapple, reserving syrup. Combine pineapple syrup, brown sugar, vinegar, soy sauce and 1 cup water. Bring to a boil, stirring until sugar is dissolved. Combine ¼ cup cold water and cornstarch; add to hot syrup mixture, stirring constantly until thick. Add green pepper, tomato and shrimp; heat thoroughly. Serve on rice or noodles. Yield: 6 servings.



SHRIMP OR CRAWFISH BISCUIT

- 1 c. biscuit mix
- 2 onions, thinly sliced
- 3 T. butter
- 3 c. med. white sauce
- 1 c. peas, cooked
- 1 c. carrots, cooked and diced
- 2 c. frozen shrimp or crawfish

Prepare biscuit dough according to direction. Cut out biscuits. Sauté onion in butter until tender. Add to white sauce with peas, carrots, and shrimp or crawfish. Pour mixture into casserole and arrange circles of biscuits on top. Bake at 450 degrees for 15 minutes. Yield: 8 servings.

FRIED SHRIMP IN PANTS

- 2 lbs. fresh shrimp, peeled & deveined
- 1 egg
- 1 cup allpurpose flour
- 1 cup evaporated milk
- 3 cups cold water
- 3 cups bread crumbs

Salt, black pepper, Cayenne (red pepper) to taste Make egg batter by mixing egg, evaporated milk and cold water. Leave part of the shell on the end of each shrimp tail when peeling. Slit each shrimp three fourths of its length and season generously with salt, black pepper, and Cayenne. Dip each shrimp in egg batter and then in flour. Dip in egg batter again and roll in bread crumbs. Fry in deep fat at 375 degrees for 3 to 4 minutes. Serves 4.

SHRIMP REMOULADE

- 2 lbs. boiled shrimp, peeled & deveined
- Lettuce
- Remoulade Sauce

Let shrimp cool after boiling. Mix shrimp with Remoulade Sauce and place in small covered bowl; store in refrigerator at least 24 hours. When ready to serve, stir and place in salad bowl over chopped lettuce. Shrimp Remoulade prepared this way will last



a week in the refrigerator. Sauce alone can be stored in refrigerator up to 2 months.

REMOULADE SAUCE

- 1 pint tomato catsup
- ½ pint olive oil
- ½ can tomato paste
- ½ pint mayonnaise
- 1 large dill pickle
- 1 sprig green onion
- 1 sprig parsley
- 1 bell pepper
- 1 egg white
- 1 tablespoon powdered horse radish
- 1 tablespoon A1 sauce
- 1 tablespoon Worcestershire sauce
- ½ teaspoon hot pepper sauce
- 8 or 9 green olives
- 1 level teaspoon melted butter
- 1 tablespoon prepared mustard
- 3 cloves garlic, pressed
- ½ teaspoon sugar
- ½ teaspoon salt

Grind very fine in food chopper; the dill pickle, garlic, green onion, parsley, bell pepper, and green olives. Add tomato catsup, olive oil, tomato paste, mayonnaise, A1 sauce, Worcestershire sauce, horseradish, sugar, salt, hot sauce, butter and mustard. Mix well. Add egg white, which has been beaten 2 minutes. Makes 1 quart. Pour Remoulade sauce on shrimp. Place on lettuce leaves. Serve as a salad with crackers.

STUFFED SHRIMP

- 1 lb. fresh shrimp, peeled & deveined
- 1 can lobster
- 2 eggs
- 1 cup chopped onions
- ¾ cup chopped celery
- ¼ lb. oleo or ½ cup cooking oil
- ½ cup green onion tops and parsley, chopped
- ½ cup cracker meal or bread crumbs
- ¼ cup chopped bell pepper
- 2 stale hamburger buns or 3 slices stale bread
- Salt, black pepper, and Cayenne (red pepper) to taste
- ½ lb. boiled shrimp, peeled and deveined

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Set fresh shrimp aside after peeling. Put oil or oleo, onions and 1 cup of chopped celery into a heavy pot. Season to taste with salt, black pepper and Cayenne. Cook slowly in uncovered pot until onions are wilted. Grind lobster and boiled shrimp In food chopper. Mix with onion mixture and cook 15 minutes over medium heat in uncovered pot. Add buns which have been soaked in eggs; mix well. Add bell pepper, remainder of celery, green onion tops, parsley and cracker meal or bread crumbs. Mix well. Split each fresh shrimp lengthwise, almost to end and flatten out. Stuff centers of split shrimp with mixture, holding each shrimp in the hand and squeezing it together to form a croquette. Roll in allpurpose flour, then dip in heavy egg batter, and roll in breadcrumbs. Fry rapidly for five minutes in deep fat at 375 degrees. Serves 5.

SHRIMP TURNOVERS

- 1 cup onions, chopped fine
- ¼ cup celery, chopped fine
- ¼ cup margarine
- 1 lb. peeled shrimp, medium chopped
- 2 tablespoons cornstarch
- 2 tablespoons allpurpose flour
- 2 teaspoons tomato Paste
- 1 teaspoon salt
- ¼ teaspoon Cayenne (red pepper)
- ¼ teaspoon black pepper
- ½ cup water
- ¼ cup parsley & green onions, chopped fine

Prepare Flaky Pie Crust (add parsley and green onions). Roll out dough 1/8" thick. Using a saucer about 5 ½ " In diameter, cut 4 circles of dough. Spoon ¼ of filling into center of circle and fold pastry in half. Seal edges together by pressing with tines of fork. Dip tines of fork Into flour. Fry In deep fat until golden brown or approximately 5 minutes. Serves 4.

SHRIMP ETOUFFEE

- 2 lbs. fresh shrimp, peeled & deveined
- ¼ lb. oleo or 3 tablespoons oil
- 1 cup onions, chopped fine
- ½ cup celery, chopped fine
- ½ cup bell popper, chopped fine
- 4 cloves garlic, pressed
- 1 tablespoon cornstarch
- 1 ½ cups water
- Salt, black popper, and Cayenne (red pepper) to taste

Split shrimp and season generously with salt, black pepper and Cayenne. Set aside. Melt oleo or oil and add onion, celery, bell pepper, and garlic. Cook slowly in uncovered heavy pot until onions are wilted. Add seasoned shrimp and let simmer, stirring occasionally for 20 minutes. Dissolve cornstarch in water and add to mixture. Cook another 15 minutes, stirring occasionally. Serve overcooked rice. Serves 4.

SHRIMP PIE

- 2 lbs. fresh shrimp, peeled & deveined
- ½ cup oil
- 1 cup chopped onions
- ½ cup chopped celery
- 2 teaspoons tomato paste
- ½ cup bell pepper, chopped
- 1 ½ cups water
- 2 tablespoons cornstarch
- ½ cup green onions and parsley, chopped
- Salt and Cayenne (red pepper)
- 4 cloves garlic, pressed

Season shrimp with salt and pepper and set aside. Mix cooking oil, onions, celery, garlic and bell popper in heavy iron pot over medium heat, stirring constantly until onions are wilted. Add shrimp and cook 15 minutes. Add cornstarch which has been dissolved in 1 ½ cups water. Cook until thick, stirring constantly. Add green onions and parsley, chopped fine.

Prepare enough flaky pie crust for six pies. Roll and divide to fit 6 individual 10ounce ovenware dishes. Fit rolledout crusts into buttered ovenware dishes and then pour shrimp mixture over bottom crusts. Cover with another layer of crust; cut two slits in the top of each pie. Bake at 350 degrees for about 15 minutes. Reduce heat to 300 and bake for another 12 to 15 minutes until golden brown.
Serves 6.

SHRIMP JAMBALAYA

- 1 lb. peeled and deveined shrimp
- 4 cups cooked rice
- 2 tablespoons tomato paste
- 1 teaspoon sugar
- 4 cloves garlic, minced
- 1 cup chopped onions
- 2 cups water
- ½ cup chopped celery
- ½ cup bell pepper, chopped
- ¼ lb. oleo or 1 cup oil
- ½ teaspoon cornstarch
- ½ cup green onions & parsley, chopped fine
- Salt, black popper and Cayenne (red pepper) to taste

Cook rice separately.

Chop shrimp and set aside. Melt oleo or oil and add onions, celery, bell pepper and garlic in a heavy pot. Cook uncovered over medium heat until onions are wilted. Add tomato paste and cook, stirring constantly for about 15 minutes. Add 1 ½ cups water. Season to taste with salt, black pepper and Cayenne. Add sugar and cook uncovered over medium heat for about 40 minutes, stirring occasionally or until oil floats to the top. Add shrimp; continue cooking and stirring another 20 minutes. Dissolve cornstarch in ½ cup water and add; cook another 5 minutes. Mix ingredients with cooked rice; add green onion tops and parsley. Mix again. Serves 8 generous portions as a side dish.

SHRIMP LOAF

- 3 tablespoons lemon juice
- 1 can tomato soup
- 3 (3 oz.) pkg. Philadelphia cream cheese
- 2 envelopes unflavored gelatin
- 1 cup mayonnaise
- 1 ½ cups fresh boiled shrimp, chopped fine
- Salt and pepper to taste
- ¾ cup finely chopped parsley or celery
- ¾ cup finely chopped green onions
- 1 large can shrimp or fresh cooked shrimp

You may use both the fresh shrimp and 1 can shrimp or 2 ½ cups of the fresh boiled shrimp.

