

2023
Southeast
Region
Culinary Arts
Cookbook

Recipes and Tips
To Improve Your
Kitchen Skills

by Southeast Region 4-H Members

Contents

Beef.....	Error! Bookmark not defined.
Ground Beef.....	3
Other Beef Cuts.....	8
Egg.....	13
Appetizer/Side Dish.....	13
Main Dish/Salad.....	16
Dessert.....	21
Louisiana Commodities.....	28
Pecan.....	28
Rice.....	33
Sweet Potato.....	36
Poultry.....	42
Chicken.....	42
Turkey.....	48
Louisiana Seafood.....	51
Crab.....	51
Crawfish.....	54
Shrimp.....	59
Other Louisiana Seafood.....	63
Sugar.....	67
Cake.....	67
Candy/Other.....	75
Cookies.....	80
Pies.....	87
Wild Game.....	92
Deer (Venison).....	92
Fowl.....	95
Other Wild Game.....	97

Beef

Ground Beef

Emily Couvillion, Ascension
Contestant #1
Red Ribbon Group

Lasagna Soup

Ingredients:

2 tablespoons of olive oil	1 teaspoon of dried rosemary, crushed.
1 pound of lean ground beef	$\frac{3}{4}$ teaspoon of dried thyme
1 medium yellow onion	$\frac{1}{4}$ teaspoon Salt
2 tablespoons of minced garlic	$\frac{1}{2}$ teaspoon Black pepper
8 cups of chicken broth	10 no boil lasagna noodles.
1 - 14.5 ounce can of petite diced tomatoes	1 $\frac{1}{4}$ shredded mozzarella cheese
1 - 14.5 ounce can of crushed tomatoes	$\frac{1}{2}$ cup finely shredded parmesan cheese
1 - 6 ounce can of tomato paste	8 ounces ricotta cheese
2 teaspoons of dried basil	2 teaspoons garlic powder
1 $\frac{1}{2}$ teaspoon of dried oregano	$\frac{1}{4}$ teaspoon dried parsley

Instructions:

1. Heat olive oil in a 5-quart pot on medium high heat.
 2. Cook ground beef in pot until browned.
 3. Add onion and garlic, sauté until onions are translucent.
 4. Add chicken broth, diced tomatoes, crushed tomatoes, tomato paste, basil, oregano, rosemary, and thyme to the ground beef.
 5. Season with salt and pepper to taste.
 6. Roughly break lasagna noodles into the pot.
 7. Bring just to a boil, then reduce heat to medium low, cover and simmer 20 minutes.
 8. Meanwhile, in a separate 4 cup mixing bowl, mix mozzarella cheese, parmesan cheese, ricotta cheese and garlic powder. Set it aside for serving.
 9. After soup has simmered, ladle into bowls for serving. Top with triple cheese mixture and a sprinkling of dried parsley.
- Yields 6 servings.

Michelle Liu, East Baton Rouge
Contestant #2
Blue Ribbon Group

Ground Beef & Green Bean Stir Fry

Ingredient List:

4-ounce ground beef	8-ounce green beans
1 teaspoon minced garlic	1 cup steam rice

Instructions

1. Heat a nonstick pan, add 1 tablespoon of cooking oil to the pan

2. Add ground beef to the pan, stir fry until golden brown, about 1-2 minutes
3. Add minced garlic and stir fry until golden brown, about 30 seconds
4. Add green beans to the pan, stir fry until it changes to bright green, about 3 minutes
5. Add 1 teaspoon soy sauce to the pan, and stir fry for 10-15 seconds
6. Add 2 tablespoons of water to the pan, turn the stove to medium high heat and cook for about 5 minutes or until water evaporates.

Cooking time: 10 minutes.

Size of Pan: 4-quart pan

Number of servings: 1 serving

Temperature: warm

Josie Sibille, East Feliciana

Contestant #3

Third Place

Cheeseburger Pie

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground beef
- ½ cup chopped yellow onion
- ½ teaspoon Kosher salt
- ½ teaspoon Creole seasoning
- 1 tablespoon Worcestershire Sauce
- Nonstick cooking spray
- 2 large eggs

- 1 cup whole buttermilk, room temperature
- 1 tablespoon salted butter, melted.
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- 1 cup shredded cheddar cheese
- Pickle slices, for serving
- Ketchup, for serving.

Directions:

1. Preheat oven to 400 degrees.
2. Heat a large (10 inch) skillet over medium heat. Add olive oil, ground beef, onion, salt, and seasoning. Cook, stirring occasionally, until meat is browned and crumbly and onions are softened, 8 to 10 minutes. Drain any excess fat from the pan. Add the Worcestershire Sauce and cook until absorbed, about 2 minutes more.
3. Spray a 9-inch glass or metal pie plate with nonstick cooking spray. Transfer the meat mixture to the pie plate.
4. Whisk together the eggs, buttermilk, and melted butter in a medium (2.5 – 3 quart) mixing bowl until smooth. Add flour and baking powder; whisk until smooth. Pour over the hamburger mixture in the pie plate.
5. Sprinkle all over with cheese. Bake until top is browned, and center is set, about 25 minutes.
6. Serve the pie in slices with pickles and ketchup.

Yields: 6 Servings

Mollie Bailey, Livingston

Contestant #5

First Place

Mexican King Cake

Ingredient List:

- 1 pound of ground beef (93% lean)
- 1 package of taco seasoning
- 1 cup fat free cheddar cheese
- 2 cans of refrigerated crescent rolls.

- ½ cup of water
- Garnish with salsa, sour cream, taco sauce, jalapeno peppers & lettuce

Instructions:

1. Pre-heat oven to 375 degrees Fahrenheit.

2. In a 10-inch skillet, cook ground beef, drain, add taco seasoning and water to strained ground beef; simmer (4 minutes) and set aside.
3. Open both cans of crescent rolls; separate the 16 triangles.
4. On an ungreased pan arrange triangles into a circle (should resemble a starburst).
5. Mix taco meat and cheese; spread mixture on the circle side of the crescent rolls; use entire mixture.
6. Take the tips of the crescent rolls and roll them back over the mixture; it forms a wreath like ring with taco meat mixture inside.
7. Bake 20 to 25 minutes or until dough is golden brown.
8. Let cool for 5 minutes before cutting.

Yields: 16 servings

Cost per serving: \$0.98

Calories per serving: 360

Jasmine Caban, Plaquemines Parish
 Contestant #7
 Second Place

Stuffed Bell Peppers

Ingredient List

- | | |
|----------------------------------|--------------------------------------|
| 6 bell peppers | ¾ teaspoon pepper |
| 1 pound lean (90/10) ground beef | 1 tablespoon garlic powder |
| 1 large, diced onion | 1 tablespoon dried parsley |
| 15 ounce can tomato sauce. | 2 cups cooked white long-grain rice. |
| 1 teaspoon salt | 1 cup grated mozzarella cheese. |

Instructions

1. Preheat the oven to 350° Fahrenheit.
2. Wash and clean the bell peppers. Then, slice off the tops of the bell peppers and remove seeds from the inside.
3. Fill a 6-quart pot with water and boil the bell peppers until soft. This takes about 15 minutes.
4. While peppers are boiling, brown ground meat in a 9-inch skillet. Once ground meat starts to brown, add diced onion. Continue to cook until ground meat is cooked, and onions are softened.
5. Remove the ground beef and onions from heat. Add the tomato sauce, salt, pepper, garlic powder and parsley to the ground meat and onions. Stir to combine.
6. Add rice to the ground beef mixture; stir to combine.
7. Spoon meat mixture into the peppers.
8. Place the stuffed peppers in a greased 9" x 13" pan. Bake for 25-30 minutes at 350° Fahrenheit.
9. When the peppers have been in the oven for 20 minutes, remove, top with grated mozzarella cheese, and return to the oven for them to finish baking.

Preparation Time: 1 Hour

Serving Size: 1 Pepper (6

Cook Time: 1 Hour

servings total)

Morgan Geraldts, St. Bernard
 Contestant #8
 Blue Ribbon Group

Madison Rae's Rice Dressing

Ingredient List:

1 10.5 ounce can of Cream of Mushroom	1 pound Ground Beef
1 10.5 ounce can of French Onion	1 ¼ cup of Long Grain Rice
1 10.5 ounce can of Cream of Celery	½ cup of Water

Instructions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients in a large mixing bowl.
3. Mix all ingredients together until fully incorporated.
4. Pour dressing mixture into a 9x13 inch baking pan.
5. Cover baking pan with aluminum foil.
6. Place the pan in the oven and bake for 45 minutes.
7. Remove from oven and take off aluminum foil.
8. Place the pan back in the oven and bake uncovered for 5 minutes.
9. Remove pan from oven and serve.

Cooking Time: 50 minutes.

Size of Pan: 9x13 inch

Number of Servings: 10 servings

Temperature: Warm

Lorelei Gravois, St. James
Contestant #11
Blue Ribbon Group

Taco Dip

Ingredient List:

1 pound ground beef	1 (16 ounce) sour cream (light)
1 (15 ounce) mild taco sauce	¾ cup shredded lettuce
1 (1.25 ounce) packet taco seasoning mix	1 small, diced tomato
1 (12 ounce) package shredded mild cheddar cheese, divided	Tortilla chips or scoops

Instructions:

1. In a medium saucepan, brown and drain ground beef.
2. After draining meat, return meat to pan and add taco sauce, taco seasoning packet, and ¼ cup of shredded cheese.
3. Continue to mix and heat until cheese is melted, once melted set aside and let cool.
4. While mixture is cooling spread sour cream evenly into a 3-quart rectangle glass Pyrex dish.
5. Garnish with lettuce and tomatoes.
6. Serve with tortilla chips or scoop.

Cooking Time: 50 minutes. Temperature: Room temperature or warm

Number of Servings: 12-15 (1/4 cup) servings

Size of Pan: Medium saucepan, 3-quart rectangle glass Pyrex dish

Glenn Hanna, Tangipahoa
Contestant #14
Blue Ribbon Group

Stuffed Pepper Soup

Ingredients:

1 Tablespoon extra-virgin olive oil	Freshly ground black pepper, to taste
1 red bell pepper, chopped.	6 cups chicken broth
1 green bell pepper, chopped.	1 (28 ounces) can crushed tomatoes
1 yellow bell pepper, chopped.	1 (14 ounces) can fire-roasted diced tomatoes
1 onion, chopped.	2 teaspoons dried oregano
2 cloves garlic, minced.	1 cup white rice
1 pound ground beef	shredded white cheddar, for serving.
Kosher salt, to taste	freshly chopped parsley, for serving

Instructions:

Step 1: In a large pot over medium heat, heat oil. Add bell peppers and onion and cook until soft, 7 minutes. Add garlic and cook until fragrant, 1 minute. Add ground beef and season with salt and pepper. Cook until it is no longer pink, 7 minutes. Drain fat and return to heat.

Step 2: Add broth, crushed tomatoes, diced tomatoes, and oregano. Bring to a boil then reduce heat to a simmer. Add rice and simmer, covered, until rice is tender, about 40 minutes, adding water if necessary. Season with salt and pepper to taste.

Step 3: Garnish with cheddar and parsley before serving.

Prep time: 10 minutes

Total time: 1 hour 5 minutes

Calories: 398 calories per

Cook time: 55 minutes.

Servings: 6 servings

serving

Easton Smith, Washington
Contestant #15
Blue Ribbon Group

Black Eyed Pea and Cabbage Soup

Ingredients:

2 cans black eyed peas	1 teaspoon black pepper (or to taste)
1 can Rotel	1 pound ground meat
1 medium cabbage (green)	1 32-ounce box of chicken or beef broth
1 teaspoon salt (or to taste)	

Cook time: 45 to 60 minutes.

Size of Pan: 3-quart pot

Number of servings: 8

Temperature: Hot

Instructions:

1. Brown ground meat, drain, put into a 3-quart pot
2. Add cans of black-eyed peas
3. Add can of Rotel
4. Remove cabbage core and chop it up into bite sized pieces. Put it in the pot.
5. Add salt and pepper to taste.
6. Add 32-ounce broth.

7. Cook on medium heat until the cabbage is soft.
8. Serve in bowls.
9. May service with cornbread or French bread on the side

Abby Metz, West Feliciana
Contestant # 16
Red Ribbon Group

Beef Vegetable Soup

Ingredients:

- | | |
|--|---|
| 1 cup of water | 2 tablespoons of tomato paste |
| 1 pound ground beef | 1 tablespoon salt |
| 1 cup chopped onions. | 1 tablespoon pepper |
| ½ cup chopped bell pepper | 1 tablespoon of garlic powder |
| ½ cup chopped celery | 1 tablespoon of onion powder |
| 1 quart of beef broth | 2 cups of noodles of your choice |
| 6 cups of water | 2 tablespoons of cornstarch dissolved in 1/3 cup water (optional) |
| 1 15 ounce can of mixed vegetables (drained) | |
| 1 ½ cup diced russet potatoes. | |

Instructions:

1. Chop onions, bell pepper, celery, and potatoes, set aside.
2. In a 5-quart pot set on medium heat, add 1 cup of water, ground beef (breaking ground beef apart with a spoon), chopped onions, bell pepper, and celery. Cook for 20 minutes, stirring every 5 minutes.
3. Drain meat mixture, add 1 quart beef broth and 6 cups of water, keep on medium heat, stir.
4. Immediately add drained can of mixed vegetables, diced potatoes, tomato paste, salt, pepper, garlic powder, and onion powder.
5. Stir to combine ingredients. Keep on medium heat for 15 minutes, stirring every 5 minutes.
6. Reduce to low simmer. Add 2 cups of noodles. Cook for 15 minutes, stirring every 5 minutes, until noodles are tender.
7. Optional Step: Remove pot from heat, stir in cornstarch slurry to thicken soup, if desired.

Number Servings: 12 – 1 cup servings

Other Beef Cuts

Christian Melancon, Ascension
Contestant # 17
Blue Ribbon Group

Roast Beef Rolls

Ingredients

Caramelized Onions

- ¼ cup unsalted butter
- 2 large onions – thinly sliced.
- ½ teaspoon of sugar
- ¼ teaspoon black pepper
- ½ teaspoon Lawry’s seasoning salt

Roast Beef Rolls

- Tablespoon of All-Purpose flour for dusting surface
- 2 tubes of refrigerated crescent rolls – 8 count
- 10 slices of Provolone cheese
- 1 pound of shredded roast beef

Butter Topping

¼ cup unsalted butter
½ teaspoon kosher salt

1 teaspoon fresh parsley, chopped.
1 teaspoon of minced garlic

Instructions

Caramelized Onions

In a large skillet, over medium to high heat, melt butter. Add onions and sugar and cook, stirring occasionally, until the onions begin to soften and brown. (5 minutes) Add salt, pepper, and seasoning salt and reduce heat to medium. Continue to cooking, stirring occasionally, until onions are soft and caramelized. (10-15 minutes) Remove from the heat and let cool to room temperature.

Roast Beef Rolls

Preheat oven to 350 degrees. Spray a 9x13 inch baking dish with a nonstick cooking spray. Set it aside. Remove crescent rolls from the cans. On a floured surface, unroll the crescent dough and combine into a large rectangle. Pinch seams together. Top crescent rolls with provolone cheese, roast beef, and caramelized onions. Roll up tightly starting along the long edge. Using a sharp knife, cut the log into 12 rolls. Place them in the prepared baking dish. Bake for 43-45 minutes or until dough is golden brown.

Butter Topping

When the roast beef rolls are almost done baking, prepare the salted butter topping. In a small microwave safe bowl, melt butter. Stir in salt, parsley, and garlic. Brush salted butter over the warm rolls and serve.

Jace Jordan, East Baton Rouge
Contestant #18
First Place

Creole Liver and Onion

Ingredients:

1 pound of calf liver
1 tablespoon garlic powder
1 tablespoon of onion powder
1/2 tablespoon of paprika
1 tablespoon of Tony Chachere's Creole seasoning
(another brand can be used)
4 tablespoons of oil
3/4 cup of flour

1 large onion chopped.
5 cloves of garlic chopped.
3/4 green bell pepper chopped.
1 & 1/4 cup of water (separate 1/4 to use in later step)
1 cup of beef broth
Kitchen Bouquet (optional)

Instructions:

Using defrosted liver, season liver using half of the garlic powder, onion powder, Tony Chachere's seasoning and 1/2 tablespoon of paprika. Put 2 to 3 tablespoons of oil in a medium (7-8 quart) sauté pan or deep (7-8 quart) metal skillet and heat on medium heat. In the meantime, place 1/2 cup of flour on plate and use to dust liver pieces completely. Place liver in pan and brown (about 2 to 3 minutes each side). Take liver out of pan and place on side. Using the same pan add the remaining oil and heat. Add chopped onion, garlic and bell pepper and cook for 4 to 5 minutes or until vegetables are slightly tender. Now add liver back to pot. Add water and beef broth slowly to pot, making sure to not over pour and add too much liquid (you may have to eyeball this part, based on how much and how thick you would like the gravy). Add remaining garlic powder, onion powder, and Tony Chachere's to liver mixture. Then put remaining flour and water (enough to make a smooth paste, approximately 1/4 cup) in bowl and stir to make a paste used to thicken gravy. Slowly add paste to liver mixture until you reach desired consistency. Now add Kitchen Bouquet to liking (this adds seasoning to gravy and browns gravy). Let liver cook on medium to low heat for 30 minutes or until liver is tender, checking and

stirring occasionally. Now to test. Taste. Add additional seasoning to desired taste. Serve over rice. Cook time: 40-50 minutes. Number of servings: 4 Size of Pan: Medium Sauté (7 -8 quart) Temperature: Medium to Low

Adelise Lehnus, Livingston
Contestant #21
Blue Ribbon Group

Individual Beef Wellington

Ingredient List:

1 package frozen puff pastry	2 - 8-ounce beef filet mignon
8 ounces brown mushrooms (rinsed & dried)	1 tablespoon Dijon mustard
1 teaspoon olive oil	1 large egg yolk
¼ teaspoon kosher salt	Kosher salt as needed for seasoning.
1/8 teaspoon black pepper	Black pepper as needed for seasoning.

Instructions:

1. Defrost 1 sheet of puff pastry at room temperature. Set oven rack to the middle position.
2. Preheat the oven to 400 degrees Fahrenheit. Add mushrooms to a food processor and pulse until coarse breadcrumbs.
3. Heat a medium-sized pan over medium heat and add olive oil. Add chopped mushrooms, then sauté until soft and most moisture evaporates. (About 5 minutes)
4. Season with ¼ teaspoon of salt and 1/8 teaspoon of pepper. Transfer to a bowl and refrigerate until completely cooled.
5. Prepare the steaks by trimming any excess fat. Pat dry with a paper towel and season each side generously with salt & black pepper.
6. Heat a large skillet over medium-high heat. Once hot, add two tablespoons of olive oil. When the oil just begins to smoke, add the steaks to the pan. Press down and brown for 2 minutes on each side.
7. Remove the steaks and cool, brush Dijon mustard all over while still warm. Set aside to cool.
8. Roll out the puff pastry on a lightly floured surface and cut into 2 sections. Spread ½ of the mushroom filling on top of each filet. Place one filet, mushroom side down in center of your puff pastry sections. Fold pastry over the filet like wrapping a package and press edges to seal using some water. Place seam side down on greased baking sheet. Brush with egg wash (whisked egg yolk).
9. If desired, add a clover out of the puff pastry. Place the sheet pan in the oven and bake until the pastry is golden brown and internal temperature is a minimum of 145 degrees Fahrenheit. (20-30 minutes)
10. Remove from oven and allow to rest before serving.

Cost per serving: \$10.00

Calories per serving: 597

Ethan Bellanger, St. Charles
Contestant #25
Third Place

Beefy Onion Chuck Roast

Ingredient List:

3 tablespoons olive oil	1 ½ tablespoon minced garlic
1 2–3-pound chuck roast	1 cup water
¼ teaspoon coarse salt	2 packets beefy onion soup mix
¼ teaspoon coarse pepper	1 ½ tablespoon Worcestershire sauce
1/8 teaspoon flour	¾ cup cold water
1 yellow onion	2 tablespoons cornstarch

Instructions:

1. Coat a 15-inch cast iron pan with oil and warm over medium heat.
2. Use fork to poke holes in chuck roast then season with half the salt and pepper.
3. Coat chuck roast with half the flour then transfer into cast iron pan, coated side down.
4. Repeat coating instructions to top of chuck roast while bottom sears for 7 minutes.
5. Flip chuck roast and sear for 7 minutes on opposite side.
6. While searing, loosely chop onion.
7. In 2 cup mixing cup mix garlic, water, beefy onion soup mix, and Worcestershire sauce.
8. Remove chuck roast from pan after searing, and place onto a plate and set aside.
9. Add ¼ cup cold water to pan over medium heat.
10. Sauté onions in pan for 5 minutes, stirring continuously.
11. Add mixture from mixing cup into the pan and bring to a boil.
12. Add chuck roast back to pan, cover with mixture and let sit for 4 minutes.
13. Transfer all pan contents into a 6-quart crockpot and cook on low for 7 hours.
14. Combine ½ cup cold water and cornstarch and mix thoroughly.
15. Add mixture to crockpot, stir, and shred chuck roast.
16. Cook on low for 1 more hour and serve warm.

Cooking Time: 8 hours, 19 minutes.

Number of Servings: 4-5 servings

Size of Pan: 15-inch cast iron pan, 6-quart crockpot

Temperature: Warm

Joshua Babin, St. James

Contestant #27

Blue Ribbon Group

Slow- Cooker Flank Steak An Jus Sandwiches

Ingredient List:

- | | |
|--|--|
| 1 ½ tablespoons olive oil | 1 large onion (13 3/8 ounces), cut into thin slices. |
| 2 tablespoons dark brown sugar | 1 (12 ounce) bottle beer (Yuengling Lager) |
| ¾ teaspoon kosher salt | 2 tablespoons low-sodium soy sauce |
| 1 teaspoon ground cumin | 1 bay leaf |
| 1 teaspoon paprika | 1 teaspoon fresh thyme leaves |
| 1 teaspoon black pepper | 1 packet An jus sauce |
| 3 garlic cloves, grated (1 tablespoon) | 1 cup water |
| 2 pounds flank steak trimmed. | 8 small whole wheat hoagie rolls, split and toasted. |

Instructions:

1. Stir together the olive oil, brown sugar, salt, cumin, paprika, pepper and garlic to form a paste.
2. Rub paste into both sides of the steak, using all the mixture.
3. Place onion slices in a 5–6-quart slow cooker.
4. Top the onions with the steak.
5. Add Bay leaf and thyme over the steak.
6. Cover and cook until steak is tender, 7-8 hours.
7. Mix the an jus sauce packet and water.
8. Shred the beef and place the an jus mix.
9. Build your poboy and dip in the gravy!

Cooking Time: 8 hours.

Size of Pan: 5–6-quart slow cooker

Number of Servings: 8 (Depends on size)

Temperature: low heat

SHEET PAN STEAK AND VEGGIES

Ingredients:

1 pound baby red potatoes	Kosher salt and freshly ground black pepper, to taste.
1 pound baby yellow potatoes	
16 ounces (3 cups) broccoli florets	2 pounds 1-inch-thick top sirloin steak, pat dry (Another cut may be substituted)
2 tablespoons olive oil	garlic butter for garnish (optional)
3 cloves garlic, minced.	
1 teaspoon dried thyme	

Instructions:

1. Preheat the oven to broil.
2. Lightly oil a baking sheet or coat with nonstick spray.
3. In a large pot of boiling salted water, cook potatoes until parboiled for 12-15 minutes, drain well. (Note: depending on the size you may wish to cut in half.)
4. Place potatoes and broccoli in a single layer onto the prepared baking sheet. Add olive oil, garlic and thyme, season with salt and pepper, to taste. Gently toss to combine.
5. Place into the oven and broil until the steak is browned and charred at the edges, about 4-5 minutes per side for medium-rare, or until desired doneness.
6. Serve immediately with garlic butter, if desired.

Prep time: 15 minutes

Total time: 40 minutes

Calories: 520 calories per
serving

Cook time: 25 minutes.

Servings: 6 servings

Caden Gates, West Feliciana
Contestant #32
Second Place

Beef 'd Up Touchdown Bread

Ingredients:

1 loaf of whole wheat French bread	1 green bell pepper, julienned
2 tablespoons olive oil	1 small white onion, julienned
½ tablespoon garlic powder	1 pound beef stir fry strips.
1 tablespoon all-purpose low-sodium seasoning	8 ounces of sliced provolone cheese

Instructions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Cut a trench in the middle of the French bread and remove the top. Be sure not to cut through the bread. Leaving a well in the middle of the bread. Place on a large baking sheet and set aside.
3. In a large skillet over medium high heat, add olive oil, seasonings, and bell pepper. Sauté.
4. Add onion and continue to sauté until all vegetables are tender. Set vegetables aside.
5. In the same skillet add stir fry beef strips and sauté until done.
6. Add vegetables back to the skillet and toss together to combine.
7. Place the meat and vegetable mixer in the well of the French bread. Top with sliced provolone cheese.
8. Place the meat filled bread boat in the oven for approximately 8 to 10 minutes or until the bread is toasted and the cheese is melted.

Number of Servings: 8 to 10

Egg

Appetizer/Side Dish

Mya Scott, Ascension
Contestant #33
Second Place

Egg Salad

Ingredients:

8- Eggs

½ cup mayonnaise

1 tablespoon yellow mustard

2 teaspoon lemon juice

¼ onion diced

¼ green pepper diced

¼ red onion diced

¼ green pepper diced

½ teaspoon salt

¼ black pepper

Instructions: Place eggs in a large pot (8 quarts) and cover with enough water above the eggs. Heat on high until water begins to boil, then cover turn the heat to low, and cook for 10 minutes. Remove from heat and leave covered for 5 minutes, then rinse under cold water continuously for 1 minute. Crack eggshells and carefully peel under cool running water. Gently dry with a paper towel. Chop the eggs and in a medium sized bowl combine chopped eggs, mayonnaise, mustard, lemon juice, onion, red and green pepper, salt, and black pepper. Ready to serve. Number of servings: 4

Leah Warr, East Baton Rouge
Contestant #34
Red Ribbon Group

Wrapped Deviled Egg

Ingredients List:

6 cups of water

6 large eggs

16-ounce Williams Country Mild Breakfast Sausage

Roll

1 tablespoon All American Sandwich spread.

1 teaspoon of mayonnaise

¼ teaspoon of black pepper

½ teaspoon of Great Value secret sauce

⅓ tablespoons of Tabasco sauce

¼ teaspoon Paprika for garnish

¼ teaspoon parsley for garnish

Directions

1. Rinse eggs off with warm water then place eggs in a 3-quart pot and add water. Put pot on high heat and bring to a boil for about 5 minutes. Turn off heat, cover and let sit for 10-12 minutes.
2. Pour water from pot, rinse eggs under tap water then peel eggs.
3. Wrap boiled egg in sausage and pan fry on medium for about 10 minute or until meat is cooked.
4. Cut eggs in half lengthwise, carefully scoop out yolk into a 4-quart mixing bowl and mash yolk with a fork.
5. Add 2 tablespoon of sandwich spread, ½ teaspoon of mayonnaise, ¼ black pepper, 2 tablespoon of secret sauce and ⅓ teaspoon of tabasco sauce in a 4-quart mixing bowl with yolk and mix till all ingredients are mixed.
6. Fill each egg white with 1 tablespoon of egg yolk mixture.

7. Place filled eggs on serving dish, sprinkle ¼ of paprika on top of egg filling and sprinkle ¼ teaspoon of parsley over eggs. Lastly add 1 drop of Louisiana hot sauce on top of egg filling.

Number of Servings: 4 people

Size of Pan: 3-quart pot

Temperature: chilled (egg filling)

Preparation time: 15 minutes

Temperature: room temperature

Cook time: 23 minutes.

(egg)

Raylee McGraw, East Feliciana

Contestant #35

Third Place

Sriracha Deviled Eggs

Ingredients:

6 Eggs

1/8 Teaspoon salt

3 Tablespoons of mayonnaise

1/8 Teaspoon freshly ground black pepper.

1 to 2 Tablespoons Sriracha, to taste

Paprika, for serving/garnish.

1 Teaspoon whole grain mustard

Instructions:

1. Place the eggs in a medium saucepan and fill the pan with enough water so that it covers the eggs by about an inch. Bring to a boil over high heat, then remove the pan from the heat, cover, and let stand for 10 minutes. Place the hard-boiled eggs in a bowl of cold water to cool. Peel eggs as soon as you can handle them.

2. Slice the eggs in half lengthwise, remove the yolks, and place them in the bowl. Arrange the whites on a serving platter, gently wiping them clean if necessary.

3. For the yolks, add the mayonnaise, 1 tablespoon of the sriracha, the mustard, the salt, and the black pepper. Stir until smooth. Taste and adjust the seasoning, adding more sriracha if necessary.

4. Fill a sealable plastic bag with the yolk mixture and use your hand to push the mixture to one corner of the bag. Use scissors to snip off the tip of the corner. Pipe the yolk mixture evenly into the egg white halves.

