

2024 Southeast Region Culinary Arts Cookbook

RECIPES AND TIPS
TO IMPROVE YOUR
KITCHEN SKILLS

by Southeast Region 4-H Members

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BEEF

Ground Beef

Colin Lee, Ascension
Contestant #1
3rd Place

Cheesy Beef Empanadas

Ingredient List:

½ pound of ground beef
½ teaspoon cumin
¼ teaspoon smoked paprika
1 teaspoon All Purpose seasoning
1 medium diced onion
½ green bell pepper
½ red Anaheim pepper
1 diced jalapeño
3 minced garlic cloves
2 tablespoons tomato paste

1 tablespoon green seasoning
½ teaspoon beef bouillon powder
1 teaspoon sugar
1 diced large, precooked potato
½ - ¾ cup beef broth
1 pack Goya Empanada large dough disks
½ cup grated Colby Jack cheese
½ cup grated sharp cheddar cheese (or any cheese you like)
3 cups frying oil

Dipping Sauce:

½ cup Mayo
¼ cup ketchup
1 tablespoon Sriracha sauce
1 tablespoon minced garlic
1 tablespoon honey
¼ teaspoon All Purpose Seasoning
¼ teaspoon smoked paprika

Instructions:

Take all the ingredients for the dipping sauce and whisk together until smooth. Refrigerate until ready to use.

In a 12-inch skillet, add two tablespoons of oil. Heat over a medium high heat. Season the beef with cumin, all-purpose seasoning and paprika. Add in your bell peppers and jalapeño and sauté for 5 minutes. Add in the onions. Sauté until the vegetables are tender. Add in the garlic. Stir and sauté for about two minutes. Add in the tomato paste, green seasoning, bullion powder, and sugar. Mix. Then add the precooked, diced potato and the beef broth. Bring mixture to a boil and reduce to simmer and cook until the broth has reduced and is barely visible. Let the mixture cool completely, at least to room temperature. Then add in your graded cheese. Mix until incorporated. Take your defrosted dough from the refrigerator. Use one at a time. Place the dough disk down. Fill with one heaping tablespoon of filling right in the middle of the dough. Take one side and fold it over to meet the other side of the dough. Use your hands to remove air and fingers so seal the two ends together. At the two corners, fold them in. Fold the edge of the dough onto itself and use a finger to start crimping the edge to make a seal. Go from one side all the way to the other ensuring you have sealed the dough together. Once you have filled them all, stick them back in the fridge until your oil is ready.

Next you want to fill a 5-quart pot with tall sides with at least three cups of oil. You could also use a deep fryer for this step. Heat oil to 350 degrees. Fry two to three empanadas at a time. Fry 4-6 minutes or until light golden brown. Place on paper towel to drain. This recipe can be completely customized to what you like and enjoy. To reheat, place in an air fryer or toaster oven to ensure you have the crispiness of these empanadas.

We hope you enjoyed them as we did! 10 Servings

Dallas Baker, Livingston
Contestant #5
Blue Ribbon

Taco Lasagna

Ingredient List:

3 pounds ground beef (lean)
3 ounces taco seasoning
2 cups diced tomatoes, onions, and cilantro

15 ounces drained and rinsed black beans
15 ounces drained whole corn
20 small tortillas cut in half

2 pounds shredded cheese
1-quart heavy whipping cream

Instructions:

1. Brown ground beef and add taco seasoning. (Set aside.) 2. Cut tortillas in half, lay 10 tortilla halves on the bottom of a 12X24 pan. 3. Spread 1 cup of meat, 1 cup of tomatoes, onions, cilantro, beans, and corn across the layer of tortillas. 4. Combine shredded cheese and heavy whipping cream in pot until cheese is melted and forms queso. 5. Pour ½ cup of queso over the meat, tomato, onions, cilantro, beans & corn. 6. Layer another 10 tortillas and other ingredients four more times. 7. Cover with foil and bake for 30 minutes at 350 degrees.

Cook time: 30 minutes

Cost per serving: \$2.42

Calories per serving: 495

Claire Oehldrich, St. Charles
Contestant #9
Red Ribbon

Beef 'n' Biscuit Bake

Ingredient List:

1 pound ground beef
1 can (16 ounces) kidney beans, rinsed and drained
1 can (10 ¾ ounces) condensed tomato soup, undiluted

¼ cup 2% milk
2 tablespoons finely chopped onion
½ teaspoon chili powder
¼ teaspoon salt
1 cup cubed Velveeta

1 tube (12 ounces) refrigerated biscuits
2 to 3 tablespoons butter, melted

Instructions:

1. Preheat oven to 375 degrees. 2. In a saucepan over medium heat, cook beef, breaking into crumbles, until no longer pink; drain. 3. Add beans, soup, milk, onion, chili powder and salt; bring to a boil. Remove from heat. 4. Stir in cheese until melted. 5. Spoon into a greased 2-quart baking dish. 6. Bake, uncovered, 10 minutes. 7. Meanwhile, brush all sides of biscuits with butter. Place on top of bubbling meat mixture. 8. Return to oven 10-12 minutes or until biscuits are lightly browned and cooked through. Cook Time: 40 minutes Number of Servings: 6 servings Size of Pan: medium saucepan, 2-quart baking dish Temperature: Warm

Burrito Bites Blowout

Ingredient List:

1 ½ pounds of Ground beef	10 ounce can of Rotel diced tomatoes (drained)	4 ounces of taco sauce (optional)
1 pack of taco seasoning	4 ounce can diced green chili peppers	
16 ounces of cream cheese (softened)	10 large flour tortillas	

Instructions:

1. Brown ground beef in a pot over medium heat. Drain any excess grease. 2. Add taco seasoning to ground beef and mix until well coated. (Do not add water to beef mixture.) Cook for an additional 5 minutes. Set aside to cool. 3. In the mixing bowl, combine the cream cheese, Rotel, and green chili peppers. 4. Add the seasoned ground beef to the cream cheese mixture. Mix well. 5. Layout one large tortilla on a clean, smooth surface. Spoon approximately 3 tablespoons of the meat and cream cheese mixture onto the large tortilla. Spread evenly to coat the entire tortilla. 6. Roll up the tortilla tightly. Place the rolled tortilla onto a baking sheet. 7. Repeat steps 5 and 6 with the remaining tortillas. 8. Place the baking sheet of rolled tortillas in the freezer for approximately 10 minutes. This helps solidify the dip, making the tortillas easier to cut. 9. Place the tortilla onto a cutting board. Using an electric knife, cut the tortilla logs into ¼ inch thick slices. 10. Serve with taco sauce and enjoy with family!

Cook Time: 1 hour

Size of Pan: 3-quart pot, 4 quart mixing bowl,

Temperature: Room temperature or warm

Number of Servings: 10 servings

9x13 baking sheet

Raiden Williams, St. Tammany
Contestant # 13
Red Ribbons

Spaghetti Pie

Ingredient List (Pie Crust):

1 Pound Pack of Spaghetti Noodles, Cooked
4 Tablespoons Parmesan Cheese, Finely Grated
3 Tablespoons Butter, Melted
2 Eggs

1.5 Pounds Ground Meat
½ Cup Onions, Diced
½ Cup Bell Pepper, Diced
1 Tablespoon Creole Seasoning
1 Teaspoon Garlic Powder
1 Teaspoon Onion Powder

1 Teaspoon Italian Seasoning
1 Can Tomato Paste
1 Can Tomatoes, Diced
2-3 Cups Cheddar Cheese, Shredded

Ingredient List (Filling):

Instructions:

Pie Crust:

1. In an 8-quart pot, cook 1 pound of spaghetti noodles until tender. 2. Drain noodles and split between two 9-inch pie dishes. 3. Preheat oven to 350 degrees. 4. Mix 4 tablespoons of finely grated parmesan cheese and 3 tablespoons of melted butter in a bowl and pour on top of your cooked noodles. 5. Beat 2 eggs in a bowl and mix into the noodles. 6. Press noodles in the dish to help form the crust. 7. Place your 2 pies into the oven and bake for 20 minutes.

Filling:

1. Brown 1.5 pounds of ground meat in a skillet until fully cooked. Drain and place back into the skillet. 2. Add ½ cup diced onions, ½ cup diced bell pepper, 1 tablespoon creole seasoning, 1 teaspoon garlic powder, 1 teaspoon onion powder and 1 teaspoon Italian seasoning to the cooked ground beef. Cook for an additional 5 minutes on medium heat and then add 1 can of tomato paste and 1 can of diced tomatoes and cook for an additional 3 minutes. 4. Once the pie crust is ready, sprinkle a layer of shredded cheddar cheese then add ½ of the filling mixture to the top of the noodle crust. Leave about ¼ inches of noodle edge uncovered. 5. Cover the filling mixture with the remaining shredded cheese and bake at 350 degrees until the cheese is nicely melted. Approximately 5 – 10 minutes.

Cook Time: 50 Minutes

Pan Size: 9-inch Pie Pans (2)

Serving Size: 6 – 8 Slices

Cooking Temperature: 325 Degrees

Cooper Rosales, Tangipahoa
Contestant #14
2nd Place

Five Layer Casserole

Ingredients:

1 ½ pounds ground beef	2 large carrots, sliced	1-pound pasteurized cheese slices
2 large baking potatoes, sliced	1 yellow onion, sliced	1 can condensed cream of mushroom soup

Instructions:

First layer: Brown and drain 1 1/2 pounds ground beef. Second layer: 2 large baking potatoes, peeled and thinly sliced Third layer: 2 large raw carrots, scrapped and thinly sliced Fourth layer: 1 large yellow onion, peeled and thinly sliced Fifth layer: 1-pound pasteurized cheese, thinly sliced, 1 can condensed cream of mushroom soup Heat oven to 350 degrees. In a 10-inch by 10-inch pan, layer ground beef, potato slices, carrot slices, onion slices, and cheese slices in that order. Spread undiluted cream of mushroom soup over cheese. Cover and bake for 1 hour. Cool on wire rack for 15 minutes. Slice and serve. Serves 8.

Annabelle Venables, Washington
Contestant #15
Blue Ribbon

Wonton Taco Cups

Ingredients:

1 pound ground beef	2 cups shredded cheese	jalapenos (optional)
1 package taco seasoning	1 jar salsa (optional)	shredded lettuce (optional)
24 wonton wrappers	Sour cream (optional)	

Instructions:

Preheat oven to 375 degrees F. Spray muffin tin with non-stick spray. Cook ground beef and drain. Mix in taco seasoning. Line each muffin tin spot with a wonton wrapper. Add 2 tablespoons of taco meat to each cup. Top with cheese and bake for 10-12 minutes. Add favorite toppings and enjoy.

Colten Gates, West Feliciana
Contestant #16
Blue Ribbon

Taco-bout Fabulous Pie

Ingredients:

5 eggs	½ cup of half and half	2 cups of low-fat cheddar cheese, shredded
½ Tablespoon garlic powder	1 pound ground beef	1 can of diced tomatoes with chilies, drained
1 Tablespoon all-purpose low-sodium seasoning	1 package of low-sodium taco seasoning	1 frozen 9-inch pie shell

Instructions:

1. Preheat oven to 350 degrees. 2. In a large bowl, whisk together the eggs, garlic powder, all-purpose low-sodium seasoning, and half and half. Set it aside. 3. Brown the ground beef in a large skillet on medium high heat. Allow it to cool slightly. 4. Add beef, low-sodium taco seasoning, cheese, and tomatoes with chilies to the whisked egg mixture and combine well. 5. Pour the combined egg mixture into the pie shell. 6. Bake at 350 degrees for 30 to 40 minutes until the center is set, use a toothpick to check for doneness. 7. Cut into pie size wedges and serve.

Cook Time: 30 to 40 minutes

Number of Servings: 6 – 8

Size of Pan: 9-inch frozen pie shell

Temperature: Warm

Other Beef Cuts

Amelia Bourgeois, Ascension
Contestant # 17
1st Place

Steak Bites

Ingredients

Cooking spray	¼ teaspoon salt	4 ounces cream cheese
1 pound filet mignon	½ teaspoon Cajun seasoning	5 slices bacon

Instructions

Preheat oven to 425° Fahrenheit. Spray a 7x11 baking dish with cooking spray and set aside. Cut your beef into small, bite-sized cubes. Season the beef cubes with salt and Cajun seasoning, add to baking dish. Cut cream cheese into strips in place on beef. Cut each strip of bacon into fourths and place on top of cream cheese. Bake the bites in the oven for 12 minutes. Allow bites to rest but serve hot.

Lashun Williams, East Baton Rouge
Contestant #18
2nd Place

Liver and Onions with Mash Potatoes

Ingredients:

1 pound of calf beef liver	¼ teaspoon pepper	½ teaspoon pepper
1 ¼ cups whole Milk (divided)	1/2 cup of olive oil (divided)	½ teaspoon seasoning all
3 pounds of russet potatoes	1 large Vidalia onion	½ teaspoon lemon pepper seasoning
1 teaspoon salt	2 cups of all-purpose flour	¼ teaspoon Garlic powder
4 tablespoons of butter	½ teaspoon salt	1 cup of beef broth

Instructions:

1. Gently rinse liver slices under cold water and pat dry with paper towels. Place in a shallow dish; pour in enough milk to cover. Soaking will remove the bitterness. Let stand while preparing potatoes (4 minutes). 2. Cut the potatoes into quarters or sixth depending on the size of your potatoes. Rinse well and add them to a large pot of cold water (enough to cover potatoes). Then add 1 teaspoon of salt. Bring to a boil over high heat the reduce heat to medium and boil 10 to 15 minutes or until potatoes are fork tender. 3. When the potatoes are tender, drain them into a colander. Lightly shake to remove excess water and return the potatoes to the pot. 4. Use a potato masher to partially mash the potatoes. Then, pour in the ¼ cup of whole milk and add the butter, ½ teaspoon of salt, and ¼ teaspoon of pepper. Continue mashing until the potatoes have reach the desired consistency. 5. In a skillet add ¼ cup of olive oil and add sliced onions, cook till golden brown on medium heat and take out of the skillet and set aside. 6. In a shallow dish put 2 cups of flour, ½ teaspoon of salt, ½ teaspoon of pepper, seasoning all, lemon pepper seasoning, and garlic powder. Coat liver on both sides in the flour mixture. 7. In the same skillet that the onions was cooked in add 1/4 cup of olive oil on medium to high heat brown liver 3 to 4 minutes on each side. 8. Add onions back to the skillet with the liver. Then add 1 cup of beef broth to the skillet and reduce heat to medium; continue to cook until onions are heated through, and liver is cooked thoroughly, or longer until gravy thickens to suit your liking.

Preparation 15 minutes

Total cook time 40 minutes

Servings 4

Anna Bravata, Livingston
Contestant #21
Red Ribbon

Easy Beef & Vegetable Soup

Ingredient List:

2 tablespoons butter	½ teaspoon minced garlic	1 ½ cups frozen green beans
2 pounds lean beef diced (stew meat)	3 large potatoes chopped	1 ½ cups frozen corn
½ large onion, chopped	8 beef bouillon cubes	1 teaspoon black pepper
3 carrots peeled and sliced	8 cups hot water	½ teaspoon salt
3 stalks celery sliced	1 - 14 ounce can diced tomatoes	

Instructions:

1. Heat butter in a 12-inch skillet, add beef and brown until cooked. 2. Remove beef, add onions, carrots, celery, and garlic. Cook until slightly tender and fragrant, about 5 minutes. 3. Stir potatoes into onion mixture, cook and stir until golden brown, about 10 minutes. 4. Add beef bouillon cubes and 8 cups of hot water to slow cooker (7 quarts) stir until dissolved. 5. Add onion mixture, cooked beef, diced tomatoes, green beans, corn, black pepper, and salt to slow cooker. 6. Cook on low for 4-6 hours until tender. Size of slow cooker: 7 quarts

Cost per serving: \$1.48

Cook time: 4-6 hours

Total servings: 8 cups

Size of skillet: 12 inch

Calories per serving: 350

Evyn Pilet, St. Bernard
Contestant #24
Blue Ribbon

Mom's Beef Stew

Supplies:
8-quart pot with lid Large cooking spoon
A whisk
Measuring cups
Measuring spoons
Ingredients:
3 tablespoons of vegetable oil

2 pounds of chuck roast cut into 1 to 1 ½ inch cubes.
1 cup diced yellow onion.
½ cup diced celery
½ cup diced green bell pepper
1 tablespoon minced garlic
3 tablespoons of all-purpose flour

2 quarts of beef broth
Salt and Pepper to taste, or 1 tablespoon each
3 or 4 medium russet potatoes, cut into 1- inch cubes.
1 14.5 ounce can sliced carrots, drained.
Cooked white rice, about 4 to 6 cups.

Instructions:

Add vegetable oil to pot and heat over medium heat until oil shimmers. Add chuck roast cubes to oil and brown on all sides of the meat, about 10 minutes. Remove browned meat and set aside. Add diced onions, celery and bell pepper to oil remaining in the pot. Cook until soft and translucent, about 10 minutes. Add minced garlic and cook for another 3 to 5 minutes. Add 3 tablespoons of flour to vegetable mixture until mixed in well and cook for another 3 to 5 minutes. Whisk in the beef broth 1 to 2 cups at a time until the flour mixture is blended well with the broth, and all broth is added. Add salt and pepper to pot and mix well. Add browned meat back into the pot. Bring mixture to a low boil over medium heat. Once at a low boil, reduce heat to low, cover pot and simmer for 3 hours, until meat is fork tender (you can pierce easily with a fork) When meat is tender, add diced potatoes to pot and continue to simmer, covered, for another 10 to 15 minutes until potatoes are for tender. Add drained carrots to pot and simmer, uncovered, for another 5 minutes until carrots are heated through. Serve stew over white rice and enjoy!

Cook time: 4 hours

Number of servings: 8 - 10

Size of Pan: 8-quart pot

Temperature: Low boil

Lee Arcement, Jr., St. Charles
Contestant #25
Red Ribbon

Chef John's Beef Goulash

Ingredient List:

2 ½ pounds boneless beef chuck roast, cut into 2-inch cubes
½ teaspoon ground thyme
Salt and ground black pepper to taste
½ teaspoon cayenne pepper
2 tablespoons vegetable oil
4 cups chicken broth, divided

2 onions, chopped
¼ cup tomato paste
2 teaspoons olive oil
3 cloves garlic, crushed
½ teaspoon salt
2 tablespoons balsamic vinegar
2 tablespoons Hungarian paprika

1 teaspoon white sugar
2 teaspoons caraway seeds, crushed
½ teaspoon salt, or to taste
1 teaspoon freshly ground black pepper
1 bay leaf
1 teaspoon dried marjoram

Instructions:

1. Gather all the ingredients. 2. Season beef with salt and black pepper. 3. Heat vegetable oil in a large skillet over high heat; cook and stir beef in hot oil in batches until browned on all sides about 5 minutes per batch. 4. Transfer to a large stockpot and reserve drippings in the skillet. 5. Return skillet to medium heat; stir onions into the reserved drippings, drizzle olive oil over onions, season with ½ teaspoon salt and cook until onion has softened, about 5 minutes. Transfer to the stockpot with beef. 6. Combine paprika, caraway seeds, black pepper, marjoram, thyme, and cayenne pepper in the skillet and toast over medium heat until fragrant, about 3 minutes. 7. Add 1 cup chicken broth and stir; transfer to the beef and onion mixture. 8. Stir 3 cups chicken broth into beef mixture. Add tomato paste, garlic, vinegar, sugar, ½ teaspoon salt, and bay leaf; place stockpot over high heat and bring to a boil. 9. Reduce heat to low and simmer until a fork inserts easily into the meat, 1 ½ to 2 hours.

Cook Time: 2 hours, 30 minutes

Number of Servings: 4 servings

Size of Pan: large skillet, large stockpot

Temperature: Warm

Naomi Monetti, St. James
Contestant #27
Blue Ribbon

Beef Stew

Ingredient List:

4 pounds beef stew meat, cubed
3 tablespoons Cajun Seasoning (Tony Chachere's)
3 tablespoons granulated garlic
3 tablespoons granulated onion
3 tablespoons Worcestershire sauce

3 tablespoons liquid smoke
3 tablespoons A1 sauce
4 cups onion mix
3 links smoked sausage (Veron's mild), sliced
1-pound carrots, sliced
3 pounds red potatoes, cubed

8 cups beef stock
1/3 cup cold water
3 teaspoons cornstarch
Parboiled white rice

Instructions:

In a large stock pot add meat, Cajun seasoning, granulated garlic, granulated onion, Worcestershire's sauce, liquid smoke, A1 sauce, and onion mix and cook on medium-high heat until meat is browned, about 10 minutes. Add smoked sausage and cook another 2 minutes. Add carrots, potatoes, and beef stock and bring to boil. Once boiling, reduce to a simmer. Let simmer until potatoes are soft. In a separate bowl combine cornstarch and cold water to create a slurry. Add slurry to pot and cook for about 15 minutes. Serve over rice. Temperature: Medium

Cook Time: 1- 1 ½ hours

Number of Servings: 10-12

Size of Pan: Large stock pot, medium bowl

Anna Peck, Tangipahoa
Contestant # 30
Red Ribbon

Garlic Butter Steak Bites

Ingredients

1 tablespoon olive oil
2 tablespoons unsalted butter

1 pound baby gold potatoes, cut into ½ inch cubes
½ onion diced

3 large garlic cloves, minced
1 teaspoon fresh parsley, chopped
1 teaspoon fresh thyme, chopped

1 teaspoon fresh rosemary, chopped
1 teaspoon red pepper flakes

1 1/4 pounds sirloin steaks, cut into 1-inch
cubes

salt and pepper to taste

Instructions

Heat a large cast iron skillet over medium-high heat and add olive oil and one tablespoon of butter.

Once butter has melted, add potatoes and onions, and cook until potatoes are fork tender then add garlic, parsley, thyme, rosemary, pepper flakes and cook for an additional 5 minutes. Remove and set aside. Turn the skillet to high heat. Add 1 tablespoon butter and steak bites. Let the steak sear for a minute and then continue to stir the steak until they are golden brown on all sides. Place potatoes back in the skillet with the steak bites and cook for an additional 1 1/2 minutes until everything is golden brown. Top the steak with salt and pepper to taste, plate and enjoy. Servings: 5

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Annabelle Venables
Contestant #31
Blue Ribbon

Campfire Stew

Ingredients:

2 pounds stew meat

2 10-ounce cans of vegetable soup

Directions:

In a large skillet brown stew meat until cooked at desired doneness. When beef is done drain off any excess grease. Add the 2 cans of vegetable soup to the skillet. Cook for 2-3 minutes on a medium heat to warm soup through. Serve and enjoy.

Caden Gates, West Feliciana
Contestant #32
3rd Place

Beef'd Up Peppers

Ingredient List:

4 green bell peppers, cut in half and seeded
2 Tablespoons Olive oil
1 pound skirt steak, sliced thin

1 1/2 cups sliced mushrooms
1 small onion, julienned
1/2 red pepper, julienned

1/2 teaspoon low-sodium Cajun seasoning
8 ounces provolone cheese

Instructions:

Preheat the oven to 400 degrees. Cut the green peppers in half and de-seed them. Place them in a 9 X 13 baking dish and drizzle with 1 tablespoon of olive oil. Cover the dish with tin foil and bake for 10 minutes. In a large skillet, over high heat, add remaining olive oil. Add sliced skirt steak to hot oil and sear strips, careful not to overcook. Once steak is cooked remove from the skillet and set aside. Reduce the heat to medium-high, add mushrooms, onions, peppers, and low-sodium Cajun seasoning and cook until the vegetables are translucent and tender. After the vegetables are tender add the skirt steak strips back to the skillet and combine. Remove skillet from the stove and fill the baked bell pepper halves with the meat and vegetable mixture. Top the stuffed pepper halves with provolone cheese slices and bake for 10 to 12 minutes or until the cheese is melted.

Cook Time: 15 minutes

Baking Time: 15 minutes

Number of Servings: 8

Size of Pan: 9 X 13 Dish

Temperature: Warm

EGG Appetizer/Side Dish

Mya Scott, Ascension
Contestant #33

Potato Salad

Ingredients:

4 eggs
1/2 cup mayonnaise
1 tablespoon yellow mustard

8 potatoes
1/4 sprinkle paprika
1/4 pickle relish

1/2 teaspoon salt
1/4 black pepper

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. Peel potatoes and chop into cubes and place potatoes in a large pot (8 quarts) and cover with enough water. Heat on high until water begins to boil and cook for 20 minutes. Remove from heat and drain in place in medium bowl. Crack eggshells and carefully peel under cool running water. Gently dry with a paper towel. Chop the eggs and in a medium size bowl combine all ingredients listed above. Once finish sprinkle paprika. Ready to serve.

Lashun Williams, East Baton Rouge
Contestant #34
3rd Place

Deviled Eggs with Salsa

Ingredients List:

12 eggs (brand of your choice)
2/3 cup of Blue Plate sandwich spread

1/2 teaspoon of lemon pepper seasoning
1/2 Paprika

1 cup of salsa

Directions

Place eggs in a 4-to-5-quart pot. Cover eggs with cold water. Bring eggs to a boil then reduce heat to medium for 15 minutes. Peel eggs under cold running water and lay peeled eggs on paper towel to dry. Once all eggs are peeled, cut each egg in half lengthwise. Remove the yolk from each half. Place the egg half on a plate and place yolk in a 1 quart mixing bowl. With your fork, mix yolk, blue plate sandwich spread and lemon pepper seasoning until well combined. Put yolk mixture into a plastic zip bag and snip one corner of the bag. Pipe the yolk mixture into each egg half. Add 1/2 teaspoon of salsa on top of each egg half. Sprinkle paprika over eggs. Cover and chill for at least 20 minutes. Preparation 5 minutes Cook time 15 minutes Serving size 8 people 3x

Mexican Baked Eggs

Ingredients:

1 teaspoon olive oil depending on the pan	1 14.5 oz. can fire roasted diced tomatoes with juice (do not drain)	2 ounces Colby jack cheese, shredded
1 small onion finely diced		chopped cilantro for garnish, if desired
½ large jalapeno diced	1 15 oz. can black beans rinsed and drained well	sour cream for garnish, if desired
½ teaspoon ground cumin	1 4 oz. can diced green chiles	
¼ teaspoon cayenne pepper	6 large eggs	

Instructions:

Preheat oven to 450F. Heat olive oil in a 12+ inch ovenproof skillet with deep sides and sauté onions and jalapeños for 2 minutes. Add ground cumin and cayenne pepper and sauté 2-3 minutes more. Add diced tomatoes with juice, black beans, and diced green chilies to the pan and let cook at very low simmer for 15-20 minutes, or until the mixture is slightly thickened. Using the back of a spoon, make an indentation in the mixture, and crack an egg into the little pocket. Repeat around the pan with all the eggs. Spoon the rest of the mixture around the eggs, avoiding the yolk. Place ovenproof skillet in the oven for about 5 minutes, or until the eggs are starting to look set but are still fairly wet looking. Remove and change the oven to broil. Sprinkle cheese over the top and place under the broiler for 1-3 minutes, or until the cheese has melted. Be sure to remove while egg yolk is still soft. If you don't like runny eggs, cook 2-3 minutes longer. Serve hot! Garnish with sour cream and/or cilantro if desired

Servings: 6 one egg servings

Prep Time: 5 Minutes

Cook Time: 25 Minutes

Total Time: 30 Minutes

Trinity Voiselle, Livingston
Contestant #37
Blue Ribbon

Deviled Eggs

Ingredient List:

4 boiled eggs	½ cup mayonnaise	1 teaspoon Cajun seasoning
2 tablespoons mustard	¼ teaspoon paprika	2 tablespoons bacon bits

Instructions:

Boil 4 eggs and peel them once they are cool. (Boil 7-8 minutes) Cut eggs in ½ and remove yolks. Combine yolks, mustard, mayonnaise, Cajun seasoning, and 1/3 of bacon bits. Scoop yolk mixture into boiled egg white half. Top with remaining bacon bits and paprika.

Cost per serving: \$1.75

Calories per serving: 134

Asher Wood, St. Bernard
Contestant #40

Wham Bam, thank you Spam! Musubi

Ingredient List:

2 cups Calrose rice rinsed well. Nonstick cooking spray.	2 sheets sushi nori – cut into 3 pieces each.	1/3 cup dark brown sugar (can sub light brown sugar). 3 tablespoons soy sauce
1 (one) 12-ounce can Spam 25 percent less sodium, sliced lengthwise into 6 pieces	Furikake (optional)	1 Teaspoon of rice wine vinegar
	4 eggs – beaten.	Useful equipment:
	Simple teriyaki sauce:	Plastic wrap Rice cooker Musubi mold

Instructions:

1. Rinse the rice at least 3 times, until the water runs clear. Then cook your rice. We prefer to cook rice in our rice cooker, but however you cook your rice will do. 2. Heat a large non-stick skillet over medium-high heat. Lightly spray with nonstick cooking spray. Place the Spam in the skillet in a single layer. Cook for 4-5 minutes until golden, then flip and cook for another 3-4 minutes until browned on both sides. Remove from the pan. 3. To make the teriyaki Sauce, combine all ingredients in the skillet over medium-low heat and cook, stirring occasionally, until the sugar is dissolved, 1-2 minutes. 4. Return the Spam to the pan and toss in the teriyaki glaze, turning the Spam over after 3 minutes. Reduce heat and let Spam cook in the sauce until reduced and thickened. 5. In a small saucepan, cook the four eggs into a simple omelet. You want the eggs to be a relatively thin layer (about ¼) once fully cooked. Remove from the pan and let cool. Once cooled, either cut it with a knife or use your musubi mold to cut eggs to the proper size. 6. Assembly time! Lay a single strip of nori on a cutting board. Then place your musubi mold on top of the nori. Place a piece of Spam in the mold followed by a piece of egg. Generously sprinkle the egg with furikake. Add 1/3 cup of rice. Use the insert of the musubi mold to press the rice, egg, and Spam together and slide the mold off the Spam, egg, and rice. Finally wrap the nori on one side and then the other. Dip your finger in water to help seal the nori to itself. Turn over so the nori is seam-side down. Repeat until all Spam is used. Enjoy! (If you do not have a musubi mold, you can line the inside of the can of Spam with enough plastic wrap to cover the bottom, sides and stick out the top by about 6 inches. Then insert your spam, egg, furikake and rice. Wrap the top with the plastic wrap and firmly compress with your fingers. Remove from the can and wrap and seal the nori as before.

Heat Before Serving. Cook Time: 25 minutes

Number of Servings: 15

Size of Pan: large nonstick skillet, small saucepan

Temperature: medium

Ethan Bellanger, St. Charles
Contestant #41
Red Ribbon

Crawfish Cornbread

Ingredient List:

4 eggs		
1 can cream style corn	½ cup cooking oil	1 cup Velveeta Mexican cheese, finely diced
1 onion, chopped	1 box Jiffy cornbread mix	1 pound crawfish tails

Instructions:

1. Preheat oven to 375 degrees. 2. Mix all ingredients in a 3-quart mixing bowl. 3. Once combined thoroughly, pour into 9 x 13 greased pan and bake for 40 minutes. 4. Cool before cutting.

Cook Time: 40 minutes

Number of Servings: 8 servings

Size of Pan: 9 x 13 pan

Temperature: Cool

Potato Salad

Ingredient List:

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

Instructions:

Prebake pie crust until golden brown. In a medium sized pan sauté shallots, parsley, and butter until softened. Toss the mixture with the crab meat. Layer the bottom of pie shells with cheese, followed by the crabmeat mixture. Layer cheese on top. In a large mixing bowl combine egg, cream, and seasoning. Pour the mixture into the shells. Bake for 30-40 minutes at 350 degrees Fahrenheit until brown and firm in the middle. Garnish with parsley. Temperature: 350 Degrees Fahrenheit

Cook Time: 30-40 minutes Number of Servings: 16 pies Size of Pan: 9 X 13 inch

Andersen Cambre, St. Tammany
Contestant #45

Andersen's Bayou Deviled Egg

Ingredient List

1 dozen Eggs	4 Tbsp Butter	1 Cup Mayonnaise
1 Pound of Boiled Crawfish Tails, Peeled and Deveined	4 Cloves Garlic	1 Tbsp Mustard
	Cajun Seasoning (To Taste)	1 Green Onion

Instructions:

1. Boil one dozen eggs for 15 minutes, cool and peel. 2. Cut the eggs in half, separate yolks, and the whites, set to the side. 3. Sauté 1 pound of crawfish tails in 4 tablespoons of butter with 4 cloves of garlic and add Cajun seasoning to taste. Put it on the side to cool. 4. When cooled chop the crawfish into small pieces. 5. In a bowl smash egg yolks until smooth, add 1 cup of mayonnaise and 1 tbsp mustard. 6. Combine crawfish, egg mixture and green onions together. 7. Dry the egg white halves and arrange on a plate. 8. Add the crawfish filling to the egg white halves and serve.