Soak gelatin in ¼ cup cold water. Heat soup to boiling point. Dissolve cream cheese thoroughly with the soup and gelatin.



Cool. Add mayonnaise, celery or parsley, seasonings and onions.
Fold In crumbled shrimp; pour Into buttered mold.
Chill. Serve with crackers.



CRAWFISH

Season the water in which the shrimp, crabs or craw fish are to be boiled highly with salt, black popper, and Cayenne (red popper). This is the secret of bringing out the excellent flavor of shrimp, crabs or crawfish, as served by Louisiana Acadians.

Bring seasoned water to boil in a large heavy pot. Add crawfish, shrimp or 1 dozen crabs. Bring to boil again, and cook rapidly for 5 minutes in uncovered pot. Be sure to have enough water to cover the shrimp, crabs or crawfish with 4 inches of liquid. Turn off. Put cover on pot, and let shrimp, crabs or crawfish set in water 5 minutes. Then they are ready to be drained peeled and cleaned for use in recipes selected for this book. Use crawfish tails only, unless otherwise directed.

SCALDED CRAWFISH

Put enough water in a heavy pot so that crawfish will be covered with four inches of water. Bring to boil. Drop crawfish into boiling water, and turn heat off immediately. Let crawfish set in hot water for 5 minutes in uncovered pot. Drain off the water. Crawfish are now ready to be posted and cleaned for use in recipes as given in this book.

SAVING CRAWFISH FAT

After scalding crawfish, separate tails from head. Inside the crawfish head is a yellow substance, which is the fat. Remove this fat from all of the crawfish heads. Put fat in jar, and save in your refrigerator for use in crawfish bisque or stew.

CRAWFISH (A2FAY) ETOUFFEE

- 2 lbs. peeled crawfish tails
- ¼ lb. oleo or ¼ cup oil
- ½ cup chopped celery
- 1 cup chopped onions
- ½ cup chopped bell pepper
- 2 tablespoons crawfish fat
- 2 cups cold water
- 2 teaspoons cornstarch
- ¼ cup onion tops and parsley, chopped
- Salt, Black pepper and Cayenne (red popper)

Season crawfish tails with salt and pepper and set a side. Melt oleo or oil in heavy pot. Add onions, bell pepper, and celery; cook until onions are wilted stirring constantly. Add crawfish fat, 1 ½ cups water and crawfish tails. Bring to boil and cook over slow heat for 30 minutes, stirring occasionally. Dissolve cornstarch into ½ cup of water, add to mixture. Add onion tops and parsley cook another 10 minutes. Let set a few minutes. Serve over cooked rice. Serves 4.

CRAWFISH STEW

- 2 lbs. fresh crawfish
- 2 cups chopped onions
- 1 cup chopped celery
- ½ can whole tomatoes
- 4 cloves garlic, minced
- 1 level tablespoon tomato paste
- 1 cup allpurpose flour
- 1 cup cooking oil
- ½ cup green onion tops, and parsley, chopped
- 1 gallon cold water
- Salt, black pepper, and Cayenne (red pepper)

Scald crawfish. Peel crawfish and save fat in jar. Put crawfish tails in bowl. Set aside.

Make roux. Add onions, celery, whole tomatoes, and tomato paste to roux. Cook in uncovered pot over medium heat for about 40 minutes, or until oil separates from tomatoes. Set aside.

Put 1 gallon of water, garlic, and the crawfish fat to boil in uncovered pot over medium heat, stirring constantly, until it boils. Season generously with salt, black pepper, and Cayenne. Add roux mixture. Cook in uncovered pot slowly for 1 hour. Add crawfish tails and continue boiling slowly in uncovered pot for



another 20 minutes. Add green onion tops and parsley. Serve in soup plates with cooked rice. Serves 6. For Craw fish Bisque Add Heads.

CRAWFISH PIE PIE FILLING

- 2 lbs. peeled crawfish tails
- ½ cup cooking oil
- 1 cup chopped onions
- ½ cup chopped celery
- 1 tablespoon crawfish fat
- 1 ½ cups water
- 2 tablespoons cornstarch
- Green onions and parsley to taste
- Cayenne (red pepper) and salt

Season crawfish tails with salt and pepper and set a side. Cook in oil the onions and celery in heavy iron pot over medium heat until onions are wilted stirring occasionally. Add crawfish tails and crawfish fat, let cook 20 minutes. Add cornstarch dissolved in 1 ½ cups water. Cook until thick, stirring constantly. Add green onions and parsley; correct seasoning with salt and pepper and set aside. Prepare pastry for 6 individual pies in 10ounce Pyrex dishes. Butter dishes and pour crawfish filling over bottom crust. Cover with another layer of dough. Cut 2 slits on top of each pie. Bake at 350 degrees for about 15 minutes. Then reduce heat to 300 and bake for another 12 to 15 minutes or until golden brown. Serves 6.

CRAWFISH JAMBALAYA

- 1 lb. peeled crawfish tails
- 4 cups cooked rice
- 4 tablespoons crawfish fat
- 2 pieces pimento, diced
- 4 cloves garlic, chopped fine
- 1 cup chopped onions
- ½ cup chopped celery
- ½ cup bell pepper, chopped
- ½ cup oil or ¼ lb. oleo
- ½ cup green onion tops and parsley, chopped
- Salt, pepper and Cayenne (red pepper)
- 2 cups water

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- ½ teaspoon cornstarch

Melt oleo or oil and add onions, celery, bell pepper and garlic in heavy pot. Cook in uncovered pot over medium heat until onions are wilted. Add crawfish fat and 1 ½ cups of water. Season highly with salt, black pepper and red pepper. Cook in uncovered pot for about 20 minutes, stirring occasionally. Add crawfish. Continue cooking and stir another 10 minutes or until crawfish are almost cooked. Dissolve cornstarch in ½ cup of water and add to mixture; cook another 5 minutes. Mix ingredients with cooked rice. Add green onions, parsley and pimento. Mix again. Serves 6.

CRAWFISH BISQUE HEADS

- 20 lbs. live crawfish
- 1 cup chopped celery
- 2 cups chopped onions
- ½ lb. oleo
- ½ cup green onion tops and parsley, chopped
- 4 eggs
- 3 stale buns
- Salt and Cayenne (red pepper) to taste
- 1 cup bread crumbs

Scald crawfish. Peel and clean crawfish tails. Clean and save head shells of crawfish. Save fat from crawfish. Set aside crawfish tails, heads, and fat.

Combine butter or oleo, onions and celery in a heavy iron pot. Let Cook in uncovered pot over medium heat until onions are wilted, stirring constantly. Then add crawfish fat and cook slowly for 15 minutes. Season to taste with salt, black pepper, and Cayenne. Add soaked buns. Mix well. Then add beaten eggs and the stale bread. Chop half the boiled crawfish tails. Add chopped crawfish tails, green onions and parsley to the cooked mixture.

Stuff crawfish heads with the mixture, and serve with crawfish stew, made with the remaining crawfish tails. Serve the stew with cooked rice in soup bowls, with about five stuffed crawfish heads in each bowl. Serves 8.

FILE GUMBO D'ECREVISSE OR CRAWFISH FILE GUMBO

- 20 lbs. live crawfish or 3 lbs. of peeled crawfish
- 1 cup chopped celery
- 2 cups chopped onions

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- 1 gallon warm water
- 1 cup oil
- ½ cup green onion tops and parsley, chopped
- 4 cloves garlic, minced
- Salt and Cayenne (red pepper) to taste
- 1 cup flour
- ½ cup bell pepper, chopped fine

Scald and peel crawfish. Set tails and fat aside separately.
Make roux.

Mix chopped onions, celery, bell pepper and garlic into roux and cook over medium heat until onions are wilted. Add water and fat, stirring until it comes to a boil. Boil slowly in uncovered pot for 1 hour. Season to taste with Cayenne and salt. Then add crawfish tails and cook 20 minutes. Add onion tops and parsley, 2 teaspoons of file gumbo when ready to serve. Serve in soup plates with cooked rice. Serves 6.

NOTE: File gumbo is available in most grocery stores in Southwest Louisiana and New Orleans. It is made from crushed or powdered leaves of the sassafras tree. It is principally used to season and thicken gumbo.

STUFFED PEPPERS CRAWFISH OR SHRIMP

- 1 egg beaten
- 2 lb. raw shrimp or crawfish peeled & chopped
- Salt and Chinese red popper to taste
- ¼ c. Oil
- 6 bell peppers, chopped fine
- ½ lg. onion, chopped fine
- ½ -3/4 c. celery, chopped fine
- 1 c. breadcrumbs
- 810 bell pepper halves
- Buttered, Italian seasoned bread crumbs

Add egg to chopped shrimp or crawfish. Salt and pepper well and mix thoroughly. Sauté shrimp or crawfish mixture in oil until cooked. Add more oil and chopped peppers, onions and celery. Cook until soft and mushy. Add plain bread crumbs and season, if needed. Scald bell pepper halves and stuff with shrimp mixture. Top with seasoned bread crumbs. Cook in greased pan at 350 degrees oven about 45 minutes.