5. Sprinkle eggs with paprika and serve.

Servings: 1 dozen filled egg halves

Cook Time: 20 Minutes

Prep Time: 10 Minutes

Total Time: 30 Minutes

Jacob Hutchison, Livingston

Contestant #37

Red Ribbon Group

Deviled Eggs

Ingredient List:

12 eggs

Salt, to taste

3 tablespoons nonfat Greek yogurt

Pepper, to taste

2 tablespoons relish

Paprika, to serve.

1 tablespoon mustard

Fresh parsley, chopped, to serve.

1 tablespoon hot sauce

Non-stick vegetable oil cooking spray

Instructions:

1. Crack twelve eggs and separate the yolks and egg whites into separate bowls.

2. Preheat oven to 300 degrees Fahrenheit.

3. Spray a mini muffin tin with nonstick spray. Pour each yolk and egg white into its own mini muffin tin hole.

4. Place the tin into a baking dish with a tinfoil ring, wire rack, or a towel to keep the muffin tin from touching the bottom of the baking dish directly (so the eggs steam gently in the oven and don't turn brown).

5. Cover the eggs and the baking dish tightly with aluminum foil. Make sure the foil tents up, so it doesn't touch any of the eggs.
6. Lift one edge of the foil and pour in boiling water 1/3 way up the muffin tin and re-cover with foil.
7. Place the eggs in the oven for 13 minutes. Check to make sure the egg whites and yolks are both fully cooked.
8. Remove foil and muffin tin from baking dish and let cool.
9. With a thin knife, remove the egg yolks and egg whites from the tin. Set the egg whites aside.
10. In a bowl, combine the cooked egg yolks, Greek yogurt, relish, mustard, hot sauce, salt, and pepper. Mix with a fork until well combined.
11. Place the mixture in a piping bag with a desirable tip and pipe the yolk mixture onto the cooked egg whites. Sprinkle with paprika & parsley.

Cost per serving: \$0.82

Calories per serving: 97

MacKenzie Bellanger, St. Charles
Contestant #41
Blue Ribbon Group

Parmesan Spinach Balls

Ingredient List:

2 10-ounce packages frozen chopped spinach thawed and drained.	½ cup butter, melted
2 cups Italian-style seasoned breadcrumbs	4 eggs, lightly beaten.
½ cup grated Parmesan cheese	Pepper
½ cup shredded mozzarella	Salt

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a 4-quart mixing bowl, mix the frozen chopped spinach, Italian-style seasoned breadcrumbs, Parmesan and Mozzarella cheese, butter, eggs, salt, and pepper, and shape the mixture into 1-inch balls.
3. Arrange the balls in a single layer on a 13x18 inch baking sheet and bake in the preheated oven for 10 to 15 minutes, until lightly browned.
4. Remove from oven and serve.

Cook Time: 10-15 minutes.

Number of Servings: 10 servings

Size of Pan: 13x18 inch

Temperature: Warm

Mason Babin, St. James
Contestant #43

Oh My, Crab Pie

Ingredient List:

16 pie shells	4 eggs
½ cup chopped shallots	¾ cups half and half of whipping cream
1 tablespoon butter	1 tablespoon Cajun seasoning
1 cup crabmeat	Parsley or garnishing
1 ½ shredded gruyere and Swiss cheese	

Instructions:

1. Prebake pie crust until golden brown.
2. In a medium sized pan sauté shallots, parsley, and butter until softened.
3. Toss the mixture with the crab meat.
4. Layer the bottom of pie shells with cheese, followed by the crabmeat mixture.

5 slices of Bread – cut in half.

Optional Toppings:

LA Strawberries

LA Blue Berries

LA Honey

LA Cane Syrup – Steins

Instructions: Crack eggs in a medium sized mixing bowl or a square glass baking dish with sides and add in the milk. Add in the Cinnamon and mix all ingredients well. Using a cast iron skillet, heat it on the stove on medium heat and place your butter in the pan to melt. You may need to add another pat of butter to prevent sticking mid-way through. Dip the cut slices of bread into the mixture, but do not let them sit. Both sides of the bread need to be lightly coated with the mixture. Allow both sides of the bread to reach a golden brown, 2-3 minutes. Plate the desired number of slices with a drizzle of the LA Honey and Steins Cane Syrup and the fresh Louisiana strawberries and blue berries.

Jordan Liu, East Baton Rouge

Contestant #50

Third Place

Egg Bacon Cheese Breakfast Toast Sandwich

Ingredient List

1 Egg

2 slices of bacon

1 slice of cheese

1 slice of white bread

Instructions:

1. Pan fry bacon on medium high heat for 2-3 minutes

2. Scramble the egg in a bowl and cook in the pan on medium high heat for 10-15 seconds

3. Cut white bread in half and lay it on top of egg

4. Turn the egg over and toast white bread on medium high heat for about 30 seconds

5. At the same time, lay bacon on egg, lay cheese on bacon

6. Turn the sandwich upside down to grill cheese for 10-15 seconds on medium high heat or until cheese melted

7. Fold sandwich in half and serve

Cooking Time: 5 minutes.

Size of pan: 2 Quart pan

Number of servings: 1 serving

Temperature: Warm

Josie Sibille, East Feliciana

Contestant #51

Second Place

Mississippi Sin Quiche

Ingredients:

1 pound ground sausage

2 ounces cream cheese

¼ teaspoon hot sauce

½ teaspoon Worcestershire sauce 1 (9 inch) deep

dish pie crust

½ cup cheddar cheese 1 green onion, chopped 4
eggs

3 tablespoons sour cream 1 cup heavy cream

½ teaspoon salt

½ teaspoon pepper

½ teaspoon Creole seasoning

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.

2. In a large (10 inch) skillet, brown ground sausage, drain and remove from heat.

3. In the same skillet, combine ground sausage, cream cheese, hot sauce and Worcestershire sauce.

4. Pour sausage mixture in the bottom of pie crust. Top with cheddar cheese and green onions.

5. In a medium (2.5 – 3 quart) mixing bowl, whisk together eggs, sour cream, heavy cream, salt, pepper and Creole seasoning. Pour over sausage mixture.

6. Bake for 60 minutes, until set. Makes 6 servings.

Sophie Chaisson, Jefferson
Contestant #52
Red Ribbon Group

Bacon Breakfast Muffins

Ingredients List:

Cooking spray	1/3 cup crumbled cooked bacon.
6 eggs	1/3 cup shredded cheddar cheese
Salt and pepper to taste	Chopped parsley (optional garnish)

Instructions:

1. Preheat oven to 375 degrees. Coat 6 cups of a muffin tin with cooking spray.
2. Crack the eggs into a large bowl. Whisk to blend the eggs until smooth. This will take less than a minute.
3. Add the bacon and cheese to the egg mixture and stir to combine.
4. Divide the egg mixture evenly among the muffin cups.
5. Bake for 15-18 minutes or until eggs are set.
6. Serve immediately or store in the fridge until ready to eat. Top with parsley if desired.

Prep time: 5 minutes Cook time: 15 minutes Servings: 6 muffins

Aniley Strahan, Livingston
Contestant #53
Red Ribbon Group

Eggs & Rice

Ingredient List:

1 cup of cooked rice	1 teaspoon Cajun seasoning
4 eggs	2 teaspoons of butter
½ onion, diced	1 teaspoon of garlic powder

Instructions:

1. Cook ½ cup of rice.
2. Beat 4 eggs until smooth.
3. Place onions in medium pan with melted butter.
4. Cook onions until soft and translucent.
5. Add rice to onions and butter. Cook for two minutes.
6. Stir in seasoning and garlic powder.
7. Add eggs, stir, and cook on medium heat until eggs are cooked with a scrambled texture.
8. Remove from pan & enjoy.

Cost per serving: \$0.75

Calories per serving: 157

Nollie Arcement, St. Charles
Contestant #57

Frittata

Ingredient List:

3 tablespoons olive oil	¼ teaspoon pepper
½ cup diced onion	1 cup halved cherry tomatoes, optional.
8 large eggs	1 cup diced avocados, optional.
½ cup milk	1 cup cooked chicken, optional
¾ teaspoon salt	

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Heat 3 tablespoons olive oil in a 10-inch oven-safe skillet over medium-high heat.
3. Add ½ cup diced onion and cook, stirring occasionally, until softened, about 5 minutes.
4. Whisk 8 large eggs in a medium bowl with ½ cup milk, ¾ teaspoon salt, and ¼ teaspoon pepper.
5. To customize, add 1 cup halved cherry tomatoes, 1 cup diced avocados or 1 cup cooked chicken.
6. Pour the egg mixture and any additions into your skillet, stir, and cook just until edges start to pull away from the pan, 5 to 7 minutes.
7. Transfer skillet to oven and bake until set, 16 to 18 minutes.
8. Remove skillet from oven and serve.

Cook Time: 30 minutes.

Number of Servings: 4 servings

Size of Pan: 10 inches

Temperature: Warm

Regan Hotard, St. James
Contestant #59
First Place

Shrimp Salad

Ingredient List:

Cajun seasoning, salt, pepper- to taste	2 chopped large dill pickles.
2 pounds of shrimp peeled and deveined before boiling.	Parsley to taste
4 boiled eggs	½ cup of mayonnaise
2 ribs of chopped celery	Sprinkle of paprika
2 chopped shallots (white and green)	Garnish if needed.

Instructions:

1. Peel and devein shrimp.
2. Boil shrimp in well- seasoned water (just enough to cover shrimp) for 15 Minutes and set aside to cool.
3. Boil eggs for 10 minutes, Peel eggs and let cool.
4. While shrimp and eggs are cooling chop celery, shallots, and pickles.
5. When cooled, grind shrimp and eggs.
6. In a large mixing bowl. Mix the ground shrimp and eggs with the remaining ingredients.
7. Can be served on a bed of lettuce and garnished with boiled shrimp and olives. Sprinkle with paprika.

Cooking Time: 45 minutes.

Number of Servings: 8 (1/2 cup servings)

Size of Pan: Large mixing bowl

Temperature: Serve cold

Francesca Hanna, Tangipahoa Parish
Contestant #62
Red Ribbon Group

Egg & Shrimp Boil Over Noodles

Ingredients:

1 cup unsalted butter	1 teaspoon onion powder
1/2 onion finely diced.	1 teaspoon oregano
3 onions thinly sliced.	1/2 teaspoon cayenne pepper or to taste.
4 cloves garlic minced.	1/2 tablespoon brown sugar
1/2 lemon pulp and juice	1 tablespoon hot sauce or to taste.
1 bay leaf	1 teaspoon red crushed pepper or to taste.
1 teaspoon old bay seasoning or to taste.	salt and pepper to taste
2 teaspoons paprika	1 pound medium or large shrimp peeled and deveined.
1 teaspoon garlic powder	

6 boiled eggs peeled.

1 package of thin or angel hair spaghetti

Directions:

1. Add the butter to a large skillet and let it melt completely over medium heat.
2. Stir in the onions and cook for 3-4 minutes. Add the garlic and cook until fragrant. Add the rest of the seasoning ingredients and cook for 2-3 minutes while stirring frequently.
3. Season generously with salt and pepper, to taste. Add the shrimp and cook until done on medium heat, about 5-6 minutes.
4. With a small paring knife, make several slits around the boiled eggs. This allows the gravy to seep into the eggs. Add the boiled eggs to the shrimp and gravy mixture. Simmer for 2-3 minutes, being careful not to overcook the shrimp.
5. Cook the spaghetti according to the package directions (about 4 minutes) and drain the broth.
6. Plate the spaghetti, pour the egg and shrimp boil with gravy over the noodles to serve.

Prep time: 10 minutes

Total time: 30 minutes

Calories: 278 calories per

Cook time: 20 minutes.

Servings: 6 servings

servicing

Austin Warren, Washington

Contestant # 63

Red Ribbon Group

Mini Frittatas

Ingredient List:

12 Eggs

½ cup grated sharp cheddar cheese

3 tablespoons heavy cream

4 cups chopped greens.

½ teaspoon salt

1 tablespoon olive oil

Instructions:

1. Preheat oven to 350°

2. Crack eggs into a medium mixing bowl. Add heavy cream and salt. Whisk just until the egg yolks and whites are blended. Whisk in the sharp cheddar cheese (you can reserve some for topping before baking, if desired). Set mixture aside.

3. In a large skillet warm olive oil over medium heat until simmering. Add the greens. Cook for a few minutes stirring occasionally, until wilted. Season with salt to taste.

4. Let the cooked green cool for a few minutes then stir them into the egg mixture. If you reserved any cheese sprinkle on top of frittatas now.

5. Bake for 15-17 minutes until eggs are puffed and the center of the frittatas jiggle just a bit when the pan is gently shaken. Remove the pan from the oven and place on a cooling rack to cool.

Cook Time: 15 – 17 minutes.

Size of Pan: 12” Skillet

Number of servings: 8

Temperature: Warm

Dessert

Callie Mudge, Ascension
Contestant #65
First Place

Turtle Brownie Mini-Trifles

Ingredients

Caramel:

1 cup light brown sugar, packed.

3 Tablespoons unsalted butter

1 cup heavy cream

1 tablespoon vanilla

Brownies:

Cooking spray

2 tbsp Flour

2 (18.3-ounce) boxes brownie mix

6 large eggs

½ cup water

1 cup vegetable oil

Other:

16-ounce container frozen whipped topping, thawed

12 ounces hot fudge sauce

1 cup chopped pecans.

Directions:

Caramel:

1. Combine brown sugar, butter, and heavy cream in a 2.5-quart saucepan over medium heat whisking occasionally. Cook for about 5 minutes, remove from heat, and add vanilla.

2. Whisk to combine and return to heat for another minute until thickened.

3. Remove from heat, allow to cool, and refrigerate until needed later in the recipe.

Brownies:

4. Preheat oven to 325°. Spray a 13×9-inch baking pan with baking spray and coat with 1 tbsp flour. Line with parchment, letting excess extend over sides. Add an additional layer of parchment, where sides hang over the opposite edges of the first one. Generously spray this layer of parchment and evenly coat the bottom with the remaining 1 tbsp of Flour.

5. In a large bowl, whisk together brownie mix, eggs, ½ cup water, and oil, until just combine, not overmixing. Spread batter into prepared pan. Bake until top starts to crack and a wooden pick inserted in center comes out with just a few moist crumbs, 30 to 35 minutes. Let cool completely in pan.

6. Using excess parchment as handles, remove brownies from pan. Using a serrated knife, trim ¼ inch off edges. Cut the remaining brownies into 1/2-inch cubes.

Assembly:

7. Take Caramel out of the refrigerator and allow it to thaw to room temperature. Insert whipped topping into large piping bag fitted with a large round piping tip.

8. Add 1/4 cup brownie bites to each 12 oz disposable mini-trifle cup. Drizzle 1 tablespoon of hot fudge sauce over brownie.

9. Dollop 2 tablespoons whipped topping over the top of each.

10. Add 2 tablespoons brownies and drizzle 1 tablespoon caramel sauce over brownie layer.

11. Sprinkle with chopped pecans. Repeat layering above once more. Refrigerate until ready to serve.

Makes 8 Mini Trifles

French Silk Pie

Ingredients

For the crust:

20 Oreo cookies (regular-stuffed, keep filling intact)
3 tablespoons unsalted butter, melted.

For the filling:

1 1/3 cups granulated sugar.
4 large eggs
8 ounces bittersweet baking chocolate, melted.
2 teaspoons vanilla extract
10 tablespoons unsalted butter, at room temperature

1 1/3 cups heavy cream

4 teaspoons powdered sugar

For the topping:

1 cup heavy cream

2 tablespoons powdered sugar

1 teaspoon vanilla extract

Chocolate shavings or cocoa powder, for garnish if desired

Directions

Make the crust: Preheat the oven to 350F. Spray a 9-inch-deep pie dish with cooking spray. Place the Oreo cookies in the bowl of a food processor and pulse until finely ground. Add in the melted butter and pulse until moistened. Press the mixture into the bottom and up the sides of the prepared pie dish. Bake for 10 minutes, or until fragrant and set. Let cool completely on a wire rack.

Make the filing: In a 2-quart saucepan whisk together the granulated sugar and eggs. Set over medium-low heat and cook, whisking constantly, until the mixture reaches 160F and coats the back of a metal spoon. Remove from heat and stir in the melted chocolate and vanilla until smooth. Cool to just warm, stirring occasionally. Using an electric mixer, beat the butter until light and fluffy, taking about 2 to 3 minutes. Gradually add in the cooled chocolate mixture then beat on high speed for 5 minutes, or until light and fluffy. In a clean 4-quart mixing bowl, use an electric mixer to beat the cream until it begins to thicken. Add the powdered sugar and until stiff peaks form. Fold into the chocolate mixture. Pour the mixture into the pan, smoothing evenly. The pie will be tall with the filing. Chill for 6 hours.

Make the topping: Use an electric mixer to beat the cream, powdered, and vanilla on high speed until stiff peaks form. Top pie with it and garnish with chocolate shavings or cocoa powder. Refrigerate leftovers.

Prep Time: 30 minutes

Chilling Time: 6 hours

Cooking Time: 20 minutes.

8 servings

Makenzie Shoemake, Jefferson Parish
Contestant #68

Great Grandma's Bread Pudding

Ingredients:

12 eggs

2 cans water

2 cups sugar

12 slices bread

1 teaspoon vanilla

3-ounce boxes raisins

2 cans cream

1/2 stick butter

Directions:

1. In a 3-quart pan separate egg yolks and whites. Put whites in a mixing bowl and yolks in 3-quart pan. Be sure not to yolks in whites.
2. In pan of yolks mix 1 cup of sugar, 1 teaspoon of vanilla, 2 cans of cream then fill cans with water. Break 12 slices of bread. Add raisins. Melt half stick of the dump on top.
3. Cook in oven at 350 degrees for 30 minutes then mix and cook for 30 more minutes.
4. Make meringue in bowl of egg whites. Slow mix 1 cup of sugar till it forms peaks.

5. Spoon whites on top and put back in oven to brown.

Servings 12

Cook at 350 degrees

Brinley Varnado, Livingston

Contestant #69

Blue Ribbon Group

Chocolate Torte (Gluten Free) with optional Raspberry Sauce

Ingredient List:

9 ounces dark chocolate
9 ounces unsalted butter
1 ½ cups granulated sugar.
7 large eggs
1 teaspoon vanilla extract

¼ teaspoon almond extract
Optional Raspberry Sauce:
6 ounces fresh or frozen raspberries
2 tablespoons granulated sugar

Instructions:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Grease and line a 9-inch springform pan with parchment paper.
3. Melt chocolate and butter together in a microwave safe bowl in microwave.
4. Stir until smooth, then stir in sugar.
5. Add eggs one at a time stirring until thick and glossy.
6. Stir in the vanilla and almond extracts.
7. Pour batter into the prepared pan & bake 30-35 minutes.
8. (Optional sauce) In a food processor or blender puree raspberries and sugar – strain seeds.
9. Let torte cool in pan, then unmold, serve with powdered sugar, and raspberry sauce.
10. Store in refrigerator. Makes 16 servings.

Cost per serving: \$0.83

Calories per serving: 270

Abigail DuBose, St. Bernard

Contestant #72

Blue Ribbon Group

King Cake Macarons

Ingredient List:

Shells
120 grams egg whites (about 4 large eggs)
105 grams granulated sugar
¼ teaspoon cream of tartar
130 grams almond flour
130 grams powdered sugar
5 grams cinnamon
Filling
85 grams cream cheese, softened.

42.5 grams salted butter, softened.
113 grams powdered sugar
1 teaspoon cinnamon
¼ teaspoon vanilla extract
Glaze
1 cup powdered sugar
2 tablespoons milk
1 tablespoon lemon juice
Colored sugar

Instructions:

Shells: Preheat oven to 350 degrees Fahrenheit. Prepare one large piping bag fitted with a round piping tip. Line two baking sheets with parchment paper or silicone mat. Measure out all ingredients. Wisk egg whites in stand mixer on medium/low speed until foamy. Add cream of tartar and mix until soft peaks form. Reduce the speed to low and add the sugar. After about 15 seconds, increase the speed to high. Wisk until stiff peaks form. While mixing to stiff peaks, sift almond powder and powdered sugar together in a separate bowl. Once stiff peaks have formed, add dry ingredients, and mix on low until completely combined. Remove from mixer and fold batter with spatula until it ribbons off the spatula. Put batter into prepared piping bag. Pipe mixture

perpendicular to mat in 2 circles about 1 inch apart. Tap the bottom of pans to release air bubbles. Let shells rest until dry to touch. Bake one sheet at a time for 23 minutes turning pan halfway through baking. Let shells cool completely on baking sheet. Filling: While the shells cool, mix filling. Beat softened cream cheese and butter tighter in stand mixer for about 2 minutes until light and fluffy. Add powdered sugar and cinnamon to bowl, mix on low until combined. Add vanilla, mix on low for 1 minute. Assemble Macaroons: Place filling in piping bag fitted with tip of your choice. I prefer a round tip. Pipe a dollop of filling onto one shell. Top with another shell. Prepare Glaze: Add powdered sugar, milk, and lemon juice in cup and whisk well. Decorating Macaroons: Lay out parchment paper. Take each assembled macaroon and dip one side into glaze and place on parchment. Sprinkle with colored sugar preferably purple, green, and gold for Mardi Gras. Place completed macaroons in airtight container in refrigerator overnight to mature. Let come to room temperature before consuming.

Cooking Time: 50 minutes.

Number of Servings: 24 macaroons

Size of Pan: 2, 13/19 baking sheets

Temperature: room temperature

Ethan Bellanger, St. Charles

Contestant #73

Blue Ribbon Group

7-Up Cake

Ingredient List:

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

Instructions:

Cake:

1. Preheat oven to 325 degrees Fahrenheit.

2. Spray a 10-inch Bundt pan with nonstick cooking spray.

3. In a 5-quart mixing 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. Remove cake from oven and allow to cool completely, then remove from Bundt pan.

Glaze:

1. In a 2-quart mixing bowl, combine powdered sugar and lemon juice.

2. Add milk slowly until you've reached the desired consistency.

3. Pour over cake.

4. Cut and serve.

Cooking Time: 45-55 minutes.

Number of Servings: 8 servings

Size of Pan: 10 inches

Temperature: Cool

Taylor Babin, St. James

Contestant #75

Blue Ribbon Group

Vanilla Wafer Cake Cup

Ingredient List:

1 stick butter (8 ounce)

2 cups sugar

6 eggs

12-ounce box of vanilla wafers crushed

½ cup milk

7 ounces fine flaked coconut

1 chopped walnut
1 ¾ cup heavy whipping cream

¼ cup powdered sugar

Instructions:

1. In a large mixing bowl, cream together butter and sugar, mix with electric mixer until well blended.
2. Add eggs to the mixture one at a time, continuing to mix until well blended.
3. Add wafer crumbs, alternating with milk and continuing to beat.
4. Add coconut and chopped walnut and mix well.
5. Pour into greased tube pan and bake at 300 degrees Fahrenheit for 1 ½ hours.
6. While cooking, make the filling by adding 1 ¾ cup of whipping cream and ½ cup of powdered sugar until thick.
7. Layer the cup starting with the cake and alternating the filling and cake.

Cook Time: 1 ½ hours.

Size of Pan: Large Bundt pan

Number of Servings: 12 cups

Temperature: 300 degrees Fahrenheit

Hannah Delouche, St. Tammany
Contestant #77
Red Ribbon Group

Cake with Wilton's Buttercream Frosting

Chocolate Cake Ingredients

1 ½ cups all-purpose flour
½ cup (plus 2 teaspoons) unsweetened natural cocoa powder
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 ½ cups granulated sugar.
6 tablespoons unsalted butter, melted.

¼ cup vegetable oil
1 teaspoon vanilla extract
¾ cup buttermilk (or regular milk mixed with 2 teaspoons or vinegar)
4 large eggs
¼ cup (plus 2 tablespoons) hot water
Buttercream Frosting – recipe to follow.
Fruit Jam of choice – we used strawberry.

Cake Directions: Preheat oven to 350 degrees Fahrenheit. Grease and flour two, 6-inch round cake pans that are 2 inches deep. In a large mixing bowl, add the dry ingredients (flour, cocoa powder, baking powder, baking soda, salt, and sugar). Mix well with a whisk and set aside. In another mixing bowl, add all the liquid ingredients (except for the hot water) and whisk well. Pour the liquid ingredients into the dry ingredients. Mix with an electric mixer on medium to medium-high only until the ingredients are well combined. Scrape down the sides of the bowl and mix again for only about 5-10 seconds. Add the hot water and mix until well combined. Be careful not to over mix. Once it's well combined, stop mixing. Don't mix for several minutes, as that is too long and could cause the cake to be dense and/or dry. Scrape down the sides of the bowl and mix again for only about 5-10 seconds. Divide the batter between the two 6-inch round cake pans. Bake at 350 degrees Fahrenheit for approximately 35-40 minutes. Cake layers are baked when a toothpick inserted into the middle of each layer comes out with a few moist crumbs on it or clean. Set cake layers on wire racks to cool for about ten minutes, then take the cakes out of the pans and let cool completely on the racks. Once cool, level the cakes with a knife. (Cut off any domes that are on the cake.) Add a layer to a cake plate or cake board and add a ring of buttercream around the edge of the cake. Place jam inside buttercream circle, then add the second layer of cake, and cover the entire cake with buttercream.

Wilton Buttercream Frosting

Buttercream Frosting Ingredients

½ Cup Solid Vegetable Shortening
½ Cup Unsalted Butter (1 stick softened)

4 Cups Powdered Sugar (confectioners' sugar)
2 to 4 Tablespoons Milk

1 Teaspoon Vanilla Extract

Pinch of Salt (Optional)

Buttercream Frosting Directions: Using an electric mixer fitted with beaters or a stand mixer fitted with the paddle attachment, cream the butter and shortening on a medium speed until light and fluffy. Beat in the vanilla extract and scrape down the bowl occasionally. Gradually add the powdered sugar, one cup at a time. Start by mixing each cup on a low speed then transition to beating well on medium speed. Scrape down the sides and bottom of the bowl after each cup of sugar is added. When all the sugar has been mixed in, the frosting will appear dry and stiff. Gradually add small amounts of milk at a time until the desired consistency is reached. Continue to beat at a medium speed until light and fluffy. Scrape down the bowl once more and beat again to make sure all the ingredients are incorporated. (Optional) Add a pinch of salt if it is too sweet and mix until completely dissolved.

Cooking time: 35-45 minutes.

Pan size: two 6-inch round cake pans

Servings: 8 slices.

Temperature: chilled or room temperature

Brigid O'Neill, Tangipahoa

Contestant # 78

Blue Ribbon Group

Famous Bread Pudding

Ingredients

1 tablespoon unsalted butter, softened.

2 cups heavy whipping cream

1 loaf (1-1/2 pounds) cinnamon egg bread

1/4 cup vanilla extract

2/3 cup golden raisins

8 eggs, beaten.

1-1/2 cups sugar

1 teaspoon cinnamon

4 cups milk

Directions:

Coat the bottom and side of a 2-inch-deep 13x9" baking dish heavily with butter. Tear the bread into 1-inch pieces. Mix with the raisins in a bowl. Spread the bread mixture evenly in the prepared dish, turning crust side down as this tends to burn easily. Whisk the sugar, milk, 2 cups whipping cream, vanilla, eggs, and cinnamon in a bowl until blended. Pour over the bread mixture. Preheat the oven to 325°F. Place the baking dish in a 4-inch-deep baking pan. Add water to reach halfway up the side of the baking dish. Bake for 1 hour. Remove from water bath. Let stand for 20 minutes. Spoon into dessert bowls and serve while still warm. Drizzle each serving with warm Praline Sauce.

Praline Sauce:

2 cup unsalted butter, cubed.

1/2 teaspoon ground cinnamon

1 1/2 cups chopped pecans.

2 1/2 cups sour cream

3 pounds light brown sugar (about 3 cups packed)

1 1/2 teaspoons vanilla extract

1 1/2 cups whipping cream.

To make this sauce, it is very important to follow the directions carefully and to use a candy thermometer. In large saucepan, heat cup of the butter until melted. Add pecans and mix well. Bring to a boil. Cook until pecans begin to change color. Mixture will foam up. Add the remaining cup cubed butter and mix well. This will cool pecan mixture and stop the cooking process. Remove from heat. Combine brown sugar, whipping cream and cinnamon in a saucepan and mix well. Cook over low heat until blended, stirring constantly. Increase heat and cook until mixture comes to 230degrees on a candy thermometer. Stir in pecan mixture. Add sour cream and vanilla and mix well. Remove from heat. Makes 9 cups. Serve 1/2 cup warm over bread pudding. Makes 18 servings, 700 calories per serving.