Cook Time: 15 Minutes Number of Servings: 12 Size of Pan: 12-quart pot
Temperature: Cool

Callie Rae Faunce, Tangipahoa
Contestant #46
1st Place

Big Mama's Deviled Eggs

Ingredients:

10 eggs	½ cup mayonnaise	⅛ teaspoon salt
1 Tablespoon of any Cajun Seasoning		

Instructions:

In a 10-quart saucepan, cover eggs with 1 inch of water. Bring to a boil; remove from heat. Cover and let stand for 12 minutes. Drain eggs. Run under cold water until cool enough to handle. You can also add a few ice cubes to cool down quickly. Peel and halve eggs lengthwise. Remove yolks and transfer to a blender or food processor. Blend the egg yolks, mayonnaise, salt, and ½ tablespoon seasoning until smooth. Using a pastry bag fitted with a large tip pipe yolk mixture into whites. Sprinkle ½ tablespoon Cajun seasoning on the top. Serve immediately or chill for up to 3 hours, whichever you prefer. Cook Time: 50 minutes

Number of Servings: 10 servings Size of Pan: 12-quart pot Temperature: Room temperature or cool

Jaelyn Sessions, Washington
Contestant #47
Blue Ribbon

Deviled Eggs

Ingredient List:

5 cups water	½ teaspoon mustard	1 pickle spear
8 large eggs	¼ teaspoon salt	4 strips bacon
¼ cup mayo	¼ teaspoon black pepper	
2 teaspoons pickle juice	½ teaspoon garlic powder	

Directions:

In a medium pot, bring 5 cups of water to a boil. Reduce heat to low and add 8 eggs to pot. Return to a boil. Boil eggs for 7 minutes Drain water and remove eggs. Add eggs to a large bowl with ice water Let sit in ice bath for 15 minutes Peel eggs Cut eggs in half vertically and place on a platter/plate Spoon yolk out of the eggs and add to a medium size mixing bowl Mash egg yolks to a fine crumb with a fork Add ¼ cup of mayo, 2 teaspoons of pickle juice, ½ teaspoon of mustard, ¼ teaspoon of salt, ¼ teaspoon of black pepper, and ½ teaspoon of garlic powder. Mix. Very finely dice 1 pickle spear and add to yolk mixture Spoon a heaping teaspoon of the egg mixture back into the egg halves. Repeat for all eggs Place 4 strips of bacon on a microwaveable safe plate and cover with paper towels. Heat for 5 minutes or until crispy Break the bacon into small pieces and garnish the top of each egg with bacon. Cook Time: 7 minutes Total time: 30 minutes

Number of servings: 16 deviled eggs Size of pan: Large platter

Temperature: Chilled

Marley Wallis, West Feliciana
Contestant #48
2nd Place

Spinach and Bacon Quiche Bits

Ingredient List:

12 ounces of bacon	1 cup shredded Swiss cheese	½ teaspoon salt
1 cup fresh baby spinach	3 large eggs	½ teaspoon pepper
24 Phyllo cups	¼ cup heavy cream	

Instructions:

Preheat oven to 375 degrees. Fully cook bacon. Drain and chip bacon. Chop spinach. Place the phyllo cups in the muffin tin. Sprinkle bacon, spinach, and Swiss cheese in the bottom of the phyllo cups. Combine eggs, heavy cream, salt, and pepper using a blender. Pour the egg mixture into the phyllo cups covering the bacon, spinach, and cheese. Bake for 10 minutes or until egg mixture is set.

Cook Time: 10 minutes

Number of Servings: 24

Size of Pan: 12 muffins pan

Temperature: 375 degrees

Main Dish/Salad

Jorja Kling, Ascension
Contestant# 49
Red Ribbon

Country Breakfast Pie

Ingredients

1 – 1pound (16 ounce) package of regular Jimmy Dean Sausage

1 ½ cups of grated Swiss Cheese

1 – 9-inch-deep dish frozen pie crust

¼ cup chopped green bell pepper

¼ cup chopped red bell pepper

2 tablespoons chopped white onion

4 eggs, lightly beaten

1 cup half & half

Instructions:

Preheat oven to 375 degrees. Cook sausage in a 10-inch skillet. Drain off all grease. Crumble sausage and set aside. Grate Swiss cheese. Mix cheese and sausage together. Place mixture into pie crust. Chop green bell pepper, red bell pepper, and white onion. Set it aside. Lightly beat eggs. Add peppers and onion to eggs as well as the half & half. Stir to mix well. Pour egg mixture into pie shell on top of sausage and cheese. Bake pie at 375 degrees for 50-60 minutes. Enjoy!

Yields – 8 servings

Jordan Liu, East Baton Rouge
Contestant #50

Tortilla Cheese Egg Sausage Wrap

Ingredient List

1 bag of super soft flour tortilla wrap

1 bag of shredded mild cheddar cheese

5 eggs

5 breakfast sausages

Instructions:

Heat up 9” cooking pan for 1 minute and turn cooking temperature to medium low. Place 1 flour tortilla in the pan and let it heat up, 15-20 seconds each side Spread ½ tsp of softened butter and 2 tbsp of shredded cheese over tortilla. Using a big spatula to turn over tortilla and cook 20-30 seconds While the other side is cooking, Spread ½ tsp of softened butter and 2 tbsp of shredded cheese over the upside. Use a big spatula to turn over tortilla and cook another 20-30 seconds. Repeat this process until you have 5 servings Scramble 5 eggs in the same cooking pan Place 5 breakfast sausage in the same cooking pan at medium high for 2 minutes each side or until golden brown Assemble Tortilla Cheese Egg Sausage Wrap. Place 1 cheese tortilla wrap in a plate, place 2-3 tablespoons of scrambled egg and 1 sausage in the middle and wrap it up. Serve with avocado for healthier version.

Cook Time: 20 minutes

Number of Servings: 5 servings

Size of Pan: 9” cooking Pan

Temperature: warm

Emma Hutto, East Feliciana
Contestant #51
1st Place

Breakfast Egg Rolls

Ingredients:

1-pound applewood smoked bacon

1 tablespoon vegetable oil

1 yellow onion, chopped

3 stalks celery, chopped

1/2 red pepper, chopped

1/2 cup green onions, chopped

1/2-pound hot breakfast sausage

1/2-pound regular breakfast sausage

1 tablespoon Cajun seasoning

12 large eggs

1/2 cup whole milk

4 ounces salted butter

8 ounces sharp cheddar cheese, shredded

2 packages egg roll wraps, 16 ounces each

Instructions:

Preheat oven to 350 degrees. Heat up a large pot over medium heat. Place bacon in a single layer on a baking sheet. Bake for 15-20 minutes until just starting to crisp up. While bacon is cooking, add vegetable oil to the pot. Once heated, add onion, celery, red pepper, and green onion and sauté for 10 minutes. Add in both the hot and regular breakfast sausage and the Cajun seasoning and continue cooking until sausage is browned and crumbly. Once cooked and onions are also translucent, turn heat to low and let cook while you cut the bacon. Carefully, cut the bacon up into small strips. Add to the sausage mixture on the stove and continue cooking for 5 minutes. Drain through a sieve to get rid of excess fat drippings. Transfer into a freezer-safe container and freeze for 1 hour. Remove from freezer and set on the counter. Heat a large cast-iron pan over low heat for several minutes. While the pan is heating, whisk together eggs and milk. Add butter to the pan and let melt completely. Pour in the egg mixture and let it sit there until the edges start to look cooked. Gently stir around to scramble, continuing until eggs are cooked through. Fold the egg mixture into the container of sausage mix from the freezer, allowing the eggs to cool down as they’re mixed. Once mixed, add the cheese and stir until completely melted. Layer a large baking sheet with paper towels. This will be where you place the air-fried egg rolls once they are done. Add 3 tablespoons of mixture to the egg roll wrapper and roll up, sealing the edges with water to stick them together. Air-fry in batches of 10 at 400 degrees for 12 minutes, flipping then halfway through. Allow to cool for 5 minutes then enjoy! Total servings 25, Total Time: 2 Hours 30 Minutes

Brooke Breaux, Livingston
Contestant #53
Red Ribbon Group

Breakfast Quiche

Ingredient List:

5 eggs

½ cup shredded cheddar cheese

1 cup fat free half-n-half

2 ounces of low sodium ham, chopped

1 teaspoon salt

1 frozen deep pie crust

Instructions:

1. Preheat oven to 425 degrees. 2. Mix eggs, cheese, half-n-half, ham, and salt together in a large bowl. 3. Once mixed, pour all ingredients in pie crust.

4. Place pie crust on a baking pan in case of spill over while cooking. 5. Bake at 425 degrees for 15 minutes to brown the crust. 6. Then reduce the temperature to 375 degrees and continue baking for 25-30 minutes until set/firm when shaken.

Cook time: 40-45 minutes

Cost per serving: \$1.50

Calories per serving: 300

Lyric Powel, Orleans
Contestant #54

Seafood Noodle Boil

Ingredient List:

1-2 pounds of fresh shrimp
2 teaspoons of Old Bay seasoning
16 cups of water
6 eggs
½ pound of smoked sausage
1 teaspoon of olive oil
½ stick or 4 Tablespoons of butter

½ cup of a small, chopped onion
1 teaspoon of minced garlic
1 pinch of parsley
1 teaspoon of garlic powder
1 teaspoon of onion powder
1 sprinkle of red pepper flakes
4 teaspoons of flour

1 teaspoon of paprika
1 ½ cups of chicken broth
3 bags of Ramen noodles (chicken flavor)
1 bag of chicken Ramen noodle seasoning
(Included in noodle package)

Instructions:

Peel and devein shrimp. Wash shrimp in cold water. Season shrimp with 1 tsp of Old Bay seasoning and place to the side. In a medium, 5 qt pot, boil 8 cups of water and add 6 eggs. Boil eggs for 10- 12 mins. Carefully remove the eggs from the boiling water and place eggs to the side. Wash sausage in cold water. Cut smoked sausage into even slices. To a medium 10–12-inch skillet, add 1 tsp of olive oil and place fire on a medium heat. Add sausage to the skillet and allow sausage to cook flat on each side for 4-5 minutes until the meat is brown. Remove sausage from the skillet and place it to the side. Add 1/2 stick of butter to the same medium 10–12-inch skillet that you cooked the sausage in. Once the butter melts, add ½ of a small, chopped onion to the skillet. Allow onion to sauté for 2-3 mins on medium heat. Add 1 tsp of minced garlic to the skillet and continue to sauté for another 2-3 mins. Add seasoned shrimp, a pinch of parsley, 1 tsp of garlic powder, 1 tsp of onion powder, 1 tsp of old bay seasoning, a sprinkle of red pepper flakes, 4 tsp of flour, 1 tsp of paprika, 1 ½ cup of chicken broth and your cooked sausage. Stir all ingredients and allow ingredients to simmer on a low fire for 8-10 mins. Stir sauce and turn the fire off. Boil noodles in 8 cups of water in a medium, 5 qt pot for 3-4 minutes on high heat. Remove noodles from heat and pour into a strainer. Peel boiled eggs and cut each one in half. Pour a small amount of noodle seasoning (chicken flavor) on each egg. Plate Seafood Noodle Boil in a plate or bowl. Put noodles in the dish, apply a generous amount of sauce on top of the noodles and place 2 sliced eggs on the side of the entree. Eat and ENJOY!

Cook Time: 45 minutes

Number of Servings: 6

Size of Pot: medium, 5 quarts

Temperature: medium heat

Nollie Arcement, St. Charles
Contestant #57
Blue Ribbon

Roasted Sweet Potato Kale Frittata

Ingredient List:

3 teaspoons avocado or olive oil, divided
½ cup red onion, sliced or chopped
1 clove garlic, minced
1 ½ cups de-stemmed kale, chopped

1 tablespoon fresh thyme, plus more for topping
8 eggs
¼ teaspoon sea salt
2 ounces soft goat cheese

2 cups sweet potatoes, chopped into bite-sized pieces
Hot sauce for topping

Directions:

1. Preheat oven to 375 degrees. 2. Spread chopped sweet potatoes on a baking sheet with 1 teaspoon of oil, toss and then roast for about 20 minutes or until tender. 3. In the meantime, melt the remaining 2 teaspoons oil in an ovenproof skillet over medium heat. Add onion and garlic and sauté until tender and golden, 8-10 minutes. 4. Add kale and thyme and cook for another minute, until kale has just wilted. 5. Remove from heat and add roasted sweet potatoes once they are done. 6. Crack the eggs into a large bowl, add salt and beat well with a fork. 7. Pour the beaten eggs into the skillet and use the fork to press the vegetables down into the egg mixture so that the eggs cover the veggies completely. 8. Crumble the goat cheese over the top, then place the skillet in the oven and bake until the center is set and lightly golden, 10-15 minutes. 9. Cut into wedges and serve warm with a sprinkle of fresh thyme. Add a drizzle of hot sauce on top if desired. 10. Frittata will keep in the fridge for up to 5 days. Cook Time: 40 minutes

Number of Servings: 8 servings

Size of Pan: large skillet

Temperature: Warm

Charles Miller
Contestant #61
Blue Ribbon

The Best Breakfast Casserole

Ingredient List:

1 Can of Cooking Spray
24 Ounces Frozen Shredded Potatoes
1 Tablespoon each of Salt and Pepper
12 Large Eggs
2 Cups Half and Half
1 Tablespoon Season Salt

1 ½ Cups Cheddar Cheese, Shredded
1 ½ Cups Pepper Jack Cheese, Shredded
2 Cups Chopped Ham
1 Cup Real Bacon Bits
¼ Cup Green Onions

Instructions:

1. Pre-heat oven to 350 degrees. 2. Grease a 9 x 13-inch pan with cooking spray. 3. Add 24 ounces of frozen shredded potatoes to the bottom of the pan. 4. Sprinkle the top with a tablespoon of salt and pepper. 5. In a large bowl, whisk the 12 large eggs together. 6. Then fold in 2 cups of half and half, 1 tablespoon season salt, 1 ½ cups shredded cheddar cheese, 1 ½ cups shredded pepper jack cheese, 2 cups chopped ham and 1 cup real bacon bits to the egg mixture. 7. Pour the mixture over the top of the frozen potatoes. 8. Bake uncovered at 350 degrees for 90 minutes. 9. Add green onions for garnish (if desired)

Pan Size: 9 x 13

Prep Time: 10 Minutes

Total Time: 1 Hour 40 Minutes

Serving Size: 12 Slices

Cook Time: 1 Hour 30 Minutes

Cooking Temperature: 350 Degrees

Grown-up Egg Salad Sandwich

Ingredients:

6 hard-boiled eggs peeled	1 ½ teaspoon of Cajun seasoning	Bread or croissant of your liking
¼ cup of mayonnaise	1 ½ cups of shredded cheese (mild or sharp)	
1 teaspoon of spicy brown mustard	3 strips of bacon, cooked and crumbled	

Directions:

Boil your eggs in a medium pot for 10 to 12 minutes, let cool and peel. In a medium bowl combine your mayonnaise, mustard, and Cajun seasoning. Add in your boiled eggs and mash them into the mixture with a fork. Next add in your cheese and bacon. Mix until all ingredients are combined well. Refrigerate until you are ready to serve. Once ready to eat spread mixture on your bread or croissant of choice and serve. Serves 6 Enjoy!!!

Kamryn Jarrell, Washington
Contestant # 63

Sheet Pan Omelet

Ingredient List:

1 tablespoon salted butter melted	1 cup shredded sharp cheddar cheese divided into ½ cups	1 teaspoon garlic powder
½ pound bacon cooked and crumbled or sliced	12 large eggs	1/2 teaspoon onion powder
1 cup packed baby spinach, roughly chopped	½ cup light cream or whole milk	A dash of hot sauce (optional)
½ cup red bell pepper diced	1 teaspoon black pepper	
3 medium green onions chopped		

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit. 2. Liberally spray a 15x10x1 inch baking sheet with cooking spray. 3. Pour melted butter onto the pan using a pastry brush to coat all sides. 4. Arrange bacon, spinach, green onions, ½ cup of cheese and bell pepper on the pan. 5. In a medium size bowl, whisk together eggs, cream or milk, salt, pepper, garlic powder, onion powder, and hot sauce. 6. Pour eggs evenly into the pan. 7. Sprinkle top with the other ½ cup of cheese. 8. Place into the oven and bake for 20 minutes. 9. Check and gently shake the pan to see if eggs are set. 10. If not, bake for 5 more minutes and check again. You may broil for a few minutes at the end to brown the top if desired. 11. Cut into 12 even squares and serve on biscuits, as an egg sandwich on toast or bagels for your favorite breakfast sides. 12. Store chilled in airtight container for up to 5 days. Reheat for 12-15 seconds in the microwave.

Cook Time: 20-30 minutes

Size of Pan: 15x10x1 inch baking sheet

Number of Servings: 12 (even squares) servings

Temperature: 350 degrees Fahrenheit

Virginia Arceneaux, West Feliciana
Contestant #64
2nd Place

Bacon & Spinach Quiche

Ingredient List:

6 eggs	1 cup cooked bacon	1 cup chopped spinach
1 cup half and half	1 cup shredded mozzarella cheese	4 tablespoons green onions
½ teaspoon salt	½ cup diced Swiss cheese	1 refrigerated pie crust
½ teaspoon black pepper	½ cup Feta cheese	

Instructions:

1. Preheat oven to 375 degrees. 2. In a large bowl add 6 eggs, 1 cup half and half, ½ teaspoon salt, ½ teaspoon black pepper, and whisk everything together. 3. Layer 1 cup cooked bacon, 1 cup shredded mozzarella cheese, ½ cup diced Swiss cheese, ½ cup Feta cheese, 1 cup chopped spinach, and 4 tablespoons green onion in the refrigerated pie crust. 4. Carefully pour the egg mixture over the ingredients layered in the pie crust. 5. Bake at 375 degrees for 40 to 45 minutes. 6. Let stand for 10 to 15 minutes before slicing and serving.

Cook Time: 40 to 45 minutes

Size of Pan: 9-inch pie crust

Number of Servings: 6-8

Temperature: Warm

Dessert

Finlei Bourgeois, Ascension
Contestant #65
Blue Ribbon

Chocolate Frosted Brownies

Brownie Ingredients:

1 ½ cup of sugar	2 teaspoons of vanilla	Icing Ingredients:
½ cup of cocoa powder	1 cup self-rising flour	1 stick of butter
2 sticks of butter		4 tablespoons of cocoa powder
4 eggs		1 box powdered sugar (3 ¾ cup)
		10 tablespoons of evaporated milk

Instructions:

Mix sugar, cocoa powder, and butter in a stand mixer until creamy. Add eggs and vanilla, mix for about 1 minute. Add flour. Bake at 325 degrees in a 9x13 Pyrex dish for 30 minutes. To make the icing mix melted butter and cocoa powder. Add sugar, then milk to desired consistency. Ice cooled brownies. Recipe yields 20 square brownies (about 2x2.5")

Crème Brûlée

Ingredients List:

2 cups of half and half	½ cup of white granulated sugar	Blueberries
⅓ teaspoon of salt	1 teaspoon granulated sugar (sprinkle on top of each Crème Brûlée)	Raspberries
1 teaspoon of vanilla extract	Blackberries	Mint leaf
5 egg yolks		

Instructions

1. Heat oven to 325 degrees
2. Vanilla cream: In a 2-quart pot combine 2 cups of half and half and ⅓ teaspoon of salt. Cook over low heat just until hot, stir for about 2 minutes Then add vanilla extract and stir for about 20 seconds and remove from heat.
3. Crack 5 large eggs and separate the yolk into a 1.5-quart bowl.
4. Add ½ cup of sugar to egg yolks, use whisk and beat until the mixture is lite in color.
5. Stir in ¼ cup of vanilla cream mixture into sugar-egg yolk mixture and stir for about 5 seconds.
6. Add mixture back into pot with vanilla cream mixture and stir on low heat for 25 seconds.
7. Pour mixture into four 6-ounce ramekins and place each ramekin in a baking dish; fill baking dish with boiling water where water levels is halfway upside of the ramekins.
8. Place the baking dish in the preheated oven for 35 minutes or until the center is barely set.
9. After 35 minutes remove from oven. Remove each ramekin from baking dish using a heat protected mitten and place on a heat protected mat or clean towel and let it cool completely.
10. After cooling, place each ramekin in refrigerator for at least 3 hours.
11. When ready to serve, sprinkle each custard with 1 teaspoon of white granulated sugar.
12. On a baking sheet place each ramekin back in the oven and turn on broiler for 2 minutes to brown the sugar on top. Then remove from oven.
13. Garnish each Crème Brûlée with one blackberry, one blueberry one raspberry and mint leaf

Cook time: 37 minutes

Size of Pan: 2-quart pot, 9.25 × 13.25 baking sheet

Temperature: chilled

Number of Servings: 4

Rylee McGraw, East Feliciana
 Contestant #67
 Red Ribbon

Pecan Praline Buttermilk Pound Cake

Ingredients:

1 1/2 cups butter, softened	3 cups all-purpose flour	1 cup chopped pecans
3 cups granulated sugar	1/2 teaspoon baking powder	1 cup packed light brown sugar
6 large eggs	1/2 teaspoon salt	1/2 cup heavy cream
1 teaspoon vanilla extract	1 cup buttermilk	

Directions:

Preheat your oven to 325°F. Grease and flour a 10-inch tube pan. In a large mixing bowl, cream the butter and granulated sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Stir in the vanilla extract. In a separate bowl, combine the flour, baking powder, and salt. Add the flour mixture to the creamed mixture alternately with the buttermilk, beginning and ending with the flour mixture. Fold in the chopped pecans. Pour the batter into the prepared pan. Bake for 1 hour and 30 minutes, or until a toothpick inserted near the center comes out clean. While the cake is baking, make the praline topping. In a saucepan, combine the brown sugar and heavy cream. Cook over medium heat, stirring constantly, until the mixture comes to a boil. Boil for 1 minute, then remove from heat. Immediately pour the hot praline topping over the hot cake as soon as it comes out of the oven. Let the cake cool in the pan for 10 minutes, then remove from the pan and cool completely on a wire rack. Slice and enjoy!

Prep Time: 20 minutes

Total Time: 1 hour 50 minutes

Cook Time: 1 hour 30 minutes

Servings: 16

Brinley Varnado, Livingston
 Contestant #69
 2nd Place

Snickerdoodle Cheesecake Bars

Ingredients:

Cheesecake layer:	½ cup sour cream (can use fat free to reduce fat content)	½ teaspoon salt (can be omitted to reduce sodium)
16 ounces cream cheese, room temperature (can use fat free to reduce fat content)	Crust layer:	2 cups granulated sugar, divided
2/3 cup sugar	2 ½ cups all-purpose flour	1 cup salted butter (can use unsalted to reduce sodium)
2 large eggs	1 ½ teaspoon cinnamon, divided	2 large eggs
1 tablespoon vanilla extract	½ teaspoon baking soda	1 teaspoon vanilla extract

Instructions:

1. Preheat oven to 350 degrees. Spray a 9X13 baking dish with nonstick cooking spray.
2. In a large mixing bowl, cream together the cream cheese, sugar, eggs, vanilla, and sour cream until smooth. Set aside.
3. In a small bowl, stir together ½ cup granulated sugar and ½ teaspoon cinnamon. Set aside.
4. In a medium bowl, combine the flour, 1 teaspoon cinnamon, baking soda, and salt. Set aside.
5. In a large mixing bowl, cream together the butter and remaining sugar until light & fluffy. Add the vanilla extract and the eggs, one at a time, and continue to mix for another 1-2 minutes or until the eggs are completely incorporated.
6. Add the flour mixture to the butter mixture and mix just until combined.
7. Press two-thirds of the dough into an even layer on the bottom of the prepared baking dish.
8. Sprinkle 2-3 tablespoons of the cinnamon-sugar mixture evenly over the dough.
9. Spread the cream cheese mixture into an even layer over the bottom layer of dough, then drop pieces of the remaining dough randomly over the cheesecake layer.

10. Sprinkle the remaining cinnamon-sugar mixture evenly over the top of the cheesecake bars.
11. Bake for 45 minutes or until the edges are lightly golden and the center has set.
12. Allow the snickerdoodle cheesecake bars to cool completely before covering and refrigerating.
13. Slice into 12 pieces and enjoy!

Cost per serving: \$0.84

Calories per serving: 394

Morgan Gerald, St. Bernard
Contestant #72

Mandarin Orange Cake I

Ingredient List:

1 (18.25 ounce) package yellow cake mix	1 (11 ounce) can mandarin orange segments	1 (20 ounce) can crushed pineapple with juice
4 eggs	with juice	1 (3.5 ounce) package instant vanilla pudding mix
1 cup vegetable oil	1 (8 ounce) container frozen whipped topping, thawed	

Instructions:

Preheat oven to 350 degrees Fahrenheit (175 degrees Celsius). Grease and flour a 9x13 inch pan. In a large bowl, combine cake mix, eggs, oil, and mandarin oranges with juice. Beat until smooth. Pour batter into prepared pan. Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow it to cool. To make the topping: In a large bowl, beat together whipped topping, pineapple with juice and dry pudding mix until blended. Spread on cake. Cook time: 1 hour Number of servings: 18 Size of Pan: 9x13 Temperature: 350 degrees

Dalton Zammit, St. Charles
Contestant #73
Red Ribbon

Banana Nut Muffins

Ingredient List:

3 cups all-purpose flour	1 teaspoon salt	4 eggs
2 cups sugar	3 teaspoons cinnamon	1 ¼ cup vegetable oil
1 teaspoon baking soda	2 cups mashed bananas	½ cup chopped pecans

Instructions:

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, mix all dry ingredients (flour, sugar, baking soda, salt, cinnamon).
3. Form a hole in the middle of the dry ingredients and add in wet ingredients (mashed bananas, eggs, vegetable oil).
4. Mix well.
5. Pour into paper lined muffin tins, filling each muffin ¾ full.
6. Drizzle chopped pecans on top of muffin batter.
7. Bake for 25 minutes or until the middle is not raw when toothpick tested.
8. Cool and enjoy.

Cook Time: 25 minutes

Number of Servings: 24 servings

Size of Pan: Large mixing bowl; muffin tins

Temperature: Room temperature

Regan Hotard, St. James
Contestant #75
3rd Place

White Chocolate Bread Pudding

Ingredient List:

1 loaf of Poboy bread or about 16 slices of bread	1 teaspoon of vanilla	6 ounces of white chocolate morsels
1 stick of butter	4 cups of whole milk	1 cup of powdered sugar
2 cups of sugar	Cinnamon	½ teaspoon of vanilla
4 eggs	Topping:	4 teaspoons of water
	1 stick of butter	

Instructions:

1. Spray 9x13 inch cake pan with cooking spray
2. Tear bread into pieces and place into pan.
3. To make pudding, mix the following in a large bowl: melted butter, sugar, beaten eggs, vanilla, and milk.
4. Pour mixture over the bread and let sit for a few minutes to allow the mixture to soak the bread. May need to use spoon or hands to make sure all pieces are saturated with the pudding mixture.
5. Sprinkle with cinnamon.
6. Bake at 350 degrees for 1 hour.
7. While baking, make chocolate topping. Melt 1 stick of butter in glass measuring cup, add 1 cup of powdered sugar, chocolate morsels, vanilla and water. Stir until smooth. Chocolate morsels should melt in the butter. If mixture is not smooth after stirring, put in microwave for a few seconds.
8. Pour white chocolate mixture over hot pudding after baking is complete.

White chocolate Bread Pudding can be served hot out of the oven or can be warmed up in the microwave to eat later.

Cook Time: 1 hour 20 minutes. 20 minutes Prep

Time and 1 hour Baking.

Number of Servings: About 20 pieces

Size of Pan: 9x13 inch cake pan

Temperature: Hot

Ava Jones, St. Tammany
Contestant #77
Blue Ribbon

Peach Cobbler Pound Cake

Ingredient List

1 ½ Cup Unsalted Butter	6 Large Eggs	1 Cup Brown Sugar
8 Ounces Cream Cheese	3 Cups Cake Flour, Sifted	½ Cup Melted Butter
2 ½ Cup Granulated Sugar	½ Teaspoon Baking Powder	2 Teaspoons Cinnamon
1 Teaspoons Vanilla Extract	1 Small Can of Sliced Peaches	Glaze Ingredients:

2 Cups Powdered Sugar
2 Teaspoons Heavy Cream

1 Teaspoon Vanilla Extract
1 Tablespoon Condensed Milk

Instructions:

1. Preheat oven to 325 degrees. Spray bundt pan with no stick spray. 2. Combine 1 ½ cups of softened unsalted butter, 8 ounces cream cheese and 2 ½ cups granulated sugar and 1 teaspoon of vanilla extract in a bowl. 3. Add 6 large eggs, one at a time until mixed smooth. 4. Slowly add the 3 cups sifted flour and ½ teaspoon of baking powder until smooth. 5. In the bottom of the bundt pan, Add in the 1 small can of sliced peaches, 1 cup brown sugar, ½ cup melted butter and 2 teaspoons of cinnamon. 6. Pour cake batter mixture evenly on top of peaches. 7. Bake at 325 degrees for 1 ½ hours.

Glaze Instructions:

1. Mix 2 cups powdered sugar, 3 cups heavy cream, 1 tablespoon vanilla extract and 1 tablespoon condensed milk in a bowl under smooth. 2. Pour over pound cake once it is cooled. Cook Time: 1 ½ Hours Pan Size: Bundt Serving Size: 12 Slices Cooking Temperature: 325 Degrees

Diamond Walker, Tangipahoa
Contestant # 78
Blue Ribbon

Diamond's Banana Pudding Cookies

Ingredients for Cookies:

2 cups salted butter softened.
1 ½ cup light brown sugar
½ cup white granulated sugar
3 teaspoons real vanilla extract
4 large eggs
2 teaspoons baking powder.

2 teaspoons baking soda.
4.67 cups all-purpose flour
2 packages banana flavored instant pudding mix,
Leave 2 tablespoons reserved for the frosting
(see below) (5.1-ounce package)
For Icing:

2 cups salted butter softened.
4 tablespoons dry instant banana pudding mix
6 cups powdered sugar.
18 vanilla wafers for garnish

Instructions for Cookies:

In a large mixing bowl whip together the butter, brown sugar, and white sugar with an electric mixer, until light and fluffy.

Add in the vanilla, eggs, baking powder, and baking soda and beat until mixed. Add in the flour and the dry pudding to the mix and stir until just combined.

Divide the dough into 12 equal portions and form into balls. (They will be big!) Place dough balls on a parchment lined baking sheet. Bake at 350° F degrees for 10-12 minutes or until the edges are just turning brown.

Allow cookies to cool on the pan for about 5 minutes before transferring to a wire rack.

For Icing:

While the cookies are cooling on the rack, use an electric mixer to whip together butter, remaining pudding mix, and powdered sugar until light and fluffy. Add a splash of milk or water as needed to reach your desired consistency.

Transfer to a piping bag with a large tip and pipe the frosting in a spiral pattern beginning on the outer edge and ending in the middle of each cookie.

Crush three of the vanilla wafers and sprinkle the crumbs over the icing before it sets. Place one of the remaining wafers upright in the center of each cookie.

Prep Time 15minutes.

Cook Time 10minutes.