Yield: 4 to 6 servings.



CRAWFISH BOUCHEES

- 3 C. white wine
- 1 tsp. salt
- 6 whole peppers
- 2 T. chopped onion
- 3 T. chopped carrot
- 3 T. chopped pimento
- 1 bunch parsley, chopped
- 24 live crawfish
- 1 ½ c. white sauce
- 12 patty shells

Put wine in saucepan with seasonings and vegetables. Bring to a boiling point and drop in crawfish. Cook 8 to 10 minutes. Drain; take meat from shells and claws, cut into small pieces, put in a small pan and thicken with white sauce, stirring constantly. Fill patty shells, reheat and serve and garnish with parsley.

CRAWFISH ETOUFFEE

- 4 lbs. crawfish tails
- 2 chopped bell peppers
- 1 tsp. parsley flakes
- 1 c. crawfish fat or butter
- Water
- 4 chopped onions
- 2 stalks chopped celery
- 4 T. shallot tops
- Salt and Chinese red popper to taste

Place crawfish tails into big pot on low fire. Put onions, bell peppers, and celery, then add parsley and shallot tops. Cook over slow fire. Add fat or butter sautéed a little more. Add a little water until it is not quite soupy and simmer 10 minutes. Season to taste with salt and red pepper.

CRAWFISH PATTY

- 1 bell pepper, ground
- 2 lbs. crawfish, ground
- Salt
- 1 T. crawfish fat or butter
- Biscuit dough
- 1 stalk celery, ground
- ½ c. breadcrumbs
- Chinese red pepper & black pepper to taste

Mix bell pepper, celery and crawfish, Cook in open



pan on slow fire for about 15 minutes. Season with salt and red & black pepper. Add breadcrumbs and stir. Make cup cakes out of biscuit dough. Fill with cooked crawfish and bake in oven 6 minutes at 450 degrees. Yield: 30 patties.



SHRIMP

SHRIMP PATTIES

- 1 lb. raw shrimp, chopped
- ¼ c. celery, chopped
- ¼ c. instant potatoes
- Sprinkle of garlic salt
- 1 egg
- ½ c. onions, minced
- T. bell pepper
- Salt & Chinese red pepper to taste
- ¼ c. water (opt.)

Mix shrimp, celery, bell pepper and onions. Add egg, potatoes, salt and red pepper. Shape into patties. Put oil in skillet (cover just the bottom lightly). Fry until golden brown. Pour out oil and place patties back in pan with ¼ cup of water. Cover, let simmer 20 minutes. Serve over hot rice. Yield: 8 servings.

SHRIMP & OYSTERS EN BROCHETTE

- 3 doz. oysters, shelled
- 1 lb. large shrimp, peeled & deveined
- ¼ lb. butter or oleo
- 2 cloves of garlic
- ½ slice bacon for each shrimp
- Salt and Cayenne (red pepper) to taste
- 1 lemon

Melt butter or oleo and add two cloves of garlic which have been pressed and the juice of one lemon. Heat to boiling and stir. Then reduce heat. Split shrimp, if desired. Season each individually with salt and Cayenne to taste. Wrap each shrimp with one-half slice of bacon secured with toothpick. Alternate shrimp with oysters on six skewers. Place skewers in shallow pan about 5 inches from flame of broiling oven and broil 15 to 20 minutes until bacon is crisp. Baste with butter sauce and turn frequently. Serve with tartar sauce.

Serves 6.



MARINATED SHRIMP

Use 1 ½ quart Pyrex dish. Melt 1 stick of butter in dish and add the following to melted butter stirring quite often:

- 1/3 cup Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper
- 2 teaspoon garlic puree
- 1 teaspoon thyme
- 2 teaspoon rosemary
- ½ teaspoon celery salt
- 1 teaspoon olive oil

Cook slowly 10 to 15 minutes (taste for pepper seasoning and add if desired) but do not bring to a rapid boil. Allow to cool slightly, then add 50 to 60 headless shrimp, medium size (wash shrimp after de-heading). In order for seasoning to take effect, do not cook for at least 2 to 3 hours, or refrigerate over night. If cooked immediately they are very tasty but not as seasoned as when allowed to marinate for 2 to 3 hours or even better over night. When ready to cook, pre heat oven at 400 degrees. When oven is hot, place them in the oven for approximately 18 to 20 minutes stirring several times. Cooking time depends on size of shrimp. After 12 minutes remove several and taste. Allow to cook further if necessary, but prevent over cooking as the shrimp are hard to peel if overcooked.

SHRIMP A LA CREOLE

- 1 ½ lbs. peeled and deveined shrimp
- 1 cup chopped onions
- ½ cup bell pepper, chopped
- 4 cloves garlic, minced
- ½ cup oil or ¼ lb. oleo
- 1 46 oz. can tomato sauce
- 1 6 oz. can tomato paste
- 1 teaspoon sugar
- 1 cup green onion tops & parsley
- 1 cup chopped celery
- 3 cups of water

Salt, black pepper and Cayenne (red pepper) to taste
Split shrimp and season with salt, black pepper and Cayenne. Set aside. Heat oil or oleo in heavy pot over medium heat; cook onions and celery in it until onions are wilted. Add tomato paste and fry another 5 minutes stirring constantly. Add tomato sauce and 2 cups of water. Cook about 40 minutes or until oil comes to top, stirring occasionally. Use more water if sauce gets too thick. Add shrimp, bell pepper, garlic, sugar, salt, black pepper and Cayenne. Cook 30 minutes or until shrimp are tender. Serve over cooked rice. Sprinkle with chopped onion tops and parsley. Serves 4.

SHRIMP & OKRA GUMBO

- 2 lbs. peeled and deveined shrimp
- 3 qts. water
- 1 tablespoon tomato paste
- 2 lbs. fresh okra, cut small
- 1 cup onion, chopped fine
- ½ cup celery, chopped fine
- ½ cup bell Pepper, chopped fine
- 1 fresh tomato, chopped fine
- 4 cloves garlic, chopped fine
- Salt and Cayenne (red pepper) to taste
- ½ cup oil

Season shrimp and set aside. Smother okra in oil for 35 minutes, then add tomato paste, fresh tomato, onions, garlic, celery and bell pepper. Cook for about 30 minutes. Add 3 quarts of water and season to taste. Cook for 45 minutes to an hour; then add shrimp. Cook another 20 minutes. Add green onion tops and parsley 5 minutes before serving. Serve over cooked rice. Serves 6.



SHRIMP OR CRAWFISH CURRY

- 1/3 c. butter or oleo
- 1/2 c. chopped onions
- 2 cloves garlic, minced
- 2 c. sour cream
- 2 tsp. lemon juice
- 2 tsp. curry powder
- 3/4 tsp. salt
- 1/2 tsp. ginger
- Dash Chinese red pepper
- 3 c. boiled, cleaned shrimp or crawfish

Melt butter. Add onions and garlic. Cook about 3 minutes. Stir in sour cream and other ingredients. Cook over medium heat, stirring until thoroughly heated. Serve over hot rice, with usual condiments: chutney, coconut, almonds, etc. Yield: 4 to 6 servings.

SHRIMP OR CRAWFISH AND MUSHROOM CASSEROLE

- 1 lb. shrimp or crawfish
- 1 1/2 T. butter or oleo
- 2 tsp. chopped onions
- 2 tsp. chopped bell pepper
- 2 T. flour
- 3/4 c. half & half
- 1/4 tsp. paprika
- 1/2 tsp. salt
- 1 6 oz. can button mushrooms
- 1/2 c. grated cheddar cheese
- Buttered bread crumbs
- Parmesan cheese

Boil shrimp or crawfish in La. Crab, Crawfish & Shrimp boil. Melt butter, add onions and green pepper and cook until tender. Add flour and blend. Add all other ingredients, except bread crumbs and Parmesan cheese (melt cheese). Place in 1 1/2 quart casserole and cover with bread crumbs and Parmesan cheese, Bake at 350 degrees for 20 minutes. Freezes well. Yield: 4 servings.



SHRIMP OR CRAWFISH QUICHE

- 1 8 oz. can refrigerated crescent dinner rolls
- 2 eggs, slightly beaten
- 1 T. grated Parmesan cheese
- Salt and Chinese red pepper to taste
- 2c. Italian or Monterey Jack cheese, cut in ½ in. cubes
- ½ lb. cooked & cleaned shrimp or crawfish
- 2 T. chopped green onions

Separate triangles of dinner rolls. Place 5 triangles in a 9 in. pie pan, pressing together to form a crust. To make them thin, roll triangles between wax paper. Reserve 3 triangles for top crust. Combine remaining ingredients in large mixing bowl and mix well. Pour into crust. Roll out remaining triangles so longest side is 9 inches. Cut into ½ inch strips. Twist strips and make lattice effect for top crust. Bake at 325 degrees for 50 to 60 minutes. Yield: 4 to 6 servings.

