



2022

southeast regional cookery cookbook

RECIPES AND TIPS
TO IMPROVE YOUR
KITCHEN SKILLS

by Southeast Region
4-H Members

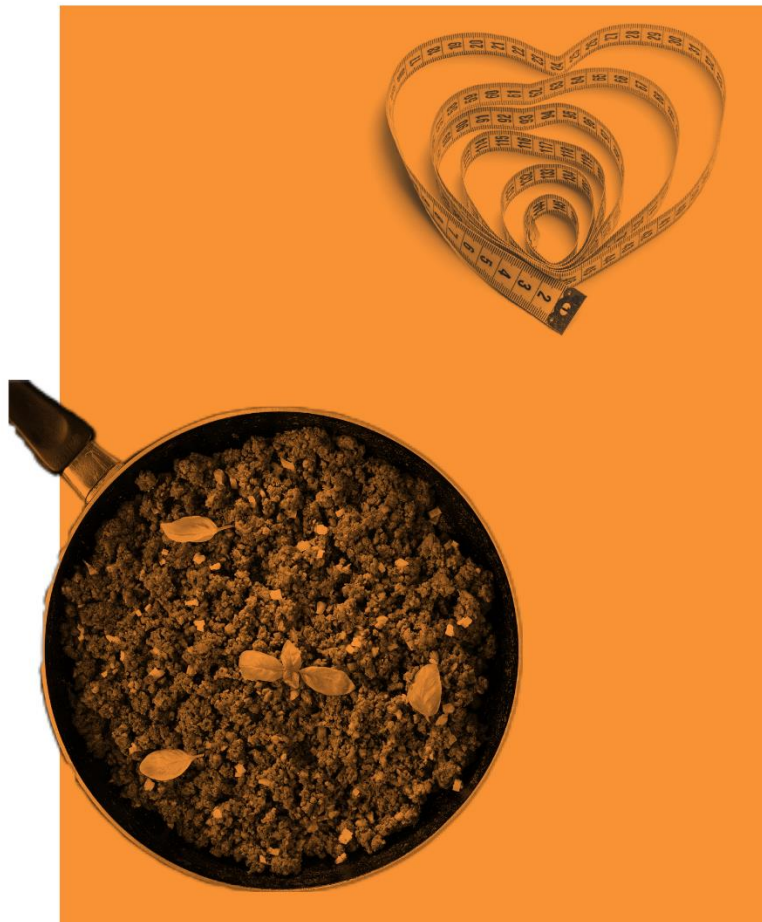
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BEEF

DIVISION: BEEF
LOW
CALORIE



Emily Couvillion
Ascension Parish
Beef Low Calorie

Healthy Beef & Broccoli

Ingredients:

1 Tbsp. olive oil
1 ¾ lbs. bottom of round steak, thinly sliced across the grain (*1,260 calories*)
1 Tbsp. Cajun seasoning (I used Rocky's) (*0 calories*)
3 cloves garlic, minced (*9 calories*)
1 small yellow onion, chopped (*28 calories*)
3 green onions, finely chopped (*15 calories*)
2 – 12 oz bags of fresh broccoli florets (*200 calories*)
1 – 14.5 oz can of beef broth (*30 calories*)
2 Tbsp. cornstarch (*60 calories*)
½ c soy sauce (*88 calories*)
2 Tbsp. brown sugar (*90 calories*)
¼ tsp ground ginger (*2 calories*)
¼ tsp. crushed red pepper flakes (*0 calories*)
Sesame seeds (optional) (*4 calories for ¼ tsp*)

Directions:

1. Heat olive oil in a 4-quart skillet over medium high heat. Add the sliced beef, season with Cajun seasoning and cook until well browned, about 8 minutes. Remove from pan.
2. In the same pan, add garlic, onion and green onion. Cook one minute, stirring frequently. Add broccoli and 4 ounces of beef broth. Cover and cook for 7 minutes.
3. In a small mixing bowl, combine remaining beef broth and cornstarch and mix until lumps are gone.
4. In another bowl, combine soy sauce, brown sugar, ginger, and red pepper flakes. Add cornstarch mixture and stir combine.
5. Remove cover from pan and add sauce. Cook until sauce starts to thicken, about 5 minutes. Add beef and stir to combine, cooking an additional 3 minutes.
6. Add sesame seeds (optional). Eat alone or serve with noodles or rice.

Serves 6 (298 calories per serving)

Levi Lockhart
Livingston Parish
Beef Low Calorie

Meatzza Pizza

Ingredients:

| Crust: | Calories: | Toppings: | Calories: |
|---|-----------|--|-----------|
| 1-pound raw extra lean ground beef (97/3) | 549.0 | 1/3 cup chopped mushrooms | 7.0 |
| 1 large egg white | 17.0 | 1/4 cup chopped onions | 16.0 |
| 2 tablespoons grated Parmesan cheese | 44.0 | Non-stick spray | 5.0 |
| 3/4 teaspoon salt | | 1 slice of bacon | 45.0 |
| 1/2 teaspoon onion powder | 4.0 | 1/2 cup canned crushed tomatoes | 45.0 |
| 1/2 teaspoon garlic powder | 5.0 | 1/2 teaspoon onion powder | 4.0 |
| 1/4 teaspoon black pepper | 1.5 | 1/2 teaspoon garlic powder | 5.0 |
| | | 1/4 teaspoon dried oregano | 1.0 |
| | | 1/4 teaspoon dried basil | 1.0 |
| Total Calories: 929.5 | | 1/2 cup shredded part-skim mozzarella cheese | 180.0 |

Instructions:

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Thoroughly mix beef, egg white, Parmesan cheese, and first four seasonings in a large bowl. Shape into a circle on the parchment-lined baking sheet, about 1/4 -inch thick and 10 inches in diameter. Bake until cooked through, about 15 minutes. Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add mushrooms and onion. Cook and stir until mostly softened and lightly browned, about 4 minutes. Remove from skillet and set aside. Fry bacon in skillet until crisp. Lay on plate lined with paper towel to drain. Crumble. In a medium bowl, combine crushed tomatoes, onion powder, garlic powder, oregano and basil. Mix well. Remove crust from oven but leave oven on. Carefully drain excess liquid from the baking sheet, and thoroughly blot crust dry with paper towels. Spread seasoned tomatoes over crust, leaving a 1/2-inch border. Top with cheese, cooked veggies and bacon crumbles. Bake until cheese has melted, about 5 minutes.

Makes 4 servings

Cost per serving: \$2.55 Calories per serving: 232.375

Abbygail Davis
St. Tammany Parish
Beef Low Calorie

Hamburger Stroganoff

Ingredients:

8 ounces lean ground beef
1/2 cup chopped onion
2 cups prepared egg noodles
10 3/4 ounce can 98% fat free cream of mushroom soup
1 can sliced mushrooms (optional)
Salt to taste
Pepper to taste
1/4 cup low fat sour cream

Instructions:

1. Brown ground beef and onion, drain fat.
2. Stir in cooked noodles, cream of mushroom soup, sliced mushrooms (optional) and salt and pepper.
3. Simmer about 5-10 minutes.
4. Remove from heat and stir in sour cream before serving.

Cook Time: 20 minutes Number of Servings: 16 Size of Pan: Saucepan
Temperature: warm

Emmie McIntyre
Tangipahoa Parish
Beef Low Calorie

Meat Bun Bake

Ingredients:

1 POUND LEAN GROUND BEEF800 CALORIES
2 CUPS CABBAGE120
¼ CUP CHOPPED ONIONS25
½ TEASPOON SALT0
¼ TEASPOON PEPPER0
1 CUP SHREDDED CHEESE250
1½ CUPS BISCUIT BAKING MIX.....300
1 CUP LOW FAT MILK110
2 EGGS 160

Instructions:

IN LARGE SKILLET, COOK BEEF OVER MEDIUM HEAT UNTIL NO LONGER PINK; DRAIN. ADD THE CABBAGE, ONION, SALT AND PEPPER; COOK OVER MEDIUM HEAT FOR 15 MINUTES OR UNTIL CABBAGE AND ONION IS TENDER. STIR IN 1/2 CUP CHEESE. SPOON INTO A GREASED 13X9 INCH BAKING DISH. IN LARGE BOWL, BLEND THE BISCUIT MIX, MILK AND EGGS. POUR OVER BEEF MIXTURE. ADD THE REST OF CHEESE ON TOP. BAKE, UNCOVERED AT 400 DEGREES FOR 20-30 MINUTES OR UNTIL GOLDEN BROWN. YIELD 6 SERVINGS.

TOTAL CALORIES 1765

6 SERVINGS 295 CALORIES EACH

Easton Smith
Washington Parish
Beef Low Calorie

Cheeseburger Soup

Ingredients:

1 pound ground beef
salt and pepper to taste
1 cup diced onions
2 tablespoons unsalted butter
1 can potatoes (For less carbs add 3 cups chopped, fresh cauliflower)
3 cups chicken broth
1 teaspoon Worcestershire sauce
1 teaspoon garlic powder
½ to 1 tablespoon Italian Seasoning
1 tablespoon dried, ground mustard
1 cup heavy cream
2-3 cups shredded cheddar cheese
2 oz cream cheese
Cornstarch: Optional for thickening

Instructions:

1. In a large soup pot, brown the ground beef on medium-high heat with salt and pepper to taste.
2. Use a meat chopper to break down the ground beef. Cook for 3-4 minutes or until the beef is no longer pink. Drain the excess fat and set the beef aside.
3. Add the butter and onions to the pot on medium-high heat. Cook until the onions are translucent and fragrant, and the butter has melted.
4. Add in the chicken broth, potatoes (or cauliflower), Worcestershire sauce, garlic powder, Italian Seasoning, dried mustard and stir. Cover the pot and reduce the heat to medium. Cook for 15 minutes (If using cauliflower, cook until soft and can be pierced with a fork.)
5. Uncover the pot and add the cooked ground beef, heavy cream, cream cheese, and shredded cheese. Stir.
6. For thick soup: Add Cornstarch.

Topping Ideas

Cooked bacon, diced tomatoes, shredded cheese, chopped pickles. Calories: 220

Cullen Gates
West Feliciana Parish
Beef Low Calorie

Lasagna Stuffed Portobellos

| Ingredients: | Calories |
|--|-----------------|
| 6 Large Portobello Mushrooms (cleaned) | 108 |
| 1 pound of lean ground beef | 1,000 |
| 1/2 teaspoon garlic powder | 0 |
| 1 tablespoon of Italian Seasoning | 0 |
| ¾ cup Ricotta Cheese | 300 |
| 1 cup Marinara Sauce (or Pizza Sauce) | 120 |
| 1 cup mozzarella cheese, shredded | 240 |
| Chopped parsley to garnish | <1 |

Directions:

1. Preheat oven to 375°F.
2. Prepare mushrooms by removing stems and using a spoon to scrape out the brown ribs.
3. Mix garlic powder and Italian seasoning into ground beef. Press ground beef evenly into each mushroom. Place in a 9x11 baking dish.
4. Spoon Ricotta cheese evenly over beef or each mushroom, leaving a dent in the center for the sauce.
5. Sprinkle Mozzarella cheese evenly over each mushroom.
6. Bake for 40 minutes.
7. Garnish with chopped parsley

Servings: 6

DIVISION: BEEF

ONE DISH

MEAL



Cheesy Taco Tortilla Soup

Ingredients:

1.25 lbs. ground beef (1. Protein)
1 sweet purple onion diced (2. Vegetable)
2 tablespoons minced garlic
1 packet (1 oz) Taco seasoning mix
1 packet (0.4 oz) Dry ranch seasoning mix
1 can (15 oz) Diced tomatoes fire roasted
1 can (15 oz) Com, drained
1 can (7 oz) Chopped green chiles
1 cup rinsed and cleaned canned black beans 4-6 cups chicken broth
1 tablespoon lime juice
1½ cup grated cheddar cheese (3. Dairy)
¼ cup crumbled tortilla chips - topping

Instructions:

1. Dice onion and set aside. (5 minutes)
 2. In a 6-to-8-quart large soup pot, brown the ground beef over medium heat, breaking meat up as it cooks. Add onion and garlic. Continue cooking until beef is cooked through and no longer pink. (10 minutes)
 3. Drain liquid from pan. (3 minutes)
 4. Add the taco and ranch seasoning, tomatoes, corn, chiles, beans, lime juice, and chicken broth. Stir to combine. (5 minutes)
 5. Simmer over medium for 30 minutes stirring occasionally.
 6. Turn heat off and add cheese while stirring continuously until thoroughly melted throughout. (3 minutes)
- Serve topped with crumbled tortilla chips (1 minute)

Yield: 8 Servings (380 calories per serving)

Josie Sibille
East Feliciana Parish
Beef One Dish Meal

Taco Casserole

Ingredients:

1-pound lean ground beef
1 package (1 oz.) taco seasoning mix
2/3 cup water
1 Red Bell Pepper (cut into 1-inch strips)
2 ¾ cups chunky salsa
1 package (12 oz.) Frozen Whole Kernel Sweet Corn
6 (6 in.) Flour Tortillas
2 cups shredded Mexican cheese blend

Optional Garnish: Lettuce, tomatoes, avocados, sour cream, salsa, shredded cheeses

Instructions:

1. Heat oven to 350°
2. In 12-inch skillet, cook beef over medium-high heat for 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
3. Stir in taco seasoning mix, water and bell pepper strips, simmer 3 to 4 minutes. Stirring frequently, until thickened. Stir in salsa and corn
4. Spray 13x9-inch (3-quart) baking dish with cooking spray. Cut tortillas in half; place 6 tortilla halves in bottom of baking dish
5. Top with half of beef mixture (about 3 ½ cups). Sprinkle with ¾ cup of the cheese and remaining tortilla halves. Top with remaining beef mixture and cheese
6. Spray piece of foil large enough to cover baking dish with cooking spray. Cover baking dish with foil sprayed side down. Bake 35 to 40 minutes or until heated through and cheese is melted.

Food Groups: Protein, Vegetable, Grain, Dairy

John Gross
Jefferson Parish
Beef One Dish Meal

Rockin' Tacos

Ingredients:

1 lb. of lean ground beef
1 packet of your favorite taco seasoning
½ of 1 white onion - diced
2 cloves of garlic
½ of 1 red onion - diced
1 cup of sliced black olives
1 cup of chopped lettuce
1 cup of your favorite cheese
1 cup of tomatoes 1 pack of mini tortilla boats
1 cut up avocado ½ cup of mushrooms
sour cream
salsa

STEPS FOR PREPARATION:

Dice red & white onions and chop garlic
Chop lettuce and tomatoes

COOKING INSTRUCTIONS:

Cover medium saucepan with light cooking spray
Sauté garlic and onions on medium heat
Add ground beef and taco seasoning
Drain once fully cooked

Stuffed Bread

Ingredients:

| | |
|---|---|
| 1 can no-stick olive oil cooking spray | 1 cup low-fat shredded cheddar cheese (DAIRY) |
| 1 8”X13” aluminum baking pan | 1 – 4.25 ounce can chopped black olives |
| 1 – loaf frozen white bread dough (GRAINS) | 1 egg white |
| 1 medium non-stick skillet | 1 small bowl |
| ½ cup water | 1 fork |
| 1 pound of lean ground beef (PROTEIN) | 1 basting brush |
| 1 medium size onion, finely chopped (VEGETABLE) | *Add your favorite salsa or guacamole as garnish. |
| 1 medium size bell-pepper, finely chopped (VEGETABLE) | |
| 1 clove of garlic – crushed | |
| Salt & pepper | |

Instructions:

| |
|---|
| Preheat oven -350 degrees. Spray baking pan with non-stick cooking spray, place frozen dough in center of pan, let defrost and rise in pan at room temperature 3-4 hours. |
| Once completely defrosted roll out or pat dough flat on pan. In skillet add water, ground beef, onion bell-pepper and garlic. Sautee on medium heat until beef is brown and vegetable mixture is tender and transparent. Salt and pepper to taste. Drain meat mixture in colander. (Cooking in water and draining will reduce fat and calorie count in dish.) |
| Place meat mixture in middle of dough, add olives and cheese on top of mixture. Fold one side of dough over meat to other side of dough. Pinch together ends. |
| Beat egg white in bowl, brush egg white on top of dough. Bake in preheated 350-degree oven for 45 minutes or until golden brown. Let sit for 10 minutes. Cut and serve. |
| Add your favorite salsa or guacamole garnish. |
| Serving Size per dish - 6 |

Cost per serving: \$3.87 Calories per serving: 313

MacKenzie Bellanger
St. Charles Parish
Beef One Dish Meal

Dorito Bake

Ingredients:

- 1 13-16 ounces bag cool ranch Doritos (grain)
- 1 ½ cups chopped onions (vegetable)
- 1 pound ground beef (protein)
- 1 packet ranch seasoning
- 1 ½ cups water
- 1 10 ounce can Rotel tomatoes (fruit)
- 2 10 ½ ounce cans cream of mushroom soup (vegetable)
- 1 cup shredded cheese (dairy)

Directions:

1. Fill gallon size zip top bag with bag of Doritos. Seal and use hands to crunch outside of bag. Set aside.
2. Sauté onions in skillet. Set aside.
3. Brown meat in 3-quart pot over medium heat. Add packet of ranch seasoning and sautéed onions.
4. Add water, Rotel and soup and bring to a boil.
5. Turn off heat and in a 9x9 casserole dish, layer ½ cup of crunched Doritos, then 1 cup mixture, then ¼ cup shredded cheese. Repeat once then top with remaining shredded cheese.
6. Bake at 350 degrees Fahrenheit for 30 minutes, uncovered.

Servings: 9

Spaghetti Bake

Ingredients:

1 pound ground beef
1 onion, chopped
4 cloves garlic, minced
1 small green bell pepper, diced
1 (28 ounce) can diced tomatoes
1 (16 ounce) can tomato sauce
1 (6 ounce) can tomato paste
2 teaspoons dried oregano
2 teaspoons dried basil
1 teaspoon salt
½ teaspoon black pepper
1 pack Pasta
1 cup cheddar cheese

Directions:

Step 1

Combine ground beef, onion, garlic, and green pepper in a large saucepan. Cook and stir until meat is brown and vegetables are tender. Drain grease.

Step 2

Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.

Step 3

Mix pasta with sauce and cheese and bake with 1 cup cheddar cheese.

| | |
|-----------------|--|
| Grains Group | 1 16 oz bag linguine |
| Protein Group | Ground beef |
| Vegetable Group | onion, garlic, bell pepper, diced tomatoes, tomato sauce, tomato paste |

Jaxon Forrest
Tangipahoa Parish
Beef One Dish Meal

Easy Crockpot Lasagna

Ingredients:

1 ½ pounds ground beef (PROTEIN)
1 teaspoon Italian seasoning
24-ounce jar of spaghetti sauce
1 can tomato paste
1 tablespoon of sugar
1 cup water (divided)
15 ounces ricotta cheese
2 cups shredded mozzarella cheese (divided) (DAIRY)
½ cup grated parmesan cheese 1 large egg
9-12 lasagna noodles uncooked (GRAINS)

Instructions:

Spray the slow cooker with non-stick cooking spray, set aside. Brown the hamburger meat in a pan over medium heat. Drain grease and then add spaghetti sauce, tomato paste, sugar, ½ cup water and Italian seasoning. Let simmer for 5 minutes. While the sauce is simmering, mix together the ricotta cheese, 1 cup mozzarella cheese, parmesan cheese, and egg. Scoop about 1 cup of the sauce onto the bottom of the crock pot. Then top with 3 noodles (you may need to break some noodles to fit). Then spread about ½ of the cheese mixture on top. Repeat 2 more layers, or until all the ingredients are used. Add ½ cup water around the sides. Sprinkle the remaining cup of mozzarella cheese on top. Cook on low for 4- 5 hours, or until noodles are tender.

Super Stir Fry

Ingredients:

8 ounces of thin whole wheat noodles
1 teaspoon of sesame oil
3 Tablespoons of low-sodium soy sauce
2 Tablespoons of brown sugar
1 pound of stir fry beef, sliced
2 Cups of assorted chopped, sliced, or diced frozen or fresh vegetables (ie: carrots, peas, broccoli, cauliflower, corn, snap beans, etc.)
2 large eggs, whisked

Directions:

1. Prepare thin whole wheat noodles according to box instructions, drain, and set aside.
2. In a small bowl, combine sesame oil, soy sauce, and brown sugar.
3. In a large skillet brown beef strips on medium heat.
4. When the beef strips are cooked, add the sauce mixture to the skillet and toss to coat with sauce, remove from skillet and set aside.
5. Add vegetables to the same large skillet and cook over a medium heat until softened and/or cooked through.
6. Remove skillet with vegetables from heat
7. Add cooked beef and drained whole wheat noodles to skillet with the vegetables and toss everything together to coat with sauce.

Servings: 4-6

DIVISION: BEEF

**QUICK
& EASY**



Kayden Bourgeois
Ascension Parish
Beef Quick & Easy

GROUND BEEF DINNER

Ingredients:

1 lb Ground Beef
1 Yellow Onion, Diced
¼ tsp. Garlic Powder 1 tsp. Salt
1 tsp. Pi-YAHHHHH! (Cajun Ninja Seasoning)
10 oz. can Rotel (Diced Tomatoes & Green Chilies)
14.5 oz. can Beef Broth 1 cup Rice - Uncooked
2 tbsp. Worcestershire Sauce
1 cup Cheddar Cheese - Shredded

Directions:

1. In a 12-inch skillet, brown the ground beef over medium to high heat.
2. Drain meat and return to the skillet.
3. While the meat is browning, dice the onions. Add the onions, garlic powder, salt, and Pi-YAHHHHH seasoning to the meat and stir to mix.
4. Cook for 3 minutes stirring occasionally.
5. Add beef broth, rice, Rotel, and Worcestershire sauce to the skillet and stir to mix. Bring to a boil, reduce to low heat, and cover.
6. Simmer for 20 minutes until rice is tender.
7. Remove from heat and sprinkle with cheese.

Total Cook Time: 30 Minutes Serving: 6

Quinn Langley
East Baton Rouge Parish
Beef Quick & Easy

Taco Soup

Ingredients:

1-pound lean ground beef
1 large, chopped onion
3 (15 ounce) cans pinto beans
1 (14.5 ounce) can diced tomatoes
1 ½ cups water
1 (1 ounce) packet 25% less sodium taco seasoning mix
1 (15 ounce) can whole kernel corn
1 (8 ounce) can tomato sauce
1 (4 ounce) can chopped green chiles
1 (1 ounce) packet ranch salad dressing and seasoning mix 1 cup shredded low-fat medium cheddar cheese

Instructions:

1. In a 5-quart pot, brown ground meat and onion until meat is no longer pink and onions are wilted. **10 minutes**
2. Drain oil/fat from meat mixture. **3 minutes**
3. Stir in pinto beans, tomatoes, water, taco seasoning, corn, tomato sauce, chiles, and ranch packet. **15 minutes**
4. Bring to a boil then simmer on low heat for 15 minutes. **20 minutes**
5. Ladle into bowls and top with cheese. **2 minutes**

Total Time: 50 minutes

Serves 8

Serve warm

Optional toppings: sour cream and green onions

Olurotimi “Timi” Kinyomi
East Feliciana Parish
Beef Quick & Easy

Stuffed Bell Pepper

Ingredients:

6 medium bell peppers (cleaned, cut lengthwise & seed and membrane removed)
1 pound ground beef
1 tablespoon butter
1 cup chopped yellow onions
1/3 cup chopped bell peppers
2 cloves finely chopped garlic
1 cup small shrimp (peeled and deveined)
1 (6 oz.) can crabmeat – drained
1 tablespoon Cajun seasoning
2 cups chicken stock
1 cup Italian breadcrumbs (set aside 1/3 cup for topping at end)
1 (16 oz.) can whole kernel corn

Directions:

1. Preheat the oven for 350°
2. In a large skillet brown ground beef (10 minutes) – drain and set aside
3. Sauté onion, bell pepper, and garlic in butter (5 minutes)
4. Stir in shrimp, crabmeat and Cajun seasoning (Cook for 3 minutes)
5. Mix in ground beef and chicken stock
6. Mix in 2/3 cup of breadcrumbs (Should be like stuffing and not runny)
7. Fill the bell peppers and sprinkle tops with remaining breadcrumbs
8. Place bell peppers in a shallow baking dish and 1 cup of water (enough to cover the bottom of the baking dish) and bake for 35 minutes.

Mitchell T. Dokes, III
Jefferson Parish
Beef Quick & Easy

Pastelillos de Carne (Puerto Rican Meat Pies)

Pastelillo Dough (or use Goya discos)

2 ½ cups All-purpose flour plus more for sprinkling
1 stick butter
1 egg beaten
¼ cup water
1 pinch salt

Pastelillo Filling

1 pound ground beef
1 medium potato parboiled, peeled, and diced small
¼ cup Goya Sofrito plus 2 additional Tablespoons
1 - 8 ounce can tomato sauce
1 packet Goya Sazon con Azafran
20 Spanish olives roughly chopped
¼ cup water
1 teaspoon salt
½ cup Monterey Jack cheese shredded

Directions:

1. Add 2 cups all-purpose flour, 1 stick of cold butter cut into small pieces, 1 egg, ¼ cup cold water, and a pinch of salt to a food processor. Pulse until mixture resembles coarse crumbs.
2. Pour dough mixture onto a piece of plastic wrap. Form mixture into a ball with your hands. Wrap the ball of dough tightly in the plastic wrap and place in the refrigerator for 30 minutes.
3. After 30 minutes, remove dough from the fridge. Sprinkle some flour on a clean surface. Roll the dough out with a floured rolling pin as thin as possible. Place a 5–6-inch round bowl or plate onto the dough. Run a knife along the edges of the bowl until you have cut a round disc. Remove the dough round and set aside. Repeat with the rest of the dough. The dough will need to be formed into a ball and rolled out a few more times to cut the rest of the dough rounds. Repeat until all the dough has been cut into rounds.
4. Parboil a medium potato for 7 to 10 minutes, then peel and dice into small pieces. Mince 20 Spanish olives. Heat a large skillet to medium and add ground beef. Cook completely and chop it into pieces as it cooks. Drain any

excess grease when finished cooking. Add the potato, sofrito, and ¼ cup water to the pan. Cook for 10 minutes, stirring often to prevent the potatoes from sticking. Add tomato sauce, 1 Sazon con Azafron seasoning packet, ¼ cup water, and a pinch of salt.