Servings 15 X-Large Cookies

Olivia Johnson, Washington
Contestant #79
Blue Ribbon

Ooey Goopy Cake

Ingredient List:

1 (18.25 ounce) package white cake mix
1/2 cup butter, melter

4 large eggs, divided
2 teaspoons vanilla extract, divided

1 (8 ounce) package cream cheese
4 cups confectioners' sugar

Instructions:

1. Preheat oven to 350 degrees 2. Mix together cake mix, melted butter, 2 eggs, and 1 teaspoon vanilla extract in a large mixing bowl until well combined. pat mixture into a 9X13 inch baking dish. 3. Mix cream cheese, remaining 2 eggs, and remaining 1 teaspoon of vanilla extract with an electric mixer in a bowl. Slowly beat in confectioners' sugar. Pour over cake layer. 4. Bake in the preheated oven until golden brown, 40-45 minutes. Cool for 10 minutes before serving.

Cook time: 40-45 minutes

Yield: 1 9x13 inch pan

Serving Size: 18

Temperature: hot, cooked through out

Blithe Mae Bryan, West Feliciana
Contestant # 80
Red Ribbon

Bourbon-Pecan Pound Cake

Ingredient List:

2 cups butter, softened
3 cups sugar
8 large eggs, separated
2 tsp vanilla extract

2 tsp almond extract
¼ cup bourbon
3 cups all-purpose flour
1 teaspoon baking powder

1 teaspoon baking soda
2 cups chopped pecans

Instructions:

1. Preheat oven to 300 degrees. 2. Line the bottom of a 10-inch tube pan with wax paper. 3. Grease the sides of the pan. 4. Cream the butter and sugar together well in a mixer. 5. Add the egg yolks to the butter and sugar, one at a time, beating well after adding each yolk. 6. Mix vanilla extract, almond extract, and bourbon in one bowl. 7. Alternately add the flour and extract liquid mixture to the creamed butter, sugar, and eggs. 8. Mix until combined. 9. In a separate mixing bowl, beat the eggs whites until stiff peaks form, then fold into the batter. 10. Sprinkle the bottom of the cake pan with half of the pecans. 11. Pour the batter in the cake pan. 12. Sprinkle the top of the batter in the cake pan with the remaining pecans. 13. Bake for 1 ½ to 2 hours, testing for doneness at 1 ½ hours with a toothpick until it comes out of the cake clean. 14. Allow cake to cool, then remove from the pan. Cook Time: 1 ½ to 2 hours Number of Servings: 15-20 slices Size of Pan: 10-inch tube pan

Temperature: Warm or room temperature

LOUISIANA COMMODITIES

Pecan

Addison Boudreaux, Ascension
Constant #81
1st Place

Buttery Pecan Pie Bark

Ingredients:

6-8 large Graham cracker pieces (enough to cover the bottom of the 9x13 baking dish)

Equipment:

9x13 baking dish
Parchment Paper

1-cup butter
1 ½-cup granulated sugar

1.5-quart pot
Measuring cups and spoons

1-teaspoon vanilla
1 ½-cup pecans

Directions:

Preheat oven to 350 degrees. Line the 9x13 baking dish with parchment paper. Spread Graham crackers on the 9x13 baking dish, breaking any extra crackers to fill in the smaller areas of the 9x13 baking dish. In a 1.5-quart pot, combine butter, sugar, and vanilla. Bring to a boil over medium heat, stirring constantly. Once it comes to a boil, cook for 3 minutes. Add pecans to the 1.5-quart pot, continue to stir, and cook for another minute. Remove from heat and pour evenly over the crackers. Place 9x13 baking dish in oven and bake for 8-10 minutes. Carefully remove from oven and let cool completely. Break into pieces and ENJOY!

Prep Time: 2 minutes

Total: 17 minutes

Cooking Time: 15 minutes

Servings: 18-20 pieces

Raymond Pesson, Livingston
Contestant #85
2nd Place

Pecan Pralines

Ingredients:

1 cup brown sugar
1/3 cup heavy cream
¼ cup salted butter

1 cup powdered sugar
1 teaspoon vanilla extract
1 ½ cups pecan halves

Wax paper

Instructions:

1. Place brown sugar, cream, and butter into saucepan (any size), boil, stir. Remove from heat, whisk in powdered sugar.
2. Stir in pecans and vanilla. Stir until smooth.
3. Allow mixture to thicken and cool slightly. (If it gets hard add milk and stir.)
4. Drop a spoonful of mixture onto wax paper and cool for 30 minutes.

Cost per serving: \$0.65

Calories per serving: 218

Madison Landry, St. Charles
Contestant #89
3rd Place

Madison Rae's Pecan Pie Muffins

Ingredient List:

1 cup packed light brown sugar
½ cup all-purpose flour

2 cups chopped pecans
2/3 cup butter, softened

2 eggs, beaten

Instructions:

1. Preheat oven to 350 degrees.
2. Spray Bakers Joy to grease a 12-count muffin pan.
3. In a medium bowl, stir together brown sugar, flour, and pecans.
4. In a separate bowl, beat the butter and eggs together.
5. Stir in dry ingredients just until combined.
6. Spoon batter into muffin cups about 2/3 full.
7. Bake for 15-17 minutes for regular size muffins. Run a knife around the edge of each muffin and pop it out.

Cook Time: 15-17 minutes

Size of Pan: 12 count muffins pan

Number of Servings: 12 servings

Temperature: Cool

Bryn St. Pierre, St. James
Contestant #91
Red Ribbon

Pecan Lace Cookies

Ingredient List:

2/3 cup packed light brown sugar
½ cup unsalted butter

½ cup light corn syrup
Pinch of salt

1 cup pecans, finely chopped
2/3 cup cake flour

Instructions:

In a medium saucepan, heat sugar, butter, corn syrup and salt until sugar is dissolved. Remove from heat. Add pecans and cake flour, mix well. Transfer to a bowl, cover, and refrigerate until firm enough to scoop. Preheat oven to 400 degrees. Line two large cookie sheets with parchment paper. Drop teaspoonfuls, about 2 inches apart onto cookie sheets. Bake for 9 minutes. Transfer cookies on parchment paper to cooling rack. Will harden as cools. Enjoy!

Cook Time: 9 Minutes

Size of pan: 12x17 cookie pans

Number of servings: about 20

Temperature: Room

Abigayle Forrest, Tangipahoa
Contestant # 94
Blue Ribbon

CANDIED PECAN PIE BALLS

Ingredients:

1 cup of graham cracker crumbs	½ cup of pure maple syrup	6 to 8 tablespoons of melted butter
1 cup of brown sugar	2 ½ cups of finely chopped candied pecan	24 ounces of chocolate almond bark
1 tablespoon of vanilla extract	halves	

Directions:

In a large mixing bowl, combine the graham crackers, brown sugar, vanilla, maple syrup and chopped pecans. Melt the butter and add only enough to the bowl so that the mix comes together and can be rolled into a ball without falling apart. Next shape the mix into 1-inch sized balls and set on a tray lined with parchment paper. When all the dough is rolled, put the tray into the refrigerator or freezer for one hour. Melt the almond bark according to the package directions. Remove the balls from the refrigerator or freezer. Dip each one of the pecan pie balls into the melted chocolate and place back on the parchment paper. Let them sit until the chocolate hardens.

Makes 12 servings. ENJOY!!!!

Avery Hargrove, Washington Parish
Contestant #95
Red Ribbon

Miniature Pecan Pies

Ingredient List:

Pastry:

1 small package of cream cheese
¼ cup of butter
1 cup of all-purpose flour

Pecan filling:

1 egg
¾ cup of brown sugar
1 tablespoon of butter

1 teaspoon of vanilla
Dash of salt
2/3 cup of chopped pecans

Instructions:

Soften cream cheese and butter, then blend and add flour. Chill for 1 hour. Shape into 24 (1 inch) balls and press dough on bottom and sides of small muffin tins. Beat together egg, sugar, butter, vanilla, and salt until smooth. Add pecans and drop with spoon into pastry lined pans. Bake at 325 degrees for 25 minutes or until the filling is set. Cool before removing from pans.

Cook time: 25 minutes

Number of servings: 24

Size of pan: small muffin pans

Temperature: warm

Blithe Mae Bryan, West Feliciana Parish
Contestant # 96
Blue Ribbon

Pecan Pie Brownies

Ingredient List:

1 package yellow cake mix
4 eggs
1 cup (2 sticks) butter, softened

½ cup dark brown sugar
½ cup dark corn syrup
1 teaspoon vanilla extract

2 cups coarsely chopped pecans

Instructions:

1. Preheat oven to 350 degrees.
2. Reserve ¾ cup of yellow cake mix.

Bottom layer of brownies:

3. Combine the remaining cake mix and 1 egg in electric mixer and mix until smooth.
4. Add butter to cake and egg mixture and mix well.
5. Press the cake, egg, and butter mixture into the bottom of a greased 9 x 13-inch baking pan.
6. Bake for 15 minutes.

Top Layer of brownies:

7. As the bottom layer cooks, combine the brown sugar, corn syrup, 3 eggs, vanilla, pecans, and reserved cake mix in a bowl and mix well.
8. Remove the bottom layer from the oven and pour the top layer over the baked bottom layer.
9. Bake for 25 to 30 minutes until a cake tester or toothpick comes out clean.
10. Cool in pan on a wire rack.
11. Cut into squares or rectangles.

Cook Time: 45 minutes

Number of Servings: 18-24 brownies

Size of Pan: 9 x 13-inch baking pan

Temperature: Room temperature

Rice

Charles Strickland, Ascension
Contestant #97
Red Ribbon

Rice Pudding with Cooked Rice

Ingredients

1 ½ cup cooked white rice	½ cup heavy cream	1/3 golden raisins
1 cup whole milk	¼ teaspoon ground cinnamon	1/3 cup raisins
¼ teaspoon kosher salt	Pinch of ground nutmeg	1 tablespoon unsalted butter
1 egg, beaten	1/3 cup granulated sugar	½ teaspoon vanilla extract

Instructions

Place the cooked rice along with the milk, and salt in a small saucepan over medium-low heat. Stir Occasionally until thickened, about 10 minutes. In a small bowl, whisk together the beaten egg, heavy cream, cinnamon, and nutmeg, and set aside. Pour the sugar into the rice mixture and stir to combine. Stream in the heavy cream mixture, stirring constantly until combined. Add both varieties of raisins and stir to combine. Continue to stir occasionally until thickened, about 5-8 minutes. When it is thickened, take the pot off the heat and stir in the butter and vanilla. Let cool for about 10 minutes, stirring occasionally and serve. Notes: Any rice is great for this, we like white rice, just make sure that it is not flavored. Double this recipe if you want to have more for later or will be serving a large crowd.

Prep Time – 10 min.

Total Time – 30 min.

Cooking Time – 20 min.

Servings – 4

Aniley Strahan, Livingston

Contestant #101

1st Place

Broccoli Casserole

Ingredients:

½ onion

1 package frozen broccoli

1 ½ cup cooked rice

½ stick of butter

7.5 ounces of processed cheese sauce

1 can of cream of mushroom soup

Instructions:

1. Sauté onion & butter in skillet.
2. Cook broccoli according to package.
3. Mix processed cheese sauce, rice, soup, and broccoli with onions in two 7X9 pans.
4. Preheat oven to 450 degrees.
5. Cook for 15 minutes.

Yields: 8-10 servings

Cost per serving: #1.25

Calories per serving: 161

MacKenzie Bellanger, St. Charles

Contestant #105

Red Ribbon

French Onion Ground Beef Casserole

Ingredient List:

1 pound ground beef, lean

2 (10.5 ounce) cans French onion soup

2 cups long grain white rice uncooked (not minute rice)

½ - 1 teaspoon garlic salt or to taste

¾ cup water

¾ cup butter (1 ½ sticks) cut into slices

2 (10.5 ounce) cans beef consume

Instructions:

1. Preheat oven to 425 degrees. Spray a 9 x 13-inch baking dish with cooking spray.
2. In a 10-inch skillet, add ground beef and garlic salt to season. Cook and crumble ground beef until browned and cooked through.
3. In the prepared baking dish add rice and ground beef. Pour in soup, broth, and water and stir until combined.
4. Cut butter into slices and place on top of the mixture.
5. Cover with foil and bake for 30 minutes.
6. Remove foil and bake 30 minutes more.
7. Once done fluff with a fork and serve.

Cook Time: 1 hour, 10 minutes

Size of Pan: 9 x 13-inch baking dish, 10-inch skillet

Temperature: Warm

Number of Servings: 12 servings

Emma Hotard, St. James

Contestant #107

Blue Ribbon

Crawfish Rice

Ingredient List:

1 block of butter

1 link of Veron green onion smoked sausage, sliced

½ (8 ounce) can mushroom stems and pieces

1 cup extra-long grain white rice

½ bell pepper, chopped

¼ teaspoon garlic powder

12 ounces Louisiana crawfish tails

1 (10.5 ounce) can French onion soup

½ teaspoon creole seasoning

Instructions:

1. Heat a medium sized stockpot with thick sides (such as a magna-lite pot) over medium heat. Add butter to melt in pot.
2. When melted, add in the crawfish tails and sliced sausage. Stir about a minute and then add in the cup of rice. Stir for about 3 minutes.
3. Add in chopped bell pepper and stir to mix well.
4. Pour in the can of onion soup and stir. Reserve and set aside the liquid from the can of mushroom pieces and add enough water to make this measure to ¾ cup of liquid total.
5. Add in half the can of mushroom pieces and all of the ¾ cup of liquid you set aside. Stir all ingredients together and season to taste. I added ¼ teaspoon garlic powder and ½ teaspoon of Tony Chachere's More Spice creole seasoning.
6. Pour the mixture into a casserole dish or 9 x 13 pan and cover. You can use foil to cover the pan.
7. Bake for 1 hour at 350 degrees. This whole process takes about an hour and a half to do. Enjoy!

Recipe Notes:

I like to cut the sausage link into slices and then cut the slices in half to make smaller pieces. You can replace the crawfish tails and sausage in this recipe for a pound of shrimp, chicken, ground beef, ground pork, or any meat of your choice. It's even tasty without any meat at all.

Cook Time: 1 ½ hour

Size of Pan: Medium sized stock pot, 9x13

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

casserole dish

Temperature: Warm

Shrimp and Rice Salad**Ingredients:**

1 cup uncooked long grain rice	2 tablespoons reconstituted lemon juice	2 tablespoons chopped pimento
5 teaspoons chicken-flavor instant bouillon	1 cup chopped celery	1/2 teaspoon dill weed
3/4 cup mayonnaise	1/2 cup green pepper	1-pound small shrimp, cooked, shelled

Directions:

Prepare rice as package directs, omitting salt and butter and adding 1 Tablespoon bouillon to water. Chill. In a small bowl, stir together mayonnaise, lemon juice and the remaining 2 teaspoons bouillon. In large bowl, combine chilled rice with remaining ingredients; mix well. Fold in mayonnaise mixture. Chill thoroughly. Stir before serving. Serve on lettuce. Garnish with lemon wedges. Serves 8.

Annabelle Venables, Washington

Contestant #111

Blue Ribbon

Seafood Stuffed Bell Peppers**Ingredients:**

6 large bell Peppers cleaned out	1 cup seasoning blend	1/2 crab meat
4 cups of cooked rice	2 cups shredded cheese	Cajun seasoning of your choice
1 can cream of mushroom soup	1 cup Crawfish tails	Italian breadcrumbs for topping
1 can cream of celery soup	1 cup shrimp	

Directions:

Preheat oven at 375 degrees F. In a large pot of boiling water add the cleaned-out bell peppers and cook until the color changes, about 3-4 minutes. Pull from the water and set aside. In the same pot pour the water out and add seasoning blend and shrimp. At this point you can add a capful of liquid seafood boil if you'd like too for extra taste. Once tender and done, add the cream of celery and mushroom to the pot. Stir until combined add the cheese until smooth. Seasoning to taste. Add crab meat, crawfish, and rice and mix well. Spoon mixture into bell peppers and place in an oven safe dish. Top with breadcrumbs and cook until golden brown, about 5 minutes. Serve and enjoy.

Elaina Singleton, West Feliciana

Contestant # 112

3rd Place**Asian Cajun****Ingredient List:**

1 small-medium white onion	1 pound of peeled and devanned gulf shrimp	4 eggs
1/2 tablespoon sesame oil	4 cups of precooked parboiled rice	
1 tablespoon crab boil	1/3 cup soy sauce	

Instructions:

1. Dice the whole onion.
2. Add sesame oil to large frying pan and heat on medium heat.
3. Add diced onion and sauté till translucent.
4. Boil water and crab boil.
5. Add shrimp, boil until well cooked.
6. Add precooked rice and soy sauce to pan with the onion. Stir occasionally.
7. Scramble eggs and cook in separate pan until fully cooked.
8. Add cooked eggs to rice and onion mixture.
9. Drain shrimp and combine.
10. Stir well, until fully mixed.
11. Add soy sauce to individual desire.

Cook Time: 25 minutes

Size of Pan: large frying pan

Number of Servings: Approximately 6 servings

Temperature: Medium heat

Sweet Potato

Amelia Bourgeois, Ascension

Contestant #113

1st Place**Sweet Potato Bacon Bites****Ingredients**

1/4 cup butter	1/4 teaspoon cinnamon	5 slices bacon
1/2 teaspoon salt	2 large, sweet potatoes	
1/2 teaspoon cayenne pepper	1/4 cup brown sugar	

Instructions

Preheat oven to 350°. Melt butter and place in a 1.75 quart mixing bowl. Add salt, Cayenne pepper, cinnamon and mix together. Peel and cut sweet potato into 1-inch cubes. Then add to mixture and coat. Place the brown sugar in a dinner bowl. Cut bacon into 1-inch pieces and place on sweet potato cubes, secure with toothpick. Roll the bacon and sweet potato into brown sugar so all sides are coated. Repeat for each cube. Place the cubes on parchment lined 20x14 baking sheet, bake for 40 minutes. Cool completely before serving. Servings 10

Triple Sweet Potato Au Gratin

Ingredients

3 tablespoons of unsalted butter	3 teaspoons of	¾ cup of whole milk	2 pounds of sweet potatoes (orange and purple)
minced garlic		¼ teaspoon cinnamon	2 cups of grated gruyere cheese
1 tablespoon of parsley		¼ teaspoon of nutmeg	
1 tablespoon of kosher salt	1 cup of heavy	2 large eggs	
cream		¾ cup of grand parmesan cheese	
		1 tablespoon of black pepper	

Instructions

1. Preheat oven to 375 degrees. Butter 2-quart casserole dish with 1 tablespoon of butter. Set to the side once the casserole dish is covered with butter.
2. Peel potatoes, slice into rounds no thicker than 1/8 inch. In a small saucepan on medium heat, melt 2 tablespoons of unsalted butter. After butter melt add 3 teaspoons of minced garlic. Stir for about 30 seconds.
3. Now add 1 tablespoon of parsley and ½ teaspoon of salt, stir for about 30 seconds.
4. Add heavy cream, milk, cinnamon, and nutmeg, and bring to a simmer. Do not let boil. Stir occasionally until slightly thickens (5-7 minutes) after 5 minutes remove from heat.
5. In a medium bowl beat 2 eggs set aside, get 1 cup of cream mixture, whisking constantly, slowly add cream mixture into eggs a few tablespoons at a time until incorporated.
6. Add egg mixture to saucepan with remaining cream mixture and whisk until combined.
7. Whisk in 1/2 cup Parmesan and black pepper
8. Line bottom of prepared dish with a 3 layer of potatoes, slightly overlapping slices; season with a pinch of salt. Top with 2/3 cup Gruyère and 2/3 cup cream mixture. Repeat 3 times, ending with cream mixture. Top final layer with remaining 1/4 cup Parmesan.
9. Butter a piece of foil and tightly cover dish. Bake gratin 30 minutes,
10. Uncover after 30 minutes and continue to bake until sides are bubbling and golden brown, about 15 minutes more.
11. Remove from oven and top with thyme. Ready to serve

Preparation 15 minutes Cooking time 10-12 minutes Baking time 45 Serving 8 to 10

Emma Hutto, East Feliciana
 Contestant #115
 Blue Ribbon

Sweet Potato Cookies with Cinnamon Cream Cheese Frosting

Ingredients

Sweet Potato Cookies	1 cup drained and mashed Bruce's Yams Cut	Cinnamon Cream Cheese Frosting
3 cups all-purpose flour	Sweet Potatoes in Syrup	8 oz cream cheese, softened
1 tablespoon cornstarch	1 cup (2 sticks) salted butter, melted	4 tablespoons salted butter, softened
1 teaspoon baking powder	1 cup granulated sugar	1 teaspoon cinnamon, plus more for garnish if desired
1 teaspoon baking soda	1 large egg	1 teaspoon vanilla extract
¾ teaspoon ground cinnamon	2 teaspoons vanilla extract	3 to 4 cups powdered sugar (add until desired firmness)
½ teaspoon ground nutmeg		

Instructions

Sweet Potato Cookies

1. In a medium sized bowl, whisk together flour, cornstarch, baking powder, baking soda, cinnamon, and nutmeg. Set aside.
2. In a large electric mixing bowl whisk together sweet potatoes, butter and granulated sugar.
3. Add egg and vanilla extract.
4. Add in flour mixture until well combined.
5. Cover bowl with foil or parchment paper and refrigerate for one hour.
6. Preheat oven to 350°F.
7. Line 2 large 18x13 inch baking sheets with parchment paper.
8. Using a medium cookie scoop, drop dough onto prepared cookie sheets.
9. Grease the bottom of a flat glass with butter and gently press cookie dough into flat disks about 1/2 inch thick.
10. Bake for 10 to 12 minutes or until tops are set.
11. Remove from oven and transfer to wire racks to cool.

Cinnamon Cream Cheese Frosting

1. In an electric mixer, beat together cream cheese, butter, cinnamon and vanilla until well combined.
2. Add powdered sugar and beat until smooth.
3. Generously frost on top of each cookie and dust with extra cinnamon if desired.
4. Best served immediately. Store leftovers in the fridge.

Servings: 26

Total time: 1 hour and 30 minutes

Levi Lockhart, Livingston
 Contestant #117
 Blue Ribbon

Sweet Potato Bread Pudding with Praline Sauce

Ingredients:

For the pudding:

1 loaf of French bread, torn into large pieces	1 cup sugar
2 medium sweet potatoes	1 tablespoon vanilla extract
4 cups milk	1 tablespoon cinnamon
4 eggs	

For the sauce:

16 tablespoons butter (2 sticks)
¾ cup light brown sugar
1 cup chopped shelled pecans
¼ cup bourbon

Instructions:

For the pudding: Preheat oven to 400 degrees. Spray medium baking dish with cooking spray. Arrange bread in a single layer in the prepared dish and set aside at room temperature to dry out slightly, about 2 hours. Meanwhile, prick sweet potatoes with a fork and bake on a baking sheet until soft, about 1 hour. Set aside until cool, then scoop meat out of skins. Tuck pieces of sweet potato between the pieces of bread, mashing down with a fork.

Beat milk, eggs, sugar, vanilla and cinnamon together in a large bowl. Pour over bread and sweet potatoes and set aside until bread soaks up the mixture. Preheat over to 375 degrees. Bake 35-40 minutes until custard is set. Set aside to cool before serving.

For the praline sauce: Melt butter in a medium, heavy bottomed saucepan over medium heat. Add brown sugar and stir with a wooden spoon until sugar melts and mixture begins to boil, about 5 minutes. Stir in pecans & bourbon. Spoon warm sauce over bread pudding.

Yields: 12

Cost per serving: \$1.50

Calories per serving: 1200

Sweet Potato Cheesecake Bars

Ingredient List:

Crust:	15 ounces sweet potato puree
2 cups gingersnap cookie crumbs	2 tablespoons all-purpose flour
½ cup unsalted butter, melted	1 tablespoon ground cinnamon
Filling:	1 teaspoon vanilla extract
24 ounces cream cheese, softened.	2 large eggs
¾ cup granulated sugar	

Instructions:

1. Preheat oven to 325 degrees. 2. Combine the cookie crumbs and melted butter in a small bowl. Stir until crumbs are evenly moist and covered in butter. Press into the bottom of a lightly buttered 13 x 9-inch baking dish. Refrigerate while you prepare the filling. 3. For the filling, combine the cream cheese and sugar in a medium bowl. Beat well on medium speed with an electric hand mixer. Add the sweet potato puree, flour, and cinnamon; mix well. Add vanilla and eggs and beat on low speed until just combined. Pour filling over chilled crust. 4. Bake for 45-45 minutes. When done, the center of the cheesecake will be almost set but still have a slight wobble. Let cheesecake cool in the pan, then cover and transfer to the refrigerator. Chill for 6 hours or overnight (preferred). Cut cheesecake into bars, approximately 15 pieces. Serve chilled.

Cook Time: 45 minutes

Number of Servings: 15 servings

Size of Pan: 9 x 13-inch baking dish

Peyton Gravois, St. James
Contestant #123
Blue Ribbon

Sweet Potato Cupcakes

Ingredient List:

Cupcakes	1 cup butter, softened	Cream Cheese Frosting
2 cups all-purpose flour	1 ½ cups sugar	1-8-ounce package cream cheese, softened
2 teaspoons baking powder	3 eggs	2/3 cup butter, softened
1 teaspoon ground cinnamon	1-17.2 ounce can vacuum packed sweet potatoes	2 tablespoons milk
½ teaspoon baking soda	(unsweetened), mashed	8 cups powdered sugar
¼ teaspoon salt	½ teaspoon vanilla	

Instructions:

Cupcakes

1. Preheat the oven to 350 degrees. Line twenty-four 2 ½ inch muffin cups with paper bake cups, set aside. 2. In a medium bowl, stir together flour, baking powder, cinnamon, baking soda, and salt, set aside. 3. In a large mixing bowl, beat butter with electric mixer on medium to high speed for 30 seconds. Add sugar and beat on high speed about 2 minutes or until light and fluffy. Add eggs, 1 at a time, beating on low speed after each addition until combined. 4. Divide batter among prepared muffin cups. Bake about 20 or until wooden pick inserted near centers or cupcakes come out clean. Cool in muffin cups on wire rack 1 minute. Remove from cups and cool completely. 5. Pipe Cream Cheese Frosting on top of cupcakes.

Cream Cheese Frosting

1. In a large mixing bowl, beat package cream cheese, and butter with electric mixer on medium speed 30 seconds. 2. Add milk and beat until combined. 3. Beat on powdered sugar, ½ cup at a time, until smooth and of good piping consistency.

Cook Time: 45-50 minutes

Number of Servings: 24

Size of Pan: 2 muffin pans, large and medium mixing bowls

Temperature: Room Temperature

Andrew Marcus, Tangipahoa
Contestant #126
3rd Place

Sweet Potato Mallow Casserole

Ingredients

1 40-ounce can of Sweet Potatoes, drained and mashed	½ cup brown sugar	½ teaspoon of salt
	1/3 cup melted of butter	1 cup of marshmallows (mini is preferred)

Directions

1. Heat oven to 350 degrees Fahrenheit 2. Combine sweet potatoes, brown sugar, butter, and salt in a large mixing bowl. 3. Transfer to an 8x8 casserole dish. 4. Bake uncovered for 30-40 minutes until glazed. 5. Remove from oven and cover with a single layer of marshmallows. 6. Bake until marshmallows are golden brown for about 7-10 minutes. Cooking time 40 minutes

Number of servings 10-15

Large mixing bowl and 8x8 casserole dish

Serve hot or warm.

McKenzie Jenkins, Washington Parish
Contestant #127
Red Ribbon

Glazed Sweet Potatoes

Ingredient List:

2 pounds sweet potatoes or	¼ cup butter, cubed	¼ teaspoon ground cinnamon
2 cans (15 - ¾ ounces each) sweet potatoes, drained	¼ cup maple syrup	
	¼ cup packed brown sugar	

Instructions:

1. If using fresh sweet potatoes, Peel potatoes, cut into chunks, place in a large saucepan or Dutch oven; cover with water. Bring to a boil, reduce heat; cover and cook for 25-40 minutes or until tender. Drain. 2. Preheat the oven to 350 degrees. Place sweet potatoes in a 2-quart baking dish. In a small saucepan, combine butter, syrup, brown sugar and cinnamon; bring to a boil, stirring constantly. Pour over potatoes. 3. Bake, uncovered, 30-40 minutes or until heated through.

Amelia Ard, West Feliciana
Contestant # 128
Red Ribbon

Sweet Potato Crisp

Ingredient List:

3 cups of mashed sweet potatoes (about 5-6 potatoes)	2 eggs	1 cup of dark brown sugar firmly packed
½ cup of sugar	1 teaspoon of vanilla	½ cup of flour
½ cup of butter (for bottom layer)	1/3 cup of milk	1 cup of chopped pecans
	1/3 cup of butter (for topping)	

Instructions for bottom layer:

1. Microwave the potatoes and then peel. 2. Add ½ cup of sugar, ½ cup of butter, 2 eggs, 1 teaspoon of vanilla, 1/3 cup of milk, and potatoes. 3. Mix all together. 4. Spread in the pan.

Instructions for topping:

1. Melt 1/3 cup of butter. 2. Add 1 cup of dark brown sugar, ½ cup of flour, and 1 cup of chopped pecans. 3. Sprinkle on top of the mixture.

Bake at 350 degrees for 40 minutes with foil on top; then take foil off and bake for 10 more minutes.

Cook Time: 40 minutes

Number of Servings: 12 (1 cup) servings

Size of Pan: 13X9 inch

Temperature: Warm or Room Temperature

POULTRY Chicken

Alexis Litchfield, Ascension
Contestant #129
Blue Ribbon

Chicken Tetrazzini

Ingredients

12 ounces of uncooked spaghetti	1 can (10.5oz) condensed cream of mushroom soup	½ teaspoon of ground pepper
2 Tablespoons of melted butter		½ cup shredded cheddar cheese
1 ½ pounds of cooked chicken tenderloins (cut into cubes)	1 can (10.5oz) condensed cream of chicken soup	
	1 cup chicken broth	

Instructions

Heat oven to 350 degrees. Spray 9X13 (3quart) glass baking dish with cooking spray.

Cook spaghetti as directed on the package and drain.

In a large mixing bowl, mix spaghetti, cooked chicken, both soups, chicken broth, butter and pepper. Pour mixture into the baking dish.

Bake 40-45 minutes or until bubbling on the edges and completely heated through. Let stand for 5 minutes before serving. Servings - 9

Caroline Blades, East Baton Rouge
Contestant #130
Red Ribbon

Uncle Gary's Famous Pastalaya

Ingredient List:

3 Tablespoons of Canola Oil	1 can of Mild Rotel Tomatoes, drained	1 pound of smoked sausage, cut in slices
2 Medium Onions, chopped	2 pounds of Boneless Chicken Thighs, cubed	1-32 oz container of Chicken Stock
2 Green Bell Peppers, chopped	3 Tablespoons of your favorite Creole Seasoning	1 Tablespoon of Parsley Flakes
2 Stalks of Celery, chopped	1 teaspoon of Salt	2 Tablespoons of Kitchen Bouquet (Browning Sauce)
½ a bundle of Green Onion, Chopped	1 ½ teaspoons of Black Pepper	1 pound of Rotini Noodles
4 Cloves of Garlic, minced		

Instructions:

1. Place a 7-quart cast iron pot on a medium high burner and put the 3 tablespoons of canola oil to heat in the pot. 2. Once the pot and oil are heated, place your chopped onions, bell peppers, celery, and green onion in the pot. Cook until the vegetables are soft and translucent, about 8 minutes. 3. When the vegetables are soft add in the minced garlic and drained can of Rotel tomatoes. Continue to cook until all the vegetables are slightly browned, stirring often. 4. While all the vegetables are cooking down, season the cubed chicken with creole seasoning, salt, and black pepper. 5. Once all the vegetables are browned, place the seasoned cubed chicken in the pot and cook on medium heat until all the chicken is browned, about 10 minutes. Stir often. 6. After browning the chicken add the sliced sausage to the pot and continue cooking until the sausage is lightly browned. 7. Place about half the container of chicken stock, parsley flakes, and browning sauce in the pot and stir to remove the browning off the bottom. 8. After getting all the browned bits off the bottom add in the pound of rotini noodles, and the rest of the carton of chicken stock, stir until everything is combined. Cook about 8-10 minutes or until the noodles are just cooked. 9. Serve and ENJOY.