CRAWFISH OR SHRIMP LOUISIANNE

- ½ c. margarine
- 2 onions, chopped fine
- 2 stalks celery, chopped fine
- 2 tbs. raw crawfish or shrimp, peeled
- 4 T. flour
- 1 tsp. salt
- 2 tsp. chili powder
- 2 c. milk
- 4 T. catsup
- 1 T. dried parsley

Melt margarine in heavy skillet. Sauté vegetables. Add raw cleaned crawfish or shrimp and sauté a few minutes longer. Stir in flour, salt and chili powder. Add milk gradually and cook five minutes over low heat. Add catsup and parsley. Cook covered 10 to 15 minutes. Serve over hot rice with green salad and French bread. Yield: 4 to 6 servings.



SHRIMP OR CRAWFISH MACARONI CASSEROLE

- 7 ¼ oz. macaroni & cheese dinner
- 1 10 ½ oz. can cream of chicken soup
- 10 oz. of cooked shrimp or crawfish
- Crushed crackers
- ½ tsp. Worcestershire sauce
- ¼ c. chopped bell pepper
- Salt and Chinese red Pepper to taste
- Butter or margarine

Prepare macaroni and cheese according to package directions, except increase total amount of milk to 1 ½ cups. Stir in soup, shrimp or crawfish, Worcestershire sauce, bell pepper, salt and red pepper. Pour Into greased 1 ½ quart casserole. Sprinkle cracker crumbs on top. Dot with butter. Bake at 350 degrees for 45 minutes. Freezes well. Good for those busy days when you have only a few minutes to prepare a meal. Yield: serves 4.

SHRIMP OR CRAWFISH AND ARTICHOKE CASSEROLE

- 1 14 oz. can artichoke hearts, drained
- 1 10 oz. can cream of mushroom soup
- 1 ½ lb. shrimp (cooked & cleaned) or crawfish
- 3 T. butter
- 1 clove garlic, chopped
- 1 onion, or 4 green onions, chopped
- ¼ lb. mushrooms, sliced, or 4 oz. can drained
- Salt, Chinese red popper and paprika to taste
- ½ c. mayonnaise
- 1 T. Worcestershire sauce
- 2 T. dry sherry
- ½ c. grated Parmesan cheese
- 1 10 oz. pkg. frozen, chopped spinach

Place artichokes in buttered 2 qt. casserole. Add shrimp. Sauté garlic, onions and mushrooms in butter. Add undiluted soup, mayonnaise, Worcestershire sauce, sherry, cheese, salt and pepper. Add spinach which has been thawed and well drained. Pour this mixture over shrimp or crawfish. Sprinkle with more cheese and paprika. Bake 20 minutes at 375 degrees or until bubbly. You may garnish with chopped parsley or breadcrumbs. Yield: serves 6.

CATFISH DISHES

BAKED CATFISH WITH TOMATO SAUCE

- 4 sliced bacon
- 2 c. chopped onion
- 2 16 oz. cans tomatoes
- 1 T. chopped parsley or dried
- ¼ tsp. thyme
- 2 bay leaves
- Salt and Chinese red pepper to taste
- 5 lbs. filet catfish

Fry bacon in skillet. Remove bacon and wilt onions in bacon fat. Add tomatoes, chopping them up. When this is bubbling, add parsley, thyme, bay leaves, chopped bacon, salt and red pepper. Cook until most of the water has cooked out and the sauce thick. Season the catfish well and rub with butter. Cook for 15 minutes in a preheated 400 degree oven. Spread with sauce and continue baking at 350 for about 15 minutes or until catfish flakes easily. Yield: 6 servings. May be served over hot rice or by itself.

BARBECUED CATFISH

- 8 catfish filets
- Salt and Chinese red pepper to taste
- 3 lemons, squeezed
- 2 garlic cloves, minced
- Lemon slices
- 1 c. melted butter or oleo
- 1/3 Pickapeppa sauce
- 1 T. Tabasco sauce
- Fresh parsley, chopped or dried flakes

Preheat barbecue grill to medium heat. Salt and red pepper filets and place in foillined pan. Heat lemon, garlic, butter, Pickapeppa sauce and Tabasco sauce in small pan. Pour over catfish. Cook with top down about 15 minutes. Baste often. Garnish with parsley and lemon slices. Yield: 6 to 8 servings.

SHRIMP & CRAWFISH CASSEROLES

SHRIMP OR CRAWFISH CASSEROLE

- 1 c. chopped onions
- 1 c. diced celery
- 1 stick oleo
- 1 can cream of shrimp soup
- 3 c. cooked shrimp or crawfish
- 4 slices toasted bread, crumbled
- Red pepper, black pepper and salt to taste
- 1 c. chopped green peppers
- 3 cloves garlic
- 1 can cream of mushroom soup
- 1 can pimento
- 2 ½ c. cooked rice
- 1 c. chopped parsley

Cook onions, pepper, garlic and celery in oleo until tender. Add soups and parsley, onion tops and chopped shrimp or crawfish and pimento. Heat thoroughly, stir in rice and ½ of bread. Cook a little longer. Season to taste. Turn into a 3 quart casserole. Sprinkle remaining breadcrumbs over top. Bake at 375 degrees for 45 minutes. Yield: serves 8.

FANCY SEAFOOD

- ¾ c. chopped green popper
- ¾ c. chopped onion
- 1 c. diced celery
- 1 c. cooked crab meat, flaked
- 1 c. soft breadcrumbs
- 1 c. cooked shrimp or crawfish
- ½ -¾ tsp. salt
- Dash of red pepper
- 1 c. mayonnaise
- 2 T. melted butter or oleo

Combine vegetables, crab meat, shrimp or crawfish, salt, red pepper and mayonnaise. Place mixture in greased 1 quart casserole. Toss crumbs in butter; sprinkle over top. Bake in moderate oven, 350 degrees for 30 minutes or until hot and crumbs are golden brown. Yield: serves 6 to 8.



SHRIMP OR CRAWFISH RICE SKILLET

- 1 bunch green onions, chopped fine
- 1 green pepper, chopped fine
- 1 clove garlic
- 1 c. raw rice

Brown in small amount of oil or oleo. Add 2 cups water, 1 tsp. salt, ½ tsp. monosodium glutamate. 1 lb. of raw or boiled shrimp or crawfish, save water and use. 1 can mushroom pieces, pimento (sm. jar), 1 bay leaf. Cover tightly and steam 20 minutes. Yield: 6 to 8 servings.

SHRIMP OR CRAWFISH CORN BAKE

- 1 lb. peeled, cooked shrimp or crawfish
- 2 cans cream style yellow corn
- ½ c. green pepper, chopped finely
- ½ c. celery
- 1 c. cheese sauce
- 1/3 c. green onions, chopped finely

Cheese Sauce:

- 2 T. butter or oleo
- 1 c. milk
- Salt and red pepper to taste
- 2 T. flour
- ½ lb. mild Cheddar cheese, grated

Make white sauce by melting butter, adding flour and milk and salt and red pepper. Cook over medium fire, stirring until thickened. Add grated cheese and stir until melted. Combine all ingredients in baking dish and bake, uncovered, for 1 hour. Serve over hot rice.



SHRIMP OR CRAWFISH WITH SPICY RICE

- 1 lb. cleaned raw shrimp or crawfish
- 1 qt. thick white sauce
- ½ c. bell pepper, chopped fine
- 1 c. celery, chopped fine
- 1 ½ c. sharp cheese, grated
- 2 T. Worcestershire
- 2 T. sherry
- Paprika, salt and red pepper to taste

Combine all ingredients in casserole, reserving ½ cup cheese for topping. Sprinkle paprika over top and bake 1 hour in 350 degree oven.

Rice:

Steam for 1 hour 2 cups long grain rice with 2 cups of chicken stock seasoned. Serve seafood over steamed rice. Yield: serves 8.

SEAFOOD DISHES

SEAFOOD PIE

- 1 9 in. pie shell
- 2 T. butter or margarine
- ¼ c. chopped green pepper
- ¼ c. chopped green onions
- ¼ c. chopped celery
- 1 3 oz. can mushrooms
- ½ lb. lump crab meat
- ¼ c. slivered almonds
- ½ lb. boiled & cleaned shrimp
- 1 c. grated Cheddar cheese
- ¼ c. grated Parmesan cheese
- 1 T. lemon juice
- ¼ t. Tabasco sauce
- 1 egg, beaten
- ¼ c. mayonnaise

Bake pie shell partially at 400 degrees for 5 to 7 minutes. Melt butter in large skillet and sauté green pepper, green onions, celery and mushrooms. Add crab meat, shrimp, ¾ cup Cheddar cheese, Parmesan cheese, lemon juice, Tabasco sauce, egg and mayonnaise. Stir well to combine. This should be moist but not "runny," so drain off excess liquid. Spoon into pie shell. Bake at 350 degrees for about 20 minutes. Add almonds and remaining ¼ cup Cheddar cheese. Bake 10 minutes longer. Baking time can be shortened slightly by heating combined filling ingredients before spooning into pie shell. If fresh seafood is not available, canned or frozen may be substituted. Yield: 6 servings.