5. Cook for an additional 5 minutes, stirring often. Toss the olives into the pan and stir.
6. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
7. Place the pastry rounds onto a clean surface. Spoon 2 Tbsp. or so of the meat filling into a pastry round. Top it with a sprinkling of Monterey Jack cheese. Rub the edges of the pastry round with a little bit of water. Pull one side of the pastry over the other and press the edges together with your fingers. Seal the edges tightly and crimp them together with your fingers or a fork.
8. Try not to over-stuff the pastry rounds or they will break as they cook. Repeat with the remaining pastry rounds. Spray a baking sheet(s) with cooking spray.
9. Place half of the Pastelillos on each pan. Place the pan(s) in the oven and bake for 25-30 minutes or until the dough is golden brown.
10. You can use two separate pans or bake them in two separate batches.
11. Serve, and enjoy!

Jewelie Green
Livingston Parish
Beef Quick & Easy

Taco Cups

Ingredients:

| | |
|---------------------------------|--|
| 2 teaspoons olive oil | |
| 1 pound ground beef | |
| 2 tablespoons of taco seasoning | |
| 24 wonton wrappers | |
| 1 ¼ cup shredded cheddar cheese | |
| ½ cup of sour cream | |
| Cooking spray | |
| | |
| | |
| | |

Instructions:

| |
|--|
| 1. Preheat oven to 400 degrees. |
| 2. Add the beef to pan and taco seasoning. |
| 3. Cook meat 4-5 minutes. |
| 4. Coat 12 cup muffin tin in cooking spray and place wonton paper in each. |
| 5. Spoon 1 tablespoon of meat and 2 tablespoons of cheese for each wonton. |
| 6. Cook for 10 – 15 minutes. |
| 7. Top each wonton with sour cream. |
| |
| |

Cost per serving: \$1.10 Calories per serving: 182

Brianna Roussel
St. James Parish
Beef Quick & Easy

Taco Soup

Ingredients:

2 lb. ground meat
1 med. onion, chopped
1 pkg. taco seasoning mix (dry)
1 pkg Hidden Valley Ranch salad dressing mix
1 cans Veg-All
1 can of whole corn
1 can of ranch style beans
1 can of Rotel
1 can of black eye-beans

Directions:

Brown meat: drain fat
Add onions and cook until tender.
Add the rest of the ingredients: use the juice from cans.
Simmer until desire.

Optional: garnish with cheese, chips or whatever you like.

Jasper Davis
St. Tammany Parish
Beef Quick & Easy

Easy Taco Soup

Ingredients:

1 1/2 pounds ground meat
1 15.5 oz can pinto beans
2 - 11-ounce cans mexicorn
2 envelopes taco seasoning
1 envelope dry Ranch dressing mix
1 - 10 ounce can Rotel tomatoes
1 - 14.5 ounce can diced tomatoes
1 onion chopped
3 green onions

Directions:

Brown ground meat and drain liquid

Add all other ingredients and let simmer for 30-45 minutes

Serve and garnish with grated cheese on top, sour cream and eat with tortilla chips

Cook time: 55 minutes

Number of Servings: 8

Size of Pan: large pot

Temperature: warm

Francesca Hanna
Tangipahoa Parish
Beef Quick & Easy

GRAN'S QUICK & EASY CHILI

Ingredients:

1 tablespoon olive oil
1 medium yellow onion -diced
1 pound 90% lean ground beef
2 1/2 tablespoons chili powder
2 tablespoons ground cumin
2 tablespoons granulated sugar
2 tablespoons tomato paste
1 tablespoon garlic powder
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1/4 teaspoon ground cayenne pepper* -optional
1 1/2 cups beef broth
1 (15 oz.) can petite diced tomatoes
1 (8 oz.) can tomato sauce

| |
|---|
| Cook Time 25 minutes Total Time 30 minutes |
|---|

Instructions:

1. Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
2. Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.
4. Add the broth, diced tomatoes (with their juice), and tomato sauce. Stir well.
5. Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
6. Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.

Nutrition: Servings 6 half cup servings Calories: 334 calories per serving

Robert Rushing
Washington Parish
Beef Quick & Easy

Meatloaf

Ingredients:

2 lbs. ground beef

4 eggs

2 cups of breadcrumbs

Seasoning to your liking (we use natures blend and crushed red pepper)

6 potatoes

Directions:

1. Set oven to pre-heat to 400. Mix ground beef, eggs, breadcrumbs, and seasoning very well. 5 minutes
2. Form a football shape and place in baking dish.
3. Add the potatoes around the meatloaf mixture.
4. Bake for 45 minutes
5. Cut to make sure it's baked all the way through. Then serve.
6. Top meatloaf with ketchup or BBQ Sauce. And top potatoes with your fixing. We like garlic butter cheese and bacon bits.

Enjoy

Cullen Gates
West Feliciana Parish
Beef Quick & Easy

Beefy Bacon Cheeseburger Pie

Ingredients:

1 pound of lean ground beef
1 teaspoon of low-sodium seasoning salt
1 teaspoon of garlic powder
3 teaspoon low-sodium Worcestershire sauce
¼ cup of low-fat mozzarella cheese, shredded
¼ cup of low-fat cheddar cheese, shredded
¼ cup of real bacon bits/pieces
1 egg
½ cup of low-fat milk
1 refrigerated standard pie crust

Directions:

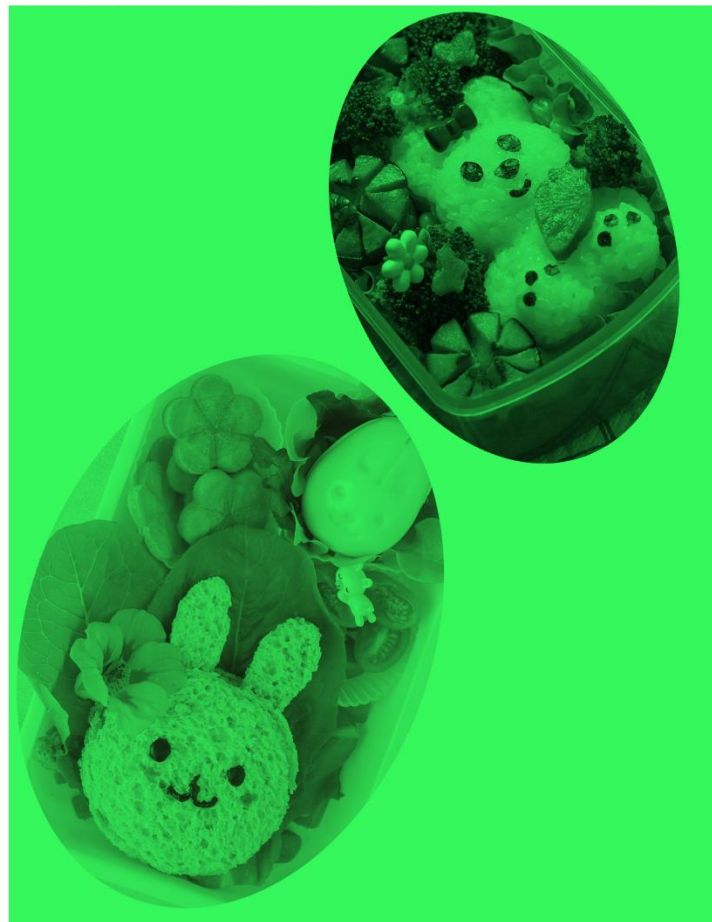
1. Preheat oven to 375 degrees.
2. In a medium skillet brown and season the lean ground beef with seasoning salt, garlic powder, and Worcestershire sauce and remove from heat. (3-5 minutes)
3. Add cheese, bacon pieces, egg, and milk to seasoned ground meat and mix well. (2-3 minutes)
4. Pour meat mixture into a standard pie crust and bake for 20 minutes at 375 degrees.

Servings: 6



BENTO BOX

BENTO BOX



MARDI GRAS BENTO MIX

Ingredients:

2 slices of White Bread

1 tbsp Peanut Butter

1 tbsp Grape Jelly

Red Grapes

Green Grapes

Veggie Straws or Vegetable Sticks (Carrots or Celery)

3 tbsp Vanilla Yogurt

Non-Food Items:

Small kitchen knife, cupcake holders, & a 3 compartment container.

Instructions:

1. Use the small kitchen knife and two slices of white bread to cut out matching oval shapes, one with eye holes and one without. Use the leftover pieces to make a crown shape.
2. Spread the peanut butter on the slice with eye holes and spread the grape jelly on the slice without eye holes.
3. Place your finished sandwich in the largest compartment of your three-compartment bento box. Put the crown on top!
4. Decorate around your mask with both green and red grapes.
5. Fill one cupcake holder with vanilla yogurt and place in the small compartment
6. Fill another cupcake holder with veggie straws to place in the last small compartment.
7. You now have a Mardi Gras Bento Mix for your lunch!

Kickin' Puppy Power Bento Box

Ingredients:

2.5 pieces of your favorite bread
3 pieces of Salami
½ a piece of your favorite turkey
3 pieces of your favorite cheese
1 piece of lettuce
½ piece of seaweed
½ teaspoon of favorite condiment
1 cup of favorite seasonal fruit

Directions:

1. Cut the crust off all the bread.
2. Using a small circular cookie cutter, cut the paws out (2 needed with the ½ piece of bread)
3. Open the bread that you cut the crust off of and build your sandwich, place your condiment on the bread, add lettuce, salami and cheese. Place the other piece of bread on top to close the sandwich.
4. Take the small circular cutter and cut the turkey into 2 circles for the cheeks of the puppy.
5. Cut the cheese and seaweed into ear shapes - large ovals
6. Cut the last piece of cheese into a circle with a medium size cookie cutter.
7. Cut the seaweed into a small oval for the nose.
8. Cut one last piece of seaweed into a very thin rectangle and place it below the oval for the nose.
9. Place the sandwich into a container
10. Place the paws on the lower part of the sandwich (small circles), arrange the pieces that have been cut into the proper positions to create an adorable puppy face.

Morgan Lawson
Livingston Parish
Bento Box

My Lucky Bento Lunch Box

Ingredients:

| | |
|--|--|
| 2 slices whole grain bread, cut with cookie cutter | |
| 2 oz. smoked sliced turkey, cut with cookie cutter | |
| 1 slice pepper jack cheese, cut with cookie cutter | |
| 1 tablespoon low-fat mayonnaise | |
| 1 leaf of green leaf lettuce, rinsed | |
| | |
| ½ cup sliced cucumbers | |
| 1 large red bell pepper, cut with cookie cutter | |
| | |
| ½ kiwi, peeled and sliced | |
| ½ large starfruit, sliced | |

Instructions:

| |
|---|
| Cut bread into desired shape with cookie cutters. Spread mayonnaise onto bread with butter |
| knife. Cut the cheese, red bell pepper and turkey (or just fold it) with the same cookie cutter |
| as bread. Layer the turkey, cheese and place the green leaf lettuce on the bread. |
| Wash, dry and slice ½ cup cucumbers, kiwi fruit and starfruit and place in serving container. |
| Add sandwich to lunch box. Refrigerate and keep 41 degrees or lower until ready to eat. |
| Enjoy! |

Cost per serving: \$3.80

Calories per serving: 480

Ethan Bellanger
St. Charles Parish
Bento Box

Turkey Ranch Wrap

Ingredients:

4 - 10-inch spinach tortilla wrap (grains)
8 slices turkey breast, deli style (protein)
½ cup shredded cheese (dairy)
1 cup Pico de Gallo (vegetable)
2 cups shredded lettuce (vegetable)
¼ cup ranch dressing (dairy)
½ cup grapes (fruit)
¼ cup pretzels (grains)
Price per serving: \$5.00

Directions:

1. Place 1 tortilla on a plate and layer on two turkey slices.
2. Sprinkle 2 tablespoons of shredded cheese on top of turkey slices then add ¼ of the Pico plus a half cup of shredded lettuce.
3. Drizzle a tablespoon of ranch dressing on the fillings then roll the tortilla tightly.
4. Repeat steps 1-3 with remaining tortillas and fillings.
5. Serve cold or wrap in aluminum foil and refrigerate for later. The wraps can be made up to 2 days ahead.
6. Add grapes to another compartment.
7. Add pretzels to another compartment.

Servings: 2

Taylor Babin
St. James Parish
Bento Box

Bento Box (Under the sea)

Ingredients:

Cantaloupe
Kiwi
Bread
Sliced Ham
Celery sticks
Carrots
Sliced cheese
Hot dog
Goldfish cookies

Directions:

1. Create the starfish by placing ham between 2 slices pf bread and using a cookie cutter.
2. Place cheese cutouts for face.
3. Place celery sticks and carrots in the box behind the starfish.
4. Cut fish out of a cantaloupes slice.
5. Slice up a kiwi
6. Cut a fish out of a slice of cheese.
7. Cut the cut dog in slices at the bottom to create an octopus

Abbygail Davis
St. Tammany Parish
Bento Box

Springtime In a Box

Ingredients:

2 strawberries
1 celery stalk
Peanut butter
Raisins
4 slices of bread
2 tablespoons of mayo
6 slices of mild cheddar cheese
Virginia brand smoked ham

Directions:

1. Wash strawberries and cut into heart shapes
2. Wash celery, cut to smaller sections, put peanut butter on one end and place a raisin
3. Use small cookie cutter to cut out small stars and butterflies in the cheese
4. Take sandwich bread put 1 teaspoon of mayo on two pieces of bread, add a slice of cheese on to put the amount of desired ham, and place other plain bread slice on top
5. Take a flower cookie cutter and cut out two flower shape sandwiches
6. Grab your bento box and organize your lunch box

Brigid O'Neill
Tangipahoa Parish
Bento Box

Owl-some Bento Box

| Ingredients: | Cost: |
|---|--|
| 2 slices whole grain bread 1 slice low fat cheese | 1 loaf of bread=\$1.99 \$1.99/16 slices=\$.13 1 package of cheese=\$3.50 \$3.50/16=\$.22 |
| 1 hard-boiled egg | 1 dozen eggs=\$2.00 \$2.00/12=\$.17 |
| 1 cup broccoli | 12-ounce bag=\$2.58 \$2.58/6=\$.43 |
| ½ cup shredded carrots | 10-ounce bag=\$1.48 \$1.48/10=\$.15 |
| 2 slices low-fat honey ham | 8-ounce package=\$3.13 \$3.13/10=\$.31 |
| 2 olive slices | \$.10 |
| 2 pretzels | \$.10 |
| ½ cup dried cranberries | 20-ounce package=\$6.48/7=\$.93 |
| 1 tablespoon mayonnaise | \$.10 |
| 1 tablespoon mustard | \$.10 |
| | Total Cost=\$2.74 |

Instructions:

1. Make a sandwich with mayonnaise, mustard, one slice low fat cheese, and 2 slices low fat ham on 2 slices of whole grain bread.
2. Cut into the shape of an owl.
3. Add two pretzels for wings and two slices of olive for eyes and small piece of cheese for beak.
4. Add dried cranberries, shredded carrots, and broccoli florets to lunch box.
5. Add sandwich to lunch box.
6. Put decorated hard-boiled egg on top of "nest" of shredded carrots.
7. Enjoy.

Makes 1 serving, approximately 250 calories.

Brianna Reinhardt
West Feliciana Parish
Bento Box

Rose Bento Box

Ingredients:

9 ounces thinly sliced turkey breast lunch meat
12 Ritz crackers
1 sliced bell pepper
½ cup baby carrots
1 sliced kiwi
3 strawberries sliced in the shape of a heart
3 tablespoons fat free plain yogurt
1 ounce fat free cream cheese

Directions:

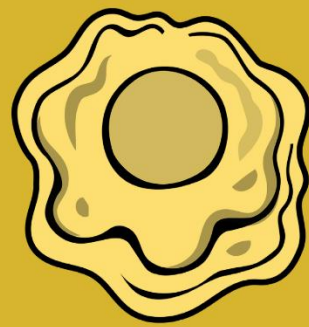
1. Cut turkey breast lunchmeat into 2.5” circles. Lay circles overlapping in a row. Roll into roses. Cut “roses” or row in half. Place in bento box.
2. Add crackers (grains) in bento box.
3. Cut bell peppers in slices and arrange in box to make a butterfly.
4. Peel and slice the kiwi.
5. Cut strawberries into heart shapes.
6. Mix plain yogurt with cream cheese for fruit spread.

Serving: 1



EGG

DIVISION: EGG APPETIZER & SALAD



Baby Spinach Salad

Salad Ingredients

1-pound fresh baby spinach
½ pound bacon
8 ounces fresh mushrooms 4 eggs, boiled

Dressing Ingredients

¾ cup vegetable oil
½ cup vinegar
½ cup sugar
1 teaspoon salt
1 teaspoon paprika
½ teaspoon dry mustard 1 small onion, chopped

Salad Directions

Wash and rinse spinach. Drain thoroughly,
Fry bacon, drain, and crumble.
Slice mushrooms.
Slice one egg and put aside for garnish.
Chop 3 remaining eggs.
Refrigerate until ready to serve.

Dressing Directions

Combine all dressing ingredients in a 4-cup bowl. Mix well. Refrigerate until ready to serve.

Final Prep

Add all salad ingredients in a large (2 gallon} bowl and toss with dressing. Garnish with remaining sliced egg.

This recipe makes 5 to 6 2-cup servings.

Ally Perry
East Feliciana Parish
Egg Appetizer – Salad

Deviled Eggs

Ingredients:

Eggs

Mayonnaise

Dijon Mustard

Mustard

Directions:

Get how many eggs you want then boil those eggs then take the shell off and cut down the middle horizontally then take the yolk out and put in a different bowl and mash with a fork add mayonnaise, and Dijon mustard, and mustard then put in the half egg.

Jewelie Green
Livingston Parish
Egg Appetizer – Salad

Bacon Cheddar Ranch Deviled Eggs/Jacked Up Eggs

Ingredients:

| |
|---------------------------------|
| 3 slices of bacon |
| 12 large eggs |
| 1 tablespoon of ranch dressing |
| 1 tablespoon of shredded cheese |
| Salt & Pepper to taste |
| 1 tablespoon Pepper Jack Cheese |
| ½ cup of sour cream |

Instructions:

| |
|---|
| 1. Hard cook eggs. |
| 2. Cut each egg in half. |
| 3. Scoop out yolks, then mash with fork. |
| 4. Add in all ingredients to the yolks. |
| 5. Spoon 1 tablespoon of yolk mixture to the hollow eggs. |
| 6. Top with bacon pieces. |

Cost per serving: 0.50

Calories per serving: 79

Beatrice DeFraites
St. Bernard Parish
Egg Appetizer – Salad

Creole Deviled Eggs

Ingredients:

12 hardboiled eggs
1 tablespoon Creole mustard
2 tablespoon mayonnaise
1 tablespoon coarsely chopped bacon bits
1 tablespoon chopped green onion
1 tablespoon finely chopped fresh parsley
Salt and pepper to taste

Directions:

1. Boil 12 eggs for 3 minutes on high heat on the stove. Drain, rinse with cold water and allow the eggs to cool for 15 minutes. Peel the eggs, removing the shell and discard shells.
2. On a clean cutting board, cut the eggs in half, scoop out the yolk and reserve in a bowl.
3. In a medium bowl, mix the egg yolks, Creole mustard, chopped bacon bits, chopped green onion and chopped fresh parsley. Add salt and pepper to taste.
4. Arrange the empty egg halves on a clean platter or egg plate. Fill the egg halves using a spoon or piping bag with the yolk mixture.
5. Garnish with bacon bits and parsley. Refrigerate until served.

Makes 6 servings

130 calories per serving

MacKenzie Bellanger
St. Charles Parish
Egg Appetizer – Salad

Parmesan Spinach Balls

Ingredients:

2 10-ounce packages frozen, chopped spinach (thawed and drained)
2 cups Italian style seasoned breadcrumbs
1 cup grated parmesan cheese
½ cup butter, melted
4 small green onion, finely chopped
4 eggs, lightly beaten

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a medium bowl, mix the frozen chopped spinach, Italian-style seasoned breadcrumbs, parmesan cheese, butter, green onions, eggs, salt, and pepper. Shape the mixture into 1-inch balls.
3. Arrange the balls in a single layer on a large baking sheet. Bake in the preheated oven 10-15 minutes, until lightly browned.

Servings: 12

Carson Cortez
St. James Parish
Egg Appetizer – Salad

Ham and Cheese Deviled Eggs

Ingredients:

6 Boiled Eggs

1 ½ cup of mayonnaise

2 teaspoons mustard

½ pound of thin sliced ham

1 cup cheese

Seasoning for taste

Directions:

Once eggs are boiled and cool, peel and cut in half. Take yolk and put in separate bowl. Smash yolks, then add mayonnaise and mustard, if needed add more mayonnaise and mustard to liking. Take ham and break into yolk mix. Once all is mixed add cheese. Last put mix into boiled egg, sprinkle little cheese on top.

Enjoy.

Makes 12 eggs.

Abbygail Davis
St. Tammany Parish
Egg Appetizer – Salad

BLT Egg Sliders

Ingredients:

6 small, hardboiled eggs
2 teaspoons mustard
6 strips bacon, cooked
2 tomatoes, sliced
3 baby romaine lettuce
Salt
Pepper

Directions:

1. Cut hardboiled egg in half. Take one half turn over cut the underside to make a flat surface and then turn it back over
2. Sprinkle salt and pepper and add a spread of mustard. Place a strip of bacon, slice of tomato, and a piece of lettuce
3. Place other egg half on top, put a toothpick in it, and sprinkle pepper

Sydney Mitchell
Tangipahoa Parish
Egg Appetizer – Salad

Egg Salad

Ingredients:

6 Large eggs
¼ cup mayonnaise
¼ teaspoon of salt
¼ teaspoon of pepper
2 teaspoons of Dijon Mustard
¼ cup chopped red onion

Instructions:

1. Place 6 eggs in a 4-quart saucepan. Fill the pan with cold water 1 inch above the eggs.
2. Place on a stove at high heat and bring the water to a boil. Cover the saucepan with a lid and remove from heat. Allow eggs to sit for 12 minutes.
3. Remove eggs from the saucepan and place on a bowl of ice for 10 minutes.
4. In a separate 2 L bowl mix together mayonnaise, salt, pepper, and Dijon Mustard.
5. Peel the eggs after cooling. Chop the eggs and add them to the bowl.
6. Chop the red onion and add to the bowl.
7. Stir ingredients well until combined.
8. Serve egg salad over toast or in a lettuce wrap.

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4 servings

Calories: 135 calories per serving

Jamie Rushing
Washington Parish
Egg Appetizer – Salad

Crab Potato Salad

Ingredients:

6-8 potatoes

6 eggs

2-3 cups Mayo

2-3 tbs mustard

½ lb crab meat

Seasoning to taste (crab boil, salt, pepper)

Directions:

First wash and chop up potatoes. Then boil. Next boil eggs. Drain potatoes when for tender and let cool. Drain eggs, cool then peel. Chop eggs and add to potatoes. Add in your mayo, seasoning, mustard, and crab. Mix well and season to taste. Enjoy.

Logan Reinhardt
West Feliciana Parish
Egg Appetizer – Salad

Blue Cheese Bacon Deviled Eggs

Ingredients:

12 eggs
½ cup mayonnaise
¼ cup crumbled blue cheese
1 tablespoon finely chopped green onions
1 teaspoon Dijon mustard
¼ teaspoon freshly ground pepper
1/8 teaspoon salt
6 slices bacon, cooked crispy, crumbled

Directions:

1. In a 4-quart saucepan, place eggs in a single layer. Add enough water to cover eggs by 1 inch. Heat to Boiling. Immediately remove from heat; cover and let stand 15 minutes.
2. Drain eggs and let eggs sit in ice cold water for 10 minutes.
3. Remove eggs from ice cold water and peel them.
4. Cut the eggs lengthwise in half.
5. Slip the yolks into a medium bowl.
6. Mash the yolks with a fork.
7. Stir in mayonnaise, blue cheese, onions, mustard, salt, and pepper into the mashed yolks.
8. Spoon or pipe the yolk mixture into the egg white halves.
9. Sprinkle the top with bacon.
10. Cover and refrigerate for at least 30 minutes before serving.