Jacob Hutchison, Livingston
Contestant #133
3rd Place

Mini Chicken Tacos

Ingredients:

3 tomatoes	¼ bunch of cilantro	¼ teaspoon dried oregano
1 garlic clove	1 tablespoon chili powder	½ teaspoon paprika
1 jalapeno	¼ teaspoon garlic powder	1 ½ teaspoons cumin
¼ of a large onion	¼ teaspoon onion powder	1 teaspoon salt

1 teaspoon black pepper

2 pounds chicken breast

12, 8.5-inch corn tortillas

Instructions:

1. First make your salsa by placing the tomatoes, garlic and jalapeno in the blender. Blend well. Separately, dice the onions and cilantro. 2. Add the tomato, garlic, jalapeno mixture into a crock pot with diced onions & cilantro. 3. Add chili powder, garlic powder, onion powder, dried oregano, paprika, ground cumin, salt, and black pepper into crock pot. 4. Add your chicken to the crockpot. 5. You will want to cover and cook it on high for 2 hours or you can cook it on low for 4 hours. 6. When the chicken is fully cooked you can remove chicken breast from the crock pot and set on a separate plate and shred. 7. Serve with your favorite taco toppings such as sour cream, guacamole, lime wedges, etc.

Serving size: 3 tacos

Calories per serving: 255

Cost per serving: \$4.11

Oliver Wood, St. Bernard
Contestant #136

“Crisp” Chicken Sliders with Secret Sauce

Ingredient List:

1 ½ cups of Panko Breadcrumbs
½ teaspoon garlic powder
¼ teaspoon Paprika
1 ½ teaspoon kosher salt
¼ teaspoon of black pepper 2 chicken breasts
1/3 cup of mayonnaise

Secret Sauce:
1/3 cup of mayonnaise
1 teaspoon yellow mustard 1 Tablespoon Honey
1 teaspoon barbeque sauce
For Sandwiches:
½ cup melted butter

1/2 tablespoons Dijon mustard
1 ½ teaspoons Worcestershire sauce 1 ½
tablespoons garlic powder
1 tablespoon dried minced onion 12 Mini
sandwich rolls

Instructions:

Preheat the oven to 400 degrees Fahrenheit. Line a baking sheet with foil. Spread Panko on a baking sheet in an even layer. Spray with Cooking spray. Bake for 4-5 minutes, until golden brown. Leave the oven set to 400 degrees. Add Panko to a shallow bowl. Add garlic powder, paprika, salt and pepper. Mix and set aside. Cut chicken breasts in half across the middle, then cut each half into half so that each breast gives you 8 pieces. Add a piece of chicken to a plastic bag. Pound to ½ inch thick. Repeat with other chicken pieces. Add chicken and mayonnaise to a medium bowl. Using your hands, slather chicken until fully coated. One at a time, add chicken pieces to the panko, turning and pressing to fully coat. Set on your lined baking sheet. Bake for 14-16 minutes, until the temperature reaches 165 degrees F. Meanwhile, prepare your sauce. Add mayonnaise, mustard, honey and barbeque sauce to a small bowl and stir. Separate the tops from the bottoms of the rolls; arrange the bottom pieces in a layer in a prepared baking dish. Evenly spread the secret sauce along the bottom and tops of the rolls. When the chicken reaches 165 degrees internal temperature, remove from the oven, and place each piece on the bottoms of the rolls in the prepared dish. Adjust the oven temperature to 350 degrees. Mix butter, Dijon mustard, Worcestershire sauce, garlic powder, and dried onion in a bowl. Place the tops of the rolls onto the sandwiches. Pour mustard mixture evenly over the rolls. Bake in the preheated oven until the rolls are lightly browned for about 20 minutes. Slice into individual rolls and serve. Heat before serving

Cook Time: 50 minutes

Number of servings:12

Size of Pan: standard baking dish, standard baking sheet

Temperature: 350-400 degrees Fahrenheit

MacKenzie Bellanger, St. Charles
Contestant #137
Blue Ribbon

Garlic Parmesan Chicken

Ingredient List:

1 (12 ounce) bottle Buffalo Wild Wings
Parmesan Garlic Sauce
1 ½ to 2 pounds boneless skinless chicken
breasts, trimmed

1 teaspoon salt
½ teaspoon pepper, freshly cracked
1 cup milk
8 ounces cream cheese cut into cubes

¼ cup grated or shredded parmesan cheese
12 ounces pasta

Instructions:

1. Season chicken with kosher salt and fresh pepper. Place it at the bottom of a 6-quart crockpot or slow cooker. 2. Pour an entire bottle of parmesan garlic sauce over the chicken. 3. Add milk to the empty bottle and shake. Pour milk and sauce mixture over the chicken. 4. Add cream cheese and parmesan cheese to crockpot. Stir to combine and cover chicken with sauce. 5. Cook on high for 2-3 hours or low for 3-4 hours. 6. Remove cooked chicken to a plate or cutting board and shred using 2 forks or dice into bite sized pieces. Add it back into slow cooker. 7. Cook pasta according to package directions. Drain well and add to crockpot, stirring to combine well. Cook Time: 2-3 hours on high or 3-4 hours on low

Number of Servings: 6 servings

Size of Pan: 6-quart crockpot, large pot

Temperature: Warm

Naomi Monetti, St. James
Contestant #139
2nd Place

Chicken, Sausage and Andouille Gumbo

Ingredient List:

4-6-pound whole chicken
3-4 tablespoons of Cajun seasoning mix (Tony's
Chachere's)
1 tablespoon granulated garlic

1 tablespoon granulated onion
8 quarts water
¾ cup extra virgin olive oil
¾ cup flour

16 ounces Guidry's creole seasoning mix
1-1½ pounds sausage
1-1½ pounds Andouille
Salt and pepper to taste

Instructions:

1. In a 15-quart pot, boil chicken in water with Tony Chachere's, granulated garlic, and granulated onion, until meat is tender, about 30-40 minutes. 2. Remove chicken from water, let cool and debone. Put stock in a separate bowl. 3. In the same stock pot, make a roux by mixing olive oil and flour and cook on low, stirring constantly until a dark chocolate brown color, about 30 minutes. 4. Add Guidry's mix to roux, and cook until onions are soft and translucent, about 10 minutes. 5. Next add deboned chicken, sausage, and andouille to the pot and cook about 5 mins. 6. Add stock back in and bring to a boil, for about 10 minutes. 7. Bring it down to a simmer for about an hour, stirring occasionally. 8. Season with salt and pepper. 9. Serve over rice. Cook Time: 2 ½ - 3 hours

Number of Servings: 8-10

Size of Pan: 15-quart stock pot

Temperature: simmer

Chicken Pasta

Ingredient List:

12-ounce weight Bowtie Pasta (farfalle)	¾ cup dry white wine (may substitute low-sodium chicken broth)	low sodium chicken broth, as needed for thinning
4 tablespoons butter	½ cup half and half	¾ cup parmesan shavings or grated parmesan
2 whole boneless, skinless chicken breasts	3 tablespoons heavy cream	2 tablespoons fresh parsley, minced
Salt and pepper to taste		bell peppers
2 cloves garlic minced		

Instructions:

1. Cook pasta according to package directions. Drain and set aside. 2. Salt and pepper both sides of the chicken breasts. 3. Heat 2 tablespoons of butter in a large skillet over medium-high heat. Add chicken breasts and cook until deep golden brown on both sides and done in the middle. Remove from the skillet, slice into thin strips, and set aside. 4. Add an additional 2 tablespoons of butter to the skillet, followed by the minced garlic. Stir the garlic around the pan to avoid burning and cook for 1 minute. 5. Pour in wine (or broth), then let it bubble up and reduce for 1 ½ to 2 minutes. 6. Add half and half cream, and extra salt and pepper, whisking constantly until it's all combined. Allow liquid to heat up and thicken for a few minutes. If it gets too thick, you may thin it with a little chicken broth. 7. When the sauce looks good, remove it from the heat. Add parmesan to the pan, then throw the hot pasta right on top of it. Toss it a bit. Add the chicken and continue tossing until it's combined. Again, if it gets too gloopy, splash in a little broth (you may return the pan to low heat if it needs it). 8. Taste it, adjust seasonings, and top with minced parsley and extra Parmesan. Serve immediately!

Madox Forrest, Tangipahoa
Contestant # 142
1st Place

Buffalo Chicken Dip

Ingredients

2- 12.5-ounce cans of chicken	1- 8-ounce cream cheese	1 cup ranch dressing
½ cup hot sauce	½ cup shredded cheese to be mixed in	½ cup shredded cheese for on top

Directions

Heat chicken and hot sauce in a 10-inch skillet over medium heat until heated through, about 3 to 5 minutes. Stir in cream cheese, shredded cheese, and ranch dressing. Cook and stir until well blended and warm, an additional 3 to 5 minutes. Remove and place in serving dish. Sprinkle the remaining ½ cup shredded cheese on top.

Yields 10 to 12 servings Serve warm with chips or crackers. Enjoy!

Myles Magee, Washington
Contestant #143

Chicken Fajitas

Ingredient List:

4 whole boneless chicken breasts	1 - 1 ounce package of fajita seasoning	Marinade Mix:
4 Tablespoons butter	1 Large flour tortillas package	1 cup Zesty Italian dressing
2 sliced bell peppers	1 bag shredded lettuce	1 cup milk
2 sliced onions	1 - 8 oz. shredded Mexican cheese	1 Tablespoon Tony's Creole seasoning
1 cup water		1 Teaspoon Morton's season all seasoning

Instructions:

1. Make Marinade Mix following the ingredients. 2. Marinade sliced chicken breast in marinade mix overnight. 3. Grill chicken breast on a hot grill at least 350° for 8-10 minutes and flip and grill until internal temperature reaches 165 degrees. 4. In a 9-inch skillet, add butter and sliced bell peppers and onion and simmer. 5. Add grilled chicken, water and seasoning package to skillet and simmer. 6. Serve fajitas with soft tortilla shells topped with Mexican shredded cheese, lettuce, salsa, and any other desired extras and sauces. Cook Time: 45 minutes

Number of Servings: 8-10 Size of Pan: 9-inch skillet Temperature: Warm

Andrew Klein, West Feliciana
Contestant # 144
Red Ribbon

Sticky Chicken

Ingredient List:

4 large yellow onions	All-purpose flour – enough to lightly dust the chicken	Salt to taste
4-5 pounds of chicken legs and thighs, bone in and skin on	½ stick butter	Pepper to taste
1 tablespoon of garlic powder	¼ cup of chicken fat (can substitute with oil)	Optional:
1 tablespoon of Cajun seasoning	2 cups of chicken stock	2 tablespoons of corn starch
		¼ cup of water

Instructions:

Dice onions and set aside. In a large bowl, season chicken with garlic powder and Cajun seasoning coating well. Dust chicken lightly with flour on all sides. Heat a large Dutch oven or heavy bottomed pot on medium heat and add butter and grease (or oil). When butter mixture is hot add the chicken pieces skin side down very close to each other. Cook for 8 minutes or until golden brown. Flip chicken and cook 5-6 minutes more. Remove chicken to a bowl and set aside. Add onions to the pot and stir, scraping up all browned bits. Continue to cook onions, stirring frequently for 30 minutes or until onions are caramelized and there is browning on the bottom of the pot. Add ½ cup of chicken stock and stir well scraping up browning on the bottom of the pot. Add another ½ cup chicken stock and stir well. Add the chicken to the pot and any juices left in the bowl. Pour the remaining chicken stock in the pot over the chicken. Bring the pot to a boil then cover and lower the heat to a simmer. Cook for 1 ½ to 2 hours stirring occasionally, turning chicken, and scraping the bottom of the pot. At the end of 2 hours, uncover pot and taste for seasonings. Season to taste with salt and pepper if needed. Serve over rice and enjoy!

***If you prefer a thicker gravy combine cornstarch and water in a small bowl. Pour cornstarch mixture into the pot and simmer for a few minutes till thickened.

Cook Time: 2 hours 45 minutes Number of Servings: 6 Size of Pan: Large Dutch Oven Temperature: Hot

Turkey

Amelia Bourgeois, Ascension
Contestant #145
1st Place

Turkey – Rific Sliders

Ingredients

12 sweet Hawaiian rolls	3-ounce bacon bits	1 teaspoon Dijon mustard
16-ounce sliced turkey	5 tablespoons butter, melted	2 teaspoons Worcestershire sauce
6 slices Swiss cheese	¼ cup light brown sugar	

Instructions

Preheat oven to 350°. Line a 9x13 baking dish with foil. Use a long, serrated knife to slice slider rolls in half. Remove the top half and set aside. Place the bottom half in lined baking dish. Layer turkey on rolls, then layer cheese on top. Sprinkle bacon bits on top of cheese. Place the top half of sliders on the sandwich. Melt butter and stir in brown sugar, mustard, and Worcestershire sauce, to make a sweet glaze. Pour sweet glaze mixture evenly over top of sliders and bake for 10 minutes. Servings: 12

Anna Bravata, Livingston
Contestant #149
3rd Place

Turkey Chili

Ingredients:

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

Instructions:

In a 3-quart pot, brown ground turkey on high until cooked all the way through. Drain any excess fat. Turn heat to medium. Add chili seasoning and salsa, combine well. Add red kidney beans, a can of corn, drained, diced tomatoes, and two cups of water. Simmer on low heat until mixture thickens. Add one cup shredded cheese and serve. Yields: 8 cups Cost per serving: \$1.54 Calories per serving: 259

Lee Arcement, Jr, St. Charles
Contestant #153
Red Ribbon

Turkey Cacciatore

Ingredient List:

2 pounds turkey breast (or 2 turkey thighs or turkey tenderloin) or leftover turkey	1 cup sliced cremini mushrooms	1 teaspoon salt
1 tablespoon oil	1 teaspoon oregano	1 green bell pepper, cubed
1 onion, chopped	1 teaspoon thyme	½ cup flour
½ cup white wine	1 cup pitted olives	
	1 can (28 ounces) crushed tomatoes	

Instructions:

1. Heat oil in large skillet or heavy bottom pot. 2. If using turkey breast, slice it in about 6 even pieces. If using thighs, debone them, remove skin and slice in half. Tenderloin should be sliced in 4-6 pieces. 3. Add flour to the flat plate. Dredge each turkey piece in flour, shake it a bit and place in the pot and brown on both sides, about 2 minutes per side. Turkey doesn't need to be cooked all the way at this point. 4. Remove turkey to the plate and add onions and bell pepper to the pot or skillet. Sauté for 3 minutes, then add garlic and wine. 5. Stir and deglaze the pot. 6. Add tomatoes, mushrooms, and seasonings. Let simmer for 10 minutes, stirring. 7. Add turkey back to pot and olives and simmer for 10 minutes or until turkey is cooked through. Cook Time: 20 minutes

Number of Servings: 6 servings

Size of Pan: large skillet or heavy bottom pot

Temperature: Warm

Lorelei Gravois, St. James
Contestant #155
2nd Place

Turkey Tator Tots

Ingredient List:

1 tablespoons butter	½ teaspoon ground Black Pepper	1 Bell Pepper, seeded and diced
2 tablespoons Olive oil	½ teaspoon smoked Paprika	2 ½ cups Chicken Broth
2 Teaspoons Salt, to taste	¼ teaspoon Garlic Powder	8 ounces shredded Cheddar Cheese, divided
1 cup chopped Onion	1 pinch Cayenne Pepper	1 (32 ounce) bag frozen Tator Tots
2 pounds Ground Turkey	¼ cup All-Purpose Flour	

Instructions:

Preheat oven to 450 degrees. Heat butter and olive oil in a large skillet over high heat, stir in onions and sauté until onions turn translucent, about 3 minutes. Add turkey, and cook for a few minutes, breaking up into smaller crumbles. Stir in the rest of the salt, black pepper, paprika, garlic powder, and cayenne pepper. Reduce heat to medium high and cook until turkey is lightly browned and crumbly and liquid is mostly evaporated, 3 to 4 minutes. Sprinkle over and stir in flour; cook, stirring, to cook out the raw taste of the flour, another 3-4 minutes. Stir in bell peppers and chicken broth. Wait for the mixture to simmer, and cook, stirring, until the liquids thicken, and the texture is to your liking, about 2 minutes. Mixture can be reduced to thicken further, or broth can be added for a thinner texture.

Tast and adjust seasoning if needed. Transfer to a 3 1/4 quart casserole dish or equivalent and smooth out the top. Top surface evenly with half of shredded cheese and press in lightly with the tip of the spatula. Cover casserole surface evenly with 1 layer of frozen or thawed tator tots (if using frozen, add a few minutes to the oven time). Reserve any remaining tots for another use. Top with the remaining cheese. Bake in the preheated oven until tator tots are crisp and golden, 30-35 minutes. Serve and enjoy. Cook Time: 1 hour 5 minutes Number of Servings: 8-10 (Depending on size cut) Size of Pan: Large Skillet Pan, 3 ½ Quart Casserole Dish
Temperature: Hot/Warm

Nicole Scott, Tangipahoa
Contestant #158
Red Ribbon

Turkey Spaghetti

Ingredients

1 box of 16-ounce spaghetti
2 cups of water
1 pack of 6-ounce pepperoni

1 pound bag of turkey meatballs
1 big jar of spaghetti sauce
Shredded cheese

Italian seasoning (optional)

Directions

1. Preheat oven to 350 degrees 2. Put uncooked spaghetti in baking pan 3. Put 2 cups of water on top of uncooked spaghetti 4. Put pepperoni on top of spaghetti 5. Add 1 pound of turkey meatballs on top of pepperoni 6. Pour jar of spaghetti sauce on meatballs 7. Sprinkle shredded cheese on top of spaghetti sauce 8. Sprinkle Italian seasoning on top of cheese 9. Bake at 350 degrees for 60 minutes 10. Serve with garlic bread! Cooking time: 1 hour 20 minutes Number of servings: 9
Size of pan: 9x9 Temperature: 350

Easton Smith, Washington
Contestant #159
Blue Ribbon

Turkey Soup

Ingredients:

1 Turkey Carcass with Broth reserving 1 pound of Turkey Meat
The turkey was cooked with Tony Chachere's Creole Butter injector and with butter and Tony's rub.

Water, desired amount and if needed; add to broth to boil
3-4 Stalks Celery, chopped
4-5 large Carrots, sliced

1 Pound Ditalini Noodles (or your preferred noodle)
Seasonings to taste - Salt, Pepper, Tony Chachere's

Instructions:

1. In a large stock pot, simmer the turkey carcass in its broth until it is broken down. Water may be added, if needed. About 1.5 hours.
2. Remove from heat and strain to remove solids reserving the broth.
3. While the broth is simmering, add the celery and carrots, cook about 5 minutes
4. Bring to a boil, add the noodles and cook for about 10 minutes or until tender.
5. Add seasonings to taste - salt, pepper, Tony Chachere's

Cook Time: Approximately 1 hour 45 minutes to 2 hours

Serves: 10

Pan Size: Large Stock Pot

Temperature: Medium to high heat

Blithe Mae Bryan, West Feliciana
Contestant #160
Blue Ribbon

Indian Butter Turkey Meatballs

Ingredient List:

1 pound ground turkey
1 egg
½ cup panko breadcrumbs
2 tablespoons salt
2 tablespoons pepper
2 tablespoons olive oil
½ yellow onion, chopped

2 cloves garlic, finely minced or grated
1 inch fresh ginger, finely minced or grated
1 tablespoon garam masala
2 teaspoons curry powder
½ teaspoon turmeric
½ teaspoon cayenne pepper
1 can (6 ounce) tomato paste

1 can (14 ounces) coconut milk
½ cup water
½ cup plain Greek yogurt
2 tablespoons butter
¼ cup fresh cilantro, chopped roughly
Steamed rice for serving

Instructions:

1. Preheat the oven to 450 degrees.
2. Line an 18 x 13-inch baking sheet with parchment.
3. Add turkey, egg, breadcrumbs, and 1 tablespoon each of salt and pepper to a bowl. Coating hands with a bit of oil, roll the meat into tablespoon size meatballs, placing them on the baking sheet.
4. Bake meatballs for 15 minutes or until meatballs are crisp and cooked through.
5. While meatballs are baking, heat olive oil in large (10 – 14 inch) skillet over medium heat. Add onion, ginger, and 1 tablespoon each of salt and pepper to skillet and cook 5 minutes or until fragrant.
6. Stir in garam masala, curry powder, turmeric, and cayenne pepper and cook for 1-2 minutes.
7. Add tomato paste, coconut milk, ½ cup water. Stir to combine and bring sauce to a boil. Cook for 5 minutes or until the sauce thickens slightly.
8. Stir in the yogurt and butter until just combined.
9. Add meatballs and cook, stirring occasionally until the sauce thickens slightly, about 5 minutes.
10. Remove from heat and stir in cilantro.
11. Serve meatballs and sauce over bowls of steamed rice.

Cook Time: 30 minutes

Number of Servings: 15-18 meatballs

Size of Pan: 18 x 13-inch baking sheet; 10 to 14-inch skillet

Temperature: Warm to hot.

LOUISIANA SEAFOOD

Crab

Molly Duplantis, Ascension
Contestant #161
Red Ribbon

Corn Crab Bisque

Ingredients

2 onions, chopped.	1 can of creamed corn,	2 cups crab meat
1 stick of butter,	1 quart half-and-half,	Salt and pepper to taste (start with ½ teaspoon
2 bags of frozen extra sweet corn,	2 teaspoons Tony Chachere's	for each and increase as preferred)
1 can of Rotel	1 cup shrimp, raw	

Instructions

Sauté your two onions in one stick of butter in 6qt crockpot on high. Lower crockpot to low. Add two bags of frozen extra sweet corn, and one can of Rotel cook slowly. Add one can of creamed corn, put on low and let simmer for 1 hour. Add 1 quart of half-and-half. Season shrimp with Tony's and cook in microwave for two minutes. Stir for one minute. Add shrimp to pot. Cook on low for 30 min. Once all cooked, add crab meat last and let heat for five minutes. Season with salt and pepper to your preference. Serves 8

Jonathan Turbeville, Livingston
Contestant # 165
2nd Place

Crabmeat Au Gratin

Ingredients:

1 cup chopped white onion	4 tablespoons of flour	½ teaspoon salt and pepper
½ cup chopped green onion	2 large cans of evaporated milk	10 ounces grated cheddar cheese
3 chopped stalks of celery	2 egg yolks	
1 cup of butter	2 pounds of fresh white crabmeat	

Instructions:

1. Sauté chopped onions and celery in a skillet with melted butter on low heat. Simmer until onions and celery are tender. About 6 minutes.
2. Add flour and evaporated milk and blend well.
3. Remove skillet from heat and add egg yolks and crabmeat. Lightly add salt & pepper.
4. Put all ingredients in a 13x9 casserole dish and bake for 30 minutes at 350 degrees.
5. After baking then add grated cheddar cheese on top.

Yields: 7 (1 cup) servings

Cost per serving: \$19.47

Calories per serving: 200

Size of pan: 13x9 casserole dish

Kathryn Dinot, St. Bernard
Contestant #168
1st Place

Crab and Shrimp Stuffed Peppers

Ingredient List:

1 pound of bacon, diced	2 tablespoons of butter	Creole seasoning to taste
1 onion, diced	3 pounds of shrimp peeled and deveined	Salt and pepper to taste
1 bell pepper, diced	(roughly chopped)	1 bell peppers cut in half, seeded
3 stalks of celery, diced	1 cup crab meat	2 cups seasoned breadcrumbs (add more if
1 tablespoon of minced garlic	2 cups seafood stock	needed until the consistency of dressing)

Instructions:

1. Using a deep pot (8 quarts), cook bacon until crispy. Set bacon aside, leaving the bacon grease in the pot.
 2. Add all diced seasonings and garlic to the pot, sauté on medium heat for about 5 minutes, or until translucent.
 3. Add butter and let melt, then add shrimp. Sauté this until cooked for about 3 to 4 minutes. Add crabmeat until warmed.
 4. Add stock and creole seasoning to taste. Stir then add salt and pepper to taste. Add breadcrumbs in slowly until you get a dressing like consistency. Remove from stove.
 5. Take your seeded bell peppers and cut them in half. Stuff with dressing mixture. Place bell peppers in a 9 x 13 casserole dish. Add a little water at the bottom of the dish, but only enough to make steam.
 6. Cover with foil and bake at 350 degrees Fahrenheit for about 45 minutes or until peppers are tender. Heat before serving.
- Cook Time: 45 minutes Number of Servings: 6 Size of Pan: 8-quart pot, 9x13 casserole dish Temperature: 350 degrees Fahrenheit

Nollie Arcement, St. Charles
Contestant #169
Blue Ribbon

Vietnamese Crab & Asparagus Soup (Sup Mang Cua)

Ingredient List:

5 cups stock (beef, pork, chicken, or vegetable)	12 ounces white or green asparagus or 1 dried	Cilantro, thinly sliced
½ cup lump crab meat	white fungus flower (about 0.8 ounces/22	Green onions, thinly sliced
10 hardboiled quail eggs	grams)	White pepper, ground (can substitute with
2 beaten egg whites	3 tablespoons tapioca flour	ground black pepper)
	4 tablespoons room temperature water	

Instructions:

1. If using white fungus, soak the whole flower in hot water for 10 minutes. Once softened, remove the rough middle section, give it a good rinse a couple of times, then chop it up finely and set aside. Wash the asparagus and remove any rough ends. Thinly slice it into concentric circles then set aside.

2. In a medium stockpot, heat up your choice of stock. Once it comes to a boil, add cooked crab meat breaking it into thin strips with your fingers. Reduce heat to a low simmer and cook for 5 minutes.
3. Season soup to taste with a bit of salt and MSG, if needed. Keep in mind that store-bought stock and some crab meat may already be salty so you may not need to season as much or at all. It is best to taste-test.
4. Add hardboiled quail eggs. While gently stirring the pot in one direction, add the beaten eggs in a slow stream to get long strands of cooked eggs.
5. Add the tapioca mixture. Cook for 10 more minutes or until broth thickens.
6. Add asparagus and gently mix it into the soup. Turn off the heat. The residual heat will cook the asparagus.
7. When ready to serve, garnish with cilantro or green onions, a sprinkle of ground pepper, and a drizzle of sesame oil.

Cook Time: 30 minutes

Number of Servings: 6 servings

Size of Pan: medium stockpot

Temperature: Warm

Samantha Daigle, Tangipahoa

Contestant #174

3rd Place

Crab Dip

Ingredients

8-ounce cream cheese

4-ounce block cheese

8-ounce crab meat

Directions

Cube 4-ounces of cream cheese. Cube 8 ounces block cheese. Add cheese to a microwave safe bowl to melt in microwave until softened, stirring constantly. Chop crab meat into small pieces. Mix crab meat into cheese blend, stir until well blended. Serve warm or chilled with crackers or chips. Serves 8

Blithe Mae Bryan, West Feliciana

Contestant #176

Blue Ribbon

Crab and Corn Soup

Ingredient List:

1 stick of butter

1 small onion, diced

1 can of whole kernel white corn

2 cans cream of onion soup

1 pound Louisiana blue crab claw meat

½ pound lump crab meat, pasteurized

1 pint of half and half

2 cans evaporated milk

½ teaspoon salt

½ teaspoon white pepper

1 teaspoon liquid crab boil

1 teaspoon parsley flakes, optional

1 bunch of green onion tops, sliced finely, optional

Instructions:

1. Melt butter on low heat in a medium Dutch oven or other 5 to 8-quart heavy-bottomed pot.

2. Add onion and corn (undrained with liquid) to butter and cook on medium high heat until the onions clear and the liquid from the corn evaporates (about 15 minutes). Stir often.

3. Add onion soups and stir to blend together.

4. Add blue crab claw meat and sauté for 5 minutes. Sitr often.

5. Turn heat to low and add half and half, evaporated milk, salt, pepper, liquid crab boil and parsley, if opting to use.

6. Cook on low heat for 20 to 30 minutes. Stir often to avoid scorching the bottom.

7. Top individual servings with lump crab meat and sliced green onion tops.

Cook Time: 1 hour

Size of Pan: 5 to 8-quart Dutch oven or heavy-bottomed pot.

Number of Servings: 16 cups

Temperature: Warm; use chafing dish if available.

Crawfish

Jorja Kling, Ascension

Contestant #177

3rd Place

Hot Crawfish Dip

Ingredients

½ cup butter

1 bunch green onions, sliced (about 1 cup)

1 small green bell pepper, finely chopped (about 1 cup)

1 cup)

1 pound frozen, cooked, peeled crawfish tails, (thawed & undrained)

2 cloves of garlic, pressed

1 4-ounce jar of diced pimientos, drained

2 teaspoons creole seasoning

1 package (8 ounces) of cream cheese, cut into cubes

Toasted Baguette slices or Ritz Crackers

Instructions

In a 10-inch skillet, melt butter over medium heat. Add green onions and bell pepper. Cook 8 minutes on medium-high heat, stirring occasionally, until bell pepper is tender. Stir in crawfish, garlic, pimientos, and creole seasoning. Cook 10 minutes, stirring occasionally. Reduce heat to medium-low. Add cream cheese. Cook and stir until mixture is smooth and bubbly. Spoon dip into a 4 cup serving bowl. Serve hot with baguette slices and/or Ritz crackers. Yields – 6 to 8 servings.

Leah Warr, East Baton Rouge

Contestant #178

Blue Ribbon

Crawfish Dirty Rice Balls

Ingredients List:

½ pound of ground beef

½ pound Jimmy Dean mild breakfast sausage

¼ cup of fresh bell pepper mix (red, yellow and orange)

¼ teaspoon of Mrs. Dash Garlic and Herb Seasoning Blend

¼ teaspoon of Mrs. Dash Onion and Herb Seasoning Blend

1 teaspoon of Garlic powder

½ tablespoon minced Garlic

1 tablespoon of Onion powder

½ teaspoon of Pinch and Pull seasoning

½ teaspoon of Tony Chachere's

1½ cup of peeled crawfish tails

1 cup of white rice
1 cup of water
1 ½ cup shredded mozzarella cheese
1 tablespoon of chicken Better than Bouillon

1½ cup of flower
3 cups of breadcrumbs
3 large eggs
3 cups Vegetable oil

1 Roll of paper towel
1 tablespoon of secret sauce
½ Tablespoon ketchup

Instructions

1. Add ½ pound of ground beef and Jimmy Dean breakfast sausage in 3 quart skillet. Cook for about 8 minutes on medium heat or until brown. Remove from heat, drain grease from ground beef. After draining grease put back over medium heat and add, ¼ cup bell pepper combined, ¼ teaspoon each of Mrs. Dash Garlic and Herb, Mrs. Dash Onion and herb, 1 teaspoon garlic powder, ½ tablespoon minced garlic, 1 tablespoon onion powder, Pinch and Pull seasoning, ⅓ teaspoon Tony Chachere's, in the 3 quart skillet with ground beef and stir over medium heat for about 3 minute. Then remove from heat. Set ground beef mixture aside.
2. Put 2 cups of crawfish tails in skillet and cook for 2 minutes. Then set aside
3. Put 2 cups minute rice in a 3 quart bowl with 3 cups of water. Put in microwave for 5 minutes.
4. Remove rice from microwave after 5 minutes and pour rice in skillet with ground beef mixture.
5. In the skillet with rice and ground beef mixture add crawfish tails and place back over low heat for 2 minutes. After 2 minutes remove from heat.
6. Add 1½ cup of mozzarella shredded cheese, add in 1 tablespoon of Better than Bouillon and add 1 cup of water in skillet with crawfish mixture. Stir until all is mixed together. Remove from stove. Pour mixture in a median size bowl. Roll some of the crawfish dirty rice in about a 2 inch ball and place them on a pan lined with parchment paper.
7. After all the crawfish dirty rice balls are in 2 inch balls place them in the freezer for 20 minutes
8. While crawfish dirty rice balls are in the freezer. Get out 3, 1.5 quart bowls
9. Add 1½ cup of flower in one of the 1.5 quart bowl. Add 3 cups of bread crumbs in another 1.5 quart bowl and in the last 1.5 quart bowl crack 3 large cracked eggs and mix well (the egg will be your egg wash).
10. After 20 minutes take crawfish dirty rice balls out of the freezer. Then take each ball one at a time and first coat the seafood ball in flower, then dip the crawfish ball in the egg wash and lastly coat the balls in the bread crumbs. Repeat this step until you have coated all the crawfish balls.
11. Then heat some vegetable oil in a 5 quart pot on high heat. When oil is hot lower heat to medium heat.
12. Take each crawfish ball and place them in the hot vegetable oil for 8 minutes until golden brown.
13. When golden brown, place crawfish balls on a baking sheet cover with paper towel to drain grease for about a minute, Next transfer crawfish balls to a serving dish as desired. Garnish with parsley and with dipping sauce. Then serve and eat.