CRAWFISH PIE

- 1lge. onion, ground
- ¼ c. minced green onion
- 2 cloves garlic, ground
- ½ bell pepper, ground
- 2 stalks celery, ground
- ½ c. butter or oleo
- 1 10 ¾ oz. can cream of celery soup
- T. tomato sauce
- 1 lb. coarsely ground crawfish tails
- ¼ c. minced parsley
- ½ cup seasoned bread crumbs
- 1 tsp. salt
- Chinese red pepper to taste
- ½ tsp. black pepper
- 1 egg, beaten
- 1 c. milk
- 2 10 inch pie shells

Sauté onions, garlic, pepper and celery in butter until limp. Add soup, tomato sauce, ground crawfish and parsley. Cook slowly for 10 minutes. Turn off heat. Add breadcrumbs, salt, red pepper, and egg. Add milk and mix well. For 10 inch pie, bake in double crust for 35 to 40 minutes at 350 degrees.

CRAWFISH OR SHRIMP RIVIERA

- 3 T. butter or margarine
- 1 ½ c. chopped celery
- ½ c. sliced onions
- 1 clove garlic, minced or powder
- 1 T. plain flour
- 2 c. canned tomatoes
- 1 8 oz. can tomato sauce
- 2 T. chopped parsley or dried flakes
- 1 tsp. oregano
- 1 ½ tsp. salt
- 2 lbs. cleaned & peeled shrimp or crawfish

Melt butter in large skillet and sauté celery, onions, and garlic until tender. Sprinkle in flour and stir until light brown. Add tomatoes, tomato sauce, parsley, oregano and salt; simmer 10 to 15 minutes. Add seafood and ½ cup black olives (opt.). Continue cooking until seafood is done, about 5 minutes. Serve on fluffy hot rice tossed with sliced mushrooms that have been lightly sautéed in butter and drained. Yield: 4 to 6 servings.

CRAWFISH BISQUE



- 50 cleaned crawfish heads
- 4 T. oil
- 1 clove garlic
- 1 lg. onion, chopped
- 2 c. soaked, drained stale bread
- Salt and pepper to taste
- 2 eggs
- ½ c. chopped celery
- ½ c. chopped green pepper
- 2 T. chopped parsley
- 1 T. Worcestershire
- Chinese red pepper to taste
- 1 qt. crawfish tails

Heat oil in large iron skillet. Add chopped garlic, onion, celery, green pepper and parsley, cook until tender. Add cleaned crawfish tails, bread, beaten eggs, salt and red pepper, sauce and cook about 15 minutes, stirring constantly to prevent sticking. Allow to become cool enough to handle and stuff into the cleaned crawfish heads, Roll In flour and brown. Make a roux of 3 T. fat or butter and 2 T. flour. Add 1 quart water and drop browned, stuffed heads into the gravy as they become browned. Place on low heat and allow to simmer for about 30 minutes. Serve over hot rice.

CRAWFISH ETOUFFEE

- 2 lbs. peeled crawfish tails
- ½ c. chopped celery
- ½ c. chopped bell pepper
- 2 T. crawfish fat or butter
- ¼ c. onion tops & parsley, chopped
- 2 tsp. cornstarch
- ¼ lb. oleo or ¼ c. oil
- 1c. chopped onions
- 4 cloves garlic, minced
- 2 c. cold water
- Salt, Chinese red pepper and black pepper to taste

Season crawfish tails with salt and peppers and set aside. Melt oleo or oil in iron pot. Add onions, bell pepper, garlic and celery and cook until onions are wilted, stirring constantly. Add crawfish fat or butter, 1 ½ cups water and crawfish tails. Bring to boil and cook over slow heat for 30 minutes, stirring occasionally. Dissolve cornstarch into ½ cup of cold water, add to mixture. Add onion tops and parsley. Cook for 10 minutes. Let stand for a moment or two. Serve over hot rice. Yield: 4 servings.

OYSTER DISHES & CASSEROLES

OYSTER CASSEROLE

- 1c. cracker crumbs
- ½ c. seasoned breadcrumbs
- ½ c. melted butter
- 2/3 c. chopped parsley
- 2/3 c. chopped onions
- Tabasco sauce
- 1dz. lg. or 2 dz. sm. oysters
- Cajun Seasoning to taste
- Butter
- ¾ c. Chablis wine
- ¾ c. light cream
- 1 c. American cheese

Mix first three ingredients. In a separate bowl, mix parsley and onions. Put layer of bread crumb mixture, then layer of parsley and onions on bottom of a 2 to 3 quart casserole. Put a layer of oysters. Put 1 drop Tabasco sauce on each oyster. Put a little Cajun Seasoning and a dot of butter on each oyster. Repeat procedure. Crumb mixture should be last. When the dish is full, gently pour wine, then cream, over the mixture. Sprinkle cheese over the top. Bake at 400 degrees for 20 minutes. Yield: serves 6 to 8.



OYSTER PIE

- ¼ c. butter
- ½ c. plain flour
- ¾ c. milk
- 1 pt. oysters
- 1 sm. clove garlic, minced
- ¼ bell pepper, chopped
- ¼ c. minced parsley
- ½ c. chopped green onions, tops and bottoms
- 2 stalks celery, chopped
- Salt, black and Chinese red pepper to taste
- Hot sauce to taste
- 8inch unbaked pie shell, top and bottom

Make a roux with butter and flour, stirring constantly until it reaches hue of a brown paper bag. Add milk. Stir well. Drain juice from oysters and add only oysters to sauce. Cook for 15 minutes or until oysters have thrown off all their juice. If mixture is too thick, add oyster juice. Add chopped ingredients and lastly add salt, peppers and hot sauce to taste. Salt must be added last to keep milk from curdling. Put oyster mixture in unbaked 8inch pie shell and cover with top crust. Start pie at 460 degrees and cook 15 minutes to prevent inside crust from being soggy. Reduce heat to 350 and continue cooking until nicely browned. Serve hot, Yield: serves 6 to 8.

FRIED LOUISIANA OYSTERS

- 4 doz. large shelled oysters
- Salt and red pepper to taste
- Yellow corn meal

Season oysters individually to taste so that each one gets the proper amount. Heat deep fat or oil to 380 degrees. Roll oysters in corn meal, drop into hot fat and fry 2 to 3 minutes. Do not overcook; this causes toughness.



SHRIMP AND OYSTER GUMBO

- 2 lbs. shrimp, fresh or frozen
- 1 pt. oysters, fresh or canned
- 1 cup chopped celery
- 2 cups chopped onions
- 1 gallon warm water
- ½ cup cooking oil
- ½ cup bell pepper, chopped
- ½ cup onion tops and parsley chopped fine
- 4 cloves garlic, minced
- ½ cup allpurpose flour
- Salt, black pepper and Cayenne (red pepper) to taste

If using fresh shrimp, peel them and Season generously with salt, black pepper and Cayenne. Set aside.

Make roux. Pour onion, celery, bell pepper and garlic into roux. Cook slowly in uncovered pot until onions are wilted. Add water and boil slowly in uncovered pot for 1 hour. Add shrimp and cook over medium heat in uncovered pot for 20 minutes. Add oysters with liquid and continue cooking for another 5 minutes. Add onion tops and parsley. Serve in soup plates over desired amount of cooked rice. Serves 6.



STUFFED OYSTERS

- ½ cup celery, chopped fine
- 1 cup onions, chopped fine
- 2 tablespoons margarine
- 1 ¼ cup chopped oysters
- 2 hamburger buns
- 2 eggs
- 1 heaping tablespoon flour
- ¼ cup breadcrumbs
- 1 tablespoon parsley, chopped fine
- 1 ¼ cup white crabmeat
- 20 large shelled oysters

STUFFING

Smother onions and celery with margarine until onions are wilted. Add the chopped oysters and let sauté for 3 minutes. Soak buns in beaten eggs and add to mixture. Then add breadcrumbs, flour, parsley and crab meat. Mix well. Form 20 croquettes with this filling and then place one oyster in the center of each croquette. Roll then in white flour, dip in light egg batter, and roll again in breadcrumbs. Fry at 350 degrees in deep fat for 5 minutes. Serves 5.

LOUISIANA OYSTER STEW

- 2 doz. large shelled oysters
- 2 cups milk
- 2 pats butter
- 1/8 cup celery, chopped very fine
- Paprika
- Salt and red pepper to taste
- 2 ½" thick slices of boiled potatoes

Heat milk to boiling in saucepan, stirring constantly. Add celery and potatoes and cook for 5 minutes. Add oysters and season to taste with salt and red pepper. Bring to boil again and let simmer 3 to 4 minutes. Pour into soup plates. Place 1 pat of butter on each serving and sprinkle with paprika. Serves 2.

OYSTERS BIENVILLE

- 1 bunch green onions, chopped fine
- ¼ lb. butter
- 3 tablespoons flour
- 1 pint chicken or fish bouillon or broth
- 1 can chopped mushrooms
- ¼ cup cheddar cheese
- 1/8 teaspoon paprika
- 3 egg yolks
- 3 ozs. white wine (dry sauterne or sherry)
- ½ cup evaporated milk
- Salt, black pepper and hot pepper sauce to taste
- ½ lb. shrimp chopped fine
- 1 teaspoon oregano

This recipe, used as a casserole dish, will serve 46 persons. It can also be used as a sauce to cover approximately 4 dozen oysters on the halfshell.