Servings: 24

DIVISION: EGG DESSERT



Callie Mudge
Ascension Parish
Egg Dessert

Coconut Cake

Ingredients:

Cooking spray (enough to coat parchment paper and baking pans)
3 cups (360g) cake flour
1 Tbsp baking powder
1/2 tsp salt
2 cups (400g) granulated sugar
3/4 cup unsalted butter, at room temperature
1/4 cup vegetable oil or canola oil
1 1/3 cups unsweetened canned coconut milk, well shaken, at room temperature
2 egg yolks, at room temperature
1/2 tsp vanilla extract
1 tsp coconut extract
6 egg whites, at room temperature
1/8 tsp cream of tartar

Coconut Cream Cheese Frosting

12 oz cream cheese (1 1/2 blocks), nearly at room temperature
3/4 cup unsalted butter (1 1/2 sticks), at room temperature
1 tsp coconut extract
5 cups (590g) powdered sugar
1 1/2 cups shredded coconut

Tools:

| | |
|--|---|
| Medium whisk | Electric stand mixer's bowl and paddle attachment |
| Scissors | Butter knife |
| Parchment paper | Liquid 2 cup measuring cup (with increments) |
| 38-inch round metal cake pans | Spatula (medium to large) |
| Dry 1 cup measuring cup (with marked increments) | Egg separator |
| Strainer | 1 teaspoon liquid measuring vial |
| Large mixing bowl | Medium bowl |
| 1 tablespoon measuring spoon | Electric hand mixer Separate Rubber spatula scale |
| 1/4 tsp measuring spoon | Toothpick |
| Electric stand mixer | Knife |
| | Wire racks |
| | Offset spatula Rimmed baking sheet |

Instructions:

For the cake:

1. Preheat oven to 350 degrees. Butter 3 8-inch round cake pans and line bottom of each with a round of parchment paper, butter parchment paper and set pans aside.
2. Sift cake flour into a large mixing bowl, then add baking powder and salt and whisk mixture. In the bowl of an electric stand mixer, fitted with the paddle attachment, blend granulated sugar, butter and canola oil on medium speed until well combined. Scrape down the sides of the bowl as needed.
3. Add in egg yolks one at a time and mix until combined after each additional yolk), and then mix in coconut and vanilla extracts. Be sure to scrape down the sides of the bowl.
4. Add 1/3 of the flour mixture, and then blend just until combined. Add half of the coconut milk, mixing just until combined. Mix in another 1/3 of the flour mixture followed by remaining coconut milk. Finish by mixing in the last 1/3 of the flour mixture.
5. In a separate mixing bowl, using an electric hand mixer, whip 6 egg whites with cream of tartar on medium-high speed until stiff (but not dry) peaks form.
6. Using a rubber spatula, carefully fold 1/3 of the egg whites into cake batter at a time and fold until just combined after each addition (don't over-mix and deflate egg whites).
7. Divide batter among prepared cake pans. Spread batter into an even layer and bake in preheated oven until toothpick inserted into center of cake comes out clean, about 19 - 22 minutes.
8. Allow to cool in cake pan 5 - 10 minutes then run a knife along edges of cakes and invert each onto a wire rack to cool. Cool completely, and then cut tops of cakes, to even as needed.

For the Coconut Cream Cheese Frosting:

1. In the bowl of an electric stand mixer fitted with the paddle attachment, whip butter with cream cheese until smooth and fluffy. Mix in coconut extract. Add powdered sugar and whip on medium speed until smooth and fluffy.
2. Chill as needed if frosting seems runny (slightly runny is fine, once you get it frosted the coconut will help it stay in place).
3. Assembling and storage:
 - a. Frost top of one layer, add another layer and frost then top with last layer and frost top and sides. Place over a rimmed baking sheet and

sprinkle cake evenly with shredded coconut (pressing gently on sides to adhere).

- b. Store in an airtight container in refrigerator (let rest at room temp until no longer cold before serving).

Servings: 16 Servings

Prep: 40 minutes

Cook: 20 minutes

Cooling: 2 hours Ready in 3 hours

Making my egg cookery dish was an enjoyable experience. I chose a coconut cake because me and my dad like coconut, and I have always wanted to make a layer cake. One thing I did to improve my recipe, was I measured my flour, on a scale, rather than by a measuring cup, to ensure accuracy. A kitchen scale was also able to help me by allowing me to measure the amount of cake batter in each pan by weight. guaranteeing an equal amount of batter in each pan. I decided to purchase an offset spatula to help with the frosting of the cake because I have seen it help other bakers, and it was worth it, making it easier to ice my cake.

- Callie Mudge

Quinn Langley
East Baton Rouge Parish
Egg Dessert

Forgotten Cookies

Ingredients:

4 egg whites
¼ teaspoon cream of tartar 1 cup granulated sugar
1 cup milk chocolate chips

Instructions:

1. Preheat oven to 350 degrees.
2. Line 11 ½ X 16-inch cookie tray/sheet with foil.
3. Using a mixer, beat on high egg whites and cream of tartar until stiff but still glossy, adding sugar gradually.
4. Fold in chocolate chips.
5. Drop the mixture onto foil-lined tray/sheet by teaspoonfuls.
6. Place in oven and turn off heat. Leave cookies in oven for at least 2 hours or overnight.

Yields: 2 dozen cookies

Josie Sibille
East Feliciana Parish
Egg Dessert

Cheesecake

Crust Ingredients:

1 ½ Cups Graham Cracker Crumbs
2 Tablespoons Sugar
1 Tablespoon Brown Sugar
7 Tablespoons Butter, Melted

Cheesecake Ingredients:

32 Ounces Cream Cheese, Softened to Room Temperature
1 Cup Sugar
2/3 Cup Sour Cream
1 ½ Teaspoons Vanilla Extract
1/8 Teaspoon Salt
4 Large Eggs at Room Temperature, Lightly Beaten

Directions:

1. Preheat the oven for 325°
2. Prepare graham cracker crust first by combining graham cracker crumbs, sugar and brown sugar and stirring well. Add melted butter and use a fork to combine ingredients well. Pour crumbs into 9" springform pan and press firmly into the bottom and up the sides of your pan. Set aside.
3. In the bowl of a stand mixer or in a large bowl using a hand mixer, add cream cheese and stir until smooth and creamy. Add sugar and stir again until creamy.
4. Add sour cream, vanilla extract and salt, stirring until well-combined. If using a stand mixer, make sure you pause periodically to scrape the sides and bottom of the bowl to evenly incorporate ingredients.
5. With mixer on low speed, gradually add lightly beaten eggs, one at a time, stirring just until each egg is incorporated. Once all eggs have been added, use a spatula to scrape the sides and bottom of the bowl again and make sure all ingredients are well combined.
6. Pour cheesecake batter into prepared springform pan. To insure against leaks, place pan on a cooking sheet that's been lined with foil. Transfer to the center rack of your oven and bake at 325 degrees about 75 minutes.
7. Remove from oven and allow to cool for 10 minutes. Use a knife to gently loosen the crust from the inside of the pan. Allow cheesecake to cool another 1-2 hours, or until close to room temperature, before transferring to the refrigerator and allowing to cool overnight, or at least 6 hours.

Servings: 12

Logan Vulgamore
Livingston Parish
Egg Dessert

Six Egg Pound Cake

Ingredients:

| |
|----------------------------|
| 3 cups all-purpose flour |
| 1 tablespoon baking powder |
| ½ teaspoon salt |
| 2 ½ cups white sugar |
| 6 eggs |
| 1 ½ teaspoons vanilla |
| ¾ cups milk |

Instructions:

| |
|---|
| 1. Grease and flour a tube or Bundt pan |
| 2. In medium bowl, mix flour, baking powder and salt. |
| 3. In a large bowl, cream sugar and butter until light and fluffy. Add eggs one at a time. Add vanilla. |
| 4. Add flour mixture alternately with milk. Beat until smooth. Pour batter in prepared pan. |
| 5. Place in oven, set at 350 degrees F and bake for 60 to 90 minutes. |

Cost per serving: \$1.10

Calories per serving: 449

Olivia Lauga
St. Bernard Parish
Egg Dessert

Chocolate Covered Strawberry Cheesecake

Ingredients:

| | |
|-------------------------------------|------------------------------------|
| Cooking Spray | 4 large eggs plus 1 large egg yolk |
| 2 ¼ cups graham cracker crumbs | 1 tablespoon grated lemon zest |
| 6 tablespoons butter, melted | 2 teaspoons vanilla extract |
| 1 ¼ cups plus 2 tablespoons sugar | 6 ounces semisweet chocolate chips |
| 1 cup coarsely chopped strawberries | ¼ cup salted butter |
| 32 ounces creamed cheese, softened | 4 teaspoons light corn syrup |
| 2 tablespoons all-purpose flour | ½ teaspoon vanilla extract |

Directions:

1. Preheat oven to 325 degrees F. Lightly coat a 9-inch springform pan with cooking spray.
2. Stir together graham cracker crumbs, butter and 2 tablespoons sugar in a medium bowl.
3. Press mixture on bottom and 1 inch up the sides of the pan. Bake until set, 7-8 minutes. Transfer to a wire rack and cool completely.
4. Process chopped strawberries in a food processor until completely smooth, about one minute. Scrape down sides as needed.
5. Beat cream cheese with mixer on medium speed until creamy. Gradually add the flour and remaining sugar, beating until smooth.
6. Add whole eggs, one at a time, beating on low speed until well blended after each one. Add yolk and beat just until incorporated.
7. Beat in the lemon zest and vanilla on low speed until combined. Pour batter into prepared pan and place on a large, rimmed baking sheet.
8. Bake in oven until center is set; about one hour and twenty minutes. Turn oven off and let stand in oven with door closed for fifteen minutes.
9. Remove and gently run knife around the outer edge to loosen from sides. Place pan on a wire rack and cool for 2 hours. Next cover and chill 8-24 hours.
10. Place chocolate chips, butter and syrup in a microwavable bowl. Microwave on medium power until melted and smooth, stirring every 30 seconds. Stir in vanilla.
11. Remove sides of pan and transfer to a serving platter. Pour ganache over top of the cake, spreading the edges. Allow to drip over sides. Chill until ganache is set, about 20 minutes. Garnish with sliced strawberries.

Makes 10 servings

588 calories per serving

Ethan Bellanger
St. Charles Parish
Egg Dessert

7-Up Cake

Ingredients:

Cake:

1 box yellow cake mix
1 small box instant lemon pudding
1 ½ cups 7-Up
4 eggs
¾ cup vegetable oil

Glaze:

2 cups powdered sugar
1 tablespoon lemon juice
2 tablespoons milk

Directions:

Cake:

1. Preheat oven to 325 degrees Fahrenheit.
2. Spray 10-inch Bundt pan with nonstick cooking spray.
3. In a medium bowl, combine all the cake ingredients.
4. Mix until thoroughly combined.
5. Pour batter into Bundt pan.
6. Bake for about 45-55 minutes (until inserted toothpick or fork comes out clean)
7. Allow to cool completely, then remove from Bundt pan.

Glaze:

1. In a small bowl, combine powdered sugar and lemon juice.
2. Add milk slowly until you've reached desired consistency.
3. Pour over cake.

Servings: 8

Bryce Babin
St. James Parish
Egg Dessert

Vanilla Wafer Cake

Ingredients:

1 stick of butter
1 cup of sugar
6 eggs
12-ounce box vanilla wafers (Crushed)
½ cup milk
7-ounce coconut
1 cup chopped pecans

Directions:

Cream together butter and sugar. Beat with an electric mixer until well blended. Add eggs, one at a time, continuing well blended. Add wafer crumbs, alternating with milk and continue to beat. Add coconut and nuts and mix well. Pour into greased pan and bake at 300 degrees Fahrenheit for 1 ½ hours.

Serves: 12 slices

Prep time: 10 minutes

Cook time: 1 ½ hours

Abbygail Davis
St. Tammany Parish
Egg Dessert

Strawberry Swirl

Ingredients:

4 eggs separated
2/3 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
3/4 cup sugar, divided
1/2 teaspoons vanilla extract
1 cup Confection Sugar
2 cartoons (8 ounces each) spreadable strawberry cream cheese
1 jar (7 ounces) marshmallow creme
3 cups sliced fresh strawberries (divided)

Directions:

1. Let eggs stand at room temperature for 30 minutes.
2. Line a greased 15 in x 10 in x 1 in baking pan with wax paper and grease the paper; set aside.
3. Sift together flour, baking powder and salt; set aside.
4. In a large mixing bowl, beat egg yolks until slightly thickened.
5. Gradually add 1/4 cup sugar, beating until thick and lemon colored.
6. Beat in vanilla; add dry ingredients; mix well.
7. In a small mixing bowl, beat egg whites on medium speed until soft peaks form.
8. Gradually beat in remaining sugar, about 2 tablespoons at a time on high until stiff peaks form and sugar is dissolved.
9. Fold a fourth of the egg whites into batter; fold in remaining whites.
10. Gently spoon into prepared pan.
11. Bake at 376 degrees for 10-12 minutes or until cake springs back when lightly touched.
12. Cool for 5 minutes.
13. Turn cake onto a kitchen towel dusted with confectioners' sugar.

14. Gently peel off waxed paper. Roll up cake in the towel, starting with a short side.
15. Cool completely on a wire rack.
16. In a small mixing bowl beat cream cheese and marshmallow creme. Unroll cake; spread cream cheese mixture within 1/2 inch on edges.
17. Top with 2 1/2 cups of strawberries.
18. Roll up again.
19. Place seam down on a platter.
20. Refrigerate for at least 2 hours.
21. Garnish with remaining strawberries and confectioners' sugar.

Cook Time: 30 minutes prep and 10 minutes cook

Number of Servings: 10

Size of Pan: 13X9 in dish

Temperature: cold

Grace O'Neill
Tangipahoa Parish
Egg Dessert

Perfect Cheesecake

Ingredients:

1 ½ cups almond flour
¼ cup coconut sugar
4 tablespoons melted butter
2 pounds cream cheese, softened
1 ½ cups white sugar
3 tablespoons potato starch
4 eggs
1 teaspoon vanilla
¼ cup heavy whipping cream

Directions:

Preheat the oven to 350 degrees. Combine the almond flour, coconut sugar and butter in a small bowl and stir to combine. Press the mixture into the bottom of a 10" springform pan. Bake for 8 minutes. Cool 30-45 minutes before adding filling.

In a mixer, combine cream cheese, sugar, potato starch, eggs, and vanilla and mix thoroughly. Add cream and mix only enough to blend.

Pour filling over crust. Bake at 325 degrees for 1 hour. Turn off the oven and crack the oven door about an inch. Allow cheesecake to cool in oven for another hour. Then remove from oven and refrigerate at least 4 hours before serving.

Jaylee Smith
Washington Parish
Egg Dessert

Cream Cheese Pound Cake

Ingredients:

3 blocks Parkay
8 oz cream cheese
3 cups sugar
6 eggs (at room temperature)
3 cups cake flour
2 tsp vanilla

Directions:

Cream butter, cream cheese & sugar. Add eggs, one at a time, beating well after each addition. Add flour a small amount at a time until all has been used, then add vanilla. Bake in a Bundt pan at 300 for 90 minutes. Place Pyrex cup of water in oven also; helps retain moisture.

Abigail Little
West Feliciana Parish
Egg Dessert

Lemon Squares

Ingredients:

Crust ingredients:

2 sticks butter, melted
½ c. powdered sugar
2 c. all-purpose flour
1/8 tsp. salt

Garnish ingredients:

Powdered sugar to dust top
Lemon zest or lemon slices
Dollop Whipped Cream

Filling ingredients:

4 eggs, beaten
2 c. sugar
1 Tbs. lemon zest, freshly grated
6 Tbs. lemon juice, freshly squeezed
and strained
6 Tbs. Flour

Directions:

For Crust:

1. Preheat the oven to 350 degrees.
2. Melt butter in a saucepan on stovetop over low heat. Turn off heat.
3. In a medium bowl add powdered sugar, flour, salt, and melted butter. Mix with a stiff spoon.
4. Spoon the thick flour mixture into an ungreased 13"x9" pan. Press to form an even layer.
5. Bake 10-15 minutes until the crust begins to puff and turn barely brown around the edges.
6. Remove the pan from the oven with oven mitts and set on trivet. Leave oven on.

For Lemon Filling:

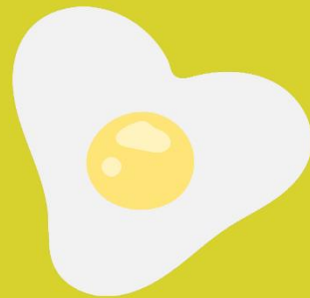
1. Grate zest of lemon, measuring out 1 TBS for filling and set aside any remaining zest for garnish.
2. Juice lemon with a hand juicer over a bowl. Strain out seeds with a fine mesh sieve. Set aside juice.
3. Beat eggs in a clean bowl.
4. Add sugar, lemon zest, lemon juice, and flour to the beaten eggs. Whisk all ingredients together well.
5. Pour this mixture over hot crust.
6. With oven mitts on, return hot pan to hot oven.
7. Bake for 20-25 minutes or until set when gently jiggle hot pan with oven mitt on.
8. Remove from oven with oven mitts and set on a trivet or cooling rack.
9. Turn off oven.

Directions for garnish:

1. When pan is completely cool, cut into squares.
2. Sprinkle with powdered sugar and top with lemon zest or lemon slice, if desired.

Servings: 12

DIVISION: EGG
MAIN
DISH



Easton Brady
Ascension Parish
Egg Main Dish

"Egg & Sausage Breakfast Mmmmm"

Ingredients:

1lb. Jimmy Dean breakfast sausage
1 can of 8 Grands Butter Tastin' Biscuits
6 eggs, scrambled
1 1/2 c. of shredded cheese to preference
Chopped jalapenos (optional)
Non-Stick cooking spray
Butter
Need 1 bunt pan, a medium bowl, and a plate.

Directions:

1. Preheat Oven to 350 degrees Fahrenheit
2. Brown the sausage over medium heat. Spray the bunt pan with non-stick cooking spray. Cut biscuits into chunks. Spread 4 of the biscuits (chunks) in the bottom of the bunt pan. Spread the browned breakfast sausage over the biscuits. Scramble the eggs and pour evenly over the breakfast sausage. Spread cheese and jalapenos (optional) to liking.
3. Place the remaining 4 chunked biscuits on top. Bake in the oven for 30 minutes or until the biscuits are golden brown. With a spatula, pull the contents away from the edges of the pan. Flip out onto a plate. Cut into desired slices. Serve warm with a pat of butter on top.

Total time: 1 hour- 30 prep and 30 bake

Serves 6-8

My Cookery Experience:

This is my first cookery ever. I chopped biscuits for the first time. I got to crack eggs. It was fun. The cookery gave me a chance to try something new. My favorite part was eating it!

Abigail Harr
East Feliciana Parish
Egg Main Dish

Cheesy Quiche

Ingredients:

2 tablespoons olive oil
1 small onion, diced
4 large eggs
1 cup heavy cream
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 teaspoon salt
1/2 teaspoon black pepper
1 (9 inch) pie crust
3/4 cup mozzarella cheese, shredded
3/4 cup sharp cheddar cheese, shredded

Directions:

1. Preheat oven to 375 degrees.
2. Heat oil in a skillet over medium high heat. Add onion and sauté until soft, about 3 to 5 minutes.
3. In a large bowl, beat together eggs, cream, basil, oregano, salt and pepper.
4. Spoon the onions into the pie crust. Pour the egg mixture over the onions. Sprinkle shredded cheese on top.
5. Bake in preheated oven until a toothpick inserted into center of the quiche comes out clean, about 30 to 40 minutes. Let cool slightly before serving.

Carolyn Hill
Jefferson Parish
Egg Main Dish

EGG CUPS

Ingredients List:

1/2 cup baby greens, chopped (baby spinach works great)
1 small tomato, diced and seeded
4 strips bacon, cooked and crumbled
1/4 cup shredded cheddar cheese
7 large eggs
1/2 cup of small curd cottage cheese salt and pepper to taste

Instructions:

1. Preheat oven to 350 degrees F.
2. Spray muffin tin generously with nonstick spray.
3. In a medium bowl mix eggs, milk, salt, and pepper to taste.
4. To each muffin slot, add about 1 tbsp of greens, tomatoes, bacon, and a sprinkle of cheese.
5. Pour over egg mixture to each slot leaving little room at the top.
6. Bake egg bites for 20 minutes. If the top is not fully cooked return to the oven cooking in 3-minute increments

Breakfast Burrito

Ingredients:

| |
|----------------------------------|
| 4 eggs |
| 4 frozen sausage patties |
| 4 low-carb tortillas |
| ½ cup of low-fat shredded cheese |

Instructions:

| |
|--|
| 1. Place 4 sausage patties in skillet to cook & chop up into ground meat consistency. Set to side when done. |
| 2. Scramble the 4 eggs. Set to side when done. |
| 3. Layout tortillas, sprinkle with the ½ cup of cheese, eggs & sausage. |
| 4. Fold tortillas into a burrito and toast in skillet until cheese has melted and tortilla is golden brown. |
| Yields: 4 burritos |

Cost per serving: \$2.84 Calories per serving: 668

Shakshuka

Ingredients:

4 medium eggs
1 28 ounce can crushed tomatoes
3 cloves garlic, minced
1 stalk green onion, finely chopped
¼ cup water
1 teaspoon finely diced jalapeno (more or less to your taste)
¼ teaspoon sea salt
¾ teaspoon finely cracked black pepper
1 teaspoon dried parsley
3 tablespoons olive oil
Bread (Baguette or Pita work well)

Directions:

1. Warm up a 10-inch cast iron skillet on the stove on medium-high. Add 3 tablespoons olive oil and 3 cloves minced garlic and the chopped jalapeno. Stir until the garlic becomes golden brown.
2. Add crushed tomatoes, water, green onions, ½ teaspoon black pepper and half of the dried parsley.
3. Stir and bring to a boil. Then lower the heat and simmer uncovered on low heat for 10 minutes then stir. The sauce should be thick but not stuck to the bottom of the pan. If this happens, add a little bit of water.
4. Smooth the sauce and use a spoon to press indentions into the sauce. Crack the eggs directly into the sauce. Sprinkle with sea salt, remaining black pepper and dried parsley.
5. Cover with a lid with aluminum foil and simmer on low until the eggs are poached to your liking. This should be about 2-3 minutes, until the egg white is set but the yolk is still runny.
6. Scoop onto the bread and enjoy!

Makes 4 servings 152 calories per serving

Michael Love
St. Charles Parish
Egg Main Dish

Dutch Baby

Ingredients:

4 eggs
¾ cup milk
¾ cup all-purpose flour
1-2 tablespoons sugar
½ teaspoon salt
1 teaspoon vanilla
4 tablespoons unsalted butter
¼ cup powdered sugar
6 lemon wedges

Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. In a blender, add eggs, milk, flour, sugar, salt, and vanilla. Blend on high for 2 minutes.
3. While blending, place an 8-inch cast iron skillet in the oven to preheat the skillet for 10 minutes.
4. After blending for 2 minutes, stop the blender and scrape down the sides to ensure that all of the flour has been well blended.
5. After the skillet has been in the oven for 10 minutes, remove it carefully from the oven and place on the stove. Immediately add the butter so that it can melt.
6. Turn on the blender and slowly pour in 3 tablespoons of melted butter. Leave about 1 tablespoon of melted butter in the skillet. After adding the melted butter, turn off the blender and pour the mixture into the hot skillet.
7. Return the filled skillet to the oven and bake for 20 minutes. Do not open the oven door while the Dutch Baby is baking. The Dutch Baby will rise very high while baking but will deflate upon removing it from the oven.
8. Remove the Dutch Baby from the oven and sprinkle with powdered sugar.
9. Serve with a lemon wedge and fresh fruit. Squeeze lemon onto the slice to bring out the rich taste of your Dutch Baby.

Servings: 6

Jace Cortez
St. James Parish
Egg Main Dish

Omelet

Ingredients:

3 eggs
½ cup Bell Peppers
1 cup shredded cheese
1 stick of string cheese
Season-All to taste

Directions:

In medium saucepan, cooked on medium fire until cooked.

Madeline Cieutat
Tangipahoa Parish
Egg Main Dish

CRACKED OUT HASH BROWN BREAKFAST CASSEROLE

Ingredients:

2 lb bacon
1 (30 to 32-oz) bag frozen shredded hash browns, thawed
1 (1-oz) packet dry Ranch dressing mix,
2 cups shredded cheddar cheese
8 large eggs
2 cups milk

Instructions:

1. Preheat oven to 350° F.
2. Lightly spray a 9x13-inch pan with cooking spray.
3. In a large skillet, cook bacon until crispy.
4. Remove bacon from pan and chop. Leave most of the bacon drippings in pan.
5. Add hash browns to skillet and cook until lightly brown.
6. Place hash browns in the prepared baking dish.
7. Top with chopped bacon and cheese.
8. Whisk together eggs, ranch dressing mix, and milk. Pour over hash brown mixture.
9. Bake uncovered, for 60 to 70 minutes.

Yield 8 people

Prep Time 10 minutes

Cook Time 1 hour

Total Time 1 hour 10 minutes

Easton Smith
Washington Parish
Egg Main Dish

Ham and Egg Quiche

INGREDIENTS

1 frozen deep dish pie crust
1 1/2 c. cubed ham
1 c. shredded cheddar
2 green onions, thinly sliced
3/4 c. heavy cream
6 large eggs
1/4 tsp. salt
1/4 tsp. black pepper

DIRECTIONS

1. Cook the pie crust as directed by the package. Let cool slightly.
2. Scatter ham, cheese, and green onions on the bottom of the pie crust.
3. In a large bowl, whisk together heavy cream, eggs, salt, and pepper.
4. Pour egg mixture over filling in pie crust.
5. Bake until just set in the center, about 40 minutes.
6. Let cool for 15 minutes before slicing.