Mandarin Orange Cake

Ingredients:

1 yellow cake mix.	½ cup oil
2 eggs + 2 yolks	1 large can of Mandarin Oranges

Instructions:

1. Preheat oven to 350°
2. Add all ingredients to a large mixing bowl. Mix until well incorporated.
3. Pour batter evenly into a greased and floured cake pan. You can use two or three pans depending on how many layers you want your cake to be.
4. Bake for 20-25 minutes
5. Remove from oven and place on wire racks until completely cool.

Icing:

1 large Cool Whip	1 small box of vanilla instant pudding
1 large can of crushed pineapple	

Icing Instructions:

1. Mix all ingredients in a large mixing bowl.
2. Place one cake layer on a cake plate.
3. Frost the first layer. Repeat for each additional layer.
4. Use remaining icing to cover the outer edges of cake layers.
5. Store in refrigerator

Cook time: 20 – 25 minutes.

Size of Pan – 8 or 9 inches

Number of Servings: 12 – 15 slices

Temperature: Cool

Alex Corbett, West Feliciana

Contestant # 80

Sweet Potato Pie

Ingredient List:

For the crust:

1 cup all-purpose flour
1/8 teaspoon salt
¼ cup butter + 2 tablespoons
butter
¼ cup ice water

For the filling:

2 cups mashed sweet potatoes.
½ cup butter
3 eggs
1 cup milk
1 cup sugar
¼ teaspoon nutmeg

2 teaspoons Vanilla

For the meringue:

4 egg whites
¼ teaspoon cream of tartar
¼ cup sugar

Instructions:

1. Mix 1 cup all-purpose flour and 1/8 teaspoon of salt.
2. Cut ¼ cup + 2 tablespoons butter into the flour mixture until it resembles a coarse meal.
3. Add ¼ cup ice water to the mixture one tablespoon at a time, mixing with a fork after each spoon full until all the ice water is incorporated and forms a dough.
4. Roll dough on a lightly floured surface.
5. Put dough into a 9”X1-1/4” pie pan and press the dough into the pie pan.
6. Poke small holes in the bottom of the pie pan with a fork.
7. Boil sweet potatoes until soft. This will take about 1 hour.
8. Mix 2 cups sweet potatoes, ½ cup butter, 3 eggs, 1 cup milk, 1 cup sugar, ¼ teaspoon nutmeg, and 2 teaspoons vanilla until the mixture is smooth.

9. Pour the sweet potato mixture into the pie shell and bake for 1 hour at 325 degrees Fahrenheit.
 10. While the pie is baking, whip 4 egg whites until they are glossy and smooth.
 11. Add the cream of tartar to help the egg whites hold their form.
 12. Slowly add ¼ cup of sugar to the egg whites a tablespoon at a time, beating after each addition of sugar until all the sugar is incorporated. Beat the egg whites until stiff peaks form.
 13. Spread the meringue on the baked pie and return to a 350-degree oven for 10 minutes.
- Number of Servings: 10 servings

Louisiana

Commodities

Pecan

Alexis Litchfield, Ascension
Constant #81
Red Ribbon Group

Pecan Pie

Ingredients:

1 cup of Karo light corn syrup	3 eggs	1 ½ cups (6 ounces) pecans	
1 cup sugar		1 unbaked 9-inch-deep dish pie crust	
2 tbs of melted butter	1 tsp of vanilla extract		

Directions:

Preheat oven at 350° Stir the first 5 ingredients thoroughly using a spoon. Mix in pecans Pour into pie crust. Bake in the center rack of oven for 60-70 minutes. Cool for 2 hours. Store pie in the refrigerator. Servings: 8

Jaleah Dugas, East Baton Rouge
Contestant #82

South Louisiana Pralines

Ingredients

1 ½ cups pecans	½ cup milk
1 ½ cups white sugar	¾ cup butter
¾ cup brown sugar	1 teaspoon vanilla extract

Directions

Line a baking sheet with aluminum foil. Combine pecans, white sugar, brown sugar, milk, butter, and vanilla in a large saucepan over medium heat; bring to a boil. Do not stir once the mixture begins to boil. Heat to 245 degrees F. Drop by the spoonful onto the prepared baking sheet. Let cool completely.

Prep Time: 5 mins.

Cook Time: 30 mins.

Total Time: 35 mins.

Caramel Pecan Sticky Buns

Ingredients

½ cup packed brown sugar
½ cup butter, melted
1 cup chopped pecans.
1 can (17.5 oz) refrigerated large cinnamon rolls.

Directions

1. Heat oven to 350°F. In an ungreased 9-inch square pan, mix brown sugar and melted butter. Sprinkle with pecans.
2. Separate dough into 5 rolls; set icing aside. Place rolls on top of pecan-butter mixture in the pan.
3. Bake for 20 to 25 minutes or until golden brown. Cool for 1 minute. Place heatproof serving plate upside down onto pan; turn plate and pan over. Let pan remain 1 minute so caramel can drizzle over rolls.
4. In a small microwavable bowl, microwave icing uncovered on High 8 to 10 seconds or until thin enough to drizzle. Drizzle over warm rolls. Serve warm.

Prep time 15 minutes

Total time 40 minutes

Servings 8

Brinley Varnado, Livingston
Contestant #85
First Place

Pecan Pie Cheesecake Bars

Ingredient List:

Crust-

2 ½ cups graham cracker crumbs
¼ cup granulated sugar
½ cup butter, melted (unsalted for lower sodium)

Cheesecake layer-

2 packages cream cheese (use low-fat to lower fat content)
¾ cup granulated sugar
2 large eggs

1 teaspoon vanilla extract
Pecan Pie layer-
1 cup light brown sugar, packed
½ cup light corn syrup
½ cup heavy whipping cream
¼ cup unsalted butter
1 teaspoon vanilla extract
2 cups chopped pecans.

Instructions:

1. Pre-heat oven to 350 degrees Fahrenheit.
2. Line 13x9 baking dish with parchment paper.
3. Mix graham cracker crumbs, sugar, and melted butter together until combined. Press into bottom of baking dish.
4. Beat cream cheese with sugar, eggs, and vanilla until fluffy and smooth. Pour over graham crust.
5. Heat brown sugar, corn syrup, cream, and butter in a pot over medium heat. Boil, stirring constantly for one minute. Remove from heat. Add vanilla and pecans. Pour over cheesecake layer.
6. Bake bars for 35 minutes. Remove from oven and cool completely. Refrigerate before serving.

Yields: 16 bars

Cost per serving: \$1.01

Calories per serving: 315

Pecan Pie Cake

Ingredient List:

- 1 15.25-ounce box butter pecan cake mix
- ½ cup butter (1 stick), softened
- 1 cup packed light brown sugar
- 2 eggs
- 2 tablespoons water
- 2 cups chopped pecans

Topping:

- ½ cup butter (1 stick), softened
- 2 eggs
- 1 cup sugar
- 1 cup light corn syrup
- 1 cup milk
- 2/3 cup cake mix

Instructions:

1. Preheat oven to 325 degrees Fahrenheit.
2. Grease a 9x13 inch baking pan.
3. Measure out 2/3 cup cake mix and set aside.
4. Place remaining cake mix in a medium mixing bowl with ½ cup softened butter, light brown sugar, 2 eggs, and water and use an electric mixer to mix well.
5. Fold in pecans and pour batter into prepared pan.
6. Place in oven and bake for 25 minutes.
7. About 5 minutes before end of baking time, mix ½ cup softened butter, 2 eggs, sugar, corn syrup, and milk along with the 2/3 cup cake mix that was set aside.
8. Remove pan from oven and pour second batter on top.
9. Return pan to oven and bake another 30 to 35 minutes. Cake will still be jiggly in center.
10. Remove cake from oven and serve warm.

Cooking Time: 1 hour.

Number of Servings: 12 servings

Size of Pan: 9x13 inch

Temperature: Warm

Regan Hotard, St. James
Contestant #91
Red Ribbon Group

Caramel Turtles

Ingredient List:

- 16 ounces of Caramel (about 50 packaged caramel squares)
- 2 tablespoons of evaporated milk
- 2 cups of Louisiana shelled pecans

- 1 ½ ounces of household paraffin wax (about 1/3 of a block)
- 8-10 ounces of Almond Bark Chocolate Flavored Coating

Instructions:

1. Combine caramel squares and evaporated milk. Microwave for 2 minutes and mix. If needed, continue to microwave until mixture is smooth.
2. Stir pecans into the melted caramel, making sure the pecans are covered in caramel.
3. Immediately begin spooning the mixture on a cookie sheet using a teaspoon. You may want to butter or use cooking spray to avoid sticking.
4. Let pecan clusters sit or refrigerate for about 30 minutes.
5. After clusters have cooled, melt wax by microwaving for about 2-4 minutes. Add the chocolate and microwave for an additional 1-2 minutes. Stir to prevent burning. Continue microwaving until chocolate is melted and smooth.
6. Dip caramel clusters into melted chocolate and place each on wax paper.

7. Let dry for about 30 minutes. Enjoy!

Cooking Time: 1 hour 15 minutes.

Number of Servings: 24-28 (1 ounce) clusters per batch

Size of Pan: Standard Cookie Sheet

Temperature: Room Temperature

McKinnley Johnson, St. Tammany

Contestant #93

Red Ribbon Group

Cinnamon Sugar Pecans

Ingredient List:

1 cup sugar

1 teaspoon salt

2 teaspoon ground cinnamon

1 egg white

1 tablespoon vanilla extract

4-5 cups pecan halves

Instructions:

1. Preheat the oven to 250 degrees. Grease a 11x16 baking sheet.

2. In a small bowl, combine sugar, salt, and ground cinnamon.

3. In a large mixing bowl, combine egg white and vanilla extract.

4. Add pecans to the wet mixture 1 cup at a time, stirring to coat the nuts evenly. Be sure all nuts are well coated before adding more pecans.

5. Sprinkle the dry ingredients over the pecans and stir until evenly distributed.

6. Spread the pecans evenly on the baking sheet.

7. Place it in the oven.

8. Stir every 15 minutes (total cook time one hour).

9. When done, let the pecans cool then enjoy!

Cook time: 1 hour.

Prep time: 10 minutes

Number of Servings: 4-5 (1 cup) servings

Size of Pan: 11x16 baking sheet.

Tenley Roberts, Tangipahoa

Contestant # 94

Second Place

Carrot Cake

Cake Ingredients

3 cups grated carrots.

2 cups sugar

4 eggs

1 1/2 cups oil

2 cups flour

2 teaspoons baking soda

2 teaspoons cinnamon

1 teaspoon salt

Cake Method

Grate carrots. Cream sugar, eggs, and oil using a mixer. Add grated carrots, flour, baking soda, cinnamon, and salt. Beat on medium speed until well mixed. Pour the mixture evenly into two 9-inch greased round cake pans and bake at 350 degrees Fahrenheit for 25-30 minutes. Allow cake to cool before frosting.

Frosting Ingredients

8 ounces cream cheese, softened.

1/2 stick butter

1 cup chopped pecans.

1 box powdered sugar.

2 teaspoons vanilla

Frosting Method

Beat cream cheese, butter, pecans, sugar, and vanilla using a mixer. Add frosting to cooled cakes.

*Yields 8-10 servings.

L. L. 's Pecan Muffins

Ingredients:

2 cups of chopped pecans.	2 sticks of melted butter
2 cups of light brown sugar	4 eggs
1 cup of flour	

Instructions:

1. Preheat oven to 325°
2. Mix all ingredients together in a mixing bowl.
3. Grease and flour a flour tin.
4. Fill each well 2/3 full with mixture
5. Bake for 18 minutes
6. Store in an airtight container

Cook Time: 18 minutes.

Serving size: 12

Size of Pan: 12 count muffins pan.

Temperature: warm or cool

Blithe Mae Bryan, West Feliciana Parish

Contestant # 96

Satsuma Pecan Scones

Ingredient List:

Scones:

1 cup pecans
3 Satsuma oranges
1 ¾ cup all-purpose flour
1/3 cup granulated sugar
1 ¼ teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon salt

8 tablespoons butter – keep cold

¾ cup buttermilk

2 teaspoons vanilla

Glaze:

1 cup powdered sugar

Zest of 1 Satsuma

2 tablespoons Satsuma Juice

Instructions:

For Scones:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. Place 1 cup of pecans on another baking sheet and then place in the oven to roast for 3-5 minutes.
4. Chop pecans coarsely. Reserve 3 tablespoons of chopped pecans for topping.
5. With citrus zester, zest 2 Satsumas.
6. Zest 1 additional Satsuma, keeping zest separated for the glaze.
7. Peel skin off 2 Satsumas and divide Satsumas into sections. Slice Satsuma sections into 4-5 pieces.
8. Juice 1 Satsuma, reserving the juice for the glaze.
9. In a large bowl, mix together 1 ¾ cup all-purpose flour, 1/3 cup sugar, 1 ¼ teaspoon baking powder, ¼ teaspoon baking soda, and ½ teaspoon salt.
10. Cut 8 tablespoons cold butter into small cubes and then add to the flour mixture. Cut butter with two knives or pastry cutter until the butter in the mixture is the size of peas.
11. Add the buttermilk, vanilla, Satsuma zest, Satsuma pieces, and chopped pecans (minus 3 tablespoons reserved for topping).

12. Gently stir mixture with a wooden spoon until all flour is incorporated.
13. Turn dough out onto a well-floured board. Knead the dough until it comes together, adding flour if needed to be able to form a round disk about 1/3" thick. Cut disk into 8 wedges.
14. Transfer wedges to parchment-lined baking sheet and bake for 15 to 17 minutes. After removing from the oven, transfer scones to wire rack for cooling.

For Glaze:

1. Combine confectioner's sugar, zest of 1 Satsuma, 2 tablespoons of Satsuma juice together to make a runny glaze.
2. Brush glaze over warm scones and sprinkle reserved 3 tablespoons of chopped pecans over scones. (Place used parchment under wire rack for easy cleanup of any drips.)

Rice

Jenna Kling, Ascension
 Contestant #97
 Second Place

Crawfish Cheese-Rice Casserole

Ingredients

- | | |
|-------------------------------|-----------------------------------|
| 1 stick butter, unsalted | 1 can of Cream of Mushroom soup. |
| 1 cup chopped bell pepper. | 1 can of Cheddar Cheese soup. |
| 1 cup chopped green onions. | 2½ cups cooked rice. |
| 1 cup chopped celery. | Tony's, Salt, and Pepper to taste |
| 1-pound peeled crawfish tails | |

Directions

Using a 13-inch skillet, melt butter. While butter is melting, chop bell pepper, green onions, and celery. Add chopped ingredients to melted butter, and sauté on medium-high heat for approximately 15 minutes, stirring occasionally. Stir crawfish into butter mixture and sauté another 5 minutes. Add both soups, rice, and seasonings, stirring until thoroughly blended. Place mixture in a 3-quart (8 x 8) casserole dish. Bake at 300° for 30 minutes. Dish should be bubbling.

This recipe yields 6 servings.

Anna Bravata, Livingston
 Contestant #101
 Red Ribbon Group

Jambalaya

Ingredients List:

- | | |
|---|--------------------------------------|
| 1-pound boneless skinless chicken thighs | 4 cups chicken broth |
| 1 pound andouille sausage | 1 teaspoon garlic powder |
| 16-ounce package Creole vegetable seasoning blend | 1 teaspoon onion powder |
| 2 teaspoons minced garlic | 1 teaspoon dry Cajun seasoning spice |
| 2 cups long grain parboiled rice | 1 teaspoon vegetable oil |

Instructions:

1. Cut chicken thighs and sausage into small chunks.
2. In a large skillet brown chicken and set aside (on high)
3. In a large 8-quart stock pot sauté the vegetable seasoning blend and minced garlic on high or until the onions start to turn clear.

4. Add chicken and sausage to sauteed vegetables and stir.
5. Add rice, chicken broth, garlic powder, onion powder, and dry Cajun seasoning spice. Stir thoroughly.
6. Lower the heat to low and cover the pot.
7. Cook approximately 25 minutes or until broth evaporates.
8. Stir mixture occasionally.

Cost per serving: \$2.06

Calories per serving: 436

MacKenzie Bellanger, St. Charles
 Contestant #105
 Red Ribbon Group

Mushroom Rice

Ingredient List:

- | | |
|---------------------------|---------------------------------|
| ¼ cup butter, melted | 1 cup uncooked rice |
| 1 can onion soup | 1 teaspoon salt |
| 1 can beef consommé soup. | 1 teaspoon Worcestershire sauce |
| 1 ½ cups mushrooms | |

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Melt butter in 3-quart saucepan over medium heat.
3. Add onion soup, beef consommé soup, mushrooms, rice, salt and Worcestershire sauce to saucepan and bring mixture to a boil.
4. Quickly move contents from saucepan to an 8x11 covered baking dish.
5. Bake for 1 hour.
6. Remove dish from oven and serve warm.

Cooking Time: 1 hour.

Size of Pan: 3-quart saucepan, 8x11 baking dish

Number of Servings: 10 servings

Temperature: Warm

Addison Wells, St. James
 Contestant #107
 First Place

Quick and Easy Crawfish Casserole

Ingredient List:

- | | |
|---|--|
| 1 pound crawfish tails | ¼ cup chopped bell pepper |
| 1 can (10 ¾ ounce) French onion soup | ½ cup chopped onion |
| 1 can (10 ¾ ounce) cream of mushroom soup | Salt and pepper, to taste |
| 1 can (10 ounce) Rotel | 1 cup grated Monterey Jack cheese. |
| 1 ½ cups uncooked rice | 1 cup grated cheddar cheese. |
| 1/3 cup melted butter. | 1 cup French's fried onions (optional) |

Instructions:

1. Mix all ingredients with the exception of cheese and French's onions in a large bowl.
2. Pour mixture into a large, greased casserole dish.
3. Cover with foil and bake at 350 degrees for 45 minutes.
4. Remove from oven. Uncover and sprinkle cheeses and French's onions on top.
5. Return to oven and bake for 15 minutes more or until cheese is fully melted.

Cooking Time: 1 hour.

Size of Pan: Large Casserole Dish

Number of Servings: 12-15 (¼ of a cup servings)

Temperature: Warm

Sausage and Chicken Gumbo

Ingredients for stock:

1 whole chicken	1 teaspoon garlic powder
1 onion quartered.	1 teaspoon crab boil
2 stalks of celery cut in half.	1 teaspoon creole seasoning
1 teaspoon salt	1 tablespoon of better than bouillon chicken base

Directions for stock:

Place chicken in stock pot, cover with water, and add the above ingredients to pot. Bring to a boil over medium heat for one hour. Remove chicken from stock and debone, set in fridge while cooking gumbo. Reserve 8 cups of strained chicken stock.

Ingredients for gumbo:

1 cup vegetable oil	3 stalks of celery chopped.
2 cups flour	2 pounds of smoked venison sausage sliced.
1 onion chopped.	1 teaspoon Old Bay Seasoning (or 2 bay leaves)
1 bell pepper chopped.	1 cup cooked rice

Directions for gumbo:

Place flour and oil in a heavy, microwavable safe, glass dish, stir to combine. Microwave for four minutes, remove, and stir. Then microwave for four minutes at two-minute intervals, stirring after each interval. Then microwave for one minute and stir. Then microwave for two minutes at thirty second intervals, stirring after each interval. Add chopped veggies to roux and stir to combine. Then microwave for three minutes at one-minute intervals, stirring after each interval. Take out of microwave and set to the side. Brown two pounds of venison sausage in stock pot. Remove sausage and set aside. Add the eight cups of chicken stock to pot with sausage drippings and bring to a boil. Add the roux by a heaping spoonful at a time, stirring after each addition until well incorporated into the chicken stock, continue until all roux is incorporated. Return sausage to gumbo and add one teaspoon of Old Bay Seasoning (or two bay leaves). Simmer over low heat for one hour stirring occasionally. Add deboned chicken and turn the fire off. Let gumbo sit before eating. The longer it sits the tastier, serve over rice and enjoy!

Yields 16 servings.

Myles Magee, Washington

Contestant #111

Jambalaya

Ingredients:

2 pounds deboned chicken	2 cups parboiled rice.
1-pound smoked sausage	1 chopped onion
1 can beef consommé soup.	2 cup season blend
1 can French onion soup	1 stick margarine

Instructions:

1. Sauté onions, seasoning blend in butter.
2. Boil chicken, add butter and salt to water. Remove and add deboned meat.
3. Add rice, sauté' seasoning blend, and onion in a large casserole dish.
4. Add cans of soup and Cajun seasoning to taste
5. Bake for 30 minutes on 350°

Cook Time: 30 minutes., Number of Servings: 12, Size of Pan: 9 x 13, Temperature: Warm

Marley Wallis, West Feliciana
Contestant # 112
Red Ribbon Group

Broccoli Rice and Cheese Casserole

Ingredient List:

16-ounce bag of steam-able frozen broccoli	½ cup chopped celery
2 cups rice	1 ½ pounds Velveeta cheese, cubed.
6 tablespoons butter	10 ounce can cream of mushroom soup.
½ cup chopped onions	10 ounce can cream of chicken soup.

Instructions:

1. Steam broccoli according to directions on the bag and set aside.
2. Steam 2 cups of rice with 4 cups of water for 20 minutes and set aside.
3. Cut Velveeta cheese into cubes.
4. Preheat oven to 350 degrees Fahrenheit.
5. In a large saucepan, melt 6 tablespoons butter.
6. Add onions and celery to the saucepan and sauté until tender.
7. Add 1 can of cream of chicken, 1 can cream of mushroom, and 1 ½ pounds of Velveeta cheese cubed.
8. Stir over medium-low heat until melted well.
9. Remove from heat and fold in broccoli and rice.
10. Pour into 9 X 13 ungreased baking dish.
11. Bake at 350 degrees Fahrenheit for 30 minutes.

Sweet Potato

Chloe Chauvin, Ascension
Contestant #113
Red Ribbon Group

Mini Sweet Potato Pies

Ingredients

1 pound (2 cups) sweet potatoes peeled and cubed.	¼ cup light brown sugar
¼ cup evaporated milk	¾ teaspoon pumpkin pie spice
1 large white egg	12 muffin size pie crusts
1 teaspoon vanilla extract	48 mini marshmallows

Instructions

Preheat oven to 375 degrees Fahrenheit. Peel and cube sweet potatoes. Place cubed pieces into a 2-quart saucepan and add water to cover the potatoes (2-4 cups). Bring to a boil and cook until the sweet potatoes are fork tender, about 10 minutes. Drain sweet potatoes and add to blender. Add evaporated milk, egg white, vanilla, brown sugar, and pumpkin pie spice to the sweet potatoes in the blender. Blend ingredients until fully mixed and smooth. Place uncooked pie crusts into ungreased 12 cup muffin pan. Push dough firmly into the bottom and sides. Then, spoon sweet potato mixture into each pie crust (1-2 tablespoons). Top each pie with 4 mini marshmallows. Bake in preheated oven for 15-20 minutes. The shells will be golden, and the marshmallows will be toasted. Let cool then enjoy!

Yields 12 mini pies.

Tools needed: 2-quart saucepan, Blender, Egg separator, measuring cups, 12 cup muffin pan.

Sweet Potato Casserole

Ingredient List:

4 large, sweet potatoes (about 3 cups) baked and peeled.

½ cup sugar

½ cup butter

2 eggs beaten.

1 teaspoon vanilla

½ cup milk

1 teaspoon ground cinnamon

Topping:

1/3 cup melted butter.

1 teaspoon flour

¾ cup brown sugar

1 cup chopped pecans.

Instructions:

1. Mix sweet potatoes with sugar, butter, eggs, vanilla, milk, and cinnamon using a hand mixer.
2. Pour into a buttered 8-inch square baking dish.
3. Mix the topping ingredients – butter, flour, sugar and pecans and sprinkle over the sweet potato filling. Bake at 350 degrees Fahrenheit for 25 minutes.

Yields: 8

Cost per serving: \$1.93

Calories per serving: 371

Ethan Bellanger, St. Charles
Contestant #121
Third Place

Sweet Potato Pecan Praline Cheesecake Bars

Ingredient List:

Crust:

2 cups gingersnap cookie crumbs

½ cup unsalted butter, melted

Filling:

24 ounces cream cheese, softened.

¾ cup granulated sugar

15 ounces sweet potato puree

2 tablespoons all-purpose flour

1 tablespoon ground cinnamon

1 teaspoon vanilla extract

2 large eggs

Topping:

½ cup unsalted butter

½ cup brown sugar

2 tablespoons milk or cream

¼ cup chopped pecans

Instructions:

1. Preheat oven to 325 degrees Fahrenheit.
2. For the crust, combine the cookie crumbs and melted butter in a small bowl, stirring until crumbs are evenly moist and covered in butter.
3. Press into the bottom of a lightly buttered 13x9 inch baking dish and refrigerate.
4. For the filling, combine the cream cheese and sugar in a medium bowl, beating well on medium speed with an electric hand mixer.
5. Add the sweet potato puree, flour and cinnamon and mix well.
6. Add vanilla and eggs and beat on low speed until just combined.
7. Remove crust from refrigerator and pour filling over chilled crust.
8. Bake for 40-45 minutes. When done, the center of the cheesecake will be almost set but still have a slight wobble.
9. Let cheesecake cool in pan, then cover and transfer to refrigerator.
10. Chill for 6 hours or overnight (preferred).

11. Cut cheesecake into bars, approximately 15 pieces.
12. For the topping, melt butter over medium heat in a 3-quart saucepan.
13. Add brown sugar and stir to combine.
14. When sugar is almost completely melted, whisk in milk, stirring until smooth.
15. Stir in pecans and sea salt and let cool slightly before pouring over bars then serve.
16. Store leftovers loosely covered in the refrigerator.

Cook Time: 40-45 minutes.

Number of Servings: 15 servings

Size of Pan: 13x9 inch baking dish, 3-quart
saucepan

Temperature: Cool

Taylor Babin, St. James
Contestant #123
Red Ribbon Group

Healthy Sweet Potato Ground Turkey Chili

Ingredient List:

- | | |
|--|--|
| 2 tbsp olive oil | 1 tsp. paprika (can use smoked paprika if preferred) |
| 1 small, sweet onion coarsely chopped. | 2 tsp salt |
| 2 cloves garlic crushed. | ¾ tsp. pepper |
| 1 lb. ground turkey 93/7 | 1/8 tsp cinnamon |
| 4 cups sweet potatoes peeled and cut into ½ inch
cubes. | 28 oz. crushed tomatoes canned. |
| 2 tbsp chili powder | 1 cup chicken broth or water |
| 2 tsp. cumin | 15 oz sweet whole kernel corn canned, drained. |

Instructions:

1. In large saucepan, or Dutch oven, drizzle olive oil. Add onions and garlic. Sauté over medium heat for 2-3 minutes.
2. Push onions to the side and add ground turkey. Continue cooking over medium heat for 6-8 minutes, or until turkey is almost cooked through. Crumble cooked turkey using a potato masher.
3. Add sweet potatoes and sauté for another 2 minutes.
4. In a small bowl combine chili powder, cumin, paprika, cinnamon, salt, and pepper. (You can also use 3 tablespoons of a homemade chili seasoning with additional salt and pepper to taste.) Mix to combine.
5. Pour crushed tomatoes, chicken broth and seasoning ingredients into the chili mixture. Mix chili thoroughly and reduce heat to low.
6. Cover pot and simmer for 20-25 minutes.
7. Mix in drained corn. Cover and simmer for an additional 5-10 minutes.
8. Check to see if sweet potatoes are fork-tender before serving. If you would like a slightly thicker chili, mash some of the sweet potatoes to help thicken it up.

Cook Time: 35 minutes.

Number of Servings: 6 servings

Size of Pan: 12-quart stock pot

Temperature at Cooking: Medium Heat

Presleigh Brandt, St. Tammany
Contestant#125

Sweet Potato Casserole with Butter Pecan Crumble Topping

Ingredient List:

- | | |
|--|---------------------------------|
| Filling: | 2 large eggs |
| 4 pounds raw sweet potatoes, diced into large
chunks. | ¼ cup unsalted butter, softened |
| | ½ cup half and half |

2 tablespoons granulated sugar
1 teaspoon vanilla extract
½ teaspoon salt
¼ teaspoon ground nutmeg
¼ teaspoon cinnamon

Topping:
5 tablespoons unsalted butter
2/3 cup light brown sugar, packed.
½ cup all-purpose flour
¼ teaspoon salt
1 cup chopped pecans.

Instructions:

Filling:

1. To a large stock pot, add the sweet potato chunks, cover with water, and bring to a boil. Cook over high heat until sweet potatoes are fork tender. Drain well and transfer to a large bowl.
2. Preheat oven to 350 degrees Fahrenheit and spray a 9 x 13-inch baking dish with cooking spray; set aside.
3. To the large bowl with sweet potatoes, add the eggs, butter, half and half, brown sugar, granulated sugar, vanilla, salt, nutmeg, and cinnamon, and use a hand-held immersion blender on medium-high speed until combined and fluffy.
4. Pour filling into the greased baking dish and smooth the top with a spatula; set aside.