SAUCE

Mix shrimp, mushrooms and 1½ ozs. wine together. Set aside. Brown onions in butter; add flour and stir over a low flame until mixture is a light brown. Add chicken or fish bouillon or broth, which has been heated, slowly stirring all the while. Add shrimp, mushrooms and wine mixture until sauce is smooth and begins to thicken. Set aside to cool slightly. Beat egg yolk well, but not too long with 1½ ozs. wine and the evaporated milk. Slowly pour the warm sauce into this eggwiniemilk mixture stirring constantly so it will stay smooth and not curdle. Add liquor from prebaked oyster shells and season to taste. Replace the whole mixture on the fire and cook over low heat for 10 to 15 minutes until thick, stirring constantly to prevent lumping or scorching. If too thin, add flour or cornstarch to thicken. Pour into four separate casseroles or ramekins and place 10 to 12 oysters in the middle of the mixture; cover with more of the sauce. Sprinkle well with cheddar cheese, place in 400 degree oven and bake until golden brown. CAUTION: Make sure oysters are placed between layers of sauce, as they will get extremely hard if they are cooked on the bottom.



QUICK & EASY SEAFOOD CASSEROLES

CRAB MEAT OR SHRIMP THERMIDOR

- ¼ c. butter or margarine
- 4 tsp. flour
- 1 c. chicken broth
- 1 c. light cream or milk
- 1 tsp. sherry
- 1 tsp. salt
- Cayenne pepper to taste
- 1c. Cheddar cheese, grated
- 2 ½ c. cooked crab meat or shrimp or crawfish
- ½ c. Parmesan cheese, grated

Melt butter; blend in flour gradually. Add chicken broth and cream. Stir and simmer about 3 minutes until mixture thickens. Add sherry, salt, Cayenne pepper and Cheddar cheese. Stir until well mixed and cheese is melted. Arrange seafood in casserole; pour sauce over. Sprinkle with Parmesan cheese. Bake at 350 degrees for 20 minutes; serve on toast points or cooked rice. Yield: 46 servings.

OYSTER CASSEROLE

- ½ lb. saltine crackers, crushed
- 1 pt. fresh oysters
- 4 T. butter

Place a layer of crushed crackers in a buttered casserole. Alternate layers of oysters, crackers and dot with butter, ending with crackers and dotted butter. Bake at 350 degrees for 20 to 30 minutes or until brown. Yield: 8 servings.



ASPARAGUS OR BROCCOLI WITH SHRIMP

- ¼ c. chive cream cheese
- ¼ c. light cream
- 1c. med. white sauce or 1 can frozen cream of shrimp soup
- 2 T. lemon juice
- 2 cans asparagus spears, drained
- 2 pkg. frozen broccoli, split stalks cook 3 min. drain
- 1 5oz. can shrimp
- Toasted almonds

Over low heat blend chive cheese and cream. Add white sauce and blend. Remove from heat and add lemon juice. Pour hot sauce over your choice of drained vegetable and shrimp which have been arranged in casserole. Sprinkle with toasted almonds. Bake in 350 degrees oven for 20 minutes. Yield: 6 servings.

CRAB MEAT CASSEROLE IN A HURRY

- 1 can cream of mushroom soup
- 1 c. English peas, drained
- 1 can crab meat
- 2 c. potato chips, broken

Mix soup, peas and crab meat; place in casserole alternately with broken potato chips. Top with crushed potato chips. Bake in 350 degrees oven for 30 minutes. Yield: 6 servings.

QUICK MEAL

- pkg. macaroni and cheese dinner
- can crab meat or substitute shrimp or crawfish

Prepare macaroni dinner as instructed on box. Add cheese mix; add more cheese if desired. When done, add seafood; mix. Heat thoroughly. Yield: 45 servings.

BAKED CAULIFLOWER

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SEAFOOD CASSEROLE

- 4 boxes frozen cauliflower
- 34 cans crab meat
- 1c. crawfish
- 3 cans frozen cream of shrimp soup
- 1can celery soup
- Cracker crumbs
- Paprika
- Salt and Cayenne pepper to taste
- ½ lb. Cheddar cheese, grated
- Butter or margarine

Cook cauliflower for 3 minutes in water. Put layers of crab, crawfish, cauliflower and soups into buttered casserole. Sprinkle with cracker crumbs, seasonings and small amount of cheese. Repeat layers until casserole is filled; put remaining cracker crumbs with cheese on top with dabs of butter. Cook at 325 degrees until bubbly and slightly browned. Yield: 14 servings.

NEW ORLEANS JAMBALAYA

- 1 c. uncooked rice
- 1pt. oysters
- 3 heaping T. oil
- ½ c. celery, minced
- 1 T. parsley, minced
- Salt and pepper to taste
- ½ c. onion, minced
- 1 small bell pepper
- cloves garlic, minced
- c. boiling water
- ½ c oyster juice, heated
- Dash of Tabasco Sauce

Put rice in heated fat in heavy saucepan, stir until lightly brown. Add minced ingredients and sauté for a few seconds, add boiling water and juice, salt, pepper, parsley and Tabasco sauce and mix thoroughly. Add oyster, stir once, reduce heat to simmer, cover and cook for about 15 minutes or until rice is tender.



Microwave Cooking

OYSTERS ORLEANS

- ½ cup butter, melted
- ¼ cup green onion tops, chopped fine
- ¼ oz. can sliced mushrooms
- 1 teaspoon dry mustard
- ¼ teaspoon Cayenne pepper
- ¾ cup flour
- 2 cups warm milk
- ½ cup dry sherry
- ½ teaspoon salt
- 2 egg yolks, beaten
- 2 dozen raw oysters, drained

In a 2 quart bowl, melt butter and sauté onions, mush rooms, mustard and peppers on high 4 minutes. Stir in flour and add warm milk gradually. Cook on High 3 or 4 minutes until sauce thickens. Add sherry and salt. Stir in beaten egg yolks. Place room temperature raw oysters in oyster shells or larger shells and cover with sauce. Place 6 oyster shells or 4 large shells at a time In microwave. Cook on High 2 minutes or until heated through.

OYSTERS BIENVILLE

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- 2 tablespoons butter
- 4 green onions, chop all of bulbs and ½ of tops
- 2 tablespoons flour
- 2/3 cup fish stock, oyster or clam juice
- 1/3 cup drained mushrooms, finely chopped
- 1 egg yolk
- 1/3 cup dry white wine
- ¼ teaspoon salt
- ¼ teaspoon white pepper
- 2 dozen raw oysters, drained
- 6 soup plates filled with rock salt or 6 plates with terry towel placed on plate
- 24 oyster shells
- ½ cup seasoned bread crumbs
- ½ cup Parmesan cheese
- 4 tablespoons butter, melted

Melt butter in a 1 ½ quart bowl. Sauté onions on High 3 minutes. Stir once. Stir in flour and cook on High 1 minute. Whisk in stock or juice, add mushrooms and cook on High 2 minutes until thickened. Stir once. Beat yolk, wine, salt and pepper together and add to sauce. Cook on High 4 minutes. Stir once. To help drain oysters, place them in a glass bowl and heat on High 1 ½ minutes. Drain in a colander. Place 4 oyster shells on a plate (if rock salt is used, preheat bowl, rock salt and shells on High 1 minute). Place oysters on shells and pour sauce over. Sprinkle with bread crumbs, cheese and butter. Cover with wax paper, place 2 plates at a time in microwave and cook on High 1 ½ minutes.



BARBECUED SHRIMP ORLEANS

- 3 lbs. large shrimp, unpeeled
- 1 ½ lbs. (6 sticks) butter
- 3 teaspoons black pepper
- 1 teaspoon Cayenne pepper
- 1 teaspoon accent
- ½ teaspoon paprika
- 1/8 teaspoon rosemary
- 1/8 teaspoon thyme
- 1/8 teaspoon oregano
- pinch of cinnamon
- 2 teaspoons salt (after cooking)

Wash and drain shrimp well. Place in a glass baking dish (7" x 11"). Place all ingredients for the sauce in a 4 cup measure. Heat on High 1 ½ 2 minutes or until butter is melted. Pour over shrimp. Cover with wax paper. Cook on High 10-12 minutes. Stir shrimp once or twice during cooking time until all shrimp are pink. Add salt after cooking. Let stand 3 minutes. test for doneness. Serves 4 to 6.

Serve with French bread perfect for dipping into butter sauce.

TO REDUCE RECIPE: Cooking time for 1 ½ pounds of shrimp will be approximately 78 minutes.

CRAWFISH ETOUFFEE

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Etouffee is the French word for "smothered." Any meat or seafood can be smothered in a thick sauce to become an etouffee.