Super-Duper Breakfast Pie

Ingredients:

5 eggs

½ Tablespoon garlic powder

1 Tablespoon all-purpose low-sodium seasoning

½ cup of half and half

1 pound of lean ground sausage

2 cups of low-fat cheddar cheese, shredded

1 frozen 9-inch pie shell

Directions:

1. Preheat oven to 350 degrees
2. In a large bowl, whisk together the eggs, seasonings, and half & half. Set aside
3. Brown ground sausage in large skillet on medium high heat. Allow to cool slightly.
4. Add sausage and cheese to the whisked egg mixture and combine well.
5. Pour the combined egg mixture into the pie shell.
6. Bake at 350 degrees for 30-40 minutes until center is set, use a toothpick to check for doneness.

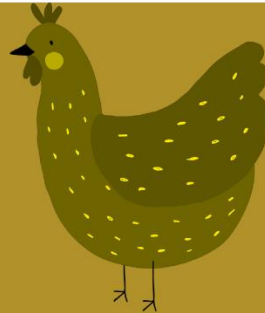
Servings: 10-12



POULTRY

DIVISION: POULTRY

CHICKEN



Baked Chicken Cordon Bleu Recipe

Ingredients

6 boneless skinless chicken breasts
24 slices Swiss cheese
12 slices Uncured Black Forest ham
¼ cup all-purpose flour
1 Tsp fine sea salt
¼ Tsp black pepper
2 large eggs
2 Tsps. water
1 cup panko breadcrumbs
1 ½ tsps. extra virgin olive oil
2 Tsp dried thyme leaves

6 servings

Steps

- 1). Preheat oven to 350 degrees F.
- 2). Butterfly the chicken breast by cutting them to half the thickness lengthwise, but not cutting all the way through. Stop cutting about ¼ inch from the edge and open the breast up to create a large heart shape. Spread out all the breast on top of a large sheet of parchment paper. Cover them with another piece of parchment paper. Using a rolling pin, beat down or roll the butterflied chicken breast to 1/4-inch thickness. Remove top parchment paper.
- 3). Put two slices of cheese on the chicken breast followed by two slices of ham and two more slices of cheese. Leave ½ inch of chicken uncovered on all sides to help seal.
- 4). Tuck in the sides of the chicken breast and roll up tight starting at the smallest tip and rolling to the widest. Squeeze the log gently to seal.
- 5). Season the flour with salt and pepper on a flat dish then spread out.
- 6). Beat together the eggs and water well, the mixture should be fluid.
- 7). Mix the breadcrumbs with thyme and olive oil. The olive oil will help the crust brown.
- 8). Lightly dust the chicken with flour then dip in egg mixture. Gently coat in breadcrumbs.
- 9). Carefully transfer the chicken to a 9.5"x13.5" 3-quart glass baking dish.
- 10). Bake for 40 minutes until browned and cooked to an internal 165 degrees

Leah Warr
East Baton Rouge Parish
Poultry – Chicken

Creamy Chicken Fettuccine

Ingredients

1 tablespoon sea salt
12 cups of water
1 pound fettuccine pasta (1 pack)
1 tablespoon salted butter
1 ½ c up thawed skinless boneless chicken breast
1 fresh bell pepper
1 teaspoon of Mrs. Dash Garlic and Herb Seasoning Blend
1 teaspoon of Mrs. Dash Lemon Pepper Seasoning Blend
1 teaspoon of Mrs. Dash Original Seasoning Blend
1½ cup of half and half
3 slices of Kraft American Cheese
¼ teaspoon of parsley

Utensils needed

5-quart pot
3-quart skillet
Cutting board
Measuring cups
Measuring spoons
Knife
Strainer
Pasta fork
Plate

Directions

Bring 12 cups of water to boil in a 5-quart pot on high heat. Add 1 tablespoon of salt to water. Add fettuccine noodles to the salted boiling water. Then reduce heat to medium and cook for about 5 minutes.

When the noodles are cooked use a spaghetti strainer to pour water off the noodles. Let noodles sit until it's time to add to sauce.

Cut raw chicken breast into chunks.

Cut bell pepper in small pieces.

Add 1½ pound of boneless chicken breast, ¼ cup bell pepper and 1 tablespoons of butter in a 3-quart skillet, cook on medium heat for about 8 minutes and when chicken is white and is tender when pierced with fork.

Add 1 teaspoon each of Mrs. Dash Garlic and Herb, Onion and Herb, Lemon Pepper, and Original Seasoning Blend in the 3 quart skillet with the chicken and bell pepper.

Add 1 cup of half and half and 3 slices of white American cheese, stir constantly for about 6 minutes until the sauce is thick and creamy. When thick and creamy add 1 pound of cooked noodles to sauce.

Stir fettuccine noodles in creamy sauce until well mixed.

Put some creamy chicken fettuccine on a plate and garnish with the ¼ teaspoon of parsley.

Servings: 4 people Preparation time: 10 minutes Cook time: 20 minutes

Josie Sibille
East Feliciana Parish
Poultry – Chicken

Cajun Smoked Chicken Wings

Ingredients:

- 3 Pounds Chicken Wings
- 1 Tablespoon Baking Powder
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Onion Powder
- 1 Tablespoon Salt
- 1 Tablespoon Cayenne Pepper
- 1 Tablespoon Cajun Seasoning
- ½ Cup Olive Oil
- 1 Tablespoon Mustard
- 2 Tablespoons Worcestershire Sauce

Directions:

1. In a small bowl, mix together all ingredients except for the chicken wings; this is your rub.
2. Place chicken wings in a large bowl and coat evenly with the rub.
3. Refrigerate coated chicken wings for at least 1 hour (overnight is best).
4. Preheat your smoker to 200 degrees.
5. Place the chicken wings directly on your smoker grates and smoke for 30 minutes.
6. Increase the smoker temperature to 350 degrees and continue roasting until wings are crisp and the internal temperature reaches 165 degrees (40-50 minutes).
7. Transfer the wings to a platter and serve immediately, either plain or with ranch dressing or the wing sauce of your choice.

Servings: 6

Jac Gross
Jefferson Parish
Poultry – Chicken

Chicken stuffed bell pepper with Avocado

Ingredients:

2 lbs. chicken breast (chopped) 1/2 cup mushroom
1/2 onion
3 bell peppers
1 tablespoon of olive oil
1 1/2 cup mozzarella cheese 1 avocado
1 1/2 tablespoon Tonys
2 tablespoons chopped garlic Instructions;

Directions:

1. Preheat the oven to 350 degrees.
2. Cook chicken on top of the stove, on medium heat until white inside.
3. Sauté mushrooms, onions and the tops of the bell peppers add Tonys to it and the cooked chicken, stir together and cook on low until peppers, onions and mushrooms are soft.
4. Put a little olive oil in the bottom of a 8 x10 baking pan, place bell peppers in there. Bake for 15 minutes at 350'.
5. Chop chicken, now mix with mushrooms, onion and pepper mix, add half of the cheese, mix well, fill bell peppers. Top off with cheese and bake until golden brown.

Add sliced avocado before serving. Servings: 3

Hailey Rogers
Livingston Parish
Poultry – Chicken

Barbecued Chicken Salad Sandwich

Ingredients:

| | |
|--------------------------------------|----------------|
| 1-1/2 pounds boneless chicken breast | Croissant |
| ½ cup barbecue sauce | Tomato slice |
| 1 cup mayonnaise | Lettuce leaves |
| ½ cup finely chopped onion | |
| ½ cup celery chopped | |
| ¼ teaspoon salt | |
| ¼ teaspoon crushed red pepper flakes | |

Instructions:

| |
|---|
| Place the chicken in a pan, add barbecue sauce to chicken. Place in refrigerator overnight. |
| Grill chicken on medium high heat until middle is 165 degrees. Cover and refrigerate chicken |
| until chilled. Chop chicken and place it in a large bowl. Add mayonnaise, onion, celery, salt and |
| pepper flakes. Serve on croissant with tomato and lettuce. |
| |

Cost per serving: \$1.85

Calories per serving: 481

Andrew Norrell
St. Bernard Parish
Poultry – Chicken

Pastalaya

Ingredients:

2 packets brown gravy mix
1 15-ounce tomato sauce
¼ teaspoon salt
¼ teaspoon Cajun seasoning
¼ teaspoon black pepper
¼ teaspoon onion powder
1 pack beef smoked sausage
2.5 pounds chicken tenderloins
½ red onion, sliced
1 green bell pepper, sliced in long strips
1 12-ounce bag of pasta (whatever is your favorite)

Directions:

1. In a medium sized saucepan prepare the gravy according to the directions on the package. When the gravy becomes thick add the tomato sauce. Stir well adding the seasonings to the mix. Set aside.
2. Brown the sausage in a frying pan until cooked. Pat off excess oil and place on a plate.
3. Using the same frying pan, pan-fry the chicken tenderloins until well cooked. Add the onion and bell peppers until they are soft.
4. Add all ingredients to the sauce and simmer on low heat for 15-20 minutes.
5. While the sauce is cooking, boil the pasta. When pasta is cooked, drain and pour into the cooked sauce. Stir fully adding more seasoning if needed.

Makes 8 servings

452 calories per serving

Michael Love
St. Charles Parish
Poultry – Chicken

Jalapeno Chicken Poppers

Ingredients:

2 pounds boneless chicken thighs (about 8-10 pieces)
1 tablespoon season-all or Tony Chachere's seasoning
4 ounces cream cheese
½ cup shredded sharp cheddar cheese
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon season-all or Tony Chachere's seasoning
4 to 5 jalapeno peppers, halved and seeds removed
½ pound fresh sausage
18 pieces of thin bacon
1 cup barbeque sauce

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Rinse chicken and then pat dry with a paper towel. Place chicken in a large, 8-quart bowl. Add season-all or Tony's to the chicken and mix well. Put to the side till needed.
3. Mix cream cheese, cheddar cheese, garlic powder, onion powder, salt, and black pepper in a 1-quart bowl. Mix well. Stuff the cheese mixture in the jalapenos. Set aside till needed.
4. Divide the fresh sausage into equal pieces (same as number of chicken thighs). On the inside of each chicken piece spread the sausage till about ¼ inch from the edge of the chicken. Place a jalapeno cheese-side down across the narrow or short side of the chicken. Wrap chicken around jalapeno. Take 1 piece of bacon and wrap all the way around the chicken. Cut 1 piece of bacon in half and wrap it from end to end of the chicken. Do this with all the pieces of chicken. Place the chicken seam side down in a 9x13 baking dish.
5. Place in oven and bake for 20 minutes. Remove chicken from oven.
6. Drain off any juices in the bottom of the baking dish.
7. Brush barbeque sauce on the top and sides of each piece of chicken and return to oven. Bake an additional 10 minutes. Remove from oven.
8. Serve with your favorite side dishes. Enjoy!

Servings: 8-10

Abbigail Davis
St. Tammany Parish
Poultry – Chicken

Slow Cooker Cajun Chicken Alfredo

Ingredients

4 skinless boneless chicken breast
4 teaspoons of Cajun seasoning
4 tablespoons of butter
1 red bell pepper
1 green bell pepper
3 green onions, chopped
2 cups of heavy cream
1/2 teaspoons dried basil
1/2 teaspoon lemon pepper
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
8 ounces of Pine noodles
Parmesan Cheese- Optional for topping

Directions

1. Place chicken breasts in bottom of slow cooker
2. Cover the chicken with the Cajun seasoning
3. Add the rest of the ingredients except Penne Noodles
4. Cook on high
5. After 2.5 hours, check chicken. If it is cooked, take the chicken out and cut into bite sized chunks and place back into the slow cooker
6. Add Penne noodles, cook 30 minute

When serving, top with grated Parmesan Cheese.

Cook Time: 3 hours 30 minutes

Number of Servings: 4

Size of Pan: small crockpot

Temperature: warm

Madeline Cieutat
Tangipahoa Parish
Poultry – Chicken

BAKED CAESAR CHICKEN

INGREDIENTS:

- 1 pound of boneless skinless chicken breast (approx. 4)
- 1 cup Caesar-salad dressing
- 1 ½ cups Parmesan-cheese grated
- ½ cup sour-cream optional

INSTRUCTIONS:

1. Heat oven to 375 ° F and spray the inside of an 8x11” baking-dish with cooking-spray.
2. If the breasts are irregular thickness, pound them (put in a Ziploc-bag and onto a flat- surface) into an even ¾"-1" thickness using a meat pounder.
3. Sprinkle the breasts with grated Parmesan-cheese & freshly ground black-pepper & set them in the prepared baking-dish.
4. Whisk together Caesar dressing & sour-cream in a small-bowl. Pour on the Caesar or sour-cream mix over every breasts then sprinkle grated Parmesan-cheese on the top.
5. Set the prepared chicken in the oven & bake at 375 ° F for half an hour.
6. Turn the oven to broil & then broil the breasts an extra 2-4 minutes till the chicken turns golden-brown.
7. When completed, a meat thermometer should register 165 ° F when stuck in the thickest aspect of one of their middle-breasts. Remove from the oven, cover loosely with foil & permit chicken to rest for 5-10 minutes before serving.
8. Serve! You can garnish with chopped parsley, if desired.

Servings: 4

Prep Time 5 minutes Cook Time 30 minutes Total Time 35 minutes

Katey Stewart
Washington Parish
Poultry – Chicken

T's Chicken and Dumplings

Ingredients

1 small whole chicken
1 can Cream of Chicken
1 Tbsp of Chicken Broth Base 1 ½ cup
Whole Milk
3 Tbsp Butter
1 package Frozen Mary Hill Dumplings Salt and
Pepper to taste

Directions

Boil chicken in salted water. Use enough water to cover chicken. Boil approximately 1 hour or until done. Remove chicken from water. Leaving water in the pot, add cream of chicken, broth base, milk, butter, salt and pepper to taste. Stir well and bring mixture to a boil. Drop frozen dumplings one at a time into the hottest part of the pot. Cover and simmer for 30 minutes stirring occasionally. Add deboned chicken and cook for an additional 30 minutes.

Landon Singleton
West Feliciana Parish
Poultry – Chicken

Million-and-One Dollar Chicken

Ingredients:

8 ounces of cream cheese softened 1/3 cup of mayonnaise
¾ cup real bacon bits
½ cup green onions chopped 1 cup Colby Jack cheese
2 ½ pounds boneless, skinless chicken breast tenderized Salt
Pepper
Garlic powder
1 cup Colby Jack cheese
1/3 cup-sliced sun-dried tomatoes

Directions:

1. Preheat oven to 350 degrees.
2. In a medium bowl, mix cream cheese, mayo, bacon bits, green onions, and half of the cheddar cheese until combined.
3. Place the chicken breast in a baking dish and lightly dust with salt, pepper, and garlic powder.
4. Spread the cheese mixture over the chicken.
5. Top with remaining cheddar cheese and sun-dried tomatoes.
6. Bake for 30-40 minutes or until chicken is cooked through (165 degrees internal temperature).
7. Garnish as desired.

Servings: 8

DIVISION: POULTRY
OTHER
POULTRY



Jacob Hutchinson
Livingston Parish
Other Poultry

Slow Cooker Smothered Quail

Ingredients:

| | |
|---|----------------------------------|
| 14 ounces semi-boneless quail (about 4) | ½ cup dry red wine |
| flour dredge: flour, salt, pepper | 1 cup chicken stock |
| ½ cup cooking oil | 2 teaspoons Worcestershire sauce |
| 4 ounces chopped crimini mushrooms | Cooked white rice |
| 1 cup chopped onions | 2 scallions, chopped (garnish) |
| 1 cup chopped green pepper | 1 sliced tomato (optional) |
| 2 teaspoons chopped garlic | |
| ¼ cup all-purpose flour | |
| ½ teaspoon dry thyme | |
| salt & pepper to taste | |

Instructions:

| |
|---|
| Rinse the quail and pat dry; season with salt & pepper then dredge flour, shaking off excess. |
| Heat oil in a skillet and brown the quail on both sides, setting them in the slow cooker when |
| browned. |
| Drain off fat in the skillet until you have ¼ cup. |
| Add the mushrooms, onions, and peppers to the pan and sauté until the onions soften. |
| Stir in the garlic, then add the flour, thyme, salt & pepper, stirring to coat the vegetables |
| and cooking for about one minute. |
| Add the wine, chicken stock and Worcestershire sauce and bring to a boil, then pour all the |
| sauce over the quail in the slow cooker. |
| Cover the slow cooker and cook on low for 90 minutes. |
| Serve quail and sauce over rice, garnished with scallions and tomato. |

Cost per serving: \$14.00
Serving size: 2 quail

Calories per serving: 823

Abbygail Davis
St. Tammany Parish
Other Poultry

Turkey Spaghetti and Meat Sauce

Ingredients

1 tablespoon olive oil
1 pound ground beef
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon Italian seasoning
Salt
Pepper
1/2-pound spaghetti
32 ounces marinara sauce
14.5 ounces diced tomatoes
2 cups chicken broth
2 tablespoons cream cheese

Directions

1. Set instant pot to sauté. Add olive oil and ground beef. Cook and crumble the ground beef until browned and cooked through. Drain any excess grease if needed
2. Stir in seasonings
3. Break spaghetti noodles in half and place in pot
4. Add chicken broth, diced tomatoes, and marinara sauce
5. Cover instant pot and pressure cook for 8 minutes
6. Turn quick release valve and let steam escape
7. Stir in cream cheese

Cook Time: 15 minutes

Number of Servings: 4

Size of Pan: Instant Pot

Temperature: warm

Duck Poppers

Ingredients:

1 ½ pounds of mallard duck breast, skin removed and cut into ¼" strips
1 tablespoon of vegetable oil
¼ cup of Creole seasoning
4 ounces cream cheese
1 tablespoon of fresh thyme, chopped
1 tablespoon of fresh parsley, chopped
Salt and pepper to taste
6 ounces of cane syrup
6 ounces of balsamic vinegar
3 jalapenos, sliced thin (optional: pickled)
0 strips of thick-cut smoked bacon Bamboo skewers

Directions:

Rub the duck breasts with Creole seasoning and sear the duck breasts in oil in a cast iron skillet until a crust forms. Chill the duck breast, then slice. Allow the cream cheese to soften at room temperature. Once soft, mix in the herbs and season with salt and pepper. Add the cane syrup and vinegar to a small sauce pot. Reduce the syrup vinegar mix by half. Wrap each breast strip around a slice of pickled jalapeno, then wrap a piece of bacon around the duck. Skewer the poppers with a bamboo skewer. Grill skewers of poppers until bacon is crispy and slightly charred. Smear some of the cream cheese on a plate. Remove poppers from skewer and place on top of the cream cheese. Drizzle some of the cane syrup over the poppers.

Serving Size: 4

Easton Smith
Washington Parish
Other Poultry

Blackened Chicken Alfredo

INGREDIENTS:

For the Blackened Chicken:

3 to 4 Chicken Breast, cubed
2 Tbsp unsalted butter, melted
1.5 Tbsp Blackened Seasoning.

For the Alfredo Sauce & Pasta:

1 small onion, chopped
6 Tbsp unsalted butter
1 cup heavy cream
1 cup grated Parmesan cheese
1/2 tsp salt
1/4 tsp pepper
parsley for garnish
16 oz cooked noodles

INSTRUCTIONS:

For the Blackened Chicken:

- Brush chicken with melted butter and sprinkle with blackened seasoning.
- Heat cast iron skillet over high heat for 5 minutes.
- Reduce heat to medium high and add chicken.
- Cook on each side until done.
- Remove from the skillet and keep warm.

For the Alfredo Sauce & Pasta:

- Cook the pasta in a pot of boiling, salted water until al dente.
- Drain in a colander but reserve 1/4 cup of the pasta water.
- While the pasta is cooking, melt the butter in a medium sauce pan over medium-high heat.
- Add onion and sauté until tender.
- Add heavy cream and bring to a boil.
- Reduce to medium and cook, stirring often, until sauce has reduced slightly, about 5 minutes.
- Remove from the heat and add the Parmesan cheese, salt, pepper and the reserved cooking liquid, stir.
- Add in the cooked pasta and stir.
- Add some chicken and stir.
- Plate the pasta with chicken breast on top.
- Garnish with parsley & ENJOY!

Colten Gates
West Feliciana Parish
Other Poultry

Bacon Wrapped Quail with Pepper Jelly Glaze

Ingredients:

12 quails
1 teaspoon of salt
1 teaspoon of pepper
1 teaspoon of garlic powder
12 slices of lean bacon
1 cup of pepper jelly
2 Tablespoons of Worcestershire sauce
1 Tablespoon of olive oil

Directions:

1. Mix salt, pepper, and garlic powder and liberally season each of the quail.
2. Using 1 strip of bacon per quail, wrap the bacon around each seasoned quail. Set aside.
3. In a separate small bowl combine the pepper jelly, Worcestershire sauce, and olive oil.
4. Stir continuously until the mixture is well combined.
5. Using a large skillet or grill pan on high heat, sear the bacon wrapped quail approximately 2-3 minutes on each side (depending on the size and thickness of the quail).
6. Brush the pepper jelly glaze over the seared quail and serve.

Servings: 12

DIVISION: POULTRY

PROCESSED POULTRY



Callie Mudge
Ascension Parish
Processed Poultry

Homemade Turkeyburger Helper

Ingredients

cooking spray
1 lb. ground beef
2 cups garden rotini
2 1/2 cups milk
1 1/2 cups hot water
1 tablespoon cornstarch
1 tablespoon chili powder
2 teaspoons garlic powder
1 teaspoon sugar
1 teaspoon salt
3/4 teaspoon paprika
1/4 teaspoon cayenne pepper
1/8 teaspoon crushed red pepper flakes
2 cups shredded cheddar cheese

Instructions

Heat a 3-quart (10 in x 2 3/4 in) skillet over medium-high heat. Spray skillet lightly with cooking spray and add the ground beef. Brown beef until cooked through and no longer pink. Discard any fat. Add the pasta, milk, water, cornstarch, and spices. Stir to combine. Bring mixture to a boil and turn down the heat to a simmer. Cover the skillet with a lid and cook for 10-12 minutes, or until the pasta is al dente. Remove from heat to thicken. Add the cheese and stir to combine. Serve immediately.

Prep: 10 min
Cook: 30 min
Total: 40 min
Yield: 4-6 servings

Turkey Chili

Ingredients:

| | |
|--|--|
| 1 pound package 85% lean ground turkey | |
| 1 package (1.25 oz) original chili seasoning | |
| 1 – 16-ounce jar mild chunky salsa | |
| 1 - 15.5 ounce can dark red kidney beans | |
| 1 – 15.25 ounce can low sodium whole kernel corn | |
| 1 – 16 ounce can petite diced tomatoes | |
| 1 cup shredded taco cheese | |
| 2 cups water | |
| | |
| | |

Instructions:

| |
|--|
| In a three-quart pot brown turkey on high until cooked all the way through. Drain any excess fat. Turn heat to medium. Add chili seasoning & salsa and combine well. |
| Add dark red kidney beans, the can of corn (drained), the petite diced tomatoes, and the two |
| cups of water. Simmer on low until the mixture thickens. Add the shredded cheese and serve. |
| |
| |
| |
| Serving size – approximately 8.5 cups |

Cost per serving: \$1.14

Calories per serving: 259

Ricky Wuertz
St. Bernard Parish
Processed Poultry

Honeycomb Rigatoni Cake

Ingredients:

1 box rigatoni pasta
1 pound ground turkey
1 teaspoon salt
1 tablespoon pepper
2 tablespoons onion powder
2 tablespoons garlic powder
1 tablespoon Cajun seasoning
2 tablespoons Italian seasoning
1 tablespoon parsley flakes
3 dashes blackened seasoning
¼ cup butter spray
2 24-ounce meat sauce
2 packages of Colby Jack cheese sticks
1 bag Colby Jack cheese, shredded

Directions:

1. In a large pot cook noodles according to the package. Pre-heat the oven to 350 degrees.
2. In a large frying pan brown the turkey and add the seasonings. When the turkey is fully cooked, add the meat sauce. Bring to a boil and let simmer for thirty minutes.
3. Cut the cheese sticks and put on the bottom of medium round cake pan. When the noodles are cooled, stuff them with the cheese sticks. Cover the noodles with the meat sauce. Sprinkle the mix with the shredded Colby Jack cheese.
4. Pour the remaining sauce over the mix and bake for thirty minutes.

Makes 8 servings

601 calories per serving

Christine Thomas
St. Charles Parish
Processed Poultry

Bell Pepper Soup

Ingredients:

2 pounds ground turkey
1-pound Italian sausage
1 large jar of Prego
1 box beef broth
1 onion finely chopped
2-3 bell peppers (color of choice depending on taste and look), cut into chunks
Seasoning to taste (garlic, salt, pepper, Italian seasoning)
2 cups rice

Directions:

1. Brown ground turkey and sausage in pot. When cooked add in onions and bell peppers and cook till soft.
2. Add in your Prego, beef broth, and seasoning then cook for 2 hours on low heat.
3. While the soup is cooking, cook rice according to the package in another pot.
4. Add to the soup 5 minutes before serving.