Topping:

1. To a large microwave safe bowl, add the butter and heat on high to melt. About 1 minute.
2. Add the brown sugar, flour, salt and toss with a fork until moist crumbles form.
3. Add the pecans and toss to incorporate.
4. Evenly pour and spread topping on the top of the sweet potato filling.
5. Bake at 350 degrees Fahrenheit for 45 minutes or until the top is golden brown, edges are set, and the center is mostly set.
6. Serve warm from the oven.

Cooking Time: 45 minutes.

Number of Servings: 8 (1 cup) servings

Size of Pan: 9 x 13-inch baking dish

Temperature: Warm

Cooper Rosales, Tangipahoa
Contestant #126
Second Place

Sweet Potato Cinnamon Rolls

Ingredients: makes 12 rolls

2 (1/4 ounce) envelopes dry active yeast
1/2 cup warm water (110 degrees)
1 teaspoon granulated sugar
5 1/2 cups all-purpose flour
1 cup mashed sweet potatoes
1 egg, lightly beaten
1 cup buttermilk

1/2 cup granulated sugar
1/4 cup melted butter
2 tablespoons grated orange peel
1 1/2 teaspoon salt
1 teaspoon baking powder
non-stick cooking spray

Filling (makes 2 1/2 cups)

3/4 cup melted butter.
2 cups firmly packed light brown sugar
1 cup chopped toasted pecans.
2 tablespoons ground cinnamon

Glaze (makes 1/2 cup)

1 cup firmly packed light brown sugar.
1/3 cup light corn syrup
1/4 cup butter
1/2 cup whipping cream.
1 teaspoon vanilla extract

Directions:

1. Stir together yeast, 1/2 cup warm water (105 degrees to 110 degrees) and 1 teaspoon sugar in a 1 cup glass measuring cup; let stand five minutes.

2. Combine yeast mixture and 1/2 cup flour in a mixing bowl; stir vigorously until mixture is well blended. Gradually add mashed sweet potatoes, 1 egg, lightly beaten, 1 cup buttermilk, 1/2 cup granulated sugar, 1/4 cup melted butter, 2 tablespoons grated orange peel, 1/2 teaspoon salt, 1 teaspoon baking powder, and 4 1/2 cups flour, stirring until well blended after each addition.
3. Turn dough out onto a well-floured surface and knead in the remaining 1/2 cup flour. Continue to knead until smooth and elastic, about 4 to 5 minutes.
4. Place dough in a large bowl coated with cooking spray. Cover with plastic wrap and let rise in a warm place (85 degrees), free from drafts, 1 hour to 1 hour and 30 minutes or until doubled in bulk.
5. Punch dough down. Turn dough out onto a well-floured surface and roll into a ten-inch by eighteen-inch rectangle. Spread evenly with filling, leaving a 1-inch border. Roll up dough, jelly roll fashion, starting at one long side. Cut into 12 (1 1/2-inch) slices and arrange in a lightly greased 13-inch by 9-inch baking pan. Cover with plastic wrap and let rise in a warm place, free from drafts for 30 minutes.
6. Bake rolls at 400-degrees for 10 minutes. Remove rolls from oven; drizzle about 1/2 cup glaze slowly over rolls, starting at one edge of pan and drizzling in a circular pattern; let glaze soak in. Repeat the procedure with remaining glaze.
7. Bake rolls 7 to 10 more minutes or until lightly browned and a wooden pick inserted in center comes out clean.
8. Remove rolls from oven and invert onto an aluminum foil-lined baking sheet. Invert again, glaze side up onto a serving platter. Let cool for 20 minutes. Serve warm.

Hazel Burford, Washington Parish
Contestant #127
Red Ribbon Group

Praline Sweet Potato Pie

Ingredients:

Sweet Potato Filling

3 cups of sweet potatoes (real, not canned are recommended)

1/2 cup sugar

1/2 cup butter

2 eggs, well beaten

1 teaspoon Vanilla

1/2 cup milk (evaporated milk will make it richer)

Topping:

1/3 cup butter

1 cup light brown sugar

1/2 cup flour

1 cup pecans, chopped

Instructions:

Sweet Potato Filling

1. Boil and mash potatoes. Use a mixer to get rid of strings in potatoes.

2. Blend in remaining ingredients. After mixing all ingredients together pour into a well sprayed casserole dish

Topping:

1. Melt/soften butter. Add sugar and flour.

2. Mix well and add chopped pecans.

3. Sprinkle and drop on top of potato filling after mixing together

4. Bake at 350° for 25 minutes or until baked to your liking

Cook time: Approximately 25 minutes.

Number of Servings: 6 – 8

Size of the pan: 9” pie pan

Temperature: Cool

Sweet Potato Cheesecake Bars

Ingredient List:

For sweet potato layer:

1 large, sweet potato or 2 medium sweet potatoes, baked. (Or substitute with 1.5 cups canned sweet potato puree)

4 ounces cream cheese, softened.

1/8 cup sugar

2 teaspoons pumpkin pie spice

1 ¼ teaspoon vanilla extract

For topping (if desired):

For the crust layer:

½ cup butter, melted

1 ¼ cup graham cracker crumbs

For the cheesecake layer:

16 ounces cream cheese, softened.

1 cup sugar

1 tablespoon vanilla extract

1 cup whipped topping.

Whipped topping

Instructions:

1. If you are using canned sweet potato puree, you can skip this step. If you are using fresh sweet potatoes, you will need to bake them first. Preheat the oven to 400 degrees Fahrenheit. Wrap the sweet potatoes in foil and place them in the oven. Bake the sweet potatoes until soft, about 1 hour. Remove them from the oven with oven mitts. Turn the oven off. Let the potatoes cool down. When cool, remove the skins from the sweet potatoes and mash them with a fork to puree them.

2. Add the sweet potato puree, 4 ounces cream cheese, 1/8 cup sugar, 2 teaspoons pumpkin pie spice, and 1 ¼ teaspoon vanilla extract to a bowl and blend with a hand mixer until smooth. Set the mixture aside.

3. For the crust layer melt ½ cup butter in a small saucepan over medium heat. Add melted butter to graham cracker crumbs and sugar. Mix together using a fork. Spread the mixture into a 9 inch by 13-inch pan and press evenly into the bottom of the dish until it is fully covered.

4. For the cheesecake layer, add 16 ounces cream cheese, 1 cup sugar, and 1 tablespoon vanilla extract into a separate bowl. Mix until smooth for 2-5 minutes with a hand mixer until smooth. Add the whipped topping to this mixture and fold ingredients with a spatula by hand.

5. Put tiny amounts of the thick cream cheese mixture over the crust evenly, then spread into an even layer with a spreader.

6. Put the sweet potato mixture over the cream cheese layer evenly, then spread into an even layer with a spreader.

7. Refrigerate for at least 8 hours before serving.

8. Cut into squares to make 12 even squares. Top with extra whipped topping if desired. Serve and enjoy!

Number of Servings: 12

Poultry

Chicken

Emily Couvillion, Ascension
Contestant #129
Second Place

Creamy Tuscan Garlic Chicken

Ingredients

2 Tablespoons Olive Oil	1 Teaspoon of garlic powder
2 Pounds of boneless-skinless chicken thighs, cubed to bite size pieces.	1 Teaspoon of minced garlic
2 Teaspoons Cajun seasoning	¾ Cup of parmesan cheese
2 Teaspoons of Italian seasoning	1 ½ Cup of baby spinach
1 ½ Cup of heavy cream	1 Cup of sundried tomatoes
¾ Cup of chicken broth	12 Ounces of egg noodles

Directions

In a large skillet add olive oil and heat to medium high heat. Add Cajun and Italian seasoning to cubed chicken and coat well. Brown chicken in skillet, approximately 3-5 minutes on each side, or until no longer pink. Remove chicken and set aside. Add heavy cream, chicken broth, garlic powder, minced garlic, and parmesan cheese. Whisk over medium-high heat until it starts to thicken. Add baby spinach and sundried tomatoes, let it simmer until spinach starts to wilt. Return chicken to pan. Serve over egg noodles.

Serves 6

Tristan Bohanon, East Baton Rouge
Contestant #130
Blue Ribbon Group

Silk Road Chicken

Duck fat-injected, root beer can chicken with Asian, Indian, and European inspired seasonings.

Ingredient List:

Tristan's Silk Road Spice Mix –	½ teaspoon cinnamon
3 tablespoons Icelandic birch smoked salt.	1 teaspoon Hungarian sweet paprika
1 tablespoon fresh cracked pepper	2 teaspoons fresh ground coriander
3 peppers Balinese long pepper	½ teaspoon fresh grated nutmeg
1 teaspoon turmeric	½ teaspoon maharajah curry
1 teaspoon ground ginger	1 tablespoon fleur de sol
½ teaspoon chai tea seasoning	1 teaspoon Szechuan peppercorn
1 teaspoon garam masala	1 tablespoon Vietnamese cinnamon
¼ teaspoon saffron	

Whole chicken

½ cup rendered duck fat

½ can root beer

1 to 2 teaspoons Tristan's Silk Road Spice Mix

Instructions:

1. Preheat smoker to 225 degrees Fahrenheit
2. Create spice mix
3. Inject chicken breasts and thighs with ½ cup duck fat
4. Season chicken generously, and rest for 5 minutes
5. Drink/pour out ½ can of root beer
6. To the remaining root beer, add 1-2 teaspoon of seasoning mix
7. Vertically place root beer can into cavity of the chicken, and place chicken in the smoker
8. Smoke chicken at 225 degrees Fahrenheit until internal temperature of the breast is 110 degrees Fahrenheit, then increase grill temperature to 400 degrees Fahrenheit until internal temperature of the breast is 165 degrees Fahrenheit
9. Rest, Rest, Rest for 15-30 minutes
10. Cut and serve

Cook time: About 5 hours.

Number of servings: About 6 servings

Serving temperature: Warm

Raylee McGraw, East Feliciana
 Contestant # 131
 Blue Ribbon group

Spinach Stuffed Chicken Breast

Ingredients

Chicken

4 whole chicken breasts (skinless, sliced lengthwise)

1 tablespoon Cajun seasoning

1 teaspoon onion powder

Stuffing

1 bag (12 ounces) frozen chopped spinach, drained and cooked

1 onion chopped.

8 ounces cream cheese

1 teaspoon paprika

1 teaspoon garlic powder

½ teaspoon salt

2 tablespoons olive oil for sautéing

10 ounces mozzarella cheese shredded.

1 cup of mayonnaise

1 cup of half and half

4 ounces of parmesan cheese

Instructions

1. Preheat the oven to 400 Fahrenheit.

2. Place the chicken on a cutting board and slit horizontally in the middle to create a pocket, but do not cut all the way through.

3. Season the chicken on the outside and inside.

4. In another bowl, mix together all the stuffing ingredients.

5. Stuff the chicken breasts with a few tablespoons of the stuffing, but just enough to close it up breast without having the stuffing overflow on the sides.

6. Secure the side of the chicken with toothpicks to prevent some of the stuffing from flowing out.

7. Heat an over safe 12-inch skillet and add in the olive oil. Sear the chicken on each side for a few minutes to get a nice golden color on the outside. About 2-4 minutes on each side.

8. Transfer the skillet to bake in the oven for 20 minutes or until the internal temperature of the chicken flesh reaches 165 degrees Fahrenheit.

9. Remove skillet from the oven, top breasts with more mozzarella cheese and cover skillet with foil wrap for 5 minutes to rest.

Prep Time 15 minutes

Total Time 45 minutes

Cook Time 30 minutes.

Servings 4 servings

Spinach and Sundried Tomato Stuffed Chicken

Ingredients

4 chicken breasts	4 ounces cream cheese, softened.
1 tablespoon olive oil or avocado oil	2 tablespoons mayonnaise
1 tablespoon of basil leaves	1 ½ cups chopped fresh spinach.
1 tablespoon Tony's,	1 teaspoon garlic, minced.
1 tablespoon oregano leaves	1 jar of sundried tomatoes

Instructions

1. Preheat oven to 375 degrees.
2. Place the chicken breasts on a cutting board and drizzle with oil.
3. Add the Tony's, ½ tablespoon basil leaves, and ½ tablespoon oregano leaves to a small bowl and stir to combine. Sprinkle evenly over both sides of the chicken.
4. Use a sharp knife to cut a pocket into the side of each chicken breast. Set chicken aside.
5. Add cream cheese, mayonnaise, spinach, garlic, remaining ½ tablespoon oregano leaves, remaining ½ tablespoon of basil leaves, and sundried tomatoes to a small mixing bowl and stir well to combine.
6. Spoon the spinach mixture into each chicken breast evenly.
7. Place the chicken breasts in a 9x13 baking dish. Bake, uncovered, for 25-30 minutes or until chicken is cooked through.

Brody Rowell, Livingston
Contestant #133
Blue Ribbon Group

Chicken & Wild Rice Casserole

Ingredient List:

1/3 cup butter	4 cups cubed cooked chicken.
1 small onion, chopped.	4 cups cooked wild rice.
1/3 cup all-purpose flour	2 jars (4 ½ ounces each) sliced mushrooms, drained.
1 – ½ teaspoons salt	1 jar (4 ounces) diced pimientos, drained.
½ teaspoon pepper	1 tablespoon minced fresh parsley.
1 can (14 ½ ounces) chicken broth	1/3 cup slivered almonds
1 cup half-and-half cream	

Instructions:

1. In a large saucepan, sauté onion in butter until tender. Stir in the flour, salt, and pepper until blended.
2. Gradually stir in broth; bring to a boil. Boil and stir for 2 minutes or until thickened and bubbly.
3. Stir in the cream, chicken, rice, mushrooms, pimientos, and parsley; heat through.
4. Transfer to a greased 2-1/2-quart baking dish. Sprinkle with almonds. Bake, uncovered at 350 degrees Fahrenheit for 30-35 minutes or until bubbly.

Makes 8, 1 – cup servings.

Cost per serving: \$2.62

Calories per serving: 382

Garlic Parmesan Chicken

Ingredient List:

Topping:

1 cup mayonnaise
1 cup shredded parmesan cheese
1 tablespoon minced garlic
1 teaspoon onion powder
1 teaspoon creole seasoning
1 teaspoon salt

1 teaspoon pepper
2 teaspoons dried parsley
Chicken:
6 thinly sliced chicken breasts
1 tablespoon creole seasoning
Cooking spray
9 x 13 baking dish

Instructions:

1. Blend all ingredients for topping until fully combined
2. Season chicken breasts with creole seasoning. Spray your baking dish with cooking spray. Place chicken breasts in baking dish.
3. Top each chicken breast with topping, spread over the whole top of each chicken breast.
4. Bake in a 400-degree oven for 30 minutes, or until topping is slightly golden and chicken reaches a temperature of 165 degrees.

Cook Time: 40 minutes.

Number of Servings: 6 servings

Size of Pan: 9 x 13 baking dish

Temperature: warm

Ethan Bellanger, St. Charles
Contestant #137
Red Ribbon Group

Cajun Chicken and Sausage Pasta

Ingredient List:

8 ounces penne pasta
1 tablespoon unsalted butter
1 pound chicken breast
Cajun seasoning to taste

Sauce:

1 tablespoon unsalted butter
1 clove garlic
1 cup chicken broth
1 tablespoon Worcestershire sauce
1 cup heavy whipping cream

Italian seasoning to taste
6 ounces smoked sausage (sliced into ¼ inch pieces)

2 teaspoons Cajun seasoning
1 teaspoon paprika
½ teaspoon garlic powder
¾ cup parmesan cheese

Instructions:

1. Boil pasta in salty water according to package instructions, drain and set aside.
2. Generously season chicken with Cajun and Italian seasonings. Do not slice it yet, you will be cooking it whole.
3. Slice sausage into ¼ inch circles.
4. In a large skillet, add 1 tablespoon butter and melt over medium-high heat.
5. When the skillet is hot, add whole chicken breasts and cook for about 4-5 minutes on each side until browned for a total of 8-10 minutes, then remove chicken to a plate and slice into strips.

6. Add sliced sausage pieces and brown them on medium heat for 2-3 minutes on each side until darker in color around the edges then remove sausage to a plate.

Sauce:

1. In the same large skillet used above, add 1 tablespoon butter, and let melt.
2. Add garlic and cook until slightly browned, only for a couple of minutes.
3. Add chicken broth, Worcestershire sauce and heavy cream and bring to a light simmer.
4. Add Cajun seasoning, paprika and garlic powder and mix into the sauce.
5. Add parmesan cheese and whisk to blend for 2-3 minutes to thicken sauce.
6. Add salt to taste.
7. Add cooked pasta to sauce and mix well.
8. Add chicken and sausage back into the skillet and allow them to reheat for 2-3 minutes then serve immediately.

Cook Time: 35 minutes.

Number of Servings: 6 servings

Size of Pan: large skillet

Temperature: Warm

Joshua Babin, St. James
Contestant #139
Blue Ribbon Group

Southern Smothered Chicken

Ingredient List:

- | | |
|--------------------------------------|-------------------------------|
| 1 pound of chicken (Legs and thighs) | 1 tablespoon onion powder |
| 1 ½ cup all-purpose flour | 1 teaspoon smoked paprika. |
| 1 teaspoon salt | ¼ cup vegetable oil |
| 1 teaspoon celery seed | 2 cups chicken broth |
| 1 teaspoon poultry seasoning | 1 cup whole milk |
| 1 tablespoon garlic powder | 2 teaspoons minced garlic |
| 1 teaspoon ground black pepper | 1 medium sized onion chopped. |

Instructions:

1. Clean chicken
2. In a large bowl pour flour, garlic powder, onion powder, salt, pepper, celery seed, poultry seasoning. Mix well until incorporated.
3. Coat chicken heavily with seasoned flour.
4. Reserve the seasoned flour.
5. Pour vegetable oil into a large pan and place on medium heat.
6. Once heated, add chicken (not overcrowding)
7. Cook the chicken until golden brown.
8. Remove the chicken and save the oil in the pan.
9. Add the onions into the oil and cook for 2 minutes.
10. Add the garlic in, cooking for an additional minute.
11. Remove the garlic and onion from the pan.
12. Add 3 tablespoons of seasoned flour to the pan and stir into the oil.
13. Pour in chicken broth wicking to make sure there are no lumps.
14. Cook gravy for 2 minutes on medium heat.
15. Pour milk into gravy and mix.
16. Let cook for 3 minutes.
17. Add chicken, onions, and garlic into the pan and cook for another 6 minutes.

Cook Time: 45 minutes. Number of Servings: 4 servings. Size of Pan: large Cast-iron pan.

Temperature: medium heat

Heavenly Chicken Salad

Ingredients

4 cups rotisserie chicken deboned and coarsely chopped.	3 scallions thinly sliced.
1 cup chopped apple.	1 cup mayonnaise
1 cup almonds thinly sliced.	Juice of 1 lemon
2 stalks celery finely diced.	1 teaspoon salt
1 tablespoons dill	Freshly ground pepper
1 tablespoon chopped parsley.	Potato style slider rolls
	Fresh lettuce

Instructions

1. In a large bowl, mix the chicken, apples, almonds, celery, dill, parsley & scallions.
2. In a small-medium bowl, mix together the mayonnaise, lemon, salt, and pepper.
3. Add the mayo mixture to the chicken mixture and gently stir until well mixed.
4. Cover with plastic wrap and refrigerate for at least an hour.
5. Serve on bread with green leaf lettuce.

Servings: 10, 273 calories per serving

Easton Smith, Washington

Contestant #143

Blue Ribbon Group

Chicken Tamales

Meat:

4 Chicken breast – boiled and shredded (recipe can adapt to beef or pork)

Masa:

4 pounds Maseca
1 tablespoon baking powder
4-5 cups of water

Instructions:

1. In a large bowl, mix all ingredients together

Tamale Sauce:

Ingredients:

8 ounces Guajillo peppers
½ onion
3 cloves of garlic

Instructions:

1. Deseed chili pods
2. Boil pods for about 20 minutes or until soft
3. Add onion garlic and chilis to a blender with about a cup of water – blend well
4. Strain blended mixture into a pot
5. Add chicken broth or water to the strained mixture
6. Add chicken bouillon

Assembly and Steaming of Tamales:

Instructions:

Corn Husk:

1 package – Soak in water at least 30 minutes

2 tablespoons chicken bouillon

1 cup vegetable oil

4-5 cups chicken broth or water

4 tablespoons chicken bouillon (to taste)

1. Mix the shredded chicken with the chili sauce (reserve some sauce to top tamales)
2. Spread some of the Masa into the corn husk
3. Add a large spoonful of the chicken onto the masa
4. Fold the corn husk to close
5. Place tamale in a large steamer pot
6. Steam tamales for approximately 1 hour
7. You may top with reserved sauce and sour cream. Enjoy

Cook Time: Approximately 2 hours.

Number of servings: 15

Size of Pan: large steamer pot

Temperature: Warm

Virginia Arceneaux, West Feliciana

Contestant # 144

First Place

Chicken and Broccoli Casserole

Ingredient List:

2 pounds of boneless skinless chicken thighs or breasts

½ cup chopped onions

½ cup chopped bell pepper

1 tablespoon chopped garlic.

1 package of thin spaghetti

2 10.8-ounce packages of frozen broccoli florets

1 ½ cups of chicken broth

1 can of cream of chicken soup

1 can cream of mushroom soup.

1 16ounce package of Velveeta cheese, cubed.

8 ounces of shredded cheddar cheese

1 teaspoon salt

1 teaspoon pepper

1 teaspoon garlic powder

1 teaspoon seasoning blend like Tony's

Instructions:

1. Chop ½ cup onion and ½ cup bell pepper.

2. Place chicken, onion, bell pepper, and garlic in a stock pot and cover with water. Bring to a boil. Reduce heat, cover and simmer 30 minutes until the chicken is no longer pink. Meanwhile, cook spaghetti according to package directions; drain. Drain chicken saving 1 ½ cups of chicken stock and vegetables. Shred chicken; set aside.

3. Cook broccoli according to package directions. Drain and set aside.

4. In a large Dutch oven combine soups and stock. Stir in cheese; cook and stir until cheese is melted. Stir in chicken, broccoli, spaghetti, shredded cheddar, salt, pepper, and garlic powder.

5. Transfer to a two greased 11X17 baking dish. Bake each casserole, uncovered at 350 degrees Fahrenheit for 30 to 45 minutes or until lightly browned and bubbly. The second casserole can also be covered and frozen before baking for up to 3 months. To bake from frozen: Completely thaw in the refrigerator. Cover and bake for 40 to 45 minutes or until lightly browned.

Number of Servings: 6 to 8

Turkey

Trey Pousson, Ascension

Contestant #145

Blue Ribbon Group

Turkey Salad on a bed of Greens

Ingredients

2 cups cooked turkey chopped.	1 tomato sliced.
½ cup of ranch dressing	½ cucumber chopped
1 stalk of celery chopped.	½ cup of sliced carrots
1 red onion diced.	¼ cup iceberg lettuce
½ teaspoon season salt	¼ cup of spinach
Pepper to taste	

Directions

Combine all ingredients in a small bowl and mix well. Season with salt and pepper to taste.

Landry LeBlanc, Livingston
Contestant #149
Third Place

Ground Turkey Spaghetti

Ingredient List:

2 pounds ground turkey	2 – 15-ounce cans tomato sauce
1 tablespoon low-sodium soy sauce	1 – 20 ounce can tomato puree
1 tablespoon Worcestershire sauce	1 – 6 ounce can tomato paste
1 ½ tablespoons creole seasoning	1 ½ ounce packet spaghetti sauce mix
1 ½ tablespoons garlic powder	1 cup of water
1 ½ tablespoons onion powder	1 pound of angel-hair spaghetti

Instructions:

1. In a hot skillet, add ground turkey, soy sauce, Worcestershire sauce, and 1 tablespoon each of creole seasoning, garlic powder, and onion powder. Mix well.
 2. Brown ground turkey until cooked through.
 3. In a crock-pot, add tomato sauce, tomato puree, tomato paste, and spaghetti sauce mix. Add remaining ½ tablespoon each of creole seasoning, garlic powder, and onion powder to sauce. Mix well.
 4. Add water ¼ cup at a time until preferred consistency is reached. Mix well.
 5. Cook on low for two hours, stirring every 30 minutes.
 6. Cook pasta according to package instructions. Drain pasta. Serve one cup of sauce over ½ cup of pasta.
- Makes 8 servings. Cost per serving: \$2.00 Calories per serving: 400

Taylor Babin, St. James
Contestant #155
Blue Ribbon Group

Turkey Mirliton Dressing

Ingredient List:

6 mirlitons quartered.	1 cup diced yellow onion.
1 tablespoon vegetable oil	½ cup diced green bel pepper
¾ pound ground turkey	½ cup diced red bell pepper
¾ pound (80/20) ground beef	1 cup diced celery.
1 8-ounce stick butter	2 tablespoons chopped flat leaf parsley.

1 tablespoon minced garlic
1 tablespoon black pepper
1 teaspoon onion powder
1 teaspoon Tony's seasoning

2 cups breadcrumbs
½ cup chicken stock
2 tablespoons melted butter for topping.

Instructions:

1. In a large pot over medium heat add mirlitons and cover with water.
2. Boil until tender (40 minutes)
3. Drain water and let cool to room temperature.
4. Remove and discard any seeds
5. Chop the mirlitons into bite sized chunks
6. Drain off excess water and set aside for later use.
7. Preheat oven to 375 degrees Fahrenheit
8. In a large 12-inch cast iron skillet on medium high heat add oil and turkey, sauté until browned (10 minutes).
9. Drain excess grease and set aside for later.
10. In the same skillet on medium high heat add butter, onion, bell peppers, and celery. Sauté until onions are translucent (5 minutes).
11. Add the salt, pepper, onion powder, and creole seasoning, cook for 3 minutes longer.
12. Add to mirlitons.
13. Combine mixture and stir in breadcrumbs.
14. Add chicken stock to moisten breadcrumbs.
15. Distribute vegetables and meat evenly around the pan and top with melted butter.
16. Place in hot oven for 30 minutes.

Cook Time: 1 ½ hours.

Size of Pan: 12-inch cast iron
skillet

Temperature: Medium high heat
and 375 degrees Fahrenheit

Number of Servings: 6-8
servings

Francesca Hanna, Tangipahoa
Contestant #158
Second Place

Stuffed Turkey Rolls

Ingredients:

1 pound honey maple deli turkey (dinner thick slices)
1 box stuffing mix (1 1/2 cups water; 1/4 cup butter; 1 package stuffing mix)
1 packet turkey gravy mix (1/2 cup water)
1 packet au jus gravy mix (1 1/2 cups water)

Instructions:

- Step 1: Cook stuffing mix as directed on package (2 minutes prep, set for 5 minutes then fluff with fork and cool for handling)
- Step 2; Mix gravies together, bring to a low boil with the 2 cups water, simmer for 3-5 minutes and set aside.
- Step 3: Lay turkey slices on a cutting board. Fill each slice with about 1/4 cup stuffing. Roll the turkey around the stuffing mixture and place a toothpick in each roll to keep it closed. Place the rolls in a buttered baking dish.
- Step 4: Drizzle gravy over the stuffed turkey rolls. Note, you will not use all of the gravy. Save any remaining gravy for dipping.
- Step 5: Bake the dish for 25 to 30 minutes in a 350-degree Fahrenheit oven.
- Step 6: Serve with roasted potatoes and green beans. Enjoy!

Prep time: 10 minutes, Cook time: 32 minutes.

Servings: 6 servings

Total time: 42 minutes

Calories: 398 calories per serving

Taco Soup

Ingredient List:

1 pound ground turkey	1 can black beans
2 packs taco seasoning	1 can of chicken broth.
1 can light red kidney beans.	1 bag tortilla chips
1 can pinto beans	Shredded cheddar cheese
1 can whole kernel corn	Sour cream
1 can Mexican Rotel tomatoes with lime and cilantro (undrained)	

Instructions:

1. Brown ground turkey in a 6-quart saucepan.
2. Add taco seasoning and chicken broth.
3. Add beans, corn, and Mexican Rotel tomatoes.
4. Sitr well.
5. Sauté over low heat for 40 minutes.
6. Serve over tortilla chips with cheese and sour cream to taste.

Number of Servings: 8

Louisiana

Seafood

Crab

Raylee McGraw, East Feliciana

Contestant #163

Red Ribbon Group

Crab Bisque Soup

Ingredients

½ cup yellow onion-diced	3 cans of milk (use the soup cans)
1 tablespoon of Cajun seasoning	1 pint of half-in-half
1 bunch of green onions-chopped	1 pound of white crab meat
1 stick of butter	Salt
3 cans of cream of mushroom soup	Liquid crab boil

Directions

1. Sauté a stick of butter, onions, and green onions in a 5-quart pot.
2. Add the 3 cans of cream of mushroom soup.

3. Use the empty cans to measure out 3 cans of milk.
 4. Add the pint of half-in-half.
 5. Heat all of this too warm on a medium heat, stirring to avoid the milk sticking.
 6. Finally add the white crab meat.
 7. Salt to taste.
 8. Liquid crab boil- Add ½ teaspoon of crab boil, then add more crab boil to taste, if needed
- Servings: 6, 1 batch of the soup is about a 5–6-quart pot.
Total Time: 20 minutes

Jewelie Green, Livingston
Contestant # 165
Blue Ribbon Group

Crab Tartlets

Ingredient List:

- | | |
|--------------------------------|--------------------------------------|
| 1 box phyllo shells | 2 tablespoons grated parmesan cheese |
| 1 8-ounce cream cheese | ½ cup shredded cheddar cheese blend |
| 6 ounces of crab meat (cooked) | 1 tablespoon Worcestershire sauce |
| 2 tablespoons mayonnaise | 1 teaspoon paprika |

Instructions:

1. Preheat oven to 375 degrees.
2. Press phyllo shells into tartlet pan.
3. In a large bowl, combine all ingredients.
4. Spoon 1 teaspoon of mixture into tartlet.
5. Bake at 375 degrees for 15-20 minutes or until golden brown and bubbly.