Dipping Sauce

Mix 1 tablespoon Secret sauce with ½ tablespoon of ketchup. Stir until mixed together and place sauce in a dipping cup/dish.

Cook time: 30 minutes

Size of Pan: 3-quart skillet, 5-quart pot, 9.25 ×

Temperature: served hot

Number of Servings: 6

13.25 baking sheet

Emma Hutto, East Feliciana
Contestant #179
Blue Ribbon

Crawfish and Corn Chowder

Ingredients

1 stick – 8 tablespoons - butter
2 tablespoons flour
2 cups seasoning blend: onion, pepper, celery, garlic
1/2-quart milk

1/2-quart cream
2 (12 oz) cans cream corn
1 (15 oz) can whole kernel corn
1 (10 oz) can cream of potato soup
2 teaspoons Cajun seasoning

1 teaspoon paprika
Pepper to taste
1 1/2 pounds crawfish, peeled
1/2 cup green onion

Instructions

1. Put a large stockpot on medium high on the stove.
2. Add the stick of butter and allow it to melt completely.
3. Once melted, add the flour. Whisk constantly until all lumps are gone.
4. Add the seasoning blend and cook until veggies are tender, and onions are translucent (about 15 minutes.)
5. Add the milk, cream, creamed corn, corn, and cream of potato soup. Stir completely.
6. Add the Cajun seasoning, paprika, and pepper.
7. Bring to a simmer, then reduce heat to low.
8. Cook for 30 minutes, stirring occasionally to prevent scorching at the bottom.
9. Add the crawfish and the green onion and cook for 10 additional minutes.
10. Serve warm and enjoy. Total Servings: 8

Total Time: 1 Hour 30 minutes

Spencer Smith, Livingston
Contestant # 181
Blue Ribbon

Crawfish Bread

Ingredients:

2 tablespoons unsalted butter
½ cup finely chopped onion
½ cup finely chopped celery
½ cup finely chopped green bell pepper
1 ½ tablespoons minced garlic

1-pound cooked crawfish tails with fat
1 teaspoon Worcestershire sauce
½ teaspoon hot sauce
½ teaspoon salt
¼ teaspoon cayenne pepper

½ cup mayonnaise
1 teaspoon creole mustard
8-ounce mozzarella cheese
1 loaf of po'boy bread (soft)

Instructions:

Melt butter over medium heat in a large skillet. When hot, add onion, celery & bell pepper. Cook, stirring until veggies wilt – about 5 minutes. Add garlic and cook for 2 minutes. Add crawfish tails, Worcestershire sauce, hot sauce, & seasonings until tails are warm & liquid evaporates. Set aside to cool. Preheat oven to 350 degrees. In a bowl stir in mayonnaise, creole mustard & cheese and add to crawfish mixture. Cut loaves of bread in half and add mixture to bread. Put the top bread back on top of filling. Wrap each loaf with foil. Place on baking sheet & bake until filling is heated through & cheese is melted. About 25-30 minutes. Slice & serve hot.

Cost per serving: \$4.32

Calories per serving: 280

Cold Crawfish Dip

Ingredient List:

¼ cup butter	(8 ounce) packages of cream cheese, room temperature	½ cup mayonnaise
pound of crawfish tails	½ bunch green onions (chopped)	½ teaspoon Worcestershire sauce (or to taste)

Instructions:

Melt butter in a large skillet over medium heat. Add half of the green onions and cook until wilted.

Add crawfish tails, reduce heat to medium-low, and simmer for about 10 minutes. Set aside to cool

In a large bowl, stir together cream cheese and mayonnaise until well blended. Season with Worcestershire sauce until the mixture is pink in color.

When the crawfish have cooled slightly stir into dip along with butter and the rest of the green onion. Mix well, cover and refrigerate to blend the flavors.

Cook time: 15 minutes

Number of servings: 10

Size of pan: 8x8

Temperature: Medium

MacKenzie Bellanger, St. Charles

Contestant #185

1st Place

Crawfish Fettuccine

Ingredient List:

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

Instructions:

1. Melt butter in 5-quart sauté pan over medium heat. 2. Sauté the diced onion and bell pepper in butter until tender. Add Cajun seasoning and minced garlic and sauté for a minute more. 3. Add the soup mixtures and crawfish tails. 4. Cube Velveeta and add into mixture. Stir until melted. 5. Add half and half. Stir continuously.

Continue to cook over low heat until the sauce is the consistency you prefer. 6. Serve over fettuccine noodles.

Cook Time: 30 minutes

Number of Servings: 8 servings

Size of Pan: 5-quart sauté pan

Temperature: Warm

Mila Aucoin, St. James

Contestant #187

Red Ribbon

Crawfish Fettuccine

Ingredients List:

1 pt. half and half	6 green onions chopped	Salt and pepper to taste
1 stick of butter	1 lb. crawfish tails with fat	¾ freshly grated parmesan cheese
½ pt. whipping cream	1 lb. fettuccine (preferably fresh)	Thyme, garlic and paprika (optional seasonings)

Instructions:

1. Combine in a pot and reduce cream slightly. 2. Sauté onions in butter. 3. Add crawfish tails, seasonings and cream and reduce a little more until creamy. 4. Pour over cooked hot pasta. 5. Add cheese and toss.

Cook Time: 45 minutes

Number of Servings: 6

Size of Pan: Large pot

Temperature: Warm

Sajul Moneyhun, Tangipahoa

Contestant #190

Blue Ribbon

Crawfish Pie

Ingredients:

1/2 stick butter	3 garlic cloves chopped	1 can cream of mushroom soup
1 large yellow onion chopped	1 pound crawfish tails	4 deep dish pie shells
1/2 green bell pepper chopped	2 tablespoons creole seasoning	

Instructions:

Preheat oven to 300 degrees. In a 8-quart stainless pot on medium heat, melt 1/2 stick butter, sauté vegetables in butter until wilted. Add crawfish to vegetable mixture with 2 tablespoons creole seasoning. Mix well. Add 1 can cream of mushroom soup. Cook on low heat for 10 minutes, stirring regularly to keep from sticking. Split the mixture between 2 pie shells. Take the other pie shells and lay them over the top of the filled pie shells to cover the mixture and make it look nice. Bake in a preheated oven at 300 degrees for 45 minutes to 1 hour. Serve and enjoy! Cooking Time: 1 1/2 hours

Number of Servings: 6 slices

Size of Pan: 8-quart stainless pot

Temperature: High.

Annabelle Venables, Washington

Contestant #191

Red Ribbon

Crawfish Stuffed Jalapenos

16-20 Jalapeños	1-8-ounce block of cream cheese (cut in small cubes)	Brown Sugar
3-5 Slices Pepper Jack Cheese	16-20 pieces of bacon	Seasoning
1-pound cooked crawfish tails peeled		* BBQ Sauce optional

Instructions

Preheat oven to 400 degrees. Deseed and core jalapeno peppers keeping them whole. In a food processor combine cream cheese, pepper jack cheese, and seasoning. Stir in the crawfish tails and stuff the peppers with the mixture. Once all peppers are stuffed, wrap each one in bacon. Sprinkle with brown sugar and place them on a baking sheet. Cook at 400 degrees for 40-45 minutes.

At this point if you'd like to top with BBQ Sauce, you may do so here. Serve and enjoy!

Prep Time: 15 minutes

Cook Time: 45 minutes

Yields 8-10 servings

Chloe Singleton, West Feliciana

Contestant # 192

Red Ribbon

Crawfish and Corn Chowder

Ingredient List:

1 sweet white onion

¼ cup all-purpose flour

12 ounces of crawfish tails, devanned

2 celery ribs

4 cups whole milk

1 teaspoon Old Bay seasoning

2 tablespoons olive oil

2 cups frozen corn

4 ounce can of diced green chilies

4 tablespoons unsalted butter

8 ounces crawfish pure

Instructions:

1. In a large pot, sauté chopped onion and celery in oil over medium/high heat until tender. 2. Reduce heat to medium, add butter to melt. 3. Slowly stir in flour. Cook until flour is slightly browned. 4. Add milk, corn, crawfish, seasoning, and green chilies. 5. Simmer for 10 to 15 minutes. Stirring occasionally. 6. Once chowder reaches desired thickness, salt and pepper to taste. Cook Time: 25-30 minutes

Number of Servings: approximately 8

Size of Pan: Large Pot

Temperature: medium

Shrimp

Kayden Bourgeois, Ascension

Contestant #193

Blue Ribbon

Cajun Shrimp Patties

Ingredients

Bunch of green onions, finally chopped

1 teaspoon black pepper

¼ cup vegetable oil

½ red bell pepper, finally chopped

2 teaspoon Worcestershire sauce

½ cup mayonnaise

1 Lemon, juice

¾ cup panko bread crumbs

¼ cup ketchup

1 tablespoon Cajun seasoning

2 pounds shrimp

1 teaspoon Cajun seasoning

1 teaspoon garlic powder

1 egg

Instructions

In a three-quart bowl mixed together green onions, red bell pepper, half lemon juice, one tablespoon Cajun seasoning, garlic powder, black pepper, Worcestershire sauce, and panko breadcrumbs. Peel and devein shrimp then chop them into a ground meat texture and put in your onion and bell pepper mixture. Add one egg into your mixture. Line a 9x13 inch baking sheet with paper towels and put to the side. In a 5.5-quart skillet, heat your vegetable oil to 300° Fahrenheit. Make your shrimp mixture into 12 patties and put four in the skillet at a time. Heat for 4 minutes on each side until the internal temperature reaches 160° Fahrenheit. Then place on baking sheet. In a dinner bowl mix together mayonnaise, ketchup, Cajun seasoning, and the remaining half of lemon juice. This goes nicely on Hawaiian sweet buns with sauce drizzled over. Servings 12

Mahali Jenkins, East Baton Rouge

Contestant #194

Red Ribbon

Creamy Cajun Shrimp and Sausage Pasta

Ingredient List:

8 ounce penne pasta

1 Tablespoon olive oil

½ cup cheddar cheese

3-4 cups of salted water (about 1 teaspoon of salt)

2 Tablespoon Cajun seasoning, divided *or added to taste

1/2 cup grated parmesan cheese, plus more to serve

¼ pound of sausage

2 Tablespoon unsalted butter

2 Tablespoon parsley to garnish, (optional)

1 Tablespoon of finely chopped onions

2 garlic cloves, minced

1 pound large shrimp, peeled and deveined

1 1/2 cups heavy whipping cream

Cooking Instructions:

To Cook the penne pasta, bring a pot of salted water to a rolling boil (water temperature should be 212 degrees) until al dente according to package instructions (stir occasionally for 11 minutes). Drain the water and cover the pasta to keep warm.

Coat the shrimp with 1 Tablespoon of Cajun seasoning. In a deep skillet, heat 1 Tablespoon of oil over medium heat. Once hot, add the seasoned shrimp in a single layer and sauté for about 1-2 minutes per side, (temperature 120°F or 49°C) or until the shrimp is no longer translucent, remove from the skillet and cover to keep warm.

In the same skillet, melt 2 Tbsp butter and put in the onions. Cook until the onions are well done. Next, add in the minced garlic and cook for 30 seconds until fragrant.

Pour in the heavy whipping cream, remaining 1 Tbsp Cajun seasoning, cheddar cheese and grated parmesan cheese. Bring to a simmer then reduce to medium/low heat and stir for 2-3 minutes or until the sauce thickens.

Add the shrimp and pasta back into the skillet and stir for about 2 minutes until the noodles are coated in the sauce and everything is heated through.

Garnish with chopped parsley if desired and serve.

Pan size: 8 x 10 baking dish

Preparation Time: 5-10 minutes

Cook Time: 20-35 minutes

Serving Size: 6

Temperature: Warm

Shrimp Boudin King cake

Ingredients:

½ of a small white onion, diced	½ cup small, cooked shrimp, chopped (if desired)	3 cans crescent rolls
4 green onions sliced thin		½ cup of shredded parmesan cheese
2 garlic cloves, minced	2 links shrimp boudin	Food coloring for parmesan cheese (if desired)
1 green bell pepper diced	1 block Neufchatel cheese, softened	

Instructions:

Preheat oven to 350 degrees. Line baking sheet with parchment paper. In a pan, sauté all onions, garlic cloves, bell pepper, and extra shrimp (if desired). In a separate pan, cook boudin (in casing) for 5 to 6 minutes on each side or until internal temperature is 165 degrees. Remove from pan, let cool. After boudin cools, remove from casing. Mix softened Neufchatel cheese, sauteed veggies and boudin well. Add extra shrimp if desired. Separate crescent rolls and place on parchment paper with points in center press seams together. Spread boudin mix on dough in center where seams are pressed together fold dough points over filling. Then fold the bottom of triangle over points making a roll. Bake 25 minutes or until golden brown. Sprinkle with parmesan cheese.

Yields: 12-15 servings

Cost per serving: \$2.25

Calories per serving: 183

Julia Wood, Plaquemines
Contestant #199

Ceviche de Camarón

Ingredient List:

2 pounds of shrimp	3 heads of garlic	12 tostadas
2 white onions	8 limes	1 pack of shredded lettuce
4 Roma tomatoes	1 tablespoon cumin	1 bottle of hot sauce
4 whole fresh green jalapeños	1 tablespoon salt	
1 bunch of cilantro	1 tablespoon pepper	

Instructions:

Boil two pounds of shrimp for ten to fifteen minutes in an 8-quart pot. Drain and let it cool and dry. Place into a container. Chop two white onions Chop four Roma tomatoes Chop four whole fresh green jalapeños Chop three avocados Chop one bunch of cilantro Chop three heads of garlic Combine ingredients into the container with the shrimp Cut eight limes in half and squeeze the juice into a container with the shrimp Sprinkle cumin, salt, and pepper to taste Prepare by placing mixture on a tostada and flavor with your preference of lettuce and hot sauce for flavoring Cook time: 30 minutes Internal temperature: 145 degrees

Number of servings: 6

Size of pots: a 8-quart pot

Serve Temperature: Room

Mia Alfonso, St. Bernard
Contestant #200
Blue Ribbon

Creole Shrimp Cakes

Ingredient List:

1 pound shrimp	2 eggs slightly beaten	½ cup Zatarain's crispy southern fish fry
¾ cup unseasoned breadcrumbs	2 green onions finely chopped	½ cup vegetable oil
1 cup finely chopped onion	2 teaspoons Black Pot creole seasoning	

Instructions:

Mix shrimp, breadcrumbs, onion, eggs, green onion, and Black Pot seasoning in a large bowl until well mixed. Shape into 10 shrimp cakes (2 inches each), coat in fish fry, pressing mixture firmly into each shrimp cake. Heat ¼ cup of oil in a 12-inch skillet on medium-high heat at 375 degrees Fahrenheit, add shrimp cakes a few at a time. Fry for 5 minutes or until golden brown, turning once. Drain on a paper towel. Repeat with the remaining shrimp cakes adding remaining oil as necessary.

Heat before serving Cook Time: 5 minutes

Number of servings: 10

Size of pan: 12-inch skillet

Temperature: Medium - high

Kenidee Miranda, St. Charles
Contestant #201
Blue Ribbon

Rotel Dip with Shrimp

Ingredient List:

1 2-pound block of Velveeta cheese	1 tablespoon Season All	1 28-ounce can of Rotel (mild)
1 12-ounce bag of medium-sized uncooked shrimp (peeled, deveined)	1 tablespoon of smoked paprika	1 bag of chips of your choice, any size (tortilla chips are the most popular)
	1 tablespoon lemon pepper	

Instructions:

1. Cut Velveeta cheese into 1–2-inch chunks. Set it aside. 2. Season shrimp with season all, smoked paprika, and lemon pepper. 3. In a 10-inch skillet, cook shrimp on medium high heat until pink on both sides (approximately 2 minutes on each side). If using tail-on shrimp, remove tails after cooking. 4. Add blocks of cheese to a 6-quart saucepan. 5. Heat cheese on medium heat, stirring frequently. 6. Add Rotel to cheese and continue stirring. 7. Once mostly melted, add shrimp. 8. Stir until combined. 9. Serve with chips.

Cook Time: 20 minutes

Number of Servings: 8 servings

Size of Pan: 10-inch skillet, 6-quart saucepan

Temperature: Warm

Shrimp and Grits

Ingredients List:

Grits	1 pound raw shrimp peeled and deveined	2 tablespoon tiger sauce
2 ¼ cup chicken broth. You may also substitute water. See notes.	1teaspoon Tony Chachere's seasoning	½ teaspoon Creole Seasoning Start with ¼
1 tablespoon butter	Salt and pepper to taste	teaspoon. Taste repeatedly and adjust to taste as needed.
1 teaspoon salt	4 slices bacon diced into small pieces ¼ inch thick	1 tablespoon fresh lemon juice
1 cup stone ground grits	½ cup chopped white onions	2 tablespoon dried parsley
1 cup milk. Any milk will work. See notes.	3 garlic cloves minced	Green onions for garnish
Shrimp and Sauce/Gravy	½ cup chicken broth	

Instructions:

Grits
1. In a large pot combine the broth, butter and salt. Bring to a boil. 2. Gradually stir in the grits. Lower the heat to Low and continue to stir the grits frequently for 15-20 minutes or until the liquid is absorbed. Stirring is essential. If you don't constantly stir the grits will be lumpy. 3. Once the liquid has been absorbed, remove the pot from the heat and add the milk and shredded cheese. Stir until thick and creamy. 4. Allow the grits to thicken for at least 10 minutes.

Shrimp and Sauce/Gravy

1. Heat a skillet on medium-high heat and fry the bacon on both sides until crisp. Remove bacon and set aside. 2. Reserve the bacon grease in the skillet to make the gravy. Use your judgment and drain any excess grease if you feel the need to. 3. Add the shrimp to the pan with the bacon grease on medium heat. Season the shrimp with the Old Bay Seasoning. Cook both sides of the shrimp for 2-3 minutes on each side. Remove the shrimp and set aside. 4. Add the chopped onions and garlic to the skillet on medium heat. Cook for 2-3 minutes until translucent and fragrant. 5. Add the broth to the skillet. Deglaze the pan by using a wooden spoon or spatula to scoop up any brown bits in the pan. 6. Add in the Creole Seasoning, Tiger sauce, and lemon juice. Stir. Crumble the bacon and sprinkle it into the skillet. Add parsley and green onion tops. 7. Serve on plates or in bowls. Add the grits topped with shrimp. Drizzle gravy and bacon throughout. Cook Time: 30 minutes

Number of Servings: 4

Size of Pan: Large pot, medium skillet

Temperature: Warm

Amirah Wheeler
Contestant #204

Shrimp Fettuccine

Ingredient List:

1 pack (1 pound) fettuccine	1 stick (8 tablespoons) butter	1 can (10.5 ounces) condensed cream of
½ cup chopped creole seasoning mix (yellow onions, bell pepper, celery, green onions, parsley and garlic)	½ tablespoon Cajun seasoning	mushroom soup
	2 pounds shrimp, peeled and deveined.	8 ounce package mild cheddar shredded cheese
	1 pint half & half milk	

Instructions:

1. Boil fettuccine in 12-quart stock pot until tender (drain and set aside). 2. Sauté ½ cup creole seasoning mix and 1 stick of butter in 12 inch skillet. 3. Add shrimp and cook until pink and completely opaque. Season with ½ tablespoon Cajun seasoning. 4. Add 1 pint half & half and 1 can (10.5 ounces) of condensed cream of mushroom soup. Bring to a low simmer. 5. Add 8 ounces of mild cheddar shredded cheese and cook until cheese is fully melted. 6. Pour over fettuccine and mix well. Cook Time: 30 minutes

Number of Servings: 4 (4 ounce serving size each)

Size of Pan: 12-quart stock pot (pasta) and 12-inch skillet (sauce)

Temperature: medium-high

Ava Jones, St. Tammany
Contestant #205
3rd Place

Cajun Seafood Lasagna

Ingredient List

1 Pound Box Lasagna Noodles	2 Teaspoons All-Purpose Seasoning	1/3 Cup Ricotta Cheese
2 Cups Louisiana Caught Shrimp, Peeled & Deveined	½ Cup Roasted Garlic Pesto	3 Cups Mozzarella Cheese
2 Tablespoons Blackened Seasoning	1 ½ Cup Seasoning Blend, Chopped	2 Cups Parmesan Cheese
3 Teaspoons Minced Garlic	½ Cup Pontchartrain Blue Lump Crab Meat	
	3 Cups Heavy Whipping Cream	

Instructions:

1. Boil one box of lasagna noodles until cooked then drain and set aside. 2. Season 2 cups of Louisiana Shrimp with 2 tablespoons of blackened seasoning, 3 teaspoons of minced garlic pesto and 2 teaspoons of all-purpose seasoning. 3. Sauté shrimp until completely until cooked and add 1 ½ cup of chopped seasoning blend and ½ cup Pontchartrain blue lump crab meat. 4. Lay lasagna noodles flat on a cutting board and spread some seafood mixture onto the noodles and roll like a cinnamon roll and place into a 9 x 13 dish. Continue this step until all noodles and all the seafood mixture is used. 5. Add 3 cups heavy whipping cream to a saucepan and then add in 1/3 cup ricotta cheese, 3 cups mozzarella cheese and 2 cups parmesan cheese and let simmer until it becomes creamy. 6. Pour cream sauce over the top of the lasagna rolls in the 9 x 13 dish and bake at 375 degrees for approximately 45 minutes or until golden brown on top. Pan Size: 9 x 13 & Sauté Pan

Serving Size: 12 – 15

Cook Time: 45 Minutes

Cooking Temperature: 375 Degrees

Baleigh White, Tangipahoa
Contestant # 206
Blue Ribbon

Cheesy Shrimp and Grits Casserole

Ingredients:

nonstick cooking spray	2 tablespoons butter	1 pound shrimp peeled and deveined.
4 cups chicken broth	6-8 chopped green onions ½ cup diced yellow onion	1 10 ounce can diced tomatoes and chilis - drained
½ teaspoon salt		
1 cup quick cook grits	1 tablespoon minced garlic from a jar	

3 cups shredded Mexican blend cheese (2 cups for mix and 1 cup for topping)

4 ounces cream cheese
¼- ½ cup heavy cream

½ Tablespoon Cajun seasoning

Instructions:

1. Preheat oven to 350 degrees and lightly coat 9x13 casserole dish with cooking spray. 2. Combine chicken broth and salt in 4-quart pot and bring to a boil. 3. Add grits to pot, cover, reduce heat and simmer for 20 minutes. 4. While grits are cooking, melt 4 tablespoons of butter in the large skillet. 5. Add onions to melted butter and cook on medium for 2 minutes, then add green onions and garlic. 6. Once onions are translucent, add shrimp and diced tomatoes and chilis, and cook for about 7 minutes, or until shrimp is fully cooked. 7. Mix 2 cups of shredded cheese and cream cheese into the cooked grits. 8. Add small amounts of heavy cream until creamy, but not soupy. 9. Stir the shrimp and onions mix into the grits. 10. Pour mixture into prepared 9x13 casserole dish. 11. Top with the remaining 1 cup of shredded cheese and Cajun seasoning. 12. Bake at 350 for 20-30 minutes, until cheese is melted and bubbly. 13. Serve hot and enjoy! Serves approximately 6 people a large serving or 10 people a small serving. Tools Needed: 4-quart pot 1 large skillet (cast iron preferred) 9x13 casserole dish

Jaxton Sessions, Washington
Contestant #207
Red Ribbon

Shrimp Scampi

Ingredient List:

4 cups water
1 teaspoon salt
½ pound thin spaghetti
1 teaspoon minced garlic

1 stick butter
1 teaspoon Paul Prudhomme's blackened redfish magic seasoning

1 teaspoon Paul Prudhomme's seafood magic seasoning
1 pound medium size shrimp (peeled and deveined)

Directions:

1. In a 4-quart saucepan, add 4 cups of water and 1 teaspoon of salt 2. Bring water to a boil over high heat 3. Add ½ pound of thin spaghetti pasta and reduce to medium heat and boil for 10 minutes. 4. Drain pasta and set aside 5. In a large skillet, sauté 1 teaspoon of minced garlic and 1 stick of butter over medium high heat 6. Add 1 teaspoon of blacked redfish magic seasoning and 1 teaspoon of seafood magic to the butter mixture 7. Add 1 pound of medium size shrimp (peeled and deveined) to the mixture and still occasionally until the shrimp are a light pink color (about 3-4 minutes per side) 8. Add pasta to shrimp mixture 9. Stir and simmer for 10 minutes
Cook Time: 30 minutes Number of Servings: 5 servings Size of pan: Large skillet Temperature: warm

Cullen Gates, West Feliciana
Contestant #208
2nd Place

Shrimp and Corn Bisque

Ingredient List:

3 tablespoons vegetable oil
3 tablespoons bleached all-purpose flour
½ cup minced yellow onions
1 cup corn kernels (from 2 ears corn)

2 tablespoons minced shallots
2 tablespoons minced celery
1 tablespoon minced garlic
1 teaspoon salt

1 cup Fish Stock
2 cups heavy cream
1 pound shrimp, peeled and deveined
¼ cup minced green onions, green only

Instructions:

1. In a deep saucepan, heat the oil over medium high heat. Add flour, 1 tablespoon at a time. 2. Whisking together the flour into the oil, constantly cooking until a light brown roux forms. Approximately 5-10 minutes. 3. Add the onions, corn, shallot, celery, garlic, and salt. Cook on medium heat until vegetables are softened and translucent. 4. Slowly add in the fish stock and whisk to avoid any clumps. Increase heat to medium high and bring to a low boil. 5. Add milk and heavy cream. Reduce heat to low and simmer, uncovered for 30 minutes. 6. Stir in the shrimp and green onions and simmer on medium heat for 5 minutes. Cook Time: 30-40 minutes
Number of Servings: 4-6 Size of Pan: Deep saucepan Temperature: Hot

Other Louisiana Seafood

Allie Cliburn, Ascension
Contestant # 2
Red Ribbon

Oyster Mosca

Ingredients

1 8-ounce container or raw Louisiana oysters
with oyster liquor
½ cup Italian breadcrumbs
¼ cup grated Parmesan cheese

¼ teaspoon crushed red pepper
1/8 teaspoon salt
2 tablespoons of oyster liquor
3 tablespoons of extra virgin olive oil

1 ½ tablespoons fresh lemon juice
1 small clove of garlic, chopped

Directions

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

Emma Bravata, Livingston
Contestant #213
3rd Place

Creamy Cheesy Catfish Chowder

Ingredients:

2 tablespoons unsalted butter
½ small onion chopped
1 14 ounce can chicken broth

½ cup celery chopped
1 cup sliced baby carrots
2 medium potatoes cubed

3 cups low fat milk divided
1/3 cup cake flour
1 teaspoon salt

½ teaspoon ground black pepper

1 pound of Louisiana catfish fillets (cut into 1-inch pieces)

1 ½ cups shredded cheddar cheese

Instructions:

1. In a Dutch oven over medium heat, melt butter and sauté the onions until tender. 2. Pour in chicken broth and water. 3. Mix in celery, carrots and potatoes. 4. Cook ten minutes, stirring occasionally, until vegetables are tender. 5. In a small bowl, whisk together 1 ½ cups milk and cake flour. 6. Mix milk and cake flour into Dutch oven. 7. Mix remaining milk, salt & pepper into the Dutch oven. 8. Stir occasionally until mixture is thickened. 9. Stir in catfish and cheddar cheese. Cook mixture for another 10 minutes. Yields: 8 servings Cost per serving: \$3.00 Calories per serving: 347

Lee Arcement, Jr., St. Charles
Contestant #217
Blue Ribbon

Oyster Artichoke Soup

Ingredient List:

½ cup butter

2 bunches green onions, chopped

3 ribs celery, chopped

3 cloves garlic, pressed

1 ¾ pounds fresh cut artichoke hearts or 3 9-

ounce packages frozen artichoke hearts,

defrosted and quartered or 2 14-ounce cans

artichoke hearts, washed, drained, and quartered
(save canned hearts as a last resort)

3 tablespoons flour

1-1 ½ quarts homemade chicken stock

Cayenne to taste

1 teaspoon salt

1 tablespoon Worcestershire sauce

½ teaspoon fresh thyme

1-quart oysters, drained and chopped (reserve
liquor)

1/3 cup sherry

1 cup half and half

1 cup milk

Instructions:

1. In a heavy 4-quart pot melt the butter over medium heat. Add the green onion, celery, and garlic and sauté until soft. 2. Add the artichokes. Sprinkle the mixture with the flour and stir to coat the vegetables well, but do not let the flour brown. 3. Gradually add the stock, stirring constantly. 4. Add the cayenne, salt, Worcestershire sauce, and thyme. Simmer the mixture, covered, for 1 hour. 5. Add the oysters, oyster liquor, and sherry and simmer for 10 minutes. Do not allow the soup to boil. 6. Stir in the cream and milk. 7. Cool and refrigerate for at least 8 hours. 8. Before serving, heat the soup slowly over low heat.

Cook Time: 1 hour, 30 minutes Number of Servings: 8 servings Size of Pan: 4-quart pot Temperature: Warm

Reiss Saurage, St. Tammany
Contestant #221
2nd Place

Blackened Redfish

Ingredients List

½ Cup Unsalted Butter, Melted

2 Pounds Redfish Fillets

3 to 4 Tablespoons Cajun Land Blackened

Redfish Seasoning

1 Tablespoon Olive Oil

4 Lemons, Halved

Fresh Parsley to Garnish

Instructions:

1. Preheat grill to high heat (400° to 450°). Preheat a 12-inch cast-iron skillet on grill for 15 minutes. 2. Pour ½ cup unsalted melted butter in a shallow dish. Dip each redfish fillet in the butter, turning each to coat. Sprinkle both sides of fillets with Cajun Land Blackened Redfish Seasoning; pat gently to coat.

3. Add one tablespoon olive oil to skillet (oil should smoke); place fish in skillet. Cook, covered, until browned, 3 to 4 minutes. Turn, and cook, covered, until fish flakes easily with a fork, 3 to 4 minutes more. Carefully remove skillet from grill. 4. Cut 4 lemons in half and place the lemons, cut side down, on grill. Cook, covered, until charred, 3 to 4 minutes. Serve with fish. 5. Garnish fish with chopped parsley. Pan Size: 12-inch cast iron skillet Serving Size: 6 – 8

Cook Time: 45 Minutes Cooking Temperature: 400 – 450 Degrees

Cooper Rosales, Tangipahoa
Contestant #222
1st Place

BACON WRAPPED OYSTERS WITH CANE SYRUP GLAZE

Ingredients

12 medium shucked oysters

6 thick-cut bacon, halved crosswise

12 wooden picks

2 Tablespoons cane syrup

1 1/2 teaspoons Creole seasoning

1/2 teaspoon dry mustard

1/4 teaspoon crushed red pepper

1/4 cup mayonnaise

1 Tablespoon finely chopped green onion

1 Tablespoon Creole mustard

1 teaspoon distilled white vinegar

Garnish: rosemary sprigs

Directions

1. Preheat oven to 400 degrees. 2. Line a rimmed baking sheet with foil and place a wire rack on top. 3. Wrap each oyster with a piece of bacon and secure with a wooden pick. 4. In a small bowl, stir together cane syrup, 1/2 teaspoon Creole Seasoning, chopped rosemary, dry mustard, and crushed red pepper. 5. Brush bacon with half of the prepared mixture and place on wire rack. 6. Bake until golden brown, 10 to 15 minutes. 7. Brush with the remaining half of cane syrup mixture and bake until crispy and caramelized, 5 to 10 minutes more. 8. In another small bowl, stir together mayonnaise, green onion, mustard, vinegar and the remaining 1 teaspoon Creole seasoning and serve with oysters. 9. Garnish with rosemary sprigs. Serves 6.