- ½ cup butter, melted
- 1 ½ cups onion, chopped fine
- ½ cup green bell pepper, chopped fine
- 1 clove garlic, minced
- 2 tablespoons flour
- 1 carton crawfish fat if not available, substitute
- 2 heaping tablespoons undiluted cream of celery soup
- 1 lb. peeled crawfish tails
- 1 ½ teaspoons salt
- ½ teaspoon pepper
- squeeze of lemon

In a 2 quart dish, melt butter and add onion, bell pepper and garlic. Cover with plastic wrap and put microwave on High 13 to 15 minutes or until onions are very soft. Stir in flour. Add fat or celery soup (which works very well). Cover and put microwave on High 4 minutes. If using soup, add 3 drops red food coloring. Add crawfish tails, cover and cook on High 4 minutes. Season with salt and pepper. Just before serving squeeze a little lemon into the dish. Serve with rice. Serves 4.

CRAWFISH STEW

- 2/3 cup oil
- 2/3 cup flour

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- 2 cups onion, chopped
- 1 cup celery, chopped
- ½ cup green bell popper, chopped
- 4 cloves garlic, minced
- ¼ cup parsley, chopped
- ¼ cup green onion tops, chopped
- 1 10 oz. can Rotel tomatoes, pureed
- 2 teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- 1 lb. peeled crawfish falls

Mix oil and flour together in a 4 cup measure. Put In microwave on High 6 to 7 minutes. Stir at 6 minutes. Roux will be a light brown at this time and will need to cook 30 seconds to 1 minute longer to reach the dark brown color so important in making Louisiana gumbos and stews. The Roux will be very hot, but usually the handle on the glass measuring cup will stay cool enough to touch. Add onion, celery and bell pepper to Roux in measuring cup. Stir and return to Microwave. Sauté on High 3 minutes. Add garlic, parsley and green onion to Roux, stir and return to Microwave. Sauté on High 2 minutes. You should have about 3 ¾ cups of Roux now. If any oil has risen to the top, pour this off. Slowly add enough hot tap water to bring Roux to the 4 cup mark, Stir and you will have a smooth dark Roux in only 12 minutes. Pour Roux and vegetables into a 3 quart dish. Add tomatoes, salt, pepper and garlic powder. Cover with plastic wrap. Microwave on High 12 minutes. Stir 1 or 2 times. Add crawfish, cover and cook on Medium 10 minutes, stirring one time. Serve with rice. Serves 48.



SHRIMP AND CRABMEAT CASSEROLE

- 1 lb. shrimp, fresh or frozen
- ½ teaspoon Cayenne pepper
- ½ lemon sliced
- ½ onion, sliced
- 1 stalk celery, cut up
- NO WATER!
- 1 teaspoon salt

Place shrimp and all the seasonings except salt in a glass dish. Cover with wax paper. Cook on High 7 minutes until all shrimp are pink. Stir after half of cooking time. Add salt. Let stand 3 minutes. Test for doneness shrimp should be tender and pink.

- 1 lb. cooked shrimp, peeled
- 1 lb. white lump crabmeat
- 1 cup mayonnaise
- ½ cup green bell pepper, chopped
- ½ cup onion, chopped
- ½ cup celery, chopped
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 teaspoon paprika
- ½ cup seasoned or buttered bread crumbs

Cook shrimp. Place bell pepper, onion and celery in a 2 cup measure. Cover with wax paper and cook on High 2 minutes until just wilted. Combine all ingredients in a 3 quart casserole. Sprinkle top with bread crumbs. When ready to serve, heat through on High 68 minutes. Turn dish once.

FILLET OF FLOUNDER WITH SAUCE MEUNIERE

CajunCooking.com or facebook.com/CajunCooking or youtube.com/CajunCooking



4 fillet of flounder (2lbs.), bass, red fish, red snapper or trout may be substituted

SAUCE MEUNIERE

- ¼ cup butter
- 1 tablespoon Worcestershire
- ¼ cup green onion tops, chopped
- 2 teaspoons lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon Cayenne

Dry fish on paper towels before placing in a glass baking dish. Combine ingredients for sauce in a 2 cup measure. Cook on High 1 minute. Pour sauce over fillets. Cover with wax paper. Cook on High 5-6 minutes or until fish flakes easily with a fork. Turn dish once. Garnish with parsley and lemon slices. Serves 4.



MICROWAVE SEAFOOD COOKING

Instructions for Microwaving shrimp: Place shrimp with seasonings except salt in glass dish. Cover with wax paper. Cook on High 7 minutes until all shrimp are pink. Stir after half of cooking time. Add salt. Let stand 3 minutes. Test for doneness shrimp should be tender and pink.

CRAB OR SHRIMP NOODLE CASSEROLE

- 1 8 oz. pkg. fine egg noodles
- 3 T. butter
- 1 clove garlic, minced
- ½ c. finely chopped green onions
- ½ tsp. salt
- Cayenne Pepper to taste
- ¼ c. unsifted plain flour
- 1 ½ c. milk
- 1 lb. crab meat, drained or
- 1 lb. prepared shrimp as per instructions above
- 1/3 c. cracker crumbs
- 2 T. minced parsley
- 2 T. melted butter

Approx. total Microwave time 31 to 36 Min. Microwave noodles according to your microwave instructions, except cook 10 minutes. In 3.qt. casserole place butter, garlic, onion, salt and pepper. Microwave at High 2 to 3 minutes, stirring after 1 minute, until onion is softened. Stir in flour until smooth, Gradually stir in milk. Microwave at High 4 to 8 minutes, stirring every 2 minutes, until smooth and thickened. Gently stir crab meat or prepared shrimp and noodles into sauce. Cover. Microwave at High 15 to 17 minutes, stirring after 8 minutes until hot. In small bowl, mix together crumbs, parsley and butter. Sprinkle over casserole before serving. Makes 6 to 8 servings.



SCALLOPED CRAB OR SHRIMP AND CHIPS

- 1 10 ½ oz. can condensed cream of celery soup
- 1 78 oz. can mushrooms, stems and pieces
- 1 tsp. instant minced onion
- 1 T. chopped parsley
- 1 c. milk
- 1 T. lemon juice
- 1 5 oz. pkg. potato chips, crushed (3 c.)
- 1 lb. crab meat, drained or
- 1 lb. prepared shrimp as per instructions above

Mix soup, undrained mushrooms, onion, parsley, milk and lemon juice. In 2qt. greased casserole layer 1 cup crushed chips, ½ crab meat or shrimp, ½ of soup mixture. Repeat layers and top with potato chips. Microwave at High 15 to 17 minutes, until bubbly. Yield: 6 servings.

SHRIMP NEWBURG

- ¼ c. butter
- ¼ c. green onion, chopped
- 1 4 oz. jar sliced mushrooms, drained
- 2 T. flour
- ½ tsp. salt
- 1 ¼ c. milk
- ¼ c. sherry
- 2 egg yolks
- 12 oz. frozen cooked shrimp, defrosted

Approx. total Microwave time 16 to 21 min. In 2 qt. casserole place butter, onion and mushrooms. Microwave at High 2 to 3 minutes, until bubbly. Stir in flour and salt. Microwave at High 1 minute, to blend. Stir in milk. Microwave at High 5 to 6 minutes, stirring after 3 minutes. Stir in sherry. Stir small amount of sauce into yolks. Add yolk mixture to sauce, stir well. Microwave at Low 2 to 3 minutes, stirring after 1 minute. Stir in shrimp, Microwave at Medium 6 to 8 minutes, stirring after 3 minutes, until heated through. Yield: 4 servings.



JIFFY SHRIMP CURRY

- 1 10 ½ oz. can condensed cream of shrimp soup
- 1 T. butter
- 2 T. instant minced onion
- 1 tsp. curry powder
- 1 8 oz. c. dairy sour cream
- 2 4 ½ oz. ea. cans shrimp, drained, rinsed
- Chopped egg or crumbled bacon (opt,)

Approx. total Microwave time 7 to 8 min. In 1 ½ qt. casserole combine soup, butter, onion, curry powder and sour cream. Microwave at High 5 minutes, uncovered, or until sauce bubbles around edges. Stir in shrimp. Microwave at High 2 to 3 minutes, until hot. Garnish with egg or bacon, if desired. Yield: 4 to 6 servings.

SWEET & SOUR SHRIMP OR CRAWFISH

- 1 favorite recipe Sweet & Sour Sauce
- 1 lb. cleaned and cooked shrimp or crawfish
- 1 8 oz. can pineapple slices

Approx. total Microwave time 6 to 8 min. Stir together Sweet & Sour Sauce, shrimp or crawfish and drained pineapple slices. Microwave at High 6 to 8 minutes, stirring gently after 3 minutes. Yield: 4 to 5 servings.



TURTLE SOUP

- 4 lbs. turtle meat
- 1 ½ gallons water
- 1 clove garlic, chopped
- 2 tsp. lemon Juice
- 1 cup flour
- 1 cup oil
- 1 cup chopped onions
- ½ cup chopped celery
- 2 heaping tbsp. tomato paste
- 2 tsp. salt
- Chinese red pepper to taste
- ¼ cup chopped green onions
- ¼ cup chopped parsley
- 4 slices lemon
- 6 hard cooked eggs, chopped
- 2 oz. sherry

On your cook top slowly boil turtle meat, garlic, lemon juice in 1 ½ gallons water to make stock (about 2 hours). In a 4 quart casserole dish make roux with flour and oil (about 17 minutes), stir in onions and celery, sauté 5 minutes. Stir in tomato paste, green onions and parsley. Cook on high 5 minutes. Add stock and meat, lemon and seasonings. Cover, cook on high 10 minutes, medium speed 30 minutes. Stir in sherry and eggs. Reheat to serve.