Cost per serving: \$1.75

Calories per serving: 290

Bre Alfonso, St. Bernard
Contestant #168
Third Place

Crabcakes

Ingredient List:

Seasoning:

- | | |
|-----------------|----------------------|
| ¼ cup of butter | ½ cup bell pepper |
| ½ cup onion | ½ cup of green onion |
| ½ cup celery | |

Food processor:

- | | |
|------------------------------|--------------------------------------|
| 3 tablespoons mayonnaise | 1 tablespoon chopped parsley leaves. |
| 1 ½ tablespoons lemon juice | ¾ teaspoon salt |
| 1 ½ tablespoons olive oil | ½ teaspoon cayenne |
| 1 tablespoon chopped chives. | |

Remaining Ingredients:

- | | |
|---------------------------|----------------------|
| 1 lb. of crab meat | 3 eggs |
| 6 tablespoons breadcrumbs | 1 cup of breadcrumbs |
| 1 cup of flour | |

Instructions:

1. Sauté all seasoning in butter until tender. Transfer to a plate. Put in freezer for 5 min until cooled.
2. In a food processor add the ingredients under food processor. Process until gets thick.

3. Combine 1 lb. of crab meat and 6 tablespoons breadcrumbs in a bowl with cooled seasoning. After all is combined form into crab cakes. Put in freezer to get stiff.
 4. Put each crab cake in flour then egg then breadcrumbs
 5. Put back in freezer
 6. Then deep fry and enjoy
- Cook Time: 40 minutes.
 Number of Servings: 5 servings

Size of Pan: multiple pans used.
 Temperature: warm

Elleanna Arcement, St. Charles
 Contestant #169
 Blue Ribbon Group

Corn and Crab Bisque

Ingredient List:

- | | |
|--|----------------------------------|
| 1 cup butter | 2 ½ quarts seafood stock |
| 3 cups whole fresh corn, removed from cobs (save cobs and add them to seafood stock) | 1-pint heavy whipping cream |
| 1 cup white onion, diced. | ½ cup green onion, thinly sliced |
| 1 cup celery, diced. | ½ cup parsley, chopped |
| ½ cup red bell pepper, diced | 1 pound jumbo lump crabmeat |
| ¼ cup garlic, minced | Salt to taste |
| 1 cup flour | White pepper to taste |

Instructions:

1. Add seafood stock, corn cobs and scraps of onion, celery, green onion, and parsley to a 4-quart saucepan and let simmer for 30 minutes.
2. Melt butter in another 4-quart saucepan.
3. Add corn, white onion, celery, bell pepper, and garlic and sauté until tender.
4. Whisk in the flour to make a white roux. Do not brown.
5. Strain the stock through a fine mesh strainer and slowly add to the roux then reduce heat and let simmer for 30 minutes.
6. Add heavy cream, green onion, and parsley and cook for 3 more minutes.
7. Gently fold in crabmeat being careful not to break up the large chunks of crabmeat.
8. Season with salt and pepper to taste and serve.

Cooking Time: 63 minutes.

Number of Servings: 6-8 servings

Size of Pan: 2 4-quart saucepans
 Temperature: Warm

Regan Hotard, St. James
 Contestant #171
 Second Place

Crab Dip

Ingredients List:

- | | |
|--------------------------|--|
| 1 stick of butter | 1 pound of crab meat (drain all water) |
| 1 onion finely chopped. | 16 ounces of cream cheese |
| ¼ cup of evaporated milk | 1-2 tablespoons of crab boil |

Instructions:

1. Chop onion.
2. Dip will be prepared in microwave and crockpot. Place the stick of butter and chopped onion in the dish of a 2-quart crock pot. Cover and microwave for 5 minutes.

3. Add evaporated milk and cook an additional 5 minutes covered in microwave.
4. Add cream cheese and crab meat and mix together.
5. Add 1-2 tablespoons of crab boil to taste.
6. cook in a crockpot on high for 1 hour. Stir occasionally.
7. Keep warm in crockpot for serving.

Cook Time: 1 hour 10 minutes.

Number of Servings: Served as dip with crackers, makes 3 cups.

Size of Pan: 2-quart crockpot

Temperature: Warm/Hot

Emmie McIntyre, Tangipahoa

Contestant #174

First Place

Cajun Crab Balls with Remoulade Sauce

Ingredients

1 pound crab meat

½ cup mayonnaise

1 egg

1 tablespoon freshly squeezed lemon juice.

1 tablespoon Cajun seasoning

1 teaspoon mustard

½ cup chopped green bell pepper

½ cup chopped red bell pepper

2 cups breadcrumbs

1 teaspoon melted butter

2 cups cooking oil.

½ stick butter

Directions

Heat oven to 450 degrees. In large bowl, add crab, mayonnaise, egg, lemon juice, Cajun seasoning, mustard, green and red bell peppers and one cup of breadcrumbs. Mix all together and form mixture into balls. Cover with plastic and refrigerate for at least 30 minutes. Use melted butter to coat the crab balls and roll crab balls in the other cup of breadcrumbs. Cook for about 15 minutes in the oven. When almost done, take out of oven and fry crab balls for about 2-3 minutes. Enjoy!

Remoulade Sauce – 1 ½ cup mayonnaise, ¼ cup mustard, 1 teaspoon paprika, 1 teaspoon pickle juice, 1 teaspoon Cajun seasoning, 1 teaspoon hot sauce. Mix all together and dip Cajun balls in sauce.

Makes 4 servings.

Crawfish

Jorja Kling, Ascension

Contestant #177

First Place

Hot Crawfish Dip/Au Gratin

Ingredients

2 sticks of butter

2 bunches of green onions, chopped.

1 bunch parsley, chopped.

2 medium green bell peppers chopped.

1 cup flour.

1-quart heavy whipping cream

16 ounces shredded sharp cheddar cheese (1/2 cup separated and kept aside)

2 pounds of crawfish tails peeled and rinsed.

Seasoning of your choice (Tony's)

Directions

- Melt butter in a 6-quart sauce pan on low heat.
- Sauté half of the green onions, half of the parsley, and all of the bell peppers until soft, about 20 minutes on medium-low heat. Stir occasionally.
- Blend in flour then slowly add heavy whipping cream, stirring constantly.

- Stir in larger portion of cheese until melted.
- Add crawfish tails and remaining green onions and parsley.
- Season to taste.
- Pour into a 9 x 13 glass casserole dish.
- Top with ½ cup cheddar cheese that was set aside earlier.
- Bake at 325° for 25-30 minutes or until hot and bubbly and cheese is melted.
- Serve with Ritz crackers as a dip or serve as a main dish.
- Enjoy!

Yields 8 - 12 servings.

Note: Recipe can be cut in half easily to make a smaller portion.

Quinn Langley, East Baton Rouge
Contestant #178
Second Place

Crawfish Etouffee

Ingredients

2 pounds Louisiana crawfish tails	2 teaspoons salt	1 teaspoon tomato paste
½ teaspoon black pepper		2 cups water
¼ teaspoon red pepper	1 stick butter	2 tablespoons cornstarch
1 cup chopped onions.		2 tablespoons green onions
½ cup chopped celery		2 tablespoons minced parsley
¼ cup chopped bell pepper	2 teaspoon minced garlic	1 teaspoon Worcestershire sauce
		2 dashes hot sauce

Instructions

1. In a medium bowl, season crawfish tails with salt and peppers and set aside.
 2. Melt butter in a 6-quart heavy pot.
 3. Add onions, celery, bell pepper, and garlic to the 6-quart pot and cook approximately 10-15 minutes until vegetables are soft; stirring constantly.
 4. Add tomato paste to the butter and vegetables.
 5. Add crawfish to the mixture and cook over medium heat for about 20 minutes, stirring often.
 6. Add 1 ½ cups water to the mixture; bring to a boil and simmer for 15 minutes; stirring occasionally.
 7. In a small bowl, dissolve cornstarch in remaining ½ cup water; add to mixture; stirring until sauce is smooth.
 8. Add green onions, parsley, Worcestershire sauce, and hot sauce to the mixture and simmer for 10 minutes.
 9. Adjust liquid if necessary.
 10. Cover and let sit for 10 minutes.
- Serve warm over rice.

Serves: 8

Brooklynn Webre, Livingston
Contestant # 181
Red Ribbon Group

Crawfish Spinach Fettuccine

Ingredient List:

10-ounce bag egg white pasta	16-ounce block Mexican cheese, diced up into small pieces
10-ounce box frozen chopped spinach	1 cup skim milk
1 stick of light oil spread	1 teaspoon season salt
½ of yellow onion, diced	1 teaspoon salt
Small amount of green onions	1 tablespoon black pepper
1 pound Louisiana crawfish tails	
4 tablespoons flour	

Instructions:

1. Boil noodles according to package. Drain and set to the side.
2. Cook the spinach according to package. Drain and set to the side.
3. Add non-stick oil spread to your pot on medium heat and sauté the onions and green onions.
4. Once they are sautéed down add crawfish tails, mix that in and then add your flour.
5. Stir well to get it all mixed evenly.
6. Now you add the cheese slowly to your pot and lower the fire to low.
7. Add your milk and keep stirring all together until cheese is melted completely.
8. Add your salt, pepper, and seasoning to taste. Stir it well. Once it is all mixed in turn fire off and add spinach and noodles in with cheese sauce. Mix all together.
9. Spray your 13X9 baking dish down and add all the ingredients from pot into baking dish.
10. Have your oven pre-heated to 350 degrees Fahrenheit and bake for 30 minutes.

Cost per serving: \$4.00

Calories per serving: 280

Kathryn Dinét, St. Bernard
Contestant #184
Red Ribbon Group

Mini Crawfish Pies

Ingredient List:

1 stick of butter	1 teaspoon, or to taste, Tony Chachere's creole seasoning.
3 tablespoons flour	
1 bell pepper diced small.	½ teaspoon onion powder
1 onion diced small.	½ teaspoon garlic powder
2 teaspoons minced garlic	Salt and pepper to taste
2 stalks celery diced small.	2, 12-ounce bags frozen crawfish tails, thawed
1 ½ cups chicken broth	16 Dutch Ann Tarte shells
2 cups heavy whipping cream	

Instructions:

1. Using a deep pan or pot, add your butter and melt completely.
2. Add flour to melted butter and stir to dissolve the flour, making a roux (Stir for about 5 minutes).
3. Then add your diced onions, bell pepper, and celery. Sauté for about 5 to 6 minutes
4. Next, add garlic and sauté for another 3 to 4 minutes.
5. Slowly, stir in your chicken broth mixing with the roux. Then, slowly stir in whipping cream. When mixture begins to boil and bubble, turn heat down to a simmer.
6. Now, add in your powdered seasonings (Tony's creole seasoning, garlic powder, onion powder, and salt and pepper to taste) and crawfish tails and let simmer for about 10 minutes.
7. While your crawfish are simmering, put your mini pie shells in the oven at 350 degrees for 6 to 7 minutes to get a crisp before filling them. (In my opinion, poking 3 little holes with a fork in the pies before filling helps them not to puff up.)
8. After that, take the mini shells out of the oven and fill with crawfish filling.
9. Place back in oven at 350 degrees for about 30 – 40 minutes or till golden brown around the edges.
10. Lastly, let cool before serving so they set. Enjoy!

Cooking Time: 80 minutes.

Number of Servings: 5-6 pies

Size of Pan: 7-quart pan

Temperature: warm

Crawfish Fettuccine

Ingredient List:

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

Instructions:

1. Cook fettuccine according to package directions.
2. Melt butter in 5-quart sauté pan over medium heat.
3. Sauté the onion and bell pepper in the butter until tender.
4. Add Cajun seasoning and garlic and sauté for 1 minute more.
5. Add the cream of chicken soup, cream of mushroom soup, and crawfish tails.
6. Cube the Velveeta, add to the mixture and stir until melted.
7. Add half and half and stir continuously.
8. Continue to cook over low heat until the sauce is the consistency you prefer.
9. Serve over fettuccine noodles.

Cooking Time: 20 minutes.

Size of Pan: 5 quarts

Number of Servings: 4-5 servings

Temperature: Warm

Lorelei Gravois, St. James
Contestant #187
Red Ribbon Group

Cheesy Crawfish Garlic Bread

Ingredients List:

1 diced large Onion	1 cup garlic Butter Spread
1 diced large Red Bell Pepper	1-1/2 pounds LA Crawfish tails.
6 minced cloves Garlic	8 once block grated Havarti.
1 bunch thinly sliced Green Onion	8 once block grated Cheddar.
2 tablespoons Butter	8 once block grated Mozzarella.
Creole Seasoning	Paprika and Parsley for garnish
1 large loaf of French Bread	

Instructions:

1. Small dice 1 onion and 1 red bell pepper. Mince 6 garlic cloves and thinly slice the bunch of green onion.
2. Heat 2 tablespoons of butter on med low heat in a medium saucepan and cook diced onions and red bell pepper until soft, really soft, about 10 to 15 minutes.
3. Add in thinly sliced green onion, minced garlic and 1-1/2 pounds of crawfish tails and season with creole seasoning to taste.
4. Cook until all liquid evaporates from saucepan, about 10-12 minutes/
5. While cooking crawfish mixture, split loaf of French Bread and spread on the 1 cup of garlic butter spread.
6. When crawfish mixture is finished cooking, evenly coat both sides of the split French bread with crawfish mixture.
7. Top the French Bread with a mixture of the 3 grated cheeses and garnish with paprika and parsley flakes.

8. Bake French Bread on a cookie sheet in the oven on 350 degrees for 15 minutes.
9. After 15 minutes, set oven on broil and cook for another 3-5 minutes, checking closely not to burn.
10. Enjoy!

Cooking Time: 55-60 minutes.

Number of Servings: 10-12 (Depending on size cut)

Size of Pan: Medium Saucepan, Cookie Sheet

Temperature: Warm

Emery Tantillo, St. Tammany
Contestant #189
Red Ribbon Group

Crawfish Dip

Ingredients:

- | | |
|--|--|
| 1 ½ cups of onion, finely chopped. | 4 tablespoons of parsley finely chopped. |
| 2 cloves of garlic finely chopped. | Cajun seasoning to taste |
| 5 tablespoons of butter | ½ cup of mayonnaise |
| 2 pounds of crawfish tails cooked and chopped. | 2 teaspoons of yellow mustard |
| 16 ounces of cream cheese, softened. | 6 tablespoons of sauterne wine |
| 1 cup of green onions finely chopped. | French bread or crackers to serve. |

Directions:

On medium heat sauté onions and garlic in butter until tender. Add cooked crawfish tails and sauté for a couple of minutes. Add cream cheese and heat until melted. Add green onions, parsley, and Cajun seasoning. Stir until blended well. In a separate bowl blend together mayonnaise, yellow mustard, and sauterne wine. Stir into the crawfish mixture. Dish can be served hot or cold with French bread or crackers. Enjoy!

Serves 12-16 people.

Prep Time: 15 minutes.

Cooking Time: 30 minutes.

Dale Derks, Tangipahoa
Contestant #190
Third Place

Mini-Crawfish Pies

You will need: (Makes 16 Mini-Crawfish Pies)

- | | |
|--|-------------------------------|
| 3 bunches of freshly chopped green onions. | 1 can of cream of celery soup |
| 2 pounds of boiled crawfish tails (already peeled) | 1 teaspoon of crab boil |
| 1 stick of butter | 1 teaspoon of cayenne pepper |
| 2 cans of cream of mushroom soup | 1 teaspoon of white pepper |
| | 16 frozen tart shells |

What you should do:

1. Put the green onions and butter in a large pot. Sauté on medium until the green onions are soft.
2. Stir in the crawfish and let them cook for three to five minutes.
3. Stir in the 2 cans of cream of mushroom soup and 1 can of cream of celery soup.
4. Stir in the crab boil, cayenne pepper, and white pepper.
5. Reduce heat to medium-low, and let the mixture cook for 20 minutes. Stir occasionally. Also, preheat the oven to 350 degrees.
6. Scoop the ingredients into tart shells and place them on a large pan. (A large muffin pan works well.)
7. Put the pan in the oven and bake the pies for 30 minutes.
8. Use oven mitts to get the hot pan and pies out of the oven and let cool for 5 to 10 minutes.
9. Enjoy the meal!

Makes 16 Servings.

Crawfish Pie

Ingredients:

1 medium onion	
1 stalk celery chopped.	1 pound crawfish tails
1 bell pepper chopped.	1 tablespoon cornstarch
2 tablespoons minced garlic	1 teaspoon water
4 tablespoons salted butter	¼ cup of parsley
1 teaspoon tomato paste	¼ cup of green onions
1 small can of mushroom.	2 9-inch pie crusts

Instructions:

1. Sauté onion, bell pepper, celery, and garlic in butter until tender, add tomato paste and continue browning for 10 minutes.
2. Add mushrooms with juice and boil for 20 minutes until seasoning is tender.
3. Add crawfish tails and boil for an additional 10 minutes.
4. Dissolve cornstarch in a teaspoon of water and add into crawfish, stirring until gravy is thick.
5. Add green onions and parsley and pour into a 9-inch pie crust.
6. Cover pie with additional pie crust and bake at 350 degrees Fahrenheit for 30 minutes.

Number Servings: 8

Shrimp

Emily Couvillion, Ascension
Contestant #193
Third Place

Tuscan Shrimp

Ingredients

4 tablespoons, butter	3 cups, heavy whipping cream
3 tablespoons, minced garlic	1 ½ teaspoons, salt
2 tablespoons, Cajun seasoning	1 ½ tablespoons, black pepper
2 pounds, peeled Louisiana shrimp	4 cups, spinach leaves without stems
1 small yellow onion, diced.	1 ½ cups, grated Parmesan cheese
5 ounces jarred sundried tomato with basil, in olive oil.	1 tablespoon, Italian seasoning
	12-ounce package of pasta

Directions:

1. In a 6-quart skillet, melt butter over medium-high heat.
2. Add garlic and fry until fragrant, about 1 minute.
3. Season shrimp with Cajun seasoning.
4. Add shrimp to skill and fry two minutes on each side, until just cooked through and pink. Transfer to a bowl; set aside.
5. Fry the onion until translucent in the butter remaining in the skillet.
6. Add the sundried tomatoes and fry for 1-2 minutes.
7. Reduce heat to low-medium and add the cream.

8. Season with salt and pepper, (adjust as you see fit).
9. Add spinach leaves and allow to wilt in the sauce.
10. Add parmesan cheese. Allow sauce to simmer for another 2 minutes to melt the cheese.
11. Add the shrimp back to the sauce.
12. Sprinkle in the Italian seasoning.
13. Serve over the pasta of your choice.

Serves 8.

Leah Tremble, East Baton Rouge
Contestant #194
Blue Ribbon Group

Chinese Shrimp Dumplings

Ingredients

- | | |
|--|--|
| 1 cup of shrimp uncooked, peeled and chopped. | 1 tablespoon rice vinegar |
| 1 cup Chinese cabbage 4 leaves, 2 of them thinly sliced. | 1 tablespoon sesame oil extra virgin |
| 1 teaspoon fresh ginger minced. | Pinch of salt |
| 1 teaspoon soy sauce | One packet of rice paper |
| Soy-Sesame Dipping Sauce: | |
| 2 tablespoon soy sauce | 1 tablespoon sesame oil extra virgin |
| 1 tablespoon rice vinegar | 1 tablespoon scallions green tops only, chopped. |

Instructions

Finely chop the shrimp or use a meat grinder if you have one. In a small bowl place the minced shrimp, sliced cabbage, ginger, soy sauce, rice vinegar, sesame oil, and salt. Mix gently until well incorporated, this is the filling. Dip a rice paper wrapper in a bowl of hot/warm water until soft. Gently shake off excess water and place the wet wrapper on a clean, dry surface. Place about 2 teaspoons of filling in the center of the wrapper. Gather the rice paper around the dumpling mix and twist the top of the dumpling to make a money bag shape. Repeat with the remaining rice wrappers and filling until all the dumplings have been made. Arrange them on a bamboo steamer (or any other steamer) lined with the remaining cabbage leaves. Make sure that the dumplings do not touch, or they will stick together when cooked. Place the steamer on top of a pot or deep pan of boiling water and steam for 5 minutes. It's easy to tell when they are cooked: the shrimp filling will turn pink. Serve hot!

Soy-Sesame Dipping Sauce

Mix the soy sauce, rice vinegar, sesame oil and scallions together in a small bowl and serve.

Cook time: 50 minutes.

Servings: 10 dumplings

Pot size: 11-inch round

Ericka "Rose" Devine, Livingston
Contestant #197
Red Ribbon Group

Shrimp Mold

Ingredient List:

- | | |
|--------------------------------|-----------------------------|
| 1 can condensed tomato soup. | 1 cup mayonnaise |
| 2 envelopes unflavored gelatin | 1 cup minced celery |
| ½ cup cold water | ½ cup green onions, minced |
| 6 ounces softened cream cheese | 4-ounce shrimp boil |
| 2 cups peeled boiled shrimp | ¼ teaspoon creole seasoning |

Instructions:

1. Boil shrimp in 6 cups water with 4 ounces shrimp boil.

2. Heat soup in small saucepan, add your ¼ teaspoon creole seasoning.
3. In a medium bowl, stir gelatin and cold water. Once combined add hot soup.
4. In a different mixing bowl combine cream cheese and mayonnaise together. Once mixed pour in the soup gelatin mixture. Mix well.
5. Then add shrimp, celery, and green onions. Stir well.
6. Lastly, spoon mixture into a mold of your choice. Refrigerate overnight. Serve with crackers.

Yields – 5 servings

Cost per serving: \$4.14

Calories per serving: 500

Lyla Brescher, St. Bernard
Contestant #200
Second Place

BBQ Shrimp

Ingredient List:

2 pounds of jumbo shrimp	River road barbequed shrimp seasoning
2 sticks of unsalted butter	4 tablespoons of Worcestershire sauce

Instructions:

1. Preheat the oven to 350 degrees
2. De-head all the shrimps
3. Melt the butter in the microwave
4. Pour the butter in a 9/13-inch glass baking dish
5. Pour in 8 tablespoons of barbeque seasoning
6. Pour in 4 tablespoons of Worcestershire sauce
7. Pour the shrimp into the pan and mix everything together
8. Bake for 20 minutes turning the shrimp halfway through

Cook Time: 30 minutes.

Number of Servings: 4

Size of Pan: 9/13-inch glass baking dish

Temperature: warm

Nollie Arcement, St. Charles
Contestant #201
Blue Ribbon Group

Shrimp Monica

Ingredient List:

16 ounces rotini pasta (can also use fettuccine, linguine, or penne)	1 1/3 cup heavy cream
1 stick butter	2/3 cup milk
1 medium yellow onion, chopped	1 pound Louisiana shrimp, peeled
4 cloves garlic, minced	1 bunch green onions, chopped
1 tablespoon creole seasoning	2 tablespoons olive oil
	1 cup Parmesan cheese, grated and divided

Instructions:

1. Cook pasta to al dente according to the instructions on the package, drain reserving about ¼ cup of the pasta water.
2. Return pasta to pot, cover, and set aside.
3. In a 6-quart sauté pan melt butter over medium-high heat.
4. Add onions and sauté until soft and translucent.
5. Add garlic and continue to sauté another 2 minutes.
6. Add creole seasoning, mix well, and sauté another 2 minutes.
7. Add cream and milk, stirring to combine, and simmer on low until the sauce begins to thicken.

8. Add shrimp and gently stir to combine.
9. Allow shrimp to cook for 3 minutes, just enough to heat through, then add green onions and stir.
10. Add reserved pasta water and a drizzle of olive oil to the cooked pasta and stir to loosen up.
11. Add pasta to shrimp mixture, a little at a time, and stir completely to combine.
12. Add ½ cup Parmesan cheese and mix well, reserving the remaining Parmesan cheese to add to individual dishes, just before serving.
13. Remove from heat and serve immediately.

Cook Time: 30 minutes.

Number of Servings: 6-8 servings

Size of Pan: 6 quarts

Temperature: Warm

Dylan Rivere, St. Tammany
Contestant #205

Dylan's Shrimp, Chicken, and Sausage Pasta

Ingredients:

- | | |
|---|---------------------------------------|
| 1 packet of noodles of your choice | 1 pound of deveined and washed shrimp |
| One stick of butter | 2 teaspoons of oregano |
| One pack of beef Polska sausage, cut into small pieces. | 2 teaspoons of Tony's seasoning |
| 2 pounds of diced chicken | 2 cups of dry parmesan cheese |
| | 32 ounces of heavy whipping cream |

Directions:

1. Cook noodles as instructed on package and set aside.
 2. Melt a stick of salted butter in a medium sized pot.
 3. Add sausage to buttered pan until slightly browned.
 4. Remove sausage from pot and set aside.
 5. Cook chicken until it is no longer pink.
 6. Remove chicken from pot and set aside.
 7. Add shrimp to the pot and then cook until pink.
 8. Add sausage and chicken to shrimp in pot.
 9. Add oregano and Tony's seasoning.
 10. Allow all meat to cook together for five minutes.
 11. Add heavy whipping cream.
 12. Add parmesan cheese.
 13. Allow it to come to a bubbling simmer.
 14. Lower heat to med-low and allow sauce to thicken slightly.
 15. Add noodles to sauce and meat mixture. Mix until combined.
- Add more parmesan cheese depending on how thick or thin you prefer your sauce. If it is too thick add milk to thin.

Tenley Roberts, Tangipahoa
Contestant # 206
First Place

Cajun Shrimp Dip

Ingredients

- | | |
|------------------------------------|---|
| 8 ounces of cream cheese, softened | 1/2 teaspoon hot sauce |
| 8 ounces of sour cream | 1/2 teaspoon salt |
| 1-pound cooked shrimp, chopped | 1/2 teaspoon black pepper |
| 1/2 teaspoon Worcestershire sauce | 1 teaspoon lemon juice |
| 1 tablespoon horseradish | 1 tablespoon mayonnaise |
| 1 teaspoon paprika | 1 small yellow onion, very finely chopped |

2 stalks celery, very finely chopped

1/2 teaspoon shrimp and crab boil

Method

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

*Yields 12 servings.

*Calories per serving - 151

Other Louisiana Seafood

Sophie Chaisson Jefferson

Contestant # 212

Red Ribbon Group

Oyster Rockefeller Dip

Ingredients List:

1 tablespoon butter

12 ounces shucked oysters

4 ounces cream cheese

1/2 cup mayonnaise

1/2 cup sour cream

1 teaspoon fresh lemon juice

1 (10-ounce) package frozen chopped spinach
defrosted and squeezed dry in paper towels.

2 green onions, sliced

1/4 cup grated Parmesan cheese

1/2 teaspoon garlic powder

2 teaspoons Worcestershire sauce

1/2 teaspoon salt

1/2 teaspoon Tabasco sauce

1/4 teaspoon black pepper

Instructions:

1. Preheat oven to 350 degrees. Lightly grease a small casserole dish.

2. Melt butter in a skillet over medium heat. Add oysters and cook for a minute or two to get them halfway cooked. Remove from heat.

3. Place cream cheese, mayonnaise, sour cream, and lemon juice in a large bowl. Mix with a wooden spoon or hand-held mixer.

4. Add spinach, green onions, parmesan cheese, garlic powder, Worcestershire sauce, salt, Tabasco sauce, and black pepper.

5. Add oysters, chopping them in half if they are large. Gently stir everything together.

6. Transfer mixture to prepared casserole dish. Bake for 20 to 25 minutes or until bubbly.

Prep time: 15 minutes

Cooking time: 25 minutes

Servings: 8

Raelyn Richie, Livingston

Contestant #213

Blue Ribbon Group

Shrimp and Crawfish Bites

Ingredient List:

1/2 pound peeled crawfish

1/2 pound peeled shrimp

1/2 stick butter melted

1/3 cup finely diced onion

1/3 cup finely diced red bell pepper

2 stalks finely diced celery

1 tablespoon diced garlic

1/4 cup chopped green onion

1 cup crushed snack crackers

2 teaspoons of Cajun seasoning

Instructions:

1. Sauté the shrimp in skillet until pink in color.

2. Chop up crawfish and shrimp into smaller pieces.
3. Combine crawfish, shrimp, melted butter, diced onion, red bell pepper, celery, garlic, green onions, and Cajun seasoning into a mixing bowl and combine.
4. Once combined, roll into miniature balls and place in air fryer at 350 degrees Fahrenheit for 8 – 10 minutes until golden brown outside.