Easton Smith, Washington
Contestant #223
Blue Ribbon

Scalloped Oysters

Ingredients:

1 pint shucked oysters, drained with liquid
reserved

25 buttery round crackers, crumbled

½ cup breadcrumbs

½ cup melted butter

salt and ground black pepper to taste

2 tablespoons milk

Directions:

1. Preheat the oven to 450 degrees F. 2. Butter a shallow baking dish. 3. Drain oysters reserving the liquid. 4. Combine cracker crumbs and breadcrumbs in a medium bowl; stir in melted butter until combined. 5. Sprinkle a thin layer of crumb mixture into the bottom of the prepared baking dish. 6. Layer the oysters over crumbs, then

sprinkle with salt and pepper. 7. Pour 2 tablespoons of oyster liquid and 2 tablespoons of milk over the top. 8. Cover the oysters with remaining crumb mixture. 9. Bake in the preheated oven until the top is golden brown, about 20-30 minutes. Cook Time: 20-30 Minutes Serves: 6 Pan Size: Shallow Baking Dish Temperature: 450 degrees

Caden Gates, West Feliciana
Contestant # 224
Red Ribbon

Oyster Rockefeller Casserole

Ingredient List:

1 pint (or 2 cups) of oysters
1 12-ounce box of frozen spinach, chopped
1 clove garlic, minced
¼ cup of butter

1 cup of Italian style breadcrumbs
¼ cup of low-sodium chicken broth
1 ½ teaspoons low-sodium Worcestershire sauce

Topping ingredients:
12 butter flavored crackers, crushed
¼ cup parmesan cheese
2 tablespoons butter, melted

Instructions:

1. Preheat oven to 400 degrees. 2. In a medium saucepan on medium high heat, sauté the spinach until juices release and spinach is cooked through. 3. Add garlic, butter, breadcrumbs, broth, and Worcestershire to the cooked spinach and reduce heat to medium low. 4. Simmer spinach mixture for 10 to 15 minutes. 5. In a small separate bowl, combine crushed crackers, parmesan cheese, and melted butter, using a fork until combined to a crumbly mixture. 6. In a greased 8-inch baking dish, layer half of the spinach mixture. 7. Top the spinach mixture with cooked oysters. Layer the remaining spinach mixture over the oysters. 8. Crumble the cracker and cheese topping over the oyster and spinach layers. 9. Bake at 400 degrees for 10 to 12 minutes until browned and cheese is bubbly.

Cook Time: 20-27 minutes Number of Servings: 4-6 Size of Pan: 8 inch baking dish Temperature: Hot

SUGAR Cake

Jenna Kling, Ascension
Contestant #225
2nd Place

Ding Dong Cake

Ingredients for Cake
1/2 cup vegetable oil
1 cup granulated sugar
1 cup brown sugar packed
3 large eggs
1/2 cup sour cream
2 teaspoons pure vanilla extract

2 cup all-purpose flour
3/4 cup unsweetened cocoa powder
1 1/2 teaspoons baking soda
1 teaspoon baking powder
½ teaspoon salt
1 cup warm water
Ingredients for Filling

1 – 8-ounce Cream Cheese, softened
1 – 16-ounce Cool Whip
1 – Box Powdered Sugar
Ingredients for Icing
1 – Canister of (Dark) Chocolate Fudge Icing

Instructions

Preheat oven to 350 degrees. Grease two (2) 9-inch round cake pans. Set it aside. In a 4-quart bowl, whisk the oil and two sugars together until combined. (It will look like wet sand.) Whisk in the eggs one at a time. Add sour cream and vanilla. Whisk until combined. Add flour, cocoa powder, baking soda, baking powder, and salt. Stir until just combined. Batter will be thick. Stir in the warm water until well mixed. Pour half of the batter into each of the 9-inch pans. Bake for 25-35 minutes, or until a toothpick inserted into the center comes out with a few fudgy crumbs attached. Cool completely before the next step. Once cake layers are cool, slice each layer into 2 layers. You will then have a total of 4 layers. This can be done by using a 9-to-10-inch serrated knife or by using a piece of dental floss which is the method I prefer. Place a bottom layer on your cake plate and set the others aside until needed. Mix Cream Cheese, Cool Whip, and Powdered Sugar together in a 4-quart mixing bowl using a mixer on low speed. Spread ¼ of the Cream Cheese mixture over the top of your bottom layer of cake. Add a 2nd layer and spread ¼ of the Cream Cheese mixture on top of that layer. Repeat for the remaining 2 layers. Heat Chocolate Fudge Icing in microwave for 30 – 35 seconds. Stir well with butter knife and pour over the top Cream Cheese mixture layer allowing it to drizzle down the sides. Refrigerate and serve cold. Yields approximately 12 servings.

Shabreyon Blackburn, East Baton Rouge
Contestant #226
Blue Ribbon

Mini Lemon Bundt Cakes

Ingredients

Cake
1 cup unsalted butter softened
¾ cup granulated sugar
zest of 2 lemons
2 cups all-purpose flour

3 tsp baking powder
pinch of kosher salt
4 medium eggs
2 tbsp lemon juice
2 tbsp milk

1 tsp vanilla extract
Glaze
1⅔ cups powdered sugar
2 tbsp lemon juice
zest of 1 lemon

INSTRUCTIONS

For the lemon bundt cakes: Preheat the oven to 350°F. Grease and lightly flour 12 to 15 mini bundt pans. Set aside. Cream the butter, sugar, and lemon zest together until light and fluffy. Place the flour, baking powder, and salt into a bowl. Whisk until combined. Beat the eggs, one at a time, into the creamed butter and sugar, followed by a tablespoon of the dry ingredients to help prevent the batter from curdling. Once all of the eggs have been added, add the remaining dry ingredients, together with the lemon juice, milk, and vanilla extract. Beat until the batter is thick and smooth. Spoon the batter into the mini bundt pans until they are about ¾ full and use a small spatula to smooth out the tops. Bake for 12 to 15 minutes, or until the tops of the cakes are lightly golden and a skewer inserted into the thickest part of the cakes comes out clean. Leave the cakes to settle in the bundt pans on a wire rack for about 5 minutes, before carefully unmolding the cakes.

For the lemon glaze: In a medium-sized bowl, whisk together the powdered sugar with lemon juice until you have a thick, but pourable, consistency. To assemble the lemon bundt cakes Place the cakes on a wire rack with a sheet of baking paper underneath to catch the drips from the frosting. Spoon the lemon glaze over a few cakes at a time. Leave the cakes for at least 15 minutes to set before serving.

Serve and enjoy with family and friends!

Carrot Cake Recipe with Cream Cheese Icing

Carrot Cake Ingredients

2 ½ cups all-purpose flour
1 cup granulated sugar
1 cup light or dark brown sugar firmly packed
1 ½ teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt

2 teaspoons ground cinnamon
½ teaspoon ground nutmeg
1 cup cooking oil
½ cup unsalted butter melted
4 large eggs room temperature
2 Tablespoon vanilla extract
4 cups grated carrots (peel before grating)

Cream Cheese Icing

1 cup (2 sticks) unsalted butter softened
16 ounces cream cheese softened (brick-style, not spreadable)
2 teaspoon vanilla extract
½ teaspoon salt
8 cups powdered sugar

Carrot Cake

In a large mixing bowl whisk together the flour, sugars, baking powder, baking soda, salt, and spices. Add the oil and butter and mix well. Then, add the eggs one at a time, stirring well after each addition. Finally, stir in your vanilla extract. Fold in your shredded carrots. Evenly divide the batter between two 8" baking pans that have been greased, and floured. Bake at 350F for 40 minutes or until a toothpick inserted in the center comes out with a few moist crumbs.

Cream Cheese Icing

While the cake is baking place softened butter in mixer and mix until smooth and color starts to turn white. Combine butter and cream cheese in a large bowl and use an electric mixer to beat until creamy, well-combined, and lump-free. Add vanilla extract and sprinkle salt into the bowl and mix until well to combine. With mixer on low, gradually add powdered sugar until ingredients are completely combined (be sure to scrape the sides and bottom of the bowl with a spatula).

Assembly

Once your cake has cooled completely, cover with frosting. Put a small spoon full of icing on the center of your plate/tray to prevent the cake from sliding while decorating. Place one 8 inch round cake on center of plate and use a pipping bag to add icing evenly over the top. Next add the 2nd 8 inch cake on top and add a thin layer of icing the top and sides of entire cake to crumb coat. Place cake in the refrigerator for 30 minutes to chill. Remove cake and add the rest of the icing to the top and sides until smooth and even. Serve at room temperature. Prep Time: 30 minutes Cook Time: 40 minutes

Total Time: 1 hour 10 minutes Servings: 14 slices Calories: 533kcal

Raelyn Richie, Livingston Parish
Contestant #229
Blue Ribbon

Mardi Gras Cake Balls

Ingredients:

1 box of white cake mix
4 egg whites
1 ¼ cup water

½ cup sugar
8-ounce white vanilla frosting
24-ounce vanilla almond bark

Food coloring – purple, green & gold

Instructions:

1. Empty cake mix into a bowl, combine egg whites, water, and sugar until well combined. Bake cake in oven as directed on the box.
2. Let cool before crumbling and mix 8 ounces of frosting into the cake until well combined.
3. Roll into 1 tablespoon sized balls and freeze for 1 hour.
4. Melt the almond bark in the microwave in a bowl for 30 second increments until smooth. Set aside about ¼ cup for each color of food coloring for the drizzle.
5. Dip each ball into the white almond bark, tap to remove excess then place onto parchment paper lined baking sheet.
6. In separate bowls mix your food coloring into the almond bark and then transfer it into plastic storage bags. Snip off a tiny edge and drizzle each color over the cake balls for a design.

Cost per serving: \$0.19

Calories per serving: 145

India Washington, Orleans
Contestant #230

Ooey Goopy Cake

Ingredient List:

1-15 ounce box of Duncan Hines YELLOW cake mix
13 Tablespoons or 6.5 ounces of unsalted butter (melted)

4 teaspoons of vanilla extract
12 ounces cream cheese (room temperature)
4 eggs (room temperature)
1 teaspoon of almond extract

4 cups of confectioner's sugar

Instructions:

1. Wash your hands!
2. For the Crust: Add entire box of Duncan Hines yellow cake mix, 1 egg, 1 stick (8 Tbsp) of melted, unsalted butter into a big bowl and mix for 3 minutes on medium speed with an electric hand mixer until a dough forms. Set to the side.
3. For the Filling: Add 12 ounces of room temperature cream cheese and 3 room temperature eggs into a mixing bowl. Using an electric hand mixer, mix ingredients on medium-high speed for 3 minutes or until these ingredients are combined. Add 5 Tablespoons of melted, unsalted butter, 2 teaspoons of vanilla extract, 1 teaspoon of almond extract and 4 cups of confectioner's sugar to the bowl. Mix all ingredients together until lumps have dissolved. Set to the side.
4. Pre-heat oven to 350 degrees. In a 9" x 13" rectangle baking pan, spray nonstick cooking spray then add the dough crust mixture to the pan. Using your clean hands, spread the dough around the bottom of the pan as evenly as possible.
5. Pour filling mixture into the baking pan over the crust dough, spread filling around pan as evenly as possible. Bake for 50 minutes at 350 degrees.
6. Let cool completely before serving.
7. Cut cake into even squares.
8. Enjoy! *If you don't have an electric hand mixer, you can mix by hand to achieve the same results*

Cook Time: 50 minutes

Number of Servings: 18

Size of Pan: 9" x 13"

Temperature: 350 degrees

Caramel Roll**Ingredients:**

1 14 ounce can Sweetened Condensed Milk	1 ¼ cup of sugar	1 ¼ teaspoon of baking powder
6 quarts of water	1 teaspoon vanilla	Dash of Salt
5 eggs	1 ½ cup all-purpose flour	½ cup of powdered sugar

Instructions:**Caramel Filling:**

1. The day before making the roll, place an unopened can of condensed milk without the label into an 8 quart boiling pot. 2. Fill with the water and boil for 3 ½- 4 hours. Keep the can covered with water at all times. 3. Let cool overnight. Do not try to open the can while it is hot. It is now caramel.

Prepare pan for baking: Spray 12x17 inch baking pan with cooking spray and line with waxed paper. Also spray paper.

Roll:

1. Beat eggs, sugar and vanilla together in a mixing bowl. Beat for 5 minutes 2. Add flour, baking powder and salt to mixture and mix well 3. Pour batter into prepared pan and bake at 375 degrees for 10-13 minutes 4. Prepare for removal from oven. Spread out a large kitchen towel on the counter. On top of towel, place waxed paper and sprinkle with powdered sugar. 5. Remove roll from oven and immediately remove from pan by grabbing the waxed paper that is hanging on the two ends. Next Place onto the wax paper prepared with the powdered sugar

6. Open the can prepared the day before and spread the caramel. Roll while warm 7. Wrap with waxed paper and let cool 8. Place in fridge or freezer if not eating the same day Cook Time: 4 hours for caramel and 13 minutes for roll Number of Servings: 1 Roll- Usually 19-20 slices

Size of Pan: 8-quart boiling pot and 12x17 baking pan Temperature: Room temperature Roll can be frozen and thawed

Roll is usually sliced for serving. Our family prefers it cold.

Sarai Gaines, St. John the Baptist

Contestant #236

Red Ribbon

Pineapple Cupcakes**Ingredient List:**

cooking spray	1 (20 ounce) can crushed pineapple	1/3 cup vegetable oil
½ cup butter, melted	1 (18.25 ounce) package pineapple cake mix	3 eggs
1 ½ cups brown sugar	(such as Duncan Hines Pineapple Supreme)	1 tablespoon confectioners' sugar for dusting, or
24 maraschino cherries	1 1/3 cups pineapple juice	as needed

Instructions:

1. Preheat the oven to 350 degrees F (175 degrees C). Move an oven rack to the middle of the oven. Spray 24 muffin cups with cooking spray. 2. Spoon 1 teaspoon melted butter into the bottom of each sprayed muffin cup. Spoon 1 tablespoon brown sugar into each muffin cup. Press a maraschino cherry into the center of the brown sugar in each muffin cup. Spoon a heaping tablespoon of crushed pineapple on top and compact it with the back of a spoon into an even layer. 3. Mix pineapple cake mix, pineapple juice, vegetable oil, and eggs in a large bowl with an electric mixer on low speed until moistened, about 30 seconds. Increase speed to medium; mix for 2 minutes. 4. Pour batter into the muffin cups, filling them to the top; do not overfill. 5. Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out clean, about 20 minutes. 6. Line the work surface with waxed paper. Allow cupcakes to cool at least 5 minutes before inverting muffin cups onto the waxed paper; serve with pineapple and cherry sides up. Sprinkle cupcakes lightly with confectioners' sugar before serving.

Ali Brandt, St. Tammany

Contestant #237

Strawberry Mousse Cake**Ingredient List**

Cake:	½ Cup Strawberry Liqueur	1/3 Cup Sugar
1 Box White Cake Mix	Strawberry Souffle:	1 ½ Cup Heavy Cream, Chilled
Strawberry Syrup:	¼ Cup Water	5 Tablespoons Powdered Sugar
¾ Water	1 ½ Tablespoons Gelatin	2 Tablespoons Vanilla Extract
¼ Cup Sugar	2 Pints Strawberries	

Instructions:**The Cake:**

1. Bake 2 layers of white cake using 9-inch cake pans following the directions on the cake box and cool both cakes completely.

The Strawberry Syrup:

1. Combine ¾ cups water, ¼ cup sugar and ½ strawberry liqueur in a small saucepan and heat it over a medium heat until the sugar dissolves. Set aside to cool.

The Strawberry Mousse:

1. In a bowl, add ¾ cups water and sprinkle 1 ½ tablespoons of gelatin over the top and set aside to bloom for about 5 to 10 minutes.

2. Hull the 2 pints of strawberries and cut them in half.

3. Pulse the strawberries in the food processor along with 1/3 cups sugar.

4. Heat the bloomed gelatin in the microwave for 20 seconds.

5. In a chilled bowl, whisk the 1 ½ cups of heavy cream with 5 tablespoons powdered sugar and 2 tablespoons of vanilla extract until stiff peaks form.

6. Add the pureed strawberries and the melted gelatin and gently fold together with a rubber spatula until evenly combined.

7. Set the mousse aside in the refrigerator for 10 minutes or until the mousse starts to thicken.

Assembling the Cake:

1. Brush each cake layer with the strawberry syrup.

2. Top each cake layer with the strawberry mousse. Frost the top of the cake and the sides of the cake.

3. Decorate the cake with fresh strawberries.

4. Store the cake in the refrigerator until ready to serve.

Pan Size: 9-inch round Serving Size: 8

Cook Time: Approximately 40 – 50 Minutes

Cooking Temperature: 375 Degrees

Nana's Carrot Cake

Ingredients

Cake

2 cups sugar
1 ½ cup oil
3 eggs
2 ¼ cup flour
2 teaspoons baking soda
2 teaspoons cinnamon

2 teaspoons vanilla
½ teaspoon salt
2 cups grated carrots.
1 cup drained crushed pineapple
1 cup chopped walnuts, plus ¼ cup
1 cup sweetened shredded coconut, plus ½ cup

Frosting

1 (8-ounce) package cream cheese, at room temperature
1/2 cup butter (1 stick), at room temperature
1 pound confectioners' sugar, sifted
1 teaspoon vanilla extract
4 drops of green food dye

Directions

Cake: Mix all cake ingredients in large mixing bowl. Pour batter into a greased 9x13 baking dish. Bake at 350 for 1 hour. Let cool.

Frosting: Mix all frosting ingredients with an electric mixer. Spread frosting over cooled cake. Mix the remaining coconut with green food dye and sprinkle on cake. 16 servings

Dash Page, Washington
Contestant #239
Red Ribbon

HONEY BUN CAKE

Ingredient List:

Cake

2 ½ cups All-purpose flour
1 ½ teaspoons baking powder
¼ teaspoon salt
½ cup whole milk (Room temperature)
½ cup sour cream (Room temperature)
1 tablespoon butter extract

1 tablespoon vanilla extract
2 ¼ cup Sugar
5 sticks Unsalted butter (Room temperature)
6 large eggs (Room temperature)
3 tablespoons of Canola or Vegetable oil.
1/8 teaspoon yellow gel paste food coloring.
¾ cup pecans

1 cup brown sugar
1 tablespoon cinnamon
Frosting
2 cups confectioner's sugar
4 tablespoons of milk
1 tablespoon of vanilla extract
¼ cup of chopped pecans

Instructions:

1. Sift 2 ½ cups All-purpose flour, 1 ½ teaspoons baking powder and ¼ teaspoon salt into a medium sized bowl. Stir and set aside. 2. In a separate medium sized bowl add ½ cup whole milk (Room temp), ½ cup sour cream (Room temp), 1 tablespoon butter extract and 1 tablespoon vanilla extract. Stir with whisk until combined. Mixture will be slightly thick. 3. Separate 2 egg yolks from egg whites in small bowls. Set aside. 4. Combine the brown sugar and cinnamon in a small bowl. Set aside. 5. In a stand mixer with the paddle attachment, add 3 sticks unsalted butter (Room temp), 3 tablespoons canola oil and 2 ¼ cups sugar. Mix on high speed for 4 minutes. Scrape down sides of bowl periodically. 6. Add 4 large eggs (Room temp) one at a time while mixing on a medium speed. Reduce speed to medium low. Add 2 egg yolks (Room temp), one at a time. 7. Add 1 cup All-purpose flour mixture and ½ cup milk and sour cream mixture. Mix on a medium low speed until combined. 8. Add 1 cup All-purpose flour mixture and ¼ cup milk and sour cream mixture. Mix on a medium low speed until combined. 9. Add ½ cup All-purpose flour mixture and ¼ cup milk and sour cream mixture. Mix on a medium low speed until combined. 10. Add 1/8 teaspoon of yellow gel paste or liquid food coloring. Mix on a medium low speed until combined.

Baking your cake: Preheat oven to 325 degrees

11. Spray baking dish with Baker's joy non-stick baking spray. Pour half of the batter into greased 9x13 inch glass baking dish. 12. Sprinkle brown sugar and cinnamon mixture over the batter in the cake pan. 13. Add ¼ cup of the chopped pecans. 14. Spoon the other half of the batter into the cake pan, covering the brown sugar, cinnamon, and pecans. 15. Twirl the cake batter with a butter knife or icing knife until it looks like a honey bun (or whatever design you like). 16. Sprinkle ¼ cup of pecans over top layer of batter. 17. Place into a preheated 325-degree oven. Bake for 40 minutes. Remove cake from oven. Toothpick inserted should come out clean. Let cool for 1.5 hours before frosting.

The frosting

In a small bowl, whisk together the confectioner's sugar, milk, and vanilla until smooth. Spoon frosting over the top of the cake. Sprinkle chopped pecans, covering the top of the cake. Serve warm.

Cook Time: 50 minutes Number of Servings: 16 Size of Pan: 9x13 in square

Abby Metz, West Feliciana
Contestant # 240
Red Ribbon

MawMaw's Fresh Apple Cake

Ingredient List:

2 cups of peeled, diced apples
3 cups of all-purpose flour
2 cups sugar
1 tablespoons of cinnamon

1 teaspoon of baking soda
1 teaspoon of salt
1 cup of vegetable oil
1 cup of coarsely chopped pecans

2 eggs
1 ¼ cups of water

Instructions:

1. Peel and dice apples and set aside. 2. Combine dry ingredients (flour, sugar, cinnamon, baking soda, and salt). 3. Add remaining ingredients to the same bowl (oil, pecans, eggs, water, apples) and combine. 4. Pour into a well-oiled 9X13 pan. 5. Bake at 350 degrees for 1 hour.

Cook Time: 1 hour

Number of Servings: Approximately 12 servings

Size of Pan: 9X13 : Warm or Room Temperature

Candy/Other

Evangeline Walker, Ascension
Contestant #241
Blue Ribbon

Christmas Crackers

Ingredients

35-40 Saltine Crackers
1 cup Unsalted Butter – 2 sticks
1 cup Brown Sugar

1 ½ cups Chocolate Chips
Optional Toppings:

1 ½ cups of Chopped Pecans, Crushed Pretzels,
M & M's, or Crushed Oreos

Instructions

Preheat the oven to 300 degrees. Line a 15" X 10" X 1" pan with parchment paper, foil, or silicone mat. Line up crackers in a single layer in rows on the prepared sheet. Melt butter and brown sugar in a small 2-quart saucepan. Bring to a boil and boil for 2-3 minutes. Immediately pour the melted brown sugar and butter over the arranged crackers and spread evenly with a spatula. Bake for 5 minutes or until the candy hardens. Remove from the oven. Sprinkle the chocolate chips over the hardened candy and wait 3 minutes until melted and spread to cover. Sprinkle nuts or other toppings at this time and press into the chocolate using a greased spatula. (optional) Cool completely for at least 15 minutes, break into pieces and store in the refrigerator. Cook Time – 15 minutes Total Time – 25 minutes
Temperature – 300 degrees Servings – 12

Brooklyn Blackburn, East Baton Rouge
Contestant #242
Blue Ribbon

Brooklyn's BEST Banana Pudding

Ingredients

8-ounce block cream cheese, softened to room temperature
14 ounce can sweetened condensed milk
5-ounce package INSTANT vanilla pudding mix (larger box)

3 cups milk (2% or higher)
2 teaspoons vanilla extract
8 ounces homemade whipped topping (divided use)
11-ounce box vanilla wafers (divided use)

3 bananas, peeled and sliced thinly (divided use)
** For the whipped topping
1/2 cup powdered sugar
1 tsp vanilla extract, pure
1 cup heavy cream

Directions:

In a large bowl, beat the cream cheese with an electric hand mixer on medium speed until smooth and fluffy. Add in sweetened condensed milk, pudding mix, and milk. Finally, add in vanilla extract and stir well. Then, stir in half of the whipped topping. Place one-third of the vanilla wafers in a layer on the bottom of 9x13 baking dish, facing some outwards and up the sides. (I also save twelve of these for decorating the top of the pudding at the end.) Next comes a layer of sliced bananas. Then pour one-third of the pudding mixture on top (enough to cover all the bananas). Continued with another layer. A layer of wafers, followed by bananas, then pudding mixture. Then mix ½ cup of powdered sugar, 1 tsp of vanilla extract and 1 cup of heavy cream to make the whipped topping. Top the pudding with the whipped topping using a piping bag to make little peaks around the sides. Place the remaining vanilla wafers on top, around the sides, in between the whipped topping peaks. Cover with plastic wrap and refrigerate for twenty-four hours before serving so it can thicken up and the wafers can soften.

Raylee McGraw, East Feliciana
Contestant #243
3rd Place

Lemon Brownies

Ingredients

Lemon Brownies
1 1/2 cups white sugar
3 tablespoons lemon zest
3/4 cup unsalted butter
1 cup chopped white chocolate

3 large eggs room temperature
3 tablespoons lemon juice
2 1/4 cups all-purpose flour
1/4 teaspoons salt
Lemon Glaze

1 cup powdered sugar
1-3 tablespoons lemon juice
1 tablespoons lemon zest

Instructions

Lemon Brownies: Pre-heat the oven to 350°F. Grease and line a 8x8" square pan with parchment paper. Start by adding the sugar and the zest to a bowl. Rub the sugar and the zest between your fingers. When you do that, the crystals in the sugar will help the lemon zest release the natural oils, infusing the sugar with the citrus flavor. Add the butter and chopped white chocolate to a large mixing bowl. Place in the microwave until the chocolate and butter melt together, for 15 second intervals. Whisk until smooth. Add the lemon sugar to the butter and white chocolate, whisk until combined. Add the eggs and whisk. Next add the lemon juice and mix to combine. Add the flour and salt. Whisk until a smooth batter is formed. Pour the batter in the prepared pan. Bake in the pre-heated oven for about 35 minutes, or until the top of the brownie is set. A toothpick inserted into the brownies should come off with no moist crumbs attached. Let the brownies cool down for about 20 minutes.

Lemon Glaze: Place the powdered sugar in a medium bowl. Add the lemon juice in. Start by adding one tablespoon and add more as needed. Simply pour the glaze on top of the brownies and spread with a spatula. You can add the lemon zest to the glaze or sprinkle the zest on top of the glazed brownies. Let the glaze set before slicing and serving, should take about 10 or 15 minutes. Prep Time: 20 minutes Cook Time: 35 minutes Total Time: 50 minutes Servings:16 slices

Caleb Naul, Livingston
Contestant #245
Blue Ribbon

Peanut Brittle

Ingredients:

1 cup sugar
½ cup white corn syrup

1 cup roasted, salted peanuts
1 teaspoon butter

1 teaspoon vanilla extract
1 teaspoon baking soda

Instructions:

1. In a large heat safe, glass bowl, stir together the sugar and corn syrup. 2. Microwave at high for 4 minutes. 3. Stir in peanuts. 4. Microwave at high for 3 minutes until light brown. 5. Add butter and vanilla extract, blend well. 6. Microwave on high for 1 minute. 7. Add baking soda and stir until light and foamy. 8. Pour mixture onto a greased cookie sheet or pan. 9. Let cool for 30 minutes to 1 hour, break into small pieces. Cost per serving: \$4.00 Calories per serving: 138

Cookie Monster Brownies

Ingredient List:

Brownie Butter	2 1/4 cups flour	1/2 teaspoon vanilla
10 tablespoons butter	1 teaspoon baking soda 1 teaspoon salt	2 tablespoons vanilla cream
1 1/4 cups of sugar	3/4 cup sugar	2 tablespoons whipping cream 2 cups powdered sugar
3/4 cup of cocoa	3/4 cup brown sugar	6 Oreos (crushed) Blue food coloring
1/4 teaspoon salt 2 eggs	1 teaspoon vanilla	Ganache
1/2 cup flour	2 sticks softened butter 2 eggs	1/2 cup semi-sweet chips
1 teaspoon vanilla	2 cups of chocolate chips Frosting	1/4 cup heavy cream
Cookie Dough	1 stick butter	

Instructions:

Brownie Butter: Combine butter, vanilla, sugar, cocoa powder and salt. Stir well. Add eggs and blend. Add flour and stir until thick.

Cookie Dough: Combine flour, baking soda and salt. Mix well. Beat butter, sugars and vanilla in mixer. Add eggs. Beat in flour mixture. Fold in chocolate chips.

Frosting: In mixer combine butter, cream and vanilla. Slowly add powdered sugar. Fold in Oreos and food color.

Ganache: Heat chocolate chips in a pot on medium heat on stove. Stir in heavy cream and blend well.

Bake: Preheat oven to 350° Fahrenheit and spray an 8x8 pan. Line pane with Oreos. Pour the brownie batter over Oreos. Break apart cookie dough and drop in clumps on top of the batter. Bake brownies for 30 minutes. Once cooled, frost with the prepared blue frosting. Drizzle the ganache over the top. Crumble cookies over the top.

Cook Time: 30 minutes Number of servings: 12 Size of Pan: 8x8 Temperature: 350 degrees Fahrenheit

MacKenzie Bellanger, St. Charles
Contestant #249
1st Place

Homemade Peppermint Patties

Ingredient List:

2 tablespoons unsalted butter, room temperature	1 teaspoon peppermint extract	12 ounces (341 grams) dark chocolate melting wafers
1/4 cup (78 grams) light corn syrup	2 cups (228 grams) confectioner's sugar	

Instructions:

1. Line a 9 x 13 baking sheet (or any flat surface that will fit into your refrigerator) with parchment paper and set aside.

2. In a 2-quart bowl, add butter, corn syrup, and peppermint extract. Stir to combine. Add confectioner's sugar and mix until a dough forms. If dough is very sticky, add up to another 1/4 cup of confectioner's sugar.

3. Dust hands with additional confectioner's sugar. Roll dough into small balls (about 2 teaspoons each in size). Flatten dough balls with your hands into small discs (about 1/4 inch thickness) and place onto prepared baking sheet. Refrigerate (or freeze) discs for 30 minutes, or until firm.

4. In a microwave safe bowl, microwave melting wafers in 30 second increments, stirring every 30 seconds, until melted and smooth.

5. Gently place each peppermint disc, one at a time, in the melted chocolate. Flip over with a fork, then gently remove from chocolate, tapping on the edge of the bowl to remove excess chocolate. Using a butter knife, slide patties off fork and back onto the baking sheet.

6. Allow to cool and harden for 10 minutes in the refrigerator, or 30 minutes at room temperature. Store in a sealed container at room temperature.

Cook Time: 1 hour Number of Servings: 10 servings Size of Pan: 9 x 13 Baking Sheet

Emma Hotard, St. James
Contestant #251
2nd Place

Maw-Maw's Chocolate Pecan Fudge

Ingredient List:

5 cups granulated sugar	1 teaspoon vanilla extract (can use light or dark, but we had light)	1/2 (7 ounce) jar of Jet Puffed marshmallow crème
1 (12 ounce) can Carnation evaporated milk	1 cup semi-sweet chocolate chips	1 cup chopped pecan pieces
1 tablespoon Karo light syrup		
1 block of butter		

Instructions:

1. Heat a medium sized pot with thick sides (such as a magna-lite pot) over medium heat. 2. Add all 5 cups of sugar, the whole can of evaporated milk, and the tablespoon of Karo syrup. 3. Using the end of the block of butter, grease a 9 x 13 pan then throw the remaining butter into the pot. Stir to melt the butter and syrup with the sugar and evaporated milk. Stir occasionally and keep cooking until you get a low, rolling boil. 4. Once boiling, you can add in the vanilla extract. Stir occasionally until it reaches 225-250 degrees on a candy thermometer. Turn off heat and remove pot from stove. 5. Add in chocolate chips and marshmallow crème and mix with hand mixer in the hot pot until well blended and the chocolate has melted in, about a minute. 6. Add pecan pieces last and mix again with hand mixer for a short time. Pour into the greased pan and spread evenly with a spoon to allow to cool. 7. Once completely cool, cut into squares and flip pan to remove squares of fudge for storing. You should have between 45-55 squares depending on how large you cut them. This whole process takes about an hour to do. Enjoy!