CRAWFISH ETOUFFEE'

- 1 lb. peeled crawfish
- 1 cup chopped onions
- 1 cup chopped celery
- ½ bell pepper, minced
- ½ cup chopped green onions
- ¼ cup chopped parsley
- 1 ½ sticks butter
- 1 tsp. flour
- Paprika
- 1 tsp. salt
- ¼ tsp. black pepper
- Chinese red pepper to taste

In a 2 ½ 3 quart casserole melt butter. Stir in onions, celery and bell pepper. Sauté' on high 10 minutes. Add green onions and parsley. Sauté 5 minutes. Add crawfish, flour, dash of paprika and seasonings. Cover, cook 10 minutes. To Serve: Place a mound of rice in center of plate and pour etouffee' around.



RED FISH WITH SAUCE PIQUANTE

- 2 cups chopped onions
- 1 chopped bell pepper
- ½ cup chopped celery
- 2 tbsp. olive oil
- ½ cup chopped green onions
- 1 whole clove garlic chopped
- ½ cup chopped parsley
- 1 can & 2 tbsp. tomato paste
- 1 lemon sliced thin
- 5 cans water
- 1 tbsp. salt
- ½ tsp. pepper
- Chinese red pepper to taste
- 4 lb. red fish

In a 2 ½ or 3 quart casserole dish sauté on high 10 minutes the onions, bell pepper, celery in olive oil. Stir in green onions, parsley and garlic. Saute'5 minutes. Stir in tomato paste. Cook on high 20 minutes until mixture deepens in color. Add water, lemon and seasonings. Cover, cook on high 15 minutes. Clean fish, remove head. Season fish with salt and pepper, place in a 3 quart baking dish, top with sauce. Cover with plastic wrap. Cook on high 20 minutes. Serve over rice.



SEAFOOD FILE'GUMBO

- ½ cup flour
- ½ cup oil
- 2 cups chopped onions
- ½ cup chopped celery
- ½ cup Chopped green onions
- ½ cup chopped parsley
- 6 toes garlic chopped
- 1 ½ quarts water
- 1 tbsp. salt
- 1 tsp. black pepper
- Chinese red pepper to taste
- 2 lbs. shrimp (peeled)
- 1 lb. crabmeat or 6 small seasoned boiled crabs (cleaned for gumbo)
- 1 doz. oysters with juice
- 1 tbsp. file'

In a 4 quart casserole dish make a roux with flour and oil (15 minutes for this size dish). Sauté onions and celery on high for 3 minutes, then add green onions, parsley, garlic and sauté 3 minutes. Stir in water and seasonings. Cover and cook on high 15 minutes. Add shrimp and crabs, reduce to medium speed, cook 25 minutes. Add oysters and juice, cook 10 minutes or until oysters curl. Sprinkle with file'. Set aside until ready to serve. Reheat gently.



CRABMEAT AU GRATIN

- 1/3 cup butter
- 1 cup onion, chopped fine
- 1/2 cup celery, chopped fine
- 3 tablespoons flour
- 2 6 oz. rolls Kraft garlic cheese
- 1 4 oz. can sliced mushrooms, drained
- 1 teaspoon salt
- 1/2 teaspoon Cayenne
- 1/4 teaspoon Tabasco
- 1 lb. claw crabmeat, thawed and drained
- buttered or seasoned bread crumbs
- paprika
- slivered almonds

In an 8 cup measure, sauté, butter, onion, and celery on High 3 minutes. Stir once. Stir in flour. Add cheese and mushrooms. Cook on High 2 or 3 minutes until cheese is melted. Add seasonings and mix well. Fold in crabmeat. Spoon mixture into 8 seashells or ramekins. Sprinkle with breadcrumbs, paprika and almonds. When ready to serve, place 4 filled shells at a time in the microwave and heat on High 2 minutes. Serves 8.



STUFFED CRABS

- ½ cup butter
- 1 cup onion, minced
- ½ cup bell pepper, minced
- ½ cup celery, minced
- 1 clove garlic, minced
- ¼ cup green onion tops, chopped
- 2 tablespoons parsley, chopped
- juice of ½ lemon
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1/8 teaspoon Cayenne
- 1/8 teaspoon Tabasco
- 1/8 teaspoon Worcestershire sauce
- ¼ cup water
- 2/3 cup bread crumbs
- 1 lb. crabmeat, thawed
- 12 cleaned crab shells or ramekins

Micromelt butter in a 2 quart dish on High 1 minute. Sauté onion, bell pepper, celery and garlic on High 5 minutes. Stir once or twice. Add onion tops, parsley and lemon juice. Sauté on High 3 minutes. Add salt, pepper, Tabasco, Worcestershire sauce, water, bread crumbs and crabmeat. Fill crab shells and sprinkle with more bread crumbs. Place 6 shells at a time on serving plate. Microwave on High 5 minutes. Turn dish one time during cooking time. Serves 12.



RED SNAPPER LOUISIANE WITH BUTTER AND WINE SAUCE

- 3 ½ lb. whole red snapper, cleaned
- salt
- Cayenne pepper
- tablespoons melted butter with
- teaspoon grated lemon rind
- tablespoons parsley, finely chopped
- green onion tops, finely chopped
- tomato, peeled and diced

BUTTER WINE SAUCE

- ½ cup butter
- 2 tablespoons green onion tops, chopped
- 2 tablespoons parsley, finely chopped
- ¼ cup sauterne

Pat fish dry with paper towels. Season cavity of fish with salt and pepper. Brush fish with butter and lemon and place on a piece of wax paper large enough to enclose it completely. Top fish with parsley, onion tops, and tomato. Fold paper over and secure with toothpicks. Place fish diagonally in microwave on heavy brown paper or in a flat glass baking dish. Cook on High 9 minutes or until fish flakes easily with a fork. Turn fish half way through cooking time.

Mix Ingredients for butter wine sauce in a 2 cup measure. Cook on High 2 minutes. Sauce may be served in individual dishes or poured over the fish before serving. Serves 4.



CAJUN BOILED LOBSTER

Put lobster in 1 ½ gallons of water in a heavy pot over high heat. Season the water with black pepper, and Cayenne (red pepper). Do not use salt, as it will toughen the meat.) Bring to boil. Let boil in uncovered pot over medium heat for 20 minutes.

NOTE: When Acadians entertain at an old fashioned "shrimp, crab or crawfish boil", they buy from 15 to 25 pounds of shrimp, crabs or crawfish, build a fire in the back yard and boil them in large heavy pots in highly seasoned water. With the boiled shrimp, crabs or crawfish they serve tossed green salad and French bread, spread with garlic butter.

CAJUN STUFFED LOBSTER

- 1 Maine lobster, fresh, frozen or canned
- ½ lb. crabmeat, fresh, frozen or canned
- ½ lb. of boiled shrimp, peeled and deveined
- ½ cup chopped celery
- 1 cup chopped onions
- 2 hamburger buns, soaked in water
- ¼ lb. butter or oleo
- 2 eggs
- 1 piece of pimento
- Parsley to taste, chopped fine
- Salt, black pepper and Cayenne (red pepper)
- 1 oz. dry sherry

If fresh lobster and shrimp are used, boil both. Remove meat from lobster and save shell.

Put butter or oleo in a heavy pot with onions and celery. Cook over medium heat in uncovered pot, until onions are wilted.

Chop ½ of the lobster and cook in separate heavy uncovered pot with a little butter over medium heat for about 10 minutes.

Add to this the soaked buns, 2 beaten eggs and chopped shrimp. Mix well. Then *add* cooked onion and celery mixture.

Dice remaining lobster and add to mixture. Season generously with salt, black pepper and Cayenne. Add parsley and pimento.

Stuff lobster shell (or use casserole) with the mixture. Put into 325 degree oven for 15 to 20 minutes. Baste occasionally with Sherry wine, lemon juice and butter. Serve piping hot. Serves

4.



METRIC LIQUID MEASURE VOLUME EQUIVALENTS

1 teaspoon = 5 milliliter 1 gill = .118 liters
1 tablespoon = 14.8 1 pint = .4732 liters

milliliters 1 quart = .9464 liters
662h tablespoons 1 gallon = 3.785 liters
1 liter 1 liter = 1000milliliters

1 cup = ¼ liter, approximately, or 236.6 milliliters

METRIC DRY MEASURE VOLUME EQUIVALENTS

1 pint = .551 liters 1 peck = 8.81 liters
1 quart = 1.101 liters 1 bushel = 35.24 liters

WEIGHT EQUIVALENTS IN GRAMS

1 ounce = 28.35 grams
1 lb. = 453.59 grams
1 gram = 0.035 ounces
1 gram = 1000 milligram
1 kilogram = 221 lbs.
1 microgram = 0.001 milligram
1 milligram = 1000 micrograms

TEMPERATURE CONVERSIONS

To convert Fahrenheit to Centigrade: Subtract 32,
multiply by 5, divide by 9

To convert Centigrade to Fahrenheit: Multiply by 9
divide by 5, add 32