Servings: 4-6

Joshua Babin
St. James Parish
Processed Poultry

TURKEY GOULASH

INGREDIENTS

1 lb ground turkey
1 yellow onion diced
3 cloves garlic minced
½ tsp salt
¼ tsp black pepper
14.5 oz can petite diced tomatoes do not drain
1 ½ Tbsp Worcestershire sauce
14.5 oz can low sodium chicken broth
10.75 oz can tomato soup
1 tsp brown sugar
2 c. elbow macaroni
½ c. shredded cheddar cheese.

DIRECTIONS

1. In a large pot or Dutch oven cook ground turkey, onion and garlic over medium heat until no pink remains. Drain off excess fat.
2. Add in salt, pepper, diced tomatoes, Worcestershire sauce, chicken broth, tomato soup, and brown sugar. Simmer for about 20 minutes, with cover on.
3. Add elbow macaroni and simmer covered for 15-20 minutes or until pasta is tender.
4. Top with shredded cheese and replace lid, let sit 5 minutes or until cheese is melted.

Emmie McIntyre
Tangipahoa Parish
Processed Poultry

SPICY TURKEY MEATBALLS

Ingredients:

1- CUP OLD FASHIONED OATS
¾ - CUP FAT FREE EVAPORATED MILK 1 - MEDIUM ONION CHOPPED
1 - TEASPOON SALT
1 - TEASPOON CHILI POWDER
¼ - TEASPOON GARLIC SALT
¼ - TEASPOON BLACK PEPPER
1 ½ POUNDS LEAN GROUND TURKEY

SAUCE

2 CUPS KETCHUP
1 ½ - CUPS BROWN SUGAR
1 ¼ CUP CHOPPED ONION
2 -TABLESPOONS LIQUID SMOKE
½- TEASPOON GARLIC

Directions:

In large bowl, combine first seven ingredients. Crumble turkey over mixture and mix well. Shape into one-inch balls. Place in a 9x13 inch baking dish coated with nonstick spray. Bake uncovered at 350 degrees for 10-15 minutes. Meanwhile, combine the sauce ingredients. Pour over the meatballs. Bake 30 minutes longer. Yields 15 servings. About 62 calories per serving. Enjoy!

Chicken Parmesan Meatballs

Ingredients:

1 pound of ground chicken
1 egg
½ cup of parmesan cheese
½ cup Panko breadcrumbs (separate)
1 teaspoon garlic powder
1 teaspoon Italian seasonings
1 teaspoon salt
½ teaspoon pepper
¾ cup Panko breadcrumbs
¼ cup of olive oil (divided)
1 - 26-ounce jar of low sodium marinara sauce
½ cup of low-fat mozzarella cheese, shredded

Directions:

1. Preheat oven to 350 degrees
2. In a large bowl, mix the ground chicken, egg, parmesan cheese, ½ cup of breadcrumbs, garlic powder, Italian seasonings, salt, pepper and combine well by mixing by hand.
3. Use the mixture to form 1 ½ inch size meatballs. (Yields approximately 20 meatballs)
4. Roll the meatballs in ¾ cup of panko breadcrumbs.
5. Heat 2 tablespoons of olive oil in a large skillet on medium high heat, sear to brown all sides of the meatballs. Be careful not to overcrowd the pan or burn the oil. Once browned, remove meatballs from the pan and set aside.
6. Repeat step #5 until all the meatballs are seared and browned.
7. In a 9x13 oven safe baking dish, pour the marinara sauce to cover the bottom of the baking dish.
8. Arrange browned meatballs over the sauce in the baking dish.
9. Sprinkle mozzarella cheese over meatballs and bake at 350 degrees for 20 minutes.

Servings: 6-8



SEAFOOD

DIVISION: SEAFOOD

CRAB



Hot Crab Dip

Ingredients

1 stick (1/2 cup) Butter
4 stalks green onions, chopped 8-ounce cream cheese
1-pound lump crab meat
1 teaspoon salt-free seasoning

Directions

- Melt butter in a 12-inch skillet using low heat.
- Once butter is melted, add green onions. Cook 1-2 minutes.
- Add cream cheese and stir until well blended.
- Add crab meat and salt-free seasoning. Cook 1-2 more minutes.
- Serve with Wheat Thins, Ritz crackers, or small pieces of crisp buttered French bread.
- Enjoy!

Yields 8 servings.

Crabmeat Au Gratin

Ingredients:

| | |
|--------------------------------|--|
| ½ cup margarine | |
| 1 tsp. salt | |
| 1 cup onions | |
| ¼ tsp. black pepper | |
| ¼ cup flour | |
| ½ tsp. red pepper | |
| 1 (13 oz.) can evaporated milk | |
| 1 lb. crabmeat | |
| 2 egg yolks | |
| ½ lb. grated cheddar cheese | |

Instructions:

| |
|--|
| Preheat oven to 375 degrees. Sauté onions in margarine until tender. Blend in flour, then stir |
| in milk gradually, stirring constantly. Stir egg yolks, salt and pepper. Cook for 5 minutes. |
| Add crabmeat. Grease casserole dish lightly. Pour mixture into casserole dish and sprinkle |
| with grated cheddar cheese. Bake at 375 for 10 to 15 minutes or until lightly browned. |

Cost per serving: \$4.85

Calories per serving: 354

Journee Williams
St. Bernard Parish
Crab

Crab Cakes

Ingredients:

1 large egg, beaten
1 pound jumbo lump crabmeat
¾ cup panko breadcrumbs
2 tablespoons chopped parsley
Kosher salt to taste
Black pepper to taste
2 cups canola oil
Cajun sauce for serving

Directions:

In a medium bowl mix together the egg, crabmeat, breadcrumbs and seasonings.
Make the mixture into patties.
In a large skillet heat the oil. Add crab cakes and cook until golden and crispy,
about 3-5 minutes on each side.
Drain the crab cakes and serve with the special Cajun sauce.

Makes 6 servings

300 calories per serving

MacKenzie Ballanger
St. Charles Parish
Crab

Crab Stuffed Mushrooms

Ingredients:

12 mushrooms
8 ounces cream cheese (at room temperature)
3 slices bacon (cooked and crumbled)
¼ cup parmesan cheese (grated)
1 tablespoon fresh parsley (chopped)
¼ teaspoon salt
¼ teaspoon pepper
8 ounces crab meat

Topping:

1 tablespoon parmesan cheese (grated)

Directions:

1. Remove stems from mushrooms and wipe mushrooms clean with a damp cloth. Place mushrooms on a baking sheet.
2. Put room temperature cream cheese in a bowl. Mix until smooth and creamy.
3. Add bacon, parmesan cheese, fresh parsley, and salt/pepper. Stir until combined.
4. Stir in crab meat
5. Place a large spoonful on each mushroom.
6. Sprinkle a touch of grated parmesan on top of each mushroom.
7. Bake in a preheated, 375 degrees Fahrenheit oven for 18-20 minutes until golden.
8. Top with freshly chopped parsley (optional).
9. Serve while still warm.

Servings: 4

Hot Crab Dip

INGREDIENTS

1 (8 ounce) package cream cheese softened at room temperature
2 tablespoons mayonnaise
1 cup shredded cheddar cheese
8 ounces fresh lump crab meat
2 ¼ tablespoons fresh lemon juice
1 tablespoon hot sauce
1 tablespoon Worcestershire sauce
Paprika for garnish

INSTRUCTIONS

- Preheat the oven to 350° degrees.
- In a medium bowl, mix cream cheese, mayonnaise, cheddar cheese, crabmeat, lemon juice, hot sauce, and Worcestershire sauce.
- Once mixed completely, transfer to a shallow 8x8 baking dish.
- Bake in preheated oven for 30 minutes, or until golden brown
- Garnish with paprika
- Serve with butter crackers

Cook Time: 30 minutes Servings: 12 Calories per Serving: 320

Marley Wallis
West Feliciana Parish
Crab

Hot Crab Dip

Ingredients:

½ pound jumbo lump crabmeat, shells removed
3 tbsp minced green onions
2 large garlic cloves, minced
8 ounces cream cheese
½ cup mayonnaise
¼ cup grated parmesan cheese
2 tsp Worcestershire sauce
2 tbsp lemon juice, fresh
1 tsp hot sauce
½ tsp Louisiana crawfish, shrimp, and crab boil dry seasoning
Dash of salt and pepper

Directions:

Preheat oven to 325 degrees. Spray 8x8 casserole dish with cooking spray. Ensure that crabmeat has no small shell pieces. Mince green onions and garlic cloves. Soften cream cheese for 25 seconds in microwave. Mix all ingredients well in a large bowl. Spread mixture in dish. Bake for 35 minutes at 325 degrees.

Servings: 10 servings

DIVISION: SEAFOOD

CRAWFISH



Andre Mudge
Ascension Parish
Crawfish

Crawfish Maque Choux

Ingredients

1 tablespoon vegetable oil 1 cup diced onion
1 cup diced red bell pepper
1 cup diced green bell pepper
1 (10.5 oz.) can diced tomatoes with green chilies
1 (15 oz.) can cream style corn
2 (15 oz.) cans whole kernel corn drained
1 (10.5 oz.) can cream of mushroom soup
1 lb. of Louisiana crawfish tails including fat 1 tsp. salt
1 tablespoon garlic powder 2 tsp. onion powder

Cookware: Kitchen utility knife, Cutting board, 6-quart Dutch oven, Wooden spoon

Instructions

1. Using kitchen knife and cutting board, dice onions and bell peppers to $\frac{1}{4}$ inch pieces, or you can use pre-diced onions and bell peppers in the specified amount. Set aside.
2. Heat oil on medium-high for 1 min and add onions and bell peppers. Sauté for 5 min.
3. Lower heat to medium and add tomatoes with green chilies. Cook for 10 min or until most the liquid has evaporated.
4. Add creamed corn and whole kernel corn and continue to cook over medium heat for 25 min.
5. Add cream of mushroom soup and crawfish tails including fat and cook for 15 min.
6. Season with salt, garlic powder, and onion powder. Cook for an additional 2 min.
7. Remove from heat and serve in a bowl. Enjoy!

Prep/Total Time: 10 min. Cook Time: 50 min. Yield: 10-12 servings

This is my first-time cooking seafood. My family suggested crawfish maque choux because it's an easy dish that my Grammy often makes for big gatherings. Some of the challenges I faced is that the recipe I used was from my Grammy, and she did not have precise cooking times, seasonings, and cooking temperature. I had to change the recipe some, so that I could use it for the cooking contest. One thing that I learned from cooking this recipe is how to cut a bell pepper. Next time, I'd like to try making this recipe with shrimp.

Raylee McGraw
East Feliciana Parish
Crawfish

Crawfish Chowder

Ingredients:

¼ cup butter
½ bunch green onions, chopped
½ cup butter
1-pound boiled crawfish, cleaned
1 (10.75 ounce) can condensed cream of potato soup
1 (10.75 ounce) can condensed cream of mushroom soup
1 (15.25 ounce) can whole kernel corn, drained
4 ounces cream cheese, softened
2 cups half-and-half cream
½ of capful of liquid crawfish boil

Directions:

Step 1

- a. Melt ¼ cup of butter in a large skillet over medium heat. Sauté green onions in butter until soft. Remove from the pan and set aside. In the same skillet, melt ½ cup of butter, and sauté the crawfish for 5 minutes; set aside.

Step 2

- a. In a large pot over medium heat, combine potato soup, mushroom soup, corn, and cream cheese. Mix well and bring to a slow boil. Stir in half-and-half, sautéed green onions, and crawfish. Add liquid crawfish boil. Bring to a low boil, and simmer for 5 minutes to blend flavors.

William Vosburg
Livingston Parish
Crawfish

Crawfish Etouffee

Ingredients:

| | |
|--|---|
| 2 tablespoons olive oil | 1 bunch of green onions, finely chopped |
| 3 tablespoons all-purpose flour | Hot sauce to taste |
| 1 onion, chopped | Salt & pepper to taste |
| ½ cup chopped green bell-pepper | |
| 1 teaspoon minced garlic | |
| 1 cup fat-free low sodium chicken broth | |
| 1 tablespoon paprika | |
| 1 pound crawfish tails, rinsed & drained | |

Instructions:

| |
|--|
| 1. In a large nonstick skillet coated with nonstick cooking spray, heat oil and stir in flour. |
| Cook over medium heat until light brown, about 6-8 minutes, stirring constantly. Add onion, |
| green pepper, and garlic. Sauté' until tender, about 5 minutes. |
| 2. Gradually add broth and stir until thickened. Add paprika and crawfish. Bring to a boil, |
| reduce heat, cover, and cook for about 15 minutes, stirring occasionally. Season to taste. |
| 3. Stir in green onions and cook for another few minutes before serving. |
| 4. Serve over cooked rice. Makes 4 (1 cup) servings. |
| This dish is served over Parish Rice. It is a nutritious type of white rice with 53% more |
| protein than other white rice. It also has a low glycemic index score (41 out of 100 which is |
| the lowest of any white rice on the market). This rice was created and is farmed in |
| Acadiana. I have included 1/8 cup of dry Parish Rice which has 80 calories. |

Cost per serving: \$5.50

Calories per serving: 220

Crawfish Fettuccine

Ingredients:

2 sticks butter
2 medium onions, chopped
3 stalks celery, chopped
1 bell pepper, chopped
¼ cup flour
6-8 cloves garlic, chopped
1-pound Mexican cheese, cubed
3 pounds crawfish
1 quart half and half cream
1 pound fettuccine pasta
4 tablespoons chopped parsley
Parmesan cheese to taste
Salt and pepper to taste

Directions:

1. Melt the butter in a large 8-quart stock pan. Add the onions, celery, bell pepper and garlic. Cook until the veggies are tender.
2. Add flour to the mixture. Blend well and cover. Cook for fifteen minutes stirring constantly.
3. Add the parsley and crawfish to the mix and cook covered for 20 minutes, stirring occasionally.
4. Cook pasta according to the package and drain. Add pasta to the sauce and mix thoroughly.
5. Pour mix into a buttered 9x13 inch casserole dish. Salt and pepper to taste. Sprinkle with parmesan cheese over the mixture and bake for 12 minutes in a 350-degree oven.

Makes 8 servings

595 calories per serving

Ethan Ballanger
St. Charles Parish
Crawfish

Crawfish Fettuccini

Ingredients:

¼ cup butter
1 small onion, diced
1 medium bell pepper, diced
Cajun seasoning
1 teaspoon minced garlic
1 can cream of chicken soup
1 can cream of mushroom soup
1 pound crawfish tails
16 ounces Velveeta cheese
8 ounces half and half
1 pound fettuccine noodles

Directions:

1. Melt butter medium skillet over medium heat.
2. Sauté the onion and bell pepper in butter until tender.
3. Add Cajun seasoning and minced garlic and sauté for 1 minute.
4. Add the soup mixtures and crawfish tails.
5. Cube Velveeta and add into mixture. Stir until melted.
6. Add half and half and stir continuously.
7. Continue to cook over low heat until the sauce is the consistency you prefer.
8. Serve over fettuccine noodles.

Servings: 4-6

Crawfish and Corn Bisque

Ingredients:

3 cups milk
4 tablespoons butter
3 tablespoons flour
2 cups shredded cheese
1-2 tablespoons oil
2 cups diced onion
2 cups chopped celery
1 tablespoon minced garlic
2 cups corn niblets (fresh, frozen, or canned)
1 pound of crawfish tails (or medium size shrimp)
1 cup chicken stock
Dashes of Salt, White Pepper, and Tony's Creole Seasoning

Directions:

- 1.Begin by prepping all the ingredients and chopping vegetables.
- 2.Make the cream sauce by melting butter in a saucepan and stir in the flour to remove all lumps.
- 3.Slowly add the milk and mix well.
- 4.Continue to stir until bubbly and mixture thickens.
- 5.Turn off the heat and stir in the shredded cheese.
- 6.The cheese will melt by the hot milk.
- 7.Next, in a 5-quart pot on medium heat begin to heat the oil.
- 8.Add the celery and onions.
- 9.Saute a few minutes until softened.
- 10.Add the minced garlic and stir well.
- 11.Now begin adding in all the other ingredients.
- 12.Bring to a boil to cook the seafood, then turn down the heat to low to simmer about 5-10 minutes.

Jasper Davis
St. Tammany Parish
Crawfish

Crawfish and Corn Bisque

Ingredients

1/2 cup chopped onions
1/4 cup butter
1 teaspoon garlic powder
1/2 cup white Gravy mix
2 cups of milk 2 cups of water
15 ounce can of corn
1/2 tablespoon Tony Chachere's Original Seasoning
1/2-pound crawfish

Directions

1. Cut up onions and cook on low heat in melted butter and garlic until onions are tender.
2. In a saucepan, whisk white gravy mix with milk and water. Bring to a boil, stirring constantly.
3. Reduce heat, simmer and add corn, Tony Chachere's original seasoning, onions/garlic/butter, and seafood.
4. Cook about 5 minutes.

Cook Time: 50 minutes

Number of Servings: 5

Size of Pan: large pot

Temperature: warm

Lorianne Sprowls
Tangipahoa Parish
Crawfish

AFTER BOIL CHOWDER

INGREDIENTS:

3- cans cream of mushroom
3- cans cream of celery 1- can cream of shrimp 4- cups seafood stock
1-can whole kernel corn
7- ounces sliced little smokies
1-1/2 pounds- boiled shrimp (peeled)
1-pound boiled crawfish tails (peeled)
1-1/2 pounds- boiled redskin potatoes (diced)
1/2 cup- sugar
crawfish boil seasoning to taste

COOKING INSTRUCTIONS:

In a 6-quart pot add cream of mushroom, cream of celery, and cream of shrimp. Turn stove top to medium/ high heat. Add seafood stock and mix thoroughly. It should look nice and creamy. Add your corn, sliced little smokies, shrimp, crawfish tails, and potatoes. Mix thoroughly to ensure everything is even throughout. Add all sugar. Then finally start tasting and add your crawfish boil seasoning to taste. It normally doesn't take very much at all. Turn your heat to low and let simmer for 30 minutes! Shut heat off then serve and enjoy!

NUMBER OF SERVINGS: 6-8

Emma Givens
Washington Parish
Crawfish

Louisiana Crawfish Étouffée

Ingredients:

1/4 cup butter
5 tablespoons all-purpose flour
1/2 cup diced onion
1/2 cup chopped celery
1/2 cup chopped green pepper
1/4 cup chopped green onions
1 cup chicken broth
1/2 cup water
2 tablespoons minced fresh parsley
1 tablespoon tomato paste
1 bay leaf
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon garlic powder
1/4 teaspoon Creole seasoning
1/8 teaspoon cayenne pepper
1-pound cooked Louisiana crawfish tail meat (thaw if frozen)
• hot cooked rice, as needed

Directions:

In a heavy skillet or Dutch oven, melt the butter and then stir in the flour. Cook and stir constantly over low heat for about 20 minutes, until mixture is a caramel-colored paste called a roux. Add the celery, pepper, and onions; stir until coated. Add the broth, water, parsley, tomato paste, bay leaf, salt, pepper, garlic powder, Creole seasoning, and cayenne. Stir the pot well to make sure that the roux is well incorporated and there are no lumps. Bring to a boil. Reduce heat to low, cover, and simmer for 30 minutes, stirring occasionally. Remove and discard the bay leaf. Add crawfish and heat through. Serve over rice.

Chloe Singleton
West Feliciana Parish
Crawfish

Granny's Crawfish Dip

Ingredients:

- 1 stick butter
- 1 large onion chopped finely
- 1 medium bell pepper chopped
- 1 clove garlic chopped
- ¼ cup parsley
- 1-pound peeled crawfish cut in half
- 8-ounce cream cheese
- ½ teaspoon of Cajun seasoning

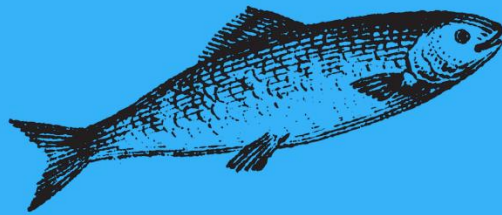
Directions:

1. Melt 1 stick of butter in a skillet over medium heat.
2. Sauté onion and bell pepper in the melted butter.
3. Add garlic, parsley, crawfish, and seasoning.
4. Cook for 10 minutes over medium heat.
5. Fold in cream cheese. Stir until smooth.
6. Serve with crackers or melba toast.

Servings: 5-6

DIVISION: SEAFOOD

FISH & OTHER



Bake Tilapia Fish

Ingredients:

4 tilapia fillets
Salt and freshly ground black pepper, to taste
½ teaspoon paprika
½ teaspoon dried thyme
½ teaspoon dried oregano
4 tablespoons butter, melted
4 cloves garlic, minced
2 tablespoons lemon juice
¼ teaspoon lemon zest
1 lemon, sliced into rounds, for garnish
Red pepper flakes, for garnish
Chopped fresh parsley, for garnish
Lemon slices, for garnish

Combining Ingredients:

Preheat oven to 400-degrees F. Season tilapia with salt, pepper, paprika, thyme, and oregano; arrange fish in a 9x13 baking dish. In a mixing bowl, whisk together melted butter, garlic, lemon juice, and lemon zest; pour over tilapia. Bake tilapia for 10 to 12 minutes, or until fish flakes and is fork tender. Garnish with pepper flakes, parsley, and lemon slices. Serve.

Yields 4 Serving

Zoe Otwell
East Feliciana Parish
Fish & Other Seafood

Shrimp & Clam Alfredo

Ingredients:

1 can diced clams
1 handful shrimp
Handful of cooked pasta
Alfredo sauce

Directions:

1. Cook noodles according to directions on pack.
2. Heat the alfredo sauce in a small saucepan add the drained clams and shrimp.
3. Once all is heated plate adding as much/little alfredo as you would like.

Matthew Vosburg
Livingston Parish
Fish & Other Seafood

Speckled Trout Fish Cakes

Ingredients:

| | |
|---|---|
| 1 ½ pounds speckled trout filets (I caught the fish in South Louisiana.) | Lemon wedges |
| Nonstick cooking spray ½ cup onion | Chopped parsley (We grow in our garden.) |
| ½ cup chopped green bell pepper | |
| ½ cup chopped red bell pepper | |
| ½ teaspoon minced garlic | |
| 2 egg whites (reduces fat) | |
| Salt, pepper & Cajun seasoning to taste | |
| Dash of hot sauce | |
| ¾ cup butter crackers | |
| ½ cup chopped green onions | |

Instructions:

| |
|--|
| 1. Preheat oven to 375 degrees. Coat a small nonstick skillet and a baking sheet with nonstick cooking spray (healthy option as opposed to oil). |
| 2. Chop fish into small pieces with a knife or food processor. Transfer to large bowl and set aside. |
| 3. In a prepared skillet, sauté' onion, green & red bell peppers, and garlic until tender, about 5 minutes. Add to fish along with egg whites, salt, pepper, Cajun seasoning, hot sauce and mix well. Stir in cracker crumbs and green onions. |
| 4. Form into 8 round portions and place on prepared pan. Bake (healthier option than frying) for 30 minutes or until fish flakes easily with fork. |
| 5. Garnish with lemon and parsley. |
| Yields: 8 servings |

Cost per serving: \$2.00 (or more if you buy the fish rather than catching them)
Calories per serving: 136

Cassidy Manuel
St. Bernard Parish
Fish & Other Seafood

Blackened Salmon with Parsley Potatoes

Ingredients:

3 boneless salmon filets
1 tablespoon salt
1 teaspoon black pepper
1 tablespoon onion powder
1 tablespoon garlic powder
8 red potatoes, washed and cut in half
1 stick butter
1 tablespoon olive oil

Directions:

1. Heat oven to 400 degrees. Season the salmon with seasonings. Place in a baking pan, cover and bake for one hour. Remove the cover and bake for an additional 40 minutes.
2. Place the potatoes in a skillet and boil until tender.
3. Heat a skillet on medium for 10 minutes. Place the butter and olive oil in the skillet and add the potatoes. Remove the skillet from heat.
4. Place each filet on a plate and add 1/3 of the potatoes to each plate. Enjoy.

Makes 3 servings

495 calories per serving

Joshua Babin
St. James Parish
Fish & Other Seafood

PARMESAN CRUSTED CAJUN TILAPIA

INGREDIENTS

1½ lbs. tilapia fillets
6 tablespoons butter
7 tablespoons parmesan
1 tablespoon Tony's Seasoning Spice
pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F
2. Melt 3 tbsp of butter in a large oven proof baking dish that is large enough to fit your tilapia fillets.
3. In the baking dish with the melted butter, add 5 tablespoons of parmesan and pepper, to taste. Combine.
4. Place the tilapia fillets evenly spaced on top of the mixture.
5. Sprinkle the Tony's spice evenly over the fish, and then do the same for the additional 3 tablespoons of parmesan.
6. Break the remaining 2 tablespoons of butter into small chunks. Evenly place the chunks over the tilapia fillets. Add more pepper, if desired.
7. Place in the oven and let cook for 10 minutes (If you have 5-7 oz fillets). For larger fillets (7-9 oz), cook for approximately 12 minutes)
8. Use a fork to take a chunk out of the thickest fillet. If the fish flakes apart, it is done.