Cook Time: 30-45 minutes Number of Servings: 45-55 (depending on size cut) Size of Pan: medium sized pot, 9x13 pan Temperature: Room Temperature

Talia Jones, St. John the Baptist
Contestant #252

10 Minute Pralines

Ingredient List:

1-14 ounce can of condensed milk	1 teaspoon salt	You will also need:
1 cup of white sugar	1 teaspoon vanilla extract	Parchment Paper
1/2 stick of butter	1 cup chopped pecans	Deep glass bowl (Microwave safe)

Instructions:

1. Pour can of condensed milk in glass bowl. 2. Add in cup of sugar and 1/2 stick of butter. 3. Microwave on high for 3 minutes. 4. Remove bowl from microwave and stir until sugar and butter are completely dissolved (Careful: Bowl will be HOT!)

5. Place bowl back in microwave for another 3 minutes (Mixture should begin to thicken at this stage) 6. Remove bowl and stir in 1 teaspoon salt. 7. Microwave for another 3-4 minutes. Remove after 3 minutes stir and check color, if mixture is the color of caramel, you can skip the additional minute. 8. Add in 1 teaspoon of vanilla and 1 cup of pecans. 9. Stir vigorously 2-3 minutes or until "shine" is gone. 10. Spoon onto parchment paper. 11. Allow to cool. 12. ENJOY!

Amelia Crow, St. Tammany
Contestant #253

Pumpkin Pone

Ingredient List

2 Cups Cooked Mashed Pumpkin
1 Cup Sugar
½ Cup Flour
2 Eggs

1 Teaspoon Vanilla
½ Teaspoon Salt
Pinch of Baking Soda
1 Cup Pet Milk

½ Stick Butter
Topping Ingredient List:
¼ Cup Sugar
½ Teaspoon Cinnamon

Instructions:

1. Preheat oven to 450 degrees. 2. In a large bowl, mix 2 cups pumpkin, 1 cup sugar and ½ cup flour. 3. Beat in 2 eggs, 1 teaspoon vanilla, ½ teaspoon salt, a pinch of baking soda and one cup pet milk. 4. In a separate dish mix ¼ cup sugar and ½ teaspoon of cinnamon. 5. In a 9 x 9 baking dish, melt ½ stick of butter. 6. Pour mixture on top of the melted butter and sprinkle the sugar and cinnamon topping on the top. 7. Bake at 450 degrees for 20 – 30 minutes and enjoy.

Pan Size: 9 x 9 dish Serving Size: 8 Cook Time: 20 – 30 Minutes Cooking Temperature: 450 Degrees

Tenley Roberts, Tangipahoa
Contestant #254
Blue Ribbon

Sopapilla Cheesecake Bars

Ingredients

2 - cans crescent rolls
2 - 8-ounce blocks cream cheese, softened

1 ½ cup sugar
1 teaspoon vanilla

½ cup melted butter
Cinnamon, as desired

Method

Place 1 can of crescent rolls in bottom of ungreased 9 X 13-inch glass dish. Stretch dough to cover the bottom of the dish. Beat cream cheese, 1 cup of sugar, and 1 teaspoon of vanilla. Spread mixture over the first layer of rolls. Unroll the second can of crescent rolls and place on top of cream cheese mixture layer. Pour melted butter over top of rolls. Mix remaining ½ cup of sugar and cinnamon together (sprinkle cinnamon as desired over top of the sugar) and sprinkle over the butter mixture. Bake at 350 degrees Fahrenheit for 30 minutes. Refrigerate for easy cutting. *Yields 10-12 servings.

Ella Warren, Washington
Contestant # 255
Red Ribbon

Blackberry Lemon Curd Cream Puffs

Ingredient List for curd:

1 cup frozen blackberries, thawed
1 cup granulated sugar
1 tablespoon cornstarch
6 tablespoons unsalted butter
4 large egg yolks
½ cup fresh lemon juice

2 tablespoons freshly grated lemon zest
1/8 teaspoon Kosher salt
1 ½ cups heavy cream
½ cup Powdered Sugar
Ingredient List for Cream Puff:
½ cup whole milk
8 tablespoons unsalted butter

2 tablespoons sugar
1 teaspoon Kosher salt
½ cup of water
1 cup all-purpose flour
4 to 5 large eggs

Instructions for Curd:

1. In a small saucepan, stir 1 cup of blackberries, ½ cup of granulated sugar, and 1 tablespoon cornstarch to make blackberry preserves. Over high heat bring this mixture to a boil, cook and stir occasionally for about 5 minutes. Pour the preserves in a bowl to cool. 2. Put the 6 tablespoons of butter in a medium sized bowl and set aside. In another heatproof bowl combine the remaining 2/3 cup of sugar and 4 egg yolks, whisk for about 3 minutes until the mixture is pale in color. Then add ¼ cup of the blackberry preserves, ½ cup of lemon juice, 2 tablespoons lemon zest, and 1/8 teaspoon salt to the egg mixture and whisk it all together. Store the remaining preserves for another recipe. 3. Make a double boiler by placing the bowl with the egg mixture into another pot with an inch of water. Use a spatula to stir the mixture constantly for 10 minutes until the mixture is the consistency of pudding. Remove from heat once it looks like pudding. 4. Using a fine-mesh strainer over the bowl with butter, pour the egg mixture through the strainer, straining out large pieces of cooked egg. Stir the curd mixture and butter until well combined. Put plastic wrap over the bowl and place in the refrigerator for 2 hours. 5. Using a mixer with a whisk attachment, add 1 ½ cups of cream. Start the mixer on low speed and gradually get to medium-high speed, whip the cream until it holds a stiff peak when you pull the whisk out of the bowl, usually takes about two minutes. Now take the chilled curd and fold it into the cream. Use plastic wrap to cover bowl and refrigerate while making cream puff.

Instructions for Cream Puff

1. Preheat oven to 400 degrees Fahrenheit. Line two cookie sheets with parchment paper. In a medium bowl, combine ½ cup whole milk, 1 stick of butter, 2 tablespoons sugar, 1 teaspoon salt, and ½ cup of water to boil. Add 1 cup of flour and stir constantly for 2 minutes with a wooden spoon. 2. In a mixer with a paddle attachment, add the hot dough to mixing bowl and turn speed to medium-high. Mix until dough cools and you don't see steam coming from bowl anymore about 3 to 5 minutes. Add eggs one at a time, mix completely before adding another egg. If the dough looks glossy, thick and smooth after 4 eggs then do not add the 5th egg. To check this take paddle attachment off and stick into bowl and pull out the dough should fall off the paddle in a v shape if it is too thick add the 5th egg. 3. Put the dough in a large Ziplock or large piping bag. If using a Ziplock cut a ½ inch hole in one corner of the bag to make a piping bag. Squeeze the bag to make 2 inch wide by 1-inch-tall domes about an inch apart. Repeat this process until all dough is used. Wet your finger with water and press down any points on the dome so that it looks smooth. 4. Place pans in oven and bake about 20 minutes on 400-degree Fahrenheit then reduce heat to 300-degree Fahrenheit do not open the oven, bake about 6 to 8 more minutes. Remove from oven and cool for at least one hour. 5. After they cool you will assemble each cream puff. With a serrated knife slice each puff in half horizontally. Put the curd and cream mixture into a piping bag or Ziplock with a ½ inch hole in the corner of the bag. Pipe the filling into the bottom half of each cream puff and then gently press the top on. Use a fine mesh strainer to sprinkle powdered sugar on top for decoration. Serve immediately or refrigerate until ready to serve.

Cook Time: Total of 1 hour and 15 minutes.

Number of servings: 20 cream puffs

Size of pan: cookie sheet 18 by 26 inches

Temperature: Bake at 400 degrees serve cool

Delightful Doughnut Bread Pudding

Ingredient List:

1 dozen glazed doughnuts, quartered	1 14-ounce low-fat condensed milk	½ cup of water
4 eggs, lightly beaten	1 cup sugar	¾ cup of low-fat caramel syrup
1 cup of low-fat milk	1 tablespoon cinnamon	
1 12-ounce can low-fat evaporated milk	¾ cup of brown sugar, packed	

Instructions:

1. Preheat oven to 350 degrees. 2. In a 9X13 baking dish, arrange the quartered doughnuts creating a single layer. 3. In a large bowl, whisk together the eggs, milks, sugars, cinnamon, and water. 4. Pour mixture over doughnuts and press doughnuts down to absorb the mixture. 5. Bake at 350 degrees for 30-40 minutes until set and firm. 6. Drizzle with caramel syrup while still warm before serving. Cook Time: 30-40 minutes Number of Servings: 12-14 Size of Pan: 9X13
Temperature: Warm or Room Temperature

Cookies

Addison Scott, Ascension
Contestant #257
2nd Place

Hot Cocoa Cookies

Ingredients

For the Cookies

½ cup unsalted butter (1 stick)
12 ounces semi-sweet Chocolate
1 ½ cups flour
¼ cup unsweetened cocoa powder
1 ½ teaspoons baking powder
¼ teaspoon salt
1 ¼ cup brown sugar

3 eggs
1 ½ teaspoon vanilla extract
25 large marshmallows (approximately)
For the Icing
2 Cups powdered Sugar
4 tablespoons unsalted butter - ½ stick melted
¼ cup unsweetened cocoa powder
¼ cup hot water

½ teaspoon vanilla extract
Sprinkles – assorted colors
Supplies Needed
Medium mixing bowl 2.5 quart
Medium saucepan 3 quart
Bowl for the mixer 5 quart
17" X 11" baking pan

Instructions

In a medium saucepan (or in a microwave safe bowl, using 50% power), melt the butter and chocolate, stirring frequently. Once melted, set aside and cool slightly. In a medium bowl, whisk together the flour, cocoa powder, baking powder and salt. In the bowl of the electric mixer, beat the sugar, eggs, and vanilla on low speed until well combined. Add the cooled chocolate mixture and blend until just combined. Scrape down the sides of the bowl, then cover the dough and refrigerate for at least one hour. The dough should be firm. If making the dough a day ahead, let sit at room temperature for 30 minutes before shaping. Preheat oven to 325 degrees and line 2 baking sheets with parchment paper or a Silpat-type liner. Use a tablespoon (or a tablespoon sized cookie scoop) to scoop the dough, then roll the dough in your hands to create balls. Arrange the balls about 2 inches apart on your baking sheets, then flatten slightly. Bake cookies for about 12 minutes. While the cookies bake, cut the large marshmallows in half (crosswise). When the cookies have baked, remove them from the oven and press one marshmallow half (cut side down) in the center of the cookie. Return the cookies to the oven and bake for another 2-3 minutes. Allow the pan of cookies to cool for a few minutes, then transfer cookies to cooling rack. Preparing cookie icing: Prepare cookie icing by combining all ingredients in a medium bowl and mixing together with a whisk. Place wire cooling rack (with cookies on it) over a baking sheet (to catch any excess icing). Spoon a small amount of icing onto the top of each marshmallow and use the back of the spoon to spread it a bit. After icing just a couple of cookies, top with sprinkles before the icing dries. Allow icing to set up about 30 minutes before serving.

Caroline Blades, East Baton Rouge
Contestant #258
3rd Place

Turtle Cookies

Ingredient List:

Cookies:

2 cups All Purpose Flour
2/3 cup cocoa powder
½ teaspoon salt
1 cup (2 sticks) unsalted butter, softened
1 1/3 cup granulated sugar

2 large eggs, separated
2 additional egg whites
4 Tablespoons of Milk
2 teaspoons of vanilla extract
2 ½ cups of pecans, finely chopped
Caramel Filling:

1 cup Caramel Bits
4 tablespoons Heavy Cream
Chocolate Drizzle:
2 ounces of Semi-Sweet Chocolate
1 teaspoon of Shortening

Instructions:

1. Prepare the Cookies: Sift the flour, cocoa powder, and salt; set aside 2. With a stand or hand mixer on medium high speed, beat the softened butter and granulated sugar until light and fluffy. Add egg yolks, milk, and vanilla; mix until incorporated. Reduce speed to low and add the flour mixture until just incorporated. Do not over mix. 3. Wrap the dough in plastic wrap and refrigerate until firm, 1 hour. 4. Preheat oven to 350 degrees. 5. Whisk the 4 egg whites in a bowl until frothy. Place chopped pecans in another bowl. 6. Scoop the refrigerated cookie dough into a 1-inch ball using a small cookie scooper, then roll each ball in the egg whites, and finally pecans. 7. Place each cookie on a parchment lined sheet pan about 2 inches apart. Using the back of a ½ tablespoon measuring spoon, make an indentation in the center of each cookie ball. 8. Bake in the preheated oven for 12 minutes. 9. When out the oven repress the indentions using the ½ tablespoon measuring spoon. Place cookies on a wire cooling rack until fully cooled. 10. Prepare the Caramel filling: Place the caramel bits in a small sauce pan with the heavy cream, on low heat, stirring constantly until fully melted. Place a small amount of caramel into each cookies' indentions. Let cool completely until firm 11. Prepare the Chocolate drizzle: Place the 2 ounces of semi-sweet chocolate into a sandwich size zip-top bag with the shortening. Place in a hot water bath until the chocolate is melted. Once melted message the zip top bag, cut a very small hole in one of the bottom corners and drizzle each cookie with chocolate. 12. Enjoy!

Cook Time: 12 minutes

Number of Servings: 24 (2 cookies) servings

Size of Pan: 1- half sheet pan

Temperature: serve room temperature

Cheesecake Cookies

Cookie Ingredients:

1 ½ cups salted butter, softened
¾ cup granulated white sugar
1 ½ cups brown sugar, packed
2 eggs, large, room temperature
1 tablespoon vanilla extract
3 ¾ cups all-purpose flour
2 ½ cups graham cracker crumbs

2 teaspoons baking soda
2 teaspoons baking powder
1 teaspoon salt
Frosting Ingredients:
16 ounces full fat cream cheese, room temperature
7-ounce container marshmallow crème

2 cups powdered sugar
Drizzle Suggestions:
Fruit preserves, Caramel Sauce, Chocolate
Sauce *Presented with strawberry preserve
drizzle and caramel drizzle

Directions:

Make the cookie:

1. Preheat the oven to 350*. 2. In a large mixing bowl, cream together the butter, granulated white sugar, and brown sugar until smooth. Add the eggs, one at a time, and vanilla extract. Mix until light and creamy. 3. In a separate large bowl, mix the flour, graham cracker crumbs, baking soda, baking powder, and salt. 4. Slowly add the flour mixture to the sugar mixture. Mix until completely combined. 5. Separate dough into 18 equal portions (about 1/3 cup of dough each). Roll dough portions into balls, flattening each ball to about 1 inch thick, and arrange onto a baking sheet lined with parchment paper. Space dough about 4 inches apart. Cookies will need to be baked in batches, depending on baking sheet size. 6. Bake for 10-13 minutes, until cookies are golden brown. 7. Allow cookies to cool on baking sheet for about 5 minutes. Transfer to a cooling rack until completely cool.

Make the frosting:

8. While cookies are cooling, whip cream cheese until smooth. 9. Add powdered sugar 1/2 cup at a time, mixing until completely combined after each addition, until powdered sugar has been added. 10. Add marshmallow crème, mixing until combined thoroughly. 11. Pipe frosting onto cookies.

12. Drizzle with topping of choice.

Prep Time: 30 minutes; Bake Time: 10-13 minutes

Frosting Time: 10 -15 minutes; Total Time: 1 hour – 1 ½ hours

18 servings

Brinley Varnado, Livingston
Contestant #261
Blue Ribbon

Strawberry Shortcake Cookies

Ingredients:

Strawberry Cookie:

6 ounces cream cheese, room temperature (fat free can be used to reduce fat content)
1 large egg
1 box strawberry cake mix
1 teaspoon baking powder
½ cup vegetable oil

¼ cup freeze-dried strawberries, crushed
Strawberry Crunch Topping:
3-ounce box strawberry gelatin mix
4 tablespoons salted butter, melted (unsalted can be used to reduce sodium)
20 vanilla sandwich cookies, crushed
Cream Cheese Frosting:

8 ounces cream cheese, room temperature (fat free can be used to reduce fat content)
½ cup salted butter, softened (unsalted can be used to reduce sodium)
3 cups powdered sugar
1 teaspoon vanilla extract

Instructions:

1. In a large bowl mix cream cheese, egg, cake mix, baking powder and vegetable oil, and crushed freeze-dried strawberries until combined. 2. Chill dough in refrigerator for 30 minutes. In the meantime, preheat oven to 350 degrees and line a large baking sheet with parchment paper. 3. Use a cookie scoop to place scoops of dough onto the prepared baking sheet 2 inches apart. 4. Bake in preheated oven for 10-12 minutes, until cookies are set and golden around the edges. 5. Place on a wire rack to cool completely. 6. While cookies are cooling, prepare crunch topping: combine crushed vanilla sandwich cookies, strawberry gelatin mix, and melted butter together until it resembles wet sand. 7. Make frosting: add cream cheese, butter, powdered sugar, and vanilla extract in a medium bowl. 8. Using a hand mixer, mix frosting for about 2 minutes until it's smooth and fluffy. 9. Once cookies are at room temperature, frost the top and add the strawberry crumble on top. 10. Store in the refrigerator. Makes 8 cookies. Cost per serving: \$1.03 Calories per serving: 412

Dalton Zammit, St. Charles
Contestant #265
Red Ribbon

Chocolate Chip Cookies

Ingredient List:

2 ¼ cup all-purpose flour
1 teaspoon baking soda
1 teaspoon salt

1 cup (2 sticks) butter, softened
¾ cup sugar
¾ cup firmly packed brown sugar

1 teaspoon vanilla
2 eggs
1 12-ounce pack semi-sweet chocolate morsels

Instructions:

1. Preheat oven to 375 degrees. 2. In a small mixing bowl, combine flour, baking soda, and salt. Then set aside. 3. In a large mixing bowl, combine butter, sugar, brown sugar, and vanilla. Beat until creamy. 4. Beat in eggs. 5. Gradually add flour mixture. 6. Stir in chocolate morsels. 7. Drop rounded tablespoons onto ungreased cookie sheet. 8. Bake for 9-11 minutes. Number of Servings: 3 dozen cookies, Size of Pan: medium and large mixing bowls; cookie sheet Temperature: Room Temperature

Wellington (Trey) Johnson, St. James
Contestant #267
Red Ribbon

Trey's Great Grandmas chocolate chip cookies

Ingredient List:

4 eggs
2 tablespoons vanilla
3 cups sugar

2 1/2 cups butter
2 teaspoons salt and baking soda
5 cups flour

Chocolate chips to your desired amount

Instructions:

1. Cream together butter and eggs until smooth. 2. Add eggs one at a time and then vanilla 3. In separate bowl mix together all dry ingredients 4. Add flour mixture one cup at a time to wet ingredients 5. Add in chocolate chips 6. Bake on 350 degrees for 8-10 minutes. Cook Time: 8-10 minutes Number of Servings: 4 servings

Size of Pan: 9x13 pan Temperature: Room Temperature

Elijah Wilson, St. John the Baptist
Contestant #268
Red Ribbon

Lemon Crinkle Cookies

Ingredient List:

1 ½ cups all purpose flour	1 cup granulated sugar	½ teaspoon lemon extract
¼ teaspoon baking powder	1 cup unsalted butter softened (16 tablespoons)	1 lemon for lemon zest and lemon juice
1/8 teaspoon baking soda	1 egg	2 limes for lime zest and lime juice
¼ teaspoon salt	1 teaspoon vanilla extract	¾ cup powdered sugar

Instructions:

1. Mix together in a bowl: flour, baking powder, baking soda, and salt. 2. Mix together in a different bowl: the granulated sugar and unsalted butter. 3. Add egg, vanilla extract, lemon extract, lemon zest and lemon juice, and lime zest and lime juice to the butter and sugar. 4. Mix the added ingredients to the butter and sugar. 5. Add your baking soda, baking powder, flour, and salt to the butter and sugar mix. 6. Cover the bowl with dough in plastic wrap and chill in refrigerator for 1 hour. 7. Turn oven on 350 degrees Fahrenheit. 8. Take your dough and roll it into balls, then flatten the balls like a disc, and coat it in powdered sugar. 9. Place the dough on a baking sheet and put it in the oven for 14 to 17 minutes. 10. Let cookies set for 5 minutes.

Tyler Spears, St. Tammany
Contestant #269
Red Ribbon

Tyler's Ooey Goey Brownie Cookies

Ingredient List

1 20 Ounce Box of Brownie Mix	4 Eggs	1 Tablespoon Vanilla
½ Cup Vegetable Oil	1 8 Ounce Package Cream Cheese	4 Cups Powdered Sugar
2 Tablespoons Water	½ Cup Butter, Melted	

Instructions:

1. Heat the oven to 325 degrees. 2. Mix the 20-ounce box of brownie mix, ½ cup vegetable oil, 2 tablespoons of water and 2 eggs in a bowl. 3. Pour brownie mixture into a 12-hole silicone cupcake pan, filling them halfway. 4. Mix the 8-ounce package of cream cheese in a separate bowl and add the remaining 2 eggs, ½ cup melted butter and 1 tablespoon of vanilla until smooth. 5. When the cream cheese mixture is smooth, start mixing in 1 cup of powdered sugar at a time (do not mix all 4 cups at the same time) until completely incorporated into a smooth batter. 6. Add the cream cheese batter on top of the brownie mix in the silicone cupcake pan. 7. Bake for 45 minutes and allow to cool before serving. Pan Size: Cupcake Pan Serving Size: 12 Cook Time: 45 Minutes

Callie Rae Faunce, Tangipahoa
Contestant #270
Blue Ribbon

Red Velvet Chocolate Chip Cookies

Ingredient List:

1 2/3 Cup of all-purpose flour	½ Cup unsalted butter	1 Tablespoon milk
¼ Cup of unsweetened cocoa powder	¾ Cup brown sugar	2 Teaspoons vanilla extract
1 Teaspoon baking soda	¼ Cup granulated sugar	10 drops red food coloring
¼ Teaspoon salt	1 large egg	1 Cup white chocolate chips

Instructions

1. Whisk the flour, cocoa powder, baking soda, and salt together in a medium bowl. Set aside. 2. Using a hand mixer or a stand mixer fitted with paddle attachment, beat the butter, brown sugar, and granulated sugar together on medium speed until creamy, about 2 minutes. 3. Add the egg and vanilla extract to the mixture and mix on high until combined, about 1 minute. Scrape down the sides and bottom of the bowl as needed. 4. Pour the dry ingredients into the wet ingredients, add the milk and food coloring, and then mix on low speed until everything is combined. The dough will be sticky, If you want a more vibrant hue, beat in more food coloring a little at a time. 5. Add the chocolate chips and beat on low speed until just combined. 6. Cover and chill the dough in the refrigerator for at least 1 hour. I recommend just 1 to 2 hours, otherwise the cookies won't spread much. 7. Preheat oven to 350°F. 8. Line large baking sheets with parchment paper. 9. Scoop and roll cookie dough, about 1.5 Tablespoons (30-35g) of dough each. 10. Arrange on the baking sheet about 3 inches apart. 11. Bake for 11-13 minutes or until the edges appear set. 12. Cool for 5 minutes on baking sheets. Transfer to a wire rack to cool completely. Cooking Time: 45 minutes. Number of Servings: 20 servings

Size of Pan: 26 in × 18 in Baking Sheet

Avery Holmes, Washington
Contestant # 271
Blue Ribbon

Lemon Sugar Cookies

Ingredient List:

2 ½ cups all - purpose flour	¾ cup butter, softened	Zest of 2 lemons
1 teaspoon baking soda	1 cup granulated sugar	1 large egg, plus 1 egg yolk
½ teaspoon kosher salt	1 cup brown sugar	3 tablespoons lemon juice

Instructions:

1. In a large mixing bowl, whisk together flour, baking soda, and salt. 2. In another large bowl using a hand mixer, beat together butter, sugars, and lemon zest. 3. Add egg and yolk and beat until combined. Scrape down the sides then add lemon juice. 4. Add dry ingredients and mix until just combined. Cover with plastic wrap and refrigerate until well chilled, at least 2 hours. 5. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper and place sugar in a small bowl. Using a large cookie scoop, about 3 tablespoons, scoop dough and roll in sugar. Place on a baking sheet 2 inches apart. 6. Bake until the edges are just set and the middles are still soft for about 12 to 14 minutes. Let cool on the baking sheet. Yields: 18 Pan Size: 8x4 baking pan Prep Time: 15 minutes Total Time: 2 hours and 45 minutes

Carrot Cake Sandwich Cookies

Ingredient List:

Cookie Ingredients

2 ½ cups all-purpose flour
 2 teaspoons baking powder
 1 ½ teaspoon ground cinnamon
 1 teaspoon ground ginger
 ½ teaspoon kosher salt
 1 cup (2 sticks) unsalted butter, softened

1 cup granulated sugar
 ¾ cup packed light brown sugar
 2 large eggs
 1 teaspoon pure vanilla extract
 1 ½ cups quick-cooking oats
 1 cup shredded carrot (from approx. 2 carrots)
 ½ cup sweetened shredded coconut

½ cup chopped pecans
Frosting Ingredients
 ¼ cup unsalted butter, at room temperature
 4 oz cream cheese, at room temperature
 ½ teaspoon pure vanilla extract
 1 pinch kosher salt
 2 cups powdered sugar

Instructions:

Cookies 1. Preheat oven to 350 degrees. 2. Line 2 large-rimmed baking sheet pans (18 x 13 inches) with parchment paper. 3. Stir together flour, baking powder, cinnamon, ginger, and salt in a medium bowl. 4. Beat butter, sugar, and brown sugar in a mixer on medium-high speed until light and fluffy, about 4 minutes. 5. Beat in eggs and vanilla. 6. With mixer on low, slowly add flour mixture to butter mixture, beating until just combined. 7. Fold in oats, carrots, coconut, and pecans. 8. Cover and refrigerate cookie dough until chilled, about 1 hour. 9. Divide dough into 36 (1 ½ inch) balls on the baking sheets. 10. Press each ball of dough lightly with a spoon until slightly flattened. 11. Bake until cookies just begin to brown around edges, 12 to 14 minutes. 12. Remove from oven and let cool on baking sheets for 5 minutes. 13. Transfer to a wire rack to cool completely.

Frosting 1. Beat butter and cream cheese with an electric mixer on medium-high speed until smooth, about 2 minutes. 2. Beat in vanilla and salt. 3. Slowly add sugar, beating on low until smooth, about 2 minutes.

Constructing Sandwich Cookies 1. Smear 1 tablespoons frosting on flat side of half of cooled cookies. 2. Top remaining cookies to make sandwiches. 3. Optional – Add food coloring to frosting and add carrot shape to top of each sandwich cookie. Cook Time: 14 minutes

Number of Servings: 18 Size of Pan: Half Sheet Baking Pan (18 by 13 inches) Temperature: Room Temperature

Pies

Terrilyn Scott, Ascension
 Contestant #273

Sweet Potato Pie

Ingredients

6 to 8 sweet potatoes
 Supreme Moist Yellow Premium Cake Mix
 1 cup of flour

1 tablespoon ground nutmeg
 3 tablespoons Crisco All-Vegetable Oil
 1 cup of sugar

3 tablespoons of butter
 3 large eggs
 1/2 teaspoon vanilla extract

Instructions

Place sweet potato in a large pot (3 quarts) and cover with water at least an inch above the potatoes. Heat on high until water begins to boil, then cover and cook for 1 hour. Stick with a fork to see if soft at time. Remove from heat and let cool down. When they are cooled down peel the outer skin of the sweet potatoes and then place them in a medium bowl and set it to the side. Heat oven to 350 degrees. In a large mixing bowl pour in the supreme moist yellow cake mix, add 1 cup of flour, and 1 tablespoon ground nutmeg and 3 tablespoons Crisco All-Vegetable Oil. Mix the ingredients together. Then in a small mixing bowl crack 3 large eggs and then add ¼ teaspoon vanilla extract. Using a hand mixer, mix the ingredients together. Gradually add the eggs and vanilla to the large mixing bowl with the cake mix. Using your hand, mix the ingredients together then add a little more at a time and continue to mix it all together until the dough forms. Once the dough has formed, put a little flour on the counter and use a rolling pin, roll until smooth and to desired thickness. ¼ in thick should be ideal. Gently lay the dough in a standard pie pan or cut and place in mini pie pans. Smash the sweet potato together then put 1 cup of sugar, 3 tablespoons butter, ¼ vanilla extract and mix, spread into the pan. Put in heated oven and bake for 20 minutes. 4-6 mini pie servings or one standard pie

Aiden Williams, East Baton Rouge
 Contestant #274
 Red Ribbon

No-Bake Peanut Butter Pie

Ingredient

8-ounce cream cheese softened 1 cup of creamy peanut butter
 1 cup of powdered sugar
 8 ounces of cool whipped topping

19-inch chocolate graham cracker pie crust
 ½ cup of mini-Reese's peanut butter cups 1/3 cup of mini-Oreos
 ¼ cup Chocolate syrup

6.5 ounce can of whipped topping

Instructions

Mix in a 3-quart bowl, combine cream cheese, 1 cup of peanut butter, and powdered sugar. Beat/whip with an electric mixer until smooth. Fold gently in the whipped topping. Pour the mixture into the graham cracker crust and chill until firm (at least 3 ½ to 4 hours or overnight) Decorate Add 6 to 8 mini-Reese's peanut butter cups and mini-Oreos to the top of pie, then drizzle chocolate syrup over pie and add 1 to 2 spray of whipped topping. Enjoy Preparation 5 minutes Chill time 3 ½ to 4 hours

Olivia Vulgamore, Livingston
 Contestant #278
 Blue Ribbon

Southern Sugar Pie

Ingredients:

1 cup white sugar
 1 cup brown sugar
 ½ teaspoon salt

¼ cup flour
 4 eggs
 ½ cup milk

1 tablespoon vanilla
 ¼ cup melted butter

Instructions: 1. Beat 4 eggs until thick. 2. Gradually add the remaining ingredients. 3. Pour into unbaked pie shell. 4. Bake approximately 45 minutes at 350 degrees.