Serving size: 1 bite

Cost per serving: \$1.38

Calories per serving: 109

Lee Arcement, Jr., St. Charles
 Contestant #217
 First Place

Oyster and Artichoke Soup

Ingredient List:

½ cup (1 stick) unsalted butter	4 cups good quality or home-made chicken stock
1 large yellow onion, finely chopped (to yield 1 ½ cups)	½ teaspoon cayenne pepper
1 bunch green onion, chopped	1 teaspoon salt
2 ribs celery, finely chopped (to yield 1 cup)	1 tablespoon Worcestershire sauce
4 cloves garlic, peeled and chopped	½ tsp fresh thyme or 1 pinch dried thyme
2 12-ounce packages frozen artichoke hearts, defrosted and quartered	2 pints oysters, drained with reserved liquid
¼ cup all-purpose flour	1/3 cup sherry
	1 cup heavy cream
	1 cup milk

Instructions:

1. In a heavy bottom 8-quart pot, melt butter over medium heat.
2. Add both onions, celery, garlic, and ½ teaspoon salt and sauté for 8-10 minutes until soft.
3. Sprinkle the mixture with the flour and stir to coat the vegetables well continuing to sauté for a few minutes but do not let the flour brown.
4. Add artichoke hearts and sauté for 5 minutes or so.
5. Add stock, cayenne, remaining salt, Worcestershire sauce, and thyme and stir then taste and adjust seasonings.
6. Over high heat, bring the soup to a heavy simmer then reduce heat to low and cover allowing steam to escape through a small gap and simmer for 45 minutes.
7. Stir occasionally to prevent the soup from sticking to the bottom of the pot.
8. Add the oysters, oyster liquid, and sherry and simmer for 7-10 minutes.
9. Stir in the heavy cream and milk and warm through but do not allow the soup to boil.
10. Cool and refrigerate for at least 8 hours or overnight allowing all the flavors to meld.
11. Heat soup slowly over low heat and serve warm.

Cook Time: 75 minutes.

Size of Pan: 8 quarts

Number of Servings: 4-6 servings

Temperature: Warm

Cooper Rosales, Tangipahoa
 Contestant #222
 Second Place

Cajun Fish with Creamy Sauce

Ingredients

1 teaspoon olive oil	1 teaspoon dried leaf thyme, crumbled
1 onion, chopped	2/3 cup canned black beans, drained and rinsed
1 clove garlic, finely chopped	2/3 cup packaged corn-bread stuffing mix
1 sweet red pepper, cored, seeded and chopped	4 catfish fillets, about 1 1/4 pounds

1/2 teaspoon paprika
1 cup canned vegetable broth
2 teaspoons cornstarch
1/4 teaspoon liquid red-pepper seasoning

1/8 teaspoon salt
2 tablespoons nonfat sour cream
1 teaspoon lemon juice

Instructions

1. Preheat oven to 400 degrees. Coat with nonstick vegetable-oil cooking spray a medium sized baking dish just large enough to hold the folded-over fillets in a single layer.
2. Heat oil in a medium-size nonstick skillet over medium heat. Add onion, garlic, red pepper, and thyme; sauté until softened, about 5 minutes. Remove half the mixture to medium-sized bowl. Stir beans and corn-bread stuffing mix into the onion mixture in the bowl.
3. Place fillets flat on a work surface. Spoon vegetable-corn bread mixture in center of each fillet, dividing equally. Fold fillets in half over vegetable-corn-bread mixture. Place fillets in prepared baking dish. Sprinkle with paprika.
4. Bake fish in a preheated 400-degree oven for 15 minutes or until the fillets just begin to flake when tested with a fork.
5. Meanwhile, whisk together vegetable broth, cornstarch, liquid red-pepper seasoning, and salt in small bowl. Stir into vegetable skillet. Heat over medium heat, stirring, until thickened, about 2 minutes. Remove from heat. Stir in sour cream and lemon juice. Serve sauce with fish.

Makes 4 servings.

Gabrielle Van Hout, Washington
Contestant #223
Third Place

Alligator Sauce Piquante

Ingredients for Rice:

3 ¾ cups water
1 teaspoon salt

2 ½ cups rice

Instructions to cook rice:

1. Rinse rice under cold water until the water runs clear
2. Bring water to a boil in a saucepan
3. Add salt and rinsed rice, stir
4. Reduce heat to low and cover
5. Let simmer for 20 minutes
6. Remove from heat and fluff with a fork
7. Set aside

Piquante Ingredients:

6 cups chicken stock
3/4 cup vegetable oil
3/4 flour
1 ½ cup chopped onion
3/4 chopped celery
3/4 cup chopped poblano pepper
1 ½ tablespoons chopped garlic
3 tablespoons tomato paste
2 large tomatoes, chopped
1 jalapeno, minced

2 Bay leaves
½ teaspoon dried thyme
1 teaspoon hot sauce
½ teaspoon cayenne pepper
3 pounds alligator meat, cut into 1-inch pieces
Salt to taste
Ground black pepper to taste
3/4 cup chopped green onion
1/2 cup chopped fresh parsley

Instructions:

1. Put chicken stock into a large saucepan and warm on low
2. Chop onions, celery, poblanos and garlic and put into small bowl
3. Chop tomatoes and jalapeno, put into a small bowl
4. In a large Dutch oven, heat oil over medium heat
5. Whisk in flour, stir constantly until dark brown roux forms – about 15-20 minutes
6. Add onions, celery, poblanos and garlic, cook for 5 minutes
7. Add tomato paste, chopped tomatoes, jalapeno, bay leaves, thyme, hot sauce and cayenne
8. Slowly add warmed stock, stirring constantly and bring to a simmer
9. Reduce heat to medium-low and cook, stirring frequently for 30 minutes
10. Gently stir in alligator, increase heat to medium and cook, stirring often for 30-45 minutes until meat is tender
11. Season to taste with salt and pepper
12. Add additional stock if the sauce is too thick
13. Remove Bay leaves
14. Stir in green onions and parsley
15. Serve over rice

Cook Time: 1 hour, 15 minutes.

Size of Pan: 9-quart Dutch oven

Number of Servings: 8 1 cup servings, plus ½ cup rice

Temperature: Hot

Blithe Mae Bryan, West Feliciana
Contestant # 224

Oyster and Artichoke Soup

Ingredients:

- | | |
|--|--|
| 2 tablespoons olive oil | 1 bay leaf |
| 1 bunch green onions, chopped | ½ teaspoon fresh thyme leaves |
| 1 teaspoon minced garlic | ¼ teaspoon cayenne pepper |
| ¼ cup all-purpose flour | 2 - 14 ounce cans artichoke hearts, drained and coarsely chopped |
| 1 ½ cups chicken broth | 1 cup half and half |
| 1-pint oysters drained, reserve ½ cup liquid | |

Instructions:

1. Heat olive oil over medium heat in a medium saucepan. Add green onion and garlic and cook for 5 minutes.
2. Add flour, stir continuously until combined, then slowly add chicken broth and oyster liquid.
3. Add Bay leaf, thyme, and cayenne.
4. Bring to a boil, then reduce heat to low and simmer for about 15 minutes.
5. Add oysters and artichokes. Cook for about 10 minutes until the oysters curl around the edges.
6. Stir in the half and half and cook on low until heated through.
7. Remove the Bay leaf.
8. Garnish with fresh thyme leaves, if desired.

Sugar Cake

Callie Mudge, Ascension
Contestant #225
Second Place

Pecan Pie Cheesecake

Ingredients:

For the Crust:

1 $\frac{3}{4}$ cups graham cracker crumbs
 $\frac{1}{4}$ cup firmly packed light brown sugar

$\frac{1}{4}$ cup unsalted butter melted

For the Cheesecake Filling:

3 8-ounce blocks cream cheese, room temperature

3 large eggs

1 cup granulated sugar

1 tablespoon vanilla extract

$\frac{1}{3}$ cup sour cream, room temperature

3 tablespoons all-purpose flour

For the Pecan Pie Topping:

$\frac{1}{2}$ cup unsalted butter

1 teaspoon vanilla extract

$\frac{3}{4}$ cup firmly packed light brown sugar

2 cups toasted pecan halves

$\frac{2}{3}$ cup heavy cream

Instructions:

For the Crust:

1. Preheat the oven to 350F.
2. In a 2-quart bowl, stir together graham cracker crumbs, sugar, and butter, until well combined. Press the mixture into the bottom and about 1 inch up the sides of a 9-inch springform pan using the bottom of a glass or measuring cup to create an even layer. Place the springform pan on a 10 by 15-inch rimmed baking sheet lined with foil.
3. Bake for 10 minutes. Remove and let cool while making the filling.

For the Cheesecake Filling:

1. Reduce the oven temperature to 325F.
2. In 5-quart bowl of a stand mixer with the paddle attachment, beat the cream cheese on medium-low speed until smooth, about 1 minute. Add the sugar and beat until fully incorporated, stopping to scrape down the bowl as needed with a large spatula. Add the sour cream and vanilla and beat just until combined.
3. Add the eggs, one at a time, beating each until fully incorporated before adding the next. Stop to scrape down the bowl between the eggs with the large spatula. Sift in the flour and beat just until combined. Pour into the cooled crust. Tap pan on counter carefully to remove air bubbles from batter.
4. Boil 4 cups of water in a 4-cup glass measuring cup in the microwave. Place a 2.5-quart casserole dish on the bottom rack of the oven and pour in the boiling water. Place the cheesecake on the 10 by 15-inch rimmed baking sheet lined with foil on the middle rack above it.
5. Bake for 40 minutes or until the center wobbles when gently shaken and the edges are slightly puffed. Turn the oven off and leave the oven door a few inches open. Let cool for 1 hour. Remove the cheesecake from the oven and let cool completely at room temperature. Cover with plastic wrap, and chill for 6 hours or overnight.

For the Pecan Pie Topping:

1. To make the pecan pie topping, melt the butter in a 3-quart sauté pan over medium heat. Add the sugar. Stir until dissolved and bubbling.
 2. Stir in the heavy cream and vanilla until fully incorporated and bubbling again. Stir in the pecans and coat well. Cook for 1 minute. Caramel will still be runny but thickens as it cools. Remove from the heat and let cool, stirring frequently, until barely warm to the touch (about 40 minutes).
 3. Run a thin knife around the edge of the cake pan. Release the spring and remove the sides of the pan. Pour the cooled pecan topping over the top of the cake before serving. Store in Refrigerator.
- Makes 8 servings.

LaShun Williams, East Baton Rouge
Contestant #226
Red Ribbon Group

Red Velvet Butter Cake squares

Ingredients

Red velvet cake mix	2 medium eggs (cake frost)
1 cup butter melted	16-ounce powder sugar
2 medium eggs (for cake mix)	Cream cheese frosting
8-ounce package cream cheese soften	Fresh blueberries

Materials

Measuring cups	Medium mixing bowl (2 ½ or 3 quart)
Measuring spoons	Hand mixer
9x13 Square baking dish	Rubber spatula
Large Mixing bowl (4 or 6 quart)	7.5-inch plate

Instructions

Preheat the oven to 350 degrees. Mix cake mix, butter, 2 eggs, in a large mixing bowl until well-combined. Pat mixture into a 9x13 inch dish, set aside. Mix cream cheese and 2 eggs with an electric mixer in a medium mixing bowl. Slowly beat in powdered sugar until well combined (smooth). Pour cream cheese mixture over cake. Bake in the preheated oven until golden brown, 30 to 40 minutes. Let cool down. Once cool, cut into 2x2 squares.

To Serve: On each square add ½ teaspoon cream cheese icing on top of red velvet sugar cake squares. Top each square with three fresh blueberries.

Storage: Refrigerate

Can be served warm

- Remove blueberries from square or squares that you want warm
- Heat red velvet sugar square in the microwave for 10 seconds (depending on the watts of the microwave).

You want it to be warm, not hot.

- Once warm, add blueberries back on top of the red velvet sugar square.

Preparation 10 minutes

Cook time 36 minutes

Serving 6-8

Cohen Sarvis, Jefferson
Contestant #228
Blue Ribbon Group

Zucchini Bread

Ingredient List:

2 cups of raw zucchini (grated)	1 tablespoon of vanilla
3 eggs	2 cups of flour
1 ½ cups of sugar	1 teaspoon of cinnamon
¾ cup of vegetable oil	¼ teaspoon of baking soda

1 teaspoon of salt
2 teaspoons of baking powder

½ cup chopped nuts (pecans)

Instructions:

- Grate 2 cups of raw zucchini (no need to peel) and set aside.
- Preheat oven to 350°.
- Grease 4 mini loaf pans (approximately 5.5 x 3.5).
- In a large bowl, beat eggs until frothy.
- Beat in sugar, oil, and vanilla until the mixture is thick and lemon colored.
- Stir in grated zucchini and flour.
- Add cinnamon, baking soda, salt, and baking powder.
- Fold pecans into the mixture.
- Divide the batter evenly between the loaf pans.
- Bake at 350° for 45 – 50 minutes or until a toothpick comes out of the center clean.
- Cool in the pan for five minutes.
- Remove from the pan and cool on a wire rack.

Prep Time 20 minutes.

Cook Time 50 minutes.

Total Time: 1 hour 10 minutes.

Number of Servings: 24 servings

Size of Pan: 4 mini loaf pans (approximately 5.5 inches x 3.5 inches)

Temperature: Serve room temperature or warmed.

Livingston Parish
Contestant #229
Frist Place

Kingcake Poke Cake

Ingredient List:

Cake:

1 box yellow cake mix (plus ingredients on box)

1 package vanilla instant pudding (sugar-free 1-ounce size, regular 3.4-ounce size)

Cake filling:

1 cup brown sugar

3 teaspoons ground cinnamon

Poke topping:

1 14-ounce can condensed milk (sweetened)

½ cup brown sugar

¼ cup melted butter

1 teaspoon ground cinnamon

Topping:

6 ounces cream cheese, softened

8 ounces whipped topping, thawed

2 tablespoons powdered sugar

Sprinkles

Instructions:

1. Pre-heat oven according to box directions. (350 degrees Fahrenheit)
2. Make cake mix according to box directions, add dry instant pudding to mix.
3. Grease 9x13 cake pan. Pour half of cake batter into cake pan. In a bowl, mix cake filling: 1 cup brown sugar, 3 teaspoons cinnamon and sprinkle over the cake batter.
4. Pour remaining batter over filling & bake cake as directed. While baking, make poke topping: combine condensed milk, melted butter, brown sugar, and cinnamon.
5. When cake is done baking and still warm poke holes in it with the end of a wooden spoon, then pour “poke” mixture over evenly.
6. Let cool completely.

7. To make the topping, beat/mix the cream cheese with powdered sugar. Fold in whipped topping. Spread on cooled cake and top with sprinkles.

Yields: 18 servings

Cost per serving: \$1.67

Calories per serving: 230

Sunday Rogers, Plaquemines

Contestant #231

Blue Ribbon Group

Southern Butter Pecan Cake

Ingredient List

Roasted Butter Pecans:

1 ½ cups pecan chips

½ teaspoon cinnamon

3 tablespoons unsalted butter, melted

Cake:

2 cups all-purpose flour

1 ½ teaspoon vanilla extract

1 ½ teaspoon baking powder

½ teaspoon maple extract

¼ teaspoon salt

½ cup sour cream

1 ½ cups granulated white sugar

1 cup whole milk

½ cup light brown sugar, packed

½ of roasted butter pecan butter (details for preparation below)

12 tablespoons unsalted butter, room temperature

½ cup of roasted butter pecan chips

2 eggs

1 egg yolk

8 ounces cream cheese, room temperature

Brown Sugar Cream Cheese Frosting:

½ teaspoon maple extract

4 tablespoons unsalted butter, room temperature

¼ teaspoon of salt

½ cup fresh light brown sugar, soft with no lumps

2 ½ cups powdered sugar

½ teaspoon vanilla extract

½ cup of roasted butter pecan chips

Instructions

Prepare oven and cake pans:

1. Preheat oven to 350 F°

2. Generously grease 2 9-inch cake pans with shortening and light dust with flour.

Prepare the Pecans:

1. In a large bowl, toss pecan chips in melted butter and cinnamon

2. Place in a single layer on a baking sheet. Bake at 350 F° for 6 minutes, flipping halfway. Pecans should be fragrant and slightly crunchy when removed from the oven. They will become crunchier as they cool.

3. Once cooled, remove ½ cup of roasted butter pecans and blend in a food processor until creamy. Set this roasted butter pecan butter aside until ready to use in the cake.

Make the Cake:

1. In a medium bowl sift together flour, baking powder, and salt. Set aside.

2. In a larger bowl, cream together granulated white sugar, light brown sugar, and butter.

3. Mix in eggs and yolk.

4. Mix in vanilla extract, maple extract, and sour cream.

5. Mix the dry ingredients into wet ingredients, alternating with the milk.

6. Once the batter is combined and fluffy, stir in the ½ cup roasted butter pecan butter (set aside earlier) and ½ cup of the roasted butter pecan chips

7. Pour batter evenly into prepared 9-inch cake pans. Bake for 25-28 minutes or until a toothpick inserted into the center comes out clean.

8. Allow the cake to cool in the pan until the pans are cool enough to touch, and then carefully remove them from the pans and allow them to cool completely on a cooling rack

Make the Brown Sugar Cream Cheese Frosting:

1. In a large bowl, cream together cream cheese and butter until blended.
2. Add brown sugar and mix until fluffy and light. The brown sugar should be completely mixed in and creamy without a gritty texture.
3. Mix in vanilla extract, maple extract, and salt.
4. Gradually mix in powdered sugar until frosting is smooth and creamy.
5. Finally, mix in ½ cup of roasted butter pecan chips.

Assemble the cake:

1. Frost one of the 9-inch cakes only on the top with a layer of Brown Sugar Cream Cheese Frosting.
2. Then stack another 9-inch cake on top of the frosted cake.
3. Frost the outside of the stacked cakes.

Preparation Time: 1 Hour

Number of Servings: 1 slice (8 servings total)

Cook Time: 25 Minutes

Aubrey Louque, St. James
Contestant #235
Blue Ribbon Group

Apple Cake

Ingredient List:

- | | |
|-----------------------------|---------------------------------|
| 1-1/2 cups oil | ½ teaspoon salt |
| 2 cups sugar | 1 teaspoon vanilla |
| 3 eggs | 1 cup light brown sugar |
| 3 cups chopped fresh apples | ½ cup evaporated milk |
| 2 cups chopped pecans | 4 cups sifted confections sugar |
| 3 cups flour (sifted) | 1 teaspoons vanilla |
| 1 teaspoon baking soda | |

Instructions:

1. Blend together oil, sugar and eggs. Add apples, nuts, sifted flour, baking soda, salt, and vanilla.
2. Bake mixed ingredients in a Bundt pan for 1 hour at 350 degrees.
3. While the mixture is baking, combine the butter and brown sugar in a medium saucepan. Stir over medium heat until the butter melts and blends with the brown sugar to make a smooth sauce, 2-3 minutes.
4. Add the milk, and let the icing come to a gentle boil. Stir well.
5. Remove icing from heat and add the sifted confections sugar and vanilla.
6. Beat well with a mixer, whisk or spoon for 1-2 minutes, until the glaze thickens and loses a little of its shine. Use at once.
7. If the glaze hardens, stir in 1 or 2 spoonful's of evaporated milk to soften it.

Cook Time: 1 hour.

Size of Pan: Bundt pan

Number of Servings: 14

Temperature: Warm or Room Temperature

Cookies & Cream Cheese Pound Cake

Ingredient List:

Cake:

2 sticks of salted butter, softened	3 cups of cake flour
8 tablespoons butter-flavored shortening (can substitute with 1 stick of butter)	1 cup of milk or half and half, room temperature
8 ounces of cream cheese, softened	½ teaspoon baking powder
3 cups of sugar	½ teaspoon salt
5 eggs, room temperature	2 teaspoons vanilla extract
	15-20 crushed Oreos, or more

Icing:

1 ½ cups powdered sugar	½ teaspoon vanilla extract
2 tablespoons heavy whipping cream	2 pinches of salt
2 tablespoons of milk or water	

Instructions:

1. Preheat oven to 325 degrees
2. Mix together 2 sticks of softened butter, 8 ounces of cream cheese, and 8 tablespoons of butter-flavored shorten to a mixing bowl
3. Add 3 cups of sugar to the mixing bowl and beat until creamy
4. Add 5 eggs, one egg at a time, and beat each egg for one minute
5. Add 2 cups of cake flour and 1 cup of milk (for every cup of flour, add in half of the milk, there for you should start with flour and end with flour)
6. Add in baking powder
7. Add in vanilla extract
8. Add in crushed Oreos
9. Bake for 1 hour and 10 minutes to 1 hour and 20 minutes, or until a tester comes out clean
10. While the cake is baking, begin to make the icing
11. Add the icing ingredients into a mixing bowl and begin mixing together.

Cook Time: 15 minutes.

Size of Pan: Bundt pan

Number of Servings: 16 servings

Temperature: Chilled

Hannah Hessel, St. Tammany

Contestant #237

Blue Ribbon Group

Cream Cheese Pound Cake

Ingredient List:

3- sticks of butter	3- cups of cake flour
1- 8-ounce block of cream cheese	1- tablespoon vanilla extract
3- cups of sugar	1- tablespoon almond extract
6- eggs	

Instructions:

1. Beat butter (room temperature), block of cream cheese (room temperature) and sugar until creamy.
2. Add eggs and cake flour. Alternate eggs and flour. Beat slowly.
3. Mix in vanilla and almond extract.
4. Put into a greased and floured pan. (Baker used 10-inch round tube pan)

5. Place in a cold oven. Bake for 1.5 hours at 325 degrees.

Abigail Yates, Tangipahoa
Contestant #238

Banana Split Layer Cake

Cake ingredients:

1 Box Triple chocolate cake mix
1 Box Strawberry cake mix
1 Box French Vanilla cake mix

eggs (use according to box directions)
oil (use according to box directions)
water (use according to box directions)

Frosting:

3 cups unsalted butter softened
6 cups powdered sugar

2 tablespoons pure vanilla extract
5-7 tablespoons heavy whipping cream

Decorating:

2 Bananas sliced
Cherries

1 1/2 cups semi-sweet chocolate chips

Directions

- Preheat oven to 350 degrees and spray the three 8" cake pans with nonstick spray.
- Following the directions on the back of the cake boxes, make your cake batters.
- Fill 1 cake pan 3/4 way full of one flavor batter for each pan.
- Bake in the oven for 25-30 minutes or until a toothpick comes out clean.
- Allow cakes to cool on the counter completely, then remove each from pans.
- Combine all ingredients for frosting and blend until mixed thoroughly.
- Layer each cake layer with frosting and banana slices.
- Frost outside of cake.
- Decorate the cake with cherries and chocolate chips.

Servings: 12 servings, Prep: 30 mins, Cook: 25 mins

Riley Bettencourt, Washington
Contestant #239
Third Place

King Cake

Ingredients:

Pastry:

1 box (16 ounce) Pillsbury Hot Roll Mix
2 tablespoons Sugar
1 cup hot water (120° - 130°)

1 large egg
2 tablespoon butter, softened
1 tablespoon cinnamon

Filling:

2 – 8-ounce packages of cream cheese, softened
2 cup powdered sugar

2 teaspoons Vanilla extract

Icing:

2 cups powdered sugar
3 tablespoons butter, melted
2 teaspoons lemon juice

½ teaspoons Vanilla extract
3-2 cups milk
Purple, green, and yellow sugar sprinkles

Instructions:

1. In a large bowl combine hot roll mix, and yeast (in box) with sugar. Add hot water, egg, and butter. Stir until combined and dough starts pulling from the sides.

2. Turn dough out onto floured surface and form into a ball with floured hands. Knead dough 5 minutes turning frequently. You may need to add flour.
3. Reshape dough into a ball and cover. Rest 5 minutes
4. Make filling by combining cream cheese, powdered sugar, and vanilla in a bowl. Stir until smooth.
5. Once the dough has rested, flour a large area and roll the dough out in a large rectangle (12" x 20")
6. Sprinkle cinnamon over the dough
7. Spread cream cheese filling evenly over the dough
8. Fold the dough over in half. Cut 3 strips long ways.
9. Pinch one end of all strands together. Braid the three strands, then form into a circle.
10. Transfer pastry to a baking sheet with parchment or silicone baking mat. Pinch seams of the circle. Cover with plastic wrap and towel for 30 minutes.
11. Preheat oven to 375° Bake 25-30 minutes, until golden brown
12. Cool completely, make icing combining the listed ingredients (Add more sugar to thicken or milk to thin)
13. Drizzle icing over when cooled and sprinkle purple, yellow and green sprinkles in alternating pattern

Cook Time: 25-30 minutes.

Size of Pan: 9' x 13" baking

Temperature: Cool

Number of Servings: 12- 15

sheet

Chloe Singleton, West Feliciana

Contestant # 240

Blue Ribbon Group

Raspberry Lemon Greek Yogurt Cake

Ingredient List:

For Cake:

1 ½ cups flour

½ cup vegetable oil

2 teaspoons baking powder

2 large eggs

½ teaspoon salt

1 teaspoon lemon zest

1 cup white granulated sugar

½ teaspoon vanilla extract

8 ounces plain Greek yogurt

2 cups raspberries

Glaze:

½ cup confectioners' sugar

1 tablespoon lemon juice

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Line a 4 ½ x 8 ½ loaf pan with parchment paper.
3. In a small bowl, whisk together 1 ½ cups flour, 2 teaspoons baking powder, and ½ teaspoon salt.
4. In a large bowl, mix together the 1 cup white granulated sugar, 8 ounces plain Greek yogurt, ½ cup vegetable oil, 2 large eggs, 1 teaspoon lemon zest, and ½ teaspoon vanilla extract.
5. Stir the small bowl of dry ingredients into the large bowl of wet ingredients.
6. Mix until the batter comes together.
7. Carefully fold in the berries with a spatula.
8. Bake for 55-65 minutes, or until a toothpick comes out clean.
9. Let cake cool in the pan for 15 minutes before dumping onto a cooling rack.
10. Make the glaze by whisking together ½ cup confectioners' sugar and 1 tablespoon lemon juice until smooth.

Candy/Other

Addison Boudreaux, Ascension
Contestant #241
Blue Ribbon Group

Creamy Southern Pecan Pralines

Ingredients:

14 oz. can of condensed milk	1 tablespoon of vanilla extract
1 cup granulated sugar	1 cup of chopped pecans
4 tablespoons of butter	

Equipment:

Microwave safe bowl	Measuring cup
Parchment paper	Measuring spoon

Directions:

1. Combine condensed milk, sugar, and butter to a microwave safe bowl. Do not mix.
2. Place in microwave for 3 minutes then stir for 40 seconds.
3. Put back in microwave for 2 minutes then stir for 40 seconds. Repeat twice.
4. Add pecans and vanilla extract to bowl and stir together for 2 minutes. Mixture will start to thicken.
5. Spoon onto parchment paper and let stand for 2-3 hours.
6. Enjoy!

Cooking Time: 12 minutes

Total: 2-3 hours

Servings: 10-12

Quinn Langley, East Baton Rouge
Contestant #242
Blue Ribbon Group

Bacon Appetizers

Ingredients

Non-stick cooking spray	36 country club style crackers
1 pound thin-sliced bacon	$\frac{3}{4}$ cup brown sugar

Instructions

1. Preheat the oven to 250 degrees.
2. Spray both sides of a 10 $\frac{1}{2}$ X 18 $\frac{1}{2}$ inch cooling rack with non-stick cooking spray.
3. Line 12 X 20-inch lipped cookie sheet with foil.
4. Place the cooling rack on a cookie sheet.
5. Cut each slice of bacon in half (crosswise).
6. Place cut bacon slices on a cooling rack.
7. Lay 1 cracker crosswise on a bacon slice.
8. Using a teaspoon, place one teaspoon of brown sugar on a cracker.
9. Fold bacon ends across the sugar; do so snugly not tightly.
10. Repeat until all bacon is used.
11. Position the bacon-wrapped crackers so that they all fit on the cooling rack; placing them in a row so they can be baked at one time.
12. Place a cooling rack/cookie sheet combo with bacon wraps in the oven and bake for 2 hours.
13. Serve immediately or at room temperature.

Yields: 36 bacon wrapped crackers.

Can freeze up to three months.

Abigail Harr, East Feliciana
Contestant #243
Second Place

Spiced-Sugared Pecans

Ingredients:

1 Cup of White Sugar	1 ½ Cups of Pecan Halves
5 Tablespoons Water	1 teaspoon of Vanilla Extract
½ teaspoon of Cinnamon	

Directions:

1. Place Sugar, Water, Cinnamon, and Pecans in a two-quart saucepan.
2. While stirring, bring to a full boil on medium-high heat and boil for two minutes.
3. Remove from heat, add vanilla extract and stir with wooden spoon until syrup turns to sugar.
4. Pour out onto parchment paper or wax paper and separate nuts.
5. Allow them to dry for 30 minutes.