Emmie McIntyre
Tangipahoa Parish
Fish & Other Seafood

STICKY FRIED FISH WITH VEGETABLES AND RICE

Ingredients:

1 pound rice
2 cups asparagus
1 onion
1 yellow bell pepper
1 green bell pepper
1 red bell pepper
1 pound fish fillets 1-lemon
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic powder
1 teaspoon chili powder
1 ½ cups oil
1 tablespoon honey

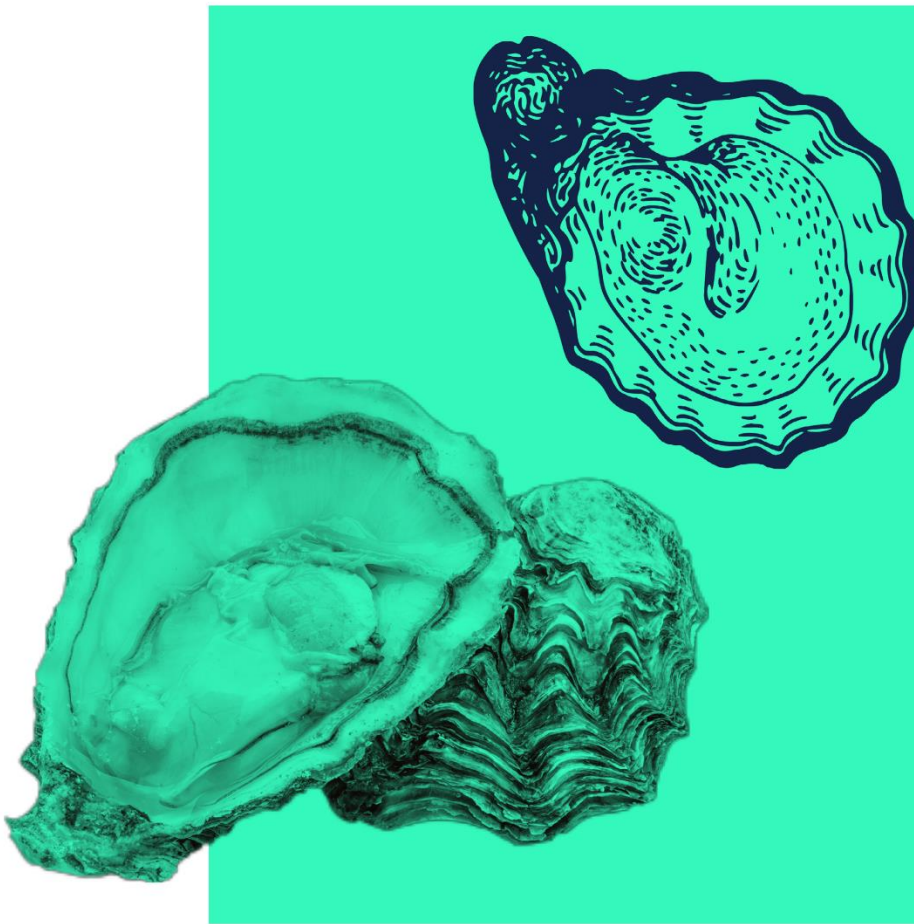
Directions:

In medium pot, cook rice until comes to a boil. When done, put rice in 8 by 8 pan. Cut up asparagus, onion, yellow, green, and red bell peppers. Cook down about 10 minutes. When done, spread mixture on top of rice. Slice fish, squeeze juice from lemon and sprinkle salt, pepper, garlic powder, and chili powder on top of fish. Fry in oil 5 -7 minutes. Remove fish from oil and drizzle honey on top of fish and lay fish on top of vegetables.

Serves 4, about 250 calories a serving.

DIVISION: SEAFOOD

OYSTER



Oyster Mosca

Ingredients:

- (1) 8- ounce container of raw Louisiana oysters with oyster liquor
- ½ cup Italian breadcrumbs
- ¼ cup grated Parmesan cheese
- ¼ teaspoon crushed red pepper
- 1/8 teaspoon salt
- 2 Tablespoons of oyster liquor
- 3 Tablespoons of extra virgin olive oil 1 ½ Tablespoons fresh lemon juice
- 1 small clove of garlic, chopped

Directions:

- 1.Drain oyster well, reserving liquor, and patting oysters dry with a paper towel.
- 2.Combine all dry ingredients- breadcrumbs, Parmesan cheese, red pepper, add salt- in a 2-quart mixing bowl.
- 3.In a 1-quart mixing bowl, mix oyster liquor, olive oil, lemon juice, and garlic.
- 4.Place the oysters on the bottom of an 8-inch au gratin dish or a 3-cup casserole dish.
- 5.Mix the wet and dry ingredients together with a fork. Place the mixture over the oysters in the casserole dish.
- 6.Cover the oysters with foil and bake at 350 degrees for 20 minutes until the oyster's curl and an internal temperature of 160 degrees F reached.
- 7.Remove the foil and place the dish under the broiler for 3 more minutes until lightly browned.
- 8.Serve warm.

Servings: 2

Healthy alternatives:

To reduce calories, fat, and sodium: Parmesan cheese made with part skim milk and be used. Salt can be eliminated, or a salt substitute may be used to reduce sodium.

Olivia Vulgamore
Livingston Parish
Oyster

Angels on Horseback

Ingredients:

| | |
|-------------------------------------|--|
| 12 shucked oysters | |
| 12 slices bacon | |
| ½ teaspoon salt | |
| 1/8 teaspoon ground black pepper | |
| 1/8 teaspoon smoked paprika | |
| 2 tablespoons chopped fresh parsley | |

Instructions:

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|---|
| Preheat an oven to 450 degrees F (230 degrees C). Set a wire rack into a small baking dish. |
| Wrap each oyster with a slice of bacon, and secure with a toothpick. |
| Sprinkle with salt, pepper, paprika and parsley; set onto wire rack. |
| Bake in the preheated oven until the bacon is crispy, 10 to 12 minutes. Serve immediately. |
| |
| Yields: 12 oysters |

Cost per serving: \$4.25 Calories per serving: 162

Oyster Patties

Ingredients:

4 dozen oysters and liquid 1 onion, grated
1-tablespoon flour
2 tablespoon butter, melted
½ cup chopped mushrooms and juice Salt and pepper
2 tablespoons parsley, chopped 12 patty shells
¼-teaspoon lemon juice

Directions:

- 1.Cook oysters in their liquid by bringing to boil, then simmer ten minutes.
- 2.Saute onion in butter, blend in the flour until smooth. Add remaining ingredients and oysters. Cook five minutes.
- 3.Pour into patty shells and bath in 370-degree oven for five to eight minutes.

Makes 12 large patties

Easton Smith
Washington Parish
Oysters

OYSTER STEW

INGREDIENTS:

4 tablespoons butter
1 large onion, finely diced
2 garlic cloves
1/4 teaspoon red pepper
1/4 teaspoon paprika
1/4 teaspoon salt
1/2 teaspoon ground black pepper
6 cups whole milk or half and half
1 teaspoon dried parsley
16 ounces fresh raw oysters, undrained

INSTRUCTIONS:

- 1.Heat butter over medium heat in heavy bottom 3-quart saucepan. Add diced onion and sauté until tender, about 5 minutes. Grate in garlic (or mince), continue to sauté for another 1-2 minutes, being watchful to not burn garlic. Add red pepper, paprika, salt, black pepper, stir to toast about 1 minute.
- 2.Drain oysters and reserve liquid (oyster liqueur).
- 3.Reduce heat to low, add milk, parsley and oyster liqueur.
- 4.Cook over low heat until mixture is hot and beginning to steam, and bubbles just start to appear around the edge. Do NOT allow it to come to a boil. Salt and pepper to taste.
- 5.Add oysters and continue to cook over low heat until oysters begin to curl on edges.

Oyster Stuffed Artichoke Casserole

Ingredients:

1 tablespoon of unsalted butter
2 tablespoons of unsalted butter
2 - 13-ounce cans of artichoke hearts, drained
2 tablespoons of unsalted butter
1 cup of chopped green onions
1 Tablespoon minced garlic
1 pint (2 cups) of oysters with liquid
2 Tablespoons parsley
1 Tablespoon of Worcestershire sauce
2 teaspoons of lemon juice
 $\frac{3}{4}$ teaspoons of salt
 $\frac{1}{2}$ teaspoons ground pepper
3 tablespoons of unsalted butter
3 Tablespoons of flour
1 $\frac{1}{2}$ cup of heavy cream
 $\frac{1}{2}$ cup of parmesan cheese
 $\frac{1}{2}$ cup seasoned breadcrumbs

Directions:

- 1.Preheat oven to 350 degrees.
- 2.Grease a shallow 9x13 casserole dish with 1 tablespoon of the unsalted butter.
- 3.In a large skillet over medium high heat, melt 2 Tablespoons of unsalted butter and sauté the artichokes until just warmed through.
- 4.Remove them from the skillet and spread evenly in the bottom of the buttered casserole dish.
- 5.In the same large skillet over medium high heat, melt 2 Tablespoons of unsalted butter.
- 6.Add green onions and garlic, then sauté for 1 minute.
- 7.Add the oysters and liquid, parsley, Worcestershire, lemon juice, salt, and pepper.
- 8.Cook until the oysters just start to curl, and they are no longer opaque, approximately 3-5 minutes.
- 9.Once oysters are no longer opaque remove the mixture from heat.
- 10.Melt the remaining 3 tablespoons of unsalted butter over medium high heat.
- 11.Add the flour and stir until thick.
- 12.Once flour mixture thickens add the heavy cream and bring to a boil. Boil until thickened.
- 13.Remove the thickened flour-based sauce and fold in oyster mixture and parmesan cheese.
- 14.Pour the oyster combination over the artichoke hearts. Sprinkle seasoned breadcrumbs over the top of the casserole.
- 15.Bake until the top is bubbly and golden brown, approximately 15-20 minutes.

Servings: 6-8

DIVISION: SEAFOOD

SHRIMP



Grilled Bang Bang Shrimp Tacos

Ingredients:

1 lb shrimp, peeled
2 tbsp butter
1 tsp salt
1 tsp black pepper
2 tsp garlic powder
2 tsp all-purpose seasoning
½ cup sour cream
3 tbsp Thai sweet chill sauce
3 tsp red hot sauce
8 small white tortillas
2 cups green cabbage, chopped
1 medium tomato, chopped
¼ cup green onions, chopped

Directions:

1. In a 12" skillet, grill your shrimp in butter over medium heat for approximately 10 minutes. Season with salt, black pepper, garlic powder, and all-purpose seasoning.
2. To make the Bang Bang sauce, stir together your sour cream, sweet chili sauce, and red-hot sauce in a small bowl.
3. To prepare your tacos, divide your shrimp into the tortillas. Top with your cabbage, tomatoes, green onions and sauce. Enjoy!

Servings: 8

Summary:

For this seafood cookery, I am showcasing a flavorful shrimp recipe. This unique dish is a hit in my family! In order to form this recipe I've trimmed and condensed a few steps, to make this a super simple lunch or dinner. I've also cut down on the amount of dishes I have to clean afterwards. I hope to see you use this recipe for your family and friends soon!

Leah Warr
East Baton Rouge Parish
Shrimp

Crawfish Tail and Shrimp Dip

Ingredients

1 tablespoon on unsalted butter
1 cup of frozen cooked peeled, deveined tail on shrimps (thawed)
½ cup of frozen cooked crawfish tails (thawed)
½ of chunky salsa
½ cup of cream cheese
½ of Tostitos Salsa Con Queso medium cheese
1 tablespoon of Mrs. Dash Garlic and Herb Seasoning
1 tablespoon of Mrs. Dash Original Seasoning Blend
1 tablespoon of Pinch and Pull Honey Lemon Pepper Seasoning
1 tablespoon of Pinch and Pull Old Timer Cajun Seasoning All
11 pieces of Santina's Tortilla Chips

Utensils needed
3-quart skillet
Measuring cups
Measuring spoons
Knife
16-ounce Bowl
Silicone cooking spoon
Small dinner Plate

Directions

- Melt butter in a nonstick 3-quart skillet on medium heat.
- Peel tail off thawed shrimps, sit shrimp in bowl and rinse shrimps off then drain all water off shrimps.
- Add 1 cup of thawed shrimps in the 3-quart skillet with melted butter and cook for 3 minutes.
- Add ½ cup of thawed crawfish tails, 1 tablespoon of Mrs. Dash Garlic and Herb Seasoning Blend, 1 tablespoon of Mrs. Dash Original Seasoning Blend, 1 tablespoon of Pinch and Pull Honey Lemon Pepper Seasoning and 1 tablespoon of Pinch and Pull Old Timer Cajun Seasoning All to the melted butter and shrimps in the 3-quart skillet. Stir well and cook for 7 minutes on medium heat.
- After Shrimps and crawfish tails are cooked and Sautéed, add in ¼ of cream cheese, ½ of chunky salsa, ½ of Tostitos Salsa Con Queso cheese to the 3-quart skillet with the shrimps and crawfish tails. Stir together for 5 minutes.
- When dip is mixed well, pour dip into 16 ounce bowl and garnish with shrimp and crawfish tail on top.
- Sprinkle ½ teaspoon of parsley on top of dip.
- Place bowl with dip in the center of a small dinner plate and put about 11 Santina's Tortilla chips on plate around the bowl of dip.
- Then dip your chip in shrimp and crawfish tail dip and enjoy.

Serving: 2 Preparation Time: 5 minutes Cook Time: 15 minutes

Sophie Chaisson
Jefferson Parish
Shrimp

SHRIMP AND PORK WONTON

Ingredient List:

50 – 60 wonton wrappers
1 cup peeled shrimp, roughly chopped
4 oz lean ground, pork minced
5 tbsp shallots/green onions
½ tsp salt
2 tbsp sesame oil, toasted
3 cups chicken broth
2 garlic cloves, smashed
1 ½ tbsp light soy sauce
1 cm piece of ginger, sliced

Directions:

Place the shrimp, pork, shallots, salt, and sesame oil in a bowl. Mash until fairly smooth. Do not turn shrimp into a paste. Lay wontons on a flat surface. Use 2 teaspoons of fillings to fill each wonton.

Brush the edges with water. Fold to seal, pressing out air. Brush water in one corner and bring corners together, pressing to seal. Place wontons into a container with a lid so they don't dry out.

To cook them, bring a large pot to a boil with the chicken broth, garlic, soy sauce and ginger. Place wontons in the boiling mix for 4 minutes or until they float. You can serve them alone or ladle them along with the broth as a soup.

Gabrielle Meyer
Livingston Parish
Shrimp

Shrimp & Corn Bisque

Ingredients:

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|--|
| 3 pounds of shrimp |
| 1 tablespoon of crab boil |
| 1 bag of seasoning blend |
| 1 pint of half & half |
| 1 pint of heavy whipping cream |
| 2 cans of corn |
| 2 cans of creamed corn |
| 1 can of diced tomatoes with green chilies |
| 4 cans of cream of shrimp |
| |

Instructions:

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|---|
| 1. Sauté seasoning blend. |
| 2. Add shrimp, diced tomatoes & green chilies, and crab boil. |
| 3. Cook shrimp until pinky. |
| 4. Add corn (whole & creamed). |
| 5. Add half & half. |
| 6. Add whipping cream. |
| 7. Simmer until hot. |
| |
| |

Cost per serving: \$8.00

Olivia Lauga
St. Bernard Parish
Shrimp

Seafood Enchiladas with Jalapeno Cilantro Cream Sauce

Ingredients:

Cream Sauce:

6 tablespoons butter
6 tablespoons flour
3 cups chicken broth
1 jalapeno pepper, seeded and chopped
1 cup Monterey Jack cheese
¼ cup cilantro
1 ½ cups sour cream
2 cloves garlic
Salt and pepper to taste

Filling:

2 tablespoons butter
½ cup chopped yellow onion
½ cup red pepper, chopped
1 jalapeno, seeded and chopped
4 cloves garlic, chopped
2 pounds shrimp, peeled, deveined,
and chopped into ¾ inch pieces
1 teaspoon salt
½ teaspoon pepper
1 teaspoon cumin
1 teaspoon chili powder
½ cup fresh cilantro
8 six-inch flour tortillas
1 ½ cups Monterey Jack Cheese

Directions:

1. Preheat oven to 350 degrees. Spray a 9x13 inch baking dish with non-stick spray. Set aside.
2. In a medium saucepan melt the butter then add the garlic and jalapeno. Sauté for 5 minutes. Whisk in the flour until well combined and cook for one minute. Add the broth stirring constantly until the mixture comes to a boil, allowing sauce to thicken.
3. Add the sour cream and 1 cup of cheese to the mixture. Stir until melted and smooth then fold in the cilantro. Set aside.
4. In a large skillet, melt butter over medium heat. Add all the vegetables and sauté until translucent, about five – eight minutes. Add the shrimp and cook until pink, stirring constantly. Remove from heat and stir in seasonings. Add one cup of the sauce and stir to combine.
5. Lay each tortilla on a flat surface and spoon 1/3 cup of shrimp mixture in the center. Roll tightly and lay the seam side down in the baking dish. After all the tortillas have been stuffed, pour the remaining sauce over the top and sprinkle with remaining cheese. Bake until gold and bubbly about twenty minutes.

Makes 4 servings

607 calories per serving

Lee Arcement, Jr.
St. Charles Parish
Shrimp

Shrimp Monica

Ingredients:

1 pound linguine pasta
2 pounds shrimp (30/40 count)
1 stick butter
1 pint half and half
1 medium yellow onion
1 large bunch green onions and tops, sliced
1-2 tablespoons garlic, minced
Creole seasoning to taste
Salt to taste

Directions:

1. Cook linguine pasta in salt water according to the directions on the package. Drain, then rinse under cool water to stop the cooking. Drain again, thoroughly.
2. Melt the butter in a large skillet and sauté yellow onions, green onions, and garlic for 3 minutes.
3. If using raw shrimp, add them with the onions and garlic at the beginning.
4. Add the shrimp and half and half, sauté until bubbly.
5. Add creole seasoning – 1 big pinch then taste. Add more as needed but tasting before adding the next pinch until you think it's right. Add salt if needed.
6. Cook for 5-10 minutes over medium heat until the sauce thickens.
7. Add the pasta to the pot and toss well. You may not need to use all the pasta. (I double the recipe when using the whole pound of pasta.) Let it sit for about 10 minutes over very low heat, stirring often.
8. Serve immediately with lots of French bread.

Servings: 4

Shrimp Mold

Ingredients

- 1 (10.75 ounce) can condensed tomato soup
- 2 (.25 ounce) envelopes unflavored gelatin
- ½ cup cold water
- 6 ounces cream cheese, softened
- 1 cup mayonnaise
- 1-pound cooked shrimp
- 1 cup minced celery
- ½ cup green onions, minced

Directions

Step 1

Heat soup in a small saucepan or in a microwave

Step 2

In a medium bowl, stir gelatin into cold water. Mix hot tomato soup into gelatin liquid.

Step 3

In a medium size mixing bowl, combine cream cheese and mayonnaise together. Mix soup mixture into the mayonnaise and cream cheese mixture. Mix well. Add shrimp, celery, and green onions.

Step 4

Spoon the mixture into a 1-quart mold and refrigerate for at least 1 hour, but preferably overnight. Unmold onto a serving plate before serving.

Brigid O'Neill
Tangipahoa Parish
Shrimp

Ma's Shrimp Dip

Ingredients:

8 ounces of cream cheese (softened) 8 ounces of sour cream
1-pound cooked shrimp, chopped
½ teaspoon Worcestershire sauce
½ teaspoon hot sauce
½ teaspoon salt
½ teaspoon black pepper 1 teaspoon lemon juice
1 tablespoon horseradish 1 teaspoon paprika
1 tablespoon mayonnaise
1 small yellow onion, very finely chopped 2 stalks celery, very finely chopped
½ teaspoon shrimp and crab boil

Instructions:

Combine all ingredients in a bowl and mix well. Chill for 1 hour. Serve with crackers.

Number of servings: 12

Calories per serving: 151

Logan Reinhardt
West Feliciana Parish
Shrimp

Shrimp & Tasso Creole Delight

Ingredients:

Crust:

1 pack Ritz crackers
1 ounce melted butter
1 egg
6 large muffin pans

Crusted Mixture:

½ cup cream cheese
½ cup heavy cream
1 cup sour cream
5 eggs

Shrimp & Tasso Mixture:

1 tablespoon butter
¼ lb. Tasso (1/4" dice) mince, leaving some for topping
½ lb. shrimp (130-150 size)
½ cup onion (1/8" dice)
¼ cup celery (1/8" dice)
¼ cup red/yellow bell pepper (1/8" dice)
1 tablespoon minced garlic
1 teaspoon Tony Chachere's seasoning
1 teaspoon Worcestershire sauce
½ tablespoon hot sauce

Directions:

Crust:

1. Preheat the oven to 350 degrees.
2. Use food processor to grind crackers to a small smooth crumb.
3. Add melted butter and egg and incorporate well with hand in a bowl.
4. Grease muffin tins.
5. Press crust into muffin pans with the bottom of a smooth drinking glass.
6. Bake for 5 minutes until slightly brown and set.

Custard Mixture:

1. Combine all custard ingredients in at least 6-quart container.
2. Mix with immersion blender until silky smooth.

Shrimp & Tasso Mixture:

1. On stove, add butter to at least a 4–6-quart sauce pot, over medium/high heat.
2. Allow butter to brown then add Tasso. Allow Tasso to fry until it begins to brown and gets crisp around the edges.
3. Add onions, celery, bell peppers, and garlic. Sauté until veggies are translucent.
4. Add shrimp and cook until shrimp just turn from translucent to white.
5. Allow shrimp and Tasso mixture to cool to almost room temperature before adding and stirring into the custard mixture.
6. Add the seasoning, Worcestershire sauce, and hot sauce. Add salt to taste.
7. Pour 4 ounces of custard mixture into each muffin pan after pan is cooled to the touch.
8. Lay all muffin tins inside a full sheet pan, together. Slide into a preheated oven at 300 degrees.
9. Using a pitcher, fill sheet pan with hot tap water.
10. Set a timer for 15 minutes. Each time the 15 minutes passes, check custards and rotate the entire pan. Custards should take 45-50 minutes to set.
11. Allow custards to cool at room temperature and then refrigerator overnight.
12. Remove from pans promptly the next day.

Servings: 6



SUGAR

DIVISION: SUGAR CAKES



Icebox Cookie Cheesecake

Ingredients

1/3 cup butter, melted
1/4 cup brown sugar
1/4 cup unsweetened cocoa powder 1-1/4 cup graham cracker crumbs
2 cups heavy whipping cream, divided (1-1/2 cups & 1/2 cup) 3 packages (8 ounces each) cream cheese, softened
1 cup sugar
1 package (14.3 ounces) Oreo cookies, quartered 4-ounces semisweet chocolate, chopped
1/2 teaspoon vanilla extract

Directions

- Place butter, brown sugar, cocoa powder, and graham cracker crumbs in a 3-quart mixing bowl and mix until combined.
- Press mixture into a 9-inch springform pan.
- Chill while preparing the filling.
- Whip 1-1/2 cups whipping cream until stiff peaks form. Refrigerate.
- In a 4.5-quart bowl, beat cream cheese until smooth. Slowly add sugar. Blend thoroughly.
- Fold cut cookies into filling along with 1-1/2 cups chilled whipped cream.
- Spread evenly into crust, smoothing top and spreading to edges.
- Cover and refrigerate 4 hours or overnight. Freeze 1 hour before serving.
- Meanwhile, melt chocolate in a saucepan over low heat, stirring constantly. Remove from heat and cool slightly.
- Whisk in vanilla and remaining 1/2 cup whipping cream.
- Loosen cheesecake from pan by running knife around edge. Remove from pan.
- Spread chocolate glaze over cheesecake.

This recipe yields 16 servings.

LaShun Williams
East Baton Rouge Parish
Cakes

LaShun's Banana Cake Pudding

Ingredients

5.1-ounce box of Banana Cream Pudding.
2 ½ cup of cold 2% milk.
1 ½ cup of Reddi-Wip.
3 eggs.
1 cup of water.
½ cup of powdered sugar.
¼ cup of vegetable oil.
1 tablespoon of melted butter (cool down).
2 Bananas
12-ounce bag of Jack wafer.
15.25-ounce box of Betty Crocker vanilla cake mix.

Materials

Wet and dry Measuring cups
Measuring spoons
Medium Mixing bowl
Whisk
8x12 banking pan
Large mixing bowl
Six 8 ounce serving cups
Butter knife
Hand mixer
1-gallon Ziploc bag
Toothpick (optional)

Instructions

- In a medium bowl beat Pudding mix and cold milk with whisk (2 minutes).
- Whisk in Reddi-Wip (1 minute)
- Put Pudding in the refrigerator until ready to use.
- Preheat oven to 350F.
- Grease bottom and sides of 8×12 baking pan (30 minutes)
- Get a large mixing bowl and mix cake mix, melted butter, oil and eggs with a mixer (2 minutes).
- Stir in powder sugar to mixture until combined (30 seconds).

- Pour into 8x12 backing pan, bake for 20- 25 minutes or use a toothpick to insert in the center of the cake and comes out clean.
- Remove from oven and let cool (10 minutes).
- In a zip bag crush 10 wafer cookies, set aside (10 seconds)

Prepare

- Remove Pudding from refrigerator.
- In an 8-ounce serving cup put 2 tablespoons of Pudding in bottom.
- Add $\frac{1}{4}$ cup of cooled down cake on top of Pudding.
- Add 5 thin cut slices of Banana on top of cake.
- Add 1 tablespoon of Pudding to cover bananas.
- Pour $\frac{1}{4}$ teaspoon of crushed wafer cookies on top of the Pudding.
- Add 3 teaspoon of Pudding on top of crushed wafers.
- Add 3 whole wafers and 3 slices of Banana around the inside of the cup.
- Add thin layer of cake and top off with 2 teaspoon of Banana Pudding, 5 thin cut Banana slices and $\frac{1}{2}$ teaspoon of crushed wafers to finish your serving of LaShun's Banana Pudding.