Cost per serving: \$0.75 Calories per serving: 260 Cook time: 45 minutes

Pecan Pie Cobbler

Ingredient List:

6 Tablespoons Unsalted Butter, sliced into tablespoons	2 teaspoons baking powder ½ teaspoon salt	2 cups chopped pecans 1 cup packed brown sugar
1 ¼ cup all-purpose flour	2/3 cup milk	3 tablespoons cane syrup
¾ cup granulated sugar	1 teaspoon vanilla extract	1 ½ cups boiling water

Directions

Preheat oven to 350 degrees Fahrenheit. Place butter in a 9x13 baking dish and place the pan in the oven so the butter can melt as the oven is warming. Whisk flour, granulated sugar, baking powder, and salt in a bowl. Whisk in milk and vanilla extract. Once butter is melted carefully remove the hot pan and drop spoonfuls of the batter all over the melted butter. Sprinkle chopped pecans over the top of the batter and then sprinkle brown sugar over the top of the pecans. Drizzle cane syrup over the top. Pour boiling water evenly over the top of the cobbler. Bake for 45 minutes until golden brown. Cook Time: 45 minutes Baking Temperature: 350 degrees
Number of servings: 8 Size of Pan: 9x13 Serving Temperature: Warm

Beau Kimble, St. Charles
Contestant #282
Blue Ribbon

Christmas Buttermilk Pie

Ingredient List:

Single 9-inch frozen pie crust	½ cup butter, melted	6 tablespoons of Christmas sprinkles of your choice
1 ¼ cup granulated sugar	1 cup buttermilk	
2 tablespoons flour	2 teaspoons vanilla	
3 eggs	Pinch of salt	

Instructions:

1. Prepare your pie crust by thawing it for 15 minutes at room temperature. 2. Preheat the oven to 350 degrees. 3. In a large bowl, add sugar and flour, and whisk to combine. 4. Add the eggs and whisk to combine. 5. Add the butter, buttermilk, vanilla, and pinch of salt and whisk to combine. 6. Pour the buttermilk mixture into the unbaked prepared pie crust, add 3 tablespoons of sprinkles on top and bake for 45-50 minutes. 7. The center will be set when the pie is done. 8. Remove from the oven, top with the remaining 3 tablespoons of sprinkles and let cool for at least 2 hours before serving. Cut into 8 slices once cooled, or let cool, cover, and keep in the fridge until serving. Cook Time: 1 hour Number of Servings: 8 servings Size of Pan: 9-inch pie tin Temperature: Cool

Paizlynn Miller, St. John the Baptist
Contestant #285
1st Place

Mirliton Custard Pie

Ingredient List:

Pie Filling	2 eggs	Topping
2 cups (about 4-6 mirlitons) cooked, drained, peeled, and smashed mirlitons.	½ cup of milk	2 tablespoons of cinnamon for topping
1 stick of softened butter	1 cup Bisquick Mix (pancake and baking mix)	Optional Topping
1 cup of sugar	2 nine-inch pie crusts or 2 nine-inch aluminum pie plates (for crustless)	Cut a stencil shape out of paper (no larger than 8 inches in diameter) place over the pie and sprinkle Cinnamon and pull away paper.
1 teaspoon of vanilla		

Instructions:

1. Peel mirlitons with potato peeler, cut out seed and throw away and cut remaining mirlitons into small cubes. 2. Boil until soft, drain and mash with potato masher. 3. Preheat the oven to 350 degrees. 4. Mix the cooked mirlitons, butter, sugar, vanilla, eggs, milk and Bisquick in a bowl with a spoon until well blended. 5. Scoop into two nine-inch pie crust plates. 6. Bake in the oven for 50 minutes at 350 degrees. 7. Serve warm or serve cold after being refrigerated. Cook Time: 50 minutes Number of Servings: 2 pies Size of Pan: 8 servings per pie

Stella Lorenzo, St. Tammany
Contestant# 286
Red Ribbon

Buttery Blueberry Cobbler

Ingredient List

2 Cups Frozen Blueberries	1 Cup All-Purpose Flour	1 Large Egg, Lightly Beaten
1 Tablespoon Lemon Juice	2 Teaspoons Baking Powder	Cool Whip (Topping)
1 ½ Cups Sugar	½ Teaspoon Salt	
½ Cup Butter, Cubed	¾ Cup Whole Milk	

Instructions:

1. Preheat oven to 350 degrees. 2. In a saucepan, combine the 2 cups frozen blueberries, 1 tablespoon lemon juice and ½ cup sugar. Bring to a boil and remove from the heat and set aside. 3. Place ½ cup cubed butter in an 8x8 inch baking dish and melt in the preheated oven. 4. In a small bowl, combine the remaining 1 cup of sugar with 1 cup all purpose flour, 2 teaspoons baking powder, ½ teaspoon salt, ¾ cup whole milk and 1 large egg. 5. Pour the batter over the melted butter in the 8x8 baking dish but do not stir. 6. Spoon the berry mixture over the batter. Do not stir. 7. Bake in the oven at 350 degrees for 40 – 45 minutes or until a golden brown. Serve at room temperature with a dollop of cool whip on top.

Pan Size: 8 x 8 Pan

Serving Size: 8

Cook Time: 40 - 45 Minutes

Cooking Temperature: 350 Degrees

Temperature: Room Temperature

Madox Forrest, Tangipahoa
Contestant #287
2nd Place

Caramel Pecan Cheesecake Pie

Ingredients

1 frozen deep dish pie crust	4 large eggs at room temperature	1- 12-ounce jar caramel ice cream topping
1 package cream cheese, softened	1 teaspoon vanilla extract	
½ cup sugar	1 cup chopped pecans	

Directions

Preheat the oven to 375 degrees Fahrenheit. Set pie crust on the counter to thaw. In a small bowl, beat cream cheese, sugar, 1 egg, and vanilla until smooth. Spread mixture into crust, sprinkle with chopped pecans. In a small bowl, whisk the remaining eggs; gradually whisk in caramel topping until blended. Pour slowly over the pecans. Bake for 35-40 minutes or until lightly browned. Cool for 1 hour. Refrigerate 4 hours or overnight before slicing. Yield 8 slices to serve and enjoy!

Annabelle Venables, Washington
Contestant # 288
3rd Place

No Bake Snickers Pie

Ingredients:

1- 8-ounce cream cheese, softened	1- 8-ounce Cool Whip, thawed	1- Graham Cracker pie crust
½ cup chunky peanut butter	6- Snickers bars chopped, reserve some for the top	
1 cup powdered sugar		

Directions:

In a large bowl, combine the softened cream cheese, peanut butter, and powdered sugar. Fold in the Cool Whip, followed by 4 of the chopped Snickers bars. Spread mixture evenly in Graham Cracker pie crust. Add the rest of the chopped Snickers bars to the top and chill in the refrigerator for 3 hours. Serve and enjoy!
Servings 8-10

Amelia Mayeau, West Feliciana
Contestant # 289

Amelia's Pumpkin Pie

Ingredient List:

¾ cup granulated sugar	½ teaspoon ground cloves	1 can evaporated milk
1 teaspoon ground cinnamon	2 large eggs	1 unbaked deep dish pie shell
½ teaspoon salt	1 can of pumpkin	

Instructions:

Mix sugar, cinnamon, salt, ginger, and cloves in a small bowl. Beat eggs in a large bowl. Stir in pumpkin and sugar spice mixture. Gradually stir in evaporated milk. Pour mixture into pie shell. Bake in a preheated oven at 420 degrees for 15 minutes. Reduce heat to 350 degrees and bake for 40 more minutes or until a knife inserted near the center comes out clean. Cool on a wire rack for 2 hours. Serve immediately or refrigerate. Cook Time: 55 minutes Number of Servings: 6-8
Size of Pan: Standard Pie Pan Temperature: Warm or Room Temperature

WILD GAME Deer (Venison)

Finley Suire, Ascension
Contestant #290
Red Ribbon

Venison Sliders

Ingredients

1 pound of Ground Venison	1 teaspoon of Meat Church BBQ – The Gospel Rub (All Purpose)	Slider Toppings of your choice (Mayo, Mustard, Ketchup, Cheese, & Pickles)
1 teaspoon of Worcestershire Sauce	1 pack of slider buns	

Instructions:

In a medium sized mixing bowl, mix together one pound of ground venison then add in one teaspoon of Worcestershire sauce. After, pour one teaspoon of Meat Church Gospel rub in the bowl and combine ingredients well. Form the venison into small slider size patties. Heat grill to 350 degrees and cook sliders for ten minutes on each side. Remove from the grill, add toppings of your choice, and serve on slider buns. Enjoy!

Merritt Strahan, Livingston
Contestant #294
2nd Place

Deer Meat Chili

Ingredient List:

1 small container creole onions (1 ½ onions prechopped)	1 tablespoon of garlic butter onion seasoning	½ can (6oz) of tomato paste
Olive oil to sauté	½ tablespoon of maple syrup	½ box of beef broth (2 cups)
1lb of ground deer meat	1 can (15oz) of diced tomatoes with green chilies	2 ½ tablespoons of chili powder
1 ½ tablespoons of minced garlic	1 can (15oz) of crushed tomatoes	

Instructions:

1. In small saucepan. Sauté creole onions in small amount of olive oil until sticky, caramelized and sweet (approximately 5 minutes on low heat setting).
2. In a separate pot, brown ground deer meat with minced garlic, garlic butter onion seasoning and maple syrup.
3. Drain meat if necessary once browned. Once meat is browned, stir together sautéed onions and meat.
4. Add can diced tomatoes, crushed tomatoes, tomato paste and beef broth. Season with chili powder.
5. Cover and simmer until tomatoes are reduced and mixed well; 20 minutes on low-medium setting.
6. Garnish with cheese if desired.

Cook Time: 30 minutes-1-hour total time

Cost per serving: \$19.47

Size of Pan: 8-quart pot

Number of Servings: 5 (1 cup) servings

Calories per serving: 200

Temperature: Warm

Bryson Aliff, Plaquemines

Contestant #296

Blue Ribbon

Smoked Deer Dip

Ingredient List:

1 pound deer ground meat

15 ounces Velveeta cheese

20 ounces of Rotel tomatoes

1 medium onion, chopped

8 ounces cream cheese

Directions for preparation of dish:

1. Brown deer meat in a skillet on the stove
2. Add in your onion to the deer meat and sauté for 5 minutes
3. Move your deer meat and onion to your 9 by 9 pan
4. Cube your Velveeta and cream cheese and place on top of the cooked deer meat
5. Add your 20 ounces of Rotel tomatoes
6. Cover your pan with foil and smoke for 2 hours at 225 degrees

Cook time: 2 hours and 30 minutes

Number of servings: 5

Size of pan: 9 inch x 9 inch baking dish

Serve Temperature: Warm

Dalton Zammit, St. Charles

Contestant #298

3rd Place

Venison Chili

Ingredient List:

1 pound ground deer meat

½ cup diced celery

1 15 ounce can of tomato sauce

1 pound ground pork

½ cup diced bell peppers

2 packages of chili seasoning mix

1 cup diced onion

1 14.5 ounce can of diced tomatoes

¼ teaspoon Chili powder

Instructions:

1. Begin by browning both ground deer meat and ground pork in a large Dutch oven on medium heat for approximately 15-20 minutes, breaking apart meat with a spoon as it cooks.
2. Once the meat is cooked through, add in the onion, celery, and bell pepper. Sauté the vegetables until wilted within the meat mixture for about 15-20 minutes.
3. When the vegetables are well cooked within the meat mixture, add in the tomatoes and tomato sauce along with the 2 packages of chili seasoning mix and Chili powder. Stir well.
4. Bring chili to a boil for approximately 2-3 minutes, once bubbling quickly lower heat to simmer.
5. Cover pot and simmer for 15-20 minutes.
6. Serve warm.

Cook Time: 50-65 minutes

Number of Servings: 10 servings

Size of Pan: large Dutch oven

Temperature: Warm

Charlie Gruber, St. Tammany

Contestant #302

The Charlie Special

Ingredient List

1 Pound Venison Backstrap

¼ Cup Brown Sugar

Salt and Pepper to Taste

1 Cup Cream Cheese

1 Pack Bacon

Instructions:

- Preparation: 1. Clean the one pound of backstrap of all skin and butterfly the meat. 2. Tenderize the meat to approximately ¼" thick. 3. Slice 2 jalapenos and de-seed them. 4. Lay the jalapenos length ways inside the backstrap and then cover with one cup of cream cheese. 5. Add ¼ cup of brown sugar on top of the cream cheese. 6. Tightly roll meat up into a log. 7. Cover the entire meat log using 1 pack of bacon wrapping it in a spiral shape.

- Cook: 1. Preheat the smoker to 200 degrees. 2. Once the smoker is hot, place the meat log in the center of the smoker. 3. Allow to cook for 15 – 18 minutes or until an internal temperature of 115). 4. Turn the smoker up to 400 degrees to sear the bacon and raise the internal temperature to 125 – 135. 5. Once the internal temperature is reached, and the bacon is crispy, remove from the heat and place in a covered dish until ready to serve.

Pan Size: 9 x 13 Dish

Serving Size: 10

Cook Time: 30 - 40 Minutes

Cooking Temperature: 200 - 400 Degrees

Jolee Husser, Tangipahoa

Contestant #303

Blue Ribbon

White Venison Lasagna

Ingredients

2- pounds of ground venison

1-teaspoon of smoked paprika

2 -jars (22 oz) of Alfredo sauce

1 teaspoon of salt

1-tablespoons of Cajun seasoning

1 -32oz bag of sharp cheddar

1-teaspoon of pepper

1 -box of lasagna noodles

shredded cheese

Instructions:

1. In a large stock pot, cook lasagna noodles as directed on the box. Save 2 cups of starchy water for later.
2. While the noodles are cooking, take defrosted ground venison and place it into a medium saucepan to cook. Add in salt, pepper, smoked paprika, and Cajun seasoning while cooking.
3. Once browned, drain fat if needed and combine with one jar of alfredo sauce.
4. Take 2 cups of saved starchy pasta water and add to the now almost empty sauce jar. Twist on the lid and shake.
5. Preheat oven to 350*.
6. Take a large casserole dish out. Take ½ of the starchy jar mixture and line the bottom of the casserole dish. Spread out evenly with a spatula.
7. Add in the first layer of pasta.
8. Add the first layer of meat mixture onto of pasta. Open a second jar of sauce and dollop onto the meat mixture.

9. Add the next layer of pasta. Top evenly with cheddar cheese and a dollop of alfredo sauce evenly; smooth with a spoon as needed. 10. Repeat steps 7-9 until the final layer of pasta is applied. 11. Top with cheddar cheese thickly and cover with aluminum foil 12. Bake for 35-45 minutes or until cheeses are fully melted. 13. Remove foil and return to oven on Low Broil for 5-7 minutes until the top cheese is bubbly, slightly browned, and crisp. 14. Allow to cool and serve. Prep Time: 15 minutes Cook time: 80-90 minutes Number of servings: 12-15 Serve warm Size of pan: medium saucepan Large Stock Pot for boiling pasta Large casserole dish (9x13) for baking pasta

Rilynn Brumfield, Washington
Contestant # 304
1st Place

BBQ Deer Hash

Ingredient List:

1-Venison Back Strap	1-Packet Lipton Onion Soup Mix	¼ Teaspoon-Pepper
1-18oz Bottle Sweet Baby Rays BBQ Sauce	¼ Teaspoon-Salt	

Instructions:

1. Place back strap into a crock pot 2. Add water until back strap is completely covered 3. Add salt, pepper, and Lipton onion soup mix 4. Turn the crockpot heat to low and cook overnight 5. Drain water from back strap that morning 6. Place back strap back into the crockpot 7. Add BBQ sauce and cook on low for 3-4 hours 8. Eat over mashed potatoes and enjoy Cook Time: 10-12 hours Number of Servings: 6 (1 cup) servings Size of Pan: 7-quart crockpot Temperature: low

Blithe Mae Bryan, West Feliciana
Contestant # 305
Red Ribbon

Korean Venison Lettuce Wraps

Ingredient List:

¼ cup brown sugar	1 pound ground venison	Pickled onions
¼ cup soy sauce	1 head of leafy lettuce, washed with leaves separated	Kimchi
2 teaspoons sesame oil	Suggested toppings and condiments for lettuce wraps:	Salty n Sweet Mayo
½ teaspoon crushed red pepper flakes	Pickled cucumbers	Gochujang mayo
¼ teaspoon ground ginger	Pickled carrots	Chopped fresh cilantro
4 teaspoons vegetable oil		Sesame seeds
4 cloves garlic, minced		

Instructions:

1. Whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger in a small bowl. 2. Heat vegetable oil in a large skillet (10 to 14-inch cast iron preferred) over medium high heat. 3. Add garlic and cook, stirring constantly, until garlic is fragrant, about 1 minute. 4. Add ground venison to garlic and cook until browned, about 5-7 minutes, making sure to crumble ground venison as it cooks. Drain excess fat. 5. Stir in soy sauce mixture with drained ground venison in skillet, allowing to simmer until heated through, about 3-4 minutes. 6. Construct tacos by placing a heaping spoonful of ground venison in lettuce leaf and top with condiments of your choice. Note: You can also use a flour tortilla in place of the lettuce for the shell. Cook Time: 8-11 minutes

Number of Servings: 8-10 Size of Pan: 10 to 14-inch skillet Temperature: Warm

Fowl

Evangeline Walker, Ascension
Contestant #306
3rd Place

Roast Duck

Ingredients:

1 Whole Duck 6-7lbs	3/4 teaspoon Salt and Pepper (Use this as a starting point, add additional to taste.)	Orange sauce packet
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Directions:

Remove from the Duck cavity a plastic orange sack and any giblets, freeze giblets in a Ziploc bag for a different recipe/ future use. Poke breast skin with a knife about 20 times. Add salt and pepper to a 6 oz bowl mix together. Season Duck all over with salt and pepper. Place duck, breast side down in 10x15in roasting pan with rack. Cook duck for 55 minutes. Caution: Duck will render out a lot of fat and the fat will splatter when hot. Flip duck, breast side up, cook an additional 65 min. Bake Duck at 350 degrees for about 2 hours total, to reach desired doneness. The internal temperature should be about 180F at the thickest part of the leg and thigh joint. Let the Duck rest for about 5 to 10 minutes then serve. This will give time for the juices to redistribute for a moist roasted bird. Additionally you may lightly salt before serving. Serve sauce on side if desired. Prep Time: 3 mins. Cook Time: 2 hrs. Resting time: 10min Total Time: 2hrs 13 mins Temp: 350 degrees, Servings: 4

Derrielle Williamson, Plaquemines
Contestant #312
Blue Ribbon

Mamare's Southern Duck and Rice

Ingredient List:

2 ducks	2 teaspoons black pepper	2 cups of white rice
2 onions	2 teaspoons Cajun seasoning blend	2 cups Water
1 garlic clove	1 cup of cooking oil	Parsley flakes
1 tablespoon salt	2 cups Beef broth	

Directions for preparation of dish:

1. Prepare the two ducks by cleaning them. 2. Peel onions and garlic. Slice 1 onion and the garlic clove. 3. Sprinkle salt, pepper and Cajun seasoning over ducks, onions and garlic. 4. Stuff the inside of the duck with one whole onion. 5. In a medium sized 8-quart pot, pour 1 cup of cooking oil and put on a medium heat. 6. Once the oil is hot, brown the ducks on all sides. 7. Once the ducks are browned on all sides, add 2 cups of beef broth, salt and black pepper to taste, and cook in a 6-quart pressure cooker for approximately 30 minutes or until the ducks are tender and at an internal temperature of 165 degrees. 8. Pour 2 cups of long grain white rice into a small 2-quart pot and rinse with cold water. Then, add 2 cups of water and salt to taste.

9. Allow rice to cook on a high heat until most of the water is boiled out/absorbed. 10. Turn rice down to a low heat and cover. Allow rice to cook until al dente (cooked, yet firm). 11. Once ducks are cooked, take them out of the pot and allow them to rest. Then, slice ducks into pieces. 12. Place 1 cup of cooked rice onto a plate. 13. Place the pieces of duck, onion slices and garlic slices onto the plate and add desired amount of gravy from the pot of duck. 14. Sprinkle with parsley and serve.

Cook time: 1 hour; 30 minutes Internal temperature: 165 degrees Number of servings: 4
 Size of pots: a 6-quart pressure cooker pot, a 8 quart pot, 2 quart pot Serve Temperature: Warm

Tenley Roberts, Tangipahoa
 Contestant #319
 2nd Place

Duck Poppers

Ingredients

1 pound teal duck meat
 1 block of cream cheese
 3 jalapenos (seeds removed and sliced)
 1-pound thin bacon

Marinade:
 ¼ cup olive oil
 ¼ cup Worcestershire sauce
 ¼ cup white cooking wine
 2 cloves crushed garlic

1 teaspoon salt
 ¼ teaspoon red pepper
 ½ teaspoon black pepper

Method

Marinate duck meat overnight in marinade. Slice duck meat into bite size slices. Using a meat mallet, pound the breasts flat. Spread the flattened breasts with cream cheese and jalapeno slices. Roll the breasts tightly and wrap in one piece of bacon, securing with a toothpick. Bake at 400 degrees Fahrenheit until the internal temperature reaches 140 degrees Fahrenheit.

Colten Gates, West Feliciana
 Contestant # 321
 1st Place

Quail Egg Rolls with Strawberry Pepper Jelly

Ingredient List:

1 pound of quail
 ½ teaspoon of sea salt
 ½ teaspoon of garlic powder

1 tablespoon of olive oil
 1 cup of pepper jack cheese, shredded
 6 egg roll wrappers

1 egg, whisked
 1 cup of jalapeno pepper jelly
 ½ cup of strawberry jelly

Instructions:

1. Season quail with sea salt and pepper. 2. In a large skillet, add olive oil on medium high heat. 3. Once the skillet is hot, sear the quail. 4. Continue to sauté the quail until the juices run clear. 5. Remove the meat from the quail carcasses and set aside and allow to cool slightly. 6. In a bowl, combine quail meat with pepper jack cheese. 7. Place 1 eggroll wrapper on a cutting board surface in the position of a diamond. 8. Place approximately 2 tablespoons of filling in the center of the wrapper. 9. Fold up the bottom corner of the diamond (the corner closest to you) and fold it over the filling. Use your fingers to pinch the wrapper over the filling tightly. 10. Fold the left and right corners over the filling. The wrapper will look like an envelope now. Roll the mixture toward the top corner one rotation. You should have a small triangle sticking out at the top. 11. Use the whisked egg to seal the corners of the eggroll. Continue until all the egg rolls are rolled. 12. Heat a deep skillet with vegetable oil until the oil reaches 375 degrees. 13. Deep fry each of the eggrolls in vegetable oil for approximately 2-3 minutes each until golden brown. Cook Time: 30-40 minutes
 Number of Servings: 12-14 Size of Pan: large skillet Temperature: Warm

Other Wild Game

Chloe Chauvin, Ascension
 Contestant #322
 Blue Ribbon

Rabbit Jambalaya

Ingredients

1 - 1 pound Rabbit
 1 bowl of ice water
 1 quart chicken broth
 2 cups water
 1 pound thick cut bacon
 ½ pound Temple Pork meat
 1 pound smoked sausage

2 lg white onions
 ½ teaspoon garlic
 1 bunch shallots (green onions)
 1 bunch of parsley
 (All above mentioned vegetables used to make about 1 quart mix of vegetables)
 1/2 teaspoon white pepper

1/4 teaspoon fresh cracked black pepper
 2-4 teaspoons salt
 2 cups long grain rice
 Tools needed:
 Immersion cooker
 6 quart stock pot
 5-10 gallon cast iron pot

Instructions

Cut up 1 rabbit and place in a vacuum bag. Set immersion cooker (sous vide) to a temperature of 160 degrees and put in 1 whole rabbit (still in bag) in cooker for 4 hours. After 4 hours remove rabbit from immersion cooker pot and place in an ice water bath for 10 minutes to stop cooking. Then, open the bag and debone the rabbit, making sure to save the bones. Place the bones in a separate 6-quart pot and pour in 1 quart of chicken broth and 2 cups of water. Bring to a boil and cook for 45 minutes. Using a 10-gallon round bottom jambalaya pot, put in 1 lb of thick cut bacon and fry the bacon slowly and discard bacon (or eat with your friends). A much smaller pot could be used but that's all we had - bigger works too. Take the deboned rabbit and fry in the bacon grease until brown. Only fry half of the rabbit because if you put it all in at once, it will create too much water and boil instead of fry. When done, place in a separate container to be used later. Fry the other half of the rabbit meat until brown. Next, fry temple meat (pork) and cut up sausage links until brown and then place in a separate container to be used later. Next place the 1 quart of combined vegetables in the pot and fry until the onions are clear or start to brown. Take the stock pot and strain the bones into a bowl. Measure out 1 quart of stock and place in the jambalaya pot with the onions. Then, add all the meat that had been set aside. Save the extra stock in case needed while cooking the rice. Bring to a simmer and cook the meat, vegetables, and stock for about 10 minutes. Careful not to rapid boil, you don't want to lose too much water during this process, use the lid as often as possible. Add seasoning (pepper and salt) at this point. The mixture should taste slightly too salty, as rice will absorb a lot of it. After 10 minutes, add the 2 cups of uncooked rice and stir in for another 10 minutes. The rice will start to swell almost absorbing all the water. If after 10 minutes there is no more water left in the pot, add a little bit more stock to the mixture until you can see a little bit of water. Lower the fire as low as you can and place the lid on the pot. DO NOT TAKE THE LID OFF FOR AT LEAST 25 MINUTES. Watch the pot carefully to make sure the fire doesn't go out. After 25 minutes take the lid off. Make sure to open carefully because the steam can burn you and the lid will have a lot of water on the bottom. Open in a way that the water goes back into the pot. Put the lid down and now you want to "flip" the jambalaya. It may not be done cooking, but you want to flip it because the rice on the bottom will start to get crunchy and if you don't get it off the bottom, it can burn. Don't stir it a lot because you can make it mushy. After tasting, if the rice is still a little hard, clear a small opening in the center of the rice where you can see the

bottom of the pot and add a little bit of stock, about 1/4 cup. Raise the fire on high for about 1 minute and lower again. Place the lid back on for another 10 minutes. Keep repeating this process until the rice is soft. (Yields 10-12 servings)

Liam Harrison, Livingston
Contestant #326
3rd Place

Elk Chili

Ingredients:

2 pounds ground elk	1 15 ounce can black beans	1 tablespoon onion powder
2 yellow onions, chopped	2 10-ounce cans diced tomatoes & green chilies	1 tablespoon garlic powder
2 green bell peppers, chopped	1 28 ounce can crushed tomatoes	1 tablespoon paprika
2 tablespoons minced garlic	1 6 ounce can tomato paste	1 teaspoon salt
2 15.5-ounce cans red kidney beans	8 ounces water	2 bay leaves
2 16-ounce cans pinto beans	2 tablespoons chili powder	

Instructions:

1. Heat a 7-quart pot on medium heat. 2. Add ground elk and cook until browned. 3. Add onions, bell peppers, and garlic. Cook for 10 minutes. 4. Add red kidney beans, pinto beans, black beans, diced tomatoes & green chilies, crushed tomatoes, tomato paste and water. Stir until combined. 5. Add chili powder, onion powder, garlic powder, paprika, salt, and bay leaves. 6. Bring to boil, cover with lid, lower heat to simmering and cook for 1 hour. (Stir occasionally.) 7. Can be served with sour cream, shredded cheese, and corn chips. Yields – 12 servings Cost per serving: \$4.21 Calories per serving: 300

Elleanna Arcement, St. Charles
Contestant #330
Red Ribbon

Hasenpfeffer (German-Style Wine Braised Rabbit)

Ingredient List:

1 whole domestic rabbit cut into portions
Salt
2 ½ cups chopped onion
Freshly ground pepper
12 cloves garlic, sliced
2 tablespoons extra virgin olive oil
2 bay leaves, torn if fresh or crumbled if dried
1 tablespoon butter
10-12 whole peppercorns
2-3 tablespoons flour
6-8 whole cloves
1-1 ½ cups chicken stock
1 750ml bottle dry white wine

Instructions:

1. In a deep bowl combine the onion, garlic, bay leaves, cloves, and wine. Add the rabbit pieces making sure they are submerged. Cover with plastic wrap, placing a plate on top to keep the rabbit submerged. Refrigerate for at least one full day, two is better.
2. Heat the oven to 325 degrees. Remove the rabbit from the refrigerator and remove the rabbit pieces, scraping off any onion or garlic that is clinging to it. Pat the rabbit dry with paper towels. Strain the solids from the wine by pouring through a sieve, saving the marinade and onions separately.
3. In a large heavy pot or Dutch oven, heat the oil and butter together until the butter has melted and become frothy. Salt and pepper the rabbit then add to the pot, in batches as necessary. Brown well. Once all the rabbit is browned, lower the heat then add the solids from the marinade (onions and garlic). Cook, stirring frequently until the onions are soft. Stir in the flour and sauté for about 2-3 minutes.
4. Stir in 1 cup of the marinade and cook until beginning to thicken. Add the rabbit, plus any accumulated juices to the pan along with about 1 cup of chicken stock. Add marinade and chicken stock in equal portions to cover the rabbit. Cover the pot and place in the oven. Ignore for 1 ½ hours.
5. After 1 ½ hours, remove the pot from the oven. Remove the rabbit from the pot. Put the rabbit on a platter and keep warm.
6. Strain the sauce to remove all the solids. Bring the sauce to a simmer. If it is not thick enough, make a slurry of 2 teaspoons cornstarch to 1 tablespoon chicken stock. Stir and cook until thickened. Serve rabbit with gravy spooned over.

Cook Time: 2 days, 2 hours, 15 minutes

Number of Servings: 4 servings

Size of Pan: large heavy pot or Dutch oven

Temperature: Warm

Ruth Monetti, St. James
Contestant #332
1st Place

Hippity-Hop Stew

Ingredient List:

3-4 lbs. Bone-in Rabbit cut into 6-8 pieces	1 can Campbell's Golden Mushroom Soup	Tony Chachere's
½ cup Extra Virgin Olive Oil	½ lbs. Baby Bella Mushrooms - chopped	Granulated Garlic
½ cup flour	1 ½ lbs. small potatoes - halved	Granulated Onion
1 cup white cooking wine	1 lbs. carrots - sliced	
1 cup Guidry's Creole Seasoning Mix	8 cups chicken stock	

Instructions:

1. Season rabbit with Tony Chachere's, granulated garlic, and granulated onion. 2. Add ½ extra virgin olive oil and rabbit to an 8 qt Dutch oven, or equivalent sized pot, and brown both sides over medium heat, then remove rabbit and set aside, about 10 minutes. 3. Add ½ cup flour to the pot and mix thoroughly. 4. Continue cooking roux until it is a caramel color, about 10 minutes. 5. Add 1 cup of white cooking wine to deglaze the bottom of the pot. 6. Add chopped baby bells mushrooms, golden mushroom soup, potatoes and carrots to the pot and stir. 7. Add chicken stock to the pot and stir until roux mixes with the liquid.

8. Add rabbit back to the pot and bring to a boil. 9. Boil for 5 minutes then lower heat to a simmer. 10. Simmer until rabbit is tender, about 1 hour. 11. Serve over rice.
Cook Time: 1 ½ - 2 hours Number of Servings: 6-8 Size of Pan: 8 qt. Dutch Oven Temperature: Simmer

Andrew Marcus, Tangipahoa Parish
Contestant #335
2nd Place

Wild Hog Jalapeno Popper

Ingredients

1 pound ground wild hog sausage	1 pound jalapeno peppers sliced down middle, and seeds removed	1 8-ounce block of cream cheese softened 2 24-ounce package of thick sliced bacon
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Directions

1. Heat oven to 385 degrees Fahrenheit 2. Brown wild hog sausage in a 2-quart skillet 3. Once sausage is browned, add in cream cheese and mix well. 4. Stuff sliced pepper with cream cheese and sausage mixture, then wrap with a slice of bacon. 5. Place bacon wrapped pepper on 9x13 broiler pan and bake for about 40 minutes, until bacon is cooked. 6. Serve hot and enjoy!
Cooking time 45 minutes Number of servings 12-15
Size of pan – 2-quart skillet and 9x13 broiler pan cooking temp - 385 degrees Fahrenheit, serve hot.

Cullen Gates, West Feliciana
Contestant # 337
First Place

Rabbit Stew

Ingredient List:

1 pound rabbit, cut into large sections	1 clove garlic, minced	1 bay leaf
¼ cup all-purpose flour	1 green bell pepper, chopped	¼ teaspoon of sea salt
¼ cup onion, chopped	1 28-ounce can of tomatoes with puree	¼ teaspoon of pepper

Instructions:

1. On a cutting board, cut the rabbit into sections and sprinkle rabbit sections with flour. 2. In a large skillet, over medium high heat add the olive oil. Once hot, add the rabbit sections, careful not to crowd the pan. 3. Sear the rabbit sections in olive oil until golden brown on all sides, approximately 2-3 minutes on each side. 4. Remove the cooked rabbit pieces and set aside. Lower the heat to medium. 5. Add the remaining flour, onion, garlic, bell pepper, and cook until the vegetables are translucent and tender. 6. Add tomatoes and bay leaf to mixture and simmer on medium heat. 7. Add rabbit sections back to the pan and spoon some of the tomato mixture over to cover rabbit sections. 8. Cover and simmer on low for 35 minutes or until the rabbit sections are tender. Remove bay leaf before serving.

Cook Time: 40 minutes

Number of Servings: 6-8

Size of Pan: Large skillet

Temperature: Warm