Serving Size: About 12 Servings

Sophie Chaisson, Jefferson
Contestant #244
Red Ribbon Group

Candied Grapes

Ingredients

2 cups granulated sugar	½ teaspoon food coloring (your choice)
¼ cup corn syrup	1-pound large green seedless grapes
¾ cup water	

Instructions:

1. Insert a toothpick into the stem end of the grape, pushing about halfway through, and set aside.
2. Line a baking sheet with parchment paper and coat generously with cooking spray.
3. In a large saucepan over high heat, stir together the sugar, syrup, and water. Bring the mixture to a boil and turn the heat to medium. Stir in the food coloring. Insert a candy thermometer and continue to boil until the mixture reaches Hard Crack stage (from 300-310 degrees), approximately 15-20 minutes.
4. Remove the sugar mixture from the heat and allow to rest for a few minutes before quickly dipping the grapes in the sugar mixture, turning to coat. The rest allows the bubbles to subside a bit, so you don't have bubbles in your candy coating.
5. Transfer to the baking sheet to cool completely.

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 18-20 grapes

Maddy Cade, Livingston
Contestant #245

Maddy's Chocolate Brownies

Ingredient List:

10 tablespoons unsalted butter	¼ rounded teaspoon kosher salt
1 ¼ cups granulated sugar	1 teaspoon vanilla extract
¾ cups plus 2 tablespoons unsweetened cocoa powder	2 large cold eggs
	½ cup all-purpose flour

Instructions:

1. Pre-heat oven to 325 degrees Fahrenheit.

2. In an 8x8 square pan, spray with nonstick spray.
3. In another bowl, mix butter, sugar, cocoa powder, and salt. Put the bowl onto medium heat.
4. Mix thoroughly until butter is melted and mixture is quite warm.
5. Set aside for about 5 minutes until mixture is not hot but warm.
6. Stir in vanilla then one egg. Next, stir well before adding the second egg.
7. When the batter looks thick add your flour. Beat flour until batter is thick and pulls away from the bowl.
8. Spread batter evenly across the prepared pan.
9. Place it in the oven and bake for 20 to 30 minutes.

Cost per serving: \$0.16

Calories per serving: 158

Daphne Cole, St. Bernard
 Contestant #248
 Blue Ribbon Group

Triple Chocolate Mousse

Ingredients

- | | |
|--|--|
| ¼ cup of milk chocolate chips | 4 ounces of cream cheese, cut into 8 pieces and softened |
| ¼ cup of dark chocolate chips | ⅓ cup of powdered sugar |
| 1 cup of heavy whipping cream | ⅓ cup of sugar |
| 1 teaspoon of gelatin | 4 teaspoons of cocoa, plus ½ teaspoon for optional garnish |
| 4 teaspoons of cold water | ½ teaspoon of vanilla extract |
| 4 tablespoons of hot water, nearly boiling | |

Steps

1. In a small saucepan, combine milk chocolate chips, dark chocolate chips, and ½ cup of the heavy whipping cream over medium-low heat, stirring frequently until chocolate chips are completely melted and mixture is smooth.
2. Remove from heat and pour into a heatproof bowl. Allow to cool completely before continuing.
3. Sprinkle gelatin over cold water in a small bowl; let stand for 1 minute to soften. Add hot water; stir until gelatin is completely dissolved and mixture is clear. Cool slightly.
4. In a bowl of stand mixer, combine cream cheese, gelatin, and (cooled) chocolate mixture, stirring until combined. Gradually add powdered sugar until completely combined. Scrape down sides of the bowl as needed. Strain through a mesh strainer to remove any clumps.
5. Stir together 4 teaspoons of sugar and cocoa in a medium bowl; add ½ cup whipping cream and vanilla. Beat on medium speed with a stand mixer, scraping bottom of bowl occasionally, until mixture is stiff.
6. Pour in chocolate gelatin mixture; beat until well blended. Spoon into 6 individual serving dishes or one single 6-cup serving bowl.
7. Refrigerate for 60 minutes. Top with remaining cacao and serve.

Cook time: 1 hour plus 1 hour to chill Number of servings: 6 - ⅔ cup servings Size of pan: 6-cup dish or six 1-cup dishes Temperature: Chilled

Isabella LeBlanc, St. Charles
 Contestant #249

Pecan-Crusted Sweet Potatoes

Ingredient List:

Crust Mixture:

- | | |
|-------------------|----------------------|
| ¾ cup brown sugar | ¾ cup chopped pecans |
| ¼ cup flour | ¼ cup melted butter |

Sweet Potato Mixture:

- | | |
|-------------|-----------------|
| ¾ cup sugar | ¼ teaspoon salt |
|-------------|-----------------|

¼ teaspoon vanilla
2 cups mashed sweet potatoes

1 egg, well beaten
¼ cup butter

Instructions:

1. Combine all crust ingredients in a mixing bowl and set aside.
2. Combine sweet potato ingredients in a mixing bowl in the order listed making sure to combine them thoroughly!
3. Pour sweet potato mixture into a buttered 9x13 inch baking dish.
4. Sprinkle crust mixture evenly onto the surface of the sweet potato mixture.
5. Bake for 30 minutes in preheated 350 degrees Fahrenheit oven.
6. Allow to set for 15-30 minutes before serving.

Cook Time: 30 minutes.

Number of Servings: 16-20
servings

Size of Pan: 9x13 inch
Temperature: Cool

Iy'Sis Jones, St. James
Contestant #251
Third Place

Southern Pecan Candy

Ingredient List:

1 wire whisk
1 kitchen thermometer
2 cups granulated sugar
4 tbsp salted butter

1 can/12 oz evaporated milk
2 tbsp pure vanilla extract
½ cup chopped pecans

Instructions:

1. In medium pot bring to a boil on high heat sugar, 1 tbsp butter and 12 oz evaporated milk. Whisk on high heat until mix reaches 180 degrees.
2. Lower heat to medium and whisk in remaining butter and vanilla. Continue to whisk for about 45 minutes or until mix begins to thicken.
3. Add in pecans by folding them into mix. Spoon the mixture onto a greased foil sheet leaving a 2-inch space between each spoonful.
4. Let cool and enjoy.

Cook Time: 1 hour and 30 minutes

Number of Servings: 30-40 (depending on size cut)

Size of Pan: 12x12 foil sheet greased

Temperature: Room Temperature

Emery Tantillo, St. Tammany
Contestant #253
Red Ribbon Group

Chocolate Éclair

Ingredients:

3 cups of milk
2 boxes of instant French Vanilla pudding mix

8-ounce cool whip (thawed)
1 box of graham crackers

Frosting:

2 squares of semi-sweet chocolate
2 tablespoons of milk
2 tablespoons of butter

2 tablespoons of Karo syrup
1 ½ cups of powdered sugar

Directions:

In a medium bowl whisk together milk and pudding. Fold in thawed cool whip and set aside. In the bottom of a 9x13 baking pan, layer graham crackers, then half of the pudding mixture. Top with a second layer of graham crackers and the remaining pudding mixture. Finish with a third layer of graham crackers.

Frosting:

Melt chocolate and butter in the microwave in 30 second increments until combined. Add Karo syrup, milk, and powdered sugar. Whisk until smooth. Pour over top of the graham crackers. Refrigerate for 8 hours. Enjoy!

Serves 15-20 people.

Cooking Time: 15 minutes.

9x13 pan

Hugh Johnson, Tangipahoa

Contestant #254

Blue Ribbon Group

Easy Peanut Butter Fudge

Ingredients

2 cup sugar

1 teaspoon vanilla extract

½ cup milk

¾ cup peanut butter

Instructions

Lightly spray 8x8 dish with non-stick spray; set aside. In a medium pan stir together the sugar and the milk. Over medium-low heat, bring to a boil. Continue to boil for 2 ½ minutes, stirring constantly to prevent sticking. Remove from the heat, stir in the peanut butter and the vanilla until smooth. Pour into the prepared pan and allow it to cool completely.

Nutritional value

Calories:110

Unsaturated fat; 3g

Fiber: 0g

Total fat:4g

Cholesterol: 0mg

Sugar: 16g

Saturated fat: 1g

Sodium: 40mg

Protein: 2g

Trans fat:0g

Carbohydrates: 18g

Makes 12 small servings.

Jaxton Sessions, Washington

Contestant # 255

Red Ribbon Group

Pecan Pralines

Ingredients:

2 cups pecan pieces

2 tablespoons butter (softened)

1 box light brown sugar

1 cup heavy whipping cream

Instructions:

1. Mix heavy whipping cream and sugar in a bowl
2. Microwave on high for 9 minutes
3. Add butter and pecan pieces and beat until sticky
4. Drop by the teaspoonfuls on parchment paper
5. Let sit until dry and hardened

Cook Time: 20 minutes

Size of the Pan: 18 x 26 baking sheet

Temperature: Room Temperature

Number of Servings: 24

Southern Candied Almonds

Ingredient List:

Cooking spray	1 egg white
1 cup sugar	2 teaspoons of water
1 tablespoon ground cinnamon	2 teaspoons of vanilla extract
½ teaspoon salt	1-pound shelled almonds

Instructions:

1. Preheat the oven to 250 degrees Fahrenheit.
2. Spray a cookie sheet with cooking spray.
3. Mix 1 cup sugar, 1 tablespoon ground cinnamon, and ½ teaspoon salt in a large plastic zipper bag.
4. Whisk 1 egg white, 2 teaspoons water, and 2 teaspoons of vanilla extract in a large bowl until frothy (you may use a fork or electric mixer).
5. Add almonds to large bowl and stir to combine, coating each almond in the egg white mixture.
6. Pour coated almonds into the bag with the sugar mixer, seal and shake to fully coat in the sugar mixture.
7. Spread out in a single layer onto the sprayed cookie sheet.
8. Bake for 1 hour, stirring every 20 minutes.

Number of Servings: Approximately 8 half cup servings.

Cookies

Addison Boudreaux, Ascension

Contestant #257

Frist Place

Frosted Toffee Cookies

Ingredients:

½ cup butter softened	1 ¾ cup flour
½ cup brown sugar	¼ teaspoon baking soda
½ teaspoon vanilla	¼ teaspoon salt
1 egg	¾ cup chocolate toffee bits crushed and divided

Glaze:

¼ cup butter	3 tablespoons milk
½ cup brown sugar	1 1/3 cup powdered sugar

Topping:

1/3 cup milk chocolate chips	½ teaspoon vegetable oil divided
1/3 cup white chocolate chips	

Instructions:

1. In a large bowl beat together butter, brown sugar, vanilla, and egg with mixer and medium speed until light and fluffy.
2. On low-speed mix in flour, baking soda and salt. Set aside 1/3 of the crushed heath toffee bits for garnish.
3. Stir in the remaining 2/3 of the toffee bits into the cookie dough.
4. Roll into 1-inch balls. Place on ungreased cookie sheet about 1 inch apart.
5. Bake for 10-12 minutes at 325 degrees or until tops of cookies feel set when touched.

6. Remove from cookie sheets to cool.

Glaze:

1. In a 1-quart saucepan heat the butter, brown sugar and milk over medium/low heat. Stir frequently until mixture just comes to a boil and sugar is dissolved.
2. Stir in powdered sugar and beat until smooth.
3. Immediately frost the top of each cookie.

Topping:

1. Place chocolate chips and white chips in separate microwavable bowls.
2. Add ¼ teaspoon vegetable oil to each bowl of chips.
3. Microwave on high for 1 ½ to 2 minutes stirring every 30 seconds until melted.
4. Using the tip of a spoon, drizzle melted chocolate and white chocolate over each cookie.
5. Then sprinkle the remaining toffee bits on top.
6. These can be refrigerated so the drizzled chocolate will set up quicker.

Equipment:

Large Mixing Bowl
Hand Mixer
(Makes 24 cookies)

Cookie Sheet (11" x 16")
Saucepan (1 quart size)

Microwave Safe Bowl

Ella Wesley, East Baton Rouge
Contestant #258
Second Place

Brownie Cookies

Ingredients

¾ cup plus 1 tablespoon all-purpose flour	1 tablespoon canola oil
¾ teaspoon baking powder	1 teaspoon vanilla extract
3 large eggs at room temperature	5 tablespoons butter
1 ¼ cups granulated sugar	8 oz semisweet chocolate
¾ teaspoon salt	¼ cup Dutch-process cocoa powder

Instructions:

1. Adjust an oven -rack to the middle of the oven, preheat the oven to 350 degrees Fahrenheit and line two sheet pans with parchment paper.
2. In a small bowl whisk together the flour and baking powder and set aside
3. In the bowl of a stand mixer fitted with a paddle, beat the eggs, sugar, and salt on medium-high speed until the mixture is pale and doubled in volume, 6 to 8 minutes. Turn the mixer to low speed and stir in the canola oil and vanilla until just combined.
4. While the egg mixture is beating, melt the butter and chocolate. Place the butter in a small, heavy-bottom saucepan set over low heat. Add the chocolate and melt together, stirring frequently, until smooth. Off the heat, add the cocoa powder to the chocolate and whisk until completely combined.
5. Add the warm chocolate-butter mixture to the egg mixture and mix on low speed until combined. Add the flour mixture and mix on low speed until combined. Let the mixture sit at room temperature for 5 minutes.
6. Use a small scoop or two spoons to drop heaping tablespoons of batter onto the prepared sheet pans., spacing them at least 2 inches apart, fitting 12 on a pan.
7. Bake the cookies one pan at a time, rotating halfway through baking. Bake until the cookies are puffed and cracked and the edges are set, 8 to 12 minutes.
8. Transfer the sheet pan to a wire rack and let the cookies cool completely on the pan.

Cook Time: 12 minutes.

Size of pan: 5.25 x 10.25 x .75

Source: 100 Cookies by Sarah

Number of Servings: 10

in

Kieffer

Temperature: warm

Nutella Truffles

Recipe by: Jennifer Fishkind

Ingredients:

25 Oreo Thins cookies (half of a 13.1-ounce package)
4 ounces cream cheese room-temperature
 $\frac{2}{3}$ cup Nutella

$\frac{1}{4}$ teaspoon salt
10 ounces milk chocolate melting wafers (I used Ghirardelli brand)
Chocolate sprinkles for garnish

Instructions:

1. Line a small, rimmed baking tray with parchment paper. Set aside.
2. In the bowl of a food processor add the Oreo Thins cookies and pulse until you have very fine cookie crumbs. This will take 1-2 minutes.
3. To the cookie crumbs add the cream cheese, Nutella, and salt. Pulse an additional 1-2 minutes or until a ball form in the bowl of your food processor. All the ingredients should be completely combined and smooth.
4. Carefully remove the bowl, and blade from your food processor and place the Nutella truffle mixture into the refrigerator to chill for 30 -45 minutes. It should be firm enough to hold the shape of a ball.
5. Using a small $1\frac{1}{2}$ inches, or 1 tablespoon sized, cookie scoop you will scoop out a leveled amount and roll it in the palm of your hand to form a ball. Place the ball of Nutella truffle onto the prepared baking tray. Repeat until all the truffles have been made.
6. Place the tray of Nutella truffles into the refrigerator to chill for an additional 1 – $1\frac{1}{2}$ hours or until they are firm and hold their shape.
7. Once your Nutella truffles have chilled you can make the chocolate coating by melting the milk chocolate wafers, in a small bowl, according to your package directions.
8. Using a large fork you will place 1 truffle onto the prongs of the fork and gently dip the truffle into the melting chocolate. Evenly coat the truffle with the chocolate then using the fork, lift it out of the chocolate allowing any excess chocolate to drip back into the bowl.
9. Place the chocolate coated truffle back onto the parchment lined baking tray and sprinkle a few of the chocolate sprinkles onto the top as a garnish. Repeat until all the truffles are coated and garnished. You can place your tray of milk chocolate coated Nutella truffles back into the refrigerator to harden the outer coating for an additional 5-10 minutes or they can sit at room-temperature until they are hard.

Servings 16

Prep Time: 10 mins

Chill Time: 1 HR 30 mins

Total Time: 1 HR 40 mins

Landry LeBlanc, Livingston
Contestant #261

Kitchen Sink Cookies

Ingredient List:

2 cups all-purpose flour
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
2 sticks unsalted butter, softened
 $\frac{3}{4}$ cup light brown sugar, packed
 $\frac{1}{2}$ cup white sugar

1 large egg
2 teaspoons pure vanilla extract
 $1\frac{1}{2}$ cups semi-sweet chocolate chips
1 cup peanut butter chips
1 cup crushed potato chips
 $\frac{1}{2}$ cup crushed pretzels

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.

2. Line two 9x13 inch baking sheets with parchment paper.
3. In a medium bowl, whisk together the flour, baking soda, and salt. Set aside.
4. In mixer, beat together butter and both sugars until light and fluffy.
5. Add egg and vanilla extract and mix on low.
6. Add dry ingredients to mixer and mix on low until everything is combined.
7. Stir in chocolate chips, peanut butter chips, and pretzels.
8. Roll cookie dough into golf ball sized balls.
9. Spread cookie dough out on pans, leaving about 6 inches between them.
10. Bake cookies until edges are crisp and centers are soft, 10-12 minutes.

Yields: 20 cookies

Cost per serving: \$0.20

Calories per serving: 214

Braeden Young, St. Charles
 Contestant #265
 Red Ribbon Group

Grammy's Jumbles

Ingredient List:

1 cup butter	½ teaspoon vanilla
1 cup sugar	2 cups all-purpose flour
1 egg	1 teaspoon cinnamon
2 tablespoons milk (or brandy if you like)	

Instructions:

1. Cream butter and sugar.
2. Add egg, milk (or brandy), and vanilla and beat well.
3. Stir flour and cinnamon together and add to creamed mixture and mix well.
4. Drop by teaspoons onto ungreased cookie sheet.
5. Bake at 375 degrees Fahrenheit for about 10 minutes.
6. Cool on rack.

Cook Time: 10 minutes

Size of Pan: cookie sheet

Number of Servings: about 48 cookies

Temperature: Cool

Skylar Edwards, St. John the Baptist
 Contestant #268

Sugar Cookies with Blue Icing

Ingredient List:

Sugar Cookie:

2 sticks of salted butter	2 eggs
1 cup granulated sugar	3 cups all-purpose flour
1 teaspoon vanilla extract	2 teaspoon baking powder
½ teaspoon almond extract	

Blue Icing:

1 stick of salted butter softened	1 tablespoon of milk
1 teaspoon almond extract	Blue food coloring
3 cups powdered sugar	

Instructions:

1. Preheat oven to 350 degrees

2. While preheating, cream together two stick of salted butter, 1 cup of granulated sugar, 1 teaspoon of vanilla extract, and ½ teaspoon of almond extract until light and fluffy
3. Crack 2 eggs into the above mixture and mix until combined
4. Scoop out ¼ cup of dough and place it onto a cookie sheet
5. Flatten the cookie dough by pressing with – either your hand or the bottom of a drinking glass – on the center of the cookie dough
6. Repeat steps 4 and 5 until no more dough or room on the cookie sheet is left.
7. Bake at 350 degrees for 9 -11 minutes or unit the centers of the cookies have puffed up
8. Let them cool on the cookie sheet once you have taken them out of the oven
9. While the cookies cool, make the frosting
10. In a new mixing bowl, cream 1 stick of softened salted butter until it is smooth
11. Add 1 teaspoon of almond extract and 1 tablespoon of milk
12. Add one cup of powdered sugar into the bowl and begin mixing
13. Repeat step 12 two more times
14. Add four drops of blue food coloring to the mixture
15. Spread the icing mixture on the slightly warm cookies to slightly melt the cookies.
16. After the cookies completely cooled, chill them in the fridge until ready to serve

Cook Time: 15 minutes

Number of Servings: 12 (1
cookie)

Size of Pan: Two Cookie Sheets
Temperature: Chilled

Isabelle Esler, St. Tammany
Contestant #269

Gramma's Ginger Crinkles

Ingredient List:

1 cup butter	3 cups flour
1 ½ cup white sugar	2 teaspoon baking soda
1 egg	2 teaspoon cinnamon
2 Tablespoon corn syrup	1 teaspoon ginger
½ cup molasses	

Instructions:

1. Preheat oven to 375 F
2. Cream together butter, sugar, egg, corn syrup, and molasses until blended.
3. In a separate bowl, combine dry ingredients. Add dry ingredients to the butter mixture and mix until smooth.
4. Refrigerate mixture for at least one hour.
5. Roll one-inch balls of cookie dough in white sugar and place on a baking sheet with room to expand.
6. Bake for twelve to fourteen minutes until the edges are browning.

Cook Time: 12-14 minutes

Number of Servings: 60 cookies

Size of Pan: 12 by 17 inches

Sophia Coulon, Tangipahoa
Contestant #270
Third Place

Chocolate Chip Cookies

Ingredients

1 cup softened butter	2 eggs
1 cup granulated sugar	2 teaspoons vanilla extract
1 cup packed dark brown sugar	1 teaspoon baking soda

2 teaspoons hot water
½ teaspoon salt

3 cups all-purpose flour
2 cups mini semisweet chocolate chips

Directions

Preheat oven to 350 degrees F. Line a cookie sheet with parchment paper and set aside. Cream together the butter, granulated sugar, and dark brown sugar until smooth. Beat in the eggs, one at a time. Then stir in the vanilla. In a separate bowl, dissolve baking soda in the hot water and mix it into the batter along with the salt. Stir in the flour one cup at a time. Then mix in the mini semisweet chocolate chips. Drop large spoonfuls onto lined cookie sheet. Bake for about 10 minutes, or until golden brown.

Nutrition Facts

Per Serving: Calories: 298 calories, fat 15.6 g, protein 3.6g, carbohydrates 38.9g

Yields 36 cookies

Khloe Mauthe, Washington
Contestant # 271
Red Ribbon Group

Cowboy / Cowgirl Cookies

Ingredients:

2 sticks salted butter, softened
½ cup sugar
1 ½ cup brown sugar
2 whole large eggs
1 tablespoon vanilla extract
1 ½ cup All-Purposed flour
½ teaspoon baking soda
1 teaspoon baking powder

2 tablespoons Kosher salt
1 ½ cups Oats
½ cups pecans, chopped
¾ cup chocolate chips
½ cup peanut butter chips
½ cup pretzels, crushed

Instructions:

1. Preheat oven 375°
2. Cream butter and sugars. Add vanilla and 1 egg at a time. Mix well.
3. Combine flour, baking soda and baking powder. Add to mix, combining well.
4. Add all remaining ingredients one by one.
5. Use a cookie scoop to scoop cookie dough onto cookie baking sheet.
6. Bake until golden brown.

Cook Time: 12 minutes

Number of Servings: 12-18

Size of Pan: 16" x 22" Cookie Sheet

Temperature: Hot or Cool

Landry Brouillette, West Feliciana
Contestant # 272

Cream Cheese Blackberry Macarons

Ingredient List:

Cookie:

1 cup ground almond flour
1 cup powdered sugar
4 large egg whites, 144g of room temperature egg whites, split into two batches of 2 egg whites 72g each

Filling:

4 ounces cream cheese

Food color paste of gel (not the liquid) – amount will depend on depth of color

1 cup white sugar

¼ cup water

2 teaspoons milk

6 tablespoons powdered sugar

Blackberry jam – small jar

Instructions:

1. Pulse 1 cup ground almond flour together with 1 cup powdered sugar in a food processor 10 times and then sift them together.
 2. Place the sifted mixture of ground almond and powdered sugar in a mixing bowl and mix in 72g of the egg whites.
 3. Add food coloring paste. Cover and set aside.
 4. Make the meringue by simmering 1 cup white sugar and $\frac{1}{4}$ cup water together until it reaches 230-degree Fahrenheit.
 5. Add the remaining 72g of egg whites to a stand mixer and whisk at high speed.
 6. Once the mixture for the meringue reaches 245 degrees Fahrenheit slowly pour the mixture down the side of the mixer bowl while the mixer is still on high speed.
 7. Continue whipping the egg whites an additional 5 minutes or until they are glossy and flop over on the whisk.
 8. Scoop a large tablespoon of meringue into the almond mixture (which has a consistency like glue) and mix it around to loosen it up a bit.
 9. Then add the rest of the meringue gently into the bowl and fold the meringue throughout. It is ready when the mixture “ribbons” off the spatula and gently melts back into the mass.
 10. Prepare the baking tray with parchment paper and a template, or a pre-templated silicone mat.
 11. Then scoop the batter into a piping bag, fitted with a small nozzle, about 1cm. Holding the bag completely vertically over the tray, pipe a small amount into each circle on the template. Leave room for them to spread a little.
 12. After piping them all out, tap the trays on the table to knock out any air bubbles/bring the air bubbles to the surface. This gives a nice finish along the top of the macarons.
 13. Leave the tray alone for about half an hour. It all depends on the weather/humidity. When you gently touch the tops of the macarons they won't feel like wet batter, they should be dry to the touch.
 14. While the tray on macarons is sitting, whisk 4 ounces of cream cheese, and 1 tablespoon of butter on medium speed for 2-3 minutes until the mixture is fluffy.
 15. Add 6 tablespoons of powdered sugar, 2 teaspoons of milk, and 1 teaspoon of vanilla extract.
 16. Continue to whisk until all ingredients are combined.
 17. Put filling into an icing bag with a small tip.
 18. Preheat oven to 330 degrees Fahrenheit.
 19. Bake for 10-12 minutes.
 20. After they cook, flip half of them over and pipe the filling around the edge of one side of the cookie.
 21. Place a small dollop of blackberry jam in the center of the cookie.
 22. Put the 2nd side of the cookie on top to make a sandwich.
- Number of Servings: Makes approximately 30 macarons, depending on size.

Pies

Andre Mudge, Ascension

Contestant #273

Second Place

No Bake Peanut Butter Pie

Ingredients for Filling:

1 cup creamy peanut butter
1 (8oz.) package of cream cheese softened at room temperature
½ cup granulated sugar
4 ½ cups of non-dairy whipped topping thawed and divided (3 cups and 1 ½ cups)

1 prepared chocolate cookie pie crust (9-inch round pie tin)
1 (11.75 oz.) jar of hot fudge ice cream topping.
Reserve 2 Tbs. for drizzle decoration on top of pie.

Ingredients for Drizzle:

2 Tbs. Hot Fudge ice cream topping
2 Tbs. creamy peanut butter

2 small resealable food storage bags

Instructions

1. Beat together 1 cup peanut butter, cream cheese, and sugar in a 3-quart mixing bowl with an electric or stand mixer on medium speed, until well combined. Gently mix in 3 cups whipped topping until thoroughly combined. Spoon mixture into a 9-inch pie shell. Using a spatula, smooth mixture to edges of pie.
2. Reserve 2 tablespoons of hot fudge topping into the corner of a resealable food storage bag; set aside. Microwave remaining topping on HIGH (100% power) for 1 minute. Stir. Spread topping over pie, covering entire peanut butter layer. Refrigerate until set. Spread remaining whipped topping (1 ½ cups), over hot fudge layer, being careful not to mix the two layers.
3. Cut a small corner from bag containing hot fudge topping. Squeeze bag to drizzle topping over pie. Place the remaining 2 tablespoons peanut butter in a resealable food storage bag; cut bag corner and squeeze to drizzle in opposite direction from hot fudge topping. Refrigerate until ready to serve. Allowing pie to set up overnight is best.

Prep/Total Time: 15-25 min. active prep plus minimum of 2-3 hrs.

Yield: 8-10 servings

Leah Warr, East Baton Rouge

Contestant #274

Third Place

Strawberry Cheesecake Tacos

INGREDIENTS:

½ cup butter, melted
1 pack 14.4-ounce graham crackers
5 tortillas of 8 inches in diameter
1 cup cream cheese, softened
½ cup powdered sugar
1 teaspoon of lime zest

1 teaspoon of vanilla extract
1 cup fresh strawberries
½ cup Fresh cut Strawberries
1 cup of Smucker strawberry preserve
½ cup of sugar

Instructions:

1. Preheat the oven to 320°F while preparing the recipe.
2. In the first bowl, pour ¼ cup of melted butter. Crush 1 pack of graham and pour the crushed graham crackers in a bowl. On a flat and clean surface spread the tortillas.