Serving: 6. Preparation 45 minutes

Chocolate Espresso Cake

Ingredients:

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|--|--------------------------------------|
| 2 cups of all-purpose flour | 2 teaspoons vanilla extract |
| 1 ¾ cups of granulated sugar | 1 tablespoon espresso powder |
| ¾ cup unsweetened Dutch-processed cocoa powder | |
| ½ teaspoon baking powder | Coffee Buttercream Icing: |
| ¼ teaspoon baking soda | 2 cups softened unsalted butter |
| 1 teaspoon coarse kosher salt | 4 cups powdered sugar |
| 4 large eggs | 1 tablespoon meringue powder |
| 1 cup whole milk | 2 teaspoons vanilla extract |
| 1 cup sour cream | ¼ cup whole milk |
| 1 cup vegetable oil | 1 tablespoon instant espresso powder |

Instructions:

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| 1. Preheat oven to 350 degrees. Spray the bottom and sides of three 8-inch round pans with non-stick spray. |
| 2. In a bowl, sift together the flour, sugar, cocoa powder, baking powder, baking soda and salt, then whisk until combined completely. |
| 3. In another large bowl whisk together the eggs, milk, sour cream, oil, vanilla, and espresso powder until smooth. Add the dry ingredients to the wet and whisk for about 30 seconds until well combined and mostly free of lumps. |
| 4. Divide the batter between the pans. Tap the pans lightly a few times to pop any large air bubbles. Bake the cakes on the center rack for about 25 minutes, until a toothpick or cake tester comes out clean or with moist crumbs clinging to it, and the tops spring back when lightly touched. |
| 5. Set the pans on a cooling rack, cover loosely with a clean kitchen towel and completely cool before frosting. |
| Buttercream Icing: |
| 1. In a bowl of your stand mixer fitted with the whisk attachment, beat the butter for one minute until smooth. |
| 2. With the mixture on low, add the powdered sugar and meringue powder, mixing to combine. |

| |
|--|
| 3. Separately, stir together the vanilla extract, milk and espresso powder, until the powder is fully dissolved, then add to the mixing bowl. |
| 4. Whip the buttercream at medium speed for 4-5 minutes, scraping the bowl occasionally, until very light and fluffy. |
| 5. Stack and fill the cooled cakes with the buttercream, then frost all over with a thin crumb coat of buttercream. Chill in the refrigerator for 30 minutes, then finish frosting cake with a final layer of buttercream. |

Cost per serving: \$4.12 per slice

Calories per serving: 1/16 of cake = 490

Strawberry Cheesecake Skillet Cake

Ingredients:

Cake

½ cup (one stick) unsalted butter
¼ cup brown sugar
½ cup granulated sugar
1 egg
1 teaspoon vanilla extract
1 teaspoon baking soda
½ teaspoon salt
1 ½ cup all-purpose flour
½ cup buttermilk
3 cups fresh cut strawberries
2 tablespoons lemon juice

Cheesecake

16 ounces cream cheese
8 tablespoons sugar
4 teaspoons vanilla extract
4 teaspoons lemon juice

Directions:

1. Preheat oven to 350 degrees F. In a large mixing bowl mix ½ cup unsalted butter, ¼ cup brown sugar and ½ cup granulated sugar with a hand mixer until light and fluffy.
2. Add one egg and one teaspoon of vanilla extract to the mix. Add the baking soda and ½ teaspoon salt. Slowly add in 1 ½ cups flour and continue to mix. Add the buttermilk and mix until smooth.
3. Mix the strawberries and lemon juice. Use ½ of the strawberry mixture and fold into the cake batter. Pour cake batter into a 12-inch cast iron skillet. Top with remaining strawberries and set aside.
4. Mix together 16 ounces cream cheese and 8 tablespoons sugar with a hand mixer until light and fluffy.
5. Add 4 teaspoons vanilla extract and 4 teaspoons lemon juice. Mix until smooth.
6. Dollop cheesecake mixture on top of the cake batter in the cast iron skillet and smooth over the top of the cake.
7. Bake in oven on 350 degrees F for fifty minutes.
8. Let cool for 20-30 minutes. Best served chilled. Top with powdered sugar and enjoy!

Makes 12 servings

490 calories per serving

Grandma's Amazing 4-H Cake

Ingredients:

Cake:

6 tablespoons unsalted butter, softened to room temperature
2/3 cup canola oil or vegetable oil
2 cups sugar
1 tablespoon clear almond extract
2 2/3 cups + 2 tablespoons all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1 cup milk, room temperature preferred
6 large egg whites, room temperature

Buttercream Icing (makes white icing):

1/2 cup butter
1/2 cup Crisco butter shortening
1 tablespoon vanilla and butter extract (combination extract)
1 tablespoon almond extract
4 cups powdered sugar
2 tablespoons water

Directions:

Cake:

1. Preheat oven to 350 degrees Fahrenheit and prepare 2 8-inch round cake pans by lining the bottoms with a round of parchment paper and generously greasing and flouring the sides. Be sure to shake out excess flour.
2. In a stand mixer (or using an electric mixer), beat butter on medium-low speed until creamy.
3. Add sugar and oil and beat until all ingredients are well combined and creamy.
4. Stir in almond extract.
5. In separate bowl, whisk together flour, baking powder, and salt.
6. With mixer on medium speed, gradually alternate between adding the flour mixture and the milk to the butter mixture, starting and ending with the flour mixture. Mix until each one is almost completely combined before adding the next. Pause occasionally to scrape down sides and bottom of bowl.
7. In separate bowl, combine egg whites and using a hand mixer on high speed, beat until stiff peaks form.

8.Using a spatula, gently fold egg whites into batter. Take care to scrape the sides and bottom of the bowl so that ingredients are well combined and take care not to over mix.

9.Evenly divide cake batter into prepared pans.

10.Bake at 350 degrees Fahrenheit for 35-40 minutes or until a toothpick inserted in the center of each cake layer comes out clean or with few crumbs (should not be wet). For best results, rotate cake pans halfway through baking to ensure even baking. Cakes will be a light golden brown when done baking.

11.Remove cakes from oven and allow to cool for 15 minutes. Run a knife around the inside rim of each pan and invert each onto a cooling rack. Allow to cool completely before covering with buttercream frosting (or frosting of your choice) and decorating.

Buttercream Icing:

1.While cake is baking, cream butter and shortening.

2.Add vanilla and butter and almond extracts and mix.

3.Add powdered sugar 1 cup at a time and mix.

4.Add water and continue to mix.

5.For color: remove $\frac{3}{4}$ cup of icing and add food coloring.

6.Decorate cake.

Servings: 12

4-H Chocolate Raspberry Cake

Cake Ingredients:

1¾ cups (210g) all-purpose flour
2 cups (400g) granulated sugar
1 cup (90g) good quality unsweetened cocoa powder
2 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon kosher salt
1 cup (240g) buttermilk, room temperature
½ cup (112g) 11egetable oil
2 extra-large eggs, at room temperature
2 teaspoons McCormick pure vanilla extract
1 cup (237g) freshly brewed hot coffee

Cake Instructions:

- 1.Preheat Oven to 350 and spray two-inch round cake pans with nonstick cooking spray
- 2.Sift the flour, cocoa, baking soda, baking powder, and salt into the bowl and mix until combined
- 3.In another bowl, combine the buttermilk, oil, eggs, and vanilla
- 4.With the mixer on low speed, slowly add the wet ingredients to the dry. With the mixer still on low, add the coffee and stir just to combine, scraping the bottom of the bowl with a rubber spatula. Pour the batter into two 8 - inch round prepared pans and bake for 30 to 40 minutes (added parchment paper to bottom of pans for easy removal), or until cake tester or toothpick comes out mostly clean (not wet)
5. Cool in the pans for 30 minutes, then turn them out onto a cooling rack and cool completely.
- 6.Drew a shamrock then cut out and laid on top of cakes to cut shape for cake.

Raspberry Vanilla Buttercream Icing ingredients:

La Madeleine raspberry chocolate Ganache cream sauce
1 cup (2 sticks) butter, softened
2 teaspoons McCormick® Pure Vanilla Extract
1 teaspoon McCormick® Pure Almond Extract
32 oz confectioners' sugar, sifted•
2 tablespoons whole milk, you can use up to ½ cup if you need a loose creamy consistency

Pinch salt

You can use as little as 16 ounces if you want to decrease sugar

LorAnn Oils Raspberry Flavor

Green food coloring

Instructions:

1. Beat butter in bowl of stand mixer with whisk attachment on medium-high speed until light and fluffy. (About 3 minutes)

2. Add vanilla and almond extract.

3. With the mixer on low, slowly add in confectioners' sugar, milk, and salt; frequently scrape sides and bottom of the bowl.

4. Once incorporated, whip frosting for at least 3 minutes on medium high to high. (My mixer went for 7 minutes)

5. Add $\frac{3}{4}$ teaspoon of LorAnn oils raspberry flavoring while mixing.

6. Add 3 drops of green food coloring, put aside. Then 3 more drops to second batch to create two colors of green for cake.

7. If frosting is too thick to spread, gradually beat in additional milk.

8. Store in refrigerator up to 2 weeks. Rewhip before using.

Cake assembly:

After cake cut in shape of shamrock, a thin layer of raspberry chocolate ganache was placed then icing. Second layer placed, then icing applied using piping set.

Servings: 12 slices by recipe

Emmie McIntyre
Tangipahoa Parish
Cakes

TURTLE CHEESECAKE

Ingredients:

1 1/2 CUPS FINELY CRUSHED GRAHAM CRACKERS
1/4 CUP MARGARINE, MELTED
2 (8 OUNCE PACKAGE CREAM CHEESE)
1/2 CUP SUGAR
2 TEASPOON VANILLA
2 EGGS
1/4 CUP HOT FUDGE TOPPING
1 CUP CARAMEL TOPPING
1/2 CUP COARSELY CHOPPED PECANS

Directions:

HEAT OVEN TO 350 DEGREES. IN MEDIUM BOWL, MIX CRACKER CRUMBS AND MARGARINE. PRESS FIRMLY AGAINST BOTTOM AND SIDES OF 9 INCH PIE PLATE. IN LARGE BOWL, BEAT CREAM CHEESE, SUGAR, VANILLA AND EGGS WITH MIXER ON LOW SPEED UNTIL SMOOTH. POUR HALF OF MIXTURE IN PIE PLATE. ADD HOT FUDGE TOPPING TO REMAINING CREAM CHEESE MIXTURE IN BOWL. BEAT ON LOW SPEED UNTIL SMOOTH. SPOON OVER VANILLA MIXTURE IN PIE PLATE. SWIRL MIXTURE SLIGHTLY. BAKE 40-50 MINUTES OR UNTIL CENTER IS SET. COOL AT ROOM TEMPERATURE 1 HOUR. REFRIGERATE TO CHILL. BEFORE SERVING ADD CARAMEL TOPPING AND PECANS ON TOP.

SERVES 6-8

Cream Cheese Pound Cake

Ingredients:

8 oz cream cheese
3 sticks of butter
3 cups sugar
6 eggs
3 cups Downs Cake Flour
Pinch of salt
2 tsp. vanilla

Directions:

Let cream cheese, eggs, and butter stand until they reach room temperature.

Grease and flour a tube pan

Mix cream cheese and butter together. Add sugar, a little at a time and mix until light and fluffy. Add eggs, one at a time, beating well after each one. Slowly add flour and then a pinch of salt. Beat for 3 minutes and then add vanilla and mix for 2 minutes. Pour into greased pan and place in a cool oven. Then turn oven to 325 and bake for 1 ½ hours.

7 Layer Punchbowl Dessert

Ingredients:

1-1/4 cups egg whites (about 9 large)
1-1/2 cups sugar, divided
1 cup cake flour
1-1/4 teaspoons cream of tartar
1 teaspoon vanilla extract
1/4 teaspoon almond extract
1/4 teaspoon salt
Banana pudding mix – 1 box
Banana slices – 4 bananas
Mandarin oranges – 1 can
Pineapple chunks – 1 can
Fruit Cocktail – 1 can
Louisiana Strawberries – 1 carton
Cool Whip

Directions:

1. Place oven rack in the lowest position & preheat the oven to 350 degrees.
2. Place egg whites in a large bowl; let stand at room temperature for 30 minutes.
3. Sift 1/2 cup sugar and flour together 2 times and set aside.
4. Add cream of tartar, extracts, and salt to egg whites and beat on medium speed until soft peaks form.
5. Gradually add remaining sugar, about 2 tablespoons at a time, beating on high until stiff peaks form.
6. Gradually fold in flour mixture, about 1/2 a cup at a time.
7. Gently spin the mixture into an ungreased 10-in. tube pan.
8. Cut through the batter with a knife to remove air pockets.
9. Bake until lightly browned and entire top appears dry, about 35-40 minutes.
10. After removing from the oven immediately invert the pan and cool the cake completely, about 1 hour.
11. Run a knife around side and center tube of pan. Remove cake and cut into bite size pieces.
12. Prepare pudding from mix and put in refrigerator, about 30 minutes.
13. Layer cake, bananas, pudding, oranges, pineapple, fruit cocktail, and strawberries in a glass, trifle bowl and sit overnight in refrigerator.

Servings: 12

DIVISION: SUGAR CANDY



Christmas Candy Toffee

Ingredients:

Parchment paper
1 13x9 inch baking dish
1-2 sleeves of Ritz crackers 1 ½ sticks of butter
1 cup brown sugar
1 ½ cups of chocolate chips

Topping of choice (Crushed peppermint candy, M&Ms, nuts, sprinkles, etc.)

Directions:

1. Turn oven on to 425 degrees. Line baking dish with parchment paper.
2. Cover the bottom of the dish with single layer of Ritz crackers.
3. Combine brown sugar and butter in a pot and bring to a boil for 3 minutes **WITHOUT** stirring. Immediately pour mixture over Ritz crackers. Use a spatula to spread it evenly over crackers.
4. Place in oven and bake for 5 minutes.
5. Remove from oven and sprinkle the chocolate chips on top. Place back in oven for 2 minutes.
6. After 2 minutes, remove from oven and spread the melted chocolate chips with spatula so that you have a nice even layer.
7. Top with candy of your choice.
8. Let cool completely before removing it from pan and breaking it apart. Can be placed in fridge to speed up the process. Once cooled, break into pieces and serve.

Prep: 10 mins

Bake: 7 mins. Total: 17 mins. Servings: 15-20

Aiden Williams
East Baton Rouge Parish
Candy

Peanut Butter Rice Krispies Treats

Ingredients

6 cups Rice Krispies Cereal
1 cup of corn syrup
1 cup of sugar
1 cup of Mini marshmallows
3 tablespoons Creamy peanut butter
4 squares of Hershey milk chocolate
1 teaspoon of hot water

Materials

4-quart pan
8x8 foil pan
Mixing spoon
Microwavable bowl
Measuring spoons
Measuring cups
8x8 foil pan

Instructions

- In a 4-quart pan stir in corn syrup and sugar on medium heat. Turn heat to low after mixture starts to bubble bubbles (5 minutes).
- Add in creamy peanut butter and mini marshmallows, stir until marshmallows are melted (5 minutes)
- Stir mixture constantly to it is well mixed. Once marshmallows evenly melt and combine, remove from heat.
- Add Rice Krispies cereals to peanut butter mixture. Stir until evenly coated. Spoon and press into 8x8 foil pan.
- In a small microwavable bowl melt Hershey chocolate on medium heat for 30 seconds.
- Add 1 teaspoon of hot water to chocolate, stir until chocolate is loose and drizzle over Rice Krispies Treats. Enjoy!

Serving 12

Preparation and cooking 15 minutes

Sophie Chaisson
Jefferson Parish
Candy

Caramel Apple Bites

Ingredient List:

1 bag of twist pretzels
1 bag of semi-sweet morsels (any flavor) or Hershey kisses, cut the tops off to leave a dime size flat top
1 cup of sugar
6 tbs unsalted butter, room temperature
½ cup heavy cream
½ tsp sea salt
2 granny smith apples, cut into small sugar cube size

Directions:

Directions:

Caramel sauce: In a pan, heat the sugar on medium heat until melted, swirling every 20 seconds. Clumps form before melting. Once melted, remove from heat and stir in butter. It is ok if you see bubbling. Pour heavy cream and sea salt, stirring until all is combined. Pour into a bowl or cup, let it cool before using. Set aside. Place twist pretzels on a baking sheet lined with parchment or wax paper. Spoon the caramel on the pretzel. Sprinkle semi-sweet chocolate morsels or 1 Hershey kiss in the center of the pretzel. Place one piece of apple at the top of the pretzel.

Preheat the oven at 250 degrees. Bake the pretzels between 3-4 minutes. Take them out and let them cool before serving.

Mollie Bailey
Livingston Parish
Candy

Irresistible Cracker Candy

Ingredients:

| | |
|----------------------------------|--|
| 1 sleeve saltine crackers | |
| 1 cup (2 sticks) unsalted butter | |
| 1 cup brown sugar | |
| ½ cup semi-sweet chocolate chips | |
| ¼ cup chopped pecans | |

Instructions:

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|--|
| 1. Pre-heat oven to 375 degrees F. Line baking sheet with foil. |
| 2. Place crackers side by side to fill baking sheet. Set aside. |
| 3. In large saucepan combine butter and brown sugar. |
| 4. Bring butter and brown sugar to a boil and boil for 3 minutes, stirring constantly. |
| 5. Pour mixture over crackers; place crackers in the pre-heated oven and back for 5 minutes. |
| 6. Remove crackers from oven. Sprinkle chocolate chips on crackers. Let sit 5 minutes. |
| 7. Spread melted chocolate chips across crackers and immediately top with pecans. |
| 8. Cool in refrigerator and break crackers apart into pieces. (Yields – 24 pieces) |

Cost per serving: \$0.23

Calories per serving: 90

Mark-Thomas Santos
St. Bernard Parish
Candy

Grandma Hazel's Pralines

Ingredients:

3 cups white sugar
1 cup brown sugar
6 ounces butter
1 cup milk
2 tablespoons white syrup
One pinch of salt
1 cup chopped pecans
1 teaspoon vanilla extract

Directions:

In a large saucepan combine both sugars, butter, milk, white syrup and salt. Heat on medium heat until mixture is 234 degrees F.

Remove from heat. Add the vanilla and pecans.

Stir mixture until it starts to thicken.

Spoon the mixture onto parchment paper and let cool completely.

Makes 24 servings

140 calories per serving

Michael Love
St. Charles Parish
Candy

Snickerdoodle Fudge

Ingredients:

3 cups sugar
¾ cup unsalted butter (1 ½ sticks)
5 ounces evaporated milk
10-ounce bag of cinnamon chips
7-ounce jar marshmallow fluff
1 teaspoon vanilla
3-5 drops of cinnamon oil
½ teaspoon salt
2 tablespoons sugar
1 teaspoon ground cinnamon

Directions:

1. Line an 8x11.5x2.5 baking dish with aluminum foil.
2. In a 4-quart steel or copper pot, add 3 cups sugar, butter, and evaporated milk. Turn stove on medium heat. Heat mixture till it is at a rolling boil while constantly stirring. When it is at a rolling boil, while stirring, start a timer for 4 minutes. Constantly stir until the timer reaches 4 minutes. After 4 minutes, turn off the stove.
3. Using a candy thermometer, check the temperature. It should be at 232 degrees Fahrenheit. This is the softball candy state.
4. Stir in the cinnamon chips. Let it sit for 5 minutes to ensure that all the chips have melted.
5. Add the marshmallow fluff, vanilla, cinnamon oil, and salt. Mix well.
6. Pour into lined baking dish.
7. Mix 2 tablespoons sugar with ground cinnamon. Sprinkle the cinnamon sugar mixture over the top of the fudge. Let it cool for 3 hours.
8. After 3 hours, remove the fudge from the baking dish and aluminum foil. Slice into 1-inch pieces.

Servings: 36

Jasper Davis
St. Tammany Parish
Candy

Easy Fantasy Fudge

Ingredients:

3/4 cup (1 1/2 sticks) butter
3 cups sugar
1 can (5 ounces) evaporated milk (2/3 cup)
1 package (12 ounces) semi-sweet chocolate chips
1 jar (7 ounces) marshmallow creme
1 cup chopped nuts
1 teaspoon vanilla

Directions

- Mix butter, sugar, and evaporated milk in heavy 2 1/2-to-3-quart saucepan
- Bring to full rolling boil on medium heat, stirring constantly
- Continue boiling 5 minutes on medium heat or until candy thermometer reaches 234 degrees F., stirring constantly to prevent scorching
- Remove from heat
- Gradually stir in chips until melted
- Add remaining ingredients; mix well
- Pour into greased pan
- Cool at room temperature
- Cut into squares

Servings: 20 pieces

Abigayle Forrest
Tangipahoa Parish
Candy

SODA CRACKER CANDY

INGREDIENTS:

1 (10 OUNCE) PACKAGE OF SALTINE CRACKERS
1 ½ CUPS OF BUTTER
1 ½ CUPS OF PACKED BROWN SUGAR
2 (12 OUNCE) PACKAGES OF SEMISWEET CHOCOLATE CHIPS
2 CUPS OF CHOPPED ALMONDS

DIRECTIONS:

- ◆PREHEAT THE OVEN TO 400 DEGREES.
- ◆LINE A 10 X 15 INCH COOKIE SHEET WITH ALUMINUM FOIL.
- ◆PLACE CRACKERS IN A SINGLE LAYER OVER PREPARED COOKIE SHEET. USE MORE OR FEWER CRACKERS AS NEEDED TO COVER THE BOTTOM OF YOUR PAN.
- ◆IN A SMALL SAUCEPAN OVER LOW HEAT COMBINE BUTTER AND BROWN SUGAR; BRING IT TO A BOIL. LET IT BOIL FOR 3 MINUTES.
- ◆POUR OVER THE CRACKERS.
- ◆BAKE IN PREHEATED OVEN FOR 5 MINUTES.
- ◆SPRINKLE CHOCOLATE CHIPS EVENLY OVER THE TOP.
- ◆SPRINKLE ALMONDS OVER THE TOP OF THE CHOCOLATE CHIPS AND WITH THE BACK OF A WOODEN SPOON, PRESS THE NUTS INTO THE CHOCOLATE.
- ◆CHILL IN THE REFRIGERATOR FOR AT LEAST 3 HOURS, OR UNTIL SET.
- ◆BREAK INTO PIECES AND ENJOY.

Elaina Singleton
West Feliciana Parish
Candy

Strawberry Lemonade Clouds

Ingredients:

4 large egg whites
½ teaspoon cream of tartar
½ cup plus 1 tablespoon granulated white sugar
1 teaspoon of concentrated strawberry flavoring
1 teaspoon of concentrated lemon flavoring
1 cup lightly spooned powdered sugar

Directions:

- 1.Preheat oven to 200 degrees.
- 2.Place parchment paper on an 18 x 26 cookie sheet.
- 3.Whisk egg whites in a bowl until frothy.
- 4.Add cream of tartar and beat until soft peaks form.
- 5.Slowly add the granulated sugar and whisk until the clouds reaches stiff peaks.
- 6.Beat in the strawberry and lemonade flavoring.
- 7.Fold in the powdered sugar.
- 8.Place in a piping bag with your choice of tip and pipe onto the baking sheet in swirls.
- 9.Bake for 2 hours.

Servings: 12

DIVISION: SUGAR COOKIES



Gingerbread French Macaroons

Ingredients for Macaroon Cookies:

3 egg whites
¼ cup granulated sugar
1 tsp vanilla
Brown food coloring
1 cup almond flour
2/3 cup powder sugar
1 tsp cinnamon
1 tsp ginger
1 tsp all spice

Ingredients for Macaroon Filling:

1 stick butter
8 oz block of cream cheese
1 tsp cinnamon
1 tsp ginger
1 tsp all spice
1 tsp vanilla
2 tablespoons heavy whipping cream
1 21b bag of powder sugar

Directions for the macaroon cookies:

1. Separate 3 egg whites from the egg yolks. Place egg whites in mixing bowl.
2. Start mixer on medium speed and slowly add ¼ cup granulated sugar. When all sugar is combined with egg whites mix on high speed until soft peaks form.
3. Once egg whites reach soft peaks add brown food coloring and 1 tsp of vanilla and mix on high until stiff peaks form.
4. After whipping egg whites to stiff peaks, in a separate bowl sift 1 cup almond flour, 2/3 cup of powder sugar and all dry spices. Discard large clumps.
5. Add all dry ingredients to egg whites and mix until combined.
6. Transfer all ingredients into a large piping bag and pipe small circles onto a silicone baking sheet on a 14x18 sheet pan.
7. Let macaroon batter rest 30 minutes.
8. Place in a preheated 310-degree oven for 13 minutes.
9. Remove from oven and allow to cool completely.

Directions for filling:

1. In a large mixing bowl combine one stick of butter and one 8oz block of cream cheese. Mix until just combined.
 2. Add all dry spices and powder sugar.
 3. Mix until all ingredients are combined, and filling is smooth.
 4. Add 2tbsp heavy whipping cream and mix on high for 3 minutes.
- Assembling Macaroons:**
1. Using edible markers draw Gingerbread faces on the macaroons.
 2. Pipe desired amount of filling onto the flat side of the cookie and then press the two flat sides of the cookies together.
 3. Store in an airtight container in the refrigerator until ready to eat.

(Yields 30 macaroons)

Forgotten Cookies

Ingredients:

4 egg whites

¼ teaspoon cream of tartar 1 cup granulated sugar

1 cup milk chocolate chips

Instructions:

1. Preheat oven to 350 degrees.
2. Line 11 ½ X 16-inch cookie tray/sheet with foil.
3. Using a mixer, beat on high egg whites and cream of tartar until stiff but still glossy, adding sugar gradually.
4. Fold in chocolate chips.
5. Drop the mixture onto foil-lined tray/sheet by teaspoonfuls.
6. Place in oven and turn off heat. Leave cookies in oven for at least 2 hours or overnight.

Yields: 2 dozen cookies

Oatmeal Butterscotch Cookies

Ingredients:

¾ cup butter – softened
¾ cup white sugar
¾ cup packed brown sugar
2 eggs
1 teaspoon vanilla extract
1 ¼ cup all-purpose flour
1 teaspoon baking soda
½ teaspoon ground cinnamon
½ teaspoon salt
3 cups rolled oats
1 ⅔ cups butterscotch chips

Directions:

1. Preheat the oven for 375°
2. In a large bowl beat the butter, white sugar, and brown sugar together. Add the eggs and vanilla, beating well
3. Stir together the flour, baking soda, cinnamon, and salt. Gradually add the flour mixture to the butter mixture and stir until blended. Stir in the oats and the butterscotch chips. Drop a teaspoonful onto an ungreased cookie sheet
4. Bake for 8 to 10 minutes in the preheated oven, until the edges begin to brown

Maw-Maw's famous oatmeal chocolate cookies

Ingredients List

1/2 cup salted butter
1 3/4 cups granulated sugar
1/3 cup unsweetened cocoa powder 1/2 cup milk
1 tsp vanilla extract
2/3 cup creamy peanut butter 3 cups quick oats

Instructions

1. Line two baking sheets with parchment paper or set out approximately 29 cupcake liners.
2. In a 2.5-to-3-quart medium saucepan combine butter, sugar, cocoa, and milk.
3. Set over medium heat, and cook, stirring frequently until it reaches a full boil.
4. Allow mixture to boil for 60 seconds without stirring.
5. Remove from heat, immediately add in vanilla, peanut butter and quick oats.
6. Stir mixture until well combined then, use a tablespoon to put onto lined baking sheets
7. Allow to rest at room temperature until set, about 20 - 30 minutes
8. Store cookies in an airtight container at room temperature.

Peanut Butter Blossoms

Ingredients:

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| 1 cup creamy peanut butter | |
| 1 large egg | |
| 1 cup granulated sugar | |
| 24 individual flat bottomed – teardrop shaped chocolates | |

Instructions:

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|---|
| 1. Pre-heat oven to 350 degrees (F). Line cookie sheet with paper. |
| 2. Combine peanut butter, sugar and one large egg in a bowl. Scoop into 1 tablespoon ball and drop on cookie sheet. |
| 3. Use a fork to flatten cookie dough, with Criss cross of fork. |
| 4. Bake for 10 minutes. |
| 5. Lightly push flat bottomed -teardrop shaped chocolates onto each cookie. |
| |
| |

Cost per serving: \$0.42 Calories per serving: 98 (1 cookie)

Cookies and Cream Cookies

Ingredients:

1 cup butter, softened
½ cup brown sugar
½ cup sugar
3 ounces cream cheese, softened
2 eggs
1 teaspoon vanilla extract
2 ¼ cups all-purpose flour
1 teaspoon baking soda 1 cup white chocolate chips
15 chocolate cream filled cookies, coarsely chopped

Directions:

1. Preheat oven to 350 degrees F. In a small bowl mix flour and baking soda. Set aside.
2. In a large mixing bowl, cream together butter and both sugars. Add cream cheese and blend well until smooth. Add eggs and vanilla and mix well.
3. Add the flour mixture in small increments mixing well after each addition.
4. Gently fold in the white chocolate chips and cookie pieces. Drop the dough by rounded teaspoon onto a lightly greased cookie sheet. Bake for 10 minutes. Transfer to a cooling rack and allow to cool completely.

Makes 24 servings

King Cake Cookies

Ingredients:

Cookie:

1 box yellow cake mix
2 eggs
½ cup vegetable oil
1 cup white chocolate chips
½ cup chopped pecans
2 teaspoons cinnamon

Glaze:

2 tablespoons butter, melted
4 tablespoons milk
2 tablespoons vanilla extract
2 cups powdered sugar

Directions:

Cookie:

1. Preheat oven to 350 degrees Fahrenheit. Grease large cookie sheet and set aside.
2. In large mixing bowl, combine cake mix, eggs, vegetable oil, white chocolate chips, pecans, and cinnamon.
3. Beat until batter is smooth.
4. Use cookie scoop to scoop batter into 1-inch balls onto cookie sheet.
5. Bake for 17 minutes then remove from oven and let cookies cool on cookie sheet for 20 minutes.

Glaze:

1. While cookies are cooling, melt butter in microwave safe bowl for 15 seconds.
2. Whisk milk, vanilla extract, and powdered sugar into bowl with melted butter.
3. Spoon 1 teaspoon glaze over each cooled cookie. Set aside until glaze has set, then serve.

Servings: 20

ROLO COOKIES

Ingredients:

- ❖ Non-stick cooking spray
- ❖ 2 cup all-purpose flour
- ❖ 2 cup sugar
- ❖ $\frac{3}{4}$ cup cocoa powder
- ❖ 2 $\frac{1}{2}$ tsp baking soda
- ❖ 2 tsp baking powder
- ❖ 1 tsp salt
- ❖ $\frac{1}{4}$ cup brewed coffee
- ❖ $\frac{1}{3}$ cup of oil
- ❖ 2 eggs
- ❖ 1 tbsp vanilla extract
- ❖ Powdered sugar for sprinkling
- ❖ Rolos

Instructions:

Grease cookie sheets and turn oven to 350 degrees Fahrenheit.

Whisk together flour, sugar, cocoa powder, baking soda, baking powder, and salt in a large mixing bowl (2.5 quarts).

Next add in the coffee, oil eggs, and vanilla. Stir together until combined, will be thick.

Take a small ball of dough and form a ball around the Rolo. Only use enough to cover the Rolo so it can spread through the cookie.

Place on greased cookie sheet and bake for 7-8 minutes. Sprinkle powdered sugar if desired.

Yields about 3 dozen cookies.

Heat in microwave for 5-10 seconds for best taste.

Fruit Pizza

Ingredients

2 3/4 cups of all-purpose flour
1 teaspoon baking soda
1 1/2 teaspoon baking powder
1 cup butter, softened
1 1/2 cups white sugar
1 egg
1 teaspoon vanilla extract

Frosting Layer:

8-ounce cream cheese
1 cup powder sugar

Fruit Topping:

Strawberries
Raspberries
Kiwi

Directions

- Preheat oven to 375 degrees. In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
- In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place into uncreased cookie sheet.
- Bake 8-10 minutes in the preheated oven, or until golden. Let stand on cookie sheet 2 minutes before removing to cool on wire racks.
- Mix cream cheese and powder sugar together until smooth.
- Spread on cooled sugar cookie and top with fresh fruit.

Cook Time: 25 minutes

Number of Servings: 16

Size of Pan: cookie sheet

Temperature: cold

Chocolate Chip Cookies

Ingredients:

2 cups mini chocolate chips
2 cups milk chocolate chips
2 cups semi-sweet chocolate chips
1 cup cold salted butter, cubed
1/2 cup dark brown sugar
1/2 cup light brown sugar
1/2 cup granulated sugar
2 eggs
2 teaspoons vanilla
1 teaspoon kosher salt
1 teaspoon baking soda
3 cups all-purpose flour

Directions:

1. Preheat the oven to 400° F. Line a baking sheet with parchment paper and set aside.
2. In a medium bowl combine all of the chocolate chips. Stir to evenly mix. Set aside.
3. In the bowl of your stand mixer fitted with the paddle attachment mix together the butter and all the sugars together for 30 seconds on low speed. Turn the mixer up to medium speed and mix for 4 minutes until combined and fluffy.
4. Add in the eggs, vanilla, salt, and baking soda and mix for 1 minute until smooth, scraping the sides of the bowl as necessary.
5. Turn the mixer to low and add in the flour, mixing until just combined.
6. With mixer still on low, add in 1 1/2 cups of the chocolate chip mixture, mixing until incorporated.
7. Using a large (1/4- cup) cookie scoop, portion the dough and roll it into a ball. Coat the ball with the chocolate chip mixture, leaving the bottom of the ball free from chocolate chips. Make sure the chips are pressed firmly and evenly into the dough. Place the dough balls onto the prepared baking sheet 3- inches apart. I baked 6- 8 cookies at a time.
8. Bake for 8-9 minutes, until the edges and tops are lightly golden.

Peanut Butter Balls

Ingredients:

1 Cup Peanut Butter
6 Tbsp Butter
2 Cups Powdered Sugar
2 Cups Chocolate Chips
2 Tbsp Oil

Directions:

Add the peanut butter and butter into a mixing bowl and combine until smooth. Pour in the powdered sugar and combine again. Add in the chocolate chips and use a spatula to fold in. Begin rolling the dough to form dough balls with your hands, then put into the fridge to set for about 30-45 minutes. Place a cup of chocolate chips into a heat-safe bowl and melt in the microwave. Then, take the dough balls out of the fridge and dip them into the melted chocolate. Put into the fridge to harden the chocolate. Serve and enjoy!

Pecan Honey Bars

Ingredients:

- 1 c. sugar
- 2 c. all-purpose flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ c. honey
- ¾ c. olive oil
- 1 egg, beaten
- 1 c. pecans, chopped

Directions:

1. Preheat oven to 350 degrees.
2. Grease 9”X13” pan with butter and lightly dust with flour. Set aside.
3. Mix sugar, flour, baking soda, cinnamon in a bowl with a whisk to combine.
4. Beat egg in a separate bowl.
5. Add honey and oil to beaten egg.
6. Pour wet mixture (egg, honey, and oil) into dry ingredient bowl.
7. Mix with stiff spoon to combine.
8. Add chopped nuts and mix to incorporate. Dough will be thick.
9. Spoon dough into prepared pan and press to even out.
10. Bake at 350 degrees for 25-30 minutes, or until the top is brown and it falls when pressed gently.
11. With oven mitts on, remove the hot pan from the oven and place on a trivet or cooling rack. Turn off the oven.
12. Let the bars cool completely.
13. Cut into 12 servings and enjoy!

Servings: 12

DIVISION: SUGAR PIES



Peanut Butter Chocolate Dessert

Ingredients:

20 chocolate cream-filled chocolate sandwich cookies, divided (16 & 4)
2 tablespoons butter, softened
1 package (8 ounce) cream cheese, softened
½ cup peanut butter
1-1/2 cups confectioners' sugar, divided (1 cup & ½ cup)
1 carton (16 ounce) frozen whipped topping, thawed, divided (8 oz & 8 oz) 15
miniature peanut butter cups, chopped
1 cup cold milk
1 package (3.9 ounces) instant chocolate pudding mix

Directions:

- Crush 16 cookies then toss with butter.
- Press crushed cookies into an ungreased 9-inch square dish. Set aside.
- In a 4.5-quart bowl, beat cream cheese, peanut butter, and 1 cup confectioners' sugar until smooth.
- Fold in half of the whipped topping. Spread over cookie crust.
- Sprinkle with peanut butter cups.
- In another 4.5-quart bowl, beat the milk, pudding mix, and remaining confectioners' sugar on low speed for 2 minutes. Let stand for 2 minutes. Fold in remaining whipped topping.
- Spread over peanut butter cups. Crush remaining cookies and sprinkle on top.
- Cover and chill for at least 3 hours.

Yield

This recipe yields 8 - 12 servings.

Coconut Macaroon Pie

Ingredients

Crust

2 ½ cups flour

½ cup granulated sugar

1 cup butter

¼ cup ice water

Filling

2 large eggs

1 can (14 ounces) sweetened condensed milk

¼ cup of butter (melted)

1 teaspoon almond extract

¼ teaspoon of salt

¼ cup all purpose flour

½ package (7 ounces) of sweetened shredded coconut

Directions

Preheat oven to 350 degrees.

Mix flour, sugar, salt. Mix in cubed butter with clean hands. Slowly add in water while mixing. Pour into 9 inch pie pan. Refrigerate 45 minutes.

In a large bowl, beat eggs, condensed milk, melted butter, almond extract and salt until blended. Stir in flour. Reserve ½ cup coconut; stir in remaining coconut into egg mixture. Transfer to pie crust. Sprinkle with reserved coconut.

Bake on the lower oven rack until golden brown and filling is set. 35-45 minutes. Cool on a wire rack. Refrigerate leftovers.

Makes 8 servings.

Steen's Pecan Pie

Ingredients:

- ¼ cup butter or margarine
- 1 tablespoon all-purpose flour
- 1 tablespoon cornstarch
- 1 cup pecans
- 2 eggs
- 1 ½ cup Steen's syrup
- ½ cup sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla

Directions:

1. Preheat the oven for 450°
2. Unbaked pastry for 1 medium size pie.
3. Melt the butter, add the flour and cornstarch into a mixing bowl and stir until smooth.
4. Add the Steen's syrup and sugar and boil for 3 minutes and let cool
5. Add beaten eggs, nuts, and vanilla, blending well
6. Pour mixture into a pan lined with unbaked pastry.
7. Bake in the oven for 10 minutes, then reduce the heat to 350° and bake for 30-35 minutes

All American Apple Pie

Ingredients:

| | |
|--|-----------------------------|
| 1 box of refrigerated pie crust | 1 large bowl & 1 small bowl |
| 3 apples: 1 Gala, 1 Granny Smith & 1 Red Delicious | |
| 1 cup granulated sugar (reserve 1 tbsp) | |
| 2 tablespoons all-purpose flour | |
| ½ tablespoon cinnamon | |
| ¼ teaspoon nutmeg | |
| 1 teaspoon vanilla | |
| 2 tablespoons butter | |
| 1 – 9-inch pie pan | |
| 1 – knife and/or pizza cutter | Serving size: 6 slices |

Directions:

| |
|---|
| Pre-heat oven to 350 degrees (F). Set out pie crust until it reaches room temperature. Peel, |
| remove core and dice apples and place in large bowl. In separate bowl combine sugar, flour, |
| cinnamon, nutmeg, and vanilla, mix well and set aside. Line 9-inch pie pan with one crust. |
| With second pie crust, flatten and lightly flour surface, cut crust in strips ½ inch wide and |
| length of crust. Fill the pie crust in pan with apple mixture and add butter cut in small squares |
| evenly on top of mixture. Lay pie crust strips over and under, like weaving a basket. Trim |
| lattice even with outer rim of pie plate. Seal; flute edges, sprinkle with reserve 1 tablespoon |
| of sugar. Bake in 350 degrees (F) oven for 30 minutes or until crust is a deep golden brown. |

Cost per serving: \$1.75 Calories per serving: 181

Pretzel Salad

Ingredients:

2 cups pretzels, crushed
¾ cup butter, melted
3 Tablespoons white sugar
1 8-ounce package cream cheese, softened
1 cup white sugar
1 8-ounce frozen whipped topping, thawed
2 3-ounce strawberry flavored gelatin
2 cups boiling water
2 10-ounce packages of frozen strawberries

Directions:

- Pre-heat oven to 400 degrees F. Stir together the crushed pretzels, melted butter and 3 tablespoons sugar. Mix well and press mixture into the bottom of a 9X13 inch baking dis.
- Bake 8-10- minutes until set. Set aside to cool.
- In a large mixing bowl cream together cream cheese and 1 cup sugar.
- Fold in whipped topping.
- Spread mixture onto the cooled crust. Be sure to spread it to the edges.
- Dissolve gelatin in boiling water. Stir in frozen strawberries and allow to set briefly.
- When mixture is the consistency of egg white, pour over cream cheese layer.
- Refrigerate until set.

Makes 12 servings

500 calories per serving

Coralyn Young
St. Charles Parish
Pies

Kentucky Chocolate Walnut Pie

Ingredients:

½ cup all-purpose flour
1 cup granulated sugar
2 large eggs, lightly beaten
½ cup butter, melted and cooled
1 cup chopped walnuts
1 ¼ cups semisweet chocolate chips
2 teaspoons pure bourbon vanilla extract*
1 teaspoon pure almond extract*
1 pinch salt
1 ready-made 9-inch frozen pie crust (do not thaw)

*If you want to use bourbon for flavoring, use 2 tablespoons of bourbon and 1 teaspoon of pure vanilla extract instead of 2 teaspoons of vanilla extract and 1 teaspoon almond extract.

Directions:

1. Gather the ingredients. Heat oven to 350 degrees Fahrenheit.
2. Combine the flour and sugar in a mixing bowl.
3. Add the eggs and melted and cooled butter and mix to combine.
4. Stir in the walnuts, chocolate chips, vanilla extract, almond extract, and salt.
Chef tip: a few extra chocolate chips and walnuts couldn't hurt.
5. Pour the mixture into the unbaked pie crust.
6. Bake for 40-50 minutes or until the filling is set.
7. Set on a wire rack and let cool before slicing. Serve and enjoy! You can also add ice cream and whipped cream on top.

Servings: 8

Emma Hotard
St. James Parish
Pies

Crème Brûlée

Ingredients:

Custard:

2 cups heavy cream
10 tablespoons sugar, divided
1 teaspoon vanilla extract (can use 1 vanilla bean with additional steps)
¼ teaspoon kosher salt
4 large egg yolks
½ teaspoon additional vanilla extract

Brûlée topping:

4 tablespoons sugar (2 teaspoons per ramekin)

Directions:

Step 1: Preheat oven to 325 degrees with a rack in the middle position. Arrange six 4-ounce or three 8-ounce ramekins in a 9x13 baking dish and set aside. If you use the 8-ounce ramekins, your dish contains 2 servings instead of 1 serving each.

Step 2: In a medium saucepan combine heavy cream, 4 tablespoons of the sugar, 1 teaspoon of the vanilla extract, and salt. Cook over medium heat until it begins to simmer.

Step 3: When your cream is cooking, separate your eggs. Place the yolks in a medium sized mixing bowl; save the whites for another purpose.

Step 4: Whisk the remaining 6 tablespoons of sugar into the yolks. Don't combine the eggs and sugar too soon before you are ready to mix it with the warm cream because the sugar binds with the water in egg yolks, which constricts proteins in yolks and creates eggy lumps. You don't want eggy lumps in your custard!

Step 5: While whisking the yolks continuously, slowly add one ladle of hot cream in a thin stream to temper the egg yolks. Do this 2 or 3 times to mix in slowly.

While whisking, slowly add the remaining cream to the egg mixture, followed by the ½ teaspoon of vanilla extract.

Step 6: The custard can be cooled and stored for up to 5 days at this point. If you choose to bake them right from the fridge, you may need to add a couple extra minutes to the bake time. Divide the custard between the ramekins, filling each one just up to the inner rim or about three-quarters of the way full.

Step 7: Bring a pot of water to a boil. Fill the 9x13 pan with hot water until the water comes about two-thirds of the way up the side of the ramekins. Do not splash water into the custards. Transfer the baking pan to the oven and bake for 38-40 minutes. You'll know they are ready when they each have a uniform jiggle in the middle. When you touch the center, they should spring back just a bit. If the center sloshes, they aren't done yet.

Step 8: Remove baking pan with finished custards from the oven and set on a wire cooling rack in the water a few minutes. Once you can safely pick up each ramekin, let each one sit and cool on the rack about 15 more minutes. Use a spoon to skim any bubbles off the top, then cover each with plastic wrap and store in the fridge. Chill for at least 4 hours or up to 4 days before serving.

Step 9: When ready to serve, remove from plastic wrap and sprinkle each custard evenly with about 1 teaspoon of granulated sugar. Brulé the tops by igniting your torch and holding the flame about 4 inches from the surface of the sugar. Using a circular motion, move the flame across the surface. The sugar will begin to bead up and then will evenly solidify into a hard sugar crust.

Step 10: The sugar granules should have melted and now appear almost a caramel color. You can sprinkle each custard with an additional teaspoon of sugar and Brulé the surface again using the torch. Cool for about 2 minutes and serve within 20 minutes.

The edge of your spoon should gently crack the hard sugar surface and allow you to scoop up the custard to enjoy. You can add optional toppings such as fresh berries or whipped cream.

Prep Time: 30 minutes

Cook Time: 40 minutes

Chilling Time: 4 hours

Total Time: 5 hours 10 minutes

Servings: 6 four-ounce servings

Cream Cheese Pie

Ingredients:

- 1 8oz cream cheese
- 1/2 cup of sugar
- 2 eggs
- 1 teaspoon vanilla
- Gram cracker pie crust

Directions:

- Mix cream cheese and sugar in a large mixing bowl
- Add 2 eggs and vanilla extract and continue mixing
- Once at the high constancy pour mixture into gram cracker crust
- Place in a 325-degree oven for 25 minutes
- Take out once cooked and let it get to room temperature
- Place in fridge to cool

Cook Time: 25 minutes

Number of Servings: 8

Size of Pan: regular gram cracker pie crust

Temperature: Cool

Chocolate Truffle Pie

Ingredients:

2/3 cup heavy cream
6 ounces bittersweet chocolate chips
1 chocolate cookie crumb pie crust
½ cups heavy cream
6 ounces bittersweet chocolate chips
1 cup heavy cream
½ teaspoon vanilla
2 cups heavy cream
½ cup confectioners' sugar
1 3-ounce dark chocolate bar

Directions:

- I. Set a 2-quart saucepan on stovetop.
2. Place the 2/3 cup heavy cream in the saucepan.
3. Turn heat on medium and bring heavy cream to a simmer.
4. Meanwhile, place 6 ounces bittersweet chocolate chips in a small bowl.
5. When the heavy cream comes to a simmer, remove from heat and pour into the bowl of bittersweet chocolate chips. Allow to sit for 1 minute.
6. Whisk the heavy cream and chocolate chips until the chocolate melts.
7. Spread the melted chocolate and cream mixture into the pie crust. This is the truffle layer.
8. Freeze the pie crust with this truffle layer for 20 minutes.
9. While the truffle layer is freezing, place the 2-quart saucepan back on the stovetop. Place ½ cup heavy cream in the saucepan and bring to a simmer over medium heat.
10. Meanwhile, place 6 ounces bittersweet chocolate chips in a medium bowl.
11. When the heavy cream comes to a simmer, remove from heat and pour into the bowl of bittersweet chocolate chips. Allow to sit for 1 minute.
12. Whisk the heavy cream and chocolate chips until the chocolate melts.
13. Add 1 cup heavy cream and ½ teaspoon vanilla to the bowl and beat with hand mixer until peaks form. This is the whipped chocolate layer.
14. Remove the pie crust and truffle layer from freezer and spread the whipped chocolate layer on top.
15. Chill in refrigerator overnight.
16. When ready to serve, in a medium bowl place 2 cups heavy cream and ½ cup confectioners' sugar. Beat with hand mixer until peaks form. This is the whipped topping.
17. Remove pie from refrigerator and spread the whipping topping on top.
18. Take the dark chocolate bar and use a vegetable peeler to curl thin slices of it onto the pie as a garnish.
19. Serve while still cold.

RECIPE:

Fresh Strawberry Pie

From the kitchen of:



Directions:

1. Combine sugar, corn starch, and water; cook over medium heat until thickened, stirring often.
2. Remove from heat and add jello; stir until dissolved.
3. Allow to cool, then gently mix in strawberries.
4. Pour into baked pie crust and refrigerate until filling is set.
5. Before serving, top with cool whip.

Yield:

1 Pie

Time: Prep: 15 mins

Cook: 5 mins Total 20 mins

Ingredients:

3/4 cup sugar

3 Tbsp. cornstarch

1 1/2 cup water

*3 Tbsp strawberry
Jello*

*3 cups sliced
fresh strawberries*

Baked pie crust

cool whip

Fruit Pizza

Ingredients:

Pam Spray

1 roll sugar cookie dough; softened

1 tablespoon cornstarch

$\frac{3}{4}$ cup orange juice

1 – 8-ounce cream cheese; softened

5-ounce Cool Whip

1 cup powdered sugar

1-pint blackberries

1-pint strawberries; sliced

1 kiwi; peeled and sliced

1 banana; peeled and sliced

Directions:

For Crust

1. Preheat the oven to 350 degrees.
2. Spray a round pizza pan with Pam.
3. Mash the cookie dough around the pan with wet hands.
4. Bake cookie dough in the oven for 12 minutes.
5. Remove and set to the side to cool.

For Glaze

1. Dissolve cornstarch in water.
2. Pour in pot.
3. Add orange juice.
4. Heat over medium heat, stir until boiling.
5. Boil 1 minute stirring continuously.
6. Take off heat and continue stirring.
7. Put in refrigerator to cool.

For Pizza Topping

1. Mix cream cheese and 1 cup powdered sugar in a stand mixer.
2. Add Cool Whip and mix.

To Assemble Pizza

1. Spread the pizza topping on the cookie crust.
2. Arrange blackberries, strawberries, kiwi, and banana on the pizza.
3. Use a basting brush to brush the glaze on the top of the fruit.

Servings: 16