3. Using the outline of a glass or a round cookie cutter, cut out 4 circles from each tortilla, for a total of 20 circles. Dip tortilla pieces in melted butter, then coat the cut out round tortilla with crushed graham crackers.
4. Turn a muffin pan upside down. Fold tortilla like a taco and place tortilla pieces between muffin cups. Place in oven and bake for 10 minutes or until golden brown. Remove the muffin tin from the oven and let it cool.
5. Meanwhile, whisk together 1 cup cream cheese, ½ powdered sugar, 1 teaspoon lime zest and 1 teaspoon of vanilla extract together in a 5-quart mixing bowl until softened. Refrigerate for about 30 minutes. Then transfer cream cheese mixture to an icing pen.
6. Prepare strawberry topping in a ¾ quart mixing bowl, combine ½ cup of fresh cut strawberries, 1 cup of strawberry preserve and ½ teaspoon of sugar.
8. Divide cheesecake mixture between the tortilla taco, by using the cream cheese mixture that was set aside in piping pen. Then add strawberry mixture on top of cream cheese of each taco, sprinkle small amount of graham cracker on top of cream cheese of each taco, add sliced Strawberries on top of each taco.
7. Put strawberry cheesecake tacos on serving dish, drizzle Strawberry preserve mixture and add fresh Strawberries to garnish dish.

Number of Servings: 7 people
(4 each)

Preparation time: 10 minutes
Cook time: 15 minutes

Pan size: 6-count muffin pan
Temperature: chilled

Oaklee Bigner, Livingston
Contestant #278

All American Apple Pie

Ingredient List:

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

Instructions:

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

Yields: 6 slices

Cost per serving: \$1.75

Calories per serving: 181

Cookie Pecan Pie

Ingredient List:

3 eggs	1 cup of butter flavoring
1 cup sugar	1 cup pecans
1 teaspoon baking powder	1 cup crushed graham crackers (medium size pieces)
1 teaspoon vanilla	

Instructions:

1. In a large bowl add eggs.
2. Mix baking powder and sugar then slowly add to eggs and mix until sugar is dissolved.
3. Add vanilla and butter flavoring then add pecans and mix until pecans are coated.
4. Add graham crackers and mix until all ingredients are coated.
5. Pour mixture into a greased 9-inch pie plate.
6. Bake at 350 degrees Fahrenheit for 25-30 minutes.

Cook Time: 30 minutes

Number of Servings: 8-10 servings

Size of Pan: 9-inch pie plate
Temperature: Cool

Bryn St. Pierre, St. James
Contestant #284
Blue Ribbon Group

MawMaw Leblanc's Pecan Pie

Ingredient List:

4 egg whites	1 cup chopped pecans
1 cup sugar	3 tablespoons melted butter
1 teaspoon active dry yeast	1 teaspoon vanilla
1 cup graham cracker crumbs	

Instructions:

1. Separate egg whites from yolks.
2. Place egg whites into a mixing bowl and beat until stiff. Add sugar a little at a time until it is mixed well with the egg whites.
3. Mix the rest of the dry ingredients together in a separate bowl.
4. Once combined, add the melted butter and vanilla. Mix well.
5. Fold the contents of that bowl into the egg whites with a spatula.
6. Pour into a well buttered 9-inch pan. Bake at 350 degrees for 30 minutes.
7. Let cool and enjoy!

Cook Time: 30 minutes at 350 degrees

Number of Servings: 10 slices
Size of Pan: 9-inch pie pan

Temperature: Warm or Room Temperature

Amaretto Cherry Pie

Ingredient List:

6 cups fresh or frozen cherries	Zest of a small lemon
3 tablespoons Amaretto	1 tablespoon lemon juice
5 tablespoons cornstarch	Pastry for a covered pie
1 cup sugar	1 egg

Instructions:

1. Add cherries to a saucepan and place on the stove over medium heat.
2. Once the cherries are sizzling and releasing juices (about 5 minutes), add the amaretto and let simmer for 2 more minutes.
3. In a small bowl, mix the cornstarch into the sugar.
4. Sprinkle $\frac{1}{2}$ of the sugar/cornstarch mixture into the cherries and stir well. Repeat with the other $\frac{1}{2}$ of the sugar/cornstarch mixture.
5. Add the lemon zest and lemon juice to the cherries.
6. Let the cherries come to a slight boil and allow them to thicken.
7. Once the cherries have thickened, remove from heat, and allow to cool to room temperature.
8. Once cooled to room temperature, fill a pie shell with cherry filling and cover with another pie pastry as desired.
9. Brush egg wash over the top pastry of the pie.
10. Bake in a pre-heated oven at 375 degrees Fahrenheit for 50-60 minutes.
11. Let the pie cool to room temperature before serving.

Cooking Time: 50-60 minutes.

Size of Pan: 9-inch Pie Dish

Temperature: Room

Number of Servings: 8

Temperature

Lana Cusick, Tangipahoa
Contestant #287
Red Ribbon Group

Condensed Milk Pecan Pie Recipe

Ingredients

Refrigerated pie crust (store-bought or homemade)	1 tablespoon all-purpose flour (plain flour)
3 eggs, at room temperature	2 teaspoons vanilla extract
1 cup sweetened condensed milk (NOT the whole can)	1 1/2 cups roughly chopped pecans
1/2 cup dark brown sugar, packed	1 cup whole pecan halves

Instructions

1. Prep crust. Put the pie crust in a deep-dish 9-in / 23 cm pie pan and crimp the edges. Place the crust in the fridge while you prepare the pecan pie filling.
2. Preheat oven. Adjust a rack in the center of the oven and preheat to 350°F
3. Mix the filling. In a large bowl, whisk together the brown sugar and flour. Next, stir in the eggs until well incorporated. Then add the sweetened condensed milk and vanilla extract and whisk until everything is well combined. Fold in the chopped pecans.
4. Assemble pie. Pour the filling into the chilled pie crust and gently smooth the top with a spoon or spatula. Arrange the whole pecan halves on top of the filling, using any design you'd like. Alternately, simply place the pecans randomly on top.

5. Bake. Bake the pecan pie for 20 minutes. Then add a pie crust shield or (a piece of aluminum foil) to protect the crust from browning too much. Continue baking the pie for another 15 to 20 minutes.
6. Check doneness. Once the pie is set around the edges and the center looks set but still a little jiggly, take the pie out of the oven.
7. Cool & refrigerate. Put the condensed milk pecan pie on a wire rack to cool for 1 hour. Then refrigerate for 4 to 5 hours or overnight.
8. Serve. Cut the pie into 10 to 12 slices and serve with whipped cream, a scoop of ice cream, and a drizzle of condensed milk. Enjoy!

Prep Time: 15 minutes, Cook Time: 40 minutes, Total Time: 55 minutes.

Nutrition Information: Yield: 12 Serving Size: 1

Amount Per Serving: Calories: 398 Total Fat: 26g Saturated Fat: 5g Trans Fat: 0g Unsaturated Fat: 19g

Cholesterol: 58mg Sodium: 123mg, Carbohydrates: 38g

Fiber: 3g Sugar: 28g Protein: 7g

Avery Bernard, Washington
Contestant # 288
Red Ribbon Group

Aunt Junie Belle's Custard Pie

Ingredients:

- | | |
|--------------------|---------------------|
| 5 large eggs | ½ stick of butter |
| 1 cup sugar | 2 teaspoons vanilla |
| 1 tablespoon flour | 1 pie crust |
| 2 cups milk | |

Instructions:

1. Preheat oven to 500°
2. In a large mixing bowl, beat eggs
3. Add sugar and flour
4. In a small saucepan, heat milk and butter until the butter melts
5. Pour warm milk and butter into the egg mixture, while beating
6. Add vanilla and mix well
7. Pour mixture into your favorite 9" pie shell
8. Turn oven down to 350° and place the pie into the oven
9. Bake approximately 1 hour until custard is firm and golden brown
10. Serve warm or chilled
11. Enjoy!

Cook Time: 1 hour

Number of Servings: 6-8

Size of Pan pre-made 9" pie
crust

Temperature: warm or Chilled

Adalyn Avants, West Feliciana
Contestant # 289
First Place

Pecan Pie Bars

Ingredient List:

- | | |
|---------------------------------|--------------------------------|
| 2 cups all-purpose flour | 1 cup light corn syrup |
| ½ cup sugar | ½ cup butter |
| 1/8 teaspoon salt | 4 large eggs beaten |
| ¾ cup butter | 2 ½ cups finely chopped pecans |
| 1 cup firmly packed brown sugar | 1 teaspoon vanilla |

Instructions:

1. Combine 2 cups all-purpose flour, ½ cup sugar, and 1/8 teaspoon salt in a large bowl. Cut in ¾ cup butter thoroughly with a pastry blender until the mixture resembles very fine crumbs.
2. Press the mixture evenly into a greased 13" X 9" pan using a piece of plastic wrap to press the crumb mixture firmly into the bottom of the pan.
3. Bake at 350 degrees Fahrenheit for 17 to 20 minutes or until lightly browned.
4. Combine 1 cup firmly packed brown sugar, 1 cup light corn syrup, and ½ butter in a saucepan.
5. Bring to a boil over medium heat, stirring gently.
6. Remove from heat.
7. Stir ¼ of the mixture in your saucepan into 4 beaten eggs. Once the mixture is combined add the rest of the mixture from your saucepan.
8. Stir in 2 ½ cups of pecans and 1 teaspoon of vanilla.
9. Pour the filling over the crust.
10. Bake at 350 degrees Fahrenheit for 34-35 minutes or until set.
11. Cook completely in a pan or on a wire rack.
12. Cut into bars.

Number of Servings: 12

Wild Game

Deer (Venison)

Kadynce Kelly, Ascension
Contestant #290
Second Place

Gage Leblanc, East Feliciana
Contestant #292

Deer Burritos

Ingredient List:

- | | |
|--|--------------------------|
| 3 pounds of ground deer meat | 1 cup of water |
| 1 pounds of ground pork | 2 cups of cheddar cheese |
| 1 cup chopped onions, celery, and bell peppers | 1 pack of tortillas |
| 1/8 of a cup of taco seasoning blend | |

Instructions:

1. Brown ground deer meat and pork, until brown and cooked.
2. Add chopped vegetables and cook on medium heat until onions are tender, about 20 minutes.
3. Add taco seasoning blend and water.
4. Bring to a simmer, for 20 minutes.
5. Remove from heat and allow to cool.
6. Chill in refrigerator for 4-6 hours.
7. Using ice cream scoop, scoop cooked meat and place into center of tortilla.
8. Add 1 tablespoon of cheese per burrito.

9. Roll burrito with sides curled inward.
10. Preheat oven to 350 degrees.
11. Place burritos in 9x12 pan
12. Cook in oven at 350 degrees for 10 minutes, flipping them after 1st five minutes.

Cook Time: 4-6 hours

Number of Servings: 1 dozen
burritos

Size of servings: 1 burrito
Temperature: warm

Cai Costanza, Livingston
Contestant #294
Red Ribbon Group

Deer Burgers

Ingredient List:

2 pounds deer ground meat
1 teaspoon salt
1 teaspoon pepper

Sliced cheese (optional)
Sliced avocado (optional)

Instructions:

1. After washing your hands, combine salt, pepper, and ground meat in a large mixing bowl.
2. Mix with both hands aggressively to combine these ingredients evenly for about 3 minutes.
3. Take 2 handfuls of mixture and shape it into a ball.
4. Flatten out the ball into a hamburger shape.
5. Cook in a pre-heated skillet set on high for 10-15 minutes, flipping every 3-4 minutes until the internal temperature reaches 160 degrees Fahrenheit.
6. Remove from heat and serve hot.
7. Top with cheese and avocado to taste.

Yields: 12 burgers

Cost per serving: \$0.41

Calories per serving: 51

Hunter McGovern, St. Tammany
Contestant #302
Red Ribbon Group

Venison Fajitas

Ingredients:

12 sweet peppers, sliced.
3 pounds of venison meat
5 large tortillas
2 tablespoons butter
3 onions sliced thinly.
Marinade Mixture:
Gallon bag
1 cup Worcestershire
½ tablespoon Cajun spice
1 tablespoon garlic powder

1 tablespoon onion powder
½ cup water
Toppings:
Sour Cream
Cheese
Lettuce
Lemons
Lime
Guacamole
Taco sauce

Directions:

In a gallon bag mix all marinade ingredients until combined. Add venison meat and refrigerate for 24 hours. Preheat oven to 350 degrees F. Place sliced sweet peppers in a large skillet with butter and sauté on low/medium heat for 3-5 minutes until warm. Set it aside. In the same skillet sauté sliced onions until translucent 3-5 minutes. Set it aside. Add marinated venison meat to pan and cook until it reaches an internal temperature of

165 degrees F, about 10-15 minutes. Place tortillas in oven for about 1 minute or until warm. Assemble your tortillas to your liking using toppings.

Cooking time: 17 – 25 minutes.

Size of pan – 1 large skillet, ½ sheet pan

Temperature – warm.

Number of Servings 10

Cole Watkins, Tangipahoa
Contestant #303
First Place

Traditional Venison Jerky

Ingredient List:

½ cup liquid smoke

¼ cup soy sauce

½ cup Worcestershire sauce

¼ cup hot sauce

2 tablespoons cane syrup

2 tablespoons salt

2 tablespoons brown sugar

¼ cup teriyaki sauce

2 tablespoons Creole seasoning

2 tablespoons granulated garlic

2 pounds lean venison, thinly sliced (against grain preferred)

Instructions:

1. In a large bowl, whisk together all ingredients except meat to make marinade.

2. Add meat to the marinade, tossing to make sure all pieces are evenly coated.

3. Cover bowl with plastic wrap and marinate for 24 hours in refrigerator.

4. After 24 hours, place slices of marinated meat in a dehydrator. Cook at 160 degrees for approximately 9 hours.

5. Remove jerky from dehydrator, let cool to room temperature, and serve. It should be leather-like in appearance and chewy.

Prep Time: 30 minutes

Cook Time: 9 hours

Items Needed:

Large bowl (10-12 quart)

Plastic wrap

Dehydrator

Number of Servings: Approximately 16 (1 ounce) servings

Myles Magee, Washington
Contestant # 304

Venison Hamburger

Ingredients:

3 pounds ground venison meat

¼ cup soy sauce

¼ cup Worcestershire sauce

2 tablespoons jalapeno, chopped

½ cup season all blend (chopped onions, celery, green and red peppers, and parsley)

Instructions:

1. Stir in soy and Worcestershire sauce, and sauté season all blend with jalapenos with the venison ground meat. Using your hands, pat hamburgers into round palm size burgers.

2. Preheat grill to 350°

3. Place hamburgers on to the grill for 9-10 minutes, turning the hamburger patty over and grill and additional 9-10 minutes until done.

4. Service hamburgers with cheese, tomatoes, any other desired extras.

Cooking Time: 20 minutes

Number of Servings: 8

Size of Pan: Outside gas grill

Temperature; Hot to warm

Hunting Camp Deer Vegetable Stew

Ingredients:

- | | |
|-------------------------------------|-------------------------------------|
| 2 tablespoons olive oil | 1 ½ to 2 pounds of cut deer meat |
| 1 large onion | 1 can of whole kernel corn |
| 1 large green bell pepper | 3 medium potatoes skinned and cubed |
| 1 Au Jus seasoning packet | Cajun Seasoning to taste |
| 1 beef stew seasoning packet | Garlic Powder to taste |
| 1 to 1 ½ cups of small baby carrots | |

Instructions:

1. Heat olive oil in a frying pan. Add finely chopped onion and bell pepper to sauté.
2. Pour sauteed vegetables in a large crock pot.
3. Heat 1 to 1 ½ cups of water in a frying pan. Add Au Jus packet, mixing well. Add liquid to the crock pot. Repeat with the beef stew seasoning packet.
4. Add baby carrots, deer meat, can of corn (with juice), and potatoes to the crock pot.
5. Sprinkle Cajun seasoning and garlic powder to add desired flavor. Suggested approximately 1 tablespoon.
6. Stir, mixing seasonings and ingredients.
7. Cover and cook on high for 4-5 hours.
8. Serve over rice, or with crackers.

Fowl

Mason Bailey, Livingston

Contestant #310

Second Place

Mini Duck Pies

Ingredient list:

- | | |
|--|---|
| 24 wonton wrappers | 1 finely sliced fresh jalapeno pepper |
| 2 tablespoons olive oil | 2 green onions (green shallots), coarsely chopped |
| 1 duck deboned and ground (approximately 3 cups) | 2 green onions, extra, thinly sliced as garnish |
| 1 tablespoon balsamic vinegar | 1 cup Gouda cheese |
| ½ cup chopped yellow onion | 1 small jar pepper jelly |

Instructions:

1. Preheat oven to 350 degrees F.
2. Press wonton wrappers into cupcake pan to form a cup shape. Bake about 8 minutes, until browned lightly.
3. In skillet place oil and ground duck and cook until meat is done. Remove from skillet and place on a plate; cover with foil.
4. Combine yellow onion, jalapeno, coarsely chopped green onions, 1 tablespoon olive oil, and 1 tablespoon balsamic vinegar in skillet. Cook on medium heat until sauce is reduced, and onions and jalapenos are soft.
5. Add cooked duck, onion jalapeno mix, and 1 cup smoked Gouda cheese in medium bowl; mix well.
6. Spoon duck mixture into wonton cases. Top with extra onions. Bake 8-10 minutes at 350 degrees F.
7. Garnish with ½ teaspoon pepper jelly on top of each mini duck pie.

Yields: 24 mini duck pies

Cost per serving: \$2.45, if you
hunted and had duck; \$4.32, if

you had to purchase duck from
local market

Serving size: 3 mini duck pies

Calories per serving: 152 per 3
mini duck pies

Fat per serving: 13 grams per 3
mini duck pies

Lee Arcement, Jr., St. Charles
Contestant #314
Third Place

Vietnamese Grilled Quail

Ingredient List:

For the Marinade:

3 tablespoons fish sauce	1-2 tablespoons honey *add 2 tablespoons for a slightly sweeter marinade
2 tablespoons soy sauce	1 tablespoon garlic
1 ½ tablespoons dark soy sauce	1 shallot
2 tablespoons oyster sauce	1 tablespoon lemongrass (optional)
1 ½ tablespoons sesame oil	
4 tablespoons brown sugar	

6 quail

For the Scallion Oil (optional):

4 stalks scallion	1/8 teaspoon salt
1/8 cup vegetable oil	1/8 teaspoon sugar

Instructions:

1. Combine fish sauce, soy sauce, dark soy sauce, oyster sauce, sesame oil, brown sugar, honey, garlic, shallot, and lemongrass (optional) to make marinade, and set aside about 2 ½ - 3 tablespoons for basting.
2. Bring quail to room temperature, about 30 minutes.
3. Pat quail dry with paper towels.
4. Truss the quail by wrapping some twine around the legs then back around the body so the quail looks like a tiny Thanksgiving turkey.
5. Place quail in marinade for at least 10 minutes to overnight.
6. Preheat oven to 500 degrees Fahrenheit.
7. Remove quail from marinade and place in 9x13 inch pan, place pan in preheated oven, and roast for 10 minutes.
8. While the quail is in the oven, slice scallions (green part only), and place in a heat safe bowl.
9. Heat vegetable oil in an 8-inch skillet for about 1 minute on medium heat.
10. Carefully pour the vegetable oil over the sliced scallions and mix well.
11. Let cool for 5 minutes then add salt and sugar.
12. Remove pan from oven and brush quail with scallion oil, if desired, then return to oven for 3-5 minutes more, depending on the size of the quail.
13. Remove from oven, loosely tent with aluminum foil, and let rest for 10 minutes. Serve warm.

Cook Time: 15 minutes

Size of Pan: 9x13 inches, 8-inch

Temperature: Warm

Number of Servings: 6 servings

skillet

Parker McNabb, Tangipahoa
Contestant #319
First Place

Duck Poppers

Ingredients

2 boneless skinless duck breast, cut into one inch cubes (1 pound)	8 ounces cream cheese, softened
1 cup Italian dressing	2 tablespoons Cajun seasoning
1 pound bacon, cut each slice in half	6 jalapenos, sliced
	Toothpicks, pre-soaked in water

Directions

1. In a medium bowl, combine the cubed duck breasts and Italian dressing. Marinate for 30 minutes.
2. Preheat oven to 375 degrees or if grilling preheat grill.
3. Mix Cajun seasoning with cream cheese in a small bowl.
4. On a large work surface, place sliced bacon strips, cream cheese, jalapenos, and toothpicks in reach. Also get a 9 x 13 glass dish.
5. Spread a small amount of cream cheese on one side of a bacon strip. Place one jalapeno slice and one piece of duck breast on one end of the bacon strip.
6. Wrap the bacon strip around the duck and secure with toothpick. Put in glass dish.
7. Repeat method with remaining ingredients.
8. Put glass dish in preheated oven for 45 minutes or until bacon is crisp. If grilling, place on preheated grill until bacon is crispy, about 15 minutes, turning once. Put on serving platter with dipping sauce of choice.

Servings: 2

Colten Gates, West Feliciana
Contestant # 321
Red Ribbon Group

Queso Quail Pasta

Ingredients:

16 ounces angel hair pasta	4 ounces of low-fat processed cheese
2 tablespoons of butter	½ cup of low-fat milk
2 tablespoons of onion, minced	¾ cup low-sodium chicken broth
½ teaspoon garlic powder	1 10 ounce can of diced tomatoes with chilies
12 ounces quail meat	

Instructions:

1. Bring a large pot of water to a boil. Boil angel hair pasta to al dente according to the package directions. Drain and set aside.
2. In a large skillet, melt butter over medium heat. Then add minced onions and cook for 2 to 3 minutes until soft. Stir in garlic powder.
3. In the same skillet, add the quail meat and sauté until cooked. Set aside.
4. In a large skillet, add processed cheese, milk, chicken broth, and diced tomatoes. Stir constantly until cheese melts and creates a sauce.
5. Add the cooked quail and drained pasta. To the cheese sauce. Toss to coat pasta until well combined.

Number of Servings: 8 to 10

Other Wild Game

Oaklee Bigner, Livingston
Contestant #326

Elk and Sausage Sauce Piquante

Ingredient List:

Black Iron Pot (10 or 12 quart)	1 clove of garlic minced
2 pounds of elk stew meat	4 tablespoons flour
1 pound of sausage cut in small pieces	2 cans diced tomatoes and green chilies
½ cup vegetable oil	1 – 8 ounce can tomato paste
1 large onion chopped fine	3 cups of beef stock
1 medium bell pepper chopped fine	2 – 7 ounce can sliced mushrooms
2 ribs of celery chopped fine	1 large mixing bowl

2 stems of green onions chopped

2 stems of parsley finely chopped

Instructions:

1. In a black iron pot, place 2 tablespoons of oil and on medium heat brown elk stew meat & sausage for about 3 to 5 minutes or until brown.
2. Remove meat and place in mixing bowl. Add chopped onions, bell pepper, garlic, and celery.
3. Place in black iron pot with oil left from the cooked meat.
4. Cook on medium heat until vegetables become tender and transparent.
5. Remove from pot and place with cooked meat in mixing bowl.
6. Add the remaining oil to the pot along with 4 tablespoons flour, mix well.
7. On low heat constantly stirring until mixture becomes the color of peanut butter.
8. Add 2 cans of tomatoes, can of tomato paste and 3 cups beef stock and mix well.
9. Cook on medium heat until it comes to a boil. Reduce heat, add meat, vegetables and 2 cans of mushrooms, salt, and pepper to taste.
10. Let simmer on low heat for 40 minutes and meat is tender.
11. Serve over your favorite pasta or rice.
12. Garnish with chopped green onions and/or parsley.

Yields: 8-10

Cost per serving: \$3.25

Calories per serving: 410

Nollie Arcement, St. Charles
Contestant #330
Second Place

Vietnamese Grilled Rabbit

Ingredient List:

For the Marinade:

- | | |
|--------------------------------|--|
| 3 tablespoons fish sauce | 1-2 tablespoons honey *add 2 tablespoons for a slightly sweeter marinade |
| 2 tablespoons soy sauce | 1 tablespoon garlic |
| 1 ½ tablespoons dark soy sauce | 1 shallot |
| 2 tablespoons oyster sauce | 1 tablespoon lemongrass (optional) |
| 1 ½ tablespoons sesame oil | |
| 4 tablespoons brown sugar | |
| 3-5 pounds rabbit | |

For the Scallion Oil (optional):

- | | |
|-----------------------|--------------------|
| 4 stalks scallion | 1/8 teaspoon salt |
| 1/8 cup vegetable oil | 1/8 teaspoon sugar |

Instructions:

1. Combine fish sauce, soy sauce, dark soy sauce, oyster sauce, sesame oil, brown sugar, honey, garlic, shallot, and lemongrass (optional) to make marinade, and set aside about 2 ½ - 3 tablespoons for basting.
2. Cut rabbit into six pieces, front legs, hind legs, left side, and right side.
3. Place rabbit in marinade for at least 10 minutes to overnight.
4. Preheat oven to 400 degrees Fahrenheit.
5. Place rabbit in a 9x13 inch pan, place in preheated oven, and roast for about 30-40 minutes, turning meat about every 10 minutes.
6. While the rabbit is in the oven, slice scallions (green part only), and place in a heat safe bowl.
7. Heat vegetable oil in an 8-inch skillet for about 1 minute on medium heat.
8. Carefully pour the vegetable oil over the sliced scallions and mix well.
9. Let cool for 5 minutes then add salt and sugar.

10. Check the internal temperature of rabbit with a meat thermometer. It should be 160 degrees Fahrenheit. Tip: the front legs and back strap pieces are smaller than the hind legs and usually cook quicker than the rest of the rabbit.

11. Remove rabbit from oven and drizzle with scallion oil if desired. Serve warm.

Cook Time: 40 minutes

Size of Pan: 9x13 inches, 8-inch
skillet

Temperature: Warm

Number of Servings: 3 servings

Emery Tantillo, St. Tammany
Contestant #334
Red Ribbon Group

Elk Taco Dip

Ingredients:

1 pound of ground elk

8-ounce sour cream

1 pack of taco seasoning

1 pack of Mexican blend cheese, finely shredded

8-ounce jar of Taco Bell taco sauce

Tostitos chips to serve.

Directions:

In a frying pan over medium heat, brown elk. Next add packet of taco seasoning and cook for 10 minutes. Add taco sauce and cook for 10 minutes on low heat. In a 9x13 pan, spread sour cream on bottom, layer elk and cheese. Serve hot or cold with Tostitos chips. Enjoy!

Serves 15-20 people.

Cooking Time: 25 minutes.

9x13 pan.

Addyson Hall, Tangipahoa Parish
Contestant #335
Third Place

Pork Fajita Casserole

List of Ingredients:

2 pounds of pork pulled

8 corn tortillas

3 tablespoons of fajita seasoning

15 ounce can of black beans drained

1/3 cup of water

15 ounce can of corn drained

2 tablespoons of canola oil

2 tomatoes chopped

1 large red onion sliced long ways

1/2 cup of shredded cheddar cheese

1/2 red bell pepper

2 teaspoons chili powder

1/2 green bell pepper

2 Fresh peeled and sliced avocados

Directions:

1. Pre heat oven to 350 degrees

2. In a skillet add pulled pork, 3 tablespoons of fajita seasoning, 1/3 cup of water, and 2 teaspoons of chili powder. Cook on low for 10 minutes. Then put it in a bowl and set to the side.

3. Next, in the skillet you sauté the onions and bell peppers in the canola oil stirring for 10 minutes.

4. Mix canned beans and corn together with the tomatoes in a bowl.

5. In an 8x8 inch dish begin to layer the ingredients. Place 4 tortillas on bottom and add 1/4 of the pulled pork, 1/4 of the vegetable mixture, and cheese. Make a second layer the same way placing tortillas on top and then adding pork, vegetables, and cheese.

6. Bake in oven for 20- 25 minutes or until the top cheese layer is bubbling.

7. Let cool for 10 minutes.

8. When serving top each casserole serving with 2 teaspoons fresh avocado

Yield of Recipe: Serves approximately 6 people.

Rabbit Cacciatore

Ingredients

1 pound rabbit, cut into large sections	½ teaspoon rosemary
1 tablespoon thyme, divided in half tablespoons	¾ cup mushrooms, sliced
¼ cup all-purpose flour	1 28 ounce can of crushed tomatoes with puree
2 tablespoons extra virgin olive oil	1 bay leaf
¼ cup onion, chopped	3 ounces of black salted olives
1 clove garlic, minced	Salt and pepper to taste
1 red bell pepper, seeded and diced	

Instructions

1. Season the rabbit piece with thyme, salt, and pepper.
2. Sprinkle flour over rabbit pieces to lightly coat
3. In a large skillet, heat olive oil on medium high heat.
4. Place the rabbit pieces in the pan in a single layer
5. Cook for 2-3 minutes on one side until lightly browned, turn pieces and continue to cook until both are browned.
6. Remove the cooked rabbit pieces and set aside.
7. Reduce the heat to medium
8. Add the onion, garlic, and bell pepper to the large skillet and sauté until onions are translucent
9. Add the remaining thyme, rosemary, and mushrooms continuing to sauté for 2-3 minutes
10. Add the cooked rabbit pieces back to the pan
11. Top sautéed mixture and rabbit pieces with crushed tomatoes. Add bay leaf.
12. Reduce heat to low, cover, and simmer for 35 minutes.
13. Remove cover and add olives, turn the heat up to medium and stir to reduce sauce and remove any excess moisture. *Tip serve over rice or egg noodles, or with a side salad for a carb conscious meal

Number Servings: 4 to 5